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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。

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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，他还是克兰菲尔德的工商管理硕士，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。

In the China of old there was but one identity; that handed down to you by the State. All people lived in identical apartments, earned the same salary and received the same social services and complimentary foodstuffs. There were also no unplanned children. The planned ones went to school for 14 hours a day, while social life consisted of political study classes.

Now the tight-knit government work units belong in the history books and people are free to look for their own jobs and travel where they want. For China now has upward of perhaps half a billion identities, each and every one eager to put their stamp of individuality on everything they own and experience.

This issue of The Nanjinger delves into the impact of a century of more or less continuous upheaval upon China's sense of identity. At a global level, is the heart and soul of the country truly ready to be the global leader to which it aspires? As for the individuals, are they in touch with their roots and ancestors, or is identity something modelled through our purchasing decisions on who we want to be, not who we are?

We also continue with our three-part series that examines the intertwined concepts of "Retail, identity, brand". Guess what's up next month.

Losing My Religion

Roots 祖谱



By Hai Mingzhu

Mid-Autumn Festival has recently been upon us, a time marked by the traditions of moon gazing, of new romance and the anticipation of a bountiful harvest. Mid-Autumn, or Zhong Qiu Jie, has been celebrated since ancient times in China and was happily inaugurated into the national Chi-

nese public holiday calendar in 2006. The festival retains an intangible symbolism for people from many walks of life, serving to provide the Chinese with one form of identity; a collective one. It is also an occasion when many acknowledge the physical and spiritual connection to their ancestors. Whilst some still partake in the fully-fledged tradition of “ancestral veneration” common to China and many Asian cultures, it is an opportunity for all to reflect on the role that ancestry and heritage plays in our everyday life.

It is well known that the family is a core institution within Chinese culture, equipped with a complex system of interrelations dictating how it should be managed, ordered and structured. The importance placed on family bonds, clans, kinship and lineage in China cannot be emphasized enough. Nowadays however, reflective of a rapidly modernizing society, traditional familial edicts and values are adhered to by individuals to varying degrees.

Unless you are royalty, there is a good chance you will not have comprehensive family records that date back to antiquity. You will however, probably have a good knowledge of your parents and their parents. Factors such as where they lived, their professions and their social standing will be known to you and thus be woven into the story that forms your “roots”; part of the multi-layered, complex and very subjective idea that you have about who you are.

Do you feel your heritage makes you a unique person? How much of an impact do your predecessors have on your life, and indeed how much do you know about your lineage?

Widely popularised psychology states that what you know or believe about your origins, or “bloodline” has an impact on the way you live your life. This knowledge subconsciously affects how you feel about yourself in relation to the world. Then there is the less popularized but widely explored theory of “genetic memory”, presenting the idea that experiences of generations past can actually accumulate within the human genome to become a kind of “collective memory”.

On the streets of Nanjing, opinions about the significance of lineage and ancestral awareness also vary. Chatting to some residents, both local Chinese and expatriate, I received a fascinating low down and a history lesson to boot.

Leo is a young successful businessman who owns a software company in Nanjing. He has lived here for 13 years, though his family originally hail from Pei County, Xuzhou in Jiangsu province, a region, he tells me, that was also home to Liu Bang, the first emperor of the Han Dynasty (circa 206 BC– AD 220).



Amongst Leo’s maternal and paternal lineage were many farmers, some of them later upgrading to become small shop owners. “Some of my mother’s family were very wealthy and owned a lot of land in Pei County”, he recalls. It was from his mother’s side that he also learned much of the family history. “They were speak-easy people, they were outgoing and passionate and very beautiful, like me”, he jokes. His father’s folk, on the other hand, were more silent and stoic. Leo explains to me that in the past, country folk were often much more likely to devote time documenting family and kinship ties, even going to the length of employing a scholar to do the appropriate research.

Leo has one quite wealthy uncle who still pays homage to his ancestors on a regular basis, believing he has them to thank for said wealth. So does he think that Chinese people value their ancestry? His answer is both frank and amusing; “If you are rich, you do.” The wealthier you are, the more cause you will have to pay regular thanks to your ancestors. This makes perfect sense in a way. However, wealth aside, awareness of the traits of our forebears can help inform the choices we make in our own lives, if we apply their stories to our own.

Pan Huaizhan, a Nanjing barman, believes he has inherited the mixed blessing of an irritable temper coupled with unflinching honesty thanks to his father’s line, among which were many farmers and farming landlords from Anhui Province. “Some of them were very bad”, he tells me. When I enquire further he clarifies that farming landlords were sometimes rather severe, this trait being common to their profession. Anhui Province, he tells me, is the province that is also famously home to the first Ming Dynasty Emperor Zhu Yuanzhang (1328 – 1398).



Like Pan, Emperor Zhu also relocated to Nanjing, but to conquer the city and make it the Ming dynasty capital, not mix Martinis. Who knows, perhaps Pan’s temper is yet to redefine Nanjing as we know it, but he looks more likely to fire up on the golf course.

Sometimes, certain characters with whom we can particularly identify stand out amongst our known lineage, their stories becoming intertwined with our own.

Julien, a recently arrived Nanjing expatriate of Italian and French heritage, knows a great deal about his lineage on

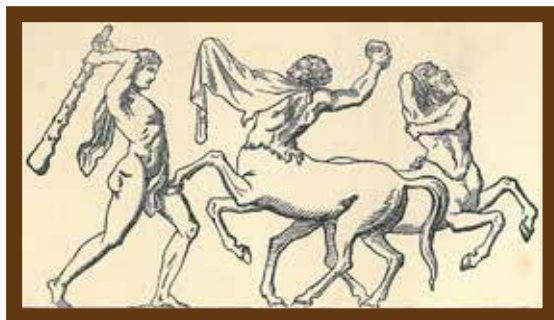
both his maternal and paternal side from talking to his grandparents. He admits, “Of course, I never know what’s entirely true and what’s not... I have a few figures that have been quite influential in terms of values and character.” One great-grandparent was a skilled key maker, and Julien has applied the “image of this person perfecting their craft” to his own life, seeking perfection in his own career as a writer, educator and social entrepreneur. Some of his ancestors were part of the French Resistance, employing resourceful measures to survive and retain independence. His family was not wealthy but worked hard at their professions, valuing the accumulation of personal qualities over wealth. By saying “I have a sense of workers’ pride within my family heritage” Julien is inspired to be humble and make meaningful contributions to society through his work.

Qi Li, a young film and television student, comes from a long line of Nanjing residents. On both his maternal and paternal side there were small business people, minor officials and farmers. Qi Li feels a particular affinity with his maternal grandmother, who cared for him as a child and believes he has inherited her outgoing, positive and enduring spirit. There is a legend in his family that many generations ago an ancestor on his father’s side fled to Nanjing from Shanxi Province during one of the catastrophic floods that routinely ravaged China during ancient times. As far as Qi Li knows, this has not been recorded anywhere. “It is a sentence living in my memory”, he says. These floods are a common part of what he refers to as “fairytale China”, part history, myth and legend.




Stories of ancestry and identity are alive within mythology and legends from various cultures and have now entered modern popular culture. Like our own family histories, they are ripe for individual interpretation and retain messages and meaning despite the changing times.

The story of Theseus, “Hero of Athens” is an important part of ancient Greek mythology describing the challenges of an individual in search of his identity. The young Theseus grew up in a small town with his mother and maternal grandparents. His paternal line was shady at best, as his mother had quite a few admirers. In short, the young Theseus did not know who his father was. When he was old enough, his mother encouraged him to set out on a search of self-discovery that took him all the way to Athens. Conquering the many tests of courage and strength that he encountered along the way enabled Theseus to prove his heritage to his estranged father, the King, who immediately recognized his son. Theseus went on to have many adventures, but it was the initial search for identity that equipped him with the skills to go forth and conquer.



Like Theseus, the young Harry Potter was raised as a “muggle” in a non-magical British family, growing up unaware of the magical powers bestowed upon him by his ancestors. He may have been doomed to a mundane suburban existence had he not found his calling. In the knowledge that he was of wizard blood, he went on to explore the extent of his powers and delight readers in the ensuing series of Potter tales.

Back in 2013 Nanjing, a large and vastly urbanized centre, I have to wonder if many of the people who move here are losing touch with their lineage due to the pressures of everyday life in the “big smoke”. Many people to whom I have spoken are from younger generations. While they seem aware of the fascinating heritage awaiting their discovery, they lack the time and motivation to delve.

So if you are missing some inspiration in your life, why not ask some questions, and be amazed at the living history present in your family. Go digging for your roots, but be prepared for adventure and new worlds of knowledge. 

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RETAIL IDENTITY BRAND

By Ronald Paredes

"A couple of years ago I saw a TV commercial that caught my attention and piqued my curiosity. It featured a group of people, foreigners and Chinese, cooperating with each other and developing high-quality products for several very different markets. These products all carried a new kind of label; "Designed in XXX, manufactured in China". While the message was in fact old news, it was its purpose that caught my attention; partially to create awareness about the high level of quality present in Chinese manufacturing that accounts for most of the products used in the world today, but more critically to tackle the lack of credibility implicit in the label "Made In China".

Finally! Someone at last had decided to put their hand on the subject and develop a strategy for a marketable version of Chinese identity.

In a country with so many ethnic groups, cultures and with such a dynamic and tumultuous history, unravelling

the subject of identity is so complex and intricate, with so many aspects and angles that it becomes a titanic endeavour.

One could not expect less. The unification of China as a country is an enterprise that seems to have no end. Identity is something that goes way beyond geographic demarcations, a common language and a passport or an ID card.

The seasonal and effervescent identity uprising

Since the opening and its exponential development China started to assume a role as a major influencer and decision-maker in world issues. While it may find itself in the spotlight a little more than it would like, given the neutral stance often adopted by the country, China makes an ideal protagonist for some of the most important issues and events in the world.

From major sporting events and cultural activities to territorial and political conflicts, for better or for worse, such events have brought with them waves of very expressive nationalism, pride and the sudden awakening of a sense of identity that more often than not seems to be dormant.

We have witnessed this phenomenon several times in recent years. In 2008 the Olympics brought an abrupt and desperately put together campaign to make everything shipshape and encourage (and in some cases force) the populus to conduct themselves in an orderly and well-mannered fashion. People were incredibly proud. Stickers of "I (heart) 中国" were everywhere in the streets, which themselves were spotless, as was the behaviour of the

PART 2

people. In order to protect the “identity” of the nation locals were advised against certain behaviour considered rude, unhygienic or distasteful in the presence of visitors. Pamphlets were printed and distributed among the population with directions regarding good social behaviour and etiquette to follow.

For a month and one month only Beijing (and indeed much of the country) shifted into a first world heavenly land, promptly returning to its normal kind of chaos afterward. One man commented, “I hate the Olympics because I have to behave in the street”.

Later in 2010 it was Shanghai’s turn to host the Expo. The exact same pattern emerged; a temporary uprising of nationalism, accompanied by pride for a new Chinese demonstration of power and development.

Here in Nanjing, but two months ago, the Asian Youth Games provided a two-week period in which major streets were free of obstacles and spotless, on which rode a fleet of 500 London taxis. Expect a redoubling of that effort for the Youth Olympics next year, and high sales for “I (heart) 南京” t-shirts.

Will we only then feel our true identity as Nanjingers?

In the end, these kind of temporary “flash mob” tactics turn out to be ineffective and significantly more expensive than a sustained and consistent campaign. An unfortunate side effect is the compromising of credibility for the entity implementing the campaign; its purpose to deceive and impress visitors and not to provide long term benefit and development for local communities.

When thinking of national identity most of us will largely

associate it with the positive. Nevertheless, darker sub-currents surface from time to time. Recent events surrounding territorial conflicts with neighbouring countries produced extremist displays of national identity, albeit thankfully from only a tiny minority of the population, manifest through rage and hatred towards people of such countries. Witness the boycott and even destruction of products and brands hailing therefrom, even in such instances where the products were owned by local people. Although this behaviour was not encouraged or condoned by the authorities, it made very clear that the Chinese have a very strong sense of identity and unity when in any way threatened.

