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Contents

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Volume #8/Issue #10

#78

- 6 Contributors**
- 7 Poem**
- 8 Editorial**
- 9 Nanjing Nomads**
Your Travels in the Digital Realm
- 10 Something Old, Something New**
A Tale of Two Bridges
- 14 Building Bridges**
The Logical Us-Them Choice
- 16 Splitting the Moon in Half**
Bridge on the River 'Huai
- 18 For Art's Sake**
Now that Tipples My Fancy
- 20 Chomping Thru China**
King of Vegetables
- 22 The Trip**
Yangzhou 24; Slender by Name, Slender by Nature
- 24 Strainer**
Jappaning
- 26 Our Space**
- 34 The Gavel**
The Bridge between China & Foreign Investments
- 35 Metro Map**

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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 34 years, the past 25 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34年里一直从事电台主持和电台制片的工作。在中国有近25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, Renée 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。

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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。

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Bridges

*My first was an old floorboard-
Battered and splintered- my Dad and I
Shung over a racing sheugh
Which split our land from 'them next door'.*

*So on summer afternoons we could sit
Playing pool sticks, together
As watchful trees grew so tall
That darkness finally fell.*

*Too soon, years would draw us
Apart: too much water flowing
Under other bridges, never to be revisited,
And all the while that sheugh would dwindle.*

*Now all that remains is a dry wilderness
Of pauses, choked, heavy and silent
Which no amount of social engineering
May ever span.*

By Maitiu Brallaghan '18

EDITORIAL

The Crunge

There can hardly be a soul in Nanjing whose life is not touched by them on a daily basis.

Possibly to the extent that we take them for granted? Perhaps today, but certainly not 50 years ago this month, when China revealed to the world she has what it takes to create an engineering marvel that links north and south China. For many, a trip to this source of great patriotic pride is considered a pilgrimage; see how it stands up against its most modern equivalent, on pages 10-13.

These constructs also come in all sorts of sizes;

each have their own peculiarities, their own tall tale to tell. "Splitting the Moon in Half" (p16) investigates one such example, spanning the Qinhuai River in our beloved Fuzimiao.

Elsewhere, a challenge faced by any foreign community is how it assimilates into local society. This month, Renée Gray Beaumont has discovered a simple action that can help us all with just that (p14), metaphorically speaking.

Welcome to "Bridges" from The Nanjinger.

Ed.

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NANJING NOMADS

Your Travels in the Digital Realm

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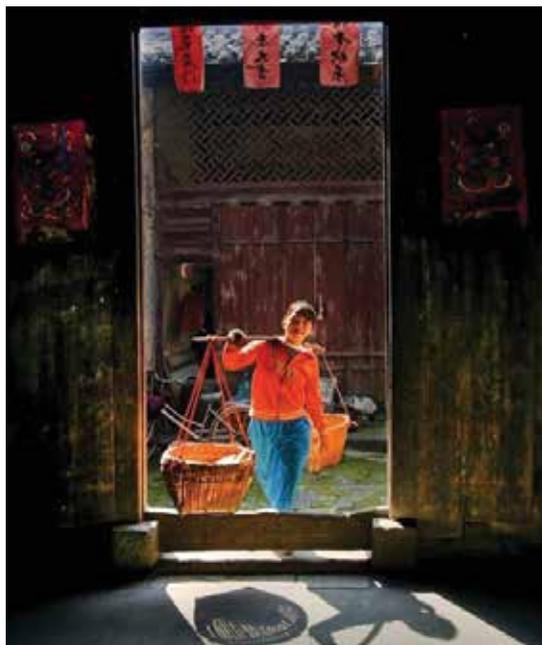
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By *Frank Hossack*

Today, Nanjing's Yangtze River Bridge, the pride of the nation, is preparing for a grand reopening, 2018 being its 50th anniversary, after having been closed for the last 2 years for renovation. On the menu: a strengthening of the grid work of girders that support the bridge and complete repairs of the approaches, together with a thorough makeover that includes the removing of 50 years of pollution to restore the iconic structure's former lustre, and indeed glory. Oh, and a good lick of blue paint.

*Something Old,
Something New*

A Tale of Two Bridges



The metaphorical road (and railway) that leads to the bridge, however, has another 50 years of story to tell. when we look

back to the initial inspiration for a fixed crossing of the Yangtze at Nanjing. Proposed at first by the Sino-British Bank in 1916, after construction of the Shanghai to Nanjing Railway, the new government of the Republic of China decided to turn to French bridge experts to conduct a survey and feasibility study. They never received one.

More attempts were made in subsequent years, including the sending of Chinese personnel to both Europe and the USA in 1925 to look at exploiting their experience in train ferries. Later, in 1930, the Ministry of Railways of the National Government hired a

foreign, so-called bridge expert, a certain John Walter. His conclusion was that it not be appropriate to build a bridge across the Yangtze at Nanjing.

As a result, **on 22 October, 1933, China's first train ferry service was opened**, operating between Xiaguan Coal Port on the southern side of the river and Pukou on its northern bank. Fast forward past the Anti-Japanese War and on to the founding of the People's Republic of China, when upon the train ferry was operating in the region of 20 crossings per day. This capacity was increased significantly in 1958 but demand was still not being met. **At the end of the first Five Year Plan, the State Council put forward a proposal for construction of the Nanjing Yangtze River Bridge.**



Watching with unease the progress being made on the Wuhan Yangtze River Bridge upstream, built with the assistance of experts from the Soviet Union, and with a rising concern over a thawing in Sino-Soviet relations, **China chose to rely on her own strengths and rise to the challenge of completing her most significant feat of engineering to date.**

As such, it had better look pretty good. Thus, the then Bridge Engineering Bureau sought proposals for the design of the bridgeheads. In March of 1960, three designs were shortlisted, out of a total of 57 submissions. Somewhat fittingly, a local design came out on top, that submitted by Zhong Xunzheng of the Nanjing Institute of Technology, now Southeast University.

The winning design featured the now legendary concrete abutments, each housing an elevator to take people up and down from the bus stops on the bridge deck, and topped with statues of revolutionary figures, plus giant, distinctive, red steel Chinese flags.

It is here that a very familiar character enters our narrative. With the navy and the shipping department at loggerheads over the exact clearance necessary

to permit the passage of 10,000 ton, ocean-going vessels, then General Secretary of the CPC Central Committee, Deng Xiaoping, settled the argument; there shall be 24 metres between river and the underside of the steel spans. An important, yet simple decision, Deng's judgement was a hint as to how instrumental he would become in China's economic reconstruction following the Great Leap Forward of 1957-1960.

