

# THE NANJINGER

NANJINGEXPAT

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# Meet Lily



who suffers from painful headaches and seizures. This is caused by pressure on her brain from too much water in her skull. Despite her painful condition, this sweet little girl rarely makes a fuss. Lily knows the sound of her nannies voices and she takes comfort in their generous kiss and cuddles. Although Lily will not have a long life, at Nanjing Butterfly Home, she has quality of life. Each day she enjoys a gentle bath and a lotion massage. She is then brought into the playroom so she can be fully included in the daily life of a happy home. Lily is loved and her life is celebrated.



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For more information, please contact Lyn Gould

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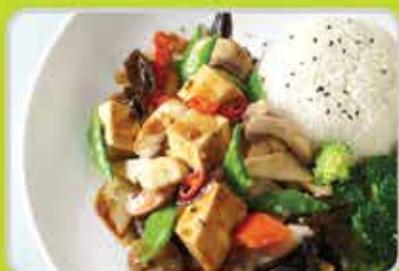
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## Fresh Oyster Delicacy Specialties



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Café  
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# THE NANJINGER

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Contributors 特约专稿人  
Anastasia Bordunova  
Melissa Morgernstern  
Chloe Partidge  
Wang Tiantian

Columnists 特约专稿人  
Sabine Machwüth  
Maria Simonova  
Dan Clarke  
Misha Maruma  
Nick McBride  
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 南京嗓音文化传播有限公司

Client Liason Coordinator 客户联络协调员  
Cassie Chen 陈珠慧

Marketing (UK) 英国市场  
Menglei Zhang 张梦蕾

Legal Consultant 法律顾问  
Ma Haipeng 马海鹏

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

Email: [thenanjinger@sinoconnexion.com](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。

# Letter Of The Month

Dear Nanjinger,

Amazing item #1: Shenzhen imposes fines from April 1 (no, not a prank joke) on “people who don’t throw rubbish in a garbage bin” (50 yuan) and on “people who throw articles out of a vehicle” (500 yuan) (China Daily, March 25, 2014). (Possible hint: avoid the first fine by always carrying some garbage in case it is necessary to be seen to be throwing some.)

Amazing item #2: Shenyang introduces fine “to punish people who throw garbage, such as cigarette ends, from vehicle windows” (20 yuan) (China Daily, April 4).

Do I detect a surge in fines enforcing semi-civilized behavior? Notice the absence of carpet-bomb spitting in Hong Kong. When will Nanjing officialdom notice the considerable income available for introducing such legislation, income possibly surpassing that presently collected from fines for parking cars on sidewalks and in bicycle lanes?

James G. Johnson

Hello James,

Congratulations! You are winner of The Nanjinger Letter of the Month for May, 2014!

Your letter sheds interesting light on how other cities in China are filling their coffers at the expense of individual freedom of expression (sic). But why stop there? I for one would also like to see a nice hefty 5000 kuai fine for those who throw items such as old fridges from the window of their 18th floor apartment. Now that would clean the streets up overnight.

Ed.

## WIN A WEEKEND FOR 2 AT NOVOTEL NANJING EAST

How to enter:

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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

## U.N.I.T.Y.

*"To call woman the weaker sex is a libel; it is man's injustice to woman.*

*If by strength is meant brute strength, then, indeed, is woman less brute than man. If by strength is meant moral power, then woman is immeasurably man's superior.*

*Has she not greater intuition, is she not more self-sacrificing, has she not greater powers of endurance, has she not greater courage?*

*Without her, man could not be. If nonviolence is the law of our being, the future is with woman.*

*Who can make a more effective appeal to the heart than woman?"*

*To the Women of India  
(Young India, 4th October, 1930)  
Mahatma Gandhi*

*Welcome to feminism from The Nanjinger.*

## March Against Harassment

■ According to a recent survey, sexual harassment is on the rise in China, predominantly on public busses, subways or in entertainment venues. Although this is difficult to say with accuracy, there are theories explaining why there is, at the very least, the impression of an increase in such behaviour.

Sexual harassment is not defined in the Protection of Women's Rights Law. There is only Article 39, which stipulates that women's reputation and dignity shall be protected and use of abusive, defamatory, libelous means to damage a female's reputation and personality is prohibited.

Few provincial regulations define it in more specific ways; in Shanghai, a bill has been submitted to the city's legislature to forbid such conduct. In Jiangsu province, the bill of Means to Perform the Protection of Women's Rights Law was amended in 2008 regarding the term of sexual harassment; Article 32 provides that the language, text, images, electronic information, body movements containing pornographic content and actions of such nature against a woman's wishes are prohibited. Employers should also develop necessary measures or investigative systems to prevent and combat such occurrences. Victims are entitled to the right of remedy to complain to her employer or competent authorities or can take litigation to court.

### Forms of Harassment

Generally speaking, the following constitutes harassment:

- (1) Flirtation or tantalizing by obscene words, such as talk about personal experiences, jokes or pornographic content;
- (2) Kissing a female's face, intentional touching of private and sensitive parts
- (3) Intentionally putting pornographic pictures in the workplace that result in embarrassment.

### Punishment

How does the Chinese law punish such inappropriate acts?

Five days of custody shall be imposed upon the violator or a fine of ¥500 is payable for sending obscene, abusive, or threatening messages, resulting in a disturbance to other individual's daily life. In more serious cases, five to ten days of custody, and the ¥500 fine shall be imposed upon the violator. These punishments are not criminal penalties by nature, but rather administrative punishments of public security.

In China's criminal law, no specific crime is stipulated as sexual harassment. However, insulting, libeling and insulting women with obscenities are included in Chinese law. If the court decides a breach of the above laws has taken place, penalties of up to three years prison apply to insulting and libeling, while two scales of up to of five years and over five years imprisonment are imposed for the crime of insulting women with obscenities. Note that a victim can resort to civil condemnation and compensation from the violator, by citing the relevant article of PRC tort law.

### Deficiencies in Current Laws

China has made a good start in addressing this type of harassment but deficiencies still exist. Proving inappropriate behavior is the biggest difficulty, so victims often keep quiet and quit their job. The responsibility of harassers and their punishment if they fail in these responsibilities remain undefined; finally, what exactly constitutes an assault of this nature and how to categorize it into varying levels of seriousness is still rather vague.

Although there is more to be done, the increasing number of cases filed over the last few years suggests that women have become more conscious of their personal rights, constituting a very positive trend. 

#### Disclaimer

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

# YELLOW PEARLS Can Shine TOO

Leftover Women's Strife and Progress

By Melissa Morgernstern

I've been blessed to visit the great capital of Beijing many times and have spent a pretty renminbi or two while staying there. One of my favourite places to shop is at the Pearl Market near the Temple of Heaven. Pearls abound for just a few 10Yuan notes a strand. Since yellow is one of my favourite colors, I am immediately drawn to some of the shades of gold and yellow strands available.



**M**y fondness for yellow pearls leaves me a bit baffled by a quote I found from an article titled “Leftover Women Do Not Deserve Our Sympathy” from the website of the All-China Federation of Women regarding women’s age and pursuit of higher education: “The tragedy is, [women] don’t realize that as women age, they are worth less and less. So by the time they get their MA or PhD, they are already old - like yellowed pearls.” As wine grows fuller with age, so does society with progress. Thus, it is sad to see the phenomenon of the “leftover” woman or Sheng Nü (剩女) permeate a large growing nation such as China. Leftover women face a number of challenges and obstacles that are far more serious than being compared to yellow pearls. However, one shouldn’t view these girls without hope or means to fight back, after all, if yellow pearls weren’t valuable, they wouldn’t be sold in the market.

### The Yellow Pearl’s Origin

Leftover Woman, in China, refers to an educated Chinese woman who is in their late twenties and is not yet married. The term started to become widely used in 2007 when the state-run media began printing articles on the topic of China’s gender imbalance. This gender imbalance, caused by a historically long practice of selective abortion, became a hot button issue in 2007 when the Central People’s Government issued an edict regarding “Population and the Family Planning Program” otherwise known as the one-child policy. This imbalance was viewed as a “threat to social stability” and decided to put the responsibility of raising the overall quality of the population on women. On a national and political level, this goal of raising “population quality” or *sushi* (素食) was appointed to the All-China Women’s Federation, an agency first founded in 1949 with the goal of protecting “women’s rights and interests”.

Since 2007, this term has been proliferated through news reports, editorials, columns, surveys, and even in cartoons and photos. The overall effect has been that of a population that has learned to stigmatize women in their late twenties or older who are still unmarried. Due to China’s emphasis on marriage as a gathering of resources; thus, a woman’s resources are relegated to that of what they can bring to a marital union.

Having a professional career and/or degree is not seen as resources that benefit women in this phase of their lives.



### The Value of a Yellow Pearl in Chinese Society

China’s tradition of marriage hypergamy, or the practice of women “marrying up” in terms of age, education, and income has deeply influenced the general equality of men and women in Chinese society. However, women’s pursuit of higher education and professional careers, have disturbed this traditional hierarchy and have created at least two groups of women and men that are unmatched in terms of education, age, income, professional development, as well as other individual attributes: highly educated and professional women as well as undereducated and non-professional working men. The general trend is that A-quality men marry B-quality women, B-quality men will wed C-quality women, and that C-quality men will find themselves married to D-quality women. Yet with the rise of A-quality women and D-quality men, there is an overall decrease in the desire to marry and/or “settle”.

However, with the goal for a “higher quality population” at the forefront, it is the A-quality or leftover women that receive the most pressure from the government and society to marry and procreate. As the pressures on the population’s quality continue to grow, so does the pressure on high quality marriageable women. Some local organizations and government offices in China have even taken the initiative by organizing matchmaking events aimed at young women meeting eligible young men. However, these measures are also very much directed towards young men and encouraging them to settle down as the government believes that the majority of social havoc originates from single, restless men without purpose.

## It's Not East Being Yellow

(Pressures on Grade A Leftovers to Procreate)

Despite women being viewed at the primary source of a better population and continual progress, pressures continue to abound and negatively influence women's place in Chinese society. Women are barraged with messages continuously denouncing them as selfish and picky. A 2011 post on the All-China Federation of Women's website titled "Leftover Women Do Not Deserve Our Sympathy" reads "Pretty girls do not need a lot of education to marry into a rich and powerful family." These messages serve as a powerful reminder that traditions do not die easily and that there is still a long way to go in recognizing this new population of women's worth and capabilities. There used to be more than 15 articles on the All-China Federation of Women aimed at teaching leftover women how to find a match, shine apart from others in the dating field, and even a psychoanalytical study of why women may want to marry in their later years. The website has made minimal progress by dropping the posts and the term "leftover women" from their overall print vocabulary. However, the expression and reference to "old" unmarried women remains prevalent and "old" often times refers to women who are 27 or older.

Women are also feeling a piercing point of pressure from their friends and family who have been influenced by state-run media. Some girls are abandoned or shunned by their families, as they are embarrassed to bring an unmarried daughter to family gatherings and hometown events. These families don't want people close to them knowing that they have a daughter who is unmarried as this may reflect poorly on both the daughter and the parents. Losing face over an abnormal daughter seems almost unbearable when their peers are already gushing over and playing with their grandchildren. To avoid such embarrassment, parents have attempted to set up their daughters on blind dates and encourage them to visit the parks that are filled with personal advertisements for men and women. Some parents have taken harsher measures by even threatening to disown their daughters if they do not marry within a year and if that does not come to fruition, the daughter should give up her current life and move home with the family for further measures.

## Girls Just Want to Have Fun

Romance has never truly flourished in a society that treasures practicality and sees dating along the lines of a commercial transaction. Women are starting to enjoy and pursue this ideal of romantic love. Dating is changing from a commercial exchange of resources into the search of shared love, interest, and a certain spark. The beginnings of a romantic movement are very much alive in a society where materialism and money worship run rampant. "Leftover women" are lonely and stigmatized pioneers in a society that is growing but at times refuses to align itself with that growth. At the best of times, "Leftover women" are able to enjoy the freedoms and the advantages of being successful in a modern urbanizing society that calls for such independence and skill. While aware of the pressures surrounding them, these women are able to create a pathway for women to succeed and play a role in their country's future. Their high amount of education and financial independence puts them in an advantageous spot where they can decide the future of women in a growing and changing China.

In a very pointed response to the above discussed pressures, women are launching their own social clubs across the country that are aimed at bringing these women together to enjoy life and support one another. Sandra Bao is a cofounder of a fashion magazine and one of the founders of a club for "leftover women" that now has more than 1,000 members. Ms. Bao has elaborated on how women no longer have to be worried for their status and can enjoy life while holding out for Mr. Right: "We don't want to make compromises because of age or social pressure" she explains in an article for the Pulitzer Center. There are quite a few women, especially in China's urban areas, however this doesn't stop women from enjoying their freedom and the pursuit of personal, career, and educational growth. These clubs also serve as a way for women to leave their isolation and frustration behind for a supportive group that can help them take advantage of a growing nation and its needs, as Ms. Bao states, "In Singles Club, we laugh at the social bias against us." As a pearl market needs to diversify its offerings to make a profit, so does the world need diversity to ensure the possibility of progress for all its citizens. **N**

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Images show: A collage of food and drinks, a group of people sitting at a table, and a group of people playing a game.

