



MAGAZINE

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

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Practice Areas >>>>>>

- FDI: foreign-invested enterprises services, business incorporation and collaboration with Chinese partners, commercial negotiation, joint ventures
- Overseas investment by domestic enterprises
- General corporate: corporate internal governance, shareholder dispute, daily operation, risk management, contracts review, corporate finance
- Human resource and labor law: down-sizing or lay-off, labor relations consultancy, labor dispute mediation, arbitration and litigation, draft and review of company internal rules, employee handbooks, labor contract etc.
- M & A: reconstruction, mergers and acquisitions, due diligence, negotiation, legal documents drafting and review, general consultancy;
- PE&VC: establishment of private equity or venture capital fund, investment, due diligence, investment exit, liquidation
- Intellectual property: trademark, trade secret, patents, IP dispute etc.
- Real estate and construction projects: real estate development, construction, land development, property management, real estate acquisitions
- International trade and investment
- Finance, banking and insurance
- Litigation & Arbitration



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Year End
Reunions

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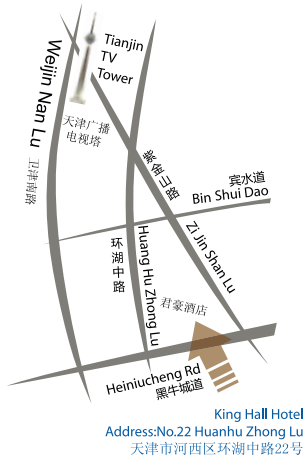
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恼人的朋友圈



A Life of Carving Seals
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Tianjin International School

International School of Tianjin
TEDA International School
Wellington College International Tianjin
Restaurant 餐厅
Ding Tai Fung
YY Craft Beer House
FLO
Yulu Vietnamese Restaurant

Apartment 公寓
SOMERSET
Green Park Villa
ARIVA
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International Relocation
国际搬家公司

REX Service
Others 其他
HR CLUB
TNC
JINGS STUDIO
Montrose Wine House
SINOBO

Nov. 1



▶▶▶ Tianjin Grand Theatre
天津大剧院

Modern dance: Three Masters of 20th Century Art
by Martha Graham Dance Company
现代舞《20世纪三大艺术巨匠》

演出: 玛莎·葛兰姆舞团
Time: 19:30

Founded in 1926, the Martha Graham Dance Company is the oldest dance company in America and has helped develop many of the most famous dancers and choreographers of the 20th and 21st century amongst them luminaries such as Erick Hawkins, Anna Sokolow, Merce Cunningham and Paul Taylor. The company performed in 2007 at the Museum of Contemporary Art in Chicago in a program including "Appalachian Spring", "Embattled Garden", "Errand into the Maze" and "American Original".

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

Nov. 3



▶▶▶ Tianjin Grand Theatre
天津大剧院

Drama: "The Valley of Astonishment"
彼得·布鲁克作品话剧
《惊奇的山谷》

Time: 19:30

Imagine a world where every sound has a colour. Where every colour has a taste. Where the number eight is a fat lady. This breathtaking new play explores the fascinating experiences of real people who see the world in a radically different light. "The Valley of Astonishment" is a kaleidoscopic journey into the wonders of the human brain inspired by years of neurological research, true stories and Farid Attar's epic mystical poem The Conference of the Birds. Peter Brook and Marie-Hélène Estienne return to the Young Vic after their international hit The Suit.

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

Nov. 14



▶▶▶ Tianjin Grand Theatre
天津大剧院

Concert: The Staatskapelle Dresden and Zheng Mingxun

指挥大师郑明勋
与德国德累斯顿国家管弦乐团音乐会
演出: 德累斯顿国家管弦乐团
Time: 19:30

The Staatskapelle Dresden is an orchestra based in Dresden, Germany. It is one of the world's oldest orchestras founded in 1548 by Kurfürst Moritz of Saxony. The precursor ensemble is Die Kurfürstlich-Sächsische and Königlich-Polnische Kapelle.

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

Nov. 7

▶▶▶ Tianjin Grand Theatre 天津大剧院

Piano Recital: Daria Kaminiva
达丽娅·卡米尼娃钢琴独奏音乐会

演出: 达丽娅·卡米尼娃
Time: 19:30

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

Nov. 20

▶▶▶ Tianjin Grand Theatre 天津大剧院

Ballet: Music Works Concert
胡桃夹子—芭蕾名曲作品专场音乐会

演出: 京津爱乐乐团
Time: 19:30

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

Nov. 14

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: Huqin and Nguyen
秋韵如戏—胡琴·中阮独奏重奏音乐会

演出: 张秀岭 官微
Time: 20:00

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

Nov. 8

▶▶▶ Tianjin Grand Theatre 天津大剧院

Piano Recital: Olivier De Spiegeleir
诗歌与音乐—肖邦钢琴独奏音乐会

演出: 奥利维·德·斯皮耶格勒尔
Time: 19:30

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

Nov. 21

▶▶▶ Tianjin Grand Theatre 天津大剧院

Concert: String Quartet
法国阿尔蒂斯弦乐四重奏

演出: 阿尔蒂斯团队
Time: 19:30

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

Nov. 21

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: String Quartet
四季随想—弦乐四重奏音乐会

演出: 蒲公英弦乐四重奏
Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
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Nov. 18

▶▶▶ Tianjin Grand Theatre 天津大剧院

Ballet: Anna Karenina
芭蕾舞《安娜·卡列尼娜》

演出: 圣彼得堡艾夫曼芭蕾舞团
Time: 19:30

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

Nov. 7

▶▶▶ Western Shore Art Salon 西岸艺术馆

Guitar Concert: Zhiwei Band
哈瓦那之舞—志伟吉他乐团专场音乐会

演出: 李志伟
Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
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Nov. 28

▶▶▶ Tianjin Grand Theatre 西岸艺术馆

Concert: Miyazaki Hayao Cartoon Works Theme

奇妙夜—宫崎骏动漫主题音乐会
演出: 四季组合
Time: 20:00

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



Nov. 6

Movie: The Peanuts Movie (2015)

Release Date: 6 November 2015 (China)
 Genres: Animation, Adventure, Comedy
 Director: Steve Martino
 Stars: Francesca Capaldi, Madisyn Shipman, Noah Schnapp

Snoopy embarks upon his greatest mission as he and his team take to the skies to pursue their arch-nemesis, while his best pal Charlie Brown begins his own epic quest back home.



Nov. 13

Movie: Spectre (2015)

Release Date: 13 November 2015 (China)
 Genres: Action, Adventure, Thriller
 Director: Sam Mendes
 Stars: Daniel Craig, Christoph Waltz, Ralph Fiennes

A cryptic message from Bond's past sends him on a trail to uncover a sinister organization. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind SPECTRE.



Nov. 20

Movie: The Hunger Games: Mockingjay - Part 2 (2015)

Release Date: 20 November 2015 (China)
 Genres: Adventure, Sci-Fi
 Director: Francis Lawrence
 Stars: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth

After being symbolized as the "Mockingjay", Katniss Everdeen and District 13 engage in an all-out revolution against the autocratic Capitol.



Nov. 20

Australian Chamber of Commerce in Tianjin



The Australian Chamber of Commerce is expanding its presence by creating a stronger representation in the Tianjin region. AustCham has identified Tianjin as a major growth market for Australian companies and the Chamber currently has a number of members in the Tianjin region in such industries as banking, government, manufacturing, hospitality and education.

To find out more about AustCham in Tianjin we invite the Tianjin business community to join us for an information session, followed by networking drinks at the Westin Tianjin on November 20th.

Australian Chamber of Commerce in Tianjin Information
 Session: 5.00pm – 6.30pm, Free of charge, The Westin Tianjin
 AustCham Drinks: 6.30pm-9.00pm, Free of charge, Westin Tianjin Exchange Bar
 ADD: 101, Nanjing Road, Heping District, Tianjin 300040 China
 RSVP: oliver.theobald@austcham.org



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Todd Mischke

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



Tianjin University To Build Ancient Biology Museum

天津大学将建古生物博物馆

To celebrate the 120th anniversary of its founding, the first fossil museum among the colleges and universities in Tianjin - the Tianjin University Jishan Ancient Biology Museum had its foundation stone laid on October 1. More than 340 paleontological fossils will have a new home in the new campus of Tianjin University. The museum covers an area of 14,000 square meters and the first stage of the project will cover an area of 5,200 square meters. After completion, the museum will become a science and technology platform for exhibitions, archaeology and science.

为庆祝天大建校120周年, 10月1日, 天津首个高校古生物化石博物馆——天津大学吉山古生物化石博物馆在新校区奠基, 340余件古生物化石将在天大“安家”。博物馆总用地面积14000余平方米, 一期建筑面积5200平方米, 建成后将成为融展览、考古、科普、体验于一体的文化、科技平台。

New Regulations to Improve Standard of Living

10月新规, 让生活更美

From October 1 a number of new regulations were gradually introduced including some involving food safety, online shopping, employment of persons with disabilities, business registration and new commercial housing transfer fees. The implementation of these new regulations will help make all our lives better.

10月1日起, 一批新规出台, 涉及食品安全、电商购物、残疾人就业、企业注册、新建商品房转让手续费等方面。

Juilliard School to Launch Campus in Tianjin

天津音乐学院茱莉亚研究院(筹)在美揭牌。

In 2018 New York's renowned Juilliard School will launch its first overseas campus to offer graduate courses in music in the northern Chinese municipality of Tianjin. It will be established in the Yujiapu Financial District in Tianjin and run by Juilliard according to a framework agreement signed on Wednesday by the Juilliard School, the Tianjin Innovative Finance Investment Co. Ltd., the Tianjin Municipal Education Commission and the Tianjin Conservatory of Music. The college-preparatory school will cater for students aged between eight and eighteen. It will also provide symphonic and chamber music courses for music college graduates. The Juilliard School was founded in 1905, and has 825 students from 45 countries. Its alumni have collectively won more than 105 Grammys, 62 Tonys and 47 Emmy Awards.

日前, 天津音乐学院茱莉亚研究院(筹)在美国正式揭牌, 标志着中美合作开办的首个高水平艺术教育学院正式启动, 这也是目前茱莉亚学院在美国本土以外开办的唯一合作办学机构。天津音乐学院茱莉亚研究院(筹)选址在天津滨海新区于家堡金融区, 占地约2万平方米。研究院将从美国茱莉亚学院本部选聘一流教师, 以美国茱莉亚学院的学术标准, 开展硕士研究生层次的教育。

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

120th Anniversary of Tianjin University 天津大学建校120周年

On October 2nd, Tianjin University (Peiyang University) held its 120th anniversary at its new campus. Founded in 1895 as Peiyang University, Tianjin University (TJU) was the first university in China. As a pioneer of modern higher education in China, TJU is committed to a mission of revitalizing this country through education. Fighting arduously in keeping with this mission, TJU proudly upholds its motto "Seeking Truth from Facts" while the faculty follows its guideline of precise learning and strict teaching. In 1951, Peiyang University changed its name to Tianjin University after approval by the State Department.

10月2日,“天津大学(北洋大学)建校120周年庆祝大会”在天津大学新校区举行。天津大学是教育部直属国家重点大学,其前身为北洋大学,始建于1895年10月2日,是中国第一所现代大学,素以“实事求是”的校训、“严谨治学”的校风和“爱国奉献”的传统享誉海内外。1951年经国务院系调整定名为天津大学。

Tianjin Haihe International Dragon Boat Race 天津海河国际龙舟赛暨首届世界名校龙舟大赛举行

The Tianjin Haihe International Dragon Boat Race, also known as the First World Elite Dragon Boat Race, was held in Tianjin on October 1 and 2. The competition attracted twenty university teams from home and abroad to participate - among them Harvard University, Beijing University and other famous universities. The tournament consisted of three competitions - 200 and 500 meters straight racing and a four km return route. During the competition eight teams from different organisations in Tianjin also showed their skills in a wonderful performance for the audience.

10月1日上午,2015天津海河国际龙舟赛暨首届世界名校龙舟大赛在天津市举行。本次比赛为期两天,共有包括美国哈佛大学、北京大学等国内外的20支高校龙舟代表队参加,包括200米、500米直道竞速和4公里折返赛3个项目的比赛。此外还有天津市8支各界龙舟代表队进行500米直道竞速的助兴表演。

20 Buses Adjust Routes 20条公交车调走向

Due to the construction of Hebei Lu, 20 buses have had to adjust their normal routes from October 4. It is not known when they will return to their original routes. The affected buses are 901, 610, 629, 904, 962, 808, 97, 20, 652, 693, 846, 9, 951, 831, 845, 902, 4, 619, 843 and Airport Line 4.

受河北路由北向南断交影响,10月4日首班车开始,20条公交线路调整走向,是否恢复原线另行通知。改线公交包括901路、610路、629路、904路、962路、808路、97路、20路、652路、693路、846路、9路、951路、831路、845路、902路、4路、619路、843路、机场专线4路。

Tianjin Port International Trade and Shipping Service Center Recovery Operation 天津港国际贸易与航运服务中心恢复运行

On October 8 the Tianjin Port International Trade and Shipping Service Center, which was damaged in the blast, was officially reopened. About 13 government service agencies and more than 50 enterprises have been fully restored to provide a "one-stop" service and efficient and convenient customs clearance services.

10月8日,在“8·12”事故中受损的天津港国际贸易与航运服务中心正式恢复运行,该中心13个政府服务机构和50余家入驻企业已全部恢复“一条龙”服务,提供高效便捷的通关服务。



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LETTER

FROM THE EDITOR

Hope everyone had a good Golden Week holiday during the China National Day, this was the last long holiday until the Spring Festival. The fall season is now upon us so make sure you dress warm especially during the chill of the evening and build up your resistance by having nutritious foods load up your vitamins. One of the best ways to avoid the coming colds and flu during this season is to wash your hands with soap and hot water frequently to kill bacteria.

In this month's issue, our feature article looks at the fast pace that we live especially in China. The fact that this is the most populous country in the world coupled with one of the most robust economies, makes competition very aggressive and in turn the pace here is fast. Can we and should we slow down?

Also this month's article looks at the case for praising children. The parenting section will review the health of children's teeth. Why a little prevention now when they are young will pay off in their adult years.

The food section reviews the Mighty Deli and the second installment of the eight Chinese cuisines, this month is hot and spicy Chuan Cai 川菜 from the province of Sichuan. Also we have an article about choosing cooking oil. Compared to western supermarkets, the selection of Chinese cooking oils is endless, so hopefully this article will help.

Our travel spot for this month is Southern China as we visit Dapeng and Shenzhen. Locally, we will see three favorite locations that expats find comfort and friendship in this bustling city. Our life feature will look at how to focus and zone in on tasks at hand.

Hope you enjoy this issue and let me know if you have feedback.

国庆黄金周已经过去，希望每个人都度过了一个美好的假期。随着秋天的到来，早晚温差也逐渐加大，所以千万别忘了天冷的时候多加衣物，小心着凉。这个季节里，多食用一些富含维生素的食物以及勤用热水洗手，都是不错的增强免疫力并抵御细菌入侵的好方法。本月的主题，我们讨论的是有关中国经济发展速度过快的一系列问题，在如此快速发展的今天，我们的脚步还可以慢下来吗？如果你同样对这个问题感兴趣，不妨找到我们的文章，找到我们不一样的见解。除此之外，我们的教育文章还将为大家讲述赞美的艺术，育儿板块我们将为大家揭晓保护牙齿从小做起的重要性。本期的美食，我们将为大家介绍的是最受国民欢迎的川菜体系。川菜向来取材广泛、调味多变、菜式多样，口味清鲜醇浓并重，以善用麻辣调味著称，如果你是美食爱好者，千万不要错过我们的文章。

Monica Wang
Editor

Correction Statement

In the feature story Medical Care in Tianjin in September issue, we wrongly wrote the name of United Family Hospital as "United Family Healthcare" and defined it as a clinic. Hereby we make this correction statement and sincerely apologize for the mistake and the negative influence that we brought to Tianjin United Family Hospital.



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18.30-19.30 sign in and cocotail party
19.30-22.00 western buffet

Wonderful activities:

cocotail party
elegant dinner
sound and silent auction
live show
lucky draw



晚宴安排:

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19.30-22.00 经典西式自助晚宴

晚宴精彩活动:

鸡尾酒会
精致晚宴
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现场精彩表演
幸运大抽奖

2015.12.08
(Tuesday 星期二)
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FAST AND FURIOUS CHINA

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

If you grew up in the 60's you would remember the popular tune by Simon and Garfunkel "Feeling Groovy" with the opening lyrics: "Slow down, you move too fast..." and if you were working in the 60's there were no computers and people relied on the postal service and the usual response was: "It's in the mail." Which would take up to a week for delivery and 2-3 weeks for international mail.

With turnaround times for a letter to arrive being in the weeks or maybe even

longer if it got lost in route, the term "snail mail" didn't come about for no reason! Electronic Mail or E-Mail wasn't even that fast in the early days. Does anyone even remember the 1998 classic called "You've Got Mail" starring Meg Ryan and Tom Hanks? Two rival book-store owners behind the cloak of "e-mail" fell in love. Later after finding out each other's true identity they struggled to stay together. The movie in many ways marked a beginning of a new lifestyle, a faster life for sure. Yet, in the early days the speed effect was

only beginning. It wasn't even close to the lightning speed of today. Internet and email users could rely on nothing more than dial-up internet service to check their email a few times per day at best!

Today, we rely on electronic communication like never before. If you haven't received a reply from your email within the day or by the hour, you will likely send a WeChat or Weixin 微信 message and finally resort to calling your target by his or her mobile phone. No one will be standing still



doing nothing, look at any group and you will see heads bowed down and not praying but doing something with their smartphone. It has become so bad, that almost every driver will be using their phones while driving, and some even texting, which is so dangerous especially in Tianjin traffic conditions. What is so important that it cannot wait a few minutes without endangering their lives and those around them?

Even if we don't get in an auto accident due to our need for speed in receiving an instant response, that doesn't mean electronic device overload isn't without its pain. WebMD® a major compiler of online medical related information even has a post about "text neck." Yes, that's right specific neck related disorders are being related to poor posture largely related to the common position of the head during "texting" and other electronic device usage. What's the problem? When looking down, the head often changes angle. This angle change results in a greater strain on muscles and surrounding tissue. This can lead to "text neck". A condition even those young in years are running into. So don't think that getting that instant message in an instant is completely consequence free.

We have become a society that is living with information overload and at an ever-increasing rate as we push technology to the limit with faster and faster computers and hand-held devices. The most recent kids' toy is a watch that can also be used as a cell phone, not quite as sophisticated as the Apple Watch but gets the youngsters more accustomed with this type of electronics. Again though we may ask, is getting children online faster better? Are tech-savvy adolescents more prone to lack patience, be obese due to inactive lifestyles, or even lack basic social skills when communicating in person because they are so accustomed to hiding being behind the internet? Regardless of where you stand on the replies to those questions, this process of speeding up technology is most prevalent in China as you look at the demographics of China over the past 60 years.

Demographics

In 1953, the first population census was taken in China and there were 580 million people, today this has more than doubled and approaching 1.4 billion. The coastal provinces and major cities have a population density of 320.6 persons per square kilometer.

Canada is about 9 persons /square km. and United States is 33, Hong Kong is 6571 and the country with the highest density is Macau at 21,000 and the country with less than 5 persons per square km and the lowest density is Mongolia.

The most interesting factor of the Chinese demographics is the movement of migrant worker populations. Those defined as moving from the rural areas to the urban areas. In 1953, the rural population was over 70% of the total by 2015, this percentage had depleted to about 40% and this trend will continue in the near future. Long time Beijing expats are super clear on the reality of this trend. In the past decade rental rates have soared. Why? Demand exceeds supply. As the Beijing bubble nears new records in terms of size Tianjin expats are getting more familiar with this trend. Why? Migrants and expats alike, those that can't afford Beijing often find the next nearest, and rapidly expanding major city, none other than Tianjin. Thus Tianjin too is seeing a steady new supply of migrants moving in.

Estimations are that Chinese cities will face an influx of another 243 million migrants by 2025, taking the urban population up to nearly 1 billion people. This population of migrants would represent "almost 40 percent of the total urban population," a number which is almost three times the current level. So yes, if the statistics are accurate and the predications reliable, this would mean crowded cities will get even more crowded. It also explains why the integration of Beijing,

MIGRANTS AND EXPATS ALIKE, THOSE THAT CAN'T AFFORD BEIJING OFTEN FIND THE NEXT NEAREST, AND RAPIDLY EXPANDING MAJOR CITY, NONE OTHER THAN TIANJIN.

Tianjin, and Hebei is a must not a want. No one city is large enough or has the sufficient infrastructure to handle another possible 243 million migrants. The tactic is clear, try sharing the load of incoming migrants across a larger geographical area.

More Migrants, More Competition

This pressure on the existing work force means that there is increasing competition for jobs, if someone is not willing to do a certain task; there are migrant workers willing to take it up. You can see this in an attitude especially prevalent with younger people, to grab the opportunity now for fear that they risk being left behind or unable to afford it later. Even the most junior of reporters can find numerous examples of such. Be it Beijing, Tianjin, Shanghai, or Shenzhen, without "waidiren" (外地人) a.k.a. migrants, these cities could not function. It is in the same vain as America and the Hispanic population. Countless legal and illegal Mexican individuals are relied upon



More and more migrant workers have moved to major cities.

FEATURE

across the United States for filling jobs. In many cases they handle the highly demanding, intense manual labor related positions. Be it in the East or West, the effect is the same. With a seemingly endless pool of willing workers, the competition for work becomes fiercer. The speed at which an unwilling worker can be and often will be replaced is faster than ever before.

Everyday Speed

Even outside the job markets, everyone seems to be in a hurry. Look at the street corners where pedestrians will cross on red lights, too impatient to wait for the safer green light crossing. Steel road dividers are put in place to prevent jaywalking, where there are no barriers, pedestrians, including young children on their own will dangerously cross with oncoming traffic and wait dangerously between traffic lanes. This 'wait for no one' mentality is apparent in countless aspects of everyday life.

The public's need for speed is evident in entertainment too. Think about the copies of pirated movies that are often sold by questionable looking peddlers in questionable places. Why? Often the movies for sale haven't even "officially" hit the stores. People can't wait. They want to watch them now, not later. So despite the obvious illegal nature of the entire transaction, let alone the often sub-par video and audio quality, the sale is made. Similar psychology is behind the countless online sites that either upload and

stream pirated films or allow for their download. These situations aren't just about users trying to save a buck. It too reflects an impatient, insatiable desire to get what one wants, when they want it. Waiting is simply not an option.

It isn't just how folks are getting access to their media, it is also what is popular that yet again exposes the obsession with speed. Accordingly to Wikipedia what is Universal's largest franchise? It is none other than "The Fast and the Furious". This franchise had its beginnings in 2001 when the movie "The Fast and the Furious" was released. It is nothing more than a gratuitous display of speed throughout the film. How'd it go? IMDB.com puts the opening weekend box office revenue for "The Fast and the Furious" at over \$40 M and by the end of 2001 worldwide sales exceeded a staggering \$200 M. From these numbers, there is no question the public's need for speed was already accelerating heavily in 2001! The franchise has since gone on to make a total of 7 "Fast and Furious" films, with some speculation

SO WHETHER IT IS EATING FAST OR DRIVING FAST, THE INHERENT RISKS AND RELATED LONG TERM CONSEQUENCES OF BOTH AREN'T TO BE OVERLOOKED.

suggesting they will continue until 10.

On the flip side, we would be amiss if we didn't highlight in a respectful, yet candid tone the price of speed. In some cases, it is the highest price known to humans. Put simply, the price is one's life. The first example is Paul Walker himself. Paul was one of the main male actors in the "Fast and Furious" film series. Accordingly to IMDB.com Paul lived a fast 40 years, born in 1973 and died 2013. Cause of death? Paul's personal need for speed ended tragically in a fatal car wreck in California, USA. Reports have him and friend speeding around in an ultra fast Porsche until the friend who was driving at the time lost control and hit a tree.

Walker's story isn't the only one. Countless people have been killed in high-speed auto wrecks. Another terrible story includes a young teenager driver road racing on the highway. In an attempt to mimic something he very likely had seen demonstrated elsewhere attempted to pass a vehicle on the far left when he lost control of the car, crossed the median and ended up on the opposite side of the highway, which resulted in being struck by oncoming traffic, killing him.

Speed related problems don't end with cars by any means. People will not wait for disembarking passengers of elevators or subway trains, crowding around the entranceway. If you do not join this melee you will be left behind and miss the car. No one bothers to hold the door open for others and forget the good manners of "Ladies First". Speeding electric bikes are some of the most dangerous drivers on the road. Forget red lights, the laws simply don't apply to them. They race up and down Tianjin streets like they own the road. Unlicensed and unrestrained e-bikes nearly collide with countless people as they either try to get on or off a bus. Bus passengers must be extremely cautious as they take their life in their hands trying to get from the curb to the bus, as the "bike" lane stands between them. Before crossing streets, one must look up, down, left, right, and be extremely alert as one never knows when or from where a "silent killer", a.k.a. a speeding yet oh so noiseless electric bike will come whizzing out from. Could they ride slower? Yes. Will they? Highly unlikely in this is bigger, better, faster era. When this is the environment that we expats live in, how do we slow things down or should we just join in the crowd and "Do what



People are always on the run because speed is everything.



the Romans do, when in Rome”?

How to slow down – if you want to

We are all in such a big hurry these days. In fact, I would say that this tyranny of busyness affects most people and never in a positive manner. People say all the time that they are so busy rushing from one activity to the next they either don't have time to eat or they eat on the run, in the car, at their computer working, or during some other activity. This way of eating strips all of the pleasure from it and also strips pleasure from other aspects of life.

Despite all the data that shows eating at least one meal a day together as a family in a calm, peaceful environment makes a real difference not only in everyone's health but also in the closeness of the family in general the truth is few make time for it. Instead look at the stats that show speed reigns supreme when it comes to eating. McDonald's corporate website aboutmcdonalds.com sites there are now more than “36,000 locations” filling nearly 70 million mouths every day! Most will probably agree however, McDonald's is not the best tasting burger let alone the healthiest. What's the lure then? One motivation for sure is getting that food fast. Instead of waiting 20 minutes or more for a burger to be grilled up fresh, that slab of meat will be in hand about as fast as it takes to drive around the corner.