On to some 8 years later, when with much fanfare, the Nanjing Yangtze River Bridge was officially opened. The firecrackers were ablaze, balloons soared into the air while the crowd roared, all in front of a giant backdrop of Mao Zedong. Yet, the paramount leader was nowhere to be seen in person. **It would take almost another year before the Chairman would inspect the bridge, on 21 September, 1969.**

As most people know, the Nanjing Yangtze River Bridge is a double decker, carrying a twin-track railway underneath and a four-lane vehicular highway on top. An unusual design; there are only two others in China, in Wuhan and Hangzhou, and only one example elsewhere (metro lines not



withstanding), which is the Øresund Bridge joining Sweden and Denmark.

Bringing our story bang up to date, it was therefore unusual to find that the initial plans for the Nanjing Yangtze Number 5 Bridge be also for a double deck style of construction. Those plans, drawn up in 2008, were later scrapped; the authorities had bigger things to worry about.

For the Number 5 Bridge's location was to take its southerly approach roads directly into the Youth Olympic Village, to be completed before the Games in August of 2014. **The solution? A tunnel. And a big one at that.**

Hence, 150,000 square metres of land was to be dug up, to build what is now the largest underground intersection of roads in China, and hence, this correspondent believes, the whole world.

Ever since those Games, and driving through the underpass today, one major junction remains closed off. This is the road that will one day take us under the Jiajiang river (that slim portion of the Yangtze between Hexi and Jiangxinzhou), and up on to the Number 5 Bridge and over the Yangtze itself.

In many ways, the new bridge is the final piece of a puzzle which began a little more than a century ago. With no more bridges for Nanjing on the horizon, the Number 5 Bridge shall provide the southern link to Jiangbei New Area, the brand new part of Pukou that will, not so ultimately, provide work and residency for 800,000 people.

For all the impressive engineering and statistics, the new Number 5 Bridge, together with the original Nanjing Yangtze River Bridge 13 kilometres downstream, serve as bookends to the legacy of bridge building in Nanjing. While the fancy, new modern constructs do indeed possess a certain beauty of their own, the place occupied by the now 50-year-old Nanjing Yangtze River Bridge in every Chinese patriotic heart shall remain forever much the more indelible. 🇨🇳





By *Renée Gray Beaumont*

BUILDING BRIDGES

The Logical Us-Them Choice

Observing current affairs in today's China, one comes across the term, "**Bridging the Gap**", quite often. While this is in no way new, it is commonly used in reference to the Sino-international community. It helps organisations to better illustrate connections and relations that are forming between China and the outside world.

With this swimming through my mind as I wondered about the city, I thought about how local Nanjing residents connect with foreigners on the streets of the city, or more specifically, how foreigners connect with the masses. Fortunately, I live in one of the most foreigner-dense areas of Nanjing, and as a result, I am privy to many such day-to-day observations.

But wait a minute; I am a person who does not naturally smile.

I am not bright and shiny; I'm actually pretty mild most of the time. **Getting a smile out of me requires some serious comedy, or, if I'm totally honest, flattery.** The problem with this is that those around me assume I am either angry, sad and/or unapproachable. This just isn't the case; inside I am totally happy, sometimes even joyous. So why the sour face, bagpuss? Recently, I have set about changing this, and the best way I know how, is to remind myself to, you know, "just do it"; just smile.

Having lived in China a long time, I, like most foreigners, have been guilty of "losing it" with the locals sometimes. If you are reading this and can honestly say that you have never had a negative thought or reaction to a local person on the streets of Nanjing, then hats off to you, you're possibly the most zen person ever to have moved to China.

For most of us, though, day-to-day street battles is one of the most crucial reasons as to why such a large gap gets wedged between, perish the terms, "us" and "them". The old adage that, "we are a guest in this country, therefore we should just drop our polite standards down a peg or two", gets thrown right out the window the moment someone lights a cigarette in a lift, and then stops in front of you when you're making haste towards an escalator. And rightly so, I hear you.



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Problems arise when our staunch values and frustrated interactions form large cultural gaps between us and the locals. You may not like to read this, but one of the things of which we need sometimes remind ourselves is that we chose to come here.

Therefore, instead of giving up or living every day in a state of heightened stress, I offer one simple step that may just be an alleviation. As you have probably already guessed, my solution has been to try and stop hiding behind my infamous sour face, or continuing to ignore that going on around me, to dust off the corners of my mouth and stretch them wide, ear to ear.

It has not been easy, I can tell you. It feels really awkward and uncomfortable.

Here's the thing; all of this time, I have been beating myself up, shaming my outward appearance and my miserable self, but the most surprising effect of this whole experiment so far has been **my realisation that local people are just as sour and miserable as I am.**

When I began to really look at their faces, they appear just as harsh, down trodden, sad and unapproachable as me. What a revelation. The reason I can see it so clearly now is because when I smile, they smile back; a big, shiny mirror that instantly brings us closer.

I don't need to speak Mandarin for this. They don't fall off their bike or smack into a pole with absolute shock; 10 times out of 10, they return the favour. And it completely changes how my day unfolds and closes any gaps in my bridge with the Chinese.

I am not saying this has solved all of my street woes, **nor am I walking about the streets with a constant eerie grin on my face looking like a weirdo**, and it is certainly a work in progress. Yet, smiling, for me, has brought about profound change and has helped me to further bridge the gap between myself and those I see around me everyday. It helps me to remember that I always have a choice. I chose to be here, and I can choose, in every moment, to change my reality.

I can burn bridges or I can build them; the choice is mine.

Smile at three strangers the next time you're on the street, and see for yourself. If they don't shine that mirror back at you, then maybe you're just scaring them. Nevertheless, keep trying until it happens and life in Nanjing will begin begin to ease. 