Good social behaviour, respect, compassion and manners are not concepts that can be enforced; they rather can only can be achieved through education handed down from generation to generation.

A sense of identity comes about not by standing idle just waiting for the government to give us reasons to feel proud; neither is it from attacking fiercely those who dare to insult or oppose us.

Identity is a much more complex and personal process, one which defines who we are, what we do and how we behave as individuals, community and ultimately as society, a process that gives us a sense of responsibility, a respect for not only our fellow citizens but also for ourselves.

We long for the day when such characteristics form the backbone of a new label; “Made in the Middle Kingdom”. **NUX**

On The Up In China: Identity Theft

■ Have you ever purchased a new car, and then received a phone call from an insurance company? Been immersed in the happiness of your newborn baby when a sample pack of formula is delivered by courier to your home? Found that decoration companies are the first to send messages of congratulations (even before your mother) as soon as you have bought your first new house? So, you may ask, where did these people obtain my information?

In recent years, with the development of information technology, acquiring personal information, which bears social and economic interest has become relatively simple. This has led to more and more criminal cases of identity theft in China. It has been reported lately, that one only need spend ¥100 through a website to obtain the personal information of 1000 individuals; information that includes the full names, ID numbers, home addresses and phone numbers for a diverse group of people such as bank clients, company shareholders, insurance policy owners and luxury car drivers.


One of the website's users, in just in four months, armed with 50 pieces of purchased personal information, successfully applied for dozens of credit cards from different banks and subsequently and maliciously ran up an overdraft of ¥140,000.

So what is identity theft?

Identity theft is the illegal acquisition of identity information of others, such as ID number, driver's license number, bank account number, credit card number etc., in order to counterfeit that individual's identity. It may occur in any aspect of our life; through the internet, at banks, telecom and traffic control departments, at hospitals, insurance companies, post offices, real estate agencies, travel agents; the list goes on. All are receivers of citizens' personal information, and may well also be suppliers of such. Without governmental supervision, individuals' information will be repeatedly transacted through a supply and demand network.

For the past few years, theft of identity has become a globally serious crime. Statistics show that every year nearly ten million people's personal information is stolen in the United States. In China, identity theft grows year by year, the process developing various types; by stealing the user ID and password of someone with whom the thief became acquainted on QQ or Msn, then making fraudulent requests to friends of the victim; by means of software to steal a phone number and borrow money from others by usurping the rightful owner; by stealing the password of an online bank account and transferring funds to the thief's account; or by means of ATM card copying equipment to record the information stored in the magnetic strip.

As a result, in 2009 the People's Congress passed the criminal law amendment which stipulates that illegal access, transaction and offering up individuals' information will be treated as a crime with the purpose of effectively fighting against the rising crime trend; a historic step in the protection of citizen's legitimate rights and interests.

How can we prevent identity theft in our daily life? Experts advise taking the following precautions: when using a copy of an ID card, it is better to indicate on the copy to whom the hardcopy is offered and for what purpose it is to be used. You can also cross a line at the end of every paragraph on hardcopies, preventing others additional words. Check your statement account of credit card frequently to make sure that there is no erroneous purchase record. Shred any paper with your personal information on it before discarding. Keep your ID card in a secure place and immediately report its loss. Finally, do not reveal your bank account or ID number when using online messaging services. 

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Contending Identities

By Shahnaz Mouhamou

There is no need for an academic study nor in-depth knowledge of history to see that tensions run high when it comes to the contentious issue of national identity as represented by the social rift between China's mainlanders, the Taiwanese and Hong Kongers. At the micro-level a person's sense of self is determined by several factors, i.e. gender, family, community, religion and ethnicity, to name a few. However, when examining the macro-level, collective identity has little to do with the status of one's citizenship, but rather with shared feelings of belonging to a state or a nation. These shared feelings of assimilation forming a nation are affected by elements of history, national consciousness and symbols, and blood-ties. Today, China is one nation, fighting to homogenize three states (plus Macao) with a common history, conflicting present and uncertain future.

There is no doubt in the factual accuracy that Mainland China is indeed the Motherland of Taiwan and Hong Kong, reinforced by the ethnic descendency of the present-day Taiwanese and Hong Kong populations. 93.5% of Hong Kongers are of Chinese descent, most of them holding a Han pedigree. In Taiwan, 98% of the population is Han Chinese with a staggering 92% in the Mainland represented as such. The shared ethnicity was entrenched as a major tenant of Chinese nationalism in the late 19th century when Sun Yat-Sen led the rebellion against the "barbarian" Manchus, with the aim of establishing a nation-state. It was not until the 1911 Xinhai Revolution to overthrow the last Chinese imperial dynasty, the Qing Dynasty, that the official definition of "Chinese" took on a pluralistic form to include non-Han ethnicities with the aim of boosting the unification of the nation into one. However, Nationalism is not only a byproduct of ethnicity. A shared ethnic homogeneity is not enough to unite the people of Hong Kong and Taiwan with those of the Mainland in so far as the significant role played by history and culture in the shaping of national sentiment.

The Islands seem to place significant importance on recent historical developments in the shaping of what they view as distinct cultural and social differences, whereas Mainlanders seek commonality in their shared ancient history. This explains why friendships and professional relationships amongst the three nations can flourish yet wither away almost instantaneously when the fundamental principles come into question.

In reality, the theoretical plurality of Chinese identity disappears when discussing their respective conceptualizations of national identity. For example, one Taiwanese resident expressed, "We're all ethnic Chinese. But Taiwan is different than the mainland." Whereas a Chinese friend of mine explained, "We are compatriots, relatives from afar, but no matter what kind of historical changes we have gone through, we have the same roots." Most locals to whom one speaks, regardless of their level of open-mindedness and exposure to the international realm or lack thereof will stress, with pride, their 5000-year-old

civilization as the premise and basis for the unification of China. Although, they all, without exception, recognize that the typical Hong Kongers and Taiwanese may not view it as such.

The growing disparity in national sentiments is actually more simple than it is complicated. To paraphrase the Chairman of the League of Social Democrats of Hong Kong, Mr. Andrew To, they are same people on different boats. Yet, as leading Taiwan scholar Dr. Shelly Rigger suggests, Taiwan and Hong Kong missed out on the crucial era of China's nation-building from the end of the Qing Dynasty and beginning of the Republican era.

Later, China was to become more and more inward looking as it began to follow and formally establish Maoist philosophy and Marxist-Leninist ideology. During the quest to transform the mainland from agrarian economy into a communist society, Taiwan and Hong Kong began developing and modernizing at a rapid pace operating within an outward looking framework.



While Marxist-Leninism was gaining momentum on the mainland, the educated class began to reject the Confucius moral order of the past and started viewing their loss of Taiwan and Hong Kong as an attack against Chinese national pride and virility. Chinese nationalism on the mainland began developing into a fierce movement of radical anti-imperialism.

The period between 1951 and 1980 became a defining era in the establishment of different national identities. As China entered a period of great instability, Taiwan and Hong Kong enjoyed both growth and the status quo. The iconoclastic policies China experienced in late 1960s through to the late 1970s were in direct contradiction to the growth Taiwan was experiencing. In the 1970s Taiwan and Hong Kong became known as two of the Four Asian Tigers (the others being South Korea and Singapore). By the following decade both Taiwan and Hong Kong had undergone social and political reforms transforming the state and colony into more democracy-friendly zones. However, in the mainland, formal measures of literacy had only started to resume. It is safe to say that the experiences, economic development, educational background, and political ideology that were previously observed by all were no longer the same. Consequently, the cultural and social landscape of the mainland versus the islands evolved in separate directions.

By the late 1970s the CPC began a long process of fundamental political and economic reforms by moving away from the Maoist system of a

centralized economy and establishing a socialist market economy promoting industrialization, education and modernization of the country. In 1997, stronger and more focused, China finally reclaimed the Hong Kong Islands and established it as one of two Special Administrative Regions of the People's Republic of China. Hong Kong would continue to have a high degree of autonomy over its affairs except for those regarding Foreign Affairs and National Defense. In the case of Taiwan, bilateral relations have improved greatly on both economic and political levels.

Hence the identity crisis facing the younger generation of Chinese, Taiwanese and Hong Kongers. But the country faces a continuing problem as tensions continue to rise rather than subside. As more people travel to and from the islands and the mainland, they bring with them habits that may not be part of accustomed behaviour in the host unit. Senses of

national belonging become critical when an actual or perceived external threat starts to manifest. The mainland, Hong Kong and Taiwan are all enduring (long-term) transition periods. Each of the concerned parties would do well to remember their roots with pride and not let recent historical and political developments taint their ancestral heritage.

The general sentiment among the Chinese youth interviewed for this article was one of open-mindedness, acceptance and respect towards their islander peers versus the fears of retrogression expressed by their colonized relatives. Although they are not representative of the 1.3 billion Chinese population, they are a representation of the educated youth that will contribute to the continued modernization of China. Mutual recognition of the separate cultural and social paths they have taken is necessary to quell the identity crisis that they face today.





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THE POLITICS OF DANCING



By Daniel Otero
In collaboration with Matt MacDonald

That identified with passion is always closer to the heart!
An automatic stimulation, feelings of love and pride;
these are part of one's traditions and identity.



his passionate openness of our hearts that puts us in touch with our feelings is exemplified in China through her long history of dances of tremendous beauty.

Early Chinese folk dances, like other forms of primitive art, were essentially ritual enactments of superstitious beliefs performed in the hope of a good harvest.

Much, much later, during the Han Dynasty (BC206 – CD 220), most of the folk dances of the many ethnic minorities of present-day China were developed.

To this day the ritual dances continue, even if the ancient superstition may have been superseded with a modern belief that in upholding the traditions of the past, including the communal folk dance, one might therewith reinforce social cohesion and help to preserve one's cultural identity.

After the PRC came to power, it set about to help the ethnic minorities to each regain their unique modes of expression, including as complete a recovery as possible of the art and practice of the folk dance, through thorough research into historical records. The result is that the richness of the original Chinese ethnic folk dance, in all its aspects – both in terms of choreography and repertoire as well as in terms of the exact replication of the original costumes – has slowly made a comeback, and today is recognized also beyond China's borders, as a world cultural heritage worthy of preservation.

Places where you are more likely to find authentic ethnic shows and dance are where most of China's ethnic people live. These areas are mainly located in China's remote southwestern and northwestern frontiers, including Yunnan and Guizhou provinces, and Xinjiang and Tibet autonomous regions.

Here in Nanjing, and largely throughout the entire vast east China plain, where the Han ethnicity dominates, dances are of a different nature.

The way people gathered at the Plaza was almost cult-like. Setting up at 6 pm sharp, and beginning something that would soon snowball into a free and delightful show, the ladies began parading around through the Plaza as if it were their own arena in lovely hot-pink shirts and white trousers. A mist of heat came down on Nanjing, with temperatures still scorching around 38 degrees Celsius, yet this was an activity the community did not want to miss. As the crowds gathered it became more and more fascinating to the senses! This was hip, this was cool.



Middle-aged and elderly gathered together, feeling alive and emanating youthful smiles, while some young people also came, stood and stared from the sidelines.

Soon “Drill Sergeant” Ling Linxiu brought the ladies and a few gentlemen dressed in this groovy attire to attention. Steps began like a rehearsal, with a count to four, then six and at last, eight. The assembled got into a rhythm. The crowds began to imitate the dancers with the sounds of thumping as feet began to beat the pavement. Soon sweat began pouring but there was never a moment of discomfort; people became more passionate.

Where the Plaza had been empty before, there was now a multitude of perhaps hundreds. Each and every onlooker (including us few foreigners) was hypnotized; soon we wanted to join in the mysterious dance! The elegant, funny and lovely Ling Linxiu rapidly back at it again, a smile on her face, in command of what she was proud of. We later approached her for some simple questions, whereby she multitasked between Matt’s questions and her zealous guidance of the dance. Quizzed on why she organizes this activity, she answered with a smile,

“It makes me feel youthful, inspired.”

