

THE NANJINGER

NANJINGEXPAT



NO. 7 / Aug. 2011
20100046

Make New Friends

With NANJING INTERNATIONAL CLUB

at the ANNUAL NIC



3RD SEPT

at NIS

FROM

12 NOON

-1600

REGULAR EVENTS INCLUDE

- ◆ WEEKEND TRIPS
- ◆ EXPLORER WALKS
- ◆ THE NIC WINTER BALL
- ◆ CHINESE COOKING CLASSES & MUCH MORE!



FIND OUT MORE ON OUR WEBSITE WWW.NANJINGINTERNATIONALCLUB.COM

Welcome Home

T & J Properties

Contact us at: +86 025 847 28992
email: service@tjprops.com



Choose from a villa, apartment or office space. Spectacular views. Amenities galore, including furnished spaces.

Ooh!
Beautiful interior spaces will take your breath away. All the comforts of home.

Ahh!
Relax after a hard day in one of our comfortable bedrooms or wash away the day in one of our luxurious bathrooms.

Umm!
Enjoy preparing a delicious meal in one of our very modern, efficient kitchens. Stainless appliances are often included.

For complete listings, descriptions and photos visit www.tjprops.com





Welcome Home to Fraser Suites Nanjing

Fraser Suites Nanjing is the city's first branded serviced residence, strategically located in the heart of Nanjing's new CBD. The 30-storey stately residence comprising 210 spacious contemporary suites offers unmatched luxury living from one, two to three bedrooms, adorned with lavish modern amenities.

Complemented by Fraser's renowned hospitality of intuitive and personalised services, a luxuriating home experience with Fraser Suites Nanjing awaits you.

Where you're more than just a guest.



FS
FRASERSUITES
 NANJING
 南京仁恒商务公寓

No. 116 Lushan Road, Jianye District, Nanjing, PRC 210019
 Reservations: +86 25 8777 3777 Fax: +86 25 8645 9188
 Email: sales.nanjing@frasershospitality.com Website: www.frasershospitality.com

THE FRASER COLLECTION

BAHRAIN • BANGALORE • BANGKOK • BEIJING • BUDAPEST • CHENGDU • DOHA • DUBAI • EDINBURGH • GLASGOW • GUANGZHOU
 HANOI • HONG KONG • KUALA LUMPUR • LONDON • MANILA • NANJING • PATTAYA • PARIS • SEOUL • SHANGHAI • SHENZHEN • SINGAPORE • SYDNEY
 NEW DELHI • OSAKA • CHENNAI (2012) • JAKARTA (2012) • SUZHOU (2011) • TIANJIN (2011)

By Fraser's Hospitality



"DOING BUSINESS WITHOUT ADVERTISING IS LIKE WINKING AT A GIRL IN THE DARK.
YOU KNOW YOU'RE DOING IT, BUT NOBODY ELSE DOES."

Stuart Henderson, 1907-1979
Brit. US consumer psychologist

We design the words and pictures - still or moving and provide the media platforms
to reach the highly desirable audience you and your brand deserve to reach.

Come work with us
We may even leave the lights on.



contact@vozdesign.com
+86 25 85530158
WWW.VOZDESIGN.COM

contact@sinoconnexion.com
+86 138 515 732 75
WWW.SINOCOMNEXION.COM



MAKING SURE THE BEER KEEPS ON FLOWING

From now until 30th August Seasonal Tastes provides you with a delicious buffet dinner accompanied by free-flow Heineken, Budweiser and Tingtao, at only **RMB 258 + 15%** per person.

Each Friday during August from 18:00-20:00 you can also join our two-round beer contest! Double Buffet Dinner Voucher, Double Lunch Set Menu Voucher and a Pound Cake Voucher are all waiting for you.

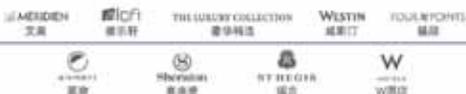
PLUS, throughout the whole day at Seasonal Tastes it's buy one Hogaarden Draft Beer, get one free!

ADDRESS: 201 ZHONGYANG ROAD, NANJING
FOR MORE INFORMATION PLEASE CALL
86.25.8556.8888 OR VISIT WESTIN.COM/NANJING.

THE WESTIN
NANJING

南京威斯汀大酒店

spg
Starwood
Preferred
Guest
俱乐部



©2013 Starwood Hotels & Resorts Worldwide, Inc. All Rights Reserved. SPG, Preferred Guest, Meridien, ICI, Regis, Four Points, Le Meridien, Marriott, St. Regis, The Luxury Collection, St. Regis and their logos are the trademarks of Starwood Hotels & Resorts Worldwide, Inc., or its affiliates. For full terms & conditions visit www.starwood.com

EtonHouse
International School • Nanjing
南京伊顿国际学校

nuestra familia, la nostra famiglia, 我们的家庭 私たちの家族

What is Nanjing EtonHouse International School?



The Vercelli family - Italy
"It is small, and close contact. I know the Principal and I can speak directly to him. If I put Luigi in a large school it is too big, but in EtonHouse the school can make accommodations to our needs, i.e. he wears diapers, and he is young. And it is flexible for when you want to put your child in the school"



The Saucedo family - Mexico
"Small groups, and for kids that don't speak English very well, my son has now improved very fast. Good to have small groups; it gives more attention from the teacher"

The Ki family - Japan
"It is close to where we live. Another reason is that the EtonHouse International School is new. What it lacks in experience, the school tries hard and therefore EtonHouse may very well end up better than the more established schools. I have had concerns with the fact that there are relatively few students. I was worried about peers but finally ended up choosing EtonHouse for my children."



- ✓ IB Candidate School
- ✓ Family like atmosphere
- ✓ Nursery - Primary school
- ✓ 18 different nationalities

Bienvenue à Nanjing!

It is once again that time of year when we welcome newcomers to our city, complete with a guidebook to Nanjing several inches thick by their side. Please put it away now! Within our pages you will discover many of Nanjing's lesser-known secrets. Some of you will find yourselves living in unpronounceable places such as Xianlin and Jiangning. Beginning in this issue we recognise the growing importance of the two suburbs with their own dedicated map, along with another for the area of the city around the Olympic Centre (pages 62-63).

Chinese people are very active in public life, even if this "public" consists of three spectators. We have all seen some (what we would describe as) shocking examples of human life made public, often in a hospital. However, Chinese people are used to there always being a lot of people around. As we delve into the issue of leisure activities in China witness the unsuccessful attempts made to get Jaywalker out on the dance-floor that go to show many foreign cultures treat leisure activities more independently and even as something a little private.

With 20% of the world's population and only 5% of the world's arable land, it is no surprise that a garden in China can sprout up just about anywhere, as can be seen in this issue's photo-spread on urban gardens. This agricultural twist continues as home improvement becomes all the rage in cities across China. Once the reserve of the elderly, we see how the hobby of planting one's own herbs is enjoying something of a renaissance. Needlepoint and embroidery are two pastimes that have always been tremendously popular in China. We pay homage to the handicraft through our cover that comes to us via the creativity of Miss Sunny Yuan.

If thoughts over the Chinese economy leave you more than a little mind boggled, The Soothsayer lays out the lie of the yuan in our economics column (thanks, Sarah Stovalosky, for a lovely illustration!) while this month we introduce another regular item, The Gavel, in which we aim to unravel some of the mysteries surrounding China's legal system.

However long your stay with us, we thank you for allotting a little of your precious leisure time to our publication. We hope that in some little way it can help to make your stay in Nanjing a rich and rewarding experience.

"You take the high road, I'll take the low road" 英语的意思和中国“另辟蹊径”的意思相似,这期杂志,我们所要表达的是:不要千篇一律,找到属于你的生活方式.

从而我们带你领略尼泊尔5000米的异域风情,在上面你会有高原反映吗?

这个暑假就快要结束了,是同学们返校的日子,我们街访了不同年龄的读者问问他们对学校的记忆当然品质生活离不开美食,我们这期杂志将教你如何最佳搭配红酒和西餐.

如果想了解更多请跟着我们来杂志里找寻吧.

- 6 Editorial 辑语
- 8 Jaywalker | The School Disco 展现自信美
- 9 Dear Editor | Offending the gods 主编信箱
- 11 The Gavel | New Social Insurance Law 新社保法
- 13 Growing your own drugs and other leisurely pursuits
“拈花惹草”——播种你自己的草药
- 16 The Soothsayer | China's Need to Rebalance 中国需要重塑平衡
- 18 Chinese Corner 汉语角
- 19 Take The Low Road 另辟蹊径
- 22 Wine Whispers | Pairing Wine With Food 红酒私语 | 好酒配好菜
- 23 The Nanjinger Collectables | Stuffed Zucchini 私房菜谱 西葫芦西式做法
- 26 Nanjing On Sight | Urban Gardens 南京一瞥 | 城市花园
- 30 The Trip | Nepal: Off Road On Trek
游记 尼泊尔：在路上的跋涉
- 36 Jinling Lives | Carlo D'Andrea 金陵生活
- 39 Orient and Occident 东西
- 40 The Spotlight | Your Back to School Memories 校园记忆
- 42 Previews & Reviews 预览及评论
- 46 Photo Sojourn | Days Out Day Trip 乡村映像
- 50 About Town 关于南京
- 51 The Index 城市指南
- 60 City Maps 城市地图
- 64 Classifieds 分类信息
- 65 Events 活动
- 66 View from the Bench | 良师益友

The School Disco



● **E**ven though it occupies an area akin to a central reservation between the two carriageways of Yudao Jie, the park at the Imperial Palace of the Ming Dynasty is a lovely quiet haven, a relaxing place where you can find families and tourists and men flying illuminated kites high into the Nanjing night sky.

It is one of my favourite parks and I have spent a good deal of time there watching the world go by. But there was one area in which I had never had the courage to venture, a place which I had seen from the number 65 bus, had even walked past but never entered. It was the dance arena.

In the west it is fashionable to hate dancing. Certainly, most men and a lot of women need plenty of "Dutch courage" to get them to dance in front of people. But I decided that the time had come to face my demons and brave the dance arena. Mind you, I wasn't going to dance, only look. I knew that there would be a lot of staring but I summoned up my courage and approached the entrance gate.

A sign said I needed to pay 1 kuai to dance but I explained that I only wanted to watch and he happily let me in for nothing. It was an hot day, even by Nanjing standards but this hadn't put off the dozen or so couples waltzing across the concrete. I walked self-conscientiously past lines of women sitting on shady benches chatting and fanning themselves. Well, I say chatting, they were chatting before they saw me whereupon they stopped chatting and stared but as I passed nodded at me and smiled. I walked on and found a bench which had three fans placed on it. I moved a fan and, peeling my trousers off my knees sat down with my bottle of iced water and took in the scene.

Men danced with women, women danced with women and women danced on their own moving around with open arms holding onto an imaginary partner, waltzing with a ghost. Uninhibited they moved confidently, rising and falling to the music, gliding across the floor without treading on their partner's toes, not even looking to see whether their friends were watching and giggling at them.

In the tradition of the school disco there were plenty waiting in the wings, taking a break, rehydrating, fanning themselves, waiting to be picked perhaps. There was however, at least one person sitting on the benches under the trees who didn't want to dance but predictably it didn't take long for before a very cheerful diminutive woman on the wrong side of 60 approached me. Holding her hand outstretched I was gripped by fear. There was no way I was going to look stupid in front of all these people. My inability to dance was only one factor



which made the prospect of dancing with her terrifying. I knew that any foreigner taking to the dance floor would attract the attention of all the people on the benches if not the other dancers as well.

I explained that I couldn't dance and in any case had not paid the entrance fee so I was allowed to dance! She kept trying to persuade me but eventually realising that rejection was all she was going to get, sat down deflated next to me. Then I began to feel guilty. I imagined that it had probably taken her courage to come ask me to dance and I imagined the loss of face this rejection must have caused her. Then it all came back to me; the school disco, the fear of being rejected, the fear of being the only one left sitting on the benches when the rest were paired off. And there I was, my older self sitting on the benches on the edge of the dance floor, rejected and demoralised and a feeling of shame swept over me. How could I do to others that which I feared for myself.

A happy ending to this story would have me standing up, taking her hand and leading her smiling onto the dance floor. What actually happened is that I stood up and walked out. Embarrassed by my inability to dance, ashamed at my rejection of this brave woman I chose the coward's way out. Then I got to wondering why it was that Nanjingers are completely uninhibited about dancing in public and we in the west are frozen with fear at the thought of it. I wish I had had the courage to dance with her, I wish I had fewer inhibitions, wish I cared less about what people thought of me but I also realise that a person's cultural conditioning often runs so deep that it cannot be over-written. But just imagine what sort of people we would be if we could take the best of each culture we encountered. From Nanjing I would take the ability to dance in public without feeling like a fool. **NJ**

One of the first things that caught my attention in China was the incredible amount of KTV or Karaoke parlors. Obviously singing is one if not the most favourite form of entertainment for young and old of both sexes.

Well aware of my terrible singing voice I always avoided every single invitation to visit one of these places. This was until New Year's Eve of 2009 when a dear Australian friend insisted on having my wife and I over with some other Chinese friends to celebrate. Knowing the situation and being myself a foreigner away from friends and family, how could I say no?

It was then I realized how serious this activity is for Chinese people. There they were, with the chosen tune, grabbing the microphone, standing on the little stage. While singing they would close their eyes, stroke their hair and chest and even kneel offering a full display of theatrical passion, especially the boys!

Offending the gods

Finally it was the turn for the two only foreigners in the room to show our histrionic abilities. After several beers to summon enough courage our voices were far from melodic but we decided to have some fun anyway, I remember we chose the classic "Funky Town". During the first minute of the song I turned my head around to notice that with the exception of my wife and my friend's girlfriend every single person in the room had left, leaving us howling at the screen all by ourselves.

I suddenly felt like I was in some kind of temple, having insulted the gods the congregation had left offended by this horror. Later after our shameful performance and we had decided to shut our mouths and sip our beers the rest of our party showed up again to continue performing as if for a Broadway musical audition.

That experience reminded me of my time working at an "International Kindergarten" where I witnessed how Chinese kids no older than 5 or 6 years old were requested by their parents to excel not only at school but also at several extra activities such as two or three different sports, musical instruments, etc., all at the same time. Many times I saw some of the kids crying on stage, terrified that their parents would give them a signal from the audience indicating their sub-par performance. It always left me wondering whether it be detrimental or beneficial for children of that age to be under that kind of pressure. Or were they merely being prepared for the Karaoke room in hope that they may live up to other, more godly expectations?

The God Offender



With very little, you can help to write
a new story in the lives of hundreds
of children in China.

献出您的关爱，哪怕只是一支小小的铅笔，
也能帮助中国的千万儿童改写他们的生命轨迹。

Your generosity has enabled the
Pfrang Association to provide
scholarships for more than ten
years to underprivileged children
of rural areas in Jiangsu province:
Education, a gift for life!

正是因为您的慷慨，十多年来，普方
基金会才能够为江苏省农村地区的贫
困儿童提供助学基金。
教育，成就一生！



www.pfrang-association.org



The Gavel

LEGAL NOTES FROM THE NANJINGER
IN ASSOCIATION WITH PICOZZI & MORIGI LAW FIRM



The 1st July, 2011 saw the first comprehensive Chinese social insurance law (“中华人民共和国社会保障法”) take effect; covering the five main social insurance schemes, i.e. the basic pension, basic medical insurance, work-related injury insurance, unemployment insurance and maternity insurance. While salary deductions shall be made for contributions relating to insurance pension, medical and unemployment, the employer shall be solely responsible for paying disability and maternity contributions.

In Nanjing, the contribution rates for basic pension, basic medical insurance and unemployment insurance for the employee are 8%, 2% and 1% respectively while those of employer are 20%, 9% and 2% plus 0.8% and 0.5%-1.2% (depends on the job category) for work-related injury insurance and maternity insurance.

In Shanghai, the corresponding rates for the employee are also 8%, 2% and 1% while those of the employer are 22%, 12% and 2% plus 0.5%.

Foreign employees

According to Article 97 of the Law, foreign workers in China shall take part in the contributory schemes provided in the same way as Chinese citizens, and will be able to enjoy the same insurance benefits. Until now, under local rules foreigners working in China can enjoy work-related injury insurance and basic medical insurance in big cities such as Beijing, Shanghai, Suzhou and Tianjin. Since 1st July however, it is still not clear how an employer may make social insurance contributions in respect of foreign employees because no specific definition of “foreigners working in China” can be found. Furthermore, Social Insurance Law does not say a word on how many insurance types shall be available to foreign workers, compulsorily or optionally.

The relevant authorities in Jiangsu Province affirm that when the Social Security system for foreigners comes into effect, contributions shall be paid beginning July 2011. Further interpretation and implementation of the rules are needed to clarify these issues but in the meantime we suggest you prepare a reserve of cash that can service these payments when required.

Also not clearly explained in Social Insurance Law is whether a foreign employee’s contributions will be refunded when he/she leaves China before the retirement age, as is possible at the moment in Shanghai, Zhuhai and Shenzhen.

Once again, Nanjing has a lot of catching up to do! 

Disclaimer

This article is intended solely for informational purposes and does not constitute legal advice. Although the information in this article was obtained from reliable official sources, no guarantee is made with regard to its accuracy and completeness.

General Manager: Keith Maguire
Editor: Frank Hossack
Creative Director: Ronald Paredes
Graphic Design: VOZ Design
A SinoConnexion production

Talent:
Sunny Yuan
Jaywalker
Frank Hossack
Keith Maguire
Geoff Gibson
Sarah Stovalosky
Ron Stalenberg
Alain Deflesselles
Ada Wang
Serafino Di Giampaolo
D.S. Fraser
Sam Brummitt

Special Thanks to:
British School Of Nanjing
Mr. An
Life Magazine Korean Information
Picozzi & Morigi Law Firm
Amanda Roeth
Lulu Wang Paredes

The Nanjinger - Nanjing Expat
Issue #7 - Leisure
August 2011
Nanjing City
Jiangsu Province
China

Publication Licence number
NO.7/AUGUST 2011
南京权安广告 苏印证: 20100046



Copyright ©2011 Nanjing Expat

Contact Nanjing Expat for sponsorship:

sponsors@nanjingexpat.com
English/英文: +86 136 7510 8664
Chinese/中文: +86 138 5152 2275

For content or feedback: content@nanjingexpat.com

For classifieds: classifieds@nanjingexpat.com

For Competitions: competitions@nanjingexpat.com

For City Guide: cityguide@nanjingexpat.com

For Life Coach: coach@nanjingexpat.com

Introducing some of our contributors, writers and editors

Geoff Gibson teaches courses in economics, accounting and business at universities all over China.

In Australia, he used to run the wholesale borrowings of that country's largest bank. As such, he used to joke that, when the revolution finally came, he'd be the second one shot.

Geoff Gibson 在中国各大高校教授经济学、会计学和高学的课程。在他的出生国澳大利亚，他原先的工作是澳大利亚最大银行的信贷主管，所以他以前总喜欢开玩笑地说：“如果革命爆发了，我就是第二个中弹者。”

Ron Stalenberg is our Australian sommelier who reviews wines that are readily available in Nanjing and affordable, unless an opportunity comes his way that is simply too good to refuse!

Ron Stalenberg是一位澳大利亚葡萄酒评论员，目前主要针对南京市场上可以买到的葡萄酒进行评论，都是一些价位合理适中的酒，当然如果机会来临，遇到好酒他也不会拒绝。

Lead Food Critic Serafino Di Giampaolo is founder of the Italian Chefs Forum, was resident at The Lounge in Frankfurt when it was awarded "The Best Eat and Meet" in 1998 and has taught for 10 years at the Istituto Panzini, Italy's most progressive hospitality institution.

Serafino Di Giampaolo, 首席美食评论家，也是意大利高厨论坛的创始人。1998他为法兰克福的Lounge餐厅工作期间，该餐厅被评为当地的最受欢迎餐厅。同时，他还曾在Panzini学院授课十多年，该学院是意大利最前卫进步的厨艺学院。

Our Editor and Music Critic, Frank Hossack, has been a radio host and producer for the past 25 years, in the process winning four New York Festivals awards for his work, in the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts. 贺福是我们杂志的编辑和音乐评论员，在过去的25年里一直从事电台主持和电台制片的工作。工作期间他曾获得过四次纽约传媒艺术节大奖，分别是世界前40强节目，最佳编辑，最佳导演以及最佳文化艺术大奖。

Ronald Paredes is the personification of his motto "mediocrity is a disease we fight every day". The multi talented designer's work appears in the design industry's annual definitive overview of the state of art in web design, "Web Design Index by Content - Volume 5"

泉源本人即是他的座右铭“平庸是一种疾病，我们每天都要与之抗争”的现实化身。作为一位优秀的设计师，他才能丰富创意无限。其网页设计作品还被收入在了代表网页设计艺术成就的权威性行业年鉴内。《网页设计艺术指南—第五册》

Growing Your Own Drugs,

AND OTHER LEISURELY PURSUITS

By Frank Hossack

"The poorest countries have the prettiest stamps
As if impracticality were a major export"

Cathy Song, "Stamp Collecting"

The concept of leisure in China was until recently limited to collecting crickets, playing mahjong and practicing taiqi topped off with the odd visit to the cinema. Now Chinese people are taking up new hobbies and leisure activities at a dizzying pace. The cynic may say that shopping, sleeping and gossiping are the national sports of China. To those interested in bettering themselves at the expense of others, perhaps; but for those with a little more upstairs the boom in China is also providing access to a world of leisure and opportunities to engage in new hobbies as never before.

Shall I take a drive and visit a temple? Go to a barbecue at my friend's house, or just stay home and watch a movie? Never before has such a choice of leisure activities been available.

A generation ago, treasured days off were spent doing housework and resting at home, while for the retired free hours would drift by in tea houses and old men would exchange wisdom over sedate moves upon the chess board.

The traditional range of low cost leisure time activities help young Chinese keep budgets in check. Research undertaken by BIGresearch revealed the top five favourite pastimes of Chinese consumers aged 18-34 to be surfing the Internet (92.4%), shopping (72.9%), watching TV (72.7%), movie-going (69.0%) and listening to music (64.9%). Helping to keep many of these activities so popular is the convenience afforded by recent developments in technology.

While the MP3 player is blaring out the latest summer hit, Nanjing's climate results in a good eight months of the year where conditions are ideal for the more than fair share of Chinese people who enjoy growing their own plants; everything from herbs and spices to tomatoes and garlic. Now, as more people buy their own homes and look for ways to decorate them, the hobby has won over all kinds of new fans who order seeds for their favourite condiments on Taobao and then dash to Ikea to find a beautiful pot in which to plant them. Yu Bo lives in one of the many new spa-

rious apartments off Muxuyan Jie to the south of Zhongshan Men in Nanjing and took up the hobby as something that she can do with her own hands, and of which she can be proud. Of the plants that have literally taken over her balcony she says,

“I believe this is an activity that helps you to relax and improve your personality.



I most like the moment when I see what was a small seed now sprouting above the earth! Most of all I like to grow herbs and lillies or other plants that help beautify my home!”

The Asia Outdoor trade show has recently enjoyed its sixth run in Nanjing. Billed as (but open to question) the largest outdoor fair in Asia, this year saw the expo hosted for the first time hand in hand with Asia Bike, both offspring to EuroOutdoor and EuroBike in Germany. The outdoor business is one in which foreign firms have a better than average chance of competing with their Chinese counterparts given that all the gear is made here anyway. A few years ago Chinese people would be seen wearing a North Face jacket almost by default. Those days are gone now while North Face themselves do not even bother to take a booth at Asia Outdoor. Instead, China’s new heavyweight outdoor companies are throwing huge promotional

parties; last year Toread from Beijing aligned themselves with property tycoon Wang Shi (one of the richest men in the country), bringing him to Nanjing to share some of the secrets of his success with crowds of onlookers in front of the firm’s colossal expo booth.

