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THE NANJINGER #37 CONTENTS

NANJINGEXPAT VOLUME #4 / ISSUE #9

6 | Editorial

7 | Letter Of The Month

10 | Buying Face & Busting Bellies; Changing Fitness Attitudes in China

14 | Snakes, Trees & Gyms; the Evolution of Chinese Fitness

18 | Jinling Lives; Gong Maoxin

22 | Surviving Searing Summer; Exercising in Nanjing Climate

24 | Let's Get Physical | Crossing it off the List

22 | Final Boss Battle

30 | Corker | Cooler Kings

22 | Think Heathy Think Beautiful | Should We Hide?

34 | The Trip | Ha'erbin

38 | Our Space

48 | The Index

56 | City Maps

60 | The Gavel | Food Safety



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Running in the family

With the Youth Olympics with us, this month The Nanjinger takes its slant on a related issue, that of fitness.

Tackling the subject from just about every conceivable angle (eg Maoism and virtualism), find out for instance why exactly those strange people walk backwards. No, they were not recently de-institutionalised. Elsewhere, read about the “pole dancing grandmother” or take Nick McBride’s personal fitness advice seriously as he vows not to follow in the steps of the English football team.

Beginning in this issue we also greet The Bard of The Nanjinger, one Maitiu Brallaghan; we look forward to his poems related to our theme each month in the space on the right.

Finally, we would also like to say “good job” to two students of Nanjing International School; Elannah Young and Siebe Grimmon, who just before the summer break joined The Nanjinger for their Work Week. Read the results of their efforts in two articles herein.

Welcome to the oven that is Nanjing is August!



"And Step..."

And step / and step / and step / and rest.
 The sweat / the tight / ness burns / my chest.
 I tire / perspire / for what? / And rest.
 To look / just fine? / To look / my best?
 I pay / the man / to beat / my ass.
 I trim / my waist / but must / confess
 That back / at home / I fail / the test-
 The whipped / cream buns / and lem / on zest
 Taste far / too fine- / my waist / attests.
 And so / again / I'll step / and rest
 Myself / into / my grave / ...

by Maitiu Brallaghan

Letter Of The Month

Dear Editor,

Finally they are (almost) upon us, the hotly debated and long-in-the-making Youth Olympic Games. I personally have enjoyed the run up to the games more than I believe I will the actual event, since the boost the city has received due to the international competition in terms of architectural and cultural offering has become incredibly tangible over the last few months. The Nanjing Eye, the Youth Culture Center (which we have termed the space ship) as well as the Homo Erectus Fossil Museum, that I have been reading so much about and look forward to visiting in the near future; these are all great additions to the cityscape ranging from being modern, over simply cool to environmental friendly. Therefore I feel grateful for the YOG's; not necessarily for the hype they have brought or for the competition itself, but for the impetus they have given to further improve our life and environment in Nanjing.

Louise Nutchey
 A Nanjinger

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Publisher 编辑出版
The Nanjinger 《南京人》杂志社

Operating Organization 运营机构
Nanjing Hefu Cultural Media Co., Ltd. 南京贺福文化传媒有限公司

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Volume 4 / Issue 9 / August 2014
"Fitness"

Copyright 2014, Nanjing Expat
Published in the United Kingdom
ISSN 2051-9974

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新闻学。

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Nick McBride is a strength and conditioning coach originally from the UK. A former athletic director, he specializes in coaching young athletes and is now Head Coach for the Xianlin Warriors. In his spare time, he obsesses about Newcastle United Football Club.

Nick McBride 是一位来自英国的体能教练。他曾经是一位经验丰富的体育指导员，他目前作为 Xianlin Warriors 的主教练，专注于训练年轻运动员。他及其热爱纽卡斯尔联足球俱乐部。

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。

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

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

Our Editor-in-chief and Music Critic, Frank Hossack, has been a radio host and producer for the past 30 years, the past 20 of which working in media in China, 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.

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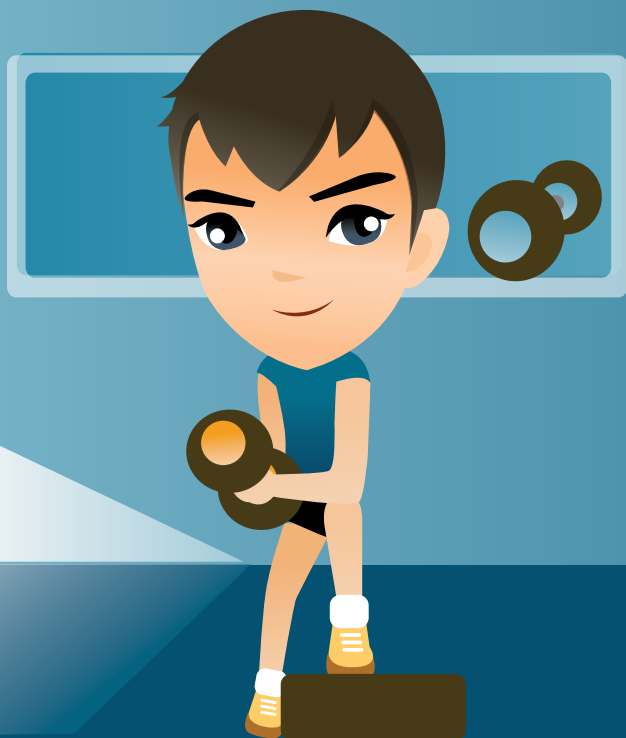
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BUYING FACE & BUSTING BELLIES

CHANGING FITNESS ATTITUDES IN CHINA

By Emily Waltz

If fitness in China was once an unambiguously public activity, conducted en masse in large squares or parks, it is now moving increasingly toward the private sphere. While Taiji generally draws a gray-haired crowd to public parks, for the young and well-heeled, a gym membership is becoming part of the corporate package; a sign of the good life.

Interest in sports as leisure activities is growing with prosperity. Individuals cite reasons of both health and fashion, while governments are concerned with national health and corporations with the potential profits represented by growing demand for fitness centers and equipment.

One image of fitness in China is the ubiquitous little outdoor exercise centers, replete with bars and twisting discs, swinging foot-pedals and the cylinders with bumps on them (it is a bit puzzling how to use some of it, admittedly). This might be the neighborhood model of health consciousness: low-tech, small-scale, outdoor, common, free. On the other end stands an escalating roster of gyms and fitness centers with complex equipment and

specialized classes and yearly memberships costing between hundreds and tens of thousands of the people's currency. Thousands of institutions have opened their doors in Nanjing and other major Chinese cities, from hotel gyms to international fitness chains to university and community sports centers.

The new wave of fitness got a boost from the 2008 Olympic fever sweeping through China. More than just a few weeks' entertainment, the thirst for Olympic gold was tied to a feeling of national pride, and a sense that it would be a way to prove that China had arrived. Athletes doubled as national heroes, and stimulated interest in increased physical activity. But even before the Olympic hit, China had a well-established history of communal fitness activities, the most prominent of which may still be group calisthenics. Children at school still gather in rows for morning calisthenics, and companies have their workers do the same, generating rows of uniforms moving in unison, an activity not generally part of Western office culture.

Calisthenics in the Mao era were designed to heighten

patriotic feeling. Released in 2011, the ninth and newest official set of exercises was redesigned for the problems of the modern society: too much time sitting at desks hunched over computers, and growing obesity. Radio calisthenics broadcast daily in Beijing at 10am and 3pm. The most dedicated companies enter their workers in calisthenics competitions, which are open to both state-owned and non-state enterprises.

TRENDING TOWARD GYMS

Commercial gyms are the biggest players in the Chinese fitness industry. Hotel gyms follow, while public gyms trail far behind. In 2004, the Los Angeles Times ran an article arguing that joining a gym in China was more about making a fashion statement than anything else, quoting from interviews with gym members who went to sit in the in-house internet bars playing online games instead of using any of the gym's expensive equipment, and others who only came to use the sauna as a replacement for the traditional bathhouse.

Certainly, rumors of people smoking while exercising or wearing high heels to run on treadmills would reinforce the idea that frequenting a gym is more to see and be seen than it is about health, but if that was once true, it appears to be changing fast.

In a pattern familiar to many developed nations, China's economic progress has led to increased urbanization, more sedentary lifestyles, and higher consumption of meat and dairy, factors that lead to a less active population and a new set of national health challenges. News outlets in 2013 seized on a study published in the Journal of the American Medical Association warning that the rate of diabetes in China had reached epidemic proportions, estimated to affect nearly 12 percent of the population, surpassing rates in the United States and by some measures, the highest in the world.

Some are choosing to exercise indoors because of another phenomenon associated with China's rapid rise, the deteriorating air quality that makes outdoor exercise something of a health risk; though depending on the filtering systems in place, indoor air may not

be much better.

Others cite the change of attitudes toward chubbiness; overweight men whose bellies were once a sign of prosperity are now told that extra weight may damage their career prospects if it is seen as a sign of laziness. What is socially desirable follows the change between thinness as a marker of those who might not have enough money to eat well to a marker of those who have the money to join a gym or hire a personal trainer. Leisure sports have become another sign of affluence, spreading from the wealthy to the middle class.

NICHE SPORTS

With the growth of the sporting industry as a whole, more and more niche sports are beginning to find their way into China, not only catering to the more individualistic minds but also mixing with local culture to form a wealth of entertaining anecdotes.

The website for Health and Safety in Shanghai warns that "some sports, such as squash, ice hockey and rugby might be harder to find, but they are in fact also available here." Spinning, rock climbing, yoga, pilates, kettleball and pole dancing are a few of the fitness activities enjoying enough popularity to support independent centers.

In 2012, China Daily featured an article about pole dancing and its image rehab from a risqué to respectable form of exercise, highlighting the story of an instructor from Chongqing (though the majority of the article consisted of pictures of skinny, flexible women wrapped around poles). The sport has also found a foothold in Nanjing; that same year, a "pole-dancing grandmother" grabbed international headlines, photographed with copper hair and thigh-high leather boots, talking about encouraging older citizens to maintain active lives and the pole dancing courses she had begun in Nanjing.

While boutique yoga studios have yet to fully invade Nanjing, Shanghai is predictably a hub where any number have sprung up. One company boasts several branches across the city with airy rooms, an international cast of instructors teaching bilingual sessions, and several dif

ferent kinds of yoga. It is also outlandishly expensive, more than ten thousand RMB for a yearlong unlimited membership, a package the sales staff push hard. While the first class is theoretically free, potential new recruits are asked to come in early and stay late, captive to a series of frenetic sales pitches that seemed out of place with the rest of the studio's calm, a symptom of the overreliance of the Chinese fitness industry on generating new sales.



Standing apart, as a somewhat strange idea of corporate-sponsored community is lululemon, of designer yoga wear fame and its see-through pants product recall; the company made headlines for having to issue a recall of some 17 percent of its high-end pants because the material was so sheer. Customers had been displeased to discover the translucency, and articles joked about people showing more than they had bargained for while in the downward dog pose. In what is apparently a reflection of the company's commitment to foster grassroots community participation and introduce newcomers to yoga, the shop offers sporadic complimentary classes at its Shanghai Xintiandi showroom. The racks of expensive halter-tops and yoga pants are pushed aside to let a dozen or so attendees spread out their mats on the store's hardwood floors.

FISHING IN THE NEW MARKET

Of course, China's massive population has industry analysts salivating over potentially the biggest fitness market in the world. However, less than one percent of mainland Chinese currently have gym memberships, while Bloomberg News cited a European sports and leisure consultancy predicting if just four percent of China's population joins, this will generate enough demand for 30,000 new clubs in the next twenty years.

There is already an annual China Fitness Summit in Beijing. Yet, if it is a sector many see as a field of opportunity there are some serious constraints that might give potential investors a moment's pause.

LOSING CUSTOMERS

Estimates are that Chinese gyms retain only about 20 percent of their current members, on the low end of reported retention rates in the Asia-Pacific. Hong Kong, for instance, has retention rates near 60 percent.

A 2009 report from the consultancy firm Deloitte went so far as to say that China's fitness industry is not as healthy as it should be, given the population's increased prosperity and attention to health. The penchant among gyms for lowering prices to compete is ultimately hurting the industry, requiring establishments to focus more on attracting new members instead of the service and quality that might allow them to retain old ones, and creating short-term cash flow problems.

Fitness centers in China typically offer only yearly memberships, leaving some members worried about losing their money should a gym suddenly fold, or unenthusiastic about paying for a year if business has them away often for months on end. Deloitte and others have called for the adoption of a monthly model and an end to yearly and lifetime membership sales.

Other gyms are striving to compete on added service and quality instead of price. Impulse Fitness Club, a chain headquartered in Qingdao, expanded to include so-called health management specialists (certified by the

Ministry of Health) to fill the void of people looking for comprehensive medical advice, evaluations, and fitness plans in a nation with few private doctors. The company also reported plans to install chips in workout equipment capable of capturing data about each member's workout habits, to better shape an overall fitness plan. The national Ministry of Science and Technology also has plans for high-tech fitness innovation, including a cloud platform national fitness database.


Based on surveys that indicate the majority of Chinese members go to the gym with someone else, the report concludes that word-of-mouth may be more critical in China than other markets, and in order to generate referrals, service must improve.

MEMBERS ONLY

China is currently home to 7056 fitness establishments, 70 percent of whose users are between the ages of 19 and 40.

The statistics seem to support the notion that gyms are more popular with young professionals, and especially among those living on the Eastern seaboard. An IBIS World industry report estimated in an industry set to generate \$4.62 billion in 2014, 20 percent of total fitness industry revenue comes from Beijing, with Shanghai following close behind at 18 percent. There is speculation that the Beijing and Shanghai markets are saturated, though second tier and inland cities may yet harbour unmet demand.

Where there may once have only been low- and high-end options, a growing middle class has more predicting middle-range gym options that are neither ritz nor grime.

