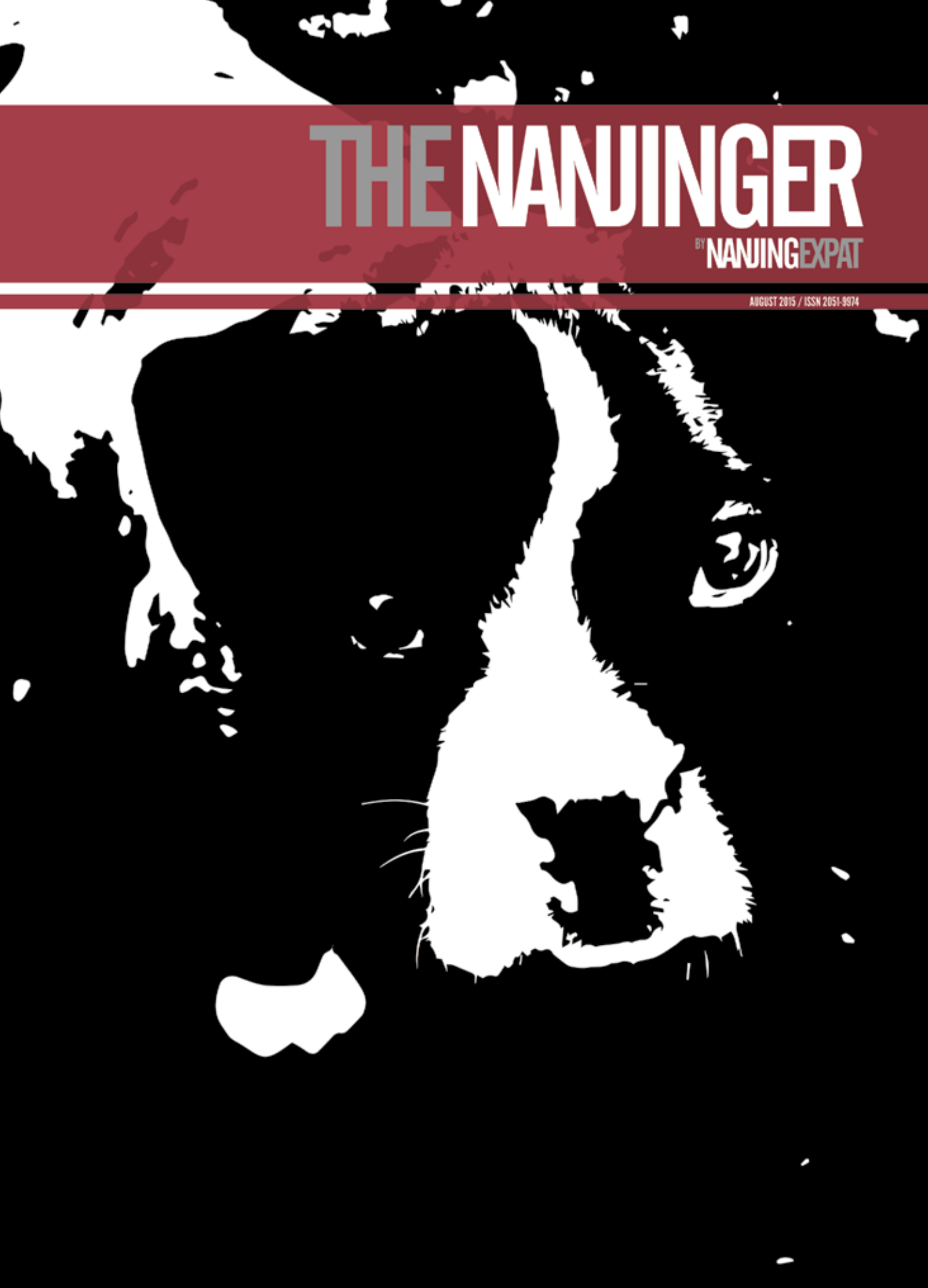


THE NANJINGER

BY NANJINGEXPAT

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Class of 2015

Hellen Wu studied at NIS
for 8 years.

She is going to
Cambridge University
to study Biological Sciences.

Her three words
to describe NIS are
"inspiring, challenging,
illuminating"

Photography: Nicholas Harter



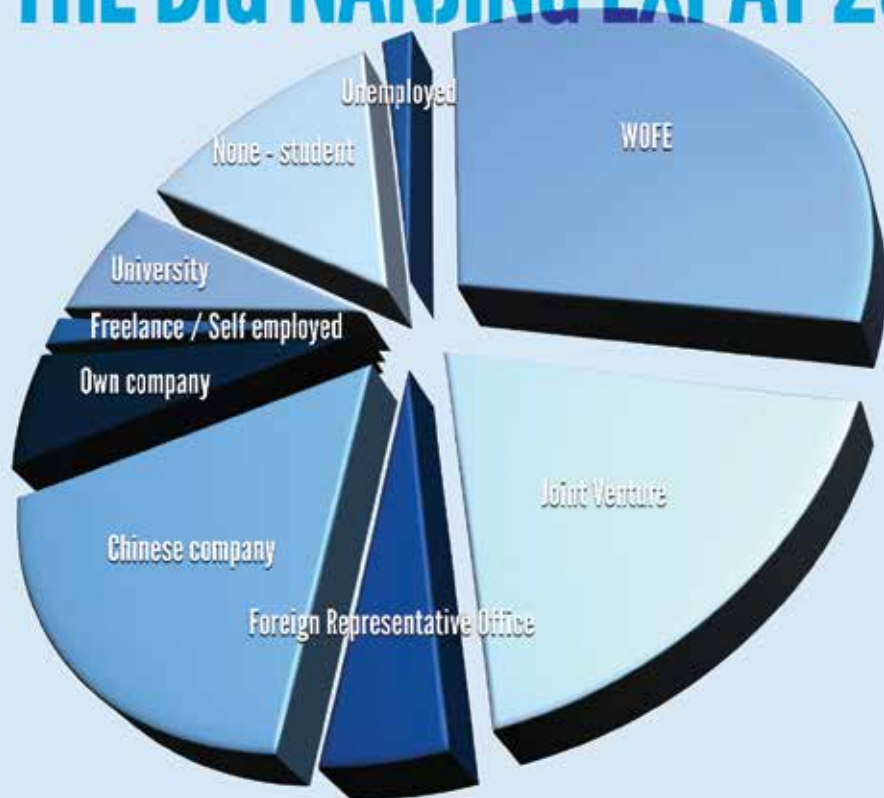
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Introducing some of our contributors, writers and editors

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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。

Andy Heath spent several years working on various news desks of The Times in London before staging a daring escape overseas. Here in Nanjing, he has upgraded his title to Investigative Journalist, seeking out the amazing oddities that China has to offer.

Andy Heath 之前在伦敦 Times 报纸的新闻部工作过, 后来在国外呆了一段时间。现在在南京, 他作为调查性记者, 想深入了解与报道中国那些与众不同的神奇之处。

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Our Editor-in-chief and Music Critic, Frank Hossack, has been a radio host and producer for the past 30 years, the past 22 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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I Lost My Heart in China

It's that time of the year again. As the temperatures are high enough to singe one's eyebrows off and walking in and out of any building, one is greeted by a wall of frosty aircon or pulsating heat, sending the circulation into overdrive, returnees and newcomers step off planes and begin settling (back) into Nanjing life.

We greet our post-break readers with the "easily digestible" topic of morality as Sydney Mokel discusses the fuss about local eating habits, while Jessica Geller has travelled to the beginnings of time looking at China's millenia of morality leading to but not ending in the "moral crisis" the country faces today. This issue also contains two excellent contributions from students of Nanjing International School who just before the summer break joined our humble rag for their Work Week. A big "good job" to both Ilaria Carrara and Sophie Güsten.

If the editorial this month seems wordier than usual, that is because it is being written by Laura Helen Schmitt, who has been Executive Editor of the Nanjinger for the past two years, and getting her to be succinct is a matter of sheer impossibility. This issue will be her final coup de grace as she moves on to smoggier pastures, or the Big B, as she likes to call it. It has been an absolute pleasure to read and write about anything and everything from Dancing Damas to psychological therapy in Jiming Temple. "Resorting to clichés it is with the heaviest of hearts that I tear myself away from Nanjing," she tells me in an interview with herself. "I wish you, dear readers, as much pleasure and excitement in this vibrant city as I have had."

Farewell, and welcome to morality from The Nanjinger.

THE NANJINGER

NANJINGEXPAT EDITORIAL TEAM

Grandpa Wilson

The photos fade now, as do memories
Of a man that grew into a hero, on into a shell.
Wherein the hero, silent, fell.
All too soon the standard dipped
Touching the floor as his actions had touched
Hearts and minds before and who'll remember them?

For time does not stop and we,
Compass fixed, pass judgement.
On older generations- History's retreating stern.
We read and scrutinize with youthful eyes
And, wielding pens not arms,
Find issues with affairs now past.

Who are we who were not there to state or argue,
We who did not sit within that flying crate
Debating then as we do now, whether it was wrong or
right?
At night we did not sit beneath the falling flames
Wondering if each smoke filled breath
Might be our last.

I only know he was my blood and he shed his that I
Might live and love and die in peace.
That is why I say, 'Time is shifting sand.'
This moral stance will one day change again and we
must stand
That others may and will ask were we right?
Pass judgement on our night of shame.

He never spoke of it.
Never did he say that he was proud
Perhaps that's why I hold him here within my heart
Measuring my soul,
And not my deeds, against his:
As memories and photos fade.

by Maitiu Brallaghan

Letter Of The Month

Dear Nanjinger,

I've just come back from an all-too-short summer break at home in the UK, and I write here to express my conviction in a widespread practice that I have suspected for some time.

Shortly before leaving Nanjing, I purchased a travel shaving kit in Suguo, made by one of the world's top names in razors (I'd happily mention just who, but am pretty sure you guys would edit it out in the name of libel or some claptrap), that comprised a razer, two additional blades and a small can of shaving cream, for RMB28. As I discovered on my travels, the quality of the blades was terrible.

Then, while shopping in one of the big name super-markets at home, I came across a pack of their own brand razors - 10 of them in actual fact for the price of 1 British Pound (RMB10). The quality is also impressive.

It is therefore that I wonder how many Western brand names dump low quality product on the China market, simply in the knowledge that they can? Does the average China Joe think that shaving in the West actually feels this bad?

Richard Eddmont,
Market Entry Consultant

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NANJING EAST
SUNING GALAXY

MILLENNIA OF MORALITY

The Evolution of Ethics in China

By Jessica Geller



Memorizing definitions of honesty, kindness and respect and regurgitating the words on a written test is fairly easy. The real challenge is applying the textbook knowledge of morals learned in a classroom to real-life encounters. When Chinese students hear of corrupt government officials and adults suing Good Samaritans, the moral bar is not set high. However, the recent slowed economic growth is leading to a refocusing on what has been dubbed China's moral crisis.

The Moral of the History

Daoism was the first ideology to develop in China in the sixth century BCE. Based on the teachings of Laozi, the Daoist system focuses on individualistic thoughts that lead to the Three Jewels of Life; compassion, humility and moderation. One can argue that the current status of Chinese society is reflective of Daoism because of modern priorities.

Daoism also emphasizes the moral path (the two words in Chinese interestingly employing the same character; 道), for which the government is to teach, force or instill morality into the people. Furthermore, Laozi developed the Lingbao Precepts, a code of

conduct to guide moral actions. The 10 guidelines and additional 12 vows of Daoism are similar to the Mahayana Buddhism tenets of living a pure and wholesome life.

In the next century, Confucius taught that humanness (仁), upholding righteousness and moral disposition (义) offers guidance for everyday life (礼). In the Chinese culture, the basic unit of society is family. The Five Cardinal Relationships encapsulate the importance of thinking of others; father and son, elder brother and younger brother, husband and wife, older friend and younger friend, ruler and subject. As Confucianism evolved, the first disciple Mencius

said that righteousness should be the core value as the word “implies justice and moral principles.” Today, righteousness is still one of the key Chinese moral standards.

During the Han Dynasty, just before the Common Era, Confucianism as a philosophy was widely accepted. The imperial family published morality books to encourage society to practice Confucian values. These morals emphasized “ren” (仁) as Confucius stressed the importance of treating others, especially family members, with consideration, love and respect. Updating the Five Cardinal Relationships to the language of modern times; ruler and subject can be adapted to manager and employee; is essential to developing a Chinese culture in which people think of more than just themselves.

Buddhism intertwined with Daoism in the fifth century CE in the Mainland. Buddha taught through the Four Noble Truths and the Eightfold Path that by controlling one’s ego and desires and expressing compassion and loving kindness towards others, moral behavior will follow. These precepts are a guidance for how to live life, as opposed to the commandments as introduced by Western religions. Therefore, by living a virtuous life, one is striving to live morally as well.

Karma Lekshe Tsomo, a theology and religious studies professor at the University of San Diego and a Tibetan Buddhist nun, describes Buddhism’s outlook on morality as having no absolutes. Rather, “when making moral choices, individuals are advised to examine their motivation... and to weigh the consequences of their actions in light of the Buddha’s teachings,” she said in an interview with Buddhism expert Barbara O’Brien. Tsomo believes that practicing Buddhists have a history of expressing more moral behavior than other religions. Since Buddhism is integrated into Chinese culture, its moral principles are present in the Mainland.

In the 11th century, Buddhism and Daoism were the common philosophies. However, the Song Dynasty changed the culture by reclaiming Confucianism as the main ideology of China in order to hand more power back to the imperial family. The continuous battle between the three major philosophies of China resulted in their integration into Chinese culture. Moral principles are emphasized by all, just in different manners. Together, they focus on individualistic and communal aspects and create a balance for a complete outlook on life.

Starting in the 1890s, Confucianism as a source of hope for China was pushed to the wayside, says Judith Berling, a Chinese and comparative religions professor at the Graduate Theological Union in California. Rather, nationalistic thoughts began to emerge with the Communist party and eventually Mao Zedong’s rise to power. The moral paths of Confucianism, Daoism and Buddhism are so tightly woven into the culture of the Middle Kingdom that many no longer know they are the sources of certain traditions.

In past decades, rather than using those principles as a moral compass, people have directly been told how to act. During the Communist era, for example, if someone committed theft, the community worked together to find the thief. Actions were taken in the interest of the country.

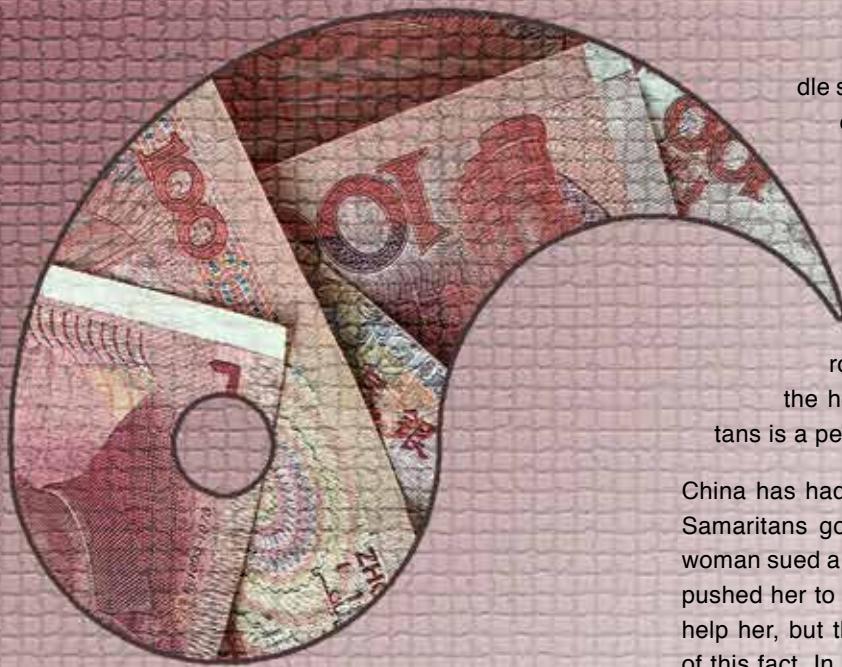
Moral Crisis?

After the death of Mao and the following Reform and Opening-up of China, morality was left to die on the side of the road. The focus of the government was to build and develop the country’s economy. People moved from the countryside to the city, leaving behind the grandparents and children. This transition from living together as one family unit to living independently in order to be the best one can be for the country’s growth hastened along the decline in morals. According to the New York Times, a 2011 online survey of almost 23,000 Chinese adults found that nearly 82 percent of respondents have seen a significant decline in moral principles in China over the past 10 years. The number one reason for the deterioration of morals; worship of money. More staggering is that over 50 percent of the participants said that for them, success does not equate to compliance with moral standards.

Jiong Tu, a doctorate graduate from the University of Cambridge researching health care transformation in China, explains that the root of the moral crisis and moral diversification in contemporary Chinese society is a “[lack of] a coherent moral framework shared by various sections of society.” As people emulate the West, earn more money and see China’s economic growth, there is a slowdown of maintaining the communal grounds in which China has historically been rooted.

Teaching Morality

Since President Xi Jinping took office in late 2012, his focus has been on improving moral stand-



ards via a top-down approach. Using Confucius' teaching of the government as a way to "cultivate" moral character, it is best described by Confucius' saying; "上梁不正下梁歪." The direct translation is, "if the upper beam is not straight, the lower ones will go aslant." Xi is focusing on reforming the government and prosecuting officials who have committed bribery and graft, similar to the way of Confucius' thinking of a moral government leading by example; the reasoning being that if those at the top of society behave in a moral manner, the rest of society will follow suit.

The 18th Party Congress has used its core socialist values doctrine; prosperity, democracy, integrity, freedom and friendship, along with seven others, to rally the country around a more morally-focused lifestyle. The goal is to move society's sole focus away from money and more towards the traditional principles of China to fill the moral gap. In Nanjing, the effects of Xi's crackdown are seen in the arrests of former Party Secretary Yang Weize and former Mayor Ji Jianye. Beyond the public announcements of their immoral actions, CCTV is streaming more Public Service Announcements with an emphasis on social values.

Morality has always been taught in schools as the college entrance exam has moral questions. Yet, the government stepped up its game in 2014 with a revised curriculum in the elementary and mid-

dle schools. The goal is that by focusing on the next generation of leaders, the students will grow up living by these tenets, explains Sun Yingchun, a professor at the Communication University of China. The struggle, however, is that the tenets taught in the classroom are not always emphasized in the home; prosecution of Good Samaritans is a perfect example.

China has had several publicized cases of Good Samaritans gone wrong. In 2006, a 65-year-old woman sued a Nanjing student, saying the student pushed her to the ground. Actually, he reached to help her, but the woman won the lawsuit in spite of this fact. In 2011, a 2-year-old Yueyue was run over by a van, and then a truck, before a woman helped her. If citizens doing the right thing are hurt by others, there is no incentive to act morally.

As a result of these public cases, Shenzhen officials passed China's first Good Samaritan law in February 2013. The law rolled out on 1st August, 2013 to protect those who want to do the right thing and help a stranger in need. According to China Daily, "people who intentionally accuse good Samaritans will be punished according to the law." This law exhibits the shortcomings of the current society. Even if morals are taught in school, if the general practice contradicts the theory, Chinese society pressures one to follow the crowd.

