

THE NANJINGER

BY NANJINGEXPAT

FEBRUARY 2015 / ISSN 2051-9934



Meet Esther



This little lady is the queen of calm. She is very alert and aware of all that happens around her. Esther loves to interact with people and can easily captivate them with her deep brown eyes, her playful giggles and her smiles. She especially loves to be tickled. Developmentally, Esther knows her own name and can hold and manipulate toys. And yet, this gorgeous little girl has an uncertain future. She has a brain tumour and previous surgery was unsuccessful. We have not given up hope on our Esther. We continue to investigate medical options, and in the meantime we are delighted to have this little girl brightening each day.

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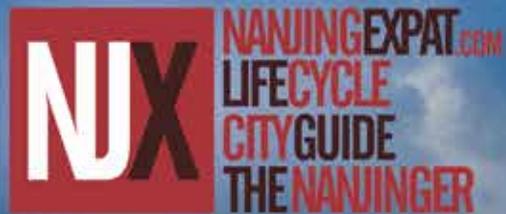
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info@sinoconnexion.com

15050527655 (中文)

She Works Hard for the Money

The new year heralds a number of new innovations to The Nanjinger, bringing it in line with our recently published 2015 City Guide. In our closing pages look out for our airport shuttle bus timetable, Metro Station Codes that conveniently guide one to the exit nearest your destination (especially handy in the case of Xinjiekou) and the newly introduced Nanjing Zones that assist with orientation. Now it is possible to find, at a glance, places of interest in a specific area. For example, if searching for destinations in the Confucius Temple part of downtown Nanjing, simply look out for the pink dots that accompany the listings in The Index.

Elsewhere, we also welcome new columnist Alix Dearing who forsakes soap box for pitchfork, while the main thrust of this issue is the holy Trinity of Chinese society; herein see how intertwine the worlds of migrant workers, a new emerging type of labour and that of the country's pensioners.

Welcome to Workforce from The Nanjinger.

By the Water Cooler

The words of a gossip are like choice morsels; (NIV)

The words of a talebearer are as wounds. (KJV)

By the water cooler is where we hang
Me and my gang;
Jackals at the watering hole
Gossiping, with tongues most venomous,
Lusting for a feeding frenzy of schadenfreude,
Tearing chunks of character we never knew
Whose reputation is our open carrion,
Casting cruel words,
Sliding rumours
Slowly, slowly
Into man-made facts
Requiring of no evidence
Revelling in our self-evident superiority
Till we see that prowling beast, the manager,
(Oh, how he prowls about to catch us out!)
And scatter, smiling at our erstwhile 'feast',
Assuming sympathetic eyes. (Such lies!)
But when the lion's gaze hath passed,
Like flies we reconvene at our repast,
Replaying scenes obscene-sweet.
There we gather, to be seen,
By the water cooler, where we
hang.

by Maitiu Brallaghan

Letter Of The Month

Dear Nanjinger,

Did I miss something? For over a month now every time I travel in the subway (which is almost every day) I see guards walking inside the wagons with billy clubs in their hands, like being ready for action. Did some big news happen in this city that I'm not aware of? Maybe, it is that I'm not the most informed person, but I would love to know more about it. First time I was travelling deeply involved with a magazine and then out of the corner of my eye there it was: a hand carrying a billy club. What! Where! Who! But nothing, he was just taking a slow walk, from one extreme of the car to the other. After that, is like the normal thing every time I ride the metro. They are not on the call for an emergency, or looking for someone or something in particular. You can tell guards are just required from time to time to do these walks, like to remember us to be cool: a preventive measure. But I would say it seems to be required very often! In a half hour trip you can even see them twice doing these shifts. It is kind of intimidating of course, even though sometimes they are doing these shifts with a bored expression, and even though sometimes you see them in their uniforms but wearing sneakers, which I have to say does relax me anyway. Please understand me well: I love the Nanjing Metro. I think it is impeccable, nice service, very affordable, super clean and super safe! It is just that after living here for more than two years, I'm still trying to guess what did I miss. Is this really necessary?

Javier Rojas

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Novotel Nanjing East Suning Galaxy is located in the Xuzhuang Software Park on the East Side of Nanjing with the Zhongshan International Golf Resort 27 hole course designed by Gary Player, Sun

Yat-Sen's mausoleum, Purple Mountain Observatory and Ming Xiaoling all located nearby.



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Contributors 特约撰稿人
Alix Dearing
Melissa Morgernstern
Wang Tianfian
Oliver Schwarz

Columnists 专栏作家
Ben Flake
Misha Maruma
Nick McBride
Rick Staff
Matthew Stedman

Editor-in-chief 主编
Frank Hossack 贺福

Executive Editor 副主编
Laura Helen Schmitt 王甜甜

Contributing Editor 主编顾问
Ken Ellingwood

Creative Director 创意总监
Ronald Paredes 泉源

Graphic Design and Layout 平面设计与布局
SinoConnexion 贺福传媒
Web: sinoconnexion.com

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

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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 journalism 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新闻学。

Executive 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. With an international background, she is fascinated by cross-cultural exchange and identity, especially in a location as multi-faceted as China's.

副主编 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。多元的文化背景使得她对于文化交际与文化认同的题目深深地着迷。

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。

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》

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

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

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.

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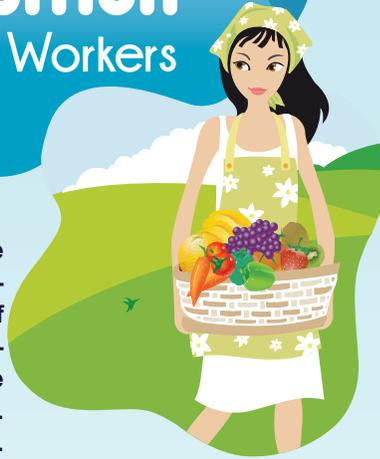




Age of Ambition Modern Migrant Workers

By Melissa Morgenstern

As with most large cities around the world, the sites, feelings, and smells associated with a destination are not just the result of the hard work of a city's natural born residents. Immigrants, expatriates, nomads, drifters, travelers, all manage to contribute to a city's character and reputation. China's large cities are no exception to the rule. In Nanjing, the woman who sells popular drinks by the subway is simultaneously distressed and beautiful; her "Ni Haos" are barely audible. The Muslim rough riders of Xinjiang with their expensive and large wagons of granola and dried fruit in a tough honey colored, solid form, stick out amongst the modernity of the booming second-tier city. Despite growing levels of modernization and education, migrant workers still make up the backbone of China's metropolises. It is rare that one makes the time (and manages to navigate those strong accents) to find out what goes on in the mind of a young migrant worker. Thus, in the new year of the goat, and with an ever-thriving labour population, we should really start asking ourselves; who are these new generations beyond the hukou and beyond the politics? What power do they have and what is their future? How do they differ from generations of migrant workers past?



Who are they & where are they going?

Work-related migration began as early as the 1980s when Deng Xiaoping forever changed the course of the Chinese economy thus creating more opportunities for international and domestic development. Ever increasing international investment demanded an equally large labour force to keep up and support the growth. Despite spending days in trains that seemed to last forever, millions were lured by the possibility of opportunity and betterment to become part of the growing urbanization of China.

Now in the 2010s the "new generation" migrants are becoming the bulwark of Chinese labour; and according to the National Bureau

of Statistics, almost one-half of the migrant workforce is made up of these young workers. 44.4 percent are employed in the manufacturing industry, soaring above their parents' rate of 31.5 percent. Construction has ceased to be the major draw for this generation at only 9.8 percent compared to 27.8 percent of the past. Of these 125 million young migrants born after 1980 or "balinghou" (八零后), one-third have a high school education or higher which is 19.2 percentage points higher than that of their parents. However, new generation migrant workers are lacking experience in both the agricultural sector so characteristic of their hometowns as well as the modern industrial sector of their newly found urban homes. The average age of these workers has also changed in recent years. Those migrant workers of the 1980s were often 21 years old by the time they had made it to the big city; however those born after 1990 or the "jiulinghou" (九零后) are traveling at the tender age of 17 to make their big break. Migrating after limited schooling and at such a young age results in a work force that faces high levels of pressure from work, low wages, an unstable identity (villager vs. urbanite) and an overall lack of personal satisfaction.

Yet, despite these pending dangers and obstacles, the post-90s generation is maturing in a growing economy, and as a result is far more attentive to their appearance, taste and pop culture in general. Despite their lives lacking in bling and luxury, these 12-13 hour-a-day labourers are highly knowledgeable about the latest fashion trends. Unlike their parents, who strove to make enough money to return to the farm content and happy, these young migrants are looking to conquer the city and make it their permanent home. Growing produce and tending the livestock are the least of their worries or desires during an age where the smart phone rules supreme. Their hopes to conquer the urban jun-

gle may also stem from their higher likelihood of changing jobs and remaining in the city, even though they lack the permits that would grant them the full rights of natural born urban citizens and employees.

Although the number of non-urban migrants has grown an annual percentage of 3.6 points, outpacing the 1.7 percent of urban-bound labour, many of the new generation of migrant workers prefer a life of possible luxury and opportunity in China's expanding cities. Thus, while growth is slowly edging its way to their home provinces, the city continues to entice waves of youth with its glimmering lights and seemingly abundance of opportunity.

Aspirations and Goals

Unlike their parents and older migrant workers before them, the new generation tends to have more individualistic goals and loftier expectations, presenting different trends in their migration patterns, especially in relation to their motivations for moving, choice of jobs, degree of urban integration and the number of times they return and leave home. This constantly growing sector of the population with their habits and aspirations will serve as determinants for the future development of China's economy. They are not only better educated than migrant workers of previous generations, they tend to spend more and save less, soaking up the glories of big city life. The new generation tends to spend 20 percent more of their income than their predecessors born in the 80s. This kind of spending is good news for the central government that is hoping to drive their economy that is centered more on the consumption of goods by the general public. By default, they are less likely to send saved money back home to the family; an average of ¥12,802 goes back to their rural homes, 30 per-

cent less compared to older workers.

Modern migrant workers are also finding various reasons to leave their homes other than the traditional search for opportunity. Lacking interest in schools was one of the main reasons cited by young migrants for heading towards thriving coastal cities. Many are not even completing the compulsory nine years of education. Another motivation for leaving the comforts of home for working opportunities so early in life is the unwillingness to pay for further schooling during a time when job opportunities appear more fruitful and plentiful than ever before. Unfortunately, unlike many countries throughout the world, China's economy and educational structure do not encourage continuing one's education later in life after acquiring employment experience. Thus, many migrants must make a decision between education and work earlier than most.

In addition, unlike past generations, many labourers of today expressed their desire to migrate for merely the fun of it or in order to explore the wider world. Many appeared to be bored with village life and desired to be free of their parents' and community's expectations, in terms of their occupation and/or future spouse. On average, new generation migrant workers earn ¥1,479 per month, which is approximately half of the average urban salary (in Nanjing). However, many of them have higher expectations in terms of personal development. Young workers are in pursuit of a decent salary, yet a stable salary alone will not secure satisfaction and loyalty. The need to learn better employment skills and a desire for their own businesses are on the minds of the majority. Thus, to them, migrant employment remains a temporary state of being that will lead to a better quality of life; instead of returning to the traditional lifestyle of their community, they hope to succeed in their new surrounding.

With the household registration system, or hukou (户口) serving as the main source of re-

striction, many workers are unable to receive access to social services in either their hometowns or urban residences. With many migrant workers living in dorms connected to their places of employment, it is no wonder that they suffer from a sense of isolation and are unable to connect with their surrounding communities. Simultaneously, they have broken off emotional bonds at home leaving them without a full sense of community to which they can return.

Present and Future

In 2008, migrant workers earned an average of ¥850 per month, while urban workers in Nanjing made slightly more at ¥1,050. Neither salary is particularly high by modern urban standards, and both groups are made to work at least 11 hours a day, 26 days a month, in extreme cases not even receiving a single day off work. Aside from inadequate reimbursement and dangerously long hours, many migrants also reported frequent delays and unexplained decreases in their pay. Furthermore, employers are not required by law to provide a certain level of benefits for migrant workers. In 2008, only 19 percent of migrant workers had some sort of health insurance, while only 26 percent had access to sick pay or paid leave. Due to medical treatment being far more expensive in urban areas than in the rural countryside, migrant workers often need to seek out inferior medical care in their hometowns.

Families also feel the strain of this line of work in their private lives as migration divides countless families. In a culture where family relations are so vital that even public transportation can falter in the face of millions clamouring to return home, long distance relationships present a challenge. More than half of Chinese migrant workers are married, however most couples face immense obstacles such as being split between work and home, being unable to care for their own children, and perhaps even unable to spend time with one another. In 2009,

the rate of divorced couples increased for the seventh year in a row, by 8.8 percent. Even more tellingly, between 50 and 80 percent of divorces involve migrant workers. Those born after 1980 at times remained unmarried and list loneliness as a primary source of dissatisfaction with life.

Despite continued hardships that have followed migrant workers for generations into the new millennium, improvements have been made, at the very least at the policy level. Policies enacted in 2003 require employers to sign contracts with migrant workers, pay them on time, and reimburse them for all time upon termination. In 2013, salaries rose by 13.9 percent to a slightly more realistic level.

The All-China Federation of Trade Unions also encourages migrant workers to join local unions; and by 2008 half of this massive workforce had become unionized. On another front, more efforts are being made to help Chinese migrant workers uphold family ties. In 2007, the ACFTU assisted over 30.3 million individuals in returning home for Chinese New Year by setting up special group tickets, trains, and buses. Furthermore, the trade union secured millions of RMB in back wages for migrant workers and provided them with financial scholarships and assistance, illustrating the government's willingness to provide better circumstances for such a substantial part of their population. Tying in with plans to urbanize half of its 1.3 billion people by 2020, and 70 percent by 2050, the central government is gradually loosening the rigid hukou system to allow millions of migrants to settle in cities and receive benefits associated with urban residency.

While progress has been made with regard to these previously harshly neglected members of society, only such incremental changes will help them thrive over the longer term in the very same society they are helping to build. 

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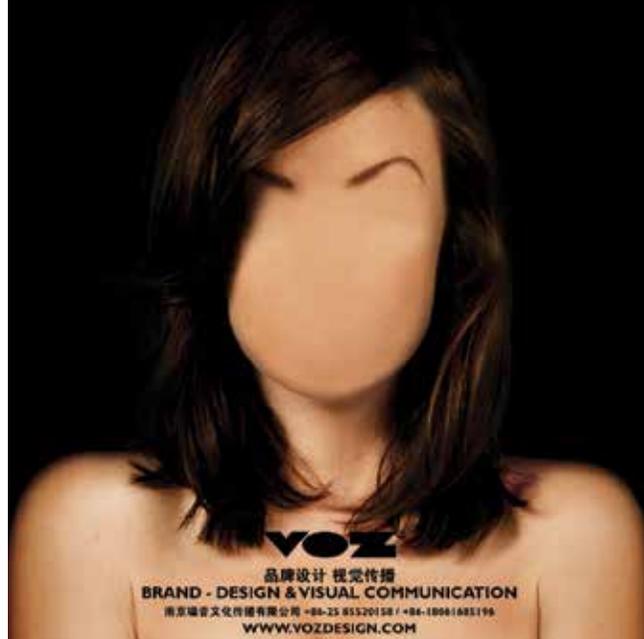
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OF MILLIONAIRES AND MILLIONS CHINA'S PENSIONERS

BY LAURA HELEN SCHMITT



Zhang Juan (name changed) has just returned to her hometown of Hohhot after six weeks vacationing in England. The 44-year old has the liberty of doing so because she belongs to a list of growing young pensioners; those who were able to turn China's economic boom into millions of profit and hence could afford to retire in their forties.

It is a fact that the numbers of Chinese millionaires, who are able to live out their uncommonly long-stretched days of retirement worry-free, is steadily increasing. In June 2014 reports quoted figures from the Boston Consulting Group's Global Wealth Report 2014, which illustrated the country had reached the second place in the world's leading countries based on numbers of millionaires. Specifically, the Middle Kingdom boasted 2,378,000 millionaire households in 2013, representing an increase of 82 percent compared to the previous year and almost double the number of Japan. At this point, China is only second to the US.

Yet, in the grand scheme of things, with a population set to surpass 1.5 billion this coming year, millionaires who need not worry about their retirement plans make up a rather meager part of the population; only 0,0019 percent to be exact. What of the left over 99,9981 percent? Their outlook at receiving any form of pension is looking increasingly dire.

The proportion of China's population over 65 currently totals 9 percent; however, this number is expected to rise up to 24 percent within the coming 35 years. In other words, by 2050 almost a quarter of the Chinese population will be over 65. Within the next ten years, the number of pensioners (the average retirement age ranges between 50 and 60) is estimated to rise from 200 million to 300 million, stated an Economist article published in April last year, quoting Du Peng of the People's University, marking a 50 percent increase in non-working population.

To add to the problem, the size of the working-age population has recently reached a tipping point and has been in decline since 2012. That year saw China's pool of workers shrink by 3.5 million, while the following year of 2013 marked a slightly less but nevertheless serious decline of 2.4 million in the net number of working age citizens. Current projections believe that the declining trend will continue until approximately 2025. So, how is China's pension system holding up against a growing group of pensioners and a shrinking supply of workers to pay? Not well.

While former President Hu Jintao achieved a substantial increase of spending on public support systems, making pensions the most expensive item on the to-do list of the government, even beating infrastructure, housing and defense, one might argue he was fighting a losing battle. Between 2006 and 2011, the government's pension expenditures rose from ¥489 billion to ¥1.28 trillion. This amount in combination with civil service pensions covered only about half of those over the age of 60 at the time.

While there is some good news insofar that by 2013, 290 million urban and migrant workers were paying into the public pension system, this does mean that the financial burden on the country to pay back is rising quickly. That same year a joint report published by Bank of China and Deutsche Bank estimated that the gap between assets and liabilities of the Chinese pension system would reach \$10.9 trillion by 2033, an equal of almost 39 percent of the country's GDP. .

A second study by the Chinese Academy of Social Studies (CASS) came to an even more dire conclusion; if China continued on its course, by 2050 the accumulated debt would equal 90 percent of the country's GDP.

CHINA'S PENSION SYSTEM WHERE DID IT GO WRONG?

The first and foremost problem with the current system is maybe the most obvious one; the one-child policy.

First came the familial excesses promulgated by a certain Communist leader of the country. At the time, the party went so far as to declare contraceptives illegal during the early 1950's up until 1956. While the country's leader did reach moments of clarity, in which he realized that uncontrolled population growth would cause the country to be unable to feed itself in the future, he abandoned his initial ideas of a family planning commission (still becoming the creator of the term and idea later reintroduced under Deng), and returned to his obsession that families should have as many children as possible, as population growth empowered the country. This trend carried on up until the 1960's, and so it is very common for families of that era to have brought around five children into this world. If you have done the math, you will notice that the Mao generation is now marching quickly towards retirement; and therein lies the problem.

