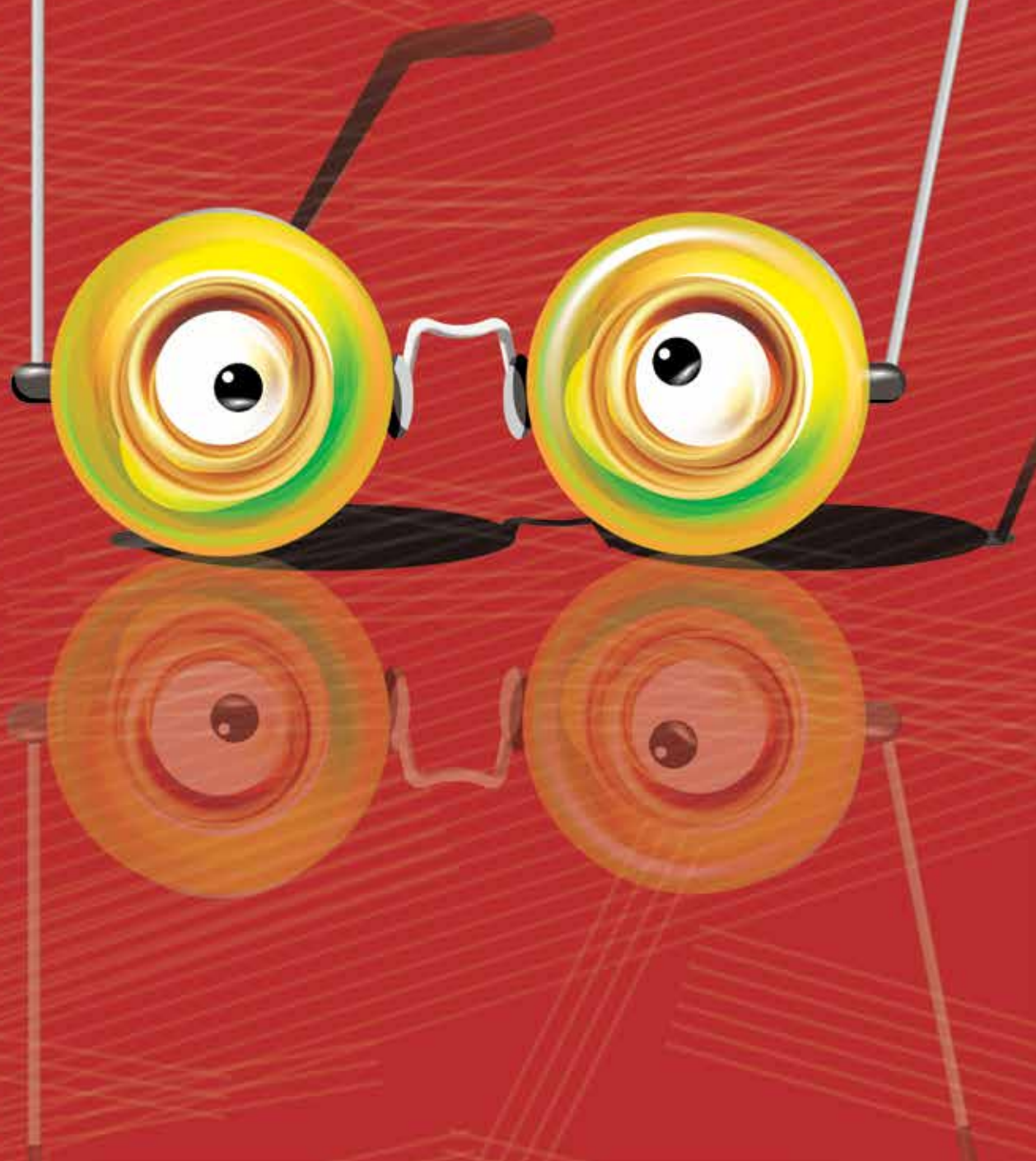


THE NANJINGER

www.thenanjinger.com

MAY 2017 / ISSN 2051-9974





PFRANG GALA

27 MAY 2017 * 7 PM UNTIL LATE

750 RMB * WWW.PFRANGASSOCIATION.ORG

FOR TICKETS, PLEASE CALL SANDRA FUCHS
ON 15905165217

OR EMAIL PFRANG@SHAREHOUSECHINA.COM

STUDIO 188

THE BEST LIVE PARTY BAND IN SHANGHAI



ALL PROCEEDS RAISED ON THE NIGHT HELP THE PFRANG
ASSOCIATION TO PROVIDE SCHOLARSHIPS FOR UNDERPRIVILEGED
CHILDREN IN RURAL JIANGSU AND ANHUI PROVINCES.

BEERS FROM AROUND THE WORLD



BLUESKY

AUSSIE RESTAURANT & BAR
77 SHANGHAI LU (JUST UP FROM GUANGZHOU LU)

THE FRIENDLY OASIS

in the heart of Nanjing!

12 AUSSIE BEERS



KITCHEN OPEN DAILY UNTIL MIDNIGHT

THE NANJINGER #65 CONTENTS

www.thenanjinger.com

VOLUME #7 / ISSUE #7

6 | Contributors

8 | Editorial

9 | Letter of the Month | Poem

10 | Eye of the Tiger; the Business of Myopic China

14 | Untangling the Virgin Hair Harvest

19 | China's Metabolism; Taking it Slow Amid Frenetic Change

20 | For Art's Sake | Viva Chinese Arte Viva

21 | Strainer | Visiting Anji

22 | Drawing up Bridges; the Foundations of Anarchy

24 | Stir it Up | Root

25 | Unleashed to Thrive | What Do You Expect?

26 | Our Space

35 | The Index

45 | Metro Map

46 | City Maps

50 | The Gavel | Human Organ Transplantation in China



Jin's Cafe Garden Barbecue

A tranquil spot in crowded city center and the best place to relax. Delicacies in Jin's Cafe upgrades again, and represents outdoor garden barbecue to you. Here you can find more than Chinese and Western buffet and local delicacies, live Jazz band and more importantly -- the unique Hacker-Pschorr home brewed beer. Come enjoy a cozy evening in the center of crowded city.

Guests having dinner will have one glass of Hacker-Pschorr home brewed beer for free. In Friday and Saturday evening garden barbecue is available at 17:30-21:00.



Jinling Hotel Nanjing, No. 2 Hanzhong Road, Xinjiekou
To purchase or for inquiries, please call (86 25) 84711888 ext. 84087
www.jinlinghotels.com



"Class of 2017"

Kalila

"Thespian"

Accepted at
University of California,
Santa Cruz,
to study Marine Science



Nanjing International School
An **Inclusive Learning Community**

WWW.NISCHINA.ORG - ENQUIRIES@NANJING-SCHOOL.COM - +86 25 8589 9111



THE NANJINGER

Sponsor 主办单位

SinoConnexion 贺福传媒

Publisher 编辑出版

The Nanjinger 《南京人》杂志社

Operating Organization 运营机构

Nanjing Hefu Cultural Media Co., Ltd. 南京贺福文化传媒有限公司

Contributors 特约撰稿人

Senaash Devasenathipathy

Alex Szabo

Columnists 专栏作家

Ella Fisher

Francesca Leiper

Tim MacDonald

Matthew Stedman

Editor-in-chief

主编

Frank Hossack 贺福

Executive Editor

副主编

Renee Gray 夏蕊

Contributing Editor 主编顾问

Ken Ellingwood

Graphic Design and Layout 平面设计与布局

SinoConnexion 贺福传媒

Web: sinoconnexion.com

Cover Concept & Design 封面构想与设计

Roy Ingram

Client Liason Coordinator 客户联络协调员

May Mei 梅永陈

Marketing (UK) 英国市场

Menglei Zhang 张梦蕾

Legal Consultant 法律顾问

Ma Haipeng 马海鹏

General Enquires & Advertising: +86 25 58491159

English/英文: +86 13851522275

Chinese/中文: +86 15050527655

Email: thenanjinger@sinoconnexion.com

Volume 7 / Issue 7 / May 2017

"Physiology"

Copyright 2017, SinoConnexion Ltd.

Published in the United Kingdom

ISSN 2051-9974

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.

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

As an Australian journalist living in Nanjing for many years, Renee Gray has a background in research, print and online publishing, taking great pleasure in discovering more about Nanjing with every article.

作为在南京居住多年的澳大利亚新闻工作者，Renee Gray有着调研以及印刷品和线上出版物的工作背景。她总是乐于在每篇文章里发现关于南京的内容。

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在中国生活工作了多年。多年在中英两国从事茶叶贸易的他，喜欢和新读者讨论神奇的东方树叶（虽然有时他的读者保持怀疑态度）。没什么比在美丽的江南走访品尝各种茶叶更让他开心的事了。

Legal contributor Carlo D'Andrea is Chair of the Legal & Competition Working group of the European Union Chamber of Commerce in China; Shanghai Chapter, Coordinator of the Nanjing Working Group of the Italian Chamber of Commerce in China and has taught Chinese law (commercial and contractual) at Rome 3 University.

法律作家代开乐担任中国欧盟商会上海分会法律与竞争工作组主席，中国意大利商会劳动集团的协调员与曾经在罗马三大担任企业咨询课程中中国商法、合同法的课程教授。

Roy Ingram has over 25 years experience working as an artist and Creative Director. His early career was with agencies in London but for the past eight years he has lived and worked in Nanjing.

Roy先生有着超过25年的创意总监和艺术家的工作经历。他早期的职业生涯是在伦敦的一家机构里开始的，但是在八年前他决定来到南京生活工作。

Plus a cooperation with Nanjing University

Contributing editor Ken Ellingwood is a former foreign and national correspondent for the Los Angeles Times and author of *Hard Line: Life and Death on the U.S.-Mexico Border*. Teaching Journalism at Nanjing University's School of Journalism & Communication, he coordinates a program that gives students experience in the real world of publishing through writing work to appear in Nanjing Expat's stable of English media.

特约编辑 Ken Ellingwood 之前是《洛杉矶时报》的国内外通讯记者，同时也是“死亡地带”的作者：描述美国与墨西哥边境的生存与死亡。他目前在南京大学新闻与传播学院讲授新闻学。通过长时间合作，Nanjing Expat 已经成为南大新闻系学生实习基地，很多稿件将有他带领的南大新闻系学生团队完成。



**MUNDO
SANTO**

Ronald Paredes
Contemporary Artist
mundosanto@gmail.com



mundosanto.co



Weixin: Mundosanto

“A good newspaper, I suppose,
is a nation talking to itself.”

ARTHUR MILLER

*English news for the
Nanjing Expat community*



Pulitzer Prize Winning
Play “Disgraced” Comes to
Nanjing University

WWW.THENANJINGER.COM



Just Reward for
18 Years Spent
Looking a...

With its 12 animal zodiacal
signs, China's love af...



China Job
Market; 80
Percent Seek
New Jo...

Finding The Nanjinger



Scan the QR code to visit The Nanjinger on WeChat, from where you can download a free PDF of any issue, find a full list of distribution points for hard copies or arrange a subscription to have The Nanjinger delivered to your home or office!



This magazine is part of a 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:

**The Nanjinger
City Guide**
www.thenanjinger.com
Lifecycle email newsletter
Facebook
WeChat

All of the above are owned and operated by HeFu Media, the Chinese subsidiary of SinoConnexion Ltd.
Find out more at www.sinoconnexion.com.

All About That Bass

*"The Church says: The body is a sin.
Science says: The body is a machine.
Advertising says: The body is a business.
The Body says: I am a fiesta."*

(Eduardo Galeano, Uruguayan journalist)

Welcome to Physiology from The Nanjinger.

Middle Age

Hair recedes- as do youthful dreams

A beard grows white; as foolish
courage pales

And thoughts oft turn, looking
back over the trail;

The steep and winding paths that
led you to this place-

So many mountains- though many
now seem small

As you contemplate the summer's
hues turn sepia.

What's left- but ageing hope's slow
fade

And early mornings with an ever
harsher light?

Can only love a morning's frost
thaw-

Collected in ravines running
Ridges across a ravaged face?

Only love reignite a sparkle in these
eyes-

A once familiar stranger's- staring,
pleading?

As you straighten the noose about
your neck,

Pick up the battered briefcase
And step out to face another
nameless day.

By Maitiu Brallaghan '17

Letter Of The Month

Dear Nanjinger,

I had a horrible experience the other night when the ATM of the China Commercial Bank swallowed my international credit card.

The machine was in a shopping centre, not a bank, and so I had no idea what to do. With my limited Chinese I asked a nearby store employee who told me to call the number on the top of the machine.

This I bravely did, carefully listening to the menu options which were all in Chinese. I became increasingly frustrated until the final menu IN ENGLISH: "Press 9 for English service"

A customer service lady with excellent English was on the line immediately, explaining what I should do to get the card out.

Great service, and at night too!

David Kettering

WIN A NIGHT'S DINNER, B & B AT SOFITEL ZHONGSHAN

How to enter:

The prize of one night's dinner, bed and breakfast for two people at Sofitel Zhongshan will be awarded to the author of The Letter of the Month, as chosen by The Nanjinger editorial team. Email your letters to:
thenanjinger@sinoconnexion.com.

Sofitel Nanjing Zhongshan Golf Suning is the natural oxygen bar of the city where tranquility and rejuvenation begin. Combining French romance with Jingling ancient charm, the resort is located at the foot of Zijin Mountain, adjacent to Zhongshan Scenic Area, Xingang Industrial Park and Xianlin University City.

S O F I T E L
HOTELS & RESORTS

南京苏宁索菲特钟山高尔夫酒店
NANJING ZHONGSHAN GOLF SUNING



Eye of the Tiger

The Business of Myopic China

By Frank Hoeck

Upon coming to China, it is a common thought for the new arrival that a lot of Chinese people apparently need to wear glasses, more so than in other countries. It would also be normal to wonder whether this might be an illusion; that a smaller proportion of the population choose contact lenses.

The initial observation turns out to be correct. The Chinese are a myopic race. In fact, one and a half times more so than the world on average; 33 percent versus 22 percent.

This has in turn, created a colossal market for eye-wear. While accurate figures are very hard to come by, EuroMonitor valued the Chinese eyeglasses market in 2015 at ¥67.9 billion. Contact lenses accounted for another 4.2 billion while both sectors see growth of 10 percent.

There is a town called Danyang, close to Nanjing, of approximately one million people, that is home to China's optic industry. Here, as much as 10 percent of the local workfare is engaged in the production of eyeglasses.

Danyang is one of China's four centres for eyeglasses. For the optically impaired, the China (Danyang) International Glasses City is delightfully also only 25 minutes, or ¥44.5, by high speed train, from Nanjing South Railway Station and lying adjacent to Danyang railway station itself.

Unlike the other three, the Danyang operation is mainly focused on domestic sales. Herein, over 600 Small and Medium Sized Businesses are engaged in the production of eyeglasses, employing close to 100,000 people (getting on for 10 percent of the local population) in what is the largest spectacles trading market in China.

The figures are astronomical. Yet, they stop us from asking the bigger question. Just why are the Chinese so myopic?

Delve deeper and among young people it is found that the myopic rate is at its highest amid senior high school students, at 85 percent.

Not surprising then, that until as recently as last year, the popular consensus was the pervasive nature of study in Chinese society; too much time staring at a book cannot possibly be good for one's eyes. Yet, it is

not only China; myopia is on the rise the world over. Again, study was assumed to be the culprit in our ever more competitive world.

The global rise of the smartphone has also been linked to the increase in myopia, while in China specifically, research has shown that as much as 67 percent of children start their relationship with electronic products aged 4. The blue light emitted from such devices is a big cause for concern among Chinese parents, one that has led to a whole new market in spectacles with blue light blocking lenses.

Now, however, a growing body of evidence has emerged that suggests the large occurrence rate may, in fact, have little to do with study or smartphones, and more down to the fact that many Chinese spend long periods indoors in poor lighting conditions. For decades, Chinese homes have had bad lighting; a single low wattage bulb hanging overhead providing the illumination for that all-important study.

The new findings show that it is the level of light received by the eye, not what the eye is doing, that contributes to the growth in myopia.