With the fast-paced economic reform of the last 40 years, societal reform was left behind. Now with economic growth slowing; the 2014 GDP growth rate was 7.4 percent as compared to a 10 percent growth rate for much of the 2000s, there is a need to shift attention towards social issues.

Hence, Xi continues to drive his initial message of building a country that includes moral qualities. In February 2014, he reemphasized his "core socialist values," saying that the morals are the foundation of socialist China.

"Basically, the soft power of a nation depends on the vitality, cohesive force, and charisma of its core values," Xinhua quoted Xi Dada.

Full Circle

Virtuous living is taken to a new level with the morality bank that opened in May 2015 in Yanji, Jilin province. Banks are sometimes associated with corruption and unbridled greed. However, morality banks are special because no money is exchanged. Rather, if someone completes a beneficial action for another person, he or she is rewarded with points. The points can be exchanged for haircuts, home cleaning or a health check. Morality banks were first opened in 2002 in Changsha and Wenzhou; this is a way to encourage the building of trust in other people, so that people are more likely to help those in need instead of turning a blind eye.



Xi's next project as the head of the national security commission is to pass a national security law (see The Gavel on p.64 - Ed.), encompassing moral standards and the president's desire to spread the core socialist values that he has stressed since taking office. He has emphasized that despite the refocus, Xi wants the Middle Kingdom to "avoid becoming an echo of Western moral values." Instead, he wants to fill the moral void with a combination of Communist, Confucianism, Daoist and Buddhist beliefs.

From a Western perspective, hearing Communism in the same sentences as Confucianism, Buddhism and Daoism might make for pause, as the latter three movements are classified as spiritual in nature. However, to the Chinese, they are philosophies and used as a guidance for living life to the highest degree. Therefore, when Xi says he wants to look to previous eras for guidance, he is looking at highlighting aspects of Chinese culture that already exist, but have been devalued over the past 120 years. **✕**



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MORAL DARWINISM



ADAPTING TO MORAL DIFFERENCES

By Sophie Güsten

Spending time in a country other than one's own teaches us that there is no universal standard of morality. Moral standards are identified based on where a person grows up, their culture, and their social interactions. Social norms dictate the moral code, so people from similar backgrounds will invariably have similar opinions on what is moral. Originally, many countries developed moral standards based on their religion, however as religion is increasingly taking a backseat in many people's lives, the moral framework is what remains as a form of conventional expectation. People learn these expectations from their parents and the people around them. Consequently, people from different backgrounds have completely differing opinions on morality and social standards. Since we don't grow up learning about other people's moral standards, it can be very hard to be exposed to these foreign ideas, and they can often be misunderstood.

As expats, we find ourselves confronted daily with an entirely different set of morals often clashing with our own ideas of what is right or wrong.

Particularly for foreigners in China, there are many examples, starting from small actions in daily life to the way business is conducted. For example, in China, cars usually do not stop at zebra crossings, and often when people of different cultures see this happening, they will immediately assume that these people are being inconsiderate and to a certain ex-

tent immoral as they put others in danger, when actually the local standards are just different from their own. This misconception is very common when people come across a different set of moral competencies than their own, and they draw the conclusion that a person acts in an immoral way. However, one needs to consider that different concepts of morality are not necessarily superior or inferior to another. Stopping at a zebra crossing is something that no one is expected to do in China; in fact, the opposite is considered completely appropriate.

In the same way, Chinese people question the morality of a child leaving their home after they have finished school, as it is understood that the main duty of the child is to take care of its elders whilst creating a family of their own that can later take care of them in the future. In Western culture it is not unusual for children to leave their home when they finish school. This is not a sign of immorality on the child's part, it is just an unknown concept to Chinese people, as their culture has taught them a different way of thinking.

The concept of truth is another area where standards differ, e.g. in the use of white lies in order to spare people's feelings. It is thought to be extremely rude to admit if you would not want to spend time with someone, whereas in Western culture lying is seen as being immoral. Then again on other occasions, where a Western person would disguise their true thoughts, Chinese people are more direct in their approach, such as my Ayi telling me that I am overweight, or that I am not as intelligent as my

sister. This is also a part of local culture considered perfectly acceptable as Chinese have grown up giving and receiving these comments. Examples such as this demonstrate the moral obligations and the different social obligations that cultures can have.

Sometimes such differences are much more severe than just a perception of what is rude. In the business arena, it is normal for the partakers of a business deal to be taken on dinners or given a small gift prior to their trade. The Western business man or woman is not allowed to go to lavish business dinners back home because it is immoral and in some cases illegal, yet here there will be no business deal without a healthy (or unhealthy) amount of food and drink as a prelude. The most serious incident of adapting to local moral expectations is the GSK drug maker's subsidiary located in China, which was found guilty of bribery of over US\$500 million, displaying how the morals of a Western company has been influenced due to its placement and surroundings in China.

Having grown up in China, I was exposed to two different sets of morals from Chinese and Western culture at an early age. My parents are influenced by the Western culture with which they grew up, but I was also partly raised by my Ayi during the day, and therefore witnessed first hand the Chinese way of thinking. There were numerous times that my parents would not agree with something that my Ayi did, however me and my sister would not understand what they found so shocking. When we were younger, my Ayi would bring home fish for my sister and I to play with. In the evening she would then cook these fish for our dinner. This was something that my sister and I loved as we got to have fun playing with some fish during the day, and then we got a delicious dinner. My parents on the other hand were pretty disturbed as they thought it was wrong to play with your food, or eat your pets. On the other hand, there were also moments when I would not agree with something my Ayi would do; for example she would constantly ask me and my sister which parent we love more. This was something that we were taught never to even consider, as in the Western world you are meant to love both your parents equally. By saying this, she did not mean to offend or criticize any parent, it is just normal within local social boundaries to have a favourite.

When returning to Germany I have also had times where at first I was confused by some of the social expectations, not understanding the necessity for them,

an example being the existence of a more formal version of saying “you” that is used with strangers.

The experience of growing up with different cultures, and being influenced by two completely different moral behaviors, has helped me create my own set of moral standards that is not specific to a certain culture or a race.


At the international school I attend, moral standards are yet again different compared to when I am in the rest of Nanjing. Due to moral relativity and people's tendency to adapt their standards based on who they are around, in our international community, the guidelines for moral behavior are a combination of everyone's own moral opinions that form a general level of expectation.

Meeting people from all over the world when attending the international school here in Nanjing, has provided the opportunity to learn about how moral standards differ according to their culture of origin. Having watched the morals of friends change as they came to adapt to this new place has showed me the considerable influence of one's surroundings on one's outlook in life.

I have seen my own morals change as I grow closer to new people and get to know different views and opinions from other countries.

As Alisa Wang, a student at Nanjing International School, states, “I think that people should not lie about what they think because otherwise no one will ever know the truth.” an approach that has been accepted as moral by her friends.

Being exposed to different concepts of morality, allows people to be more open minded and can aid the understanding of the origins of people's moral competencies. This increases the amount of respect there is for another person's choices, even if they are not the same choices that we would have made.

While we might often come into this world with one or in some cases two clear sets of moral guidelines, our experiences and interactions will alter our perceptions of morality; in a type of moral Darwinism we adapt our actions and principles to fit in and ultimately survive. While we might be quick to judge, we need to be aware that everyone has different moral concepts, and it is this that makes us individuals. 

Endangered Eating

Tradition vs Animal Protection

By Sydney Mokel

鲜



Inevitably in Nanjing, one finds oneself at a table looking into a bowl overflowing with glass noodles, sprigs of fresh cilantro, and delicately jiggling cubes of congealed duck blood.

Whether you are a local or a long ways from home usually determines if your reaction is a rumbling stomach, curious excitement, or outright revulsion. Whatever the sensation, a “gut instinct” should not be mistaken for an objective truth. Anyone who has travelled widely, or caught an episode of Andrew Zimmern’s “Bizarre Foods,” is aware of the terrific range of global cuisine. Unfettered by certain societal boundaries, the natural human instinct actually seems to be to try out anything that is possible to eat. The sight of scorpions for sale in Fuzi Miao confirms that this spectrum includes creatures that are poisonous, spiny, or otherwise not intuitively tasty.

Take for instance, the candidly named “swallow’s nest soup.” With origins in the Tang Dynasty, a limited harvesting season, and the astonishing retail price of up to ¥30,000 per pound, delicacy is an apt description for this dish. It is made from the cleaned, steamed saliva that certain swallows use to create their nests, traditionally cooked with rock sugar.

While the author of this article has never indulged, the jellied strands are reported to have little flavour of their own, though for centuries the dish has been considered a way to improve everything from complexion to virility. The soup’s long history also raises the question of whether tradition alone is enough of a defense to continue eating the atypical. After all, the swallows in question are not in danger of extinction.

Consider the character “xian” (鲜), one of its meanings being “delicacy”, which is composed of the characters for fish and sheep, both prized in ancient China. In modern times, the hunt for rare flavours bolstered by a growing amount of

wealth in the country, has landed many banquet hall centerpieces on endangered species indexes. Unfortunately, an irreversibly decreasing supply of these creatures has only resulted in an increased demand. Soothing these cravings has truly devastating consequences.

As a counterpart to the bearskin rugs of the Western imagination, tiger pelts and mounted heads are known to decorate the living rooms of some of China’s ultra-rich. Yet, on the other end of the wealth spectrum, five Yunnan villagers were arrested in 2009 for killing what was thought to be the last Indo-Chinese tiger in the country. Kang Wannian, who shot the animal in a nature reserve near his home, claimed self-defense. Nonetheless, after taking the carcass home he served it for dinner, sharing the meat with several neighbours. Tragic as this incident is, larger-scale servings of endangered edibles tend to be sourced no less ethically, but more intentionally.

Only this May, in brazen defiance to President Xi Jinping’s call for cuts to government gluttony, a group of Shenzhen officials were caught mid-bite at a luxury banquet featuring the rare Chinese giant salamander. Closer to home, Huangshan City’s Huifu Fine-food Restaurant came under fire in 2006 for serving up a species of alligator known to be endangered. In both cases, it was fully legal to purchase and eat these animals, as long as they were obtained through licensed breeders. Ten times as many Chinese alligators are raised annually at the Xuancheng Chinese Alligator Breeding and Research Center, with whom Huifu had a contract, as are thought to exist in the wild. If they are only destined for futures as entrees or handbags, can this really be called a conservation effort?

Moreover, when government officials are active participants in animal trafficking, their commitment to enforcing anti-trafficking laws has to be questioned. Representatives of the law should accordingly act as role models, embodying the law rather than rising above it. In May, it was announced that shark fin soup and a few other controversial and overharvested dishes will no longer be served at official functions. Although, it remains to be seen whether officials can resist their meat tooth. After all, Beijing Normal University Professor Zhu Guangming estimates that some officials spend

up to 70 percent of their time attending banquets.

The banquet has a rather storied place in Chinese history, though the honor of attending was traditionally reserved for a very small portion of the population. Whether to celebrate the emperor's birthday, court political enemies, or honor of distinguished figures, imperial banquets were an involved and at times unpleasant event. Ritual took priority over taste, to the extent that main dishes were required to be served cold the day after they were cooked. Dishes such as monkey brains, camel hump, and bear's paw, especially the allegedly more succulent left one, were more about show than taste. As a select class of affluent Chinese now have the means to imitate bygone imperial menus, how can a balance be struck between grandeur and good conscience?


In recent years, some strides have been made in terms of government regulation that curbs the country's appetite for endangered animal products. Animal trafficking laws already in existence have now been strengthened by wording that makes it clear buyers should also face criminal punishment in these illegal transactions. An emerging class of the nouveau riche, known as the baofahu or tuhao, are known to purchase ivory as a show of wealth. While ivory buyers in China make up less than 1 percent of the country's population, up to 70 percent of the world's supply is intended for sale in the Middle Kingdom.

Part of this market was tied up in a store of confiscated ivory in the government's possession. With the growing threat of theft by ivory smugglers and pressure from conservation groups, over ten tons of ivory have been publically destroyed at events in Guangdong and Beijing. Time will tell whether this will have the adverse effect of making ivory even rarer and thus more valuable. Still, these public destruction events are in line with similar calls to action in other countries. This sort of international cooperation is necessary because complicated networks of smugglers and government complicity forestall a simple solution. As recently as 2014, a presidential delegation was accused of sneaking massive quantities of ivory across borders during an official visit to Tanzania.

In this age of globalization, growing international commercial connections are paralleled by cultural conflict. In many ways, animals are vital to the stories and symbolism of Chinese history. Consider how the crane is used to represent longevity, or the famous zodiac animals. The Confucian principle of harmony was interpreted in later generations to explicitly include the ethical treatment of animals. However in the words of religious scholar Joseph A. Adler, "though the environmental-friendly principles are clearly present in the texts, they have always been far overshadowed by the traditional focus on the human sphere." This can differ in some ways from the Western understanding of human and animal relations. When it comes to eating meat, these discrepancies arise even when the animals in question are not endangered. One example is that of the controversial Yulin Dog Meat Festival.

The people of Yulin have traditionally observed the summer solstice with strong liquor, music, and dog meat. It is as commonplace for them as eating beef or chicken. Nonetheless protestors have thronged the annual event in the small Guangxi city, drawing media attention and domestic and international outcry. In a textbook example of the Streisand effect, the increased attention has only added fuel to the cooking fire. With protestors willing to buy dogs to prevent them being eaten, there is greater incentive for people to publically mistreat the animals, knowing

that it will pressure animal lovers to buy them. An estimated 400 dogs were rescued from the festival in this way, though animal rights groups report that up to 10,000 are killed in preparation for the festival. These groups obviously oppose the cruel methods, such as electrocution, sometimes used to kill these animals. Yet one protestor, 58-year-old Du Yufeng, also based her objections in her personal philosophy. In her view, one cannot say that humans should categorically eat all animals or none at all, but rather different types of animals have different purposes.

Admittedly, if the element of cruelty or extinction is removed, some of us still cannot push ourselves to taste a dish out of our comfort zone. What if we are not told what it is exactly we are eating? In which case, the Guangdong restaurant “Jia Lu,” or “superior deer” probably would not be to your taste. There, the menu specializes in what it refers to as “vole.” In plain English, we usually call them rats. The restaurant’s owners claim to buy their “virus-free” choice ingredients from a farm, and extol rat’s warming abilities. Who says seeing a rat in a restaurant kitchen is typically not a good sign? This is the reason a common turn of phrase claims that the Cantonese will eat anything that walks, crawls, flies, or swims. Up here in Nanjing, the local cuisine does not have a reputation for being quite so adventurous. However, there is still ample opportunity to challenge our taste buds, as well as our thinking. 



European Chamber
中国欧盟商会

24 Aug Executive Breakfast

Strength-based leadership program

27 Aug Executive Breakfast

Strength-based leadership program

2 Sep China Manufacturing 2025 vs. German Industry 4.0

11 Sep Factory Visit

BSH Chuzhou

9 Oct Energy Saving on Compressed Air System

29 Oct Customs Update

11 Nov Clean & Green Forum

CSR Awards

20 Nov Job Fair

6 Dec Winter Badminton Tournament

TBC Nanjing Position Paper Launch

TBC Jiangsu Government Dialogue



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Each one of us follows certain guidelines to distinguish right from wrong; we all have a so called “moral compass”. The moral compass within every individual works quite differently, which is exactly what makes us unique and sometimes, what gives us a sense of being human. Being conscious of what you are doing as an individual and distinguishing the good from the bad is what sets us apart from other animals. Although what is it exactly that defines each of our individual moral compasses? What is it that makes the needle point more towards one side of the compass?

Each country and its people have their own unique ways of interacting with each other. Most Han Chinese will treat people in a similar fashion; this is no surprise assuming they all have a homogenous background and upbringing. Furthermore, when looking at the facts, China isolated itself from the world until 1978 and hence had not experienced any outside impact or factors affecting the people and their individual moral compass. Therefore in the past ideas of morality in China was fairly uniform and “pure Chinese”. One of the main designers of China’s moral architecture is Mao Zedong, the biggest and most dramatic influencer on China and its major ethnicity. Most of China finds him, still today, a great leader with immense power. He is the one that gave the country its name and brought it to what it is today.

There is no denying that Mao was a man of great authority, intelligence and the capability of motivating others to incredible actions. Despite the fact that his leadership ended in many deaths and devastating famines, his somewhat surprising legacy is one of attraction to the amount of influence he was able to exert. In fact, his impact on the country was so substantial that people to this day think of him as a higher power or almost a godlike creature.

While to the Western community it might seem morally wrong to “worship” a man who, when he was shown a report of food shortage for many starving peasants, said, “Educate the peasant to eat less. Deaths have benefit, they can fertilise the land”, one might question the validity of this argument. Does the fact that most Chinese people

Which Way Up?

Misleading Moral Compasses

By Ilaria Carrara

find him a great leader automatically mean they are immoral? It has to be acknowledged that every individual has a different set of morals based on different impacts throughout their lives, especially socialisation, family and friends as well as cultural factors.


In the Middle Kingdom, however, one part of the socialisation process includes authoritative figures, who can have a much stronger presence in a person's life than is common in the West. An example that springs to mind is an interaction between a Chinese teacher and her Western students. In a conversation about attractive celebrities, most of the Western students mentioned singers or movie stars such as Brad Pitt, Jon Bon Jovi or George Clooney. To everyone's astonishment, once it was the Chinese teacher's turn the only words she could bring across her lips to say out loud were "Mao". Despite the group of students all coming from different countries, they still seemed to share similar ideas and tastes in men. On the Mainland though the definition of attractiveness tends to be influenced more by a person's power and authority, explaining this to us rather baffling attraction.

It is no coincidence the Chinese populace finds such an appeal in power and authority. Looking back at the nation's history, a well-known period is the long century of humiliation (1839-1949), spanning the British invasion, the Opium Wars, and the destruction of the Summer Palace by foreign armies. Throughout this century China did not win a single war, resulting in a loss of pride in the country and its army. The century of humiliation is still today seen as national shame and remains a touchy subject as it is associated with weakness, helplessness and lack of autonomy. This is also the reason that when Mao took over and led China to "greatness" he was seen as "the saviour", because as the locals say: "It was like we were falling apart and he picked us all up and saved us". This turbulent history, in which certain Western nations shared no small part, explains the roots of this attraction to power and authority figures. As a result many Chinese locals tend to find people with much power such as Hitler and Margaret Thatcher worth of admiration; a stark contrast to many common opinions in the West.

Looking at the perception of Mao in the West, he has been given the title of dictator or mass murderer; some go as far to present him as a comic figure rather than the powerful and competent authority he is deemed by many a Chinese to this day. It is only

until living side by side with locals that most expats notice how serious he is still being taken by compatriots and how much their morals remain based on Mao's point of view, aside from other influences such as Confucianism. All of these elements have affected and shaped China's ideas and beliefs, therefore their background and history is what seemingly defines their moral compass.