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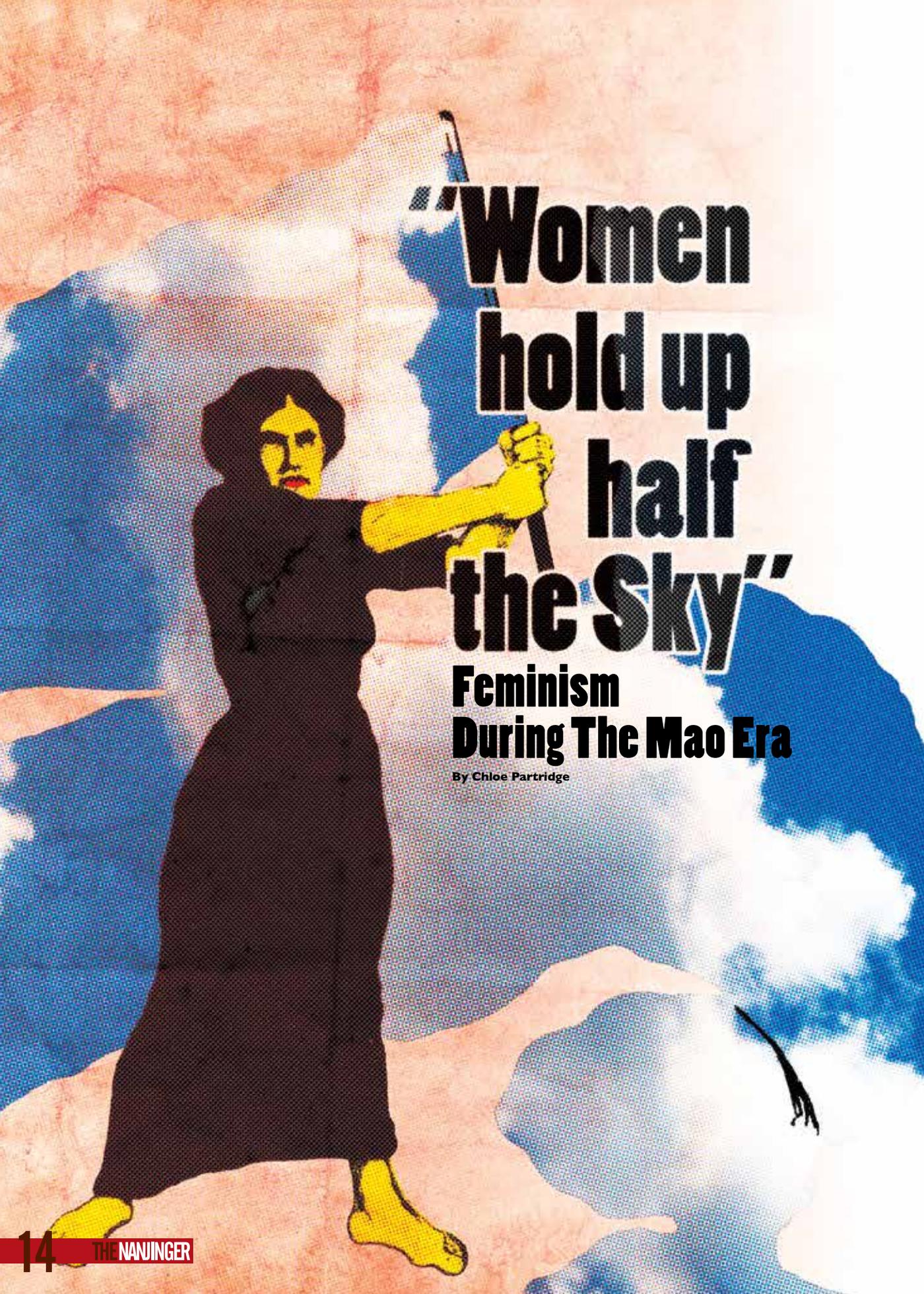
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**“Women  
hold up  
half  
the Sky”**

**Feminism  
During The Mao Era**

By Chloe Partridge

**A**ccording to common belief during Mao Zedong's leadership in China (1945-1976) women were liberated from their previously controlled lives and given a level footing on the social and working playing fields. However, there is much to suggest that the liberation of women during this time was secondary to national production, and in fact, that women were exploited as work-force pawns to increase the country's output.

The lives of women throughout Chinese history have been well documented, and even likened to "that of a slave", from barbaric foot-binding of young girls to oppressive marriages, in which women were pressured to produce only sons. As a result women had very little control over their lives and were expected to behave according to the "Three Obedience's", a Confucian ethic stating that unmarried women have to obey their father, married women have to obey their husband and a widow has to obey her adult sons. Lily Harper-Hinton, a researcher at the New Zealand Contemporary China Research Centre, comments in her work, "Women were seen as nothing more than temporary members of their natal family, with no rights to property or inheritance". In other words, they were merely there to bare male children and serve their husband.

### **The Communist Party believed that through employment women would be liberated from their previously oppressed lives,**

and the feudal and social attitudes of society could be changed. For this reason, in 1949, when the Communist Party came to power they immediately granted women marriage and land rights. Women were also mobilised in unprecedented numbers into paid employment, which offered services such as housing, health-care and retirement pensions.

According to Hinton, in order to help with the domestic duties of women, communal childcare facilities were introduced in cities, and communal living quarters were set up in rural areas for people working on the land.

Mao also launched a vast campaign to combat the low level of literacy amongst women, as he believed this would help them become more immersed in the work place, and play an equal part in the running of the country through their active role in society. The political involvement of women also dramatically increased during the Mao era; however women were rarely found in high-level state positions involving influencing the policies that shaped women's lives.

The success of the Communist Party in liberating women, however, is not so black and white. The number of women called upon to participate in the workforce was subject to the rate of economic growth. If the economy was doing well, less women were needed; if it was struggling, more women were mobilised to help increase production rates. During these times the state played their appraisal of women to suit the economic situation at that time. When the country needed to increase state production (such as in the Great Leap Forward) women were encouraged to work but when the state could not accommodate them in the workforce it emphasised the need for women to look after the home. In this way the women of China were only partly free; although they were given new freedoms, these were retracted and manipulated as a secondary means to national production. Furthermore, the salary of a woman was still paid to the head of the house hold, which in most cases was a male, and land



rights were flawed, as property often remained registered under the male head of the household, due to resistance by men to allow women equal rights.

## During the Mao era women were also discouraged from acting in a feminine manner as it was regarded as 'bourgeois behaviour',

Instead they were treated as 'de-gender' equals with uni-sex dress code being introduced in the workplace. This stripped women of the very things that set them apart from men and in many ways resulted in the opposite of liberation. Their gender identity was changed, and instead of becoming neutral, it actually became more masculine. Women were encouraged to dress and behave like men, so much so that seen from the back it became impossible to tell a female and male worker apart. This gender erasure ultimately suppressed women and removed their ability to express female tendencies altogether. Kang Xiujin, a woman of the Maoist era states in a piece written by May-fair Mei-hui Yang, "You only felt like a woman when you gave birth; at other times you don't exist as a woman".

Women were in a constant tug of war between the new reforms in China and the old feudal system. The state put emphasis on women going out to work and being gender equals; praising them in the public eye. However, when at home they were still expected to conform to the views of the male head of house. According to Hinton this reality illustrates the incomplete transformation by the Communist Party in trying to integrate women into society as equals.

One of the most striking examples of women's liberation coming second to that of the state's need was through the encouragement of birth control. The motivation behind this "liberation" was not the according of women the right to control their own bodies, but instead was a means to regulate population growth. At the start of Mao's reign, population growth was not viewed as problem, in fact it was encouraged as Mao believed it empowered the country. When, after the Great Leap Forward, population issues began to surface, a mass birth control campaign was launched. Women were educated on contraception, and abortion and sterilisation became more readily available.

In 1978, after Mao's leadership, new economic reforms were introduced to China by the Communist Party. These reforms further affected the lives of women in China. As the country's market opened up to foreign investment urban women had to operate within a new labour market characterised by competition for positions. While this may have liberated women from the power the Maoist state had over their economic choices, it more than likely also meant that women had to compete on an uneven playing field against men, for jobs.

This ultimately led to discrimination in the work place and a pressure on women to remove themselves from therein. Women were seen as an expensive investment by an employer, with costs such as maternity leave and retirement pensions. They were also believed to be less able to fulfill their roles due to household commitments, which had returned after the Mao era due to the un-renewed support of the state with regards to childcare facilities.

Since the Mao era pre-revolutionary patriarchal ideals concerning women's place in society as a whole have returned. Feudal social attitudes towards women have resurfaced, with large numbers of women leaving the workforce and returning to the household, as it is believed family should come first. Hinton summarises the situation thus; "The disadvantages faced by women illustrate the entirely unfinished liberation of women in the Mao era and in the aftermath of the subsequent economic reforms... Women have therefore moved, but not leaped forward [in the time since Mao came to power]".

There is little doubt that Mao created a platform for change, and as a result women benefited from the Communist Party's reforms, even if the gains were a by-product to the country's economic uprising. His reforms without question brought about change and helped pave the way for future women's rights and policies in China. However, the commonly thought of slogans such as, "Women hold up half the sky" and "What men can do, women can do" were also part of an expansive propaganda movement to help masquerade the party's main agenda in propelling forward the country's economy. 

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## THE SHANGHAI BUBBLE

**“Tough Shanghai Women”** is probably one of the most purported stereotypes of the metropolis’ female population. While often an oversimplification, there seems to be an ounce of truth in rumours about Shanghai’s status as more emancipated than their peers. The history of the city created the “Shanghai Bubble”, where women are more successful and independent, but also more powerful in the home, than in any other mainland city.

It all began with the Republic of China; according to the *Journal of International Women’s Studies* the 1920s and 1930s marked a change in the roles of Chinese women and progression in their fight for equality all over the country. However, Shanghai had one unique feature that caused it to win the emancipation race; a foreign perspective. Due to the European presence in Shanghai, i.e. the French Concession and the International Settlement, full of foreign females supporting equality in education and workforce, Shanghai experienced a cultural influence unrivaled to any other Chinese city.

Local silk and cotton factories enabled even the poorest women to gain some independence as they mainly employed Chinese women and girls, allowing for a basic income unavailable to them in the past. By 1935, over 3,400 factories employed over 170,000 people in Shanghai, a vast majority of which were female.

On the upper echelons of society, another transformation was taking place. An example that perfectly illustrates the professional advancement of the metropolis’ privileged women is Yan Shuhe. She became one of the first female bank executives in the country, heading the Women’s Department of the Shanghai Commercial and Savings Bank, and co-founded the Shanghai Women’s Commercial and Savings Bank in 1924.

As highly educated upper-class women began conquering previously all-male work areas such as the banking sector, police stations, and universities, thereby earning their own salaries, many Chinese banks added to their offering a women’s department with female employees servicing wealthy career women, completing the circle of emancipation.

At the same time, ambitious women streamed into Shanghai from all over the country looking for kindred spirits and further solidifying the army of strong Shanghainese.

Mass media reflected the Shanghai emancipation of the time. Women's newspapers and journals such as *Female Voice*, founded in 1932, emerged, including discussions about women's rights. The Shanghai cinema of the 1930s tellingly produced more female leads than males. These female actresses often depicted the "modeng xiaojie", the modern woman; ironically mirror images of themselves. This New Woman was portrayed in films, newspapers and cheap fiction as employed and spending her earnings on fashion and fun. Shanghai's upper class, fashion-conscious working women were now allowed to enter previously out-of-bounds establishments such as nightclubs and bars. They re-appropriated the baggy Qing dynasty Qipao during the 1920s into something more fitting in all senses of the word; more sensual with its high slit, it befit their newly found power and confidence. Fashion cult and consumerism were representative of the modern Shanghai woman, and are even to this day characteristics typically ascribed to females from the metropolis.

The incarnation of Shanghai's modeng xiaojie are undoubtedly the Soong Sisters, the three singularly most important women in modern Chinese history. The youngest, Ai-Ling Soong, was the first Chinese woman ever to enroll in a US college. Just as important though, was the fact that these three sisters became the country's most powerful females, influencing its political, military and financial realm as the women behind the men; TJ Soong, Hong Kong banking magnate, Jiang-Kai Shek, nationalist leader and Sun Yat-Sen, the father of Modern China. By association, the Soong wives held China in their hand and mingled with the highest national and international figureheads of their day.

The lead Shanghai women gained during the Republican era has had a lasting effect even in the 21st century.

According to data from 2003, the average length of education of Shanghai women was 9.42 years, 3.3 years more than the national average, while 44.5 per cent of women had received higher education at the time.

The same study suggested that Shanghai women enjoy greater rights in the home as well, as 95 percent mentioned they decide on whether to buy expensive articles for themselves and 93 percent answered it was their own decision whether or not to study or work outside; both figures topping national average. In 2013, Horizon Consulting Group further revealed that Shanghai women have more control over the families' finances in general; 40 percent of Shanghai women solely control their families' assets (again above national average), while 42 percent of couples share the duty, making clear that Shanghai's finances are women's business.

In work life, state-owned enterprises have made it more difficult for Chinese women to successfully climb the career ladder, being traditionally a men's club.

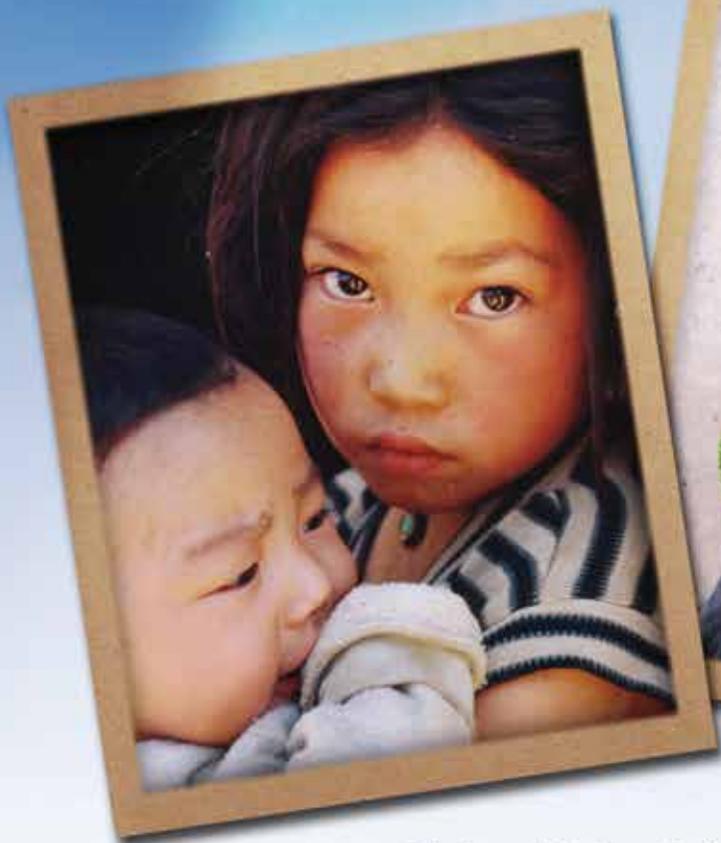
However, a majority of the country's few leading women hail from Shanghai, such as China's education minister Chen Zhili, defending the city's reputation as female powerhouse. Furthermore, the once again increasing presence of international companies and joint ventures, who will gladly employ the "fairer sex", are opening the doors anew to young ambitious Shanghainese, bringing about a second wave of gender equality.