Sadly though, all that fast eating comes at a price. The 2004 film written, directed and starred in by Morgan Spurlock called “Super Size Me” showed the potentially devastating

effects of eating nothing but fast food for a month. Despite all this, expats living in Tianjin have no less temptation when it comes to consuming massive amounts of food fast. As throughout town, McDonald's and KFC's are everywhere! Therefore a desire to control what one eats and take the time to have a quality meal with some quality company is a lot harder than it sounds. As we reported on last month about healthcare abroad, it isn't without its challenges. So whether it is eating fast or driving fast, the inherent risks and related long term consequences of both aren't to be overlooked.

In contrast to all the issues associated with an unhealthy fixation with fast there have been several studies made on delaying gratification and increasing rewards if you wait. Simple examples of leaving candies with children in a room and telling them that if they do not eat any until the grown up returns, they will receive double the present quantity. Of course the results depend upon the length of waiting time, but in most cases the temptation of having the candy now versus the risk of having more in the untold future will prove that tasting now is better than waiting.

This probably explains the now mentality of Chinese that have suffered in the past and lived in worse conditions than they now enjoy. They don't want to go back or lose what they have; they are accustomed to grabbing what is available now and pressing ahead. The generations of Chinese have made incredible advances in economy and life style and those incoming migrant workers are now waiting for their turn. The analogy is of a child

left to have their way in a candy store and will try to grab whatever they can in the shortest time possible.

The degree of speedaholic habit will vary depend upon the stage of life that an individual is presenting living. People who are older and near retirement age, will likely not have the same priorities of a younger person just starting out with their career. However, burning out at age 30 is not a good alternative to slowing down and smelling the roses. Everyone is different so you need to analyze what are the circumstances that are making you busy. Perhaps you need to learn to say “No” to certain requests of time, especially those items that tend to be out of your control.

Work/Life Balance

No matter if you are a single person or with a family, it is important to work out a schedule that allows quality time for your personal enjoyment and fulfillment. Do not schedule your day to be occupied by every minute with meetings and projects, leave time

SO WHETHER IT IS EATING FAST OR DRIVING FAST, THE INHERENT RISKS AND RELATED LONG TERM CONSEQUENCES OF BOTH AREN'T TO BE OVERLOOKED.

for yourself and if necessary, schedule a time out for exercise or rest. Turn off that “weapon of mass communication” as my pastor calls it. Do not respond to that “ping” of incoming messages like a trained dog.

You have heard the saying that “No one ever says on his or her death bed, I wish I had worked a little longer”. When you have retired, don't regret that you do not have a close relationship with your children or loved ones because you were too busy when they were young and did not find time to build that relationship when it was important.

Health wise, slowing down and eating properly is good for you. When you eat too fast, your brain is not able to catch up to your stomach so you tend to overeat. The same is true about eating with the TV on, you tend to overeat; so turn it off when you are eating. If



More and more highrises are built in an incredibly fast speed.

you pay attention to what you eat, you will tend to eat less and enjoy your food. (Don't forget to turn off your smartphone during meals, try it for a week and you will see an immediate positive change.)

At a recent meeting with a small group of young journalists, they all explained that having the stress of a deadline in a busy schedule was their adrenaline to complete the assignment. Many people will think this is a truism and I recall that as a young student, I used to leave my essay assignments to the last day then scramble to find a typist to type the report (remember before the days of Microsoft Word). However, one would argue that it would be better to have the assignment completed earlier so that it can be reviewed and edited in order to have a better final product.

Try setting your own deadlines that may be a few days before the actual deadline. Set your watch ahead by 10 minutes so you give yourself some extra time so you are not rushing. Do not give into the thinking that multitasking is a good thing. In fact, it has been proven that the brain can only function well by doing one task at a time. Tests have shown that if you are driving and asked to do a simple additional task as opening a water bottle, the brain will be distracted and if a car suddenly stops in front of you, your reaction time will be affected. So you can imagine if you are driving

at a high speed, that split second delay could be tragic.

When you sit down to work on a project, try to organize your workspace in a neat area and do away with the clutter or other distractions. Usually a block of time that is reasonable for concentration on one task is 20 minutes. For larger tasks, break it up into these 20 minutes segments and take a break by doing something else or just getting up and stretch or go for a walk. I find that the first hour of work was the best time to get things done without much distraction. In a crowded open office design, this may be difficult and you may need to wear some noise blocking headphones and remember to shut off your phone.

The bottom line is pretty clear. Driving too fast can kill. Eating too fast can kill. Living too fast can kill. Speed is like talent, beautiful if controlled, fatal otherwise. Before the industrial revolution man was limited by the speed of human and beast of burden. As bulls, mules, horses and hands were traded for trucks, tractors, plows and presses the result was that production speed increased like never before. At such a moment, society stood at a history changing crossroads. Would they harness the new found speed and actually get more time off, more time with family, and more time with friends while producing the same amount of goods as before? Or would they set in motion

a snowball which would ultimately result in an out of control avalanche in the form of a speed crazed world? We needn't wonder much which choice was made.

Anyone around you will likely admit the yesteryears where slower. In every area of life speed is now the norm. Even as we write this article rushing to make a deadline, so too countless other workers around the globe stay late and arrive early trying to keep up with the next guy. Really though, although we can travel faster, eat faster, communicate faster and do pretty much anything faster today than yesterday, the question that remains is are we happier and healthier? Expats chasing their dreams abroad do well to consider this and more as they face the daily reality which is none other than the fast and furious China.

中国的速度与激情

还记得在互联网诞生之前，我们需要以书信沟通的日子吗？那时平信需要一周，跨国信件要两三周才能寄到。当年的寄信速度真的可以用“龟速”来形容。即使Email诞生之后，也不能达到今天的信息传播速度。当年有一部好莱坞电影《电邮情缘》，男女主角通过电邮相互认识、相爱，这也标志着一种快节奏的生活方式悄然诞生。但是无论是上网还是发邮件，你必须通过拨号连接到网络，过程繁琐，远不及今天闪电般的网速。

今天，我们比以前任何时代都依赖于电子交流。如果你发出的邮件在一天甚至几小时内未被回复，你会马上发去一条微信询问或直接拿起电话打给他。很少有人只是静静地等着，什么都不做。放

眼望去，每个人都低着头摆弄着手机，甚至司机在开车的时候也不肯放弃发短信，这是一种多么危险的驾驶行为啊！

WebMD是一家健康信息编译平台，上面曾经发布过一条帖子，是关于“短信脖”的，意思是长时间低头发短信，导致颈部因为保持不适当的姿势过久而产生疼痛。这样的疾病甚至在年轻人中间蔓延。

这是一个信息超载的时代，迫使科技不断进步，创造新的电脑和电子设备。最近，一款儿童智能手表的广告占领了电视和电子屏，它既可以当手表还可以打电话，似乎是Apple Watch的简易版。我们不禁要问，让孩子这么早接触网络和电子产品真的好吗？伴随着科技产品长大的孩子普遍缺乏耐心，不爱运动，变得肥胖，同时也缺乏面对面的基本社交能力。

根据中国1953年第一次人口普查的结果，当时国内大约有5.8亿人，而今天已经达到将近14亿，翻了两倍多。沿海地区和主要大城市的人口密度达到320.6人/平方米。

关于中国人口的一个有趣现象是大规模农民工人口从农村迁移到城市。1953年，农村人口占到超过70%，2015年，这一百分比下降到约40%，而且还有逐年递减的趋势。在北京生活过很长时间的老外们都已经切身感受到这种迁徙洪流的存在，因为在过去十年间，房租价格已经涨了不知多少倍，这就是供不应求的结果。而这种影响也已经波及到北京近郊天津，那些无法承受北京高生活成本的外来工和老外只能流向其他城市，而天津肯定是他们的首选。

有专家预测，到2025年，中国的城市人口会接近10亿，也就是说，外来务工人口会占到城市人口的40%，是现在的将近3倍。如果这个预测是准确可靠的，那意味着我们的城市将会变得更加拥挤。这也说明京津冀一体化的政策是非常重要的，因为没有了一个城市能承受得了这样的人口负担，唯一的出路就是规划更大的地理区域，对外来人口进行分流。

劳动力不断涌入让职场的竞争更加激烈。很多人不愿意做的工作，自会有外来人口去做。很多年轻人已经开始有危机感，他们抓住每一个机会，生怕被别人抢了去。在北上广以及天津这样的城市里，如果没有这些“外地人”，城市恐怕都无法正常运转了。美国也是同样的情况，那些墨西哥移民每天去排队找工作，很多高强度体力劳动都是他们在做。如果你消极怠工，你很快会被取代。

职场之外，人们也是行色匆匆。过马路不愿意等红灯，穿越护栏与快速往来的车流抢行。“不能等”的思维模式贯穿在人们生活的每个方面。

想看最新的电影又不愿意去影院，最实惠的方法就是买盗版碟。哪怕音质画质都与正版碟相差甚远，但胜在一个“快”字。除此之外，非法下载也十分普遍。人们不单单是为了省钱，还有一种不愿意等，缺乏耐心的心理。

就像是那个著名的系列电影《速度与激情》。电影在2001年一经推出就收获了惊人的票房，之后在十几年间一共推出了七部。但是速度带来的不仅是激情，还有悲剧。主演Paul Walker自己就是在超速驾驶中发生车祸，年仅40岁的生命戛然而止。Walker的故事不是个案，几乎每天我们都能看到超速驾驶、飙车引发的交通事故，很多生命就此完结。

对于速度的追求还体现在很多方面：上下电梯或地铁、出入通道等等。如果你不随着人流去挤，那你就永远要落在后面，赶不上车也上不了电梯。很少有人能主动为后面的人扶住门或者遵循“女士优先”的绅士原则。还有那些“无声杀手”电动自行车，他们从不遵守交通规则，对其他机动车和行人都构成极大安全威胁。每次过马路你必须前后左右全方位观察路况，以防有电动车突然蹿出来。他们不是不能把速度降下来，而是在这个更大、更好、更快的大时代里，他们慢不下来。生活在这里的老外们，你们还能慢的下来吗？是否也要入乡随俗，加入到快速前进的洪流里？

其实这样匆忙的生活步伐对大多数人来说是有害无益的。人们总是抱怨：“我忙死了，总是从一

个地方赶往下一个地方，连吃饭的时间都没有”。路上吃，车上吃还是边工作边吃都会对健康造成很大损害，同时也让吃饭这个基本的生命活动失去了乐趣。

虽然有研究说，每天和家人在平静和谐的气氛中至少共同进餐一次会让你的健康状况得到很大改善。但是实际上，很少有人特意这么做。麦当劳网站上的信息显示，品牌下的36,000个餐厅每天为7000万个客人供餐。大家都知道麦当劳的汉堡味道平平，而且并不健康，但为什么还是吸引了那么多客人呢？其中一个原因就是它快！你是会为等上20分钟吃一顿饭，还是选择这种立等可取的快餐呢？

但是，这种速食生活也伴随着沉痛的代价。你还记得2004年的一部纪录片《超大号的我》吗？主人公在一个月的时间里只吃快餐，结果对身体状况造成了毁灭性的影响。对于在天津生活的老外来说，这座城市里的快餐店也随处可见，不依赖快餐果腹，而是花时间与最亲近的人好好吃顿饭似乎不太可能。不管是吃得太快还是车开的太快，其中的长期风险都是不可忽视的。

曾经有这样一个实验。一群孩子们被关在一个放着糖果的房间里，他们被告知要在大人们回来之后才可以吃，如果他们能做到，大人们会给他们更多糖果。但是比起未来的不可预知性，还是抓住当下比较可靠。

所以我们能够理解那些总是着急抢先一步的人了。他们曾经经历过物资匮乏的年代，习惯了去拼去抢的生活。在当今相对富足的社会环境下，就好比把一个孩子独自放在糖果屋里，他自然会尽可能多地把糖果塞进口袋。对速度的执着也取决于一个人所处的人生阶段。那些接近退休年龄的中老年人自然不会像年轻人那样冒进，但是30岁左右的人却总是在上满弦的状态。每个人都有自己忙碌的理由，也许你应该学会对自己无法控制却消耗时间的事情说“不”。

无论你是单身还是已经结婚，你都不应该让工作占满生活的每一分钟，而是要做一些让自己感到放松愉悦的事情。把手机关掉，不要像训练有素的狗一样，听到“哔”一声响就马上抓起手机。当你退休的时候，不要因为没给孩子和爱人足够的陪伴而感到后悔。当你试图修补那遗失的亲情时，已经为时已晚。

从健康的角度出发，无论是行路还是吃饭，都应该放慢速度。吃得过快，或吃饭时做其他事情都容易发胖。吃饭时专心致志，既可以保证不吃过量，也能仔细品味饭菜的味道。

最近在和同事开会的时候，他们都说在临近截稿日的时候会疯狂地忙碌。这种现象非常普遍，我当年在大学的时候，每份作业我都是在截止期前一天胡乱写成，然后花钱找一个打字员把它打出来（那时候还没有计算机）。

如果我们把自己的截止日提前几天，这样就有充足的时间做最后的检查和润色，从容地把工作提交上去。不要以为能同时执行多个任务是件好事。事实证明，大脑在处理一件事的时候表现最好。在开车的时候，哪怕只是拧瓶盖这样的小事也会让驾驶员分心，遇到紧急情况来不及反应。

在工作的时候，尽量保持工作台的整洁，不让更多不相关的事物分散你的注意力。人一般可以保持20分钟精力集中，对于大部头的工作，可以把它分解成若干部分，每部分做20分钟，然后起来休息一下。如果你在一个敞开式的办公室办公，可能有很多事情让你分心，所以你可以带上一个耳机帮你排除噪音。

速度就像个天才，控制得好就有大用处，否则就会致命。随着科学技术的进步，工业革命的发展，以前帮助人类工作的骡马被机器取代，这也让生产的速度前所未有的提升。在这样的时代，人们是否会悬崖勒马，多花些时间休息，与家人朋友相处，只是保持以前的生产水平呢？还是让这个雪球继续加速滚下去直到失去控制呢？

在生活的各个方面，人们都以速度来衡量效率和质量。我们每月为截稿日奋笔疾书，世界上其他人也在起早贪黑地追我赶。我们走的更快，吃的更快，交流的更快，做什么都比以前快，但我们比以前更快乐健康了吗？

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INKING TIANJIN

by Bryce Cristiano



Klaus Zhang

Despite how progressive Chinese daytime television can be with colorful displays; tattoos are still something of a taboo both in media and culturally. Tattoos are seen as either dirty or a status symbol for gangsters. Historically, we see tattoos cast in a negative light prisoners being branded on the face or having their sentences displayed. Only in the south and some minority groups within China have we seen a cultural use of tattooing. With most issues like this it seems to only be an issue of the older generation lacking the ability to overcome biases while the younger generations pave the way towards a much more open-minded future. A lot of the Chinese youth are able to look at the world much differently than their parents and as such, they're more open to the lifestyles of others; even if they don't entirely agree. One of those more progressive individuals who are a part of an underappreciated art collective is, Klaus Zhang.

A Tianjin local who has pursued his artistic ambitions in the tattoo industry since 2004. Klaus has established himself as one of the most recognizable faces for foreigners looking to get tattoos and for good reason. After receiving his first tattoo, he came to realize how awesome of a job that tattoo artists have and it clicked that it's a viable form

for making money. Since that time, he apprenticed under a friend who owns a shop right on BinJiangDao. His studying didn't end there, having spent his time at different tattoo studios in both Boston and Chicago, Klaus gained much more an appreciation for progressive art styles than the usual traditional Chinese art designs that are so prevalent amongst his local clients.

Paradigm Shift

If there's anything that Klaus is absolutely the most vocal on, it's the issues of acceptance and of how uncertain some Chinese clients can be about their tattoo choices. What's meant by the latter is that many Chinese clients will try to get tattoos without fully committing to the idea of what it means to have something permanently inked into your skin. For them, they see some cool guy with

tattoos and think that through full emulation; they'll become as cool as the person they're admiring. While this issue is also present in any other country, he feels that it's a big hurdle to overcome. The aspect of emulating someone you like isn't terrible but when you come into a tattoo studio with an exact image of someone else's tattoo that you want on yourself, with absolutely no variation; it hinders the artist and your own ability to showcase a piece of art that would be unique to yourself.

Klaus and the other artists that I've met share their ability to use non-conventional imagery to create works of art that cut against the grain and not only express their own artistic talents but allow a client to forever have a their own custom work of art. They have a passion about their craft and as such, don't find too much pleasure in making the same pieces of art over and over again. For Klaus, he appreciates new styles of tattooing but seldom has the experiences to try them out on Chinese clients who normally go for more traditional Chinese styles. He has noticed though, a trend in the youth mixing both elements of traditional artwork with a new twist on it.

It's this uprising of the youth with possibly more independent leanings and the foreigners who come to Klaus who are the most open when it comes to receiving tattoos.

HE HAS NOTICED THOUGH, A TREND IN THE YOUTH MIXING BOTH ELEMENTS OF TRADITIONAL ARTWORK WITH A NEW TWIST ON IT.

When it comes to the foreigners, they can certainly be the most open since most of the Western countries have matured over the sentiments that tattoos are “dangerous”. In the United States of America, we’ve seen an explosion in tattoo acceptance and the practice over the past several decades; breaking away from the negative impressions that we may have had almost entirely. It’s this more open and liberal ideological stance which has drawn Klaus in so much. He appreciates how progressive that American citizens can be and hopes that Chinese people can transcend their own biases.

Expansion of Tattooing

Klaus never quite imagined that he’d ever get into tattooing, it was something that almost took him off guard. It’s immediate interest in the art as a career came about pretty spontaneously but he has managed to become a fantastic artist. If you’re part of any online Tianjin expat groups and the conversation of tattooing comes up, Klaus’s name is sure to be dropped into the conversation. His experience in the industry as well as working with foreigners has made him a central fixture of many communities. From spending time with him, you can’t help but to feel that he knows everyone and everyone knows him.

With his growth after his own apprenticeship and owning his own shop just off the main walking street of BinJiangDao, he has taken on his own foreign apprentices. A recent apprentice, an American citizen who was formerly a graphic designer, has been working and studying with Klaus. Much like Klaus beginning his work with the tattoo industry, his apprentice didn’t expect to get into doing tattoos but given his background in art before; it didn’t seem like an unimaginable task. With growing popularity, an art of his own, and his own students who can go on into the industry themselves; Klaus was done a great deal to expand the tattoo industry in Tianjin.

Much like the personal expansion that Klaus has managed over the years with building up his own reputation; we’re bound to see an explosion in the entire industry over the coming years. With such a huge population in China, comes a feeling of losing your own identity in the masses. It’s hard to shine amongst 1.3 billion other people. How best to show your own individuality in companies commanding hundreds of



Klaus is tattooing on a foreign client.

thousands of office workers? The trends in adopting fashion trends of other countries might not be enough to whet the Chinese appetite for individual expression. While we can all contribute to the growth of our countries, it’s important to not lose your sense of self.

Tattoos can help people express themselves in ways that fashion can’t, in showing off their own personalities and ideologies; showcasing what makes them unique. There’s a lot to gain from shedding antiquated biases for the progression of society. Klaus and many other great artists work tirelessly to give people something that can’t be taken away and really sets a person apart from the crowds. An old client, Shawn Baker, is just one of the many people who have enjoyed spending time with this artist. “Klaus did my 15th tattoo, so I’m no rookie on that score. I was also tattooed two other times in China. I was impressed not only by the cleanliness of his work, but also his skill as an artist.” Klaus not only takes the time to deliver great work but more often than not will befriend clients.

These days, he finds himself working out of a new studio in AoCheng Plaza where he is well known by all the people in the area. Planning to move to the U.S. soon to open his own shop, he eagerly awaits his journey back to the U.S. with his American wife and child. Klaus has managed to exchange the culture of Western tattooing with China and hopefully he can bring Chinese elements to the U.S. and dissuade people from getting “fried pork noodles” tattooed on them under the guise of “Peace, Honor, and Wisdom”. Whether he plans on staying for a bit longer or heading off to make his name in the U.S., it’s worthwhile to follow Klaus and his tattoo work.

纹身师的世界

虽然中国已经改革开放几十年，人们的思想也逐渐与国际接轨，纹身在中国仍然被很多人认为是肮脏的印记，或是流氓的象征。在古代，囚犯的脸上被纹上“罪犯”的标志或他的刑期。只有在南方的一些少数民族才把纹身当成是一种民族文化象征。如今，对纹身有成见的主要是老一輩人，而年轻人则包容很多。

Klaus 是土生土长的天津人，从 2004 年开始从事纹身师的职业。如今，Klaus 已经在天津的外国人圈子里树立了很好的口碑，很多老外都是他的常客。当年看着自己的第一个纹身，他立刻爱上了这门艺术，动了以此谋生的念头。他先是在天津各个纹身店学习，之后又去了美国的波士顿和芝加哥。在这个过程中，Klaus 学到了很多前卫的纹身样式。

Klaus 觉得中国客人对纹身图案总是犹豫不决。很多人对他们选择的图样并不了解，这可是一辈子都抹不去的印记啊！他们看到别人纹的图样很酷，自己也想拥有一个一模一样的。纹身师对这种需求总是很头疼，因为纹身是展示个性的标志，怎么能和别人完全一样。

Klaus 是不走寻常路的纹身师，他设计的图案总是打破常规，别具一格，展现出作为艺术家的天赋。他很少有机会在中国客人身上实践他的设计，因为他们更倾向于选择传统的图案。他发现，现在的年轻人喜欢在传统样式上稍作变化，形成新的图案。

来找 Klaus 纹身的客人总是最开放的一群人。在天津的老外网上论坛或微信群里，你总能看到有人推荐 Klaus。跟他聊天后会发现，他认识很多人，很多人也认识他。

Klaus 还收了不少外国徒弟，现在和他学习的是一个美国平面设计师。这位学徒之前也没想过会从事纹身这项工作，但是以他的美术基础，这应该不是个不可想象的任务。这些学徒迟早会学成毕业，自己开店。但 Klaus 并不介意，他希望天津能有越来越多的纹身店。

中国有 13 亿人口，如何凸显出自己的个性，不被淹没在茫茫人海？纹身能帮助一个人展现自己的内心，是独一无二的符号，这是借助时尚元素办不到的。Klaus 和他的同行们辛苦工作，为客人们创造永恒、独特的标志。一位老顾客 Shawn Baker 说：“Klaus 已经给我做了 15 个纹身了，他的手艺出神入化，干净利落。”

Klaus 娶了一位美国太太，还有一个可爱的孩子，他计划不久的将来到美国开店。就像他把美国的纹身文化带到中国一样，在美国他也会为客人注入中国元素。有了他，老外就不会糊里糊涂在身上纹一碗猪肉炒面了。



THE COST OF CRIME

by Carmen King

Volkswagen Executives Apologize After Scandal

How much money do you have in the bank? Anywhere close to seven billion US dollars? According to theguardian.com that's about the amount of money automobile manufacturer Volkswagen has set aside to pay potential claims related to the installation of an illegal emissions altering device.

This latest corporate crime has made headlines around the world. This is in a day and age when corporations like Enron and Bernie Madoff have already taken their turn at committing crimes which cost the public billions. Now the once highly esteemed car maker known for its quality German engineering and solid rides is facing not only a financial blow, but publicity blow.

The problem is that companies and individuals committing crimes that cost billions doesn't even seem so shocking anymore does it? Have we all grown numb by the sheer number of cases where the public has been deceived and big businesses have been left shelling out truck loads of cash to pay the penalties associated with their mischief?

Hard to imagine, yet nearly two decades ago the blockbuster movie entitled "Erin Brockovich" featuring Julia

Roberts hit the big screen. Therein Julia portrayed the real world woman known as Erin Brockovich. Erin is alleged to have little to no professional legal background yet proved instrumental in gathering damaging evidence against the corporate giant Pacific Gas & Electric. The claim was that the power company was culpable in cases where extreme disease and disability were reported in children due to a polluted water supply. The movie climaxed with the attorney who Erin worked for and the various victims he represented receiving a massive payout from PG&E.

The VW scandal is even more gratuitous in that it appears to span countless countries and millions of cars. Exactly how VW will pay for their crime is

yet to be determined. However, no doubt it will result in a huge financial loss or else they would have little need to set aside over 7 billion USD to handle related payouts. The question in all these cases remains the same, why do corporate criminals always "swear to do the right thing" only after they get caught with their hand in the cookie jar? Seeing that they have cash sufficient to pay fines to the tune of millions or even billions in US dollars, why not avoid all the egg on the face and conduct business legally from the get go?

That question may be as much a physiological one as it is a business one. Humans the world over seem innately drawn to taking risks. That is to say, playing the odds, and seeing if somehow they can come off a "winner". From sky diving to bungee jumping, to even driving drunk, countless examples indicate that most humans tend to think the "rules" or even the "odds" don't apply to them. They fool themselves into thinking that somehow they will be the one to jump out of that plane and land safely versus meet their maker. Driving while intoxicated is no different. Especially men seem to live in a fairytale land where they can drive regardless of how much alcohol

NOW THE ONCE HIGHLY ESTEEMED CAR MAKER KNOWN FOR ITS QUALITY GERMAN ENGINEERING AND SOLID RIDES IS FACING NOT ONLY A FINANCIAL BLOW, BUT PUBLICITY BLOW.

they've consumed.

In all these scenarios, there are big losers. First, the person committing the crime pays a massive price in paying off whoever they've wronged. Second, the victims all too often initially lose money when facing a corporate scandal. Tragically, they may even lose their life or at a minimum some level of health. It could come in the form of temporary loss of sleep or peace of mind. In extreme cases like the Erin Brokovich movie, victims had to face permanent health issues.

This is where it must be stressed that crime not only doesn't pay, but more importantly "costs" and costs big! Sure, corporations tend to think in cold numbers. Namely, how much is this crime going to cost me in insurance claims or attorney fees if and when I'm found out. Ridiculously, this completely overlooks several critical facts. One, the crime in itself is wrong. Regardless of whether or not anyone ever discovers the deceit, wrong is simply wrong. Second, some things money can't buy. This includes the life of dead loved ones, the loss of peace and security as experienced by victims, or even the time lost dealing with finding these corporate giants.