Camping has also become big business in recent years. On any semi decent day one can walk around the islands that dot Xuanwu Lake and find almost countless numbers of tents. However, in each case, a bumper bucket of KFC is unlikely to be far away. One is left with a sneaking suspicion that many self proclaimed outdoor fanatics in China could be better termed “armchair outdoor enthusiast”. They talk the talk, wear camouflage clothing walking through Xijiekou and drive cars adorned with Dakar Rally stickers that are also strangely devoid of mud.

In actual fact, the term “backpacking” carries a completely different meaning in China. Having become one of the few viable alternatives to a travel agent arranged group tour, backpacking in China has come to mean putting your things in a backpack, slinging the backpack into the back of your car, driving to your destination and checking into the nearest five star hotel.

Outward Bound courses are popular methods of team building employed by many large corporations in China, in which there is often an element of orienteering, the leisure pursuit not normally associated in China. However, thanks to such outward bound courses, it is encouraging to learn that the healthy educational and competitive activity is gradually gaining ground. A report in the Nanjing Daily newspaper from last year stated that more and more people are taking up orienteering, particularly

primary and secondary school students and, somewhat bewilderingly, the elderly. Now be honest – how many times have you seen a Chinese guy cutting a lawn? Not many we wager, but it is a sight to which we may better get accustomed, if the rate at which ¥10 million villas are being snapped up is anything to go by. Complete with 100+ sqm of garden, it is a great time to be in the weed-killer business. Or is it? Within the DIY and Gardening industry in China, Barbecue is the subsector that has seen the fastest growth. As western style eating habits begin to catch on in China, middle classes tired of Chinese food have started grilling at home, resulting in a booming demand for barbecues.

Dirt under the fingernails and the full force of mother nature may not be for everyone. So what is a modern city dweller in China supposed to do to pass their out of office hours? For many, the simple choice is yoga. Such is the popularity of the ancient Indian body



of knowledge that the the China-India Yoga Summit was held in Guangzhou in June of this year and was billed as “An exceptionally grand occasion with extraordinary significance to the Chinese Yoga industry”.

Others look for something different. Increasing numbers of Chinese have in recent years been turning to the gym. Many are trying the experience out but few are coming back for more. Retention rates for fitness centers and gyms in China remains low, averaging 10-20%, compared to 60-70% in western countries. CEO of Ozone Fitness Tomer Rothschild explains their higher than average retention through a business model that encourages customers to come to the gym as much as possible, thereby developing a lifestyle around it. But many local gyms take an opposite view. He says, “For a lot of our Chinese competitors, their ideal customer is someone who pays upfront and then doesn’t come back. I’m guessing they feel their equipment doesn’t depreciate and they pay less in utilities. But it’s a really warped service model.”

Girls at a young age the world over begin to learn needlework such as drawing patterns, embroidery and sewing, and China is no exception. Historically, it was especially the case in Jiangnan (the area south of the lower reaches of the Yangtze River) where, in the Ming and Qing dynasties, needlework became widely popular thanks to a favourable climate, beautiful material and deft hands along with the booming development of the handicraft industry.

Minnie Gao works for The Westin Nanjing, proudly wearing her employee’s badge that displays not only her name, but also her passion: DIY. In the west,

that means building a shed; here in China for Minnie specifically Do It Yourself is Cross-Stitch, making paper flowers, painting on a T-shirt or shoes. She says, “My major in college was design, so I love all creative stuff. For Cross-Stitch, I feel achievement when I complete a work. I also love to design for friends and family as a special gift.”

Accustomed we are to hearing that 1 in 5 people are Chinese. We will do you one better with the fact that 1 in 3 stamp collectors are, you guessed it, Chinese (from an estimated 50 million worldwide)! Foreigners may perhaps feel the philatelist is a little nerdy, but for the Chinese the contrary; the hobby is a sign of middle-class status and an indication of a respectable, scholarly disposition.

There are now over 50,000 stamp collecting clubs in China, stemming from the postage stamp’s beginnings in China in 1878,

as a private diplomatic courier service for consular transactions and diplomatic corps communiques. Much of the political turmoil of the last century has been well documented through China’s versions of the First Day Cover. The use of propaganda and nationalism throughout the period make Chinese stamps some of the most interesting on earth. So is it worth getting into philately? Only if you are very lucky. In January of last year, a “Small One Dollar” stamp sold at auction in Hong Kong for HK\$5.52 million (US\$708,000). It is thought that there are only 32 examples of the stamp in existence.

Only when men have got to know each



other pretty intimately will they pluck up the courage to ask one another where to buy model trains in Nanjing. The answer, sadly seems to be, “pretty much nowhere”. No so far away however, in Shanghai the Bachmann Model Train stores is appropriately located in the main railway station departure hall, with another branch on Wuding Lu. This century-old American company opened up in Shanghai in 2008 and stocks a huge selection of ready-to-roll models of notable Chinese locomotives. An annex in the shop’s showroom has also been converted into a club for members to take their own locomotives along to stretch their legs on the shop’s massive layout.

Many of these new found elements of the leisure industry in China are largely still in their infancy. It will be some time before model trains and gyms can benefit from the large service economies that exist for stamp collectors and yoga enthusiasts; and likely many more before the kinks can get flattened out in the confusion between the word “outdoor” and the term “being outside”. **NU**



The Soothsayer

By Geoff Gibson

Illustration by Sarah Stovalosky

中国需要重塑平衡 China's Need to Rebalance

■ If I hear one more person say to me that the secret to China's success has been low wages I'm going to throw up. Ditto about China having all those foreign exchange reserves at its disposal. If only things were that simple. On the one hand, there is the China-as-future crowd pointing to the economic miracle that has created the world's largest exporter and largest manufacturer, having surpassed the US some-time this year, with its US\$3 trillion in foreign exchange reserves. Then there are those in the more serious sections of the financial press that pour cold water on that and talk about China's desperate need to "rebalance". But they never really say what it is that needs rebalancing. They assume you know. Rebalance what? How? And why is it so urgent? Let us go right back to the start, to look at how

China's economy got to be where it is today. Hopefully, this will demonstrate exactly what steps China took to create this so-called economic miracle and why it is not a miracle at all. China runs what is often referred to as the Asian development model. China borrowed the idea from Japan (although it is not a Japanese invention). Within this model, the key is to subsidize production and, to this end, there are three things a country needs to do. Keep wages low. China's household income as a percentage of GDP is not merely low but has been falling for the last twenty years. Nominal wages have certainly risen in China over this period but always at a rate lower than the overall growth rate of the nation. This means that households (wage-earners) are subsidizing producers. Profits are kept by

employers and used for reinvestment. Keeping wages low also keeps consumption low, which in turn creates the surplus to be exported.

China has one of the world's lowest consumption rates and the highest rate of exports

- these two things go together. This is the real reason the Chinese save: nothing to do with some myth about Confucian virtue or stoicism or the perceived lack of a safety-net, it is simple arithmetic. If you are not consuming your income then, by definition, you are saving it. Secondly, run an under-valued exchange rate and keep it low. This value of the RMB is the thing that everyone talks about although it is arguably not the most important of the three.

This, again, can be simplified as being just another form of subsidy. This time it is importers, predominantly the household sector again; subsidizing exporters, the manufacturing sector again!

Third, set interest rates low. Very low. Absurdly low. Keep them low. Pay depositors next-to-nothing. Then direct the banks to lend to industry at (relatively) low rates. For example, pay depositors 1% and lend to industry at 6%. Do this year after year. This is – you guessed it – a subsidy from depositors (households) to borrowers (industry/exporters).

Just those three things, rigorously implemented, have got China to where it is today. In all three cases, it is the subsidy from the household sector to the exporting sector that is the transfer that makes it all possible.

So, how does this work in practice?

Firstly, wages growth in China has been successfully controlled thanks to there being no trade unions to campaign for a better deal for workers, to the internal migration and the residency-system that puts workers in a poor bargaining position, and thanks to the dominance of manufacturing (a whopping 50% of the economy) that requires an unskilled or semi-skilled workforce.

As for the exchange-rate, it is fixed. China, alone among major nations, still retains a fixed exchange-rate. How this works is that the People's Bank of China (PBOC) is the sole seller of RMB for foreign currencies at a rate set by it. As a practical matter, you may go along to ICBC or wherever and sell your US dollars or whatever to ICBC but they are then passed straight to the PBOC, forming an increasingly large pool of US dollars. For the financially-minded, China's fabled US\$3 trillion foreign exchange reserves are nothing more than the world's largest cross-currency swap. They are not, as is often reported, the "wealth of the Chinese people". It is all borrowed. It is not wealth at all and not even money, not really.

Finally, it is the setting of low interest-rates that is the real cause of concern for many China observers.

This results in a cost of capital in China that is too low. This cheapness of capital is so cheap that, given historical growth rates and more recent inflation rates, it could be said that capital is just about free in China for those (predominately State-Owned Enterprises) who can get their hands on it. When capital is being provided virtually free, is it any wonder there is so much infrastructure investment?

On a good day, infrastructure investment results in increased production which, in turn, adds to China's over-capacity (i.e. more surplus to be exported). On a bad day the economic value created is less than its economic cost if the cost was priced correctly, and the infrastructure investment becomes value-destroying. Arguably, this is what has happened in the property market.

But why does China want to rebalance? After all, this development model has, in a single generation, brought China to where it is today. Why change it? Why mess with a successful formula? There are good reasons why.

The success of China is predicated on the continued ability and willingness of the rest of the world (predominately the United States) to absorb China's production surpluses. Those days are over. I would say the US cannot or will not continue to do it. The mess in southern Europe is also creating a situation where the "surplus" nations of northern Europe are looking for new export markets and thus now compete with China in the hunt for sources of demand.

China itself also wants to rebalance; to switch from being a country reliant on external demand (i.e. exports) to being a country with sufficient domestic consumption to absorb its own manufacturing surpluses. This going to be painful. Rebalancing means reversing all those household-to-industry transfers.

Rebalancing will require increasing household income at the expense of industry. It will mean wages going up.

It will mean the currency revaluing upwards (in order to make imports cheaper for households). It will mean interest rates going up in order to pay a higher, "fairer" interest-rate to depositors.

This last point is, I believe, quite an obstacle. If the banks are to pay higher rates to depositors and we assume they would want to maintain their margins, the banks will need to increase lending rates too. This will likely be enough to send many borrowers under.

Finally, the rebalance is necessary after a little history lesson. Only on two previous occasions in the last 100 years did a country become "so successful" that it singularly accumulated vast foreign-exchange reserves.

The first was the United States in the 1920's at a time when it accounted for 30% of the world economy with the biggest trade surplus (as a percentage of world GDP) that was immediately followed by the Great Depression, during which unemployment for the entire decade averaged 17% and never dropped below 14%.

Then there came Japan in the late 1980s. With 15% of the world economy at the time and an even bigger trade surplus than pre-Depression America, it was considered "just a matter of time" before Japan overtook the US. It was in those pre-bust late-eighties that the Japanese property market was so hot that, could it have been sold, the emperor's palace in Tokyo was worth more than all the land in California. Remember that? This mania ended up in Japan's so-called "lost decades" from which the country has never fully recovered.

Having adopted Japan's development model, sooner or later China simply has to rebalance. Like it or not, China does not have a choice. The last thing China wants is to stay with it so long that it ends up also having to endure the same fate as its unfortunate neighbour. **N**

玩

wán

STROKE ORDER

玩 玩
玩 玩
玩 玩
玩 玩

MEANING

to play, toy, enjoy, have fun, joke, amuse, treat lightly

What's your favourite pastime/hobby?
你的业余爱好是什么呢?
Nǐ de yú wǔ ài hào shì shén me ne?

1- Collecting invertebrates
收集跟小强一家的爬行昆虫。
Shōují gēnxiǎo qiǎng yī jiā de pá xíng kūn chóng

2- Cutting my toe nails
迷失于修剪我的脚指甲，不能自拔。
Mí shī yú xiū jiǎn wǒ de jiǎo zhǐ jiǎ, bù néng zì bā

3- Watching the sun go down
呆呆地看着太阳落山。
Dāidāi de kàn zhe tài yáng luò shān

4- Chatting with friends over coffee
和狐朋狗友们一边咖啡一边吹牛。
Hé hú péng gǒu yǒu men yì biān kā fēi yì biān chuī niú

5- Working out at my pole dancing club
在健身俱乐部大跳钢管舞。
Zài jiàn shēn jù lè bù dà tiào gāng guǎn wǔ

6- Playing with my model trains
摆弄我的火车模型。
Bǎi nòng wǒ de huǒ chē mó xíng

Useful vocabulary

- Needlepoint 十字绣 Shí zì xiù
- Backpacking 背包旅行 Bēi bāo lǚ xíng
- Camouflage clothing 迷彩服 Mí cǎi fú
- DIY (Do It Yourself) 自己动手做 Zì jǐ dòng shǒu zuò
- Stamp collection 集邮 Jí yóu

Chinese Corner
汉语角
Hàn yǔ jiǎo



JEFFREY
WANG

Attorney At Law / Legal Consultant

Your reliable business advisor
with full English service.

Contact: 13605182614
Email: wyz_jeff@163.com

BEIJING ZHONGYIN
(NANJING) LAW FIRM
4 Gupinggang, Nanjing 210013
TEL.:(025) 5878 5391

Time to increase
your profits!



VINSKI WEB DESIGN
SETTING THE STANDARDS

tel : +86 1340 583 8483 e-mail : info@vinski.org

www.vinski.org

PHOTOGRAPHY BY
Fredrik Jansson

"Photography is and should be fun,
both for the person in front of the
camera and the photographer!"



www.phrejphotos.com
Email: phrej@phrejphotos.com

Western photographer with fully equipped studio in a relaxed environment
offering photographic services. Visit Phrejphotos.com for more information!

Portraits - Babies - Products - On location - Studio

TAKE THE LOW ROAD

By Sam Brummitt

Stressed out after dealing with the weekend crowds? Exhausted from climbing so many steps? Instead, how does the idea of ice skating in Nanjing's summer heat grab you?

Or how about a bike ride around a national park during which you will hardly meet another soul? Away from the heavily visited sites, some of Nanjing's finest experiences can be found with just a little digging at the end of roads less trodden.

JIANGXIN ZHOU ISLAND

For both recreation and good food, there no better

place than Jiangxin Zhou Island in the Yangtze River, accessible by two ferries from Mianhuadi Ferry Port and Hongwei Ferry Port, and via the Jiangxin Zhou Bridge which has lanes for bikes and pedestrians. This small 20 sq. km oasis of farmland, where you can sample both rural and small town China, is known for its clean air, quaint farmhouses, vineyards and strawberry patches. A number of artists have opened workshops on the island, while visitors can pick ridiculously fresh grapes and strawberries, pay by the jin, have a picnic and bike or stroll around the island. See photos on pages 46-48.

Mianhuadi Ferry Port 棉花堤的行人渡口

Hongwei Ferry Port 河滨大道上的红卫渡口



Tang Shan mountain is characterized by karst landscape, with sharp

ridges and towers of rock. Natural hot springs that bubble up through the rocks make the 50-60 degree Celsius natural springs a national draw. The Regalia Hotel Group has recently opened their new resort at Tangshan, while you can also find rooms with private hot springs at the Easpring Resort.

TANG SHAN MOUNTAIN

PURPLE CLOUD LAKE

The local hot spot for swimming is Purple Cloud Lake, a small, man-made lake just below the peak of Purple Mountain. Despite signs forbidding swimming, there is even a small structure next to the lake evidently designed with diving in mind. If going for a dip, it is wise to remember that several people drown every year in the lake, usually a result of cramp brought on by the currents of stone cold water entering the lake from deep inside the mountain. The advice; if you're going for a swim, do not go alone, or if you do take some kind of floatation device with you. In good weather, people also picnic and pitch tents to camp out overnight in the grassy area south of the lake.

PURPLE MOUNTAIN

At the base of Purple Mountain are several spots worth spending an afternoon. The Nanjing Botanical Gardens, the oldest such gardens in China, has over 3,000 species of plants. Nearby is Plum Blossom Hill, a quiet park with ponds, bridges and pavilions that recreate scenes from one of the four great Chinese novels, "Dream of the Red Chamber," written by Nanjing's own Cao Xueqin in the 18th century. However, be warned, as the official flower of Nanjing the blooming of the plum blossom attracts thousands to descend upon the hill each spring.

Eating shaokao and playing mah-jong outdoors is how many locals spend their summer days.

Two of the best spots for shaokao, or Chinese barbeque, are Baima Park, at the southeast corner of Xuanwu Lake, and Gulin Park, on the north side of the Nanjing Art Institute.

After feasting on barbeque in Baima, you can check out the hundred plus ancient sculptures in the park. While at Gulin, you can top off a shaokao meal with a round of paint ball. The Paint-ball Game Centre in Gulin Park is 10,000 sq. meters of trees, hills and bunkers.



BAIMA PARK →
← GULIN PARK



PURPLE MOUNTAIN →
↑ MUFU SHAN



Nanjing is home to some of the best places in eastern China for mountain biking. There are cross country tracks on Purple Mountain that are great for mountain biking, but once you have exhausted these routes, head for Mufu Shan on the southern bank of the Yangtze River. Lying just east of the infamous Changjiang Bridge is the mountain which is crisscrossed by quiet gravel and dirt paths that are open to hikers and cyclists. Yongji Avenue also runs along the river, offering views of the Changjiang Bridge and the numerous barges and ships that ply the river (See photos on pages 46-48).

LAO SHAN NATIONAL PARK

On the north side of the Yangtze River lies Lao Shan National Park, with 20,000 acres of heavily-forested hills. A great place to spot birds, foxes, and if you are lucky, the anteater that goes by the name pangolin. Lao Shan also hosts a national mountain biking race annually, the "Laoshan Cup." With so many mountain biking opportunities in Nanjing, it is no surprise that the city has produced a world-class mountain biker. Jiangsu native Ren Chengyuan was the 2008 World Mountain Biking Champion and was placed fifth in the women's mountain bike competition at the Beijing Olympics. She is based in Nanjing and trains on Lao Shan.

PATHWAY SPA

As elsewhere in China, massage and spa therapy abound in Nanjing, but one that stands out is Pathway Spa and Lifestyle Club, on the 13th floor of the Tianan International Tower in Xinjiekou. Offering a range of Thai-style spas, facials, pilates and yoga classes taught in English, Pathway recently won an international design award from the New York-based magazine, Hospitality Design, for best-designed spa. The gorgeous interior is not the only thing at which to marvel, Pathway's rooftop garden is also a relaxing sanctuary in the middle of Xinjiekou's skyscrapers.



Many cycling enthusiasts hang out at the bike shops on Jinxianghe Road, which cuts through the Southeast University campus; to share tips, tune bikes and organize group rides. According to Zheng Yi, manager of the Specialized Concept store on Jinxianghe Lu, "Nanjing is a place that is really well suited for cycling, both mountain biking and road biking." He says the first cycling group in Nanjing was formed about ten years ago. "It started when Giant came out with basic mountain bikes for about ¥1,000. That's when people began to see bicycles as a toy, and not simply a form of transportation."

athletes of all ages and abilities, from novices to hardened Ironman veterans. There are also relay teams made up of three people from one family, so an additional category is the "family relay." Co-organiser of the event Helmut Gsten says, "I talk to so many people who say 'it is so good [that] we have the triathlon here'. We have people coming here from Shanghai. In Shanghai there are no hills for cycling, and there is no open water swimming."

Nanjing, like other large Chinese cities, has seen the sport of golf catch on quickly in recent years. The three golf resorts in Nanjing are the Sofitel Zhongshan Golf Resort near Purple Mountain, the Nanjing Harvard Golf Club in Pukou, and the Gingko Lake International Golf Club in Jiangning. There are also a few driving ranges scattered across the city, such as those inside the Wutaishan Sports Stadium and Baima Park.



Nanjing's Olympic Sports Centre,

located in Jianye District and accessible by both subway lines, has facilities for a number of sports. The six year-old sports center has indoor and outdoor tennis courts, ping pong, badminton, racquetball, basketball, a swimming pool and an ice rink. All the facilities are relatively new and well-maintained. The pool and the rink are great spots to cool off and get some relief from Nanjing's scorching summer heat. The temperature in the indoor ice rink is quite chilly so remember to wear pants and a long sleeved top. The Centre was built for the 10th National Games of PR China in 2005 and will be the main venue for the Youth Olympics in 2014. In the meantime there are occasional tennis tournaments, rock concerts and football games with the local team, Jiangsu Sainity.

Featured locations' addresses:

- Baima Stone Sculptures Park:
1 Baima Manor, Xuanwu District, Nanjing
- Gulin Park: No. 21 North Huju Road
- Gulin Park Paintballing Center:
Inside Gulin Park, Huju Beilu, Nanjing
- Nanjing Triathlon: <http://sports.groups.yahoo.com/group/njtriathlon/>
- Pathway Spa and Lifestyle Club:
13th Floor, Tian An International Tower, 98 Zhong Shan South Road, XinJie Kou, Nanjing
- Nanjing Botanical Garden Memorial Sun Yat-Sen:
Zhiwuyuan Road, Xuanwu District
- Olympic Sports Center:
222 Middle Jiangdong Road
- Wutai Shan Sports Stadium:
173 Guangzhou Road, Gulou District
- Gingko Lake International Golf Club:
1 Gingko Lake Jiangning District
- Nanjing Harvard Golf Club:
176 Pearl Avenue, Pukou District
- Sofitel Zhongshan Golf Resort:
Huanling Road, Purple Mountain



If you are ambitious enough to swim, bike and run all in the same morning, look out for the Nanjing triathlon. Beginning with an 800 metre swim in Purple Cloud Lake, followed by a 24.5 kilometre bike ride on the roads circling Purple Mountain, and finishing with a 8.25 kilometre run around the Sofitel Zhongshan Golf Resort, the triathlon is open to

红酒私语
WINE
Whispers
By Ron Stalenberg

Pairing Wine With Food 好酒配好菜

■ As a sommelier one of my tasks has been to advise restaurants and patrons (and friends) on the appropriate wine to match a particular food or occasion. My standard response begins with a few comments. First, champagne (good champagne) goes with almost anything. Second, wine is a very personal choice. I might recommend a riesling; you cannot stand them.

Or you may simply love shiraz in all its forms. Everyone's palate is different. Think about your guests and their wine preferences first and then think about the food matching.

Personal likes and dislikes for particular wines aside, there are a few simple considerations that can be used as a guide and these have to do with balance.

If you're trying to match a particular dish, then neither the food nor the wine should dominate. This means pairing light-bodied wines with lighter food, and fuller-bodied wines with heartier, more flavorful dishes. And do not worry too much about the "red wine with red meat, white wine with white meat" adage. I have had many a lighter style pinot noir, Italian valpolicella or French beaujolais with a richly flavoured fish dish and rich chardonnays with roast pork and the like.

Match flavors. A simple idea that it is often overlooked. The grapefruit/citrus taste of Sauvignon Blanc goes with fish for the same reason as does lemon. Some go so far as to say you can serve an unoaked white with anything you can squeeze a lemon on.

Another thing to keep in mind is that some dishes have a variety of flavours and textures, making it hard to find a wine that complements everything in a dish. For instance, in the case of a grilled salmon with garlic butter lying on a bed of mash potato and a side of honeyed carrots and snow peas, work on the dominant flavour, i.e. the grilled salmon.

You can choose to complement or contrast. With the example of the salmon, you could choose an aged mildly oaked chardonnay to round out the butteriness of the salmon. Chardies tend to have a bit of citrus acidity which should nicely cut through the oiliness of the fish and still stay in harmony with the general flavours of the dish. In contrast you could go for a young pinot noir, or a crisp, cold climate riesling with lots of fruit and acidity.