Just as important, in the few remaining male realms of today, such as theatre directing, Shanghai women are still taking the lead role in breaking with tradition. "Intimates Women", a play written by female playwright Chen Ju and directed by 24-year-old Shanghainese Wang Tianchu, was on show during International Women's Day at the Shanghai Drama Arts Center, one of the most important mainland theater institutes. Wang has been proclaimed the youngest female director of a commercial stage production in mainland China. In a nod to the ancestors, who laid the foundations for the city's females, her play tells the tale of a group of independent singletons in early 1900s Shanghai who pin their hair up in the style of married women to be independent from family, men and feudal society.

Shanghai has long-since acted as a role-model to second tier cities such as Nanjing, suggesting that one day the Shanghai Bubble will burst and flood all of China with an army of independent women. 



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### 女权主义 Feminism

老王对轰轰烈烈的女权主义运动颇不以为然。

Lǎo wáng duì hōng hōng liè liè de nǚ quán zhǔ yì yùn dòng pō bú yǐ wéi rán 。

Mr Wang feels that strong feminism is quite objectionable.

有位朋友建议他写一本提倡男权主义的书，老王说：“早就写好了。”

Yǒu wèi péng yǒu jiàn yì tā xiě yī běn tí chàng nán quán zhǔ yì de shū , lǎo wáng shuō : “zǎo jiù xiě hǎo le 。”

Therefore, one of his friends suggests he write a book advocating chauvinism. Wang replies “I have already written it.”

朋友：“那为什么还不出版呢？”

Péng yǒu : “nà wéi shí me hái bú chū bǎn ne ?”

The friend asks: “So when will it be published.”

“太太还没批准呢。”老王苦笑着说。

“Tài tài hái méi pī zhǔn ne 。”lǎo wáng kǔ xiào zhe shuō 。

With a bitter smile Wang replies : “My wife needs to approve it first. ”

### Watch Out For...

#### TIP 1 :

中国人一般会把要跟老婆商量一下，说成：请示领导；或者说他们怕老婆，他们是气管炎(妻管严)。

Zhōng guó rén yī bān huì bǎ yào gēn lǎo pó shāng liàng yī xià , shuō chéng : qǐng shì líng dǎo ; huò zhě shuō tā men pà lǎo pó , tā men shì qì guǎn yán --qī guǎn yán 。

When Chinese men have to ask their wives permission, this is often referred to as “consulting with the leadership”; if they are afraid of the wife people call it “bronchitis”(气管炎), a homonym of being henpecked (妻管严)。

#### TIP 2 :

请对你的中国同事小心使用以上开玩笑的话。

Qǐng duì nǐ de zhōng guó tóng shì xiǎo xīn shǐ yòng yǐ shàng kāi wán xiào de huà 。

If in a Chinese work environment, please use the above joke with care.

See [www.nanjingexpat.com](http://www.nanjingexpat.com) to join Chinese Corner;

the free weekly Chinese class!

## AUBERGINE (eggplant) TOMATO & MOZZARELLA BAKE



### INGREDIENTS

- 4 aubergines / eggplants
- 1 tin tomatoes
- 2-3 cloves garlic, crushed
- Pinch of mixed herbs
- 1 onion, diced
- 1/4-1/2 teaspoon of jar chilli (with skin & seeds)
- 2 packs mozzarella, OR
- 250g hard mozzarella, grated.

### DIRECTIONS

1. Preheat oven to 180°C.
  2. To make tomato sauce: Fry onion in a saucepan then add garlic, tomatoes, chilli and herbs. Simmer gently for 10 minutes.
  3. Slice eggplant and place on a cookie sheet, brush with olive oil, and grill till lightly brown on both sides. Or, fry in a saucepan.
  4. Layer the ingredients in an ovenproof dish starting with the tomato sauce, then eggplant, then cheese. Usually 2 layers of each. Make sure there is a good layer of cheese on top.
  5. Bake in the oven for 20-30 minutes till light brown.
  6. Serve with crispy bread and a green salad. Also goes well with any roasted meat.
- Variations:
- A) Use combination of mozzarella and hard cheese.
  - B) Omit the chilli and add basil leaves for a more herby flavor.
- Serves 4.

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(see next page) 



# 莫泽瑞拉干酪 烤茄子和番茄



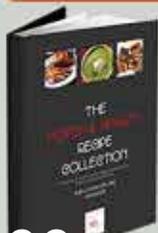
## 配料

- 4 只茄子
- 1 罐番茄
- 2-3 瓣大蒜, 切末
- 少量混合香草
- 1 只洋葱, 切碎
- 1/4-1/2 茶匙罐装辣椒(带皮带籽)
- 2 袋莫泽瑞拉软干酪, 或者
- 250 克莫泽瑞拉硬干酪, 磨碎

## 制作方法

1. 预热烤箱至摄氏180度。
2. 制作番茄酱:先在平底锅中炒洋葱,然后加蒜、番茄、辣椒和香草一起炒。小火焖10分钟。
3. 将茄子切片放在烤板上,上面刷橄榄油,两面烤至呈浅棕色。或者在平底锅中油煎。
4. 准备好烤盘,先放两层番茄酱,然后放两层茄子,最后放两层干酪。请确保最上层铺了足够厚的干酪。
5. 烤20-30分钟至呈浅棕色。
6. 与脆面包和绿叶沙拉一起食用。也可以与烤肉搭配。

变化:可以把莫泽瑞拉软干酪和硬干酪混和用;将辣椒酱改为九层塔会别具香草风味。可供4人。



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## NANJING USER'S GUIDE



IN ASSOCIATION WITH  
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## EATING OUT

**F**ind in the following some useful pointers when eating out in restaurants in Nanjing.

### Too oily or spicy

A lot of the food in Chinese restaurants can be either coated in large amounts of oil or completely buried underneath a mound of chilies. It is possible to get around this by having a polite word with one of the waiting staff. For those who cannot take excessive amounts of oil, this can be remedied simply by saying "Shǎo fàng yóu" (少放油), which word for word means "less put oil".

If you are one of the many people who prefer not to have their mouth burnt off by a thousand chilies, you can say "Bù fàng làjiāo" (不放辣椒) meaning "don't add chilies".

It has to be said that some restaurants will still choose how seriously they want to take your instructions, but this will at least help to get your point across.

### Allergies

It should be stressed that if you have a serious allergy to nuts or any other common Chinese ingredient, there is no way to be 100 percent sure it is not contained in your dish. Even if you ask for nuts not to be added to the dish, they may still use some kind of nut oil. Not many people seem to have allergies to nuts in China, so it is not taken as seriously as in many restaurants in the west. However, if you have a minor allergy or would just prefer for it to be excluded from your food, you can get by with the following phrase. "Wǒ duì jiāngguǒ guòmǐn" (我对坚果过敏) which word for word means "I am to nuts allergic". If you are allergic to other foods you can just replace "jiāngguǒ" with the appropriate food.

### Doggy bag

Sometimes you may visit a restaurant and have a dish which you absolutely loved, however you and your friends could not possibly have another bite. It is very common for people to have the remaining food bagged up so you can take it home for later. This can be conveyed to the waiting staff with just two words, "Dǎbāo" (打包). By saying these words and pointing to the relevant dishes, they will obligingly help package it up for you.



*In the process de construir marca es muy importante seleccionar un definir un lenguaje, a perosnality and style of communication e incluso un tono, words, images, etc. 换种说法，统一的设计元素会让您的品牌更易识别。 Elementos que definirán e influenciarán en general cada aspecto de como tu marca se comunicara con tu audiencia. 还有一个很重要的方面是应在开始设计标识前就考虑他们。*

## “You Might Think That I’m Insane”

I just don’t know how to communicate.

■ Imagine for a moment that you are in the middle of a conversation with somebody and suddenly this person starts talking to you in another language right in the middle of a sentence, changing and switching back and forth between two or three different languages. The first thing that will cross your mind is that this person is mentally unstable and of course completely unreliable.

*Funnily enough we see this exact same situation everyday when we are in the presence of unmanaged brands, a mistake that even big brands fall victim to. Consistency in communication may look like an unimportant aspect but it can make a crucial difference in the way you interact with your target audience influencing their choices and decisions.*

*Communication in marketing works in different levels, it relies on our five senses and at a subconscious level, in ways we do not really understand; yet it has a real effect in how we perceive the messages and a real influence on our thoughts and behaviour. Although the process of communication is very complex, its principles are very straightforward; we communicate better with people or things we identify ourselves with. This identification is the result of recognition, trust and credibility. It is very difficult, if not impossible, to develop these important aspects if you constantly approach your audience with a different face, speaking in a different language and delivering an inconsistent message.*

*For example, the use of a consistent layout for your different printed materials helps to make your brand easily recognisable, therefore the brain does not need to waste valuable seconds trying to decipher who is delivering the message, instead focusing on what is being said. On the other hand this consistency is perceived as eloquence and honesty, increasing credibility and trust in your brand.*

Effective communication translates to a better use of your resources, saving time and money.

*If you are still wondering about what that first paragraph says, here it is.*

*In the process of building a brand it is very important to select and define a consistent language (by language I mean a code of visual, auditive and even tactile stimuli), a personality and style, things like tone, words, images, etc. In other words, a system of elements that will make your brand easily identifiable. These elements will define and influence in general every single aspect of how your brand will communicate with your audience. Aspects so important that in some cases they should be taken into consideration even before the creation of the logo. **NU***

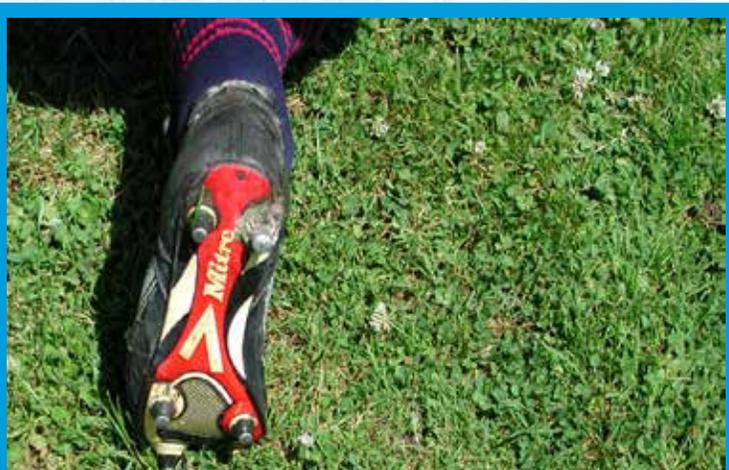


By Misha Maruma

## A Game Of Dedication

**T**hey say rugby is a game of dedication. The story goes, New Zealand player Wayne 'Buck' Shelford took a cleat to his sensitive area during a game and seriously ripped open the aforementioned region.

At this point most people would get medical attention and call it a day. But Shelford got it sewed up on the bench and continued the game. From what I know of rugby players, this type of dedication is par for the course.



Last year I interviewed some members of the Nanjing Rockets rugby team. I caught up with them again to see how the club is fairing.

In the past six months the Rockets progress has been nothing short of remarkable. Management structures and recruitment policies have been introduced to become a sustainable club. Former vice captain Romain Kooger, who worked hard at recruitment and building a social base around the club, recently returned to Switzerland; only due to its stability, the club was able to deal with the loss of one of their leaders.

The Rockets success stems from having the right balance of being a social club with getting a committed number to train and play. "In one season we've gone from 'whipping boys' in the Yangtze Delta Division (YDD) to becoming a well drilled team playing at a high tempo", says Dan Aylward, one of the founding members of the team.

When I last spoke to them, they were just happy to

have enough players to get a team together. Half a year later, they are competing at the top of the YDD and finished just one point off top place.

This progression has a lot to do with the fact that the club reached out to the local Chinese rugby community. The relationships they have developed have helped the club to grow, so that now a large number of local talent represents the Rockets on a regular basis.

Dedication to training is mixed with the club's ethos of work hard, play hard. This idea of being committed to turning up every week, but also being involved in the social events that the club hosts, is backbone to the Rocket's philosophy. Indeed, the club is on the look out for a social secretary to help organise even more social events throughout the season.

If you are interested in joining the Rockets, they have touch rugby sessions every Wednesday from 7pm to 9pm at the Nanjing Arts Institute. For more information contact the Nanjinger. 

# Nanjing 6's Cricket Tournament

**O**n 17th May the fifth annual Nanjing 6's cricket tournament is being held at the Nanjing Institute of Technology. Teams will be competing for the Connery Shield of Dreams. If you have never watched live cricket before then this is your chance to come and enjoy a day out as teams of six players compete in innings of five overs.



This yearly event is hosted by Nanjing's cricket teams the Bogans and the Nongmin. Last year there were six teams involved from three cities, Nanjing, Shanghai and Xiamen. This year sees newcomers Suzhou invited to enter a team.

Last year the Nanjing Bogans were resoundingly beaten in the final by reigning champion the Shanghai Bashers. Expect the Bogans to be gunning for revenge. The first game will begin promptly at 9am; the teams compete in a round-robin phase with the four best teams going through to the knockout stage. The last game is scheduled to end around 5pm.

Nanjing cricket has seen a notable increase in popularity over the past years. New enthusiastic players are mostly from countries with no cricket pedigree; both clubs pride themselves on being all-inclusive.

Last year the two Nanjing teams were invited to Xiamen for the Halloween 6's tournament. They joined together to form a touring party, the Nanjing Disco Ducks.

This year the Disco Ducks are scheduled to go to Suzhou in the summer and Xiamen again in October. The club is always on the lookout for new players; contact the Nanjinger for details. 