When it comes to the VW incident, at current there aren't any human casualties reported in terms of accidents or incidents related to their illegal emissions fixing device. In these scenarios perhaps companies are even more emboldened to repeat similar "harmless" corporate crimes. Namely, the crime results in a capital loss not physical loss. Of course, no one can be so sure which crimes will result in which type of loss. Perhaps what was intended

to only risk cash and not life ultimately results in a loss of both. This is the classic unpredictable nature of so-called predictable crimes.

As this again all ties back into "probability" and "human nature". Namely, as long as I am not 100% guaranteed to get caught or face the consequences of my crime, it's probable I will roll the dice and see if I can get away with it. So unlocks the insidious nature of crime at its core. No current countries laws are able to address the real root of crime, devious human hearts which constantly think they will be the one to beat the odds. Instead of playing all that Russian roulette, why not nip things in the bud and take responsibility for one's actions. This comes in the form doing what is right not because one wants to avoid the fine but because it is simply, "right".

Expats living in Tianjin especially need to take to heart this latest VW incident and realize, sooner or later crime costs. Regardless of whether hiding behind the cloak of a big brand and corporate attorneys, when scandals come to light someone has to pay the piper. All too often the company pays the cash, but someone must be the "face" or "fall guy". For expats working abroad and often all too unfamiliar with local laws, the potential to be offered up as a "face" to the crime does exist. In such scenarios, any involvement to a crime no matter how "unaware" of the intimate inter-workings one may have been will likely come at a heavy price.

On a large scale VW proves the point that crime costs, potentially to the tune of more than seven billion US. On a small scale a Shanghai expat proves the same

point as he allegedly tried to hop the gates going into the subway so as to avoid paying for the fare. What was the cost of his crime? 84 RMB. Really though, forget the costs in terms of dollars or RMB and get to the real issue. One, the ultimate cost of crime is indeterminable. No one can predict exactly what ill affects the offense will result in. Second, wrong is wrong. We need to avoid crime regardless of the probability of getting caught or the cost in terms of fines. This not only results in a better night's sleep but also saves the worldwide family an inestimable amount of potential pain and suffering.

不诚信的代价

你的银行存款有多少? 有没有接近70亿美元? 据英国卫报官网的新闻称, 这一天文数字很可能是大众汽车涉嫌违规排放所要面临的处罚金额。

大众汽车的违法新闻很快就占据了各大媒体的头条。就像过去安然和麦道夫伯尼诈骗公众数十亿财产一样, 如今的大众也正遭受着严峻的经济制裁。这样的犯罪事实对我们来说早已经屡见不鲜。对于那些欺骗大众, 然后靠着巨额赔付来弥补其过错的事件, 我们早就见怪不怪。

大众的丑闻似乎是没有理由的, 因为它牵扯到太多的国家和车辆。至于它将如何弥补其过错, 我们尚不清楚, 但至少罚金绝不会是一笔小数目。面对频频发生的这类事件, 我不禁要问一问: 为什么企业永远标榜着要做正义的事, 结果却被人们发现屡做错事? 为什么它们宁愿支付高昂的罚金, 也不愿合法经营公司?

这既是一个商业问题, 也是一个生理问题。人类天生爱冒险, 我们总是试图通过概率的方式来成就一个“英雄”。从跳伞蹦极, 到酒后驾车, 无数的例子表明, 人类大多不喜欢受限于“规则”。

我们反复强调犯罪的代价是巨大的, 那是因为在在一个犯罪事件中, 除了会面临高额的罚金惩罚, 我们还有可能会遭遇生命的打击甚至是健康的威胁。诚然, 企业也许会想, 没关系, 我有保险, 一旦我们的错误被发现了, 我们至少还有保险可以替我们承担。但可笑的是, 这样的想法实则是在回避几个关键的事实。一、犯罪本身就是错误的, 不管它有没有被人发现, 它的本质就是错误的。二、很多东西不是用钱就可以买到的, 比如生命, 比如平静的生活, 比如我们宝贵的时间。

生活在天津的外国朋友一定要格外注意, 犯罪就势必会付出代价。无论你的公司有多么的强大, 亦或是你的律师有多么的专业, 一旦罪行被公众知晓, 企业总要找人承担相应责任, 而很可能你在不知不觉中, 就成为了这个犯罪企业的替罪羊。

大众汽车违规排放, 它要面临的罚金不会少于70亿美元; 一个生活在上海的外国人, 他在乘坐地铁的时候试图逃避车票, 结果被罚了84元人民币。所以, 让我们认清两个事实: 一、犯罪的代价永远是一个未知数。二、错误就是错误, 永远不要抱着侥幸的心态来处理问题。如果我们每个人都能够谨言慎行, 严格守法, 那么全世界范围内的痛苦大概就会减少很多。



Past Events

Insights on Tianjin Pilot Free-Trade Zone

September 24 – The Westin Tianjin

On September 24th, led by Mr. Jiang Guangjian (蒋光建), Deputy director of Tianjin Pilot Free-Trade Zone administration, 10 government officials came to Tianjin chapter's Insights on Tianjin FTZ, who are from Dongjiang port, TAEA, YJP CBD, Inspection&Quarantine bureau, Tianjin customs and China People's bank.

The meeting began with Mr. Jiang's general introduction about how the FTZ has been operated since the official approval on April 22nd. Following his presentation, officials from different departments or administrative areas gave detailed explanation on the relevant policies, difference from that of the 3 FTZs in other cities and issues occurred in some practical cases.

In the after Q&A and networking, officials answered or suggested a clear director for a bunch of questions, regarding members' daily operations or the company's future strategy as well.



Tianjin Monthly Executive Breakfast Briefing

October 15 – The Ritz-Carlton, Tianjin

Almost 40 members and friends gathered at the salon of Ritz-Carlton, Tianjin in the morning of October 15th to listen to briefings from three officials from the U.S. Embassy in Beijing. Cathy Feig from the Commercial Section, Doug Ostertag and Mike Elkin from the Economic Section gave an overview of Obama-Xi Summit Outcomes, the Trans-Pacific Partnership, the Bilateral Investment Treaty, the Joint Commission on Commerce and Trade and updates on visa policies. Attendees also discussed issues that U.S. companies in Tianjin are facing post the explosion.

The Monthly Executive Breakfast is becoming a signature event for the Tianjin Chapter, providing members an excellent opportunity to meet Tianjin's Executive Committee members. The next one will be held on April 16th.



Tianjin's First Joint Chamber Golf Tournament

October 17 -- Tianjin Panshan Golf Club

With tremendous support from our main sponsors: Ning Fa Group, Takasago and Huatong, Tianjin's First Joint Chamber Golf Tournament was successfully held at Tianjin Panshan Golf Club on October 17th. This was the first golf tournament organized together by AmCham China, Tianjin and Hong Kong Chamber of Commerce in Tianjin. Jon Reed, Vice-Chair of AmCham Tianjin's Executive Committee opened the event with announcing the rules. Michael Yeung, Chairman of HKCCC hit the colored ball which marks the tee off of the tournament.

After an exciting day of golf, members and guests enjoyed an appetizing awards dinner at the Jixian Marriot Hotel. We also would like to thank all the hole sponsors: Tianjin Custom Wood Processing, Renaissance Lakeview Hotel, Tianjin International School, HSBC, Hope Fluent and Sakura; and all the prizes sponsors. All in all, it's all golfers and guests helped create such a successful night.

Winners:

1st place: Rick Emerson & Jeff Scranton

2nd Place: Liao Qiuzhong & Liang Weijiang

3rd Place: Jeff Xue and Jason Wang

Longest Drive: L.Tam

Closest to Pin: Xia Gang & William Hung

Best Putters: Jon Reed and Carl Hammond



Upcoming Events

Writing Skills Training: Writing to Influence Email Communication Workshop for HR Professionals

1:30-5:00 PM, Thursday, November 5 – the Westin Tianjin

Monthly Executive Breakfast Briefing

7:15-9:00 PM, Thursday, November 19 – The Ritz-Carlton, Tianjin

2015 China Tax & Business Seminar: The Development of China's Tax Policy under the Environment of Boosting Economy

1:30 - 5:00 PM, Thursday, November 19 – Renaissance Tianjin Lakeview Hotel

HR CLUB CHINA ANNUAL PARTY

(THE SECOND SEASON)

CORPORATE ANNUAL CREATIVE ROADSHOW



The October 15, HR CLUB China annual party(The second season)-Corporate annual creative roadshow ended successfully. HR Managers from more than 200 member companies involved in Roadshow.After the guests and service providers' presentation and sharing, members get the best design ideas to seek the best annual party resources.

Tianjin Ying Da Corporation human resource Director Mr.Zhang Wencai analyses each part of this successful annual party from theme, registration, venue, hosting to program,awards annual party all steps one by one, to share the successes and shortcomings of the past annual parties. Zhang said, "Companies annual party is not only offer a

stage to employees with accomplishments to show them, but provide a good opportunity for more business closer relationship between the employees."And through a period of family video shooting that describes employees difficult to return for the Mid-Autumn Festival, reflected on the employee's humane care, impressed many members.

The people from Tianjin Procter Industrial Co Ltd senior human resource manager Diana and Employee communications/training supervisor Jazy vivid demonstrate a perfect colorful corporate conference in accordance with Procter and Gamble's corporate culture. Jazy final summary, everyone was impressed. What is the al party? –Annual party is missing you everyday, don't forget the beginner's

mind, return to the emotional " Finally, Lily Hua Tang Mr Wang Jian, Red coral think-tank planning director Mr Wang Qinan and Club Secretary-General Ms Zhang Liying respectively taking more than 30 copies of gifts. Zhang Liying also actively invited members to participate in the Club's annual gala. We look forward to your participation!

Besides four guests wonderful sharing on Corporate annual creative roadshow this year, highlights are everywhere: "Pattern" signed in, members work together for HRCLUB LOGO painting.

Seven outstanding annual party service providers in the city(Lily Hua Tang,Wan de Xuan Ya, Red coral, The Ritz-Carlton, Tianjin, Nestle, Li Hao food) participate the exhibition. For members to provide the best selection, Nestle show fancy coffee to guests at the scene.

Finally, thanks again for four guests sharing, thanks to Club members' support and active participation in this activity.



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



European Chamber
中国欧盟商会

EUROPEAN CHAMBER IN TIANJIN

2015 European Business Gala Dinner —Festival Celebration

The European Chamber Tianjin Chapter hosted its 10th annual business gala dinner on 16th October. Themed 'Festival Celebration', members and invited guests celebrated the 10th anniversary of European Chamber's Tianjin Chapter.

The Gala Dinner is the premier networking event of the year in Tianjin, with a night of appetizing European cuisine, tasty beverage and entertainment. The event was attended by both chamber-member companies and professionals from the Tianjin business community.

The elegant and welcoming atmosphere provided the guests with the perfect occasion to exchange information, share resources and build connections. We are extremely proud of the participation from our members and the support we received from our associates in organizing such a successful gala! It proved to be another memorable European night and signified a new start for the Tianjin Chapter.

We would like to take this opportunity to thank all the sponsors for their generous support to make this great event happen: Airbus, ChenYi Law Firm, Goglio, HengAn Standard Life, Shangri-La Hotel, Siemens, Tianjin MIFC, Wago, Wellington and Hebei Wanguohong.



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

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2016 CITY OF MELBOURNE BUSINESS MISSION TO CHINA

Leading business representatives from The City of Melbourne will visit Tianjin in February-March 2016, as part of a trade mission, led by the Lord Mayor of Melbourne, Robert Doyle.

The City of Melbourne plays an active role in facilitating trade between the two cities and has had a representative office in Tianjin since 1998, led by Dr Wei Chaoyi. It is committed to increasing opportunities for business through partnerships forged by city-to-city connections.

Lord Mayor Robert Doyle will lead the 2016 Business Mission to China to create opportunities and showcase Melbourne's capabilities in:

- Life sciences/ medical devices
- Sustainable urban design
- Clean technologies

Mission cities: Tianjin and Beijing, China
Dates: 28 February to 2 March 2016

Lord Mayor Robert Doyle

The Lord Mayor was elected in 2008 and 2012, and is the serving Lord Mayor of Melbourne.

The Lord Mayor is a principal at the Nous Group, a management consultancy business based in Melbourne and, since 2007, has been Chairman of Melbourne Health (The Royal Melbourne Hospital)

Robert is President of the Lord Mayor's Charitable Foundation, Chairman of the Royal Melbourne Hospital Foundation and a Trustee of the shrine of Remembrance. Robert is also an ambassador for Odyssey House, a drug and alcohol abuse rehabilitation facility, an ambassador for SecondBite, a not-for-profit organisation committed to making a positive difference by distributing fresh food to the disadvantaged and homeless, an ex-officio member of Cancer Council Victoria and an ambassador for Field of Women, a charity raising awareness of breast cancer. He is an ambassador for the White Ribbon Day Foundation, an international day for the elimination of violence against women, and an ambassador for the Juvenile Diabetes Research Foundation. He is also the Honorary President



Lord Mayor Robert Doyle

of the Melbourne Region of the Scout Association and a board member of the Plumbing Industry Climate Action Centre (PICAC) Ltd.

In 2014, Robert joined the United Nations Advisory Committee of Local Authorities (UNACLA) as a committee member.

A Member of Victoria's Parliament for 14 years, the Lord Mayor was leader of the Opposition and Leader of the Liberal Party for 4 years. He has also been Shadow Minister for Health and, in government, Parliamentary Secretary for Health.

Melbourne's capabilities

As a centre for health sciences, Melbourne firms have diverse capabilities of potential interest to China's healthcare market. The health sector in China has grown dramatically and now accounts for 5.6% of the global market. It has maintained this fast pace due to the demand generated by robust economic growth, government support and ageing population. The "Health Tianjin" 10-Year Plan has been implemented to boost the health sector in Tianjin by upgrading major hospitals and the overall health care system.

Tianjin was selected as one of seven pilot provinces/cities to allow access to foreign private hospitals and the recent Tianjin Free Trade Zone will provide even more favourable policies and terms to foreign investors.

Additionally, Melbourne firms have

expertise in a variety of clean technologies and sustainable urban design.

The 12th Five-Year Plan (2011-15) set targets for improved energy and water efficiency, low carbon production and uptake of sustainable development practices. Demand for the integration of advanced technologies, building practices and materials into the construction sector and the need for improved energy and water efficiency will deliver significant opportunities. Great opportunities in key focus projects of Tianjin exist including:

- Tianjin Municipal Government announced the Tianjin Green Building Action Program in June 2014. It is required that at least 20% of new constructions in Tianjin will need to adopt green building standards including small towns, affordable housing, government buildings and large public buildings.

- An air pollution early-warning system and contingency procedures for Beijing-Hebei-Tianjin region. Special funds are available for such systems for cities in the region.

- Energy-saving and Environmental Protection Technology Supermarket in Tianjin Binhai New Area will showcase achievements in environmental protection technologies. City of Melbourne has been offered presentation space for clean tech companies to promote their capabilities.

- Implementation of "Beautiful Tianjin No1 Project" to promote energy-saving and emission reduction and increase the proportion of clean energy use. An action plan to retrofit buildings housing 10,000 enterprises in Tianjin has begun.

- Seawater desalination facility construction with capacity of 1,699 megalitres per day by 2020.

- Promotion of new energy vehicles - at least 30% of buses in Tianjin will adopt clean energy technology.

Tianjin firms interested in doing business with Melbourne companies in the life sciences/ medical devices, sustainable urban design and clean technology sectors should contact Melbourne Office Tianjin.



Past events

Interchamber Breakfast Seminar - Current HR and Labour Issues for Chinese and Expatriates in China

15.10.2015

On October 15, 2015 the German Chamber of Commerce together with the EUCCC organized this Breakfast Seminar about "Current HR and Labour Issues for Chinese and Expatriates in China." During his presentation, Dr. Kuang-Hua Lin, President of Asia-Pacific Management Consulting GmbH, spoke about major concerns of European and German companies in China, including fast rising labour costs and high personnel turnover. Furthermore, he introduced current proven measures to tackle these challenges. After the presentation, participants asked their questions and enjoyed the networking time.



Special Event – 3rd German Chamber Soccer Cup Tianjin 2015

18.10.2015



On October 18, 2015 the German Chamber held its 3rd German Chamber Soccer Cup Tianjin 2015 on the premises of the International School of Tianjin (IST). Altogether 150 players of ten teams and about 200 visitors joined the event. After exciting group- and semifinal games, Team Volkswagen and Team Airbus competed for the cup in the final match. With a score of 1:0, Team Volkswagen turned out to be the winning team of this year's tournament, taking home the cup already for the second year.

Besides the matches, participants could win one of 800 prizes at the target shooting competition while kids had fun at the bouncy castle and the soccer area for kids. Further, all attendees had the chance to enjoy culinary specialties at the nearby picnic area. For pictures and more information, please visit our website at www.deutscher-kammerpokal-tianjin.de.



Upcoming Events

November 4, 2015, 7.30am – 9.00am: Interchamber Breakfast Seminar - Lean Culture Change Management: How Real Teamwork and Neuroleadership Make You a More Successful Company, The Astor Hotel Tianjin

November 19, 2015, 1.30pm-5.00pm: Interchamber Tax Seminar - The Development of China's Tax Policy Under The Environment of Boosting Economy, Renaissance Tianjin Lakeview Hotel

November 25, 2015, 7.00pm-10.00pm: Kammerstammtisch Tianjin, Drei Kronen 1308 Brauhaus Tianjin



praise is like candy, moderation in the amount given and received is paramount

PRAISE IS LIKE CANDY

by **Carmen King**

How much candy is it ok to eat? Ruling out any special medical conditions, typically some candy is allowable. The key, don't eat too much! Just as candy eaten in moderation and only at appropriate times may not do major harm to one's health, so too praise when given at the right time, the right place, and the right amount may be just what the doctor ordered.

Why must candy consumption be controlled? The answer is, because all too often candy is full of artificial ingredients. So too artificial praise, really nothing more than false flattery could wreak havoc on someone. How so? Think about a company that falsely reports their profit and loss. What happens? The company gets overvalued. At some point the truth comes out and the company stock often tanks. People who get lots of false praise could end up in a similar state. Thinking they are more valuable, or even better at something than they really are. Sooner or later the truth will come out and it is quite possible it will be a major blow to them emotionally.

Another issue with giving out a bunch of praise in the form of fictitious flattery is someone might begin to believe that others should always be acknowledging and commending what

they do and how they do it. Unfortunately far too many youth and young adults seem to be praise crazy these days. It is as if they need someone to complement nearly everything they do or they get grumpy.

Praise the journey not the destination.

Have you heard life is about the journey not the destination? Praising someone is similar. Namely, what we praise may be as important as how we praise. If we say someone is the "best" at something it might give them an ego. If we say we appreciate "how hard they worked" at something the result could be entirely different. The person might walk away feeling like their effort was worth something rather than the result. It could motivate them to continue to take on hard jobs instead of only doing what comes easy. Plus, they might get the point that hard work gets attention not just a certain result regardless of how it was obtained.

An example would be a child who passes a test. The parents praise the child endlessly. What is the problem? The parents failed to realize the child cheated to pass the test. So was that A so great after all? On the flip side, the parent could praise the child for studying hard

regardless of what their test score is. Employers can fall into the same trap. They praise a sales rep for selling a lot of products. They do so before realizing he lied, cheated, and deceived the customers to do so. So before praising the result, consider what the person actually did to get that result.

Praise the process of learning.

Countless cases in all areas of life, from relationships to business prove that many times the first attempt at something doesn't prove successful. Think about the Wright brothers Orville and Wilbur who Wikipedia cites as having invented the first "successful airplane" in 1903. These brothers put in years of learning. From mechanics to aviation they had to hit the books and even the ground in some cases before finally taking flight.

What's the lesson? Positive praise of the process of learning to fly might have helped the Wright brothers not give up. Constant criticism could do just the opposite. What about us? Are we good cheerleaders for those we see around us who are trying to learn something new? Or do we rain on their parade if they don't seem to be learning something overnight? Sadly, some cultures seem to sorely lack creativity, over emphasizing the result rather than the process.

For example, imagine what it would have been like to be the parents of the Wright brothers. At the time it might have seemed mighty foolish for them trying to invent a way for humans to fly. They may have seemed to be wasting their time. They may have been told to give and spend their time on something more valuable, something more socially acceptable at the time. Every generation has the jobs that seem to "pay well". These

COUNTLESS CASES IN ALL AREAS OF LIFE FROM RELATIONSHIPS TO BUSINESS PROVE THAT MANY TIMES THE FIRST ATTEMPT AT SOMETHING DOESN'T PROVE SUCCESSFUL

tend to be pushed by parents and educators on young ones as the only path to success. Therefore students get praised for pursuing a position that seems to have a bright future. Praise is given for how many degrees and certificates one has obtained.

Sadly, all too often little praise is given for simply trying something new. Yet, with everyone constantly just studying the existing ways, the existing methods and being praised for memorizing facts and figures about what someone else has already done, where's the time left for trying new things? We seem to have a glut of degree holding college graduates that lack creativity and ingenuity. They might be good at being told what to do, but bad at coming up with meaningful methods themselves. Why? It may have a lot to do with what got praised when they were growing up.

Praise is like doggy treats.

Praise might also be compared to doggy treats. How do you train a dog to do tricks? Tell him roll over. If he does roll over most times the master will give him praise in the form of warm words of commendation and a doggy treat! Kids are similar. They remember perhaps even subconsciously what gains the praise of their parents and teachers. Sadly though, many parents and teachers stick to praising a certain result, like "great job you got an A on the test. This makes a child

feel like anything else is bad. When really, what counts is that they tried their best. Even if that resulted in a B, C, or dare we say a D. Sure no parent is going to be in love with low test scores. But only praising great results makes children feel being the best is the most important thing when really, doing their best is the most important thing.

Praise is like money.

Deal out praise like its money. Consider praise as something valuable. Indiscriminately giving endless amounts of money will do little more than create a menace to society which the Chinese commonly call a "fú er dai" (富二代 fù èr dài). So too, indiscriminately giving an endless amount of praise will do little more than create a big baby. How so? The second they don't get what they want, namely "praised", they fuss and throw a temper tantrum. This might come in the form of quitting a job at the first sign of criticism from the boss. Or it could be dropping out of classes the second they aren't the top student. Worse still, it could result in giving up on meaningful relationships such as a marriage the second their mate doesn't praise their every move.

Before giving out praise like it's a free flyer for the grocery store, consider exactly what the person did that deserves praise. Avoid praising results without knowing how someone got them. And do

remember, praise is like candy, moderation in the amount given and received is paramount.

赞美的意义

我们和糖果总是有着说不清的缘分。不吃，体会不到那种幸福，吃的太多，又担心它对我们的健康带来伤害。这一点，也正如我们和赞美的关系一样，在正确的场合给予适当的赞美往往会对事物产生意想不到的效果。

糖果富含大量的人工色素，所以我们才要特别注意控制它的进食数量。虚假的赞美犹如过量的食用糖果一样，它对我们的生存和发展实则并没有什么太大的帮助。一个公司如果不断的谎报其真实的业绩，那么外界会对其产生过高的评估，而一旦公司的真实情况被大众所发现，整个公司的股票便会大幅下跌。我们人类也是一样，如果我们总是被虚伪的赞美所包围，那么我们会逐渐在糖衣炮弹中瓦解。

赞美过程而非非结果。

你是否听过一句话：人生是关于旅程而非目的地？赞美也是如此。如果我们夸奖某人在某些方面是“最好的”，这很可能会对他造成一些自我认识，但如果我们换种方式说“他工作有多么努力”，那结果很可能会达到不同的效果。被夸奖的那个人会觉得他的努力要比结果来得更有价值，并且这样的夸奖也会一直激励人们不断前进，不断努力。

赞美学习的过程。

在我们生活的各个领域，从人际关系到企业公司，无数的案例都能证明：很多时候我们第一次尝试的东西往往并不能够带来成功。比如，1903年成功建造出人类第一架飞机的莱特兄弟，在他们成功之前，曾历经多年的学习和尝试，从力学到航空学，最终凭借惊人的毅力和坚持，成功创造了人类最伟大的发明之一。莱特兄弟的成功让我们看到了积极赞美的重要性。其实我们的周围并不缺乏那些试图尝试新鲜事物的年轻人，而在他们前进的道路上，我们却鲜少给予其赞美和鼓励。

赞美如同训练宠物。

你是怎样训练狗狗的？教它翻身，如果它照做，你会给它各种赞美以及表扬。孩子也是一样。家长和老师的一个不经意间的表扬，都能成为孩子学习的动力。但遗憾的是，很多家长和老师都是在孩子取得优秀成绩之后才会象征性的赞美一番。这样的结果，只会让孩子们觉得他们唯一能做的事情就是不断的追求高分。于是在漫长的学习过程中，他们始终体会不到那种学习的意义与美好。

赞美好比金钱。

如果说无限的给予金钱，只会培养一个又一个的富二代，那么无限的赞美，我们只会培养出一个又一个长不大的孩子。长不大的孩子会想要什么就得到什么，比如赞美。他们很容易抱怨或是发脾气，工作的时候，一旦老板有些许的批评，他们就会觉得无法再继续工作下去。长不大的孩子永远不会是班里的尖子生，他们会很容易的自行放弃某种任务或关系。

赞美，好比一份免费的传单，在我们给予之前，我们需要仔细考虑到底什么人才是最需要它的。切记，赞美和糖果一样，适时适量才最恰当。



the parent should praise the child for studying hard regardless of what their test score is



KEEPING KIDS' TEETH HEALTHY WITHOUT A FAMILY DENTIST

by Charlotte Edwards

From the age of two until my parents' insurance stopped covering me at age 18, I diligently went to my twice yearly dental checkups. The necessity of this was firmly instilled in me, as were good oral hygiene habits, so I wasn't terribly worried about not finding a dentist when I arrived in China. In the summer, I returned to America and got an inexpensive cleaning at the dental college. I was okay with this when it was just me, but after I had my son I wanted to give him the best start since I had a childhood filled with several cavities despite good brushing habits.

I had learned from students that going to the dentist was typically done only when there was a problem; most of my high schoolers had never been to one. Also dentists work at the hospital, there aren't many private practices, and I've been told that hospital affiliated dentists are a better option. To this day I've only been to a dentist in China twice for cleanings. The hospital setting left me feeling nervous; I just don't do well in hospitals. The dentist was kind, albeit a silent type who was very focused on his work. I knew the dentist would be

shocked at me bringing in a toddler, so I knew I had to take action to maintain a healthy mouth even if it wasn't going to a dentist.

