

# THE NANJINGER

BY NANJING EXPAT

MARCH 2017 / ISSN 2051-9974





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# THE NANJINGER

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## Introducing some of our contributors, editors & designers

Our Editor-in-chief and Music Critic, Frank Hossack, has been a radio host and producer for the past 30 years, the past 22 of which working in media in China, in the process winning four New York Festivals awards for his work, in the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts.

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

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

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

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

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

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

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

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

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

## Plus a cooperation with Nanjing University

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

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



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

ARTHUR MILLER

*English news for the  
Nanjing Expat community*



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# Distribution Editorial

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

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## She Talks to Angels

Spent too much time on Taobao recently? Did you do so on your smartphone? If so, this magazine is for you.

This month, we once again attempt to explain the myriad of ways in which China is so very different from many Western countries, this time from the point of view of shopaholics! (p.12)

Before that, however, it sometimes seems as if the Internet itself is addicted to China's addiction to Internet addiction. Senaash Devasenathipathy helps to unravel this dictomy while you can also take the test to see whether you are part of the Bowed Head Clan (p.10).

After all, who are we to tell a child that they cannot use their iPad while barely looking up from our smartphone?

Welcome to Addiction from *The Nanjinger*.

# **Forgotten Touch**

Bathed in the cold blue of  
monitor lights  
They soon turn pale. Gollums of  
this new age  
Trawl world wide webs of deceit  
and lies  
False news, burnt bodies, long  
threads of sorrow

But a forgotten flame, a grail  
long since  
Fallen from this land- may still  
be passed on  
By a hopeful touch from a  
human hand

And here, as you sit cold staring  
into

The window of a soulless,  
empty world

I try to reach out, touch you on  
your arm.

Praying to yet fan embers into  
fire

In just one heart, to yet enflame  
one mind:

There is a generation yet to  
understand

How far we have come- and how  
far we have to fall.

*By Maitiu Brallaghan '17*

## *Letter Of The Month*

Hello Nanjinger,

I am a student at Nanjing University of Astronautics and Aeronautics and want to ask how I can get The Nanjinger on my campus.

I saw your magazine before in a restaurant. Do I need to apply to you and how should I do this?

John Okeke

Hello John,

We are often asked this question! In actual fact, there is a list of distribution points on our website [nanjingexpat.com](http://nanjingexpat.com). If you believe your location should be added to this list, please contact us and we shall see what we can do!

Ed.

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

How to enter:

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

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毛主席

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萬歲！

民政府

中央人

## 中國人民政協第一屆全體會議勝利閉幕

毛澤東當選中央人民政府主席

朱德劉少奇宋慶齡李濟深張瀾高崗當選副主席

中央人民政府委員會委員五十六人亦已選出

## THE BOWED HEAD CLAN

- 1 Do you feel less secure when you have left the house without your phone?
- 2 Do you always take out your phone to scroll Weibo or WeChat or play a game when waiting for the bus, train or elevator?
- 3 Do you have your phone within reach when driving, and do you use it when waiting for a red light?
- 4 Do you often take pictures of your food before eating, sharing it on social media?
- 5 Are you used to taking out your phone and looking at the screen when meeting up with friends?
- 6 Do you play on your phone while on the toilet?
- 7 Do you play on your phone before sleeping?
- 8 Do you immediately look at your phone screen within moments after waking up?

By Senaash Devasenathipathy

毛主席

(一)

(二)

(三)

毛主席

(四)

毛主席

(五)

毛主席

毛主席

新級人民代表和李承啟  
人政協新舊代表  
兩謝毛主席朱總司令  
重要委員

Raise your hand if you answered “yes” to three or more of the questions on the left. Congratulations. According to the fount of all knowledge that is The People’s Daily, you are now officially a part of the “bowed head clan” (低头族).

Two recent cases highlight the severity of the smartphone addiction problem at hand.

Last October, a 2-year-old girl from Yueyang in Hunan province, was struck and killed by a car as she was walking in front of her mother, who did not notice since she was staring at her smartphone.

In January of this year, at the “Spa World” pool in Xiangyang, Shaanxi province, security cameras caught a mother so engrossed in her mobile that she neglected her 4-year-old son struggling in the water behind her. 3 minutes later, the young boy had drowned.

In recent years, the number of adolescent Internet users has exploded. Particularly striking in China, those younger than 25 comprise 46 percent of total users. The Internet has created a new communication tool, particularly for young people whose use of instant messaging, social networking sites, video sites, e-mail, chat rooms and webcams, among others, are explosively escalating worldwide.

With the widespread use of the Internet, the attendant risks are also increasingly prominent. The rapid growth of Internet communication tools used by youngsters puts them at heightened risk for victimisation, such as cyber abuse. Anyone can fall victim anywhere; it is essential that social workers understand, accept, and acknowledge the Internet and communication tools as a viable and real means of relating to children and youth in order to keep them safe and healthy.

Each and every invention has brought comfort as well as threat. The same is the case with mobile phone technology. Psychiatrists proclaim that in the 21st century, smartphone addiction has become one of the major non-drug addictions. Addicts suffer social isolation and economic loss, while more and more teens are becoming addicted to smart phones at the expense of real relationships and success in other areas of their lives. Some of the major symptoms of Internet addiction are listed as depression, fainting, muscle weakness and anorexia, as well as the obvious preoccupation with the Internet.

Yet, using smart devices for a limited amount of time is not problematic. However, if a user becomes dependent on technology, it may have negative consequences. At Nanjing International School (NIS), this issue became apparent when students themselves recognised that tech use was becoming a problem. They could see that they were walking around

stuck to their phones. Recently, a new “Low Tech Initiative” has been put in place whereby tech use in corridors is discouraged and users kindly reminded to pause and check their messages instead of floating down passageways in a tech cloud. Instead, a friendly greeting or smile is encouraged and feedback has been positive, according to Joe Barder, the school’s IT Director. Since the initiative has been started in response to a need from the students themselves, there has been a positive response.

A alternative viewpoint is found over at the British School of Nanjing, where it is believed that the biggest influence on a child’s habits etc., will be those around them. Therefore, teaching staff are advised to be good role models and to only use their own smart devices in the staff room and to remain “disconnected” during lessons. Tutor groups are organised “vertically” so that older students are alongside younger ones during registration time. Older students who own smartphones know that these devices must remain in their lockers and that they are not allowed to be used so as to set a good example for younger students. On all residential trips, there is also a strict “no device” policy in place. Headmaster Matthew Shepherd commented, “We aim for students to engage with the communities they work with (and each other!) and don’t believe this can be done from behind a screen or through a camera lens”.

Back at NIS, a science experiment in the school in January resulted in an evacuation when toxic fumes entered the ventilation system of the building. Well used to drills, the students trooped out leaving their belongings behind. When sent home without bags, cellphones or laptops, the initial sensation was one of euphoria. It was only later that students realised they did not know how to arrange to meet up, or spend the long hours of an entire day without their devices. Some even begged to be allowed back into school to pick up their iPhones.

CIU has become such a problem that Internet Addiction Clinics are now popping up like mushrooms from New York to Algeria to Daxing, where teens are treated for their inability to control Compulsive Internet Use. Some of the treatment has raised concern over the welfare of the interns, with one such institution in Nanning, Guangxi Zhuang Autonomous Region, being investigated after a 15 year old boy was beaten to death the day after his arrival, according to an ABC news story on 1st March, 2017. Such cases are not rare and it appears abuse in these institutions in China is widespread.

By helping each other to stop, smile and salute, and by taking more moments to make a space without tech to enjoy the simple things in life, we can help ease that which is a cross for the addict and those who love them. **NX**

# *Shopaholics* OF CHINA



They sat around a private table at a popular coffee haunt in 1912. Lattes and mochas in hand, they laughed and joked as they caught up; it had been a while. Lin sat at the end, her long black hair swivelled softly against the back of the chair as she reached for her Coach bag. Xia sat next to her, tying her Chihuahua's lead to the chair, while Jing Jing sat opposite frantically swiping up on her phone as she searched through the pictures of her latest holiday.

"Oh I've got it. Here it is, this is the first room we stayed in (at the Maldives); after this they upgraded us to the suite", said Jing Jing with a smile that stretched from ear to ear. "Just look at that water...and here's one of the sunset, breathtaking isn't it?" she enquired of them both, scanning their faces to judge reactions. Jealousy would have suited her fine. Matching Jing Jing's poker smile, Lin was quick to shove her iPhone 7 into view. "This is us; trekking the Peruvian mountains. There are some old ruins or something there (Machu Picchu) but look at these views, just stunning. They should knock down those ruins, it's prime real estate", said Lin with an annoying squeal to her voice. Feeling like she was losing the race, Xia flashed her pink diamond rock at them both and announced, "he proposed... at Darling Harbour in Sydney".

It all begins with nothing; for if one has nothing, naturally one will want something. As recently as the 1980's, Nanjing was rationing soap; obtaining a bar meant first being in possession of a voucher and a wad of cash. It is almost unfathomable how fast things have changed, but does that make an addiction to shopping understandable?

When we hear the word addiction, it most certainly, and for good reason, has mostly negative connotations.

### ***Can an addiction ever become acceptable? Or should we name and shame everyone equally brandishing his or her weakness about for all to critique?***

The Chinese are now the largest consumer of luxury goods in the world. As the largest purchasers of red wine, for example, the spending does not seem to be slowing down. "Chinese overseas students in America have become a new force in US consumption...In 2015, Chinese tourists paid 1 million visits to Australia and spent about 35.5 billion yuan in the country, helping Australia to achieve its 10-year goal in only five

years... Chinese tourists have become more rational in their spending, switching their priorities from luxury goods to vacations", said Wei Zhihong, General Manager of the European branch of UnionPay International, reported Liang Jun from the People's Daily.

However, westerners are also not exempt from this type of behaviour; perhaps they should not go about wagging their fingers and tutting under their breaths too quickly. For as China was handing out soap rations, an 80's economic boom swept through Wall Street and every banker known to humankind became a millionaire. Spending fever hit America and quickly influenced the western world. Everyone and their dog needed a red sports car and their own mobile phone, or to be more precise, mobile brick.

It has only taken a couple of generations of this in order to really see it for what it is; just money, and that money cannot buy happiness. My parents are divorced; I come from a generation that saw the highest divorce rate in history. I put this down to dissatisfaction. The more people have, the more they want, and the more dissatisfied they become with what they have.

The western world now has one of the worst gaps in income equality ever and it only gets worse. The good news, however, is that divorce rates are on the decline, as more and more couples are quitting the fast lane in search for a more humble stable life.

***So is it only natural that China is experiencing the same sort of boom? And will it happen that she too gives it all up in the realisation that money does not buy happiness?***

Divorce rates are on the rise in China, suggesting that a pattern is forming.

When Nanjing is compared with Tokyo, it is still roughly 50 percent cheaper, in everyway. Until the disparity between wages and cost of living closes, Chinese people will have the money to keep on shopping.

While alcohol addiction is explained in four different stages; experimentation, regular use, risky use/abuse and dependence; a definition of its retail equivalent can be seen in the Five Sequential Phases of Shopping Addiction (Sohn & Choi, 2013) that are retail therapy, denial, debt-ridden, impulsive buying and compulsive buying.

There is certainly an addiction to spending across large swathes of the populace in Nanjing but the aforementioned traditional explanatory model does not apply in China, primarily due to the concept of “face”. Is there a need for retail “therapy” in China? I don’t think so; life is good here, better than before. What’s there to be sad about? Debt is becoming a new problem in China and the Chinese are not known for their impulsive buying either. What we are left with is is compulsive buying. So what are the Chinese phases of shopping addiction?



