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Contributors 特约专稿人  
Melissa Morgernstern  
Sue Northcott  
Laura Helen Schmitt  
Nooz Phlannel  
Scott Rainen  
Frank Hossack

Columnists 特约专稿人  
Nurmira Jamangulova  
Maria Simonova  
Dan Clarke  
Nick McBride  
Jochen Shultz  
Rick Staff

Editor-in-chief 主编  
Frank Hossack 贺福

Deputy Principal Editor 首席副编辑  
Laura Helen Schmitt 王甜甜

Contributing Editor 副主编  
Ken Ellingwood

Creative Director 创意总监  
Ronald Paredes 泉源

Graphic Design and Layout 平面设计与布局  
VOZ Design 南京噪音文化传播有限公司

Client Liason Coordinator 客户联络协调员  
Daniel Yan 阎庆昆

Marketing (UK) 英国市场  
Menglei Zhang 张梦蕾

Legal Consultant 法律顾问  
Ma Haipeng 马海鹏

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

Email: [thenanjinger@sinoconnexion.com](mailto:thenanjinger@sinoconnexion.com)

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## Introducing some of our contributors, writers and editors

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

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

Principal Deputy Editor Laura Helen Schmitt holds a masters in International Multimedia Journalism from Newcastle University in the UK and is fluent in English, German and Mandarin.

首席副编辑Laura Helen Schmitt毕业于英国纽卡斯尔大学，硕士专业为国际多媒体新闻学，她精通英语，德语与中文，三种语言。

Nick McBride is a strength and conditioning coach originally from the UK. A former athletic director, he specializes in coaching young athletes and is now Head Coach for the Xianlin Warriors. In his spare time, he obsesses about Newcastle United Football Club.

Nick McBride是一位来自英国的体能教练。他曾经是一位经验丰富的体育指导员，他目前作为Xianlin Warriors的主教练，专注于训练年轻运动员。他及其热爱纽卡斯尔足球俱乐部。

Rick Staff is from the UK and has 20 years cumulative experience as a wine trader, taster, and writer and was editor of 'Superplonk', the UK's popular wine guide, prior to moving to Nanjing in 2008.

Rick Staff来自英国，有着二十年丰富经验的葡萄酒商人、品酒师、作家，并且是《Superplonk》的撰写者，英国很受欢迎的葡萄酒鉴赏家，于2008年移居南京。

Dan Clarke keeps busy with two home businesses based out of Nanjing; one which helps people learn how to start a home business or work online, and another in which he works as a ghost writer.

Dan Clarke在南京拥有两个居家企业，他为客户提供开居家企业与在线工作咨询，同时为影子写手。

Ronald Paredes is the personification of his motto "mediocrity is a disease we fight every day". The multi-talented designer's work appears in the design industry's annual definitive overview of the state of art in web design, "Web Design Index by Content - Volume 5"

泉源本人即是他的座右铭“平庸是一种疾病，我们每天都要与之抗争”的现实化身。作为一位优秀的设计师，他才能丰富创意无限。其网页设计作品还被收入在了代表网页设计艺术成就的权威性行业年鉴内。《网页设计艺术指南—第五册》

Our Editor-in-chief and Music Critic, Frank Hossack, has been a radio host and producer for the past 30 years, the past 20 of which working in media in China, in the process winning four New York Festivals awards for his work, in the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts.

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

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# Letter Of The Month

Dear Nanjinger,

I am a student from Belgium and have been in Nanjing for six months now. Recently, I have been through a hard time because my entire group of friends left in January and I am the only one still here. I read the Easy Doses article about finding friends in the last edition of the Nanjinger and I found it very motivating, since the article helped me not to lock myself up in my room. Instead, I followed some of the advice and socialised with new people. I have now made a bunch of new friends, which has made my stay even more pleasant.

After trying out a couple of things, here are my Top Three ways of meeting new friends Nanjing:

1. Visit the university campuses around the city (especially Nanda and Nanshida with many foreign students), since they hang up flyers for many interesting activities to take part in.
2. On Thursdays, there is a cultural exchange event at the Fish Tank for foreigners and Chinese people. They are looking to meet new friends so it is very easy to start a conversation. Afterwards they often go for drinks to continue the fun.
3. Join the Nanjing Hash Harriers, they are a great group of people that are very open-minded and again are always happy to meet new people.

See you soon!

Silke De Vos  
Student, Nanshida

Hello Silke,

Hey! Whatcha know?! You are winner of The Nanjinger Letter of the Month for March 2014!

Making friends is never easy. Getting older doesn't help, and neither does being in Nanjing, bless her cotton socks. Therefore, that fact that our final edition of Easy Doses helped you to unlock those gridirons and escape your apartment, especially in February, really impressed us. So much so that we are sending you off to the Novotel Nanjing East for the weekend, with a friend! See below.

We trust you continue to enjoy your flyers, your fish and your hash.

Ed.

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



NANJING EAST  
SUNING GALAXY

## Follow You, Follow Me

Spring has sprung and time for us to also focus on our health. Maria Simonova is back with “Think Healthy Think Beautiful” and some words of juicy wisdom, while beginning with this issue we are joined by Nick McBride for “Let’s Get Physical”; handy fitness programs for busy folk in urban environments. As a strength and conditioning coach, Mr. McBride has also been strong armed into being The Nanjinger’s official bodyguard.

Living in China, we are confronted on a daily basis by examples of how far the country has come over the past few decades. Where there were bound feet, one can now find red telephone boxes. This month we explore women’s fashion and that which has led to an uprising in foreign television shows.

Whereas our contributor Scott Rainen (making his debut this month) argues herein that culture follows money (F.Scott Fitzgerald) it could also be said that in our modern world, money follows technology; with this issue we hand that particular baton over to WeChat.

For the Sinophiles, take up a new perspective on your Chinese studies. This month, our Chinese Corner follows the theme of this issue.

Welcome to Trends from The Nanjinger.



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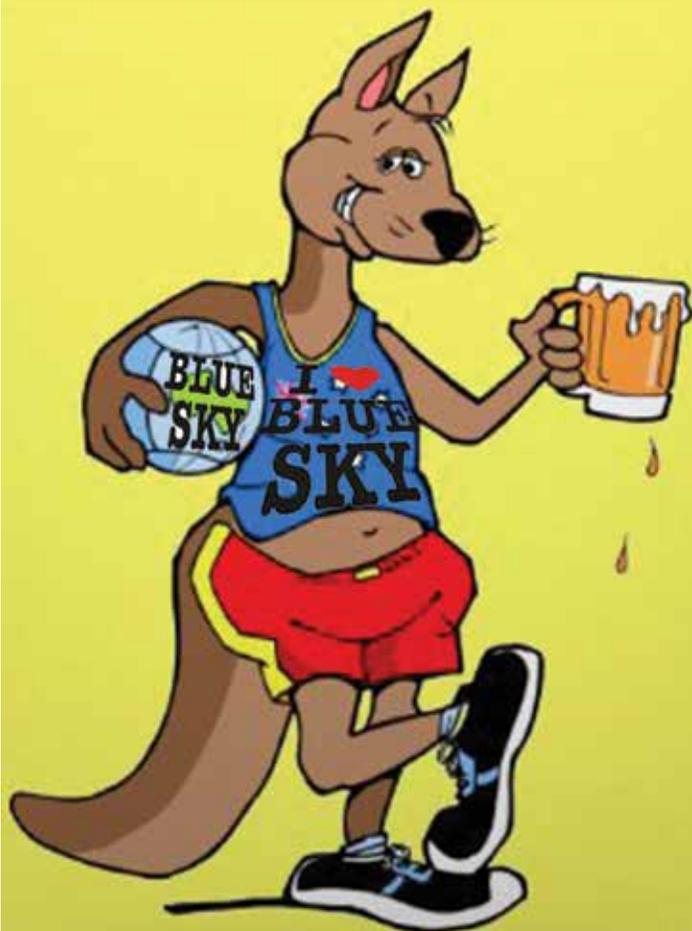
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## Interim Regulations On Labour Dispatch

Labour dispatch; outsourcing workers from third-party agencies rather than directly employing them, faced many problems after the Labour Contract Law of 2008. Hence, “Interim Regulations on Labour Dispatch”, introduced on 1st March 2014. The new regulation significantly impacts companies’ HR structure due to the changes outlined herein.

### (i) Proportion of Dispatched Staff

The regulation stipulates that the number of total dispatched staff utilised by an enterprise should not exceed 10 percent of its total number of employees. Representative offices (ROs) of foreign enterprises, however, are not subject to this restriction on dispatched staffs’ proportions. The previous draft of the regulation only limited the number of dispatched staff used in auxiliary positions.

### (ii) Retroactive Power

An important question is whether dispatched staff can be returned without punishment, and if the enterprises return said employees after 1st March, how the regulation will be applied. As non-retroactivity is the basic principle of law for setting up new rights and obligations, and for the purpose of maintaining stable labour relations, any return and new dispatching prior to 1st March is not subject to the new rules.

### (iii) Adjustment Period

A gradual adjustment of the number of dispatched staff to below 10 percent within two years is permitted. Companies should also go through registration procedures with the local Human Resource and Social Security Office. Pay close attention to the following:

- (1) During the two-year transitional period, legal risks exist for enterprises that fire staff by excuse of exceeding the dispatching rate of 10 percent.
- (2) Prior to 28th December 2012, enterprises are not bound by the provision of the transitional period; labour contracts already signed are effective until the end date of the contract.
- (3) As long as the dispatch rate exceeds 10 percent, enterprises are not allowed to recruit new staff.

(4) Enterprises are supposed to go through registration procedures at the local Human Recourse and Social Security Office for a plan to reduce the dispatch rate.

### (iv) Cross-Regional Dispatch

If a labour-dispatching entity provides staff to an employer in another region, the social insurance for the dispatchees is based on the rates of the enterprise location. If the dispatching agency has a branch in the same region as the employer, they pay the social insurance fee. Otherwise, the host entity pays social insurance on behalf of the dispatching entity.

### (v) Termination of Labour Contract

Dispatched staff may terminate a labour contract by giving written notification to the labour-dispatching entity 30 days in advance. During the probation period, such notification may be given three days in advance.

Enterprises may return dispatched staff to the agency due to:

- Major changes in objective circumstances
- Mass layoffs due to financial difficulties
- The host entity being dissolved or its operations discontinued
- The term of the dispatching contract being completed

Should staff be returned due to any of the above, the dispatching agency is responsible for their redistribution. The agency may only terminate contracts should staff refuses a new dispatch offering equal or greater conditions.

As the first comprehensive labour dispatch regulation at Ministerial level effective for all enterprises in PRC, the regulation has introduced significant changes and certainly poses challenges to HR management. Despite a two-year tolerance period, reform of systems should begin immediately with the conversion of dispatched labour to directly hired employees. 

#### Disclaimer

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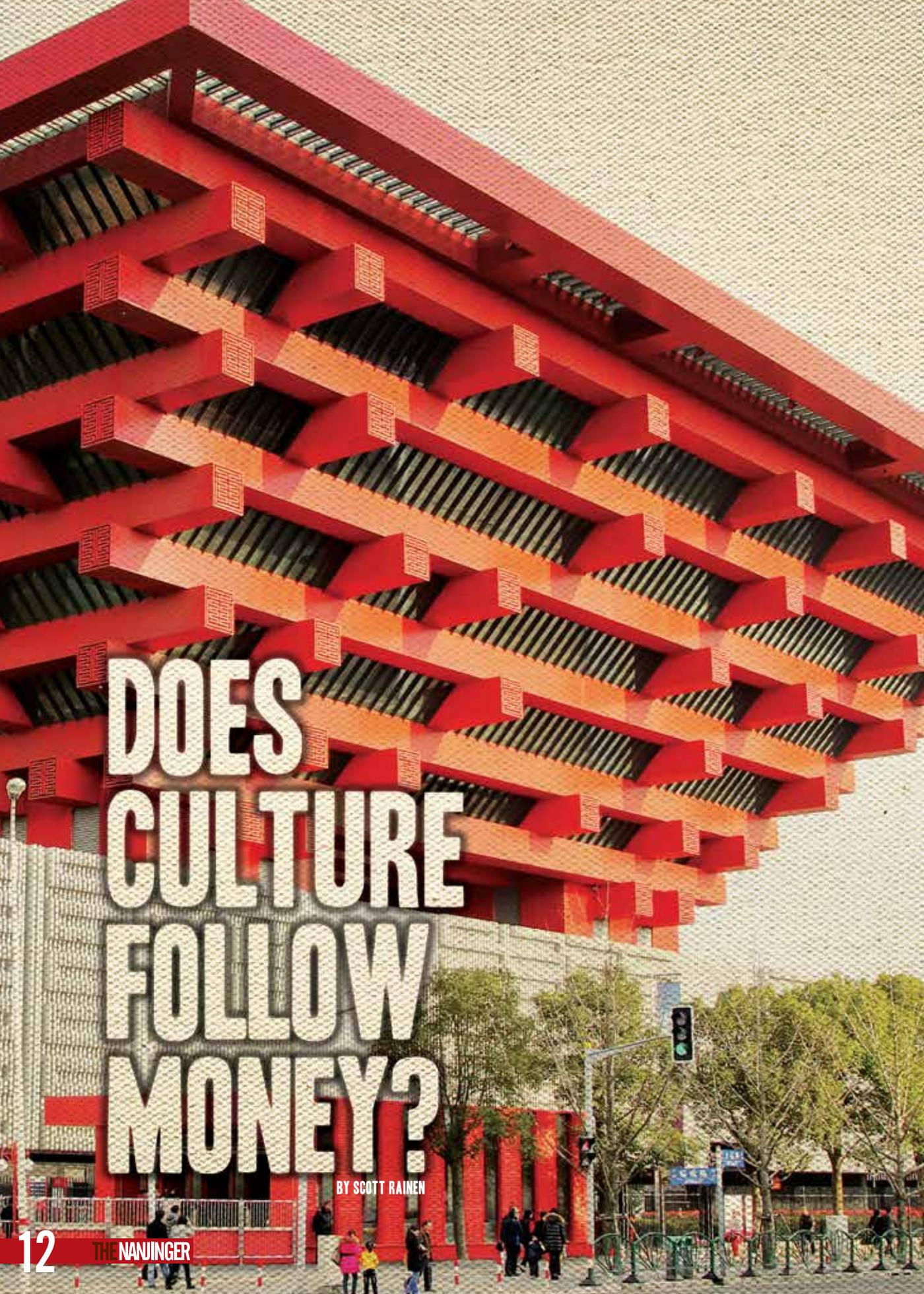
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# DOES CULTURE FOLLOW MONEY?

BY SCOTT RAINEN

Over the Spring Festival I took a brief trip to Shanghai to see the sites this “Paris of the East” has to offer. I have always had an affinity to artwork, first and foremost painting, and so while some may have chosen to go to fashion shows or shopping centres or whatever else the megacity has to offer, I found myself wandering through a variety of galleries. It is an interesting town, Shanghai.

Chic modern buildings fill spaces between colonial era architecture while China’s history is remembered by poorly-erased characters above a small art hall in the French Concession quietly proclaiming ten thousand years of Mao Zedong thought. Most notable though is Shanghai’s feeling of a city trying to make an impression on the world; and a strong one at that. This can be seen in the packed malls of People’s Square, the glittering towers of Lujiazui and, of particular interest to me, the China Art Museum.

With over 160,000 square metres of floor space, the China Art Museum in Shanghai is in itself an impressive architectural feat. Constructed for the 2010 Expo, the museum dominates its relatively undeveloped surrounding. With its bright red colour and striking shape, comparisons have been made to a crown, as well as an ancient Chinese bronze cauldron called a ding, or after personal assessment, an upside down pyramid.

I went to visit this “Crown of the East” with a friend and it left a very odd impression on both of us. That is not to say we were not impressed by what the building had to offer, because we were. The paintings were massive and seemed technically sound to my admittedly untrained eye. Still, something seemed odd about it all; something related to the subject matter. As expected, artworks produced during the Cultural Revolution glorified Chairman Mao and painted images of smiling peasants performing manual labour; surprisingly even the more modern paintings had similar tendencies. Pieces of artwork on giant canvases propagated the modern construction works of China; skyscrapers, mass-transit systems, and even inter-city high-speed railways. This trend continued until we neared the end of the museum, where was reached the peak of absurdity. In one of the hallways just before the exit, a painting on a massive canvas depicts the mayor of a Chinese city filling in for an electrical engineer and fixing their power plant.

The “super-mayor” quite literally turns back on the city’s lights as others look on in awe. It is nationalistic, fantastical, and – mostly – laughable.

This painting became the subject of an ongoing joke between my friend and I. The following day as we approached a metro entrance where the escalator was undergoing maintenance, my friend commented in a faux-serious manner, “Somebody should call the mayor!”

Do not get me wrong, the China Art Museum in Shanghai is an impressive building, which houses some beautiful works, but by and large it was representative of that from which many modern Chinese cultural expressions suffer. The technical proficiency was there, but it lacks the element that makes art, well, art; a sense of humanity. Art, in the manner I understand it, depicts far deeper emotions than smiling peasants and mythical super-mayors. It can show yearnings, the impossibility of fitting into rigid social structures, euphoria, humour, or complete, desolate depression.

**THE BEST ART, WHETHER IT IS PAINTINGS OR MUSIC OR FILMS, RESONATES WITH PEOPLE NOT BECAUSE IT IS TECHNICALLY PROFICIENT BUT RATHER BECAUSE IT IS INTUITIVELY HUMAN.**

Writing to his friend Edmund Wilson in May of 1921, F. Scott Fitzgerald, author of *The Great Gatsby*, argued that in the coming years New York would surpass London as the cultural capital of the world in the same manner that Rome had overtaken Greece because, as he put it, “culture follows money”. A hundred years later, largely speaking, he was proven right.