When my son was a baby, I used a gentle finger brush with some baby-safe toothpaste that my mom sent from America. Later I just used water when the toothpaste ran out. Around three years of age, when he started preschool and I began to notice that a lot of his peers had tiny nubs or black stains on their teeth I began to look into oral health more to see what I could do to protect his teeth even better. I learned that xylitol is great at killing unhealthy bacteria and followed the work of some holistic dentists who recommended it.

I switched my kids to xylitol and gave them several tiny servings of it daily, about a teaspoon in total each day. This has worked well and my kids' teeth were doing fine. Until this past summer when family started noticing that my sons two top teeth had been missing for three months. They felt something was wrong and wanted him to visit a dentist. I went into research mode and found that it's normal to take a few months, and, as with most growth related things, each child is

different.

I did discover the work of the Weston A. Price Foundation and learned just how much of a role nutrition plays in healing our teeth. It makes perfect sense now that I think about it. Of course your teeth need lots of vitamins and minerals, not just to be cleaned each day. But it's not mainstream treatment to heal your cavities with extra doses of cod liver oil, grass fed butter and bone broth. However some searches online reveal a number of natural-minded families have done that. So I've started adding grass fed butter to the kids' morning oatmeal and eggs and making homemade broths with chicken carcasses and vegetables like onions, carrots, celery, garlic and sea weed.

It's a little extra work and expense, but I feel it's worth it to give the kids a health boost given the state of the world today. I've not seen any dramatic changes to their teeth, but there wasn't anything I wanted changed in the first place, just extra protection against the pain of having to get a cavity filled at the dentist.

儿童的牙齿健康

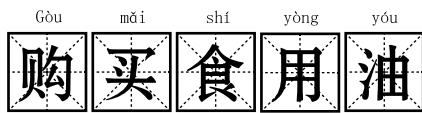
从两岁到十八岁，我一直坚持着每年两次的频率去看牙医，这样的做法让我一直保持着良好的口腔卫生习惯。每年夏天我都会回到美国老家，做一次牙齿清洁。所以在有了孩子以后，我也格外注意他们的牙齿健康问题。

在我儿子很小的时候，我会用手指沾一些儿童安全牙膏，然后轻轻为他清洁口腔。在他三岁左右的时候，我注意到和他同龄的很多儿童牙齿上都会有一些大大小小的蛀牙，于是我开始关注起他们的口腔问题。我从一些牙医那里了解到木糖醇可以更好地清洁口腔和牙齿，它可以减少牙菌斑的形成，对牙周健康十分有益。

于是我开始每天喂给他们一小茶匙的木糖醇，我把孩子们的牙齿保护的很好。直到今年夏天家里人发现孩子们的门牙脱落有足足三个月之久，他们才意识到我应该带孩子去看看医生。我找了一些相关资料，资料上说长牙的周期每个人都不尽相同，这是根据孩子的身体状况而定，时而长时而短，这些都是正常的。

除此之外，想要保护好牙齿只做一些简单的清洁是远远不够的。我们的牙齿需要多种多样的维生素和矿物质来帮助其成长和坚固。所以除了坚持给孩子们刷牙之外，我还会在早上为他们准备丰富而营养的早餐。

尽管保护孩子的口腔健康是一件既费时又费精力的工作，但我依然觉得为了孩子们的健康，这些事情都是值得的。不要在出现问题的时候才想到要去问医生，平时如果我们可以多付出一点，那么以后我们的辛苦就会减少一些。



Get the ins and outs on buying cooking oil in China with the Chinese dialogue below.

Sales Clerk: Hello. Are you interested in buying some oil?

Shòu huò yuán Nín hǎo nín xiǎng mǎi píng yóu ma
售货员：您好，您想买瓶油吗？

David: Yes. But, this store carries so many different kinds. I have no idea which one is best. Can you give me a quick break down of all the different ones?

Dà wèi Duì Ké shì nǐ men chāo shì de
大卫：对。可是你们超市的油种类太多，不知道哪种好。你能给我介绍一下吗？

Sales Clerk: No problem. The most often used cooking oils are peanut oil, soybean oil, sunflower oil, vegetable oil, sesame oil and recently olive oil is becoming more popular as well.

Shòu huò yuán Méi wèn tí Cháng chī de shí
售货员：没问题！常吃的食用
yóu yǒu huā shēng yóu dà dòu yóu
油有花生油、大豆油、
kuí huā zǐ yóu cài zǐ yóu zhī má
葵花籽油、菜籽油、芝麻
yóu yě jiù shì xiāng yóu zuì jìn gǎn lǎn
油也就是香油，最近，橄
yóu yě liú xíng le qǐ lái
榄油也流行了起来。

David: What is the difference with these oils?

Dà wèi Zhè xiē yóu yǒu shén me qū bié ma
大卫：这些油有什么区别吗？

Sales Clerk: Peanut oil has a wonderful aroma, is easy for the body to digest and is normally used for stir-fried dishes. Soybean oil, sunflower oil and vegetable oil are pretty light. Vegetables stir-fried using these oils are fresh and tasty. Sesame oil is very fragrant and is normally used in cold dishes. Olive oil is full of unsaturated fatty acids. It can be used for stir-frying as well as with cold dishes.

Shòu huò yuán Huā shēng yóu qì wèi hěn xiāng
售货员：花生油气味很香，
yì yú rén tǐ xī shōu yì bān yòng yú
易于人体吸收，一般用于
chǎo cài Dà dòu yóu kuí huā zǐ yóu
炒菜。大豆油、葵花籽油
hé cài zǐ yóu bǐ jiào qīng dàn chǎo chū
和菜籽油比较清淡，炒出

de cài qīng shuǎng kě kǒu Zhī má yóu
的菜清爽可口。芝麻油
wén qǐ lái tè bié xiāng yì bān yòng lái
闻起来特别香，一般用来
bàn liáng cài Gǎn lǎn yóu hán yǒu fēng fù
拌凉菜。橄榄油含有丰富
de bù bǎo hé zhī fāng suān jì néng chǎo
的不饱和脂肪酸，既能炒
cài yòu néng bàn liáng cài
菜又能拌凉菜。

David: How do I go about differentiating which oil is of good quality?

Dà wèi Nà zěn me qū fēn yóu de hǎo huài ne
大卫：那怎么区分油的好坏呢？

Sales Clerk: Oils can be differentiated by price and brand. It is best to buy well known brand oils at a large supermarket. Also avoid trouble by avoiding the super cheap choices.

Shòu huò yuán Ké yǐ tōng guò jià gé hé
售货员：可以通过价格和
pǐn pái lái qū fēn Jìn liàng dào dà chāo
品牌来区分。尽量到大超
shì mǎi zhī míng pǐn pái qiān wàn bù yào
市买知名品牌，千万不要
tān pián yì yǐ fáng shàng dāng
贪便宜，以防上当。

TOP TEN RESTAURANTS IN THE WORLD THE NEW YORK TIMES (纽约时报) 2014年11月
STAR RESTAURANT OF MICHELIN (米其林星级餐厅) 2014年11月
鼎泰豐
DIN TAI FUNG

阳澄湖养蟹基地编号: KD2056 & KD2057
DINTAIFUNG SHANGHAI YANGCHENG LAKE HAIRY CRAB

From the breeding base in Bacheng
CHOOSE THE BEST CRABS IN THE SEASON OF CRAB
Delivered by air to Din Tai Fung every day
Black back, white belly, yellow hair and golden claws

Hairy crab gift box
Six packs RMB 798
Eight packs RMB 998

Self-made rice vinegar and 5-year-old Hua Long Shao Shou Wine are attached to both gift boxes.

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

PROMOTION

International School of Tianjin Celebrated UN Day

The International School of Tianjin celebrated their most awaited day of the year, the UN Day on Oct 21, 2015.

The windy, cloudy and cold weather could not dampen the fervor and excitement that goes with the annual IST UN Day. It was a fabulous day and the riot of color from national costumes, the flying UN Day flags and the wide grins on everyone's faces added a lot of warmth and light to the day.

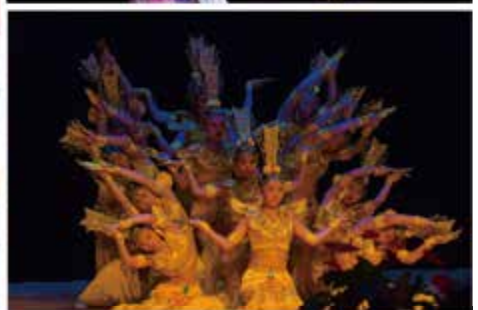
Students first participated in the parade of nations around the front of the school buildings exhibiting the great diversity that exists in the IST community. One of the highlights of the day is the UN Day Assembly held in the school's theater. The school's theater, which has a seating capacity of 520, was jam packed and overflowing with a very enthusiastic and enthralled audience.

This year we had a wonderful collection no less than sixteen dancing, singing and musical performances from around the world, presented by IST students, parents and staff. Countries represented on stage included China, Denmark, Japan, New Zealand, Africa, Korea, Germany and India. The performers at this spellbinding assembly included many different members of the IST



community including students, parents, teachers and our local staff members. This year IST also invited students and teachers of the Tianjin Deaf and Mute School to join in the festivities – the students presented a very beautiful and elegant Dunhuang Thousand Hands Dance that moved many members of the audience to tears.

During the remainder of the morning, the students took part in activities that focused on the theme for the day 'Refugees'. This was followed by the amazingly diverse home-cooked lunch prepared by the IST parents from all over the world, that the whole community enjoyed. After lunch, everybody converged to the Han Foyer for a whole school photo. All in all, this UN Day at IST, as always, was a day to make amazing memories.



International School of Tianjin Celebrated PINK Day

The International School of Tianjin (IST) celebrated PINK Day on October 16 to demonstrate support of and solidarity with the patients of breast cancer in Tianjin in a meaningful way.

The IST community (students, staff and parents) turned out in great numbers dressed in pink, and many were sporting pink wristbands. There were pink posters, banners and balloons displayed throughout the school campus. There were donation drives and a bake sale to raise funds that would be donated for some Tianjin women to be able to have breast screening done. The elementary student council and the secondary "Stand up to Cancer" action group joined forces to collect about RMB 7000 for this cause.



One of the highlights of the day and a very appropriate and visual show of solidarity with the breast cancer patients was a group photo of all the pink clad IST

students, staff and parents arranged in the shape of a pink ribbon. The pink ribbon is the global symbol of breast cancer awareness.

JIAN HUA

Haohao's Journey of 'Victory'

This September, I took my son, Haohao, to the Tianjin Victory Kingdom for an autumn trip under the guidance of the JHF autism rehabilitation center's teachers. The activity not only let me feel my son's happiness, but it also let me see my child's growth and progress; furthermore, as a his mother I also rediscovered hope.

Haohao is a handsome boy, and he is now four and a half years old. Remembering when he was just born, with his big eyes winking at us, he brought us endless joy. However, all this was crushed by the reality of a diagnosis of an autism spectrum disorder at age two. Our family nearly fell apart at this diagnosis, and it was especially hard for me to accept this reality. Through our doctor's introduction, we came to the Tianjin Jlan Hua Autism Rehabilitation Center to receive rehabilitation training. After more than two years of training, I can see my son's growth. But over the years, I've been avoiding

taking him to play in public places, and I have never been to the amusement park with him, because I was afraid of how other people would see us when they saw that my son was different from other kids.

This time, the Center arranged the trip for the kids to play in a public amusement park. At the beginning, I was worried. I was afraid my child would be unable to control himself in the park or that he would run and scream. But Haohao's teacher told me that I shouldn't give up the rare opportunity to take my child to interact with others; such an environment was the best for children to learn social skills. Trying to accept what the teacher said, I agreed to join the program.

After an hour's ride, we came to the Tianjin Victory Kingdom. the merry-go-around, spinning cups, the train and plane rides ... these were all his favorite things. I was with him on a merry-go-round going round and round, sat on a small train through a cave, and sat on a small plane, flying in the sky. I felt relaxed and happy on these rides, and saw changes in him.

When we were just out of the park going through the Victory Gate, I felt that as a mother, I should really take my child out



more, in addition to taking him to his rehabilitation training. Thank you to the Center for giving me this chance to see my son in a new light, and giving me hope for the future. The trip to the Victory Kingdom was not only a huge growth journey for my child, but was also my own journey of hope, confirming for me that my son's future is full of hope.

在刚刚过去的九月，我带着浩浩在天津建华自闭症康复服务中心老师的带领下，来到天津凯旋王国进行秋游。这次活动，不仅让我感受到了孩子的快乐，也看到了孩子的成长和进步，更重要的是让身为母亲的我又重拾希望。

感谢中心给了我这次重新认识孩子的机会，我也从中看到了未来的希望。这次的“凯旋”之旅，不仅是浩浩的成长之旅，更是我的希望之旅，让我更加深信孩子的未来一定充满了希望。

PROMOTION

The World of University Education Comes to The Wellington Community

"Before anything else, preparation is the key to success."

—Alexander Graham Bell

On Friday 9th October, The Careers Department at Wellington College International Tianjin once again assembled some of the big names of the world of higher education at the school's Second Annual International University Fair. With participating universities from the US, UK, Australia, Ireland, France, Switzerland and China, the event provided pupils, parents and staff with a platform to communicate on a one-to-one basis with official representatives of leading global



educational institutions

The event – held in the Sports Hall of the first overseas sister school of the UK's prestigious Wellington College, was open not only to the pupils, parents and staff at Wellington, but more significantly the event offered an opportunity for the entire international and local community in Tianjin to better understand the world of international higher education.

As a school that teaches Critical Thinking and Well-Being, the fair further encouraged the need for pupils to be inquisitive and selective when making decisions in regard to higher education abroad. Parents attended in great number, eager to gain a better understanding of how best to support their children throughout their respective examination and application processes.

PROMOTION

Healthy Eating Week at Wellington College International Tianjin

During the 14th - 18th September, Wellington College International Tianjin rolled out their Healthy Eating Week. This was to underline the importance of good nutrition as part of our Well-Being course. The Daily Special counter at lunch time offered a healthy dish chosen by students and prepared according to their recipe, by the Head Chef and his team. We have rarely seen such a level of interest from pupils in what was on their plates! As many as 240 daily specials were ordered in just one day, far exceeding the usual numbers.

On the Wednesday, the Senior School Assembly welcomed the Area Manager of Sodexo our food service provider, to give a presentation to students about healthy



eating with a lively and interesting talk on the 8 tips for good health!

The finale to the week was our first Farmers' Market, held in the Black Box Theatre on the Friday afternoon. This friendly and enjoyable event succeeded in bringing together pupils, parents, staff and several outside companies in a perfect opportunity to put into practice some of the healthy eating choices we learned, and to taste delicious organic produce. A great week and a healthy start to the year!



International Day of Tianjin International School

To commemorate the nature of Tianjin International School being a bastion of diversity alongside the other celebrated international institutes, a fantastic day was set aside to appreciate the variety of European culture. From the Emerald Isle to the Black Forests of Germany and plenty of countries in between; the International Day greatly celebrated Europe. Even Israel, South Korea, Japan, and China were thrown in the fray (South Korea arguably having the best food). Fifteen stalls were decorated to match the country with plenty of information about the country thrown in. Making the rounds about the main stage at the center of the field, things kind of just blended into a hazy orgy of delicious food, hosted by Tianjin western-restaurants.

Food wasn't the only affair at the International Day; some games were set aside with archery and practicing polo swings on wooden faux horses. Members from the Tianjin Metropolitan Polo Club can to assist the children in learning and the engage in some cultural exchange. The day concluded with a great deal of dancing and singing from various groups both at the school and from out of the school. Spanish dancers, acapella singers, and choir groups all engaged in renditions from all over Europe. Guests to the event were even treated to a fencing match with facts on the sport included during the presentation. For those looking to come out of the day with more than a full stomach, a silent



auction for the Pink Ribbon Campaign to raise fund for breast cancer awareness was set aside with many of the sponsors offering up great deals on items. From 400rmb plane tickets to Shanghai, stays at some of the best hotels in Tianjin, and an air humidifier; it was a great chance for someone to drop a little cash for big rewards. The event was a great success for celebrating world cultures and I'll certainly be looking forward to any future events at Tianjin International School.



PROMOTION

Teda International School Annual Walkathon

3-2-1-GO! A rainbow of red, blue, green and yellow flashes as eager students rush to make the first of many turns around the track. Teachers, parents and friends all cheer each other as they run and walk.

On Friday, September 25 Teda International School held its annual Walkathon, a school's tradition for over ten years. This year, the students completed 4611 laps combined! From the youngest participants in the Early Childhood Academy at age 3 to the seniors in high school, every student put forth the effort to cover 830 kilometers; that is the equivalent of going from Tianjin to Nanjing, with a few kilometers left to spare. In one hour, the student body ran and walked to collect funds donated by their sponsors. All money will benefit local organization in our community. Teda Cardiovascular Hospital,



Bao di school, the Tanggu Autistic Children's home, and Shine Home are a few of the associations with whom the school works throughout the entire year. Two victims who will forever be impaired by recent events, will receive monetary assistance for medical treatment from the funds collected in the Walkathon. Supporting the school's humanitarian cause, the Parent Association

also donated cash to add to the funds raised.

As the final seconds mark the end of the race, red faces smeared with sweat break into a smile, and tired feet jog past the marking points. Hands met in the air with high fives, followed by hugs and cheers. Well done TIS! You are an inspiration to all of us...

PROMOTION

A Happy Day at Bruno's Farm for Hopeland International Kindergarten



With the arrival of Autumn it is time for Hopeland International Kindergarten's annual Happy Experience Day at Bruno's Farm. The students enjoyed their experience with the pastoral life and the joy that comes with a bumper harvest.

On the day, children and teachers learned how to grow vegetables and other farmed plants. They then became little farmers as they selected and pulled radishes from the ground and plucked ears of corn which they were able to take home.

The Happy Experience Day is an annual event at Hopeland International Kindergarten. The activity is designed to

give them a chance to experience nature, and the fun of watching new life grow. Through such activities, they gain knowledge from the experience. At the same time, they also get to know each other, the meaning of sharing and to practice the four ideas of learning - "learning to behave, learning to do, learning to study and learning to live together with others". This is the philosophy that Hopeland has always actively pursued. We want to hand over the keys of life to our children so they can open the door to the future.

ISETAN Binhai New Area Shop
SPECIAL INFORMATION

ISETAN
www.isetan-tianjin.com

Japanese Restaurant

Bunt 板特

4F TEL: 022-6554-1036

11:30-14:30 (LO: 13:30)

17:00-20:00 (LO: 19:00)

豆浆辣白菜锅 188元 (2-3人份)
SOYMILK KIMCHI HOT POT



海鲜美味味噌锅(伍) 268元 (2-3人份)
SEAFOOD DELICIOUS MISO POT



California roll
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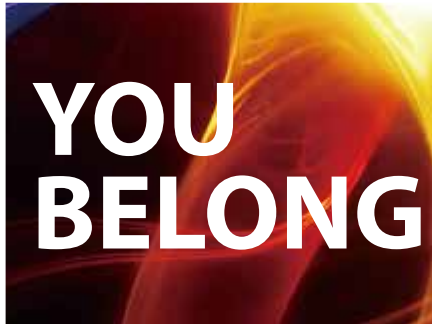
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Remember when you went to a new school and the feeling of being a stranger and all alone? Well that is how most expats feel like when they come to China for the first time.

However it is emphasized by the fact that most of the expats are a minority in a sea of Chinese. We are visible minorities, being any race other than Chinese. We are from a different cultural background and speak differently and dress differently.

In a country that has almost 1.4 billion people and cities that have more people than many countries, it is hard not to stand out. Instead of getting lost in the masses, we stick out significantly and most will have a hard time adjusting to this new environment. In order to survive, the new comer must first come with a positive attitude and be willing to accept the differences and new circumstances. It helps if the newcomers are here with a partner or friends so that mutual support can be available though the rough times, when you miss your

old surroundings and familiar hangouts and comfort foods.

Even with this line of support, there are times when you need help from strangers and know that you are not alone. This was also the case when I recently helped a very smart 17-year-old Shanghai student named Jack enter school in Canada. Academically, Jack is doing quite well, but emotionally I am concerned that he is not doing so well. When I asked Jack had he made any new friends, he said some other Chinese students and he hang out together. When I asked him about making new friends with local kids, he indicated that it was difficult because he does not fit in. Language and general topics of interest and all the points listed above regarding expats in China were pointed out.

In order to help Jack, the school has implemented a volunteer "Buddy" system where local students will take new foreign international students under their wing and help with the adjustment. Jack is a ranked table

tennis player in China and has now started a table tennis club at the high school and many local students have joined the club and this activity has helped him establish new friends and seems to added new life to his new environment.

Back to the expat in Tianjin, besides starting a new club in your new chosen home, how will you fit in? As mentioned, a positive attitude is a strong advantage but getting together with other expats is also very useful to share ideas and new helpful hints. Simple advice such as how to take a subway or using apps for taxis, for example, Uber, will help your everyday life. Just remember that when you do get together with others, try not to just complain about what is wrong or bad experiences with living here. Everyone will have bad experiences of their own but dwelling on them won't help and tends to expand into a Chinese bashing session. As the saying goes: "Misery loves company" and starting off with a negative discussion will not be very productive.

Fortunately, there are several bars and restaurants that cater to expats and where expats can escape to rejuvenate their inner soul and relate to other newcomers. It is a known fact that helping others will convey a feeling of gratitude and that alone will make you feel that you are not alone in a strange land. This list is not exhaustive and just a few places that come to mind, if you have more, let us know.

Bars in Tianjin

Indie Bar

China can be a lonely place. Without language or cultural understanding many Expats feel like outsiders—until they find their in. Michael Best, Expat and engineer knows this first hand. He has lived in Tianjin for almost a year, but he only found Indie Bar six months ago. He says before that he didn't socialize much. "I was considering leaving China," Best says. "Then I found Indie."

"I WAS CONSIDERING LEAVING CHINA." BEST SAYS. "THEN I FOUND INDIE."

It was Poutine, not the company that first brought Best to Indie's dimly lit door. "I go to Indie three to four nights a week," says Best. "I go to the bar way too much." But it's the people that keep him coming back. "Before it didn't feel like I was living in China, it just felt like I was working in China. Indie changed that," says Best. "It allowed me to branch out and meet people. It made China a more enjoyable experience."

Best also enjoys Indie's atmosphere. Between the twinkle lights plugged into every available outlet and customer-done Sharpie art covering any wall space not already claimed by band posters, Indie gives a part artsy coffee shop, part basement venue vibe. This is only intensified by the drums, guitars and mics stashed in the far corner of the bar. Tuesdays are band practice nights. The mic is open to anyone who wants to join—but often Rain Chen, co owner of Indie is singing to her husband Jesse Zenchuk's acoustic rendition of Adele or Lady Gaga or Bon Iver.

Chen and Zenchuk opened Indie in 2013 to meet cool people. Since, they've made lifelong friends with those who wander into their bar. Not a person, whether rookie or regular, walk into Indie without a hello, or walk

out without a goodbye from the dynamic duo. "We're just super weird, nice people," says Chen.

Indie is not the easiest place to find, tucked in a quiet alley between Qixiangtai and Xikang. But it seems right that the bar is in a residential neighborhood, walking into Indie has the distinct feel of coming home.

Truman's

Indie is not the only bar with musical influence. "One time when we were outrageously sober here a friend requested they play 'Happy Birthday' then got on the bar and sang it—over and over," says Ian Matthews, Expat and teacher. It was no one's birthday. The customers dictate the soundtrack, Matthews says after meeting other Expats, it's the best part of Truman's (though maybe not in this instance).

Music and humans are not the only draw of Truman's. Skipper, the bar dog, had his own appeal. Last month he moved to New Zealand with the bar owner, but don't worry he had a proper goodbye party—complete with balloons. Other animals have not fared as well here. Truman's is known for their annual crab race. In case you're unfamiliar with the sport: customers buy crabs and put them in a huge box—everyone bangs on the box and the first crab that makes it out wins. "Unfortunately Truman's won," says Matthews. "But then they bought everyone shots. So that was good." The customers also celebrate the end of the races with a free crab dinner—cheers!

When customers aren't clinking shot glasses at crab races, they're reading upstairs. Truman's comes complete with a reading nook. Books are printed in English, and yes, the entire series of Game of Thrones is on their shelves.

La Bamba

Where Truman's and Indie have a chill, almost coffee shop vibe, La Bamba is high energy. From the playlist, which has been described as impossible not to dance to, to the inexpensive drinks (10 RMB for most mixed drinks) it's reminiscent of a college bar. "I consider it a place where magic happens," says Sean Shuo (王云铄). Shuo moved from Tangshan to Tianjin to live closer to his Expat friends. La Bamba is where they hang out.

Pierre-Luc Hinse, Expat and teacher is one of the friends Shuo moved for. He found La Bamba because "all the teachers come here." He found the bar a week after he landed in China. "It's making my stay in Tianjin so nice because this is a place we meet up, I come with my

friends," says Hinse. Plus, Hinse says the staff are like family. "It's like a second home, you know?"

Whether adjusting to a new country with the help of seasoned Expats or locals, it's important to keep it balanced. Don't spend all your time with people who look like you, dress like you, talk like you. Branch out, but remember when you need a familiar face or a pint, there's an Expat bar down the street waiting to welcome you home.