### Phase 1 Aspiration and Discovery

For the majority of mainlanders who have not lived or spent considerable time abroad, many western things are new. Wine, cars, coffee, dairy and home cleaning products are all first-time items on the wish list for affluent Chinese. In addition, in comparison to the west and its “old bourgeois money”, most wealthy Chinese are relatively new to this game, and therefore the idea of “keeping up with the Jones” is also a pretty modernistic concept.



### Phase 2 Honeymoon

The second phase sees Chinese people acquiring a genuine liking for having money to spend and proving to one another that they have “made it”. This is also the phase where money becomes no object.



### Phase 3 Competition/Face

Due to the nature of Chinese culture, mixing wealth with “face” is a dangerous concept, for it begins to become impossible to chose a humbler life path without fear of being judged or “losing face”. Unless you join a nunnery (still thankfully a fairly respectable position in life), having more than your neighbours becomes an increasing pressure. While we have no wish to paint all with the same brush, for certain segments of modern Chinese society, every dinner outing or luncheon becomes a struggle to show who can trump the other by paying for ever-more extravagant meals, parties etc.

These are the kind of social-status signals that Lin, Xia and Jing Jing were displaying as they talked about their branded goods and sophisticated travel experiences. Global Blue, a tourism shopping tax refund company,

found that shopping was a crucial part of their itinerary for 82 percent of Chinese travellers. In the UK for example, the Chinese spend three times the market average per person per trip. A good proportion of this goes on shopping. The Economist wryly noted that, “Chinese tourists have no problem buying Prada by day but sleeping in two-star hotels by night”.



### Phase 4 Realisation

After the third house has been purchased in Australia (in addition to the two in Nanjing, of course), and while sitting in the queue back at the bank ready to take out another loan, slowly then does it start to sink in. Spending is now way out of hand and perhaps money does not grow on trees; this luxurious lifestyle could end at any moment. The ultra rich in China need not have such worries, their funds will never dry up. This is nothing more than a woeful middle class tale of credit, just as when Western countries played with temporary money and did not want it to end.



### Phase 5 Addiction

Which brings us to our last and final phase full blown addiction. When we get a taste for something we like, it is very hard to give it up. The emerging wealthy Chinese middle class have grown an appetite for red wine and salmon, organic coffee and tapas bars. Furthermore, the idea of keeping up with the Jones’ seems stronger here than I ever remember it in the west. All in all, a predictable disaster for the all too cumbersome rhetoric of a “harmonious nation”.

The sweet smell of money and success that is Capitalism. For a country of 1.3 billion people, it seems China’s political stance at the moment is what’s working best. A total break away from one party rule would once again see great changes in the psyche of the Chinese people.

However, in saying all of this, I have an underlying belief that thousands of years of thought and practice, strong family values and a hard work ethic will see the country through this phase.

For all the sages and philosophers in China that would have us learn from the mistakes of others, the shopoholics of the Middle Kingdom cannot understand quickly enough that money, while necessary in life, does not buy happiness.



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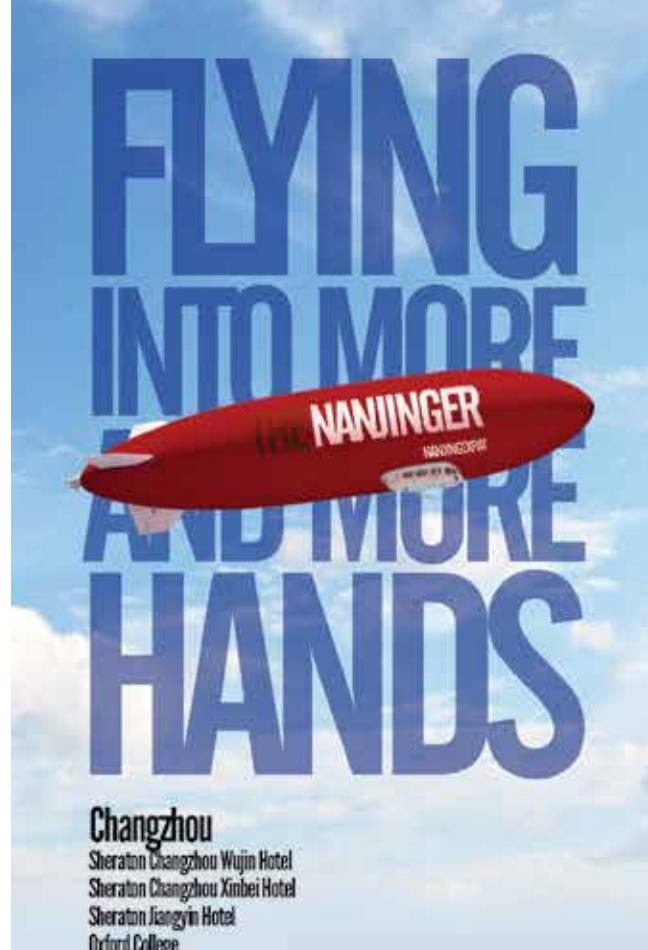


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**THE NANJINGER**

NANJING EXPAT



# L.M.A.

LOSING MY ADDICTION

By Frank Hossack

I suspect that it is possible to be addicted to a location, as opposed to a substance or an activity. Top of the list would likely be the bedroom, followed by the bathroom. Yet, that would be to deny the sofa its rightful place in our roster.

As a Scot, and a Highlander at that, I can be quite justified in saying there is such a thing as addiction to mountains, lochs and stags. That would stand up in court, too.

But a place like Nanjing? Granted, it is green. Chinese food is also quite superb. The local history is an endless source of fascination and the city is rightfully proud of the Intangible Cultural Heritage that earns it UNESCO status.

Addiction? Surely this is pushing the noun's limits a little too far. Yet, there is no other way to explain feelings of euphoria that hit upon returning to Nanjing; akin to the most potent hit of hallucinogen.

Years of self examination has helped to understand this phenomenon. While the technological progress made by China is impressive and it is a joy to see the tangible benefits this brings to daily life, in actual fact, it is a fascination with Nanjing's underbelly that would be the hardest part of this particular addict's admission.

Climb 30 floors or so in Nanjing and peer out of the window down at the streets below; the view the authorities cannot cover up with their blue fences, a kind of China that you are not supposed to see.

For this is the domain of dilapidated rooftop dwellings, complete with washing lines and the odd makeshift garden. Under the crude lean-to roofing, entire communities co-exist, looking down on those in their imported cars below.

Then there are the tales of folklore that drip from the very pores of Nanjing; some without doubt embellishing the truth for dramatic effect. Of Emperor Zhu Geling and his penchant for executions that allegedly saw him have someone beheaded on a small bridge by Jianye Lu so that their head fell into the Qinhuai waters beneath.

Or of the British conspiring to keep Hong Kong under their ultimate jurisdiction in what was the so called "unfair treaty" so well documented at Jinming temple that sought to feed China's then addiction to opium.

Of the stele at Yuhuatai put to use as a mass execution ground, with the condemned first made the climb the steps inside to their own grave, begging one to wonder whether it is a surprise that the Memorial Park of Revolutionary Martyrs is said to be haunted.

Such ghosts lurk around every corner in Nanjing.

This is an addiction best fed with a good long walk through the alleyways of old Nanjing. Once round the block may be sufficient, but when the cravings become intolerable, the only sure-fire fix is the Nanputing area, to the west of the Nanjing Folk museum, close to Sanshan Jie metro station.

This is the side of the train tracks on which to pause here and there to examine the ramshackle. Herein, none of the discarded needles that one finds in a Western country; instead tattered clothing, pages torn from books, wall etchings and broken lightfittings still hanging overhead reveal that this was once someone's home. And not so long ago, by the looks of it. Yet then again, in the China of today, it is hard to tell whether this stuff is 10, 50 or 100 years old.

Alerted to the invasion, a brood of chickens splutter from the semi darkness while a dog yaps in the alley's deeper recesses.

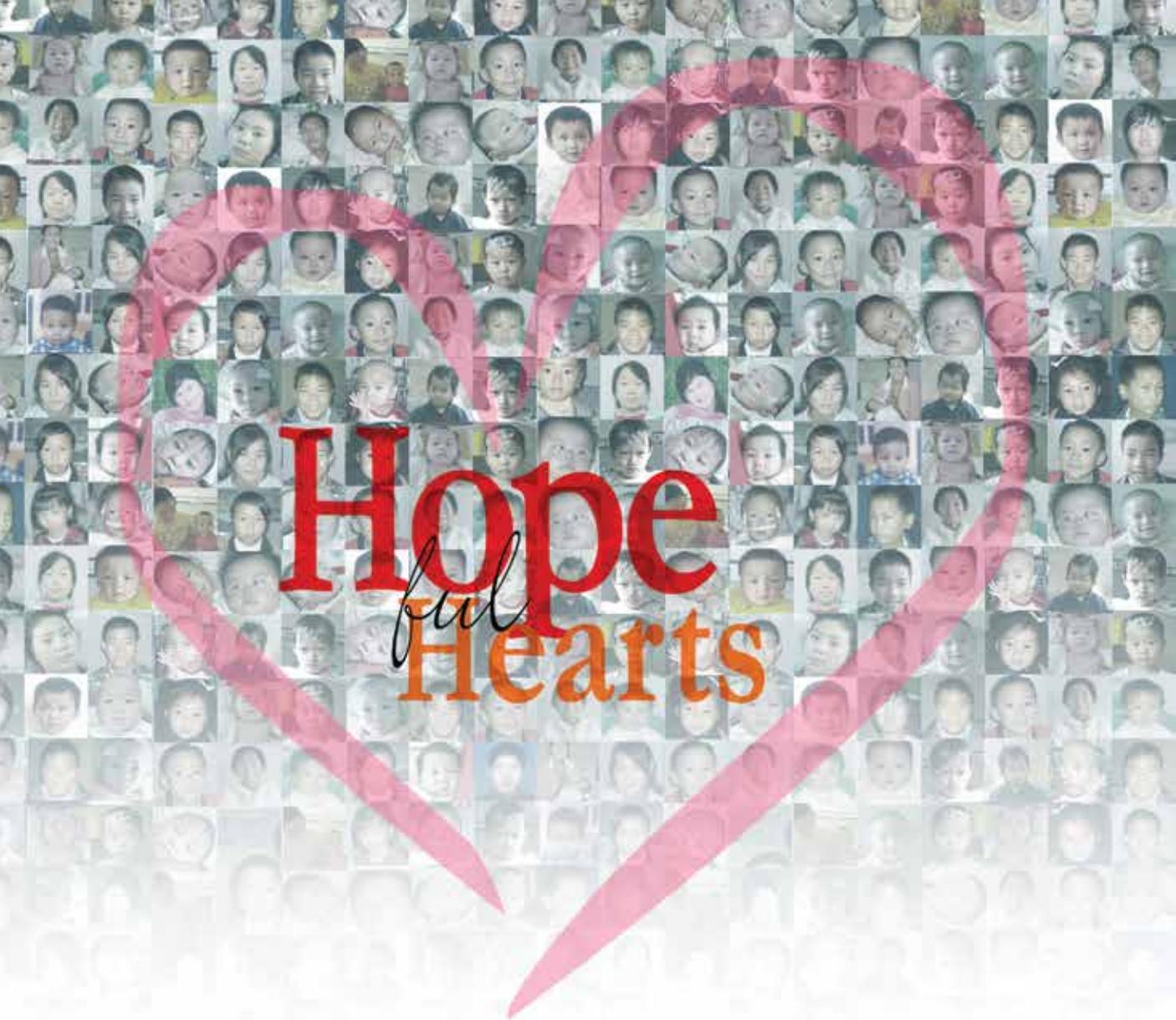
As the big Asia sun sinks lower between buttressed concrete gables, ever more diluted by the thickening atmosphere and pollution (as with every addiction, there is also the accompanying, unintended, adverse side effect), the shadows quickly lengthen as demons make preparations for their nightly evildoing.

