

THE NANJINGER

NANJINGEXPAT

NOVEMBER 2014 / ISSN 2051-0974



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Who Wrote Holden Caulfield?

It is one of our pet hates; how Western media continually, for want of a better expression, get it all wrong about China. Introducing "In Their Shoes"; The Nanjinger's look at reporting practices on China by overseas publications. As a debut, Ben Flake analyses various journalistic attempts to make sense of the fact that China now ranks #1 (ahead of the US) in terms of Purchasing Power Parity.

Now to business; fancy a trip to the Pavilion of Enlightenment? For this issue, heads have been shrunk, brains have been analysed, psyches unravelled and nerves frayed. We are happy to report the rappers are delighted.

Introducing Psychology from The Nanjinger

Dream Psychology

I dreamt that the mosquito
I murdered on my wall
Came back last night to drink my blood;
I wasn't there at all.

I was flying in the clouds, that night,
Up high; up in the air.
Reached out my hand to touch you
But you were not there.

I dreamt that all my teeth fell out,
To be ground beneath my feet.
And the clocks upon my wall
Could not melt despite a heat

That burned within my heart,
Smouldered in your eyes,
Froze my soul in silent gall
As you whispered sweet goodbyes.

I dreamt, that night, an emptiness
That filled a waking world.
Awoke to numb forgetfulness.
And truth be told

I wonder in what psychology
An answer may be gleaned
To what I dreamt and what it meant
And why it is I dream.

by Maitiu Brallaghan

Letter Of The Month

Dear Nanjinger,

Autumn is here! That was fast, wasn't it?

While the weather is turning cold and wet, all I want to do is curl up in bed with a hot cup of tea and a good TV show. Speaking of which, finally the new seasons of all my favourite shows have started again.

I find watching the usual suspects very comforting when I miss home. It keeps me in touch with what is going on back there but at the same time, I can then go out and appreciate being in China even more.

The only problem is that there are so many TV shows to choose from nowadays, that it is becoming hard to keep up. Well, here's to a comfy winter!

Andrea Wagner
Student

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



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Contributors 特约专稿人
Melissa Morgenstern
Wang Tianfian
Lauren Zammit
Scott Rainen

Columnists 专栏作家
Ben Flake
Nick McBride
Rick Staff
Matthew Stedman

Editor-in-chief 主编
Frank Hossack 贺福

Executive Editor 副主编
Laura Helen Schmitt 王甜甜

Contributing Editor 主编顾问
Ken Ellingwood

Creative Director 创意总监
Ronald Paredes 泉源

Graphic Design and Layout 平面设计与布局
SinoConnexion 贺福传媒
Web: sinoconnexion.com

Client Liason Coordinator 客户联络协调员
Cassie Chen 陈珠慧

Marketing (UK) 英国市场
Menglei Zhang 张梦蕾

Legal Consultant 法律顾问
Ma Haipeng 马海鹏

General Enquires & Advertising: +86 25 84718617
English/英文: +86 13851522275
Chinese/中文: +86 15050527655

Email: thenanjinger@sinoconnexion.com

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Introducing some of our contributors, writers and editors

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

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

Executive Editor Laura Helen Schmitt holds a masters in International Multimedia Journalism from Newcastle University in the UK and is fluent in English, German and Mandarin. With an international background, she is fascinated by cross-cultural exchange and identity, especially in a location as multi-faceted as China's.

副主编Laura Helen Schmitt毕业于英国纽卡斯尔大学，硕士专业为国际多媒体新闻学，她精通英语，德语与中文，三种语言。多元的文化背景使得她对于文化交际与文化认同的题目深深地着迷。

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。《网页设计艺术指南一第五册》

With a passion for writing and determination to pursue a professional career in journalism in the future, Australia born and raised intern Lauren Zammit plans on commencing her tertiary education, majoring in Media and Communications. Lauren moved to Nanjing three years ago, where she developed a deep interest in Chinese culture, customs and history.

Lauren Zammit对写作的热情使她下定决心追求从事新闻业的职业的梦想，在澳大利亚出生并长大，正在南京当实习生的她计划读主修媒体和通讯。Lauren三年前搬到南京，在这里她开发了一种对中国文化，风俗和历史的浓厚的兴趣。

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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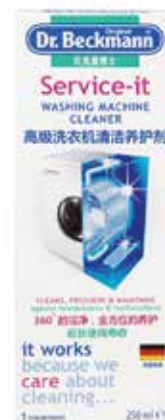
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putting **faith** into **PSYCHOLOGY**

By Laura Helen Schmitt

What do a psychologist and the head priest of a temple have in common? What sounds like another terrible joke is actually becoming an increasingly valid question in the 21st century.

Friday morning, Wen Qing, trained psychologist, sits in her office waiting for her first patient. The weather is lovely and so she decides to step outside for a while; right into the serene premises of Jiming Temple, one of Nanjing's oldest buddhist sites with a history of over 1,450 years.

A psychiatrist is probably one of the last things one expects to find in a historical temple, and yet it makes perfect sense when explained by Ms Wen. "There are two reasons we decided to open the practice here in 2006", she tells me. "Face and location."

Since mental diseases are stigmatized in Chinese culture to a much higher degree than in Western culture and psychological support is only an emerging field this side of the ocean, many individuals in need of mental support do not dare to go to a hospital to find help.

"People are afraid that if anyone you know sees you walking into the mental health section of a Chinese hospital, they will think you are crazy and your reputation will be ruined",

explains Ms Wen. "In the temple, however, where most visitors go for the purpose of praying, they can slip into the office unnoticed. If, however, they meet anyone they know, they can simply say they are visiting the temple. It takes away a lot of the worries of discovery and the resulting loss of face."

At the same time, the location played an even more important role in the setting up of the practice, which offers free psychological support and is made up of volunteers. It was the head priest of Jiming Temple who originally came up with the idea. The firm believer in Western theories of psychology discovered that a majority of the people coming to the temple did so because they found themselves in some inner turmoil and were hoping to seek help from the temple monks. The head priest soon realized that they were not placed to give the professional help of which these people were in need.

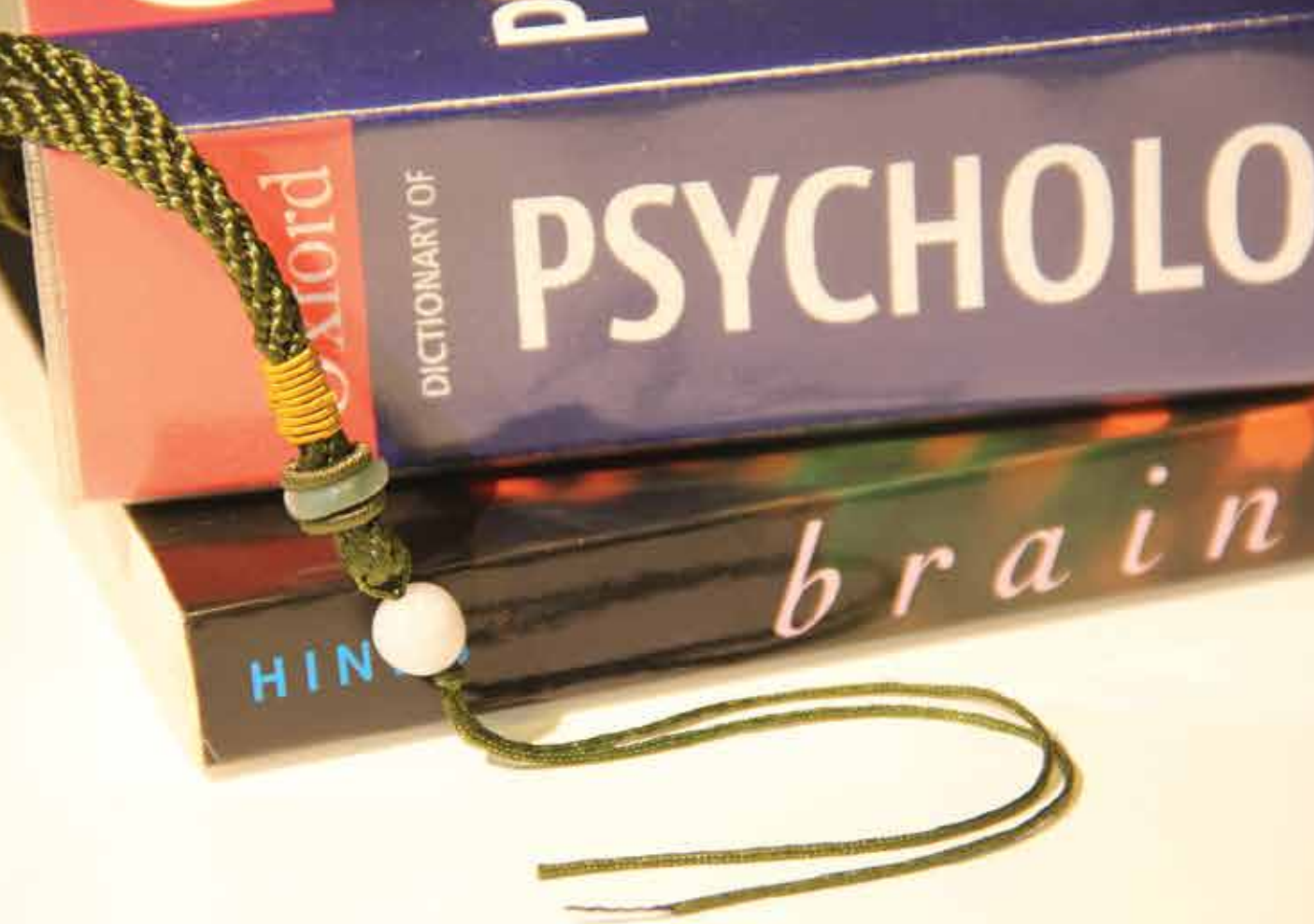
Thus, the Pavilion of Enlightenment Psychology Practice came into existence; the first of its kind in the whole country.

It seems with their innovative approach, Nanjing is right on the money. For hundreds of years in the West, religion and science have been seen as separate entities, as opponents. In China, where faith never was able to take as strong a foothold due to the control exerted by succeeding governments, the battle of faith versus academia never took place, and so the Chinese have been more open to the idea of combining these seemingly mutually exclusive principles.

Yet, even overseas scholars on both sides are currently coming to the conclusion that the two are not necessary as incompatible as we have been made to believe; in fact, as the Chinese example illustrates, in the right circumstances they can be rather complementary.

The embodiment of this merger of religious and psychological theories is the recently developed field of spiritual psychology. Described as a blend of spirituality and science, this discipline acknowledges the strong impact of faith on the mind and uses elements of both disciplines to help individuals reach a higher degree of contentment. While religion has long since featured elements of psychology in Catholic confession or spiritual counseling, now is the first time in Western history that the latter is allowing the former to enter its realm. Part of a spiritual psychologist's work could be asking patients to examine their own beliefs as well as alternate belief systems; therein lies the difference to psychological practices framed within the context of one single religion.

This re-evaluation of the psychological approach, however, has only just begun. Although it has been growing in popularity Spiritual Psychology has not yet been recognized by the American Psychological Association. Yet, in 2012, Columbia University became the first ivy league college to join the growing number of academic institutions looking to integrate the two former opposing views of the world. In January,



they expanded their clinical psychology's Master's program to include a spirituality concentration; students now learn of Tibetan Buddhist and Judeo-Christian practices as well as insights from Quantum Physics and how these can assist psychological processes. Half a year later, the university initiated an even broader program, the Spirituality and Mind-Body institute, which conducts research into the relationship between the two areas.

Despite an apparent segregation of psychology and spirituality, links between the two areas have been a topic of research for quite some time, suggesting that faith can play a significant role in mental health. The common argument is that people who have a strong belief in an afterlife tend to be more positive than atheists, who in turn are more prone to viewing life as meaningless and more easily fall victim to identity crises.

As early as 1997, the study *Religiosity and Depression: Ten-year Follow-up of Depressed Mothers and their Offspring* looked at the effect of religious beliefs of 60 mothers as well as their 151 children on protecting the younger generation from depression. The results led to

the conclusion that faith did in fact shield the children from the mental affliction.

David Rosmarin, an instructor at the psychiatry department at Harvard Medical School, conducted a study into the effect of faith on treatments for mental illness. 159 psychiatric patients were questioned during this research about their beliefs, then the effectiveness of the psychological treatment was evaluated. The result of the study, which was published in the *Journal of Affective Disorders* in April 2013, showed that patients with higher levels of belief in a divine power were twice as likely to respond to treatment than those with no or little belief in God, regardless of their religious affiliation. His conclusion;

faith was responsible not only for "improved psychological well-being, but decreases in depression and intention to self-harm."

The implications of these discoveries for the Middle Kingdom seem severe. With no strong faith to fall back

on and an undeveloped mental health support system, the obvious conclusion is that China should find itself in a mental crisis. It is a fact that in 2011, health officials stated that approximately 260 million Chinese were victims of at least mild depression; they further believed that around 250,000 deaths occur per year due to depression-related suicide. Currently, an estimated 90 million Chinese, almost seven percent of the population on average, suffer from depression; this number is indeed higher than the world average of five percent.

Even more worryingly, due to the fear of losing face less than 10 percent of the afflicted turn to doctors for treatment.

One of China's leading economists, Mao Yushi, sees a lack of social justice at the root of this mental evil. There is a widespread argument that Christianity has provided ethical guidelines for Western societies to live by in form of the ten commandments, while the tradition of following Confucianist principles was virtually eradicated under the Communist system.

Looking at figures from the health professionals' perspective is even less uplifting. In 2009, Shanghai Mental Health Center specialist Professor Michael Phillips released a study detailing that between 2001 and 2005, more than 88 percent of patients with mental disorders did not receive help. Even today, China has a mere 20,000 psychiatrists in the entire country. The Guardian's Tanja Branigan quotes the International Federation for Psychotherapy in arguing that according to experiences from developed countries, one psychotherapist is necessary for every 1,000-1,500 heads of population.

