

# THE NANJINGER

NANJINGEXPAT

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1. Hold hand out,  
(as if ready to shake hands);  
Thumb is up.



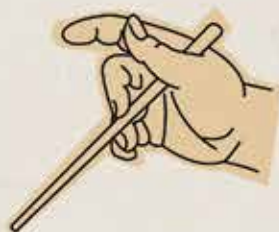
2. Separate fingers as  
shown in diagram.



3. Fold lower 2 fingers  
inwards 1/2 way.



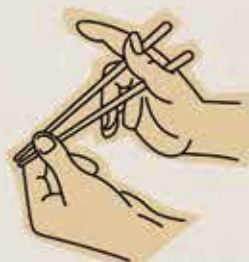
4. Place 1 chopstick in the crook of your thumb;  
clamp it. Back of chopstick sticks out about 1/4";  
middle rests on 2 bottom fingers at the  
start of the nail.



5. Bring your middle finger down,  
so it rests on top of your lower 2 fingers.



6. ...but **DON'T** cross  
the finger over the chopstick.



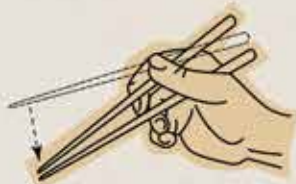
7. Place 2nd chopstick to make a "V" shape  
(the narrow ends of the chopsticks touch).



8. Bring your index finger down,  
on top of upper chopstick.



9. Open and close the chopsticks  
like tweezers.



## NOW YOU ARE READY TO EAT!



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**Linking China with the world since 2003**

*We raise our glasses to gastronomy in this issue of The Nanjinger, partly for being the gluttons we are, but mainly as loyal servants to the large numbers of folk who find themselves incoming in Nanjing, lost and hungry.*

*On a less celebratory note, our new contributor Sean Doherty takes a look at that topic which is never far from the headlines in China; food safety.*

*Still with our theme, resident Russian beauty Maria Simonova brings her expertise to the table on two issues appropriate to our banquet. Make sure you gobble up every last morsel of "We are how we eat" and "Water of life".*

*Elsewhere, we are also joined in this issue by environmental scientist Nurmira Jamangulova. Expect to be fascinated by water quality, land pollution, biodiversity and waste management to name but a few in her new regular column "Ecoinsider".*

*Finally, in June we introduced our prize cryptic crossword, and we have a winner! Congratulations to clever clogs John Brock who will be enjoying a weekend with a friend at Nanjing Novotel East. The same prize is up for grabs in this issue; see back inner cover. To make it easier (since we know it's a toughie) you can still enter the contest even if your crossword is not complete. In this case we will award the prize to the owner of the most complete grid. So get your lateral thinking cap on! Finally, if you are looking for the solution to the previous competition, we've moved it online to the Nanjing Expat website.*

*Welcome to the heat, and eating, from The Nanjinger.*

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## Introducing some of our contributors, writers and editors

Contributing editor Ken Ellingwood is a former foreign and national correspondent for the Los Angeles Times and author of *Hard Line: Life and Death on the U.S.-Mexico Border*. He teaches writing at Nanjing University.

特约编辑 Ken Ellingwood 之前是《洛杉矶时报》的国内外通讯记者，同时也是“死亡地带”的作者：描述美国与墨西哥边境的生存与死亡。他目前在南京大学教写作。

Simon Northcott has 25 years manufacturing experience; ranging from MNCs to his own business, from Pipelines, Valves and Tobacco to Bottling, with the last 12 years as a world class manufacturing consultant in Asia. This was preceded by a Cranfield MBA and 10 years in the oil industry. He is now resident in Nanjing.

从管道、阀门、烟草到灌装行业，从跨国公司到他自己的生意，Simon Northcott 在制造业有着25年的丰富经验，近12年来，他在亚洲地区可谓是业界一流水平的制造顾问。与此同时，他还是克兰菲尔的工商管理硕士，并在石油行业10年之久。现在他居住在南京。

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。

Rachel Skeels is qualified in the field of interior textile design and previously worked as childrenswear designer for major UK retailers such as Marks & Spencers, C&A and Mothercare.

梁蕊蕊是室内纺织品设计领域设计师。曾担任英国主要的零售品牌如M&S玛莎百货，C & A 和 Mothercare 的童装品牌设计师。

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 28 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28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。



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*Text by Melissa Morgernstern,  
Doug Hughes & Frank Hossack  
Photos by Vivian Wan, Angela He  
& Nooz Phlannel*

## THE SPECIFICS

### **Lanzhou Lamian @ Lao Ma (老马)**

Hand cut noodles (手擀面), available at little restaurants to be found on almost every little block and within every little neighborhood are the signature dish in this hole in the wall by the Yunnan Lu bus station. Try the varieties La mian (thin noodles), Dao xiao mian (刀削面) (thick cut noodles), and fen xi (cellophane noodles).

### **Fried Chicken @ Lao Difan (老地方)**

Having been serving the foreign student community around Nanjing University since prehistoric times, these are Chinese dishes prepared more to western tastes, or as western as they come in this neck of the woods.

### **Guotie @ Ma Xiang Xing (马祥兴)**

Pan fried jiaozi that is a Northern Chinese style dumpling popular as a street food, appetizer, or side order in restaurants. Situated on Yunnan Lu next to Milo KTV, Ma Xiang Xing (马祥兴) serves Hallal food and was apparently founded 168 years ago. ¥8 gets you five pot stickers.



### **Burritos @ Solar**

Homemade sauces help to create authentic Mexican food, brought to you by an American chef amid a Chinese café hangout atmosphere.

### **Set Lunch @ Studio 21**

Service, taste, consistency and value for money that is hard to match in Nanjing; a selection of set lunches named after places (Milan and Provence being standouts) provides for three courses that will have you falling asleep at your desk! Handmade desserts are also a speciality.



## **Shizitou**

### **@ Hangzhongmen Da Jie (汉中门大街)**

A surprisingly up-scale Chinese restaurant considering its down-scale location after taking a left turn at the end of Hangzhongmen Da Jie; in the tasteful traditional interior enjoy feasting on Nanjing's largest meat ball.

### **Cottage Pie @ Finnegans Wake (芬尼根)**

A genuine taste of England and a timely rethink for those opinionated that the UK has little of worth to bring the table.

## **Youbo Mian (Oil Noodles)**

### **@ Xibei Mianguan (西北面馆)**

Get your fix of some northern noodles at the intersection of Qingdao Lu and Hankou Lu, just a small walk from Nanjing University's main gate. These succulent noodles, reminiscent of dao xiao mian (刀削面), sit on top of a small pool of flavorful oil filled with onions, garlic, and soy. Once these hot delicious noodles hit the table take your chopsticks and swirl these noodles to enjoy these slippery hot strands of joy. ¥8-12

## **24 Hour Dumplings**

### **@ Harbin Dumplings (哈尔滨饺子)**

These hole in the wall stands offer a variety of traditional cold appetizers, but are most known for their nice selection of dumplings that are available 24 hours a day for home delivery. Vegetarians beware; there are very few veggie varieties but the main one is egg and Chinese chive. This chain is available everywhere throughout Nanjing, and is tucked away usually in a small neighborhood area or she qu (社区).

## **Cranberry Walnut Cookies**

### **@ Lotus (莲花)**

Are you missing those soft cookies from home? Head to Lotus on Shanghai Lu for these sweet treats filled with whole walnuts and sweet, tart dried cranberries.

## **Almond Chocolate Bars**

### **@ Skyways (云中)**

Another sweet treat for those incredibly hard to control sweet tooths. This bar starts with a flakey layer of pie crust, with a thick layer of chewy almond caramel, topped with a thin layer of dark chocolate. ¥18.

## **Taiwanese Big Fried Chicken**

### **@ Hot Star Chicken (豪大大鸡排)**

A chain with many locations in Nanjing, with two promi-

nent examples on Guangzhou Lu and Zhongshan Beilu. Their deep-fried Large Chicken Breast (be careful, it's not boneless) comes in two flavours - original and spicy - and costs ¥15.

## **Gan Bian Jigu (Dry Fried Mushrooms)**

### **@ Dongbei Fanguan (东北饭馆)**

Located in a little alley off Beijing Xi Lu this tiny eatery offers some classic Northeastern Chinese favorites including these deep fried mushrooms with garlic, chilies, and a touch of ginger.

## **Sushi @ Sushi Express**

For sushi fans out there, head to Sushi Express at the Zhujiang Lu subway stop for ¥6 per plate of sushi. Everything from seaweed salad to coffee jelly are right at your finger tips as the conveyor belt smoothly runs by your table.

## **Fried Chicken**

### **@ Buddy Chicken (巴弟鸡排)**

KFC is all well and good, but if you want something a bit more local and on the cheaper side of things, try a pounded fried chicken breast from Buddy Chicken. This crispy delight can be enjoyed original salt and pepper style, spicy Mexican powder, plum powder and more. With their many locations around Nanjing, you'll be sure to find one in a hurry ¥10-12.

## **Spicy Fried Lotus Root Fries**

### **@ Yunnan Mei Shi Fang (云南美食坊)**

French fries and Chinese food lovers, you have met your match! This spicy fried dish of French fried lotus sticks, chilies and bits of beef is the most popular dish at Yunnan Mei Shi Fang (云南美食坊), tucked in a little alley right across the street from Nanjing Normal University.

## **Hainan Chicken @ Nyongya Café**

Southern Chinese food is known for its light and tropical flavours. But if you are a novice, Hainan Chicken is a great way to take a step into the tastes of the south. The tender chicken served on fluffy rice and steamed greens is delicately flavoured and is a fantastic and satisfying meal. Try this southern favorite at Nyongya Café on Hankou Lu near its intersection with Qingdao Lu.

## **Americana @ Talking**

Are you craving some cheese filled, deep fried, American love? Head to one of the four Talking bars/eateries along Jinyin Jie or off Ninghai Lu for daily specials such as mushroom soup, quesadillas, and French fries. ¥20-40.



### ***Gelato @ Caffè Bene***

Looking to chill out? Try the Gelato at Caffè Bene on Zhongshan Bei Lu right next to the Soldiers Club (军人俱乐部). The chocolate is the best around, but they also have vanilla, raspberry, strawberry lemon, yogurt, coffee, hazelnut, green tea and yogurt blueberry. ¥16 for one scoop or ¥28 for two.

### ***Pizza @ Ciao Italia***

While the jury may be out over Nanjing's best pizza, Ciao Italia's Giuseppe has been at it since 2000 (newer kids on the block Bellini and Pizza Pisa are the other contenders); thin-crust pizza made and designed by a real Italian doesn't come much better.



### ***Tempura***

#### ***@ Marugame Noodles (丸龟制面)***

On the 5th floor of the Laox Plaza (乐购仕) at Shanxi Lu and Zhongshan Bei Lu, you shall find Marugame Noodles (丸龟制面), a great spot for good Japanese noodles and tempura. The hefung curry udon are especially good; ¥23 for a medium bowl, ¥28 for a large.

### ***Brunch @ Pimiento***

For ¥35 this brunch is truly a steal. Two pieces of French toast, chicken sausage, bacon, mashed potatoes, and a bottomless cup of coffee will keep you coming back for more. Also try out their beef burger for a dinner bite.

### ***Lion's Head Meatball***

#### ***@ Da Pai Dang (大牌档)***

Da Pai Dang (大牌档) is known for its Jiangsu southern style favorites and the succulent, fatty lion's head meatball is sure to please. Be careful and don't let your eyes speak for your stomach; one is plenty for two or three people. To find this gem, head to Shizi Qiao near Hunnan Lu.

## **THE ENDEMIC**

### ***Jiyu soup (鲫鱼汤)***

Replace your morning hit of coffee with some turtle soup; for extra zest add two drops of squeezed lemon and a drop of Greek extra virgin olive oil.

### ***Deep fried stinky tofu (臭豆腐)***

Reminiscent of European stinky cheeses such as Roquefort, Stilton, or Gorgonzola or Handkase, this variation of the bean curd staple comes with red hot oil served on a wooden skewer.

### ***Cold noodles (凉面)***

A fusion of Korean and Northeastern Chinese flavours that is a chilling and spicy favourite during Nanjing's hotter months.



### ***Da pan ji (大盘鸡)***

A staple of the Xinjiang community that translates as "Big Chicken Dish". Big being the operative word, expect a dish of chicken and potato pieces in a succulent sauce that transports you straight to Kashgar.

### ***Roasted sweet potato (烤地瓜)***

Tradition, health and happiness as autumn turns to winter; a bargain at ¥2.



### **Zongzi (粽子)**

Masterfully rolled in three bamboo leaves and boiled for about two hours. Sticky and delicious, inside find the yolk of a duck's egg and some small pieces of pork meat.



### **Yang Rou Chuan (羊肉串)**

Once your stomach becomes a bit stronger and daring, try some of the lamb meat skewers on the street, they are a spicy, oily delight that will quench your stomach after a late night of partying. Some stalls will offer mantou (fluffy wheats bread rolls), green beans, egg plant, squid, fish, pork, chicken wings, and more.



### **Nai Cha (奶茶)**

Sweet tooths unite and head to your nearest milk tea stall. If you're not a tea drinker, don't worry; this stuff is more like melted ice cream with a bunch of chewy sugar balls (tapioca pearls). Some stalls such as G cup/吉满杯 will provide you with some great flavours including chocolate, raspberry or caramel pudding. Adding little treats such as red beans, tapioca pearls, or caramel pudding are only ¥1 more. Not a milk tea person? G cup also provides coffee, slushies, and fried chicken sets! ¥8-10

### **Shou Zhua Bing (手抓饼)**

The "hand grab sandwich" is a fantastically flakey and hot wrap filled with delicious things such as bacon, pork tenderloin, lettuce, fried eggs, and more. ¥6-10



### **Shiguo Banfan (石锅拌饭)**

Served sizzling hot in a heavy stone bowl, this rice, meat, veggies and egg concoction is meant to be stirred to a slight crisp in this burning hot bowl. Enjoy with a spoon and a variety of veggies and meats. ¥10-15.

### **Chicken Noodle Soup (鸡汤面)**

It may not be your mama's but it's still tasty and full of comfort. Whether you have a cold or are in need of some comfort food, this heaping bowl of hand pulled noodles, greens, and shredded chicken in steaming hot chicken broth will do just the trick. ¥10-13.

### **Duck Blood Soup (鸭血粉丝汤)**

This specialty of Nanjing might be a bit troublesome for the newcomer but this soup has some hardcore followers who swear by its medicinal properties. The duck blood is cut into cubes and added to steaming broth with bean vermicelli and duck gizzards. ¥8-10.



### **Wonton Soup (馄饨)**

From the small breakfast variety pork filled pouches to the large satchels of pork, mushroom, and veggies, wontons will definitely brighten your day and satisfy your stomach. Breakfast small portions: ¥3-5, large dinner and lunch varieties: ¥10-13



### **Fried Lamb and Nan from Xinjiang (新疆羊肉泡馍)**

For those carbo/carnivores out there, Xinjiang is your place. If you don't have the funds or desire to travel that far out west, try out some local muslim/Xinjiang restaurants and be sure to order the Fried lamb and nan (羊肉泡馍)

### **Matuan (麻团)**

These lovely rice balls the size of a small child's fist can be solid all the way through with semi-sweet pounded rice or filled with traditional sweet red bean paste. Try some from your local vendor or head to Da Pai Dang/大牌档 on Hunan Lu.

### **Mango and Sticky Black Rice in White Sauce**

Thick slices of sweet mangoes come with two sweet sticky black balls of rice and taro in an icy bowl of white vanilla sauce. This dessert can be a bit pricey at ¥22-24, but is well worth it.

### **Fresh Squeezed Fruit Juice**

Being in the south of the country means a greater variety of ripe, sweet fruits including some of the more exotic ones such as Durian or Mangostine. Fruit stands are abundant and scattered throughout the city, and if your lucky enough to be here in the spring and summer months, cheap cups of fresh squeezed fruit juice will be right at your finger tips.

### **Shui Zhu Rou (水煮肉)**

This may sound a bit rough on the translation, and that's because it is. Try frequenting the "jia chang cai" or home

cooking joints or the spicy Hunnan or Sichuan watering holes if you like spicy fare. Order up Shui Zhu Rou. What you will end up having in front of you is a large bowl of either cabbage or bean sprouts topped with pork, fish, beef, or chicken in a spicy, salty broth sometimes with a hint of cumin. ¥20-30.

### **Fried Soup Buns**

These little buns of porky joy are well worth the danger, pain, and mess with which they are associated. Too many overly eager diners have bitten the wrong way and have had their mouths and favourite shirts become victim to hot fatty broth related collateral damage.

### **Red Bean Ice Pops**

These summer treats are available everywhere, from supermarkets to mom and pop run street stands. An icy semi-sweet pop filled with soft and fluffy red beans is a great way to chill out in the summer heat. ¥1-2.

### **Ganbian Siji Dou (干煸四季豆)**

This is not your mother's green bean casserole. These are dry fried green beans with chilis, garlic, ginger, and some times a sprinkling of pork. Found in most sit down "dish" or "cai" restaurants and is well worth a try; one of many an expat's favourites. ¥15-20

### **Gaifan (盖浇饭)**

Welcome to China's most ubiquitous fast food; gaifan. Sit yourself down to a bowl of rice topped with a variety of stir fried or stewed favourites such as mushu pork, twice-cooked pork, green pepper chicken, beef and potatoes and so much more. You can find this everlasting fast food wherever you go in Nanjing. ¥8-15.