In Nanjing's summer, darkness falls at 7pm, a time that almost feels as if the Almighty itself decreed it to be the appropriate demarcation between night and day.

This is when Nanjing's trolls emerge. Some plow their wares and services on the street in plain view; snacks or plastic utensils; others withdraw to behind closed doors with frosted glass and below signage in the mysterious language of double entendre.

Whereas the banks of Xuanwu Lake by Nanjing Railway Station by day swarm with giggling tourists and earnest travellers, at night it is an altogether different story. Now, the air is tinged with sadness and loss; reminders of human fragility, while across the lake, the city's bright lights are seemingly an ocean away.

Perhaps when such lights of shiny malls make it to these banks, when all of the above has been torn down and replaced with the new, shall I finally be cured of my curse. Perhaps then will be the time to find another addiction. Those mountains, lochs and stags are beginning to call my name.



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# Shattering Glass, Shattering Earth

Chairman Mao famously said, "Women hold up half the sky".

If by "sky" he was in some small way also referring to the "Chinese art world", then unfortunately the saying holds a little less truth. Historically, and very much still today, the art world in China is predominantly a man's one. That is not to say however that China does not have female artists, nor that it lacks exceptional ones who give the men in their field a run for their money.

To celebrate International Women's Day earlier this month, I have chosen four contemporary Chinese female artists from China and Hong Kong who are worth knowing, as well as one to watch closely in the future.

In 1989 there was Xiao Lu (b.1962) who sent shock waves through the art world, as well as her own art, when she fired a pellet gun at her work "Dialogue", two hours after going on display at the China Avant-Garde Exhibition. Already a highly sensitive affair, this exhibition was a seminal point in Chinese art history, marking a U-turn in modern Chinese art. From static to dramatic in only an instant, in the longer term the artwork became entwined with political events yet to unfold in Tiananmen Square in June of that year. Xiao Lu claimed however, "We consider it a purely artistic incident... as artists we are not interested in politics".

From shattered glass to squishy architecture, Yin Xiuzhen's (b.1963) miniature "Portable Cities", fashioned from colourful scraps of cloth, bulge out from the inside of ordinary suitcases. Like pimped up pop out cards, each city represents the individual's world that travels with them from one place to another, sealed from view to outsiders. Yin creates a poignant link between home and identity by recycling the clothes of ordinary urban citizens who populate the cities she creates.

But travelling need not always be literal. In 2009, Cao Fei (b.1978) opened her "RMB City" to the public on a virtual scale, built in the online world of Second Life. People can enter the city as avatars and exist like ordinary folk, buy-

ing property, paying real money for advertising and attending special events hosted in the virtual metropolis. On the one hand RMB City reflects China's urban explosion with its never ending boundaries; on the other hand it is an exploration into how creativity can forge bridges between the real and the virtual.

Back in the realms of the more traditional mediums is Irene Chou (1924–2011), a leading exponent of the New Ink Painting movement in Hong Kong, in which artists explored the boundaries of traditional Chinese ink painting both in medium and method. Chou's deep grounding in traditional methods defined her abstract expressionist paintings which ooze with vigour and boldness, depth and vibrancy.



But best of all is Geng Xue (b. 1983). Fairly new to the block she beats all the girls, and all the boys. Porcelain is her playing, a material so intrinsic to China yet treated by the artist in a welcomingly refreshing way. Her animation "Mr Sea" illustrates a famous Qing dynasty tale from Pu Songling's "Strange Tales from a Chinese Studio", acted out by blue and white porcelain puppets. Every aspect of the material has been carefully considered and played upon, from its shiny translucency softened through animation, to the resonating sound when one puppet taps against another. There is both sensitivity and horror, malleable wet clay and brittle shattered porcelain. A preview of "Mr. Sea" is available on YouTube while Geng Xue is already exhibiting across three continents; as she goes from strength to strength she's my artist to keep an eye on. **NX**



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# BIG GREEN BUSINESS

By Renee Gray



Another social shift is bubbling in Nanjing; one mainly due to the increase in wealth and standards of living. The middle to upper classes are fed up and unwilling to buy many domestic products destined for the mouth. They should not be blamed. Their foreign cousins take years to start trusting brand names in China, while most still spend sizeable amounts on imported products. Therefore, the lucky ones who can afford it, buy from organic farms in China. For others, perhaps those with enough leisure time and balcony space, having a green thumb is the newest hobby in town.

Nanjing's climate results in a good eight months of the year where conditions are ideal for the more than its fair share of Chinese people who enjoy growing their own plants; everything from herbs and spices to tomatoes and garlic. Now, as more people buy their own homes and look for ways to decorate them, the hobby has won over all kinds of new fans who order seeds for their favourite condiments on Taobao and then dash to Ikea to and a beautiful pot in which to plant them.

Yu Bo lives in one of the many new spacious apartments off Muxuyan Jie to the south of Zhongshan Men in Nan-

jing and took up the hobby as something that she can do with her own hands, and of which she can be proud. Of the plants that have literally taken over her balcony she says, "I believe this is an activity that helps you to relax and improve your personality. I most like the moment when I see what was a small seed now sprouting above the earth! Most of all I like to grow herbs and lilies or other plants that help beautify my home!"

It is not only home improvement stores that have caught the green bug. Italian Architect and Urban Planner Stefano Boeri is bringing the construction of the "Nanjing Towers" to Pukou in the city's northern suburbs; two towers that will house 730 trees, 5,000 shrubs and 11,000 plants.

Nanjing Vertical Forest is a pair of tower buildings located in the Mingfa Fortune Plaza of Nanjing Pukou District. The project aims to export the green concept of the Vertical Forest in Milan to China, and to reflect Vertical Forest development, which incorporates greenery on the façades extending the full height of the buildings.

The project is the first Vertical Forest in China, applied through research and practice into Nanjing's local climate.



landscape, vegetation, site conditions and other aspects which, combined with each other, bring real building innovation and urban biodiversity to China.

Writing for inhabit.com, Lacy Cooke noted, "Nanjing Yangzi State-Owned Investment Group Company Limited is promoting the towers and is listed by Stefano Boeri Architetti as an investor in the project".

The Pukou based State Owned company prides itself on its green credentials with an office headquarters that not only sustain themselves via solar panels on the roof, but also pump additional electricity back into the local grid.

While industry weighs in all green on one side, the Middle Kingdom also has its fair share of individuals putting their money where their mouth is for the sake of the environment. Huang Shaomin was born into a banking family and attended University in Nagoya City, Japan. She later went to Tokyo Agricultural University for her masters and doctoral degree and has receives a full scholarship from the Ministry of Education of Japan each year. Now, she has personally invested ¥10 million and has officially launched a modern agricultural base

on Bagua Zhou, the large island that sits in the Yangtze river adjacent to Nanjing.

"Nowadays people are paying attention to the quality of green vegetables. Under this context, [I ask myself] how can I use state-of-the-art technology to help people transform their balconies into self-sufficient vegetable gardens?" It was with this question in mind that Huang Shaomin, came to Nanjing to start her career in growing vegetables.

Further afield, Wang Zhanfeng has been planting trees since the early 80s. Since then, he has turned what was a desert in a mountainous area of Youyu county in Shanxi into a lush green forest the size of 600 football fields. In Inner Mongolia, Mrs. Yin Yuzhen and her husband have planted 1,600 hectares of forest over a 28 year period, while the YMT organic farm company raised over ¥20 million from individual investors via a crowd funding platform.

Yet, going green remains a financial challenge. One acre of organic farm costs approximately ¥70 thousand per year to run, explaining why so many are now taking it closer to home and growing their own. **NX**



# STRAINER

By Matthew Stedman

# Price Bracketing

From my days selling tea in the UK, some moments stand out in my memory. In one, a lady comes into our shop (a national chain) and takes from the shelf her usual packet of cheap Darjeeling.

The season is Spring. Coincidentally, we have just received a consignment of First Flush Darjeeling from Margaret's Hope in West Bengal. I've only just sampled this new "premium" version for myself. The experience is an epiphany to me (as one who prizes Chinese tea above all others!) The difference between this and the "house Darjeeling" is night and day.

Naturally, I urge my Darjeeling customer to (at least) try the superior Darjeeling.

Her response makes some sense to me. She says something like, "I don't resent your attempt to up-sell me the expensive tea. I think it very likely that what you say is true. If I take your free sample, I imagine that - like you - I will find this version over 300% better. Probably I will buy it."

"And that's why I'm not even going to try. I know that if I drink this one today, I will forever be spoilt for my usual Darjeeling."

It's a very legitimate concern; our palates might be re-calibrated upward, leaving us unable to satisfy our new "expensive taste" nor enjoy our "old favourites" ever again. Aside from price, she may also have worried about the future availability of the rarer tea.

Now, let's say you follow Strainer's advice, and you go to a Nanjing tea shop looking for one of the varieties mentioned in these pages – say, Anji Baicha (安吉白茶).

Almost certainly, the seller will offer you several different grades of the same variety to try.

According to the above rationale, your approach should be to start with the cheapest one offered, only moving up the scale if you find the results truly undrinkable. Resist their cynical price bracketing strategy if you can!

In reality, of course, this approach takes super-human discipline. And I am now going to suggest why I think tea isn't suited to such caution.

Enjoying tea is about chasing flavours. Chasing begins in the tea shops but doesn't finish there. Brewing tea is about privileging the outstanding notes of the genus and suppressing the 'off' notes.

Drinking an outstanding tea can help point the way towards desirable notes also present (albeit less pronouncedly) in lesser teas.

There's always a place for an everyday tea. When the faint echo of a flavour transports us back to the first or best example we ever tried, it's not just disappointment we feel.

Meanwhile, trying only the very cheapest samples may blind us to the essential charms of the variety; it's not simply about 'fakeness'; it's that emulating leaf colour, size, etc. may have taken priority over taste.

Recognising and internalising a desirable taste-picture can make both brewing and sourcing easier. Whether you are a person who thinks of beauty as the absence of blemishes or as an adventure in complexity, I recommend opening your palate to every offer.

I just wish that was what I had said to my customer. 

## GROWING A CULTURE OF COACHING

Every other Tuesday morning, I wake up looking forward to my first appointment of the day, which begins at 7AM. It's with the head of my advisory board and good friend, Mark Modjeska. He has served in this role for 5 years; essentially Mark serves as my coach.

I forward to these calls as it's my time to be able to share challenges, failures and successes; to gain an outside perspective from an experienced senior executive. Every time we meet it is clear that Mark absolutely has my best interest in mind.

As my coach, Mark listens intently; not just to my words, but to my body language, current context of my life and work in China. It helps that he has served in senior levels of responsibility in China, and several other countries. While he does not often share his experiences, just knowing he has lived out much of what I am experiencing is so meaningful to me.

During our sessions, Mark often cleverly provides a second or third option for me to consider with my current challenge of the day. He takes me to places in my thinking that I would never get to on my own.

This is essentially the role of a coach. One that comes to the table of your life with experience, a heart to listen and a willingness to help provide perspective on options for next steps. Very simple!

Do you have a coach? Have you been a coach?

Virtually everyone on the planet can nod with a yes to both questions. For most, coaching starts early in our career as we learn to eat with a spoon (or chopsticks), take our first steps, or later get up the nerve to ask a certain someone on our first date.

For many, we are introduced to our first formal coach when we join a sports team or begin to compete

athletically. Coaches can help you run faster, kick harder, jump higher or shoot with greater accuracy.

