

THE NANJINGER

NANJINGEXPAT



VOLUME #2 / ISSUE #6 / APRIL - MAY 2012
南京极安 广告 苏印证: 2012-0043

紅綠燈霓虹夜

2012年4月27日、28日及五月每周五，晚8:00开始

男人帮、姐妹党，最多四位一组，**699元**分享利口酒一瓶、软饮四罐、果盘一份。

菲律宾DNA乐队现场情调演奏。免费进场。更有机会凭手环颜色与现场心仪的TA结缘：

绿色：单身，想结识新朋友

黄色：保密，聊聊看吧

红色：对不起，名花有主

提前预订，享受折扣后套餐价**499元**，仅接受100组

垂询及预订，请致电：8665 8888 - 6236

TRAFFIC LIGHT PARTY

27 & 28 April, 2012 and every Friday in May - 8:00pm until late

LIVE music by DNA band. Free entry. Choose your colored bracelet and make new friends:

Red if you are taken

Yellow if you are just looking

Green if you are willing to date

Drink package: **RMB699** includes one bottle of liquor, 4 cans of soft drinks and one fruit platter (maximum for 4 persons).

Pre purchase before event and pay only **RMB499**.

For more details and ticket sales, please call 8665 8888 6236

地址：南京万达希尔顿酒店，中国南京建邺区江东中路109号 邮编：210019
Address: Hilton Nanjing, No.109 Middle Jiang Dong Road, Jianye District, Nanjing, P.R. China Zip code: 210019
电话/Tel: +86 (25) 8665 8888 - 6208 传真/Fax: +86 (25) 8665 9888 邮箱/E-mail: nkgf.hotel@hilton.com



Europe Day 2012



EU 2012 中国
Year of Intercultural Dialogue
文化对话年

"Develop Your European Career"

Jointly organized by:



European Chamber
中欧商会

Join this unique and first
European fair and networking buffet in Nanjing to discover
European regions, culture, business and higher education institutions.

11th May, 2012

Fair starting at 2pm

Networking buffet starting at 6pm

Tickets for the buffet are available after prior reservation for RMB 120

Nanjing Cultural & Creative Association
302 Zhongyang Road, Xuanwu District, Nanjing

Gold sponsor:



BOSCH

博世 科技成就生活之美

Silver sponsor:



Principals Member Of Nanjing Chapter

For more information visit us at www.afnanjing.org or at www.eurochamber.com.cn



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

南京仁恒璞园国际公寓

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

By Fraser Hospitality

5 | Poem | Lost Health Park

6 | Editorial 辑语

8 | Censure | The End Of An Empire

11 | The Gavel | CIETAC - New Arbitration Rules 2012

12 | Heat Wave

16 | A Diet Of Paranoia

19 | What Doesn't Kill You...

20 | Anyone for "Sun"

22 | TCM - What's What

25 | Cookbook | Waldorf Salad

27 | Funny Fitness Freak

29 | No More OTC — Chinese Health Abroad

30 | The Cold Treatment

32 | The Trip | Yongding Roundhouses

34 | Corker | Sparklers That Hit The Marques

35 | The Nanjinger Cryptic Crossword | Chinese Corner

36 | In Conversaion With... | Mike Figgis & Mary Stephen

37 | Section Head | The Learning Organisation

39 | Top Of Mind | "I Will Be Wearing A Face With A Couple Of Eyes..."

40 | Out And About | The Egret Isle Park

43 | Previews & Reviews 预览及评论

48 | About Town 关于南京

50 | The Index 城市指南

58 | City Maps 城市地图

62 | Classifieds 分类信息

63 | Easy Doses | What Are Your Goals?

64 | The Big End | Golf/Sirocco Racer (Import)

Lost Health Park

by Kieron Dalton

*I*n the dust on the corner where the cars rush by
Dance the ladies of Lost Health Park, grasping life
From the air, saying in unison, and desperation,
Lost youth, past health, here I am. Come find me.
Again.

On the path by the water where the waves wash up
Old boys canter - backwards - on the road already travelled,
Retracing steps already taken to where youth was
lost and ill-health
Found.

In the trees, halfway up, where ripe fruit should be -
Suspended - by the crook of the knees, hang the old
Men, like rags caught by the wind, mindlessly tossed
Away, no longer having use; like wasted fruit, overripe
And slowly shrivelling, stretched out to once again tighten the skin.

While unaware and unaffected, the young and the healthy shuffle, plugged in
And wired up. Do they not know? All paths lead to Lost Health Park in
The end.

**An
Inclusive
Learning
Community
Inspiring
International
Mindedness,
Personal
Excellence,
Creative
Thinking.**



WWW.NANJING-SCHOOL.COM
+86 25 8588 8111
ENQUIRIES@STAFF.NANJING-SCHOOL.COM



What seems to be the problem?

Patient: "Well, these soaring temperatures have got my elderly parents living in fear, my chopsticks turned out to be poisonous, I've been drinking polymer based milk tea and I have found out that recycled oil has been used to make my butter. Help!"

Doctor: "Don't worry, we have just the cure. We recommend a course of acupuncture for your depression, tofu as a substitute for animal products, a few well chosen new Mandarin phrases for use at the hospital, plus a bit of a giggle over Nanjing Expat's attempts to keep fit."

Welcome to health from The Nanjinger.

到底哪里出了 问题呢?

患者说：“这飙升的温度让我年迈的父母生活在恐惧中。我的筷子还是有毒的。我喝的奶茶是含聚合物的，并且我发现我的黄油是循环使用的油做的。救命啊！”

医生：“别担心，我们刚好有对症的疗法。我们为您的抑郁症推荐一套针灸治疗。用豆腐取代动物制品，还有几个不错的新普通话短语供您选择使用，加上几个Nanjing Expat的傻笑小段子来使你保持身心健康。”

欢迎阅读本期Nanjinger杂志的健康专题。



SATURDAY MAY 26

7:30 PM TO LATE

Meet new people, enjoy cold drinks and the best pizza in Nanjing, have fun, and learn more about how to volunteer and give back to the Nanjing community.

Wokai T-shirts and photograph prints will be available for purchase, along with a raffle. The money raised will go toward small loans to help Wokai's borrowers start small businesses and pull themselves and their families out of poverty.

VENUE

JIMMY'S BAR

吉米酒吧

193 Shigu Road

behind the Sheraton Hotel

石鼓路193号石鼓湾美食街区

喜莱登酒店后面

Wokai is a 501(c)(3) non-profit dedicated to alleviating poverty in China through microfinance. Wokai allows contributors around the world to provide loan capital to borrowers in rural China via their website, www.wokai.org. Users can contribute as little as \$10 to a borrower's loan, track their borrower's progress as they repay each month, and redistribute their contribution to a new borrower's loan at the end of the loan cycle.

CENSURE: THE END OF

by Daniel Otero

In Singapore, Premier Lee's stance on America is that it has become a "benign" superpower (CNN, 2012). To a certain extent I believe this to be true. With our isolationist views, arrogance and the expectation that all information must be shared with America, we have shunned the rest of the world, forgetting that things have changed and that global cooperation and integration are now key. It seems that despite declaring our independence, we have modeled our behavior too much on our once empirical British cousins. Yet unlike the British, Americans are not readily accepting that their empire is now over. These basic facts are yet to become engrained into the American psyche, which still holds the attitude that the world can be ruled solely through military might.

THE SOONER AMERICA AND AMERICAN POLITICS ACCEPTS THESE TRUTHS, THE FASTER WE CAN GET BACK TO HARD WORK AND THE UNDERSTANDING THAT WE ARE NOT THE FISHERMEN THAT FEED THE WORLD.

The world has always fed itself. We just arrogantly thought that it could not go on without us. We are not the world leaders anymore. And while it may not be for a generation or two, the rise of China as the new global economic power will see us become the number two guys on the block for the first time in a long time.

This is not such a bad thing, considering that over the past ten years our skills in foreign relations have been very "questionable". We have fostered an attitude of mistrust and deception through our politics and our actions, namely some of the negative operations of Langley (CIA for all you young folks). In Iraq

we repeated the mistake of the Vietnam War and it became clear that many countries would not fall in line when they once might. This slow decline from the superpower that outlasted the USSR to one that now garners much global criticism and polarizes rather than unites, underscores that in terms of diplomacy and politics, America's empire is certainly falling. It is essential that we turn our focus towards rebuilding some of the bridges we have burned, particularly in the Middle East. There can be no doubt that it will take years to mend these relationships, to restore trust in America and to abolish the perception of us being global bullies. In order to do this we will have to look outwards and increase our cooperation with other countries from a level of equals rather than a superpower talking down to a middle power, because it is quite clear we are by no means a superpower in terms of international relations.

So this begs the question, in what way is America NOT a benign superpower? Well despite its political shortcomings, America is still a superpower in terms of equality, opportunity for all and cultural acceptance. We have come a long way from our days of Civil Rights issues, so much so that there are opportunities not only for Americans of all different ethnicities, but also for people from other countries.

The former Californian Governor was an Austrian born movie star, the editors of Marie Claire and Vogue are both English, and countless American TV shows feature actors from countries such as Canada, Australia and the UK. Some of the nation's biggest sports showcase our "melting pot" plurality with players of African, Chinese, Japanese, Indian and Native American descent, to name but a few.


A mad Scotsman raises hell on Kitchen Nightmares whilst a leggy German model hosts Project Runway; they're everywhere. It is not hard to see the influence of the Chinese in American culture either; Chi-

AN EMPIRE

nese products, Chinese food, Chinatowns all across America, Chinese films and actors, from the deceased Bruce Lee to the gorgeous Joan Chen. A foreigner with enough desire and hard work can still live out the "American dream". This is what I love about my country; everything that demonstrates how friendly we are and how easily we open our hearts to people coming into our country! It is here that America presents its worth to the rest of the world; continuing to be a guiding light to other countries in terms of multiculturalism and equal opportunity.

WE AMERICANS DO ENJOY OUR WAY OF LIFE, AND BY NO MEANS DO I WANT THAT CHANGED. BUT THROUGH ALL THIS WE HAVE TO LEARN ONE VALUABLE LESSON: MUTUAL COOPERATION.

Looking into the future, it is clear there are growing economic powers surging from the east in Turkey, India and China, as well as Brazil in South America. As these countries grow, the way in which the American government approaches them needs to change. If the world does not see us as a superpower, then we cannot keep acting like one. Yet at the same time, we should not be seen as totally useless.

SOME OF THESE UP AND COMING POWERS HAVE MUCH TO LEARN IN REGARD TO THE QUALITY OF LIFE OF THEIR CITIZENS AND HOW TO DEAL WITH A POSSIBLE INFUX OF MIGRATION AND MULTICULTURALISM. While America's role and level of power in world politics has changed, we are not quite benign just yet. And considering the issues of racism and ethnic tension in Singapore, maybe it wouldn't hurt Premier Lee to see some of the things that still make America great. 

Art For Business

- Art rental for business
- Bespoke pieces for sale
- Office gallery network
- Outlet for local artists

www.sinoconnexion.com/art4biz

SINOConnexion

南京贺福文化传媒有限公司



The Nanjinger is a publication of Nanjing Expat
Operated by SinoConnexion Ltd.
运营管理:南京贺福文化传媒有限公司
Editor-in-Chief: Frank Hossack
PR / Marketing Manager: Jeremy Liu
Deputy Sub-editor: Michael White
Creative Director: Ronald Paredes

Contributors:

Adam Wilkie, Claudio Rodriguez Suarez,
Dan Clarke, Daniel Otero, David Smith, Elie Zwiebel,
Elsie Yu, Hannah Guinness, Helen Movafagh,
Jochen Schultz, Kieron Dalton, Laura Helen Schmitt,
Megan Fisher, Menglei Zhang, Michael White,
Parsley Li, Rick Staff, Sarah Attig, Thomas Hale.

Graphic Design:

VOZ Design / www.vozdesign.com
Publication Consultants:
Life Magazine Korean Information

The Nanjinger - Nanjing Expat
Volume #2 Issue #6 - Health
April - May 2012
Nanjing City
Jiangsu Province
China

Licence number

VOLUME #2 / ISSUE #6 / April - May 2012
南京权安 广告 苏印证: 2012-0043



Copyright ©2012 Nanjing Expat

General Enquiries & Advertising

English/英文: +86 136 7510 8664

Chinese/中文: +86 138 5152 2275

Content or feedback: content@nanjingexpat.com

Sales: sales@nanjingexpat.com

Classifieds: classifieds@nanjingexpat.com

Introducing some of our contributors, writers and editors

Jochen Schultz has more than 10 years' proven management experiences at international training and universities. He has a deep knowledge in professional trainings, personnel and organizational development and developing relationships with clients from all over the world. He is now the Managing Director in China for a German Training & Consultancy Company.

Jochen Schultz在国际培训和大学教育方面有着10年以上的管理经验。同时在专业培训、个人与公司发展以及如何与世界各地的客户建立良好关系方面具备相当深厚的专业知识。现今，供职于一家德国培训咨询公司，任中国区总经理一职。

Rick Staff is from the UK and has 20 years cumulative experience as a wine trader, taster, and writer and was editor of 'Superplonk', the UK's popular wine guide, prior to moving to Nanjing in 2008.

Rick Staff来自英国，有着二十年丰富经验的葡萄酒商人、品酒师、作家，并且是《Superplonk》的撰写者，英国很受欢迎的葡萄酒鉴赏家，于2008年移居南京。

Dan Clarke has spent the last five years teaching public speaking and dealing with Western culture to university and adult students. In his spare time he works as a freelance writer online, and has started his own life coaching business helping people all around the world.

最近之五年来，Dan Clarke教大学生与成年人演说以及了解西方文化。此外，他使用业余时间当网络作者，也创立了生命教练公司，给予来自世界各个国家的人服务。

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》

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。

The Gavel

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



CIETAC NEW ARBITRATION RULES 2012

■ In the wake of the publication of revised Arbitration Rules by the International Chamber of Commerce (ICC) Court of Arbitration, the China International Economic and Trade Arbitration Commission (CIETAC) has issued its own revised Arbitration Rules, effective as of 1st May, 2012. The revision follows the trend to choose arbitration rather than the domestic court in order to quickly and effectively settle disputes.

CONSOLIDATION OF ARBITRATIONS

Due to growing cross-border trade, arbitrations referring to multiple parties or contracts are more and more frequent. Article 17 of the new rules responds to this issue by ruling that at the request of a party and with the agreement of all other parties, or where CIETAC believes it necessary and all parties have agreed, CIETAC may consolidate two or more ongoing arbitrations into one single arbitration. A rule very similar to this has also been added to new rules developed by the ICC. This clause will allow parties or an arbitral tribunal to bring different contractual parties into one arbitration, the procedural structure of which aims to make the process more effective than before.

INTERIM MEASURES

Article 21 of the new rules states that at the request of a party, the arbitral tribunal may order any interim measure it deems necessary or proper in accordance with the applicable law. While this is deemed as a brand new clause in the new rules, it is better to consider interim measures

as returned rules, rather than entirely new ones.

Meanwhile, measures such as requiring parties of a joint-venture to postpone the distribution of profits until disputes are settled, or prompt measures on controversial products which are unable to be preserved long-term, will in actual fact play the role of interim measures, enacted and enforced in daily arbitration.

This new revision clearly demonstrates CIETAC's strong position in international arbitration, thereby appealing to those who require urgent action in joint venture or intellectual property disputes.

MORE PRACTICAL RULES

The revised Arbitration Rules also improve on the specificity of some previous rules. For example, Articles 14, 15 and 43 grant power to the Secretary General of CIETAC to make decisions on specific issues before the arbitral tribunal is made. In addition, Article 8 states that if a party or its representative(s) has not provided an address or the parties have not agreed on an address, the arbitration documents shall be sent to such party's address as provided by the other party or its representative(s). The previous relevant rules are ambiguous on such points.

Through specification of these application conditions, CIETAC displays clear information to the disputed parties, the arbitral tribunal and the commission, leading to an arbitration process that is both more efficient and economic. 📌

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.

HEAT WAVE

by Frank Hossack
Illustration by Sarah Attig

■ *As one of the four ovens of China, the good people of Nanjing (along with same in Wuhan, Chongqing and Xi'an) are bracing themselves for another sweltering summer. Umbrella sales are at their highest level annually, while waitresses begin to at least ask, "Ni yao bu yao bing de?" and yet more chaos straddles the pavements thanks to the addition of the lounge. However for many, Nanjing's heat also brings with it worries for the well being of elderly relatives, while elsewhere in China, climate change has resulted in other health related concerns hitherto unconnected.*

It has been more than 30 years since the opening of Shenzhen, China's first Special Economic Zone. The record year-on-year economic growth the country has attained ever since has been largely driven by fossil fuels, leading to dramatic increases in emissions of greenhouse gases. Although emissions per person in China are at the global average, China surpassed the United States as the country emitting the most carbon dioxide as long ago as 2007. China is also a large emitter of methane and black carbon, the other two major contributors to global warming.

As in other parts of the world, China has experienced noticeable changes in climate over the past century. The annual average air temperature has risen by 0.5–0.8 degrees Celcius; slightly higher than the average global temperature increase, with most of these changes observed over the past 50 years. This warming trend has been more significant in western, eastern, and northern China than in the south while interestingly, the most significant temperature increase occurred in winter. This trend of climate warming in China is projected to intensify in the future.



For all this great upheaval, adaptation to climate change, and particularly health adaptation to such, remains at an early stage of development. While the Chinese government claims to pay great attention to climate change, to date there has been very limited study of any climate-related health impact. It may be obvious to any right minded individual, but until recently there was almost no scientific evidence to suggest climate change is indeed affecting human health in China, both directly and indirectly. (Happily) the glove is now on the other hand, to the extent that the growing body of evidence categorises that health impact from climate change falls into three categories; mortality from extreme weather events, changes in air and water quality, and changes in the ecology of infectious diseases.

Heat waves and other extreme weather conditions have been associated with increased death risk in many large Chinese cities, with elevated mortality during temperature extremes attributed mainly to cardiovascular and respiratory diseases, especially among the elderly. Yet, an improvement in

living conditions resulting from economic development has helped reduce heat wave related health impacts. 1998 and 2003 were both extreme heat wave years that led to increased mortality, but despite being meteorologically similar, elevated mortality was much less pronounced during 2003.

It is largely accepted that this is attributable to people's adaptations to climate change; increased use of air conditioners, larger living spaces, increased urban green space, higher levels of heat awareness and the implementation of a heat warning system issued by local meteorological authorities. These are all factors that can reduce the health risks imposed on residents.

The interaction of high temperatures and severe air pollution is also producing a health impact of its own. Nanjing's high summer temperatures enhance the effect of particulate matter $\leq 10 \mu\text{m}$ (PM10) on cardiopulmonary mortality. In addition, the levels of some secondary air pollutants, such as ozone, are affected by temperature and tend to be higher on hot days. Epidemiological evidence from Chinese cities indicates that significant risks from ozone are associated with increasing temperatures.