### **Tea Eggs (茶叶蛋)**

Boiled eggs can be boring, but tea eggs are fragrant little protein balls of joy. These eggs boiled in fragrant spicy tea broths can be found in most food stall areas and even the local "Hao Di CVS". ¥1-3.

### **Jian Bing (Egg McMao) (煎饼)**

A Jian Bing (煎饼) is a slightly crisp crepe filled with an assortment of wonderfully strange things such as egg, Chinese, sausage, and seaweed. While the jian bing can be found in numerous areas throughout China, the Nanjing Jianbing is truly reflective of the Jiangsu tastebuds. ¥3-6.





## ***Village Bread***

Haven't had your fill of fried things yet? Head over to your local eatery street, for instance Nanjing University's Hankou Lu. A large stone covered fry oven will greet you with the smell of salty, spicy, sweet fried, flakey bread. ¥2-10 depending on the amount you buy (goes by weight).



## ***Jinling Salted Duck*** (金陵盐水鸭)

As Nanjing is duck central, it makes sense to try the cold salted duck. This local specialty consists solely of cold duck that has a strong salty flavour and can be enjoyed in local restaurants, tourist markets, even university cafeterias.



## ***Suancai Yu*** (Sour Vegetable Fish Soup) (酸菜鱼)

Although this fish dish is a Sichuan specialty, it has also become a Nanjing specialty. It may be an acquired taste at first, but the sour vegetables and tender fish will slowly grow on you.

## ***Mixian*** (Rice Noodles) (米线)

If you are a noodle fan but want something a little different, try some rice noodles. These slippery, delicate lovelies can be served in a variety of soups, including "shui zhu mixian" or mixian served in that same spicy concoction as "shui zhu rou". ¥10-15.

## ***Xiao Longxia*** (Crawfish) (小龙虾)

Summertime is crawfish time and they can be found on

every block and corner. Stir fried in a bunch of traditional spices and aromatics, these little buddies will become a steady part of your summer diet.

## ***Bao Zi*** (Bread Dumplings) (包子)

If you're getting tired of dumplings, feel free to try their breadier chewier cousins, the bao zi. Nanjing is known for the numerous stands that have both pork and vegetarian bao zi; only ¥1-2 each.

## ***Rou Jia Mo*** (Chinese Hamburgers) (肉夹馍)

This Xi'an specialty is a popular treat in Nanjing and can be found in many a Northwestern restaurant or just on the street. This handmade crusty bun with pork and peppery goodness is a great little snack or weekend treat on the go. ¥5-7.




## ***Suan La Tang*** (酸辣汤)

If you haven't had your messy street food craving satisfied yet, get some southern style Suan La tang. Little sausages, tofu, veggies and quail eggs boiled in a spicy and sour soup. We're sure it's a hangover cure for something.

## ***Qingzheng Luyu*** (Steamed Perch) (清蒸鲈鱼)

Fish can be a hassle sometimes with all those bones, but when steamed in ginger and soy sauce, no bone bothers you that much.

## ***Crab Egg Baozi*** (Xie Huang Bao zi) (蟹黄包)

Have you tried bao zi yet? Are you wanting a bao zi with a bit more pizzazz? Grab yourself the crab egg variety and enjoy fluffy baozi with a seafood touch. 



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Pasta



**“Let food  
be thy medicine  
and medicine  
be thy food”**

Hippocrates

# WE ARE WHAT WE EAT

By Maria Simonova

**T**hat is a pretty good way to keep yourself healthy, and we are all familiar with the saying that we are what we eat, but I think it is also how we eat.

Living in the modern world it is not always easy to follow healthy eating habits; not easy, but with determination it is certainly possible.

We always need to have in our minds that we are predetermined to feel only as good as we eat; it is not enough to consume just whatever we see. Our choices must be correct and reasonable, otherwise we are not only going to die earlier than expected but also suffer from various diseases.

So how do we deal with this? Important to keep in mind is the famous food pyramid; its broad base comprising seeds and grains with next up fruits and vegetables, above which greet us fish, meat and dairy, while the little slither at the top represents the correct use of fats, salt and sugar.

Hidden inside the pyramid we find the first rule of everything; the closer the product is to its natural state, the more benefits it will bring you. Fresh fruits and berries are full of antioxidants (very important in China) and also satisfy our need for sweets. Vegetables are the best suppliers of vitamins and minerals that increase the body's ability to absorb nutrients. Remember that steamed or fresh vegetables best retain their nutritional value. When it comes to grains make sure that pasta and bakery products are all of the wholegrain variety. Avoid sweets and baked pies. Do you like cookies? Eat a home-made apple

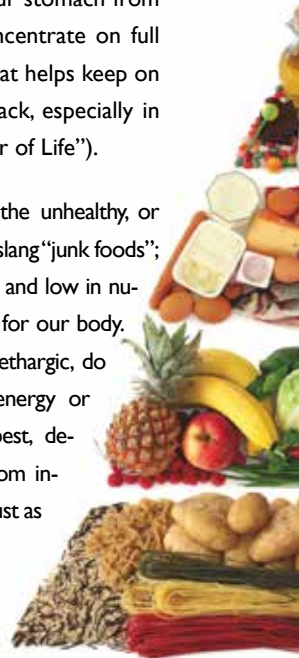
pie; it is actually good for you!

If you crave meats, keep them lean and opt for steamed or roasted. Do not forget the fish; our bodies make great use of fatty acids such as Omega-3 for lowering our cholesterol. Such are found mostly in ocean fish, so eat seafood two or three times per week; it can also help offset the effects of stress and depression. Note that fried fish and chicken are healthier than roast poultry or beef. But I am still all for steaming!

Try to balance your diet so you get all the vitamins and minerals. Drink water, skimmed milk and 100 percent fruit and vegetable juices as your main beverage. Go for carrot juice which will also help you tan faster this summer, while cucumber juice will clear up your skin and help your stomach.

Avoid sugar-heavy fizzy soft drinks as they are full of chemicals and have a bad affect on your stomach, skin and health in general. While you can certainly use lemon rinds to wash your old kettle so it is white and shiny, it is better to save your stomach from that drama and concentrate on full healthy hydration that helps keep on a healthy dietary track, especially in summer (see “Water of Life”).

Time for a look at the unhealthy, or what we often call in slang “junk foods”; those high in calories and low in nutrition, so no big use for our body. They also make us lethargic, do not provide much energy or help us look our best, destroying our body from inside in slow motion, just as in “The Matrix”...



Away from the obvious culprits, junk food also comprises deep fried foods, sweet drinks, candies, salty snacks, sausages and salamis, fatty snacks, most canned foods, breakfast cereals with sugar, most frozen foods and foods with artificial supplements, for example instant noodles.

On the other hand, in addition to those mentioned elsewhere, healthy food is manifest in green and brightly coloured vegetables, herbs and salads, algae, fresh fruits and berries, lean meat including turkey and chicken, eggs, dried fruits, olive oil, skimmed dairy or soy milk drinks, nuts, seeds and beans and black chocolate.

Let us now see how to use these to our own benefit while sidestepping the many stones that lie on our road to eating healthy.

If you love to snack, try to buy healthy snacks such as dried fruit, sticks of celery or carrots, nuts and vegetables, fresh fruit and berries.

Avoid eating too much; our stomachs are not that big. Believe it or not, two small cups of food is sufficient for one person. Remember also to eat less but more often.

The buffet is too tempting an event where it is easy to unwittingly eat three or even four servings plus a huge dessert. For the seriously disciplined only!

Don't skip breakfast. Many of us never have time and are always in hurry. Therefore, rather than give up breakfast, divide it into several parts, for example egg, oatmeal and fruit. A dosed breakfast is a better solution than coffee breaks with chocolates and biscuits.

Addictions to some foods are also a big beast for all of us. By all means enjoy that which you simply cannot refuse, but in small amounts. Best though would be an equivalent that meets the standards of a healthy diet.

All of this is not very easy, but you should not worry if you cannot adjust to a healthy diet overnight. Most people find it hard. So do it step by step. Even a slight change in favour of a healthy diet is a new step in the right direction. After all, a journey of a thousand miles begins with a single step. Or perhaps with a ride on a bicycle.

**Good luck!** 





## CHINA CAUTION; EURO WINES HIT BY ANTI DUMPING

■ Nowadays, as the biggest wine producer in the world, of which annual production is approximately 160 million tons, it is estimated that EU wines last year enjoyed a market share in China last year as high as 14.32 percent. The impact to Chinese domestic wine producers is so severe that action against EU wines imports has been taken.


On 1st July 2013, China's Ministry of Commerce (MOF-COM) released two announcements on Case-filing for Anti-dumping (No. 36/2013) and Countervailing Investigation Against Wines (No. 37/2013). It was revealed that such a "double anti" investigation was the result of a formal request by the China Alcoholic Drinks Association.

Expected to last for much of the next year, the double investigation covers wines originally produced in EU and exported to China, specifically "fermented alcoholic drinks with certain contents of alcohol that use fresh grapes or grape juice as materials and are made by total or partial fermentation" under the tariff numbers 22041000, 22042100 and 22042900. The period under investigation is 1st January 2012 to 31st December 2012, while for work related injuries in the EU wine industry is 1st January 2009 to 31st December 2012. As for anti-subsidy investigation, MOF-COM announced that its investigation will cover only 15 out of the current 20 EU subsidy programs for the wine industry, such as Promotion on Third-country Markets or Export Refund.

Any party interested in wine export to China could participate in the investigation by submitting applications to the Bureau of Fair Trade for Import and Export, which is in charge of the double anti investigation, and the Bureau of Industry Injury Investigation, which handles the investigation of work related injuries within 20 days from the

release date of the announcements (20th July 2013). The total quantity and price of wines imported from the EU to China between 1st January and 31st December 2012 should be indicated. The investigation consists of samplings, hearings, on-site verification and/or a questionnaire relating to the organization of the company and its products, domestic and export sales, productions costs etc.

It is widely guessed that the double anti investigation is China's retaliatory policy after the EU increased tariffs on the import of Chinese solar panels. While it is also quite logical and reasonable to link the follow up of the two cases, it is still unclear whether the double anti investigations will lead to any penalty in future. It is believed that there is still room for negotiation between China and EU because of the huge market volume in China, for example wine from France to China alone totalled 170 million litres last year. Hence China may gain some leverage in this dangerous game.

No matter what happens when the double anti investigation is completed, the China wines market witnessed a sales increase in the week that followed the double anti investigation announcement as well as price increase, especially for EU wines. The price of such in the Chinese market may keep on rising as the influence of the double anti investigation takes hold in the near future, so as an EU wine hobbyist, will you start to stockpile your favourites, or sample wines from south America, Australia or even China? 

### 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.*





# French value?

“With care there are some very good French wines to be found in China, even amongst the aristocracy of Bordeaux and Burgundy (being the most coveted and imitated), though it is rare to find great value. The somewhat blind faith in France’s iconic wine shrines is largely shared by the rest of the world along with the accompanying price leverage, but there is a fallout in China by which all French wine bears similar elevation. Still, some of the less vocal and more self-effacing French wines, with more appropriately modest pricing, can be tracked down.

Rick Staff  
with a remit to sniff, taste,  
and spit his way around Nanjing  
and disseminate the drinkable.

POINT SYSTEM  
0-10 A WARNING  
11-14 A Feasible Party Prop  
15-17 Heartily Recommended  
17-19 Exceptionally Good  
20 The Apoogee Of  
WINE EXPRESSION



Cahors is a region which sits in the south east of the mighty Bordeaux, and once upon a time (the heyday being the early 13th century) was a vital adjunct to its wine supply. The area is now its own slightly abstruse wine appellation and an interesting French bastion of the Malbec grape. A Cahors wine must comprise at least 70% Malbec to carry the region’s name (the remainder being Merlot or Tannat, or a combination of the two; Tannat a little rustic, Merlot more supple). Malbec is now a far more famous name than Cahors thanks to being more reliably produced with a more populist smooth opulence in the sunnier and drier climes of Argentina, having made its way there from France in the 18th century, and a transition so successful that Cahors wines have been humbled to market themselves as “the French Malbec”. Nonetheless, a handful of artisan vigneronns have found ways of cultivating an inky dark charisma from Malbec on French soil. This French Malbec can also be a little rough, to be blunt, but the best are deep, dense, rich and very intense; Rigal’s Cahors 2009 (¥105, BHG) is all this with delicious hints of licorice around the boundaries that keep a polished coherence overall despite a robust physique. A powerful velvet textured liquid at a keen China price for the horsepower (16.5 points).

The Rhone Valley in the south east (follow the Rhone River from Lyon to the Med) has a strong north-south divide. The north of the region, concentrating on Syrah for the red wines but also with notable whites made from Viognier, Rousanne and Marssanne, is more on the wine map as it houses Rhone’s most prestigious names (Hermitage and Cote Rotie inter alia). The southern Rhones are generally dominated by Grenache and are thus lighter, juicier, and simpler, and typically comprise a mix of Grenache, Shiraz and Mouvedre, in that order of dominance. The appellation Ventoux, at the foot of the iconic Mont Ventoux in the far south east of the valley can yield great finds and Armand Dartois Ventoux 2011 is one such. Therein a suggestion of the wild, in an attractive artistically unkempt way; it is savoury and satisfying with a chocolaty lift on the finish while light enough to stand a little chilling on a hot day. Must be the most wallet-friendly wine in town right now at a deliciously low ¥45 from Metro (16 points).

Further to the south, and then a little to the west, is Vin de Pays de l’Herault, a region which lies within Languedoc-Rousillon, the epicenter of Vin de Pays wines. The Apollonia de l’Herault 2008 (a precise ¥68.99 from Metro) is, on first tasting, a slightly pretentiously delivered Cabernet, a popular grape for the local reds (i.e. aping and not really achieving a Bordeaux Cab style), then over time the wine turns warmer and softer, more in line with its southerly heritage, and delicious hints of burnt jam emerge to keep your interest piqued (14.5 points). **NU**

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**C**hina and Italy recently agreed to greater cooperation in the interest of increasing food safety, at the China-Italy Food Safety Forum held earlier this year. The agreement highlights China's growing interest in food quality and safety, both at the government and individual level. New regulations are beginning to take place, but in a country as big as China (Shanghai, for example has over 50,000 restaurants) can pressure be evenly distributed to affect all areas of the industry?

Henry Wu, a recent graduate of Fudan University, has been calling attention to food concerns through his website [www.zccw.info](http://www.zccw.info) that tracks reports of food scandals around China. What his website has posted in the two years since its creation has been anything but positive, however the creator is encouraged that viewers of the site, somewhere between seven and eight million

since its launch, are at least more informed now than they were before. "In the end," says Wu, "we must be the watchdogs." While news of food in China is rarely positive, a wave of new businesses are on the rise and may lead the way in reversing the trend. Against the backdrop of escalating consumer concerns and with the ever-present specter of food scandals, more and more entrepreneurs, food critics, and executive chefs are beginning to suggest that it is time for a greater portion of the burden of responsibility to be carried by the restaurants and suppliers. And so far, the results look pretty appetizing.

Shanghai, known for its internationalism in business, is now poised to become an incubator of new ideas in food, thanks to its position as a magnet for international chefs to launch independent, designer restaurants or to expand their chain's global presence.

Austin Hu, a celebrity chef in the Xuhui district of Shanghai, is among the growing crowd of those with a contrarian approach to food in China, a view that he says more and more foreigners are trending towards. At his restaurant, Madison's, Hu serves locally sourced ingredients, explaining, "It's impossible to believe that China, for a country its size, has no good product." The challenge for Hu, and other chefs who believe local is better, is to find the good, trustworthy producers and suppliers in a sea of small food businesses. Once found, however, Hu becomes "kindred spirits with those producers who do good things, because those are the right things." The mutually beneficial relationship is passed on to those who frequent his restaurant as well. Hu notes that, unlike food in the U.S. that has in many ways become industrialized, consumers in China are pretty close to food production; farms' produce is sent on small trucks to local wet markets, means the food arrives on dinner plates in a much fresher state, compared to grains in the U.S. that can be stored in silos for a few years, or produce that is preserved by chemicals, for example.

His penchant for quality and unique ingredients has his buyer chasing product to remote places all across China, but is in part what allows him to orchestrate uniquely delectable meals. His concern for ingredient quality is shared by others; more than a few five star international hotel chains own and operate their own farms, preferring to have complete control over their food supply, recalls Hu. Like Hu, many entrepreneurs that recognize this tasty op-

portunity are directing their investments to bring safer, healthier food directly to consumers. New boutique restaurants are beginning to open in Shanghai and other well-developed cities of China; restaurants such as Urban Harvest that feature meals using the produce from their own indoor garden, a business model that would have been unfathomable only ten years prior. Tony's Farm, near Shanghai, grows organic fruits and vegetables, both for delivery to homes and as a supplier for a growing list of restaurants and hotels. These food businesses, among others, provide great examples of the changing consumer interests of the world's most populous country.

**More and more, Chinese consumers are thinking about what kind of foods are on their plate, and the rapid increases in their purchasing power enables them to make new buying decisions.**

Consumers who are opening their wallets to fill their stomachs with healthy food are doing so at the right time, according to experts involved directly in this industry. Scott Minoie, a Managing Partner at Element Fresh, recognizes that increases in safety are taking place, and adds that improvements are not limited just to China, but are happening the world over. One of the competitive advantages that his restaurant has developed is a reputation of food safety and quality, but this is one advantage that the company does not mind to share. Says Minoie, "Our ingredient combinations are proprietary, but the safety methods we have are more like 'open-source software,' they're for the good of society."

