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Introducing some of our contributors, writers and editors

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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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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。《网页设计艺术指南一第五册》

Our Editor and Music Critic, Frank Hossack, has been a radio host and producer for the past 28 years, in the process winning four New York Festivals awards for his work, in the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts.

贺福是我们杂志的编辑和音乐评论员，在过去的28年里一直从事电台主持和电台制片的工作。工作期间他曾获得过四次纽约传媒艺术节大奖，分别是世界前40强节目，最佳编辑，最佳导演以及最佳文化艺术大奖。



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8 | Editorial 辑语

10 | Censure | An Appeal To Humanity

11 | Letter Of The Month

12 | 25 Nanjing Superlatives

29 | Cookbook | Chicken & Coriander Meatballs

30 | Nanjing User Guide

31 | The Gavel | Consumer Protection Law Revision

32 | Section Head | Which Color Is Your Customer?

34 | Bats, Balls & Bails | Chinese Bending It Like Beckham?

37 | Ecoinsider | No Time To Waste

38 | The Trip | XiTang Ancient Town

40 | Corker | The Cape Crusaders

42 | About Town 关于南京

44 | Trailing Spouse | I'm Dreaming of a Nanjing Christmas

45 | Think Healthy Think Beautiful | Food for Thought

46 | Previews & Reviews 预览及评论

49 | Chinese Corner 汉语角

51 | The Index 城市指南

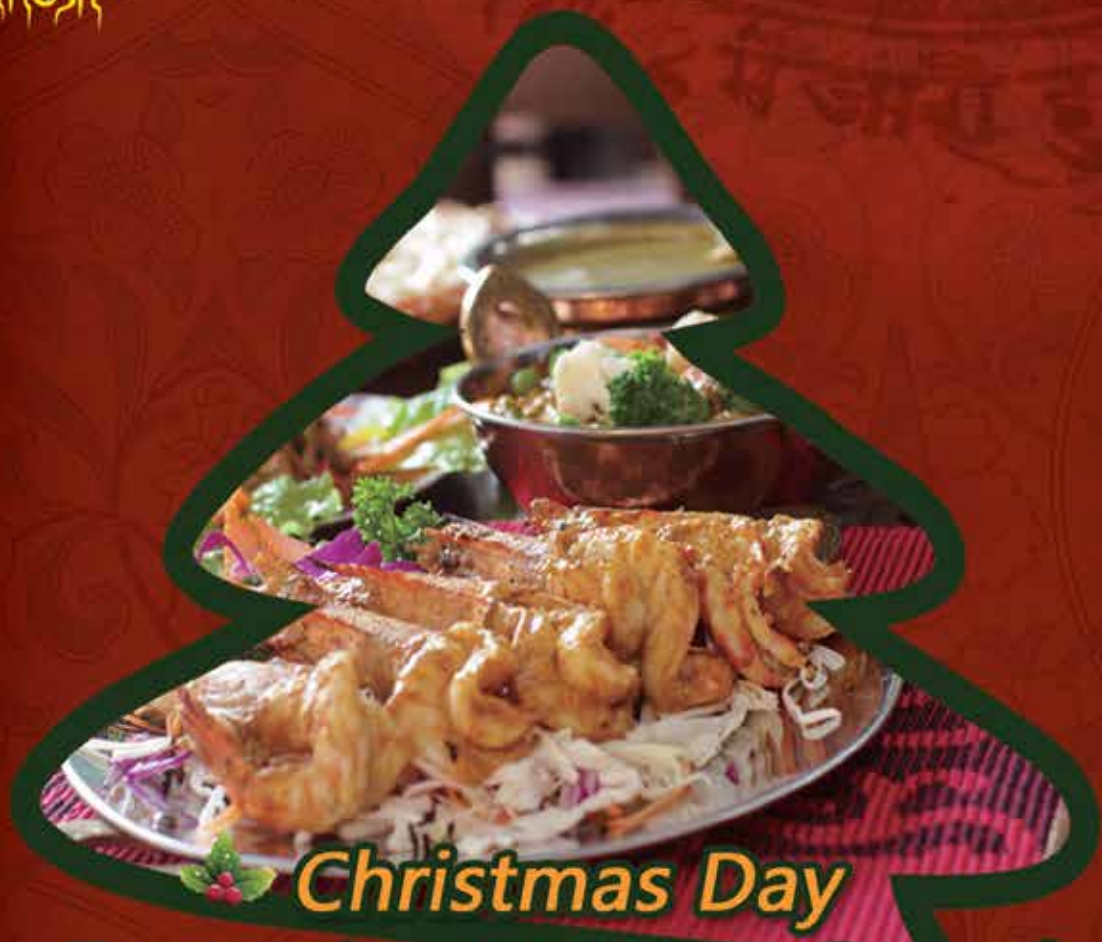
58 | City Maps 城市地图

62 | Easy Doses | Short Run Savings



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You're Simply the Best!

Once a year, usually with our December issue, The Nanjinger likes to take tradition and throw it out of the window, with it going all those articles and their pretty little pictures. In their place, this year we present 25 Nanjing Superlatives. Beginning on page 12, herein we lay bare precisely that which makes this city so great.

It is also the time of year when we say farewell, in more ways than one. To those departing temporarily to the warm bosom of their family at home, we say, "see you in February". For The Nanjinger takes a rest in January, preferring instead to hide under the duvet.

To those who shall not be returning, it is our hope that your god go with you, and that the natives were at least welcoming to your presence.

No matter your belief, The Nanjinger wishes that you make the most of any festivities headed in your direction; we are looking forward to meeting all our readers again in 2014.



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CENSURE

AN APPEAL TO HUMANITY

By: Sarah Tang, Echo He, Moira Lee, None Zhang,
Joey Zheng, Jone Xie, Leo Wu and Cherry Lee
from Nanjing University of Finance and Economics,
in Collaboration with Daniel Otero



The 21st century has witnessed many changes, as the whole world develops, lead by China's stark leap during the last decades. China is now very different from the past. However, rapid growth is accompanied by many issues, which remain to be solved. In China specifically, a major concern is the growing gap between the wealthy and poor. For now let us not focus on the gap itself. Instead, we are more concerned with how people treat the issue and each other in light of it. Wu Jinying and her friends' recent experience is representative of how this matter influences people's lives.

Miss Wu and her friends are freshers at Nanjing University of Finance and Economics. They come from different families and diverse hometowns, but they have one thing in common; they do not belong to upper class society!

On a sunny Sunday afternoon, the three girls had just finished their English test and decided to go shopping to relax. One of them, a girl from a relative wealthy family, suggested going to a Plaza to window shop; so they went to the gorgeous shopping mall in Xinjiekou, with luxurious clothes, bags and masses of jewelry!

From the moment they set foot in the centre Messrs Gucci, Dior, Prada, Hermes, Louis Vuitton flew at them, kindling feelings of happiness and cunningness. They worked their way from the first floor to the last floor, then from the last floor back to the first. Finally they entered a bag shop named MCM. This is a Korean brand selling fashion bags to the youth market. Even so, they sell at a rather high price. Aligned under soft lighting and looking stunning, these bags are representative of the gap existent in Chinese society. With the corners of the shop interspersed with cute toys it is a dream shop for young Chinese women.

The group of young girls wandered through the store, eyeing the bags on display. The shop assistants though could not be bothered to pay any attention to their potential customers, instead leaning against the desk, even when there was nobody else in the shop except for our three protagonists. The wealthy girl felt upset about being treated so coldly and asked the assistants for help. One of the shop assistants came while the young student began to try the bags. This behavior caught the assistant's interest, since she started to believe the girl really could afford those high prices.

Elegantly and politely, she offered an enthusiastic service, showing the product features and giving some care tips. Miss Wu and the other girl were unable to do anything after they glanced at the price tags and received a shock. As a consequence, the shop assistants barely paid them any attention. After comparing and considering, their wealthy companion couldn't find a suitable one was about to leave. Before her departure, she automatically asked about the discount. The assistant replied: "We have a sale promotion now, when the total of your purchase reaches 8000 RMB, you can have a pendant from MCM."

Those words really shocked the two young girls from regular backgrounds. They thought that price was ridiculous. But in the presence of their wealthy friend Miss Wu and the third friend could not help but joke: "Get one! No, no, no, two, since it is so cheap", sarcasm ringing in their voices.

The shop assistant gave them a scornful look, feeling she was about to go empty-handed, making Miss Wu and her friends feel a little awkward.


To break the silence, Miss Wu turned to her companions and asked: "I just wonder whether that cute dog is for sale, too?" She pointed at a plush dog full of MCM logos, lying on the ground.

Her only intention was to make a small joke. She really did not care about the price.

Suddenly, one of the shop assistants, who had not paid them an ounce of attention up until this point, glanced at them disdainfully and said: "You can get it as long as you can pay for it."

The two young girls felt embarrassed beyond words and even their wealthy friend was speechless.

Stories such as these are deeply upsetting. Maybe luxuries are not designed for common people, and maybe they are. Either way, the polarization between the rich and poor in China can hardly be ignored any more. We should not judge a person solely based on their appearance or financial status. Different people have different personalities, which makes the world a fuller place. We might try hard to be wealthy, but we should never lose our humanity in the process.

Consider this story a warning to China, and to the whole world. Do not let wealth ruin humanity! 

Letter Of The Month

"I arrived in Nanjing in February 2013, at first I found moving to a brand new city and not speaking any Chinese a really daunting prospect. However, when I arrived at Etonhouse International School they gave me a copy of the Nanjinger to help me find my way around.

I have to say, this magazine saved my life! It made living in China so much easier for me. At the back is a directory listing shops, restaurants, bars and pubs doctors and much more. It is so helpful and even has a Chinese address so you can give it to the taxi driver if you don't speak fluent Chinese.

The articles written are very interesting and keep you up to date on current events in China. It's a great magazine and I'd really recommend reading it!"

Emily Coulthard
Nursery 2 Teacher

EtonHouse International School

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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.



NANJING EAST
SUNING GALAXY

THE LAST THE FIRST THE UNIQUE THE ORIGINAL BIGGEST THE LONGEST 25 THE FAMOUS THE ONLY THE LARGEST NANJING OLDEST SUPERLATIVES

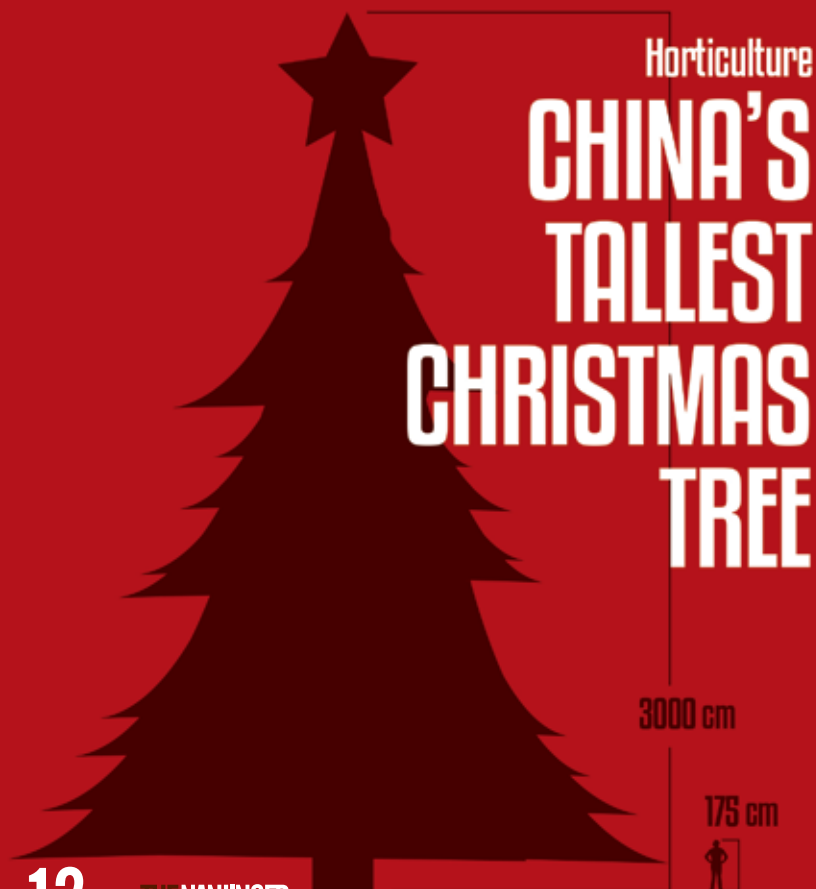
By Shahnaz Mouhamou, Laura Helen Schmitt,
Doug Hughes & Frank Hossack

One cannot go more than a few days in this fair city without hearing that Nanjing has the biggest, longest, tallest, oldest; this, that and the next. Such is the frequency of this particular vernacular that earlier on in the year The Nanjinger editorial team decided to devote our last issue of 2013 to the very same. Ripe the city be for the pickings.

Therefore, herein read all about what Nanjing has to offer that is in a class of its own. For those which are well trodden ground, we hope to spread light on what may be previously little known facts, while in the process we have also unearthed a wealth of previously little known nuggets that remind us of Nanjing's supremacy through the eons.

From luminous, local and long to botany, commerce, fortification, construction, politics and transport, in Nanjing another wonder is seemingly to be had on almost every corner, some from the old world, some very much anchored in the future.

While this list is by no means exhaustive, the 25 examples we have chosen are a representation and indication of Nanjing's importance on a global and local scale.



During Christmas 2011, Nanjing was the backdrop for a festive superlative when what was believed to be China's tallest Christmas tree at the time was set up outside the Nanjing International Shopping Centre. The stunning Eastern-European style Christmas tree rose 30m high into the air, specked with bright lights, bringing the most important holiday of the West to the East in a grand fashion.

Unsurprisingly, remembering the tree's location, it was accompanied by a Christmas Shopping Festival running until December 25th inviting Nanjing's to complete their Christmas shopping while enjoying the Christmas spirit spread by the super-sized festive fir. (LHS)



World Wonders

PORCELAIN TOWER

During the medieval ages, Nanjing was home to one of the Seven Wonders of the World, the Porcelain Tower of Nanjing. Situated on the South bank of the Yangtze River it was described as the “best contrived and noblest structure of all the East,” by French mathematician Le Comte. The building also known as “Temple of Gratitude” was designed and commissioned by the Chinese Emperor Yongle in honour of his parents.

Construction of the tower was completed in the 15th century, over a period of seven years. According to common belief the Porcelain Tower originally was supposed to comprise 13 stories with a total height of approximately 100 metres. As it was, even at nine stories and reaching a height of 80 metres feet, it ranked among China’s tallest buildings of the time.

Although it was not the tallest pagoda in China, it was commonly considered the most beautiful. The Porcelain Tower’s most outstanding characteristic was the material used in its construction, also lending the tower its name. The white porcelain bricks that lined the outside of the building reflected the sunrays during daytime. With its undoubted aesthetic appeal, the porcelain also provided a cooling function that prevented the tower from heating up.

The bricks of the Tower, which served as a Buddhist Temple, were glazed with different colours, combined to depict images of animals, flowers, and landscapes as well as Buddhist scenes.

The shape of the building was also striking, forming an octagon at the base, while the rooftop caught people’s eye due to its golden sphere. In order to reach the top floor it was necessary to climb 190 steps leading up a spiral staircase.

At night, approximately 140 lamps were hung from the Tower, illuminating and providing it with an even more stunning appearance than during daytime.

Due to its outstanding beauty, the pagoda quickly became famous at home and abroad, with Western visitors returning home to describe its beauty to their compatriots. The European admiration of its beauty even went so far as to incite the construction of a number of pagodas inspired by the Porcelain Tower, including one in London’s Kew Gardens and a possible replica.

