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BY NANJINGEXPAT

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Introducing some of our contributors, editors & designers

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.

20 30 40

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Renee Gray

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Nick McBride MIM

Matthew Stedman has spent years living and working in China. He has sold Chinese tea in the UK, and loves discussing the miraculous leaf with new (and suspicious) audiences. He however never feels happier than when researching the product here in beautiful South China.

Matthew Stedman

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Roy 25

Plus a cooperation with Nanjing University

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Ken Ellingwood

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This magazine is part of the Nanjing Expat family of English publications that together reach a very large proportion of the foreign population living in Nanjing, along with a good dash of locals, comprising:

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Welcome to the start of another academic year. This is the time when hordes of new arrivals are in our midst. If you are one, it is our hope that our humble publication can accompany you and be of much use throughout your adventure in Nanjing.

This issue of The Nanjinger explores the rivalry that is inherent in the Chinese people. In the grand scheme of things, there are the machinations taking place between giant Western and Chinese companies that require the intervention of the World Trade Organisation (p10-12); then there the ladies of China, taking each other head on with poise and grace (p14-16); the foreign students comparing and competing with often hilarious but contemplative results (p18-21); and finally, the crazy search to find Jiangsu's most obese (p23).

Welcome to "Competition" from The Nanjinger.

First Challenge

Breathe.

Breathe.

Breathe again

Sometimes it pays to focus on the
detail

As the drowning pressure surround-
ing you mounts

And the contest to be the best be-
comes intense...

Breathe.

Breathe.

Breathe through pain,
Your chest burning, your heart
knocking

None too politely, trying to beat its
way out; your legs

Leaden gravestones stuck deep into
the earth...

Breathe.

Breathe.

Breath-say again

Words your body needs to hear, your
eyes,

As they begin to blur, need again to
find their mark,

"I can do this... I will do this... It is
only a duvet- now throw it back: it is
only work."

Breathe...

By Maitiu Brallaghan

Letter Of The Month

Dear Nanjinger,

I am in the middle of my fifth year in Nanjing and are loving this town, its community and the work opportunity.

However, I hated the unbearable humid heat during my first spring to summer here and the 400+ PM2.5 for so many days.

Since the Youth Olympic games in 2014, I have barely suffered the steamy heat, as well as the dreaded smoky days.

I wonder what is the magic... Do we have to simply thank the weather?

Or, on top of that, is the local government taking efficient measures to help us breath in this nice town?

Mirella

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CARS & CREDIT

15 YEARS ON FROM WTO

By Frank Hossack

Look outside. Count the number of foreign badges you see on cars versus those of Chinese auto manufacturers. Don't be embarrassed that you are not sure about some of them. Even discounting this "unknown" category, the foreign dominance of China's auto market verges on monopoly.

With China's populace discerning for quality, the casual onlooker may well wonder what scant chance there is for startup Chinese auto manufacturers against foreign firms with many centuries of combined experience under their belts. That same onlooker, assuming they were paying attention 15 years ago when China acceded to the World Trade Organisation (WTO), might also now question that if the purpose of WTO is to level the playing field, where are all the Chinese cars?

Granted, the bulk of the cars bearing foreign badges on China's roads have produced in China under joint venture arrangements with behemoths such as the Shanghai Automotive Industry Corporation (SAIC), a situation which has its roots in the very start of China's "open door policy", dating back to 1979.

It was then that premier Deng Xiaoping ushered in today's China. During a much publicised visit to the USA, Deng marvelled at the technological prowess of this modern western society and even got to sit in the cockpit of the Space Shuttle. Finally he could see what the protestors in the Tian'anmen Square "incident" of 1989 and all their supporters had meant when they called for "democracy". What they really wanted was "development".

Deng then made a very bold decision. He decided to let in the foreign car makers. He decided to let them form joint ventures with Chinese companies and let them keep 50 percent; let them make cars in China and let them put their foreign badges on those cars and then sell them.

It was a very shrewd move, but also in reality, it was the only option open to him. The alternatives were to allow the foreign firms in and make Chinese companies compete with them; or to not let them in, thus forcing Chinese auto firms to develop on their own two feet, without outside assistance, and in their own good time.

Deng knew this was not going to happen. He knew his world history and recalled that today's great auto manufacturers, such as the USA and Japan, were still reeling from World War II when they established serious car production. Deng knew he did not have 40 years to deliver change to his people. The only recourse was to make the foreign car firms work together with their Chinese counterparts, and to give them what they wanted; a big slice of the China market.

So with all this as the backdrop, why on Earth are western car manufacturers still up in arms over the Chinese government's provision of preferences and financial support to state-owned enterprises and domestic national champions that allegedly continued to skew the commercial playing field?

Over the past few years, China's leaders have been focused on bringing about yet more economic reform. Such a strategy was essentially ratified at the Third Plenum of the 18th Central Committee of the Chinese Communist Party in November of 2013 in the decision to endorse far-reaching economic rehabilitation, watered down for the public in an announcement that pronounced the market shall be "decisive" and "dominant".

The new policy had its own poster child to boot; the Shanghai Free Trade Zone, intended to serve as a pilot project for significant trade and investment liberalisation and financial reform had been created earlier the same year.

Despite such steps in the right direction, many of the policies and practices of China have in recent years continued to generate significant concern in the USA. They cite China's export restraints, investment restrictions, serious problems with Intellectual Property Rights enforcement (see *The Gavel* - p60), including the sensitive areas of trade secrets, indigenous innovation policies, technology transfer initiatives, government subsidisation and the inappropriate use of trade remedy laws, in addition to what they no doubt believe is a deliberately slow accession to the WTO Government Procurement Agreement (GPA).

Now, look outside again. Count how many cars with white plates (military) are Chinese. Again,

we see a large foreign dominance. After all, everyone knows China's generals have a soft spot for Buick and Audi.

This was made altogether more ironic when President Obama hosted his counterpart Xi at Sunnylands in June, 2013 and during Vice President Biden's visit to China later that year, whereby China made commitments not to finalise or implement two measures that would have excluded vehicles manufactured by foreign enterprises or foreign-invested enterprises from procurement by the Chinese government and the Chinese Communist Party.

The allegations that China's provision of preferences and financial support to State-Owned Enterprises and big name national brands is creating an uneven playing field, in the auto industry at least, now seem preposterous. The fact remains that unless the government takes some kind of action to promote home grown business and tamper down foreign dominance, the native auto industry of China would have been annihilated a long time ago. Deng Xiaoping's model for the Chinese car market was the right one, not that of WTO.

The World Trade Organisation has what it calls a "Dispute Settlement Mechanism" which can be invoked when one WTO member believes they have sufficient evidence that another member is not adhering to the organisation's rules. Since China's accession, the USA has brought more than twice as many WTO cases against China as any other member. Then again, it is the country's largest trading partner.

One such case which the US eventually won was back in 2012 when it challenged restrictions that China had in place that helped create and maintain a domestic firm (UnionPay) as exclusive supplier of electronic payment services, i.e. those needed to process most credit and debit card transactions.

The WTO upheld the American complaint but China then missed the deadline for complying with the WTO's rulings, and US suppliers remained blocked from entering the market until as recently as last year when the State Council announced that foreign firms will be able to set

up their own clearing companies in China and apply to the central bank for licenses for bank card clearing businesses. The decision allows Visa and MasterCard, the world's two largest credit and debit card suppliers, to challenge UnionPay on their own two feet, without having to pay the existing network fees to piggyback on top of the UnionPay system.

The People's Bank of China said in an online statement, "[The State Council announcement] fully represents the principles of opening up the Chinese financial system and achieving a fair and competitive market environment".


Another statement, this time from Visa, said, "We are hopeful these new regulations will permit additional participants in the Chinese domestic market. Visa will review the new regulations and look forward to further implementation details".

Sure it will; in 2014, consumer transactions for both credit and debit cards in China stood at ¥42.38 trillion.

One of the key issues to emerge throughout China's WTO accession agreement was that of transparency. Such permits markets to function effectively and reduces opportunities for graft. The commitments that China made regarding transparency in many ways represented a profound historical shift in Chinese policy.

Big progress has been made in other areas too; China is the USA's largest agricultural export market while Hollywood is enjoying a golden era with the numbers of its films now on silver screens in the Middle Kingdom.

Yet, there is still work to do, and while there is no doubting the need for China to adhere to WTO rules, thus holding her fully accountable as a mature participant in, and a major beneficiary of, the WTO global trading system, a step back into the realities of China is also required.

For China is China. It is not the Greece (or now, even the UK) in Europe of WTO. Change is an acquired taste, and bringing about an appreciation for necessity of such among nigh on one and a half billion people is still going to take a while, to say the least. 

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The Fairer Competition

By Renee Gray

Honks of cars and scooters insufferably compete with poodles yapping and bikes squeaking, old men sit on a corner playing cards while their ladies hustle about selling goods. This picture has set the scene outside the gates of the Suiyuan Nanjing Normal University campus for more than a hundred years now, and changes such as the Mac Donalds, the petrol station, bars, restaurants and loitering Ubers help to illustrate the turn of the millennia. Stroll through those front gates, however, and take a step back in time, to when China was just beginning to make its mark on the world stage, to a time when women just like me, were given for the first time ever, a chance at a future, a

chance to compete against the worlds elite in some of the most prestigious and internationally sought after positions of that age.

Flanking either side of the footpath are huge London plane trees (wutong) that instil feelings of tranquillity and focus. Wandering through, I am left to ponder about all those women that came before me, all those women that are out there now fighting tooth and nail just to compete, and all those women that will come after me. What does it mean to be given the chance to compete? And what will come of the women of today's Ginling?



What is now Nanjing Normal University was once the Ginling Women's College, China's first baccalaureate for female studies (1915). It boasts a rich and proud history of providing Chinese women with an all round education. "The Ginling has a long lineage of elite graduates ranging from different areas such as statesmen, scientists, writers, artists, physicians and professors that have gone on to live abroad and do great things", Ginling Women's College professor Ms. Yang Suping told The Nanjinger.

These walls and corridors could tell a thousand stories and more, and while most are of great achievements and love, some bear a more sinister tone. The Ginling experienced a period of immense darkness that spawned a legacy of survival and strength. When the Japanese invaded Nanjing in 1937, the Ginling became an established safety zone (thanks to Ms. Minnie Vautrin) and ended up saving the lives of over ten thousand women and children. As time passed, the light at the end of a long and tragic tunnel began to appear again as China regained her strength and sense of competition and pride.

Popularity amongst Chinese women to earn an education of their own grew and grew, during the Mao years Ginling enrollees reached the thousands. Mrs. Li Lijun who graduated in 1957 describes the day she was accepted, "I woke up when the sun [had] just come out and bought a copy of the Jiefang Daily. My heart was pumping so fast as I was trying to find my name between the lines". Li said her four years spent at the Ginling were some of the hap-

piest of her life. "As I watched the manner our professors had and how they were loved by their students, I knew this was what I wanted to do. This was who I wanted to be." Li said her education has not only provided her [with] knowledge, but has also given her a lifetime of purpose and inner strength, even during the hardest times that came ten years later in the Cultural Revolution.

When I asked Mrs. Li, who now lives with her husband and daughter's family in Atlanta, USA, what she would like to tell the young women of today, she said, "Find your purpose in life, never depend on a man, read a lot and experience; the most valuable thing in a woman is her unique soul, not good looks".

Fast forward to present China and we find ourselves ever so fascinated at the pace of growth and development. From an economical perspective China's rise is both praised and feared, but from a social standpoint perhaps such rapid growth has not allowed enough time for a natural social progression. The West experienced the rise of Frida feminism along with flower power and over a long period of time societies so too adjusted.

Major social change in China has forced women to jump straight from their concubine restraints of the Qing dynasty right into an elitist university studying everything from mathematics and science to home economics, sport and baking. China previous saw its women accelerate from a liberal arts type of education to communist style



suppression. Finally, having opened her doors to the West Chinese women have completely bypassed the feminist movement and have sped on up to the year 2016, joining ranks with women all over the world and adopting (for better or worse) a very sexualised and capitalist idea of freedom and independence.

“I think Chinese girls in their 20s feel a bit lost and unsure about their future,” said Dou Han, a recent Nanjing Normal University graduate. With parents clasp- ing onto concepts of hard work for family and state, the Chinese youth of today are worked into the ground in order to compete in the ever-swelling job market. “I think values of spirit, independence and freedom need to be brought back”, she added. Pressure to compete on every level is what the young people of China feel today, a mountain of stress, everything from marriage, money, success, social status and face, is laid down upon their shoulders, and for many it means wrestle or flounder. “In China, a popular view is that single women over 26 are considered ‘left-over’. I’m not so worried right now but I’m a little scared about turning 25 and not finding the other half”, said Dou.

With thousands of years of history, an inherent sense of self-pride and success is evident in the Chinese people. Combine that with unrelenting patriotism and one is left with a fierce people who are willing to compete on all levels around the clock, ready to settle for nothing but success. Noticeable in every facet of Chinese life, from the auntie on the street selling her egg pancakes one metre away from another auntie, from the behemoth startups such as Alibaba competing against other giants that include Amazon to a new breed of competition in the work-force; the Chinese businesswoman.

Successful businesswomen can be found in every city across China, buzzing from client to client in their BMWs and making business calls on their iPhones. Running innovative and entrepreneurial startups such as customer relationship management and app building, to Mary Kay and English schools, to pole dancing classes and wardrobe sorting services, these women are thinking of it all and there is no stopping them.