With eleven outlets in Shanghai, four in Beijing, one in





Guangzhou, and a location in Nanjing that opened on 1st May, Element Fresh is one restaurant that could become more than just a familiar spot for foreigners. Since opening their doors for business as one of the first, independent Western restaurants in Shanghai, the focus at Element Fresh has always been about product first, and then letting the product drive a successful business. Operating this way means Minoie and his team must “scour the earth for the best people” to provide the best products, he explains. The result is such that the high-level food standards and quality provided there could be a bellwether for changes to come, or even an impetus. Having earned a spot among the list of China’s Top Employers from 2009-13, the company stands to create some positive impact in the food industry. Employees who pass through their system may spread the company’s culture of quality to other food businesses after leaving Element Fresh. This is why Element Fresh has no qualms about giving away their training manual for each employee to keep. Even when weighing the risk of those employees leaving and using it elsewhere, the management is undeterred, because they want other restaurants to adopt higher safety standards, as well.

Chinese brands may be moving in a similar direction, as well. Haidilao Hot Pot, considered by some locals and foreigners to be one of the safer, more trustworthy hot pot brands, lists a guiding mission as “We will continue to strictly control food quality, to accept supervision by public opinion, and provide consumers with a more intimate service, healthier, safer, more nutritious food and more confidence.”

Yet, in spite of positive signs in the industry, there are still some areas of improvement that, until resolved, are serious concerns. “If you are a responsible restaurant owner you have to be conscience about this,” say Gilles Bihi-Zenou, a founder of Kush, a popular vegetarian restaurant, and Sushi Abuse, a quality sushi shop. In between managing his staff and chatting with regular customers, Bihi-Zenou offered some thoughts as to what he sees as some major areas that need to be addressed in food safety: “First, is trust, we have to know where the food is coming from. This is improving, but there is a long way to go to transparency.” Running a restaurant with a business model focused on quality can be challenging for entrepreneurs such as Bihi-

Zenou, operating in a market that is very price conscious. Bihi-Zenou adds,


**“Everyone is focused on price of suppliers, while what’s important for our business and to our customers is to be able to source high quality ingredients.”**

Restaurants such as Kush and Sushi Abuse have had success in finding the limited supply of quality ingredients and providing healthy meals to their customers, but these brands are the exception, not the norm.

Susan Evans, founder of GoodtoChina, is another long-term expatriate who has been working in China with a mission to reconnect people to food for about four years. As part of the services that GoodtoChina offers, Evans and her team have been showing residents of Shanghai the “correct process to put up urban farms for people to integrate into their lifestyles, and to enjoy the process.” Many of her individual clients are motivated by the concern of over-fertilized farm land, and some larger businesses and organizations have begun to participate in the city farming trend. Already, there are two SkyFarm (a farm on a rooftop) locations in Shanghai, one in Jiashan Market and one in Anken Green, and the prospect for more to follow is encouraging.

The young company is also about to launch a network of organic food hubs that will increase access to organic produce for residents of Shanghai and, by consolidating several customer delivery locations into one central hub, will reduce the amount of time farmers must spend on delivering their goods.

Movements such as these are incremental and still in their infancy, but just as in cooking, sometimes the incremental changes to ingredients are what create the greatest impact. Evans acknowledges that the trend towards safe food has been positive, but “most people still don’t know where to get safe food from; there’s still no infrastructure.”

Given some time, and with the continued dedication of companies that are advancing a paradigm shift in the area of food quality, Shanghai may lead the way for the now niche, safe and healthy food market to develop into a national diet. 

# CHINESE CORNER 汉语角 Hànyǔ jiǎo

The first time I bit on a Chinese peppercorn and my mouth went numb I actually thought I was having an allergic reaction.

我第一次吃到花椒的时候，嘴就直接麻了。我以为我过敏了。

Wǒ dì yī cì chīdào huājiāo de shíhòu , zǔi jiù zhíjiē má le . Wǒ yǐwéi wǒ guòmǐn le .

The most shocking food-related discovery for me in China was that cherry tomatoes are viewed as a type of fruit and therefore often found in combination with ice cream.

对我来说，关于在中国的食物最让我惊讶的就是，在中国小西红柿算是一种水果，经常跟冰激凌混在一起吃。

Dùì wǒ lái shuō , guānyú zài zhōngguó de shíwù zuì ràng wǒ jīngyà de jiù shì , zài zhōng guó xiǎoxihóngshì suàn shì yī zhǒng shuǐguǒ , jīngcháng gēn bīngjīnglín hún zài yìqǐ chī .

The biggest insult to Chinese food is its export to the West. In Germany, people think Chinese food is Chop Suey and Sweet and Sour chicken. They never know that comparing Sichuan dishes to Dongbei dishes is like comparing Italian and French cuisine.

把中餐开在西方简直是对中国菜最大的侮辱。在德国，人们都觉得中国餐就是炒杂烩和古老肉组成的。大部分人根本不知道把四川菜和东北菜比较，就相当于拿意大利菜和法国菜来比较。

Bǎ zhōngcān kāi zài xīfāng jiǎnzhí shì duì zhōngguó cài zuì dà de wǔrǔ . zài déguó , rénmen dōu juéde zhōngguócān jiù shì chǎozǎhuì hé gǔlǎoròu zùchéng de . Dàbùfēn rén gēnběn bù zhīdào bǎ sīchuāncài hé dōngběicài bǐjiào , jiù xiàng-dāngyú nà yìdàicài hé fǎguócài lái bǐjiào .

The question every Western person who has ever been to China gets asked by their friends back home is: "So, did you eat dog?"

所有从中国回来的外国人对朋友提出的一个问题就是：“你有没有吃狗肉？”

Suǒyǒu cóng zhōngguó huílái de wàiguórén miànduì péngyǒu tíchū de yí gè wèntí jiù shì : "Nǐ yǒuméiyǒu chī gǒuròu ?"

What always amuses me about China is that fast food places such as KFC and McDonald's seem a lot tastier and better quality than in Europe.

对我来说，最搞笑的事儿是中国的洋快餐比如肯德基，麦当劳比欧洲的好像要好吃多了，而且质量也比较好。

Dùì wǒ lái shuō , zuì gǎoxiào de shìr shì zhōngguó de yángkuàicān bǐrú kěndéjī , màidāngláo bǐ ōuzhōu de háoxiàng yào hào chī duō le , érqiě zhìliàng yě bǐjiào hǎo .



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of useful snippets of information;  
far too many for the Nanjinger alone!**

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# IRENE'S LEMON BARS



## INGREDIENTS

### Crust:

1/2 cup butter  
 4 cup powdered sugar  
 1 cup flour

### Topping:

2 eggs, beaten  
 2 Tablespoons lemon juice  
 1 cup plus 2 tablespoons powdered sugar  
 1/4 teaspoon baking powder

## DIRECTIONS

1. Preheat oven to 350°F. Grease a 9 x 9 baking pan.
2. Crust: In a medium bowl, cream butter and sugar; add flour. Mix until crumbly.
3. Press into baking pan. Bake for 15 minutes.
4. Topping: Meanwhile, in a medium bowl, beat eggs, lemon juice, powdered sugar and baking powder until frothy. Pour over baked crust.
5. Bake for 25 minutes. Cool. Sprinkle with powdered sugar. Makes 16-20 bars.

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) 



# 爱琳的 柠檬条



## 配料

### 酥皮:

1/2 杯黄油

1/4 杯糖粉

1 杯面粉

### 浇料:

2 只鸡蛋, 搅打

2 汤匙柠檬汁

1 杯2汤匙糖粉

1/4 茶匙泡打粉

## 制作方法

1. 预热烤箱至华氏350度。涂油在9英寸x9英寸的烤盘上, 防止粘烤盘。
2. 酥皮: 在一只中等大小的碗里, 把黄油和糖 搅成糊状; 加面粉。混合直到呈屑状。
3. 压入烤盘。烤15分钟。
4. 浇料: 同时, 在一只中号碗里搅打鸡蛋、柠檬汁、糖粉和泡打粉直到起泡沫。浇在烤过的酥皮上。
5. 烤25分钟。冷却。撒上糖粉。可制成16-20条。

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!



## NANJING USER'S GUIDE



IN ASSOCIATION WITH  NANJINGHOUSES.COM

**N**othing is more important than being able to keep in touch. In the first of this series, we discuss setting up your new home with internet and WiFi. There are three telecommunication companies to choose from in Nanjing, while China Telecom is the main provider for internet. As the process for choosing your internet package varies by district, area, and often even by compound, we will concentrate on tips on how to make the process easier, less frustrating and more affordable.

Setting up the internet in China can take a bit of time and be a little frustrating, particularly if your Chinese is not so strong. So ensure a native speaker accompanies you to the store.


Bring copies & originals of all related paperwork, i.e. lease contract, landlord's ownership certificate (copy only), and your passport (face and visa page). You do not always need these but it is best to be prepared.

Ask questions and press for solid answers. Naturally, the package that is first offered is usually the least appealing. China Telecom offers all inclusive packages that will give you broadband, home telephone & Chinese internet TV for about ¥30-50 more than what it would cost for internet alone. Even if you do not want all this, you can often find specials that will offer faster services at the same or lower rates. The office should have flyers that will show the various tariffs. If you are confused, 10 Mbps is enough to stream video whilst 20 Mbps, if available in your compound, is worth the extra cost.

You will need to wait for set-up, usually 3-4 days. Do not miss the appointment as a reschedule will take another 3-4 days!

If you are going to set-up WiFi, purchase a router prior to your appointment; D-link & TP-link routers go for ¥120-300. Technicians will usually set up your router for free, but if not, offering ¥20-40 usually helps.

If it is not written or given to you, be sure to ask for all passwords and numbers. You will need these if there is ever a problem with your service.

The hardest part is usually the wait. In the meantime, most coffee shops will have free wifi for customers. 





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Nanjing Ganesh Indian Restaurant



南京甘世爵士酒吧

Nanjing Ganesh Nepalese Jazz Bar

**Authentic Indian cuisine** **Exquisite atmosphere**  
**Close to 100 imported beers** **Gripping jazz music**



**Tuesday Cuba Night**  
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**Wednesday Carlsberg night**  
 Carlsberg buy one get one free

**Friday-Saturday Barbecue night**  
 Only 99 Kuai for delicious Barbecue Platter



**Address:** No. 3 Kunlun Road, Xuanwu District, Nanjing (100m to the right of the Xuanwumen Park main entrance)  
 地址：南京市玄武区昆仑路3号（玄武门大门向右100米）**TEL:** 025-85860955

LifeCycle  
13:55

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**The historic province of Hubei is most famed for the Three Gorges Dam, the wondrous scenic area along the Yangtze River. The provincial capital is Wuhan, a major transportation thoroughfare and the main political, cultural and economic hub of Central China.**

# *Wild* **HUBEI**

Text and photos by Nooz Phlannel



**S**warms of tourists and travellers visit or pass through these destinations during the year, even in the intense humidity and heat of the summer. Wuhan is known as one of several “furnace cities” in China, along with our beloved Nanjing, so any ventures to this part of the world are strongly advised for early summer or late autumn so the window of opportunity is slender.

I had previously journeyed to the peaceful Wudang Mountains in northwest Hubei, which were both spectacular and spiritual, and are a renowned Taoist teaching centre. I had also visited the isolated dwellings of the Tujia ethnic group in Yichang, which is in the same district as the Three Gorges Dam.

But I often aspire to distance myself from the crowds and head off the beaten track and so after carefully assisted research, I learned of a picturesque realm near Enshi city. It must be stated loud and clear that this was not an easy place to find and it definitely proved beneficial to be travelling with Chinese companions!

Beginning in Nanjing on a late June afternoon, I travelled by fast train to Wuhan Hankou station, which takes around 4 hours. I booked all train tickets in advance and within one hour of arriving at Hankou I boarded a sleeper train to the sleepy town of Lichuan, just a short journey further than Enshi city. Lichuan is a

very primitive location with simple food options and satisfactory hotels. But the stunning surrounding scenery is what makes this trip a serious consideration for one who wishes to get far away from city life. Another reason being that unlike many other scenic spots in China, there were only a handful of tourists wherever we went.



Arriving to Lichuan just as the sun had risen, we taxied from the train station and checked into a local budget hotel.

Our friendly hosts gave us excellent information and advice about local attractions and we headed to our first port of call: the elaborately titled “Wind River Dragon Boat Attractions”.

From our hotel, we took a

short local bus ride to the entrance of this scenic area and paid an entrance fee of around ¥80 for a full day of activities. We were greeted by members of the Tujia minority and jumped aboard a gondola and sped off downstream. A tranquil boat journey underneath a network of meandering caves was followed by lighting incense sticks at the foot of a huge Buddha positioned inside a 50 foot high chamber. We then took another boat, which turned out to be a real highlight of the weekend trip.


We photographed water buffaloes, rare gulls and a plethora of butterfly and dragonfly species which I had never encountered. We disembarked and strolled along winding hill paths until we reached an astounding view of the Hubei mountainside and valley beneath. We then dined at a quaint restaurant in the surrounding hills before returning to the main entrance on yet another pleasant gondola ride accompanied by the calm wind and diverse wildlife, both of which were extremely refreshing given I reside in the busy fast lanes of Nanjing. We returned to our humble abode and as evening fell, we feasted on simple spicy street snacks and reflected on our entrancing yet tiring adventure thus far.

The next morning we were informed of a magnificent excursion around 90 minutes away near the borderlands with Chongqing municipality.

A dated and rickety bus collected us and transported us along a bumpy yet enjoyable route. Heavily loaded trucks and steamrollers were positioned along the hillside as an influx of guesthouse developments and new roads are being readied for an inevitable tourist boom. We arrived in another small town and selected a trustworthy minivan driver to drive us the short distance to the majestic Long-qiao He or “Dragon Bridge River”.

The winding, hypnotic journey there was nearly as spectacular as the destination as sprawling rice terraces and bottomless valleys could be spied from above. As we arrived at Dragon Bridge River we arranged for our driver to wait as we found ourselves in the middle of nowhere, which is incidentally exactly where I wished to be. Narrow pathways lead up the steep hillside and evergreens tower from above. Plentiful cornfields sprawl away from the forest and weird and wonderful insect life scurries all around. After a 15-minute climb, a phenomenal sight began to unfold. Standing behind stone barriers, a dramatic 250-foot drop can be viewed as the fast flowing river crashes through the steep mountain slopes. It was a truly spectacular sight and one well worth the sometimes-arduous journey.

After returning to our waiting vehicle and stopping sporadically to photograph the awe-inspiring scenery, we returned home sun beaten and fatigued to our hotel. Although very tired, we ordered a quick meal from a local noodle vendor and headed back to Wuhan on the late afternoon train. We arrived as the clock approached the midnight hour and after a relaxing nights sleep in a nearby guesthouse I got the early morning fast train to Nanjing.

We departed from Nanjing on a Friday afternoon and arrived via fast train and sleeper train to Lichuan on a Saturday morning at the crack of dawn. After two action-packed days we returned to Wuhan on a Sunday evening and finally arrived back to Nanjing early Monday afternoon, tired but triumphant. This lengthy trip may not be up everybody's street but for the traveller who wishes to see something that hardly anyone has seen or talked of before and for some of the freshest Chinese air one could inhale, it is at times breathtaking although quite demanding given the tight time schedule. One thing is for sure; Hubei has surprised me more often than not with her hidden natural beauty and charm... 



# Meet Annie



...who has the largest, most infectious smile you will ever encounter. Annie knows she has a lot to smile about; a place in Butterfly Home with Ayi's who adore her, a troupe of little brothers that entertain her, and her very own custom made wheelchair. Annie's intelligence, sense of humour and her positive personality shine out beyond the limitations imposed by her severe cerebral palsy. Our hope for Annie now, is a loving family of her own, who will be passionate in opening up opportunities for her.

Opening in autumn 2013, Butterfly Home Nanjing, will work in cooperation with the Chinese government to bring loving care to children with life threatening illnesses or life limiting conditions.



## *Loving Care for Cherished Lives*

We are now collecting donations of essential items for our opening (baby and household goods). Pre-loved items in excellent condition as well as monetary donations are welcomed. Please see the website for a full list of needs and instructions for donating through bank-to-bank transfer,

Paypal or Virgin Moneygiving. For more information, please contact

Jenine Basaraba: 15252493468    [butterflynjdirector@gmail.com](mailto:butterflynjdirector@gmail.com)

[www.butterflych.org](http://www.butterflych.org)

# PREPARE FOR THE FUTURE WITH PROJECT MANAGEMENT

With Jochen Schultz

■ **A**t first glance, Project Management may appear to small companies to be a bureaucratic overhead practiced in large corporations which results in more expenditure than savings. Upon closer look, however, it becomes clear that Project Management skills and methods can enable quick and flexible reactions to challenges in the market, which in the future will be more crucial for the long-term success of small companies. Correctly applied project management goes hand in hand with:

- (i) Higher transparency and therefore quicker and better management decisions
- (ii) Stronger goal orientation and therefore measurability of results
- (iii) Clear and reliable distribution of roles and responsibilities
- (iv) A focus on planning activities and, as a result, the early recognition of risks
- (v) A reduction in complexity

Implicitly, Project Management includes skills and methods that have been extensively established and used successfully on other levels (chiefly managerial) as a matter of course. These methods can be adopted on the operative level through the use of Project Management.

