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共享经济



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How to have a simpler life **P52**

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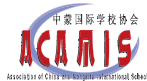
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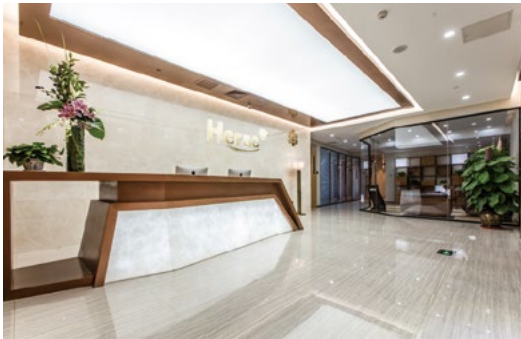
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JIN JIN ADVISOR LIFE ADVISOR IN TIANJIN

LIFE ADVISOR IN TIANJIN



About Us

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

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

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

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

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

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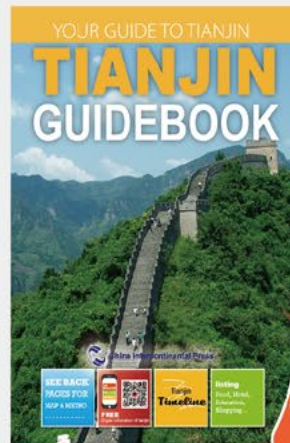
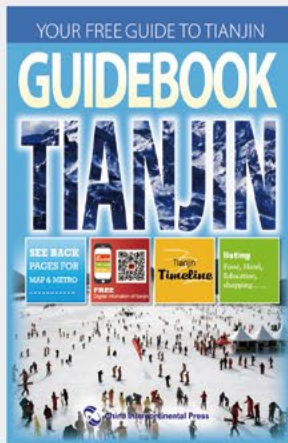
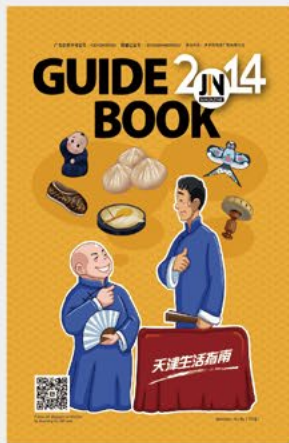
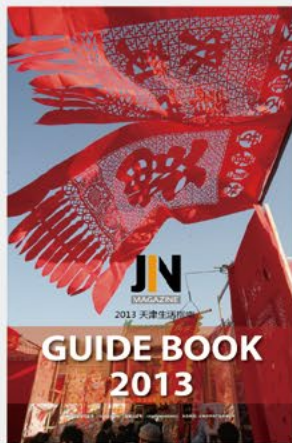
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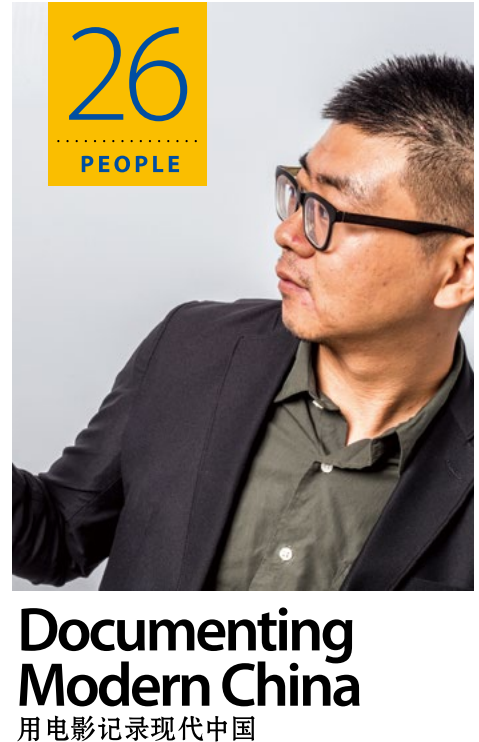
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Apr 7



▶▶▶ Tianjin Grand Theatre 天津大剧院

Concert: The Abelia Saxophone Quartet

情迷英伦

—英国阿贝理娅丝女子萨克斯四重奏团音乐会

演出: 阿贝理娅丝女子萨克斯管四重奏组

Time: 19:30

The Abelia Saxophone Quartet are an award-winning chamber music ensemble currently studying at The Royal Northern College of Music under the tutelage of Rob Buckland. They have achieved notice through their many live performances where they have played in public master classes for Johan van der Linden and Ainars Sablovskis. The quartet has commissioned new works by RNCM composers as part of the RNCM Chamber Music Festival, and followed this up with a live performance on BBC Radio 3 as part of the BBC Young Artists Day. This then led to a performance at 'New Music North West' in 2016. Well known for their performances of arranged works for saxophone quartets, they were highly commended by one of the UK's foremost and most respected violists, Graham Oppenheimer, after their performance of 'Bogoroditsye Devo' by Rachmaninov.



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

Apr 15



▶▶▶ Tianjin Grand Theatre 天津大剧院

Piano Recital: Sébastien Dupuis

经典的传承

—比利时钢琴家塞巴斯蒂安·迪普伊独奏音乐会

演出: 塞巴斯蒂安·迪普伊

Time: 19:30

Through the encouragement of pianist Ivan Illic in 2009, Sébastien began his solo career in Europe. He was busy in 2012 which saw him record his first CD for the Polish label DUX at the Kielce Filharmonia, and also performing his first concert for them. In the following year, he played Mozart's concerto 'Number 20' with the orchestra in Berlin and in 2014 he was invited to give a concert and master class session at the Conservatory of Riga. In 2016 he recorded his second CD for the Polish label DUX starting with a trilogy on which Liszt's '12 Etude d'exécution transcendante' will appear combined with Chopin's '4 Scherzi' on the first, two Beethoven sonatas on the second and Brahms' '4 Ballades' to complete. During the 2016/17 Season he will play all Beethoven and Brahms Sonatas for the violin and cello in Zürich at his Piano Salon and other venues.



ADD: Culture Center, Pingjiang Dao, Hexi
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Apr 21



▶▶▶ Tianjin Grand Theatre 天津大剧院

Concert: WDR Symphony Orchestra

德奥经典

—德国科隆西德广播五重奏音乐会

演出: 德国科隆西德广播五重奏

Time: 19:30

The WDR Symphony Orchestra is the renowned orchestra of the biggest broadcasting company in central Europe: the West Deutscher Rundfunk and are based in Cologne. Leading members of the WDR Symphony Orchestra regularly play and record chamber music. The orchestra has its own chamber music subscription series in the concert hall of the broadcasting house of WDR. All the concerts are recorded and broadcast on the classical music radio channel WDR 3.



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Apr 2

▶▶▶ Tianjin Grand Theatre 天津大剧院

Physical theatre: L'Orphelin

香港绿叶剧团肢体剧《孤儿2.0》

演出: 香港绿叶剧团

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
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Apr 7

▶▶▶ Tianjin Grand Theatre 天津大剧院

Taiwan original musical: Family Book

台湾原创音乐剧《家·书》

导演: 韩宾

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
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Apr 8

▶▶▶ Tianjin Grand Theatre 天津大剧院

Children's drama: Panda's home

意大利TPO剧团儿童剧《稚子行—熊猫的家》

演出: 意大利TPO剧团

Time: 10:30

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

Apr 14

▶▶▶ Western Shore Art Salon 西岸艺术馆

Trio concert

醇·萃古典

—双簧管、大管、钢琴三重奏音乐会

Time: 19:30

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
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Apr 15

▶▶▶ Western Shore Art Salon 西岸艺术馆

Teresa Teng Memorial Concert

天籁永存

—纪念邓丽君专场演唱会

Time: 19:30

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
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Apr 21

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: Classical Guitar

俄罗斯之春

—格里戈里·诺维科夫古典吉他音乐会

Time: 19:30

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
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Apr 7

Movie: Ghost in the Shell (2017)

Release Date: 7 April 2017 (China)
 Genres: Action, Drama, Sci-Fi
 Director: Rupert Sanders
 Stars: Scarlett Johansson, Michael Pitt, Juliette Binoche

A cyborg policewoman attempts to bring down a nefarious computer hacker.



Apr 14

Movie: The Fate of the Furious (2017)

Release Date: 14 April 2017 (China)
 Genres: Action, Crime, Thriller
 Director: F. Gary Gray
 Stars: Dwayne Johnson, Charlize Theron, Vin Diesel

When a mysterious woman seduces Dom into the world of crime and a betrayal of those closest to him, the crew face trials that will test them as never before.



Apr 21

Movie: Smurfs: The Lost Village (2017)

Release Date: 21 April 2017 (China)
 Genres: Animation, Adventure, Comedy
 Director: Kelly Asbury
 Stars: Ariel Winter, Julia Roberts, Ellie Kemper

In this fully animated, all-new take on the Smurfs, a mysterious map sets Smurfette and her friends Brainy, Clumsy and Hefty on an exciting race through the Forbidden Forest leading to the discovery of the biggest secret in Smurf history.



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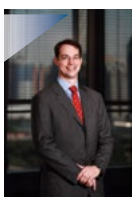
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DiDi gets first official online car-hailing operating license 滴滴出行获网约车牌照

Chinese ride-sharing platform Didi Chuxing strengthened government recognition of its business by obtaining its first local online operating license. The one-stop mobile transportation platform received the Online Car-Hailing Operating License from Tianjin municipality, where DiDi is registered, meaning its online car-hailing service is legal in the city, the company announced on March 2nd. Tianjin authorities also granted DiDi formal accreditation of its car-hailing services, which is recognized nationwide. The Ministry of Transport decided last year that car-hailing service operators need formal accreditation of online and off-line operating qualifications. DiDi said it will continue to work closely with other localities and expects to see significant acceleration of the overall licensing process.

3月2日,滴滴出行宣布,经过天津市交通运输委员会等多部门审查,滴滴平台已获得天津市颁发的《网络预约出租汽车经营许可证》,这一获批意味着滴滴网约车平台符合国家政策,得到政府认可。滴滴出行方面表示,下一步将配合各地方主管部门的各项要求,尽快完成相关工作。

“Book Floating” Resource Sharing Activity Begins 宝坻区图书馆开展“图书漂流”图书资源共享活动

Recently, the Baodi District Library began the implementation of its “Book Floating” resource sharing activity. The program provides readers with a platform through which they can swap books. What’s more, the organizers will offer collections using domicile services to enable the library’s literature resources to be easily updated and passed on.

日前,本市宝坻区图书馆开展了名为“图书漂流”的图书资源共享活动。为读者提供相互交流闲置图书的平台,并可以上门收取图书,让图书馆的文献资源得到更新与传递。

Tianjin Museum Launches Image & Text Live Show on Wechat 天津博物馆开图文直播

In order to promote the “Internet + Chinese Civilization” program, the Tianjin Museum is working on letting more visitors know about its exhibits through new media. The Propaganda and Education Department of the Museum, along with the volunteer team, have launched a program ‘Volunteers take you to understand the Museum—discovering the beauty of collections of Tianjin Museum’. This thread can be found on Wechat, and has the aim of helping the public explore the broad scope and profound effects of Chinese civilization. The thread begins on March 5 and it is hoped it will bring the museum to life for thousands of families.

为推进“互联网+中华文明”行动,让更多的观众通过新媒体了解天津博物馆,直观感知馆藏精品,天博宣教部、天博志愿者团队特推出“志愿者讲天博——发现天博馆藏器物之美”微信专栏,与观众一同探寻中华文明的博大精深。专栏于3月5日正式开始,将博物馆送进千家万户。

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



Italian-themed cruise debuts in Tianjin “海上博物馆”入驻天津邮轮母港

The Italian cruise line Costa Cruises recently celebrated the maiden call of Costa Fortuna at Tianjin International Cruise Home Port. As the fifth cruise ship from the line to enter North China, Costa Fortuna will be based in Tianjin for the next eight months, opening voyages to Japan with an "Italy at Sea" cruise experience. Passengers can enjoy delicious cuisines, shopping and entertainment activities on board. Inspired by Italy's shipping and navigation history, the ship is a virtual museum at sea, showcasing Italian paintings, antiques and historic artworks. The main hall is decorated with a giant red dragon head, which combines Italy's mythology figure with the image of Chinese dragon. With Costa Fortuna, the line will now have more than 60 voyages departing from Tianjin port this year, consolidating its long-held position with the most voyages from Tianjin.

近期，“幸运号”豪华邮轮首次停靠在天津国际邮轮母港并举行了天津母港首航仪式，素有“海上博物馆”之称的“幸运号”将为中国北方游客提供更多“意”国风情的邮轮假期体验。该邮轮的设计及建造从意大利邮轮造船史和航运史中汲取灵感，以不同时期的艺术品、画作和装饰精心构筑出浓郁的艺术人文气息，为游客完美重现浪漫意式风情和古典文明的历史荣光。2017年“幸运号”将开启为期八个月的天津母港航季，开设有特色的航次。

Nobel Laureates Share Inspiration in Scientific Careers at Tianjin University Symposium 诺贝尔奖获得者走进天津大学

An unprecedented scientific feast was presented on February 23rd at Tianjin University when five prestigious Nobel Laureates shared their academic achievements at the Peiyang Nobel Symposium. The celebration also marked three of the Laureates joining the other two as Professors at Tianjin University. The event was organized by Tianjin University in strategic partnership with Nature and Science, and sponsored by world renowned magazines and institutes including Cell, JACS, CHEM, Elsevier, Thermofisher, Agilent, Pharmacodia, RSC, ACS, The conferring ceremony and symposium had the theme "A Dialogue with Nobel Laureates Inspired by Their Research Careers" and provided an extraordinary opportunity to be enlightened by the Laureates' latest research and their pioneering work in the world of science. Over 2,000 attendees convened at Tianjin University, including a galaxy of academics, specialists and outstanding students from related fields.

2月23日，五位诺贝尔奖获得者走进天津大学，与现场近两千名师生讲述自己的科研心路历程，分享最新科研成果，领域涉及化学、生理学或医学等。此次诺奖得主来天大系列活动，包括“诺奖大师与高中生面对面”，“分子科学与人类科技的未来学术会议”等多项活动。本次北洋大讲堂活动由世界顶级期刊《自然》和《科学》杂志冠名，还得到《细胞》等国际知名期刊和机构的赞助。

Haihe River Cruise Kicks Off 海河游船23日复航

After a rest over winter, the Haihe River Cruise is to kick off again on March 23 when the three cruise boats will resume operation and conduct their popular day and night tours. In order to improve the tour experience, this year the company will add two larger open-air sightseeing cruises which are expected to be up and running by June.

经过冬季停航期的休整，海河游船计划于3月23日复航。为提高游览体验度，今年海河游船将新增两条大型露天观光游船，预计6月份投入使用。

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LETTER

FROM THE EDITOR

April is supposed to bring spring showers and we see the city become green and colorful with the trees, grass and flowers blooming. Put away those ugly ski jackets and start wearing the latest fashions and smartest shoes.

Traditional Chinese families will celebrate the Qing Ming Festival 清明节 on April 4, westerners will call this "Tomb Sweeping Day", when Chinese locals will visit their ancestors gravesites and pay their respects. Most expats will celebrate April 14-17 as the Easter weekend, a Christian holiday but also a time for children to receive colorful Easter eggs and chocolates.

This month's feature is about the Sharing Economy, it won't take you long to see an example of this by just looking around and seeing the proliferation of colorful bicycles that are everywhere on the streets. In just a few months the business of public sharing of these bikes have exploded with dozens of companies offering their vehicles all over Tianjin. This multibillion-dollar business has grown overnight and is a boon to users but also becoming a problem.

We will devote a lot of space this month to online issues such as the Parenting article is all about instilling a love for reading online and the Education article looks at what is available for online learning. This month's app corner will show what is useful for camera buffs.

Travel experiences Suzhou and specifically the well-known artistry of embroidery. This is an art that is thousands of years old and still practiced in this beautiful city in Jiangsu and near the Tai Lake and other famous sites only an hour from Shanghai.

You will find our investigation of expats living in Tianjin very interesting and maybe share the same experiences. Want to simplify your life? Read our Life article and unclutter your physical and mental closets.

Have a great month and thank you for your support.

四月的到来，迎来了春雨的洗礼。在这个万物复苏的时节，收起你那难看而厚重的冬装，换上漂亮的春装，随着我们的脚步一起在生机勃勃的大地上感受春天的美好。

4月4日是中国传统的清明节，很多家庭都会借这天向已过世的亲人表达深切的思念和祭奠。但对西方人来说，这个月也有一个值得庆祝的节日，那就是复活节。期盼了一年的孩子们终于有了吃巧克力的理由，希望他们都能度过一个愉快的复活节。

本月的主题是有关共享经济的话题。当我们的身边被五彩缤纷的单车所围绕的时候，我们就应该相信，共享的时代真的已经到来。短短几月间，各类共享单车布满在天津的各个角落。不可否认它为我们的出行带来了便利，但另一方面，它也让我们看到了种种潜在问题的可能。如果你对这类共享事物的存在抱有任何的疑问，那么请不要错过我们的文章，相信我们的观点会给你一些不一样的启发。

我们每个月都会有很多精彩的文章，且真心期盼热心的读者朋友们可以在读过之后给我们以各种意见和反馈，你们的建议是我们成长的动力。感谢您一如既往的支持，我们也会继续用优秀的文章作品回馈读者朋友。

Monica Wang
Editor



APRIL

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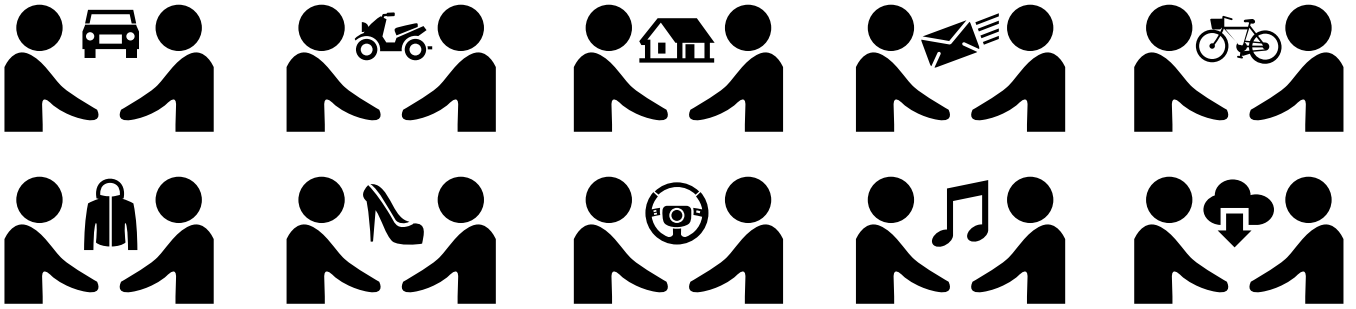
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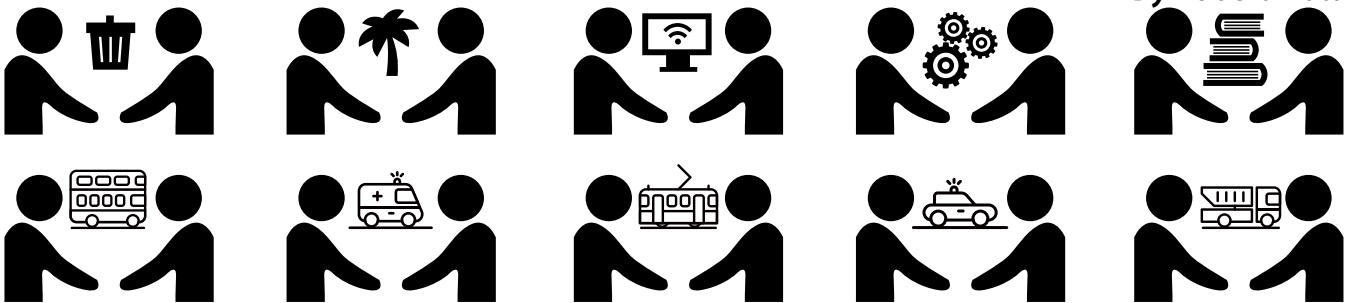
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GENERATION Y AND THE SHARING ECONOMY

By Robert Watt



Katie Melua's song, '9 million bicycles' was penned in an age when China was known as 'the Kingdom of bicycles'. Since then, improved transport options and increased wealth have led to a decline in their use, but with the launch of Mobike in Tianjin last month, the number of people pedalling the streets of the city are set to increase once again. The popularity of companies like Mobike is part of a boom in what is loosely called 'the sharing economy', a term for a range of online services that connects owners of underused assets with others who are willing to pay to use them. Of course, riding someone else's bike for an hour doesn't have the same romantic connotations that is implied by Katie's song. Love is one area where sole ownership is still preferred, but for a growing range of transport, accommodation

and office spaces, people are increasingly choosing to share. The principle is, why pay through the nose for something when you can rent it more cheaply from a stranger online?

Ride Sharing

Bike sharing is not new to cities, but Mobike and rivals ofo bike both introduce the convenience that instead of having to collect the bicycle from and return it to a station, it can be left anywhere legal and accessible to other users. China's Mobike said it plans to introduce 100,000 bikes to Tianjin this year. With similar companies providing bikes too, the number hitting the streets must be colossal. The visible effect is brightly coloured bicycles increasingly littering the pavements of most major cities.

Velib, set up in 2007 in Paris, was one the

earliest bike sharing companies. The company has recently expanded the same principle to Autolib, an electric car sharing service. The Autolib scheme maintains a fleet of all-electric cars for public use on a paid subscription basis, employing a citywide network of parking and charging stations.

While the use of these cars and bikes is a form of sharing, the bikes and cars are owned by the renting company. The ride sharing service Uber allows people to request a trip and alerts the nearest registered driver to the customer's location. Uber don't own any cars themselves, the drivers use their own vehicles. Launched in 2011, within 4 years it had completed over a billion rides. Uber is used in many countries, predominantly in large cities, as an alternative to traditional taxis. Similar schemes exist in other countries, including Didi Chuxing in China. Although founded

more recently, it is now the world's largest ride sharing platform, receiving a reported 20 million orders daily.

One of the great benefits of ride sharing apps is that it's made getting a taxi much easier and cheaper, particularly at difficult times such as rush hour or late at night when fares can sometimes double. Uber and Didi rely on the idea that there are plenty of people nearby who are willing to make a bit extra money in their spare time by using their car for a spot of moonlighting. This is more in the spirit of the sharing economy than drivers who use it full time. A good example is Mr Hu who works at the airport. His 36-km drive, commuting to and from work every day, is an opportunity through Didi, to collect others on the way. The app allows more than one person to share the ride and the passengers split the cost. It more than pays for the journey he would have to make anyway and provides transport for others at a quarter of the price of a regular taxi

Home sharing

Another phenomenal sharing success has been Airbnb. This matches people with spare bedrooms and empty homes to those needing a place to stay. It has over 3,000,000 lodging listings in 65,000 cities and 191 countries. It includes luxury apartments in top city centres and beach fronts, spectacular accommodation on boats, or in castles, as well as make shift beds in shared bedsits.

A quick search on line shows there are nearly 300 listed places in Tianjin, ranging from a mattress on the floor for less than 100RMB a night for two people, to over 3000 RMB a night for a 6-bedroom detached house. The house, empty while the owner is working abroad, boasts bedrooms with verandas overlooking lawns, sitting rooms with home theatres and antique furniture throughout.

More typical, is a spare room like that of Ms Liu and her husband Bob. They've been Airbnb hosts for several months after moving into the area. They have a guest room for when family or friends stay, but it's often empty. Ms Liu says she was a bit nervous at first, but it's been a completely positive experience. Although they live on the outskirts of the city, people stay for many previously unimagined reasons; "We had one student from the nearby university stay for a week," she tells me. "She was struggling to revise for her exams in the noisy dormitories." Her husband says "We've also had people looking for places

THE CONSTANT SURVEILLANCE OF BEHAVIOUR MAINTAINS ORDER USING THE SAME PHILOSOPHY AS BEHIND BENTHAM'S PANOPTICON PRISON.

to watch golf and play bridge. There's a whole world of things going on around us that we've discovered through our guests."

It's not just the lower price compared with conventional hotels that's attractive. Guests get a unique experience, meeting local people who know about the best restaurants and places to visit and advice on local amenities. Feedback from guests shows they appreciate the hospitality and the time shared with the hosts. The personal interaction allows travellers to get closer and deeper into a local culture than would be possible from a hotel or a tour group. The hosts too, develop a network of likeminded spirits that introduce reciprocal experiences. Ms Liu said one of their first guests was a vegan chef who runs a retreat in Wales. As a Buddhist herself, Ms Liu hopes to return the visit in future.