Deng Xiaoping rightly realised that it was impossible to sustain a population growing at such a rapid pace; hence he introduced the one-child policy. While this system was necessary to keep China from starving, it has now created a fatal gap in which for every pre-planning family of five children, since the introduction of the policy in 1979 there is now only one child



paying into the shrinking pension fund.

Aside from this major issue, there are a number of smaller problems, which are just adding to the overall mess. For one, retirement age in China is incredibly low, ranging between 50 to 55 for women and 55 to 60 for men. This age bracket was defined by the Communist Party in the 1950s, right after the civil war, when age expectancy remained as low as 45, and has not been revised over the past 60 years. The average age of retirement is 53 according to a study released in early 2014, in comparison with a life expectancy of 75. Hence, it is simple math that the outdated design is no longer viable in the 21st century.

In terms of design, the current system is anything but fair. Based on reform conducted in the 1990's in a first attempt to combat the looming crisis, there are now three pension systems in China, the major one being the nationwide urban system, which attempts to cover the full population, aided by the other two systems, the rural pension system initiated in 2008 and the resident's pension scheme of 2011, for urban citizens who do not qualify for the regular urban plan; both of which are expected to become compulsory by 2020. However, the levels of pension that are paid out show extreme variations depending on the system as well as the city and province, causing discontent among the population.

The most serious issue is a common problem in China; the urban-rural gap. According to reports by CASS, in 2012 a retired urban worker could expect an average annual pension of ¥20,900 as opposed to an agricultural retiree, who is looking at a ludicrously low average of ¥859. Unsurprisingly, said gap is continuously rising. A budget report in March 2014 announced proudly that urban pensions had risen by 10 percent to ¥22,800 per year, while conveniently not a mention was made with regards to rural pensions.

Another rather serious issue, as is so often the case in China, is corruption. The worst case to become known to the public was the Shanghai Pension Fund Scandal of 2006, when a number of government and party officials were caught up in a scheme to illegally redistribute billions of Yuan into other businesses such as real estate and Shanghai tollways. This has shaken the faith of the Chinese populace in the pension system, as illustrated by an article by Reuters published September 2012. The news agency's reporter quotes Li Mei, a 40-year-old migrant worker, who explained: "I didn't join the rural pension system and will not in future. It's safest to put my money in my own pocket, I prefer to trust myself over others."

COMBATTING THE PENSION CRISIS

It is impossible to ignore the signs that the current pension system is heading for terrible failure and as a result could cause social unrest; the bane of the party's existence. To that end, the government is currently attempting a two-pronged approach of loosening the one-child policy while also considering a raise in retirement age.

In February 2014, the government allowed couples with one single-child parent to have a second child; prior to the easing of the legislation, only parents who were both single children were allowed dual procreation. However, as the proverb goes; the best laid plans of mice and men. As it turns out, China's new generation of parents are pretty content with just one offspring due to the stress and financial burden any new addition to the family would bring. While the National Health and Family Planning commission had estimated that a number of less than two million couples annually would apply for the permit to have another child, in reality only about half of the anticipated number have come forward.

Especially in big cities with higher living costs and where the career break would be even more serious for a mother of two, China's young parents are anything but enthusiastic about a bigger family. In the year since the easing of restrictions, a total of 30,305 Beijing couples applied for the permit; meaning only 6.7 percent of eligible couples in China's capital made use of the new policy.

In Shanghai, enthusiasm is even less widespread. In a previous survey, over half of all Shanghainese couples expressed the desire for another child, yet in reality only 15,000 applications have been made over the past five years.

It seems China needs to focus on raising the retirement age after all. This on the other hand could create discontent among the people. According to a survey published in November 2013, in which people in 11 Chinese cities were questioned, almost 70 percent of participants opposed an increase of the retirement age.

In light of this, it is no surprise that people like Zhang Juan and Li Mei would rather trust in their own money-earning and saving capabilities than rely on a system that might in the end pay them only a quarter of the amount they are due. Whatever the future holds for China's pensioners, one thing seems certain at this point; it ain't gonna be pretty.



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Related

The Internet. We all knew, when it emerged, that our lives were going to change drastically. Yet, only now are we beginning to realise the true extent of the transformation and, looking past all the gloomy predictions and finger-wagging, some of the opportunities of this new digital age.

Aside from severely impacting the way we live, work and sleep, the technological development of the past decade has created entirely new avenues for a number of different professions.

One area that has seen a particular shake up is photography. Liu Fang is an accomplished photographer based in Nanjing with over ten years of experience; his company Liu Fang Visions has witnessed first hand how the rise of the digital age has opened up a whole new playing field for his line of work.

In China, wedding photography is a substantial industry and until a few years ago was probably the major source of income for the visually gifted. Liu Fang himself comes from a background of helping local couples commit their happy moment to glossy paper. Yet, behind all the glitz and glamour, this business was not as rosy as it might seem. Yearly over 880 000 couples get married in all of Jiangsu province. A search on Dianping today reveals total of 469 wedding photography companies in the Nanjing area; considering that most clients looking for such services are only going to need them once, maybe twice in their lifetime, the whole industry is not a very lucrative or stable one. Enter the internet.

With channels such as Facebook and WeChat as well as free

and simple website building tools, becoming a broadcaster of one's own content for marketing purposes is simply a must. However, many companies do not have the in-house skills necessary to provide high-level appealing content, especially in the realm of photography. As a result, demand for marketing photography has exploded, changing the face of the photography industry in its wake.

Liu Fang was perceptive enough to witness the opportunity offered up by new platforms that the online world is providing to businesses of any form, shape and size. In line with the changing times he has transformed his company from a Business to Customer (B2C) to Business to Business (B2B) setup, now solely working with companies to provide visual content for their various online channels. The challenges and overall set-up differ quite drastically from his original line of work.

"With wedding photography, you only have to make the people look good, that is all. When you work with businesses, whatever you produce needs to reflect their brand image, their VI. This also means that there is now more admin work involved, as you have pre-shoot meetings, pitches, etc., all in order to provide the client with the right content for their purpose."

And where exactly are all these pictures going? Take your pick; whether it is company websites, Taobao, Tmall and other online stores or social media tools such as WeChat or even Facebook for the internationally minded wall-jumpers. Tabao in particular has created such a vast need for visual content, that Chinese media has coined the term Taobao



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Girls, i.e. models who make a major part of their living by doing promotional shoots for products to be sold on China's largest online market place.

Liu Fang is incredibly positive about this change, since it has provided him with a stable line of work; after all, companies are in constant need of up-to-date content, as opposed to newly weds; and per se the market potential is so much more vast when you could work with all the companies in the world.

This shift in how Liu Fang does business sees him join the army of a new age workforce; content producers.

Content producers is one of those wishy-washy professions to have emerged out of Web 2.0, a uniform definition is yet to be made as current descriptions seem to encompass anything from writing stories to website scripting. The general conclusion seems to be that CPs create content mainly for online channels such as a company website or social media, that can be of a written, visual or audio-visual nature.

But who are these people who chose to enter a field currently still in its infancy? Photographers such as Liu Fang are just a small part of the puzzle. While the Internet with its overload of free information has led to what many are calling the "death of traditional media" such as print and increasingly television, it has at the same time opened up an entirely new field of pursuit for aspirational journalists, communicators and PR pros. With every company becoming their own broadcaster, the need for people who can communicate in an effective manner using different types of

media has skyrocketed.

In the past a journalist was a journalist was a journalist, and if they did not make it to the top, they were stuck writing the most unsubstantial part of the paper no one ever reads. Now however, there are so many different options for those looking to write professionally.

The trade-off is an abandonment of those most important of journalistic principles such as freedom of press and objectivity. After all, a content producer for a large computer game corporation can hardly write a critical piece on why gaming is bad; nor will one's boss look too favourably upon an article about the merits of base-jumping on the company's Facebook wall.

At the same time, does it not afford writers a much greater choice in terms of what to write about? In the past, a journalist might have ended up assigned to a certain section of a magazine or newspaper, which saw them covering stories they were not interested in in the least; the content producer of today, however, has the pick of the bunch.

You love gardening? While the chances of your grabbing that one post as writer of the gardening column in that national newspaper are minuscule, there is a host of large gardening companies out there that need you to write about anything from hyacinths to hoes on a daily basis for their various online channels from Taobao to Wechat. After all, a passionate and talented journalist can turn even the biggest pile of manure into an engaging story. As for moral integrity, maybe that's overrated. 



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GASTRONOMIC DELIGHTS

*Congratulations to **EL Davey**, winner of this month's Gastronomic Delights!*

The Tale of the Three Blue Eggs

We visit the Dachang Market most Wednesdays - just for the fun of it.

It's a huge, thronging mish-mash of fresh meat, fish and veg, a host of other comestibles (most unidentifiable), clothes, knick-knacks etc. Then there's the baskets of squealing pups for sale and live poultry having their necks wrung to order.

Buying veg from this market can be different. For instance, one plucks a handful of beans, hands them over. The vendor is never happy with the scale reading so adds a few more to make the weight of things more to his liking. No matter. All part of the rich tapestry....

The other Wednesday I was not in the mood for the market but my husband was. "Anything special you'd like dear?", he asked. As a matter of fact there was. I'd been hankering for duck eggs so asked him to purchase three for me (he won't eat anything to do with ducks for some reason. Some hideous, buried childhood memory perhaps?).

With typical female foresight I provided him with a tiny basket lined with a soft cloth in order to bear them home safely in his shopping bags.

On his return I cooed over my 3 blue eggs, remarking, "I bet the vendor was impressed with my little basket". "Well", replied hubby, "he did give me a funny look". "Pah", I said, "they all give you funny looks. There's only 3 foreigners in Dachang and you're 6ft 4 inches with a bushy beard and moustache. You should be used to it by now".

When the time felt right for my treat, I popped a piece of bread in the toaster, drizzled a little olive oil into small pan, plucked a blue egg from its "nest", held it over the slight sizzle, gingerly cracked with a knife andnothing happened.

Investigations revealed that not only were these eggs hard-boiled to the consistency of rubber, the albumen was dark brown and the yolks a charcoal grey.

The "funny look" was thus explained. All three eggs went in the bin.



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 **NEX**



Green Tea In Winter

In strict TCM terms, you should not have touched green tea since autumn. Green tea is cooling, and not at all the sort of thing you need right now. Ask any Chinese mum; it's bad for the stomach and makes you more susceptible to colds.

Much better at this time of year to choose something warming like pu-er or 'red tea'.

And I'll drink to that, too. Wrapping your hands around a nice mug (or bowl) of keemun (qímén 祁门红茶) is a thoroughly rewarding thing to do.

But we have an anomaly here: internationally, sellers of green tea do most of their trade in January and February. Check Google Analytics and you'll find that "green tea" interest is most piqued, with sales peaking, just after the Western New Year. What's going on?

It's that green tea has been rebranded in the West. Completely ignored for three centuries, it re-entered popular consciousness in the 2000s when findings from Japan, extolling green tea's health benefits over red tea, were reproduced in American / European labs and repeated in newspapers.

These findings include anti-cancer, anti-ageing properties due to high anti-oxidant content, increased metabolic rate through catechin phenolics, reduced cholesterol levels possibly due to caffeine and increased immunity from theanine. The upshot is that like tai chi (太极拳) and goji berries (枸杞), it is good for you.

"No wonder", Westerners say "that it doesn't taste very nice". Like gym attendance and other forms of punishment, it gets rolled out following the excesses of Christmas, appearing sometimes in pill form, but usually in tea bags.

So, are these Western green tea drinkers getting stomach aches and colds while drinking this cooling drink in the depths of winter? It's difficult to say, because, though heavily googled and retailed, quite a lot of the stuff is not even consumed.

Just as it was in the eighteenth century, most of the green tea that reaches foreign countries is not fresh. Therefore, unsurprisingly, it is not very nice.

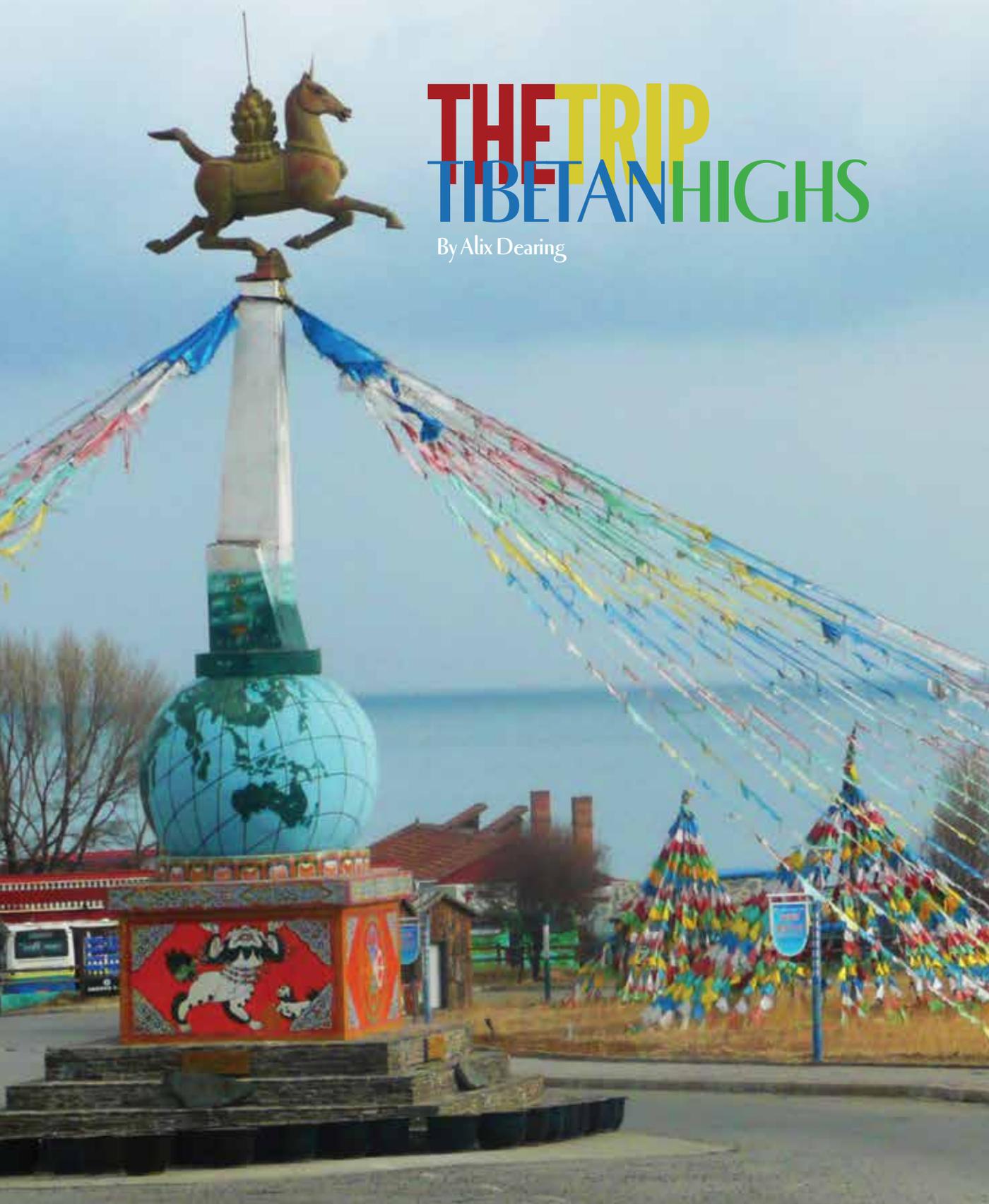
Until Westerners learn that fantastic green tea can now be bought cheaply, transported and stored for up to a year, let us keep green tea like Yuhuacha 雨花茶 our little secret.

Nanjing in January is a time for blanket beating and hanging things outside. And these months are a good time to do a little spring-cleaning in your tea drawer. Old green tea can be stuffed in pillows and given to children as a gift. And [don't tell any Chinese doctors or mums] I actually drink as much green tea while waiting for the new season as I do when it has arrived; at times tea taste pangs defy all TCM logic.

You may well be given more tea during Spring Festival (hopefully not the product of someone else's spring clear-out), and things get going again in spring proper. So drink what you like while it still tastes good. And forget about those detoxers and hypochondriacs. **NU**

THE TRIP TIBETAN HIGHS

By Alix Dearing



When you have sampled “Beautiful China” of Guanxi Province and Yunnan, and shopped till you dropped in Hong Kong, maybe its time to toughen up and head for the lesser known Northwest and to Lanzhou, cartographic centre of the country and gateway to the grasslands, skies, solitude and spirituality of the Tibetan Plateau. It is possible to enjoy a taste of Tibet in Qinghai Province (once known as Amdo, one of old Tibet’s three traditional regions), within a day of Lanzhou, but without the political and practical difficulties of travelling as far as Tibet itself.

Despite the marble calm of the brand new Zhongchuang airport with its excellent connections to everywhere, there is something of the Wild West about Lanzhou. Capital of Gansu Province and the start of the Silk Road, it is a million-plus city of no pretensions and much new building, wearing the dusty, darker clothes of an older China.

Yet it is the multi-ethnic mix of Han, Tibetan, Hui Muslim, Bao’an, and the lively restaurant scene that stands out. In the -2C dry winter, the time of our visit, its charms included hand-pulled beef noodles with their thick sheen of chilli oil (London’s Lanzhou Noodle Bar in Leicester Square pays homage).

We took a taxi through the precipitous reddish yellow mountains of loess; compacted dust and soil blown prehistorically from the Gobi desert and deposited by the wind over the past two million years, cemented to create a layer cake of rock over 350 metres thick. Strings of caves cut back between the layers; are they prehistoric homes or gravel workings to build the new towns of the region? Probably both. The Confucian Museum is our destination but the landscape is the star here. More spectacular than the aerial shots of Los Angeles at the beginning of Robert Altman’s film “Short Cuts”, Lanzhou sits in a bowl of mountains spliced by the Yellow River, or Huang He, or “China’s Sor-

row”, a nod to the disastrous floods of the past. With only an hour to spare and at a fast pace, it is possible to fit in the (free) Tibetan Culture Museum if only to see the vibrant colours and detail of the Thangka, a recently constructed floor to ceiling scroll winding through over 600 metres of gallery space, depicting Buddhist history and the culture of the Tibetan people.

From one nirvana to the next, we travelled into Qinghai Province to enjoy the spiritual calm of Kumbum (Ta’er Si) “Yellow Hat” Buddhist monastery. Try a late winter afternoon on a full moon day when scores of pilgrims arrive. The icy air mixed with incense, and bleak snow-patched hills contrast with the gilded and gaudy temples, red carpets and rich artefacts therein. The devotee metrically banging a drum for up to twelve hours at a time seems to be in a trance, but squints to see us pass. Tibetan pilgrims undertaking their obeisance drop to the floor and kow-tow frantically with knee protectors and plastic gloves or sliders. The most awesome spectacle is the sight of scores of crimson-clad monks undertaking a ritual disputation of their religion; a fist-shaking argument against non-believers. They then regroup for chanting after which they are given their luncheon voucher. Walking back we have to avoid a speeding car driven by a younger monk, while the hillside accommodation looks modern and comfortable. How hard, how poor are their lives and does this even matter? The hardest work seems to be done by the devout Tibetan pilgrims who must perform 100,000 obeisances if they are to be saved to an afterlife.

