

THE NANJINGER

NANJINGEXPAT

DECEMBER 2014 / ISSN 2051-9974



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Restaurant Business Hours:

11:00 am - 10 pm

Lunch: 11:30 am - 2:30 pm

Afternoon Tea: 2:00 pm - 5:00 pm

Dinner: 5:00 pm - 10:00 pm

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Fairmont
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Christmas Eve & New Year's Eve

Vancouver Grill Christmas Eve All-you-can-eat Chef's Menu & Seafood Bar 2014.12.24

Join us for a very special Christmas Eve event featuring an all-you-can-eat Chef's menu which includes freshly shucked French Fin De Claire Oysters, Australian Wagyu beef and much more. Satisfy your taste buds with Chilean red wine & Prosecco sparkling wine and enjoy an unforgettable meal at Vancouver Grill. All guests are automatically entered into our lucky draw which includes a Weekend Getaway Stay at Raffles Hainan.

RMB 1,288 net / person

Date: 2014.12.24
Time: 5:30pm-10:30pm
Location: 37F | Vancouver Grill

Vancouver Grill New Year's Eve All-you-can-eat Chef's Menu & Seafood Bar 2014.12.31

Indulge in Spanish Iberico ham, seafood bar and freshly shucked French Fin De Claire Oysters this New Year's Eve at Vancouver Grill. A lucky draw with prizes including a Weekend Getaway for two at Raffles Beijing is sure to spice up your evening!

RMB 1,288 net / person

Date: 2014.12.31
Time: 5:30pm-10:30pm
Location: 37F | Vancouver Grill

Music@61 New Year's Eve 2014.12.31

Countdown to the New Year in Style at Music@61! Lounge to a Shanghai DJ's tempo beat, enjoy cocktails, champagne, whisky and imported wine as you countdown with us on the 61st floor of Fairmont Nanjing. All patrons have a chance to win fantastic lucky draw prizes including a Weekend Getaway for two at Fairmont Beijing and Mumm Brut French Champagne!

Choice of one (1) bottle of:
Mumm's Champagne/ Glenlivet Whisky - 15 years/ Bordeaux, Louis Latour Côte de Beaune Villages (limited quantities - first come first served!)
·Welcome cocktail ·Free flow soft drinks ·Tasty finger food buffet

RMB1,999 net / couple

Date: 2014.12.31
Time: 10:00pm-2:00am
Location: 61F | Music@61

Thrift Shop

In line with cash machines in Guangzhou that have recently started dispensing ¥10 notes, this issue of The Nanjinger celebrates frugality. In all 50 shades of grey, we have managed to save ¥75 on our print bill (less coloured ink) and have decided to give the proceeds to charity, to be exact Nanjing's Gifted but Helpless Writers Guild.

As we close the chapter that has been 2014 we remind readers that we too join the exile; The Nanjinger will not be with you in January. Our next issue should be hitting the stands in time for some light Spring Festival reading.

Elsewhere, resident wine critic Risk Staff this year gets the merriment off to an early start, ditching the vino in favour of something a little stronger, and proving that he also knows his way around a distillery (or three).

Wishing all of our readers a wonderful new year and a very pleasant holiday. May your god go with you.

Being Frugal

I wrote this on my iPad.
Because being frugal doesn't mean
I am stuck in the past:
Merely, I weigh cost against desire.

I have finished my breakfast.
Nice big egg and bacon buttie
Because being frugal doesn't mean
I am going hungry
Merely, I do not eat the Snickers throwing half my dinner in the bin.

That is from my holiday in Thailand.
It was taken from the sitting room that overlooked my private pool.
Because being frugal doesn't mean
I cannot enjoy myself
Merely, my holiday is saved for not teetering upon my credit card.

Yes, I am a normal guy.
Who loves my life, embraces new technologies and enjoys a night out with the
lads.
Because being frugal doesn't mean
I am an oddball, hiding in a damp hovel chewing on a stale slice of last week's
loaf.
Merely, I care- placing value on the work I do; the things that I have; the earth
revolving beneath my feet and the time I have left and the breathe in my
lungs and the hills I have traipsed and the views I have seen and the wife
by my side and the children that we have and their children to come.

Being frugal merely means
To weigh: worth against cost,
To Place: need over greed
But most of all being frugal
Is just another word for:
Me.

by Maitiv Brallaghan

Letter Of The Month

Dear Nanjinger,

I have been in Nanjing for three years and I really like my stay here. One of my main peeves about living here concerns taxis. For starters, there never seems to be enough of them, especially at peak times. In other Chinese cities like Beijing and Shanghai, there are always taxis available. There is definitely a need for more of them in the city.

However, that isn't my biggest concern with taxis! When you do get a taxi, most seem to follow a predictable route in getting from Point A to Point B. Most of the time, that route takes them through the busiest roads in the city. They seem to gravitate towards the busiest thoroughfares, even when there are shortcuts available to them. At times, I even try and show them a shorter route to my destination, but, no way, they have to head into congestion!! It's not like they are running up the meter, because they often sit in a jam for ten minutes for an extra 2 rmb.

Will someone please teach taxis that shortcuts mean happier customers and more fares for them because they will spend less time idling in traffic jams!

Charles Dillon
Teacher

WIN A WEEKEND FOR 2 AT NOVOTEL NANJING EAST

How to enter:

The prize of two nights bed and breakfast for two people at Novotel Nanjing East will be awarded to the author of The Letter of the Month, as chosen by The Nanjinger editorial team. Email your letters to thenanjinger@sinoconnexion.com.

Novotel Nanjing East Suning Galaxy is located in the Xuzhuang Software Park on the East Side of Nanjing with the Zhongshan International Golf Resort 27 hole course designed by Gary Player, Sun Yat-Sen's mausoleum, Purple Mountain Observatory and Ming Xiaoling all located nearby.



THE NANJINGER

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Contributors 特约专稿人
Wang Tiantian
Lauren Zammit

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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"Frugality"

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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三年前搬到南京了，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.

贺福是我们杂志的编辑和音乐评论员，在过去的30年里一直从事电台主持和电台制片的工作。在中国有近20年的媒体工作经验。工作期间他曾经四次获得过纽约传媒艺术节大奖，分别是世界前40强节目奖，最佳编辑奖，最佳导演奖以及最佳文化艺术奖。

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December 25th

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Pan fried sole fillet with caper and dill sauce - Roasted leg of lamb in mint sauce - Marshmallow glazed Mashed potatoes and garlic-herb roasted potatoes Seasonal steamed market vegetables and Brussels sprouts - *Christmas stolen Yule log* - Chestnut cake flavored with caramel Selection of Christmas cookies and ginger bread Seasonal sliced fresh fruits - Old fashioned apple pie - Panettone - Selection of French pastries - Freshly brewed coffee or tea - One glass of red, one glass of white, one glass of sparkling wine and soft drinks.

First 50 NIC Members and Family 250 RMB (subsidized by the Club) then 350 RMB Non Members 450 RMB - Kids 1-6 free 7-12 half-price, above same as adult. Pay by Dec. 15

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THE FRIVOLOUS AND THE FRUGAL

A PRODUCTION
BY LAUREN ZAMMIT



Face and frugality. At first glance these words appear to have nothing in common besides their first letter. In China however the two terms are surprisingly interconnected.

The People's Republic is called home by two extremely different types of consumer. On the one hand there are the frugal, those who live their life simply, save monstrously and seldom spend big. On the other hand we have the frivolous, those who swipe their credit cards and bag image-boosting products like there is no tomorrow. "The frivolous and the frugal"; what sounds like the title of yet another tedious soap opera is in fact no television drama. Rather, it is a very real paradoxical situation; one that is confusing the world.

China is a place where bargaining for goods, purchasing fermenting fruit simply because it bears a discounted price tag, and economical street vendors supplying lunches are seen overwhelmingly often. Even the organisers of Nanjing's recently passed Youth Olympic Games, eager to set a fine example to youths across the globe, were prudent in terms of their expenditure on the renowned event. Meanwhile, this same society is also renowned for being one of the world's largest consumers of luxury goods.

How do these kinds of juxtaposed behaviour coexist in one nation? Is this seeming contradiction merely a part of a nationwide transition or is careful spending slowly becoming a thing of the past in China? These are few questions that economists are discussing fervently in this modern day and age.

The Cult of Face

After several economic policies were introduced in 1978, China underwent an incredible transformation. Not only did it become the second largest economy in the world, the PRC also saw the rise of its average income and expansion of its middle class, members of whom begun embracing materialism in its highest form with their newfound buying power; the purchase of luxurious goods.

According to research by McKinsey&Co., 20 percent of the world's spending on luxury products will come from Chinese wallets by 2015. The nation's many upscale shopping malls, busy designer boutiques, and big-name cars do little but support such predictions. On the face of it, the Chinese are lovers of all things lavish, luxurious and labelled "designer".

Much of the impetus to purchase such goods stem from the power that Chinese associate with "face" (or mianzi 面子), a concept defined as status, reputation, sense of self esteem and pride. Face is something that can be both lost or gained, and implied through the ancient expression "men can't live without face, trees can't live without bark", it has been central to Chinese culture for centuries. Unsurprisingly, the acquisition of opulent merchandise is a perceived portal for those wishing to give themselves a good old "face-lift", as such products boast high class, success and most importantly wealth.

However, the purchase of such merchandise is not the only way in which money can buy face. The Chinese mindset of "extravagance to impress" is especially noticeable in restaurants, where unfinished plates of food at the end of a banquet symbolise that the host is both wealthy and hospitable, while if food is not in abundance one runs the risk of coming across as stingy, ultimately leading to the much dreaded loss of face.

Chinese diners will also often argue with fellow guests over who will cover the costs of the meal, for it is considered to be ungracious not to do so. This can develop into quite a spectacle, as the competitors in the "battle for face", equally eager to match the other's generosity, pull the "mai dan" back and forth in a tug of war act until both red in the face.

Furthermore, the presentation of generous sums of money in a precious red envelope (hong bao 红包) during times of celebration can impact one's image, as presenting a friend with too little cash may send out an undesirable message to them.

Although some Chinese boast their wealth

through such methods, on any other day they will lean toward cheaper alternatives, opting for the metro over a taxi, or nitpicking over their room-mate's portion of the rent.

It seems that if one's reputation is at stake, the virtue of frugality is instantaneously tossed out of the window. Observation check! An explanation of that observation? That's a whole other story.

Why so thrifty?

In spite of many experts from different fields researching into the topic, the reason China's population is such a frugal one remains an unexplained phenomenon. However, several professionals have put forward their own explanations of the phenomenon.

Just as numerous other Chinese mannerisms thriftiness is said to have stemmed from its advocacy by Confucius, the ancient, philosophical figure whose principles have acted as the backbone of this societies' moral and social conduct for centuries. The Great Sage made many references to frugality in his teachings, among the most recited being "luxury leads to laxity, frugality leads to firmness, it is better to be firm than to be lax".

However, the very ancient Confucius isn't solely accountable for China's very contemporary spending habits. On the contrary, one famous modern political figure is said by some to have greatly influenced this country's thrifty antics.

During his influential years, Chairman Mao encouraged the Chinese population to live "frugally and diligently" in hope that this would facilitate the country's transformation into an economic powerhouse. Meanwhile, a number of agricultural and industrial reforms introduced by Mao, which engendered food shortages and nationwide hardship, further coaxed citizens to spend their money cautiously.

Having been brought up in this context, the elderly generation of today continue to squirrel money away. According to Shaun Rein,

the managing director of the China Market Research Group, Chinese older than 50 are likely to exhibit more conservative spending habits than those in their 30s and 40s.