## **Project Management as a management tool**


End results and thus objectives enjoy special priority in projects. They are intensively discussed and coordinated with all persons involved, who are in general known as "stakeholders". The responsibility for this definition and agreement process lies with the project leader. In defining the goals, particular emphasis is placed on clarity and measurability. The widely-used and well-established criteria S.M.A.R.T. applies here. The outcome of the objective agreement process is a Project Charter supported by all sides that is equivalent to an order confirmation. Correctly adopted Project Management thus enables the upper management to "manage by objectives" the operational level without additional cost.

In regular reporting meetings, the Project Manager presents the status of the project with respect to

the previously agreed objectives. Should further measures become necessary to achieve the objectives, the steering committee can promptly intervene in a supportive manner. The advantages for the management level therefore lie predominantly in ordinary and simple monitoring plus control. However, the positive effect on employee motivation is not to be underestimated either. Clear responsibilities and objectives create the framework for a greater identification of employees with their tasks. The project team members of the individual specialist disciplines act independently in the context of their different roles and receive appreciation for their skills. A considerable increase in motivation and team atmosphere can be achieved this way. Networked thinking and objective-oriented communication in project work are strongly encouraged.

## **The standardised project process**

Even for smaller companies, it is recommended that a reasonable amount of standardised project processes are available. Stakeholder management, a clear project charter, a time schedule, a simple reporting procedure and a change control procedure are essential. These methods are implementable with minimal expenditure.

A functioning Project Management structure means flexible and efficient control methods for the upper management level. Thanks to a strict focus on the project work toward goals, management by objectives is straight forward. The continual monitoring of the project risks as well as the immediate introduction of counter measures, if necessary, create the largest possible amount of room to maneuver and therefore ensure the success of the project. The day-to-day implementation of Project Management creates a culture in which transparency and trust are at the forefront that can also be an impetus for companies' further change processes and innovation. 

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# BATS & BALLS

By Misha Maruma

## AYG Fever!

**N**anjing welcomes Asia this month for the start of the Asian Youth Games. Nanjing will be the centre of the sporting world for young athletes from around Asia as they compete to be the champions of their chosen sports. Expect the city to be thriving with life as people from different countries and regions descend on the city to revel in this special occasion.

Running from 16th to 24th August the second Asian Youth Olympics will act as a dress rehearsal for the more prestigious Youth Olympic Games to be held in Nanjing during the summer of 2014. Following on from the success of the inaugural AYG in Singapore in 2009, Nanjing hopes to have the same success and also be well prepared ahead of 2014.

At the previous tournament four years ago China topped the medal table with 25 gold medals ahead of South Korea who managed to collect 20 golds. The Koreans gained 54 medals overall though compared to China's 52. Thailand impressed collecting 11 golds out of a total of 20 medals. Look out for these nations to star again.

So, what should you expect from the games? The slogan for this year's event suggests "Celebrating youth, passionate Asia". With 45 nations across Asia competing this is a chance for the young athletes to build up confidence and a reputation ahead of the International Olympic Committee affiliated Youth Olympic Games in 2014. Competing athletes are aged between 14 and 17 so this tournament is a real barometer of the stars of the future.

With 118 events across 16 sports in addition to athletics, there will be something for everybody. The main arena will be the Olympic Sports Centre. This will be home to the track and field athletic events as well as aquatics (swimming and diving), handball and squash. Other venues include Wutaishan stadium which will host football, basketball and table tennis.

Further afield the newly completed sports park in Pukou district will host the rugby, the Jiangning sports centre will host the handball and the Zhongshan International golf club will of course be home to the golf events. The International Expo centre will show the fencing and weightlifting while the Longjiang Gymnasium will house the judo. Badminton will be played at the Nanjing Sport Insti-

tute Gymnasium and tennis will be at the China tennis institute. Shooting will take place at Fangshan (see following pages).

To complement the games there will be cultural and educational activities. Outside the Athlete's village will be the "Touch Nanjing" event. This activity centres on eco-friendly agriculture and will be held at the Xingzhi Experiential Learning Base, where young athletes and other participants can gain knowledge about environmental protection.

Inside the Athlete's village there are two activities, the "Asian Culture Village" and the "Youth Festival". At the first athletes can learn about the customs and cultures of various countries as well as interact with local students and develop friendships. The second activity invites representatives from youth cultural and sport troupes to give cultural performances featuring the national characteristics of different regions throughout Asia.

This is an exciting time to be in Nanjing. The opening ceremony takes place on Friday 16th August and should be a spectacle if previous Chinese events of this kind are to go by. The closing ceremony will take place on Saturday the 24th, hopefully celebrating the great success which all Nanjing-ers hope it will have been. **NJ**



# Beat the Heat 1: Rooftop Swimming

**T**here are a number of outdoor rooftop swimming pools in Nanjing, opening in June at the earliest and closing by the end of September. With August being the hottest month in Nanjing what better way to beat the heat than to go for a swim?

The fourth floor outdoor pool at the Grand hotel on Guangzhou Road costs ¥80. The pool doesn't open until three in the afternoon although it closes at 10pm. There are snacks and drinks available from ¥10 for a cola to ¥15 for potato chips. **NU**



On the eighth floor of the Intercontinental hotel you will find the outdoor pool. This being a very exclusive hotel means that you pay exclusive prices. All day use of the pool costs a whopping ¥300. But all day means just this. The pool opens at 6am and closes at 11pm.

On more of a budget? The pool on the seventh floor of the Celebrity City Hotel might be the place. Standard entry price is ¥68. The pool is open between 10am and 10pm; from about 3pm onwards the swimming pool is in the shade.



## Beat the Heat 2: Indoor Golf

A round of 18 holes of golf during the fabled Nanjing summer can take its toll. To avoid the heat what better way than to play golf indoors? Sold as "screen golf", Golfzon is just this. Using real clubs and real balls you are hitting the ball into a screen and not onto a fairway or green. Sensors track the ball and it's like playing for real.

Derek, a veteran of Golfzon having been over 100 times, takes two friends and I to play for the first time. The business hours are 10am to 1:30am. We arrive at about 10pm and intend to play 18 holes.

The prices change throughout the day reflecting when the club is busy. From 10am to 6pm the cost is ¥120 for 18 holes per person. You must begin the round by 3pm


though. In the evening the prices increase. After 6pm it is ¥180 for 18 holes and ¥120 for 9 holes.

As we are reaching the 17th hole the staff come in and ask us to finish up. To be fair it is late and we've been taking our time. We have been playing slowly because of the relaxed environment. Instead of quickly getting to the end like the G train to Shanghai we've played as if we're on the K train.

Overall the experience was great. The three of us who went for the first time will be going back again. Of course it's always fun to play golf outdoors, but in temperatures of 35 degrees Celsius it can be tough. At Golfzon you get the best of golf while being in an air-conditioned room with service to your door. **NU**

# ASIA YOUTH GAMES - 2013 SCHEDULE OF DISCIPLINES

	Athletics	Badminton	Diving	Judo	Swimming	Squash	Golf	Handball	Basketball	Rugby	Fencing	Tennis	Football	Shooting	Weightlifting	Taekwondo	Table Tennis
13 AUG								12:00 @ JSCE					15:00 @ TB				
								12:00 @ NUTG					15:00 @ QSC				
													18:00 @ ISC				
													18:00 @ WS				
14 AUG								12:00 @ JSCE									
								12:00 @ NUTG					15:00 @ TB				
15 AUG								12:00 @ JSCE					15:00 @ QSC				
								12:00 @ NUTG					18:00 @ ISC				
													18:00 @ WS				
16 AUG								Opening ceremony - 20:00 @ NUSCS									
17 AUG		10:00 @ NSIG	09:30 @ NUSCH	13:00 @ LG		10:00 @ NUSCSH		10:00 @ JSCE	17:30 @ WBC	15:30 @ YOSPRF		11:00 @ TAC	15:00 @ TB		10:00 @ MEC-F		10:00 @ WG
			12:30 @ NUSCH	18:00 @ LG		12:00 @ NUSCSH		10:00 @ NUTG					15:00 @ QSC				14:00 @ WG
			18:00 @ NUSCH										18:00 @ ISC				19:00 @ WG
			19:00 @ NUSCH										18:00 @ WS				
			20:00 @ NUSCH														
			21:15 @ NUSCH														
18 AUG		13:00 @ NSIG	09:30 @ NUSCH	13:00 @ LG		10:00 @ NUSCSH	08:00 @ N2IGC	13:30 @ JSCE	17:30 @ WBC	10:40 @ YOSPRF		11:00 @ TAC	09:00 @ FSH				10:00 @ WG
			12:30 @ NUSCH	18:00 @ LG		12:00 @ NUSCSH		13:30 @ NUTG					09:30 @ FCTF				14:00 @ WG
			16:30 @ NUSCH														14:30 @ WG
			17:31 @ NUSCH														
			18:30 @ NUSCH														
			19:45 @ NUSCH														
19 AUG	19:00 @ NUSCS	13:00 @ NSIG		13:00 @ LG	10:00 @ NUSCH	17:00 @ NUSCSH	08:00 @ N2IGC	10:00 @ JSCE	17:30 @ WBC	10:40 @ YOSPRF	09:00 @ MEC-E	14:00 @ TAC	17:30 @ ISC	09:00 @ FSH	10:00 @ MEC-F		10:00 @ WG
				18:30 @ LG	18:30 @ NUSCH			10:00 @ NUTG					17:30 @ WS	09:30 @ FCTF			19:00 @ WG
20 AUG	18:00 @ NUSCS	13:00 @ NSIG			10:00 @ NUSCH	10:00 @ NUSCSH	08:00 @ N2IGC	13:30 @ NUTG	17:30 @ WBC		09:00 @ MEC-E	11:00 @ TAC		09:00 @ FSH			
					18:30 @ NUSCH	17:00 @ NUSCSH								09:00 @ FCTF			
					10:00 @ NUSCH												
21 AUG	19:00 @ NUSCS	13:00 @ NSIG			10:00 @ NUSCH	10:00 @ NUSCSH		12:00 @ JSCE	17:30 @ WBC		09:00 @ MEC-E	11:00 @ TAC	17:30 @ WS	09:00 @ FSH	10:00 @ MEC-F	14:00 @ LG	
					18:30 @ NUSCH	18:00 @ NUSCSH								09:00 @ FCTF			
22 AUG	18:00 @ NUSCS				10:00 @ NUSCH	13:00 @ NUSCSH			17:30 @ WBC			11:00 @ TAC				14:00 @ LG	
					18:30 @ NUSCH												
23 AUG					10:00 @ NUSCH	13:00 @ NUSCSH		13:00 @ NUTG				13:00 @ TAC	17:30 @ ISC				
					18:30 @ NUSCH			15:00 @ JSCE									
24 AUG								Closing ceremony - 20:00 @ NUSCS									



# VENUE GUIDE

**Tickets on sale at:**

**www.tickets.nanjing2013.org**

NSIG	Nanjing Sports Institute Gymnasium	JSCE	Jiangning Sports Centre Gymnasium	YOSPRF	Youth Olympic Sports Park Rugby Field	JTB	Jiangning Training Base
NUSCH	Nanjing Olympic Sports Center Waterium	NUTG	Nanjing University of Technology Gymnasium	MEC-E	Nanjing International Expo Centre Hall E	QSC	Qingjiangshan Sports School
NUSCH	Nanjing Olympic Sports Centre Squash Hall	WBC	Wutaishan Basketball Court	MEC-F	Nanjing International Expo Centre Hall F	FSH	Fangshan Shooting Hall
NUSCS	Nanjing Olympic Sports Centre Stadium	WS	Wutaishan Stadium	TAC	Tennis Academy of China	FCTF	Fangshan Clay Target Field
N2IGC	Nanjing Zhongshan International Golf Club	WG	Wutaishan Gymnasium	ISC	Jiangning Sport Complex	LG	Longjiang Gymnasium

# Doing it for my city

By Frank Hossack

**T**he Asia Youth Games taking place this month in Nanjing is a mammoth undertaking. The Nanjinger wanted to get its head around the managing of such a project. Rather than try to comprehend how an international sporting event spanning venues across the city and beyond is organised, we visited one venue to catch up on the volunteers who have the responsibility of making sure everything goes according to plan.

31st July, 2013 and 220 Asia Youth Games volunteers are undergoing a class in the Fangshan Sports Training Centre located in Nanjing's Jiangning district. This troupe of 18-20 year olds has been chosen from 5000 hopefuls through a selection process that started with recommendations from their university lecturers.

With a good pedigree in so far as the 2008 olympics shooting champion was a student here, Fangshan Sports Training Centre is the venue for the shooting events of AYG, and it is also permanent home to the volunteers. The first pieces of the logistical puzzle fall into place; these volunteers already know the venue inside out, and most of them are only charged with doing their efforts locally.

It seems The Nanjinger was a welcome distraction from their studies of the Volunteer Handbook, for we were soon besieged

by those eager to share with the foreign community their reasons for becoming a volunteer for AYG.

In addition to her work at the shooting events, Daisy is a volunteer for the Victory Ceremony and Athlete Usher. She says, "I do it for my city. I want to bring the passion and smile of young Chinese people to others".

Then there is Stefanie; "It will be an unforgettable memory in my life, it is my first time to spend my summer vacation away from home, in Nanjing with more than 200 other people, sharing the same dream".

While it is tempting to be cynical through observing the volunteers' following of the Chinese Dream manifest throughout so-




Dosy wants to work in HR; "I feel this is useful for my future job. I can practice patience and teamwork, organising others".

Wang Lei comments, "When we are older we shall remember the significance of what we have done".

Monica offers further insight into the organisation behind the Games; "We are all English majors and so we can put into practice what we learn in class".

Kuantan Dandan says, "I think shooting is awesome! It is cool since the athletes are so calm when they are shooting."

ciety under decree by Beijing, there is no doubt that there is also much motivation to participate through a genuine desire to better themselves and to improve their future prospects, a point well illustrated by the fact that most will go on to volunteer for the Youth Olympics next year.

Just before our departure, we enquire as to whether they are now aware why, out of 5000 hopefuls, they were the ones chosen. Daisy sums up succinctly a common trait that will hold them all in good stead for the rest of their lives. With the utmost conviction she says, "Persistence". 



# ALL I NEED IS THE AIR THAT I BREATHE

BY NURMIRA JAMANGULOVA

**A**ir is a precious resource, surrounding us and feeding us with oxygen. Without it we will die within minutes.

Ambient air consists of 78% nitrogen, 21% oxygen, 0.03% carbon dioxide, less than 0.9% inert gases plus water vapor. Adults breathe 10 to 20 cubic metres of air every day, children twice that amount, because they are growing and thus need more oxygen to sustain this process.

Foul air of ancient Rome and Greek cities were written about by the philosopher and statesman Seneca. People of those times were illiterate and unaware of the consequences of their lifestyle choices. Nowadays modern citizens need to learn about what air quality is and what each individual can do to improve it.

The Nanjinger tested out the city air quality updates. Three monitoring stations are located at Caochang Men, Zhonghua Men and in Xianlin. Air Quality Index (AQI) in Nanjing measures such air contaminants as PM<sub>2.5</sub>, PM<sub>10</sub>, sulphur dioxide, nitrogen dioxide, carbon monoxide, carbon dioxide, and ozone. Meteorological agencies use AQI and colours to describe health hazard of air pollution; green being the colour of life used for good AQI, and red colour of danger, used for unhealthy AQI levels.

During our comparison of the three stations' readings, Caochang Men had the highest AQI. Xianlin follows while Zhonghua Men had the lowest readings. At all stations readings of PM<sub>2.5</sub> and PM<sub>10</sub> are highest. What are PM<sub>2.5</sub> and PM<sub>10</sub>? PM is short for Par-

ticulate Matter; fine particles floating in the air. Their sizes are so small as to be invisible, being made up of a number of components, including acids (such as nitrates and sulfates), organic chemicals, metals, and soil or dust particles that together form smog, a term derived from the two words 'smoke' and 'fog'. PM<sub>2.5</sub> means that the size of the particle is 2.5 micrometres in diameter while PM<sub>10</sub> is 10 micrometres in diameter.


Now, what can you do to improve AQI and why is it important to do so? Air pollution is not something that others are responsible for; every person contributes to its source. Therefore everyone can also try to make it better. Asthma, bronchitis, cardiovascular disease, skin disease, allergies, cancer make up the short list of health issues scientifically proven to be linked directly to air pollution.

Rewards from addressing air pollution are a great many. Aside from the personal satisfaction, higher air quality will benefit everyone, especially children, pregnant and lactating women plus the elderly.

The following are some ideas anyone could consider:

- Conserve energy at home
- Walk to your school or work, instead of driving or taking a bus
- Use cold water whenever possible
- Leave your water heater at a maximum of 45°C
- Buy products using less packaging (containing unnecessary chemicals)
- Use shopping bags instead of plastics (plastic bags create "white pollution" and has a slow decomposition rate; sometimes taking up to 100 years or even longer)
- Take care of trees and flowers in your neighbourhood, plant more trees
- Fix leaking faucets, conserve water
- Don't burn papers or wood, give your papers or clothes to people who collect for recycling.

Moreover, more important than all these, be moderate in buying your toys, books, clothes, electronics and everything else. Be aware anxiously of what you really need when you plan to buy new things, so it will not be wasted. Books you may read online or in the libraries. Electronics generate e-waste which produce harmful emissions while manufacturing the products and when treating them as waste.