At the other end of the year, rising temperatures are affecting climate-sensitive infectious diseases carried by animal hosts or vectors; in China these include schistosomiasis, Japanese encephalitis, Dengue fever, malaria, and *Angiostrongylus cantonensis* infection. With winter temperatures on the up, *Oncomelania hupensis* (the intermediate host of *Schistosoma japonicum* in China) may increase its range, thereby spreading schistosomiasis to the northern part of China.

Much of the difficulty in assessing possible action plans for combatting health impact from climate change in China comes down to the lack of reliable information on possible modifiers for the health impact of thermal extremes, such as pre-existing health status and population demographics. Whereas in Europe it is widely accepted that the 2003 summer heat wave resulted in over 44,000 thousand excess deaths, China's huge differences in climate and developing informational infrastructure make such statistical reporting altogether another challenge. Typhoons, floods, blizzards, windstorms, drought, and landslides all undoubtedly result in important direct and indirect health effects but remain difficult to assess.



The World Health Organization (WHO) estimates that climate change may already be causing over 150,000 deaths per year and these risks are expected to increase substantially in the future. These health threats are overwhelmingly concentrated in the poorest regions of the world, sadly those who have contributed least to global climate change.

Health infrastructures in many developing countries are already stretched beyond capacity in the supply of even the most basic health protection. Studies conducted indicate that unless co-ordinated effort is implemented, climate change is likely to result in further demands on health services leading to the resultant increasing burden of disease.

While there is an increasing awareness that climate change poses significant health threats, responses have historically concentrated on dealing reactively with climate-sensitive diseases. Consequently, little attention has been paid to pinpointing exactly what vulnerable and under resourced developing countries can do to implement strategies that minimize the health impacts of climate change in ways that pose little financial burden to the already cash-strapped state.

Such are the goals of a joint World Health Organization/United Nations Development Program project, funded by the Global Environment Facility, presently being undertaken (over a four year period) in seven different countries, chosen to represent a cross section of health threats impacting from climate change. They include highland areas (Bhutan and Kenya), water-stressed areas (Jordan and Uzbekistan), low-lying developing areas (Barbados and Fiji), and China. Nanjing is one of four cities in China chosen for the study.

With a planned budget of US\$24 million, the project will focus on selecting and prioritizing long-term cost-effective adaptation strategies, implementing these adaptations in the field, and sharing the lessons learnt. It is hoped to bring about measurable changes in the adaptive capacity of pilot countries, for a reduction in the burden of climate sensitive diseases and of the effects of climate change on human health, for integration of planning and implementation of practice across sectors and for the identification and application of short-term incentives to change behaviour that reduces long term vulnerability to health impacts from climate change.

This project is explicitly designed for developing countries that not only are subject to the broadest possible range of health vulnerabilities to climate change, but also have both the commitment and capacity to respond. Once these adaptation approaches are better defined, the project has the long-term aim of rolling out such methods to other countries facing similar stresses, but with fewer resources.

Nanjing's summer may be knocking on our door, but it is her winters that have of late been more of an indication of climate change. Nationally, future research shall help to more accurately assess morbidity due to temperature extremes, vector-borne diseases, air quality, pollen and mold counts, food-borne and waterborne diseases, plus the physical and mental health impacts from extreme weather events. While China strives to quadruple its gross domestic product of 2000 by 2020, it will consequently face even more serious challenges as regards climate change. The WHO/UNDP project is one of the first of many required steps to be taken, steps that if followed in could result in welcome news for everyone sweating it out on a hot Nanjing summer's day. **NJ**



YOUR HEALTH AND THE HEAT

Dr. Tanya from the Nanjing International SOS Clinic shares a few tips on how to look after your health through the summer heat.

It is not only the elderly at risk; even young healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Hyperthermia/Heatstroke is the result of high temperatures combined with high humidity making it harder for your body to regulate its temperature. High humidity and temperatures are also the perfect breeding ground for bacteria and fungi leading to an increase in infections and rashes over the summer months.

Stay cool and minimize your exposure to the sun. Find shade, use an umbrella or ice to cool yourself down if available.

Try to schedule strenuous outdoor activities to mornings and evenings. Rest often in shady areas so your body's thermostat has a chance to recover.

Stay hydrated and increase your fluid intake regardless of your activity level. Do not wait until you are thirsty to drink!

Wear as little as possible when you are at home. Light coloured, loose-fitting, natural fiber clothing will help keep you cool.

Keep skin dry. This makes it harder for microscopic creatures to breed and cause irritation.

Practice good hygiene. Wash hands regularly, particularly after using the bathroom, before eating and before and after handling food.



@MAZZOCLUB 官方微博
WWW.MAZZOCLUB.COM

Party
2012 in
May

KENNETH
DJ.

&

五月強勢加盟

MC.
KING LOVER

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

A DIET OF PARANOIA

by Ronald Paredes



“Don’t walk barefoot or you will get diarrhea”, “Even when it is hot you should cover yourself or you will get the flu”, “The smell of fresh paint will give you cancer”, “The smell of a new car will give you cancer”, “The smell of new chairs will give you cancer.... in fact the smell of anything new will give you cancer”...

■ It has always seemed to me that Chinese people are a bit too paranoid about anything that relates to living a healthy life. Yet after witnessing with horror how companies in China can endanger the lives of humans, including defenceless babies, just to make a profit, really gave me a new perspective.

The terrible case of the tainting of milk and formula products with melamine in 2008 that saw six babies die and approximately 300,000 who became sick set alarm bells ringing the world over. Dairy products manufactured in the Middle Kingdom were no longer to be trusted. Even the famous milk candy with the adorable white rabbit was taken off shelves worldwide.

Locally, this case put the spotlight on not only every company producing alimentary goods but also farmers. A massive search began on the part of consumers who were looking for any products with doubtful processing or suspicious chemical additives. The search continues to this day and is yielding astonishing results, so much so that it seems it would be easier to list the products that you can actually ingest rather than those you should avoid. But that wouldn't be as interesting, so here a few to watch out for:



Poisonous Chopsticks

It was discovered recently that some companies producing disposable “single use” chopsticks were soaking the bamboo sticks in pools of sulfuric acid and using industrial talc and paraffin wax to polish the chopsticks.



We are well aware of how fried food and the consumption of oil can affect our bodies. In fact, doctors very strongly advise against using cooking oil more than once as it not only loses its qualities but also produces substances which can cause hypertension and cancer. Even worse than reused oil is recycled oil, and there is every likelihood you could be ingesting it without even realising.

Restaurants gather all the left over food of the day in big barrels that are taken by garbage collectors to be “properly disposed”. Some of these collectors take this discarded food to a place where it is boiled to make the oil rise to the surface, after which it is filtered to “clean it” of food, garbage and any other particles. Some restaurants buy this slop oil for a much cheaper price to cut costs.

It is not only the cheap little restaurants that are doing this. Very recently it was discovered that some companies were using this recycled slop oil in the production of butter; the very same butter that has been used by some of our favourite bakeries to produce delicious cakes and buns.



Plastic Milk Tea

Somebody once spilled a little milk tea on our table and neglected to clean it up right away. Several hours later the liquid had become a

piece of plastic. Much of the milk tea we all enjoy in the street has had polymer based products added to make it richer and tastier. It is not just the liquid; the little balls you find in the beverage are made with the same polymer substance.

Fresh Dead Meat

牛白叶 (niubaiye), a popular dish that can be found on the street comprising cow entrails, keeps its fresh appearance thanks to the formaldehyde that is added to the stew in which it comes. The same goes for some of the little kebabs with meatballs and sausages one sees on the street. There is also evidence to suggest that the meat found in some of the precooked “ready to eat” sausages may also have been treated chemically to eliminate the fat and make it look like whole pure meat.



Love for animals, but not in that way...

If you are a cat or dog lover you might want to stay away from kebabs in the street; dog and/or cat meat is commonly used in the preparation of these meat sticks. In many cases this animal may also have died of some kind of sickness. In writing this article I also discovered that a lot of places soak cat meat in sheep urine so that it may pass as lamb.

Pork or beef?

There are several companies in China responsible for producing harmful chemicals and additives to modify food and scam the consumer. One of the most well known is a chemical that can alter pork so that it resembles beef in order for it to be sold at a higher price.

The list goes on...

The famous “malatang” 麻辣塘 is another dish stewed in a soup that could contain anything from discarded food to chemicals so as to increase taste and make it last for several days without being replaced.

Virgin boy eggs

While doing research for this article I was surprised to find one of the most ghastly dishes was one that is not chemically treated or modified at all, it is just a case of extreme cultural belief. In the city of Dongyang you can find a local delicacy consisting of eggs soaked and then cooked in young boys urine, preferably under 10 years old. Vendors claim the eggs provide “remarkable” health benefits. The urine used to cook these eggs is collected from the toilets of local primary schools.

While the existence of many such food practices can have an obvious negative impact on your physical health, there is also the mental aspect. As much as I resist living in fear, constantly looking over my shoulder and being suspicious of everything and everyone, it is difficult not to think about these things. I find myself in the middle of a meal wondering what I am eating, where it has come from and what has happened to it. Then I lose my appetite.

Although it would be ridiculous to live in total fear of the origins of your food, it is important to realise that not everything is merely a product of paranoia. You should be very careful with what you put in your mouth; there are unscrupulous people with a complete disregard for your health and they are trying to profit from you. And sadly, not enough is being done to stop them. **NV**

What doesn't kill you can only make you Stronger. Right?

by Hannah Guinness

■ In a world where increasing emphasis is placed on prevention rather than cure, we are constantly bombarded with directives. Whether it is to do more exercise or to eat more acai berries to lower the risk of cancer, the advice is as diverse as it is endless. Living in China is no different. Our overheated brains are confused, bewildered and reacting by directing us to reach for a donut. Herein The Nanjinger carves a small oasis of rationality out of the surrounding clamour, in order that you maintain an optimum level of health in China:

Only dine in establishments that use recycled cooking oil. The more times it's been reused the better. Don't listen to the naysayers warning you against this, bleating on about carcinogens.

As my dad likes to say about almost everything, it will put hairs on your chest. The same philosophy can be applied to drinking unboiled water. It will only make you tougher.

From now on, don't bother taking off your shoes when you walk into the house. This is especially beneficial if small children live in the house, what with their penchant for picking things up off the floor and putting them in their mouths. Many child-rearing manuals encourage you to let your child play in the sand pit in order for them to build up a healthy resistance to germs. So why not bring the fresh grime of the streets of Nanjing into your home for your child to enjoy?

Next time you go to the supermarket, only buy fruit that hasn't been bitten by insects, for instance those red glossy apples that can be found almost everywhere. Flies avoid them not because the fruit is pumped full of harmful pesticides, but because the little creatures, out of aesthetic appreciation, don't want to spoil the apple's pristine beauty with unsightly bite marks.

If you want to do some exercise, avoid parks or gyms and instead seek out busy roads on which to cycle or jog. Better yet, practise your tai chi on an exhaust fume-wreathed traffic island in the middle of Xijiekou. You're also lucky enough to be living in a country where smoking is permitted practically anywhere. If Elizabethans believed that tobacco was medicinal (they were also sensible enough to bathe only once a year) then so can you.

So light up with gusto,
and always remember to inhale. **NJ**



Anyone for "Sun"

by Parsley Li

To most Westerners the idea of eating the roots of plants seems strange and unusual.

For the Chinese, however, it is commonplace with "sun" (bamboo root) being particularly popular. This is due to the fact that food consumption is based on culture.

The penchant for "sun" amongst the Chinese has caused prices to skyrocket, seeing the price of the root in some areas on par with that of pork, or even much higher. This highlights that while it has not assumed dominance, vegetarianism is growing, with more people choosing to become vegetarians everyday. There are a multitude of reasons for this decision; health benefits, lifestyle choices, moral or religious beliefs as well as the fact that some people genuinely do not enjoy meat. While it is clear most Chinese people are carnivores, there is also a great undercurrent of vegetarianism in Chinese food consumption; a part of our culture that Westerners should discover and embrace.

According to Buddhist doctrine killing is a great sin and abstaining from eating animal products is a vital part of their belief system. During their lives as vegetarians, Buddhists indulge in such dishes as Su Shao E (vegetarian goose), made by nuns or monks and taking on the appearance of a roasted goose when it is purely bean curd wrapped mashed potatoes or yam presented in an anserine shape. The very first time I saw this dish, I took it to be a genuine succulent goose, but soon realized that I had been tricked once I poked my chopsticks into it. Despite the subterfuge, this novel, aromatic and delicious dish always arouses my appetite at first sight. To those who desire but cannot partake, such vegetarian cuisine can virtually satisfy their cravings for meat.

While for Buddhists vegetarianism is born out of faith and a belief system; many Chinese, both vegetarians and meat eaters, consume non-animal products on account of their great health benefits.

A wide array of these foods can be found in China, whereby among those most common and highly recommended. “Sun” grabs gold, being part of the Chinese staple diet and containing enough amino acid to reduce high levels of cholesterol, as well as tasting fresh and delicious no matter whether boiled, sautéed or even preserved. Tied for second are the several kinds of fungus regularly eaten in China; Hei Mu Er (black fungus) is eaten to cleanse the body internally and Bai Mu Er (white fungus) to moisten skin and maintain beauty as it contains collagen. Dou Fu (tofu) is probably the most familiar vegetarian style Chinese food to Westerners, no doubt due to its versatility. At lunch you can boil some tofu soup with a variety of meats and/or vegetables. For dinner you can cook Ma Po Dou Fu (spicy tofu) or mix and stir fry some green vegetables with Gan Si (sliced bean curds).

Containing higher levels of protein, and more calcium than meat, tofu is the most ideal substitute for animal products. For women, Huang Dou (soy bean) can boost estrogen levels and prevent osteoporosis, adding to the reason why Dou Zhi Pin (soy bean products) are the most popular foods on the Chinese market.


The prevalence of soy in Chinese cuisine does not just pertain to food either. Whilst hot coffee is probably the most common

drink for Westerners on a cold winter morning, Re Dou Nai/Dou Jiang (hot soy bean milk/drink) in date, sesame or peanut flavor is the pick me up of choice in China. Though the drinks may be entirely different, the ways one can acquire them are actually quite similar. Re Dou Nai/Dou Jiang can be made at home with a sachet of manufactured soy bean milk powder, ground in your kitchen using fresh soy beans or purchased in liquid form such as Yong He Dou Jiang (Yon Ho Soy bean Drink) from a restaurant or street vendor. Is this beginning to sound familiar?.

Even simple vegetables are rich sources of vitamins and minerals and therefore feature daily in the Chinese diet. Bo Cai (spinach) is regularly eaten to replace lost blood and maintain iron levels in our system, in order to prevent anemia. On the street you will find vendors standing by large sooty stoves peddling Shan Yu (sweet potato). In this ubiquitous scene you will find them on the streets of almost every Chinese city yelling at passers-by, “Nin yao lai dian er Hong Shan Yu ma?” (Would you like some smoked sweet potatoes?). Though the cooking style may seem unhygienic, don’t judge a book by its cover! They are full of Vitamin A and C, dietary fibre and micro-elements while also containing limited calories they make the perfect choice for people who are on a diet.

These are just a few examples of how the Chinese have found great benefits in non-animal products, which has seen these foods become engrained in the staple Chinese diet.

From the crispy duck of Beijing to the beer fish of Yangshuo, China’s meat oriented cuisine is famed. My American teacher once commented to me that with China being such a paradise for gourmets, as a vegan it was extremely difficult not to be tempted. There can be no doubt that being a vegetarian or carefully considering what you eat is a lifestyle choice, and often a difficult one. However, it is clear that Chinese culture has also embraced many aspects of vegetarianism and should be seen as a great culinary opportunity for vegetarians and meat-eaters alike.

Why only gorge on the range of meat, fish and poultry available when one can feel justified and challenged to regularly attempt some unfamiliar and intriguing vegetables with an exotic oriental appeal? The next time someone says, “You ren yao lai dian er ‘Sun’ ma?” (Anyone for ‘sun’?) or “Ni xiang chang chang Hong Shan Yu ma?” (Would you like some smoked sweet potatoes?) — Just reply, “Dui, xie xie, wo xiang chang yi xia!” (“Yes thanks, I’d like to have a try!”); the alluring delicacies will not see you walk away disappointed. 



TCM - WHAT'S WHAT

by Laura Helen Schmitt & Claudio Rodriguez Suarez

■ According to Dr. Ren Jianing of the acupuncture department, Jiangsu provincial Traditional Chinese Medicine (TCM) hospital, there is a growing body of scientific evidence in support of the effectiveness of TCM. The doctor says, "Molecular techniques prove that electric acupuncture point stimulation can activate substances in the brain... [as a result] brain receptor binding capacity has improved significantly." Increasingly, more people (outside of China) are opening their minds to the possibilities of TCM. So what comprises this medical practice that has been steeped in mystery for so long?

The two outstanding features of Traditional Chinese Medicine are the holistic point of view, and the application of treatment according to differentiation of symptom-complexes. The holistic point of view refers to the "Correspondence between human and the universe" (天人合一), one of the basic theories in TCM, according to which the physical structure and physiological phenomena of the human body, as well as pathological changes are heavily influenced by variations in the natural environment. Therefore, environmental factors such as climatic conditions and geographical location are be considered in diagnosis and treatment.

TCM with its 2000 years of tradition can also be seen as the counterpart to Western medicine. It focuses not on anatomical structures but rather functional entities that regulate our body and the flow of energy known as Qi (气). In a healthy person, these entities interact harmoniously, while sickness represents a disharmony in the interaction of our bodies' entities and in the flow of our Qi. There are four main areas of TCM.

Herbal Medicine (中药)

With about 13,000 types of herbal medicine there is a lot from which to choose. As a cocktail of many substances, the prescription will typically consist of two main ingredients targeting to soothe the ailment and will be further adjusted according to the individual's symptoms. In this case, the balance and interaction of ingredients is considered more effective than merely focusing on one single ingredient. This is very different to the West as the easier and more convenient option of patent medicine cannot be customized.

Many of these medicines are not as scary as people tend to believe; the majority consist of plant elements and extracts. However, TCM has been known to use animal substances that are not only strange e.g. cow's gallstones, but are actually won from endangered species. Examples of these include male tiger's genitalia as an aphrodisiac and rhinoceros horns for fevers and convulsions. Their effectiveness is disputed due to lack of clinical evidence. Fortunately no longer in use, certain human body parts were also used for TCM in the past including bones, fingernails, dandruff and urine.

The system of herbal medicine is based on classifications, one of them called the Four Natures (四气 siqi) which categorizes hot, warm, cool and cold. In this system, hot

and warm herbs are meant to counteract cold diseases and vice versa.