Although the "Mao theory" is certainly a valid one, it fails to explain why young adults are (alongside their grandparents) some of the nation's stingiest spenders. Take Nanjingers Guo Hao and his wife for example. This young couple triggered nationwide debate in 2012 after revealing they spent a mere 11 percent of their income every month while pocketing the surplus cash, doing so through buying discounted foodstuff, clothes from roadside vendors and online, plus dining at their parents' on weekends.

Then there are those such as the 24 year old from Hubei Province, who in early November was so determined to get his moneys' worth at a 99 kuai lunch buffet that he consumed over 20 plates of seafood, meat and, to top it all off, some ice-cream for dessert in under two hours. Ironically, his attempts to be economical resulted in a hospital fee totaling 20,000 yuan and a nasty case of acute pancreatitis.

Researchers claim that the financial insecurity caused by China's soaring cost of housing, education, healthcare and other living expenses plus poor government support systems are motivating such behavior among China's Generation Y.

While perhaps not as disheartening as the aforementioned theories, it is worth mentioning that China's demographic woes are also encouraging frugality. The Middle Country's population imbalance in terms of gender is no state secret; the fact that China's surplus of young men is altering spending habits nationwide, however, is not quite as renowned. Because China's dating market is a fiercely competitive one for young fellas (there are 5 men for every 4 women here), many concerned parents have re-adjusted their consumer habits, using spared yuan to pump up their darling son's image and "dowry", thereby boosting his chances of securing a bride.

Apparently roses and chocolates aren't quite enough to win over the hearts of this country's single ladies any more; the cherry on the cake of problems currently faced by consumers across China.

Gee, Xi! Times they are a-changing?

Even though the aforementioned theories provide some understanding of China's economical ways, we are yet to cover a major and modern cause of frugality. This cause is Mr. Xi Jinping, the condemner of lavish lifestyles himself.

After being elected in 2012, President Xi unleashed an anti-waste campaign calling for the revival of China's thrifty spirit and an end to extravagance. This policy has impacted Chinese shopping habits drastically and resulted in the nation's luxury market (which was once growing at an otherworldly pace of around 20 percent per annum) now quietly imploding. China's richest spent 15 percent less overall in 2013 than they did in 2012 according to one study released by Huran Report.

In light of such trends one must wonder is "purchasing face" a thing of the past? Is thriftiness now fashionable? Thrift now trendy?

The Ultimatum: Frugality or Face?

Apparently, some Chinese are unwilling to choose between one spending behaviour or the other. This is especially noticeable in Shanghai's fake markets, where shoppers can purchase a face-boosting Chanel or Mulberry lookalike, only without breaking the piggy bank.

Meanwhile, online shopping platforms (eg. Taobao), have tapped into the Chinese demand for cheap but conspicuous goods in recent years, doing so through selling the shopping bags or giftware that designer merchandise usually leaves stores in. After all, nothing screams out "look at me" quite like a crisp Chanel shopping bag paraded around as though a fashion accessory in itself.

The publicizing of this shopping trend by the media has transformed such products,


once intended to "boost face", into a cause of disgrace, fueling cynical suspicions that China's embrace of materialism simply cannot co-exist with its thrifty traditions.

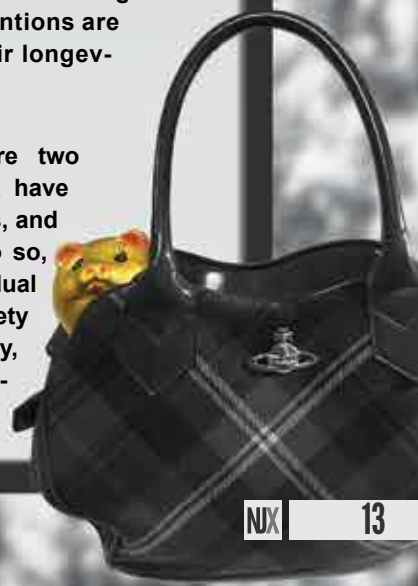
This is causing fear amongst the top politicians, who know that the planet will not be able to cope if the the world's most populous nation steers away from its frugal virtues and toward conspicuous face purchases. In 2010 US President Barack Obama stated "if...Chinese citizens have the same living patterns as Australians and Americans do right now then all of us are in for a very miserable time. The planet just can't sustain it."

A Balancing Act

While President Xi's clampdown on extravagance and the slowing economy have tempered pretentious displays of wealth among the countries high-end rich, the Chinese middle classes have maintained their love affair with luxury products. To this day, such conspicuous consumption is deemed a gateway to gaining recognition, to this day a major priority among this nations' people.

While undeniably times are changing, China's thrifty habits will not be fading away anytime soon. The nation's frugal elderly, financially insecure youth, government policies and demographic woes all simply will not allow it. Plus, frugality is tradition after all, and if there is one thing China's cultural conventions are renowned for, it is their longevity.

Frugality and face are two Chinese concepts that have co-existed for centuries, and so they continue to do so, leaving their individual marks on Chinese society side by side, day by day, one fake designer hand-bag at a time. 





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18:00 - 21:00 Wednesday, December 24
RMB 388 per person

Including X^{mas} dinner, Hacker-Pschorr beer
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You Say "Save", I Say "Will Save"

Does our language influence
our spending behaviour?

By Laura Helen Schmitt



It is undeniable that language is a carrier of culture. Tuhao土豪, diaosi 屌丝, or chihuo 吃货 are just three examples of Chinese expressions loaded with cultural connotation and backstory that only exist within the specific context of mainland China. English translations of “nouveau riche”, “girlfriendless geeks” and “munchkin” are just an approximation of their true meaning and are rarely understood without additional explanation of the larger context from which they originate.

The correlation between culture and language has been a subject of scientific research since the second half of the 20th century. By the beginning of the new millennium the general perception of the field was that culture influences language. Our value systems, our beliefs and the way we interpret our reality make up a person's culture, while language is the expression of that reality. Such was the argument of many cultural, linguistic and translation theorists such as Eugene Albert Nida, founder of the modern discipline of Translation Studies.

Yet, does seeing language as a product of culture, a mere appendage, mean not giving it enough credit? An increasing number of theorists have stepped away from reducing language to a dog chasing its tail, always trying to catch up with cultural changes but never quite getting there. Instead they suggest that culture does not only influence language, language might influence our culture, the way we think and even the way we act.

A major proponent of the power of language is Keith Chen, Associate Professor of Economics at the UCLA Anderson School of Management. His most recent work, released in April 2013, argues that the structure of the language we speak may have a considerable effect upon our frugality.

In his paper “The Effect of Language on Economic Behavior: Evidence from Savings Rates, Health Behaviors, and Retirement Assets”, the American-born Chinese lays out evidence suggesting that how we speak about time causes us to think of time in a certain way, which in turn could affect our behaviour in relation to time.

To this end, the academic compares the structure of the Chinese and German languages with English. Based on the EUROTYP classification by Östen Dahl, Chen argues that English is a futured language, which uses grammatical structures such as “I will” or “I am going to” to mark an action that will take place in the future (in a majority of cases). Chinese and German on the other hand differ in that the latter may use the present tense to speak about something in the future, i.e. “Morgen regnet es” (“It will rain tomorrow”), whereas the former, to every learner's delight, disregards any type of tense entirely and says “Tomorrow it to rain” (“明天下雨”).

Chen's hypothesis is that

this grammatical signifying of something in the future forces our brains to perceive said future as something separate from the present, something far away, which has no effect on one's current life.

If one experiences the future as something separate from the present, one is more tempted to put off saving, and any other helpful behaviour such as healthy living until later, according to Chen.

In languages, where the future is not as clearly separated from the present, he further maintains, people hold more of a “the future is now” attitude; hence they are more willing to save money in the knowledge that they will need it sooner rather than later.

That the Germans are known for their less extravagant lifestyles is old news (being from Germany myself, I do agree a majority of Germans are rather sophisticated at saving money), but what of our Chinese counterparts? It is true that in the past, Chinese have been famed for their thriftiness and ability to save money. However, the recent rise of a materialist and luxury-obsessed culture seems to suggest otherwise.

This is, however, only one of the questions Chen faces with regard to his theory. Michaela Chiaki Ripplinger, senior lecturer at the Centre for Translation Studies of the University of Vienna, explains one of the other issues behind Chen's thesis.

"The insight that language influences our thoughts (and in second instance our actions) is no news. Undeniably, a correlation exists between the two; this is a fact upon which even the most varied fields of study agree. It is essential, however, not to drift off into cultural relativism (the early works of Sapir and Whorf), which confines people to thought patterns dictated by the language they speak. Language does not entirely determine its speaker.

We are all able to critically examine our natural view of the world, acquired through our language and interpretation of it. We are all able to take on different perspectives in life."

A Whorfian viewpoint is in fact a common and valid criticism directed at Chen. This is probably one of the reasons he has decided to step up his game. His current research looks at bilingual language speakers, immigrants to be exact. His latest hypothesis is that at the age of seven we are subjected to a phase of behavioural change; therefore two sisters, six and eight, who move from one country to another, would experience differently the cultural influence of their new home. He suggests, the younger child would more easily take on the language and behaviour of their new surroundings, while the older would be less able to do so. Returning to Chen's argument about saving money, he therefore maintains that, if they moved from a strong future language context (such as England) into one where time is not separated as much, e.g. Germany, the young daughter would be better at saving than her sibling. Again we can see Chen getting stuck in the idea that culture is absolute; there is just culture A and culture B but nothing in the middle. I daresay, children from multicultural backgrounds would disagree strongly with this notion.

Another lamentation is that the author of the study did not test his theory across different countries but rather among speakers of different languages within one country (selecting speakers of most of the world's major languages in nine countries, namely Belgium, Burkina Faso, Estonia, Ethiopia, Malaysia, Nigeria, Singapore, and Switzerland).

Chen's reason for this though, is the necessity to find people with as similar a background as possible, relating to country of birth and residence, age, sex, income, family structure, number of children, and religion. The comparison then looks at families who are identical in every aspect ex-

cept for the language they speak at home with the aim of controlling all experimental variables.

Chen does have a lot of solid statistics to back up his claim; his starting point being data from OECD countries on their annual GDP savings. Yet, as with so many debates, it is difficult to choose a side, as both make a very valid cases. So, are there any other studies to suggest that our language might influence our behaviour? Indeed there are.

The theory has existed in fact for quite some time. As early as the 9th Century, Charlemagne was quoted as saying "to have a second language is to have a second soul." Yet, in recent history, few academics have looked into the question of the power of linguistics. Why? Ask Noam Chomsky. In the 1960s and 1970s, Chomsky developed the theory that there is a universal grammar for all human languages; he believed that, at the end of the day, all languages are fundamentally built on an identical base.


Over the past 40 years, however, Chomsky's simplified view of linguistics has been picked apart and disproven, reviving the question of how different languages incite different types of behaviour.

In an article for the Wall Street Journal published in 2010, Lera Boroditsky, Associate Professor of Cognitive Science at UCSD uses the Piraha, a tribe in the Amazon in Brazil, as an example. Their language neglects the use of number words, instead comprising of terms such as few and many to describe quantities. As a result, this community is unable to keep track of specific quantities; without a doubt, saving is an exact numerical science, which makes the Piraha perfect poster children for Chen's musings.

She further describes a study by her student Caitlin Fausey, which looked into how speakers of different languages assign blame. The research found that English speakers, who will explicitly indicate the agent of an action, i.e. "Kathrin broke the vase", are much more likely to remember who accidentally broke items or spilled drinks than Spanish and Japanese speakers, who simply state that the vase broke without including information about the agent. Therefore, argues Boroditsky, the English criminal justice system is focused on the punishment of perpetrators rather than restitution of victims.

There are many more examples aiming to prove that language incites our actions.

The trouble with this field of study is of course the impossibility of entirely separating culture, language and behaviour, all of which intertwine and influence one another.