She went on to express that for her and the people gathered here, it was a way to keep in shape and stay beautiful, a way to stay in form, have fun and feel elegant. She made a sweet, smiley gesture and proudly added, “[We gather] everyday when weather permits, from 6:15 to 8:30 pm!”

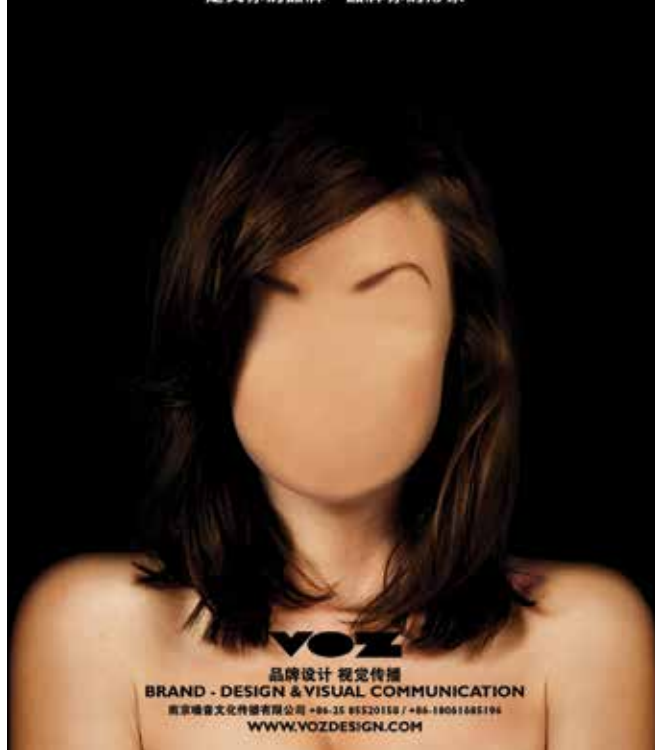
Ling Linxiu had to again interrupt us to return to her choreographing. We thought for a moment; us two Americans sitting there watching and talking, “What if America did this after working hours?” Organize our “fat bums” and do a community dance? Now that would surely be the cure for many of the States’ problems with obesity.

Despite my joy, I saw something that bothered me. Here were the middle-aged and elderly. Where were the young? Hoping they were discoing the night away, it occurred to me that yes, the youth of Nanjing does dance, but more often than not, this generation has chosen to hide their true identity; staying indoors behind their mobile phones and computers.

These dances and communal unity are a love of self and culture; valuing ourselves and adoring the male and female forms expressed in dance. The older generations will go on to hand down these dances and cultural skills to their youth. Isn’t that what associating one with his or her Chinese identity should be all about? **NU**



MIND YOUR IMAGE
LOOK AFTER YOUR FACE
定义你的品牌 品牌你的形象



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BROCCOLI SALAD



INGREDIENTS

2 bunches broccoli, florets only,
cut into very small pieces
1 small red onion, chopped
1/2 cup raisins
10 to 12 slices bacon, fried crisp and crumbled

Dressing:
1 cup mayonnaise
2 tablespoons vinegar 1/2 cup sugar

DIRECTIONS

1. Combine broccoli florets, raisins, crumbled bacon, and chopped onion in a large serving bowl.
2. In a separate bowl or large cup, whisk together mayonnaise, vinegar and sugar. Add dressing to the salad and toss to mix well; chill thoroughly before serving. Serves 4 to 6.

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)



西兰花沙拉之一



配料

- 2 颗西兰花,只需要花的部分,切成很小的小块
- 1 只小红洋葱,切碎
- 1/2 杯葡萄干
- 10-12片培根,煎脆,切碎

- 沙拉酱:
- 1 杯蛋黄酱 2 汤匙醋
 - 1/2 杯糖

制作方法

1. 在大碗里混合西兰花、葡萄干、培根和洋葱。
2. 在另一只碗里,搅拌蛋黄酱、醋和糖。然后倒入盛西兰花的碗,搅拌均匀。彻底冷却后食用。可供4-6人。



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

NANJING USER'S GUIDE



IN ASSOCIATION WITH
NANJINGHOUSES.COM



It seems that even those who have spent many years living in China are still not 100 percent clear of the facts relating to police registration. Therefore, Nanjing User's Guide presents a brief explanation of when and how to register at a local police station in China.

When must I register?

- Every time you arrive in China (unless you are staying in a hotel)
- Every time you change your place of residence
- Every time your Visa is renewed

What do I need?

- Passport and valid visa
- Copy of rental agreement (If you are renting a property)
- Copy of friend's rental agreement and their ID (if staying at a friend's)

How do I register?

Firstly you will need to find out which is your local police station (派出所). The management office of the compound you are staying in should have this information. You may ask them to write the name of it down in Chinese, so you can easily show it to a taxi driver.

Before you head off to the station, make sure you have your passport with you. Sometimes they require you to prepare copies of the front page and the page with your visa. You may want to make copies just in case.

When you arrive at the police station you can say to one of the members of staff "Dengji" (register), and they should point you to the correct counter. Here, you can present to them your passport and rental agreement. From this point on the whole process should only take a few minutes. They will enter all of your information into the system and then hand you back a form called Registration Form of Temporary Residence (临时住宿登记表). You will need to keep this form somewhere very safe, and perhaps even make a copy of it.

Another thing to bear in mind is that if you have previously been staying in a hotel then they may want proof of your stay. Ideally you will have a printed copy of your reservation, but if you have the name and address of the hotel then this will usually do.



南京甘世印度餐厅

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
All rum cocktail buy one get one free

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

CHINESE CORNER 汉语角 Hànyǔ jiǎo

In China, an entire family could have one identity, something probably impossible in the West.

在中国，一整个家族可能会有一种身份特性，这在西方也许不太可能。

Zài Zhōngguó, yī zhěng gè jiāzú kěnéng huì yǒu yī zhǒng shēnfēn tèxìng, zhè zài xīfāng yěxǔ bù tài kěnéng.

For older Chinese generations, their identity is hardly visible from the exterior. A rich person could be walking about in a beggar's clothes and you would never know.

对于较老一代的中国人来说，他们的身份可能从外观上难以察觉。一个富翁可能穿着乞丐的衣服闲逛，而你却毫不知情。

Duìyú jiǎo lǎo yī dài de Zhōngguórén lái shuō, tāmen de shēnfēn kěnéng cóng wàiguān shàng nányǐ chájué. Yī gè fùwēng kěnéng chuān zhe qīgài de yīfú xiánguàng, ér nǐ què háo bù zhīqíng.

With Chinese students who are far from home you often find that they have two identities, one for their family and one for themselves.

远离家乡的中国学生经常有两个身份，一个是给家里的，一个是自己的。

Yuǎn lí jiāxiāng de Zhōngguó xuéshēng jīngcháng yǒu liǎng gè shēnfēn, yī gè shì gěi jiā lǐ de, yī gè shì zìjǐ de.

Being single can often lead to an identity crisis with women of 25 years plus, as they are already considered too old to find a husband.

25岁以上的女人如果还是单身的话，可能会有一个身份危机。因为旁人经常认为在找老公方面，她们已经太过期了。

25 suì yǐ shàng de nǚrén rúguǒ hái shì dānshēn de huà, kěnéng huì yǒu yī gè shēnfēn wēijī. Yīnwéi pángren jīngcháng rènwéi zài zhǎo lǎogōng fāngmiàn, tāmen yǐjīng tài guòqī le.

Second generation overseas Chinese often find themselves questioning their identity – which culture do they belong to, the one they grew up in, or the one they came from?

在海外的华侨第二代经常对自己的身份疑惑不解，他们属于哪个文化？是他们长大的这个，还是他们最原来的那个？

Zài hǎi wài de huáqiáo dì èr dài jīngcháng duì zìjǐ de shēnfēn yí huò bù jiě, tāmen shuō nǎ gè wénhuà? Shi tāmen zhāng dà de zhè gè, hái shì tā men zuì yuán lái de nà gè?

World Class Manufacturing 11: Wrap Up

■ HOW FAR TO GO

Before implementing Operational Excellence, Continuous Improvement or World Class Manufacturing, businesses need to have an idea of where they want to end up with such an investment. It is easy to say I want to be better – incremental change is the day job of all managers and leaders in most businesses. It is much more difficult to say I want to be a World Leader, as the end goal or vision is deemed too difficult to attain. This is the job of the senior team – deciding how much they want to be a leader in their industry or a good follower or whatever is acceptable to the group! Some will say, let's get to a really good level of performance and mature behaviour and then take the big decision to move up to World Class levels, which often results in staying at those levels.

OWNERSHIP CULTURE

So one can cherry pick the areas which will have the most impact and gain some performance improvement, such as Changeovers or Problem Solving, but without a co-ordinated effort in Teamwork and Visual Management, these efforts often provide limited benefit, due to the lack of ownership by the teams who are in control of the processes. Provide them with the structures, responsibility and rewards & recognition then you will get the traction and buy-in for these efforts to be sustainable.

I have mentioned in earlier editions that ownership at lower levels in the business is a difficult feature to develop in the PRC. This is due to a number of factors including lack of management's willingness to empower, capability of the teams to take on the responsibilities of decision-making and the reversal of the autocratic culture dominant in many businesses here.

To develop Ownership, senior leaders need to develop


the support culture, which releases all the intelligence in the business, driving up and sustaining performance. Behaviour changes can therefore be developed at the same time as the learning the tools to improve output or reduce losses.

BENEFITS

World Leaders are usually recognisable by their brands being well respected, reflected in market share or value – for example: Daimler Benz, Toyota, BMW, in the car industries; Apple, Lenovo, Samsung in the technology space; Bosch, Siemens, LG in home appliances; BASF, Dupont - chemicals etc. Some have gained their reputation by a dominant investment, but many have grown to this position and have adopted the ways of behaving, which sustain their position, into their daily business processes.

The followers now have the opportunity to learn from these leaders as the methodologies are well documented and the methods can be learned. Changing behaviour of course takes time, and a little effort, but the more the senior leaders believe and practice this on a daily basis, the faster the business culture can be directed along the new path.

I wish you good fortune, and good planning, in your journey towards World Class. If you have any comments on what has been discussed, then please contact me below.

Watch this space for an announcement on the formation of the Nanjing Chapter of the Operational Excellence Society. 



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 Apotheosis Of
WINE EXPRESSION

Kitsch and the modern China predicament

Go below decks on the brand new Panthalassa superyacht (£131,000 for the week if you fancy a nautical mosey around the Caribbean), and you will be met by a temple to glistening designer luxury repose and, drawing the eye to the centre of it all, a large portrait of the Great Helmsman himself. All smugly ironic intention at such other worldly distance, of course. From tongue-in-cheek decoration to prized period collectibles Chairman Mao has global pull, and within China itself, among myriad merchandise ersatz and otherwise, the revolutionary epoch is increasingly exploited as a brand position; most obviously the restaurants with dungareed work staff serving Hunan (Mao's old manor) cuisine at a profitably brisk pace amid retro red austerity decor. And now there is a perfectly dressed wine for such culinary kitsch.

The new People's Series wines, comprising a Cabernet and a Chardonnay, are produced by up-and-coming Grace Vineyard in China's Shanxi province. The red marketing prong comes courtesy of Grace's distributor Torres China, who were one of the early foreign birds on the China wine scene, and they think the wines will "appeal to the young crowd of new consumers in primary cities, with a packaging and a style that can satisfy their aspirations" with sundry working folk clad in revolution chic cheerfully brandishing bottles of the stuff on the label.