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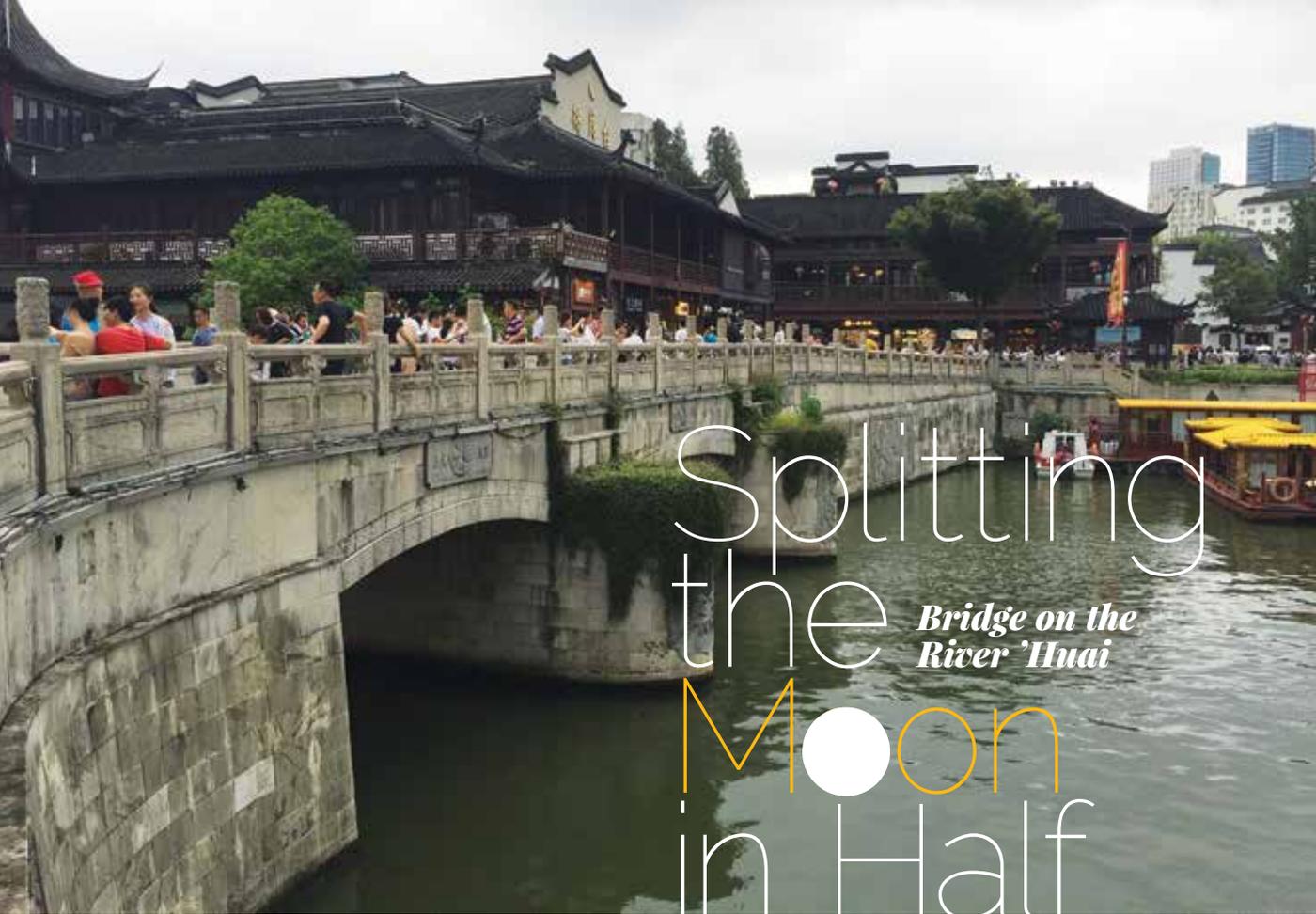
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Splitting the Moon in Half

*Bridge on the
River 'Huai*

By **Frank Hossack**

There are just two National 5A Level Tourist Attractions in Nanjing...

...the somewhat obvious Dr. Sun Yat-Sen's Mausoleum, and the Confucius Temple (Fuzimiao) area, in which lurks the less-than-usual suspect that is Wende Bridge. That may not in itself set bells ringing for many people, locals included, but when the Lantern Festival that marks the end of Chinese New Year is suggested, then most shall recall being one of the sardines making a pilgrimage to the bridge at this time of year on at least one occasion.

Yes this throng is indeed attracted by a celebration of the end of the festival, the visual spectacle of thousands of red lanterns with the temple's backdrop of golden dragons and traditional pleasure boats, plus the camaraderie of the entire ensemble. Yet,

while Wende Bridge is also the location from which many of those picture-perfect-postcard photos of Fuzimiao are taken, few are aware of the bridge's place in the larger scheme of things, for therein a natural, astronomical phenomenon awaits, not withstanding the explaining thereof via a plaque by the bridge's northern abutment.

Lying on a meridian, Wende Bridge draws a somewhat smaller crowd than that of the Lantern Festival, on the 15th day of the 11th lunar month each year. At midnight on this day, falling in 2018 on, coincidentally, the Winter Solstice that is 21st December, the moon shall be directly over the bridge, leading to the celestial spectacle.

For at this time, those willing to stay up a little late and brave a cold winter's night to trek over to Fuzimiao, shall be rewarded with a view of half the full moon while peering over at its reflection in the

Qinhuai from one side of the Wende Bridge, and a similar view of the other half of the moon from the other side of the bridge. The astronomical occurrence may only happen on this particular day of the lunar year.

A floating bridge until 1585 CE, the bridge's first permanent structure was a wooden-with-stone-piers design. It was to be repaired on many occasions, and survived until after the Cultural Revolution (1966-1976), whereupon a concrete design was implemented. Its present incarnation, an all-granite affair, was unveiled in 1998. Yet, the bridge suffered a painful adolescence, sinking into the Qinhuai River on many an occasion. In 1904, during the Dragon Boat Race that then took place through Fuzimiao, at the height of the race fureur, Wende Bridge totally collapsed, causing hundreds of race spectators to fall into the river.

Being the Confucius Temple, long before becoming a tourist attraction famous for rip offs, knock offs and stinky tofu, as the name implies, this northern side of the Qinhuai was a celebrated centre of learning, with the temple itself an Imperial College examination hall.

On the southern side, however, lay many a house of ill repute, each serving up inebriating brews to fuel a patron's passion. A nod to this time continues today, the hints being in the melodious music emanating from the river's evening pleasure boats, while seductive ladies expressively dance in the southern bank's colourful lights.

Back in the Ming Dynasty, therefore, as a short physical connection between two antipodean worlds, Wende Bridge had become a metaphor for the link between righteous virtue and delirious abandon. 📷



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Now That Tipples My Fancy

It is not an exaggeration to say that everyone who learns Chinese calligraphy will at some point come across Wang Xizhi, China's most celebrated historical calligrapher. Fewer perhaps know that his iconic work, the Lantingxu, was written while under the influence and in subsequent sober attempts, he was never able to surpass the eloquence and unrestrained fluidity of the original.