As much of a crime as it is to compliment New York, in the past century their contribution to culture has been far greater than London or anywhere else for that matter. This is one residual effect of money; those in power worn out by the notion that they can build great edifices such as the Empire State Building but not tell great stories in the way of Charles Dickens, increasingly become patrons to the arts, which in turn gives artists more time to perfect their craft.

In a 2012 interview American comedian Jerry Seinfeld explained to the New York Times his process of creating a Pop-Tart joke.



He commented that in his profession he spends “inappropriate” amounts of time on “undeserving” topics, and in many respects that is exactly what is the foundation of culture. As soon as farming gave people free time they started painting on cave walls. Eventually, those in power told the ones who were particularly good at painting to spend all their time on it, as they would be provided for. A few thousand years later we end up with Jerry Seinfeld, a great entertainer from a culture with a surplus of, proverbially speaking, food.

Based on the argument within Fitzgerald’s hypothesis and China’s recent rapid rise in prosperity, the logical consequence is that Shanghai or Beijing will one day overtake, or at least match, New York in terms of cultural output. Will the cultural landscape of modern China transform from one that glorifies nationalist public works and hardly blinks when top Chinese television shows blatantly “borrow” plot and line elements from American TV, to one that exhibits a greater degree of artistic integrity?

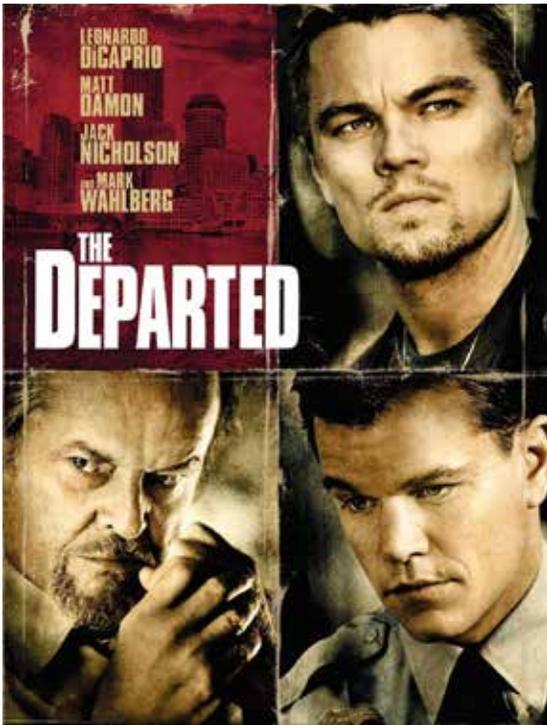
Steve Job’s biography is still a best seller in China; believers in the culture follows money-paradigm would proclaim a future where the biographies of famous modern Chinese persons fill the shelves of American bookstores. Let us consider the possibility of our world being on the brink of a cultural departure towards China.

A few weeks back one of my friends strongly recommended the Chinese film *Infernal Affairs* (无间道) to me. Knowing that China has a longstanding history of making knockoffs, I asked if it was totally original and found to my surprise the inverse had actually happened. *Infernal Affairs* was first produced in China and then remade by Hollywood at a steep cost bearing the title *The Departed*. In the remake Hollywood spent US\$85 million more in production, enlisted the best actors at their disposal (Leonardo DiCaprio, Matt Damon, Jack Nicholson, Mark Wahlberg and Alec Baldwin), and appealed to Martin Scorsese, one of the top directors available, to oversee the movie. The end result was an unsurprising Academy Award for Best Picture.



On the surface this *Infernal Affairs* / *The Departed* scenario can be read as a lack of creativity on America’s part; looking closer it reveals a power play between the old order and the new. In the face of Chinese productions that might appeal to a global audience,

**AMERICA IS TRYING TO REMAIN IN CONTROL BY SAYING “NICE MOVIE. NOW WE WILL OUTSPEND YOU AND OUT-ACT YOU.” BUT THE UNITED STATES WILL NOT BE ABLE TO KEEP THIS UP FOR MUCH LONGER.**



Culture, art, and the rest may very well be a question of what country has the most wealth to support a class of people performing non-essential tasks. Jerry Seinfeld admitted that he spent years “wasting time on a joke about Pop Tarts”; it is precisely this luxury that allowed Andy Warhol to develop his style and George Clooney to develop his grin. China is growing both rich and proud and there is little to suggest they will not follow suit.

At the end of the day the stimulation of culture in China will lie largely in the hands of its mayors, that is to say if they are willing to keep theirs off. The China Art Museum in Shanghai is filled with propaganda for the country produced by a few, but in the coming richer years mixed with increasing political and vocal freedom it seems likely that more topics will be able to be explored by a larger pool of artists. The debate over whether culture follows money is a complicated one that can be infinitely nuanced and taken apart, but generally speaking current trends suggest a future where more global bookstores will shelve books from China, more movie theatres will play Chinese movies, and more museums will compete for artwork produced on the Chinese mainland. In other words, thirty years from now a trip to Shanghai will offer far more impressive sights than the glistening towers of Lujiazui. **N**



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# Disjointed Conversations; Fire, The Wheel, WeChat



With what can you book taxis, hotels and airline flights, control televisions and home appliances, play games and talk to your friends?

WeChat, or Weixin to their users here in PRC; an amalgamation of all the best parts of the world's top social networks built into a mobile platform with a host of imaginative extras that is frankly speaking, simply awesome. If you are not on WeChat yet, do it now. And let's chat!



Despite China's mobile market being the fastest growing, most competitive, most fragmented and fastest changing in the world, WeChat has, especially of late, taken the social scene by storm. The exponential growth with which it has been blessed coupled with a truly groundbreaking approach to social networking may nevertheless still amount to very little in the overall scheme of things. Make the big bucks while you can, Tencent, for there is much to show that WeChat is little more than just a trend.

With in the region of 400 million users in China, WeChat is being rolled out to other nations just as fast as the various different versions of the app can be produced. At the recent GMIC mobile conference in San Francisco, Tencent President Martin Lau outlined how his firm customizes WeChat for local audiences in each country. He said, "We launched different branding and different back-end servers in other locations".



End-of-2013 results for some of their international efforts paint an impressive picture:  
India - ranked second in the App Store and first in the communication category in the App Store

Indonesia - half of all smartphone users have downloaded WeChat

Italy - ranked in the top three in the App Store

Malaysia - a penetration rate of 90 percent among smartphone users

Philippines - one of the top three most downloaded applications (2012)

Chinese people love to chat using Weixin because nobody interrupts them. Not only does the walkie talkie feature of the app do away with the hassle of typing, it allows for all the inflexion a user can put into their voice. Furthermore, it is easy to become accustomed to the disjointed nature of conversations when you remember how life used to be; phone squeezed between shoulder and cheek while paying the taxi driver, asking for a receipt, collecting your belongings and avoiding the puddle while stepping outside.





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While in some ways a creation of the devil himself for physical retailers; Weixin users can download a third party add-on app that will take a scan of a barcode and then look up where said item is cheapest; from the consumer's perspective, Weixin is a gift from the gods.

The recent Chinese New Year saw audience reaction not witnessed since the days of Beatlemania to Weixin's seasonal promotion. The just-in-time released feature allowed users to send a virtual "hongbao" (red envelopes containing money employed as gifts during key festivals or landmark dates) to people on their contact lists. Transferred directly to the recipient's bank account, the size of gifts ranged typically from ¥0.10 to ¥100.



WeChat/Weixin owners Tencent revealed that more than five million Weixin users sent more than 75 million such "e-hongbao" to each other over the transitional hours to the year of the horse, averaging 9,412 envelopes per minute. In retrospect, Tencent's primary competitor's Alibaba will have been hugely relieved that in August last year it barred vendors on its Taobao shopping site from using Weixin to market their products.

Chinese New Year comes around but once a year, and of course such e-commerce success stories are the exception rather than the rule. A recent report that monitors trends in China's mobile market based on downloads from the Android app store Wandoujia revealed that WePop, a game that shot to popularity via WeChat, plummeted from its peak within one month, reminding all that "virality is no guarantee of retention."



Financial losses abound too in such a cut throat industry; mobile operators worldwide were estimated to have been done out of US\$23 billion in traditional text messaging revenue in 2012 due to messaging apps, whereby instant messages can be sent via a phone's data connection; just one of the ways in which these apps are becoming a threat to the status quo of established social networks. This became all too evident last month when a controversial research paper predicting the imminent demise of Facebook spread like an epidemic through the blogosphere.

The paper, by two Princeton PhD students, somewhat amusingly proclaimed social media sites such as Facebook usually follow the same growth and decline patterns as outbreaks of infectious diseases, through comparison to the growth and near collapse of MySpace, drawing the conclusion that the world's largest social network will be more or less eradicated within the next three years.





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Borne as it was from a university dorm, Facebook is falling victim to its own success. Any notions of anti-establishment or a secret group where people do not want the whole world to know what they are doing have been destroyed by 1.2 billion monthly active users, in the process making the network an obligatory communication tool that younger people maintain simply because everyone else does. While it is almost understandable that employers may look unfavorably on prospective employees without Facebook accounts, that they have got away with asking for their passwords to such is nothing short of criminal.

No wonder Facebook lost almost one third of its US teen users in 2013, according to a newly released edition of GWI Social (an authoritative quarterly report on the latest global trends in social media platform usage released by GlobalWebIndex), confirming what many have suspected for a while in its Q1, 2014 study which polled 170,000 social media users in 32 countries. In fact, Facebook, along with YouTube, experienced a decline in overall active users of 3 percent from the second quarter to the fourth quarter of 2013.



Still the dominant social network in the world, the gains that account for the Facebook decline by, notably, Instagram, Reddit and LinkedIn (23,13 and 9 percent respectively), are eclipsed by the explosive growth of WeChat which saw its audience size rise by an estimated 379 percent between the second and fourth quarters of 2013. This represents by far and away the largest gain for all social media apps, as regards usage, excluding traffic generated in China; the aforementioned 379 percent representing a growth from 3 to 14 percent of usage worldwide.

GWISocial's study also found a decline in computer use of social networks that was offset by growth in mobile users. "Pretty much everything on a PC is in decline, and everything on mobile is growing," GlobalWebIndex founder Tom Smith said.



The American teens mentioned previously are not alone; younger generations' usage of Facebook worldwide appears to be on the wane. Here in PRC, young and old have embraced Weixin; the latter in particular enjoying the voice messaging system plus the options for sharing photos and quirky news items with friends.



# Disjointed Conversations; Fire, The Wheel, WeChat



Comparisons being now made between the rise of WeChat and that of Facebook also often neglect to mention how the entire social media landscape has evolved since Facebook itself defined the scene. Whereas Facebook was built as a website, WeChat has been designed as a mobile app from the ground up, with all the icon-driven features that make it and others such a joy to use. Since Facebook was launched in 2004, what was a new concept initially dominated by a few larger players (MySpace, XING, Hi5, Friendster; even LinkedIn started as early as 2002) has become a hugely-fragmented, fast-changing, trillion-dollar industry in which even the little man can eek out a living from social media.

A good case in hand is WhatsApp, the most popular messaging app in the UK found on half the country's iPhones, with more than 450 million monthly active users globally; putting it on a par with WeChat. No wonder Mark Zuckerberg last month paid US\$19 billion for the service. A bargain perhaps, but then WhatsApp has a mere 50 employees.



Looking back over the 25 year history of the World Wide Web, there is little that has not been only a fad. Granted, the Internet itself is no trend, although hopefully www-dot-this-dot-that will turn out to be one. That it operates without a central governing body has helped enormously to spread the Internet's tentacles to an estimated 39 percent of the world's population in 2013, according to the International Telecommunications Union, and to sustain its longevity. WeChat could well go the way of countless others on account that it is owned by a company.

The Internet is undoubtedly greater than the sum of its apps and there are certainly many more waiting in the wings, hoping they will be the ones to become the next trend. Look out for Laiwang, Line, Miliao and Momo. Never heard of them? Hey, two years ago, we said, "What's WeChat?" 



...By Frank Hossack

# Operation Smile China Celebrates 20 Years of Creating Smiles

Each year, nearly 35,000 children in China are born with cleft lips, cleft palates or another debilitating facial deformity. Thousands of children are still waiting for surgery that can take as little as 45 minutes and will transform their life forever – and you can help.

China's first registered not-for-profit hospital, the Hangzhou Operation Smile Charity Hospital, provides year-round care by local Operation Smile-trained and credentialed medical professionals in the fields of plastic surgery, dentistry, pediatrics, and speech pathology, as well as psychosocial services to patients and their families. The Charity Hospital has changed the lives of more than 5,100 patients.

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Bao, before and after

## For more information:

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# From *Bound Feet* to *High Heels* The Evolution of Female Fashion in China

By Melissa Morgernstern

A world unto its own, Chinese fashion has spawned many websites that focus on some of the more exceptional trends and faux pas of the industry. Endearing overweight women such as Xiao Yue Yue and couples indulging in “Nazi Chic Cosplay” raise a number of eye brows and bring a whole new definition to “opening-up and reform”. While many of these fashion choices may seem inappropriate or unfortunate, they can be interpreted as the beginnings of important self-expression and artistic exploration for Chinese youth.





## *Fashionable Times*

Chinese fashion has evolved through dynasties and decades acting as major symbol of those changing times. The loose, one piece garment was the main staple for women for hundreds of years until the Tang dynasty brought foreign three-piece fashion to the mainland. The Song dynasty later made foot binding the thing to do for upper class, aristocratic women. From the Yuan through to the Ming dynasties, Manchurian and Mongolian styles of dress dominated women's fashion.

1930's clothing trends saw the second wave of foreign influence in the form of a tighter and more westernized women's dress. In the mid 1900's, the qipao, the ubiquitous symbol of the Chinese clothing industry, was shortened to reveal a little more skin. Later, Chinese fashion would continue to be an interesting exploration of east and west as well as a mix of modernity and tradition. Colours were also very important and spoke volumes of a person's status. The Chinese preferred darker colours and elaborate designs and accents, especially for traditional ceremonial clothing. Commoners were more likely to wear lighter coloured clothing. It is even said that the Chinese had an elaborate system of coordinating and matching clothing by colour and shade, making personal stylists utterly unnecessary.

## *Economically Chic* (Pre 1900s)

One of the most well-known and somewhat shocking aspects of Chinese traditional fashion is the now extinct practice of foot binding. While popular theory states that bound feet were either a sign of high-class status or a way for women

to marry well and fulfill elitist male fantasies, scholars at Harvard are rejecting the common perception that these bound women were nothing more than dolls on pedestals unable to contribute to the family's wellbeing. Instead, research now indicates that there is a marked connection between bound feet and changing economic roles for women. In the 1800s, women's hand labour was prized for weaving silk into textiles. This was, indeed, one of the most lucrative ways for families to make an income. Mothers were in charge of bringing their active and playful daughters to their side to work. Foot binding was a permanent way of ensuring a daughters' participation in the family economy by obliterating her playful spirit. China's Industrial Revolution and the import of cotton would later change role of women in the family and work place and put an end to foot binding.

## *A Working Education* (Early 1900s)

The early 20th century saw some major changes in fashion that were led by a very unlikely group; female members of the world's oldest profession. Such ladies walked around with the rich and famous nurturing a penchant for shopping, the theatre, and dancing. Consequentially, it is unsurprising that these women would stand strong as the pioneers of fashion for women all across China, especially within the urban areas. However, the ladies of light virtue lost their sway over fashion to an even stronger force of change; education. Education allowed women to learn about new worlds and take on new roles in a growing and modernizing China. The western influence expanded with the introduction of face creams and make up, yet strength remained the priority amongst young women. Education brought a preference for clothing that was freeing, not restraining, as it became fashionable to be strong and independent instead of sheltered and weak.

## *Politically Plain* (the 1950s)

China's Republican era brought about a new wave of freedom for women both politically and economically. Society almost demanded women's participation and was

adamant on equality amongst men and women. However, fashion clearly suffered as a coarse plainness was adopted and artistic expression was abandoned. Women lacked choice in terms of fashion and were made to wear clothing that expressed their allegiance to a political dream as opposed to individual preference. The ubiquitous Lenin coat, Mao jacket, and Chinese tunic were a result of revolutions and war with communist Russia. Women accepted these fashions and accented their revolutionary style with pigtailed, liberation shoes with rubber soles, and a complete absence of that once popular western import; makeup. Practicality and utilitarianism reigned supreme as art and creativity took a back seat.

## *Modern Chinese Fashion:* Angelical and Strongly Flavoured

Now, more than ever, Chinese youth want to express their individualism and stand out from the crowd. While blending in may have been the traditional form of being stylish, experimentation and individuality have arrived in modern China and have only just begun to wreak havoc on China's fashion scene. Two main types of street fashion have arisen out of this experimentation: "Xiao Qingxin" (小清新) and "Zhong Kouwei" (重口味). Xiao Qingxin, or "little freshness" refers to a fashion style that is characterized by pop music, photography, and movies. Fashion that is Xiao Qingxin is very angelical, light, and feminine. Canvas shoes, cotton and linen clothing, light colours, and vintage outfits are seen as the main symbols of this angelical style trend. Zhong Kouwei (重口味) or "strong flavour" was originally used to describe salty, garlicky and/or spicy food or an individual with a strong personality. This phrase now also refers to a fashion trend that is mainly described in Japanese manga comics and movies. Zhong Kouwei fashion can also represent fashion styles that stimulate a strong response and incorporate violence, sex, or blood. Dark, bold colours, metallic accents, black and white contrasting designs, and angry-looking fashion models also characterize these ensembles. Dramatic, sexy, and evil are terms that are used to describe the Zhong Kouwei style.

With the garment-related liberation of late, young people have found themselves having to stand up for their right to be fashionable.

On the evening of 20th June, 2012, Shanghai Number 2 Metro Operations uploaded a picture of a young woman wearing a black see through dress, and a pair of very visible underwear in the metro, to their Sina Weibo account with the following statement:

"Riding the subway train while being dressed like this, no wonder some get harassed. There are just too many wolves on the subway lines to kill them all... Girls, have some self-respect!"

