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How to address Chinese

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DATE	MATCH	TIME
Saturday, 8 October	Qualifying - First Round	11:00am
Sunday, 9 October	Qualifying - Second Round	11:00am
Monday, 10 October	Main Draw - First Round	11:00am
Tuesday, 11 October	Main Draw - First Round	11:00am
Wednesday, 12 October	Main Draw - Second Round	11:30am
Thursday, 13 October	Main Draw - Second Round	11:30am
Friday, 14 October	Quarterfinals	11:30am
Saturday, 15 October	Semifinals	11:30am
Sunday, 16 October	Doubles Final Singles Final	11:45am

Qualifying Weekend (8/9 October) - Free Attendance

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Sep 1 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

Ballet: Giselle

意大利斯卡拉歌剧院芭蕾舞团芭蕾舞剧《吉赛尔》

演出: 米兰斯卡拉歌剧院芭蕾舞团

Time: 19:30

"Giselle" is a tale of love, betrayal and redemption set amid joyous peasant celebrations and the pallid hosts of Wilis, who are as fascinating as they are ruthless. It is the romantic ballet par excellence and continues to attract audiences with its contrast between a sunny world and a dark and terrible kingdom inhabited by spirits. La Scala's Corps de Ballet will once again bring the unforgettable choreography of Coralli-Perrot to the stage in this revival by Yvette Chauviré, whose attention to and refinement of roles such as Giselle, have exalted the classical tradition with its purity and won her worldwide fame. Her version, which made its La Scala debut in 1950, starred herself in the role of the unfortunate country girl who dreamed of, and danced, for love.



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

Sep 3 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

Ballet: Cello Suites (In den Winden im Nichts)

意大利斯卡拉歌剧院芭蕾舞团现代芭蕾

《巴赫无伴奏大提琴组曲》

演出: 米兰斯卡拉歌剧院芭蕾舞团

Time: 19:30

This is a poetic dialogue where music and dance are in perfect harmony and the artists' bodies are shaped by the wind and vibrate like cello strings. This is pure dance without narration, abstract but profoundly human. Spoerli reveals his "neoclassical and musical" style inspired by Baroque music and the Bach Suites. Earth, water and fire are the elements he drew on for the first three sections. Coloured by the red, green and blue of the costumes, the different musical and choreographic atmospheres unfold in a succession of solos, pas de deux, pas de trois and in ensemble moments for the ballet company which embrace every nuance of the emotions.



ADD: Culture Center, Pingjiang Dao, Hexi
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Sep 9 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

Chamber Music: Trio Appassionata

不同凡响——热情钢琴三重奏音乐会

演出: 热情三重奏

Time: 19:30

Praised for its communicative power and engaging performances, Trio Appassionata was formed at the Peabody Conservatory of the John Hopkins University in 2007. Coming from three distinct backgrounds, its members have been awarded numerous scholarships and prizes at competitions around the globe.



ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
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Sep 9

▶▶▶ Tianjin Grand Theatre 天津大剧院

Play: I Don't Want To Sing Alone

小剧场话剧《请你对我说个谎》

导演: 吴晓江

Time: 19:30

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

Sep 15

▶▶▶ Tianjin Grand Theatre 天津大剧院

Piano Recital: Ivana Gavric

琴上天使

—英国钢琴家伊娃娜·加夫里克独奏音乐会

演出: 伊娃娜·加夫里克

Time: 19:30

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

Sep 25

▶▶▶ Tianjin Grand Theatre 天津大剧院

Harmonica Quartet

北欧琴调——芬兰“口琴之王”四重奏音乐会

演出: 口琴之王Svang四重奏

Time: 19:30

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

Sep 9

▶▶▶ Western Shore Art Salon 西岸艺术馆

Jazz Quartet Concert: Moreno & Hideaki

Moreno & Hideaki 爵士二重奏音乐会

演出: Moreno & Hideaki

Time: 19:30

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

Sep 10

▶▶▶ Western Shore Art Salon 西岸艺术馆

Guitar Concert

法国古典吉他演奏家埃瑞克·弗朗塞利独奏音乐会

演出: 埃瑞克·弗朗塞利

Time: 20:00

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

Aug 26

▶▶▶ Western Shore Art Salon 西岸艺术馆

Guitar Concert: Zhin Wei

《嫉妒》——志伟吉他乐团音乐会

演出: 李志伟

Time: 20:00

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



Sep 2

Movie: Star Trek Beyond (2016)

Release Date: 2 September 2016 (China)
 Genres: Action, Adventure, Sci-Fi
 Director: Justin Lin
 Stars: Chris Pine, Zachary Quinto, Karl Urban

The USS Enterprise crew explore the furthest reaches of uncharted space where they encounter a new ruthless enemy who puts them and everything the Federation stands for to the test.



Sep 2

Movie: Southpaw

Release Date: 2 September 2016 (China)
 Genres: Drama, Sport
 Director: Antoine Fuqua
 Stars: Jake Gyllenhaal, Rachel McAdams, Oona Laurence

Boxer Billy Hope turns to trainer Tick Willis to help him get his life back on track after losing his wife in a tragic accident and his daughter to child protection services.



Sep 2

Movie: Kiseijuu

Release Date: 2 September 2016 (China)
 Genres: Action, Drama, Horror
 Director: Takashi Yamazaki
 Stars: Shôta Sometani, Eri Fukatsu, Ai Hashimoto

The human race is suffering from murders all over the globe – collectively known as the "Mincemeat Murders". High school student, Izumi Shinichi, has a parasite and having replaced his right hand, might be able to discover the truth.



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Skate Theme Park Opens 滑板主题公园开放

On August 7th Tianjin's first open air sports theme park opened to the public. The theme park is located on the roof of the Cheer Market on the 5th Floor of Joy City. It covers an area of 700 square meters and has a professional skateboard park, basketball court, street dance and music site.

8月7日,天津首座空中极限运动主题滑板公园向市民开放。该主题公园坐落在大悦城5楼骑鹅公社楼顶,占地面积700平方米,拥有专业的滑板场、篮球场以及街舞、音乐场地。

Ocean Park "Submarine Olympic Games" Performances 海洋公园启动“海底奥运会”表演项目

Tianjin Haichang Polar Ocean Park has launched its "Submarine Olympic Games" themed activities with performances such as an underwater torch relay, underwater rhythmic gymnastics and underwater judo. Activities will begin from the middle of August and continue until early September every weekend.

奥运在巴西举行,热潮却蔓延到天津。天津海昌极地海洋公园推出“海底奥运会”主题表演,海底圣火传递、海底艺术体操、海底柔道等项目逐一亮相,从8月中旬至9月初在每个周末上演。

Tianjin Insurance Enterprises Introduces "Face Recognition" 天津险企引入“人脸识别”

Recently, a group of Tianjin insurance companies have taken the lead in mobile client servicing and launched a face recognition function. This will enable consumers to easily complete insurance policy changes, update their personal information, cancel policies and complete other operations which could previously only be carried out personally at the counter.

近日,天津市首批保险公司率先上线手机客户端人脸识别功能,让消费者在家中就能完成保单变更、个人信息更新、退保等以往在柜面才能进行的操作。

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



Jixian County Becomes Jizhou District 撤销蓟县设立蓟州区

According to the "State Council's Reply Agreement to Adjust Administrative Divisions of Tianjin City", the Tianjin Municipal Party Committee and the Tianjin Municipal Government have decided to rescind the original Jixian County and will set up a new Jizhou District with the former administrative region and the government location unchanged. This will end history of Tianjin administrative organizational systems at the county level, the city's urban management and the development of Tianjin city into a new stage.

根据《国务院关于同意天津市调整部分行政区划的批复》，市委、市政府决定，撤销蓟县、设立蓟州区，原行政区域和政府所在地不变。至此，天津市县级行政建制成为历史，全市实现城区化管理，天津城市发展进入新阶段。



Tianjin Chow Tai Fook Financial Center - Binhai New Area's First High-Rise 天津周大福成为滨海新区第一高楼

On July 18th the Tianjin Chow Tai Fook Financial Center, built by China Construction Eighth Engineering Division Corp. Ltd., completed the main 300 metre high structure. It has now achieved the "two days for one floor" stage which was the expectation of the project at this stage. At present, the building has 58 storey and the total project is half completed. The building is totally worthy of the distinction of being the first high-rise in the Binhai New Area. According to architectural plans, the skyscraper is expected to achieve its structural cap on January 27th in 2017.

7月18日，由中建八局施工的周大福金融中心项目主体结构突破300米大关，实现“两天一层”，楼高超过58层。这意味着周大福项目工程量完成过半，已经成为滨海新区名副其实的第一高楼。根据工期，预计2017年1月27号实现结构封顶。

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Partial Opening of Tianjin Metro Line 6 地铁6号线首开段试运营

Tianjin Metro Line 6 began its trial operation between Chang Hong Gong Yuan and Nan Cui Ping Stations on August 6th. With the continuous development and improvement of the city's public transportation network with its subway lines, buses and metro trains, it has become the most popular form of public transport. The first eight trial operation stations on Metro Line 6 are Chang Hong Gong Yuan, Yi Bin Dao, An Shan Xi Dao, Tian Tuo, Yi Zhong Xin Yi Yuan, Hong Qi Nan Lu, Ying Feng Dao and Nan Cui Ping. The running time from the first station to the terminus is about 14 minutes. The daily operating times are 9:00 to 16:00 and the interval between trains will be 2 minutes.

As a bonus, the ticket vending machine at the Nan Cui Ping station now has a function that makes it easier for commuters to use as it can process more than one type of bank note.

8月6日，地铁6号线首发，首开段从南翠屏站到长虹公园站，一共8站7个区间，共运行14分钟。南翠屏站自动售票机多了一项人性化功能，投币可以几张纸币同时投入。每两个车站之间的运行时间都在2分钟左右，试运营初期每日运营时间为9:00-16:00。

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LETTER

FROM THE EDITOR

All the staff and writers of Jin Magazine want to express our thanks and admiration to the thousands of athletes and coaches who made us so proud during the 2016 Rio Olympic Games. Starting with swimmer, Fu Yang Hui at the beginning of the games with her innocent and unassuming nature that charmed the nation and was accepted internationally, to the inspiring win by the Chinese women's volleyball team coached by "Jenny" Lang Ping, it was a great showing by China.

The camaraderie between Malaysia's Chong Wei Lee and China's Lin Dan during the Men's Badminton finals showed that winning was not everything and sportsmanship was most important. Denmark's Badminton Bronze winner, Viktor Axelson surprised everyone with his fluency in Mandarin and showed how China is influencing the younger generations abroad.

In this issue our feature is looking at the seniors, which comprise a major part of the population of China and other countries. They remain a significant part of economies and are a growing market for communities for the retired. Related to this subject, our Helping Hand tribute introduces the HeTong charity that focuses on the elderly needing care in their final years.

Our People article goes back to the Beijing Olympics and the player from Tianjin that helped the China team won the first triumph and last introduction of baseball in Olympic games. This month's Mini Guide reviews the area around the Somerset Olympic Tower. Our travel article visits Suzhou.

Education will look at safety education and Parenting will feature working moms in China. Ever wonder how to call your Chinese colleagues and friends? Read our Culture article, which points out the proper Chinese names and titles, it's not as casual as the West; in China it's complicated but very precise.

The major holiday in September is Mid Autumn Festival 中秋节 "Zhong Qiu Jie" falling on the 15th this month. Be prepared for moon cakes, which are on sale now in most hotels and supermarkets. Although not a day off, September 10th is Teachers Day so make sure your kids bring something nice, like an apple for the teacher.

2016 里约奥运会已经过去,《今日天津》杂志谨代表全体员工和撰稿人向所有参赛选手和教练致以诚挚的问候和感谢,因为你们,我们看到了世界的进步以及运动员的伟大,没有你们就没有我们的骄傲与辉煌。

本期的主题,我们探讨的是有关人口老龄化的问题。当前,中国人口老龄化的形势十分严峻,它对经济增长潜力和传统家庭结构等都造成持续冲击,因此对于社会乃至国家的发展,探索老龄化问题是一项十分重要的课题。

关于本期的人物栏目,我们采访到的是北京奥运会上来自天津的棒球选手,尽管四年一次的奥运会已经过去,但它留下的奋斗精神还依然感染着每一个人,如果你也一样对这个话题感兴趣,那么请不要错过我们的文章。

九月份重要的节日是中国传统的中秋节,不要忘记提前做好月饼和美食,和家人一起度过难得的团圆之夜。

Monica Wang
Editor



SEPTEMBER

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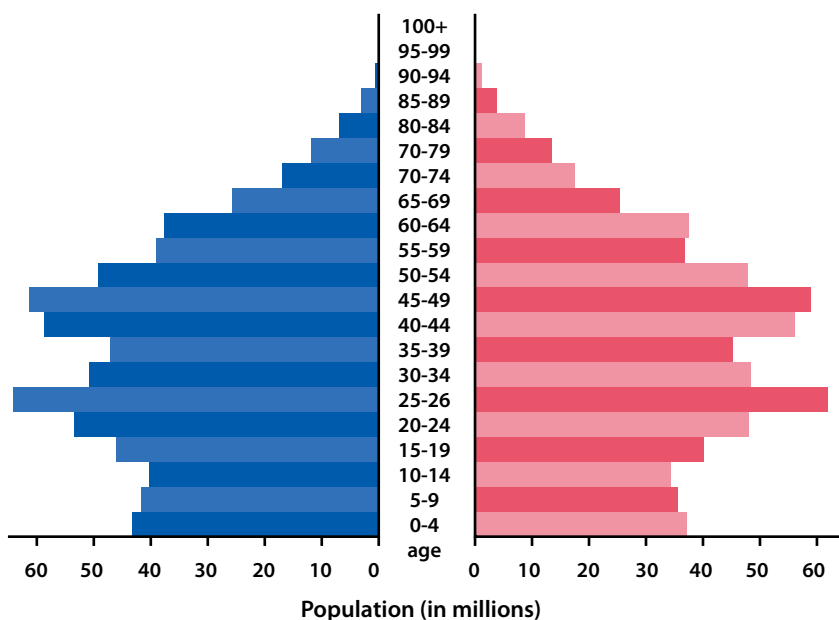
SUCCESSFUL SENIORS

by **David Wong** and **Carmen King**
photo by **Jane Liu**



A senior couple are playing with their grand daughter.

China Population (2015)



Retirement is defined as withdrawing from the work force permanently or stepping down. For many retirement is an end of the road of working most of your life and by retiring, you can enjoy the rest of your life in leisure and doing what you want to do now and never had time to do, such as a favorite hobby, travel or just doing nothing.

The concept of retirement may sound appealing at first, until one considers the matter further. Namely, most only get to “retire” at an old age. This means in many cases retirement become synonymous with being a senior citizen. That makes the situation a real two-edged sword. How does retiring in China compare with doing so abroad? What are common concerns among seniors? How are seniors retiring with success? We will discuss these topics and more in this article.

China's Seniors

Since retirement is usually at an older age, the term "senior" is also used frequently in association with retirement. The age of seniors will vary from different countries. In China, it is usually 60 years and above for men and 50-55 for women, the age that is mandatory for retirement from a Chinese civil service. China has the largest number of seniors in the world, nearly 15 percent of China's population; more than 200 million people are now 60 or older, according to the China Research Center on Aging. It is expected that the percentage of seniors will peak to over 30 percent by 2030 in China and in some major urban centers this percentage is even higher.

Old people are arguably among the happiest people in China. You can often find them singing and dancing in the parks or hanging out and joking around on the streets with their friends. Their cheerfulness appears to come from three sources: Confucianism, which teaches respect to one's elders; having a network of good friends; and the fact that older people, after a life of working hard, finally get a chance to kick back and relax and have their children take care of them. Ironically though, this can and does place a lot of pressure on the children, particularly the males. Among those in their 30-40's shouldering the responsibility of providing for senior family members is a big issue. Especially in the aftermath of the long-standing one-child policy, many times it is a story of four older folks all looking to the same couple for assistance. So this may be a cheery time for seniors, but one of big burdens for the adult children.

Of course, this is the ideal situation as many seniors may feel that it is too difficult to completely abandon any work activity and especially as a result of the one child policy, there are fewer grandchildren to pamper and likely only one direct offspring to help with retirement expenses. For these reasons many retirees will look for part-time work or volunteer services just to keep active or to help cover household bills.

The Chinese really live as "families", which often includes several generations working together to meet family expenses. While some in the west may see senior living as something left to the parents alone, in China often it will be something the whole family is involved in. As mentioned previously in JIN, the cost of living in China is not cheap,

despite what some may claim. One of the biggest issues is housing. It is not uncommon for a 100 square meter apartment in Beijing or Tianjin to be selling for around 1,000,000 USD. That is a huge sum of money in any country. As such, seniors often provide the down payment for the place and the children are left carrying the monthly note. This could easily result in most of the couple's income going towards paying the mortgage. With housing costs being so high, and seeing that the parents pay the hefty down payment, this can create an "obligation" for at least one set of seniors to live with the children. In many cases this is the son's parents as customarily it is them who pays the down payment or perhaps owned the house originally.

Not all seniors are facing challenges with housing or pinching pennies. If the senior is a private businessman, there is no mandatory retirement age and many successful entrepreneurs will continue working well into their 70's or 80's as long as their health and

INDEED, A NUMBER OF CHINESE SENIORS SEEM TO HAVE LITTLE INTEREST IN USING THEIR RETIREMENT YEARS FOR SITTING AROUND. THEY LIKE TO BE ACTIVE.

intellectual capacities are able. These folks are still working for reasons quite different than those mentioned above. Instead of feeling financial pressure and a need to make a positive contribution to the monthly budget, these seniors stay on the job because working simply is their life. Examples of this are Li Ka-Shing (李嘉诚) aged 88 still going strong. Locally, I recently met with Mr. Zhou Yucheng (周玉成) who is 68 and still expanding his business group in the medical and new energy sectors. He shows no sign of slowing down and feels great about pursuing fields that are contributing to China's growth. He also has an incredible travel schedule with company interests in Canada, United States and Europe.

Indeed, a number of Chinese seniors seem to have little interest in using their retirement years for sitting around. They like

to be active. In Tianjin take a trip to any park in the early morning and it is likely full of senior citizens on the move. They usually are busy power walking, stretching, doing Tai Chi, singing loudly, or playing some type of musical instrument. Sleeping in and resting doesn't appear to be high on their list of priorities. A trip to the Tianjin Cultural Center is another opportunity to see seniors in action. The vast majority have brought their grandchildren to play.

Medical Concerns

One of the concerns are fewer than 30 percent of urban dwellers have pensions and virtually none of the 700 million in the countryside have them. Only 15 percent of those in China that retire have pensions. The existing state pension system covers only a sixth of the work force and is already saddled with liabilities more than China's GDP. Rural seniors generally don't receive any pensions. Hopefully, they will be taken care of by their families. Elderly couples in Beijing that receive a pension live on a combined income of around 3000 RMB or \$500 a month. Many receive much less than that. This limited income is a big piece of the puzzle in what shapes the lifestyle of retirees in China. It takes a considerable amount of self-control and budgeting to live on 2000 RMB per month. Most expats would probably find this impossible to do, first and foremost because of housing. Since the vast majority of all expats need to rent an apartment here in China a sum of 3000 RMB may not even cover rent and utilities. This is why many seniors must stay with their children.

The absence of an adequate safety net slows consumption as Chinese save heavily to pay for health care, schooling and retirement. It is the fear of poor health or a major health problem that concerns many seniors that are retired, especially the expats that are retired and living in China. Although medical care and hospital costs are relatively inexpensive in China, compared to costs in the West, if the person does not have medical insurance, a prolonged or serious medical problem will become a serious financial burden. An example would be an expat who got a knee MRI in Tianjin for around 100 US (600-700 RMB) out of pocket with no insurance. After returning home to the US a follow up MRI was taken. Since the expat had been living out of the country he was without insurance and had to once again pay for the service out of pocket,



A dance team of seniors.

the cost was over 1,000 US (over 6,000 RMB). Incredibly, the equipment used was quite similar. The final doctor's diagnosis was also the same. This showed the basic level of medical care provided in China was adequate. For expats with access to foreign income, medical care in China may thus be seen as relatively "cheap". For locals though, or expats working in China and getting paid in RMB such as the average English teacher is, that once "seemingly" cheap healthcare isn't so cheap after all. The Chinese government is creating a special welfare program including pensions, health care and other programs to deal with the rising number of elderly. The government has said that as China becomes increasingly affluent it is its responsibility to operate such programs.

Anyone over the age of 60 will find that the cost of medical insurance is formidable and possibly not insurable. For example an American worker who has yet to reach senior status pays over 1,200 RMB per month in insurance fees. This includes the usual blend of medical coverage, disability, and retirement contribution. However there is a big question

as to whether or not expats who pay into the "retirement" fund monthly will actually get to use this money when and if retirement age ever comes. Especially if they return home after working, that money seems to be paid in vain. On the flip side, most Western countries will provide free or reasonable healthcare for their elderly but this not transferrable to seniors residing outside of their home country. That is why most foreign retirees will return to their homeland to retire once their medical benefits end with the termination of work in China.

One expat who has been retired and enjoying his life in China with a positive

attitude is Mr. Juan Cornet. Juan is a Caledonian, 77 years young and first came to China in 1979 as a tourist and loved it so much, he was determined to come back and stay longer. Graduating as an Engineer and later obtaining a Philosophy degree in Theology, he wasn't sure what he could do in China. After some researching and contacting the Spanish Embassy, he was offered 5 positions in China, since this was a period that China was in dire need of foreign expertise.

Juan landed with a position at the prestigious Peking University (北大 *běi dà*) and taught Spanish for many years. He eventually married a girl from Beijing and they have lovely twin daughters. At 77, Juan looks and feels like a man much younger and enjoys his retirement by working with foreign universities on a part-time basis using his experience in China. As mentioned, his biggest concern in China is regards to healthcare. For now, he is in good health and very active with exercise everyday and it shows as he has a quick step. When asked what advice he had for the younger generation, his response was: "Do something that you like each day and enjoy

ONE, ARRIVE EARLY. TWO, FIND A DECENT JOB. THREE, MARRY A LOCAL. THESE ELEMENTS COMPLETELY CHANGE THE DYNAMIC OF AN EXPATS STAY IN CHINA.



Many senior are fans of roller skating.

life." Presently Juan is studying Chinese Calligraphy, not just copying the words but also trying to understand the meaning and history of the language.

Juan's example reveals a few keys as to making a successful stay in China as a senior. One, arrive early. Two, find a decent job. Three, marry a local. These elements completely change the dynamic of an expats stay in China. First, arriving early means to get here long before one is a senior. As such, pursuing academics or business likely won't be a problem. This gives the expat some roots in China before the senior years arrive. Second, getting good employment can make or break an expats stay in China long term. As many will tell you, living in China with little money or little education is painful. Well educated expats however much like Juan usually find themselves in demand. Particularly those with degrees or experience in fields of science may find getting a job as a professor easier in China than back home. Since housing may very well be provided by the University, the monthly salary is sufficient not only to cover living expenses but even save money. Some elite

workers could even get a "signing bonus" for moving here. This greatly assists the expat with making plans to stay after they retire without the usual concerns over money or getting acclimated to a new environment. Third, getting married to a local will pretty much in itself guarantee an expats stay in China won't be short term. Not to mention, this opens up a huge opportunity for support. Chinese parents as mentioned above are highly involved in their child's life. This means, the expat by means of marriage may come in line to receive a house, a car or other financial aid which gives them a legitimate means to stay as a senior.

Canada and USA

In Canada there is generally no mandatory retirement age, as long as the employee is physically and mentally capable to carry out his or her work duties, they are entitled to work. They cannot be discriminated on the basis of age. That is why it is not uncommon to see men and women in their 70's or 80's still working in government or teaching at universities. Wal-Mart is renowned for hiring seniors to work as store greeters and

providing customers with information once they enter.

With a smaller workforce pool, Canada recognizes that seniors have a great deal to offer such as experience, greater knowledge and enhancing company history in keeping with maintaining company morale and consistent policies. They can also help with the labor demands and work on a part-time basis to supplement peak work periods. As a side note, China's work force is declining and there is discussion of extending the retirement age as a means to compensate.

The government old age pension programs are flexible and can be paid as early as age 60 with a reduced payment amount or deferred till age 70 with an increased payment. Most pensioners opt for the traditional age 65 monthly payout and all pensions are adjusted annually for cost of living increases.

Many municipal services provide discounts for seniors, usually considered to be persons 65 years or older. Public transportation such as busses and rail will provide discount cards and free fares during non-peak travel times. Entertainment and recreation areas also

FEATURE

provide discounts for seniors. Many of the fast food outlets compete for this market and have specials for seniors. McDonalds and Wendy's offer discounted coffee and even free coffee with a meal. No, this has not caught on in China. But many parks and tourist attractions offer a senior discount, but usually define a senior as someone over 70 years old. The fast line at the airport that signifies: Pregnant, Disabled and Elderly uses the 70-year-old definition. In any case, if you are, or have visitors that are elderly and plan to see some tourist attractions, such as the Great Wall or Forbidden City, bring the passports and you will save some money on the entrance fee.

Senior Communities

In North America, over 10% of all seniors live in a community specifically designed for them. In the past, these were referred to as the "Old Folks Home". They are now very modern and considered a complete community for the elderly. It is usually restricted to those aged 50 and above. The facility is comprised of three parts. One is a very normal independent apartment or townhouse area that has some common services such as a dining room, games and community services and access to

public transportation. The second area is a semi care facility with access to medical services. The third area is meant for the residents with more serious medical problems or suffering Dementia/Alzheimer's and may be bedridden and will require regular medical care.

At present, only 1% of China's elderly live in senior facilities but this type of living is growing fast and presents many challenges and opportunities. As China's economy grows and people have greater incomes and higher standards of living, this type of accommodation for seniors is very attractive and possible. For the young busy couple, trying to make their fortune and wanting to ensure their retired parents are cared for in a safe and fulfilling manner this is one way of meeting their filial responsibilities.

The challenge is not everyone has the financial capability because these facilities are expensive and you need to ensure that the operators are honest, trustworthy and provide a legitimate service. Since this is a very new concept in China, there is not much history to verify performance. Even abroad where these senior living communities are quite common, quality of care, especially in terms of avoiding abuse is very challenging to find. This is why,

even if one has the financial means to do so, sending a senior to the "old folk's home" sometimes isn't an ideal solution.