Subjected to a turbulent history, the Tower experienced partial destruction in 1801, when a lighting bolt struck, blasting away the top three stories. However, they were soon restored. Less than 50 years later, in 1850 the Tower became the victim of the Taiping Revolution, in which the Rebels wanted to keep citizens from using the tower as a hideout or a fort from which to launch attacks from above. Therefore, they tore apart the stairwell inside the tower. While not completely destroyed, the Tower lay abandoned for the following six years. Finally, in 1856 the Porcelain Tower’s life came to an end when the Taiping Rebels over ran it in another angry attack. Their reasons for doing so are unclear, but it is commonly believed that they either wanted to make sure it could not be used as an observation post by their enemies or because they had a superstitious fear of it.

Today, all that remains of the Porcelain Tower are illustrations and miniatures in museums. Luckily, the government have decided to reconstruct the tower and due to the help of Wang Jianlin, a Chinese businessman, who donated ¥1 billion in 2010 towards the tower’s re-construction, we might one day again be able to see the stunning glittering porcelain tiles reflecting the sunshine. (LHS)

Urbanites

FIRST SLOW CITY IN DEVELOPING WORLD



Reading that the fastest developing country in the entire world is home to a “slow city” might come as a bit of a surprise. Yet, to be found in the municipality of Nanjing is the first slow city, not only in China, but in the entire developing world. The village of Yaxi, a small community of 20,000 in Gaochun District, decided that faster does not equal better; for which it was designated a “Slow City” in 2010 by Cittaslow International, an organisation that came to life as part of the Slow Food movement in Italy and whose aim it is to promote sustainable ways of living. As of 2013, Cittaslow has awarded 182 locations the title of Slow City in 28 countries worldwide and even after three years, Yaxi remains the only city in China to be included on this renowned list of sustainable cities.

A Slow City takes pride in its relaxed pace that sets it apart from the hustle and bustle of the world’s metropoli. In Yaxi, people can only smile at city dwellers having to deal with problems such as food quality, worsening pollution and horrendous living costs. The only polluting industry in Yaxi, a chemical factory, was closed down by local officials 20 years ago.

It is this devotion to sustainable development and environmental protection that earned Yaxi its slow city title.

“In Yaxi, we found people very committed to respecting nature. I remember the flowers and fruit trees and butterflies; thousands and thousands of butterflies in the fields.” explained Cittaslow director Pier Giorgio Olivetti.

Apart from needing to meet Cittaslow’s requirements of a population less than 50,000, Yaxi was expected to and excelled at taking measures against water, air and noise pollution, practicing organic farming, promoting locally produced crafts and encouraging eco-friendly development projects.

An environment where honking cars are rarely heard and factories are virtually non-existent, Yaxi is unsurprisingly specked with beautiful scenery, whether that be bamboo forests, tea plantations or fruit orchards. While the title of China’s only Slow City has definitely put Yaxi on the tourist map for tired town folk, the calm village now faces the worry of being overrun by hordes of tourists trying to flee from the rush of city life. (LHS)

WORLD HOME OF BROCADE

Anyone versed in the art of weaving will know that Nanjing and Brocade go hand in hand. Its inclusion on the Intangible World Cultural Heritage of Humanity list by UNESCO in 2009, officially secured Nanjing's status as the world's home of brocade. Nanjing Yunjin (cloud brocade), as it is also called, emerged during the Wu Kingdom, in the third century AD; consequently it has a history of over almost 1,600 years.

At the height of its popularity, during the middle of the Qing Dynasty (1644-1911), brocade had become more renowned than any other silk product in China, at the time keeping 300,000 people in employment. The weaving technique was used to produce some of the most famous royal attire such as dragon robes worn by Chinese emperors. The value of Nanjing's brocade was immense, with one inch of the noble fabric said to be worth an ounce of gold, making it an exclusive product affordable by only the richest of the rich.

Nanjing's brocade history was formally established around 417 CE, when Nanjing, then known as Jiankang, experienced an influx of craftsmen, especially brocade weavers from Xi'an, after the local authority, the future Qin Kingdom, was defeated by the Eastern Qin Dynasty. This presence of highly-talented brocade craftsmen who had picked up an impressive skill set from Chinese minorities and possessed national fame led to the formation of a special brocade office and hence the establishment of Nanjing as the city of brocade.

During the Yuan Dynasty (1279 – 1368), Nanjing's brocade skills received a luxurious makeover, when the Mongolian rulers of the foreign dynasty brought with them the tradition of decorating officers' dress with gold and silver. Soon the gold-specked fabrics of Nanjing became popular with aristocrats and minorities alike, resulting in the formation of Nanjing's monopoly on brocade production. Nanjing brocade was even listed as one of the special royal tributes.

In practical terms, the weaving process requires two craftspeople to operate the upper and lower parts of a complex loom up to 4m high to produce textiles.

The person sitting at the loom is called a "thread puller". Their responsibility was to pull the thread in line in the threading sequence, corresponding to commands entered into a computer keyboard of today. The second person would sit on the lower part of the loom. They were known "weaver". Different songs help them remember different weaving techniques, too complex to simply be memorised without musical help. Therefore you could often hear singing coming from production sites of Nanjing brocade.

Fine materials would be incorporated into the weave, besides gold common additions were silk or peacock feather yarn. However, it is not only the exclusive material that makes Nanjing brocade a hyper-luxury item. Within the course of one working day only 2cm can be woven, adding additional cost in production time to the price of the fabric itself, thereby making it the most expensive type of silk production in China.

In the 21st century, the popularity of Nanjing Yunjin remains alive and well, ensuring the preservation of the old technique. These days it is often used to produce high-end clothing and souvenirs. Being a brocade weaver in the new millennium however, is not just a matter of creating luxuries; it is a job of historical importance. Nanjing's modern weavers replicate ancient silk fabrics for researchers and museums, with the backing of the government who have invested up to ¥10 million on the protection and repair of Yunjin.

An example of such historic revival work is the "cloned" dragon robe from the Ming Dynasty (1368–1644). The original was excavated from the Dingling Mausoleum in the Thirteen Ming Tombs but was destroyed as soon as it was exposed to air. With the help of traditional weavers and after three years of hard work, the historical robe was successfully reconstructed in 2009. It is only one of many dragon robes reconstructed by weavers, which can be admired in the Nanjing Cloud Brocade Museum.

Therein lies the importance of modern brocade weavers; they are not only preserving an importing cultural technique of the past but also actively reproducing history for generations to come. (LHS)



Global Impact

LARGEST CITY WORLDWIDE

The historical importance of Nanjing becomes obvious at the mention of its biggest achievement; from 1358 to 1425 CE Nanjing was the largest city in the world with a population bordering on half a million, or 487,000 to be more exact.

During almost half of its reign as the world's number one city in terms of populous, Nanjing was also the capital of China under the Ming Dynasty. In 1368, a former peasant Zhu Yuanzhang, who had risen in the ranks of the army, officially proclaimed himself emperor in Yingtian (one of the names previously appointed to Nanjing) thereby founding the Ming dynasty with Yingtian as its capital.

The Ming Dynasty's reign and the city's status as global metropolis helped it flourish into a commercial centre, with the handicraft industry, especially porcelain production, reaching unprecedented levels, further fueling urbanisation and attracting migrants.

Nanjing's importance as a leading city of global status was

further manifest through the navigator Zheng He, China's most famous and accomplished sailor.

Under the Emperor's protection and endorsement, the eunuch Zheng traveled to the West seven times. In a timeframe of 28 years, he traveled more than 50,000km and visited 37 countries including places such as Singapore, Vietnam and even Africa. The bulk of Zheng's maiden fleet was constructed in Nanjing's shipyard.

Setting sail from Nanjing, he went on to explore the world decades before his European counterpart Columbus, and returned with stories and items from his many travels, opening up Nanjing and China to the rest of the world and bringing back China novelties such as ostriches, zebras, camels, and Swahili ivory.

During this time, Nanjing was also visited by many foreign dignitaries. One of these, the sultan of Brunies, Abdul Majid Hassan, died during his visit to China in the year of 1408. His final resting place was unearthed in 1958 in the Yuhuatai district of Nanjing city, reminding of Nanjing's glorious, global past.

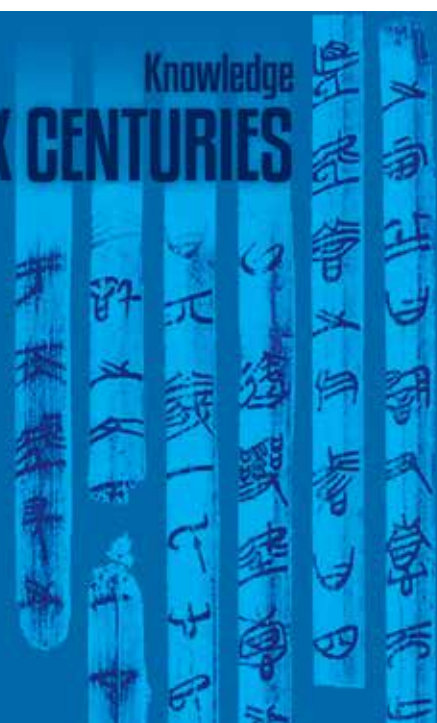
Nanjing lost its title of the world's no.1 city shortly after Emperor Yongle made Beijing the capital of his empire in 1421, diminishing the importance previously held by Nanjing. (LHS)

LARGEST ENCYCLOPAEDIA FOR SIX CENTURIES

Knowledge

Commissioned in 1403 by Emperor Yongle, the last Ming Emperor to grant Nanjing capital status, the Yongle Encyclopaedia was a mammoth project. It gathered together the entirety of Chinese knowledge from ancient times up until the early Ming Dynasty.

8,000 texts were incorporated into the book by scholars at the Imperial University of Nanjing, covering subjects ranging from science and art to religion. It took over two thousand scholars five years to complete the work and when it was finally published in 1408, the Yongle Encyclopaedia comprised almost 23,000 manuscript roles in over 11,000 volumes containing 370 million Chinese characters. This stunning piece of work was the largest known encyclopaedia of its time and remained so for six centuries. (LHS)





Construction

LONGEST SUSPENSION BRIDGE OF ITS KIND

The fourth Nanjing Yangtze bridge is the longest suspension bridge with a twin-tower three-span suspension design in China. More generally speaking, it is the third longest suspension bridge in China and sixth longest in the entire world, at a length of 1,418m. It also takes the lead as one of three bridges in Jiangsu spanning the Yangtze on the Top 5 list of China's longest suspension bridges. It is also 130m longer than the famous Golden Gate Bridge in San Francisco.

The preliminary design of the bridge began 10 years ago, in 2003, with construction commencing in December 2008 and the bridge ultimately opening in 2012, a year earlier than originally forecasted. The government invested ¥6.8 billion in the construction of Nanjing's first suspension bridge, which features a dual six-lane carriageway and is meant to allow traffic speeds of 100 to 125 km/h.

The twin towers of the bridge are each 229m tall and are mainly composed of concrete. However, at the top of each tower a steel cross-beam was placed between the tower legs.

The bridge connects Hengliang town, the Nanjing Outer Ring Road, the Nanjing-Nantong Highway, Hongguang village plus towns such as Long Pao, Xianlin and Qilin in Jiangning District. (LHS)



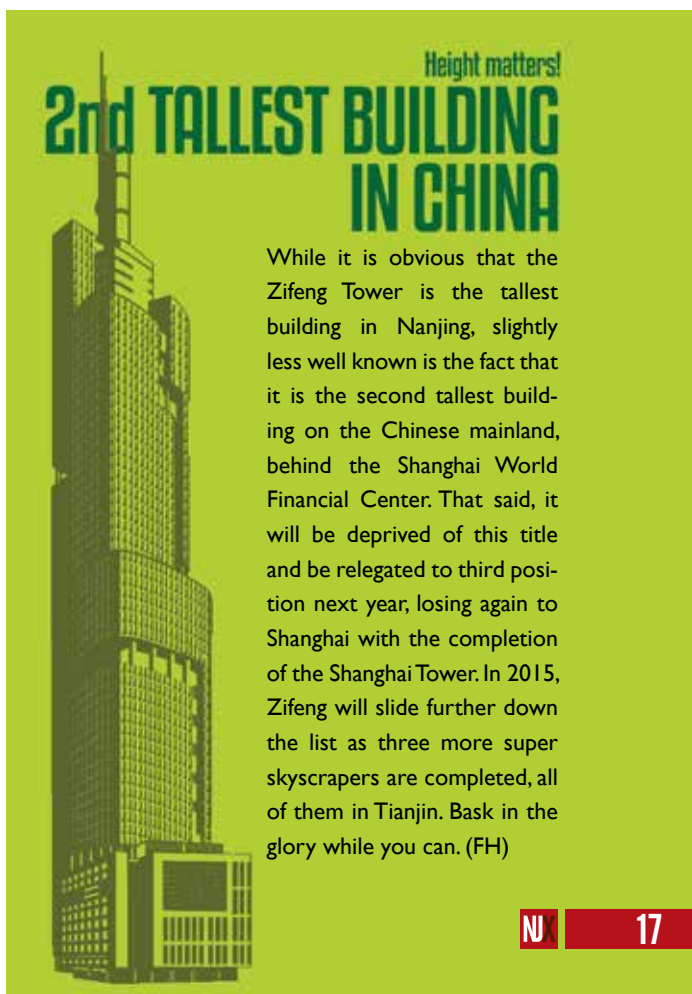
Power

LARGEST RAILWAY STATION IN ASIA

At 458,000 square metres, Nanjing South Railway Station is the largest railway station in Asia and the second largest railway station in the world, in terms of Gross Floor Area.

Measuring 456 x 216 metres, the roof of the station is covered with solar panels that provide 7.17 MW of electricity, making it one of the most energy efficient public buildings in China.

The Nanjing installation just pips Shanghai Hongqiao Railway Station to the post, whose solar roof provides slightly less power, at 6.7MW. (FH)



Height matters!

2nd TALLEST BUILDING IN CHINA

While it is obvious that the Zifeng Tower is the tallest building in Nanjing, slightly less well known is the fact that it is the second tallest building on the Chinese mainland, behind the Shanghai World Financial Center. That said, it will be deprived of this title and be relegated to third position next year, losing again to Shanghai with the completion of the Shanghai Tower. In 2015, Zifeng will slide further down the list as three more super skyscrapers are completed, all of them in Tianjin. Bask in the glory while you can. (FH)



Transmission

TALLEST CONCRETE PYLONS

Electricity pylons are commonplace up and down the streets of almost every town in every country. Placing those essential carriers of current across something as large as the Yangtze river is another challenge altogether. Dubbed the tallest concrete pylons on Earth, the power line crossings in Nanjing carry six conductors in two levels through mid-air for 2,053 metres. Other such power line crossings along the Yangtze are to be found in nearby Wuhu and Jianyin. (FH)

Engineering

BRIDGE OF 2,000 STORIES

The Nanjing Yangtze River Bridge can be thought of as the mother of all Nanjing superlatives, laying claim to at least three world firsts. While it is common knowledge that it was the first bridge across the Yangtze built without foreign assistance, what is less known is that during its construction, a world record was set for working underwater, at a depth of 80 metres, while the foundations for the bridge's nine supporting piers were anchored into the river bed.