The wine world has not had a really bright marketing idea since Napoleon III knocked up the Bordeaux Exclusive Brands Club back in 1855 (brilliantly disguised as a quality hierarchy); still selling wines by the shed load today. It has also to be said that Napoleon looks king of the hill for sometime yet judging by the sour faces in my focus group of wine-savvy young Chinese professionals vis-à-vis the wines' apparel. The liquid within, though, quickly smoothed any ruffled feathers with both wines receiving genial approval all-round. The People's Chardonnay 2011 is a bit of a pale rider on first reading, and though certainly no block busting fruit bomb it is ready to tell you a story when you are prepared to listen with an easy glide of water melon over the tongue and just a trace of peach; one for bookish repose (14.5 points). The red, which takes its grapes from various vineyard plots around Mt. Helan in neighbouring Ningxia, displays deep red with violet hues at the rim in the glass and smooth vanilla-edged fruit when on the tongue, really quite suave overall, and again no fruit punch this wine but shines as understated China Cab style; mellow with just a suggestion of blackcurrant (15 points). Now mix the two together and you will have those rose tinted glasses you might need to view the label through.

I wonder who the marketing whizzes are targeting - my ensembles' sneers suggest that China's burgeoning wine drinkers from the middle classes may require a more nuanced understanding than mustered by this stab at the segment, and though the wines might look good on the tables of those red canteens they would be a bad match for the Hunan spice, leaving just the really rich kids who demand wine bling of 'LV' elevation (Napoleon's club). Is it you they're looking for? Expats who may find it all a lot of fun (and there seem to be plans afoot to export) can order from Everwines (302 Zhongyang Lu - Tel 8960 3178), and for ¥99 a piece (a currency still emblazoned with Mao's image) surely an appealing paradox per se; these wines do retail for near enough a People's Price for the quality, which is marketing we can all understand. **NU**



BATS & BALLS

By Misha Maruma

Rockets Rugby want YOU!

A couple of weeks ago I was in the pub when I overheard someone talking about rugby. His name was Romain and he was collecting some flyers that he was going to use to promote the team he played for; the Nanjing Rockets Rugby Club.

The Nanjing Rockets play in the Yangtze Delta Division (YDD), which comprises the Rockets, Wuhan Baiji and Hangzhou Harlequins. The teams played each other on 21st September in Hangzhou. The next tournament, the Sino 10s league, is in Shanghai on 19th October with the final round of the YDD taking place in Nanjing next month. The first round of the league was held in May in Wuhan.

When I spoke to Romain he said that the club wanted to expand and was looking for more players to enhance the squad and improve results. In fact, big defeats in May have been reduced to small defeats more recently, but that is not good enough for a club with committed players who have a passion for rugby.

The Rockets were founded three years ago by Dan Aylward and Mike West. Since then the club has sought to integrate themselves into the Chinese sporting landscape and have an online presence to match teams from all over the country including the Shanghai Hairy Crabs, the Beijing Devils, Xiamen Typhoon and the Chengdu Pandas who the Rockets will play in a friendly later this year.

So if you are a keen player and want to get involved in some competitive games there has never been a better time to join the club.

For those interested the first thing you should know is there is a fee; ¥150 for students and ¥450 for everyone else. For your money you join a club that provides coaching from experienced and trained coaches. Current coaches Cloyd Tavenner and Andy Ball have years of experience and their training methods have paid dividends as results have been steadily improving. Training is twice a week at either Nanjing Normal University or the Sports Institute with touch rugby on Wednesday and full contact training on Saturdays.



The club also has a solid basis going forward with President Mike West, captain Nathan Obore and vice captain Romain Kooger adding drive and determination to keep the club moving in the right direction.

I asked Romain what the future plan is for the club. His answer was emphatic. Short-term they want more players to join the team. In the long term the club wants to play in more tournaments around the country; more dates

and more venues. They also want to have more equipment available during training sessions to improve standards. Not currently sponsored, the Rockets are hoping to find such to help take them to the next level and compete with other teams nationwide.

As we all know, sport is about getting involved on a social level as well as a sporting one and the Rockets pride themselves in being an all-inclusive club. The team includes players from rugby play-

ing nations such as Britain, Ireland, France, Italy, South Africa as well as Papua New Guinea, Uganda, Kenya, Switzerland and of course China.

*Whether you are a beginner or intermediate player, if you are keen then the Rockets want you. Women are also welcome as well as anyone who thinks they can add something to the team's coaching. Interested? Contact The Nanjinger for details of how to get involved with the Rockets. **NJ***

Archery; hooding it up in Nanjing

I like to think that having the Asian Youth Games in Nanjing has inspired people to go out and try the sports to be found in my adopted home. So I was surprised to find out that archery is an activity that is available in Nanjing, but was not on the list of sports for the AYG.

When I think of a classic archer I think of Robin Hood and his band of vigilantes. The films' depictions show a man who is able to hit the bulls eye of a target from any angle and any range with deadly accuracy. It looks easy on TV, so how hard can it be?

Armed with a sense of optimism, I recruited two friends and we went to the Wutaishan stadium on Guangzhou Road. When we arrived we were told that the archery was not here anymore. No wonder it wasn't on the schedule for the AYG. So we ventured

across town to the Quanmin ji-an-shen centre (全民健身中心) on Zhongshan Dong Lu close to Xinjiekou.

As we entered the modest sized venue on the eighth floor it was immediately obvious that we were the only foreigners there and that a basic level of Chinese would be needed to negotiate our way to the point of firing an arrow. The helpful staff meant that it was indeed only a basic level.

Now archery may look easy, but in fact it is very tough. The staff keep a close eye on the participant; with a very dangerous sport being played by complete novices it's no surprise.

It was a great afternoon of fun though and with non-members paying ¥15 for 12 arrows no one could complain.



Memberships are available to bring the cost down and it seemed that most of the Chinese taking part had membership cards when they paid on the way out.

*By the end of our time I was hitting the nine-point target and the occasional 10-point target. But this was only over a distance of seven meters or so. I now have a newfound respect for Robin Hood. Not his philanthropy mind you, but his ability to hit the smallest of targets from the longest of distances. **NJ***

The Nanjinger Cryptic Crossword Winners' Roster

Clever Clogs Salmaat (not her real name) managed in September to co-incidentally win our crossword competition for the second time! Quite a triumph, especially considering it is a bit of a toughie and that Salmaat is more than a little messy (see below).



On the other hand, John Brock (below) is an altogether more tidy individual, in addition to being first off the starting block as winner of our first cryptic crossword competition, published back in June.



**Our congratulations again go to both John and Salmaat.
In the near future we hope to see YOU on this page!**

As such, we have rewritten the rules of The Nanjinger's crossword competition to include the caveat; "insanely intelligent people are forbidden from winning the contest more than twice".

So what are you waiting for? Get yourself a weekend (or even two) stay(s) at the Nanjing Novotel East by showing off that nod of yours. See inside back cover for this month's cryptic crossword!

Remember, we accept even partially completed entries. Yours could be first out of the hat!

LIVING BREATHING WATER

BY NURMIRA JAMANGULOVA

Gushing springs, crystal clear rivers of mountains, roaring waterfalls, magnificent icebergs, deep blue oceans, water from your shower head or kitchen tap, H₂O; a simple but elegant structure of trinity comprising two atoms of Oxygen connected with the simplest atom of Hydrogen form one of the powerful natural forces and a vital element of life.

Unfortunately, water has become unappreciated, undervalued during our industrialization age and in present times. Our rivers – life arteries of Earth, oceans – home for diverse marine life turned red, yellow and black, colors of death and danger. Many life forms are disappearing, the very source of life is dying.

Stretching over four thousand miles Yangtze river has won its title as the mother river for its beauty, power and service. Connecting many provinces, cities and small villages it has been serving the Chinese nation for decades. It has inspired many poets, artists and singers to create masterpieces which become national treasures. However, the economic

interests of the last decade have let people forget all those services of the river and it has become merely a transporting system, means for getting wealthier and a dump side as a cheap way of getting rid of waste. In 2005, the Nanjing government proclaimed the Act, a regulation on waste management which let industries dump waste water directly into Yangtze River. This act together with the fact that many chemical and other industries are located along the bank of the river has contributed a great deal to the pollution of the river.

The accompanying graph (source: www.njhb.gov.cn) shows pollution levels among four key indicators, from 2001 until 2011, measured in milligrams per litre, taken from the Nanjing stretch of the Yangtze River.

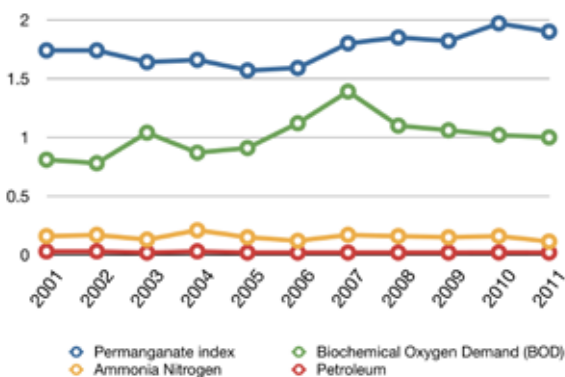
The concentration of petroleum (in red) has varied little from year to year, remaining at around 0.02 mg/L since 2005, on account that there are no oil tankers on the Yangtze.

The permanganate index (in blue) fluctuates; before 2006

it tends to decrease, but since has been on the general up as a result of the numerous factories along the Yangtze River, on account that permanganate is of great importance to the chemical industry.

Biochemical oxygen demand or BOD (in green), shows the organic pollutants index in water; the higher its value, the worse the pollution. Hydrocarbons from the waste water of sugar, paper, fiber industry, protein, oil, lignin etc., all contribute to an increase of BOD. Most tellingly, the BOD has decreased greatly since 2007 since the seriousness of the problem was recognised by the local authorities who built more waste water treatment facilities, proving to be an effective move. Generally speaking BOD represents pollutants from daily life (people dump waste into the river) while the permanganate index represents pollutants from industry.

We believe the blame for pollution does not solely lie with factories. Water pollution is also the result of our ways of life; shopping, showering, washing, drinking etc. Ask yourself, “Do I use water wisely? Did I appreciate every drop of water I used today? How can I save more water?” Once we ask ourselves these questions, we are on the right track and there is hope that we may restore our precious water resources. Once again our rivers may give us the same joy and inner strength as they did many years ago.



The Nanjinger invites readers to share their experiences with saving water, improving air quality or making any other individual contributions towards restoring our natural resources. As one very wise many said: “The city is not for you to discover it is for you to create!” We Nanjingers create our city and it depends on us; what we do and how we think, the choices and decisions we make everyday.

Email us your thoughts: thenanjinger@sinoconnexion.com

INTERCULTURAL COMMUNICATION

With Helen Reumann

As a key term in the HR and training development scene over the last decade, many (largely multinational) companies have come to realize that intercultural communication plays a significant role in business conflicts, often arising from inefficiency and misunderstanding in communication amongst employees. Yet business decisions across all industries today are made amongst people of more than one cultural background.

Good intercultural communicators do not only need to know the customs, values and beliefs of another culture, but also need to be able to recognize these when interacting with them while incorporating this information in their own communication so that their counterpart can understand them effectively. In addition this requires effective communication in general, an open mind to accept cultural differences and the willingness to adapt oneself to achieve a better common understanding.

The least known is actually one's own culture

We all tend to judge other's behavior as being strange, inefficient, senseless or even stupid. We are often only too sure that our own thinking, management style or way of solving conflict is definitely the best. How you think about others may be the way others think about you. In considering our own culture's values and beliefs as "always right", we therefore are not aware that they may be contradictory to those of our counterparts. Knowing our own culture better will help increase our cultural awareness and ability to understand and interpret other cultural behaviours.

Confusing other problems with intercultural problems

Problems encountered with intercultural communication are often not necessarily of a specific intercultural nature, but more communicative in general or even of a personal nature. A particular individual's attributes may be misperceived as cultural characteristics, and vice versa; true cultural characteristics can be mistaken for the personal attributes of an individual. In other cases, problems arise because people do not use proper communication methods and channels to convey messages and assign tasks.


Therefore, understanding different communication styles and how general communication processes work is crucial in helping people interpret more accurately other cultures' behaviour. Asian cultures such as China and Japan have a communication style that is rather high in context; not speaking openly about what they really think. With much left unsaid, the choice of words and the overall context of the situation becomes extremely important since a few words can communicate a complex message very effectively; at least to the people of the same culture. European cultures on the other hand are lower context cultures where communication is more explicit.