One such start up is designed exactly for these women and directed by Ms. Sara Jane Ho (dubbed Miss Manners). Ms. Ho and her team are running China’s leading etiquette school, Institute Sarita, built to accommodate the finishing needs of China’s top echelon. “Institute Sarita was founded to teach social and business etiquette to Chinese people with the need to interact with foreigners,” said Ms. Lu Liqin, COO & CFO of Institute Sari-


ta, speaking with The Nanjinger. “Everyone should have a basic understanding of social etiquette; that was the case in China for a long time. In my opinion, this should be a mandatory course in all schools in the future. How to incorporate such a course into schools and how to price it would need further discussion with the education bureaus, but it should be a basic offering,” said Lu.

“I think many newly rich in China just learn these etiquettes to show off their class,” continued university graduate Dou. While this may be true, the government recently issued a finger-wagging checklist to which the Chinese tourist must adhere due to “obnoxious” and “primitive” behaviour abroad. “We felt there was a need in the Chinese market because we saw increasingly, Chinese people are going abroad to travel and study, and there was an apparent gap in the expected and actual behaviour of these people, which caused certain concerns even domestically,” commented Lu.

It is interesting that when Mao came along he abolished the drive to be competitive, the need to succeed; when Deng followed, he opened the doors and encouraged his people to mass produce and mass copy in a desperation to catch up, and now Xi pipes up and calls on his people to innovate! Innovation, independence, success, education, and competition... these are exactly the kinds of values that were being celebrated and encouraged at the Ginling Women’s College over 100 years ago.

Ms. Lu also commented that, “our clients come to our Institute for various reasons, but not because learning etiquette is ‘trendy’. Women who have the means to come to us do so because they want to become citizens of the world. Our course empowers women to be the best versions of themselves and that means giving them confidence to handle anyone, anywhere and [and] with *savoir-faire*”.

Persistence pays off in the end

The Chinese are no strangers to hard work and the desire to compete, save face and conquer is etched into the hearts and souls of most people I meet. Sometimes I wonder, “don’t they ever just chill? When do they relax? Don’t they understand the pleasures life also has to offer?” However, the longer I live here and more I understand about Chinese culture, the more things start to make sense. While Western culture can certainly teach a thing or two about leisure and enjoying life, Chinese culture on the other hand, is geared up to teach us a thing or two about the road to success. 

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NOT JUST FOR MULTINATIONALS



By Melissa Morgernstern



Foreign celebrities in China, such as Da Shan or Mark Roswell, served as the bench mark for me to achieve fluency in Chinese. There were many ways that could happen, whether that be through the awful practice of daily quizzes or Ting Xies () for the painfully inducted few, or through some of the more common and fun (depending on the venue, competitors, and your individual level of love for self torture) singing and recitation. The positives of these activities are numerous including comradery, a renewed love of learning, a notch on the “Done in China” belt, and a needed break for Chinese teachers. Each side of the equation the performing foreigner and the Chinese audience each took something away from the performance.

For the Chinese audience there is a sense of pride and perhaps a tinge of embarrassment that is a celebration of the increasing openness of Chinese culture and language and a strong competitive spirit. Yancey Lu, a Qingdao native and Boston-based working professional told The Nanjinger, “I feel proud of course, seeing foreigners like Chinese culture. [And in] one show called China Poetry Competition () [which is] even difficult for Chinese people, there are foreigners in it! Unbelievable! After seeing that, I feel ashamed that foreigners know better about Chinese poets and history than I do!”

My Personal Jaunt Through Competitive Fame

My second year of graduate school in Nanjing brought me the opportunity to really experience the life of a celebrity in the middle kingdom. Via a friend’s recommendation, I joined a menagerie of Jiangsu based foreigners in a very locally produced and televised version of “Got Talent”, aka “Jiangsu’s Got Talent”. It was a two-and-a-half-day adventure that included friendship, conflict, and laughter.

Soon after, all the international participants were whisked into some back rooms to be dressed for the main event. My curvaceous not so ideal in Chinese fashion body was forcefully pushed into a gold and white short number that fit two singers from Uzbekistan and India quite easily, but definitely not a suburban Wisconsinite (or less colloquially, a curvy girl from the American Midwest). Eventually, someone made an authoritative decision to change all of our costumes to various shocking red and green numbers that fit all three singers and was reminiscent of Christmas poinsettias. We performed our pre-recorded, lip synced performances to the best of our abilities with the bare minimum of practice and many last minute changes. Despite everything being prerecorded and the absence of judges or individual comments, a winner was chosen and last year’s reigning champion from the Ukraine was re-crowned. I

was at first perplexed and then reverted to the natural thoughts of a foreigner in China: TIC, This is China. I was happy to make new friends and have a new notch that belt; yet I was completely flabbergasted by the constant changes and lack of organisation (yes, I knew I was in China, but for some reason I thought a mass media event would be organised. Can you blame a girl for dreaming?).

Academics

As I sang my way through moments of personal growth and friendly competition, another Hopkins Nanjing Center alumnus, Daniel Kollar, was advancing in the ranks of International Moot Court despite a negative response to his presence.

“During [my] first year at HNC, I participated in the Moot Court Arbitration competition. We went to the venue in Beijing, and I was the only foreigner participating in the competition. We were a team of three, the other two team members being Chinese. Although Moot Court is an international competition, and the only thing you need to qualify to participate is to be in a Chinese graduate program, people [were] a little upset that a foreigner was participating in a ‘Chinese’ competition.”

Daniel didn’t really see himself as worthy of the “stink eyes” he was receiving from students, coaches, and judges alike, as his academic emphasis was not even focused on international law. Despite he and his team’s hard work and the clear progress they made through qualifying competitions, the Hopkins Nanjing team failed to make the finals by a small margin. “We missed qualifying for finals by like 0.01 points. We were beat out by some schools that we already competed against, and...obviously beat out. So that was that. Didn’t participate the next year”. While I was experiencing the benefits of an obvious foreign appearance and a somewhat decent voice, Daniel was experiencing competition completely differently in the sense that his appearance and perceived lack of belonging were being critiqued and judged negatively alongside his intellectual performance and ability.

Everyday Life

Lars Ojukwu, past English language teacher and cultural examiner extraordinaire, experienced the thrill, and sometimes bother, of competition from all angles.

“Perhaps it’s because of the Imperial Examinations that took root in Chinese culture as early as the year 605 CE and lasted up until 1905. The practice that showed a people that if you could best someone in test, you were their superior and had earned the right to have a ‘better’ life. Perhaps it is due to the general aesthetic homogeneity

of everyone most people in China have ever known until they meet a foreigner. Perhaps it's due to something else altogether, but in my experience, (get ready for a gross generalisation here) China compares EVERYTHING (there it was).

"During my time in China, comparing everything to every other thing, while annoying, was not a huge problem. Look, my skin was darker than hers, my arms were bigger than his, I made more money than that guy; they were truths. I didn't want to be the one to focus on them, but if you wanted to state facts, I would.

From flexing his physical prowess to drinking the night away, Lars felt the pressure to compete in various ways throughout his time in China. "How many pushups can you do in a row? I can do 50, ready? Let's go! How many beers can you drink in a row? I can drink 9, ready? Let's go! Both of you speak Chinese? Who speaks it better? Speak, I will judge! You can dance? Can you dance better than me? Dance battle. Let's go!" China, if nothing else, taught me that competition was embedded into the Chinese culture. It was a country hardwired to compare, contrast and verify."

Lars's performance talents also got him into a competition of sorts that started in a fierce tete-a-tete but later ended in a shared love of singing. "One night out, I was with an American friend, doing my thing as a wingman, as a good friend should, and we had attracted the attention of a few ladies whose English was strong enough to hold a pretty good conversation.

An over-confident Chinese man showed up to throw a monkey wrench in our game. Through our conversation, all he needed was confirmation for my love of music. He grabbed my arm and brought me to the front of the bar. The song playing was coming to an end, and the man spoke to the host of the night's event, which happened to be karaoke, and must have put in his request. The familiar tune of Backstreet Boys' 'I want it that way' came over the speakers and this man had a microphone. "You are.... my fiiiiiyerr", he started. He had clearly practiced this before because his accent almost entirely disappeared. He wasn't singing to me, he was singing to the bar and everyone in it to show how bold and talented he was. He finished the last note, dropped his head and breathed, satisfied. He came over to me and said, 'Now, for you' and pointed to the DJ booth. Well, the gauntlet had been thrown down. I was not to be bested. What my new 'friend' didn't know is that I have been singing since before I could remember. I was NOT about to lose this competition. To put him out of his misery quickly, I chose a song by Cee-Lo Green

with an unprintable title. Ladies and gentlemen of the jury, I rocked the mic like a vandal! The audience was paying attention (maybe because I was black, maybe because of the golden glow I was exuding, or maybe because I was that good, who knows) and clapping along by halfway through. The song wrapped up and I walked up to my 'friend' as if to say, 'Your move, bruh'.

After a second round of each contestant choosing and nailing a Chinese song each, Lars saw a quick turn around in his "friend's" behaviour. "I finished the song, came to see my new "friend" who immediately asked if I spoke more Chinese than just that song, to which I laughed and said, of course! So the rest of our communication was in Chinese."

Lars had turned a tense moment of cultural level American vs Chinese tension into a bonding moment that truly gave him and his new friend the opportunity to bond and learn while singing the night away.

Personal Achievement

Stephanie, previously an English language teacher in Taiyuan, competed in a very literal way to achieve a personal goal. "In May 2013 a British friend of mine in Taiyuan said to me 'it's good to have goals', and so the idea of competing in the Beijing International Triathlon was planted." Despite being in excellent physical condition, training in China provided a number of obstacles for Stephanie.

"It took until my second year for the air, thick with coal dust to put the kibosh on running outside and inspire a gym membership that had a pool, quite the luxury in Taiyuan. And so, I ran on a treadmill and I rode my bike, sometimes with traffic and other times out long distances with bike groups, there was a surprisingly (to me) large mountain biking group that I may have come across if I had not been off the city roads. Training in Chinese swimming pools was by far the most frustrating. From the gawking at me in my bathing suit, to the questions as to why I was in the pool for such long periods of time, to my freestyle stroke; anything other than breaststroke is a marvel to most. Did I mention that breaststroke was done not in lanes but in circles around the edge of the pool, and that my swimming lengthways in was only tolerated on the days I took longer swims in one of the city's only pools with roped off lanes?"

As race day arrived, Stephanie was both excited and impressed with the crowd the event attracted and how organised the entire thing had been, "Leaving central Beijing, bike intact, for the race venue in the district of Fengtai with hundreds of other competitors was exhilarating. The race drew triathlon greats such as Laura Bennett and Javi-

er Gomez and from a rough guess as many non-Chinese competitors as Chinese ones.


"I must say that I was pleasantly and completely surprised with just how well all of the logistics throughout the entire race event were planned out and executed. So many of my experiences in China required knowing the right person, for example in order to send mail overseas or having to come back the following day to buy something from a store. Buses arrived and departed as scheduled, bikes and other race gear were securely kept overnight out in the open race areas, trophies were correctly engraved, the lake was (mostly) free of pollution, the roads closed down and course clearly marked out, everything was as it said it would be. You can't ask for more than that after grueling months of training and a tough race day!"

For Stephanie, a personal goal came in the form of one of China's biggest competitions that gave Stephanie a clear focus and an accomplishable goal that truly coloured her experience while living in China.

Showmanship

In our final example, Luo Han, a past American Exchange student in China, found himself competing and performing a style that is known to most Chinese and Foreigners alike who live the urban life; the performance art of bargaining.

"At the end of my first summer in Beijing, I went to the pearl market to buy various souvenirs for myself and family. When I barter, I go in knowing that the stall vendors look at me as a cash grab (I had enough \$ to buy a plane ticket over; that's a lot more than most people). So I go in hard, laughing at the first offer the lady made, which makes her want to save face and drop the price faster. But she was also in good spirits, and started calling me " " to counter me being so harsh. So we're almost settled on a price for 2 fans, but she won't give me the final ¥5 I want off, so I tell her (in Chinese), "look, I'm a (handsome guy), you're a (beautiful woman)... Can I have the ¥5 off?" She starts busting out laughing and gives me the discount. It's hard in any culture to stay competitive when your laughing and having fun."

As many of us who are living or have lived in China have experienced, bargaining can be a joyful hoot or a painful disaster that makes you question the actual importance of saving money. Yet, Luo Han found himself competing in a way that was bringing joy to both himself and the shop keeper as well as getting those necessary items to put the seal of success on his trip. This interaction truly shows that despite the severity of any competition, there are when that everyone can turn out a winner. 



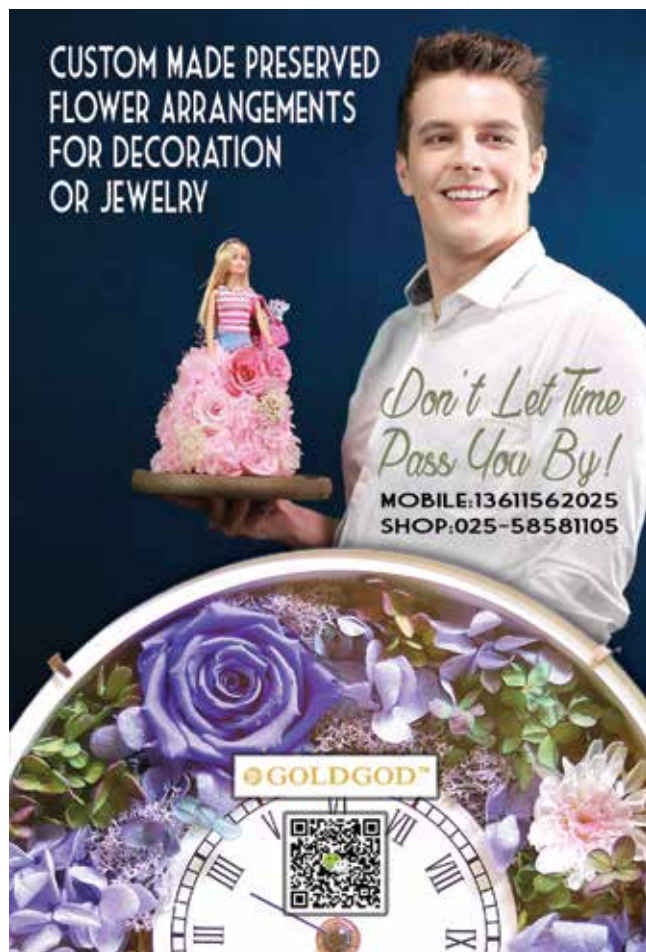
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Wackiest China Competitions

As a people, the Chinese are natural born competitors; as a nation, they are ruthless. In a country that never stops; everyone is working, striving and scraping for glory; reaching for the biggest, the shiniest and most expensive. And while being “humble” is an essential part of ancient Chinese culture, this characteristic is a lot harder to find in modern China.