Enter the "light-dopamine" theory. The increase in light intensity as a result of being outside, it is proposed, can stimulate the release of dopamine (dihydroxyphenethylamine) in the eye. In turn, the neurotransmitter can block the axial elongation of the eye as it develops, particularly among children.

In order for the dopamine to be released, light levels need to be high. Really high. Typical light levels in an office space are 50 lux. Outside, a gloomy overcast day might reach 80 lux. For the eye to get the hit of light it needs to trigger the dopamine, light levels need to be of the order of 10,000 lux. This is about the level experienced by someone under a shady tree, wearing sunglasses, on a bright summer day.

The logical first step is simply to step outside more often. Yet, encouraging children to spend more time outdoors is more difficult than one might imagine. Experience in Singapore shows us that parents are unlikely to act on the information that being outside more is good for their children's eyesight.

Professor Ian Morgan, of the Research School of Biology, Australian National University, Canberra, and the Zhongshan Ophthalmic Centre, Sun Yat-sen Univer-

sity, Guangzhou, spoke at length with The Nanjinger about his epidemiological studies that estimate children should spend approximately three hours each day in light levels of at least 10,000 lux in order to be protected against myopia.

"The situation with regard to myopia is too serious to wait for people to take voluntary action, give the long-standing emphasis in China on education as the pathway to success in life... [The] introduction of mandatory targets for time outdoors within school time makes a lot of sense, because that means that parents cannot avoid them. If such measures were particularly targeted at preschools and primary schools, that would ensure that all kids were getting enough outdoor time, with less study pressure, at critical ages", commented Morgan.

The professor went on to highlight a program underway in Taiwan whereby children spend 2 hours per day outside in school time that does initially appear to be working in bringing the myopia rate down; "They introduced 'Tian Tian 120' in 2010, and since then children's vision has been getting better. But there is still a long way to go.

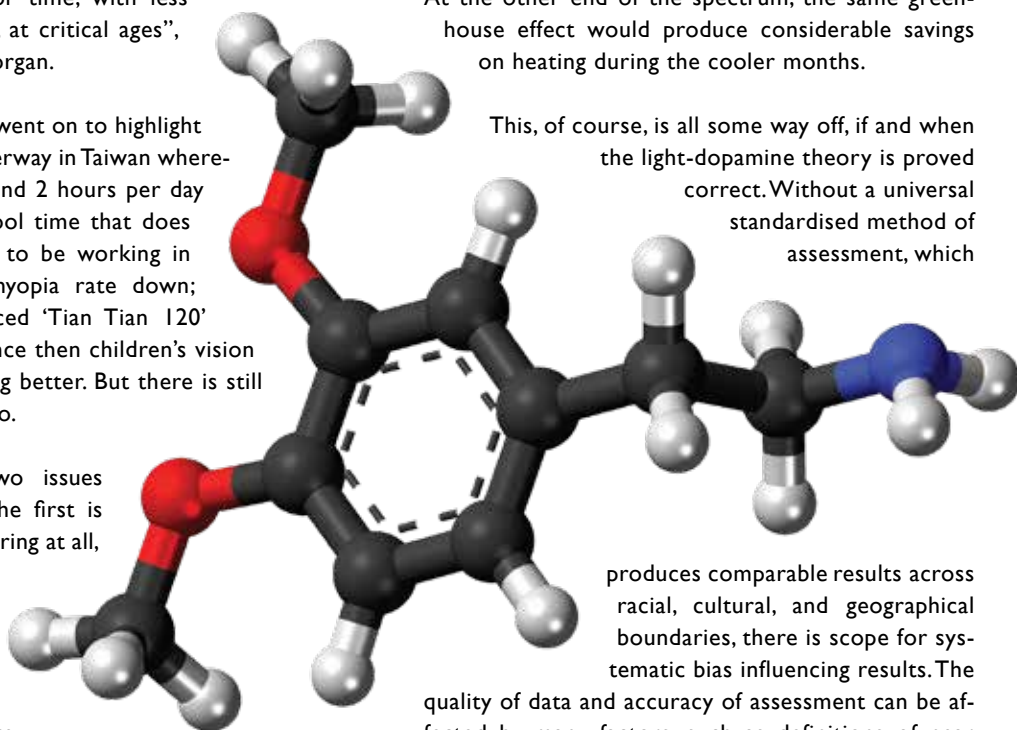
"There are two issues with myopia. The first is to stop it appearing at all, which is where outdoors comes into play. Generally, myopia gets more severe as the kids get older, and the second is therefore to slow that is called myopia progression to stop the kids becoming highly myopic. There are now quite effective ways to do this, with eyedrops or special glasses. A school-based system of annual vision checks would ensure that kids get prompt referral to clinicians, to assess their risk of becoming highly myopic and to start treatment if necessary."

While the benefits of outdoor learning have been well documented, our particular climate in Nanjing presents numerous challenges. Not only are there numerous days each year where schools are forced to keep

children inside on account of AQI levels, the Nanjing sun is nothing short of ferocious for a good portion of the year. For this very reason, Professor Morgan and colleague Nathan Congdon are putting forward proposals for glass classrooms. With China's policy framework actually very positive on the issue of myopia, the pair are actively looking for funding for a school-based clinical trial to test whether they really work.


Yet, before our schools begin to resemble botanical gardens, the concept raises enormous challenges in other areas; the interior of a car during the height of Nanjing's summer can top 60 degrees Celcius. Glass classrooms would require unimaginable amounts of air conditioning and a horrific resultant electricity bill. At the other end of the spectrum, the same greenhouse effect would produce considerable savings on heating during the cooler months.

This, of course, is all some way off, if and when the light-dopamine theory is proved correct. Without a universal standardised method of assessment, which



produces comparable results across racial, cultural, and geographical boundaries, there is scope for systematic bias influencing results. The quality of data and accuracy of assessment can be affected by many factors, such as definitions of near work, validation of the questionnaire, training of the interviewer, and recall bias.

Until such times, as living standards improve, Chinese consumers will continue to attach greater importance to the health and protection of their eyes when choosing spectacles, and more and more people will be buying glasses of higher quality.

For the good people of Danyang, putting rice on the family table is likely to not be a worry, as the business of myopic cures looks set to remain very lucrative for the world's largest group of spectacle wearers. 

Gilly's

南京

025-66066188



- **FANTASTIC** Homemade **NY Style Pizzas**
- Sports Games + Viewing Parties
 - Pub Quiz
- Home Brewed Private Label "Gilly's Brew" and Other Specialty Draft Beers
- Darts and Video Golf Leagues
- American BBQ + Smoked Meats
- Birthday Parties + Private Events
- A Delicious Western Themed Menu Designed by our Family

★ Gilly's

Wenfan Road

Suguo

McDonalds

Xueze Lu

Metro Station (Line 2)

Xianlin Avenue

Xueheng Road

Nanjing Int'l School



#3-108, 9 Wenfan Lu, Xianlin
仙林大学城文范路9号3-108室
WeChat (微信): mi-tutunjian

Together we share, care and enjoy



- Discover Art, Culture and Places
- Cooking Classes
- BBQ and dinners
- Children's Activities
- Hobbies and Sports
- Parties, concerts and GRAND Winter Ball

JOIN THE FUN!



www.nanjinginternationalclub.org

华世佳宝妇产医院
HSCYBELE OBSTETRICS & GYNECOLOGY HOSPITAL

国际JCI认证医院
JCI Accredited Hospital



Nanjing Hscybele Obstetrics & Gynecology Hospital
Love starts from beginning and lasts forever.



1. **JCI-accredited Hospital** An international-standard Obstetrics & Gynecology hospital which passed American JCI accreditation.
2. **English Interpretation & Translation** Professional interpreters offer medical assistance during pregnancy and delivery.
3. **Privacy Protection** Strict implementation of JCI customer privacy policies.
4. **Humanitarian Service** Round-the-clock patient-oriented medical service.
5. **Nutritious Diet** Multi- flavor and nutritious diet service.
6. **Direct Billing Service of International Insurance** Direct billing service covering over 20 international insurance companies.

24h Hotline: 18013919815

Address: 9 West Wenti Road, Shuiximen Ave. Jianye District, Nanjing, China.

HSCYBELE OBSTETRICS AND GYNECOLOGY HOSPITAL



Untangling the Virgin Hair Harvest

By Renee Gray

Modernity is the driving force behind women who continue a trend that has swept the globe for more than three decades for hair extensions. This multi billion dollar industry is layered thick at the expense of the poor by the demands of the wealthy, under the premises of beauty.

Hair. There is a reason religions around the world cover it up, either covering it or shaving it in efforts to rid themselves of their ego, or to hide themselves from promiscuous advances. As humans, without it we are lost; beauty and identity fades.

From ancient Egypt we begin to see the recycling of hair. By making good use of knots, beeswax and resin, the ancient Egyptians would shave their heads and create towering wigs to be used instead. The Manchu women and men of China held hair in great regard, it was so important to them that if a man was caught without his long braided cue he could be executed.

Along with the collection of plastic bottles and knife sharpening services, Aiyi's and Shushu's also collect hair. The buying and selling of human hair has been an industry here for as long as can be remembered and is even stronger today. “收长头发! 收小辫子! Shōu zhǎng tóufǎ! shōu xiǎo biǎnzi! Long hair! Also accept small plait!” People of Nanjing are occasionally awoken by this solemn repetitive below that makes its way through the hutongs (small alleyways) of every xiao qu (neighbourhood) across the city.

More prevalent in the countryside is the collection of “virgin hair”. Sold on the market for upwards of £100 a piece. Virgin hair is named so due to its untouched nature. It has not been dyed, heated, treated or washed too many times and

because of this it is the most desired human hair extension in the industry. Unfortunately, young girls from China and India to Peru and Brazil are handing over their hair for pittance.

Obviously this is a way for poor women from impoverished areas of the world to earn some money. Unfortunately, while yes hair does grow back, the money they are paid for their hair is far below industry standard and one woman can only sell her hair once a year, which denies any sort of sustainable income.

In China young girls mainly from rural areas sell their hair regularly, whether to make money for themselves or for their families. This hair is then taken to a reprocessing factory where it is cleaned and painstakingly detangled and sorted into small bunches. After this, most of the hair ends up in Henan province where it is distributed to Europe, Australia, New Zealand and America for use.

Not all the hair leaves the country; some of it remains and is found in beauty parlors all over China. Speaking with the Nanjinger in Xinjiekou Fashion Lady's nail and beauty den, parlor owner and beautician Mrs. Wang Wen spoke about existing and growing trends among her Chinese clients. “I have been applying hair extensions for more than 10 years, we get it from the factories and the factories get it from the aiyi's whom collect it from neighbourhoods. They cycle around the neighbourhoods repeating a recorded message that calls for people to come out and sell their hair. Most of the time they [my clients] worry the hair is coming from dead people. But once I've assured them it comes from a person who's alive they don't worry anymore”.

“Most Chinese woman will come to elongate the hair as it’s more beautiful but a lot also come to thicken their hair. Now my clients prefer to recycle the extensions they have; when it grows longer we cut it for them and add it to the top to create thickness,” Mrs. Wen said.



A customer receives hair extensions in Fashion Lady, Nanjing’s largest and cheapest market for human hair products.

“Like I said, I’ve been doing this for almost 10 years and the patterns have remained the same, I predict they will continue to remain the same for the next 10, long thick hair is strongly desired in China,” she said.

Tirupathi temple in Bangalore, India reportedly earns \$2m a year selling Indian virgin hair at auction. Devotees promise that if their prayers are answered they will return to the temple to have their heads shaved. Women and children have been photographed and documented all over India donating their hair to temples. What money is made at auction from the hair is at the temples discretion to do what they like with. More often than not any profits made do not filter back into the community.

One such buyer of Tirupathi temple hair is Italian hair giant Great Lengths. It is this company that during the 1980s convinced people

that hair extensions is not “just for strippers”. Big companies such as Great Lengths and China’s Rebecca Inc. claim to follow the labour laws in whichever countries they operate, but investigations have revealed this is not always the case.

Rebecca Inc. Henan claims the company has “total assets of ¥3.7 billion, more than 11,000 employees and covers an area of over 700,000 meters”. It also claims that it “strictly obeys state laws and regulations and adheres to people-oriented management concepts”. However, allegations have been made about ethical standards of practice by which the hair is processed. Rebecca Inc. has been accused of using forced prison labour in Xuchang city No. 3 Labour Camp in order to process hair cheaper, allegations which they have denied.

These days, the UK is the third largest importer of human hair and it is astounding just how many women use hair extensions. To the untrained eye, one would not even know if a woman was wearing extensions or not. The demand for human hair extensions in our throwaway society means cheap labour will continue to happen in impoverished places.

“Hair stylists keep the prices artificially high”, said Flores, “It’s like a dirty little industry secret”. Women could buy the extension directly, install it themselves or bring it to their hair stylist and save a bundle,” reported Geri Stengle, Forbes magazine. But most women do not even think about buying the extensions separately and take them to the salon, let alone installing them at home. So who is making the money here? Big companies and big salons. It seems both the suppliers and the demanders come off second best here; both are getting ripped off yet again by an industry that promotes artificial beauty.

Zimbabwe has recently banned the import of human hair after it was reported her people blew \$13m last year on fake hair alone. Women of Nigeria, Camaroon and South Africa also spent an estimated \$1.1b on their hair last year. Even in countries of lesser wealth the demand is high. The desire to be beautiful is high.

It is all fine and well to go on about the injustices of cheap labour from within the human hair recycling industry, but once almost every woman has her first Repunzel look installed, the princess addiction is hard to stop. Most women do not even consider where the hair came from or how it got there, all they know is it makes them look beautiful. They do not need to know anymore.



Hair extensions provide a thicker head of hair, helping to fulfill traditional Chinese notions of beauty in a woman.

Bloomsbury London is a company in which specialises in making wigs for clients who have lost their hair due to chemotherapy or other illnesses. Their custom made wigs are made from British recycled hair bought at £50-150 for 16 to 18 inches and are very realistic. When clients are fitted with their new head of hair it is written all over their faces, they are given a new lease on life, their confidence skyrockets again after years of vulnerability and heartache.

In the last 5 years there has been a 75% growth in the industry and professionals claim this is due to product innovation and improved technology. While recycled hair is used for vanity purposes for the most part, it remains important to give people the opportunity they deserve. Everyone deserves to be beautiful but not at the cost of others. 



Unlimited Crawfish Dinner Buffet



Unlimited liquor, preserved crayfish and marinated crayfish with special sauce

Shrimp, crab, clam, mussel, sea snail, babytonia areolata, Alaska snow crab leg, small octopus

Fresh oysters

298RMB / person (free flow of beer)
Subject to 15% service charge

Date: May 1st to June 30th, 2017 Time: 17:30 to 21:00 Venue: Road Studio 17

RENAISSANCE
NANJING OLYMPIC CENTRE HOTEL
南京奥体万怡酒店

Tel: (86 25) 8208 8910, 139 4631 8867, Jiangsu (China), Nanjing, Jiangsu Province, 210019 China, www.renaissance-nanjing.com

Fitness and Health

Language Learning

Hobbies and Culture

Events

Service Centre

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.



Contact us



Mobile:
13813082913
WeChat:
18014849115

1-OB-O1
The British School of Nanjing
www.yournicc.net



来自美国的高端纹身品牌

Elite Tattoo Artists
Custom Tattoos/Piercings/Removal
Sterile Environment
Imported Equipment
FDA/EU/OSHA Safety Standards

#B15, B1F, LUCKY SQUARE, NO. 169 YUNJIN RD,
JIANYE DISTRICT, NANJING
南京市建邺区云锦路169号乐基广场B1层
025-87750906 WWW.CHINAINKTATTOO.COM



东方印客



DINNER & NETWORKING DISCUSSIONS
LEADERSHIP DEVELOPMENT
NANJING SUMMIT

nanjing@
amcham-shanghai.org



LIFECYCLE

The Weekly English Email Newsletter for Nanjing's Expats

NEWS | CLASSIFIEDS | WACKY CHINA | CITY GUIDE

Join 3,000+ other subscribers by scanning the
QR code below with your mobile/cell/handy



Or visit www.thenanjinger.com



We understand your needs and will
help you find a truly satisfying home

SunHome
REAL ESTATE
中涛房产
139 1471 8508
025 5186 0590

As one of the most competitive real estate agencies in Nanjing, Sun Home provides quality relocation services for expats, including pre-move consulting, orientation programs, home search service and settling in programs.