Encouraging diversity and intercultural exchange

Cultural differences are often so complex and deep-seated that they require commitment to develop a sufficient awareness, understanding and appreciation of our counterparts. The correct strategy should be to create an environment where management recognizes the benefits of diverse viewpoints and not only allows them to exist, but also values the adaptability of employees. A suitable strategy would cover the following topics:

- Identifying and managing cultural models.
- Hierarchy, status and leadership styles / understanding of rules, regulations and time.
- When yes means yes and no means no
- How to write e-mails in different intercultural settings / interpret feedback given from colleagues of another culture?
- Changes in our intercultural world of life / work and its influence on organizations

Tools of information and knowledge society.

Such engagement fosters a willingness to learn about, and adapt to, other cultures. A combination of theories, exercises and real life case studies can achieve identification and commitment in all participating employees in becoming interculturally effective people. 



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Linking China with the world since 2003



Losing Paradise

By Laura Helen Schmitt

OUT AND ABOUT

Jiangxin Zhou, the island at the heart of the Yangtze river. The name made me think of beaches and palm trees, tourists scrambling for a spot in the sun and being overcharged on anything but the air you breathe.

I could not have been more wrong, or any more glad that I was. After a glamorous three minute ferry ride from Mianhuadi Dukou (棉花堤渡口) for only ¥1 with a group of bikes (everything from a rusty frame on wheels to a full-blown pimped motorcycle) we stepped ashore and into Lüdao Xincun (绿岛新村), “the green island new village”, which ironically is everything but new.

A local shop owner smiles at us weakly when we ask for the way to the vineyards; Jiangxin Zhou's biggest selling point is the prospect of picking your own grapes. She informs us that given it is lunchtime we are far too late, since all grapes are sold in the morning.

When we ask the lady what else there was to do here, she sadly shakes her head. “There is nothing here, and anyway,



the Singaporeans are tearing it down soon.” Ah yes, the Singaporeans. Having acquired the island of Jiangxin Zhou for ¥90 billion to build more luxury apartment complexes, their name follows you across the island in every conversation (a little bit like Voldemort in Harry Potter some might say).

However, it was the calm that struck me the most on Jiangxin Zhou. The islanders impending fate seems to have brought with it a kind of quiet before the storm. The roughly 12,000 people of Jiangxin Zhou, most of whom immigrated from Anhui province a long time ago, seem to have accepted what is to come.

As a majority of us China dwellers will know, peace and quiet is a rare commodity in the hectic suburbs of the ever-expanding metropolis in “New China”. Therefore, Jiangxin Zhou is the perfect place to escape the rush of the city and just relax among greens and grape vines. And so we found

ourselves on National Day holiday, one of the year's busiest days for tourists, on an island without a vacationer in sight. It could not have been more perfect.



Walking through the village, you can observe authentic Chinese life. It is real, it is fascinating; just as fascinating as you will be to the locals. Tourists, especially foreigners, obviously rarely find themselves on Jiangxin Zhou and so you can expect numerous locals happily engaging you in conversation and the odd child screaming across the street to their cousin, "I have also seen the foreigner" while following you around. Walking down the main road towards the grapeless vines, we stumbled upon a hidden gem; Folk Professions Park (民俗百业馆).



Granted, it is not an historical building, but rather an architectural project by Southeast University constructed in 2007. Still, the design is absolutely lovely, reminiscent of Suzhou's famous gardens and including many entertainment possibilities. For example, there is a barbecuing station out back and students often come in summer for barbecues and to make their own Jiaozi, which they cook in the kitchen. There are also some tire swings and stilts.

But the life and soul of the Folk Professions Park is Mr Feng.

The 68-year old park keeper tries rather unsuccessfully to teach me how to walk on stilts while previously bouncing about on them as if they were a pair of dancing shoes. Although he owns a place in Dachang, Mr Feng lives in the

park. "I have to open the park for visitors every morning", he tells us.


He came from Shanghai to Jiangxin Zhou two years ago to work on the island. "It is so peaceful here, it is almost like a retirement place", the dynamic man tells us. Mr Feng has been to many places, including Baotou in Inner Mongolia during the Cultural Revolution, but Jiangxin Zhou is in his opinion a great place for retirement.

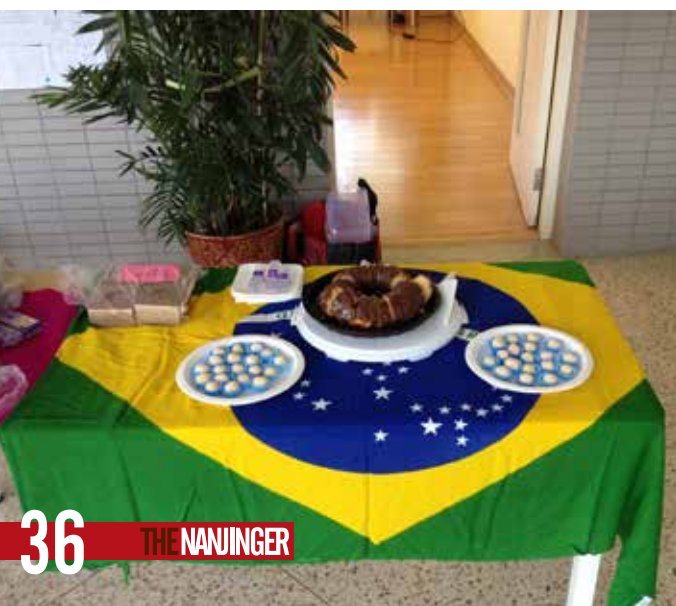
He has many, many more ideas to increase the Folk Professions Park's appeal and entice more visitors. He shares them with us, while he provides us with Menthol-Eucalyptus Balm (风油精) to soothe the many mosquito bites we have suffered near the small river in the park.



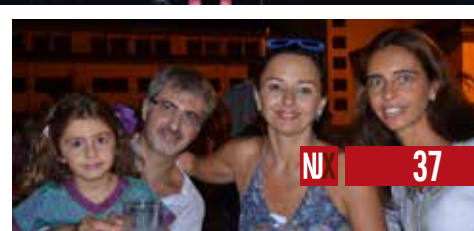
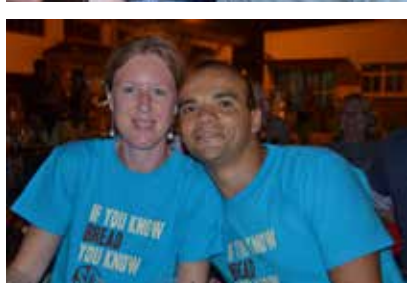
Sadly, improvements to the already slightly run-down park are now superfluous in light of the Singaporean presence, which is looming over our heads in form of design placards for the new development. Their plans for Jiangxin Zhou look like a "new Nanjing", and include the removal of the lovely grounds on which Mr.Feng works.

One year is all that is left if they manage to buy out all the local house owners (who incidentally have gone into a building frenzy before the cut-off date). You can hear the places that have already been deserted being torn down; the rhythmic clinking of bricks being chucked on to a pile accompanying your tour through the village. One year. Then the clock stops for old Jiangxin Zhou.

That is why you need to get a move on, if you want to see a piece of history and local life before it vanishes into modernity. It is local, it is inexpensive and there are no tourists. Not the island you expect at all. For the time being. 



Pfrang Day - 14th September @ Nanjing International School



Trailing Spouse

Stalking; and where you stand

By Rachel Skeels

*I*t is said that an astounding one in four people will be stalked at some point in their lives, even if they are not aware of it. In China stalking has only recently been expressly forbidden since 1987, which means that it is still a relatively new unsocial term. Foreigners are a fairly easy target, especially so for those with a lighter hair colour (read something other than black) or for those taller than the average Zhou. We stick out like a sore thumb and it makes it easy for others to prey on us, whilst we are oblivious to their disturbing actions.

I myself innocently fell victim to a local man, who I first met in a crowded bar; just being my polite and usual self I replied to a standard "hello". The hello turned into, "I know you, I see you everyday".

Everyday I would be subjected to hundreds of faces working in one of Nanjing's biggest office buildings, so I figured he probably rode the lift with me on a daily basis and politely replied, "Oh, which floor do you work on?"

"No, I don't work there, but I see you everyday, get off the bus and walk into that building"

A shudder ran down my spine and I quickly decided this was the end of the conversation, so I gritted a smile and said goodbye. For the rest of that evening I felt his glares on me

and it really started to worry me, I just decided to ignore it and chose to believe that it may have been a mistranslation and that he had not meant for what he said to come out quite like that.

A few days later at work I sat on the 38th floor of this soaring building surrounded by co-workers. We usually kept the door open and to my astonishment the strange guy I met two days ago was now in the doorway and walking towards me. I asked one of my colleagues to speak to him and he made some excuse about selling something. My colleagues equally found him strange and told him we were not interested. I initially worried about how he found me or was it just a strange coincidence? Either way, I did not like the idea that he now knew where I worked and I walked home carefully; panicked that he may follow me.

The following weekend I hesitated to go back to the same bar in which I had met him in, but it was a friend's birthday and I told myself I had the right to be there. Of course he was there too, leaning over my friends to try and talk to me across the table. My friends asked him to leave, but after refusing he started to become aggressive towards my friend. Security threw him straight out.

After this night he approached me several times on the street, walking home from work, popping out to lunch; it was like he was watching my every move. I kept telling him to leave me alone and that I wasn't interested. He seemed fairly harmless but after seeing an aggressive side to him with my friend I felt it wise to continue with caution.

Somewhat luckily, at the height of all this I was scheduled to travel back to the UK for a short holiday plus a few business trips which would last over two months. I felt relieved and certain that this issue would finally fade away given the amount of time I would be gone. Surely he would have forgotten all about me?

Boy, was I wrong. The first day I arrived back at work after those long two months he walked past a colleague and myself; we had decided to nip out for lunch together. As he glared at me I kept my head down and avoided eye contact.

Thirty minutes later we walked back to the office and sure enough he was there again; for the second time I put my head down to soon find his hands clasped around my arm, grabbing me tight and yelling at me; I guess my two months of unexplained absence had really got to him.

He was screaming at me in an extremely busy public square, shouting.

"Why do you not look at me? If you're not interested in me you should just tell me!"