Humans have been making alcohol for donkey's years. Even before Wang Xizhi was writing in the 2nd and 3rd century, beer, wine and spirits rushed through the human blood system, intriguing and intoxicating artists the world over. Today, it seems, not a whole lot has changed.

"Art and alcohol have one thing in common, both are stimulants. They increase our sensitivity to life and can relieve numbness." It was this idea that prompted Nanjing artist **Gao Lei** to take his art out of the white cube and present it amidst the rough walls and subdued ambiance of Hermit Bar. It's like a series of art exhibition openings, except the wine just keeps flowing.

Matching the miscellany of tipples stacked behind the bar were paintings, photography, moving image, music and even a cocktail made from the very components of Gao's Breathing Project installation; bean sprouts.

"I don't really care if it's an exhibition or what it is", said Gao Lei. Art is not the focus, nor is alcohol. Hermit is a meeting point, a place to hang out. Hermit Art is the background that you may or may not notice; the legs paddling under water that quietly make everything better.

A stone's throw from Hermit, Nanjing's Glassbox theatre group was also conjuring up themed cocktails at the Loop for their performance of that famous Shakespeare play, "To Beer or Not to Beer". Whether or not you

embraced the drinking game that coincided with the play, the energetic cast and their rib-tickling rendition of Hamlet had the audience in raptures. A drink or two helped grease the cogs as audience members took to the stage for some impromptu acting, blurring the line between actor and audience.

The play was nothing short of playful. King Claudius with his bling bling sunglasses and diamond-encrusted crown deserves special mention, as he frolicked in a plastic ball pit against a curtain apparently made from the hair of My Little Pony. Polonius's death saw him dive head first into a basket of popcorn, not before rubbing ketchup onto his white T-shirt for dramatic effect, while a quick gurgle of water and Ophelia bit the dust.

To the alcohol infused cast as a whole, nothing seemed impossible, meaning the audience got more bang for their buck with a sped up 5- and then 1-minute version of the play.

We would not be thrilled to find our doctor or taxi driver had been on the tipple, **but when it comes to artists, drinking and its manifestation in their work can make it appealing**. Or drinking ourselves might make us see differently. Of course, there's overdoing it and excess drinking has played part in the early death of many a talented artist; Van Gogh, Amy Winehouse and Gauguin to name a few.

Traditionally in China, drinking a little everyday was considered healthy and inebriation could unlock an artist's most sincere expression. But then again, those of Wang Xizhi's generation also sipped on the black ink with which they wrote for its alleged healing properties. But whatever tipples your fancy, the combination of art and alcohol in Nanjing is bringing people together and broadening the city's cultural landscape. **So we can definitely say cheers to that!** 🍷

SATURDAY

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Chomping Thru China

With Renée Gray Beaumont

King of Vegetables Chinese Cabbage's Magical Powers

Chinese cabbage, or Da Bai Cai (大白菜), may be to most people, boring and insignificant. That it is even on the table for this month's column may ignite some serious yawning from readers.

Before giving up on this humble stem, however, read on, for this leafy green is so powerful and symbolic that you absolutely need, to not only know about it, but start including it into your daily diet because, yes, it's that powerful!

Health Benefits Suffering from high blood pressure? Chinese cabbage contains high amounts of calcium and potassium, which is used to regulate blood pressure. Rich in iron, it can support those who suffer fatigue-related problems, while its long list of antioxidants, including vitamins A and C, protect the body against free radicals.

Chinese cabbage is low in calories, yet has the ability to make one feel full. Hence, it helps with weight loss. It contains antibacterial and anti-inflammatory properties, such as glucosinolates, a serious factor in aiding those who suffer from digestion problems and Helicobacter Pylori. In addition, with 27mg of vitamin C per 100mg, 77mg calcium and 13mg of magnesium, it packs a pretty powerful punch of daily support for the body.

Symbolism Ever wondered to yourself, when browsing Chinese glass or porcelain objects, why one recurring shape looks exactly like a cabbage? Why would the ancients possibly want to immortalise a vegetable? As it turns out, Chinese cabbage is a sign of prosperity and much more.

At the National Palace Museum in Taipei, sits on display, the Jadeite Cabbage with Insects piece. It depicts the Chinese cabbage figure with a locust sat inside the leaves.

First displayed at the Forbidden City's Yonghe Palace, according to Leslie Hook from the Wall Street Journal, the piece was probably gifted to the Qing Empire's Guangxu Emperor's Consort, Jin, as part of her dowry, in 1889.

A veteran of both the Sino-Japanese war and the Chinese civil war, the piece has survived and now

sits on display. It is believed to symbolise female virtue and purity, fertility and abundance, and is considered one of the Three Treasures of the National Palace Museum.

Legend The story goes that Empress Dowager Cixi of the Qing Dynasty fell gravely ill and was unable to eat, drink, urinate or move her bowels. She lacked energy, ran a high temperature and suffered respiratory problems.

Vicky Chan, of therapeutic cooking blog, Nourish U, relays that, at the advice of a monk, the Empress went on a diet of cabbage juice and soup, which is said to have saved her life. Nursed back to health by the cabbage, she is said to have praised it as "The King of All Vegetables".

As a result of Chinese emigration, this cabbage is now found all over the world, where it is grown best in cooler temperatures as it is a nightshade root vegetable that remains inexpensive and abundant.

How To In order to maintain the high amount of vitamins and minerals in the cabbage, it is recommended to cook it Chinese style; under heat for the shortest time possible. Aside from Chinese ways of cooking the vegetable, most Western dishes that include cabbage can be substituted. We have, over this past summer, enjoyed using the cabbage raw, as the basis of a refreshing asian coleslaw.