In the sharing economy space has become a commodity, empty driveways in congested cities are being rented out as car parking spaces. Co-pilot's seats on private jets can be booked as super taxis and houses empty during the day can be used as office spaces. This is the idea behind a crop of companies that wants to adapt the Airbnb model to the needs of people looking for a temporary place to work. Vrumi and rival officeriders connect homeowners to business people, creating a network of "on demand" daytime workplaces that make the most of "idle assets" - homes that sit empty and unused for much of the day.

Sharing a changing society

The rise in sharing is a reflection in the changing needs of society. Vrumi is expecting that by 2020 half the workforce in the UK will be freelancers. While many of these may usually work from home, they occasionally need larger, quieter, more creative spaces, or premises nearer to clients. At the moment, nearly a third of bookings are made by "digital nomads", who use other people's houses during the day, using the tea and coffee, toilet, Wi-Fi and electricity.

While strange at first, sharers become accustomed to the idea and the behaviour becomes to feel more normal. As a result, the sharing experience is gradually changing attitudes in society and this reinforces behaviour. As An Haifeng, a 27-year-old film school graduate says, "Before using Mobike, I thought only poor people rode bikes and the richer ones bought cars. Now I think riding is cooler than driving" According to customer research, 49 per cent of Cycle Hire members say that the scheme has prompted them to start cycling in their spare time. It's a side effect not missed by the companies that use this as evidence that their business benefits health and the environment by reducing smog and congestion.

Another change noted by Lee, a regular Airbnb user taking a year out to travel around Asia, is that because many of the services require users to leave reviews, it has made us all into critics. He says that "the constant commenting and reviewing means that when you ask someone, about a restaurant or hotel, they often describe it in a way that sounds like on-line feedback."

Sharing the surveillance state

This feedback on the experience, is part of the sharing service application. As well as managing all the booking and payments, it provides statistics on the attributes of those providing the utility and on those wanting to use it. Getting a poor review can seriously affect the desirability of the person wanting to borrow and the reputation of the resource provider. The review is the stick and carrot that makes the whole system work.

While the reviews are added by real people, some attributes like response times and cancellations in Airbnb are measured automatically. Hosts complain that the inflexibility of the rules and the comments of reviewers are tyrannical because correcting errors and defending complaints is difficult. The Mobike app utilises a "Credit score" system to track users' behaviour. It deducts credits for parking a bike illegally or inaccessibly, a reduced score makes future use more expensive. One way to increase your score is to report other users for infringements of the rules, turning the millions of users into a huge policing force.

Barely 10 years ago, the concern was of CCTV cameras turning our lives into a Big brother style surveillance society. Now we

FEATURE

regularly and voluntarily live our lives in full view of others, use devices that constantly broadcasts our location. We share what we do, monitor and comment on how well each other does it and are rewarded when we inform on those who misbehave. The constant surveillance of behaviour maintains order using the same philosophy as behind Bentham's Panopticon prison.

An unequal share

Although Tianjin has nearly 300 listed homes on Airbnb, it's a fraction of the number listed in other cities such as the 24,000 listed in London. It is not surprising, there isn't the same custom of inviting neighbours and friends round for a meal or a drink in China, as there is in the west. Sharing a house or a room to a complete stranger is going to be more of

a cultural shift. These cultural differences are reflected in popularity and also in provision. An example is the concerns about the safety of shared bikes. It's a hot topic in the west following a number of accidents. In one case, when a user was hit by a truck it was followed by a protest of cyclists, campaigning for better bicycle friendly roads. Santander bikes in London have recently made a marketing campaign about their 'laser' lights which come on automatically while riding. In comparison, none of the bike sharing providers in China are fitted with lights. Safety doesn't seem to be of similar concern.

On the other hand, the percentage of smart-phone users by China's population is far higher than most western countries. It has 1.3 billion mobile phone users. Many comfortably use them to order dinner, hail a cab and pay

their electricity bills, even older people in small shops routinely pay for groceries with their phone. Jeffrey Towson, a professor of investment at Peking University said "The Chinese mobile ecosystem may be the most innovative on the planet,"

This is good news for urbanites, but many of the sharing services such as Uber are not available outside of the cities. Mobike's launch in Tianjin covers a wide area, but is really aimed at 'completing the last mile' from the train or bus station. There are limits on the area of use and penalties if you travel outside. The same is true of take away deliveries which aren't often available in villages. In some areas mobile phone coverage is also poor and internet speeds slow. It seems as the density of population decreases so does the opportunities to share in the sharing economy.



It won't be surprising to rent a couch as an office space.

Sharing and the generations X and Y

The widespread availability of fast internet and smartphones is essential. Peer to peer rental relies heavily on technology. Many of the services are intended to be used on the move, providing instant access to facilities at an immediate time of need. The downloaded apps make creative use of interconnectivity with maps, location information and instant payment methods, most of which have only come into common use in the last few years.

Young people in particular are making use of shared services. Known as 'Generation Y', they have been raised within the time where they have constant access to technology. Computers, mobile phones, the internet were all part of their youth and are more comfortable with it. It is noticeable that its mostly young people who are Airbnb hosts, even where whole houses are offered as available, it's usually young individuals working or travelling abroad.

The same is true for those seeking temporary office space. OfficeRiders sees most future expansion coming from the growth in "millennial" co-workers in their 20s and 30s. Often those letting the spaces are also young professionals out at work all day and needing the extra money.

Smartphones are less frequently owned and sharing applications less likely to be used by older generations. Having a family means it's less practical to have spontaneous lives, they are more likely to plan ahead and make use of more familiar purchasing methods. Companies reinforce this trend with designs



Everything can be shared.

and marketing aimed at the young. car2go for example, provides a car sharing service in European and North American cities and only uses 2 seater cars - effectively barring those with families.

The Y generation also have fewer physical possessions, they use file sharing rather than have racks of CDs, Kindle rather than shelves of books. Computer games for older generations were seen as time wasting, anti-social, even geeky. But if you haven't a history of dealing with the vagaries of computers, of using similar interfaces and techy language, the software apps are confusing even daunting.

Mike, at 55 years old, is typical of a generation that hasn't been inculcated in this connected world. Early retirement from working in an industry where technology isn't central to his job means he has hardly advanced beyond sending the occasional short text message or looking at news sites. The result is that he is frequently put off using apps that seem overly complicated or require frequent interaction. Likewise, Sharon, a teacher at a primary school, rarely uses a computer and does little more than message and call from her phone. To her, the idea of

paying through a contact less card, never mind an online wallet, is horrifying.

Sharing your data

Mobile payments haven't taken off so readily in other parts of the world as in China and the use of QR payments is noticeable absent. As Fraser, a 26-year-old travelling around South-East Asia says, 'payment with a contactless card is much more convenient than having to get out the phone, launch an app and scan something. Apple pay and google wallet are a thing, but not as popular as predicted'. The popularity of Quick Response (QR) code payments in China has created a surge of on line payments, to become the world's largest mobile payment market, involving 35 trillion yuan (\$5.1 trillion) in transactions.

All these services require quantities of personal data to be shared and older generations are more cautious about their security and not always comfortable with providing information to strangers. Older people at least in the west are far more sceptical about what big businesses and governments might do with the information and less trusting of public access to their

personal details. As Fraser remarked 'I'm aware that they're taking data on pretty much everything I do, but I don't care as much as I probably should'

Forced to share

This difference in attitude to technology is further fuelling the digital divide. A process that is exaggerated not just by users being younger, but the services being designed by and aimed at younger people too. It's a generation saddled with University debts, for whom buying a house or even a car is unaffordable and paying for further debt makes too big an impact on social life, which is still more important. The natural solution is to borrow services from others when you need it. Moreover, it's another way of meeting other

JEFFREY TOWSON, A PROFESSOR OF INVESTMENT AT PEKING UNIVERSITY SAID "THE CHINESE MOBILE ECOSYSTEM MAY BE THE MOST INNOVATIVE ON THE PLANET,"

likeminded people.

Sociologists are suggesting that attitudes to ownership are changing in the young. That having a flash car is less appealing and less of a status symbol than having, access to and knowledge of, the latest technology. Especially if using it shows how savvy, adventurous and confident you are.

Sharing the backlash

The sharing economy might seem like a perfect antidote to environmental and economic difficulties, but it's not without its problems and its critics. Velib had at least 3,000 bicycles stolen in the first year of operation, and by August 2009, 80% of the total bikes introduced into service had been replaced due to vandalism or theft. Stolen Vélib bicycles turned up in shipping containers destined for North Africa, and in cities as far away as Braşov and Bucharest, Romania. Vandalized cycles were sometimes thrown in the Seine River, or hung from lampposts.

Sociologist Bruno Marzloff interpreted the vandalism rate as a symptom of revolt against French society by the suburban and urban poor, especially immigrant youth resentful of what they perceive as a privileged, urban, middle class that are seen as the principal users of the Vélib system. He described Vélib's vandalism as in part "a form of rebellion" against social exclusion.

Most famous are the campaigns against Uber by taxi hailing companies around the world. Uber is currently involved in at least 173 lawsuits and is banned in several cities, usually on the grounds of safety, but the main

concern is about unfair competition. The Chinese government too has moved to protect licensed taxis by imposing rules on Didi drivers that they and their car must be registered in the city they operate in.

Similar concerns are being raised about Airbnb. In many cities, authorities claim it threatens the hotel business and takes affordable housing out of a market. In New York, its largest market, the city is cracking down on, illegal renting of property by commercial players, advertising multiple units. It's the same in Amsterdam, London, Berlin and San Francisco, who have recently put limits to the number of days in a year a home can be rented.

A sharing lifestyle

It's not just companies and governments who are reacting, despite the popularity of the sharing economy there are also real problems. There have been horror stories about passengers being robbed or killed by Uber drivers and homes trashed and property stolen by Airbnb guests. Car and aircraft sharing is very new, but it's not hard to imagine the sorts of scenarios that could occur. It's an industry still in its infancy, governments are slowly finding ways of regulating and taxing it and big business will find ways of competing with it. But it's likely to stay, it fits with the mobile, social and flexible lifestyle that many, especially the Y generation, want.

Many peer-to-peer rental firms were founded between 2008 and 2010, in the aftermath of the global financial crisis. Some

IT'S AN INDUSTRY STILL IN ITS INFANCY, GOVERNMENTS ARE SLOWLY FINDING WAYS OF REGULATING AND TAXING IT AND BIG BUSINESS WILL FIND WAYS OF COMPETING WITH IT. BUT IT'S LIKELY TO STAY, IT FITS WITH THE MOBILE, SOCIAL AND FLEXIBLE LIFESTYLE THAT MANY, ESPECIALLY THE Y GENERATION, WANT.

see sharing, with its mantra that "access trumps ownership", as a post-crisis antidote to materialism and overconsumption. It has environmental benefits, by making more efficient use of resources. But its main benefit, says Neal Gorenflo editor of online magazine 'Sharable', is the desire to connect with the community. With peer to peer services, the software just provides an introduction and a means to communicate. It enables access between real characters and the real cultures rather than a brand, a computer system, a scripted or proceduralized customer interface. It's a way out of the anodyne and corporate world that globalisation creates. As Bob says 'I've learned things about my own neighbourhood through enthusiasts from other counties. We share resources, but more



To share is to save.

valuably, we share experiences.'

Neil is based in San Francisco, home of both Airbnb and Uber. His magazine is a free publication 'to inspire social change through the transformative power of sharing. The mission and values of the group read like an echo of the flower power counterculture of the 1960's. And like the hippy movement, which also grew out of San Francisco, the sharing economy is being presented as an alternative way of life; a way to solve global warming and poverty, rather than as a means to make a little cash.

For the majority of individuals though, the money is important. While you don't make much, there are few overheads and for the moment at least, what you do get is tax free. The movements proponents may talk up the environmental and the social advantages, but take away the monetary benefits and the sharers will be as mainstream as swingers. Sharing is fine for the stuff you're not using, but my bet is, like sharing love, sharing your profit is as desirable for sharers, as it is for the 'failing industrial-age institutions' they claim are outdated.

Y世代和共享经济

有一首著名的英文歌曲《九百万辆自行车》，说明了中国在西方人眼中是一个自行车王国。这首歌发行于 2006 年，在这之后的 10 年里，中国人的交通方式有了翻天覆地的变化，随着个人财富的增长，骑自行车的人越来越少了，而机动车的增长却突飞猛进。

但是今天，潮流的趋势正在经历另一个反转。随着各种共享单车的落地，骑自行车的人数又经历了一次飞跃。“共享经济”是近些年的一个热词，指的是在互联网时代，人们把自己的闲置资产拿出来与其他人共享，以此获得一些经济回报。以摩拜为代表的共享单车公司也是“共享经济”中的一个参与者。可以共享的除了单车之外，还有公寓、办公室等。

对于摩拜和 ofo 这两种共享单车人们已经不再陌生了，而在法国巴黎早在 2007 年就诞生了最早的共享单车 Velib，这家公司最近还把业务拓展到共享电动汽车。在共享交通工具领域，所有权归属有所不同。像优步和滴滴出行这样的叫车软件，车辆所有权注册司机所有。叫车软件最大的好处是帮助人们更方便地叫到车，尤其是在高峰时间或深夜。同时，拥有私家车的人也可以在每天的通勤途中分享车上的空余座位，顺便赚点小钱，贴补私家车费用。

Airbnb 是目前世界上最火爆的民宿出租 APP，上面可以搜索到 191 个国家，65000 个城市的 300 万个出租公寓。从国际大都市的高级公寓、海景船屋、中世纪城堡到地板上的一个床垫，你可以随心所欲地选择自己的梦想栖息地。

在 Airbnb 上出租公寓的人大都是经常出差的，家里的房子总是空置状态。刘女士夫妇也在 Airbnb 上出租自己的一个客房。起初刘女士还很担心，但几个月下来没有任何不愉快的经历。刘女士说：“我们的房子并不在市中心，但总是有人愿意租，

而且理由也是五花八门。有的学生为了逃离喧闹的宿舍而租个房间准备考试，也有人专门租个房间看高尔夫和打桥牌。”

除了比订酒店价格低廉，和当地人近距离接触也是租客们青睐民宿的原因。房东们经常可以推荐当地靠谱的餐厅和景点，而租客也可以更深入地了解当地文化。家里的空房间除了可以租给游客，还可以用来工作。当你白天出门上班之后，空出来的家就可以成为别人的办公室。

英国的 Vrumi 就是这样一家公司，该网站预计到 2020 年，英国会有一半的劳动力是兼职工作者，到那时，在卧室开会不会被认为是不职业的表现。目前，这家网站 1/3 的订单都来自“数字游民”，只要这个地方有网络、电、卫生间，能泡咖啡沏茶就可以办公了。

共享经济还改变了社会的态度。27 岁的安海峰说：“在摩拜出现之前，我觉得穷人才骑车，有钱人都开车，但现在我觉得骑车更酷。”一位经常使用 Airbnb 的用户 Lee 发现，人们已经养成了喜欢评论的习惯，就连日常对话里问及对某个餐厅或酒店的看法，他们的回答听起来也像是网络点评。

在这样的环境下，共享经济的所有参与者都处在舆论监督之下，一条差评会严重影响自己的声誉和生意。这些 APP 有自己的信用评价体系，即使你不留下只言片语也会根据你的操作数据评定你的信用积分。比如摩拜单车的信用系统会从乱停乱放的用户扣分，而为举报不法行为的用户加分。十年前我们还在担心监控摄像头会暴露自己的隐私，而现在人们都在主动分享自己的日常，数据和系统会为我们的行为打分。

在 Airbnb 上，天津只有 300 多个公寓出租，而伦敦有 24000 个。这并不令人惊讶，因为中国人的待客文化和西方不同，把自己的房子给陌生人居住并不能让人放心。文化差异也会影响共享经济的流行度和游戏规则。在欧洲曾经出现过共享单车使用者被卡车撞伤的事件，引发了人们对安全的抗议。伦敦的共享单车 Santander 最近正大张旗鼓地宣传依靠靠车发电的车灯，但中国的共享单车目前还没有配备车灯。

另一方面，中国人使用智能手机的比例远高于大部分西方国家，在中国共有 13 亿用户，他们能够熟练地在手机上点餐、叫车、交电费。但在远离城市的市郊和乡村，共享经济还没有覆盖，一是缺少这样的服务，二是手机和网络的发达程度也不及城市。

P2P 业务需要强大的科技支持，能满足人们随时随地解决当下的需求。年轻的 Y 世代是共享服务的最大用户群，他们在电脑、手机和互联网的世界长大，在这个世界里发生的任何事情都能让他们顺利接受。而年纪大一些的人则对科技产品不感冒，仍然喜欢看纸质书，用手机只是打电话或发短信。

共享经济的重要一环就是移动支付，年轻人很喜欢这种方式，因为能省去很多麻烦。但是对于扫码支付这件事，很多人还是很谨慎的，主要是害怕个人信息泄露。

与任何经济模式一样，共享经济也有自己的弊端。共享单车出现之后，发生了很多破坏和偷盗单车的事情。在 2008 年 Velib 刚刚出现的时候也遇到了类似情况，在第一年至少有 3000 辆自行车被偷，到了 2009 年 8 月，投放的自行车因为人为破坏有 80% 被替换。社会学家 Bruno Marzloff 认为，对公共自行车的破坏行为是当时巴黎城郊的穷人对社会的反抗，因为当时 Velib 的主要用户都是城市高贵阶层。

优步和出租车司机之间的战争是全世界都存在的。优步在全球遭遇了至少 173 起法律诉讼，有些城市还完全禁止了优步的运营。中国政府也制定了一系列政策规范专车运营，最大程度地避免安全隐患和不正当竞争。

Airbnb 的出现也威胁到酒店业，全球最主要的一些市场如纽约，当地政府叫停了该网站上的商业行为，比如一人出租多处物业。

APP 只是 P2P 经济的平台和媒介，它的精髓是人与人之间真实的沟通和不同文化之间的交流，这是电脑系统或程序所无法比拟的。人与人之间分享的经历才是最有价值的。

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- Domestic logistics & distribution

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Each player in the Gorden Horse Film Awards got to have a picture taken with the trophy. (Photo provided by Vincent Du)

DOCUMENTING MODERN CHINA

by **Carmen King**

Film production is something the average Joe may know little about. Most of us just sit down, relax and enjoy a film while we give little thought to all the blood, sweat and tears that went into making it. Today we will hear the story of a passionate Chinese producer named Vincent Du. As we do, we will see that a lot of hard work and ongoing education goes into producing content.

Vincent Du was born and raised in Tianjin's Heping district. His mother works for a factory in town while his father is a driver at a foreign company. From this perspective, embarking on the journey to become a photographer, film producer and cinematographer didn't seem all that probable. It may have appeared even less so when he began studying Tourism Management at

Tianjin's University of Commerce in 2000. Yet his life took a turn while attending college as he discovered a real passion for photography. By the time Vincent graduated in 2004 his career aspirations had strayed a long way from tourism. Unlike most of his classmates who went on to work at hotels, travel agencies or even in the government he looked for jobs related to photography. He caught his break by getting hired as a photo journalist for Tianjin's Metro Express. He worked there from 2004-2008.

While covering the daily grind he discovered a few topics he wanted to explore more in-depth on his own time. In 2005 he covered the topic of homosexuality. He did so by documenting the lives of several homosexuals for about 2-3 years throughout the areas of Beijing, Tianjin and Hebei. Another

photo essay was done during the years of 2006-2007. He documented the telling tale of "Cancer Village" in Tianjin. These freelance projects helped unlock his potential as a photo journalist.

2008 marked another big change in Vincent's career. The Canon EOS 5-D Mark II was released. A series of workshops were held all across China. This caught his attention and he wasn't going to be left behind. At Canon's workshop he learned not just about photography, but also got his formal introduction to the world of videography. This marked the beginning of his transition from photojournalist to videographer. He self-studied, interacted with video editors, and began watching a plethora of independent films. Wenguang Wu for example influenced him heavily. Vincent began seeing documentaries as the form of film he wanted to pursue. It was also during this year that he made the jump to working at the Bohai Morning Post.

In 2009 he set his heart on studying abroad. The desire was to explore the world of video production outside of China. Vincent met and collaborated with a number of international journalists. This served to whet

his appetite for expanding his own horizons. The first step in realizing his goal of studying overseas was to master English. He used the year to prepare for the IELTS. The hard work paid off. Vincent passed the test and was invited to study for a year at the Journalism and Media Studies Centre (JMSc) in Hong Kong.

A year in Hong Kong (2010-2011) did more than just help him earn a Master's Degree. It provided an opportunity to acquire extensive knowledge on documentary production. It also facilitated study under the leadership of Nancy Tong a famous Hong Kong film maker who was involved in the production "Who Killed Vincent Chin". The university invited many famous film makers as guests to interact with the study body. For example Ruby Yang, a Chinese American film maker. One year of study wasn't enough. He wanted to learn even more. Fortunately, based on various works he had produced, in 2011 he was awarded the Chevening Scholarship by the UK government. This enabled another year aboard at Goldsmiths University of London.

Those years provided exposure to the international film industry itself plus connected him to those working in it. He attended numerous documentary film festivals learning the ins and outs of pitching projects. His final master degree project was about "Nine Beats", which is the largest rock school in China. Their world headquarters is located in Tianjin's Nankai district. The school teaches children how to play rock music. It has hundreds of branches across China. In 2012 alone, approximately 30,000 students studied at "Nine Beats" through China. Vincent produced a documentary entitled "China's Little Rock Star". The piece received great reviews and international acclaim. It was aired in 2013 by Al Jazeera English. It is still available online.

2013 had Vincent producing more documentaries. A UK director hired him to work on "China for My Blue Brothers". He also worked with CCTV to cover the earthquake in Ya'an, Sichuan. Plus he made a short documentary for Beijing Sports Film Festival in 2014. That same year he decided to collaborate with three other directors. The team of four each came from a different country (China, Japan, Singapore and Thailand). They individually produced 20 minutes of content. These segments were spliced together to create a 90-minute feature

HE DECIDED TO BECOME A DIRECTOR BECAUSE OF HIS INTEREST IN THE SOCIAL LANDSCAPE OF CHINA AND WANTING TO PLAY A PART IN DOCUMENTING ITS CHANGE. FOR HIM VIDEOGRAPHY IS AN IDEAL MEDIUM FOR DOING SO

length fiction film called "Five to Nine". It was released in 2015 and screened at the Taipei Golden Horse Film Festival and the Singapore International Film Festival, then again in 2016 at the Osaka Asian Film Festival. Another 2015 project was "African Business in China". Vincent was the cinematographer for this documentary about the many Africans living and working in Guangzhou. 2016 marked the beginning of production on Vincent's latest work currently known as "China's Forgotten Daughters". In 2017 he has been involved in documenting China's different NGOs and working on the CCTV Documentary Series – "China's Mega Project Season Three".

Vincent has come a long way since studying tourism in 2000. He decided to become a director because of his interest in the social landscape of China and wanting to play a part in documenting its change. For him videography is an ideal medium for doing so. He has been working freelance for years and has established himself a respected cinematographer and director. He has yet to setup his own production company; but sees this as a natural next step since having a legal entity is mandatory when entering into production contracts with other companies.

Despite all his success, Vincent candidly admits making a living as a freelance director isn't the easiest of roads to travel. Especially early on, it is very challenging. He too started out virtually unknown. Another huge barrier for many Chinese directors is language. He highly recommends anyone serious about making a career as a director to master English and go abroad. Vincent isn't keeping his secrets to success to himself though. Instead he has a part-time teaching position on the weekend at Tianjin Normal University. He revealed that 60-70% of funding for documentaries comes from television

stations. Therefore freelance producers need to be skilled at pitching commission editors on ideas. He shared that currently there aren't many foreign directors in China. However some are finding a niche in producing films for online content providers like iQiyi and Youku. For now, Vincent is going to concentrate his efforts on producing compelling documentaries. At the same time he is thinking about his next great fiction film. He also has hopes of pursuing a PhD in documentary and continues to be very interested in the "short video" market. Last but not least, he related that Chinese content is very popular right now overseas. So it is a fantastic time for experienced and entrepreneurial freelancers. JIN thanks Vincent for sharing his story.