Based on this equation, 100,000 new psychotherapists are necessary in the near future to reach a healthy ratio of patients to professionals.

Considering the strong influence of faith on mental health in combination with the sore lack of resources the country currently faces, the importance of ports of call such as the Pavilion of Enlightenment becomes clearer than ever. By combining Western practices of psychology with a Buddhist philosophy, the center is providing the local community with a double-layered life boat, giving both hope and support to the lost. Inarguably, with Chinese society beginning to open up about the mental state of the nation, it is more important than ever to put one's faith in psychology. **NUX**

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GETTING ON CHINA'S NERVES

By Melissa Morgenstern

A PSYCHOLOGY SCHOLAR'S EXPERIENCES IN NANJING

"Shen Jing Bing! You're mental! You're sick!" The insult that hits below the belt and through the soul, "神经/shen jing" literally refers to one's physical nerves while the character "病/bing" refers to disease. At its literal core, the term refers to a mental disease as an innate flaw of one's physical body. An insult that carries such literal negativity could be perceived as reflective of a prejudiced and unchanging society.

Like much of China's history, the evolution of psychology existed within the Middle Kingdom in a circular pattern of progress and decline. Some believe that China's most prominent work came from its most ancient and famed thinkers, Confucius and Lao Tzu. These great philosophers determined the socio-cultural values of an entire nation, but also influenced some great thinkers from the West. Carl Jung's approach to psychology, and his definition of the self are influenced by Eastern philosophy; "A compensation for the conflict between the inside and the outside". Rogers' and Maslow's self-actualisation theories, where self-actualisation takes place as the final level or reward for fulfilling one's potential, actually bare certain similarities to theories found within Zen Buddhism and Taoism. Yet, despite these great thinkers' great contributions to modern psychology around the world, the study of this discipline within the Middle Kingdom was forced to start fresh since the Cultural Revolution of 1966-1976 essentially rendered the field illegal. 25 years later, understanding and opportunity came together to provide Dr. Robert Portnoy, selectee of the prestigious Fulbright Scholars Program, with a year of insight and first-hand observation during one of the most pivotal times in China's modern age.

As Portnoy would find during his year in Nanjing, China's mental health field is not only in need of training and education, people are also ready and eager for it. As such, he was granted an incredible opportunity to both teach and learn from China's future and present psychological professionals. Portnoy spoke at length with The Nanjinger about his experiences as both an active staff member of Nanjing University and an observer of the "opening-up and reform" of China's psychotherapy culture.

In the summer of 2009, Portnoy was invited by Dr. Li Yan, Director of the Counselling Centre at Tsinghua University, to lecture at four Chi-

Dr. Robert Portnoy, Director of Counseling and Psychological Services (CAPS) at the University of Nebraska Lincoln (UNL), Fulbright Scholar, and previous visiting lecturer at Nanjing University, is a selectee of the prestigious Fulbright Scholars Program.



nese universities. His lectures were warmly received and led to a second invitation back to China to present at the 11th China College Counselling and Mental Health Conference at Beijing Normal University in the summer of 2010, which again proved a great success. "I came away with a sense that my contributions were greatly appreciated by these Chinese administrators, counsellors, and students." Portnoy had not anticipated how positively his lectures and workshops with the Chinese university counsellors would be received; this realization led to the proposal for his Fulbright year abroad, in which he studied confidentiality and non-judgmental attitudes in addressing profound psychological pain.

For approximately ten months Portnoy contributed as both lecturer and later on, to his surprise, as trainer/supervisor to Nanjing University's Centre for Mental Health Education and Research. He had originally planned to observe and learn from the staff for his own research. However, Dr. Sang Zhiqin, director of the centre embraced Portnoy's arrival as a fortuitous opportunity for her staff, given his 15 years experience in teaching counselling and psychotherapy supervision to doctoral students, and in providing clinical supervision. Thus, Portnoy not only lectured Chinese students in one of the most advanced and well-known universities in China, but also supervised and worked with the staff directly involved in implementing university mental health services.

A major highlight of the academic's time in China was being able to travel around the country to give talks about differences between the Chinese and United States' understanding and practice of modern psychology.

For instance, while eating disorders are well documented and recognised in the American psychological community, the same could not be said for China; “Interestingly, whenever I raised the issue of eating disorders, I was told this was not of concern in China. I argued forcefully and repeatedly that I had seen strong evidence of the early stages of eating disorders in the People’s Republic and that they were not yet recognising what will soon be a growing epidemic.”

During his stay, the academic also came face to face with “mental illnesses” of the East that in the West were far from being classified as a malady. In the ‘90s, homosexuality was deemed both a crime and illness in China. It was only during the early years of the new millennium that it was declassified as a disease and/or crime by the Chinese Psychiatric Association and Chinese authorities. Despite positive progress in terms of decriminalisation, there is still an association with mental illness and disease, a notion has been abandoned by the majority of the American populace and professional societies for quite some time. Thus, when a student asked Portnoy about the government’s negative attitude towards “the disease”, he was a bit taken aback; “After addressing the inappropriateness of the term, I explained in detail the biological roots of sexual orientation and the need for a change in societal attitudes, not only in China but the United States”. Following this lecture, Portnoy was asked to further expand upon modern LGBT issues. Much of the audience’s excitement came not from learning new information, but from having a “laowai” or foreigner speak out on a subject that is taboo in China and provide thoughts and analysis that would not have been as welcome or appreciated had they come from Chinese students.

Another surprising aspect to emerge from the studies was how both students and lecture audiences would disclose personal information in such an open forum as opposed to seeking the safety of a private professional. Due to the stigma associated with psychology, Chinese people are still fearful of actively searching or receiving treatment. Yet when face to face with a professionally trained counsellor, especially a non-Chinese lecturer such as Portnoy, locals both embraced and feared him; “It was...true that within the broader society there remains a substantial fear of psychologists; many Chinese people reacted to learn-

ing that I was a psychologist with a mixture of wariness and fascination”.

Despite feelings of uncertainty and guardedness, people openly took advantage of opportunities to speak with a professional regardless. Before one of his lectures, Portnoy was asked to participate in “square counselling” for two hours in the afternoon. The sessions comprised Portnoy and a few other counsellors waiting in a public area frequented by students, encouraging them to have a seat and relate their problems and concerns; “I could not imagine more than a handful of students taking advantage of this very public, non-confidential airing of emotional concerns. Consequently, I was shocked when a steady stream of students met with me and about seven other counsellors for what turned out to be three hours, during which time I saw over 25 students for a variety of concerns, some career related, but mostly of a more personal nature, typically troubled relationships”. From an open tour of campus to a lecture hall in front of hundreds of their peers, many Chinese students took advantage of a well-trained professional in their midst. The fear instilled into many of these students by society’s disapproval of psychological treatment may have otherwise led them to seek out help in less formal places with less than professional individuals.

Despite lacking an organised professional structure and little societal acceptance of psychological practices, Portnoy believes that times are changing and that increased questioning as well as endeavours on the part of Chinese academics and Chinese society at large are leading to substantial and positive changes in the field of psychology and counselling; “In China, the lack of systematic exposure to developing skills in counselling and psychotherapy as well as supervision, while dismaying, present huge opportunities for those willing and able to provide quality training. As I have stressed, there was great enthusiasm for whatever expertise I was able to share during my Fulbright year”.

In the end, a powerful lesson to be drawn from the experiences of this American professional in modern day China is that the stigma associated with psychology is no longer able to suppress the growing need for mental support. **INX**

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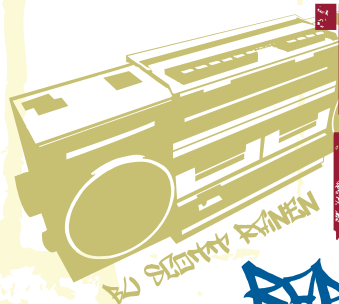
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TONGUE IN CHEEK

RAP AS AN EXPRESSION OF THE CHINESE PSYCHE

On the face of it rap culture and the Chinese psyche seem to have little in common, yet they do share one important similarity; they are both living, constantly changing entities. Little more than 20 years ago, signifying was a major element of rapping, while the Chinese called each other comrades. Today, these once major elements have almost completely vanished because the people who define these expressions of culture have changed. More importantly, while they seem to cover no mutual ground, the truth is that if one carefully examines modern Chinese movies, radio or music, what emerges is a recent convergence in a trend known as Chinese rap.



What we today refer to as rap, the centrepiece of a phenomenon known as hip-hop culture, rose out of 1980s America and developed into its more mature sound throughout the '90s. It was originally a product of primarily lower-income black communities. Benefitting from the additional words typically allotted by rap's format, MCs were able to express the black psyche via music. They told stories, gave accounts of everyday life, aired their fantasies, and expressed political opinions. At the time it was a completely unique form of music. Today it is an important part of acts as mainstream as Justin Bieber.

Hip-hop music slowly trickled into China throughout the '80s and '90s, as it did around the world. Select clubs in Beijing and Shanghai played imported tracks, and the genre struck a chord with Chinese listeners. This occurred at a time of great change in China. The country was becoming increasingly open to both Western markets and ideas. The West, America and Europe, seemed fashionable, and the country's youth emulated their style just as the government emulated their markets. It was in this environment that a young generation started to create their own hip-hop; they began rapping in Chinese.

The first group to achieve success through Mandarin raps was Yin Ts'ang (隐藏) with their 2002 release "Serve the People". In truth, this manifestation of Chinese hip-hop was more a combination of American and Chinese culture than a pure product of China. Two of the four members were from America and one from Canada. Only one member, MC Webber, was actually a Beijing local. The album oscillated between English and Chinese. At one point, one of the MCs muses in English: "Why am I not [reading old classical poems]? Because I don't understand them." Thus, it clearly cannot be said that the group was authentically Chinese, but it did prove the Chinese people were interested in the style of music, as the lead single, "Welcome to Beijing," reached the Number 11 spot nationally.

During the 2000s rap grew in popularity throughout China. With respect to Mandarin speakers, Taiwan was arguably the most successful at generating MCs. The most fa-

mous is clearly MC Hot Dog (姚中仁), who rapped on a variety of topics from the mediocrity of his life to an ode to Taiwanese girls. Another Taiwanese performer known as Softlipa (软嘴唇) rapped over samples of jazz music, displaying the diversity of the scene in Taiwan. Benefitting from the lack of government censorship, Taiwanese MCs were more easily able to release music on topics considered sensitive on the mainland, giving them a distinct edge over mainland musicians.

In the mainland, Beijing has served as the epicenter for successful hip-hoppers with acts like Young Kin (奕峻) and the trio in3 (阴三儿). A memorable piece by in3 titled "Hello Teacher" draws on a sample of Tupac Shakur's famous diss-rap "Hit 'em Up," and features the group essentially cussing out their teacher for four minutes. The track is more akin to the American definition of rap because it seems closer to the reality of Chinese life than the likes of "Welcome to Beijing," which is essentially a Lonely Planet guide to the attractions of the capital city with exaggerated Beijing accents. That said, the hip-hop industry in mainland China has been heavily impeded by censorship. This has forced those artists striving for authenticity underground, which in turn sees them relying primarily on the Internet to gain exposure at significantly reduced profits.

Despite the rise in rap's popularity in China, it remains unclear whether the manifestations of the music style in Mandarin are genuinely a modern expression of Chinese culture or merely another imitation of Western style. The West's popularity remains undisputed; most clubs play American dance hits and shopping malls feature primarily Caucasian models. People wear clothes adorned with random English words and, as a result, Chinese rap itself seems quite suspect. As China continues to develop, will the West continue to be perceived as "cool," or will China rediscover its own muse for style from within its culture, as opposed to one from across a great ocean? Taiwanese artist Wang Leehom (王力宏)



has made a start with his innovative music style “Chinked-out”, which merges rap elements with traditional Chinese music. Yet, it remains to be seen whether twenty years from now, the youth of China will use rap verses to express themselves, or look to different means entirely. Furthermore, it is currently unclear if the content of modern rap is a true expression of the sentiments of Chinese youth and an indicator of their collective psyche, or whether it is diluted by the traditional features of the American rap culture that it fundamentally imitates.

These questions are as relevant to the music as they are to the people of China. Over the past 30 years of the country’s opening-up and development, Chinese culture has changed at an unimaginable speed, creating a generational gap that makes the difference between the ‘50s and ‘60s in the United States seem trivial by comparison. It is hard to say where the upheaval will end and what will be left when the bullet train to modernity slows down and their cultural landscape settles into a more stable, permanent valley; if it ever will.

Some argue that the foundations of rap, storytelling to upbeat music within a big city context, translate well into the needs of the current Chinese youth. As the Chinese population increasingly lives in large metropolises with modern amenities and hectic lifestyles,



the complexity allowed by rap’s tendency towards high word counts enables the youth to further express their situations from both a material and psychological standpoint; to ruminate over their desires and the more trivial aspects of their lives. For example, on a track by Fat Shady (谢蒂), a Chengdu local, the MC laments over an annoying candy ad that repeatedly played on his bus to work, later citing this as his rationale for skipping work the following day. A local resident used this as an example of modern Chinese rap’s connection with the people, because the observation was a good one, and one shared by other residents; the track provided a detailed snapshot of the everyday worker’s life in Chengdu, both their irritations and aspirations.