High Acid Foods like salads with balsamic vinaigrette dressing, soy sauce, or fish served with a squeeze of lemon go well with wines higher in acid such as Sauvignon Blanc, a German style Pinot Gris or Pinot Noir. Big tannic reds like the full bodied cabernet sauvignons and shiraz go well with juicy red meats. The tannins are softened by the fats and proteins of the meat.

While many people choose beer over wine if they are eating spicy Thai, Chinese or Indian food, wines can work just as well. You simply need some acidity and sweetness to mollify the heat. Rosés that are not too dry will do the job nicely as will lighter, aromatic wines such as gewürztraminer, riesling or pinot gris. Sweeter reds can work well too, such as a fruity pinot noir or beaujolais. For desserts, many people prefer the sweet botrytis, or sauterne styles. Personally, I prefer a lighter style such as a late picked semillion, or a moscato. Save the really sweet styles (including ports and tokays) for after the meal or with the blue cheeses.

Also worth mentioning are the few classic pairings that are just meant to be, such as duck with pinot noir, lobster with chardonnay, lamb with shiraz and oysters with champagne.

But above all else, drink wine to enjoy it and the company in which you share it. Food and wine pairings for most of us are not really that critical. Drink wine you like with food you like and the people you like, but do not ever stop experimenting! 



丹尼 DANNY'S
爱尔兰餐厅酒吧
Irish restaurant & pub



南京第一、唯一的爱尔兰餐厅酒吧
The first and the unique Irish Restaurant & pub in Nanjing

享受正宗的爱尔兰美食和酒吧，多元化的运动体验和外国乐队现场表演。You may enjoy the authentic food and drinks, games and foreign band live performance.



营业时间
周一至周五：下午4点至凌晨
周六及周日：下午2点至凌晨
Operating Time:
Mon. - Fri.: 18:00 till late
Sat. & Sun.: 14:00 till late

南京金陵利富来世酒店4楼 4th floor, Sheraton Nanjing
025 8666 8666-7773

Stuffed Zucchini



INGREDIENTS

- 1 medium size zucchini
- 2 small onions
- 2 cloves garlic
- 1 small tomato
- 250 grams minced meat
- 1 mozzarella Salt and pepper
- 2 teaspoons tomato paste Paprika powder
- Olive oil

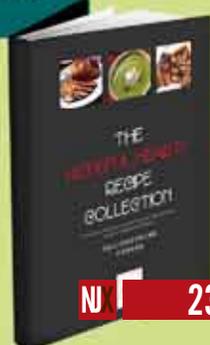
DIRECTIONS

1. Preheat the oven to 200°C.
2. Wash and scrub the zucchini lightly. Slice it in half lengthwise. Scrape out the flesh with a teaspoon. Cut the inside flesh into small pieces.
3. Slice the onions, garlic and tomatoes in small cubes.
4. Fry the onions and garlic a short while in some olive oil. When the onions are lightly browned, add the tomato paste, tomato and chopped zucchini pieces and simmer it. Remove the pan from the heat and let cool.
5. Fry the minced meat in a little olive oil and season to taste with salt, pepper and paprika powder. Add this to the onions mix well. Let it cool.
6. Place the zucchini halves on baking paper on a baking sheet. Fill with the minced meat mix.
7. Slice the mozzarella and put it on the filled zucchini halves. Bake in oven for approximately 25 minutes. Remove from oven and serve hot. Serves 2.

It's more than just a cookbook...

It's a collection of wonderful recipes from friends of Hopeful Hearts all round the world. Every recipe is written in both English and Chinese. With over 190 recipes of international cuisine you could be dining in a different country every night!

(see next page)



Bar Restaurant Lounge Secco

BBQ Specialists

CHECK OUT OUR WEBSITE
FOR DATES

3 KUNLUN ROAD, SOUTH OF XUANWU PARK MAIN GATE
METRO STATION XUANWUMEN EXIT 4
025-83370679
MONDAY TO FRIDAY 6PM - 2 AM
SATURDAY & SUNDAY 2 PM - 2 AM

WWW.SECCO-BAR.COM



填充西葫芦



配料

- 1 根中等大小的西葫芦
- 2 只小洋葱
- 2 瓣蒜
- 1 只小马铃薯
- 250 克肉馅
- 1 块莫泽瑞拉干酪 盐和胡椒
- 2 茶匙番茄酱 辣椒粉 橄榄油

制作方法

1. 预热烤箱至摄氏200度。
2. 轻轻洗净西葫芦。纵向切两半。用调羹挖出肉,西葫芦肉切成丁。
3. 把洋葱、蒜和番茄切成丁。
4. 在橄榄油里炒洋葱和蒜。当洋葱呈棕色时,加番茄酱、番茄和西葫芦丁,焖一会儿。把锅从炉灶上拿下来,使冷却。
5. 在橄榄油里炒肉馅,加盐、胡椒和辣椒粉调味。盛出后,放进炒洋葱的锅,搅拌均匀,冷却。
6. 把切成两半儿的西葫芦放在烤盘里的烤盘垫纸上。把炒好的肉馅填充放在西葫芦上。
7. 把莫泽瑞拉干酪切成片,放在填充好的两半儿西葫芦上。在烤箱里烤大约25分钟。然后趁热享用吧!可供2人。

It's more than just a cookbook...
It's a collection of wonderful recipes from friends of Hopeful Hearts all round the world.
Every recipe is written in both English and Chinese. With over 190 recipes of international cuisine you could be dining in a different country every night!

Bits of Chop

Jiangsu Police in Song and Dance Over New Ballroom

Police in Jiangsu province have set up a ballroom at one of their offices for members of law enforcement who like to sing and dance. Justifying the move, a senior police officer said in July the decision was made in light of three important regulations that are in force for police officers:

1. Police officers are not permitted to go to public entertainment venues for karaoke.
2. Police officers are not permitted to have massages in private rooms at bath houses.
3. Police officers are not permitted to play card games in the workplace.

CROWN 
RELOCATIONS

Moving Overseas?

Household Shipment
Online Tracking
Insurance
Immigration Assistance
Home and School Search
Orientation Tours
Intercultural Training

Tel: (86) 25 8454 1017
E-mail: nanjing@crowrelo.com
crowrelo.com/china



NANJING EXPAT NETWORKING EVENT

An opportunity
for like minded professionals
to meet,
build new
business relationships
and perhaps even generate
commercial opportunities
at the same time!

Date: August 24th, 2011 / Location: Pathways Spa Lifestyle Club, 13/F.Tian'an International Tower, 98 Zhongshan South Rd, Xinjiekou
Time: 6 – 8pm / Price: ¥100 / For more information call 1367 510 8664 (English) / 138 515 222 75 (Chinese) or email keith@nanjingexpat.com.

THE NANJINGER

NANJINGEXPAT

Contact us
for sponsorship
opportunities at

SPONSORS@NANJINGEXPAT.COM



BLUESKY

WESTERN BAR & RESTAURANT

*Steak all the way
from Australia*
COLD BEERS FROM
AROUND THE WORLD
CLASSIC ROCK MUSIC
Friendly Western service

77 Shanghai Lu - 025 8663 9197



Nanjing
On Sight 南京一瞥

Alain Deflesselles
Urban Gardens 城市花园



Alain Deflesselles scouts the streets of Nanjing to find those secret green spots that represent a source of leisure and even food for many of its citizens.





■ It can be all too rare to really get away from it all, get back to nature... unwind, refresh and recharge.

To transport ourselves from all modern worldly worries to a place where there is only intermittent electricity, barely running water and pretty much a complete lack of infrastructure is not just relaxing; it is also an incredible relief.

尼泊尔：在路上的跋涉

Nepal:

Off Road On Trek

By Keith Augustine

Nepal offered all that combined with some of the most staggeringly beautiful scenery in the world.

There is much about this trip that could be included in a 'travel nightmares' story; from apartment keys that snap before departure, to flight delays on every leg of the journey but that would do a dis-service to what was a spectacular journey to a spectacular place. The plan was simple. I was to meet Donna, an old(er) and close friend in Kathmandu. We would fly from there to Lukla, the nearest recognizable airport to Everest National Park. From there, we would trek north for nine days – in parts almost vertically – to Everest Base Camp, hopefully arriving on 18th June in order to celebrate Paul McCartneys 69th birthday, and my own 30th.

Having done some initial research (thanks Dons), we followed up on arrival by talking to the travel desk at our hostel – the International Guesthouse. As June is low season we could negotiate, ending up paying about US\$190 for flights and guide fees. It would be a very good idea to make sure you go to an ATM in Kathmandu before you leave on a trek. It can be tricky and extremely expensive to get cash once you are in the National Park. With any trip like this there are also always going to be other costs that arise – some of which definitely fall into the "you're a western tourist and therefore must pay more" bracket. Oh well. As you go higher, food costs do go up – quality does not, hence please notice that I do not mention it.



After making that booking and spending a fairly relaxing evening wandering around Kathmandu, we eventually decided to begin packing. We agreed that one large backpack between both of us should be fine. But this 'walk' was not around Xuanwu Lake and up to Purple Mountain, this was Everest and so the first item to be packed was "paranoia", closely followed by its friends "panic" and "what if?"

What if the weather closed in and we were stranded without shelter, food and water? Clearly this meant we must pack water purification tablets, an emergency medical kit each and luminous survival bags into which we could crawl to shelter. Paranoia was concerned about warmth at altitude so in went big down jackets, ski pants, extra gloves, hats and fleeces. Thankfully, panic was ignored and we continued packing all the other 'essentials' – sleeping bags, inner liners, t-shirts, wash bags, sunscreen, endless pairs of socks and a large portion of kiwi bred Merino wool. Donna swears by it. Our single bag was pretty full by this stage and the growing pile of stuff by the door indicated we had been pretty good with our packing. Time would tell.

This car and the road it drove on would be the last we would see for 2 weeks.

Our late packing meant we only had about 3 hours sleep before meeting in the lobby at 5 to head to the airport for our 6.30am flight. After some strong coffee and what I think was cheese sandwiches we loaded into the taxi and headed for the domestic airport terminal. The shed at which we are dropped off has been cleared of most of its junk and is instead being steadily filled with food supplies, fuel, building materials and intrepid explorers (such as us). After checking in for the flight we sit and wait... and wait... and wait. There is low-lying cloud covering the approach to Lukla airport and this is the problem. It is only later that we understand the caution. Lukla is by far the hairiest runway I have ever experienced; a 45 degree turn around a mountain onto a patch of asphalt that is a maximum of 100m long with a 15 degree incline. It is only after landing that Dev Man (our guide) points out the spots where other aircraft have crashed killing all on board. Our raised eyebrows are met with smiles and laughter.

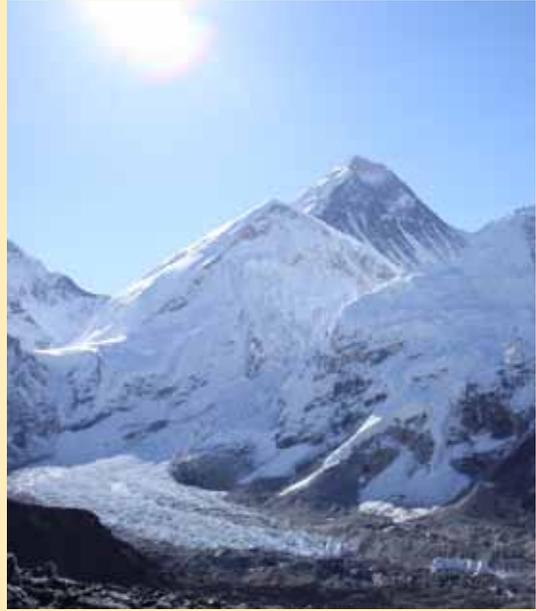
“All the guys - they die”



The trek itself is long, arduous and utterly exhilarating. There is a freedom to this trip that makes it different to every other trip I have ever taken. We are walking through a series of valleys following the 'milk river' up to Gorak Shep and breathing what must be some of the freshest air on the planet, and it's a great feeling.

At night as you talk about the day over dinner and cards you feel tired in the best way possible. It feels good to be healthy... once in a while.

“In Nepal, for a mountain to be classified as such, it must be over 6,000m!”



One of my worries before leaving on the trip was how we would cope with the oft-mentioned altitude sickness? Was it real? Was it as dangerous as the scaremongers online said? Dangerous may not quite be the correct description but it is absolutely real – one of the most sudden and debilitating conditions I have ever experienced. Shortly after landing in Lukla I began to feel strange. I could feel the onset of a headache and although able to walk without any noticeable difference, I felt dizzy.



After lying down for 20 minutes I tried to eat and it felt like I was forcing food into myself. Despite displaying only mild symptoms -we were just 2,850 metres up – it was a slightly unnerving start to know that we were only at about half the height for which we aimed.

On the trek itself accommodation options were limited with many guesthouses closed coming into the monsoon season.

As it was, we were frequently so exhausted that we could have fallen asleep on a rock each night but the choices (of guesthouse) were largely similar and extremely cheap. (US\$3-6). They are very basic (so bring a torch) but when you consider that they are hand-built using materials either flown or carried from Kathmandu, they are perfectly adequate. Anyway, we had eight more days climbing to base camp, every day being somewhere between six and eight hours starting off by 9am. The scenery is incredibly stunning and parts of it are utterly breathtaking. The trek route can be really really tough – almost vertical and could last for a couple of hours – breaks were constant, for me anyway. Dons had also packed a goody bag of chocolate and sweets that kept us going! After setting off early on day four we had the clearest view yet and not long out of Namche Bazaar, we could see the peak of Everest in the distance. It was quite a moment. We had that view in front of us for most of the next hour.

On the afternoon of day eight we reached the top, well almost; we got up to Everest Base Camp. Forget DiCaprio in Titanic, this was the top of the world, at 5,364m.

In some ways it was a little anti-climactic.



The marker to denote 'base camp' is just a rock... literally a big stone with a handwritten height measurement.

I expected something more, or maybe it was just a case of hoping for something more. On that day the view upwards was terrible, completely clouded over so we could barely see above 6,000m. We had to make do with beautiful views over the glacier running through the valley. Not a bad substitute!

Next morning we were up at 4.30 and the gods had been kind. All cloud cover was completely gone leaving the most stunning views around the entire valley, with six of the eight highest peaks in the world perfectly visible – unbelievable! It was a pity that this was the morning when the altitude sickness kicked in again. The plan was to go up to a place called Kala Patthar at 5,500m that is the highest point on the valley floor. I simply could not do it. With every step I felt more nauseous and so I stopped, sat and just took it in. I am glad I did; it was amazing. Life can be so busy, so hectic that to simply sit and soak it up felt somehow as it should be. From here, we headed straight back down and in all honesty we were ready to; our bodies had had enough and we were ready to see the modern world again. A proper shower and change of clothes was well overdue. It took three days to cover a distance that had taken nine in the other direction! After a little more flight/cloud trouble we were soon back to Kathmandu, sitting in a 'Main St. anywhere' café clutching cappuccinos and iPhones. Reality bites.

There is something truly special about Nepal and I cannot fully put my finger on what it is. I definitely intend to go back and find out though. If I don't find out on the next trip, then I'll go back again... it's that kind of place. 



NIC WRITING COMPETITION

Miu
Age 6



The Nanjing International Club held its first children's writing competition just before the summer break, entitled My Nanjing. Children were invited to write or draw about what makes Nanjing a great city based on personal experience. As many families living in Nanjing are not native English speakers, the contest was judged, not on fluency of writing but rather on creative and emotional quality. The winning entries are presented here, in the categories 2-6, 7-9 and 10-13 year olds.

The Great City, Nanjing

I know a land
full of tradition
I see a place
full of World Heritages
I see a place
full of happiness

It is called Nanjing
Came to Nanjing
with hope and expectations

People are friendly
People are bright
People are warm-hearted
people are generous

Outsiders feel comfortable
Outsiders feel their home
away from home

My second hometown, Nanjing
I love Nanjing
The great city

Minkyung
Age 10



NIC

**NANJING
INTERNATIONAL CLUB**

www.nanjinginternationalclub.com

NIC WRITING COMPETITION

Felicity
Age 9

My Nanjing is differt from most peoples.

I am a natve English speaker but I've been going to Chinese school for 3 and a half years now. So my Chinese is quiet good but my English is awful (but I always get 100% on the English test!).

Nanjing is a beutifll, peaceful place to live (except for the fireworks). People in Nanjing are friendly, nice wellcoming just by saying hi, hello, how are you and were are you from. Our apartment is on a nice compound where there are a lot of children and it's easy to make friends.

I can do things at the international school like gymastiox, taekwondo, the triathlon, swimeing etc. And also I can do things that Chinese kids do. I can watch Chinese TV, I can play with Chinese kids and play Chinese games on the internet. I get to do things in doubel. I can make more friends, have more things to do and do twice as mach homework.

Nanjing is the beste place to live.

Marc
Age 4



Max
Age 13

There are many great things about Nanjing. There are the wild taxi rides that are like roller coasters, the many convenient subway lines and being able to see the Chinese culture. The one thing I'll always remember about living in Nanjing is being told what the national bird of China was. It was an ordinary day; I was going for a ride in a taxi with my family. You could smell the exhaust out the window and you could feel the sting of the dust in your eyes. We were chatting like usual when we went by a construction site. My dad thought it was time to share a joke. He said,

"Hey, do you know what the national bird of China is?"

"No... What is it?" we asked.

"The crane!!" he said, as he pointed out of the window at the construction site. In the construction site, there was a crane lifting some crates.

First time when I arrived in Nanjing. I couldn't adpat to live in Nanjing. I felt uneasy in the unfamiliar surroundings. But now, Nanjing is my favorite city and it is a special place for me. I love Nanjing very much.

The trees of Nanjing are grand, tall, and splendid. In summer, Nanjing becomes a green city. They make people feel peaceful and relaxed. There is no place like Nanjing that has many beautiful trees on the road.

Nanjing has always been one of China's most important cities. It served as the capital of China during several historical periods. Therefore, I am proud of the history as a citizen living in Nanjing.

Nanjing is also a good place to go shopping. There are Xinjiekou, Fuzimiao, and Aqua City for shopping. The products are low price, but high quality. People can buy pretty clothes in Xinjiekou and traditional stuffs in Fuzimiao. Aqua City is a huge shopping center that people enjoy shopping and entertainment.

The food of Nanjing is very delicious. I like to eat 'Yaxuefensitang' which is a special food in Nanjing and ram on the skewers. They are delicious as well as cheap.

If people live in Nanjing, it will become their favourite city. It is certain that Nanjing is greater than any other city, I would like to sty in Nanjing forever.

Ye Jin
Age 11

Isabella
Age 6



金陵生活
JINLING
LIVES

CARLO
D'ANDREA

By Frank Hossack



HE COULD BE REFERRED TO BY THE TERM

“NANJING’S SHARPEST DRESSED MAN”,

FOR CARLO D’ANDREA WOULD NOT LOOK OUT PLACE GRACING THE COVER OF GQ OR SIMILAR.

■ However, this is one pillowcase inside of which is a lot more than mere stuffing. For in six short years Carlo has gone from being a lowly Legal Clerk to Managing Partner at the only foreign law firm permitted to practice law in Jiangsu province; Picozzi and Morigi, as authorized by China’s Ministry of Justice.

What does that mean – “permitted to practice law”? According to Carlo it means that as an authorized law firm they can be defined as a foreign lawyer and not as legal consultant, a considerable step up in standing as certified by the Chinese authorities, that can only result from long procedures carried out in both China and Italy.

Carlo’s road to China began upon completing law school, with a move from his native Italy to enroll in the University of Barcelona in 2001. As a student of the Erasmus Project (European Community Action Scheme for the Mobility of University Students) he studied International Commerce, later passing four separate interviews to land his position as a part time legal clerk at Picozzi and Morigi in Nanjing. His mornings were spent at Nanjing Normal University studying Chinese, while in the afternoons and evenings he found the work as a legal clerk to be better described, “studying how to be a lawyer in China.”

So with their hands often largely tied, what does a foreign law firm in China actually do?

In the case of clients that the firm acquires from abroad, Carlo explains that they help to transfer an idea into reality. "We provide a strategy. We give you the key. You give us the idea and, in the end you pay us of course, but we will give you the keys to your warehouse". Proceeding to explain by way of example clients, whom for obvious reasons cannot be identified, Carlo first introduces us to a small company from Italy specialized in producing woodworking machinery such as one-handed planers. Having already expanded into the USA, China became the firm's next target partially thanks to sister city relationship status enjoyed between Nanjing and Florence, and also in part thanks to the long reach of the Canton Fair, possibly the most influential trade fair in China that is held in spring and autumn each year, at which the Italian firm participated as a first step in approaching the local market.

"This was the first red flag. I asked them, 'So you went to the trade fair, but did you register your trademark in China?' They told me, 'No Carlo, why would we want to do that? Do you believe that as small as we are, a Chinese company would copy us? It's impossible!'"

"In China you have to start from the basics, to do homework that includes feasibility studies, protection of IPR assets, a business plan and so on. So we did a check with the trademark office. We found out that in the name of our client, there were five pending trademark registrations, from five different companies, in five different provinces! So in the end we had to negotiate and buy back the trademarks.

"We helped them to resolve the Intellectual Property issue and set up a

company. Now they are medium sized company with 150 employees operating in Shanghai."

Carlo goes on to reveal some of the reasons he enjoys to be practicing law in China.

"WE DON'T DO CAR ACCIDENTS! HERE WE HAVE THE CHANCE TO HAVE AN INTERNATIONAL PORTFOLIO OF CLIENTS."

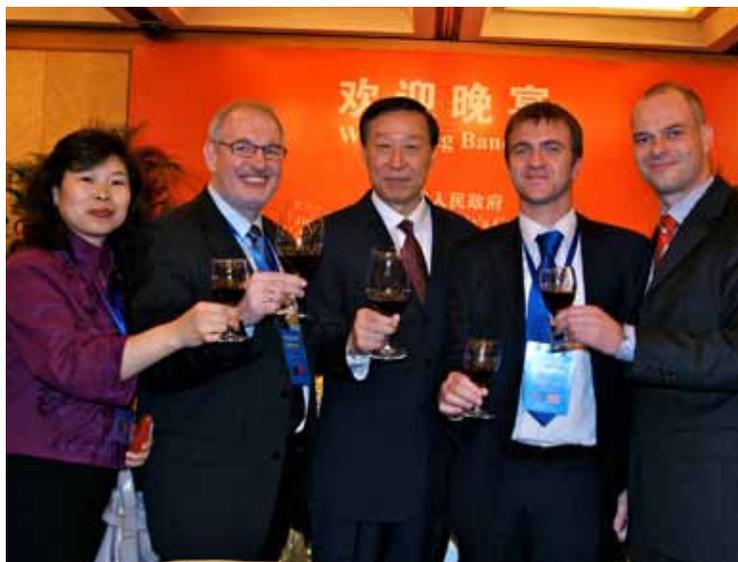
In such a scenario whereby the client is a major international firm, Carlo cites another project that involved the vertical integration of the assets of a Chinese State owned company. Never an easy task, this example was further complicated by the fact that an entire workforce would be required to move into the parent firm. Even worse, these workers were coming from a Chinese State Owned Enterprise to an Italian private firm. Carlo unsurprisingly confirms that the most difficult part of this process was convincing the workers. "They were all very aware that under the SOE, if the company were to fold the state would find them a job in another."

"For a big company you are their eyes, their hands.... But if there is a problem, it is YOUR problem. You can send them a thousand page report but at the end of the day the answer is only ever you can do something or you cannot."

In this case as a merger and acquisition, comprehensive reviews of all contracts are paramount. Carlo puts this in a straightforward manner; "to be sure that the buyer is buying what he wants, not what the seller wants to give away".