Even attempting to define any one of these can lead to a headache. Consider this question; is Cantonese a language or a dialect? With regards to culture, the complexities are just as plentiful. China, with its 55 minorities, is the best example that talking of any country as a culturally homogenous entity is nonsense. Therefore, it seems that the validity of Chen's research will, for the moment, remain a mystery. Until China takes over the world of course; once the entire planet speaks Mandarin, we will all have turned into experts in frugality. 



BY WANG TIANIAN

HAS CHINA BECOME UNAFFORDABLE?

Naked weddings, couchsurfing and Euro-shopping; recent years have seen a number of emerging trends that suggest China is no longer the inexpensive haven it used to be.

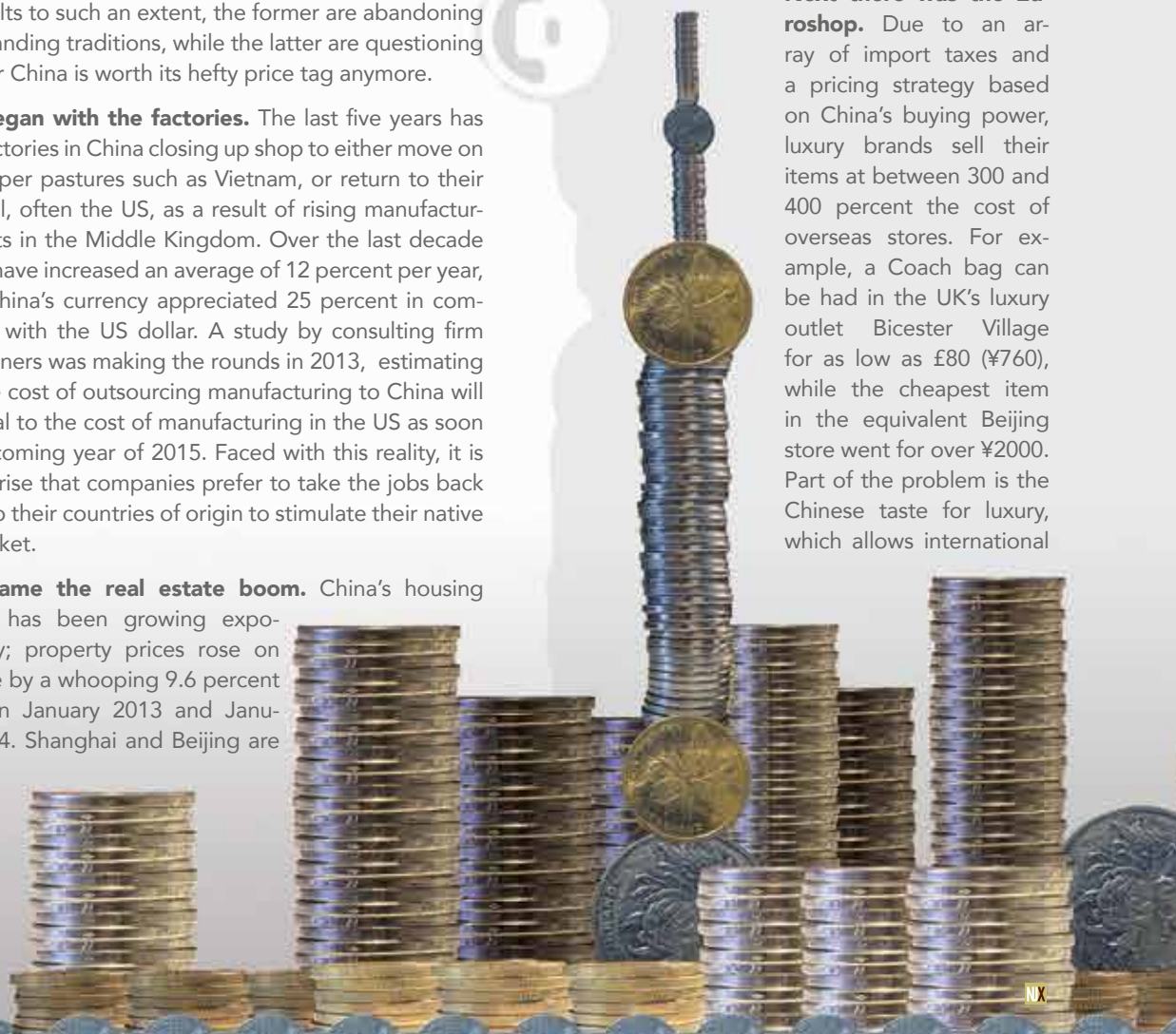
As China's costs of living are increasing at breathtaking speed, locals and expats alike are having to tighten their belts to such an extent, the former are abandoning long-standing traditions, while the latter are questioning whether China is worth its hefty price tag anymore.

It all began with the factories. The last five years has seen factories in China closing up shop to either move on to cheaper pastures such as Vietnam, or return to their own soil, often the US, as a result of rising manufacturing costs in the Middle Kingdom. Over the last decade wages have increased an average of 12 percent per year, while China's currency appreciated 25 percent in comparison with the US dollar. A study by consulting firm AlixPartners was making the rounds in 2013, estimating that the cost of outsourcing manufacturing to China will be equal to the cost of manufacturing in the US as soon as the coming year of 2015. Faced with this reality, it is no surprise that companies prefer to take the jobs back home to their countries of origin to stimulate their native job market.

Then came the real estate boom. China's housing market has been growing exponentially; property prices rose on average by a whopping 9.6 percent between January 2013 and January 2014. Shanghai and Beijing are

seeing even scarier numbers with an annual 17.5 percent increase for the former and 14.7 percent for the latter. The international comparison is even bleaker; in terms of affordability, seven out of the world's ten least affordable housing markets are located in China, surpassing famously expensive cities such as Tokyo, London and New York. The fact that housing has become almost unaffordable for local families on relatively low wages has without a doubt contributed to the emergence of the "Naked Marriage" trend. While in the past it was considered a must for a bachelor to own a house in order to get hitched, more and more young couples are now throwing this tradition overboard. Partially, due to more romantic notions, but the fact that one simply cannot afford to purchase a private domicile anymore is also playing a considerable role in the spreading of this trend.

Next there was the Euroshop. Due to an array of import taxes and a pricing strategy based on China's buying power, luxury brands sell their items at between 300 and 400 percent the cost of overseas stores. For example, a Coach bag can be had in the UK's luxury outlet Bicester Village for as low as £80 (¥760), while the cheapest item in the equivalent Beijing store went for over ¥2000. Part of the problem is the Chinese taste for luxury, which allows international



producers to hike the prices to ridiculous amounts. Faced with this rip off, it has become a ritual for wealthy locals to go on overseas "shopping travels". This is such a common phenomenon, that Chinese-speaking staff are now to be found in any high-end store from Selfridges and Harrods on London's High Street to the aforementioned Bicester shopping emporium; a dream come true for every Chinese with a credit card. The legendary sprees have known to commonly reach amounts of £10,000 with special reductions on certain dates such as Boxing Day drawing masses of Chinese students seeking luxurious bargains. Overseas' gain is China's loss; as hordes flock into other countries to spend their hard earned cash on branded items, the local luxury market is becoming even more unaffordable than it already is.

In terms of expats, life has also seen a number of changes over the recent years due to a stronger local currency and increasing costs of living. While in the past foreign

managers of big companies and their families were able to lead an extravagant lifestyle with next to no financial worries, skyrocketing costs of living are being felt even among the formerly worry-free. Since December 2012 any doubts have been dispersed that China has become one of the most expensive Asian countries for expats. A survey by human resource firm ECA International confirmed the growing cost; two years ago a third of the 50 most expensive cities in Asia were located in the Middle Kingdom.

The passing of time has only made matters worse. Mercer's 2014 Cost of Living Survey identified Shanghai and Beijing as the 10th and 11th most expensive cities in the world in terms of cost of living; in front of Paris (27), New York (16) and even London (12). Considering the bulk of expats usually find themselves in either the country's capital or the Southern financial center, in addition to the fact that foreign companies are now putting more restrictions on additional perks they are willing to pay for their employees such as rent and education fees, it is no surprise many are reconsidering whether or not it is worth the price of taking up residence in China.

Foreign and domestic tourists

on the other hand are making use of couchsurfing and airBnB options in order to save money on accommodation. The times when one could find a bed in a youth hostel for ¥10 are long gone; budget for at least ¥70 a night for a four bed hostel in the Chinese capital. Students, world trippers and Chinese from out of town are often neither willing nor able to pay these fees and therefore turn to the cheaper option of sleeping on a stranger's couch. As early as 2012, China ranked 10th in terms of its population of couch surfers. Two years ago, over 1,000 bloggers described themselves as "Couch surfing hosts" on Weibo, while the account Couch Surfer's Travel Site 沙发客旅行网 had already attracted over 13,000 followers alone. Today, that same account has over 90,000 followers; an increase of almost 600 percent, illustrating the growing popularity of cheaper traveling among mainland Chinese.

No matter in which area of life or which social circle, life in China is getting expensive at a concerning speed. The only silver lining is that with increasing inflation, the RMB we make on the mainland will take us further back in our home countries. Still, it is a small consolation prize for those of us who remember the good

old days (of 2010) when a four-person rickshaw was ¥30 for an entire day; a time when China was truly affordable. **NX**



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THE NANJINGER FRUGALITY SURVEY 2014

After hours and hours of theorising about contemporary Chinese frugality and saving behaviour, The Nanjinger team decided to do something radical; they went out and asked their Chinese friends to share their thrifty tendencies. Welcome to the Nanjinger 2014 Frugality Survey!

As part of our research, 46 Chinese nationals between the ages of 20 and 52 were questioned with regards to their spending and saving habits. A majority of participants was in their mid-twenties to mid-thirties. Please be aware that we are not professional market researchers, just a bunch of journalists with loads of questions.

TRAVEL IS THE NO. 1 PRIORITY

Contrary to our predictions, saving for a house and wedding rank low on the list, because where possible the parents pay. Instead, an overwhelming majority saves for travel, reflecting modern China's thirst for exploration.

TOP 3 REASONS TO SAVE

TRAVEL 35%

EDUCATION 20%

INVESTMENT 13%

"OUR GENERATION FROM THE '80S AND '90S FOCUS MORE ON QUALITY OF LIFE AND EXPANDING OUR HORIZONS, THAT IS WHY WE SAVE MONEY FOR TRAVELING."

Yiyi, 25, Shanghai

EDUCATION IS A KEY ISSUE

Over a third of participants see education as a reason to spend money, illustrating the focus of society on getting a good education. Due to its high cost, people start saving for it early on, be it for themselves or for their children.

"YOUNG COUPLES ALREADY THINK ABOUT THEIR CHILDREN'S FUTURE, FROM KINDERGARTEN TO UNIVERSITY, EDUCATION FEES ARE SUBSTANTIAL, SO THERE IS NO CHOICE BUT TO START SAVING."

Wendy, 29, Nanjing

CLOTHES & FOOD GO FIRST.

Participants mainly save on food (eating out less, eating less) and clothes (32%) or other vanity purchases, i.e. make-up, luxury items and electronics. Only a sixth save systematically by putting aside a portion of their income each month.

TOP 3 WAYS TO SAVE MONEY

VANITY PURCHASES 56%

FOOD 30%

SYSTEMATIC SAVING 17%

"A FRIEND WANTED TO BUY AN EXPENSIVE GIFT FOR HIS CRUSH'S BIRTHDAY, SO FOR A MONTH HE ATE ONLY 3 BUNS A DAY, SPENDING LESS THAN ¥5 UNTIL HE WAS ABLE TO AFFORD THE PRESENT."