Netizens across the country rebelled against the metro's post accusing the company of misogynist attitudes; the injured parties further stressed that the subway has no right to dictate how women should dress and be seen in public. In response to the controversial comment, two female passengers protested on the metro by wearing veils over their heads and holding signs saying, "I can be slutty, but you can't get dirty;" and "I want coolness, not sexual predators."

From see through tops to six-inch furry high heels, Chinese women's fashion can be jarring to newcomers' eyes. However, this is an essential part of the opening-up and reform process as it is allowing Chinese youth to experiment in terms of artistic expression and personal style. Traditionally, China has been rather conservative in this sphere, especially in terms of fashion. With changing times, one of the more visual by-products of globalization and urbanization is allowing young people to explore art in ways never dreamed of by their relatives; a trend that Westerners should count themselves glad to witness. 



# KUNG FU KINGS AND MYSTICISM

Chinese Film Reception In The West



By *Laura Helen Schmitt*

The US film industry has taken a hold of the Chinese market in an unprecedented way and now TV shows from the UK and US are increasingly finding their way into Chinese homes. Western audiences on the other hand have largely shunned Chinese cinema, despite the fact that China's film industry is now the third largest in the world by output numbers and box office takings, and is set to ascend second place in the near future.

As it stands there have only been two movies in recent times that have made a lasting impression on Western audiences; and by recent we are talking about a decade and a half. *Crouching Tiger, Hidden Dragon* (2000) directed by Ang Lee and *Hero* (2002), a Zhang Yimou production, are considered the most popular movie productions originating in the Middle Kingdom. A survey published by Beijing Time in 2007 questioned 596 foreigners located in China and abroad with regard to the local movie industry. When tasked with naming a Chinese movie, 43 percent mentioned either one of these films, illustrating their place at the top of the cinematic pyramid.

For the last 12 years no Chinese film production has even come close to penetrating the Western film market in a similar way.

Why did these particular films, which ironically were both not very well received at all by the Chinese public, trend so much in the West while more recent epic and incredibly expensive film productions such as *Red Cliff*, *Let The Bullets Fly* or *Aftershock* have been stunningly successful in China (grossing between ¥665 million and ¥1.5 billion) but completely ignored by mainstream Western viewers?

Commonly cited reasons for the difficulty movie-goers outside of China have with the country's cinematic productions are lack of actors, different storytelling styles and censorship.

The discouraging of lude scenes by local censorship causes a focus on period pieces or romantic comedies in order to stay on safer ground; making Chinese productions comparatively bland to Western eyes, who are confronted with an abundance of raciness each and every day.

The further problem with Chinese period pieces however is their mode of story-telling which assumes that the audiences possesses previous knowledge of the history and society of China, eg. cloaked references about standing up to corrupt leadership in *Let the Bullets Fly*. This presents a challenge to Western audiences who often are unable to decode certain messages, making Chinese movies unsuitable for a more global audience.

Stephanie Rauscher, author of the book “Cinema against Forgetting – the Cinematic Metamorphosis of Zhang Yimou” explains: **“A MOVIE SUCH AS RED CLIFF DOES NOT WORK IN THE WEST BECAUSE YOU NEED EXTENSIVE HISTORICAL KNOWLEDGE TO BE ABLE TO FOLLOW THE PLOT.** In Japan, where the story of the Three Kingdoms on which the films are based, is an integral part of the school canon, the series was also very popular. This illustrates how knowledge of the subject leads to appreciation of this cinematic work.”

Finally, there are only a handful of Chinese-born actors that have managed to get recognition in the West; examples are Jackie Chan, Jet Li, Chou Yun-Fat and Michelle Yeoh; who incidentally all gained national fame through their work in the formerly independent Hong Kong film industry. These actors are now well-into their fifties and looking at retirement. To the detriment of the Chinese film industry no young actors have been able to fill their shoes.



While the two success stories of the noughties do provide a stellar cast including most of the above, this is not all there is to them. The key to understanding why they have been well received, as opposed to other great works, lies in the fact that the movies did not resonate with Chinese audiences. Mainland critics have accused the two directors of watering down the “Chineseness” of these two productions, making them a cinematic Chop Suey targeted at a Western audience. They both belong to the cinematic genre of “wire-fu” or historic martial arts, however they have been adapted with Western tastes in mind. For example, the choreographer behind the fighting scenes in *Tiger and Dragon* is no other than the “Matrix master”, Yuen Woo-ping. In the East however, where viewers are used to martial arts movies with more fighting, faster sequences and a lot of slapstick or fast-paced story in the middle, the Taoist epic seems slow and clunky.

Similarly, *Hero* has been praised by Western audiences for its stunning visuals and flashback narrative style, both of which are important in Western film-making, while Chinese viewers lament the fact that the narrative is contradictory, i.e. a martial arts movie about fighting and revenge trying to send a peaceful message of unification under “Tian Xia”; everything under the heavens; and a lack of coherent plot telling.

Ms Rauscher is able to demonstrate Zhang’s adaptation in detail.

“*Hero* represents a strong break in Zhang Yimou’s work. His previous films focused very much on 20th century China and issues such as the Cultural Revolution. Furthermore, in his earlier works the story is incredibly important. *Hero* on the other hand is mainly a work of bombastic effects and aesthetics, while the story is of lesser importance.”

According to Ms Rauscher the main reason these two movies were such a success was their innovative character at the time in addition to the fact they required no understanding of Chinese history. “These films combined violence with aesthetics, whereas Hollywood typically did either one or the other. However, all the following Chinese movies follow the same template. Nowadays, *Hero* and *Tiger and Dragon* would probably not be as popular in the West as they were at the time.”



At closer inspection a more worrying trend emerges; one reason these two films are so popular in the West is their role in enforcing Orientalism. They portray China as an exotic country, full of mysticism, strange objects and people who can fly through the air; and of course all know Kung Fu. These elements fit in with the stereotypes the West has created of China in order to keep it at a distance. As long as it is strange and dissimilar to the West, China will always remain “the other”.

KungFooled, a comedic YouTube clip with currently over 10 million views and a cast of the online video platform’s most famous Americans of Asian descent, humouristically explores this stereotyping by showing a geeky Chinese guy who fends off highly dangerous, armed robbers simply by pretending to know Kung Fu. The clip illustrates perfectly how Orientalistic stereotypes are a reality Chinese-born people in the West face every single day.

The Beijing Time study confirms this limited view in the cinematic space, as when asked to think of Chinese movie genres 91 percent of respondents answered either Kung Fu & action or historic.

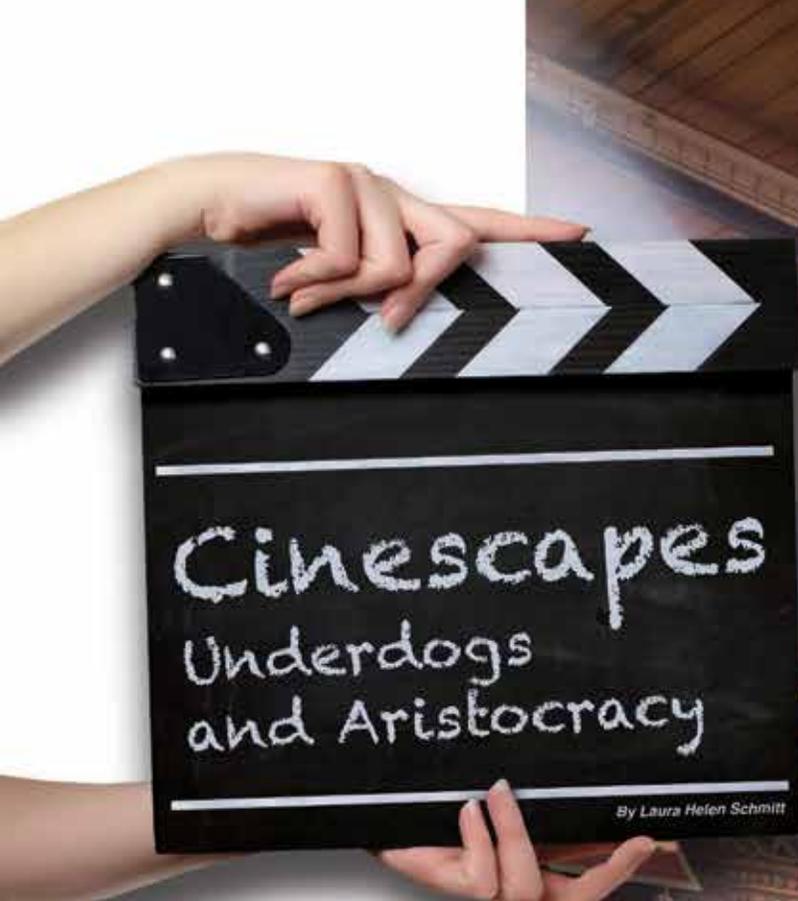
The two works by Ang Lee and Zhang Yimou have there-



fore been so well-received precisely because they enforce a distorted view of China. Likewise, in China where people know they are neither mystic nor a nation of Kung Fu kings, these movies have flopped.

Western audiences are at this point seemingly unable to accept raw Chinese cinematographic works, proven by the fact that until recently, the only work to catch the West’s attention was the Chinese-American co-production *Flowers of War* set during the Nanjing Massacre and starring Christian Bale, another case of “Sweet Sour Pork”. The only positive news is that the Berlin Film Festival of 2014 crowned *Black Coal, Thin Ice*, a Jiangsu production and detective drama as the Best Film of the year. It seems, all hope for an expansion of Western cinematic taste is not yet lost. 





# Cinescapes Underdogs and Aristocracy

By Laura Helen Schmitt

Only 20 movies a year; this is the restriction foreign film producers face in the Chinese movie market. However, the Internet and a lenient government (in this regard) have enabled foreign TV series to enter the Chinese market big style; recent years have witnessed an extreme spurt in popularity of especially English-speaking shows, primarily through online portals.

The Big Bang Theory and 2 Broke Girls are two US productions that both cleverly work the classic scenario of underdogs on the edges of society; attracting astounding amounts of views on Chinese video streaming websites (over 81 million views for the first season of the latter has made it the most popular US sitcom on Youku, while the former has racked up almost 1.3 billion streamings in total on sister site Sohu).



Both shows' subject matter resonates strongly with young Chinese viewers; central to both are characters whose personalities display a lack of interest in what others think of them. Such attitudes speak volumes to young Chinese in a culture where the most important thing is to fit in and agree with everyone who is of minor importance. Netizen Soukuang Wangyou, one of the Sohu crowd to follow the show, commented on an episode of *2 Broke Girls*, "I love this show; why must we always act nicely in real life?"

While America's shows may cater to the poor suppressed souls, Britain's TV provides Chinese viewers with a touch of luxury to make them feel special. The aristocracy of Britain's cultural past displayed on shows such as *Sherlock* and *Downton* has become a symbol of poshness that the Chinese middle-classes with their new-found wealth desire.

The imitation of this life of leisure is trending in China so much so that tourist visits to London now include a stop over at 221B Baker Street in honour of Britain's most famous snoop, while simply watching these BBC shows and being "in the know" has become a status symbol in itself.

While the popularity of Western TV shows in China is a welcome source of income back home, one cannot help but look for aftereffects brought along by the cinematic import on China's residents and their culture.

## Are there indicators suggesting young Chinese obsession with these shows has influenced their lives and possibly even their behaviour?

Most tangibly, these shows have already impacted the local market structure as cupcake stores inspired by *2 Broke Girls* and gaudily decorated, extremely overpriced British tea houses offer eager, trendy Chinese youth an opportunity to live out their on-screen idols' lives in major Chinese cities including Nanjing. Only 19 km outside of Shanghai, one can even find an English luxury village, named Thames Town, for the super-rich who want the "true British experience" round the clock, right down to the red phone boxes. Linguistically speaking, the shows have also left an interesting mark. While fans of the American underdog genre often casually sprinkle their English with rather informal bits of US slang and colloquialisms they have picked up from the show ("Buckle up", "In your face"), the followers of British shows have an array of slightly outdated, posh-sounding expressions at their disposal; they "regard" matters in a certain way and "rue" the day they "chanced upon" certain people.



While the cultural import begins from such obvious items as products and speech, measuring whether the exposure to a Western way of thinking through TV series had any serious impact on the way their consumers see the world is tricky at best.

It is hard to imagine a daily intake of series, such as Friends with mixed-gender cohabitation and unmarried parents, Downton's portraying Lady Sybil's fight for women's rights or Big Bang's Howard agreeing to be a stay-at home dad, going entirely unnoticed, especially in a modernized Chinese society.

Ian Yang, a student of Video Editing at Nanjing University of the Arts explains that while the attraction lies in the large variety of topics covered by Western TV shows, as opposed to the limited themes that can be explored by domestic broadcasters due to government policies, the extent of the effect on Chinese youth is yet to be determined;

**"If a series is popular, the younger generation will try and imitate not only the way they speak but also the way they act."**



While watching TV series may not necessarily lead to entire overhaul and redefinition of Chinese society, exposure to this different, Western way of thinking is certainly giving the online TV generation something to think about. After all, China's opening-up resonates beyond telephone boxes and tea sets, perhaps to include a process of mind. 

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## CHICKEN FILETS WITH SUNDRIED TOMATOES



### INGREDIENTS

4 chicken fillets (about 500g)  
1 leek or small red onion, chopped  
1 tablespoon olive oil  
8 sundried tomatoes (I prefer to use the sundried tomatoes in oil) App. 20 pitted black olives 100ml milk  
1/2-1 jar of Barilla red pesto  
1/2 teaspoon salt  
A pinch of cayenne pepper 50ml chopped basil, preferably fresh but may be substituted with dried basil

### DIRECTIONS

1. Clean and cut the leek. Chop the sundried tomatoes, and cut each olive into 3 circles.
2. Cut the chicken fillets into small cubes. Heat the oil in the frying pan and brown the chicken pieces. Lift out the chicken and put it aside in a bowl.
3. Gently fry the leek or onion until soft.
4. Put the chicken back into the pan, and add the sundried tomatoes and olives. Stir in the red pesto and dilute with milk.
5. Salt and pepper according to taste. Fold in freshly chopped basil just before serving.
6. Serve with pasta or rice and a green salad.

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(see next page) 



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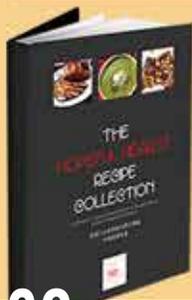


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1/2 茶匙盐  
适量辣椒末 50毫升新鲜九层塔, 切碎; 可用干九层塔代替

## 制作方法

1. 清洗韭葱切碎, 切碎晒番茄干, 每个橄榄切成三圈。
2. 把鸡柳切成丁, 在油锅里炒鸡丁至棕色, 然后盛出来待用。
3. 把韭葱和洋葱用小火炒软。
4. 把鸡丁放回锅里, 加入晒番茄干和橄榄。搅入红香蒜, 用牛奶调稀。
5. 适量加盐和胡椒。食用前拌入九层塔。
6. 搭配意大利面或米饭, 与绿色沙拉一起食用。

It's more than just a cookbook...  
It's a collection of wonderful recipes from friends of Hopeful Hearts all round the world. Every recipe is written in both English and Chinese. With over 190 recipes of international cuisine you could be dining in a different country every night!



## NANJING USER'S GUIDE



IN ASSOCIATION WITH  
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## TRAVELING LONDON-STYLE

About three months ago, to the surprise of many an expat, a very familiar sight graced the streets of Nanjing: the famous London Black Cabs. Due to various preconceptions I could not imagine that these might be the very same cars to be found on the streets of Britain's capital.

As it turns out, the London Taxi Company (Manganese Bronze) went bankrupt back in 2012 and Chinese car manufacturer Geely bought them up, bringing an integral part of British culture to Nanjing as part of an effort on behalf of the authorities to make the city appear more "international".

### Picking the right Taxi

A ride in the Black Cabs is not just an experience for those who have never been to London and a trip down memory lane for those who have; it can be a very useful mode of transport in Nanjing. While their fees are slightly higher than those of regular taxis, they seat more people; therefore using them in large groups will even work out cheaper as there is no need to pay for two cabs.

Their rather spacious layout also beats the regular taxis by a mile when it comes to transporting bulky luggage, meaning they can easily fit oversized suitcases and are therefore great to get to and from the airport.

With the introduction of apps such as Didi Dache and Kuaidi, which are used to book taxis in the vicinity, it has now become almost impossible to find a regular Nanjing cab if you are neither an apt smartphone user nor a fluent Chinese speaker. In your hour of need, you will now stare at countless taxis driving by without passengers because people waiting around the corner have already snatched them up via their phones. The London cabs on the other hand are usually free, probably due to their higher fare, so it is quicker to go for one of these rather than entering the endless wait for a regular taxi.

London Taxis being one the most iconic images of London and the UK, it might take especially Brits some time to get used to seeing their Black Cabs roaming the streets of Nanjing. Then again, this imported piece of British culture might just make London's expats feel a little closer to home.



# SYSTEMIC PROJECT COACHING

With Jochen Shultz

**N**owadays a multitude of project tasks needs to be dealt with to be able to react quickly to the challenges of the market. As a result of this time pressure, often rather inexperienced project managers and teams need to be quickly introduced to complex project tasks.

To add to the challenge, many companies lack suitable project management structures; the necessary roles are not defined, nor do the necessary committees exist for functioning project management. Furthermore, there is no handbook outlining rules for the planning and implementation of projects within companies.

Frequently, even the project managers are not sufficiently qualified, since many companies underestimate the extent of the professional demands placed on them.

Therefore the ability to properly set up and handle projects is a crucial factor for success and project coaching is a very useful tool to acquire the necessary skill set.

## **Project coaching goals**

- 1) Through expert consultation provide or impart the necessary know-how.
- 2) Through resolution strategies provide feedback and ideas, introducing new perspectives and pointing out potential courses of action.
- 3) In a more general context, establish the required skills among project participants and the necessary structures within the company so similarly complex projects can be independently carried out in the future.