找到你的圈子

你是否还记得刚到一个新学校时感受的那种孤独？这就是老外刚到中国时候的感觉。但是外国人在中国只是一个非常渺小的群体，而且这个群体也是由各个国家的人组成的。

在一个 14 亿人口的大国，外国人群体犹如沧海一粟，这更让初来乍到的老外们感觉到迷茫。如果你想迅速适应环境，你必须心怀积极的态度，愿意接受差异和陌生的环境。即便你不是一个人在奋斗，身边还有熟悉的朋友，有时候你也需要陌生人的帮助和支持。我认识一个 17 岁独自到加拿大上学的上海男孩 Jack，我不担心他的学业，但会担心他的人际关系是否能处理好。他说已经和几个中国留学生交了朋友，但是由于兴趣差异和语言障碍，他很难和当地的学生交朋友。

学校为了帮助 Jack 这样的留学生，已经建立起一个“帮扶”体系，本地学生会帮助留学生适应新学校。由于 Jack 在中国是拥有排名的乒乓球选手，他就学校里成立了一个乒乓俱乐部，很多当地学生也纷纷加入，这让 Jack 结识了很多新朋友。

回到天津，这里的老外们会借助什么方法适应环境呢？幸运的是，天津有一些外国人喜欢的酒吧，让他们找到自己熟悉的生活方式，唤醒内心的激情，同时让新人们找到归宿。一位外国工程师 Best 说，他已经来天津差不多一年了，之前他已经考虑离开了，但在发现了 Indie 酒吧之后，他打消了这个念头。Best 每周大概有四天都要泡在 Indie，因为他喜欢那里的人。自从找到 Indie，Best 才有了生活在天津的感觉，而不只是单纯的外派工作。酒吧的氛围也是吸引 Best 的一个原因。酒吧的老板 Chen 和 Zenchuk 是一对夫妻，他们最初的想法就是吸引和结交一些与众不同的人。无论是常客还是新人，只要走进酒吧都会有人向他们热情地问好。

Truman's 也是老外圈子里最受欢迎的酒吧之一，轻松随意的氛围是他们最喜欢的。Truman's 家的狗狗 Skipper 也为酒吧招揽了不少客人。它和主人搬回新西兰的时候，酒吧还因为它举办了像模像样的告别派对。酒吧的常客 Ian 介绍说，每年 Truman's 都要举办螃蟹赛跑比赛。每个参与者自己买来螃蟹放在一个大盒子里，大家敲击盒子让螃蟹快爬，第一个到达终点的螃蟹胜出。“今年的比赛是 Truman's 自己赢了，但是老板请所有人喝了酒。最后大家享受了丰富的螃蟹宴” Ian 说道。如果你不喜欢喧闹，那你可以去楼上的书吧静静看一本书。所有书籍都是英文原版，还有一整套的《权利的游戏》。

La Bamba 是一家餐厅，每天播放的背景音乐让人很难不随着摆动身体。而低至 10 元的酒水让人想到当年的大学酒吧。La Bamba 聚集了很多的英语老师，Pierre 就是其中之一。他喜欢来 La Bamba 就是因为所有老师都来这里消遣，这让他天津的生活非常愉快。



WEIXIN WOES

by Paula Taylor

Apparently employers, when considering a potential employee, as well requiring a CV and references from previous employers, they also look at the way a person presents themselves through social media. This would negate me instantly because I have nothing, no Facebook account, no Twitter, no anything, not even Weixin.

ARE YOU A FRIEND OR A BUSINESS OPPORTUNITY?

Seeing as I hate having my picture taken, which of course prevents me from taking pictures of myselfie, Facebook is of no use to me. I haven't lost anything by not twittering my every movement either. As far as Weixin is concerned, apparently by not having it I am also avoiding lots of annoying messages. Just recently a list was compiled of the ten things that people hate the most about Weixin, and very high on the list was something called dai gou (代购) which is buying things on behalf of someone else.

"How nice!" I can hear you say. It sounds

good doesn't it, if it is not possible for you to buy something, then someone in your group of friends can offer to buy it for you. For instance let's just say you wanted a particular face cream from England that you can't get in China, well someone who is either in your circle of friends, or your friend's friend's friend can suddenly kindly interrupt your messaging to tell you that they are willing to buy the cream for you – for a commission. Of course you may not actually want to buy face cream, but you still might suddenly get a message advertising said face cream for sale.

I had to ask my flatmate (Yi Ling) why this was considered so annoying and she demonstrated why. She showed me her phone. In her circle of friends was someone that she did indeed consider a friend, he was not simply an acquaintance that she had added for the sake of it. He had started a new job which relied on him getting people to purchase his company's products, which of course he would help them to do, hence was bombarding people in his circle with his sales spiel. Yi Ling said that she just wanted to see her other friends' news but to do that she had to scroll through the many messages that this

guy had posted.

Actually I would not be best pleased if someone I considered a friend started trying to make money from me. There are some things I really miss about China including Moon Cakes and my favourite ones are the almond paste ones with egg yolk in. They are really expensive here but if Mary offered to buy them for me in China and then charged me for the privilege, she and I would part company very swiftly. Sometimes it is best to draw a clear line between personal and business relationships.

NO BARGAINS TO BE HAD HERE

I asked Yi Ling to show me a typical example. She opened the public forum page and immediately I chose to click on two girls that had stolen their "company" name from a popular American reality TV programme. On their pages basic English brands of cosmetics were being sold at a premium. For instance a face cleanser costing 10rmb here was being offered for 266rmb including postage. I couldn't believe it. I noticed that all the products had myriad pictures of the

SOMETIMES IT IS BEST TO DRAW A CLEAR LINE BETWEEN PERSONAL AND BUSINESS RELATIONSHIPS.

packaging and there were lengthy descriptions of the ingredients and how the product would turn you into a beauty. The average person would not need such detailed information, and unless they had a skin condition and needed to be careful, they would not pay too much attention to detail. My point is that these descriptions took up pages and pages and seem designed to draw attention away from the vastly inflated prices. I asked Yi Ling if anybody really bought goods from these people. Apparently there are many willing takers, especially with the more controversial products. I am sure none of you would be tempted to use this method to buy things that may be difficult to get in China, but a word of warning – for some things they are selling it is actually illegal to import them into China so make sure to do your homework and check.

The other annoying aspect of dai gou is that complete strangers can enter the open forum part of Weixin and start touting for business. Some people really make a living from doing this, in the same way that some people have made a fortune out of trading on eBay. When I asked Yi Ling what she hated most about Weixin she immediately said “Adverts”. These adverts, although some of them come from companies, most of them consist of individuals offering dai gou. There are so many of them that it is relatively easy to find someone willing to buy for you exactly what you need.

WHEN USING WEIXIN PLEASE BEHAVE YOURSELF

Incidentally no. 1 on the list of the ten most hated things on Weixin was people showing off their wealth and possessions. So if you are tempted to post a selfie of you in your Ferrari or sipping Champagne on a private aeroplane, if you don't want to lose friends, either invite

them to go with you and enjoy the experience, or be prepared to be lonely.

Another hated thing is people constantly posting pictures and updates of their latest love interest and talking about how in love they are. Apparently there is a sinister motive behind these actions, it is just to highlight how lonely you are, as opposed to your friend who has someone to love them. At least that is what Yi Ling thinks is the reason for it. Therefore if you don't want your friends to think you are trying to rub their faces in it, don't post pictures of you and your beloved demonstrating your perfect relationship – in fact don't bother finding anyone to love and this will avoid upsetting your friends who have been unable to put a stop to their loneliness – please don't be selfish. Why should you be happy when others are not.

If you don't want your friends to blacklist you, don't post lots of snaps of your cat/dog, particularly if you are getting them to pose in the latest outfit that you have purchased for them. Whilst you may think your pet is cute, your friends may not necessarily agree with you, especially after you have posted your 1000th picture of your dog/cat in seasonal attire.

Of course if you really do not care what your friends think, why not post adverts yourself offering to buy products for them at

vastly inflated prices, then post pictures of you with your new husband/wife as you go on honeymoon by private jet/yacht/Ferrari, with a lot of snaps of your dog/cat as bridesmaid/best man with a group shot of you all sipping the best Champagne, which you can of course purchase for them if they so wish. If you message every single person in your contacts list, you won't need to send a message “Wish you were here”, it will definitely be a case of they will wish they weren't. Please post responsibly.

恼人的朋友圈

一家公司在招聘员工的时候不仅需要应聘者提供简历,还会从他的前任雇主处了解情况。除此之外,他们还会参考该应聘者的社交媒体,希望了解这个人更多的面孔。但这对我来说就是个劣势,因为我没有任何社交媒体账号。

我既不喜欢拍照也不喜欢暴露每日状态,所以我根本不需要注册 Facebook 或是微信,也不会有各种信息的打扰。最近我看到一条新闻,列举了微信上十类最讨厌的人,其中名列前茅的就是“代购党”。

你可能会说,如果有人能帮我从国外买一些国内买不到的商品不是挺好的吗?但是如果你没有这个需求,你同样会收到代购广告。

我的室友是中国人,我问她为什么人们不喜欢这些“代购党”。她说,她有个朋友,自从换了工作之后就每天发无数条跟公司产品有关的广告,她如果想看其他朋友的状态就要先把她发的广告翻过去。换做是我,如果我的朋友试图从我身上赚钱,我一定会和他绝交。

室友打开她的朋友圈,我看到两个做代购的女孩,她们卖的洗面奶在英国只卖差不多 10 块人民币,但她们却标价 266RMB 包邮。这简直令人难以置信。而且每一件产品都配有多图和长篇大论的描述。其实这只是一款普通的产品,完全没必要把配方写得那么详细,这样只是想将人们的注意力从离谱的价格上转移过来。自然有愿者上钩吧,毕竟很多人喜欢这种代购方式。但要提醒你的,有些产品是禁止进口到中国境内的,所以你要提前了解相关信息。

除此之外,这些“代购党”会把他们的广告尽可能广泛地散播出去,广撒网钓大鱼。但是对于没有购买需求的人来说,这些广告就是垃圾信息。

到底什么样的人在微信上最不受欢迎呢?排在榜单第一名的就是“炫富党”。那些开着法拉利,品着香槟发自拍的人,如果你不想失去朋友,最好邀请你的朋友一起开着法拉利去兜风。

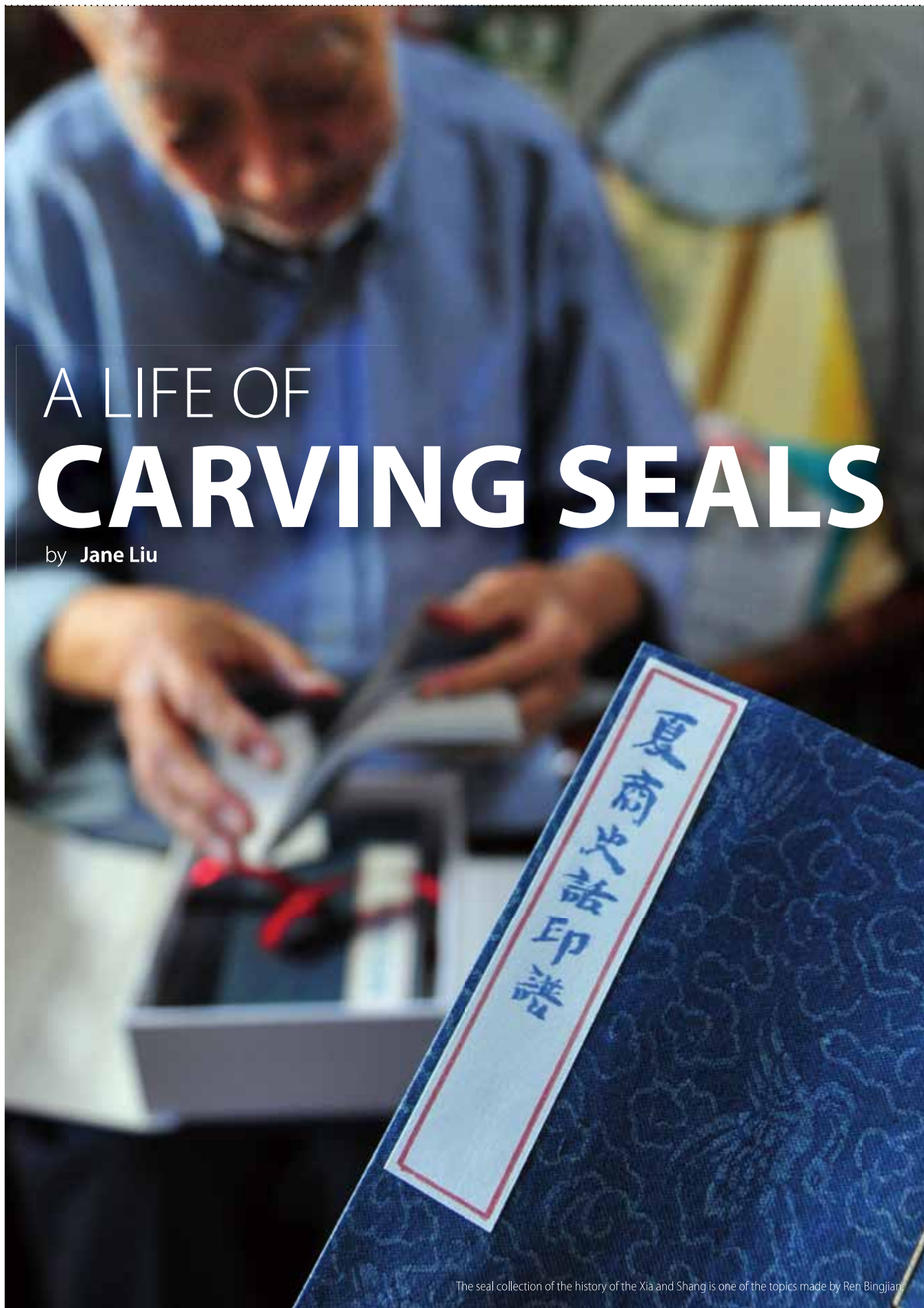
喜欢秀恩爱的朋友也要小心被拉黑了。对那些依旧单身孤独的朋友来说,你每一次秀恩爱都是对他们的刺激,所以多为他们考虑考虑,别再这么自私。

宠物控每天也要发无数张家里猫猫的照片,尤其是要秀一下精心挑选的宠物服装。你当然觉得自家宠物是最萌最可爱的,但别人可能不这么想,尤其是看了你 1000 多张照片之后。

如果你根本不在意别人的想法,那你尽可以肆意为你代理的产品打广告,大秀特秀你和另一半开着私人飞机度蜜月的亲密照片。你不用在结尾加上一句,“希望你也在”,因为你的朋友完全不想去。



An advertorial post in Wechat Moment



A LIFE OF CARVING SEALS

by Jane Liu

The seal collection of the history of the Xia and Shang is one of the topics made by Ren Bingjian.



Home is also the studio.



He started to learn how to design stamps on the computer when he was 90.



He had 20 exhibitions in 23 years.

This year, 92-year-old senior citizen Ren Bingjian completed one of his life-long dreams. He finally completed the two year reorganization of his seals, which were his life work. He collected all his seals and gave one set to the Tianjin Library and kept five sets for his five children. The collection - a total of 37 books with more than 3,000 seals - were made by Mr. Ren Bingjian from 1979 to 2011. The collection covers and contains almost every type of seal imaginable such as names and drawing, Chinese

idioms, slang, myths, legends, poems, 12 zodiac memorial days and some special slogans. It's no exaggeration to say that the collection is a monument to Ren's lifetime. As part of the world's intangible cultural heritage, there are 48 items from China and one of them is seal cutting. Ren Bingjian began to learn carving at the tender age of 13. Over his lifetime he has made over 5,000. Sadly, he is now too old to carve by hand, so he started to learn how to design stamps on the computer when he was 90 and still enjoys the creative processes involved.

一生痴迷为篆刻

今年，92岁的任秉鉴老人完成了一个心愿，他用两年时间将自己后半生刻制的印章整理成印谱，一套留给天津图书馆，五套传给五名子女。这套印谱共有37本，收录了任秉鉴从1979年至2011年刻制的3000多枚印，内容不仅包括人名、图形，还包括中国成语、俗语、诗词、十二生肖以及有纪念意义的日子、有时代特征的话语等专题，包罗万象，可说是任秉鉴一生痴迷中国民间艺术的篆刻版写照。在世界非物质文化遗产中，来自中国的有48项，篆刻就是其中之一。任秉鉴从13岁起跟老师学习篆刻，一生刻制了5000多枚印章。年纪大了，手刻不动了，他从90岁开始学习用电脑画图章，自得其乐，忘却了年龄，深深地沉浸在篆刻的乐趣中。



Oracle Bone Inscriptions made by Ren Bingjian.



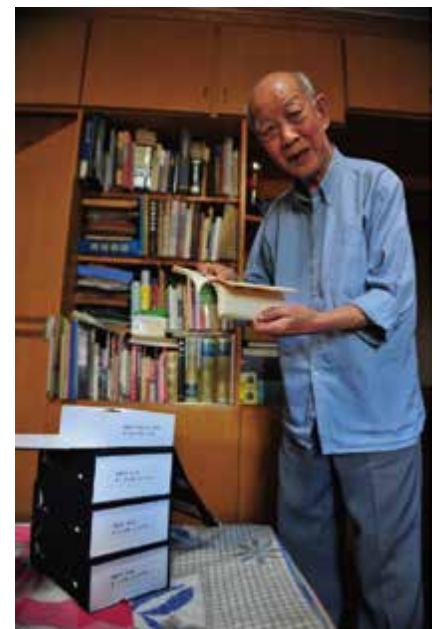
exquisite binding



There are more than 3,000 square seals in the seal collection.



creation makes people young



The collection - a total of 37 books with more than 3,000 seals.



FOCUS AND CONCENTRATION WILL ALLOW YOU TO GET IN THE “ZONE”

by David Wong

During the recent IAAF International Association of Athletes Federation World track and field competition held at the Bird’s Nest, China’s National Stadium, 80,000 people watched as Usain Bolt from Jamaica won the gold medal in the 100 meter race, just as he did during the 2008 Summer Olympics at the same venue. The other historic accomplishment at this race, was China’s Su Bing Tian 苏炳添, the 26 year old from Guangdong province is the first Asian to compete in the World’s Final 100 meter sprint event. When Bolt was interviewed after his 9.79 second win, he was asked what is the key reason for his success. His answer was concentration, “In order to win, you must focus your concentration on the moment.”

Athletes refer to this as being in the “Zone”, psychologists call it “flow” or peak experience, and they have linked it to leading a life of happiness and purpose. Lao Tzu or Lao Zi 老子, the ancient Chinese philosopher who authored

the Tao Te Ching 道德经 called it “doing without doing” or “trying without trying.” It is a very special skill and without it, your life can become chaotic with an endless list of tasks that never seem to get done. Things get put off until the last minute and are rushed in order to get completed, usually leading to unnecessary mistakes. It is a very stressful way of living, so give yourself a break and try to get organized. These tips may help.

Everyone has their own way of handling

IT MAY BE IMPOSSIBLE TO BLOCK OUT EVERYTHING WE THINK OF OR WHAT IS BOTHERING US BUT IF YOU TRY TO REVIEW ALL TASKS AND SET A PRIORITY, THEN THEY CAN BE TACKLED ONE AT A TIME.

deadlines and tasks. I tend to assign a deadline that is earlier than the actual deadline. If something needs to be done by Friday, I will mentally make Wednesday the “Drop Dead Date”, a term used to depict that last possible date that a project must be completed. In fact, I carry this philosophy with my watch and car clock, which are set 10 minutes fast. This is probably not very consistent because, my smartphone time is accurate and cannot be set ahead.

I asked our own writers what are their methods of handling assignments and how to concentrate their efforts towards successful completion. Bryce is into music so in order to get recharged, he shuts out all outside distractions and turns on loud music for a few hours. At night, he will exercise to relieve the stress then focus on his tasks. He also finds that he works best when he is hungry and once he finishes the task, he will reward himself with food.

Paula also uses food as a motivational

factor. She usually takes a break once a task is underway by having a coffee break and compares her time set aside for a task similar to the way she approaches a dinner plate of food. The items that she does not care for, she will eat first and leaving the tastier items last. Relating this to time allocated for tasks, she would do some of the undesirable chores first and leave a block of time for things she enjoys, such as writing. If things become overwhelming, the traditional written list is used and she crosses off each task as it is done.

Here are some other proven tips that may help. Try to clear up the clutter; this applies to your mental state as well as physical. It may be impossible to block out everything we think of or what is bothering us but if you try to review all tasks and set a priority, then they can be tackled one at a time. Bryce does this through physical exercise or listening to music and Paula makes a list. For your physical workspace, try cleaning off your desk, completely. Even if it means that you take away the clutter temporarily and just put it in a separate room, it is important to have a clean, non-distracting workspace when you begin a task.

Eliminate as many other distractions so that you can focus your efforts. This is probably difficult for most people. This first major distraction is your smartphone, turn it off or at least silence it and put it in another room. The constant checking for wechat notes, messages and calls will break your train of thought. Prepare your area with what you think you will need, research material, a drink and tissues so you will not need to break away once you start your work.

If you have a private office, you can tell your assistant to hold off calls and visitors. If you work in an open area, try to let colleagues

know that you need to have some private time. Perhaps buy some good headphones, the large ones that have a noise cancelling feature, and people can see that you are deliberating blocking them out for a short period. If you are at home and have a family, arrange with your partner and children to have some private work time. In my case, I find that the early morning is the best after my regular jogging time. Try to anticipate all your needs for this short period and take care of them to avoid interruptions.

Finally, prepare your brain to go into a deep state of focus. This doesn't require any sci-fi technology that sends a probe or special rays into your brain. Instead, it just takes a few simple, very ordinary steps.

Have a small snack. Concentration is very taxing for our brain energy-wise. Research shows that our focus and stamina tend to improve when our blood sugar is on the rise. (No need to have a whole meal, though. Digestion diverts energy from the brain. A small handful of unsalted nuts work best for me.)

Drink a lot of water. Your brain is 73 percent water, and even mild dehydration can cause it to sputter. Research participants who are barely dehydrated—not enough to even feel thirsty—experience “significant deterioration in mental functions” according to one study. Drinking water corrects trouble focusing. We aren't sure why, but one theory is that it is the brain's way of getting us to pay attention to our basic survival needs rather than our big thoughts and ambitions.

Exhale deeply for a minute or so. Our breathing profoundly affects our nervous system and blood flow in our brain—and, therefore, our performance. Taking some nice deep breaths signals to our brain that we are safe, allowing us to access mental resources we

can't when our breathing is shallow (which our brain takes as a sign that we are in a state of fight or flight).

Elite performers train themselves to drop into The Zone unconsciously by performing little rituals like the ones mentioned. Everyone has different conditions and requirements in order to achieve what is best for you. Experiment and see what works in your case, try to develop a routine so it becomes automatic. Indeed, rituals like these make it possible for ordinary people to do extraordinary work. Or at least help you get through the assignment or finish an article.

集中精力，身处巅峰

2015 北京世界田径锦标赛刚刚落下帷幕，在接近 8 万观众的鸟巢体育场内，人们再一次见证了博尔特的荣耀瞬间。当有记者问到他取胜的关键时，他的回答却是简单的：专注。

对于运动员夺冠时候的感受，我们通常称之为巅峰状态，而心理学家却更愿意将它定义为高峰体验，它是一种发自心灵深处的情绪体验。中国古代哲学家老子，在其著作《道德经》里就曾指出无为而治的观点。所谓“无为而治”并不是指什么也不做，而是不做过多的干预、顺其自然，让人充分发挥其创造力，然后做到自我实现。

每个人都有自己处理事物的方法，而我则更喜欢将最后期限设置提前。比如，有些事情需要周五完成，那么周三就会是我的最后期限。按照这样的生活方式，我也总是习惯将手表拨快 10 分钟。我问过其他撰稿人的工作方式，他们有人喜欢边听音乐边工作，有人则喜欢列出清单或是靠美食的诱惑来激发其工作的效率。

这里我也收集了一些关于集中精力的好建议，希望对大家有所帮助。首先试着理清头绪，这无论对你的身体还是精神都会有所帮助。这样的做法或许不能完全清空你的烦恼，但如果你试着研究一下所有的任务，并将它们优先处理，那么这些问题都能迎刃而解。其次是对工作环境的整理，将所有不必要的东西都清理干净，尽可能的营造出良好而舒适的工作环境。

消除干扰、集中精力，对我们大多数人来讲并不那么容易。尤其在我们工作的时候，我们会被各种问题所打扰。这其中最大的问题当属我们的手机，我们总是习惯在不经意间查看手机。所以，一旦开始工作，我们不妨先将手机静音或者放置别处，避免它在我们工作的途中带来各种干扰。

如果你有一个私人办公室，那么你可以告诉秘书或助手帮你阻挡一些电话或者来访，但如果你是在一个开放的环境工作，那么不妨试着和你周围的同事多做沟通。如果你是在家里工作，那么你可以直接告诉家人你现在需要工作时间。总之，准备好一切你需要用到的东西，尽可能的避免那些可以扰乱我们注意力的外界因素。

最后，我们需要为大脑进入最佳工作状态做一些准备，比如吃点零食、喝些水、做做深呼吸。简单几步，它就能激发我们大脑的无限潜能。

每个人的身体状况和自身需求都不尽相同，所以我们需要不断尝试，反复摸索，在实验中找到属于我们自己的风格。



Boulter won the championship.

THE EIGHT CULINARY TRADITIONS OF CHINA

SICHUAN CUISINE

by David Wong



Si chuan hot pot

There are eight culinary cuisines in China listed as: Shandong, Anhui, Guangdong (or Cantonese), Sichuan, Hunan, Fujian, Jiangsu and Zhejiang. In the previous issue, we described Shandong cuisine and now we will look at Sichuan also referred to as Chuan or traditional spelling of Szechwan or Sichuan which is still seen in old Chinese restaurants in America and Europe.

History and Geography

Sichuan 四川 is a province in the southwest of China and Sichuan literally means Four Circuits referring to the convergence of rivers and gorges that are in the province and were designated during the Song Dynasty (960-1279). Sichuan is ranked as the 3rd largest province in China by area and 4th by population at over 80 million people (it used to be the most populated before 1997 when Chongqing was split away to become its own becoming a directly controlled municipality with its population of over 30 million). Sichuan is ranked first as China's

agricultural producer but it is a poor province ranked only 25th on per capita GDP of 35,000rmb.

This huge province borders Tibet, Qinghai, Gansu, Chongqing, Guizhou and Yunnan. Its capital is Chengdu with a population of 14 million. It is steeped with history and a beautiful landscape varying from beautiful mountains and plains and of course it's namesake, many rivers and gorges. One of my favorites is Jiu Zhai Gou 九寨沟, a beautiful mountain area and designated national park and a UNESCO Heritage Site with a total area of 72,000 hectares ranging from 2-4,000 meters high.