Ian, 20, Nanjing

RELATIONSHIPS ARE COSTLY

Whether it is spending to reciprocate during social activities, giving red envelopes for friend's milestones such as weddings, birthdays and births or buying items for friends and family - not being a hermit is expensive in China.

"THE YOUNGER GENERATION HAS NOT LEARNED HOW TO SAVE. THAT IS WHY THE TERM 月光族 'BROKE BY THE END OF THE MONTH GENERATION' IS NOW POPULAR TO DESCRIBE THEM."

Alex, 38, Nanjing

GENERATION GAP

There is a general perception that the younger generations are frivolous with their money and do not understand how to be frugal, as opposed to their elders. Yet, during our survey only 16% admitted to being unable to save money.

TOP 3 REASONS I CANNOT SAVE

RELATIONSHIPS 54%

EDUCATION 15%

FOOD 15%

"MY FRIEND SAVES MONEY BY PAYING IT INTO A BANK ACCOUNT. BECAUSE THEY DO NOT HAVE ANY CASH ON THEM, THEY SPEND LESS MONEY THAN THEY WOULD OTHERWISE."

Kangkang, 22, Nanjing

REVEALING LANGUAGE

The way people spoke about saving revealed the entrepreneurial spirit and industrial character valued in Chinese society. The idea that just by saving one cannot become rich shows values akin to the American Dream philosophy. No pain, no gain.

"YOU DON'T GET RICH THROUGH SAVING MONEY, BUT THROUGH EARNING IT."

Chinese idiom used repeatedly by participants

DIFFERING PERCEPTIONS

In a country where cash is king and card payment the exception, some feel they spend less money when they put it in a bank account, unlike the Western argument that paying by card tends to get out of hand more easily.

OUR FAVOURITE STORY

We would like to express our sincere thanks to all our dear participants for taking the time to be part of our study and answering all our questions with insightful examples and explanations. We will leave you with one final anecdote that we particularly enjoyed while reviewing all our material.

"Because of my parents' education from childhood, I still keep some saving habits. When I'm in the shower, I always keep the light off. My husband said I'm a freak, because he like there is full of bright light in every corner." Elsie, 32, Nanjing

Celebrating Rose



Rose was the very first little Nanjing Butterfly that we profiled in The Nanjinger. That was exactly one year ago. Back then, Rose was so tiny and fragile. Her serious heart defect meant that it was a struggle each day to help her eat enough food. This was essential so that she could grow strong enough to have surgery. Finally, Rose went to Shanghai in September for her first in a series of reconstructive heart surgeries. She is back home now in Nanjing and she is doing so well that her adoption papers are being prepared. We think it is appropriate that we celebrate her health on this first birthday of the Nanjing Butterfly Home.

Happy Birthday Nanjing Butterfly Home

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GASTRONOMIC DELIGHTS

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*Congratulations to **Lauren Zammit**, winner of this month's Gastronomic Delights!*



A Fishy Present

It is no secret that the Chinese are huge fans of fresh seafood. You can view this food preference for yourself in any nearby Suguo supermarket, where bundles of live hairy crabs, turtles and eels, among many other squeamish sea creatures are available for purchase.

My past three years in Nanjing have been filled with many hilarious food related tales; an entire novel's worth in fact! However, this one in particular, relating to Chinese seafood preferences, is probably my favourite.

One February morning my mum answered our front door to see that our driver, in commemoration of the upcoming Chinese New Year, had brought my family a gift. The strong aroma, scaled skin, and elongated shape instantly gave away what lay beneath the plastic packaging he held. Indeed it was a whole fish, the renowned Chinese symbol of abundance.

After laying eyes on the present (which was wider than our oven), worry immediately crept my mum's mind. "How on earth am I going to cook this thing!?" she wondered. Being far too early in the morning to battle such thoughts, she placed the bagged fish onto a platter and into the fridge to rest until she was caffeinated enough to bring herself to prepare it.

In the afternoon she returned to the site of our soon-to-be dinner, only to realize that the plate was now bare and the fish-package lay in the shelf's far corner. Very mysterious.

Of course she assumed that her children were the culprits behind the act. "Girls, did you touch this fish!?" she asked both my sister and I. When we disproved her suspicions, she continued to go about her dinner prepara-

tions and then without thought attempted moving the fish onto a fresh platter...

Lo and behold, the fish that had been wrapped for hours in plastic like a sausage roll begun wiggling wildly, leapt out of mum's bare hands and lunged toward the back of the refrigerator.

Mum let out scream so loud and ear-piercing that my sister and I ran downstairs in a worry. When we reached the kitchen, the fridge had been slammed shut and my dad (an experienced fisherman) was already at her aid. While laughing he assured my mum that the fish was merely having a post-death muscle spasm. Nothing out of the ordinary, according to him. Mum didn't look too convinced.

Hours later, she re-attempted the routine, opening the fridge slowly and cautiously. With her fingertips, she then nudged the trickster. No response. Encouraged, she advanced to pulling the entire bundle onto the plate. Still no sign of life. Perhaps dad was right after all?

It wasn't long until we realized this was indeed not the case. As mum submerged the so called "long gone" fish in water to be washed, a scream even louder than the earlier one left her lips.

I reached the kitchen just in time to witness my mum staring toward our sink in shock. The immortal fish was now not only moving, but was swimming about leisurely as though it hadn't spend the past 12 hours waterless and inside a suffocating plastic bag.

Unsurprisingly, mum shortly afterwards declared that fish was no longer on the menu for dinner that night. Instead, she invited our neighbors over to gawk at the spectacle and listen to its background story for themselves. Needless to say, this is a tale that is often recited in our household.

HOW TO ENTER

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Five Star Oppulence

By Laura Helen Schmitt
& Frank Hossack

For some, the alarm bells are ringing. For others, that reverberation is the cash registers. The luxury hotel sector in China, which a few years ago was boom town central, is now facing the effects of President Xi Jinping's austerity, signs of a slowdown in the economy, and what for the moment is an oversupply of hotel rooms. Research firm SR Global puts the numbers of luxury hotel rooms in China at approximately 110,000 with a staggering 50,000 more to enter service over the next couple of years.

Such numbers are getting people jittery, and excited. The luxury hotel market in China made worldwide news in October when the Anbang Insurance Group snapped up the Hilton-owned Waldorf Astoria luxury hotel for US\$1.95 billion. Closer to home, and owned by the legendary Banyan Tree Hotels & Resorts, the Angsana Hotel in nearby Tangshan is under construction with a treatment bed in every room, promising what they call a "naturally-luxurious, ecological, culturally-sensitive experience". In our fair city itself, Zaha Hadid Architects is keeping the momentum going after their Nanjing International Youth Culture Centre was opened in time for the Youth Olympics. The firm headed by the Iraqi-British winner of the Pritzker Architecture Prize in 2004 (the

first woman to do so) is currently working on the Jumeirah Nanjing, a 250-room, five-star hotel also located near the Olympic Centre, that is set for completion in 2016.

However, nothing in China is as simple as that decreed by an international market research firm. Cities such as Nanjing, Tianjin and Sanya primarily attract domestic travellers instead of international tourists, while their airports also suffer from a lack of international connections to lure more of the lucrative exhibition and conference sector presently propping up the luxury hotel sector in Beijing and Shanghai. In another scenario, also out with the direct control of the hotel sector, Ritz-Carlton's opening in Nanjing, slated for January, has been set back a year, as Deji Plaza struggles to reallocate brand names within to meet Ritz Carlton's strict standards. An industry insider told The Nanjinger that unless Deji gets in shape, Ritz-Carlton will pull out altogether, leaving Marriot as the likely contender to take over the location. Now there's a slap in the face.

One way to keep one's head above water of course, is to be someone. In our neck of the woods of Eastern China, across the Yangtze River Delta, two names stand head and shoulders above all others; our very own Nanjing Jinling Hotel, the first five star hotel to open in China, and the iconic Peace Hotel, now the Fairmont Peace Hotel.

What sets apart the best of the best in China from the West lies in how the sector has developed, and the sheer size of the major players. Big names such as Wanda are able to expose themselves to the best in management techniques from the world over, while Jinling, during the 1980s, chose to



The Jinling Suite @Jingling

work with Hong Kong's Mandarin Oriental in order to bring similar exacting standards to China.

Opened as recently as August at a total cost of some ¥1.4 billion, the Asia Pacific Tower comprises both office accommodation and the expansion of the Jinling Hotel. Such an investment has certainly provided the provider of high-class accommodation with a few unique amenities. The Fraternity Hall has a lift for vehicles; Rolls Royce, Mercedes, Porsche and Hyundai have already made use of it for model launches and VIP functions, while behind the mirrors of bathrooms in the room suites lie large wide screen televisions. As for that unique scent that is nasally overpowering upon entering the hotel, thank Scent Marketing & Fragrance Systems specialist Air Aroma for providing Jinling with the "Oriental Fragrance" that is a bespoke mix different Chinese flowers such as lotus and plum blossom.

While there is no doubt that the effects of the austerity drive have been felt in Jinling's banquet halls and restaurants, the bulk of hotel guests are from corporate accounts signed between the hotel and companies of all sizes in the city (including our very own Nanjinger magazine), certainly not the government.



The Peace's Presidential Suite

Long in the making is a phrase that fits well to both the new Jinling and the recently renovated Peace over in Shanghai, reopened (with its original interior intact) after three years of refurbishment in 2010 as the Fairmont Peace Hotel.

Dating back to 1929 as a product of Victor Sassoon, one of Shanghai's most powerful businessmen of the time, the then Cathay Hotel is a place of living history. Aside from having housed many a celebrity from Charlie Chaplin and Marlene Dietrich to Muhammed Ali, it acted as office buildings for the communist government from 1952 to 1956 before being christened the Peace Hotel.


Today, with a presidential suite going for ¥88,888 a night and their famous nine nations suites in the region of ¥7,000 - 8,000, the Peace Hotel counts without a doubt as one of, if not the country's most luxurious residences. As such, one would expect them to be hit severely by Xi's raging war on extravagance. In truth, the hotel has seen very little decrease in their profit margins due to one peculiarity affiliated with their business model.



The Peace's Presidential Suite

"Of course the luxury hotel industry as a whole has been affected by the austerity campaigns; however the Fairmont Peace Hotel has always mainly had a foreign market and therefore we have felt the squeeze less", explains Belle Bai, Assistant Director of Marketing Communication for the über hotel.

The fact remains that to foreign eyes the Cathay hotel with its 85 years of history is a huge draw. In its heyday, it saw the glitz and glamour of the past century's biggest stars and its most powerful political leaders. "Foreigners really appreciate its historic value and enjoy the fact that it has still retained its original look and feel", Belle tells us.

As for local patrons, living in a world where you are only someone if you own the latest iPhone, a hotel with nigh-on century-old staircases feels outdated, the only ones who are genuinely interested in it is the elder generation because they remember all the history attached to it. And between the Fairmont Peace and Jinling, there is plenty to go around. 



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



Scotch on the rocks?

■ Whisky has been synonymous with Scotland for over 500 years, and in particular the single malts (which all must be malted from barley yeast and water, and nothing else, from a single distillery) are proffered as uniquely descriptive of their birthplace. The marketing men are certainly in no doubt; taking the high road or the low road, the whole milieu reeks of Scottishness, with all those handy photogenic locations and regional declarations of local terroir. Those Islay malts from the West Coast do provide an evocative liquid metaphor for the wind and rain lashed inner Hebrides; visceral with wafts of iodine, peat smoke and seaweed, curiously redolent of Lapsang Souchong tea in the case of the legendary Lagavulin. Work inland and you can find less of the sea brace, though no less muscle, with the Highlanders. “The Original” Glenmorangie Ten Years Old (¥385, Metro) is one such which is fruity, toffee-ish, and as round and smooth as a snooker ball; a crowd pleaser with its accessibly thick flavours of vanilla, edged chocolate and slight citrus spice on the nose (17 points). By contrast the north east of the country where the most industrious malters, the Speysiders, reside, tends to produce lighter, sweeter, sherrier fare. The Balvenie “Double Wood” is aged 12 years first in bourbon and then finished in sherry casks, which impart a vanilla sweetness counterbalancing a big peat bass line playing out beneath the high notes. A beautifully nuanced number, though it is asking a rather stiff ¥458 at Metro (18 points). Something of a bargain though is the Glen Moray “Classic” Speyside which has hints of dried grass and a touch of oak, among some light slivers of lemon and spicy fruitcake; a gentle contender overall and certainly a prettier price from the same shop, a very plausible ¥198 (16.5 points).