# FLYING INTO MORE AND MORE HANDS



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## Qingdao

Double Tree by Hilton

## Suzhou

Dulwich College Suzhou  
EtonHouse International School

## Taizhou

Double Tree by Hilton

## Wuxi

EtonHouse International School  
Sheraton Wuxi Binhu Hotel

## Yangzhou

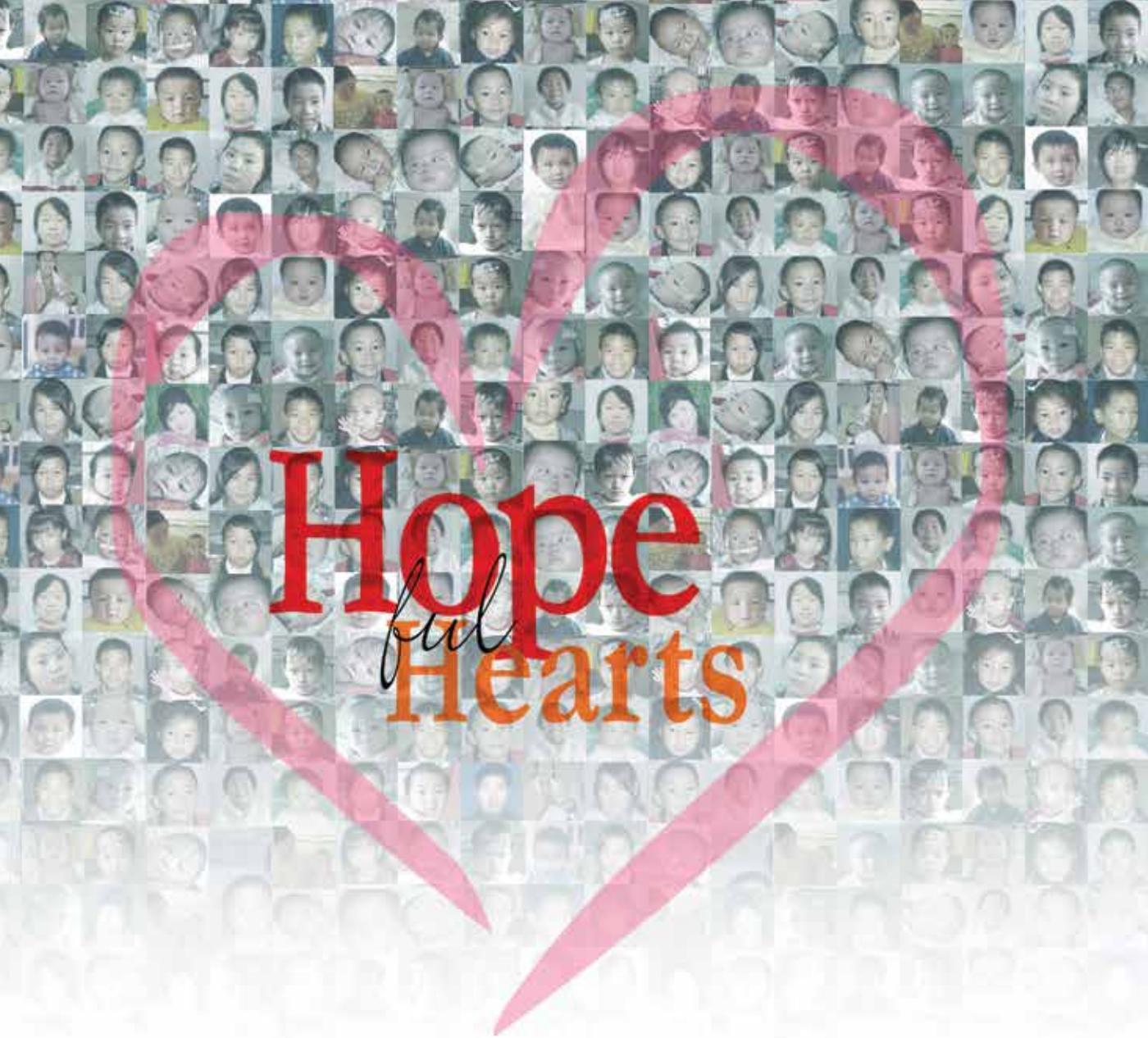
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# HARD WORK ON SOFT POWER

By Anastasia  
Bordunova



**E**very country has a culture. But not every culture can be transformed into the so-called 'soft power'; a political tool to influence the international community through art, sports, education or diplomacy, rather than financial or military actions.

In the struggle for international recognition, the East is now paying closer attention to the concept. Xi Jinping has recently called for the promotion of China's culture and socialist values abroad. Still, with billions of dollars invested in the idea yearly, China lags behind the global soft power leaders; Germany, UK and the USA. High time to learn from the best.

On 11th April 2014, Carnegie-Tsinghua Center for Global Policy in Beijing held a panel discussion on US cultural diplomacy, gathering specialists from government, business and academia.

The main question on the agenda was what makes America so attractive to the Chinese? The most obvious answer that comes to mind are pop culture products, such as McDonald's, Starbucks, Apple phones and Hollywood movies, marching triumphantly across the planet.

***"You can love them or hate them, but they developed organically, not from the government, and, in many cases, despite the government; this is what makes them especially attractive sometimes"***, states Jesse Curtis, representative of the US Embassy in Beijing.

This being said, one might think the US garners international recognition at almost no effort; American presence is already ubiquitous. The US side argues its pop culture influence is as strong and widespread as it is one-sided, showing only a small fraction of what the country really is. Mr Curtis believes the real reasons for the US's powerful image abroad are much more profound: economic opportunities, quality of education, personal freedom.

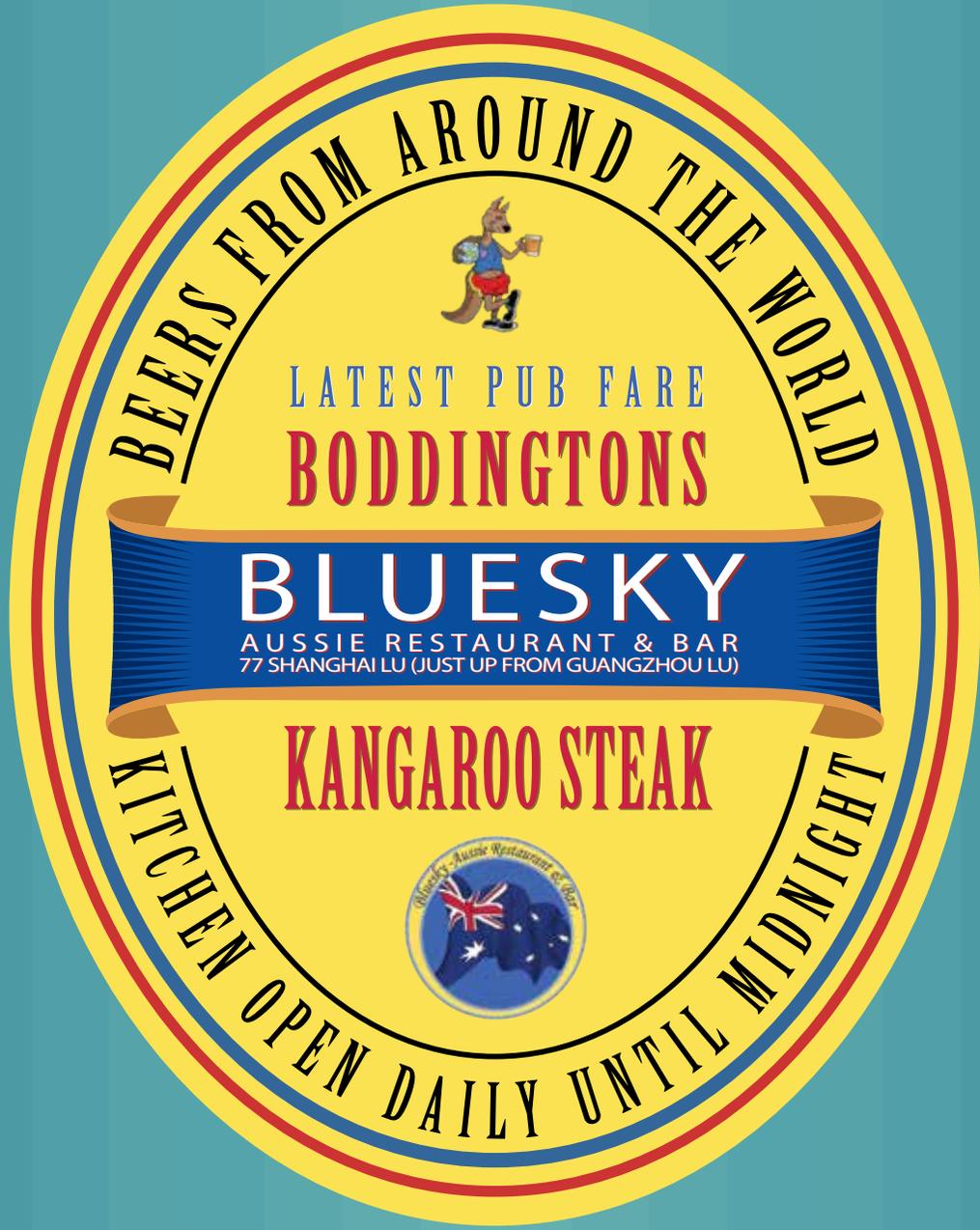
This, in turn, is a result of generous educational scholarships and government-sponsored cultural and professional exchanges. So, although the US has never had a Department of Culture or a network of educational centers such as Alliance Française, Goethe or Confucius Institute abroad, it still invests continuous effort and money into the effective promotion of its values abroad.

However, these values do not always get equal appraisal and support across the world. Filtered through the traditional morale and ethics of the East, they often evoke a radically different set of connotations in the minds of the Chinese; individualism is seen as egoism in disguise, democracy is accused of lacking a sense of security, new liberalism is associated with the wealth gap and corruption, a sense of moral superiority and a mission to save the world result in harmful military actions beyond national borders.

Freedom, democracy and individual rights confront the Chinese notions of harmony, loyalty and love. The Chinese take pride and guidance in their history; the Americans, being a nation of immigrants, set no stress on historical or cultural background and celebrate the present. Thus, the two states are almost polar to each other in terms of core values. ***"The more the US invests into promoting its values, the more anti-Americanism it gets. The US lacks patience and acceptance towards others. And China doesn't believe in forcing things"***, says Liu Yu, Political Science professor at Tsinghua University. She goes on to confess, "However, no matter what the attitude of a Chinese towards the US is, offered a chance to go visit America, one would never refuse. That means the US soft power is still really strong."

In the course of the discussion, the panel speakers identified three elements that were key to transforming American culture into soft power: strategic design, civil society, and international companies. A ready-to-use template? The Chinese experts sound skeptical. "Yes, China has strategic plans, but they are so long-term, we probably won't live to see the results", believes Zhao Kejin, Carnegie-Tsinghua Center resident. True, China has international companies, but the Asian work ethics is just so different from the Western standards. As for the civil society, "to evolve, it needs a modern leader, not a Communist Party", adds Xing Yue, International Relations professor at Tsinghua University.

Thus, how much of the US experience China will be able to adopt in its strive for soft power excellence is hard to say. "The US and China are both lonely at the extreme ends of the value axis, and this is probably the only similarity we have today", states Liu Yu. Let us just hope a country as rich, both culturally and financially, as China will manage to craft its own unique soft power tools, progressing from being the country of kung pao chicken and Jackie Chan movies to a worldwide recognition of 'the Chinese dream' and beyond. **NU**



BEERS FROM AROUND THE WORLD



LATEST PUB FARE  
**BODDINGTONS**

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

**KANGAROO STEAK**



KITCHEN OPEN DAILY UNTIL MIDNIGHT



# On A Lighter Note

**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**



**M**y first direct experience of France's Beaujolais region was with the village of Fleurie. Parched and famished, I spied a flower-festooned restaurant along a picture post-card little street, my mere entrance rousing an urgent uncorking of a bottle of the area's eponymous wine, Fleurie, by a memorably welcoming propriétaire. It was a perfect salve for the heat and dust of a long two-wheeled drive, the soothingly soft local berry working magically alongside côtelette d'agneau, recommended with a doctor's authority by the chef who later rustled up a very convivial large post-prandial cheroot; I could feel the envy of Dionysus himself. Sometimes, you just have to hand it to the French.

Nostalgia may temper my taste buds on Beaujolais but the region does offer much more than the 'Nouveau' which it is indelibly linked to. Representing a third of all wine production and still jovially shifted in large quantities on the third Thursday of November each year the wine is released just a few weeks after the harvest. Not all of Beaujolais Nouveau is a pointlessly pallid concoction; to be drunk rather than savoured, it can make for a strawberry strewn easygoing invigorator in the right hands and the right year. All Beaujolais wines are made from Gamay, a cousin of the celebrated Pinot Noir, grown just a little further north in the notoriously difficult to navigate Burgundy region, though various hues are wrought from the grape. Beaujolais wines are generally lighter, juicier and more cherryish on the tongue than the Burgundy reds and never structured for long ageing, though the Beaujolais Villages (wines from one of the 39 named villages) are a little thicker. The "crus", which can be broadly styled into three groups; light and aromatic (Chiroubles and Saint Amour), middle-weight (Côte de Brouilly, Brouilly, Fleurie, Chénas and Régnié) and chubby (Juliéna, Morgon and Moulin à Vent), can resemble a good Pinot after a few years, taking on earthier aromas and flavours.