To breathe free on the Tibetan Plateau proper we steadily ascend by 4WD past a series of red and white homesteads, secured by Ming type entrances and decorated by Tibetan prayer flags: blue-sky, white-air, red -fire, green-water, yellow-earth; a simple list of needs Westerners could do



well to ponder. Temples, whitewashed stupas and Tibetan script slogans can be seen on the hill summits. Several kilometres off road, we investigate a deserted herder village with mud-walled animal folds of cattle, tiny concrete shacks, and painted cooking bowls set in a outdoor range. Here you can feel the sounds of silence, that middle-of-nowhere feeling that makes you fear for the coming night. The yellow grass sings in the breeze and the half frozen streams block your progress. Then a young woman comes into view, padded in yellow down; she has walked from her hometown and is paid to tend the livestock a few times a week. The town nearby, Dao Tang He (River Town) carries the hopeful slogan "Tourist Scenic Village" and the "Tang Tibet Ancient Clothes Shop and Salty Industry Guest House" is available should you wish to stay.

The road continues through huge vistas of grassy steppes at a scale quite impractical for any recreational walking and topped by clear skies to die for. At 3,200 m altitude, there is thicker snow on the mountain and yaks are being herded along a lonely stretch of road by an ancient couple bundled in coats, scarves and cashmere all tied up with string. One of the highest cycleways in the world runs alongside, and then circles Lake Qinghai for high altitude practice. A newly built cycling village, including a hotel as desolate as that in "The Shining", has been built for R and R.

Lake Qinghai is the largest inland lake in China, a limitless vista of sea to us; it will take an hour to reach the other side by tourist boat. Its slithery surface betrays the fact it is a salt lake and also an AAAA grade migration rest for birds. I had heard mixed reports of Tibetan food but the lakeside tent did not disappoint. We drank yak butter tea (culture shock warning) then a deliciously creamy yogurt dressed with golden grainy sugar and hazelnuts, and the best dried

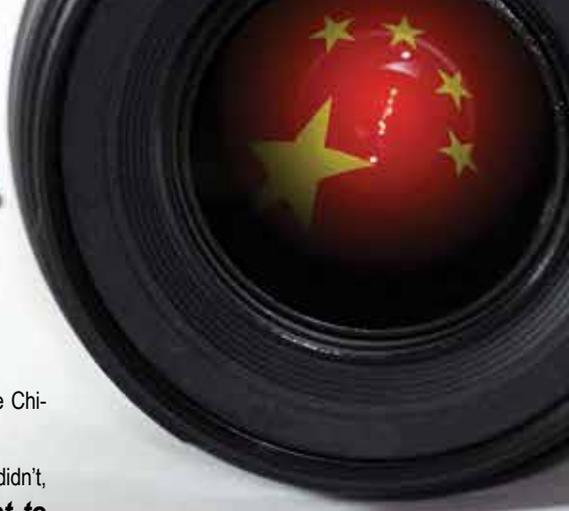
fruit this side of California. That was for starters. Up the hill from the lake, don't be put off by the bleak décor of the roadside restaurant, go in and warm up inside; the food is as delicious as the battered black rice pots and kettles are authentic. We huddled next to a comforting bubble of rice on a wood-fuelled range. First a tasty hot pot of yak, venison and beef in chillies, then real local lake fish (the



waitress proved it by taking out the "sword-shaped" bone from the fish head) with bell peppers, and egg mixed with lichen ("don't eat, there's too much earth mixed in" said our friend, but why not?). Sweet baked cakes the shape of a mushroom are filled with a chilli mix, and finally we are served a thin mutton bone soup with a local gourd like vegetable, sliced into green sections. Heaven.

Yes there are tourists, but clever timing will reap rewards. Qinghai is a summer resort in July and August when the humidity of Nanjing can be left behind, but for the true mind-blowing highs provided by glorious spaces and skies, plus a peek into a disappearing culture, winter is best. **NUX**

In Their Shoes



“WHAT YAHOO THINKS OF ME”

By Ben Flake

What, you ask, could possibly be more frightening than an ascendant China, charging around prosperously and doing various Chinese things? The answer to that, of course, is a China that is not ascending; at least, not quickly enough for the people who would really prefer to be making money off of it.

That, at least, is the only conclusion I can possibly reach from the contents of Yahoo's news search page (the search engine I have defaulted to, given certain unfortunate local circumstances) presented to me every day.

In ignorance of the wonders of our age, I have failed to manage that entity's opinion of me, and it has judged that the only things I am interested in are news about China's financial system, advertisements for Chinese investment vehicles, **and giving birth in San Francisco so that my children can be American citizens.**

I am interested in none of these things, although I applaud Yahoo's efforts, and am a little flattered. Some of the articles to which I have been directed have made my eyes glaze over in horror at the inadequacy of my liberal arts education; the overall effect not necessarily a positive one.

Unfortunately, while the organs its algorithms direct me to (Forbes, Bloomberg, Business Insider, Reuters and the like) have a vested interest in being read, they are never so foolish as to present

a perspective on world events that is not disquieting at the very least; even sanguine articles are written from the point of view of the only person

alive who has any confidence in the Chinese, or world, economy.

You may have heard, but probably didn't, that **India's economy is set to start growing faster than China's in the next few years.** What great or pleasant or interesting news, you might have thought. But you were wrong. Oh, how you were wrong. Because India is only going to start growing faster than a much-slowed China.

A China whose housing prices, horrifically, are rising more slowly than they had been.

A China whose bullish stock market is, even as we speak, **getting bearish and bearisher as steps are taken to prevent debt-fueled speculation.**

A China whose economy is growing, I add less sarcastically, at its lowest rate in 24 years.

Which I think we can all agree is less than ideal, although it should be noted that I believe that at one point I saw on my Yahoo news feed, appearing and then disappearing like a ghost, an article suggesting that the IMF, hard-nosed institution that it is, whole-heartedly approves of Chinese growth at its current, more measured rate.

But nobody, anywhere, is saying it's time to panic, anyway; just to watch this tense situation very closely on various tense-making and ad-revenue-accurring websites.

I, personally, am not overly concerned: I own no Chinese investment vehicles, and I think the economy will have to get a good deal worse before I need to start considering teaching English in Hanoi. My main

concern is and will remain living up to my search engine's image of me.

My methods thus far have been limited to reading articles and sewing elbow patches, and so far things have been proceeding apace, but I fear I am getting headwinds from another story that has made its way from our fair shores into the imaginations of USA Today, BBC News, and the Daily Telegraph, among others: it seems that Nanjing residents have been the victim of a terrible betrayal of trust; a group licensed as an agricultural consultancy (Nanjing Mou Village Economic Cooperation Unit) until recently had managed to outfit itself (and its storefront location) as a bank and, with promises of higher-than-average interest rates, **convinced Nanjing residents to deposit some ¥200 million before disappearing into the night.** This, according to the Telegraph, surprised no one, because China also has fake Apple stores.

It's a story that certainly does not paint anyone in a very attractive light. Me, perhaps, included. Gentle readers, if Yahoo's algorithms haven't learned to stereotype, and haven't judged me gullible by association, that is only a reflection of the newness of the technology. The breakthrough could come at any time – even as you are reading this someone in Yahoo's labs is no doubt hard at work on it. It is for this reason that to you, fellow Nanjingers, I issue a humble plea for an end to our cynicism (and gullibility) and a return to simple human decency. **NW**

In Their Shoes takes a look at reporting practices on China by overseas media.



Spain's Gains

Spain now produces more wine than anyone else. It has for a long time been the country with the most land under vine but was always firmly in third place as a producer due to low yields from sparse rainfall. Legal changes since the 1990's have led to something like 34 percent of Spain's current vineyards being subject to water irrigation and the effects of this are that production now pips that of wine giants France and Italy. This rise in production has been mirrored by a dramatic decline in domestic consumption. Thus, the Spanish winemakers and marketers are very keen to slake China's increasing thirst. And slake they have as China's imports of Spanish wine have tripled just over the last three years, overtaking Italy and Chile to take third place behind France and Australia. This success is owed in part to offering a real alternative with softer and more yielding styles along with saner prices (particularly compared to the French on both counts), and also through a drive to shake off the cheap and cheerful stigmas of old and claim real kudos in a steadily maturing market. Suits me, señor.

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
WINEEXPRESSION

Viña Pomerol 2006 is a deeply red 100% Tempranillo Rioja Reserva and one which should be decanted over an hour or two to really allow the silken supple integration of chocolate and cassis-edged fruit to sit serenely over the tongue. This must collect 18 points, now that's value even at ¥168 from Metro supermarkets.

There is, of course, the ever-dependable, full-blooded Catalonian Sangre de Toro comprising a blend of Garnacha and Cariñena and is widely available but is most keenly priced at ¥98 from Newold Wine World (on the bottom floor of New City Mall); savoury and tangy at the edges with a hint of sweetness. Very versatile and food friendly, it's surely a social crime to not have some on standby (17 points).

Though for roughly the same price consider the Camino de Castilla Crianza 2011 (¥99, Metro), which hails from the Ribera del Duoro, a region which now jostles with Rioja for head honcho designation, and has poise, punch and a silken touch shaped from a Tempranillo driven base of cherry and blackberry flavours, and shows hints of olive, liquorice and black pepper alongside. Gorgeous, petal (17 points).

Rioja itself can still turn out an inexpensive bargain or two from the very same grape and the Solar de Carrion Crianza 2011 (¥63, Auchan) with a hint of vanilla sweetness hovering above a well orchestrated gamut of black fruit flavours is certainly one (16 points).

"Passion for wine", the tacky moniker on the label of the Don Vinico 2011 from Spain's Cariñena region initially created a frisson of cynicism when eyed on the shelf, though happily, I overcame this through sheer curiosity to reveal an old vine Garnacha as satisfying as David Ginola dethroning Slapper Blatter from the FIFA presidency; fat chance, but the glow imbued by the wine; joyously darkly fruity with a whiff of smoke and cedar on the nose, is as warm as the thought, made more radiant by only having to part with ¥62 at Auchan for the experience (16.5 points). 



Next Stop: Epochal Change

By Oliver Schwarz

10

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南京工业大学 NANJING TECH
浦口万汇城 PUKOU WANHUI CHENG
临江 LINJIANG
江心洲 JIANGXINZHOU
绿博园 LÜBOYUAN
梦都大街 MENGDU DAJIE
奥体中心 AOTI CENTER

3
林场 LICHANG

星火路 XINGHUOLU
东大成贤学院 DONGDACHENGXIAN COLLEGE
泰冯路 TAIFENGLU
泰山新村 TAISHANXINCUN
信息工程大学 XIAXI DAXUE
高新开发区 GAOXIN KE FAZHAI QU
天润城 TIANRUNCHENG
柳洲东路 LIUZHOU DONGLU

御甲甸 YUJIA DIAN
大厂 DACHANG
葛塘 GETANG
长芦 CHANGLU
化工园 HUAGONGYUAN
六合开发区 LIUHE DEVELOPMENT ZONE
龙池 LONGCHI

1
迈皋桥 MAIGAOQIAO

上元门 SHANGYUANMEN
五塘广场 WUTANG GUANGCHANG
小市 XIAOSHI
新模范马路 XINMOFANMALU
玄武门 XUANWUMEN
鼓楼 GULOU
珠江路 ZHUJIANGLU
新街口 XINJIEKOU

明故宫 MINGGUGONG
苜蓿园 MUXUYUAN
下马坊 XIAMAFANG
孝陵卫 XIAOLINGWEI

莫愁湖 MOUCHOUHU

云锦路 YUNJINLU
集庆门大街 JIQINGMEN DAJIE
兴隆大街 XINGLONG DAJIE
奥体东 AOTI DONG
元通 YUANTONG
雨润大街 YURUNDAJIE

南京站 NANJING RAILWAY STATION
南京林业大学·新庄 NANJING LINGYU DAXUE · XINZHUANG
鸡鸣寺 JIMINGSI
浮桥 FUDIAO
大行宫 DAXINGGONG
常府街 CHANGFUJIE
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武定门 WUDINGMEN
雨花门 YUHUA MEN
卡子门 KAZIMEN
大明路 DAMINGLU
明发广场 MINGFA GUANGCHANG
南京南站 NANJING SOUTH RAILWAY STATION

机场线 S1

2
油坊桥 YOUFANGQIAO

中胜 ZHONGSHENG
小行 XIAOXING
天隆寺 TIANLONGSI
软件大道 RUANJIAN DADAO

花神庙 HUASHENMIAO
双龙大道 SHUANGLONG DADAO
宏运大道 HONGYUNDADAO
胜太西路 SHENGTAIXILU
天元西路 TIANYUANXILU
九龙湖 JIULONGHU
诚信大道 CHENGXINDADAO
东大九龙湖校区 DONGDA JIULONGHU CAMPUS
吉印大道 JIYINDADAO
正方中路 ZHENG FANGZHONGLU
翔宇路北 XIANGYU LUBEI

双龙大道 SHUANGLONG DADAO
河定桥 HEDINGQIAO
胜太路 SHENGTAI LU
百家湖 BAIJIAHU
小龙湾 XIAOLONGWAN
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龙眠大道 LONGMIAN DADAO
南医大·江苏经 NANYI DAXUE · JIANGSU JING
南京交院 NANJING JIAOYUAN
中国药 CHINA PHARM

3
林周东路 LINZHOU DONGLU

机场线 S1
禄口机场 LUKOU INTERNATIONAL AIRPORT

翔宇路南 XIANGYU LUNAN
禄口机场 LUKOU INTERNATIONAL AIRPORT

During my recent visit to Nanjing I was waiting in line at Xinjiekou Metro Station for Line 2. The young lad in front of me mentioned something to his female companion containing “Mouchou Hu”. That place name stuck out; he pronounced it “Mou2chou1hu4”. Native speakers and avid learners of Chinese immediately recognize that it must be “Mou4chou2hu2”. The English announcement for this very station also mispronounces the Chinese. Why? Was the guy somehow marking the presence of the laowai behind him with such non-standard pronunciation?

长江



Was this just a sign of my paranoia after spending more than seven years in China? I had often been reflecting about attitudes toward foreign people and languages, with me mostly working in language teaching; the very frontier of encounter and exchange between China and the West, the receptiveness of many students and willingness of colleges and private language schools to accept foreigners as regular, long-term and well-informed teaching staff members. Or, very often, the refusal thereof.

During my metro ride to Nanjing University Xianlin Campus the same firm and gentle female voice treated me with “Xi l An l Men4” or “Yang2shan l Gong l Yuan4” while the Chinese announcement got it always right with “...Men2” and “...Yuan2”. A brief reminder of the importance of the correct “tone” or pitch of syllables in Chinese is in place; a different pitch for the same syllable changes its meaning. This can be funny, as in the change from “men2” (gate) to “men4”, which can mean “depressed, beaten down”. But did a foreign lady record those announcements? Certainly not; her pronunciation is usually correct while typical weaknesses in her English occasionally surface. Years ago I asked students about her. One group assured me that no offence was intended; “she just tries to make it easier for foreign ears to understand”. Another group knew that the lady had worked at China’s leading private language school and was pursuing a degree in the U.S. at that time.

My date in Xianlin was my son, of mixed Chinese and German parentage (he has taken it to his heart that he is not “half-half” but both, each 100 percent), whom I picked up from school and accompanied to the little private school where he did his homework under supervision. For his friends I was a sensation. While they did not seem to think about talking to me, they incessantly asked about me and, now it was obvious, mocked foreigners’ Chinese. “Wo3ai2ni4!!!” (instead “..ai4ni3”) may feel to Chinese ears as “I luva ya” to English speakers’ ears but possibly more wretched, more of a failed attempt to get through and master a language.

Far from blaming those seven-year-olds, I have been asking myself what has been spreading this kind of jest among adult Chinese in the years of the new century. I traced it back to mockery over some of China’s ethnic minority peoples’ attempts to get Mandarin pronunciation right, especially the Muslim, Turkic minority of Uyghurs. As more foreigners came and tried to, yes, learn compre-

hensible Chinese, this little fashion of taunting a marginal but highly visible group found them, us, as a target. Does it not quite befit the delicate and ambivalent relationship between China and the West, very much the sentiments toward “laowai” (the Latin American “gringo” or at times even the Afro-American “whity” in Chinese) within “their” country? That may be a field of wild speculation about a shape-shifting, multi-faceted sociocultural reality, with the accompanying issue of immigration that is sensitive in almost any country.

The takeaway for now could be thus. Some Chinese like to taunt foreigners, but not as humilatingly as often done in the Western world, see for example immigrants from Eastern or Southern European countries speaking “Tuerk-endeutsch” (“Turks’ German”). It spotlights the levelling of social hierarchy in an international society, the “white, English-speaking trumps all” and even a further step of foreigners’ yet-to-be-accomplished arrival in Chinese society; yes, remember those innocuous TV-shows featuring Chinese-speaking laowai making fun of their own group through laowai Chinese garble, besides an important factor to make Chinese think regular laowai speak in just such ways.

It also reflects how Westerners finally and laudably humble themselves by turning the tables in language learning. “Now I have to learn Chinese and even try hard” instead of “They have to learn English, read it everyday and listen to me”. It also points to the observation that language, especially the propagation of foreign language; who learns whose language and who doesn’t (need to) learn another’s, is a reflection of power of economies, social groups, and, in a distinctly non-Western or “white” point of view, races.

A deeply unequal, post-colonial world is slowly fading. While this may not be to the advantage of most readers of this magazine and that mockery in the face of well-meaning and courageous attempts to learn the “native tongue” is lacking this very minimum of kindness at the heart of civilization, it may be worth to stop, think and face the signs of our times, even in those tiny details which seldom pierce through the veil of our daily business. 



南京地铁
NANJING METRO

Map
运营线路图
Operating Line Map

地铁线路号

- 1 号线
- 2 号线
- 3 号线
- 10 号线
- 宁天线 S8 号线
- 机场线 S1 号线

图 标

- 大型换乘站
- 一般换乘站
- 机场
- 火车站
- 汽车站

贸学院

科科大学



LET'S GET PHYSICAL

By Nick McBride

The Ten Commandments

This is the tenth edition of "Let's Get Physical," so I thought we'd celebrate with wild abandon and I'd hand over to you my philosophy in a nut shell, in the form of: THE TEN COMMANDMENTS for physical strength and well-being. Not that I'm comparing myself to the big man (woman?) upstairs, of course....I just thought that...well, never mind, let's get down to business.