That being said, sometimes the needle might find itself pointing in contradicting directions. For example, the people of China are very proud of their Chinese upbringing. Although the facts don't exactly reflect that. According to NBC news as of 2011 around 60 percent of the millionaires in China, which is more than one million people, were planning to emigrate. Out of those 60 percent, around 40 percent plan to move on to the US. CNN reported that in 2012, 10,000 Chinese mothers gave birth to their babies in the US alone. The irony is obvious; countless locals are proud of their Chinese ancestry yet want American passports. The foreign passport has now become the new status symbol; get a car, a house and a US citizenship. Time magazine describes it as "the temptation to have a 'born in the USA' child". Just as Mao admired persons with authority, many in today's China still aspire to become the type of person Mao could respect; the foreign passport is really just another asset to add to the list due to the numerous advantages that come with it such as less visa restrictions, access to international educational institutions and no Hukou troubles. In light of this, it is a rational choice to put aside any nationalistic feelings towards one's home country in exchange for giving the next generation a head start. In the end what is moral, is relative.

While it is easy to point fingers and judge others from a distance, as B.J. Neblett once said: "We are the sum total of our experiences. Those experiences — be they positive or negative make us the person we are, at any given point in our lives." China's chaotic past experiences have shaped the country and steered it in a different direction than the West. Our compass works in different ways; for that reason, we must ask whether we are truly in a place to feel superior, or to even define others' moral standards, especially considering the West shares its own responsibility in shaping China's attraction to power. In the end, we are all individuals and our morals, whether they are based on our background, upbringing or culture, are what makes us human. 

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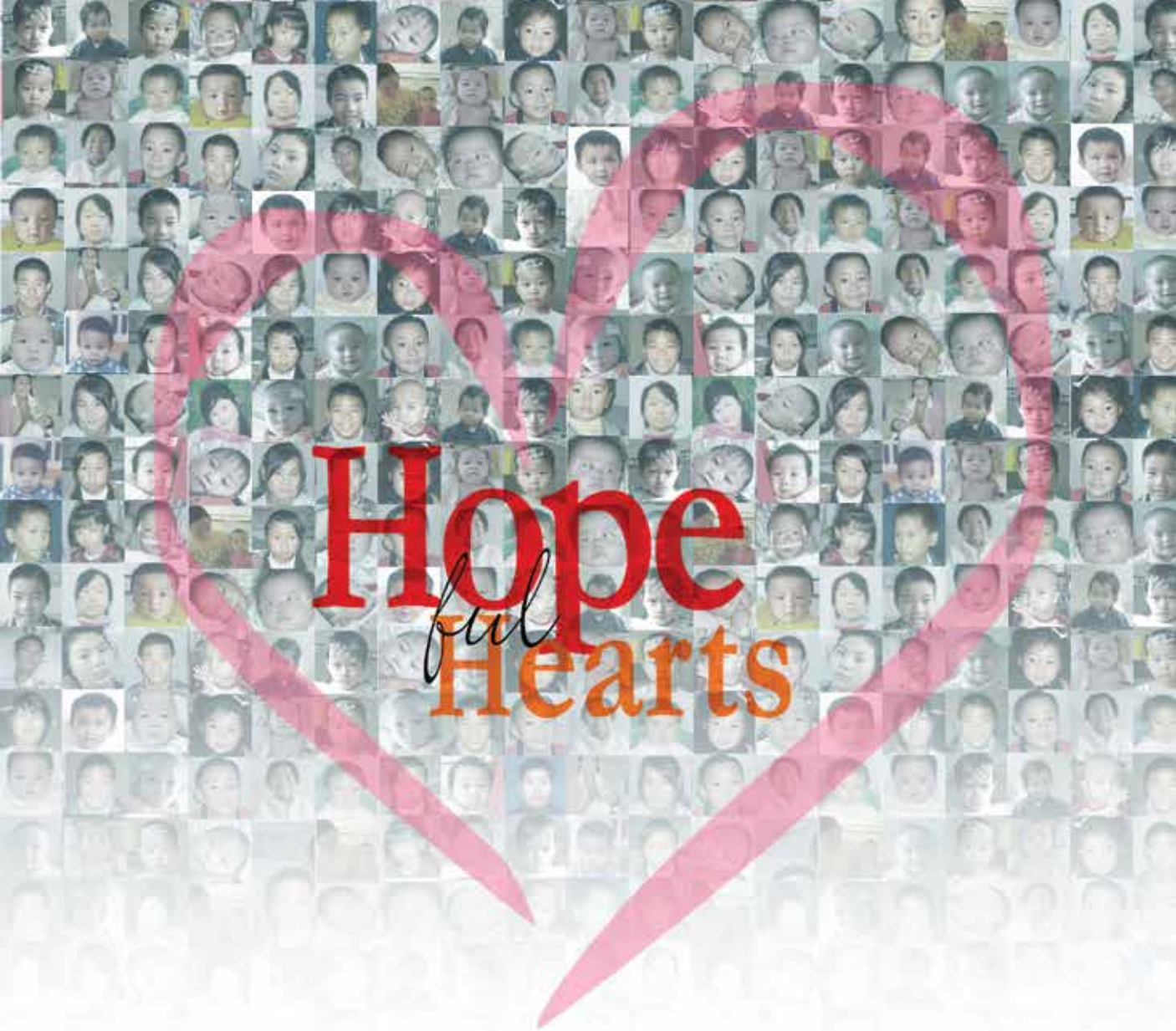
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CHINESE DREAM PROJECT

Young Mothers

By Wang Jing

In Chinese tradition, men are expected to be the breadwinners of a family, while women rear the children. Even though women might have also earned a certain part of the family income, their career was seen as secondary. Now, that tradition is changing. There is only a small percentage of young families still living along traditional lines of women as homemaker and man as breadwinner. However, here is another phenomenon; women have equal opportunity to education and work without question, but they may suffer more stress to balance family and career.

According to a survey in the International Big Data Industry Summit in 2015, 62 percent of the women surveyed said they shared the role of breadwinner. In addition, 8% of them said they were the only breadwinner in the family. Consequently, more and more Chinese mothers choose to go out to work after having a baby, leaving the kids at home to be raised by grandparents or babysitters.

In research that posted 5,000 questionnaires to Chinese married couples, 62 percent of respondents said they would not consider being a full-time mother. Two-thirds of men said they don't want their wife to become a full-time mother. Life pressure is the main cause for this change in thinking. The need to spend time with children is the main reason why women choose to be a full-time mother. More than

90% of people think that it is difficult for stay-at-home mothers to return to work.

"My mother and mother-in-law come to my home in turn to help me look after my son. When I get back to work next year, I would rather my son be taken care of by family members," said Ma Li, a young mother of a 3-month old baby. After graduating from the Art department of Shanxi University, Ma Li married her boyfriend and found a job in the Bureau of Transportation in her hometown. She has 3 months of maternity leave and one year parental leave, so she will have plenty time to accompany her little son.

In comparison, Qu Yi chose to find a babysitter to look after her newborn baby. As a newborn's mother (she just gave birth to a daughter 17 days before being interviewed), Qu Yi is under more pressure from her baby and career. Working at a State-Owned Enterprise, she has only four months of parental leave. What's more, she probably will return to the company and deal with her work during parental leave. "We hope our parents can enjoy the joy of children, but they also should have their own later lives," says Qu Yi. She and her husband try not to disturb their parents, and undertake the responsibility by themselves. In a survey by the National health development planning commission, 70 percent young parents said they still ask their parents to take care of the kids. But Qu Yi found that some grandparents may raise the babies grudgingly. "I know my parents will agree if I ask for help, but I won't share our responsibility with them. It's so tired and restless to look after a baby, let alone to the elder," she observes.

Xu Yiwei, a 24-year old mother of a two year-old child, fell pregnant when she was not ready. Now, she lives with her husband in California, as a first-year graduate school student in Stanford University. "I never thought to have a baby at 22! My daughter was an accident, though I can't say a mistake," said Xu Yiwei. She had planned to go to graduate school abroad, but the baby disturbed



the plans. She had to stay at home waiting for the baby's birth. When her daughter was half a year old, Xu Yiwei and her husband decided to study abroad, while her daughter stayed in Shanghai with her grandparents.

Xu Yiwei once dreamed to be an outstanding civil engineer and then open her own company abroad. But now, her dream has changed. She plans to achieve a PHD and then come back home to open a company or be a college teacher. Even though there will be almost five years Xu Yiwei and her husband cannot accompany their daughter, they are not willing to be absent from the kid's growth. So they often communicate with their daughter via video connections.

Xu Yiwei loves to travel in her spare time, and she has the habit buying a gift for her daughter whenever she visits a new place. There is a photo of these gifts posted in her SMS, writing, "Tutu, wait for the day I can give you the whole world." Her dream was mainly about personal fulfillment when being a girl, while now giving her child a better living condition has become part of her dream as well.

Xu Yiwei is not the only one to get pregnant while at school. Ou Yang Yifei promised to her tutor that she wouldn't have a baby before finishing school when she got married last year. As a doctoral student in Nanjing Normal University, the dissertation should have been the most important priority. However, several months later, she found herself pregnant. Now she has to balance the dissertation work and the coming baby.

Ou Yang Yifei plans to finish the first draft of her dissertation before July, two months before the baby's due date. She is excited to be a mother, though anxiety and physical discomfort sometimes trouble her. "I was very anxious when got ill, as I am afraid taking medicine may not be good for children," she said. But she still tries to keep a positive attitude, "I think the two worst thing to a woman is compunction and complaint. Rather than complaining and regretting, I would like to face and solve it," she said.

The Chinese Family Parenting Research Report by Ogilvy China in 2012 showed a significant genera-

tional change in parenting practices. Mothers born after 1985 are more concerned about education, love to take photos of their baby, and ask for advice online.


The women, when asked to imagine the future they want for their children, almost exclusively mentioned one "with more freedom". Ma Li said she wouldn't force her son to make after-school study on spare time, and hoped that she and her husband had the ability to satisfy his needs. As for Xu Yiwei, she thought her parents had set a good example for her. "I am still very playful though I have been a mom for more than a year. Thanks to my family's support, I can do what I want even some people may think I'm crazy."

Ou Yang Yifei shared a story of her friend, who is a primary school teacher. One day she found her 7-year old son's recitation homework including remembering the "Socialist Value Outlook". Though she knew homework like that was of little good to a child, and might even restrict a young child in their imagination, she felt helpless. "If I face similar circumstance, I will also be puzzled," said OuYang, "I will try to give my kid a relaxed family environment, and I really hope the school education can adapt to children's nature as well."

To these young mothers, the kids are more like an impetus for themselves to grow to maturity quickly. Let's take a glance at the SMS of the four young mothers.

Ma Li is never tired of showing her son's photos and videos. Qu Yi complained that it was really the hardest thing to bear the "sitting the month", which ruled a newborn's mother can't bath within one month. In Chinese tradition, a newborn's mother has to abide by several strict provisions, such as avoiding baths because it may lead to a cold.

Xu Yiwei writes the new year wishes: "I want to go to Israel...Hope my daughter don't be so clingy ...I can get back into shape as soon as possible..." Ou Yang YiFei just worries whether her doctoral dissertation can be finished on time.

To become a mother from being a girl, they believe a good mother can also be a happy, independent girl. 



LET'S GET PHYSICAL

By Nick McBride

A New Expat Year, A New Beginning

Welcome to the new expat year! And so the merry-go-round of Nanjing life begins again in full. If you've done this before, you'll know that in a blink of an eye, the winter festival will be here before you even say "Christmas." If you're new to this expat game or even just new to Nanjing ... Well, hold on because time goes quick in this neck of the woods.

Here is the crux of it; time will pass whether you choose to be fit, stay healthy, get strong, get stronger, or not. Make a decision NOW to do the right thing by your body because putting it off until you are less busy or more settled, is a recipe for ain't ever gonna happen. It does not get less busy *crazed laugh of knowing-ness*, and the more settled you get, the easier it is for a new routine without fitness to become established. Get in the game now and mark the months of progress each time you pick up your new copy of The Nanjinger!

So let's get to business. Where, when and how. Where are you going to get fit? Try to mix up your locations so you don't get bored... easy if you're a runner or cyclist, not so much if you're a gym lover. But actually, a lot of strength training can be done outside or in the comfort of your own home with hardly any equipment needed. Here is a great 30-minute strength training routine you can do anywhere:

50 Jumping Jacks

10 Push Ups

50 Bicycle Crunches

10 Burpees

50 seconds Wall Sit

10 Chair Dips

50 Squats

10 Side Planks with Dips (each side)

50 seconds Spider Planks

10 Lunges (each side)

50 mountain Climbers

10 Full Body Crunches

Repeat up to three times depending on your level of fitness with 1 minute rest between sets.

When? You really need to be fitting in some cardio; think heart rate up... running, swimming, biking, cross-trainer stuff three times a week for at least 20-30 minutes. You also need some strength stuff in there three to four times a week; working different sections of your body. Get it set in your routine now and it will become, well, routine!

How? Check in with me every month for ideas but also, I'm a big fan of getting ideas from the Internet. Pinterest is a favourite of mine, while YouTube is great for videos. Don't worry newbies, you'll make it work soon. Go make a friend and ask what I mean... I'll give you a hint; a VPN has nothing to do with seeing underwear through your trousers.

So good luck my fellow expatriates. Let's get this new season off to the right start, before the Christmas pudding sets in. How many shopping days left? 

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Nanjing's Best Kept Secrets

City Wall for Free

Perhaps the greatest of all Nanjing's attractions, a ticket onto the Wall in most cases costs ¥30. Yet, the thrill of being on the giant snaking piece of history is enhanced once one knows of the ways to do it for nought. Here are five:

- 1) Via Lao Cun Tiahouse: Enter into Xuanwu Lake Park at Jiefangmen, then climb the steel staircase that leads into the side of the wall itself. Access the wall from within.
- 2) Yijiangmen - Yuejiang Tower.
- 3) Qingliangmen - Guofangyuan.
- 4) Dinghuaimen - Yifengmen.
- 5) Zhonghu Lu - Zhongyangmen.

1865 Creative Park

Beijing has 798, Nanjing has 1865 Creative Park. Home to the Finder Art District, it was unsurprisingly constructed in 1865 as the Jinling Machinery Bureau, the self-proclaimed "cradle of China's military industries and weapons industry". In 2007 it was turned into a "creativity industrial park" by Chenguang Group in cooperation with the Qinhuai district government. Now, during a visit to the district one might encounter resident artists from all corners of the world. Wonder also amid the Republican style architecture and feel like you have stepped through a portal right into the China of the 1920s.

Yangshan Lake Park

Located slightly east to the centre of Xianlin district, here is a wonderful place to enjoy nature. Just a hop and a skip away from the Nanjing International School, it is a close choice for many expats who do not want to make the long trip to Xuanwu Lake or those who want to escape busy downtown for a day. Sit on the grass by the lake and pop open a cool beer or soft drink while the kids play with kites, breathe in the fresh air and enjoy the view of the Lamb Mountain after which the area is named. Watch out, the high O2 content might make you feel dizzy. At night the location turns into a romantic spot for couples, with mood lighting reflecting off the calm waters.

What You WONT Find in the Travel Guides

START

Unfair Treaty Exhibition

China is what it is for expats in the large part for the daily surreal experiences on offer. Take, for example, a stroll through classic examples of the ornate architecture of the Ming Dynasty while viewing statues of Deng Xiaoping and Margaret Thatcher squaring off on the details to hand back Hong Kong Island along with the rest of the territory to China upon expiration of the 99 lease granted to the British. Just as fascinating is the local interpretation that sees it as just one of many so-called "unfair treaties" that colonial powers forced upon a weaker China, and the fact that the original Treaty of Nanjing that ceded the territory to the UK in the first place was actually signed on HMS Cornwallis while anchored in the Yangtze here in Nanjing in 1898. Find the exhibition inside Jinghai Temple, 202 Jinning Lu.



Air Raid Shelters

When the big heat for which Nanjing is famed hits, the city opens up air raid shelters that date from World War II to the public as a means to cool down. As the temperature plummets within a few steps of entering, so are also revealed a plethora of activities taking place, from those playing cards to those simply there to protect their perishable produce. Running the gauntlet from the five-star versions with freshly painted walls and pine wood furniture to the like that graced the cover of *The Nanjinger* exactly three years ago; the nearest thing the city has to a true dungeon, chilling one right down to the spine, to the extent of not daring to go around the next corner. Find it buried in the small hill that lies due south and across the road from Yijiangmen.

Nanjing by Tram

Opened last year for the Youth Olympics. As Nanjing's only modern tramline, it offers a comfortable sightseeing tour that goes past the Olympic Centre, the Youth Olympic Village and ends at the Fish Mouth Wetlands park, all of this is available for only ¥2. Enjoy the modern architecture in Hexi new central business district and bathe yourself in Olympic feeling without actually having to walk anywhere. The large windows of the tram ensure you have a full-scale view of all the amazing buildings this hip area of Nanjing has to offer. At the end of the line you will be slightly perturbed by the lack of cars and human presence; the newly constructed roads are only partly open to public and the surroundings change in a flash from stylish skyscrapers to original countryside, giving the eye a taste of the old China. At the far end of the line lies the Fish Mouth Wetlands Park; this is the ideal location for a relaxing picnic on the square, a stroll in the shade by the side of the river and generally just a fun family outing far off from the noises and the odours of the city centre.





Grape Expectations

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




If any grape should represent a country then South Africa's Pinotage is surely one. It was born in South Africa in 1925, when Abraham Izak Perold, the first professor of Viticulture at the University of Stellenbosch, crossed the noble aromas and flavours of the Pinot Noir grape with the more profligate, high yielding and disease-resistant Cinsault, which was then known as Hermitage (the name a portmanteau of its two parents), in the hope that they could teach each other a thing or two.

Yet Pinotage cannot be said to be truly an icon of the country. After the first commercial bottling in 1959 the grape has been very divisive, often described as the Marmite of the wine world; love it or loathe it. A lazy label to explain its controversial standing as, even within the very broad parameters of subjectivity, it is hard to see how a grape can run a gamut of descriptors ranging from "nail polish remover" and the similarly enticing "burned rubber with banana" but then deliver "juicy strawberry" right through to breathy references to "muscular aromas of tar, chocolate and tobacco". The fact is Pinotage varies, and as Mark Twain put it "The cat, having sat upon a hot stove lid, will not sit upon a hot stove lid again. But he won't sit upon a cold stove lid, either".

It is hard to grasp that one grape can throw out so many shapes and sizes such is its protean propensity. Though another big reason for such emphatic difference of opinion is that in the main it is now simply better made than it was twenty years ago. Alongside Mandela's long walk to freedom you can chart the its path from within the stifling grips of the KWV state cooperative to the glare of the international wine stage and an expectant world. And this is where the problems really started as, to put it simply, greedy winemakers took advantage of a high yielding grape whose inky dark characteristics could be stretched into many more bottles than it really should. Enter the rubber and nail polish. Those previously burned on Twain's stove should take note that the grape now collects serious prizes when put in serious hands if eyeing up the South Africa wine shelves. Kanonkop is just one of many notable premium Pinotage specialists to look out for now where strict low yields and old vines make for weighty dark-fruited age worthy masterpieces which are also beginning to command equally impressive prices.