Cutthroat struggle for the top position is apparent everywhere and across all aspects of society in China. Every nation has her fair share of lunacy, ready to rear its ugly head at any given moment, yet once again, China has topped them all by winning The Nanjinger's Wackiest Competitions show down.


The Chinese will literally turn anything into a competition. To list a few; in the Category Beauty, we see Best Legs of Taiyuan, the Nationwide Belly Button Challenge, Fuzhou's Goldfish Beauty Contest and a Nationwide Female Armpit Hair competition. In Category Downright Weird, we have the Bee Bearding and Sleeping Position contests and in Category Children, we find Child Pole Dancing and a hospital in our very own Nanjing offering free weight loss surgery to the fattest child in Jiangsu province!

For a nation that's still recovering from decades of isolation, signs of ignorance are only natural. A highly educated man told me yesterday, “Italy stole China's idea for pizza...so that's why I don't like it”. Really? This “China created everything” way of thinking is ostensibly voiced by many people and is obviously met with utter bewilderment by the foreigners that hear it. By golly!

What a recipe for bigheadedness, the kind with which Trump is trying to make America great again. There's nothing wrong with a healthy competitive attitude and a vigorous drive to succeed, but when one does not know when to stop and smell the roses, things become askew.

However, while we laugh and joke at China's wacky and naïve ways, and sit back in perplexity at her desire to compete with everything, we must also take note at her more serious and global sense of competition. Globally, China is a massive challenge, a dragon no one seems willing or able to take on.

China's international game plan is second to none, taking risks and refusing to play by the rules. “Our primary concern will be about whether the phenomenon of Chinese competitiveness is primarily one of exchange rate undervaluation. Or, alternatively, does Chinese competitiveness reflect more fundamental changes in the production possibilities of a “new” Chinese economy?” (“Why is China So Competitive”, University of New York, 2004).

Due massively to her unrelenting drive and competitiveness, China has achieved amazing success and set records other nations may never be able to break. On the other hand, China has already surpassed America as “most undesirable tourist” due to inappropriate behaviour abroad! You can bet this is one competition the country didn't intend on winning but one I'm sure, given enough time and faith, the good people of China will make it their mission to turn around. 

Stir It Up by Ella Fisher

INDIAN INFLUENCE

■ I may be being naïve, but cumin is a spice that I never thought I would taste within Chinese cookery. I always associate it with Indian food. I could never make any form of Indian curry without the use of cumin seeds! Grinding your own seeds with a mortar and pestle creates the most aromatic smell in your kitchen and an incredible taste in your curry. Seeing as India and China are neighbours, it now seems only logical that cumin would also be an essential flavouring in Chinese cooking.

One of the dishes in which cumin features heavily is a stir fry using beef as the main ingredient; extremely popular within the expat community. You can order this dish in most Chinese restaurants; it can be served on its own or over noodles with green peppers and onions. I decided to try and recreate it in my own kitchen with the help of some recipes online! This was the best tasting dish I could make:

- 300-400 grams beef steak
- 2 tsps light soy sauce
- 2 cloves of garlic finely chopped
- 1 tsp of ginger, minced/finely chopped
- 1 tbsp plain flour
- 2-3 fresh red chillies, finely chopped
- 3 teaspoons ground cumin
- 1 tbsp Shaoxing wine
- A pinch of salt
- 2 tbsp oil

These days I find most ingredients in basic Chinese supermarkets and all are very cheap to purchase if you look around properly. You can find bottles and packets with the labels in English so you know you are buying the right products! I managed to buy a pot of cumin for ¥8. The only struggle I had was finding steak. I can barely speak or read any Chinese, so trying to find beef or a cut of steak was nigh on impossible. I decided it was best to go to Metro beside Mingfaguangchang station on metro line 3. As an international supermarket which stocks many imported


foreign products, I easily managed to find a decent steak there, but it was pretty expensive. Expect to be set back around ¥40. This dish better taste amazing.

First, you will need to marinade the beef. Cut it into thin slices, then, in a bowl add the soy sauce, salt, wine, flour and a splash of water. Mix all these ingredients together and then add the beef to the mixture. Leave to marinade for around 30 minutes. Adding flour, liquid and salt to the marinade is a classic Chinese technique which is called "velveting". This helps the meat stay soft and moist and is used frequently in many Chinese stir fries.

Get your wok ready! Add the oil to the pan, wait until smoking hot and add the beef. You now have to keep moving the beef around the wok continuously or it will burn. Keep stirring the beef for around 3-4 minutes until cooked. Take the wok off the heat, drain away half of the oil and remove the beef from the pan.

Put the wok back onto the heat with the remaining oil over a medium-high heat. Once the oil is hot, put the ginger, garlic, cumin and red chillies into the pan and stir until they are aromatic and fragrant. Add the beef back into the pan and stir briefly until all seasonings and the beef have been incorporated and evenly distributed.

Finally, remove the beef from the pan and serve.

The dish was completed in less than 15 minutes, and tasted absolutely amazing. My friends really enjoyed it too. It tasted authentic, and not as greasy as many other variants. It was pretty costly, so I wouldn't go making this every day. Yet, as a nice treat once in a while, I would say it was a success. Let the smell of spices take over your kitchen this month! 





Nanjing International Community Clubhouse is a non-profit organization offering a service centre and a variety of classes and activities fine tuned to the needs of expats and their children.



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By
Meredith
Moore

As Nanjing's nightlife climbs a few pegs higher on the sophisticated drinking ladder, swanky new cocktail bars now scatter about the city charging an arm and a leg while serving your whiskey sour with a bombastic crystal bowl of nuts. So it may come as a surprise to some readers that street drinking in Nanjing is still very much alive and kicking.

With ever-increasing numbers of foreign students flooding into Nanjing universities, what was once a respectable academic radius has now succumbed to student life and what that brings with it. By day Shanghai Lu, Ninghai Lu, Hankou Lu and Guangzhou Lu all appear to be just another conglomeration of average Chinese streets, bustling with life and all things mundane. By night however, this area buzzes with elements of Bangkok grime and Hong Kong shiftiness. Underground grunge bars play host to all the latest bands while the pubs that line Shanghai Lu see pub crawl after pub crawl night in, night day out.

Nestled between a florist and a beef noodle joint opposite Nanjing Normal University sits an undisclosed gem. For years, this pop up bar has consistently hosted large crowds of people from all walks of life and still remains one of the most popular places to come for your pre, post or all night long drinks. Welcome to Shush Bar.

Passers by look upon this institution as just another kiosk that's good for nothing but the odd pack of fags and a soft drink. Yet, this pop up bar is much, much more than that! It's a gathering place, a cultural space that provides warmth, comfort and a place to sit and ponder.

Don't expect a chalkboard full of specials and waitress that will bring you a scotch egg. Instead, a smile and a bark from the nappy owner will lead you in the direction of the fridge that offers sizable selections of imported ales at basement prices.

Any beer and outdoor lounging connoisseur must stop by for a swig or two on a sunny afternoon while relaxing beneath the trees. Be sure to get in early, as there are a limited number of sofas and armchairs but never fear there are always plenty of crates and stools for everyone.

Utter bewilderment at the mere mention of a happy hour or beer snacks was all the manageress could muster when we enquired about services available. A lovable grunt and a point across the road indicated the bathroom is in MacDonald's; beer snacks we can get there too.


"I love coming here! It's the cheapest I can drink in the most relaxed atmosphere," said patron Australian Sienna Hutchinson. The surrounding neighbourhood has grown used to and accepting of the peculiar ways in which us foreigners choose to socialize. Dangerously close to the university as 12 o'clock strikes on a sunny Friday afternoon, students bound out of the gates and across the road and over to Shush, where they take up a stool for themselves, save one for their friend, grab a cold one from the fridge and have a chat.

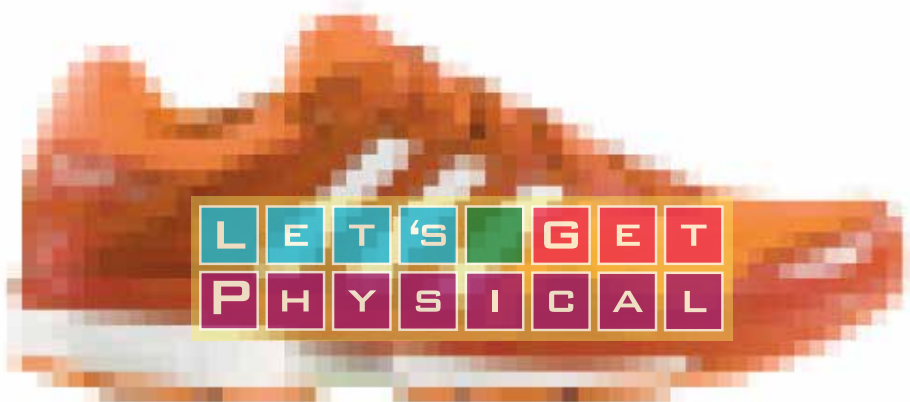
With its name affectionately coined by regulars, a sunny afternoon chat at Shush Bar can occasionally turn to an audible and boozy rant. Voice levels rise and when residents above have had enough, a representative is dispatched to march on over, place an index finger to their pursed lips and let out a very long "Shhhhhhhhhhhhhhhhhhh!".

Taking her press presence very seriously, the owner of this loveable establishment declined to comment when asked questions about the duration of her stay.

Owner and front man of the Talking restaurant and bar located in the ally behind Shush Bar Mr. Xiao Long said, "people see that place as a hobby, they go there so regularly, everyone chooses different ways to drink, it's great for my business".

"I think foreigners feel a little lonely sometimes in Nanjing; that's what I see, I like to make my place as warm and friendly as I can for them", added Xiao.

Such is true for a life lived abroad, whether you are a student, a teacher or an entrepreneur, a little company is needed. Bars such as Shush and Talking graciously open their doors to the lonely and somewhat disheveled foreigner looking for that place where they can sit back, relax and let the booze elevate their mood. 



Tabattas

Earning that Bit of Brie

With Nick McBride

Well here we are again. Welcome back, or indeed welcome, to Nanjing! Home to us all, for now. So, how was your summer? Paradise by the pool? Long lunches at the lake? Boarding at the beach? Meandering in the mountains? Site-seeing in seriously, scorchio scenic err...sites? (Ooh, I've outdone myself there). Anyway, no matter because all that stuff is over. It's back to business. No point hankering after the cheese shop... it's gone. You'll be lucky if you can hunt out a Kraft cheese slice around here. No matter; some enforced dietary restrictions can only be good as we work our way in to Christmas.

I know, I'm a wee bit early on the Christmas advertising front for most people's liking, but if you want to work off the long vacation's indulgences, and be ready for the next holiday season, we need to get cracking. Now, don't get me wrong... I am not advocating yo-yo diets or crazy exercise regimes, in fact the very opposite. You should know me by now! I'm saying let's get going on those new habits for life, in this new season, ready to see the difference by the festive season.

So now, I suspect you'll be bogged down trying to settle into your new routine for the year, so now is the time to find the gym time-table, work out the classes you want to get to, find a new sports club, for example, just off the top of my head, The Nanjing Warriors Touch Rugby club, who play at Nanjing International School on Sundays (see me for details)... just saying. Point is NOW is the time to set the pace and make exercise part of your life.

While you're getting yourself organised, don't be tempted to do nothing. Get in the mood with some Tabatta regimes. Tabattas are great because they can be done indoors or outdoors, depending on how addicted you are to sweat and mosquitos. They are also quick and dirty... allowing you to optimise your time for cheese hunting or earning money to pay the crazy import prices on a tiny bit of Brie. Here's a little Tabatta I prepared earlier for you:

Do each exercise as hard as you can for 20 seconds, with 10 seconds break in between for 4 sets, for beginners; 6 sets for intermediate; 8 sets for serious cheese lovers and advanced. At the end of every exercise have a 1 minute break. Look up and download the "Seconds" app which is fantastic for organising timers for this kind of session.

Exercise 1: Burpees (with variations such as including a press-up or a leg kick)

Exercise 2: Squat jumps (or lunge jumps, or sumo squats)

Exercise 3: Crunches (or other tummy exercise, eg Russian twists, reverse crunches, scissor kicks)

Exercise 4: Mountain climbers

Exercise 5: Dips (or other arm workout such as bicep curls with weights)

Exercise 6: Plank (or variation such as side plank, plank with shoulder tap)

As always, change up an exercise to work with any injuries or weak spots. Tabattas are intense so be mindful of what your body can do. Be sure to do some dynamic stretches to warm up and some light stretching to cool down.

In summary, get some good habits going, but while you're waiting to establish a routine, bust out some Tabattas four times a week to get your body in the mood. See you pitch side on Sundays. **NM**



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Cooling Tea

Wow, it's hot!

"How can you discuss tea at such a time?", you may ask.

"I want my magazine to transport me somewhere far away... At least we could talk about some refreshing drinks."