用电影记录现代中国

拍电影对很多人来说都是陌生的。虽然人们都喜欢坐下来，安静地欣赏一部电影，但很少有人会去思考拍一部电影要付出多少辛苦的汗水。本期主人公杜海会给你讲述一个从普通电影爱好者到专业纪录片导演的故事。

杜海是天津人，大学的专业是旅游管理，他的生活和成长环境似乎都和电影毫无关联，但在大学期间，杜海突然对摄影产生了浓厚的兴趣。毕业后，他没有和其他同学一样选择旅游业的工作，而是在天津《城市快报》成为一名摄影记者。

2008年成为他事业的另一个转折点。能够拍摄视频的佳能EOS 5D Mark II相机问世了，杜海参加了与此相关的学习班，并正式进入了视频拍摄领域。通过自学并向视频编辑请教，杜海把纪录片拍摄认定为为自己追求的方向。

2009年，杜海到香港的大学学习了一年新闻并获得硕士学位。在这段时间，杜海有机会学习到纪录片制作的一些知识，并且和知名电影人交流学习。之后他获得了奖学金，又在伦敦大学金史密斯学院学习了一年。

海外学习的经历让杜海接触到国际电影市场，他参加过许多纪录片电影节，了解到影片制作的各个方面。他的硕士毕业作品以天津的九拍音乐教育机构为主角，作品在海外赢得很好的反响。

2013年，杜海拍摄了多部纪录片，其中包括与中国中央电视台合作拍摄的雅安地震纪录片。他还与来自亚洲的四位不同国家的纪录片导演合作了纪录片《朝九晚五》，分别在台湾金马奖、新加坡国际电影节和大阪亚洲电影节上展映。

从一个旅游专业的毕业生到纪录片导演，杜海完成了华丽的转变。杜海希望记录中国社会环境的变化，而纪录片就是他最好的媒介。杜海计划建立自己的影视公司，专注于影视制作。

杜海坦承自由导演这条路并不是一番坦途。很多中国导演受到语言的限制，无法与国外同行交流或合作，所以他建议中国的导演们加强英语学习。杜海还有很多人生计划，比如继续深造获得博士学位、拍一部科幻短片。他说，有关中国的纪录片在海外很受欢迎，所以现在是中国的纪录片导演的黄金年代。



Local brands essentially have the home field advantage.

LOCALIZATION LEADS TO SUCCESS

by **Carmen King**

Last month we reported on AmCham China’s Business Climate Survey Report Launch. There AmCham’s Tianjin Chapter Chairman Mr. Martin Winchell shared insight on how localization can lead to success despite changes in the investment climate. He stated the following in terms of foreign enterprises winning in China: “The quicker, the faster you can get to a localized product and localized service, then localized management.” Martin went on to share: “Five or six years ago you would talk about localizing a product or service that you built in the US and now you are building products that are specifically designed and researched in China.” These comments are worth discussing as indeed some expat entrepreneurs may need to entirely rethink their business strategy.

Past vs. Present

In decades past, China may have found its fame as a manufacturing country. This is the result of countless products being sold globally with the words “Made in China” on them. Really though, China isn’t just about making other peoples products anymore.

For one thing, they are making their own products for their own consumers. An example of this is Xiaomi. They research, design and manufacture in, for China. Alibaba, Baidu, and Tencent also make the list in terms of top Chinese technology companies delivering core services principally made with the Chinese user in mind.

This is where foreign firms perhaps have the greatest challenge. They no longer are competing with other international brands in China, but rather with local brands. These local brands essentially have the home field advantage. Particularly this is true culturally, linguistically and politically. The cultural barrier is big. It shows up in small things like drinking hot beverages instead of cold. Bigger issues arise when trying to adjust to taboos and understanding the psychological background of festivals. Foreigners struggle to design products for Chinese since they aren’t Chinese. They haven’t been raised in China and therefore lack insight into the core culture as it happens within the home and throughout daily life. Even expats living in China are often disconnected with the “real world” due to being unable to read, write and speak

Chinese fluently. Political waters are even deeper. In many cases politics and business are intermingled in China. Locals have been navigating these turbulent seas since infancy and often due so somewhat subconsciously whereas expats find it difficult to grasp where the relatively blurry line exists. Not to mention, there are some political partners that may be eternally out of reach if one is not a Chinese national and active in the Party.

Localize via Locals

Mr. Winchell therefore brings up a very interesting point by shining the light on “localization”. Culture, language and politics are what they are. No matter how hard an expat tries to close the gap in terms of understanding and mastering these issues, they will still be playing catch up with those born and raised in China. Localization thus becomes a key strategy. That is because expats can employ and partner with locals instead of simply competing with them. That’s what Martin’s company is doing. He described the company structure as follows: “In our company for an example we employee literally hundreds of people but I’m the only expat in the company. I think for us very early we adopted the policy that we were going to build for China. We use different technology than we use in the US. HR, all the functions are built for China. There is nothing that we really borrowed from the US other than some intellectual property and knowledge of our industry. But everything else we built for China. I think that’s been the key for our success and most companies that have been successful is they’ve learned to build for China and gotten away from trading with China.”

Foreign firms need to think seriously about how they will leverage a largely local team to research, design and build products or services in China, for China. That’s a method fundamentally different than the old days where international brands simply tried to sell the “same” product that sold like hot cakes overseas to local Chinese consumers. That model isn’t as practical as it used to be. Martin made that clear with this comment: “I think for most companies now it’s no longer about trading with China but investing in China for the domestic market.” Keep in mind Mr. Winchell also noted “Chinese laws, regulations, [and] policies” are maturing. Therefore not only should foreign firms be

thinking about how they will localize products, but also company bi-laws and legal policies. Instead of seeing China as the Wild West where anything goes, it is becoming increasingly important to know well and abide by Chinese law. This is true especially for expats. Foreign entrepreneurs should not expect a “get out of jail free” card if failing to meet regulations just because they aren’t Chinese.

Even large foreign owned entities are realizing how important localization is. Mr. Winchell cited this example: “You just don’t hear people talking about GM localizing a Buick. Now they are basically researching and developing cars in China. That’s really a major shift in how people think about China. Even people like Nike often release their new products in China first because they don’t want them to be copied. They get to the market here first and then deal with the rest of the world.”

So regardless of company size, expats need to be China savvy. This means, stop relying on a translator and being driven

FOREIGN FIRMS NEED TO THINK SERIOUSLY ABOUT HOW THEY WILL LEVERAGE A LARGELY LOCAL TEAM TO RESEARCH, DESIGN AND BUILD PRODUCTS OR SERVICES IN CHINA, FOR CHINA.



around by a driver who you can’t even communicate with freely. It is definitely time for foreign owners to roll up their sleeves and get their hands dirty so to speak. They need to be careful they aren’t taking tips from so-called experts who have never even spent a day in China. Rather, start living and working in China for real. This means less time hanging out with other expats. Instead, spend more time mastering the Chinese language and collaborating with locals. As William Zarit the Chairman of AmCham China mentioned: “We have many, many, many brilliant Chinese who can contribute to innovation...” The best way to access these “brilliant Chinese” is to be in China. The next best option is to recruit and hire them for work abroad. Neither of those will happen though without a firm grasp of Chinese culture, language and politics. Instead of seeing these items as barriers, think of them as conditions. Like any other condition, if it can be navigated, such as using windshield wipers when it rains, there is no need to get off the road.

True Localization

Localization is a brilliant way to adapt to the changing investment conditions in China. Instead of giving up because of some rain, turn on the wipers by localizing. Scrap the cookie cutter approach that may have worked abroad but likely will fail domestically. Start integrating with locals. Come to understand the unique characteristics of Chinese consumers via careful research. Then work with a team made up of locals to design products and services with these specific traits in mind. Finally, sell in a way that resonates with locals. Speak the Chinese language literally and metaphorically too, by producing solutions that solve real world problems in China.

本地化带来成功

上个月我们介绍了有关中国商务环境调查报告的内容，其中中国美国商会天津分会会长马丁先生分享了他对于在不稳定的市场环境下如何确保企业成功的个人经验。在采访中，马丁先生反复提及“本地化”的概念，而我们认为，这或许正是外资企业当下所要重视的关键点并以此为契机，重新规划企业策略的最好时机。

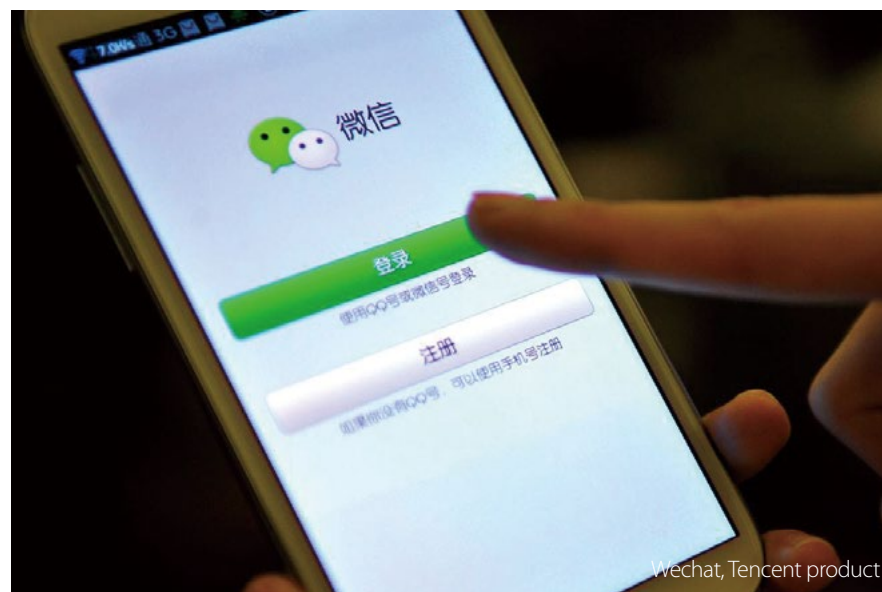
在过去几十年里，中国一直以“制造大国”扬名世界。无数个贴着“中国制造”标签的产品被销往世界各地。但如今，这个大国早就不再只满足于为别人生产的境况，它开始设计生产有自己特色的产品。从小米到阿里巴巴、百度、腾讯，这些顶尖的中国科技公司，每一家都在朝着为更多中国用户提供优质服务而努力着。

这样的情况也是外国公司所面临的巨大挑战，它们的竞争对手不再只是翘楚的国际品牌，更多的是来自本土品牌的压力。本土品牌无论从文化上还是语言上，甚至是政治上都具备主场优势，它比外国设计师更了解中国人的需求以及喜好。

一个外国人，无论他有多努力地想缩短文化方面带来的差异，他也永远无法和一个地地道道的中国人相比。因此，本地化的概念至关重要。雇佣本地人或者和本地人成为合作伙伴要远比它们之间成为竞争对手来的更有价值。

外国企业一方面需要认真考虑如何利用本地化的团队在中国进行研究、设计、生产等工作，另一方面，它还需要扭转曾经的经营模式，为中国带来更新鲜的产品。如今的外国企业都将注意力集中在投资中国上而不再只是简单的和中国进行贸易往来。但在整个投资的过程里，它却需要特别正视中国法律的法规效应。法律面前人人平等，任何人都没有豁免权。

当市场环境不断变化，本地化就是非常好的稳定投资手段。不要因为变化就轻易放弃。对于那些在国外适合但国内未必生效的俗套方法，你该仔细想想下一步的计划。认真思考未来的整合策略，仔细研究中国消费者的特点，组建有当地人参与的团队，一起研发设计有中国特色的产品和服务，最后用中国人习惯的方式进行销售。真真正正做到，为中国朋友解决最实际的问题才是企业长久立足的关键点。



Wechat, Tencent product



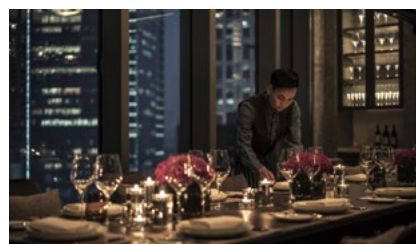
This past February the Tianjin hospitality industry saw the entry of new player in the market of high-end hotels. Under the lead of the extremely experienced and devoted General Manager Byron Chong, Four Seasons Hotel Tianjin just opened in the heart of the city's central business district. Whether you are planning a business trip to Tianjin, looking for an ideal place to have a rewarding stay-cation, or simply wanting to enjoy delicious food or a great cocktail, Four Seasons will provide you an exceptional experience that will not only will relax your body, but also inspire your soul.



Having been part of the Four Seasons' family for 20 years, during which time he opened nine hotels in different destinations worldwide, Byron Chong shared with us what makes Four Seasons the world's premier luxury hospitality company, and what we should expect from its new location in Tianjin. The secret, he says, lies in how the company defines the word 'luxury'. In fact, Four Seasons is much more than a beautiful venue, with fancy silverware, splendid decor, and a sophisticated ambiance; Four Seasons offers luxury through the company's belief and principle of excellence, which makes each stay at this hotel an almost magical experience. Service,

quality and authenticity- these are the three main components of the Four Season philosophy. As the global leader in the luxury hospitality business, Four Seasons Hotels believe that true luxury can only come from outstanding quality and authenticity in offering services that carefully customized to the needs of the guests and from genuinely caring for the guests. It is the fundamental value that allows the concept of real luxury that transcends the material aspect of a visit to a discreet yet thoughtful luxury staying experience. In this way, each stay at Four Seasons becomes an overall emotional touched experience, while the hotel itself becomes a place where you can find the comfort and care of your own home over the world.

We can assure you we had this sensation during our visit. From the General Manager to the doorman, and from the Michelin-credentialed chef to the waiter, as soon as you enter Four Seasons Hotel Tianjin you really feel you are taken care of. You can feel the passion the staff puts in serving every guest, by customizing the experience for each guest, while also perceiving that the real devotion for these people does not come from the bill that paid at the end of the stay, but from the customers' experience



and satisfaction throughout the whole sojourn.

Four Seasons Hotel Tianjin boasts a gourmet journey of the unparalleled international standard in Tianjin. At Cielo Italian restaurant, high above the city streets on the ninth floor, the glass ceiling and large windows fill the space with natural light by day, and this sky-lit restaurant transforms into a dramatically lit room as nightfall, with cosy fireplaces and an open kitchen providing welcoming warmth. With the Michelin credentialed head chef, Iacopo Frassi, and impeccably crafted service, Cielo has taken Italian dining to new heights in Tianjin.



In an effort to introduce to the philosophy of the company and its outstanding services to the Tianjin market, Four Seasons Hotel Tianjin is organizing a special event for Easter. As this holiday is very family oriented, Four Seasons found in it a good opportunity to bring together local and expat families alike, offering a platform where parents and kids can enjoy a sumptuous yet exquisite Easter Brunch at Cielo Italian restaurant, while children can develop their artistic skills like learning to play piano. It can enhance the children's interests and inspire new passions through a music art tutorial that cooperated with a well renowned pianist, ShiXian Bao. New to the city of Tianjin, Four Seasons, through this and future events, aims to help the Tianjin community get to know new authentic products, and go beyond the given material luxury that a five-stars hotel can offer by sharing its expertise in the restoration and hospitality sectors, in order to make every single customer's visit an extraordinary experience.

Past Events

Tianjin Monthly Executive Breakfast Briefing —Bridging the Gap Between Leadership Development and Talent Formation.

March 16

Renaissance Tianjin Lakeview Hotel

March's Executive Breakfast Briefing saw AmCham members gather at the Renaissance Tianjin Lakeview Hotel to hear a seminar on leadership from Mike Causey, Director of Leadership Formation at LDi. Having had leadership roles in politics, the oil industry, and most recently with LDi, Mr. Causey shared a leadership framework that strives to build leaders from "the inside out." Issues discussed included is it more important for a leader to be competent or to have integrity? Is it okay for leaders to be vulnerable? And how do different generations understand leadership? In addition, attendees were treated to insightful videos that prompted questions of how leaders should relate to their followers. Mr. Causey, shared LDi's perspective that leadership is at its best when it serves those under it, and further warned that leaders who simply seek their own self-benefit will ultimately lose the trust of their followers.

"Trust" was a key concept during the presentation, serving as the cornerstone upon which leadership could be built. However, far from being a

lecture, the presentation incorporated interactive elements that allowed attendees to contribute their own perspectives on leadership. When Mr. Causey opened the floor for questions, many AmCham members shared their own leadership experiences and asked thought-provoking questions.

More information on Executive Breakfast Briefings can be found on our website, including when and where the next one will be held. AmCham thanks Mr. Causey for his presentation, and looks forward to more successful briefings in the future.



St. Patrick's Day Party and Networking Event

March 17

Four Seasons Hotel



This past weekend, AmCham China, Tianjin, celebrated St. Patrick's Day by hosting a party on the 9th floor of the Four Seasons Hotel. The venue included a newly opened bar, and provided a great view of the Tianjin Skyline.

Almost 70 guests attended the event, livening the atmosphere. Guests were treated to corned beef and vegetables by the Four Season's staff, along with two holiday-themed cocktails. In addition, there was mix of live and DJ-directed music for guest's listening pleasure. Following registration, networking ensued with attendees moving freely between the bar and window-side seating. Even as the night wore on, new guests continued to show-up, contributing to a dynamic environment where everyone was sure

to meet someone new.

The attendee makeup was quite diverse, including AmCham members, local entrepreneurs, students, interns, and even members from other chambers of commerce. Judging by how late guests stayed into the night, and actively attendees networked with each other, it is clear that this event was a success. Not only did it provide great networking opportunities, but it was also simply a great way to enjoy one's Friday evening.

AmCham will continue to engage the local business community with creative and fulfilling networking events. To learn more about any upcoming or past events, please check out the AmCham website.

Upcoming Events

AmCham China White Paper Delivery and Tianjin Government

11:00-20:30, Tuesday, May 16- TAEA and Hyatt Regency Tianjin East Tianjin

AmCham China, Tianjin will be hosting a series of events on May 16 to help members better understand the opportunities in Tianjin and make the connections needed to succeed. The activities include a delivery meeting for our annual White Paper, a Tianjin Airport Economic Area (TAEA) Exclusive Tour, followed by a meeting with TAEA officials, a forum on Aviation industry and culminating with the 2017 Government Appreciation Reception.



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



European Chamber
中国欧盟商会

EUROPEAN CHAMBER IN TIANJIN

European Chamber Factory Tour - Wuqing visit: Atlas Copco & Sino-Europe Industry Park March 16th, 2017



The European Chamber Tianjin Chapter's Factory Tour series has always been one of the most attractive event series amongst its members providing the opportunity for its extraordinary member companies to open up for communication with its peers and potential partners as well as the chance for attendees to learn from the best. This time, the European Chamber Tianjin Chapter led its followers on a trip of discovery to Wuqing Development Area and visited the world-leading manufacturing company - Atlas Copco and the European industry clustering base - Sino-Europe Industry Park.

F&T Discussion Forum: Key Update for 2016 Annual Corporate Income Tax Filing and Policy Sharing regarding PN 42 March 17th, 2017

As the tax filing deadline (i.e. May 31, 2017) of the Corporate Income Tax ("CIT") Annual Filing for Year 2016 is approaching, various state tax bureaux at district level in Tianjin have issued notices for CIT Annual Filing arrangement and tax treatment on certain key items. European Chamber Tianjin Chapter invited tax professionals from PwC to share their knowledge and thoughts on the 2016 CIT Annual Filing and also shed some light on the newly released regulation (Public Notice 2016 No. 42) regarding the reporting of related party transaction and administration of transfer pricing documentation.



Upcoming Events in March

- April 19th, 2017 >> Breakfast Seminar - Cultural Competence and its Implications for Cross-Cultural Business
- April 20th, 2017 >> Factory Tour - TEDA visit: Volkswagen & West Zone of TEDA
- April 21st, 2017 >> WeChat Marketing Training – Release the Power of WeChat Marketing
- April 24th, 2017 >> European Chamber Tianjin Chapter 2017 Board Election

Sponsorship Opportunities Available for Following Events

>> Business Match-Making

Forthcoming in May, August and November

>> European Chamber 2017 Badminton Tournament

Forthcoming in June

>> European Chamber Annual Business Gala Dinner 2017

Forthcoming in October

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

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



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

The European Union Chamber of Commerce in China, Tianjin Chapter
中国欧盟商会天津分会

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

天津市和平区大沽北路2号天津环球金融中心41层, 邮政编码300020

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

The 2017 New Year's first human resources policy interpretation forum



working process and problem distribution statistics to HR managers in the intercom of 12333.



Finally, special thanks to the strong support of the leaders of Tianjin Human Resources and Social Security Telephone Advisory Service Center.

Bingo! The policy interpretation involves women workers in "the third period", retirement and integral standard of setting up, etc. If you want to get the relevant documents, please forward this article and send screenshot to us. A large amount of information is waiting for you!



The 2017 New Year's first human resources policy interpretation forum , co-sponsored by HRCLUB and Tianjin Human Resources and Social Security Telephone

Advisory Service Center (12333), was held in Human Resources Development Center as scheduled on March 3rd. Fifty HR managers of enterprise members in HRCLUB had a face-to-face communication with 12333 business executives, and made an in-depth discussion about the relevant provisions of the new policy in 12333 human resources and social security telephone advisory service center.

Mr. Meng Xianghua, Director of Tianjin Human Resource and Social Security Telephone Advisory Service, welcomed the participating members and briefly introduced the 12333 daily works. After then, HR managers from all walks of life also made self-introductions, which instantly created a relaxed atmosphere. The leadership of the participants was from Tianjin Human Resource and Social Security Telephone Advisory Service; and they were: Meng Xianghua, director; Ma Ling, deputy director; Wei Lina, deputy director; Jiang Yijing, director of the Office; Zhan Xuena, minister of business assessment; Li Dongyan, minister of

editorial training . Thank the strong support of our leaders!



Before the meeting, HRCLUB offered an early communication about the problems caused by new policy and Zhan Xuena and Li Dongyan, two ministers of 12333 explained the issues related to the new policy. Then in the Interaction part of this exchange, HR managers asked questions about company's confusion and problems.

After the exchange part, Wei Lina, deputy director of Tianjin Human Resources and Social Security Telephone Advisory Service Center, explained



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



Past events

Special Event - New Year's Reception 2017 in Tianjin

09.03.2017

The German Chamber of Commerce cordially invited its members in Tianjin to the New Year's Reception 2017 on March 9 in the wonderful castle of the Ritz-Carlton Tianjin.

The welcoming speech was held by Ms. Alexandra Voss, Executive Director of the German Chamber of Commerce - North China, and Mr. Christoph Kaiser, Vice President of the Board of Directors North China and member of the Advisory Council Tianjin.

Both guest speakers reviewed the successful work of the German Chamber in the past year, having organized almost 60 events with nearly 1400 participants in Tianjin, and presented an outlook on the projects and activities in 2017.

The well attended Reception was the first high-level get-together of the year along with dinner buffet, drinks, live music, and networking opportunities.



Breakfast Seminar -

When a C is Not Enough: China's New Point System for Work Visas

14.03.2017

In October 2016, the Chinese government introduced a new system for issuing work visas to foreigners. According to the new procedure, applicants will now be ranked according to a 100-point system covering various criteria, such as education, age, language skills, or workplace. With the new policy being currently tested in Shanghai, Beijing, Tianjin, Hebei, Anhui, Shandong, Guangdong, Sichuan and the Ningxia Hui Autonomous Region, German Chamber organized an informative breakfast briefing aiming at offering a first glimpse at the practical implementation of the new rules. More than 20 HR professionals joined in the seminar and shared their own experience with each other.



Upcoming Events

April 19, 2017, 07:30 – 09:30: Interchamber Breakfast Seminar - Cultural Competence and its Implications for Cross-Cultural Business, The Westin Tianjin

April 27, 2017, TBC: Special Event: Day of Logistics 2017, TBC

April 26, 2017, 19:00 – 22:00: Kammerstammtisch Tianjin, Bavaria Beer Keller (Italian Town)

German Chamber Tianjin Office: Room 1502, Global Center, No. 309 Nanjing Road, Nankai District, Tianjin 300073
Tel./Fax: +86 22 8787 9249
Email: tianjin@bj.china.ahk.de Website: www.china.ahk.de



THE TIANJIN JIAN HUA AUTISM REHABILITATION CENTER

by David Wong

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

The Tianjin Jian Hua Autism Rehabilitation Center 天津建华自闭症康复服务中心 was first established in 2000, when Ms. Ann Churchwell came to Tianjin, to help with special needs for children in Tianjin and set up a special education project. Thus the Tianjin Jianhua Autism Rehabilitation Service Center predecessor was born.