Acupuncture and Moxibustion (针灸)

Correcting the disharmony in a patient's Qi is the goal of acupuncture. To this end, acupuncture points in the body need to be stimulated, most commonly through inserting thin metal needles into the skin, which can be manipulated manually or with electric stimulation. This corrects the flow of Qi through the body, though the existence of Qi and therefore the effectiveness of acupuncture are yet to be scientifically proven.

There are 64 different kinds of diseases for which acupuncture is considered to be the main therapeutic method for treatment. These include insomnia, slight depression, arthritis, obesity, allergies to food or pollen, diarrhea and constipation, as well as helping people to give up smoking and assisting with specific male and female issues such as infertility, irregular menstruation and prostatitis. Moxibustion, on the other hand, describes the burning of mugwort at acupuncture points on the patient's skin. This should stimulate the circulation and the flow of blood and Qi. While practitioners believe in its ability to treat chronic problems, claims have been made that this practice can also be used to turn breech babies.

Massage (推拿) and Cupping (拔罐)

Tuina massage is based on Taoist and martial art principles with the goal of moving the energy in the body and the muscles. The treatment consists of brushing, kneading, rolling, pressing and rubbing the areas between joints.

Further, the use of motion, traction and massage can be applied to stimulate acupressure points. Tuina is meant to treat both acute and chronic conditions of the muscles and the skeletal system in addition to many other conditions.

Another form of massage in TCM is cupping. If you have ever wondered about those people with big red circles on their back, this is what they have been up to recently. On the body are placed glass cups in which the air is heated. As the air cools, the lower pressure inside the cup creates suction. With the help of massage oil the cups can be slid around the back resulting in a reverse-pressure massage.

Qigong (气功)

Over 2000 years in the making, Qigong exercises are considered the active part in TCM. They are meant to heal the body and keep it healthy by regulating and strengthening body and mind. Again, the idea is the manipulation of Qi, this time by way of exercising. It includes certain positions, moves and breathing exercises in addition to concentration and imagination exercises.

Dr. Ren Jianing saw first hand the growth in popularity of TCM ten years ago in Norway thanks to word of mouth.


"I gradually treated around 90 patients a day. Royal family members, Parliament members started to come and received my acupuncture treatments. They all regarded acupuncture as a miracle. It's a natural therapy without any side effects."

Aghaguliev Jeyhun (Azerbaijan) passed the one-year Chinese language course at Nanjing University of Traditional Chinese Medicine (NJUTCM), and then took up a Bachelor's degree in the university, immediately beginning to study the theory of Chinese medicine.

"Memorising a list of important acupuncture points and meridians didn't prove to be difficult, but TCM diagnostics gave an impression of the Great Wall of China, with almost no way to overcome it, because the book used for the studies had a large number of classic Chinese characters that are not used anymore, with even their ancient meanings, which almost no teacher is able to explain properly."

Carolina Akerman (Argentina) has just arrived in Nanjing. As a previous patient of various alternative therapies (kinesiology, naturopathy, TCM, Osteopathy), she decided to take up a study of TCM from a holistic view of the individual.

"It is impossible to take TCM to Western cultures without its context, and it cannot be translated literally... Therefore, to become a useful tool for other cultures [it] is essential to have a clear understanding of its method. Considering this, I felt essential to my education [was to] spend in China as long as my obligations and economy allow."

"Although my stay in China will be tough... I don't speak the language, I'm alone, etc, after just one week of this experience my balance is highly positive, I feel that my goals are being achieved and it fills me with satisfaction." 



SCHEDULE

SUNDAY MARCH 11TH	SUNDAY APRIL 29TH
SUNDAY MARCH 18TH	SUNDAY MAY 13TH
SUNDAY MARCH 25TH	SUNDAY MAY 20TH
SUNDAY APRIL 15TH	SUNDAY MAY 27TH

ROUND.1

TIME	GAME.1 TEAMS	GAME.2 TEAMS
11am	NANDA VS CAMELS	S'FFIELD UNI F.C. VS NFLS
12:10	NJ LIGERS VS SINOSURE	J LIONS VS SUJIAOKE F.C.

ROUND.2

TIME	GAME.1 TEAMS	GAME.2 TEAMS
11am	SINOSURE VS NFLS	NJ LIGERS VS CAMELS
12:10	J LIONS VS S'FFIELD UNI F.C.	SUJIAOKE F.C. VS NANDA F.C.

ROUND.3

TIME	GAME.1 TEAMS	GAME.2 TEAMS
11am	NANDA F.C. VS NJ LIGERS	CAMELS VS NFLS
12:10	S'FFIELD UNI F.C. VS SUJIAOKE F.C.	J LIONS VS SINOSURE

ROUND.4

TIME	GAME.1 TEAMS	GAME.2 TEAMS
11am	NANDA F.C. VS NFLS	SINOSURE VS S'FFIELD UNI F.C.
12:10	SUJIAOKE F.C. VS NJ LIGERS	J LIONS VS CAMELS

ROUND.5

TIME	GAME.1 TEAMS	GAME.2 TEAMS
11am	SUJIAOKE F.C. VS SINOSURE	NFLS VS NJ LIGERS
12:10	S'FFIELD UNI F.C. VS CAMELS	NANDA F.C. VS J LIONS

ROUND.6

TIME	GAME.1 TEAMS	GAME.2 TEAMS
11am	NFLS VS SUJIAOKE F.C.	J LIONS VS NJ LIGERS
12:10	NANDA F.C. VS S'FFIELD UNI F.C.	CAMELS VS SINOSURE

ROUND.7

TIME	GAME.1 TEAMS	GAME.2 TEAMS
01:00PM	J LIONS VS NFLS	SINOSURE VS NANDA F.C.
02:10PM	S'FFIELD UNI F.C. VS NJ LIGERS	SUJIAOKE F.C. VS CAMELS

LOCATION:
ZHENG DE COLLEGE SPORTS COMPLEX

With teams entering Round 5 of Nanjing International Football League there was a little sluggishness in their movement on the pitch. whether this was due to the fact the majority of the teams had recently competed in the very entertaining Nanjing International Football tournament or if it was the humid weather is unknown. Sheffield University were competing against a very clinical and patient Jiangning Camels who are known for their counter attacking style of play but on the day Sheffield were dominant from the start and made light work with a 3-0 victory to keep themselves comfortably at the top of the table with 15 points.

In the other game Nanjing Ligers who were the recent victors of N.I.F.T. made hard work of their game against a very competitive Nanjing Casuals but in the end their strength and power eased them through with some quick scoring towards the end to finish 3-0 up. NanDa F.C. vs Jiangning Lions has been postponed for a week along with Sujiaoake F.C. vs Sinosure due to work commitments and injuries.

NANJING INTERNATIONAL
FOOTBALL LEAGUE



	TEAM	GP	WD	L	GF	GA	GD	PTS
1	SHEFFIELD UNI F.C.	5	5	0	0	25	2	+23 15
2	NANJING LIGERS	4	3	1	0	14	2	+12 10
3	JIANGNING CAMELS	5	3	1	1	17	7	+10 10
4	JIANGNING LIONS	4	2	0	2	11	11	0 6
5	NANDA F.C.	4	2	0	2	6	7	-1 6
6	NANJING CASUALS	5	1	0	4	7	14	-7 3
7	SINOSURE F.C.	4	0	0	4	3	21	-18 0
8	SUJIAOKE F.C.	3	0	0	3	3	16	-13 0

藤美 Studio 21

*The Home
of Genuine European
Cuisine in Nanjing*

**Grill Restaurant
& Catering Services**

We've Done It All!



From concept to dessert;
key solutions for memorable parties!
Studio 21 caters for all your private
and company functions with
a service at international
quality standards.

Contact Alessandro
For Your Tailor Made Party Proposal
At 13072525212 Or 86795269.

THE NANJINGER  COLLECTABLES

WALDORF SALAD



INGREDIENTS

1/2 cup mayonnaise or salad dressing
1 tablespoon lemon juice
1 tablespoon milk
2 cups unpeeled red apples coarsely chopped (about 2 apples)
1 cup celery, chopped (about 2 stalks)
1/3 cup coarsely chopped nuts
Salad greens, if desired
Optional: You can also add two tablespoons dried cranberries,
cherries, raisins, etc.

DIRECTIONS

1. In a medium bowl, mix mayonnaise, lemon juice and milk.
2. Stir in apples, celery and nuts.
3. Serve on salad greens if desired.

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) ➡



沃尔多夫沙拉



配料

1/2 杯蛋黄酱或者沙拉酱
1 汤匙柠檬汁
1 汤匙牛奶
2 杯带皮红苹果,切成大块 (大约2个苹果)
1 杯芹菜,切碎(大约2根)
1/3杯果仁,切成大块 绿叶蔬菜,如果需要
可选用;可以加入2汤匙蔓越莓干,樱桃干,
或者葡萄干,等 等。

制作方法

1. 在中号碗里,混合蛋黄酱,柠檬汁和牛奶。
2. 加入苹果、芹菜和果仁并搅拌。
3. 根据个人喜好与绿叶蔬菜一起食用。



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!



Beginning end May
Nanjing's very first

international pool championship

¥3,000
CASH
1st prize!

Plus many more!



Further info

13813891928

jere88@gmail.com

To register

Join the IPC group

www.nanjingexpat.com/ipc



LAOWAI JOGGING AHEAD
前方有老外慢跑

Funny Fitness Freak

by Megan Fisher



On that first sunny, warm day in Nanjing about two months ago, I decided to go for a run down the road.

It had been forever since I had exercised. Once a fitness freak, I am now the kind who decides hibernation is the best medicine in the winter. But, really, fitness is the only thing I have going for my health. My eating habits were always terrible. My husband and I recently went to the Westin Hotel for the buffet, and I ended up getting one plate of dinner and four helpings of the dessert line. Oops.

I strapped my David Bowie tunes to my arm and shoved a hat on my head because I knew I would be stared at for being a laowai, and no one looks like a Nike advertisement when they jog. In actuality, we are all flailing, red-faced, and gasping for air.

As I walked out of my apartment community, stretching my arms, people turned to look. I obviously meant business.

I have often noticed how few people jog on the sidewalks. I have seen them lunging, twisting, and pumping their arms as they walk on by, but only a few ever jog. As I ran down the road, Chinese people stared then looked behind me as if asking, “What is she running from?”

Tracks exist in Nanjing, but they are not always easy to find. Sometimes they are located in a ritzier apartment community or behind a university. ***The pathway around Xuanwu Lake is a perfect place to jog or skate,*** if you live nearby it or are dedicated enough to make the trip for it.

As I returned from my jog that day, I could not shake the feeling, however, that I was sucking down bucketfuls of pollution. That haze we see blanketing the city most days is not fog, after all. Jogging outside was suddenly not as lovely as it used to be.

So what else is there to do for exercise in Nanjing?

Gyms are everywhere. They usually offer the whole package including treadmills, weight lifting equipment and free weights, and classes. Even the classes offer a range of variety from ballet to yoga to hip-hop dance. You might even find Zumba.

There are a few things you should know about Chinese gyms. Firstly, you can bargain! Argue that membership rate down, and you will be glad you did. Secondly, it may cost more, but applying to a larger gym is worth it. Thirdly, the Chinese are not shy in the locker room. Don't be surprised to walk in and immediately get an eyeful of a naked old woman.

The small gym I once went to was not a bad facility. It was more popular with the Chinese than the foreigners by far, and it showed in little ways. For example, in the summer when it was a stifling 95 degrees outside, the staff would not use the ventilation with the thought that cool air would make everyone sick. It was a stuffy, smelly, sticky mess.

I gave up on the gym. I was not motivated enough to walk 15 minutes there and back. (Yeah, I know.) Plus, I do not like paying for something I could do for free.

Just living in China is a workout in of itself. There are little characteristics of everyday life that force us to get some exercise. Whether you are going to lunch or traveling to Suzhou, you are probably walking or biking everywhere, and that makes a huge difference.

Besides walking, trying to cross the road and suddenly stepping into a live-action Frogger game never fails to get you on your toes and your heart rate raised a bit. For some lower body work or endurance training, take one of the paddle boats onto Xuanwu Lake on a sunny day. I dare you to reach the other end and back without resting. If you are feeling especially adventurous, try to figure out the Chinese “exercise parks” seen in apartment communities and occasionally along the streets. These are the brightly colored pieces of equipment composing what we all at first suspect to be strange playgrounds.

While taking my pug for walks, I sometimes try out the exercise park. The pull-up bars are self-explanatory, but what about those giant circles you are supposed to crank? Or the machine that swings your legs and arms in opposite directions? Well, I really do not know. As far as I could tell, they warmed up my muscles a bit but nothing more.

I am convinced many Chinese people are healthy due to their diet, although that is steadily changing due to the growing number of McDonald's and other Western food choices, and especially the daily walking and biking they do.

As for me, I have finally settled on at-home exercise programs. Today marked day eight of Insanity, a terrifying 60-day challenge of high-intensity interval training. Every day I suffer in my living room while Shaun T tells me to “dig deeper” then jumps into a minute of burpees and I fall prone onto the floor, whimpering.

In the end, it is a fact that exercise leads to a happier, healthier you, and here is the good part—any exercise you choose is better than doing nothing. You just have to have the willpower to get up.

Put on your sneakers. Jab the air and pump your fists to Eye of the Tiger. Wonder how long you would survive in a zombie apocalypse, and then take a jog around the block. After all, you only have to outrun that guy beside you. **N**

NO
MORE
OTC

CHINESE HEALTH ABROAD

by Laura Helen Schmitt
& Menglei Zhang



“Only take antibiotics when you have no other option!” That was one of the few of my Mum’s lessons that actually stuck. For the main part of my life I have been turning to alternative remedies, out of fear of that big word “resistance” everyone warns of where antibiotics are concerned. The overall consensus in my German surroundings seemed to be that they are only a last resort. I always assumed this to be a universally acknowledged truth, especially since the FDA (Food and Drug Administration, USA) estimates there are approximately 99,000 deaths per year from infections due to antibiotics resistance caused by the consumption of livestock fed with the drug.

“The first rule of antibiotics is try not to use them, and the second rule is try not to use too many of them.” Paul L. Marino counsels readers in his best selling overview of critical care practice, “The ICU Book”.

Until one day...

I suffered a urine tract infection and the reaction of the English doctor was, “Well, we need to wait three days for the test results and then we can think of antibiotics. In the meantime just take some pain killers”.

Adding to my desperation was the fact that my usual herbal medication was nowhere to be found in the UK. While the NHS had failed me, my Chinese friend seemed to have the solution, “I can just get some antibiotics from my friends. It will work right away.”

In China, nearly half of domestic antibiotic production is fed to ani-

mals, which accounts for a staggering 97,000 tons! The other half is mostly sold in hospital and pharmacists over the counter. Pharmaceutical profits generate 50% of Chinese hospital revenue of which antibiotics account for a whopping 47%.

After a restless night and insufferable pain, the promise of feeling better immediately was just too much of a temptation to consider long term consequences. I ignored my mum’s nagging voice at the back of my head, throwing all caution into the wind, accepting the medicine my friend had procured from one of his classmates. *And it worked. Or so I thought.*

Unfortunately, my seldom self-medicated body simply could not handle it. Although the UTI disappeared within two days, to my despair it was followed by an incredibly uncomfortable yeast infection, which took me months to get rid of. It left me with only one conclusion; I should have listened to my Mum.

Seeing my Chinese friends trading antibiotics, the mental image of a Chinese antibiotics-dealing ring kept popping up in my head, a notion that overwhelmed not only my mind, but in this case also my body.

Available Over The Counter (OTC) in China, antibiotics seem to be just one of those things Chinese students need to get when visiting home; some Chinese snacks, some Chinese tea, and don’t forget those antibiotics! However, my personal experience taught me one lesson: When it comes to antibiotics, better leave it to the pros. **N**

The Cold Treatment

by Ronald Paredes



I am writing this while sitting in chair #102 of "Infusion Room 3" at the Jiangsu Shenrenmin Yiyuan (Jiangsu General Hospital). It will be at least three hours until the two big satchels of serum get into my bloodstream; plenty of time to think.

Today the place is crowded. Rooms one and two are already full, no doubt the recent change of season has brought with it a fair amount of germs and viruses. People of all ages are getting their drip. To my right a high school girl is doing her homework with the needle attached to her hand, while in the opposite corner an old lady has a cough so bad that her lungs sound like two big sacks of marbles. Good thing she is wearing a facemask. The floor is land mined with used tissues, food wrappers, paper cups and the remnants of unfinished fruits. It is so unsanitary that you can almost feel yourself sitting in a cloud of other people's germs. The two nurses in the room run from seat to seat changing needles and satchels.

Having a doctor examine your body is a very personal and embarrassing

experience, but the professionalism with which doctors carry themselves instills confidence and gives us the courage to let our guard down, open up and discuss or even demonstrate whatever the problem might be.

These are the doctors of the west. The same cannot be said for China. The consultation room is as crowded as a bus station and possibly even dirtier. After 20 minutes fighting your way through the maze of people, arms extended clutching your "binli" (medical history book), you will find two doctors, each one sitting in front of a computer. In this scenario you can forget right away about your consultation featuring any form of privacy. Without looking at your face, the doctor will listen and put your list of symptoms into the computer. This will give him an appropriate treatment which, more than likely, will consist of a few bags of drip.

In the most severe cases when further examination is necessary, the doctor will draw a curtain and ask you to strip (note that this is not an invisibility cloak but an almost see through piece of fabric).

If you are lucky the doctor might ask the people to leave and close the door. But that instant of privacy will last only a few seconds as the banished decide they cannot wait any longer and storm back in while you are still half naked.

Often in China doctors will give you the worst possible diagnosis. When I asked the reason for this I was told that it is a way for them to protect themselves, in case something goes wrong. They can claim they were completely honest with you and in this way avoid the rage of the patient, the patient's family or any kind of repercussion.

Call me silly, but when I trust my health to a professional I want to feel that this person not only cares about my well being but that they are also dedicated to their job. Even further I want to be comforted; I am in pain so I want to be pampered. I don't want to be diagnosed by a cold computer operated by an even colder doctor.