For many westerners, refreshing might mean a cold drink; possibly something with a fruity bite, while for some Americans, that might actually include iced tea.

Ambient heat saps energy. So it makes a kind of sense to compensate for that energy slump using sugar (dissolved energy) and citrus extracts (often considered reviving). Caffeine, theoretically, should also make us feel less like wilting.

But what if we could do more than "compensate for" the ravages of heat? What if we could "expel" heat? These are the aims of many Chinese medicine tips offered in summer.

There is a tradition of drinking green tea in these months. Part of it stems from the need to consume a perishable product at its most fresh. Green tea is also considered to be an inherently heat-reducing () ingredient; a characteristic also ascribed to certain bitter (mostly green) vegetables. It is because of this that you will often hear people in China say that in hot weather, one needs to brew one's green tea even hotter. Certainly, the bitter (astringent) aspects of a green tea come to the fore when you really scald those leaves.

The immediate effect of drinking something hot while being hot is strange; it is only later, once sweat is accelerated, that one feels anything like relief. It is

also at these higher brewing temperatures that more caffeine is released. That, I suggest, is part of the relieving effect.

Yet, there are also some other compounds at work, particularly theanine, which is associated not with stimulation, but with alleviation of stress sensations (Probably quite useful these days). Highly volatile, theanine is known to be absorbed by the body less efficiently when drunk cold than hot. So I am probably missing out on a lot of theanine, for my preference these days is to drink green tea from unheated water, topping it up and glugging until I have regained everything sweated out at night (that's whole pints before a bathroom visit). Nevermind the reticence about hot liquid in hot weather; in the morning I'm just too impatient to wait for it to heat.

Additionally, we've recently been experimenting with frozen tea lollies / popsicles.

So how well does it work? Well, the lack of sweetener is probably more of a polarising issue frozen than it is with the cold bottled drinks () we discussed earlier this year. The other issue is the distribution of flavour; the freezing process reminds us that tea is a suspension of solid compounds in water, rather than a blanket modification of H_2O . The tea flavour gathers mostly in the tip of the ice pop, as well as in some craggy seams. So far, darker leaves, such as Dà Hóng Páo (that we shall cover next month), seem to make for better ice lollies than do green teas.

I hope that cooled you down a little. If not, try waving your magazine as a fan. 

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Pineapples, Porcelain & the Puzzling Pagoda

■ The Porcelain Tower of Nanjing was once considered a Wonder of the World. Now rebuilt 150 years after its destruction, it looks a lot more like a giant dentist drill.

Known to the Chinese as “Baoensi”, you may well have seen the monstrosity yourself heading south on metro line 1 as the train emerges above ground at Zhonghua Men. First, you see a vista of Nanjing’s stern but magnificent city walls and then on the left, a tall structure protrudes; grey as the walls by day, lit up like a KTV venue by night.

The original Buddhist pagoda was designed in the Yongle reign (1402-1424) and built shortly after in the early 15th century. Two hundred years later, Dutch traveller Johan Nieuhof wrote of the tower in his accounts, making it known to the Western world. He was captured by the “great structure, which exceeds the rest in art, beauty, and cost... the Chinese have declar’d to the world the rare ingenuity of their artists in former ages”.

Made from white porcelain bricks and glazed in green, gold and brown, the octagonal tower was said to glisten in the sunlight. Each level was adorned with Buddhist images with chiming bells attached to the eaves. It would have been spectacular.

Standing 79 metres tall with nine stories, it was the tallest building in China at the time. “From the upper Gallery”, Nieuhof went on, “you may see not only over the whole city, but also over the adjacent countries to the other side of the river Kiang, which is a most delightful prospect”. I personally couldn’t quite see Pukou, but the view was certainly striking.

Best of all, however, would have been the top “crown’d with a pineapple, which (as they say) was made of ... gold”. I don’t know about you, but

the only pineapple I’ve come across in China is the fruit, and the even weaker pineapple beer.

The ill-fated tower was struck by lightning in 1851 and raised to the ground five years later when the Taiping Rebellion spread to Nanjing, refusing the enemy to use the tower as a viewing platform, and also because of its dubious feng shui.

Perhaps that is why no one built on the site for 150 years until one Wanda chairman Wang Jianlin casually donated ¥1 billion to its restoration, reportedly the largest ever single donation by a Chinese individual.

If dental equipment is anything to go by, it must have been a pricy project. But does the new structure really reflect the splendour and spirit of the original? In fact, is there much in common at all? Can steel replace wood and glass replace glaze?

Or maybe it is time for something radically different. Maybe it is cool.

It certainly doesn’t give you that “not another Chinese temple” feeling. And it comes with a thrilling, and at times rather trippy museum, with a good helping of Chinese flair. Levitating pottery fragments, an immersive changing colour chamber, and a suspended Buddha which reminds me of Zordon from Power Rangers, to mention a few.

And who knows, maybe the original tower was not as magical as we think; its appeal instead coming only from fanciful stories bound up with legend and the very fact that the original is not there.

Its beguiling exterior made from glass that looks like it has been mixed with dirt gives it a hologram-like appearance, a rather appropriate metaphor for how I feel about the whole thing. But if the tower doesn’t really do it for you, the view certainly will. **INU**



UNLEASHED TO THRIVE

With Tim MacDonald

BRILLIANT THINKING REQUIRED; TIME FOR INNOVATION!

I recently delivered a breakfast talk to a group of GMs/CEOs in Suzhou. The topic; innovation. I asked, "Who is responsible for innovation at your company?". Several replied, "marketing and sales team"; "new product development"; "research and development team". One GM commented, "at our company, everyone is. Each employee has a responsibility to innovate, in every area of the company".

That's it! Innovation is certainly not limited to new product lines or one-upping your competition. Innovative or brilliant thinking is now required for every process, every service delivered and every product made, marketed and sold. We need a new lens to view every aspect of the business, viewing it as if was your very first time.

For the non-creative types, the talk of innovation and creativity sends chills of fear down their spines, paralyzing them, unable to think brilliantly. How do you lead innovation when you are a good process engineer; but do not possess a creative bone in your body?

Whether you have been dealt the creative gene or not, we have discovered tools that provide a systematic and methodical process that allows innovation and creative thinking to flow, from everyone. The simple premise of value innovation, or Blue Ocean Strategy, as coined by authors by W. Chan Kim and Renée Mauborgne, professors at INSEAD, is decreased cost and increased value to the customer: Who can argue with that?

In the Blue Ocean Strategy, Kim and Mauborgne provide simple and practical methods that allow a company to quickly size up a competitive market and identify ways to make the competition irrelevant by creating new markets or new tools (Blue Ocean). The brilliance of the Blue Strategy are simple tools such as the Four Actions Framework:

1) Eliminate. What is everyone else doing that is not necessary, your can immediately stop and no one will know the difference?

2) Reduce. What is everyone else doing that your company can do less?

3) Raise. What are competitors doing, that you can increase or do better?


4) Create. What can your company start doing or offering that no one else is?

Recently, we lead a team of senior level managers of a large chemical company through this process, all of whom were engineers, responsible for operations, not R&D. The results were phenomenal. In 23 minutes this team came up with several dozen ideas across each category; innovative and brilliant ideas. We later filtered these down to just a few executable projects that will go on to save the company money, increase profits and better serve their customers. That is Value Innovation!

There are several other tools in the Blue Ocean Strategy that I will not take time to expound on here. Yet, they provide replicable methods that can be applied in a variety of instances in the life of your company. Check it out for yourself: www.blueoceanstrategy.com.

If you buy the notion of the CEO in Suzhou I mentioned earlier; innovation is the responsibility of every employee, you are well on your way to cultivating a culture of innovation.

Innovation requires leaders to not only allow for risk, failure and experiment, but to boldly applaud and incentivize employees to do exactly that! Leaders need to create a culture of trust and encouragement that takes fear off the table.

Innovative, brilliant thinking will cause your company and employees to thrive! 

Tim MacDonald is the Managing Director of Chrysalis Consulting, a Nanjing based firm that assists MNCs with Operational Excellence, Supply Chain, Organizational and Talent Development challenges. Contact him at Tim.MacDonald@ChrysalisAsia.com



THE NANJING POLICE DEPARTMENT

POP UP POLICE STATIONS IN AN EVER MORE VIGILANT NANJING

BY RENEE GRAY

Having recently returned to China after a year and a half stint in Mexico, I thought the sight of batons and riot police were a thing of my past; something I could leave in Mexico, something that had no place in what I knew to be nonchalant Chinese safekeeping. Instead, I am taken aback at how the government very visibly and undeniably displays power in a way that lets it be known, to me at least, that the semi-lawless days of China have, for better or worse, come to a grinding halt.

Gone are the mutinous days one could commandeer taxis or bribe police with imported cigarettes. Spent are the times we would get drunk with the police and drive around in the police car mistaking pavements for roads! Over are moments of unchecked and brash behaviour. No more easy visas for us, no no! If you leave China these days make sure you are not returning, as it's as difficult as cracking Fort Knox.

Changes in Nanjing's security came with the 2014 Youth Olympics and have stuck around and it is unmistakably a lot "visibly safer" in Nanjing nowadays than it has ever been before.

Not so long ago, the police were as useful as banging your head against a brick wall. I used to live on the outskirts of Nanjing, a place where they would lounge around in flip flops and unbuttoned shirts, handing out cigarettes to the first person they met with a problem, hoping that the offering would solve any possible disputes.

As placid as they were, it seemed as if they never did much at all. These days the police look as if they belong in the favelas of Brazil, not the streets of Nanjing, so why, oh why, the change?

Some reason that it is a good way to provide jobs for the uneducated and unemployable. Others argue that in order for Nanjing to catch up to Shanghai or other first tier cities, a change in development brings with it a slow but steady change in sectors such as security. Folks have even contested that it could be a brash show of power designed by the government in order to keep people in check; whatever the reason, security in Nanjing is no longer a laughing matter.

Police emerge marching in formation up and down streets, brandishing their batons and waving about bulletproof shields. Are they preparing for an attack? What imminent danger could the good people of Nanjing possibly be in?

If this was a European country then constant threat of terrorism could provide an answer, but this is a country that is under no so-called ISIS threat. So what could it be? Could it be a fear of homegrown terrorism? China has seen a number of knife attacks in recent years at primary schools and train stations, supposedly born from the Uighur area. In addition, a bomb recently exploded at Shanghai's Pudong airport, stirring up even more cause for concern.


An increase in security measures can be seen everywhere, from police observing people on morning and afternoon buses, to them riding the metro. Bag checks are now compulsory for every person wishing to ride the metro, traffic police can be seen intercepting and randomly pulling over drivers, cross checking for information as well as random ID checks in metro stations.

An anonymous Nanjing local is of the opinion that, "Now the city has too many people; a lot more people from all over China are moving to Nanjing. The government only wishes to keep it safer for the people". Recently, Nanjing parents staged a frustrated protest about high school graduates. It was large and confrontational enough for the government to put a sharp end to it; by bundling wailing mothers into the back of police vans.

Freedom of speech may be painfully non-existent, but in the past, China managed to retain her grip from behind closed curtains. Today the police appear to be exercising power in ever more public ways.

In addition to physical checks in public places, Nanjing has seen an increase in pop up police stations scattered about the various neighbourhoods and districts. Again, these police stations are hardly needed considering the (often empty) stations that already exist. Subtle demonstration of power? Or a demonstration of better security?

With the economy on the slow down, China could be increasing security measures in preparation for enraged citizens looking to blame someone for their losses. On the other hand, as Nanjing plays catch up with Shanghai and becomes a first tier international city, inevitably she will endeavour to provide better civil service to the city, whether for righteous or profitable gain.

The more China modernises and develops, the more she will want to protect and keep the peace, or maybe this all just comes part and parcel with growth and development. Yet, as with most government actions, we are simply left to ponder, why? 

ALTERNATE FAKE

For the newcomers, herein a selection of Nanjing glimpses the tour guides have not yet discovered. For the long termers, see your adopted home from another angle.

All photos by AE Wiggin

Zhongshan Men



Xuanwu Lake



Meiyuan Xincun



Changle Du



Yuhuatai Martyr Cemetery



1865





NX OURSPACE

Leisure

Dare to Bare @ TangSon Spa

By Ella Fisher

■ My Chinese friends invited me to go to a Korean spa; seeing as I was given a free ticket I happily obliged. The experience was...invigorating to say the least!

Paying at reception would have cost ¥128 for 12 hours; the smart option is buying tickets online for half the price. The reception staff were very friendly, but do not speak English.

The first room features the Korean baths, with two rooms, one for each gender. Resembling hot springs you would find on a mountainside, it is covered in grey and turquoise stone, filled with pink blossoms and stylish showers. Each bath can fit approximately 15 people and are varying in temperature. To be able to use these baths you need be naked; no swimwear or underwear is permitted. This could be quite uncomfortable for expats as you have to question whether you would feel relaxed completely exposed around strangers. After debating for 30 minutes I decided to go for it and I found it to be a very freeing experience while the baths were perfect temperatures in which to soak.


Then there are treatments you buy. Massages that

use different natural ingredients such as almonds and green tea to exfoliate the skin will cost approximately ¥150 for an hour. The massage includes full body exfoliation, muscle massage and a face and body mask. For that price it is value for money. My skin felt beautifully soft for a whole week! Again you have to be naked, and your massage is topless which felt quite awkward at times.

Next, a communal area (where you wear robes provided) for both men and women to chill and unwind. Beautiful, covered in wood with deep purple and amber colours, mini water fountains with lily pads, and soft low lighting, all amenities are free. There is also a cinema, with comfy reclining beds that shows English movies at certain times, mini caves to nap in, warmed pebble pits to lie on, bean bags and saunas. I fell asleep in most of these places I was so relaxed, except from the saunas which can be very crowded and as hot as 70 degrees; unbearable!