Autism spectrum or autism spectrum disorder describes a range of conditions classified as neurodevelopmental disorders. There is no known cure for autism, although those who have autism and require little-to-no support are more likely to experience a lessening of symptoms over time. It is a complicated rainbow coloured logo is an often-used symbol for the autism spectrum, as it represents the diversity of conditions and people within it.

Over the past ten years, the Center has been adhering to the purpose of helping children and families with autism and promoting the development of autism rehabilitation, and striking the path of public welfare, providing rehabilitation for

children with autism, mental retardation and encourage child development and helping their parents with training and counseling services related to rehabilitation training and rehabilitation activities.

Today, the Center has been registered as a private non-enterprise unit in Tianjin Civil Affairs Bureau. The center of Tianjin in 2009 became one of the first national poverty and loneliness children rescue rehabilitation projects. In 2012, it became the first self-discipline institutions to provide assistance to autistic children in need of help.

At present, the Center has a stable of professional teachers. In May 2016, in the Tianjin autistic children rehabilitation teacher qualification examination, the Center saw 16 of their teachers passing the assessment to obtain their job qualification certificates. The Center serves more than 100 children and families every month.

There are a variety of training modules in the Center, such as full-time day care classes, half-day parent-child classes, one-on-one cognitive training, language training and sensory integration training, providing a wide range of professional development assessments and training reports and training for children.

Daily teaching and activities includes: organizing parents' autism training and practical training courses to help parents understand the professional knowledge of autistic rehabilitation training and guide parents to carry out family rehabilitation

training through parental and open classes.

Each year, the Center organizes children to carry out various social integration activities on a regular basis. In June each year, the center organizes children and parents to participate in the 61 Parent-Child Games. In September each year, the Center organizes children and parents to organize autumn activities. In December, the Center organizes children and parents to hold a Christmas party. These activities strive to build a platform for children and parents to show the results of training to promote exchanges and enhance confidence.

Future challenges for the Center are several and foresee encountering some difficulties. The biggest difficulty comes from the small size of the organization and keeping up to meet their own development needs. The Center is always recruiting new teachers as old experienced teachers face retirement.

Jin Magazine is proud to be a supporter of the Center continuously since its formation over 15 years ago.

Donations are welcome and can be made to: Tianjin Jianhua Autism Rehabilitation Service Center
Bank: Bank of China Binhai Road Branch of China Account number: 2765 7745 7865

Contact: Hotline: 15710299340/13702151758 E-mail: jl_xy2004@163.com Address: Nankai District, Tianjin Sanming Road on the 12th Nankai CDPF 4th floor

天津建华自闭症康复服务中心

天津建华自闭症康复服务中心成立于 2000 年。2000 年,爱心人士 Ann 女士来到天津,为帮助天津地区有特殊需要的儿童成立了特殊教育项目,也就是天津建华自闭症康复服务中心的前身。十几年来,中心秉承着更好的帮助自闭症儿童及家庭、促进自闭症康复事业发展的宗旨,坚持走公益化道路,为自闭症、智力障碍及发育迟缓儿童及其家长提供康复训练和与康复训练相关的咨询服务;开展康复交流活动。社会各界爱心人士如想提供帮助,敬请联系机构工作人员。

捐赠方式:

户名: 天津建华自闭症康复服务中心

开户行: 中国银行天津滨水道支行

账号: 2765 7745 7865

联系方式: 热线: 15710299340/13702151758

邮箱: jl_xy2004@163.com

地址: 天津市南开区三潭路 12 号南开残联 4 楼



NEW DESIGN CENTER AT IST

In a 20-minute long TED talk delivered in 2006, Ken Robinson, the noted education and creativity expert, pointed out how schools in today's education system are killing children's creativity and their capacity for innovation. Well, if you ever walked into the International School of Tianjin's Qin Building, you would know that this is definitely not the case for this outstanding school in one of the major industrial and commercial hubs of Northern China. Founded in 1994, the International School of Tianjin (IST) is a non-profit, college-preparatory day school for nursery to Grade 12 students of the international community of Tianjin, offering three different and high quality International Baccalaureate (IB) programs for students in Nursery to Grade 5 (the PYP), Grades 6 to 10 (the MYP), and Grades 11 to 12 (the Diploma).

As one walks through the school, one cannot help noticing that all the inner walls are covered with beautiful and vibrant students' artwork, drawings and sculptures. One doesn't even need to visit the many art classrooms, the computer centers, the green screening video room, the audio recording room or the newly renovated and refurbished state-of-the-art Design Center to understand that this school is truly

dedicated to the Science Technology Engineering Art and Mathematics (STEAM) education movement, which is now widely accepted as the established path to educate, expand and improve the learning process of students. This Centre of excellence, spanning 2 sprawling floors, is equipped with the latest technology (hardware and software) to teach students Design Technology (DT), Information Technology (IT), and Robotics at world-class standards.

Secondary students (Grades 6-12) get hands-on education about the integration of DT with IT and practically experience for themselves the resultant products that they can create with ease with this integration. For instance, in their DT classes, they learn 3D computer modeling in the CAD (computer aided design) Room on one of the many CAD computers and then can send their finished design to one of the 3D printers to see their designed article taking shape while the 3D printer prints it out.

In addition to the traditional DT equipment like the engineer's metal lathe machine, drill press, sanding machine, plastic vacuum former etc., the DT Lab of the IST Design Centre is now furnished with the state-of-the-art laser cutting technology, 3D printers, CAD workstations (all large screen iMacs) and the latest 84" interactive LED screens for teaching. The Centre also includes a green screen studio and an audio recording studio for students for their filming, video making, music recording and photography projects.

The second floor of the Design Centre is dedicated to IT education of students from Kindergarten to Grade 12. This also includes teaching them computer coding and skills. There are 2 large IT labs for holding classes, equipped with large iMac computers each as well as an 84" interactive LED screen for teaching. There is also a very spacious Robotics Lab equipped with several iMacs which can be used for 3 stages of the LEGO Robotics Programs by students: Wedo for beginners; Mindstorms for intermediate, and EV3 for more advanced students.





There are 50 iMacs on the 2nd floor alone.

Needless to say, the IST Design Centre is a very exciting place for students to be. There is a very inspiring team of teachers in the Design Centre: Mr. Dave Scolyer is the Design Centre Coordinator and the DT Teacher, while Mr. Jason Inghram and Mr. Geoff Diegel teach IT. This is a place where students' creativity and innovation is nurtured and their excellence in technology projects is honed and polished in the best way possible.

The Design Center facility really offers all subject teachers at the school the possibility of integrating subjects together, so that, for example, even when math class is over, students are still putting into practice the theory just

learned through product creation. It also allows teachers to teach fundamental educational concepts through fun DT projects, for instance, recently the Grade 1 students under their unit on "how things move" learned about the effect of force on the movement of objects by launching their own rockets. The students had to follow instructions from Mr. Inghram on how to assemble their rockets, and once they were completed, they explored how using different amounts of force (pumping different amounts of air into the rockets to build pressure) affected how far the rocket would fly. They had so much fun watching their rockets take off.

A real school of the future, IST has shown how keeping pace with the technological progress that our world is

experiencing on a daily basis, can turn a school into a very interesting place for students to not only increase their knowledge but to get hands-on experience of what they have learned from books, all the while effortlessly expanding their expertise on current fundamental disciplines. Moreover, the cutting-edge Design Centers offers older students the opportunity to get first-hand experience on the practical side of many areas, such as graphic design, film making etc., inspiring them and providing them with extra background information and experience which would come in handy when deciding on their career choices in the future.





Reading a good old-fashioned paper book is a great way to disconnect, for both our kids and ourselves.

INSTILLING A LOVE OF READING IN THE INTERNET AGE

by Charlotte Edwards

As a farm kid growing up in the 80s and 90s, my entertainment consisted of playing outside or reading books in the house. Our 13-inch black and white television only got three channels since we lived outside the city limits. With a library-loving mom and plenty of books that came as hand-me-downs from my family friends with older kids, it seemed only natural that reading became a favorite pastime. Eventually we got a slightly larger color television, but still had just three channels.

Fast forward a couple decades and technology has changed our lives so much, even since the birth of my son in 2008. The year before his birth, I got my first phone with a camera and a few years later I had an iPod that let me capture his sister right after her birth. Our technology isn't limited to our phones; our smart TV lets us watch on-demand shows and movies, we have an iPad, two computers and a few old phones that function as music playing devices. These days it takes some intentionality to not be sucked into the digital world.

Reading a good old-fashioned paper book is a great way to disconnect, for both our kids and ourselves. One way that we

made sure that books were in sight and on our minds was to buy a floor-to-ceiling bookshelf that spans one whole wall in our living room. It sits behind our sofa so we can easily grab a book and delve into a great story. Even before we had this, and when the kids were little, I placed their books down low so that they were free to grab them and read at will.

In my college Education courses, our professors instilled into us the importance of reading aloud to kids so even though my son is able to read on his own, I read to him and his sister everyday. This usually happens during breakfast, dinner or at bedtime. Nathaniel also reads to his sister and now that she's learning to read, he'll help her as she tries to make out the Chinese characters or letter sounds in English.

Nathaniel has to read on his own for at least thirty minutes a day. Although he does enjoy books, we often buy books that relate to areas he's interested in, as they come up: dinosaurs, space, airplanes, and most recently, biographies. A set of 22 of them that include people he wanted to learn more about. We're happy to indulge in his requests for more books.

Most of these books are in Chinese,

and are easily available on sites like DangDang, TaoBao and Amazon. For English language books we mostly buy second hand from online friends (check Facebook and WeChat groups) or bring them from the USA. Having a Kindle (or the app) is a great way to have a whole library of books at hand, in your preferred languages, without taking up much space. I'm on several email lists that alert me to daily deals on Kindle books so that I can build my digital library; sometimes I do pay full price for new books that I want to read immediately.

We limit television to the weekends when we usually watch a movie as a family, or the kids will watch a Chinese cartoon. My son wants to be a pilot, and he understands the harmful effects too much screen time has on his friends. Many of his classmates are already wearing glasses in grade three of primary school. We try to help the kids understand that the better quality information they take in, the more they'll know and school will be easier and more enjoyable.

网络时代也要热爱读书

我自幼生长在农场环境，因为远离城市中心，所以童年的娱乐活动就只是户外玩耍或室内读书。我们读过的书在家人和朋友之间传来传去，于是阅读的兴趣早早就在我们心中扎下了根。

二十几年过去了，科技改变了我们生活中的方方面面。从智能手机到智能电视，好像不想被卷入数码世界都很难一样。然而，阅读一本好的纸质书依然是让自己与外界失联的好办法。我们家在客厅内的一面墙上设立了一个超大书架，它立于沙发之后，这样无论什么时候我们想看书了，都可以轻易取下，拿来阅读。

我的大学教授告诉过我们为孩子朗读的重要性，因此即便是我的儿子已经能自己阅读了，我还是会每天为他和妹妹进行朗读。哥哥也常常会为妹妹朗读，甚至帮她识别汉字以及英语发音。哥哥喜欢读书，每天至少半个小时，涉及的范围很广泛。他喜欢看，我们自然也很乐于满足他的读书愿望。

哥哥读的书大部分都是中文书籍，网上购买很便利，对于一些英文书籍，我们会选择购买那些二手的亦或是从美国带回。电子书是很好的即时阅读器，它能为你节省很多空间，并且在想读书的时候只要打开设备就能体验到图书馆的感觉，这非常棒。很多时候我都会迫不及待的不等有促销活动，就全价购买电子书。读书是很有乐趣的一件事。

在孩子成长的过程中，我们希望他们可以懂得越多越好。我们用灌输的方式来告诉孩子知识的重要性，因为只有书籍才是人类进步的阶梯。

Behave or Misbehave

Behavioral and emotional problems are the most serious problem of children with autism. In other words, behavioral problems lead to emotional problems.

All of us are very familiar with the word behavior, but its definition may be less clear. Behavior is how we behave, but why we behave like we do remains a puzzle. As teachers of children with autism, we have to define the word behavior correctly.

In general, behavior is the activities of living beings. Behavior is a way that children with autism negotiate the outside world, since they are weak in language and cognitive abilities. When they are unable to express themselves through language, they communicate with their gestures and body language. Children with autism may at times display age-inappropriate behavior. A lack of proper intervention in early childhood will impact the rest of their lives. For example, when facing rejection, they may cry and scream, and even smash things; they may even lie on the ground in protest; or to take another example, when they see a stranger holding their favorite things walking

on the street, they may rush toward the stranger and grab the item. Or, seeing someone wearing their favorite color on the street, they may heedlessly touch someone else's clothes; or, attracted by advertising in a shopping mall, they may walk around here and there in the shop touching this or playing with that. Or in a restaurant, seeing his favorite dish or favorite kind of food on someone else's table, he may grab it; or, when unable to finish a favorite task but required to stop, they will find it unacceptable, hurting themselves or attacking others; or, to take another example, when checking out in a line and unable to wait, they may throw things and cry. These are the problematic behaviors of children with autism. These actions will prevent them from living normal lives. Autism rehabilitation educators need to learn behavioral analysis for this reason, in order to help children with autism live more normal lives in the future.

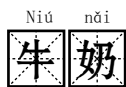
Attacking others, hurting themselves, damaging things, escapism and self-stimulation (shaking one's hand, repeating commercials or yelling) are all behavioral problems. As professionals, we must analyze their behavior. First, we must define the behavior. Then, we must

investigate the reasons for this behavior carefully to understand the background: when does this behavior usually occur? Where does it occur? Who is there when it occurs? What happened when the behavior occurred? Did someone else say or do something when it occurred? Then we must see what happens after the occurrence of the behavior: what happened after the occurrence? What did the people nearby, the parents or the teacher do? Was there a change after the behavior? Was the child avoiding something? Finally, the function of the act must be analyzed by summing up the recorded data. Then there can be an intervention to address the child's behavior according to the analysis, helping the child to establish good behavior, or reducing the frequency of and correcting bad behavior.

Analysis of behavioral problems and intervention require a highly professional approach. The teachers of the Jian Hua Autism Rehabilitation Center are all working hard to study and apply this science. As learning grows deeper each semester, the teachers will analyze, discuss, and improve together to formulate targeted plans for each child in order to help the children and their parents better.

MILK

by Zheng Hong Xiang and Kate King



Lu Xi: You're still drinking milk? At 20 years old you still haven't been weaned?

Lù Xī Yòu zài hē niú nǎi a nǐ dōu
露西：又在喝牛奶啊，你都
Duō suì le hái méi duàn nǎi a
20多岁了，还没“断奶”啊？

Xue Li: You clearly just don't understand how high the nutritional value of milk is. It has lots of benefits.

Xuě lì zhè nǐ jiù bù dǒng le niú nǎi shì
雪莉：这你就不懂了，牛奶是
Yíng yǎng jià zhí jí gāo de yǐn pǐn jù yǒu
营养价值极高的饮品，具有
Duō zhǒng gōng xiào
多种功效。

Lu Xi: What kinds of benefits?

Lù Xī Dōu yǒu shén me gōng xiào ne
露西：都有什么功效呢？

Xue Li: First of all, milk is rich in protein and calcium, which is greatly beneficial for growing teenagers. It promotes the development of bone and brain tissue. Secondly, milk is rich in vitamins that have proven effective in preventing illness and strengthening the immune system. Lastly, milk calms your nerves, promotes good sleep, and moisturizes and nourishes your skin which diminishes wrinkles.

Xuě lì Shǒu xiān niú nǎi hán yǒu fēng fù
雪莉：首先，牛奶含有丰富

De dàn bái zhì hé gài yǒu lì yú qīng shǎo
的蛋白质和钙，有利于青少
nián chéng zhǎng néng cù jìn gǔ gé hé dà nǎo
年成长，能促进骨骼和大脑
fā yù qí cì niú nǎi hán yǒu duō zhǒng
发育。其次，牛奶含有多种
wéi shēng sù néng yǒu xiào yù fáng jí bìng
维生素，能有效预防疾病，
zēng qiáng miǎn yì lì zuì hòu niú nǎi hái
增强免疫力。最后，牛奶还
néng zhèn jìng ān shén cù jìn shuì mián
能镇静安神、促进睡眠、
zī rùn pí fū yǎng yán chú zhòu
滋润皮肤、养颜除皱。

Lu Xi: Wow! Hearing you talk about milk makes it sound like the cure all, like medicine from the gods.

Lù Xī Wā ràng nǐ yí shuō niú nǎi chéng
露西：哇，让你一说，牛奶成
le bāo zhì bǎi bìng de shén yào le
了包治百病的“神药”了。

Xue Li: It practically is. It contains just about all the nutrients the human body needs. That's why it's been called "white blood".

Xuě lì Duì a niú nǎi jī hū hán yǒu rén
雪莉：对啊，牛奶几乎含有人
lèi shēn tǐ xū yào de suǒ yǒu yíng yǎng yīn
类身体需要的所有营养，因
cǐ bèi chēng wéi bái sè xuè yè
此，被称为“白色血液”。

Lu Xi: The problem is, ever since I was a kid I've never liked drinking milk. What do you suggest?

Lù Xī Kě shì wǒ cóng xiǎo jiù bù ài hē
露西：可是我从小就不爱喝
niú nǎi zěn me bàn
牛奶，怎么办？

Xue Li: No problem, you can always drink a milk alternative like soymilk, almond milk or coconut milk.

Xuě lì Měi guān xi kě yǐ hē yī xiē tì
雪莉：没关系，可以喝一些替
dài yǐn pǐn bǐ rú dòu jiāng xìng rén
代饮品，比如：豆浆、杏仁
lù yē nǎi děng
露、椰奶等。

Vocabulary:

Cí huì
词汇：

Duànnǎi: It means to "wean". The word is used in the article as a joke.

Duàn nǎi Zhǐ yīng ér bù jì xù chī mǔ
断奶：指婴儿不继续吃母
rǔ wén zhōng yǒu kāi wán xiào de yì sī
乳，文中有开玩笑的意思。

Duànnǎi: It means to "wean". The word is used in the article as a joke.

Language Tip:

Yǔ yán Diǎn
语言点：

First of all... Then... Finally...

Shǒu xiān Qí cì Zuì hòu
首先……其次……最后……

PROMOTION

Secondary Art Assembly

On Monday, March 6th 2017 the talented secondary students of the International School of Tianjin (IST) rocked the stage with some scintillating performances in the Art's Assembly. The Arts assembly is an event that showcases some of the extraordinary talent we have here at IST in the Arts. All the acts are auditioned weeks beforehand and if successful, are coached to bring out the best from their performances.

At this assembly we had some of our larger ensembles performing such as the orchestra, jazz choir and sextet (The Six). However, we also had many performances that were student initiated such as the dances (choreographed by the students themselves), solo and duet singing performances and guitar solo. Another feature of our school is that students are involved in all the background jobs too. So the MC, backstage hands, lighting and sound are all roles performed by students.



PROMOTION

Grade 5 PYP Exhibition

The PYP Exhibition is the culminating project for the IB Primary Years Programme, involving an in-depth, collaborative inquiry into a topic that students are passionate about. It is also a demonstration of how students can take action from their learning and is a celebration of their learning.

Over the past several months the Grade 5 students of International School of Tianjin (IST) have been inquiring into the Central Idea of the Exhibition, that "People share responsibility for the world by taking action on local and global issues". At the Exhibition evening, the students proudly showcased their learning for their parents and the broader IST community with a wonderful review of their learning journey. Snippets and examples of the journey from field trips, modes of expression pieces and reflections were shared with the audience. It was evident that students enjoyed this



with their impromptu movements, enthusiastic singing and expressive faces.

Students shared, discussed and explained their research, main issues, key reflections, data and expressive work to their parents and other community members. There was such a buzz of

excitement as the students knowledgeably and proudly shared all of their learning.

Congratulations to all of the students, teachers and mentors involved in this celebration of learning and taking action to change the world.

IST Student Entrepreneurs Win Business Competition at Beijing

Some wonderful news from the International School of Tianjin (IST) Grade 10 Entrepreneurs!!

On Saturday and Sunday, 11-12th March 6 students represented IST's Grade 10 Economics class at the Avenir Business Competition, held at BCIS, Beijing, and won the first prize!!

TOrganize, the Grade 10 student initiated company, pitched their innovative product, the TOrganizer, a slimline accessory organiser to be hung onto the airplane seat's tray table or the seat in front. Its main function is to hold travel accessories such as passports, pen, glasses and earphones so that the passenger does not have to put them in the overhead compartment during a flight. What made this product different was its unique selling point; use of recycled polyester fibre to meet TOrganize's mission statement of sustainability and social responsibility.

Competing against 18 other companies, TOrganize pitched their product, supported by both primary and secondary market research, and presented financial forecasts and a growth plan in a style which was described as being both 'inspirational and professional' by the panel of entrepreneurs who judged the competition. TOrganizer, lead by Hannah Taylor as CEO, and supported by Dylan Lepicard (Director of Design), Zhou Xin Yuan (Director of Human Resources), Ji Hyun Lee (Director of Finance), Mu Hyun



Kim (Director of Marketing) and Arthur Lin (Agent) exhibited outstanding creativity, teamwork, stamina and resilience as they met with business mentors over the two days. All this was done under the guidance of Ms. Susan Scolyer, their Economics teacher and the subject chair for Integrated Humanities at IST. Needless to say, Ms. Scolyer was extremely pleased that the students' hard work paid off as

they were announced First Prize Winners. The prize money of RMB 10,000 will fund the professional production of their TOrganizer prototype from which they can then conduct product trials. Following this, it is their intention to manufacture their first batch of the TOrganizer to be launched at the IST Community Fair in June, ready for people to purchase for their summer flights!

PROMOTION

World Book Day a Page Turning Delight

Thursday 2nd March saw the College swarming with a host of characters and creatures from across literature. The day started with a colourful parade of pupils arriving to enjoy a day of book based activities paying a 10RMB donation to raise money for books for the students at Tianjin RuHui Rehabilitation Center for autistic children.

Many pupils could be found throughout the day in the library taking Shelfies (pun intended) for our school display, or quietly writing their six word stories to enter into the Secondary School competition. Across the school teachers and pupils got into the spirit by dressing as a variety of different characters including a visit from The Phantom of the Opera and



The Cat in the Hat, as well as decorating their doors with their favourite books.

At break time teams from each of the house groups raced the clock and each other to complete a Young Adult Book

themed Tarsia or puzzle game. The aim of the World Book Day is to encourage students across the world to read a greater range of books more regularly, and to this end we feel it was a success.

PROMOTION

Early Years Pupils Become Firemen for the Day

The Nursery Puffin and Penguin classes have been learning about different forms of transport this term. This week they were discovering all about Emergency vehicles and with the help of Ms Vera Wang from the Operations Department a real Fire Engine and its crew visited school on Thursday morning.

The children were able to learn about how a Fire Engine works and about its different parts including the hose for the water. They each tried on a real Fire helmet and sat inside the Fire Engine cab. The Fire chief let them listen to the Fire Engine siren and the crew demonstrated how they put out a real fire. It was all very exciting and the children were inspired to create some lovely art work and talking points about fire safety when they returned to class.



Calamity Jane-- a Post Production Note From the Producer

This year's Wellington College International Tianjin's musical production told a story based on the 1953 American musical Calamity Jane. The story takes place in the Golden Garter, a saloon in Deadwood, a small city in the Wild West and opens with Calamity Jane, a tomboy cowgirl, being told that she has been 'Careless with the Truth' in her tales about fighting Indians. Then one night, in the same saloon, customers angrily confront saloon owner Henry Miller for having tried to fool them by putting a man in a dress on stage, rather than the irresistible New York singer he thought he had engaged for the evening's performance. In an attempt to calm down the mob, Calamity Jane promises to set off to Chicago and bring back Adelaid Adams, the beautiful singer all the men have fallen in love with, having seen her picture on cigarette cards. As a result, kind-hearted 'Calamity' goes off to Chicago and, as her name might suggest, things go terribly and hilariously wrong. Eventually, after numerous mix-ups and comic misunderstandings, Calamity marries her 'Secret Love', Wild Bill Hickok, and they live happily ever after.

Featuring 90 students, drawn from across the Junior and Senior schools, as well as with some cameo appearances from staff members, Wellington's production contained beautiful choreography, rousing choruses, fantastic duets and solos. For the sixth year in a row, the performance was co-produced and co-directed by the College's Director of Performing Arts, Steve Griffiths, and his daughter, Jane Griffiths, a theatre professional flown in from London for the occasion.