At the end of the day, the future of hip-hop in China is uncertain. While it is, in style, an imitation of the American music form, in content it has become something wholly different. It has become a means of expressing the lives and fantasies of the modern Chinese people, but it remains to be seen if it will transcend its current training wheels and develop into a new musical style that is entirely unique and indicative of a distinctive Chinese spirit. With much of the genre hampered by government censorship and forced to the Internet, it is hard to say whether such an evolution will be slowed down, expedited, or entirely obstructed. **NEX**



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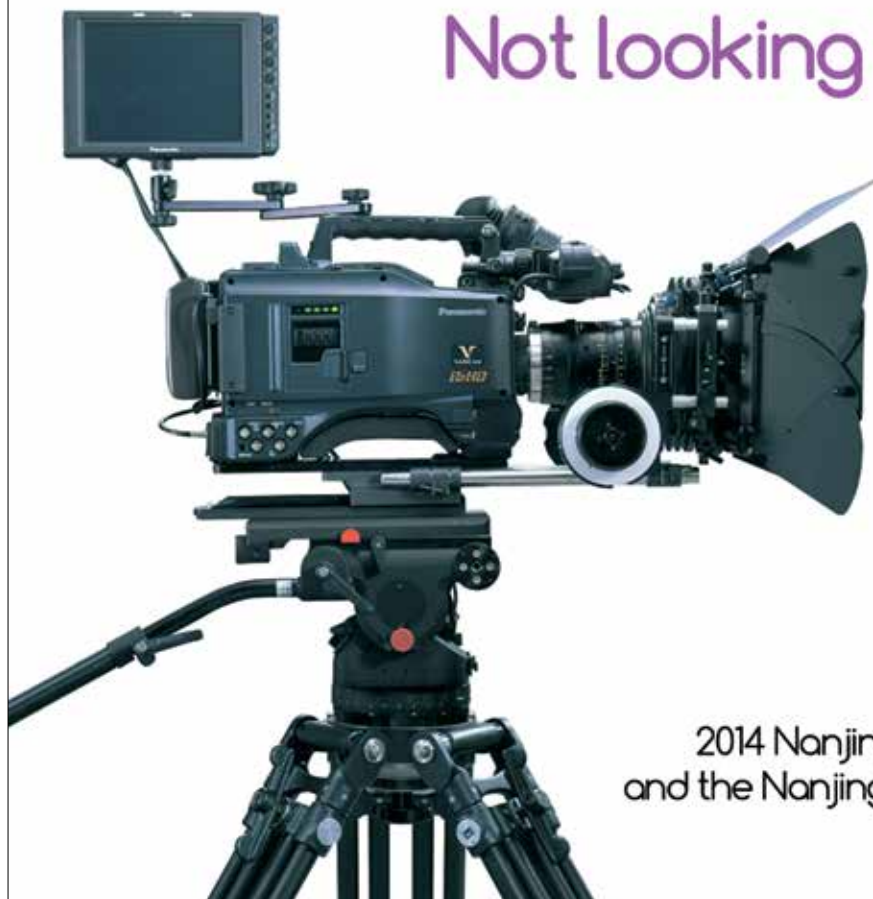
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Nanjing - A Food Haven

It's easy to complain about life in China. The smells, the culture, the people (why are there always so many people?) and especially the food. Being Chinese Canadian, I thought I KNEW Chinese food. I've been enjoying rice with every meal ever since I picked up a pair of chopsticks.

Yet, after moving to China, everything was too oily, too saucy, too sweet and just too much. I soon realized that I grew up on Cantonese food, mainly found in Guangdong and Hong Kong. Lo and behold, I quickly realized this was but a small part of China's food geography, just one out of thirty four different provinces; each with own special dishes, cooking style, flavours and ingredients.

Even the same dishes, something as simple as Yangzhou fried rice, tastes completely different from Jiangu to Beijing to Hong Kong.

However, after a few months and a little exploring, the food grew on me. The wonderful thing about Nanjing is that it is a city full of migrants, home to over 25 different universities with students from all parts of China, and a major metropolitan city with over 8 million people, many of which come in from neighbouring areas to find work or open businesses. Where there are people, there is food.

Therefore, you can easily find Xi'an specialties such as Biang Biang Mian, Rou Jia Mo, or Xinjiang delicacies, i.e. lamb skewers, Naan, cold noodles, as well as Cantonese soul food, e.g. congee, clay pot rice, rice noodles, or Dongbei cuisine, with famous dumplings and Dongbei style hot pot noodles, Shaxian snacks, e.g. peanut sauce noodles or deep fried Wontons and of course Nanjing local eats, the infamous duck blood soup and soup dumplings.

In addition, the Youth Olympic Games has helped vault this city into the future. Western, Vietnamese, Korean, Japanese; cuisine from all over the world can now be found in China's ancient capital.

After calling Nanjing my home for more than three years I can firmly say this city is DELICIOUS. Be brave, ready your stomach, open your mouth and create your own food adventure. You never know when the next new thing you eat is going to be your favourite.

HOW TO ENTER

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LET'S GET PHYSICAL

By Nick McBride

Agony Uncle

The National Health Service advice page from the "Agony Aunt" Uncle!

You will notice at the bottom of the page is my email address. Very occasionally, I get emails; from my Mum, my bank, reminders I send to myself, and other unsolicited correspondence. Also appearing in my inbox has been the odd email from people with questions about their fitness. So this month, I thought I would turn agony uncle, and answer a couple of your burning questions (names have been changed to protect identity).

Dear Nick,

I read your column every month, I really like it. I read that you coach adults, so I am hoping you can help me out with something. I use an exercise bike three times a week for 30 minutes and I go swimming once a week. I try to eat healthy too but I have a very slow metabolism and I am not losing any weight at all! I tried a juice diet but I felt dizzy and my husband said it was me or the juice because I was so moody. Is there something I can eat to speed up my metabolism and lose weight?

**Regards,
Wanting Weight Loss from Wisconsin**

Dear Wanting Weight Loss,

Firstly, thank you for saying you like the column. I can tell from your email that you are frustrated; you are exercising and you are obviously conscious about what you are eating. First, let us address the exercise part. It sounds very much to me as if your exercise regime has become stale. I bet you get on that exercise bike and just cycle away until the 30 minute timer is up....maybe you use this time to catch up on a little light reading, resting a little magazine on the handles there? So, ditch the magazine; if you can read, you are not working hard enough (if you were not reading, I apologise). Second, we need to change up this exercise rut you have found yourself in. If you do the same routine every time for

months on end, your body will simply get used to it; it will not have to work very hard and you will get very little benefit from it. Try including some hills, where you increase and decrease the resistance on the bike. Try doing some intervals; pedalling as hard as you can for one minute and then "resting" for 30 seconds before doing it again until you can do no more. Also, try introducing some basic moves such as squats, lunges, tricep dips, push-ups and core-work too. You can do these moves anywhere and do not need any further equipment. There are literally hundreds of routines to be found on the Internet. Pinterest is a favourite app of mine for finding new workouts.

Now, for the metabolism part. How do you know you have an abnormally slow metabolism? Are you eating enough? If you are doing weird juicing diets or not eating enough, apart from sending your husband cowering in to the corner of the room, you are also sending your body into starvation mode. This means that your body holds onto whatever it receives and stubbornly stores it in fear that it will never get nourishment again! Eat with mindfulness, you should neither be hungry nor stuffed to the brim. Eat wholesome nourishing foods that will sustain you; complex carbohydrates, proteins, vegetables, fruit, dairy...and yes, fats also...exclude nothing! I bet you will notice a difference within four short weeks. What have you got to lose? Hopefully, not your husband!!

Good luck, Uncle Nick

For information on coaching young athletes, adult personal training and/or Boot Camps contact mcbridesports@gmail.com or call 1595 198 2141

Dear Nick,

I am wondering if you could make me up a program or tell me where I am going wrong? I have been pumping iron, solidly, for three months. I have been eating a clean diet and have cut back on drinking. I used to drink a beer every night at home but now I just have one or two on the weekend. I really want to get more muscular but I just do not seem to be making any gains. Is it because I am heading in to my 40s? I have heard it is harder to build muscle later in life? Any help greatly appreciated.

Yours sincerely, Muscles from Munich

Dear Muscles from Munich,

"Later in Life?" Sounds to me like we are of a similar age, and let me tell you....I am not ready to be "Later in Life"! So I am going to blow this myth right out of the water this instant. Research suggests that whilst your physical strength is at its prime around 25 years of age, it merely plateaus when you hit the age of 35 - 45 years; even then, this tends to be because of a decrease in activity. Basically, do not count us out just yet! You say you have been at the weights "solidly" and this suggests to me that maybe you have been a) working out too frequently and/or b) been working in the wrong rep - range.

So let us start with frequency. It is essential that you have rest days. Firstly, do not work the same muscle group two days in a row; also, you will need three days complete rest days per week. When you are resting, this is when the muscles are growing. Let us move on to b) now; rep - range. You need to be beefing up the weight, so that you can just about manage 8 - 10 reps, three times with a 45 second break in between reps. If you want to build muscle you need to go for heavier weights with lower reps. If you want to go for definition and toning, as a rule, you need to aim for a weight suitable for 15 - 20 reps, 3 times, with 30 seconds rest in between reps. Squats, bench-press and dead-lifts are the staple of any power-lifter's diet. Finally, let us talk about diet. Sounds like you have made strides with the beer, keep that up. Consider your protein intake though. Before your workout, make sure you have the fuel to complete a good workout. A peanut butter sandwich with a banana is perfect. Scour the Internet for similar pre-workout snacks. Post-exercise, within 30 minutes, you need to get protein inside you. Chocolate milk is a good option, followed by a good protein based meal. Again, check the Internet for suitable options.

Keep at it, Nick 

Thanks to everyone for their emails, please feel to get in touch with any questions you might have about fitness. Your Agony Uncle is happy to help!

Yours in Fitness Counselling, Nick

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THE NANJINGER

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In Their Shoes



“MISSING THE CUE”

By Ben Flake

Last month witnessed something unprecedented in recent history; good economic news for China was met with what was essentially indifference by the ever panic-stricken Western media. To be fair, said good news for China looks rather underwhelming from some angles; judging an economy's size based on Purchasing Power Parity (PPP) seems almost designed to be dismissed. Yet, this is one of two major methods the IMF uses to judge an economy's size, and by its lights China now has the largest economy in the world.

Its logic goes like this; the IMF's PPP Index takes into account in measuring an economy how far money actually goes in a country; i.e. the amount of Big Macs you can buy in the US with \$10 differs greatly from how many you can buy in China with this same money. This is true for most products and services. With a reasonably small number of USD you could be swimming in hamburgers, haircuts and heart surgeries in China. After taking into account PPP, China's GDP of 10.6 trillion dollars actually seems to have produced 17.6 trillion USD worth of products and services, versus the US's 17.4 trillion. Heady times.

There are a few reasons as to why this news has received unexpectedly little attention and alarm. One is a lack of confidence in the IMF's methodology; I myself am curious as to whether umbrellas were one of the products assumed to be of equal quality across the two countries. A more salient reason is the extreme bore of explaining that methodology. A certain

discomfort with China's rise may be a third.

In one piece, Chriss W. Street at Breitbart.com

(founded by the extremist American right-winger Andrew Breitbart) demonstrates that third motivation in spades, while savvily delving deep into the first two. He discusses conversion factors and casts doubt on the value of the PPP index, before telling readers to retire in China if they want their savings to go further and pointing out that the US recently became the world's largest oil producer.

It is elegant in a way. More so than the Economists' reaction, which might call into question its editorial staff's emotional stability. It is a very brief article asserting that the short period in history when China did not have the largest economy in PPP terms is finally over (most periodicals have it that the US took the title from the UK in 1872. Not so, says the Economist.) Finally, everything is back to normal. It was a rough 150 years there.

It does not convince. Most articles do, though, in their nonchalance; they use terms such as usurp, unseat, and coveted crown as a sop to the panic lobby, and make reference to the symbolism of the event, then give up on all that. Facts, figures, dry explanations, and, in several articles, a quote from David Hensley at the always-trustworthy JP Morgan Chase and Co., who is underwhelmed by the PPP index's usefulness. A survey of articles also reveals a pronounced and disappointing trend; followed by a sober discussions of the headwinds many believe the Chinese economy is currently facing.

The odd publication even goes so far as to take it upon themselves to soothe the fears of the presumably terrified American public (which, according to a 2014 Pew Global Attitudes survey is under the impression that the Chinese economy is already larger than the US's in objective terms). The headline of one International Busi-

ness Times article “China Economy Surpasses US in Purchasing Power, But Americans Don't Need to Worry”. “Hold On, China,” cries Shobhana Chandra's article in Business Week, before dismissing the whole thing as a false alarm.

Of the reviewed, only one periodical, the conservative Daily Caller (from the schadenfreude-prone little island that may or may not have recently occupied the top spot PPP-wise) that failed its duty to sensationalize and entertain. Its article artfully contrasts the IMF's announcement with similarly-timed but completely unrelated comments crowed by President Obama and by White House Press Secretary Josh Earnest (the article uses crow as a verb three separate times) to the effect that the US economy is doin' pretty good, especially compared to Russia's and most of Europe's. It deems them out of touch and the US's toppling an embarrassment for the States and for Obama. It does briefly take the time to explain what the PPP Index is, how it works, and why it is generally considered the best measure of an economy's size, to put into context the exact nature of the crushing defeat to which Obama's liberal policies have lead the Yanks. Its explanation is pleasantly imprecise.

But the impression one is left with by all this is a bleak one; try as the Caller might to compensate for it, the English-speaking media seems absolutely flummoxed by the slight complexity of the PPP Index, unable to package it for general consumption or to employ it in a crowd-pleasing/terrifying manner. We can only hope that they regain their bearings in time to deal with the ebola menace. **NU**



In Their Shoes takes a look at reporting practices on China by overseas media.

MAESTROS

BY CAROLINE SHEPARD

Transferred from their usual galleries in Hong Kong and Singapore to Nanjing in celebration of the Youth Olympic Games, a rare opportunity to view an impressive list of artists came to a close last month at the Jiangsu Provincial Art Museum.