Now the nurse is rushing me out of my chair; my drip session is over and it is time to give up my place to the "next one". **NU**

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。

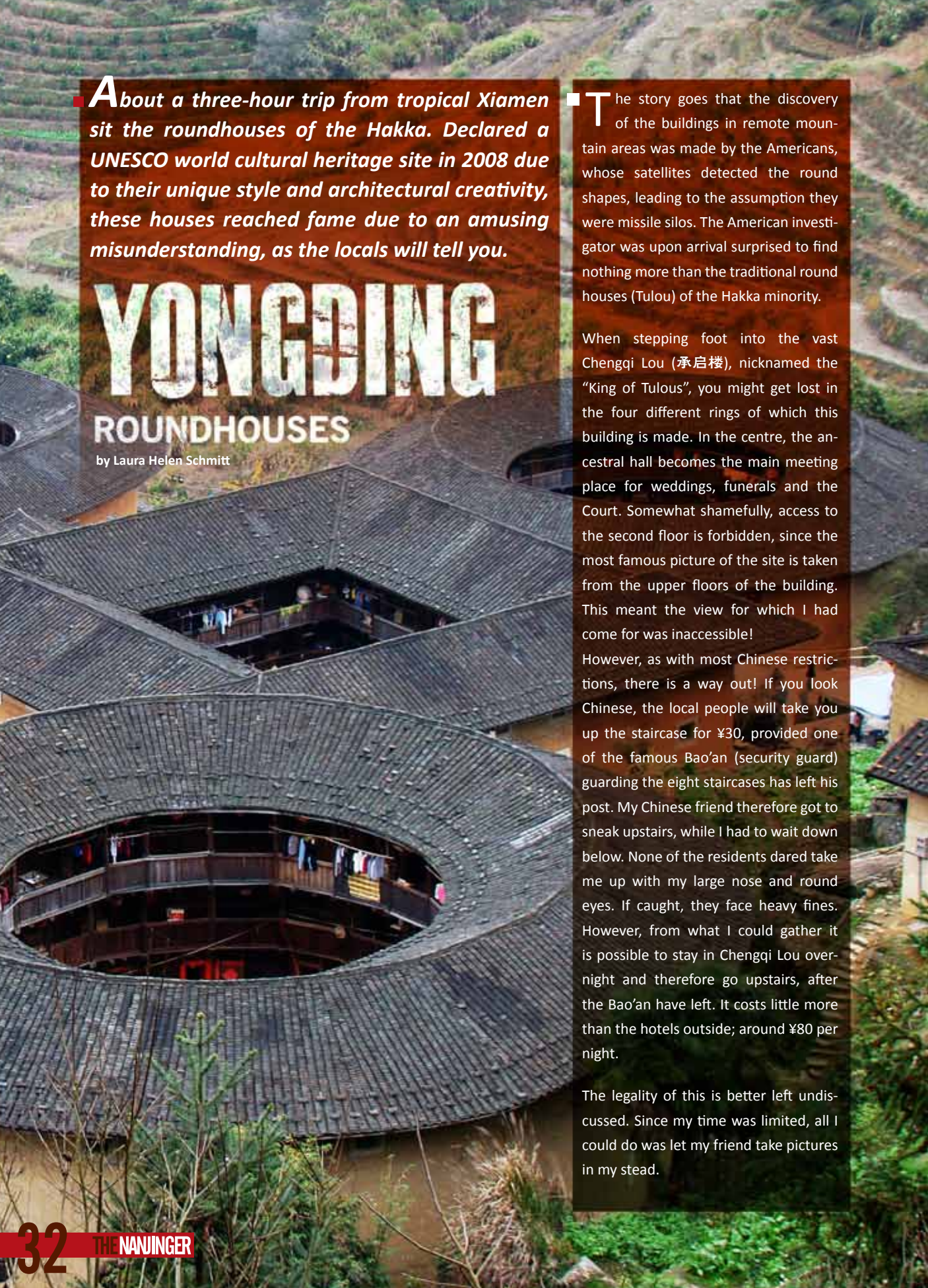
教育，成就一生！



Pfrang
Association

www.pfrang-association.org





■ **A**bout a three-hour trip from tropical Xiamen sit the roundhouses of the Hakka. Declared a UNESCO world cultural heritage site in 2008 due to their unique style and architectural creativity, these houses reached fame due to an amusing misunderstanding, as the locals will tell you.

YONGDING

ROUNDHOUSES

by Laura Helen Schmitt

■ **T**he story goes that the discovery of the buildings in remote mountain areas was made by the Americans, whose satellites detected the round shapes, leading to the assumption they were missile silos. The American investigator was upon arrival surprised to find nothing more than the traditional round houses (Tulou) of the Hakka minority.

When stepping foot into the vast Chengqi Lou (承启楼), nicknamed the “King of Tulous”, you might get lost in the four different rings of which this building is made. In the centre, the ancestral hall becomes the main meeting place for weddings, funerals and the Court. Somewhat shamefully, access to the second floor is forbidden, since the most famous picture of the site is taken from the upper floors of the building. This meant the view for which I had come for was inaccessible!

However, as with most Chinese restrictions, there is a way out! If you look Chinese, the local people will take you up the staircase for ¥30, provided one of the famous Bao'an (security guard) guarding the eight staircases has left his post. My Chinese friend therefore got to sneak upstairs, while I had to wait down below. None of the residents dared take me up with my large nose and round eyes. If caught, they face heavy fines. However, from what I could gather it is possible to stay in Chengqi Lou overnight and therefore go upstairs, after the Bao'an have left. It costs little more than the hotels outside; around ¥80 per night.

The legality of this is better left undiscussed. Since my time was limited, all I could do was let my friend take pictures in my stead.

In the smaller buildings the Bao'an is usually nowhere to be seen, so at least one can go up for a peek and a photo. In the "King's" little brother, you might also meet an elder resident who will tell you that he is the owner of the site's youngest house, which he built with his brothers some 50 years ago. Usually one Tulou houses one family, which seems quite spacious considering Chengqi Lou has 402 rooms. On the other hand, one family is not so little; a former owner had more than 20 sons and daughters.

The oldest on-site Tulou; the "Five Clouds Building", is currently under re-construction; at over 500 years old there is the likelihood of it coming crashing down!


No one, except inhabitants, dare go up to the second floor. It is a really fascinating sight though; such dark wood that has resisted the weather for so long. However, be sure to heed the locals' warning, "Only go in there when it's not raining!"

In Chinese, the roundhouses are called "earthen houses", due to the material used in erecting the outer walls; a mixture of raw earth, sand, lime, glutinous rice, and brown sugar. The interior of the houses, on the other hand, is constructed entirely of wood. Some of the buildings might be round, certainly Yongding's largest Chengqi Lou is, but many are also square and very similar to a Beijing Siheyuan. In total there are about 30 different shapes that may constitute the so-called "roundhouses", making their common English name somewhat of a misinterpretation.



Originally built by the Hakka minority; immigrants from Northern China, the Tulou's unique architectural style is not only aesthetically pleasing but fulfils a very important practical purpose. Not always welcome due to their status as foreigners, the Hakka faced many attacks and conflicts over resources, in the process developing fortified homes. Chengqi Lou's 16 metre high walls and lack of windows on the lower levels make it impossible to gain entry unless invited in through impenetrable iron gates. The threat the Hakka must have felt is not only reflected in their architecture but also in their traditions. As one of the local girls tells us, the well on the ground floor used to house a number of fish as a warning system; a Hakka tradition to make sure the water from the well had not been poisoned.

The Hakka presence is no longer very obvious in Yongding, since most residents are from other provinces, as is the case with the young married couple we met from Xinjiang. They, as many other "locals", earn a living by growing their own tea and selling it to visitors, while the tourist attraction is their home.

"Living here has its good sides and bad sides", she tells us. "All the neighbours can hear you fight, but this also means they will usually butt in and help you solve your problems." 





Sparklers that hit the Marques

(or no-one honest can be a champagne salesman)

■ When it comes to sparkling wine you really do have to take your hat off to the French, and not because within Champagne's sacred boundaries their artisans produce a drink of such unique finesse and quality unreachable by anyone else. No, it's their salesmen to whom you should kowtow. For it is meticulously controlled marketing that is mainly responsible for the beverage maintaining its iconic profile; universally synonymous with excellence and occasion.

These marketing wizards started work back in the late 19th century when the champagne houses' advertisements boasted their regal credentials with kings, nobles, knights, and military officers cited as enthusiastic imbibers. However, they were also keen to portray the drink as an attainable luxury that can be enjoyed by anyone. This assault on aspiration worked. By the turn of the 20th century the majority of champagne drinkers were middle class, bringing us to the current day 'Grand Marque' ('big brand' is a good enough reading) penetration – from football managers with year round tans, City types, F1 testosterone charged victory sprays and big occasions, through to ladies' days and the 'Season', all targeted with carefully orchestrated brand associations.

China and its huge appetite for luxury superbrands seems to be the newest target. In fact, the Moët part of LVMH (Louis Vuitton Moët and Hennessy) is now busy planting 163 acres of vines in Ningxia in a bid to produce China's own first real 'champagne'. This should keep the price reasonable for China's consumers, unless of course the words Moët & Chandon are put on the label. Champagne brands are the wine world's 'bling'.

At its best, champagne is the best sparkling wine in the world but, at its worst, it's just hogwash. Acidic hogwash. I would wager that in a blind tasting, a good and less expensive sparkler would nearly always beat 'cheap' champagne. Have a go with these:

The Santero Moscato (¥260 Bar Neuf, 1912 District) hails from the Piedmont region of Italy and is a gorgeous, quietly honeyed, chewily satisfying, softly sparkling treat. Its light touch makes it perfect workday lunch material especially at just 6.5% abv. A tad expensive, but delicious (15 points).

Spanish cava has its own fans and the Segura Viudas, Aria, Cava (¥220 Eminence cellar, Wutaishan sports complex), is very light and clean, making for a more precise and pure aperitif than the Moscato. Light lime and mineral flavours mingle in the mouth with apple and a trace of mango; a typically crisp mix of the Macabeo, Parellada and Xarel-lo cava grapes (15.5 points).

Obikwa Cuvée Brut from SA is dry, yes, sparkling, yes, and not overly complex it has to be said, but certainly refreshingly quaffable – prepare a light salad, imagine sunsets and then think about it costing you just ¥98 at Carrefour and you will feel even better (14 points).

Prosecco is the name for both the grape and DOC region within Veneto, north east Italy, which is now enjoying a huge surge in popularity. And led by its fine and bright bubbles this Prosecco Zonin (¥129 Everwines, 302 Zhongyang Lu) has a precise attack on the taste buds. Crisp, clean, very appley and very refreshing but also managing satisfying yeasty biscuity flavours underneath the sparkle. Great stuff (17.5 points). **NU**



Useful little oddities from an English/Mandarin world: HEALTH

1- Excuse me, Doctor, my toes have gone numb.

Oh dear, that must have been the wrong acupressure point!

医生，打扰一下，我脚趾头没知觉了。

哎呀，对不起，我肯定是按错穴位了。

Yīshēng, dǎrǎo yíxià, wǒ jiǎozhī tóu méi zhījué le.

Aiyā, duìbuqǐ, wǒ kěndìng shì àncuò xuéwèi.

2- Doctor, do you mind if I shut the door of the consulting room?

I feel uncomfortable with people watching my consultation.

医生，能不能把检查室的门关上，检查的时候被人看着，我觉得很奇怪。

Yīshēng, néng bù néng bǎ jiǎncháshì de mén guān shàng.

Jiǎnchá de shíhòu bèi rén kànzhe, wǒ juéde hěn qíguài.

3- Are you sure there is no meat in that dish? This looks a lot like pork belly.

你确定这里面没放肉？看起来这个真像五花肉。

Nǐ quèdìng zhèlǐmiàn méi fàng ròu? Kànqǐlái zhè gē zhēn xiàng wǔhuāròu.

4- Where is the next pharmacy? I need to buy some antibiotics.

最近的药店在哪儿？我想买点消炎药。

Zuìjìn de yàodiàn zài nǎr? Wǒ xiǎng mǎi diǎn xiāoyānyào.

5- Excuse me, are you the receptionist or the doctor on duty?

请问，你是接待员还是当班医生？

Qǐng wèn, nǐ shì jiēdāiyuán háishì dāngbān yīshēng?

6- Nurse, change my drip please, this one has almost run out.

护士，换下一瓶药吧，这瓶快完了。

Hùshì, shuā xià yí píng yào ba, zhè píng kuài wán le.

7- Help, the dog I tried to eat was still alive and bit me.

救命啊！我刚才要吃的狗还活着，而且还咬了我一口。

Jiù mìng a! Wǒ gāng zhèng yào chī de gǒu hái huózhē,

érqiě hái yǎo le wǒ yí kǒu.

8- Look, my mother sent me a package from China!

Bless her: she did not forget the antibiotics.

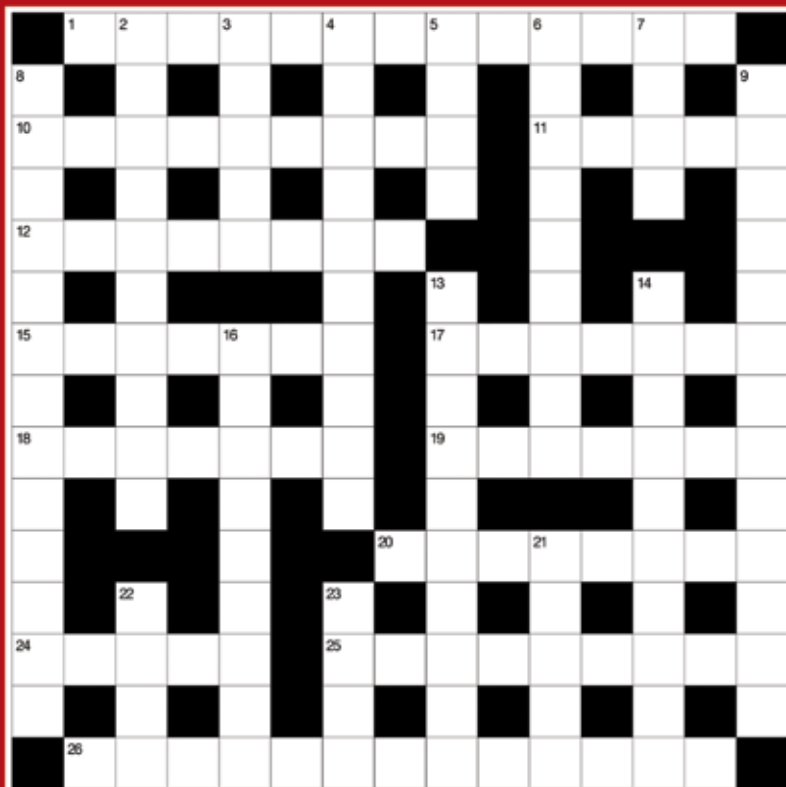
你看，我妈从中国给我寄了一个包裹。她真好啊，连消炎药都放进去了。

Nǐ kàn, wǒ mā cōng Zhōngguó gěi wǒ jì le yí gè bāoguǒ.

Tā zhēn hǎo a, lián xiāoyānyào dōu fàngjìn qù le.

The Nanjinger Cryptic Crossword

By Adam Wilkie



Across

1. Not the first issue (6,7)
10. Extra one at bridge (9)
11. Goodwood for pipe (5)
12. Applaud first Elizabeth and be happier (8)
15. Descriptive of Darwin's selection (7)
17. Originates upwards riot (5,2)
18. Sounds like a pimp but makes the boat go (7)
19. Basic matter from the first of 2 (7)
20. Gave a piercing look (6,2)
24. Get out of a state for flavour (5)
25. Loner destroyed two prepositions and join up (5,4)
26. Heads off in France for these people (13)

2. Quite simple, my dear Watson (10)
3. Not a bull (5)
4. Drive a beginner with Heather talking rubbish (10)
5. Wall for lesbian (4)
6. Board over manufactures plates (9)
7. Miss out to go up around motorway (4)
8. Religious protest (13)
9. Before citation includes Greek letter, it could rain (13)
13. Notice opening you are soundly about up for explorer (10)
14. Not initially as church and church riot and gain the upper hand (10)
16. Memos about bodyguards (9)
21. Souvenir about a beginner in charge (5)
22. Sure to be hooked on drugs (4)
23. Could lead to a riot of mode (4)

Down



In Conversation With...

MIKE FIGGIS

by Ronald Paredes
Thanks to: Sonali Chandel and the New York Institute of Technology

Multidisciplinary film director Mike Figgis (“Leaving Las Vegas” 1995; “Timecode” 2000; “The Suspension of Disbelief” 2012), special guest panelist and judge for the fourth annual NYIT-NUPT Student Film Festival and International Symposium, held at the latter’s Xianlin campus on 21st March, on the creativity and skill displayed by the students who entered the festival.

“With some students’ work you might see something that makes you go, ‘Wow! So sophisticated, so brilliant! A young person doing so well’. In most parts what you see is what you see...What they need is an education in story telling, the language of cinema, basic lighting, a more profound understanding of what is a camera, what is the function of the camera, soundtrack, importance and potential of the sound, how to put together all these technical resources.

“Chinese make fantastic films and sometimes you think, ‘Is there a cultural difference?’....It is not an American or European monopoly, the Chinese are very suited for cinema they have a very graphic history of their own which is very powerful. Maybe what they need is to get in touch with their own history and find their own cinema language, their own culture. We know that they are students therefore we know that they in learning mode and this is an interesting example of how they articulate themselves.”

“Leaving Las Vegas” garnered Figgis two Academy Award nominations in 1996, for Best Director and Best Adapted Screenplay, as well as a Best Actress nomination for Elisabeth Shue and Best Actor nod to Nicholas Cage, who went on to win the award.

MARY STEPHEN

by Frank Hossack
Photo: Laure Zhang (Alliance Française de Nanjing)

Hong Kong born, Canadian film editor Mary Stephen, long time collaborator and chief editor to Eric Rohmer (“Winter’s Tale” 1992; “The Romance of Astrea and Celadon” 2006), after a workshop with guests of Alliance Française on 31st March, on her use of sound and as servant to the director’s vision.

“I have a very good friend (a very famous editor) and we both cannot understand this kind of thing about the ‘picture editor’ and the ‘sound editor’. Because good editing is picture AND sound. [Through editing] the whole message can change, but only with the approval of the director. Editing is to serve their core vision. Sometimes they do have the material but not a concept so I tend to completely write the story, especially with documentaries. It is by magic something that the person would have done themselves if they had that kind of visual writing skill. I cannot make a film that is completely the opposite style of something that they would never made in a million years. It is true that editing is writing; you are writing the film, but it is never the opposite of what the director is thinking. Sometimes the director has some kind of self-censorship; he is not saying completely what he started to say in the first place. The editor is kind of [their] psychotherapist.”

Stephen’s collaboration with Rohmer was to last 25 years on all subsequent films since “Winter’s Tale”. In the last few years she has worked in Turkey, Canada and China, on films such as Du Haibin’s “1428”, prize-winner at the Venice Film Festival and Fan Lixin’s multi award winning “Last Train Home” which garnered top prize at IDFA in 2009.

THE LEARNING ORGANISATION - KEY FACTORS TO REMAINING SUCCESSFUL IN CHALLENGING TIMES With Jochen Schultz

■ **D**uring strong competition and market instability, the challenge is to build success based on deep and resistant roots. Yet at the same time, companies need to be flexible, adaptable and productive in situations of rapid and drastic change. Organisations therefore should find out how to tap their employees' commitment and capacity to learn at all levels. This is the purpose of the "Learning Organisation".