And yet for many, the idea of a private gym membership is still out of reach. In an eChinacities Internet forum, one user posed the question "why are gyms so expensive in China?" Another user replied with what was voted the most popular answer: "Gyms are for the rich, who want to buy some face. The rest walk backwards while screaming toward the moon." 




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SNAKES, TREES & GYMS

The Evolution of Chinese Fitness

By Siebe Grimm
& Etannah Young

For foreigners, walking through parks in early mornings can be quite the experience. High-pitched karaoke greets your ears as you wander through the gates and come across fifty Chinese couples waltzing around the pavement. Next to this practiced synchrony of dancers along tree-lined paths are people walking backwards, clapping their hands and kicking trees; the grass is crowded with elderly citizens going about their routine sequences.

What to foreign eyes may seem like an odd way to spend the morning is believed in popular Chinese culture to physically and mentally benefit one's body.

Most foreigners would rather visit a gym or do exercise for visible improvement and aesthetic value, such as bulky muscles; Chinese on the other hand rather focus on internal improvement and health.

Only 9.4 percent of the population indicate they exercise to lose weight; the majority of the remainder exercise for the purpose of physical activity (36.6 percent), recreation (23.7 percent) and preventing or curing diseases (14.5 percent).

Internal improvement is closely linked to the theory of Qi. Believed by many Chinese to be the flowing life force in one's body, Qi is responsible for inner-balance and peace.

Disruption of the flow of Qi is believed to cause pain and illness. A vital part of Traditional Chinese Medicine and local culture, Qi can be described as being life's energy that exists everywhere in nature, in both positive and negative ways. Martial arts, such as Taiji, are about controlling this internal energy flow.

Taiji is regarded as one of the most famous martial arts practiced in China. A multitude of differ-

ent styles have been recognised; amongst them repeated movement sequences and activities such as kicking trees are said to cause physical improvements to the performers' body, enhancing abilities such as flexibility and youthfulness. The story of Taiji originates from the 12th century, when a legendary Taoist priest Zhang Sanfeng observed a bird attacking a snake. The snake defended itself against the aggressions of the bird, eventually making a lunge and fatally biting its opponent. This incident inspired Zhang to create the first set of Taiji moves; ever since many have been adapted from the original form. The three most common are Taiji Chu'an, a hand form; Yang style, using swords; and Wu style, consisting of grappling, jumping and throwing, all three of which can be experienced upon a visit to the park in the early morning hours or late evenings.

Practiced for centuries by the people of China, the most traditional way of maintaining health and prolong one's life is to participate in an array of gentle daily exercises, and with the amount of old people on Chinese streets it seems they are working. One of the common techniques is walking backwards as this movement trains muscles that are not used during regular walking and greatly improves the strength of these muscles as well as the balance of the person.

Spiritually speaking, it is believed the action can turn back the clock and correct previously made mistakes in the walker's life.

Often done barefoot on cobblestones, walking backwards massages acupuncture points in the soles of the feet, releasing endorphins such as dopamine and causing feelings of happiness. Acupuncture is also believed to aid vital organs, including the heart, liver and lungs as well as assisting in curing insomnia and joint pain.

Other popular work-outs include standing on your head, a technique originating from Shao Lin monks

that increases blood flow to the brain and clears the mind, and tree kicking, which not only improves flexibility but is beneficial for the lungs as one remains close to the tree's fresh air. According to century-old theory this action releases bad Qi and any pent up anger. Tree kicking is such a popular activity in parks, that it has even been banned in some places due to the damage done to the trees.

For lack of trees, many have now taken to kicking traffic lights and power poles instead.

Finally, body whacking is commonplace in China, where the performer strikes themselves with their fist or open palm, along the arms, down the legs and in the chestal area to assist blood circulation and help to alleviate pain and pins and needles in the limbs. This type of exercise can be witnessed throughout the city, not just in parks but also regularly on the street and in other public places.

Yet, not all these techniques are focused on physical fitness, others are meant for mental improvement.

Screaming at the top of your lungs is known to purge negative Qi. This is best done in the morning, when fatigue is shouted away, and the late evening, to release excess energy in order to sleep better.

If you happen to hear a scream mingled with the park's dance music and karaoke, no need to panic! It is probably a very nice elderly person releasing their weariness.

Another reason these exercises are rather relaxing is the social aspect; many of the elderly come out for their routine exercises not only for physical activity but more importantly to meet up with people and have a chat. "A lot of old people don't want to stay inside their small flats alone, and prefer to

socialize, while exercising,” explains Tong Li, 24, a professional from Beijing. There is a very distinct reason for the tendency amongst the elder generation to partake in such “social sports”; as today’s pensioners lived through the turbulent phase of the Cultural Revolution, where any form of entertainment including cinemas, recreational parks, and even meeting places such as tea houses were strictly forbidden, exercising to stay “fit as a nation” was the only opportunity for people to come together in large groups and enjoy some form of social exchange under the guise of adhering to party rules. Almost 40 years after the end of the Cultural Revolution this generation has upheld the tradition of social sports.

Their descendants, however, are not dependent on socialisation through exercise. With access to countless ways of entertainment and meetings with friends, they neither need nor are interested in the old-fashioned way of working out; therefore it is next to impossible to find young people amongst the group of exercising Chinese in parks. “The younger generation think old people’s exercises are boring and out of fashion,” explains Li.


“Young people, if they are students, exercise in PE at school anyway, so they do not feel the need to join evening workouts.”

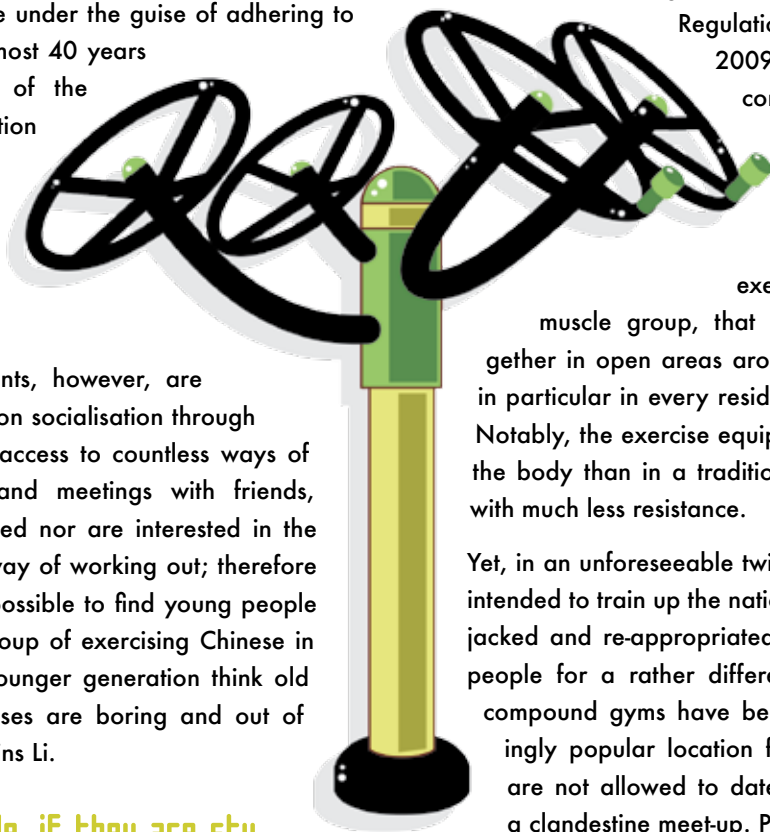
Hence, even the fitness realm has been made subject to modernization by the government in a bid to get the youth active as well.

Nowadays the authorities have installed the infamous outdoor gyms in parks and private compounds adhering to the communist ideal of addressing the basic needs of the people.

They form an important part of the government’s effort to make China fit and combat obesity, alongside the National Fitness Regulations, initiated in 2009. These places consist of multiple self automated contraptions, each designed to exercise a different muscle group, that are clustered together in open areas around the city, and in particular in every residential compound. Notably, the exercise equipment is softer on the body than in a traditional foreign gym, with much less resistance.

Yet, in an unforeseeable twist, the equipment intended to train up the nation has been high-jacked and re-appropriated by the common people for a rather different purpose. The compound gyms have become an increasingly popular location for students, who are not allowed to date on campus, for a clandestine meet-up. Probably not quite what the government intended.

So, with all this newfound knowledge, next time you meander through a park in the early hours of the day, join in the dancing, tree kicking, bird walking and everything else your local garden has to offer or simply observe young love blossoming near the bars and benches; it may not heal your liver and lungs but you will certainly enjoy yourself, and that is the key for a long and prosperous life. 



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JINLING
LIVES

Gong Maoxin

By James T. Bee



The next time your kids try and get out of doing their homework you may need to reconsider spewing out a list of reasons as to why they are wrong. Not your typical piece of advice, but twenty years ago, Nanjing local, Gong Maoxin, today one of the country's top tennis players, did exactly that; a decision that would shape his entire life.

“[Tennis] started out as a way to not do my homework, but I soon realized that it would be tough. Eventually I would have to do both my homework and practice, not mediocre, but exceptional.”

Gong, who goes by the English name Roger (yes, after Federer), has become the top singles and doubles player in China, holding two of China's most prestigious tennis titles, the 2005 China National Games and the 2010 China Open, and is one of four to represent China's national tennis team. Internationally, he has made China proud by bringing home two gold medals in 2010's Uzbek Karshi and Thailand's ATP doubles challenge. However, behind these achievements sits an internationalized individual; humble and warm, your typical Chinese characteristics, mixed with an unconventionally humorous man, who appreciates the simple treasures in life.

“Through my tennis experience I've learned to appreciate things for what they are and not the value society gives them. For example, unlike the majority of China who loves brand names, when I was abroad I saw a simple, clean pair of sneakers and bought them. Little did I realize that they were brand name (Bottega Veneta) and funny enough when I got home my fiancé told me she liked my ‘Nikes’.”

When Gong initially began playing tennis, his ultimate goal was to enjoy this sport and become a top player in China. Yet, choosing this career path twenty years ago, when hearing the word “wang qiu” (tennis) was rare, meant deviating from standard Chinese career prospects. But that did not stop Gong from giving it a try.

In hindsight, Gong is very aware of the fact that to many Chinese individuals and families, a sense of passion, drive, and liking is not enough to consider pursuing a field. Modern Chinese society epitomizes practicality and fiscal responsibility; these are the two key conditions that should determine your path in school and prospective job. Within pressure from self, parents, and the hypothetical future generation lies the priority to earn a stable income to afford housing, cars, and retirement; there is almost no room for “unstable careers” such as sports. Consequently, sporting culture in China is considerably less prominent than in other countries.

Furthermore, similarly to many Western countries, tennis is seen as somewhat of a luxury pastime. In order to stay competitive within China and globally, private lessons are generally needed, and that requires money and time; money from one's family and time away from them solely focusing on one's studies and securing a job that will earn a steady cash flow. This is not practical in Chinese eyes and hence undesirable.

With Gong's awareness of this situation comes immeasurable gratitude; the young man makes it crystal clear that his current success rests on the unconditional support of his parents, who supported fully his unconventional career choice.

However, even with the backing of Gong's family, a number of obstacles were ever present, especially during his formative years, first and foremost the biggest being himself. As a perfectionist with the highest of expectations, he fell victim to an unimaginable amount of pressure, and little self-confidence; achieving his goal of becoming China's best tennis player seemed almost impossible. It looked like the end in 2003-2004, when Gong found himself at a crossroads deciding on whether to pack up his racket and head to college, forfeiting his lifelong dream. Then, the 2005 China National Games happened. On what Gong had decided was his last chance, the young player finally won the national tournament and as a result was offered a place on China's national tennis team, tied to which was not only a large amount of prestige but also the necessary support to enable Gong to pursue tennis as a full-time career.

“In most countries, when you want to pursue a sport, one's finances, travel,

and schedule typically depend on the player. If you are lucky, a sponsor could also cover some of the expenses. However, in China once you join a provincial team the government takes care of everything. The support from my parents, coaches, and now the government has become a large part of where I stand today.”

With full government backing, and no financial burden, the athlete today travels around the world doing what he does best.



“Travelling has been the best part of my career; while week by week on a plane and then competing can get tiring, a week without it makes me realize how lucky I am to be able to pursue something I am passionate about and explore the world.”

With this new, first-hand, global perspective, coming back to China made him reflect upon his own culture to such an extent that he began questioning what he used to know.

“Competing with players from other countries is refreshing, the U.S. athletes tend to be more outspoken and have a good sense of humor, which is different from the Chinese standard tendency of being shy. It has made me realize that there is something about one’s culture that really shapes a general aspect of who one is.”

As part of his profession, Gong also finds himself visiting Europe quite frequently. Aside from exploring the continent’s cultural diversity, the sporting talent has found the European environment provides him with an unexpected competitive advantage. Being used to the dense, thick air all across China, Gong finds that competing in cities with little to almost nonexistent levels of pollution makes the game a lot easier.



Speaking of the future, Gong has a clear sense of direction. Still at the peak of his career and youth, his professional goal is to compete in the US Open. At the same time, he is taking a big step in his private life also. In a couple of months he will be married to his supportive fiancé, Cherry.



“After I get married, retire, and have kids, I want to slow down and make sure I am an active role model in their lives. Just like my parents raised me, close-knit and very supportive, I want to reflect these same characteristics.”

Meet Patrick



Precious Patrick is delighting us all with his gorgeous dimpled smile. For a long time, Patrick struggled to thrive and to build a trust relationship with a carer. His cerebral palsy meant that caring for his needs was time consuming and difficult to achieve in a busy orphanage. When he first came to Butterfly Home, he was miserable and cried almost constantly. His initial care plan was focussed on his nutritional and medical needs. Meanwhile, his nannies also knew that Patrick needed to learn to bond, to feel loved. Through their consistent cuddles and play, today his muscles are relaxed and his giggles fill the home. His now happy days are filled with tickles, songs, kisses and games.