Since 2005



*Your Professional
Home Finder*

CONTACT US

web: www.shre.com.cn
email: sunhome@shre.com.cn
add: 1901, Xinghan Mansion,
180 Hanzhong Rd, Nanjing



Help keep the young hearts beating...

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

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

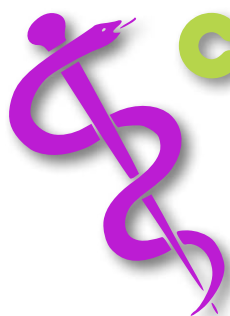
Hopeful Hearts assists in funding life-saving heart operations for local children.

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

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

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

www.hopefulhearts.info



China's Metabolism: Taking it Slow Amid Frenetic Change

By Senaash Devasenathipathy

Inside of each and every one of us, organisms, organ systems, organs, cells, and biomolecules carry out the chemical or physical functions that exist in a living system. Our bodies can be understood in many different ways. On the one hand, we have the western model based on the physical systems that we can observe and understand. Then, there are Eastern models based on the flow of energy. What is interesting is when these models are held up together to see how they work.

Understanding what is going on physically or energetically in the body is necessary to truly live a full and happy life. When we have a sense of what is going on, we can start to be our own best counsel. Through knowledge of how our physical systems interact and can go awry, we can help ourselves to modify our daily schedules and get the most out of each day. This becomes all the more necessary with the increasing importance given to the individual in Western society, and placing the burden of accountability for one's successes and failures firmly on the shoulders of each person. In Eastern civilisations, the individual is not considered as important and there is a much more collective mindset at work.

In order to help understand the Eastern approach better, an understanding is needed of the basic Chinese concepts; those of a small universe living in a large universe, the duality of yin and yang; physiology in Chinese medicine (the state of equilibrium expressed by the five elements), the concept of maintaining and promoting health expressed by the circulation of chi; the therapeutic qualities of Chinese medicine (the balance of the body function) and, finally, the concept of preventive medicine.

From basketball to Taekwondo, from ice skating to table tennis, Chinese people participate in a variety of extracurricular activities to have healthy metabolic rates and simply for recreation. Yet, compared with people in other countries, their metabolic rates are usually slow as they do not maintain their fitness levels.

A total of 1,029 Chinese from Hangzhou, China, and 207 caucasians from New York, NY, USA, were recruited for a study in which body composition was measured using dual-energy X-ray absorptiometry (DXA). Analysis of covariance was used to assess the ethnic differences in fat, fat distribution and metabolic risk factors.

After adjusting for BMI, age, and height, Chinese men had an average of 3.9 percent more body fat and 121 percent more total fat than caucasian men; Chinese women had an average of 2.3 percent more body fat and 11.8 percent more total fat than caucasian women. Also compared with whites, higher metabolic risks were detected in Chinese for a given BMI after adjusting for age and height. Further adjustment for percentage of BF did not change the ethnic disparities while the study also exposed metabolic risks such as high cholesterol and blood pressure among Chinese people.

Another survey which was conducted in the United States proved that many Chinese often suffer from similar weight gain problems due to low metabolic activities. It appears that Asians may be more sensitive to being overweight than white or black Americans, where they develop many weight related diseases with a lower percentage of body fat.

Thus, Asian-Americans experience an increased risk for diabetes at a lower BMI of only 24, when compared to the Chinese people who have relatively high BMI, according to the American Diabetes Association. Moreover, the risk of cardiovascular disease, more prevalent among those who are overweight or obese, rises for Asian-Americans with BMIs of 19 or 20, a body mass index that would be regarded as "light" for other racial groups in America.

These studies do little to explain why there is a marked difference in the metabolisms of East and West. Were it to be found that individualism and collectivism be influencing factors, we would have made a giant leap in our understanding of not only how our bodies work, but also that of the intangible spirit of life itself. **NDA**

Viva Chinese Arte Viva!

"Artists die generation by generation, but art is immortal," said Qiu Zhijie to Cafa Art in April. Curator of the China pavilion at this year's Venice Biennale, Qiu will explore the immortality of Chinese art through an interaction of traditional and contemporary artists at the landmark biennial which runs from 13th May until 26th November.

The China pavilion is a response to this year's theme "Viva Arte Viva" and while it is not obligatory for curators and artists to follow the central theme, it is customary that they do so.

Qiu has chosen the title "Continuum – Generation by Generation" to reflect how Chinese art passes from one generation to another, with a focus less on individual artists, but rather their culmination and collaboration.

That could be at one point in time, for example, at a literati gathering where poets, calligraphers and artists traditionally worked together spontaneously, discussing and making art in tandem. Or it could span several decades, such as the ever-changing appearance of a painting or scroll which has, over time, become scattered with inscriptions and seals of other artists, critics and collectors.

This year's China pavilion according to Qiu Zhijie is like a 21st century literati gathering. The curator, once a participating artist at the Venice Biennale himself, has brought together four artists to work collaboratively in different combinations, as well as all together. Of the four artists there are two "contemporary artists" Tang Nannan and Wu Jian'an, and two "folk artists" Wang Tianwen and Yao Huifen.

Each artist works from a different area of China and each with their own unique creative practices. Xi'an based, state-level Arts and Crafts Master Wang Tianwen brings his shadow puppet expertise to the table, while Yao Huifen is a professional embroiderer from Jiangsu and descendant of the "Needle God" Shou Shen.

By contrast, Tang Nannan works in ink, video, installation and photography covering everything from abstract to figurative, while Wu Jian'an explores Chinese folk art within a contemporary context from his native home, Beijing.

The diversity of their skills and perspectives presents both opportunities and challenges. Although chosen specifically as "contemporary" or "folk" artists, Qiu does not like to categorise them as such. Rather he sees them as undergoing a transformation, amalgamating to produce art that he hopes reflects the vitality of Chinese art as a whole.

He intends to take the traditional crafts of centuries past and nurture them with contemporary sensibilities. But how will he avoid Wang and Yao's artistry simply becoming a tool for the other two participants?

"Some craft artists are excellent," Qiu Zhijie told Artron, "but they refuse to work outside of their comfort zone". If they follow the Western notion of "artist as individual", he argues, they risk becoming narcissistic and less willing to collaborate, so it is essential to find people who are keen to expand their horizons.

As part of the project Wang and Yao each collaborated separately with both contemporary artists, at times struggling to adjust to and keep up with the pace of their counterparts. It is unfortunate however, and perhaps rather telling, that the only collaboration that did not take place was between the two folk artists.

Since its first appearance at the Venice Biennale in 2005, the China pavilion has received criticism for playing the traditional card time and again, at a global exhibition which aims to showcase contemporary art. It waits to be seen whether audiences will understand and chime with Qiu Zhijie's project and appreciate his understanding of immortality in Chinese art. **NW**



Visiting Anji

The first thing that hits is how inefficient this whole game is.

It isn't quite May as we climb the mountain. Picking only began on 31st March. And already the season is over. Not a basket or wicker hat to be seen.

And it isn't that these tea bushes have stopped producing; glossy, thick leaves are growing abundantly. In fact, what work we see is the two-man job of sawing off the top 40% or so of the bush along each terrace. Baseball bats are worn for the less-romantic (but equally important) task of keeping these would-be-trees at knee height.

As well as chainsaw-oil, there's the faint smell of pig-manure. Another man (no hat) is half-raking, half-hammering a gulley for this dark organic fertilizer. It's hot work. He stops occasionally. The cigarette never leaves his lips.

Back at the base of the mountain, we hear what madness surrounds the picking month just passed. Pickers consistently work on three hours' sleep. They work throughout all but the rainiest of days; they have to. After a good fall, the precious, tiny buds can grow at twice the rate. Many are press-ganged into helping out. Yet, this is skilled work that favours the specialist.

The bitterness of the task is the price paid for the famed mildness of the tea. Bitterness is a word they repeat. But they are no less aware than us that these surroundings are paradise.

Anyone who tells you that the reality of visiting a tea plantation is more prosaic than the magic of

brewing the product has not yet visited Anji County (安吉县), Zhejiang. Truly, this is paradise.

I have written in these pages that Anji Bai Cha (安吉白茶) is the veal meat of green tea. The lack of chlorophyll in the buds is often attributed to the ridiculously-short season. But on inspection, there's something else about these leaves; even fully-grown, many exhibit a kind of albinism. It's unclear whether the soil or the genus of the plant is accounting for this.

Certainly, it is not merely for the paleness of the liquor that this is named "white tea".

In other regions in China, the picking season has barely begun. In Anji, too, you can still pick these leaves. Withered and fired, they will have some of the Anji character. The spindly leaves (albeit much longer), the trademark olive green and matt finish will all be present. Some of the citrus fragrance will be there, too. But they will have much less of what I call the "pistachio" or "cashew" quality. That seems most abundant in the younger teas. I still haven't tried the earliest of all; the legendary "head tea" (头茶) from shoots so small they resemble babies' heads.

Along these rows of bushes are other varieties of tree; some cypresses, some chestnuts. It is easy to imagine that that they also contribute to the flavour of this subtle green tea. At the very least, they help build the image. Leaving Anji in the car, I peep through a gap in a colonnade of pines. A hidden tea alcove. Just a glimpse. Hidden again.

Paradise. 

fee for medium and large businesses per sponsored employee per year of sponsorship," wrote Daniel Waldron for workpermits.com.

Along with the Immigration Skills Charge, other changes that will also come into effect will include tightening criminal record checks, an immigration health surcharge and a fast track for those on the Shortage Occupation List.

"Harmonious society" and the "Chinese Dream"

Notoriously difficult to enter, China has played the game well. After opening its doors almost 40 years ago, China realised it needed foreign influence within its workforce. Granting visas mainly to engineers, business people and teachers. Tourism has not become popular until just recently, meaning the majority of people applying for visas were the working force.

Having risen to the top economically, China now deems it necessary to keep "encouraging the top, controlling the middle and limiting the bottom" of foreigners in China, state news media reported.

Still recognising the demand for foreign workers China has thus decided it only wants the *crème de la crème*. Expat communities on the mainland last year played Chinese whispers with the announcement of an ABC points based grading system. It is said this year the government will implement the system grading foreigners either A (top talent) B (average talent) or C (poor talent), one's grade will be issued on an ID card that is said to replace the current red tape based system. A survey conducted by the Nanjinger revealed that foreign expats felt both understanding and insulted by the idea of the ABC grading system.

A tourist visa to China will now cost 175 pounds and is only valid for 30 days.

Similarly to the USA and the UK, China now draws its bridges in the push for home grown innovation.

"NO WAY you will not make Australia home"

Last month Australian Prime Minister Malcolm Turnbull announced an abolition of the existing 457 working visa. "Applicants will have to wait four years before applying for citizenship instead of one currently, prove a higher degree of proficiency in English and pass a citizenship test to show they have "Australian values" and can integrate into society," he said.

In a statement, Mr. Turnbull said, "Membership of the Australian family is a privilege and should be granted to those who support our values, respect our laws and want to work hard by integrating and contributing to an even better Australia".

More than 95,000 foreigners are now employed under the 457 visa, making up a mere 0.8% of Australia's labour force. Jonathon Pearlman with the Straights Times reported that, "The main source nations of 457 visa holders are India, which accounts for about a quarter of all visas, followed by Britain, at 19.5 per cent, and China, at 5.8 per cent".

One in four Australians today have either been born overseas or have at least one parent who was born overseas. Get-Up human rights director Shen Narayanasamy said in a statement, "The announcement implicitly accuses people who want to live in Australia of being more likely to abuse their wife, not learn English, and engage in crime. It's deeply offensive to generations of people who have built their lives here".

Deep backlash against Mr. Turnbull's actions has appeared all over Australia including his Facebook page; furious and embarrassed, people are accusing

him of "stoking the fires of popular sentiment" or "changing what it means to have a Fair Go". On the other hand many have taken to social media in support of Turnbull calling on him to "stop the Muslim migration". However the fact remains the same, Australia is once again drawing up its bridges in an attempt to "keep immigrants out".

Kiwis First

Fearing a "British Invasion" after receiving a mountain of interest in moving to New Zealand after Brexit. Echoing Turnbull and Trump, the very next day after Australia announced the end to the 457 visa and imposed strict rules on future immigrants, New Zealand said they were implementing exactly the same thing.

And up goes the gates to New Zealand, just like that.

"Au Nom Du Peuple"

And now we witness the French election; we watch as far right candidate Marine Le Pen and opposition leader Emmanuel Macron go head to head in the battle for presidency.

Selling over 500,000 copies a graphic novel series by writer François Durpaire and artist Farid Boudjellal, *La Présidente*, was the hit of the 2015 rentrée (the beginning of the literary season). Closely followed by the second volume, *Totalitaire* in 2016, and since followed by the third entitled *La Vague* (The Wave). What these books have done is help to highlight increasing collective anxiety over the French elections and the possible outcomes that could occur.

Somewhat similar to the American election the people of France appear split down the middle. Maybe France too will draw its bridges? As one critique put it, "We are far beyond Orwell's Nineteen Eight-Four, and the idea of France as a totalitarian country isn't so far-fetched".

ROOT

- Synonymous with Chinese cookery and will be a prevalent flavour in most savoury dishes, Ginger has an unmistakable taste, which for me provides dishes with a slightly sour flavour, whilst giving subtle heat.

I wanted to find a dish here where ginger is the main ingredient that brings my taste buds so much joy, and I have to be honest I had a foodie block. No matter how many dishes I tried, I couldn't find the one dish I wanted to cook.

Then, I thought of the perfect dish, which originates from my local English Chinese takeaway; crispy chilli beef. Just follow me with this idea for one second. Anytime I had a takeaway at home, I would always order this dish. Its sticky, warm, sweet and spicy sauce, coating fried beef is something most brits are addicted to... Yet, let's face it, we all know it's not authentic! I have been doing this column for a while now, so I thought let's challenge my knowledge and skills I have developed and see if I can turn this dish into something which is fresh, fragrant and full of flavour!

- 300-400 grams of beef steak (preferably rump or sirloin cut into thin strips)
- A 5cm piece of fresh ginger (peeled and finely chopped)
- 2 cloves of garlic (chopped)
- 1 large carrot (peeled and cut into matchsticks)
- 4 spring onions (chopped)
- 2 tbsp cornflour
- 6 tbsp groundnut oil
- 3 tbsp light soy sauce
- 1 tsp caster sugar
- 1 tsp sesame oil
- 1-1 ½ rice wine vinegar
- Salt and pepper
- 1 tsp chilli flakes


Put the cornflour in a bowl and season with a lot of salt and pepper. Mix it all together. Then add your sliced beef and coat it in

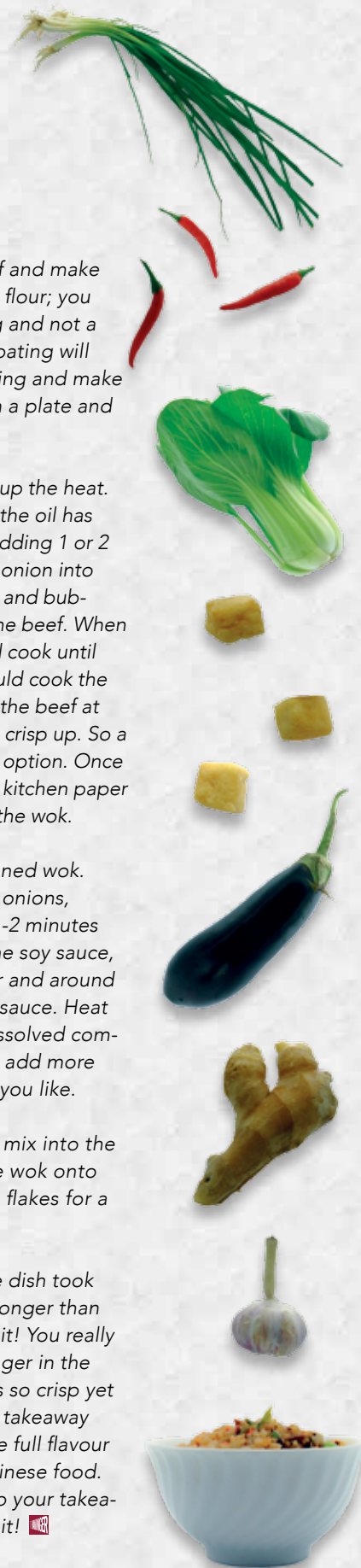
the mixture. Remove the beef and make sure you shake off any excess flour; you want it to have a light coating and not a heavy batter, otherwise the coating will absorb a lot of oil when cooking and make it very greasy. Put the beef on a plate and leave to one side.