NOT JUST ORDINARY SPICY BUT A NUMBING SENSE OF SPICY, WHICH THE CHINESE REFER TO AS MA LA 麻辣 LITERALLY MEANING "NUMBING SPICY-HOT"

If you are in China for any length of time, Sichuan is a must stop to visit. There are half a dozen direct 3-hour flights from Tianjin to Chengdu and it's another hour to Jiu Zhai Gou.

Sichuan cuisine is well known throughout China and the world. When one thinks of Chuan cuisine, the most common trait that comes to mind is spicy. Not just ordinary spicy but a numbing sense of spicy, which the Chinese refer to as Ma La 麻辣 literally meaning "numbing spicy-hot". This is the result of the use of a dried red chili and a red peppercorn huājiāo literally: "flower pepper".

Common preparation techniques in Sichuan cuisine include stir-frying, steaming and braising, but a complete list would include more than 20 distinct techniques. Pork is overwhelmingly the major meat. Beef is somewhat more common in Sichuan cuisine than it is in other Chinese cuisines, perhaps due to the prevalence of oxen and Yaks in the region. Stir-fried beef is often cooked until chewy, while steamed beef is sometimes coated with rice flour to produce very rich gravy. Sichuan cuisine also utilizes various beef

and pork organ meat as ingredients, such as intestine, arteries, the head, tongue, skin, and liver, in addition to other commonly utilized portions of the meat.

Rabbit meat is also much more popular in Sichuan than elsewhere in China, with the Sichuan Basin and Chongqing estimated to consume some 70 percent of China's rabbit meat consumption.

Popular Sichuan Dishes

Some of the more common dishes that you may recognize are Gong Bao Ji Ding 宫保鸡丁, Ma Po Dou Fu 麻婆豆腐, Sichuan Hot Pot 四川火锅 Sichuan Huo Guo, Spicy Deep Fried Chicken 辣子鸡 La Zi Ji, Water cooked dishes (fish or beef) 水煮 Shui Zhu (鱼 or 牛肉), Dan Dan Noodles 担担面 Dan Dan Mian and Spicy Crawfish or little lobsters 麻辣小龙虾 Ma La Xiao Long Xia.

Gong Bao Ji Ding 宫保鸡丁 is probably the standard dish for foreigners although it is also enjoyed by most Chinese. It is a spicy stir-fry dish made with chicken, peanuts or cashews, vegetables and chili peppers. The dish is believed to be named after Ding Baozhen (1820–1886), a late Qing Dynasty official, and governor of Sichuan province. His title was Gongbao (Kung-pao) 宫保; literally: "Palace Guardian". The name "Kung Pao" (the proper pinyin spelling is Gong Bao) chicken is derived from this title.

An interesting fact is during the Cultural Revolution, the dish's name became politically incorrect because of its association with an official. The dish was renamed "Fast-fried

chicken cubes" (Gongbao Jiding) or "chicken cubes with seared chilies" (Hula Jiding) until its political rehabilitation in the 1980s under Deng Xiao Ping's reforms.

Ma Po Dou Fu 麻婆豆腐 actually means "Pock marked grandma's bean curd". The first character Ma 麻 stands for pockmarks and the second character is Po 婆 which is part of the full name for Po Po 婆婆 which is an endearing name given to an old woman or grandma. The original restaurant was located in Chengdu and owned by a grandma with a pockmarked face, thus the name.

Sichuan Hot Pot 四川火锅 Sichuan Huo Guo (also known as steamboat in Singapore, Malaysia, Thailand and Philippines), refers to several East Asian varieties of stew, consisting of a simmering metal pot of stock usually divided into two parts, one spicy and one regular soup stock, at the center of the dining table. While the hot pot is kept simmering, ingredients are placed into the pot and are cooked at the table. Typical hot pot dishes include thinly sliced meat, leaf vegetables, mushrooms and seafood. Vegetables, fish and meat should be fresh. The cooked food is usually eaten with a dipping sauce with a base of sesame. In many areas, hot pot meals are often eaten in the winter during supertime but recent trends have made this a popular dish in all seasons.

Dan Dan Noodles 担担面 Dan Dan Mian the name refers to a type of carrying pole (dan dan) that was used by walking street vendors who sold the dish to passers-by. The pole was carried over the shoulder, with two baskets containing noodles and sauce attached at

either end. The noodles cost almost nothing, and gradually local people came to call them dandan noodles. Literally, the name translates as "noodles carried on a pole", but may be better translated as "peddler's noodles". If you visit Chongqing, you will still see many workers with these poles offering their services to carry goods up the many hills but you will have to get your noodles in a restaurant or food stand.

Editor's Pick

麻辣诱惑 Spice Spirit

Innovative Sichuan cuisine

Add: 8F, Isetan Department Store, 108 Nanjing Lu, Heping District 和平区南京路108号伊势丹商场8F
Tel: 27188585

新煮意 Shin Cooking

Boiled Fish Fish Filets in Hot Chili Oil

Add: 5F, Galaxy Mall, 9 Le Yuan Dao, Hexi District 河西区乐园道9号银河国际购物中心5楼
Tel: 83889321

味蜀吴 Wei Shu Wu Hotpot

Sichuan style hot pot

Add: 1F, Building 4, Jin De Yuan, at the crossing of Kunming Lu and Xining Dao, Heping District 昆明路与西宁道交口金德园4号楼底商
Tel: 83130066

中国八大菜系之川菜

四川省位于中国西南部，是中国第三大省，人口超过8000万。四川境内风景秀美，有不少名山大川，最为出名的要数九寨沟了，是外国游客不能错过的旅游胜地。

川菜更是声名远扬，风靡世界。提到川菜，人们首先想到的是又麻又辣的口感。除了辣椒，花椒也是川菜不可缺少的调味品。

川菜用到的烹饪方法多达二十多种，包括炒、蒸、炖等。猪肉是川菜的主要肉类，而牛肉也比其他菜系使用得多，可能是因为牦牛在四川广泛饲养。猪和牛身上的其他器官也可入菜，比如肠子、腰子、猪血、猪头、牛舌、猪皮和猪肝。四川人还喜欢吃兔肉，大约要消耗全国70%的兔肉。

经典的川菜包括宫保鸡丁、麻婆豆腐、火锅、辣子鸡、水煮牛肉、担担面和麻辣小龙虾。宫保鸡丁是外国人最熟悉的中国菜了。传说这个菜是清朝一名叫丁宝桢的官员发展改良的，而他的官职是宫保。

四川火锅是把各种原材料放到沸腾的汤锅里煮熟。四川火锅通常在一个锅里分割出清汤和辣汤，常见的原材料包括肉片、绿叶菜、菌类和海鲜。煮熟的菜品要蘸着酱料吃。四川当地用的是香油，而北方偏爱麻酱料。冬天是吃火锅的最好季节，但是由于四川火锅太过火爆，一年四季都宾客盈门。



Spicy Deep Fried Chicken

FUSION RESTAURANT AND BAR



and not only because it's tender and well-seasoned but also for the big portions that are enough for three people. The steaks are also worth trying as they are imported from Australia.

When night falls, the band will appear on stage and sing some popular songs. This is the time to have a drink, chat and, maybe even, dance with your buddies. The time passes quickly at such a great place!

Lamb Chop

Despite Fusion Restaurant and Bar being hidden away inside a shopping mall it certainly doesn't dictate anything about its atmosphere or signature food. You will feel that you have been spirited away from that shopping mall as soon as you walk in.

Fusion is trying to create a place where you can sit comfortably at the bar while enjoying some good food or a cocktail. It's only open in the evening and is the perfect place to for a romantic candlelit rendezvous.

As the name suggests, the menu is also a fusion of western food from many countries among them France, Italy and Mexico. The Italian Style Lamb Chops (RMB168 for three pieces) is highly recommended

Fusion音乐酒吧位于梅江会展中心对面的商业广场，主打西式融合菜品，汇聚法国、意大利、墨西哥及部分亚洲美食。装饰复古浪漫，适合二人烛光晚餐。意式羊排和澳洲进口牛排品质优良，口感好，值得一试。入夜后有乐队现场演唱经典老歌，点上一杯精心调制的鸡尾酒，和朋友聊聊天，会让萧瑟的秋夜变得温暖。

Fusion 音乐酒吧

📍 1F, MIMI Park, 11 Huan Dao Xi Lu , Hexi District (opposite Meijiang MICE)

河西区环岛西路11号梅江大岛商业广场1层底商

☎️ 59388877 🕒 RMB 150 🕒 18:00- 00:30

LI'S CHAOSHAN HOT POT RESTAURANT



It is now hot pot season and it's probably true that you can't wait to rush out to eat one after work. Here is a question for you. Do you know how many different types of hot pot there are in China? Most people can name a few, such as the spicy Sichuan style or the bronze bowl hot pot popular in north China. However, did you know that in southern Guangdong province, people also eat what is known as Chaoshan style hot pot? Now you can eat it in Tianjin because in Ao Cheng, a new hot pot place featuring this style of hotpot, has just opened.

Li's Chaoshan Hot Pot Restaurant is owned by a Tianjin man but he has hired some experienced chefs from Guangdong who are responsible

to make sure everything is authentic. Unlike hot pot in north China, in which sliced lamb is the main ingredient, Chaoshan hot pot only uses beef. According to the owner, six parts of the beast are selected for the hot pot, including the front and rear shanks, breast, neck, chuck and prime rib. These are the best parts of the animal and each part has a distinct texture and flavor.

Food safety, especially regarding meat, is a big concern in China. So, according to the owner, 80% of the beef is butchered in Guangdong and delivered to Tianjin the same day and he promises no water-injected meat is used. Actually, if you wish, you can watch the chefs prepare the meat.

One warning though you can't simply toss all the meat into the soup and bring it to boil. As the beef is freshly cut, you should only rinse it in the boiling soup for no more than 10 seconds so to bring out the best of its flavor. If you do this you will have a new taste sensation.

李记潮汕牛鲜馆主打鲜切牛肉和牛肉丸，选取六个主要部位，每个部位口感各有不同。牛肉丸纯手工打制，紧绷有嚼劲。80%的牛肉当天从广东空运过来，保证无注水肉。肉片只需在汤里烫几秒钟，稍有变色即可食用。

李记潮汕牛鲜馆

📍 120, C4 Block, Magnetic Capital International Central Avenue, Nankai District

南开区时代奥城商业街C4-120

☎️ 59267766 🕒 11:15-23:00 🕒 RMB90

YULU VIETNAMESE RESTAURANT



Beef Pho

Jacky Ho, head chef at Yulu Vietnamese Restaurant, has made tracks across China serving up Vietnamese cuisine. He learned the tricks of the trade as a chef at Hong Kong's award winning Nha Trang restaurant. He brought their renowned Western-Vietnamese hybrid recipes back to his home province, Guangzhou, where he was recruited by Yulu's owner.

Between Yulu's expat-heavy location, at Ao Cheng, its Western-meets-Vietnamese recipes and reasonable prices (around 35 RMB per entree) it's no wonder the restaurant has a high foreign presence. It helps that the menu is written in English (and Chinese) and comes complete with pictures. Ho laid half the menu out in front of me—and

let's just say I finished everything but one or two Spring Rolls. While the rolls are the favorite among most foreigners, I favored the Yellow Curry and the Grilled Beef Stuffed Pandan Leaves. If you're as new to chopsticks as I am the latter takes a second to unwrap—but inside is beef marinated in kiwi, pineapple and pear. It's well worth the work. Of course, Pho was the staple of the meal. I topped it off with a cup of Vietnamese drip coffee. It was served in a water glass—but don't let that fool you. The beans are imported from Vietnam and give Starbucks' most expensive roast a run for its money.

While the restaurant's 11:30 a.m. open time may be a little late for some coffee addicts, it's 11 p.m. close makes it an excellent stop for a drink. (Yulu offers beer or wine, or you can grab a mixed drink from their sister restaurant, Tapas, conveniently located next door). Whether you're sipping cabernet or coffee, if you want an excellent Vietnamese meal in Tianjin—this is your go to.

鱼露是奥城商业街新开业的越南风味餐厅，主厨曾在香港芽庄餐厅工作过。越南菜很受西方食客欢迎，英文菜单更利于点餐。越南河粉作为招牌自然不能错过，越南春卷、牛肉卷、咖喱鸡肉同样地道。最让我惊喜的是滴漏咖啡，虽然容器简单，但味道不输大牌连锁咖啡。

鱼露越南风味餐厅

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☎ **23855317** 🕒 **RMB 40** 🕒 **11:30- 23:00**

FU HUI XUAN RESTAURANT



Braised duck stuffed with eight treasures

Tianjin cuisine has developed its own unique qualities over the last 300 years and comes in many different tastes which involve combinations of salty and fresh food with a particular emphasis on tenderness. The formation and development of Tianjin cuisine has been shaped by its dependence on water transport and salt merchants, also the many boatmen's diets upon which the city's food supply relied, led to many of the now famous Tianjin snacks.

Naturally Tianjin cuisine is heavily focused on riverine fish and seafood due to our geographical location near the coast. Our chefs are skilled at using all kind of cooking skills to produce many delicacies. As we all know, Tianjin food is delicious. Historically a traditional winter repast was set with eight bowls with four grilled dishes and four to contain the



Pan-fried Bohai Prawns

"treasures". Today, we have some local specialties such as Stewed Shark's Fin with Crab Roe, Soft Fried Fish, and Stir-fried Chicken Shreds.

Fu Hui Xuan Restaurant, with its simple environment, combination of Tianjin and Shandong cuisines and reasonable price offers guests a totally different dining experience. It is time for the people of today to experience the traditional classic and delicious Tianjin and Shandong dishes and so the restaurant has recreated them. Its mantra is "guests first, service first" and it aims to provide our guests with new taste sensations and high quality service.

津菜特指天津地方风味菜系，早年起源于民间，以咸鲜为主，口感软嫩酥烂，从形成到发展至今有 300 多年历史。福慧轩以简约的环境与津鲁老菜的巧妙结合带给您传统的，经典的，熟悉的，美味的，实惠的津鲁美食。

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best to use as little as possible to get the desired result. So, next time you want to try and make your favorite Chinese dish, don't forget to use the same oils the Chinese do to get that authentic taste, but don't use too much!

OIL AND OUR HEALTH

by Kate King

As an expat living in China, one thing became VERY clear early on in our discovery of all things Asian. When there is cooking going on, oil will be in use. Oil and cooking here go hand in hand like a burger and fries in the states. A Chinese dish cannot be authentically made without oil. So, that then leads us to the question, what types of oil can be used for cooking and what, if any, are their health benefits?

Probably the most popular cooking oils in China are canola oil, peanut oil and sesame oil. Let's take a closer look at these.

When cooking Chinese fare there is usually one all important factor that influences what oils to use, that is, the wok needs to be piping hot! That being said, it is important to use oils that can be used in this type of intense heat environment. All oils have what is known as their smoke point. This is the temperature that the oil rises to that it stops simmering the food and starts smoking. At that point the composition of the oil begins to change and actually can start putting off carcinogens. Not so exciting. That being said, what is the smoke point for these oils? Peanut oil comes out on top with the highest smoke point at 510°F/265°C, canola oil 2nd at 400°F/205°C.

Other than the smoke point, why are these oils used? The Chinese are drawn to the nutty flavor of the peanut oil which interacts nicely with many of their dishes. As for the canola oil, that has a pretty neutral flavor so it can really be used for any dish without changing the flavor. The sesame oil, interestingly enough, isn't used for cooking, it is mainly used after the food is cooked and added as a nice flavoring ingredient. But, what about the health benefits of these oils?

According to WebMD™ canola oil is one of the best oils for a healthy heart because the saturated fat content is low and the unsaturated fat content is high. How about peanut oil? WebMD™ says peanut oil also has some good benefits. It is used to lower cholesterol, prevent heart disease and cancer and may help with weight loss. One thing to keep in mind with peanut oil is, if you are allergic to peanuts, do not use it, as it can cause allergic reactions as well.

I don't think anyone can disagree, the Chinese are huge consumers of oil, and while these oils do have some health benefits we do need to keep in mind one important factor, when cooking with oil, no matter what type, we should always remember that oil is fat, and so it is always

食用油与健康

中国人擅长烹饪，且几乎所有的烹饪都离不开油，这就好比汉堡永远搭配着薯条一样，二者缺一不可。那么在烹饪中，我们应该怎样选取食用油，究竟这些食用油对我们的身体健康都有哪些好处呢？

中国常见的食用油主要有三类：菜籽油、花生油、以及芝麻油，且根据品种不同，各个食用油的烟点也不尽相同，花生油的烟点是265度，菜籽油则是205度。因为油脂在高温状态下会产生一系列分解聚合反应，释放有害挥发成分，产生致癌物质，所以烹饪的时候，人们通常讲究“热锅凉油”的炒菜方法，严格控制油烟点，以确保菜品安全与健康。

中国的食用油种类丰富，用法也多有讲究。花生油淡黄透明，色泽清亮，气味芬芳，是一种比较容易消化的食用油。据资料介绍，常食花生油，可降低血浆中胆固醇的含量，帮助预防动脉硬化以及冠心病等心血管疾病。菜籽油是我们俗称的菜油，是用油菜籽榨出来的一种食用油，因其不饱和脂肪酸含量高，所以具有一定的软化血管、延缓衰老之功效，又因其味道中性，不宣破坏材料的原始味道，所以适用于各种菜肴的烹饪。芝麻油则多用于烹饪完毕之后的熟食之上，起到调味提香的作用。

中国是食用油的巨大消费国，有些食用油也的确对健康有一定的好处。但无论何种食用油，它都是富含大量油脂的，所以下次再烹饪的时候，可以少用油的，我们尽量少用油，油量适宜就好。



WHEN IT COMES TO EVOO AND OTHER IMPORTED OILS STICK TO THOSE ON “SPECIAL”, BUT BE SUPER CAREFUL AS TO EXPIRATION DATES.

Ok so you've made it to Tianjin. No small thing for any expat. Upon arrival no doubt you have quickly discovered edible oil is a big deal here. For those interested in the health angle of each different type of oil out there, check out our health column of this month's magazine. Our goal here is talk more about the money, namely how much do all these different oils cost and what should you be on the look for when shopping for edible oils.

One thing expats need to do is get familiar with the big Chinese oil brands. Some of biggest oil purveyors include: Luhua (鲁花), Fulinmen (福临门), Jinlongyu (金龙鱼), and Duoli (多力). Each of these brands is typically available at your local supermarket. Second, consider the type of oil. Oil types often available in Tianjin include the following: Peanut oil (花生油 huāshēngyóu), Soybean Oil (大豆油 dàdòuyóu), Sunflower Oil (葵花子油 kuíhuāzǐ yóu), Vegetable Oil (菜籽油 cài zǐ yóu), Sesame Oil (芝麻油 zhīmá yóu a.k.a. 香油 xiāngyóu), and last but not least Olive Oil (橄榄油 ěr nǐ yóu).

Now here is where expats get thrown a curve ball when shopping at a local grocery store for oil. Each oil brand may actually have their own “sales rep” at the store pushing their oil. This can be quite confusing, even overwhelming. Imagine your supermarket becoming a bit like a car dealership on steroids as there are multiple brands, and multiple reps all trying to sell you oil!

With this being said, understand they are totally biased. They each represent a certain brand. So don't get thrown off when every next rep tells you how much better their oil is than the one you just looked at. Understand too, that no matter how good the deal, it just may not be the oil you need or want. So stick to your guns



BUYING EDIBLE OILS by Carmen King

and don't be swayed by all the hype.

Most locals swear by Peanut Oil and the brand Luhua, however it is one of the pricier brands. Expats will likely be shocked by the price of Olive Oil as it is often an import item. Be aware, some Chinese brands push an Olive Oil Blend. These can be pretty cheap and fairly enticing. However, the flavor is sorely lacking for anyone looking for a real Extra Virgin Oliver Oil flavor.

When it comes to EVOO and other imported oils stick to those on “special”, but be super careful as to expiration dates. One of the best tactics is to wait for a sale

and stock up as long as it isn't about to expire. A final tip when shopping for oil is to check out www.jd.com. There you can search using the Chinese characters for each oil type. Also, look for the characters “京东配送” and check the box beside it. This narrows results to the more reliable suppliers who can ship that oil right to your door!

购买食用油

外国朋友来天津，会很容易发现，天津的烹饪大多离不开食用油。在本篇的文章中，我们就为大家介绍不同种类的食用油的基本价格以及在购买食用油的时候，应该注意的一些问题。

首先，选购食用油的时候，我们应该多加了解一些有关食用油的品种，比如鲁花、金龙鱼等。其次，当我们购买食用油的时候，我们还应该注意购买的油到底是什么类型的。

天津人选购食用油尤其以鲁花牌的花生油居多，尽管价格有些高昂，但销量却一直很好。外国朋友购买食用油大多会选择橄榄油，但因为橄榄油多为进口食品，所以价格会比其它种类的食用油要高出很多。当然，一些中国品牌也会推出自己旗下的橄榄油，且价格也颇为适中，但口感上却要稍逊那种特级初榨的橄榄油。

当我们选购特价食用油的时候，一定要小心它的生产日期。只要不是快过期的产品，我们都可以选择在促销的时候多购买一些。当然，我们也可以选择在网购，只是从网购的时候应该注意尽量不要选择第三方卖家的货品，因为商家自营的产品往往会更可靠一些。





TIANJIN UNIVERSITY OF YESTERDAY, TODAY AND TOMORROW

by Carmen King, photo by You Sihang and Wang Fei

School motto stone of TJU

Where were you at the end of August? If you are associated with Tianjin University, perhaps a student, perhaps a teacher, you were likely thinking about what your new life will be like at the brand new Tianjin University Campus located in Tianjin's Jinnan District (津南区). The later part of August, 2015 marked a momentous time for Tianjin University (TJU) as the project which was first acknowledged by Tianjin's Mayor Huang Xing Guo back in November, 2008 was finally completed. The 12 different schools operating under the TJU along with the management team made the move to the brand new location.

The new TJU campus is located a little more than 20 kilometers southeast of the original campus. The old TJU still remains in Nankai District on Weijin Lu and will also continue to be used. With the long anticipated new facilities being finished TJU finally has the room it needs to meet the ever growing demands of its staff and students. The new facilities represent nearly 14 million square feet of space sprawled across a massive 600 plus acre property. This huge chunk of land sits in between Tianjin's city central and

the Binhai New District. It is actually only one of several college campuses which will make up a new "Education Epicenter". Like the old campus, the new TJU will also have a new Nankai University as its nearby neighbor.

Site design and construction was based on a "One Core, Three Composites" philosophy. "Student development" is the core while the three composites represent an "amalgam of majors", "teaching united with research", and "students intermingling with professors". The campus was built on the backdrop of these concepts. According to plan, after the 12 schools and faculty moved in at the end of August, the student body in new campus would reach an approximate total of 21,000.

Seven Special Design Features

The new TJU campus has seven distinct design features. The first focuses on delivering a new education ideology whereby students are provided a more efficient learning and living environment. The second is to balance the design of the various schools with the needs and demands of the community around them. The third is to carry on the TJU

history despite establishing an entirely new campus by not giving off the impression that the University is somehow "starting over". The fourth feature centers around efficient and ecologically friendly transportation. The plan is to provide convenient roadways, nearly 10,000 parking spaces and more than 30,000 public bicycle storage spots. The fifth is to deliver a well proportioned and scalable space, whereby there is a blending of both natural and manmade resources. The sixth is building with expansion in mind. This will allow the campus to be expanded as necessary. The seventh is gradual growth. Instead of building everything at once, in a systematic way, additional structures can be added in phases.

Why though was such a special new TJU campus needed? Incredibly, the old TJU campus on Weijin Lu has already be in use for 60 years! The property is less than 300 acres. That means it is less than half of the new campus in overall size. According to the department of education, the maximum capacity for a student body is only around 10,000. Again, this is about half of what the anticipated student body will be at the new TJU. Outside of lacking the required capacity

TIANJIN UNIVERSITY'S MASSIVE NEW CAMPUS IS YET ANOTHER BUILDING BLOCK OF "THE NEW TIANJIN"

for current and future growth, the old campus also has layout challenges. Over time more classes, classrooms, and dorms have been added. When added, often these were not located in the most convenient location, but rather wherever space was available. Making the old campus somewhat disconnected.

As early as 2005 these constraints began to be brought to the attention of the responsible parties. In review, it became clear that the current land locked campus in Tianjin's Nankai city central district would simply not be able to handle all the growth. Plus TJU has the goal of becoming a top ranked globally ranked University by the year 2020. To successfully achieve this and other initiatives, the answer was clear. A new TJU campus outside the current cramped quarters was justified. Thus in 2008 official application was made to the Tianjin Government for building a new campus. On March 7, 2010 in Beijing the agreement to build the new TJU was signed.

Tianjin University – Today and Tomorrow

Fast forward five years to the 2015 of today, and the grand day of moving into the new Tianjin University campus has since come and gone. The new site not only accommodates the existing student body, but puts them in position for continued growth. Since the new campus was designed to handle additional phases of construction, it is expected that the student body will grow from the roughly 20,000 of today to 30,000 of tomorrow, and perhaps even as large as 40,000 in the future.

The building of the new Tianjin University Campus was a huge project that drew huge support from huge names in the building and design industry. This included the Director of the Beijing Olympic Project, Mr. Cui Kai, the Beijing Olympic Park Planner and Architect, Mr. Zhou Kai and Mr. Li Xing Gang who oversaw the design of the Bird's Nest.

Tianjin University's massive new campus is yet another building block of "The New Tianjin". TJU has long since been one of the most notable landmarks of Tianjin. Its growth mirrors the growth of Tianjin as a whole. Tianjin is growing up and out by not only expanding vertically, but also laterally. Tianjin University is but one major university which has begun to develop the land outside the city center. Many look to the future with eager anticipation as the new Tianjin University campus meets the educational needs of both today and tomorrow as well as the previous campus did in the past.