In recognition of the gray area that exists around a law firm's business remit, Carlo finds this rather presents an opportunity to further enhance the company's added value service to clients. So while checking into an intellectual property issue is without question work for a law firm, the tradition view is that sourcing office space is not.

"IN OUR POSITION REPRESENTING SOME MAJOR NAMES IN THE WORLD OF BUSINESS, WE MEET A LOT OF INFLUENTIAL PEOPLE."



That means we can pick up the phone and say 'I need a 200,000 sq.m factory space, and I need it on Monday'.

As the only European law firm in Nanjing, Picozzi and Morigi have not only different nationalities of clients, but also all sizes of client. Carlo personally has his expertise in International Contracts and this means he also does Mergers and Acquisitions, but he much prefers to represent small and medium enterprises.



“I LIKE TO SEE SMALL REALITIES GETTING BIGGER.

And this in China happens. From its beginnings as a Representative Office in only five years a company can have two hundred employees in a production company... This is also other reason I am fully committed to the EUCCC, in order to make it grow as a non profit association that can better assist SMEs in Nanjing”

Now, Carlo is preparing to open the fourth Picozzi and Morigi office in China, in Shenzhen, while on a personal level, in June of this year Carlo married his long-term Russian girlfriend Maria Simonova whom he first met in 2006 when they were both students in Nanjing.



Ever since he was a child, Carlo had always wanted to be a lawyer. “My grandfather always told me, ‘if you know law, ain’t no one gonna tell you can’t do it!’ Another reason is that I also like to have the last word!” **NU**

东西

近距离细看中外文化

专栏简介：近几年来，中国的外国人越来越多。入境的“老外”不再只是爱看李小龙电影的长城游客，更多的是工作、学习和加入中国商业项目的投资者。“tourist”成了“professional”，在中国居住的外国人，与中国本地人就有了更多的交流。外国人的到来，带来了不同于中国人的工作模式和习惯，虽然影响是间接的、细微的，但是，不同的文化理念所产生的差异却是显而易见的。一些有机会与外国人一起工作的中国人，深切感受到中西方理念的巨大差异，他们亲身经历了许多有趣的事情。本栏目领取的这些故事，讲述了中外文化的异同、以及体验等等，也许，每一个故事都会给你吹来一股清新的风。本期的人物是某国内大学的毕业生，女性，24岁。目前受聘于南京某外资机构。下面是她的自白：

“世界一直往前奔跑，而我们大家紧追在后。可不可以停下来喘口气，选择‘自己’，而不是选择‘大家’？”
——朱德庸《我们都有病》自序

我是一个职场新人。过去我一直认为：“选择‘自己’，还是选择‘大家’是一个哲学难题。现在，我才明白，选择其实纯属个人专利，只是一个文化问题而已。我和the boss是在半年前认识的，后来我成了这家外资公司的雇员。在这之前，我曾在南京一家本地公司实习。工作环境等都是一流的，但是，我可能比较喜欢做更多挑战自己的工作而不是提前享受安逸工作。

说句玩笑话，作为爱美的女孩子之一，在中国企业上班：穿高跟鞋是错，穿短裙也得小心翼翼。好好工作就意味着“老实本份”必须将自己和环境调整到同一个频率。所以，我宁愿“冒险”，也不愿再参演什么编辑部的故事了。我选择了为the boss工作。

我叫他the boss。跟外国人相处没那么多的拘泥，外国人不讲究称呼，直呼其名就好了。任何事情处理起来直截了当不绕弯子。真心的微笑就是最好的礼貌了。和几位“老外”工作的这两个月，每天心情都挺不错。除了不吝啬笑容以外，外国上司管理员工的方法是鼓励多于惩罚，你不经意的某些小细节在他们眼里都值得被夸赞。所以，和他们呆在一起久了，我也增加了自信和工作的激情。现在，我也学会了不要吝啬笑容和赞美，简单的真心的话语，也许会给白水般的生活加点蜜，滋润沁心，何乐而不为呢？

中国老板的办公室可能以励志系列丛书、荣誉奖状就是字画、花草和昭示多金的收藏品来装点。外国老板会放一架遥控飞机放在办公室里，时不时地摆弄一下，露出孩子般专注而得意的神情。

和中国人相比，西方人像是大孩子。稚气未脱。经常有很多稀奇的想法，不怕做不到就怕想不到。

“老外”钟爱各种垃圾食品，汉堡薯条吃不腻。这种文化，我可不敢恭维。因为，如果我也跟着吃。这样下去，体重肯定有增无减。估计到时候他们仍然会夸赞：“Ada，你真是越来越强壮了。”而我，却会后悔死的。

说到吃，咖啡在“老外”的生活中绝对少不了。卡布、摩卡或拿铁，正如中国人每人手里都有自己的那杯茶一样。我和这群外国人正是在COSTA咖啡店认识的。

他们有时会在咖啡店里工作一整天，不用赶点儿上班，也不用掐点儿下班，也喜欢在这样的场合开会谈事情。他们就是那句广告语说的：“我不在家就在咖啡馆，不在咖啡馆就在去咖啡馆的路上。”

有一位为俄国人工作的朋友告诉我他的老板喜欢在工作时拉着他们喝几杯Vodka。有时候都下班了，也要喝上两杯才肯回家。这，就是外国人的工作模式，free style！用国人的眼光看，简直是没纪律、没口号、没章法！你会发现，中外文化确实太不相同了。

国人认为，工作是工作，生活是生活。形式必须固定，不能越雷池一步。而老外，能轻松、享受的工作。工作仿佛是生命的一部分，所以也是生活的一部分。形式如何并不重要，享受就好。

这是不是就像王家卫的电影？没剧本，难度大，但一旦找到故事中的自我，就会演得精彩纷呈。现在的我，正在一部不同于中国文化的电影里，寻找着自己的剧本。故事波澜渐起，情节未知，最难的就在这里。不管能不能演好，脚步却不能停息。经过中外文化的碰撞，我仿佛更多的融合在西方文化中了。

如今，我的办公地点，有时候是在咖啡馆，有时候是在火车站附近大楼的办公室里。这间办公室也有大大的落地窗。窗外没有繁华的景象，参差的楼房之间有一条蜿蜒的铁轨，一直延伸到看不见的地方，有时将眼睛从电脑屏幕上移开恰好就看到一列动车从铁轨上驶过。办公室里常常放着各种不一样的西方音乐，有些熟悉，有些从来没有听过，无论是哪一种调调，我似乎都已经在这种频率里找到了自己。

这是一种我喜欢的频率。这种频率就是free style。它不紧不慢，总有着自己的步调。不慌不乱、总是充满信心。它不是轻飘飘的，风一吹就四处落散，它也不是沉闷的，让人透不过气来。

在这座省会城市里，所有的人都在不断地加快脚步，企图紧跟着已经走在前面的“大家”。从众的心态主宰着每一颗焦躁的心。

落后是失败的代名词，失败是没有面子的代名词。总之，别人怎样，你就得怎样。否则，你就会被人猜测。

而模式仿佛对外国人不起作用。他们来到中国，没有学会中国的一套。这不是一个东方文化强大还是西方文化强大的问题。这只是一个文化差异的问题。

也许我有一小点小题大作了。但是，你要问我，什么是我喜欢的频率？东方的，还是西方的？我说都不是。

朱德庸说“可不可以停下来喘口气，选择‘自己’，而不是选择‘大家’？也许这样才能不再为了追求速度，却丧失了我们的生活。”他说的一点都不错，但鲜有人能做到。所以，朱德庸才有“我们都有病”的叹息。

而这些来自地球不同经纬的“老外”们，坚持着自己的方式融入到我们中间，或许能够为我们带来生活的不同视角——不要迷失自己，坚持做回自己。开心才是最珍贵的。

以上文章纯属个人独白。 **N**



The Spotlight:



Shannon, Australia
"Being dragged shopping for black shoes"
被同学拖着一起逛街买黑鞋子。



Angela, Australia
"Being excited to see my friends again" 很激动开学以后又可以见到我的朋友啦。



Katie, Australia
"Running through sprinklers after school and eating a Sunny Boy" 放学以后和同学奔跑着穿过喷泉，再吃一顿大餐。



Vicky, Wales
"Getting a new pair of shoes"
买了一双新鞋子



Aki, Finland
"Arranging my supplies of pencils and pens neatly on the 1st day and then not wanting to see them again" 开学第一天整理我的学习用品，然后就不想再见到它们了。



Sam, Australia
"Finding out who I would be sitting beside"
新学期我要和谁做同桌呢？



Markku, Finland
"Couldn't sleep at all the night before going back to school" 在返校之前的一些日子激动得难以入眠。



James, England
"Cracking out all my new stuff! Folders, pencil cases and especially the new school bag! Your status on the playground depended on having a fashionable bag!" 购置新的学习用品，文件夹、铅笔等等，特别是一个新书包。要知道，你在学校混得怎么样，是否有一个时尚的书包可是很重要的呀。



Declan, Ireland
"I have better memories of going back to college! Looking forward to meeting up with friends again I suppose" 其实回到学校倒是一件让人开心的事，非常期待和朋友们又聚在一起。

What's your favourite childhood back-to-school memory?

忆同学少年，又到开学时， 哪种记忆让你最难以忘却？



于越 Yu Yue

新学期到了，又可以和一群狐朋狗友吃喝玩乐，把每个月的零花钱在第一个星期花光光。When the new term come, I could play with my friends again, then I would use up all the money in the first week of every month



宋宁 Song Ning

暑假最美好的事情就是睡觉了，开学以后因为是寄宿学校每天早上6点就要起床，好希望每天都像暑假一样睡到饱。The best thing in summer is sleep. Because I attend boarding school, I have to get up at 6 am. I hope I can have enough sleep as in summer



曾大强 Zeng Daqiang

哎。。。暑假结束又要回体校训练，悲惨的生活又要开始了。好苦好累啊。Oh no, when the summer ends, I have to go back to the sports school. It's so boring and painstaking to get training



蔡志刚 Cai Zhigang

暑假每天都可以玩得很疯，上学了以后就要被老师爸妈管着，很不自由。In summer vacation, I could be so crazy every day, but in the school days, teachers and parents would control me strictly



卞思寒 Bian Sihan

暑假快要结束了，长途旅行的计划又泡汤了，好遗憾啊。My plan of long distance travel in this summer screwed up again. What a pity that I can't realize the dream for my past summer vacations



陈磊 Chen Lei

暑假结束咯，新学期新同学又要来了，很期待看到新来的各种美女学妹呢。The summer vacation ends, then the new term starts, I'm looking forward to find the hot girls among the new comers



朱昊云 Zhu Haoyun

想到暑假结束后回到学校就很激动，因为又可以看到暗恋很久的男同学咯。It's so exciting to go back to school after summer vacation because I could see the boy I have been in love with for a long time



陶亚凡 Tao Yafan

虽然开学以后又要早起晚归地上课，不过想到又能和同学一起翘课出去逛街玩乐就很嗨。Although I need to get up early and go back late for school again, it's a lot of fun to skip classes with my classmates for shopping and bar-hopping



于海成 Yu Haicheng

我们那个年代上学是件轻松开心的事情，暑假倒是要在家帮忙做家务事，很期待开学。In our school times, it's comfortable and happy to go to school, no pressure at all. We prefer to go to school, because we have to do housework at home in vacation



Restaurant Review Silk Road Muslim Restaurant 丝绸之路穆斯林餐馆

By Serafino Di Giampaolo

■ This is a small warm family business located on Guangzhou lu. I have been in this place many times. This is not Nanjing cuisine, nor traditional Chinese, neither Chinese cuisine with Islam twist. It is Muslim cuisine with a little Chinese influence. The original, I have no doubt. The owner, Mr Zhang Shiqi, is a pleasant guy from Xinjiang province and obviously the suggested beer is a Black Sinkiang at ¥20. A compromise in each case; you can drink beer in a Muslim place but you have it as they think it should be served. Not very cold.

In modern society, people like to have a little drink with their meal, and Chinese consumers also begin to enjoy some wine or beer, usually during dinner. Allah will not get really upset by it, they just want to make people happy, and this aim can be well accepted by any religion or ethnicity. Bingo.

It is a family business, so they are not professional, but they all smile. Nice modern music with the traditional Arabian clarinet mixed with some Disco from a radio channel, fits the room perfectly. On one wall are murals with camels and palm trees that reinforce the Middle Eastern atmosphere, and it would be nice to enjoy the sensual movements of a belly dancer... but that is for the tourist and I am a Nanjing resident, full stop.

We started with a delicate salad arranged with red onions, green pepper and tomatoes; ¥12. It is easy to do it. It is not easy to do it "balanced". This was good.

The ¥28 lamb pancake was spicy enough and again: well balanced. I start to think that I am somewhere special, and the handmade noodle with sautéed lamb, another ¥20, seems to confirm the trend. I feel a passion strongly present in the food.

It is a pity; the kitchen seems a little messy, small and dark and in need of renovation. The dishes and cutlery are cheap but almost tidy, while the glasses are at least a little transparent. When I was young, travelling with a powerful KTM in Morocco, my destination was Marrakesh, the red city. I had there a few fellows waiting for me, and when with more than 20 hours of dust I arrived, ready for me was an amusing dinner. Roasted lamb and a Tsunami of beer, not forsaking the local tobacco (and extras) made the day after a glorious hangover. Was she local or Swiss?

Anyway after thirty years, the smashing spiced mature lamb is still in my mind and on my nose while the clear air of the night was full of sesame, saffron, turmeric, garlic, cumin, sumac, hashish and bahrat, all completed with friendship and the light smell of motorbike oil. We were too spoilt to ride camels and too young; we liked the velocity.

My mind had almost turned to Humphrey Bogart when on the table arrived the roasted lamb chop; ¥78. It was a triumph; crunchy, tender, aromatic and exotic. A piece of art.

The stewed beef was my fault; I should not have ordered it after the stronger flavoured lamb. I could not enjoy or feel the taste, but I am sure now; it was a delicate ¥38 stew with potatoes and tomatoes.

With more smooth evenings such as this and a little more accuracy in the most important details, this family business could evolve to a restaurant. Walking home with a drag on a cigarette and the feel of my partner's hand in my left pocket, we could have accepted a lift, were a magic carpet to fly by!

这是一个小而温馨的家庭经营餐馆,位在广州路上。我已经光顾了许多回了。这不是南京菜的风味,也不是传统的中国菜或者是加有伊斯兰风味的中国菜。这种风味基本是不受中国菜影响的伊斯兰菜式。确切无疑是地道的伊斯兰菜式。

新疆人张先生是餐馆的拥有者。毫无疑问,这里推荐20元地道的新疆黑啤。不同的方式是:你可以在穆斯林餐馆喝酒,不过你必须遵从他们上酒的风格,不能疏忽。

在许多文化中,人们喜欢喝酒吃菜,中国人也开始在吃饭的时候喝些啤酒或者葡萄酒了,通常是在晚餐时。阿拉不会对这种行为过于生气。他希望人人都开心。这种想法很能被不同的少数民族所接受,这是问题的关键。

因为是家庭经营,他们不是专业人士。不过这家店里人人都会冲你微笑。店内播放现代音乐,结合传统阿拉伯单簧管演奏,以及广播里播放的迪斯科。墙上挂有骆驼和棕榈树的壁画,更进一步透露着中东风情。感性的肚皮舞更添一层情调……不过这是为旅游者所准备的,我是南京住户,免了。

我们的开胃菜是12元的清淡洋葱、青椒、蕃茄沙拉。这并不是很难做的菜,不过做的地道到位却不容易——不错。

28元的羊肉加了足够的辣,不过平衡掌握的恰到好处。我开始觉得我身在一个很特别的地方。手工做的沙爹羊肉面,另外20元,更加体现了店内的风格。我开始觉得某种热情扑面而来,热情已经被强烈地表现在食物中了。

有些可惜,厨房看上去比较凌乱,小而阴暗,需要重新装修。便宜的餐具但是还比较整洁,酒杯至少还是有些透明的。

我在摩洛哥驰骋KTM的年轻日子里,我的目的地是红城马拉喀什。

在20小时候之后，我终于到达了目的地，几个朋友早已在终点为我们的晚餐恭候着了。烤羊肉和许多瓶啤酒之后，也许是当地的传统，我们有了第二天辉煌之后的宿醉。她是当地人还是瑞士人？

无论如何，哪怕经过30年后，那美味的辣羊肉仍旧会在我思绪上。我的味觉之上，有那晚晴朗的天空。气味的仿佛飘渺着芝麻、藏红花、姜黄、小茴香、黄芦，以及所有的友谊。在左方，羊肉闷烧就成了free。另外，路程很方便。稍显沉闷，好像掐指一算田野就到了。很显然我们更青睐速度。

我的思绪几乎飘渺到了亨弗莱鲍嘉，78元的羊排可以获奖了：酥脆、鲜嫩，和带有异域风情的清香，值得颁发奖杯。因为这是伟大的艺术作品。

点煮牛肉是我的失算；我不应该在点了味道强烈的羊肉之后再点牛肉。我没法享受这道菜的味道了。不过，我现在很肯定，这里牛肉的风味很精巧。38元的煮土豆、蕃茄和牛肉，很值得。

看来，只需少许注意重要的细节。这个家庭经营的小店有着能升级成大餐馆的潜质。好好干，照这样一直下去。我真的会有和朋友一起手拉手坐在魔毯上飞回家的感觉。



Restaurant Review Behind The Wall 后墙

By Keith Maguire

■ On my very first night in Nanjing, I was brought to Behind the Wall and came to quite a few conclusions:

English language school directors of studies have an extremely high opinion of their calling and talk lots of rubbish.

Nanjing in winter has as much of a grey hue and the same rain as home. Home-sickness may be minimized.

My new friends really must not like me very much if they brought me to a place where the food is so bad and the resident dog defecates on the floor.

English language school directors of studies drink like fish.

At that time, the food in Behind the Wall really was awful. This was equalled by staff service, which at best was haphazard. Message boards online would back this up with frequent horror story postings.

Recently though, and to their credit Behind the Wall has raised its game. Service is still a little slow and there is a chance that your order might be delivered wrongly but it is a lot better than previously.

By and large the standard of food has risen also and hovers somewhere above 'average' on the scale. I recently ordered a beef burrito (¥68) when I was there and shared grilled steak quesadillas (¥48), chicken tostadas (¥40) and a spinach enchiladas (¥48).

The restaurant itself has so much going for it; the location is central and has parking available close by. The space itself includes a big patio area and two large rooms indoors. Every night there is live music and even though there is all of this, the food did not do it justice at all. It was a real shame although in fairness it never seemed to affect their trade. The cleanliness has improved as well. The tableware looks freshly washed and the toilets smell a bit fresher. Another couple of cleans throughout the evening would not hurt though.

Onto the food. The burrito was actually quite ok. The beef was well cooked and of good quality. The filling was generous and the entire dish was piping hot. There is cheese on top of the dish, which has an unusual texture with what I think is mayonnaise below. The menu says that this should be served with Spanish rice and beans... hmm rice and beans! Halfway through the meal there was still no sign of them arriving. After attracting the attention of a waiter, I asked him for his mother's phone number - well I didn't but his blank look suggested I had. Eventually I got it across that these side dishes should be brought and when they arrived they were... fine; reheated and a bit light on flavour but certainly a welcome addition.

As for the quesadillas (a flour tortilla filled with pico de gallo, steak, guacamole and sour cream), it has definitely improved on previous efforts. Not at all bad. If I paid anymore than ¥48 I'd feel quite disappointed but for this price, it fits.

Next up is the tostada. In essence an open taco (think an open faced sandwich) topped with beans, chicken, cheese, sour cream, chopped lettuce, sliced onions and salsa. Good although not exactly something for which to rush back.

The pick of the bunch is the enchiladas (roasted spinach, coriander, melted cheese over a bed of chunky sauce); the roasted spinach has a lovely flavour and the kick from the coriander is great. I would come back and order that again. To wash it down we chose between the Oktoberfest beers. They have two on tap; a pilsner and a dark beer. To me, the dark is a bit too chocolaty in flavour. The pilsner is really good though; full of flavour and easily comparable to its more famous and illustrious German competitors.

It is also worthy of note that all portion sizes are pretty healthy too, another point worthy of compliment. So if you do go there for dinner, don't forget the rice and beans - look for the tall skinny guy with the dark hair, glasses and glint of confusion in his eye - ask him to get it for you. Overall, yes the standards have improved but best summed as; a lot done, and quite a bit more to do... Behind the Wall.

在南京的第一个晚上我就被带到了墙后。虽然是第一次光顾，还是总结了几点发现：

1. 南京英国学校总监对这里有很高的评价，不过废话也不少。
2. 南京的天气如同家乡的气候一般的阴郁，想家的心情同时也减少了许多。
3. 我的新朋友估计不大喜欢我，否则不会带我来到这么个地方——食物不好吃，地上还到处都是居民的狗屎。
4. 英国学校总监酒量真大。

那时候后墙食物的质量真的不怎么样，服务也是一样的差劲儿。优质的服务那一定是偶然的。网上留言经常有恐怖的故事证明这点。

最近，后墙真的是改进了很多。虽然服务还是有些慢，食物发出错误的几率也是存在的，不过总体来说，现在的食物真的是比以前的质量高出很多——而且超出一般水平。我最近点了一个牛肉卷（68元）并且分享了一个铁板牛排克萨迪亚斯（48元），chicken tostadas（40元）以及一个菠菜辣酱玉米馅饼（48元）。

饭店本身就有着许多值得青睐的特点，比如它在市中心的为止以及便利的停车地点。饭店内有一块空间十足的天井区域以及两间空间十足的大房间。每晚都会有音乐家在此现场表演，尽管如此，这里的食物还是赶不上硬件配置。真是太可惜了，不过这似乎从来没有影响过他们的生意。这里的卫生也变好了，从桌面到厕所都显得很干净。不过还是有空间可以改进得更好。

从食物方面来说，这里的burrito还是不错的。所用的牛肉量多，品质上乘，味道鲜美，并且鲜辣无比。奶酪洒在菜上，奶黄酱在下形成了不同一般的口感。菜单上说burritos应该和西班牙米饭以及红豆一起上……米饭和红豆！不过饭都吃了一半了，我们还是没看见这些配餐的影子。在吸引了服务员的注意力之后，他的表情仿佛是我向他要了他妈妈的电话号码一般无视。最终他总算明白了我的意图——这些配餐应该是和主菜一起上的。当这些配餐上来之后……不错；虽然被重新热过，味道有些淡淡的，但是还是非常受欢迎的。

Quesadillas（玉米饼加凉拌菜，牛肉，鳄梨，酸奶油）肯定是与之前的品种相比进步了许多，一点也不差。如果我付了超过48元，我可能会有些失望，不过这个价格挺合适。

Tostada是一种开放式的塔克（想像一下开放式的三文治），里面含有红豆，鸡肉，奶酪，酸奶油，切碎的生菜，条状的洋葱和沙沙酱。不错的味道，不过不是那种让你第二天就想回来点的食物。

这里最好的应该算是enchiladas（在颗粒状的底层酱之上躺着烤菠菜，香菜，融化了的奶酪：完美的味道以及香菜的结合让我绝对会回来在此光临。和这道菜所陪的Oktoberfest啤酒。这种酒有两种，一种是比尔森，一种是黑啤。对我而言，黑啤有些过重的巧克力的风味，比尔森确实不错的选择，可以与德国啤酒相同的种类同媲美。

最后值得一提的是，这里的份量都是比较健康合适的——另外值得赞誉的一点。如果你决定到那里去用餐，别忘了米饭加红豆——寻找那个眼神迷茫，高高瘦瘦黑头发带眼睛的男士——向他询问这道风味十足的菜品。最终总结，总体质量确实有所提高，不过还是有值得进步的空间……后墙。

Summer Movie Previews & Reviews

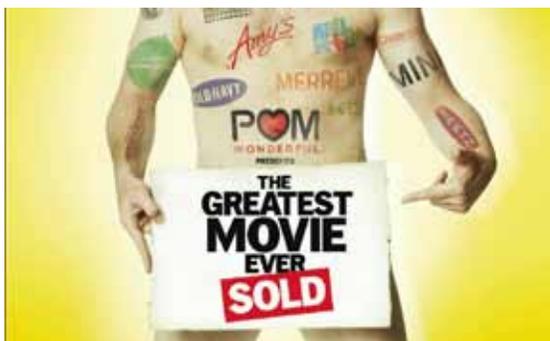
By Devopro

It all ended on the dark side of the moon this summer, so no surprise that August is a slow month for DVD and Blu-ray releases. Traditionally, summer has always been slow for home entertainment as Christmas and spring give rise to future hardware purchases, followed by the White Album all over again. However, this August brings a few hopefuls of 2011 and some memorable classics from the past few decades. For those old enough to remember a time when Matthew Broderick didn't suck, Ferris Bueller's Day Off (1986) comes to BD early in the month with limited special features but a fantastic HD transfer. Like the countless dipping of DVD into multiple editions, expect to see Ferris again in a year or two with more features. This edition comes with a few featurettes from the period and some retrospective interviews. The one thing it is missing is an audio commentary, which might be worth listening to if you dig Bueller.