Sadly, many fail to see the need for coaches outside of sports. However, in the game of life, we are often in desperate need for someone to guide as we navigate through its challenges.

For example, my wife and I recently invited another couple, Anne and Hyatt, to act as our marriage coaches. While we have a relatively good marriage, we thought it would be a great help to get input from a couple that has been married for 38 years. When we invited them to play this role, they were quick to say, "We're not sure we have much to offer, as we're still trying to figure it out ourselves!"

Needless to say, the times with Anne and Hyatt are invaluable to our marriage. Taking time to assess where we are, where we want to go and how will we get there; listening to those that have gone before us.

Take a quick assessment of your responsibilities in life; work, finances, relationship, etc. Identify areas in which you could use a good coach; someone that will help you get from where you are, to where you want to be.

In seeking them out, finding the right fit is critically important. Typically a good coach is someone you respect, trust and admire even. Find one who has the appropriate experience, ability to understand your situation and is able to provide meaningful input and perspective.

Go for it! This is your time to thrive! 

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

**Stir It Up** by Ella Fisher

# CARNIVORE CONVERTER

I love how vegetables can take a leading role at mealtimes in China. Instead of being the supporting side dish, veggies can (and do) take centre stage. Accustomed to a "meat and two veg" style of meal, I recently stumbled upon a dish which contained a vegetable that managed to satisfy my inner carnivore: the aubergine. Aubergines are a very popular vegetable as they as their flesh is soft, substantial and can soak up a lot of beautiful flavours. One dish I have fallen for is aromatic aubergine and mushroom stew; comforting, flavourful and filling. This was the best recipe I could find and recreate:

- 2 medium sized aubergines (sliced into 6 long wedges, keep in salted water until you are ready to cook them!)
- 16 dried shiitake mushrooms
- 4 cloves of garlic (finely chopped)
- 2-3cm piece of ginger (peeled and sliced)
- 2 medium red onions (sliced)
- 2 tbsp groundnut oil
- 200-300ml stock (fish preferably but meat or veg stock is fine)
- 1 tbsp Shaoxing rice wine
- 1 ½ tbsp oyster sauce
- ½ tbsp fish sauce
- 2 tbsp dark soy sauce
- 2 tbsp light soy sauce
- 1 tsp sesame oil
- Salt and pepper

All these ingredients are staple items for any kitchen in China, so you should have no worries finding all in a supermarket! When buying the aubergines, make sure they are not too soft as the cooking will turn them into a sloppy goo; give them a good squeeze before you buy them.

Put the shiitake mushrooms in a bowl and soak in boiling water for 10 minutes. Drain and keep half of the water for later. Heat the oil in a wok on a medium-high heat and then add the garlic and ginger.

Quickly fry for around 30 seconds, then add the onions. Cook for 5 minutes until they start to soften and colour on the edges. Lower the heat if the onions start to burn! Season with a pinch of salt and pepper.

Add the shiitake mushrooms and fry for 1 minute. Gradually add about 100ml of your stock and allow to reduce slightly. Keep stirring the onions and mushrooms which will help them to absorb some of the stock. Add around 4 tbsp of the mushroom soaked liquid and then the rice wine vinegar, dark and light soy sauce, oyster sauce and fish sauce.

Drain the aubergines and add to the wok, followed by the rest of the fish stock until the aubergines are coated in the sauce. Cover the stew with a lid, lower the temperature slightly and leave it to cook gently for 15-20 minutes until the aubergines are soft but still holds their shape.

Serve up your stew in bowls and drizzle with a little sesame oil.

This dish is a one pot wonder. Whilst it does seem like a lot of ingredients, the main preparation you need to do is measuring out liquids and slicing a few veg. You need to keep an eye on the amount of liquid you put in and the texture of the aubergine. Too much liquid turns the stew into a broth and too little can make the dish too intense in flavour so keep checking your stew to make sure you have a good consistency. Do not stew the aubergines for too long; they will become a mush and unpleasant in texture. The end result is mind blowing in flavour and my friends adored it. You can enjoy it on its own or with a bowl of steamed rice to help soak up that sauce. I can assure, you can serve this to any devout carnivore with an end result of amazement and fulfilment. Will you be a convert? **NX**



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For more information about our work in China; [www.butterflych.org/blog](http://www.butterflych.org/blog)



Gastronomy

## Simple, Yet Satisfying

By Alex Szabo

- It is no secret that when it comes to foreign food options, Shanghai is always two steps ahead of Nanjing. There is an upside to this situation; Shanghai weeds out the weakest of the bunch while it sends us the best.

Simply Thai is the latest Shanghai export, following the likes of Element Fresh and Blue Frog. Like these cousins, who also took 15 years to make a 280 kilometre journey, Simply Thai has a great central location in Xinjiekou, making it more convenient than Nanjing's other Thai options. However, Simply Thai is accessible in more ways than one, with the entire kitchen visible through glass walls and the menu translated into half a dozen languages (check the back for non-English and Chinese options). In fact, the restaurant is so open in its design that it lacks any sort of true partition between itself and the mall. For this, we deduct a few character points. On the other hand, this does make

it the only Thai restaurant in Nanjing with a view of a dinosaur skeleton! Sometimes it's the little things...

And sometimes it's all about the food. Satay, curries, noodle plates and soups all feature prominently, but are just a small sampling of everything on offer. A single entree ranges from ¥60-100, though it's worth sharing a few dishes to get the full dining experience (The Nanjinger recommends the seafood Pad Thai). After a taste, it is easy to see why the chain is so popular in Shanghai.

The Shanghai roots of the restaurant have some influence here, particularly in the service. Simply Thai feels like a busy cafe due to waiters constantly running around and minimal space between tables. Meal privacy is nonexistent, though this can be an upside if you enjoy checking out the interesting dishes your fellow diners just ordered. Upside or down, the small space and hectic feel mean this is no place for a quiet evening. Still, for calming those cravings and adding Shanghai adventure to your night, Simply Thai is simply satisfying.

Simply Thai is located at 7F, Deji Plaza Phase 2, 18 Zhongshan Lu 中山路18号德基广场二期7层 Tel: 86667892 NUX

## Night Life

# Rebel Red Biker Aesthetic

By Frank Hossack

■ Societal upheaval takes no prisoners. For our petrol-chugging, two-wheeled friends, this means the roadside shacks that offer little more than pool tables under a haze of smoke are also a thing of the past. No; nowadays, the discerning biker heads to Red Room.

In an area of Jiangning with not a lot else of interest to the average expat other than a large French supermarket, and as the brainchild of partners in crime Simon Oliver (U.K.) and Danny Alfredo (Canada), Red Room opened up its doors just before Chinese New Year.

With Oliver's Skyteam Scrambler sitting on the pavement outside, Red Room certainly walks the walk, both as a no-nonsense bar, but also as stylish biker hangout. Yet, the vibe that strikes most at Red Room is the friendly atmosphere in which all creed and colour is made to feel part of the family.

Onto the business end of things. German beer on tap and the usual suspects from Belguim are joined by some true

rarities that make Red Room such a standout, including four different varieties of Tennents, a Scottish staple that I have never before seen in China, accompanied by others equally new to Nanjing: Isaac Baladin from Italy, in addition to two Spanish imports; Trolls plus Africca.

Finally, as a kind of rite of passage, keep a watchful eye on the cocktail preparation; you may well be in for a house shot that is positively embryonic, yet hits the spot nicely.

Decor-wise, the designer biker bar theme is continued in artwork by Ukrainian, Zhenjiang-based expat Tetiana Vankhalska. No stock photos, no vintage knock offs bought on Taobao here; on the walls of Red Room is where heavy metal and bikers sit most comfortably together, in what is the bar's very own Hell Rider.

With entertaining tales of the bar's establishment fanning the flames of brother and sisterhood; of kitchen fires and the ironic desire to ask the neighbours to turn it down, Red Room's partners told The Nanjinger of surprisingly little issue with the authorities; perhaps local officialdom would be approving of a few more startups of this nature in the area.

Red Room is located at 125 Yihuai Jie, Jiangning (near Qinhuai Lu and opposite the Auchan car park exit) 江宁区挹淮路125号 Tel: 18512546335. **NX**





## One Moment in Time

26 January, 2017

Nanjing International School celebrated academic achievement among their many Middle School and Upper School students with an awards ceremony plus a wide range of extra-curricular and co-curricular activities, opportunities to connect with others in new ways and gain or expend energy in creative and sporting endeavours.





## At the Library

17 January, 2017

EtonHouse Nanjing had a week of fun activities for their students during a book week based on the theme of traditional fairy tales, with re-enactments of stories and student-made displays depicting fairy tale scenes plus teachers dressing up as characters.



If you would like to see photos from your event on these pages, contact us via [thenanjinger@sinoconnexion.com](mailto:thenanjinger@sinoconnexion.com). Conditions apply.

NJX

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## Front Crawl

1-2 March, 2017

At the British School of Nanjing, over 150 students in both Senior and Junior schools showcased their progress in the pool through an inter-house swim gala over two days with the Normans House taking overall victory!





16 months in the making, at Nanjing International School's TEDx, seven local expat speakers gave talks on a range of diverse subjects, ranging from Muslim women's issues to risk and belief, complimented by prerecorded TED videos on a beautifully prepared backdrop in an innovative event that also featured experimental music from a school band.



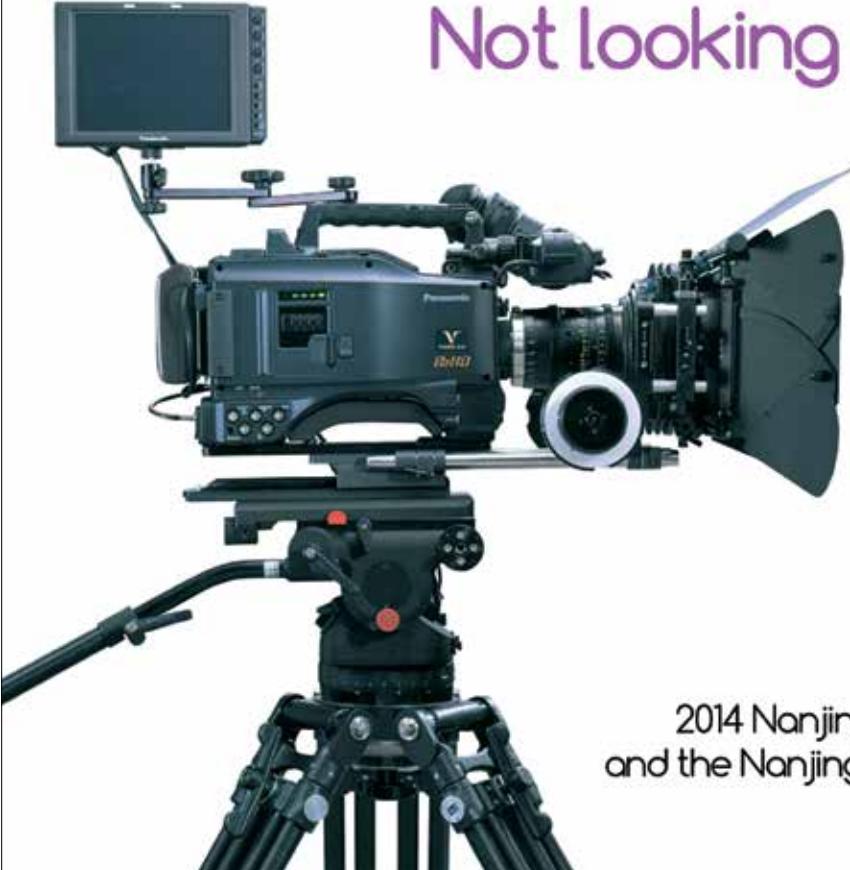
# FREE CLASSIFIED ADVERTISING



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# NJX THE INDEX

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

## About The Index

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

## Food & Drink

### Western Bars & Restaurants

#### En Space 意空间

8 Saozhou Xiang 扫帚巷 8 号  
18918669180

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

#### Gilly's Restaurant

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

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

#### Glo London

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

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

#### Oasis 绿洲西餐吧

133 Mingwanglang  
明瓦廊133号  
83191933

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

#### Ciao Italia 你好意大利

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

#### Finnegans Wake

芬尼根爱尔兰酒吧餐厅  
6 Xianli Block, 400 Zhongshan Nan Lu  
中山南路 400 号熙南里街区 6 号  
52207362 / 13057623789  
www.finneganswake.com.cn  
A carefully prepared selection of authentic Western dishes in a cozy atmosphere. Upstairs in "The Malt Room", enjoy an unrivalled range of whisky from every corner of Scotland.