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You step out of the airplane, be it your first time in China or your return, and are immediately hit with a wave of sweltering heat. As the sweat flows and humidity envelops you, you groan, thinking of those plans to get in shape after a summer of eating plenty of food during your travels; now dashed by the fact that exercise is virtually impossible in such different climate conditions. Luckily, there is hope yet. Find herein some suggestions on how to adapt to the Nanjing environment, whilst remaining in great shape.



Keep Cool

Nanjing summer days frequent the 40° Cs and nights rarely drop below 24° C. With these temperatures, keeping cool is a priority. To beat the heat, you decide to go for a swim in one of the public swimming pools. You walk out of the locker room, in your sexy bikini and loose hair, finding loads of people staring at you. Chinese swimming etiquette states that one should wear swimming caps. You may further have noticed the difficulty of buying bikinis in China, as most Chinese women favour little bathing dresses. Although it is not usually against the rules to wear a bikini, you will receive a lot of attention for it in swimming pools that are publicly accessible.

Outdoor and at beaches, women usually cover their skin, as tanning is not deemed attractive in China; light skin being an indication of status, while dark skin is associated with farmers and their outdoor jobs.

Pools in Nanjing can be found at many hotels, universities or in fancy compounds. The best place for outdoor swimming is arguably Zixia Lake, located inside the Ming Tomb scenic area on Purple Mountain. Though caution is advised here as cold undercurrents are present in the middle of the lake, which can cause cramps, putting people's lives at risk.

Keep Hydrated

Humidity is another issue in Nanjing; with the August average being 81 percent relative humidity. Anyone who has experienced a summer in China will recall the weeks upon weeks of sticky air and how much sweat you can produce the moment you reluctantly venture out from your cool home. For those planning on exercising, keeping hydrated is the only way survive this. Humidifiers can be purchased for those keen on working out at home to save heading out.

Keep Healthy

As you may have noticed, the smog levels are at their lowest this month, but as the weather cools, pollution shall return. When doing serious physical activity, breathing rates increase eight to ten times, so you are inhaling more pollutants into your lungs. Different times of day are better for exercising than others; be sure to pay attention to the daily PM2.5 forecast.

Face masks are also available, although your average doctor's mask, or a feminine fluffy one, bought at a stationary store, will not do you any good. Look for masks that advertise PM2.5, as these will filter out the pollutants, and allow you to inhale much fresher air. Although the pollution is harmful, it is more harmful to the body to not exercise at all, so avoid the smog as much as possible, while still exercising to the best of your ability.

Keep Fit

Other ways to exercise are gyms across the city. Western ones are often expensive while the cheaper ones are dominated by tough, old Chinese men. Beware of these gyms though, as most likely you will find they do not have any air conditioning. However, universities and foreign schools around Nanjing often have far more cost effective gyms, as well as more secure equipment. Personal trainers can be hired, although the majority speak only Chinese. In addition, be aware of culture difference regarding work-out intensity. A serious workout for a Chinese woman is often slightly different to what is seen elsewhere, being far lighter; more time is often spent on preparation and purchases than the actual workout; gym culture being not yet fully developed on the mainland.

With this newfound knowledge hopefully enabling you to build up your individual exercise routine, next time you can add to your grocery list the various items necessary to survive in the your new environment; a face mask, a swimming cap and the appropriate bathing suit. **NIX**





LET'S GET PHYSICAL

By Nick McBride

Crisps 1 - 0 Diet? Don't be England, start over!

Welcome back! I hope you had a fantastic summer... or winter. So, here we are. Let's get all our cards on the table. Last time we spoke, I was going off to watch England win the World Cup, and you were heading off to try to 'maintain' your weight and fitness. Let's hope it worked out better for you than it did for me. However, if, like England, you made a valiant effort that first 20 minutes, but COMPLETELY failed to cut the mustard thereafter (count to ten, deep breaths, remember what the therapist said, Nicholas), then help is here. And so, like the English FA should be doing; let's start from the beginning, shall we?

Goals. Without them, as England discovered, you cannot win. Think about where you are now and where you want to be. What is it that you want? People tend to want improved health, fitness or weight management but you need to be specific. What does your goal look like? To be able to walk up the stairs without falling apart; 10k in under an hour; to fit into those jeans; to have arms like Madonna (some men do, ya know). Have a think about what you really want. No need to write it down, because you are unlikely to forget it. However, I will encourage you to cover the fridge in motivational pictures or words. Here are a couple of favourites to give you the idea: "You are what you eat. So don't be fast, cheap, easy, or fake."; "Stop rewarding yourself with food. You are not a dog."; "Put it back, Lard Arse."

Great! So now you have a goal. Next, you need to build a path to reach that goal. How are you going to get there? Obviously, I can't give you

a detailed, perfectly tailored, effective plan here. For that, you would have to come see me (sorry Frank, shameless plug). BUT, what I can do here is give you some ideas about how to build your plan for yourself.

Idea 1: Google it. Now, you are an intelligent person, remember all that essay writing stuff about choosing your sources and checking to see your references are of this century? Apply that here. Try to consider your current state too. I am sure a training program for your next marathon is easy to find online, but make sure you choose the one that references your starting point; "Knee pain on the couch to 5k program."

Idea 2: Get an app. Search for one that will help you achieve your goal; there are so many. Take heed of the reviews though!

Idea 3: Use your common sense. Please. Do. Not. Cut. Out. Food. Groups. Bad, bad, bad...badderer than my punctuation. If it makes you feel ill and unhealthy, it is not good for you. Simple.

Idea 4: Note your progress. This is all to do with motivation really. You need to see hard, physical evidence that you are achieving your goal and that it is all paying off. Keep your times, measure your biceps, be a little bit wary of the scales though. There is no need to weigh yourself every day. Do as I do; pick a Thursday morning, get up, go to the bathroom, go naked, take your watch off, blow your nose and only then, step on the scales.

Once a fortnight; same time, same place, same scales.

Now, if you are not seeing progress this is because, either your plan is floored or you are not following it. Understand that one hour of tough physical exercise followed by a week of take outs, wine, beer, late nights and a deadline requiring a family bag of nachos, a pint of coffee and 20 cigarettes is not going to equal happiness when it comes to achieving many goals; except maybe a promotion and an early grave. Yeah, I said it.

Enough of the harsh realities of life though. Let us get back to more inspirational and positive thoughts. Exercise, health, fitness are all good things and you know what? They can be fun. Honestly! Exercise is only NOT fun, if you don't do it. I defy anybody to follow an exercise program properly for four weeks and then tell me that, actually, they preferred being their former self and hanging with the sofa. The sense of well-being is addictive and hard to give up once you start to achieve things.

One of the ways you can help feel the sense of enjoyment from exercise is to, every once in a while, do it for the sake of doing it. Leave behind the pedometer, turn off the distance measuring device, take off the heart monitor and forget your PBs. Just go for that run to enjoy being outside, to catch up with a friend, to encourage somebody else to get fit, to think over a work problem. Do not allow yourself to tell yourself that exercise is "bad" or anything else, because we all know that talking to yourself is NOT a healthy sign. We also all know that once you have got your kit on, there is no turning back and you will be dang pleased you did it after.

So now, let's wind this up. In approximately 1,000 words I have told you, more than likely, everything you already know! The only obstacle to you meeting your goal is you. Unless you are in full body traction, in which case, we might need to explore a new goal for you, or you are part of the England football team, in which case, I want nothing more to do with you. I have German ancestry somewhere, I'm sure. New season, new goals, new outlook.

Onwards and upwards!

The poster is titled "SPORTS # SPECIALS!" in large green letters. It features a collection of sports logos including NFL, NCAA, 24, NHL, Premier League, MLB, NBA, F1, NRL, AVIVA, LFP, and The FA Cup. In the center, there are three images: a collage of food items, a photo of two people, and a photo of a group of people. At the bottom, there is a QR code and the text: "SUNGLOW BAY, 193 SHIGU ROAD", "BEHIND THE OPERATOR / EXIT 1 FROM SHANGHAI ROAD METRO STATION (JUNE 21) / TEL: 8079 2599", and "[石岐湾193号, 石岐湾美食休闲街区7号楼]".

The advertisement features a stylized illustration of a house with a chimney and a red bus in front of it. Above the house, the text reads: "To and from
a new home that
truly feels like home". Below the house, the logo for "HOME CAUGHT" is shown, with the tagline "RELOCATION SERVICE" and "Explore your daily needs".



By Matthew Stedman

Tea with an Identity Crisis

If you, or anyone else you know, has struggled honestly and unsuccessfully to enjoy Chinese green tea, here is an example you must at least try before you give up the initiative.

Anji Baicha is a semi-expensive tea with an unusual history, nomenclature and, most importantly, a delicious cashew-nut taste.

Its name is certainly a source of great confusion. You may perhaps have spotted that baicha (白茶) means “white tea”. Furthermore, you may already know Chinese White Tea as “Silver Needle” (baihao yinzhen 白毫银针) or “White Peony” (baimudan 白牡丹), and may be wondering how this “white tea” of Anji County (Zhejiang) fits in with that classification system. Well, the truth is that it does not.

In this part of China (Central Eastern), baicha to most people only means this local type of tea; Anji Baicha (安吉白茶). It is so named not because the tea leaves are not green (they are matte yellow-green!) but because the liquor of the tea remains almost colourless no matter how hard you scald the leaves; 白茶 = pale tea.

Those other (venerable) varieties of baicha, native to Fujian, with their large, grey hairy leaves, are more famous in other parts of China and abroad. They arguably have a better claim to the term white tea making us English speakers quite willing to leave Anji baicha romanised but not translated. In any case, this green tea is little known in Beijing, never mind Prague; which is quite a pity.

Any of the “bitter” notes sometimes ascribed to green tea are entirely absent here. Anji’s flavour has been compared with cashews, pistachios (similar colour, of course!) as well as umami-rich vegetables like asparagus. In addition, though this may sound contradictory, there is often a citrus aftertaste (huigan 回甘) with an Anji tea, which somehow complements the mouth flavour (kougan 口感) perfectly.

Chlorophyll is the component that makes most leaves, including processed green tea leaves, green and leafy-tasting. Anji contains almost none. One theory is that, being picked through such a short season (basically, just May), these leaves do not have time to develop chlorophyll; they are the veal meat of green tea! Another theory holds that either the specific DNA or the conditions prevent this tea’s native theanine compounds from being converted (in exposed leaves) to chlorophyll.

The aforementioned theanine, an amino acid, is responsible for some of the delicious umami flavours in green tea. It is also associated with a ‘calming’ sensation, offsetting some of the ‘edginess’ of the caffeine effect. Anji is the epitome of theanine-rich tea.

Whether or not the variety we drink today really is the direct descendant (supposedly re-discovered in 1981) of the white tea plant favoured so highly by emperor Song Huizong (12th Century CE), Anji baicha is certainly a tea anyone living in this part of China should seek out.

Expect to pay over 100RMB for a half-jin of the good stuff. And do start by treating it with milder temperatures (less than 80 degrees), at least in the early infusions. **NUX**



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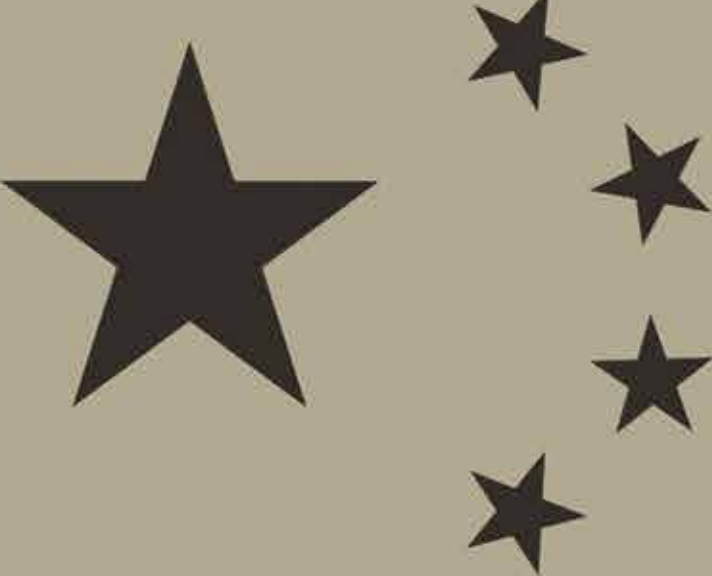
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The Chinese gaming industry is in upheaval. After 13 years the Chinese government finally decided to lift its ban on gaming consoles such as Wii, PS and Xbox. Oh, you were not aware they were banned? Neither were we. Or any of our Chinese friends for that matter.

Due to the well-known Chinese characteristic of the “double standard”, i.e. the official laws and the way around them, imported machines and games from Hong Kong and Taiwan have been available on the grey market to such an extent one hardly noticed that foreign gaming devices were supposed to be illegal. Only a trip to official retailers with their lack of international gaming platforms hints at the fact.

Manufacture, sale and import of non-Chinese gaming technology was initially banned in the year 2000 due to what was officially being titled parent's concerns that games of such nature melt their children's brains and hamper their neural as well as physical development; cynics on the other hand have seen it as yet another move of protectionism, to keep foreign companies from garnering the profits to be made from the gaming industry over the past decade; not inconsiderable profits to boot.

In 2013, electronic games revenue increased by 38 percent, reaching a total value of ¥83 billion, unsurprisingly making China's the largest gaming industry in the world. However, due to the lack of console games, the

gaming-scape in China is entirely different from the West. Over 90 percent of said revenue was related to online games with PC games taking up a bulk of the market share; over 70 percent, all of which are naturally home produce.

With figures as breath-taking as that one might wonder what the incentive is for China to open up their market to foreign invaders. Of course the mainland is ensuring it gets a piece of the gaming pie by insisting that foreign companies cooperate with local businesses if they want



to enter the lucrative market; and so Microsoft is going to become the console pioneer for China after investing a whopping ¥1.4 billion into the local economy by teaming up with BesTV. Notably the announcement was made before the ban was lifted in September 2013, suggesting Microsoft had a major part in the decision, and illustrating that concerns over melting brains can be assuaged when sufficient amounts of cash are involved. Microsoft's XBOX China version, which is being produced in Shanghai's new free trade zone, to which the opening up policy is geographically limited, is set to enter the local market in September 2014. If the console becomes a success in the world's largest market for consumer electronics, this could help Xbox One overtake its main competitor, Sony's Playstation 4, which currently remains the leader in the international field.