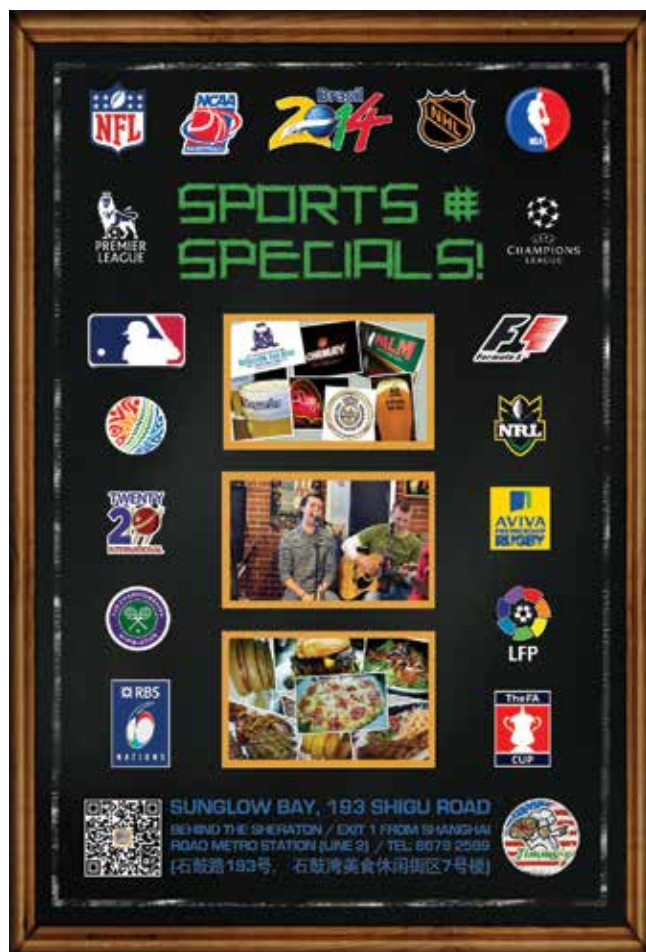
Maestros of impressionistic and post-impressionistic paintings, ceramics and print works such as Renoir, Monet, Chagall, Pissarro, Rodin, Matisse, Gauguin, Ingres, Moore, Picasso, Dali, Dufy and Degas were on display in the marvellous private collection that took the Lek Yuen Group over two decades to assemble.

Personally, I was impressed with Matisse's painting titled "River" as, same with everyone, I am so familiar with his drawing with scissors style that I was taken a back a little at seeing this impressionistic, thickly painted and quietly dramatic piece. Others of particular note were the visual treat that is Chagall's "Circus Scene". Picasso's ceramics work, notably "Dove Mate" and "Hand on Fish", were delightful and although not one of my favourite artists, I could really appreciate the mastery of Degas's bronzes up close.

If money impresses, then the masterly cubist piece "Woman with Green Hat" by Picasso was a knock out. Gallery hearsay had it that the overall monetary value of the collection stands at US\$1 billion with that particular Picasso valued at US\$25 million.

Of the many school children and to attend the exhibition, budding maestro Nuskai, a year 11 student with the British School of Nanjing, said, "The one that I admired so much was The chapel of Notre-Dame-de-Grace, Honfleur by Oscar-Claude Monet. He put his main effort on accurate depiction of light in its changing qualities. The paint is alive. The moody sky makes it even more special and quiet as if the whole world had no one left. Successful artworks can easily reform people. Claude Monet achieved that through his works and this influences me to create my own piece which will inspire someone else".

Classmate Hyeon Sik Choi reacted to Pablo Picasso's "Hand on Fish" ceramics piece by commenting, "I like this art work because it makes me think about a lot of things. It reminds me of sliced raw fish because the hand looks like that of a chef. Picasso has used a combination of straight and smooth lines all over this artwork to create a mood which is both vivid and lively. This makes the fish very alive, as if it was just caught from the sea by a fisherman."





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

The Great Unkempt

I am a little suspicious of too much polish; not just the kind applied to a prominent Chinese politician's head. From the unremitting suaveness of an oil-slick salesman to a highly manicured newsreader, I feel there must be something wrong (the obvious answer quickly covering a range of possibilities, even perhaps Kenny G aficionado, appalling images all). If you agree, then you are probably also with me on overly buffed wine. There is a crack in everything, that is how the light gets in, to borrow from Leonard Cohen, and papering over those cracks will likely lead to a sterile affair. Life; that is what is missing, and there is plenty of life to be released from the mistral-maddened, schist-strewn slopes of the Languedoc when placed in the right hands.

Languedoc-Roussillon (Languedoc now an appellation which comprises blends from the entire area) is the largest wine growing region in the world stretching from Nîmes and Montpellier in the East, around the Gulf of Lyon right up to the Spanish border. All of this divergent landscape is lumped under this moniker, still it embraces a broad gamut of wine styles covering a distinctive array of reds, whites, rosés and sweets.

Though now usually appended to the double-barreled name for the whole area, Languedoc and Roussillon were once separate entities and geographically and culturally they remain so; Languedoc towards the East of the region with vineyards predominantly on coastal plains and Roussillon, making sense of a more rugged terrain in the far Southwest, produces wines with more of a Spanish inflection. Stemming from the development of railways in the mid-19th Century, which enabled the region to supply enormous quantities of bulk wine more easily "uphill" to the rest of France, the region has garnered a reputation for quantity, not quality. This allows the possibility for great value finds from the more artisanally inclined vigneron, who are increasingly delivering more sophisticated structures to hold those wilder Mediterranean flavours.

Domaine de las Chique 2011 is from the Côtes du Roussillon appellation and resonates warm white stones amid an enticing medicinal tang, along with slighter, lighter, near tropical notes, which sing over the top of grippier darker berries; a dense, inky, reverie of a Grenache and Carignan creation, with the tougher Carignan providing purpose to the softer Grenache. Say what you like about the terrorists who espouse holding a wine to account chiefly by its postcode; I taste this wine and I am there, walking the tousled landscapes with warm blasts of air containing scents of apricots, cherries, olives and other fruits all equally at home here with the gnarled old Carignan vine stumps. All this drama for ¥129 from your local Carrefour (17.5 points).

Back to good old, slightly abandoned of late, Metro for Languedoc-Roussillon with more of a French leaning; Marius 2010 (¥99) is created by Rhone Valley supremo Michel Chapoutier, the wine a tribute to his great-grandfather, winemaker Marius, and here in more southerly climes he produces an IGP Pays d'Oc (the echelon formerly known as Vin de Pays d'Oc), which is really quite suave and well dressed, but by no means uptight, supplying a toothsome take on a blend of Syrah and Grenache. Warmly robust, with a dash of finely ground pepper and a sweet finish; interesting, savoury, and satisfying, which is a fittingly broad proclamation for the entire region (17 points). **NU**



Remembering Sophie



This precious angel had a one in a million smile, and yet she gave it away freely. Sophie came to Nanjing Butterfly Home with an inoperable tumour on her face. Her little body was not able to tolerate the chemotherapy the doctors tried. Now, six months since Sophie passed away, we remember this courageous little girl. Despite her very painful face, Sophie's heart was full of joy and her ready smile was contagious. It was impossible to be sad or angry when you were in the presence of Sophie. In her last days, Sophie was lovingly held all 24 hours of every day. She passed away in the security of knowing that she was loved. Sophie knew that was worth smiling about.

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



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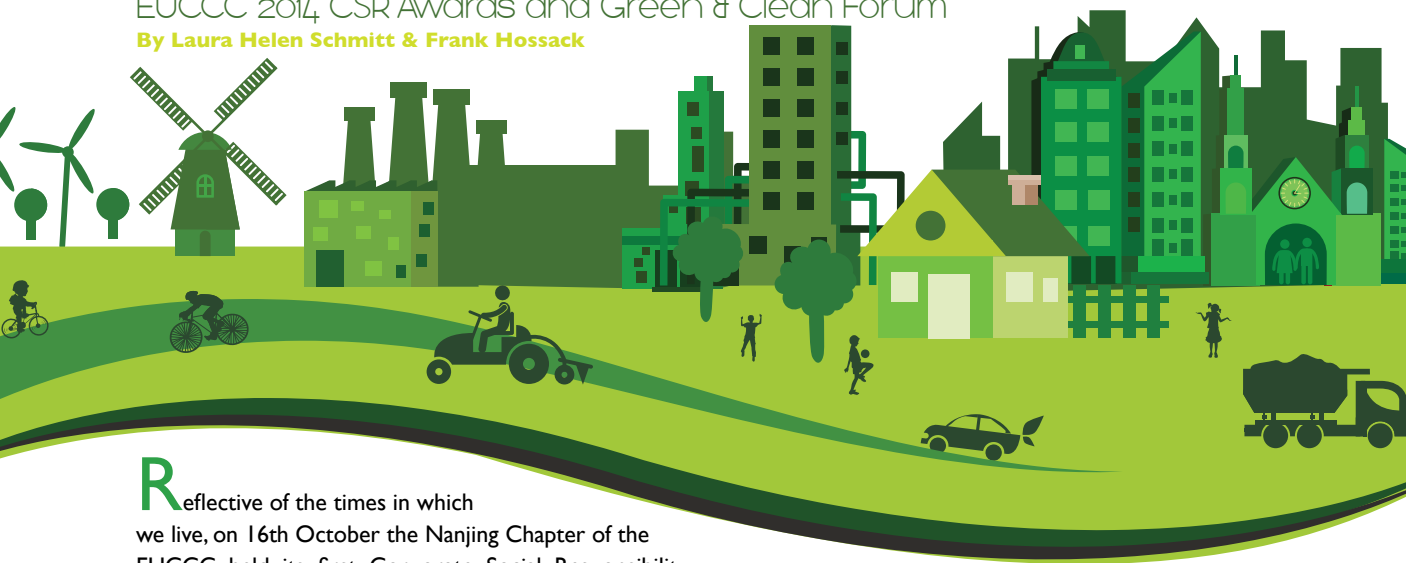
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Century of Sustainability

EUCCC 2014 CSR Awards and Green & Clean Forum

By Laura Helen Schmitt & Frank Hossack



Reflective of the times in which we live, on 16th October the Nanjing Chapter of the EUCCC held its first Corporate Social Responsibility Award Competition and Green & Clean Forum, in an event combining a recognition of businesses with best practice in CSR and sustainability with insightful addresses on the CSR state of the nation.

While this was the first time such an event has been staged in Nanjing, no less than an impressive seventeen entries were submitted, from giant MNCs right down to little babies with less than 10 employees; suggesting an ever-increasing awareness of the importance of measures allowing responsible growth and a giving back to the community.

Yet, the relatively new concept has not yet become a substantial part of daily business operations; especially in China understanding of CSR principles is lacking to put it mildly. Speaking at the award ceremony, Jacob Thomas, founder of Maker Sustainability Consulting, described the barriers his business encounters primarily with Chinese companies. "When we talk to potential Chinese clients, most of them have never heard of the term. They will be very confused. Then charity and donation is mentioned and they will immediately pull out their cheque books.; 'Oh, yes I understand charity, I am a very compassionate person; how much do you need?'"

Keynote addresses from the day's activities included those from BASF-YPC and Omega Zeta, in which Dr. Oliver Conen, General Manager of Engineering, Maintenance, EHS & Utilities presented the former's Verbund Principle that works to optimise resource and production efficiency, while Albert Marino, General Manager of New Building

Materials showed how the latter puts sustainable materials to use in green buildings.

The Chamber's forum and awards were also a chance to challenge the generally accepted wisdom that CSR is for big companies with deep pockets. While there were awards for heavyweights Siemens, BSH and Philips that illustrate this, along with the rational that without size and



profitability CSR is unlikely to occur, this first EUCCC Green and Clean Forum was also an opportunity to hear from the small-to-medium sized businesses who, by necessity on account of their size, need to think about CSR in different terms.

It was therefore a pleasant surprise to see MAN Diesel & Turbo China win an award in the category Human Resources & Work Safety for their program Safety Culture

Cultivation, through which they were able to achieve an impressive 350 days without lost time due to injury in 2013. From “safety moments”, conducted at the start of every internal meeting, to bulletins, magazines and videos, the Changzhou based firm has established a true culture of safety first, and has reaped the benefits. Attendance at Management HSE training sessions has also risen dramatically from less than 10 percent to 80 percent. There are few better examples of good CSR helping to improve a company’s efficiency and ultimately, its profitability.

Through starting with a look at the big picture, Nanjing International School set out to first audit their carbon footprint, as a result deservedly taking home the trophy in the category Sustainable Growth & Environmental Protection. Ever the ones to have the student body get their hands dirty with on the job experience, the Green Report Card project that began two years ago required staff to fill out questionnaires on the school’s usage of energy, water, waste, resources and transportation, latterly captured, along with data collected from on-site inspections, in a Sustainability Report. The initiative shows very well one of the prerequisites for successful CSR; clear involvement from just about everyone in the organisation, who in this case walk away empowered by new knowledge of their organisation’s contribution to the carbon footprint issue at large, and what exactly they are doing about it.

As the first such event of its kind, it was inevitable that firms entering the competition would have differing visions of the expectations required to be considered for an award; big institutions who should really know better such as Hilton and Fairmont submitting entries that were little more than cut and paste jobs from their corporate websites.