Finally, enjoy the bar, tea room and restaurant where you can eat traditional Korean food for as little as ¥20!

Overall, this spa gives you a feeling of complete relaxation for a bargain price. If you can get over the full frontal nudity, you may find this to be a liberating experience that helps you strip away the sometimes stressful expat lifestyle.

Find TangSon Spa at Zheng He Plaza, 319 Jiangdong Bei Lu
319 3-4 Tel: 83323333,
and at Tian'an Plaza, 9 Fuqian Dong Lu, Jiangning
9 E
Tel: 52298777 



Retail

Introducing Your New Best Friend; Baopals

By Frank Hossack

The trouble with being self taught in Chinese is there tend to be gaps (read "gaping holes that could swallow a star") in the vernacular. In my case, one of them is reading comprehension, meaning, despite having lived in China forever and a day, means I am unable to truly live life to the full, i.e. by using China's online shopping behemoth; the mezmorisingly good Taobao. That is, until now.



Urban legend has it that a bunch of expats in Shanghai became so incensed that Taobao did not have an English

version that they decided to do it themselves. Except that in the process they also incorporated T-Mall into their website/app which extracts data from that and Taobao, before presenting it in a translated user interface that is also more organised toward western tastes. They call it Baopals.


Whereas the service really shines in so far as it frees the confused expat of the necessity to have a Chinese reader place orders for you and handle the payment; Baopals accept both WeChat and Alipay, the downside is that you should still ideally use the mobile number of a Chinese speaker on the delivery details, in case the courier gets lost, etc.



That said, having used the service twice so far, the Chinese speaker turned out to be not needed; on the first occasion, when the order tracking showed my package to have been delivered I messaged Baopals on WeChat and they took care of it instantly, and on the second, whereupon my package arrived a couple of hours later than reported.

Minor quibbles are always having to enter your email and password anytime you use the Wechat interface to access your account, and not being able to see the user reviews of merchants. None of this, nevertheless, detracts significantly from Baopals being a stellar invention created with the aim of helping the hapless helpless in China.

According to a China Daily article published in May of this year, to set up Baopals cost the three founders half a million renminbi from their own pockets, and those of friends. Therefore, how do they make any money? By charging us, the end users, five percent of the item price, plus ¥8 per item type. So for major orders, be prepared to still grease the palms of Chinese friends.

Find Baopals at www.baopals.com or on WeChat @baopals. 



London Calling

7 July, 2016

Preparations for Nanjing's participation in the London Design Festival officially got under way with an introduction to the city's design projects that are London bound, at which VIP guests (below) included Nanjing Municipal Party Committee Member and Propaganda Department Minister, Xu Ning (centre), British Consulate General Shanghai, Deputy Consul Tony Clemson (right) and Vice President of the Sanpower Group, Yue Lei (left).





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NUX THE INDEX

Many listings herein include handy codes as to their Nanjing Zone; a coloured square that assists in sourcing places of interest in areas frequented by expats. Cross reference the listings with the maps towards the rear of The Nanjinger.

About The Index

Locations that appear within The Index have been hand picked by The Nanjinger's editorial team for offering quality, consistency and service. Descriptions are written following The Nanjinger's editorial policies as regards objectivity and impartiality. The listings are not for sale.

Food & Drink

Western Bars & Restaurants

William's

Chic Hills, 286 Zhongshan Lu 286
85878066

Stays true to the unique cooking processes and characters that have become hallmarks of great American barbeque. Applewood log smokers subdue meat cuts hours of 'low 'n' slow' smokin' heaven!

Oasis

133 Mingwalang 133
83191933

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.

Bellini Italian Bar & Restaurant

12 Nanxiucun 12
52888857
#1-106, 9 Wenfan Lu, Xianlin 9 1 106

85791577
www.bellinirestaurants.com
Stylish and elegant yet easy in which to relax, award winning Bellini serves up an array of signature dishes and drinks. Ranked #7 among TripAdvisor's 2,600 plus restaurants in Nanjing.

Ciao Italia

193-2 Shigu Lu 193-2
86608807
30 kinds of pizza and more than 50 wines exclusively imported from Italy, all prepared by highly qualified Italian chefs, plus a host of other dishes.

Finnegans Wake

6 Xinanli Block, 400 Zhongshan Nan Lu 400 6
52207362 / 13057623789
www.finneganswake.com.cn
A carefully prepared selection of authentic Western food in a cozy atmosphere. Upstairs in "The Malt Room", enjoy an unrivalled range of whisky from every corner of Scotland.

Blue Sky Expat Bar & Grill

77 Shanghai Lu 77
86639197
www.theblueskybar.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, board games' nights and plenty of music you thought you had forgotten.

Brewsell's

77-1 Shanghai Lu (next to Guangzhou Lu) 77-1
58779429
www.brewsells.com
Quality Belgian drinks & cuisine in a smoke free environment. Imported Belgian draft beers and daily happy hour from 5 to 8pm; kitchen open until 11pm.

Element Fresh

A109, 1F, Nanjing IST Mall, 100 Zhongshan Lu 100 A 109
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, the chain has expanded to Beijing and Guangzhou and Nanjing.

Studio 21 Grill Restaurant

193 Shigu Lu (behind the Sheraton) 193
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

Basement, Asia Pacific Tower, Jinling Hotel, 2 Hanzhong Lu 2
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

193 Shigu Lu (inside Sunslow Bay near the Sheraton) 193
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 whisky and bourbon.

Jack's Place

422, Dongcheng Hui Shopping Mall, Xianlin 4
85807866
35 Wang Fu Da Jie 35
84206485
160 Shanghai Lu 160
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

4F, The Central, Hexi CBD 237 4
13913983339 / 52251609
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.

Pizza

82-1 Shanghai Lu 82-1
83308105 / 15805177575
Formerly Pisa Pizza, that quickly gained a following among expats when it opened in 2009 for authentic pizza in an informal atmosphere.

La Mona

48, South Commercial District, Lower Carpark, Olympic Centre 48

83353881
From the makers of Pisa Pizza comes classy decor and simply fabulous pizza, fresh out of an impressively large stone oven that rivals the more established Italian eateries in town.

Les 5 Sens

52-1 Hankou Lu 52-1,
83595859
Remaining surprisingly inexpensive since opening its doors in 2005, Les 5 Sens serves authentic and homemade traditional French dishes (the fois gras is a favourite) in a homely atmosphere.

Dream House

Zhonghui Mansion, 20 Jiangjun Da Dao, Jiangning 20
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

150 Shanghai Lu (in Nanxiu Cun) 150
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.

Florentina

2-107, 83 Shanghai Lu 83 2 107
18602560788
Ideal for peaceful chat over drinks; over 100 bottled craft beers waiting for you to try!

Henry's Home

82-2 Fuchunjiang Dong Jie 82-2
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 57
Family business opened in 2012 with the ambition to spread Spanish culture by offering a special culinary experience and home made traditional food. Open Tue-Sun, 5-10 pm.

Eminence Cellar

Inside Wutaishan off Guanzhou Lu
66012088
High quality Western restaurant offering organic food, breads baked on-site, cigar bar and wine cellar.

Tap Planet

F109, 1F, Chic Hills Plaza, 286 Zhongshan Lu 286 1 F109
57519177
40 craft beers on tap, making it the largest se-

lection of such in China, accompanied by slick service and a mouth watering food menu.

The Uncle Pizza

Shanghai Lu Market, 22 Hankou Xi Lu
22 53

8012979506

Big hit with the student population on account of cheap prices for serious quality pizza, despite being hidden down an alley that is easy to miss.

Motu Burger

107 Gutong Xiang, Laomendong
107

17701598220

Small balcony affords great people watching while munching on delicious Kiwi burgers and ice cream washed down with fine ales.

Wagas

1F, Nanjing IST Mall, 100 Zhongshan Lu
100 108

85656120

www.wagas.com.cn

Western and modern Asian fare with a special focus on food quality, consistency and safety.

Potato Bistro

#5-301 Kangqiao Sheng Fei, 9 Wenfan Lu, Xianlin
9 5 301

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
Yadong Commercial Plaza, 12 Xianyin Bei Lu
12
Suning Hui Gu, Ji Qingmen Da Jie

15895872728

Mexican dining experience offering a wide variety of traditional Mexican dishes and a popular delivery service.

Nail Jazz Bar

10 Luolang Xiang (200m south of the Sheraton)
10 200

86532244

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

Ellens Bar

132-3 Guangzhou Lu 132-3
83641119
37 Hunan Lu 37

83641118

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

Vegetarian

Jimingsi Vegetarian Restaurant

1 Jimingsi Lu 1
57713690

Open since the 1980s and popular on the tourist trail, standout items include soy-based mock meat dishes. Service can be erratic.

Green Cuisine

1F Zhengyang Building, 56 Yudao Jie
56

6661 9222

A wide selection of creative dishes and plenty of fresh vegetables along with special drinks and teas.

Tiandi Sushi

21 Huju Bei Lu, Entrance to Gulun Park
21 ()

83701391

Famed for its offer of free vegetarian noodles on the 15th of every lunar month, and little else.

Middle Eastern Cuisine

Dubai

9 Zhuangyuan Jing (inside the Mandarin Hotel)

18652008407

Tasty dishes from Dubai and all over the Arabic world served inside or on a enticing, western-facing patio. All meat is Halal.

Jackob Arabic Restaurant

61 Hankou Lu 61
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

B1, Jinyuan Food Court, 11 Hexi Central Park, 341 Jiangdong Lu
341 11 1

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

3 Kunlun Lu 3
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.

Himalaya-Nepalese & Indian Restaurant

193 Shigu Lu (behind the Sheraton)
193

8666 1828

Popular restaurant serving Nepali and Indian foods in a setting as authentic and inspired as the dishes themselves.

Taj Mahal

117 Fengfu Lu 117
84214123
187-1 Shanghai Lu 187-1
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

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu
12 A05

84448858

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.

Korean Cuisine

Xianpingjia

#6, Block 1, Dongfangtianjun, Xianlin
6

83699086 / 13357739720

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

B1, Golden Wheel Tower, 108 Hanzhong Lu
108 B1

84469445

Ke Jia Fu

7 Nan Da Heyuan, 168 Xianlin Dadao
168 7

86331006

Neolithic Barbecue

B1, Deji Plaza, 18 Zhongshan Lu
18 B1 B116-117

84764545

#B17, B1, Tianyin Plaza, 336 Shangyuan Lu, Jiangning District
336 B1 B17

81032949

B1, Wonder City, 222 Changhong Lu
222 B1

52275687

#121, Bldg. 1, Chenggowu Garden Centre, 699 Zhongshan Men Da Jie, Maqun
699 1 121

85568090

B1, One City, 58 Daqiao Bei Lu, Pukou
58 B1

58400640 58402105

Japanese Cuisine

Dason Bistro

6 Sanyuan Xiang, Xinjiekou
6

84217148

Initiator of the fad for pubs that cut your hair, with now a Japanese restaurant thrown into the mix. Offers an impressive selection of sashimi, classic sushi, shallow fried meats plus fish and tempura, while after 8:30pm the lights dim, the music turns up and the bar springs to life.

Taiyo Teppanyaki

57 Zhongshan Lu 57
84729518
1F, Unit 6, Building 2, 1912
1912 2 6 1

84458310

3F, Golden Wheel, 8 Hanzhong Lu
8 3

84773318

3 Kunlun Lu 3

58850588

Has stood the test of time with its popular all you can eat and drink special offer that includes sushi, sashimi, sake, beer and much more being a staple of the Nanjing community.

Other Asian Cuisine

Thai Tasty

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu
12 A05

84448858

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

Thai Orchid

86-1 Fuchunjiang Dong Jie
86-1

83564567

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

Pho Saigon

2F Huanya Plaza, 33 Shigu Lu
33 2

84465722

Popular and inexpensive fare that includes the must try Vietnamese noodles, hence "pho".

Kezigi Muslim Restaurant

43 Luolang Xiang

43

85891799

Xinjiang restaurant popular with expats; spicy noodles, potatoes, vegetable, chicken and lamb dishes accompanied by dance performances.

Bakery & Café (see also Hotels & Hostels and Shopping)

Iced Baking

46-13 Xianyin Nan Lu, Xianlin

46-13

18014847503

www.icedbakingnanjing.com

Specialty baked goods such as cakes, cupcakes and scones plus a host of baking supplies, including cocoa powder, cream cheese, fondant, sprinkles and shortening. Also provides training and education in the field of food services to underserved women and at risk youth.

Skylways

160 Shanghai Lu

160

83317103

#A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu

12

A18

85791391

Wanda West, 222-2 Jiqing Men Da Jie

222-2

85637995

Breads, made-to-order sandwiches, cakes, desserts, plus imported deli items such as cheese and salami. Shanghai Lu location has a long queue at lunchtimes.

Sculpting in Time Café

2F, 47 Hankou Lu

47 2

83597180

32 Dashiba Jie (Fizimiao East Gate)

32

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.

Goldstar Café

150 Shanghai Lu (at the junction with Nancuixun)

150

83556176

Canadian outfit aiming to be a luxury café in an Scandinavian style; lots of natural light, contemporary design and fair-trade organic espresso.

Maan Coffee

1 Qingjiang Lu

1

85872858 / 85607277

1F, Dushi Xihe, 8 Xuejia Xiang

8

85607266

81-1 Fuchunjiang Dong Jie

81-1

85607288

1912 Leisure District

1912

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

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

27

1 2

86829191

Lounge in comfortable armchairs and indulge in gooey macaroons and hazelnut slices to molten chocolate cakes.