Add the oil to a wok and turn up the heat. Wait until the oil is hot. Test if the oil has reached the temperature by adding 1 or 2 pieces of the chopped spring onion into the pan; when it starts sizzling and bubbling you know it's ready for the beef. When hot enough, add the beef and cook until it's crispy on the outside. I would cook the beef in batches, if you add all the beef at the same time, the beef won't crisp up. So a few slices at a time is the best option. Once cooked, lay the beef on some kitchen paper to drain excess oil. Clean out the wok.

Add a drop of oil to your cleaned wok. Then add your ginger, spring onions, garlic, and carrot and fry for 1-2 minutes until slightly softened. Add the soy sauce, sesame oil, sugar and vinegar and around 4 tbsp water to help create a sauce. Heat and stir until the sugar has dissolved completely. Taste your sauce, and add more sugar, vinegar or soy sauce if you like.

Return beef to your wok and mix into the sauce. Then remove from the wok onto a serving plate and add chilli flakes for a little garnish.

From prep to table this whole dish took me around 30 minutes; a bit longer than other dishes but it was worth it! You really sense the fragrant hum of ginger in the background and the beef was so crisp yet tender. It had the base of the takeaway dish I know and loved, but the full flavour I want from true authentic Chinese food. Why don't you try and revamp your takeaway classic? You won't regret it! 



WHAT DO YOU EXPECT?

- The great English poet, Alexander Pope once said,
“Blessed is he who expects nothing, for he shall never be disappointed.”

No expectations; no disappointment! Wouldn't that be a fantastic life! However, the reality for most us is just the opposite. We run with high expectations, and as a result, we often live with significant disappointments. Especially when we live in a culture that is dramatically different than our norm, or our spouse or partner views the world ever so different than we do.

UNMET EXPECTATIONS AS LEADING CAUSE OF FAILED RELATIONSHIPS

Antonio Banderas captured it well when he said,
“Expectation is the Mother of all Frustration!”

I am reminded of this every time I get behind the wheel. After driving in China for four years I often still expect others to drive as thoughtfully aware as I do. Rarely are my expectations met. I get so disappointed (angry even!) when drivers creep along at 50 km/h in the left lane of a major highway. Or worse yet decide at the last second to cut across four lanes of traffic to exit the highway. “Arghhh”, I say, as I coach the driver with several blasts of my horn.

The question we should ask, are our expectations realistic or unrealistic? Given the context of the other person; their cultural roots, personality strengths or weaknesses, biases, etc., can we really expect them to deliver according to our expectations?

If we believe our expectations are realistic, yet the other party consistently fails to deliver, we quickly lose hope that things will ever be different. At this point we tend to give up, and either terminate the relationship, or stay in the relationship, but emotionally detach.


Those darn emotions! Like it or not, they are intimately

woven into our expectations. When expectations are met, our accompanying emotions can provide so much joy and excitement in life.

For example, think about the anticipation of getting on a plane, flying to a peaceful beach, where the waves lap at your feet, as you drink a Margarita and watch sun drop over the horizon. You can hardly wait to get on the plane and leave the challenges of life behind.

However, if on that trip your plane is delayed a day, your luggage is lost, the hotel loses your reservation, and a monsoon blows across your otherwise peaceful beach...

It is, however, possible for us to manage our expectations in such a way that we reduce disappointments, and increase the “enjoy life” factor:

- (i) Quick Self-Assessment. Make a list of the relationships that consume 80% of your time (e.g. spouse, children, customers, colleague, etc.). Then create a simple chart with 3 columns to the right of your list. Title the columns Expectations, Met/Unmet and Realistic/Unrealistic. Complete the chart.
- (ii) Analysis. What would happen if you adjusted your expectations? Can you still maintain quality or values that are important? Does the other party even know your expectations? Is it possible that your way isn't the only way to achieve results that both parties can agree to?
- (iii) Adjustment or Calibration. Few of us like to change or reduce our expectations. And there are times when ought not to. More often than not, it's the very right thing to do. 

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

THE NANJINGER OURSPACE

Challenge

Escape the Room; and Your Bubble

By Alex Szabo

- We came at sundown. As we entered the room, a man locked the door, and the countdown commenced. We would have one hour to escape using only our wits, each other, and the objects in the room...

This script is surely familiar to those who have experienced an escape room elsewhere. However, Harry Theme Room, near Confucius Temple, offers challenges unlike any you may have faced before.




These challenges are not evident at first glance, as the escape rooms appear to follow a standard pattern. Each room offers a themed space, such as an artist's studio or graveyard, with the goal being to escape the space in one hour. At the desk, a guide shows off the different available rooms and their rankings in four different areas: intensity, difficulty, scare factor, and technology use. While most rooms stay below five on the rankings, one room earns seven stars in each field. Note that a one hour challenge costs ¥100 per person, so come prepared!

The escape rooms offered at Harry are puzzles with a Chinese twist. While language is not a major factor in most challenges, especially if you bring along a handy translator in your group (or even an app), the puzzles are

designed by Chinese creators for Chinese puzzle-solvers, creating an extra layer of challenge for us crazy foreigners. In order to succeed, you must think - Chinese-style!

We pick up many aspects of Chinese life living here as expats, but there are few times where using this accumulated knowledge is so explicitly rewarding. One puzzle here utilizes knowledge of Chinese Chess, and another becomes easier if you know a bit of Chinese history. In cases like this, players are rewarded for delving deep into their Chinese experience. After solving one of these puzzles, a sense of accomplishment surfaces that leaves you grinning ear-to-ear.

Do not expect to escape easily on a first attempt! Facing off with secret codes, hidden passageways, and lasers can be a challenge, even without the added Chinese context. But then, where else would you want to spend your weekend?

Harry Theme Room is located at 78 Changle Lu 长乐路 78号. Tel: 84862717. 

Beauty

Meeting the Masters of Nanjing's Soho

By Renee Gray

- It seems only fitting that the hottest hair salon in town is located in Soho (Wangfu Dajie). Take a stroll through the neighbourhood, grab a coffee, visit the liquor store for a couple of bottles of wine, head over the street for a massage or pop into one of the trendy boutiques, but whatever you do be sure to pay a visit to Masters At Work (M.a.W) Concept Salon.

Sunlight warms my back as I take a sip from my flat white and nibble on some short bread biscuits. While perusing one of many English magazines put in front of me, some deep house plays softly throughout the Salon. Every chair is full; the place has that familiar calm buzz of a very western hair studio.

Australian Denis Maravilla knows exactly what I want and is already adding foils to my hair. His partner, Sydney trained Master Colourist Steven Zhang tends to another customer in perfect English, blow-drying as he happily chats away.


After some time of magazine perusing and coffee drinking my highlights were ready to be rinsed out. The last room of the salon is the basin room and it's one to look forward to. I lay back in my chair as it begins to massage my back, legs and feet, snug in my blanket I look up to the starry sky installed on the roof, my hair is washed with aroma therapy shampoo; just bliss.



I have waited for an expat friendly salon to open in Nanjing for nine years. Knowing where the market is, these professionals are already discovering more of a market in greater parts of Jiangsu and are already making plans to expand. They are set to open a small beauty salon in Xianlin next month.

Assistants galore bustle back and forth offering their helping hands; while immaculately dressed and eager to learn they are still very new so may make some mistakes however management are aware and always helping staff to improve. M.a.W is first and foremost hair focused however they have a beauty room in which full waxing services among other beauty treatments are on offer. Masters At Work don't come cheap however the service is definitely of a high standard and quality.

Getting off to a rocky start the salon was underprepared for the opening of their beauty department. After a two-month wait and a rather comical first visit to the waxing bed I left wondering if a full body wax in Nanjing was just a pipe dream. However, upon my second trip to the bed to complete the job I was impressed with the professionalism by the beauty therapist who meticulously made sure I left hair free and beautiful.

A reasonably priced full body wax will set you back around ¥600 (hairdressing services are in the ballpark). While the beauty room is small it is filled with all the tools necessary to get the job done with relaxing music to soothe you through the pain. As a new business sorting out some teething problems I am thrilled Masters at Work have set up shop in Nanjing. 

Technology

TV, Just Like Back at Home

By Frank Hossack

■ The trouble with traditional VPNs is they don't let you watch TV from your home country. The software may make China "think" you are outwith her territory; you can look up your location and be told you are, for example, in the middle of the River Thames, but firing up that on-demand player still only results in, "This content is not available in your location" (maybe it's too wet where you are).

That's where NetFree Router comes in. This small five port Ethernet router device (free with your subscription) is a Wifi spot, VPN and TV connection all in one.


The makers claim that their magic box allows you to watch online TV from either the UK, USA or Hong Kong. All you have to do is choose which one, whereby your little box will come with a country specific code that can help with troubleshooting later on; they can configure the box remotely if necessary.



The manufacturers also claim all that is necessary to get the service up and running is to simply plug in the box. The Nanjinger was skeptical in the extreme.

Both claims proved founded. Now, we are happily watching our favourite shows on the BBC, ITV, Channel 4 and Sky.

Another major drawback of most VPNs is the speed, or lack thereof. Not so with NetFree, which is quite fast enough for both on-demand and live broadcasts, meaning the footie fans will be happy.

NetFree Router costs US\$370 for a one year subscription. Find out more at www.netfreerouter.com. 



Centrefield

24-28 April, 2017

Buoyed on by fantastic weather, The British School of Nanjing hosted its annual sports days, in which all students put in a fabulous effort across field events such as the BSN Dash relay, as they were cheered on by classmates, parents and teachers.





Fun Fun Fun

1 May, 2017

Car lovers and bargain hunters came together for Community's Clubhouse's fourth Car Boot Sale, held during the Asia Outdoor Sports Carnival on the sides of Nanjing's lush Lao Shan National Park, whereby locals came to an understanding of this quintessential piece of British culture.

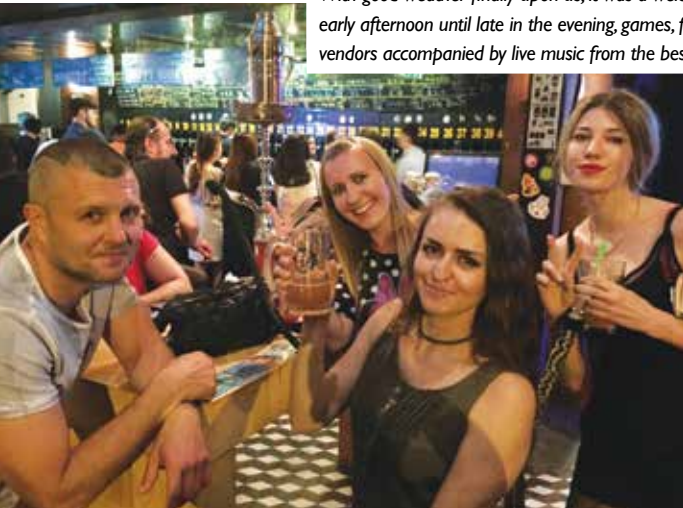


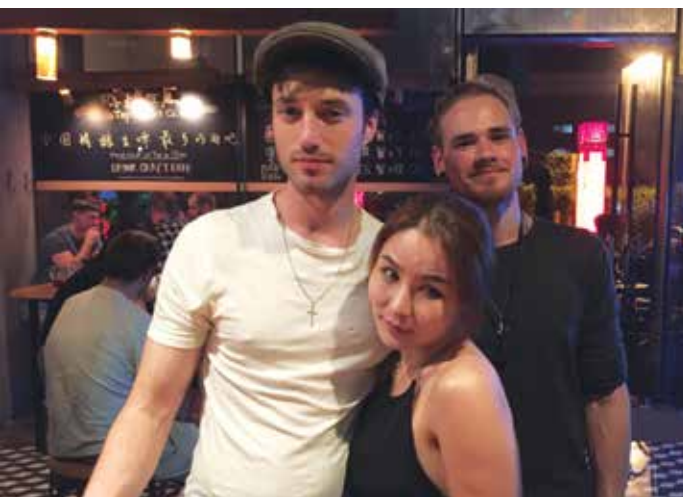


Beer Drinkers & Hell Raisers

15 April, 2017

With good weather finally upon us, it was a welcoming of spring at Tap Planet's Spring Block Party. From early afternoon until late in the evening, games, food, and drinks were provided by Nanjing's favourite local vendors accompanied by live music from the best international and homegrown talent. photos by Tian Shu.



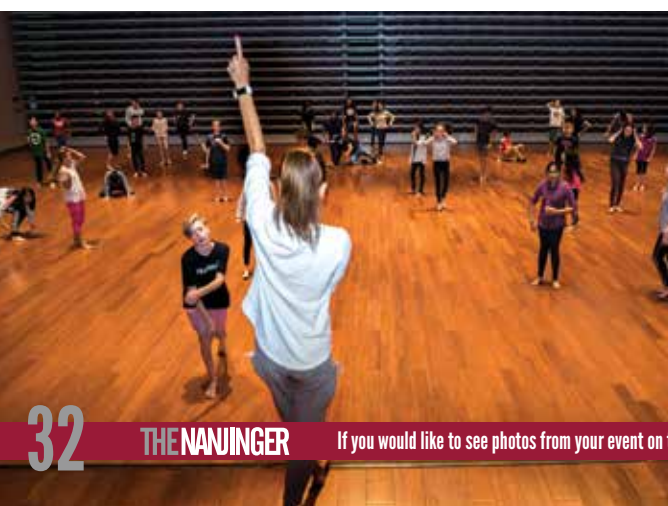




Curtain Call

14-16 April, 2017

Students from Nanjing International School learnt new skills, made new friends and had lots of fun when joined by pupils from Beijing and Dhaka for theatre workshops during the International Schools Theatre Association middle school festival "What Lies Beyond".





House of Fraser China presented its 2017 Spring/Summer fashion show to introduce its unique house brands, together with a variety of British cultural activities, including a costume parade, Harry Potter themed workshop and a performance by a band from The British School of Nanjing.

Vogue

1 May, 2017

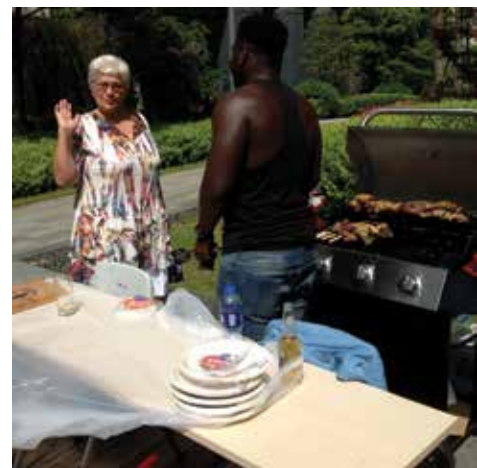




Thrift Store

15 April, 2017

Student art, Uol summative assessment, vendors, teacher led demonstrations, children's activities and cooking workshops were all part of EtonHouse Nanjing's fun-for-all Masquerade Market held at their neighbour Somerset Residence.



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

En Space 恩空间

8 Saozhou Xiang 扫帚巷 8 号
18918669180

Eatery/art gallery serving up a dining experience of real quality with a French flair in a second-to-none location that sits into the side of the spectacular new Porcelain Tower (Bao'en Si) beside 1865.