Amusing and entertaining throughout, it was a fantastic production, amazingly acted out by these young talented actors, whose performances were up to professional standards; from the music, to the costumes, to the acting and singing, this school musical was absolutely incredible and worth attending.



Teda International School Celebrated Reading Week

TIS Primary School celebrated Literacy during the month of February starting with Reading Week on February 20th. This year the school celebrated the works of Theodor Seuss Geisel, known worldwide as Dr. Seuss. This author is famous for books, many which have become movies. Some of his more notable works are *The Cat in the Hat*, *Green Eggs and Ham*, *How the Grinch Stole Christmas* and *Horton Hears a Who*. Because of his wide array of child-friendly books, Dr. Seuss appeals to Primary students from Kindergarten to Fifth Grade.

Primary Reading Week included fun activities for the students including Teacher Reading groups, Buddy Reading (older students reading to younger students), Reader's Theater, student-inspired "READ" posters and lots of creative door decorations! Teachers incorporated Literacy



in cross curricular studies, which emphasized the importance of Literacy in every aspect of learning. At the end of the week, students were able to wear previously purchased Dr. Seuss t-shirts provided by the school Library as a fundraiser toward the Qinghai Library project.

Our celebration continued the following week with a Birthday Party for Dr. Seuss on March 2nd. The students were allowed to come to school dressed as a character from any of the Dr. Seuss books. We had students and teachers dressed as *The Cat in the Hat*, *Sneetches*, *Cindy Lou Who*, *The Lorax*, and so much more! During

lunchtime, our wonderful PFA provided beautifully made Dr. Seuss inspired snacks for the students to purchase. The cost of the snacks went toward our library project in Qinghai. Through the Dr. Seuss shirts and the delicious snacks, we were able to raise over 2000RMB towards helping spread Literacy in China.

We ended with a party in the gym where the students were able to play games, take pictures and celebrate the fun of reading. Thanks to the hard work and dedication of the Primary Reading Specialist, Teachers and Staff the students experienced a wonderful Literacy Celebration.





BeautyCam

PICTURE EDITING

by Carmen King

Expats in China will find out quick, locals love pictures, especially those that they have been edited with an app. Today we will introduce three popular picture editing apps. The first is Meitu. The second is BeautyCam and the third is Faceu.

In the Meitu app there is a “settings” section. There users can change the image quality. The choices are high, medium, or standard. There are also a number of camera settings which can be turned on or off. One option is to the “Save Original Photos”. The app offers three language choices. They are traditional or simplified Chinese and English. Meitu requires the user to allow access to the devices photo library. After doing so users can edit their photos. The app also requires user permission to access the camera. After taking a photo, you can change the color tone of the photo making it either warmer or cooler. Then you have a choice of different “face effects”. These have three classifications of subtle, moderate, or strong. Within each there will then be a range of effects. There is a “skin” option to smoothen, whiten, or tone. The “acne” option can be used to either automatically or manually remove blemishes. There is even an option for “slimming” the face. In

addition there are other face editing choices to artificially enhance one’s appearance. An intense photo altering option is “Hand-Drawn”. This can either edit an existing photo or use a photo taken in real time to “transform it into what appears to be something hand drawn”. A collage option is also available.

BeautyCam is likewise produced by Meitu. The app will begin by prompting the user to select either “Girls” or “Boys”. Again either existing photos of one taken in real time can be used. A wide variety of “templates” are available for download; these become the backdrop for the photo. After taking the photo there are tons of different effects that can applied totally changing the look of face. There are a whole host of “makeup” options to dress up one’s face. The “SelfieGacha” option lets you create an animated version of the photo. It adds audio, caption, background and even some motion to what would be an otherwise still photo.

Faceu also uses existing or real-time photos. It can add text to a photo. Or various stickers can be applied to the photo. After picking a sticker you can drag and drop it where you want it. You can also use a pen to free-hand draw over a photo. When taking a photo you can select from

AFTER TAKING A PHOTO, YOU CAN CHANGE THE COLOR TONE OF THE PHOTO MAKING IT EITHER WARMER OR COOLER. THEN YOU HAVE A CHOICE OF DIFFERENT “FACE EFFECTS”.

various filters. There are different “beauty” effects and reshaping tools available. Instead of editing stills, you can hold down a button and it will take a video. After taking a video clip you can use the text, stickers, and pen features to edit it. Plus add background music.

Of the three apps, Faceu was less cluttered and more straightforward to use. The downside in terms of privacy though is that all three apps need full access to the device’s photo library and camera.



Meitu

拍照神器，拍出新创意

在中国生活久了，你会发现很多中国朋友都喜欢拍照，而且尤其喜欢用软件拍照。今天我们就来介绍三款人气相当高的拍照软件：美图、美颜、激萌。

在美图程序里，它有一个“设置”功能，用户可以用它来改变图片质量。但使用美图程序，用户需允许程序访问照片库，这样可以随时对照片进行修改和编辑。用户用该软件拍照后可以随意编辑自己的照片，其中包括改变色调，改善皮肤状况等强大功能。除此之外，美图软件还可以帮助我们的照片拼接成任何我们想要的效果。

美颜相机由美图团队出品，和美图的功能大同小异，是一款把手机变自拍神器的软件，它为爱自拍的男生女生量身定制。自动美肌和智能美型，颠覆传统拍照效果，瞬间自动美颜，完美保留脸部细节，让照片告别模糊。用该软件编辑照片，用户可以随意添加音频、背景、表情包，因此深受中国朋友喜爱。

激萌相机是一款手机拍照处理软件，由脸萌团队出品。用 Faceu 激萌特效相机拍照，手机会自动识别人脸，并在人脸上加具有动态的贴图和道具，从而创造出卖萌搞笑效果的照片。Faceu 激萌相机堪称自拍神器。

THE POWER OF TRADITIONAL MEDICINES

by Robert Watt



The alcohol was poured on the towel.

I've always associated Chinese medicine with dried plants, exotic elements and endangered animal parts. I imagined it was like the home remedies used as a boy. Things like hot toddies for colds, putting steak on a black eye, or rubbing a doc-leaf on a nettle sting. Some traditional practices, I have heard argued, like using urine for chilblains, have some merit. Other treatments once prescribed, like drinking sea water and tinctures of arsenic or mercury, are now considered more toxic than tonic.

Modern medicine isn't always consistent over time either. Advice, especially on diet, seems to regularly change as more research is collected. This general lack of certainty makes my preferred choice of treatment, if possible, to do nothing. Of course, there are always exceptions and there is also room for remedies that make me feel better, even if they have no proven curative effect; for example, the hair of

the dog for a hangover, or a cup of strong tea for everything else.

But there are many people in the west that are turning to alternative medicines, if not for serious illness, at least for minor ailments and for preventive methods through changes in lifestyle and diet. Many involve practices that, while not traditional, have ideas that would be familiar to Chinese people today and considered not very alternative to western cultures of the past.

Power of plants and belief

Use of plants for medicinal purposes, or dietary supplements, date back thousands of years. They were used by the Egyptians, Greeks and Indians as well as the Chinese. But in China, the practice has been elevated to a much higher level compared with other cultures. There is a system of beliefs behind it that explains how the body works and how illness and treatments interact. The theories comprise of mysterious energies (qi) that flow

through channels in the body, concepts of balance and opposites, of maintaining harmony. The principles are not unlike those underpinning eastern religious beliefs and this similarity provides a systemic quality that intuitively feels correct because it corresponds with the believer's worldview.

In contrast, the western religious belief held that disease is caused by sin. Christianity's emphasis was on the power of prayer, on penance, or exorcism of demons as cures. Those that claimed the power to heal were often persecuted, or feared, as witches. So, while plants were used in Europe medicinally, no dominant theory about how they worked developed. The belief was they treated the symptoms of the disease, but the underlying causes were spiritual.

Mystical energies and the power of the past

Recently there has been a growing distrust of science, a move away from

DR LUYU SAID THE COLOUR AND HEIGHT OF THE FLAME GAVE CLUES ABOUT MY HEALTH. 'THE FLAMES,' HE INFORMED ME 'WERE VERY HIGH.' IT MEANT I WAS VERY UNHEALTHY.

chemicals and a preference for natural ingredients. This has led to an explosion of alternative approaches to health, some borrowed from other cultures, some repackaging old ideas and some just fads. The more resilient tend to have underlying belief systems that explain why they work. Many are based on concepts of supernatural energies which are channelled, or transferred, through touching, or through the use of charms such as magnets, ionised jewellery or crystals.

The mysterious energies involved are very important. When ingesting a plant, you can imagine it contains some active ingredient that causes a change inside the body. But without an invisible force it's difficult to explain how the presence of a rock, the incantation of a spell or prayer, or the proximity of hands or charms to the body can cause any physical effect.

The ideas about energy were also believed by the ancient Greeks and Egyptians who thought that disease resulted from an imbalance of natural forces. Hippocrates called them the four temperaments and Humours. Similarly, Homeopathy, first proposed in the late 1700s, has the phenomenon of 'miasms' which are used to explain illness. And like the Chinese qi, it is the disruptions of these 'spirit-like powers' that need addressing.

That different cultures at different times have conceived that some mysterious energy is involved in illness leads many to conclude that these forces, despite their elusiveness, must exist. There is an inference, like the new age belief in ancient culture's intuitive knowledge, that they led lives that were harmonious with nature. Strangely, neither the antiquity of pre-Christian Saxon magic, nor its naturalness, has made leeches and bloodletting a more appealing cure for a hangover than an aspirin. However, the similarly unattractive practices in Chinese medicine such as acupuncture (zhen jiu), scraping (gua sha) and cupping (bá guàn) are becoming more well-known and used in the

west.

Chinese fire power

But I hadn't heard of the even more bizarre practice of Huo Liao (fire treatment), until I came across some pictures on Wechat dramatically showing people being set alight. The technique, I was told, is an ancient practice similar to Moxibustion (jiu). Checking on line I discover that the later burns small quantities of dried Mugwort on the skin to produce small blisters and scars. The pictures I saw, looked far more spectacular and dangerous - the dried plants replaced with what appears to be petrol. The flames are more dramatic and I assume, the energy involved more powerful.

I met Doctors Wang and Luyu in a large, ground floor room of an apartment block where the fire treatment takes place. They asked me about aches and pains and I admitted to having a bit of a stiff neck. Huo Liao was promptly prescribed and wet towels were placed on my head. Bulldog clips were used to ensure my face was clear before alcohol was poured over the towels, then a cigarette lighter used to set it all alight. I couldn't see what was happening, but my head gradually grew warmer and the reflection of flames flickered in the doctor's eyes.

The fire didn't hurt, but after the alcohol had burned off Dr Wang pressed the now scalding towels onto the scalp. I mentioned that it was painful on the top of my head and I could see that they attributed this to a large lump I've had there since childhood.

There were several more rounds of applying the fuel, burning it off and then pressing the boiling towels onto my skin. I kept quiet in case discomfort was a sign that more treatment was needed. Besides, even though my head was on fire I didn't like to make a fuss. Dr Luyu said the colour and height of the flame gave clues about my health. 'The flames,' he informed me 'were very high.' It meant I was very unhealthy.

After 30 minutes the towels were removed and some sickly smelling oil was applied to my hair. I was swaddled in more towels and made to lie down in a quiet room for 45 minutes with the instructions not to have any cold drinks, or wash for 24 hours.

Negative Energy

When I left, I felt different. Call me negative, but I think it was the relief at being unscarred and still having my hair rather than a change in my flow of energy. My stiff neck was forgotten, maybe cured by the fire or the

45-minute rest. But if it hadn't been then I'm sure it would be because, as the doctor said, going once wasn't enough. Or it might have been because I disobeyed the doctor's orders by immediately downing a cold beer - for medicinal reasons of course.

传统医药的魔法

提到中医，我总会想到那些风干的草木、稀有动物的器官和玄之又玄的五行之说。现代医学随着时代发展也会出现前后不一的说法，尤其在饮食上，昨天还是养生之宝的食材今天就会被发现含有致癌因子。有些疗法并没有科学证据说明其疗效，但确实会减轻病人的痛苦。

使用中草药或食补可以追溯到几千年前，古埃及、希腊、印度和中国都曾经使用过，只不过在中国被提升到一个更高的地位。在中医的概念里，人体里流动着“气”，只有阴阳平衡才能达到身体的和谐。中医的理念与东方的宗教信仰相吻合，所以容易被人们接受。

近年来，人们越来越青睐于利用天然原料治病，而不是单纯靠吃成药，所以古老文明中的各种疗法一下子冒了出来，甚至一些超自然学说也在当今的社会大行其道。很多人相信，当我吃进一种神秘的草药，我的体内就会发生翻天覆地的变化，但是这种无形的魔力是很难用科学解释通的。

很多文明都相信疾病是一些神秘力量在作祟，虽然没人见过这些邪气。人们相信一些土办法要比药片更管用，中医里的针灸、刮痧、火罐等疗法也在全世界风靡开来。

比起以上三种疗法，火疗是一个陌生的名字。之前我在网上看过火疗的图片，真的是把人点上火，非常恐怖！也许这样惊心动魄的场面是为了让自然力更强大吧。

我找到一个能做火疗的诊所，这是一家开在民宅底商的诊所。大夫先询问我哪里不舒服，我说我脖子有些僵硬。显然这是个适用于火疗的病症，于是他们立刻帮我施诊。他们先把我湿毛巾蒙在我的头上，用夹子挡住我的脸，然后在毛巾上浇上酒精，用打火机一点，我的脑袋就着火了！我看不到头上的情况，但从医生的瞳孔中我能看到熊熊火焰。

我并没有灼烧感，等到酒精燃烧殆尽，大夫用力用燃烧过的毛巾包裹我的头。后来这个疗法又重复了几遍，我全程保持安静，害怕如果我表现出不舒服，大夫还会多烧几次。另一位大夫说，根据火苗的颜色和高度可以判断我的健康状况。他说我头上的火苗非常高，这就说明我非常不健康。

30分钟后，大夫把烧过的毛巾拿走，在我头发上抹上一种味道很难闻的头油。我头上又裹上了几层毛巾，大夫让我在一个安静的房间静卧45分钟，并告诫我24小时内不要喝冷饮或洗澡。

当我离开的时候，我确实感觉不一样了，可能是因为我在一场大火后依然完好无损所以感到如释重负吧，但并没有感受到传说中的“气”。我已经忘了脖子的疼痛，也许是被治愈了。但如果没有任何转可能是因为只去一次是不够的，又或者因为我并没有遵照医嘱，回家立刻就饮下一瓶冰啤酒。



Way of thinking in internet economy

WORLD WIDE CHINA

by Paula Taylor

As far as the internet economy is concerned, China is becoming a force to be recognised.

Foreigners often complain when they go to China that it lags behind their countries. I remember the first time I was faced with the squat toilets. I went to visit a friend in the countryside and was desperate to use the facilities as I had drunk a lot of water. However on being faced with a hole in the ground with no door to protect my privacy, something strange happened – my bladder dried up completely and I no longer needed to use the toilet. That’s when I remember thinking that China was really underdeveloped.

Of course there are many inconveniences to being in China, but do you not think that one of the reasons is because you are in a foreign country? I have a Chinese friend who lives here and she has just got back from China, having

spent two months there. Although she loves England and is glad to be back here, she told me that it was such a relief to be back in China because of the convenience. She does not speak English, which obviously makes getting things done very difficult. In comparing the two countries, she felt that China was much more comfortable for her, even though she acknowledged the fact that she loves the weather here, particularly the blue skies. I love China too, but there are some things that are very precious to me here. For instance I can turn the tap on and drink the water as it is very clean. My Chinese friends don’t believe this and still buy bottled water from the shops. I remind them that though water is not drinkable direct from the tap in China, it is here. However old habits die hard. I love the fact that I have

never been bitten by mosquitoes here. They cannot survive the rain and the cold, so that is very convenient for me as I got bitten to death in China.

CHINA HAS THE INTERNET TOO!

However I must say that once I could speak Chinese, I found life in China very convenient and interesting. One aspect of life in China that probably surpasses many countries is that of the internet economy. Recently on a talk show in Taiwan, this very aspect was discussed. One panellist made an impassioned speech and asked the others “Mainland China is no longer a backward country, aren’t you afraid?” I found the way the question was phrased a little strange and defensive, as it was almost as if she expected the rest of the panel to disagree and to argue with her. However,

maybe to her surprise, one of the other panellists became very excitable in her defence of the Mainland and stated, just as passionately as the first lady, that China was overtaking the world in one aspect. She said a little proverb which basically meant the one that was behind is now first. So what on earth was making everybody so full of emotion? Well it maybe something you are already aware of, or this may be news to you. As far as the internet economy is concerned, China is becoming a force to be recognised.

The second panellist said that out in the Chinese countryside, which is largely considered to be a bit backward even by Chinese citizens, you can find farmers with the latest smartphones who are able to converse on a wide range of subjects, including international news such as what was happening in the American elections. Why would a Chinese farmer be interested in this, surely he has better things to do with his time rather than think about Western politics? The reason he is interested is simply because he now has the means to inform himself via his phone. Why should he not be interested in international events? Maybe he realises that some of them will indeed have an impact on his own life. I never really thought about it in this way before, but let's just say this farmer grows watermelons that are sold in Europe. One day he checks the farming news on his phone and finds out that watermelons are being grown in Spain and sold at a much cheaper price than the Chinese ones. His life will definitely be affected, and having been informed, it may be that he can take steps

to avert what could be a potential disaster.

For many people these days having a smart phone means having their whole life laid out in their phone, they use it for everything and Chinese people are no different in this respect. For a technophobe by choice like me, I don't feel comfortable having so many personal aspects of my life in a gadget that could be lost or stolen and which could open me up to numerous problems. Unfortunately the truth of the matter is if I forget it at home or it runs out of battery I can't conduct my usual business.

NEXT STOP, THE WORLD

On the programme previously mentioned, there were two other panellists who were visibly shocked at the vehemence of the second lady's assertion that as far as the use of smart phones and APPs are concerned, China is already ahead of everyone else. I don't know why they should be surprised, after all if most of the rest of the world is already doing this, why should China lag behind. This reminds me of the fact that one of the biggest technology firms in the world was accused of ignoring Africa, only for that Continent to become one of fastest growing smart phone markets in the world. The company that spotted the gap in the market has cornered that gap and the situation in Africa is much the same in China, with people who live in remote locations able to access the rest of the world through their phone. The former mentioned company has lost out and now has no chance of breaking into the market.

The moral of this story is if you snooze

you lose. With the world at a smart phone user's fingertips, neither China nor any other emerging countries can be considered to be behind anyone else, at least not technologically. Just recently I told an acquaintance that my friend had gone back to China and was very sad. The acquaintance took offence and said that China is just as good as England and life there is very convenient. I had to make it clear to her that the reason my friend was sad was because she was worried about her parents controlling her life and urging her to get married, not because she felt China was lacking in some way. In England, far away from her parents she was free. The acquaintance was mollified. I wanted to tell her to calm down, soon there will not be many people who will think China is a backward country and as far as internet users are concerned, Chinese users are up there with the rest of the world, their phone is their oyster, no need to leave China to access the world, after all what does www mean, isn't it World Wide Web?

与世界连通的中国

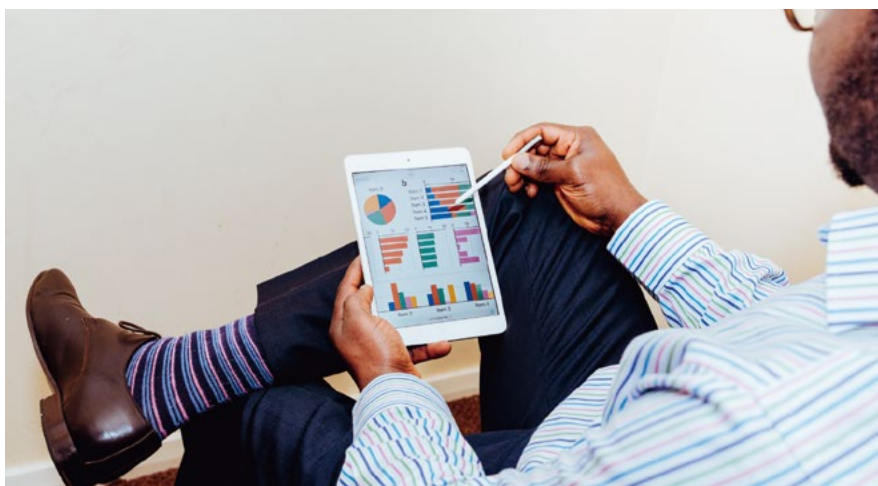
中国在世界上的形象已经改变了吗？我还记得我刚来中国的时候，第一次面对蹲式厕所，我尿意全无。当然，来中国生活会诸多不便，首先这因为你身在国外。但是当我学会说中文之后，我发现在中国的生活真的方便极了。现在中国已经不再是老外印象中那个落后的国家，在某些方面，比如互联网经济，中国已经超越很多国家，走在世界的前列了。最近有一段视频在网上流传，在台湾的一个脱口秀节目中，几位嘉宾讨论中国大陆的互联网经济，每个人都兴奋地讲述他们在中国大陆所经历的便捷的互联网经济。

其中一位嘉宾还举例说道，即便在农村地区，智能手机也已经普及了，农民每天划一划手机就能了解国际上发生的大事，甚至讨论美国大选。我不知道西方政治对中国的农民会有多大的影响，但是能简单地通过手机就能知道这么多事情显然是件让人兴奋的事。渐渐地，他们会通过手机了解海外市场的蔬菜价格，帮助他们调整农业计划，那时候才能更加凸显智能手机的作用吧。

拥有一部智能手机就像是押上了自己全部的生活，做任何事都离不开它。如果哪天出门忘了带手机或电池没电了，我们的生活也就停摆了。

在那个电视节目中，嘉宾对中国的智能手机普及程度大为惊讶。其实大可不必如此，全球大势所向，中国自然不会掉队。曾经有一个世界知名的科技公司因为忽略了非洲市场而遭到谴责，结果非洲大陆成为智能手机发展最快的市场，而这家大公司也永远错过了这次机会。

通过互联网，中国已经与世界连通，也不再是一个落后的国家。在智能手机的时代，没有哪个国家应该被忽略。





Every woman has a Cheongsam dream, and the Pan Kou is always the highlight of the cheongsam.

CHINESE STYLE BUTTON WITH AMOROUS FEELINGS

by You Sihang

Pan Kou, also called Pan Niu, is a kind of button used in traditional Chinese clothing. The button has the dual function of fixing the blouse or as a decoration for the clothes. Lao Mei Hua, Tianjin's famous brand, has enabled its production technology to make Tianjin style cheongsams and has now been included in the list of Tianjin municipal intangible cultural heritage crafts. The cheongsam is created with manual skill, beautiful materials, striking elements and styles, but the creation of the Pan Kou is also an important skill. Actually, it is no exaggeration to say, the Pan Kou is the shining focal point of the whole cheongsam.

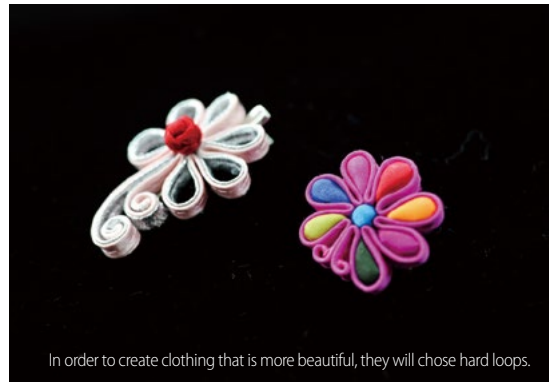
With the continuous development and evolution of the clothing, Pan Kou is also innovatively changing as well. In the past, they used soft loops to secure the cheongsam because they were easy to wash. But now, in order to create clothing that is more beautiful, they will chose hard loops, even though when washing they need to be removed in case of any damage. Nowadays, the old button Pan Kou can also be used as decoration. Cheongsam tailors will make decisions whether it should be a button or just decoration in accordance with the color and material of the dressing. But no matter what it is used for, the Pan Kou is always the highlight

of the cheongsam.

Pan Kou buttons come in a variety of styles and shapes such as butterflies, characters and flowers. The specific pattern chosen must be in accordance with the material quality of the cheongsam. The Pan Kou is small, but it contains the unique cultural connotation of the Chinese nation and encapsulates the wisdom and experience of generations of craftsman. The living inheritance that is the Tianjin style cheongsam is passed onto the next generation of Chinese.



It is a button also a decoration.