However, the Scottish claim to terroir in whisky terms is being increasingly challenged. Many miles away from the region, the Japanese, completely without assistance from foul weather and midges, have had their Yamazaki Sherry Cask 2013 recently declared as the “best whisky in the world” (with a couple of Americans as runners up to add insult to injury). The Malt Whisky Bible 2015 handed out the accolade. Though any publication which calls itself a Bible is considered by some as largely a work of fiction, it has given a timely kick under the kilt regarding Scot-

tish complacency over the national dram, praising the made in Japan malt as “near indescribable genius”. It sounds exciting, but only 18,000 bottles were made and, if you can get your hands on one at all, will set you back circa a hundred English pounds. You can have something of a vicarious experience though via its less-expensively aged sibling (no pricey Andalusian casks used here); the Yamazaki Aged 12 Years. Find it in Metro for ¥498 or take a seat in 1912 district’s Zuo Bar, as I did, where you can expect to be impeccably served just about any malt under the rising sun (and beyond), and experience all the beguiling gentle complexity of a softly spoken rum-laced malt with an overarching floral zest jostling alongside traces of nut and cinnamon, which could, I would wager, be reproduced anywhere else in the world with those very casks, pipes and expertise (18.5 points). **NU**

In Their Shoes



“HASHTAG FABULUXE”

By Ben Flake

Well, it could be worse.

After October's distressingly restrained reaction to China's reasonably good economic news, November did find a fair amount of hyperventilation in the Western media over China's decision to continue to exist.

Really, it could not have gone any other way, what with most of the world's leaders roaming around the Pacific Rim of late, conferring, hand-shaking, lecturing; too much international news happened too quickly not to cause someone theatrical anxiety. Barack Obama spent the APEC conference being bamboozled by both China and Russia, to the world's detriment, according to the Fiscal Times; literally everyone involved in the mining industry in Australia is convinced that that country's new free trade deal with China will result in an increase in unemployment and a marked decrease in safety standards.

Encapsulated by the headline

“China Vows To Begin Aggressively Falsifying Air Pollution Numbers”,

courtesy of The Onion (the American satirical news site which also brought us this month

“Chinese Citizens Gather In Beijing Square To Watch US Debt Clock Reach 18 Trillion”

evinced a refreshing amount of paranoia), the New Yorker and almost everyone else has sober articles discussing whether China could possibly be interested in complying with the terms of its climate agreement with the U.S.

But none of that matters. Not to you. Not to me. Probably not even to the people who voiced those opinions, who will most likely have completely new ones by the next time something interesting happens, wholly dependent on

their own political considerations. Far more relevant to our lives, as Nanjing residents especially, is one Dorothy Wang, who, this November, captured the attention of publications ranging from Business Insider, Forbes and GQ to the Daily Mail and a seemingly infinite number of entertainment websites I have no intention of visiting.

There are a few reasons for that. One of them is that she's a pretty lady. Another is that the TV program in which she stars, “Rich Kids of Beverly Hills”, which very recently began its second season (she is one of the eponymous rich kids) is popular enough that it will probably draw in some page views on its own.

However, the main reason that any respectable publication feels justified in mentioning her name is that it can be said in conjunction with the words “fortune” and “China”.

The fortune would be her father's, Roger Wang, who made his way from Taiwan to Nanjing in order to gather that loot by opening Golden Eagle, and then a series of other Golden Eagles across the Yangtze River Delta, before moving to California where the not-particularly-Chinese Ms. Wang was raised.

The program is about very rich young people who are based in California and do things such as spend 40,000 dollars in one night at a night club, and own yachts and other large things. Dorothy is first among equals as the most glamorous (in her words, “funemployed and fabuluxe”) rich kid, and of course the most exotic. At least, while there may or may not be Persian or Ethiopian rich kids in the cast, they were not written up in any slumming magazines (which, therefore, did not speculate about the reaction their country might have if it

were aware of their existence; it is a good thing no one in China has ever heard of Dorothy Wang, we learn, because of income inequality); nor did the producers ship the whole crew to their fascinating country and film their antics there.

They did ship them off to China, though, in which country the decision was somehow made by a cast member to reveal that he not only owned pimple cream but that he had forgotten to bring it with him. At that point the Nanjing Golden Eagle was re-opened in the middle of the night to accommodate his shopping needs.

It apparently is the consensus among slumming magazines that all of their articles must close with a mention of Roger Wang's opinion on all this, his daughter's international conspicuous consumption, and her decision to aid and abet the tel-evising of herself and her friends wandering around getting drunk at Chinese temples and such. Evidently, he (tells magazines that he) applauds her entrepreneurial spirit;

she's a brand now, she sells jewelry adorned with the words “rich” and “fabuluxe” preceded by hash tags to make matters worse;

and it seems to me that we should do the same. As she rises in prominence, so too will the stature of our fair city, as every page hit-hungry periodical that mentions her will be forced to hide its impure desires behind the fig leaf of Roger Wang and Nanjing's own Golden Eagle. **NU**

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

NU

31



LET'S GET PHYSICAL

By Nick McBride

Let's Get Physical Goes Mental

Listen. Can you hear that? Yep...sleigh bells. I hear them too. Oh, and can you hear that? The sound of laughter, glasses chinking, children laughing, friends joking, music playing. It's that time again; a time for parties with friends, work nights out, kid's parties and Christmas celebrations....it's all just fun, fun, fun.

But sometimes the pressure to be festive and the certainty that everybody else is having the time of their lives can bring about rather dark feelings. For many reasons the holiday season can be one of the hardest times of year for people who are living abroad, away from their families, friends and the familiarity of home.

However, instead of this being a time of year for hibernating (and lets face it, in this weather, this would be one's natural instinct), consider doing something to boost your spirits. Consider doing what all the research shows us is great for your mental health; exercise!

Exercise will not solve the world's problems, but it will give you an increased feeling of control, a sense of achievement, and...here comes the science bit...it will release endorphins and serotonin. Basically, it'll cheer you right up. You've got nothing to lose here; help yourself and give it a go!

We want to aim for a minimum of two and a half hours of exercise a week in order to reap some benefits. The good news is, this does not have to be strenuous or exhaustive physical activity. You do not have to train for the next ironman to feel great, although lets not limit ourselves, we are trying to be positive after all.

Science shows that aerobic exercise is the one of the best things for those attempting to beat the blues. Aerobic exercise is activity that gets you

breathing hard; walking quickly, jogging, running, biking, aerobics and Zumba are some examples of this. If you really can't bear leaving the house, then try out some exercise routines from Youtube! Here is a sample week for you to give you some ideas:

MONDAY 15 mins run (building up to 30 minutes)

TUESDAY Strength and Cardio Training; Circuit.

30 to 45 seconds per exercise. 30 seconds rest in between exercises. Repeat the set once or twice. Include exercises such as push ups and crunches.

Mummy Kicks

Burpees

Tricep Dips

High Knees

Mountain Climbers

Squat Jumps

Push Ups

Skipping

Step Ups

Crunches


WEDNESDAY REST

THURSDAY 20 minute swim (building up to 30 mins)

FRIDAY REST

SATURDAY 30 minute bike ride

SUNDAY 45 minute walk

I wish everyone a happy holidays. For those of you who feel that in Nanjing this is not achievable, simply aim for happier holidays and see how you go. 

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



By Matthew Stedman

Nanjing; home of Oolong?!

Nanjing, the old Capital, the South of China, green tea country; scorching in summer and agreeably mild in winter. At least, that's what we thought.

Not only can our city get plenty cold in winter, once such temperatures infiltrate one's lungs or throat, it's natural to start looking forward to a holiday.

Christmas? Spring Festival? We will take both of those, thank you very much.


Just less than a year ago, with a holiday approaching, we had completely run out of steam. Even with air conditioning at home, the Southern capital did not feel Southern enough for comfort; so much so that it didn't seem as if we were cheating on Nanjing by being whisked away on a high speed train to a less hostile climate.

Fujian was not only the perfect remedy for our runny noses and coughs, it was also a very good choice for tea.

One of the first stops on the train journey, still inside Jiangsu, was Yixing (宜兴). Although we did not spend our vacation here, this city would certainly make for a great daytrip out of Nanjing. Throughout China, the name is synonymous with the renowned local clay plus the sculpting and firing of exquisite small brown pots that fit snugly in the palm of one's hand.

We travelled through Hangzhou, the home of the National Tea Museum and a green tea so famous I needn't mention it here. Several hours passed before seeing the next name that is of significance in the tea world; just within the Fujian provincial border, we approached Fuding (福鼎) county. With layered fields on either side of the train, there was no mistaking this as tea heartland. In fact this is where both white peony (白牡丹) and silver needle (白毫银针) teas originate.

When we finally arrived in Xiamen, I was eager to unveil whether the rumor that Xiamen's locals all drink tea, mostly Tieguanyin (铁观音), throughout the day was in fact true. My findings? This generalisation is only proven right when referring to the cloistered, side-street tea shops in the West of the city. However, wandering out on a warm December (!) night, you'll see plenty of people enjoying the local brew outside.

Rather than traveling to nearby Anxi (安溪), the home of tieguanyin, a touristy tea themed park by all accounts, we chose to explore a county named Nanjing (南靖), pronounced Nánjīng. As well as featuring cylindrical buildings like Shakespeare's Globe Theatre (but older!) these hillsides are filled with tea bushes. Additionally, while most are probably reserved for tieguanyin, a roadside seller told us that an increasing number of farmers are now processing Jinjunmei (金骏眉), a fashionable red tea that consumers apparently associate with beauty! Both types were distinctive, delicious and worth climbing mountains for. 

Gastronomy Something Else Zeb-bra.kitchen

By Wang Tiantian

The only reason I ever discovered Zeb-bra.kitchen, in which I assure you despite its spelling no undergarment-clad quadrupeds can be found, was that it was down the road from one of my regulars; both places are virtually impossible to find if you have never been before, inside the maze that is the republican restoration of presidential palace and 1912. Located on the small side street 雍园 in the 梅园新村 residential area, it is without doubt worth the search.

The interior decoration is a slightly random collection of curiosities ranging from an antique gramophone and German beer garden style table cloths to French bistro art. The animal from which this place borrows its name can be found in various incarnations, stitched on a comfy cushion or wearing red glasses on a curtain draped over a non-existing window. It may not sound plausible; but actually it is this jumble of randomness that draws you in, as you discover the most unexpected items the closer you look.



What instantly won me over was the quiet. Having arrived at 2pm I was the only guest. Yet, it is also the location that makes this environment so calm one can even hear the birds chirping outside. It was not until my ears registered that sound I realized; I have never heard the singing of our feathered friends in Nanjing.

It only gets a little more lively as the neighbours pop in to announce in a tormented moan that my food smells delicious. Indeed it does, the fragrance of chicken fills my nostrils as I wait in anticipation of my Chicken Bacon Ranch sandwich with Pro-

volone cheese. The slices of crispy goodness come with a side of hand-made, skin-on, thick-cut chips; it is a divine meal and at only ¥30 a bargain of unrivaled nature. Similarly, the menu features an atypical selection of pizza such as feta-spinach. I look forward to giving that a try in the near future.