Gilly's Restaurant

#3-108, 9 Wenfan Lu, Xianlin
栖霞区文范路9号康桥圣菲3栋108室
66066188

Highly regarded New York style pizza, along with other quality western style dishes, has made this a staple of the Xianlin community that now draws increasing numbers all the way from downtown.

Glo London

4F, House of Fraser, 2 Zhongshan Nan Lu
中山南路 2 号东方福来德 4F
84784287

Authentic British fare; think fish and chips with cod from the seas around Iceland, plus a selection of international dishes served up in the ultimate mall environment. Great value lunch platters on weekdays.

Oasis 绿洲西餐吧

133 Mingwalang
明瓦廊133号
83191933

Modern Western flair plus house music, stylish decor and fabulous lighting create just the right environment for cocktails plus pizza, lasagna and macaroni cheese dishes that are particularly popular with foreign patrons, and with good reason.

Ciao Italia 你好意大利

193-2 Shigu Lu
石鼓路193-2号
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

芬尼根爱尔兰酒吧餐厅
6 Xinanli Block, 400 Zhongshan Nan Lu
中山南路 400 号熙南里街区 6 号
52207362 / 13057623789
www.finneganswake.com.cn

A carefully prepared selection of authentic Western dishes 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 蓝澳西餐厅

77 Shanghai Lu
上海路 77 号
86639197

One of the original expat bars to open in Nanjing, serving burgers, pizzas, Aussie meat pies and Bundaburg Rum (Bundy). There are also weekly and monthly pool competitions and board games' nights.

Brewsell's 比利时啤酒餐厅

77-1 Shanghai Lu (first place up from Guangzhou Lu)
上海路 77-1 号 (靠近上海路和广州路的路口)
58779429

www.brewsells.com

Quality Belgian drinks & cuisine in a smoke free environment with a kitchen open until 11pm.

Element Fresh 新元素餐厅

A109, 1F, Nanjing IST Mall, 100 Zhongshan Lu
中山路 100 号艾尚天地购物中心一层 A109
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 藤美

193 Shigu Lu (behind the Sheraton)
石鼓路 193 号 (石鼓湾美食休闲街区)
86795269 / 13072525212

Genuine European flavours, grilled meat, seafood specialties and renowned home made desserts. Special Set Lunch Menu with great prices and specials for students and teachers.

William's 威廉餐吧

Chic Hills, 286 Zhongshan Lu
中山路 286 号羲和广场一楼
85878066

Stays true to the unique cooking processes that have become hallmarks of great American barbeque. Applewood log smokers subdue meat cuts to 6-15 hours of "low 'n' slow" smokin' heaven.

Hacker-Pschorr 赫佰仕

Basement, Asia Pacific Tower, Jinling Hotel,
2 Hanzhong Lu
汉中路 2 号金陵饭店亚太商务楼负 B1-15
84660099

German brauhaus that is the first Hacker-Pschorr in China, serving up a proprietary brew created in house, along with the pre-requisite sausages.

Jimmy's 吉米来吧

193 Shigu Lu (inside Sunslow Bay
near the Sheraton)
石鼓路 193 号
86792599

www.jimmysnj.com

The place to be for live and recorded sports, especially on Saturday nights, while enjoying American style pizza, BBQ steaks, burgers, hotdogs, tacos and more, accompanied by a large selection of draft and bottled beers plus single malt whiskys and bourbon.

Jack's Place 杰克地方西餐厅

422, Dongcheng Hui Shopping Mall, Xianlin 文苑
路与学思路交叉口东城汇 4 楼
85807866
35 Wang Fu Da Jie 王府大街 35 号
84206485

160 Shanghai Lu 上海路 160 号
83323616

Humble yet honest, Jack's Place has been around Nanjing for more than 15 years, serving up Italian

favourites popular with expats and locals alike. Strengths lie in the pastas and mains.

The Wing Italian Restaurant

意之翼-意大利餐厅

4F, The Central, Hexi CBD
江东中路237号中央商场4楼 (雨润国际广场)
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.

Pissa

82-1 Shanghai Lu 上海路82-1号
83308105 / 15805177575

Formerly Piza Pizza, that quickly gained a following among expats when it opened in 2009 for authentic pizza in an informal atmosphere.

La Mona 拉莫纳

48, South Commercial District, Lower Car Park,
Olympic Centre
奥体中心南商务区 48 号停车柱
83353881 / 83363881

From the makers of Piza Pizza comes classy decor and simply fabulous pizza, rivaling the more established Italian eateries in town.

Les 5 Sens 乐尚西餐厅

52-1 Hankou Lu
汉口路 52-1, 靠近南京大学
83595859

Remaining surprisingly inexpensive since opening its doors in 2005, Les 5 Sens serves authentic and homemade traditional French dishes (the foie gras is a favourite) in a homely atmosphere.

Tap Planet 啤球工厂

F109, 1F, Chic Hills Plaza, 286 Zhongshan Lu
中山路 286 号羲和商业广场 1 楼 F109
57519177

40 craft beers on tap, accompanied by slick service and a mouth-watering food menu.

The Uncle Pizza 披萨大叔

Shanghai Lu Market, 22 Hankou Xi Lu
汉口西路 22 号上海路菜场 53 号
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 摩图

107 Gutong Xiang, Laomendong
老门洞箍桶巷107号
17701598220

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

Florentina

2-107, 83 Shanghai Lu
上海路 83 号 2 栋 107 号
18602560788

Ideal for peaceful chat over drinks; over 100 bottled craft beers waiting for you to try!

Henry's Home 亨利之家

82-2 Fuchunjiang Dong Jie
奥体富春江东街 82-2 号
58577088

One of Nanjing's oldest Western restaurants, with over 20 years experience in serving up western meals; specialties include steaks, fajitas, pizza and organic salads.

Selección Española

57 Zhongshan Dong Lu
中山东路 57 号
15295537959

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 香松酒窖

Inside Wutaishan off Guanzhou Lu
广州路·五台山体育场(银联体育馆一楼西北区)
66012088
High quality Western restaurant offering organic food, breads baked on-site, cigar bar and wine cellar.

Wagas 沃歌斯

1F, Nanjing IST Mall, 100 Zhongshan Lu
中山路100号艾尚天地购物中心一层108号
85656120
www.wagas.com.cn
Western and modern Asian fare with a special focus on food quality, consistency and safety.

Potato Bistro 马铃薯

#5-301 Kangqiao Sheng Fei, 9 Wenfan Lu, Xianlin
仙林文苑路9号康乔圣菲5幢301
85791293
15 Bianying, Laomendong
边营15号老门东历史文化街区
58776616
A bistro based on green, organic, fresh foods and authentic taste. Large balcony offers outdoor BBQ for up to 150 people.

Axis Mexican Restaurant & Pub

Axis 墨西哥餐厅
Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路12号亚东商业广场
Suning Hui Gu, Ji Qingmen Da Jie
集庆门大街苏宁慧谷
15895872728
Mexican dining with a wide variety of traditional Mexican dishes and a popular delivery service.

Nail Jazz Bar 钉子爵士酒吧

10 Luolang Xiang (200m south of the Sheraton)
罗廊巷10号·离金凯利酒店200米
86532244
A relaxed atmosphere in which to enjoy a wide variety of imported beers and the odd bit of live music.

Vegetarian

Jimingsi Vegetarian Restaurant

鸡鸣寺百味斋素食馆
1 Jimingsi Lu 鸡鸣寺路1号
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 绿野香踪素食馆

1F Zhengyang Building, 56 Yudao Jie
御道街56号正阳大厦一楼
6661 9222
A wide selection of creative dishes and plenty of fresh vegetables along with special drinks and teas.

Tiandi Sushi 天帝素食

21 Huji Bei Lu, Entrance to Gulun Park
鼓楼区虎踞北路21号古林公园正门口(近北京西路)
83701391
Serves free vegetarian noodles on the 15th day of each lunar month.

Middle Eastern Cuisine

Dubai 西侧翡冷翠餐厅

9 Zhuangyuan Jing (inside the Mandarin Hotel)
南京市夫子庙状元楼酒店一楼
58570611 / 18652008407
Tasty dishes from Dubai and all over the Arabic world served inside or on an enticing, western-facing patio. All meat is Halal.

Jackob Arabic Restaurant 嘉珂阿

61 Hankou Lu 汉口路61号
86521668
Jiangjin Lu Community, Nanjing University of Aeronautics & Astronautics, Shengtai Lu
胜太西路南京航空航天大学将军路校区
17705162357
Classic go-to for Middle Eastern fare; grilled Hallal meats, shawarmas and a mouth-watering assortment of dips. Prayer room also available.

Indian Cuisine

Baba Restaurant 巴巴餐厅

B1, Jinyuan Food Court, 11 Hexi Central Park, 341 Jiangdong Lu
江东中路341号出口南京金源美食广场11号负1楼
13611574929
Reincarnation of Kohinoor, Nanjing's long serving Pakistani restaurant, features a menu that boasts over 200 dishes, all of which taste nothing alike.

Nanjing Ganesh Indian Restaurant

甘尼仕印度餐厅
3 Kunlun Lu 昆仑路3号
85860955
www.ganeshchina.com
The unlikely combination of Indian food and jazz music that nevertheless has stood the test of time in both Suzhou and Wuxi. Fabulous decoration in a great location by the city wall at Xuanwu Lake.

Himalaya-Nepalese & Indian Restaurant

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

Taj Mahal 泰姬玛哈印度料理

117 Fengfu Lu
丰富路117号
84214123
187-1 Shanghai Lu 上海路187-1号
83350491
Established in 2003, the Taj Mahal offers a great variety and exotic blend of high quality authentic Indian cuisine that it continues to this day, making it forever popular with the foreign community.

Masala Kitchen 玛莎拉印度餐厅·酒吧

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路12号亚东商业广场A05
84448858
Vegetarian and meat dishes plus savory Tandoori oven dishes and exotic curries cooked fresh by a Hyderabad-born chef with over 20 years of experience.

Korean Cuisine

Xianpingjia 咸平家

#6, Block 1, Dongfangtianjun, Xianlin
仙林杉湖西路东方天郡门面房6号
83699086 / 13357739720
Run by a Korean grandma who has over 30 years of cooking experience.

THE Korean 本家

B1, Golden Wheel Tower, 108 Hanzhong Lu
新街口汉中路108号金轮大厦B1
84469445
B1, Grand Metropark Hotel, 319 Zhongshan Dong Lu
中山东路319号维景国际大酒店B1层
84469190

Ke Jia Fu 可家福

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

Neolithic Barbecue 新石器烤肉

B1, Deji Plaza, 18 Zhongshan Lu
中山路18号德基广场B1楼B116-117号
84764545
#B17, B1, Tianyin Plaza, 336 Shangyuan Lu, Jiangning District
上元大街336号天印广场B1楼B17室
81032949
B1, Wonder City, 222 Changhong Lu
长虹路222号虹悦城B1楼
52275687
B1, One City, 58 Daqiao Bei Lu, Pukou
大桥北路58号新一城B1楼
58400640 / 58402105
B113, Unipark Mall, 8 Fengxi Lu
凤熙路8号中环宇城B113铺
57018998

Japanese Cuisine

Zhongzhou Tonkotsu Ramen

中洲豚骨拉面
4-2 Taogu Xin Cun, Hankou Lu
鼓楼区汉口路陶谷新村4-2号(南楼102室)
86617101
Tiantang Street, Hanzhong Lu
秦淮区汉中路天堂街小区内
84201496
Rides the current wave of popularity for all things ramen, with organic credentials that are tri-certified, no less.

Dason Bistro 大森料理

6 Sanyuan Xiang, Xinjiekou
新街口三元巷6号
84217148
Initiator of the fad for pubs that cut your hair, with now a Japanese restaurant thrown into the mix that offers an impressive selection of sashimi, classic sushi, shallow fried meats plus fish and tempura.

Taiyoo Teppanyaki

大渔铁板烧
57 Zhongshan Lu 中山路57号
84729518
1F, Unit 6, Building 2, 1912
1912商业区2号楼6单元1楼
84458310
3F, Golden Wheel, 8 Hanzhong Lu
汉中路8号金轮新天地购物中心3楼
84773318
3 Kunlun Lu 昆仑路3号明城汇内
58850588
Popular for its all you can eat and drink special offer that includes sushi, sashimi, sake, beer and much more.

Other Asian Cuisine

Thai Tasty 泰式料理

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路12号亚东商业广场A05
84448858
An extraordinary array of distinctive dishes employing authentic seasonings with fresh local produce.

Thai Orchid 梵泰蘭

86-1 Fuchunjiang Dong Jie (La Defense Flower Street)
富春江东路86-1号拉德芳斯异国风情花街(近恒山路口)
83564567
Thai nationals serve as chefs; fantastic group deals available, e.g. set meal of ten dishes for half price.

Pho Saigon 西贡堤岸越南餐厅

2F Huanya Plaza, 33 Shigu Lu
石鼓路33号环亚广场2楼
84465722

4F, Golden Eagle Mall, 1 Zhujiang Lu

珠江路1号金鹰购物中心北馆4楼 ㉔
85208521

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

Kezigu Muslim Restaurant 克兹古丽餐厅 ㉔

43 Luolang Xiang 罗廊巷43号
85891799

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

Fusion Cuisine

Walnut Music Brasserie 胡桃里音乐酒馆

Catherine Park, 1 Beijing Xi Lu
北京东路1号环亚凯瑟琳广场 ㉔
8533979

Suyao Park, 15 Dongxin Nan Lu, Jiangning
南京市江宁区东新南路15号苏尧广场1楼
83369797

Capitalises on the current trend for retro decoration in which locals can revisit their youth and expats experience a China that has all but disappeared.

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

Iced Baking

46-13 Xianyin Nan Lu, Xianlin
仙林仙隐南路仙龙湾46-13室
18014847503

Specialty baked goods such as cakes, cupcakes and scones plus a host of baking supplies, including cocoa powder, cream cheese, fondant, sprinkles and shortening. Hummus also available!

Skysways 云中食品店

160 Shanghai Lu 上海路160号 ㉔
83317103

#A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu ㉔
仙隐北路12号亚东广场A18室
85791391

Wanda West, 222-2 Jiqing Men Da Jie

集庆门大街222-2万达西地区 ㉔
85637995

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

Sculpting in Time Café 雕刻时光咖啡馆

2F, 47 Hankou Lu 汉口路47号2楼 ㉔
83597180

32 Dashiba Jie (Fizimiao East Gate)

大石坝街32号(夫子庙东门)

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 维娜星咖啡 ㉔

150 Shanghai Lu (at the junction with Nancuixun)
鼓楼区上海路150号

83556176

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

Délíce Capy DC 莫奈花园 ㉔

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

南京市汉中中路27号友谊广场1楼2楼
86829191

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

Maan Coffee 漫咖啡

1 Qingjiang Lu 清江路1号天水滨江花园 ㉔
85872858 / 85607277

1F, Dushi Xihe, 8 Xuejia Xiang

薛家巷8号金润发超市旁都市羲和一楼 ㉔

85607266

81-1 Fuchunjiang Dong Jie

富春江东街81-1号拉德芳斯异国风情花街 ㉔

85607288

1912 Leisure District

1912时尚休闲街区9号楼 ㉔

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

Chinese Teahouses

Lao Cui Tea House 老崔茶馆

Houhuyinyue, Huanhu Lu, Nanjing City Wall, 8 Jiefang Men, Xuanwu ㉔

城墙台城段临湖厅·玄武湖环湖路“后湖印月”

52628899

15 Yingtian Da Jie 应天大街15号

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 我茶 ㉔

6F, Xinhua Bookstore, 56 Zhongshan Dong Lu 中山东路56号新华书店6楼

86816246

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

Nightclubs

Kamakama ㉔

1912 Leisure District

1912时尚休闲街区2号楼1层

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 玛索国际娱乐 ㉔

1912 Leisure District

1912时尚休闲街区6号楼

84418579

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

Club TNT 潮人会 ㉔

2-1 Changjiang Hou Jie

长江后街2-1号

84401199 / 13151090136

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

Enzo ㉔

8-3 Changjiang Hou Jie

长江后街8-3号2楼

83789898

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

Tourism, Sport & Leisure

Hotel & Hostel

Jinling Hotel Nanjing 南京金陵饭店 ㉔

2 Hanzhong Lu, Xinjiekou Square

新街口汉中中路2号

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 Sta-

tion. International flight and train ticket purchase counter plus bakery also available.