Fleurie is one that at its best gloves bright berries with silk and velvety textures, which coalesce with heady blasts of floral scents. One such is the André Vonnier Fleurie 2011 (¥78, Metro). This wine benefits from decanting an hour or so in order to reveal the silk and a light touch of cherry within the drape of soft textured darker fruits; one for praline chocolates (15.5 points). Same producer, same shop; the simply monikered Beaujolais Villages 2011 (another Vonnier production, ¥69) really nails what a rude and ruddy Beaujolais quaffer should be about; a lovely, light cherry chomper, though not overly frivolous, it makes a serious breakfast contender, nothing fried, just toast lightly buttered with some fresh strawberries and a long summer's day stretching out in front. Light on its feet with charming poise this should head for the chiller before imbibing on the hot days (17.5 points). Getting a little richer, in every respect, the so-called 'King of Beaujolais', Monsieur Georges Dubœuf (the affectionate nickname reward for his heroic effort over many years in building Beaujolais' reputation and commercial success) has a 2009 Moulin-à-Vent, which the King himself declared 'the best vintage of my lifetime', residing at BHG Xinjiekou. No juicy "tooty fruity" this wine, although lighter than some Moulins (I would drink it before 2015 is out), it has an earthy tannic grip taming the concentrated baked cherries and ripe blackberry, which jostle along energetically to a satisfying near-bitter finish; the unfolding flavours have a serious quality but the price, alas, is no laughing matter either at ¥245 (17.5 points). **NJ**

Off The Beaten Track

# Old SUMMER PALACE IN Beijing

By Laura Helen Schmitt



**F**orbidden City, Summer Palace, Temple of Heaven. If there was ever a checklist for tourists in Beijing, this is it. Few people think to venture to the Old Summer Palace, or Yuanmingyuan, a terribly undersold gem of history situated right next to the Summer Palace in the northern part of the city. The reason the Old Summer Palace is often neglected on the must-see agenda is the fact that the site is no more specked with grand and glorious architecture but rather lies in ruins, a testament to the turbulent history of the city of Beijing and China during their encounters with European forces. It is probably also the negative association branded into Chinese hearts of a century of shame, which keeps them from marketing this tragically beautiful piece of history.

We picked a glorious April day for our visit to the historic site, the tomb-sweeping weekend to be precise. Worries of holiday masses turned out to be rather unfounded; while the attraction was busy, the number of people wandering around the green scenic area was a far

cry from the throngs that would have been pressing into Beijing's top tourist destinations. As soon as we wandered off to the isles in the eastern section known as the Changchun Park, the "masses" disappeared and we could take a peaceful stroll along the waterside walkway. Many families use the Old Summer Palace also as a picnic destination; hence countless tents dot-

ted the green areas, giving the added opportunity of observing Chinese family life up close.

While the Old Summer Palace offers great surroundings for a stressless day-out, its history is anything but relaxing, and to Chinese people can even be rather upsetting. Two main attractions illustrate the sad history of the once-glorious, European-style architecture and gardens; the palace ruins and the Chinese zodiac animal heads (十二生肖).

The emperors' private pleasure garden was constructed in 1709 under the Qing Dynasty, emulating European-



style architecture to make it stand out from other imperial structures, while at the same time comprising a wonderful example of the aesthetics of ancient Chinese landscape gardening with exotic flowers from all over the country. The gardens on the palace grounds were in fact so magnificent that during their prime they were referred to as the “Versailles of the East” by European travellers.

Not only a location of respite for the emperor, the Yuanming Yuan also included a grand imperial museum displaying treasures and cultural artifacts, including the famous 12 Chinese zodiac bronze animal heads.

150 years ago the tragic destruction of the palace was led by British and French troops who had forced their way into China after the second opium war. They looted the museum and took the animal heads, one of China’s most important national treasures, with them. Before their departure on 18th October 1860 they set the Old Summer Palace on fire, destroying over 90 percent of the original buildings. Today, mainly ruins remain of what was once a glorious piece of architecture; the marble façade designed under the direction of European Catholic priests are an especially large attraction, haphazardly strewn across the ground where the soldiers abandoned them because they were too heavy to be transported across the sea.

Standing amongst the blocks of stones with delicate and elegant decoration, it is easy to imagine the former splendour of the palace. One cannot help but feel a twinge of regret for the beauty that was lost here, and as a person of English heritage a slight unease at the fact that one’s own country men were responsible for the demolishing of such a place of marvel and peace.

This is however exactly the reason why I recommend a visit to the Old Summer Palace; none of the grandeur of the Imperial Palace or the perfection of the Summer Palace left such a deep impression on me. It is the bitter-sweet story of what was lost that gives this place so much weight; a monument of sins committed in a different age that Europeans are only too eager to forget but which have had a lasting influence on Chinese conscience.

Even today the destruction of the old summer palace is recounted in history books as a major event in China’s “century of humiliation”, during which European forces, led by the British occupied parts of the country, most notably Hong Kong. Similarly to certain islands in the East China Sea, the admittedly tragic event is continuously used as a way to vent anger and a tool to fuel nationalistic rhetoric and sentiment. Thereby a trip to the Old Summer Palace becomes a trip of discovery that might cause you to see both the European and the Chinese people in a very different light.

As for the taking of the animal heads, only five have found their way back to China. A number remain to this day in France and Taiwan, while the rest have completely disappeared, presumably acquired on the black market by private collectors.

One must not look far for an indication that the loss of their national treasure is still a top-of-mind issue to the Chinese people; in 2009 two of the heads were put up for auction in France, taken from the private collection of Yves Saint Laurent, creating a major outcry in China, demanding the return of the treasures into Chinese custody. After a failed lawsuit to return the works of art to the Chinese nation, the Chinese buyer who was meant to purchase the heads never paid the money and so they remain in France.

December 2012 saw the release of Jackie Chan’s latest action flick “CZ12: Chinese Zodiac”, in which the Kung Fu Comedy King discovers the missing animal heads. While the quality of the film is better left undiscussed, its mere existence further proves the mark this theft left on the people of China, who still hope that one day all their twelve zodiacs will find their way back home; with or without Jackie’s help. 

# ENVIRONMENTAL JOURNALISM 102

*Part two of a two-part special edition featuring articles produced by students of the British School Nanjing as part of their After-School Activity "Environmental Journalism" with EcoInsider columnist Nurmira Jamangulova. Articles have been edited for the sake of length and clarity.*

## WHAT A WASTEFUL WORLD

By Liz Chung

E-waste? Food waste? What a waste!

Earth is changing in to a dumping ground; but there are lots of things we could do to stop it.

These days technology develops so fast that many people buy new phones or laptops whenever a new design comes out. However, the phone that is chucked in the bin makes e-waste, or electric waste. Some companies send the waste to the poor countries to be handled because it is cheaper. The toxic waste does not disappear and sometimes bad chemicals spill from technology into the water causing cancer. To stop e-waste we have to stop buying new technology even though we have things that work perfectly well.



We make a large amount of food but we only eat small amount and throw away left-overs. The food we throw goes into landfill; in the US landfill spaces are becoming more limited. The most important thing about food waste is that it breaks down and changes to methane gas. Methane gas traps up to 23 times as much heat in the atmosphere as carbon dioxide and landfills are the places where you find most of it; they account for approximately 34 percent of methane gas emissions in the United States. If we saved 50 percent of food we could feed at least 4 million people including the starving citizens of Africa. Save food by buying the right amount. If there are left-over vegeta-

bles you should not throw them away but put them in the fridge and make soup out of them.

The waste we produce is causing serious problems such as global warming and climate change. If everyone tries to stop wasting food, water and e-waste, the environment will become healthy again. If we do not try to help, we will not be able to survive.

SO LET'S STOP WASTING! 

## DESERTIFICATION

By Ahhyun Jeong

There is a clear balance in our life and the world. As humans developed, the balance slowly tilted and problems started showing up, such as loss of forests with serious consequences.



Wood is used to make furniture, paper and tissue etc., because it is a relatively strong and light material. A table made out of iron would be too heavy to be lifted; one made of plastic would break and scrape off easily.

Furthermore, paper and tissues are often wasted. If we do not recycle and keep on cutting trees to make new paper, resources will run out quickly.

However, some developing countries without access to coal have to use wood. Oil and other energy source mining require money, material and technology that some countries cannot afford. We cannot tell them to stop using their fuel.

Another negative effect of deforestation is the destruction of plants. Sudden change of the climate can kill plants and change ecosystems. This is a problem because desertifica-

tion causes global warming which again causes desertification in an endless cycle.

Plants are the base of the whole food chain and ecosystem. Areas with plants such as forests and grasslands are a typical habitat of animals. If the plants are gone the whole ecosystem will collapse which can be seen in many cases nowadays.

Finally, almost all medicines are based on plants as the effects of plants in the body are investigated, and the reacting chemicals are copied for medicine. This means that the loss of rare plants will also mean the loss of a large source of medicines.

Our actions contribute to forest loss and its countless side effects. Each one of us should do their best to stop this cycle. **NU**

## PROBLEMS AND SOLUTIONS TO OVERPOPULATION

By Hyeonsik Cho

As the world population has grown by more than two-thirds since 1963, resource usage has increased significantly, caused by extended human longevity.

But there are still solutions to stop unhealthy world population growth. The famous example of controlling population growth is the Chinese one-child policy. Introduced in 1979, it stated that each married couple was only allowed one child. The government encouraged people to have one child by financially supporting education and health care of only the first child. People also got free access to contraception and education so they knew how to control the number of children. Eventually 400 millions births were avoided.



However, some problems have occurred. For example, there is the 4-2-1 problem, which means one child supports two parents and four grandparents because there are no other children on whom to rely. This has made family economy decrease because the child has to spend money on parents

and grandparents and has caused economic damage to China. From this perspective, China's one-child policy was initially very good for the government but has negatively affected the people.

There are several ways you can contribute to reduce population growth even if you want to have a child or already have children. Firstly, educate yourself and others about contraception because many people in less economic developed countries (LEDC) have not been introduced to contraception yet; therefore their birth rate is the highest in the world. Secondly, if the government supports parents who only have one child, you can encourage other people to have fewer children. Remember that worldwide change comes from small actions. **NU**

## EVERY DROP COUNTS

By Nick Davies

71 percent of the earth is covered in water but only 3 percent of this is natural clean fresh water, which is running out; yet people continuously waste water without thinking about it.



People may think that water is easy to clean. However, when clean water is produced, sludge is also created. This is a group of hazardous chemicals and toxins, which are harmful to humans and other organisms. The more water is wasted, the more sludge is produced. When natural fresh water runs out we will have to rely on cleaning water increasing sludge and causing many problems such as extinction of fresh water organisms. Animals that live in fresh water habitats will go extinct and other animals that feed off of them will die off too. Animals that drink from fresh water streams will also die out when the streams dry up. All of this depends on your wasting or saving water.

We can slow down this process by turning the tap off when not using it, by spending less time in the shower or by not watering your lawn every day. For every bit of water you save may not affect you directly but it will have an effect globally. Every drop of water counts! **NU**

# RETAINING CHINESE EMPLOYEES

With Sabine Machwüth

**D**uring their expansion in China many international companies are not just struggling with the problem of finding enough qualified employees; it becomes even harder for them to retain highly qualified workers as they are much courted and have many other options.

## Minor Loyalty

At the beginning of their professional career, Chinese workers tend to spend two or three years at a well-known enterprise, so that this "brand" is mentioned as a commendation in their CV, even if they have more attractive job offers. However, afterwards they will look for a job, which promises more salary and better chances of advancement.

Chinese consumers have low brand loyalty. They compete to be the first when it comes to trying out new trends and products. This attitude holds true for their relation to foreign employers. It also explains why Chinese colleagues are changing their jobs more often. As long as they have the feeling they can enhance their financial or social status through a change of employment they do not bind themselves to the company. For example, Chinese workers change for status reasons from a Top-500 to a Top-100-company, or from a stable skilled worker position to an insecure project executive position. Frequently, a slight pay improvement is a deciding factor for a job change. For western employers, it is astonishing which simple inducements are enough to motivate Chinese to change their employment situation.

There are many factors that might entice Chinese professionals to change their employer,

such as:

- Lack of advancement opportunities
- Career structure not matching their ideal
- Monotonous work flow
- The belief that colleagues are underqualified
- Mistrust in their employers or superiors
- Loss of line manager
- A financial or image crisis of their company
- A limited employment contract

## Chasing Advancement

In the last 25 years the Chinese economy has experienced a fantastic boom, making a select few incredibly wealthy. Chinese can observe this every single day, especially in economic metropolises. Therefore, generally speaking, nowadays many qualified Chinese find themselves latently discontent with their financial and social situation as they feel left out of the boom. Consequently, they endeavour to enhance their perspectives. As a result, simple and fast solutions such as pay rises and bonuses are not satisfying enough to tie Chinese employees closely to companies.

Instead, it is important to offer advancement opportunities, i.e. through qualification and human resources development measures. During the conception of these it is crucial to keep some specifics in mind, such as the high expectations and objectives of qualified Chinese concerning their career process, their thirst of knowledge, "saving face" in their environment, the desire for an exposed social position and the importance of the personal relationship between employer and employee, described by the term *Guangxi*, inherent in which is the prerequisite of an emotional connection. Therefore, human resource development cannot simply be transferred from Europe to China; rather, a culture-specific configuration needs to be implemented. 

Read more on how to adapt the HR department to a Chinese environment in the next issue of the *Nanjinger*.

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# LET'S GET PHYSICAL

By Nick McBride

## Ground Hog Day

Routine. Setting the alarm, morning coffee, afternoon slump, school run, dog walk, Monday briefing, Friday high, Sunday roast...brush your teeth, brush your teeth, BRUSH YOUR TEETH (I have to say it three times before either child takes notice). Love it or hate it; we need routine to get stuff done but sometimes you just want to wrestle the mop from the ayi and start singing along with Freddie; "I want to break free." Or maybe that's just me?

If you have been following this column, you will remember that I mentioned that you cannot just keep doing the same old exercises and expect the same results. So whilst it is true that you do need to make changes to your exercise routine, about every 6 weeks, to keep your body working, the important thing is that exercise in general becomes a habit. It needs to be part of your routine. This is not to say it needs to be dull though.

One way to up your motivation is to set yourself challenges. They help keep your mind focused, and if your mind is busy, there is less time for boredom, or other negative thoughts (such as "this hurts"), to creep in. Recording your rest times and rep-counts is a good idea, because you can set yourself little challenges every time you exercise. Work on decreasing your rest time by 5-10 seconds, and/or increasing your set time by 5-10 seconds. This can easily be done with the exercises I recommended in the last issue.

To take this even further, this month I challenge you to breathe some life in to, well your life, and embrace a 30-day challenge. This is inspired by Matt Cutts TED talk "Try Something New for 30 Days," which I recommend you find on the Internet and

watch. Matt reckons that 30 days is just enough time to make a new habit or break an old one.