Yet, it is not all that simple. Microsoft will remain a lone pioneer for a number of reasons, with Sony and Nintendo being rather hesitant about tackling the Middle Kingdom due to the hostile conditions of the market. For one, Microsoft will likely face an uphill battle as almost an entire generation has grown up without the major platforms of the West such as Xbox, Wii and Play Station, while free PC and mobile phone games have thrived on Chinese soil.

Even more so, price will be a major issue as Chinese customers are not only unwilling but more importantly unable to pay. According to CNNIC's 2013 Chinese Online Gamers Behavioural Study Report, 82.2 percent of players of online games earn less than ¥5000 per month; both Xbox One and PS4 are sold in the US at a cost of almost ¥2500, while one average game is priced at almost ¥400, an unaffordable cost especially for students. Yet, 86.5 percent of players are aged 10 to 29 years, hence an overwhelming majority of the target group have no own income at all and consequently have no way of affording such locally ludicrous prices. With an abundance of free games at the ready, who would want to anyway?

Last but not least, China with its global reputation as counterfeit central is simply an unattractive market to Nintendo and co. due to the fact that those gaming consoles that have made it onto the mainland are in almost every case “modded”, i.e. cracked in order to allow pirated games to be played on them. In addition to

FINAL BOSS BATTLE

By Laura Helen Schmitt

the country's widespread piracy problem, the fact that the consoles have been banned and therefore exclusively been available on the grey market, where counterfeit games are present en masse, has caused consoles and illegal game copies in China to be closely intertwined, an uninviting prospect for any company looking to make profits.

Yet, the global gaming players might be underestimating the desire of so-called pirates, or modders, to go legal. Those retailers who will not only sell your Xbox to you half-illegally, but mod it for a price and throw in 10 counterfeit games at ¥10 a piece, are not necessarily happy about their line of business. In an article published on Kotaku.com in 2013, before the ban was lifted, Eric Jou got an insight into the minds and lives of a couple of bootleggers working near Beijing's Drum Tower, an area famous for selling all the gaming heart desires, with a surprising conclusion.

"Piracy is a huge issue for us...we make a lot of money from modding systems to play bootleg games, but it's not a good business for us; there are too many variables", said one of the owners who for the purpose of the article was given the name Liu.

"Piracy, in my opinion, comes from a necessity. Before the 360 was hacked, people still purchased legitimate games... you look at all the PS3 gamers, they can only purchase legitimate games," said Liu further. "Sure, once the 360 was hacked, gamers purchased more 360's because they could play \$1 games."

After explaining that the sole reason Liu and his partner dabbled in modding was that it was the only way they could pay their rent, Liu also expressed his belief in a brighter, more legal future. "If consoles were legal in China, there would be China region games which would result in a uniform market."

With a strong desire even among pirates to end the counterfeit dynasty in China, global game producers' phobia might be entirely unfounded; after all if there is no one to sell you counterfeit games, what else can you do but purchase the original?

In the end, it is up to Microsoft and its Xbox One to test Chinese waters, the result undoubtedly being a large slab of "I told you so!" though whether it will be Microsoft or the competition who laughs last all rests on the question whether the Xbox player can slay the world's final boss; the Chinese Empire.



NU

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 Apotheosis Of
WINE EXPRESSION

Cooler Kings

If you have ever been paralysed by the advice 'drink at room temperature' for red wine, that is because you are intelligent. It leaves you with a baffling range of possibilities, and if there is a room out there at the correct temperature for the wine then quoting that room's temperature is surely more useful. Temperature does play a vital role in the flavour of any wine, and many a red wine served at the fabled mark is rendered soupy and flat by being drunk too warm, owing to the advice being coined before more modern heating methods. Reds should not be shy of the fridge to achieve optimum taste, and a rough outline, notwithstanding eccentric personal preferences, is that even the chunky and tannic reds, such as a rich Barolo or a weighty Bordeaux, ought not to rise much above 18 degrees Celsius, and the medium bodied brigade, Pinotage, Pinot Noir, Tempranillo, Cabernet Franc, and Grenache amongst others, should not be scared to go a couple of degrees cooler still. Many red wines will benefit from chilling substantially further, not least the lighter and brighter Beaujolais wines which make delicious heat salvers after a few hours in the refrigerator and tuned into something circa 10°C (akin to a medium-bodied rosé).

A fine example from the mid-weight category is the superbly priced Armand Dartois Ventoux 2011 which has a savoury and satisfying Grenache driven textural grip with a chocolaty tinge, all of which is lifted to a light and spicy flourish at around 12°C; this wine currently punts for just ¥45 from Metro (16.5 points). Of the light reds I am currently most struck by the unruffled simplicity of the Vonnier Beaujolais Villages 2011 (Metro, ¥69), clarion and poised with cherries to the fore bringing enough grip and structure, enhanced by the time spent in the cooler, to steer it from lightweight triviality, and thus effortlessly collecting 17.5 points. On a much heavier note port wine, of the more golden, tawny, hue, is a surprising foil for an August day in Nanjing. Don Pablo Tawny from Metro is my local pick (¥79), this is a humbler tawny which can make for a great port in a heat storm as this will manfully survive a chilling to sub 10°C with all its faculties intact still retaining that delicious smack of caramel and marzipan; a refreshing yet pleasingly mellow fellow (16.5 points).

Whites, on the other hand, are all too often being frozen to within an inch of their lives. That bottle with enticingly cold tears rolling down the sides, pleasingly numbing to the touch at this time of year, is really most usefully employed as a cold press against your forehead until it climbs to at least 10 degrees. The Paul Mas Sauvignon Blanc 2007 (BHG, ¥199), a stylishly marketed and increasingly prevalent Languedoc producer, which when served cool rather than cold allows a perfect cut-grass Sauvignon Blanc accent to mingle with an otherwise stifled light dusting of gooseberry, along with citrus and a trace of nut, all conspiring to a beguiling effect on temper and spirit. Essential summer drinking (16.5 points).

Thicker and richer, the Delicato Discovery Bay Viognier 2012 from California (Metro ¥108) has an array of tropical fruit perfumed by peaches and apricot, where a little innate 'greenness' together with a chill factor of around 11/12 °C (too cold and you will lose those fruit perfumed aromas) assuages any soporific tendencies, keeping it all firm and taut and zippily refreshing. One glass and you are on holiday (16 points). **NJ**



- ★ **Technical English &**
- ★ **Professional English training**
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NUX



Think Healthy Think Beautiful

By Maria Simonova

Should we hide?

"Three things cannot be long hidden:
the sun, the moon, and the truth."

Buddha

• **T**he sun is usually a welcome guest for people; everybody waits for it during long and cold winters, rainy falls or late springs. Therefore, we do not always think about the need to use sunscreen; our skin so rarely gets a dose of sunlight, why block it? However, the sun can be a very serious threat that is best avoided with sunscreen.

Sunny Danger

The most obvious danger is sunburn. Surely everyone has experienced one; the skin reddens, and later starts to hurt so much even sleep becomes problematic. After 1-2 days the pain lessens, and damaged skin starts to flake off. This is very unpleasant, and your tan turns into ugly spots on your skin, while your body undergoes completely unnecessary additional stress. Why would you do this to yourself?

The long-term effect of ultraviolet rays comes with the result of skin cancer. The highest risk of malignant disease is in people with freckles and a large number of moles on their bodies, therefore they should be especially careful with outdoor sun and use more sunscreen. The excess presence of melanoma, a type of skin cancer associated with UV type B, among 20-25 year olds confirms the importance of the use

of suncream in childhood, adolescence and youth.

Screening Out Sunrays

Sunscreen has the ability to create a barrier to UV rays, while some of its components scatter, absorb and reflect sunrays.

The main difference between the types of sun-protection is the SPF level. On the package of the cream you will see the symbol of the SPF with numbers ranging from 15 to 50. These figures indicate the maximum time of sun protection provided by the product. It is believed that in natural conditions the skin may be under the sun for 20 minutes without harming your health. Cream with SPF15 increases this time 15-fold, SPF 30 30 times, and so on. In addition SPF 50 provides minimum harm through ultraviolet rays as it lets only one percent of the dangerous rays reach your skin. With SPF 15, 7 percent get through, so the higher the number, the stronger the protection.

Using Sunscreen

Use of sunscreen should be made obligatory from childhood onwards; excluding children up to six months; babies need to be kept in the shade of trees or under a canopy away from the aggressive rays. The optimum conditions for obtaining healing sunlight, to prevent the development

of rachitic and vitamin D deficiency, are scattered rays of the sun. Do not expose your toddler to direct sunlight; ultraviolet light is sufficient under the crown of trees and even under a solid roof as reflected light.

Undoubtedly, in countries with a hot climate, where sunrays fall almost at right angles and are especially aggressive, sunscreen is indispensable. However, even in other places you should not relax during sunny or even rainy days, as the dose of ultraviolet light is still too high. Sunscreen should not be a companion solely of summer vacations by the sea, but also a necessary measure of protection in any sunny, rainy, foggy day in spring, summer, fall or winter. Remember when you go to the beach and there are clouds in the sky but you still get tan? It is those sunrays getting to you everywhere at any time.

Actually, not even sunscreen can protect you if you stay under the sun for hours. Therefore, on sunny days, avoid permanently staying outdoors; organize an umbrella or rest near the trees in the shade. If you go sunbathing, never stay under direct sun light from 11 to 2 o'clock, as this is the most dangerous time for sunburns.

Remember, low temperatures do not equal safety, the angle of sunlight to the Earth is important. The closer

you are to the equator, the straighter the angle, the more dangerous ultraviolet light becomes, the more likely you are to damage your skin. My hometown is Kamchatka, where people sometimes ski in winter wearing their bathing suits, getting very tanned. The sun is incredibly strong and reflects off the snow, causing sunburn in no time.

Sunscreen Suggestions

1. Apply sunscreen fairly thick, preferably 30 minutes before going outside. The average amount of cream per usage throughout the body is 30 g. Apply to all exposed areas of the skin.

2. The cream lasts for 2 hours; apply a new layer of cream over this period of time repeatedly. If you exercise, sweat or swim, apply the cream more often; every 40-60 minutes.

3. At the beach choose waterproof cream, but remember, when you use towel after bathing, part of the cream will be gone, so it is advisable to apply the cream again.

4. If possible, buy cream from a proven manufacturer. Typically, these products create a more resistant layer on the skin. Reputable companies produce a wide range of sun creams, with additional functions like moisturizers for oily or dry skin or hypoallergenic creams.

5. If you have allergies, look for a cream without content of para-aminobenzoic acid, the component most frequently responsible for allergic reactions.

6. Try to use daily cream (aftershave for men) with sun protection factor to prevent premature aging and reduce the risk of malignant skin tumors. Fortunately, now almost every day cream contains sunscreen ingredients, so finding such a tool in a make-up store is not difficult.

7. Finally, ladies, when you buy makeup, look for SPF 15 items including your face and eye creams, face powder and concealers.

Have a great summer and stay safe! 



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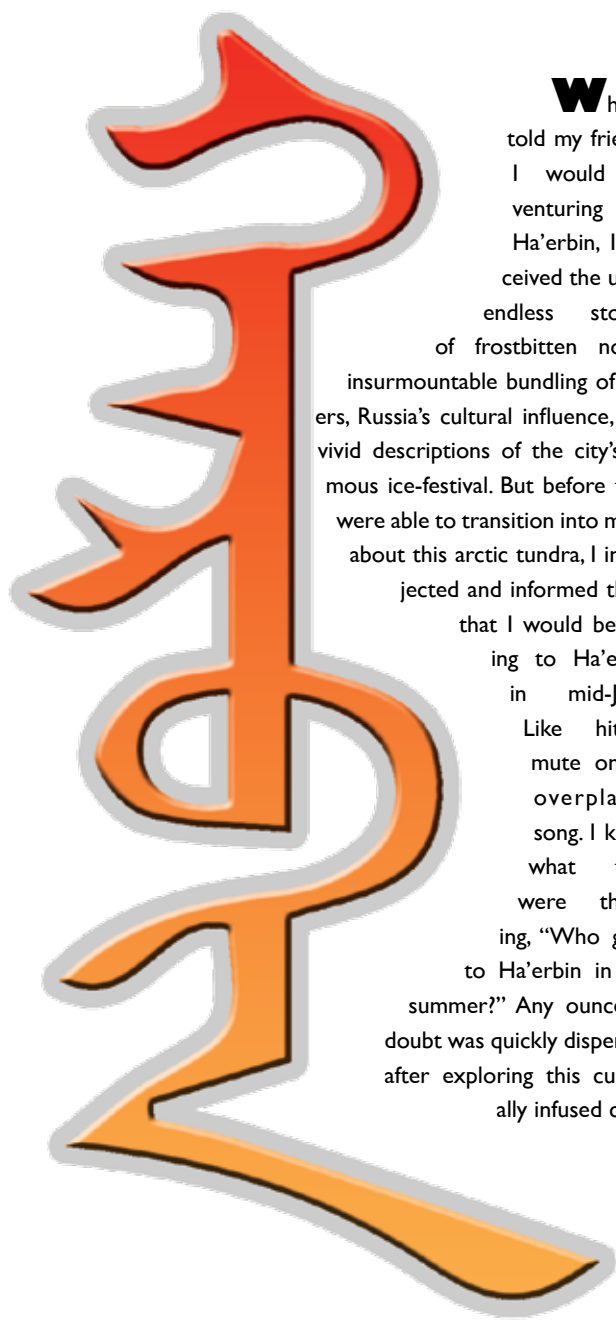
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THE NANJINGER
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When I told my friends I would be venturing to Ha'erbin, I received the usual endless stories of frostbitten noses, insurmountable bundling of layers, Russia's cultural influence, and vivid descriptions of the city's famous ice-festival. But before they were able to transition into more about this arctic tundra, I interjected and informed them that I would be flying to Ha'erbin in mid-June. Like hitting mute on an overplayed song. I knew what they were thinking, "Who goes to Ha'erbin in the summer?" Any ounce of doubt was quickly dispersed after exploring this culturally infused city.