Below are some of the most common dishes featuring Chinese Cabbage in China:

1. Pickled Cabbage; Da Bai Suan Cai (大白菜酸菜)
2. Fried Cabbage; Chao Da Bai Cai (炒大白菜)
3. Cabbage Soup; Da Bai Cai Tang (大白菜汤)
4. Spicy Fried Cabbage; La Chao Bai Cai (辣炒白菜)
5. Spicy Sour Cabbage; Suan La Bai Cai (酸辣白菜)
6. Fried Cabbage with Vermicelli; Bai Cai Chao Fensi (白菜炒粉丝)
7. Fried Cabbage with Pork; Bai Cai Chao Rou (白菜炒肉)
8. Fried Cabbage with Black Fungus; Bai Cai Chao Mu'er (白菜炒木耳)
9. Rolled Meat in Cabbage; Rou Bai Cai Juan (肉白菜卷)
10. Cabbage and Tofu; Bai Cai Doufu (白菜豆腐)



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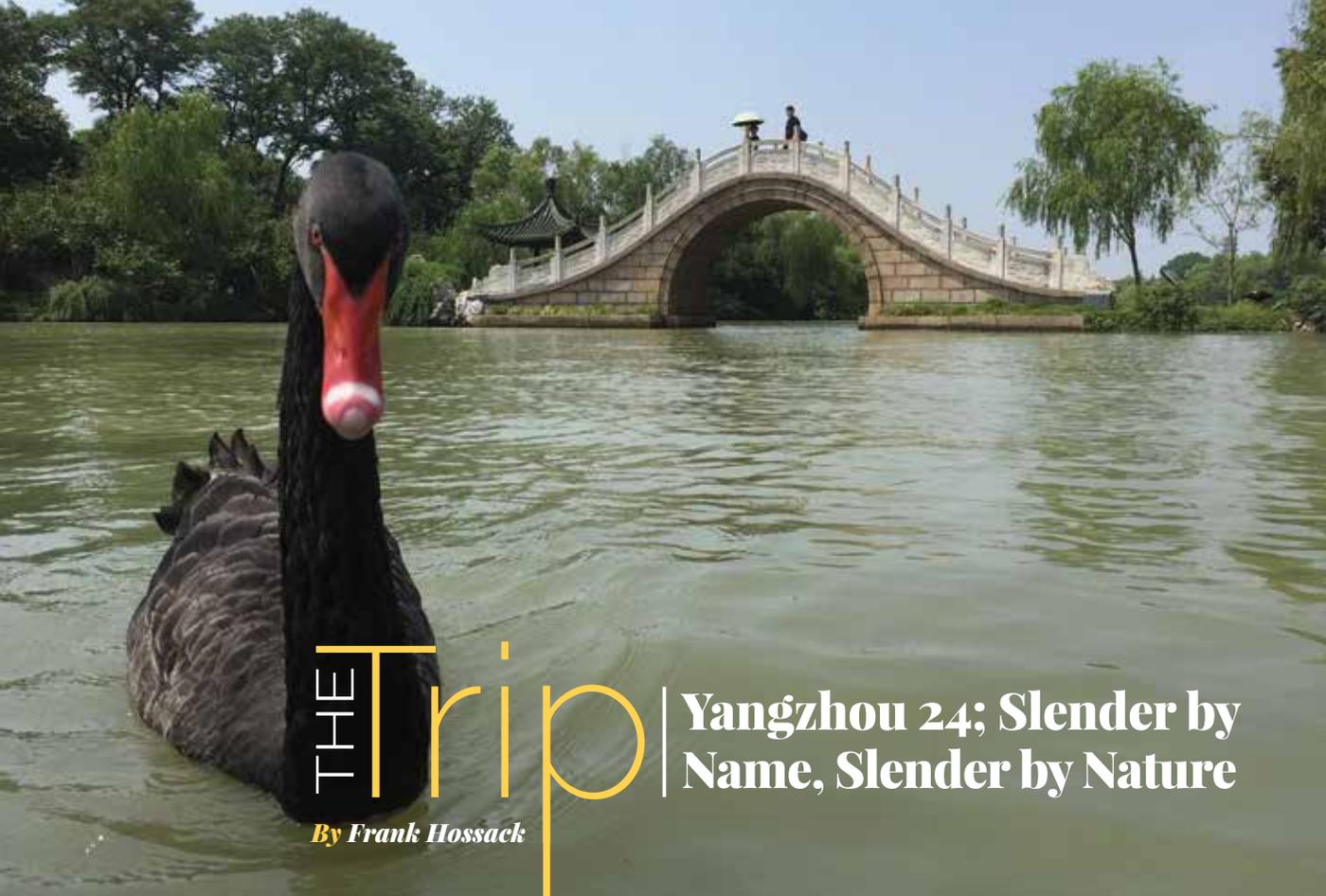


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THE Trip

By Frank Hossack

Yangzhou 24; Slender by Name, Slender by Nature



Over in Zhejiang province, West Lake is synonymous with Hangzhou. Slender West Lake, on the other hand, is an entirely different kettle of fish. For after just 1 and a half hours' drive from Nanjing, or 40 minutes on the train, followed by a 10-minute taxi ride, and still within our own Jiangsu Province, you will find yourself in Yangzhou Slender West Lake.

Nanjing's neighbouring city of Yangzhou is stereotypically famed for two things; pretty ladies and fried rice. While slender is a term that could be applied to both the aforementioned, we were here for the lake, plus the surprise that it was for this correspondent to learn that hot spas are also a local delicacy.



The Slender West Lake Hot Spring Resort is one of many that dot the scenic area. For one night, ¥1,500 buys you a private retreat that features two double bedrooms, two bathrooms, spacious lounge, an enormous magical flatscreen TV, and the pièce de résistance, a completely enclosed courtyard featuring a plunge pool *fed by waters from within the Earth's crust*. Simply turn on the hot tap, wait 3 hours until the pool is full and the digital thermometer reads 39 degrees, then take the plunge, nude if so the heart desires.

The resort utilises the thermal energy of the hot spring to heat all tap water too, employing a tubular heat exchanger, that makes for satisfying carbon zero shower.

Also included in the price, access to a large outdoor swimming pool; but with our visit in July, it was shade, not sun, that we sought. Much more of interest are the resort's 30 outdoor plunge pools, each with different medicinal healing properties. From arthritis to menstruation, there's literally a pool for everyone.

With our back pain dispelled and generally smug feelings of wellness, it is literally just a step across Changchun Lu to the east gate of the Slender West Lake Scenic Area.

With weeping willows entirely surround its snaking waters, the number 24 is a big deal for Yangzhou and her Slender West Lake. During Emperor Qianlong's reign of the Qing Dynasty (1644–1911 CE), the lake became well known for 24 scenic spots. *The best known of all is 24 Bridge (pictured), named as a nod to its 24 parapets and 24 steps*. The Five Pavilion Bridge, therefore, also needs no further introduction.

Among the rest, tombs for a variety of emperors, plus the White Lamaist Pagoda, a 28.5-metre-high

structure, built, it is said, overnight, in 1784, to welcome an inspection tour by Emperor Qian Long. The structure, that is also reminiscent of the White Pagoda in Beijing's Beihai Park, gives away its religious influence through architecture more akin to that found in China's far west.