Public access to such a spot high above the river is a sobering reminder that the bridge is also the world's number one suicide location. Over 2,000 people have claimed their lives since the bridge opened in 1968 by jumping into the river (preventative fences have been installed where the railway line runs under the bridge); many survive the fall but of those who do not drown, most die later of internal injuries. (FH)



Fortification

Biggest Citadel: Zhonghua Gate

Much to the ire of Beijing, after the Republic of China government established Nanjing as its capital, Zhonghua Gate was renamed the Gate of China. The title was nevertheless apt; the mighty citadel was almost impregnable and could house a garrison of 3,000 soldiers. The largest city gate on Earth is flanked by two large ramps that lead to/from the mid and upper sections of the gate serving to quickly disperse and regroup soldiers on horseback. Zhonghua Gate was listed on cultural and scenic spots under careful protection by the Jiangsu provincial government in 1957 and the State Council in 1988. (FH)





Contemporary Architecture

FIRST 5 STAR HOTEL IN CHINA

Regarded by many as the finest five star hotel in the city, construction of what was then China's tallest building, at a height of 111 metres, was completed in 1983. While the record was lost to Shanghai in the early 90s, the Jinling Hotel remained the tallest building in Nanjing until 1998, when it was overtaken by the Golden Eagle International Plaza. In modern day Nanjing, the recently opened phase 2 of the Jinling Hotel is the fourth tallest building in the city, at 242 metres.

Its glamorous reputation has made the hotel the choice of many a dignitary when looking to rest their weary head. Deng Xiaoping, father of China's reform and opening up, stayed at the hotel on 17th February 1997, a mere two days before his death, while China's then General Secretary Jiang Zeming and Kim Jong-il, former president of North Korea, came to the hotel in November 1991. From abroad, Romano Prodi and Angela Merkel both stayed at the hotel during their Premierships, of Italy and Germany, in 2006 and 2007 respectively.

Of particular note is the poignant visit by Deng, whose reforms included granting permission for the use of foreign capital in building hotels. As a result, Tao Xinbo, a Nanjing native and Chinese Singaporean, returned to the city with an eye to cashing in on the new economic policy. Putting in US\$8 million of his own money, he used his connections to acquire another US\$40 million in the form of a loan from HSBC in Hong Kong, and succeeded in giving China its first truly world-class hotel and Nanjing the tallest building in the country. (FH)



Local ONLY SHOP ON EVERY BLOCK

With its name literally meaning Jiangsu Fruit, the predecessor to Suguo was the Jiangsu Fruit & Food Corporation. Since the supermarket's founding in 1996, the retailer has spread its tentacles to not only every block of Nanjing, but also the rest of Jiangsu, along with the provinces of Anhui, Hebei, Hubei, Henan and Shandong. Therein can be found over 1,900 branches that employ over 50,000 people.

Of the seven types of stores operated by Suguo, Howdy and SGCS are 24 hour convenience stores, while Life's So Good with SG is the most international of the bunch, offering imported products comprising everything from liquor to coffee to shavers.

The company also operates a "no layoffs, no salary reduction" policy that weathered the global economic crisis of recent years while also opening 120 new outlets in 2009. (FH)



Luminous

CHINA'S MOST FAMOUS LANTERN FESTIVAL

For those of us who have been here for a while, the Chinese New Year (also known as the Spring Festival) can prove to be a very uneventful and frustrating affair. The streets are empty, shops are closed and travel is virtually impossible if not planned weeks in advance. Fortunately, we are lucky to be living in Nanjing, the city with the most famous Qinhuai Lantern Festival, dubbed by the PRC as an Intangible Cultural Heritage of China.

The Festival, held annually at the Confucius Temple on the last day of the Lunar New Year celebration, features up to 500,000 lavish lanterns varying in sizes, styles, and textures; depicting anything from legendary creatures and famous buildings to cartoon characters and world events. An old Nanjing saying bears witness to the local popularity of this fair; "without a lantern from Confucius Temple, you haven't had a good Nian (Lunar New Year)." More recently, the lantern display has spread out on a stretch that is 3.5 km long, running up to the Ming Dynasty City Wall. Although the Festival has officially been held in Nanjing since 1985, its history dates back to the Qing Dynasty, with some sources extending

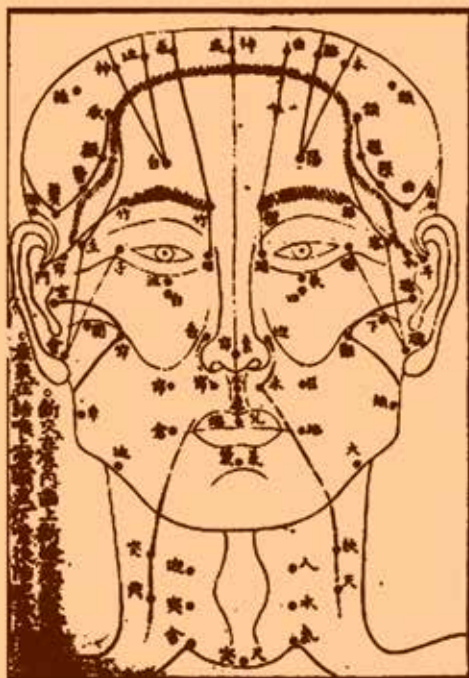
its roots to the Eastern Wu Dynasty (the Three Kingdoms era). As described in the Classic novel from the 1700s, *The Dream of the Red Chamber*, the Manchus hosted an extravagant celebration with gongs and ear piercing drumming, echoing through the city walls. The fervency of the celebration was greatly diminished throughout the 19th and 20th centuries due to a changing political climate. Thankfully, Nanjing's municipal government has revived this ancient festivity and is continuously working on its expansion.

The Confucius Temple (Fuzimiao) is the epicentre of the Lantern festival and consequently the liveliest district during this time. For the festivities, it is filled with stilt walkers, local folk-art displays, shadow puppets, beast dancing and countless other cultural distractions. Make sure to buy yourself a lantern, for as little as ¥10, or treat your significant other to one of the many novelty balloons buoying randomly about. If you feel lucky, try your chances on the Money Tree located at the entrance of the Confucius Temple, where you throw a red-ribboned wish onto the gold-painted leaves. (SM)



Length NANJING CITY WALL

Nanjing's city wall differs from other great walled cities in China such as Beijing and Xi'an whose walls follow a square grid system. While the wall in Nanjing keeps the trend of following the city's geographical layout, in practical terms this makes for a structure that meanders and undulates along the city's mysterious topological lines. A walk along the wall not only gives one a sense of the ancient city's grandeur, it is also a journey along a historical scroll, quite literally. Inscriptions into each of the bricks were performed by scholars, officials, artisans and folk people. As not only an important historical record of the city, the inscriptions bring one to an understanding of the multi-leveled inclusiveness that represented the Ming Dynasty. (FH)



Medicinal OLDEST UNIVERSITY OF CHINESE TRADITIONAL MEDICINE

Nanjing is home to one of China's earliest established universities of Chinese Traditional Medicine. Founded in 1954, the Nanjing University of Traditional Chinese Medicine (NJUTCM) has earned the reputation of "Cradle of Chinese TCM Higher Education" at both national and international levels. NJUTCM is famous for having established the nation's syllabus for the study of TCM, compiling in the process a series of textbooks, and for having trained and developed China's first group of TCM teachers.

NJUTCM is composed of 18,000 students with 1,200 international students spread out over two campuses. The university has already cultivated an impressive group of 30,000 Chinese alumni and more

than 8,000 international graduates hailing from 90 different countries and regions. The campuses offer four levels of education; a three-year professional program, a Bachelor program, a Master's Program and Doctorate Program.

In 1993, NJUTCM initiated a joint Bachelor program with the Royal Melbourne Institute of Technology in Australia, making it the first University of TCM to begin cooperation with an internationally accredited western university. Throughout the years, NJUTCM has developed and maintained long-term relationships with universities, social organizations and governmental bodies spanning 30 countries globally. As one of the WHO Collaborative Centers on Traditional Medicine, the university has become a respected contributor to the internationalization of TCM.

Furthermore, NJUTCM has been officially accredited as an International Acupuncture Training Center; a Center for Clinical Pharmacology, a national training base for teachers of TCM and the first university in this field to be authorized to enroll and train international students. With 16 affiliated hospitals and 20 teaching hospitals in town, you have come to the right place if you are interested in exploring alternative medicine. (SM)

Treasure NATIONALLY ACCLAIMED ANTIQUITIES

Prior to 1954, the Nanjing Museum was one of only two national-level museums in China; the other nationalized collection is still housed at the Palace Museum in Beijing's Forbidden City. The Chinese title of bowuyuan (博物院), as opposed to the more common bowuguan (博物馆), was originally used to delineate a gallery administered by the national government. Though the Nanjing Museum is now administered at the provincial level, its massive collection of cultural relics retains international significance.

The Nanjing Museum has partially reopened this November after undergoing an extensive four-year renovation project that cost in the neighborhood of ¥400 million. The new complex covers an area of 84,500 square metres and is home to over 400,000 historical artifacts, although only 40,000 exhibits will be on display at a time. Some 32,000 square metres of the museum's space was built underground, presumably for offices and archival storage. The new building comprises six exhibition halls; five permanent and one rotating. (DH)





Botany CHINA'S LARGEST PLUM COLLECTION

Whether you are a tourist, a student or an expat, having survived the fierce winter, you will find solace and renewed hope for warmer days to come at Nanjing's International Plum Blossom Festival. You do not need to be a floriculturist to appreciate the white, pink and red waves of Plum Blossoms cascading across an area of 100 hectares. Located at the picturesque Plum Blossom Mountain (Meihuashan) south of the Ming Xiaoling Imperial Tomb in the Purple Mountain scenic area, you are guaranteed to enjoy several hours of frolicking about in the midst of a history dating back to the Three Kingdoms era.

The Plum Blossom (*prunus mume*) or Meihua in Putohghua is the official flower of Nanjing and one of four national flowers of the Republic of China. The "King of Flowers" is more than just a seasonal symbol; this winter flower has been depicted in Chinese art and poetry for centuries. The flower's five petals symbolise the Five Blessings (Wufu); longevity, prosperity, health, virtue and a peaceful death. As the harbinger of spring, undaunted by the snow, these flowers are highly respected for their resilience, patience and ethereal elegance. The festival is celebrated to welcome these flowers as a renewal of hope.

Slip into some comfortable shoes in preparation for a long walk through the largest collection of plum blossom trees in the country. There are 35,000 plum tree plants with 120 varieties, ranging in size from a miniature bonsai to an impressive plant rising 10 metres into the air. Make sure to pay homage to the "King of Blossoms", a 400-year-old tree, regarded as one of the oldest Plum Blossom trees in China. The month-long festival, running from late February to late March, includes a variety of large-scale performances, commercial and cultural activities, art and cultural exhibitions, carnival games and rides and of course a delicious selection of local delicacies. (SM)



Commerce CHINA'S LARGEST COMMERCIAL ENTERPRISE

Founded in 1990 and listed on the Shenzhen Stock Exchange in 2004, Suning is now China's largest commercial enterprise with over 1,300 stores nation wide, 120,000 employees and a hefty ¥100 billion in annual sales. A homegrown company, Suning's corporate headquarters are located a mere 5km from downtown Nanjing boasting impressive five-star facilities.

Suning is growing and expanding at an exponential level. In 2009, the company launched its e-commerce platform, Suning.com, landing a spot in the top three B2C Chinese companies. Committed to transforming the retail industry, in early 2013 "Suning Appliance" changed its name to "Suning Commerce" in a bid to advance and transform in both the online and offline sectors and as a service provider to other businesses.

Furthermore, Suning is now on the path of becoming the first private company to jump on the banking bandwagon. In September 2013, The State Administration for Industry and Commerce announced the approval of the name "Suning Bank". The company preempted Tencent Holdings by spending ¥120 million and ¥300 million in the establishment of an insurance sales firm and a micro-lending company.

Suning's ambitions are, however, further reaching; the company has announced its plan to expand its product categories with the hopes of becoming China's "Wal-Mart plus Amazon." In October of this year, Suning Commerce joined with Legend Holdings' Hony Capital to invest US\$420 million in PPTV, a Chinese Internet video website. In the same month, the Nanjing-based company announced the opening of its first overseas R&D center in USA's Silicon Valley. "China is on pace to become the largest consumer market in the world," said Mr. Zhang Jindong, Chairman of Suning. "Not only will Suning's sustained, long-term investment in innovation and new retail technologies drive aggressive business growth, it will help transform China from the world's factory into the world's market place." (SM)



Heritage **RESTING PLACE OF THE ROYAL REBEL**

Ming Xiao Ling is Nanjing's contribution to the list of UNESCO World Heritage Sites in China. Construction of this tomb for the first emperor of the Ming dynasty, known as Hongwu, began in 1381. Over 600 years later, much of the burial complex still remains intact to this day.

The structures of Ming Xiao Ling offer well-preserved examples of early Ming architecture and stone sculptures but the tomb's significance is more directly connected to its assumed occupants. The founder of the Ming Dynasty was the leader in a peasant rebellion that eventually succeeded in overthrowing China's Mongol rulers, the Yuan Dynasty. Hongwu also commissioned construction projects, such as the city wall and the Ming Palace, that are still considered distinctive features of our city to this day.

The area surrounding the tomb at Ming Xiao Ling is also renowned in China for the plum trees that bloom in the park every winter. The name given to the Hongwu Emperor's tomb includes a reference to his wife, the Xiaoci Empress, who is reported to have been interred at the site after her death in 1382. The "Xiao" in Ming Xiao Ling is taken directly from her royal moniker. (DH)

The Port of Nanjing is the largest and busiest inland port of China with a history tracing as far back as 229 CE. It is situated along the lower reaches of the Yangtze River running straight into the Huanghai Sea, covering an impressive area of nearly 200 km. There are many lakes, rivers and canals that connect to the Yangtze River making Nanjing's Port a central hub for cargo and passenger-based transport. The facility is complimented by container terminals at Longtan Port and Xinshengwei Port, further consolidating Nanjing as the central inland port.

With 230 berths, eighty hectares of warehouses, and nearly 18 km of rail, this king-size port can accommodate ships of up to 35,000 tons and can handle an average of 60 million tons of cargo per year. It proudly boasts the largest petroleum shipping jetty, coal facility and foreign trade shipping dock in China and shall be able to handle 50,000 ton ships after the river is dredged to a sufficient depth after ongoing work.

Following the completion of the Yangtze River Bridge in the 1960s, it became the most reliable link between the northern and southern parts of China on the eastern coast. The port bridge has become an important symbol of strength and perseverance; designed and built solely by the Chinese (see p.16; "Bridge of 2,000 Stories").

As China continues to develop at a rapid pace, the government has implemented a series of policies to continue the expansion of the port by way of assistance to the Shanghai International Shipping Center in the months to come. Shenzhen International Holdings has recently invested in the development of the Nanjing Chemical Industrial Park, which will allow the Port of Nanjing to develop five new deep-water terminals and two logistics centres. However, it looks like Nanjing faces some fierce competition up north; the city of Manzhouli port, in Inner Mongolia, has recently established itself as a front-runner in terms of imports, exports and trade-volume. Let the race begin! (SM)



Maritime **LARGEST INLAND PORT OF CHINA**

Imperial Architecture

MODEL FOR FORBIDDEN CITY

The Forbidden City in Beijing is probably China's most famous historical site. What not many people outside of Nanjing know, is that the Imperial Palace Version 1.0 was actually built right here in Nanjing with Zhongshan Dong Lu running through its centre. The Old Ming Palace of Nanjing was the blue print for the later construction of the emperor's splendid home in the Northern Capital.

The Ming Palace was constructed in the 14th century but sadly did not survive numerous clashes with history, falling victim to destruction and gradual dismantling.

In 1367, the future founder and first emperor of the Ming Dynasty, Zhu Yuanzhang, initiated the construction of the magnificent palace to coincide with his appointment of Nanjing as the capital of Ming China. In 1368, only a year later construction was completed, and Zhu became the self-proclaimed ruler of the Ming kingdom, to be known as Emperor Hongwu.

In 1373 and 1392, Hongwu commissioned extensive refurbishment and expansion of the palace in order to preserve its imperial splendor. The steady decline of the palace began after the death of the Hongwu emperor.