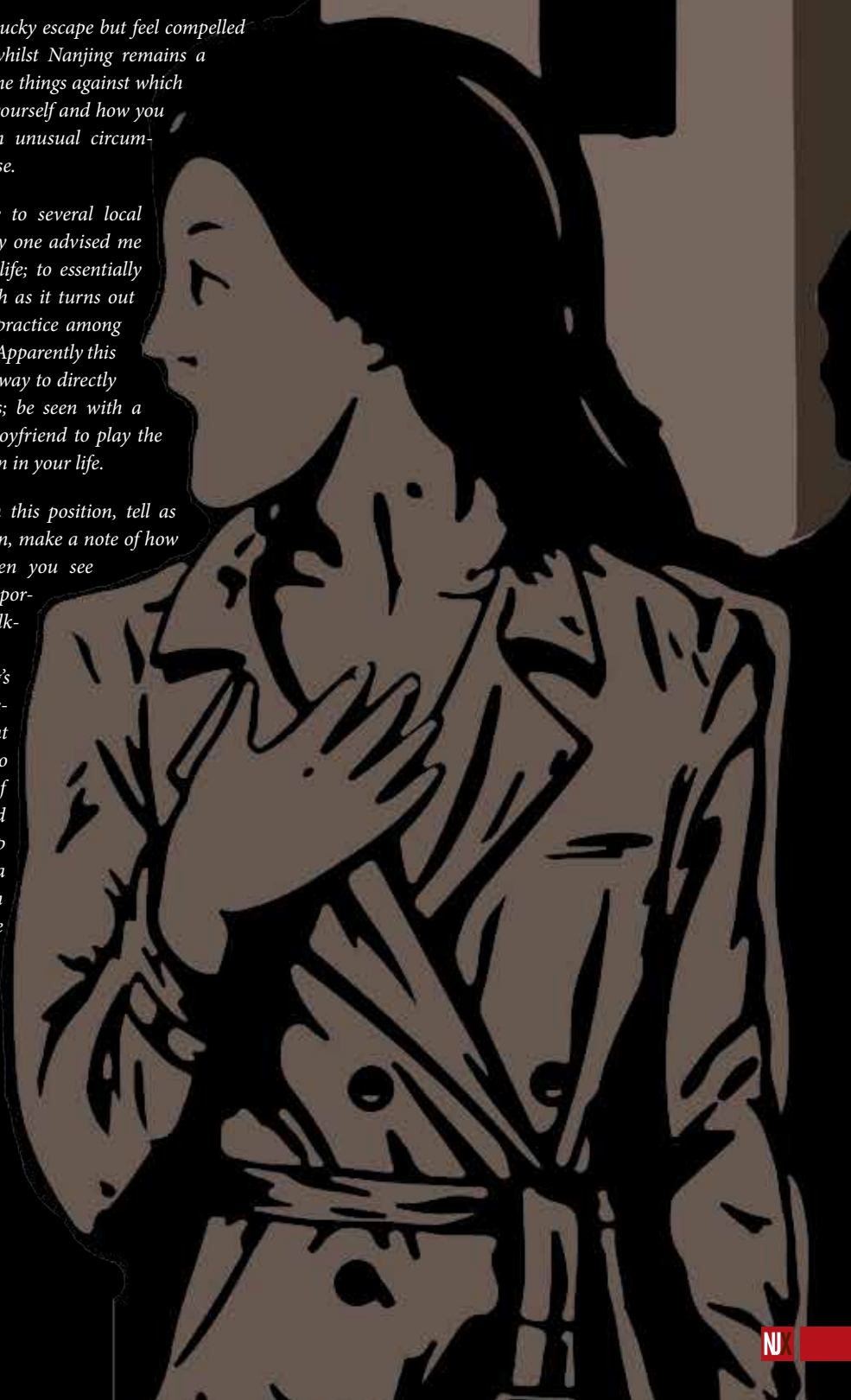
My friend was screaming at him to leave me alone and I was explaining how he scared me and that I was never interested. By this time he was really hurting me and had gone from shouting in English to Mandarin; everyone was watching but not one single person was coming to help me. Finally he let me go and walked away. That was the last time I saw him.

I think I had a pretty lucky escape but feel compelled to warn others that whilst Nanjing remains a safe place there are some things against which you should safeguard yourself and how you should deal with such unusual circumstances should they arise.

After telling my story to several local friends, each and every one advised me to seek a man in my life; to essentially hire a boyfriend, which as it turns out is not an uncommon practice among women here in China. Apparently this is the most customary way to directly rid yourself of stalkers; be seen with a male friend or hired boyfriend to play the part of a possessive man in your life.

If you find yourself in this position, tell as many people as you can, make a note of how often, where and when you see them, and most importantly try to avoid walking alone.

Even though Nanjing's streets are never deserted, remember that people are reluctant to get involved especially if they cannot understand the conversation. Keep safe and remember a simple polite hello can give some people the wrong impression. NU





Think Healthy Think Beautiful

Are You Glowing?

By Maria Simonova

Many women believe that they can't afford ideal facial skin, since visiting beauty salons, cosmetologists and buying professional cosmetics becomes expensive; it also takes up too much time. However, it turns out there are certain techniques to which The Nanjinger can now introduce you on how to perfect your complexion.

"There are no ugly women, only lazy ones",

Helena Rubinstein, the lady often credited for creating the beauty therapy industry, once said.

Indeed, to look beautiful is an every day job. First, you need know your skin type (oily, prone to acne, dry, normal, sensitive or combined). Next, examine your bad habits, the most negative factor affecting your skin. Smoking and drinking alcohol will not only put years on you, but will also make the skin tone uneven and result in broken capillaries on your face.

IBags under the eyes from lack of sleep and a twisted and bloated face do not make anyone more beautiful. So do not pull an all-nighter to do something you did not have time to finish during the day. You do not put off going to work because you didn't have enough sleep at night, right? So why sacrifice sleep in favour of work? Drop such harmful habits.

IThere are three basic rules for healthy

and beautiful skin; cleansing, hydration and nutrition.

!Wash your face two times per day, but not simply with water but with special facial gels, foams etc. If you have very sensitive or dry skin, it's better to use cleansing milk that does not require water.

!In addition, you should one or two times per week use a scrub to exfoliate and take away all the dead skin cells. I like home made scrubs; try ground coffee mixed with olive oil, honey and few drops of aroma oils. Run it all over your body, leave for a few minutes, rinse very well and do not use any soap (the soap comes before). After this apply your favourite cream. For the face, go for baking soda (which helps irritation) with olive oil, honey or salt, and oil.

!Moisturize your skin by using lotions, creams and thermal spring water. If you have any acne, try to apply ice cubes made from chamomile tea each morning; they also help the skin to glow. Use cucumber juice cubes in the same way, or milk for those with softer skin. Cubes of rose tea also work well for soft skin. The choice is yours, so improvise.

!Masks can also be applied one or two times per week. China is full of very cheap good masks from reputable stores (Hong Kong chain Watsons have plenty) but remember their refreshing feeling is enhanced when refrigerated beforehand. Home-made masks are also great; there are hundreds of them, but be sure to bear in mind your skin type.

Do not overdo the sun and/or the solarium. Ultraviolet rays lead to premature aging of the skin. While this does not mean a huge hat or umbrella, do always use SPF (Sun Protection Factor) in your daily cream, foundation or cosmetic powder. Believe it or not, that harmful UV gets through even when it is raining.

!Never buy cosmetics from a company unknown to you, as well as in strange places, such as from a tray on the street, in a metro station or kiosk. China is full of fake items that can cause a lot of health problems. Choose cosmetics according to your skin type and age. Incorrectly selected cosmetics, even very expensive ones, will not bring the desired result. Quite the contrary, you will create additional skin problems. Therefore, consult with a professional before buying.

!Try to eat only healthy foods; this is another way to achieve perfect skin. Natural and fresh food will not only make the skin tone even and more beautiful, but is a source of energy that will also help rid you of problems with digestion. Pay special attention to the presence of food with antioxidants (pomegranate, cranberry, artichoke, blueberry and many others) in your diet; they help protect the skin and keep it looking young. Do not forget to drink water during the day, very important for beautiful skin.

!Finally, try to not be nervous. Stress not only worsens your appearance, but also your overall state of health. Beauty is known to come from within. So be beautiful from the inside out! **NU**

previews & reviews



Restaurant Review Yunzhong

By Janneke Wackerberg

Looking up above the neon signs and designer bags of Xinjiekou you cannot miss the big red bowl atop one of the city's taller skyscrapers. So, a good impression at first sight. That view must be amazing I thought while standing outside. And so it was. With popped ears from the elevator trip to the 55th floor we got a table by the window. A menu was given but I wanted to explore before ordering. The view was definitely as nice as I thought it would be but had I not been so curious I could have just sat down at my table and seen it all without going anywhere. For instead it is the restaurant itself that is rotating; in two hours we had seen all the corners of the city.

Back to the menu. English, both written and spoken, is scarce but the pictures did it for us. An 18 piece sushi platter was a perfect plate to share; the fresh sashimi melted while chewing and the outlook of the rest was promising... it looked good and tasted so as well. Next we dug into the specialties; pork sausage in a cold salad made of sugar snaps and dressing which came with a great combination of barbecued cashew nuts with sesame. Next we were not so lucky; beef in China is so often a hit and miss affair, with little edible meat but a lot of fat and skin.

We spent ¥230 for three dishes and two drinks; still reasonable by modern Nanjing standards. The restaurant had a makeover recently but according to a regular patron it almost looks the same as before. But hey, what does it matter when you have the view of a whole city to look at?

Yunzhong is located on 55F of Shangmao International Plaza, 49 Zhongshan Nan Lu - Tel 86893333 **NJ**

Restaurant Review Yayan Hot Pot

By Frank Hossack

One of the greatest culinary inventions in the world is undoubtedly the Chinese hot pot; fresh ingredients, cooked by yourself in front of you while gathered around your friends doing precisely the same. The Unique Selling Point at Yayan Hot Pot, however, is that each diner has their own pot.

It is been some years since we were regulars at Yayan; our then home being close to their Wangfu Da Jie location. With the recent opening of their outlet in Pukou, it seemed opportune for a visit that would remind us just why Yayan has been part of the Nanjing dining scene for more than a decade.

The fun begins when the wait staff demand your selection of stock; serving as the basis for your own not-so-little homemade soup you can enjoy at the end of the meal. From the bilingual menu choose plain, spicy, tomato, curry, Korean pickle or bamboo and pickled cabbage. Now pick your accompanying sauce (read dip) from a choice of chili, sesame butter, barbecue, vegetarian barbecue or "special" sauce (didn't ask).



Then comes the business end of things; they call it a set meal ("Tao can") but for us that's a mountain of greens with tomato, tofu, small meatballs and an egg plus your choice of platter; slithers of beef, lamb, pork, and chicken, or seafood, a vegetarian option or a combi version.

All budding chefs will also be interested to note that under each plate setting is an electric hot plate with a conveniently located control for each diner that offers precise and lightning fast control over the bubbling intensity of your stew.


While this is the chance for a great value for money evening meal, with prices starting from ¥58 a head, Yayan more comes

into its own as the focal point for the gathering of friends. Hours pass effortlessly as it is all too easy to have your stock topped up with boiling water and order another plate of meat along with, at only ¥12 a pop, several more large bottles of Tsingdao.

Find Yayan Hot Pot on 18-2 Wangfu Da Jie (south side of the Communications Bureau) - tel 84205355, at 99 Caochangmen Da Jie New City Mall Floor 4 - tel 86265989 and 48 Daiqo Bei Lu Da Yang Department Store Floor 1 - tel 84556284 

Movie Review **Hangover 3**

By Laura Helen Schmitt

 It is the end of an era. With Hangover 3 hitting our screens this year the shocker series that took the world by storm has reached its conclusion. But what of our take on the final Wolf Pack adventure?

To start off, it is not really that hungover at all. Hardcore fans of the series will probably find themselves disappointed, as this was not what they will have been expecting.

The only constants of the movie are character Doug missing out on all the fun (I wonder whether Doug's story might make for a separate series), that nutcase/wannabe-gangster Chow again the cause of great chaos and confusion plus a couple of minor flashbacks from the previous movies.

Other than that, the reliability that fans experienced in Hangover 2, i.e. there is a wedding, Alan drugs everyone and the next


days are spent retracing the steps of a crazy but forgotten evening, have all been dropped.

What has this movie got to do with Hangover, then? Everything. Hangover 3 is truly the final part of a trilogy in that it wraps up all the loose ends of the previous movies. The unintentional heroes return to both their previous blackout locations and meet up with various characters from the past. Some new cast members help in doing a great job at reaching the final, ultimate wedding (no more shall be said at this point).

In terms of the Hangover Grossness Effect (HGE), the main draw of the first two movies, I am sure many bets were placed on what the creators could come up with to top their previous performance.

It seems that production decided they had gone so far in the past, there was no point in trying to make it worse, and so they do not even attempt it. Hangover 3 is really tame compared to its predecessors. However, it is arguable that tame actually really suits this finale, showing the series' progression from merely gross to something slightly more substantial.

Where movie one made for a good laugh, but no engagement with the characters, and two was just so over the top, you could not take it seriously, the final movie does a really great job of leaving you with a warm, fuzzy feeling. After all, in the space of the trilogy, you have grown so close to the poor sods, that you feel really happy to celebrate with them.

So sit back and say goodbye to the Wolf Pack, not in true Hangover fashion, but in an even better one. 





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83370679
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NU Finnegans Wake

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NU Element Fresh

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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.

NU 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.

NU Les 5 Sens

乐尚西餐厅
52-1 Hankou Lu
汉口路 52-1, 靠近南京大学
83595859
A surprisingly inexpensive French restaurant 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.

NU 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.