In order to create clothing that is more beautiful, they will chose hard loops.



The Pan Kou is small, but it contains the unique cultural connotation of the Chinese nation and encapsulates the wisdom and experience of generations of craftsmen.



Cheongsam has changed from practical to fashion.



Liang Yuhua(back), successor of intangible cultural heritage, engaged in the industry for 46 years, now she has her own successor.

中式盘扣的百种风情

游思行

盘扣，也称为盘纽，是传统中国服装使用的一种纽扣，用来固定衣襟或装饰。老美的津派旗袍制作技艺如今已被收入天津市市级非物质文化遗产名录，除手工、材料、元素、花式之外，盘扣也是其重要技艺之一，可谓是整个旗袍的点睛之笔。

随着服饰的不断发展进化，盘扣的技艺也在不断创新变化。原来使用的都是更容易清洗的软祥，现在为了更加美观，大多旗袍选择了使用硬祥，即使需要在干洗的时候先将盘扣拆下来以保证不损坏。在用途上，之前作为扣子的盘扣，如今也可以做装饰用，旗袍师傅们会根据旗袍的花色、材质选择盘扣装饰在旗袍上，或许是直接缝在旗袍上，也可以做成胸针别在旗袍上。无论何种用途，盘扣都可谓是旗袍的亮点所在。

盘扣的花样大概可以分为：蝴蝶、文字、花朵等几大类，具体的花色图案搭配，一定要视旗袍的材质花色来选择。盘扣虽小，却包含了中华民族独特的文化内涵，凝聚着手艺人的智慧和经验，而传承津派旗袍的希望则寄予在年轻人的身上。



Positive rather than negative, so we should try to associate with people that are positive.

HOW TO HAVE A SIMPLER LIFE

by David Wong

Unclutter

This is the key to start with simplifying your life. The less distractions you have, the more you can concentrate on the positive things in your life. Start with the physical surroundings. The first thing you should do when you wake up is make your bed. This has a domino effect, once your bed is made and is neat and tidy, you will want to have a tidy bathroom, your desk, the kitchen and so it goes.

If you don't bother with making your bed and take the attitude, why bother, it will just get messy when I go to sleep at night, you will just throw your clothes on the bed, and the domino effect will carry over to the bathroom and the rest of the house then the office. Get the picture.

Ever follow a car where their back window is so cluttered with stuff, the driver

can hardly see out the back. You can bet his or her life is similar and everything is a mess. In North America, most houses will have a garage and that is where all the junk accumulates and come springtime, one big chore is clean out the garage, have a yard sale and get rid of the junk. It's a wonderful feeling and a chance to start anew.

The same is true in China, no garages, but I bet everyone has a drawer or closet with junk that needs reorganizing. For your own life try to identify what's most important to you. Eliminate everything else. Maybe not so easy but try to do more with less. Before buying something new, ask the question: "Do you really need to buy this?"

Don't forget your computer and smart phone. How many apps do you have that are really useless or outdated and just taking up space? I have a friend that has over 2,000 unread emails and he wonders why he can't

find anything.

"Slow down you move too fast - You got to make the morning last."

These are the opening lyrics to the popular 1960's Simon and Garfunkel song: "Feeling Groovy". (Do you know the full name of the song?) Today it is even more applicable with the media surge that we are being bombarded with so many social apps and smart phones. It is really hard to just stop and take it easy. Have you ever forgotten your phone at work or at home? It is pitiful that we cannot live without these monsters of mass communication for just a few hours.

Try to reserve some personal time, try to turn these devices off and communicate with your partners directly without interruptions by these third parties. It is just like having a rule of no TV during family suppertime. Don't be at the constant call of your smart phone and jump to answer that annoying beep. Remember that this habit is hereditary and when parents are calm, kids are calm.

Like yourself

It is important to treat yourself in a positive manner; this is the first step in leading a happy and healthy lifestyle. Before you go to sleep, think of the good things that you have

EVERYONE HAS THEIR OWN EXPECTATIONS AND THEIR OWN LIVES SO DON'T TRY TO SATISFY OTHERS' EXPECTATIONS OF YOU. SATISFYING YOURSELF IS THE MOST IMPORTANT AND AS LONG AS YOU LOVE YOURSELF, WHO CARES WHAT OTHERS THINK.

done during the day. This could be a small thing like skipping a yummy dessert because you are trying to cut down on sweets and lose weight or it may be random acts of kindness to friends or strangers. Knowing that you will be doing a final review at night will encourage you during the day.

Stop criticizing yourself. We all have faults and make wrong or foolish decisions. Recognize that these were mistakes, try to not make them again, learn and move on. It's a waste of energy to focus on something that cannot be changed; life goes on.

Don't judge others. Even if you don't criticize people out loud by doing it mentally is exhausting and puts you in a negative mood and it's hard to love yourself when you're down. On the same vein don't look to others for their approval of you. Everyone has their own expectations and their own lives so don't try to satisfy others' expectations of you. Satisfying yourself is the most important and as long as you love yourself, who cares what others think.

Remember it is not a loss of face to ask for help. This is hard for many men as they feel that their self-value is less by reaching out but seeking help from someone with a different

experience or skill set is only smart and the other person is usually grateful to be wanted.

Exercise or a change of pace is a good way to get out of a rut. Some simple physical exercise such as stretching, going for a walk or listening to some cheerful music will give yourself a break and a fresh start. If you have access to a private room, take a short nap, or try to meditate for 20 minutes. There are many ways to meditate, concentrate on breathing deeply and try to focus on an inner point. It may help to use an eye patch and earplugs that they provide on airlines to shut out noise and light.

Positive rather than negative.

Try to associate with people that are positive. We all know friends that are chronic complainers, you wonder how they survive but perhaps they vent their frustrations on others in order to survive. Don't be their wailing wall, try to be with friends that see the glass as half full and have a positive outlook. If those negative persons are unavoidable, try to quickly switch the conversation to something that they like or praise them for something they have accomplished successfully. If all this doesn't work, sit down and explain that their negativism is not good for you or them and if the friendship is to continue, they must change.

Find some photos of your youth or friends and relatives that were taken during a happy time. Have them displayed in a prominent place such as your bedside, office or dining area to remind you of happy times and trigger your brain to positive moments. I carry a couple of photos of my daughter in my wallet; one is when she was 6 months old and the other in her teens. I had them laminated so they still look like new every time I pull them out. (I know this breaks my rule

about living in the past, but it is a positive motivation).

Conclusion – Live for today.

There is an old saying: "The past is no more, the future is not yet, and the present is as fleeting as the blink of an eye." So try to live for today and make the best of what you have. Try to bring a sense of order to your life by first organizing your physical surroundings and possessions. The uncluttering also applies to your mental being, having a positive attitude and moving forward and letting go of the past will help. We all make mistakes, learn from them and forgive yourself.

Remember to give yourself time, Rome wasn't built in a day, start with small steps. Try to start making your bed, cleaning your bathroom then tackle the cupboards and the other clutter. Eat properly and exercise, good luck.

从简生活，简化人生烦恼

整洁是简化生活的关键，分心越少，我们就越能专注生活中积极的事。起床后的整理床铺，可以为我们带来多米诺效应，让我们的浴室、办公桌，以及厨房处处整洁。反之，如果你任由凌乱肆意发展，那么最后你所待的各处角落也都会变得混乱不堪。如今的我们，人人都在使用智能手机和电脑，试问一下，里面有多少程序是我们鲜少打开的，而留着只是为了占用空间的？

上世纪60年代一支来自美国的男声三重唱组合曾在歌中唱到：让我们慢一点再慢一点，你步伐飞快，生命就要走到尽头。在我看来，这句词今天尤其适合用来描述忙碌的我们。我们无一不被智能设备所干扰着。停下来放松简直是不可能的事。如果某天你落了手机在别处，是否会觉得没有手机的时间里，一刻都无法生存？

尝试着把这些恼人的设备关掉，保留一些私人时间，与你的伙伴进行面对面交流。这就像是吃饭时不开电视一样，不要让讨厌的哔哔声打扰到你和家人难得的共处时光。习惯可以影响我们的下一代，你喜欢安静，你的孩子自然也就不会太喧闹。

用积极的态度对待自己是引导健康生活方式的第一步。晚上临睡前想一想那些白天发生过的小确幸，这可以让你在第二天醒来的时候又信心满满，活力十足。不要再无休止的批评责备自己，我们都会犯错，但只要能及时改正，生活还是一如既往。不要批评别人，也不要指望别人对你有过多赞美，更不要试图去满足别人对你的期望，只要我们热爱自己，别人的想法我们通通可以不去在乎。

尝试与他人积极交往，不要总是一味的抱怨。我们谁人不是辛苦的生存，与其做他人的哭墙，不妨换个角度看人生，努力找到积极点。不妨在你周围摆放一些旧时美好时光的照片，每当视线扫过它们的时候，心情就又会变得愉悦起来。

过去已是历史，未来还未到来，今天也将稍纵即逝，所以就活在当下吧，好好珍惜我们拥有的一切，体验整洁带给你的秩序感，体验一个全新的自我。每天一小步，积极生活终会看到成效。今天就从铺床开始，让你的周围焕然一新。当然适当的饮食和锻炼也必不可少。祝你我人人健康，天天好心情。



Some nice pictures can remind you of happy times and trigger your brain to positive moments.



WELCOME SPRING WITH FRESH SALADS

by David Wong

With the coming of Spring, we can start to have lighter and fresher meals that will invigorate our palates. Say goodbye to those heavy meaty meals for winter that were needed to sustain our bodies in the cold weather. Let's get outdoors and enjoy the sunshine and no better way to do this than eating fresh salads. There are many to choose from and we have chosen a few from selected locations. Join us as we journey to these delightful treats.

Salads have been around for many hundreds of years dating back to the Romans and Greeks. The term salad originates from the Latin, *salata* which means "salty" because during the Roman times vegetables were seasoned with brine or salt and vinegar dressings. Now salads have progressed to many different styles. There are appetizer salads, main course salads, fruit salads and dessert salads. The list is endless and only limited by one's imagination. In

general, salads are served raw but nothing says you cannot cook the ingredients and serve them chilled with your favorite dressings.

Speaking of dressings, there are probably as many different dressings as there are different types of salads. These can be separated into basically two types: Vinaigrette, which is oil and vinegar and spices; the other is Creamy and usually a base of mayonnaise or other dairy product and added spices. The most popular dressing is probably Thousand Island, which was invented, in the late 1800's in a region called Thousand Islands on the St.

IN GENERAL, SALADS ARE SERVED RAW BUT NOTHING SAYS YOU CANNOT COOK THE INGREDIENTS AND SERVE THEM CHILLED WITH YOUR FAVORITE DRESSINGS.

Lawrence River between Canada and the United States.

Now let us introduce you to some fabulous salads and equally delightful restaurants.

Element Fresh

Element Fresh is a kingdom of salads, which started from their first outlet in Shanghai in 2002 and now boasts over 40 establishments throughout China and plans to expand to other parts of Asia. We are lucky to be able to enjoy their treats in their newest Tianjin location. In addition to traditional salads like Cobb and Greek Salad, the restaurant has new salads in every season. For the upcoming spring, Element Fresh has launched two new salads. Turmeric Grilled Chicken Salad is chilled chicken salad with mixed spices over citrus-yogurt chickpeas and pickled shallot, on a salad of lollo rosso lettuce, ash pickled kale, orange roasted fennel, purslane, grilled red

peppers, house pickled ginger, toasted almond and fresh mint. The Grilled Garden is a huge assortment of grilled & roasted vegetables – artichokes, radicchio, tomatoes, red peppers, summer squash, & baby potatoes over mixed lettuce, purslane, and arugula garnished with hard cooked egg, walnuts, balsamic glaze, red pepper flakes, and olive oil & red wine vinaigrette. You'll never be let down.



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

Jazz Ya

Jazz Ya is a fusion restaurant featuring Japanese, Korean and Western food. The signature dishes include Spinach Salad with Crispy Bacon and Several Mushrooms, which is a typical fusion, dish as it combines western salad concepts and Japanese style bonito flakes. The spinach tastes great and the salty bacon is a good match for the vinegar sauce. It is more flavorful than usual salads as bacons and mushrooms are precooked. Not often that you will see the marvelous Asian and Western culinary treats combined in such perfection.



Add: J03, IF Street, Joy City, Nankai District
 地址: 南开区 大悦城如果街IF-J03(大悦城)
 Tel: 022-27358455

Rey De Gambas

Rey De Gambas is a Spanish style restaurant. The Barcelona salad is a healthy choice as it mixes brown and white anchovy, eggs, olives, white asparagus and seasonal vegetables. It is salt free because the unique flavors of each ingredient renders additives unnecessary and perfectly complement each other. Healthy yet good tasting will make your palate appreciate the natural presentation.



Add: 138 Xin Hua Lu, Heping District (near the crossing with Yingkou Dao)
 地址: 和平区新华路138号 (近营口道交口)
 Tel: 15822482603, 15822482603
 Hours: 09:00-21:00
 ¥: RMB 150

Maxim's

In the newly launched business lunch menu of Maxim's, the Organic Salad & Korla Pear with Blue Cheese and Garlic White Wine Vinegar dressing is in the entrée. From this dish, we can see how important the ingredients are. Not many restaurants can offer organic vegetables and another ingredient korla pear is from Xinjiang, a remote province in northwest China. The fruit is extremely sweet and juicy, and it is good for your heart and helps control blood pressure. The Northwest province of Xinjiang is well known for its agricultural products and Tianjin is lucky to have these healthy and unique offerings from so far away.



Add: 2 Changde Dao, Heping District (near Minyuan Stadium)
 地址: 和平区常德道2号 (近民园马车站)

Tel: 022-23329966
 ¥: 400RMB

Remember to take your time and enjoy your meal, turn off your smartphone and don't be distracted from your busy everyday life and escape into the natural plate of fresh vegetables and healthy food for your body. Instead of being immersed in the multi media, updating your moments and sending constant messages, try to have a face-to-face conversation with a loved one and enjoying a healthy salad.

The key to any great salad is fresh ingredients, clean and colorful plates and served cold with a nice dressing and bread and condiments. The good thing about salads is they can be leftover by wrapping well and refrigerated. Don't keep dressings past the expiry dates and if you make your own creation from dairy products such as mayonnaise, yogurt or cream, treat it just like milk and don't keep it out too long because it will spoil easily. Enjoy the Spring and your salads!

清新的春天不能没有美味的沙拉

入春之后,人们不再需要过多的食物抵御寒冷,反而会想吃一些清新、健康的食物,在阳光下享用一碗沙拉是打开春天的最好方式。

沙拉最早起源于古罗马和古希腊。在罗马时代,沙拉就是把蔬菜用盐和醋调味后搅拌在一起。现在的沙拉有很多种类型,包括前菜沙拉、主菜沙拉、水果沙拉和甜品沙拉。人们的想象力是无穷的,所以沙拉的种类也是层出不穷。虽然沙拉里的食材主要是生的,但从来没有硬性规定你不能对任何食材进行熟加工,加入什么样的调料也是依照你的喜好。

说到调味料,人们最常用的是橄榄油和黑醋组成的油醋汁和千岛酱,后者是起源于美国与加拿大边界处一个叫千岛的地方。

沙拉最重要的就是材料新鲜,色彩鲜艳,即使没有吃完你也可以用保鲜膜盖好放到冰箱里冷藏。但如果你使用奶制品或鸡蛋为原料,就一定不要保存过长的时间,以防原材料变质。

本期我们会为大家推荐几家优质餐厅,它们的沙拉很有特色,品质也高。希望你能享受这个美好的季节和美味的沙拉!

TUBE STATION



Access to Western styled food in Tianjin continues to face new breakthroughs each year. From the amazing import stores of Tianjin, the availability for foreign products in supermarkets, and new restaurants always springing up; Tianjin is starting to find its footing for the availability of Western cuisine. While Tianjin already has plenty of pizza locations (a few of which are absolutely great), there has yet to be much

that mimics the greasy American-style pizza that those from the U.S. are more accustomed to.

Tube Station is a Beijing based pizza chain that was established in 1999. After the past two decades, they have cut out a slice of the market in Beijing as producing authentic American pizza at absolutely ridiculous sizes. The sizes range from the reasonable 26cm small to the 48cm medium before rocketing to a massive 61cm large and the absurd 81cm "Party Monster". Tube Station has long boasted the largest pizza in Beijing and now it is safe to say that goes for Tianjin as well. While not quite up to snuff with the buffalo wings found back in the U.S., Tube Station does offer some decent wings to go along with your massive pie.

Those who have tired of Pizza Bianca and the lackluster Pizza Hut may want to look towards Tube Station for scratching that cheesy, greasy itch. A meal between two people will only set you back about 200-300RMB depending on how many of the cocktails, appetizers, and entrees that you try. A large pizza is more than enough to share with a couple friends. You may find the new and only location of Tube Station on the first floor of the remodeled Joy City mall at BinJiangDao.

Bryce Cristiano

- 📍 **Add: 1F-19-20, Heping Joy City, 189 Nanjing Lu, Heping**
地址: 南京路189号和平大悦城1F-19-20号
- ☎ **022-23320661**
RMB 90

NEW MAXIM'S DISHES



Australian lamb rack crown

The new dishes launched in Maxim's menu are featured with selective ingredients from all over the world and creative combinations. Roughy is a kind of fish produced in the 500-1500m deep ocean in New Zealand. It is seasoned with French sea salt, lemon juice and olive oil and slow cooked in order to keep the juicy and tender texture of the meat. The beluga caviar and the organic poached egg add freshness to

the dish.

Iberico pork is world famous. Growing up eating wild grass and oak fruit, the Iberico pig has tender and tasteful meat. Matched with 5J Iberico ham, the meat will give you a deeper impression of the rich flavor.

Lamb from Australian is selected to make the lamb rack crown. Marinated for 72 hours and grilled on volcanic rock, the lamb is matched with Mediterranean style vegetable lasagna and potato wedges. You can choose union mushroom sauce or mint melon yoghurt sauce.

Crispy Rougie duck breast is a famous French dish. The duck breast is slow decocted till the skin is golden and crispy. Shredded orange peels and orange sauce is always the best match with duck.



Iberico pork flank steak with tomato sponge

- 📍 **Add: 2 Changde Dao, Heping District (near Minyuan Stadium)**
地址: 和平区常德道2号(近民园马车驿站)
- ☎ **022-23329966**
RMB 400

NANJING DA PAI DANG NEW DISHES FOR SPRING



Bamboo Shoot Simmered with Fish Maw

Nanjing Da Pai Dang has launched its spring menu featuring Huaiyang cuisine made with the freshest ingredients. According to a Wechat vote initiated by Nanjing Da Pai Dang, bamboo shoot is the most wanted ingredient in spring dishes. Bamboo shoots can be fried with other vegetables or matched with fish like the long snout catfish. The best part of the long snout catfish is the fish maw and when

simmered with bamboo shoots it has a taste like nothing else.

Flavored Suji is a new dish. Suji, literally translates as vegetarian chicken, and is a type of tofu product that has a flavor similar to chicken. It is slow cooked in pork bone soup and the resulting suji tastes juicy and has a soft texture.

For dessert, you can try the pudding combo made with either purple potato paste, red potato paste or horse bean. The pudding is very sweet, smooth in the mouth and fresh on the palate. It is especially popular with the kids.

Add: 4F, ITC Mall, 39 Nanjing Lu, Hexi District(Xiaobailou Station)
地址: 南京路39号国贸购物中心4层

58689777

Add: 3F, Metropolitan Plaza, 183 Nanjing Lu, Heping District (Yingkoudao Station)

地址: 南京路183号世纪都会商厦3层

022-59066111

Add:4F, Riverside 66, 166 Xing An Lu, Heping District

地址: 兴安路166号恒隆广场4层

4001877177



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Milk is highly recommended because of its nutritional value.

THE VARYING VIEWS ON MILK

by **Kate King**

Milk is one of those topics that no one seems to agree on. Drink it or not? Healthy or not? Organic or non-organic? Cow's milk or goat's milk? Raw or processed? The questions are endless and so are the answers. So, in the article today we'll discuss what some say are the benefits of milk and how some vehemently reject it.

In the States the daily recommended amount of dairy for adults is 3 cups a day. This can take the form of milk, yogurt or cheese. Milk is highly recommended because of its nutritional value. Calcium, potassium and vitamin D are all found in milk. Calcium is touted for its bone strengthening properties. We all want strong bones right? It is also associated with reducing blood pressure and diseases like type-2 diabetes and cardiovascular disease, according to choosemyplate.gov. Some sources say drinking milk is the key to lovely, glowing skin! This benefit will surely get the attention of our Chinese friends. For every one cup of milk you are also getting about 8 grams of protein. For all those out there interested in building muscle, getting enough protein is paramount.

Milk sounds great right? Let's drink up! Not so fast. There are also a plethora of

naysayers out there. What could possibly be bad about all this nutrition in a glass? Let's take a look.

First of all, there is always pressure on the farming industry to produce more and more milk. While farming technology has come into the modern century and has done a lot in itself to produce more milk, according to bodybuilding.com, drugs have also been heavily involved in the increased production. Cows are given a hormone called rGBH. rGBH stands for, recombinant bovine growth hormone. This is given to cows specifically to increase milk production. Frequently injecting the cows with this hormone leads to infections which, in turn, leads to the need to administer antibiotics. More drugs. The drugs given to the cattle, no doubt, find their way into the milk.

Still others adamantly deny that these drugs enter into the milk in any amount that is actually harmful to humans, and whatever trace amounts of drugs are in the milk are destroyed by the digestive system once we have drunken it.

You will find, as I have, trying to investigate milk leads to a dizzying path of each party saying the other is false.

There is, though, one fact about milk that all seem to agree on. Some people are lactose intolerant and simply cannot drink

WHILE FARMING TECHNOLOGY HAS COME INTO THE MODERN CENTURY AND HAS DONE A LOT IN ITSELF TO PRODUCE MORE MILK, ACCORDING TO BODYBUILDING.COM, DRUGS HAVE ALSO BEEN HEAVILY INVOLVED IN THE INCREASED PRODUCTION.

milk. So for those of you out there that have no option but to drink a milk alternative, there is good news for you. Or for those of you who can actually drink milk, but choose not to, there are other options. Like what? There is rice milk, almond milk, coconut milk, lactose-free milk, hemp milk and soymilk. Be aware, soymilk is yet another topic that has extreme opinions on both sides.

So what we have learned? We just have to do our own research and decide whether or not we want to drink milk. In the end, we alone will bear the consequences of our decision. Happy researching!

小牛奶，大学问

关于牛奶，我们总有不同的意见。喝与不喝，有机还是非有机，牛奶还是羊奶，生乳还是加工乳，不同的人总会有不同的回答。今天的文章，我们就要和大家好好聊聊牛奶的好处，以及为什么有人会拒绝它。

在美国，成人每日推荐的乳品量是每天3杯，乳品形式不限，但因为牛奶的营养价值更高，所以备受推崇。牛奶中富含钙、钾和维生素D，不仅可以增强骨骼，降低血压和减少心血管疾病的风险，还可以使我们的皮肤变得光滑细腻。每天一杯牛奶，可以让我们获取8克的蛋白质，对于健身爱好者而言，好处多多。

牛奶虽好，但还是有很多朋友对它敬而远之，为什么？

当今的农业生产，压力越来越大，虽然现代的农业技术已经帮我们获得了更多的牛奶，但我们依旧避免不了在养殖过程中添加各种生长激素，以此来刺激牛奶产量。除此之外，很多农场还会给奶牛注入抗生素、药物来防止奶牛感染。还有一些朋友选择不喝牛奶，他们的主要原因是乳糖不耐受。这个时候他可以选择诸如杏仁奶、椰子奶、豆奶等饮品。

关于牛奶，我们都有自己的决策，希望你能喜欢自己的决定并身体健康。



Electronic lock

LOCK IT UP

by Carmen King

Expats in China need to get up to speed on locks. Not all locks are created equal. Some are extremely easy to pick! Thieves in China are very savvy. Do not underestimate them. Sadly, not only may the existing lock be a cheap one, but the landlord or even the previous tenant may have a copy of the key. Before signing the contract for a rental get the landlord to agree in writing to allow you to install your own lock in addition to the existing one.

Be aware many doors in Tianjin have a lock system whereby the door can be "locked" from the inside using a key. If so, anytime you are at home it is advisable to lock the door using the key and not just close the door. Sometimes it seems like the door auto locks when it is shut. In most cases though the lock isn't truly locked unless you use the key from the inside, lock the safety lock below the handle, or with some systems turn the handle up. Be sure you know how yours works.