Whether such a notoriously fickle grape should spearhead South Africa's charge into export markets is a moot point, possibly the crunchily fruity white grape Chenin Blanc is a more consistent and marketable style, but Pinotage is certainly South Africa's own and the stage looks well set for a kind of cultish cool the likes of which surround California's Petite Sirah et al.

Talking of cool, as you read this, most likely prising the damp pages of the mag apart next to an air con, a broodingly muscular red is possibly not what the doctor would order, but at a more seasonally approachable end of the Pinotage spectrum, and certainly pocket wise too, the grape can turn also turn a nice shade of pink. One such, residing in Metro, is the Saxenburg Guinea Fowl Pinotage Rosé 2014, for £108. Saxenburg's vineyards sit within Pinotage's most favoured region, being Stellenbosch, and overlook the Atlantic Ocean where cool, summer breezes play a crucial role in the ripening season preserving the natural acidities at full tilt and so the wine delivers crunchily fresh, light, strawberry flavours from nose to throat. A slightly shy shade of pink in the glass though there is enough weight on the palate for the wine to make a textbook shellfish partner (17 points). For a lightish style of red that could stand some fridge time and offering a good bang of oak and tobacco on the nose and black cherried fruit on the tongue is the Cape Heights Pinotage 2013, currently asking £115 from BHG. A fine choice for a late evening barbecue debauch, very gluggable and pairing well with rich meats, but is poised and balanced enough to go solo for a quieter evening in (15.5 points). 

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LIVING FEAR-LESS & JOY-FULL

Fear is a condition familiar to everyone. We are introduced to it at a young age and accompanied by it to the grave. Yet while fear is a thief robbing us of life and freedom, joy is a white knight restoring hope and peace.

Five common fears include:

1. Fear of Rejection
2. Fear of Failure
3. Fear of Death
4. Fear of Loneliness
5. Fear of Change

Are you acquainted with any of these fears? What would life be like without them? What if you were fear-less?

Path to Living Fear-less (or a Little Less Fear-full)

The first step is taking a quick inventory; list three things you fear most. Then ask, why do I have these fears? Third, determine what you can do to reduce, or completely eliminate, the level of fear in each area. Finally, identify what is completely out of your control. Begin taking action with what you can control and let go of what you cannot.

For example, if you fear the effects of air pollution on your health, you can take the following steps; 1) Use a valid air quality app, 2) Purchase air purifiers, and 3) Purchase an N95-certified mask. Anything beyond those steps is beyond your control, so let it go.

Relational fears, such as fear of failure or rejection, typically stem from our own insecurities. The antidote for these fears is often getting to know who you really are. What do you believe, and why? What are your strengths or talents? Do you use them regularly? When we know and accept who we really are, live consistently with our beliefs, and regularly employ our strengths, fear dissolves into non-existence.

Joy: The Antagonist of Fear

Even more powerful than focusing on reducing your fear levels is focusing on increasing your levels of joy. Have you ever met a joyful person who is full of fear? Probably not, because fear and joy are incompatible. So the quickest way to become fear-less is to become joy-full. The path to joy may be simpler than you think.

Here are a few suggestions to begin the journey to joy.

Gratitude Be thankful even in trials

Compassion towards self and others

Hope Find the silver lining

Honour all people, regardless of position

Generosity Give time and/or resources

Forgiveness for yourself and others, continuously

Energy/Vitality Sleep and eat well, exercise, eliminate anger

Listening Seek first to understand and then be understood

Laughter Every day from your belly; it works!

Love unconditionally


Positive Attitude at all times, regardless of the situation
(adapted from Amanda Gore)

If you already practice any of these suggestions, excellent. If not, your best success will begin with baby steps. Choose one area and become intentional. Map out your own journey to joy by journaling your progress or making simple daily notes in your calendar.

For example, if you are a complainer, choose to focus on being thankful for one week. Wake up and list five things you are thankful for or say them out loud in the mirror. When you are tempted to complain (about the traffic, let's say), be thankful instead (for your car, your driver, your safety). If you are persistent, you can change a negative pattern into a positive one.

"Every single business and educational outcome improves when we start at positive," writes Shawn Achor in his book *The Happiness Advantage: The Seven Principles of Positive Psychology That Fuels Success and Performance at Work*. "Sales improve 37% [...], productivity by 31%, you're 40% more likely to receive a promotion, nearly 10 times more engaged at work, live longer, get better grades, your symptoms are less acute and much more." If we give joy more ground and kick fear to the curb, empirical evidence shows our quality of life will significantly improve as a result.

And what if we place fear and joy face to face? Look at your list of fears and laugh at each one. I predict that in hand-to-hand combat, joy will conquer fear. While fear has the power to kill, when joy is placed in the ring it can cause people to be unleashed to thrive.

Begin the journey today. Less Fear, More Joy. 

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SECOND GLANCE

With Andy Heath

Pictures by Kelly Zhang

It can be hard to start a conversation with a group of kite-fliers. Standing in a neatly-spaced row, backs to the wind, staring off into the sky, they look a little like an orderly queue for alien abduction. They are chatty, but their answers drift upwards, their eyes locked along the almost-invisible strings stretching away from them.

Fortunately, the only woman in the group begins talking to me almost at once, spraying friendly English phrases. “Hello, good day, good morning, welcome!” She tells me she’s the group’s newest member. “I enjoy it so much,” she adds. “But I would say my skills are low.” I ask her how this affects her flying. She tugs the line on her kite before answering. “I crash a lot.” Despite her warmth, she doesn’t want to tell me her name and clips a large pair of dark lenses over her reading glasses when she sees my camera.

Another flyer sidles over to us. He has carefully-combed salt-and-pepper hair and wraparound sunglasses. “Kites,” he announces, “are for spring time. Each flight is a new life, a hope, a dream.” With a glance at my anonymous friend he rounds out the list of qualities emphatically. “They are romantic.”

As I ask more questions, I’m quickly referred to the group’s senior member, Mr Wang. He is frail for 65 but says the fresh air and exercise of his hobby can slow the progress of diseases. He has been flying kites for ten years but says he will have to stop soon. “My body is becoming too weak,” he explains. I ask him if he believes in the tradition that when you let go of a flying kite, it takes bad luck and illness away with it. “No,” he answers. “But it is still good to be looking up, not down.”

Kites have been flown for around 2,300 years in China, longer than anywhere else in the world. They were probably inspired by people having their hats blown off or seeing loose sails lifted by gusts of wind. People in other places were undoubtedly losing their headgear and capsizing boats, but here they had the perfect materials to make a game of it. If you want to stretch fabric over a frame and keep the whole thing light and strong, there’s not much better than silk and bamboo. Once paper was invented a few hundred years later, almost anyone could afford to pilot what NASA calls the earliest aircraft.

In their history they have been used to send messages, to lift soldiers and spies into the air, even as a tool for practical geometry. In Chinese they are called “fengzheng” (风筝), or “wind zithers”, because people used to hang pipes from them so they sang as they flew.

Mr Wang tells me that kites have never stopped evolving. A few years ago, Nanjingers hit on the idea of tying on LED’s for night flights. The kites disappear into the darkness but the lights are still easy to see a kilometre up in the air, bobbing and flashing. “People called the newspapers, the television, nobody guessed what it was,” he says smiling. “They thought the aliens had come to Xuanwu Lake.”

The group lapses into comfortable silence again. It’s an unusually clear day and the kites are like a spray of red and gold ink on blue paper. After an hour, I realise that I’m standing like a kiter. My shoulders are back, my head is up. Sometimes we are quiet, sometimes we talk, listen and laugh. But we never look anywhere other than upwards, at the shapes in the sky. **NK**





THE ROAD LESS TRAVELLED

A RECIPE FOR GROWTH IN THE TOURIST INDUSTRY

Take 1.4bn people and a booming middle class with money to spend. Mix a sightseeing and shopping culture with an emerging interest in landscape, natural experiences and foreign food. Add better airports and transport infrastructure. Finally, season lightly with a relaxation in travel restrictions to create a mouth-watering solution for many countries' sluggish tourism industries. As written in an Australian tourist company blog "put another 6,000 snags and shrimp on the barbie!" But what kind of holiday do the Chinese want? Run of the mill shopping and sightseeing tours, or something, well, more individual?

The Chinese recently overtook the Americans as the world's biggest spending tourists, with more than 100 million people splashing out to the tune of \$165 billion; in the five years to 2015 the number of total trips taken has more than doubled. The World Travel and Tourism Council expects the sector in China to have expanded by 9 percent a year between 2010 and 2020, the fastest rate in the world. Globally, China is revving up at the take off position of the Tourism Life Cycle.

Hong Kong and Macau remain the biggest holiday destinations for Chinese tourists, but Europe is popular among an affluent minority. Whilst group travel sightseeing coach tours along the lines of "see five countries in ten days" remain the mainstay, activities such as hot spring spa visits and wining and dining have all increased in popularity (Travelzoo, 2014). The new wave of younger, well educated tourists, often working for international companies, are, according to Wolfgang Georg Arlt, director of the China Outbound Tourism Research Institute, "less interested in ticking off a list of famous places and more interested in doing things, such as learning local dances, taking cookery

classes or going punting in Cambridge." Thomas Cook, a UK-based travel company, has launched a joint venture with the business conglomerate Fosun, (founded by four Shanghai university graduates in 1992), which now owns a 5 percent stake. Thomas Cook hope the deal will allow it to develop upmarket hotels in China that will be exclusive to their customers. This year Fosun also bought the struggling French travel company Club Med and hope to develop the classic "beach and activity holiday" brand for the Chinese market closer to home than the Maldives. Its first ski resort opened in Yabuli, near Harbin in 2010. It hopes as many as 12 million Chinese could be tempted to try its new range of family-oriented beach and ski resorts.

The Western vogue for independent travel booked online is unpopular in China. Group travel will dominate for the medium term because it is easier to obtain travel documents in the highly centralised and regulated travel business. For both the domestic and foreign tourist,

The Great Wall, Terracotta Army of Xi'an, the Bund of Shanghai, the Disneyaqua Lijiang in Yunnan, are of course amongst the top sites, but there is change in the air and a new kind of visitor can be seen lurking. For example in Guangxi, near Yangshuo on the Li River, is a converted set of ancient farmhouse buildings of honey coloured bricks bought and lovingly renovated as a guest house by a Dutch couple and a small army of locals. Most visitors "do" the obligatory bamboo rafting, but the "Giggling Tree" also offers nature hikes, bike tours and cookery courses. Curious bands of non-resident visitors wander through

the courtyard restaurant clearly puzzled at the use of ancient farm paraphernalia, such as farmers capes and grinders, as decorative items. They are wondering why people are sitting in an old farmhouse. Retro-heritage chic is a concept in its infancy.

Clearly there are rich pickings for foreign companies and online travel agents, but my guess, looking at the Trip Advisor statistics of my Giggling Tree review, (1,267 hits and the majority of these from China; thank you for asking), is that Chinese Heritage Tourism is the next big thing. Or even the truly individual Road Trip, Easy Rider style. **NUX**





Contaminants

■ I was drinking some Long Jing last week. It was stuff I had bought in bulk online from a seller in Shanghai. I did not have enough time or enough faith in this cheap tea to drink it with too much ceremony; I swug it from a mug, topping it up from a jug of water. Cold Fusion. Naturally, after several jugfuls, this tea was not giving any more taste. Time to toss the leaves. That is when I noticed.

The Long Jing leaves were now turquoise. Several were even bluer than that.

Well, I could give the benefit of the doubt. But I am not going to. I am familiar with tales of traders in the 19th Century pandering to the foreigner's preference for red tea (at a time of short red tea supply) by painting green tea leaves with "Prussian Blue" (cyanide) and gypsum. Examples of such poisonous "stained" teas were displayed at London's Great Exhibition in 1851.


There are still few reliable controls in the Chinese market. And certainly, in the case of green tea, there would be a strong motive for manufacturers/resellers to shift the colour balance in the blue direction. Green (think of "mint condition") connotes freshness, while yellow connotes over-ripeness and oxidation. Older green tea will indeed become increasingly yellow-green and dusty before settling into permanent grey-brown pillow fodder. So it makes sense to think that the greener the green, the more pure-tasting and fresh it must be. But that's not necessarily so.

Certain leafy plants, even within the same region may exhibit more yellowy leaves than others. It is often more about soils than genes. And the chlorophyll content of finished green teas (the component that makes them green) is also something that varies according to style. Yellow is a necessary but not a sufficient condition for identifying stale green tea.

I should also explain that just in the last year I have found shards of charcoal in a dark tea, a flattened grasshopper in a green, and an intact mayfly in a (particularly good) batch of Lapsang. Friends reminded me that such creatures are proof of the authenticity of the hand-made product. And I am inclined, to some degree, to agree.

But the contaminants are not the "charm of the thing"; there is enough diversity without them. And we cannot trust only our taste-buds and eyes to decide what is safe/unsafe in this age of industrial stealth additives.

Tea is not a product (like, say, unpasteurised cheese) where taste and character are blunted by regulation. It should be possible even for smaller players to thrive in maturer, more-regulated market conditions. The risk/reward dynamic should only really involve a slightly higher final price; people need to be paid for performing checks. Greater control of pesticides (the subject of a forthcoming Strainer) need not cripple this industry. Cleverer packaging, carrying more-uniform production dates, should make the "meaning" of colour gradations less of an issue.

Industries do grow up. It is just that some aspects of the horror history are lasting longer than they need to. 

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Gastronomy 1ST CRAWL

Revisiting a Hotspot for Foreign Cuisine in Nanjing

By Frank Hossack & Wang Tiantian

Great, isn't it? China. So much to absorb, to experience; a millennia of history and culture, countless contributions to humankind. For newcomers especially, it can sometimes be too much to take in. That's when we need our Western fix. As for the culinary options, the greatest concentration of quality Western dining is presented in IST Mall in Xinjiekou. The Nanjinger recently stopped by to run a critical caress of its taste buds over two new kids on the block while on the opposite leaf four other IST stalwarts are summarised for the benefit of those new in town, all in the best possible taste, of course.

La Mason 1F

One cannot help but imagine what an ad for this locality would look like; an urban hipster sitting at a dining table with a hairstylist trimming her long mane of hair in the latest fashionable look, while the tattoo artist brands her right forearm with that playful floral pattern all the girls in town are now wearing, as from her left wrist dangles a funky bag she is inspecting closely while somehow having managed to miraculously slurp up a helping of spicy spaghetti with no free hands to spare. Sounds too busy and unbelievable to you? Yet, at La Mason (sic!) those are all the things you could do rolled up into one stylish establishment.

The bag-selling resto-bar-hairdresser cum tattoo salon is the latest addition to the IST family having opened only weeks ago, oozing urban style and 21st century efficient dining. After all, everyone is so busy being important in China's metropolises nowadays that there's only time for food and coif if you offer both at the same time.

For the more traditional diner who likes to take a minute or two to actually enjoy the experience, La Mason indisputably has an outstanding range of deviations from the standard pasta and pizza. The restaurant with the attempt at a French name offers high-quality, Shanghai-imported mediterranean delicacies,



coming together in the ultimate mixed cheese & ham platter, available in small and large; though for "small" read enough for a satisfying entree for four people at very good value. A veritable mound of Grana Padano, Camembert and Manchego, Parma ham, salami and other cuts presents itself with a delightfully light side salad. Not for vegetarians or the lactose-intolerant, this is a dream come true for any cold cut and cheese enthusiast missing a fix in China. Even better news are the Merguez sausages from South Africa, mouthwateringly spicy slabs of ground lamb neatly rolled up, a variety of the meaty pleasure that you generally are unable to find anywhere else in Nanjing. Though the Byzantine ham salad disappoints on account of what seems to be an over-sugared "Kewpie"-type thousand island dressing, the pasta aglio and peperoncini turns it around again.

The beverage section ensures you won't be going home thirsty with a delectably non-sweet Champagne Mojito, that is sheer brilliance, and truly fresh Mango juice with actual pulp.

While we did pass on the tattoos for the time-being, La Mason is definitely worth a visit for traditional relaxed diners and hip combo junkies, who think that doing just one thing at a time is so last century, alike.

The Me 1F

Sitting diagonally across and only a skip and jump from La Mason lies The Me, a shortened form of Mediterranean, it appears. Acutely aware of each other's existence, it is The Me that could be thought of as the elder brother; while the former is new little upstart, The Me has the benefit of having a few locations in Shanghai under its belt. Yet, interestingly, the owner hails from Nanjing, obviously now believing their hometown to be deserving of their efforts.

Indeed, no effort has been spared. For these are pizzas with arguably the thinnest crust in Nanjing; good news for those wishing to avoid that bloated feeling that often comes with an

otherwise guiltless gorging. Going for the Spanish sausage version, a likely indicator that Shanghai is now sausage capital, The Nanjinger also ordered "Hot Spring Egg Salad with Rice Kernel and Spinach" that comes loaded with nuts; walnuts, cashews, pine nuts and almonds, spiced with the odd cranberry, a treat if ever there was one, with hot spring being a reference to poached origins of the egg; that it be poached in the spring waters of Tangshan is likely too much to wish for.

The Me does not have the same magical assortments of quality ham and cheese, but then neither does La Mason have fabulous pizza. The Me, however, does serve up a crea-

tive range of sandwiches and with a menu that also sports a “Stews” section. Now that’s a first in China. Within, a whole chicken stew, a veggie variety and, more fascinatingly, the Mama Maria braised beef stew that comprises ribs, in a sauce!

On the alcohol side, The Me offers a “Handy Shandy” which would be tempting as so few places in China serve up the quintessential thirst quencher, were it not for the facts it is ¥48, the menu testifies that it is merely Sprite employed within and I could make



one myself with Snow and 7Up for, like, ¥5. All is not doom, gloom and holes in your wallet though; both Jager Bombs and B52s go for a tempting ¥28, while there is a decent range of cocktails for prices that are par for the course in Nanjing.

It can certainly be said that The Me is not expensive by any standards, perhaps explaining why the daily specials and lunch deals are poorly advertised. Track them down; you will likely end up with a red tea and a free salad, albeit a boring one. **NJ**

Element Fresh 1F

Element Fresh had the foreign community on its knees when it opened two and a bit years ago, but oh, how times have changed. In 2013 this was unquestionably cuisine of a quality that Nanjing had never witnessed, and so we were happy to pay handsomely for it. Now, we’re not. The specials board outsize shows Element Fresh’s stark realisation for their over priced offerings that now have some very serious competition in many quarters.



Blue Frog 1F

While it may have its origins in a Shanghai of the same era, if Element Fresh was “born out of an expat’s passion for food”, then Blue Frog is more booze and burgers. While the happy hour from 4 to 8 each day and sitting on Zhongshan Lu watching the city centre pulsate remains really rather fabulous, finding a free seat outside is a challenge. We say arrive at 3.30. Monday night is happy hour on burgers that sees ‘em queuing out the door. Keep away; there is better elsewhere.