Air we breathe is wonderful gift of nature, which we should cherish with our every breath, be grateful for, conserve, care for and be aware of our actions towards its betterment. 

## World Class Manufacturing 9: SMED or Set-Up Time Reduction

### ■ BACKGROUND

It was realised by Shigeo Shingo, working with Toyota, that the major waste of time for his operators was changing the setup of the machinery. His efforts produced a methodology which resulted in two things; a reduction of his process setup from days to minutes and more significantly an adoption of this methodology in almost every industry which employs big machinery (utilising high forces, temperatures and pressures) to reduce time taken to change the products they make. There are still industries which require specialists to conduct these changes, e.g. chemical, but in the lighter industries they are now conducted by the process operator.

Initially termed Single Minute Exchange of Dies (SMED), on account that Shingo managed to get the process down to minutes in single figures, it is commonly called Set-Up Time Reduction.

### PRINCIPLES

In an ideal world there would be no set-ups, as in Ford's "any colour as long as it's black" meaning no waste. However, the ever-more strident demands of customers for increasing numbers of different products result in the manufacturer needing to change more and more frequently. Ford can now produce in batch sizes of one. With increasing product range complexity, the production manager's headaches increase as the customer wants them for the same or a reduced price, which requires lower stocks, so the production run has to be minimised and, therefore, low set-up times become a competitive advantage.

### HOW IT IS DONE

There are rigorous steps in the Shingo methodology:

**1** Analyse the existing set-up and record what is occurring during the main process, at least every minute. Recording is often done by video cam-

era. The analysis then identifies internal tasks (which can only be done when the machine is stopped), external ones (which can be done when the machine is running) and waste activities.

Eliminate the waste, move external to outside the internal tasks, whereupon a new set-up standard time can be established.

**2** Convert Internal tasks to External. This may require some redesign of the process and can involve complete shifts in thinking, e.g. preheating moulds and their handling needs or pre-assembly of parts and components. A brainstorming attitude is needed with extreme thinking that does not always come from the engineers!

**3** Streamline. All steps in the process can then be subjected to reduction by adding technical aids, reducing ergonomic factors and so on. Examples range from quick-release fasteners, removal of screws and bolts, mechanisation of manual operations for internal tasks; whereas external tasks usually benefit from improved storage and transport.

### BENEFITS

The benefit of saving of large amounts of time seems obvious, but the involvement of the process operator is key to getting them operating their machines more efficiently and owning their improvements.

If all changes can be done at the speed of a Formula 1 pit stop, then great, but there need be a payoff between money spent and time saved. It is nevertheless a nice image to bear in mind, if you want to be truly World Class. **NIX**



Asia Outdoor trade show - 24th-27th July, Nanjing International Expo & Conference Centre





**Landing Business Center Opening - 17th July, Nanjing Sunny World, Hexi**



## In Conversation With...



# DJ R3hab

By Shahnaz Mouhamou

Multiple Internationally renowned Dutch DJ and record producer DJ R3hab played Club Enzo in Nanjing on 6th June. In a short period of time, DJ R3hab, also known as Fadil El Ghoul, has established himself as one of the highest requested DJs on the global dance scene, having produced tracks for the likes of Madonna, Lady Gaga, LMFAO, Calvin Harris, JLo and other recording artists.

Within a five year span, R3hab's career unfolded from a full-time marketing college student to getting signed by Afrojack's label and becoming one of its biggest talents. Now spending nearly 250 days a year on the road, R3hab tours to some of the most famous clubs around the world where he gets to fulfill his love for "performing, traveling the world and creating the music of the future."

Although catapulted to fame by his distinct and famed "chainsaw madness" production style plus a unequivocal ability to combine poppy vocals with stupefying, mind-blowing drops, surprisingly enough the magnetizing energy and confidence R3hab exudes on stage all but vanishes when the lime light is out of the equation. In person, R3hab is humble, laid-back and so shy it is difficult to resist the temptation to pinch his cheeks. His awkwardness and down-to-earth nature juxtaposed against the strength of his on-stage persona, makes the perfect recipe for future stardom. "My favorite drink is a redbull with a twist of lime... otherwise a nice bottle of water before a set gives me the boost I need." With this abstinence comes serious determination and hard-work. R3hab is dedicated to producing the best that he can for his fans around the world, and that includes China. When asked if he would consider collaborating with a Chinese artist, R3hab couldn't sound more optimistic, "Yes, it is definitely part of the plan, so China stay tuned."

Although this is R3hab's second time in China in the last three years, he remains in awe at how quickly the country seems to be developing. "I just arrived two hours ago from the airport after a 14 hour flight, but I can't believe how much everything has changed. I can only imagine the implications it will have for the development and expansion of electronic music. The next step is opening up social networking on the internet... most of us DJs share our work and fan-base on those sites. When the internet begins to open up, the music industry will explode in China."

R3hab may be right; the energy he exuded on stage was mind-numbing and while the foreigners present were consumed by it, the Chinese in the audience did not seem as enthralled. Are R3hab's Dutch 'chainsaw madness' beats simply too dirty for the locals or does Nanjing just needs a little more time to absorb and connect to the international music scene? Either way, Nanjing is on the right path as it welcomes more and more foreign celebrities with open arms. **NU**







# Think Healthy Think Beautiful

By Maria Simonova

## Water of life

• Leonardo da Vinci once said,  
"Water is the driving  
force of all nature."

If you think about it, it explains a lot. You can go three weeks without food, but only three days without water. Some people have survived 8-10 days without water but that's very rare or on National Geographic Channel.

Few people would deny the body is never slow to signal to the brain its lack of hydration. However, our brain often confuses the symptoms and instead of "thirst" thinks "hunger." Sometimes a glass of water can rid you of that hunger that came from nowhere. Your body was thirsty but you didn't even realize it.

With age, the brain reports thirst less and less, despite a whole arsenal of signals connected to lack of hydration including headaches, chronic fatigue,

constipation, high blood pressure, and distracted attention. Doctors say that those who do not drink enough water are threatened with a whole bunch of serious illnesses.

You need drink water throughout the day, regardless of whether you feel thirsty. It is advised to drink 2-3 litres of clean water (no tea, coffee, juice, soups etc.). A more accurate figure is 40ml for every kilogram of your weight.

In hot weather, it is necessary to increase the daily intake of water. A greater amount of fluid is also required for pregnant and lactating women, unless, of course, this is contrary to the individual medical condition. Those involved in sports will also want to drink more (the liquid comes out in the form of sweat), air passengers (very dry air in the aircraft cabin) and sick people.

Virtually all experts agree on the fact that it is very helpful to drink a glass of water in the morning on an empty stomach. Make it big and cold; I like to add half lemon and a spoon of honey. Do it every morning 20 minutes before breakfast.

Best to practice this before every meal, and one hour after it. When you eat, the stomach produces gastric juices and if you mix it with water, it becomes harder and will take longer to digest your food. It is also good to remember that most of the drinks taken before sleep "get out" in the morning in the form of edema, mostly on the face, hands and feet. By drinking a lot of clean water every

day, you will see results in two weeks; your skin will clear up and start to glow, wrinkles slower to emerge, our hair shinier and nails harder (water is full of minerals).

Problems such as heartburn, indigestion and constipation can be forgotten about after a month of regularly drinking clean water. Water speeds up your metabolism to a healthy level and you will also lose some weight, since the metabolism is stabilized.

When you drink alcohol, water can be useful too. Drink a lot beforehand (don't forget to eat something too), during the party consume a glass of water for every glass of alcohol. Have another few glasses before sleep. That will reduce your hangover caused by dehydration due to the alcohol intake.

For this summer, I have a recipe for you. Do it every day, it is a great refreshing beverage for this summer heat we are having and helps you to lose weight too!

- ★ 1½-2 litres of clean water
- ★ Half a cucumber (cut into big chunks)
- ★ A little ginger
- ★ Half a lemon or a whole lime
- ★ Mint and a little spoon of honey (optional)

Place in fridge overnight. Drink it first thing in the morning, and throughout the day.

Finally, don't forget to be careful with your choice of water in China; always opt for the best quality!

Love yourself and be healthy! 

# Trailing Spouse

## Welcome to Nanjing!

By Rachel Skeels

■ **S**o you're here, you've just landed and you're probably already feeling rather alienated. If the extreme muggy temperatures have not yet knocked your socks off, then I am sure the cultural shock you are about to experience will just about do the trick.

My first experience of China was a somewhat daunting one and after arriving onto the scene six years ago I stumbled into my new apartment unaware of the potential hazards China was about to pose. Extremely tired and jet lagged I decided to put my head down for an hour or so mid afternoon, until I was abruptly awoken by keys rattling in the door and a lady popping my brand new mop into the toilet. I quickly got onto the phone and spoke to my company and explained the random woman standing before me, to be then told she was actually my cleaner and apparently mopping with toilet water is perfectly normal.

Soon after that first traumatic experience I decided to head to the local shop to buy a few home food essentials. Excited about my first shopping adventure in China I was greeted by rows and rows of soy sauce, oil and packaged noodles; I left feeling disappointed with my pint of UHT milk and loaf of sweet bread. By this point I felt well and truly alone and out of place.

However I am pleased to say that I did not let these teething problems affect me and I strove harder to find out how to go about doing my usual day-to-day jobs and shopping outings. Do not let this first impression steer you away from all the potential happiness and enjoyment that can be found right here in Nanjing. It will take time to get your feet set firmly in place but I can assure you that once you have met some welcoming friends and found from where to get your home comforts things will soon turn around and you will be feeling right at home.

Hence, to help welcome all newcomers I have put together a little list of basic know-hows and tips to help you on your way.

### Things I wish I knew back then...

- Enjoy good Chinese cuisine. There are some amazing spicy bullfrog restaurants and hotpots on every doorstep! Do try them; you'll be amazed at how much you love them.
- Take public transport whenever possible. It will help you get a feel for the place and a better sense of direction, not to mention cutting down your spend on taxis. Get yourself a public transport card, which can be topped up in the subway and even at some large supermarkets.
- Memorise bus routes. It takes time, but pay attention to what numbers you see and what numbers are on offer close to your local stop. You will soon find a few valuable routes and in the case where you simply cannot grab a taxi, hop on the bus. Better still, if you have time, hop on any bus and see where it takes you!
- Shop around for the best imported goods. Prices can vary wildly from shop to shop. Metro seems to be one of the most reasonably priced options.
- Venture outside of 1912 for a drink. There are some fab little bars that sell imported beers for a fraction of what you'll pay elsewhere and the atmosphere is pretty good too.
- Read up on the history of China. The more you know about this amazing country in which you are living the quicker you will be able to grasp the reasoning for locals' behaviour.
- Utilise free air-con! If you get too hot whilst walking



around in the summer, pop into a local Bank, as the air conditioning is amazing and will cool you right down.

- *Speak the lingo! Don't be afraid to practice your Chinese; most locals will really respect you for trying.*

- *Get out and about! Nanjing has an amazing history and an array of scenic parks for you to enjoy.*


- *Eat breakfast on the go. There are amazing breakfast vendors on the street selling all kinds of goodies for next to nothing. Do give them all a try; you might not like every one, but there will be something you love! There is a reason why Chinese don't eat breakfast at home.*

## Swap expensive imports for local goodies...

- *When it comes to basic medicines try out some of the local produce. Remember we would pay an arm and a leg for Chinese herbal remedies back in our own country.*

- *Don't be off-put by one bad yoghurt experience. There are some pretty good ones in the shops, you just need to try and*

*test a few till you find the right one, but for natural yoghurt lovers below is one of which I have grown very fond.*

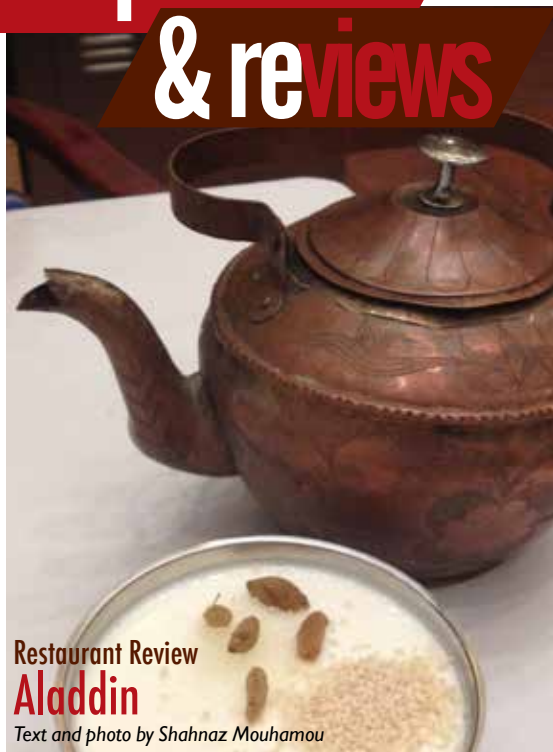
- *Try the local coffee shops. Places such as 85° are much cheaper than your common old Starbucks and Costas, and taste just as good.* 



# Not looking your best?



# previews & reviews



## Restaurant Review **Aladdin**

Text and photo by Shahnaz Mouhamou

■ Don't be fooled by the Arabic scriptures covering the entrance and array of art pieces displayed for sale throughout the dining room. They are simply Islamic art and hint at the distinct culinary characteristics of the Xinjiang Autonomous Region shared with those of the Turks and central Asian cultures. They are also just part of the furniture that Aladdin has itself become in Nanjing since opening in 2006.

The smell of mutton pervades and guests are greeted at the door by Uyghur staff adorned with traditional garments. If you are lucky, you may even enjoy a performance, albeit rare, due to the cultural and religious taboo of Muslim women dancing in public places. The servers are shy and adorable, but speak barely Mandarin, let alone English, which in my opinion, adds to the charm.

Aladdin serves only mutton, beef, chicken, horsemeat plus one variety of fish and it is all Halal. The mutton and two kinds of specialty mushrooms are brought from the far-away region every two or three days. Due to the dry desert climate, most fresh ingredients consist of onions, peppers, tomatoes, carrots and mushrooms. All dishes are adorned with fresh coriander and parsley while inside reside the distinct flavours of cumin and red pepper.

Make sure to order their homemade yogurt at the beginning of your meal. Priced at ¥10, enjoy it throughout your dining experience as a refreshing break from some of the spicier dishes.

Overall, the restaurant is priced quite reasonably. Portions are very large, therefore it is recommended to go with a group of four or more. You can even order a full traditional roasted lamb 24 hrs in advance for ¥1,550. Aladdin's signature dish however, is the "Dapanji"; a chicken, potato, and pepper tomato stew served over a bed of homemade thick noodles. It was delicious, ample in size and surprisingly well priced at ¥59.

The restaurant also offers dishes more pleasing to the average Chinese palate. From this menu we tried a beef with green peppers and mushroom stew; hearty and tasty but not traditional. These dishes range on the lower end of the price scale from ¥20-50. Unfortunately, we were thoroughly disappointed with the lamb kebabs. The meat was really tough and fatty; you can get far better on the street as far as I am concerned.

This is the ideal place for tourists in Nanjing wanting to experience a taste of China's diversity or simply a more long term resident's opportunity for a culinary shake-up; perhaps not the best Muslim Chinese restaurant, but definitely worth the visit.

Aladdin is located at 43 Luolang Xiang (off Hanzhong Lu, behind the Sheraton) Tel: 85891799 汉中路罗廊象43号 **N**

## Music Review **Pet Shop Boys "Electric"**

By Frank Hossack

■ Unlike many others who were tipped into the one-hit-wonder bin that the Pet Shop Boys seemed initially destined, restricted by their own self loathing of pop's inherent limitations, the London based duo stretched the boundaries and treated pop's trashy insensibilities as a form of art.

Back when they started out, long before the digital age, Chris Low was known as the keyboards-and-tapes guy. No matter how he does it, he never fails to fashion richly synthesized backdrops from swathes of adult-contemporary pop, while lyrically, Neil Tennant has always evoked suburban adolescence and its discontents with a fond, unsparing eye.

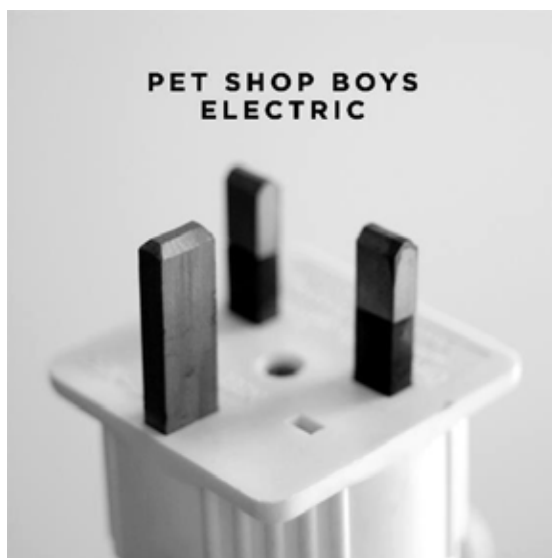
"Electric" is the Pet Shop Boys' first album on their own label, (X2, pronounced "Times Two") away from the clutches of Par-



lophone. Serving up eight new songs, one featuring British rapper Example on the 80's infused "Thursday" that is likely the album's standout. Then there comes a cover of Bruce Springsteen's "The Last to Die", on which post-Iraq is swapped for conflict of a more domestic nature. It's not the first time the duo have flirted with unlikely source material; in 1988 a more than admirable effort was made with Blaze's "It's Alright".