You must double check if after locking the door with the key from the inside someone else from the outside can still use a key to unlock the door. This is important if for example one person is home and locks the door, while another roommate has yet to return. Oddly, some locks if locked from

the inside cannot be unlocked from the outside even with the key. So again, carefully check before unknowingly locking a roommate out!

The other issue is, to be sure you leave a key near the door after locking it from the inside with the key. That's because the only way to unlock the door will be with the key. Same thing goes for those locking the door from the outside with a key. Be absolutely sure if a person is left inside, they too have a key to unlock the door and you didn't take the only key. Or else, they will literally be locked in. This could be life threatening if a fire started and they don't have a key to use from the inside. Even crazier, is that some locks if locked from the outside, can't be unlocked from the inside even with a key. The bottom line is, test the locks and all keys before unintentionally trapping someone inside.

When installing a lock, consider paying extra and getting a better lock system. Some are cheap and easily picked. Others have more advanced key systems offering greater security. Another option is to install an electronic lock. These may use a pass-code or card-swipe system to open. Be extremely cautious though as these usually run on batteries. When the batteries die you can get locked out. Only buy an

IN MOST CASES THOUGH THE LOCK ISN'T TRULY LOCKED UNLESS YOU USE THE KEY FROM THE INSIDE, LOCK THE SAFETY LOCK BELOW THE HANDLE, OR WITH SOME SYSTEMS TURN THE HANDLE UP.

electronic lock that has a manual key override or has terminals for using a battery from the outside to unlock the door in the event the inside batteries fail. Bringing an electronic lock from overseas may provide even a better level of security in thwarting the efforts of local thieves. When moving out prepared to either leave the locks behind or buy some sort of cover for the lock holes in the door. When it comes to installing locks, only use a reputable company or friend. Otherwise, they may be connected to some shady characters setup you up for getting robbed.



A better lock system is very necessary.

选一把好锁，让家更安心

中国的家庭，每家都少不了门锁，但不是所有锁的质量都是同等，有些很容易被撬开。小偷都很聪明，永远不要低估他们的实力。如果你是租房客，那么在签订合同前，务必和房东沟通好，让他允许你可以安装一把新锁，以确保自己的财产安全。

在天津，很多家庭的大门都会有防盗系统，住户可以从房间里将门反锁。当你在家的时候，一定要记得将门反锁好，因为简单的关门还是会给小偷留以撬锁的机会。

当我们安装门锁时，不妨考虑多花钱购买那些质量以及防护系统更安全的门锁。老话讲，一分钱一分货，这在任何时候都非常适用。条件允许的，还可以考虑电子锁，用密码或刷卡系统来打开门锁。用电子锁还有一个问题，那就是当电量耗尽的时候，我们很容易被锁住，因此购买电子锁最好选购带有电子钥匙的那种。最后，选择品牌时，尽量选择口碑较好者，不妨多参考朋友的意见。

OVERSHARING ON WECHAT

by Culturalbility

Wechat moments

What to share and what not to share? That is the question we all need to ask ourselves every single time we post anything to our personal Wechat account's Moments feed.

Staying connected to all the people we meet in our everyday lives is awesome, but having that friend's roommate you added two years ago at a random party see your every waking move isn't always the best idea. Know what we mean?

Be smart and prudent with the words, pictures, videos, and music you share on Wechat or if you really want to keep things organized, be sure to keep a close watch on who you are adding and who you are allowing to see all of your posts.

With every one of your connections, you have two specific safeguards to protect who sees and who doesn't see your stuff:

First, every profile includes the option to not show your Moments posts to them. If you select this, the other person will not be able to see any of your old or new posts. Easy.

The second precaution you can take, is to set tags for every single person you add. You can name these tags anything you want, but a couple suggestions would be "Public" or "Friends" or "Crazy Person." Then when you are posting something new, you can select which tags your post is shared with or which tags it's not shared with.

And please, always keep in mind, that some things just aren't meant to be shared at all. We can simply use the acronym TMI, for Too Much Information. More recently, the internet has started using the word

"oversharing." Don't be the guy who overshares.

About Work

When it comes to work, your employer probably already has regulations in place that clearly state what things you can and cannot share on social media. They would usually include not sharing private customer data or photos of your students without consent.

Also, if you ever add a potential employer on Wechat, it's almost entirely certain that they will look back at least a few months. Numerous studies have shown that HR people in every industry will do as much research on you as they can online before choosing who to hire.

Avoid talking negatively about past or current employers. Inappropriate pictures and photos showing you doing anything that might appear illegal should be an obvious no-no.

About Family

Your loved ones all have different views on what can and cannot be shared. We all have the one aunt who tags you in every embarrassing childhood photo. Does that mean we can automatically share any photo we take of them without asking first? No. Be courteous and follow the golden rule.

If they've really posted something you don't like, just tell them directly. Thankfully, you can't be easily fired from your family. If you post something a little risqué of your aunt, though, prepare to be shunned or ridiculed at the next holiday get-together.

Another route is to not even tell your fam back home about Wechat. They might never even know.

About Friends

This category will take a little more self-critique. Have you ever posted a photo of your friends from a night out on the town? How about a screenshot of a hilarious private chat conversation? These are gray areas that should be avoided at all costs until you get their permission.

Just like family members, each buddy's preference is completely different. If a friend asks you to untag or delete something of them, we highly recommend doing that promptly. For the sake of your friendship.

Don't get us wrong, we're not saying that you should never share anything. Sharing things is what has made the internet more social.

What we are saying is that instead of expecting people to share everything in their newsfeed, we should learn discernment on how to set clear boundaries.

If you or someone you love is oversharing, consider the consequences and start making changes today. That being said, never forget to protect your privacy online, and protect others' personal space as well.

分享有度，安全为主

朋友圈究竟该怎么晒？这是个问题。我们使用微信，随时随地和朋友保持联系，这是很好的一件事。但如果被那些我们随意加上的陌生人、那种彼此不联系不沟通不拉黑的朋友，看到你的随时动态，这样的做法可能就会显得不那么理智，你能明白？

当你在朋友圈里分享一些东西时，一定要谨慎小心，时刻都要注意你所添加的朋友。对于朋友圈的联系人，你有两种方式可以帮助大家保障信息安全。第一，对陌生人关闭你的朋友圈；第二，分组朋友。在这个信息化的时代，我们有太多的朋友成为了分享族，但请记住，不是所有的东西都适合拿来分享，也不是所有的东西都值得被分享。过度分享很可能会为你或朋友带来烦恼。

当我们涉及工作时，应尽量避免在朋友圈里谈论过去以及现在的雇主信息，因为很多企业雇佣一个新人的时候都会对他的过去信息进行调查。因此，切莫在朋友圈里发表过多有关工作内容的言论。我们的家人总是善于贴出你童年同样的照片，如果这张照片你真的不喜欢，直接告诉他们。家人永远是家人，即使惹了他们生气，我们也还永远是家人。

朋友之间的处理上，我们应多做一些自我批评。如果你发过朋友的照片或是私人聊天记录，那么你就应该好好反省一下自己了。每个伙伴的喜好都不尽相同，当你发了一些朋友不喜欢的东西时，就应该尽快删除，以确保你们的友谊继续维持下去。

分享让互联网更加社会化，但分享的同时，我们都需要掌握好一个清晰的界限。改变，从现在开始，慎重分享，小心分享。当然，也不要忘记保护好自己隐私和安全。





HOW TO DEAL WITH A USED MOBILE PHONE?

by **Carmen King**

Getting rid of a used mobile phone can present a few challenges. First, there is the privacy issue. Private user data inside the phone must be erased completely before getting rid of it or face a serious security risk, perhaps even identity theft. Second, phones contain toxic items such as batteries which cannot be indiscriminately thrown. How can we deal with these concerns and dispose of a used phone? Better yet, could we possibly even get some money for our device?

A few expats will rely on person to person selling. In the case where a trusted friend or family member is in need of a phone, this may be the best option. While this may

not bring the highest monetary return, giving or selling the phone to a known and trusted individual dramatically reduces the risks of data misuse. Those with tech skills can wipe their phone of data and then sell it to a classmate, or other associate. This may give a little higher economic return. However, it is highly recommended to double check all private content is deleted without the opportunity for recovery.

In addition to the above rather manual options, there is now an app called “爱回收” which can expedite the entire process. After installation, upon opening the app it will prompt for allowing “location services” to be enabled. In which case it will auto locate the

HOWEVER, IT IS HIGHLY RECOMMENDED TO DOUBLE CHECK ALL PRIVATE CONTENT IS DELETED WITHOUT THE OPPORTUNITY FOR RECOVERY.

city in which the device is being used. A manual city selection can also be done. Most major cities like Beijing, Shanghai, Guangzhou, Shenzhen, Chengdu, and Tianjin all have company service centers.

After selecting the city, the app will auto detect key details of the phone such as make, model, and storage capacity. It then provides two options: “sell this phone” (出售本机) or “sell a different model” (出售其他机型). After selecting “sell this device” the option of “begin testing” (开始检测) will be presented. They are quite handy in identifying what is and isn't working on the device. A series of tests will begin such as playing a sound to check the speakers, asking permission to access the microphone, making a phone call to 112, covering over the motion sensor, and filling in blocks on the screen. Another test will make the display all black, then all white; each time asking if the user sees any spots. After all the diagnostics have completed, the app will provide a quote for the phone. The user can choose to accept or reject the offer. If you do accept it, they guarantee in-person confirmation of all data being wiped clean before taking the phone. The phone can be taken to the nearest service center and payment will be made.

如何处理旧手机?

处理旧手机不是件简单的事，首先你要确保自己的隐私不被泄露，手机里的数据都要清除干净。其次，手机电池中的有害物质会对环境造成损害，所以也不能简单地一扔了之。

很多人会选择把手机转让给可靠的亲戚朋友，这可能是最好的选择。可能你只是象征性地卖一点钱，但至少对方不会恶意使用你的个人数据。

如果能妥善处理旧机，同时还能有些回报那岂不是一举两得？现在有一种APP名叫“爱回收”，通过这个APP你可以卖出自己的二手手机。首先，这款APP会对你的手机进行性能检测，然后根据检测结果出价，如果你接受，APP会和你确认所有数据已经清除，然后你可以把手机拿到附近的服务中心交货和结算。



Explore the city with a sharing bike.

THE BEST ROUTES TO CYCLE IN TIANJIN

by **Bryce Cristiano**

We have all done it! Through all the trials of the winter we have prevailed, to be relieved by a rapidly warming spring. As the heat picks up, now is the perfect time to head out on adventures around the beautiful city of Tianjin without having to be blasted by freezing winds. The spring and fall seasons happen to be some of my favorite times in Tianjin as the city feels more alive than usual. The dark days of winter tend to shut down opportunities for exploration as citizens retreat indoors to escape the unbearable cold and during the lengthy summer days, many people try to avoid the heat over trumped up fears of heat stroke. Fall and spring are the fleeting seasons where the weather is just perfect. It's neither particularly hot or cold and the change in weather brings in a sense of relief that we will have a brief reprieve from the extremes of summer and winter. The flowers are blossoming, the city shrugs off the dreary

winter brown landscape for an explosion of green.

When it comes to exploring the city, the different modes of transportation offer varying levels of convenience. If you're trying to make your way from point A to point B in the quickest manner, the subway will always be your best bet whereas walking will be the most time consuming. However, if your intent is to explore, you have everything to lose by taking the subway. Sure, you get to a specific destination faster. Although, most of us don't measure our lives by how quickly we move from birth to death, it is the experiences in between our birth and fading back into the void that constitute our existence. What we do, what we see, and how we interpret events around us on the way to our destination is what life is truly about. So if you are out with the intent to explore Tianjin, using the subway is perhaps the greatest disservice to that cause.

Walking may be the best way to get a feel for the city but you end up contesting

with your physical ability and time constraints. If you live in a house or stay at a hotel, there's only so far that you can realistically walk in one day before you need to return back to your base. Biking may be the best way to experience Tianjin, not only do you have freedom that taxis, busses, and subways don't offer but you have an added speed that walking lacks. A stroll from the Eye of Tianjin to JieFang bridge immediately outside of the Tianjin Railway Station may be a 1.5-2 hour journey depending on your pace. A leisurely bike ride knocks that down to 30 minutes all while getting the same sights and sounds as walking.

With biking though, it has a number of physical constraints. One, you need to purchase a bicycle, secondly, you need to lock that bike up when you are not on it. Then you need to return to the same location of the locked bike to continue your journey. Pulling over off the bike and going for a walk may seem daunting as you need to make sure your

transportation is not stolen and you must inevitably return to that same location to retrieve the bike. That's extremely tedious.

Many of us who are on the way to work and school chose to catch a ride on the busses for their convenience, even with traffic dragging out the transit time. Biking offers a much greater freedom and reliability than the subway or busses tend to. Recently, biking has made a huge comeback in China as millions are signing up for online bike rental services like ofo and Mobike. These rental bikes offers the ability to pick up a bike wherever people exist and to drop them off at almost any destination. Those of us who come from cities and towns outside of China that do not even hold a flame to the metropolises of Beijing, Tianjin, Shanghai, and Shenzhen; we may have a different idea of ownership. We each have a plot of land, a pool that we seldom use, and a car that's required to traverse the suburban hellscape. Coming to China, you grow to appreciate the communities. We don't need 100 separate lawns when thousands of community members can all appreciate the same parks that are maintained by staff. We don't all need a bicycle that we only use an hour or two a day at the most when we can just share bikes that will be wherever we need them. Living in the city, sharing is a must.

Ofo and Mobike are two of the largest companies operating in this booming industry right now and perhaps you have already seen the bright yellow ofo bikes and the sleek silver Mobikes with their orange accents. Signing up for accounts to use these services are relatively pain free as the applications are entirely in English. After registering, sending a passport photo to confirm your identity, and putting down a deposit of 100-300RMB, you're ready to hit the road. In order to ride a bike, you will need to also load your account with money. At the moment, both ofo and Mobike are offering deals where if you put down 100RMB, you receive an extra 100RMB of free credit

WHAT WE DO, WHAT WE SEE, AND HOW WE INTERPRET EVENTS AROUND US ON THE WAY TO OUR DESTINATION IS WHAT LIFE IS TRULY ABOUT.

attributed to your account. To get the most out of the rental bike experience while the weather is perfect, we have compiled a few classic locations for taking bike rides in Tianjin.

Our first route is along the Hai River as the stretch from the Eye of Tianjin all the way past the DaGuangMing Bridge make a scenic ride that enjoys some of the greatest views of the city. This ride is beautiful during any time of day and it's almost recommended that you try exploring Hai River in the morning, evening, and at dusk to get the fullest experience.

If you're prone to bathophobia (a fear of water depth) you may choose instead to spend time riding along the iconic Five Avenues (五大道). This section of the city feels nestled within the bustling city like a small eye in the storm. With plenty of small cafes and bars to find within WuDaDao, you won't be at a loss for sights as you zip up and down the English styled lanes.

A lengthier ride from south Galaxy Mall starting at the Tianjin Library gets the most sights and sounds of Tianjin. From Tianjin Library, head west along Pingjiang Road (平江道) till you hit ZiJinShan Road (紫金山路). From here, head north towards the Tianjin Tower. You will hit the southern end of the lake surrounding Tianjin Tower, heading directly north up QiXiangTai Road (气象台路). About a kilometer up this road you will hit the WuJiaYao subway station. If you'd like to continue, take a trip west along the canal to Nankai University on WeiJin Road (卫津路). From here, just head north, enjoying the sights

of the university and the many bars offering a break from your journey. A ride along this route is not the most convenient way from Galaxy Mall to Tianjin University but it offers many beautiful sights along the journey. From the massive Tianjin Tower to the intimate side streets along the canals.

Be sure to enjoy these biking services while you can, as the government in Shanghai has already begun to regulate their use and those policies may soon find their way to Tianjin!

津城最佳骑行路线

春天和秋天是我最喜欢的两个季节，温和的天气最适合探索这座城市，整个城市也更加有活力。寒风烈烈的冬天已经过去，气温上升，各种花都开了，满眼都是一片绿色。

想走遍这座城市有很多方法，最快的可能就是乘坐地铁了。但是如果你想仔细品味这座城市的街道和景色，坐地铁就错过了一切。靠双腿丈量城市可以随时走走停停，但又受到时间和体力的限制。

既可以悠闲地饱览风景又可以节省一些时间的方法就是骑自行车了，这是春季最好的户外交通方式。你可能会觉得骑车也很麻烦啊，因为首先你要买一辆车，到达目的地之后要锁好车，但还是会担心车被偷走。

但是现在共享单车的普及解决了这些烦恼，即使是外国人也能很轻松地注册和使用，不受使用地点的限制。这对我们这些从小地方来的外国人来说是一种全新的生活方式。我们都住在城市之外，地广人稀，每家都有自己的土地，一个利用率很低的游泳池，无论去哪都需要有辆车。到了中国之后，我们培养了一种社区的概念，不用每家每户都有一个草坪，我们可以共享一座花园；我们不必每人买一辆自行车，我们可以共享。

我想推荐几个非常适合骑行的路线，涵盖了天津最具代表性的景点。首先，你可以沿着海河从天津之眼摩天轮开始，一直到大光明桥。我建议早晨、黄昏和晚上各进行一次骑行，这样你会有最全面的感受。

位于摩天高楼之间的五大道地区也是天津的标志，这里分布着很多各具特色的小咖啡馆和酒吧，徜徉于西式街道和别墅之间，你会感到目不暇接。

天津文化中心是天津的地标之一，从天津图书馆出发，沿平江道一直骑到紫金山路再向北行至紫金山路，然后转到气象台路，继续骑下去就到了天和南大的校园，你可以感受一下天津的校园文化和周边性价比极高的餐厅和酒吧。这其实是一条绕远的路线，需要体力很好才能完成，但同时你能看到的风景也更多。

Skyline of Tianjin



SUZHOU EMBROIDERY

SUXIU

by David Wong



Suzhou artists are able to use more than 40 needlework and a 1,000 different types of threads to make embroidery

In previous JinMag Travel articles, we have identified Suzhou 苏州 the second largest city in Jiangsu province 江苏省 just 100 kilometers northwest of Shanghai and one of the top ten economic centers in China with over 10 million population. You can see that Suzhou is rich, as reflected by the clean, spacious streets and abundance of greenery and parks. Suzhou also has a rich history being established in 514 BC and on the route of the Grand Canal. Suzhou is also the ancestral home of I.M. Pei 贝聿铭 Bei Yuming who is a famous modern American Chinese architect. Mr. Pei designed many of the Bank of China buildings, John F. Kennedy Library and the Louvre Pyramid in Paris.

This article will focus on Suzhou Embroidery, which is famous throughout China and worldwide. Embroidery was originated in China about the 5th to 3rd century BC. There are several different styles of embroidery that developed in China over the past 2500 years. In Hunan 湖南 called

“Xiang Xiu” (湘绣), Guangdong 广东, called “Yue Xiu/Guang Xiu” (粤绣/广绣), Sichuan 四川 called “Shu Xiu” (蜀绣) and what we will discuss here is Suzhou “Su Xiu” (苏绣).

Suzhou embroidery is famous for its beautiful patterns, elegant colors, variety of stitches, and consummate craftsmanship. Its stitching is meticulously skillful, coloration subtle and refined. Suzhou artists are able to use more than 40 needlework and a 1,000 different types of threads to make embroidery, typically with nature and environment themes such as flowers, birds, animals and even gardens on a piece of cloth.

There is also special subset of Suzhou embroidery that is double sided stitching and there is a completely different pattern or picture on the two sides. The ends of the stitch are not knotted but woven into the back, which takes a very special skill and makes this type of embroidery very scarce and expensive.

[Embroidery shops by the hundreds](#)

The district to visit in Suzhou is Zhenhu 镇湖 to see an incredible variety of embroidery. There are over 100 shops, displaying every design that you can imagine. Many shops had women making the embroidery on site and did not mind to have tourists taking photos and asking questions.

Most of the artisans were from the local area and started doing this handcraft from a very young age. Some of the works take from one to two weeks to months depending upon the complexity of the project. I asked if this type of work was hard on the fingers as I assumed that constant needlework would result in arthritis or rheumatism of the fingers

SOME OF THE WORKS TAKE FROM ONE TO TWO WEEKS TO MONTHS DEPENDING UPON THE COMPLEXITY OF THE PROJECT.

and hands. I was surprised when the middle aged lady indicated that the big problems is the eyesight and as she grew older, needed stronger eyeglasses and would probably have to stop doing this because of the strain on her eyes.

It was amazing to me that these wonderful works of art were created from copying photos, drawings or paintings. I guess I was thinking that they would follow a designed pattern or almost paint by numbers canvas, but all this is completed by freehand and truly is a unique handmade masterpiece. Each of these artists specializes in certain types of styles. Some only do portraits, the typical large life size embroidery of Chairman Mao and Chairman Shi could be seen in many windows. But what intrigued me most was some embroidered pieces were made from photos of family or family pets. What a lovely piece to have as a memory rather than a common studio photo portrait. I asked if the embroidery would fade over time but was told if the embroidery is made from high quality silk and framed properly with glass, it will last a longtime, just don't display it in direct sunlight. Pieces of Chinese embroidery have been discovered from 300 BC. So your piece should last.

The other common pieces were the typical fishes, dragons and the 12 Chinese zodiac creatures representing the Chinese

lunar year. This year being the rooster. Fishes were abundant as it is a homonym for the Chinese word "Yu" 余 means surplus or abundance and fish "Yu" 鱼 has the same pronunciation. These fish are usually in groups or 6, 8 or 9 again these numbers in Chinese are homonyms for 6 "Liu" 流 to flow (good for business), 8 sounds like "Fa" 发 prosper, and 9 "Jiu" 久 long lasting or longevity.

Machines

With the advent of computers, many embroidered patterns and logos are machine made and even complicated designs and portraits can be machine made. So one has to be careful to make sure your work of art is actually hand made. I was told that an easy way of telling the true hand made item, is looking at the back of the embroidery, and the handmade one will have irregular knots by the machined one will be very even and uniform.

Conclusion

One thing that was very strange during my visit was the street and shops were almost empty and very few customers were seen. I asked some store owners and they indicated that a few years ago there was a huge expansion of new stores but business has dropped considerable due to the economic down turn but the area is still flooded with

tourists during major holidays and the summer time due to the proximity of Lake Tai 太湖 which is nearby and is China's third largest freshwater body of water. It is also the origin of the world famous Yixing 宜兴 clay teapots.

Although not overly crowded with buyers, all the stores were still open for business but not very interested in offering too many discounts. So you need to take your time and shop around for what appeals to you.

While in Suzhou, take the time to visit the Suzhou Silk Museum on Renmin Road, it is an excellent venue an all exhibits have English. This provides an excellent history of the development of silk and a special section of embroidery.

瑰宝苏绣，文化传承

之前的文章我们介绍过苏州的历史和景点，本月的旅行我们还将围绕这座古城展开，只不过不同的是，这次我们要带大家了解有关“苏绣”的故事。

众所周知，刺绣是中国民间传统手工艺之一，在中国有着两千多年的历史。发展至今，刺绣早已根据地理、风格、手法等特点形成以苏绣、湘绣、蜀绣和粤绣为主的四大门类。

苏绣以其图案精美、色彩雅致、针法多样、工艺精湛而著称。它的缝纫工艺精湛，着色精细，主题常以自然环境为主。双面绣，堪称苏绣中的瑰宝，它的特点是在同一块底料上，在同一绣制过程中，绣出正反两面图像且轮廓完全一样的刺绣作品。在中国苏绣艺术中，双面绣是它皇冠上的一颗明珠，集中体现了苏绣的技术水平。

说到绣店，游客朋友们一定不要错过苏州镇湖上那条琳琅满目的小街，街道上大大小小绣店百余间，有的却是千奇百怪，各式各样的苏绣精品。沿街一直走，你会看到绣女们认真刺绣的场景，感兴趣的朋友可以驻足拍照或简单聊天，她们也都不会介意。

绝大多数的刺绣师傅都是当地人，他们在很小的年纪就开始学习刺绣技法。一件作品，复杂的时候往往需要耗费几周甚至几个月的工时。这样的工作在我看来最消耗的应该是手指关节等部位，但当询问一位中年妇女之后，我却被告知她们最大的问题不在于肢体而在于眼睛。年纪越大，视力就会变得越模糊。

不过最让我惊讶的，是很多刺绣作品都是绣师根据现有的画片和照片手工缝制出来的。当然，你也不必担心作品有褪色的问题，因为据记载我们发现的最早的刺绣作品来自于公元 300 年前，所以你的作品应该也会保存很久。

在我整个参观访问期间，我发现有一件事很奇怪，明明是很好的艺术品，但街道和商店的游客却寥寥无几。问了一些店主才知道，几年前新店的扩张导致了经济下滑。不过一些重大节日或是旺季的时候还是会有很多游客选择来太湖旅游。尽管游客不多，但店铺依旧正常营业，店主也似乎无心为了招揽生意而打出各种促销的幌子，所以想要淘宝的朋友，还得在这附近多转转才行。



Double sided stitching



Green Park Villa Wedding

With the blossoming flowers, green grass and blue sky, Green Park Villa is the best choice for a western style wedding. Enjoy the gift of the great nature, tailor-make your gorgeous wedding and make your lifetime commitment.