Chinese Teahouses

Lao Cui Tea House

Houhuyinyue, Huanhu Lu, Nanjing city wall, 8 Jiefang Men, Xuanwu

52628899

15 Yingtian Da Jie

15

86560632

Holds activities such as lectures on tea drinking and tea culture. Location in the city wall is one of Nanjing's must-sees.

iTea

6F, Xinhua Bookstore, 56 Zhongshan Dong Lu

56

6

86816246

Taiwanese delicacies and soothing herbal tea, brewed intricately before your eyes by one of the restaurant's tea aficionados.

Nightclubs

Kamakama

1912 Leisure District

1912

2

1

86701912

Nanjing's answer to the sleek sophisticated cocktail bars of Shanghai; signature cocktails, selected fine wines and classic malts all the way.

MAZZO Club

1912 Leisure District

1912

6

84418579

One of the oldest clubs in Nanjing and hangout for the foreign community playing contemporary electronica.

Club TNT

2-1 Changjiang Hou Jie

2-1

84401199 / 13151090136

A big name in the Chinese nightclub industry, with clubs in Nanjing, Chongqing and Hefei.

Enzo

8-3 Changjiang Hou Jie

8-3

2

83789898

Accesses many of the big names in entertainment; Paul Oakenfold, DJ R3hab and LMFAO have all played here.

Tourism, Sport & Leisure

Hotel & Hostel

Somerset Youth Olympic Nanjing

9 Qing'ao Nan Lu

9

83080888

www.ascottchina.com

Comfortable and international serviced residence providing extremely spacious three-bedroom apartments for executives and their families.

Han Yue Lou Solis Hotel

235 Jiangdong Zhong Lu, Jianye District

235

68176000

www.solishotels.com

First establishment in China for Solis and official hotel for the Youth Olympic Games in 2014. Chinese elements are incorporated as threads woven into the fabric of the hotel.

Jinling Hotel Nanjing

2 Hanzhong Lu, Xinjiekou Square

2

84711888

The first five star hotel in China with a city centre location putting the prize-winning iconic landmark only two minutes' walk from Xinjiekou Metro Station. International flight and train ticket purchase counter plus bakery also available.

Renaissance Nanjing Olympic Centre Hotel

139 Aoti Da Jie, Jianye District

139

83388888

cn.renaissancenanjing.com

First Marriot hotel in Nanjing. with signature Navigator service available to guests; a local who knows the hotspots inside out. Bakery sells fresh breads.

Novotel Nanjing East Suning Galaxy

9 Suning Dadao, Xianlin

9

85208888

www.novotel.com

Good spot for a weekend escape from the city, with Purple Mountain 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

116 Lushan Lu

116

87773777

www.frasershospitality.com

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

The Westin Nanjing

Nanjing International Center, 201 Zhongyang Lu

201

85568888

www.westin.com/nanjing

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

Sheraton Nanjing Kingsley

169 Hanzhong Lu

169

86668888

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

Fairmont Nanjing

333 Jiangdong Zhong Lu, Jianye District

333

86728888

www.fairmont.com/nanjing

Elegant international hotel famous for its services and cultural features; the building itself resembles a Chinese lantern.

InterContinental Hotel

1 Zhongyang Lu, Zifeng Tower

1

83538888

www.intercontinental.com

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

Sofitel Galaxy

9 Shanxi Lu

9

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

1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)

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

142 Dashiba Jie (Fuzimiao west gate)

52266858 / 66850566
www.nanjingyha.com

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

Resorts

Kayumanis Private Villas & Spa

12 Wenquan Lu, Tangshan

84107777
www.kayumanis.com

nanjing@kayumanis.com
High-end private villa with refreshing natural hot spring and mountain view.

Regalia Resort & Spa (Qinhuai River)

Bldg. E5, 388, Yingtian Da Jie
(inside Chenguang 1865 Technology Park)

51885688 1865 E5

www.regalia.com.cn

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

Tangshan Easpring Hot Spring Resort

8 Wenquan Lu, Tangshan, Jiangning

51190666
A leisure hotel in Tangshan offering different types of bathing.

Museums

Nanjing Massacre Memorial

418 Shuiximen Da Jie

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

321 Zhongshan Dong Lu

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)

4 Chaotiangong

World class museum presenting ancient pottery and earthenware, calligraphy, clothing, jade etc.

Six Dynasties Museum

Changjiang Lu / Hanfu Jie

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

123 Changjiang Lu, Xuanwu District

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

1 Xiaofenqiao, Guangzhou Lu

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

Tianwen Lu, Purple Mountain Area, Nanjing

84440768
Very first observatory to be built in mainland China that is known as "the cradle of Chinese astronomy".

Tangshan Homo Erectus Fossil Museum

Jiangning District, Tangshan Scenic District

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

240 Chating Dong Jie

86518580
Observe wooden looms producing the world's finest brocade. Fabric is also available for purchase.

Nanjing Taiping Heavenly Kingdom History Museum

128 Zhanyuan Lu

58800123
Houses the largest collection of artifacts and documents from the Taiping Heavenly Kingdom.

Nanjing Science Museum

9 Zijinghua Lu, Yuhua District

58076158
Hands-on fun and learning for kids. IMAX Cinema.

Nanjing Museum of Paleontology

39 Beijing Dong Lu

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

15 Nanbuting, Zhongshan Nan Lu

52217104
Visitors can study traditional Chinese architecture, including the so-called "99 and a half rooms". Various displays of traditional folk art throughout the year.

Jinghai Temple

288 Jianning Lu

58590298
www.yuejianglou.com
In addition to enjoying an insight into the Chinese view of the "unfair treaty" ceding Hong Kong to the British, visitors can learn about the voyages of Zheng He.

Zheng He Treasure Shipyard

57 Lijiang Lu

Climb aboard a mockup of the famous navigator's fleet in the location that built the very same almost 600 years ago

Parks & Attractions

Qingliangshan Park

83 Qingliangshan Lu, near Huju Lu

Calligraphy and stone museums, as well as an art gallery and pottery studio.

Zixia Lake

A cold water mountain-fed lake. Exercise with care; the cold undercurrents can cause life-threatening cramps.

Mochou Lake Park

35 Hanzhongmen Da Jie

Home to the annual Dragon Boat Race, and great for boating or a walk in a peaceful environment.

Happy World

Daqiao Bei Lu, Pukou District

Fairly violent looking thrill rides plus giant water slide.

Jiuhuashan Park

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

Xuanwu Lake Park

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

Yaxi International Slow City

6 Shengtai Lu, Yaxi Town

56861235
The village of 20,000 was designated China's first "Slow City" by Cittaslow.

Pearl Spring Resort

178 Zhenzhu Jie, Pukou District

A 8.9 sq.km scenic area that includes a zoo, circus, dodgems and cable-car to a so called Great Wall.

Gulin Park

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

Zhongshan Botanical Garden

1 Qianhuocun
84347062

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

Nanjing Yangtze River Bridge Park

()
7 Baotiaoqiao Dong Jie

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

Yuhua Dong Lu (north gate)

A surprisingly relaxing memorial park, yet used as a mass execution ground during the anti-communist revolution of 1927.

Drum Tower/Gulou Park

1 Gulou Jie, at the end of Beijing Xi Lu

The traditional centre of a Chinese city.

Lao Shan National Forest Park

Chalukou, Pukou

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

50 Changle Lu 50
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

Zhengfang Da Dao, Jiangning District

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

Jijianheng Martial Arts Training Center

15996493275
Offers the mental and spiritual training necessary for Kung Fu mastery to students of all ages and abilities. Founded by Shaolin Master Shi Jianhu in 2015. Bi-annual Shaolin Homecoming weekend trips, led by Master Shi and his foreign wife Maggie, also available.

Century Star Ice Skating Club

222 Jiangdong Zhong Lu (Inside Olympic Center)

86690465 / 86690467
4F, Wonder City, 619 Yingtian Street

52275768 ext. 8001/8002

Nanjing Zhongshan International Golf Club

9 Huanling Lu 9
84606666

Nanjing Harvard Golf Club

176 Zhenzhu Jie, Pukou
58853333

Nanjing Gingko Lake International Golf

1 Guli Yinxing Hu 1
86139988

Nanjing Leiniaio Paragliding Club

Wutaishan Sport Center Tennis Stadium

84458450 / 15335179782

Pisarev Ballet

#B901, Junlin International Mansion, 5 Guangzhou Lu
86975095

Changqing Taekwondo

9F, Quanmin Jianshen Plaza, 145 Zhongshan Dong Lu

84541055

Gym

Lucky Bird Fitness

83518366
www.jinjiniao.com
28 branches in Nanjing offering Workout area, gymnasium, yoga studio etc. Eight branches also have swimming pools.

Theatre

Nanjing Poly Grand Theatre

6 Yecheng Lu, Jianye District (inside Nanjing International Youth Culture Centre)

58839008 58839098

Nanjing Art and Cultural Center

101 Changjiang Lu 101
84797920

Jiangnan 631 Niuda Theatre

631
5 Yanling Xiang 5
84419786

Nanjing Art Academy Concert Hall

15 Huju Lu 15
83498249

Jiangsu Kunqu Theater

4 Chaotian Gong 4
84469284

Business & Education

International Education

British School of Nanjing

Hanfu Lu, Jiangning District

52108987
www.bsn.org.cn
Serves expat children with a private education of the highest standard, with a day-to-day focus on helping pupils to thrive in their own unique way. Based based on the English National Curriculum.

Nanjing International School

8 Xueheng Lu, Xianlin College and University Town

85899111
www.nanjing-school.com

An inclusive learning community inspiring international mindedness, personal excellence, creative thinking. An IB World School.

EtonHouse Nanjing

8 Qing'ao Nan Lu, Jianye District

85596778
Singapore based chain with more than 100 pre-schools and schools spread across Asia and a curriculum based on an international, inquiry-based program.

The Overseas

Nanjing Novas International Business Consulting Co. Ltd, #1606 Block A, Junlin International, 5 Guangzhou Lu

84533133
admin@the-overseas.com
Wechat: overseas

Youth Moment Educational Investment Co., Ltd.

3rd Floor Building E, Kingdee Science and Technology Industrial Park
532 Zhongshan Dong Lu

68165526 / 18621932120
www.qingmengjia.com
enquiries@qingmengjia.com
Career guidance, entrepreneurial support, overseas study services for Chinese and foreign students.

Higher Education

Nanjing University of Science & Technology

200 Xiaolingwei 200
84303232 / 84303135
study.njust.edu.cn
Offers both Chinese and English taught programs for undergraduates and postgraduates in a large range of vocations; everything from science, engineering, liberal arts and economics to business, management, law and education for coordinated development.

Business Services

Sharehouse (Nanjing) Co., Ltd.

()
Maqun Scientific Park, 3 Jinma Lu

85720118
www.sharehousechina.com
Enables SMEs to establish their own legal entity in China while keeping overhead costs low through shared resources.

Foreign Trade & Economic Development Agencies

American Chamber of Commerce

Jinling Hotel Asia Pacific Tower Room 801

18501538478
nanjing.amcham-shanghai.org

European Union Chamber of Commerce

()
#806, Haihua Mansion, 99 Zhongshan Lu

83627330

China-Britain Business Council, Nanjing

#2514-2515, 50 Zhonghua Lu
52311740

Netherlands Business Support Office

#2316, Bldg. B, 23F, Phoenix Plaza, 1 Hunan Lu
1 B 23 2316
84703707

Baden-Württemberg International

7-3 Dabai Xiang Meiyuan Xin Cun
7-3
84729068
www.bw-i.cn

Australian Trade Commission

#1163, Jinling World Trade Center, 2 Hanzhong Lu
2 1163
84711888 -1163

Canadian Trade Office Nanjing

#1261, Jinling World Trade Center, 2 Hanzhong Lu
2 1261
84704574

Language Training

New Concept Mandarin

#821, 8F, PICC building, 98 Jianye Lu, Qinhua district

98 8 821
84872361
www.newconceptmandarin.com
nanjing@newconceptmandarin.com
Over 20-years experience in applied linguistic research and global teaching.

JESIE - Goethe-Language Centre

JESIE -
Jiangsu College for International Education, 3F, 205 Shanghai Lu
205 3
83335690
www.goethe-slz.js.cn

Nanjing No.1 High School

301 Zhongshan Nan Lu
301
52216244
Only high school designated by the International Office of National Chinese Language Promotion as base for the international promotion of Chinese language.

Alliance Française de Nanjing

4F, Qun Lou, 73 Beijing Xi Lu
73 4
83598762 83598876
www.afnanjing.org
info.nanjing@afchine.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.

Clubs

Nanjing International Community Clubhouse

1-B-01, British School of Nanjing, Hanfu Lu, Jiangning District
1-B-01
www.yournicc.net
info@yournicc.net
Helps expats to understand and enjoy their experience of living in Nanjing through a service centre; classes for adults, such as pilates and calligraphy;

for children, such as ballet; a monthly ladies night and many more activities.

Nanjing International Club

Maqun Scientific Park, 3 Jinma Lu, Xianlin, Qixia District
3
www.nanjinginternationalclub.org
A club with over 500 Members from all around the world and a large variety of events; 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.

Nanjing Hash

nanjinghash@gmail.com
As part of the international Hash House Harriers founded in 1938 in Kuala Lumpur, the Nanjing Hashers continue the tradition of being a drinking club with a running problem. Sunday monthly run or walk plus a night Hash on Mondays at 7pm to a mystery destination, to see unusual scenic parts of Nanjing, and surrounding areas, followed by great food and drinks.

Charities

Y.M.C.A / Y.W.C.A

66-9 Dajianyin Xiang, Gulou District
66-9
83307098 / 83714117
www.njymca-ywca.org
Endowed by Dr. Sun Yat-sen himself in 1912, the Nanjing branch of the infamous organisation provides volunteering services and organises overseas exchange programs.