1. Thou shalt change up thine exercise routine every six weeks.

Doing the same routine over and over is a) boring and b) counter-productive, because after a while your body adapts and you will receive little to no benefit from your routine. YES, I'm talking to you cross-trainer lady third in from the left... same machine, same time, same pace...same shape after ALL this time. MOVE ON!

2. Thou shalt not become a cardio bunny, nor an iron maiden, exclusively.

If you are a slave to the treadmill or cross trainer, try to mix it up a bit with some strength training. At the same time, if you are just about the lifting, think about that other muscle (the heart) and introduce some light cardio exercise. For example, skipping in between your sets.

3. Thou shalt listen to thine body.

There's a difference between your body saying "Oooo, this hurts, I'm sweating, this is not so fun any more....where's the sofa?" and "Sweet Mary, take me now, searing pain is writhing through my leg, and my arm is no longer attached to my body...is that a tunnel of light I see?" Know the difference between challenging your body and pushing it over a cliff. You only get one of them (unless you are good friends with a surgeon), so treat it right!

4. Thou shalt nourish thine body by eating well.

I was going to say "by eating right" but then I thought, well what is "right"? Who gets to say what is right? So, I'm saying "eat well." Recently, I read an article about a guy who tried out 30 diets over a year and noted how it affected him mentally and physically. He tried everything from Atkins to Cabbage Soup to the 5:2 to South Beach. The one diet he realised he could live with and worked best for him, was following the advice from here: <http://www.nhs.uk/livewell/goodfood/Pages/Goodfood-home.aspx>. It's not rocket science but, unlike some diets, it won't allow you to eat half a cow, followed by a block of cheese, washed down with a pint of gin and slim-line tonic. (I honestly know somebody who followed that diet, by the way....it didn't work.)

5. Thou shalt make exercise a habit.

To get results from fitness training, you simply have to be consistent. Consistency is related to success, as the saying goes, they need to hang out more than every once in a while. No excuses. If you want it, you have got to work for it. No more than three days off between sessions, a minimum of four training sessions a week of at least 30 minutes; and, if it IS only 30 minutes, you better be sweating, which reminds me...

6. Thou shalt not, ever, never, take a magazine or book to read whilst "working out".

My number 1 pet hate. If you are flicking through the pages of a magazine in the gym, you are 100 percent wasting your time. I will not hear any argument that says otherwise...unless maybe it's The Nanjinger...and it's this page. I'm okay with that.

7. Thou shall motivate thine self in order that thy, or is it thou?, shalt not give up! (Shakespeare's got nothing on me.)

It is going to take at least four weeks for you to notice the difference, eight weeks for close friends or family to notice a difference and twelve weeks for anybody else remotely connected to you, to see any difference. Do not expect miracles in a week. If you are seeing miracles, then I can wager a fair sum that this is not going to be a permanent new you. But instead of focusing on physical change, revel in the feeling of achievement, energy and mental well-being that exercise WILL bring to you. I like the runner's saying: "The run never takes more than it gives." Glean from that, what you will.

8. Thou shall record and measure.

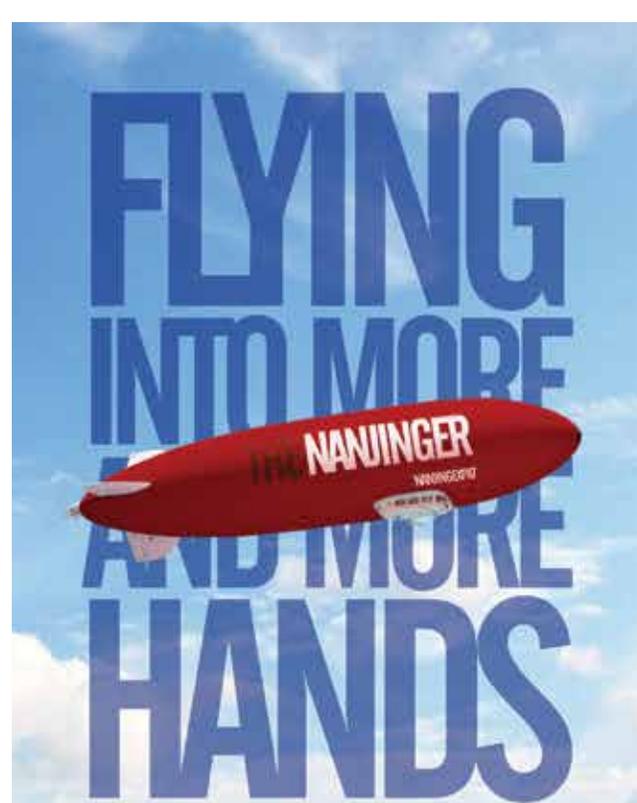
Measure your times, distances, heart rate. This is because it's good to have something to measure your success. A goal for each time you exercise is to run faster, swim for longer, increase the weight you are lifting or the rep count. You may also want to record your body measurements about every 2-3 weeks. If you are going to record your weight, also do this every 2-3 weeks. Do not weigh yourself every day. Weight can fluctuate for all types of reasons, so it is not a great indicator of success from one day to the next. Seeing the changes on paper (or using an app) can be a great motivator.

9. Thou shall strive to find the right exercise for thee.

Yoga, pilates, martial arts, swimming, biking, running, Zumba, hiking, cross-fit, boot camp, aerobics, football, rugby, touch rugby, gym, tennis, fitness videos, dancing....these are all activities that you have access to in Nanjing, and I don't doubt there are more. You can find something that, even if you don't love it immediately, you won't hate either. If it's something you can get on with, you are more likely to stick to it AND if you can make it a date with a friend, even better. You're less likely to back out if you made a commitment to somebody else, especially if you like them.

10. ...because, as the poet L'Oreal once said, "thou ist worth it"!

You owe this to yourself. You deserve to be a strong, happy and healthy individual. This is achievable. If you want it, commit to it. *Roars like a tiger* Whatever works right? Follow the commandments, and, it will. **NU!**



Changzhou
Sheraton Changzhou Wujin Hotel
Sheraton Changzhou Xinbei Hotel
Sheraton Jiangyin Hotel
Oxford College

Hefei
Sheraton Hefei Xinzhan Hotel
Hilton Hefei

Huzhou
Sheraton Huzhou Hot Spring Resort

Jinan
Jinan Foreign Entrepreneurs Association

Qingdao
Double Tree by Hilton

Suzhou
Dulwich College Suzhou
EtonHouse International School

Taizhou
Double Tree by Hilton

Tianjin
Wellington College International Tianjin

Wuxi
EtonHouse International School
Sheraton Wuxi Binhu Hotel

Yangzhou
Four Points by Sheraton Yangzhou

Zhenjiang
Sheraton Zhenjiang Hotel

THE NANJINGER
NANJING SPAT

BATS & BALLS

By Misha Maruma

All Abuzz with Cricket

We are deep into winter here in Nanjing but I recently felt the first rays of spring shining a warm glow onto my face, at least metaphorically anyway. I was alerted to the news that the quintessential warm weather sport cricket will be starting again in Nanjing soon.

Nanjing University of Aeronautics and Astronautics Cricket Club (NCC) will be holding a cricket tournament at the university campus in Jiangning starting in March this year.

The tournament will be played over three weeks starting on Saturday, 28th March.

The first weekend is the qualifying round. 12 teams will each play one game after which four teams will be eliminated, the winners progressing to the Super 8 round to be played the following weekend.

The Super 8, essentially the quarter-final stage, will whittle the teams down by half. The semi-final and final will be played on the weekend commencing 11th April.

The tournament is being organised by NCC with the aim of "brining awareness of cricket to a Chinese audience", according

to Suhaib Khan, the head of the organising committee.

There are many cricket lovers in Nanjing from countries such as Pakistan and India, he further explains. The tournament is a chance to bring all these cricket lovers together and show the local population, who are mostly unaware of cricket, what the game is all about.

The tournament will start the same weekend as the final of the ICC Cricket World Cup being held in Australia this year. The organisers hope that the buzz around the Cricket World Cup will filter into the Nanjing tournament.

Teams will consist of 11 players. The standard rules of cricket will apply with the only difference being the use of a 'tennis' ball. In Pakistan and India, where cricket is hugely popular, tennis ball cricket is played as a street form of the game.

The ball is slightly harder than a normal tennis ball and is a bit heavier; therefore it doesn't have the same bounce. This form of cricket can be played on all surfaces and does not require the batters to wear padded protection.

Each game runs for 10 overs with the final and semi-final increasing to 15 overs for each team.

The fee to enter a team is ¥350 with the winner taking a cash prize of ¥1,200 and a trophy. The runner up will take a cash prize of ¥750 and a medal for each member of the team.

The tournament fee includes all the necessary equipment from bats to balls. The organisers will also provide basic refreshments and space for spectators to watch the games. Teams must be registered by 14 March.

One week before the tournament starts the team captains will meet at a pre-tournament party to pay the subscription fees and be briefed on the final arrangements for the tournament.

The organising committee are currently looking for sponsors for the tournament. They hope to appeal to those looking to reach both a foreign and Chinese audience.

NCC is further hoping to recruit long-term sponsors for the cricket club as they move into the future. If you or anyone you know would like to get involved with sponsoring the tournament or club then please contact Suhaib Khan as follows:

Email: suhaib_khan24@yahoo.com

WeChat: SuhaibKhan1993

Phone: 17751755914 

The Rules of Cricket

My American friend Brian has been asking to join my cricket team for ages. As we play on Sunday mornings, he never seems to make it, but that doesn't stop him thinking he'll turn up and be the best.

You see, he already plays baseball and is convinced that he'll master cricket in no time. That may well be true but one problem is the different rules, or laws as they are called in cricket, he has to learn.

So to help Brian and his friend Ryan get in the know, I sat down and answered their myriad of questions as they fired them at me...

Are there balls and strikes like baseball?

Not quite. You have a bowler and he bowls an over at a time. An over is six balls. He uses these six balls to try and remove the batsman in a number of ways. It doesn't matter if the ball is hit or not.

How do you get out?

The best way to get the batsman "out" is to hit the batsman's stumps; the three sticks he's trying to protect. The batsman is also out if the ball is hit and caught without it touching the ground.

Why are they called a bowler?

The bowler is the guy who "pitch- es" the ball, but the action is totally different to baseball. Rather than sling the ball, his arm must come over his shoulder in a circular motion. He releases the ball from above his head.

Why does the ball bounce? Why not use a rubber ball?

A cricket ball is made of leather. The ball bounces to add more variety to the game. Rather than just having a good eye, batters must be able to deal with a spinning ball, variety of bounce and also a swinging ball. That is a ball that moves from left to right or vice versa before it bounces.

How do you win? Do you score more than the other team?

There are two ways to win in cricket. For example, a team bats first and scores 200 runs. If the team batting second scores 201 runs while only losing four of the 11 batsmen, the team batting second wins by six wickets. That is the remaining amount of batsmen still left to come. It's not seven wickets because a batsman can't bat on his own, he must have a partner.

Using the same example, if the team batting second this time scores 192 runs and all the batsmen are out or the overs are complete then the team batting first wins by eight runs.

Is there an equivalent to a home run? How far do you have to hit it?

There's no equivalent really. When batting the most a batsman can get from one shot is six runs. He does this by hitting the ball in the air over the boundary rope. If the ball hits the ground but still goes over the boundary rope then this is four runs.

Why do they use paddles instead of bats?

What do you mean? It is a bat.

Can you hit the ball backwards? Is it in play if you hit it backwards?

Yes, the batsman can hit the ball anywhere they like. The captain can also put the fielders anyway on the playing field that he likes too.

Is there no such thing as a foul ball?

There is a foul ball if the bowler breaks the bowling rules. These include bowling the ball above chest height without the ball bouncing, and overstepping the bowling line. These result in a run being added to the batting team's score and an extra ball being bowled.

How far away is the pitcher from the batter?

Cricket is played on a wicket, which is a flattened piece of grass. The distance between the stumps is 22 yards. That is 20.12 metres for anyone who does not use the imperial system.

Does it matter if you're a left-handed bowler or batter?

No, not at all. In fact some people believe left-handed batsmen are seen as more graceful and difficult to bowl against. Left-handed bowlers are quite rare these days.

Are there any good American players in cricket?

I think you know the answer to that question...

If you're interested in learning more about cricket and would like to play in Nanjing, feel free to contact the Nanjinger at thenanjinger@sinoconnexion.com. 



WHO WILL FEED CHINA?

Have you ever wondered where the old people are? Nanjing is full of fashionable teens and tweens prowling the malls, smart young men in BMWs and large groups of children going back and forth to school. However, nationally, this is an aging population; the majority of the 50 plusses are still living in the countryside. Furthermore, this older generation are the ones growing your food. In neighbouring Anhui province, most farmers are aged between 50 and 80 and less than 20 percent are in their 20s or 30s. The next ten years will see this bulge move out of farming, begging the question who will take their place.

Despite the restrictions of the hukou registration system, the young have been migrating to cities since the 80's, lured by higher incomes and fleeing the drudgery of field labour. Existing farmers often rely on income from second jobs in local towns and remittances from migrant members of the wider family group. In a recent survey in Anhui, nine out of ten of farming families had a member working in a town. Amazingly, 80 percent of the income of farming families came from non-agricultural activities there. Since 2004, government subsidies have helped to raise farm incomes; but the monthly ¥ 80 they receive in no way compares with the ¥ 1,000 that even a low-income city job such as waitressing provides. Small scale farming today is not financially viable without several income sources.

Turning to the youth is not an option either. Young people in China have a great nostalgia for their rural roots; witness the travel chaos during the national holidays as they gravitate back to the home village. But ask them to return permanently and they are not so keen. Most farms are tiny and far less profitable than Western ones. As a result, the government expects 400 million people (more than the total population of the USA) to move from rural to urban areas in the next decade. Ying, a postgraduate student in Nanjing, does not see herself returning. "The best education and medical facilities, the jobs, and the fun, is in the cities," she explains.

At the same time, there are new pressures on the food scene. Diets are changing towards a preference for less energy efficient meat. Aspirational families and the young are increasingly taking up Western eating habits.

At a dinner with my neighbour Mr. Gao, he apologised for the lack of meat at the table, explaining that this state of affairs is not because of its affordability but for health reasons; clearly he felt I might question his status as a good provider. Farmers, on the other hand, are increasingly looking for crops that give a higher profit. Walking in northern Yunnan recently, the rice paddy lakeside landscape is now strung up with line after line of grape vines.



What will actually happen is difficult to predict. One can hope that rural farm incomes will increase to attract the younger, more educated workers. Recently, the government introduced a new scheme to train young graduates in modern farming techniques and return them to the countryside. A second scheme is to allow farmers to rent their land to "professional" farmers who will take on the work and bring more efficient mechanisation to rice planting increasing grain yields. Another line of attack would be for the government to increase the level of subsidy for key crops. However, these options make food production more costly, impacting food prices and the cost of living for everyone, resulting in a rise in overall inflation, which would undermine China's ability to manufacture for the world at cheap prices.

Small scale farming is usually not viable in any modern society, so as dire as it sounds, no one will take the place of the aging farmers. Further increasing China's food imports is probably the only realistic, short-term solution to the situation, with its unsustainable and depressing future of higher energy costs and more food miles. But above all, it is the diverse food and vibrant local markets that give China a stunning individuality. I have never eaten such a varied, culturally exciting (though occasionally startling) and healthy diet. Young farmers, please stay in your villages! Now, where did I leave my magic wand? **NX**

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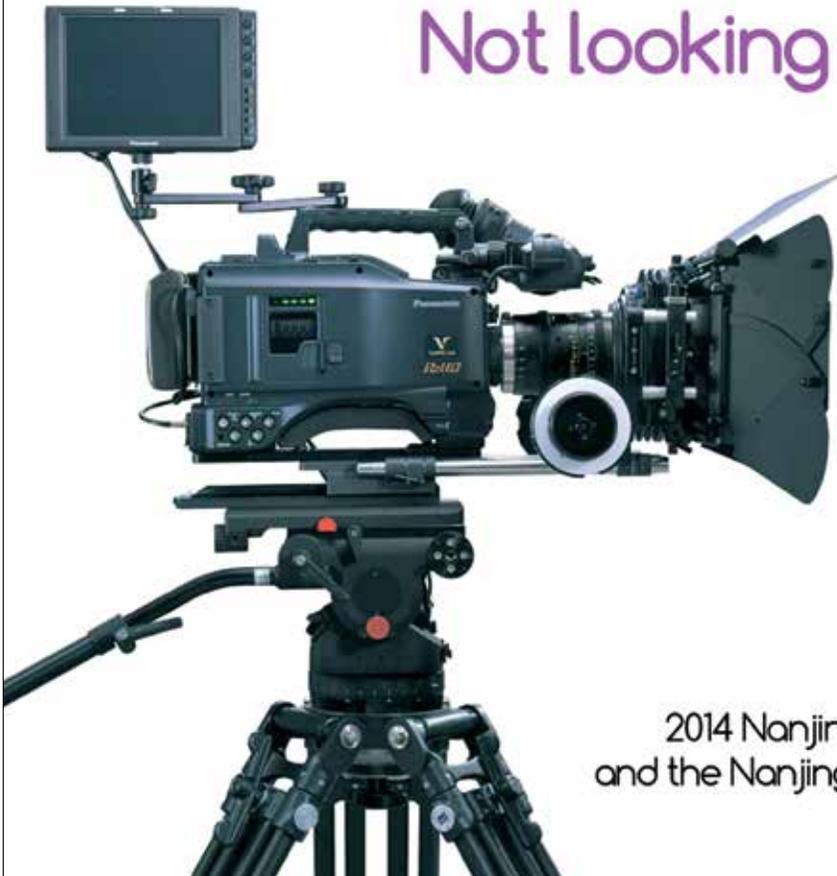
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NUX OURSPACE

Gastronomy

What's with all the Vanilla?

Da Le Vietnamese Cuisine

By Wang Tiantian

With a superb location right at the heart of the city in IST Mall, Da Le Vietnamese Cuisine catches the eye due to its colourful décor bordering on but luckily just stopping short of gaudy. The waiting tables outside of the restaurant romanticise Vietnamese street style sitting options, though sadly in IST all you will be seeing by way of scenery are a number of shopping opportunities and competitive dining options.

Calling Da Le (Danang) 100 percent genuine is probably a bit of an overstatement; the menu features a few dishes such as a tofu-aubergine concoction, which has a distinct Chinese taste. Yet, if one knows to pick the right dishes, one is in for a treat. The papaya salad, my personal Litmus test for any Vietnamese, is just spicy and sweet enough, a greatly refreshing classic from across the border. The chicken curry with big chunks of potato is simply pot-lickingly delicious, although such action will result in tragedy as the installation is kept boiling over a constant flame. The good news is, that the continuously stewing potatoes are crispified by their golden-tinted, exotic-looking pot; although one cannot help but feel sorry for the poor soul who will have to clean up that mess.