#### Blue Sky Expat Bar & Grill 蓝澳西餐厅

77 Shanghai Lu  
上海路 77 号  
86639197

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

#### Brewsell's 比利时啤酒餐厅

77-1 Shanghai Lu (first place up from Guangzhou Lu)  
上海路 77-1 号 (靠近上海路和广州路的路口)  
58779429  
www.brewsells.com  
Quality Belgian drinks & cuisine in a smoke free environment with a kitchen open until 11pm.

#### Element Fresh 新元素餐厅

A109, 1F, Nanjing IST Mall, 100 Zhongshan Lu  
中山路 100 号艾尚天地购物中心一层 A109  
85656093  
www.elementfresh.com

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

#### Studio 21 Grill Restaurant 藤美

193 Shigu Lu (behind the Sheraton)  
石鼓路 193 号 (石鼓湾美食休闲街区)  
86795269 / 13072525212  
Genuine European flavours, grilled meat, seafood specialties and renowned home made desserts. Special Set Lunch Menu with great prices and specials for students and teachers.

#### William's 威廉餐吧

Chic Hills, 286 Zhongshan Lu  
中山路 286 号羲和广场一楼  
85878066  
Stays true to the unique cooking processes that have become hallmarks of great American barbecue. Applewood log smokers subdue meat cuts to 6-15 hours of "low n' slow" smokin' heaven.

#### Hacker-Pschorr 赫倍仕

Basement, Asia Pacific Tower, Jinling Hotel,  
2 Hanzhong Lu  
汉中路 2 号金陵饭店亚太商务楼负 BF1-15  
84660099  
German brauhaus that is the first Hacker-Pschorr in China, serving up a proprietary brew created in house, along with the pre-requisite sausages.

#### Jimmy's 吉米来吧

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

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

#### Jack's Place 杰克地方西餐厅

422, Dongcheng Hui Shopping Mall, Xianlin 文苑路与学思路交叉口东城汇 4 楼  
85807866  
35 Wang Fu Da Jie 王府大街 35 号  
84206485  
160 Shanghai Lu 上海路 160 号  
83323616  
Humble yet honest, Jack's Place has been around Nanjing for more than 15 years, serving up Italian

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

#### The Wing Italian Restaurant

意之翼-意大利餐厅  
4F, The Central, Hexi CBD  
江东中路237号中央商场4楼(雨润国际广场)  
13913983339 / 52251609

Open kitchen allows for observation of the chefs at work, while hand-made Italian thin-crust pizza comes from a professional oven. Mix and match your own pasta and great value set lunches available along with MSG-free chicken.

#### Pissa

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

#### La Mona 拉莫纳

48, South Commercial District, Lower Car Park,  
Olympic Centre  
奥体中心南商务区 48 号停车柱  
83353881 / 83363881  
From the makers of Pisa Pizza comes classy decor and simply fabulous pizza, rivalling the more established Italian eateries in town.

#### Les 5 Sens 乐尚西餐厅

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

#### Tap Planet 啤球工厂

F109, 1F, Chic Hills Plaza, 286 Zhongshan Lu  
中山路 286 号羲和商业广场 1 楼 F109  
57519177  
40 craft beers on tap, accompanied by slick service and a mouth-watering food menu.

#### The Uncle Pizza 披萨大叔

Shanghai Lu Market, 22 Hankou Xi Lu  
汉口西路 22 号上海路菜场 53 号  
8012979506  
Big hit with the student population on account of cheap prices for serious quality pizza, despite being hidden down an alley that is easy to miss.

#### Motu Burger 摩图

107 Gutong Xiang, Laomendong  
老门洞箍桶巷 107 号  
17701598220  
Small balcony affords great people watching while munching on delicious Kiwi burgers and ice cream washed down with fine ales.

#### Florentina

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

#### Henry's Home 亨利之家

82-2 Fuchunjiang Dong Jie  
奥体富春江东街 82-2 号  
58577088  
One of Nanjing's oldest Western restaurants, with over 20 years experience in serving up western meals; specialties include steaks, fajitas, pizza and organic salads.

#### Selección Española

57 Zhongshan Dong Lu  
中山东路 57 号  
15295537959

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

#### Eminence Cellar 香松酒窖

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

#### Wagas 沃歌斯

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

#### Potato Bistro 马铃薯

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

#### Axis Mexican Restaurant & Pub

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

#### Nail Jazz Bar 钉子爵士酒吧

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

#### Vegetarian

##### Jimingsi Vegetarian Restaurant 鸡鸣寺百味斋素菜馆

1 Jimingsi Lu 鸡鸣寺路 1 号  
57713690  
Open since the 1980s and popular on the tourist trail, standout items include soy-based mock meat dishes. Service can be irracitic.

##### Green Cuisine 绿野踪迹素食馆

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

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

##### Tiandi Sushi 天帝素食

21 Huju Bei Lu, Entrance to Gulin Park  
鼓楼区虎踞北路 21 号古林公园正门口（近北京西路）  
83701391

Serves free vegetarian noodles on the 15th day of each lunar month.

#### Middle Eastern Cuisine

##### Dubai 西侧翡翠翠餐厅

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

#### Jackob Arabic Restaurant 嘉珂船

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

#### Indian Cuisine

##### Baba Restaurant 巴巴餐厅

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

##### Nanjing Ganesh Indian Restaurant

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

##### Himalaya-Nepalese & Indian Restaurant

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

##### Taj Mahal 泰姬玛哈印度料理

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

##### Masala Kitchen 玛莎拉印度餐厅 - 酒吧

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

#### Korean Cuisine

##### Xianpingjia 咸平家

#6, Block 1, Dongfangtianjun, Xianlin  
仙林东湖西路东方天郡门面房 6 号  
83699086 / 13557739720  
Run by a Korean grandma who has over 30 years of cooking experience.

##### THE Korean 本家

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

##### Ke Jia Fu 可家福

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

#### Neolithic Barbecue 新石器烤肉

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

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

上元大街 336 号天印广场 B1 楼 B17 室  
81032949

B1, Wonder City, 222 Changhong Lu  
长虹路 222 号虹悦城 B1 楼  
52275687

B1, One City, 58 Daqiao Bei Lu, Pukou  
大桥北路 58 号新一城 B1 楼

58400640 / 58402105

B113, Unipark Mall, 8 Fengxi Lu  
凤熙路 8 号中海环宇城 B113 拓铺

57018998

#### Japanese Cuisine

##### Zhongzhou Tonkotsu Ramen

中洲豚骨拉面  
4-2 Taogu Xin Cun, Hankou Lu  
鼓楼区汉口路陶谷新村 4-2 号（南楼 102 室）

86617101

Tiantang Street, Hanzhong Lu

秦淮区汉中路天堂街小区内

84201496

Rides the current wave of popularity for all things ramen, with organic credentials that are triple-certified, no less.

##### Dason Bistro 大森料理

6 Sanyuan Xiang, Xinjiekuo  
新街口三元巷 6 号  
84217148

Initiator of the fad for pubs that cut your hair, with now a Japanese restaurant thrown into the mix that offers an impressive selection of sashimi, classic sushi, shallow fried meats plus fish and tempura.

##### Tairyō Teppanyaki

大渔铁板烧

57 Zhongshan Lu 中山路 57 号

84729518

1F, Unit 6, Building 2, 1912

1912 商业区 2 号楼 6 单元 1 楼  
84458310

3F, Golden Wheel, 8 Hanzhong Lu

汉中路 8 号金轮新天地购物中心 3 楼  
84773318

3 Kunlun Lu 昆仑路 3 号明城汇内

58850588

Popular for its all you can eat and drink special offer that includes sushi, sashimi, sake, beer and much more.

#### Other Asian Cuisine

##### Thai Tasty 泰式料理

A05, Yadong Commercial Plaza, 12 Xianyin Bei Lu  
仙隐北路 12 号亚东商业广场 A05  
84448858

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

##### Thai Orchid 梵泰蘭

86-1 Fuchunjiang Dong Jie (La Defense Flower Street)  
富春江东街 86-1 号拉德芳斯异国风情花街（近恒山路口）  
83564567

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

##### Pho Saigon 西贡堤岸越南餐厅

2F Huanya Plaza, 33 Shigu Lu

石鼓路 33 号环亚广场 2 楼

84465722

4F, Golden Eagle Mall, 1 Zhiqiang Lu  
珠江路 1 号金鹰购物中心北馆 4 楼

85208521

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

#### Keziguli Muslim Restaurant 克兹古丽餐厅

43 Luolang Xiang 罗廊巷 43 号  
85891799

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

#### Fusion Cuisine

##### Walnut Music Brasserie 胡桃里音乐酒馆

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

8533979

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

83369797

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

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

##### Iced Baking

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

1801487503

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

##### Skyways 云中食品店

160 Shanghai Lu 上海路 160 号

83317103

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

85791391

Wanda West, 222-2 Jiqing Men Da Jie  
集庆门大街 222-2 万达西地区

85637995

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

##### Sculpting in Time Café 雕刻时光咖啡馆

2F, 47 Hankou Lu 汉口路 47 号 2 楼

83597180

32 Dashiba Jie (Fizimiao East Gate)  
大石坝街 32 号 (夫子庙东门)

52266082

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

##### Goldstar Café 维娜星咖啡

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

83556176

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

##### Délice Capy DC 莫奈花园

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

南京市汉中路 27 号友谊广场 1 楼 2 楼

86829191

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

#### Maan Coffee 漫咖啡

1 Qingjiang Lu 清江路 1 号天水滨江花园

85872858 / 85607277

1F, Dushi Xixe, 8 Xuejia Xiang

薛家巷 8 号金润发超市旁都市羲和一楼

85607266

81-1 Fuchunjiang Dong Jie

富春江东街 81-1 号拉德芳斯异国风情花街

85607288

1912 Leisure District

1912 时尚休闲街区 9 号楼

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

#### Chinese Teahouses

##### Lao Cui Tea House 老崔茶馆

Houhuinyue, Huantu Lu, Nanjing City Wall, 8

Jiefang Men, Xuanwu

城台城段临湖厅, 玄武环湖路 “后湖印月”

52628899

15 Yingtian Da Jie 应天大街 15 号

86560632

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

##### iTea 我茶

6F, Xinhua Bookstore, 56 Zhongshan Dong Lu 中山

东路 56 号新华书店 6 楼

86816246

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

#### Nightclubs

##### Kamakama

1912 Leisure District

1912 时尚休闲街区 2 号楼 1 层

86701912

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

##### MAZZO Club 玛索国际娱乐

1912 Leisure District

1912 时尚休闲街区 6 号楼

84418579

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

##### Club TNT 潮人会所

2-1 Changjiang Hou Jie

长江后街 2-1 号

84401199 / 13151090136

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

##### Enzo

8-3 Changjiang Hou Jie

长江后街 8-3 号 2 楼

83789989

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

#### Tourism, Sport & Leisure

#### Hotel & Hostel

##### Jinling Hotel Nanjing 南京金陵饭店

2 Hanzhong Lu, Xinjiekou Square

新街口汉中路 2 号

84711888

The first five star hotel in China with a city centre location putting the prize-winning iconic landmark only two minutes' walk from Xinjiekou Metro Sta-