Hopeful Hearts

www.hopefulhearts.info
Raises funds for the medical treatment of children with heart conditions. Over 400 children assisted to date. Operates under the umbrella of The Amity Foundation with other branches in Chengdu and Guangzhou.

Pfrang Association

3 Jinma Lu, Maqun Scientific Park, Xianlin, Qixia District
3
85720118
www.pfrangassociation.org
Raises funds to sponsor the 6-year high school education of underprivileged children in Jiangsu province, providing them with the chance to lead a self-directed and fulfilled life.

Butterfly Hospice

www.butterflych.org
Provides loving care and treatment for children with life-threatening illnesses, through a children's hospice in Changsha, and a local support project in Nanjing with specialist nursing care for palliative children.

Ray of Light Cambodia

www.rayoflightcambodia.com
Provides opportunities to 3-18 year olds in an orphanage in Phnom Penh.

Cultural Education

Confucius Temple Primary School

22 Zhanyuan Lu
22
52230929
Founded in 1907 to explore and promulgate the ideology and culture of Confucius.

Shopping

International Groceries

Epermarket

www.epermarket.com
4007760776
First online supermarket in China to be ISO 9001 certified, delivering more than 5,000 imported & local goods.

Fields

www.fieldschina.com
4000210049
Online grocery store that delivers safe, delicious, high quality and imported groceries directly to your door.

Time Farm

18551768576
www.timefarm.com.cn
Permaculture facility in Jiangning producing vegetables, rice, whole-wheat flour, free-range eggs and canola oil.

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.

Wendy's Bakery

13611577210
wendybakery.taobao.com
Classic apple pie, bacon-cheese scones and inventive cranberry shortbread utilising only imported ingredients.

Petite Abeille

22 Hankou Xi Lu
22
83237878
80 Nenjiang Lu
80
83217096
Largest selection of French produce in Nanjing, with petite pains, biscottes, chocolate plus home-made heavy breads and baguettes, croissants and apple pie.

Times Grocery

48 Yunnan Lu
48
83685530
Compact yet its location breeds popularity; wide selection of imported but sometimes pricey food.

Happy Orange

Cuiping International (North Gate), Hanfu Lu, 20 Jiangjun Avenue, Jiangning
20
52158366
Small shop with a nice selection of imported items run by a charming couple from Taiwan.

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. Delivers from Yangzhou.

Metro

288 Ningli Lu
288
300 Jianning Lu
300
Foreign foods plus wines, beers and spirits. Passport/ID sometimes required.

Carrefour

235 Zhongshan Dong Lu
235
341 Jiangdong Zhong Lu
341
26 Jiqingmen Da Jie
26
7 Daqiao Nan Lu
7
3 Liuzhou Nan Lu, Pukou
3

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

Auchan

151 Hanzhongmen Da Jie
151 ()
11 Qinhui Zhong Lu
11 ()

866 Yingtian Da Jie
866

Another French hypermarché with probably the city's best selection of cheese.

BHG Marketplace

B2, Aqua City, 1 Jiankang Lu
1 B2
B1, Deji Plaza, Zhongshan Lu
B1
B1, Jingmao Shopping Mall, 201 Zhongyang Lu
201 B1
B1, The Central, 237 Jiangdong Zhong Lu
237 B1
B1, Forest Mall, 301 Zhongshan Men Da Jie
301 B1
B1, Raydu Plaza, 1222 Shuanglong Da Dao, Jiangning District
1222 B1

Imported goods plus organic fruit and veg. Pricy, but that keeps the crowds away.

RT Mart

39 Danfeng Jie
39 ()
B1, New City Mall, 99 Caochangmen Da Jie
99 B1

260 Longpan Zhong Lu
260
Decent imported food section, dairy and bakery items.

Q.E. Mart

7 Wenshu Dong Lu, Xianlin
7
85862080
Medium-sized supermarket (labelled "Korean Market") with a wide range of Korean produce.

For the Home

Gold God Preserved Flowers

59-14 Zhanjiang Lu, Gulou District
59-14
13611562025
Custom made preserved flower arrangements for decoration or jewelry.

EAsmart

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

Living Story

173 Shanghai Lu
173
86634155
Compact yet has coffee grinders, espresso makers, stylish kitchen utensils, picture frames, oil burners and oils, candles, clocks, art, wine racks plus a few bottles of wine.

Hongxing Furniture

224 Zhongyang Lu
224
83118005
Large furniture mall with many shops. Large range of prices, styles, etc.

Jinsheng Market

2 Jianning Lu
2 ()
9 Wangjinsi (off Changjiang Lu)
9
Daqiao Bei Lu (beside North bus station)
()

Everything from home décor to cabling, Christmas trinkets and electronics. Bargaining is a must.

Jinling Decoration Market

88 Jiangdong Zhong Lu
88
86511888
Everything needed for a new home.

Longjiang Flower Market

78 Qingliangmen Da Jie
78
Huge selection of plants, cut flowers, fish tanks and fish, plus gardening tools.

B&Q

90 Kazimen Da Jie (beside Metro)
90
52450077

IKEA

99 Mingchi Lu (East side of Kazimen Plaza)
99 ()
4008002345

Internet, Electronics, Photography & Gaming

NetFreeRouter

www.netfreerouter.com
Watch your favourite shows from BBC, Netflix, ABC, NBC, Amazon and many more, using a specialised router plus a dedicated US, UK or HK IP address that provides VPN, wifi and online TV across all devices.

Professional Photography Equipment Market

3F, Binjiang Friendship Shopping Center, 301 Jiandong Bei Lu
301
Specialists in wedding photography with equipment including lighting, flash etc.

Camera & Photography Equipment Market

Dongding Plaza, 699 Zhujiang Lu
699
Widely regarded as the best camera and equipment market in Nanjing.

Mobile phone shops on Danfeng Jie

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

IT products on Zhujiang Lu

-IT
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

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

Art

Art Home

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

Jiangsu Fande Culture and Art Block

1 Zhengxue Lu
1
84711180
An inclusive cultural industry platform for the

research and development, creation, display and transaction of art works.

Fangshan Culture and Art Creative Industry Park

1 Donghuyuan, 588 Longmian Da Dao
588 1
52712282
Home to four art institutions and over 40 famous artists in photography, oil painting, Chinese painting, sculpture and pottery.

Jiangsu Art Gallery

266 Changjiang Lu
266
84506789
333 Changjiang Lu
333
89610840
Local artists' work, changed frequently.

Nanjing Luhe Phoenix Art Gallery

Fenghuang Shan Park, Yanan Lu, Pukou
57751345

A non-profit institution with exhibitions and serving as a platform for people to exchange information and experience in art creation and collection.

Stone City Modern Art Creation Gallery

72 Beijing Xi Lu
72
55583708
Exhibition of modern Chinese art.

Yipai Art

81 Stone City
81
83704786
epair8888@126.com
Oil paints, brushes, spatulas, charcoal, easels, drawing instruments, sketch books and a selection of pens, pencils and refills.

Sports & Outdoor

Decathlon

866 Yingtian Xi Lu (same building as Auchan)
866
84218420
286 Ningli Lu (next to Metro)
286 ()
52401018
1 Beijing Dong Lu
1
French sports megastore chain that also stocks informal-wear shoes in sizes up to 48.

Sanfo

57 Zhongshan Lu
57
84721228 / 84720512
Jinxianghe Lu
83601199
4F, Zifeng Tower, Zhongshan Bei Lu
4F
83518681 / 83518682
Chinese outdoor chain store stocking equipment for biking and hiking plus backpacks and apparel for outdoor.

Foreign Language Bookstores

Foreign Language Bookstore

218 Zhongshan Dong Lu (Beside Taiping Nan Lu)
218 ()

Xinhua Bookstores

56 Zhongshan Dong Lu (near Hongwu Lu)
56 ()
86645151
217 Zhongshan Bei Lu
217
83374645


Phoenix International Book Mall


1 Hunan Lu
1 ()
83657000 / 83657111


Wine Outlets (see also International Groceries)

Everwines 
300 Changjiang Lu 300
58951779
nanjinglcs@everwines.com
The retail arm in China of Torres that offers tastings plus the opportunity to learn about wine; Small classes in English or Chinese available.

Newold Wine World 
Area B, F1, New City Mall, 99 Caochangmen Da Jie
99 B
86265959


Jayson Wines 
52 Taiping Bei Lu 52
8370 7195


Eminence Cellar 
Inside Wutaishan (opposite to Jin Inn)
Guangzhou Lu
66012088


Aussino Cellar 
#109, 198 Zhongshan Dong Lu
198 109
84679799
www.aussino.net


Services

Healthcare

Hscybele Hospital 
9 Wenti Xi Lu 9
24 hour English hotline: 18013919815
www.hswoman.com/en/
Combines Obstetrics, Gynecology, Neonatology and Pediatrics 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.

Raffles Medical 
1F, Grand Metropark Hotel Nanjing,
319 East Zhongshan Lu
319 1
84802842 (by appt.)
Mon-Fri 9am-6pm, Sat 9am-12noon / 24hr Assistance Center: 010 64629100
www.internationalssos.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 
4F, 10 Ke Xiang, Qinhua District
10 4
86502567 / 18551700071
www.tsq025.net
Offers all kinds of oral treatments including dental implants, crowns or bridges, dental whitening, cosmetic dentistry, root canal therapy, orthodontics and more. 100 percent bilingual staff; other branches in Suzhou, Nanning, Beijing and Shanghai.

Keya Dentistry 
#411, Bldg. E, Wanda Plaza, Hexi
E 411
4008919828 / 83308686
www.keyaath.com
Providers of Invisalign; a popular, Western alternative to braces, plus reconstructive and cosmetic teeth surgery. Axa Assistance,

CSETH Insurance, BUPA, METIFE, SOS, Bupa and Medilink accepted.

Qinhua Traditional Chinese Medicine Hospital

512 Zhonghua Lu 512
18652921160 (English speaking; Dr. Meng)
Traditional therapies such as acupuncture and massage that can be used to help with a range of afflictions. Experts on duty each Friday morning.


Global Doctor International Medical Centre

1F, Zuolinfengdu, 6 Mozhouhu Dong Lu
6 1 1
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

71 Hexi Da Jie 71
52238800
Another popular choice for expats, BEN-Q is staffed by local specialists, with occasional visits from Taiwanese doctors.

Nanjing Union Dental Clinic


1F, Grand Metropark Hotel Nanjing,
319 Zhongshan Dong Lu
319
84818891 / 84808888-6555
dentist@uniondental.cn


Health Examination Center


168 Qingliangmen Da Jie
168
86216721
www.jsjgyg.com
English speaking staff, diagnosis by imported advanced medical technology and treatment by Traditional Chinese Medicine. 100 percent non-invasive.

Nanjing Entrance-Exit Inspection and Quarantine Bureau

1 Guojian Lu, Jiangjun Da Dao,
Jiangning District
1
52345354
Health checks for work permit and visa applications.


Nanjing Gulou Hospital


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

Jiangsu Provincial Hospital

300 Guangzhou Lu 300
83718836
The major Western medicine hospital.


Nanjing Children's Hospital


72 Guangzhou Lu 72
83117500 83116969

Jiangsu Provincial Hospital of TCM


155 Hanzhong Lu 155
86617141
The major Chinese medicine hospital.

Nanjing Maternity and Child Healthcare Hospital


123 Tianfei Xiang 123
52226777
The major maternity hospital in Nanjing.

Legal

D'Andrea & Partners Law Firm

D' Andrea & Partners 
#920, Jinglun International Mansion, 8 Hanzhong Lu
8 920
86505593 / 86505693
nanjing@dandreaapartners.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


Deheng Law Offices, 3F, 2 Chuangzhi Lu
2 3
13605182614 / 58993266
www.dehenglaw.com
wangyuzhuo@dehenglaw.com
Business lawyer with more than fifteen years legal practice in Nanjing plus fluent English and legal knowledge in both business and personal areas, offering professional services via DeHeng Law Offices, and their network of 21 domestic branches in China and five overseas offices.

Dacheng Law Offices

9-10F, Lianchuang Scientific Mansion, 18 Jihui Lu, Gulou District
18 A 9-10
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


Sun Home Real Estate


#1901, Xinghan Mansion, 180 Hanzhong Lu
180 1901
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.


HomeLife

84727590 / 18651613688
www.0086house.com
Specialists in rentals of houses, condominiums, apartments and offices with over 10 years experience in helping expats.

Nanjing Houses


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

Home Caught Relocation Service


4F, 669 Zhujiang Lu 669 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

#4210, Block A, New World Centre,

Zhujiang Lu

A 4210

84541017

slaing@crowwww.com

Provides moving services, housing services, school search, immigration services, and orientation services with a global network spanning 60 countries.

Apex International Logistics Co., Ltd

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

12C1, Jinlun Mansion, 108 Hanzhong Lu

108

12C 1

84701658

www.cmrcchina.com

Supplies multinationals, with additional services including driver's license and import/export of pets.

Faith Houses

Mochou Lu Church

390 Mochou Lu

390

84708782

www.njmclchurch.org

English service is held from 3.30-5 pm every Sunday. English Bible Study is every Wednesday from 7.00-9 pm.

St. Paul's Church

396 South Taiping Road

396

86647225

www.njstpaul.org

English service is held at 10:50 am on Sundays and English Bible study is at 14:00 on Saturdays.

Immaculate Conception Cathedral

112 Shigu Lu

112

84706863

English service: Sunday @ 6pm

Korean service: Sunday @ 11am

The Church of Jesus Christ of Latter Day Saints

Yuhua Jingli Hotel, 8 Xiaohang Yaojia'ao

8

Mormon service on Sundays at 10am. Foreign passport holders only.