At Zebbra (named so because the owner's son was born in the year of the horse, her favourite being the Zebra for its simplicity of breaking down things into black and white), the quirkiness, the ambiance and the food come together to create an incredible feeling of intimacy and homeliness. The owner contributes on no small scale as she announces she needs to pick up her son from school and her Caribbean chef will be along later in the afternoon. I can simply leave when I am done, the uncle next door will lock up the store, she tells me. Then she walks off without demanding payment for the food. This type of blind faith is rarely encountered in this scam-riddled country, which makes it all the more astounding when it does appear.

I ended up staying not only until she returned but until 9.30pm that night, for a not so serious study session with a friend as the rain was pouring down outside, drumming on to the strip of glass ceiling that connects the front and latter parts of this little treasure, feeling as relaxed as any person could. All that is left to say is that Zeb-bra.kitchen is definitely something else; and that is great.

Zeb-bra.kitchen is located at No 9 Yongyuan, Meiyuan Xincun Residential Area, Presidential Palace 总统府梅园新村雍园9号. **NU**



iTea

■ Despite its unusual location in the Xin Hua Bookstore, iTea 我茶 has proven a superb lunchtime dining option for city-goers craving tasty Taiwanese and a tranquil environment. The menu, engraved into wooden mats in a very traditional fashion, speaks of an array of delicacies from chicken curry to classic zha jiang mian 炸酱面; which though fiddly on one's chopsticks, is warmly welcomed by one's tastebuds. Afterwards, wash your meal down with a soothing cup of herbal tea, brewed intricately before your very eyes by one of the restaurant's tea aficionados. Otherwise, sit back with a book and enjoy the rare peace and quiet. iTea sits on the 6th Floor, Xin Hua Bookstore, 56 Zhongshan Dong Lu, 中山东路56号新华书店6楼. **NU**

Café New Paris

■ Another incarnation of the "themed café family" that is currently all the rage in China, Café New Paris is a pleasure to visit for the decoratively tinted windows and blinged up Eiffel towers (their equivalent of Maan Coffee's teddy bears) alone. Aside from large, royal chairs to shrink into, the café also boasts a very tempting selection of not-so-common Western dishes, from pasta to Sirloin meat, cheese and corn-filled croissants. Especially their shrimp and mango salad is a fresh delight, even more so because it is very reasonably priced. With its prime location in the Wanda of-fices complex in Hexi (behind the Hilton) this place makes for a wonderful post-shopping pit stop. Find Café New Paris at I 29-32, Building F, Hexi Wanda Office Buildings, 万达西地F座I 29-32号(希尔顿酒店后). **NU**



Délice Capy

■ Chocoholics, sweet tooths and all lovers of croissants, head into Xinjiekou; fine things await upon your arrival! With a patriotic owner from the land of brie and award winning chefs, expect excellent French dining at Délice Capy, bringing more Parisian flair to Nanjing. At first, the pastries appear too beautiful to consume. However, after catching hold of their scent, a symphony of caramel, vanilla and chocolate, you will surely find yourself giving into the temptation. Herein, indulge in an array of treats, from gooey macaroons and hazelnut slices to molten chocolate cakes. While waiting for your food, watch the patisseries pipe out meringues and temper chocolate in the glass-panelled kitchen; or lounge about in the café's comfortable armchairs and lose yourself in the relaxing ambiance and sweet scent of sugar. Find DC on 1st and 2nd Floor, Friendship Mall, 27 Hanzhong Road, 南京市汉中路27号友谊广场1楼2楼. **NU**



Cinema Starbrick Art Interstellar

By Laura Helen Schmitt & Frank Hossack

■ In our age of rom-coms and action flicks it is a rare movie that manages to strain your brain cells to the extent that your head feels little mushy walking out of the cinema after 111 minutes shy of three hours.

The trailer for director Christopher Nolan's latest blockbuster movie, *Interstellar*, evoked certain expectations that this was going to be a realistic and rather tragic space movie. The end result however, is a mixture of Kubrick's 2001 *A Space Odyssey* and good old Trekkie space-time continuum musings, or *Starbrick* as it was nicknamed later (I did feel a little like I had been hit over the head with a *Starbrick* in the aftermath, for that matter).

Nolan himself admits 2001 was a tremendous influence on him; in *InterStellar* the black obelisk has become a robot and *The Blue Danube* replaced by sustained church organ power chords provided by Hans Zimmer. Influential industry mag *Empire* gives *Interstellar* five out of five stars, calling director Christopher Nolan's starscape "the most mesmerising visual of the year".

Anti-clichés are to be found throughout as lead Cooper's daughter refuses to have anything to do with him after his deserting of her, her brother and grandfather, to the ending with dreams only partially fulfilled, along with the symbolism in dust storms reminiscent

of Beijing on a good day that reminds us of what we are doing to our only home. With *Interstellar*, Nolan has renewed interest in our place and future in the cosmos, leading to a very public analysis of the possibilities and practicalities of time travel.

Kip Thorne, the Caltech physicist who served as science advisor on the film laid down two stipulations; "First, that nothing would violate established physical laws. Second, that all the wild speculations... would spring from science and not from the fertile mind of a screenwriter." Whether or not one feels this made the plot believable and/or slightly predictable to the more accustomed watchers of temporal travel theories, it definitely manages to create a doomsday atmosphere that belies its ending.

While the fact that a *Big Bang Theory* episode of scientists debating quantum physics was needed in order to stop my brain from spinning describes aptly that this is no easy piece to watch, maybe that is what makes it stand out from the sea of easily digestible fast food flicks that are being churned out by the industry at warp speed. Between our group of visitors we spent the next hour debating and dissecting this cinematic piece; and that after all is what making a good movie is all about.

Of course we all know the fourth dimension is time, the fifth is possibly gravity and, now that we've seen *Interstellar*, the sixth is love. With such a concept, along with Matthew McConaughey, Anne Hathaway, Mackenzie Foy, John Lithgow and the mighty Michael Caine plus a secret cameo by Matt Damon, it's Oscar time, big time. **N**



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Event
NICC Ladies Night
28th November

Over 30 international ladies dined in style at the newly opened French restaurant L'Arome in the basement of the new Jinling Hotel, making new friends while "Ladies of the Evening" were awarded prizes such as hotel stays or vouchers for afternoon tea and groceries. Ladies Night is held on the last Friday of each month and is organised by Nanjing International Community Clubhouse.





Event

Christmas Benefit Concert

29th November

At the annual Nanjing International Club Christmas Benefit Concert hosted at Nanjing International School an amazing group of musicians got everyone into the festive mood. NIC which is celebrating its 25th Anniversary is supporting six charities this year and this is the fourth concert of this type. A record breaking 500 guests turned up for an early rendezvous with Santa in his grotto, delicious home baked festive fare and the chance to buy some gifts from the charity stalls. Great fun was had by all!

Photos courtesy of Anna Yuen and Maristella Witt





After our local expat boys' exciting victory over three other teams in Wuhan two weeks earlier it was now Nanjing's turn to host the next leg of the Sino 10s rugby tournament.





Event

Christmas with BSN

The British School of Nanjing's Christmas calendar was in full swing with "Carols by Candlelight" on 1st December and the Foundation Stage's production of "Ralph the Reindeer and the Snow" on 5th December.





Event **NIC Bazaar** 8th November

Twice a year, vendors from Nanjing and all over China descend upon the Suning Novotel East to hawk their wares to the community that is Nanjing International Club.





Event

Christmas Tree Lighting

27th November

This year, the Jinling Hotel moved their Christmas tree lighting ceremony outside, prompting a downpour. The singing of carols brought a nice touch to what was also a Thanksgiving celebration.



Event

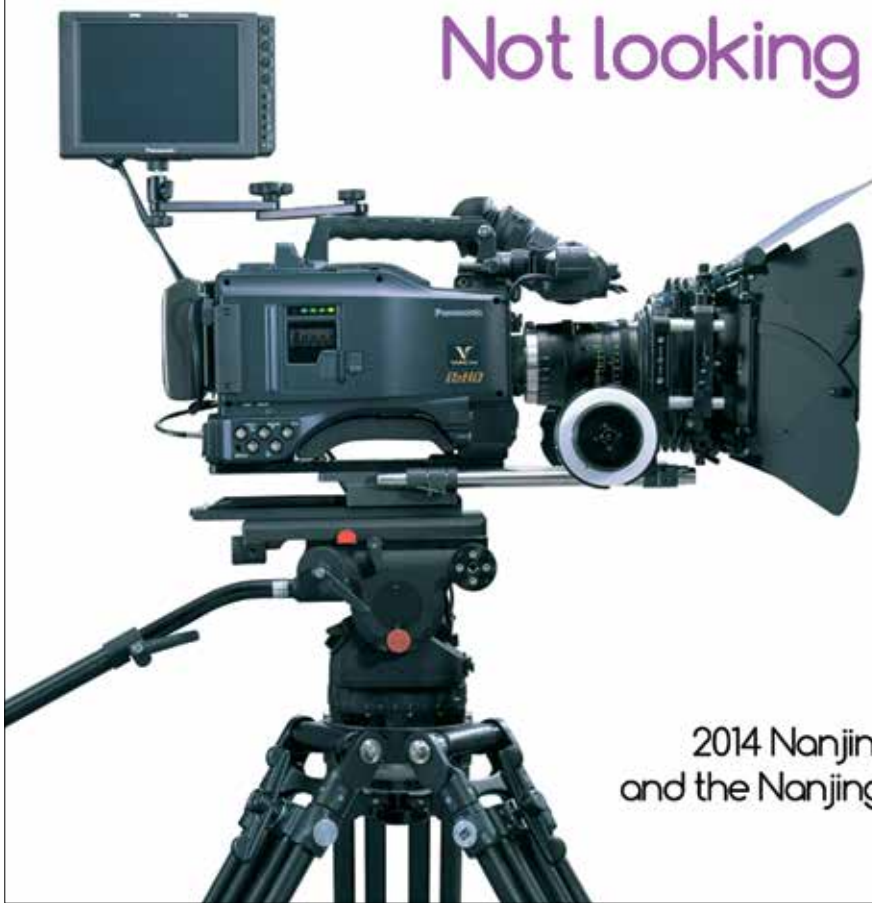
Hopeful Hearts Garage Sale

23rd November

The annual sale of used bric-a-brac this year raised 21,567 for Hopeful Hearts to provide life-saving surgery to children with heart conditions. The charity wishes to extend its sincerest thanks to all who helped make the sale possible.



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THE NANJINGER

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86795269 / 13072525212
Genuine European flavours, grilled meat, seafood specialties and well renowned home made desserts, plus a set lunch menu with great prices and specials for students and teachers. Live music (from Tony) every Friday and Saturday during dinner.

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B1, Jinling Hotel Asia Pacific Tower, 2 Hanzhong Lu
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13127763730
www.l-arome.com
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Basement, Asia Pacific Tower, Jinling Hotel, 2 Hanzhong Lu
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84660099
www.hacker-pschorr-brauhaus.com/nanjing
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86792599
www.jimmysnj.com
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中山路 100 号艾尚天地购物中心一层
85656093
www.elementfresh.com
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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 (foie 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
玄武区石婆婆庵 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 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.

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 比萨意大利西餐

81-8 Shanghai Road 上海路 81-8 号
83343221
B2-05, Shopping Fun, 3 Jiankang Lu
建康路 3 号水立方商场 B2-05 号商铺
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 complimented 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),
Guanzhou Lu 广州路·五台山体育场
66012088
High quality Western restaurant offering organic food, breads baked on-site, cigar bar and wine cellar.