Peter Senge, an American scientist and expert in organisational development and systems thinking, formulated the concept of a Learning Organisation, describing it as "a group of people working together to collectively enhance their capacities to create results they really care about". While individual learning primarily refers to the gaining of knowledge, understanding, and skills; organisational learning focuses on evolving perceptions, visions, and strategies plus the transfer of knowledge. Individual learning leads to changes in the individual's behavioural spectrum; the basis for organisational learning. It is the Learning Organisation's principle to blend together individual and organisational learning to turn concrete organizational actions into practice. According to Senge there are five disciplines that are said to be essential in order to innovate Learning Organisations.


Systemic thinking is the core discipline of a Learning Organisation; one that integrates four other disciplines. Systemic thinking describes a system's ability to comprehend and consider holistic relationships between organizational parts, as well as their interdependencies and correlations. This provides both the incentive and the means to integrate the other disciplines.

Mental models are basic assumptions over knowledge, generalised representations and functional principles that influence how we see the world and thus take action. Such assumptions have a deep influence on our behaviour and our performance at work, making it essential to develop the ability to reflect on our actions.

Common visions are fundamental to creating uniqueness in Learning Organisations. Employees should share their views of the future, missions and values as well as principles of leadership and cooperation. To translate personal visions into shared, common visions a company has to ensure free communication. Only when people talk will visions become clearer, and as they become clearer, enthusiasm for their benefits will grow. This can promote a sense of long-term commitment among employees; a very strong root for companies.

As a never-ending process, the **development of personality** (personal mastery) ensures organisational learning that stems from individual betterment. Such personal development includes not only the development of skills but also that of competencies and spiritual growth. If organizational members are aware of their shortcomings and areas for growth and improvement, only then is there the capacity for their individual development and thus organisational learning.

Team learning builds on personal mastery and shared visions. Moreover, team members must also be able to act together. As effective teamwork is influenced by many factors, such as structure, hierarchies and leadership, it is necessary to establish a dialogue culture within the team, after which team members may collectively understand their common vision and interdependence, ensuring the team becomes more than just the sum of its members.

Each of these five disciplines are required to establish and develop a Learning Organisation as they reciprocally support each other. During the process of organisational learning the skills of an organisation will be gradually improved and sustained in the long term. For companies this means putting more emphasis on building a shared vision, encouraging team work, personal mastery and the development of more sophisticated mental models. These disciplines have the potential to allow workplaces to be more convivial and creative. Such positive working conditions foster the employee's commitment and productivity; key factors to remaining successful in challenging times. 

See you back here for Section Head
in the next issue of The Nanjinger!

IN ASSOCIATION WITH
MACHWERTH
TEAM
INTERNATIONAL

MTI
Passion to Perform





The Weekly English Email Newsletter for Nanjing's Expats

**CITY GUIDE | CLASSIFIEDS | RECIPES
PROMOTIONS | EVENTS | REVIEWS**

**3600+ SUBSCRIBERS
SIGN UP ONLINE AT NANJINGEXPAT.COM**

NUX

STUDY ABROAD - USA, CANADA, UK, AUSTRALIA
 TECHNICAL ENGLISH TRAINING FOR YOUR PROFESSION
 BUSINESS BETWEEN AUSTRALIA AND CHINA
 VISA INTERVIEW TRAINING - USA
 IMMIGRATION ADVICE



LINKING CHINA WITH THE WORLD

NOVAS INTERNATIONAL BUSINESS CONSULTING CO LTD
 SUITE 2405, NEW WORLD CENTRE, BUILDING A, 88 ZHUJIANG LU, NANJING 210008
 P.R. CHINA / TEL.: 025 6885 8565 WWW.NOVASGROUP.COM NOVASEDU@GMAIL.COM

TOP OF MIND

Earlier that day they had agreed to finally meet in person after several weeks of online chat. “How can I recognise you?” she asked.

“I WILL BE WEARING
A FACE WITH
A COUPLE OF EYES,
A NOSE AND A MOUTH...”

By Ronald Paredes

In China you cannot consider yourself introduced until you have formally handed over your business card with both hands, sometimes even before the hand shake! Regardless of your occupation the norms of social conduct require you to have a set of business cards printed, but it remains odd that for something as important in Chinese social etiquette as the business card so little significance is often placed on its appearance.

I dare you to count how many white business cards you have in your card holder; how many of them have the logo in the upper left corner and the name in the centre? The list of predictable details of how to describe a business card can go on and on. Now try to remember a business card that caught your attention at first sight, a really memorable one...

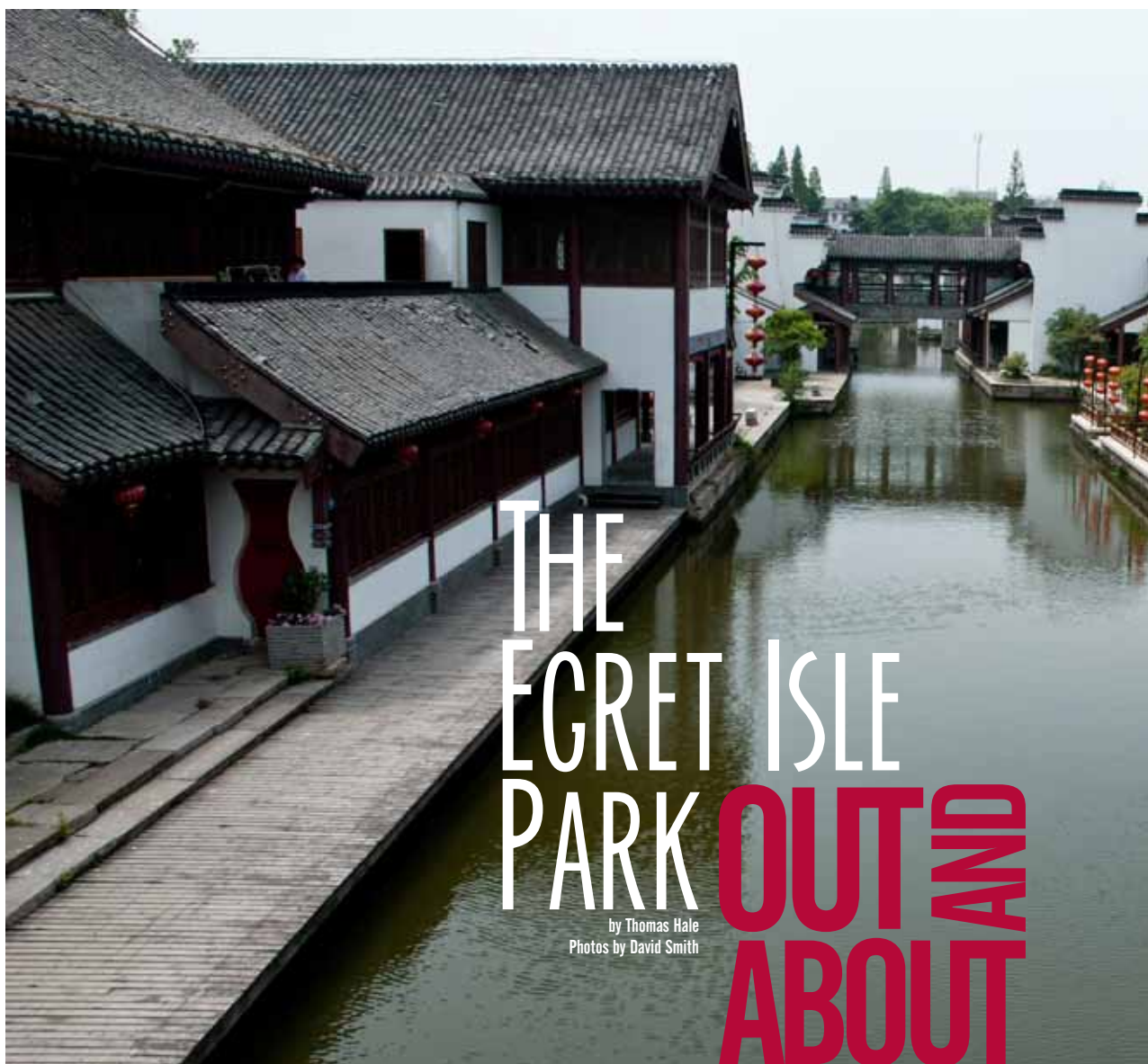
Let's be honest; we love the idea of being special, one of a kind, so why have a business card that looks like everybody else's? Perhaps in part because the effective business card is in fact a difficult and interesting challenge. Its main purpose is to present in the best possible way your most relevant information, with very limited resources, in a small format, using only a little piece of paper. It should also be noted that with a little bit of creativity business cards can be made of any material, and be any colour, shape and size, but of course it should be kept in mind that someone might want to fit your card in a standard credit-card sized pocket in their wallet.

One of the most common and terrible mistakes in business card design is what I call the “mini flyer”, made by those who think, “the more information the better”. These loonies will squeeze onto their card maps, promotions, services, pictures, and more, in an attempt to use every available part of the surface. They end up with a cheap looking, overcrowded, unreadable piece of ineffective advertising.

Business cards are not advertising or promotional materials, they are self-presentation contact tools. Like your own face they have personality, they reflect who you are and what your company stands for, and like any other piece of printed material they deliver a message; a message that could be either, “I do care, so here is my well thought way of presenting myself” or, “I don't really care about how I present myself so here is my average looking piece of paper”.

If you do not care about how you present yourself why should anybody else care to remember you? At the end of the day your business card is a first-impression opportunity and it is up to you to make a good one.

In case you're wondering, she made it to the date but they never got to meet. He was simply invisible; another face in the crowd. Even if they had met she may have found that he was not so interesting after all. **NJ**



THE SECRET ISLE PARK

by Thomas Hale
Photos by David Smith

OUT AND ABOUT

Fuzimiao is well known as one of Nanjing's premier tourist sites. It is also a classic example of the recent absence of any conservationist tendencies in Chinese urban planning manuals.

The sharp juxtaposition between the Confucius temple and the surrounding, profoundly vacuous offshoots of rampant commercialism serves as a miniature portrait of the rapid and at times careless process of modernization in China. It is no coincidence that the first time I went I completely failed to find the temple. I am an admittedly (and notoriously) incompetent traveller, but in this instance I must lay the blame on the swamping, toxic mel-

ange of nearby, ominously glowing shops, dazzling and then blinding me into a dazed state of submission. It is one thing to combine the old and the new, but even the most spurious proponent of commercial development must be hard pressed to justify a twelfth sportswear shop within a stone's throw of an ancient and unique portion of China.

Even a brief perusal of the internet tells a worrying tale, with Nanjing tourism reviewers largely ignoring the temple itself and choosing to revel in the 'fantastically cheap prices', and so forth, as though the purpose of tourism in China is nothing to do with engaging with history and everything to do with purchasing useless products at a



worryingly cheap price. A few reviewers admirably disparage the shopping situation, but then manage to hoist themselves on their own petards by praising the lighting, of all things. Neon lighting is nothing much more than the 'moths-to-a-flame' school of retail theory made manifest: nothing to do with aesthetics and everything to do with sucking in the consumer.

The cut-throat money-making philosophy that Fuzimiao now stands for is aptly captured in the nasty, brutish and short lives of the animals sold in nearby stalls; starving hamsters devouring each other has a certain irony when metaphorically applied to competition between rival merchants.

Fuzimiao has managed to become, in pedestrian terms, the busiest place in Nanjing. This achievement has little or nothing to do with the presence of the temple, and everything to do with the shopping. The temple quietly sits in the corner, mildly ashamed of its own presence, the elephant in the room, forced to observe what its own tenets would term, in some sense, a desecration of human existence.

If this all sounds hopelessly negative, all is not lost. A few hundred metres down the road lies the Egret Isle Park, described as the 'back garden of the Confucius Temple'. Rarely has such a short distance channelled such an enormous difference in atmosphere. The park is introduced not by the violent flogging of merchandise, but instead through the (unusually well-translated) words of the poet Li Bai: 'three mountains are strewn as if outside the blue sky; two rivers bisect the Egret Isle'. Walking through the centre of Fuzimiao is a tragi-comic experience, like trying to swim through honey; the Egret Isle Park is comparatively deserted, and the ability to walk without continually colliding with people is a genuine source of tangible relief. It hosts a pagoda, a Buddhist temple and a small lake. The park and central Fuzimiao are joined by water; fitting indeed that an elemental symbol of the twin concepts of change and continuity provides a direct connection between the most modern of consumerist attitudes and the relatively untouched landscape of a more or less timeless park.

The Egret Isle is not entirely immune to the rapacious spread of market-ideology, given the unfortunate presence of a small quasi-fairground area, but even the hideous spectacle of a dinosaur-themed merry-go-round can't detract from the plentiful merits of the park. The park is rarely busy, but when it does fill up, it is filled with Nanjing's older population. As I wandered around I chanced upon a small bandstand area hosting what appeared to be an impromptu musical performance: one gentleman sang in a throaty baritone, whilst a small crowd clapped and occasionally danced, or at least shuffled enthusiastically. This was a wonderful image for many reasons; most of all it resembled a benign and much-welcomed counterpoint to the increasingly sinister KTV culture. Finally, here was some kind of communal singing not predicated on unrea-



sonable prices, garish neon signs and the wanton flaunting of wealth. The park, filled with Chinese born over six decades ago, has a completely different mind-set about it, conveying the kind of sense of close-knit community that wealth inevitably tends to destroy. It harks to a poorer China that was in many ways richer. Each generation radically differs from its predecessor, but China's generational differences are more strident. And the park, after all, has a lot to do with generational difference.

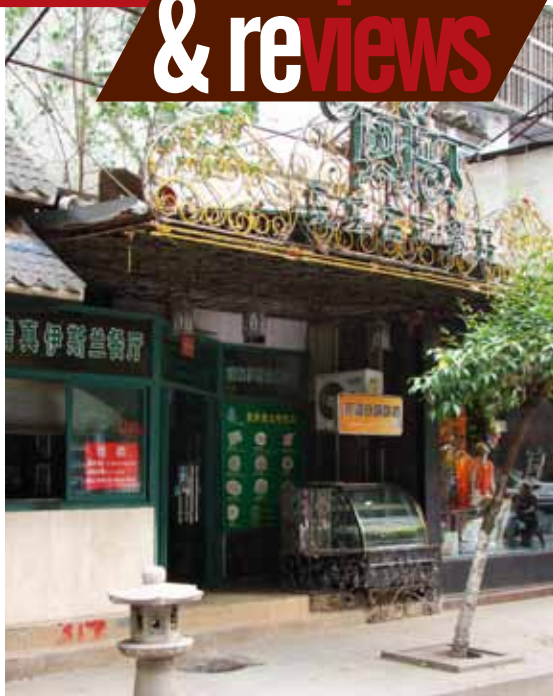
Much of the park is surrounded by the ancient city walls, which, rather than implying enclosure, suggest a wider world – a much wider expanse of meaning than the genuine claustrophobia of Fuzimiao. This is not to say Fuzimiao does not have a value and significant cultural interest of its own. It does, and its continued popularity must encourage us to question our own knee-jerk reaction against the commercial use of a historically-rich quarter of Nanjing. A nostalgia for a more relaxed pace of life is an affliction with which any developed nation must deal; political debates in the US and Europe continually rage over development and its malign effects.

China's turn has now arrived, although the relative absence of public political discourse means this debate is considerably more muted.

The Egret Isle Park is elegant and relaxing, but by no means unique. Many places in China have such parks or lakes. What stands out here is its proximity to its opposite. To really get a sense of the polarized worlds that compose China, there are few better options than merely walking one hundred metres down the road from Fuzimiao and glimpsing a different scene; two worlds that, like the two generations who respectively inhabit them, are both tantalizingly close and infinitely distant. **NU**



previews & reviews



Restaurant Review Kezeguili

By Hannah Guinness

■ Tired of typical Chinese fare but don't want to pay for an overpriced pizza or cheeseburger? Kezeguili on Wangfu Da Jie might be just the ticket. Popular with the expat community for many years and serving up Xinjiang cuisine, you can partake of spicy noodles, mutton and even horse meat, as well as a range of other hearty dishes. If you also happen to have ¥1280 spare and you give the restaurant 24 hours notice, you can even sit down to an entire roasted lamb.

Our particular favourite was the basket of crispy broad beans (¥22), deep fried and sprinkled with salt, chillies and sesame seeds; savoury, crunchy morsels that I and my fellow guests were unable to stop eating. The Xinjiang classic da pan ji (¥59, xiao pan ji is ¥39) is an enormous dish of chicken, potatoes and bell peppers. After you have emptied the plate (which doesn't take long, despite its size), a waiter will tip in a pile of chunky, steaming noo-

dles with which to mop up the spicy, rich sauce. A plate of mutton (¥45) with slices of thick wheat pancakes to soak up the sauce was also well received, as was the diced lamb, chillies, peppers and onions (¥32), that came with thin, paper like pancakes in which to wrap them.

If all this carnivorous talk is too much for you then side orders of vegetables are also available, as well as rice and noodles, though our dish of Xinjiang rice (¥20) was slightly odd; plain rice with a large pieces of carrot and a solitary chunk of mutton perched on the top.

Service was acceptable, with clean crockery and dishes arriving promptly. If criticisms are to be made one would be about our waitress' adamant refusal to serve us wheat pancakes as a side order, despite it being listed as so on the menu. Funnily, it was available as part of the more expensive, aforementioned mutton dish. On our visit, Kezeguili was also dense with cigarette smoke, but the food was excellent, despite our being watched over by an alarmingly large stuffed stag head mounted on the banisters of the stairs. Catch the right time and you may even be able to watch some traditional Xinjiang dancing whilst there.