## **Considering Interaction**

In project coaching, companies are always regarded as social, interacting systems. The project environment and the interaction within the contractor system are taken into account and strategies of intervention are selected accordingly.

In doing so, the project coach consciously allows participants to share in his/her expert knowledge, since it is also a matter of training these participants in the field of project management.

However, the project coach is only ever responsible for the consultancy and support process, never for the substantive results of the project work. Participants are responsible through their various roles and functions, as the commitment necessary for long-term success can only be established by cooperating in finding resolution strategies.

## **Strategies and processes**

Project coaching always begins with an analysis of the actual situation; an inventory is taken and a SWOT analysis is created with all relevant parties (eg. project manager, program manager, human resources developer, head of division, experienced project team members).

Next, project coaching goals are defined utilising a structured survey of key stakeholders, in which they are asked how they would describe the ideal or preferable situation. Then weak points are determined by comparing the results of the survey with the reality, and finally an intervention concept is defined.

With strategies complete, the evaluation and transfer phase begins. Agreements on independent implementation are made for the transfer. From this point, the task of the target organisation is to monitor the implementation of such. The events of recent weeks or months are reflected upon, by asking, "What went well, what not so well?", "What will we do differently the next time?"

With systemic coaching, even companies with little project experience can successfully conduct complex projects. The success of a project largely depends on whether the coach finds the right balance between expert consultation and process support, maintaining a neutral perspective while also encouraging new views and attitudes. 

# VIETNAM

## THE COAST AND CENTRAL HIGHLANDS

*Text and Photos by Nooz Phlannel*

**Unlike the other countries I had ventured to in South East Asia, I had no real expectations or specific itinerary when arriving in Vietnam.**

**I was to meet a good friend from home and considering it was Tet, the Vietnamese Lunar New Year, we simply planned to go with the flow.**



**A**fter flying into Ho Chi Minh City (formerly Saigon) we checked into a quaint guesthouse close to the manic swamped streets of District 1. This area is similar to the infamous Khao San Road area of Bangkok and can only offer so much for so long. The backpacker haven of Buivien is jam-packed with hotels, bars and shops and attracts plenty of unsavoury folk especially after dark. Bag snatching and mobile phone thefts are also rife in these parts. So we decided to head north after embarking on a worthwhile day trip to the Mekong Delta. A few tourist traps inevitably appeared but the main draw was a hypnotic longboat tour through the mangroves and jungle channels. Palm trees towered over us and conical hatted farmers dotted the fields as we drifted along under the midday sun, creating a refreshingly pleasant taste of rural Vietnam.

We planned to visit the old world charm of Hoi An, described by many as being one of the most satisfying destinations in Asia due to the quality of products and services on offer in relation to Dong being spent. Prior to this we travelled to an interesting beach town named Nha Trang.

Fine eateries littered the coast and we dined in style near the beach promenade. This is a town that has heavy Russian investment, so local traders will often communicate with you in a Slavic tongue. During our brief stay we joined an island hopping/snorkeling trip, featuring an eventful expedition to a fish farm and a floating restaurant. We ate seafood and drank good wine; but the real culinary delights were to be found in Hoi An, located a bumpy night-bus north on the central coast.



Hoi An was one of the highlights of the holiday. It appeals to visitors of all ages and persuasions. It is a sleepy maze of ageing alleyways positioned next to a calming riverfront. There is a beach around 4km away but the old town is where the true charm lies. It certainly lived up to its reputation as being a 'gastronomic treat' and we dined handsomely on authentic Vietnamese cuisine, savouring fine imported wines while overlooking the water. Days can turn into weeks in a place like this. A very rustic spot, both enchanting and bohemian. But alas, all good things must come to an end so on we travelled to the former capital city of Hue.

Quite ravaged by the war, Hue has an eerie calm as barbaric remnants can be seen in some places and sensed almost everywhere. There are some temples and other historical sites on the outskirts of town but arguably the main attraction is the ancient citadel, which was bombed heavily by American forces. Buddhist monks still reside within the age-old walls and wander along the shadowy pathways still haunted by the spectres of the past. The city of Hue was virtually destroyed and more than 5000 civilians were killed, making it representative of the barbaric effects brought about by the Vietnam War.



We then journeyed inland to the central highlands of Dalat. A small tourist town and bustling marketplace provides an abundant supply of hotels, coffee shops and eateries all of which close down around the midnight hour. We were pushed for time so decided to rent motorbikes for a couple of days and head to the famed winding hillsides. We parked up an hour down the road and spent the day scaling a peak of some 2500m. From every angle and as far as the eye could see, plush green valleys and farmland could be seen as the late afternoon breeze revived our weariness. It was extremely serene and not since the Great Rift Valley in Kenya had I witnessed such raw natural beauty.

Dalat is a place like no other in Vietnam and well worth heading away from the coastal hotspots to experience.

We arrived back in Saigon for our return flights and the only remaining objective was to visit the unsettling War Remnants Museum. The dark impact and brutal aftermath of the Vietnam War was outlined especially in the captivating yet harrowing photography exhibitions. Although the war still directly affects thousands of people throughout the land, the Vietnamese people are incredibly warm and welcoming in the most part to Western visitors. This is remarkable and was one element of my visit to Vietnam which resonated most with me.



There is so much to explore in this beautiful country and the food was absolutely outstanding from humble street stalls to high-end restaurants. So I plan to return next Spring Festival to visit the northern regions: Hanoi, the majestic karst scenery of Halong Bay and the minority settlements of Sapa near the Chinese border. I would recommend a trip to 'Nam without a shadow of a doubt... 



## No Warpaint Needed!

By Nick McBride

**T**he Xianlin Warriors Junior Rugby club are the new kids in town. Remember what that feels like? Going through something similar? All you want to do is feel settled, find a friend, feel understood and work out where to get your caffeine supply without the need of Google Translate.

The club was started last September by two expat coaches. Born from a love of the sport and the possibility of what their own kids could get from it; learning about team work, meeting new friends, being active and having fun. The Xianlin Warriors aim to teach transferable sports skills such as hand-eye coordination, spacial awareness, agility, and working as a team.

So whilst we are talking about transferable skills here, please indulge me whilst I mention what I hoped rugby would bring to my own children. They were born abroad and have had their fair share of moving around. Moving countries and living in different cultures, there has always been one thing that has helped us to settle and that is finding friends. Without exception, my love of sport has been the catalyst to do this, and that is ultimately what I want for my kids, a way to help them feel "at home". If a contract

with an International First XV comes along at any point, that works too.

So, if you come down to the woods by Nanjing International School on a Sunday morning, you would find a group of girls and boys, having fun together, being active, learning the game of tag rugby as a way to hone all those aforementioned sports skills. You would also find them flanked by their families; taking pictures of their kids for proud

Come 10am, the atmosphere changes somewhat. Gum shields, cauliflower ears, head gear, studs; if this is what you are picturing, forget it. There were never a more friendly and welcoming group of teenagers and adults learning and playing touch rugby, with an emphasis on "learning". So, if you, or your children are also the new kids in town, or you are looking to try something new, come join the Warriors. No war paint needed; we'll even show you where



grandparents, chatting away, joining in with their kids or...okay... trying to persuade their kids to join in and, of course, sipping coffee.

you can get your nearest cup of coffee. For more information contact [mcbridesports@gmail.com](mailto:mcbridesports@gmail.com) or call 159-5198-2141. 

*Rich Silverstein, Co-chairman and Creative Director of Goodby Silverstein & Partners, creators of the world famous ad campaign “Got Milk”, said in an interview for the 2009 documentary “Art and Copy”...*

“...I would see ugliness and I knew it was ugly and I wanted to fix it, and that’s a curse because when you see those things that’s all you see.”

*In a previous article published in the May 2012 issue of The Nanjinger we talked about the risks of DIY (Design It Yourself) and the importance of having a professional take care of your branding needs, yet it is important to acknowledge that not everybody can justify the investment of hiring a brand studio or an advertising agency. Therefore (and against all my good sense), I would like to share some concepts that could be kept top-of-mind when you do have to DIY your communication materials.\**

**A black duckling in a family of little white hens is a mutation of DNA...**

*...the sort that we see very often from companies who decide to handle their own graphics, unaware of all the components that make their brand a consistent system; the very DNA of a brand.*

*Each and every element that is used; graphic elements, the choice of fonts and their size; how titles, subtitles and text are presented; the logo’s size, positioning and proportions; and ultimately how all these elements are distributed plus their relationship to each other in the layout; absolutely everything has to be carefully planned and crafted to produce the desired effect in a piece that will send out a specific message.*

*Once all these aspects have been defined it is very important to maintain the same settings across all materials. Failing to do so will result in having not only one but a series of mutations throughout the entire family; hardly a desirable outcome in any case!*

*A good Best Practice with which to start would be a listing of intended purposes for the material to be produced. For instance, flyers, posters, leaflets have similar purposes. They are designed to communicate messages quickly; they should be clean, avoiding the use of distracting elements; while everything used in the layout must have the single purpose of supporting the message and improving its effectiveness and readability. If they do not have a purpose they have no business being in the layout. Pretty is not a purpose.*

*In a badly designed layout there is found much empty space that many would tend to fill with textures, clip art or washed-out background pictures; all of them terrible and useless resources that in the hands of the untrained will turn mediocre into abomination. Easily found on the Internet, the main problem with these kinds of public resources is that they make material so unoriginal and sad looking that it will simply fade out from the eyes of an audience.*

*Clip art is to me the most terrible aberration since the invention of visual communication; credited to Steve Jobs for Apple’s first personal computers with a Graphical User Interface (GUI), they were created to assist amateur computer users in preparing presentation materials. Poorly made, of very low quality and highly generic, these images represent a bottom-of-the-barrel design option that debases the quality of branding and communication materials.*

**Wasted-out background pictures** (what I like to call the restaurant menu effect) and pictures downloaded from the internet (hence of very poor quality and not suitable for printing) are often used as a typical solution for those “I-dont-know-what-to-put-in-there” moments, resulting in an unattractive and distracting element that compromises the readability of the message and materials that look cheap and poorly designed.  *...to be continued*

*\*This is the first of a series of articles that will help you understand visual communication, assist in the complicated process of DIY (Design It Yourself) without compromising your brand image and improve the effectiveness of your communication materials.*

# A Port for all Weathers

**I**t is sobering to think that affairs of state and the hard pragmatism of trade have shaped our wine enthusiasms as much as any purely aesthetic merit. Consider port wine, which developed its style and popularity not because of winemaking artistry, but as a result of Britain's myriad fracas with the French from the late 17th century onwards. Britain, in need of a more politically correct wine supplier, turned to ally Portugal; and a partnership began that filled the gap left by the embargos and heavy taxes on French wine with the very un-Portuguese names of Taylor, Dow, Croft, Symington and Graham's et al. (names which still dominate the port trade).

Wrought from the steep and improbable schist terrain of the Douro valley and shipped out from Oporto at the mouth of the valley's river (from where port takes its name) this is a far more protean liquid than the indelible image of upper crust English wintering of old confines it to. Though there are many styles, all port shares the characteristics of a fortification process, where grape spirit is added to stun the yeasts and arrest the wine's fermentation before completion, producing wine that is typically sweeter and stronger than others. The most likely explanation for fortification is simply that some Douro wines were being made that way, by accident or design, and the British merchants liked what they tasted; seafarers spiking the wine en route with brandy to stop it going off on the lengthy sea passage is another possible explanation.

Vintage port is the trophy wine within the port houses' stable (though it only represents around 1% of overall production), and is made from a single 'declared' year of excellent quality, which happens around three times a decade. The wine matures lengthily in bottle, some vintages for hundreds of years, producing deep-red complex masterpieces, with a price to match. By far the most extensively produced wines are the so-called rubies, bottled after a couple of years in cask, meant for early drinking and far more affordable than the vintage kings of the auction rooms. Various contrivances, however, are employed to use the marketable stamp 'vintage' on the label of the humbler ruby style. Late Bottle Vintage (LBV) is one, not from any declared vintage year, showing little or no improvement with bottle age, though as its moniker suggests bottled later than a standard ruby, usually after five or six years in cask. Though lacking the depth of real vintage port, it can be a deliciously simpler drinker; New World Old World Wine on the lower floor of New City Mall houses an assertively fresh Graham's Fine Ruby 2009 (¥248) and an LBV 2003 from the same firm (¥398), which is a little drier with a trace of cranberry - 15 and 15.5 points a pricey piece respectively.

Tawny port is the wine drinker's answer to Nanjing's climate, being equally at home next to a roaring air con on a dank chilly day or drunk stone cold from the fridge in a searing heat wave. A tawny typically has a faded brown colour, due to the oxidative process in wood barrel ageing. The average time the wines have spent in wood is stated on the label; nutty and sweet they can be as rich as Croesus at the 40-year mark, though you will need to be as cashed up as the old king himself to buy them over here. Humbler tawny fare, where the age is not stated, can also make for a great wine, see the Don Pablo Tawny (a mere ¥79 from Metro); brick-red in the glass with a smack of caramel and marzipan on the tongue, and when chilled (my preference for any tawny) makes for a splendidly refreshing and satisfying spicy food partner. Chuff it along to the curry house and forget the lager, and the cigar (16.5 points). **N**



Rick Staff  
with a remit to sniff, taste,  
and spit his way around Nanjing  
and disseminate the drinkable.

## POINT SYSTEM

0-10	A WARNING
11-14	A Feasible Party Prop
15-17	Heartily Recommended
17-19	Exceptionally Good
20	The Apogee Of WINE EXPRESSION



# INDIVIDUAL RESPONSIBILITY

BY NURMIRA JAMANGULOVA

**“Being one, truth cannot be divided, and the differences that appear to exist among the many nations only result from their attachment to prejudice. If only men would search out truth, they would find themselves united.”** *Baha'u'llah*

**T**he United Nations has discerned 30 global issues, which span from Africa to Aging; Climate Change to Decolonization; and Human Rights to Peace and Security. From a global perspective and for the betterment of the world this list is almost perfect. But personally I would add to this Personal Responsibility.

While humanity would like to put its trust in the power of individuals, historically the dominance of social and later business institutions and corporations lowered the role of personal responsibility and pride for acquiring knowledge through one’s “own eyes and not through the eyes of others.”

**Individuals empowered religious leaders, political party leaders and mass media through passive behaviour and an unwillingness to take responsibility.**

Rights and freedom are a gift but they do not exist merely through belief; they need to be practiced and exercised constantly. People have abandoned their individuality and have submitted themselves to the call of their governments, advertisements and societal pressure with their false promises of prosperity, freedom and security.

**Justifying expenditures on wars, killing innocent civilians, knowingly causing environmental disasters in the favour of future gain is wrong. Individuals accepting such behaviour is just as wrong.**

I believe in standing up for what is right and wrong and changing our attitude towards personal responsibility. Injustice comes in various forms. I have been denied entry as a tourist to Canada because I am a citizen of

Kyrgyzstan; I have been paid the same salary in my teaching job as high school graduates from the USA and Canada, despite the fact that I have Ph.D.

This is not just my personal experience, similar situations have happened to many people. Should we accept lives that have been set up for us, and thereby become observers of our own life, rather than living to the fullest extent? I do not think so; not in a world with Internet, free online books and online universities.

**All human beings are created to carry forward an ever-advancing civilization.**

To create a peaceful global society that fosters individual and collective well-being is possible. However, to transform our society there is an urgent need to transform ourselves. If each and every one of us tried to improve the world by doing only one small thing a day, we would be on the right path.

Who knows whether in a few decades the UN’s global issues will be eradicated or whether there will different issues on the list. In the meantime, I am happy to contribute to building a world where everyone is unique, responsible, informed, educated and happy.

**I am responsible for...**

- ...my life and the decisions I make.
- ...my thoughts.
- ...my own economic security.
- ...my knowledge.
- ...my beliefs, culture and traditions.
- ...my time.
- ...where and how I live.
- ...making my environment safe and clean.
- ...offering my services for the betterment of others.
- ...my actions and words.
- ...showing love to others with my actions.
- ...exercising my freedom and my rights.

**I am responsible for what is happening in the world.** 



# LET'S GET PHYSICAL

By Nick McBride

## Put A Spring in Your Step

Ever heard the phrase, "Summer bodies are made in the winter"? Well, for those of you who took the opportunity to hibernate, along with some comfort eating, happy to hide away some extra kilos under all those layers; fear not. You are still in the running. With some of the latest training techniques, summer bodies can still be accomplished during spring. Of course apart from achieving a bikini or (Lord help us), Speedo body there are all the other benefits: more energy, better sleep, mental alertness and the crucial bonus of making all your friends insanely jealous.

So with all the gusto of a gladiator preparing for war, pull back the curtains, take a whiff of that spring air (excluding heavy pollution days), and make a pact with yourself; this summer is your summer.

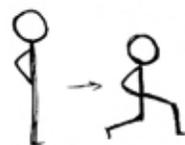
Enough motivational chat, let us get down to business. First up, here is your simple training program. This program is designed so you do not need to hit TaoBao looking for stretchy bands, kettle bells and hammers.

This circuit only takes 22 minutes to complete and is easy to do at home. Aim for 3-4 times per week. Hit it hard, burn the calories and you are done. Aim to perform each exercise for 1 minute followed by 30 seconds of rest. If you have not exercised for a while, reduce the minute to 30 seconds and build it up as you gain in fitness. You should be out of breath, but not hyperventilating. Do not be disheartened if you cannot do a minute; stick with it, and add 5 seconds each week. Remember, you are already beating everybody who is sitting on the sofa!



**Fast Jumping Jacks** Feet together, arms at the sides, jump so feet are apart and hands touch overhead, then back again.

**Burpees** Stand up straight, squat down, hands on the floor, jump into a push-up, jump back into a squat, jump up as high as you can with your hands over your head.



**Walking Lunges** Step forward with one leg, bend both knees almost at 90-degree angles, back knee should never touch the ground.