While "Electric" remains very much in a 21st century that benefits their retro synths in the digital age, it also reveals the very secret of their longevity; that the new abrasive beats plied by others are no match for our love of good old fashioned disco.

Riding high in charts all over the world, "Electric" occupies the top ten all over Europe as well as nearer to us in both Hong Kong and Japan. "Electric" is available for download on iTunes. **NU**



## Movie Review **Despicable Me 2**

By Laura Helen Schmitt

■ As we all know, the sequel is a tricky business. Despicable Me was a smash hit in 2010, introducing us to Gru, the lovable villain, and his minions. But would Part 2 be able to deliver against a bar that was set very high by its predecessor?

I counted myself lucky I was not eating popcorn while watching this movie; otherwise I would have ended up in a sea of corn caused by continuous snorting. In many animation movies we have the tragically comic character that is the constant subject of slap stick. But the brilliance of Despicable Me 2 is that every single character in the entire movie is that tragically funny character. In the world of Gru you cannot take anyone seriously. It might not be sophisticated, but it is just the right amount of silliness to cheer you up after a long day at work.

When you look past the obvious humour that is mainly targeting a child audience, you will find that DM2 has so much more to offer. It is an amalgamation of genres and movie references, all of which have been absurdly reinvented by the creators in an ode to cinema. Alien, Matrix, 007, Zombies and the bad date scene from any RomCom ever made; they are all there amid the chaos created by the minions.

Ah, yes; the minions. I will be first in line at the pet shop when genetic engineering will finally be able to create them in real life. They have become a yellow canvas for the production team to live out their wildest fantasies. Whether it's the French maid, the corny boy band or a famous group of gay singers, you can just imagine the team at Universal sitting in a room together with the task to come up with the most ridiculous roles for the minions to slip into. I am sure there was a prize for the best idea. Maybe it was a live minion.

But what's really new in DM2? A Mexican ex-villain and his ninja chicken join the storyline. While the obnoxious kamikaze hen is much fun to hate, you find yourself feeling slightly guilty about laughing at the very stereotypical portrayal of El Macho and wondering whether this is really something to which you should expose young children.

If you don't take the movie seriously though, DM2 delivers with light-hearted fun, a Find Waldo element for movie buffs and a lot of silly giggles. Just don't buy any popcorn. **NU**



# 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](http://www.operationsmile.org/china)



**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

Fully furnished one to three bedroom international serviced apartment suites ranging from 138 sqm to 249 sqm; offering full balconies, clubhouse and many leisure facilities.

#### **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

Only 2 min. walk from the metro, 20 mins. drive from downtown and railway station and 40 mins. from the airport, the hotel is also located beside a development of luxury shopping outlets, expansive malls, entertainment facilities and office towers.

#### **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

汉中中路169号

86668888

One of Nanjing's oldest five star hotels. In its downtown location, 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

A grand statement from InterContinental, 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 spot for Nanjing's rich and famous to play a round or two.

#### **NU** Jinling Hotel

金陵饭店

2 Hanzhong Lu

汉中中路2号

84722888

A landmark hotel 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

Modern in-room technology plus extensive meeting, conference and recreation facilities. Many rooms have 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

南京香樟华莘温泉度假别墅

Xiangzhang Hua Ping, Sizhuang Village,

Tangshan

江宁区汤山镇寺庄村

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, Yingting 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

#### **Nanjing Massacre Museum**

侵华日军南京大屠杀遇难同胞纪念馆

418 Shuiximen Jie

水西门大街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 Nanjing 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. Hand made and machine made fabric plus finished items also available for purchase.

#### **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 Municipal Museum (Chaotian Palace)**

南京市博物馆

Mochou Lu 南京市白下区莫愁路朝天宫内

World class museum presenting ancient pottery and earthenware, calligraphy, clothing, jade, golden buddahs and so on.

#### **Nanjing Science Museum** 南京科技馆

9 Zijinghua Lu, Yuhua District

雨花台区紫荆花路9号

58076158

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

### Parks

#### **Qingliangshan Park** 清凉山公园

Guangzhou Lu, near 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.

#### **Zixia Lake** 紫霞湖

A mountain fed lake in which you can swim. 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.

#### **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.

#### **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.

#### **Xuanwu Lake Park** 玄武湖公园

Xuanwu Xiang 玄武巷1号

Trails for walking, biking and running, with playgrounds, gardens, restaurants plus boats and tandem bikes for rent.

#### **Pearl Spring Resort** 南京珍珠泉风景区

Zhenzhu Lu, Pukou district

浦口区珍珠路

A 8.9 sq.km scenic area making for a family day out that includes a zoo, circus, dodgems and a cable-car/ski-lift taking you up for walk on the so called 10 km Great Wall that follows the mountain ridge.

#### **Gulin Park** 古林公园

21 Huju Bei Lu 虎踞北路21号

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

### Zhongshan Botanical Garden

中山植物园  
Covers over 186 hectares and home to more than 3000 plant species.

### Underwater World 海底世界

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

### Nanjing Hongshan Forest Zoo

红山森林动物园  
101 Heyan Lu 和燕路101号

## Business & Education

### International Education

#### British School of Nanjing

南京英国学校  
Building 2, Jinling Resort, Baijiahua Dong Lu  
佳湖东路湖滨金陵饭店2号楼  
52108987

#### 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

#### EtonHouse Nanjing

伊顿国际教育集团  
6 West Songhua Jiang Jie,  
Jianye District (near Olympic Stadium)  
南京市松花江西街6号, 建邺区, 靠奥体北门  
(中华紫鑫广场北面) 金陵中学实验小学内  
86696778

#### Dulwich College Suzhou

苏州德威英国国际学校  
360 Gang Tian Road, Suzhou Industrial Park,  
Suzhou  
江苏省苏州市工业园区港田路360号  
(0512) 6295 9500

#### The Overseas

海外国际  
Novas International Business Consulting Co. Ltd,  
2405, Building A, New World Centre, 88 Zhujiang  
Lu  
珠江路88号新世界中心A座2405室  
68858565 68858575  
www.the-overseas.com

### Foreign Trade & Economic Development Agencies

#### 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

#### 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

#### 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科技合作协会  
7-3 Dabel Xiang Meiyuan Xin Cun  
梅园新村大悲巷7-3号  
84728895

#### Australian Trade Commission

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

#### Canadian Trade Office Nanjing

加拿大驻南京商务代表处  
1261, World Trade Center, 2 Hanzhong Lu  
汉中中路2号金陵饭店世界贸易中心1261房  
84704574

### Language Training

#### New Concept Mandarin

新概念汉语  
3302, Block A, New Century Plaza, 288 Zhongshan Dong Lu  
白下区中山东路288号, 新世纪广场A座3302  
84872361  
www.newconceptmandarin.com  
nanjing@newconceptmandarin.com  
Local branch of the Hong Kong based Mandarin tutoring specialist with 20 years of experience in applied linguistic research and teaching.

#### 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4楼  
83598762  
www.afnanjing.org  
info.nanjing@afchina.org  
Offers a large selection of French-Chinese language and educational programs.

#### JESIE - Goethe-Language Centre

JESIE - 歌德语言中心  
Jiangsu College for International Education, 3rd Floor, 205 Shanghai Lu  
上海路205号教育学院3楼苏教国际  
83335690  
www.goethe-slz.js.cn

#### Jack's Mandarin Team-Times New Language

Jack汉语-时代新语  
5F, Jiangsu Culture Mansion, 89 Zhongshan Nan Lu  
中山南路89号江苏文化大厦5楼  
13851864492  
smartcousin@hotmail.com  
Extensive experience in teaching Chinese to locally-based foreigners employed in international companies.

#### Nanjing Bozhan Consultancy Co., Ltd

南京博湛教育咨询有限公司  
13813944415  
bozhan.consultancy@gmail.com  
Language training & Mandarin tutoring; from survival to HSK Chinese and enhancement of conversational confidence in English to ESL & IELTS testing.

### Clubs & Charities

#### Nanjing International Club

南京国际俱乐部  
www.nanjinginternationalclub.com  
A club 500 plus strong in membership and with 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 Dabel 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

### For the Home

#### Jiaren

香港嘉仁控股集团有限公司  
1617, New Century Plaza, Block B, 2 South Taiping Lu  
南京市白下区太平南路1号(科巷菜场斜对面)新世纪广场B座1617室  
84651389 / 15380981389  
Quality silk and linen bedding plus decorative hangings for tables, windowsills and tissue boxes plus products for weddings.

#### 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  
Stylish kitchenware in dark tones, candles and colourful vases or even camera cases; just a few of the fascinating products that await in every corner of this shop with 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(南京南湾对面)  
9 Wangjinshi (off Changjiang Lu)  
玄武区长江路网市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号  
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 selection of plants, cut flowers, fish tanks and fish, plus gardening tools.

#### 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

## 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 Shuimuqinhuai, 99 Shitoucheng Lu 石头城路99号  
水木秦淮D-1号  
84506789  
Picture framing and art related supplies.

**Stone City Modern Art Creation Gallery**  
石头城现代艺术创意园  
72 Beijing Xi Lu 北京西路72号  
Exhibition of modern Chinese art.  
55583708

**Shenghua Art Center**  
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.

## Electronics & Photography

**Professional Photography Equipment Market**  
照相器材专业市场  
3F, Binjiang Friendship Shopping Center, 301 Ji-  
angdong Bei Lu  
江东北路301号滨江友好商城三楼  
Specialists in wedding photography with equip-  
ment including lighting, flash etc.

**Camera & photography Equipment Market**  
东鼎照相器材市场  
Dongding Plaza, 699 Zhujiang Lu  
珠江路699号东鼎照相器材市场  
Widely regarded as the best camera and equip-  
ment market in Nanjing.

**Mobile phone shops on Danfeng Jie**  
丹凤街-手机  
Indoor markets specialized in new and second-  
hand mobile phones and repairs.

**IT products on Zhujiang Lu**  
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.

**Video games on Zhongyang Lu**  
中央路-电子游戏  
Any type of video game for all game systems. Also  
do minor repairs.

## International Groceries

**Fields**  
www.fieldschina.com  
Shanghai's premier online grocery store for safe, high  
quality, delicious food delivered to your door. Frequent  
deliveries to Nanjing.

**Nanjing Bakery**  
www.nanjingbakery.com  
Home made cakes, ready to bake pizzas, lasagna  
etc. plus a range of items such as pasta, butter,  
cheese, sauces and spices.

**Metro 麦德龙**  
288 Ningli Lu 宁溧路288号  
300 Jianning Lu 下关区建宁路300号  
Wide selection of foreign foods.

**Carrefour 家乐福**  
235 Zhongshan Dong Lu

中山东路235号  
84658588  
Hypermarket with five stores in Nanjing.

**Times Grocery**  
泰晤士  
48 Yunnan Lu 云南路48号  
83685530  
Compact yet its location breeds popularity; wide  
selection of imported but sometimes pricy food.

**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.

**BHG Market**  
B2, Aqua City, 1 Jiankang Lu  
健康路1号水游城地下2层  
66985066 / 66985068  
B1, Deji Plaza, Zhongshan Lu  
德基二期地下1层  
91 Matai Jie  
马台街91号  
68675666 / 68675699  
Features a very large stock of imported goods  
plus fresh organic fruit and veg.

**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.

**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.

**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>.

## Sports

**Decathlon 迪卡侬**  
866 Yingtian Xi Lu (same building as Auchan)  
应天西路866号  
84218420  
286 Ningli Lu (next to Metro)  
宁溧路286号(麦德龙对面)  
52401018  
French sports megastore chain that also stocks  
informal-wear shoes in sizes up to 48.

**Jinxianghe Rd 进香河路**  
The outdoor store street in Nanjing; shops for bik-  
ing, hiking, backpacks, equipment and apparel for  
outdoors.

## Wine Outlets

**Aussino Cellar 富隆酒窖**  
Room 109, 198 Zhongshan Dong Lu  
南京市中山东路198号109室  
84679799  
www.aussino.net

**Eminence Cellar**  
香松酒窖  
Inside Wutaishan (opposite to Jin Inn)  
Guangzhou Lu 广州路, 五台山体育场  
66012088

**Newold Wine World 纽澳酒世界**  
Area B, F1, New City Mall, 99 Caochangmen Da Jie  
草场门大街99号新城市购物中心负一楼B区  
86265959

## 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

## Services

### Healthcare

**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  
13951994471 / 84069389  
www.025ya.com  
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号左邻风度花园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 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.internationalosos.com  
Western doctors and public pharmacy. Service  
listed in English & Chinese. Multilingual staff: EN/  
CN/JP/DE.

**Health Examination Center**  
江苏省国医馆  
2F, Outpatient dept. of NJUTCM,  
282 Hanzhong Lu  
汉中中路282号南京中医药大学门诊部二楼  
86646068  
www.joinmi.com



English speaking staff, diagnosis by imported advanced medical technology and treatment by Traditional Chinese Medicine. 100% non-invasive.

#### **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

32034016

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

#### **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.

#### **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.

#### **Nanjing Maternity and Child Healthcare Hospital**

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.

#### **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

#### **Travel**

#### **D.T. Travel**

大唐国际(香港)商旅服务有限公司

22E, Jinlun Building, 108 Hanzhong Lu

汉中中路108号金轮大厦22E

400 886 1212

Professional English service incl. air ticket, visas, hotels, individual travel and Corporate Business Plus.

#### **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, 3

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 - Rm 417

#### **Transportation**

##### **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, every 30 mins.

2. Nanjing Zhonghua Men Station, 508 Yingting Da Jie 南京中华门车站 应天大街508号 6am-9.00pm, every 20 mins.

##### **Nanjing Train Station**

南京火车站

141 Longpan Lu

新庄龙蟠路141号

85822222 (enquiry)

85824224 (tickets)

##### **Nanjing South Train Station**

南京南站

Shuanglong Dadao / Yunan Lu

雨花台区双龙大道玉兰路

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

##### **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 Yingting 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

#### **Property Services**

##### **Nanjing Houses**

15150698134

www.nanjinghouses.com

info@nanjinghouses.com

Provides a unique to the industry process of pre-screening options in order to save time and energy while looking for an apartment or villa.

##### **Sun Homes Real Estate**

南京中涛房产经纪咨询有限公司

Room 1901, Xinghan Mansion, 180 Hanzhong Lu

南京市汉中中路180号星汉大厦1901室

51860592 / 5186 0590

www.shre.com.cn

sunhome@shre.com.cn

Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

##### **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

Provides moving services, school search, intercultural services plus departure and destination services.

##### **Apex International Logistics Co., Ltd**

上海正流国际运输代理有限公司

58702129

www.apex15.com

nanjing@apex15.com

Domestic and local moves, office relocation, storage and warehousing, pet relocation, insurance/risk management plus immigration services.

##### **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.cmchina.com

Supplies multinationals, with additional services including driver's license and import/export of pets.

#### **Training, Coaching & Consulting**

##### **MTI Nanjing**

#1402, Building 1, World Times Square, 8 Dongbao Lu

东宝路8号时代天地广场1幢1402室

84714552

www.mticonsulting.com

Provides HR coaching and training solutions, combining international standards with local market needs. The MTI team supports companies of all sizes and branches from a new office in Nanjing.

##### **Dan Clarke**

www.lets-get-happy.com

Nanjing based life coach offering advice on how to become happier and less stressed, plus ways to improve your life.

##### **Simon Northcott**

simon3northcott@gmail.com

A manufacturing consultant based in Nanjing, specialising in change leadership, problem solving and empowerment.

#### **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 with 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**

Yuhua Jingli Hotel, 8 Xiaohang Yaojiaao

雨花区小行尤家凹8号南京雨花晶丽酒店

Mormon service on Sundays at 10am. Foreign passport holders only.

#### **Pets**

##### **Amy Hao Hao Pet Care**

爱咪好好

18 Nantai Xiang Xi (off Wang Fu Da Jie)

王府大街南台巷西18号

84203097 / 13952034351

Professional cat and dog grooming service run by a local Nanjing girl who speaks fluent English.

#### **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.

#### **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.

### Legal

#### **Picozzi & Morigi Law Firm**

意大利高基莫里吉律师事务所  
A4, 21F, Golden Eagle, 69 Hanzhong Lu  
南京市白下区汉中南路89号金鹰国际商城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 Shanghai. 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  
北京西路72号2楼  
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.

### 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  
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 with 30 years experience, and 20 years of work in China. Advertising agency and publishing services also available.

#### **VOZ Design**

嗓音设计  
Office 3318, Tianzhidu, 33 Hubu Jie  
新街口户部街33号天空之都3318室  
85520158 / 18061685196 / 15950575174  
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**

13770761603  
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**

13770999175  
www.phrephotos.com  
Photographic services offered. Product shots, portrait and more.

### Miscellaneous

#### **Wow-Super A Translation Service**

南京领域翻译有限公司  
Rm 4004, F40, Tian'an International Building  
南京市新街口天安国际40楼4004室  
4006969469  
www.wowtran.com  
service@notary-trans.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 Nanxun Cun, Shanghai Lu 上海路南秀村18号  
The tailor of choice for many a Nanjing expat.