当你厌倦了典型的中国餐食，又不愿意为匹萨和乳酪汉堡付出太多，在这种情况下，王府大街上的Kezeguili可以作为你的选择。这是个在南京的外国人圈内流行了多年的新疆餐馆。餐馆提供辣面、羊肉、马肉，以及一系列其他丰盛佳肴。如果您正好有1280元的闲钱，你还可以坐下享受一整只的烤羊，只需给餐馆24小时的提前通知。

我们的最爱是由篮子承装的香酥蚕豆（22元），油炸过后撒上盐、辣椒和芝麻。咸咸的，香香脆脆的，我和我的同伴都无法止口。经典的新疆大盘鸡（也有小盘）是一份份量十足的鸡肉加土豆和青椒。在整盘餐食被扫荡光之后（虽然份量十足，却也花不了多长时间），服务员会上一盘热气腾腾的宽面，综合了之前的辣味和浓郁的浆汁。小块的羊肉加洋葱和辣椒，裹在薄如纸般的薄饼内，一盘浆汁浓郁的羊肉夹饼也在餐桌上得到了广泛称赞。

如果这些荤腥的食物让你无法接受，你也可以点小份的蔬菜以及米饭和面条。不过我们的新疆饭（20元）有些奇怪——视觉上，是整条的胡萝卜和大块的羊肉孤立在一大块白米饭上。

这里的服务质量尚可。餐具清洁，菜肴到达还算及时。要说有什么不足，那就是服务小姐的态度有些生硬：她坚决的拒绝给我们上小麦煎饼。奇怪的是，小麦煎饼分明列在菜单上，就在小菜类和的较贵的羊肉系列里，为什么没有呢？餐馆里烟雾缭绕，尽管食物的味道无与伦比，不过，我们偶尔会感觉到被楼梯扶手上巨大的鹿头注视着，另有一种神秘的风情。

假如，你光顾的时间赶巧，或许能在用餐的同时观赏到新教传统舞蹈表演呢。

Restaurant Review Little Nyonya

By Laura H. Schmitt



■ **P**assing it on the street, I would have just thought Little Nyonya another of those Chinese restaurants that all look and smell the same. With furnishing that could be called less than simple and the sheer tininess of the place itself, everything seemed to be screaming “Nothing special”. The only thing that made me wonder was its name, so obviously not of Mandarin Chinese origin. As it turns out Nyonya, or 娘惹 as it is called in Chinese, is the word for a marriage between a Malay and a Chinese person.

Luckily, my Chinese friend knew better and took me to what turned out to be a Malaysian – Singaporean – Pan-asian restaurant. The fact that the place seems to be packed every time you go in there speaks for itself, although admittedly it does not take many people to get “packed” in this tiny, tiny, inconspicuous place.

The most prominent feature on the menu is different types of soup, from different countries and with different types of noodles hiding under the colourful broth of shrieking orange or earthy brown (let's just call it earthy, shall we?). The former soup is of Singaporean origin, the 娘惹加沙, which is coconut based and very spicy.

The latter is called Kari Laksa 咖喱拉萨, is curry based and even spicier. Both of them come with mushrooms, fish cakes, tofu and a little bit of green vegetables. Both you should eat with care, preferably with a drink by your side to work against the coughing fits from the spice. However, you better write down those characters, since the only word on the entire menu that resembles English is the aforementioned Kari Laksa.

The quality of the food is great. Even people who know the real thing have confirmed that while not quite as good as the original, it is as close as it can get. As a side order, the fish balls and fish cake are an absolute must. With a tasty sauce to accompany them, they provide a nice cooling feeling when the soups come to you. Non-spicy dishes such as Hainan Chicken are also available.

While this is so far one of the few places that provides genuine Malaysian – Singaporean – and all those other places food, what makes it even more attractive is the price. The “priciest” taste bud explosions on the menu can be acquired for ¥20, making you feel even warmer inside than the spicy soups already have.

从街上路过, Little Nyonya似乎和其他中式餐馆一样没有什么特别。热闹的陈设和局限的空间具有“大众化”的特性。让我好奇的是它的名字, 翻译成中文应该是个很典型的中文店名吧。果然, 我后来得知, Nyonya (马来语) 在中文中叫做“娘惹”, “娘惹”这个词指华人和马来西亚人通婚后所生的女性后代。

幸运的是, 我的有见识的中国朋友带我光顾了这个餐馆, 让我领略了一次马来、新加坡的情调。虽然, 具有东南亚风味的“娘惹”小店空间有限, 但是我每次都去都是高朋满座。

餐馆最大的特色是种类繁多的汤品: 从菜单上看, 精心熬制的肉汤确实不同凡响, 它们起源于各个国家, 藏在五颜六色肉汤下的面条很诱人。在众多的汤类中, 我们尝试了以椰汁为底的新加坡娘惹加沙。哇, 非常的辣! 另一种以咖喱为底料的咖喱拉萨, 更加的辣! 这两种汤里的配料有蘑菇、鱼饼、豆腐以及一些绿叶菜。请注意: 在食用这两种美味时, 你最好事先准备好饮料, 以便抵抗那种强劲的辣刺激。同时, 你最好把名字也记下来, 因为在整张菜单上只有咖喱拉萨(Kari Laksa) 是英文呢。

这里的食品质量非常好。连吃过“原版”的人都说其味和原风味相差无几。鱼丸和鱼饼作为小食是不可缺的选择。由美味的蘸料所带来的凉爽可以帮助减轻一些辛辣的味道。在店中, 你也可以发现不辣的菜式, 如海南鸡等。

这家餐馆不仅提供风味纯正的马来西亚、新加坡等东亚风味, 更吸引人的是他们的价格, 一定能为你的味蕾带来惊喜。你看, 最贵的菜肴仅仅20元。汤虽然辛辣, 但远远比不上顾客心中的温暖。

Event Preview Redic "Shanghai Thrones"

By Helen Movafagh & Michael White



■ //th May shall see the Nanjing opening of "Shanghai Thrones", an art exhibition by David Redic, co-hosted by the World Trade Center Club (WTC Club) and the U.S. Consulate Shanghai. In the spring of 2010 Redic extended his artistic and entrepreneurial platform from Los Angeles, California to Shanghai, China. The "Shanghai Thrones" are sculptural works made from discarded or discounted chairs found throughout Shanghai. Redic then gathered stones, brick, and pieces of mirror from old, torn down Chinese lane houses and transformed them into one of a kind masterpieces. These elements also add historic value to the creative merit of the chairs. 12 chairs will be exhibited each with their own unique style and impression.

The "Shanghai Thrones" exhibition will be held in the brand new WTC Club facility, which will provide a stark contrast to the origins of these unique works of art. Not only do the mixture of colours, shapes and textures provide a feast for the eyes, but the origins of these chairs and their materials (both discarded and unwanted) stimulate the mind in a way that no mere antique can. Each chair is more different than the last with one exuding a natural, earthy vibe while another resembles a mirror ball gone grunge. The true highlight and challenge for viewers of this exhibition will be deciding which of these incredible chairs would be the "Throne" to their proverbial kingdom.

For more information please contact: helen_movafagh@wtcnanjing.com



Movie Review

Cabin In The Woods

By Elie Zwiebel



■ “Cabin in the Woods” fits perfectly into what is becoming an oeuvre of Joss Whedon (director of the forthcoming “The Avengers”) cult classic creations. His formal credits are mostly as a writer, though he is also the major creative driving force behind several series with a dedicated fan base: “Dr. Horrible’s Sing-Along Blog,” “Angel,” “Firefly,” (which spawned the critically acclaimed film “Serenity”) and “Buffy the Vampire Slayer.”

And while “Cabin in the Woods” is highly enjoyable and could abstractly be described as a wonderfully smart horror film, its subject matter and delivery will undoubtedly preclude it from attaining greatness beyond cult fandom and enthusiast appreciation. This dichotomy arises from the way that “Cabin” both mocks horror motifs and tropes, while paying tribute to the very same.

By not permitting too many secrets of the story to leak on the Internet prior to release, “Cabin” pulled-off a near miracle, with many critics accommodating that secrecy; the viewer’s lack of knowledge about what will happen or how the characters react is key to the film’s purpose.

Regardless, “Cabin” cues the viewer into expecting a horror by proceeding through the stereotypical checkpoints of a cliché modern slasher (definitively established by films such as “Friday the 13th” and “Nightmare on Elm Street”). The story begins with five university students—including two nubile coeds—packing into an R.V. for a weekend away at the titular cabin in the woods. And so the horror premise begins. By the time the mostly unknowing youths discover a creepy basement with a random array of curios and oddities, the horror equation is completely set.

That is about the limit to what any critic could reveal about the film without ruining the scares and the delights for potential viewers. It is the science or math of creating a horror that is part of the point of “Cabin.” The film is meta, undoubtedly, but not in an obnoxious or preachy way; rather, “Cabin” is playful, gory, and suspenseful all at once. When veering from the expected genre formula, accompanied by long term collaborative partner Drew Goddard (co-writer and director), Whedon with his simultaneous praise for and prodding of horror becomes even more refined.

The characters are horror archetypes in basic description only. Chris Hemsworth (“Thor”) plays a jock, though a brainy and compassionate one. Kristen Connolly (“Certainty”) plays a saucy lead, yet one who is seductive and empowered enough to pursue a now broken relationship with a former professor. And whilst being a stoner, Fran Kranz’s (“Diary of a Wimpy Kid: Rodrick Rules”) character still remains in-touch with reality and possesses more survival skills than the rest of his cohort. Each of these characters is a crafty creation, and each actor plays his or her part impressively.

If you love horror, you will enjoy this film—even when it mocks horror. If you are someone who hates gore in modern horror, you will enjoy this film; and if you are someone who needs gore for your horror to ring true, you will enjoy this film. That seeming contradiction is made possible by a completely crazy and unpredictable third act filled with scares, laughs, and lots of blood.

“Cabin in the Woods” is not slated to make a run through Chinese theatres (yet), but the film is definitely worth a view on PPS (whenever it arrives there) or a few kuai at your local DVD vendor.

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

Oscars at The Hilton - 30th March



Experience Van Gogh exhibition opening / Dutch Queen's Day celebration - 19th April



Opening Exhibition - Golden Eagle Contemporary Art Center - 7th April



NU Pick up your copy of *The Nanjinger* 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 Lu

庐山路116号

87773777

www.frasershospitality.com

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

NU Hilton Nanjing

南京万达希尔顿酒店

100 Jiangdong Zhong Lu

建邺区江东中路100号

86658888

nanjing.hilton.com

The contemporary Hilton Nanjing hotel is part of Nanjing Wanda Plaza, a development of luxury shopping outlets, expansive malls, entertainment facilities and office towers. The hotel is a 2 min. walk from the metro, 20 mins. drive from the city center and railway station and 40 mins. from the airport.

NU The Westin Nanjing

南京威斯汀大酒店

Nanjing International Center, 201 Zhongyang Lu

中央路201号南京国际广场鼓楼区

85568888

www.westin.com/nanjing

A haven of Chinese distinction, located only minutes from major corporations, restaurants and shopping, in which every room overlooks scenic Xuanwu Lake.

NU Sheraton Nanjing Kingsley

金丝利喜来登酒店

169 Hanzhong Lu

汉中路169号

86668888

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.

NU Intercontinental Hotel

紫峰洲际酒店

1 Zhongyang Lu, Zifeng Tower

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.

NU Sofitel Galaxy

南京索菲特银河大酒店

1 Shanxi Lu

山西路1号

83718888

www.sofitel.com

resoff@sofitelnanjing.com

The accommodation of choice for many visitors coming to Nanjing, along with all French dignitaries.

NU Sofitel Zhongshan Golf Resort

钟山索菲特高尔夫度假酒店

9 Huanling Lu

环陵路9号

85408888

www.sofitel.com

reservation@sofitelnanjing.com

Preferred hangout spot of Nanjing's rich and famous.

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 with numerous top notch restaurants plus train ticket purchase counter.

NU Hilton Nanjing Riverside

南京世茂滨江希尔顿酒店

1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)

下关区淮滨路1号 (近秦淮河和扬子江交汇处)

83158888

nanjingriverside.hilton.com

nanjingriverside.info@hilton.com

Just 25 minutes from the central business district, Hilton Nanjing Riverside offers modern in-room technology plus extensive meeting, conference and recreation facilities. Many rooms with balconies overlooking the Yangtze.

NU Nanjing Sunflower International Youth Hostel

南京瞻园国际青年旅社

80 Zhanyuan Lu (Fuzimiao west gate)

瞻园路80号, 在夫子庙西门的附近

52266858 / 66850566

www.nanjingyha.com

A popular youth hostel that includes free pool, DVDs, cable TV, foosball, Wifi, travel info, English menu and English speaking staff.

Resorts

NU Kayumanis Private Villas & Spa

南京香樟华萃温泉度假别墅

Xiangzhang Hua Ping, Sizhuang Village,

Tangshan

江宁区汤山镇庄村

84107777

www.kayumanis.com

nanjing@kayumanis.com

High end private villa with refreshing natural hot spring and mountain view.

Regalia Resort & Spa (Qinhuai River)

御庭精品酒店 (秦淮河)

E5, No 388, Yingtian Jie (inside 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

A Thai style Spa offering a holistic approach to rejuvenation and relaxation, exuding serenity, peace and solitude.

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.

Museums & Parks

Nanjing Massacre Museum

侵华日军南京大屠杀遇难同胞纪念馆

418 Shuiximen Jie

水西门428号

86612230 / 86610931

Hours: Tue - Sun from 8:30 to 16:30

Located on a former execution ground and mass burial place of the massacre. Admission is free.

Rabe House 拉贝故居

1 Xiaofenqiao, Guangzhou Lu

小粉桥1号

Tuesday - Sunday from 8:30 to 16:30

The former home of the German Industrialist who saved thousands of Nanjing people in 1937 during which time the house served as a refugee shelter.

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

Visitors can observe professionals working on wooden looms making the finest brocade on earth.

City Wall Museum 南京明城墙遗址博物馆

8 Jiefang Men 解放门8号

83608359

Long-gone city gates, maps and a full-scale model of the walled city. Captions in Chinese.

Nanjing Museum 南京博物院

321 Zhongshan Dong Lu 中山东路321号

Artifacts from Neolithic to communist.

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, that offers calligraphy and stone museums, as well as an art gallery and pottery studio open to the public.

Nanjing Science Museum 南京科技馆

9 Zijinhua Lu, Yuhua District

雨花台区紫荆花路9号

58076158

Hands-on fun and learning for kids. IMAX Cinema.

Gulin Park 古林公园

21 Huji Bei Lu 虎踞北路21号

Gardens, paintball and BBQ plus a view of the city from the top of the TV tower.

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.

Zixia Lake 紫霞湖

A mountain fed lake in which you can swim. Please exercise with care - 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.

Nanjing Hongshan Forest Zoo

红山森林动物园

101 Heyan Lu 和燕路101号

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, with 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

Home to the annual Dragon Boat Race, and great for boating or a walk in a peaceful environment.

Yuejiang Tower 阅江楼

202 Jianning Lu 建宁路202号

Includes the temple, Wanxian pavilion and a great view of the Yangtze River.

Zhongshan Botanical Garden

中山植物园

Covering over 186 hectares and home to more than 3000 plant species.

Business & Education

International Education

British School of Nanjing

南京英国学校

Building 2, Jinling Resort, Baijiahu 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

6 West Songhua Jiang Jie,

Jiange 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

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

68858565

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

汉中路2号金陵饭店世界贸易中心11层1163室

84711888 -1163

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

Baden-Württemberg International

德国巴登符腾堡州国际经济和科技合作协会

7-3 Dabai 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

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

Language Training

Alliance Française de Nanjing

南京法语联盟

4F, Qun Lou, 73 Beijing Xi Lu

北京西路73号裙楼四楼

83598762

Nanjing Normal University (Xianlin Campus), 28

Xueheng Lu

南京法语联盟仙林分部 南京师范大学附属实验学校行

政楼四楼下, 学衡路28号

83598876

www.afnanjing.org

info.nanjing@afchinae.org

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

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

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.

Events take place weekly, monthly and annually.

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

Raises funds for medical treatment of children

with heart conditions.

Pfrang Association

普方基金会

7-3 Dabai Xiang Meiyuan Xin Cun

梅园新村大悲巷7-3号

84729068

www.pfrang-association.org

Helps sponsor the education of children in poor

regions of Jiangsu province.

Shopping

Art

Jiangsu Art Gallery 江苏省美术馆

266 Changjiang Lu 长江路266号

84506789

Local artists' work, changed frequently.

ART 国艺堂

D-1 Shuimuqinhui, 99 Shitoucheng Lu 石头城路99

号水木秦淮D-1号

84506789

Picture framing service and art related supplies.

Shenghua Art Centre

南京圣划艺术中心

2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)

江心洲民俗街洲泰路2号(原乡土乐园)

86333097 86333100

Exhibition of Chinese contemporary art.

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.

55583708

Nanjing Drug Art Museum

Building 22, 12 Dinghuai Men Jie

定淮门12号(世界之窗软件园) 22号房

Social experiments between local and foreign art-ists.

83752646

For the Home

B&Q 百安居

90 Kazimen Da Jie (beside Metro)

南京卡子门大街90号麦德龙旁

52450077

IKEA 宜家家居

99 Mingchi Lu (East side of Kazimen Plaza)

南京市秦淮区明匙路99号(卡子门广场东侧)

4008002345

Working House

生活工场

4F, Zifeng Tower, Zhongshan Bei Lu

中山北路紫峰大厦购物广场4F

52360109

An nice alternative to a certain Swedish home decoration chain, Working Store has almost anything the designer at heart could dream up; colourful bath towels, stylish kitchenware in dark tones, candles and colourful vases or even camera cases and Smarts made of clay; fascinating products await in every corner of the shop. Two other branches in Nanjing.

Hongxing Furniture

红星国际家具广场

224 Zhongyang Lu 中央路224号

83118005

Large furniture mall with many shops. Large range of prices, styles, etc.

Jinsheng Market 金盛百货大市场

2 Jianning Lu

下关区建宁路2号(南京南厦对面)

9 Wangjinshi (off Changjiang Lu)

玄武区长江路网巾市9号

Daqiao Bei Lu (beside North bus station)

江苏省南京市浦口区大桥北路(长途北站旁)

58507000

Large indoor market with everything from home décor to wires, Christmas trinkets and electronics. Cheap but be prepared to bargain.

Jinling Decoration Market

金陵装饰城

88 Jiangdong Zhong Lu

江东中路88

86511888

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

Modern House NJ (Remo) 摩登舍

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 Lu 中山路18号
84788066

A premier mall with wide variety of high class shops such as Louis Vuitton and Burberry. Includes also a movie theatre.

Nanjing Aqua City 南京水游城

1 Jiankang Lu 健康路1号
52233999

Home to many restaurants and western brand name shops as well as a cinema and the BHG import supermarket.

Golden Eagle Shopping Center

金鹰国际商城

89 Hanzhong Lu 汉中街89号
84708899

Offers a wide selection of clothing, homeware, and a foreign food supermarket on the upper floor. The building also houses the Crown Plaza hotel and some of the premier office space in the city.

Wanda Plaza 万达广场

88 Hongwu Lu
白下区洪武路88号(近淮海路)
84783706

98 Jiangdong Zhong Lu
江东中路98号

86805588 / 86805577

Largely occupied by Chinese brands but with an increasing number of well known foreign retailers in the process of moving in. Includes Walmart outlets and large cinema (IMAX in the Hexi location).

Golden Wheel In-Citi 金轮新天地

8 Hanzhong Lu 汉中街8号
84773788

Many restaurants plus brands such as Sephora, H&M, and Timberland, plus the ubiquitous Costa Coffee.