Conclusion

You are as young as you feel. For a senior, once he or she has retired, time suddenly becomes immense. After working everyday from 8 to 5 and having a routine and purpose, suddenly there is nothing scheduled. It is important that the senior makes preparation for this day well in advance. How to occupy and use this time in a meaningful way is crucial. Remember that there is usually a spouse or other family member that needs to be calculated into the formula. Oddly enough, many people think of retirement planning only in terms of financial. The reality is though, even if money isn't a major problem, what to do could be. Seniors may qualify to retire but often don't want to because they may simply feel like they don't have anything else meaningful to do. Especially abroad, where raising grandchildren isn't as "socially acceptable" but rather thought of as the actual parents' responsibility, seniors want something more respectable to do. Taking the grandkids to the park everyday probably won't cut it. For



An old couple and their dog are hanging out.

the Chinese however, being pre-occupied with the grandchildren is often quite sufficient.

Funds are another factor. During the working career, there was a steady monthly income, what happens when that stops? Is there a pension or retirement fund to offset this stoppage of money? Have you set aside a nest egg to afford a life style that you have grown accustomed? This financial planning needs to be done at an early age; otherwise it will be more difficult during the later stages of your career. Although persons over 60 have a great deal of experience to offer, the reality is many companies will be reluctant to hire a person at that age. That being said, staying positive and looking for part time work can prove to be a suitable means to getting by as long as health permits. A key is to learn the secret of contentment. Instead of thinking that retirement means it is time to travel the world, learning how to live a simple yet meaningful life can do wonders. Some of the older expats that come to China for a visit or longer stay can do so not because they are millionaires but because they have learned to live on a budget.

Health is still the highest concern. A major medical problem, if not covered by insurance or a government program can drain the financial resources of an individual very quickly. Not much use to save up for that dream holiday and travel if you are unable to walk. So the best solution is to keep healthy. Eat well and take regular medical check ups to prevent a problem before it occurs. At older age, recovery from health issues takes longer. A twisted ankle from that Salsa or Mambo dance probably only took an overnight soak and massage but as you age, it could takes weeks and may be prone to more serious damage.

The final goal is to leave a legacy. After spending almost a lifetime at work, it's time for the senior to think of what is to be left behind. It isn't about money, as they say: "You can't take it with you" and no one says on their final days: "I wish I had worked more." So try to take some advice from Juan Cornet and enjoy life by do something you like. Make it a goal to be remembered for being a kind and good person. Success as a senior is about knowing how to live not simply being wealthy. As countless examples have proven money isn't everything. While we all need money to get by, the actual amount necessary could be a lot less than we think. This is especially good for seniors to remember. A simple yet happy life full of meaningful activity may be the biggest secret to being a successful senior.

成功的退休生活

很多还在为工作和生活打拼的人都梦想着马上进入退休生活，这样可以放下一切负担，好好享受生活。同时，一个人到了退休年龄也标志着他已经进入晚年。如何让退休后的生活也过得有意义？退休老人们最关心什么？怎样才能是成功的退休生活？我们可以从许多真实案例中找到答案。

在中国，男性的退休年龄是 60 岁，女性是 50-55 岁。中国已经进入老龄社会，是世界上老年人口第一的国家。在天津的各大公园和广场你都能看到很多老年人聚在一起唱歌跳舞、健身锻炼、说说笑笑。在中国，幸福的晚年来自三个要素：一是尊老敬老的儒家思想，二是有自己的朋友圈，三是在辛劳一生之后的彻底放松。

当然这是一种理想状态，大多数人都不能完全闲下来，因为他们要帮忙带孙子孙女，有些还要在经济上接济子女的生活。也有些老人过了退休年龄之后依然不能放弃工作和事业，尤其是所谓的“企业家”。一位姓周的好友已经 68 岁了，他依然努力让自己的公司扩充到新的业务领域，没有丝毫放慢脚步的迹象，常年奔走于不同国家。总之，中国的老人们是非常不愿意闲下来的，他们永远保持着活力。

老年人最关心的问题莫过于医疗了。城市居民每月能领到平均 3000 元的养老金，如果有自己的住房的话，维持基本生活应该没有问题。但是相比较于昂贵的医疗费用，每月的养老金就如同杯水车薪。所以中国的老年人习惯于存钱，用于日后看病救命或是与子女一起居住，节省生活开支。

那么一个生活在外国人的外国人到了退休年龄，他应该怎么办呢？很多实例证明，外国人在中国的幸福晚年也有三要素：一是来得早，二是有体面的工作，三是和中国人结婚。Juan Cornet 今年 77 岁了，第一次来中国是在 1979 年，这次旅行让他爱上了中国，并考虑在中国长久生活。博士毕业后，他来到中国，有五家企业向他伸出橄榄枝，那时候也是中国最需要外国人才的时期。他在中国的第一份工作是在北大教西班牙语，而且一干就是很多年，还娶了北京太太，生了一对双胞胎女儿。虽然已经 77 岁了，Juan 觉得自己并不老，并且仍然在大学里做兼职工作，每天锻炼身体，依然健步如飞。他给出的建议就是：做喜欢的事情，享受每一天。

所以从 Juan 的例子我们可以看出，首先你要在年轻的时候就来到中国，无论是求学还是工作，都能给你一个扎根中国的理由。有一定学历和经验的外国人在中国依然是抢手的，不愁没有好的工作，这为日后生活和养老提供了充足的物质保障。与中国人结婚能让你在中国的生活获得更多支持，买房买车也更加便利。

在北美没有固定的退休年龄，只要体力和精力还达得到，他们依然会去工作。比如在大型超市，你经常会看到一些老爷爷老奶奶在门口迎宾或导购。由于加拿大的劳动力并不充足，老年人被认为在经验和知识储备上更胜一筹，可以帮助公司维持士气，维护传统。在人手不足的时候，他们也可以助一臂之力。

加拿大的养老金也是根据退休年限和物价而浮动的，许多公共服务或文化娱乐场所所有老年人特别折扣，这一点和中国很像。

在北美，约有 10% 的老年人选择住进养老社区。这样的社区有可供居住的公寓或别墅并提供餐厅、游戏室、社区服务和便捷的公交配备。除此之外还有半医护区域，能提供医疗服务。有一些重病老人比如阿尔茨海默病人也可以住进特别看护区。在中国，目前只有 1% 的老人选择住养老院，随着人们收入和生活水平的提高，入住养老院的比例也在增高。但是，养老院的花销毕竟比较大，要得到最好的居住条件和看护服务需要非常雄厚的经济实力，在西方也是如此。

从忙碌的朝九晚五到手握大把时间不知如何利用，这之间的距离只有一步之遥，但适应起来却是漫漫长途。所以一定要提前为退休生活做准备和筹划，让晚年生活开心、幸福、有意义。

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A BASEBALL DREAM COME TRUE

by **Carmen King**
photo by **Jane Liu**



Hou Fenglian

Baseball is known as America's pastime. These days many players get paid millions to play the game. In this respect, baseball has gone from game to business. Massive modern stadiums have long since replaced local parks as the venue for games. Everything from tick-ets, to collectible cards, memorabilia, even home run balls caught by a fan can bring big bucks. Though playing baseball can mean big money abroad things in China are quite different. Players in China, which includes those playing on Tianjin's team, are playing

be-cause of a love for the game rather than an opportunity to become rich and famous. JIN magazine had the opportunity to interview one of the best-known Chinese baseball players, who plays for the Tianjin Lions. We thank Mr. Hou for taking the time to share his story and along the way shed light on baseball's history in China.

JIN: Please introduce yourself.

HFL: My name is Hou Fenglian (侯凤连 hóu fènglián). I was born on July 11, 1980 in Tian-jin's Xiqing district. I was 10 years old

OTHERS HAVE SAID I'M A NATURAL BORN TALENT. THE REALITY IS THOUGH, IT HAS SIMPLY BEEN THE RESULT OF A LOT OF HARD WORK.

when I started playing baseball. In 1996 I joined the Tianjin team and in 2002 made the national team. As part of the Tianjin team I won 5 championships in CBL(china baseball league) and 2 championships in the National Games of China. In 2008 I was cho-sen to be part of the China Olympic Baseball Team. Personally, I've won the award of Most Valuable Player (MVP) and most bases stolen. Currently, I am both team player and coach for the Tianjin Lions.

JIN: Please share your baseball story.

HFL: When I was seven, nobody was playing baseball, so I was busy with soccer. Then one day the elementary baseball coach saw me throwing rocks, noticing I was throwing them really far. Based on this, he wanted me to start practicing baseball. To my surprise, I quickly fell in love with baseball and forget about soccer. At 10 years old, I was one of the kids to make up the first baseball team in our school. Around the year 1990, there were only about 400 to 500 kids playing baseball throughout the whole of Tianjin.

JIN: What's the difference between baseball now and when you were younger?

HFL: Things are totally different. The kids now have it way better. They get specialized training, top grade equipment, and decent fields. When I was little, our bats, balls and gear were all used. Most of what we had been given to use was from Japan. The teams there would give us their old gear. At the time, new gear wasn't available to buy. Now the government is supporting baseball financially,

plus parents are willing to pitch in too.

JIN: How did you go from baseball enthusiast to professional?

HFL: From the years '94 to '96 there were a lot of good ball players in Tianjin. Unfortunately, I was short, thin, and lacked power so the pro team didn't want me. All I could do was keep training myself, every day I would ride my bike to Nankai school to work out. Then in '96 I got my break, a trainer in Guangdong wanted me to go play there. I had mixed feelings about it, a bit like I was turning my back on Tianjin. Fortunately, the guys in Tianjin had similar feelings and didn't want to see me go. In the end I got a shot to play for the Tianjin team. Others have said I'm a natural born talent. The reality is though, it has simply been the result of a lot of hard work.

JIN: What tips do you have for other kids?

HFL: Kids need to take training seriously by studying the pros and imitating good techniques, along the way honing their own playing style, and getting better with time.

JIN: How do you see the future of baseball in Tianjin?

HFL: There is still a lot of growing to be done. The underlying framework is lacking. A big issue is funding. After all, there has to be something to motivate good players to stick around. The fact that baseball has been re-added to the Olympics is a big win as this will draw support from the government. In general though, baseball is still trending down when compared with the time around the '08 Olympics. An issue is that it still isn't really a mainstream sport in China. It can be tough to market, as the rules are unfamiliar to many,

and we lack professional venues to play at.

JIN: As a pro player, what fitness advice do you have?

HFL: The key is "balance". That is, don't over train. Over training actually is a form of trauma to the body.

JIN: What are some of the biggest misconceptions about pro players?

HFL: Take me for example, a lot of people think since I've played so long, no doubt I've earned a ton of money. The truth is just the opposite. When we play away games, some-times we still take the train! While we do get a base salary to play, the only way to make extra money is to win at big tournaments. Things are better than what they were but still especially after retiring making ends meet can be a big question mark.

JIN: What is daily life like for a professional player?

HFL: Very routine. If you want to play well, you must have a solid training routine. At the peak, we train over 10 hours a day. Married players can return home each day, the rest of the team bunks together. We rise at 7 am and have breakfast, then start training at 8:30. Lunch is at noon, with the second training session starting at 1:30. Dinner is at 5:30 and a final practice goes from 6:30-9:30.

No doubt our chat with Hong Fenglian has been pretty insightful. Life for a Chinese professional baseball player is far from the glitz and glam of US players. The game really is still in a growing phase here. The players have to truly love the game as there isn't a ton of opportunity at current to sign lucrative contracts. The next big event for the Tianjin Lions and Fenglian is September 3. That marks

the beginning of the Championship series against the Beijing team. The first two games will be played away in Beijing. With the final three games being slated for September 9, 10, and 11 in Tianjin. It is a best of five series, so the events on the 10 or 11 may not be necessary. The venue in Tianjin is the Baseball Training Center affiliated to Tianjin Sports Center, located at Tuanbo Jiankang Chanye Park (天津团泊健康产业园的天津体育中心棒垒球中心). It isn't super easy to find and there is limited public transportation in the area. Expats interested in going should find a local friend that can drive them or get a cab. Note that the field isn't huge, only seating a few hundred people. Plus after arriving at the gate, be sure to explain to the security guard you are there for the baseball game. The good news though is that admission is free!

棒球梦圆

棒球是美国人最喜爱的体育运动之一，职业球员的收入也常常是天文数字。但在中国，大多数职业球员并不是为了名利才投入这项运动，而是出于真正的热爱。天津籍球员侯凤连曾经在 2008 年随中国棒球队征战过北京奥运会，现效力于天津雄狮队，他几乎见证了棒球的发展史。

侯凤连生于 1980 年，10 岁开始打棒球，1996 年加入天津棒球队，2002 年入选国家队。至今他帮助天津队获得过五次中国棒球联赛冠军和两次全运会冠军，个人还获得过最有价值球员和盗垒王。上世纪 90 年代，天津只有四五百个孩子在打棒球，和当时的条件相比，侯凤连感慨现在的孩子太幸福了。他小的时候，所有的棒球装备都是旧的，大部分是日本队员赠送的二手产品。现在政府加大了对棒球项目的支持力度，家长们也很舍得投入。

侯凤连说，小时候他又瘦又小，力量不足，所以并不被教练看好。但他坚持每天训练，后来被广东的教练看中，邀他去广东打球，他却觉得这是对家乡的背叛。还好天津的球队也不想失去这样一个好苗子，于是把他召入了专业队。有人说他是天才球员，但侯凤连知道那都是努力训练的结果。

说起天津棒球的未来，侯凤连认为资金支持仍然不足，而优秀的球员需要一些动力坚持下去。棒球将会重新出现在东京奥运会，这是个绝好的消息，政府也会因此增加投入。但棒球在中国终究不是主流项目，不但推广存在困难，还缺乏专业的棒球场地。

因为不熟悉，所以很多人对棒球运动员也有误解。“很多人说，你打了那么多年球，一定赚了不少钱。而事实正好相反，我们日常训练只有基本工资，只有全国大赛获得胜利才会有奖金。很多球员退役后经济上会比较拮据”，侯凤连说。

中国的棒球项目远不像在美国那样万众瞩目，仍然处于成长期，能够坚持下来的都是真正热爱棒球的球员。天津雄狮队会在 9 月 3 日迎来 2016 中国棒球联赛总决赛，9 月 9、10、11 日会来到天津主场，谁是冠军也会见分晓。如果你想观赛可以去位于天津团泊健康产业园的天津体育中心棒垒球中心，希望更多的人能去为侯凤连和天津雄狮队助威！



Tianjin Lion celebrated a victory.



Da Shan, Well Known among the Chinese.

FAME IN CHINA

by Carmen King

Fame and fortune, are these what you are hoping to find in China? For some expats, the goal of getting famous or at least well known is something appealing. Perhaps some think with fame will come fortune. While this isn't always the case, to some extent realizing the dream of being famous is perhaps relatively speaking, more probable for an expat living in China than back home. Why?

While Chinese are not as enamored by foreign things as they were in the past, foreigners still get a lot of attention. Especially is this true in cities other than Beijing and Shanghai. Mind you though, even in those cities, in certain parts of town, outside the "expat" concentrated areas like Sanlitun a foreign face will still turn heads. At a minimum, be ready for an audible "laowai" comment to be heard when out and about. Especially Chinese children are prone to this. As to how at such a

young age they even know what a "laowai" is, see the article on "Race Awareness" published in the January 2016 edition of JIN. This issue proves a point, it is easier to be "seen", "discovered", or "known" as an expat in China than abroad. Chances are the same person walking around overseas would get next to zero attention from onlookers.

Famous Foreigners

In this respect, during daily life, or by means of other tools, such as the internet, expats are able to find fame in China. The question isn't so much if an expat can get famous but rather, do they want to get famous. Of course the most famous of all "laowai" is perhaps Dashan, aka Mark Rowswell. Having been one of the earlier expats to arrive in China, back in the 80's, the foreign face was fresher than ever. Since modern China had only "opened up" to the world in the late 70's, at

that time, there weren't a ton of expats to be seen locally. Arriving in Beijing and getting an opportunity to participate in some public events gave Mark the springboard he needed to appear on "The Spring Festival Gala Evening" (春晚 chūnwǎn) which is one of the biggest annual televised events in China. Though occurring nearly 30 years ago in 1989, the internet makes this and other Dashan performances available for viewers today, so his

WHILE THIS DOES TEND TO GET THEM IN THE "NEWS" FAST, IT DEFINITELY DOESN'T HELP THE PUBLIC IMAGE OF "EXPATS IN CHINA".

fame lives on. Rowswell continues to leverage the internet to promote his ventures via: <http://dashan.com/>.

Another expat that was a relatively early arriver to China was John Pasden. According to his personal website <http://www.sinosplice.com/> he has been in China for "15.9 years." The about section of the site continues: "He has been sharing his learning tips on Sinosplice since 2002, and has oversaw academics and product development of ChinesePod's unrivaled archive of 3000+ practical, modular Chinese lessons from 2006 to 2013. John was also the main foreign host of ChinesePod lessons, appearing in thousands of Elementary, Intermediate, and Upper Intermediate lessons."

ChinesePod is an internet based Chinese learning service. It is one of the most well-known websites by expats in terms of tools to learn Mandarin. As the "main foreign host" of the podcasts listened to by learners around the world, it is no surprise that John became famous fairly fast. As with Rowswell, the common keys to Pasden's popularity were arriving in China early, learning Chinese, and the internet. While Mark arrived well before John, at their relative times, they were both some of the first "foreigners" to do what they did. Likewise, they both took learning Chinese seriously, which actually opened the door to the opportunity which made them "famous." Finally, neither of them would be as famous as they are without the internet as a distribution medium. The interesting difference between the two of them though, is that 大山 dàshān (Mark's Chinese name) is incredibly well known even among the Chinese, while far fewer locals know 潘吉 pān jí (John's Chinese name).

Other expats who have used the internet to find a level of fame are Olle Linge via: <http://www.hackingchinese.com/> and Sara Jaakola at: <http://www.sarajaakola.com/>. Olle is a Swedish expat who did some serious Chinese study in Taiwan. He has done an amazing amount of publishing on the topic of learning Chinese in an efficient way. Like Pasden mentioned above, he has gone the academic route in terms of monetizing his Mandarin. Sara on the other hand, is a Finish girl who has taken a more social approach to finding fame online in China. While she studied Chinese in Guangzhou, and has been involved in teaching Chinese to other expats, the focus of her blog is far more personal than educational. She has married a local Chinese man and had her first child in China. Sara got

even more famous after appearing on the TV show "Hello China" (Hello中国).

Conclusion

The list of famous foreigners certainly doesn't end here. There are others, however many of them have an unfortunate common link. That is they use shocking or even crude content to get famous. While this does tend to get them in the "news" fast, it definitely doesn't help the public image of "expats in China." In fact, this is a topic that the most well known expat Dashan has discussed. Namely, he intentionally avoided things shocking or scandalous in his rise to fame. This left him available and even desirable in terms of participating in high-level events like the Olympics, the Shanghai World Expo and even representing the Canadian government. Other expats looking to get their fifteen minutes of fame do well to realize the fleeting nature of cheap, crass content that may go viral but also could greatly limit future job opportunities. Better it is to consider the consequences

THE NEXT STEP IS TO ONLY ACCEPT OPPORTUNITIES THAT ARE CONSISTENT WITH LONG-TERM CAREER GOALS AND PERSONAL VALUES.

before jumping in front of the camera and becoming the next online sensation for some silly, stupid, or seductive act only later to be filled with regret.

Those looking to not just find fame but make a career related to China should see that everyone mentioned herein took their Chinese language study seriously. In fact it could be concluded that without their linguistic abilities they most probably would have never become famous. Thus the first step for any expat is to learn Chinese. Don't leave learning Chinese up to chance, rather implement a long-term systematic plan. The next step is to only accept opportunities that are consistent with long-term career goals and personal values. Notice that the folks above in general avoided the "shock and awe" tactic. Still, they have all achieved a level of public recognition. Another detail is that they were "early arrivers" in their given medium. Dashan was early to

crosstalk. John was early to podcasts. Olle was early to Chinese blogging and Sara was early to being very public about personal life in China. These expats together have written the following recipe to finding fame in China, learn Chinese well, do something unique, and utilize the internet.



Sara, the Finish girl.

背井离乡，功成名就

名声和财富，这些是你梦寐以求的吗？不可否认，它们很有吸引力，也会有人认为名声可以带来财富，但很多案例都证明，事实往往并非如此。相对而言，在中国的外国朋友要比那些奋斗在自己国家的外国朋友更易实现成名的梦想，为什么？

如今的中国人已不再像从前那般迷恋于外国商品，但对于外国脸孔，他们始终保有热情。最明显的就是走在繁华的大街上，外国朋友还是会引来超高的回头率以及听到很多声音称呼他们为“老外”。

那些生活在中国的外国朋友可以轻而易举的在日常生活中或是借助网络，获得人们的关注，比如在中国被人广为熟知的大山。大山是最早一批来中国发展的外国人，那个时候中国的外国脸孔远没有现在的数量庞大。改革开放以后，我们看到大批外国面孔来到中国，追寻他们的梦想。于是在偶然的机会上，大山登上了春晚舞台，并因此一夜成名，打开了自己的中国之路。如今的大山，借着自己的名气也在宣传着自己的公司，如有想了解的朋友，可访问以下网站：<http://dashan.com/>。

除了大山，我们还有其他在中国发展比较好的外国名人，比如约翰·帕司登，中文名潘吉。据潘吉自己说，他在中国已经待了将近16年，并从2002年开始，就一直在网站上分享学习经历。除此之外，他还是网播的主要主持人，很多网友都会从他的教学视频中获取帮助。

当然，我们认识的外国脸孔远不止此。但综上所述，我们不难发现他们中的很多人都带有一个共同点：成名靠新闻。新闻是把双刃剑，它在让人快速成名的同时，也为外国朋友在中国的形象带来些许影响。对于这个问题，大山也曾经讨论过，而他的解决办法就是尽可能的避免参与到有争议的话题当中。

对于那些想来中国发展且实现理想的外国朋友，首先要过的就是语言关。可以说，如果你不会讲中文，那基本上你就告别了出名。其次，不要错过那些和你职业规划相关以及符合你个人价值观的任何机会，做那最早吃螃蟹的人，才有可能一蹴而就，实现自己的人生梦想。学好中文，走出有自己特色的道路，好好把握互联网，愿每一个有梦想的外国朋友都能在中国实现自己的价值。

Upcoming Events

Exclusive Company Tour to Tianjin Custom Wood Processing Co.

1:30 PM, Thursday, September 8, 2016 -- Gathering Venue -- Exchange Tower 2, Tianjin

Tianjin Custom Wood Processing Co., Ltd., (better known locally as "TCW") is located in Tianjin's Dongli District and in June of this year celebrated its 20th Anniversary.

A wholly owned subsidiary of California Cedar Products Co. (CalCedar) with headquarters in Stockton, California, TCW manufactures pencil slats. Pencil slats are the wooden, OEM component used by pencil manufacturers to produce wood-cased pencils. CalCedar is the world's leading supplier of pencil slats. TCW produces pencil slats in a variety of wood species; with some raw material being imported to China from California and Oregon in the USA, while other species are sourced from China and Russia. Each different wood species has particular advantages and disadvantages and offers a variety of economic, ecological and technical performance benefits to the pencil manufacturer and to the consumer. And, each species requires a specific TCW manufacturing process in order to produce pencil slats that will meet the demands of the global pencil manufacturing industry. You are certain to be surprised to learn how much technology and expertise is required to make pencils, and particularly high-quality pencils, and it all starts with the pencil slat.

This tour is the 17th stop in AmCham China Tianjin's series of company tours introducing our members to the world of advanced manufacturing, with previous stops at Toyota, Caterpillar, Boeing, GE, ADM and many more.

A bus from/to Exchange Tower 2 will be provided. **Only 20 seats** are available so please reserve your place ASAP. The bus will leave at 1:45 p.m. sharp.



Program:

- 1:30-1:45 PM Registration at 1F of Exchange Tower 2
- 1:45-2:30 PM Transport to TCW by shuttle bus
- 2:30-3:00 PM Company introduction by GM of TCW and safety orientation
- 3:00-4:00 PM Tour and Q&A
- 4:00-4:30 PM Refreshments and network
- 4:30-5:15 PM Transport back to downtown

Gathering venue:

1F, Exchange Tower 2, No 189 Nanjing Rd, Heping District, Tianjin
天津市和平区南京路189号津汇广场2座1层

Registration:

Cardholding members pay in advance: RMB 100
Cardholding members pay at the door: RMB 150
Employee of member companies: RMB 150
Non-members: RMB 250

Tianjin Monthly Executive Breakfast Briefing

7:15-9:00 AM, Thursday, September 22 – Tangla Hotel, Tianjin

AmCham China, Tianjin's monthly executive breakfast is a great opportunity to meet the members of the 2016 Executive Committee and become involved in the Tianjin professional community. Network and share information with your fellow members, while enjoying a delicious breakfast at a great price.

The September Breakfast Briefing will take place at the 49F of Tangla Hotel, Tianjin. Please stay tuned for more information about the guest speaker.

Tianjin's Second Joint Chamber Golf Tournament

10:00AM – 8:30PM, Saturday, October 15

Golf Tournament Venue -- Tianjin Panshan Golf Club, Awards Banquet Venue – Jixian Marriot Hotel

The golf tournament will be held at **Tianjin Panshan Golf Club**. Located at the foot of the Panshan Mountain, this is an international standard 36-hole park-style golf course.

There are more than 5,000 trees in the A&B Course, including persimmons, apricot trees, peach trees, walnut trees, plum trees, apple trees, pear trees, etc. While teeing off, you can also enjoy the harvest of these trees in autumn. With the exception of 27th hole, the whole C Course is adjacent to lakes with precious stones inside. Spreading through the original fruit trees at the foot of Panshan Mountain, the D Course makes full use of the original terrain. This is the only park-style golf course in Tianjin.

The rule of this tournament will be **Two Person's Best Ball**. Awards will be given for the following: top three teams, longest drive, most accurate longest drive, nearest to pin, and best putter.

In addition to an excellent day of golf and all-day free flow drinks, the event will also feature a buffet dinner and lucky draw prizes during the Awards Ceremony at the Jixian Marriot Hotel. We have designed different packages includes hotel rooms at the Jixian Marriot hotel, golf on October 16th and activities for all family members. Details of the packages will be announced soon. Don't miss your chance to enjoy a round of golf, meet new and old friends and take home your trophy and bragging rights.



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

Tianjin's Second Joint Chamber Golf Tournament

Date and Time: 10:00AM – 8:30PM, Saturday, October 15
Golf Tournament Venue -- Tianjin Panshan Golf Club
Awards Banquet Venue – Jixian Marriot Hotel

Entry Fee: RMB 1100 *
Banquet Only Ticket: RMB300

* The fee includes greens fee, golf carts, facilities and caddies (does not include caddy tip and golf clubs), registration pack, sack lunch, awards banquet, returns transportation and lucky draw.
Tee times for this event are limited to 80 people, so book your spot early! Tickets will not be sold at the door and need to be paid in advance.