The one criticism is that they betray their non-genuine roots

with one rather big spelling mistake on the menu. Initial confusion over why all of their dishes included vanilla turned into a bit of a giggle once we figured out that in Chinese, the wrong word for lemongrass was used; it was not in fact a translation error but an even more serious blunder in the restaurant's native language. In terms of quality, the lemongrass was not outstanding, and while present in three out of the five dishes on the table, the chef had only managed to unlock its taste in the seafood pho soup.

For a group of four girls, the visit cost roughly ¥50 each, and while the dishes seemed rather small, no one left hungry; though realistically speaking any male companions would need to order one or two dishes extra.

While slight improvements could be made, the Da Le experience can be recommended for a clean and nice environment as well as a surprisingly reasonable price considering its location; definitely a great option to enjoy a tasty and light break from both oily Chinese and calorific Western cuisine. **NUX**

Da Le Vietnamese Cuisine is located on 3F in the IST Mall in Xinjiekou 中山路100号艾尚天地购物中心. Tel: 85656155



Origin Cuisine

- “Everyone dreams of the countryside in their hearts” is the motto of this Western-Chinese fusion restaurant, with a leaning toward the former. Here, mushrooms are the culinary theme, directly imported from Zhejiang province, while fresh fields have been installed in the shopping centre in front of the premises. Origin made headlines with local media for installing a pig sty outside of the restaurant featuring these three cute little rascals. But not to worry, they were not for consumption. No MSG is employed in any dish, in line with the menu’s promise of all natural ingredients. If fresh is what you are looking for, Origin is the place to be. **NUX**

Q.E. Mart

- There are some things that Korea does mesmerisingly well, and one of them is the chocolate biscuits made by Lotte. The only place one is going to find these, and lots more goodies like them, in Nanjing is Q.E. Mart. Located walking distance from Nanjing International School in Xianlin, the medium-sized supermarket that from the outside is labelled “Korean Market” (see photo) is the place to head for a wide range of Korean produce, including processed cheese, juices, sushi, fresh fruit, snacks, instant noodles, cakes, instant meals, beers and spirits. Also stocks a wide range of Chinese, Japanese and international products. **NUX**



Puppy & Kitten Pet Store

- With a Chinese name that uses an interesting word play in which the term “papparazi” is literally translated as “gang of dogs”, and with a leaning more toward the canine than the feline, Puppy and Kitten Pet Store showcases a range of natural and/or organic imported dog food complimented by the necessary selection of treats, chews, leads and bowls. Grooming service also available. **NUX**

Temporal Trials and Tribulations

Predestination

By Laura Helen Schmitt

- *Predestination* massively underpromises with its trailer seemingly running the “oh so traditional” storyline of temporal agent chasing mysterious bad guy. Any of us who have binge-watched time travel entertainment will already guess who mysterious bad guy turns out to be in the end. So, just your run-of-the-mill time travel fiction, right? Wrong!

The entire movie seems to be randomly put together as we are pushed into the middle of a narrative and given bits and pieces of seemingly unrelated information. While trying to find our way into the story, we learn of one temporal agent looking at retirement, while another - after revealing his background of a rather messed up life, which at the time seems pretty out of place in the overall plot line, until it doesn't - finds himself at the beginning of his commission.

While in the past the big “surprise” of most temporal movies is that the hunter is simultaneously the hunted, *Predestination* simply whips out one shocking revelation after another, pushing the treacherous, mind-twisting tricks of time travel almost to breaking point, while Ethan Hawke sarcastically runs around singing “I am my own grandfather”. But you didn't think it was quite that simple, did you?

Playing alongside Mr Hawke we see Sarah Snook, who ends up actually carrying the major part of this film on her shoulders. It begins with Hawke and it ends with him, yet Snook in her portrayal of a woman who has unwillingly and unknowingly been subjected to a sex change at a time when that was anything but the norm, steals the show. We predict a bright future lies ahead of the charismatic redhead, who has a number of exciting projects lined up for the coming year.

In light of Snook's dramatic backstory, the obligatory villain, upon whom the entire movie originally builds, seems to turn into nothing but a red thread to string the entire narrative together, a subplot or maybe a mere motivator for the character of Hawke. When finally all is revealed, one expects to finally hear the sad truth of how the bad guy came to be; the tragic event that radicalized him into becoming a murderer; only to find that the only true fault this tragic villain ever had was loving his job too much.

In the end, and despite its serious twist on the classic genre, this movie asks that most traditional of time travel questions; when you know the future and you know what it will do to yourself and to those you love, are you willing to take the pain for the greater good? Are you able to follow through and utterly destroy your own life, if that is what it takes? **NM**



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77 SHANGHAI LU (JUST UP FROM GUANGZHOU LU)

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Event

Invitational Swim Meet

17th January

Nanjing International School's 4th Annual Invitational Swim Meet held in January was attended by 12 international schools from the Shanghai and Beijing areas. It saw 565 students swim four individual races over the course of the day. Including parents there were well over 900 people at the event wherein some amazing times were achieved by the swimmers.





Event

Walking Club/Tea Tasting

13th January

This event organised by Nanjing International Community Clubhouse saw friends from many countries come together for a healthy walk around the city wall in the Jiming Temple area, culminating in a tea tasting at Laocui teahouse inside the city wall, introducing China's rich tea culture and offering participants the opportunity to look the part.



HOW BIG IS THE SPACE IN YOUR HEART

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

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

THE NANJINGER

NANJINGEXPAT

Food & Drink

Western Bars & Restaurants

Bubba's 芭布 G1 ●

Chic Hills, 286 Zhongshan Lu (at Xuejia Xiang)
中山路 286 号羲和广场一楼
85878066

www.bubbasasia.com

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

L'Arôme 芳芳法餐厅 H6 ●

B1, Jinling Hotel Asia Pacific Tower, 2 Hanzhong Lu
汉中路 2 号金陵饭店亚太商务楼 B1
13127763730

www.l-arome.com

Parisian style bistro and wine bar in a location to die for at the bottom of the escalator from the lobby of the Jinling Hotel. Also open for lunch and afternoon tea.

Bellini Italian Bar & Restaurant 贝丽妮

12 Nanxiucun 南秀村 12 号 G1 ●

52888857

1-106, 9 Wenfan Lu, Xianlin H2 ●

仙林大学城文范路 9 号 1-106 室

85791577

www.bellinirestaurants.com

Stylish and elegant yet easy in which to relax, Bellini serves up an array of signature dishes and drinks with tempting specials available every day.

Finnegans Wake

芬尼根爱尔兰酒吧餐厅 H2 ●

6 Cinnalane

中山南路 400 号升州路 (原中北汽车站) 熙南里街区 6 号

52207362 / 13057623789

www.finneganswake.com.cn

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

Origin

原粹创意餐厅 G4 ●

1F, Nanjing IST Mall, 100 Zhongshan Lu

中山路 100 号艾尚天地购物中心一层

Western-Chinese fusion restaurant with mushrooms as culinary theme, directly imported from Zhejiang province. Fresh fields have also been installed in the shopping centre outside the restaurant. No MSG is employed in any dish.

Blue Sky Expat Bar & Grill

蓝澳西餐厅 G1 ●

77 Shanghai Lu

上海路 77 号

86639197

www.the-bluesky.com

admin@the-bluesky.com

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

Brewsell's

比利时报酒餐厅 G1 ●

77-1 Shanghai Lu (first place up from Guangzhou Lu)

上海路 77-1 号 (靠近上海路和广州路的路口)

58779429

www.brewsells.com

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

Studio 21 Grill Restaurant

藤美 P3 ●

193 Shigu Lu (behind the Sheraton)

石鼓路 193 号 (石鼓湾美食休闲街区)

86795269 / 13072525212

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

Hacker-Pschorr 赫佰仕 H6 ●

Basement, Asia Pacific Tower, Jinling Hotel,

2 Hanzhong Lu

汉中路 2 号金陵饭店亚太商务楼

84660099

www.hacker-pschorr-brauhaus.com/nanjing

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

Jimmy's

吉米莱吧 P3 ●

193 Shigu Road (inside Sunlong Bay

near the Sheraton)

石鼓路 193 号

86792599

www.jimmysnj.com

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

Element Fresh

新元素餐厅 G4 ●

1F, Nanjing IST Mall, 100 Zhongshan Lu

中山路 100 号艾尚天地购物中心一层

85656093

www.elementfresh.com

Born from an expat's passion for food, the multi-award winning Element Fresh first opened its doors in Shanghai in 2002. Since then the chain has expanded to Beijing and Guangzhou and now Nanjing!

Punchline 弥多美式西餐厅 H6 ●

Building 1, Zhongnan International Mansion, 129

Zhongshan Lu

中山路 129 号中南国际大厦 1 楼

85263703

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

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 H2 ●

85807866

35 Wang Fu Da Jie 王府大街 35 号 ●

84206485

160 Shanghai Lu 上海路 160 号 ●

83323616

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

The Wing Italian Restaurant

意之翼-意大利餐厅 V5 ●

4F, The Central, Hexi CBD

江东中路 237 号中央商场 4 楼 (雨润国际广场)

13913983339

Open kitchen allows for observation of the chefs at work, while hand-made Italian thin-crust pizza comes from a professional oven.

Mix and match your own pasta and great value set lunches available along with MSG-free chicken.

Les 5 Sens

乐尚西餐厅 G1 ●

52-1 Hankou Lu

汉口路 52-1, 靠近南京大学

83595859

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

Motu Burger 摩图 J4 ●

107 Gutong Xiang, Laomendong

老门洞箍桶巷 107 号

17701598220

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

Dream House 梦想之家音乐西餐厅

20 Jiangjun Da Dao, Jiangning A2 ●

江宁区将军大道 20 号

52837977

Continuing Nanjing's fascination with Western food and drink leaning toward the Germanic. Popular with students from NUAAC across the street.

Behind the Wall

答案墨西哥餐厅 F2 ●

150 Shanghai Road (in Nanxiu Cun)

上海路 150 号, 在南秀村

83915630

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

Secco Restaurant and Bar

喜客西餐厅

132 Changhong Lu (under the Super 8 Motel)

长虹路 132 号 (速 8 酒店楼下)

83370679

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

Florentina

2-107, 83 Shanghai Lu

上海路 83 号 2 栋 107 G1 ●

3-101, 22 Nanyinyangying

南阴阳营 22 号 3 栋 101 F2 ●

18602560788

Over 100 craft beers waiting for you to try!

Henry's Home

亨利之家 b5 ●

82-2 Fuchunjiang Dong Jie

奥体富春江东街 82-2 号

58577088

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

Selección Española

57 Zhongshan Dong Lu

中山东路 57 号 H7 ●

Home-made Spanish fast food in the heart of Xinjiekou makes for an attractive and affordable alternative as a lunch option during the 9 to 5.

Eminence Cellar

香松酒窖 G1 ●

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.

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

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

Potato Bistro

马铃薯 

5*301 Kangqiao Sheng Fei, 9 Wenfan Road, Xianlin

仙林文范路 9 号康乔圣菲 5 幢 301

85791293

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

Axis Mexican Restaurant & Pub

Axis 墨西哥餐厅 

Yadong Commercial Plaza, 12 Xianyin Bei Lu

仙隐北路 12 号亚东商业广场

15895872728

A real Mexican dining experience offering a wide variety of traditional Mexican dishes as well as continual additions to the menu.

Nail Jazz Bar

钉子爵士酒吧 

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

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.

Ellens Bar

艾伦酒吧

132-3 Guangzhou Lu 广州路 132-3 号 

37 Hunan Lu 湖南路 37 号 

83641118

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

Middle Eastern Cuisine

Jacob Arabic Restaurant

嘉珂帕

61 Hankou Lu 汉口路 61 号

86521668

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

Indian Cuisine

Baba Restaurant

巴巴餐厅 

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

江东中路 341 号出口南京金源美食广场 11 号负 1 楼

13611574929

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

Nanjing Ganesh Indian Restaurant

甘尼什印度餐厅 

3 Kunlun Lu

昆仑路 3 号

85860955

www.ganeshchina.com

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

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

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

Taj Mahal

泰姬玛哈印度料理 

117 Fenggu Lu

丰富路 117 号 

84214123

187-1 Shanghai Lu 上海路 187-1 号 

83350491

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

Masala Kitchen

玛莎拉印度餐厅-酒吧 

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu

仙隐北路 12 号亚东商业广场 A05

84448858

masala_kitchen@live.com

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

Japanese Cuisine

Kegetsu

嘉月 

62 Taiping Bei Lu, 1912

太平北路 62 号 1912 街区

86625577

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

Tairyo Teppanyaki 大渔铁板烧

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

Xianpingjia 咸平家

#6, Block 1, Dongfangtianjun, Xianlin

仙林杉湖西路东方天郡门面房 6 号

84469445

Run by a Korean grandma who has over 30 years of cooking experience. Bulgogi-marinated beef served with vegetables which you cook on the table with Kimchi is a must!

THE Korean 本家

B1, Golden Wheel Tower, 108 Hanzhong Lu

新街口汉中中路 108 号 金轮大厦 B1

84469445

Neolithic Barbecue

新石器烤肉 

B1, Deji Plaza, 18 Zhongshan Lu

中山路 18 号德基广场 B1 楼 B116-117 号

84764545

Ke Jia Fu 可家福

7 Nan Da Heyuan, 168 Xianlin Dadao

仙林大道 168 号南大和园 7 号

86331006

Other Asian Cuisine

Thai Tasty

泰式料理 

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路 12 号亚东商业广场 A05

84448858

masala_kitchen@live.com

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

Thai Orchid 梵泰蘭

86-1 Fuchunjiang Dong Jie (La Defense Flower Street)

富春江东街 86-1 号拉德芳斯异国风情花街 (近恒山路路口)

83564567

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

Pho Saigon

西贡堤岸越南餐厅 

2F Huanya Plaza, 33 Shigu Lu

石鼓路 33 号环亚广场 2 楼

84465722

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

Taiwan Teppan Corner

三铁板餐厅 

LD148, Jinyuan Hexi Commercial Plaza, 341 Jiangdong Zhong Lu

江东中路 341 号南京金源河西商业广场 LD148

13770325443

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

Kezigu 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

Green Cuisine 绿野香踪素食馆

1F Zhengyang Building, 56 Yudao Jie

御道街 56 号正阳大厦一楼

6661 9222

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

Tiandi Sushi 天帝素食

21 Huji Bei Lu, Entrance to 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

Skyways

云中食品店

160 Shanghai Road 上海路 160 号 

83317103

Weilan Zhidu Homeland,

6-4 Hanzhongmen Da Jie 

汉中门大街 6-4 号蔚蓝之都家园商业裙楼

83378812

A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu



仙隐北路 12 号亚东广场 A18 室

85791391

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

Sculpting in Time Café

雕刻时光咖啡馆

2F, 47 Hankou Lu

汉口路 47 号 2 楼 **CG1** ●

83597180

32 Dashiba Jie (Fizimiao East Gate)

大石坝街 32 号 (夫子庙东门) **UJ3** ●

52266082

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

Maan Coffee 漫咖啡

1 Qingjiang Lu 清江路 1 号天水滨江花园 ●

85872858 85607277

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

薛家巷 8 号金润发超市旁都市羲和一楼 ●

85607266

81-1 Fuchun Jiangdong Jie (La Defense Flower Street)

富春江东路 81-1 号拉德芳斯异国风情花街 (近恒山路口)

tb5 ●

85607299

1912 Nightlife district (near Chanjiang Hou Jie)

1912 时尚休闲街区 **tb2** ●

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

Délíce Capy DC 莫奈花园 **tb5** ●

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

南京市汉中中路 27 号友谊广场 1 楼 2 楼

86829191

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

Nightclubs

Kamakama **tb2** ●

1912 Nightlife district (behind Starbucks)

1912 时尚休闲街区

86701912

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

MAZZO Club 玛索国际娱乐 **tb2** ●

1912 Nightlife district

1912 时尚休闲街区

84631912

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

Club TNT 潮人会 **tb2** ●

2-1 Changjiang Hou Jie

长江后街 2-1 号

84401199

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

Enzo

8-3 Changjiang Hou Jie

长江后街 8-3 号 **tb2** ●

83789898

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

Tourism, Sport & Leisure

Hotel & Hostel

Jinling Hotel Nanjing

南京金陵饭店 **tb6** ●

2 Hanzhong Lu, Xinjiekou Square

新街口汉中中路 2 号

84711888

City centre location puts this prize-winning landmark property only two minutes' walk from Xinjiek-

ou metro station. Enjoy eight top-notch restaurants, 970 rooms and suites plus shopping and recreational facilities. International flight and train ticket purchase counter also available.

Holiday Inn Nanjing Qinhuai South Suites

南京上秦淮套房假日酒店

12 Mozhou Dong Lu, Jiangning

江宁区秣周东路 12 号

84918888

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

Wanda Realm

南京万达嘉华酒店

59 Zhushan Lu, Jiangning District

江宁区竹山路 59 号

52838888

www.wandahotels.com

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

Novotel Nanjing East Suning Galaxy

南京玄武苏宁银河诺富特酒店

9 Suning Dadao, Xianlin

徐庄软件园苏宁大道 9 号

85208888

www.novotel.com

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

Fraser Suites Nanjing

南京辉盛阁国际公寓 **tb4** ●

116 Lushan Lu

庐山路 116 号

87773777

www.frasershospitality.com

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

The Westin Nanjing

南京威斯汀大酒店 **tb1**

Nanjing International Center, 201 Zhongyang Lu

中央路 201 号南京国际广场

85568888

www.westin.com/nanjing

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

Sheraton Nanjing Kingsley

金丝利喜来登酒店 **tb3** ●

169 Hanzhong Lu

汉中中路 169 号

86668888

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

Crowne Plaza

南京银城皇冠假日酒店 **tb4** ●

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.

Fairmont Nanjing

南京金奥费尔蒙酒店 **tb5** ●

333 Jiangdong Zhong Lu

建邺区江东中路 333 号

86728888

www.fairmont.com/nanjing

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

InterContinental Hotel

紫峰洲际酒店 **tb4A** ●

1 Zhongyang Lu, Zifeng Tower

中央路 1 号紫峰大厦

83538888

www.intercontinental.com

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

Sofitel Galaxy 南京索菲特银河大酒店 ●

9 Shanxi Lu

山西路 9 号

83718888

www.sofitel.com

resoff@sofitelnanjing.com

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

Hilton Nanjing Riverside

南京世茂滨江希尔顿酒店

1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)

淮滨路 1 号 (近秦淮河和扬子江交汇处)

83158888

nanjingriverside.hilton.com

nanjingriverside.info@hilton.com

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

Nanjing Sunflower International Youth Hostel

南京瞻园国际青年旅社 **tb4** ●

142 Dashiba Jie (Fuzimiao west gate)

大石坝街 142 号, 在夫子庙西门的附近

52266858 / 66850566

www.nanjingyha.com

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

Resorts

Kayumanis Private Villas & Spa

南京香樟华莘温泉度假别墅

Xiangzhang Hua Ping, Sizhuang Village,

Tangshan

江宁区汤山镇寺庄村

84107777

www.kayumanis.com

nanjing@kayumanis.com

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

Regalia Resort & Spa (Qinhuai River)

南京御庭精品酒店 (秦淮河) **tb2**

E5, No 388, Yingtian Da Jie

(inside Chenguang 1865 Technology Park)

应天大街 388 号 (晨光 1865 科技创新产业园) 第 E5 幢

51885688

www.regalia.com.cn

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

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村

8 Wenquan Lu, Tangshan, Jiangning

汤山镇温泉路 8 号

51190666

A leisure hotel in Tangshan offering different types of bathing.