New City Mall 新城市广场

99 Caochangmen Da Jie 草场门大街99号
86210888

Many brand name shops, 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.

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 the fabric market
"Bu Bu Bu"
中山北路178号
83611227
Nanjing's largest branch of the popular bike manufacturer.

Jinxianghe Rd 进香河路

The outdoor store street in Nanjing; shops for biking, hiking, backpacks, equipment and apparel for outdoors.

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
Specialists in wedding photography plus equipment and lighting, flash etc.

Camera & photography equipment Market 东鼎照相市场

Dongding Plaza, 699 Zhujiang Lu
珠江路699号东鼎照相市场
Widely regarded as the best camera and equipment market in Nanjing.

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 that selling everything you can imagine and more; computers, cameras, MP3 and MP4 players, iPad, webcams, hard drives, and portable flash drives.

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

Local firm that is now one of China's largest retailers for electrical household appliances. Branches all over Nanjing.

Groceries

HomeGrocerChina

Rm 503, Building 65, Yushuiwan Garden, 169
Yudao Jie 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, 1 Jiankang 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

Features a very large stock of imported goods plus fresh organic fruit and veg.

Carrefour 家乐福

235 Zhongshan Dong Lu

中山东路235号

84658588

The omnipresent French hypermarché with four stores in Nanjing and a fifth (Pukou) on the way.

RT Mart 金润发

39 Danfeng Jie

玄武区丹凤街39号(近北京东路)

83358788 / 83356077

Chinese supermarket with a decent foreign food section and three outlets in Nanjing

Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街151号(近纪念馆东路)

86555568

Another 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

83685530

Compact yet its location close to the home of many expats, especially students make this a very popular foreign food store with a wide selection of imported yet pricy food.

GSAB 新源宝

6-1C16 Block 6 Taiwan Product City, Hexi Dajie

河西大街台湾名品城6馆6-1C16号

52360050

Limited selection of imported items from Taiwan difficult to find elsewhere.

Organic Food 有机食品

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

Wine Outlets

Aussino Cellar 富隆酒窖

Room 109, 198 Zhongshan Dong Lu

隆酒窖 南京市中山东路198号109室

84679799

www.aussino.net

Metro 麦德龙

288 Ningli Lu 宁溧路288号

300 Jianning Lu 下关区建宁路300号

Ziyo Wines 南京紫元酒窖

18 Mochou Dong Lu 南京市建邺区莫愁东路18号

13770923489

Eminence Cellar

香松酒窖

Inside Wutaishan (opposite to Jin Inn)

Guangzhou Lu 广州路, 五台山体育场

66012088

Chateau Family Cellar 名庄世家酒窖

16-10 Mochou Hu Dong Lu

莫愁湖东路16号-10

87781899 / 13852287767

Jiangsu Jiuchao Distillery 江苏九朝酒业

278 Hongwu Lu

洪吴路278号

84404159

Foreign Language Bookstores

Foreign Language Bookstore

外文书店

218 Zhongshan Dong Lu (Beside Taiping Nan Lu)

中山东路218号长安国际(太平南路口)

57713287

Xinhua Bookstores

新华书店

56 Zhongshan Dong Lu (near Hongwu Lu)

新街口店白下区中山东路56号(近洪武路)

86645151

54 Hunan Lu (near Matai Jie)

鼓楼区湖南路54号(马台街口)

83374645

Phoenix International Book Mall

凤凰国际书城
1 Hunan Lu
鼓楼区湖南路1号八佰伴旁(近中央路)
83657000 / 83657111

Online Shopping

Chunjie365

www.chunjie365.com
cs@chunjie365.com
58933356

Online shopping site with English version that offers fun and unique gifts from the US and Asia with the ability to engrave or personalise for that special someone.

Services

Travel

Lufthansa German Airlines 德国汉莎航空公司

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

D.T. Travel

大唐国际(香港)商旅服务有限公司
22E, Golden Wheel Mansion, 108 Hanzhong Lu
汉中中路108号金轮大厦22E
84720097
Ticket Booking: 400 886 1212 (FREE)
Quality English service that includes flights, visas,
hotels and holiday packages.

Transportation

Nanjing Train Station

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

Nanjing South Train Station

南京南站
Shuanglong Dadao / Yunan Lu
雨花台区双龙大道, 玉南路
52414183
Principal stop on the Shanghai to Beijing high
speed train line.

Nanjing Lukou International Airport

南京禄口机场
Lukou Town, Jiangning District
江宁区禄口镇
968890 52480499
Serves all parts of the country in addition to direct
international flights to Germany, Japan and Korea.

Airport Shuttle Bus 机场大巴

¥20
1. East square, Nanjing Railway Station, 221
LongPan Zhong Lu 南京火车站 龙蟠中路221号 6am-
8:30pm, leaving every 30mins
2. Nanjing Zhonghua Men Station, 508 Yingtian
Da Jie 南京中华门车站 应天大街508号 6am-9:00pm,
leaving every 20mins
3. Hanzhong Men Station, 278 Han Zhong Lu 南京
汉中门车站 汉中中路278号 6am-9:00pm, leaving every
20mins

Nanjing Coach Terminals

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

Nanjing Zhonghuamen Coach Terminal

南京中华门长途汽车总站
508 Yingtian Da Jie
应天大街508号
52418504

Nanjing North-Central Coach Terminal

南京中北长途客运中心
160 Huahongcun
秦淮区红花村160号

Nanjing Zhongyangmen Coach Terminal

南京中央门长途汽车总站
1 Jianning Lu
建宁路1号
85531288

Healthcare

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.internationalsos.com
Western doctors and public pharmacy. Service
listed in English & Chinese. Multilingual staff: EN/
CN/JP/DE.

Flossy Care

福乐氏齿科诊所
#105, 1 Huaneng Garden, Taiping Bei Lu
南京太平北路108号华能城市花园1幢105
84069389 / 13951994471
www.flossy-care.cn
Offers all kinds of oral treatments including dental
implants, crowns or bridges, dental whitening,
cosmetic dentistry, root canal therapy, orthodon-
tics and more. 100% Bilingual staff with another
branch in Suzhou.

Global Doctor 环球医生

6 Mochou Hu Dong Lu (next to Shuiximen Da Jie)
建邺区莫愁湖东路6号左邻风花园01幢1楼
86519991
Emergency Number: 13805174397
www.globaldoctor.com.au
Australian medical company offering primary and
occupational healthcare plus emergency assis-
tance. Multilingual staff: EN/IT/JP/PT/ES/KO/CN.

Nanjing Entrance and Exit Inspection and Quarantine Bureau

江苏出入境检验检疫局
1 Baixia Lu 白下路1号
52345328 / 84456805
Health checks for work permit / visa applications.

Gulou Hospital 鼓楼医院

321 Zhongshan Lu 中山路321号
83304616
The major trauma hospital (24 hr).

Nanjing Children's Hospital

南京市儿童医院
72 Guangzhou Lu 广州路72号
83117500

People's Hospital

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

Yifeng Super Drugstore 益丰大药房

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

Jiangsu Provincial Hospital of TCM

江苏省中医院
155 Hanzhong Lu 汉中中路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 Da Jie
清凉门大街168-7/8
13905150592 / 85381818
www.jssgyg.com
johnson55@163.com
TCM, massage and English speaking staff.

Nanjing Maternity and Child Healthcare Hospi- tal 南京市妇幼保健院

123 Tianfei Xiang 天妃巷123号
84460777
The major maternity hospital in Nanjing.

BEN-Q Hospital 明基医院

71 Hexi Da Jie 河西大街71号
58807810
Another popular choice for expats, BENQ is
staffed by local specialists, with occasional visits
from Taiwanese doctors.

Dan-De Dental Clinic 丹德齿科

D6, 9F, Huawei Mansion, 107 Shigu Lu
石鼓路107号华威大厦9楼D6
84217177
Centrally located dental clinic with western stan-
dards and several other branches.

KB+ Dental Hospital 康贝佳口腔医院

31 Fujian Lu (Huaifu Mansion)
83433333 / 4001108899
www.kangbeijia.com
Jiangsu's first digital dental hospital with treat-
ments including dental cosmetics, implants, tooth
whitening, correction and straightening.

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 lan-
guage.

Legal

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

A4, 21F, Golden Eagle, 69 Hanzhong Lu
南京市白下区汉中中路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 and
licensed by the Ministry of the Justice with two
representative offices in Nanjing and Shang-
hai. Provides legal services in English, French,
Chinese, Spanish, Italian and German with special

regard to investing in China, M&A, labour law, IPR protection and cross border dispute.

Dacheng Law Offices **大成律师事务所**

2F, 72 Beijing Xi Lu
2楼北京西路72号中华人民共和国
83755108
nanjing.dachenglaw.com
Hongliang.Hu@dachenglaw.com
Ranked #1 in Asia by size, with branches in 26 countries and all over China. Nanjing branch is ranked #1 in Jiangsu Province (EN/CH/ES/JP/KO).

Jeffrey Wang

中银（南京）律师事务所
8F, Jincheng Tower, 216 Longpan Zhong Lu
南京市龙蟠中路216号8楼
13605182614 / 58785588 / 58788688
wyz_jeff@163.com
Business lawyer with more than ten years legal practice in Nanjing plus fluent English and knowledge in both legal and business areas.

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
Foreign passport holders only. English service.
Translation available in Chinese, French and Spanish.

KuanEumHui Korean Buddhist Club

观音会南京韩人佛教会
1703, Building 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.

Pets

Amy Hao Hao Pet Care **爱宠好好**

18 Nantai Xiang Xi (off Wang Fu Da Jie) 王府大街
南台巷西18号
84203097 / 13952034351
Professional and caring cat and dog grooming service owned and run by a local Nanjing girl who speaks fluent English.

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
Major centre for vet services and vaccinations.

Al-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

Crown Relocations

嘉柏（中国）国际货运代理有限公司
Rm 1908, Block B, New Century Plaza,
1 Taiping Nan Lu
太平南路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
汉中中路108号金轮大厦12C1座
84701658
www.cmrchina.com
Complete relocation service to multinational companies, with additional services including driver's license and import/export of pets.

Media Production - Design - Photography

SinoConnexion

南京贺福文化传媒有限公司
14F, Building 1, World Times Square, 8 Dongbao Lu, Hexi
鼓楼区东宝路8号时代天地广场1幢1417室
84718617 / 13851522275
www.sinoconnexion.com
info@sinoconnexion.com
International award winning professional foreign owned video and media production company offering advertising agency services plus print and digital publications, broadcast media, internet advertising, social media promotion; plus production of audio materials. 25 plus years experience in traditional broadcast media and print, and 19 years of work in the media industry in China.

VOZ Design

嗓音设计
Office 612, Sunong Building, 357 Mochou Lu
莫愁路357号苏农大厦612室 210004
85520158 / 180 6168 5196 / 159 5057 5174
www.vozdesign.com
contact@vozdesign.com
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

137 7076 1603
www.nicolasharter.com
A French photographer specialising in wedding, 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.

Miscellaneous

Icalse Copier Rental 南京艾科思商贸有限公司

Huashan Hotel, Zhujiang Lu, Nanjing
南京珠江路华山饭店内
6866505
www.icalse.com
icalse@126.com
Photocopier and shredder rental, in all sizes including those for industrial use. Other branches in Suzhou, Kunshan and Shanghai.

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

Hong Bang Tailor

红邦裁缝
18 Nanxiu Cun, Shanghai Lu 上海路南秀村18号
The tailor of choice for many a Nanjing expat.

Leisure & Sports

Massage & Spa

Pathways Spa & Lifestyle Club

颐庭Spa生活会馆
13F, Tian'an International Building,
98 Zhongshan Nan Lu 中山南路98号13楼
84540166
www.pathway-spa.com
Lifestyle club consisting of a dedicated spa area with private treatment rooms, Thai Massage room and Foot Massage room. Other 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.

Shoujia Medical & Health Center 手佳按摩

136 Changjiang Lu 长江路136号
84702129
Various types of massage with blind masseurs.

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.

OneZo 春之源美容中心

400 Zhongshan Nan Lu 中山南路400
85861099
Upmarket spa with a focus on TCM catering for CEO types.

Gyms & Sports

Yanlord Tower Club

仁恒国际俱乐部
116 Lushan Lu
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.

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
86690465 / 86690467

Nanjing North Star Ice Skating Club

南京北极星滑冰俱乐部

Qinhua Sports Center,
20 Pingjiangfu Lu
秦淮区平江府路20号
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.

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

Klein Billiards 克莱思台球

135 Hongwu Lu 洪武路135号
51587158

Zhongshan Shooting Club

中山射击俱乐部

12 Lifu Jie
白下区李府街12号
84615141
Shotgun, rifle and pistol shooting, into the city wall!

Changqing Taekwondo 长青跆拳道馆

145 Zhongshan Dong Lu
玄武区中山东路145号
84541055

Karate Eifuukaikan 空手道影风道场

96 Yushi Jie 鱼市街96号
52989189

Pisarev Ballet 比萨列夫芭蕾舞学校

B901 Junlin International Mansion, 5 Guangzhou Lu
广州路5号君临国际B901室
86975095

Daoshun Archery 道顺射箭

Wutaishan Sports Centre, 173 Guangzhou Lu
广州路173号 五台山体育中心
51888882

Art & Culture

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 foreign 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
83498249
Irregular performances by Chinese and overseas students and faculty.

Jiangsu Kunqu Theater 兰苑剧场

4 Chaotian Gong 朝天宫4号
84469284
Live performance of Kunqu opera.

Drug Art Museum

南京药艺术馆

Building 22, 12 Dinghui Men Jie
定淮门12号(世界之窗软件园) 22号房
83752646
A private art gallery that in addition to exhibitions also hosts social experiments between local and foreign artists.

Golf



Sofitel Zhongshan Golf Resort

钟山高尔夫俱乐部

7 Huanling Lu 环陵路7号

84606666

Gingko 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

南京昭富国际高尔夫俱乐部

176 Zhenzhu Jie, Pukou

南京市浦口区珍珠街176号

58853333

Beauty



Wan Yan Shi Beauty Salon

完颜氏美容沙龙

Room 108, Building 2, 9 Wenfan Lu

文范路9号2幢108室

85791042

VS Philosophy Hair Salon

沙宣理念美发

6F, Deji Plaza 德基广场6楼

84763486

Nail Bar 指爱你美甲

44 Wangfu Da Jie

王府大街44号 84209596

Sweet Love in Nails 指间密语

89 Shanghai Lu

上海路89号

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

New City Mall, 99 Caochangmen Da Jie

鼓楼区草场门大街99号龙江新城市广场3楼(近江东北路)

86223345 / 862240908

Aqua City Hengdian Cinema City

南京水游城横店国际影城

4F, Aqua City, 1 Jiankang Lu 建康路1号水游城4楼

82233599

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 Lu

建邺区庐山路116号

86268888 Ext. 643

Sink your teeth into mouth-watering delights such

as 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

A range of Turkish and Vietnamese food, 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 Fengtu Lu

丰富路117号

84214123

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 high quality authentic Indian cuisine that it continues to this day, making it forever popular with the foreign community.



Himalaya-Nepalese & Indian Restaurant

喜马拉雅尼泊尔印度餐厅

193 Shigu Lu (behind 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 kilometre. Wifi available.

Kohinoor Restaurant

科伊诺尔餐厅

2F, Ramada Hotel, 45 Zhongshan Bei Lu

中山北路45号华美达怡华酒店2楼

83122522

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 Vindaloos in addition to more familiar Chinese dishes. Free delivery within 3 kilometres.

Japanese Cuisine

Wadouraku

和道乐日本居酒屋

121 Shigu Lu

石鼓路121号

84465760

Patronised by many from Nanjing's Japanese community, and largely thought of as the genuine Japanese experience in Nanjing.

Tairoy Teppanyaki 大渔铁板

57 Zhongshan Lu

中山路57号

84729518

54 Taiping Bei Lu (in 1912)

太平北路54号, 在1912里

84458310

3 Kunlun Lu

昆仑路3号

58850588

Famous for its special offer: ¥168 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.

Shuizhui 水之惠

18-2 Wangfu Da Jie 王府大街18-2号

84217517

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 Taoguxincun, Hankou Lu

汉口路陶谷新村6号

83312091

Ke Jia Fu 可家福

38 Nanyinyangying (near Ninghai Lu)

鼓楼区南阴阳营38号(近宁海路)

83314283

Vegetarian

The Green Field – Vegetarian Restaurant

绿野香踪素食馆

1F Zhengyang Building, 56 Yudao Jie

御道街56号正阳大厦一楼

6661 9222

A wide selection of creative dishes and plenty of fresh vegetables along with special drinks and teas.

Pure Lotus 静心莲

1 Section C, Shuimuqinhua, 99 Shitoucheng Lu

石头城路99号水木秦淮C区1号

83752306

LvLiuJv (Living by Green Willow) 绿柳居素食馆

248 Taiping Nan Lu (near Changfu Jie)

太平南路248号1-2楼(近常府街)

86643644

Western Bars & Restaurants

Studio 21 Grill Restaurant

藤美

193 Shigu Lu (behind the Sheraton)

石鼓路193号(石鼓湾美食休闲街区)

86795269 / 13072525212

With genuine European flavours, grilled meat

and seafood specialties, Studio 21 also offers renowned home made desserts, all in an elegant and relaxing atmosphere. Special Set Lunch Menu with prices from ¥38 and specials for student and teachers, plus live music every Friday and Saturday during dinner.

C-Lounge

望酒廊

237 Zhongshan Dong Lu (back of the Central Hotel)

傅厚岗1号富升大厦裙楼二楼(汉庭快捷酒店旁)

An altogether more ambient vibe from the people who brought us Castle Bar, differentiating itself with Chinese nostalgia themed events and parties. Open from 6pm - 2am on weekdays and often later at weekends. Free wifi.

Nail Jazz Bar

钉子吧

10 Luolang Xiang (200m south of the Sheraton)

罗廊巷10号, 立金斯利酒店200米

8653 2244

A relaxed bar 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.

Blue Marlin

蓝枪鱼音乐餐厅

8 Changjiang Hou Jie, 1912

南京市玄武区长江路8号1912酒吧街

84537376

Liyuan Zhong Lu, Jiangning (near Baijia Lake)

利源中路(百家湖附近)

523932890

Yadong Plaza, 12 Xianyin Bei Lu

仙隐北路12号 亚东广场

One of the more established hangouts in Nanjing that with new locations make it still popular with expats. Offers quality drinks plus German and European dishes. Happy hour from 4-7pm.

Bebbis

百比思

1st floor, Orient Department Store, 2 Zhongshan

Nan Lu

中山南路2号东方商城1楼

84730121

Interesting Fondue experience.