Sponsorship Categories

Exclusive Platinum Sponsor:	Cash RMB40, 000 (Limit exclusively to one company)
Golden Sponsor:	Cash RMB20, 000
Silver Sponsor:	Cash RMB10,000
Souvenirs / Beverages Sponsor:	Cash RMB8, 000 or in-kind equivalent
Hole Sponsor:	Cash RMB4, 000
Game Sponsor:	Cash RMB4,000 + gifts for participants
In-kind / Prize Sponsor:	In-kind or prize values over RMB500

For more information on purchasing tickets or sponsorship, please call AmCham China, Tianjin office at 022-23185072, or send an e-mail to amandahe@amchamchina.org or contact Hong Kong Chamber of Commerce Tianjin Office at 022-23911333/ admin@hkccc.tj.cn.



EUROPEAN CHAMBER IN TIANJIN

2016 Business Confidence Survey Launch and Mid-year Cocktail Reception

24th August, 2016

The European Chamber Tianjin Chapter launched **the 12th edition of the European Business in China – Business Confidence Survey 2016 (The BCS 2016)** on Wednesday, 24th August, 2016

The **Business Confidence Survey 2016** brings together the input of over 500 senior representatives of the European Chamber's member companies to provide an annual overview of their performance and outlook from within the Chinese market in terms of China's business and regulatory environment. The Secretary General of European Chamber in China, Adam Dunnett and the Chair of the Tianjin Board, Christoph Schrempp, led the launch event and presented the key findings of the Business Confidence Survey 2016 in addition to answering questions that were of interest to the attendees.

The launch event covers not only the general results nationwide, but also specific local findings of Tianjin. The Tianjin related questions showed that our members trust in the long term potential of Tianjin and the Jing-Jin-Ji merger, and some areas to foster more Tianjin's potential are identified such as vocational education, public transportation system and new free trade zones' attractiveness. On behalf of the Tianjin Board, Dr. Schrempp sent the special thanks to our local member companies for the support of the BCS and the chamber work, also gave the commitment of contributing to Tianjin's further development.



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



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

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

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

天津市和平区大沽北路2号天津环球金融中心41层, 邮政编码300020

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



European Chamber
中国欧盟商会

2016 European Business Gala Dinner “The Light of Art”

Ticket Purchasing

022-5830 7608

lzhang@european-chamber.com.cn

Tickets will not be available at door

Date & Time

Friday

October 21st, 2016

18:30-21:30

Ticket Pricing

Corporate table: rmb4500 (10 persons/table)

Individual: rmb500/person

Venue

2nd Floor, Grand Ball Room

The Ritz-Carlton Tianjin

No.167 Dagubei Road, Heping District, Tianjin

Come to the European Chamber “The Light of Art” 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!





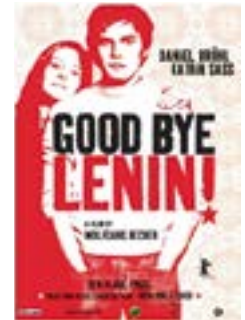
Past events

Special Event – Movie Night: "Goodbye Lenin!"

22.07.2016

The German Chamber invited to a Movie Night and showed one of the best-known German films in China "Goodbye Lenin!". Hailed as the Best European Film at the 2003 Berlin Film Festival, "Goodbye Lenin" is set in East Germany around the time of the collapse of the Berlin Wall. The film provided a fleeting glimpse into one of the major events in modern European history, touching many important political and social issues.

The purpose of the movie night was to bring together German and Chinese colleagues and friends and provide a platform of cultural exchange, as well as an insight in the historical background of Germany. In total 11 visitors watched the movie together and enjoyed German food from the menu of the Paulaner Restaurant in Tianjin



Breakfast Seminar —What is the Best Way to Enter the E-Commerce Market in China from a Foreign Company`s Perspective?

09.08.2016

On August 12, 2016 the German Chamber of Commerce organized a seminar about the growing E-commerce market in China in the Astor Hotel Tianjin. The seminar was arranged to provide an overview about the topic for Western enterprises, who consider joining the increasing cross-border e-commerce.

In his presentation, Mr. Jakob Loibl, Associate Business Advisory at Ecovis in Beijing, introduced the main aspects of the internet market in China and explained the most important steps for the entry, especially for foreign companies, along with marketing, legal and tax basics. In addition he gave some practical insights by sharing several case studies from foreign company`s perspective. 12 participants joined the event to share their expertise and for networking.



Round Table Mittelstand

18.08.2016

The company Turck invited to this year`s first Round Table for German Mittelstand enterprises in Tianjin. An informative factory tour by Mr. Kaiser, Vice-president of the Board of Directors, Member of the Advisory Council in Tianjin and Managing Director of Turck Tianjin Technology gave participants an interesting insight in Turck`s facilities and production process.

After this walkabout, the guests had the chance to join an open discussion about HR and staff issues, as well as general cost saving potential. This event provided a valuable platform for all medium-sized enterprise related topics and questions, followed by delicious snacks and drinks.



Upcoming Events

September 1, 2016, 14:30 – 17:00: Seminar - Finance, Law and Tax: A Brief and Practical Explanation of the Most Important Chinese Regulations for Foreign Managers, GCC Office Tianjin

September 8, 2016, 15:00 - 17:00: Seminar - Influence and Risk: Nationwide completion of Value Added Tax (VAT) Reform, GCC Office Tianjin

September 20, 2016, 10:00 – 17:00: Plant Tour and HR Round Table at Volkswagen Automatic Transmission (VWATJ) Tianjin

September 22, 2016, 18:30 – 20:00: Interchamber Business Match Making, Paulaner Tianjin

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

Tel./Fax: +86 22 8787 9249

Email: tianjin@bj.china.ahk.de Website: www.china.ahk.de

EXPERTS AND LEADERS GATHERED IN TIANJIN LABOR DISPUTES AND DIFFICULT CASES UNDER THE NEW SITUATION SEMINAR SOLEMNLY HELD

U August 2nd 2016, held by Beijing, Tianjin, Hebei Province Human Resources and Social Security Bureaus, organized by HR CLUB, co-organized by SINO-CREDIT Law Firm, Labor Disputes and Difficult Cases Under The New Situation Seminar solemnly opened. Dozens of government leaders and experts, hundreds of HR managers gathered in Tianjin, discussed hot issues of labor disputes together.

Ms. Ping Zhang, Vice Division Chief of Arbitration and Mediation Division, Tianjin Municipal Human Resources and Social Security Bureau conducted the seminar. Ms. Huashan Liu, Vice Director of Tianjin Municipal Human Resources and Social Security Bureau gave a speech.

Internet plus, smart industry and sharing economy influence the HR management models deeply, transform the tradition labor relations, challenge the judicial practice of labor law. Participants discussed the subjects such as how could labor dispute arbitration and mediation serve the economy transformation better, how to enhance the consistence of labor dispute cases adjudication among Beijing-Tianjin-Hebei region.

The first session of the seminar was The Positive Role of Professional Third Party Mediation in the Adjustment of Labor Relations. Ms. Ping Zhang, Vice Division Chief of Arbitration and Mediation Division, Tianjin Municipal Human Resources and Social Security Bureau held this session. Lawyer Mr. Yongge Xu, Director of Tianjin Human Resources Labor Dispute Mediation Centre, Managing Partner of Sino-Credit Law Firm gave a professional excellent speech.

The session of Consistence of Labor Dispute Cases Adjudication During the Coordinated Development of Beijing-Tianjin-Hebei Region. Lawyer Mr. Jianping Wang, Director of National Lawyers Association Labor Law Specialized Committee held this session. Mr. Liping Chai, Division Chief of Arbitration and Mediation Division, Beijing Municipal Human Resources and Social Security Bureau, Mr. Cunxin Liang, Division Chief of Hebei Provincial Department of



Human Resources and Social Security, Mr. Xiangrong Zhang, Dean of Tianjin Labor Human Resources Mediation Institute, Lawyer Mr. Hua Feng, Sino-Credit Law Firm participated in this discussion. The thought-provoking ideas led the enthusiastic discussion among the audience.

The host of Difficult Cases of Labor Arbitration in Transition session was lawyer Mr. Junlu Jiang, partner of Jin Du Law Firm, Vice President of China Law Society Social Law Studies Institute. Mr. Cunxin Liang, Division Chief of Hebei Provincial Department of Human Resources and Social Security, Ms Ying Zhao, General Manager of Bohai Securities HR Headquarters, Mr. Qiang Song, Section Chief of Labor Mediation Committee of TEDA, Mr. Chenbo Luo, Division Chief of Labor Mediation Committee of Tianjin Airport Economic Area participated the discussion which related to the topics such as termination of employment, employee settlement during the transformation of enterprise and reform of the supply, made thoroughly analysis.

Dr. Quan Meng served as the host of Case Study of Labor Disputes in Sharing Economy session. Guests were Ms. Chunhong Liu, Division Chief of Arbitration and Mediation Division, Tianjin Municipal Human Resources and Social Security Bureau, Mr. Junqi Wen, Section Chief of Tianjin High-Tech Area Labor Mediation Court, Lawyer Mr. Yongge Xu, Managing Partner of Sino-Credit Law Firm, Ms. Huiying Wang, Vice-president of WINWIN

BPONorth China Operation Center. They discussed the impact of sharing economy on the field of labor relations, for example, whether part-time workers, non-typical labor relations, out sourcing and stock option controversy were labor disputes, how to improve the concordance between the outsourcing service and enterprise management etc.

The seminar ended up with the excellent speech gave by Mr. Zhenlin Wang, Deputy Director-General, Ministry of Human Resources and Social Security of the People's Republic of China. He affirmed the positive contribution of the seminar, emphasized that the discussion among Beijing-Tianjin-Hebei region was constructive and forward-looking, suggested no matter entrepreneurs or colleagues of arbitration offices should thought about the problems we faced now and tried to find solutions and breakthroughs.

Ms. Chunhong Liu, Division Chief of Arbitration and Mediation Division, Tianjin Municipal Human Resources and Social Security Bureau made a summary of the seminar. She said that this seminar was a good start, policies and cases study among Beijing-Tianjin-Hebei region should be carried out more frequently, analyzed and discussed on more problems.



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

FORMER CHAMPION, LOCAL HERO AND RUSSIAN SUPERSTAR ADDED TO 2016 TIANJIN OPEN



2014 Champion: Alison Riske



Peng Shuai



Svetlana Kuznetsova

The 2016 Tianjin Open is again set to sizzle this October with the confirmation of three more stars joining the fight for this year's crown after organisers confirmed the return of inaugural tournament champion Alison Riske and hometown hero Peng Shuai and the tournament debut of two-time grand slam champion and former World No.2 Svetlana Kuznetsova at the Tianjin Tuanbo International Tennis Center next month.

Kuznetsova is having a stellar 2016 season claiming her 16th career title in Sydney, a finals appearance in Miami, semi-finals in Prague and reaching the quarterfinals in Rome, Montreal and Cincinnati already this year. Those performances have pushed her back into tenth on the WTA rankings and the Russian is looking forward to playing in Tianjin for the first time. "I have had a lot of success playing in China and I really enjoy playing there, so I am very excited to be going to Tianjin and playing the Tianjin Open for the first time. It is always a pleasure for me to be able to go to a new tournament because you get to experience a new city and to promote the WTA and tennis to a new group of fans", enthused the 31-year-old.

Kuznetsova's first taste of Grand Slam singles success came at the tender age of 19, when she claimed the 2004 US Open and making her just the third Russian behind Anastasia Myskina and Maria Sharapova to win a Grand Slam title. After a five-year wait, Kuznetsova captured the 2009 French Open defeating compatriot Dinara Safina.

Kuznetsova's impressive career included a 24-week stint at her career high ranking of World No.2 over 2007 and 2008.

A successful Tianjin Open could help Kuznetsova repeat history and qualify for the WTA Finals in Singapore, just like Defending Champion Agnieszka Radwanska in 2015.

The tournament is also looking forward to welcoming back the inaugural Tianjin Open Champion Alison Riske. The 26-year-old American will be playing her third consecutive Tianjin Open and has already reached the final of two WTA events this year (Shenzhen and Nottingham) as well as the semifinals of the WTA Stanford tournament.

Tianjin holds great memories for Riske who is excited to be returning, "Winning my first WTA title at the Tianjin Open was an incredible experience and an amazing personal achievement for me. The tournament and the city will always hold a special place in my heart. Everyone at the tournament is lovely and I can't wait to come back to Tianjin and play again".

Hometown favorite Peng Shuai will be hoping that she can replicate the success of her 2014 semi-final appearance as she returns to Tianjin after missing the 2015 event through injury. The 30-year-old Tianjin resident has ridden a rollercoaster of emotions over the past three years. Peng's amazing 2014 saw her become the first Chinese player, male or female, to reach the World No.1 in singles or doubles, reach her first Grand Slam singles semi-final at the US Open and win five doubles titles including Roland Garros and the final of the WTA Finals

in Singapore.

Following the retirement of Li Na, Peng assumed the mantle of Chinese No.1 and with a world ranking of 22 was set for a breakthrough year which started off with her reaching the fourth round before falling to Maria Sharapova at the Australian Open. But just as she was about to begin her charge towards the Top 10, injury brought her season to an abrupt halt after back surgery after Roland Garros forced her to miss the remainder of the 2015 season and her ranking fell outside the top 400. Her return to action this year was further hampered after she broke her hand in late March which has seen Peng use a special protected ranking to enter some WTA tournaments while biding her time playing ITF Women's events to slowly rebuild her ranking up to 260.

"It will be really nice for me to come back and play in Tianjin. It has been a really difficult few years for me, so playing in front of my fans will hopefully help me win a few matches and make me feel like I am back at home. If I can win a few matches it will help me with my ranking, my confidence and to finish 2016 on a high note, before coming back better in 2017," reflected Peng.

Tickets for the 10-16 October tournament are now on sale, and with the earlier confirmation of defending champion Agnieszka Radwanska's return, tennis fans are again being treated to a world-class playing field. Tickets can be purchased via the tournament's sales platform www.wesai.com or for more ticketing information visit their official website - www.tianjinopen.com.



2016 TIANJIN OPEN

天津公开赛

10.10-10.16 天津团泊国际网球中心
Tianjin Tuanbo International Tennis Center

Tournament

Category: WTA International Series Event **Outdoor Courts:** 12
Indoor Courts: 4 **Stadium Capacity:** 3500 people
Tournament Name: Tianjin Open
Tournament Date: October 10-16th, 2016
Tournament Venue: Tianjin Tuanbo International Tennis Center
Competition: Women's 32-Singles and 16-Doubles; 24-Qualifying
Prize Money: USD 500,000 **Ranking Points:** 280
Organizer: Tianjin Jinghai Country People's Municipal Government;
 BinhaiTuanbo New Town (Tianjin) Holding Co., Ltd.
Sanctioning Bodies: Tianjin Municipal Government Chinese;
 Tennis AssociationTianjin Sports Administration Bureau

Event Schedule

DATE	MATCH	TIME
Saturday, 8 October	Qualifying-First Round	11:00am
Sunday, 9 October	Qualifying-Second Round	11:00am
Monday, 10 October	Main Draw-First Round	11:00am
Tuesday, 11 October	Main Draw-First Round	11:00am
Wednesday, 12 October	Main Draw-Second Round	11:30am
Thursday, 13 October	Main Draw-Second Round	11:30am
Friday, 14 October	Quarterfinals	11:30am
Saturday, 15 October	Semifinals	11:30am
Sunday, 16 October	Doubles Final Singles Final	11:45am

* 8th Oct & 9th Oct, free open to the public

Price List

Date	VIP (with Hospitality)	VIP (without Hospitality)	Lower Level Row 1-5	Upper Level Row 6-11	Student Tickets
Monday, 10 October	498	198	88	68	30
Tuesday, 11 October	498	198	88	68	30
Wednesday, 12 October	498	198	88	68	30
Thursday, 13 October	498	198	88	68	30
Friday, 14 October	668	368	188	108	68
Saturday, 15 October	798	498	288	138	78
Sunday, 16 October	798	498	288	138	78

Ticketing

① Ticket Sales Period

- ▲ From August 8, 2016 to October 16, 2016
- ▲ The pre-sale stage is from August 15 to September 19; the tickets which are formally for sale is after September 20 Tickets online

② Online Tickets

- ▲ Visit the official website of Wesai: www.wesai.com, and click "performance", and then click "sports"
- ▲ Visit the official website of Tianjin Open: www.tianjinopen.com, click "tickets"
- ▲ Add the Wechat of the official website of Tianjin Open
- ▲ Open the Wechat and get access to Wechat wallet and find the column "movie ticket", click "event"
- ▲ Open QQ and get access to QQ wallet and find the column "movie", and click "movie"

③ Offline Tickets

- ▲ The telephone number for booking tickets on Wesai: 4001100100.
- ▲ Hotline: 022-58898416
- ▲ Working hours: 9 am to 17 pm weekdays
- ▲ The specified tickets shop: Olympic Sports Center of TJPIAO.COM (from August 12 to October 9)
- ▲ Address: the ticket office of Olympic sports center, Binshuixin Road, Nankai District, Tianjin
- ▲ Buy tickets from Tianjin Tuanbo International Tennis Center (from October 10 to October 16)

④ Ticket Delivery

- All tickets will be given out one week before the tournament.
- ▲ If you buy tickets online, the tickets will be sent express on September 15.
 - ▲ If you buy tickets offline, the tickets can be collected from September 15.
 - ▲ The express service of tickets bought online will be closed if it is closely approaching the event. In that case, you need to pick up the tickets onsite and watch the match directly.

⑤ Discount offer

- ▲ Student tickets are available for people who are under 18, or having a valid student ID.
- ▲ Buy three tickets of the same day and get 15% discount
- ▲ Buy more than four tickets (including four) of the same day and get 20% discount



Tianjin Open Official Weibo



Tianjin Open Official WeChat



The Telephone Number For Booking Tickets On Wesai

4001100100

* Student tickets are available for people who are under 18, or having a valid student ID.

* The price of Student 7-day Tournament Package is RMB 298;
 The price of Lower Bowl 7-day Tournament Package is RMB 688.



Busy subway stops have had numerous safety related educational campaigns to expose the tactics of thieves.

SAFETY EDUCATION

by **Carmen King**

When it comes to safety, the old saying “an ounce of prevention is worth a pound of cure” certainly applies. Accidents can be life-altering, even life-ending. Not all accidents can be avoided. Yet many may be prevented. How so? An effective means is safety education. When it comes to good safety habits, things simply can't be left up to chance. Like airplanes which must go through a mandatory safety inspection before every flight, we as humans should have standard safety protocols integrated into our daily life.

As expats facing a major medical situation is hardly desirable. Issues with linguistics, availability of care, even payment of treatment can be major problems. As an example recently via social media the friends of an expat who needed surgery was seeking financial donations since money had run short. Back home expats may have stable jobs with full medical benefits, or even qualify for some sort of government assistance. Those

living in Tianjin though could end up in a real pinch when it comes to paying medical expenses. The best option is be safety minded and try to avoid trouble. Safety education is the first step in becoming more safety conscious and establishing safe habits. A few areas where safety should certainly be considered are crime, home, and transportation.

Crime Safety

Tianjin strictly prohibits firearms. The average citizen has no opportunity to buy a gun. In fact, most police officers seen out and about don't even carry guns. This cuts down

SAFETY EDUCATION IS THE FIRST STEP IN BECOMING MORE SAFETY CONSCIOUS AND ESTABLISHING SAFE HABITS.

significantly on gun related robberies which are commonplace in other countries. It is amazing to walk into local convenience stores and see zero safety measures in terms of protecting the cashier. This is in stark contrast to other places where 24-hour shops often have bullet-proof glass all around the cash register.

While the lack of firearms does assist with lowering shooting deaths, there is still a need to be safety conscious in terms of crime. Theft is definitely a threat. While it probably won't be at gunpoint, it may be at knifepoint. Therefore, expats do well to take precautions. Busy subway stops like Yingkoudao near the infamous Binjiangdao shopping street have had numerous safety related educational campaigns to expose the tactics of thieves. For example, some crooks have used long tweezers to extract valuables from a distance. Others use a razor like tool to slice open a back pocket to access a wallet. There are tons of different methods, these are just a few. It is shocking and disheartening to see the devious lengths criminals will go to.

Sadly, expats may be an especially easy target of these thieves. Why? First, we are often less familiar with the surroundings. Second, when traveling we may be carrying cash or extra valuables. Third, we stick out due to our outward appearance. Spotting an expat in a sea of Chinese is super easy. It can be like wearing a target on your back. For these reasons, expats can consider being extra cautious in high-traffic areas such as train stations, busy bus stops, and crowded subways. For example, when cramming to get on a bus, pick-pockets love to come and snatch things out of people's pockets. They also will purposely board over packed buses or subways and steal things from passengers.

The best way to deal with these situations is to avoid them. Thieves can work in gangs. Only one may be visible, but that doesn't mean he is working alone. Avoid confronting them. Don't carry a lot of cash, especially when going to high-traffic places or when riding public transportation during peak hours. Be aware of where your cell phone is at all times. Don't just stick it in a back pocket or in the outside compartment of a backpack. Also, don't leave the phone sitting at an unattended table, like when going to get napkins or something else. Try to avoid drawing undue attention to oneself by wearing super expensive garb, rings, necklaces, or the like. Sometimes it is best to

carry your backpack in front and be sure zippers are closed, perhaps even use a lock.

Home Safety

When at home lock doors using a key from inside. Although be absolutely sure someone left inside the home can still get out and isn't "imprisoned", so double check how your doors works. It may be good to keep a key near the door in case one needs to leave in a hurry. When leaving don't just "close the door". Lock the door from the outside using the key. Doors in Tianjin are different in that despite seeming like they are locked by just shutting them, they aren't. They can easily be opened unless the door has been locked using a key from the outside. Consider installing additional locks such as an electric lock or even a camera system (though be aware some wireless systems are prone to being hacked and could create additional safety issues). When moving into a new apartment, be sure that the locks have been changed. Plus, get a good lock. Some cheaper locks can easily be picked. Consider installing a security door in addition to the basic front door. If living on a low floor, be sure to close and lock all windows and even get metal bars installed on the outside. However, this may create an escape hazard so figure out how to leave in an emergency.

Install and routinely test smoke alarms. It is recommended they be in the kitchen and each room, especially bedrooms. The same goes for carbon monoxide detectors. Plus don't forget a natural gas detector if the

apartment has gas. A natural gas stove should be checked by the gas company annually. They will usually do this for free once a year. Ask your landlord or apartment manager for the gas company's phone number. Then book a time for the serviceman to come and check everything. They will use a tool to scan the area around the stove and gas lines to ensure there are no leaks. Outside of the annual check, anytime the gas alarm goes off, immediately turn off the gas, open the windows and get outside. Then call the gas company and request an emergency inspection.

Transportation Safety

Don't rush or run to get on the subway as the doors almost close. When waiting for the subway, some tracks don't have gates, so people can and have fallen on the tracks. Stay behind the yellow lines, and be careful a crowd doesn't push you from behind. Don't get onto overcrowded buses. This is both a fire hazard and prime time opportunity for thieves. Get a key-chain window breaker and seat-belt cutter. Carry them at all times and be ready to use it if necessary. Use seat belts when in cars. If the cab or hired car doesn't have them, report it. Do not "hold" babies or small children when on a bike, moped or in a car. Do wear a helmet when riding. Do not text or talk while driving or riding. If the driver is doing this, speak up. Get out of dangerous cabs or buses. Stop at red lights, drive defensively, and always predict the unpredictable. Slow down and be alert when

crossing intersections even when it's a green light. This is especially true when on foot. Look in every direction. Getting hit by a moped going the wrong way can and does happen. It takes effort to be safety conscious. Yet it may save a life so be safety educated.



It must be noted that thieves can work in gangs.

安全教育，不可不知

提到安全，我们总会想到一句老话：一分预防胜似十分治疗，这话在今天依然适用。意外是可怕的，它可以瞬间夺去人的性命，改变我们的命运，然而它又是可以避免的。就像飞机每次起飞前的强制检查一样，我们对于安全也应该有一套自己的准则。人人都知道去医院看病有多难，而对于生活在天津的外国朋友而言，去医院更是难上加难。任何关卡，如语言、支付、医药费等都有可能压死他们的最后一根稻草。因此，开展正确的安全教育，树立良好的安全习惯，是我们生存于社会的重要保证。

在天津，普通公民是没有任何机会购买并携带枪支枪械的，甚至很多时候，这里的警察都不会配枪，这样的规定一方面减少了涉枪抢劫案，另一方面也为我们的安全提供了保障。但是当你随便走进一家本地的便利店，你就可以看到，它们根本没有任何安全措施，这样的情况在别的国家却不多见。没有枪支的威胁，不表示我们没有其它的威胁，我们应时刻保持有清醒的头脑，做好安全防范意识。走在天津繁华路段，外国朋友是最容易遭小偷下手的对象。因此当我们在外出行的时候，应尽量避免穿着过于贵重，也不要携带大量现金和贵重物品，更不要用手机留位，因为很可能你的一个不小心，就会让坏人得了便宜，给自己带来经济上的损失。

当我们回家的时候，总是习惯将钥匙放在玄关附近，以备下次出门方便携带。出门之后，我们也总是习惯将门轻轻一带，并不曾真的用钥匙再锁一遍。在这样的情况下，大门很容易被撬开。因此，当我们搬到一个新的公寓时，要确保你的门锁进行重新更换，有条件的情况下，可以装一个防盗门。当然，如果住在低层，也一定要确保窗户附近的安全。

公共交通是我们日常出行的主要交通方式，但当我们乘车的时候经常会看见一些来不及赶上却要强行上车的乘客，这样的做法实在太危险，它不仅会给我们带来火灾的隐情还会为扒手提供绝好的作案机会。除此之外，我们还应尽量做好一切和安全有关的工作，比如系好安全带、驾驶过程中不接打电话和收发短信、遵守信号灯等。生命只有一次，在安全的问题上，我们开不得半点玩笑，容不得半点马虎。谨记安全教育法则，必要时候它可以拯救我们于危难之中。



If living on a low floor, be sure to close and lock all windows and even get metal bars installed on the outside.



In America, if a mom left her child and went to work, she may be thought of as being selfish.

BEING A WORKING MOM IN CHINA

by **Charlotte Edwards**

I always wanted to be a stay-at-home mom but that idea was tossed out the window when I got married to my Chinese husband. He said that Chinese women must work in order for the family to have a good life. It would be no different for us, even though I'm not Chinese. Now, nine years into marriage with most of them as me being the primary bread winner, I understand what he means. As an English teacher in a small town (read: where salaries aren't as high as the major cities) I easily make four times what my husband earns. My salary makes it possible for us to have our own house, take a couple of vacations and buy imported indulgences like cheese, chocolate and coffee!