Axis Mexican Restaurant & Bar 坐标轴西餐厅

Yadong Commercial Plaza, 12 Xianyin Bei Lu
栖霞区仙隐北路 12 号亚东商业广场
15895872728
World cuisine delivery service focusing on Mexican fare, with also pizza, burgers, pasta and sandwiches.

Nail Jazz Bar 钉子吧

10 Luolang Xiang (200m south of the Sheraton)
罗廊巷 10 号·离金丝利酒店 200 米
8653 2244
A relaxed atmosphere in which to enjoy a wide variety of imported beers and the odd bit of live music.

Tony Music Bar 南京托尼酒吧

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

Indian Cuisine

Baba Restaurant 巴巴餐厅

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

Nanjing Ganesh Indian Restaurant

南京甘尼仕印度餐厅
3 Kunlun Lu 南京玄武区昆仑路 3 号
85860955
www.ganeshchina.com
Fabulous decoration in a great location by the city wall. Hosts the occasional jazz concert.

Himalaya-Nepalese & Indian Restaurant

喜马拉雅尼泊尔印度餐厅
193 Shigu Lu (behind the Sheraton) 石鼓路 193 号
8666 1828
Serves Nepali and Indian foods in a setting as authentic and inspired as the dishes themselves.

Masala Kitchen 玛莎拉印度餐厅·酒吧

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

Taj Mahal 泰姬玛哈印度料理

117 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 街区内
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 Huji 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 Dabei 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 sprits.

Carrefour 家乐福

235 Zhongshan Dong Lu

中山东路 235 号

84658588

Hypermarket with five stores in Nanjing.

Times Grocery

泰晤士

48 Yunnan Lu 云南路 48 号

83685530

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

Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街 151 号 (近纪念馆东路)

86555568

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

BHG Market

B2, Aqua City, 1 Jiankang Lu

健康路 1 号水游城地下 2 层

66985066 / 66985068

B1, Deji Plaza, Zhongshan Lu

德基二期地下 1 层

91 Matai Jie

马台街 91 号

68675666 / 68675699

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

RT Mart 金润发

39 Danfeng Jie

玄武区丹凤街 39 号 (近北京东路)

83358788 / 83356077

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

Sports

Decathlon 迪卡侬

866 Yingtian Xi Lu (same building as Auchan)

应天西路 866 号

84218420

286 Ningli Lu (next to Metro)

宁溧路 286 号 (麦德龙对面)

52401018

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

Jinxianghe Rd 进香河路

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

Wine Outlets

Eminence Cellar 香松酒窖

Inside Wutaishan (opposite to Jin Inn)

Guangzhou Lu 广州路 · 五台山体育场

66012088

Aussino Cellar 富隆酒窖

Room 109, 198 Zhongshan Dong Lu

南京市中山东路 198 号 109 室

84679799

www.aussino.net

Newold Wine World 纽澳酒世界

Area B, F1, New City Mall, 99 Caochangmen Da Jie

草场门大街 99 号新城市购物中心负一楼 B 区

86265959

Ziyo Wines 南京紫元酒窖

18 Mochou Dong Lu

建邺区莫愁东路

13770923489

Foreign Language Bookstores

Foreign Language Bookstore

外文书店

218 Zhongshan Dong Lu (Beside Taiping Nan Lu)

中山东路 218 号长安国际 (太平南路口)

57713287

Xinhua Bookstores

新华书店

56 Zhongshan Dong Lu (near Hongwu Lu)

中山东路 56 号 (近洪武路)

86645151

54 Hunan Lu (near Matai Jie)

鼓楼区湖南路 54 号 (马台街口)

83374645

Phoenix International Book Mall

凤凰国际书城

1 Hunan Lu

鼓楼区湖南路 1 号八佰伴旁 (近中央路)

83657000 / 83657111

Services

Healthcare

International SOS Nanjing Clinic

南京国际 (SOS) 紧急救援诊所

1F, Grand Metropark Hotel Nanjing,

319 East Zhongshan Lu

中山东路 319 号维景国际酒店 1 楼

84802842 (by appt.)

Mon-Fri 9am-6pm, Sat 9am-12noon / 24hr Assistance

Center: 010 64629100

www.internationalsos.com

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

Flossy Care

福乐氏齿科诊所

#105, 1 Huaneng Garden, 108 Taiping Bei Lu

南京太平北路 108 号华能城市花园 1 幢 105

13951994471 / 84069389

www.025ya.com

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

Keya Dentistry

科雅口腔

Room 411, Building E, Wanda Plaza, Hexi

南京河西万达广场 E 座 411

4008-919-828, 025-83308686

www.keyaath.com

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

Global Doctor International Medical Centre

环球医生国际医疗中心

1F, Zuolinfengdu Garden, 6 Mochouhu Dong Lu,

Jianye District

建邺区莫愁湖东路 6 号左邻风度 1 栋 1 楼

86519991 (24 Hours)

www.globaldoctor.com.au

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

BEN-Q Hospital 明基医院

71 Hexi Da Jie 河西大街 71 号

58807810

Another popular choice for expats, BENQ is staffed by local specialists, with occasional visits from Taiwanese doctors.

Nanjing Union Dental Clinic

南京友联齿科

1F, Grand Metropark Hotel Nanjing,

319 Zhongshan Dong Lu
中山东路 319 号维景国际酒店一层
84818891 / 84808888-6555
dentist@uniondental.cn

Health Examination Center

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

Nanjing Entrance and Exit Inspection and Quarantine Bureau

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

Gulou Hospital 鼓楼医院
321 Zhongshan Lu 中山路 321 号
83304616
The major trauma hospital (24 hr).

Jiangsu People's Hospital
江苏省人民医院
300 Guangzhou Lu 广州路 300 号
83718836
The major Western medicine hospital.

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

Jiangsu Provincial Hospital of TCM
江苏省中医院
155 Hanzhong Lu 汉中路 155 号
86617141
The major Chinese medicine hospital.

Nanjing Maternity and Child Healthcare Hospital
南京市妇幼保健院
123 Tianfei Xiang 天妃巷 123 号
84460777
The major maternity hospital in Nanjing.

Hairdressers

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

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

CMR Corporate Property & Relocation

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

Faith Houses

Nanjing International Christian Fellowship
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.

VOZ Design 嗓音设计

#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangning District
天元中路 128 号 2 栋 1 单元 720 室
58820096 / 18120135627 / 15950575174
www.vozdesign.com
contact@vozdesign.com

Professional marketing oriented graphic design and brand development. No copies, no templates, only creativity and lots of brain juice. Mediocrity is a disease we fight everyday.

Nicolas Harter Photography

13770761603
www.nicolasharter.com
Wedding, commercial and event photography.

Translation

Wow-Super A Translation Service

南京领域翻译有限公司
#4004, 40th Floor, Tian'An International, Shigu Lu, Gulou District
新街口大洋百货天安国际 40 楼 4004 (地铁 1、2 号线新街口站 15 号出口)
NJU No.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

13770323459
nanjingstv@gmail.com

Lustre Cobbler 莱斯特皮鞋修饰

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

Hong Bang Tailor 红帮裁缝

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 / 6685056
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
5185688
www.regalia.com.cn

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村
8 Wenquan Lu, Tangshan, Jiangning
汤山镇温泉路 8 号
51190666

Museums

Nanjing Massacre Museum

侵华日军南京大屠杀遇难同胞纪念馆
418 Shuiximen Jie
水西门大街 428 号
86612230 / 86610931
Hours: Tue - Sun from 8:30 to 16:30
www.nj1937.org
Located on a former execution ground and mass burial place 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)

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

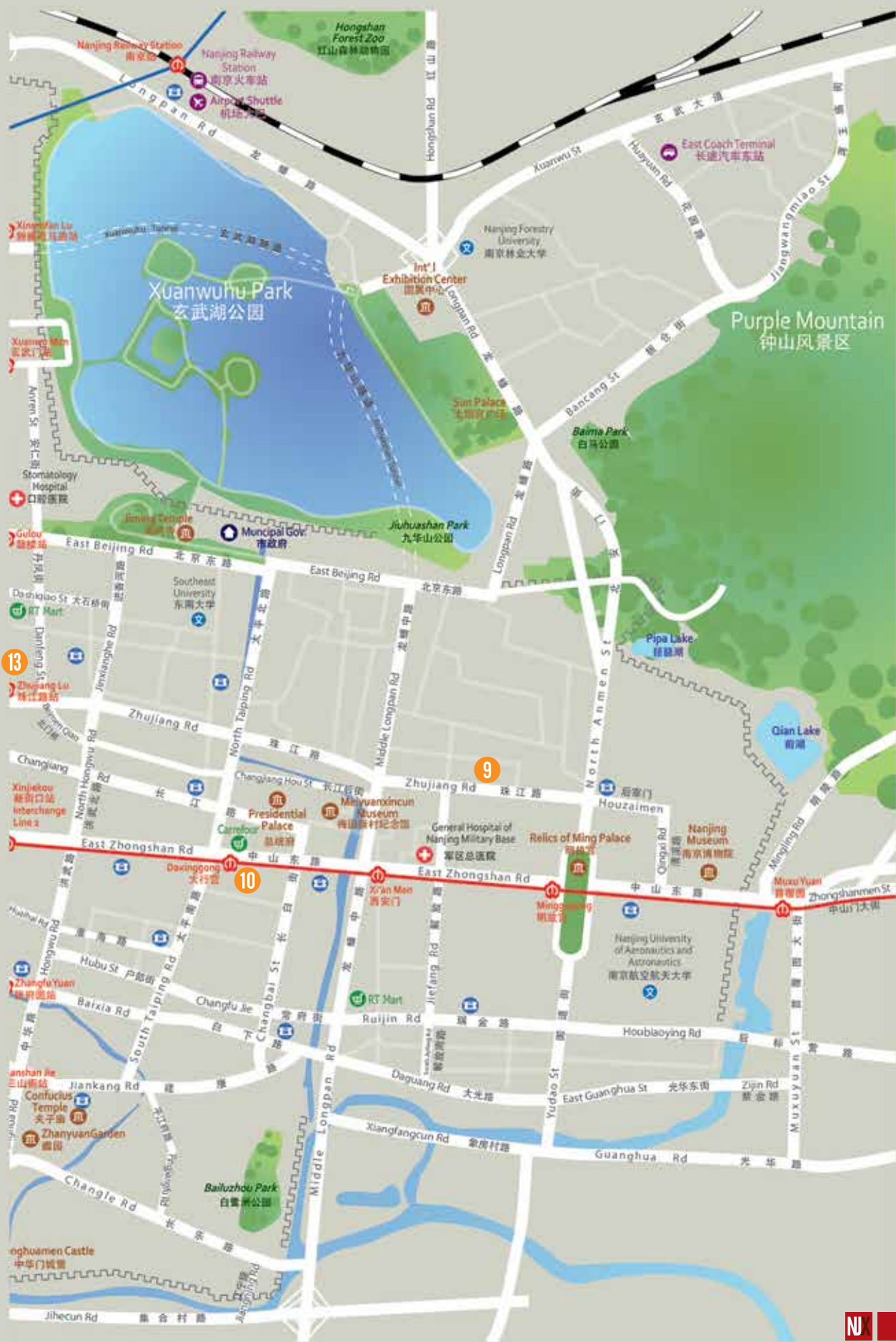
老山国家森林公园
Zhenzhu Lu (Provincial Rd 331)
浦口区珍珠路
Enjoy a more rustic experience in Nanjing's second National Park; away from the crowds soak in the virgin forest that is rich in species.

