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AUGUST 2010

Vol. 5

KARTING AT WEI SHUI YUAN

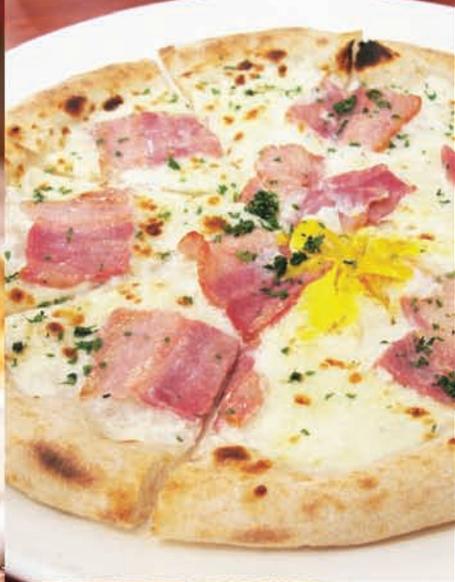
A WEEKEND IN TIANSHUI

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IN THIS ISSUE: Blue Lotus Bar
The Fragrance of Summer
Stu's Corner
卡丁车之旅





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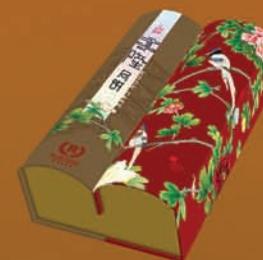
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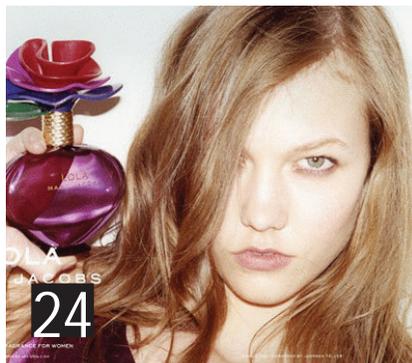
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NOTE FROM THE TEAM

Here we are again, another month has passed and our fifth issue is out, it's funny because time has never flown like it has since xianease has started, I mean goodness it seems that just one deadline ends and the next one is already looming, if it wasn't for the team we have assembled we would not have the magazine it is today.

This month we had a mini grand prix at the go-kart track and though we were all trounced handedly by Daisy (who knew that someone so small could be so quick!) it brought to mind the idea that one thing that would be great to get around Xi'an would be some kind of sports competition. I know that a few years ago there was a football club here but it all seems to have faded into the past so as August starts the team would like to throw down the gauntlet, name the sport and we'll be there. That's right from football to bowling, paintball, to darts we will give it a go, think you have a team that can beat us send us an email at sports@xianease.com, the gauntlet

has been thrown down...who's going to call us out on it for a little friendly competition? (no hard sports please).

With everything the way it is these days it seems that all of us could use a bit more positive influences in our lives (or at least less negative) and in the spirit of this the team scoured the interweb looking for a good quote for this month, after a bit of deliberation we all agreed that Oscar Wilde was the most apt so let us close with him, "If you don't get everything you want, think of the things you don't get that you don't want."

Discover Your Xi'an,



The Xianease team

FROM THE EDITOR

With the soaring temperatures out there, how do those guys at xianease do it, you may ask. Well, we just do (the office has air-con). Busy month, this one. You absolutely have to check out our featured article about Wei Shui Yuan, which the team recently visited. Petrol fumes, chequered flags and crash helmets. Fun. For the martial arts fans there is a great interview with Wing Chun master; Zhang Rihong. This month's issue also has a review of the Blue Lotus bar, Deborah's travel article from Tian Shui, Kristen's fashion article on perfume, and Stu's Corner which offers those useful tips for living in Xi'an.

Hope you enjoy,

SINCERELY

THE EDITOR

Got something to say?
Drop us a line at

editorial@xianease.com

Also, feel free to visit our
Facebook or webpage.



THE XIANEASE READERS' FORUM
To take place on Thursday 19th
August, at Colabo Restaurant.
Feel free to come along. It
starts at 7pm. Pizza provided!

MAN'S 750 MILE RIVER SWIM



A Chinese man is to swim 750 miles along the Changjiang River to visit the World Expo in Shanghai.