Danny's Irish Restaurant & Pub

丹尼·爱尔兰餐厅&酒吧

4F, Sheraton Nanjing, 169 Hangzhong Lu

汉中路169号金斯利酒店4楼

8666 8888 7775

Quality hotel dinners plus the usual selection of beer and liquor in addition to being a good place to sit and chat. Live performances and TV sport. Open from 6 pm.

Cosima

可西玛

120 Shanghai Lu (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. Good tapas, pizza and a nice variety of wine. Outdoor seating expands the capacity of the restaurant considerably!

Secco Restaurant and Bar

喜客西餐厅

3 Kunlun Lu

(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 that is a good place

to start a night out, located beside the city wall. Another major expat draw that features barbeque, buffet, outdoor dining and strong mixed drinks.

Talking & Talking 2

对话西餐厅

Room 101, 9 Pei De Li,

Ninghai Lu

宁海路培德里9号栋101室

83200844

20 Jinyin Street

金银街21号

83323969

Offers 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.

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 video games.

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.

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 considered some of Nanjing's best. Free delivery is available.

Pisa Pizza

比萨斜塔意式西餐

81-8 Shanghai Road

上海路81-8号

1580 517 7575

Pisa Pizza has a reputation for serving up the finest pizza in the city, straight from the wood fired oven.

Blue Sky Expat Bar & Grill

蓝澳西餐厅

77 Shanghai Lu

上海路77号

86639197

One of the original expat bars to open in Nanjing, serving burgers, pizzas, plus Aussie meat pies and more. A wide range of beers and spirits are available, including several Australian brands; it is the only bar in Nanjing to serve Bundaburg Rum (Bundy). There are also weekly and monthly pool competitions and like any good pub, music you thought you had forgotten about!

Ellens Bar

艾伦酒吧

132-3 Guangzhou Lu

(a few metres from the corner of Shanghai Lu)

广州路132-3号

83641119

丁家桥75号

75 Dingjia Qiao (near to Hunan Lu, opposite Blue Gulf Cafe and Zhong Da Hospital)
Laid back and relaxed atmosphere have quickly made this a favourite, especially amongst the student crowd. Good range of food & drinks at great value prices.

N *Swede and Kraut* 云中西餐厅

12 Nanxiucun 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.

N *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 and an outside terrace.

N *Soul Mate* 索味法式休闲餐厅

15-1 Nanxiucun,
off Hankou Lu
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.

N *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. Open 11:30 am to 10 pm, with take away service. Free WiFi.

N *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, offering 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
From this tiny location, Another Jimmy's serves up specials to the Shanghai Lu student community.

N *61 House* 陆拾壹号餐厅

61 Hankou Xi Lu

汉口路61号
83205979 / 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 *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 one of the finest terraces in the city. Live musical performances go well with strong sangria and beer.

N *Jack's Place* 杰克地方西餐厅

35 Wang Fu Da Jie
王府大街35号
84206485
160 Shanghai Lu
南京上海路160号
83323616
Humble yet honest, Jack's Place has tellingly been around Nanjing for around 15 years and serves up Italian favourites popular with expats and locals alike, and at very reasonable prices.

N *La Cantina* 南京米凯列酒业有限公司

#2-7 East Nantai Xiang (off Wangfu Da Jie)
南台巷东2-7号
58787665 / 13813842543
A small wine bar of appreciation and plain old relaxation with a considerable selection of wine (largely Italian) complimented by snacks and friendly Italian/Chinese service.

N *Eminence Cellar* 香松酒窖

Inside Wutaishan (opposite to Jin Inn),
Guangzhou Lu 广州路, 五台山体育场
66012088
High quality western restaurant offering organic food, breads baked on-site; a full cigar bar, private meeting rooms and a huge wine cellar.

N *Potato Bistro* 马铃薯

5*301 Kangqiao Sheng Fei, 9 Wenfan Road,
Xianlin University Area
仙林大学城文苑路9号
85791293
A bistro based on green, organic, fresh foods and authentic tastes within a quiet environment. A 150 square metre outdoor BBQ balcony is also available. Free wifi.

N *Paulaner Brauhaus* 宝莱纳啤酒花园

123 Guangzhou Road
广州路123号
83117188
A chain restaurant and bar located on the side of Wutaishan Stadium's hill, with decor, beer, and food that are entirely German.

N *Vanilla Sky* 香草天空

4-4 Taoguxincun, off Shanghai Road
上海路陶谷新村4-4号
83202884
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.

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

1-106, 9 Wenfan Lu, Xianlin
大学城文苑路9号1-106室
85791577
Stylish and elegant yet easy in which to relax. Utilising ingredients specially sourced, many dishes and drinks are unique in Nanjing. Free wifi. Closed on Mondays. Reservations are advised.

N *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.

Boston Chips

波士顿炸香天
New City Mall, Hexi
河西新城广场
An array of boardwalk food, such as hotdogs, tater tots, mashed potatoes, onion rings, and chicken fillets, including BBQ and Cajun styles. Two other locations in Nanjing.

Bakery & Café

N *Skyways* 云中食品店

160 Shanghai Road 上海路160号
83317103
A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路12号 亚东广场A18室
85791391
One of the best known foreign shops in Nanjing offering breads, made-to-order sandwiches, cakes, chocolates, desserts, plus a fair selection of imported deli items such as cheese and salami. Large cakes and pies can also be pre-ordered. Indoor and outdoor seating.

N *Sculpting in Time Café* 雕刻时光咖啡馆

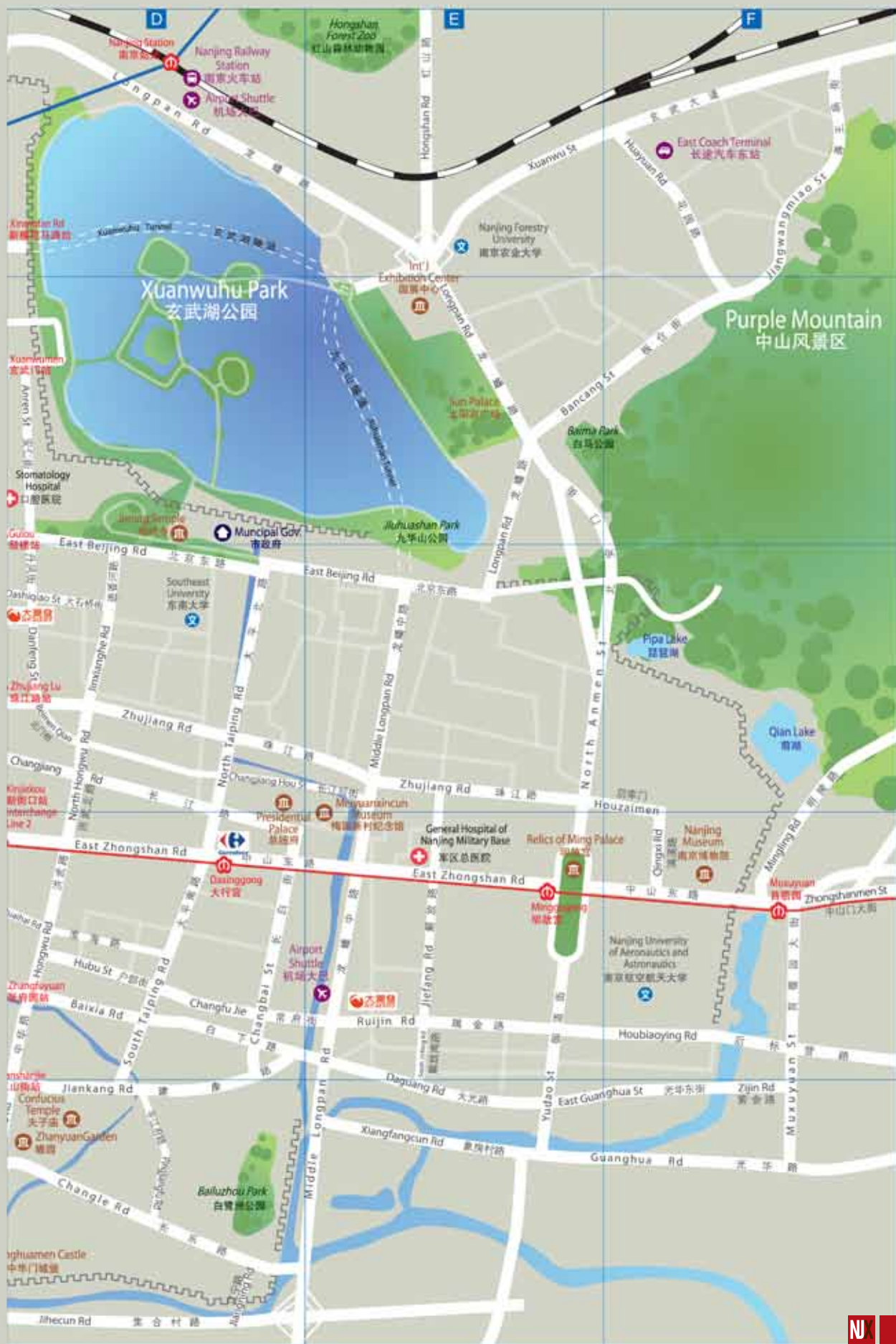
2F, 47 Hankou Lu 汉口路47号2楼
83597180
32 Dashiba Jie (Confucius Temple East Gate)
秦淮区大石坝街32号 (夫子庙东门)
Sculpting in Time was started by two college graduates from Beijing offering a pleasant coffee house atmosphere, along with brunch, cocktail hours, film screenings, a variety of Western food, plus widely known brownies. The balcony at the Confucius temple branch offers romantic night time views over the Qinhuai river. 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 and magazines. 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

23 Nanxiucun, off Shanghai Lu
南秀村23号
86637484
A beautifully designed, relaxed café off Hankou Lu inspired by the play by Irish Playwright Samuel Beckett serving a great range of coffee, tea and food in a cozy atmosphere. Opening hours/days are somewhat haphazard.





Jiangning Area



Xianlin Area

Map Symbol Legend

- | | |
|--|--|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |



Olympic Area

NX CLASSIFIEDS EVENTS

For detailed information about these and many other classified ads and events please visit www.nanjingexpat.com

Real Estate

■ 50 +12 sq Apartment in Xinjiekou

A great location between xinjiekou and 1912. Near Nanjing and Dong Nan Universities, supermarkets, movie theaters and nightlife with in walking distance. Set in small quiet compound with small park. Actual living area is 60 square meters 2 bedrooms medium sized living room with small kitchen and bathroom. A nice balcony with bright sunshine on the 7th floor. Hard wood floors and simple decoration. Comes with a bicycle garage. We are planning on having a bigger family so need to move to a larger place. It is possible to get loans to buy houses for foreigners in China.

Email: slaing4@gmail.com / Asking price: ¥920,000

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

Jobs - Positions Vacant

■ Part time job

Looking for a part-time foreign teacher. Native English Speaker Experienced in teaching kids is preferred. Must be stable and willing to stay for more than 6 months.

¥120-150 per hour. Email: sara@trogine.com

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

■ Teach in Xuzhou 7000 monthly after taxation

Location: Xuzhou City, Jiangsu Prov., Age: below 45

Nationality: native speakers, Language: English

Working Experience: one year or above teaching experience

Start time: ASAP

Class size: 10-15 Students: 3-12 years

Contract duration: One year

Workload: 16-20 hrs/w

Monthly salary: ¥7000 after taxation

Fringe benefits: free apartment, working meals, airfare reimbursement, visa sponsorship

Phone: 18071109291 / Email: huaxiajob@163.com

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

■ Kindergarten in Changzhou 8000 Monthly ASAP

Location: Changzhou City, Jiangsu Prov., Age: below 45

Nationality: native speakers, Language: English

Working Experience: one year or above teaching experience

Start time: ASAP

Class size: 10-12 Students: 2-6 years

Contract duration: One year

Workload: 20-25 classes/w with 2 days off

Monthly salary: ¥8000.

Fringe benefits: free apartment outside the campus, 8000 airfare reimbursement.

Working visa sponsorship.

Phone: 18071109291 / Email: huaxiajob@163.com

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

Art Exhibition

■ Redic - Shanghai Thrones

In the spring of 2010 Redic extended his artistic and entrepreneurial platform from Los Angeles, California to Shanghai, China. The "Shanghai Thrones" are sculptural works made from discarded or discounted chairs throughout Shanghai. Redic then gathered stones, brick, and pieces of mirror from old, torn down Chinese lane houses and transformed them into one of a kind masterpieces.

When: From 11th May

Where: World Trade Center Club (WTC Club)

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

■ NanjingMan Triathlon

This event is for recreational sports folks. Distances are swimming 800m, cycling 25 km and running 8 km. Categories are: Nanjing Open Water Swim Challenge (swim only), Male, Female, Relay female, Relay male, Relay mixed, Relay family (all from one!), Relay junior (all members 16 and under), Relay senior (all members aged 17 to 23).

Register at nanjingtriathlon.com

When: 20th May

Where: Purple Mountain Lake

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

■ Hail & Farewell - NIC networking

Hail: Welcome and orientation for newcomers to Nanjing. Farewell: A chance to say goodbye to folk who are leaving. Networking: Meet others for business or social connection. Find out about activities and services in Nanjing. NIC members 40rmb Non-members 60rmb. Relax over snacks and beer or soft drink in this regular event. Take part in the raffle to raise money for charity. The first one on Saturday the 28th was well attended, even though it was a working day. Funny how that happens!

Register to be sure of your place by emailing info@nanjinginternationalclub.com

Make sure your organisation is represented. Business representation fee 50rmb but non-profits are no charge.

When: 19th May

Where: Blue Sky Aussie Bar & Restaurant

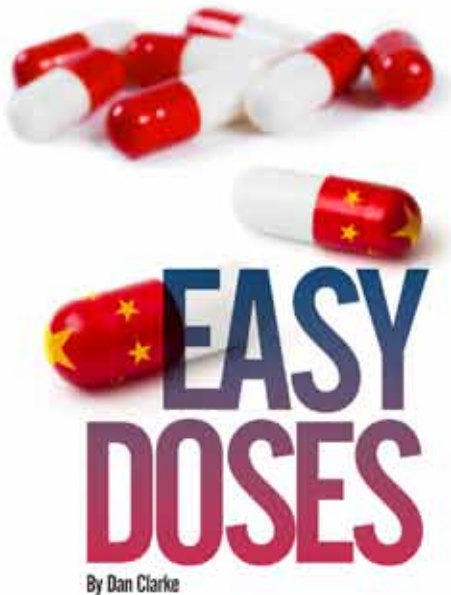
For full event text, visit: www.nanjingexpat.com



The Nanjinger Cryptic Crossword Answers

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

Visit: www.nanjingexpat.com



What Are Your Goals?

■ **A**sk most people this and they will likely give a basic comment about getting a better job, improving their education, finding more time to relax and possibly enhancing old or discovering new relationships. Yet when asked to give a realistic approach to achieving these goals, most people come up short. Either they will be so vague that their plan is simply wishful thinking, or they require so much luck or discipline they will probably fail.

If you have a goal but are from reaching it, or you do not know how to achieve it, you need to sit back and think.

What are your main goals?

If you have more than three main goals, you are stretching yourself too thin; you will not have the time or energy to achieve them all. Think carefully on what it is you really want or need, and develop goals from there.

Once you have one or two main goals, it is essential that you write down what you have to do to achieve them.

Do not just write down something vague or skip the early steps.

Be specific. If your plan looks like this:

Find new job

Get interview

Get job

...you need a new plan.

Research what you want to do. To lose weight, go above and beyond the basics by researching detailed diet plans and rigorous exercise schedules to gain an understanding of how much commitment is required of you. For further education, be sure to cover all bases by investigating opportunities in Nanjing, or the possibility of education online (avoid internet schools; real brick and mortar schools offer distance education that is better and usually cheaper). If you want a job, identify the field in which you want to work and the companies therein with a good reputation who may have appropriate positions. The more thorough you are the more opportunities you will discover. If you want to meet your soul mate, consider what you want in a person and think about the best place to meet someone with those qualities. An intellectual will not be found by cruising a bar, and people who spend Friday nights in bookstores do not usually want to party.

After you have researched what you want and what is available, plan how you can achieve your goals. Your plan should reflect the kind of person you are and utilise your best attributes to their full potential. For people who like social activities, plan your strategy around working with others for support and advice. If you are not such a social type, don't plan on getting a job by sweet talking the boss! Be realistic.

Once you have in place your main goals and the plans for achieving them, write them down in several notebooks and on your computer. You do not want to lose them. Put one of these notes in your wallet or purse. Everyday look at these goals at least once, and reflect on what you have done that day to achieve them. Remember, if you just leave them in a notepad somewhere you will forget about them.

You need to be thinking of these goals on a daily basis. **NU**

The Big End

By Frank Hossack



SCIROCCO

Golf/Sirocco Racer (Import)

I was brought up in a world where cars have clutches and boats have paddles. I was taught that it was always such, and always such shall be. Yet this is the second (out of only three, so far) cars we have test driven that dispense with the clutch and gearstick completely, choosing to mount gear change “paddles” on either side of the steering column. Both cars are German. I’ve been harboring doubts as to whether to share this confession with our dear readers, for fear of being branded “old”, “out” or worse. Yet, interestingly, sitting in the Golf Racer, our intern Michael who is less than half my age agreed with me, begging the question, “what research has been done to say that we even want paddles?”



Its lack of clutch plus the 256 brake horse power are among the reasons the Golf R can make it to 100 km/h in little over 5 seconds. Unlike the Smart that we road tested previously, a flick of a paddle shifts up/down instantaneously, leading me to wonder what further Vorsprung durch Technik awaits us when our chance comes with VW’s premium brand.

A lot about the Scirocco and Golf is virtually identical (hence here they are together in one article), apart from the obvious in the former’s abysmal sight lines and its rear seats’ inability to accept a fully grown adult.

Both cars feature an impressive array of features, from blackened out LED tail-lamps and dynamic bending lights to hill hold control and cruise control. Plus bucket seats. It may be my larger than average size, but in the case of the Vienna/



San Remo Motorsport bucket seats for Golf, on a longer run to Shanghai for instance, I could see myself becoming more than a little uncomfortable.

The dealer we visited had sold an amazing 40 Golf R’s so far this year, a good 60% of which to young men from northern Jiangsu. While some are noble young entrepreneurs or hard working middle management who have worked their way up through the ranks, it is confessed that many merely have rich parents. With the necessary ¥400,000 in loose change I guess they don’t have quite the same clutching concerns. **NU**

The Nanjinger test drove the Sirocco and Golf R (import) at 南京景众汽车销售服务有限公司 Dealer, 中山路132号凯润金城1楼 and 南京市东山街道临麒路33号
Tel (025) 66617666 / 66678766



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



The best of British education
right here in Nanjing



**The British School
of Nanjing**

www.bsn.org.cn | 025 - 5210 -8987 | info@bsn.org.cn