Wagas 1F

The hip, large-windowed modern eating establishment that followed Element Fresh over from Shanghai and works in much the same way is a great place for people watching while picking at one’s incredibly undersized but freshly made pasta. Really the main draw is the use of non-standard ingredients for some dishes such as their spinach wraps with halloumi cheese. Just don’t expect to feel full when you walk out of there after one “main course” and one of their overpriced smoothies; it’s really more for those on a diet.


Needless to say, there is a lot more to Western dining in Nanjing than those mentioned above. See The Index beginning on page 49 for a comprehensive list of Nanjing’s best Western restaurants, chosen by The Nanjing editorial for quality, consistency, service and value for money.

Origin 3F


Fresh, cheap and with added entertainment. That’s Origin. Rather than silly 2-for-1 cocktail hours, this “urban farming” dining concept has slashed the prices in half, serving up ridiculously tasty orange mojitos and caramel apple tins for under ¥30 a pop. Here it’s happy hour all day, every day. The slightly uncreative Pan-European cuisine (read steak, burgers, pasta, tacos, soups and salads) is freshly prepared with natural ingredients and no MSG. For entertainment, visit the piggy family in the shed in front of the restaurant within the mall; don’t worry, they are not part of the main course.



Oasis


- Oasis stands out because of its genuine, modern Western flair. House music, stylish decor and fabulous lighting create just the right environment to sip a cocktail or two. To add to the pleasure, you can enjoy expat classics such as pizza, lasagna and various other pasta dishes at incredible value for money. No need to find a place for dinner and hop in the taxi to go 1912, at Oasis you have it all in one fashionable and delicious package. A true Oasis for expats looking for a taste of home. Find Oasis at 133 Mingwalang, crossing of Shigu Lu and Zhongshan Nan Lu. 明瓦廊133号 Tel:- 83191933, WeChat:- 13805165993. 

Muji

- Founded in Japan in 1980 with a vision of "products that are actually useful for the customer and maintain an ideal of the proper balance between living and the objects that make it possible", MUJI very conveniently brings this concept in Nanjing to right opposite the BHG supermarket in Deji Plaza. Therein, clothing in the H&M vein, essential oils, wicker baskets, bathroom products, wooden cutlery and suitcases that sit, bizarrely, side by side with curry sauces. Yet it is the stationary section; tasteful notebooks and elegant ring binders, that truly stands out, making MUJI a very welcome addition to the Nanjing shopping scene. Located at B1, Deji Plaza 2nd Phase, 18 Zhongshan Lu, 中山路18号德基广场二期B1, Tel:- 86777032. 



Homm Cake

- The latest project by the owner of Friends restaurant is Homm Cake, a quaint and relaxing café that offers a variety of classic European mousse cakes and fresh bread, all of which are incorporated into Friend's new brunch option for an added tenner. Back at Homm find innovative approaches to sweets with creations such as the mascarpone-mango mix served up in a whole orange. The owner, having spent much time abroad in Europe, knows what he is doing, as his previous project Friends has shown. Big glass windows ensure a comfortable ambiance as one indulges in afternoon tea and a slice of sweet sin. That's Homm Cake. Nanxiu Cun 11, just off Shanghai Lu 南秀村11号, Tel:- 86637101. 



Music

Joss Stone

Water for Your Soul

By Frank Hossack



■ *Always a fan of the transient lifestyle, Stone embodies hippy chick; spending a summer travelling with a boyfriend all over Europe in a camper van, prior to returning to the studio for her seventh album, “Water for Your Soul”, released on 31st July, that she herself describes as “reggae-ish”.*

The story of the young English girl in the limelight goes back too 2001, when she was just 14 and staring at a recording contract with EMI. Two years later, her debut “The Soul Sessions” hit the big time and over the next decade, Stone was to sell 12 million albums, win awards aplenty and perform with all the greats; from James Brown and Stevie Wonder to Donna Summer and Jeff Beck; she took them all in her stride; yet the idea of singing with Aretha Franklin terrified her.

There is more; Joscelyn Stoker was to become the youngest British female singer to top the UK Album Chart, and the new spokesperson for the Gap clothing company, replacing actress Sarah Jessica Parker. Yet, if you were to sit down in Stone’s front room, amid the stereotypical icons for a hippy generation; the throws, the rugs and the weirdo lighting, you would also find plenty of vinyl albums; everything from hip hop and RnB to reggae and world music. That is what we hear aplenty

on her new offering; swathes of tonality from the world’s richest tapestries of popular music; as well as her signature white girl singing soul, the new album brings with it a new fluidity; funk if you like, for the catwalks.

If there is any mistep it is with the lyrics and the reggae influence of co-producer Damian Marley (son of Bob) which at times feels strained; subtlety and unpredictability to the riffs is what is missing. The boy should have paid more attention to his dad.

As the album was written over the course of one relationship ending and another starting, it is hardly surprising that one song didn’t make it onto the record; singing it became too painful. That’s typical Stone. She recalls identifying most with something the Miami soul legend Betty Wright once told her; “Put your world into each line.” Stone manages to pull it off, most of the time, yet that is enough to set her apart, and enough reason for this album to grace the shelves of your collection.

*Or go see her yourself. On her current world tour, Miss Stone is popping into each one of the world’s 204 countries. Now that’s transience. **NIX***

Cinema

It's an Enigma

The Imitation Game

By Laura Helen Schmitt

■ **H**ow a film such as *Imitation Game* made it past Chinese censors will remain a matter of wild speculation. Depicting the tragic fate of Alan Turing, whose invaluable service to the British nation consisted of cracking the German Enigma code, thus playing a major part in the victory of World War II, only to be put on trial for homosexuality and chemically castrated years later, it is not the type of film you would expect to see screened in a country which only de-classified homosexuality as a mental disorder after the turn of the millennium and who still struggles in accepting and openly talking about “non-standard” sexual orientations.

Be it because of the foreign cast (“Oh look what those weird foreigners are up to again”) or simply a successful slip through the censor net, *Imitation Game* has hit Chinese cinemas; and that is a good thing.

What stands out about the production is that it is incredibly tasteful. No shock factor images of soldiers bodies bleeding and being ripped to shreds, no sordid sex scenes included simply because nowadays it feels like a movie without lengthy and graphic portrayals of characters getting it on is not a real movie. Instead, the film ties together in an engaging and compassionate way the complex narrative of a person who did an incredible service to their country in secret and in return was publicly shamed and physically abused by the very country they saved.

In fact, it is the exact absence of soldiers dying dramatically on the battlefield and rather the fleeting view of a young man bleeding through the bandage around his head that powerfully illustrate

the feeling of helplessness among the young group of cryptanalysts who decipher notices of imminent German attacks only to have to let many of them happen anyway to hide their successful cracking of the code. It is Cumberbatch, who plays Turing, jogging along a field during sunset, the serenity of the scene becoming almost macabre as elsewhere thousands are losing their lives, that really drives the point home; the war is happening elsewhere and all they can do is read about it.

In terms of the lack of erotic scenes, there is just that little nagging voice in one's head that, while applauding the deviation from the Hollywood Standard, wonders if it isn't the subject matter of the movie that is the actual reason for this choice. After all, even Hollywood can still be caught struggling with the concept of two men kissing in an aesthetic way.

Moving on to the plot line, the film has taken a lot of heat for its historical inaccuracies. Beginning with the presence of Soviet spies where there were none, falsely creating an antagonist and finally making the main character Turing decidedly Sherlock-esque, considerable artistic freedom has been taken with this production. One cannot help but feel that Mr Cumberbatch has been pushed into the niche of obnoxious genius on the Asperger's spectrum, as his performance, while admittedly excellent, is nothing we have not seen before in 221B Baker Street.

Then again, lamenting historical inaccuracies of the film may be in this case entirely missing the point. This piece of work is being celebrated back home as a milestone for the LGBTQ+ movement in its humanistic depiction of Turing. On the ground in China, a local friend admitted that after viewing the film their perception of homosexuality had completely changed to become more compassionate and understanding. Evoking such powerful reactions is really all that matters. **NW**



NOW SHOWING IN ENGLISH IN CINEMAS ACROSS NANJING



Sheraton Kingsley Dragon Boat Challenge
Powered by Kryptonite!
 21st June

The crowds that lined the banks of Mochou Lake and the competitors out on the water paddling furiously were both grateful of a lucky break from the heat for the day at this year's Sheraton Kingsley Dragon Boat Challenge. Changan Mazda Yanfeng virtually swept the board of the major trophies, but not without very spirited competition from 21 other teams, made up of local companies as well as multi-national joint ventures from a host of different industries.





Asia Outdoor Trade Show Happy Birthday! 23rd - 26th July

The premier trade show for the outdoor industry in Asia celebrated its tenth year with its biggest show to date that saw visitors top almost 20,000 and an incredible 1,700 participants in its night Running Race on Purple Mountain. As a spin off from the OutDoor Show in Germany, Andreas Brand, Mayor of Friedrichshafen also made to the journey to Nanjing to join industry leaders in recognising the show's achievement and that of its founder, the late Knut Jaeger, who passed away in February.





Nanjing Golf Society
Ready, Set, Scramble!
13th June

With its plethora of birdlife and flowers, Lake Hills golf course in Jurong and its massive 600 yard 18th hole, was the setting for the Nanjing Golf Society's Dragon Boat Scramble tournament that saw over 35 participants compete in the scramble format for various prizes that also went toward raising funds for the Hopeful Hearts charity.





3rd Craft Beer Festival and Rock Concert

Going with the Flow

18th July

Once again, the foreign community and local subculture came together to share a few beers, and then a few more. Brewers trekked to Nanjing even from neighbouring provinces to offer up ciders, ales, and flavoured brews while the usual suspects of Nanjing's foreign restaurant scene supplied the greasy food with which to soak up the alcohol. Safety measures were ignored as motorbikes skidded through the crowds, the live bands made sure of a drink-conductive atmosphere and the romance was provided by a surprise wedding proposal. Fun all around.





Nanjing Int'l Community Clubhouse These Boots Are Made For Sellin'

7th June

Nanjing's very first charity car boot sale was a grand success as the international community came together in Xianlin bringing with them anything they could fit in their car boot. The weather could not have been better as eager shoppers stormed the premises for a good cause, shopping and swapping 'till the sun came down.



Love Care Hope

Butterfly Children's Hospices



Butterfly Children's Hospices supports the Nanjing Social Welfare Institute to provide care for children with life threatening illnesses or life limiting conditions.



For more information about our work in China; www.butterflych.org/blog

Food & Drink

Western Bars & Restaurants

Bubba's 芭布 G1

Chic Hills, 286 Zhongshan Lu (at Xuejia Xiang)
中山路 286 号羲和广场一楼
85878066
www.bubbasasia.com
Stays true to the unique cooking processes and characters that have become hallmarks of great American barbecue. Applewood log smokers subdue meat cuts to 6-15 hours of "low 'n' slow" smokin' heaven!

Bellini Italian Bar & Restaurant 贝丽妮

12 Nanxiucun 南秀村 12 号 G1
52888857
1-106, 9 Wenfan Lu, Xianlin E2
仙林大学城文苑路 9 号 1-106 室
85791577
www.bellinirestaurants.com
Stylish and elegant yet easy in which to relax, Bellini serves up an array of signature dishes and drinks with tempting specials available every day.

Oasis 绿洲西餐 H15

133 Mingwalang
明瓦廊 133 号
83191933
Genuine, modern Western flair plus house music, stylish decor and fabulous lighting create just the right environment in which to sip a cocktail or two. Pizza, lasagna and macaroni cheese dishes are particularly popular with foreign patrons, and with good reason.

Finnegans Wake

芬尼根爱尔兰酒吧餐厅 J2
6 Cinnalane
中山南路 400 号升州路 (原中北汽车站) 熙南里街区 6 号
52207362 / 13057623789
www.finneganswake.com.cn
Guinness, Kilkenny, San Miguel and Rogue-Dead Guy Ale on draught, a wide selection of classic Irish and Scotch single malt whiskies plus a carefully prepared selection of authentic Western food.

Origin 原粹创意餐厅 G4

1F, Nanjing IST Mall, 100 Zhongshan Lu
中山路 100 号艾尚天地购物中心一层
Western-Chinese fusion restaurant with mushrooms as culinary theme, directly imported from Zhejiang province. Fresh fields have also been installed in the shopping centre outside the restaurant. No MSG is employed in any dish.

Blue Sky Expat Bar & Grill

蓝澳西餐 G1
77 Shanghai Lu
上海路 77 号
86639197
www.the-bluesky.com
admin@the-bluesky.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 and board games' nights.

Brewsell's 比利时啤酒餐厅 G1

77-1 Shanghai Lu (first place up from Guangzhou Lu)
上海路 77-1 号 (靠近上海路和广州路的路口)

58779429

www.brewsells.com
Quality Belgian drinks & cuisine in a smoke free environment. Imported Belgian draft beers include two types of both Vedette and La Chouffe. Daily happy hour from 5 to 8pm; kitchen open until 11pm.

Studio 21 Grill Restaurant 藤美 P3

193 Shigu Lu (behind the Sheraton)
石鼓路 193 号 (石鼓湾美食休闲街区)
86795269 / 13072525212
Genuine European flavours, grilled meat, seafood specialties and renowned home made desserts. Special Set Lunch Menu with great prices and specials for students and teachers.

Hacker-Pschorr 赫佰仕 H6

Basement, Asia Pacific Tower, Jinling Hotel, 2 Hanzhong Lu
汉中路 2 号金陵饭店亚太商务楼
84660099
www.hacker-pschorr-brauhaus.com/nanjing
German brauhaus that is the first Hacker-Pschorr in China, serving up a proprietary brew created in house, along with the pre-requisite sausages.

Jimmy's 吉米来吧 P3

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

Element Fresh 新元素餐厅 G4

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

Punchline 弥多美式西餐 H6

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.

La Mona 拉莫纳 V2

48, South Commercial District, Lower Carpark, Olympic Centre
奥体中心南商务区 48 号停车柱 近奥体东站
83353881
Classy decor and simply fabulous pizza, fresh out of an impressively large stone oven that rivals the more established Italian eateries in town.

Jack's Place 杰克地方西餐

422, Dongcheng Hui Shopping Mall, Xianlin
文苑路与学思路交叉口东城汇 4 楼 E2
85807866
35 Wang Fu Da Jie 王府大街 35 号 H6
84206485
160 Shanghai Lu 上海路 160 号 F2
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.

The Wing Italian Restaurant

意之翼-意大利餐厅 V5
4F, The Central, Hexi CBD
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.

Les 5 Sens 乐尚西餐 G1

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

Motu Burger 摩图 J4

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.

Dream House 梦想之家音乐西餐

20 Jiangjun Da Dao, Jiangning A2
江宁区将军大道 20 号
52837977
Continuing Nanjing's fascination with Western food and drink leaning toward the Germanic. Popular with students from NUAA across the street.

Behind the Wall 答案墨西哥餐厅 F2

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

Secco Restaurant and Bar

喜客西餐
132 Changhong Lu (under the Super 8 Motel)
长虹路 132 号 (速 8 酒店楼下)
83370679
The afterparty 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 G1
3-101, 22 Nanyinyangying
南阴阳营 22 号 3 栋 101 F2
18602560788
Over 100 craft beers waiting for you to try!

Henry's Home 亨利之家 b5

82-2 Fuchunjiang Dong Jie
奥体富春江东街 82-2 号
58577088
One of Nanjing's oldest Western restaurants, with over 20 years experience in serving up western meals; specialties include steaks, fajitas, pizza and organic salads.

Selección Española

57 Zhongshan Dong Lu
中山东路 57 号 H7
Home-made Spanish fast food in the heart of Xinjiekou makes for an attractive and affordable after work option. Open from 5pm, closed Mondays.

Eminence Cellar 香松酒窖 G1

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.

Wagas 沃歌斯 G4 ●

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.

Potato Bistro

马铃薯 E2 ●

5301 Kangqiao Sheng Fei, 9 Wenfan Road, Xianlin

仙林文范路 9 号 康乔圣菲 5 幢 301

85791293

A bistro based on green, organic, fresh foods and authentic taste. Large balcony offers outdoor BBQ for up to 150 people.

Axis Mexican Restaurant & Pub

Axis 墨西哥餐厅 E1 ●

Yadong Commercial Plaza, 12 Xianyin Bei Lu

仙隐北路 12 号亚东商业广场

15895872728

A real Mexican dining experience offering a wide variety of traditional Mexican dishes as well as continual additions to the menu. Delivery service enjoys an excellent reputation.

Nail Jazz Bar

钉子爵士酒吧 Q3 ●

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.

Ellens Bar ●

艾伦酒吧

132-3 Guangzhou Lu 广州路 132-3 号 G1

83641119

37 Hunan Lu 湖南路 37 号 E1

83641118

Laid back and relaxed atmosphere plus food & drinks at great value prices.

Middle Eastern Cuisine

Jacob Arabic Restaurant

嘉珂帕

61 Hankou Lu 汉口路 61 号

86521668

Classic go-to for Middle Eastern fare; grilled Hallal meats, shawarmas and a mouth-watering assortment of dips. Prayer room on the second floor.

Indian Cuisine

Baba Restaurant

巴巴餐厅 D5 ●

Jinyuan Food Court Outlet, No 11 Hexi Central Park, 341 Jiangdong Lu

江东中路 341 号出口南京金源美食广场 11 号负 1 楼

13611574929

Reincarnation of Kohinoor, Nanjing's long serving Pakistani restaurant, features a menu that boasts over 200 dishes, all of which taste nothing alike.

Nanjing Ganesh Indian Restaurant

甘尼仕印度餐厅 E4

3 Kunlun Lu

昆仑路 3 号

85860955

www.ganeshchina.com

The unlikely combination of Indian food and jazz music that nevertheless has stood the test of time

in both Suzhou and Wuxi. Fabulous decoration in a great location by the city wall at Xuanwu Lake. Hosts the occasional jazz concert.

Himalaya-Nepalese & Indian Restaurant

喜马拉雅尼泊尔印度餐厅 P3 ●

193 Shigu Lu (behind the Sheraton)

石鼓路 193 号

8666 1828

Himalaya is a very popular restaurant serving a variety of Nepali and Indian foods in a setting as authentic and inspired as the dishes themselves.

Taj Mahal

泰姬玛哈印度料理 H15

117 Fengfu Lu

丰富路 117 号 ●

84214123

187-1 Shanghai Lu 上海路 187-1 号 ●

83350491

Established in 2003, the Taj Mahal offers a great variety and exotic blend of high quality authentic Indian cuisine that it continues to this day, making it forever popular with the foreign community.

Masala Kitchen ●

玛莎拉印度餐厅-酒吧 E1

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu

仙隐北路 12 号亚东商业广场 A05

84448858

masala_kitchen@live.com

Offers vegetarian and meat dishes plus savory Tandoori oven dishes and exotic curries cooked fresh by a chef with over 20 years of experience in his hometown of Hyderabad. Also serves a fine selection of imported wines and beers.

Japanese Cuisine

Kagetsu

嘉月 O5 ●

62 Taiping Bei Lu, 1912

太平北路 62 号 1912 街区

86625577

A lifestyle oriented dining experience with a focus on creative cuisine. Balcony affords views over 1912.