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

#### Somerset Youth Olympic Nanjing

南京盛捷青奥国际社区

9 Qing'ao Nan Lu

青奥南路 9 号

83083888

www.ascotchina.com

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

#### Renaissance Nanjing Olympic Centre Hotel

南京华泰万丽酒店

139 Aoti Da Jie, Jianye District

建邺区奥体大街 139 号

83388888

cn.renassancenanjing.com

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

#### Hanyuelou Hotel 潘月楼酒店

235 Jiangdong Zhong Lu, Jianye District

建邺区江东中路 235 号

68176000

www.solishotels.com/nanjing

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

#### Wanda Realm 南京万达嘉华酒店

59 Zhushan Lu, Jiangning District

江宁区竹山路 59 号

52838888

www.wandahotels.com

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

#### Novotel Nanjing East Suning Galaxy

南京玄武苏宁银河诺富特酒店

9 Suning Dadao, Xianlin

徐庄软件园内苏宁大道 9 号

85208888

www.novotel.com

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

#### Fraser Suites Nanjing 南京辉盛阁国际公寓

116 Lushan Lu

庐山路 116 号

87773777

www.frasershospitality.com

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

#### The Westin Nanjing 南京威斯汀大酒店

Nanjing International Center, 201 Zhongyang Lu

中央路 201 号南京国际广场

85568888

www.westin.com/nanjing

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

#### Sheraton Nanjing Kingsley 金丝利喜来登酒店

169 Hanzhong Lu

汉中路 169 号

86668888

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

#### Fairmont Nanjing 南京金奥费尔蒙酒店

333 Jiangdong Zhong Lu, Jianye District

建邺区江东中路 333 号

86728888

www.fairmont.com/nanjing

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

#### **InterContinental Hotel** 紫峰洲际酒店

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

#### **Sofitel Galaxy** 南京索菲特银河大酒店

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

#### **Hilton Nanjing Riverside**

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

#### **Nanjing Sunflower International Youth Hostel**

南京瞻园国际青年旅社  
142 Dashiba Jie (Fuzimiao west gate)  
大石坝街 142 号, 在夫子庙西门的附近  
52266858 / 68650566  
www.nanjingyha.com  
A popular youth hostel that includes free pool, DVDs, cable TV, foosball and English speaking staff.

#### **Resorts**

##### **Kayumanis Private Villas & Spa**

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

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

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

##### **Tangshan Easpring Hot Spring Resort**

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

#### **Museums**

##### **Nanjing Massacre Memorial**

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

www.nj1937.org

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

##### **Nanjing Museum**

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

##### **Nanjing Municipal Museum (Chaotian Palace)**

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

##### **Six Dynasties Museum**

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

##### **Nanjing Jiangning Imperial Silk Manufacturing Museum**

南京江宁织造博物馆  
123 Changjiang Lu, Xuanwu District  
南京市玄武区长江路 123 号  
Exhibitions of silk manufacturing, brocade, qipao and most interestingly, one dedicated to "Dream of Red Mansions" in which one can experience settings where many events in the novel happened.

##### **Rabe House**

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

##### **Purple Mountain Observatory**

紫金山天文台  
Tianwen Lu, Purple Mountain Area, Nanjing  
南京市紫金山区天文路  
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. Designed by French architect Odile Decq. Closed on Mondays.

##### **Nanjing Brocade Museum**

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

##### **Nanjing Taiping Heavenly Kingdom History Museum**

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

##### **Nanjing Science Museum**

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

58076111

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

##### **Nanjing Museum of Paleontology**

南京古生物博物馆  
39 Beijing Dong Lu  
北京东路 39 号  
83282252

Full dinosaur skeletons, a mass of fossils from significant digs in China and an interesting lesson in local geology. Open at weekends only. Chinese language.

##### **Nanjing Folk Museum**

甘家大院  
15 Nanbuting, Zhongshan Nan Lu  
中山南路南捕厅 15 号  
52217104

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

##### **Jinghai Temple**

静海寺  
288 Jianning Lu  
建宁路 288 号  
58808703

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

##### **Zheng He Treasure Shipyard**

南京郑和宝船遗址公园  
57 Lijiang Lu  
鼓楼区漓江路 57 号  
Climb aboard a mockup of the famous navigator's fleet in the location that built the very same almost 600 years ago.

#### **Parks & Attractions**

##### **Qingliangshan Park**

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

##### **Zixia Lake**

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

##### **Mochou Lake Park**

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

##### **Happy World**

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

##### **Jiuahuashan Park**

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

##### **Xuanwu Lake Park**

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

##### **Yaxi International Slow City**

桠溪国际慢城

6 Shengtai Lu, Yaxi Town  
高淳区桠溪镇生态路 6 号

56861235

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

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

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

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

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

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

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

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

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

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

**Sports**

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

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

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

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

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

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

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

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

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

## Spa

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

## Theatre

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

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

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

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

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

## Business & Education

### International Education

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

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

**Nanjing International School** 南京国际学校

8 Xueheng Lu, Xianlin College and University Town

仙林大学城学衡路 8 号

85899111

www.nanjing-school.com

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

**EtonHouse Nanjing** 伊顿国际教育集团

8 Qing'ao Nan Lu, Jianye District

南京市建邺区青奥南路 8 号

85596778

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

**The Overseas** 海外国际

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

广州路 5 号君临国际 A 幢 1606 室

84533133

admin@the-overseas.com

**Youth Moment Educational Investment Co., Ltd.**

南京青梦家教育投资有限公司

3rd Floor Building E, Kingdee Science and Technology Industrial Park

532 Zhongshan Dong Lu

中山东路 532 号金蝶科技园产业园 E 栋 3 楼

69816666

www.qingmengjia.com

maludaily@qingmengjia.com

Career guidance, entrepreneurial support, overseas study services for Chinese and foreign students.

## Business Services

**Sharehouse (Nanjing) Co., Ltd.**

赛浩企业管理服务(南京)有限公司

Maqun Scientific Park, 3 Jinma Lu

南京栖霞区马群科技园金陵路 3 号

85720118

www.sharehousechina.com

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

## Foreign Trade & Economic Development Agencies

**American Chamber of Commerce**

Jinling Hotel Asia Pacific Tower Room 801

南京市金陵饭店亚太商务楼 801 室

18501538478

nanjing.amcham-shanghai.org

**European Union Chamber of Commerce**

中国欧盟商会(南京)

#806, Haihua Mansion, 99 Zhongshan Lu

中山路 99 号海华大厦 806 室

83627330

**China-Britain Business Council, Nanjing**

英中贸易协会南京代表处

#2514-2515, 50 Zhonghua Lu

中华路 50 号 2514-2515 室

52311740

**Netherlands Business Support Office**

荷兰贸易促进委员会南京代表处

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

湖南路 1 号凤凰国际广场 B 楼 23 层 2316 室

84703707

**Baden-Württemberg International**  
德国巴登符腾堡州国际经济和科技合作协会  
7-3 Dabei Xiang Meiyuan Xin Cun  
梅园新村大悲巷 7-3 号  
84729068  
[www.bw-i.cn](http://www.bw-i.cn)

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

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

### Language Training

**JESIE - Goethe-Language Centre**   
JESIE - 歌德语言中心  
Jiangsu College for International Education, 3F, 205  
Shanghai Lu  
上海路 205 号江苏国际预科学院 3 层  
83335690  
[www.goethe-szj.js.cn](http://www.goethe-szj.js.cn)

**Nanjing No.1 High School**   
南京市第一中学  
301 Zhongshan Nan Lu 中山南路 301 号  
52216244  
Only high school designated by the International  
Office of National Chinese Language Promotion as  
base for the international promotion of Chinese lan-  
guage.

**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  
[www.afnanjing.org](http://www.afnanjing.org)  
[info.nanjing@afchine.org](mailto:info.nanjing@afchine.org)  
French language and culture centre with classes,  
cultural events and a modern library with free access  
to collections.

### Clubs

**Nanjing International Community Clubhouse**   
南京国际社区中心  
1-B-01, British School of Nanjing, Hanfu Lu, Jiangning  
District  
江宁区韩府路南京英国学校 1-B-01  
[www.yournic.net](http://www.yournic.net)  
[info@yournic.net](mailto:info@yournic.net)  
Provides services to expats such as online shop-  
ping and ticket purchase as well as activities that  
include classes for adults and children.

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

**Nanjing Hash**  
[nanjinghash@gmail.com](mailto:nanjinghash@gmail.com)  
Continues the tradition of being a drinking club with  
a running problem; Sunday monthly run or walk plus  
a night Hash on Mondays at 7pm to a mystery desti-  
nation, to see unusual scenic parts of Nanjing, and  
surrounding areas, followed by great food and drinks.

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

### Charities

**Y.M.C.A / Y.W.C.A**   
南京基督教青年会和女青年会  
66-9 Dajianyin Xiang, Gulou District  
南京市鼓楼区大锏银巷 66-9 号  
83307098 / 83714117  
[www.njymca-ywca.org](http://www.njymca-ywca.org)  
Endowed by Dr. Sun Yat-sen in 1912, the Nanjing  
branch of the organisation provides volunteering ser-  
vices and organises overseas exchange programs.

### Hopeful Hearts

[www.hopefulhearts.info](http://www.hopefulhearts.info)  
Fundraising for the medical treatment of children with  
heart conditions. Over 400 children assisted to date.  
Operates under the umbrella of The Armitry Foundation  
with other branches in Chengdu and Guangzhou.

### Pfrang Association

[www.pfrangassociation.org](http://www.pfrangassociation.org)  
3 Jinma Lu, Maqun Scientific Park, Xianlin, Qixia  
栖霞区马群科技园金马路 3 号  
85720118  
Raises funds to sponsor the 6-year high school edu-  
cation of underprivileged children in Jiangsu province,  
providing them with the chance to lead a self-directed  
and fulfilled life.

### Butterfly Hospice

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

### Ray of Light Cambodia

[www.rayoflightcambodia.com](http://www.rayoflightcambodia.com)  
Provides opportunities to 3-18 year olds in an or-  
phanage in Phnom Penh.

### Cultural Education

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

### Shopping

#### International Groceries

**Epermarket**  
上海高盛实业有限公司  
[www.epermarket.com](http://www.epermarket.com)  
4007760776  
First online supermarket in China to be ISO 9001  
certified, delivering more than 5,000 imported & local  
goods, plus a growing selection of organic products.

#### Fields

[www.fieldchina.com](http://www.fieldchina.com)  
4000210049  
[cs@fieldchina.com](mailto:cs@fieldchina.com)  
Online grocery store that delivers safe, delicious,  
high quality and imported groceries directly to  
your door. Also offers beverages, organic pro-  
duce, baby & personal care products, plus ready-  
to-serve items.

#### Time Farm

18551768576

[www.timefarm.com.cn](http://www.timefarm.com.cn)

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

### Times Grocery

泰晤士   
50-1 Yunnan Lu 云南路 50-1 号  
83685530

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

### Happy Orange

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

### Petite Abeille

法国小蜜蜂进口商店  
80 Nenjiang Lu 嫩江路 80 号  
83237878

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

### Ronnie's Pies

13912379301  
[www.ronnies.com.cn](http://www.ronnies.com.cn)

Home made Aussie pies in a variety of flavours, in-  
cluding delights such as Cornish pasties, Lancashire  
pasties and sausage rolls. Delivers from Yangzhou.