His grandson ascended the throne but immediately fell victim to the machinations of his uncle, Zhu Di, who felt he was the rightful heir to the throne. Upon his entering Nanjing, the imperial palace was torched, and the charred body of what was presumed the Emperor was recovered.

After Emperor Yongle's seizing of the throne, the emperor decided to move the capital to Beijing in 1421, for strategic purposes relating to the threat of a Mongolian invasion. While Nanjing still remained the reserve capital of the country, its loss of status resulted in neglect of the city and its architecture.

A series of fires destroyed parts of the palace during the 15th century, such as in 1449, when the three main halls of the Outer Court (the ceremonial seat of government) burned down. Due to disinterest in the former Imperial Palace, the parts of the palace that had been consumed by the fire were never rebuilt.

For a very brief moment from 1644 to 1645, the Imperial Palace once again became the home of an Emperor, the Emperor Hongguang, who proclaimed the Southern Ming Dynasty in a futile attempt to resist the rise of the Qing Dynasty.

While Hongguang spent some of the little time he had as a ruler on rebuilding the already decrepid palace, his attempts were in vain as the Qing army reached the interim capital in 1645, bringing with them the Manchu army of the Eight Banners.

In the following years, the palace was gradually demolished by the Manchu, with any material that could be transported being removed to be used in the construction and decoration of other buildings. During the second half of the 17th century the former grand palace, which had housed a number of regents, became uninhabitable; its mere ruins remaining.

Those parts of the palace not stripped bare under the Manchus later fell victim to the Taiping Rebels, who used every stick and stone they could find in the ruins for the construction of their headquarters; the Presidential Palace. Ironically, the Ming Palace layout model can today be viewed in the very same building that caused the final demise of one of Nanjing's and China's historically most important buildings.

The only remnants of the palace today are a few palace ruins including five marble bridges, known as the Five Dragon Bridges, and Wuchaomen, the main portal to the palace with its surrounding park, a popular destination for Nanjing's senior citizens to enjoy sports and recreation. (LHS)





Political GUOMINDANG (KMT) CAPITAL

During the Nanjing Decade, from 1928 to 1937, Nanjing reclaimed its status as a capital city, by becoming the designated headquarters of the Guomindang (KMT) under Chiang Kai-Shek.

Chiang was expelled from the original KMT government in Wuhan for the execution of hundreds of Communists and unionists in Shanghai in 1927. In reaction, he moved on to form his rival government in Nanjing. This move saw the total of China's capital cities of the time rise to three; the internationally recognized warlord regime in Beijing, the Communist and left-wing Kuomintang regime in Wuhan and finally the right-wing civilian-military regime under Chiang in Nanjing, which went on to serve as Nationalist capital for the following decade.

Nanjing was chosen as the party's capital due to its symbolic and strategic value. As the original location of the Republic established by Sun Yat-Sen and his provisional government, the city carried a strong historical importance. In a symbolic gesture and to consolidate Chiang's emerging personality cult, the Generalissimo moved Sun's resting place to Nanjing, to the grand mausoleum dedicated to the democrat. From a strategical point of view, the KMT stronghold was in the South of China, making Nanjing a more secure capital than Beijing. In addition, Chiang was born in the neighbouring province, which gained him strong popular support in the area.

In June 1928, after Chiang's KMT captured Beijing, the international community recognized Nanjing as the sole

legitimate government and capital of China, consolidating Chiang's regime over a majority of the mainland, excluding warlord zones in Manchuria.

While the establishment of the KMT as leader of the country was initially well-received, Chiang's actions soon quenched support for his rule. Chiang exploited the teachings of Sun Yat-Sen's three stages of revolution; military unification, political tutelage, and constitutional democracy, on which the KMT rule was based. Under the pretence of adhering to Sun's principle of tutelage, Chiang systematically eliminated his competitors, dropping all pretense of wanting to establish a democratic state.

Further afield, the Nanjing administration under Chiang soon saw itself involved in struggles involving the same warlords the Generalissimo had initially managed to appease by allowing them semi-independent status. In fact, in 1930 the KMT only directly controlled 8 percent of the geographical area of China, with the remainder under the KMT's indirect influence through alliances with provincial military governors.

With the consolidation of his government, Chiang tried to eliminate as many of his warlord rivals as possible in order to gain full control of the parts of China that had so far eluded him. Unsurprisingly, the warlords did not take the threat to their rule lying down and the Nanjing government soon found itself involved in multiple power struggles, not forgetting the on-going conflict with the Communist party, leaving no room for focus on reforms or policy improvement.

In 1937, while the KMT rule had suffered a decline in support, it was still going strong. However, the infamous invasion by the Japanese army and the ensuing Sino-Japanese war ultimately led to the abandonment of Nanjing as Chiang's KMT headquarters.

By December 1937, Nanjing had fallen to the Japanese, resulting in Chiang moving his government inland, initially to Wuhan and then to Chongqing. By withdrawing far into the West, Chiang managed to stretch the Japanese supply lines. In resistance to the invasion he further authorized the use of scorched earth tactics, which killed a large amount of Chinese nationals. During Chiang's retreat from Nanjing, the KMT army further deliberately destroyed all dams around the city as a means of delaying the approach of the Japanese army. This course of action was responsible for the deaths of 500,000 people in 1938 Yellow River flood, which occurred due to the destruction of the dam.

Three years after the end of the Nanjing Decade, he who had previously expelled Chiang Kai-Shek from the Wuhan KMT government, Wang Jingwei, set up a puppet state of

the Japanese in Nanjing known as the Reorganized National Government of China.

In 1946, after Japan had surrendered and its Nanjing puppet state was abolished, Chiang returned to Nanjing and reinstated the city as KMT capital for the final three years of his reign. During this time the Nationalist Party faced its fatal blow, when Chiang's economic policies alienated many businessmen who were some of the most important supporters of the KMT regime. Shortages of raw cotton, the leading sector of Chinese industry at the time, led the KMT government to an aggressive response; the implementation of a strict control of cotton supply and a price freeze on cotton thread in textiles. The cotton textile industrialists, who made up an essential part of the country's industry, fled in droves to Hong Kong or Taiwan between the end of 1948 and beginning of 1949 to escape the soaring inflation and restrictions to their business. With them, not only the KMT's economic backbone was shattered but also their spirits. On April 23rd, 1949 the People's Liberation Army conquered Nanjing, ending the reign of the KMT and Chiang Kai-Shek on the Chinese mainland. (LHS)

Transport ENDPOINT OF THE SHANGHAI – NANJING RAILWAY CONNECTION

The year of 1908 marked the grand opening of a historically important railway station, Nanjing West. The train station was not only Nanjing's oldest railway station and for a while China's largest but also its connection to the outside world as the starting point of the old Shanghai-Nanjing Railway.

Its construction began in 1905 and was completed over the course of three years. On 29th March, 1908 the connection between the two important cities was officially open for business.





A passenger on its maiden voyage was the British Consul General to Shanghai Sir Pelham Laird Warren. The trip covered 193 miles, taking Warren 5 hours and 37 minutes.

The station was located in Xiaguan District, close to the southern bank of the Yangtze River. Apart from simplifying travel between Nanjing and Shanghai the station was the point arrival, where passengers traveling from the Shanghai area to places in China's North such as Beijing would have to get off the train and board a river ferry, to resume their northward journey from Nanjing North Railway Station, located on the opposite side of the river.

Nanjing West was a witness to a period of conflict, turmoil and drastic change. It carried out its duties through the fall of a dynasty, the founding of a Republic, civil war, the Japanese occupation, the Cultural Revolution and the Reform and Opening of China.

On New Year's Day of 1912, the first day of the Chinese Republic, its founder and father of the Chinese Nation Sun Yat-Sen arrived at Nanjing West to go on to make history in the city.

At times, Nanjing West was however more than a mere witness, instead being involved in and influenced by the historical happenings around it. In 1947, the returned Nationalist government under Chiang Kai-Shek ordered the expansion of Nanjing West Railway Station. After construction was completed, Nanjing West was the largest railway station in the whole of China.

Upon the flight of the Nationalist government from Nanjing in 1949, the Nationalist army blew up parts of the railway station including the main building's passenger waiting halls and luggage halls as a final parting gift to their approaching Communist opponents.

In 1950, the new communist leaders began the renovation of the station, covering up the damage left behind by the civil war.

Reflective of the fluctuating state of the nation during which it existed, the station went through a number of name changes. Initially known as Jiangning Station, it was renamed Nanjing Station (南京车站) in 1927, to better reflect its importance as a major transport hub of Nanjing. In 1930, after the station had become too old to keep up with modernisation, a new station was built in its stead, known as Xiaguan Railway Station (下关火车站). After the flight of the Nationalist government and the coming-to-power of the Communist party the station was once more renamed into Nanjing Railway Station (南京火车站).

In the second part of the 20th century, the station faced a decline in its importance due to the emergence of numerous competitors. This was reflected in its name, when it was finally named Nanjing West (南京西站) in 1968, with the opening of the Yangtze River bridge that led to the construction of the new Nanjing Railway Station closer to the city centre. It retained the name until its shutdown 44 years later.

After over a hundred years of helping travellers reach their destination, Nanjing West sent off its final passengers to Xiamen on the K161 at 10.17 pm on 25th March 2012, marking the end of passenger transport carried out from the traffic-hub of the past.

Beloved by many Nanjingers, it got a grand send-off a week before its shutdown. On Wednesday 14th March 2012, 800 travellers bought tickets for the 7102 train from Zhonghua Men station to Nanjing West, to say farewell to their old friend. Even on a weekend, the train usually sold half that amount at best. Since its closure there has been talk of it being converted into Nanjing's first railway museum. (LHS)

Meet Rose

...who is Nanjing's first little butterfly. This tiny wee girl is actually 5 months old. Every bit of energy Rose gets from her formula goes into the effort to breathe and move oxygen around her body. This doesn't leave much for the business of growth and yet growing is exactly what little Rose most needs to do. At present she is too tiny and frail for the very complicated series of heart surgeries she will need. Rose's specialized care plan has been designed to help her grow bigger and stronger to give her the best chance to not only survive but to thrive after heart surgery.



Opened in November 2013, Nanjing Butterfly Home works in cooperation with the Chinese government to bring loving care to children with life threatening illnesses or life limiting conditions.



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THE NANJINGER  COLLECTABLES

CHICKEN & CORIANDER MEATBALLS (or beef or turkey)



INGREDIENTS

2 pounds lean ground chicken, beef, or turkey.
1 small onion, finely chopped
1 clove garlic, crushed
2 generous teaspoons ground coriander
2 scant teaspoons ground cumin 1 tablespoon savory fruit chutney (I used ice plum here in China— do not use jam or jelly)
2 teaspoons bouillon stock cube, powdered
1 tablespoon tomato puree

DIRECTIONS

1. Preheat oven to 190°C.
2. Place all ingredients in a large bowl and mix well.
3. Shape into balls a bit smaller than a golf ball.
4. Lightly oil a baking sheet and place meatballs onto baking sheet.
5. Bake in oven for 20-25 minutes until browned and fully cooked.
6. Serve hot or cold with tomato sauce, ketchup, chili sauce and potato wedges; or pasta.

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) 



鸡肉和香菜肉丸

(或者牛肉或者火鸡)



配料

- 2 磅瘦鸡肉馅、牛肉馅、或者 火鸡馅
- 1 个小洋葱, 切碎
- 1 瓣蒜, 压碎
- 2 大茶匙香菜籽粉
- 2 平茶匙孜然粉
- 1 汤匙水果酸辣酱
- (在中国我选用冰梅子——不要用果酱或果冻)
- 2 茶匙高汤料, 粉状
- 1 汤匙番茄酱

制作方法

1. 烤箱预热至摄氏190度。
2. 把所有配料放入一只大碗, 混合均匀。
3. 做成比高尔夫球稍微小一点儿的球状。
4. 在烤盘上薄薄地抹一层油, 然后摆放肉丸。
5. 烤20-25分钟, 直到外表呈棕色, 熟透。
6. 作为冷菜或热菜与番茄酱、辣椒酱、和马铃薯块搭配; 或者和意大利面一起享用。



It's more than just a cookbook...

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

NANJING USER'S GUIDE



IN ASSOCIATION WITH
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Learning Chinese Without Breaking The Bank

Have you just arrived in China and are trying to decide on the most effective way to learn Chinese? Perhaps you have been in China for some time, but you have not had the chance to really get to grips with the language. Some of the best ways to learn Chinese do not require a huge investment, and can also fit around a busy work schedule.

Find a language partner

This is probably the best way to get started. Find a native Chinese speaker who is keen to improve their English, buy yourself a beginners Chinese text book, and you are ready to go! Speak English for one hour and Chinese for another hour. You will find you soon have the basics mastered.

Download Podcasts

There are an unlimited supply of Chinese podcasts online, both paid and free. ChinesePod.com is an excellent site, with a constant supply of new podcasts. The advantage of a website like this is that you can really boost your listening ability and also your vocabulary.

Speak more!

Every opportunity you get, speak! This might be when you are out and about, ask someone for directions. If you are in a shop, ask a shop assistant where something is instead of looking yourself. When getting a taxi, ask the taxi driver what he likes to do in his spare time. Speaking is the only way the language will become deeply ingrained in your head.

Watch Chinese TV

Once you have got to an intermediate level, you can start to watch Chinese TV shows. Even if you can only follow a small amount of what is going on, you will find you will quickly start to pick up more and more words that you have learnt. The best thing about this method is that there is an unlimited supply of Chinese TV online and available for free.

It should be noted that there is no easy way to learn Chinese, every method requires dedication, hard work and a lot of time. However, if you are willing to put in the time each week, these suggestions will help you improve that bit quicker.



Consumer Protection Law Revision

■ On 25th October, 2013, China's top legislature passed a revision to the law on consumer rights and interests, the first since the legislation was adopted in 1993. The Amendment, takes effect on March 15, 2014 and adds provisions to respond to the recent boom in online shopping. Six amendments aim to improve the protection of consumer's interests.

i) Shifted Burden of Proof

Imagine you purchase a refrigerator and after two months there is a problem with the cooling system. The vendor refuses to repair it free of charge accusing you of wrongful operation. In this case, the new amendment places the burden of proof on the vendor. This means they should prove their innocence if the consumer finds faults in durable goods such as TVs or washing machines within six months of purchase. Otherwise the vendor assumes relative responsibility.

ii) Improving Return of Goods

With the rise of the Internet, online shopping has become an important way of trading. According to data released by China Consumer's Association, 20,454 complaints with regard to online shopping were received in 2012, accounting for 52.4 percent of the all complaints. The new law allows e-shoppers to unconditionally return goods in exchange for refunds within seven days of the transaction. They are however required to pay logistics costs.

iii) Privacy Protection

We have all had experiences of receiving spam after using our email address for online purchase. The leakage of personal information has seriously affected our daily lives and has intruded upon our privacy. The new amendment thus stipulates that all vendors must keep strict confidentiality of consumers' personal information, adopt appropriate technical measures to safeguard this information and, furthermore, should not send commercial information to consumers without their explicit consent and request.

iv) Public Interest Litigation


Where a business operator harms the legitimate interests of a large number of consumers, China Consumer's Association is now able to bring a lawsuit to better protect public interest, since a single consumer may be too weak to fight for their rights against a powerful corporation or may not have the resources to organize group litigation.

v) Online Trade Liability

Online shopping is not equal to ordinary purchasing. Generally speaking, it is difficult to identify online vendors' sales qualification or business reputation. Thus, the new amendment partly attributes accountability to the online trading platform. The platform will be liable for compensation if it is unable to provide the true name, address and valid contact method of the seller. This means if you purchased a fake watch from a platform such as Taobao, you may have the right to ask Taobao to compensate you for your loss if they cannot provide any valid information of the watch seller.

vi) Sales Fraud Compensation

Compared to the original version of the law, the amendment has imposed harsher penalties on business operators, who defraud consumers. Additional compensation for commercial fraud can now be three times the value of goods or services, with a minimum fine of ¥500.