Taiyuo Teppanyaki 大渔铁板烧

57 Zhongshan Lu

中山路 57 号 H6 ●

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 E2 ●

#6, Block 1, Dongfangtianjun, Xianlin

仙林杉湖西路东方天郡门面房 6 号

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 H20 ●

B1, Golden Wheel Tower, 108 Hanzhong Lu

新街口汉中中路 108 号 金轮大厦 B1

84469445

Neolithic 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 H7 ●

84764545

B17, B1, Tianyin Plaza, 336 Shangyuan Lu,

Jiangning

上元大街 336 号天印广场 B1 楼 B17 室

81032949

B1, Wonder City, 222 Changhong Lu

长虹路 222 号虹悦城 B1 楼 K1

52275687

Stall 121, Building 1, Chenggowu Garden Centre,

699 Zhongshanmen Da Jie, Maqun H2

中山门大街 699 号花园城购物中心 1 楼 121 号商铺

85568090

B1, One City, 58 Daqiao Bei Lu, Pukou

大桥北路 58 号新一城 B1 楼 A2

58400640 58402105

Ke Jia Fu 可家福 F2

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, Yadong Commercial Plaza, 12 Xianyin Bei Lu

仙隐北路 12 号亚东商业广场 A05 E1 ●

84448858

Raydu Mall, 1222 Shuanglong Dadao, Jiangning

双龙大道 1222 号瑞都购物广场 4 楼 R4 ●

87716166

Building 2, 1912 Bar Street, 288 Changjiang Lu

长江路 288 号 1912 街区 2 号楼 O5 ●

87702166

masala_kitchen@live.com

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

Thai Orchid 梵泰蘭 H15 ●

86-1 Fuchunjiang Dong Jie (La Defense Flower St.)

富春江东街 86-1 号拉德芳斯异国风情花街 (近恒山路口)

83564567

Thai nationals serve as chefs; fantastic group deals available, e.g. set meal of ten dishes for half price.

Pho Saigon 西贡堤岸越南餐厅 H15 ●

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 三铁板餐厅 D5 ●

LD148, Jinyuan Hexi Commercial Plaza, 341

Jiangdong Zhong Lu

江东中路 341 号南京金源河西商业广场 LD148

13770325443

Quality and affordable Teppanyaki experience aimed at office workers for lunch and dinner.

Keziguli Muslim Restaurant 克兹古丽餐厅 H15 ●

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

Green Cuisine 绿野香踪素食馆 M3

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 天地带素食

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

Skyways

云中食品店

160 Shanghai Road 上海路 160 号 F2 ●

83317103

Weilan Zhidu Homeland,

6-4 Hanzhongmen Da Jie 市Q2 ●

汉中门大街 6-4 号蔚蓝之都家园商业裙楼
83378812

A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu

市E1 ●

仙隐北路 12 号 亚东广场 A18 室

85791391

Wanda West, 222-2 Jiqingmen Da Jie

集庆门大街 222-2 万达西地区

85637995

A favourite of the expat community with breads, made-to-order sandwiches, cakes, chocolates, desserts, plus imported deli items such as cheese and salami. Shanghai Lu location has a long queue at lunchtimes.

Sculpting in Time Café

雕刻时光咖啡馆

2F, 47 Hankou Lu

汉口路 47 号 2 楼 市G1 ●

83597180

32 Dashiba Jie (Fizimiao East Gate)

大石坝街 32 号 (夫子庙东门) 市J3 ●

52266082

Delightful atmosphere in which to enjoy coffee, tea, a variety of Western food, plus widely known brownies. Balcony at the Confucius temple branch offers romantic night time views over the Qinhuai river.

Maan Coffee 漫咖啡

1 Qingjiang Lu

清江路 1 号天水滨江花园 市J3 ●

85872858 85607277

1F, Dushi Xihe, 8 Xuejia Xiang (next to Jinrunfa supermarket)

薛家巷 8 号金润发超市旁都市羲和一楼 市G3 ●

85607266

81-1 Fuchun Jiangdong Jie (La Defense Flower St.)

富春江东街 81-1 号拉德芳斯异国风情花街 (近恒山路路口)

市D5 ●

85607299

1912 Nightlife district (near Chanjiang Hou Jie)

1912 时尚休闲街区 市O5 ●

Korean chain serving waffles, salads and all day breakfast options that go down well amid decor that juxtaposes cement, glass and chandeliers.

Délíce Capy DC 莫奈花园 市H5 ●

1st and 2nd Floor, Friendship Mall, 27 Hanzhong Road, Nanjing

南京市汉中中路 27 号友谊广场 1 楼 2 楼

86829191

Lounge in comfortable armchairs and indulge in an array of treats, from gooey macaroons and hazelnut slices to molten chocolate cakes.

Nightclubs

Kamakama 市O5 ●

1912 Nightlife district (behind Starbucks)

1912 时尚休闲街区

86701912

Nanjing's answer to the sleek sophisticated cocktail bars of Shanghai. No 1912 mayhem here; instead it's signature cocktails, selected fine wines and classic malts all the way.

MAZZO Club 玛索国际娱乐 市O5 ●

1912 Nightlife district

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 市O5 ●

2-1 Changjiang Hou Jie

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

长江后街 8-3 号 市O5 ●

83789898

With more of the latest in over-the-top nightclub entertainment, Enzo also has access to many of the big names in entertainment; Paul Oakenfold, DJ R3hab and LMFAO have all played here.

Tourism, Sport & Leisure

Hotel & Hostel

Jinling Hotel Nanjing

南京金陵饭店 市H6 ●

2 Hanzhong Lu, Xinjiekou Square

新街口汉中中路 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.

Holiday Inn Nanjing Qinhuai South Suites

南京上秦淮套房假日酒店 市Y1

12 Mozhou Dong Lu, Jiangning 江宁区秣周东路 12 号

84918888

145 comfortable guest rooms, 83 of which being suites featuring an independent open-style kitchen concept, work desk with ergonomic seating and high-speed internet access. The Umeet All Day Dining Restaurant provides guest a comfortable place to eat that includes the Kids Stay & Eat Free program.

Novotel Nanjing East Suning Galaxy

南京玄武苏宁银河诺富特酒店

9 Suning Dadao, Xianlin 徐庄软件园内苏宁大道 9 号

85208888

www.novotel.com

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

Fraser Suites Nanjing

南京辉盛阁国际公寓 市V4 ●

116 Lushan Lu 庐山路 116 号

87773777

www.frasershospitality.com

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

The Westin Nanjing

南京威斯汀大酒店 市E1

Nanjing International Center, 201 Zhongyang Lu

中央路 201 号南京国际广场

85568888

www.westin.com/nanjing

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

Sheraton Nanjing Kingsley

金丝利喜来登酒店 市P3 ●

169 Hanzhong Lu 汉中中路 169 号

86668888

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

Crowne Plaza

南京银城皇冠假日酒店 市R4 ●

9 Jiahua East Road, Jiangning District

南京江宁区佳湖东路 9 号

81038888

The first five star international hotel in Jiangning.

Fairmont Nanjing

南京金奥费尔蒙酒店 市D5 ●

333 Jiangdong Zhong Lu 建邺区江东中路 333 号

86728888

www.fairmont.com/nanjing

Elegant international hotel famous for its services

and cultural features; the building itself resembles a Chinese lantern.

InterContinental Hotel

紫峰洲际酒店 市F4A ●

1 Zhongyang Lu, Zifeng Tower 中央路 1 号紫峰大厦

83538888

www.intercontinental.com

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

Sofitel Galaxy 南京索菲特银河大酒店 ●

9 Shanxi Lu 山西路 9 号

83718888

www.sofitel.com

resoff@sofitelnanjing.com

The accommodation of choice for many visitors coming to Nanjing, along with all French dignitaries.

Hilton Nanjing Riverside

南京世茂滨江希尔顿酒店

1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)

淮滨路 1 号 (近秦淮河和扬子江交汇处)

83158888

nanjingriverside.hilton.com

nanjingriverside.info@hilton.com

A more serene statement from Hilton; extensive conference and recreation facilities and rooms with balconies overlooking the Yangtze.

Nanjing Sunflower International Youth Hostel

南京瞻园国际青年旅社 市M3 ●

142 Dashiba Jie (Fuzimiao west gate)

大石坝街 142 号·在夫子庙西门的附近

52266858 / 66850566

www.nanjingyha.com

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

Resorts

Kayumanis Private Villas & Spa

南京香樟华莘温泉度假别墅

Xiangzhang Hua Ping, Sizhuang Village,

Tangshan

江宁区汤山镇寺庄村

84107777

www.kayumanis.com

nanjing@kayumanis.com

High-end private villa with refreshing natural hot spring and mountain view.

Regalia Resort & Spa (Qinhuai River)

南京御庭精品酒店 (秦淮河) 市K2

E5, No 388, Yingtian Da Jie

(inside Chengguang 1865 Technology Park)

应天大街 388 号 (晨光 1865 科技创意产业园) 第 E5 幢

51885688

www.regalia.com.cn

A Thai style spa offering a holistic approach to rejuvenation and relaxation.

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村

8 Wenquan Lu, Tangshan, Jiangning

汤山镇温泉路 8 号

51190666

A leisure hotel in Tangshan offering different types of bathing.

Museums

Nanjing Massacre Memorial

侵华日军南京大屠杀遇难同胞纪念馆

418 Shuiximen Da Jie

水西门大街 418 号 市S2 ●

86612230 / 86610931

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

www.nj1937.org

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

Nanjing Museum 南京博物院 市M1 ●

321 Zhongshan Dong Lu

中山东路 321 号

One of China's three national level museums displaying Chinese art, pottery and a life-sized Republic of China street scene. Admission is free with valid ID.

Nanjing Municipal Museum (Chaotian Palace)

南京市博物馆 南京博物院 4 Chaotiangong
朝天宫 4号
World class museum presenting ancient pottery and earthenware, calligraphy, clothing, jade etc.

Six Dynasties Museum 六朝博物馆

Changjiang Lu / Hanfu Jie
长江路 / 汉府街
Constructed on the ruins of Jiankang Castle, visitors can see over 1,200 artifacts, including porcelain, pottery, epigraphs, stone inscriptions, calligraphy and paintings and even a section of the city wall.

Nanjing Jiangning Imperial Silk Manufacturing Museum 南京江宁织造博物馆

123 Changjiang Lu
南京市玄武区长江路 123 号
83416801
Exhibitions of silk manufacturing, brocade, qipao and most interestingly, one dedicated to "Dream of Red Mansions" in which one can experience settings where many events in the novel happened. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Rabe House

拉贝故居
1 Xiaofenqiao, Guangzhou Lu
小粉桥 1 号
Monday - Friday from 8:30 to 16:30
German industrialist's former home that served as a refugee shelter and saved thousands in 1937. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Purple Mountain Observatory

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

Tangshan Homo Erectus Fossil Museum

汤山直立人化石遗址博物馆
Jiangning District, Tangshan Scenic District
南京汤山国家地质公园内
68720777
Insight into the prehistoric life of the Nanjing cave couple, a pair of 600 000 year old skulls discovered in the Tangshan area of Nanjing in 1993. Designed by French architect Odile Decq. Closed on Mondays.

Nanjing Brocade Museum

南京云锦博物馆
240 Chating Dong Jie
茶亭东街 240 号
86518580
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.

Nanjing Taiping Heavenly Kingdom History Museum

南京市太平天国历史博物馆
128 Zhanyuan Lu 瞻园路 128 号
58800123
Houses the largest collection of artifacts and documents from the Taiping Heavenly Kingdom.

Nanjing Science Museum

南京科技馆
9 Zijinhua Lu, Yuhua District
雨花台区紫荆花路 9 号
58076158
Hands-on fun and learning for kids. IMAX Cinema.

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
Study traditional Chinese architecture, including the so-called "99 and a half rooms". Various displays of traditional folk art throughout the year.

Jinghai Temple

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 Zhen He.

Zhen He Treasure Shipyard

南京郑和宝船遗址公园
57 Lijiang Lu
鼓楼区漓江路 57 号
Embark on a replica of one of Zhen He's fleet, view many more models within and sit on the cannons!

Parks & Attractions

Qingliangshan Park 清凉山公园

83 Qingliangshan Lu, near Huju Lu
清凉山路 83 号
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; the cold undercurrents can cause life-threatening cramps.

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.

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.

Jiuhuashan Park 九华山公园

20 Juihua Shan 九华山 20 号
Visit the pagoda and get on the city wall for gorgeous views of the city.

Xuanwu Lake Park 玄武湖公园

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

Yaxi International Slow City

桤溪国际慢城
6 Shengtai Lu, Yaxi Town
高淳区桤溪镇生态路 6 号
57843968
The village of 20,000 was designated China's first "Slow City" by Cittaslow. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Pearl Spring Resort 南京珍珠泉风景区

178 Zhenzhu Jie, Pukou District
浦口区珍珠街 178 号
A 8.9 sq.km scenic area that includes a zoo, circus, dodgems and cable-car to a so called Great Wall.

Gulin Park 古林公园

21 Huju Bei Lu 虎踞北路 21 号
Gardens, paintball and BBQ plus a view of the city from atop the TV tower.

Zhongshan Botanical Garden

钟山植物园
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)
南京市雨花台烈士陵园北大门雨花东路
A surprisingly relaxing memorial park, yet used as a mass execution ground during the anti-communist revolution of 1927.

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
Chalukou, Pukou
浦口区岔路口
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.

Lamending Neighbourhood

城南 · 老门东
50 Changle Lu 长乐路 50 号
52201611
A new name card of Nanjing with cultural activities, traditional Chinese architecture and distinctive local features. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Datangjin Fragrant Valley

大塘金香草谷主题餐厅
Zhengfang Da Dao, Jiangning District
江宁区谷里街道大塘金正方大道薰衣草庄园
52716207
Breathe in the intoxicating scents while strolling through the fields of lavender that lead to the shop filled with perfumes, eye patches, pillows, face masks and even lavender perfume.

Sports

Nanjing Zhongshan International Golf Club

南京钟山国际高尔夫俱乐部
9 Huanling Lu 环陵路 9 号
84606666

Nanjing Harvard Golf Club

南京昭富国际高尔夫俱乐部
176 Zhenzhu Jie, Pukou
南京市浦口区珍珠街 176 号
58853333

Nanjing Gingko Lake International Golf

南京银杏湖国际高尔夫俱乐部
1 Guli Yinxing Hu 江宁区谷里银杏湖 1 号
86139988

Century Star Ice Skating Club

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

Nanjing Leiniaio Paragliding Club

南京雷鸟滑翔伞俱乐部
Wutaishan Sport Center Tennis Stadium
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

Karate Eifuukaikan 空手道影道场 ●

5F, Nanjing Workers Culture Palace Fitness Centre, 54 Zhongshan Dong Lu
中山东路 54 号 工人文化宫 5 层健身中心内
52989189

Zhenqianghui Guns Club 真枪会射击俱乐部

4F, Building 5, Jiaye International, 158 Lushan Lu
建邺区庐山路 158 号嘉业国际城 5 号楼 4 楼
58933533 58933600

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 号天安国际大厦
13 楼
84701266 x 8019
www.pathway-spa.com

Flow SPA 川·天地


46-3 Xijia Datang, Ming Cheng Hui
(200m north of Xuanwu Lake's Jiefang Gate)
明城汇西家大塘 46-3 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

Business & Education

International Education

British School of Nanjing

南京英国学校  ●
Building 2, Jinling Resort, Jiahua 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 Songhuajiang Xi Jie (near Olympic Stadium)
松花江西街 6 号 金陵中学实验小学内 (靠奥体北门)
86696778

The Overseas

海外国际  ●
1606 Block A, Junlin International, 5 Guangzhou Lu
广州路 5 号君临国际 A 幢 1606 室
84533133
admin@the-overseas.com
Wechat: overseas

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 Technology Industrial Park
532 East Zhongshan Road, Nanjing 210016
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, entrepreneurial 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)  ●
806, Haihua Mansion, 99 Zhongshan Lu
中山路 99 号海华大厦 806
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
www.bw-i.cn

Australian Trade Commission


澳大利亚贸易委员会南京代表处  ●
1163, Jinling 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, Jinling 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

New Concept Mandarin

新概念汉语  ●
821, Floor 8th, PICC building, No.98 Jianye Lu,
Qinhuai district
秦淮区建邺路 98 号鸿信大厦 8 楼 821 室
84872361
www.newconceptmandarin.com
nanjing@newconceptmandarin.com
Over 20-years experience in applied linguistic research and global teaching.

Nanjing Bozhan Consultancy Co., Ltd

南京博湛教育咨询有限公司  ●
#203, Building 3, 19 Jinyin Jie
金银街 19 号 3 栋 203 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.

JESIE - Goethe-Language Centre

JESIE - 歌德语言中心  ●
Jiangsu College for International Education, 3rd Floor, 203-207 Shanghai Lu
上海路 203-207 号江苏国际预科学院 3 层
83335690
www.goethe-slz.js.cn

Nanjing No.1 High School


南京市第一中学  ●
301 Zhongshan Nan Lu
中山南路 301 号
68187208
Only high school designated by the International Office of National Chinese Language Promotion as base for the international promotion of Chinese language. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

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
83598762 83598876
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@afchinae.org
French language and culture centre with classes for individuals and corporations at all levels, cultural events plus a modern library with free access to collections.

Cultural Education

Confucius Temple Primary School

南京市夫子庙小学  ●
22 Zhanyuan Lu 瞻园路 22 号
52230929
Founded in 1907 to explore and promulgate the ideology and culture of Confucius. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Clubs & Charities

Nanjing International Community Clubhouse

南京国际社区中心  ●
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. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Nanjing International Club

南京国际俱乐部
Maqun Scientific Park, 3 Jinma Lu
栖霞区马群科技园金马路 3 号
www.nanjinginternationalclub.org
info@nanjinginternationalclub.org
A club with over 500 Members from all around the world. Make new lasting friendships, share, travel and enjoy new experiences with like minded people. Large variety of events offered; cooking, kids' club, book club, dinners, balls, outings, BBQ, concerts, bazaar and more. Fundraising for charities plus opportunities to support, volunteer and become part of an exciting team. Visit "The Hub" the new official club house at Forest Mall.

Nanjing No.1 Toastmasters Club ●

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

Hopeful Hearts

www.hopefulhearts.info
Raises funds for medical treatment of children with heart conditions.

Pfrang Association 普方基金会 ●

3 Jinma Lu, Maqun Scientific Park
栖霞区马群科技园金马路 3 号
85720118
www.pfrangassociation.org
Sponsors education of children in poor parts of Jiangsu

Butterfly Hospice

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

Shopping

For the Home

EAsmart

1F-Z, Wanda Plaza, 68 Zhushan Lu, Jiangning
竹山路 68 号万达广场 1F
52187886
www.eading.com
Fantastic selection of stationary plus coffee machines, electrical and IT appliances, kitchenware and home decoration items.


Working House

生活工场 
4F, Zifeng Tower, Zhongshan Bei Lu
中山北路紫峰大厦购物广场 4F
52360109
Stylish kitchenware in dark tones, candles and colourful vases or even camera cases; just a few of the fascinating products that await in every corner.