### Metro 麦德龙

288 Ningli Lu 宁溧路 288 号  
300 Jianning Lu 鼓楼区建宁路 300 号

Originally a B2B operation in which private indi-  
viduals can now shop that carries the city's wid-  
est selection of foreign foods plus wines, beers  
and sprits. Passport/ID sometimes required. Very  
busy at peak times.

### Carrefour 家乐福

235 Zhongshan Dong Lu   
中山东路 235 号  
341 Jiangdong Zhong Lu   
江东中路 341 号

26 Jiqingmen Da Jie   
集庆门大街 26 号

7 Daqiao Nan Lu  
大桥南路 7 号

3 Liuzhou Nan Lu, Pukou  
浦口区柳州南路 3 号

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

### Auchan 欧尚

151 Hanzhongmen Da Jie   
汉中门大街 151 号 (近纪念馆东路)

11 Qinhuai Zhong Lu   
秦淮中路 11 号

866 Yingtian Da Jie

应天大街 866 号

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

### BHG Marketplace

B2, Aqua City, 1 Jiankang Lu  
健康路 1 号水游城地下 B2 层

C119, B1, Deji Plaza, Zhongshan Lu

德基二期地下 B1 层 C119

B1, Jingmao Shopping Mall, 201 Zhongyang Lu

鼓楼区中央路 201 号金茂汇 B1 楼

B1, The Central, 237 Jiangdong Zhong Lu

江东中路 237 号中央商场 B1 楼

B1, Forest Mall, 301 Zhongshan Men Da Jie

中山门大街 301 号森林摩尔商业街区 B1 楼

B1, Raydu Plaza, 1222 Shuanglong Da Dao, Jia-

ngangning

经济技术开发区双龙大道 1222 号 B1 中厅

Features a very large stock of imported goods plus fresh organic fruit and veg plus passable sliced bread. Many items are pricy, but that keeps the crowds away.

**RT Mart** 金润发

39 Dafeng Jie

丹凤街 39 号 (近北京东路)

B1, New City Mall, 99 Caochengmen 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.

## For the Home

**Easmart**

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

竹山路 68 号万达广场 1F

www.eading.com

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

**Living Story** 欧洲生活馆

173 Shanghai Lu 上海路 173 号

86634155 / 13905174137

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

**Hongxing Furniture** 红星国际家具广场

224 Zhongyang Lu 中央路 224 号

83118005

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

**Jinsheng Market** 金盛百货大市场

2 Jianning Lu

建宁路 2 号 (南京商圈对面)

9 Wangjinshi (off Changjiang Lu)

长江路网巾市 9 号

Daqiao Bei Lu (beside North bus station)

大桥北路 (长途北站旁)

382 Jiangdong Bei Lu

江东北路 382 号

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

**Jinling Decoration Market** 金陵国际家居

88 Jiangdong Zhong Lu

江东中路 88 号

68133600

Everything needed for a new home.

**Longjiang Flower Market** 龙江花卉市场

178 Qingliangmen Da Jie

清凉门大街 178 号

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

**B&Q 百安居**

90 Kazimen Da Jie (beside Metro)

卡子门大街 90 号麦德龙旁

52450077

**IKEA 宜家家居**

99 Mingchi Lu (East side of Kazimen Plaza)

明匙路 99 号 (卡子门广场东侧)

4008002345

## Internet, Electronics, Photography & Gaming

**NetFreeRouter**

www.netfreerouter.com

Watch your favourite shows from BBC, Netflix, ABC, NBC, Amazon and many more, using a

specialised router plus a dedicated US, UK or HK IP address that provides VPN, wifi and online TV across all devices.

**Camera & Photography Equipment Market**

东鼎照材市场

Dongding Plaza, 699 Zhujiang Lu

珠江路 699 号东鼎照材市场

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

**Mobile phone shops on Dafeng Jie**

丹凤街 - 手机

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

**IT products on Zhujiang Lu**

珠江路 - IT 产品

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

**Video games on Zhongyang Lu**

中央路 - 电子游戏

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

## Beauty

**China Ink Tattoo**

东方印客

B15, B1F, Lucky Square, 169 Yunjin Lu

南京市建邺区云锦路 169 号乐基广场 B1 层

87750906

Opened by Vincent Chang with shops in Taipei, Suzhou, Hangzhou and now Nanjing. Expect great service in a safe and sterile environment. All equipment is imported, including inks.

## Art

**Art Home**

聚贤堂

84 Shitoucheng Lu 石头城路 84 号

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

**Jiangsu Fande Culture and Art Block**

江苏凡德文化艺术街区

1 Zhengxue Lu 秦淮区正学路 1 号

84711180

An inclusive cultural industry platform for the research and development, creation, display and transaction of art works.

**Fangshan Culture and Art Creative Industry Park**

南京方山文化艺术品创意产业园

1 Donghuayuan, 588 Longmian Da Dao 江宁区龙

眠大道 588 号东湖苑 1 号

52712282

Home to 100 cultural industry enterprises, four art institutions and over 40 famous artists in photography, oil painting, Chinese painting, sculpture and pottery.

**Jiangsu Art Gallery**

江苏省美术馆

266 Changjiang Lu 长江路 266 号

84506789

333 Changjiang Lu 长江路 333 号

89610840

Local artists' work, changed frequently.

**Nanjing Luhe Phoenix Art Gallery**

南京六合凤凰山艺术馆

Fenghuang Shan Park, Yanan Lu, Pukou

六合区延安路凤凰山公园内

57751345

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

**Shenghua Art Center**

南京圣划艺术中心

2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)

江心洲街洲泰路 2 号 (原乡土乐园)

86333097 86333100

Exhibition of contemporary Chinese art.

**Stone City Modern Art Creation Gallery** 石头城

现代艺术创意园

72 Beijing Xi Lu 北京西路 72 号

55583708

Exhibition of modern Chinese art.

**Yipai Art**

南京艺派文化用品中心

81 Stone City

石头城 81 号

83704786

epair8888@126.com

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

## Sports & Outdoor

**Decathlon** 迪卡侬

866 Yingting 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

1 Beijing Dong Lu 玄武区北京东路 1 号

58815608

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

**Sanfo** 三夫户外

57 Zhongshan Lu 中山路 57 号

84271228 / 84720512

31-5 Jinxianghe Lu 钟香河路 31-5 号

83601199

Chinese outdoor chain store stocking equipment for biking and hiking plus backpacks and apparel for outdoor from big names such as Northland, Kailas and The North Face.

## Foreign Language Bookstores

**Foreign Language Bookstore**

外文书店

218 Zhongshan Dong Lu (Beside Taiping Nan Lu)

中山东路 218 号长安国际 (太平南路口)

**Xinhua Bookstores**

新华书店

56 Zhongshan Dong Lu (near Hongwu Lu)

中山东路 56 号 (近洪武路)

86645151

Longyin Plaza, 217 Zhongshan Bei Lu

中山北路 217 号龙吟广场

83374645

**Phoenix International Book Mall**

凤凰国际书城

1 Hunan Lu

湖南路 1 号八佰伴旁 (近中央路)

83657000 / 83657111

## Wine Outlets

**Everwines** 味葡萄

300 Changjiang Lu 长江路 300 号

58951779

nanjinglcshop@everwines.com

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

#### Newold Wine World 纽澳酒世界

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

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

#### Jiangsu Jiuchao Distillery 江苏九朝酒业

284 Hongwu Lu  
洪武路 284 号  
84404159

#### Jayson Wines 南京杰森酒业

52 Taiping Bei Lu 太平北路 52 号  
8370 7195

#### Eminence Cellar 香松酒窖

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

#### Aussino Cellar 富隆酒窖

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

## Services

### Healthcare

#### Hscybele Hospital 华世佳宝妇产医院

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

#### Raffles Medical

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

#### Angel Flossy-Care Dental Center

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

#### Keya Dentistry 科雅口腔

#411, Bldg. E, Wanda Plaza, Hexi  
南京河西万达广场 E 座 411  
4008919828 / 83308686  
www.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 号左邻凤度 1 棱 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, Girand Metropark Hotel Nanjing,  
319 Zhongshan Dong Lu  
中山东路 319 号维景国际酒店一层  
84818891 / 84808888-6555  
dentist@uniondental.cn

#### Health Examination Centre

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

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

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

#### Nanjing Gulou Hospital

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

#### Jiangsu Provincial Hospital

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

#### Nanjing Children's Hospital 南京市儿童医院

72 Guangzhou Lu 广州路 72 号  
83117500 83116969

#### Jiangsu Provincial Hospital of TCM

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

#### Nanjing Maternity and Child Healthcare Hospital

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

## Legal

#### D'Andrea & Partners Law Firm

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

#### Jeffrey Wang Attorney at Law

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

#### Dacheng Law Offices 大成律师事务所

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

## Property Services

#### Sun Home Real Estate

南京中涛房产经纪咨询有限公司  
#1901, Xinghan Mansion, 180 Hanzhong Lu 汉中路  
180 号星汉大厦 1901 室  
51860592 / 5186 0590  
www.shre.com.cn  
Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

#### HomeLife

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

#### Juee Real Estate 中城居易

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

#### Nanjing Houses

#720, Section 1, Unit 2, 128 Tianyuan Lu, Jiangning District  
天元中路 128 号 2 栋 1 单元 720 室  
87735531  
www.nanjinghouses.com  
Provides a unique-to-the-industry process of pre-screening options in order to save time and energy while looking for an apartment or villa.

#### Home Caught Relocation Service

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

### Crown Relocations

嘉柏（中国）国际货运代理有限公司  
#4210, Block A, New World Centre,  
Zhuijiang Lu  
南京市珠江路新世界中心A座 4210室  
84541017

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

### CMR Corporate Property & Relocation

南京浩麦房地产咨询  
12C1, Jinlun Mansion, 108 Hanzhong Lu  
汉中路 108 号金陵饭店世界贸易中心 12C1 座  
84701658  
www.cmrchina.com  
Supplies multinationals, with additional services including driver's license and import/export of pets.

### Foreign Airlines

#### Dragonair 港龍航空有限公司

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

#### Lufthansa German Airlines

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

#### D.T. Travel

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

### Faith Houses

#### Mochou Lu Church

莫愁路教堂  
390 Mochou Lu  
莫愁路 390 号  
84461835  
www.njmclchurch.org  
English service is held from 3.30-5 pm every Sunday. English Bible Study is every Wednesday from 7.00-9 pm.

#### St. Paul's Church

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

#### Shiglu Catholic Church

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

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

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

#### Shengxun Church

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

### Jiangsu Lu Church 江苏路教堂

60-10 Jiangsu Lu  
江苏路 60-10 号  
83724547

#### Gulou Religious Activity Site

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

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

#### Jinsu Nunnery 金粟庵

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

#### Nanjing Islam Association

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

#### Jizhaoying Mosque 吉兆营清真寺

3 Jizhaoying 吉兆营 43 号  
83605565

#### Caoqiao Mosque

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

### Training, Coaching & Consulting

#### Chrysalis Consulting

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

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

#### MTI Nanjing

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

#### McBride Sports

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

### Pets

#### Doctors Beck & Stone

贝克 & 史东医生国际动物医院  
159 Forrest Mall, 301 Zhongshanmen Street, Xuanwu District  
玄武区中山门大街 301 号森林摩尔商业街区条形码区西 159 号  
87761656 / 877616136 / 400 103 8686  
Leading international pet hospital group, supporting responsible pet ownership, and providing the highest level of veterinary services that include grooming, boarding, and pet food.