One of the year's most talked about documentaries that comes to Blu-ray this month is *The Greatest Movie Ever Sold*. From the director of *Super-Size Me* comes a doc about advertising in TV and film. These days with flicks such as *Transformers*, it is hard not to notice product placement as they are more part of the story. It has been an in-and-out struggle for advertisers over the past 50 years but they seem to be winning. Director Morgan Spurlock gets as much sponsorship and product placement into his film as possible to show to what degree advertisers are in bed with movie studios.

The middle of the month sees arguably the best Cohen Brother's film on BD.



The Big Lebowski hits us with a "Limited Edition" release. Filled with lots of extras, including a marker game and many special features that come from the several DVD releases over the past eight years. Nevertheless, seeing The Dude in HD is still a lot of fun. Most BDs around town will only be the HD version with no DVD or digital copy available (for obvious reasons) so if you need the DVD you will have to buy it separately.

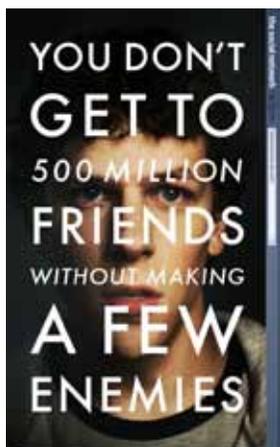


With the 90th anniversary of the Communist Party comes also 90 days of delay for summer blockbusters. At some point early in the month, the final Harry Potter film will be released in 2D and digital 3D and China's second smallest IMAX screen here in Nanjing. At about half the size of a standard IMAX screen, you are better off going to a regular cinema at a reasonable price.



Film Review 电影观感 社交网络

Green



《社交网络》这部影片讲述了著名网站Facebook的成长史，它也是2010年金球奖的大赢家，最佳影片、剧本、导演和音乐统统囊括在手。

这部影片我看了2遍才看完。为什么我没有一次看完？其中原因难以言表。我不善于总结，但是我承认，这是近期为数不多的让我深思的影片。

影片讲述什么，或者它想向观众表达什么？表面上看，这是一部表达友情、爱情、甚至背叛的故事。但是，不可思议的是，在短短2个小时

里，影片浓缩了整个Facebook的世界。我困惑了，这些是故事背后的内容，就这样吗？我被导演精湛的表现手法震撼了！

我们看电影、看故事，都想知道作者为什么这样写，他究竟要表达什么？看电影的同时，我们想知道导演想说明什么，这一部分、这一细节为什么如此表现。可是，我们有没有问过自己，我们为什么一定要刨根问底。更多时候，电影应该只是一个故事、一段经历、一个发展。除此以外，所有一切都是不同观众自己的世界。电影存在的本身，应该只是一个单纯的故事。而我们要做的，也不过只是看一个故事。

一直以来，我们都要从电影中得到什么，哪怕是一段感悟。什么时候我们可以只是单纯地看一段故事呢？很多时候，电影没有那么复杂。导演编剧只是要告诉我们一个精彩的故事罢了。我们怕是忘了，其实，电影的初衷就是讲故事。

《社交网络》之所以让我有“想法”，是因为导演的叙述手法成功。这部电影涉及了太多让人感兴趣的话题，却无暇让你慢慢咀嚼。你必须集中精力跟着故事走，不带一丝杂念、不做一刻停留。问题就在于，我虽然只是一名观众，但是我并没有被动的观看。

你看，我紧张的坐在影院里，双眼盯着大屏幕。两手叠放，心脏紧缩：我关注着人物的命运，关注着事态的逻辑。我无声的问：为什么？为什么？剧情一环扣一环，我的思绪也一波推一澜。呵呵，导演也真是“小气”，竟然没有给我一点时间让我当场去掺和自己的那一点想法-----直到银幕上尘埃落定，一旦停滞，仿佛一切也就终了了。

这，或许就是当初我没有一气呵成看完此片的原因吧。我不甘心，所以又看了第2遍。

看一部电影，会让人明白一个道理。确切的说，看了《社交网络》，我明白了电影的一个“精髓”：电影，其实并不一定是故事的意义，故事本身才是电影的本质所在。顺着情节，一步步走到故事完结，才是真正的完满。

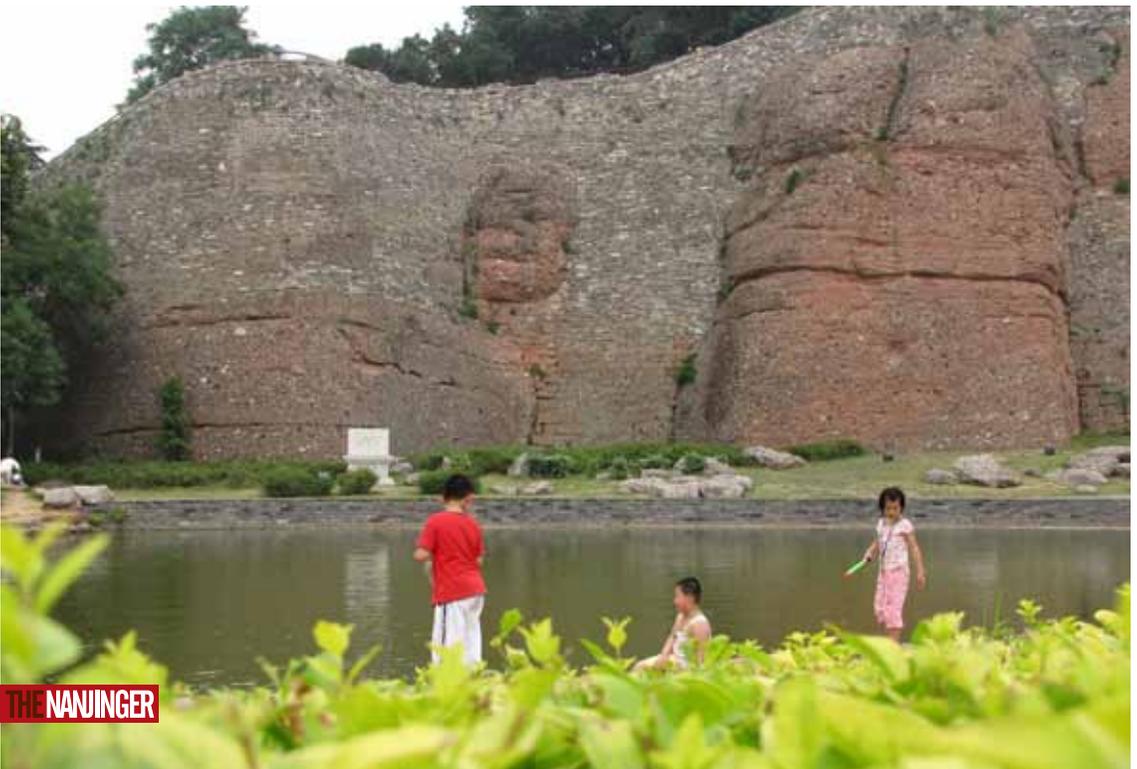
也许，这就是《社交网络》的成功之处。它不在意所谓的意义内涵，它只注重于让人读完一个故事。描述“Facebook世界”的全部浓缩，这故事本身已经够独家、够新潮、够震撼、够复杂了。你作为观众，故事已经对你起了潜移默化的作用。你看了一遍不够，还想看第N遍，是故事让你流连忘返，而电影本身更多时候只是这个故事的载体罢了。

DAYS OUT DAY TRIPS

STONE CITY SHITOUCHENG

石头城

■ Embedded into the city wall on the northern part of Nanjing's Qingliangmen is a monolith nicknamed "The Grimace". The pond in front of the wall has in its inverted reflection, and is therefore called "Grimace in Mirror". Stone City dates from 333BC when Xiong Shang, King of the Chu Kingdom built a city called Jinling here.





GRAPE ISLAND

江心洲 JIANGXIN ZHOU



■ To the non Chinese speaking foreign community, Jiangxin Zhou is known as Grape Island, now located only minutes from the hustle and bustle of downtown thanks to a bridge and tunnel that link it to the Hexi area of Nanjing and Pukou district respectively. Before their opening as recently as last year, the heavenly retreat was only accessible by ferry.



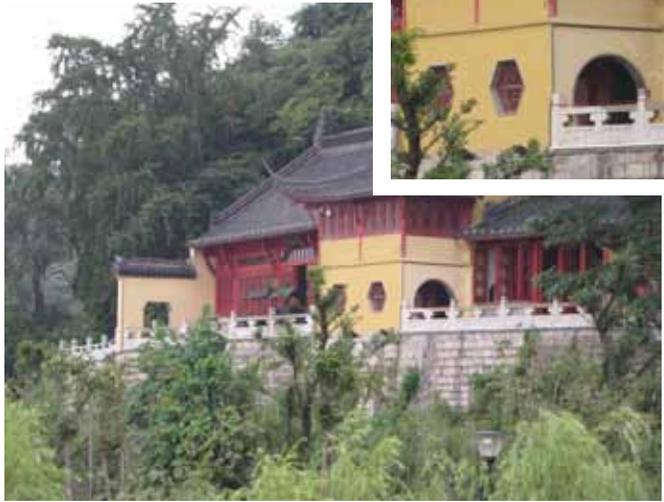


YONGJI AVENUE

永济大道



■ Yongji Avenue lies on the northern edge of the Mufushan Scenic Area but still south, albeit only by a few feet, of the mighty Yangtze River. Your 6km long journey shall take you past Guanyingge Park, Yong'an Cun, Ertai Cave, Gu Santai Cave, Foling Gate and many more...



For detailed information on how best to get to the places featured in "Days Out Day Trips", please see www.nanjingexpat.com.

Operation Smile China Celebrates 20 Years of Creating Smiles

Each year, nearly 35,000 children in China are born with cleft lips, cleft palates or another debilitating facial deformity. Thousands of children are still waiting for surgery that can take as little as 45 minutes and will transform their life forever – and you can help.

China's first registered not-for-profit hospital, the Hangzhou Operation Smile Charity Hospital, provides year-round care by local Operation Smile-trained and credentialed medical professionals in the fields of plastic surgery, dentistry, pediatrics, and speech pathology, as well as psychosocial services to patients and their families. The Charity Hospital has changed the lives of more than 5,100 patients.

Operation Smile China is currently conducting over 20 medical missions across China to give free surgeries for over 2,000 children in need. Consider supporting their work and giving a child the chance to lead a normal life and smile for the first time.



Bao, before and after

For more information:

Operation Smile China: 中国微笑运动

Julia Jorgenson, Program Development Coordinator:

julia.jorgenson@operationsmile.org or +86 138 1055 1450

Hangzhou Operation Smile Charity Hospital: 杭州微笑行动慈善医

www.operationsmile.org/china

1st Asia Bike Expo - Nanjing International Expo Centre - 27-30 July



Book launch: "Brief History of Nanjing's Cultural Exchanges with the World"
Nanjing Municipal Government - 22 July



NU Pick up your copy of *The Nanjing* where you see the NUX avatar

Tourism and Hospitality

Hotel & Hostel

NU Fraser Suites Nanjing

南京辉盛阁国际公寓
116 Lushan Road, Jianye District
庐山路116号
87773777
www.frasershospitality.com

Nanjing's first international serviced apartments. Fully furnished 1 to 3 bedroom apartment suites ranging from 138 sqm to 249 sqm; offering a fully balconies, and a Clubhouse with leisure facilities make this the accommodation of choice for many expats.

NU The Westin Nanjing

南京威斯汀大酒店
201 Zhongyang Lu,
Nanjing International Center, Gulou
中央路201号南京国际广场鼓楼区
85568888
www.westin.com/nanjing

The Westin is a haven of Chinese distinction, located only minutes from major corporations, restaurants and shopping. Set within the vibrant Hunan Road central business district, every room of the Westin overlooks scenic Xuanwu Lake.

NU Sheraton Nanjing Kingsley

金斯利酒店
169 Hanzhong Road
汉中路169号
86668888

The Sheraton is one of Nanjing's older, finer hotels located centrally within walking distance of Xinjiekou. Amenities include fitness center, baby sitting and butler service plus car rentals and much more.

Intercontinental Hotel

1 Zhongyang Lu, Zifeng Tower, Gulou
中央路1号紫峰大厦鼓楼区
83538888

www.intercontinental.com
Located in Gulou with a birds-eye view of Nanjing's skyline. The hotel makes a grand statement and can be found in the 450 metre high Zifeng Tower; the tallest building in Nanjing. The hotel offers world-class service and accommodation

Sofitel Galaxy 南京索菲特银河大酒店

9 Shanxi Road
山西路9号
83718888
www.sofitel.com
resoff@sofitelnanjing.com

A luxury hotel located at the end of the popular shopping street, Hunan Road. The accommodation of choice for many visitors coming to Nanjing.

NU Sofitel Zhongshan Golf Resort

中山索菲特高尔夫度假酒店
1 Huanling Road
环陵路1号
85408888

www.sofitel.com
reservation@sofitelnanjing.com
This golf resort is located at the foot of Purple Mountain and is the preferred hangout spot of Nanjing's rich and famous. A five-star plus location that is a great place in which to relax.

NU Jinling Hotel

金陵饭店
2 Hanzhong Lu
汉中路2号
84722888

A landmark hotel and one of the original high-class establishments in Nanjing. Conveniently located in Xinjiekou, you can enjoy restaurants serving Italian, Japanese, Chinese, and Hong Kong cuisine, and you can also purchase train and air tickets from the hotel's travel desk.

Crowne Plaza Nanjing 皇冠假日酒店

89 Hanzhong Lu
汉中路89
84718888
nanjing@ihg.com

Modern western hotel located in the west of Xinjiekou. Range of restaurants, full Spa and health centre facilities including pool. Travel service also available.

Nanjing Grand Metropark Hotel

南京维景国际大酒店
319 East Zhongshan Lu
中山东路319号
84808888

www.metroparkhotels.com
sales.njgm@metroparkhotels.com
The 5-star Grand Metropark Hotel is located next to the Nanjing Museum. A wide variety of recreational and entertainment facilities. Holds a grand ballroom also.

Nanjing Central Hotel

南京中心大酒店
75 Zhongshan Lu, Gulou
鼓楼区中山路75号
83155888

The Central Hotel is located in Xinjiekou, A hotel that combines spectacular architectural design with the hotelier's traditional values of comfort, hospitality and attention to detail.

NU Nanjing Sunflower International Youth Hostel

80 Zhanyuan Road (next to Fuzimiao's west gate)
瞻园路80号, 在夫子庙西门的附近
52266858 / 66850566
www.nanjingyha.com

This is an international youth hotel in Fuzimiao, one of Nanjing's most famous scenic areas. It includes free pool, DVDs, cable TV, foosball, Wifi, travel info, an English menu, and an English speaking staff.

Resorts

NU Regalia Resort & Spa (Qinhuai River)

御庭精品酒店(秦淮河)
E5, No 388, Yingtian Street, Qinhuai District
(Chenguang 1865 Technology Park)
应天大街388号(晨光1865科技创新产业园)第E5幢
51885688

www.regalia.com.cn
reservations-qhr@regalia.com.cn
One of the most luxurious Spa resorts in Nanjing, conveniently located just outside the city wall on the Qinhuai river. A Thai style Spa offering a holistic approach to rejuvenation and relaxation. Its five spa villas by the river exude serenity, peace and solitude. Dining offers a uniquely satisfying combination of Chinese, Asian and Western cuisine.

Kayumanis Private Villas & Spa

Xiang Zhang Huo Ping
Sizhuang Village, Tangshan Town
江宁区汤山镇寺庄村
84107777
www.kayumanis.com

nanjing@kayumanis.com
High End private villa in Nanjing. Refreshing natural hot spring with mountain view.

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村
8 Wenquan Lu, Tangshan, Jiangning
汤山镇温泉路8号
51190666

A Leisure hotel in Tangshan offering different types of bathing. ¥128 for adults, ¥65 for children under 1.3m tall.

Museums & Parks

Nanjing Massacre Museum

清华日军南京大屠杀遇难同胞纪念馆
Shuiximen Jie No. 418
水西门428号
86612230 / 86610931

Tuesday – Sunday from 8:30 to 16:30
The museum is located in the southwestern corner of Nanjing known as Jiangdongmen; one of the former execution grounds and mass burial places of the cruel holocaust. Admission is free.

Rabe House 拉贝故居

Xiaofenqiao No. 1, Guangzhou Lu.
小粉桥1号

Tuesday – Sunday from 8:30 to 16:30
The former home of the German Industrialist who saved the lives of thousands of Nanjing people in 1937. The house served as a refuge shelter at the time. The story is vividly told here.

Nanjing Brocade Museum 南京云锦博物馆

240 Chating Dong Jie 茶亭东街240号
86518580 Hours: 8:30am-5:00pm
Nanjing brocade is regarded as the finest on earth. Visitors can observe professional brocade artists working on wooden looms.

City Wall Museum 南京明城墙遗址博物馆

8 Jiefang Men 解放门8号
83608359
Found on top of Jiefang Gate with photographs of long-gone city gates, maps and a full-scale model of the walled city. Captions in Chinese.

Folk Customs Museum 南京民俗博物馆

19 Nanbu Ting, Baixia District (near Gan Jia Da Yuan)
白下区南捕厅19号(甘家大院)
52217104
Learn about different facets of life in traditional China. Regular musical performances and hands-on traditional crafts.

Nanjing Museum 南京博物院

321 Zhongshan Dong Lu 中山东路321号
The museum houses artifacts from various periods from Neolithic to the communist period.

Nanjing Science Museum 南京科技馆

9 Zijinghua Lu, Yuhua District
雨花台区紫荆花路9号
58076158
Hands-on fun and learning for kids. IMAX Cinema.

Taiping Heavenly Kingdom History Museum

太平天国历史博物馆
128 Zhanyuan Lu 瞻园路128号
86086833
Houses an interesting collection of documents, and artifacts related to the Kingdom including army maps, coins, scrolls of laws and weapons.

Bailuzhou Park 白鹭洲公园

1 Bailuzhou 白鹭洲1号
Built in the Yuan dynasty, located on the Qinhuai River, with traditional architecture, a small kids' amusement park and a bird and plant market.

Gulin Park 古林公园

21 Huju Bei Lu 虎踞北路21号
Gardens, paintball, BBQ & outdoor pool. Take the lift to the top of Nanjing Radio tower for a great view of the city.

Jiuhuashan Park 九华山公园

Beijing Dong Lu 北京东路
Climb to the top of the park to visit the temple and pagoda. A great way to get on the city wall for a scenic spot with gorgeous views of the city.

Nanjing Hongshan Forest Zoo 红山森林动物园

101 Heyan Lu 和燕路101号
Nanjing's zoo. Recent renovations have made this a nice place for a day out.

Qingliangshan Park 清凉山公园

Guangzhou Lu, near the intersection of Huju Lu 广州路西端
A quiet park, once home to Chinese artists, offers several calligraphy and stone museums, as well as an art gallery and pottery studio open to the public.

Underwater World 海底世界

South side of Purple Mountain 中山陵四方城8号
8.30am-5pm

Xuanwu Lake Park 玄武湖公园

1 Xuanwu Xiang 玄武巷1号
Offers trails for walking biking and running. You will find playgrounds, gardens, restaurants and boats for rent.

Mochou Lake Park 莫愁湖公园

35 Hanzhongmen Da Jie 汉中门大街35号
Location of the annual Dragon Boat Races, this park is dominated by a huge lake. It is a great place to go boating or simply take a walk in a peaceful environment.

Yuejiang Tower 阅江楼

202 Jianning Lu 建宁路202号
This temple is part of a complex known as Yuejiang Tower Scenic spot. It includes the temple itself, Wanxian pavilion and other historical remains.

Zhongshan Botanical Garden 中山植物园

Established in 1929 and covers over 186 hectares. The garden has more than 3000 plant species on display. A great place to breathe the fresh air and have fun cycling.

Zhongshan Botanical Garden's Bridge World 中山植物园桥世界

1 Qianhu Hou Cun, outside Zhongshan Gate 中山门外前湖后村1号
An assortment of challenging bridge and rope courses criss-crossing a stream. For children of all ages to try.

Zixia Lake 紫霞湖

In the heart of Purple Mountain area with picnic grounds and a mountain fed lake in which you can swim. Take extreme care when doing so as a number of deaths occur each year as a result of cramp brought on by cold currents flowing into the lake from deep inside the mountain.

Business & Education

International Education

British School of Nanjing 南京英国学校

Building 2, Jinling Resort, Jiuhu Dong Lu
佳湖东路湖滨金陵饭店2号楼
52108987

EtonHouse Nanjing 伊顿国际教育集团

West Songhua Jiang Street, Jianye District (near Olympic Stadium)
南京市松花江西街6号, 建邺区, 靠奥体北门 (中华紫鑫广场北面) 金陵中学实验小学内
8669 6778

Nanjing International School 南京国际学校

8 Xueheng Lu, Xianlin College and University Town
仙林大学城学衡路8号
85899111

Eternal Sea Int. Kindergarten 恒海外国语幼儿园

20 Mingugong Lu
明故宫路20号
84820900

Nanjing #1 Kindergarten International Division 南京第一幼儿园国际部

266 Baixia Lu 白下路266号
86647868

Grand Canadian Academy 中加国际高中

30 Beijing Dong Lu
北京东路30号南京外国语学校内
83282339

Novas Education Management 诺瓦斯国际

2405, Building A, New World Centre, 88 Zhujiang Lu
珠江路88号新时广场A幢2405
83282339

Language Training

Alliance Français de Nanjing 南京法语联盟

Beijing Xilu 73 Qunlou 4th floor
北京西路73号裙楼四楼
83598762
www.afnanjing.org
French classes for individuals and companies as well as a modern library plus cultural events including conferences, concerts, exhibitions with local partners and artists.

JESIE-Goethe-Language Centre

JESIE -歌德语言中心
Jiangsu College for International Education 3rd Floor, 205 Shanghai Lu 江苏省国际教育学院3楼, 上海路205号
83335690
kurse@goethe-slz.js.cn
www.goethe-slz.js.cn
A cultural institute of the Federal Republic of Germany promoting cultural understanding and offering German language courses.

Chaz Cheng Teaching

Chinese Teacher Extraordinaire
1505 1888099
cw19861214@126.com

JESIE Corporate Training 苏教国际企业培训

Suite 210, 205 Shanghai Lu
南京市上海路205号210办公室
15895865134
www.jseiect.org
A program of Jiangsu Education Services for International Exchange.