Living Story

欧洲生活馆 
173 Shanghai Lu 上海路 173 号
86634155
Compact yet manages to offer coffee grinders, espresso makers, stylish kitchen utensils, picture frames, oil burners and oils, candles, clocks, various pieces of art, wine racks plus a few bottles of wine.

Hongxing Furniture

红星国际家具广场 
224 Zhongyang Lu 中央路 224 号
83118005
Large furniture mall with many shops. Large range of prices, styles, etc.


Jinsheng Market

金盛百货大市场
2 Jianning Lu
建宁路 2 号 (南京商厦对面)
9 Wangjinshi (off Changjiang Lu) 
长江路网中市 9 号
Daqiao Bei Lu (beside North bus station)
大桥北路 (长途北站旁)
58507000
Large indoor market with everything from home décor to wires, Christmas trinkets and electronics. Cheap but be prepared to bargain.

Jinling Decoration Market

金陵装饰城 
88 Jiangdong Zhong Lu
江东中路 88 号
86511888
Everything needed for a new home.

Longjiang Flower Market

龙江花卉市场 
78 Qingliangmen Da Jie
清凉门大街 78 号
Huge selection of plants, cut flowers, fish tanks and fish, plus gardening tools.

B&Q

百安居 
90 Kazimen Da Jie (beside Metro)
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)
明匙路 99 号 (卡子门广场东侧)
4008002345

Electronics & Photography


Professional Photography Equipment Market

照相器材专业市场 
3F, Binjiang Friendship Shopping Center, 301 Jiangdong Bei Lu
江东北路 301 号滨江友好商城三楼
Specialists in wedding photography with 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

Art Home 聚贤堂

84 Shitoucheng Lu 石头城路 84 号
Arguably the best art supplies shop in Nanjing; oil and acrylic paints plus many products by Faber-Castell and Staedtler. Framing service available.

Jiangsu Fande Culture and Art Block

江苏凡德文化艺术街区 
1 Zhengxue Lu 秦淮区正学路 1 号
84711180
An inclusive cultural industry platform for the research and development, creation, display and transaction of art works. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Avant-garde Contemporary Art Centre

先锋当代艺术中心 
A1-101 Finder Art District, 1865 Creativity Park, 388 Yingting Da Jie
秦淮区应天大街 388 号 1865 创意园凡德艺术街区 A1-101
52270661 / 13814059763
Dedicated to the promotion of contemporary art.

Fangshan Culture and Art Creative Industry Park

南京方山文化艺术创意产业园 
1 Donghuyuan, 588 Longmian Avenue 江宁区龙眠大道 588 号东湖苑 1 号
84933837
Home to 100 cultural industry enterprises, 4 art institutions and over 40 famous artists in photography, oil painting, Chinese painting, sculpture and pottery. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Jiangsu Art Gallery

江苏省美术馆 
266 Changjiang Lu 长江路 266 号
84506789
Local artists' work, changed frequently.

ART 国艺堂

D-1 Shuimuqinhua, 99 Shitoucheng Lu
石头城路 99 号水木秦淮 D-1 号
84506789
Picture framing and art related supplies.

Nanjing Luhe Phoenix Art Gallery

南京六合凤凰山艺术馆 
Fenghuang Shan Park, Yanan Lu, Pukou
六合区延安路凤凰山公园内
57751345
A non-profit institution staging exhibitions and serving as a platform for people to exchange information and experience in art creation and collection. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

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 contemporary Chinese art.

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.

Yipai Art

南京艺派文化用品中心
81 Stone City
石头城 81 号
83704786
epair8888@126.com
Well stocked shop, with oil paints, brushes, spatulas, charcoal, easels, drawing instruments, sketch books plus a large selection of pens, pencils and lead refills.

International Groceries

Epermarket 上海赢盘实业有限公司

www.epermarket.com
4007760776
the 1st online supermarket In China to be ISO 9001 certified, delivering more than 5,000 imported & local goods, plus a growing selection of organic products. Shop for fresh produce, personal care products, high-quality imported meats and wine, and more. Customer service in English, French, German and Chinese.

Fields

www.fieldschina.com
4000210049
cs@fieldschina.com
Shanghai-based online grocery store that delivers safe, delicious, high quality and imported groceries directly to your door. Also offers beverages, organic produce, baby & personal care products, plus ready-to-serve items.

Nanjing Bakery

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

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.

Happy Orange 乐橙便利店

Cuiping International (North Gate), Hanfu Lu, 20 Jiangjun Avenue, Jiangning
将军大道 20 号翠屏国际城北门 (韩府路)
52158366
Small shop with a nice selection of imported items run by a charming couple from Taiwan.

Petite Abeille 法国小蜂蜜进口商店

80 Nenjiang Lu 嫩江路 80 号
83217096
Largest selection of French produce in Nanjing, with an emphasis on biscuits (petite pains, biscottes), chocolate plus home-made heavy breads and baguettes, croissants and apple pie.

Ronnie's Pies

13912379301

www.ronnies.com.cn

Home made Aussie pies in a variety of flavours, including delights such as Cornish pasties, Lancashire pasties and sausage rolls. Each pie comes individually wrapped and labelled. Delivers from Yangzhou.

Wendy's Bakery

温底手作

13611577210

http://wendybakery.taobao.com

Classic apple pie, bacon-cheese scones and inventive cranberry shortbread are all just a phone call away. Utilises only imported ingredients.


Metro 麦德龙


288 Ningli Lu 宁溧路 288 号 

300 Jianning Lu 鼓楼区建宁路 300 号

Originally a B2B operation in which private individuals can now shop. Wide selection of foreign foods plus wines, beers and spirits. Passport/ID sometimes required.

Carrefour 家乐福

235 Zhongshan Dong Lu 中山东路235号 

341 Jiangdong Zhong Lu 江东中路 341 号 

26 Jiqingmen Da Jie 集庆门大街 26 号


7 Daqiao Nan Lu 大桥南路 7 号

3 Liuzhou Nan Lu, Pukou 浦口区柳州南路 3 号


Good range of dairy products, especially imported butter, cream and cheese plus snacks, pasta and wine.

Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街 151 号 (近纪念馆东路) 


11 Qinhuai Zhong Lu 秦淮中路 11 号 

866 Yingtian Da Jie 应天大街 866 号 


Another French hypermarché with 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 

B1, Deji Plaza, Zhongshan Lu


德基二期地下 1 层 

B1, Forest Mall, 301 Zhongshanmen Da Jie 中山门大街301号森林摩尔商业街区-1楼 


B1, Raydu Plaza, 1222 Shuanglong Da Dao, 经济技术开发区双龙大道 1222 号 B1 中厅 

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

RT Mart 金润发

39 Danfeng Jie 丹凤街 39 号 (近北京东路) 

B1, New City Mall, 99 Caochangmen Da Jie

草场门大街 99 号新城广场 B1 

260 Longpan Zhong Lu 龙蟠中路 260 号

Shanghai based supermarket with a decent imported food section, dairy and bakery items.

Q.E. Mart 青恩

7 Wenshu Dong Lu, Xianlin 文枢东路 7 号

85862080

Medium-sized supermarket that from the outside is labelled "Korean Market" is the place to head for a wide range of Korean produce.

Sports & Outdoor

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

Unit 8, Area A, 1 Beijing Dong Lu (opposite Jiangsu TV)


玄武区北京东路 1 号 A 区 08 (江苏广播电视台总台对面) French sports megastore chain that also stocks a big selection of informal-wear shoes in sizes up to 48.

Sanfo 三夫户外

57 Zhongshan Lu 中山路 57 号 

84721228 84720512

4F, Zifeng Tower, Zhongshan Bei Lu


中山北路紫峰大厦购物广场 4F 

83518681 83518682

Chinese outdoor chain store stocking equipment for biking and hiking plus backpacks and apparel for outdoor from big names such as Northland, Kailas and The North Face.

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)

湖南路 54 号 (马台街口) 

83374645

Phoenix International Book Mall

凤凰国际书城 

1 Hunan Lu

湖南路 1 号八佰伴旁 (近中央路)

83657000 / 83657111

Wine Outlets

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

Jiangsu Jiuchao Distillery

江苏九朝酒业

278 Hongwu Lu 洪武路 278 号 

84404159


10 Beimen Qiao Lu 北门桥路 10 号 

84714862

38 Dashiba Jie 大石坝街 38 号

84706778

Jayson Wines

南京杰森酒业 

52 Taiping Bei Lu 太平北路 52 号

8370 7195

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

中山东路 198 号 109 室

84679799

www.aussino.net

Ziyo Wines


南京紫元酒窖 

18 Mochouhu Dong Lu

莫愁湖东路

13770923489

Chateau Family Cellar

名庄世家酒窖 

16-10 Mochouhu Dong Lu


莫愁湖东路 16-10 号

87781899 / 13852287767

Services

Healthcare

Hscybele Hospital

华世佳妇产科医院 


9 Wenti Xi Lu 文体西路 9 号

24 hour English hotline: 18013919815

www.hswoman.com/en/

Combines an Obstetrics and Gynecology Department, Neonatology Department and Pediatrics Department with a tranquil atmosphere, high standards of hygiene and more than competent English service, including 24/7 telephone hotline. Underwater birth available; international medicare accepted.

International SOS Nanjing Clinic

南京国际(SOS)紧急救援诊所 

1F, Grand Metropark Hotel, 319 East Zhongshan Lu


中山东路 319 号维景国际酒店 1 楼

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.

Angel Flossy-Care Dental Center

天使福乐氏口腔连锁 

4F,10 Kexiang Alley, Qinhuai District 南京市秦淮区科巷 10 号 4 楼

84069389 / 13951994471

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; other branches in Suzhou, Nanjing, Beijing and Shanghai.

Keya Dentistry 科雅口腔

Room 411, Building E, Wanda Plaza, Hexi


南京河西万达广场 E 座 411

4008919828 / 83308686

www.keyath.com

Providers of Invisalign; a popular, Western alternative to braces, plus reconstructive and cosmetic teeth surgery. International medicare accepted.

Global Doctor International Medical Centre

环球医生国际医疗中心 

1F, Zuolinfengdu, 6 Mochouhu Dong Lu

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 Medical Centre 明基医院

71 Hexi Da Jie 河西大街 71 号

52238800

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

168 Qingliangmen Da Jie

清凉门大街 168 号

86216721

www.jsjsgyg.com

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

Nanjing Entrance-Exit Inspection and Quarantine Bureau

南京出入境检验检疫局 **B2**
1 Guojian Lu, Jiangjun Da Dao, Jiangning
江宁区将军大道国检路 1 号
52345354
Health checks for work permit / visa applications.

Nanjing Drum Tower Hospital

南京鼓楼医院 **F1**
321 Zhongshan Lu 中山路 321 号
83304616
The major trauma hospital (24 hr).

Jiangsu Provincial 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 **G1**
72 Guangzhou Lu 广州路 72 号
83117500 83116969

Jiangsu Provincial Hospital of TCM

江苏省中医院 **Q2**
155 Hanzhong Lu 汉中中路 155 号
86617141
The major Chinese medicine hospital.

Nanjing Maternity and Child Healthcare Hospital

南京市妇幼保健院 **P1**
123 Tianfei Xiang 天妃巷 123 号
52226777
The major maternity hospital in Nanjing.

Legal

D'Andrea & Partners Law Firm

D' Andrea & Partners 律师事务所 **P1**
920, Jinglun International Mansion, 8 Hanzhong Lu
汉中中路 8 号金轮国际广场 920 室
86505593 / 86505693
nanjing@dandreadpartners.com
International consulting firm present in China since 2004 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.

Jeffrey Wang Attorney at Law

王煜坤 | 南京办公室 | 合伙人 / 律师 **C2A**
Deheng Law Offices, 3F, 2 Chuangzhi Lu
建邺区河西大街创智路 2 号 3 楼 | 德恒律师事务所
18066065862 / 58993266
www.chinalawexpert.com
info@chinalawexpert.com
Business lawyer with more than fifteen years legal practice in Nanjing plus fluent English and legal knowledge in both business and personal areas.

Dacheng Law Offices

大成律师事务所
2F, 72 Beijing Xi Lu
北京西路 72 号 2 楼
83755108
nanjing.dachenglaw.com
Hongliang.Hu@dachenglaw.com
Ranked #1 in Asia by size, with branches in 26 countries and all over China. Nanjing branch is ranked #1 in Jiangsu Province (EN/CH/ES/JP/KO).

Property Services

Nanjing Houses **S1A**

#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangning District
天元中路 128 号 2 栋 1 单元 720 室
87735531
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 **P2**
Room 1901, Xinghan Mansion, 180 Hanzhong Lu
汉中中路 180 号星汉大厦 1901 室
51860592 / 5186 0590
www.shre.com.cn
sunhome@shre.com.cn
Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

Home Caught Relocation Service

昊鸿房地产咨询顾问有限公司 **N2**
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 **Q3**

嘉柏 (中国) 国际货运代理有限公司
Rm 1908, Block B, New Century Plaza,
1 Taiping Nan Lu
太平南路 1 号新世纪广场 B 栋 1908 室
84541017
slaing@crowwww.com
Provides moving services, housing services, school search, immigration services, and orientation services with a global network spanning 60 countries.

Best Bond Youth Apartments 贝客青年精品公寓

Hequn Xincun, off Shanghai Lu
上海路合群新村 2 号 2 **G1**
150 Shanghai Lu 上海路 150 号 **G1**
Wan He Zun Di, 70 Zhongyang Lu
中央路 70 号万和尊邸
9 Xitong Lu (east gate of Yinlong Ya Yuan)
西桐路 9 号银龙雅苑东门
400-8090-108
Condominiums of stylish studio flats situated in key parts of Nanjing's foreign community. Common areas provide opportunity for social exchange and integration.

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 **H20**
12C1, Jinlun Mansion, 108 Hanzhong Lu
汉中中路 108 号金轮大厦 12C1 座
84701658
www.cmrchina.com
Supplies multinationals, with additional services including driver's license and import/export of pets.

Faith Houses

Nanjing International Christian Fellowship

Ramada Hotel, 45 Zhongshan Bei Lu
中山路 45 号 南京华美达怡华酒店 **F4A**
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 **L3**
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 **P1**
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 Yaojia'ao
雨花区小行尤家凹 8 号雨花晶丽酒店 **D3**
Mormon service on Sundays at 10am. Foreign passport holders only.

Training, Coaching & Consulting

Chrysalis Consulting 智变 **H1**

#932, 699 Zhongshanmen Ave, Maqun, Qixia District
栖霞区马群中山门大街 699 号紫金尚园商办综合楼 932 室
18551737659
www.chrysalisasia.com
thrive@chrysalisasia.com
A multi-national consulting firm involved in business consulting, solution services, young professional services, business start-ups and care for orphans.

MTI Nanjing

#714, Building 7, Wanda Dongfang, 58 Yunjin Lu
云锦路 58 号万达东坊 7 栋 714 室 **T2**
84714552
www.mticonsulting.com
HR coaching and training solutions, combining international standards with local market needs.

McBride Sports

15951982141
mcbridesports@gmail.com
Coaching for young athletes, adult-personal training and/or Boot Camps.

Hairdressers

V-Salon 香港时光设计有限公司 **H5**

32F, Hanzhong Eagle Plaza, 89 Hanzhong Lu
汉中中路 89 号 金鹰国际商城 32 楼
86292980
Run by a stylist to many pop and movie stars, including Nicolas Cage and Julia Roberts.

Mei Lun Shang Pin Hair Salon

美伦上品私家专属定制 Salon **H15**
6 Sanyuan Alley, Xijiekou
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 **H7**
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.

Pets

Amy Hao Hao Pet Care 爱咪好好 **H15**

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.

Puppy & Kitten Pet Store 狗仔猫仔宠物店

81 Shitoucheng Lu
鼓楼区石头城路 81 号
68192571 / 18625184686
Large range of natural and/or organic imported dog food complimented by the necessary selection of treats, chews, leads and bowls.

Tom Dog Pet Center 汤姆狗宠物中心 📍P2

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.

Photography**Nicolas Harter Photography**

13770761603

www.nicolasharter.com

A French photographer specialising in wedding, commercial and event photography, and author of photo-book "Africa Square", a profile of African artists at the 2010 Shanghai Expo.

Media & Design**SinoConnexion**

南京贺福文化传媒有限公司 ●

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

鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室

84718617 / 13851522275

www.sinoconnexion.com

info@sinoconnexion.com

International award winning professional foreign owned video and media production company with 30 years experience, and 21 years of work in China. Also offers agency services, print and digital publication production, broadcast media, internet advertising, social media promotion and production of audio materials.

VOZ Design

嗓音设计 📍S1A ●

#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.

Translation**Wow-Super A Translation Service**

南京领域翻译有限公司 📍H15 ●

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

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

NJU No.II Dept: Rm 412, Innovation School, NJU

Science Park, Xianlin

南京市仙林大学城南大科技园创新创业学院 412 室

4006969469

www.wowtran.com

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

Travel & Transport**Airport Shuttle Bus 机场大巴**

See table below

Arval Car Rental 📍Q4 ●

法巴安诺融资租赁(中国)有限公司南京分公司

Rm.1339,13/F, Kingsley International Centre, 169

Hanzhong Lu 汉中中路 169 号 13 层 1339 室

66102058

www.arval.cn/eng

Lease brand new cars and vans without having to find the initial capital to purchase them. Five years experience in China car rental industry through BNP Paribas' financial leasing business.

Lufthansa German Airlines

德国汉莎航空公司 📍H6 ●

Reservation Service:

4008 868 868 (CH,EN)

Sales Office: Room 951, World Trade Center, 2

Hanzhong Lu 汉中中路 2 号金陵饭店世贸中心 951 室

Fax: 84722624

nanjing_lufthansa@dlh.de

Lukou Airport Int'l Check-in Service - Rm 417 📍G

Dragonair

港龍航空公司 📍H6 ●

Room 751-754, Jinling World Trade Center, 2 Hanzhong Lu

汉中中路 2 号金陵饭店世界贸易中心 751-754 室

84717286

D.T. Travel

大唐国际(香港)商旅服务有限公司

22E, Jinlun Building, 108 Hanzhong Lu

汉中中路 108 号金轮大厦 22E 📍H20 ●

400 886 1212

Professional English service incl. air ticket, visas, and hotels for individual and corporate travel.

Miscellaneous**Dr. Beckmann Cleaning Specialist**

贝克曼博士

www.doctorbeckmann.cn

Colour & dirt collectors to stain devils and beyond available at many locations in Nanjing frequented by expats, as well as from online malls.

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 📍H5 ●

Golden Eagle Shopping Center, 89 Hanzhong Lu

汉中中路 89 号金鹰国际

Central Department Store, 79 Zhongshan Nan Lu

中山南路 79 号中央商场

Hong Bang Tailor

红邦裁缝 📍G1 ●

18 Nanxiu Cun, Shanghai Lu

上海路南秀村 18 号

Not much to look at, but the tailor of choice for many a Nanjing expat.