#### Meeow Pet Center

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

### Amy Hao Hao Pet Care

爱咪好好  
18 Nantai Xiang Xi (off Wang Fu Da Jie)  
王府大街南台巷西 18 号  
13952034351

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

### Hairdressers

#### M.a.W. Concept Expat Salon

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

#### V-Salon 香港时光设计有限公司

32F, Golden Eagle Plaza, 89 Hanzhong Lu, Gulou District  
汉中路 89 号 金鹰国际商城 32 楼  
86292980  
Run by a stylist to many pop and movie stars, including none less than Nicolas Cage and Julia Roberts.

### Photography

#### Nicolas Harter Photography

13770761603  
www.nicolasharter.com  
A French photographer specialising in wedding, commercial and event photography, and author of photo-book "Africa Square", a profile of African artists at the 2010 Shanghai Expo.

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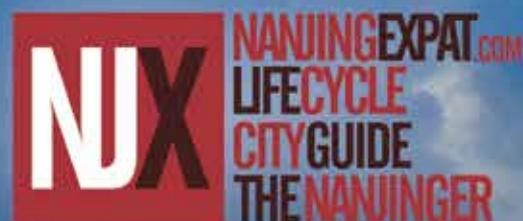
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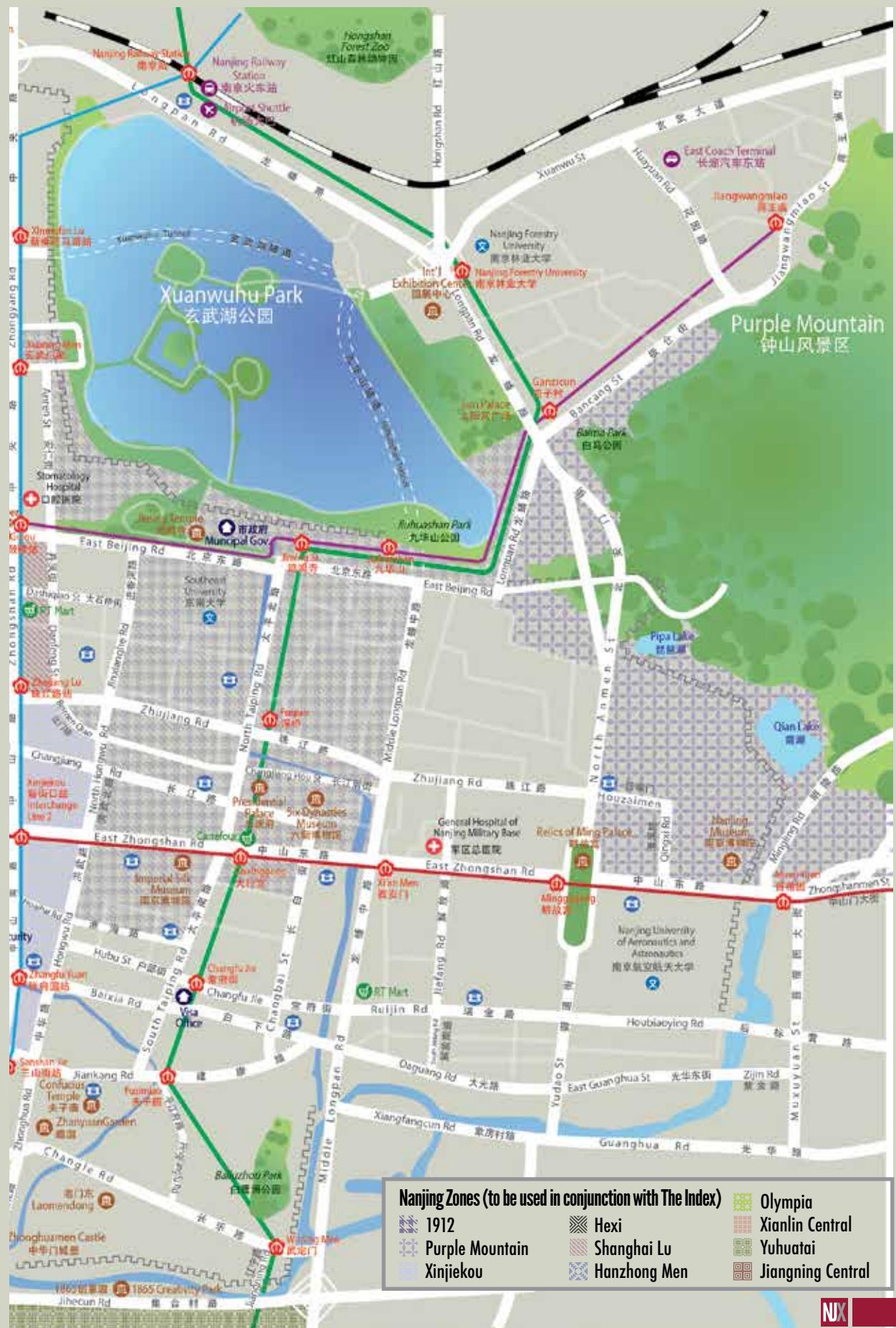


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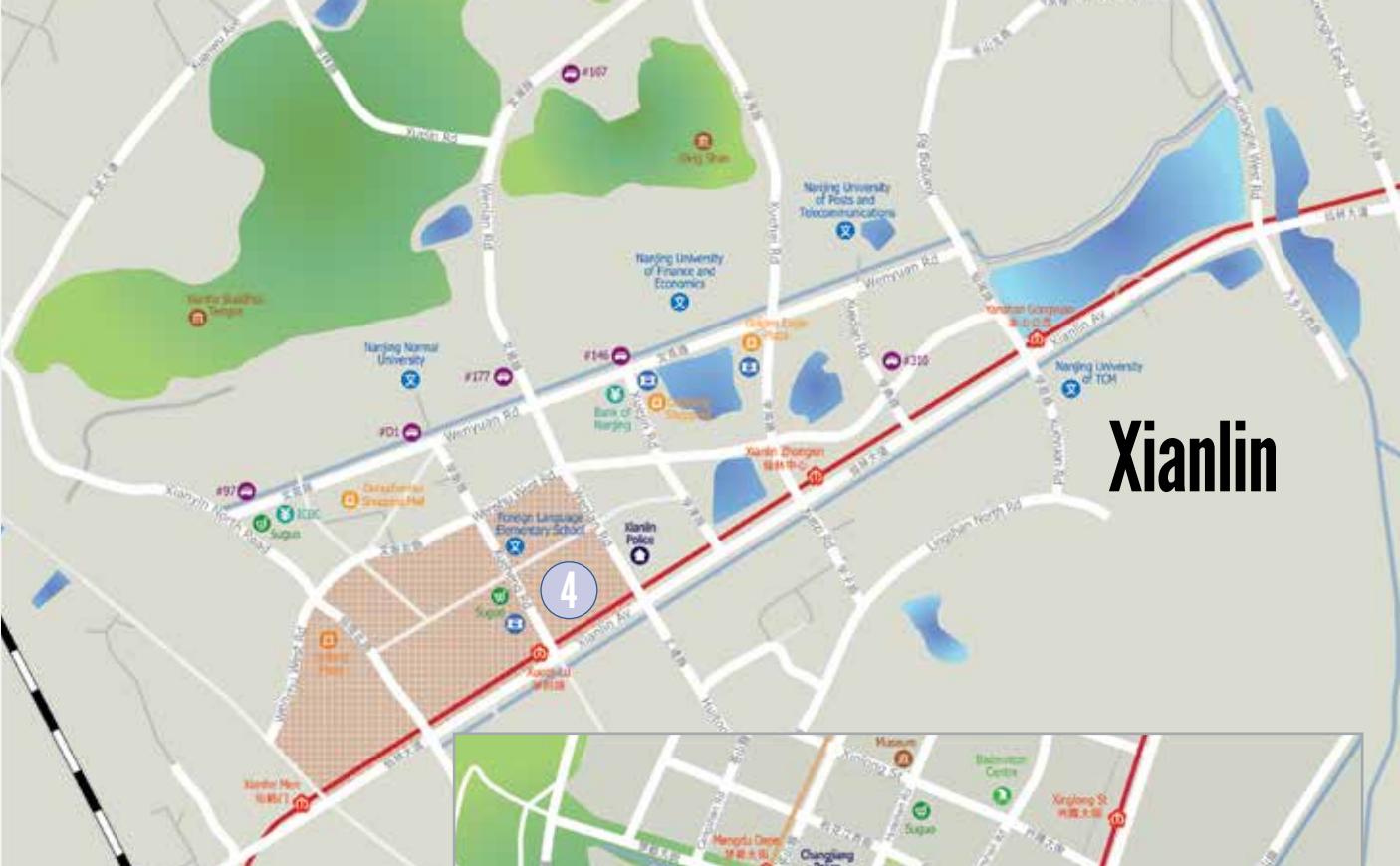




# Jiangning



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- Metro Line 3
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- Metro Line 10
- Metro Line 11

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1



2



3



4



5



6



7

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## *The Harms of Internet Addiction to Minors*

According to the 39th China Statistical Report on Internet Development issued by China Internet Network Information Center (CNNIC) on January 2017, there are some data that look like simply massive: the netizens of the P.R.C. had reached 731 million by December 2016; the number of netizens newly increased by 42.99 million; the Internet penetration was 53.2% and increased 2.9% over the end of 2015; the netizens below the age of 19 accounted for 23.4% of the total number of netizens of the PRC.

With the Internet as a key platform for minors in studying knowledge, acquiring information, exchanging thoughts, developing potentials, plus in leisure and entertainment, so does an excessive use of the Internet (so called "Internet Addiction") bring a lot of harm to minors.

Recently, online live broadcasting has become popular in China. In recent days, the headline news has shocked many people, in which a 13 year-old junior high school student squandered ¥250,000 by rewarding an online live broadcasting anchor. The guardian of the girl is considering recovering the money by legal proceedings.

### **Preventing Internet Addiction**

With Minors addicted to the internet usually displaying the symptoms of strong attachment, apathy, narrowed scope of interpersonal interaction and poor willpower, it is the responsibility of parents, schools and society to make common efforts at tackling the problem, by limiting time spent online, by cultivating other interests and hobbies and by educating minors on the harms of Internet addiction.

### **Protection of Minors Online by the Law**

The Regulations on Online Protection of Minors (Draft for Review), hereafter referred to as the Regulations was published by the Legislative Affairs Office of the State Council P.R.China on 6 January, 2017, and sought comments and opinions from the public by 6 February, 2017.

According to the Regulations, both family and school shall educate and guide the minors on proper use of the Internet, prevent and intervene in the Internet addiction of minors. The education, health, family planning and other departments shall, according to their respective duties, organise and conduct education on preventing minors from Internet addiction, and intervene wherein cases become reality.

The country will encourage the online game service providers to develop age certification and identification software, according to relevant national regulations and standards.

The online game service providers shall establish and improve gaming rules which are aimed to prevent Internet addiction among minors and make technical reformation for gaming rules which may cause Internet addiction in minors. These providers shall take technical measures to forbid minors from accessing games or gaming functions unsuitable for minors, restrict the time of consecutive use of the game, and the accumulative time of game use by minors in a single day, and forbid minors from using the online game services during the period from 0:00 to 08:00 each day, in accordance with relevant national regulations and standards.

The Cyberspace Administration of China and other departments of the State Council will establish a credit history and black list system with regard to online protection of minors.

It is hoped that the Regulations will come into force soon, and that minors may benefit more from the Internet while no longer being victims of Internet addiction. 

### **Disclaimer**

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