Here are some 30-day challenges you can choose from to make a break from the old routine. I think it helps to declare your challenge, so decide, and let it be known, Facebook status, bathroom mirror, screen saver, fridge door, or email us here at The Nanjinger! For 30 days I will:

1. **Plank till failure.**
2. **Do 60 crunches.**
3. **Do 1 minute of jumping jacks.**
4. **Do 1 minute of mountain climbers.**
5. **NEVER take the lift.**
6. **Cut out ALL fizzy drinks.**
7. **Walk/bike to and from work.**
8. **Cook from scratch for at least one meal a day.**
9. **Devour a healthy breakfast.**
10. **Not eat junk food.**

See you on the other side of these next 30 days; who knows, you could have picked yourself up a new healthy habit for life, or ditched a bad one; but if you are still singing along to Freddie with the mop, you will definitely have had to work out how to use that washing machine, because your Ayi will no doubt have left you.

Now there's a challenge... 

**"You'll never change your life until you change something you do daily.**

**The secret of your success is found in your daily routine."**

**John C. Maxwell**



# Think Healthy Think Beautiful

With Maria Simonova

## To Sleep Or Not To Sleep

**P**eople spend a third of their day sleeping without knowing what is happening to their body during this time. Join The Nanjinger in demystifying the sleep process.

“Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.”

Mahatma Gandhi

### MYTH 1 Sleep; It's just rest

Sleep is not just a period of resting. While you sleep long-term memories of the day's experiences are created, body tissue cells recover and vital hormones are produced. This takes seven to nine hours of sleep every day.

### MYTH 2 Just sleep an hour later

When you sleep less than necessary, the cognitive function of the brain is primarily affected, as well as the reaction rate and physical capabilities. If sleep deprivation becomes chronic, this will disturb the secretion of hormones that control appetite and increase the risk of certain chronic diseases.

### MYTH 3 Simply adjust your daily regime

Periods of sleep and wakefulness are controlled by the body's biological clock. When you travel across time zones or work at night, the setting of this internal mechanism is broken. This leads to difficulties in falling asleep and disturbs all body systems.

Changing your regime for a couple of hours requires at least a day. If you get the night shift, you will need 6 to 12 days until your body begins to operate without problems.

### MYTH 4 Older people need less sleep

Older people need as much time to sleep as everyone else. Unfortunately, many people believe this myth to be an absolute truth. This dissuades the elderly from seeking help with sleeping problems.

### MYTH 5 Tired? Sleep longer!

It is commonly thought that fatigue during the day is best treated with longer sleep at night. In truth, if a person sleeps seven to nine hours every night, but feels overwhelmed and tired, they should look

for the cause of the fatigue in other areas. Try to increase physical activity during the day and get out of the office into the daylight; the lack of natural light enhances fatigue.

### MYTH 6 Catching up on sleep

Many people inadvertently sleep until the evening on Saturday, hoping to compensate for the lack of sleep during the week. Such attempts to catch up only confuse the body and lead to disruptions in the sleep-wake schedule. As a result, it will prove difficult to sleep on Sunday night and get up early on Monday morning, as the regime is broken.

### MYTH 7 Sleep during the day is for children

Siesta (afternoon nap for an hour) is a great time to relax, if you got little sleep at night. After a short afternoon nap your efficiency will increase. In addition, by learning to nap in the afternoon, you can accustom yourself to fall asleep more quickly. Note, if you sleep more than an hour in the afternoon or take a nap after 3pm, you might have trouble falling asleep at night.

## MYTH 8

### Snoring is normal

Snoring causes problems not only for the person next to you who cannot sleep, but for the snorer. It is a sign of more serious sleep disorders such as sleep apnea. Snoring people often complain about lack of sleep and feeling tired in the morning. If your night is too noisy, there is reason to seek medical advice.

## MYTH 9

### You can tell if a child does not get enough sleep

Children behave quite differently from adults. Overtired and sleepy babies will not simply fall asleep. Their body begins to produce adrenaline, and the baby will seem not just energetic, but also hyperactive. Children who are chronically sleep deprived suffer from behavioral problems and impaired concentration. To understand if a child suffers from sleep deprivation, monitor how the baby sleeps at night, and follow the basic rules of healthy sleep.

## MYTH 10

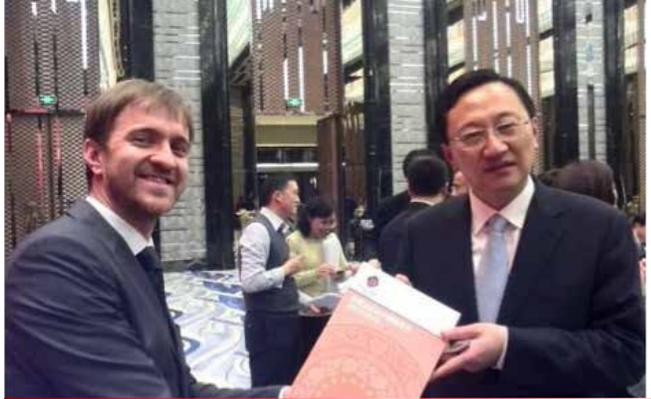
### Emotions Cause Insomnia

Anxiety and stress can create temporary problems with sleep, but insomnia is most often caused by other factors. Sleep disorders are frequently observed in patients with bronchial asthma, arthritis and other diseases whose symptoms are aggravated at night.

Of course, when living in the countryside, where you spend most of the time outdoors and get consistently high physical activity, almost anyone will get really good sleep; strong, deep and effective in restoring strength and energy.

But what about people living in big cities, who are not too spoiled with fresh air, healthy food and a planned daily routine? Follow some simple rules that will let you to get enough sleep, help to get rid of depression and prevent many diseases. Sleep at least seven to nine hours per night, go to sleep at the same time every day and plan your last food intake at least three hours before you sleep.

Have a good rest! 



Thank you, from

*Carlo D'Andrea*

**A**fter the last two years as Chairman of the board of EUCCC Nanjing, it is with great regret yet also pride that I step down from the position.

I consider myself a knight for the equal treatment of foreign and Chinese companies, while I have always tried to represent the European Union business voice in Nanjing, listening the problems of our Members and trying to bring them solutions. I hope this will continue in the coming years to be one of the main roles for EUCCC.

I consider as a privilege the opportunity to work closely with extraordinary people such as Mr. Michele Corso, Mr. Wilhelm Hummerjohann, Mrs. Patricia Enzman, Mrs. Li Dongjie, Mrs. Fan Hui, Mrs. Jenny Zhang and Mr. Adam Dunnet plus many other dedicated managers who always were ready to go the extra mile to provide more services to our members.

I would like to thank The Nanjinger for media support that helped EUCCC activities to become highly visible not only in Nanjing but elsewhere in China, helping us to evolve into more of a "social network".

I further would like to thank the Nanjing Municipal and Jiangsu Provincial authorities for their support and cooperation in these years of growth for our Chapter.

I take this chance to thank my loving wife Maria for all her advice and I also personally thank the EUCCC Nanjing Chapter team that comprises Mirella, Sarah, Sherry, Angela and Richard, for the passion shown in their job with the mission to improve services for our members and bring our Chapter closer to their needs.

I conclude by quoting a roman philosopher Pliny the Elder; "home is where the heart is". When I am asked from where I come, no matter where I each time answer, "Wo shi Nanjing ren".

*See you around.*

Gastronomy

## Take A Chance On Me

### 70s Restaurant

By Wang Tiantian

Disco Balls and Abba; those are the images that sprung to mind when I heard about the “70’s Restaurant”. As with many things in our wonderful host country, the gap between expectation and reality is endlessly large, making places such as this so much fun to visit.

What exactly is so 70’s about the chain that has come over to us from Shanghai will, to my foreign eyes, remain forever a mystery. Had it been me, I would have called it “The Lumberjack” or maybe “The Forest”, what with its dark brown wooden interior; from tables to the decorative partitions and the trees painted on the walls. After staring in bewilderment at the décor around me for about an hour, I managed to find exactly one item in the entire restaurant from Mao’s final years; the iconic green lamps.

Which leads me on to lighting; now that is where it gets interesting. 70’s has a very distinct approach to lighting, which is almost entire darkness, except for the spotlights on the tables, so you will not accidentally poke out your company’s eye with a chopstick. The feeling this evokes is not so much of an eatery, but more of a bar, or even a love nest, as the aforementioned partitions create a cosy sense of intimacy rather scarce on Chinese soil. Just be prepared for the aftereffect on your eyesight; walking out of the dark into the glaring IST mall is not a very pleasant sensation.



I doubt that many of their specialty dishes, such as the bacon-cheese mushrooms, or the beef and mashed potato stone pot I ordered, exist in Guangdong province. However, to a foreigner, the latter was an absolute sensation (plus a cure for the lack of potatoes in Chinese cuisine). After the initial shock of the starchy ingredient being paired up with the noticeable ginger taste of the accompanying sauce, I could not get enough of this peculiar combo. Definitely a nice change from Yuxiang This or Hongshao That.

The aubergine with meat reminds of London’s China Town, seemingly a typical contender of the Guangdong region predominantly found in the UK, causing a flood of happy and tasty memories.

What is remarkable about 70’s, though, is its inclusiveness. First impressions of the fancy décor might lead one to believe that this

is a destination only for stylish youngsters; yet here were people from all walks of life, from the family of seven, including grandma and toddler, to the two young girls on a date. This gives an inkling of exactly how popular 70’s is with the locals; a steady flow of people kept moving in and out, with a queue forming in front of the restaurant at peak time. Therefore, while the interior provides a sense of privacy, there is constant chatter in the background, drowning out the quiet music and reminding you of the fact that this is after all the most populous country in the world.

Two dishes, that also make for a nice leftover lunch, came in at ¥65; good value for money, especially considering the location in IST mall, where many establishments average at ¥100 plus.

Not at all what I expected, the 70s restaurant is a curious place, quirky, fun, and above all tasty. I cannot wait to take my friends.

70s is located on 4F, at IST Mall, 100 Zhongshan Lu 中山路100号IST艾尚天地购物中心4楼(近德基) Tel: 85656170 

## Gastronomy

# Bellini

By Frank Hossack

Time flies. It's been a good two and half years since The Nanjinger first reviewed Bellini, in September 2011. Here's what we said back then...

**“Bellini’s décor that is one of tasteful sophistication... For its cuisine and setting, the phrase “elegant but easy” is a good fit for Bellini. Their attempt at the latter has been a standout success. For while sitting in Bellini, one is transported seemingly light years from the street of dry cleaners and tyre kicking real estate agents that lies just outside the door.”**

Standout success indeed. For it was not too long before Bellini's little empire began to grow. First in their sights, a downtown location, and when Swede & Kraut on Nancuixun went up for grabs they were at the head of the queue. Then, toward the tail of last year the Bellini Death Star honed in on Villa, and Bellini Hankou was born. Thankfully though, and through cooperation with the then incumbent, a mix of their now infamous Italian cuisine and



the live music for which Villa had quickly established a reputation became a new Nanjing mantra; case in hand being the weekly salsa classes.

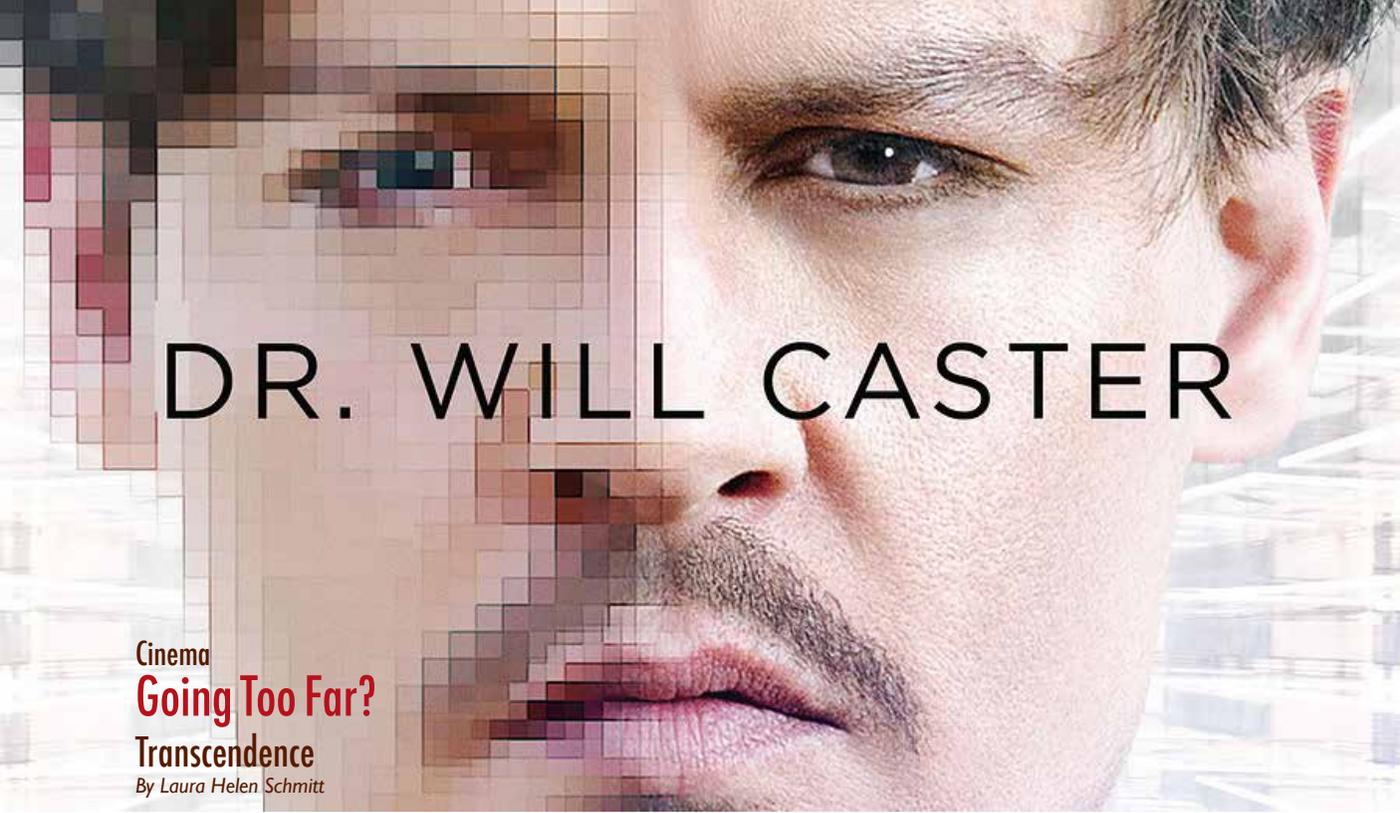
The tyre kickers replaced by tailors, and the real estate agents by street food vendors, Bellini is now in top gear with daily offerings that comprise special offers running the gauntlet from free beer on Fridays (7-9pm at Bellini Hankou) to the especially popular Tuesday night promotion in which all food and drink is half price, at all three Bellini locations.