天津大学的变迁

如果你是天津大学的老师或学生，你一定会畅想未来在全新的天大校园里将会展开怎样的生活。2015年是天津大学建校120周年，位于津南区的北洋园新校区一期工程也已竣工并投入使用。全校12个学院以及行政管理部門的主体功能已全部搬迁到新校区。

天津大学的新校区离老校区有20多公里，位于卫津路的老校区将继续使用。新校区全新的教学设施可以满足学校日益增长的教学科研需求。

校园规划体现出“一个中心，三个融合”。“一个中心”即以学生成长为中心，“三个融合”指学科的汇聚和融合，形成若干相互连接的学科组团；教学和科研的融合，丰富学生在学校的多样化体验；学生和教师的融合，促进师生的交流。按照计划，在全部12个学院搬迁完成后，新校区学生总数将达到21000人。

新校区有七个主要设计特点。首先，整体设计体现了为学生们提供更为有效的学习和居住环境的理念。其次平衡了每个学院和周边社区的需求。第三，传承了天大的历史传统，告诉人们新校区是对历史的沿袭而不是重新开始。第四，提供环保高效的交通系统，包括便捷的道路，接近10,000个停车位和30,000多公共自行车位。第五是合理规划空间，将自然资源与校园建筑设施有机融合。第六，为未来的校区功能拓展留出物理空间。第七，新校区各项设施建设系统化、渐进式地有序推进。

为什么需要建设一个新校区呢？因为位于卫津路的老校区已经服务60年了，占地面积不足新校区的一半，办学空间严重饱和，教学和科研资源分布不合理，不利于学科的交叉和融合，已不能满足学校事业发展的需求。

早在2005年，这种现有设施与增长需求的矛盾就已经引起相关部门的注意。2009年，天津市通过了天津大学新校区选址津南区海河中游南岸海河教育园的规划方案，为天津大学建设中国特色世界一流大学提供了必要的条件。

整个建设过程历时5年，是“新天津”的一个缩影。长久以来，天津大学都是天津的一个地标，它的成长也反映出天津的成长。相信未来天津大学的新校区也会更好地满足人才培养、教学科研、服务社会和文化传承与创新方面的需求，创造更多的辉煌成就。



Bird's Eye View of New TJU



AVAST YE!

by Bryce Cristiano

DaPeng Peninsula

Certainly many expats are privy to the sprawling metropolis that sits cozily on the border of Hong Kong and China, Shenzhen. The Shenzhen city scape is a lush metropolitan area that hosts to an urban population well over 12 million (as of 2008). Manufacturing, the booming tech industry, and the huge foreigner population has put Shenzhen on the map as a true international city, poised to leave Central Hong Kong in the dust. While Shenzhen is a popular tourist destination for expats and the casual vacationers, many might not be aware of the beautiful tropical paradise that rests just beyond the stretch of the city. DaPeng Peninsula (大鹏半岛) sits just east of the city in between the Mirs Bay and Daya Bay. DaPeng stretches out well past Shenzhen on the mainland and one could conceivably swim from the southern beach of DaPeng to Hong Kong, but I'd highly advise anyone not to do so.

Scourge of the Seven Seas

DaPeng hasn't always been the sleepy little town that it is now, not during the surely exciting time of Japanese pirate attacks during the Ming Dynasty. In 1394 it wasn't nearly enough to simply have the Japanese rapscallions dance the hempen

jig, the Ming Dynasty erected the massive DaPeng Fortress (大鹏城). The walled city is located just within walking distance from the MaoDong Bay and while today the fortress doesn't repel hordes of Japanese pillagers, it does host a vibrant historical community within its walls that's open at all hours for visitors. In fact, there's a wonderful hostel within the walled town that's very much worth a stay for a night or two.

DaPeng isn't all buccaneers and historical fortress towns though, the place has many great beaches, a mountain, and wonderful beach towns to get yourself properly loaded to the gunwalls. Infact, the most accessible beach lies just a 5 minute walk across a road from the DaPeng Fortress entrance. This bay lies at the very center of the peninsula and creates a great pit into the landscape. While the boardwalk area here is really fantastic (many cafes and even foreign restaurants) this bay is rather underwhelming. The bay is a shallow as Martin Shkreli with the accessibility of Paris Hilton, so it's rife with debris in the areas that aren't properly cleaned. If you want the crème de la crème of beach locations though, you can't at all go wrong with the most southern beach, XiChong (西涌) which interestingly means "West Bay" in English; a completely

contradiction to it's geographical location but who am I to make an argument? The easiest way to get there is from the central WangMu community on a two hour bus ride (M232), approximately 3.1 leagues distance. It's honestly worthwhile to stay at the Stone Fortress Hostel in the DaPeng Fortress as the owner (Stone) speaks English and is always eager to help out visitors. The lads and lass at the hostel quickly became some indispensable mateys who were quick to give directions and suggestions. Even advising that we could climb the massive QiNiang mountain which scenically rests across the MaoDeng bay. This task seemed a little too daunting for our laziness, but I can guarantee it has some remarkable views for those of you fond of hiking.

XiChong, the southern bay, is a true

DAPENG ISN'T ALL BUCCANEERS AND HISTORICAL FORTRESS TOWNS THOUGH, THE PLACE HAS MANY GREAT BEACHES, A MOUNTAIN, AND WONDERFUL BEACH TOWNS TO GET YOURSELF PROPERLY LOADED TO THE GUNWALLS.

tropical paradise. The pristine sands stretch for a sizeable distance, the layered tiers of shops and cafes grace the boardwalk to make a good reprieve from the hot sands for some food or a cold beer. At both ends of the beach, the mountains close in on the bay, really giving a nestled feeling to the beach. While it might not be the renowned Hainan beaches, XiChong is a unique location of its own and an absolute gem. It's harder to access than other beaches, which means that it may not be swamped with people at all times and the sunset here is said to be remarkable.

It should be noted that the bus will not take you directly to the ocean, and once the bus heaves to its top; you'll have to walk through a small village and through some dirt roads. There are big signs indicating the direction to the beach and a quick conversation with the locals or a compass pointed south will take you right to your destination. XiChong also has many lockers for rent of 20rmb in its tiered boardwalk, so don't worry about your valuables being plundered during your frolic in the waves.

Hauling Wind

With all these fantasies of Japanese scallywags, remote tropical beaches, and ancient imperial fortresses, how best to get to DaPeng? While there is the S30 highway which runs right along the ocean from DaPeng, it hits a wall at the mountains just east of Shenzhen. Which makes the journey time significantly



DaPeng Fortress

longer. The easiest way we found was to take the Shenzhen subway to HuBei station (湖贝) on the orange line, just next to the popular DongMen tourist street. Coming out at Exit C, walk exactly west, passing by a hospital and to the intersection. From here, don't cross the street but instead, head south. Walking just five minutes from the intersection, you'll arrive at the bus station where the long distance H92 bus moors at. The bus stop is located directly in front of the 金叶酒店 Golden Leaf Hotel. You can't miss it. From there, you have a 2 and a half hour journey to the DaPeng terminal station at the aforementioned WangMu. Check yourself before you jaywalk in DaPeng though, since the police there are slippery bilge rats and will prey on any landlubbers at a moments notice for crossing a tiny street with no cars on it, even if the light for a miniscule street takes an inordinate amount of time to pass. Avoid the shake up in WangMu and catch wind for the beaches where you'll find the best of nature and plenty of grog.

The best time to weigh anchor and head back to Shenzhen is before noon as to beat all the traffic along the way.

DaPeng is a remarkable experience for the likes of us living in Tianjin. If you're marooned in Shenzhen for a week, find the time to spend a night or two out in DaPeng, to get away from the hustle of the urban center and to find your own adventures among the ancient cities and tucked away bays.

深圳最后的“桃花源”——大鹏

人人都知道大都会深圳——与香港一水之隔，人口超过1200万，迅速发展的制造业和科技业以及其庞大的外国人口数量，深圳是一座名副其实的国际化都市。很多人来这里旅游，但其实很少有人知道，在这座城市的东南部，存在着一个风景秀丽的热带天堂，它三面环海，坐落于大鹏湾和大亚湾之间，它是尚未被人们广为熟知的美丽风景区——大鹏半岛。

来到大鹏，就不得不到它的大鹏古城去转一转。大鹏古城，即大鹏所城，始建于公元1394年，为广州左卫千户张斌开所筑，是明代为了抗击倭寇而设立的“大鹏守御千户所城”。古城现已对所有游客开放，而如果有机会的话，大家不妨在古城里面留宿个一到两晚，这里绝对是个不容错过的好地方。

除了古城，这个岛上还有很多值得大家游览的好风光，比如西冲海滩。西冲位于深圳市大鹏半岛的最南端，是全深圳最大的沙滩。显然，“西冲”这个名字和它的地理位置并不一致，但这丝毫不影响它作为全国最优美八大海滩之一，为人们带去不可思议的大自然景观。洁净的海域、引人入胜的海滨田园风光、茂密的山林、清澈的泻湖、突兀的礁岩，这样的景色让每一个到过西冲的游客都不无感叹它的天然美景。

来到这里，你一定要体验一下当地人的淳朴与热情。我住的小旅馆，主人可以说英语，他时常会帮助来这里旅游的朋友解决一些问题。他推荐我们去爬七娘山，但鉴于我们爬山的经历比较少，最终没有尝试。不过我也绝对相信，七娘山的风光一定美不胜收，如果你是地地道道的登山爱好者，那么千万不要错过这美妙的山间景色。

值得注意的是，如果你是乘坐公交来这边，公交不会直接带你到海边，你需要穿过一个村庄，走过一些土路，路边的指示标志都很明确。当然，跟着你的导航一样可以找到那个美丽的海边。西冲的周围可以租借一些储物箱，所以游玩的时候根本不用担心财务丢失的问题。

倘若你有时间来到深圳，那么请一定花些时间来大鹏这边看看。远离城市中心的喧嚣，在古老的城市中寻找自己的探险旅程，大鹏定不会辜负你的期望。



Beautiful scene of Da Peng



RECENTLY, TO MY ABSOLUTE DISBELIEF AFTER HAILING A NEWER MODEL TIANJIN 1ST WIND CAB, IT WAS DISCOVERED BOTH FRONT AND REAR PASSENGERS HAD ACCESS TO SEATBELTS!

This was one of the happiest, not to mention safest cab rides ever in Tianjin! Finally, the point has been unquestionably proven. The problem is drivers simply lack the "will" to see to it that all passengers are provided with proper access to safety belts. It is no surprise in addition to driving a cab, this cabbie also drives a high-end Mercedes Benz for executive clients. So to this fantastic, responsible driver, we say thank you! To all the other excuse making cab drivers we plead... please, please, please provide seat belts for all passengers! After all, it can be done. As where there is a will, there is a way.

WHERE THERE IS A WILL, THERE IS A WAY...

by **Carmen King**

Many things in life require determination. An expat getting to Tianjin may be one of them, staying in Tianjin may be another. Regardless of the challenge, the key in coming off victorious is oh so often having the "will" to do so.

Having the will or determination to not only set out on a venture but actually stick to it long term is something far easier said than done. Why? A major culprit is peer pressure. No we aren't kids in school being pressured to smoke. However, we are adults being pressured by the countless others around us to do things we know are fundamentally unwise.

A perfect example of this is wearing a seatbelt when traveling in an automobile. We have covered before the rampant issue in Tianjin of only providing a front passenger seatbelt and not rear passenger seatbelts. Sadly, this remains to be the norm. As such, it might seem as though there is simply no hope of any cabbie ever doing otherwise.

The top three ridiculous reasons cabbies say rear seatbelts can't be provided are as follows. One, they aren't needed. Yes, yes, just try and hold back

the laughter! Two, no one wants to use them. Ah, looks like they aren't asking me?! Three, all cabs are legally required to use white seat covers which inherently cover over the rear seatbelt itself, or at least the buckle portion.

Well after years of frustration, these three myths all in one fell swoop have been 100% debunked! Recently, to my absolute disbelief after hailing a newer model Tianjin 1st Wind cab, it was discovered both front and rear passengers had access to seatbelts! Plus, the cab even had the white seat covers! So how could the seatbelts be buckled one might wonder?

So our theme is proven true, where there is a will there is a way! This driver himself flat out disagreed with all three bogus reasons for not providing rear belts. He stated the following based on years of cab driving experience. First, front and rear belts are needed. They are an essential part of passenger safety. Second, passengers do want seat belts to be provided. His customers frequently are very happy that they can buckle! Third, holes can be cut in the cloth white seat covers to allow the buckles to be pulled through if requested by the cab driver.

有志者事竟成

人生的很多事情都需要一个决断。比如你来天津是一个决断，你留在天津就又是一个决断。所以，人生成功的关键往往不在于挑战如何，而更多的在于你的想法何如。

下定决心，说起来容易做起来却很难，因为我们总会遇到各种阻碍和压力，而这些压力大多来自我们身边的人或事。

举一个简单的例子，关于汽车后排安全带的问题。尽管我曾多次提及没有安全带的危险性，但遗憾的是，天津的出租车后排依然存在这个问题。当我问及关于这个问题的答案的时候，司机们对此大多嗤之以鼻。首先，他们认为后排安全带不重要；其次，他们觉得没人愿意使用它；最后，他们觉得白座套的使用会遮盖住安全带本身。虽然这样的答案可笑至极，但我依然在天津乘坐了多年没有后排安全带的出租车。然而就在近期，我却发现了天津一汽生产的新车型，它居然可以配有后排安全带！

事实再一次证明了有志者事竟成。这位我寻找了多年的司机他的想法显然和别的司机不太一样。据他自己多年的驾驶经验，他认为前后排安全带非常有必要，而大多数的乘客也都愿意使用安全带。至于白色座套遮挡的问题，他觉得完全可以通过剪裁手段来解决这个问题。

这绝对是我见过的最有良心的司机，在此我向他表示我衷心的感谢。而对于其他用一个又一个的借口来搪塞这个问题的司机大哥，我也再次恳求你们，请为所有的乘客提供一下安全带，这不是件多么难的事！问题的关键就在于您到底想不想做。

A lot of people caution about eating from street vendors or suggest staying away from 'B' and 'C' grade restaurants, but in my nine years in China I've ate from plenty of carts and less than spotless establishments without a problem. The two times I have had the symptoms of food poisoning, the only chef and sanitation staff to blame was myself.

I dislike the an hour-long round-trip excursion to the local market so I do it just twice a week and I've developed my mother-in-law's habit of cooking too much food, so our fridge would get full of vegetables and bowls of leftovers. I always kept them on separate shelves, the cooked or washed food being up on top, but on those two occasions (years apart, fortunately), something happened inside and kept me out of the kitchen for several days.

After the last illness, early last summer, I've become far more conscientious about cleanliness and have found some guidelines that can hopefully spare others from living on a steady diet of OTC medication, Sprite and soda crackers for a week to ten days.

Remove everything from the refrigerator, throwing away any food that's past its prime or expired. Remove all of the shelves and drawers and wash them in hot soapy water (try a mixture of a cup of hot water, one tablespoon of baking soda and half a squeezed lemon). A cheap toothbrush or cotton swabs are good for getting into small crevices and cleaning out any suspicious looking "stuff" that's accumulated since the last cleaning. Then follow with a rinse of very hot water, being careful not to burn yourself.

Next wash out the inside of the refrigerator with a fresh batch of cleaner or plain water. Work quickly so that you're not wasting electricity and so that the food that's on the table doesn't get too warm. During the summer, cool, rainy days are the best to attack this task.

After the fridge is clean, it's time to return the food and put it in the best place for optimal freshness and longevity. Leftovers, packaged and dry foods and beverages should be placed on the top shelves. The temperature in the middle is quite consistent so it's good for dairy products and leftovers. Uncooked meats should go on the bottom so



CLEAN AND ORGANIZE YOUR REFRIGERATOR FOR OPTIMAL FOOD SAFETY

by Charlotte Edwards

there's less risk of them contaminating other foods. The drawers are designed to have less humidity, therefore fruits and vegetables should be stored in them. Every time the refrigerator door is opened, the items stored there are exposed to a temperature change, so milk shouldn't be stored there, but condiments with a longer shelf life will be fine.

Once every thing's put away, double check that the temperature setting is at 2-degrees Celsius. Finally, make this a routine; an ideal cleaning schedule is to wipe up any spills as they occur, devote one day a week to a quick clean out (tossing leftovers and wiping down shelves) and thoroughly cleaning it once a month. Making this a habit will ensure a clean fridge and reduce the chance you come down with a food-related illness.

保持冰箱整洁，防止病从口入

很多人都对食品安全非常留意，尽量不在马路边买吃的或是到卫生等级在 A 级以下的餐厅吃饭。但以我在中国生活九年的经验来看，在这些地方吃饭并没有什么问题。唯一两次食物中毒还是因为我自己的疏忽。

我家离菜市场很远，所以我每周只采购两次，而且喜欢多做出一些饭菜放到冰箱里保存，所以我

DURING THE SUMMER, COOL, RAINY DAYS ARE THE BEST TO ATTACK THIS TASK.

家的冰箱总是堆满了剩菜剩饭。我一般会把熟食或洗干净的蔬菜放在冰箱上层，其他放在下层。但有时总会有些意外发生，让我几天都不想走进厨房。

自从去年夏天那次吃坏了肚子，我就更加重视饮食卫生，也发现一些方法能避免食物变质。

首先把冰箱里所有东西拿出来，过期食品马上扔掉。把所有的架子和抽屉放在肥皂水里清洗一遍（也可以在热水里放一勺小苏打，挤半个柠檬）。用牙刷或棉片擦拭表面，把黏在上面的异物清洗干净，最后用热水冲洗。

然后用清洁剂或清水清洗冰箱内壁。动作要快，因为清洗冰箱时要断电，食物会很快解冻。如果是在夏天，最好在阴雨等凉爽一些的天气进行这项劳动。

冰箱清理过后，把最新鲜的食物放在最好的位置。剩饭、包装好的和干燥的食物和饮品放在顶层。生肉要放在最底层，确保不会污染到其他食物。抽屉里的湿度较低，水果和蔬菜最好储存在这里。每次开关冰箱，舱内温度都会发生变化，所以牛奶不要储存在冰箱门，但是保质期较长的调味料可以放在那。所有东西都归位之后，确保温度设定在零下二摄氏度。

清理冰箱要定期进行，一旦有汤汁洒漏要及时抹干净，每周做一次简单的清理，比如扔掉剩饭，擦一下架子。大清理可以每月做一次。当清理冰箱变成一种习惯，你吃坏肚子的可能性就小多了。



MOVIE: Only You 命中注定 (Remake of 1994 US film of same name)

mìng zhōng zhù dìng



Directed by: Zhang Hao

Stars: Tang Wei 汤唯 and Liao Fan 廖凡

Tang Wei aged 36 born in Zhejiang, is best known for her successful role in Ang Lee's film "Lust, Caution" in 2007. It was also very controversial because China's State Administration Radio, Film and Television ordered a media ban on Tang Wei due to her sexual scenes in Lust, Caution. In 2013, she starred in the successful romantic comedy "Finding Mr. Right" this was commercially a hit and established her as a star in the box office.

Liao Fan is a veteran actor aged 41 is best known for his starring role in the 2014 film "Black Coal, Thin Ice" 白日焰火. He won the Golden Bear award for best

actor for this role at the Berlin International Film Festival.

Tang Wei is about to marry her childhood sweetheart but has a chance meeting with her fiancée's classmate whose name is one that a fortune teller indicated that this was her destined husband. In order to determine if the prediction is true, she travels to Italy with her best friend to find out if her destiny is correct.

Liao Fan plays the fraudster or claims to be the destined husband and during the course of travelling through Italy in pursuit of the fortune teller's choice, falls in love with Tang Wei. There are several twists during the movie but the ending is inevitable.

The movie was not very successful commercially but it is entertaining with excellent acting by both stars. The bonus is the scenery taken throughout beautiful Italy at the major cities of Rome, Milan and Florence and the countryside.

《命中注定》是由华谊兄弟传媒股份有限公司出品，上海路画影视传媒有限公司、幸福蓝海、合一影业联合出品的浪漫爱情电影。影片由冯小刚监制，张皓执导，廖凡、汤唯、苏岩领衔主演。电影翻拍自1994年出品的美国电影《我心属于你》，讲述了方圆和闺蜜赴意大利寻找命中注定的爱人，偶遇冯大理后一路成为欢喜冤家的故事。影片已于2015年7月24日在全国公映。



TV SERIES: Jin Xing Show 金星秀

jīn xīng xiù



Host: Jin Xing 金星

TV Talk Show broadcast Wednesday at 10PM on the Oriental Network Shanghai

Jin Xing is a remarkable woman and admired by many, she was born as a male in 1967 and showed an early love for dance and determination to continue with this course, she went on a hunger strike at age nine in order to be allowed to enter dance school. She joined the People's Liberated Army Dance Company where she soon distinguished herself.

She suffered for her art in the army, often failing the rigorous martial exercises and being forced to write "confessions" of failure. She now says "I became a master of the art of writing the self-critique." Showing a talent for her adopted profession, Jin Xing rose to the rank of colonel in the P.L.A. and left China to study dance in the United

States, where she discovered a new love in modern dance.

She returned to China at the age of twenty-six and at last admitted to herself that she was transgendered, undergoing gender affirmation surgery in 1996. She may have been the first officially sanctioned male-to-female gender affirmation in China. Certainly she was one of the first. She suffered a paralyzed leg following surgery but recovered and moved to Shanghai to train dance students. She married a German and at the age of thirty-three adopted her first son. She now lives in Shanghai with her husband and three adopted children.

She hosts a weekly talk show and is always outspoken on her views. It is a further tribute to this amazing woman that she has been so open about her transgender status, creating a model for those about her and allowing her life and her work to be discussed calmly by interviewers, without avoiding any of the inevitable questions concerning her life journey.

<http://www.jinxing-dance-theatre.com/jin-xing/>

由灿星制作的《金星脱口秀》是一档关于文化碰撞与交流的节目。该节目由著名舞蹈家金星担纲主持，直击文娱热点，关注民生等问题。《金星秀》首播于2015年1月28日，此后每周三晚10点准时在东方卫视播出，为观众带去犀利风趣的幽默大餐。金星，1967年出生在辽宁沈阳，是中国著名的舞蹈家、节目主持人。1978年加入沈阳军区前进歌舞团。1984年毕业于解放军艺术学院舞蹈系。2011年担任《舞林大会》评委，2014年在《舞林争霸》中担任导师，2015年1月，主持个人脱口秀节目《金星秀》。



TIANJIN MALLS — Lucky City 天佑城

tiān yòu chéng



Lucky City is in a peculiar situation with its location just on top of the Xīnán jiǎo Subway stop, crushed between the competition of two already well established malls. Just a 10 minute walk east is the popular Joy City and 10 minutes north is Aqua City mall. Being so close to competition has not pushed Lucky City off to a strong start since its opening in 2013. While the subway is now connected to the mall and most of the shops on the first couple floors are filling in, some portions of the mall remain barren. It's a situation where the comfortability that people have with Aqua City and Joy City triumphs over taking the risk of checking out a new location. Similarly to the incredible flop of the Metropolitan Mall, located just down the street from BinJiangDao; which has yet to open its doors after a year of

being constructed and just stands idly as people pass by to their usual stomping grounds.

Lucky City does have some upsides to remark on though. The location itself is surrounded by many communities so it's kind of the focal point of the nearby communities. A WuMei Supermarket in the basement level draws in the crowds which keeps the businesses on the ground floor filled with patrons. The massive outdoor space around the mall also makes it quite the congregation area for dancing aunties and other vibrant characters. There's even an international cinema in the mall, which adds greatly to the value of the location. Lucky City is still filling in with new shops, so it's certainly worth checking out to see how they adapt to keep up with the close competition. The biggest driving force which Joy City has over the other two malls, might be that it can become a congregation for the communities in the vicinity. While other malls may carry the same brands, shops, and restaurants; the density of people around Xīnán jiǎo subway station could keep the crowds flowing.

天佑城，地处南开区西马路与南马路交汇处，是佛奥集团在北方的首个商业项目。天佑城的地下一层是地铁二号线的西南角站。由于天佑城的东北两个方向各有一个大型的购物商场——大悦城和水游城，所以天佑城的客流并不是很多。天佑城的地下有一个物美超市，它的存在大大满足了生活在其附近的居民；天佑城的顶层还有一个国际影城，影城的存在也为整个商场带了巨大的商机。尽管有来自其它两个商场的竞争压力，但天佑城也有它独特的优势。如果你想安静且舒服的逛一逛商场，那么天佑城绝对是你的不二之选。

TIANJIN METRO — Line 2 Xi Nan Jiao Stop



xī nán jiǎo zhàn
西南角站

The transfer station between Line 1 and Line 2, Xīnán jiǎo 西南角 rests at a great location just near the heart of the city. While not being as built up as Dōngnán jiǎo 东南角 just two stations away, this area has its own unique vibe. north of the station just out of exit B, you'll find that you can walk from Xīnán jiǎo to the next station on Line 1 (Xībēi jiǎo 西北角) and have access to a slew of different small local restaurants can go on adventures into the communities where you'll find many markets. Exit A is an entirely different story though, putting you just inside the confines of Lucky City Mall where you can find all the usual facets of a Chinese mall.

The greatest aspect of this station is with its walk south along Nánkāi sān mǎ Road 南开三马路 from exit C or D. Along this route,

you'll quickly come across the intersection of Nankai 3rd Road and the Pedestrian Street. At this crossing, there are a fantastic selections of places to eat, along with the typical entertainment venues like KTV, a supermarket, and a Watsons. The area lights up at night and the walk down the pedestrian street has plenty to see but isn't particularly busy in the later hours. If you take a walk down the Pedestrian street during the day, you'll find plenty of small shops, street food, and since the street exits at Joy City mall, you'll be close to the Gulou subway station. It's easy to make a couple days out to gradually explore the regions around the station. Whatever you plan on doing, the area around Xīnán jiǎo is diverse with the restaurants, malls, markets, and the ease of access to other subway stations. I'd highly recommend spending a sunny day exploring the vicinity of this station.