I've experienced life as a working mom outside the home and work at home mom. From my experience, freelance jobs are rare and people don't consider them real work. I get a lot of negative comments from people about how I stay home and play computer games all day, when in fact I've never played a game on my computer and Google Docs is my constant companion.

When I rejoined the work-outside-the-home world last year,

people started saying how it was good that I was contributing to the family again. In China having a job shows that you care about your family's welfare and are working towards having a higher standard of living. I feel the prevailing mindset is that even if you don't like the job, you keep it since you get a paycheck and have good benefits, including job security. No one thinks badly of me because I left my daughter in the care of her grandparents during the days while I worked, where as in my home country, I may be thought of as being selfish or greedy for the same action.

Childcare is relatively cheap in China. A lot of expats like to hire a nanny, or ayi, to watch the children, cook and clean. It's like having a housekeeper, chef and nanny all in one. Since I've got Chinese in-laws (translation: free babysitters who are eager to watch my kids at a moment's notice), we've never hired an ayi. An added benefit of having an extra adult body is that there's someone to help out with errands and taking kids to and from school. If your children are learning Chinese they'll have someone to practice with or they'll be immersed in the language if the ayi doesn't speak English or your native language.

While my in-laws help me by

watching the kids after school, they're also willing to cook for us. On days when my schedule is full, we go directly to their house after work where a hot, nutritious meal awaits. My own mother thinks this is absurd, but most of my colleagues do the same, if they're not already living with one set of parents. There are days when I think I have time to cook, but for whatever reason, I decide not to because there are lots of cheap ready-to-go options at the market. Some of our favorite fast foods are roast duck, liang pi (cold noodles with vegetables), jian bing (thin, flat pancake with egg and veggies), bao zi (steamed bread stuffed with veggies and/or meat) and rou jia mo (chopped pork in bread). Add some veggies and fruit and you've got a meal that's ready in less than 30 minutes.

Although I'd rather not be part of the workforce at this stage of motherhood, I do appreciate that there are great options for working moms in China, and that it's a cultural norm for women to work. I'll always be judged on my job choices by someone, I've become good at blocking negativity about them from everyone: Foreign or Chinese.

在中国做一个全职妈妈

结婚之前我一直梦想着未来一定要做一个全职的家庭主妇，但当我嫁给我的中国丈夫之后，我才意识到，在中国，这个梦想几乎不可能实现。结婚九年，我不仅要养家糊口，更是主要的经济支柱。如果我不出去工作，我们的生活不会有房子、旅行以及各种各种美味的进口食品。

外出工作和在家工作我都经历过，从我的经验来看，自由职业并不常见，并且当你从事自由职业的时候，人们往往也并不认为你真的在工作。而当我出去工作的时候，却总是能收获到不一样的评价，人们开始赞美我是如何的为家考虑、为家付出。在中国，外出工作没什么不好，它可以为家庭带来福利，为自己带来保障，但倘若是在我的国家，人们会觉得我这种舍弃女儿、外出工作，是一种自私和贪婪的行为。

在中国，雇佣保姆并不是十分昂贵，因此很多外国家庭都愿意找一个保姆来帮忙照看孩子，但因为我有一大家子的中国亲戚，所以理所当然的我们就有了免费的“保姆”。他们可以帮忙跑腿、看孩子，甚至免费教授中文。每次我向远在家乡的母亲说我回到家就能吃上热乎的饭时，她都觉得不可思议，但事实就是如此，并且大多数的中国人都有着相似的经历。

尽管我是多么的不想在这个阶段成为一个上班族妈妈，但无奈，我必须得这么做，这是所有女性的一个常态。直到现在我还是会被人评价来评价去，通常这个时候我都会告诉他们：两个国家，两种文化。

A special gift

September 10th is the annual Teacher's Day. This celebration had little significance for me before. But this year I became a new comer at the Jian Hua Autism Rehabilitation Center. As a new comer, I received tremendous help from the experienced teacher team. Through teaching and research group's systematic training arrangements for me, From a theoretical perspective, I learned how children with autism think, and some basic principles of rehabilitation. Through practice, I learned some ways to evaluate new student's abilities, as well as some basic methods of cognition and language training. As time passed by, I love the kids more and more. Although they are not seen as "clever" as ordinary kids by some, they can also learn to express themselves, appreciate music and rhythm, draw pictures, and learn some basic social skills. Seeing the children growing and making progress little by little at the Center, I've come to feel that my work is full of worth and significance.



The other teachers at Jian Hua must feel thus all the more. Seasoned professionals, some have worked here for decades, still continuing to learn and improve. Not long ago all of our 15 teachers passed the first batch of the children's autism rehabilitation and education professional examination organized by the Disabled Person Federation, and received certifications. The examination not only affirmed our teachers' professional competence, but also affirmed the many

years' teaching work being done at the Jian Hua Autism Rehabilitation Center. This affirmation has been the most special gift for our teachers on this Teacher's Day.

As a new teacher, it is my fortune to become a part of such a professional team, and it is a challenge as well. In the future, I will also apply my professional knowledge to help children with autism like the other teachers. The children's progress and growth, and the parents' trust is the most special gift for me on this Teacher's Day.

INSOMNIA

by Zheng Hong Xiang and Kate King



Jack: Why haven't I seen you the past few days Xiao Liu? You're not looking so great.

Jié kè : Xiǎo Liú , Jǐ tiān bú jiàn nǐ
 杰克：小刘，几天不见，你
 Liǎn sè zěn me zhè me nán kàn
 脸色怎么这么难看？

Xiao Liu: I know, I know. I have not been able to sleep lately, I think I have insomnia.

Xiǎo Liú : Bié tí le wǒ zuì jìn shuì mián
 小刘：别提了，我最近睡眠
 bù hǎo , jīng cháng shī mián
 不好，经常失眠。

Jack: No wonder you have such dark circles under your eyes. Why aren't you sleeping? Is something keeping you awake?

Jié kè : Nán guài hēi yǎn quān nà me zhòng ne
 杰克：难怪黑眼圈那么重呢，
 wèi shén me shī mián a yǒu shén me shì ma
 为什么失眠啊？有什么事吗？

Xiao Liu: Graduation is right around the corner, isn't it? I've been so busy looking for work, the pressure has really gotten to me. When I lay in bed at night my mind is always running. I just can't sleep.

Xiǎo Liú : Zhè bú shì kuài bì yè le ma
 小刘：这不是快毕业了吗？
 máng zhe zhǎo gōng zuò ne yā lì bǐ jiào
 忙着找工作呢，压力比较

Dà tāng zài chuáng shàng zǒng shì hú sī luàn
 大，躺在床上总是胡思乱
 xiǎng shuì bù zháo
 想，睡不着。

Jack: I've heard there are a lot of ways to alleviate insomnia. For instance, exercise. You can run, play sports or do some aerobics. Exercise promotes good blood circulation and speeds up your metabolism.

Jié kè : Tīng shuō huǎn jiě shī mián yǒu hěn
 杰克：听说，缓解失眠有很
 duō fāng shì . Bǐ rú yùn dòng , pǎo pǎo
 多方式。比如运动，跑跑
 bù dǎ dǎ qiú , tiào tiào cǎo shén me
 步、打打球、跳跳操什么
 de yùn dòng kě yǐ cù jìn xuè yè xún
 的，运动可以促进血液循
 huán , jiā kuài xīn chén dài xié
 环，加快新陈代谢。

Xiao Liu: I am ridiculously busy every single day! Where do I have time to exercise?

Xiǎo Liú : Wǒ měi tiān máng de sì jiǎo cháo
 小刘：我每天忙得四脚朝
 tiān , nǎ yǒu shí jiān yùn dòng a
 天，哪有时间运动啊？

Jack: Well then, before you go to bed drink some warm milk. I've heard warm milk can help you fall asleep.

Jié kè : Nà jiù shuì qián hē bēi rè niú nǎi
 杰克：那就睡前喝杯热牛奶，
 tīng shuō rè niú nǎi yǒu ān mián de zuò yòng
 听说热牛奶有安眠的作用。

Xiao Liu: I guess you didn't know since I was little I've never liked drinking milk. I use China's most time-tested method to cure my insomnia: count sheep! You know, count

sheep, one sheep, two sheep, three sheep, four sheep....

Xiǎo Liú : Nǐ bù zhī dao ba , wǒ cóng xiǎo
 小刘：你不知道吧，我从小
 jiù bù ài hē niú nǎi . Wǒ cái yòng le
 就不爱喝牛奶。我采用了
 Zhōng guó zuì chuán tǒng de zhì liáo shī mián de
 中国最传统的治疗失眠的
 fāng shì : shù yáng ! yī zhī yáng , liǎng zhī
 方式：数羊！一只羊，两只
 yáng , sān zhī yáng , sì zhī yáng
 羊、三只羊、四只羊.....

Jack: Haha, that's China's most time-tested method of curing insomnia? Does it work?

Jié kè : Hā ha zhè jiù shì Zhōng guó zuì
 杰克：哈哈，这就是中国最
 chuán tǒng de zhì liáo shī mián de fāng shì
 传统的治疗失眠的方式
 a yǒu xiào ma
 啊！有效吗？

Xiao Liu: Well, in the morning when I am staring at the ceiling, I'm thinking 108,763 sheep, 108,764 sheep, 108,765 sheep....

Xiǎo Liú : Ài ! zǎo shàng , wǒ zhēng zhe yǎn
 小刘：哎！早上，我睁着眼
 dīng zhe tiān huā bǎn , shí wàn bā qiān qī
 盯着天花板，十万八千七
 bǎi liù shí sān zhī yáng , shí wàn bā qiān
 百六十三只羊、十万八千
 qī bǎi liù shí sì zhī yáng , shí wàn bā
 七百六十四只羊、十万八
 qiān qī bǎi liù shí wǔ zhī yáng
 千七百六十五只羊.....

PROMOTION

International School of Tianjin's first day of the school year 2016-17

August 9, 2016 morning was a morning of smiles, cheers, hugs and laughs as students returned to start their new school year at IST, along with new students commencing on their wonderful "learning at IST" journey. Teachers, parents and students were all in a jovial, friendly and enthusiastic mood and there were many high-fives and squeals of delight all around. Happiness, the hallmark of IST, was the all-pervading mood!

What a great start to the new school year 2016-17!



PROMOTION

Remarkable Upgraded Learning Spaces at International School of Tianjin

Always aiming for enhancement of the learning experience for students, International School of Tianjin (IST) has once again undergone a series of major facility improvements over the summer to augment their learning spaces for students, both indoors and outdoors.

Amongst the many upgrades, a new 3,120 square meter soccer/football field with FIFA quality turf is now ready for the students, in addition to the already existing grass soccer/football field. There has been an upgrade to the indoor play area for Kindergarten-Grade 2 where amongst other things, a specially ordered hand-made boat made by artisans of the China Arts and Crafts Masters in Jiangsu Province has been installed along with a "tipi or teepee" (native American tent) for the children to explore and play in. There is also a new Grade 3-5 playroom/lounge for the older Elementary students for times when they want to indulge in indoor activities.

There has also been new landscaping of the interior gardens in IST, including

installation of new Kompan play equipment and Playmatta mats. Other renovations include a new elementary kitchen and science classroom; a new ceramics studio and kiln; a new elementary Chinese language learning area with traditional Chinese woodwork and interior decoration, which makes it look like a beautiful Chinese courtyard.

Coming up soon is the exciting completion of a new state-of-the-art NPK-G12 Science and Technology Design Centre with surrounding landscaped gardens which will be inaugurated in September. Watch this space for details of this exciting cutting edge upgrade to IST's Information and Design Technology teaching and learning!



The TIS Swim Festival!

Swimming courses are one of the important subjects in our Physical Education program, in Primary school at TIS, and students are requested to demonstrate two different strokes before they graduate. To educate, entertain and enthuse all those who love swimming, the TIS PE Department hosted an annual swimming festival at the American Club in Tianjin on Monday June 6th in 2015-2016. Over 30 students participated in the 25m, 50m, and 100m races. In this year's festival, we continued to invite our HS athletes as special guests to compete with our teachers "team". We look forward to another action packed year of swimming activities.



TIS Service Trips

Service is one of the four Learner Goals at Tianjin International School. Throughout the school year, students provide service both in school, throughout our community and China. For many of our students, summer continues this same dedication to service of others. Each summer, students go on summer trips to various locations including Cambodia, Yunnan, Mongolia and Chang Bai Shan. These trips include working with farming communities, tutoring orphans and feeding at risk children in urban slums. Students return with a new perspective and understanding of themselves and the world around them.



PROMOTION

Well Being at Wellington College International Tianjin

In preparation for a dynamic, action-packed year of learning for pupils and families at Wellington College International Tianjin, the College has made a number of key appointments in order to ensure that their Wellington Aptitudes continue to mirror and build upon the unique approach to education at Wellington College in the UK.

With a stated aim to develop the whole person, Well Being is at the very centre of the College's educational philosophy. With extensive experience at two of the leading and highest achieving independent schools in the UK, Christs Hospital School and Tonbridge, Jonathon Lewis joins the College as Head of Pastoral.

"At Wellington College I aim to build on the foundations of pastoral care and social and emotional aspects of the curriculum, providing all children with the opportunity to become independent empowered learners," Lewis describes. With a learning structure rooted in the Wellington Aptitudes, Lewis is keen to ensure that pupils are being prepared for an uncertain future: "our mission is to prepare the children of the College for a dynamic world of further education and study, where the need to manage change, develop reflection skills and critically review self-performance is essential."

With the vision of creating a caring, international community that develops well-rounded individuals with strong values and the skills to thrive within an ever-changing global society, Wellington College International Tianjin continues aspiring to excellence in international education with the well-being of their community at the very heart of all they do.



PHYSICAL



CULTURAL



LINGUISTIC



LOGICAL



SOCIAL



PERSONAL



SPIRITUAL



MORAL

Wellington College China Meets the Duke of Wellington

Wellington College China schools draw strength from the very close partnership with Wellington College. This partnership runs deep, with significant sharing of ideas and practices across the group and numerous exchanges of pupils and staff. The commitment to the China schools by the leaders and governors at Wellington College has seen visits by Julian Thomas, the Master, and Peter Mallinson, Vice President and Chair of the Wellington College Board of Governors, in recent months.

The partnership was further strengthened when representatives from Wellington College China were invited to meet with the Duke of Wellington on 14th July 2016. The Duke of Wellington received guests from China and Wellington College at Stratfield Saye, his country estate, with



the intention of learning more about the success of Wellington College China in establishing international schools in Tianjin and Shanghai, along with the launch of the bilingual early years setting. His Grace conveyed his full commitment to Wellington College China and displayed great interest in learning about each of the schools, their development and how they serve the communities in Tianjin and Shanghai. Discussions focused on ensuring all Wellington Colleges continue to provide the highest standard of education that upholds the Wellington

values and identity. The Duke of Wellington will continue his interest and support for the schools in China through his work as a governor of Wellington College.

Joy Qiao, Chair of the Board of Governors for Wellington College China was accompanied by fellow board member Helen Kavanagh, International Business Director with Wellington, along with Peter Mallinson, Chair of the Board of Governors for Wellington College and Ahmed Hussain, Director of Schools for Wellington College China.

Pupils Hit Top Marks in IB and IGCSE Results at Wellington College International Tianjin

Following the announcement of the Cambridge IGCSE Results, the College is delighted to congratulate senior pupils for achieving some truly exceptional results. Special mention should go to Celia Ren of Stanley House who achieved A* Grades for all subjects. As the world's most popular international qualification for 14-16 year olds, pupils in Years 10 & 11 at Wellington College are well-positioned to continue developing a tradition of excellence in academic achievement as they move into the Sixth Form.

Outstanding IB Diploma Results were



delightedly received by pupils and parents, with two pupils being awarded over 40 points and a third of all candidates averaging 38 points or above. Achieving 42 points overall, a special congratulations should be extended to Paul Lee who will attend his first choice university, University

College London (UCL). Wellington College pupils will attend some of the world's most prestigious universities, including Ivy League institutions UC Berkeley and Cornell, highlighting the strength of the IB Diploma programme at Tianjin's most community-focused international school.

UNITED FAMILY FERTILITY SPECIALIST DISCUSSES LONG CAREER IN IVF

by **Adriana Hammond**

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

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

I was raised and trained in the UK, and qualified as a doctor in 1980. Then in 1983 I had the opportunity to work in a big fertility center in the UK. This was one of the early centers that was doing IVF (in vitro fertilization). From 1983 to 1985 I was the IVF Coordinator at this center.

At that time IVF was very different than it is now. For example, we couldn't program (ovulation) cycles the way we can today. Instead we used to monitor and do egg collections based upon the woman's natural cycles. In fact, most women ovulate in the middle of the night so we were doing egg collections in the late hours much of the time. Those were the pioneering days of the field.

I came to China initially as an obstetrician in 2010. Now I am back working with United Family Health Care as a fertility specialist.

What have you found are the most important fertility issues couples face in China?

China faces many of the same issues faced around the world in fertility. In Chinese society, however, children are greatly valued. If a woman hasn't had a baby by age 25, she might feel she is getting too old. This idea can affect the woman's outlook in life and she might succumb to societal pressures. One of the key things that I think would be good to do in China is egg freezing. When women



WHEN WOMEN REACH THE AGE OF 30 AND HAVEN'T HAD CHILDREN WE CAN COLLECT THEIR EGGS AND FREEZE THEM.

reach the age of 30 and haven't had children we can collect their eggs and freeze them. In China, the regulations require women to be married for egg freezing.

Another issue I see is since the changing of the one-child policy in China there many older women who have felt they have missed out on having a second child. For women's health, getting pregnant is a matter of art. As your doctor, I am able to tell you how to get pregnant naturally and compare different treatments. That way you can make an informed decision.

As an expert in infertility research, what would you like readers to know? For example, have there been recent revelations regarding infertility or women's health?

Today one of the big developments is genetic screening of embryos. Only about 30% of embryos that occur naturally are applied. The job of the uterus is to accept normal embryos and reject the abnormal, and the theory is if we can identify the normal embryos with preimplantation genetic screening, then we have higher chances of pregnancy.

While in the UK you led in the development of selective salpingography to assist patients with blocked fallopian tubes. Is there a new area of infertility or women's health you are currently exploring?

On the technology side there is a technique in development to assist with embryo analysis. What we can do now is put a camera in the incubator and do time-lapse photography. That way we can see what the embryo looks like at any point in time without taking the embryo out of the incubator.

This has been a fascinating and edifying interview. It sounds like your patients can look to you for informative guidance with their fertility choices and concerns.

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As pointed out in our feature article this month, regarding the seniors sector in China, this is the largest portion of China's population, with over 200 million persons and will become over 30 percent by 2030. Although it is required by law that the elderly are to be taken care of by their children, for some of our elderly in this sector, they are without support and would live out their life in misery and destitution.

This month's Helping Hand appropriately features the Hetong Elderly Charity Foundation. In April 20, 1995, Hetong Foundation was started in Tianjin, which is sponsored by the private sector, private investment, and private operation of civil society organizations. Over 20 years later, Hetong is going strong and in addition to the original site in Tianjin, has two locations in Beijing providing social services to the elderly in need.

There are several main projects that Hetong has a focus and all relate to providing help and care to the elderly. One of the most challenging aspects is when the aged are terminally ill and Hetong tries to give a dignified end for the patient and support to family members. The Hospice program of Hetong utilizes "the doctor, nurse, social worker," three service models tailored for every dying patient care plan, giving them comprehensive care for dying stages and their families, so that they get meticulous care from the medical, physical, psychological, social and other aspects.

Hetong also coordinates donations from the community, corporations and proceeds from lottery sales to help with the elderly encountered economic difficulties or disabilities. One specific project is located in the Binhai district, which is targeting those that have been diagnosed with "Dementia" 痴呆 "ChiDai", and Hetong is establishing an Alzheimer's 老年痴呆症 "LaoNian ChiDai Zheng" library and a detailed information base. Hetong organizes health talks and family sharing events to provide support and information to those affected.

This type of information sharing



The nurse is comforting the earthquake victim.

HETONG ELDERLY CHARITY FOUNDATION

by **David Wong**

provides the public with professional guidance and increases the awareness of problems and challenges to the elderly and their families. Experts from this fields pass on knowledge to caregivers and lectures are also held at schools so that the young can gain a better understanding of the difficulties related to disability, dementia and poor, elderly widows and family. So that each caregiver the opportunity to learn to take care of professional philosophy, knowledge, skills and methods to achieve the objective of protecting the safety of the elderly at home.

How did the Hetong Foundation start? Fang Jiake, 方嘉珂 was born in 1955 in Tianjin and graduated from the Tianjin University of traditional Chinese medicine in 1978, then stayed on as Deputy Secretary of the Communist Youth League school and transferred to a teaching work. In 1992, by chance, Fang Jiake went to Austria, where he made contact with some nursing homes and saw that the local older people's standard of living was very high and able to maintain the dignity of the elderly in their twilight years. Compared to his 89 year old father being sent to Taiwan at a State-run nursing home, in poor conditions, ate steamed bread and boiled cabbage, and dinner at 4 o'clock in the

afternoon every day due to the condition of the workers.

Although living conditions in Europe at that time, was superior than in China, Fang Jiake decided to return home and after careful consideration, he was determined to own a proper nursing home. In 1995, he bought an abandoned hospital, in cooperation with the, Director of Nursing in Tianjin Wang Guiying 王桂英 and former Deputy Director of the Civil Affairs Bureau of Tianjin, Wang Tao 王涛, together they started "Hetong" which was the Mainland's first private non-profit institutions.

For more information about the foundation, visit their website: www.hetong.org.cn or email hetong-1@163.com

鹤童公益养老集团

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How to address Chinese?

Xiao Zhang

Nv Shi

Shi Fu

Jie Jie

A Yi

Lao Li

Liu Laoshi

WU JingLi

Xian Sheng

WHAT'S IN A NAME?

by David Wong

In the West, it is quite normal and acceptable to address colleagues, family and friends by their first name or a simple, "Hey you". Not so in the Chinese society if you want to maintain respect and decorum. In the Chinese culture, respect for elders, relatives, colleagues and even addressing strangers is very important.

Work and Public and Friends

Let's start with the work place or as you

venture out in the public places, like government offices. The safest honorific to use is "Mister" 先生 "Xian Sheng" for men and "Ms." 女士 "Nv Shi" for women. Some people may suggest using "Xiao Jie" 小姐 "Miss" for addressing a younger lady or a waitress, this is commonly using in Taiwan but is quite frowned upon on the mainland as it is associated with the term for a prostitute. For the non-gender title for a server, use "Fu Wu Yuan" 服务员 which is used for anyone

providing a service in a restaurant, hotel or airplane. Just don't adopt the habit of shouting "Fu Wu Yuan" at the top of your lungs to get the attention of the server out of earshot; a simple raising of the hands should suffice. For male drivers, you can use "Shi Fu" 师傅.

In a work place setting, the proper way of addressing a worker is if you know the title, use the person's surname followed by the title such as Ms. Zhang who is the manager,

you would refer to her as “张经理” Zhang Jing Li. If the person is occupying a higher position, you can refer to them as president even if they are only the Vice President, such as “Zhang Zong” 张总. This can be confusing as I recall meeting with a vice mayor named Wang but everyone was referring to him as “Wang Shi Zhang” 王市长. You can also refer to your co-workers as “Tong Zhi” 同志 but still need to add their full name.

If you are in a Chinese office, some of your colleagues may have English names or you may give them English names but don't be surprised if they don't always respond because probably no one will use these Anglophone names other than yourself and they will forget. Otherwise, you should call them by their complete name, for example, if it's Huang Wei Tang 黄伟棠, you can call them Wei Tang 伟棠 if close to the same age. If the boss or your spouse calls out all 3 characters, they may be angry and you are likely in trouble.

If you are on a very friendly basis with your Chinese colleagues or have very close Chinese friends, you can use an honorific that is sometimes misunderstood by foreigners. If the person is older than you or about the same age, you can refer to them as “Old Zhang” 老张 “Lao Zhang”. This is sometimes misinterpreted, as being disrespectful because calling someone “old” in the West is regarded as disrespectful. Similarly, if the person is younger, you would refer to them as “Young Zhang” or “Little Zhang” 小张 “Xiao Zhang”, mostly used with men but the latter is used when referring to women.

Family

Now this really gets complicated when referring to family members because the titles are very specific and from the title, you can peg the generation, whether the person is from the paternal or maternal side of the family and which order of sibling. In the West, we have the very general terms of cousins, uncles and aunts and in-laws, which can be very confusing and opens to many different possibilities. When we refer to our grandparents, people have no idea if it is our father's or mother's parents. The Chinese system makes it very clear where the person falls into the family tree according to their specific title.

Let's start with grandparents, in Chinese the father of your father is “Zu Fu” 祖父 in the

formal title and commonly referred to as “Ye Ye” 爷爷. The mother of your dad is “Zu Mu” 祖母 and referred to as “Nai Nai” 奶奶. The Father of your mother is “Wai Zu Fu” 外祖父, and usually called “Lao Ye” 姥爷 similarly the mother of your mum is “Wai Zu Mu” 外祖母 and called “Lao Lao” 姥姥. (The word “Wai” means outer or outside since the Chinese regard the male as the center and retains the family name.)

Now we get more complicated when we address uncles and aunts. Brothers of your dad are referred to as “Bo Bo” 伯伯 for brothers older than your father, “Da Bo” 大伯 is for the oldest and just add the number for other older brothers such as “Er Bo” for the second oldest etc. “Bo Mu” 伯母 is title for the wife of the brother of your father. For younger

JUST DON'T ADOPT THE HABIT OF SHOUTING “FU WU YUAN” AT THE TOP OF YOUR LUNGS TO GET THE ATTENTION OF THE SERVER OUT OF EARSHOT

brothers of your dad, the term is “Shu Shu” 叔叔 and again just add the number for the order of siblings such as “Er Shu” is the second brother younger than your father. For the wife of this brother, call them “Shen Shen” 婶婶. For the sisters of your father, they are called “Gu Gu” 姑姑 and the husband is “Gu Fu” 姑父. Don't forget to add the hierarchal sequence to their titles such a “Da” 大 which stands for “big” or “great” to signify the top of the hierarchy and add the lineage number such as second, third etc. for the others.

There are also special titles for the relatives of your mother's side. Brothers of your mom are called “Jiu Jiu” 舅舅 and the wife of the husband is “Jiu Ma” 舅妈. The sister of your mom is called “Yi” 姨 (the same honorific used for your nanny or ladies of the older than you, so it does get confusing) and her husband is “Yi Fu” 姨夫.