Enjoy Your Spring Vacation in Jizhou

Jixian Marriott Hotel promote Spring Package for family guest, only start from RMB880 net, includes stay at one deluxe room, buffet breakfast for two adults and one child under 1.4 meters, 3 hot spring tickets for two adults and one child under 1.4 meters, enjoy kid's castle for one child and 2kg strawberry picking ticket.

Tel. 86.22.29179999

No. 6 Fenghuangshan Rd, Yu Yang District, Jizhou, Tianjin 301900 China
marriottjixian.com



Enjoy the Lobster Gourmet Night at The St. Regis Tianjin

The unlimited lobsters galore at The St. Regis Tianjin await you, start cracking and indulge in a lobster in ice featuring South Africa lobster, Austrian Slipper, Green Shell Lobster and other seasonal varieties of lobster. Our Executive Chef Kenny created mouthwatering repertoire of lobster dishes that are spread throughout the buffet line which includes of Boston lobster salad, lobster soup with brandy, Japanese tepanyaki lobster with cheese, steamed lobster and many more.

Pamper yourself with dazzling and freshest flavors on spring evenings and enjoy unlimited serving of wines and beer at Promenade.

Available Date: March 1st to April 30th, 2017 (From Thursday to Saturday)

Dinner Period: 5:30 to 9:30pm

Price: RMB528 per person

For more information and reservation please call: 022-5830 9959



Spectrum Lunch Set Menu

Price starts from RMB 48 net/set

Chinese, Western & Japanese set menu for your selection!

The price including VAT & service charge

Reservation: 8319-8888 Ext. 3570

Venue: 7F Spectrum, Hotel Nikko Tianjin



Feast on Spring Freshness

The sights and sounds of spring inspire the desire for fresh tastes and flavours. Feel renewed at Feast with our tasty spring seasonal dishes including braised bamboo shoots with soya sauce, wok fried prawns with dragon well tea and fried egg with fresh toona leaves to create an unforgettable spring taste sensation.

Price: Lunch RMB198/person, Dinner RMB258/Person

Date: 7-28 April

Venue: Feast



Seafood Buffet Dinner @ Tangla Hotel Tianjin

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

Enrich your taste buds with the extensive array of sublime dishes from seafood, grilled meats fish and Asian dishes which include free flow of local beer, soft drink, coffee and tea.

RMB298 / person

RMB596 / 3 persons

*Above price is subject to 15% service charge

Operation Hours: 17:30-21:30

Venue: 49F S6U

For reservation, please call 022 2317 5109



Tuangou Discounts at TGI Fridays

1. Shanhuifu at Dianping.com: pay 100RMB to cut 15RMB
2. On Meituan, Dianping and Nuomi: 85RMB voucher for the value of 100RMB
3. On Meituan, Dianping and Nuomi: Buy one burger set meal to get one free Set meal for four persons: only 299RMB (Monday to Thursday)
4. Souhuibao discounts and Seckill discount (for details please see the webpage)

Tel: 022—58695555

Add: 7+2, Fukang Lu, Nankai District



Break Bread With Family This Easter

Between egg hunts and off to church, there's a lot of excitement on Easter morning. Join us for Easter brunch on Sunday, April 16 at Renaissance Tianjin Lakeview Hotel BLD Restaurant, come with your parents can enjoy succulent plants DIY.

Easter Day Sunday Brunch @ BLD

RMB 338 net/person, 11:30-14:30, 16th Apr, 2017 Sunday

RSVP: 022-5822 3160/3161



Tianjin Eight-Bowl Gift Boxes

With over three decades of experience in Tianjin cuisine, Chef Weijin Zhang is proud to introduce you to a renowned Tianjin dishes, Tianjin Eight Bowls, featuring steamed sliced pork and marinated egg, poached minced shrimp balls in superior broth, stewed beef strip with soya sauce, braised mandarin fish Tianjin style and more. Displayed in exquisite gift boxes, these creative delights with an authentic taste are good as a gift to yourself or for friends and relatives. Orders must be placed 48 hours in advance. Prices start from RMB688+*per box.

Date: April 1, 2017 – April 30, 2017

Venue: 1st Level, Tian Tai Xuan of The Ritz-Carlton, Tianjin

Tel: 86-22-5857-8888

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



Easter Carnival Extravaganza at Wanda Vista Tianjin

Enjoy the sumptuous dinner buffet on Easter Sunday with your loved ones at Café Vista of Wanda Vista Tianjin!

A dizzying array of epicurean delicacies displayed on numerous buffet stations on Easter night, from selected fresh seafood, mouthwatering barbeque, exquisite desserts and traditional buffet favorites to the highlight of the buffet: Easter themed chocolate display and much more...

A visit from Easter Bunny, creative face paintings, kids drawing and Easter egg hunting will be as special treat for the little ones. A fabulous Easter Carnival is waiting for you with live band performance, lucky draw prizes and much more at Café Vista of Wanda Vista Tianjin.

Date: April 16th, 2017

Time: 17:30-21:30

Price: RMB 198net/adult, free for kids under 1m; RMB 358net/trio for two adults with one kid

Venue: Café Vista, 1/F, Wanda Vista Tianjin

For more information and reservations: 86 (0)22 2462 6888-6014



JIN House Chinese Restaurant of Four Seasons Hotel Tianjin Debuts Authentic Cantonese Dim Sum

Four Seasons Hotel Tianjin boasts a gourmet journey of the unparalleled international standard in Tianjin. On the 7th floor, JIN House Chinese Restaurant offers a high-style Cantonese and Tianjinese dining experience with a sunken dining hall and 11 individual rooms for private dining and entertaining.

Discerning and sophisticated guests can enjoy delectable dim sum with lunch selection set and a la carte menus at JIN House from now on.

Applicable at RMB 276+15%/set or RMB 376+15%/set with each set for two persons during lunchtime daily.

For inquiry or reservation, kindly contact JIN House at +86 (022) 2716 6262 directly, or Four Seasons Hotel Tianjin at +86 (022) 2716 6688.

The Ritz-Carlton, Tianjin Unveiled “Timeless Love” Wedding Fair

The Ritz-Carlton, Tianjin has showcased the latest upscale wedding themes and trends at a “Timeless Love” wedding fair on 11-12 March 2017.

Themed to the concept of a “Timeless Love” and featuring white and green as the main colors for spring season, the Wedding Fair was characterized by the use of a profusion of flower decoration and aims to create a romantic garden of love.

At the ‘castle’ of The Ritz-Carlton, Tianjin, each wedding will be personalized and crafted by our wedding butler to fulfill your fairy tale wedding dreams and take your big day to a new romantic height.



Shangri-La Hotel, Hosts 2017 Spring Wedding Fair

Shangri-La Hotel, Tianjin presented its spring wedding fair in the hotel’s Grand Ballroom at 2 p.m. on 18 March, 2017. In co-operation with well-known wedding brands, the hotel featured a wedding fair with the theme “Encounter with Shangri-La”, showcasing a colourful feast for the senses. More than 100 couples attended the afternoon’s activities.



You are My Sunshine

Renaissance Tianjin Lakeview Hotel hold its first spring wedding show of 2017: YOU ARE MY SUNSHINE at The Lounge on Saturday 11th of March 2017 2pm. The hotel was honored to hold this wedding show in the presence of the top companies in the wedding industry of Tianjin, more than 100 guests attended the event.

This show fully utilizes the unique wedding venue of Renaissance Tianjin Lakeview Hotel: the huge open-design lobby spanning 11 floors. The rooftop windows allow for light to energize the entire area during the day and for star-gazing at night. The lobby lounge has been decorated with blue-green, light color roses, which provided all the guests a deep feeling of spring and sunshine.



Radisson Returns to Tianjin!

The Radisson Tianjin first opened its doors in April 2008. After almost 7 years as a Radisson, in January 2015, the hotel was de-flagged and run as Tiancheng Hotel. The Radisson brand returned to Tianjin in January this year!

“Our goal is to provide the best service and achieve the highest customer satisfaction by providing the key necessities for a successful hotel operation, namely putting our people first thus making the hotel a happy environment for the staff and guests alike...” says Maurice Cook, General Manager.



The St. Regis Tianjin Goes Dark to Shine a Light on Climate Action

The St. Regis Tianjin goes dark to shine a light on climate action with Earth Hour 2017. The hotel joined millions around the world in turning off lights for one hour on March 25 at 8:30 p.m. local time to illuminate a powerful message about environmental awareness and action.

The St. Regis Tianjin had a healthy race activity in collaboration with Financial Street Holdings, all participants received a T-shirt and top 10 finisher male and female received an event memento.



Prohibition Party at the Historical O'Hara's Bar at The Astor Hotel

The legendary O'Hara's Bar at The Astor Hotel, a Luxury Collection Hotel, Tianjin hosted a 1920's themed Prohibition Party at the bar on the evening of the 18 March, 2017, where the guests were taken back through time to experience a unique era.

Some of the highlights of the evening include live music from a jazz quintet who performed the classic soundtrack from the age, a selection of cigars including Cohiba Siglo, Romeo y Julieta, Churchill and Monte Cristo, and a special range of prohibition era cocktails, including Barrel Aged Negroni that was poured straight from the bar's own barrel on the bar counter.



Win Hongbao and Free Ride on Mobike

Mobike announced on March 23 the launch of Hongbao bike nationwide. Users can locate a Hongbao bike via Mobike APP and as long as the valid riding time exceeds 10 minutes, the user will gain a duo of rewards, including 2 hours of free ride and a Hongbao valuing from 1RMB to 100RMB.



Hyatt Regency Tianjin East as Sing!China Tianjin Official Designated Hotel

2017 Sing! China Tianjin area competition launching ceremony and press conference was held successfully at Hyatt Regency Tianjin East with more than 300 guests including China famous singers, CCTV directors, national and local organizing committees and media on 12 March 2017. A wonderful performance from the champion of CCTV Star Avenue TV program Mr. Liu Dacheng, who took photo with the hotel Director of Sales and Marketing Mr. Howard Li. As Sing!China Tianjin area competition official designated hotel, the organizing committee director and Beijing E-media General Manager Mr. Zhang Feng authorized the certificate to Hyatt Regency Tianjin East.



LISTING

咖啡 COFFEE

红酒 WINE

餐厅 RESTAURANT

酒吧 BAR

购物 SHOPPING

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

RESTAURANT

[Western 西餐厅]

Tianjin Downtown

Café BLD

餐廊西餐厅 ★ P E D3
Offers buffets with open kitchen.

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

Pacifica--All-day Dining

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

element fresh

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

Promenade Italian Restaurant

河岸意大利餐厅 ¥200 P E C7
Cuisines are showcased in a sumptuous
à la carte menu. International favorites
comprising fresh produce are prepared
by a dedicated team of savvy chefs.
1F, St. Regis Tianjin, No. 158 Zhang Zi
Zhong Road, Heping
和平区张自忠路158号天津瑞吉金融街酒店一层
Tel: 5830 9959
Hrs: 05:30am-10:00am/17:30pm-21:30pm

Cholito

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

Drei Kronen 1308 Cuisine: German

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

Venezia Club Italian Restaurant & Winery

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

Terrace Café

燕园咖啡厅 C4
Offers both buffet and à la carte service.
Western and Asian specialties featured
at the buffet and theme nights are
offered nightly.

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

Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 ★ P E D7
Good sausages, awesome pork knuckle
and nice beers.
1F, BLK5, Jinwan Plaza Jiefangbei Road, Heping
和平区解放北路津湾广场5号楼1层
Tel: 23219199
www.ldwg1308.com
Hrs: 11:00am-24:00pm

TGI FRIDAYS

星期五餐厅 P E B4
Great place to have tasty burgers,
french fries, chicken and steak.
No.7-2, Fukang Lu, Nankai
南开区复康路7-2号
Tel: 23005555
Hrs: 11:30am-22:00pm

PAULANER Tianjin

普拉纳啤酒坊 D7
A unique journey experiencing
authentic Bavarian food, flair and
coziness.
Venice Square, Italian Territory,
No.429-431, Shengli Lu, Hebei
河北区胜利路429-431号
意大利风情威尼斯广场
Tel: 24468192
Hrs: 10:30am-01:30am

Brasserie FLO Tianjin

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

La Sala Lobby Lounge

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

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

YY BEER HOUSE
No.3 Ao Men Road, (behind the
International Building), Heping,
2339 9634
17602243371 (En / JAP)
11:00-24:00

[Chinese 中餐厅]

Tianjin Downtown

Shang Palace

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

Din Tai Fung

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

Tian Tai Xuan

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

Trolley Bar

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

[Thai&Malay 泰国&马来西亚]

Tianjin Downtown

YY Beer House

粤园泰餐厅 ★ ¥ 100 P E D6
The best Thai Restaurant in Tianjin
offers the fantastic Thai food and beer.
3 Ao Men Lu, (behind the International
Building), Heping.
和平区澳门路3号(国际大厦后)
Tel: 18526654835 (Eng; WeChat)
Hrs: 11:00am-24:00pm
If need be, we have a designated driver
to take you to your next destination.

YY Craft Beer House (NEW OPEN)

粤园泰餐厅 ★ ¥ 100 P E D6
Xianong Courtyard, No.1, Hunan Lu,
Heping District, Tianjin
天津市和平区五大道先农大院
湖南路1号粤园餐厅
TEL: 58352835 / 185-2225-5354 (En)
Hrs: 11:00-24:00
If need be, we have a designated driver
to take you to your next destination.
Happy hour: Monday~Sunday,
2:00pm~6:00pm, YY craft beers, Buy 1
get 1 free(for 1 person)

Noodle Bar

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

JIN House

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

[FRENCH 法餐厅]

Tianjin Downtown

Nice To Meet You

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

FLO

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

[Italian 意大利餐厅]

Tianjin Downtown

Prego

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

Cielo

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

[Japanese 日料]

Fuku Sushi

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

Kawa Sushi Lounge

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

Wine 红酒

Tianjin Downtown

Montrose Wine House

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

Chantal (Tianjin) International Co.Ltd

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



BAR

Tianjin Downtown

WE Brewery

卫酿酒厂 P E CC ★
WE Brewery has six draft beers which
change depending on the seasons and
the owners desire to experiment as well
as a small but excellent menu of
western food including burgers and
hotdogs.

4, Yi He Li, Xi An Dao, He Ping District, Tianjin
天津市和平区西安道怡和里4号
Tel: 18630888114
Hours: Sun-Thursday: 5pm~midnight
Fri.-Saturday: 5pm-2am
Monday closed

River Lounge

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

Lobby lounge

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

WE Taproom

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

O'Hara's-authentic British lounge

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

Qba

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

Flair

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

Gusto Bar

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

SHOPPING

Tianjin Downtown

Galaxy Mall

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

Mighty Source

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

Joy city

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

Heping Joy city

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

Riverside 66

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

Tianjin Aeon Mall

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

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

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

LISTING

商务中心

International Trade Centre Mall

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

购物

Riverview Place

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

运动

HOTEL

[Hotel 酒店]

Tianjin Downtown

The Westin Tianjin

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

酒店

学校

Wanda Vista Tianjin

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

医疗

HYATT REGENCY TIANJIN EAST

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

房地产

商会



The Ritz-Carlton, Tianjin

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

教堂

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

剧院

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

博物馆

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

按摩

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

公园

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

The St. Regis Tianjin

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

Banyan Tree Tianjin Riverside

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

Holiday Inn Tianjin Aqua City

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

Tangla Tianjin

天津中心唐拉雅秀酒店
No. 219, Nanjing Road, Heping District
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 District
和平区台儿庄路33号
Tel: 2331 1688
Web: www.luxurycollection.com/astor

Radisson Tianjin

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

Four Seasons Hotel Tianjin

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

Saixiang Hotel

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

Holiday Inn Tianjin Riverside

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

Shan Yi Li Boutique Hotel

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

Friendship Hotel Tianjin

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

Zaia Spa & Hotel

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

Geneva Grand Hotel

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

TEDA & Tanggu

Holiday Inn Binhai Tianjin

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

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

Other District

Crowne Plaza Tianjin Binhai

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

Hilton Tianjin Eco-City

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

Tianjin Goldin Metropolitan Polo Club

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

Jixian Marriott Hotel

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

Crowne Plaza Tianjin Jinnan

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

Hyatt Regency Jing Jin City Resort and Spa

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

[Hotel Apartment 酒店公寓]

Tianjin Downtown

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Tel: +86 22 5857 8888



Somerset International Building Tianjin

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No 75 Nanjing Road, Heping District
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Tel: 2330 6666

Somerset Olympic Tower Tianjin

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

Somerset Youyi Tianjin

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

Shangri-La Hotel, Tianjin Full-serviced Apartment

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No. 328 Haihe East Road, Hedong District
天津市河东区海河东路328号
Tel: 8418 8888

Fraser Place Tianjin

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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



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www.JustLiving-Apartments.com

TEDA & Tanggu



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



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

SCHOOL

Tianjin Downtown



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

Tianjin Translation College
天津翻译学院

5/F, Qingxin Building, Intersection of
Changjiang road and Nanfeng Road,
Nankai District, Tianjin
天津市南开区长江道与南丰路交口
清新大厦5楼
Tel: 2737-9758
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W: www.istianjin.org



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NO.1 Yide Dao, Hongqiao District
红桥区义德道1号
Tel: 8758 7199
187 2248 7836
Email: admissions@wellington-tianjin.cn
www.wellington-tianjin.cn

Really Chinese Institute
Really 汉语学院

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

Hopeland International Kindergarten

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

Hopeland International Kindergarten

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

Shuoba Chinese Academy

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

Tianjin Golden Collar Translation Center

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

TEDA & Tanggu



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

MEDICAL FACILITY

Tianjin Downtown

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

ARRAIL International Dental Clinic

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

Raffles Medical - Tianjin

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

Raffles Medical - TEDA

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

CHAMBERS

Tianjin Downtown

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

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

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

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

中国德国商会
Rm.1502, Global Center, No. 309
Nanjing Road, Nankai
南开区南京路309号
环球置地广场1502室
Tel/Fax ++86 (0)22 - 8787 9249
Email: tianjin@bj.china.ahk.de
Internet: www.china.ahk.de

**German Business Circle Tianjin
Deutscher Unternehmerkreis Tianjin, DUK**

天津德国人联谊会
Rm 803, Huake Center, 3 Kaihua Road,
Huayuan Industrial Zone.
华苑产业区开华道3号
华科创业中心803室.
Tel: 8371 7855
Fax: 837 17859

Melbourne Office Tianjin

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

MASSAGE

Tianjin Downtown

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

A Sen Da Mu Tong

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

Gudu Massage

古都按摩
1-1-607, Cheng Ji Center, Nanjing Road,
Heping
和平区南京路诚基中心1号楼1J607
Tel: 2313 7919 / 136 821 90233
Hrs: 10:00-02:00

CHURCH

Tianjin Downtown

Tianjin International Fellowship
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河西区环湖中路22号
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St. Joseph's Cathedral

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

TEDA & Tanggu

TEDA Christian Fellowship
Building A, Report Hall, TEDA
International Hotel, 2nd Avenue,
No. 8, TEDA Tianjin
天津泰达开发区第二大街8号
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ESTATE

Tianjin Downtown

E-SMART Relocation Consultants Co., Ltd
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Tianjin SYD Real Estate Consultants

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OFFICE

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- MEDICAL 医疗
- SCHOOL 学校
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- SPORTS 运动
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- OFFICE 商务中心



SO MANY FOREIGNERS!

by Paula Taylor Photo by You Sihang

Why did you come to China? For many of you that may be a very easy question to answer, especially if you came to work or to study, most foreigners did, or they came to start a business. Some even came for love. For others, including me, we came for other reasons. We all have a story to tell, and I came to China...well, because I wanted to. It was a long held dream for me, so to actually realise that dream was a huge happening in my life.

Tianjiners will tell you that there are many foreigners in Tianjin. When I was there, I still felt that there were not too many of us and if I spotted a Western face in the crowd, I almost always said hello. Do you know actually how many foreigners there are presently in Tianjin? Well for your convenience and comfort, I have the figures, and you never know, they might come in handy some time, like, for instance if you were taking part in a quiz and one of the questions was "How many foreigners are there in Tianjin?"

Jin Wan media conducted a survey on

233 foreigners from 27 different countries to find out their views on Tianjin. The biggest language groups surveyed were English, Korean and Japanese. They were asked about their lives in Tianjin, what they liked and disliked. Guess what? Everybody was worried about the pollution – no surprises there. All the different groups represented expressed dismay at the difficulty in learning Chinese – sound familiar? Those surveyed stated that to be able to speak good Chinese is not something that can be achieved in a short time. So far I am not telling you anything you don't know right? Another big dislike was that the locals did not seem to obey the rules, particularly when it came to transport and traffic rules. Having on several occasions nearly been mown down when I was crossing at a red light (for traffic), I absolutely concur with this. Worries about seeing a doctor was also high on the list. I guess for anyone that goes to a foreign country, getting sick is a big issue, particularly with the language barrier. Another complaint was about the lack of public service notices in foreign languages,

I HAVE BEEN TO A LOT OF COUNTRIES BUT I CAN HONESTLY SAY THAT MY TIME IN TIANJIN WAS THE SAFEST I HAVE EVER FELT IN MY LIFE.

however I think this is a plus as it pushed me to learn characters. And there is absolutely no reason to require another country to accommodate us. How many notices in Chinese are there in your city?

One teacher from Wales who has lived in Tianjin since 1998 and is preparing to go home commented that what he really loved about Tianjin was the people, so hospitable and friendly – me too (I'm not hospitable and friendly but I agree Tianjiners are).

Another aspect we probably could all agree on is that most foreigners feel that Tianjin is really safe. I have been to a lot of countries but I can honestly say that my time in Tianjin was the safest I have ever felt in my life.

Out of all the official statistics regarding foreigners' reasons for going to China, I was most interested in the 1.72% "who to go find another life". That is my category. How about you? I did achieve my aim, I did find another life and I learned things that are benefitting me still, even though I have already been back in England for 3 years.

How many foreigners are there in China? A lot and you are one of them! And do you know what? I really envy you.

看，好多老外！

你为什么来中国？对我来说，这是我长久以来的梦想，无关其他。现在天津已经有很多外国人了，而我刚来的时候还算个稀有动物，只要我在街上碰到一个老外，我都会主动打招呼。今晚报去年底做过一项问卷调查，来自27个国家的233名老外参与了调查。

在问卷中有一个问题是你最不喜欢天津的哪些方面，每个人都提到了最担心这里的污染，当然这毫无疑问。中文太难学和漠视规则也是普遍的感受。还有人提到看病难和缺乏英语服务，其实外国人在任何一个国家看病都是个问题，尤其是语言不通的情况。英语服务只能算是个附加项目，这同时也督促我们这些老外好好学中文，毕竟在你自己的国家能看到多少中国字呢？

一位来自威尔士的老师从1998年来天津居住了，他说最爱天津人的热情和友好，这一点我也很同意。我很好奇，有1.72%的人来中国的原因是“寻找另一种人生”，而我也。我已经圆梦了，你呢？



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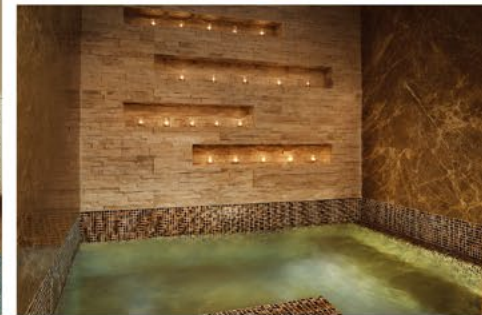
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