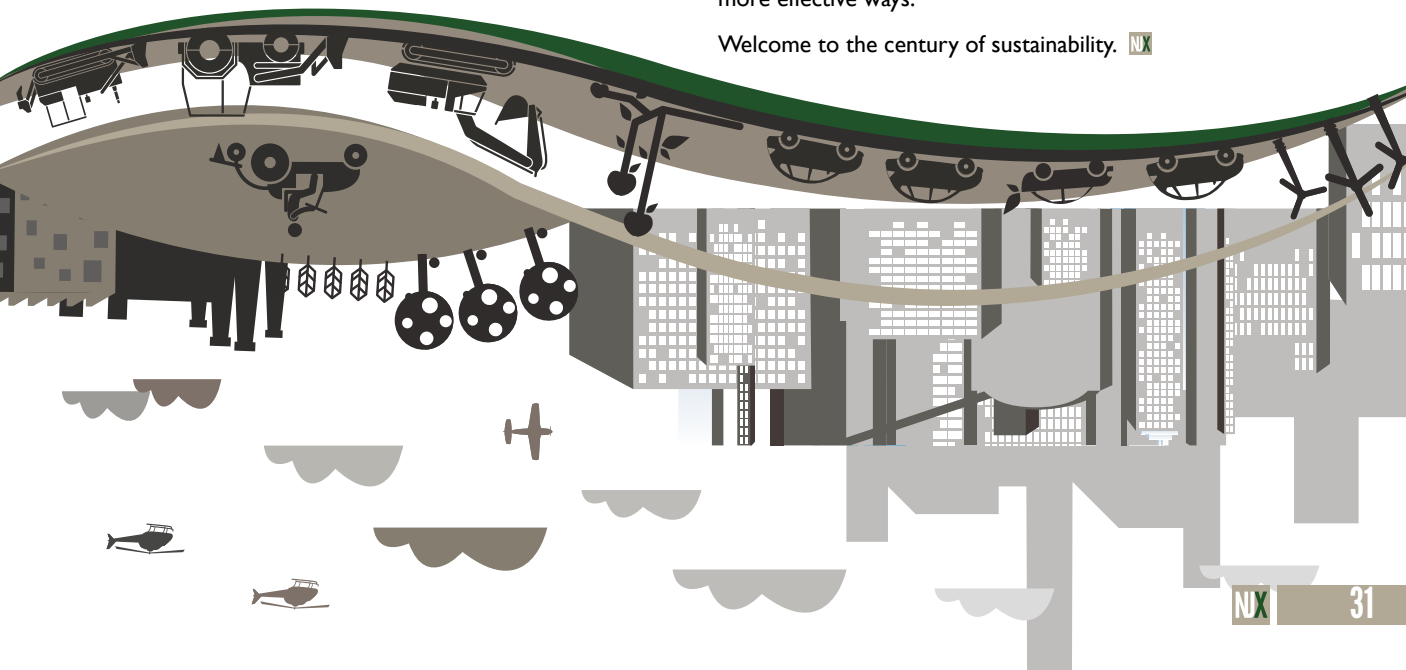
One thing is for sure; CSR is relevant to everyone and can take on many different incarnations; be they the Internet giant Tencent investing ¥57 million in the production of a film depicting the lives of fair trade tea pickers and promoting it via their platform WeChat, or the utilisation of modern technology to recover an ancient craft, as displayed in the porcelain industry by award winner Shangyu Gushi Yueyao R&D Centre.



As these stories show, the 21st century is seeing the development of an entirely new business model: CSR and sustainability not as part of a company, but at the root of it.

Judging by participation and attendance, EUCCC is rightfully confident in their hope that the event can be held annually at the national level, becoming the Nanjing chapter’s signature event, with other chapters nationwide supporting it. The success of the event has also been seen as a signal that more EUCCC members demand greater focus on the environment, policy and responsibility; key goals for the Chamber over the next year must therefore include engaging with the government on this theme in more effective ways.

Welcome to the century of sustainability. 



THE TRIP

GUILIN; China's take on Heaven meets Earth

For centuries the Chinese have labelled Guilin's landscapes as the "best under heaven". Having recently witnessed the breathtaking beauty of Guangxi Province for myself, I now understand how Guilin both earned and has managed to maintain its high reputation throughout the dynasties.

After our taxi fled the chaotic scenes of Liangjiang airport, three things about Guilin immediately stood out to me, the first being the way in which the colour green enveloped every structure in sight. Vegetation clings to buildings,

trees line the streets and forests cover the surrounding karst like a green and brown patchwork quilt. Unfortunately these views co-exist with grand observation number two; the tropical climate which wrapped itself around the place like a thick, smothering blanket. Although not exactly the best environment for the hiking, biking and trekking that lay ahead, this peculiarity of Guilin was neutralised by its third identifying feature; blue skies and clean air. The hallelujah chorus blared through my mind as my lungs took in the wonderful, fresh air.

While my respiratory system was satisfied with the local air quality, it was a while before my stomach ultimately faced the dreaded test; would it too enjoy Guilin's delights? To answer this question, my family and I sought Zhengyang Pedestrian Street, the social hub of Guilin in the evening. As anticipated, pedestrians flooded the street from the moment the sun set, where they haggled vocally with vendors and indulged in bowls overquelling with Guilin's iconic dish; soft rice noodles smothered in meats, thick gravies and slithered vegetables. At a mere ¥3-4 per bowl, this flavour-packed meal flies out of noodle bars and hole-in-the-wall restaurants at all hours of the day. Meanwhile, the high-demand for Guilin's second-favourite dining option, street food, is satisfied by the array of food carts wedged in the city's every nook and cranny. At such sites meat skewers were thrown violently onto barbecues, producing clouds of smoke infused so heavily with chili that it made my eyes water. Further down the road, tropical fruits begged to be eaten, while other dishes, pungent "stinky tofu" and fried Li River snails, didn't whet my appetite quite so much.

By Lauren Zammit




For those wishing to escape the chaos overwhelming this lively area of the city at night, a safe haven lies just around the corner. Bellies full and satisfied, we spent the remainder of the evening strolling beside the grand centrepiece of any visit to Guangxi Province; the famous Li River, which connects Guilin to neighbouring tourist city, Yangshuo. Nearby, other sights such as Guilin's Sun and Moon Pagodas, whose lights reflect off of the Li River at this hour, are also worth a visit.

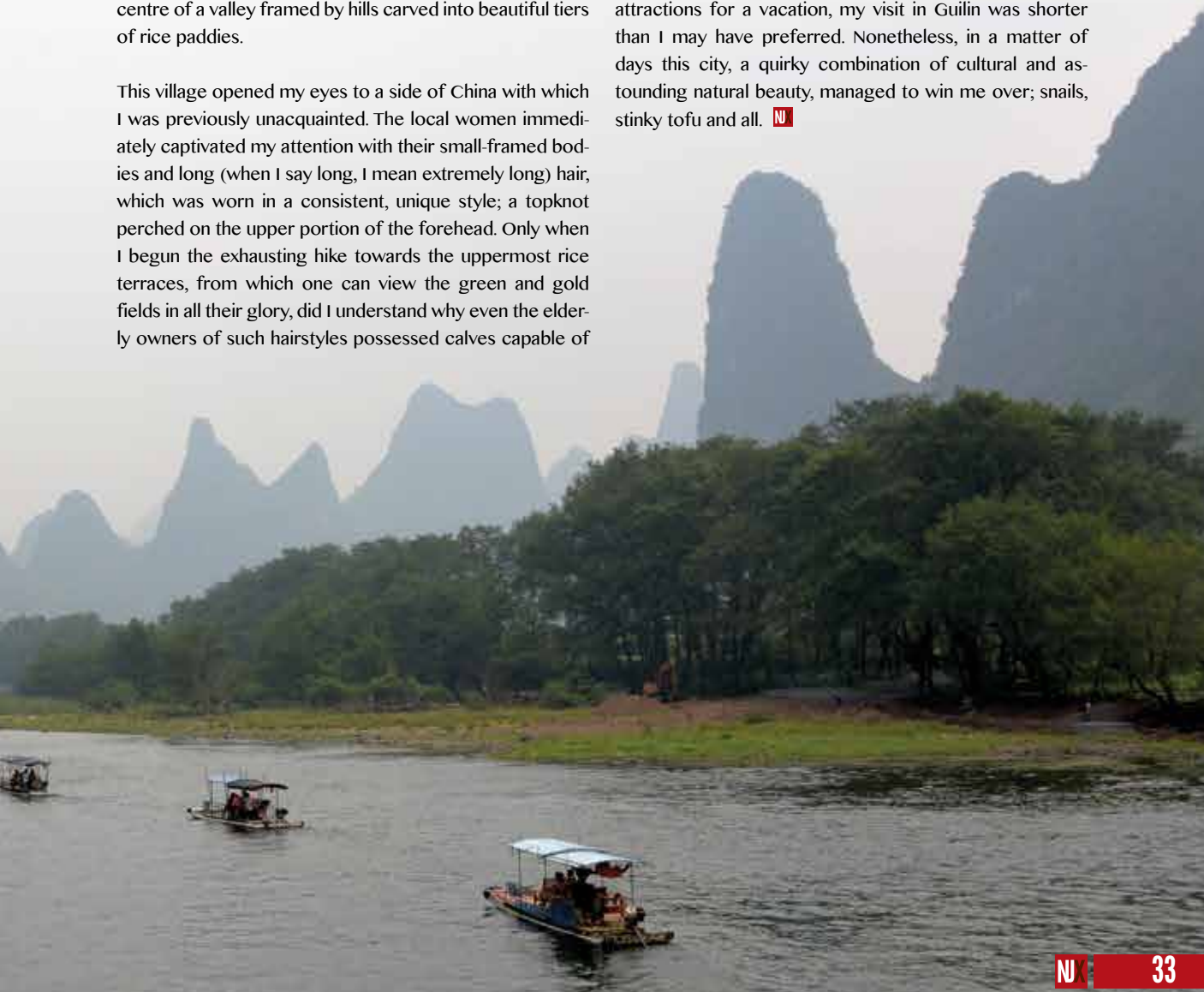
Although Guilin's city captivates through its lively atmosphere, culture and ageing buildings, the natural beauty embodied by this region; hills, lakes, caves and mountains, is what truly sets it apart from other areas of China. Longshen County, the home of the Longji Rice Terraces and Zhuang and Yao minorities, offers up a grand alternative to those seeking some peace and quiet. Two and a half hours away from bustling Guilin lies one of the finest sites in this region; Dazhai, an ancient village smack bang in the centre of a valley framed by hills carved into beautiful tiers of rice paddies.

This village opened my eyes to a side of China with which I was previously unacquainted. The local women immediately captivated my attention with their small-framed bodies and long (when I say long, I mean extremely long) hair, which was worn in a consistent, unique style; a topknot perched on the upper portion of the forehead. Only when I begun the exhausting hike towards the uppermost rice terraces, from which one can view the green and gold fields in all their glory, did I understand why even the elderly owners of such hairstyles possessed calves capable of

making any gym-junkie envious. Struggling at times in my comfortable Nikes, I have no idea how some fashionable Chinese tourists underwent this same trek in bejewelled heels and platform boots. Even the Zhuang women, alongside their traditional shawls and fabrics, paraded around the fields in their comfiest pair of sneakers.

While this fashion choice suggests the contrary, the residents of Dazhai remain true to many of their traditional practices and values. Consequently, the village houses many primitive sights, ranging from women carrying tree trunks on their bare shoulders to corn hanging from rooves to encourage a prosperous harvest. Be sure to take a seat in one of the village's many restaurants, sip on some sweet mangosteen tea and take in this tasty, memorable aspect of your visit to Guilin.

Intimidated by China's upcoming "Golden Week", during which many nationals flock to the country's major tourist attractions for a vacation, my visit in Guilin was shorter than I may have preferred. Nonetheless, in a matter of days this city, a quirky combination of cultural and astounding natural beauty, managed to win me over; snails, stinky tofu and all. 





Oh, how I long for Oolong

There is an acceptance that specific categories of tea have relevance to specific seasons. It is not just about fresh manufacture; the belief is that the properties of different teas help the human body respond better to varying climatic conditions.

Spring is traditionally the time to drink flower teas like chrysanthemum (菊花茶), rose tea (玫瑰花茶) or jasmine green tea (茉莉花茶). Summer, as described in a previous issue, is green tea season, and winter the time to curl up with a sweet red or pu-er.

What, then, is most appropriate for these autumn days?

The answer is actually slightly contentious, with some favouring white tea in preference to Oolong (乌龙茶). While Oolong is indeed the tea category most often associated with autumn, it is sometimes ignored by Traditional Chinese Medicine systems altogether, leaving us to think of it as a mere taste frivolity or mouth adventure. But what an adventure it is!

Often described as 'between' red and green tea, Oolong is actually no 'half-way house'; physically mixing leaves of green and red tea, combining their liquor, or the idea of them in your head, you could never imagine the flavours that arise from allowing pre-withered tea leaves to oxidise partially before being rolled and fired.

The first Chinese tea I fell in love with was a Tieguanyin (铁观音), which translates to Iron Goddess of Mercy. This variety, with unique wine-gum notes, has gained huge popularity over the last 20 years. But note that it is sometimes not acknowledged as Oolong; formally, it is "Qingcha" (清茶), those semi-oxidised teas at the greener end of the scale. Qingcha includes Pouchong (包種青茶) and many of the Formosa High Mountain Oolongs. These too are available in Nanjing nowadays, and worth exploring, though admittedly rather expensive.

Usually cheaper are the teas of Fujian. Conveniently, at least half of Nanjing's small tea shops are owned by Fujianese, selling teas from green-with-red-edges Tieguanyin to the famous 'Rock Oolongs' of the Wuyi cliff region (武夷山), including Dahongpao (大红袍), literally big red robe, and Rougui (肉桂), which might be categorised as red teas were it not for their other-worldly aroma! You can pay precisely as much or as little as you like for any of these; sadly, the fakes, probably anything costing less than 200RMB per half-jin (半斤), barely even "remind" the drinker of the real thing.

The same is largely true for the delightful Dan Cong (单丛) Oolongs of Guangdong Province; renowned for their ability to mimic the flavours of fruits or flowers. Naturally, these deserve an article all of their own...and they shall have it in a later issue.