NU Fiorentina

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 (靠近五台山东站汽车站, 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!

NU Henry's Home

亨利之家
82-2 Fuchunjiang Dong Jie
建邺区奥体富春江东街 82-2 号
58577088
20 years experience in serving up western meals; specialities include steaks, fajitas, pizza and organic salads.

Selección Española

57 Zhongshan Dong Lu (Exit 7 from Xinjiekou

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.

NU 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.

NU 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, weekend openings at 10.30am plus music you thought you had forgotten about.

NU La Cantina

南京米凯列酒业有限公司
#2-7 East Nantai Xiang (off Wangfu Da Jie)
南台巷东 2-7 号
58787665 / 13813842543
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.

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. Gets extremely smoky during busy periods.

NU Eminence Cellar

香松酒窖
Inside Wutaishan (opposite to Jin Inn),
Guanzhou 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.

NJ *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.

NJ *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. Large balcony can offers outdoor BBQ for up to 150 people.

Indian Cuisine

NJ *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. Hosts the occasional jazz concert.

NJ *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.

NJ *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.

NJ *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.

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

Other Asian Cuisine

NJ *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.

Keziguli 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.

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

Bakery & Café

NJ *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.

NJ *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.

NJ *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.

NJ *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.

NJ *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.

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.

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; Paul Oakenfold and DJ R3hab played here recently.

Business & Education

International Education

British School of Nanjing

南京英国学校

Building 2, Jinling Resort, Baijiahong 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 Zhuji-
ang 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和科技合作协会

7-3 Dabai Xiang Meiyuan Xin Cun

梅园新村大悲巷 7-3 号
84728895

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 Zhong-
shan 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 Manda-
rin tutoring specialist with 20 years of experi-
ence 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 号裙楼四楼
83598762
www.afnanjing.org
info.nanjing@afchinae.org
Offers a large selection of French-Chinese lan-
guage 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 lo-
cally-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 surviv-
al to HSK Chinese and enhancement of conversa-
tional confidence in English to ESL & IELTS testing.

Clubs & Charities

Nanjing International Club

南京国际俱乐部

www.nanjinginternationalclub.org
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俱乐部

www.nanjingtoastmasters.com
Weekly meetings at Hohai University.

Hopeful Hearts

www.hopefulhearts.info

Raises funds for medical treatment of children
with heart conditions.

Pfrang Association

普方基金会

7-3 Dabai Xiang Meiyuan Xin Cun
梅园新村大悲巷 7-3 号
84729068
www.pfrang-association.org
Sponsors education of children in poor parts of
Jiangsu

Shopping

For the Home

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 (南京商厦对面)
9 Wangjinshi (off Changjiang Lu)
玄武区长江路网巾市 9 号
Daqiao Bei Lu (beside North bus station)
江苏省南京市浦口区大桥北路 (长途北站旁)
58507000

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

Jinling Decoration Market

金陵装饰城

88 Jiangdong Zhong Lu
江东中路 88 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

Electronics & Photography

Professional Photography

Equipment Market

照相器材专业市场

3F, Binjiang Friendship Shopping Center, 301
Jiangdong Bei Lu
江东北路 301 号滨江友好商城三楼
Specialists in wedding photography 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 equipment 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.

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 Shuimuqinhua, 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.

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 pricey food.

Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街 151 号 (近纪念馆东路)

86555568

French hypermarket with three Nanjing outlets.

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.

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 biking, 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

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

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, orthodontics 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 assistance. 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.internationalsos.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

83304616

The major trauma hospital (24 hr).

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.

Nanjing Children's Hospital
南京市儿童医院
72 Guangzhou Lu 广州路 72 号
83117500

Jiangsu Provincial Hospital of TCM
江苏省中医院
155 Hanzhong Lu 汉中中路 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) 商旅服务管理有限公司
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, 2 Hanzhong Lu
汉中中路 2 号金陵饭店世贸中心 951 室
Fax: 84722624
nanjing_lufthansa@dlh.de
Lukou Airport Int'l Check-in Service - 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 Yingtian 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 Yingtian Da Jie
应天大街 508 号
52418504

Nanjing North-Central Coach Terminal
南京中北长途客运中心
160 Huahongcun
秦淮区红花村 160 号

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

Training, Coaching & Consulting

MTI Nanjing
#714, Building 7, Wanda Dongfang, 58 Yunjin Lu
江苏省南京市建邺区云锦路 58 号万达广场 7 栋 714 室
8471 4552
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 lifecoach 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.

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
南京中清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.cmrchina.com
Supplies multinationals, with additional services including driver's license and import/export of pets.

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.

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
南京市白下区汉中中路 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.

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.

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.

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, portraiture and more.

Miscellaneous

Bottled Water Delivery Service

By Coca-Cola Nanjing
4008282288 (Free)
Mineral water, pure water and water machine cleaning services.

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

Lustre Cobbler 莱斯特皮鞋修饰

Golden Eagle Shopping Center, 89 Hanzhong Lu
汉中中路 89 号金鹰国际
Central Department Store, 79 Zhongshan Nan Lu
中山南路 79 号中央商场

Hong Bang Tailor

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

Leisure & Sports

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

Other 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场
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

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)
明城汇西家大塘 46 号
57718777
Hours: 10.30am-10.00pm
Sino-German joint venture offering twelve luxurious single and twin private suites for men and women.

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
F322 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
文范路 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

Tourism and Hospitality

Hotel & Hostel

Fraser Suites Nanjing
南京辉盛阁国际公寓
116 Lushan Lu
庐山路 116 号
87773777
www.fraserhospitality.com
International serviced apartment suites offering full balconies, clubhouse and many leisure facilities.

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
Located right beside the metro and a development of luxury shopping outlets and entertainment facilities.

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 in which every room affords a view of scenic Xuanwu Lake.

Sheraton Nanjing Kingsley
金丝利喜来登酒店
169 Hanzhong Lu
汉中 169 号
86668888
One of Nanjing's oldest five star hotels. Amenities include baby sitting and butler service plus car rentals.

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.

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.

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.

Jinling Hotel
金陵饭店
2 Hanzhong Lu
汉中路 2 号
84722888
A landmark hotel with numerous top notch restaurants plus train ticket purchase counter.

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.

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

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, Yingtian Jie
(inside Chenguang 1865 Technology Park)
应天大街 388 号 (晨光 1865 科技创意产业园) 第 E5 幢
51885688
www.regalia.com.cn
A Thai style spa offering a holistic approach to rejuvenation and relaxation, exuding serenity, peace and solitude.

Tangshan Easpring Hot Spring Resort
汤山颐尚温泉度假村
8 Wenquan Lu, Tangshan, Jiangning
汤山镇温泉路 8 号
51190666
A leisure hotel in Tangshan offering different types of bathing.

Museums

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 Xiaofengqiao, 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 Zijinhua 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 Huji 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



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taking place not only in Nanjing but also in the rest of Jiangsu province.

THE NANJINGER

NANJINGEXPAT

“education is a right,
not a privilege”



Pfrang
Association

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

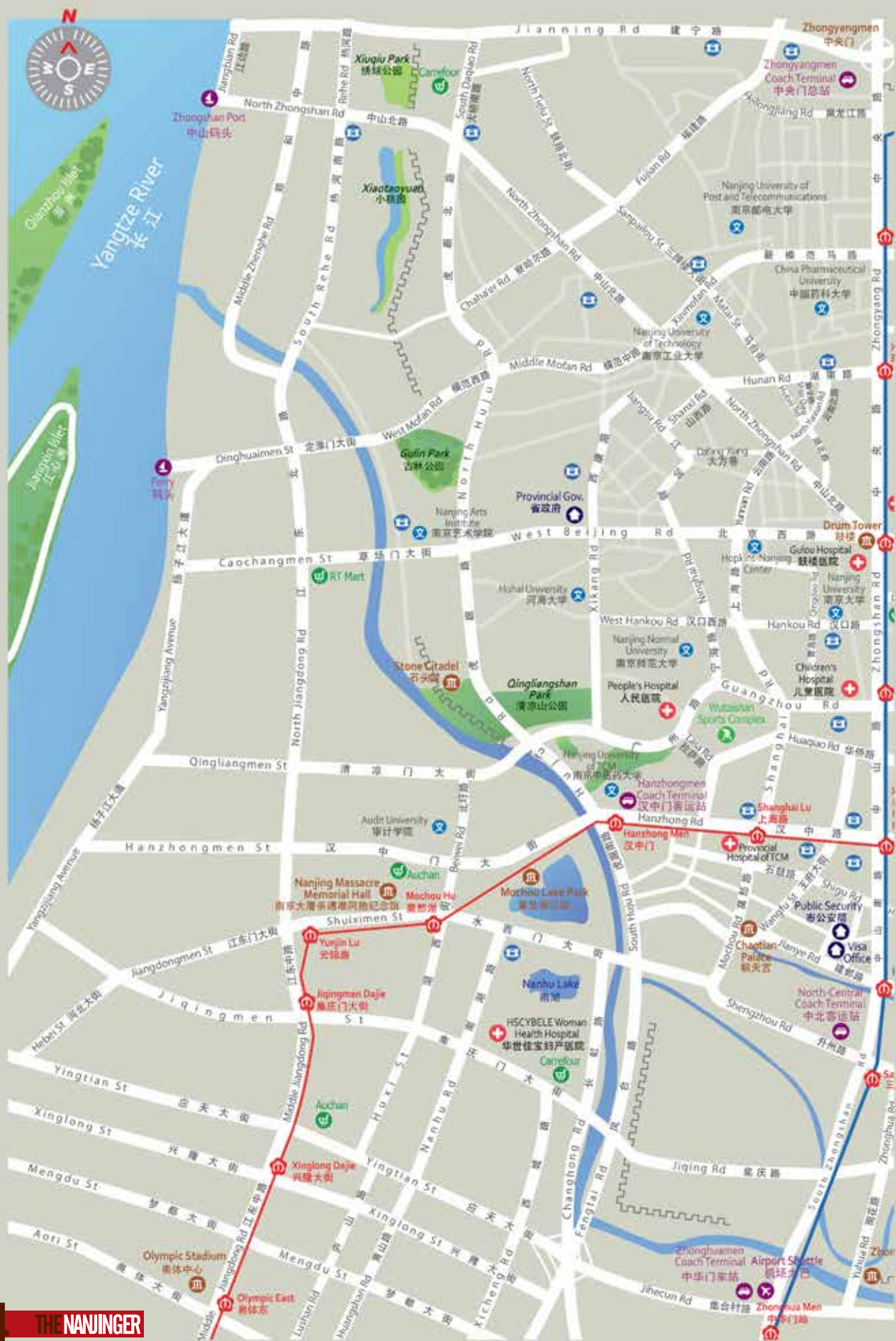
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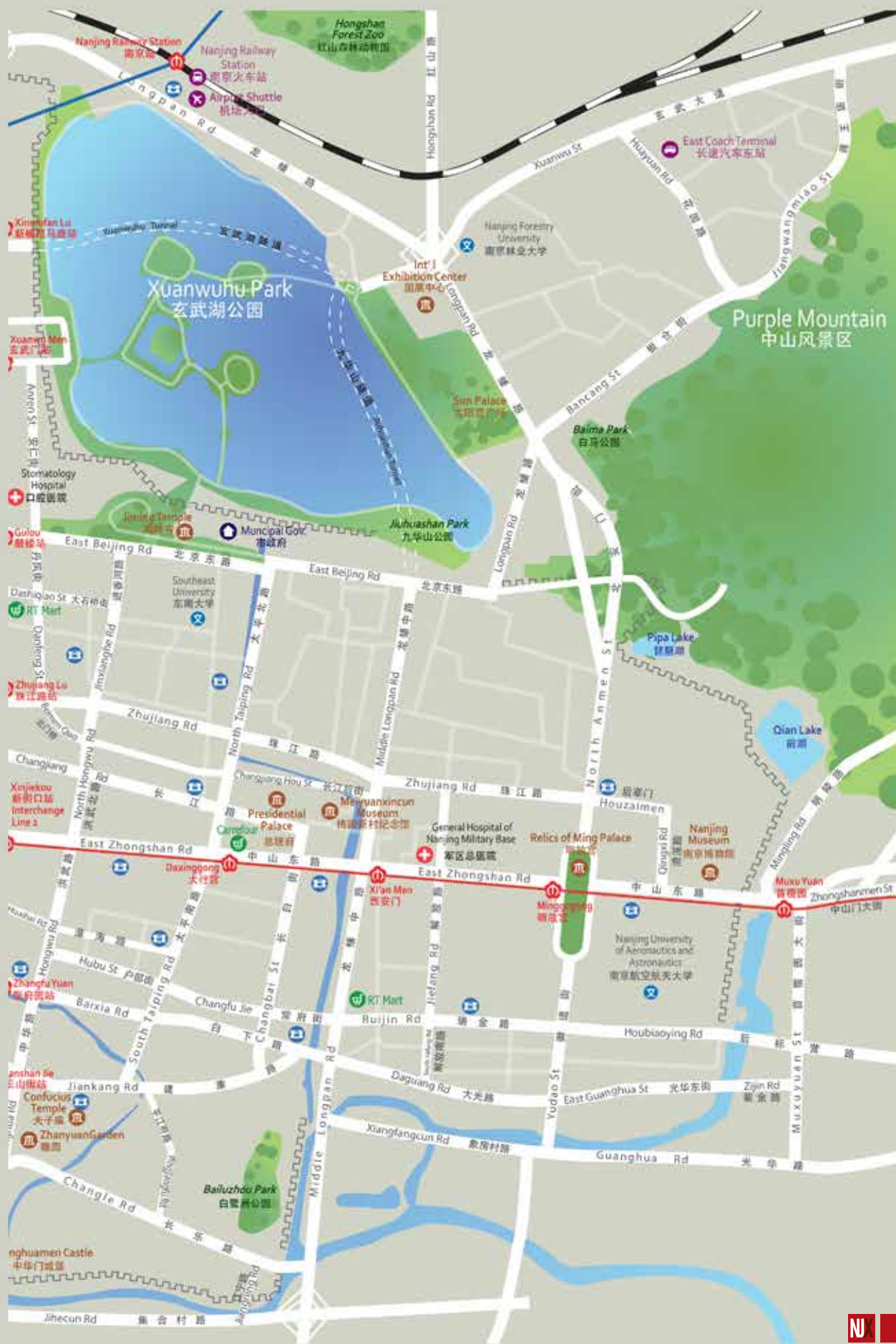
正是因为您的慷慨，十多年来普方基金会才能够为江苏省农村地区的贫困儿童提供助学基金。教育，成就一生！