In the West, when you refer to cousins, you will have no idea what is the relationship to your family tree, but in Chinese culture, it is very clear. Starting with the father's side, for the children of your father's brothers, just

remember to use the honorific title of “Tang” 堂 and for relatives from your mother's side, use “Biao” 表. So for a cousin that is older than you it would be “Tang Xiong” 堂兄, younger would be “Tang Di” 堂弟, the daughters of your uncles would be “Tang Jie” 堂姐 for older than you and “Tang Mei” 堂妹 for younger than you. For children from your mother's side of the family, “Biao Ge” 表哥 for sons older than you and “Biao Di” 表弟 younger than you and “Biao Jie” 表姐 and “Biao Mei” 表妹 for corresponding daughters older and younger than you.

There are numerous other titles for the endless family tree but hopefully this gives you a good start on understanding the concept.

Conclusion

You can see that in Chinese culture the names and how you address your Chinese friends is very important. Take the time to understand the names of your friends, how are they accustomed to be called. What do friends of your same age group call each other and what would be appropriate for them to call you.

你该如何称呼中国人？

在欧美国家，人与人之间大多可以直呼姓名，不论双方的职位高低、辈分大小。但在中国，这样做可能会被认为“没大没小”或不懂礼貌。对于长辈、前辈领导甚至陌生人，你都需要使用尊称而不是直呼其名。

对于陌生人，使用“先生”或“女士”最安全。“小姐”这个看似是尊称的词语要慎用，因为很多人会忌讳被称作“小姐”。对餐厅的侍应生，无论男女可统称为“服务员”，但是扯着嗓门喊“服务员”同样是不礼貌的行为。

如果你和中国同事一起工作，在称呼上也要注意。对于领导，应该在其姓氏后面加上职位，比如“张经理”或“张总”。虽然有些同事有英文名字，但也许并不常用，所以你喊英文名字他们可能反应不过来。

对于关系比较亲密的同事或朋友，你可以用“老”或“小”加姓氏的方式称呼他。这在西方人看来不太好理解，因为你说某人“老”是很不礼貌的。

中国家庭成员的称谓就更加复杂了，因为这些称谓能清晰地标明辈分、年纪以及来自父系还是母系。除了爷爷、奶奶、姥姥、姥爷、叔叔、舅舅、姑姑、姨等基础称谓，随着关系的延伸还有更复杂的组合，即便很多中国人都很难搞清。

使用正确的称谓在人际交往中非常重要，所以值得花些时间研究这件事。



ANIMALS IN CHINA GET A VOICE

by Paula Taylor

Humans and animals can be good friends.

It would be unfair of me to generalise and say all Westerners love animals, this is of course not true. However I will just speak about what I know and I think it is fair to say that most Brits love animals, or at least the ones who do not, would not harm them. When I was in Tianjin the thing I found most difficult to deal with was the plight of animals, from the stray cats and dogs, to the poor underfed and overworked horses that pull both tourists and their own weary bodies around Wu Da Dao.

I was often left in tears at having to confront my own powerlessness, in that I could not help every starving, sick and ill-treated dog I came across. I spent many a sleepless night fretting over what I could not change. It seemed to me that the Chinese were a nation of animal haters. I once saw a cat run over by a car and both I and a street sweeper rushed over to see what we could do – at least that is what I thought. I insisted on taking the cat to the local vet, much to the surprise of the street sweeper. It was obvious

that the cat was critically injured, but what the vet did still shocks me to this day. He picked the pitiful creature up by the scruff of its neck and basically killed it in front of me. Whilst I was unable to speak, the street sweeper asked for the body and was given a box to take it away in. I do not know what purpose he had in mind for the carcass of the cat and even now I have to force myself to stop thinking about it.

NOT ALL CHINESE ARE INDIFFERENT

After living in Tianjin for some time, I gradually realised that, just as it is not true to say that all Westerners are animal lovers, it is also not true to say that all Chinese people are animal haters. Amongst my friends are those who themselves have picked up stray cats and dogs from the street and adopted them. If you go into any veterinarian clinic in Tianjin you will see that they are always full of people bringing their sick pets for treatment.

Many people were outraged when a Cincinnati zoo shot a gorilla after a four year

old boy climbed into its cage. There were calls for not only the zoo to be prosecuted over the animal's death, but also the boy's parents. The majority of people around the world were disgusted that an innocent animal was killed because of human stupidity. When sharks kill or maim someone and in turn are killed in retribution, or to make the water safe – you decide which one, many people leap to the defence of the shark with a common remark being "the water is the shark's domain, not ours and if it kills someone it is not out of malice, rather it is just acting on instinct to feed itself". The opinion seems to be that humans enter the sea at their own risk. A few days ago there was a newspaper report about a man who lifted what appears to be a six year old boy over a fence in order to get a picture of him standing in the rhino enclosure at the zoo. The man was even urging the child to go closer to the rhino so as to get a better picture. So in all these incidents it is clear that the majority of people's sympathies lie with the animals.

Just recently it became apparent that more and more Chinese are becoming vocal about their concern for animals. You must have heard of the woman who got out of a car in a safari park, seemingly after having had a row with a male companion, was attacked by a tiger, whereupon another lady with her also got out of the car and tried to save her and was then killed by the tiger. This issue lit up the internet with literally thousands of Chinese begging for the animal not to be killed and laying the blame squarely on the first female – it was unanimous, nobody wanted the tiger killed, as has happened in the past. Very few people sympathised with the women. It was the same here, the vast majority of people expressed the wish that the tiger should not be killed. After all, how many of us would do what this woman did. If I was in a safari park surrounded by tigers and my friend got out of the car in temper. ...I am afraid that much as I believe that there could be a situation whereby I would have to sacrifice myself to save someone.this would not be it. My friends definitely could not rely on me to get myself eaten by a tiger on their behalf.

Another incident was at a museum in Xian, a boy was “teasing” a newly born stray kitten and was scratched by its mother. The boy’s mother complained and the museum was reportedly planning to catch and dispose of all the poor stray cats who had made their home there. Trying to eke out a living as a stray must be a miserable existence anyway, without having to put up with maltreatment. Surely nobody would object to a mother

protecting her offspring. Once again the Chinese netizens leapt to the defence of the cats and pleaded for them to be allowed to remain, stating that the boy was at fault.

Regardless of the outcome, it is heartening to hear that in China people are beginning to raise their voices in an outcry against animal cruelty. When truckloads of sick dogs were being transported to restaurants as meat, hundreds of people turned up in Beijing to blockade the way. They forced the truck drivers to unload the dogs and set about giving them food and water. Of course the problem of what to do with the dogs after was a bit tricky as I think there were at least 1,000 dogs, but in any event, the point is animal awareness is being raised in China and people are willing to take action.

TRAIN THE PARENTS

Cruel children will always act cruelly but

AFTER LIVING IN TIANJIN FOR SOME TIME, I GRADUALLY REALISED THAT, JUST AS IT IS NOT TRUE TO SAY THAT ALL WESTERNERS ARE ANIMAL LOVERS, IT IS ALSO NOT TRUE TO SAY THAT ALL CHINESE PEOPLE ARE ANIMAL HATERS.

it is up to their parents to teach them. The fact that the boy in the kitty incident was not prevented by his mother from ill-treating a tiny animal went against her. Nobody had any sympathy for her “poor” scratched son and there were many comments such as “she needs to educate her son” and “parenting fail”.

We have one planet and the animals were put on it for a reason, and not just for us to eat. Even if we eat them, we do not need to maltreat them. If people are cruel to animals there is a high possibility that they will be cruel to humans too.

By the way, Mary adopted a poor little stray dog which she then could not look after. Rather than make her get rid of it, her family took it on instead. I feel hope!

动物的权益也应该受到重视

如果说西方人都是热爱动物的人，恐怕并不客观。但至少在我的老家英国，大部分人都是如此，即便不爱也不会去伤害。在天津的时候，最让我难受的事情就是流浪动物的处境，每次我碰到这些可怜的小动物而又无法帮助它们的时候，我都会在夜里辗转反侧，难以入睡。

有一次我看到一只流浪猫被汽车撞倒，奄奄一息。我和一个清洁工把它送到宠物医院，但是医生竟然当着我的面把它弄死了，他的举动让我哑口无言。清洁工要来一个箱子，把这只猫的尸体带走了。我至今不能理解这个医生的动机，而我也一直强迫自己不要再想起这件事。

在天津生活过一段时间以后，我慢慢意识到并不是所有的西方人都热爱动物，也不是所有中国人都讨厌动物。我有很多朋友都曾经收养过流浪猫狗，你去任何一家宠物医院看看，里面总是挤满了带宠物看病的人。

美国辛辛那提动物园曾发生过一个四岁男孩攀爬到大猩猩笼子里的事情，为了保护这个孩子，动物园的工作人员射杀了那只大猩猩。新闻发生后，人们纷纷对冤死的大猩猩表示同情，谴责孩子的父母没有看管好孩子，而动物园也不应该杀死大猩猩。人类要对自己“私闯禁地”的行为负责。

很多人类被动物伤害的案例更是出于人类自身的愚蠢。前不久在北京八达岭野生动物园发生的女游客擅自下车，导致被散养老虎咬伤，同车另一名女性被咬死的惨案就是一个例子。人们呼吁动物园不要惩罚涉事老虎。在西安博物馆周围有一群网红流浪猫，一个小男孩因为逗弄一只小奶猫被猫妈妈抓伤，男孩的母亲于是投诉博物馆，要求博物馆清理流浪猫。这一举动同样遭到网友吐槽，明明是熊孩子自己惹的祸，为什么要惩罚流浪猫？这些可怜的小动物好不容易有一个收容它们的家，怎能轻易赶走它们呢？

没有人愿意看到这样的事情发生。孩子也许只是出于调皮，但家长首先应该给孩子灌输安全意识，而不是在出事后把一切归咎于动物。看到人们开始为动物的权益呼吁我感到很开心，我们生活在同一个星球上，它们存在的意义不仅仅是人类的食物。即便它们被作为盘中餐，也不应该被虐待。



Two elephants are wandering in a wild zoo.



The pastry mould is the product of the Republic of China, 40 cm in diameter, the exquisite workmanship can be called the king of Shanxi Pastry.

CHINESE TRADITIONAL PASTRY MOULDS

by Jane Liu

As we all know, the moon is round and moon cakes always taste sweetest and more delicious on the 15th day of the 8th lunar month. This year Mid-Autumn Festival falls on the September 15th. One question always asked but rarely answered is how do the moon cake manufacturers make the beautiful and intricate patterns on the moon cakes? Another commonly asked question is what are meanings of these patterns? Well stop fretting, because today we are going to impart some of our knowledge about the Chinese traditional moon cakes moulds and tell you where to go to get more info.

The patterns are made from moulds into which the pastry is pressed before cooking. Moon-cake moulds are always made from wood and the history of pastry moulds dates back to ancient times. There are many

different styles of pastry moulds amongst which the best known are those for glutinous rice cakes, the word, the stamp and the porce-lain. Wang Laihua, professor at the Tianjin Academy of Social Sciences, has over almost 20 years visited most of China and collected more than 4,000 examples of pastry moulds. He is the first academic to concentrate on field surveys and research on pastry moulds in China. In his book "Traditional Chinese Pastry Moulds", he comprehensively introduces the history of Chinese pastry moulds and discusses esoteric themes like appellations, decorations, shapes, engravings, styles, materials and sculptures. He is the expert on the many types and the characteristics of pastry and their use in festivals and customs and relates many interesting stories.

Pastry moulds are an important tool for people from China's urban and rural areas in

the making of cakes and pastry. When we speak of a mould the figures, patterns, material qualities and appellation can be totally different between regions. However, no matter how big the difference they are all an important carrier of China's traditional and auspicious culture and an ongoing record of Chinese people's diet, customs, tastes and desires.



The minimum diameter is about 2 cm.



There are auspicious words such as "longevity with wealth and honor" engraved in the pastry mould.

中国传统糕饼模

“八月十五月儿圆，中秋月饼香又甜”。9月15日正值阴历的八月十五，是中国传统节日中秋节。月饼上那些美丽的图案都是怎么来的？那些图案又都寓意着什么？今天，我们就来认识一下制作月饼的模具。

月饼模大多为木刻，是中国传统糕饼模中的一种，从久远的古代传来，已有上千年的历史。糕饼模中还有糍粑模、文字模、印签模、瓷模等等。天津社会科学院王来华教授，用近20年的时间，走访祖国各地，挖掘收藏了4000多件糕饼模，是我国对糕饼模进行田野调查及学术研究的第一人。他著作的《中国传统糕饼模》一书，也全面地介绍了中国糕饼模的历史、称谓、纹饰、形状、刻款、材质和雕刻、种类和特色、礼俗和节俗等许多有趣的故事。

糕饼模，原本是中国城乡各地历史上甚至现在仍使用着的制饼、糕、粿和粿的工具，当地人分别称它们为饼模、糕板（版）、饼印、粿印、粿模、花戳等。各地（含台湾地区）的糕饼模，虽然外形不同，图案各异，材质不一，称谓有别，却都是中华传统吉祥文化的重要载体，记载了中国人祖祖辈辈的饮食、习俗、情趣和心志。



Festive mould, four patterns on behalf of four stories and four blessings.



The porcelain mould, product of Fujian, the pattern is Dragon-Phoenix.



Japanese pastry mould.



Pottery mould.



North Korea and South Korea's mold, the above is beautiful animal pattern, the following is decorative pattern.



Liaoning Road Snack Street.

THE 100 RMB A DAY, NON-CHALLENGE

by Bryce Cristiano

A video put out a number of months ago by a Shanghai based expat from the U.S. showcased a challenge to end all challenges, living off of 130RMB a day (about \$19.61 USD). A task which is not at all difficult, even in a city as expensive as Shanghai. Maybe you can't have your usually extravagant meals of eating caviar off the skulls of endangered species but to suggest that making it a day on 130 RMB is a challenge is laughable. Being a comfortable second-tier city, where Tianjin may lack in its abundance of Western restaurants and amenities, it makes up by being relatively inexpensive. What we are putting forth here is not a challenge of "surviving" off a generous amount of money each day but rather things you can do with only 100 RMB a day. It is possible to lounge around inside your apartment all day and to only use about 10 RMB to eat some ramen and splurge on one

of those wrapped "sausages" that taste like clay, but we're not in the business of depressing readers.

Waking up in the morning with nothing in your wallet but a crisp red Rambo and the world ahead you make your way out the door into the dying days of summer. The weather about now is just cooling off as we quickly come upon the Mid-Autumn Festival, so how

ENJOYING AN INEXPENSIVE DAY OUT IN THE COOL WEATHER IS NOT DIFFICULT BY ANY MEANS, ESPECIALLY WITH ALL THE BEAUTIFUL SCENIC LOCATIONS OF TIANJIN WAITING TO BE EXPLORED.

better than to spend your 100RMB day than out on the streets of Tianjin? Breaking out of your apartment and heading right downstairs in the first hours of the morning you will find a great selection of cheap-eats around areas of heavy morning traffic. Where there are commuters, there will be food. Anything from Tianjin's JianBing (煎饼果子), fresh Rou Jia Mo (肉夹馍), and even chicken burgers can be found at street vendors. Meals at breakfast restaurants also have a great selection of hot meals like Tianjin's GuoBaCai (锅巴菜), fresh soy milk, and crispy fried dough YouTiao. Supposing you pick up two Rou Jia Mo and a bottle of water, that will only set you back about 9 RMB, leaving both your stomach and wallet full.

Enjoying an inexpensive day out in the cool weather is not difficult by any means, especially with all the beautiful scenic locations of Tianjin waiting to be explored. Most people may be within a single bus ride from locations like ShuiShang park. Just two yuan for a bus ride in the morning traffic could land you just near the northern or eastern gates of ShuiShang park. Strolling along the lakesides, basking in the morning sun with the locals is a good way to take a breather from the usual hustle. If the serene lakes and exercising locals lose their appeal,

there is the Tianjin Zoo just south of the ShuiShang Park. The Tianjin Zoo is not as exciting or well maintained as zoos in other cities but it is very inexpensive. For 20 RMB, you are granted full access to the zoo which can make for an entertaining change of pace for a couple hours. With lunch time approaching, a short bus ride north to the Balitai (八里台) area will give way to a host of bars that often have great daily deals on food. For 25 RMB at La Bambas you can grab a discounted meal and a drink to rest from the busy morning. If you are not feeling Western food, the street just next to La Bambas, DianTai Road (电台道), has a good selection of cheap Chinese eats from malatang, baozi, and ShaXian Delicacies. 25 RMB at any of these locations is more than enough for a meal and a couple cold ones.

With your energy levels back up from taking a momentary load off, you are still good on cash with roughly 62 RMB depending on how much or how little you choose to eat and drink. From here, another 2 RMB bus ride and take you along the road towards BinJiangDao. Window shopping and wifi are all free along the streets and within the malls. With locations coming and going all the time, there are always new places to see on these streets. Even a walk along the Five Avenues (五大道) does not cost anything. Along BinJiangDao, you may be tempted to grab a snack from many of the vendors. Churros, fried tofu, and Korean snacks can all be found along the LiaoNing Road Snack Street (辽宁路小吃街) for

prices ranging from only 10-15 RMB, which may be a slight splurge on snacks but you have to keep energized during all that walking after all, right? With another 50 RMB left over, you make your way up the shopping streets towards the Parisian styled BeiAn Bridge that connects the southern bank to the Italian Style Town. From here, you can relax along the riverside, taking in the sights and sounds as the sun sets over the city. The river lights up with a brilliant display from the surrounding buildings as people of all ages set out to engage in evening activities. From testing your hand at what are probably rigged air-soft gun shooting ranges, ring tosses, watching the dancing aunties, showing support for musicians, and witnessing ChengGuan harassing breakdancers; the most lively aspect of the river are the people.

With 50 RMB to your name, it is hardly time to call it quits for the night. Take the bus back on down to BaLiTai to blow the last of that money on a final meal at a surrounding LanZhou noodle joint or a Chinese rice dish for only 15 RMB before turning into one of the bars just in time to catch the tail end of Happy Hour. With 45 RMB, you ought to be able to nab at least a few beers at any of the bars before either making a walk back home or going home early by catching one of the final buses. While 100 RMB might be the price or just cover a portion of the cost of one meal for some, for others, it can make for an entire day's outing. For the more desperate, it can mean days worth of meals. It's entirely

possible to get by each day on just 100 RMB and manage to throw in an activity or two as well. Most museums may be free so long as you bring your passport and some movie theaters have cheap tickets at times. All it takes to get by on 100 RMB a day is learning where to find the deals and how to avoid the pricey restaurants like those at the Italian Style Town.

If you're absolutely looking for a challenge, try making it a day on a measly 10 RMB. At least then turning it into a YouTube video would be mildly interesting to watch as you would be required to become resourceful to healthily get by.

100块玩转天津

几个月前，一个定居在上海的美国小伙儿上传了一段视频，讲的是他在上海以 130 元度过一天的故事。有人说这是一项挑战，而在我看来，即便上海物价高昂，这样的行为也绝不能称之为困难。当我们把同样的事情转移到天津——这座生活相对轻松的城市的时候，情况又有了哪些变化呢？

清晨醒来，身无分文，想着大热的天气还要出门挣钱，心情就跌到谷底。周围的商家纷纷打响中秋战，而我却在思考一个问题：如果我身上只有 100 块钱，那么我要如何在天津玩上一整天？想着想着，我就以最快的速度冲到楼下，在各式各样的早点铺中间开启了我的“挑战”之旅。天津的早点种类繁多且每样都有自己的特色，有人说，天津人吃早点可以一个月不重样，这话一点也不假。买上两个肉夹馍，再带一瓶矿泉水，9 块钱的消费，既填饱了你的胃，又拯救了你的钱包。天津的清晨简直太美好。

在秋高气爽的日子里，出门逛大街绝对是件享受的事。跳上一辆公交车，花个两块钱的公交费，就能带你来到天津市区内最好的湖景公园——天津水上公园。顺着公园一直前行，就是天津动物园。尽管和其它城市相比，天津动物园稍欠壮观，但它仍然值得人们花上 20 块的门票进到里面进行参观和游览。当时间的钟摆指向 12 点的时候，我们又到了吃午饭的时刻。而我的选择是到八里台附近再去吃午饭。八里台周围有很多美味小吃，无论西式还是中式，人均不过 25 块，就能让你吃的大快朵颐。八里台可是满足我们味蕾的顶好地标。

吃过午饭，我们不妨带着剩下的 62 块钱转战到滨江道，因为在那里，还会有一场美食的盛宴等待着我们。辽宁路小吃街汇集了众多带有地方特色的美味，每样都吃过来大概不太可能，但挑选一两个自己喜欢的小吃尝尝也是未尝不可的，毕竟华灯初上的时候还会有更精彩的生活等待我们去发现。穿过和平路，走过北安桥，沿着美丽的海河夜景，我们来到了天津又一标志性景点——意式风情街。揣着仅有的 50 块，我们也许并不能在这里享受什么美味大餐，但这也丝毫不能影响我们体验夜生活的心情，看看套圈、听首歌、欣赏欣赏大妈们的广场舞，一分钱不花，我们一样可以玩得开心，乐得自在。至于晚饭嘛，坐个公交继续回到八里台就好了，也许剩下的一点小钱还可以帮我们在附近的小酒吧里过上一段时光。

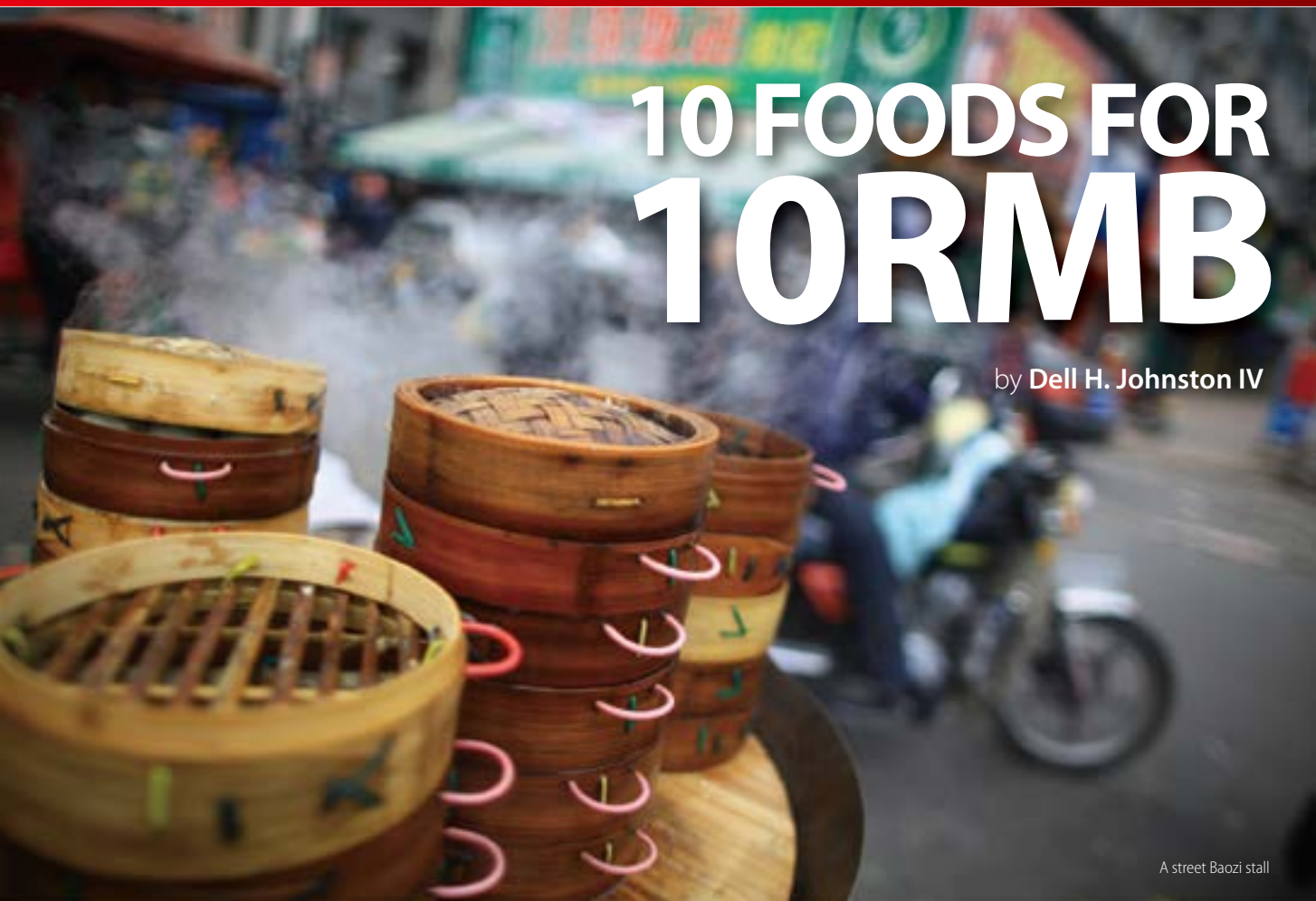
瞧，100 块过一天，根本不是什么问题。或许下次我们可以试试 10 块钱玩一天，那样玩，也许才能叫真正的挑战。



The river lights up with a brilliant display in the night.

10 FOODS FOR 10RMB

by Dell H. Johnston IV



A street Baozi stall

Sometimes, you just want to find a good deal or you are trying to stretch what little you have left of your salary. In Tianjin, there are many kinds of local foods that are just right for your taste buds and your budget. Throughout Tianjin you will find these food stalls along the streets or off the beaten path. Finding them can be the difficult part but once you do, you feel great knowing you went out and explored the city and saved while satisfying your hunger.

Whether you want to experience something new that you can't get back home or you want to find that food that can spark a fun conversation. Here are 10 foods for 10RMB (or under).

10) Donkey Sandwich (Lv Rou Huo Shao)

This is a popular sandwich amongst people on the go. It is an alternative version to western fast food take out. The donkey meat is mixed with chopped green peppers and placed inside of a flaky pancake.

Though it may seem strange to even think about eating Donkey meat, it has been

ALTHOUGH IT MAY SEEM STRANGE TO EVEN THINK ABOUT EATING DONKEY MEAT, IT HAS BEEN CONSIDERED A DELICACY IN CHINA AND IN EUROPE FOR THE PAST 300 YEARS.

considered a delicacy in China and in Europe for the past 300 years

If you are looking for a meat high in protein, this would be the meat of choice. When compared to mutton, pork, beef and chicken, donkey meat has the highest amount of protein and amino-acids.

9) Pork and Tea egg sandwich (Bai ji mo la zhi rou)

If you aren't in the adventurous spirit to try a donkey sandwich, this is the sandwich for you. Though the pancake for both may be similar, they are completely different in taste.