Imagine buying a sack of rice at a discount of 50 percent from a supermarket. However after you arrive home you find that you were wrongfully charged the full price of ¥40. In this case you will be entitled to ask the supermarket for compensation at three times the amount you paid for the goods. Since there is a minimum fine of ¥500, you would get ¥500 in compensation. 

Disclaimer

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

WHAT COLOUR IS YOUR CUSTOMER?

With Jochen Shultz

Successful Selling Through Situational Customer Approach

Being a sales person is something akin to being a chameleon. The belief that one can treat every customer the same is a fatal misconception. At times, the sales person either needs to be an expert, a translator, a supporter and even an entertainer, depending on who walks through that shop door. But it will pay off; correct communication in word, tone and body language equals successful selling.

PSYCHOLOGICAL THEORY OF COLOURS

The yellow character...

... is demanding and clear in their concepts. They know what they want. As a salesman you are well advised not to persuade them too much; at best offering one or two alternatives to their initial quick decision. Ideally though, you can support their choice.

The green character...

... is rather careful, restrained and uncertain. This type of person is seeking extensive counsel. They require a lot of time and may walk out of the door without an order, if they feel pushed or unaided in reaching a decision. They will initiate contact and want a personal bond with you. If they receive the assistance they seek, then you gain a regular customer.

The blue character...

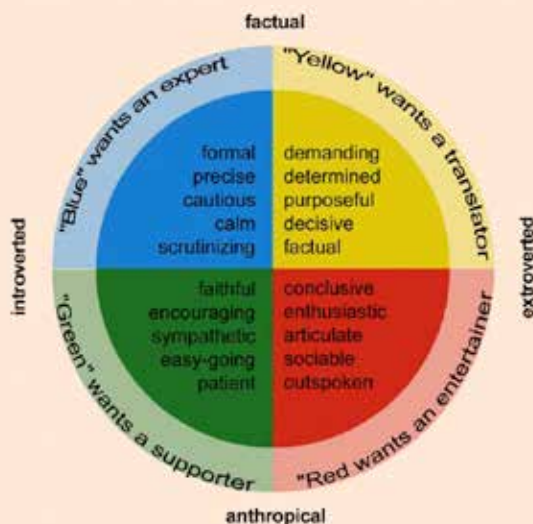
... is not a person of many words. They are decent, accurate and come to a meeting well prepared. They usually are not susceptible to small talk. You will identify them by their smart clothing and coordinated movement. Provide them with professional service, security and dependability.

The red character...

Beware of red types, this is where you can put your sales talent to the test. Upon entering, they cannot even decide at which table to take a seat. When faced with making a choice from a product range, they have their problems too.

Red characters will not get to the point if you do not assist them. Enthrall them with two offers, then they will (hopefully) be able to opt for one.

Of course, as with most things in life, characters are not black and white, nor yellow, green blue or red. Naturally there is also a mixture of characters. However, experience shows that most of the time one behavioural pattern or colour prevails.



Success through correct communication

The graphic above shows how to classify the particular characters and what, roughly speaking, the adequate approach is. Speak the language of your customer. Treat them as they want to be treated. **MTI**

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THE NANJINGER

NANJINGEXPAT

By Misha Maruma

Chinese Bending it like Beckham?

In a triumph for Chinese football (or soccer to our American friends), Guangzhou Evergrande have become the first Chinese team to win the Asian Champions League. They are the first Chinese team to win a pan-Asian tournament since Liaoning's winning the Asian Club Championship in 1990.

Many hope that this victory will signal a resurgence in football after the recent corruption scandals that blighted the growth of the game in China. Fans from across China watched Guangzhou draw 1-1 at home to win the tournament on the away goals rule.

The final was played over two legs; the first away in South Korea against league champions FC Seoul. The score was 2-2 with goals scored away from home counting extra. Therefore as the second game finished 1-1, Guangzhou won overall by virtue of scoring more goals away from home than Seoul.

The game attracted the largest TV audience for a sporting event in China this year. Approximately 23.68 million people tuned into CCTV-5 on Saturday 9th November to watch the second leg as Evergrande came out victorious.

The Italian coach of Guangzhou, Marcello Lippi, can add the AFC Asian Champions League to his already impressive list of achievements; In 1996 he won the UEFA Champions League with Juventus in 1996 and ten years later he celebrated Italy's victory at the FIFA World Cup as the national coach of the Mediterranean team.

With this victory Chinese football can look forward to a new era of popularity. Guangzhou Evergrande have won the Chinese league for the last two seasons confirming their dominance in the field. Fans will look forward to watching them compete as Asia's representative at the FIFA Club World Cup in Morocco next month in a chance of going up against the winners from Europe and South America.

If you are more of a player than a watcher,


you would previously have been able to enter a team into the Nanjing International football leagues. Unfortunately the leagues are not running this year. I spoke to Dan Aylward, last year's football league organiser, to find out what caused the disappearance of the

Nanjing league.

Dan Aylward is also the manager of the Nanjing Rockets, the local rugby team. This work is already keeping him quite busy, leaving little time for anything else. More importantly though, the main problem Dan has faced in the past was not finding the people to play but rather finding the people to play against.

"Nanjing doesn't have many expat run teams and it is difficult finding Chinese teams that are good enough to make the games competitive," Dan admits.

During the previous year the sports enthusiast managed to set up a league with eight expat teams and organise matches during the weekend at Zhengde College in Jiangning. At the end of the season there was even a trophy presentation. The big prize was claimed by the Nanjing Ligers for the second year in a row.

While Dan has effectively retired from his footie duties, the post of football league organiser for Nanjing has yet to be filled. If you consider yourself the man or woman for the job, you are welcome to give it a try. Likewise, if you just want to play the game. The Nanjinger will put you in touch. 

*"The food was hot, the
mics worked, everyone
was happy."*



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NO TIME TO WASTE

BY NURMIRA JAMANGULOVA

Generating waste has been and always will be a part of human activity. We can never avoid producing waste; we can however, try to control it. When the amount of unwanted materials started causing health issues in ancient cities the science of Waste Management developed. First steps towards waste elimination were to burn or dump it in rivers, seas, or oceans. After decades of poisoning our waters, we finally came to realize the consequences of our actions.

In the second era of Waste Management, regulations and policies were imposed, as a result of which many back yard furnaces were shut down. Landfills became popular solutions. The “injection” method was introduced, drilling deep holes underground and injecting unwanted waste into it. After leakage of toxins to the groundwater became apparent, this “cradle to grave” approach was exposed as wasteful of our precious resources and harmful to the environment.

The era of recycling was initiated by Japan and Germany who remain top of the list in “cradle to cradle” waste management.

Thus, millions of trees have been saved;

land and waters have been cleaned.

Despite this improvement, the amount of waste generated is growing rapidly with new contaminants are emerging, such as electric waste. In China alone 20-50 million metric tons of electronic waste are generated annually, making it the fastest growing waste stream.

70% of highly toxic global electronic waste is dumped in China.

Growing mountains of waste are still the biggest concern for governments and international organizations. The Basel Convention on the Control of Transboundary Movements of Hazardous Wastes and Their Disposal, usually known as the Basel Convention, is an international treaty that was designed to reduce the movements of hazardous waste between nations. The BC entered into force on 5th May 1992. As of May 2013, 179 states and the European

Union are parties to the Convention. Its main mission is to protect less developed countries from the movement of hazardous waste into their territory after the tight regulations and high cost of e-waste treatment in developed countries opened a huge market for illegal trading and shipment.


Unfortunately, the Basel Convention is just a framework and has not been signed by sufficient members of the UN to make a difference since countries are afraid it might tighten world trading. While the debate is continuing, the black market is thriving, making money at the cost of children's health, who are dying from improper handling of e-toxic waste in developing countries.

So far scientists, managers and governments agree on one thing; waste has to be treated on site where it was generated.

The question that remains is who has to pay?

An attempt of the governments to hold industries responsible through Waste Electrical and Electronic Equipment Directive is only working in the EU. The rest of the world quickly tosses the ball back to the government.

When China opened its doors to the world, along with many good things, waste also flooded the country. I have been living in China for seven years now. It has become my home; my son was born here; I started a family here. When I reflect on what I can do to make this home a better place and how I can leave it better than I found it, I become aware of small things: bringing my shopping bag every time I go shopping, consciously making a list of things to buy, showering with lower water pressure, reusing water at home, using my old mobile phone although it is out of fashion and many daily little things which will make a significant difference in the long run.

It is easy to point at the government or industries and blame them for killing innocent children, but we need to change our ways of thinking. I am also responsible because I am being wasteful. If we stopped buying, industries would not produce as much. If we take responsibility for the results of our actions, advertising will not affect us anymore. This way people will truly have a better life. Our passion and love for those children dying from toxins shall prevail over our passion for false wealth. And one day, a country's indicator of development shall not be GDP but the happiness of its people. 



XiTang Ancient Town

Text by Nooz Phlannel

Xitang is a charming ancient town in Jiashan County, Zhejiang Province. It is famed for its labyrinthian network of desolate waterways and narrow, meandering alleys. It features well-preserved buildings from the Ming and Qing dynasties and its arched stone bridges are evocative of an ancient Chinese fairy tale. However, thousands of years of history and charm are being slowly enveloped by the creeping stranglehold of commercialism.



Photo by Anna Wong

I travelled to Jiashan County from Shanghai, which took around 90 minutes. From the Nanjing Central Bus Station, a long-distance coach journey will take five or so hours. Xitang is then a mere 15 minute taxi or tuk-tuk journey from Jiashan bus station. Admission is in the area of ¥100 for a full day pass but I would strongly recommend at least one overnight stay. Xitang is a mecca of boutique hotels and waterside eateries. Some guesthouse owners also attract business by offering free admission if you arrange a booking and will collect you from the Jiashan bus station, which is the option my travel companions and I chose.



As keen amateur photographers, we planned to wake up at the crack of dawn and capture the true beauty of Xitang before the rowdy tourist hordes awoke with their lust for mass purchasing and group photographs. In the first hours of daylight from 6 to 8.30am, Xitang is really one of the most tranquil and traditionally Chinese scenes one could wish to witness. Archaic houses with cascading tiles and carved wooden pillars line the street corridors. The famed waterways are interwoven into the fabric of this old town and masterfully crafted bridges brim with the legends and fables of yesteryear. The calm waters and venerable buildings reflecting beneath the morning sun entice you to envisage times gone by. This was a truly humbling experience and Xitang at this time of day holds a distinctly romantic and almost mythical warmth. But such peaceful

pondering and photographing upon the age-old cobbled alleys and bridges was to be short-lived.

Swarms of tourists descend on the town from late morning to early evening and jostling tour groups edge their way along the narrow pathways and corridors. The magnificent bridges and sleepy walkways are soon awash with a mishmash of colour and noise. Stalls and shop fronts erupt with swamps of mass-produced trinkets and souvenirs and restaurateurs and shop owners hawk their services to the motley crews scurrying by. At night, a medley of restaurants and bars pound noise pollution into the night sky as money changes hands and litter cartwheels along the time-worn streets.

Yet there are some gems to be found in this ancient town away from the inevitable hustle and bustle. Many of the ancestral properties offer impressive traditional-style sleeping quarters and there are some very stylish cafés and craft shops. Ancient Chinese domains always attract artists young and old and some of the artwork on offer was the true highlight of Xitang. There are a few treasure troves tucked away along the swamped corridors showcasing both traditional paintings and post-modern works of local artists on canvases stacked to the rafters.

Some of the restaurants offer fantastic cuisine and a particular favourite of ours was a Qinghai barbeque restaurant with a superb second floor terrace where you could watch the world go by while feasting on high quality meatsticks and sumptuous dishes to be shared. There are also various modernised cafés offering coffee, Western snacks and decent continental beer selections to passers-by. There is also a matrix of walkways shooting off the main strip, which criss-cross into quieter pastures. It must be stated loud and clear that at peak times it can become quite chaotic and unpleasant.

Xitang is a place where traditional beauty wrestles with commercial consumerism, where the tranquillity of morning contrasts with the pandemonium of afternoon. But also a place where you can find a quiet corner away from the narrow-minded crowds to soak in the majestic antiquity, if only for a minute or two. It seems such brief moments of peace are only too rare in the fast-paced rush of not only Xitang. **NU**



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

POINT SYSTEM

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



The Cape Crusaders

In the face of the complexities of a globalising planet, the world of wine keeps it very simple; there's old and there's new. When winos use the term 'old world' they look through the prism of European discovery of the Americas and Australasia, being vague about Eurasia (included in the classic historic definition of old world). The classification is about as much use as a chocolate teapot in defining wine style with the contemporary diaspora of both vine and man ("flying winemakers" increasingly catering to the homogenised wine palate). Much vaunted "terroir" (place) has a claim in shaping wine style, though location certainly does not cleave neatly into old and new, with some parts of "old" Spain hotter than the hottest wine growing valleys of "new" Chile. Climate ranges is surely a more nuanced and useful classification (and on that basis we could even disregard the grape names; a buxom Argentine Malbec bears little resemblance to France's sinewy versions of the grape.

The so-called new world wines of South Africa sit somewhere in the middle of the weather spectrum; the country warm, sunny and Mediterranean-ish, with hints of the Rhone valley. Since emerging from the dark shadow of apartheid and trade embargos in the mid-nineties, it seems best suited to knock out sun-bathed bouncy reds and whites, competing at the value level. Not necessarily so, as the cooler areas of the Cape are where the young crusaders, ironically working with older vines (SA hauled its first grape harvest over 350 years ago), aspire to rival Napa, Bordeaux and Burgundy, and are already reaping rewards with "edgy" and elegant Chenin Blancs (the country's most planted grape), making fellow new worlders Chile and Argentina look like platitudinous crowd pleasers.

South Africa's elite are still readying at the banks of the Rubicon for a favourable crossing to China, but there are worthy contenders from the lower ranks to be found here. Anyone who has lived in China more than a fortnight should know that the Obikwa range make for reliably genial company, and, if you don't, then they are currently residing in Carrefour, Auchan and BHG supermarkets, circling the ¥80 mark (the Chenin being my pick of the bunch on a recent tasting; a pleasing whack of pineapples and sunshine, 15.5 points).

Pinotage, which is the result of a home-made crossing of Pinot Noir and Cinsault, is really the country's signature grape. By and large a little rustic in feel, it veers from heavy to light-bodied styles with a beguiling smoky earthiness at best, though redolence of burnt rubber is not an unjust complaint of some concoctions; unfairly stigmatising the good ones. Here it intriguingly meets one of its parents in the Green Cape Cinsault/Pinotage 2011, showing damsons on the surface and sufficient bark and bite underneath to make it an interesting steak pairing (15.5 points); watch out for the price, low enough to trip over at ¥59 from Metro. For fans of the fuller body, the 2010 Saxenburg Guinea Fowl entertains the more worldly Merlot, Cabernet and Shiraz berries (¥98, Metro), where the Merlot drapes silk and satin over the firmer charms of the blackcurrant and pizzazz from the Cabernet and Shiraz; as mellifluous as Stephen Fry with the insouciance of Keith Richards and the spicy opulence of Sophie Marceau (16.5 points). **N**



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Trailing Spouse

I'm Dreaming of a Nanjing Christmas

Having lived in China for over half a decade, I have now spent the right amount of Christmases to get it just about right, from fake Christmas celebrations to actually spending the 25th of December here in Nanjing; over the years, I have seen several ways to celebrate. It can be somewhat challenging at times, being so far away from one's loved ones, but equally it can be quite nice to enjoy a Christmas in the company of others you usually would not be with on this occasion and learn the ways they celebrate with their own quirky little traditions, making you feel privileged to experience a multicultural holiday.