The Emperor was so impressed with his visit to Yangzhou that he declared it a favorite retreat, endowing the city with stipend after stipend on account of his luck fishing in Slender West Lake. Little did he know, the best local underwater swimmers had been recruited to dive beneath the Emperor's boat and impale fish on to his hooks.

It is gems such as this that therein lie the charm of Yangzhou. *The city was, historically, one of the wealthiest in China*, and up there with the best as regards links with the outside world. A major port for foreign trade since the Tang dynasty (618–907 CE), with many an Arab and Persian merchant within the then city walls, in the 7th century, Yangzhou's only chink in her armour is the massacre, in the thousands, of many of the aforementioned in 760 during the An Lushan Rebellion.

Despite the atrocities, the city's reputation beguiles itself. Known at various periods for its great merchant families, poets, artists and scholars, it was only in 590 CE that the city began to be known as Yangzhou, the traditional name of what was then the entire southeastern part of China.

Just as well then, that the city lives up to its reputation today; its ladies, rice and indeed spas, serving to underscore a metaphor for a notion of great grandeur and historical cultural reference, fit for an emperor. 🏯



Japanning

Nanjing isn't an English verb. It probably never will be.

Like Darjeeling or Wyoming, our brains probably have to work hard to stop thinking of these proper nouns as verbs. That “ing” ending is a red herring we all know better than to actually hear.

Shanghai, of course, is a verb. It's a bit like “press-ganged”. If you've forgotten the meaning, go and check out the Charlie Chaplin film ‘Shanghaied’.

Japan is an English verb as well. If an object is japanned, it has been finished with a thick shiny lacquer; often, not always, black.

You may have guessed already that anything called ‘japanned’ is probably not from Japan, unless it's called urushi-nuri (漆塗), of course. The European lacquer used on tin and ironware from the 18th Century used a local tree sap, not that (highly toxic before drying) of the Chinese Lacquer Tree (千漆).

Anyway, how is this relevant to tea?

Well, I always think of this verb; japanning, whenever I see that most expensive (and delicious) of Japanese green teas; Gyokuro (玉露).

Close up, Gyokuro's spindly tea leaves look like a Japanese armory. There are swords (刀), jutte (十手) and bo (棒) in polished sheaths... but these leaves are all finished in a deep, dark green, like an E-Type Jag (or a Special Edition MX-5).

The epithets are endless. You could mention coral, specifically the green “sea bamboo” found off the north coast of Japan. You could also hold these leaves up to a sheet of nori (海苔) seaweed. Actually, that comparison would also help you understand the satisfying mouth-filling umami taste of those Gyokuro leaves. Or you could go back to jade, as the name instructed you to do. Yes, there are indeed varieties of Jade with just as deep a green.

The point is that those posh Japanese teas are beautiful. They're impossibly glossy. They look japanned.

So, how do they get that lustrous finish? Surely they're not manually polished by tiny yama-biko (山彦) creatures, not even at that staggering price!?

No. The gloss is the result of a “steaming” process (蒸茶) which is favoured in Japan over the “pan firing” (炒茶) used most commonly in China (for halting the enzymatic function of green leaves). Actually, I suspect that “baking” may be a better term, with an especially dry heat for finishing, but this is just speculation until I actually visit a factory.

The effect is actually just as pronounced in a small number of Chinese steamed green teas, particularly one from Sichuan; “Bamboo Leaf” green tea (竹叶青茶) has that same high-gloss finish, but in a much lighter shade of green. And those Sichuan leaves are plump, like elongated jelly beans or sugar snap peas. Bamboo Leaf truly deserves to be a pin up green tea.

Zhejiang also has a rare, attractive-looking Long Ding Tea (开化龙顶) steamed tea, which I am yet to try (a future trip, perhaps). I was also recently shown some polished-looking Maojian (信阳毛尖) quite unlike the hairy Maojian in my freezer. I'm calling this gloss an increasing trend. But it may just be that I haven't noticed until recently.

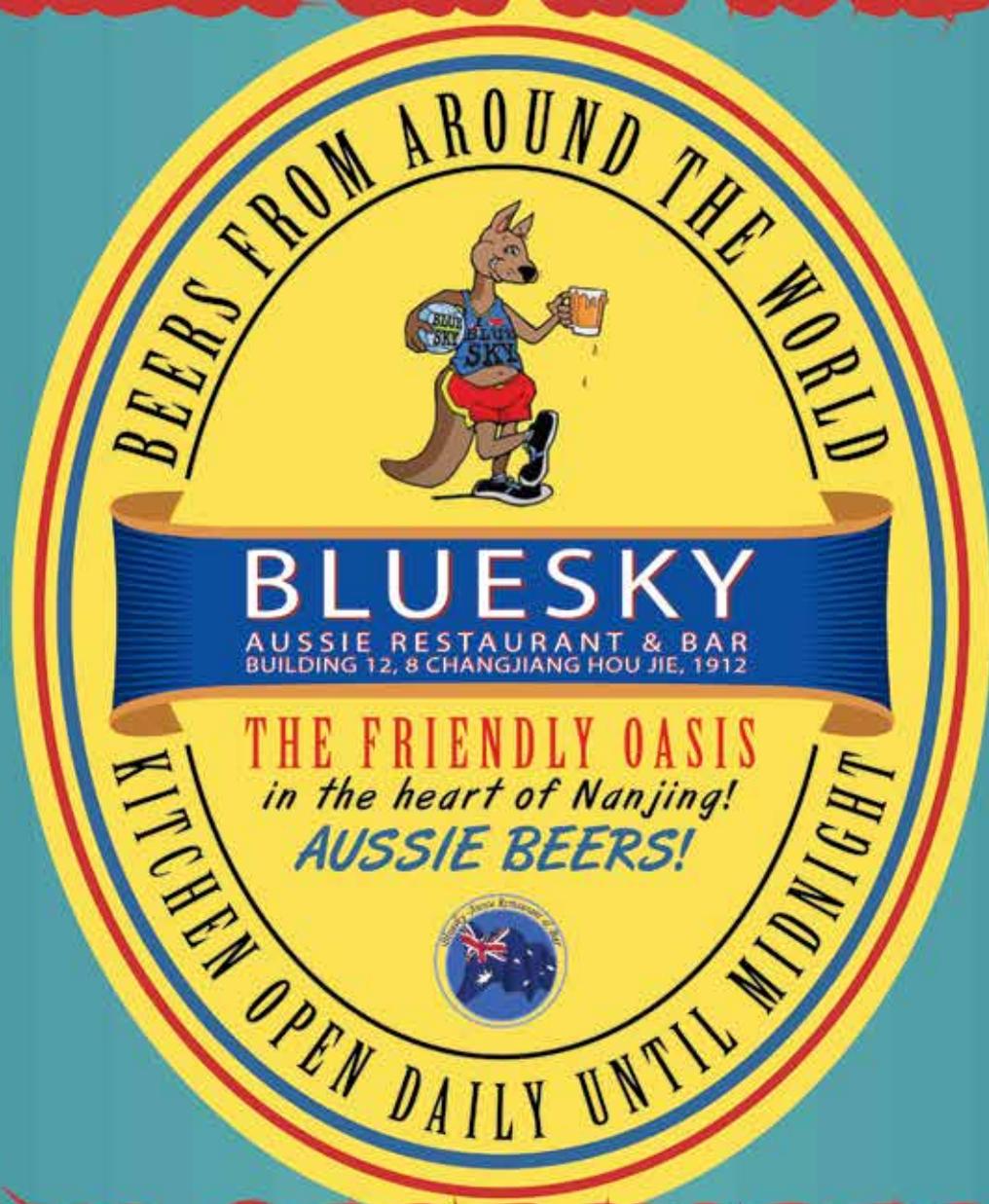
I have even seen pictures of some of our local Yuhua Tea (南京雨花茶) looking more steamed than fried.