Whether your body demands it or not, there is something about the identity of Oolong that seems pertinent to this season of mellow colours and elegantly fermenting leaves. If you even need an excuse to explore this category, let autumn be it. **NU**



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Gastronomy The Wing

By Wang Tianian

The quest to finding a good Italian option located neither in Xianlin nor the downtown area has finally been successful; but what a quest it is. While the location of the new “The Wing” Italian restaurant could not be better in The Central shopping emporium across from the Olympic Stadium, calling its position within the maze of a mall hidden would be the understatement of the year. On the fourth floor in the farthest possible corner, the facilities are surprisingly spacious with two differently coloured and incredibly comfortable seating sections and an open kitchen.

While the decor is without a doubt Italy as imagined by a Chinese person, the interior designer just about managed to stop themselves with the tackiness an inch before going overboard; the result is a cosy and enjoyable eating environment with small booths ideal for a peaceful meal.



What becomes increasingly obvious throughout the stay, as the glass jug full of lemon water and the free bread with oil and balsamic vinegar appear on one's table, are certain similarities shared with Bellini's, probably expats' number one choice for mediterranean fare. The connection is no coincidence, as the restaurant owner is a former chef of Nanjing's established fine dining option.

However, there are a number of differences, which upon closer inspection indicate a localization of the culinary import hit. The most obvious difference lies in the cost, pizza and pasta start from as low as ¥55 and especially the lunch menu; a main course such as the fried sliced beef fillet in tomato caper sauce



with the most heavenly roast potatoes imaginable plus either a starter or a dessert for a mere ¥68 is an offer that is hard to resist.

Of course there are the odd little glitches of which to be aware. The pizza, while without a doubt very tasty, did suffer from a few bald spots here and there in terms of fromage coverage; especially cheese fetishists would therefore come away from the experience not entirely satisfied. Furthermore, salami lovers will be disappointed as the meaty classic, which should really be present on any menu that wants to call itself Italian, was nowhere to be found. Finally, the gnocchi taste rather low-end, not as squishy as any high quality product and lacking almost entirely in terms of potato taste.

On the other hand, The Wing sports a number of features to be appreciated. For one, the pasta menu is a mix'n'match set-up, where one choses from a selection of sauces and then muses over which type of flowery goodness including linguine, parpadelle and the aforementioned potato-based variation, compliments the sauce best. Such flexibility is a big advantage for the adventurous eater, who likes to mix it up every once in a while. Also, the tomato sauce with aubergine, bacon, parmesan and pine nuts is an option found not too often among the Italians this side of the ocean and suggests a slight, and in my case very welcome, adaptation to local tastes. After all, how could any aubergine-infused dish ever be anything but delicious?

Overall, this restaurant offers a very convincing value for money ratio, especially when you count their impeccable service, which is not only friendly but also incredibly fast; dishes appeared on the table within 5 to 15 minutes of ordering. With its more Southern location it is also ideally placed for the Fraser suites and Jiangning crews, providing a great alternative to the trek through the city that was previously necessary to get to the good Italians. **NU**

Gastronomy Brewsell's

By Frank Hossack

■ In Ogle's newly released algorithm "Best Place to Put a Bar", right at the top of the list after entering the word "Nanjing", one finds, "Shanghai Lu, a little north of its junction with Guangzhou Lu, preferably the first building on the left". That will be Brewsell's, then.



Since their opening earlier last year (as primarily a test of the viability of such a venture by the Shanghai based distributor of Duvel), the little Belgian beer house has become something of a cult hit; a magnetic melting pot (albeit a small, 32-seater one) of foreign and local cultures, all drawn together by an appreciation for les pomme frites' fermented malts.

The generous happy hour on all draught beers from 5 to 8pm daily ensures there will always be someone willing to chat, while cicerones in training can also pour over ales dubbed as fruity, speciality or Trappist (ah yes, but can they remain silent?)

There are few, if any, places in Nanjing where can one find a decent plate of mussels, Flemish beef stew, Stoemp (mashed potato and carrot) or calamari, complemented by the more obvious yet indispensable for such a place, namely Belgian waffles, chocolate

platter and, fascinatingly, speciality pro wieners made by a German retiree in Qingdao (how random is that?). Similarly, there cannot be too many joints in town where the menu suggests food and beer pairings, exemplified by the straight-talking Chicken Liege Salad with Vedett Extra White.



Having tested the waters over which promotions work best since virtually day one, the tried and tested now stand head and shoulders beside other innovative, unexpected creations; yes, it's that photo of two Chinese girls with their mouths crammed impossibly full of chips (fries night runs on Saturdays prior to 11pm). Elsewhere, Monday is free dessert night (when purchasing any meal), Tuesday is football night, ladies night is as ever on Wednesdays while Friday is fish and chips night and Sunday is pig out night (as they both should be, everywhere). Worthy of particular mention is the packed-to-the-rafters pub quiz night each Thursday with a magnum of Chouffe for the winning team, that suitably goes hand in hand with student/teacher night.

Incoming from the melting pot with the smoke free environment; open mic night on Sundays. Bring a guitar, or a joke.



Book

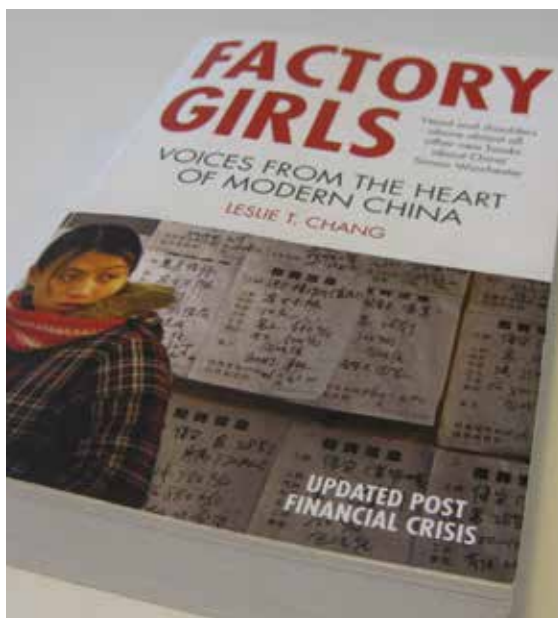
Factory Girls

by Leslie T. Chang

Reviewed by Frank Hossack

- “When the Cultural Revolution finally ended and pragmatic leaders like Deng Xiaoping took over, the Chinese would find themselves living in a vacuum-stripped of all belief and blank as newborns, looking upon a ruined world they must somehow make anew.”

Within such an, at times, Orwellian viewpoint, *Factory Girls* is a fascinating overview of migrant life, in which a cycle little more than twenty years old is now repeating on itself, one in which dreamers leave the village and enter into a world that may as well be another planet, in a galaxy far far beyond their elders’ ability to fathom. Many never return or do so to the nearest largish centre of population, to open a restaurant or a hairdressers; close enough to keep the relatives at bay, but certainly not to the village itself.



Leslie T. Chang spent a decade in China, as a correspondent for the *Wall Street Journal*. When not writing about Middle Kingdom Mergers and Acquisitions, she found her calling in espousing the kind of narrative non-fiction that is *Factory Girls*, first published in 2008, and now back on the best sellers’ lists thanks to an update, “post financial crisis”.

While there has been media overkill, especially abroad, on the state of southern China’s factory cities (12 people in a dorm room,

go home once a year, overtime then more overtime, blah blah), Chang delves into the tapestry of the individual, weaving a narrative of migrant life that she runs side by side with her own family’s uprooting, sometimes too conveniently, to be somewhat emblematic of today’s China.

Accounts from two main protagonists Min and Chunming, befriended by Chang, serve as dipsticks for (what is now, no thanks to the post financial crisis update) several hundred million migrants’ overbearing concerns for family and country that they, wherever possible, cast ashamedly aside. For “going out”, as to which becoming a migrant is referred, is for the majority the preferred path; to leave the village, work hard and change one’s destiny. A rough and ragged around the edges destiny it may be, but nevertheless a fate of one’s own making.

This is what makes *Factory Girls* such a fascinating read; those who talk to Chang are quite open about how they have lied and cheated their way into jobs or opened a company simply by printing a business card, and yet, one is left with admiration for their entrepreneurialism, courage and complete absence of risk aversion.

There are times when Chang goes a little too far, at times overgeneralising for presumably dramatic purposes; “Perhaps China during the twentieth century had to go so terribly wrong so that people could start over, this time pursuing their individual courses and casting aside the weight of family, history, and the nation”.

Also not doing the book any favours are a multitude of areas that the “post financial crisis update” has failed to address, the least of which (and easiest to correct) would be financial statistics. Nevertheless, Chang scores home run after home run, such as pointedly questioning whether this cycle of leaving home and enduring hardships in order to create a new life is/was in fact any different to that which faced those arriving in New Caledonia two hundred plus years ago.

It is fair to say that there have been written a great deal too many books on China, and that the overwhelming majority are either naive or very quickly irrelevant. Yet, *Factory Girls*, named a New York Times Notable Book, as well as one of the best books of the year by The Washington Post, remains an exceptionally scintillating and compassionate portrayal of those, who until Chang, were imagined to slave away in the shadows of the factories that dominated their very existence while robbing them of persona. For factory girls, it turns out, have a propensity for moving heaven and earth; it is the character of each individual, not the factories, that is powering China’s economic boom. **NJ**

Cinema

Changing the Face of the Industry

The Maze Runner

By Laura Helen Schmitt

■ **M**aze Runner does its best to disguise itself as a terribly average movie, when it could have been so much more (aside from depriving me of an aMAZEing pun). Up until the last minute all the Hunger Games-Truman Show hybrid evokes is an underwhelming feeling of mediocrity and predictability; only in the final seconds did the director manage to pull it around, with a last minute revelation calling the entire plot into question.

That is not to say that the movie has nothing to offer, there are in fact plenty interesting aspects to the adaptation of the book and trilogy by the same name.

The storyline serves up a lot of food for thought, pitching against one another two strong characters of entirely opposite natures, one the conservative, who craves rules and safety, the other the risk-taker, curious by nature and willing to endanger all and sundry, including his life and that of others, for a shot at freedom. Of course, as in any flick wanting to call itself an action movie, the brave hero is portrayed as inherently right, while the risk-averse opponent is radicalized and reduced to fanaticism. Aside from being a slap in the face for anyone, who thinks that living a secure and peaceful life is not such a bad choice as opposed to almost certain death, this discrediting of the safe option and people that stand for it is rather black and white and entirely ignorant of the complexities of real life. Yet, it is exactly this over-the-top portrayal of the uncourageous which forces the viewer to question whether trading freedom for a peaceful, long life and making the best of a bad situation are really such terrible attributes.

Most noteworthy, though, is the cast of *Maze Runner*. Unsurprisingly, a movie about youths will hardly feature seasoned A-listers, yet there would have been a scope to fork out for the real biggies. Instead, the cast is a refreshing group of known, but not big names ranging from *We're the Millers* goodie Will Poulter, to adorable *Love Actually* boy experiencing first love Thomas Brodie-Sangster and, the only female lead character in the movie, Kaya Scodelario, famous for Effy, the depressed junkie in British TV show *Skins*.

Yet, there is one person that deserves special mention on two accounts; Ki Hong Lee starring as Lead Runner Minho. Asian communities across the world have spoken out against the Hollywood tradition of reserving strong role model characters people can look up to exclusively to non-Asians. After spending an amount of time in China, it really does get hard to ignore the fact that Asians are mostly portrayed as computer geeks, baddies or Kung Fu nuts in America's movie making machine. *Maze Runner* finally sees a break with this tradition, a major box office piece featuring a strong, courageous Asian male with a sound character. This is definitely worth of commendation.

At the same time, Lee is one of the first actors to emerge from the YouTube Generation, reflecting a shift in the acting profession. Having risen to international fame in mini-productions by the Tube's WongFu brothers, Lee is the first one of what will certainly become a growing number of actors who have made the jump from home production to box office. This is really the most novel and important aspect of *Maze Runner*; it captures the transformation of the industry; a new generation of actors, whose stars are rising and who are entering the profession in non-traditional ways. **NU**





L'Arôme

■ With a Parisian bistro atmosphere, a restaurant manager and Michelin rated chef previously of Maison Pourcel (Shanghai) plus a location to die for (bottom of the escalator from the lobby of the new Jinling hotel), fine French dining in Nanjing at very reasonable prices is found at L'Arôme. Make no mistake, herein no nouveau cuisine or fancy over-the-top creations; L'arome is all about the classics; think Caesar salad, traditional quiche Lorraine, cheese mussels and duck leg confit. Of the desserts, it is almost impossible to choose a favorite between Creme brûlée, Mille-Feuilles, lemon meringue or chocolate fondant. **NU**

Six Dynasties Museum

■ Capital of the six dynasties, Nanjing was the first city in the world to amass a population of more than one million. This era is celebrated with the Nanjing Six Dynasties Museum, in which visitors can see over 1,200 artifacts, including porcelain, pottery, epigraphs, stone inscriptions, calligraphy and paintings and even a section of the city wall. Constructed on the ruins of the Jiankang Castle (a drainage facility from the original site forms another exhibit), the building is an attraction in itself, designed by Pei Partnership Architects, founded by Chien Chung Pei and Li Chung Pei, sons of I.M. Pei. The Six Dynasties refers to the ancient Wu, Jin, Song, Qi, Liang and Chen dynasties from the early 3rd century to end 6th century, a period that saw great interaction of nationalities and ethos plus a growing prosperity of traditional culture. **NU**



Vie Chat

■ Back in the days of old (circa 2003), one of the only, and perhaps best, Western restaurants in Nanjing was the Tiramisu House located in an old building on Jinyin Jie. Its owner was to go on to bigger things, opening up Tacos in many locations over the following years. Now time for a makeover; its moniker Vie Chat. With one location at present in Shopping Fun mall (next to Aqua City) and another about to open in what was Tacos on the corner of Guangzhou Lu and Ninghai Lu, the extensive menu includes a wide range of American fare at reasonable prices. Especially noteworthy are the smoked salmon carpaccio, the super thin spaghetti with a delicious green pesto, dried cherry tomatoes, chicken and feta cheese, and the spicy shrimp salad with an Asian touch and a serious spicy kick. The cocktail menu has even more to offer, with not your average beverages from Moscow Mules to Butter Apple Martinis; happy drinking! **NU**





Event
BSN UN Day
24th October

The annual United Nations Day celebration held at the British School of Nanjing is a time for learning about other countries, dressing in national costume, special treats and enjoying a shared lunch. A highlight was the performance of two songs; the UN theme song and Home by the Senior School Choir at assembly. Many parents and friends of the school visited to join with students in the numerous activities from around the world.