Biyao Catholic Church

Biyao Garden Square, 189 Leshan Lu

189

84706863

Shengxun Church

English service is held on Sundays from 10.30-12 pm and Chinese service from 2-4 pm on Sundays.

158 Leshan Lu

158

Jiangsu Lu Church

60-10 Jiangsu Lu

60-10

83724547

Gulou Religious Activity Site

2-2 Beijing Xi Lu

2-2 2F

84435660

Services held Mon-Sat from 7-8 am and Sundays from 7-8 am, 8.30-10 am and 4.30-5.30 pm.

Jinsu Nunnery

18 Wufu Jie, Jiqing Men, Qinhua District

18

86626905

KuanEumHui Korean Buddhist Club

#1703, Bldg. 2, Fuli Shanzhuang

3 1703

13222018582

Service: 11:00am

Nanjing Islam Association

28 Shengzhou Road, Qinhua District

28

52216974

Jizhaoying Mosque

3 Jizhaoying

43

83605565

Taijing Lu Mosque

299 South Taiping Lu

299

84525352

Caoqiao Mosque

26-32 Ganyu Xiang

26 32

52209482

Training, Coaching & Consulting

Chrysalis Consulting

#932, 699 Zhongshan Men Da Jie, Maqun, Qixia District

699

932

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

58

7 714

84714552

www.mticonsulting.com

HR coaching and training solutions, combining international standards with local market needs.

McBride Sports

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mcbridesports@gmail.com

Coaching for young athletes, adult-personal training and/or Boot Camps.

Pets

Doctors Beck & Stone

&

159 Forrest Mall, 301 Zhongshanmen Street, Xuanwu District

301

159

87761656 / 877616136 / 400 103 8686

Leading international pet hospital group, supporting responsible pet ownership, and providing the highest level of veterinary services that include grooming, boarding, and pet food.

Amy Hao Hao Pet Care

18 Nantai Xiang Xi (off Wang Fu Da Jie)

18

84203097 / 13952034351

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

Tom Dog Pet Center

1 Dingxin Lu

1

86662858

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

Puppy & Kitten Pet Store

81 Shitoucheng Lu

81

83322380 / 1862518468

Hairdressers

Mei Lun Shan Pin

6 Sanyuan Xiang, Xinjiekou

6

84217148

Foreign stylists and translators on hand.

V-Salon

32F, Golden Eagle Plaza, 89 Hanzhong Lu, Gulou District

89

32

86292980

Run by a stylist to many pop and movie stars, including none less than Nicolas Cage and Julia Roberts.

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

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

8

1 1417

58491159 / 13851522275

www.sinoconnexion.com

info@sinoconnexion.com

International award winning professional foreign owned video and media production company with 30+ years experience, and 23 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

18305161245 / 15950575174

www.vozdesign.com

mundosanto@gmail.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

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

40 4004

1 2

15

13813906747

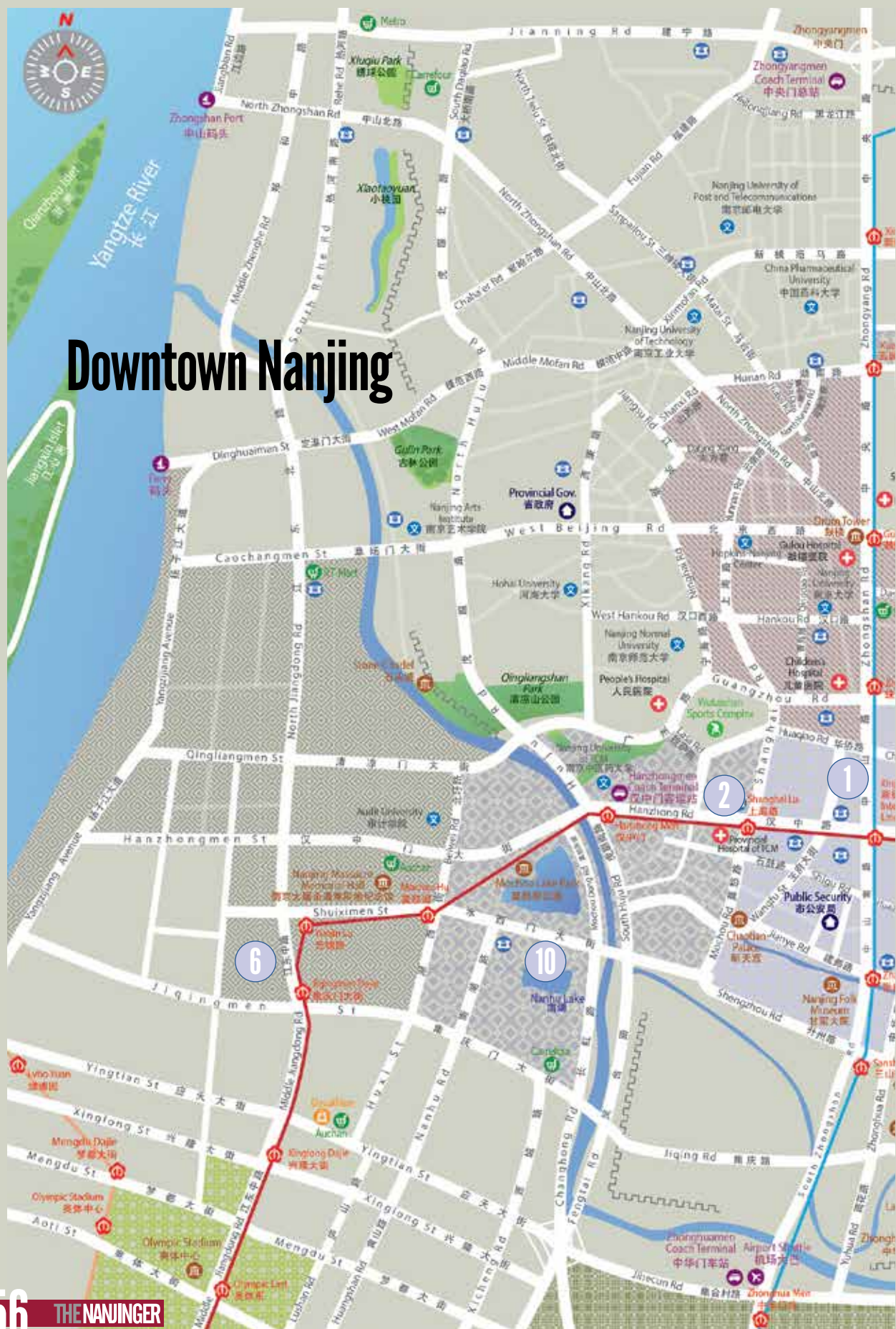
www.wowtran.com

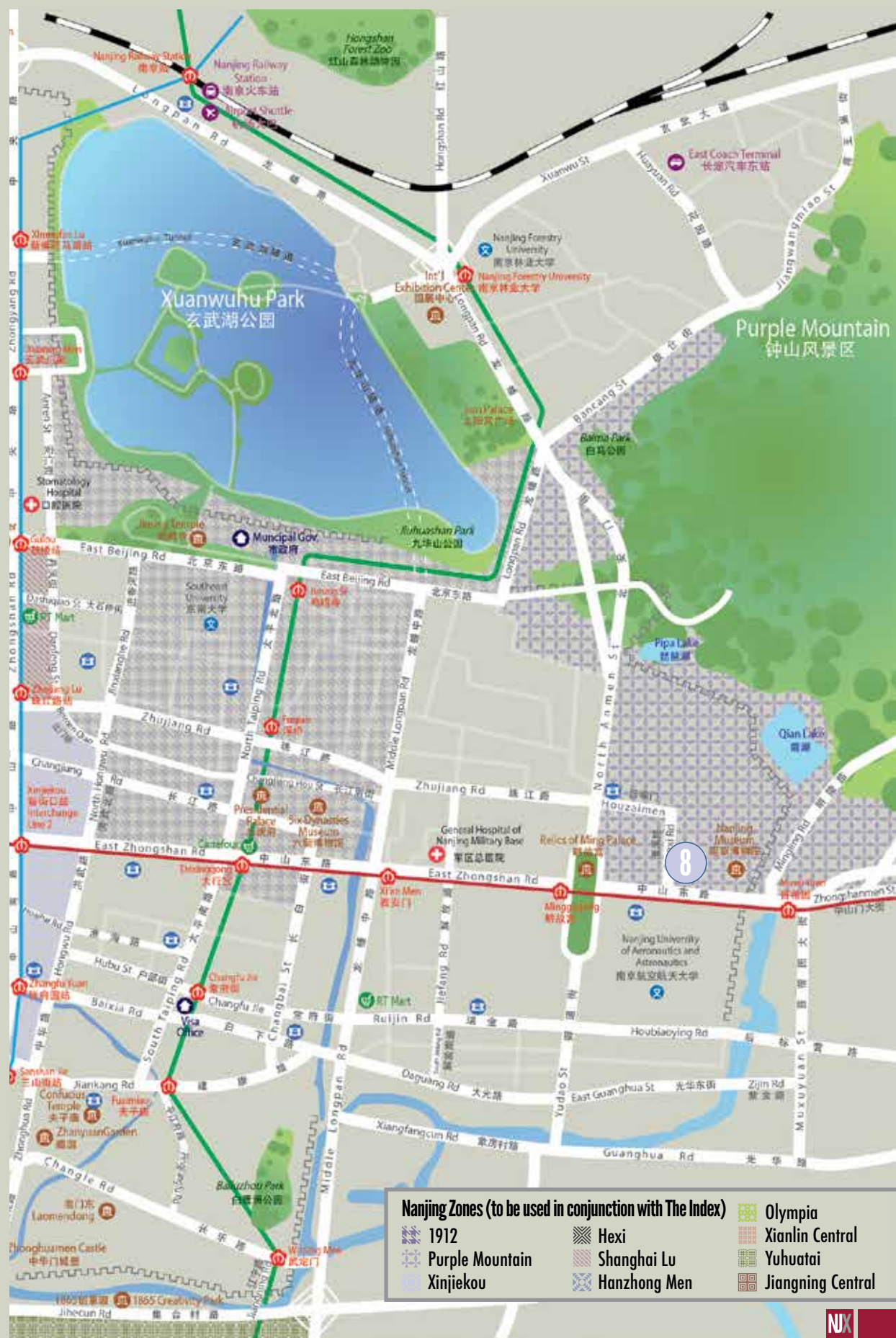
Offers a full suite of translation services for business, legal, technical and personal use, including official and notary translations, marriage certificates, drivers' licenses plus interpreter services.

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?



Downtown Nanjing







Jiangning



Xianlin

Premium Partners



1



2

The British School of Nanjing



3



4



5



6



7



8



9



10



Olympia

Anti-monopoly Regulation

■ The duality of anti-trust law and Intellectual Property law is complicated and involves balancing competition and innovation. Exclusivity that is created by Intellectual Property in effect stimulates innovation, while anti-trust law secures the work by licensing and applying the new technology, product or service in a competitive environment. The two complement each other and encourage innovative competition.

Enterprises monopolising the production of a certain product based on a patent within the term of validity may be able to continue control of the production after the expiration of the patent. This may make a certain industry become that of high concentration; making it difficult for new competitors to enter. Microsoft, for example, holds a 95 percent market share in PC operating systems through core technology.

If there is no patent system, other people may freely adopt an invention; output of the product will therefore rapidly increase, and the price will decrease. However, excessive competition can result in social resource deprivation. Second, some enterprises would rather capture the market by publicity and promotion. And last but not least, there is often repetitive development, which wastes social resources.

Identify/Analyze the Intellectual Property Abuse under the Framework of Anti-trust

Generally, if one is engaged in technology R&D and licenses that to another for use in manufacturing and operations, then the relationship between them is vertical. However, when the licensor and licensee are both using same, they become competitors, in which case the relationship becomes horizontal.

The Guidelines on Relevant Market Definition issued in 2009 by the Anti-monopoly Commission of the PRC State Council set out that in the course of anti-monopoly law enforcement activities involving Intellectual Property Rights (IPR), such as technology trade or licensing agreements, there may also be a need to define the relevant technology market, and that the influence of factors such as IPR and innovation be taken into account. Under certain circumstances, the exclusivity of Intellectual Property can turn into a monopoly, e.g. after one patented technology is adopted as a common standard, judgment on the restrictive practice in that area of Intellectual Property license will be influenced.

Main Forms of Intellectual Property Abuse under the Framework of Anti-trust

According to academic understanding and practical legal

precedent, Intellectual Property abuse regulated by anti-trust law typically takes the following forms:

Refusal to license. The Intellectual Property holder refuses to license its competitor to reasonably use the Intellectual Property, excluding competition and strengthening its own monopoly.

Tying arrangement. The Intellectual Property holder abuses its dominant position and bundles the commodity. A tying arrangement includes package licensing, that is, in the license agreement of one item or group, the licensor is compulsorily licensing the licensee to use a number of other Intellectual Property objects.


Price discrimination. The IPR holder who has a market dominant position, applies discriminatory treatment on a transaction price without justifiable reason.

Overpricing. A business operator who has a market dominant position abuses IPR to gain a benefit that far exceeds the competitive price.

Go unchallenged. The licensee is required to directly or indirectly assume obligations, and cannot question the effectiveness of the Intellectual Property owned by the licensor.

Exclusive licensing. An IPR holder requires the licensee to exclusively license the licensor to use the improvement and inventive patent created by the licensee.

Cross license and pool arrangement. The IPR holders of two or more than two different types of Intellectual Property cross license their respective Intellectual Property to each other or jointly grant license to a third party.

Generally speaking, if the IPR holder exercises its right beyond the legal limit, the anti-trust law is supposed to prevail by protecting competition. The anti-trust law shall overrule and put a necessary limit on the Intellectual Property Right holder's behaviour. 

Disclaimer

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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



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