My first Christmas away from home coincided with my first Christmas in China, and although I had built up a good group of friends, they all disappeared rather quickly after the 15th December. We did however celebrate beforehand with a fake Christmas day, which was absolutely fantastic, but made the actual day rather bleak in comparison.

Myself and another poor deserted sole decided to cook up a traditional feast, but unable to find the basic ingredients we realized we would have to make everything from scratch. Despite a rocky start with the custard turning to scrambled egg on the first attempt and our lack of a turkey, substituted by freshly cooked anorexic chicken from Wal-Mart, all in all it was a great day and at least now I know how to cook a traditional Christmas meal. We even managed to decorate the apartment with festive trimmings and although some were a little tacky, it still made a huge difference to the day. It felt so warm and homely in the apartment that stepping outside for some milk turned out to be very depressing and

gloomy as locals went about their daily business as per usual.

Two Christmases later, I decided to break free from Nanjing and chose a more exotic scene in the form of Thailand after a brief trip to Beijing to spend time with a friend. Beijing turned out to be the perfect place to celebrate Christmas with countless festive lighting on the streets and snow due to the extreme cold making it feel so much more magical. It was one of the best Christmas eves I have ever spent, with a great group of friends from different backgrounds celebrating together; we saw in the Christmas morning drinking and singing. The next morning I woke up to a fresh box of macaroons as a complimentary Christmas gift courtesy of Raffles hotel and breakfast in bed. In a pre-emptive strike I had brought along a few small gifts my family had sent over to open that morning. It does not get much better than that. After catching a few festive movies I made my way to the airport to flee the icy minus 15 degree temperatures to a much more comfortable 35 degrees. There was no cooking or getting caught up washing the dishes; it was just me and me alone. I loved every minute of it. While not something I would wish to do every Christmas for this one time only it was perfect.

Back to a Nanjing Christmas, things had rapidly changed within the four years since my initial "NJ Xmas". I managed to get my hands on a turkey and do a pre Christmas shop at M&S in Shanghai, stocking up on essential mince pies, Christmas cake, sherry and anything scrummy we could fit into the suitcase the we had brought along with great foresight. Christmas was certainly making more of a headline that year, as every corner of Nanjing seemed to be decorated with huge Christmas trees and fairy lights. On the first day of Christmas we had many friends over for dinner; however this was not without a hint of drama in terms of cooking. Be warned; preparing a turkey in China is not for the faint hearted! We were not quite prepared to de-head and gut the poor bird. After getting over the initial trauma, we started to fill the four portable ovens we had borrowed from friends away on holiday. After only ten minutes one actually caught fire. With a glug of champagne and sherry we were back on our feet and somehow managed all the usual festive traditions such as lying about bloated on the sofa whilst watching National Lampoons and having a game of Monopoly in the evening.

If you are having to stay in Nanjing over the holidays, embrace the experience as I am certain you will soon create a flood of funny memories that you wouldn't and couldn't make anywhere else in the world. **NJ**

Wishing you all a very merry Christmas!



Think Healthy Think Beautiful

By Maria Simonova

Food for Thought

There are many reasons for being overweight. However, as strange as it may sound, the most common is overeating.

According to doctors overeating and food addiction are comparable with nicotine and alcohol addiction. Benjamin Franklin knew this to be true when he uttered the words:

**"I saw few die
of hunger; of eating,
a hundred thousand."**

People often blame their genes for their love of overeating.

Undoubtedly there is some truth in this. If the mother is obese, the child will inherit her problem in forty percent of cases. If both parents are obese, the likelihood of obesity reaches eighty percent. However, a simple genetic predisposition cannot explain a global trend, that will see the presence of excess weight in every second person on earth in only 20 years' time.

The explanation for these numbers is primarily related to the widespread intake of the wrong food caused by the cult about food. Moreover, advertising of food is everywhere, making resistance a constant struggle.

Another cause of food addiction is dopamine deficiency, a neurotransmitter also called hormone of pleasure.

Studies have shown that obese people's dopamine content is greatly elevated compared to people of regular weight.

Signs of Overeating

There are a number of indicators of overeating. If you recognize yourself in at least three or four of the following signs, then you might be afflicted.

Eating very quickly, preferring not to focus your attention on the taste and just trying to eat as much as possible.

1. Snacking often when in company, even when not hungry.

2. After a hearty feast you are left with feelings of guilt and remorse.

3. Food acts as a sedative on you and helps you to cope with anxiety and stress.

4. Losing control over what and how much you eat.

5. If the opportunity to eat a favourite treat is missed, you experience discomfort ranging from irritation to severe headache.

6. You eat until you experience abdominal pain, discomfort, or other signs of overeating.

7. The portion size of your breakfast has increased noticeably.

8. Eating alone pleases you, because you do not have to share your food with anybody.

9. Your irritation due to the comments of other people about the amount you eat knows no bounds.

10. Night, in your opinion, is an excellent time to go and visit the fridge.

Fighting Food Addiction

You can do this only by learning to eat less. However, there is no point in starving yourself since the body reacts to artificial hunger by going into energy-saving mode.

For this to not happen, it is better to simply reduce portions. Only eat when you are really hungry. Leave the dinner table when you have eaten a little, but do not feel stuffed.

When stressed do not go to the refrigerator. Distract yourself with anything that helps you have a good time. Sports increase dopamine levels substantially and help you lose weight.

Drink at least two litres of water a day. It helps with hunger.

If despite your best efforts, you see no result, be sure to contact a specialist for help. There are methods of treating obesity, which can help you to get rid of excess weight.

Everything is possible! **NU**

previews & reviews



Restaurant Review

Magic Labs Mixing Ice Cream and Chemistry

By Wang Tiantian

If you have recently been fumbled by a wall of fog flying in your face in Deji Plaza, do not worry. This is not a case of indoor smog but rather the latest culinary craze to hit Nanjing: Liquid Nitrogen Ice Cream.

Playing to our 21st century fad of seeing our food being manufactured right in front of our eyes, Magic Labs lets you watch in wonder as liquid ice cream ingredients go into their futuristic tubs only to be engulfed by nitrogenic smoke to emerge as the creamy frozen desert without which many of us could not imagine a life worth living.

Beside the foggy show effect, Magic Labs has an array of tastes to offer that go far beyond your regular vanilla and strawberry. Being slightly less adventurous on this first trip to the parlour, I did not dare try the bacon honey flavour on this occasion. I did instead taste the Mexican chocolate, which is spiced up

with chili, as well as the egg tart flavour. While I was having a little bit of trouble distinguishing the egg tart flavour from ordinary vanilla ice cream, the chili-chocolate combo was a culinary highlight of choc-tastic proportions; a double thumbs up for this explosive mixture. For those among us with more conservative taste buds there is an offer of cookies & cream or pineapple sorbet. I for myself will be giving that bacon honey monster a shot next time.

The drawback at Magic Lab is their portioning. Due to the fact that the ice cream is freshly made, there are only 100g portions available with each order, equaling two normal sized scoops. While they are priced reasonably at ¥28 per order, if you are eating alone, you would probably not be able to finish off two portions. Hence you are unable to mix different flavours, a potentially fatal flaw to the system. To escape this tasty dilemma, go with a friend who shares similar tastes to you in order to pick 'n' mix. Now you are all set to enjoy a bit of chemical entertainment and freshly prepared ice cream in crazy or conservative tastes, whichever way you like it.

Find Magic Labs inside Deji Plaza. Tel : 4008 388 382 

Bar Review

The Word's Bar - Just Talk?

By Laura Helen Schmitt

■ The first week of December saw the opening of a new Nanjing must; The Word's Bar, giving the city its very first taste of "la vie bohème" in the form of a wine and whiskey focused bar run by a French globetrotter and a Chinese writer.

The simple exterior disguises entirely what awaits inside; an explosion of colour and lighting with famous French impressionist paintings covering the walls. At the other end of the room; blackboards, resembling rustic country windows, sport the opening sentences of the owners' favourite books. You feel as if you have stepped into a café philosophique, as if poetry is in the air.


"It is our goal to support young writers", says co-owner Elliott Malderex. "We are planning to have readings where anyone can come and share their writing with us. Or they might just grab the mic and talk, just like Jim Morrison used to do it back in the day."

Elliott is a 24-year old Frenchman, who has seen the world just to find himself in Nanjing. He has lived in Malta, the Nether-

lands, and China amongst other places. In Kunming he met his close friend and business partner Peter Wang, a writer who has embraced the bohemian philosophy and decided that Nanjing needed a forum for people such as him to express themselves. It does not stop there; the two have great ambitions to turn the entire street they are located on into an art and cultural centre for visitors and locals to enjoy intellectual stimulation.

They took a first step towards that dream by opening The Word's Bar with a blast. Serving up imported French red to an enthusiastic crowd who at the climax of the evening merrily sang along to "Yellow Submarine" they made clear to one and all that this is not just your run-of-the-mill drinking place.

Rather, it is a very cosy little bar, where people immediately start chatting with each other due to the inviting atmosphere; one that owners managed to pull out of nowhere within less than 20 days, building the majority of the place all by themselves from scratch. It is an impressive achievement that bodes well for their future. Judging by their opening night, The Word's Bar is exactly what Nanjing has been looking for; a place for art, a place for communication, a place for words.

The Word's Bar is located next to Time Youth Hostel, on Meiyuan Xincun 梅园新村6-6号 (时光国际青年旅舍隔壁)
Tel: 1566 836 2503 



Cinema/Movie Review

Hungry for Cinema

By Laura Helen Schmitt

■ A visit to the cinema has become one of those highly endangered species with the advent of online streaming. Especially in China, with lax copyright laws and plenty of live online services to choose from, people often cannot be bothered to spend their money on a trip to the cinema. However, as an old school cinematic I say we should, at least on a Tuesday or Wednesday.

That is when the Wanda Cinema franchise has their half price cinema days. I cannot remember the last time I paid the equivalent of ¥35 on a cinema ticket, though I have a distinct feeling that piggy tails and size 12 shoes were involved.

The cinema I went to in Wanda's Hexi branch was built to Western standards, even surpassing some of the cinemas I experienced at home with ample legroom and large theatres. There is even a choice between Chinese-style and Western toilets; very commendable. At an additional ¥30 you can choose



from a range of combo packs including sugary drinks, popcorn or Häagen-Dazs to round off your classic cinema experience.

The films are screened in English, which is bliss to anyone used to watching movies in their original language. Iron Man 2 with Chinese audio left a lasting impression I would rather forget. If your circle of friends is more local, no need to worry about their language skills, as all screenings include Chinese subtitles. I even found myself reading them on more than one occasion because the audio was surprisingly quiet, as opposed to the commercials that almost made my eardrums pop.


To my unlimited astonishment, the pre-screening of ads was only 13 minutes long. To a Western cinemagoer, who is used to 40 minutes of consumer seduction including a five minute break for the ice cream salesman to walk along the seat rows with the Magnum they just advertised on screen, those 780 seconds were over in a flash.

The only irritation of this experience was not a fault of the cinema but the slightly unpleasant appearance of one of those cultural difference foreigners find difficult to get accustomed to. I counted myself lucky I did not have any popcorn or I might have chucked it at a number of visitors who thought the dramatic love scene in Hunger Games 2 was the best time to loudly discuss meeting arrangements with their friends over the phone. Be aware that loud phone calls during a cinema visit in China are, unlike what we are used to in the West, completely normal.

Instead of opting for confrontation, I decided to swallow my irritation and focus instead on the second part of this epic, socially critical series. I have to admit that in the age-old dilemma of "to read or not to read" before watching a movie adaptation of any successful novel, this time I did not pick up the book before watching the film. Therefore my highly positive impression of this movie might be based on the fact that no, I don't realize how much better the book was and all those important things they left out. Forgive me for this.

The film was fantastic. As a 1984 fan there is just something about people going up against an oppressionist state that speaks to me, as does the criticism of reality shows the Hunger Games series so strongly stands for. It included action, heart-ache and great acting.

The biggest surprise to come out of this for me personally was Jennifer Lawrence. While I initially suspected her of being just another Kristen Stewart with the emotional repertoire of a block of wood, she reveals incredible acting skills in this sequel. In the final scene, we see a close-up shot of her face going through the entire palate of human emotions in a flash. I have never been this convinced of anyone's acting than of the performance of this rising star.

Despite the minor telephone hiccup; great value, great surroundings, great movie, great experience. In other words, you should go too! 

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NUX

CHINESE CORNER

Hàn Yǔ Jiǎo

汉语角

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大力: 南京有很多好玩的和好吃的。南京有最长的砖砌城墙、最大的古城门, 还有最好吃的小吃。

Dali: There are a lot of fun things to do and eat in Nanjing. Nanjing has the longest city wall, the biggest citadel and the tastiest snacks.

你最喜欢, 最想去哪儿呢?

Which one of these do you like best and where do you want to go the most?

茉莉: 我都很喜欢, 我也都想去!

Moli: I like everything and I want to go everywhere.

大力: 好, 那我先带你去夫子庙吧! 我们可以去乌衣巷。

Dali: Good, then I will take you to Confucius Temple first. We can go to Wuyixiang.

茉莉: 乌衣巷? 那是什么地方? 给我介绍一下吧。

Moli: Wuyixiang? What is that place? Tell me a bit about it.

大力: 是三国东吴时的禁军驻地。

Dali: It used to be the encampment of the imperial guards during the Three Kingdoms period under the Eastern Wu dynasty.

Grammar Explanation

To build the superlative in Chinese simply add a "最" in front of the adjective or verb.

Eg. 紫峰大厦是南京最高的楼!

Nanjing's tallest building is Zifeng Tower.

"都" can mean either both or all

Eg. 啤酒和咖啡, 我都很喜欢。

I like both coffee and tea.

你们的主意都很好

All your ideas are great.

Literary Example

在东吴时期, 大概在229年到280年。当时的禁军, 也就是现在总统们的保镖住的地方。因为他们都穿黑色的衣服, 因此叫乌衣巷。唐朝时著名的政治家和诗人刘禹锡写了一首著名的诗, 诗的名字就叫乌衣巷。During the Eastern Wu dynasty, from about 229 AD until 280 AD the Imperial Army stayed there. Nowadays, the president's bodyguards reside here. Because the imperial soldiers all wore black clothes, that is why it was called "Black Clothes Lane" (Wuyixiang). A famous politician and poet of the Tang dynasty, Liu Yuxi, wrote a famous poem by the same name.

See www.nanjingexpat.com to join Chinese Corner, the free weekly Chinese class!

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not a privilege”



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N Pick up your copy of *The Nanjinger* or read it in-store where you see the NXJ avatar

Food & Drink

Western Bars & Restaurants

N Studio 21 Grill Restaurant 藤美

193 Shigu Lu (behind the Sheraton)
石鼓路 193 号 (石鼓湾美食休闲街区)
86795269 / 13072525212
Genuine European flavours, grilled meat, seafood specialties and well renowned home made desserts; all in an elegant and relaxing atmosphere. Special Set Lunch Menu with prices from ¥40 and specials for students and teachers, plus live music every Friday and Saturday during dinner.

N Brewsells

上海路 77 号比利时精酿啤酒屋
77 Shanghai Lu (first place up from Guangzhou Lu)
上海路 77 号 (靠近上海路和广州路的路口)
58779429
www.brewsells.com
Quality Belgian drinks & cuisine in a smoke free environment with a daily happy hour from 5 to 8pm kitchen open until 11pm. Imported Belgian draft beers include two types of Vedette and La Chouffe. The comfortable interior will appeal to those who want to escape smoke-filled bars while enjoying a few Belgian beers or grabbing a bite to eat.