Event Asia Bike

8th - 13th October @ Nanjing International Expo and Conference Centre

Exhibiting the latest in the velo-industry, the annual exhibition has established itself as the show to be for major brands, suppliers and manufacturers alike to meet new clients and expand the supply chain. The Demo Day was particularly well received, with bike enthusiasts excitedly testing vehicles in the scenic surroundings of Purple Mountain.





Event

CCG Global Partners and Industry Forum

17th - 19th October @ CoCreation Grass Factory, Huai'an

Artificial grass producer CCGrass held the industry forum in conjunction with the inauguration of their brand new factory complete with museum, experience zone and labyrinth. Artificial turf professionals, FIFA and Chelsea representatives, and those from the State Sport General Administration all graced the informative event with their presence, giving insight into both the sports and artificial grass industries.





Event
NICC Tea Tasting
 22nd October



Up to 30 international ladies came together for the first tea tasting brewed up by Nanjing International Community Clubhouse at the Purify and Savour Teahouse in Jiangning District.





Event

Nanjing Goes to Fabulous Las Vegas Night 1st November

Nanjing goes to Fabulous Las Vegas Night was another outstanding success, with ¥64,000 raised for local charities Butterfly Hospice, Ray of Light, Pfrang and Hopeful Hearts.





Event

Halloween @ EtonHouse

31st October

Despite drizzle, more than 400 people showed up for EtonHouse International School's celebration of the new year's eve of old; children and adults alike dressed as witches, ghosts, mummies, skeletons, pirates, pumpkins, Cinderella, Spiderman and more!



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Hacker-Pschorr 赫佰仕

Basement, Asia Pacific Tower, Jinling Hotel, 2 Hanzhong Lu
汉中路 2 号金陵饭店亚太商务楼
84660099
www.hacker-pschorr-brauhaus.com/nanjing
German brauhaus that is the first Hacker-Pschorr in China. Enjoy 20 percent discount on all food plus buy-one-get-one-free on all beer during the opening period.

Jimmy's 吉米来吧

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

Bellini Italian Bar & Restaurant

12 Nanxiucun 南秀村 12 号
52888857
1-106, 9 Wenfan Lu, Xianlin
仙林大学城文苑路 9 号 1-106 室
85791577
www.bellinirestaurants.com
Stylish and elegant yet easy in which to relax, Bellini serves up an array of signature dishes and drinks. Tempting daily specials available at each venue.

Brewsell's 上海路 77 号比利时精酿啤酒屋

77 Shanghai Lu (first place up from Guangzhou Lu)
上海路 77 号 (靠近上海路和广州路的路口)
58779429
www.brewsells.com
Quality Belgian drinks & cuisine in a smoke free environment. Imported Belgian draft beers include two types of both Vedette and La Chouffe. Daily happy hour from 5 to 8pm; kitchen open until 11pm.

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.

The Wing Italian Restaurant

意之翼-意大利餐厅
4F, The Central, Hexi CBD
南京建邺区江东中路237号中央商场4楼 (雨润国际广场)
13913983339
Open kitchen allows for observation of the chefs at work, while hand-made Italian thin-crust pizza comes from a professional oven. Mix and match your own pasta and great value set lunches available along with MSG-free chicken.

Medi Mediterranean Café and Bar

地中海餐厅酒吧
8#101 Shipopo Lane
玄武区石晓庵巷8号101
83600569
Forging a reputation for the best cocktails in the city, Medi also serves shooters and traditional imported French Absinthe.

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. Strengths lie in the pastas and mains.

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 and shows films and documentaries.

L'Arome 芳芳法餐厅

B1, Jinling Hotel Asia Pacific Tower, 2 Hanzhong Lu
汉中路 2 号金陵饭店亚太商务楼
13127763730
www.l-arome.com
Parisian style bistro where French classics are prepared by a Michelin rated chef in a location to die for at the bottom of the escalator from the lobby of the Jinling hotel.

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 cocktails.

Motu Burger 摩图

107 Gutong Xiang, Laomendong
老门洞箍桶巷 107 号
17701598220
Small balcony affords great people watching while munching on delicious Kiwi burgers and ice cream washed down with fine ales. Long wait at busy times.

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 号水平商场 B2-05 商铺
58059234
Pisa Pizza has a reputation for offering up the finest pizza in the city, straight from their 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 complemented by snacks, pasta and pizza; a good place to unwind after a day in the city.

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
Western and Modern Asian fare with a special focus on food quality, consistency and safety. Home delivery not yet available.

Eminence Cellar

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

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 Luoluan 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 Jinxianhe 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 Fengtu Lu 丰富路 117 号
84214123
189 Shanghai Lu 上海路 189 号
83350491
Ever since its establishment in 2003, the Taj has served high quality authentic Indian cuisine, 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 街区內
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

Xianpingjia 咸平家

#6, Block 1, Dongfangtianjun, Xianlin
新街口汉中中路 108 号 金轮大厦 B1
84469445
Run by a Korean grandma who has over 30 years of cooking experience. Bulgogi-marinated beef served with vegetables which you cook on the table with Kimchi is a must!

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
High 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 Gulun 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 叽哩咕嚕

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 Dabe 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.

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 Community Clubhouse

南京对外文化交流中心
www.yournicc.net
info@yournicc.net
Hosts many activities such as Chinese and English
classes, ballet & quickstep classes, wine and tea
tastings plus a monthly ladies night.

Nanjing International Club

南京国际俱乐部
www.nanjinginternationalclub.org
info@nanjinginternationalclub.org
A club with more than 500 members 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

3 Jinma Lu, Maqun Scientific Park
南京栖霞区马群科技园金马路 3 号
85720118
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 and styles.

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 Wangjinshi (off Changjiang Lu)
玄武区长江路南京市 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 and enchiladas, plus a range of items such as butter, bagels, 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 spirits.

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.keyath.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 translators
on hand.

Franck Provost Hair Salon
梵珀巴黎法式发艺
F322 Deji Plaza Phase 2
中山路 18 号德基广场二期 F322 店铺
86777366
Resident French stylist available; bookings advised.

V-Salon
香港时光设计有限公司
32F, Golden Eagle Plaza, 89 Hanzhong Lu
汉中路 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 Longpan
Zhong Lu 南京火车站 龙蟠中路 221 号
6am-8.30pm, every 30 mins.

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

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, hotels,
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.

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simon3northcott@gmail.com
Change leadership, problem solving and empowerment.

Property Services

Nanjing Houses
#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangning
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, orientation
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@crownew.com
Provides moving services, housing services,
school search, immigration services, and orientation
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
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www.apex15.com
nanjing@apex15.com
Domestic and local moves, office relocation, storage
and warehousing, pet relocation, insurance/risk
management plus immigration services.

CMR Corporate Property & Relocation

南京浩麦房地产咨询
12C1, Jinlun Mansion, 108 Hanzhong Lu
汉中路 108 号金轮大厦 12C1 座
84701658
www.cmchina.com
Supplies multinationals, with additional services including
driver's license and import/export of pets.

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 Yaojiaoao
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,
English, 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

Any Hao Hao Pet Care 爱咪好好

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

Tom Dog Pet Center 汤姆狗宠物中心

1 Shanghai Lu 上海路 1 号
86662858
Pet stayover and dog walking service, retail outlet and English speaking staff.

Nanjing Veterinary Station

南京畜牧兽医站宠物总医院
448 Longpan Zhong Lu
龙蟠中路 448 号
84484781
Major centre for vet services and vaccinations.

Media Production - Design - Photography

SinoConnexion 南京贺福文化传媒有限公司

14F, Building 1, World Times Square, 8 Dongbao Lu
鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室
84718617 / 13851522275
www.sinoconnexion.com
info@sinoconnexion.com

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

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天元中路 128 号 2 栋 1 单元 720 室
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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.

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www.nicolasharter.com
Wedding, commercial and event photography.

Translation

Wow-Super A Translation Service

南京领域翻译有限公司
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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.11 Dept: Rm 412, Innovation School, NJU Science Park, Xianlin
南京市仙林大学城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

Doctor Beckmann

德尔普纳 (南京) 贸易有限公司
901, Block A, New Century Plaza, 288 Zhongshan Dong Lu 南京市中山东路 288 号 新世纪广场 A 座 901 室
Local office of the popular cleaning products company. Call for information regarding stockists.
English service available.
86268871
www.doctorbeckmann.cn

Bottled Water Delivery Service

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

Satellite TV Installation Service

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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 红帮裁缝

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 银杏湖高尔夫俱乐部

1 Guli Yinxing Hu 江宁区谷里银杏湖 1 号
86139988

Other Sports

Century Star Ice Skating Club 世纪星滑冰俱乐部

222 Jiangdong Zhong Lu (Inside Olympic Center)
江东中路 222 号奥体中心内
86690465 / 86690467
4F, Wonder City, 619 Yingting Street
应天大街 619 号虹悦城 4 楼
52275768 ext. 8001/8002

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 worldwide.

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 style, 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
8556888
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
8353888
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
8371888
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
8540888
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)
8315888
nanjingriverside.hilton.com
nanjingriverside.info@hilton.com
Extensive conference and recreation facilities plus 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
5226858 / 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

南京香樟华莘温泉度假别墅
Xiangzhang Hua Ping, Sizhuang Village,
Tangshan
江宁区汤山镇寺庄村
84107777
www.kayumanis.com
nanjing@kayumanis.com

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
汤山镇温泉水路 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 for victims 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 implies. Admission is free with valid ID.

Nanjing Municipal Museum (Chaotian Palace)

南京市博物院
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 and more.

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 during the Nanjing Massacre.

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. 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, cable-car and 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.