Onto the business end of things. There is nothing wrong with anything on the Bellini menu. And it is indeed hard to find something to be critical about, save for the wait staff needing to be reminded to bring a bottle of that nice lemon-infused water to your table (true of my last three consecutive visits; it's only water and lemon, people; it won't break the bank)

From pizza and seafood pasta to Tiramisu (owner Alberto claims the one he makes at home is better but utilises ingredients too expensive to put on the menu. Yo, Alberto; we have more money than you think) and a new ricotta cheese pudding with strawberry sauce which The Nanjinger was privileged to be among the first to try, it is truly a challenge not to be impressed.

Bellini sources, wherever possible, organic and local ingredients for all its dishes. The menu even comes with a waiver, amounting to “please be patient for your food since we are going to quite reasonable lengths to ensure its quality”. Fair enough.

Make it a date. Make it Bellini. And make a reservation. 



# DR. WILL CASTER

## Cinema Going Too Far?

### Transcendence

By Laura Helen Schmitt

■ **AI** Paranoia; at this point calling it a movie genre is not an overstatement. How many productions have we seen in recent years warning viewers that getting cocky where artificial intelligence is involved is never a good idea and will ultimately end in disaster?

At first glance, *Transcendence* promises to be exactly that; another cautionary tale about what happens when you mess with technology. Yet again, the great director of *Inception*, or should one say deception, has managed to fool us all. What master of mind games Christopher Nolan has produced, is a film which questions the entire concept of AI paranoia. He even goes so far as to suggest that it is our limited thinking over fear of what technology can do, its capacities that surpass our own so very greatly and the ever-present angst that digital evolution will inevitably lead to a loss of control that is the greatest barrier to achieving ultimate technological advancement, bringing betterment to humanity and nature alike.

The film introduces us to a new form of terrorism; an anti-technology, anti-internet movement that will seemingly stop at nothing in their fight against technological advancement; not even murder. This is the great irony of Nolan's piece; in their quest against "inhuman technology" it is the crusaders who become inhumane.

The cast include two big names, Johnny Depp and Morgan Freeman, well known for their talent, and a number of rising stars. Of special note, the appearance of Cillian Murphy, who has recently been gaining recognition as lead character in the BBC's Birmingham gangster series "Peaky Blinders"; stands out.

The versatile actor with the piercing blue eyes has been starring in an increasing number of big productions, many of which also directed by Nolan; i.e. the *Batman* series, where Murphy took on the character of Scarecrow, and *Inception*. It seems this Irishman has made it, as one of the few non-American actors, in Hollywood.

It has to be mentioned that (in keeping with the theme of this issue) from a feminist perspective, *Transcendence* falls horribly short. Refer to the Bechdel Test, a simple method to determine whether a movie shows any gender bias; for a piece of fiction to be considered gender equal it needs to feature at least two women who talk to each other about something other than a man. You might discover after applying this seemingly simple rule that many of your favourites will turn out to be biased. The worst thing though is that *Transcendence* does not even attempt to conceal this in the least, instead vilifying the only two female characters in the entire film; one is a terrorist and murderer, while the other one has to take the blame for the creation of the perceived AI threat, thereby being shamed as the root of the problem. To make matters worse, the two women never swap one word throughout the entire story, despite being in the same room in some scenes. In 21st century America, influential media productions should, no, they have to do better than that!

While *Transcendence* provides food for thought concerning the classic critique of technological running before you can walk, and unsustainable technological progress, just make sure you feed it to your daughters as a side dish in a staple diet of strong, female role models. **N**



Event  
**Hacker Pschorr**  
25th April

*F*or many years the Jinling Hotel was well known for its German brauhaus in the basement. With the opening of the new hotel, Jinling has chosen to stick with tradition, but this time has brought in a big name from the world of brewing. Hacker Pschorr is one of the six beers permitted to be officially present at the original Oktoberfest in Munich, and has chosen Nanjing for its first opening in China.



Event  
**Wine NICC**  
18th April

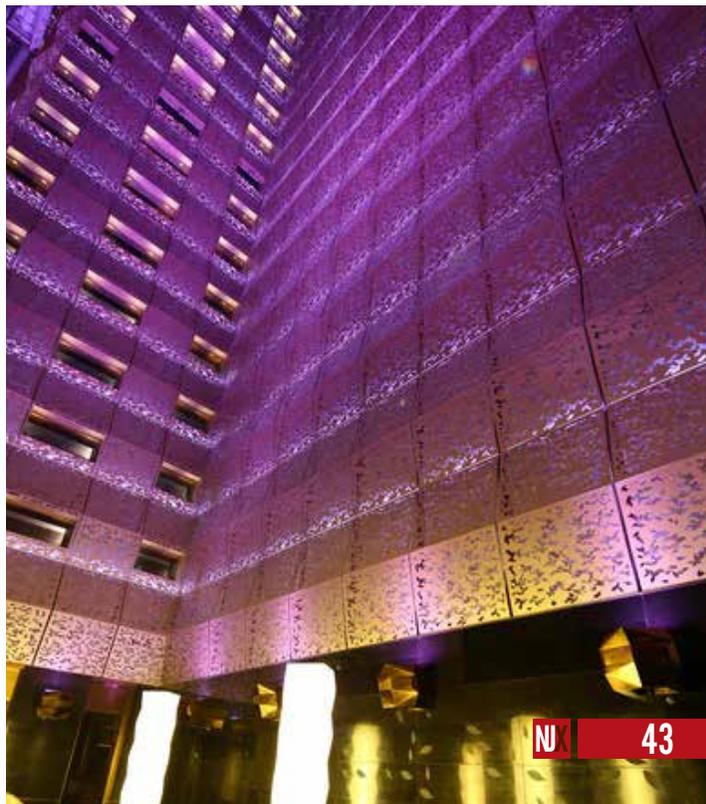
The new Nanjing International Community Clubhouse held its celebratory inaugural event “Adventures in Wine” on 18th April. Hosted by The Nanjinger’s wine columnist Rick Staff, attendees learned how to extrapolate value in their wine shopping through the event “Under A Ton Can Be Done”, highlighting fine wines available in Nanjing that go for less than ¥100.



Event  
**Fairmont**

**Fairmont Opening Ceremony 16th April**

*Fairmont Nanjing held their official opening party; the newcomer is hoping to take the luxury hotel scene in Nanjing to another level. Located in one of the most iconic buildings in the new Nanjing CBD, the Fairmont's distinctive architecture resembles the shape of a traditional Chinese lantern combining modernity and classical Chinese flair.*





Event  
**Spring Garden Party EUCCC**  
20th April

The European Chamber alongside with the Nanjing International Club co-hosted its annual Spring Garden Party on 20th April 20 at Yihe Mansions and welcomed over 170 guests and families to the event. This year's theme was "Alice in Wonderland" and the event hosted a wide range of activities for guests of all ages including wine-tastings and tea ceremonies for adults, face painting and an Easter-egg hunt for kids, as well as live music and hip hop dance.



# School Trip BSN Cambodia

During April, 2014, the students and staff of Years 8, 9 and 10, at the British School of Nanjing travelled to Cambodia to undertake community projects and learn of the culture and history of the country.



## In Conversation With...

By Laura Helen Schmitt

# ANNIE PELLETIER



Annie Pelletier, French Canadian artist living in Nanjing, about to launch her solo exhibition “Metaphor of the Mirror Flower” opening 17th May at FFA Contemporary Art Center on her work and being an artist in China.

“I am inspired by three things; colours, movement and music. The colours and texture of oil paint remind me of food, it looks similar to an expert decorating a cake, and I love food. Movement; my sons are full of energy, when I see the light dancing in their eyes, I am inspired. Finally, music. I always listen to music when I work on a picture, and when I am at a concert I just want to whip out my brush and start painting. That’s why my paintings feature a lot of dancers, it’s music and movement combined.

“I often question myself on how to explain what I do. When I meet people and say I am a painter, I find myself unable to put into words exactly what I paint. In

the end, I think it is a moment in life, a motion.”

“My favourite artist is Salvador Dali, he has had a definite influence on my style. I like to think that I also paint surrealist things, things that are out of place. Sometimes people come up to me and say my art reminds them of Dali, which is a great feeling.

“I paint for me because I cannot stop. The more I paint, the more I want to paint. I think this is the best job in the world, since I can take it anywhere with me; Canada, Nanjing or even my dreams.

“Coming to Nanjing has definitely influenced me. My art is changing, I have started including Chinese elements in my paintings such as dragons; I recently finished a piece of work inspired by the story Hong Lou Meng, The dream of the red chamber. It is 4m long; I love painting large pictures.

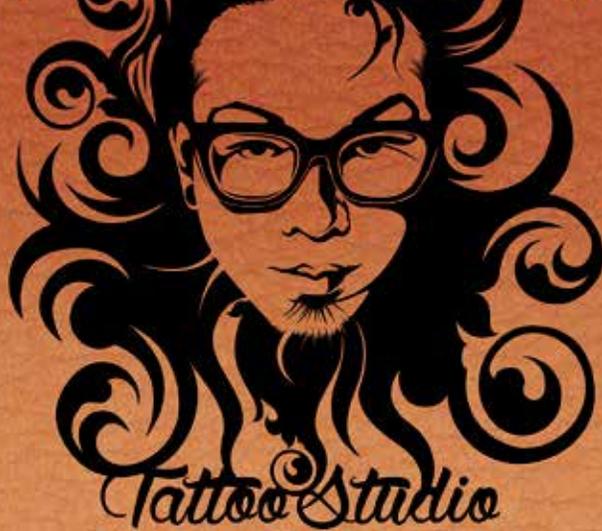
“I did a lot of murals in Canada for my children and friends. It’s big, it’s fun, it’s looking at a wall that is 10m long and not being intimidated. You just dive into it and then, at the end, take a step back and think ‘Wow, I did that.’

“Of course, being in China does pose certain challenges. I use modeling paste for my works, since I believe the paste tells a story before I even start my work on a picture. However, I am unable to get the modeling paste I use here, and I am running out. But that is just part of the challenge.

“Another one is the language barrier. It is difficult finding connections when you don’t speak the local language. Still, with a friend’s help I managed to set up my first solo exhibition in China, which I am very excited about. It is my goal to have pieces of my work exhibited all over the world, so China is the first step on that journey.”



# KUULEI



## Tattoo Studio

南京市新街口户部街天之都大厦 2926  
HUBU ST. #33, TIANZHIDU, NO. 2926, XINJIEKOU-NANJING  
15651986272



# GUINNESS

DRAUGHT

Every Monday

## GET BURGERED



Wednesday 星期三  
牛排之夜  
"BIG" Steak Night



South Zhongshan Road,  
No. 400 Cinnalane, Nanjing.  
A 5 minute walk from the Holiday Inn Hotel  
and Aqua City Mall, 中山南路升州路  
(甘熙故居) 熙南里街区6号  
Bar: +86 25 52207362  
Mobile: +86 13057623789  
[www.finneganswake.com.cn](http://www.finneganswake.com.cn)

# WALK FOR AUTISM 500 people

C foundation is organising this activity and we are gathering including two Autistic schools we help.

May 18<sup>th</sup>  
is the 24<sup>th</sup>  
National  
Disabled  
Day

C foundation volunteers and people who are interested to walk along the lake and city wall, in total 4KM long, we are happy to invite people join the walking, and we donate. The purpose of the activity is to raise awareness of autism on all levels in society, to give people an opportunity to learn about what the autism is and how to support and encourage people and families who are suffering from this condition while enjoying walking in a beautiful scenery.

Time: May 18th 8:45 to 12:00

Gathering place: Gate of Yueya lake at Zhongshanmen

Route: walk along one side of Yueya lake and then go up to the city wall and walk back to Zhongshanmen city wall.

Event process: 8:45-11:30 walking - 11:30-12:00 Donation ceremony to the two autism school at our work place.

We are also recruiting 20 volunteers for the activity during that day.

If you are interested to join this event, please contact with Yenny 15151887822 for more information.

yaoying@c-foundation.org  
Tel.: 025-84807686 / ext 8073  
Mob.: 13073491699

No.21 Banshanyuan, Xuanwu District, Nanjing



南京柯菲平  
公益基金会  
C FOUNDATION

## 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 Nanxiu Cun)  
上海路 150 号, 在南秀村  
83915630

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

#### Secco Restaurant and Bar

喜客西餐厅

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.

#### Punchline

弥多 Punchline 美式西餐厅

Building 1, Zhongnan International Mansion,  
129 Zhongshan Lu 中山路 129 号中南国际大厦 1 楼  
85263703

Authentic American cuisine is the slogan; think burgers, steak sandwiches, fajitas, potato wedges, subs and desserts, plus tempting looking cocktails.

### 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, the 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

masala\_kitchen@live.com  
Offers vegetarian and meat dishes plus savory Tandoori oven dishes and exotic curries. Also serves a fine selection of imported wines and beers.

#### Taj Mahal 泰姬玛哈印度料理

117 Fengtu Lu

丰富路117号  
84214123  
189 Shanghai Lu 上海路189号  
83350491

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, Baijiu 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@afchine.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

smartcousin@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.org

Weekly event at 1507, Wuxingnianhua Mansion,  
Hanzhong Lu/Shanghai Lu.

#### Hopeful Hearts

www.hopefulhearts.info

Raises funds for treating children with heart conditions.