N Jimmy's 吉米来吧

193 Shigu Road (inside Sunglow Bay near the Sheraton)
石鼓路 193 号
86792599
www.jimmysnj.com
The place to be for live and recorded sports, while enjoying American style pizza, BBQ steaks, burgers, hotdogs, tacos and more, accompanied by a large selection of draft and bottled beers and more than 50 different kinds of single malt whisky and bourbon.

N Secco Restaurant and Bar 喜客西餐厅

132 Changhong Lu
长虹路 132 号
83370679
In its reincarnation, Secco is back in a new location sited in a former warehouse. A new patio promises to be stunning while Secco remains one of Nanjing's top options for late night drinks.

N Finnegans Wake 芬尼根爱尔兰酒吧餐厅

6 Cinnalane
中山南路升州路 (原中北汽车站) 熙南里街区 6 号
52207362
www.finneganswake.com.cn
Guinness and Kilkeny on tap, a selection of classic Irish and Scotch malt whiskies plus a carefully prepared selection of traditional Irish dishes.

N Element Fresh 南京新元素餐厅

1F, Nanjing IST Mall, 100 Zhongshan Lu
中山路 100 号艾尚天地购物中心一层
85656093
www.elementfresh.com
Born from an expat's passion for food, the multi-award winning Element Fresh first opened its doors in Shanghai in 2002. Since then the chain

has expanded to Beijing and Guangzhou and now Nanjing!

N Bellini Italian Bar & Restaurant

贝丽妮意大利餐厅
12 Nanxiucun 南秀村12号
52888857
1-106, 9 Wenfan Lu, Xianlin
仙林大学城文苑路9号1-106室
85791577
Stylish and elegant yet easy in which to relax. Utilising ingredients specially sourced, many dishes and drinks are unique in Nanjing. Reservations are advised.

N Jack's Place 杰克地方西餐厅

422, Dongcheng Hui Shopping Mall, Xianlin
文苑路与学思路交叉口东城汇 4 楼 422
85807866
35 Wang Fu Da Jie
王府大街 35 号
84206485
160 Shanghai Lu
南京上海路 160 号
83323616
Humble yet honest, Jack's Place has tellingly been around Nanjing for around 15 years, serving up Italian favourites popular with expats and locals alike.

T Tribeca New York Bar & Grill

翠贝卡
1 Zhonghua Lu
中华路 1 号
400-891-9998
Taking two years to decorate, now the good times are rolling with true American dining amid an impressive array of sport, movie and music memorabilia.

N Les 5 Sens 乐尚西餐厅

52-1 Hankou Lu
汉口路 52-1, 靠近南京大学
83595859
A surprisingly inexpensive French restaurant serving homemade traditional French dishes for lunch and dinner in a friendly atmosphere. Many dishes cost less than ¥50.

N Behind the Wall 答案墨西哥餐厅

150 Shanghai Road (in Nanxiu Cun)
上海路 150 号, 在南秀村
83915630
One of the oldest bars in Nanjing serving drinks and food in a relaxed atmosphere, with perhaps the finest terrace in the city. Live musical performances go well with strong sangria and beer.

N Florentina

2-107, 83 Shanghai Lu
(near the Wutaishan North bus station, at the entrance of the alley leading to Jasmine Youth Hostel)
上海路 83 号 2 栋 107 (靠近五台山东站汽车站, 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!

N Henry's Home 亨利之家

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

N Axis Mexican Restaurant & Bar 坐标轴西餐厅

Yadong Commercial Plaza, 12 Xianyin Bei Lu
栖霞区仙隐北路 12 号亚东商业广场
15895872728
World cuisine delivery service for the Xianlin area, focusing on Mexican fare with also homemade Italian pizza (takes a bit more time), burgers, pasta, sandwiches and Thai Curry.

Selección Española

57 Zhongshan Dong Lu (Exit 7 from Xijiekou metro station)
中山东路 57 号
Serves up home-made classic Spanish dishes such as Tortilla de patata con alioli, Pisto con huevo frito and Paellas.

N Danny's Irish Restaurant & Pub 丹尼'爱尔兰餐厅 & 酒吧

4F, Sheraton Nanjing,
169 Hangzhong Lu
汉中路 169 号金丝利酒店 4 楼
86688888 Ext. 7775
Good place to sit and chat. Live music performances and TV sport. Open from 6 pm.

N Blue Sky Expat Bar & Grill 蓝澳西餐厅

77 Shanghai Lu
上海路 77 号
86639197
www.the-bluesky.com
bluesky.aussie@gmail.com
One of the original expat bars to open in Nanjing, serving burgers, pizzas, Aussie meat pies and Bundaburg Rum (Bundy), weekly and monthly pool competitions, weekend openings at 10.30am plus other weekly happenings that include a poker night, Chinese corner and board games.

N La Cantina

南京米凯列酒业有限公司
#2-7 East Nantai Xiang (off Wangfu Da Jie)
南台巷东 2-7 号
58787665 / 13813842543
Italian wine complimented by snacks, antipasti, pasta and pizza that create a great place to unwind after a day in the city.

T 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.

N Nail Jazz Bar

钉子吧
10 Luolang Xiang (200m south of the Sheraton)
罗廊巷 10 号, 离金丝利酒店 200 米
8653 2244
A relaxed bar that offers a wide variety of imported beers, stage and foosball table.

N Eminence Cellar 香松酒窖

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

Ciao Italia

你如意大利
193-2 Shigu Lu

石鼓路 193-2 号
86608807

A truly vast menu, but is the pizzas are that makes this place loved by locals and foreigners alike.

NU *La Table de Mr. Eiffel* 巴黎盛宴

83 Guangzhou Lu, inside 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, in an old Chinese garden house with an outside terrace.

NU *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
Bistro based on green, organic, fresh foods and authentic tastes within a quiet environment. Large balcony offers outdoor BBQ for up to 150 people.

Indian Cuisine

NU *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.

NU *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.

NU *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.

NU *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 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 街区内
86625577
A lifestyle oriented dining experience with a focus on creative cuisine. Balcony affords views over 1912.

Tairyo 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

THE Korean 本家

B1, Golden Wheel Tower, 108 Hanzhong Lu
新街口汉中路 108 号 金轮大厦 B1
84469445
Ornate and cavernous; be advised to make reservations for the BBQ experience at what has quickly become THE Korean in Nanjing.

Fudefang 福德坊

6 Taoguxincun, Hankou Lu
汉口路陶谷新村 6 号
83312091

Ke Jia Fu 可家福

38 Nanyinyangying (near Ninghai Lu)
鼓楼区南阴阳营 38 号 (近宁海路)
83314283

Other Asian Cuisine

NU *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

Lvliu (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

NU *Skyways* 云中食品店

160 Shanghai Road 上海路 160 号
83317103
A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路 12 号 亚东广场 A18 室
85791391
Breads, made-to-order sandwiches, cakes, chocolates, desserts, plus a fair selection of imported deli items such as cheese and salami.

NU *Sculpting in Time Café* 雕刻时光咖啡馆

2F, 47 Hankou Lu 汉口路 47 号 2 楼
83597180
32 Dashiba Jie (Confucius Temple East Gate)
秦淮区大石坝街 32 号 (夫子庙东门)
Cocktail hours, film screenings, a variety of Western food, plus widely known brownies. Confucius temple outlet offers romantic evening views over the Qinhuai.

NU *3 Coffee* 3 号咖啡馆

82-1 Shanghai Lu
上海路 82-1 号
83244617 / 83311505
Upper floor library has art, design and photography magazines. Balcony affords nice view of Shanghai Lu.

NU *Fish Tank Coffee* 鱼缸咖啡小馆

Cinna Lane, 400 Zhongshan Nan Lu
中山南路 400 号 熙南里街区
52204469
High-quality coffee beans, freshly sterilized milk and a variety of delicately created special drinks.

Maan Coffee

漫咖啡
1 Qingjiang Lu (Beside Tianshui Binjinag Garden)
清江路 1 号天水滨江花园
85872858
1912 area, no. 9 (along Changjiang Hou Jie)
玄武区 1912 街区 9 号楼 (近长江后街)
85607288
81-1 Fuchunjiang Dong Jie, Olympiad
建邺区富春江东街 81-1 号
85607299
Koren chain serving waffles, salads and a variety of all day breakfast options amid unique decor.

NU *Gossip* 叽哩咕噜

23 Nanxiucun, off Shanghai Lu
南秀村 23 号
86637484
Share an original or creative topic and Gossip will organize lectures accordingly.

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

Accesses 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, Baijiahu 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
(中华紫金广场北面) 金陵中学实验小学内
86696778

The Overseas

海外国际

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

Foreign Trade & Economic Development Agencies

European Union Chamber of Commerce

中国欧盟商会 (南京)

30F, 1 Zhujiang Lu 珠江路 1 号 30 层
83627330

China-Britain Business Council, Nanjing

英中贸易协会南京代表处

Rm 2514-2515, 50 Zhonghua Lu
中华路 50 号 2514-2515 室
52311740

Netherlands Business Support Office

荷兰贸易促进委员会南京代表处

Suite 2316, Building B, 23/F, Phoenix Plaza,
1 Hunan Lu
湖南路 1 号凤凰国际广场 B 楼 23 层 2316 室
84703707

Baden-Württemberg International

德国巴登符腾堡州国际经济和科技合作协会

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

Nanjing Bozhan Consultancy Co., Ltd

南京博湛教育咨询有限公司

13813944415
bozhan.consultancy@gmail.com
Language training & Mandarin tutoring; from survival
to HSK Chinese and enhancement of conversational
confidence in English to ESL & IELTS testing.

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@afchina.org
Offers a large selection of French-Chinese language
and educational programs.

New Concept Mandarin

新概念汉语

3302, Block A, New Century Plaza, 288 Zhongshan
Dong Lu
白下区中山东路 288 号, 新世纪广场 A 座 3302
84872361
www.newconceptmandarin.com
nanjing@newconceptmandarin.com
Hong Kong based Mandarin tutoring specialist; 20
years' applied linguistic research and teaching.

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
smarcousin@hotmail.com
Experienced in teaching Chinese to locally-based
foreigners employed in international companies.

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.

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 Ji-
angdong Bei Lu
江东北路 301 号滨江友好商城三楼
Specialists in wedding photography with equip-
ment including lighting, flash etc.

Camera & photography Equipment Market

东鼎照材市场

Dongding Plaza, 699 Zhujiang Lu
珠江路 699 号东鼎照材市场
Widely regarded as the best camera and equip-
ment market in Nanjing.

Mobile phone shops on Danfeng Jie

丹凤街 - 手机

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

IT products on Zhujiang Lu

珠江路 - IT 产品

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

Video games on Zhongyang Lu

中央路 - 电子游戏

Any type of video game for all game systems. Also do minor repairs.

Art

Jiangsu Art Gallery 江苏省美术馆

266 Changjiang Lu 长江路 266 号

84506789

Local artists' work, changed frequently.

Avant-garde Contemporary Art Center

先锋当代艺术中心

A1-101 Finder Art District, 1865 Creativity Park, 388 Yingting Da Jie

秦淮区应天大街 388 号 1865 创意园凡德艺术街区 A1-101

52270661 / 13814059763

A space dedicated to the promotion of contemporary art.

ART 国艺堂

D-1 Shuimuqinhuai, 99 Shitoucheng Lu

石头城路 99 号水木秦淮 D-1 号

84506789

Picture framing and art related supplies.

Stone City Modern Art Creation Gallery

石头城现代艺术创意园

72 Beijing Xi Lu 北京西路 72 号

Exhibition of modern Chinese art.

55583708

Shenghua Art Center

南京圣划艺术中心

2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)

江心洲民俗街洲泰路 2 号 (原乡土乐园)

86333097 86333100

Exhibition of Chinese contemporary art.

International Groceries

Fields

www.fieldschina.com

Shanghai's premier online grocery store for safe, high quality, delicious food delivered to your door. Five deliveries per week to Nanjing.

Nanjing Bakery

www.nanjingbakery.com

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

Metro 麦德龙

288 Ningli Lu 宁溧路 288 号

300 Jianning Lu 下关区建宁路 300 号

Wide selection of foreign foods.

Carrefour 家乐福

235 Zhongshan Dong Lu

中山东路 235 号

84658588

Hypermarket with five stores in Nanjing.

Times Grocery

泰晤士

48 Yunnan Lu 云南路 48 号

83685530

Compact yet its location breeds popularity; wide selection of imported but sometimes pricy food.

Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街 151 号 (近纪念馆东路)

86555588

French hypermarket with three Nanjing outlets.

BHG Market

B2, Aqua City, 1 Jianshan 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 Yingting 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)

鼓楼区湖南路 54 号 (马台街口)

83374645

Phoenix International Book Mall

凤凰国际书城

1 Hunan Lu

鼓楼区湖南路 1 号八佰伴旁 (近中央路)

83657000 / 83657111

Services

Healthcare

Flossy Care

福乐氏齿科诊所

#105, 1 Huaneng Garden, Taiping Bei Lu

南京太平北路 108 号华能城市花园 1 幢 105

13951994471 / 84069389

www.025ya.com

All kinds of oral treatments including dental implants, crowns or bridges, 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 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.international.sos.com

Western doctors and public pharmacy. Multilingual staff: English/Chinese/Japanese/German.

Health Examination Center

江苏省国医馆

2F, Outpatient dept. of NJUTCM,

282 Hanzhong Lu

汉中中路 282 号南京中医药大学门诊部二楼

86646068

www.joinmi.com

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

Nanjing Entrance and Exit Inspection and Quarantine Bureau

江苏出入境检验检疫局

1 Baixia Lu 白下路 1 号

52345328 / 84456805

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

Hairdressers

Mei Lun Shang Pin Hair Saloon

宣传介绍
6 Sanyuan Alley, Xinjiekou
新街口三元巷 6 号
15895936797 84217148
Continuing the trend for pubs that cut your hair, Mei Lun Shang Pin targets the lucrative expat market by having both foreign stylists and translators on hand.

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
Resident French stylist available; bookings advised.

V-Salon

香港时光设计有限公司
32F, Golden Eagle Plaza, 89 Hanzhong Lu
汉中中路 89 号金鹰国际商厦 32 楼
86292980
Run by a stylist to many pop and movie stars.

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

南京中涛房产经纪咨询有限公司
Room 1901, Xinghan Mansion, 180 Hanzhong Lu 南京市汉中中路 180 号星汉大厦 1901 室
51860592 / 5186 0590
www.shre.com.cn
sunhome@shre.com.cn
Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

Crown Relocations

嘉柏 (中国) 国际货运代理有限公司
Rm 1908, Block B, New Century Plaza,
1 Taiping Nan Lu
太平南路 1 号新世纪广场 B 栋 1908 室
84541017
Provides moving services, school search, intercultural services plus departure and destination services.

Apex International Logistics Co., Ltd 上海正流国际运输代理有限公司

58702129
www.apex15.com
nanjing@apex15.com
Domestic and local moves, office relocation, storage and warehousing, pet relocation, insurance/risk management plus immigration services.

CMR Corporate Property & Relocation

南京浩麦房地产咨询
12C1, Jinlun Mansion, 108 Hanzhong Lu
汉中中路 108 号金轮大厦 12C1 座
84701658
www.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

D'Andrea & Partners Law Firm

意大利高基莫里吉律师事务所
16F, PICCC Mansion, 69 Changjiang Lu
南京市长江路 69 号 16 楼
84715999 ext.1805 / 13451821579
nanjing@dandreadpartners.com
International Consulting Firm present in China

since 2004 with offices in Shanghai, Nanjing and desk in Zhuhai, offering legal services in Italian, Chinese, English, French, German and Russian plus assistance in foreign direct investment in China, mergers and acquisitions, international contract law and labour law.

N 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

N 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

N 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.