American Eagle Institute 弋果美语

Suite 327, 291 Shuiximen street
建邺区水西门大街291号327-333室(万达金街东坊) 8771 6111

Foreign Trade & Economic Development Agencies

Australian Trade Commission

澳大利亚贸易委员会南京代表处
1163, 11F, World Trade Center, 2 Hanzhong Lu
汉中中路2号金陵饭店世界贸易中心11层1163室
84711888 -1163

Baden-Württemberg International

德国巴登符腾堡州国际经济和科技合作协会
7-3 Dabei Xiang Meiyuan Xin Cun
梅园新村大悲巷7-3号
84728895

China-Britain Business Council, Nanjing

英中贸易协会南京代表处
Rm 2514-2515, 50 Zhonghua Lu
中华路50号2514-2515室
52311740

European Union Chamber of Commerce

中国欧盟商会(南京)
30F, 1 Zhujiang Lu 珠江路1号30层
83627330

Netherlands Business Support Office

荷兰贸易促进委员会南京代表处
Suite 2316, Building B, 23/F, Phoenix Plaza,
1 Hunan Lu
湖南路1号凤凰国际广场B楼23层2316室
84703707

Nordrhein-Westfalen Business Partners

德国北莱茵威斯特法伦州经济促进局驻华南京代表处
50 Zhonghua Lu 中华路50号
52270000

Clubs & Charities

Nanjing International Club

南京国际俱乐部
www.nanjinginternationalclub.com
Founded in 1990 with the objective of promoting social contacts and good community relations within the international community in Nanjing. Many events taking place on a weekly, monthly and annual basis. A big club in Nanjing with 600+ members.

Nanjing Toastmasters

南京第一家英语演讲会俱乐部
www.nanjingtoastmasters.com
Weekly meetings at Hohai University

Hopeful Hearts

www.hopefulhearts.info
Dedicated to raising funds necessary for medical treatment of children with a heart condition.

Wokai 我开

www.wokai.org
nanjing@wokai.org
Wokai offers opportunities of microfinance to people in rural China to start their own businesses.

Pfrang Association

普方基金会
7-3 Dabei Xiang Meiyuan Xin Cun
梅园新村大悲巷7-3号
84729068
www.pfrang-association.org
Pfrang association raises money to sponsor the school education of children in poor regions of Jiangsu province.

Operation Blessing China 慈福行动

010-64669296
info@obchina.org

www.obchina.org
Operation Blessing China initiates transformation in the lives of the needy and impoverished communities.

Shopping

Art

Jiangsu Art Gallery 江苏省美术馆

266 Changjiang Lu 长江路266号
86643757
Works of local artists, exhibits changed frequently.

ART 国艺堂

D-1 Shuimuqinhuai, 99 Shitoucheng Lu 石头城路
99号水木秦淮D-1号
83321600
Picture framing service and all kinds of art related books, supplies.

Shenghua Art Center

南京圣划艺术中心
2 Zhoutai Lu, on Jiangxin Islet
江心洲民俗街洲泰路2号(原乡土乐园)
86333097 86333100
Exhibition of Chinese contemporary art, including photography, sculpture and painting, etc.

Antique Markets

Chaotian Palace Antique Market
朝天宫古玩市场
Confucius Temple Antique Market
夫子庙古玩市场
Qingliangshan Park Antique Market
清凉山古玩市场
Major antique markets in Nanjing. Beware of the fake items.

Stone City Modern Art Creation Gallery

石城现代艺术创意园
72 Beijing Xi Lu 北京西路72号
Exhibition of modern Chinese art.

Shizhuzhai 十竹斋

72 Taiping Nan Lu 太平南路72号
Online shop (CN): www.cnnjshizhuzhai.com/shop/
360 yrs history in Nanjing. Galleries and traditional art items for sale.

For the Home

B&Q 百安居

286 Ningli Lu 宁溧路286号
Int'l hardware and furniture store with four stores in Nanjing.

IKEA 宜家家居

South of Kazi Men 卡子门南侧

Hongxing Furniture

红星国际家具广场
224 Zhongyang Lu 中央路224号
Large furniture mall with many shops. Large range of prices, styles, etc.

Jinsheng Market 金盛百货大市场

2 Jianning Lu 建宁路2号
Large indoor market with everything from home décor to wires to Christmas trinkets to electronics, etc. Cheap but be prepared to bargain. Several other outlets in Nanjing.

Jinling Decoration Market

金陵装饰城
88 Jiangdong Zhong Rd 江东中路88号
Everything needed for a new home.

Longjiang Flower Market

龙江花卉市场
78 Qingliangmen Da Jie

清凉门大街78号

Huge outdoor flower market with a variety of plants, cut flowers, fish tanks and fish, and a selection of gardening tools.

Modern House NJ (Remo) 摩登仓

Ground Floor, Lan of mercy and Social Hall, off Huaqiao Lu
慈悲社兰之堂5-2号
86555566
www.amodernhouse.com.cn
Copied designer furniture & décor.

Malls

Deji Plaza 德基广场

18 Zhongshan Road 中山路18号
84788066
A western style mall located at the northern end of Xinjiekou. As one of Nanjing's premier malls, there is a wide variety of high class shops and western restaurants such as Bella Napoli, and high end shops including Louis Vuitton and Burberry. There is also a movie theatre.

Nanjing Aqua City 南京水游城

1 Jianshang Road 健康路1号
52233999
A newer Nanjing shopping mall, home to many restaurants and western brand name shops as well as a cinema and an import supermarket.

Golden Eagle Shopping Center

金鹰国际商城
89 Hanzhong Road 汉中街89号
84708899
A popular department store with a wide selection of clothing, homeware, and a foreign food supermarket located on the upper floor.

Wanda Plaza 万达广场

98 Middle Jiangdong Road 江东中路98号
86805588
The largest mall in the west of the city, mostly occupied by Chinese brands. However there is a wide variety of food including Walmart and one of the largest cinemas in Nanjing.

Golden Wheel In-Citi 金轮新天地

8 Hanzhong Road 汉中街8号
84773788
One of the major Xinjiekou malls, with a wide variety of western brands and foods, including a donut shop and a Japanese teppenyaki restaurant. Fashion-wise, there is a wide selection available, including brands Sephora, H&M, and Timberland.

New City Mall 新城市广场

99 Caochangmen Street 草场门大街99号
86210888
One of the larger malls in Hexi, the western portion of the city. It contains many brand name shops, a variety of restaurants, a yoga studio, and a movie theatre.

Grand Ocean Department Store 大洋百货

122 Zhongshan Nan Lu 中山南路122号
Frequent promotions and many good value food stalls the basement.

Orient Department Store 东方商城

2 Zhongshan Nan Lu 中山南路2号
Gucci, Celine and other designer brands are available.

Sports

Decathlon 迪卡侬

286 Ningli Lu, next to Metro
宁溧路286号(麦德龙对面)
Sport Megastore, 9am-9pm

GIANT 捷安特

178 Zhongshan Bei Lu, opposite of the fabric market 'Bu Bu Bu'
中山北路178号
83611227
Bike shop

Jinxianghe Rd 进香河路

The main street for outdoor stores for hiking, backpacks, equipment and apparel for outdoors.

Bikes & Equipment Stores on Jinxianghe Rd

SPECIALIZED 闪电专卖店
Mountain Heart 山地情怀车行

Electronics

Professional Photography Equipment Market

照相器材专业市场
3F, Binjiang Friendship Shopping Center, 301 Jiangdong Bei Lu
江东北路301号滨江友好商城三楼
Dongding Plaza, 699 Zhuijiang Lu
珠江路699号东鼎照相市场
Camera & photography equipment.

Mobile Shops on Danfeng Jie

丹凤街-手机
Indoor markets specialized in new and second-hand mobile phones and repairs.

Zhujiang Lu - IT Products

珠江路-IT产品
A multitude of stores selling everything you need for your computer, phone, camera and beyond.

Zhongyang Lu - Video Games

中央路-电子游戏
Any type of video game for all video game systems. Also do minor repairs.

Suning Electronics 苏宁电器

8 Shanxi Lu 山西路8号
Local firm that is now one of China's largest retailers for electrical household appliances.

Groceries

HomeGrocerChina

Yushuiwan Garden, Yudao Jie 169, Building 65, Fm503 御道街169号御水湾花园65室503室
84400397
www.homegrocerchina.com
Online shopping of premium imported products conveniently delivered to your door. Cash on delivery.

Metro 麦德龙

288 Ningli Lu 宁溧路288号
300 Jianning Lu 下关区建宁路300号
German hypermarket with a wide selection of foreign foods.

BHG Market

B2 Floor, Aqua City, No.1 Jianshang Lu 健康路1号
水游城地下2层
66985066 / 66985068
91 Matai Jie
马台街91号
68675666 / 68675699
Japanese supermarket with a large stock of imported goods plus fresh organic fruits and veg.

Carrefour 家乐福

235 Zhongshan Dong Lu
中山东路235号
The omnipresent French hypermarché with four stores in Nanjing and a fifth (Pukou) on the way.

RT Mart 金润发

Danfeng Jie 丹凤街
Chinese supermarket with decent foreign food section and three outlets in Nanjing

Auchan 欧尚

151 Hanzhongmen Dajie
汉中大街151号
86580282
French hypermarket with three stores in Nanjing

YaoHan City Market 南京八佰伴

Phoenix International Bookmall, 1 Hunan Lu
湖南路1号凤凰国际
Foreign food supermarket.

Times Grocery 泰晤士

48 Yunnan Lu 云南路48号
Very popular foreign food store with wide selection of imported yet pricy food.

Organic Food 有机食品

Available in many of above mentioned supermarkets and big Chinese food markets, but need to ask staff. Organic foods can also be ordered online from <http://shop.njaf.gov.cn> - Chinese language only.

Wine Outlets

Aussino cellar 富隆酒窖

Room109, No.198,
Zhongshan Dong Lu.
隆酒窖 南京市中山东路198号109室
84679799
www.aussino.net
njaussino@126.com
Over 1000 selected world class wines and more than 200 retail outlets nationwide. A pioneer of wine culture in China.

Metro 麦德龙

288 Ningli Lu 宁溧路288号
300 Jianning Lu 下关区建宁路300号
The German mega-mart carries the largest range of foreign wine in Nanjing with a range of prices to suit every pocket.

MDK Wines 南京梅多克酒业

79 Yingtian Street 南京市应天大街79号
8644 1506 / 1595 185 8509 / 1377 092 3489
Medoc Wines is engaged in the import of wines from many countries as well as champagne, brandy whiskies, vodka, tequila etc. Also offers a cordial door to door delivery service.

Foreign Language Bookstores

Foreign Language Bookstore

外文书店
218 Zhongshan Dong Lu
中山东路218号
84650445
A selection of Foreign books and magazines.

Phoenix International Book Mall

凤凰国际书城
No1 Hunan Lu 湖南路1号
Five floors of books, magazines, gift shops, toys, musical instruments, CD's and DVD's

Librairie Avant Garde

3F, New City Plaza, 99 Caochangmen Da Jie 173
Guangzhou Lu
先锋书店, 新城市广场3楼
173 Guangzhou Lu
先锋书店, 广州路173号

Hunan Lu Xinhua Bookstore

47 Hunan Lu
湖南路新华书店 湖南路47号

Services

Travel

Lufthansa German Airlines 德国汉莎航空公司

Reservation Service:
4008 868 868 (CH,EN)
LH Sales Office: Room 951, World Trade Center,
2 Hanzhong Road
汉中路2号金陵饭店世贸中心951室
Fax: 84722624
nanjing_lufthansa@dlh.de
Nanjing Lukou Int'l Check-in Service
Airport 417 Room.

Dragonair 香港港龙航空

84710181

Asiana Airlines 韩亚航空

86893141

Air Macau 澳门航空

86799127

D.T. Travel 大唐国际(香港)商旅服务有限公司

22E, Golden Wheel
Mansion, 108 Hanzhong Lu
汉中路108号金轮大厦22E
84720097
Ticket Booking: 400 886 1212 (FREE)
English service includes: flights, visas, hotels,
and holiday packages.

Sunshine Travel

江苏阳光国际旅行社有限公司南京分公司
#621, Building A3, 109 Changjiang Lu
长江路109号A3栋621室
84845010 / 5011 / 5013
Experienced in offering group tours for foreigners to all parts of China, notably picture-esque Lijiang in Yunnan province.

Transportation

Nanjing Train Station

南京火车站
141 Longpan Lu, Xinzhuang
新庄龙蟠路141号
85822222 (enquiry)
85824224 (tickets)
www.njstation.com
Online train timetable and booking, but only in Chinese.

Nanjing Lukou International Airport

南京禄口机场
Lukou Town, Jiangning District
江宁镇禄口镇
968890 52480499
Airport Shuttle Bus
机场大巴
6am-8.30pm, leaving every 30mins, ¥25
1. Nanjing Railway Station, next to Bus 17
南京火车站17路车站旁
2. Nanjing Zhonghua Men Station, 88 Jihecun Lu
南京中华门车站
集合村路88号
3. 221 Longpan Zhong Lu 龙蟠中路221号

Nanjing Coach Terminals

南京长途汽车站
Coach timetable/ticket enquiry 96196

Nanjing East Coach Terminal

南京长途汽车东站
17 Huayuan Lu 花园路17号 85477345

Nanjing Hanzhongmen Coach Terminal

南京汉中门客运站
Located half a block east of the intersection of Hanzhong Lu (汉中路) and Huju Lu (虎踞路)
86612288 (enquiry)

Nanjing Zhonghuamen Coach Terminal

南京中华门车站
88 Jihecun Lu, 集合村路88号
52418504
To Gaochun, Anhui Prov.

Nanjing Zhongyangmen Coach Terminal

南京中央门总站
Next to Zhongyangmen overpass, one kilometer west of Nanjing Train Station.
中央门立交桥对面, 南京站西1公里处

Nanjing North-Central Coach Terminal

南京中北长途客运中心
100 Shengzhou Lu (Sanshanjie Metro Station)
南京升州路100号(地铁三山街站)

The Nanjing Metro (subway)

Fares cost ¥2-4. Open 6.00am to 11pm. See map for underground stations.

Taxi

Taxis cost ¥9 for the first 3 kilometers and ¥2.4 for every additional kilometre. An additional ¥2 is levied on the cost of the entire journey as a fuel surcharge. Prices are cheaper for some taxi companies based outside Nanjing.

Main Local Bus Routes

Air-conditioned bus costs ¥2, otherwise ¥1.

Bus No. You 1 (游1线)

-Nanjing Station 南京车站
-Xuanwu Lake 玄武门
-Presidential Palace 总统府
-Purple Mountain 中山陵

Bus No. You 2 (游2线)

-Yuhua Tai 雨花台
-Zhonghua Gate 中华门
-Confucius Temple 夫子庙
-Presidential Palace 总统府
-Purple Mountain 中山陵

Bus No. 1 (1路)

-Nanjing Station 南京车站
-Xuanwu Lake 玄武门
-Gulou 鼓楼
-Zhujiang Lu 珠江路
-Xinjiekou 新街口
-Confucius Temple 夫子庙

Healthcare

Global Doctor 环球医生

East Mochou Lake Road,
next to Shuiximen Street
莫愁湖东路, 靠近水西门大街
86519991
Emergency Number: 13805174397
www.globaldoctor.com.au
Global Doctor is an Australian based medical company that provides primary care, occupational healthcare and emergency assistance. Another clinic of choice for many foreigners living in Nanjing. Located relatively close to Xinjiekou with a multilingual staff - EN, IT, JP, PT, ES, KO, CN.

Nanjing International SOS Clinic 南京国际(SOS)紧急救援诊所

1F, Grand Metropark Hotel Nanjing,
319 East Zhongshan Lu
中山东路319号维景国际酒店1楼
84802842 (by appt.)

Mon-Fri 9am-6pm, Sat 9am-12noon / 24hr Alarm Center: 010 6462 9100
www.internationalhosos.com
Western doctors and public pharmacy. Service listed in English & Chinese Multilingual staff - EN/CN/JP/DE

New Public Pharmacy

Nanjing International SOS Clinic

English speaking staff. OTC medicine available. Prescription medicine by doctor appointment.

Yifeng Super Drugstore 益丰大药房

159 Hanzhong Lu, west of JS hospital of TCM
汉中路159号(省中医院往西30米)
86795111-825 8am-9pm
English speaking staff.

Nanjing Entrance and Exit Inspection and Quarantine Bureau

江苏出入境检验检疫局

1 Baxia Rd 白下路1号
52345328 / 84456805
Health checks for applications for work permit / visa.

Gulou Hospital 鼓楼医院

321 Zhongshan Lu 中山路321号
83323101
The major hospital for trauma (24 hr)

Nanjing Children's Hospital 南京市儿童医院

72 Guangzhou Lu 广州路72号
83117500

Jiangsu Provincial Hospital of TCM

江苏省中医院
155 Hanzhong Lu 汉中路155号
86617141
The major Chinese medicine hospital.

Jiangsu People's Hospital 江苏省人民医院

300 Guangzhou Lu 广州路300号
83718836
The major western medicine hospital.

National Medical Centre of Jiangsu Province

江苏省国医馆
168-7/8 Qingliangmen Dajie 清凉门大街168-7/8
13905150592 / 85381818
www.jssgyg.com
johnson55@163.com
Specialists in TCM and massage therapy. English speaking staff.

Nanjing Maternity and Child Healthcare

南京市妇幼保健院
123 Tianfei Xiang 天妃巷123号
84460777

The major hospital in Nanjing for pregnancy checks, labour & delivery.

People's Hospital

300 Guangzhou Lu 广州路300号
83718836
The major western medicine hospital.

BEN-Q Hospital 明基医院

71 Hexi Avenue 河西大街71号
58858800
The hospital is located in the southwestern area of the city, conveniently beside the subway. BENQ is staffed by local specialists, with occasional visits from Taiwanese doctors.

Dan-De Dental Clinic 丹德齿科

D6, 9th floor, HuaWei Mansion, No.107 ShiGu Lu
石鼓路107号华威大厦9楼D6
84217177
Centrally located dental clinic with western standards.

KB+ Dental Hospital

31 Fujian Lu (HuaFu Mansion)
83433333 / 4001108899
www.kangbeijia.com
Jiangsu's first digital dental hospital using the best in western methods. Treatments include dental cosmetics, implants, tooth whitening, correction/straightening, protection, treatment.

Nanjing Union Dental Clinic 南京友联齿科

1F, Grand Metropark Hotel Nanjing,
319 Zhongshan Dong Lu 中山东路319号
维景国际酒店一层
84818891 / 84808888-6555
dentist@uniondental.cn
Western standard dental care with English language.

Legal

Jeffrey Wang 北京中银(南京)律师事务所

4 Gupinggang, Nanjing 210013
古平岗4号
13605182614 / 5878 5391
wyz_jeff@163.com
Business lawyer with more than 10 years legal practice in Nanjing plus fluent English communication skills as well as abundant knowledge in both legal and business areas. Legal service regarding Corporate Law, Contract Law and other related legal areas, including IP Law, International Trade Law and Franchise Law.

Dacheng Law Offices 大成律师事务所

2F, No.72 Beijingxi Lu
2楼北京西路72号中华人民共和国
83755108
nanjing.dachengnet.com
Hongliang.Hu@dachengnet.com
Ranked No.1 in Asia by size, with branches in 26 countries and all over China. Nanjing branch is ranked No.1 in Jiangsu Province (EN/CH/ES/JP/KO).

Picozzi & Morigi Law Firm 意大利弼高基莫里吉律师事务所

A4, 21F, Golden Eagle, 69 Hanzhong Road
南京市白下区汉中路89号 金鹰国际商厦21楼A4
86556731
nanjing@picozzimorigi.it
www.picozzimorigi.cn
www.picozzimorigi.com
Italian Law firm operating in China since 1991 with its main offices in Rome. Additional office in Shanghai (EN/CH/IT/ES/FR).

Pets

Aimimingmao

爱咪名猫
18 Nantai Xiang Xi (off Wang Fu Da Jie) 南京王府大街南台巷西18号
86662858
Cat specialist with overnight stays and English speaking staff.

Nanjing Veterinary Station

南京畜牧兽医站宠物总医院
448 Longpan Zhong Lu
龙蟠中路448号
84484781
The major center for pet illness treatment and vaccination.

Ai-Bi Pet 艾贝尔宠物医院

258-27 Zhongyang Lu
中央路258-27号
83112202

Tom Dog Pet Center

汤姆狗宠物中心
1 Shanghai Lu 上海路1号
86662858
Pet stayover and dog walking service, retail outlet and English speaking staff.

Property Services

T&J Properties

快调通房地产顾问有限公司
Suite A, 18F, Changfa Huacheng Mansion, No.19 Sheng Ju Ren Lane. (beside Golden Wheel)
84728992
www.tjprops.com
Settlement services to multinational companies, with a focus on high-grade villas, apartments, office buildings, factories and car-leasing.

Crown Relocations

嘉柏(中国)国际货运代理有限公司
Rm1908, Block B, New Century Plaza,
1 Taiping Bei Lu
太平北路1号新世纪广场B栋1908室
84541017

CMR Corporate Property & Relocation

南京浩麦房地产咨询
12C1 Jinlun Mansion, 108 Hanzhong Lu
汉中路108号金轮大厦12C1座
84701658
www.cmchina.com
Complete relocation service to multinational companies, with additional services including drivers license and import/export of pets. Other offices in Shanghai, Luizhou and Changchun.

Media Production

SinoConnexion

南京贺福文化传媒有限公司
13851522275
info@sinoconnexion.com
www.sinoconnexion.com
International award winning professional foreign owned video and media production company that offers advertising agency services plus print and digital publications, broadcast media, internet advertising, social media promotion; plus production of audio materials and a range of design services. More than 25 years experience in traditional broadcast media and print; and 18 years of work in the media industry in China.

VOZ Design

嗓音设计
11F, Phoenix International Building,
389 Zhongyang Lu
中央路389号凤凰国际大厦11楼
Ronald Paredes 泉源:
15950575174
vozdesign.com@gmail.com
http://tiny.cc/vozdesign
Professional marketing oriented graphic design and brand development. No copies, no templates, only creativity and lots of brain juice. Mediocrity is a disease we fight everyday.

Nicolas Harter Photography

1872 155 5434
www.nicolasharter.com
A French photographer specialising in landscapes, commercial and event photography, and author of photo-book AFRICA SQUARE, a profile of African artists at the 2010 Shanghai Expo.

Phrephotos Photography

1377 099 9175
www.phrephotos.com
Photographic services offered. Product shots, portraiture and more.

Faith Houses

Nanjing International Christian Fellowship

Ramada Hotel, 45 Zhongshan Bei Lu

南京中山路45号 南京华美达怡华酒店

Sundays 9:30am to 11:30am

13057627945

Foreign passport holders only. English service.

Translation available in Chinese and French.

KuanEumHui Korean Buddhist Club

观音会南京韩人佛教会

1703, Bldg 2, Fuli Shanzhuang

富丽山庄3栋1703室

13222018582

Service: 11:00am

Shigulu Catholic Church 石鼓路天主教堂

112 Shigu Lu 石鼓路112号

84706863

Korean service: Sat 4.30pm

English/Chinese Service: Sun 4.30pm

The Church of Jesus Christ

of Latter Day Saints

Jingli Hotel, 7 Beijing Xi Lu

北京西路7号晶丽酒店

Mormon service, Sun at 10am

Foreign passport holders only.

Miscellaneous

Avis Car Rental 汽车租赁

78 Kazimen Da Jie

卡子门大街78号

83210799 4008821119

Interpreter & Translation Service

Professional interpreter with extensive Sino-foreign

business background

13002512862

nanjing.interpreter@gmail.com

Satellite TV Installation Service

13770323459

nanjingstv@gmail.com

Bottled Water Delivery Service

By Coca-Cola Nanjing

4008282288 (Free)

Mineral water, pure water, water machine cleaning.