#### Pfrang Association 普方基金会

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 Zhongyang Lu 中央路 224 号

83118005

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

#### Jinsheng Market 金盛百货大市场

2 Jianning Lu

鼓楼区建宁路 2 号 (南京商厦对面)

9 Wangjinshi (off Changjiang Lu)

玄武区长江路网中市 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

Widely regarded as the best camera and equip-  
ment market in Nanjing.

### Mobile phone shops on Danfeng Jie

丹凤街 - 手机

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

### IT products on Zhujiang Lu

珠江路 - IT 产品

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

### Video games on Zhongyang Lu

中央路 - 电子游戏

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

## Art

### Avant-garde Contemporary Art Centre

先锋当代艺术中心

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

秦淮区应天大街 388 号 1865 创意园凡德艺术街区 A1-101

52270661 / 13814059763

Dedicated to the promotion of contemporary art.

### Jiangsu Art Gallery

江苏省美术馆

266 Changjiang Lu 长江路 266 号

84506789

Local artists' work, changed frequently.

### ART 国艺堂

D-1 Shuimuqinhuai, 99 Shitoucheng Lu

石头城路 99 号水木秦淮 D-1 号

84506789

Picture framing and art related supplies.

### Stone City Modern Art Creation Gallery

石头城现代艺术创意园

72 Beijing Xi Lu 北京西路 72 号

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 spirits.

### 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**

321 Zhongshan Lu 中山路321号

83304616

The major trauma hospital (24 hr).

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

江苏省人民医院

300 Guangzhou Lu 广州路300号

83718836

The major western medicine hospital.

### **Yifeng Super Drugstore 益丰大药房**

159 Hanzhong Lu (west of JS hospital of TCM)

汉中中路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

汉中中路108号金轮大厦22E

400 886 1212

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

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

#### **MTI Nanjing**

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

南京市建邺区云锦路58号万达广场7栋714室

84714552

www.mticonsulting.com

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

#### **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**

南京中涛房地产经纪咨询有限公司

Room 1901, Xinghan Mansion, 180 Hanzhong Lu

南京市汉中中路180号星汉大厦1901室

51860592 / 5186 0590

www.shre.com.cn

sunhome@shre.com.cn

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

#### **Home Caught Relocation Service**

昊鸿房地产咨询顾问有限公司

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**

Celebrity Hotel, 30 Zhongshan Bei Lu

南京中山路30号城市名人酒店

Sundays 9:30am to 11:30am

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

#### **KuanEumHui Korean Buddhist Club**

观音会南京韩人佛教会

1703, Building 2, Fulli 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.

#### **Holy Word Church**

圣训堂

158 Leshan Road 南京市建邺区乐山路158号

English service on Sundays at 10.30am.

### **Legal**

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

玛开德(上海)商务咨询有限公司

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.

#### **Jeffrey Wang**

中银(南京)律师事务所

8F, Jincheng Tower, 216 Longpan Zhong Lu

南京市龙蟠中路216号8楼

13605182614 / 58785588 / 58788688

wyz\_jeff@163.com

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

## Pets

### Amey 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  
84484741

Major centre for vet services and vaccinations.

## Media Production - Design - Photography

### SinoConnexion

南京贺福文化传媒有限公司

14F, Building 1, World Times Square, 8 Dongbao Lu  
鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室  
84718617 / 13851522275  
www.sinoconnexion.com  
info@sinoconnexion.com

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

### VOZ Design

嗓音设计

#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

### 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

### Gingko Lake Golf Club

银杏湖高尔夫俱乐部

1 Guli Yinxiang 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场

84458450 / 15335179782

### Pisarev Ballet 比萨列夫芭蕾舞学校

B901 Junlin International Mansion, 5 Guangzhou Lu

广州路 5 号君临国际 B901 室

86975095

### Changqing Taekwondo

长青跆拳道馆

145 Zhongshan Dong Lu

玄武区中山东路 145 号

84541055

### Karate Eifuukaikan 空手道影风道场

96 Yushi Jie 鱼市街 96 号

52989189

### Massage & Spa

### Pathways Spa & Lifestyle Club

颐庭 Spa 生活会馆

13F, Tian'an International Building,

98 Zhongshan Nan Lu 中山南路 98 号 13 楼

84540166

www.pathway-spa.com

### Flow SPA 川·天地

46 Xijia Datang, Ming Cheng Hui

(200m north of Xuanwu Lake's Jiefang Gate)

明城汇西家大塘 46 号

57718777

### Theatre

### Nanjing Art and Cultural Center

南京文化艺术中心

101 Changjiang Lu 长江路 101 号

84797920

### Jiangnan 631 Niuda Theatre

江南 631 牛达剧场

5 Yanling Xiang 延龄巷 5 号

84419786

### Nanjing Art Academy Concert Hall

南京艺术学院音乐厅

15 Huju Lu 虎踞北路 15 号

83498249

### Jiangsu Kunqu Theater 兰苑剧场

4 Chaotian Gong 朝天宫 4 号

84469284

## Tourism and Hospitality

### Hotel & Hostel

### Jinling Hotel Nanjing

南京金陵饭店

2 Hanzhong Lu, Xinjiekou Square

新街口汉中路 2 号

84711888

City Centre location puts this prize-winning landmark property only two minutes' walk from Xinjiekou Metro Station. Enjoy eight top-notch restaurants, 970 rooms and suites plus shopping and recreational facilities. International flight and train ticket purchase counter also available.

### Novotel Nanjing East

南京玄武苏宁银河诺富特酒店

9 Suning Lu, Xianlin, Qixia District

玄武区徐庄软件园苏宁大道 9 号

85208888

www.novotel.com

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

### Wanda Realm Nanjing

南京万达嘉华酒店

59 Zhushan Lu, Jiangning District

江宁区竹山路 59 号

52838888

www.wandahotels.com

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

### Fairmont Nanjing

南京金奥费尔蒙酒店

333 Jiangdong Zhong Lu

建邺区江东中路 333 号

86728888

www.fairmont.com/nanjing

Ultra-contemporary setting (in an architectural marvel resembling an immense Chinese lantern) with the timeless service and hospitality for which Fairmont is known the world over.

### Fraser Suites Nanjing

南京辉盛阁国际公寓

116 Lushan Lu

庐山路 116 号

87773777

www.fraserhospitality.com

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

### Sheraton Nanjing Kingsley

金丝利喜来登酒店

169 Hanzhong Lu

汉中路 169 号

86668888

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

### Crowne Plaza Jiangning

南京银城皇冠假日酒店

9 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..

## 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 古林公园

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

### Zhongshan Botanical Garden

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

### Nanjing Yangtze River Bridge Park

南京长江大桥 (公园)  
7 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 centre of a Chinese city.

### Lao Shan National Forest Park

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

# 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.

Operation Smile China is currently conducting over 20 medical missions across China to give free surgeries for over 2,000 children in need. Consider supporting their work and giving a child the chance to lead a normal life and smile for the first time.



Bao, before and after

## For more information:

Operation Smile China: 中国微笑运动

Julia Jorgenson, Program Development Coordinator:

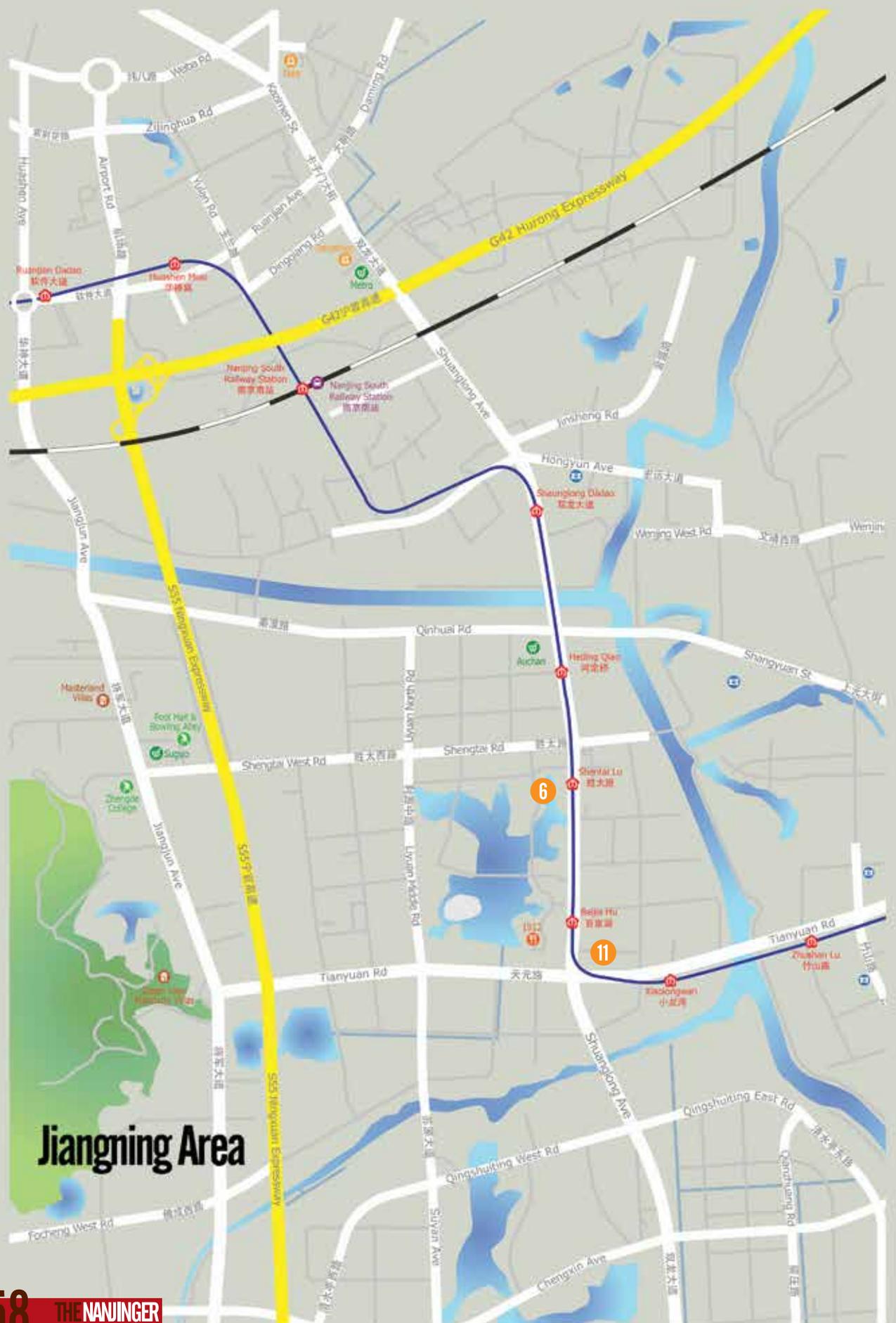
julia.jorgenson@operationsmile.org or +86 138 1055 1450

Hangzhou Operation Smile Charity Hospital: 杭州微笑行动慈善医

[www.operationsmile.org/china](http://www.operationsmile.org/china)







# Jiangning Area



## Xianlin Area

## Olympic Area



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# HomeWork

By Dan Clarke

## Finding Clients

**L**ast time I talked about finding your home business niche, and how it would help you find customers for your business. Following on from that, let us discuss finding your ideal clients.

The important thing to consider is:

**Who are your clients?** Do you deal primarily with Westerners, Chinese centric, or is it a mix? Are they business people, students or regular people? Do you deal with businesses or private people?

**The answer will affect how you do business, as each type of business has different client needs.**

As the head of three businesses, I have had to adapt my strategy for each one. As a writer, I primarily help businesses with articles, brochures and books for advertising. Most of them are small businesses in North America with fewer than 20 employees and no budget for a full-time writer. Being in China, I cannot phone these businesses up as easily as I would like, or meet them in person. So, I have two regular ways of contacting them, Craigslist and LinkedIn.

I place ads in the writing section of three Craigslist locations detailing my services in about 300 words, and offering respondents two free booklets of my services, plus a free phone call to discuss what they need. For the sake of professionalism, the Craigslist ad is fairly detailed and formal; I change the ads frequently, fine-tuning each time. I typically get at least one response from each city every week. If you are doing business primarily in China, you can post on various Chinese forums and websites.

LinkedIn is also a great source for finding business and professional clients, whether that is Westerners or Chinese.

To gain clients, at least once a week I join conversations in 20 groups related to my field. I am able to show off my knowledge and abilities by answering questions without looking like I am selling anything. People see my advice and look at my profile where I have posted articles, links to my websites and my contact info. Because we have had a discussion it makes them more likely to contact me professionally. I do the same by sending direct messages to people I think I can help, offering a friendly sales pitch. This method is so successful for my business coaching, I have almost dropped my coaching website to find clients.

Now for those of you who want to do business primarily in China, you have to be willing to be a people person. LinkedIn is good for getting your foot in the door, but to seal the deal you need to make friends.

With my tutoring, 90 percent of clients are friends of friends or former students; it is all about who you know. Think about who your ideal customer is, then ask friends if they know someone like that, or go to places where they hang out.

I prefer to tutor college students, so I will go to a teahouse or coffee shop and put up a sign saying "Free 10 minute English Lesson" in Chinese. By chatting with the students and giving an actual lesson, I am building a connection that is a lot stronger than if they simply saw an advertisement on a billboard, or a message on a web forum. An ad at a bakery for five months resulted in one phone call; in one morning of sitting at a cafe I got three full time students.

Think about your customers and how to reach them. Will ads work, do you need to join groups and forums, or do you need to get out and talk to people? Every business and client needs something different; it is up to you to figure out what that is. **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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正是因为您的慷慨，十多年来普方基金会才能够为江苏省农村地区的贫困儿童提供助学基金。教育，成就一生！

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

A Community Service  
Partner With  
Ningbo International Center



# SUMMER FAIR



The British School  
of Nanjing

**24<sup>TH</sup> MAY** 11:00AM - 4:00PM  
AT BSN'S CAMPUS

DRINKS  
BOUNCY CASTLE  
PERFORMANCES  
MARKET STALLS

BSN CHOIR  
GREAT FOOD  
GAMES & PRIZES  
GAME WALL

SPECIAL THANKS TO  
OUR PREFERRED VENDOR:  
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