Also offers advertising agency services plus print and digital publication production, broadcast media, internet advertising, social media promotion and production of audio materials.

N VOZ Design
南京嗓音文化传播有限公司
ChangHong St. #222, Wonder City Mall, De Ying Int. Plaza #1, 6th floor, of. 607, Yuhua District
雨花区长虹路 222 号德盈国际广场 1 幢 607 室
58820096 / 18120135627 / 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

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

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

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

N 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 Yingtian Street
应天大街 619 号悦城 4 楼
52275768 ext. 8001/8002

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

Klein Billiards 克莱恩台球
135 Hongwu Lu 洪武路 135 号
51587158

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

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

Flow SPA 川 · 天地
46 Xijia Datang, Ming Cheng Hui
(200m north of Xuanwu Lake's Jiefang Gate)
明城江西家大塘 46 号
57718777
Hours: 10.30am-10.00pm

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.

Tourism and Hospitality

Hotel & Hostel

N 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 leisure facilities.

N Wanda Realm

南京万达嘉华酒店

59 Zhushan Lu, Jiangning District

江宁区竹山路 59 号

52838888

www.wandahotels.com

302 stylish rooms and suites plus a 1,000 sq.m. pillarless Grand Ballroom and a 900 sq.m. LCD display.

N Sheraton Nanjing Kingsley

金丝利喜来登酒店

169 Hanzhong Lu

汉中路 169 号

86668888

Excellent downtown location with amenities including baby sitting and butler service plus car rentals.

N Fairmont Nanjing

南京金奥费尔蒙酒店

333 Jiangdong Zhong Lu

建邺区江东中路 333 号

86728888

www.fairmont.com/nanjing

Elegant international hotel famous for its services and cultural features.

N Crowne Plaza Jiangning

南京银城皇冠假日酒店

9 Jiahu East Road, Jiangning District

南京江宁区佳湖东路 9 号

81038888

The first five star international hotel in Jiangning.

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

N 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

85568888

www.westin.com/nanjing

A haven of Chinese distinction in which every room affords a view of scenic Xuanwu Lake.

N InterContinental Hotel

紫峰洲际酒店

1 Zhongyang Lu, Zifeng Tower

中央路 1 号紫峰大厦鼓楼

83538888

www.intercontinental.com

A statement of grandeur found in the 450 metre high Zifeng Tower; Nanjing's tallest building.

N 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.

N 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.

N 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.

N 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

Extensive conference and recreation facilities and rooms with balconies overlooking the Yangtze.

N 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

52268858 / 66850566

www.nanjingyha.com

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

Resorts

N Kayumanis Private Villas & Spa

南京香樟华苹温泉度假别墅

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 that exudes serenity.

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村

8 Wenquan Lu, Tangshan, Jiangning

汤山镇温泉路 8 号

51190666

A leisure hotel in Tangshan offering different types of bathing.

Museums

Nanjing Massacre Museum

侵华日军南京大屠杀遇难同胞纪念馆

418 Shuiximen Jie

水西门大街 428 号

86612230 / 86610931

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

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

Rabe House 拉贝故居

1 Xiaofenqiao, Guangzhou Lu

小粉桥 1 号

Tuesday - Sunday from 8:30 to 16:30

German Industrialist's former home that served as a refugee shelter and saved thousands in 1937.

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

Observe wooden looms producing the world's finest brocade. Fabric is 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 etc.

Nanjing Science Museum 南京科技馆

9 Zijinghua Lu, Yuhua District

雨花台区紫荆花路 9 号

58076158

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

Parks

Qingliangshan Park 清凉山公园

Guangzhou Lu, near Huju Lu

广州路西端

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

Zixia Lake 紫霞湖

A cold water mountain fed lake. Exercise with care; a few deaths occur each year as a result of cramp.

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 to visit the pagoda and get on the city wall for gorgeous views of the city.

Xuanwu Lake Park 玄武湖公园

Xuanwu Xiang 玄武巷 1 号

Idyllic islands with playgrounds, gardens, restaurants plus boats and tandem bikes for rent.

Happy World 弘阳欢乐世界

Daqiao Bei Lu, Pukou District

浦口区大桥北路

Fairly violent looking thrill rides plus giant water slide.

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 that includes a zoo, circus, dodgems and cable-car to a so called Great Wall.

Gulin Park 古林公园

21 Huju Bei Lu 虎踞北路 21 号

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

Zhongshan Botanical Garden

中山植物园

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

Underwater World 海底世界

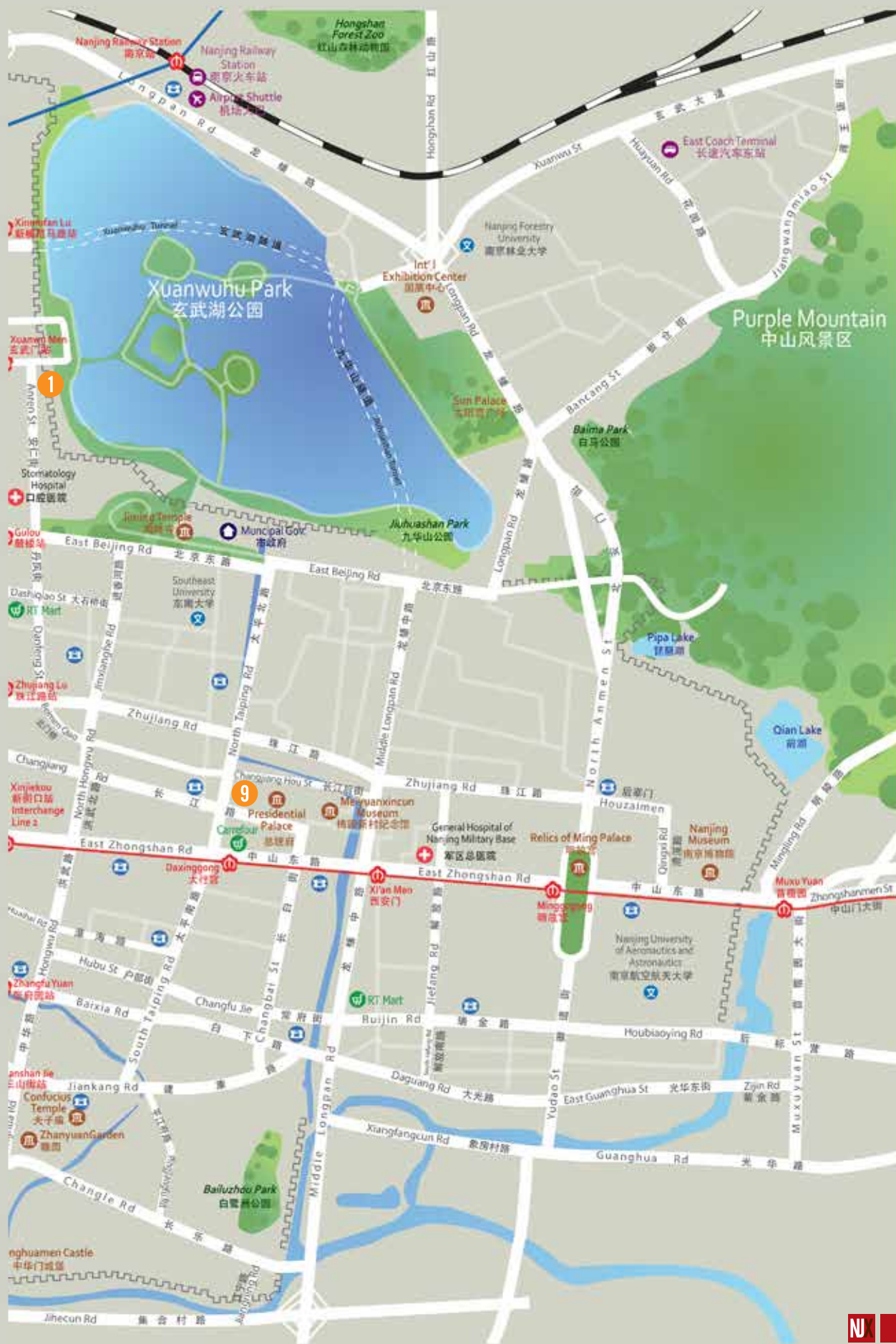
中山陵四方城 8 号

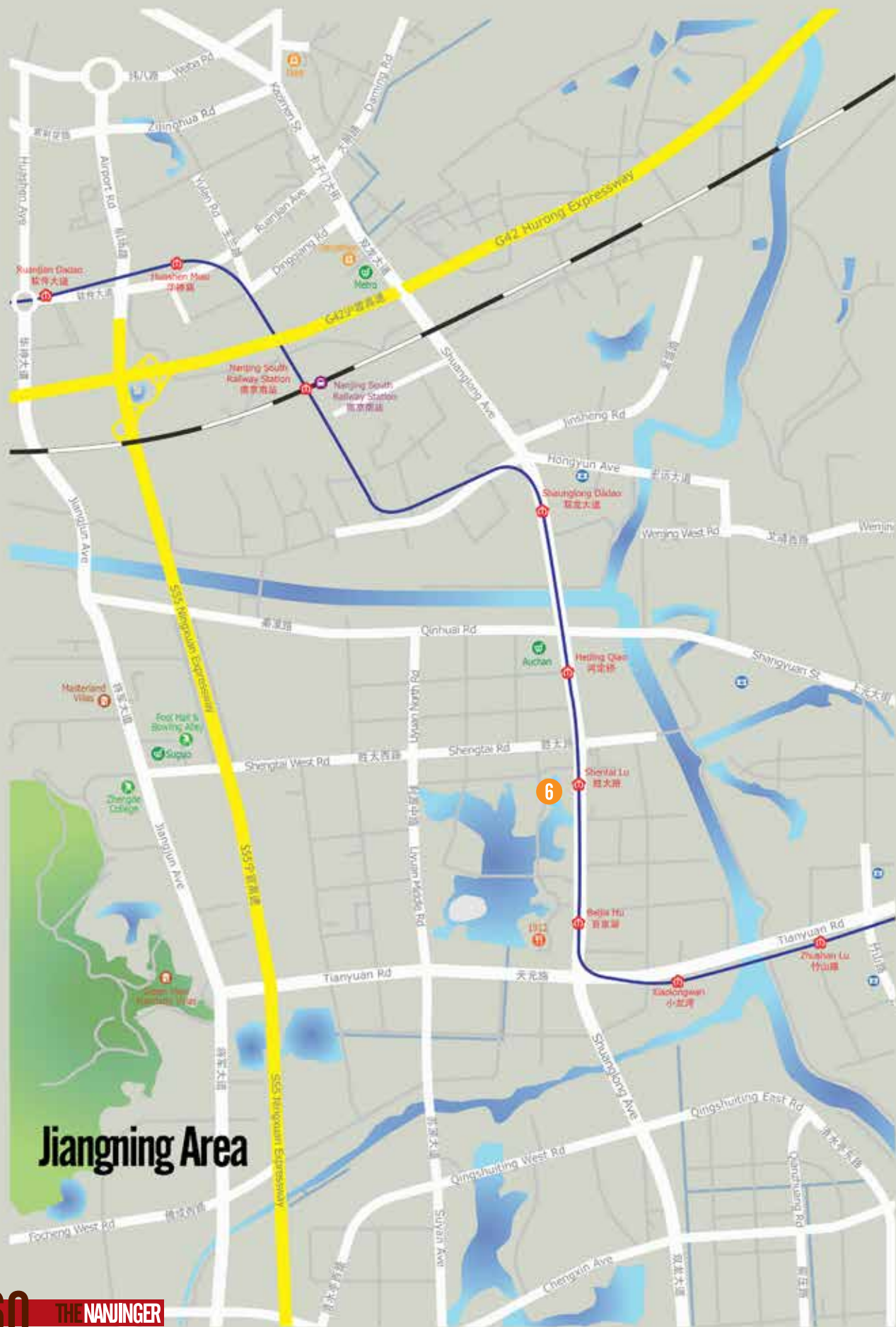
8.30am-5pm

Nanjing Hongshan Forest Zoo

红山森林动物园

101 Heyan Lu 和燕路 101 号



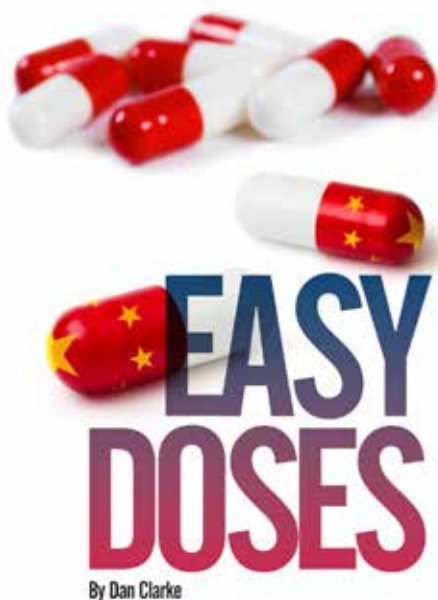




Xianlin Area

Olympic Area





Short Run Savings

Last month I had a fun experience concerning my wife and poor planning. My wife's computer is at least seven years old, and it has been breaking down for over a year now. Recently it needed to be professionally reformatted and all the information on it had to be rescued.

What made it so much fun for me was that I had the intention of getting work done that day. I was going to be really productive. Instead I got a call from my wife to help her. Between my attempts at getting her computer to work, heading out to get it fixed, waiting for it to be fixed, and then heading back home, I wasted pretty much an entire day.

It did not have to be that way. I have often offered to buy my wife a new computer, but she always said no. She felt it cost too much money and her computer "worked"; if being slow, frequent blue screens of death, and trips to the computer repairman every few months count as working.

I came to the conclusion that like many people, my wife thinks in the short term. She believes if it will cost a lot of money now; even if it will save money in the long run, it is not worth it. With all the repairs we have done on the computer, we ran up a bill of about ¥1,000 in the last year. Add the time wasted with running around trying to get it fixed and waiting for it to work, it easily adds up to a brand new computer.


How does this relate to you? Sometimes you may have to choose between making do, and spending more money than you want. This could be a computer, a phone, a heater, clothes etc.

You need to decide what the most effective use of your money is

You could buy some electronics super cheap from a street vendor, but will you have to buy a new one within a month when this one breaks? If you spent more in a real shop with a warranty it would work for a year or more. Of course paying hundreds or thousands of Renminbi on designer clothing would also be foolish.

When you have to consider making a big purchase, think about different things. Would it be better to get it repaired? How much will the repairs cost and how often will they be required? Can you buy a good product second hand, at a street market or a smaller shop? How much can you really afford to spend? Finally, how important is it?

My wife uses the computer mostly for writing and communication. So she needs a decent computer but not a top-of-the-line one. She refuses to get a second hand computer, but wants to save money. Repairs are becoming too expensive and frequent to make that a real option.

She is getting a new computer this Christmas, from one of the discount computer shops on Zhujiang Lu. If she still argues, I will even buy it for her myself, even though as a Westerner I won't be getting any nice deals. Merry Christmas! 

FLYING INTO WUJIAHUA AND MORE HANDS



Qingdao

Double Tree by Hilton

Yangzhou

Four Points by Sheraton Yangzhou

Hefei

Sheraton Hefei Xinzhan Hotel

Hilton Hefei

Jinan

Jinan Foreign Entrepreneurs Association

Changzhou

Sheraton Changzhou Wujin Hotel

Sheraton Changzhou Xinbei Hotel

Sheraton Jiangyin Hotel

Oxford College

Taizhou

Double Tree by Hilton

Huzhou

Sheraton Huzhou Hot Spring Resort

Wuxi

EtonHouse International School

Sheraton Wuxi Binhu Hotel

Suzhou

Dulwich College Suzhou

EtonHouse International School

Zhenjiang

Sheraton Zhenjiang Hotel

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