What, are you Nanjing me?

Okay. Okay. That attempt at anthimeria didn't quite work. 



REOPEN IN 1912



IN SEPTEMBER

OUR SPACE

GASTRONOMY By Renée Gray Beaumont

Molecular Cooking in Olympiad

Hidden behind a black door; no sign outside, just a window, a menu is visible. We push the door open and hear the click of metal on porcelain and soft jazz in the back ground. The restaurant opens into a small room, a bar and a kitchen surrounded in black.



The walls and furniture are black, the doors are black, the room is warm and exclusive; fresh rose petals strewn over tables suggest a romantic atmosphere. Our attentive waitress leads us to our seats and asks us to peruse the set menu. After we nod our approval, she signals to the chef to begin.

Attitude can seat a maximum of 16 people; we counted 6 tables, which were all full. "I've been trying to get a seat here for ages", a customer sitting to our right told us, "It's always booked".

The restaurant was full of couples, swooning over each other at the bar or chatting over food and wine. Attitude offers one set menu only, which changes every 3 months. "I would rather focus on the quality of my food and

enjoying my life, rather than catering to many many people everyday", restaurant owner and resident chef, Kevin, told The Nanjinger.

Our set menu featured a light and summery selection of molecularly cooked morsels. Haute Cuisine's newest trend is "food science", that plays with the physical and chemical changes to ingredients that occur during the cooking process. "With this style of cooking we are able to hold on to a lot of the food's most nutritious elements", Kevin said.



At time of writing Attitude's set menu went thus:

- Hokkaido scallop with finger orange sauce
- French egg cup (Japanese eggs)
- Quinoa with assorted fruits and vegetables and crackle candy
- Pickled salmon and Modena black vinegar
- Chinese inspired crispy duck with crepe and sour soup
- Wagyu tenderloin with mushrooms and mashed potato
- Mango pane-cotta with fig

The accompanying molecular price tag? ¥388 per person.



Trained at the Le Cordon Blue Culinary Arts Academy in Shanghai, Chef Kevin admits that designing a Western menu for Chinese tastes is demanding. Yet, while he says it is difficult, he enjoys the challenge. "Most of my food is sourced locally and is fresh.. I take great pride in the quality of my food", he says.

Absolutely impressed therewith, The Nanjinger particularly enjoyed the explosion of flavours that was the duck and succulent melt-in-your-mouth, slow-cooked steak. Fresh summer inspired seafood and a light mango dessert completed the set beautifully.

Attitude is located at 126 Hengshan Lu 恒山路126号, just off of Lushan Lu, near Fraser Suites. Tel: 84481179 (Chinese language only). Book well in advance. 📞

GASTRONOMY By Renée Gray Beaumont

Eat or Just Drink @ Cute Downtown Brunch Cafe

You would be excused for walking straight past this restaurant and not even batting an eyelid, for its exterior is, shall we say, uninviting. Eat is located in a popular student hub on Nanxiu Cun, right off of the Shanghai Lu and Hankou Xi Lu intersection.



Nestled upstairs and next door to Pause Cafe is Eat; the exterior is not worthy of mention, yet, quite surprisingly the place stretches far and wide enough to easily accommodate 50 diners.

We came for brunch one fine Sunday morning this past summer and agree that this place is the perfect mid morning/lunch meeting place. Sunlight beamed down through the bay windows, while dried flowers omitted a rather subtle potpourri scent.

The restaurant's cozy vintage style has guests feeling relaxed and invites couples to settle in for long visits; on its rather extensive menu, the restaurant offers a selection of Western and Asian dishes.



Don't expect greatness from the food at Eat; some dishes are winners, some aren't. We sampled the salmon eggs benedict and a full English breakfast together with two pots of tea. While there was nothing to complain about with the Eggs Benedict, the full English was a little sad and of poor quality.

I also needed to ask for milk to have with my English tea, to which the waitress replied, "There is no milk... in the whole restaurant". After finally receiving a small pot of milk for my tea, all was forgiven because, after all, this is an affordable Western restaurant run by Chinese locals, who are absolutely doing their best.

The irony is that our complaints falling on deaf ears only served to heighten that which we most loved about Eat; we were literally the only foreigners in an otherwise packed restaurant. At 10:30am on a Sunday morning, the restaurant was full of locals; some students, some Weibo posers, some business people and some couples. Clearly a popular place.

We loved the atmosphere of Eat and on that note alone, we will be back. Thumbs up.

Eat is located at 21 Nanxiu Cun 南秀村21号 (600 metres from exit 2 at Yunnan Lu station on Metro Line 4 距地铁4号线云南路站2号口600米) Tel 86643277. 📞



Autumn Applause For Nanjing's Veggie Heaven

Nanjing's premier vegetarian restaurant has outdone itself once more, its autumn menu having a sound emphasis on health and well-being. It also tastes divine.

As our bodies begin to stiffen and prepare for Nanjing's long winter months, after what was a very long and sweaty summer, Wujie Vegetarian has prepared an autumn selection that closely follows the rules of Traditional Chinese Medicine (TCM), in order to help strengthen our system in style.