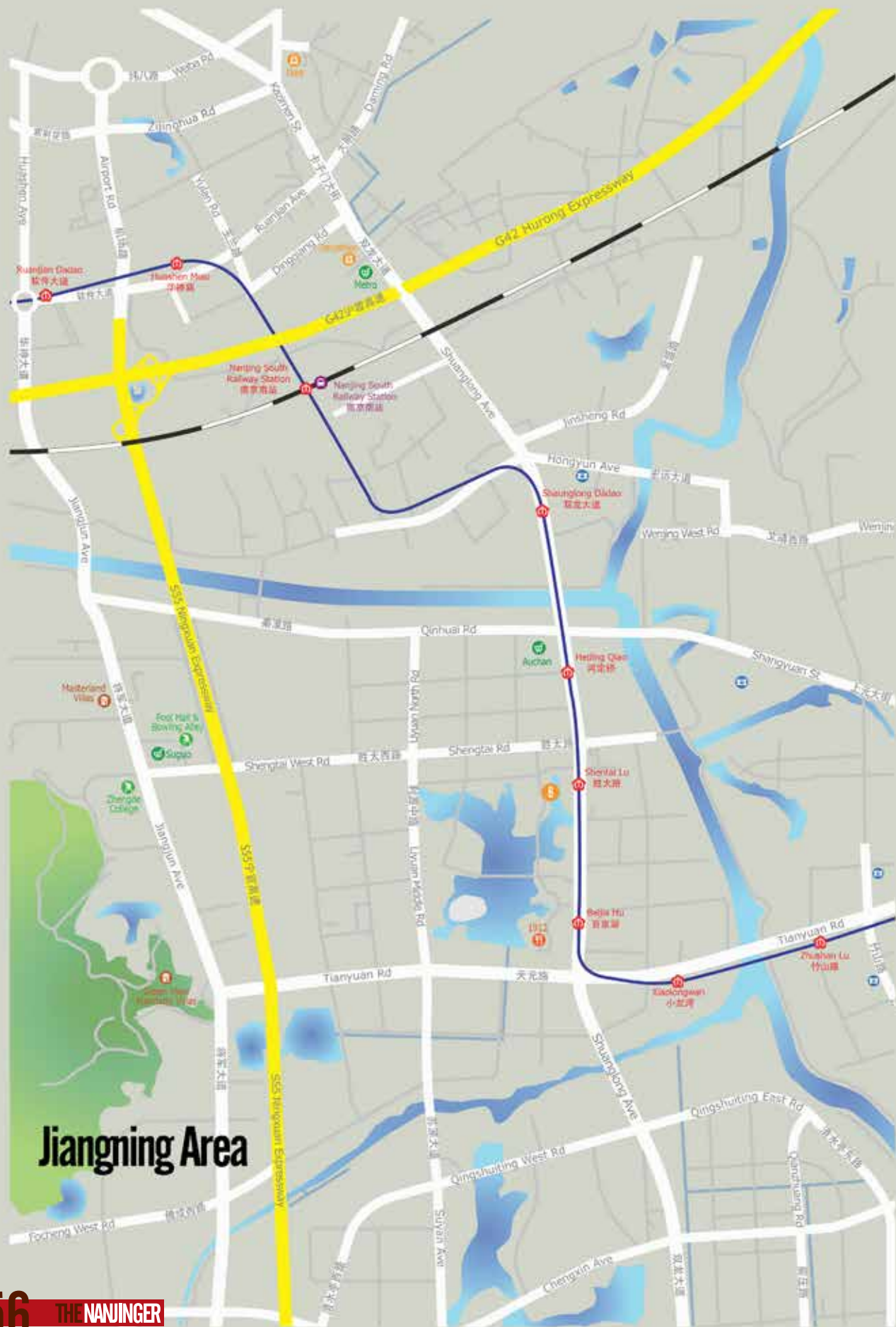
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Xianlin Area

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EASY DOSES

By Dan Clarke

Getting Out of a Slump

■ *The last two or three months have been HOT! Since I am from Northern Canada I hate the heat, it leaves me sweaty, tired, physically drained and unhappy, so you can imagine how much fun I had this last summer. I also had trouble focusing on things like my job.*

I was in a really bad slump, and I'm pretty sure we have all been there before. So how can you get out of a slump and start doing things again?

The first thing you need to do is focus

Many people believe that the more they have on their plate, the more active and motivated they will be. This is wrong. The more you have to do simply means you have less time and energy to do it all. When you are already lacking energy and motivation this loss of focus will kill you.

Instead pick one thing you want to do or accomplish. It could be anything from only speaking Chinese for a month,

learning how to cook zongzi (rice dumplings), running 2km every morning, anything at all. This is your goal, and you want to put as much energy as possible into achieving it. If there is other stuff you want to do as well, too bad; they will still be there when you have completed the first task.

Find someone to help

Studies show if you tell people about your goals, you are less likely to achieve them. It is like the brain assumes that since you told people you would do something it is already half done. So instead of telling people you will do it, find someone who will do it with you. If your best friend hates exercise, don't tell him you're working out; instead inquire of your athletic colleague whether she can help you.

With someone assisting and egging you on right beside you, you are much more likely to actually do something towards your goal.


Get excited

No matter what it takes to get yourself excited to do it. Read inspirational books, imagine yourself succeeding, promise yourself a night out after achieving it, get your boyfriend or girlfriend to promise you something exciting once you've succeeded. Whatever it is, do something that excites you.

Start small and build up

It is way too easy to make your goals too high when you are starting out. If you plan on running long distance for the first time, don't sign up for the Boston Marathon the next day. Instead, start an exercise routine, and slowly run a kilometre the first week or two, then make it 2km, then 3km and build up at your own pace. If you fail badly the first day, you will not exactly be enthusiastic to try it again the next.

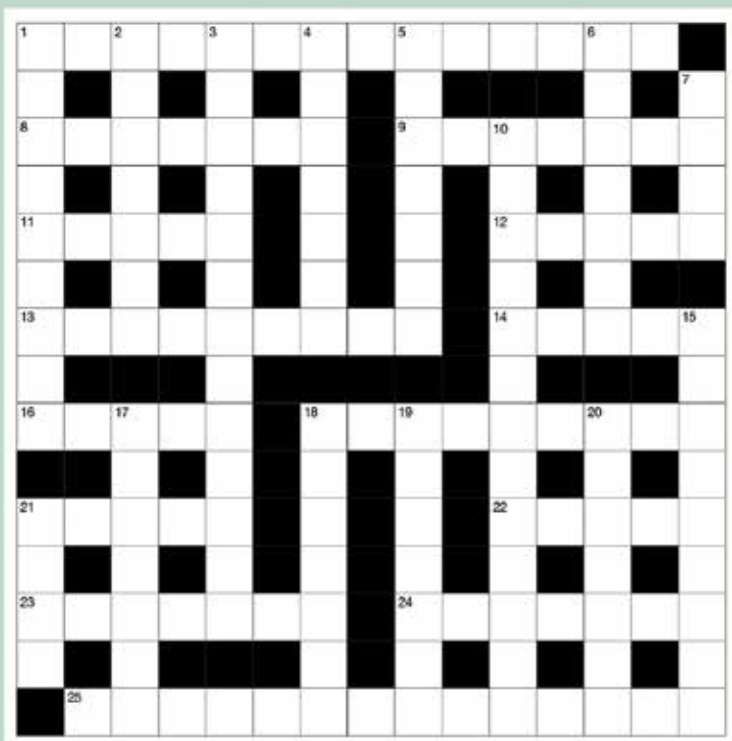
Being in a slump is a very bad place to be, because it is so hard to get out of it. However, if you focus on one thing, work at it and get help when you need it, you can be back to your enthusiastic self before too long.

Now go out and enjoy the cool fall weather before it goes away. 

The Nanjinger

Cryptic Crossword

By Adam Wilkie
RIP



Across

- 18 What miss Muffet was doing sitting on her tuffet (6,3,5,3,4)
- 9 Average eastern road is the most stingy (7)
- 11 Worked without ten initially for smooth running (5)
- 12 Initially fall is not idiomatically weak (5)
- 13 Strangers with no road to start are without east organisers (9)
- 14 Initially Royal Academician gets easy sculpture but is displeased (5)
- 16 Fit out a joke by email (5)
- 18 Unpleasant surprise from two weapons (9)
- 21 Alpha's companion (5)
- 22 Partly the cream our French love (5)
- 23 From E to W initially ten Nigerians enter London upon particular subjective to get rich (7)
- 24 The old priest is contained in non alcoholic top drawer (7)
- 25 Study of electricity in motion (14)

- 1 Make a speech after the Spanish sailor gives details (9)
- 2 To a divine degree, the French run this little one (7)
- 3 Not a good location for a childrens' party (2,6,5)
- 4 Him way contrived, poorly contrived (7)
- 5 Hobby for mixed ambles (7)
- 6 Altering but watching what you eat (7)
- 7 Some make haste to let it stand (4)
- 10 A hard wood at one on growing trees (13)
- 15 To clerics a mixture of deterioration (9)
- 17 Is a pugge partly equal to other weaponry? No! (7)
- 18 Boisterous but could be sultry (7)
- 19 Have the intelligence services acted? Yes, but badly (7)
- 20 Early influence on art and design, fantasies originating possibly from China (7)
- 21 Not a particularly good performance but going up (2-2)

Down

Closing date: 31st October, 2013

Solution revealed after the closing date on the Nanjing Expat website

pack
your
bags



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



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