Somersett Youth Olympic Nanjing

南京盛捷青奥国际社区

9 Qing'ao Nan Lu

青奥南路9号

83083888

www.ascottchina.com

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

Renaissance Nanjing Olympic Centre Hotel

南京华泰万丽酒店 ㉔

139 Aoti Da Jie, Jianye District

建邺区奥体大街139号

83388888

cn.renaissancenanjing.com

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

Hanyuelou Hotel 涵月楼酒店 ㉔

235 Jiangdong Zhong Lu, Jianye District

建邺区江东中路235号

68176000

www.solishotels.com/nanjing

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.

Wanda Realm 南京万达嘉华酒店

59 Zhushan Lu, Jiangning District

江宁区竹山路59号

52838888

www.wandahotels.com

302 stylish rooms and suites plus a 1,000 sq.m. pillarless Grand Ballroom.

Novotel Nanjing East Suning Galaxy

南京玄武苏宁银河诺富特酒店

9 Suning Dadao, Xianlin

徐庄软件园苏宁大道9号

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 南京辉盛阁国际公寓 ㉔

116 Lushan Lu

庐山路116号

87773777

www.frasershospitality.com

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

The Westin Nanjing 南京威斯汀大酒店

Nanjing International Center, 201 Zhongyang Lu

中央路201号南京国际广场

85568888

www.westin.com/nanjing

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

Sheraton Nanjing Kingsley 金丝利喜来登酒店 ㉔

169 Hanzhong Lu

汉中路169号

86668888

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

Fairmont Nanjing 南京金奥费尔蒙酒店 ㉔

333 Jiangdong Zhong Lu, Jianye District

建邺区江东中路333号

86728888

www.fairmont.com/nanjing

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

InterContinental Hotel 紫峰洲际酒店

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

Sofitel Galaxy 南京索菲特银河大酒店

9 Shanxi Lu
山西路 9 号
83718888
www.sofitel.com
resoff@sofitelnanjing.com
The accommodation of choice for many visitors coming to Nanjing, along with all French dignitaries.

Hilton Nanjing Riverside

南京世茂滨江希尔顿酒店
1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)
淮滨路 1 号 (近秦淮河和扬子江交汇处)
83158888
nanjingriverside.hilton.com
nanjingriverside.info@hilton.com
A more serene statement from Hilton; extensive conference and recreation facilities and rooms with balconies overlooking the Yangtze.

Nanjing Sunflower International Youth Hostel

南京瞻园国际青年旅社
142 Dashiba Jie (Fuzimiao west gate)
大石坝街 142 号, 在夫子庙西门的附近
52266858 / 66850566
www.nanjingyha.com
A popular youth hostel that includes free pool, DVDs, cable TV, football and English speaking staff.

Resorts

Kayumanis Private Villas & Spa

南京香樟华莘温泉度假别墅
12 Wenquan Lu, Tangshan
江宁区汤山街道温泉路 12 号
84107777
www.kayumanis.com
nanjing@kayumanis.com
High-end private villa with refreshing natural hot spring and mountain view.

Regalia Resort & Spa (Qinhuai River)

南京御庭精品酒店 (秦淮河)
Bldg. E5, 388, Yingtian Da Jie
(inside Chenguang 1865 Technology Park)
应天大街 388 号 (晨光 1865 科技创意产业园) 第 E5 幢
51885688
www.regalia.com.cn
A Thai style spa offering a holistic approach to rejuvenation and relaxation.

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村
8 Wenquan Lu, Tangshan, Jiangning
江宁区汤山镇温泉路 8 号
51190666
A leisure hotel in Tangshan offering different types of bathing.

Museums

Nanjing Massacre Memorial

侵华日军南京大屠杀遇难同胞纪念馆
418 Shuiximen Da Jie
水西门大街 418 号
86612230 / 86610931
Hours: Tue - Sun from 8:30 to 16:30

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

Nanjing Museum

南京博物院
321 Zhongshan Dong Lu
中山东路 321 号
One of China's three national level museums displaying Chinese art, pottery and a life-sized Republic of China street scene. Admission is free with valid ID.

Nanjing Municipal Museum (Chaotian Palace)

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

Six Dynasties Museum

六朝博物馆
Changjiang Lu / Hanfu Jie
长江路 302 号 (长江路 / 汉府街)
Constructed on the ruins of Jiankang Castle, visitors can see over 1,200 artifacts, including porcelain, pottery, epigraphs, stone inscriptions, calligraphy and paintings and even a section of the city wall.

Nanjing Jiangning Imperial Silk Manufacturing Museum

南京江宁织造博物馆
123 Changjiang Lu, Xuanwu District
南京市玄武区长江路 123 号
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.

Rabe House

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

Purple Mountain Observatory

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

Tangshan Homo Erectus Fossil Museum

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

Nanjing Brocade Museum

南京云锦博物馆
240 Chating Dong Jie
茶亭东街 240 号
86518580
Observe wooden looms producing the world's finest brocade. Fabric is also available for purchase.

Nanjing Taiping Heavenly Kingdom History Museum

南京市太平天国历史博物馆
128 Zhanyuan Lu 瞻园路 128 号
52201849
Houses the largest collection of artifacts and documents from the Taiping Heavenly Kingdom.

Nanjing Science Museum

南京科技馆
9 Zijinghua Lu, Yuhua District
雨花台区紫荆花路 9 号

58076111
Hands-on fun and learning for kids. IMAX Cinema.

Nanjing Museum of Paleontology

南京古生物博物馆
39 Beijing Dong Lu
北京东路 39 号
83282252
Full dinosaur skeletons, a mass of fossils from significant digs in China and an interesting lesson in local geology. Open at weekends only. Chinese language.

Nanjing Folk Museum

甘家大院
15 Nanbuting, Zhongshan Nan Lu
中山南路南捕厅 15 号
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

静海寺
288 Jianning Lu
建宁路 288 号
58808703
www.yuejianglou.com
In addition to enjoying an insight into the Chinese view of the "unfair treaty" ceding Hong Kong to the British, visitors can learn about the voyages of Zheng He.

Zheng He Treasure Shipyard

南京郑和宝船遗址公园
57 Lijiang Lu
鼓楼区漓江路 57 号
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

清凉山公园
83 Qingliangshan Lu, near Huju Lu
清凉山路 83 号
Calligraphy and stone museums, as well as an art gallery and pottery studio.

Zixia Lake

紫霞湖
Northeast Quadrant, Mingxiao Ling, Zhongshan Ling Scenic Area
中山门外石家路 7 号中山陵风景区明孝陵景区东北角
A cold water mountain-fed lake. Exercise with care; the cold undercurrents can cause life-threatening cramps.

Mochou Lake Park

莫愁湖公园
35 Hanzhongmen Da Jie
汉中门大街 35 号
Home to the annual Dragon Boat Race, and great for boating or a walk in a peaceful environment.

Happy World

弘阳欢乐世界
48 Daqiao Bei Lu, Pukou District
浦口区大桥北路 48 号
Thrill rides plus giant water slide.

Jiuhuashan Park

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

Xuanwu Lake Park

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

Yaxi International Slow City

桧溪国际慢城

6 Shengtai Lu, Yaxi Town
高淳区桠溪镇生态路 6 号
56861235
The village of 20,000 designated China's first
"Slow City" by Cittaslow.

Pearl Spring Resort 南京珍珠泉风景区
178 Zhenzhu Jie, Pukou District
浦口区珍珠街 178 号
A 8.9 sq.km scenic area that includes a zoo, circus,
dodgers and cable-car to a so called Great Wall.

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

Zhongshan Botanical Garden 中山植物园
1 Qianhuocun
前湖后村 1 号
84347062
Covers over 186 hectares and home to more than
3000 plant species.

Nanjing Yangtze River Bridge Park
南京长江大桥 (公园)
7 Baotiaoqiao Dong Jie
宝塔桥东街 7 号
Memorabilia dating from the construction of the bridge
plus access to observation deck.

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

Drum Tower/Gulou Park 鼓楼公园
1 Gulou Jie, at the end of Beijing Xi Lu
鼓楼街 1 号, 在北京西路口
The traditional centre of a Chinese city.

Lao Shan National Forest Park
老山国家森林公园
Chalukou, Pukou
浦口区岔路口
Enjoy a more rustic experience in Nanjing's second
National Park; away from the crowds soak in
the virgin forest that is rich in species.

Lamendong Neighbourhood 城南·老门东
50 Changle Lu 长乐路 50 号
52201611
Cultural activities, traditional Chinese architecture
and distinctive local eateries.

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

Sports

Jijianheng Martial Arts Training Centre
15996493275
Offers the mental and spiritual training neces-
sary for Kung Fu mastery to students of all ages
and abilities.

Century Star Ice Skating Club
世纪星滑冰俱乐部
4F, Deji Plaza Phase 2, 18 Zhongshan Lu
中山路 18 号德基广场 2 期 4 楼
86777456
222 Jiangdong Zhong Lu (Inside Olympic Center)
江东中路 222 号奥体中心内
86690465 / 86690467
4F, Wonder City, 619 Yingtian Street

应天大街 619 号虹悦城 4 楼
52275768 ext. 8001/8002

Nanjing Zhongshan International Golf Club
南京钟山国际高尔夫俱乐部
9 Huanling Lu 环陵路 9 号
84606666

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

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

Nanjing Leiniaog Paragliding Club
南京雷鸟滑翔伞俱乐部
Huanhucun, 2 Zhongyang Lu
中央路 2 号环湖村
15335179782

Pisarev Ballet 比萨列夫芭蕾舞学校
#B901 Junlin International Mansion, 5 Guangzhou Lu
广州路 5 号君临国际 B901 室
86975095

Changqing Taekwondo 长青跆拳道馆
9F, Quanmin Jianshen Plaza, 145 Zhongshan
Dong Lu
玄武区中山东路 145 号全民健身中心 9 楼
84541055

Spa

Pathways Spa & Lifestyle Club
颐庭 Spa 生活会馆
13F, Tian'an International Building,
98 Zhongshan Nan Lu 中山南路 98 号天安国际大厦
13 楼
84701266 x 8019
www.pathway-spa.com

Theatre

Nanjing Poly Grand Theatre
南京保利大剧院
6 Yecheng Lu, Jianye District (inside Nanjing Inter-
national Youth Culture Centre)
建邺区郑城路 6 号 (南京国际青年文化中心)
58839008 58839098

Nanjing Art and Cultural Centre
南京文化艺术中心
101 Changjiang Lu 长江路 101 号
84797961

Jiangnan Theatre 江南剧场
5 Yanling Xiang 延龄巷 5 号
84522257

Nanjing Art Academy Concert Hall
南京艺术学院音乐厅
15 Huju Lu 虎踞北路 15 号
83498249

Jiangsu Kunqu Theatre 兰苑剧场
4 Chaotian Gong 朝天宫 4 号
84469284

Business & Education

International Education

The British School of Nanjing
南京英国学校
16 Hanfu Lu, Jiangning District
江宁区韩府路 16 号
52108987
www.bsn.org.cn

Serves expat children 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 南京国际学校
8 Xueheng Lu, Xianlin College
and University Town
仙林大学城学衡路 8 号
85899111
www.nanjing-school.com
An inclusive learning community inspiring interna-
tional mindedness, personal excellence, creative
thinking. An IB World School.

EtonHouse Nanjing 伊顿国际教育集团
8 Qing'ao Nan Lu, Jianye District
南京市建邺区青奥南路 8 号
85596778

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

The Overseas 海外国际
Nanjing Novas International Business Consulting
Co. Ltd, #1606 Block A, Junlin International, 5
Guangzhou Lu
广州路 5 号君临国际 A 幢 1606 室
84533133
admin@the-overseas.com

**Youth Moment Educational
Investment Co., Ltd.**
南京青梦家教育投资有限公司
3rd Floor Building E, Kingdee Science and Tech-
nology Industrial Park
532 Zhongshan Dong Lu
中山东路 532 号金蝶科技产业园 E 栋 3 楼
69816666
www.qingmengjia.com
maludaily@qingmengjia.com
Career guidance, entrepreneurial support, overseas
study services for Chinese and foreign students.

Business Services

Sharehouse (Nanjing) Co., Ltd.
赛洛企业管理服务 (南京) 有限公司
Maqun Scientific Park, 3 Jinma Lu
南京栖霞区马群科技园金马路 3 号
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
南京市金陵饭店亚太商务楼 801 室
18501538478
nanjing.amcham-shanghai.org

European Union Chamber of Commerce
中国欧盟商会 (南京)
#806, Haihua Mansion, 99 Zhongshan Lu
中山路 99 号海华大厦 806 室
83627330

China-Britain Business Council, Nanjing
英中贸易协会南京代表处
#2514-2515, 50 Zhonghua Lu
中华路 50 号 2514-2515 室
52311740

Netherlands Business Support Office
荷兰贸易促进委员会南京代表处
#2316, Bldg. B, 23F, Phoenix Plaza, 1 Hunan Lu
湖南路 1 号凤凰国际广场 B 楼 23 层 2316 室
84703707

Baden-Württemberg International

德国巴登符腾堡州国际经济和科技合作协会
7-3 Dabai Xiang Meiyuan Xin Cun
梅园新村大悲巷 7-3 号
84729068
www.bw-i.cn

Australian Trade Commission

澳大利亚贸易委员会南京代表处
#1163, Jinling World Trade Center, 2 Hanzhong Lu
汉中中路 2 号金陵饭店世界贸易中心 1163 室
84711888 -1163

Canadian Trade Office Nanjing

加拿大驻南京商务代表处
#1261, Jinling World Trade Center,
2 Hanzhong Lu
汉中中路 2 号金陵饭店世界贸易中心 1261 房
84704574

Language Training

JESIE - Goethe-Language Centre

JESIE - 歌德语言中心
Jiangsu College for International Education, 3F, 205
Shanghai Lu
上海路 205 号江苏国际预科学院 3 层
83335690
www.goethe-slz.js.cn

Nanjing No.1 High School

南京市第一中学
301 Zhongshan Nan Lu 中山南路 301 号
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 南京法语联盟

27D, Block B, Changfa Centre, 300 Zhongshan Dong Lu
南京市中山东路 300 号长发中心 B 座 27D
28D, Block A, Changfa Centre, 300 Zhongshan Dong Lu 南京市中山东路 300 号长发中心 A 座 28D
83598762 83598876
afnanjing.njnu.edu.cn/
info2.nanjing@afchine.org
French language and culture centre with classes, cultural events and a modern library with free access to collections.

Clubs

Nanjing International Community Clubhouse

南京国际社区中心
1-B-01, British School of Nanjing, Hanfu Lu, Jiangning District
江宁区韩府路南京英国学校 1-B-01
www.yournicc.net
info@yournicc.net
Provides services to expats such as online shopping and ticket purchase as well as activities that include classes for adults and children.

Nanjing International Club

南京国际俱乐部
Maqun Scientific Park, 3 Jinma Lu, Xianlin, Qixia District
栖霞区马群科技园金马路 3 号
www.nanjinginternationalclub.org
500+ members from all around the world enjoy a large variety of events; cooking, kids' club, book club, dinners, balls, outings, BBQ, concerts, bazaar and more. Fundraising for charities plus opportunities volunteer and become part of an exciting team.

Nanjing Hash

nanjinghash@gmail.com
Continues 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.

Nanjing Golf Society

15850764645
Arranges friendly golf games at local courses, for ladies and gents of all abilities. Games are usually weekly, with practice at various ranges around the city.

Charities

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

南京基督教青年会和女青年会
66-9 Dajianyin Xiang, Gulou District
南京市鼓楼区大铜银巷 66-9 号
83307098 / 83714117
www.njymca-ywca.org
Endowed by Dr. Sun Yat-sen in 1912, the Nanjing branch of the organisation provides volunteering services and organises overseas exchange programs.

Hopeful Hearts

www.hopefulhearts.info
Fundraising 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.