**Mountain Climbers** In the push-up position bring one knee in towards the chest, resting the foot on the floor. Jump up and switch feet in the air.

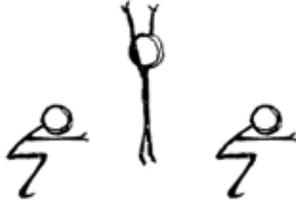


**Tricep Dips** Sit on a step or chair, balance on your arms, move your rear to the front with legs straight. Bend elbows and lower body. Push back up.



**High Knees** Standing up drive one knee toward your chest and quickly place it back on the ground. Follow immediately with the other leg. Alternate as quickly as you can.

**Squat Jumps** From a squat position jump up in the air, arms over your head. Upon landing return to squat.



**Push-Ups** Support your body on hands and toes and move body up and down. Keep back straight.



**Wide Knee Tire Run** Stand with feet wide, knees slightly bent, lift one leg to hip height and immediately lower it as you raise the other leg.



**Fast Squats In Place** From a standing position move to a crouching position with knees bent, then return to standing position.

**Plank** Support your body on your front arms and toes. Hold this position.



Next time I will give some variations to these exercises and ways to help you progress, but for now just focus on this. Simple, right?!

Now, this will not work if you are still tucking away the lasagne like you are carb loading for your next marathon. But please, no extreme diets; remember you have got a way to go before your glory march, so you will need to have a plan you can stick to. Let us make it simple for you with my top tips for healthy nutrition, which work well with your new exercise plan.

**Do not skip breakfast.** Skipping breakfast leads to one thing; eating the wrong foods later in the day. Maybe not today, maybe not tomorrow... but it will happen somewhere along the way.

For those of you with children I tug at your heart strings. Statistically, children of parents who skip breakfast are more likely to also skip breakfast,

which in turn will impact on their health. If you are not hungry for breakfast, you probably ate too much the night before. I am assuming we all know what a healthy breakfast is; do not start frying up the bacon. If you are stuck for ideas get yourself a board on Pinterest. Pinterest, my wife assures me, has the answers to all the problems of the universe.

Eat the bulk of your food in the day, and less at night. If you eat a heavy evening meal then there is less chance of you burning off the calories. Also, eating more in the day will prevent you from snacking come 4:30pm.

**“Eat breakfast like a king, lunch like a prince and dinner like a pauper”,**

says Nancy Clark, a well respected sports nutritionist and author.

**Portions, Portions, Portions.** As location is to house buying, portion size is to weight control. Aim for half your plate to be vegetables and fruit, with more vegetables than fruit. A quarter of your plate should be whole grains, such as brown rice, or legumes, such as kidney beans. The other quarter should be a palm-sized portion of lean protein, such as chicken or fish.

**Track your eating.** There are some great apps out there to help you log what you are eating. Contrary to popular belief it actually does count when you finish off your kids’ dinner, eat the leftovers in the kitchen while cleaning up, have seconds or “try” something from your friend’s plate.

**Enjoy your favorite foods.** This is not punishment, guilt or denial. Life is supposed to be enjoyed. Honestly, if I couldn’t have a beer and a curry once a week, what would be the point in carrying on? Here is the thing though; savour it. Do not devour it mindlessly in front of the TV. Plan for your pizza takeout and adjust your intake of calories from other food accordingly.

A final sign off, if you fall off the proverbial wagon, we have problems. This is Week 1; do not fall off the wagon. We have a summer body to work for here! 



# Think Healthy Think Beautiful

## Would you like some juice?

“An apple a day keeps the doctor away.”

Benjamin Franklin

**N**utritionists recommend eating at least three different fruits and five different vegetables a day. But not everyone can eat that amount; this is where the juicer comes into play.

Fresh juices are a perfect opportunity to get the required amount of vitamins and minerals, without overloading the stomach. They also absorb faster and better than whole fruits and vegetables. To retain as many vitamins as possible, eat something greasy immediately before or after drinking juice; a spoonful of olive oil can be added directly to fruitful beverage.

Drinking 1-2 cups of juice per day is a technique known as juice therapy and is useful in the recovery from diseases, for vitamin A deficiency in the springtime, for so-called “metabolic acceleration” and during the initial period of weight loss.

Freshly squeezed juice is an elixir of youth with antioxidants that slow the

aging process and provide a great cleansing, ridding the body of toxins. Furthermore, it makes the digestive system work like clockwork, provides energy and instantly improves one's mood. It can also strengthen the immune system. If you often get sick in the winter, try a juice therapy in the early autumn until mid-winter, ideally until mid- spring.

### Juicy Weight Loss

To lose weight without dieting, drink two glasses of juice every day for 1-2 months. The more varied the ingredients, the better the result. Mix a variety of vegetables, fruits and berries, focusing on ones with a mild laxative effect.

Buy a supplement for juices, like spirulina; a type of blue-green algae that can help protect cells from damage.

For five days a week your intake should be two glasses per day, best between meals. Two days a week (better during the weekend) are fasting days; you do not eat, only drink juice.

On fasting days, one glass of juice replaces one serving of food. Drink at least 5-7 glasses a day with breaks of 2-3 hours. In addition, make sure to drink a lot of water.

You need more rest on fasting days, try to avoid energy-consuming activities, take an aromatic bath at home or indulge in some interesting films or books. You will not only feel healthier, but also have great rest.

### Tips To Get You Started

1. Use slightly unripe fruits, vegetables and berries.
2. Wash fruits, vegetables and berries thoroughly with warm (not hot) water. Rinse soft berries lightly with cool water. Do not soak; this leads to loss of nutrients.
3. Fresh juices should be consumed within 15-30 minutes after preparation. If you want to wait a few hours, add citric acid so the juice will not darken and retain nutrients. Keep it in the fridge, but no more than 24 hours.
4. Vegetable juices and juices from highly acidic fruits and berries are better mixed with water, two parts juice to one part cold boiled water. Fresh juices for children should have a ratio of one to one.
5. Ideally do not peel fruits and vegetables. If you remove the skin, try to do it very carefully, taking off as little as possible.

Enjoy your juice! **N**

# Meet Hannah



Although she is our oldest little butterfly in Nanjing, Hannah's is still one of our smallest. She has struggled with a series of serious life-threatening illnesses, so every healthy week we have with Hannah is a true gift. Her very fragile health, means we cannot be sure of Hannah's condition tomorrow or next week, but we can help her live a full life today. This spring, she has been making the most of a healthy time. Hannah has started to discover that the world is an exciting place that she can interact with. She has started to babble with her Nannies, to reach and play with toys and even to roll right over. Hannah, we celebrate every discovery of life with you.



## *Loving Care for Cherished Lives*

Opened in November 2013, Nanjing Butterfly Home works in cooperation with the Chinese government to bring loving care to children with life threatening illnesses or life limiting conditions.

南京市蝴蝶之家重症儿童救护中心 License No: 苏宁民证字第070840号

## *An Opportunity to be Involved*

We are currently seeking a part-time volunteer as Head of Operations.

For more information, please contact Lyn Gould

[lyn@butterflych.org](mailto:lyn@butterflych.org)

[www.butterflych.org](http://www.butterflych.org)

Education  
**NEAMC**  
 27th Feb - 1st March 2014  
 By Sue Northcott



■ *The South East Asia Mathematics Competition (SEAMC) was established in 2001 and has evolved into an annual two day event organised on a rotational basis throughout the region. Hundreds of talented young mathematicians, aged 15 or younger, and their teachers have been coming together for over 13 years to share their passion for Mathematics and problem solving.*

*The continuing success and growth of SEAMC resulted in Nanjing International School this year welcoming 14 schools and over 120 students and teachers to Nanjing for the inaugural NEAMC.*

*NEAMC 2014 combined a wonderful, though challenging couple of days of varied competitions at the Holiday Inn Aqua City, Xuanwu Lake Park and NIS, with some sightseeing which included a cruise on the Qianhuai River. The event culminated in a glittering Gala Dinner and Award Ceremony at the Crowne Plaza, Jiangning. Seoul International School, Korea was victorious in both the Individual and Team competitions with the International School of Beijing being awarded the Haese Cup for the best team spirit overall. Two NIS students made the top 25 in Asia out of 366 competitors, and both NIS teams were in the top 40 out of the 122 teams competing across SEAMC (in Ho Chi Minh City) and NEAMC.*

*Many friendships were renewed and new ones were forged over the weekend. The event was fortunate to host two internationally recognised educators as guest speakers; Ron Lancaster (Senior Lecturer, Mathematics, at Toronto University) who set the keen students an intriguing Maths Trail around Xuanwu Lake; and Craig Barton from the UK, the creator of a successful Mathematics website and advisor to the Times Educational Supplement.*

*NIS Director Laurie McLellan clearly summed up the NEAMC philosophy in his welcoming address to participants when he said, "Maths is not only relevant, it is also cool." (Ed) And so are you, Laurie, so are you. **NJ***

## Gastronomy

# Fairmont Nanjing

By Frank Hossack

■ **F**airmont Nanjing made a splash on Friday 28th February, with their Vancouver Grill Ginestet Wine Dinner, attended by the city's movers, shakers and dropouts.

As one of the latter, The Nanjinger is more than used to the extremes presented to us living out our lives in China. In the service world this means being, for the most part, utterly ignored. Then there are those times when those all around are falling over themselves to treat one like an emperor. The Fairmont can relax in the knowledge that they are now on nobility's list of preferred vendors.

While the delights we savoured are on offer to small groups of diners who reserve in advance between now and the Vancouver Grill's official opening on 7th April, in the upper echelons of the hospitality business this is perhaps the toughest nut to crack. For I'd rather feel at home than like an emperor.

Fairmont Nanjing is located at 333 Jiandong Zhong Lu 建业区江东中路333号 For reservations call 86728888 and ask for Vinson, Vancouver Grill Manager. **N**



## Gastronomy

# Chopsticks and Porkchops

By Dan Clarke

**Y**ou have probably walked past it a thousand times and never dared enter; 1919, the German restaurant smack in the middle of Wanda shopping centre. There is simply something about the décor; flowery-cushioned, wagon-wheel benches and Chinese women wearing traditional German dresses, so glaringly stereotypical and simultaneously surreal, that instantly convinces you of an absence of authenticity often found in Chinese imitation-Western Restaurants. As it turns out, the restaurant mysteriously named after the year the Weimar republic was founded, is not all that bad. Fortunately management refrains from playing polka music; in fact there is a relaxing lack of music, encouraging conversation.

While there are some non-German foods such as pizza that can and should be ignored, for the most part this place has German food, which amazingly tastes like actual German food; for the most part. The steak and pork dishes are recommended; you will not find a steak drowning in pepper sauce here. The quantity of the dishes is also pretty good, a steak with one or two side dishes will fill you up, but you will have to order at least one side, as the main course only comes with a tiny tower of tasty mashed potatoes and a spoonful of vegetables.



The best dish on the menu, and a great order to compliment the modest main, has to be the sausages. Let us face it, sausages in China have a very particular taste and when consumed by foreign mouths probably act as a placeholder for the real deal 80 percent of the time. 1919 offers several genuinely tasty sausage dishes. They're plump, juicy, and have great flavouring, so if you want to demonstrate to your Chinese friends what a sausage tastes like in the West, bring them here.

As a German restaurant, there is of course good beer to be had including their very own house brew. For a non-alcoholic



option, there is good, fresh juice. In fact the drinks are so nice that the only real complaint is that they arrived late, in stark comparison to the speedy food serving.

The only time the kitchen slips up is on the admittedly delicious Swiss veal, which comes not with a side of pasta but rather distinctly Chinese tasting rice. However, it is undoubtedly this Sino-Germanic mix that makes the restaurant so popular with the Chinese locals. Similarly to Chop Suey in the West, the rather hefty German cuisine has been tuned down and slightly china-fied to resonate with a different palate.



The food and the beer are already reason enough for the restaurant's popularity but the price definitely helps as well. You have to bring your wallet, however it is nicely placed as a mid-priced restaurant and even if you are a broke teacher you can take a date here without breaking the bank.

At 6 o'clock the restaurant fills up like a pub on a match day, so if you want to make sure you get a seat you will want to get there fairly early in the evening. If you arrive late, it is definitely worth the wait. The pressure will be taken off soon though, as the Oudebao 欧德堡 brand to which 1919 belongs plans to expand; numerous locations already exist in Nanjing and their plan is to open 100 restaurants within the next two years. It seems, the third German invasion will be led by Dirndl-wearing Chinese.

1919 欧德堡 is located on 3F, Jianye Wanda Plaza, Yunjin Lu 58, 云锦路58号建邺万达广场3楼358-360号铺。 

## Cinema

# Frozen

By Laura Helen Schmitt

**T**heir latest concoction sees the Disney masters chuck their tried and true traditionalisms out of the window while remaining as charming as ever.

Criticism's emerged over the last decade that classic Disney movies instilled detrimental values in young girls around the world, breeding an army of princesses obsessed with beauty, passively waiting for their prince to come along and rescue them, instead of being proactive in their search for love and/or success.

Disney has been attempting to make up for that failing in recent productions such as *Tangled* with a stronger, more independent depiction of Rapunzel. With this in mind, *Frozen* is undoubtedly an even further step towards the future.

Loosely based on Hans Christian Andersen's *The Snow Queen*, *Frozen* is to the original as *Wicked* is to the *Wizard of Oz*; a re-imagination of the original story that suggests that the classic villain might not actually be all that bad, while other characters are not as holy as they seem. The world of *Frozen* therefore becomes more layered than the old good vs. evil routine of typical children's films, teaching young viewers to see life as more complex.

However, this is not the only way in which *Frozen* resembles *Wicked*, one of the most successful musicals of recent years. Idina Menzel again lends her singing capabilities to the main character, a young woman who is different from other people and therefore is misunderstood to be a threat, very similarly to her part of the wicked witch of the West in the musical. The similarities suggest Menzel has carved a niche for herself and her vocal chords.

Looking at Disney's old formula for success most movies were made up of either one or all of the following three items; a prince who is rich, handsome and simply perfect, a strong male who saves the helpless girl, and finally a true love's kiss to break a spell. *Frozen* does not see Disney moving away from these outdated motifs but actually dragging them back out only to make fun of them, revealing unexpected levels of self-criticism and humour; after all nothing is more charming than someone poking fun at themselves. The result is a truly emancipated female main character, an unlikely prince and an expansion of what true love incorporates.



At the end of the day, *Frozen* is simply a great family movie that stresses the power of familial love as opposed to the classic prince-meets-princess scenario. While Disney has succeeded in transforming their story-telling mode to be reflective of modern times, including breath-taking 3D animation, the movie retains the great aspects of the franchise's movie making; a brilliant musical score, a funny team of sidekicks (usually some form of quirky quadruped and this time around a summer-loving snowman) and the heart-warming feeling of a Disney classic. **NW**



## Food & Drink

### Western Bars & Restaurants

#### 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 well renowned home made desserts; all in an elegant and relaxing atmosphere. Special Set Lunch Menu with great prices and specials for students and teachers, plus live music every Friday and Saturday during dinner.

#### Brewsell's

上海路 77 号比利时精酿啤酒屋

77 Shanghai Lu (first place up from Guangzhou Lu)  
上海路 77 号 (靠近上海路和广州路的路口)  
58779429  
www.brewsells.com

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

#### Bellini Italian Bar, Restaurant & Music Venue

贝丽妮意式餐厅

30 Hankou Lu 汉口路30号  
13813354055  
12 Nanxiucun 南秀村12号  
52888857  
1-106, 9 Wenfan Lu, Xianlin  
仙林大学城文苑路9号1-106室  
85791577  
www.bellinirestaurants.com

Stylish and elegant yet easy in which to relax, Bellini serves up many signature dishes and drinks, plus as of 2014, live music. Reservations are advised.

#### Jimmy's 吉米来吧

193 Shigu Road (inside Sunglow Bay  
near the Sheraton)  
石鼓路 193 号  
86792599  
www.jimmysnj.com

The place to be for live and recorded sports, especially on Saturday nights, while enjoying American style pizza, BBQ steaks, burgers, hotdogs, tacos and more, accompanied by a large selection of draft and bottled beers and more than 50 different kinds of single malt whisky and bourbon.

#### Finnegans Wake

芬尼根爱尔兰酒吧餐厅

6 Cinnalane  
中山南路升州路 (原中北汽车站) 熙南里街区 6 号  
52207362 / 13057623789  
www.finneganswake.com.cn

Guinness, Kilkenny, San Miguel and Rogue-Dead Guy Ale on draught, a wide selection of classic Irish and Scotch single malt whiskies plus a carefully prepared selection of authentic western food.

#### Element Fresh

南京新元素餐厅

1F, Nanjing IST Mall, 100 Zhongshan Lu  
中山路 100 号艾尚天地购物中心一层  
85656093

www.elementfresh.com

Born from an expat's passion for food, service at the multi-award winning Element Fresh in Nanjing can be slow. All the more reason to order home delivery!

#### Blue Sky Expat Bar & Grill

蓝澳西餐厅

77 Shanghai Lu  
上海路 77 号  
86639197  
www.the-bluesky.com  
bluesky.aussie@gmail.com

One of the original expat bars to open in Nanjing, serving burgers, pizzas, Aussie meat pies and Bundaburg Rum (Bundy). There are also weekly and monthly pool competitions, weekend openings at 10.30am plus music you thought you had forgotten about.

#### Les 5 Sens

乐尚西餐厅

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

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

#### Medi Mediterranean Café and Bar

地中海餐厅酒吧

8#101 Shipopo Lane  
玄武区石婆婆庵8号101  
83600569

A Spanish chef serves up a range of pizzas, pastas, and all manner of unique cocktails and shooters plus traditional imported French Absinthe.

#### Wagas

沃歌斯

1F, Nanjing IST Mall, 100 Zhongshan Lu  
中山路 100 号艾尚天地购物中心一层  
85656120  
www.wagas.com.cn

Fresh in from Shanghai, Wagas focuses on Western and Modern Asian fare with a special focus on food quality, consistency and safety. Home delivery not yet available.