Museums

Nanjing Massacre Memorial

侵华日军南京大屠杀遇难同胞纪念馆

418 Shuiximen Da Jie

水西门大街 418 号 **tb2** ●

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 **tb1** ●

321 Zhongshan Dong Lu

中山东路 321 号

One of China's three national level museums displaying Chinese art, pottery and a life-sized Republic

of China street scene. Admission is free with valid ID.

Nanjing Municipal Museum (Chaotian Palace)

南京市博物馆 **📍K1** ●
4 Chaotiangong
朝天宫 4号

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

Six Dynasties Museum

六朝博物馆 **📍O1** ●
Changjiang Lu / Hanfu Jie
长江路 / 汉服街

Constructed on the ruins of Jiankang Castle, visitors can see over 1,200 artifacts, including porcelain, pottery, epigraphs, stone inscriptions, calligraphy and paintings and even a section of the city wall.

Nanjing Jiangning Imperial Silk Manufacturing Museum

南京江宁织造博物馆 **📍O2** ●
123 Changjiang Lu
南京市玄武区长江路 123号
83416801

Exhibitions of silk manufacturing, brocade, qipao and most interestingly, one dedicated to "Dream of Red Mansions" in which one can experience settings where many events in the novel happened. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Rabe House

拉贝故居 **📍G1** ●
1 Xiaofenqiao, Guangzhou Lu
小粉桥 1号

Monday – Friday from 8:30 to 16:30

German industrialist's former home that served as a refugee shelter and saved thousands in 1937. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Purple Mountain Observatory

紫金山天文台
Tianwen Lu, Purple Mountain Area, Nanjing
南京市紫金山天文区天文路
84440768

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

Tangshan Homo Erectus Fossil Museum

汤山直立人化石遗址博物馆
Jiangning District, Tangshan Scenic District
南京汤山国家地质公园内
68720777

Insight into the prehistoric life of the Nanjing cave couple, a pair of 600 000 year old skulls discovered in the Tangshan area of Nanjing in 1993. Discovered by French architect Odile Decq. Closed on Mondays.

Nanjing Brocade Museum

南京云锦博物馆 **📍S2** ●
240 Chaling Dong Jie
茶亭东街 240号
86518580

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

City Wall Museum

南京明城墙遗址博物馆 ●
8 Jiefang Men 解放门 8号
83608359

Long-gone city gates, maps and a full-scale model of the walled city.

Nanjing Taiping Heavenly Kingdom History Museum

南京市太平天国历史博物馆 **📍J4** ●
128 Zhanyuan Lu 瞻园路 128号
58800123

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

Nanjing Science Museum

南京科技馆 ●
9 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 **📍J2** ●
South Zhongshan Road, across from the Huamei Building
中山南路·在华美大厦的对面
52217104

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

Jinghai Temple

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

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

Zheng He Treasure Shipyard

南京郑和宝船遗址公园
57 Lijiang Lu
鼓楼区漓江路 57号

The Treasure Shipyard has a few interesting archaeological pieces. Bus routes 47, 72, 133, and 307 stop right outside the gate.

Parks & Attractions

Qingliangshan Park 清凉山公园

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

Zixia Lake 紫霞湖

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

Mochou Lake Park 莫愁湖公园 **📍R2** ●

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

Happy World 弘阳欢乐世界 **📍A2**

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

Jiuhuashan Park 九华山公园

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

Xuanwu Lake Park 玄武湖公园 **📍E4**

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

Yaxi International Slow City

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

Pearl Spring Resort 南京珍珠泉风景区

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

Gulin Park 古林公园

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

Zhongshan Botanical Garden

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

Nanjing Yangtze River Bridge Park

南京长江大桥 (公园)
7 Baotiaoqiao Dong Jie
宝塔桥东街 7号

58790362

Memorabilia dating from the construction of the bridge. Ascend to the deck of the bridge by elevator for the obligatory photo.

Memorial for Revolutionary Martyrs

雨花台烈士纪念馆 **📍K3** ●

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

Drum Tower/Gulou Park

鼓楼公园 **📍F2** ●

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

Lao Shan National Forest Park

老山国家森林公园

Chalukou, Pukou

浦口区岔路口

Enjoy a more rustic experience in Nanjing's second National Park; away from the crowds soak in the virgin forest that is rich in species.

Lamendong Neighbourhood

城南·老门东 ●

50 Changlu Lu 长乐路 50号

52201611

A new name card of Nanjing with cultural activities, traditional Chinese architecture and distinctive local features. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Datangjin Fragrant Valley

大塘金香草谷主题餐厅

Zhengfang Da Dao, Jiangning District

江宁区谷里街道大塘金正大道薰衣草庄园

52716207

Breathe in the intoxicating scents while strolling through the fields of lavender that lead to the shop filled with perfumes, eye patches, pillows, face masks and even lavender perfume.

Sports

Nanjing Zhongshan International Golf Club

南京钟山国际高尔夫俱乐部

9 Huanling Lu 环陵路 9号

84606666

Nanjing Harvard Golf Club

南京昭雷国际高尔夫俱乐部

176 Zhenzhu Jie, Pukou

南京市浦口区珍珠街 176号

58853333

Nanjing Gingko Lake International Golf

南京银杏湖国际高尔夫俱乐部

1 Guli Yinxing Hu 江宁区谷里银杏湖 1号

86139988

Century Star Ice Skating Club

世纪星滑冰俱乐部

222 Jiangdong Zhong Lu (Inside Olympic Center)

江东中路 222号奥体中心内 **📍V2** ●

86690465 / 86690467

4F, Wonder City, 619 Yingting Street

应天大街 619号虹悦城 4楼 **📍K1**

52275768 ext. 8001/8002

Nanjing Leiniao Paragliding Club

南京雷鸟滑翔伞俱乐部 **📍G1** ●

Wutaishan Sport Center Tennis Stadium

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 **📍G1** ●
86975095

Changqing Taekwondo
长青跆拳道馆 **📍O2**
9F, Quanmin Jianshen Plaza, 145 Zhongshan Dong Lu
玄武区中山东路 145 号全民健身中心 9 楼
84541055

Karate Eifuukaikan 空手道彩风道场 **📍G3** ●
5F, Nanjing Workers Culture Palace Fitness Centre, 54 Zhongshan Dong Lu
中山东路 54 号 工人文化宫 5 层健身中心内
52989189

Massage & Spa

Pathways Spa & Lifestyle Club
颐庭 Spa 生活会馆 **📍H15** ●
13F, Tian'an International Building,
98 Zhongshan Nan Lu 中山南路 98 号天安国际大厦
13 楼
84701266 x 8019
www.pathway-spa.com

Flow SPA 川·天地
46-3 Xijia Datang, Ming Cheng Hui
(200m north of Xuanwu Lake's Jiefang Gate)
明城汇西家大塘 46-3 号
57718777

Theatre

Nanjing Art and Cultural Center
南京文化艺术中心 **📍H7** ●
101 Changjiang Lu 长江路 101 号
84797920

Jiangnan 631 Niuda Theatre
江南 631 牛达剧场 **📍H14**
5 Yanling Xiang 延龄巷 5 号 ●
84419786

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

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

Business & Education

International Education

British School of Nanjing
南京英国学校 **📍R4** ●
Building 2, Jinling Resort, Jiahu 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 **📍E2** ●
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 **📍U2** ●
6 Songhuajiang Xi Jie (near Olympic Stadium)
松花江西街 6 号 金陵中学实验小学内 (靠奥体北门)
86696778

The Overseas
海外国际 **📍G4** ●
Nanjing Novas International Business Consulting
Co. Ltd., Suite 1606 Block A, Junlin International,
5 Guangzhou Lu

广州路 5 号君临国际 A 幢 1606 室
84533133
admin@the-overseas.com
Wechat: overseas

Youth Moment Educational Investment Co., Ltd.
南京青梦家教育投资有限公司
3rd Floor Building E, Kingdee Science and Technology Industrial Park
532 East Zhongshan Road, Nanjing 210016
中山东路 532 号金蝶科技产业园 E 栋 3 楼 ●
83736611, 84530009
www.qingmengjia.com
enquiries@qingmengjia.com
Career guidance, entrepreneurial support, overseas study services for Chinese and foreign students.

Foreign Trade & Economic Development Agencies

European Union Chamber of Commerce
中国欧盟商会 (南京) **📍G3** ●
Unit E1, 30F, 1 Zhujiang Lu
珠江路 1 号 30 层 E1 座
83627330

China-Britain Business Council, Nanjing
英中贸易协会南京代表处 **📍H3** ●
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 **📍E2**
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 **📍N2** ●
德国巴登符腾堡州国际经济和科技合作协会
7-3 Dabei Xiang Meiyuan Xin Cun
梅园新村大悲巷 7-3 号
84728895
www.bw-i.cn

Australian Trade Commission
澳大利亚贸易委员会南京代表处 **📍H6** ●
1163, Jinling World Trade Center, 2 Hanzhong Lu
汉中中路 2 号金陵饭店世界贸易中心 1163 室
84711888 -1163

Canadian Trade Office Nanjing
加拿大驻南京商务代表处 **📍H6** ●
1261, Jinling World Trade Center, 2 Hanzhong Lu
汉中中路 2 号金陵饭店世界贸易中心 1261 房
84704574

Language Training

Nanjing Bozhan Consultancy Co., Ltd.
南京博湛教育咨询有限公司 ●
#203, Building 3, 19 Jinyin Jie
金银街 19 号 3 栋 203 室
13813944415
bozhan.consultancy@gmail.com
Language training & Mandarin tutoring; from survival to HSK Chinese and enhancement of conversational confidence in English to ESL & IELTS testing.

New Concept Mandarin
新概念汉语 **📍O3** ●
3302, Block A, New Century Plaza, 288 Zhongshan Dong Lu
中山东路 288 号新世纪广场 A 座 3302
84872361
www.newconceptmandarin.com
nanjing@newconceptmandarin.com
Over 20-years experience in applied linguistic research and global teaching.

JESIE - Goethe-Language Centre
JESIE - 歌德语言中心 **📍F2** ●
Jiangsu College for International Education, 3rd Floor, 203-207 Shanghai Lu
上海路 203-207 号江苏国际预科学院 3 层
83335690
www.goethe-slz.js.cn

Nanjing No.1 High School
南京市第一中学 ●
301 Zhongshan Nan Lu
中山南路 301 号
68187208
Only high school designated by the International Office of National Chinese Language Promotion as base for the international promotion of Chinese language. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Alliance Française de Nanjing
南京法语联盟
4F, Qun Lou, 73 Beijing Xi Lu
北京西路 73 号裙楼 4 楼
83598762 83598876
1F, Bld F4, Zone F, Zidong International Creative Park, Xianlin
南京紫东创意产业园 F 区 F4 幢 1 楼
www.afnanjing.org
info.nanjing@afchine.org
French language and culture centre with classes for individuals and corporations at all levels, cultural events plus a modern library with free access to collections.

Cultural Education

Confucius Temple Primary School
南京市夫子庙小学 **📍J4** ●
22 Zhanyuan Lu 瞻园路 22 号
52230929
Founded in 1907 to explore and promulgate the ideology and culture of Confucius. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Clubs & Charities

Nanjing International Community Clubhouse
📍R3 ●
南京国际社区中心
www.yournicc.net
info@yournicc.net
Hosts many activities such as Chinese and English classes, ballet & quickstep classes, wine and tea tastings plus a monthly ladies night. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Nanjing International Club
南京国际俱乐部
Maqun Scientific Park, 3 Jinma Lu
栖霞区马群科技园金马路 3 号
www.nanjinginternationalclub.org
info@nanjinginternationalclub.org
A club 500 plus strong in membership that dates back to 1990, with events taking place weekly, monthly and annually.

Nanjing No.1 Toastmasters Club ●
南京第一家英语演讲会俱乐部
www.nanjingtoastmasters.com
Weekly event at 1507, Wuxingnianhua Mansion, Hanzhong Lu/Shanghai Lu.

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

Pfrang Association 普方基金会 **📍N2**
3 Jinma Lu, Maqun Scientific Park
栖霞区马群科技园金马路 3 号

85720118

www.pfrangassociation.org

Sponsors education of children in poor parts of Jiangsu

Butterfly Hospice

Nanjing Butterfly Home

Manager: Linda Huang

njbhmanager@gmail.com

info@butterflych.org

Loving care for cherished lives.

Shopping

For the Home

EAsmart

1F-Z, Wanda Plaza, 68 Zhushan Lu, Jiangning

竹山路 68 号万达广场 1F

52187886

www.eading.com

Fantastic selection of stationary plus coffee machines, electrical and IT appliances, kitchenware and home decoration items.

Working House

生活工场 (F4A)

4F, Zifeng Tower, Zhongshan Bei Lu

中山北路紫峰大厦购物广场 4F

52360109

Stylish kitchenware in dark tones, candles and colourful vases or even camera cases; just a few of the fascinating products that await in every corner.

Living Story

欧洲生活馆 (G1)

173 Shanghai Lu 上海路 173 号

86634155

Compact yet manages to offer coffee grinders, espresso makers, stylish kitchen utensils, picture frames, oil burners and oils, candles, clocks, various pieces of art, wine racks plus a few bottles of wine.

Hongxing Furniture

红星国际家具广场 (E4)

224 Zhongyang Lu 中央路 224 号

83118005

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

Jinsheng Market 金盛百货大市场

2 Jianning Lu

建宁路 2 号 (南京商厦对面)

9 Wangjinshi (off Changjiang Lu)

长江路网中市 9 号

Daqiao Bei Lu (beside North bus station)

大桥北路 (长途北站旁)

58507000

Large indoor market with everything from home décor to wires, Christmas trinkets and electronics. Cheap but be prepared to bargain.

Jinling Decoration Market

金陵装饰城 (T5)

88 Jiangdong Zhong Lu

江东中路 88 号

86511888

Everything needed for a new home.

Longjiang Flower Market

龙江花卉市场

78 Qingliangmen Da Jie

清凉门大街 78 号

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

B&Q 百安居

90 Kazimen Da Jie (beside Metro)

卡子门大街 90 号麦德龙旁

52450077

IKEA 宜家家居

99 Mingchi Lu (East side of Kazimen Plaza)

明匙路 99 号 (卡子门广场东侧)

4008002345

Electronics & Photography

Professional Photography Equipment Market

照相器材专业市场

3F, Binjiang Friendship Shopping Center, 301 Ji-angdong Bei Lu

江东北路 301 号滨江友好商城三楼

Specialists in wedding photography with equipment including lighting, flash etc.

Camera & photography Equipment Market

东鼎照相器材市场 (N2)

Dongding Plaza, 699 Zhujiang Lu

珠江路 699 号东鼎照相器材市场

Widely regarded as the best camera and equipment market in Nanjing.

Mobile phone shops on Danfeng Jie

丹凤街 - 手机 (G4)

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

IT products on Zhujiang Lu

珠江路 - IT 产品 (O1)

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 (FAA)

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

Art

Art Home 聚贤堂

84 Shitoucheng Lu 石头城路 84 号

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

Jiangsu Fande Culture and Art Block

江苏凡德文化艺术街区 (K2)

1 Zhengxue Lu 秦淮区正学路 1 号

84711180

An inclusive cultural industry platform for the research and development, creation, display and transaction of art works. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Avant-garde Contemporary Art Centre

先锋当代艺术中心 (K2)

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

A space dedicated to the promotion of contemporary art.

Fangshan Culture and Art Creative Industry Park

南京方山文化艺术创意产业园 (Y2)

1 Donghuyuan, 588 Longmian Avenue 江宁区龙

眠大道 588 号东湖苑 1 号

84933837

Home to 100 cultural industry enterprises, 4 art institutions and over 40 famous artists in photography, oil painting, Chinese painting, sculpture and pottery. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Jiangsu Art Gallery

江苏省美术馆 (P2)

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.

Nanjing Luhe Phoenix Art Gallery

南京六合凤凰山艺术馆 (M1)

Fenghuang Shan Park, Yanan Lu, Pukou

六合区延安路凤凰山公园内

57751345

A non-profit institution staging exhibitions and serving as a platform for people to exchange information and experience in art creation and collection. One of 17 locations in Nanjing awarded Cultural Exchange Base status in 2014.

Shenghua Art Center

南京圣划艺术中心

2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)

江心洲民俗街洲泰路 2 号 (原乡土乐园)

86333097 86333100

Exhibition of contemporary Chinese art.

Stone City Modern Art Creation Gallery 石头城

现代艺术创意园

72 Beijing Xi Lu 北京西路 72 号

55583708

Exhibition of modern Chinese art.

Yipai Art

南京艺派文化用品中心

81 Stone City

石头城 81 号

83704786

epair8888@126.com

Well stocked shop, with oil paints, brushes, spatulas, charcoal, easels, drawing instruments, sketch books plus a large selection of pens, pencils and lead refills.

International Groceries

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.

Wendy's Bakery

温底手作

1361157210

http://wendybakery.taobao.com

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

Times Grocery

泰晤士 (F3)

48 Yunnan Lu 云南路 48 号

83685530

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

Happy Orange 乐橙便利店 (A2)

Cuiping International (North Gate), Hanfu Lu, 20

Jiangjun Avenue, Jiangning

将军大道 20 号翠屏国际城北门 (韩府路)

52158366

Small shop with a nice selection of imported items run by a charming couple from Taiwan.

Petite Abelle

法国小蜂蜜进口商店

22 Hankou Xi Lu 汉口西路 22 号

83237878

80 Nenjiang Lu 嫩江路 80 号

83217096

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

Metro 麦德龙

288 Ningli Lu 宁溧路 288 号 ●
300 Jianning Lu 鼓楼建宁路 300 号
Originally a B2B operation in which private individuals can now shop. Wide selection of foreign foods plus wines, beers and spirits. Passport/ID sometimes required.

Carrefour 家乐福

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

Auchan 欧尚

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

BHG Market

B2, Aqua City, 1 Jiankang Lu 健康路 1 号水游城地下 2 层 ●
B1, Deji Plaza, Zhongshan Lu 德基二期地下 1 层 ●
B1, Forest Mall, 301 Zhongshanmen Da Jie 中山门大街 301 号森林摩尔商业街区 -1 楼 ●
B1, Raydu Plaza, 1222 Shuanglong Da Dao, 经济技术开发区双龙大道 1222 号 B1 中厅 ●
Features a very large stock of imported goods plus fresh organic fruit and veg.