Pirang Association 普方基金会

3 Jinma Lu, Maqun Scientific Park, Xianlin, Qixia District 马群科技园金马路 3 号
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

南京市夫子庙小学
22 Zhanyuan Lu 瞻园路 22 号
52230929
Founded in 1907 to explore and promulgate the ideology and culture of Confucius.

Shopping

International Groceries

Epermarket

上海赢盘实业有限公司
www.epermarket.com
4007760776
First online supermarket in China to be ISO 9001 certified, delivering more than 5,000 imported & local goods, plus a growing selection of organic products.

Fields

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

Time Farm

18551768576

www.timefarm.com.cn

Permaculture facility in Jiangning producing vegetables, brown and black rice, whole-wheat flower, free-range eggs and canola oil.

Times Grocery

泰晤士
50-1 Yunnan Lu 云南路 50-1 号
83685530
Compact yet its location breeds popularity; wide selection of imported but sometimes pricy food.

Happy Orange

乐橙便利店
Cuiping International (North Gate), Hanfu Lu, 20 Jiangjun Avenue, Jiangning
将军大道 20 号翠屏国际城北门 (银杏苑 23-4)
52158366
Small shop with a nice selection of imported items run by a charming couple from Taiwan.

Petite Abeille

法国小蜂蜜进口商店
80 Nenjiang Lu 嫩江路 80 号
83237878
Largest selection of French produce in Nanjing, with an emphasis on biscuits (petite pains, biscottes), chocolate plus home-made heavy breads and baguettes, croissants and apple pie.

Ronnie's Pies

13912379301
www.ronnies.com.cn
Home made Aussie pies in a variety of flavours, including delights such as Cornish pasties, Lancashire pasties and sausage rolls. Delivers from Yangzhou.

Metro 麦德龙

288 Ningli Lu 宁溧路 288 号
300 Jianning Lu 鼓楼区建宁路 300 号
Originally a B2B operation in which private individuals can now shop that carries the city's widest selection of foreign foods plus wines, beers and spirits. Passport/ID sometimes required. Very busy at peak times.

Carrefour 家乐福

235 Zhongshan Dong Lu
中山东路 235 号
341 Jiangdong Zhong Lu
江东中路 341 号
26 Jiqingmen Da Jie
集庆门大街 26 号
7 Daqiao Nan Lu
大桥南路 7 号
3 Liuzhou Nan Lu, Pukou
浦口区柳州南路 3 号
Good range of dairy products, especially imported butter, cream and cheese plus snacks, pasta and wine.

Auchan 欧尚

151 Hanzhongmen Da Jie
汉中门大街 151 号 (近纪念馆东路)
11 Qinhuai Zhong Lu
秦淮中路 11 号
866 Yingtian Da Jie
应天大街 866 号
Another French hypermarché with probably the city's best selection of cheese.

BHG Marketplace

B2, Aqua City, 1 Jiankang Lu
健康路 1 号水游城地下 B2 层
C119, B1, Deji Plaza, Zhongshan Lu
德基二期地下 B1 层 C119
B1, Jingmao Shopping Mall, 201 Zhongyang Lu
鼓楼区中央路 201 号金茂汇 B1 楼
B1, The Central, 237 Jiangdong Zhong Lu
江东中路 237 号中央商场 B1 楼
B1, Forest Mall, 301 Zhongshan Men Da Jie
中山门大街 301 号森林摩尔商业街区 B1 楼

B1, Raydu Plaza, 1222 Shuanglong Da Dao, Ji-
angning 回
经济技术开发区双龙大道 1222 号 B1 中厅
Features a very large stock of imported goods
plus fresh organic fruit and veg plus passable
sliced bread. Many items are pricey, but that
keeps the crowds away.

RT Mart 金润发

39 Danfeng Jie 回
丹凤街 39 号 (近北京东路)
B1, New City Mall, 99 Caochangmen Da Jie
草场门大街 99 号新城广场 B1 回
260 Longpan Zhong Lu 龙蟠中路 260 号
Shanghai based supermarket with a decent im-
ported food section, dairy and bakery items.

For the Home

EAsmart

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

Living Story 欧洲生活馆

173 Shanghai Lu 上海路 173 号
86634155 / 13905174137
Compact yet manages to offer coffee grinders,
espresso makers, stylish kitchen utensils, picture
frames, oil burners and oils, candles, clocks, vari-
ous pieces of art, wine racks plus a few bottles of
wine thrown in for good measure.

Hongxing Furniture 红星国际家具广场

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

Jinsheng Market 金盛百货大市场

2 Janning Lu
建宁路 2 号 (南京商厦对面)
9 Wangjinshi (off Changjiang Lu) 回
长江路网中市 9 号
Daqiao Bei Lu (beside North bus station)
大桥北路 (长途北站旁)
382 Jiangdong Bei Lu
江东北路 382 号

Everything from home décor to wires, Christ-
mas trinkets and electronics. Cheap but be
prepared to bargain.

Jinling Decoration Market 金陵国际家居

88 Jiangdong Zhong Lu
江东中路 88 号
68133600
Everything needed for a new home.

Longjiang Flower Market 龙江花卉市场

178 Qingliangmen Da Jie
清凉门大街 178 号
Huge selection of plants, cut flowers, fish tanks
and fish, plus gardening tools.

B&Q 百安居

90 Kazimen Da Jie (beside Metro)
卡子门大街 90 号麦德龙旁
52450077

IKEA 宜家家居

99 Mingchi Lu (East side of Kazimen Plaza)
明匙路 99 号 (卡子门广场东侧)
4008002345

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.

Camera & Photography Equipment Market

东鼎照相器材市场
Dongding Plaza, 699 Zhujiang Lu
珠江路 699 号东鼎照相器材市场
Widely regarded as the best camera and equip-
ment market in Nanjing.

Mobile phone shops on Danfeng Jie

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

IT products on Zhujiang Lu

珠江路 - IT 产品
A multitude of stores selling everything you can
imagine and more; computers, cameras, MP3 and
MP4 players, iPad, webcams, hard drives, and
portable flash drives.

Video games on Zhongyang Lu

中央路 - 电子游戏
Any type of video game for all game systems. Also
do minor repairs.

Beauty

China Ink Tattoo

东方印客
B15, B1F, Lucky Square, 169 Yunjin Lu
南京市建邺区云锦路 169 号乐基广场 B1 层
87750906
Opened by Vincent Chang with shops in Taipei,
Suzhou, Hangzhou and now Nanjing. Expect
great service in a safe and sterile environment.
All equipment is imported, including inks.

Art

Art Home

聚贤堂
84 Shitoucheng Lu 石头城路 84 号
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

江苏凡德文化艺术街区
1 Zhengxue Lu 秦淮区正学路 1 号
84711180
An inclusive cultural industry platform for the
research and development, creation, display and
transaction of art works.

Fangshan Culture and Art Creative Industry Park

南京方山文化创意产业园
1 Donghuyuan, 588 Longmian Da Dao 江宁区龙
眠大道 588 号东湖苑 1 号
52712282
Home to 100 cultural industry enterprises, four art
institutions and over 40 famous artists in photog-
raphy, oil painting, Chinese painting, sculpture and
pottery.

Jiangsu Art Gallery

江苏省美术馆
266 Changjiang Lu 长江路 266 号
84506789
333 Changjiang Lu 长江路 333 号
89610840
Local artists' work, changed frequently.

Nanjing Luhe Phoenix Art Gallery

南京六合凤凰山艺术馆
Fenghuang Shan Park, Yanan Lu, Pukou
六合区延安路凤凰山公园内

57751345

A non-profit institution staging exhibitions and serv-
ing as a platform for people to exchange informa-
tion and experience in art creation and collection.

Shenghua Art Center

南京圣划艺术中心
2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)
江心洲民俗街洲泰路 2 号 (原乡土乐园)
86333097 86333100
Exhibition of contemporary Chinese art.

Stone City Modern Art Creation Gallery 石头城

现代艺术创意园
72 Beijing Xi Lu 北京西路 72 号
55583708
Exhibition of modern Chinese art.

Yipai Art

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

Sports & Outdoor

Decathlon 迪卡侬

866 Yingtian Xi Lu (same building as Auchan)
应天西路 866 号
84218420
286 Ningli Lu (next to Metro) 回
宁溧路 286 号 (麦德龙对面)
52401018
1 Beijing Dong Lu 玄武区北京东路 1 号 回
58815608

French sports megastore chain that also stocks a
big selection of informal-wear shoes in sizes up to
48 and outdoor clothing plus swimwear. Current fad
for fitness means best avoided at weekends.

Sanfo 三夫户外

57 Zhongshan Lu 中山路 57 号 回
84721228 / 84720512
31-5 Jinxinghe Lu 进香河路 31-5 号 回
83601199
Chinese outdoor chain store stocking equipment
for biking and hiking plus backpacks and apparel
for outdoor from big names such as Northland,
Kailas and The North Face.

Foreign Language Bookstores

Foreign Language Bookstore

外文书店
218 Zhongshan Dong Lu (Beside Taiping Nan Lu)
中山东路 218 号长安国际 (太平南路口)

Xinhua Bookstores

新华书店
56 Zhongshan Dong Lu (near Hongwu Lu)
中山东路 56 号 (近洪武路) 回
86645151
Longyin Plaza, 217 Zhongshan Bei Lu
中山北路 217 号龙吟广场
83374645

Phoenix International Book Mall

凤凰国际书城
1 Hunan Lu
湖南路 1 号八佰伴旁 (近中央路)
83657000 / 83657111

Wine Outlets

Everwines 咏萄

300 Changjiang Lu 长江路 300 号
58951779

nanjingcshop@everwines.com

The retail arm in China of Torres, the family owned Catalan based wine operation, that offers tastings plus the opportunity to learn about wine; Small classes in English or Chinese available.

Newold Wine World 纽奥酒世界

Area B, F1, New City Mall, 99 Caochangmen Da Jie 草场门大街 99 号新城市购物中心负一楼 B 区 86265959

Stocks wine more keenly priced than the super-markets on any direct brand comparison. Catch the boss, Mr. Fang Bin, as he has more than passable English and really knows his wine onions.

Jiangsu Jiuchao Distillery 江苏九朝酒业

284 Hongwu Lu 洪武路 284 号 84404159

Jayson Wines 南京杰森酒业

52 Taiping Bei Lu 太平北路 52 号 8370 7195

Eminence Cellar 香松酒窖

Inside Wutaishan (opposite to Jin Inn) Guangzhou Lu 广州路五台山体育场 66012088

Aussino Cellar 富隆酒窖

1 Bancang Jie 板仓街 1 号 85895999
1F, Jiangsu Broadcasting Corporation, 4 Beijing Xi Lu 北京西路 4 号江苏省电视台 1 楼 83188959
www.aussino.net

Services

Healthcare

Hscybele Hospital 华世佳宝妇产医院

9 Wenti Xi Lu 文体西路 9 号
24 hour English hotline: 18013919815
www.hswoman.com/en/
Combines an Obstetrics and Gynecology Department, Neonatology Department and Pediatrics Department with a tranquil atmosphere, high standards of hygiene and more than competent English service, including 24/7 telephone hotline. Underwater birth available; international medicare accepted.

Raffles Medical

1F, Grand Metropark Hotel Nanjing, 319 Zhongshan Dong Lu 中山东路 319 号维景国际酒店 1 楼 84802842 (by appt.)
Mon-Fri 9am-6pm, Sat 9am-12noon / 24hr Assistance Center: 010 64629100
www.afflesmedicalgroup.com
Delivers integrated, quality, comprehensive medical care. Services span from family medicine to 24/7 emergency services. Languages spoken include; English, Chinese, German, and Japanese.

Angel Flossy-Care Dental Center

天使福乐氏口腔连锁
4F, 10 Ke Xiang, Qinhua District 南京市秦淮区科巷 10 号 4 楼 84069389 / 13951994471
www.025ya.com
Offers all kinds of oral treatments including dental implants, crowns or bridges, dental whitening, cosmetic dentistry, root canal therapy, orthodontics and more. 100% bilingual staff; other branches in Suzhou, Nanning, Beijing and Shanghai.

Keya Dentistry 科雅口腔

#411, Bldg. E, Wanda Plaza, Hexi 南京河西万达广场 E 座 411 4008919828 / 83308686
www.keya.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.

Global Doctor International Medical Centre

环球医生国际医疗中心
1F, Zuolinfengdu, 6 Mochouhu Dong Lu 莫愁湖东路 6 号左邻风度 1 栋 1 楼 86519991 (24 Hours)
www.globaldoctor.com.au
International medical centre offers family medicine & specialist services plus 24 hour emergency assistance to expatriates in Nanjing. Mon-Sat 09:00-18:00. Multilingual staff: EN/JP/ES/KO/CN.

BEN-Q Medical Centre 明基医院

71 Hexi Da Jie 河西大街 71 号 52238800
Another popular choice for expats, BENQ is staffed by local specialists, with occasional visits from Taiwanese doctors.

Nanjing Union Dental Clinic

南京友联齿科
1F, Grand Metropark Hotel Nanjing, 319 Zhongshan Dong Lu 中山东路 319 号维景国际酒店一层 84818891 / 84808888-6555
dentist@uniondental.cn

Health Examination Centre

江苏省国医馆
168 Qingliangmen Da Jie 清凉大街 168 号 86216721
www.jssgyg.com
English speaking staff, diagnosis by imported advanced medical technology and treatment by Traditional Chinese Medicine. 100% non-invasive.

Nanjing Entrance-Exit Inspection and Quarantine Bureau

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

Nanjing Gulou Hospital

南京鼓楼医院
321 Zhongshan Lu 中山路 321 号 83304616 / 83106666
The major trauma hospital (24 hr).

Jiangsu Provincial Hospital

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

Nanjing Children's Hospital 南京市儿童医院

72 Guangzhou Lu 广州路 72 号 83117500 83116969

Jiangsu Provincial Hospital of TCM

江苏省中医院
155 Hanzhong Lu 汉中中路 155 号 86618472
The major Chinese medicine hospital.

Nanjing Maternity and Child Healthcare Hospital

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

Legal

D'Andrea & Partners Law Firm

D'Andrea & Partners 律师事务所
#920, Jinglun International Mansion, 8 Hanzhong Lu 汉中中路 8 号金轮国际广场 920 室 86505593 / 86505693
nanjing@dandreapartners.com
International consulting firm present in China since 2004 offering legal services in Italian, Chinese, English, French, German and Russian plus assistance in foreign direct investment in China, mergers and acquisitions, international contract law and labour law.

Jeffrey Wang Attorney at Law

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

Dacheng Law Offices 大成律师事务所

9-10F, Lianchuang Scientific Mansion, 18 Jihui Lu, Gulou District 鼓楼区集慧路 18 号联创科技大厦 A 座 9-10 楼 83755108
nanjing.dachenglaw.com
Hongliang.Hu@dachenglaw.com
Ranked #1 in Asia by size, with branches in 26 countries and all over China. Nanjing branch is ranked #1 in Jiangsu Province (EN/CH/ES/JP/KO).

Property Services

Sun Home Real Estate

南京中清房产经纪咨询有限公司
#1901, Xinghan Mansion, 180 Hanzhong Lu 汉中中路 180 号星汉大厦 1901 室 51860592 / 5186 0590
www.shre.com.cn
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.

Juee Real Estate 中城居易

15 years' experience in providing relocation services to more than 30 multi-nationals and represented in many cities in China.
www.juee.com
52315699 84649106 13776416067

Nanjing Houses

#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangning District 天元中路 128 号 2 栋 1 单元 720 室 87735531
www.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

吴鸿房地产咨询顾问有限公司
916 Longtai International Mansion, 198 Zhongshan Dong Lu 中山东路 198 号龙台国际 916 室 84800918
www.homecaught.com
Supplies many a multinational firm with home search and rental services plus bus fleet solutions.

Crown Relocations

嘉柏 (中国) 国际货运代理有限公司
#4210, Block A, New World Centre,
Zhujiang Lu
南京市珠江路新世界中心A座 4210室
84541017
Provides moving services, housing services,
school search, immigration services, and orienta-
tion services with a global network spanning 60
countries.