The pork and tea eggs are cooked separately for hours in a slow cooker. Each bursting with flavours from many Chinese seasonings. The pork is placed on a cutting board with green peppers and gelatine made from the fat. Once chopped up and mixed together, a spoon full of broth is added to the mixture and then placed inside of the flaky pancake. The final touch is a tea egg chopped in half. Though the tea egg is not traditionally used, it is starting to become more popular. If you are watching your figure, you can ask them to leave out the fat.

8) Jujube muffins (Zao Gao)

Along most the streets in Tianjin, you will find these little bakery shops. You don't need to read Chinese to be able to spot one. Not only do you have the amazing smell coming from these small window bakeries. They are also kind enough to display these amazing breakfast muffins in the window. These muffins are made from dried jujubes and normally come 3 for 10. After just one bite, you will find that they are not only sweet but also moist. These are a great alternative for

someone in the mood for a light but filling breakfast. They can also be used for a snack between meals.

7) Baozi

This amazing food found in Tianjin doesn't need an introduction. Known throughout the world as Steamed Stuffed Buns. A mouthful to say in English. Bao zi has its roots in Tianjin dating back centuries. This amazing food comes with many different fillings. Not only do they cater to meat lovers, but also to vegetarians. There are famous bao zi restaurants throughout Tianjin that are equally as delicious but they can be a bit pricey. If you want to find them on a budget. Your best bet would be to buy them from a small shop around any neighbourhood. Most of the deals offered are 4 to 6 for the price of 10RMB

6) Jian Bing Guo Zi

This amazing wrap doesn't need an introduction as well. This savoury breakfast wrap is eaten amongst most Chinese and is popular with many students, tourists and expats living in Tianjin. This scrumptious and filling wrap is made with a thin pancake batter that is then covered with eggs. Once it is cooked all the way through, it gets smothered in a secret recipe sauce, pink tofu, chives and for an added crunch in every bite, a large crispy wonton. To find jian bing guo zi, just look for any shop window with a line half way around the block.

5) Cucumber Tofu Cold Noodles (Liang Pi Er)

One of the hardest things for vegetarians to find in China is a quick simple meal that they can get on the go. If you happen to fit in this category or you want a nice healthy meal, this is the one for you.

This cold noodle dish not only packs a lot of flavour but also refreshing to eat during hot days. This dish contains spongy flour noodles that are topped with sesame sauce, sweet vinegar, fresh french cut cucumbers and soft tofu cubes.

4) Shaved Fruit Ice (Bao Bing)

This is a popular dessert to get right now while it is still hot outside. Cool yourself off with a bowl of shaved ice, topped with a fruit of your choice and drenched in sweetened condensed milk. It is one of the easiest desserts for you to find. Look for shops with small stools and tables. To stay under the



Liang Pi

budget of 10RMB you have to keep it simple. The more top-pings and fruits you get, the more it will cost.

3) Da Bing Ji Dan

Made with a thin pancake and an egg. This breakfast wrap is smothered in many spices found in China. You can get this vegetarian or with meat. Most of the meats offered are grilled chicken breasts, bacon or sausage. If you are wanting to save more than 10RMB. Get this as a replacement to Jian Bing Guo Zi. These carts are located throughout any food street or popular tourist destination.

2) Kao Leng Mian

One of the best things to do in the evening while enjoying the night life in Italian town is to snack on a bowl of Kao Leng Mian. This fast food is made with cold noodles that are sautéed on a flat grill. While being grilled they are covered in eggs, vinegar, onions and their own special sauce. For non vegetarian options, you can add a hotdog or bacon to this dish to give it more flavour that your carnivorous mouth craves.

1) BBQ!!!!!! (Shao Kao)

Everywhere you go, you will find a BBQ stall. One of the greatest pleasures of BBQ in every culture is enjoying it with friends. Outside BBQ stalls are a great place to spend with friends and also a great place to engulf yourself in the night life of Tianjin. For 10RMB

and under you can get a few kabobs of lamb or chicken. If you want more bang for your buck, hit up the vegetable cart. You can pile on a variety of vegetables that will fill you up and still leave you some change for a nice cold beverage.

Go out and search the city for the foods that seem appealing to you. If you want to be adventurous, try them all. All of these foods have their own unique flavour and taste. Don't be afraid to try them in different locations. Each shop and cart has their own style. You are bound to find one that fits your taste buds. After trying out these 10 for 10RMB, head out on your own and see what other great deals and foods you can find. Most importantly, try them with a friend.

10块钱吃饱又吃好

距离发薪日还有一个星期，而你口袋里的钱已经所剩无几，要如何度过这最后一周呢？要填饱肚子，你不得不深入天津的小马路、小窗口、小门脸，去寻找更加经济实惠的食物。也许第一次寻找会颇费一番周折，但一旦你尝试过，你就会欲罢不能。你也许从未想过，10元钱也能吃得很好。本期我们就介绍十种10元之内的本地美食。

10. 驴肉火烧。非常方便的外带食品，味道浓郁的驴肉混合青椒碎加在酥脆的火烧里。相比其他肉类，驴肉的蛋白质和氨基酸含量是最高的。

9. 如果你不敢尝试驴肉，白吉馍腊汁肉可以是个替代品。在烤热的馍里加入剁碎的酱猪肉和半个茶叶蛋。肉和蛋的味道都很浓郁，再加上一些辣椒碎提味就更棒了。

8. 枣糕。天津有很多小糕点店，你甚至不用认识招牌，那诱人的香气就能把你吸引过去。有一种形状口感类似麦芬的蛋糕叫做枣糕，里面混合着干枣，吃起来甜甜的，可以当早点也可以当零食。

7. 包子。天津包子的名气不用过多介绍了，除了最有名的狗不理，也有许多平价包子供你选择。丰富的馅料种类既能满足肉食动物，也能满足素食主义者。

6. 煎饼果子。这是天津人最常见的早点，豆面糊摊在铁板上形成一层薄饼，把油条或馓子儿放在中间，用薄饼裹上，再刷上酱豆腐、辣酱、香葱，非常好吃。

5. 凉皮。对素食者来说，凉皮是最经济、最便捷的食物了。尤其是天气炎热的时候，凉皮非常爽口。芝麻酱、甜醋让凉皮的味道非常丰富。

4. 刨冰。在热到窒息的日子里，吃一碗浇着水果块和炼乳的刨冰是最过瘾的事了。不过如果你想加更多的料，可能会超出10元的预算哦！

3. 大饼鸡蛋就是在一张薄饼里卷上炒鸡蛋，不过你可以在里面加很多其他食材，比如鸡胸肉、火腿、培根等。如果你是素食者可以多加生菜。

2. 烤冷面。天津的夜晚生活不能少了烤冷面，哪怕是在意大利风情街也少不了它的踪影。被铁板烤过的冷面非常有嚼劲，再加上鸡蛋、洋葱等配料，用各种调味料拌在一起，味道十分丰富。

1. 烧烤。之所以烧烤能荣登榜首是它真的太接地气了。吃烧烤最大的乐趣就在于和朋友分享。10块钱可以点几个肉串，如果只点蔬菜的话，吃饱的同时还能留下点零钱买杯饮料。

TJ-TEX MEX



TJ-Tex Mex is a long-standing Mexican restaurant in Tianjin which first began in Ao Cheng. The second restaurant was originally in the Joy City Mall but has moved to the intersection of Shen Yi Avenue and has remained the type of quality restaurant that you would expect.

The menu is the same as the Ao Cheng restaurant while the wine list has been greatly enhanced. The restaurant has two levels and from both levels you can enjoy live sports on a projector screen. During the European Cup and Rio Olympic Games, many sports enthusiasts came to watch games while enjoying their tacos and tequila.

The menu offers a great selection of authentic Mexican food that is



way beyond the usual tacos and includes burritos, nachos and quesadillas, plus appetizers and classic salads. Both expats and locals are sure to find something to their liking.

TJ Tex-Mex has just launched a set of the new cocktails which will include Sangria, Raspberry-Vodka Lemonade, Cinnamon-scented Pina Colada and, naturally, Mojitos of various flavors.

TJ-Tex Mex是一家墨西哥特色餐厅，已经在外籍社区享有盛誉。二店从大悦城搬到对面的旅馆街之后升级为墨西哥特色餐吧，不但保留了菜单所有主打菜品，酒单也极大地丰富了。来这里一定要体验拉美风情的Taco和龙舌兰酒，主要体育赛事期间更是可以约上好友一起为自己喜欢的队伍加油助威!

TJ TEX-MEX 墨西哥西餐酒吧

No. 7, Block 2, North Building, Nanshi Hostel Street, Heping District
和平区南市旅馆街北楼首层二区07号(大悦城天桥正对面)

022-87286211 / 15342036808 **RMB 80**

YU FEI YU ROAST FISH



Thai-style Red Curry Roasted Fish

Seafood, roast fish and BBQ are the three most popular foods in Tianjin. So, if you could have all three in the one restaurant how good would it be? Well Yu Fei Yu, an ocean-themed group of restaurants from Shanghai, can offer all three and have opened in Joy City.

It could be a coincidence that the restaurant specializes in steamed seafood, the cooking method that Tianjiners like the most, but it is sure to help its popularity. Another reason they are worth a visit is all their seafood is sourced from Dalian, where the water is cleaner and temperature lower, which provides a better environment for producing the best tasting dishes.



Trio Seafood Pot

The trio seafood pot is one of their signature dishes. It is a combo of clams, prawns and mantis shrimp steamed together in the one stone pot. You don't need to add any sauce because the steaming process gives it flavor enough. There is also a spicier version if you prefer something hot. A dish a little different from steamed seafood is the roast fish which is available in various flavors. Thai-style red curry and Korean-style kimchi flavor are the two best selling versions. The BBQ skewers, including pig neck and chicken wings, can be sampled and enjoyed while waiting for your main dish. What you can't miss is the large grilled squid. It is extremely tasty and is basted with their exclusive sauce that is a little bit sweet and a little bit spicy. Words fail me for a more apt description so just go out and try it!

鱼非鱼，沪上首家“海洋主题餐厅”，将独创脆皮爆汁烤鱼、石锅烤海鲜、吊缸烤串完美结合，以拥有健康料理的文化理念，源于自然的食材，浪漫甜美海洋风的用餐环境，创意非凡“金三角”美味组合，领衔中国餐饮界耳目一新的全新商业模式典范。

鱼非鱼 (天津大悦城店)

No. 59, 3F, North Area, Joy City, 2 Nan Men Wai Da Jie, Nankai District
天津市南开区南门外大街2号大悦城北区3层59号

022-86665282 **RMB 80**

DIN TAI FUNG'S SUZHOU STYLE MOON CAKES



Meat moon cake

Mid-Autumn Day is a traditional festival celebrated throughout China and around the world. As China is a large and extremely diverse country - moon cakes - the symbolic food for the festival, are different as well depending on the region. There are moon cakes that are mostly sweet, while people from East China in locations such as Zhejiang and Jiangsu Province, are proud of their moon cakes that have meat fillings. A well-known example of these are the Suzhou style moon cakes.

Din Tai Fung, a chain brand famous for adhering to tradition, has launched a new moon cake which has a meat filling, which has been added to their 2016 moon cake set. The meat is actually dried meat floss

that is wrapped in egg yolk. The outer skin is soft and crispy after is heated and the flavor can be described as fresh and tasty.

In addition to the new product, Din Tai Fung also has moon cakes which contain red bean paste, date paste and black sesame, which are all considered classic Suzhou Style moon cakes. Whatever the stuffing is, there are no additives used in the manufacturing process and in the long-term tradition of Din Tai Fung all their moon cakes are made by hand. A unique characteristic of their Suzhou style moon cake is that it needs to be heated before eating. The best method is to use a pan or an oven and heat both sides of the moon cake until it is crispy on the outside. Enjoy!

鼎泰丰以独特的传统手工技法做出热着吃的月饼，酥美堪称一绝，也许是目前市上仅存的古法手工中秋月饼美食。黑芝麻、枣泥、豆沙做馅，小麦粉做皮，甜味月饼是苏式月饼典范。这些看上去很平凡单一的馅料，做出美味的月饼并非简单。就以黑芝麻馅月饼为例，选用上乘的河南黑芝麻经研磨炒制等二十多道工序后才能呈现，而非靠食品添加剂完成。除此之外，咸的肉月饼也是苏式月饼的骄傲。鼎泰丰新咸月饼—肉松蛋黄月饼不仅将肉松融进在蛋黄馅内，还要再包入纤纤绵绵的肉松，被热乎乎松松脆脆的酥皮裹拥着，既独特新鲜又不失本味的味道。



Making moon cakes by hand

鼎泰丰

手作

秉承自家老手艺
鼎泰丰月饼
豆沙、枣泥、黑芝麻、肉松、蛋黄、鲜肉
（肉馅月饼、枣泥、甜莲蓉）
鼎泰丰月饼月饼



We're serious in making moon cakes!
Traditional Din Tai Fung handcraft
Stuffed with red bean paste, date paste and black sesame
Free of preservatives, pigment or sweetener
Eat the Suzhou-style moon cake while it's hot



農曆八月十五

The bamboo pack (RMB 188/set)
4 handmade moon cakes
1 black sesame, 1 date paste, 1 red bean paste,
1 pork and dried meat floss

The embroidery pack (RMB 270/set)
9 handmade moon cakes
3 black sesame, 3 date paste, 1 pork and dried meat floss

Moon cake and hairy crab gift box
(RMB 990/set, RMB 1176/set)
9 handmade moon cakes + hairy crabs (2 pond)
8 hairy crabs (14 pond)

Please reserve due to the limited supply!

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



If insomnia gets too serious it can actually affect your health, so it's best to get some help before that happens.

INSOMNIA

by **Kate King**

It's just another regular Tuesday. You're having a snack, working on your computer, listening to some music, all hunky dory right? Wrong. It's 3 a.m. Why aren't you asleep like at least half of the world is? You've been hit by the all consuming disorder of insomnia! At some point or another in most people's lives, to some extent, insomnia will be an issue. Not being able to fall asleep, stay asleep or the great combination of both. This lack of sleep leaves you feeling completely un-energized and in a terrible mood. Seeing as how insomnia will affect most everyone at some point in their lives, this disorder is big business! Everyone wants to get their hands in the money pot of trying to get you some sleep. Because one thing is for sure, if you have been affected by insomnia long enough, the money will start flowing from your pocket to get some shut eye.

Insomnia can be temporary or it can be chronic. Obviously the chronic type is the most dreaded. How do you know if you have insomnia? According to the Mayo Clinic a few symptoms to be on the lookout for are: difficulty falling asleep at

night, daytime tiredness, difficulty focusing on anything, tension headaches and ongoing anxiety about needing to sleep. If insomnia gets to the point that you can't even get through basic activities during the day then it's best to make an appointment with your doctor. If insomnia gets too serious it can actually affect your health, so it's best to get some help before that happens.

There actually are certain factors that can increase someone's chances of dealing with insomnia. Unfortunately for women, being a woman is one of those factors. Dealing with hormones is messy business and pregnancy, menopause or any other hormonal issues can cause insomnia. Also anyone over 60 or dealing with a lot of stress can be beset with this unforgiving condition.

So what can be done about it? Can anyone ever lay their head on that fluffy pillow and drift off into blissful sleep again? Let's talk about some ways of fighting this monster. One thing to avoid before going to bed is drinking alcohol. It is a stimulant and can make it harder for you to fall asleep. You can also quit smoking.

ACCORDING TO THE MAYO CLINIC A FEW SYMPTOMS TO BE ON THE LOOKOUT FOR ARE: DIFFICULTY FALLING ASLEEP AT NIGHT, DAYTIME TIREDNESS, DIFFICULTY FOCUSING ON ANYTHING, TENSION HEADACHES AND ONGOING ANXIETY ABOUT NEEDING TO SLEEP.

Smoking raises your blood pressure, speeds up your heart rate and it stimulates brain activity. So put that cigarette down! Also, make sure your bedroom is dark, quiet and a little cool. If you live in a noisy area, maybe think about using an electric fan, it can cool you off and drown out some outside noise all in one shot! Lastly, while you may be tempted to use sleeping pills, be cautious. They have been found to be addictive and the longer you use them the less useful they become.

Solving sleep issues is no small task. So, try a few different tactics and see what works for you. Hopefully you didn't fall asleep reading this article, but if you did, happy sleeping!

References: MayoClinic.com

摆脱失眠，轻松健康

现代人工作压力大，生活作息不规律，很容易失眠。人一旦失眠，就会对任何事物失去兴趣，严重的话还会影响我们的心情。失眠是可怕的，它不仅会对我们的身体造成伤害，更会让我们面临财产损失的风险。

失眠分暂时型和慢性型，其中，慢性型更为可怕。判断一个人是否失眠的标准主要有以下几个方面：入睡困难、睡眠质量下降以及总睡眠时间减少。失眠可以导致我们失去工作效率并引发一系列问题。因此，一旦我们发现自己有失眠的症状及早采取治疗，避免将问题进一步扩大。

那么究竟我们应该如何做才能避免失眠呢？首先，我们要戒烟戒酒，戒掉一切带有刺激性的物品；其次，确保你的卧室足够安静，为我们良好的睡眠打造一个舒适的环境及氛围；最后，尽可能戒掉安眠药等带有依赖性的药物，因为一旦上瘾，我们将会很难摆脱它。

解决睡眠问题是一项长期的重任。多多尝试不同的方法，希望每个人都能没有失眠的烦恼，轻轻松松一觉到天亮。

LIFE ADVISOR IN TIANJIN

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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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fresh juice is rich with live enzymes plus packed with vitamins.

THE MOTOR IS GOING TO MAKE A BIG DIFFERENCE IN TERMS OF HOW MUCH CAN BE JUICED AND HOW WELL IT PERFORMS WHEN JUICING “HARD” VEGETABLES LIKE CARROTS AND BEETS.

juiced no problem.

Cleanup. The third and final thing to keep an eye on is cleanup time. This is totally related to the design of the juicer. In this case the simpler the better. Avoid juicers that have a lot of parts. Look for ones that advertise quick wash times and clearly look easy to take apart and put back together. For the sake of our discussion here, the Phillips juicer at 599 meets these requirements. Those new to juicing will want to start slow as some report Herxheimer reactions after drinking fresh juice. Also consider buying organic vegetables such as from www.freshfarmplus.com for juicing and do an extra good job cleaning them. Online resources recommend using baking soda and vinegar for washing.

BUYING A JUICER

by **Carmen King**

For decades some have sworn by juicing. The idea is to juice raw fruits and vegetables. The claim is that fresh juice is rich with live enzymes plus packed with vitamins. One of the more famous faces of juicing is Jay Kordich. He became famous for marketing “The Juiceman®” juicer. Another famous face of juicing was fitness guru Jack LaLanne. It seems like recently the juicing fad is finally reaching Tianjin, at least in terms of “juicers” now being available for sale. The super serious Juicers like “The Champion” and “Green Star” by Tribest are still not available via mainstream sites like jd.com, but the good news is that a selection of other juicers are.

When shopping for juicers online at jd.com enter the following Chinese characters: 榨汁机 zhàzhījī. This will bring up a host of juicers to pick from. A decent brand and model juicer will run somewhere between 500-800 RMB. For example a nice Phillips (飞利浦 fēilǐpǔ) juicer was selling for 599 RMB at the time of writing. When picking a juicer look for a few key features. The first is motor power.

The second is size of the opening. The third is ease of cleanup.

Motor power. When it comes to motors there is going to be direct correlation between the cost of the juicer and the size of the motor. The motor is going to make a big difference in terms of how much can be juiced and how well it performs when juicing “hard” vegetables like carrots and beets. A good rule of thumb is to avoid anything below 500 Watts (500W 马达 mǎdá).

Opening size. The size of the opening for fruits and vegetables to be put in is another important factor to consider when buying a juicer. When juicing, washing what will be juiced takes a good bit of time. This prep time is hard to avoid. However, since some juicers don't have a very big opening it results in another time waster which is cutting the food. The good news is, some juicers have bigger openings. For example the Phillips juicer mentioned earlier offers a 75 mm opening (75毫米大加料管 háomǐ dà jiāliào guǎn). An opening this large often allows for a whole orange or apple to be

榨出健康和美味

果汁是大人和小孩都喜欢的饮料，如今，越来越多的果蔬可以被榨成果汁供我们饮用。最近这股果汁风潮正在天津传播开来，于是榨汁机就成为了大家选购的热点商品。打开购物网站可以看到各种各样的榨汁机出现在人们眼前，而它们的功能和价格都不尽相同。选购榨汁机，我们应注意几个方面：一、功率；二、口径的大小；三、清洗的难易程度。

榨汁机功率的大小直接决定果蔬的出汁率以及榨汁效果，一般而言，500瓦以上的榨汁机都可以解决硬质果蔬，如胡萝卜、甜菜等。

口径的大小是购买榨汁机时，另一个需要考虑的因素。当我们榨汁时，往往会因为口径不够大而需要将果蔬切分，这样的做法不仅浪费时间，还会对水果造成损耗。因此一般选购口径在75毫米左右的榨汁机最为方便。

除此之外，榨汁机的清洗问题也不容忽视。清洗的难易程度和机体的设计息息相关，因此我们可以尽量选择设计简单的机器。在解决了这些问题之后，我们还需要购买新鲜果蔬，这里我推荐大家选择一些有机蔬菜和水果，很多网站都可直接订购这些原材料。最后，建议在榨汁之前用小苏打或醋对果蔬进行清洗，尽可能的防止病从口入。

DUTY FREE SHOPPING IN TIANJIN

by Carmen King

This month we are introducing the Sea-Gull Watch Museum (海鸥表博物馆 hǎi ōu biǎo bó wù guǎn) and duty free shop. Watch enthusiasts will enjoy a visit to the museum and those looking to shop will be pleased to find an elegant Sea-Gull store onsite. Also inside the facility guests will find restrooms, a seating area and purified water. The address in Chinese is: 天津东丽区空港经济区环河南路 199 号海鸥手表厂. The nearest subway stop to the museum is the Airport Development District stop (空港经济区站 kōng gǎng jīng jì qū zhàn). After exiting the subway the following public buses can be taken: 511, 677, 691, and 690. Get off the bus at this stop: 益源钢板站 yì yuán gāng bǎn zhàn.

The Sea-Gull watch represents the first watch made in China. The company was originally founded in 1955 and enjoys over 60 years of success. It has been recognized as one of "China's Famous Brands". Sea-Gull's major manufacturing plant is now located in the Airport Development area. It is at this location that they develop,



Sales counter in the factory

design, assemble, produce, and sell Sea-Gull watches. The facility has over 2,000 pieces of cutting edge manufacturing and testing equipment. Over the years, they have produced countless different watch models suitable for a wide variety of consumer classes. They have both a men's and women's line of products. Each watch offers unique features and distinct styling. Be aware, purchases at any other Sea-Gull watch store are not eligible for a tax refund. Only items bought at the Airport Development district store located within the watch museum qualify. What is the process for getting a tax refund? Expat customers need to get an official tax receipt (增值税普票 zēng zhí shuì pǔ piào) after purchase. Then login into the "tax refund system" and upload the receipt. Be

aware, at the time of purchase when the tax receipt is being printed, a name will be required. Be sure the name provided is the same as what appears in your passport. Plus, when you apply for the tax refund, once again the name given must match what is on the printed receipt and passport. Before leaving the store, be sure to seek the assistance of store personal on completing the necessary application for the tax discount.

Watches bought at the museum store can be paid for using cash, check, electronic transfer, Alipay, and some foreign credit cards. Hours of operation are Monday through Friday 8:00 to 16:00. The store is closed on Saturday and Sunday. If necessary, English translation services can be arranged.



The first ever watch manufactured in china

“海鸥”牌手表

“海鸥”牌手表，出品于中国第一只手表诞生地——天津海鸥手表集团公司（原天津手表厂），由天津海鸥手表集团销售有限公司全权负责销售。

“海鸥”牌手表自1955年诞生至今已有60年的发展历程，60年来的发展历程为“海鸥”手表的制造奠定了雄厚的技术基础，“海鸥”手表集团现已成为集手表机芯的研发、生产、组装、销售于一体的手表生产基地。“海鸥”牌手表被国家评为“中国名牌”，“中国驰名商标”和“中华老字号”。海鸥手表厂现位于天津东丽区空港经济区环河南路199号，有参观需求或购买需求的游客可乘公交或地铁到达。值得注意的是，目前天津所有售卖海鸥手表的销售点，只有空港总厂的销售点可提供退税政策，境外顾客购买商品后，需先开具增值税普票，再登录离境退税系统开具退税申请单上传。注意开具申请单内容名称要与增值税发票内容一致，客人信息必须与其所持护照一致；开票名称、内容必须与护照上的姓名和所购买货品名称一致。

WU DA DAO

by David Wong



In this issue we continue our series of Mini Guidebooks, meant to help the short-term visitor to Tianjin who is looking for some interesting sites within walking distance of their stay. The location we have chosen for this month's article is the WuDaDao, which literally means "the five great avenues". It is located in Heping District on Ti Yuguan (Stadium) Street 和平区体育馆街.

Wudadao is located in the south of the downtown Tianjin, parallel streets from east to west, namely Chongqing, Changde, Dali, Munan, and Machang. There are over 230 buildings of all kinds from the architecture of Britain, France, Italy, Germany and Spain. Over 50 houses were once occupied by celebrities.

Colorful architectural styles range from the Renaissance, Greek, Gothic and Romantic. The second part is the residential area, with the first small Western-style residential area for foreign people who opened up concessions, whose residences are next to the office area, close to Jiefang Road, around the former Italian concession in the east of Marco Polo Plaza.

Shopping and Sightseeing

Xiannong Courtyard 先农- No. 9 Hunan Road was originally completed in 1925 and had connections with Herbert Hoover before he became the 31st President of the United

States. The courtyard has been renovated and the buildings surrounding Xiannong Courtyard were fashioned after those in England. It includes six structures. Interior design was meant to be simple and spacious. Red tiled slanted roofs accompanied by red brick walls are the dominant features of the exterior. A historical blueprint of the property is on display within the courtyard. It gives visitors a taste of the unique foreign inspired structures that exist in Tianjin.

The closest subway station is Yingkou Dao of either metro line 1 or line 3. From the station it will be a 5-10 minute walk. The official website of Xiannong Courtyard is www.tjxiannong.com

Minyuan Stadium – The original stadium was the host arena for the Tianjin TEDA Football Club and held over 18,000 spectators until the new TEDA Stadium was built in 2004. The original Minyuan Stadium was built with the help of the famous missionary and Olympic star, Eric Liddell. It was demolished in 2014 and now renovated to house several eating spots, coffee shops and small stalls of business.