Bao Zhengbin, 56, of Wuhan, Hubei province, expects his

journey to take a grand total of 32 days, reports the Changjiang Business Daily.

"I have had this idea for 44 years - since I was just 12 years old," he said.

"My parents and I took the ship to Shanghai, and the scenery along the water way touched me a great deal, and I thought that one day I'd swim to Shanghai."

Bao will need to swim about

25 miles each day and will be supported by friends in a motor boat who will escort him on his journey and keep an eye out for any sharks or crocs lurking about beneath the surface.

He intends to stop overnight at all of the main towns and cities along the river where he will hand out leaflets promoting a low carbon lifestyle and environmental protection.

"I want to connect all the cities together through the means of swimming, and to imprint each city with my foot prints," said Bao.

UNLIKELY BEST FRIENDS



A wolf and a goat have become unlikely best friends in China. The orphan wolf cub was found in the

wild by villagers from Nanyuanzi village, Xinjiang, three years ago, reports People's Daily.

Chen Ming said: "Some villagers went out hunting and found this newborn wolf, and they gave it to me to raise as my goat had milk."

Chen raised the wolf at his home, giving it goat's milk, and

says that the now three-year-old wolf is inseparable from his goat mate.

"They eat and sleep together. Everyone who comes to my home is surprised by the scene; that prey is very good friends with the predator," added Chen.

However, he said he was planning to release the wolf back into the wild so it could live a more natural life.

INVENTOR CREATES AMPHIBIOUS BIKE

A Chinese engineer is hoping to market his latest invention - an amphibious bicycle.

Li Guowei, 63, of Wuhan, Hubei province, says the bike is super economical and could go on sale for as little as £60.

It is based on a normal bike design, with eight barrels for bouyancy, and a propeller at the back to push it forward in water.

Li's apprentice, Lei Zhiqian, has just completed a successful test ride in the Hanjiang River, reports Changjiang Daily.

Lei reportedly rode the bike

on a return trip across the 1,000 metre-wide river in less than 30 minutes.

Li said the bike was the third generation of his invention. The first version sank in the river while the second was top heavy and difficult to steer in water.

But the third version had overcome these problems. After landing, the bike's bouyancy



barrels can be folded away to ride on land like a normal bike.

"Anyone can ride this bike. It is cheap and very suitable as a family water transportation vehicle," added engineer Li.

VILLAGER DISRUPTS NUDE PHOTO SHOOT



A naked photo shoot in China was disrupted when an outraged local villager began attacking photographers.

The 20-year-old model and more than 10 photographers descended on the Shenxiandong Forestry Park in central China's Henan province to shoot a series of arty nude pictures.

They were accidentally discovered by a local villager who quickly informed other residents to come and look.

Unsurprisingly it wasn't long before a group of male 'art' lovers had gathered at the scene to watch.

However, their wives were not so appreciative and were quick to scold their errant husbands and send them home.

Then several hours into the photo shoot a local pensioner,

armed with a tree branch, made his disapproval clear when he attacked the photographers.

The man, Shen Guoxian, 60, said: "These people are here to shoot naked pictures, which is too dirty and polluting to the environment. It damaged the family bonds in the village."

However, one of the photographers involved complained that the villagers were "too narrow-minded".

Another added: "Body art is a high-end art. The human body is the most beautiful work of mother nature."

Park manager Wu Guangwei said: "They, as tourists, have bought tickets and have the right to take pictures. It's hard to us to balance the two ends; the villagers and the artists."

PET DOG CAN CLIMB TREES

A pet dog has become a local celebrity in China for her ability to climb trees.

Owner Wu Jiang, of Yubei district, Chongqing, trained his pet, Tina, to climb by putting her toys in tree branches.

He says Tina, a purebred Belgian shepherd, loves climbing and can go higher than 10ft.

On her owner's command, Tina jumps up the tree, using her

front legs to grab the trunk and her hind legs to push up.

She will climb up to her toy, grab it with her teeth and then jump back down, reports the Chongqing Evening Post.

Wu said: "I started to train her to climb when she was six weeks old by putting her favourite toys in trees.

"She would scramble up to get them so I kept putting the

RUSH HOUR YOGA CAUSES CHAOS

A Chinese man brought a city centre to near gridlock by practising yoga in the middle of a busy road.