Landing in Ha'erbin was refreshing to say the least; its environment providing instant therapy.

Like two parched sponges,
my lungs began soaking up
Ha'erbin's crisp, pure air.

Looking at the sky, crystal blue with a light scatter of faint white clouds, my eyes were staring at nature's mosaic. If that was not enough, the forty-five minute drive

THE TRIP HA'ERBIN

downtown included bright signs lighting the city, music radiating onto the sidewalks allowing people to dance, and an endless view of food karts selling traditional small treats. After a brief introduction to this city, I comfortably fell asleep to the constant, cool flow of natural air-conditioning.

Unlike most polluted cities, Ha'erbin's clear skies allowed the sunrays to sneak through the windows and warm my eyelids, it was time to wake up. My continued battle to stay asleep was overturned by sidewalks roaring with high-pitched bargaining and pungent smells of northern barbecuing. Awake and hungry, I was left with one option; explore these markets. Outside awaited a robust symphony of smells and colors. Lychees about to burst out of their shells, pungent durians, fragrant oil spewing from fresh meat being prepared, and finally two-renminbi egg tarts made to order; my stomach was being tortured. However, like most foreigners, the question is not what to eat, but where to start. Once unfamiliar with proper Chinese bargaining etiquette, my fear of eating "mystery" food and being overcharged used to stop me from gaining the full experience. However, with the assistance of some native friends and a desire to thrive in this environment I had to learn. Lets start with the sniff test with an eighty percent accuracy rate, give or take, in detecting food you will crave or learn to never touch. Before you even begin to bargain with the boss ("lao ban") take five seconds to sniff for any abnormal smells. Behind decoration of spices and sauces, your nose can usually sense if the food is spoiled, or sour. You do have to be careful of food that naturally carries those characteristics but for the most part the sniff test should be used on every occasion. Still, as a foreigner in China, you really need to bite into as many snacks as you can and if it does not suit you, there are bins everywhere. The next step; bargaining. With clothes and accessories, you always start at fifty percent of what they offer, then let it rise from there. However, with food you just want to make sure you are not being overcharged.



Check the pricing of how much per kilogram and always ask for something free. The key point being, do not be shy.

After filling my stomach with different fruits and small snacks, my trip to Ha'erbin left my taste buds with two unparalleled cravings. On the sweet side, the “Queen Fruit”; mangosteen, known as being Asia’s super fruit; this robust, purple sphere is famous for cleansing the body and pores. In addition to its supposed medicinal properties, the white, cloves underneath its shell provide an individual with a creamy, tangy, and perfectly sweetened sensation. Your hands will also be covered with purple markings due to the devouring of the fruit, but the taste is more than enough to even consider hygiene. Moving on to savoury, you cannot leave Ha'erbin without trying, “Guo Bao Rou” (锅包肉). According to friends, waiters, and locals during the Russian integration into Ha'erbin they apparently could not find food to suit their taste. With fried, glazed meat steaming from the inside of





the hotpot and piping-hot bread baking by the second this Guo Bao Rou is a delicious cultural fusion of Russia and China's unique palates.


Guobaorou is perfectly balanced, not too spicy, too salty, or under seasoned. Crispy, sweet and sour, the combination of various textures makes this dish a wonderful representation of this cultural mix.

With nice weather, little pollution, and good company, Ha'erbin is not a city to take refuge inside. Every night consisted of exploring the city; be that by joining friendly, dancing locals outside, playing basketball with local students, or continuing to snack on local treasures. Finally, you need to make time to see Russia's inspired architecture; along the street of Zhongwen Da Jie (中文大街) you will begin to question if you are really in China.

Tall, caramel Russian-inspired brick buildings, balloon like structures, and vibrant colors decorate this street.



In addition to the sea of black hair and bickering present in every Chinese city, you also encounter tall, blonde Russians speaking in their native tongue and then switching to fluent Mandarin Chinese. This multinational environment allows locals and visitors to appreciate cultural diversity.

After a short five days of traveling, I had now experienced a trip truly off the beaten track; Ha'erbin in the summer. Food, people, and architecture all based upon this city's unique cultural twist provided me with a new palate, different angle on China's history, and hope for future integration with other countries. Coming home I now carry countless other stories that my friends cannot put on mute; instead this trip was one on which I would definitely hit replay. 





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Activity

Nanjing's Capoeiristas

By Chloe Partridge

This Brazilian martial art has come to Nanjing, and oh boy, is it fun! My first lesson was a hilarious mix of dance and acrobatics, neither of which I was good at. Like most people I was new to the class, and to the concept of Capoeira. Within 45 minutes though, I had done cartwheels, handstands, and even press-ups across the dance studio floor. It truly was a new experience.

The sport itself is a form of mixed martial arts combat, which incorporates acrobatic dance features. It was practiced by slaves during the Portuguese colonisation of Brazil. However, as slaves were defined as "property", and prohibited by law from practising any form of self-defence, they disguised their practise of such an activity by incorporating dance-like moves, and music. This meant that if someone saw them practising they could claim they were merely dancing, thus avoiding corporal punishment.

Capoeira was a movement, a rebellion, for liberation. It was used as protection for any slave who managed to escape to a quilombos, a community built by liberation through capoeira, and it was not a bad means of protection either. Sometimes it was said that an entire fleet of men was needed to take down one single quilombos warrior due to their extraordinary fighting style. Undoubtedly, the use of knives, according to the olden day practise, helped sufficiently in apprehending the rebels.

By the end of the 19th century slavery could no longer be upheld in Brazil, and many were freed. However, the former slaves felt abandoned without work and a real place in society. As a result Capoeira found new applications amongst criminals. This led to the practise of Capoeira being banned, and confined to secret underground locations. Capoeirista's had to use nicknames amongst other capoeirista's in case meet-ups were

infiltrated by the police. This tradition has been upheld in the art form until today.

By 1920 Capoeira had lost its fighting style and had become more of a playful game, used to entertain tourists. As a result in 1937 a fighter named Mestre Bimba set up the world's first Capoeira school, where he gave the martial art a frame work, and structure, in order to revitalise its fighting aspect. Due to his efforts, in 1940, Capoeira became legalised again and is now a symbol of Brazilian culture. Since then, the practise has spread to many different places around the world.

The basic step in Capoeira, called the ginga, is used to keep the capoeirista moving, thus stopping them from becoming a stationary target. It is also used to deceive and trick the opponent



leaving them open to attack. Most offences in Capoeira use kicks in order to take out the main body parts of the opponent, whereas the defensive moves often avoid using a counter attack, and instead are more evasive. Such evasive moves, like rolls and Cart-

wheels, allow the capoeirista to quickly overcome a takedown or loss of balance, speedily repositioning themselves around the aggressor in order to carry out a counter attack. This fluidity is what gives Capoeira its famous choreography style.

When practitioners of Capoeira learn enough moves, they begin to play against one another in what is called a roda; a circle of other Capoeirista's who clap along to traditional Brazilian berimbau (a sort of musical bow) music.

I cannot say I have quite reached that stage myself but I have improved a great deal since my first ever class, and have definitely caught the Capoeira bug. After all, it is a captivating sport, which combines many different aspects of martial arts and dance together, along with its rich history, creating a practise which is unlike any other. I highly recommend the course to people looking to try out a new and exciting sport; I know I will be continuing for a while yet. **NU**

Gastronomy

Lounging, Linger and Letting your Hair Down

Medi

By Wang Tiantian

■ **M**edi is back, bigger and better. The resto-bar with a focus on European beverages and cuisine has reopened its doors in the slightly hidden Shi Popo An, an alley just opposite 1912 with a growing number of dining and nightlife establishments.

"Comfort" is one word that describes best what Medi is about. Out back find a private room with two lush sofas to lounge and linger, the perfect place to relax after a stressful week. Two doors lead out into the backyard, a hypothetical treat for those who dare to brave the army of mosquitos that cannot wait to get a sip of your intoxicated blood. "Oh, this bouquet is particularly rich with a hint of Mojito," they will hum as they suck the living daylight out of you. Sofas it is.

Make sure you get there early though, as the comfortable seating tends to go rather quickly, and while the tables next to the bar afford a better overview of the comings and goings and the opportunity to chat with delightful owner Vanessa, nothing beats stretching out on those pieces of furniture heaven.

The thirsty will be glad to know that their desires will be quenched to utter satisfaction while recuperating; Medi offers a classic selection of European cocktails at very reasonable prices plus a few gems you will not easily come by in Nanjing such as Pimm's. Especially with summer boiling up, what could be better than sipping away at this traditional beverage while recalling those days in London when 35 °C was considered "hot"? Careful, though, due to local weather conditions you might find yourself in need of a bucket load to combat the searing heat. In terms of drinks, the best value for money by far is the bar's fortnightly Sangria weekend: at ¥10 a glass on Fridays and Saturdays this provides one of the most inexpensive buzzes in town, especially if you devour the "drunk fruit" floating about in your glass. Yum, dinner!

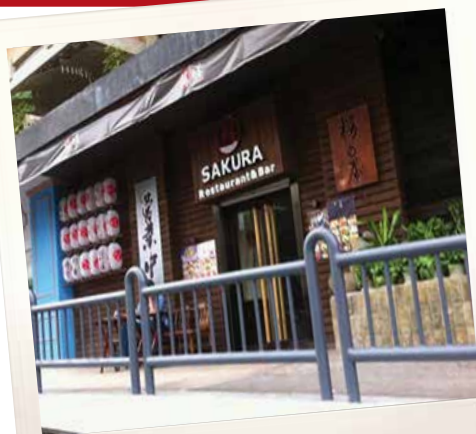
By way of food, it has to be acknowledged that Medi has more to offer than intoxicated apple. A range of European cuisine made to order, including a fantastic salad with non-standard ingredients such as cooked salmon, kidney beans and grated cheese. At ¥60 and a sizeable portion, this does not provide the most inexpensive




of dinners but compared to IST Mall standards is rather reasonable. Be aware though that dishes need to be booked in advance.

The final highlight for Shisha lovers is Medi's selection of water pipe and tobacco. The equipment has been imported from France; a gift by some of the owner's Middle Eastern friends. Their decoration reveals their authenticity, crushing the competition in terms of quality. At ¥50 a smoke it is hard to say no, and with the smog wrecking our lungs anyway one feels like there cannot be much harm in enjoying one every once in a while (or at least that's what I tell myself).


All this in addition to the bar's great location make it a wonderful after-work/pre-clubbing stop to let the worries of the day drift away and get your buzz on to head out and party. See you on Sangria night! **NU**



Sakura Japanese Restaurant


- Sakura's specialty are deliciously light and healthy hot pot options to which Udon noodles can be added at request; this refreshing meal to share will probably fill up two to three people ordered with a few sides. While portion size for many of the classic Japanese dishes is slightly wanting, this is offset by the comparatively reasonable price, an average of about ¥80 per person. An absolute must are the truly innovative inside-out sushi rolls. The comfortable environment of the restaurant cum bar invites to linger and is perfect for a relaxed evening with friends. Find Sakura at 85 Shanghai Lu; Tel 13813387623. 

Jiangning Imperial Silk Manufacturing Museum

- From the reign of Emperor Kangxi to that of Emperor Qianlong, Jiangning Imperial Silk Manufacturing Government Office became a temporary palace for the emperors during their southern tours and was the largest such structure in the country. The ruins are now home to the Jiangning Imperial Silk Manufacturing Museum, spread over 8,700 square metres and six floors, in which one can find permanent exhibitions that include Jiangnan Imperial Silk Manufacturing, Celestial Cloud-pattern Brocade, Chinese Qipiao dresses and one devoted to that seminal piece of Chinese literature "Dream of Red Mansions" in which one can experience settings where many events in the novel happened. Find JISMM at 132 Changjiang Lu. 



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- Coffee, books and postcards; Momicafe offers everything the interior decorating heart and stationery fan desires, inviting you to linger and spend even more money on their pretty, little gadgets while enjoying a hot beverage from their Café section. The stationery is designed by the store's very own aesthetic geniuses, ensuring that what you purchase here is not just another conveyor belt effort and instead has its own charming, individual character. Brace yourselves, fashionistas, your wallets might not survive this! Find Momicafe at 3038, 3F, Jiangning Wanda, 68 Zhushan Lu; Tel 86127006. 



Snowpiercer

By Ben Flake

■ **A**n impossibly advanced bullet train with a perpetual motion engine flies through a frigid, uninhabitable world; aboard the last remnants of humanity, ruthlessly divided into sections and castes, from an opulent and debauched first class to an oppressed and abused tail section.

This is *Snowpiercer*, the English-language debut of South Korean director Bong Joon-Ho (*Mother*, *The Host*). It tells the story of the members of that tail section; people who could not afford tickets to board the vehicle at the time of the icy apocalypse that annihilated the rest of the world's population, but were allowed aboard anyway, to live a hellish half-life, as they attempt to revolt against the train's administrators, who have kept them trapped in their cramped, crowded quarters, feeding them almost-inedible blocks of protein (if anything) for the last 17 years.