Wudadao horse carriage tour – unlike the controversies of the New York horse carriage rides, the horse drawn rides in Tianjin are no problem. You can catch the rides at the Minyuan courtyard or plaza and costs are about 80 RMB per person for a 25 minute ride

that will take you thru some of the main streets but English will be limited so try to do some research in advance and have a good map to help identify some of the buildings and landmarks.

Min Yuan Xi Li or Min Yuan Terrace is located at No. 29 to 39 Changde Road – this area was originally built in 1939, similar to Xiannong, it was completely renovated and Min Yuan Terrace is composed of two connected English style small buildings along a lane way and is divided into 17 gates. Each

YOU CAN CATCH THE RIDES AT THE MINYUAN COURTYARD OR PLAZA AND COSTS ARE ABOUT 80 RMB PER PERSON FOR A 25 MINUTE RIDE THAT WILL TAKE YOU THRU SOME OF THE MAIN STREETS BUT ENGLISH WILL BE LIMITED SO TRY TO DO SOME RESEARCH IN ADVANCE AND HAVE A GOOD MAP TO HELP IDENTIFY SOME OF THE BUILDINGS AND LANDMARKS.



Minyuan Xili



Qing Wang Fu



Minyuan

gate forms a yard and is connected to the whole complex. Initially, senior staff of major Tianjin industrial companies resided there. Professor Zhao Yicheng, the founder of China's neurosurgery program has also lived here. Now the precinct is under the protection of Tianjin's historical architecture society. There are several eating areas, cafes, a boutique hotel and various creative bazaars and activities are held here. On weekends, you will find many local crafts on sale in the outside stalls.

Eating

Pizza Bianca – 83 Chongqing Avenue Tel: 8312-2728. If you are looking for an authentic pizza where you can see the dough thrown up in the air and baked in an open stone oven this is the place to go. As you can see from the address, it is in the same popular area of the MinYuan Stadium and nightclubs.

If you have a desire for craft beer and the atmosphere of a microbrewery, try these following fun places.

YY Beerhouse - YY stands for Yue Yuan

粤园 in 3 Aomen Road, Heping District 和平区澳门路3号 Tel: 2339-9634 In addition to craft beer, this place is famous for its Thai cuisine. Just make sure you make a reservation in advance.

WE Brewery – 4 Yi He Li, Xi'an Street 和平区西安道怡和里 Tel: 1863088114; Feature craft beer and American style food.

Nightlife/Bars

For those looking for some late evening action below are a few venues in this area.

VICS – No. 83 Chongqing Dao (Minyuan Zheng Men) 重庆道83号 (民园正门) Tel: 8427-9999

Live 秀Club – 83 Chongqing Dao (MinYuan Ti Yu Chang) 重庆道83号 (民园体育场3楼) Tel: 15802225787

Press Room - 83 Chongqing Dao (MaChang Che Yi Zhan) 重庆道83号 (马车驿站) Tel: 2722-7888

Sitong Bar – 126 Cheng Dou Dao Sheng Jie Ao Lin Pi Ke Da Sha B1 Bldg (Gui Zhou Lu Kou) 成都道126号盛捷奥林匹克大厦b1楼 (贵州路口) Tel: 2337-7177

Hotels

Somerset Olympic Tower Tianjin 天津盛捷奥林匹克服务公寓- No. 126 Cheng Dou Street, 和平区成都道126号 Tel: 2335-5888

Somerset International Building Tianjin 天津盛捷国际大厦服务公寓 - No. 75 Nanjing Road

和平区南京路75号 Tel: 2330-6666

The Westin Tianjin 天津君隆威斯汀酒店- 101 Nanjing Road 南京路101号 Tel: 2389-0088

Enjoy your stay in Tianjin and hope this article was useful and you have an opportunity to visit us again in the future.

你的酒店周边有什么？ (五大道篇)

游客来天津不能不逛的景点就是五大道地区了。去年火遍全国的纪录片《五大道》更是为这一历史遗迹赚足了人气。五大道由重庆道、常德道、大理道、睦南道和马场道组成，形成于上世纪二三十年租界时期，这一地区共有 230 座文艺复兴、希腊、哥特和罗马式建筑，其中有 50 多栋为名人故居。这里曾是天津最早的外国人聚居区。

为了更适应现代旅游业的发展，五大道内的一些历史建筑被重新改造，引入新型商业，让游客在领略历史建筑的同时满足他们休闲和用餐方面的需求。

先农大院位于湖南路 9 号，建于 1925 年，美国第 31 任总统胡佛也曾经参与到这个建筑群的开发中。先农大院有六栋建筑，内部装潢简单宽敞。原先农大院红瓦双坡顶与清水红砖墙面，形成了朴实温馨的风格。原孟氏旧居红色陶瓦屋顶，外檐清水砖墙，建筑风格简洁庄重。街区每幢建筑自成一格又彼此和谐共生，置身其中，恍若昔日重现。

民园体育场是传奇奥运冠军李爱锐设计建造的，曾经是天津泰达足球队的主场。2014 年，民园体育场的角色从体育设施转变为餐饮休闲旅游圣地，成为天津又一个地标建筑。

探索五大道最好的方法就是乘坐观光马车了，这恐怕也是天津唯一允许马车通行的街道了。25 分钟的马车旅程会带你穿梭五大道的的主要街道。如果你的中文不足以听懂解说，那最好提前做好功课，在地图上标注主要历史建筑。

民园西里位于常德道，建于 1939 年，由两排英式联排小楼组成。这里曾经是天津工业企业的高级雇员居住的地方。在经过整修之后，这里成为天津的一个潮流和创意的聚集地。



Xiannong Courtyard

SUZHOU – SWEET SOUTHERN JIANGSU

by **Mike Cormack**

Suzhou is so close to Shanghai that some consider it simply a dormitory town, a nice suburb for families seeking a little space outside the immense metropolis. At just 100 kilometers distant, high speed rail can get you from the one to the other in just 22 minutes. But there is far more to Suzhou than its proximity to Shanghai. It has a population of 10 million, with one of the highest GDPs in all China. It has a World Heritage Site, renowned universities, world-class companies in the Suzhou Industrial Park, and one of the highest qualities of life in the entire country. No wonder it is nicknamed “the Venice of the East” – though the city isn’t a shanzai approximation of some Western ideal. Suzhou exemplifies the greatness of Chinese civic design, with its gardens and canals, its hills and pagodas; it is steeped in the finest traditions of Chinese gardens, with a beauty that visitors long remember.

The main attraction of Suzhou is its many fine gardens, which are numerous but distinct: there are nearly seventy in total, with eight of the finest designated as UNESCO World Heritage Sites in 1997 and 2000. Constructed over many centuries, the history of the gardens encompasses the Northern Song up to the Qing dynasties. They include (or, indeed, invented) many of the key features of classical Chinese garden design, with landscapes emulating geological features, and hills and rivers designed around strategically located pavilions and pagodas. All are delicate without being fussy, rustically natural and yet ornate, and poignantly beautiful. Perhaps the most memorable is the Humble Administrator’s Garden, which is the largest (measuring over 50,000 square metres) in Suzhou. The garden can trace its history all the way back to the Shaoxing period (1131-1162) of the Southern Song Dynasty, with its site having been continually built, destroyed, rebuilt and revamped since then. Today, it contains three sections around a large lake, with 48 different buildings, 101 tablets, 40 stone columns, 21 precious old



Lighting Garden.

trees, and over 700 penzai (miniature trees and rockery in pots or trays). The Humble Administrator’s Garden is often declared the finest in all of southern China. It’s located at 178 Northeast Road, with the nearest subway station at Lindun Lu. Another highly esteemed garden is the Lingering Garden, at 338 Liuyuan Road (the nearest subway station being Shilu Road). Dating from 1593, following commission by Xu Taishi, an official who was impeached and later exonerated, the garden has risen and fallen throughout its history, like China itself, even being used for

SUZHOU EXEMPLIFIES THE GREATNESS OF CHINESE CIVIC DESIGN, WITH ITS GARDENS AND CANALS, ITS HILLS AND PAGODAS; IT IS STEEPED IN THE FINEST TRADITIONS OF CHINESE GARDENS, WITH A BEAUTY THAT VISITORS LONG REMEMBER.

horse-breeding during the Sino-Japanese War. Today it is beautiful again, encompassing 23,000 square metres and four distinct sections, the East, Central, West, and North. The central area is the oldest, boasting a unique covered walk area. The eastern part is arrayed around the cloud-capped peak stone, while the western section is mostly natural containing only a few pavilions, a large artificial hill, and a penzai garden. The other UNESCO-designated gardens, for those wanting to see the full collection are Master of the Nets Garden, Mountain Villa with Embracing Beauty, Couple’s Retreat Garden, Garden of Cultivation, Great Wave Pavilion, Lion Grove Garden, and Retreat & Reflection Garden.

Suzhou is also a city renowned for its canals. Water and its uses have long been a concern of Chinese urban planning, and Suzhou has a particularly beneficent example. The Grand Canal was one of China’s most greatest creations, running 1,200 miles (1,776 km) from Beijing in the north to Hangzhou in the south, connecting to various waterways along the way; it remains the longest man-made waterway in the world. While many parts have fallen into disuse, various

sections running through Suzhou can still be toured. More than 50 miles of fine scenery flank the waterway, including hundreds of old river dwellings, ancient city gates, stone bridges and two of Suzhou's finest areas, Hanshan Temple and West Garden Temple. It all gives an excellent overview of Suzhou, and a feeling for how advanced urban development in long-gone China was. It is also simply a great, relaxing, beautiful trip through and around the city. For a less circumambulatory view of Suzhou, a large canal, known as the Weichang River or City Moat, circumnavigates a section of Gusu District, with nine east-west canals and twelve north-south canals. Each section is rich with the rich culture and history of Suzhou, making it an exquisite way to while away a day.

If you're attracted to large bodies of water, then Suzhou (like Jiangsu in general) is rich with options. Just a half-hour cab ride from east from downtown Suzhou, Lake Taihu is the third-largest fresh water lake in China, with a surface area of some 2,250 square kilometers (or 869 square miles). It has 90 islands of various size, up to several square kilometers, so it's the perfect spot for a boating expedition. Visitors can get a fantastic view of the entire lake from the Star of Lake Tai, a 115 meter high giant Ferris wheel on the shoreline. A complete revolution takes 18 minutes, giving visitors plenty time to savour the view. However, for something more immediate, Jinji Lake and Dushu Lake are both within the city limits and are in the fine

Chinese tradition of urban bodies of water, with boating, rides, gardens, hawkers and street stalls available, as you prefer. Both are simply gorgeous.

Suzhou is one of the richest cities in China, and so is rich with urban possibilities. Yaba Shengjian is a highly popular dumpling restaurant at 12 Wenjiaan, Lindun Road. Try the lamb soup and take your pick of any combination of dumpling fillings. Songhelou Caiguan is reputedly one of the oldest restaurants in the city, and allegedly counted a Qing Emperor as a customer. It serves typical Jiangsu dishes like pork belly, steamed fish and steamed buns. You can find it at 198 Shantang Street, but expect it to be busy. Those with a yen for something more Western might try out Da Mario, at 88 Suhui Road, Wuzhong – it does an excellent pizza, but it's no western fleapit: it also offers many good pasta and meat dishes and has a great wine list. Bars are plentiful, most of them to be found in Shiquan Street: new visitors should take a stroll along to see what takes their fancy, as there's so many to choose from.

Some of the most popular include Harry's Forbidden Pub, Zapata's Pub, Baidu Pub and SOS Pub. The street is 10 minutes walk south of Lindun Road subway station. Fans of the Beijing Bookworm should also seek out its Suzhou cousin, at 77 Gunxiufang, Shiquan Jie: like its counterpart in the capital it's a combination of bookshop, lending library, restaurant, bar, events space and cultural hub.

Naturally Suzhou is easy to get to, with

excellent rail connections: the high speed rail from Beijing to Shanghai goes through it. The nearest airport is Shanghai's Hongqiao International Airport, just 86km away.

With its beauty, high living standard and sense of history, Suzhou might just be the avatar for a tourist city in China. Certainly it's perfect for a weekend break. But don't just take my word for it – find out for yourself!



Humble Administrator's Garden

姑苏游

苏州，古称吴，又称姑苏，位于江苏省东南部，和上海仅百公里之隔。现代交通轨道的发展，便捷了两座城市之间的往来。最快只要 22 分钟，我们就可以从一个繁华的大都会逃离到这个粉墙黛瓦的园林世界。苏州既是国家历史文化名城，也是吴文化的发祥地。以独有的小桥流水人家，水乡古城为特色，苏州被冠以“东方威尼斯”的美名，闻名天下。

来到苏州，我们就不得不说这里的园林建筑。苏州园林，中国十大名胜古迹之一。苏州现有保存完好的古典园林几十处，其中拙政园和留园被列入中国四大名园。拙政园位于苏州城东北隅（东北街 178 号），全园以水为中心，山水萦绕，厅榭精美，花木繁茂，具有浓郁的江南汉族水乡特色。花园分为东、中、西三部分，东花园开阔疏朗，中花园是全园精华所在，西花园建筑精美，各具特色。园南为住宅区，体现典型江南地区汉族民居多进的格局。

另一座以园内建筑布置精巧、奇石众多而知名的留园，位于苏州阊门外留园路 338 号。它占地面积 23300 平方米，代表清代风格，以建筑艺术精湛著称。厅堂宏敞华丽，庭院富有变化，太湖石以冠云峰为最，有“不出城郭而获山林之趣”。园内分为四个部分，东部以建筑为主，中部为山水花园，西部是土石相间的大假山，北部则是田园风光。

除了园林建筑，苏州还是一个因水而闻名的城市。不得不说，迄今为止苏杭大运河都堪称人类最伟大的工程之一。长长的 1700 多公里，从北京到杭州，运河对中国南北地区的经济、文化发展与交流起了巨大作用。

苏州的景色美不胜收，苏州的小吃更是多种多样，比如生煎、羊汤、水饺等。这里特别推荐松鹤楼菜馆。这家餐馆迄今已有二百五十多年历史，是目前苏州地区历史最为悠久、饮誉海内外的正宗苏帮菜馆。乾隆皇帝下江南时曾多次在此停留，有兴趣的朋友可前往就餐，当然人多也是必不可少的了。

苏州是一座极其秀美的城市，而我说的再多，也不及你亲身来这里体验更为直接。如果我是你，就绝不会错过这个顶好的周末，踏上南下的列车，去寻找那梦中的现代乌托邦。



Night view of Suzhou River.



Outside of emergency situations where stopping hard is unavoidable, brakes should be applied gradually, allowing the car to slowly reduce speed.

DANGEROUS DRIVING

by **Carmen King**

The idea of being chauffeured around isn't the worst thing in the world. Especially in lieu of the random road challenges common to Tianjin.

Unfortunately, the enjoyment of chauffeuring is completely contingent on the chauffer! When it comes to Tianjin cabs, so to the cabbie makes or breaks the ride. While some cab drivers are courteous and careful others are just the opposite!

A few of the common offenses include driving the wrong way, going too fast for conditions, hard breaking, and terrible navigation. Weaving in and out of traffic is useless and dangerous. Especially during rush hour, repeatedly changing lanes has little benefit. In general, everyone is going to get to the destination give or take a few minutes at the same time. Unless one lane is completely blocked, whereby cars are forced to change lanes, staying in one lane and patiently moving forward is far less nerve wracking. Too many Tianjin cabbies seem to feel otherwise though. They apparently think the best way to deal with traffic is by constantly switching lanes, yet this only makes more trouble.

Breaking hard is really annoying.

Nothing makes someone car sick faster than heavy breaking. Outside of emergency situations where stopping hard is unavoidable, brakes should be applied gradually, allowing the car to slowly reduce speed. This lets passengers bodies have time to adjust to the speed change. Slamming on the brakes however, does just the opposite. This issue is compounded by the fact that the vast majority of Tianjin taxis do not provide rear seatbelts! This is a real problem and we have already reported on it previously. Since rear passengers the majority of the time can't buckle their seatbelt, hard stops means they go flying forward with nothing to hold them back. Not good.

While driving the wrong way is less common than it used to be thanks to more cameras being added to major roads, old habits die hard. Sadly some cabs still resort to going the wrong direction on a one-way street or simply the opposite direction of traffic on a two-lane road due to their desire to "save time". A deadly game of chicken is played by driving head on into oncoming traffic in attempt to pass slower cars. They usually have to veer back into the correct lane or make a quick turn onto another

A FEW OF THE COMMON OFFENSES INCLUDE DRIVING THE WRONG WAY, GOING TOO FAST FOR CONDITIONS, HARD BREAKING, AND TERRIBLE NAVIGATION.

street to avoid collision. However these moves throw passenger safety out the window!

No matter what the tactic, dangerous driving is unacceptable. It is like the old phrase "cutting of your nose to spite your face." Ultimately, it is in the best interests of both the cab driver and rider to arrive safely at the destination. The passenger ends up feeling like a helpless victim though being subject to whatever driving style the cabbie happens to offer. Outside of pleading with the driver to drive more carefully, we strongly recommend riders have the courage and conviction necessary to say: "下车 xiàchē." Yes, ending a cab ride prematurely is a hassle. Yet, in the big picture, switching cabs and arriving safely may be the only option to escaping dangerous driving.

危险驾驶

人人都想有司机接送，尤其是在天津这样的道路上，开车更是犹如一场挑战。当我们坐上车之后，乘车体验以及舒适度就要取决于我们遇见的司机，有的司机很有礼貌，有的司机却恰恰相反。

乘车的时候，我们会遇见各种司机，关于他们错误的行驶方式我们也不胜枚举，比如开错道、开太快等，其中随意变换车道，是最令人头痛的。高峰时段，往往几分钟就能解决的问题，一旦改变车道，等候的时间也许就会更长。其次困扰我们的行车问题就是突然刹车，我们可以理解遇见紧急状况时的停车，但如果司机可以缓慢的停下车来，不仅可以保证乘客安全，更可以为我们带来相对舒适的乘车体验。随着天津道路的不断整修和拓宽，我们随处可见单行道，可很多司机却因为要节省那短暂的几分几秒，冒着违规的风险也要逆行驾驶，其结果是相当危险的。一旦迎面有车驶来，那么后果将不堪设想。

因此，为了乘客和我们自己的安全考虑，切记一定不要危险驾车。摒弃陋习，安全驾驶，愿每一位驾驶员都能时刻提醒自己，尊重自己也是尊重他人。

DESPITE HAVING RAIN GEAR, AVOID FLOODED AREAS IF AT ALL POSSIBLE.



A man is sitting on the roof of a dead car, waiting for help after a heavy rainfall.

Tianjin has been getting a lot of rain. Plus, some areas of the city are prone to flooding. Don't leave beating the rain up to chance, have a plan!

Start by adding the "Tianjin Transportation" public WeChat account: JT_fm1068 – this is the official account for the Tianjin Transportation radio station 106.8 FM. On days when heavy rain is expected, frequently check this account for updates. They provide valuable information about Tianjin weather which affects transportation plus other interesting information. For example a recent post included recommendations to immediately shower after getting caught out in the rain, especially if one was wading through deep dirty water. Plus promptly wash all clothes and shoes with a disinfectant. They also mentioned, anyone that has open cuts, wounds or rashes on their feet or legs should avoid contact with flood water as it can result in infection.

Next, start collecting lists of where flooding typically happens in Tianjin when it rains. Instead of just glancing at these charts when posted online or in WeChat, take a minute to save them. That way, when the next storm comes rolling around, you can reference this content in advance and plan accordingly. Another tip is to copy the text and paste it into a document on your smart phone entitled "Tianjin Weather". This may make finding the content at a later date easier.

A few places that flooded recently are: the Olympic area in Nankai (奥林匹克中心); the Cultural Center in Hexi District (文

HOW TO BEAT THE RAIN?

by **Carmen King** photo by **You Sihang**

化中心) including the Galaxy Mall area (银河国际购物中心); the Food Street (食品街) in Heping District including the Joy City area (大悦城); and the Binjiang Dao shopping street (滨江道). These are just some of the trouble spots. The best thing is not only to have a list of these areas, but also do your best to avoid them during heavy rains.

Another must is getting some real rain gear. Consider going to a fishing gear store and buying some waders. This is no exaggeration. During a recent storm water was reported to be almost waist high around the Galaxy Mall. Get a pair of rain boots that go up to at least the knee for less intense days. Ponchos and rain jackets are recommended. These things can be bought online at taobao.com and jingdong.com or via local stores. Despite having rain gear, avoid flooded areas if at all possible. If you should be forced to head out, walk slowly and be very, very, very careful because manhole covers and drain grates are known to be washed away during big storms. Deadly, dangerous, uncovered holes lurk

beneath murky, muddy water. As for the home front, always have a stock of 3-5 days of drinking water and food for each person. This covers any power outages or getting stuck at home.

未雨绸缪才能不再狼狈

天津在7月经历了一次大暴雨,让整个城市陷入一片汪洋。你可能从未想过在天津会有如此大的降水,所以被打个措手不及。有过这次经验之后,你一定会想要未雨绸缪,拒绝狼狈。

你可以在微信上关注“天津交通广播”的公众号。在暴雨期间,这个微信号不断推送雨情和交通状况,还会告诉大家在淋雨淌水后马上洗澡,避免被脏水里的有毒物质感染。

把天津容易积水的路段记下,比如河西区的文化中心、南开区的奥体中心、南市食品街和大悦城一带等,雨天尽量绕行这些路段。

对雨具的选择也很重要。7月的那场雨恐怕只有渔民穿的连体胶皮裤才行。雨鞋至少要及膝,斗篷式雨披或雨衣也是必备的。这些鱼具在淘宝或京东上能很方便地买到。如果你必须在大雨天出门,那在行进中要非常小心,因为会有井盖被大雨冲走,原本坑洼不平的道路也会被积水覆盖,一定不要踩空,否则会有致命危险。关注天气预报,遇到暴雨预警要提前储备好饮用水和食物。



MOVIE: Skiptrace

Jué Dì Táo Wáng

绝地逃亡 – Jackie Chan 成龙



Director: Renny Harlin is a Finish Director born March 15, 1959 is well known for directing action movies such as DieHard 2 and Cliffhanger and earning over a Billion Dollars worldwide. He also has the dubious honor of directing the biggest box office flop: Cutthroat Island.

Starring: Jackie Chan as the Hong Kong Detective, Bennie Chan. 45 year old American actor Johnny Knoxville is the co-star who is a fast talking gambler gangster in this movie. Knoxville took his acting name from his birthplace, in the state of Tennessee. Fan Bing Bing 范冰冰 born on September 16, 1981 in Qingdao, Shandong is the

female co-star as Bennie Chan's niece, Samantha. She has a string of movie successes and has ranked in the top ten of Forbes China Celebrities for the last ten years.

If you are not a Jackie Chan fan, pass on seeing this movie, because it is very similar to his previous action packed adventures, with a twist, that this was filmed throughout China and ends up in Hong Kong. Jackie is the Hong Kong detective, good guy who teams up with the American gangster played by Knoxville. They travel together trying to outrun the Hong Kong mob is after Knoxville for witnessing a gangland murder. The movie takes you all the way to the north in Inner Mongolia to the south in Yunnan province and trekking through the Gobi Desert on the way.

The 62 year old Jackie Chan is really amazing, still doing his own stunts and using his proven formula of being dominated and being taken for granted by, in this case, the ugly American and finally winning out the friendship and accomplishing a positive ending. The best part of the movie is the usual outtakes at the end. So don't try to analyze the movie too much, just go and enjoy Jackie Chan.

《绝地逃亡》是由雷尼·哈林执导，成龙、约翰尼·诺克斯维尔、范冰冰等主演的一部动作喜剧片。该片讲述了一个背负承诺的警察和一个身为赌徒却恰巧目睹凶案现场的犯罪嫌疑人，在异国他乡开始了逃亡之旅的故事。该片已于2016年7月21日在中国上映。



TV SERIES: "To Be a Better Man"

Haǒ Xiān Shēng

好先生



Director: Zhang Xiaobo 张晓波. Starring: Sun Honglei 孙红雷 born on August 16, 1970 in Harbin, Heilongjiang province in the Northeast, he left school at an early age to begin a career in dancing. He has a long string of movie credits and hugely popular. It is surprising in China that such a successful film star would venture into a TV series, something that would not happen in North America.

Jiang Shuying 江疏影 was born on September 1, 1986 and won

Asian Film Award for Best Newcomer in 2014. Wang Yaoqing 王耀庆 and Zhang Yixing 张艺兴 born on October 7, 1991 in Hunan and was part of the Korean Chinese boy group EXO.

As with most Chinese TV series there is a cast of hundreds. Budget for this 42 part series was over \$23 million and the Fox Network recently bought the rights so you will likely see it replayed soon.

The series follows the story of a tough Chinese chef, Lu Yuan played by Sun Honglei, working at a Michelin 3-star restaurant in the U.S. After his best friend is killed in a car accident, he returns to mainland China with his remains. There, he runs into the person he least wants to see, and becomes entangled with both his unresolved and new relationships. The acting is very high caliber tagging on the superior acting skills of Sun Honglei. Try to find a subtitled version in order to follow the complicated scenario and various relationships. There is also some touching scenes of one of the characters suffering from dementia and regards Yu Yuan as the son and with several scenes of Michelin class food presentations, this movie will be fun for you foodies.

《好先生》是由张晓波执导，孙红雷、江疏影、王耀庆、车晓主演，张艺兴、关晓彤特别出演，万茜、董勇、冯嘉怡友情客串的一部都市情感电视剧，该剧讲述了旅美米其林三星厨师陆远，因一场肇事车祸携挚友女儿回国，与新欢旧爱及一系列的人事产生纠葛的故事。



TIANJIN MALLS - TaoBao Street 淘宝街



While not the typical kind of mall that we explore here, TaoBao Street deserves a mention nevertheless. TaoBao Street is a covered market place spanning about half a kilometer with multiple corridors to walk down, giving about an entire kilometer worth of walking and shopping. This covered market has a cramped interior which is not for those with claustrophobia. Winding down a maze of small corridors you will be treated to a wide selection of shops that change with the seasons. From shoes, swimming suits, bags, Korean snacks, cosmetic products, and other clothing; TaoBao Street offers an impressive selection in such a small location. From the entrance of TaoBao Street, you can grab some cool drinks and

street food to enjoy as you make your way down the corridors. While being covered and shielded from the sun, the alley ways of TaoBao Street can be a bit stuffy, be sure to bring a water to keep yourself cool.