Sourcing the best of its ingredients fresh from domestic locales, Wujie offers only the highest of quality and rarest of ingredients in order to prepare some truly inspiring dishes.

While waiting, The Nanjinger had a poke around the kitchen, where it became apparent this company speaks only the truth. Quality fresh mushrooms, such as Shiitake sat next to Yunnan truffles and fresh bamboo shoots, Chinese yam, fresh walnuts and ginseng.

This autumn, The Nanjinger was in the house to enjoy what seasonal creations are on offer. We began cold; spring rolled kelp middle drenched in a traditional sour and spicy sauce from Sichuan, topped off with walnut sprinkles. This dish was a favourite of The Nanjinger, for its zesty sauce and light fresh texture had us reaching for more.

A rather bitter TCM inspired soup was served in between starters, that featured ginseng, Mogu and fresh walnut. If you had any illness before drinking this soup, afterwards you're cured I'm sure. Perhaps a placebo effect, the ingredients in this dish alone are enough to bring one back from the dead.



Getting warmer, next was tofu and mushroom stuffed okra tempura, dipped in crispy yellow flower petals with an accompanying spiced creamy sauce. Not only was this dish too beautiful not to have had its photo taken, its crispy texture and sticky salty flavour is simply an awesome mix.

Following on with a curious yellow coloured theme, came a Yunnan Miao minority classic; Bamboo fungus and shoot in a sour pumpkin puree. For The Nanjinger this sour soup was definitely a thumbs up.

We later found out that, according to TCM, colours are representative of different organs in the body. Yellow is associated with the lungs and as we enter the cooler months, the air begins to dry; it is thought our lungs are most affected at this time, hence all the dishes we ate were yellow in some way.



Perhaps the most outstanding of all is the marinated and slow-cooked potato dish, that comes on a bed of fresh rosemary and sea salt. As an Australian, I have had my fair share of potatoes and these are possibly some of the best I have ever tried; this comes highly recommended.

To wash it all down, a pot of oolong tea infused with mint and rosemary. Its pink colour, milky scent and fresh flavour saw this tea cocktail knocking one out of the bag for tea lovers indeed.



With belts coming undone and us well and truly ready for a nap, the restaurant's seasonal dessert selection arrived; banana ice cream and soy milk creamed cake.

Sufficiently stuffed, we rolled out of Wujie feeling satisfied but guiltless. For this autumn menu is a must try for vegetarians and those with a culinary interest in Chinese creative dining.

Wujie Vegetarian 大蔬无界 is located on 6F, Deji Plaza Phase 2, 18 Zhongshan Lu 新街口中山路18号德基广场6楼F617. Tel 86777661 / 86777662

Enjoy 1 free dessert, upon your production of this magazine, at Wujie Vegetarian, while autumn menu is valid.

(1 dessert per table max)

With the first morning underway at EtonHouse Nanjing, all signs of nervousness quickly disappeared as the students quickly reconnected with their friends and welcomed new classmates, helping everyone, including teachers, to settle quickly. In the first few weeks of school, teachers have worked to establish routines and establish positive learning experiences for all students.

Angst In My Pants

15 August, 2018





Students at The British School of Nanjing attended "Enrichment Fair", making their personal selection of activities that take place in school hours and designed to offer students the opportunity to try new things and learn new skills. Enrichment options include gardening, UNICEF, drama, science, rock climbing, debating and cooking, plus much more.



Double Dutch

31 August, 2018



It was enrollment day at Nanjing International School, prior to the new school year that began for all students on 14 August. The entire faculty very excited to have all their students back to school; a big welcome to new and returning community members!

Commencement

10 August, 2018



¥31,000 was the sum raised by the international community for charity Hopeful Hearts at a dinner in refurbished factory the Ming Lounge in Nanjing's 1986 Creativity Park. 150 people were in attendance with raffle items donated by many a local business with expat connections.

Voices that Care

25 August, 2018



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



Nanjing International Club (NIC) held its traditional Membership BBQ at Nanjing International School, whereby returning and new friends got to know more about the club's latest activities, with the rain holding off, for the most part, so that children's entertainment could take place.



Summer in the City

1 September, 2018



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



The Bridge between China and Foreign Investments

The Foreign Investment Enterprise Law of the People's Republic of China aims to expand foreign economic cooperation in China, in order to not only promote the development of China's national economy, but also to protect the lawful rights and interests of foreign-funded enterprises in the country; a two-way street on the bridge of co-operation between China and the international world at large.

Law of the People's Republic of China on Foreign-Capital Enterprises; Benefits to the Chinese Business Marketplace

Promote Sustained and Rapid Economic Growth and Increase Fiscal Revenue

China has a relative shortage of production factors, such as capital and technology, resulting in Foreign Direct Investment (FDI) meeting a large capital demand for China's economic construction. FDI not only increases China's capital stock, but also indirectly promotes Chinese enterprises to expand the scale of investment, thus obviously increasing the capital scale of society and promoting the increase of China's fiscal revenue.

Promote Industrial Structure Optimisation and Upgrade

According to the data, nearly 70 percent of foreign investment goes to secondary industries, close on 30 percent to tertiary industries and less than 2 percent to primary industries. In basic terms, FDI conforms to the objective requirements of the current adjustment of the industrial structure in China, thus promoting the development of secondary and tertiary industries (especially the manufacturing and real estate sectors) in China.

Improve the Technical Level of China's Industry

FDI has directly or indirectly promoted the improvement of China's technical level. Since reform and opening up, FDI has brought many advanced and applicable technologies to China and promoted the upgrading of both Chinese products and technology. Through joint ventures and cooperation with foreign investors, the technological level of many products in China has also been significantly improved. In an indirect sense, foreign invested enterprises urge Chinese firms to introduce advanced technology from abroad, or adopt advanced technology through independent innovation, not too mention the impact on employment such measures have brought to the economy.

Promote the establishment and improvement of China's modern enterprise system

China's absorption and utilisation of FDI, especially through investments in large multinational companies in the European Union, the United States and Japan, drawing on advanced management methods and systems, has promoted the establishment and improvement of a modern enterprise system in China, together with the restructuring of State-Owned Enterprises and the improvement of corporate governance structure in China.

The Law of the People's Republic of China on foreign-capital enterprises can be considered a key bridge which has connected China with foreign investment and its impact may be seen across the domestic sphere. In the future, this law will also help China to manage and cooperate with foreign capital in its further opening up to the world. 

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