CMR Corporate Property & Relocation

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

Foreign Airlines

Dragonair 港龍航空有限公司

#751-754, Jinling World Trade Center, 2 Hanzhong Lu
汉中路 2 号金陵饭店世界贸易中心 751-754 室
84717286

Lufthansa German Airlines

德国汉莎航空公司
Sales Office: #951, World Trade Center, 2 Han-
zhong Lu
汉中路 2 号金陵饭店世贸中心 951 室
Reservation Service:
4008 868 868 (CH,EN)

D.T. Travel

大唐国际 (香港) 商旅服务有限公司
22E, Jinlun Building, 108 Hanzhong Lu
汉中路 108 号金轮大厦 22E
400 886 1212
Professional English service incl. air ticket, visas,
hotels, individual travel and Corporate Business Plus.

Faith Houses

Mochou Lu Church

莫愁路教堂
390 Mochou Lu
莫愁路 390 号
84461835
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

圣保罗教堂
396 South Taiping Road
太平南路 396 号
86647225
www.njstpaul.org
English service is held at 10:50 am on Sundays
and English Bible study is at 14:00 on Saturdays.

Shigulu Catholic Church

石鼓路天主教堂
112 Shigu Lu 石鼓路 112 号
84706863
English/Chinese Service: Sun 4.30pm

The Church of Jesus Christ of Latter Day Saints

Yuhua Jingli Hotel, 8 Xiaohang Yaojia'ao
雨花区小行尤家凹 8 号雨花晶丽酒店
Mormon service on Sundays at 10am. Foreign
passport holders only.

Shengxun Church

English service is held on Sundays from 10.30-12 pm
and Chinese service from 2-4 pm on Sundays.
圣训堂
150 Leshan Lu
南京市建邺区乐山路 150 号

Jiangsu Lu Church 江苏路教堂

60-10 Jiangsu Lu
江苏路 60-10 号
83724547

Gulou Religious Activity Site

基督教会鼓楼聚会场所
2-2 West Beijing Lu
北京西路 2-2 号 2F
86638009
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 金

粟庵
18 Fufu Jie, Jiqingmen, Qinhuai District
秦淮区集庆门五福街 18 号
86626905

Nanjing Islam Association

伊斯兰教协会
28 Shengzhou Road, Qinhuai District
秦淮区升州路 28 号
52211540

Jizhaoying Mosque 吉兆营清真寺

3 Jizhaoying 吉兆营 43 号
83605565

Caoqiao Mosque

草桥清真寺
26-32 Ganyu Xiang
甘雨巷 26 - 32 号
52209482

Training, Coaching & Consulting

Chrysalis Consulting 智变

#932, 699 Zhongshan Men Da Jie, Maqun, Qixia
District
栖霞区马群中山门大街699号紫金尚园商办综合楼932室
18551737659
www.chrysalisasia.com
thrive@chrysalisasia.com

A multi-national consulting firm involved in busi-
ness consulting, solution services, young profes-
sional services, business start-ups and care for
orphans.

MTI Nanjing

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

McBride Sports

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

Pets

Doctors Beck & Stone

贝克 & 史东医生国际动物医院
159 Forrest Mall, 301 Zhongshanmen Street, Xuan-
wu District
玄武区中山门大街 301 号森林摩尔商业街区条形码区西
159 号
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.

Meow Pet Center

咪噜宠物中心
1 Dingxin Lu 鼎新路 1 号
86662858
Pet stayover and dog walking service, retail outlet
and English speaking staff.

Amy Hao Hao Pet Care

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

Hairdressers

M.a.W. Concept Expat Salon

12-3 Nantai Alley, Xinjiekou
新街口南台巷西 12-3
86809010 18362950127 13918025454
Strives to provide the highest possible standard
in beauty services while catering to every guest's
need, with a combined 30+ years of international
experience in Australia, France, the U.S.A., U.A.E
and now China.

V-Salon 香港时光设计有限公司

32F, Golden Eagle Plaza, 89 Hanzhong Lu, Gulou
District
汉中路 89 号 金鹰国际商城 32 楼
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.

Translation

Wow-Super A Translation Service

南京领域翻译有限公司
#4004, 40th Floor, Tian'An International, Shigu Lu,
Gulou District
新街口大洋百货天安国际 40 楼 4004 (地铁 1、2 号线
新街口站 15 号出口)
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.

Media & Design

VOZ Industries

嗓音设计
18305161245
Professional graphic design and brand develop-
ment. Design for printed and online communica-
tion and sales materials. Design and illustration
for clothing and several applications.

SinoConnexion

南京贺福文化传媒有限公司
14F, Building 1, World Times Square, 8 Dongbao
Lu, Gulou District
鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室
58491159 / 13851522275
www.sinoconnexion.com
info@sinoconnexion.com
International award winning professional foreign
owned video and media production company
with 30+ years experience, and 24 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.

Love Care Hope

Butterfly Children's Hospices



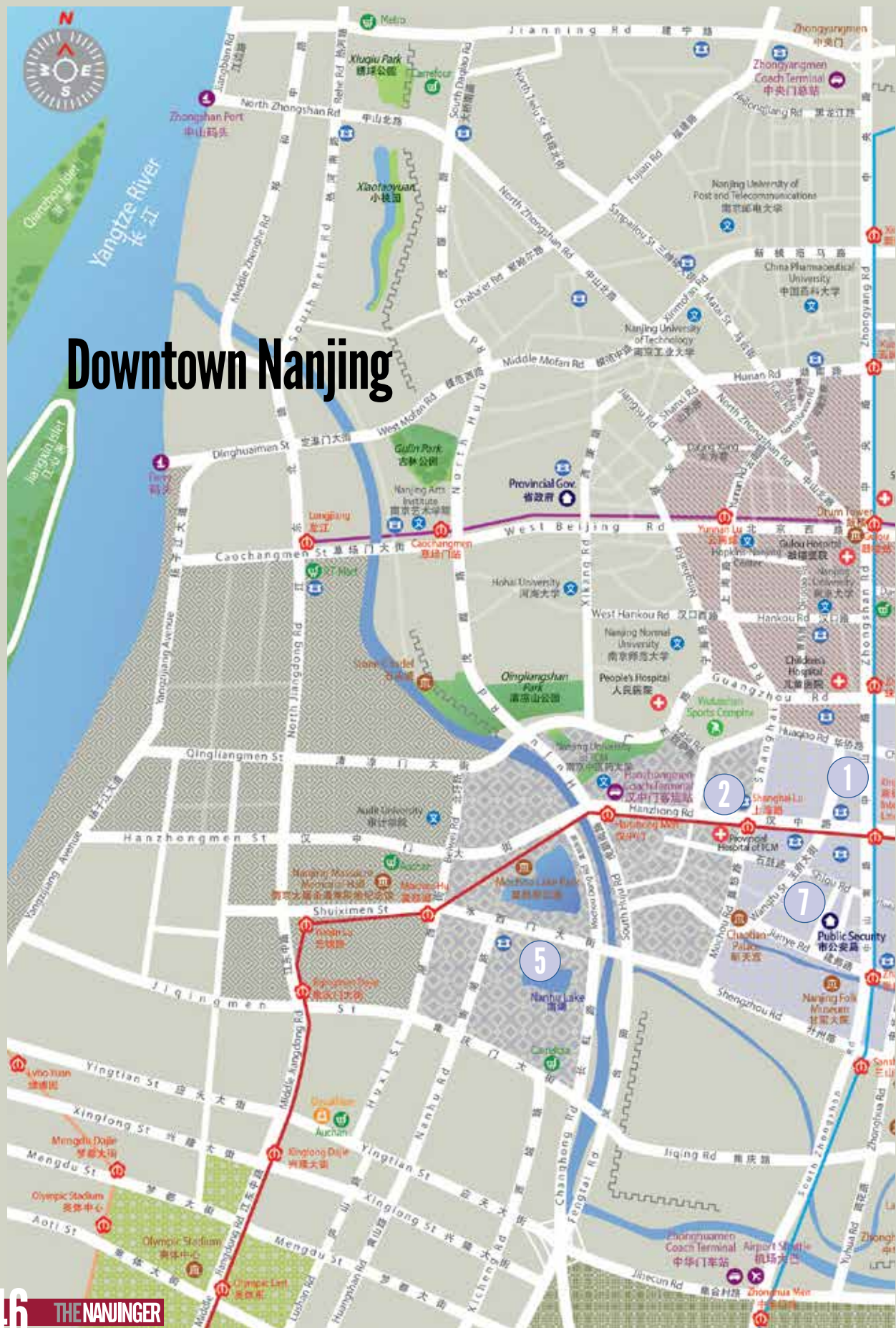
Butterfly Children's Hospices supports the Nanjing Social Welfare Institute to provide care for children with life threatening illnesses or life limiting conditions.



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



Downtown Nanjing

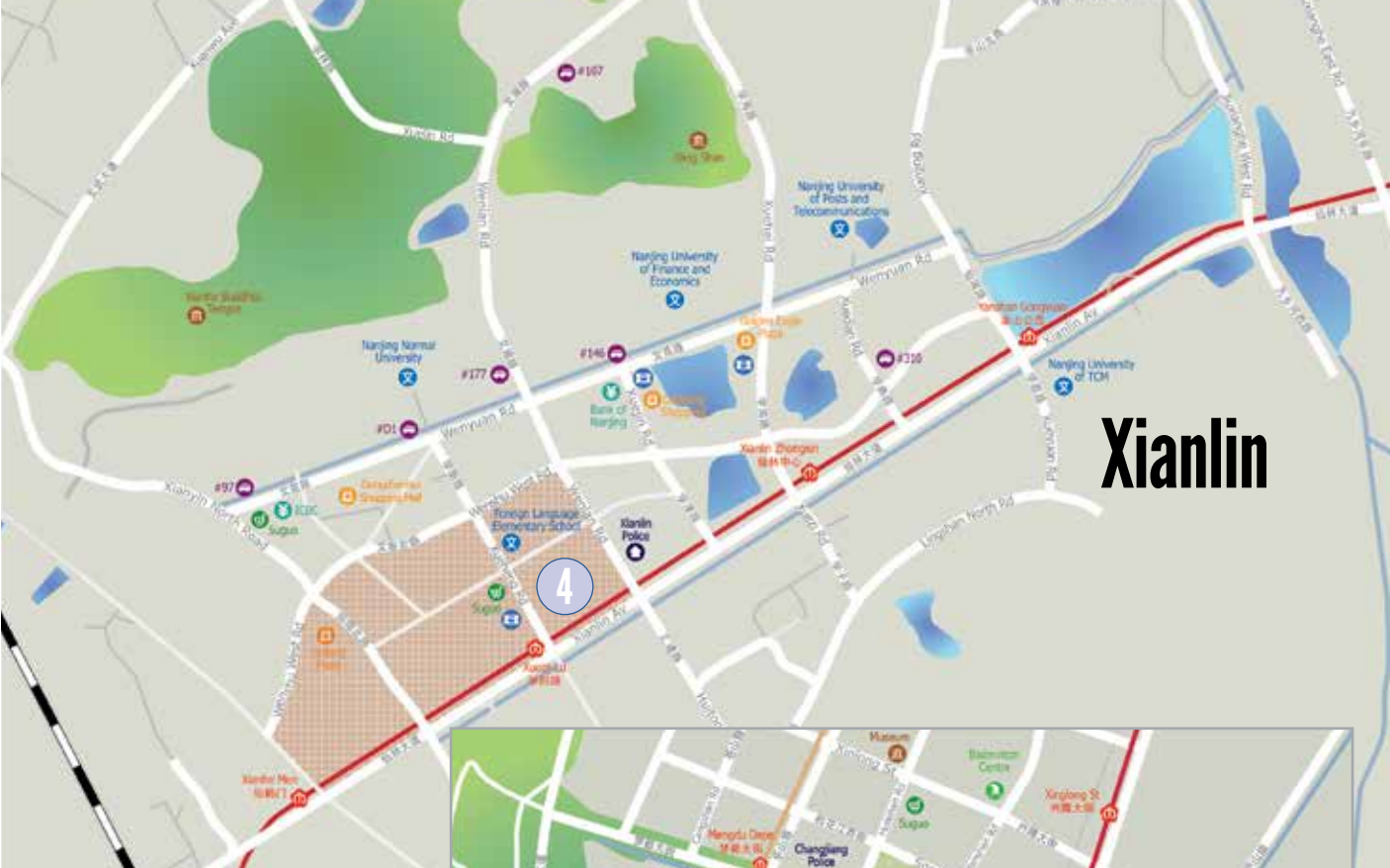






Jiangning

3



Xianlin

The Nanjing Metro

- Metro Line 1
- Metro Line 2
- Metro Line 3
- Metro Line 4
- Metro Line 10
- Metro Line S1

Premium Partners



1



2

The British School of Nanjing



3



4

华世佳宝妇产医院
HSCBYELE OBSTETRICS & GYNECOLOGY HOSPITAL

5



6



7



Olympia

Human Organ Transplantation in China

■ Every time Apple is about to introduce a new iPhone products, fans of the products will remark that the season for selling a kidney is coming. It is no joke, and it comes from a real and sad story. In 2011, a 17 years old high school student sold one of his kidneys for buying an iPhone. Five people, including a surgeon, were convicted of the crime of willful and malicious injury, and were judged by the people's court to pay a compensation of ¥1,470,000 to the victim.

According to the National Health and Family Planning Commission, China processed 4,080 organ donations in 2016, up nearly 50 percent from a year ago. However, the data shows that the human organ supply and demand ratio in China is 1:30, while the number in the USA or other western developed countries is around 1:3.

In 2007, the People's Republic of China issued the Regulations on Human Organ Transplantation (hereinafter referred to as these "Regulations"), which comply with the guiding principles on human organ transplantation proposed by the WHO, in which in the main, organ transplantation shall respect the free will of donors, human organ trafficking is strictly prohibited, patients applying for human organ transplantation surgery shall be sequenced based on the principle of fairness, impartiality and openness.

Human organ donation shall comply with the principles of free will, without any monetary payment or other reward of monetary value. A citizen has the right to donate or not to donate his human organ; and no organisation or individual may force, fraud or entice others to donate human organs.

Prohibiting Commercial Transaction of Human Organs

In order to prohibit commercial transaction of human organ in a disguised form, these Regulations also provide that the recipient of a living human organ shall be limited to the spouse, lineal relative or collateral


kinship within three generations of the donor of the living human organ, or to a person who has a loving relationship with the donor of the living human organ due to support or other reasons shown by evidence.

Criminal liability for human organ trafficking

In accordance with these Regulations, a person shall be held criminally liable if they have:

- (i) Removed the living human organ of a citizen without obtaining his consent;
- (ii) Removed the human organ of cadaver of a citizen who has ever expressed his disagreement to donation of his human body; and
- (iii) Removed the living human organ of a citizen below 18 years old.

In 2015, China stopped to use the human organ of convicts sentenced to death as a source of human organa for transplantation, and donation has become the only channel for their obtaining, while the public are being encouraged to improve their awareness of human organ donation. Faced with the new circumstances, China is currently considering the formulation of a Law on Human Organ Transplantation or produces an upgraded version of the Regulations on Human Organ Donation and Transplantation, in order to increase the credibility of human organ transplantation distribution and enhance law enforcement.

This, it is hoped that more and more patients in China will get their treatment by human organ transplantation which is conducted within the frame of humanism, morality and law. 

Disclaimer

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



HOW BIG IS THE SPACE IN YOUR HEART

Every little inch of space taken in this publication
by our sponsors shows their commitment
to our community.

By sponsoring a space in The Nanjinger you help us to promote and support
several charities and educational activities as well as cultural, social and sporting events
taking place not only in Nanjing but also in the rest of Jiangsu province.

THE NANJINGER

NANJINGEXPAT

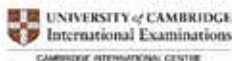


World Class Education

Cambridge A Level and IGCSE Programme



**The British School
of Nanjing**



At The British School of Nanjing, we provide a world class education that allows our students to aspire to their own individual potential and become happy confident learners in the process. Our aim is to provide them with the character, skills and values to help them succeed at each stage in life and in the future.