Finding TaoBao Street is easy, it's just on the corner of JinTang and Hong Xing Roads (津塘路和红星路交口), next to one of the few Ren Ren Le supermarket locations in Tianjin. There's plenty of food near the entrance of TaoBao street if street food isn't ideal, with KFC, Mr. Lee's, ShaXian Delicacies, and more. Getting there is convenient, with a bus stop just next to the entrance of TaoBao Street or via the subway Line 9. Departing from ZhiGu subway stop Exit B (直沽地铁站B出口), you can head just North-East up past two roads. For those who may have a hard time using the real TaoBao or just want to have a shopping experience free from the confines of authentic products and expensive price tags you will not be disappointed with TaoBao Street. You can find nearly anything that you might ever need somewhere in the labyrinth which even includes stalls as bizarre as a Christmas decoration supplier.

天津名家淘宝街位于津塘路和红星路交口处，紧邻人人乐购物超市。淘宝街内各种商品琳琅满目，有包包、衣服、鞋子、毛绒玩具、化妆品、美发用品，还有餐具、家居饰品等，其中包包是最值得淘宝的东西，每件产品都个性十足且价格低廉。游客可乘坐地铁九号线于直沽站下车便可前往。



TIANJIN METRO - Line 9 ZhiGu 直沽地铁站



ZhiGu Subway station is the fourth stop off of Line 9 from Tianjin Railway Station. Line 9 stretches conveniently along the Hai River for five stations before running off East, toward the Tianjin Economic Development Area of BinHai. ZhiGu finds itself just across the river from the Xiawafang Subway one Line 1 (下瓦房地铁站). With the ZhiGu bridge stretching across the Hai River, this area is an important location in the transfer of peoples from Heping district to Hedong district. The HongXing Road freeway bridges stretch over the train tracks and poke into central Hedong streets like JinBin and WeiGuo Roads.

ZhiGu may be on it's way toward the edges of Tianjin proper but it does have a great deal of things to do in the vicinity. With many apartments settled here and recent riverside developments underway, the area is always changing. The DingJi Golf Club may be the largest business here at ZhiGu and just a short walk north up the street towards the track tracks lies the aforementioned, TaoBao Street. Like many of the Tianjin proper subway stops on Line 9, there's always little local areas looking to be discovered but the greatest attraction is that of the Hai River. Just a short 10-15 minute walk across the ZhiGu Bridge and up the southern bank leads to the NingBo Ferry Stop (宁波道码头), where you can take a boat up and down the river, a spectacular attraction for the evenings when the city lights up. ZhiGu Subway Stop is within a nice walking distance from Tianjin Railway station, making a good trek for an evening exercise while snapping some pictures on the riverside.

津滨轻轨九号线直沽站位于河东区六纬路，它是由天津站开往塘沽方向的第四站。直沽站与地铁一号线下瓦房站仅一桥之隔，是行人通往和平路等繁华地段的重要站点。从直沽站下车不过十几分钟的走路距离，乘客就可抵达宁波道码头，并欣赏海河沿岸的风景。如果有时间，一定不要错过这附近的美好景色。



Spectrum Dinner Set Menu

Price starts from RMB 68set
 Chinese, Western & Japanese set menu for your selection!
 Family Set Menu :Buy 2 set @ RMB 168 get 1 free set valued @ RMB 68

Reservation: 8319-8888 Ext. 3570
 The price including VAT & service charge



Renaissance Mooncake

Renaissance Tianjin Downtown Hotel, celebrates the Mid-Autumn Day by offering guests standard and deluxe Renaissance Mooncake gift sets. Carefully presented in elegant packages, the moon cakes are on display and available for purchase from now until September 15, 2016.

For orders and more information, please call 022-23026888-6400.



It's the Hairy Crab Season!

It's the season when many of us have a hairy crab feast!
 Our Executive Chef selects the freshest of hairy crabs and presents you with different cooking styles.
 It's a dining experience that you should not miss!

Date: September 1 - October 31, 2016 Daily 11:30-14:00 17:30-22:00
 Venue: 2nd Floor China Station

For more information please call 2457 8888 ext. 3260

Tian Cheng Hotel Tianjin
 Address: 66 Xinkai Road, Hedong District, Tianjin



Let's Seafood

Whether it's fried, baked, steamed, grilled, sliced, diced or stuffed, Feast is preparing a tempting selection of the freshest delicious seafood surprises to delight your taste buds. Let's seafood today.

Venue: Feast
 Date: 1-30 September



Just Living Residence Grandly Opens in September

Just Living Residence has room sizes ranging from single room, one bedroom to two bedrooms. Free wifi, 24-hour front desk service, engineering maintenance and security. Full set of kitchen facilities and wares. Free gym, laundry and recreation area for tenants.

Add: 36 Xikang Road, Heping District
 Tel: 022-6018 0222



Ernest Hemingway Night

Daiquiri originated in the late 19th century. This rum-based cocktail is a personal favourite of Ernest Hemingway. In memory of this Nobel Prize winner, FLAIR is organizing a special Hemingway Night featuring daiquiris in original, passionfruit, strawberry, kiwi, peach and other fruity flavours.

RMB100+15% service charge per glass.

Date: 5pm – 1am, September 15 - 17, 2016
 Venue: 1st Level, FLAIR Bar and Restaurant of The Ritz-Carlton, Tianjin
 Tel: 86-22-5857-8888



Five-star Hotel Apartment at TEDA International Club Tianjin

Human-oriented and scientific room design for delicate one-bedroom apartment, classic two-bedroom apartment and deluxe three-bedroom apartment. All the rooms are equipped with modern furniture and appliances. The perfect facilities will guarantee a convenient and quality life for international elites who travel around the world. Considerate butler service showed the care and concern of Chinese. It is a real home away from home.

Detail-oriented butler service
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Discount in restaurants in the hotel
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Reservation hotline: 58695555--8289



Seafood Buffet Dinner @ Tangla

From its location on level 49, S6U restaurant offers a spectacular view of the city skyline, creating an exquisite ambience be it for impressive business dinners.

The dishes in S6U are perfectly designed to have the nourishing effect which will provide fresh life you that keeps your inner glutton at bay and satisfy your craving!

Enjoy our selection of meat, seafood, Japanese selection and hot dishes, including local beer, soft drink, coffee and tea. Try any selection of hot or cold dishes from around world each will surely provide to you fresh life!

RMB298 / person
RMB596 / 3 persons

*Above price is subject to 15% service charge
Venue: 49F S6U
Operation Hours: 17:30-21:30



Time for Chocolate Fondue

Indulge your taste buds with traditional Swiss chocolate fondue in an amazing ambience this summer.

The main ingredients for chocolate fondue are fresh fruits. Lovers are fond of having chocolate fondue since they can create romantic sense as well as replenish energy.

1863 Bistro & Terrace of The Astor Hotel, a Luxury Collection Hotel, Tianjin locates in the Astor Wing of the hotel with 36 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.

RMB 298/ 2 person
The above price and 10% service charge are subject to VAT.

September 1-31, 2016
18:00-22:00, Tuesday to Sunday
1863 Bistro & Terrace, Astor Wing, 1F
33 Taier Zhuang Road, Heping District
The Astor Hotel, a Luxury Collection Hotel, Tianjin
Enquiries 022-5852 6888 ext. 8918



Flavourful Cantonese Experiences @ Holiday Inn Tianjin Aqua city

Aqua Café is pleased to present guests with a menu of Cantonese cuisine. Featuring dim sum, roast meat, main courses and fresh greens... A joyful taste experience not to be missed.

Price: start from RMB 12 / portion
Operating Hours:
Lunch: 11:30 – 14:00 Dinner: 17:00 – 21:00

Address: Level 2 of Holiday Inn Tianjin Aqua City, No.6 Jieyuan Road, Hongqiao District, Tianjin (Exit B of Xibeiqiao Station, Metro Line 1)
Tel: (022) 58776666 ext. 3718

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

餐廊西餐厅 ★ P E D3

Offers buffets with open kitchen.

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

Pacifica- All-day Dining

帕西非嘉西餐厅

Address: Pan Pacific Tianjin 1F1 Zhang
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悦城购物中心【北区1F-59】号商铺
Tel: 022-87353372
Hours: 11:00 -22:00

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

Cholito

西班牙餐厅

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

Venezia Club Italian Restaurant & Winery

威尼斯酒吧

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

Terrace Café

燕园咖啡厅 C4

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

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

Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 ★ P E D7

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

TGI FRIDAYS

星期五餐厅 P E B4

Great place to have tasty burgers,
french fries, chicken and steak.
No.7-2, Fukang Lu, Nankai
南开复康路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

VistaQian Cheng

Vista黔城

Elegance and modern design combine
with a European layout. The must have
dishes are the Donkey Meat and Fish in
Sour Soup. Undoubtedly, this is one of
the best Chinese restaurants in Tianjin.
When you are in the Drum Tower area,
you must check it out.
Add: 25 GuLou North Street
鼓楼北街25号
Tel: 022-27255798

Wei Xun Cafe

味寻

The proprietor learnt all about coffee while
in Wuhan in southern China. Her great
passion for coffee and desserts were further
enhanced when she ran her own cafe. Not
only is the coffee great but the delicious
hand-made Wei Xun cake is mouth-watering
and uses only natural cream butter, strictly
fresh ingredients without any artificial
additives, colourings or preservatives.
Address: 6 Xi Zang Lu, Heping District
和平区西藏路6号
Tel: 18322127418

YY CRAFT BEER HOUSE
Xiamong Courtyard, No.4, Jiumen Rd,
Heping District, Tianjin
022-26352835 185-2225-5354 (En)
11:00-24:00

YY BEER HOUSE
No. 3 Ao Men Road (behind the
International Building), Heping,
2339 9634
1382118292 (En / JAP)
11:00-24:00

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

Hola Tapas Coffee

Cuisine: Spanish

The decor is elegant and graceful in this
establishment which serves Spanish
cuisine. The chef has 13 years working
experience in Spanish restaurants and
personally selects all the ingredients.
Recommended dishes: the traditional
saffron paella and devilled eggs with
smoked salmon. All bookings have to
be made at least 24 hours in advance.
Add: 1F, Building 25, Ying Chun Li, Wu
Jia Yao Er Hao Lu, Heping District
和平区吴家窑二号楼迎春里25号楼底商
Tel: 23356748

MammaMia

Cuisine: New Zealand

With a menu focussed on New Zealand
and Australian food, MammaMia has
developed a lot of yummy dishes,
amongst which - I think - the best are

the smoked New Zealand lamb chops
and steaks, the pasta with mussels, the
hamburgers and French toast. The
customs quarantine certificate
guarantees that the meat is all
imported. The chef has more than eight
years' experience in cooking food while
he was living in New Zealand.
Add: 54 Cheng Du Dao, Heping District
和平区成都道54号
Tel: 13001388089

[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: 2339 9634 / 1382118292(English)
Hrs: 11:00am-24:00pm
If need be, we have a designated driver
to take you to your next destination.

YY Craft Beer House (NEW OPEN)

粤园泰餐厅 ★ ¥100 P E D6

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

[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
182-0225-5286(Mr.Maeda)
186-2229-6209
Hours: : 17:00 -23:30 (L,O)

[Vietnamese 越南餐厅]

YULU Vietnamese restaurant
鱼露越南餐厅

Beside TAPAS, A3, Magnetic Capital
Business Area, Nankai District
南开时代奥城A3区美滋味旁边
Tel: 2385-5317

[FRENCH 法餐厅]

Tianjin Downtown

Nice To Meet You
很高兴认识你

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

FLO
福楼 ★ ¥ 350 P E D7

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

[Italian 意大利餐厅]

Tianjin Downtown

Prego

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

Idea Restaurant & Lounge

埃迪亚意式餐厅酒吧
Idea Restaurant & Lounge specializes in
providing authentic Italian food at a
reasonable price.
215 Xiao Cheng Du Dao, Heping District
(opposite No.90 Middle School)
和平区小成都道215号
(九十中学对面)
Tel: 23374869
Hrs: 11:30-14:00
18:00-21:30

[Chinese 中餐厅]

Tianjin Downtown

Shang Palace
香宫

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

Din Tai Fung
鼎泰丰 ★ ¥ 150 P E

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

Tian Tai Xuan
天泰轩

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

Noodle Bar
面馆

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

■ 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

■ BAR

Tian jin Downtown

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
河东区委海河东路328号天津香格里拉大酒店1层
Tel: 8418 8111
Hrs: 09:00 to midnight

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

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

■ SHOPPING

[Department Store 百货]

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

Tianjin 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

plaza66

天津恒隆广场
The mega department store in Tianjin,
customer can enjoy the forefront of
fashion here.
160 Zhangqizhong Lu, Heping District
和平区张自忠路160号

Tianjin Aeon Mall

天津永旺购物中心
Aeon Mall is a specialist shopping mall
developer.
Zhongshanbei Store 中山北店 (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

International Trade Centre Mall

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

Riverview Place

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



- SHOPPING 购物
- BAR 酒吧
- RESTAURANT 餐厅
- WINE 红酒
- COFFEE 咖啡

LISTING

HOTEL

[Hotel 酒店]

Tian jin Downtown

The Westin Tianjin

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

Wanda Vista Tianjin

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

HYATT REGENCY TIANJIN EAST

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

The Ritz-Carlton, Tianjin

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

Sheraton Tianjin Hotel

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

Shangri-La Hotel Tianjin

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

Renaissance Tianjin Lakeview Hotel

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

Crowne Plaza Tianjin Meijiangan

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

TEDA International Club Tianjin

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

Pan Pacific Tianjin

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

The St. Regis Tianjin

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

Banyan Tree Tianjin Riverside

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

Holiday Inn Tianjin Aqua City

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

Tangla Tianjin

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

Renaissance Tianjin downtown Hotel

滨江万丽酒店
105 Jian She Lu, Heping.
和平区建设路105号
Tel: 2302 6888
Fax: 2302 8530

Hotel Indigo Tianjin Haihe

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

Hotel Nikko Tianjin

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

The Astor Hotel, A Luxury Collection Hotel, Tianjin

天津利顺德大饭店 豪华精选酒店
33 Taier Zhuang Road, Heping
和平区台儿庄路33号
Tel: 2331 1688
Web: www.luxurycollection.com/astor

Holiday Inn Tianjin Riverside

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

TEDA &Tanggu

Holiday Inn Binhai Tianjin

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

Crowne Plaza Tianjin Binhai

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

Renaissance Tianjin TEDA Hotel & Convention Center

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

Sheraton Tianjin Binhai Hotel

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

Tianjin Goldin Metropolitan Polo Club

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

Tiancheng Hotel Tianjin

天津天诚酒店
66 Xinkai Road, Hedong District, Tianjin
天津市河东区新开路66号
Tel: +86 22 2457 8888

[Hotel Apartment 酒店公寓]

Tianjin Downtown

Ariva Tianjin Binhai Serviced Apartment

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

Green Park Villa

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

Shangri-La Hotel, Tianjin Full-serviced Apartment

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

Fraser Place Tianjin

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



Ascott TEDA MSD Tianjin

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



Somerset International Building Tianjin

天津盛捷国际大厦服务公寓
No 75 Nanjing Road, Heping
和平区南京路75号
Tel: 2330 6666

EMMAKIDS
Emma International
Montessori Kindergarten

爱玛国际
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www.tedainternationalschool.net

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 Rd. No.75 International Plaza 1802
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 Tel: 022-2335 0585
 139-1079-8835 (Mr. Lu Tong)
 187-1017-7191 (Sandra)

Tianjin Golden Collar Translation Center
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 Nankai District, Tianjin
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 Email: jenny_tj@126.com

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 Tel: 23185075
 Fax: 2318 5074
 Website: www.amchamtianjin.org

German Chamber of Commerce in China - North China
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 Internet: www.china.ahk.de

German Business Circle Tianjin
Deutscher Unternehmerkreis Tianjin, DUK
 天津德国人联谊会
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 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

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 SPORTS 运动
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TNC Haihe Ship Tour

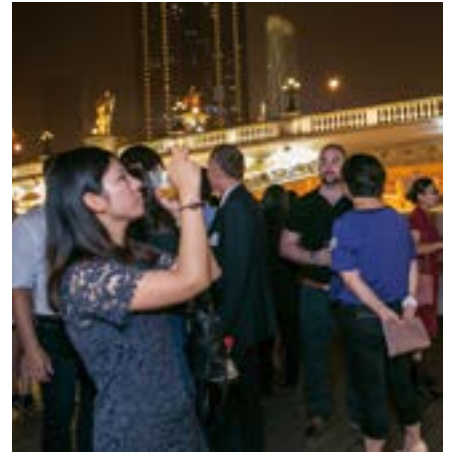
On August 23rd a unique TNC event was held on the Haihe River sightseeing ship. About 80 professionals and entrepreneurs attended the aforesaid event which was a record turnout. The event was organized by Jin Magazine and co-organized by the American, European, German, Singapore and Hong Kong Chambers of Commerce.

Although the event has been held once before, there were still a lot of our business friends who surprisingly told us that it was their first time on a Tianjin river cruise. Naturally, the attendees were all very excited

about the trip and when night fell they were able to view the exotic, historic and modern buildings along the bank which were all wonderfully lit up. The guests certainly had an impressive glimpse of the most beautiful parts of our Tianjin's mother river in the two-hour trip.

Our special thanks go to 21cake, Bella Milano, Blue Frog, Circus Cafe and YY Beer House for their continued support and sponsorship which ensured that the event was, as expected, a great success.

For more information, please email: tnc@jinmagazine.com.cn



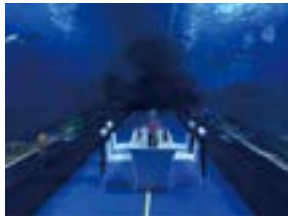
Dinner in the Deep Blue

Sheraton Tianjin Binhai Hotel hosted the live broadcasting show "Dinner in the Deep Blue" in Tianjin Haichang Polar Ocean World on Aug 18 2016 together with Tianjin Haichang Polar Ocean World and Visual China broadcast company

This online show broadcast through YY Live Channel. The anchors show the fantasy undersea world and tasting the romantic deep blue dinner, give us a new dining experience.

The Executive Chef of Sheraton Tianjin Binhai Hotel Mr. Jia Jackson provides 4 course set dinner, and we arranged a cooking match session between 4 anchors, the winner enjoyed the meal.

More than 200,000 audiences watching this show, the followers posted online reviews and interact with the anchors, and it's really a great audio-visual experience.



Slide the Summer

A super water slide was set up at the front square of Riverview Place, a giant shopping mall in Hedong District, for a crazy water party lasted from August 13 to September 4. The slide was 110m long and about two floors high, and the sliding speed could reach 65km/h. On the opening party, guests had a lot of fun in the play area while enjoying amazing food served by Shangri-La Hotel Tianjin, BLT supermarket and Watson and signature craft beers from some local brands. Cao Yang, a star soccer player from Tianjin Teda Football Team also joined in the happy weekend mini party.



Jinwan Tao3721 Officially Launched

A local E-commerce platform Jinwan Tao3721, a joint-venture between Jinwan Media Group and Chengtai International Corporation was officially launched on August 21. According to Ma Sanli, the Project Director, Jinwan Tao3721 is a platform combining hot news from media and life services. By making use of the new media network of Jinwan Media Group, the project will provide better products and services to local residents by introducing the concept of internet + widest range of local communities.

New Appointment from Tangla Hotel Tianjin

Tangla Hotel Tianjin recently appointed Mr. Jeffrey Lawrence as Director of Food & Beverage and he will oversee the entire management of the Food & Beverage Team.

Mr. Jeffrey Lawrence has been with the Hotel industry for more than 18 years with a vast experience in Food and Beverage. Prior to this appointment he worked with New World Wuhan Hotel Rosewood Group of Hospitality as Director of Food and Beverage.

With his ability and experience in the current market trends we are convinced that he will be able to bring up the standards and quality in the Food and Beverage outlets with Tangla Hotel Tianjin.

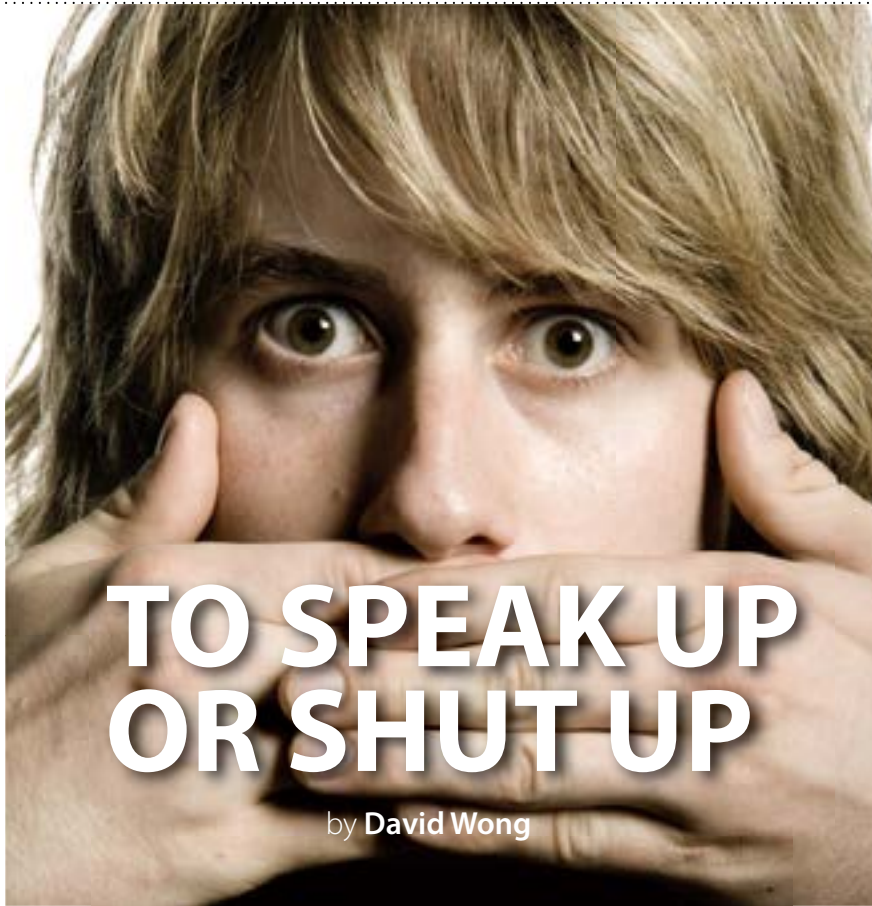


Banyan Tree Tianjin Riverside Appointed Mr. Pete Tian as Director of Food & Beverage

Recently, Banyan Tree Tianjin Riverside announced the appointment of Mr. Pete Tian as Director of Food & Beverage.

Beginning as apprentice at 1994, Pete's career progressed quickly and includes ten years working in Hyatt Regency Tianjin, six years in Renaissance Tianjin TEDA Hotel and Convention Centre, and most recently as Executive chef (in charge of F&B operation) in Radisson Blu Plaza Hotel Tianjin. Now Mr. Pete Tian is looking forward to welcoming you to Banyan Tree Tianjin Riverside and exciting your palate with his culinary savoir-faire.





TO SPEAK UP OR SHUT UP

by David Wong

Ever been on a subway or bus and the person next to you has their Ipad or Smartphone at top volume, watching a movie or playing a video game without attaching ear phones? Or how about the person in a restaurant or elevator smoking and forcing you to take in second hand smoke? How about the person that butts in line ahead of everyone including yourself who has patiently waited your turn?

In most of these circumstances, the local Chinese will likely not say anything. Most feel that they would prefer to avoid the chance of a confrontation and just mind your own business. So what should you do? Speak up or shut up? In the Chinese society, there is a tendency to insolent and live in their own little world, in fact that is probably why the people above who are guilty of these offences are oblivious to others around them. They really don't think that they are affecting others.

Therefore I would suggest that you should speak up and voice your objections. You should also be careful and not make it as non-confrontational as possible and try to be as polite as possible. If you demand that the offender seize and desist, and accuse him as having no manners "Mei LiMao" 没礼貌 or no class "Mei You SuZe" 没有素质, be prepared

for a confrontation. In fact this last phrase is a personal attack on the individual and a loss of face if he or she does not retaliate. This attack is probably so drastic that you will likely lose the support of all surrounding spectators who were also offended by the person's actions but now will turn on you for being so aggressive.

A safer approach would be to ask them would they please use a set of ear phones or at least turn it down. I usually carry a cheap set of earphones, the type that they give away on planes and if the offender does not have earphones, offer him or her those. If on a plane or train, complain to the stewardess to intervene rather than getting involved directly.

Fortunately the smoking offenses are getting less, with public awareness of the dangers of second hand smoke and especially amidst youngsters, there are fewer instances of smoking in elevators, public transport and offices. Although you will still find smoking in bathrooms, ironically especially those with sit down toilets meant for foreigners because the smoker can rest on their laurels while puffing away. The place I find inexcusable for smoking is in hospitals, while I was visiting a Cancer Hospital, there were two visitors smoking openly in the bathroom, my objections were unheeded and by the time I complained to

IN THE CHINESE SOCIETY, THERE IS A TENDENCY TO INSOLENT AND LIVE IN THEIR OWN LITTLE WORLD, IN FACT THAT IS PROBABLY WHY THE PEOPLE ABOVE WHO ARE GUILTY OF THESE OFFENCES ARE OBLIVIOUS TO OTHERS AROUND THEM.

security, they had finished and escaped. The hospital just shrugged it off and said there was nothing they could do, as there were plenty of no smoking signs. Hopefully as more people complain, the rules will be enforced and offenders will stop due to peer pressure.

Things are changing people are realizing that spitting, throwing litter and talking loudly in public is offensive. There are government TV advertisements, social media and printed opinions pointing this out. Most important, many people are speaking out.

One last word of advice, don't take it personal! The intrusion into your privacy is only temporary, the perpetrator probably does not feel any remorse or guilt, they have always done this and usually no one has objected and you are a foreigner so they probably think this is your standard in your country and you are now in China, their country and to some extent they are right.

说出来还是闭上嘴?

在地铁上碰到旁边的人把手机音量开到最大看电影或打游戏,有人在电梯里抽烟,或者有人排队的时候,你会怎么做?选择沉默不语还是挺身而出?大多数中国人可能会选择默默忍受,避免冲突。但越是没有人站出来指出他们的不文明行为,他们越不觉得自己做错了,也就不会改正。

但是我还是希望大家能主动对不文明现象说“不”,但一定要讲究方式方法。直接指责别人“没礼貌”、“没素质”一定会制造冲突,起不到警示的效果。正确的做法是使用礼貌的语言请对方不要这么做。

不过,在公共场所吸烟的人越来越少了,因为大众尤其是年轻人已经意识到二手烟的危害,能够自觉避免在电梯、公共交通和办公室吸烟。但还是会有人无视各种禁烟标志,想抽就抽。最无法令人容忍的是那些在医院吸烟的人,甚至医院的保安都束手无策。所以只能寄希望于群众的压力了。

不过我们能看到越来越多的人有了文明意识,这离不开政府和媒体的大力宣传,相信也会有更多的人不再选择沉默。



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