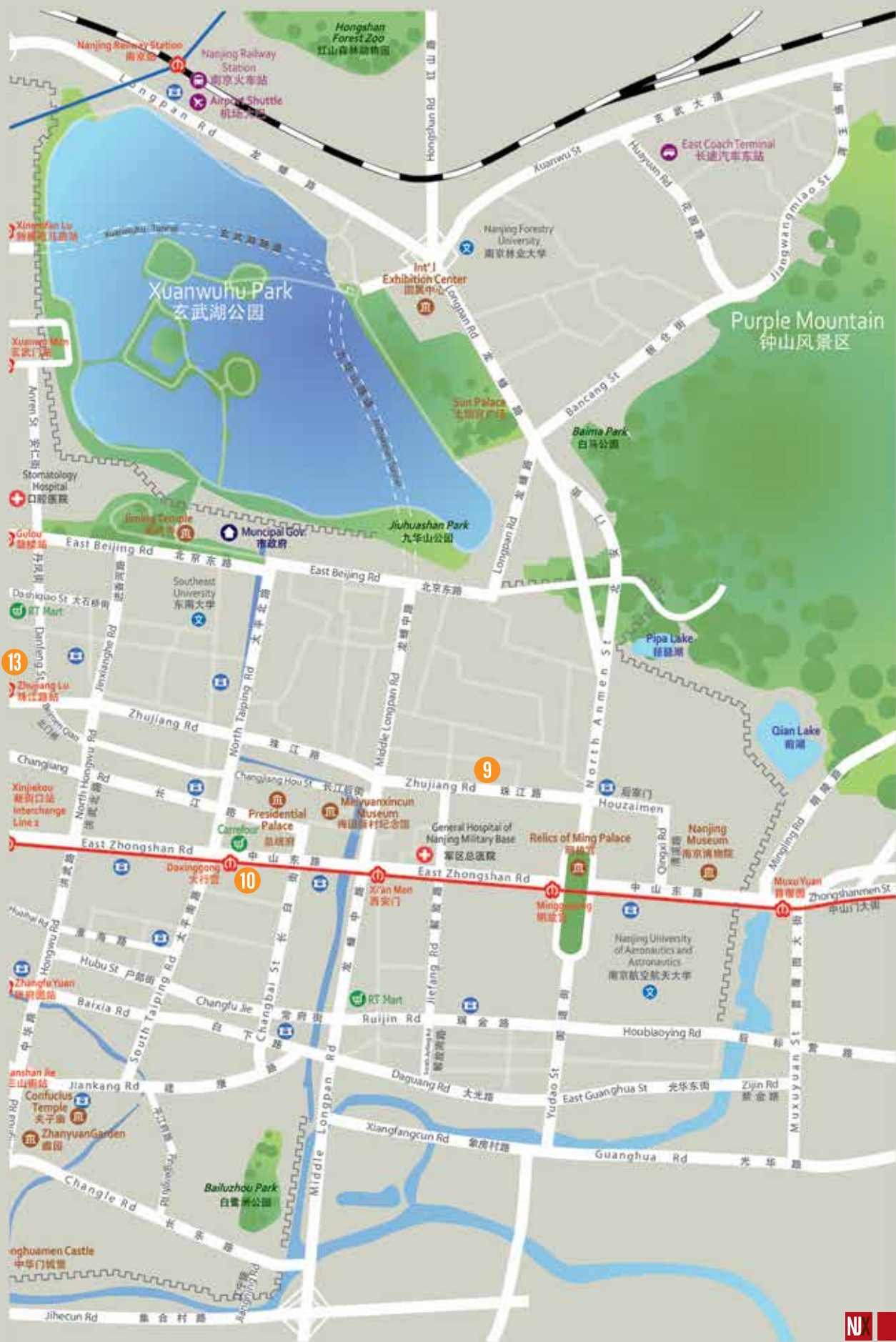
THE NANJINGER BUS TABLE

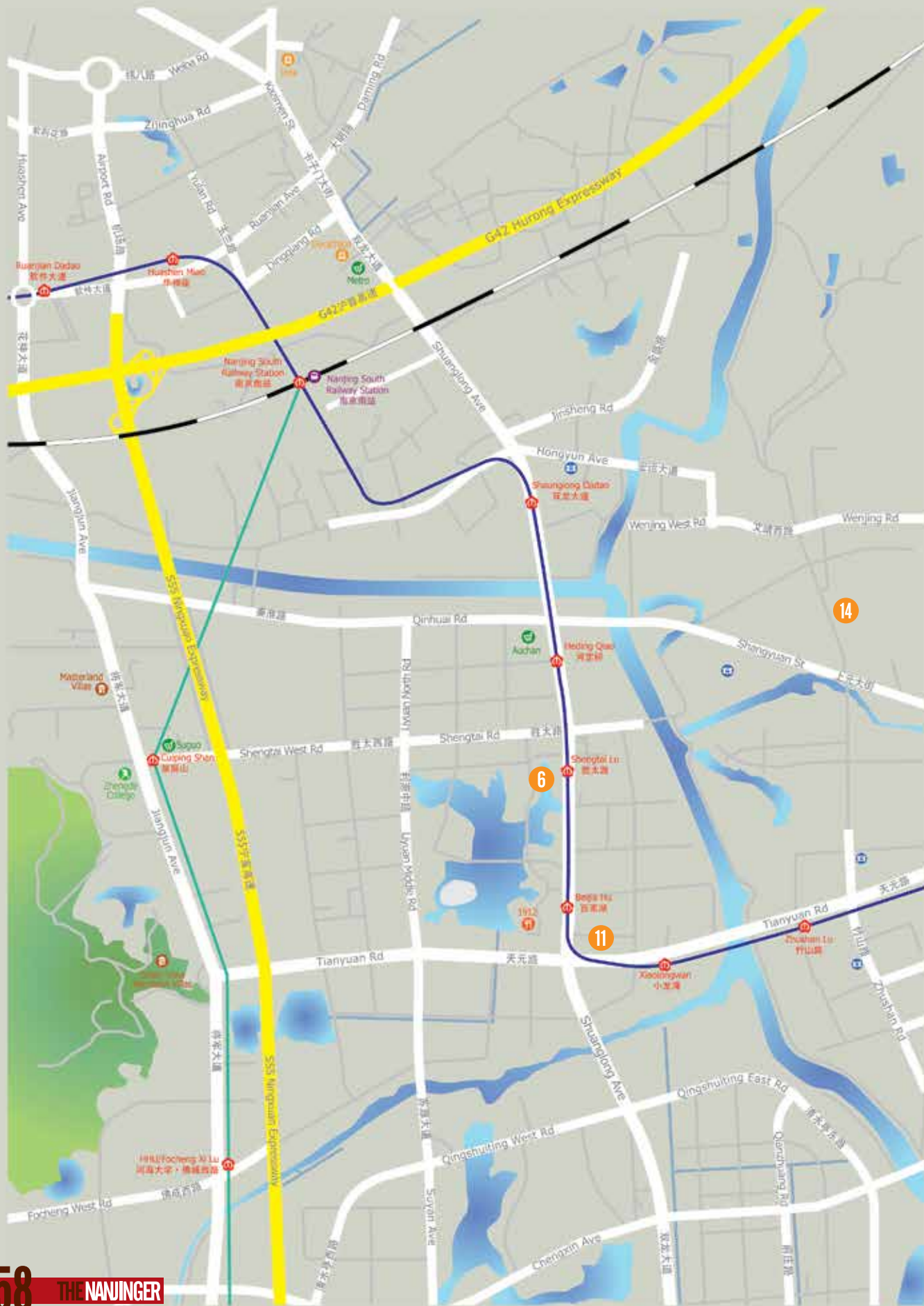
Area	Stop name		Serves	303	60	129	9	13	65	83	552	48	119	91	1	28	33	139	323	138	321	192	190	34	35	317	6	52	68	25	85	江宁8	23	63	78	19	127	133	96	153	158	186	305	57	97			
Downtown	白马公园	Baima Park	Baima Park, Starting point for Purple Mountain, Sun-Yat Sen Mausoleum, Ming Tombs																																													
	长江路	Changjiang Lu	1912, Art Museum, Library, Element Fresh, IST																																													
	大行宫	Daxinggong	1912, Library, Presidential, Shi Popo An Bar Street																																													
	浮桥	Fuqiao	Flossy Care Dentist																																													
	夫子庙	Fuzimiao	Confucius Temple																																													
	鼓楼	Gulou	Gulou Hospital, Drum Tower, Zifeng Tower																																													
	鼓山路	Gushan Lu	Jiangning Wanda																																													
	汉中门	Hanzhong Men	Skyways 3 Bakery, TCM Clinic																																													
	湖北路	Hubei Lu	Ellens																																													
	湖南路	Hunan Lu																																														
	鸡鸣寺	Jimingsi	Jiming Temple																																													
	琵琶巷	Laoemendong																																														
	明故宫(东)	Minggugong (East)	NI Museum, SBS Clinic, Ming Gugong																																													
	莫愁湖公园	Mochou Lake	Global Doctors																																													
	南京站	Nanjing Railway Station	Railway Station																																													
	宁海路	Ninghai Lu	NI Normal Uni																																													
	上海路 / 云南路	Shanghai Lu / Yunnan Lu	Skyways 1 Bakery, Times Grocery																																													
	石鼓路(西)	Shigulu (West)	Jimmy's, Studio 21																																													
	泰山路(南)	Taishan Lu (South)	Bentl International Hospital																																													
	五台山路	Wutaishan (North)	Blue Sky, Brewsells, Shanghai Lu																																													
	新街口(东)	Xinjiekou (East)																																														
	新街口北	Xinjiekou (North)																																														
	新街口(南)	Xinjiekou (South)																																														
	新街口(西)	Xinjiekou (West)	Golden Wheel H&M																																													
	新街口(正洪街)	Xinjiekou (Zhonghong Jie)																																														
	玄武门/玄武湖	Xuanwu Men / Xuanwu Lake	Xuanwu Lake																																													
	应天大街	Yingtian Dajie	Auchan, Decathlon, Beijing Duck																																													
	中山陵	Zhongshanling	Sun Yat Sen Mausoleum																																													
	中央门	Zhongyang Men	Long distance bus station																																													
	珠江路	Zhujiang Lu	Electronics, Rabe House, NI Uni																																													
Xianlin	文苑路	XI Campuses, NI Normal Uni, NIUPT, NIUFE																																														
	仙隐北路	Skyways 2, Thai Tasty, Masala Kitchen, Axis,																																														
	学则路	NIS, Evian Valley, Bellini Xianlin																																														

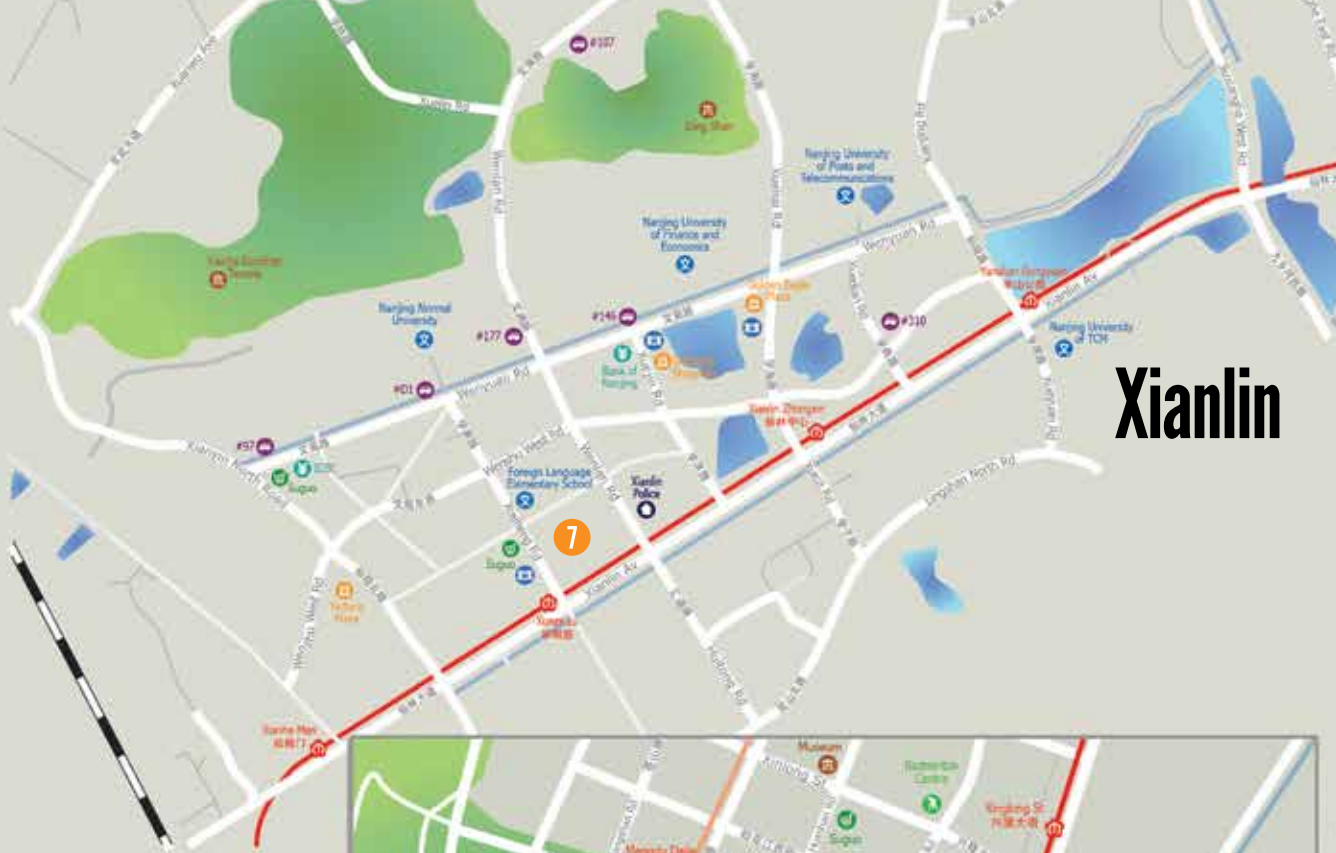
Notes on using The Nanjinger Bus Table

This handy bus table is a cut down version of the entire Nanjing public bus system that focuses on parts of the city of interest to expats. If you are looking, for example, to travel from your home in Xianlin to Nanjing Railway station, look at the Xianlin area of the table (dark blue), then look to the right to see which lines run between the two locations. In this case number 87. Easy, huh?









Xianlin

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14



Olympiad



Shanghai Free-Trade Zone; One Year Later

■ On August 22, 2013, the State Council approved the establishment of the China (Shanghai) Pilot Free-Trade Zone (SFTZ). Officially launched on September 29, 2013 with the backing of Chinese Premier Li Keqiang, it is the “first free-trade zone in mainland China”. Covering an area of 29 square kilometers, it integrates the four existing bonded zones in the district of Pudong: Waigaoqiao Free Trade Zone, Waigaoqiao Free Trade Logistics Park, Yangshan Free Trade Port Area, and the Pudong Airport Comprehensive Free Trade Zone.

Foreign trade in SFTZ reached ¥747.5 billion (\$121.7 billion) during its first year of operation, mainly from the European Union, Southeast Asia, Taiwan, Hong Kong, the United States and Japan.

Over 12,000 firms, both Chinese and foreign, have been established since the zone's launch, illustrating entrepreneurs' enthusiasm to try and gain a foothold in the financial hub of Shanghai, lured by promises of free trade, greater financial opening and fewer government controls in business activities.

As a result of the rush to the Zone, in the past year industrial property (warehouses) have witnessed soaring rental prices in comparison with elsewhere in Shanghai.

Main Policies for Company Management

China set up the first SFTZ as a testing ground for economic reforms; then Tianjin received the approval for another free trade zone. A set of pilot measures has been adopted by SFTZ in such areas as business registration, cross-border financing and investment and customs clearance.


SFTZ cancels out a number of financial requirements for setting up a company in China, including the minimum registration capital and the capital verification.

With regards to disputes, SFTZ features a distinctive mechanism for dispute resolution. Arbitration in SFTZ is governed by a separate set of arbitration rules issued by the Shanghai International Arbitration Center (SHIAC).

The Zone is a blessing for foreign investment. On September 18, 2013, the State Council of China announced a total of 18 services and industries to receive relaxed policies in the Zone. Furthermore, a Negative List was released, which detailed 16 industries, from which foreign companies remain excluded, even in the SFTZ. The Negative List was updated in July 2014, further relaxing restrictions on foreign investment in the financial industry, manufacturing, and transportation services.

On the eve of the one-year anniversary of SFTZ, the government further liberalized business for foreign companies in the pilot zone. The State Council decided to temporarily adjust 27 items in six regulations regarding international shipping, salt, automotive, civil aviation, infrastructure development and others.

Solely-owned foreign companies in the SFTZ will be allowed to enter sectors such as R&D of facilities for high-speed railways, passenger trains and inter-city rails, designing yachts and luxury liners, and development and manufacture of parts of civil airplane engines. They are also allowed in constructing and managing local railways and ferries as well as bridges and tunnels attached to these projects. Feedback from foreign companies in the SFTZ is mainly positive as it has become easier for them to enter the Chinese market.

SFTZ has been and will be the new economic impetus both for China's development and for the world. Positive effects on economy and society have been discovered in this zone, with radiation effects on the surrounding areas and the entire country. 

Disclaimer

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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



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**The British School
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