Airport Shuttle Bus						AIRPORT - CITY CENTRE			
Airport Bus Line No 1 机场巴士1号线	Cuipin Shan Hotel 翠屏山宾馆	Yuhua Plaza 雨花广场	Qinzhong Qiao 秦虹桥	Xihuamen 西华门	Nanjing Railway Station 南京火车站				
Service during flight arrival times, departure as soon as bus fills up (approx every 20-30mins), V20									
Airport Bus Line No 2 机场巴士2号线	Nanjing South Railway Station 南京南站	Zhonghuamen 中华门	Shuiximen 水西门	Hanzhongmen 汉中门	Caochangmen 草场门	New City Mall 新城市广场	Hexi Wanda 河西万达广场		
Service begins at arrival of first flight until 22:00, departure as soon as bus fills up (approx every 20-30mins), V20									
Metro Line S1 地铁S1号线	Airport 机场	7 Stops	Nanjing South Railway Station 南京南站						
Departure 6:00 - 22:00, every 5 - 10 mins, journey time 35 mins, V6 - 8									
CITY CENTRE - AIRPORT									
Nanjing Railway Station 南京火车站	221 Longpan Zhong Lu 龙蟠中路221号	Airport 机场							
Service leaves from NRS East Square 南京火车站东广场 5:30 - 20:40, every 20mins, Longpan Zhong Lu departure 10 - 15 mins later, V20									
Nanjing South Railway Station 南京南站	Airport 机场								
Service leaves from NSRS Bus Terminal 南站的汽车客运站 6:00am - 21:00, direct connection to airport, journey time approx. 40mins duration, V20									
New City Mall 新城市广场	Hexi Wanda 河西万达广场	Airport 机场							
Leaves from Mo'er Block parking space behind New City Mall 摩尔街区停车场 5:30 - 20:40, every 20mins, Hexi Wanda departure 10 mins later, V20									
Metro Line S1 地铁S1号线	Nanjing South Railway Station 南京南站	7 Stops	Airport 机场						
Leaves from Nanjing South Railway Station Metro Station 南京南站地铁站 6:00 - 22:00, every 5 - 10 mins, journey time 35 mins, V6 - 8									



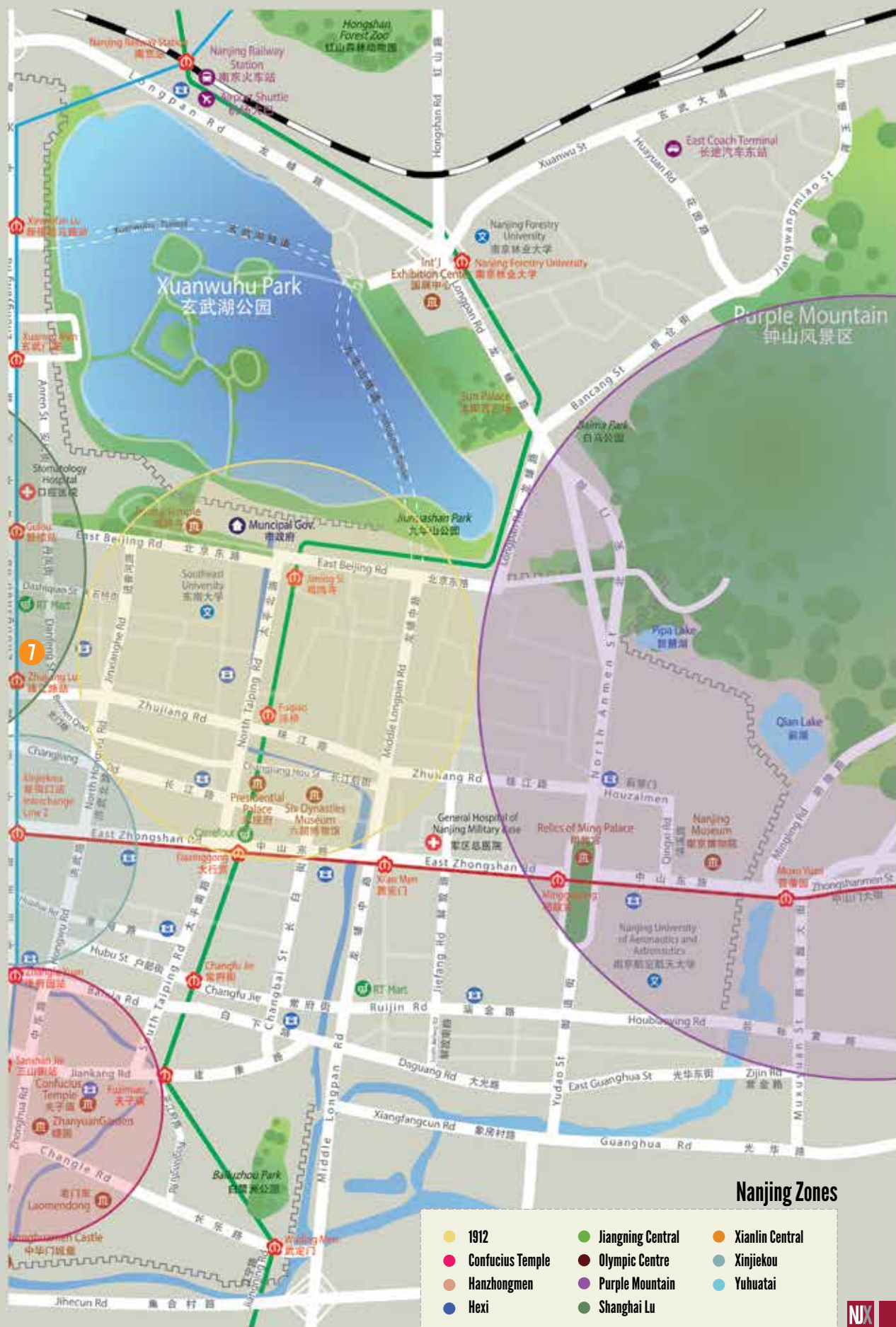
THE NANJINGER BUS TABLE

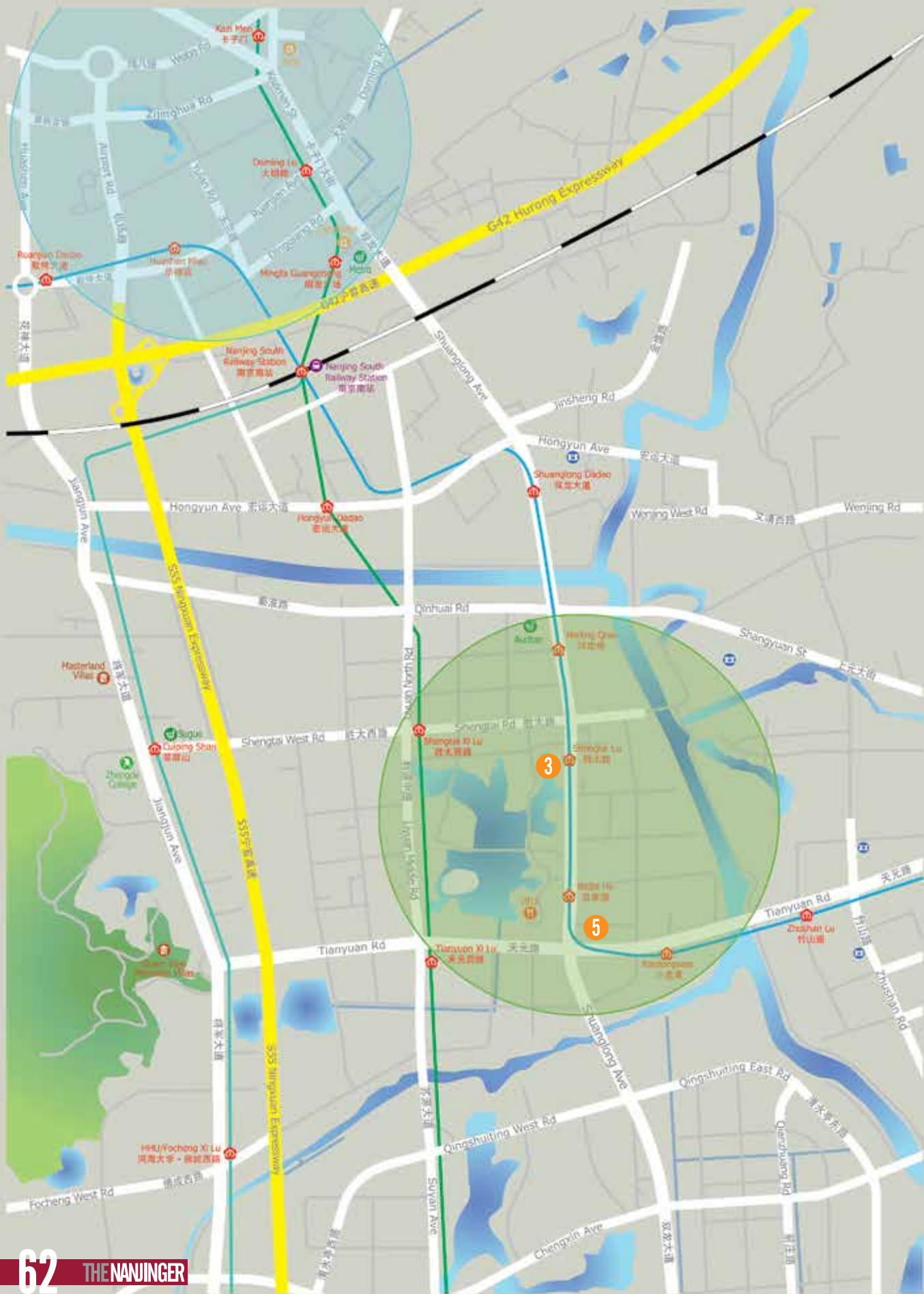
Area	Stop name		Serves	303	60	129	9	13	65	83	552	48	119	91	1	28	33	139	223	138	321	182	190	34	35	317	6	52	68	25	85	江宁8	23	63	70	19	127	133	98	153	158	186	305	57	97				
Downtown	白马公园	Baima Park	Baima Park, Starting point for Purple Mountain, Sun-Yat Sen Mausoleum, Ming Tombs																																														
	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	Fujiao	Flossy Care Dentist																																														
	夫子庙	Fuzimiao	Confucius Temple																																														
	鼓楼	Gulou	Gulow 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																																														
	陆墓巷	Laomudong																																															
	明故宫(东)	Minggugong (East)	MU Museum, SBS Clinic, Ming Gugong																																														
	莫愁湖公园	Mochou Lake	Global Doctors																																														
	南京站	Nanjing Railway Station	Railway Station																																														
	宁海路	Ninghai Lu	NJ Normal Uni																																														
	上海路 / 云南路	Shanghai Lu / Yunnan Lu	Skyways 1 Bakery, Times Grocery																																														
	石鼓路(西)	Shiguo (West)	Jimmy's, Studio 21																																														
	泰山路(南)	Taishan Lu (South)	Beel International Hospital																																														
	五台山北	Wutaishan (North)	Blue Sky, Brewsteris, 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 HAM																																														
	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	Anshan, Decathlon, Beijing Rock																																														
	中山陵	Zhongschanling	Sun Yat Sen Mausoleum																																														
	中央门	Zhongyang Men	Long distance bus station																																														
	珠江路	Zhujiang Lu	Electronics, Babo House, NU Uni																																														
	Xianlin	文苑路	Wenyuan Lu	XI Campuses, NU Normal Uni., NUPT, NUFE																																													
		仙隐北路	Xianyin Bei Lu	Skyways 2, Thai Tasty, Masala Kitchen, Azis,																																													
		学则路	Xueze Lu	NIS, Evian Valley, Bellini Xianlin																																													
	Hexi	东宝路	Dongbao Lu	Sinoconexon Ltd																																													
		富春江·江东坊(西)	Fuchunjiang Dong Jie (West)	La Defense Food Street																																													
		建业/江东南达广场	Wanda Plaza (Hexi)	Hexi Wanda Shopping Centre																																													
江心洲		Jiangxinzhou	Jiangxin Zhou Island																																														
Jiangling	奥体中心(东门)	Olympic Stadium (East Gate)	Olympic Stadium, Fraser Suites, The Central, Brisk																																														
	卡子门	Kazi Men	IKEA																																														
	南京南站	Nanjing South Railway Station	Airport Metro																																														
	胜太路	Shengtai Lu	BSN																																														

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 (orange), then look to the right to see which lines run between the two locations. In this case number 97. Easy, huh?



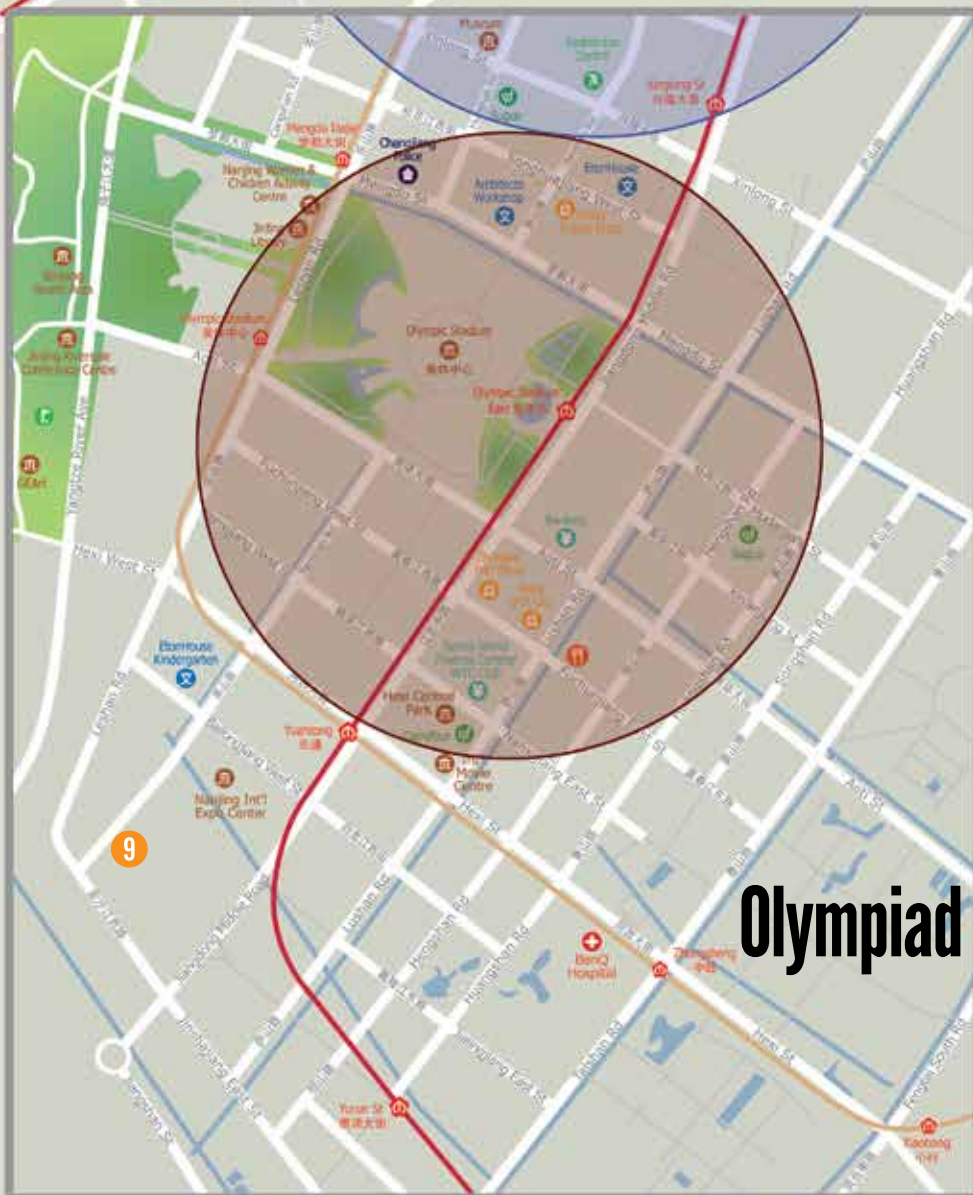






Xianlin

Premium Partners



Olympiad



Concerning New National Security Law

■ China adopted its new National Security Law on July 1st 2015. It replaces the Counterespionage Law, which took effect in 1993, and seeks to put in place systems to manage laws and regulations, finance, materials, science and technology, talent, working measures, publications and education in support of the establishment and improvement of national security.

Compared to the Counterespionage Law, the New Law emphasizes economic security as the basis of national, military, cultural as well as social security, outlines safeguarding measures and includes more clauses related to important industries and sectors deemed vital to the economy, to prevent financial risks through the development of financial infrastructure and capabilities.

Moreover, the New Law stipulates China's assets and activities in space, as well as in the deep sea and polar regions in a fine-tuned legal framework protecting national interests, announcing that China would peacefully explore and exploit these areas.

Law may affect foreign investors

Cause for concern is the fact that the New Law may give Chinese associations extensive and potential arbitrary powers over a range of foreign activities in China with an overly broad approach by using vague and open terms on top of handing an overwhelming amount of control to the State while failing to recognize the role of the market.

The present definitions of what constitutes national security is too expansive in wording and scope. Of particular concern is the introduction of the concept of "economic security", which could be used to protect local industry to the detriment of foreign investment through industrial policies. This concern is reinforced by the provision in Article 8 of the New Law that "Maintaining national security shall be coordinated with economic and social development." This would have an impact on competition in the Chinese market and would contradict China's reform agenda set out by President Xi Jinping during the Third and Fourth Plenum.


Subsequently, The New Law apparently adds more restrictions on foreign organization, which could be embodied in the requirement of constructing mechanisms for national security work in intelligence collection and research, as well as super-

vision and accountability. Following this provision, foreign organizations may be forced to disclose detailed work and plans and funding. The provision has caused panic with regards to the possibility of foreign companies being forced out of China. This gives rise to the worry that the lack of legal certainty brought about by the New Law will have an adverse impact on the flow of foreign investment into China, and how current investment will be protected.

In addition, the growing restrictions on the Internet and cybersecurity may harm foreign businesses. Lack of access is affecting foreign business. As demonstrated by Akamai, the biggest CDN service provider, China's Internet speed ranks incredibly low worldwide. Given that China will strengthen the control on cybersecurity, the speed of Internet, censorship and the Great Firewall may be affected negatively. Furthermore, business data and intellectual property risks remain a problem.

In terms of financial infrastructure, the law states that China's banking infrastructure and its financial system must be improved to keep away international risks. In combination with the requirement to strengthen the control of cybersecurity, China can demand foreign business groups, especially IT companies, release business data or even passcodes and encryption keys to the government, a marked cut-down of freedoms of overseas business activities, especially regarding Internet and key infrastructure.

Generally speaking, China's new security law is based on China's national conditions, follows the basic principles of international law, and draws from good experience and common practice of other countries. However, it can be considered overprotective of the Chinese industry. To safeguard the security of the country is not an excuse to reject foreign capital or protect those enterprises and domestic industries without core competitiveness while affecting normal and legal foreign organizations.

Globalization will change the economic and political pattern of the world and China's economic status as well as national economic security. Therefore, the related regulations of the National Security Law should ease restrictions on foreign organizations and Internet commerce instead of resorting to loosely defined laws designed for absolute control. 

Disclaimer

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

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not a privilege”



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