As one might imagine from the description above, *Snowpiercer* is a singular film, especially in its imagery; a mysterious, canary-coated woman descends to the burnt out, grey-hued tail of the train to measure and seize children for some unknown purpose; raves, saunas, and aquariums occupy entire carriages; and black hooded thugs, in a world where bullets are all but extinct, may lurk behind any door, axes at the ready. It is also singular in the way it presents its (very overt) attack on the modern social order; anything propping up those in power is arbitrary, and with the

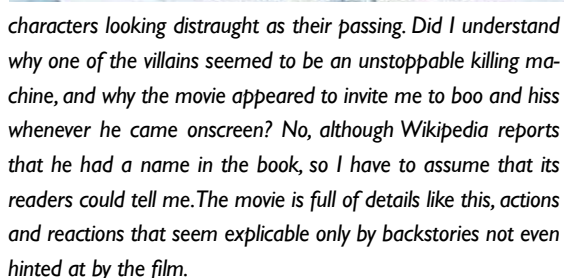
full support of the ignorant and easily-led masses, designated sacred (see: engines, water purifiers), while any attempt to violate the strictures of one's class are punished harshly and decried as a threat to the entire social order by a grating, Margaret Thatcher-aping Tilda Swinton.

Even more intriguing is the subtle ideological battle between the only two characters who seem to really matter; Curtis Everett (Chris Evans, of *Captain America* fame) and Namgoong Minsu (Song Kang-ho, of somewhat lesser fame for his roles in *Memories of a Murder* and *Sympathy for Mr. Vengeance*), the former of whom feels strongly that the best way to deal with the tail section's plight is to undertake an expedition to meet, and possibly murder, the mysterious, Wizard of Oz-like billionaire who created the *Snowpiercer*, while the latter responds to his troubles with attempts to numb and escape the pain of his post-apocalyptic, train-based lifestyle, through drugs or any other means at his disposal.

Their rivalry, though never made explicit, leads the film to a climax that does a great deal to complicate what initially seems to be a simplistic anti-authoritarian message; the result is as thought-provoking as any movie with Chris Evans and axe fights is likely to get.



The problem with these scenes extends beyond their editing; the film is very much lacking in stakes. Based on a French graphic novel, it is clear from the film that these books included a great deal more in the way of detail and character development than the very plot-heavy movie does. When we are asked to muse, for example, on all of those lost in the tail section's glorious fight for freedom, all those we have lost registers more in terms of the poor, faceless extras whose source of income was cut off before filming wrapped. It is no help that it remains unclear how many of them were lost in the first place, or how many people comprise the tail section (or those remnants of humanity.) Did I mourn any of the characters when they died? I did not, nor did the film justify why I should, other than by showing other major





Trade Show **Asia Outdoor**

23rd - 26th July @ Nanjing International Expo & Conference Centre

A total of 17,298 visitors came to the show's ninth outing, with 613 booths presenting the latest outdoor technology and fashions. It is estimated that the outdoor industry in China will be worth ¥ 40.9 billion by 2020.





Theatre

Le Show

13th June @ Nanjing Qianxian Theatre

No scenery, no props; if he needs something, he invents it! Trained at the prestigious "Cirque du Soleil", Julien CoterEAU is both a mime artist and a clown and won the Molière 2007 for the best new male artist.





Event BSN Summer Fair 7th June

The annual event at the British School of Nanjing, boasting most of the trappings of a typical British summer fair, such as the ever-popular bouncy castle, charities, games and activities, fabulous food, live music and everyone's favourite; "Soak The Teacher"!





Event

Eton House Father's Day

15th June @ Fairmont Nanjing

The kids enjoyed the robot show, indoor soccer, DIY dessert making, clown performance, and Father's Day card making; Dads enjoyed drinking beers, watching World Cup 2014 and socializing while the mums enjoyed their girlie chit chats.





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85791577
www.bellinirestaurants.com
Stylish and elegant yet easy in which to relax, Bellini serves up an array signature dishes and drinks. Tempting daily specials available at each venue.

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 / 13057623789
www.finneganswake.com.cn
Guinness, Kilkenny, San Miguel and Rogue-Dead Guy Ale on draught, a wide selection of classic Irish and Scotch single malt whiskies plus a carefully prepared selection of authentic western food.

Blue Sky Expat Bar & Grill

蓝澳西餐厅
77 Shanghai Lu
上海路 77 号
86639197
www.the-bluesky.com
bluesky.aussie@gmail.com
One of the original expat bars to open in Nanjing, serving burgers, pizzas, Aussie meat pies and Bundaburg Rum (Bundy). There are also weekly and monthly pool competitions, weekend openings at 10.30am plus music you thought you had forgotten about.

Les 5 Sens

乐尚西餐厅
52-1 Hankou Lu
汉口路 52-1, 靠近南京大学
83595859
Remaining surprisingly inexpensive since opening its doors in 2005, Les 5 Sens serves authentic and homemade traditional French dishes (fois gras being a particular favourite) in a homely atmosphere.

Medi Mediterranean Café and Bar

地中海餐厅酒吧
8#101 Shipopo Lane
玄武区石婆婆庵8号101
83600569
A Spanish chef serves up a range of pizzas, pastas, and all manner of unique cocktails and shooters plus traditional imported French Absinthe.

Wagas

沃歌斯
1F, Nanjing IST Mall, 100 Zhongshan Lu
中山路 100 号艾尚天地购物中心一层
85656120
www.wagas.com.cn
Fresh in from Shanghai, Wagas focuses on Western and Modern Asian fare with a special focus on food quality, consistency and safety. Home delivery not yet available.

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
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 been around Nanjing for more than 15 years, serving up Italian favourites popular with expats and locals alike.

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 American style dining amid an impressive array of sport, movie and music memorabilia.

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 cantina atmosphere, and perhaps the finest terrace in the city. Strong sangria is a must.

Secco Restaurant and Bar

喜客西餐厅
132 Changhong Lu
长虹路 132 号
83370679
The after party may come and go, yet Secco remains one of Nanjing's top options for late night drinks.

Florentina

2-107, 83 Shanghai Lu
上海路 83 号 2 栋 107
3-101, 22 Nanyinyangying
南阴阳营 22 号 3 栋 101
18602560788
Over 100 craft beers waiting for you to try!

Henry's Home

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

Selección Española

57 Zhongshan Dong Lu
中山东路 57 号
Serves up home-made classic Spanish dishes with films and documentaries also shown.

Pisa Pizza

比萨意式西餐
81-8 Shanghai Road 上海路81-8号
83343221
B2-05, Shopping Fun, 3 Jiankang Lu
建康路3号水立方商场B2-05商铺
58059234
Pisa Pizza has a reputation for offering up the finest pizza in the city, straight from the wood fired oven.

Cosima

可西玛
120 Shanghai Lu (near to Hankou Lu)
上海路120号
83337576
Famous for being the smallest restaurant in the city, serving Spanish items that include tapas, pizza and a nice variety of wine.

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, pasta and pizza; a good place to unwind after a day in the city.

Eminence Cellar

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

Punchline

弥多 Punchline 美式西餐厅
Building 1, Zhongnan International Mansion,
129 Zhongshan Lu 中山路 129 号中南国际大厦 1 楼
85263703
Authentic American cuisine is the slogan; think burgers, steak sandwiches, fajitas, potato wedges, subs and desserts, plus tempting looking cocktails.

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
Green, organic and fresh foods with a balcony offers outdoor BBQ for up to 150 people.

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 focusing on Mexican fare, with also pizza, burgers, pasta and sandwiches.

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 atmosphere in which to enjoy a wide variety of imported beers and the odd bit of live music.

Tony Music Bar

南京托尼酒吧

6 Jinxianghe Lu
进香河路6号
84068176
One of the preferred hangouts for the local crowd before they hit the clubs.

Indian Cuisine

Baba Restaurant 巴巴餐厅

Jinyuan Food Court Outlet, No 11 Hexi Center Park
341 Jiandong Lu
建业江东中路341号出口南京金源美食广场11号
13611574929
Reincarnation of Kohinoor, Nanjing's long serving Pakistani restaurant, featuring a menu that boasts over 200 dishes, all of which taste nothing alike.

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
Fabulous decoration in a great location by the city wall. Hosts the occasional jazz concert.

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
Serves Nepali and Indian foods in a setting as authentic and inspired as the dishes themselves.

Masala Kitchen

玛莎拉印度餐厅-酒吧

A05, No 12 Xian Yin Bei Lu, Xianlin
南京市栖霞区仙隐北路12号亚东商业广场A05
84448858
masala_kitchen@live.com
Offers vegetarian and meat dishes plus savory Tandoori oven dishes and exotic curries. Also serves a fine selection of imported wines and beers.

Taj Mahal 泰姬玛哈印度料理

117 Fengfu Lu
丰富路117号
84214123
189 Shanghai Lu 上海路189号
83350491
Established in 2003, feast on high quality authentic Indian cuisine that it continues to this day, making it forever popular with the foreign community.

Japanese Cuisine

Wadouraku

和道乐日本居酒屋

121 Shigu Lu
石鼓路121号
84465760
Patronised by Nanjing's Japanese community, and largely thought of as the genuine experience.

Kagetsu

嘉月

62 Taiping Bei Lu, 1912
太平南路62号1912街区
86625577
A lifestyle oriented dining experience with a focus on creative cuisine. Balcony affords views over 1912.

Tairoy 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 much more. Two more locations in 1912 and near to Xuanwu Gate.

Korean Cuisine

THE Korean 本家

B1, Golden Wheel Tower, 108 Hanzhong Lu
新街口汉中中路108号金轮大厦B1
84469445

Xinshiqi Korean Barbecue

新石器烤肉

B1, Deji Plaza, 18 Zhongshan Lu
中山路18号德基广场B1楼B116-117号
84764545

Ke Jia Fu 可家福

7 Nan Da Heyuan, 168 Xianlin Dadao
仙林大道168号南大和园7号
86331006

Other Asian Cuisine

Thai Tasty

泰式料理

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
An extraordinary array of distinctive dishes employing authentic seasonings with fresh local produce.

Pho Saigon

西贡堤岸越南餐厅

2F Huanya Plaza, 33 Shigu Lu
石鼓路33号环亚广场2楼
84465722
Popular and inexpensive fare that includes the must try Vietnamese noodles, hence "pho".

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.

Tiandi Sushi 天帝素食

21 Huju Bei Lu, Entrance to Gulin Park
鼓楼区虎踞北路21号古林公园正门口(近北京西路)
83701391

Bakery & Café

Gossip Café

叽哩咕嘈

Room 101, Building 1, 23 Nanxiucun, off Shanghai Lu
南秀村23号
86637484
Share an original or creative topic and Gossip will organize lectures accordingly.

Skyways

云中食品店

160 Shanghai Road 上海路160号
83317103
Weilan Zhidu Homeland, 6-4 Hanzhongmen Da Jie 南京汉中门大街6-4号蔚南之都家园商业裙楼
83378812
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 imported deli items.

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)
Brunch, cocktail hours, film screenings, a variety of Western food, plus widely known brownies.

3 Coffee

3号咖啡馆

82-1 Shanghai Lu
上海路82-1号
83244617 / 83311505
Art, design and photography books plus magazines. with balcony affording a nice view of Shanghai Lu.

Fish Tank Coffee

鱼缸咖啡小馆

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

Maan Coffee

漫咖啡

1 Qingjiang Lu (Beside Tianshui Binjinag Garden)
清江路1号天水滨江花园
85872858
Korean chain serving waffles, salads and all day breakfasts with two other branches in Nanjing.

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 oldest clubs in Nanjing and the preferred hangout 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

Hosts many of the big names in entertainment; Paul Oakenfold and DJ R3hab played here in 2013.

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
鑫广场北面) 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

Youth Moment Educational Investment Co., Ltd.

南京青梦家教育投资有限公司
3rd Floor Building E, Kingdee Science and Tech-
nology Industrial Park
532 East Zhongshan Road, Nanjing 210016
南京市中山东路 532 号金蝶科技产业园 E 栋 3 楼
83736611, 84530009
www.qingmengjia.com
enquiries@qingmengjia.com
Career guidance, entrepreneurship support,
overseas study services for Chinese and foreign
students.

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

汉中路 2 号金陵饭店世界贸易中心 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
#208, 200 Zhongshan Bei Lu
中山北路 200 号 208 室
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 4 楼
1F, Bld F4, Zone F, Zidong International Creative
Park, Xianlin
南京紫东创意产业园 F 区 F4 幢 1 楼
www.afnanjing.org
info.nanjing@afchina.org
French classes for individuals and corporations at all
levels, cultural events plus a modern library.

Jack's Mandarin Team-Times New Language

Jack 汉语一时代新语
5F, Jiangsu Culture Mansion, 89 Zhongshan Nan Lu
中山南路 89 号江苏文化大厦 5 楼
13851864492
smartcousin@hotmail.com
Extensive experience in teaching Chinese to for-
eigners employed in international companies.

New Concept Mandarin

新概念汉语
3302, Block A, New Century Plaza, 288 Zhong-
shan Dong Lu
秦淮区中山东路 288 号, 新世纪广场 A 座 3302
84872361
www.newconceptmandarin.com
nanjing@newconceptmandarin.com

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

Clubs & Charities

Nanjing International Club

南京国际俱乐部
www.nanjinginternationalclub.org
info@nanjinginternationalclub.org
A club 500 plus strong in membership that dates
back to 1990.

Nanjing No.1 Toastmasters Club

南京第一家英语演讲会俱乐部
www.nanjingtoastmasters.org
Weekly event at 1507, Wuxingnianhua Mansion,
Hanzhong Lu/Shanghai Lu.

Hopeful Hearts

www.hopefulhearts.info
Raises funds for treating 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

C Foundation 南京菲平

21 Banshanyuan, Xuanwu District
玄武区半山花园 21 号
84807686 / 13073491699
yaoying@c-foundation.org
Care and companionship for the elderly plus support
for children's education and health.

Butterfly Hospice

Nanjing Butterfly Home
Manager: Linda Huang
njbhmanager@gmail.com
info@butterflych.org
Loving care for cherished lives

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, camera cases and lots more.

Living Story

欧洲生活馆
173 Shanghai Lu 上海路 173 号
86634155
Coffee makers, stylish kitchen utensils, picture frames,
oil burners, candles, clocks and various pieces of art.

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
鼓楼区建宁路 2 号 (南京商厦对面)
9 Wangjinsi (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
Home décor, bits and bobs, 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 equipment including lighting, flash etc.