#### Jack's Place

杰克地方西餐厅

422, Dongcheng Hui Shopping Mall, Xianlin  
文苑路与学思路交叉口东城汇 4 楼  
85807866  
35 Wang Fu Da Jie  
王府大街 35 号  
84206485  
160 Shanghai Lu  
南京上海路 160 号  
83323616

Humble yet honest, Jack's Place has been around Nanjing for more than 15 years, serving up Italian favourites popular with expats and locals alike.

#### Tribeca New York Bar & Grill

翠贝卡

1 Zhonghua Lu  
中华路 1 号  
400-891-9998

Taking two years to decorate, now the good times are rolling with true American dining amid an impressive array of sport, movie and music memorabilia.

#### Behind the Wall

答案墨西哥餐厅

150 Shanghai Road (in Nanxun Cun)  
上海路 150 号, 在南秀村  
83915630

One of the oldest bars in Nanjing serving drinks and food in a relaxed atmosphere, with perhaps the finest terrace in the city. Live musical performances go well with strong sangria and beer.

#### Secco Restaurant and Bar

喜客西餐厅

132 Changhong Lu

长虹路 132 号

83370679

The after party may come and go, yet Secco remains one of Nanjing's top options for late night drinks.

#### Florentina

2-107, 83 Shanghai Lu  
上海路 83 号 2 栋 107  
3-101, 22 Nanyinyangying  
南阴阳营 22 号 3 栋 101  
18602560788

Over 100 craft beers waiting for you to try!

#### Henry's Home

亨利之家

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

20 years experience in serving up western meals; specialties include steaks, fajitas, pizza and organic salads.

#### Selección Española

57 Zhongshan Dong Lu

中山东路 57 号

Serves up home-made classic Spanish dishes with films and documentaries also shown.

#### Danny's Irish Restaurant & Pub

丹尼'爱尔兰餐厅 & 酒吧

4F, Sheraton Nanjing, 169 Hangzhong Lu  
汉中路 169 号金丝利酒店 4 楼  
86668888 Ext. 7775

Quality dinners plus the usual selection of drink, music performances and TV sport. Open from 6pm.

#### Pisa Pizza

比萨意式西餐

81-8 Shanghai Road 上海路81-8号  
83343221

B2-05, Shopping Fun, 3 Jiankang Lu  
建康路3号水平方商场B2-05商铺  
58059234

Pisa Pizza has a reputation for offering up the finest pizza in the city, straight from the wood fired oven.

#### Cosima

可西玛

120 Shanghai Lu (near to Hankou Lu)  
上海路120号  
83337576

Famous for being the smallest restaurant in the city, serving Spanish items that include tapas, pizza and a nice variety of wine.

#### La Cantina 南京米凯列酒业有限公司

#2-7 East Nantai Xiang (off Wangfu Da Jie)  
南台巷东 2-7 号  
58787665 / 13813842543

Italian wine complimented by snacks, antipasti, pasta and pizza that create a great place to unwind after a day in the city.

#### Eminence Cellar

香松酒窖

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

High quality western restaurant offering organic food, breads baked on-site, cigar bar and wine cellar.

#### La Table de Mr. Eiffel

巴黎盛宴

83 Guangzhou Lu, near Qingliangshan Park  
广州路 83 号, 靠近清凉山公园  
83711900

Authentic French cuisine and an extensive list of French wines by the glass. Located in an old Chinese garden house with an outside terrace.

### Potato Bistro

马铃薯

5\*301 Kangqiao Sheng Fei, 9 Wenfan Road, Xianlin University Area  
仙林大学城文苑路9号  
85791293

Green, organic and fresh foods with a balcony offers outdoor BBQ for up to 150 people.

### Axis Mexican Restaurant & Bar

坐标轴西餐厅

Yadong Commercial Plaza, 12 Xianyin Bei Lu  
栖霞区仙隐北路12号亚东商业广场  
15895872728

World cuisine delivery service focusing on Mexican fare, with also pizza, burgers, pasta and sandwiches.

### Nail Jazz Bar

钉子吧

10 Luolang Xiang (200m south of the Sheraton)  
罗廊巷10号, 离金丝利酒店200米  
8653 2244

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

### Tony Music Bar

南京托尼酒吧

6 Jinxianghe Lu  
进香河路6号  
84068176

One of the preferred hangouts for the local crowd before they hit the clubs.

### Indian Cuisine

#### Baba Restaurant 巴巴餐厅

Jinyuan Food Court Outlet, No 11 Hexi Center Park  
341 Jiandong Lu  
建业江东中路341号出口南京金源美食广场11号  
13611574929

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

#### Nanjing Ganesh Indian Restaurant

南京甘尼仕印度餐厅

3 Kunlun Lu  
南京玄武区昆仑路3号  
85860955  
www.ganeshchina.com

Fabulous decoration in a great location by the city wall. Hosts the occasional jazz concert.

#### Himalaya-Nepalese & Indian Restaurant

喜马拉雅尼泊尔印度餐厅

193 Shigu Lu (behind the Sheraton)  
石鼓路193号  
8666 1828

Serves Nepali and Indian foods in a setting as authentic and inspired as the dishes themselves.

#### Masala Kitchen

玛莎拉印度餐厅-酒吧

A05, No 12 Xian Yin Bei Lu, Xianlin  
南京市栖霞区仙隐北路12号亚东商业广场A05  
84448858

Offers vegetarian and meat dishes plus savory Tandoori oven dishes and exotic curries. Also serves a fine selection of imported wines and beers.

#### Taj Mahal 泰姬玛哈印度料理

117 Fengtu Lu

丰富路117号  
84214123

189 Shanghai Lu 上海路189号  
83350491

Established in 2003, feast on high quality authentic Indian cuisine that it continues to this day, making it forever popular with the foreign community.

### Japanese Cuisine

#### Wadouraku

和道乐日本居酒屋

121 Shigu Lu  
石鼓路121号  
84465760

Patronised by Nanjing's Japanese community, and largely thought of as the genuine experience.

#### Kagetsu

嘉月

62 Taiping Bei Lu, 1912  
太平南路62号1912街区内  
86625577

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

#### Tairyo Teppanyaki 大渔铁板

57 Zhongshan Lu

中山路57号  
84729518

All you can eat and drink special offer includes sushi, sashimi, sake, beer and much more. Two more locations in 1912 and near to Xuanwu Gate.

### Korean Cuisine

#### THE Korean 本家

B1, Golden Wheel Tower, 108 Hanzhong Lu  
新街口汉中中路108号金轮大厦B1  
84469445

#### Xinshiqi Korean Barbecue

新石器烤肉

B1, Deji Plaza, 18 Zhongshan Lu  
中山路18号德基广场B1楼B116-117号  
84764545

#### Ke Jia Fu 可家福

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

### Other Asian Cuisine

#### Thai Tasty

泰式料理

A05, No 12 Xian Yin Bei Lu, Xianlin  
南京市栖霞区仙隐北路12号亚东商业广场A05  
84448858  
masala\_kitchen@live.com

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

#### Pho Saigon

西贡堤岸越南餐厅

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

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

#### Taiwan Teppan Corner

南京市建邺区三铁餐厅

LB148, Jinyuan Hexi Commercial Plaza, 341  
Jiangdong Zhong Lu  
南京市建邺区江东中路341号南京金源河西商业广场LB148  
13770325443

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

#### Keziguli Muslim Restaurant

克兹古丽餐厅

53 Wangfu Da Jie  
王府大街53号  
85981468

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

### Vegetarian

#### The Green Field – Vegetarian Restaurant

绿野香踪素食馆

1F Zhengyang Building, 56 Yudao Jie  
御道街56号正阳大厦一楼  
6661 9222

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

#### Tiandi Sushi 天帝素食

21 Huju Bei Lu, Entrance to Gulin Park

鼓楼区虎踞北路21号古林公园正门口(近北京西路)  
83701391

### Bakery & Café

#### Gossip Café

叽哩咕嘈

Room 101, Building 1, 23 Nanxiucun, off Shanghai Lu  
南秀村23号  
86637484

Share an original or creative topic and Gossip will organize lectures accordingly.

#### Skyways

云中食品店

160 Shanghai Road 上海路160号

83317103

Weilan Zhidu Homeland, 6-4 Hanzhongmen Da Jie  
南京汉中门大街6-4号蔚南之都家园商业裙楼  
83378812

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

Breads, made-to-order sandwiches, cakes, chocolates, desserts, plus imported deli items.

#### Sculpting in Time Café

雕刻时光咖啡馆

2F, 47 Hankou Lu 汉口路47号2楼  
83597180

32 Dashiba Jie (Confucius Temple East Gate) 秦淮区大石坝街32号(夫子庙东门)  
Brunch, cocktail hours, film screenings, a variety of Western food, plus widely known brownies.

#### 3 Coffee

3号咖啡馆

82-1 Shanghai Lu

上海路82-1号

83244617 / 83311505

Art, design and photography books plus magazines. with balcony affording a nice view of Shanghai Lu.

#### Fish Tank Coffee

鱼缸咖啡小馆

Cinna Lane, 400 Zhongshan Nan Lu

中山南路400号熙南里街区

52204469

High-quality coffee beans, freshly sterilized milk, as well as a variety of delicately created special drinks.

#### Maan Coffee

漫咖啡

1 Qingjiang Lu (Beside Tianshui Binjinag Garden)

清江路1号天水滨江花园

85872858

Korean chain serving waffles, salads and all day breakfasts with two other branches in Nanjing.

### Nightclubs

#### MAZZO

玛索国际俱乐部

1912 Nightlife district

南京市1912时尚休闲街区

84631912

One of the oldest clubs in Nanjing and the preferred hangout for the foreign community in Nanjing that plays contemporary electronica.

## Club TNT

### 潮人会所

2-1 Changjiang Hou Jie  
南京市长江后街 2-1 号  
84401199

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

## Enzo

8-3 Changjiang Hou Jie  
南京市长江后街 8-3 号  
83789898

Accesses to many of the big names in entertainment; Paul Oakenfold and DJ R3hab played here in 2013.

## Business & Education

### International Education

#### British School of Nanjing

##### 南京英国学校

Building 2, Jinling Resort, Baijiuhu Dong Lu  
佳湖东路湖滨金陵饭店 2 号楼  
52108987

#### Nanjing International School

##### 南京国际学校

8 Xueheng Lu, Xianlin College  
and University Town  
仙林大学城学衡路 8 号  
85899111

#### EtonHouse Nanjing

##### 伊顿国际教育集团

6 West Songhua Jiang Jie,  
Jianye District (near Olympic Stadium)  
南京市松花江西街 6 号, 建邺区, 靠奥体北门 (中华紫  
鑫广场北面) 金陵中学实验小学内  
86696778

#### The Overseas

##### 海外国际

Novas International Business Consulting Co. Ltd,  
2405, Building A, New World Centre, 88 Zhujiang Lu  
珠江路 88 号新世界中心 A 座 2405 室  
68858565 68858575  
www.the-overseas.com

### Foreign Trade & Economic Development Agencies

#### European Union Chamber of Commerce

##### 中国欧盟商会 (南京)

30F, 1 Zhujiang Lu 珠江路 1 号 30 层  
83627330

#### China-Britain Business Council, Nanjing

##### 英中贸易协会南京代表处

Rm 2514-2515, 50 Zhonghua Lu  
中华路 50 号 2514-2515 室  
52311740

#### Netherlands Business Support Office

##### 荷兰贸易促进委员会南京代表处

Suite 2316, Building B, 23/F, Phoenix Plaza,  
1 Hunan Lu  
湖南路 1 号凤凰国际广场 B 楼 23 层 2316 室  
84703707

#### Baden-Württemberg International

##### 德国巴登符腾堡州国际经济和科技合作协会

7-3 Dabei Xiang Meiyuan Xin Cun  
梅园新村大悲巷 7-3 号  
84728895

#### Australian Trade Commission

##### 澳大利亚贸易委员会南京代表处

1163, World Trade Center, 2 Hanzhong Lu  
汉中路 2 号金陵饭店世界贸易中心 1163 室  
84711888 -1163

#### Canadian Trade Office Nanjing

##### 加拿大驻南京商务代表处

1261, World Trade Center, 2 Hanzhong Lu  
汉中路 2 号金陵饭店世界贸易中心 1261 房  
84704574

### Language Training

#### Nanjing Bozhan Consultancy Co., Ltd

##### 南京博湛教育咨询有限公司

#208, 200 Zhongshan Bei Lu  
中山北路 200 号 208 室  
13813944415

bozhan.consultancy@gmail.com

Language training & Mandarin tutoring; from survival  
to HSK Chinese and enhancement of conversational  
confidence in English to ESL & IELTS testing.

#### Alliance Française de Nanjing

##### 南京法语联盟

4F, Qun Lou, 73 Beijing Xi Lu

北京西路 73 号裙楼 4 楼

1F, Bld F4, Zone F, Zidong International Creative

Park, Xianlin

南京紫东创意产业园 F 区 F4 幢 1 楼

www.afnanjing.org

info.nanjing@afchina.org

French classes for individuals and corporations at all  
levels, cultural events plus a modern library.

#### Jack's Mandarin Team-Times New Language

##### Jack 汉语—时代新语

5F, Jiangsu Culture Mansion, 89 Zhongshan Nan Lu

中山南路 89 号江苏文化大厦 5 楼

13851864492

smarcousin@hotmail.com

Extensive experience in teaching Chinese to for-  
eigners employed in international companies.

#### New Concept Mandarin

##### 新概念汉语

3302, Block A, New Century Plaza, 288 Zhong-

shan Dong Lu

秦淮区中山东路 288 号, 新世纪广场 A 座 3302

84872361

www.newconceptmandarin.com

nanjing@newconceptmandarin.com

#### JESIE - Goethe-Language Centre

##### JESIE - 歌德语言中心

Jiangsu College for International Education, 3rd

Floor, 205 Shanghai Lu

上海路 205 号教育学院 3 楼苏教国际

83335690

www.goethe-slz.js.cn

### Clubs & Charities

#### Nanjing International Club

##### 南京国际俱乐部

www.nanjinginternationalclub.org

info@nanjinginternationalclub.org

A club 500 plus strong in membership that dates  
back to 1990.

#### Nanjing No.1 Toastmasters Club

##### 南京第一家英语演讲会俱乐部

www.nanjingtoastmasters.com

Weekly event at 1507, Wuxingnianhua Mansion,

Hanzhong Lu/Shanghai Lu.

#### Hopeful Hearts

www.hopefulhearts.info

Raises funds for treating children with heart conditions.

#### Pfrang Association 普方基金会

7-3 Dabei Xiang Meiyuan Xin Cun

梅园新村大悲巷 7-3 号

84729068

www.pfrang-association.org

Sponsors education of children in poor parts of Jiangsu

#### C Foundation 南京菲平

21 Banshanyuan, Xuanwu District

玄武区半山花园 21 号

84807686 / 13073491699

yaoying@c-foundation.org

Care and companionship for the elderly plus support  
for children's education and health.

## Butterfly Hospice

### Nanjing Butterfly Home

Manager: Linda Huang

njbhmanager@gmail.com

info@butterflych.org

Loving care for cherished lives

## Shopping

### For the Home

#### Working House

##### 生活工场

4F, Zifeng Tower, Zhongshan Bei Lu

中山北路紫峰大厦购物广场 4F

52360109

Stylish kitchenware in dark tones, candles and  
colourful vases, camera cases and lots more.

#### Living Story

##### 欧洲生活馆

173 Shanghai Lu 上海路 173 号

86634155

Coffee makers, stylish kitchen utensils, picture frames,  
oil burners, candles, clocks and various pieces of art.

#### Hongxing Furniture

##### 红星国际家具广场

224 Zhongyong Lu 中央路 224 号

83118005

Large furniture mall with many shops. Large range  
of prices, styles, etc.

#### Jinsheng Market 金盛百货大市场

2 Jianning Lu

鼓楼区建宁路 2 号 (南京商厦对面)

9 Wangjinsi (off Changjiang Lu)

玄武区长江路网中市 9 号

Daqiao Bei Lu (beside North bus station)

江苏省南京市浦口区大桥北路 (长途北站旁)

58507000

Home décor, bits and bobs, Christmas trinkets and  
electronics. Cheap but be prepared to bargain.

#### Jinling Decoration Market

##### 金陵装饰城

88 Jiangdong Zhong Lu

江东中路 88 号

86511888

Everything needed for a new home.

#### Longjiang Flower Market

##### 龙江花卉市场

78 Qingliangmen Da Jie

清凉门大街 78 号

Huge selection of plants, cut flowers, fish tanks and  
fish, plus gardening tools.

#### B&Q 百安居

90 Kazimen Da Jie (beside Metro)

南京卡子门大街 90 号麦德龙旁

52450077

#### IKEA 宜家家居

99 Mingchi Lu (East side of Kazimen Plaza)

南京市秦淮区明匙路 99 号 (卡子门广场东侧)

4008002345

### Electronics & Photography

#### Professional Photography Equipment Market

##### 照相器材专业市场

3F, Binjiang Friendship Shopping Center, 301 Ji-

angdong Bei Lu

江东北路 301 号滨江友好商城 3 楼

Specialists in wedding photography with equip-  
ment including lighting, flash etc.

#### Camera & photography Equipment Market

##### 东鼎照相器材市场

Dongding Plaza, 699 Zhujiang Lu

珠江路 699 号东鼎照相器材市场

Well 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.

## Art

### Avant-garde Contemporary Art Centre

先锋当代艺术中心

A1-101 FINDER Art District, 1865 Creativity Park, 388 Yingtian Da Jie

秦淮区应天大街 388 号 1865 创意园凡德艺术街区 A1-101 52270661 / 138114059763

Dedicated to the promotion of contemporary art.

### Jiangsu Art Gallery

江苏省美术馆

266 Changjiang Lu 长江路 266 号

84506789

Local artists' work, changed frequently.