Lustre Cobbler 莱斯特皮鞋修饰

Golden Eagle Shopping Center, 89 Hanzhong Lu

汉中中路89号金鹰国际

Central Department Store, 79 Zhongshan Nan Lu

中山南路79号中央商场

Shoe repair.

Nu Hong Bang Tailor

红邦裁缝

18 Nanxiu Cun, Shanghai Lu 上海路南秀村18号

Dong Feng Tailor

13851847204

You Wen Tailor

13851760748

Provides quality tailoring service.

Public Security Bureau

公安局出入境管理

1 Honggong Ci, Sanyuan Xiang 三元巷洪公祠1号

84420004 / 84420114

Visa, residence permit.

Nanjing Event Tickets Office 南京票务网

Rm 816 Muma Apartment,

1 Weixiang (on Danfeng Jie)

丹凤街卫巷1号木马公寓816室

84533308 / 83651880

www.zypiao.com

Tickets for on-going events in Nanjing.

Leisure & Sports

Massage & Spa

Nu Pathways Spa & Lifestyle Club

颐庭Spa

13th Floor, TianAn International Building,

98 Zhongshan Nan Lu 中山南路98号13楼

84701266

Lifestyle club consisting of a dedicated spa area with private treatment rooms, Thai Massage room and Foot Massage room. Other club facilities include yoga and meditation rooms, sky garden lounge and private function rooms.

Flow SPA 川·天地

46 Xijia Datang, Ming Cheng Hui (200m north of

Xuanwu Lake's Jiefang Gate)

明城汇西家大塘46号

57718777

Hours: 10.30am-10.00pm

Sino-German joint venture.

12 luxurious single and twin private suites for men & women.

Nu Regalia Resort & Spa (Qinhuai River)

御庭精品酒店(秦淮河)

E5, 388 Yingtian Street, Qinhuai District (Chen-

guang 1865 Technology Park)

应天大街388号(晨光1865科技创意产业园)第E5幢

51885688

www.regalia.com.cn

reservations-qhr@regalia.com.cn

One of the most luxurious Spa resorts in Nanjing,

conveniently located just outside the City Wall. A

Thai style Spa offering a holistic approach to reju-

venation and relaxation. Its five spa villas by the

river exude serenity, peace and solitude.

Shoujia Medical & Health Center 手佳按摩

136 Changjiang Lu 长江路136号

84702129

Provides various types of massage with blind mas-

seurs.

Facial-Spring 春之源美容中心

28-1 Dashiqiao, Danfeng Jie 丹凤街大石桥28-1号

83604422

Various packages available including face, neck

and shoulder massage.

Beauty

Nu Jenny's Beauty Salon

詹妮美容院

Cambridge Sunfield Building 2, Apt. 108

仙林大学城康桥圣菲门面房

8579-1042

jennysbeautysalon@gmail.com

Beauty Baby

31F, Golden Wheel Shopping Mal

A range of beauty treatments. Hair removal includ-

ing waxing available.

VS Philosophy Hair Salon

沙宣理念美发

6F, Deji Plaza 德基广场6楼

84763486

Fashion Lady, various stalls

新街口莱迪时尚广场

Xinjiekou Pyramid

Get simple manicures.

Nail Bar 指爱你美甲

44 Wangfu Dajie

王府大街44号 84209596

Sweet Love in Nails 指间密语

89 Shanghai Lu

上海路89号

Gyms & Sports

Nu Yanlord Tower Club

仁恒国际俱乐部

116 Lushan Road, Jianye District

南京市建邺区庐山路116号

87765111

www.yanlordtowerclub.com

With Fraser Suites Nanjing looking after all your needs. This is the place to unwind in total comfort.

To relax with family, cement existing friendships, build meaningful new ones. A wide range of leisure and entertainment facilities is available for your undisturbed enjoyment.

Wutaishan Stadium 五台山体育馆

1-6 Wutaishan, Gulou鼓楼区五台山1-6号

86614156

All kinds of sports facilities available, including tennis court, swimming pool, ping-pong table, badminton court, bowling and many more.

Olympic Century Star Ice Skating Club

奥体世纪星滑冰俱乐部

222 Jiangdong Zhong Lu (Inside Olympic Center)

江东中路222号奥体中心内

86690466

Nanjing North Star Ice Skating Club

Qinhuai Sports Center,

No. 162, Pingjiangfu Lu

52200031

Ninth City Billiards 9城花式撞球

1912 District, 52 Taiping Bei Lu

太平北路52号1912街区

84504303

1pm till late. ¥15/hr in the afternoon.

Klein Billiards 克莱恩台球

135 Hongwu Lu 洪武路135号

84568088

9am till late.

Nanjing Leiniaio Paragliding Club

南京雷鸟滑翔伞俱乐部

Wutaishan Sport Center Tennis Stadium

南京市五台山体育中心网球馆

84458450 / 15335179782

Zhongshan Shooting Club 中山射击俱乐部

147 Zhongshan Dong Lu 中山东路147号

84615141

Gun shooting.

Changqing Taekwondo 长青跆拳道馆

33 Shigu Lu 石鼓路33号

51167738

Karate Eifuukaikan 空手道影风道场

96 Yushi Jie 鱼市街96号

52989189

¥30/90mins For kids & adults Taichi

6.00am everyday on Shanxi Lu square next to

KFC. 8am everyday next to Wutaishan Stadium

Pisarev Ballet 比萨列夫芭蕾舞学校

5 Guangzhou Lu 广州路5号

86975095

Xiao Dong Latin 晓东拉丁舞

42 Shigu Lu 石鼓路42号

83908713

Golf

Nu Sofitel Zhongshan Golf Resort

钟山高尔夫俱乐部

7 Huanling Lu 环陵路7号

84606666

Ginkgo Lake Golf Club 银杏湖高尔夫俱乐部
1 Guli Yinxing Hu 江宁区谷里银杏湖1号
86139988

Nanjing Harvard Golf Club
南京哈佛高尔夫俱乐部
176 Zhenzhu Jie, Pukou District
南京市浦口区珍珠街176号
58853333

Xuanwu Golf Club 玄武高尔夫俱乐部
Inside Xuanwu Lake 玄武湖公园内
Driving range where one can hit balls into the lake.

Art & Culture

Drug Art Museum
12 Ding Hui-Men Street, 22 Building
定淮门12号(世界之窗软件园) 22号房
83752646

Nanjing Art and Cultural Center
南京文化艺术中心
101 Changjiang Lu 长江路101号
84797920
Regular large-scale shows by professional Chinese and overseas performers.

Jiangnan 631 Niuda Theatre
江南631牛达剧场
5 Yanling Xiang 延龄巷5号
84419786
Weekend Chinese modern small theater shows.

Nanjing Art Academy Concert Hall
南京艺术学院音乐厅
15 Huju Lu 虎踞北路15号
Irregular performances by Chinese and overseas students and faculty.

Jiangsu Kunqu Theater 兰苑剧场
4 Chantian Gong 朝天宫4号
84469284
Live performance of Kunqu opera (similar to Peking Opera).

Cinema (call for English language availability)

Xinjiekou International Cinema in Deji Plaza
德基广场新街口国际影城
18 Zhongshan Lu
中山路18号德基广场7楼
84797700

Nanjing Shangying International Cinema
南京上影国际影城
98 Caochangmen Da Jie
草场门大街98号
86223345

Aqua City Hengdian Cinema City
水游城横店影视电影城
4F, Aqua City, 1 Jiankang Lu 建康路1号水游城4楼
82233700

Food & Drinks

Asian Cuisine

The Lobby Restaurant at Fraser Suites
仁恒辉盛阁国际公寓大堂餐厅
116 Lushan Road, Jianye district
建邺区庐山路116号
86268888 Ext. 643
Sink your teeth into mouth-watering delights such as the tender-grilled rib-eye steak, roasted chicken, or the seafood linguine cooked in spicy tomato sauce. Asian must-tries also include Hainanese chicken rice and laksa.

Keziguli Muslim Restaurant 克兹古丽餐厅
53 Wangfu Da jie
王府大街53号
85981468
A delicious change from the standard Chinese cuisine: spicy noodles, potatoes, chicken and lamb dishes. Xinjiang performance.

Istanbul Turkish Cafe
食正坊咖啡店
209 Shanghai Lu
上海路209号
83309030
Istanbul offers a range of Turkish and Vietnamese food, with highlights including Turkish 'pizza', kebabs, wraps, freshly made yoghurt, and some desserts. All food is halal.

Golden Harvest Thai Opera Cafe
金禾泰大餐厅
2 Shizi Qiao, Hunan Lu
湖南路 狮子桥2号
83241823
One of the only authentic Thai restaurants in this area of the city. Prices tend to be quite high, with set meals for four costing up to ¥1,000.

Indian Cuisine

Taj Mahal
泰姬玛哈印度料理
117 Fengfu Lu, Xinjiekou
新街口丰富路117号
84201178
189 Shanghai Lu 上海路189号
83350491
Established in 2003, the Taj Mahal Indian Restaurant made a name for itself by offering a great variety and exotic blend of authentic Indian cuisine. Taj Mahal's assortment of flavourful foods makes it continually popular with the foreign community.

Himalaya-Nepalese & Indian Restaurant
喜马拉雅尼泊尔印度餐厅
193 Shigu Lu
(Sunglow Bay
near the Sheraton)
石鼓路193号
8666 1828
Himalaya is a very popular restaurant serving a variety of Nepali and Indian foods in a setting as authentic and inspired as the dishes themselves. English menu, English speaking staff, free delivery within 1 kilometer. Wifi available.

Kohinoor Restaurant
科伊诺尔餐厅
45 Zhangshan Bei Lu
中山北路45号
83122522
Pakistani restaurant located on the second floor of Nanjing's Ramada restaurant. Vegetarian and non-vegetarian curries made in the original unimitable style of Indian and Pakistani Cuisine prepared by chefs brought especially from the mystery lands. Owned & operated by an individual with over 20 years of International Hospitality experience.

Punjabi Restaurant
本杰比印度餐厅
2 Shizi Qiao, Hunan Lu
湖南路狮子桥 2号
83245421
A well-established Indian restaurant in Nanjing offering traditional Kadhais, Murghs, Masalas and Vindaloes in addition to more familiar Chinese dishes. English menu, English speaking staff, and free delivery within 3 kilometers.

Japanese Cuisine

Wadouraku
和道乐日本居酒屋
121 Shi Gu Lu
石鼓路121号
8446 5760
Wadouraku's finest compliment is the fact it is every night patronised by many from Nanjing's Japanese community. With a selection of Saki and Japanese beer by the bottle or on draught, Wadouraku is the genuine Japanese experience in Nanjing.

Tairyō Teppanyaki 大渔铁板
57 Zhongshan Road
中山路57号
8472 9518
66 North Taiping Road (in 1912)
太平北路66号, 在1912里
8445 8310
Tairyō Teppanyaki is famous throughout the Nanjing expat community for its special offer: ¥178 for all you can eat and all you can drink. This includes sushi, sashimi, sake, beer, and everything on the menu. Much of the food is cooked right in front of you.

Shuizihui 水之惠
18-2 Wangfu Dajie 王府大街18-2号
84217517

Tairyō 大渔
Shiziqiao, Hunan Lu 湖南路狮子桥
83204001

Nagoya 那古野
4F Grand Hotel, 208 Guangzhou Lu
广州路208号古南都饭店4楼
83311999

Korean Cuisine

Fudefang 福德坊
6 Taogu Xin Cun, Hankou Lu
汉口路陶谷新村6号
83312091

Ke Jia Fu 可家福
137 Ninghai Lu 宁海路137号
83314283

Vegetarian

The Green Field – Vegetarian Restaurant
1F Zhengyang Building, 56 Yudao Street
御道街56号正阳大厦一楼
6661 9222
A wide selection of food including sushi, disguised tofu, Italian gelato, and of course, plenty of fresh vegetables. Specialized drinks and teas are also available.

Pure Lotus 静心莲
1 Section C, Shuimuqinhuai,
99 Shitoucheng Lu 石头城路99号水木秦淮C区1号
83752306

Wushang Vegetarian Diet 无上素食
1F Zhengyang Mansion, 56 Yudao Jie
御道街56号正阳大厦1楼
84681283
Vegetarian buffet.

LvLiuJv (Living by Green Willow) 绿柳居素食馆
248 Taiping Nan Lu 太平南路248号
84527177

Western Bars & Restaurants

NU Studio 21 Grill Restaurant

藤美

193 Shigu Road
(behind the Sheraton)
石鼓路193号(石鼓湾美食休闲街区)
86795269

Alessandro 13072525212

Originally from Holland, Studio 21 offers a combination of grilled meat & seafood specialties, genuine European flavors and its renowned home made desserts, all in an elegant and relaxing atmosphere. Special Set Lunch Menu with prices from ¥32 plus specials for student and teachers.

NU Nail Jazz Bar

钉子吧

10 Luolang Street (200m south of the Sheraton)
罗廊巷10号, 立金斯利酒店200米
8653 2244

One of the more relaxed bars in Nanjing that offers a wide variety of imported beers. The bar has a cozy upstairs and a more open downstairs, complete with stage and foosball table. Opening hours: 6:30pm - 2am.

NU Blue Marlin

蓝枪鱼音乐餐厅

54 Taiping Bei Lu, 1912

太平北路54号, 在1912一条酒吧街

Middle Liyuan Road, Jiangning (near Baijia Lake)
江宁區, 利源中路(百家湖附近)

An older establishment in Nanjing and still a popular expat hangout. It doubles as a restaurant which serves German and European food and a bar. A Filipino band provides entertainment nightly, and happy hour is from 4:00 to 7:00 pm daily.

Bebbis

2 Zhongshan Nan Lu, Orient Department Store
1st floor

中山南路2号东方商城1楼
84730121

Fondue Restaurant.

NU Danny's Irish Restaurant & Pub

'丹尼'爱尔兰餐厅&酒吧

4F, Sheraton Nanjing, 169 Hangzhong Rd. 汉中
169号金斯利酒店4楼
8666 8888 7775

Located on the 4th floor of the Sheraton hotel, the pub serves the usual selection of beers and liquors, offers a good place to sit and chat, and features live performances. Open from 6 pm.

Finnegans Wake Irish Bar

芬尼根爱尔兰酒吧餐厅

6 Cinnalane, at the corner of Shenzhou Road and
South Zhongshan Road
熙南里6号, 靠近神州路和中山南路的路口
52207362

An authentic Irish bar in Nanjing, with an extremely wide selection of whiskies, good range of food, and regular music performances.

NU Cosima

可西玛

120 Shanghai Road (near to Hankou Lu)
上海路120号
83337576

Famous for being the smallest restaurant in the city, serving a variety of Spanish food.

NU Secco Restaurant and Bar

喜客西餐厅

3 Kunlun Road (South of Xuanwu Park's main
gate)

昆仑路3号, 在玄武湖公园正门的南边
83370679

A German restaurant and bar, located directly beside the city wall. Another major expat draw, Secco features barbeque, buffet, outdoor dining, strong mixed drinks, with good deals and specials. A good place to start a night out.

NU Talking

对话西餐厅

Ninghai Lu, 9 Pei De Li,
Room 101
宁海路培德里9号栋101室
83200844

21 Jinyin Street
金银街21号

Talking is a restaurant and bar, with a surprisingly large variety of beers and liquors, as well as a good selection of food. Open 11:00 am until late, tending to fill up at night time.

NU Talking 2 - 3

对话西餐厅2-3

Jinyin Jie No. 20
(near Shanghai Lu), across from the foreign
students dormitory in Nanjing University
金银街20号, 南大西苑对面
83323969

More music, wi-fi, cheap beers and decent food at reasonable prices. An ideal place for a bite and few drinks with friends.

NU Don Quixote

堂吉珂德餐厅与酒吧

39 Chengxian Street,
off Zhujiang Lu
珠江路成贤街39号
83359517

This pub doubles as a Spanish restaurant offering a variety of cuisines. However, after the kitchen closes, a live band comes on upstairs. Downstairs, there is a large screen plasma TV and videogames.

NU Sancho Panza

到堂吉珂德

173 Guangzhou Lu,
Wutaishan Stadium North gate
(take the stairs to the right)
广州路173号,
五台山体育场北大门内
(无高尔夫球场西侧台阶上)

A 2-floor bar featuring live music, pool, food and quality eats plus a fully-stocked bar.

NU Bluesky Expat Bar & Grill

蓝澳西餐厅

77 Shanghai Lu
上海路77号
86639197

Bluesky is one of the original expat bars to open in Nanjing, and serves a wide range of Western food such as burgers, pizzas, and Aussie meat pies. There is also a wide range of beers, including several Australian brands. Like any good pub, there is a pool table and darts.

NU Ciao Italia

你好意大利

193-2 Shigu Lu (outside Sunglow Bay near the
Sheraton) 石鼓路193-2号
86608807

Ciao Italia's master chef Giuseppe serves over 140 authentic Italian specialties, including 30 varieties of pizza that are widely considered some of Nanjing's best. Free delivery is available.

NU Ellens Bar

艾伦咖啡

132-3 Guangzhou Lu

(a few meters from the corner of Shanghai Lu)
广州路132-3号

Laid back and relaxed atmosphere have quickly made this a new favourite, especially amongst the student crowd. Fantastic range of food & drinks at great value prices.

NU Swede and Kraut

云中西餐厅

12 Nanxiu Cun 南秀村12号
86638798

This bar and restaurant near Nanjing University features an impressive beer list, including German and Belgian labels, alongside a menu of traditional European foods and desserts. Take out and special holiday dinners are available.

NU La Table de Mr. Eiffel

巴黎盛宴

83 Guangzhou Lu, near Qingliangshan Park
广州路83号, 靠近清凉山公园
83711900

Offers authentic French cuisine and carries an extensive list of French wines by the glass. It is located in an old Chinese garden house with an entrance on Qingliang Shan Park. There is also an outside terrace.

NU Pisa Pizza

比萨斜塔意式西餐厅

81-8 Shanghai Road
上海路81-8号
1580 517 7575

A newcomer to Nanjing but one that has quickly gathered a reputation for serving up the finest pizza in the city, straight from the wood fire oven.

NU Soul Mate

索味法式休闲餐厅

15-1 Nanxiu Cun,
off Hankou Road
南秀村15-1, 靠近汉口路
83328418

Located in an old house very close to Nanjing University, Soul Mate serves French style pizzas, omelettes, mixed drinks, wines, and beers. Open from 11:30 am to 10 pm.

NU Les 5 Sens

乐尚西餐厅

52-1 Hankou Lu
汉口路52-1, 靠近南京大学
83595859

A surprisingly inexpensive French restaurant. Homemade traditional French dishes (set menu and à la carte available) for lunch and dinner in a friendly atmosphere. Many dishes cost less than ¥50 each. Open 11:30 am to 10 pm, with take away service. Free WiFi.

NU My Place

我的家(高档红酒吧及餐厅)

37-11 Gaoyun Ling
高云岭37-11
83601289

My Place is a high class wine bar and restaurant that occupies an enchanting house amid the alleyways behind Hunan Road. Served is a wide variety of top shelf foreign liquor and wines plus a fusion of Singaporean and international cuisine. Open from 6:00 pm onwards.

NU Jimmy's

吉米来吧

193 Shigu Road
(inside Sunglow Bay
near the Sheraton)
石鼓路193号

86792599

www.jimmysnj.com

A popular American-owned sports bar and restaurant. It offers satellite sports coverage, a full bar with draught beer and a large variety of whisky, plus simple American food such as hamburgers, hot dogs, subs, tacos, and most famously, pizza. Free delivery within 3 kilometers.

N Another Jimmy's 吉米来吧

209 Shanghai Lu
(across from Skyways)
上海路209号
83318085
www.jimmysnj.com
11am until 12pm

N 61 House 陆拾壹号餐厅

61 Hankou Xi Lu 汉口路61号
13851434386

A significant stop on the live music circuit in China for international unsigned bands. Expect to see one or two performances every week.

N Me@ting Point 意风之约

81 Shanghai Lu
58002915
English enquiries: 18951692356
www.meetingpoint.com
Quality Italian favourites in a pleasant 'eat & meet' type setting.

N Behind the Wall 答案墨西哥餐厅

150 Shanghai Road (in Nanxiu Cun)
上海路150号, 在南秀村
83915630

One of the oldest bars in Nanjing serving drinks and food in a relaxed atmosphere, and in the warmer months on perhaps the finest terrace in the city. Live musical performances go well with strong sangria and beer.

Tony Music Bar

76 Jinxianghe Lu (10 metres from Hualian supermarket)
进香河路76号(世纪华联超市巷内10米)
1391 397 7427
Popular student watering hole and stop on the live music circuit.

N Potato Bistro 马铃薯

5*301 Kang Qiao Sheng Fei, 9 Wenfan Road, Xianlin University Area
仙林大学城文范路9号
8579 1293
A bistro based on green, organic, fresh foods and authentic tastes within a quiet environment. Can accommodate 80-100 guests, with an outdoor balcony of 150 square meters also available for different parties. Free wifi.

N Paulaner Brauhaus 宝莱纳啤酒花园

123 Guangzhou Road
广州路123号
83117188
A German chain restaurant and bar located on the side of Wutaishan Stadium's hill. The decor, beer, and food are entirely German. A band performs nightly, and there is also a beer garden open overlooking Guangzhou Road.

N Vanilla Sky 香草天空

4-4 Taogu Xincun,
off Shanghai Road
上海路陶谷新村4-4号
83202884

10 Beiji Xicun, just north of Gulou Square
北极西村10号, 鼓楼广场北边
57711778

Vanilla Sky serves up a variety of Western foods, including pizzas, pastas, steaks and salads. Prices are reasonable, and a cozy atmosphere keeps many customers coming back.

Taberna Crestatx 格纳斯酒吧餐厅

388 Yingtian Avenue, in 1865 Creative Park,
Building E6
应天大街388号,
1865科技·创意产业园
51885657

The only fully authentic Spanish restaurant in Nanjing with a private cigar bar with Habanos directly imported from Cuba.

N Regalia Resort & Spa (Qinhuai River) 御庭精品酒店(秦淮河)

E5, No 388, Yingtian Street (Chenguang 1865 Technology Park) 应天大街388号(晨光1865科技创意产业园)第E5幢
51885688

www.regalia.com.cn
reservations-qhr@regalia.com.cn
Dining that offers a uniquely satisfying combination of Chinese, Asian and Western cuisine.

N Bellini Italian Bar & Restaurant 贝丽妮意式餐厅

Rm 1-106, 9 Wenfan Lu, Xianlin District
大学城文范路9号1-106室
85791577
Welcome addition to the dining scene in Xianlin.

Country Road

约翰·丹佛
20-1 Nanxiucun
南秀村20-1号
87776422
With pasta, pizza, steak, coffee, wine, music and books, Country Road is both popular and elegant.

Bakery & Sandwich

N Skyways 云中食品店

160 Shanghai Road 上海路160号
83317103
A18, Yadong Commercial Plaza, 12 North Xianyin Road 仙隐北路12号 亚东广场A18室
85791391
One of the best known foreign shops in Nanjing offering breads, sandwiches, cakes, chocolates, and desserts. Large cakes and pies can be pre-ordered, and imported cheeses and wines are also available.

Happy Story 美丽心情

236 Xiqiao, Jiangsu Lu
江苏路西桥236号
83301907
60-3 Jiangsu Lu
江苏路60-3号
83232957
Chinese owner with creative ideas for cakes.

Ichido 宜芝多

B1, Grand Ocean Department Store, 122 Zhongshan Nan Lu
中山南路122号大洋百货B1楼
84738682
B1, Deji Plaza, Zhongshan Lu
中山路德基广场B1
84738682

Coffee & Tea

N Sculpting in Time Café 雕刻时光咖啡馆

2F, 47 Hankou Lu 汉口路47号2楼
83597180
32 Dashiba Jie (Confucius Temple East Gate)
秦淮区大石坝街32号(夫子庙东门)
Sculpting in Time was started by two college graduates from Beijing offering a pleasant coffee house atmosphere, along with brunch, cocktail hours, film screenings, and a variety of Western food. Their brownies are widely known. Free Wifi.