Camera & photography Equipment Market

东鼎照相器材市场

Dongding Plaza, 699 Zhujiang Lu

珠江路 699 号东鼎照相器材市场

Widely regarded as the best camera and equipment market in Nanjing.

Mobile phone shops on Danfeng Jie

丹凤街 - 手机

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

IT products on Zhujiang Lu

珠江路 - IT 产品

A multitude of stores 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

Avant-garde Contemporary Art Centre

先锋当代艺术中心

A1-101 Finder Art District, 1865 Creativity Park, 388 Yingtian 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

Dedicated to the promotion of contemporary art.

Jiangsu Art Gallery 江苏省美术馆

266 Changjiang Lu 长江路 266 号

84506789

Local artists' work, changed frequently.

ART 国艺堂

D-1 Shuimuqinhuai, 99 Shitoucheng Lu

石头城路 99 号水木秦淮 D-1 号

84506789

Picture framing and art related supplies.

Stone City Modern Art Creation Gallery

石头城现代艺术创意园

72 Beijing Xi Lu 北京西路 72 号

55583708

Exhibition of modern Chinese art.

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.

Yipai Art 南京艺派文化用品中心

81 Stone City

石头城 81 号

83704786

epair8888@126.com

Oil paints, brushes, spatulas, charcoal, easels, drawing instruments, sketch books plus a very large selection of pens, pencils and lead refills.

International Groceries

Fields

www.fieldschina.com

4000210049

cs@fieldschina.com

Online grocery store that delivers safe, delicious, high quality and imported groceries directly to your door. Also offers beverages, organic produce, baby & personal care products, plus ready-to-serve items.

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 鼓楼建宁路 300 号

Wide selection of foreign foods plus wines, beers and sprits.

Carrefour 家乐福

235 Zhongshan Dong Lu

中山东路 235 号

84658588

Hypermarket with five stores in Nanjing.

Times Grocery

泰晤士

48 Yunnan Lu 云南路 48 号

83685530

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

Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街 151 号 (近纪念馆东路)

86555568

French hypermarket with three Nanjing outlets and probably the city's best selection of cheese.

BHG Market

B2, Aqua City, 1 Jiankang Lu

健康路 1 号水游城地下 2 层

66985066 / 66985068

B1, Deji Plaza, Zhongshan Lu

德基二期地下 1 层

91 Matai Jie

马台街 91 号

68675666 / 68675699

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

RT Mart 金润发

39 Danfeng Jie

玄武区丹凤街 39 号 (近北京东路)

83358788 / 83356077

Shanghai based supermarket with a decent imported food section and a good range of dairy items. Three outlets in Nanjing.

Sports

Decathlon 迪卡侬

866 Yingtian Xi Lu (same building as Auchan)

应天西路 866 号

84218420

286 Ningli Lu (next to Metro)

宁溧路 286 号 (麦德龙对面)

52401018

French sports megastore chain that also stocks informal-wear shoes in sizes up to 48.

Jinxianghe Rd 进香河路

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

Wine Outlets

Eminence Cellar 香松酒窖

Inside Wutaishan (opposite to Jin Inn)

Guangzhou Lu 广州路 · 五台山体育场

66012088

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

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

Ziyo Wines 南京紫元酒窖

18 Mochou Dong Lu

建邺区莫愁东路

13770923489

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)

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

International SOS Nanjing 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 Assistance Center: 010 64629100

www.internationalsos.com

Delivers integrated, quality, comprehensive medical care. Services span from family medicine to 24/7 emergency services. Languages spoken include: English, Chinese, German, and Japanese.

Flossy Care

福乐氏齿科诊所

#105, 1 Huaneng Garden, 108 Taiping Bei Lu

南京太平北路 108 号华能城市花园 1 幢 105

13951994471 / 84069389

www.025ya.com

Offers all kinds of oral treatments including dental implants, crowns or bridges, dental whitening, cosmetic dentistry, root canal therapy, orthodontics and more. 100% bilingual staff; another branch in Suzhou.

Keya Dentistry

科雅口腔

Room 411, Building E, Wanda Plaza, Hexi

南京河西万达广场 E 座 411

4008-919-828, 025-83308686

www.keyaath.com

Providers of Invisalign; a popular, western alternative to braces, plus reconstructive and cosmetic teeth surgery. Axa Assistance, CSETH Insurance, METIFE and Medilink accepted.

Global Doctor International Medical Centre

环球医生国际医疗中心

1F, Zuolinfengdu Garden, 6 Mochouhu Dong Lu,

Jianye District

建邺区莫愁湖东路 6 号左邻风度 1 栋 1 楼

86519991 (24 Hours)

www.globaldoctor.com.au

International medical centre offers family medicine & specialist services plus 24 hour emergency assistance to expatriates in Nanjing. Mon-Sat 09:00-18:00. Multilingual staff: EN/JP/ES/KO/CN.

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

Health Examination Center

江苏省国医馆
2F, Outpatient dept. of NJUTCM,
282 Hanzhong Lu
汉中路 282 号南京中医药大学门诊部二楼
86646068
www.joinmi.com
English speaking staff, diagnosis by imported
advanced medical technology and treatment by
Traditional Chinese Medicine. 100% non-invasive.

Nanjing Entrance and Exit Inspection and Quarantine Bureau

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

Gulou Hospital 鼓楼医院

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

Jiangsu People's Hospital

江苏省人民医院
300 Guangzhou Lu 广州路 300 号
83718836
The major western medicine hospital.

Nanjing Children's Hospital

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

Jiangsu Provincial Hospital of TCM

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

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.

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 transla-
tors 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
汉中路 89 号金鹰国际商城 32 楼
86292980
Run by a stylist to many pop and movie stars.

Travel & Transport

Airport Shuttle Bus 机场大巴

¥20
1. East square, Nanjing Railway Station, 221 Long-
pan 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.

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

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
汉中路 108 号金轮大厦 22E
400 886 1212
Professional English service incl. air ticket, visas, ho-
tels, individual travel and Corporate Business Plus.

Training, Coaching & Consulting

MTI Nanjing

#714, Building 7, Wanda Dongfang, 58 Yunjin Lu
南京市建邺区云锦路 58 号万达广场 7 栋 714 室
84714552
www.mticonsulting.com
HR coaching and training solutions, combining
international standards with local market needs.

Simon Northcott

simon3northcott@gmail.com
Change leadership, problem solving and empow-
erment.

Property Services

Nanjing Houses

#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangn-
ing District
天元中路 128 号 2 栋 1 单元 720 室
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 Home Real Estate

南京中涛房地产经纪咨询有限公司
Room 1901, Xinghan Mansion, 180 Hanzhong Lu
南京市汉中路 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, orienta-
tion and settling-in programs plus vehicle leasing.

Home Caught Relocation Service

昊鸿房地产咨询顾问有限公司
4F, 669 Zhujiang Lu 珠江路 669 号 4F
84800918
www.homecaught.com
lease@homecaught.com
Supplies many a multinational firm with home
search and rental services plus bus fleet solutions.

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
slaing@crowwww.com
Provides moving services, housing services,
school search, immigration services, and orien-
tation services with a global network spanning
60 countries.

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, stor-
age 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
汉中路 108 号金轮大厦 12C1 座
84701658
www.cmrchina.com
Supplies multinationals, with additional services in-
cluding driver's license and import/export of pets.

Faith Houses

Nanjing International Christian Fellowship

Celebrity Hotel, 30 Zhongshan Bei Lu
南京中山路 30 号城市名人酒店
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 号雨花晶丽酒店
Mormon service on Sundays at 10am. Foreign
passport holders only.

Holy Word Church

圣训堂
158 Leshan Road 南京市建邺区乐山路 158 号
English service on Sundays at 10.30am.

Legal

D'Andrea & Partners Law Firm

玛开德 (上海) 商务咨询有限公司
920, Jinglun International Mansion, 8 Hanzhong Lu
汉中路 8 号金轮国际广场 920 室
86505593 / 86505693
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, En-
glish, French, German and Russian plus assistance
in foreign direct investment in China, mergers and
acquisitions, international contract law and labour law.

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.

Jeffrey Wang

中银 (南京) 律师事务所
8F, Jincheng Tower, 216 Longpan Zhong Lu
南京市龙蟠中路 216 号 8 楼
13605182614 / 58785588 / 58788688
wyz_jeff@163.com

Business lawyer with more than ten years legal practice in Nanjing plus fluent English and knowledge in both legal and business areas.

Pets

Amy Hao Hao Pet Care

爱咪好好

18 Nantai Xiang Xi (off Wang Fu Da Jie)

王府大街南台巷西 18 号

84203097 / 13952034351

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

Tom Dog Pet Center

汤姆狗宠物中心

1 Shanghai Lu 上海路 1 号

86662858

Pet stayover and dog walking service, retail outlet and English speaking staff.

Nanjing Veterinary Station

南京畜牧兽医站宠物总医院

448 Longpan Zhong Lu

龙蟠中路 448 号

84484741

Major centre for vet services and vaccinations.

Media Production - Design - Photography

SinoConnexion

南京贺福文化传媒有限公司

14F, Building 1, World Times Square, 8 Dongbao Lu

鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室

84718617 / 13851522275

www.sinoconnexion.com

info@sinoconnexion.com

International award winning professional foreign owned video and media production company with 20 years of work in China; agency services, print and digital publication production, broadcast media and production of audio materials.

VOZ Design

嗓音设计

#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangning District

天元中路 128 号 2 栋 1 单元 720 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

Wedding, commercial and event photography.

Translation

Wow-Super A Translation Service

南京领域翻译有限公司

#4004, 40th Floor, Tian'An International, Shigu Lu, Gulou District

新街口大洋百货天安国际 40 楼 4004 (地铁 1、2 号线新街口站 15 号出口)

NJU No.II Dept: Rm 412, Innovation School, NJU Science Park, Xianlin

南京市仙林大学城南大科技园创新创业学院 412 室

4006969469

www.wowtran.com

Offers a full suite of translation services for business, legal, technical and personal use, including official and notary translations plus interpreter services.

Miscellaneous

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

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

银龙湖高尔夫俱乐部

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 号虹悦城 4 楼

52275768 ext. 8001/8002

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)

明城汇西家大塘 46 号

57718777

Theatre

Nanjing Art and Cultural Center

南京文化艺术中心

101 Changjiang Lu 长江路 101 号

84797920

Jiangnan 631 Niuda Theatre

江南 631 牛达剧场

5 Yanling Xiang 延龄巷 5 号

84419786

Nanjing Art Academy Concert Hall

南京艺术学院音乐厅

15 Huju Lu 虎踞北路 15 号

83498249

Jiangsu Kunqu Theater 兰苑剧场

4 Chaotian Gong 朝天宫 4 号

84469284

Tourism and Hospitality

Hotel & Hostel

Jinling Hotel Nanjing

南京金陵饭店

2 Hanzhong Lu, Xinjiekou Square

新街口汉中路 2 号

84711888

City Centre location puts this prize-winning landmark property only two minutes' walk from Xinjiekou Metro Station. Enjoy eight top-notch restaurants, 970 rooms and suites plus shopping and recreational facilities. International flight and train ticket purchase counter also available.

Novotel Nanjing East

南京玄武苏宁银河诺富特酒店

9 Suning Lu, Xianlin, Qixia District

玄武区徐庄软件园内苏宁大道 9 号

85208888

www.novotel.com

Good spot for a weekend escape from the city, with Purple Mountain still on its doorstep, while the Zhongshan International Golf Resort 27 hole course designed by Gary Player is just 5 minutes away.

Wanda Realm Nanjing

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.

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

Ultra-contemporary setting (in an architectural marvel resembling an immense Chinese lantern) with the timeless service and hospitality for which Fairmont is known the world over.

Fraser Suites Nanjing

南京辉盛阁国际公寓

116 Lushan Lu

庐山路 116 号

87773777

www.frasershospitality.com

International serviced apartment suites offering full balconies, clubhouse and leisure facilities.

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.

Crowne Plaza Jiangning

南京银城皇冠假日酒店

9 Jiahui East Road, Jiangning District

南京江宁区佳湖东路 9 号

81038888

The first five star international hotel in Jiangning..

The Westin Nanjing

南京威斯汀大酒店

Nanjing International Center, 201 Zhongyang Lu
中央路 201 号南京国际广场鼓楼区
85568888
www.westin.com/nanjing
A haven of Chinese distinction in which every room affords a view of scenic Xuanwu Lake.

InterContinental Hotel

紫峰洲际酒店

1 Zhongyang Lu, Zifeng Tower
中央路 1 号紫峰大厦鼓楼区
83538888
www.intercontinental.com
A statement of grandeur found in the 450 metre high Zifeng Tower; Nanjing's tallest building.

Sofitel Galaxy

南京索菲特银河大酒店

1 Shanxi Lu
山西路 1 号
83718888
www.sofitel.com
resoff@sofitelnanjing.com
The accommodation of choice for many visitors coming to Nanjing, along with all French dignitaries.

Sofitel Zhongshan Golf Resort

钟山索菲特高尔夫度假酒店

9 Huanling Lu
环陵路 9 号
85408888
www.sofitel.com
reservation@sofitelnanjing.com
Preferred spot for Nanjing's rich and famous to play a round or two.

Hilton Nanjing Riverside

南京世茂滨江希尔顿酒店

1 Huailin Lu (cross of Qinhuai and Yangtze Rivers)
鼓楼区淮滨路 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.

Nanjing Sunflower International Youth Hostel

南京瞻园国际青年旅社

80 Zhanyuan Lu (Fuzimiao west gate)
瞻园路 80 号, 在夫子庙西门的附近
52266858 / 66850566
www.nanjingyha.com
A popular youth hostel that includes free pool, DVDs, cable TV, foosball and English speaking staff.