### Leisure & Sports

### Sports

#### **Century Star Ice Skating Club**

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  
4F, Wonder City, 619 Yingting Street  
应天大街619号虹悦城4楼  
52275768 ext. 8001/8002

#### **Ninth City Billiards**

9城花式撞球  
1912 District, 52 Taiping Bei Lu  
太平北路52号1912街区  
84504303  
1pm till late. ¥15/hr in the afternoon.

#### **Klein Billiards 克莱恩台球**

135 Hongwu Lu 洪武路135号  
51587158

#### **Nanjing Leiniaio Paragliding Club**

南京雷鸟滑翔伞俱乐部  
Wutaishan Sport Center Tennis Stadium  
南京市五台山体育中心网球馆  
84458450 / 15335179782

#### **Zhongshan Shooting Club**

中山射击俱乐部  
12 Lifu Jie  
白下区李府街12号

84615141

Shotgun, rifle and pistol shooting, into the city wall!

#### **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

#### **Changqing Taekwondo**

长青跆拳道馆  
145 Zhongshan Dong Lu  
玄武区中山东路145号  
84541055

#### **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

#### **Karate Eifuukaikan 空手道影风道场**

96 Yushi Jie 鱼市街96号  
52989189

### 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)  
明城江西家大塘46号  
57718777  
Hours: 10.30am-10.00pm  
Sino-German joint venture offering twelve luxurious single and twin private suites for men and 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号  
85861099  
Upmarket spa with a focus on TCM catering for CEO types.

### Golf

#### **Sofitel Zhongshan Golf Resort**

钟山高尔夫俱乐部  
7 Huanling Lu 环陵路7号  
84606666

#### **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

#### **Ginkgo Lake Golf Club**

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



## Theatre

### 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 Theatre 兰苑剧场

4 Chaotian Gong 朝天宫4号

84469284

Live performance of Kunqu opera.

## Beauty

### Franck Provost Hair Salon

梵珀巴黎法式发艺

322 Deji Plaza Phase 2  
中山路18号德基广场二期F322店铺  
86777366

### Wan Yan Shi Beauty Salon

完颜氏美容沙龙

Room 108, Building 2, 9 Wenfan Lu  
文苑路9号2幢108室  
85791042

### 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

## Food & Drinks

### Asian Cuisine

### Taiwan Teppan Corner

南京市建邺区三铁餐厅

LB148, Jinyuan Hexi Commercial Plaza, 341  
Jiangdong Zhong Lu  
南京市建邺区江东中路341号南京金源河西商业广场LB148  
13770325443

Quality and affordable Teppanyaki experience aimed at office workers for lunch and dinner.

### Kezigu Muslim Restaurant

克兹古丽餐厅

53 Wangfu Da Jie  
王府大街53号

85981468

Xinjiang restaurant popular with expats; spicy noodles, potatoes, vegetable, chicken and lamb dishes accompanied by dance performances.

### Silk Road Moslem Restaurant

丝绸之路穆斯林餐厅

260 Guangzhou Lu  
广州路260号  
83705680

Some stay away, since it is not obvious that Silk Road has an English menu, with photos to boot. Signature dish boiled lamb chop and homemade yoghurt with

raisins are among the must-tries in a colourfully decorated environment accompanied by Uigur music.

### 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. No smoking section available.

### Pho Saigon

金禾泰餐厅

2F, Huanya Plaza, 33 Shigu Lu  
白下区石鼓路33号环亚广场2楼  
84465722

Popular fare includes Vietnamese style noodles (pho) and others such as vegetarian dishes and seafood as well as the standard beef, pork, chicken and duck selections. Mains range from ¥26-50.

## Indian Cuisine

### Nanjing Ganesh Indian Restaurant

南京甘尼仕印度餐厅

3 Kunlun Lu

南京玄武区昆仑路3号

85860955

www.ganeshchina.com

The unlikely combination of Indian food and jazz music that nevertheless has stood the test of time in both Suzhou and Wuxi. Fabulous decoration in a great location by the city wall at Xuanwu Lake.

### 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.

### Masala Kitchen

玛莎拉印度餐厅·酒吧

A05, No 12 Xian Yin Bei Lu, Xianlin  
南京市栖霞区仙隐北路12号亚东商业广场A05  
84448858

masala\_kitchen@live.com

Offers vegetarian and meat dishes plus savory Tandoori oven dishes and exotic curries cooked fresh by a chef with over 20 years of experience in his hometown of Hyderabad. Also serves a fine selection of imported wines and beers.

### Taj Mahal

泰姬玛哈印度料理

117 Fengfu 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.

### 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.

### Punjabi Restaurant

本杰比印度餐厅

2 Shizi Qiao, Hunan Lu

湖南路狮子桥2号

83245421

Offers traditional Kadhais, Murghs, Masalas and Vindaloos in addition to more familiar Chinese dishes.

## 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.

### Kagetsu

嘉月

62 Taiping Bei Lu, 1912

太平南路62号 1912街区

86625577

A lifestyle oriented dining experience with a focus on creative cuisine. Balcony affords views over 1912.

### Taiyō Teppanyaki 大渔铁板

57 Zhongshan Lu

中山路57号

84729518

All you can eat and drink special offer includes sushi, sashimi, sake, beer, and everything on the menu. Two more locations in 1912 and near to Xuanwu Gate.

## Korean Cuisine

### Fudufang 福德坊

6 Taoguxincun, Hankou Lu

汉口路陶谷新村6号

83312091

### Ke Jia Fu 可家福

38 Nanyingyangying (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, Shuimuqinhui, 99 Shitoucheng Lu

石头城路99号水木秦淮C区1号

83752306

### Lvliuju (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

Genuine European flavours, grilled meat, seafood specialties and well renowned home made desserts; all in an elegant and relaxing atmosphere. Special Set Lunch Menu with prices from ¥40 and specials for students and teachers, plus live music

every Friday and Saturday during dinner.

### **N** *Element Fresh*

南京新元素餐厅

1F, Nanjing IST Mall, 100 Zhongshan Lu  
中山路100号艾尚天地购物中心一层  
85656093

www.elementfresh.com

Born from an expat's passion for food, the multi-award winning Element Fresh first opened its doors in Shanghai in 2002. Since then the chain has expanded to Beijing and Guangzhou and now Nanjing!

### **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

The place to be for live and recorded sports, while enjoying American style pizza, BBQ steaks, burgers, hotdogs, tacos and more, accompanied by a large selection of draft and bottled beers and more than 50 different kinds of single malt whisky and bourbon.

### **N** *Secco Restaurant and Bar*

喜客西餐厅

132 Changhong Lu  
长虹路132号  
83370679

In its reincarnation, Secco is back in a new location sited in a former warehouse.

### **N** *Jack's Place*

杰克地方西餐厅

422, Dongcheng Hui Shopping Mall, Xianlin  
文苑路与学思路交叉口东城汇4楼422  
85807866

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, serving up Italian favourites popular with expats and locals alike.

### **N** *Tribeca New York Bar & Grill*

翠贝卡

1 Zhonghua Lu

中华路1号

400-891-9998

Taking two years to decorate, now the good times are rolling with true American dining amid an impressive array of sport, movie and music memorabilia.

### **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 serving 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.

### **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, with perhaps the

finest terrace in the city. Live musical performances go well with strong sangria and beer.

### **N** *Florentina*

2-107, 83 Shanghai Lu

(near the Wutaishan North bus station, at the entrance of the alley leading to Jasmine Youth Hostel)

上海路83号2栋107 (靠近五台山北站汽车站, 青年旅社的巷子口)

3-101, 22 Nanyinyangying (in the lane opposite Behind the Wall on the other side of Shanghai Lu)  
南阴阳营22号3栋101 (答案西餐厅&酒吧对面的巷子, 在上海路另一边)

18602560788

Over 100 craft beers waiting for you to try!

### **N** *Medi Mediterranean Bar & Food*

地中海餐厅酒吧

Jinyin Jie, 158 Shanghai Lu

上海路58号--金银街

13584006102

Outdoor seating and signature cocktails, made utilizing specially imported ingredients. Small bar inside makes for a good location for a "rendezvous".

### **N** *Henry's Home*

亨利之家

220-1 Jiangdong Bei Lu (beside New City Mall)

江东北路220-1号(龙江新城市广场南门对面)

86654099

20 years experience in serving up western meals; specialties include steaks, fajitas, ribs and organic salads.

### *Selección Española*

57 Zhongshan Dong Lu (Exit 7 from Xijiekou metro station)

中山东路57号

Serves up home-made classic Spanish dishes such as Tortilla de patata con alioli, Pisto con huevo frito and Paellas. When not hosting Spanish themed birthday parties the second floor shows four days a week a selection of films and documentaries. Closed on Mondays.

### **N** *Danny's Irish Restaurant & Pub*

丹尼'爱尔兰餐厅&酒吧

4F, Sheraton Nanjing,

169 Hangzhong Lu

汉中路169号金丝利酒店4楼

86668888 Ext. 7775

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

### **N** *Blue Sky Expat Bar & Grill*

蓝澳西餐厅

77 Shanghai Lu

上海路77号

86639197

www.the-bluesky.com

bluesky.aussie@gmail.com

One of the original expat bars to open in Nanjing, serving burgers, pizzas, Aussie meat pies and Bundaburg Rum (Bundy). There are also weekly and monthly pool competitions and weekend openings at 10.30am.

### **N** *La Cantina*

南京米凯利酒业有限公司

#2-7 East Nantai Xiang (off Wangfu Da Jie)

南台巷东2-7号

58787665 / 13813842543

Italian wine complimented by snacks, antipasti, pasta and pizza that create a great place to unwind after a day in the city.

### *Tony Music Bar*

南京托尼酒吧

6 Jinxianghe Lu

进香河路6号

84068176

Hangout that captures an elusive quality in the often indefinable persona that makes one feel immediately at home amid new surroundings and completely as one with total strangers.

### *Nail Jazz Bar*

钉子吧

10 Luolang Xiang (200m south of the Sheraton)

罗廊巷10号, 离金丝利酒店200米

8653 2244

A relaxed bar that offers a wide variety of imported beers, stage and foosball table.

### **N** *Ellens Bar*

艾伦酒吧

132-3 Guangzhou Lu

广州路132-3号

83641119

75 Dingjia Qiao

丁家桥75号

58825052

37 Hunan Lu

湖南路37号

83641118

Laid back and relaxed atmosphere plus food & drinks at great value prices make this a favourite amongst the student crowd.

### **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, cigar bar and wine cellar.

### **N** *Finnegans Wake*

芬尼根爱尔兰酒吧餐厅

6 Cinnalane

中山南路升州路(原中北汽车站)熙南里街区6号

52207362

www.finneganswake.com.cn

Guinness and Kilkenny on tap, a selection of classic Irish and Scotch malt whiskies plus a carefully prepared selection of traditional Irish dishes.

### *61 House*

陆拾壹号餐厅

61 Hankou Xi Lu

汉口路61号

83205979 / 13851434386

Former bomb shelter that is now a significant stop on the live music circuit in China for international unsigned bands.

### **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

Authentic French cuisine and an extensive list of French wines by the glass. Located in an old Chinese garden house with an outside terrace.

### **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.

### Vanilla Sky

香草天空

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

Pizzas, pastas, steaks and salads at reasonable prices with a cozy atmosphere that keeps many customers coming back.

### NU Bellini Italian Bar & Restaurant

贝丽妮意大利餐厅

12 Nanxiucun 南秀村12号  
52888857  
1-106, 9 Wenfan Lu, Xianlin  
仙林大学城文范路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. Reservations are advised.

### Boston Chips

波士顿炸薯条

New City Mall, Hesi

河西新城广场

Boardwalk food, such as hotdogs, tater tots, mashed potatoes, onion rings, and chicken fillets, including BBQ and Cajun styles. Two other locations in Nanjing.

### NU Myth Bar

酒吧

60-6 Jiangsu Lu  
江苏路60-6  
83307877

Up-scale drinking and entertainment centre. Featuring live music, an Italian DJ, pool table and draught beers, Myth also features regular parties that draw large numbers of foreign patrons.

### NU 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 offering quality drinks plus German and European dishes. Happy hour from 4-7pm.

### 1850

法越年代

7F, Nanjing International Center, 201

Zhongyang Lu

中央路201号南京国际广场7楼

87785177

Nanjing's French-Vietnamese restaurant offers exquisitely presented dishes amid somewhat garish decor, prepared by a local chef with many years of experience abroad.

### NU 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 Spanish items that include tapas and pizza. Outdoor seating expands the capacity of the restaurant considerably!

### NU Talking, Talking 2, Talking 3, Talking 5

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

Jinyin Street

金银街

83323969

Offers a surprisingly large variety of beers and liquors, as well as a good selection of food. Very popular with the student crowd, both Chinese and foreign.

### Don Quixote

堂吉珂德餐厅&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 cuisine. After the kitchen closes, a live band comes on upstairs. Downstairs, there is a large screen plasma TV and video games.

### NU Sancho Panza

到堂吉珂德

173 Guangzhou Lu, Wutaishan Stadium North gate (take the stairs to the right)

广州路173号, 五台山体育场北大门内

(无为高尔夫球场西侧台阶上)

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

### NU Ciao Italia

你好意大利

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

86608807

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

### NU Pisa Pizza

比萨斜塔意大利西餐

81-8 Shanghai Road

上海路81-8号

15805177575

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

### Gourmet Village

81-2 Shanghai Lu

上海路81-2号

87776422

Serving up a decent slab of sophistication, Gourmet Village is also a deli with a reasonable range of imported spices and herbs, mustard and pasta plus jams, marmalades, cheeses, sausages and much more.

### NU Friends

老友记意大利西餐酒吧

6 Taoguxincun, Hankou Lu

汉口路陶谷新村4-2号

86617101

The extension of your own dining room (if you live in a chic Greek style tavern) that serves up pizza, pasta plus various snacks and appetizers.

### NU 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.

### Nightclubs

#### MAZZO

玛索国际俱乐部

1912 Nightlife district

南京市1912时尚休闲街区

84631912

One of the preferred clubs for the foreign community in Nanjing that plays contemporary electronica.

### Club TNT

潮人会所

2-1 Changjiang Hou Jie

南京市长江后街2-1号

84401199

A big name in the Chinese nightclub industry, with clubs in Nanjing, Chongqing and Hefei. Expect to see big name DJs from abroad on a regular basis, at no expense spared!

### Enzo

8-3 Changjiang Hou Jie

南京市长江后街8-3号

83789898

With more of the latest in over-the-top nightclub entertainment, Enzo also has access to many of the big names in entertainment, for example Paul Oakenfold played on 9th May, 2013.

### Bakery & Café

### NU 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

Breads, made-to-order sandwiches, cakes, chocolates, desserts, plus a fair selection of imported deli items such as cheese and salami.

### NU 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)

A pleasant coffee house atmosphere, along with brunch, cocktail hours, film screenings, a variety of Western food, plus widely known brownies. Balcony at the Confucius temple branch offers romantic night time views over the Qinhuai.

### NU 3 Coffee

3号咖啡馆

82-1 Shanghai Lu

上海路82-1号

83244617 / 83311505

Upper floor library has art, design and photography books and magazines. Balcony affords a nice view of Shanghai Lu.

### NU Fish Tank Coffee

鱼缸咖啡小馆

Cinna Lane, 400 Zhongshan Nan Lu

中山南路400号 熙南里街区

52204469

High-quality coffee beans, freshly sterilized milk, as well as a variety of delicately created special drinks.

### Maan Coffee

漫咖啡

1 Qingjiang Lu (Beside Tianshui Binjinag Graden)

清江路1号天水滨江花园

85872858

Koren chain serving waffles, salads and a variety of all day breakfast options that go down well amid decor in which cement and glass walls are juxtaposed with antique armchairs and lanterns dangling from tree branches.

### NU 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 serving a great range of coffee, tea and food in a cozy atmosphere. Opening hours/days are somewhat haphazard.





*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.