### ART 国艺堂

D-1 Shuimuqinhuai, 99 Shitoucheng Lu

石头城路 99 号水木秦淮 D-1 号

84506789

Picture framing and art related supplies.

### Stone City Modern Art Creation Gallery

石头城现代艺术创意园

72 Beijing Xi Lu 北京西路 72 号

Exhibition of modern Chinese art.

55583708

### Shenghua Art Center

南京圣划艺术中心

2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)

江心洲民俗街洲泰路 2 号 (原乡土乐园)

86333097 86333100

Exhibition of Chinese contemporary art.

### Yipai Art

南京艺派文化用品中心

81 Stone City

石头城 81 号

83704786

epair8888@126.com

One of the best stocked art supplies shops in the city, with oil paints, brushes, spatulas, charcoal, easels, drawing instruments, sketch books plus a very large selection of pens, pencils and lead refills.

## International Groceries

### Fields

www.fieldschina.com

4000210049

cs@fieldschina.com

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

### Nanjing Bakery

www.nanjingbakery.com

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

### Metro 麦德龙

288 Ningli Lu 宁溧路 288 号

300 Jianning Lu 鼓楼区建宁路 300 号

Wide selection of foreign foods plus wines, beers and sprits.

### Carrefour 家乐福

235 Zhongshan Dong Lu

中山东路 235 号

84658588

Hypermarket with five stores in Nanjing.

### Times Grocery

泰晤士

48 Yunnan Lu 云南路 48 号

83685530

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

### Auchan 欧尚

151 Hanzhongmen Da Jie

汉中门大街 151 号 (近纪念馆东路)

86555568

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

### BHG Market

B2, Aqua City, 1 Jiankang Lu

健康路 1 号水游城地下 2 层

66985066 / 66985068

B1, Deji Plaza, Zhongshan Lu

德基二期地下 1 层

91 Matai Jie

马台街 91 号

68675666 / 68675699

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

### RT Mart 金润发

39 Danfeng Jie

玄武区丹凤街 39 号 (近北京东路)

83358788 / 83356077

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

## Sports

### Decathlon 迪卡侬

866 Yingtian Xi Lu (same building as Auchan)

应天西路 866 号

84218420

286 Ningli Lu (next to Metro)

宁溧路 286 号 (麦德龙对面)

52401018

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

### Jinxianghe Rd 进香河路

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

## Wine Outlets

### Eminence Cellar

香松酒窖

Inside Wutaishan (opposite to Jin Inn)

Guangzhou Lu 广州路, 五台山体育场

66012088

### Aussino Cellar

富隆酒窖

Room 109, 198 Zhongshan Dong Lu

南京市中山东路 198 号 109 室

84679799

www.aussino.net

### Newold Wine World

纽澳酒世界

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

草场门大街 99 号新城市购物中心负一楼 B 区

86265959

### Ziyo Wines

南京紫元酒窖

18 Mochou Dong Lu

建邺区莫愁东路

13770923489

## Foreign Language Bookstores

### Foreign Language Bookstore

外文书店

218 Zhongshan Dong Lu (Beside Taiping Nan Lu)

中山东路 218 号长安国际 (太平南路口)

57713287

### Xinhua Bookstores

新华书店

56 Zhongshan Dong Lu (near Hongwu Lu)

中山东路 56 号 (近洪武路)

86645151

54 Hunan Lu (near Matai Jie)

鼓楼区湖南路 54 号 (马台街口)

83374645

### Phoenix International Book Mall

凤凰国际书城

1 Hunan Lu

鼓楼区湖南路 1 号八佰伴旁 (近中央路)

83657000 / 83657111

## Services

## Healthcare

### International SOS Nanjing Clinic

南京国际 (SOS) 紧急救援诊所

1F, Grand Metropark Hotel Nanjing,

319 East Zhongshan Lu

中山东路 319 号维景国际酒店 1 楼

84802842 (by appt.)

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

tance Center: 010 64629100

www.internationalsos.com

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

### Flossy Care

福乐氏牙科诊所

#105, 1 Huaneng Garden, 108 Taiping Bei Lu

南京太平北路 108 号华能城市花园 1 幢 105

13951994471 / 84069389

www.025ya.com

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

### Global Doctor International Medical Centre

环球医生国际医疗中心

1F, Zuolinfengdu Garden, 6 Mochouhu Dong Lu,

Jianye District

建邺区莫愁湖东路 6 号左邻风度 1 栋 1 楼

86519991 (24 Hours)

www.globaldoctor.com.au

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

### BEN-Q Hospital 明基医院

71 Hexi Da Jie 河西大街 71 号

58807810

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

### Nanjing Union Dental Clinic

南京友联齿科

1F, Grand Metropark Hotel Nanjing,

319 Zhongshan Dong Lu

中山东路 319 号维景国际酒店一层

84818891 / 84808888-6555

dentist@uniondental.cn

### Health Examination Center

江苏省国医馆

2F, Outpatient dept. of NJUTCM,

282 Hanzhong Lu

汉中路 282 号南京中医药大学门诊部二楼

86646068

www.joinmi.com

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

### **Nanjing Entrance and Exit Inspection and Quarantine Bureau**

#### **江苏出入境检验检疫局**

1 Baixia Lu 白下路1号

52345328 / 84456805

Health checks for work permit / visa applications.

### **Gulou Hospital 鼓楼医院**

159 Hanzhong Lu 中山路321号

83304616

The major trauma hospital (24 hr).

### **Jiangsu People's Hospital**

#### **江苏省人民医院**

300 Guangzhou Lu 广州路300号

83718836

The major western medicine hospital.

### **Yifeng Super Drugstore 益丰大药房**

159 Hanzhong Lu (west of JS hospital of TCM)

汉中路159号(省中医院往西30米)

86795111-825 8am-9pm

English speaking staff.

### **Nanjing Children's Hospital**

#### **南京市儿童医院**

72 Guangzhou Lu 广州路72号

83117500

### **Jiangsu Provincial Hospital of TCM**

#### **江苏省中医院**

155 Hanzhong Lu 汉中路155号

86617141

The major Chinese medicine hospital.

### **Nanjing Maternity and Child Healthcare Hospital**

#### **南京市妇幼保健院**

123 Tianfei Xiang 天妃巷123号

84460777

The major maternity hospital in Nanjing.

### **Hairdressers**

### **Mei Lun Shang Pin Hair Saloon**

#### **宣传介绍**

6 Sanyuan Alley, Xinjiekou

新街口三元巷6号

15895936797 84217148

Continuing the trend for pubs that cut your hair, Mei Lun Shang Pin targets the lucrative expat market by having both foreign stylists and translators on hand.

### **Franck Provost Hair Salon**

#### **梵珀巴黎法式发艺**

F322 Deji Plaza Phase 2

中山路18号德基广场二期F322店铺

86777366

Resident French stylist available; bookings advised.

### **V-Salon**

香港时光设计有限公司

32F, Golden Eagle Plaza, 89 Hanzhong Lu

汉中路89号金鹰国际商城32楼

86292980

Run by a stylist to many pop and movie stars.

### **Travel & Transport**

### **Airport Shuttle Bus 机场大巴**

¥20

1. East square, Nanjing Railway Station, 221 Longpan Zhong Lu 南京火车站 龙蟠中路221号 6am-8.30pm, every 30 mins.

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

### **Lufthansa German Airlines**

#### **德国汉莎航空公司**

Reservation Service:

4008 868 868 (CH,EN)

Sales Office: Room 951, World Trade Center, 2

Hanzhong Lu

汉中路2号金陵饭店世贸中心951室

Fax: 84722624

nanjing\_lufthansa@dlh.de

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

### **D.T. Travel**

大唐国际(香港)商旅服务管理有限公司

22E, Jinlun Building, 108 Hanzhong Lu

汉中路108号金轮大厦22E

400 886 1212

Professional English service incl. air ticket, visas, hotels, individual travel and Corporate Business Plus.

### **Training, Coaching & Consulting**

### **MTI Nanjing**

#714, Building 7, Wanda Dongfang, 58 Yurjin Lu

南京市建邺区云锦路58号万达广场7栋714室

84714552

www.mticonsulting.com

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

### **Dan Clarke**

www.lets-get-happy.com

Advice on how to become happier and less stressed, plus ways to improve your life.

### **Simon Northcott**

simon3northcott@gmail.com

Change leadership, problem solving and empowerment.

### **Property Services**

### **Nanjing Houses**

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

天元中路128号2栋1单元720室

15150698134

www.nanjinghouses.com

info@nanjinghouses.com

Provides a unique-to-the-industry process of pre-screening options in order to save time and energy while looking for an apartment or villa.

### **Sun Home Real Estate**

南京中涛房产经纪咨询有限公司

Room 1901, Xinghan Mansion, 180 Hanzhong Lu

南京市汉中路180号星汉大厦1901室

51860592 / 5186 0590

www.shre.com.cn

sunhome@shre.com.cn

Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

### **Home Caught Relocation Service**

昊鸿房地产咨询顾问有限公司

4F, 669 Zhujiang Lu 珠江路669号4F

84800918

www.homecaught.com

lease@homecaught.com

Supplies many a multinational firm with home search and rental services plus bus fleet solutions.

### **Crown Relocations**

嘉柏(中国)国际货运代理有限公司

Rm 1908, Block B, New Century Plaza,

1 Taiping Nan Lu

太平南路1号新世纪广场B栋1908室

84541017

slaing@crowwww.com

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

### **Apex International Logistics Co., Ltd 上海正流国际运输代理有限公司**

58702129

www.apex15.com

nanjing@apex15.com

Domestic and local moves, office relocation, storage and warehousing, pet relocation, insurance/risk management plus immigration services.

### **CMR Corporate Property & Relocation**

#### **南京浩麦房地产咨询**

12C1, Jinlun Mansion, 108 Hanzhong Lu

汉中路108号金轮大厦12C1座

84701658

www.cmchina.com

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

### **Faith Houses**

### **Nanjing International Christian Fellowship**

Ramada Hotel, 45 Zhongshan Bei Lu

南京中山路45号南京华美达怡华酒店

Sundays 9:30am to 11:30am

Foreign passport holders only. English service with translation available in Chinese, French and Spanish.

### **KuanEumHui Korean Buddhist Club**

观音会南京韩人佛教会

1703, Building 2, Fuli Shanzhuang

富丽山庄3栋1703室

13222018582

Service: 11:00am

### **Shigulu Catholic Church**

#### **石鼓路天主教堂**

112 Shigu Lu 石鼓路112号

84706863

Korean service: Sat 4.30pm

English/Chinese Service: Sun 4.30pm

### **The Church of Jesus Christ of Latter Day Saints**

Yuhua Jingli Hotel, 8 Xiaohang Yaojiaao

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.

### **Legal**

### **D'Andrea & Partners Law Firm**

玛开德(上海)商务咨询有限公司

16F, PICCC Mansion, 69 Changjiang Lu

南京市长江路69号16楼

84715999 ext.1805 / 13451821579

nanjing@dandreadpartners.com

International Consulting Firm present in China since 2004 with offices in Shanghai, Nanjing and desk in Zhuhai, offering legal services in Italian, Chinese, English, French, German and Russian plus assistance in foreign direct investment in China, mergers and acquisitions, international contract law and labour law.

### **Dacheng Law Offices**

#### **大成律师事务所**

2F, 72 Beijing Xi Lu

北京西路72号2楼

83755108

nanjing.dachenglaw.com

Hongliang.Hu@dachenglaw.com

Ranked #1 in Asia by size, with branches in 26 countries and all over China. Nanjing branch is ranked #1 in Jiangsu Province (EN/CH/ES/JP/KO).

### **Jeffrey Wang**

中银(南京)律师事务所

8F, Jincheng Tower, 216 Longpan Zhong Lu

南京市长江路216号8楼

13605182614 / 58785588 / 58788688

wyz\_jeff@163.com

Business lawyer with more than ten years legal practice in Nanjing plus fluent English and knowledge in both legal and business areas.

### 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  
84203097 / 13952034351  
Professional cat and dog grooming service run by a local Nanjing girl who speaks fluent English.

### Tom Dog Pet Center

汤姆狗宠物中心  
1 Shanghai Lu 上海路 1 号  
86662858  
Pet stayover and dog walking service, retail outlet and English speaking staff.

### Nanjing Veterinary Station

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

### Media Production - Design - Photography

#### SinoConnexion

南京贺福文化传媒有限公司  
14F, Building 1, World Times Square, 8 Dongbao Lu  
鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室  
84718617 / 13851522275  
www.sinoconnexion.com  
info@sinoconnexion.com

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

#### VOZ Design

嗓音设计  
#607, De Ying Int. Plaza #1, Wonder City Mall,  
222 Changhong Jie  
雨花区长虹路 222 号德盈国际广场 1 幢 607 室  
58820096 / 18120135627 / 15950575174  
www.vozdesign.com  
contact@vozdesign.com  
Professional marketing oriented graphic design and brand development. No copies, no templates, only creativity and lots of brain juice. Mediocrity is a disease we fight everyday.

#### Nicolas Harter Photography

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

### Translation

#### Wow-Super A Translation Service

南京领域翻译有限公司  
#4004, 40th Floor, Tian'An International, Shigu Lu,  
Gulou District  
新街口大洋百货天安国际 40 楼 4004 (地铁 1、2 号线  
新街口站 15 号出口)  
NJU No.II Dept: Rm 412, Innovation School, NJU  
Science Park, Xianlin  
南京市仙林大学城南大科技园创新创业学院 412 室  
4006969469  
www.wowtran.com  
Offers a full suite of translation services for business,  
legal, technical and personal use, including official and  
notary translations plus interpreter services.

### Miscellaneous

#### Bottled Water Delivery Service

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

#### Satellite TV Installation Service

13770323459  
nanjingstv@gmail.com

### Lustre Cobbler 莱斯特皮鞋修饰

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

### Hong Bang Tailor

红邦裁缝  
18 Nanxiu Cun, Shanghai Lu 上海路南秀村 18 号  
The tailor of choice for many a Nanjing expat.

## Leisure & Sports

### Golf

#### Sofitel Zhongshan Golf Resort

钟山高尔夫俱乐部  
7 Huanling Lu 环陵路 7 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

#### Ginkgo Lake Golf Club

银杏湖高尔夫俱乐部  
1 Guli Yinxing Hu 江宁区谷里银杏湖 1 号  
86139988

### Other Sports

#### Century Star Ice Skating Club

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

#### Nanjing Leiniao Paragliding Club

南京雷鸟滑翔伞俱乐部  
Wutaishan Sport Center Tennis Stadium  
南京市五台山体育中心网球馆  
84458450 / 15335179782

#### Pisarev Ballet 比萨列夫芭蕾舞学校

B901 Junlin International Mansion, 5 Guangzhou  
Lu  
广州路 5 号君临国际 B901 室  
86975095

#### Changqing Taekwondo

长青跆拳道馆  
145 Zhongshan Dong Lu  
玄武区中山东路 145 号  
84541055

#### Karate Eifuukaikan 空手道影风道场

96 Yushi Jie 鱼市街 96 号  
52989189

### Massage & Spa

#### Pathways Spa & Lifestyle Club

颐庭 Spa 生活会馆  
13F, Tian'an International Building,  
98 Zhongshan Nan Lu 中山南路 98 号 13 楼  
84540166  
www.pathway-spa.com

#### Flow SPA 川·天地

46 Xijia Datang, Ming Cheng Hui  
(200m north of Xuanwu Lake's Jiefang Gate)  
明城汇西家大塘 46 号  
57718777

### Theatre

#### Nanjing Art and Cultural Center

南京文化艺术中心  
101 Changjiang Lu 长江路 101 号  
84797920

### Jiangnan 631 Niuda Theatre

江南 631 牛达剧场  
5 Yanling Xiang 延龄巷 5 号  
84419786

### Nanjing Art Academy Concert Hall

南京艺术学院音乐厅  
15 Huju Lu 虎踞北路 15 号  
83498249

### Jiangsu Kunqu Theatre 兰苑剧场

4 Chaotian Gong 朝天宫 4 号  
84469284

## Tourism and Hospitality

### Hotel & Hostel

#### Jinling Hotel Nanjing

南京金陵饭店  
2 Hanzhong Lu, Xinjiekou Square  
新街口汉中路 2 号  
84711888  
City Centre location puts this prize-winning landmark property only two minutes' walk from Xinjiekou Metro Station. Enjoy eight top-notch restaurants, 970 rooms and suites plus shopping and recreational facilities. International flight and train ticket purchase counter also available.

#### Fairmont Nanjing

南京金奥费尔蒙酒店  
333 Jiangdong Zhong Lu  
建邺区江东中路 333 号  
86728888  
www.fairmont.com/nanjing  
Ultra-contemporary setting (in an architectural marvel resembling an immense Chinese lantern) with the timeless service and hospitality for which Fairmont is known the world over.

#### Wanda Realm

江宁万达希尔顿  
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

南京玄武苏宁银河诺富特酒店  
9 Suning Lu, Xianlin, Qixia District  
玄武区徐庄软件园苏宁大道 9 号  
85208888  
www.novotel.com  
Good spot for a weekend escape from the city, with Purple Mountain still on its doorstep, while the Zhongshan International Golf Resort 27 hole course designed by Gary Player is just 5 minutes away.

#### Fraser Suites Nanjing

南京辉盛阁国际公寓  
116 Lushan Lu  
庐山路 116 号  
87773777  
www.frasershospitality.com  
International serviced apartment suites offering full balconies, clubhouse and leisure facilities.

#### Crowne Plaza Jiangning

南京银城皇冠假日酒店  
9 Jiahu East Road, Jiangning District  
南京江宁区佳湖东路 9 号  
81038888  
The first five star international hotel in Jiangning.

#### Sheraton Nanjing Kingsley

金丝利喜来登酒店  
169 Hanzhong Lu  
汉中路 169 号  
86668888  
Excellent downtown location with amenities including

baby sitting and butler service plus car rentals.