Resorts

Kayumanis Private Villas & Spa

南京香樟华萃温泉度假别墅

Xiangzhang Hua Ping, Sizhuang Village,
Tangshan
江宁区汤山镇寺庄村
84107777
www.kayumanis.com
nanjing@kayumanis.com

Regalia Resort & Spa (Qinhuai River)

御庭精品酒店 (秦淮河)

E5, No 388, Yingtian Da 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

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

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
www.nj1937.org
Located on a former execution ground and mass burial place of the Nanjing Massacre. Admission is free.

Nanjing Museum

南京博物院

321 Zhongshan Dong Lu
中山东路 321 号
One of China's three national level museums; as good as it sounds. Admission is free with valid ID.

Nanjing Municipal Museum (Chaotian Palace)

南京市博物馆

Mochou Lu
南京市秦淮区莫愁路朝天宫内
World class museum presenting ancient pottery and earthenware, calligraphy, clothing, jade etc.

Rabe House

拉贝故居

1 Xiaofenqiao, Guangzhou Lu
小粉桥 1 号
Monday - Friday from 8:30 to 16:30
German Industrialist's former home that served as a refugee shelter and saved thousands in 1937.

Purple Mountain Observatory

紫金山天文台

Tianwen Lu, Purple Mountain Area, Nanjing
南京市紫金山天文台
84440768
Very first observatory to be built in mainland China that is known as "the cradle of Chinese astronomy".

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 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.

Nanjing Museum of Paleontology

南京古生物博物馆

39 Beijing Dong Lu
北京东路 39 号
83282252
Full dinosaur skeletons, a mass of fossils from significant digs in China and an interesting lesson in local geology. Open at weekends only.

Nanjing Folk Museum

甘家大院

South Zhongshan Road, across from the Huamei Building
中山南路, 在华美大厦的对面
52217104
Visitors can study traditional Chinese architecture, including the so-called "99 and a half rooms". Various displays of traditional folk art throughout the year.

Treaty of Nanjing Negotiation Site

静海寺

202 Jianning Lu
建宁路 202 号
58590298
www.yuejianglou.com

In addition to enjoying an insight into the Chinese view of the "unfair treaty" ceding Hong Kong to the British, visitors can learn about the voyages of Zheng He.

Zheng He Treasure Shipyard

南京宝船遗址

Lijiang Road No.57
鼓楼区漓江路 57 号
Pleasant park with a few interesting archaeological pieces.

Parks

Qingliangshan Park 清凉山公园

Guangzhou Lu, near Huju Lu
广州路西端
Calligraphy and stone museums, as well as an art gallery and pottery studio.

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

Xuanwu Lake Park 玄武湖公园

1 Xuanwu Xiang 玄武巷 1 号
Idyllic islands with playgrounds, gardens, restaurants plus boats and 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.

Nanjing Yangtze River Bridge Park

南京长江大桥 (公园)

7 Baotiaoqiao Dong Jie
宝塔桥东街 7 号
58790362
Memorabilia dating from the construction of the bridge. Ascend to the deck of the bridge by elevator for the obligatory photo.

Memorial for Revolutionary Martyrs

雨花台烈士纪念馆

Yuhua Dong Lu (north gate)
南京市雨花台烈士纪念馆北大门雨花东路
A surprisingly relaxing memorial park, yet used as a mass execution ground during the 1927 revolution.

Drum Tower/Gulou Park

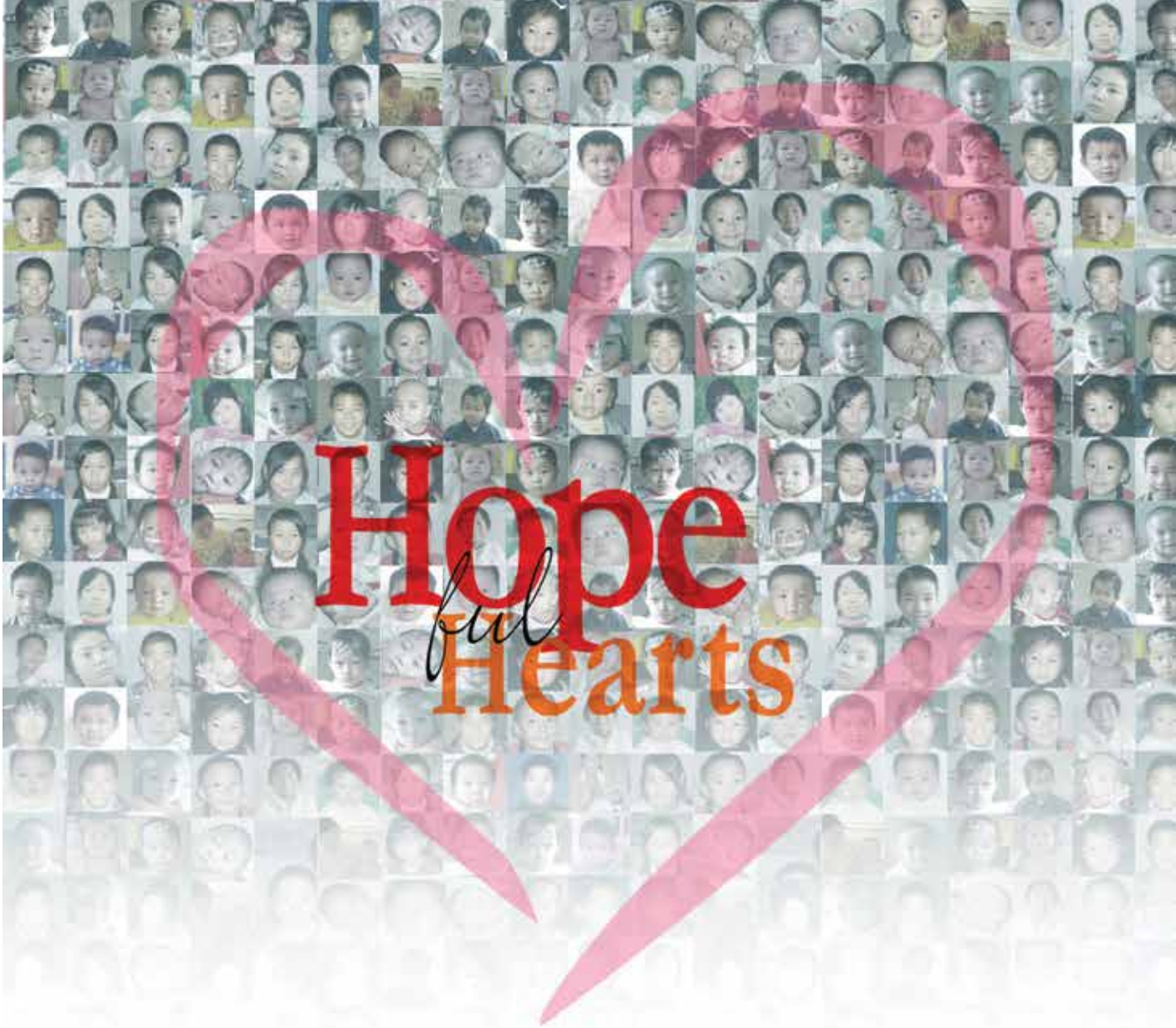
鼓楼公园

1 Gulou Jie
鼓楼街 1 号, 在北京西路口
The traditional centre of a Chinese city.

Lao Shan National Forest Park

老山国家森林公园

Zhenzhu Lu (Provincial Rd 331)
浦口区珍珠路
Enjoy a more rustic experience in Nanjing's second National Park; away from the crowds soak in the virgin forest that is rich in species.



Help keep the young hearts beating...

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

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

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

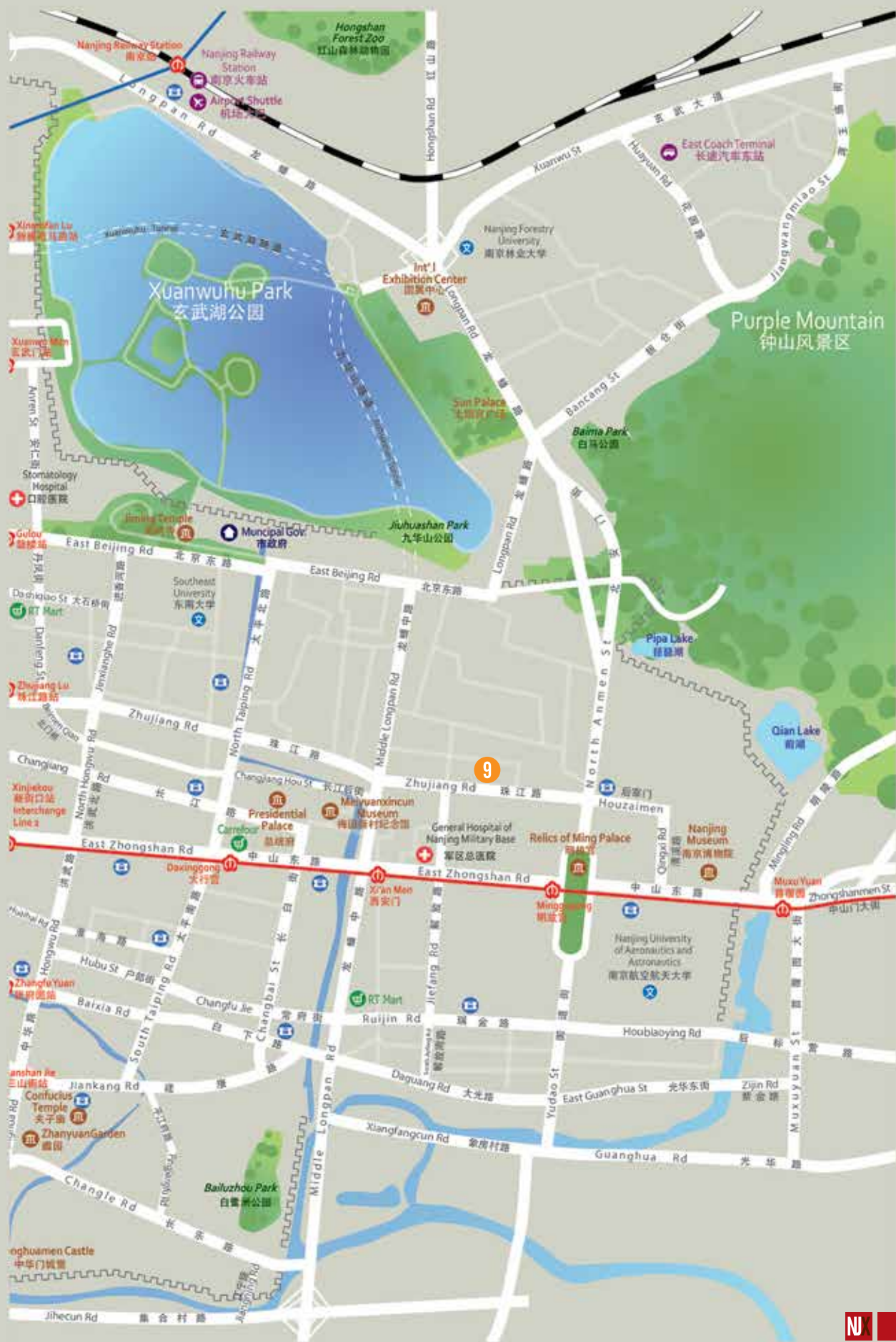
These children have often been abandoned because of their condition, or come from a farming community where their family may have an annual income of about 1,200RMB.

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

For more information on how you can help, please email: hopefulhearts10@yahoo.com

www.hopefulhearts.info









Xianlin

Olympiad



Environmental Protection Challenge

One of the most challenging problems related to economic and industrial development in China is the pollution. China has recently become the biggest offending country. In 1989 the law-maker introduced a unique fine for enterprises responsible of pollutant emissions but according to the public, this system was inefficient; after paying the fine the company would continue to pollute the environment.

The new draft, which will come into effect on 1st January 2015, most importantly introduces a daily fine system much more expensive for the polluter. In addition, production systems and facilities are subject to stricter rules.

1. According to present law, companies affecting the environment are subject to an Environmental Impact Assessment (EIA). The new law states they further need an environmental protection responsibility system; i.e. monitoring of pollutant emissions and filing of the results. At least one employee needs to be in charge of the environmental impact of the production process; they are directly responsible for any ecological damage and will face personal civil and/or criminal liability, e.g. they can be made subject to a detention of 5 to 15 days, depending upon the seriousness of the offence.

2. In order to identify potentially dangerous emissions a list of key pollutant thresholds was created. As a first step, enterprises must follow the control indicators of key pollutants' total emissions allocated to their production field. Secondly, if said conditions are fulfilled, production following the national and local emission limits can begin.

3. Enterprises need a special license to discharge pollutants granted by the Ministry of Environmental Protection.

4. In case of disaster or illicit discharge, an emergency plan needs to be drafted before production commences.


5. If an enterprise refuses to adopt the necessary certifications or continues to illegally discharge pollutants, the administrative entity may apply an accumulative daily fine, calculated in consideration of operating costs of control facilities, pollution prevention systems, illegal gains or direct loss caused by the illicit conduit.

In case of emissions exceeding legal standards, the competent environmental protection administration can order to restrict production or emission, or to suspend production for correction; in the most serious cases, People's Government shall be informed and it can order to suspend operations.

6. According to the Criminal Law of the PRC, if the environmental damage causes serious consequences to human health the responsible party faces a detention period; the minimum length of imprisonment is 10 years; the maximum is more than 30 years detention.

Enterprises will be responsible also for environmental damages according to the tort law of the PRC. Institutions that offer environmental services such as monitoring pollution, preventing illegal discharges or controlling equipment, will be jointly liable for any ecological damages that they have contributed to cause for negligence or fraud.

Authorized Public Associations will be allowed to represent citizens before the court against environmental danger or disaster, as well as in case of damages suffered by population.

While the new, harsher penalty system should help to avoid illicit conduct by companies, its impact on companies and civil society as a whole are much more significant. Like the Advertisement Law and Food Safety Law before it, citizens will play a fundamental role in monitoring the application of the new rules. 

Disclaimer

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“education is a right,
not a privilege”



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