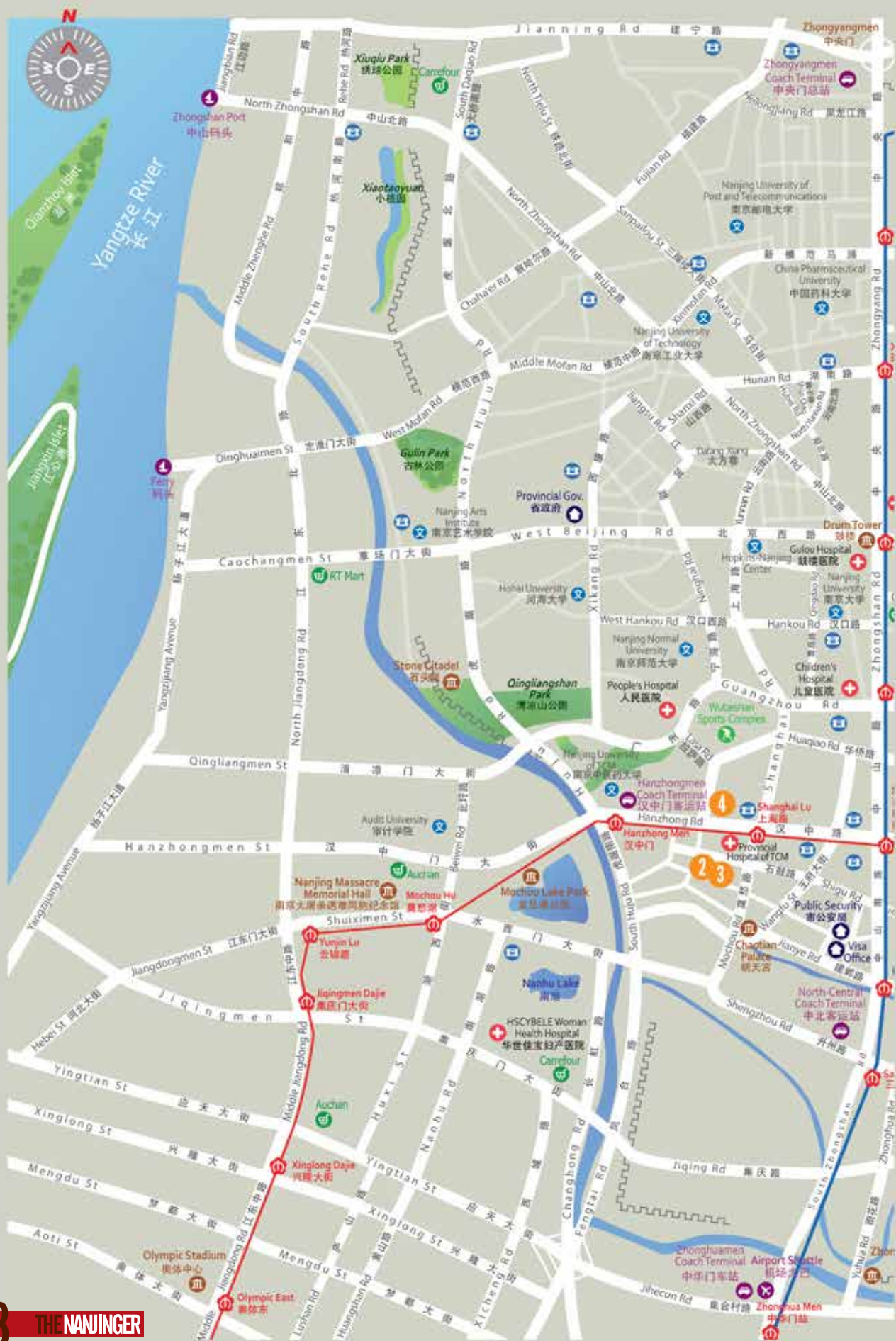
These children have often been abandoned because of their condition, or come from a farming community where their family may have an annual income of about 1,200RMB.

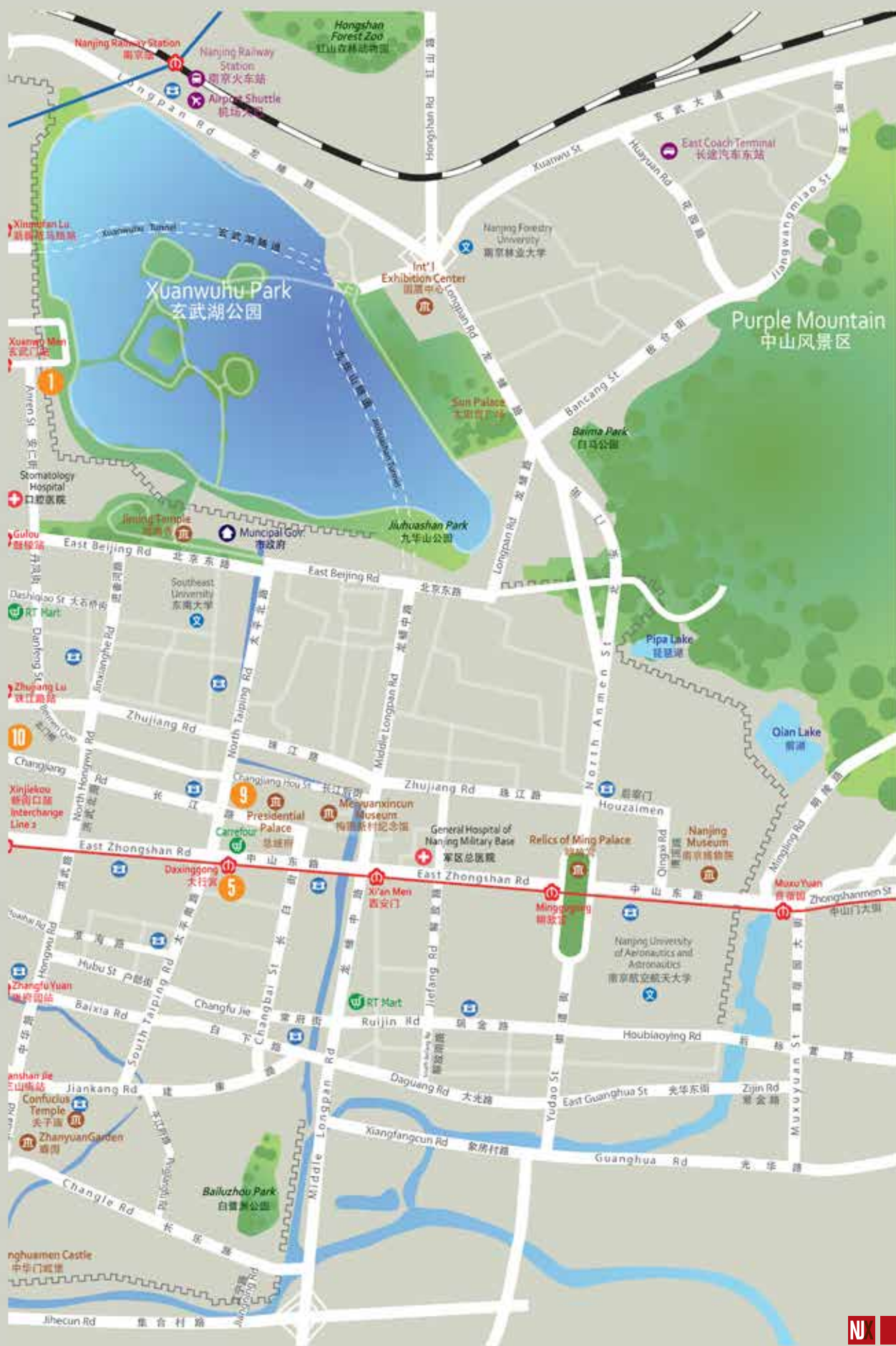
Your time, talents and donations would be greatly appreciated in helping save the lives of more children like these.

For more information on how you can help, please email: [hopefulhearts10@yahoo.com](mailto:hopefulhearts10@yahoo.com)

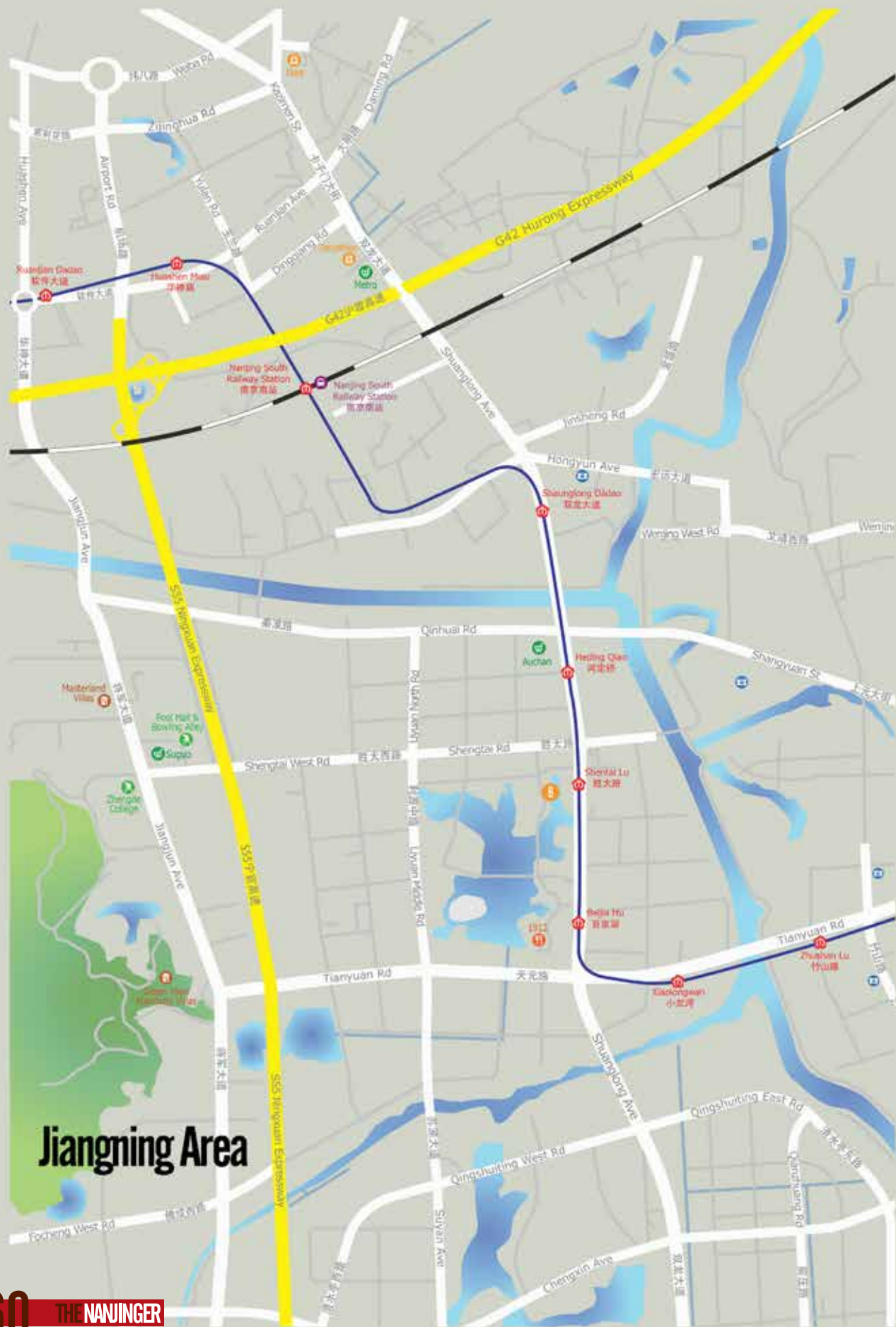
**[www.hopefulhearts.info](http://www.hopefulhearts.info)**











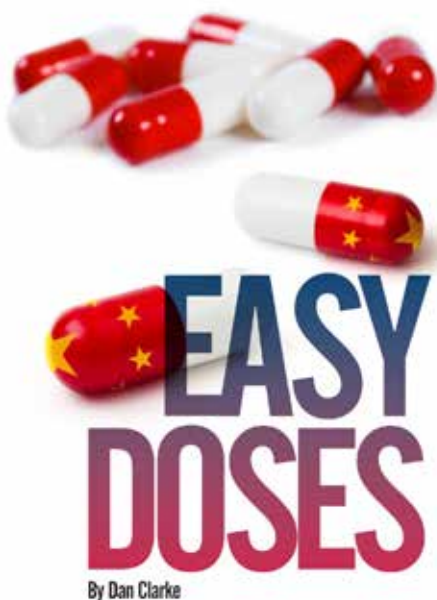


## Xianlin Area



## Olympic Area





## Breaking Up With Dignity

**B**reaking up is hard to do. You have worry about crying, fighting, begging, being insecure, not actually breaking up when the time comes, and you have the happy memories that come back to haunt you. If only we could send a quick SMS or email and leave it at that. But that is the coward's way out. If you have any self respect you need to leave the relationship with your head held high.

### Do It In Person

There are only three instances in which you can break up by phone, email or text. They are a long distance relationship, because taking a long trip to tell someone you're breaking up is silly, when you have a restraining order against the person (it should be obvious why this is a bad idea) and when you've only seen them a few times.

Breaking up in person will let both of you get over the pain more quickly. Most people prefer to have a chance to hear in person why the relationship is over; explaining it can also be huge release. By phone or email neither of you get the necessary

closure. By not turning up, you showing that you are insecure and weak, or simply cold-hearted. Neither is a reputation you want.

### Be Honest

Now is the time to let out what you think and feel! Don't try to be cruel; leave out name calling, and try to pick phrases that are nicer, but do tell the truth. If she is clingy, say that she never let you hang out with your friends. If he kept trying to tell you what to do, say he was smothering you.

### Don't Do It At a Special Place

If she has a special restaurant that she loves and has been going to since she was a little girl, full of happy memories, don't break up with her there. Be classy and don't put a shadow on a special place or memory that it may have. Pick some neutral spot that has no special meaning.

### Don't Leave Any False Hope


Make a clean break of things, and end the relationship with no uncertainty. Saying things such as, "I just need some time" or "maybe things will change soon," are weasel words meant to make you feel better.

Don't sugarcoat things, you want out so get out. Don't force him to relive the pain of waking up thinking, "maybe she'll call me today".

### Be Firm

They may beg, plead, argue, cry and demand you change your mind; don't let them. Be confident, and if you feel that you're about to back down, apologize and walk away.

If you give in, you'll just be doing this again in a month or two, hurting you and your former lover even more.

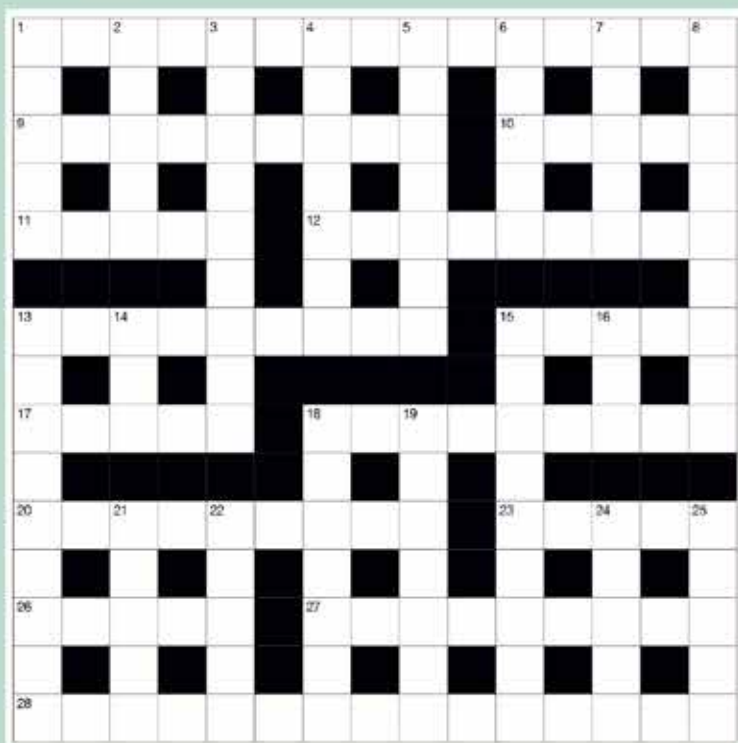
Follow these basic rules and you'll be able to break up with a person and keep some dignity about yourself. It's ok if you cry, but show some backbone and do it properly. 



# The Nanjinger

## Cryptic Crossword

By Adam Wilkie



Closing date: 31st August, 2013  
Solution revealed after the closing date on the Nanjing Expat website

Across →

- 1 Uncomfortable successor to the night before (3,7,5)
- 8 I wish rest cooked this dish (5,4)
- 10 Some hydro operator says (5)
- 11 This woodland god sat before a short year (5)
- 12 Was Poe normal to become a salarist? (8)
- 13 On behalf of, try before study banned (8)
- 15 Initially put his old trousers off for this image (5)
- 17 American ranch or missile limit (5)
- 18 Your closest friend? Quite the opposite (4,5)
- 20 South African mail service or after birth (4,5)
- 22 Soon late clatter of applause (5)
- 26 Ordinary seamen include chaps who foretell (5)
- 27 Reordered imperative or hung up (5)
- 28 Land in land contained in a part of luck for a disputed territory (8,7)

- 1 Formal dress or ends (5)
- 2 Citad confused order (5)
- 3 Theories with engineering differently in a different way (3)
- 4 Caught the first letter to be annoyed (7)
- 5 Not ever was so much about nothing initially for this press-operative (7)
- 6 Initially deaf included in 80% of vowels spread (5)
- 7 Harsh is altered for a prickly vegetable (5)
- 8 Unknown reporter treated to describe a group of players (8)
- 14 Railwayman go up for a cricket score (3)
- 15 Partial lunch parbays, a little at a time (3)
- 18 Cockney hero went up for this mineral (3)
- 19 Some part is a natural craftsman (7)
- 19 Lattice ribs combine to make giants (7)
- 21 Upwards initially long lost early man stank, stink (5)
- 22 Describes organ that detects 23 (5)

Down ↓

Win a weekend for two at Nanjing Novotel East

## Official Sponsor

*Novotel Hotels*

Novotel Nanjing East Suning Galaxy is located in the Xuzhuang Software Park on the East Side of Nanjing and next to the Nanjing Hi-Tech and Industrial Park. The Zhongshan International Golf Resort 27 hole course designed by Gary Player is situated just 5 minutes away. This hotel is close to Purple Mountain Observatory, Ming Xiaoling Mausoleum, and Xuan Wu Lake Park. Local attractions also include Dr. Sun Yat-Sen Mausoleum and Nanjing City Wall.

Two nights  
B&B for two

### How to enter

The prize shall be awarded each month to the most completed crossword we receive, be that the whole grid or just one completed clue! So what are you waiting for?!

Email your answers (a photo of your completed grid is also acceptable) to: [nanjingercrossword@sinoconnexion.com](mailto:nanjingercrossword@sinoconnexion.com)

In the event of a tie, one winner shall be chosen at random.



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SUNING GALAXY



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