### The Westin Nanjing

南京威斯汀大酒店  
Nanjing International Center, 201 Zhongyang Lu  
中央路 201 号南京国际广场鼓楼区  
85568888  
www.westin.com/nanjing  
A haven of Chinese distinction in which every room affords a view of scenic Xuanwu Lake.

### InterContinental Hotel

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

### Sofitel Galaxy

南京索菲特银河大酒店  
1 Shanxi Lu  
山西路 1 号  
83718888  
www.sofitel.com  
resoff@sofitelnanjing.com  
The accommodation of choice for many visitors coming to Nanjing, along with all French dignitaries.

### Sofitel Zhongshan Golf Resort

钟山索菲特高尔夫度假酒店  
9 Huanling Lu  
环陵路 9 号  
85408888  
www.sofitel.com  
reservation@sofitelnanjing.com  
Preferred spot for Nanjing's rich and famous to play a round or two.

### Hilton Nanjing Riverside

南京世茂滨江希尔顿酒店  
1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)  
鼓楼区淮滨路 1 号 (近秦淮河和扬子江交汇处)  
83158888  
nanjingriverside.hilton.com  
nanjingriverside.info@hilton.com  
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  
80 Zhanyuan Lu (Fuzimiao west gate)  
瞻园路 80 号, 在夫子庙西门的附近  
52268858 / 66850566  
www.nanjingyha.com  
A popular youth hostel that includes free pool, DVDs, cable TV, foosball and English speaking staff.

### Resorts

#### Kayumanis Private Villas & Spa

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

#### Regalia Resort & Spa (Qinhuai River)

御庭精品酒店 (秦淮河)  
E5, No 388, Yingtian Da Jie  
(inside Chenguang 1865 Technology Park)  
应天大街 388 号 (晨光 1865 科技创意产业园) 第 E5 幢  
51885688  
www.regalia.com.cn

#### Tangshan Easpring Hot Spring Resort

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

### Museums

#### Nanjing Massacre Museum

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

#### Nanjing Museum

南京博物院  
321 Zhongshan Dong Lu  
中山东路 321 号  
One of China's three national level museums; as good as it sounds. Admission is free with valid ID.

#### Nanjing Municipal Museum (Chaotian Palace)

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

#### 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".

#### Nanjing Brocade Museum

南京云锦博物馆  
240 Chating Dong Jie  
茶亭东街 240 号  
86518580 Hours: 8:30am - 5:00pm  
Observe wooden looms producing the world's finest brocade. Fabric is also available for purchase.

#### City Wall Museum

南京明城墙遗址博物馆  
8 Jiefang Men 解放门 8 号  
83608359  
Long-gone city gates, maps and a full-scale model of the walled city. Captions in Chinese.

#### Nanjing Science Museum

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

#### Nanjing Museum of Paleontology

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

#### Nanjing Folk Museum

甘家大院  
South Zhongshan Road, across from the Huamei Building  
中山南路, 在华美大厦的对面  
52217104  
Visitors can study traditional Chinese architecture, including the so-called "99 and a half rooms". Various displays of traditional folk art throughout the year.

#### Treaty of Nanjing Negotiation Site

静海寺  
202 Jianning Lu  
建宁路 202 号  
58590298  
www.yuejianglou.com

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

#### Zheng He Treasure Shipyard

南京宝船遗址  
Lijiang Road No.57  
鼓楼区漓江路 57 号  
Pleasant park with a few interesting archaeological pieces.

### Parks

#### Qingliangshan Park 清凉山公园

Guangzhou Lu, near Huju Lu  
广州路西端  
Calligraphy and stone museums, as well as an art gallery and pottery studio.

#### Zixia Lake 紫霞湖

A cold water mountain-fed lake. Exercise with care; a few deaths occur each year as a result of cramp.

#### Mochou Lake Park 莫愁湖公园

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

#### Jiuhuashan Park 九华山公园

Beijing Dong Lu 北京东路  
Visit the pagoda and get on the city wall for gorgeous views of the city.

#### Xuanwu Lake Park 玄武湖公园

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

#### Happy World 弘阳欢乐世界

Daqiao Bei Lu, Pukou District  
浦口区大桥北路  
Fairly violent looking thrill rides plus giant water slide.

#### Pearl Spring Resort 南京珍珠泉风景区

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

#### Gulin Park 桂林公园

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

#### Zhongshan Botanical Garden

中山植物园  
Covers over 186 hectares and home to more than 3000 plant species.

#### Nanjing Yangtze River Bridge Park

南京长江大桥 (公园)  
7 Baotaqiao Dong Jie  
宝塔桥东街 7 号  
58790362  
Memorabilia dating from the construction of the bridge. Ascend to the deck of the bridge by elevator for the obligatory photo.

#### Memorial for Revolutionary Martyrs

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

#### Drum Tower/Gulou Park

鼓楼公园  
1 Gulou Jie  
鼓楼街 1 号, 在北京西路口  
The traditional center of a Chinese city.

#### Lao Shan National Forest Park

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

# CHINESE CORNER

Hàn Yǔ Jiǎo

## 汉语角

In association with  
**BOZHAN  
CONSULTANCY**

### Trends of 2014 / 2014年的趋势

1. 农村户口的含金量在上升，据说广州的农民娶老婆都要找女博士，为了改良下一代。

Nóngcūn hùkǒu de hánjīnliàng zài shàngshēng ,  
jùshuō Guǎngzhōu de nóngmín qū lǎopó dōu yào  
zhǎo nǚbóshì , wéile gǎiliáng xià yí dài 。

The value of farmer's "Hukou" is rising; in  
Guangzhou, people from rural areas want to  
marry a female PHD, to improve the genes of the  
next generation.

2. 北上广深开始加强对户口的限制，尤其是北京和上海。

Běi Shàng Guǎng Shēn kāishǐ jiǎqiáng duì hùkǒu  
de xiànzì , yóuqǐ shì Běijīng hé Shànghǎi 。

Restrictions on the "Hukou" in the top cities  
(Beijing, Shanghai, Guangzhou, Shenzhen) have  
been tightened, especially Beijing and Shanghai.

3. 受三中全会利好的刺激，富豪移民的脚步放慢了，Shòu SānZhōngQuánHui lìhǎo de cǐjī , fúháo yimín de jiǎobù fàngmǎn le 。

Due to benefits offered by the Third Plenum, the  
emigration process of China's wealthy people has  
been slowed down.

4. 以前不让生二胎，现在放开二胎了，却不敢生，养不起。

Yǐqián bù ràng shēng èrtāi , xiànzài fàngkāi èrtāi le ,  
què bù gǎn shēng , yǎngbúqǐ 。

Now the Government allows us to have two  
children , but we do not dare to because of the  
expenses.

5. 二线城市发展让人担心，和一线城市一样拥堵，却缺少一线城市的机会，收入偏低，房价一直在升高。

Erxiàn chéngshì fāzhǎn ràng rén dānxīn , hé yíxiàn  
chéngshì yíyàng yōngdū , què quēshǎo yíxiàn  
chéngshì de jīhuì , shōurù piāndī , fángjià yízhì zài  
shēnggāo 。

The development of second-tier cities is worrying;  
they are as cramped as first-tier cities, the salaries  
are lower and housing prices are constantly  
increasing.

6. 越来越多的城市对私家车购买开始限制，要摇号，限号。

Yuèláiyuè duō de chéngshì duì sījīǎ shēng gòumǎi  
kāishǐ xiànzì , yàoyáo hào , xiàn hào 。

More and more city will have policies to controlling  
the number of cars people can buy.

See nanjingexpat.com to join Chinese Corner; the free weekly Chinese class!

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English Email  
Newsletter for  
Nanjing's Expats**

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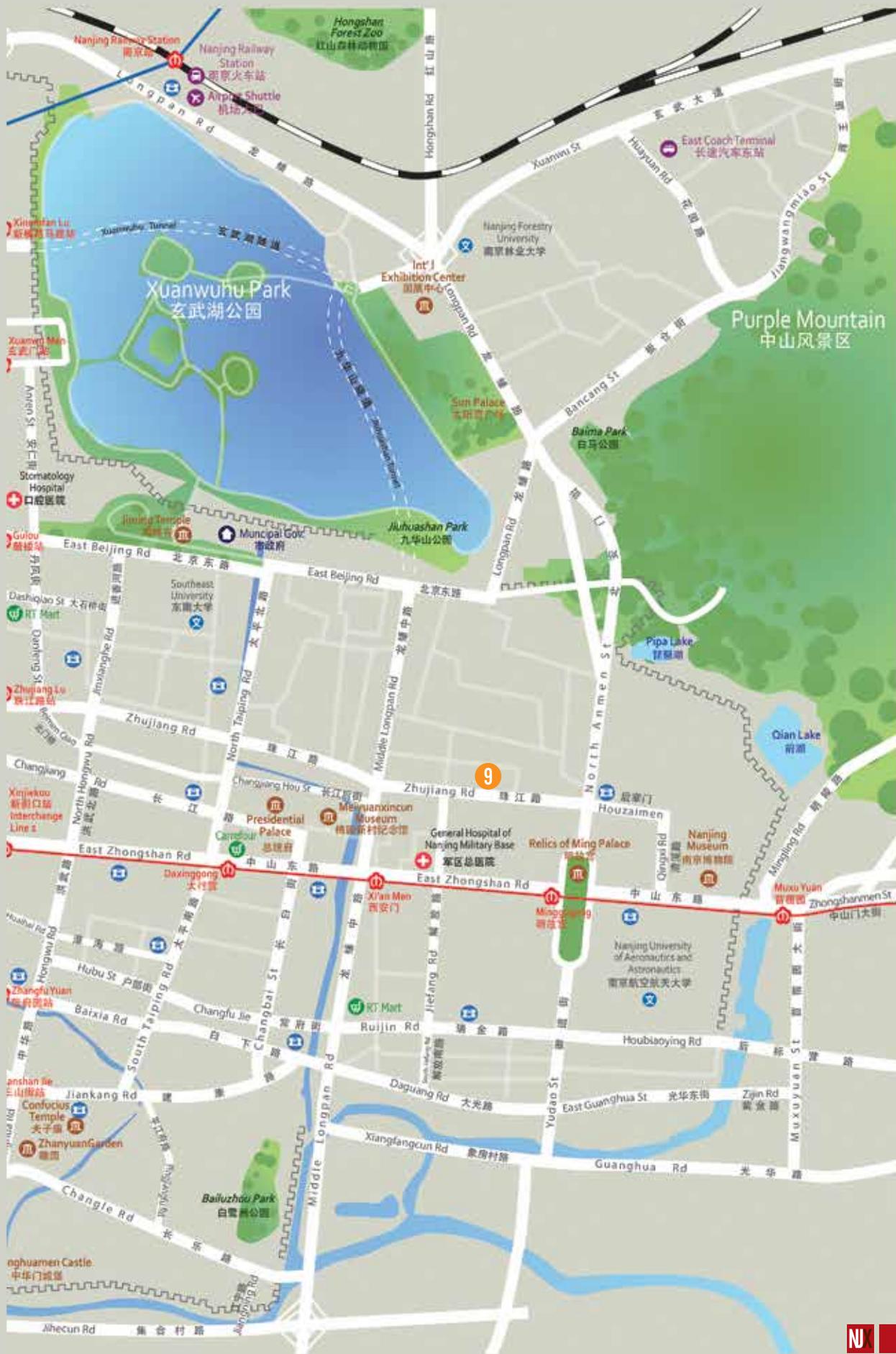
**NUX**

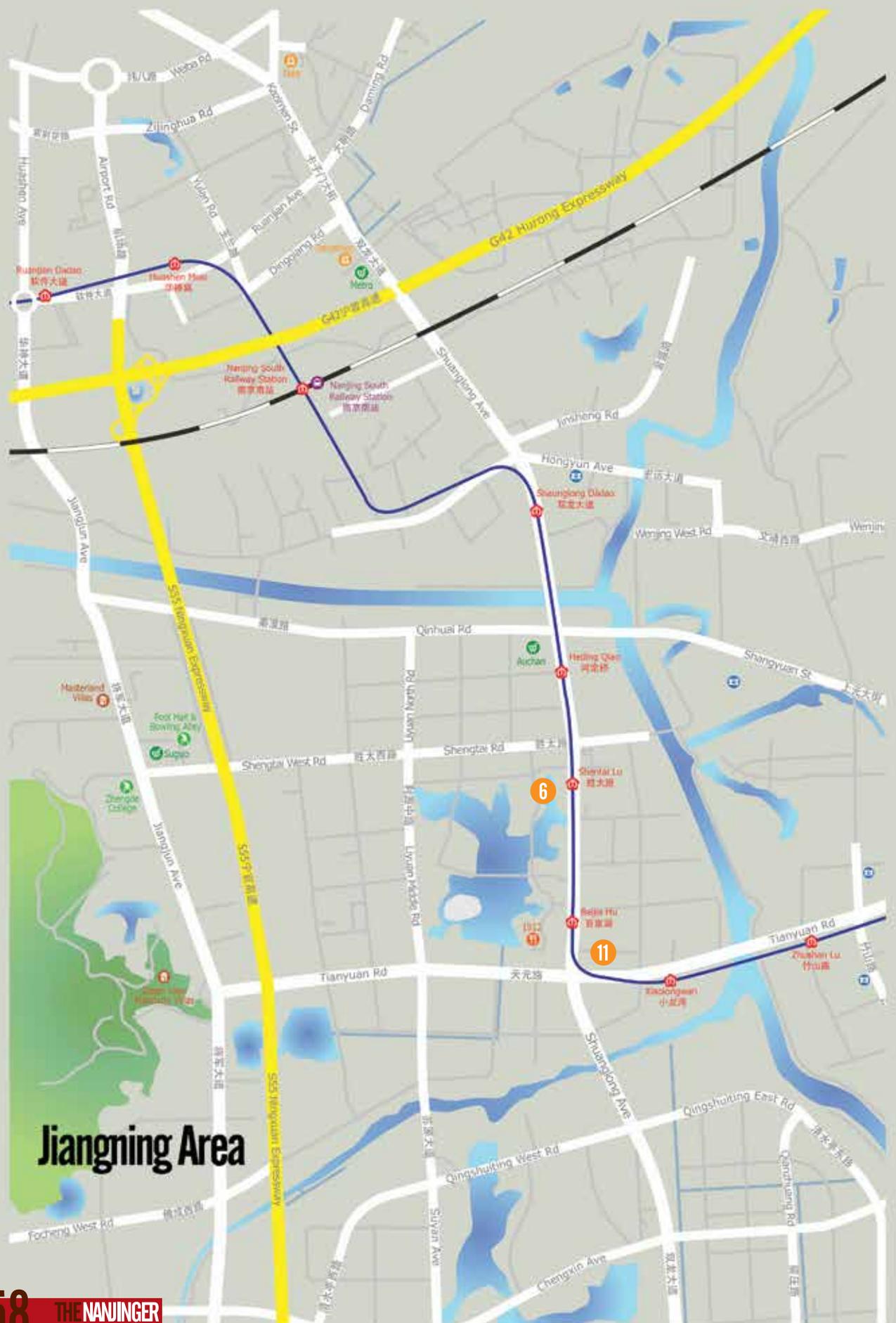


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# Jiangning Area



## Xianlin Area

## Olympic Area



1



2



3



4



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8



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10



11



# HomeWork

By Dan Clarke

## DIY Publishing

**M**ore people than ever before are now working from home, and here in Nanjing this is also a great way for expats with time on their hands to help make ends meet. Welcome to HomeWork, *The Nanjinger's* new home business column.

With websites and companies such as Amazon Kindle, iTunes, Smashwords and more, selling ebooks with no fees (they only take a commission), it is one of the best times to start writing. Last year, over half of the best selling books on Amazon were self published. *50 Shades of Grey* was originally published for free on Amazon Kindle, and is now being made into a movie after making millions. A more modest living is being made by quite a few authors through purely self-published work, earning them between 1,000 to 10,000 dollars a month.

### So can you!

You do not need to write a 100,000-word epic that rivals *Harry Potter*; in fact with e-books it is often the wrong way to go about it. Research shows that people who read e-books are far more interested in shorter lengths; between 10,000 and 40,000 words. Furthermore, when people are looking through Amazon Kindle, they are often looking for a solution to a problem; something that many consultants and freelance workers, such as myself, have used to our advantage. Whereas writing a complete book takes months, it only takes a few weeks or less to create a book devoted to one specific topic in your area of expertise.

In my case I have written three 5,000-word books; "How to Create a Home Business Plan," "How to Have a Pro-

ductive Weekend," and "Gaining Customers With a Buzz Piece". These are areas that I have studied or with which I have helped people. Each of these books took me approximately one week to write. I have sold a few hundred of each and given away hundreds more, gaining many clients in the process; this has more than made up for the time and effort.

### Write what you know!

If you have travelled all over China, you could write a travel guide and sell it for 99 cents on Kindle. That's a lot cheaper than most travel guides, so people with limited funds will be more likely to buy it. Better yet, make one book for each city or province you have visited; you might make less than a dollar for each sale, but it adds up quickly. Whatever you choose, make it something with which you are intimately familiar and in which people are generally interested.

When writing, consider the book a blog with each post being a new chapter. Most people can write a blog, and it seems easier than writing an actual book, so you won't get discouraged as easily. Once you have it written, you will need to edit it. Either get a friend, who is a good reader, to look it over or hire an editor. Then you need a cover; this is where many people go cheap; a bad idea. Get a nice cover created and it will make people look more kindly at your book.

Then, head to Amazon and other ebook sellers, to learn how to publish them. After you have it published you will have to market it, but that is a topic for the future! **N**

Dan Clarke is a home business coach based in Nanjing. Find out more at [www.lets-get-happy.com](http://www.lets-get-happy.com) / Tel: 13182847535

“education is a right,  
not a privilege”



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Association

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[www.pfrang-association.org](http://www.pfrang-association.org)

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