N 3 Coffee 3号咖啡馆

82-1 Shanghai Lu
上海路82-1号
83244617 / 83311505
An upper floor library has art, design and photography books as well as magazines and a photography store selling vintage film camera, polaroid & lomography equipment. Offers a range of coffee, tea, alcohol and limited snacks. Balcony affords a nice view of Shanghai Lu. Free Wifi.

N Godot's Home 戈多的店咖啡馆

15-1 Nanxiu Cun, off Shanghai Lu
南秀村15-1号
86637484
A beautifully designed, relaxed café off Hankou Lu inspired by the play by Irish Playwright Samuel Beckett. A great range of coffee, tea and food in a cozy atmosphere. A movie is shown each Wednesday.

Freeland Cake-Dessert-Coffee

6 TaoGuXin Cun, Han Kou Lu,
陶谷新村6号汉口路
This bakery offers a selection of crafted home made cakes and drinks in a comfortable place.

Nightclubs

Scarlet 乱世佳人

Within 1912, near Changjiang Back Street
1912酒吧一条街, 靠近长江后街
84403362
34-1 Hubei Road
湖北路34-1号
83206090
Scarlet was one of the original bars to open in Nanjing which catered to foreigners. Over time, the interior and music has changed, but both locations are still a big draw for the foreign community, but there is no exceptionally large dance floor.

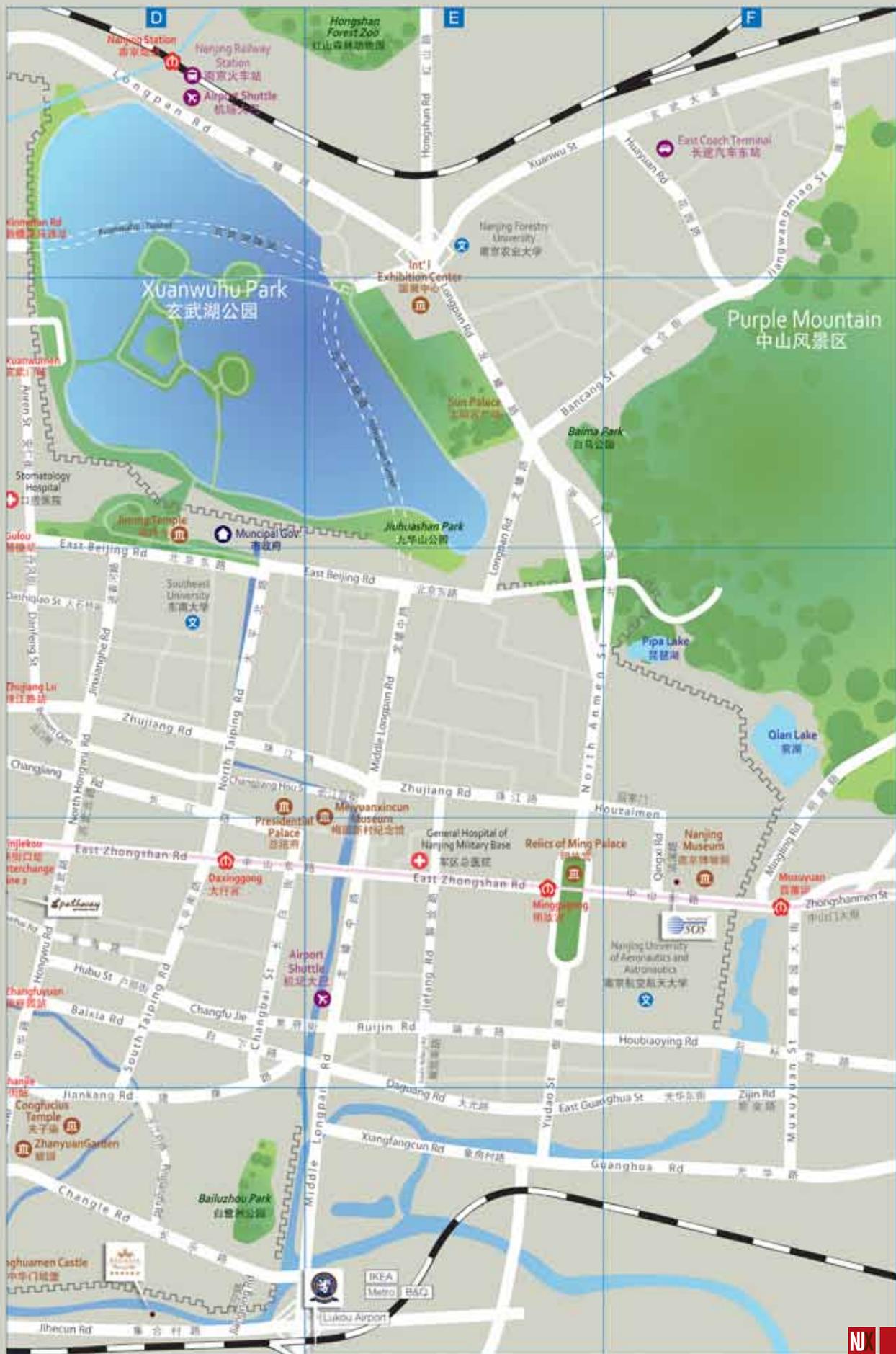
Polar 77 Music Bar 极地77音乐酒吧

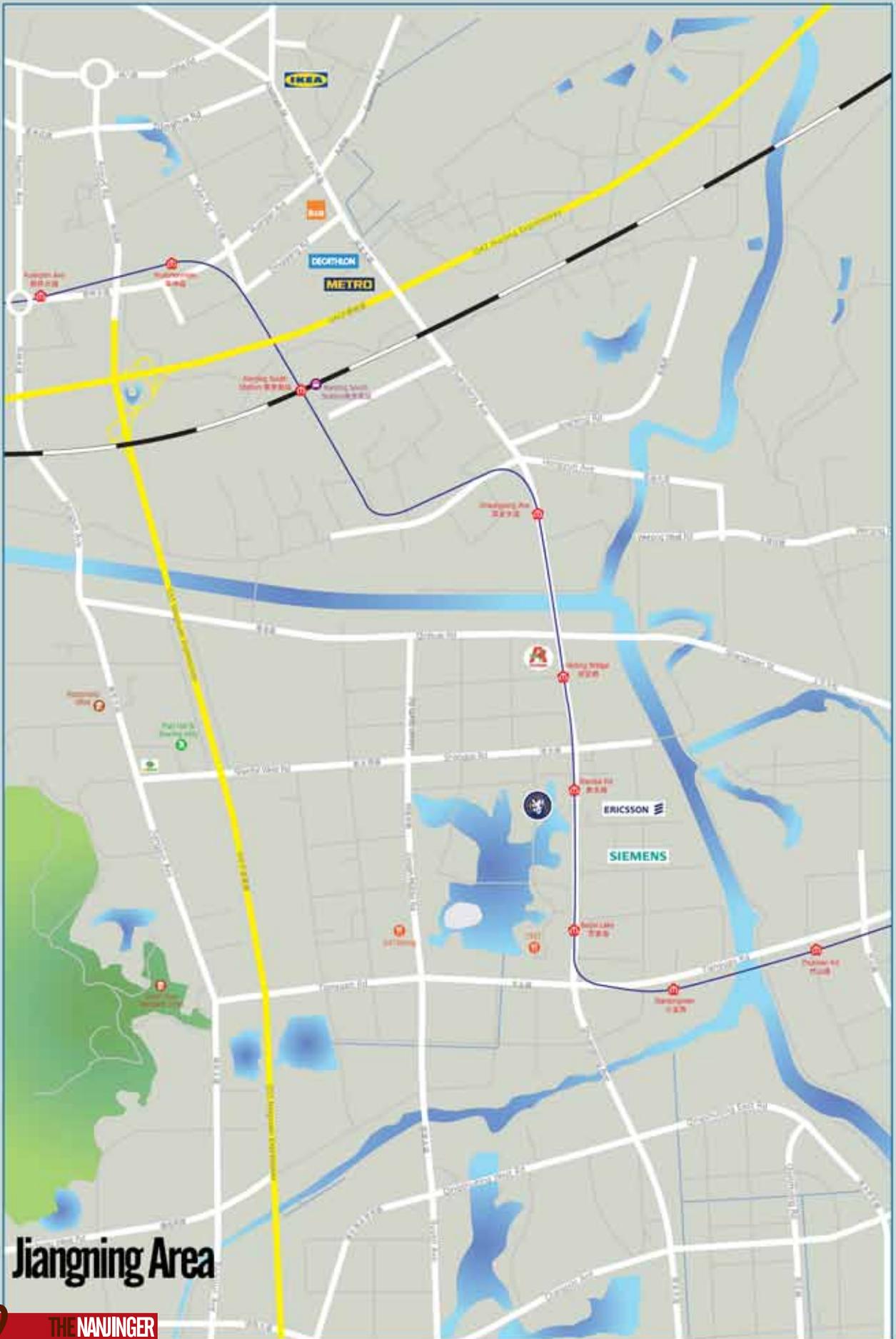
129 Hanzhong Road 汉中路129号
84702006
Polar 77 Music Bar specializes in rock music, and skips the DJ entirely in favour of a live band that performs nightly. Music played is usually a blend of western rock classics, Chinese songs, and Spanish guitar.

Castle Bar 古堡酒吧

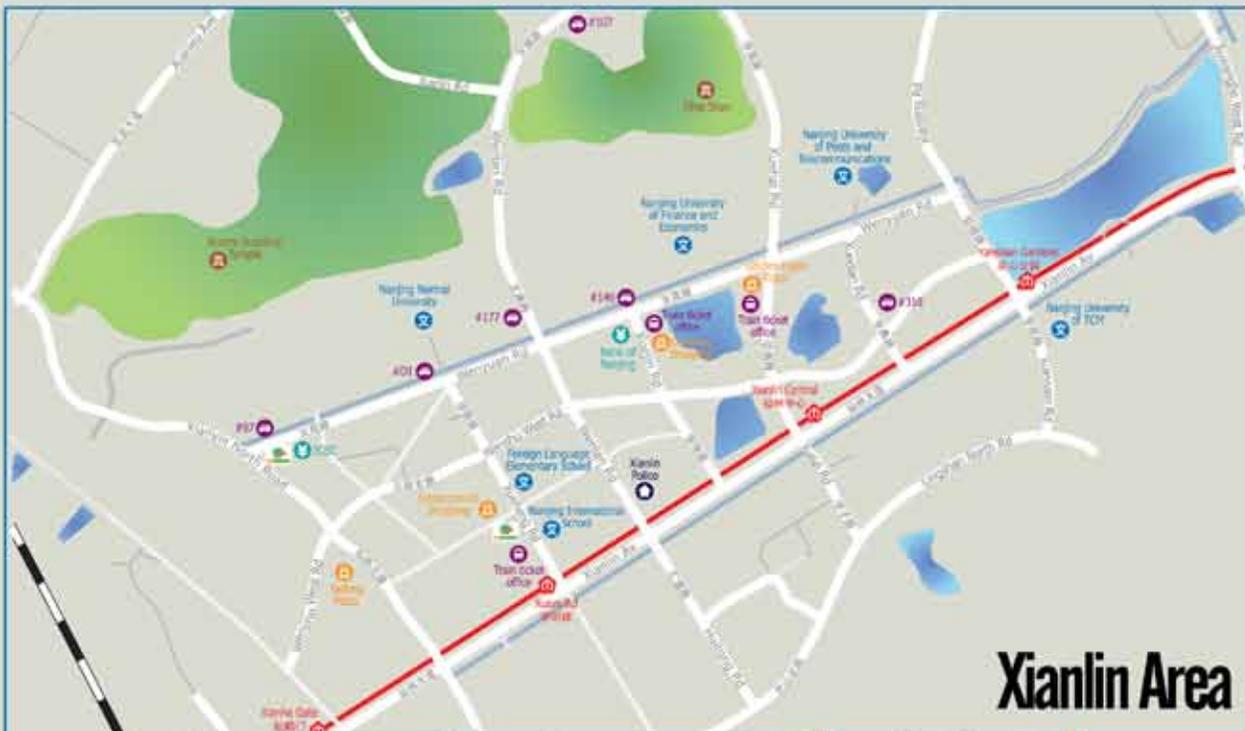
6 Zhongyang Road 中央路6号
83619190
Castle Bar is underground, but by no means unknown. One of the most popular hang outs for foreign students and older expats alike, Castle features a variety of music, some live performances, guest DJ's, pool tables, and various parties throughout the year. Open very late at weekends.







Jiangning Area



Xianlin Area

Map Symbol Legend

- | | | | |
|--|----------------------|--|-------------------|
| | Metro Station | | Metro Line 1 |
| | Coach Station | | Metro Line 2 |
| | Ferry | | City Wall Remains |
| | Airport Shuttle | | Tunnel |
| | Train Station | | Railway Line |
| | Shopping | | |
| | University | | |
| | Hospital & Clinic | | |
| | Attractions | | |
| | Government | | |
| | Banking | | |
| | Sport venue | | |
| | Villa/Resort/estate | | |
| | International Dining | | |



Olympic Area

For detailed information about these and many other classified ads please visit our classifieds section at www.nanjingexpat.com

Jobseekers - Positions Vacant

■ Looking For a Part-Time English Teacher

Edinburgh English courses are for children from 4 to 12 y.o. Responsibilities include: to prepare lessons, participate in outside of classroom academic, marketing and Center social events, to interact with both parents and young language learners in a way that makes language learning fun, engaging and educational. Necessary qualifications include: Native English speaker, bachelors' degree, teaching experience preferable, energetic and responsible person who likes children Compensation: ¥120 - 150 / hour (depends on experience) ianc928@hotmail.com.

For full advertisement text, visit: www.nanjingexpat.com

■ Full time and part time English teachers wanted

Five days a week. 20 hours maximum teaching hours per week. Most classes are scheduled during day time weekdays. Students from 7 to 10 y.o. 25 students per class. Working visa. Salary 6500-10,000 per month according to experience.

¥1000, accommodation allowance per month. Email: merry_lulu0908@sina.com.

Phone: 13016945458

For full advertisement text, visit: www.nanjingexpat.com

■ Korean ERP Business Analyst

Work directly with our Korean customers. Receive customer issues, research customer requirements, analyse customer system data, and provide the best solution. Play an important role as a technical consultant, offering suggestions for business process and workflow improvements. Contact Irene. Email: nanjingjobs@apprise.com.

Phone: 025-83455308

For full advertisement text, visit: www.nanjingexpat.com

■ Housemate wanted! Available now till 2nd November 2011

Sweet and easy going housemate wanted to share an apartment with two Traditional Chinese Medicine Students from Australia. Apartment is spacious and fully furnished, has everything you need to live comfortably. Secured entrance, lock up garage for car or bike, and very close to transport and local shops and eateries. Room is medium sized, clean and comes with Queen sized bed. Wireless Internet.

Email: rlw0021@yahoo.com / Call Mabel: 1595 203 7590, or Ray: 18652093324

For full advertisement text, visit: www.nanjingexpat.com

■ Looking for a room

I'm looking for a room from September. I'm clean and tidy, young European male.

I'll be teaching in Nanjing and studying mandarin.

Email: kdoveid@gmail.com / Phone: 13851417001

For full advertisement text, visit: www.nanjingexpat.com

■ Looking for Musicians

I am posting this for a friend. Looking for musical performance of any kind (singing, dancing, instrument playing, etc) as well as ritual girls for a commercial event. The entire event will last for 4 hours. You don't have to play for the whole 4 hours, so it really won't be a tough job. Date: August 20, 2011. Payment: between ¥1000-10000, depending on the kind of performance. For more details contact: Mr. Chen: 13813856675, or Mr. Chevy: 13951879586, email: 651162517@qq.com.

For full advertisement text, visit: www.nanjingexpat.com

Misc

■ Welcome baby Andrey!

Congratulations to Ralitsa, Artem and his very proud big sister!

Wanted: A place to advertise items for sale, jobs vacant, services on offer or anything in between.

visit: www.nanjingexpat.com or Email: classifieds@nanjingexpat.com

Welcome Home



Luxury furnished apartments, villas and offices available in Nanjing, expanding into Shanghai, Guangzhou, and Shenzhen.

Please contact T&J Properties LLC

phone: +86 025 847 28992

email: service@tjprops.com

or visit our website at: www.tjprops.com



Welcome Home

NIX THE NANJINGER EVENTS

Regular Weekly Events

Monday

Coffee Monday | Ellens | 09:00

Basketball | Nanjing International School | 18:30

Live Jazz | CD Pub | 20:00

Thursday

Tennis Group | Sofitel Zhongshan Golf Resort
| 09:00 | www.nanjinginternationalclub.com

Free Beer Thursday | Ellens | 20:00

Salsa Lessons | CD Pub | 20:00

Sunday

Chill Out Sunday | Ellens | 12:00 Nanjing Dragon Flies Ultimate

Frisbee Club practice | Nanjing Normal University Suiyuan Campus | 16:30

English Mass | Shigu Lu | 18:00

BBQ Chillout | Jimmy's | 20:30

Jazz Night | Don Quixote Bar | 21:00

Tuesday

Parents & Toddlers Play Group |
The British School of Nanjing | 10:30

Badminton | Nanjing International School | 18:30

Nanjing Toastmasters Meeting |
Meeting Room 409, Building Wen Tian Guan,
Hohai University, Xikang Lu, Gulou | 19.15

Live Folk Music | CD Pub | 20:00

Friday

Goldenbails Cricket Club |
Nanjing International School | 15:00

Shooters Friday | Ellens | 18:00

Buffet dinner | Fraser Suites lobby restaurant | 18:00

Wednesday

Wine Wednesday | Ellens | 17:30

Goldenballs Football Club |
Nanjing International School | 18:00

Live Music | CD Pub | 20:00

Killer Pool | Bluesky Blue Sky
Expat Bar & Grill | 21:30

Saturday

Latin Night | CD Pub | 20:00

Gulou English Corner | Gulou Square | 19:00

upcoming scheduled
events for

August

- 16 | Mixture Theory Nanjing Concert | 61 House | 20:00
- 20 | Shinee Nanjing Concert | Nanjing Olympic Centre Gymnasium | 20:00
- 21 | Rock Naadam 2011 | 61 House | 20:00 | ¥40
- 23 | Italian New-Classical Orchestra ASHRAM 2011 China Tour | Castle Bar | 20:00
- 24 | Nanjing Expat Networking Event | Pathways Spa Lifestyle Club | 18:00
| ¥100 | www.nanjingexpat.com for more information
- 26 | Old Boy | Shanghai Dramatic Arts Centre | 19:30 | ¥100+
- 26 | Norwegian Group Flunk 2011 China Tour | Shanghai Kento'Club | 22:00
- 27 | EUCCC 4th Annual HR Mixer | Intercontinental Nanjing, Prime Bar
| 14:30 | Members complimentary, Non-members ¥100
- 27 | Baby Mozart Symphony Concert | Nanjing Culture and Art Center
(南京文化艺术中心) | 20:00
- 28 | Castle In The Sky - Joe Hisaishi & Miyazaki Hayao Symphony
| Nanjing Culture and Art Center (南京文化艺术中心) | 20:00

upcoming scheduled
events for

September

- 11 | Norwegian Group Flunk 2011 China Tour | 61 House | 20:00
- 17 | Jolin - Myself 2011 Nanjing Concert
| Nanjing Olympic Centre Gymnasium | 20:00
- 21 | Mei 2011 Nanjing Concert | WuTaiShan Stadium | 20:00

Parents & Toddlers Play Group

Every Tuesday
at 10:30am for
children
0 - 4 years old



For more information
call 5210-8987.
Or visit us online
at www.bsn.org.cn



To submit your events
please visit

NANJINGEXPAT

.COM

View from The Bench

By Morcambe Liu

TIME
POOR
OR
TIME
RICH



If there were one single commodity that could be bottled and sold that would revolutionise the world today, it would be time. No matter how much you get done, there is always more to do. How often do you hear friends, family or colleagues say “I just did not have enough time” or “Sorry, I did not have time to finish that”. Mobile phones should arguably even ship with an additional preset sms; “I did not have time to get to that today, I will get it done first thing in the morning”. Of course this is not merely related to your professional life. It also gets personal and therefore impacts on your work life balance of which we have spoken before; “I didn’t have time to go to the gym this week” etc. The possibilities are endless.

If you are like most people, then you can probably identify with this from as far back as your school and university exams up until today.

IT SEEMS THAT ALTHOUGH EVERYONE HAS APPROXIMATELY THE SAME AMOUNT OF TIME EACH DAY, SOME USE THEIR TIME MORE EFFECTIVELY AND CAN ACHIEVE A LOT MORE.

Consider this scenario. Obviously, there are certain things you are required to do but if you change the way in which these are done, perhaps you can produce different outcomes. Often, a task can take twice as long as anticipated; from meetings, to supplier phone calls, to writing a report. If you have planned to do these three tasks over a morning and each takes roughly 50% more time, then what happens?

Planned Start Time	Task	Planned Duration	Actual Duration	Actual Start Time	Actual Finish Time
9am	Team meeting	60 min	90 min		10:30
10am	Phone call to suppliers	60 min	75 min	10:35	11:50
11am	Report writing	60 min	90 min	11:55	1:25

You had planned to go for lunch from 12 to 1pm, which would make time to prepare your meeting with management at 2, but as it is, your supplier phone call only finished at 11.45. Do you defer the report writing? Do you skip lunch?

IT IS THIS DOMINO EFFECT OF LATE RUNNING TASKS THAT CREATES HIGH STRESS.

One possible solution might be to change the way you schedule your time. Plan only 60% of your time. To do this, schedule 10-15 minute gaps between tasks, this time cushion can absorb those delays that hold us up. By installing these spaces you not only ensure stress levels will be reduced, you also increase the likelihood that each of your daily tasks can be completed on schedule.

- Another option is more directed at managing emails. Many people sit in front of their computers ready to pounce on an email once it is received, then filing it or perhaps taking action but often not. A way of dealing more effectively with email is to only open it at certain times during the day. For instance, 30 minutes in the morning, an hour in the afternoon and another 30 minutes before leaving work. In this way, when you open email you are ready to process them quickly and action the points that are relevant.

- Many people find time management techniques such as these are the key to a more productive day; to becoming more time rich. Try them and see! 

Send your questions and comments to coach@nanjingexpat.com



Hopeful Hearts

Help keep the young hearts beating...

The reality is, these children may not have survived if it weren't for the generosity of people like you.

97% of all money raised goes directly to paying for heart operations.

Hopeful Hearts assists in funding life-saving heart operations for local children.

These children have often been abandoned because of their condition, or come from a farming community where their family may have an annual income of about 1,200RMB.

Your time, talents and donations would be greatly appreciated in helping save the lives of more children like these.
For more information on how you can help, please email: hopefulhearts10@yahoo.com

www.hopefulhearts.info

Nanjing Youth Football League Starting Soon

Register today at www.nanjingfootball.com

(The deadline for registration is September 16th, 2011)

NYFL Autumn Schedule:

October 16th

October 23rd

October 30th

November 6th

November 13

Nanjing Football has a vision of sport that is not just about competition and exercise, but also involves learning, having a good time and making friends. NYFL teams are 8-a-side and is played over five weekends in which each team plays two games each time. The NYFL consists of six teams and is for children aged between 8 - 14 years of age. For more information, or to register for The NYFL please go to www.nanjingfootball.com



SPECIAL THANKS TO OUR SPONSORS



**The British School
of Nanjing**