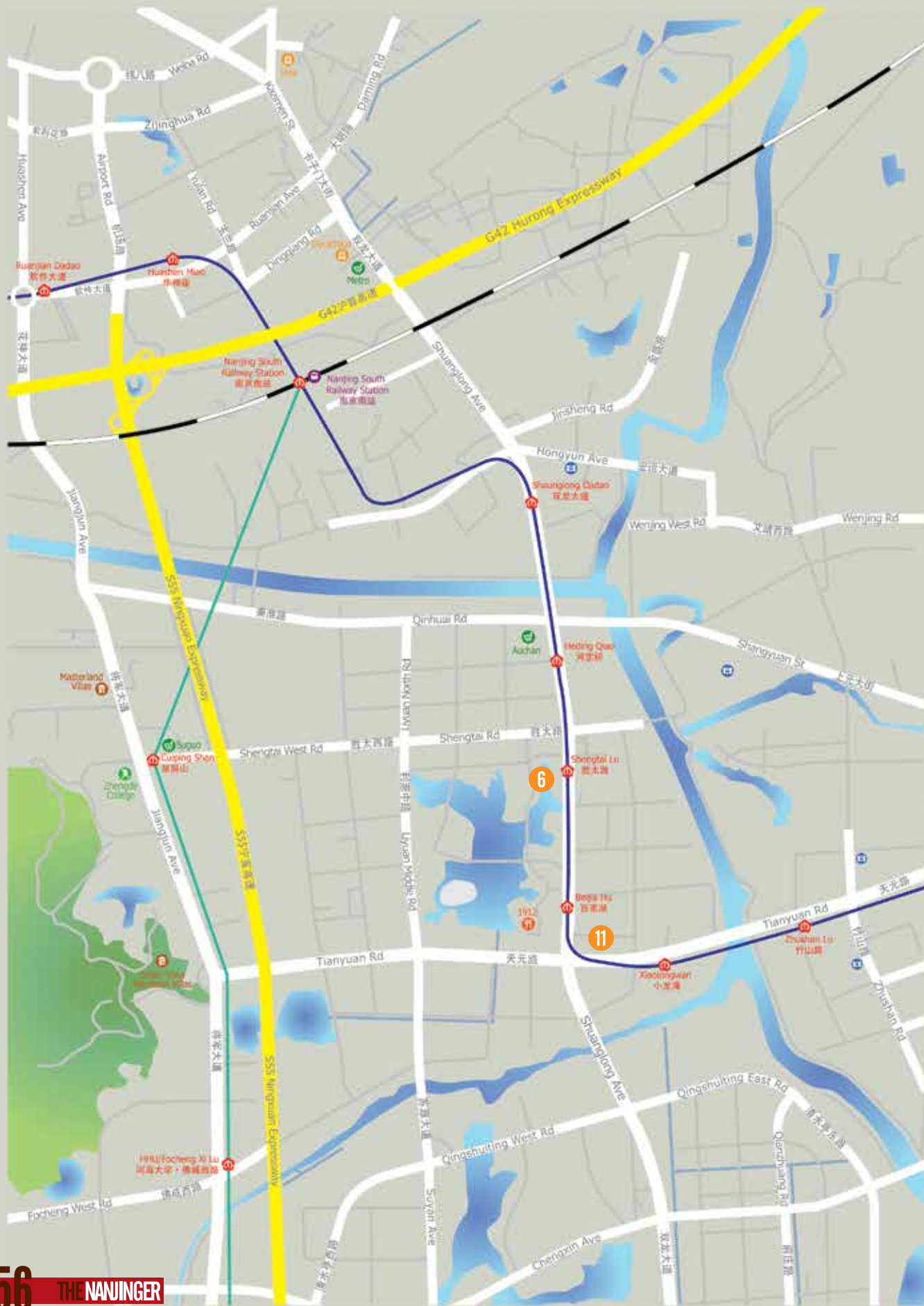
THE NANJINGER BUS TABLE

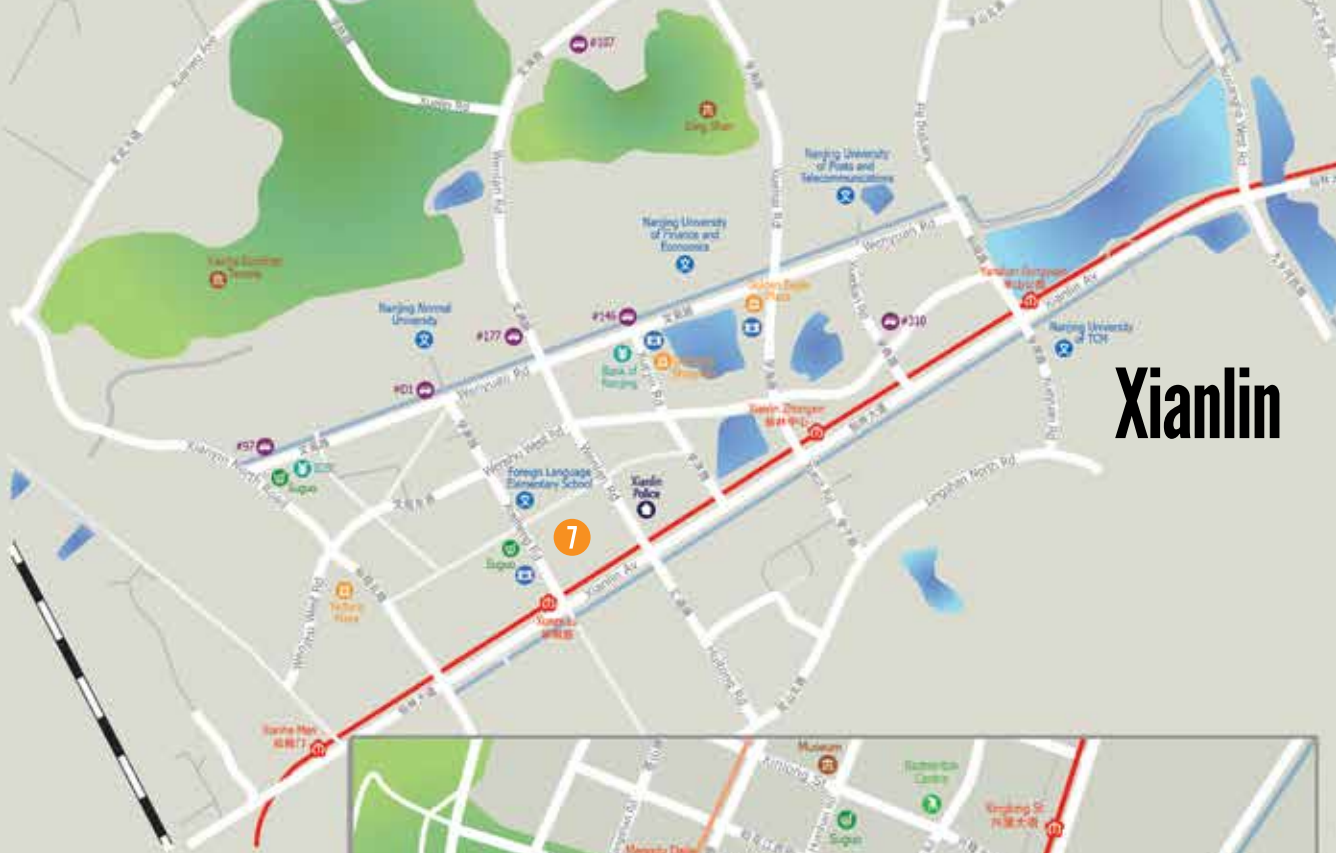
Area	Stop name		Serves	303	60	129	9	13	65	83	552	48	119	91	1	28	33	139	323	138	321	192	190	34	35	317	6	52	68	25	85	江宁8	23	63	78	19	127	133	96	153	158	186	305	57	97			
Downtown	白马公园	Baima Park	Baima Park, Starting point for Purple Mountain, Sun-Yat Sen Mausoleum, Ming Tombs																																													
	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	Laomendong																																														
	明故宫(东)	Minggugong (East)	NI Museum, SOS 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)	Bend 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	Wenyuan Lu	XL Campuses, NI Normal Uni, NIPT, NUFE																																													
	仙隐北路	Xianyin Bei Lu	Skyways 2, Thai Tasty, Masala Kitchen, Axis																																													
	学则路	Xueze Lu	NUS, Erian Valley, Bellini Xianlin																																													
Hexi	东宝路	Dongbao Lu	Sinocomexion Ltd																																													
	富春江东街(西)	Fuchunjiang Dong Jie (West)	La Defense Food Street																																													
	建业/江东万达广场	Wanda Plaza (Hexi)	Hexi Wanda Shopping Centre																																													
	江心洲	Jiangxinzhou	Jiangxin Zhou Island																																													
Jiangning	奥体中心(东门)	Olympic Stadium (East Gate)	Olympic Stadium, Fraser Suites, The Central, Brisk																																													

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



New Catalogue for Foreign Investment

■ On November 4th 2014, MOFCOM issued the modified Catalogue for the Guidance of Foreign Investment (herein referred to as “Catalogue”). MOFCOM also solicited public opinion from November 4th till December 3rd 2014; if the general attitude is favourable, the authority will renew some terms of the Catalogue. The modifications are considerable. Restricted Industries declined dramatically from 79 to 35. Moreover, articles which require joint ventures were reduced from 43 to 11 and the activities only for joint ventures “controlled by the Chinese parties” decreased from 44 to 32. Yet, more restrictions were added, e.g. “China legal affairs consultation services” was moved from Restricted Industries to Prohibited Industries and Manufacturing of whole-unit automobiles is now restricted.

1. Manufacturing

The changes to the manufacturing sector are significant. A large number of articles were deleted from the Restricted Industries, including farming the subsidiary foodstuff industry, beverage manufacturing, printing and copy of recording vehicle, petroleum processing and coking, chemical raw material products manufacturing, chemical fiber production, etc. No limitations apply for foreign companies to invest in these industries.

2. Medical Industry

All the previous restrictions on medical and pharmaceutical products have been cancelled, indicating the government hopes the market can regulate itself. Yet, healthcare institutions are newly restricted and limited to contractual joint venture. Although the negative list of the Shanghai free trade zone allows foreign-owned healthcare institutions, the restriction still remains.

3. Automobile Manufacturing Industry

In terms of manufacturing of key spare parts for automobiles and R&D of key technologies, the revised draft ends the limit to “equity joint ventures or contractual joint ven-

tures”. Manufacturing of whole-unit automobiles, special-use automobiles and motorcycles has been restricted; the share of the Chinese partner should be no less than 50 percent. Any foreign investor can establish no more than two joint venture entities that manufacture whole-unit automobiles of the same category; in case of merging other domestic automobile manufacturers jointly with a Chinese partner, the foreign investor can be exempted from the above-mentioned maximum two restriction.

4. Infrastructure and Real Estate


Construction and management of railways is encouraged, the industry is no longer limited to equity joint ventures or contractual joint ventures. As for comprehensive maintenance of the infrastructure of lines, the Chinese partner need not necessarily hold the majority of shares.

5. Education

The Catalogue adds more burden to foreign investment in the education industry. Higher education institutions are now limited to equity joint ventures or contractual joint ventures, and Common high school education mechanisms are limited to contractual joint ventures led by a Chinese partner.

6. Service Industry

Stationary, art products, sporting goods and recreational products have been added to encouraged industries. Accounting and auditing is no longer limited to cooperation and partnership. China legal affairs consultation services and sellers of cultural relics are now prohibited industries.

The Catalogue has improved considerably; yet, the education sector has been severely restricted and some sections need to be improved. For example, the Catalogue remains separate from the negative list of the Shanghai free trade zone with 139 restricted items. It would be a beneficial move for the two regulations to be unified, with the negative list enlarging its scope of application and finally replacing the Catalogue in the near future. 

Disclaimer

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enjoy the warmth
this Christmas
and New Year
with a delicious
Christmas dinner
plus mulled wine



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info@bsn.org.cn

025 5210 8987

www.bsn.org.cn