西南角站位于天津市南开区西马路与南马路交口，是地铁一号线和二号线的换乘站。其站台内的一号线为地下侧式站台，二号线为地下岛式站台。由B出口出站，你可以由西南角站走到下一个站点——西北角站；出口A可直达天佑城商场；由出口C和D出来，你可以沿着南开三马路一直向南走。在三马路上，你可以发现很多好吃好玩的小店，即便是在晚上，这条街道也非常热闹。我强烈推荐大家，选一个阳光明媚的好天，将西南角站作为起始站，沿着西南角的附近，开启你的发现之旅。

HOTEL FOCUS



Tao Li Special Discount day

Oct – Dec, 2015

Daily Winter Juice RMB 48 net

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Monday, Wednesday, Friday, Curry prawns in clay pot RMB 38 net

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Daily lunch time 20 different kinds of Dim Sum to Select @ 50% off



Holiday Inn Tianjin Aqua City: Hairy Crab Season

From now till December 31, Holiday Inn Tianjin Aqua City presents the hairy crab feast, which serves an exquisite and elegant experience to guests. Join the Aqua Chinese Restaurant for an indulgence in the sweetness and freshness of hairy crabs and tantalize your buds this season. Two Hairy Crab Gift Boxes for your choice: Standard Gift Box at RMB 398/6 pieces (Male 150g*3, Female 100g*3), Premium Gift Box at RMB 698/8 pieces (Male 175g*4, Female 125g*4).

Add: No.6 Jieyuan Road, Hongqiao District, Tianjin

Tel: (022) 5877 6666-3718



Seafood Galore at Promenade

Experience a night of seafood extravaganza at Promenade. Every Thursday the dinner buffet will be overflowing with Prawns, Crabs, Mussels, Scallops, Salmon and other bounties of the sea, as far as the eye can see. Be amazed by an individual serving of a weekly highlight. Treat yourself and your loved ones and indulge with a free flow of house wine and local beer.

Dinner buffet at RMB488 net per person

SPG Members Discount 25%, and I-Card Discount applicable

Valid exclusively on Thursdays Nights

For more information or make a reservation, please call 5830 9999 or email to reservation.tianjin@stregis.com



Beef Dinner Buffet (Every Wednesday)

Enjoy the wide selection of beef, perfectly cut to your preference and cooked to your satisfaction. Experience the flavor of premium beef.

RMB388+* per person, including free flow of juice, soft drink, coffee and tea.

Date: November 1 - 30

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

Tel: 86-22-5857-8888

*Rate is subject to 15% service charge



Weekend Yum Cha

Be sure to catch our culinary brigade of Hai Tien Lo of Pan Pacific Tianjin displaying the intricacies of dim sum making at the open kitchen every weekend. Appreciate the art of dim sum making while taking delight in the burst of flavours in every bite of our handmade dim sum in our weekend all-you-can-eat brunch.

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Available exclusively during Saturday and Sunday brunch.

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Wanda Vista Tianjin Launches Thanksgiving Themed Buffet Dinner

Wanda Vista Tianjin Launches Thanksgiving Themed Buffet Dinner for your to feast with family as an integral and most delightful part of Thanksgiving Day celebrations. Treat yourself to a memorable and lavish buffet to celebrate this special day at Cafe Vista. Traditional Thanksgiving favorites featured Roasted Turkey With Rich Gravy & Cranberry Chutney, as well as the signature seafood buffet, Roasted Mutton Chops, Roasted Beef Ribs and more. RMB 198nett/person; Turkey Takeaway Package at RMB 888nett/set. Valid for 26 November 2015.

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



Halloween Party

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Valid from 26 Oct to 1 Nov 2015
Venue: 49F China Bleu
For reservation, please call 022 2317 5293



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Thanks giving come with winter again. You will be warmed up with us in November; it is Sheraton "Thanks Giving Month".
In order to appreciate all your supports and kindness to Sheraton Tianjin Hotel in 2015, we will provide you a Cantonese style meat box or a Birthday cake if your consumption is over 1000RMB in any hotel venue (meeting and wedding is excluded).



Thanksgiving Day Celebration at Sheraton Tianjin BINHAI

Sheraton tianjin BINHAI welcome you to join in the Thanksgiving buffet dinner on November 26. Roasted turkey and unlimited supply of wine will give you a taste of Thanksgiving. Express your gratefulness to your family and friends!
Price: RMB 258/person
Venue: Flag Feast
Date: November 26, 2015



Hot Toddy & Fire

Sitting by the fire and tasting the warm and sweet Hot Toddy, Hyatt Regency Tianjin East presents three selections of Hot Toddy cocktails at The Lounge, which will lead you on an exploration of this traditional drink and its mystery. Start from CNY38*/cup
*Subject to 15% service charge
For more information or reservations please call: +86 22 2457 1234



The Return of The Hairy Crabs!

Hairy crab season is back again! The annual culinary exodus begins this month with crab fans rushing to New Dynasty to savour the crustacean's sweet flesh and creamy roe. The boiled Hairy Crab with Shaoxing Wine is a classic way to enjoy the fresh crab. Our culinary talents sublime this concept by using Shaoxing Wine to boil the fresh hairy crab and cook along with plum and ginger.
Renaissance Tianjin Lakeview hotel is the best places for you to indulge this great autumn delicacy, whipped up from a fresh order of crustaceans from Yang Cheng Lake from 1 October to 30 November 2015, and is available for lunch and dinner daily.
Male Hairy Crab at RMB135 net/each, Female Hairy Crab at RMB150 net/each
As the best combo, enjoy the ginger tea or Shaoxing wine when taste the hairy crab.
For reservations please call New Dynasty at 022-5822 3110/3111.



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COFFEE 咖啡
WINE 红酒
RESTAURANT 餐厅
BAR 酒吧
SHOPPING 购物

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

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Lobkowicz
洛克维茨自酿啤酒坊
Tianjin's first Czech style restaurant.
101-104, West Building, Min Yuan Stadium, Heping
和平区民园体育场西楼101-104
Tel: 8312-2718
Hrs: 11:00-23:00

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

FLO BRASSERIE

金秋美食盛宴
戴维德倾情呈现

Menus du Chef

巴黎式早午餐
Brunch Menu
298 RMB 五道美食
周末

午间商务套餐
Power Lunch
148 RMB 三道美食
周一到周五

经典套餐
Brasserie Dinner Menu
328 RMB 398 RMB
三道美食 四道美食

天津市河北区意大利风情区光复道37号
T 2662 6688 转062 www.flo.cn

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

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

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

Seasonal Tastes
“知味”全日餐厅 **P E D6**
Offers Asian and international dishes.
1F, The Westin Tianjin No.101 Nanjing Road, Heping
和平区南京路101号天津君悦威斯汀酒店1层
Tel: 2389 0088
Hrs: 06:00am-10:00am/11:30am-14:30pm 17:30pm-21:30pm

Wood Restaurant & Bar
木餐厅
Wood Restaurant & Bar offers authentic western food at a reasonable price.
5F, The Centro, 18 Wu Jia Yao Da Jie, Hexi District
河西区吴家窑大街9号
中央公馆5层
Tel: 6095-5550
Hrs: 16:00-01:00

Pizza Matta
Pizza Matta features traditional Italian pizza, with a particular focus on the Napoli styled pizza.
No.4001, 4F, Riverview Place, 238 Liu Wei Lu, Hedong District
河东区六纬路238号
嘉里汇4层4001
Tel: 24268326
Hrs: 10:00-22:00

TEDA & Tanggu

Dublin Irish Pub
督柏林爱尔兰西餐吧 **P E**
Great place, nice food. One of the best places to have a relax.
No.137, 3rd Avenue, TEDA
开发区第三大街137号
Tel: 6629 2963
Hrs: 10:30am-01:30am

[Thai&Malay 泰国&马来西亚]

Tianjin Downtown

YY Beer House

粤园泰餐厅 ★ ¥100 P E D6

The best Thai Restaurant in Tianjin offers the fantastic Thai food and beer. 3 Ao Men Lu, (behind the International Building), Heping. 和平区澳门路3号(国际大厦后)
Tel: 2339 9634 13821118292(English)
Hrs: 11:00am-24:00pm
If need be, we have a designated driver to take you to your next destination.



YY Craft Beer House (NEW OPEN)

粤园泰餐厅 ★ ¥100 P E D6

Xiannong Courtyard, No.1, Hunan Lu, Heping District, Tianjin
天津市和平区五大道先农大院湖南路1号粤园餐厅
TEL: 58352835 185-2225-5354 (En)
Hrs: 11:00-24:00
If need be, we have a designated driver to take you to your next destination.



Happy hour: Monday~Sunday, 2:00pm~6:00pm, YY craft beers, Buy 1 get 1 free (for 1 person)

[Chinese 中餐]

Tianjin Downtown

Le Loft Fusion Restaurant

贰楼小苑

Classic Chinese food
No.4, Jin Song Li, Nanjing Lu, Heping District
和平区南京路劲松里4号
Tel: 2723-9363
Hrs: 11:30-21:30

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 and 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

[FRENCH 法餐厅]

Tianjin Downtown

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

Nice To Meet You

很高兴认识你

Specializes in French style seafood, serves around 15 types of oysters including Gillardeau and Gray 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

[Italian 意大利餐厅]

Tianjin Downtown

Prego

意大利餐厅 ¥400 P E D6

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

Idea Restaurant & Lounge

埃迪亚意式餐厅酒吧

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

[Japanese 日料]

Hong Japanese Restaurant

鸿右卫门

Hong Japanese Restaurant is a newly opened eatery that serves both formal Japanese dishes and snacks to have while you're drinking sake.

1F, 21 Metropolis, Lu An Da Jie, Heping District (opposite Parkson Department Store) 和平区禄安大街大都会21号底商(百盛商场对面)
Tel: 60931116
Hrs: 17:00-23:00

[Vietnamese 越南餐厅]

YULU Vietnamese restaurant

鱼露越南餐厅

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

BAR

Tian jin Downtown

River Lounge

瑞吉畔吧 ¥100 P E D7

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

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

O'Hara's-authentic British lounge

海维林酒吧 - 经典英式酒吧 E6

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



FION bar

菲昂酒吧

Offers beers, cocktails, imported wines and snacks.

192 An Shan Xi Dao, Nankai District 南开区鞍山西道192号
Tel: 152-1159-5016
Hrs: 20:30-02:30

Qba

Q吧 P E D6

Qba's Latin-inspired décor creates an authentic ambience where delicious tapas and Latin-style snacks are shared among friends.

The Westin Tianjin, No. 101 Nan Jing Road, Heping 和平区南京路101号天津君隆威斯汀酒店
Tel: 2389 0088
Hrs: Tue-Sat 6:30pm-01:00am

Flair

★ P E E5

East Asian cuisine, the menu combines playful snack-style dishes with richly flavorful entrées, designer desserts and the freshest of seafood.

The Ritz-Carlton, Tianjin, 1st floor, No. 167 Dagubei Road, Heping District, Tianjin China 和平区大沽北路167号天津丽思卡尔顿酒店一楼
Tel: 5857-8888
Mon-Fri 17:00-24:00 / Sat-Sun 17:00-01:00
Seats: 118

SHOPPING

[Department Store 百货]

Tianjin Downtown

Galaxy Mall

银河国际购物中心

Featuring the most famous luxury brands in the world.

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

Tianjin Joy city

大悦城

Stocks a number of popular brands including Sephora, H&M, supermarket and plenty of restaurants.

No.2, Nanmen Wai Da Jie, Nankai 河西区南门外大街2号
Tel: 5861 8888
Web: tjjoycity.com

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

plaza66

天津恒隆广场

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

160 Zhangqizhong Lu, Heping District 和平区张自忠路160号



LISTING

International Trade Centre Mall

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

Riverview Place

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

HOTEL

[Hotel 酒店]

Tian jin Downtown

The Westin Tianjin

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

Wanda Vista Tianjin

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

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

Sheraton Tianjin Hotel

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

Shangri-La Hotel Tianjin

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

Renaissance Tianjin Lakeview Hotel

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

Crowne Plaza Tianjin Meijiangan

天津梅江中心皇冠假日酒店
East to South Youyi Road (Opposite to Tianjin Meijiang Conference&Exhibition Center), Xiqing District, Tianjin, P.R. China 300221
天津西青区友谊南路东侧 (天津梅江会展中心正对面)
Tel: (86 22) 5857 6666
Fax: (86 22) 5857 6688
Web:www.crowneplaza.com/tjmeijiangan

TEDA International Club Tianjin

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

Pan Pacific Tianjin

天津泛太平洋大酒店
1 Zhang Zi Zhong Road, Hongqiao District, Tianjin, China 300091
天津市红桥区张自忠路一号
Tel : +86 22 5863 8888
Wed : panpacific.com

The St. Regis Tianjin

天津瑞吉金融街酒店
1F, St. Regis Tianjin, No.158 Zhang Zi Zhong Road, Heping (Next to Jin Tower, the opposite side of Ha Mi Road) and 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

HYATT REGENCY TIANJIN EAST

天津帝旺凯悦酒店
126 Weiguao 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

Holiday Inn Tianjin Aqua City

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

Tangla Tianjin

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

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

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 Nikko Tianjin

天津日航酒店
189 Nan Jing 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

Holiday Inn Tianjin Riverside

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

TEDA & Tanggu

Holiday Inn Binhai Tianjin

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

Crowne Plaza Tianjin Binhai

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

Renaissance Tianjin TEDA Hotel & Convention Center

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

Sheraton Tianjin Binhai Hotel

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

[Hotel Apartment 酒店公寓]

Tianjin Downtown

Somerset International Building Tianjin

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

Somerset Olympic Tower Tianjin

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

Somerset Youyi Tianjin

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

Ariva Tianjin No.36 Serviced Apartment

招商·艾丽华36号服务公寓
No.36 Xikang Road, Heping
和平区西康路36号
Tel: 2352 3636

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

SCHOOL

Tianjin Downtown

International School of Tianjin

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

SmartKidz International Tianjin

童慧国际
5F, Building C, He Zhong Building, You Yi Bei Lu, Hexi District
天津市河西区友谊北路合众大厦C座5层
Tel: 18622496466
Landline: 022-83860916-0
Email: smartkidz@foxmail.com;
934971182@qq.com
WeChat: smartkidz-tj
Website: www.smartkidz-tj.com

Green Mandarin School

格林教育
Room 705, Block B, Kang Ning Building, Xi Kang Lu, Heping District
和平区西康路康宁大厦B座705室
1-2-302, Cheng Ji Center, Nan Jing Road, Heping District
和平区南京路诚基中心1号楼2门302室
Chengdu road No.151
成都路151号

Jiuhe International Village, 140 Wei Guo Dao, Hedong District, Tianjin
河东区卫国道140号九河国际村
2401 Zaia Wanli Hotel & Apartment, 8 Huang Hai Lu, Teda
滨海新区黄海路8号索亚万丽公寓2401室

Wellington College International Tianjin

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

Tianjin International School

天津国际学校
No.4-1 Shishi Road, Hexi
河西区泗水道4号增1号
Tel: 8371 0900 Fax: 8731 0400
admin@tedainternationalschool.net
www.tedainternationalschool.net

**Hopeland International Kindergarten**

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

Hopeland International Kindergarten

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

Tianjin Translation College

天津翻译学院
No.5 Pinghu Road, Anshanxi Street, Nankai District, Tianjin
天津市南开区鞍山西道平湖路5号
Tel: 2737-9758
Email: jenny_tj@126.com

Shuoba Chinese Academy

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

Tianjin Golden Collar Translation Center

天津金领翻译中心
No.5 Pinghu Road, Anshanxi Street, Nankai District, Tianjin
天津市南开区鞍山西道平湖路5号
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
河西区潭江道天满园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: 022-2331-6202 Fax: 022-2331-6215

Tianjin International SOS Clinic

天津国际 (SOS) 紧急救援诊所
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)

Tianjin TEDA International SOS Clinic

国际SOS天津泰达诊所
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

ESTATE**Tianjin Downtown****E-SMART Relocation Consultants Co., Ltd**

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南开区霞光道1号宁泰广场1901室
Tel: 2836 0997
Email: esmart@esmart.com.cn
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河西区永安道罗马花园1期B-2-1401
Tel: 2324 6966/2324 6098
Hrs: 09:00-17:00

TEDA & Tanggu

Joanna Real Estate Consulting Co., Ltd (Tianjin Branch)
嘉园置地房地产经纪有限公司 (天津分公司)
No. H. 11 F, International Development Building, No.2, Dong Ting Road, TEDA
天津经济技术开发区洞庭路2号国际发展大厦11层H座
Tel: 6628 0211 / Fax: 6628 0216
tjadmin@jreccorporate.cn
www.jreccorporate.cn

CHAMBERS**Tianjin Downtown****European Union Chamber of Commerce in China, Tianjin Chapter**

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

The American Chamber of Commerce, Greater Tianjin Branch

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

German Chamber of Commerce in China - North China

中国德国商会
Rm. 1502, Global Center, No. 309 Nanjing Road, Nankai
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.
华苑产业园区开华道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: 86 22 23136003
Fax: 86 22 23136005
Business Hours: 8:30~17:30

MASSAGE**Tianjin Downtown****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11607
Tel: 2313 7919 / 136 821 90233
Hrs: 10:00-02:00

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
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和平区西宁道9号

Tianjin Christian Fellowship

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

TEDA & Tanggu**TEDA Christian Fellowship**

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

THEATRE**Tianjin Downtown****Tianjin Grand Theatre**

天津大剧院
Culture Center Pingjiang Road Hexi
河西区平江道文化中心
Tel: 8388 2000

Tianjin Concert Hall

天津音乐厅
88 Jianshe Road Heping
和平区建设路88号
Tel: 2332 0068

Western Shore Art Salon

西岸艺术馆
3 Youyi Road North Hexi
河西区友谊北路3号
Tel: 2326 3505/3501

MUSEUM**Tianjin Downtown****Tianjin Museum**

天津博物馆
Intersection between Pingjiang Road and Yuexiu Road Hexi
河西区平江道与越秀路交口
Tel: 8388 3000

PARK 公园

MASSAGE 按摩

MUSEUM 博物馆

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HOTEL 酒店

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SHOPPING 购物

1st Anniversary Celebration of Pan Pacific Tianjin

On October 18, Pan Pacific Tianjin celebrated its 1st Anniversary, which was joined by over 70 guests from customers, media and charity organizations. Mr. John Reinhold, General Manager of the hotel extended a warm welcome and sincere thankfulness on behalf of the management team for the support of the guests in the past year.



The Ritz-Carlton, Tianjin Celebrates Its Two-year Anniversary

The Ritz-Carlton, Tianjin is located in the former British Concession of Tianjin as one of the most iconic buildings in this captivating city, and is celebrating its Second Anniversary on October 18, 2015.

Since The Ritz-Carlton hotel opened in Tianjin in October 2013, it has consistently created unforgettable experiences for guests to fulfill their expectations. Over the last two years, The Ritz-Carlton, Tianjin has won 30 awards. Such accolades include being ranked among the Gold List and Readers Choice of 2014 and 2015 by the prestigious Condé Nast Traveler, being selected as Best Hotel for Meeting Experience by Travel Weekly, and being awarded as the Best Luxury Hotel by World Traveler.



Tianjin Networking Club Event in September and October

Tianjin Networking Club Event held two sessions on September 29 at Holiday Inn Riverside Tianjin and on October 20 at Wanda Vista Tianjin. Professionals and entrepreneurs from Tianjin and Beijing attended the events. TNC event is organized by Jin Magazine, and co-organized by American Chamber of Commerce, European Chamber of Commerce, German Chamber of Commerce, Singapore Chamber of Commerce and Hong Kong Chamber of Commerce.

For more information, please log on: www.tjnetworkingclub.org or email: tnc@jinmagazine.com.cn



Body Building Talent Challenge at Riverview Place



On September 6, a body building talent challenge had its finale at Riverview Place and six finalists shared their experience and thoughts in keeping fit and joined in a fluorescence night running event with 300 amateur runners who signed up the event via Riverview Place Wechat.

The finalists were the winners in push-up, sit-up, flexibility, balance, ice skating and plank competitions. The event led a fit keeping trend in Tianjin.



JimO appointed as Executive Chef at The St. Regis Tianjin

The St. Regis Tianjin is delighted to announce the appointment of Mr. JimO as Executive Chef.

JimO started his culinary Journey in 1990 and joined Starwood Hotels & Resorts with Sheraton Manikar Hotel in 1993. From 2003, he was appointed as Executive Chef in different hotels, such as Renaissance Sandakan Hotel, Angkor Century Hotel, ACCOR-Pullman Kuching Hotel, Sheraton WGQ Shanghai and Sheraton & FP Shenzhou Peninsula Hainan Island. Before joining our hotel, he was the Executive



Chef of The Westin Chongqing Liberation Square, and also member of the pre-opening team, allowing this hotel to open successful.

Mr. Michael Cui Appointed as Director of Food and Beverage of Hyatt Regency Tianjin East

Mr. Michael Cui has been appointed as Director of Food and Beverage at Hyatt Regency Tianjin East. In this role, Mr. Cui will oversee all food and beverage operations and management at the hotel. Mr. Cui started his career in the hospitality industry in 1994 at Hilton Beijing, and joined Hyatt in 2001. He was a management trainee at Grand Hyatt Hong Kong, before being promoted to Banquet Operations Manager of Grand Hyatt Beijing. Prior to his new assignment, he was the Director of Food and Beverage at Hyatt Regency Jing Jin City Resort and Spa, where he successfully achieved the 2012 and 2014 Tianjin Summer Davos themed outdoor events.



Mr. Howard Li Appointed Director of Sales & Marketing of Hyatt Regency Tianjin East

Mr. Howard Li has been appointed as Director of Sales & Marketing for Hyatt Regency Tianjin East. Mr. Li is a graduate of University of St Andrews, UK, with a Master Degree in Marketing. He also acquired a Bachelor Degree in Tourism Management from Tianjin University of Commerce. Mr. Li started his career in the hospitality industry in 2004 at Renaissance Tianjin TEDA as account executive, two years later, he went to the UK for further study. After graduation he worked in General Electric (GE) in London as European Marketing Associate for one year and also gained rich experience in a variety of positions in Dorsett, IHG and Marriott in China. Mr. Li joined Hyatt in 2010 as Associate Director of Sales of Hyatt on the Bund, then prior to his new assignment he was in the position of Director of Sales in Ritz-Carlton Tianjin and in charge of the entire Sales & Marketing team.





Bryce (left) is on the show

FIFTEEN MINUTES OF FAME

by Bryce Cristiano

Hello Tianjin is a TV program on Tianjin International that works to bridge the gap between foreign and Chinese culture. Having interviewed one of the hosts on the program, Yegor, just last year; I was quite impressed by the level of media work that some foreigners can get in China. This kind of cultural exchange is beneficial for both the locals who can tune into the programs as well as the foreigners who have their experiences to engage directly with Tianjin culture. Since my own interview with Yegor last year, the producer of Hello Tianjin wanted to make a program kind of based off of our own People's column on JIN Magazine where we take a look at interesting people in Tianjin (both Chinese and foreigners).

Once she passed the idea by her team, she figured it would be great to involve the people who inspired the idea, writers with JIN Magazine. After being contacted by the producer, I jumped right at the opportunity because how often does the event arise where you can have a little biopic about your life on Chinese TV? While writing is certainly a pretty passive career and not as exciting as lion taming, sword fighting, or shark hunting; the producer worked to make my life seem a little more exciting than it is. While the program is normally meant to cover two foreigners in one 25 minute episode, I managed to get the entire segment for myself; which makes my ego feel all warm and fuzzy.

The process was a blast, Yegor did an interview with me while we filmed an episode of my Youtube channel together about making JianBingGuoZi; which really turned the tables. While I'm used to making videos and being a foreigner means that you always gain at least a modicum of attention in Tianjin like you're some D-List celebrity that once guest appeared on some bad late-night soap opera; I wasn't prepared for actually being the center of attention for TV. Maybe the stakes feel higher than simply making Youtube videos. To those looking to be on the show, seriously prepare ahead of time and give the questions that the host asks you a little more consideration. It sometimes felt like I had a better answer for their questions or more articulate expression just after we

finished filming.

The show finished with the crew following one of my interviews for an article on JIN Magazine and then a little bit about my personal life in the city. While the filming may have made me mildly nervous, it didn't even compare to how it felt watching the show on a TV in a restaurant packed with strangers since my cable was out at home. As the masses of people gathered around to ask if I was the same foreigner as the one on TV and take photos; I felt just for a moment that I had grazed the realm of C-List'dom. If you have an exciting life in Tianjin, by all means contact our magazine and we'll get you in touch with the producer who's always looking for someone new.

15分钟的明星

天津电视台国际频道有一档关于中西方文化交流的节目叫做《Hello Tianjin》，每期节目都会主要采访一个普通人，有中国人也有外国人。这很像我们杂志的“人物”栏目，我们都有同样的主旨。有趣的是，我之前采访过《Hello Tianjin》的主持人耶果，而如今我们角色互换了，我成了这档节目的一期主角。

节目制作人找到我的时候，我非常激动，毕竟有多少老外能在中国的电视上露脸呢？拍摄的过程中我一直处在兴奋紧张的状态。耶果作为主持人采访我，我向他介绍了自己拍摄的关于天津的纪录片。我给他展示的那集是关于煎饼馃子的。虽然事先已经做了充分的准备，但拍摄结束后，我才想起来有些问题应该有更好的答案。

比起拍摄，观看播出的时候更令人兴奋。由于我家没有电视，我特意到一个小饭馆里，请求老板调到那个频道，于是我和一群陌生人一起看了这期节目。周围人纷纷过来问我，电视上的那个是不是我。那时我终于有了一点当明星的感觉。



Bryce (second from left) is on the show



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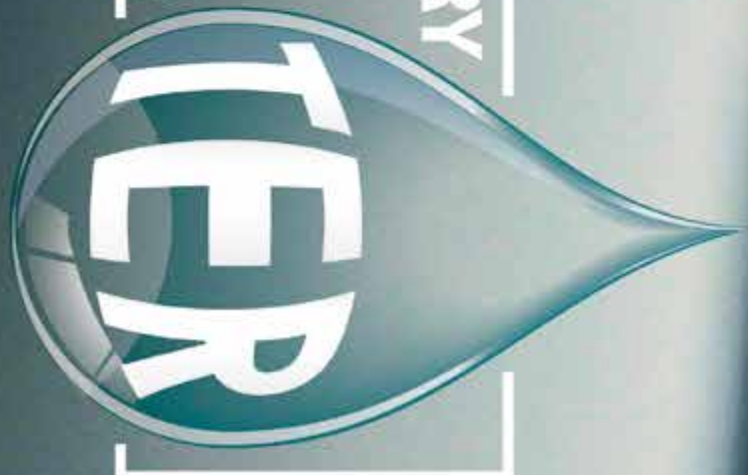
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