RT Mart 金润发

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

Q.E. Mart 青恩

7 Wenshu Dong Lu, Xianlin 文枢东路 7 号
85862080
Medium-sized supermarket that from the outside is labelled "Korean Market" is the place to head for a wide range of Korean produce.

Sports & Outdoor

Decathlon 迪卡侬

866 Yingtian Xi Lu (same building as Auchan) 应天西路 866 号 ●
84218420
286 Ningli Lu (next to Metro) 宁溧路 286 号 (麦德龙对面) ●
52401018
French sports megastore chain that also stocks a big selection of informal-wear shoes in sizes up to 48.

Sanfo 三夫户外

57 Zhongshan Lu 中山路 57 号 ●
84721228 84720512
Jinxianghe Lu 进香河路 ●
83601199
4F, Zifeng Tower, Zhongshan Bei Lu 中山北路紫峰大厦购物广场 4F ●

83518681 83518682

Chinese outdoor chain store stocking equipment for biking and hiking plus backpacks and apparel for outdoor from big names such as Northland, Kailas and The North Face. Many other outdoor brand names have shops close to the Jinxianghe Lu location.

Foreign Language Bookstores

Foreign Language Bookstore

外文书店 ●
218 Zhongshan Dong Lu (Beside Taiping Nan Lu) 中山路 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) 中山路 56 号 (近洪武路) ●
86645151
54 Hunan Lu (near Matai Jie) 湖南路 54 号 (马台街口) ●
83374645

Phoenix International Book Mall

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

Wine Outlets

Newold Wine World

纽澳酒世界 ●
Area B, F1, New City Mall, 99 Caochangmen Da Jie 草场门大街 99 号新城购物中心负一楼 B 区
86265959

Jiangsu Jiuchao Distillery

江苏九朝酒业
278 Hongwu Lu 洪武路 278 号 ●
84404159
10 Beimen Qiao Lu 北门桥路 10 号
84714862
38 Dashiba Jie 大石坝街 38 号
84706778

Jayson Wines

南京杰森酒业 ●
52 Taiping Bei Lu 太平北路 52 号
8370 7195

Eminence Cellar

香松酒窖 ●
Inside Wutaishan (opposite to Jin Inn) 广州路五台山体育场
66012088

Aussino Cellar

富隆酒窖 ●
Room 109, 198 Zhongshan Dong Lu 中山路 198 号 109 室
84679799
www.aussino.net

Ziyo Wines

南京紫元酒窖 ●
18 Mochouhu Dong Lu 莫愁湖东路
13770923489

Chateau Family Cellar

名庄世家酒窖 ●
16-10 Mochouhu Dong Lu 莫愁湖东路 16-10 号
87781899 / 13852287767

Services

Healthcare

International SOS Nanjing Clinic

南京国际 (SOS) 紧急救援诊所 ●
1F, Grand Metropark Hotel Nanjing, 319 East Zhongshan Lu 中山路 319 号维景国际酒店 1 楼
84802842 (by appt.)
Mon-Fri 9am-6pm, Sat 9am-12noon / 24hr Assistance Center: 010 64629100
www.internationalosos.com
Delivers integrated, quality, comprehensive medical care. Services span from family medicine to 24/7 emergency services. Languages spoken include: English, Chinese, German, and Japanese.

Angel Flossy-Care Dental Center

天使福乐氏口腔连锁 ●
#105, 1 Huaneng Garden, 108 Taiping Bei Lu 太平北路 108 号华能城市花园 1 幢 105 (until May 2015)
4F, 10 Kexiang Alley, Qinhuai District 南京市秦淮区科巷 10 号 4 楼 (from May 2015)
84069389 / 13951994471
www.025ya.com
Offers all kinds of oral treatments including dental implants, crowns or bridges, dental whitening, cosmetic dentistry, root canal therapy, orthodontics and more. 100% bilingual staff; other branches in Suzhou, Nanning, Beijing and Shanghai.

Keya Dentistry

科雅口腔 ●
Room 411, Building E, Wanda Plaza, Hexi 南京河西万达广场 E 座 411
4008919828 / 83308686
www.keyath.com
Providers of Invisalign; a popular, Western alternative to braces, plus reconstructive and cosmetic teeth surgery. Axa Assistance, CSETH Insurance, BUPA, METIFE, SOS, Bupa and Medilink accepted.

Global Doctor International Medical Centre

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

BEN-Q Medical Centre 明基医院 ●

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

Nanjing Union Dental Clinic

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

Health Examination Center

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

Nanjing Entrance-Exit

Inspection and Quarantine Bureau 南京出入境检验检疫局 ●

1 Guojian Lu, Jiangjun Da Dao, Jiangning
江宁区将军大道国检路1号
52345354
Health checks for work permit / visa applications.

Nanjing Drum Tower Hospital
南京鼓楼医院 **☎F1** ●
321 Zhongshan Lu 中山路 321 号
83304616
The major trauma hospital (24 hr).

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

Nanjing Children's Hospital
南京市儿童医院 **☎G1** ●
72 Guangzhou Lu 广州路 72 号
83117500 83116969

Jiangsu Provincial Hospital of TCM
江苏省中医院 **☎Q2** ●
155 Hanzhong Lu 汉中中路 155 号
86617141
The major Chinese medicine hospital.

Nanjing Maternity and Child Healthcare Hospital
南京市妇幼保健院 **☎P1** ●
123 Tianfei Xiang 天妃巷 123 号
52226777
The major maternity hospital in Nanjing.

Legal

D'Andrea & Partners Law Firm
D' Andrea & Partners 律师事务所 **☎O2** ●
920, Jinglun International Mansion, 8 Hanzhong Lu
汉中中路 8 号金轮国际广场 920 室
86505593 / 86505693
nanjing@dandrepartners.com
International consulting firm present in China since 2004 with offices in Shanghai, Nanjing and Zhuhai, offering legal services in Italian, Chinese, English, French, German and Russian plus assistance in foreign direct investment in China, mergers and acquisitions, international contract law and labour law.

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

Zhongyin (Nanjing) Law Firm
中银(南京)律师事务所 **☎N3**
8F, Jincheng Tower, 216 Longpan Zhong Lu
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.

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 **☎S1A**
87735531
www.nanjinghouses.com
info@nanjinghouses.com
Provides a unique-to-the-industry process of pre-screening options in order to save time and energy while looking for an apartment or villa.

Sun Home Real Estate
南京中涛房产经纪咨询有限公司 **☎P2** ●
Room 1901, Xinghan Mansion, 180 Hanzhong Lu 汉中中路 180 号星汉大厦 1901 室
51860592 / 5186 0590
www.shre.com.cn
sunhome@shre.com.cn
Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

Home Caught Relocation Service
昊鸿房地产咨询顾问有限公司 **☎N2** ●
4F, 669 Zhujiang Lu 珠江路 669 号 4F
84800918
www.homecaught.com
lease@homecaught.com
Supplies many a multinational firm with home search and rental services plus bus fleet solutions.

Crown Relocations **☎O3** ●
嘉柏(中国)国际货运代理有限公司
Rm 1908, Block B, New Century Plaza,
1 Taiping Nan Lu
太平南路 1 号新世纪广场 B 栋 1908 室
84541017
slaing@crowwww.com
Provides moving services, housing services, school search, immigration services, and orientation services with a global network spanning 60 countries.

Best Bond Youth Apartments
贝客青年精品公寓
Hequn Xincun, Shanghai Lu
上海路合群新村 2 号 2 **☎G1** ●
150 Shanghai Lu 上海路 150 号 **☎G1** ●
9 Xitong Lu (east gate of Yinlong Ya Yuan)
西桐路 9 号银龙雅苑东门
400-8090-108
Condominiums of stylish studio flats situated in key parts of Nanjing's foreign community. Common areas provide opportunity for social exchange and integration.

Apex International Logistics Co., Ltd 上海正流国际运输代理有限公司
58702129
www.apex15.com
nanjing@apex15.com
Domestic and local moves, office relocation, storage and warehousing, pet relocation, insurance/risk management plus immigration services.

CMR Corporate Property & Relocation
南京浩麦房地产咨询 **☎H20** ●
12C1, Jinlun Mansion, 108 Hanzhong Lu
汉中中路 108 号金轮大厦 12C1 座
84701658
www.cmrchina.com
Supplies multinationals, with additional services including driver's license and import/export of pets.

Faith Houses

Nanjing International Christian Fellowship
Ramada Hotel, 45 Zhongshan Bei Lu
中山路 45 号 南京华美达怡华酒店 ●
☎F4A
Sundays 9:30am to 11:30am
Foreign passport holders only. English service with translation available in Chinese, French and Spanish.

KuanEumHui Korean Buddhist Club
观音会南京韩人佛教会 **☎L3** ●
1703, Building 2, Fuli Shanzhuang
富丽山庄 3 栋 1703 室
13222018582
Service: 11:00am

Shigulu Catholic Church
石鼓路天主教堂 **☎P1** ●
112 Shigu Lu 石鼓路 112 号

84706863
Korean service: Sat 4.30pm
English/Chinese Service: Sun 4.30pm

The Church of Jesus Christ of Latter Day Saints
Yuhua Jingli Hotel, 8 Xiaohang Yaojia'ao
雨花区小行尤家凹 8 号雨花晶丽酒店 **☎D3**
Mormon service on Sundays at 10am. Foreign passport holders only.

Training, Coaching & Consulting

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

Simon Northcott
simon3northcott@gmail.com
Change leadership, problem solving and empowerment.

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

Hairdressers

V-Salon
香港时光设计有限公司 **☎H5** ●
32F, 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, including Nicolas Cage and Julia Roberts.

Mei Lun Shang Pin Hair Salon
美伦上品私家专属定制 Salon **☎H15** ●
6 Sanyuan Alley, 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 **☎H7** ●
F322 Deji Plaza Phase 2
中山路 18 号德基广场二期 F322 店铺
86777366
Resident French stylist available; bookings advised.

Pets

Amy Hao Hao Pet Care
爱咪好好 **☎H15** ●
18 Nantai Xiang Xi (off Wang Fu Da Jie)
王府大街南台巷西 18 号
84203097 / 13952034351
Professional cat and dog grooming service run by a local Nanjing girl who speaks fluent English.

Puppy & Kitten Pet Store
狗仔猫仔宠物店
81 Shitoucheng Lu
鼓楼区石头城路 81 号
68192571 / 18625184686
Large range of natural and/or organic imported dog food complimented by the necessary selection of treats, chews, leads and bowls.

Tom Dog Pet Center
汤姆狗宠物中心 **☎P2**
1 Shanghai Lu 上海路 1 号

86662858

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

Nanjing Veterinary Station

南京畜牧兽医站宠物总医院

448 Longpan Zhong Lu

龙蟠中路 448 号

84484781

Major centre for vet services and vaccinations.

Photography

Nicolas Harter Photography

13770761603

www.nicolasharter.com

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

Media & Design

SinoConnexion

南京贺福文化传媒有限公司 ●

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

鼓楼区东宝路 8 号时代天地广场 1 幢 1417 室

84718617 / 13851522275

www.sinoconnexion.com

info@sinoconnexion.com

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

VOZ Design

语音设计 ●K1

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

天元中路 128 号 2 栋 1 单元 720 室 ●S1A ●

58820096 / 18120135627 / 15950575174

www.vozdesign.com

contact@vozdesign.com

Professional marketing oriented graphic design

and brand development. No copies, no templates, only creativity and lots of brain juice. Mediocrity is a disease we fight everyday.

Translation

Wow-Super A Translation Service

南京领域翻译有限公司 ●H15 ●

#4004, 40th Floor, TianAn International, Shigu Lu, Gulou District

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

NJU No.II Dept: Rm 412, Innovation School, NJU Science Park, Xianlin

南京市仙林大学城南大科技园创新创业学院 412 室

4006969469

www.wowtran.com

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

Travel & Transport

Airport Shuttle Bus 机场大巴

See table below

Arval Car Rental

法巴安诺融资租赁(中国)有限公司南京分公司 ●

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

Hanzhong Lu 汉中中路 169 号 13 层 1339 室

66102058

www.arval.cn/eng

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

Paribas' financial leasing business.

Lufthansa German Airlines

德国汉莎航空公司 ●H6 ●

Reservation Service: ●

4008 868 868 (CH,EN)

Sales Office: Room 951, World Trade Center, 2

Hanzhong Lu 汉中中路 2 号金陵饭店世贸中心 951 室

Fax: 84722624

nanjing_lufthansa@dlh.de

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

Dragonair

港龍航空公司 ●H6 ●

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

汉中中路 2 号金陵饭店世界贸易中心 751-754 室

84717286

D.T. Travel

大唐国际(香港)商旅服务管理有限公司

22E, Jinlun Building, 108 Hanzhong Lu

汉中中路 108 号金轮大厦 22E ●H20 ●

400 886 1212

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

Miscellaneous

Dr. Beckmann Cleaning Specialist

贝克曼博士

www.doctorbeckmann.cn

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

Bottled Water Delivery Service

By Coca-Cola Nanjing

4008282288 (Free)

Mineral water, pure water and water machine cleaning services.

Satellite TV Installation Service

13770323459

nanjingstv@gmail.com

Lustre Cobbler

莱斯特皮鞋修饰 ●H5 ●

Golden Eagle Shopping Center, 89 Hanzhong Lu

汉中中路 89 号金鹰国际

Central Department Store, 79 Zhongshan Nan Lu

中山南路 79 号中央商场

Hong Bang Tailor

红邦裁缝 ●G1 ●

18 Nanxiu Cun, Shanghai Lu

上海路南秀村 18 号

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

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



Operation Blessing China 慈福行动

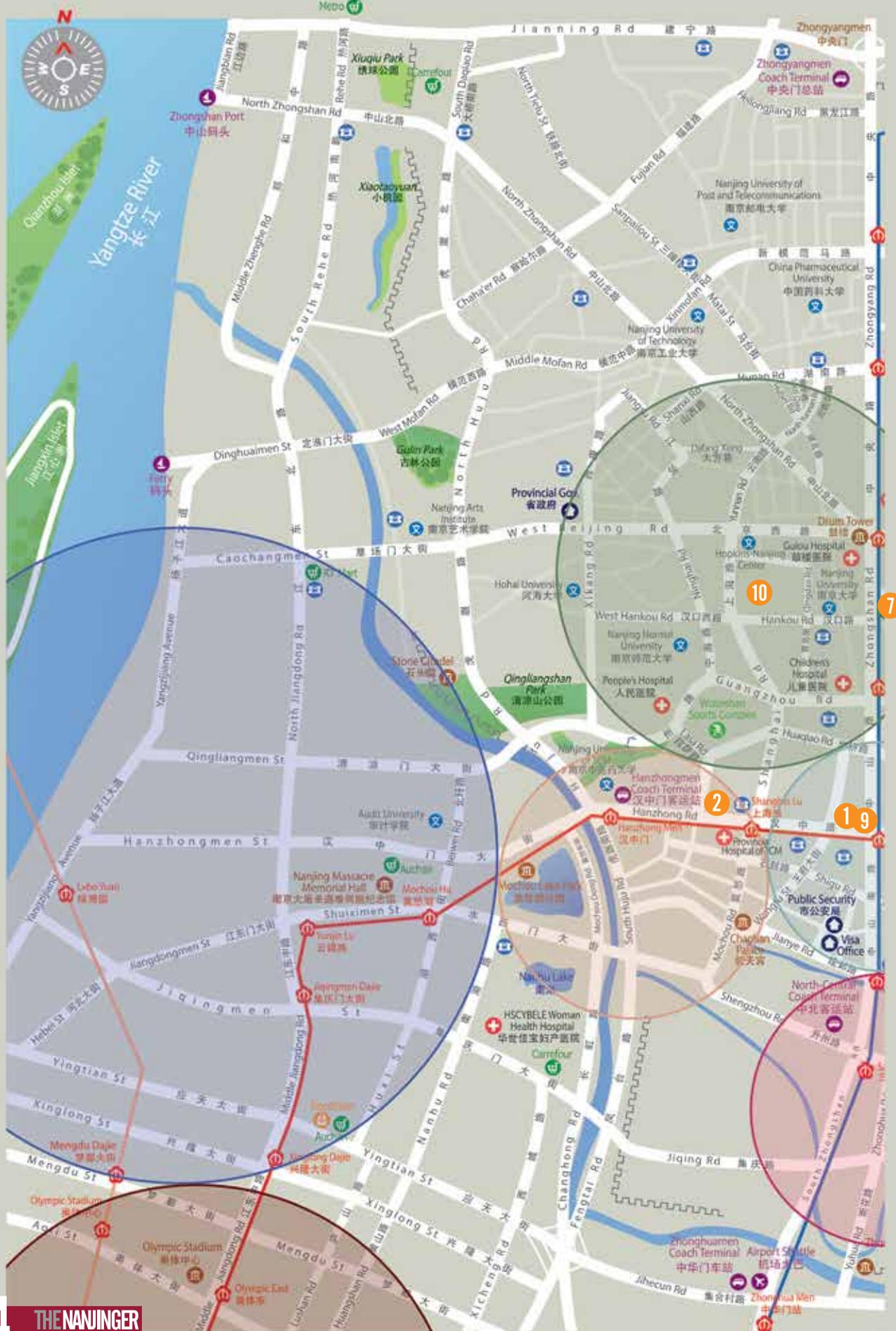


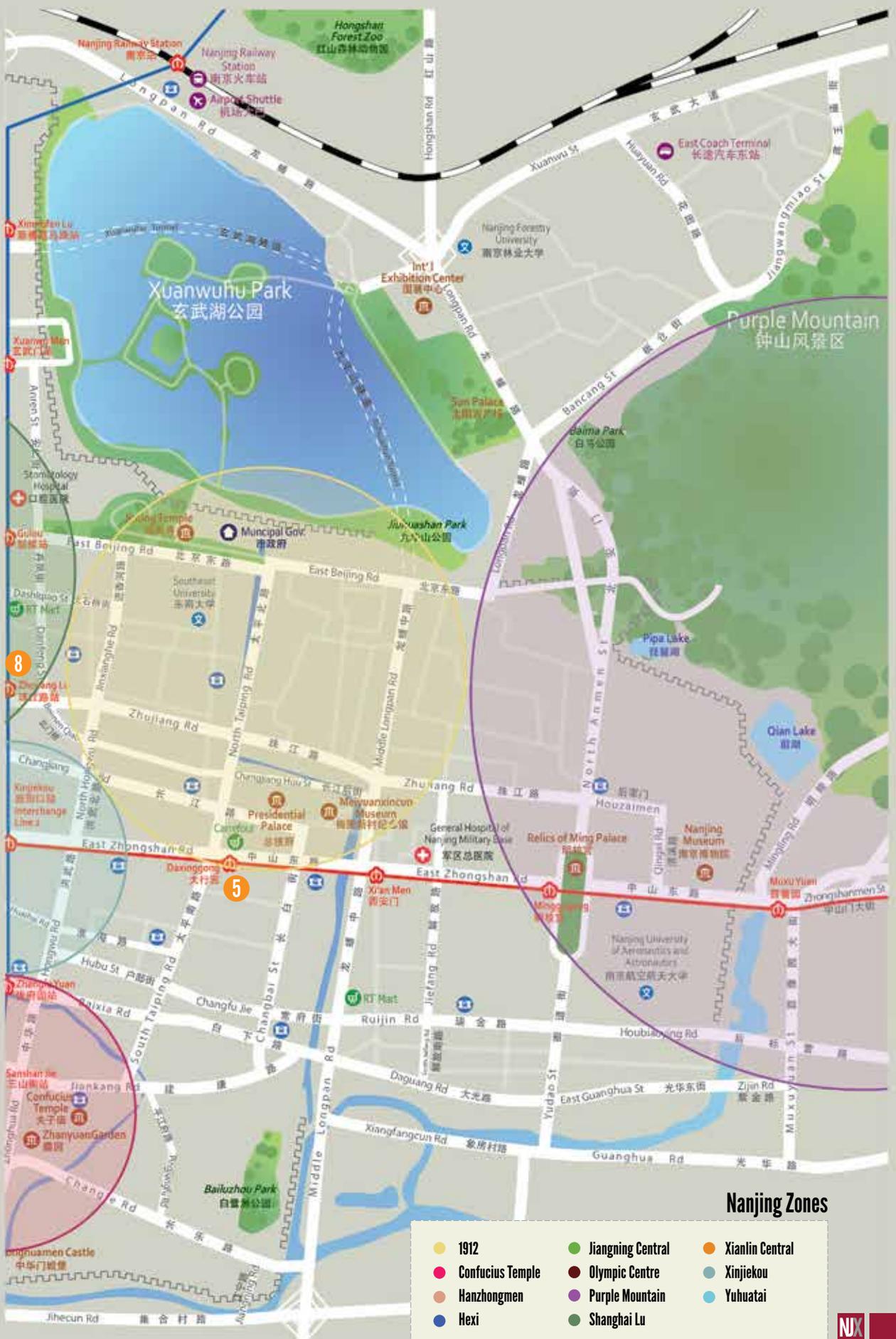
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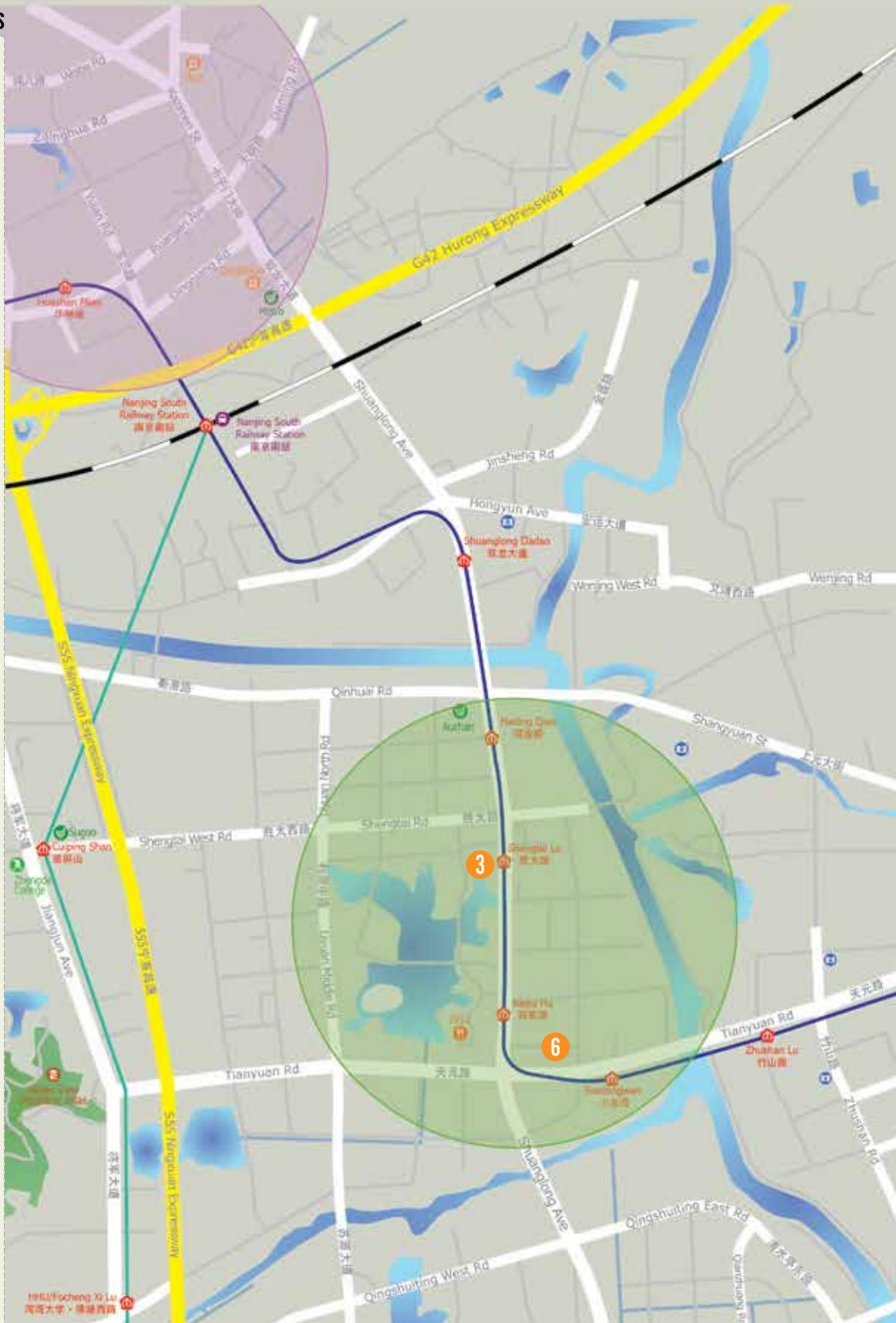
Nanjing Zones

- 1912
- Confucius Temple
- Hanzhongmen
- Hexi
- Jiangning Central
- Olympic Centre
- Purple Mountain
- Shanghai Lu
- Xianlin Central
- Xinjiekou
- Yuhuatai

Metro Station Codes

- LINE 1**
 A - Maigao Qiao
 B - Hongshan Zoo
 C - Nanjing Railway Station
 D - Ximofan Lu
 E - Xuanwu Men
 F - Gulou
 G - Zhujiang Lu
 H - Xinjiekou
 I - Zhangfu Yuan
 J - Sanshan Jie
 K - Zhonghua Men
 L - Tianlongsi
 M - Ruanjian Dadao
 N - Huashen Miao
 O - Nanjing South Railway Station
 P - Shuansong Dadao
 Q - Heding Qiao
 R - Shengtai Lu
 S - Baijia Hu
 T - Xiaolongwan
 U - Zhushan Lu
 V - Tianyin Dadao
 W - Longmian
 X - Medical University
 Y - NUCI
 Z - China Pharmaceutical Uni
 a - Olympic Stadium
 b - Yuanlong
 c - Zhongsheng
 d - Xiaohang
 e - Ande Men

- LINE 2**
 A - Jingtian Lu
 B - Nanjing University
 C - Yangshan Gongyuan
 D - Xianlin Zhongxin
 E - Xueze Lu
 F - Xianhe Men
 G - Jinma Lu
 H - Maqun
 I - Zhongting Jie
 J - Xiaolingwei
 K - Xiamafang
 L - Muxu Yuan
 M - Minggugong
 N - Xi'an Men
 O - Daxinggong
 P - Shanghai Lu
 Q - Hanzhong Men
 R - Mochou Hu
 S - Yunjin Lu
 T - Jiqing Men Dajie
 U - Xinglong Dajie
 V - Olympic East
 W - Yurun Dajie
 X - Youfang Qiao



LINE S1

- A - Cuipingshan
- B - HHU / Fochengxi Lu
- C - Jiyin Da Dao
- D - Zhengfang Zhong Lu
- E - Xiangyulu Bei

F - Xiangyulu Nan

- G - Lukou Int'l Airport

LINE S8

- A - Taishan Xin Cun
- B - Taifeng Lu

C - Gaoxin Development Zone

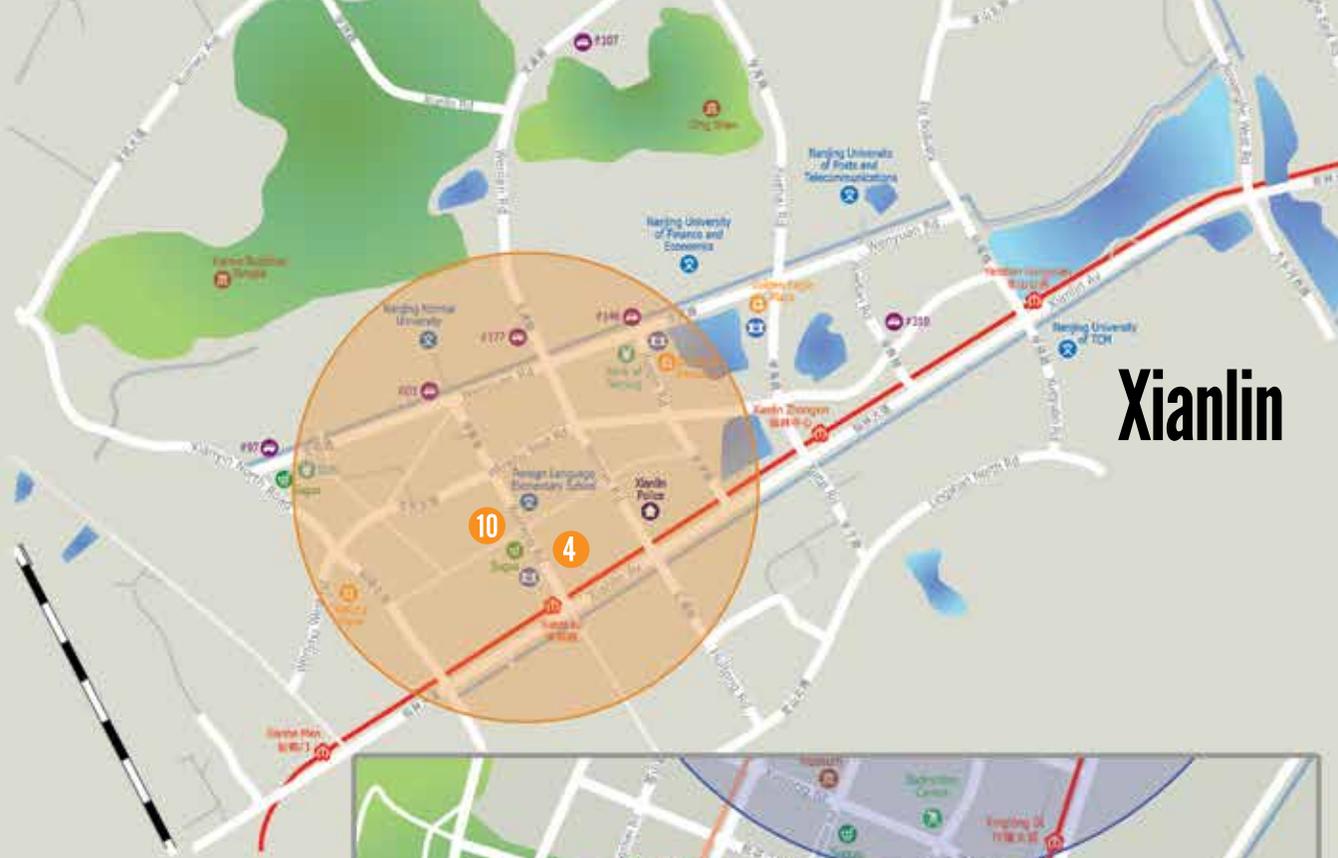
- D - Nuist
- E - Xie Jia Dian
- F - Da Chang
- G - Ge Tang
- H - Chang Lu

I - Hua Gong Yuan

- J - Liu He Dev't Zone
- K - Long Chi
- L - Xiong Zhou
- M - Fenghuangshan Park

N - Fangzhou Guang Chang

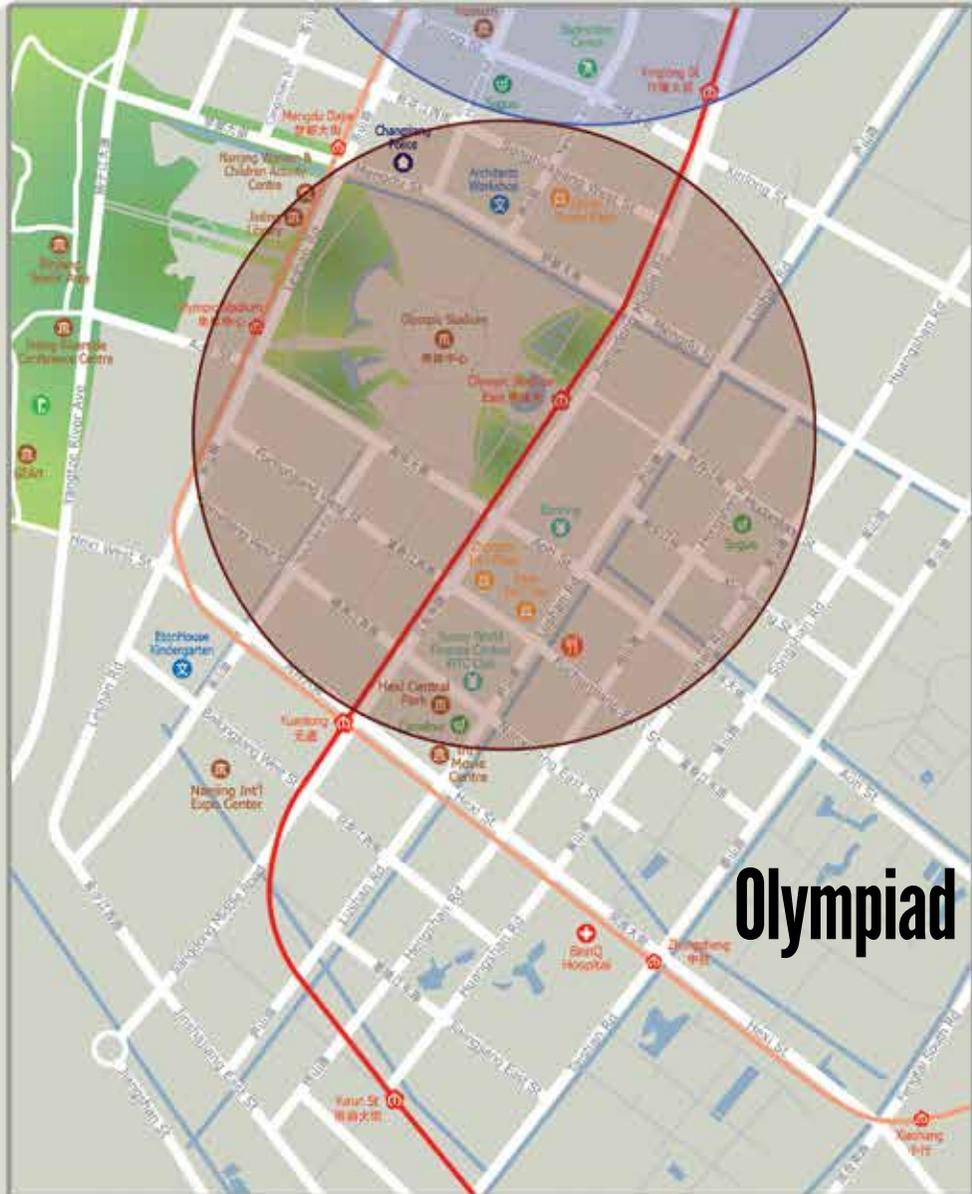
- O - Shen Qiao
- P - Ba Bai Qiao
- Q - Jin Niu Hu



Xianlin

Premium Partners

	1
	2
	3
	4
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	10



Olympiad



Labour In Foreign Invested Enterprises

■ Since China has refined labour and employment legislations in recent decades, the employer-employee relationship is constantly evolving. Understanding rights and obligations helps to reduce misunderstanding and legal risks.

Legal Documents in a “Healthy Labour Relationship”

The labour contract is one of the most important documents and shall be concluded in a written form in the establishment of an employment relationship, including at least the following terms:

a) Parties of the contract

(employer and employee names);

b) Salary

(not lower than the local minimum wage standard)

c) Duration of the contract

(fixed term, unfixed term, or with completion of specific tasks);

d) Job description

e) Liabilities of the parties

f) Work permits (when hiring foreigners).

A labour contract without a fixed term can be dissolved under certain circumstances, if a) the employee has already worked for the employer for 10 years consecutively; or b) the labour contract is to be renewed after two fixed-term labour contracts have been concluded consecutively and the employee meets legal conditions.

If an employer fails to conclude a written labour contract with an employee between one month and one year after establishment of the employment relationship, they shall pay to the employee the double monthly wage for all the time he/her has worked without contract; if such period exceeds one year, the employer and the employee shall be deemed to have entered into a labour contract without a fixed term.

In addition, confidentiality agreements and non-competition agreements are recommended for the key people of the company. Further, implementing internal company regulations and an employee’s handbook is advisable for employers.

Labour Dispatch

Considering the important changes of 2014, another way for the company to have manpower is to use dispatched employees, for which a company shall sign an agreement with a dispatch agency and the latter shall provide their employees to work in the former company.

However, this labour relationship sees quite a few restrictions. For example, the proportion of dispatched staff can only be less than 10 percent of a company’s total staff, and dispatched staff are limited to temporary, ancillary and substitute positions. Representative offices of foreign enterprises, however, would be free from restriction of the above dispatch proportion and employment scope.

Curiosities and Specific Rules

Enterprises are required to give employees high temperature subsidy in summer in case of working outdoors in temperature higher than 35 degrees Celsius or working indoors in temperature higher than 33 degrees Celsius. In Nanjing, such high temperature subsidy is at least ¥200 per person per month between June and September this year.

Another interesting regulation is that enterprises are responsible for hiring disabled people in a prescribed proportion. In Nanjing, said proportion is equal to 1.5 percent, therefore in case of 200 employees, a company shall hire three disabled persons. If the prescribed proportion is not reached, companies shall pay into an annual Employment Guarantee Fund for the disabled. Its calculation formula is (Employer Number × Prescribed Proportion × Number of the Hired Disabled) × (Local Average Salary × 100%). Please be informed that the Local Average Salary in Nanjing has decreased to ¥36,092 this year. 

Disclaimer

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

Fitness and Health

Language Learning

Hobbies and Culture

Events

Service Centre

Nanjing International Community Clubhouse is a non-profit organization focused on helping expatriates to understand and enjoy their experience of living in Nanjing.



Contact us

info@yournicc.net
www.yournicc.net



15051833154
13851522275

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info@bsn.org.cn

025 5210 8987

www.bsn.org.cn