Traffic was reduced to a crawl after the man got out his mat in the middle of Guangzhou, Guangdong province, in the middle of the morning rush hour.

Horns blasted out around the city as the congestion spread to



neighbouring roads, reports the Nanfang Daily.

Traffic officers were drafted in to direct vehicles and the man was eventually arrested and taken to a police station.

A police spokesman said: "Luckily he only practised for an hour, otherwise the whole city's transportation system would have ground to a halt."



toys higher and higher to develop her climbing skills."

SHANGHAI EXPO 2010: THE UNITED KINGDOM PAVILION

Courtesy of china-briefing.com

Officially known as "Expo Shanghai 2010," it will last 184 days and provide China an opportunity to show off its remarkable economic growth. The expo will also give foreign nations and companies a chance to further develop business partnerships with China and Chinese companies. Continuing the series of the Shanghai Expo, this article, takes a look at the UK Pavilion.

The Crystal Palace, which housed the first World Expo in 1851 in London, stunned visitors with its advanced, creative design, featuring 13,000 exhibits inside its glass and iron frame. For the more than six million people who visited the site during the Expo, the Crystal Palace portrayed the United Kingdom as a cutting-edge nation and British organizers are hoping that this year's Seed Cathedral at Expo 2010 in Shanghai will do the same.

Funding for the pavilion is being raised through a public-private partnership with five British corporations participating. Diageo, BP, GKN, AstraZeneca, and Barclays have all pledged upwards of US\$772,500 (£500,000) each. Public sector funding is responsible for the rest of the Expo cost, which is expected to total more than US\$37 million, including US\$22

million for the structure itself.

Recognizing that London is one of the greenest cities of its size in the world, the U.K. Pavilion is designed to highlight the country's long history of bringing nature into its cities. The theme, "Building on the Past, Shaping our Future," together with the innovative design, is meant to challenge Chinese perceptions of Great Britain as traditional and stuffy.

At the center of the pavilion is the Seed Cathedral, which is a six-story structure formed by 60,000 transparent rods that sway in the wind and contain fiber-optic filaments. They draw natural light during the day to illuminate the interior and draw interior light at night, which allows the whole structure to glow. The rods will also contain tens of thousands of seeds provided by Kunming Institute of Botany in partnership with Kew Millennium Seed Bank. In keeping with the theme of sustainability, the seeds will be reused after the Expo for charity and cultural exchanges.

The Seed Cathedral sits on top of a 6,000 square meter landscape that resembles unfolded wrapping paper, which symbolizes the pavilion's role as a gift from the United Kingdom to China. Inside visitors will move through three walkways.



The first presents the modern British urban landscape, including the history of its development. The visitor will travel through models of the U.K. capitals of Belfast, Cardiff, Edinburgh, and London, which highlight their many public parks. The U.K. Pavilion will also feature daily programming that will be accessible to all ages. Capitalizing on the United Kingdom's long history of theater and its contemporary art scene, original comedy performances will take place throughout the Expo.

The design was created by London based Heatherwick Studio. Founded in London in 1994 by Thomas Heatherwick, the firm is also responsible for world-famous projects such as London's Rolling Bridge and Longchamp's flagship New York store. Along with the U.K. pavilion, Heatherwick is in the process of redeveloping Hong Kong's famous Pacific Place shopping center.

With the 2012 London Olympic and Paralympic games approaching, the United Kingdom will also be using its pavilion to strengthen its economic relationship with China. In 2008 Britain imported US\$44.25 billion worth of Chinese goods while exporting US\$8.26 billion worth of goods to China, which makes it the largest market for British goods in Asia.



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CIA REALIZES IT'S BEEN USING BLACK HIGHLIGHTERS ALL THESE YEARS

LANGLEY, VA—A report released Tuesday by the CIA's Office of the Inspector General revealed that the CIA has mistakenly obscured hundreds of thousands of pages of critical intelligence information with black highlighters. Courtesy of THE ONION

According to the report, sections of the documents—“almost invariably the most crucial passages”—are marred by an indelible black ink that renders the lines impossible to read, due to a top-secret highlighting policy that began at the agency's inception in 1947.

CIA Director Porter Goss has ordered further internal investigation.

“Why did it go on for this long, and this far?” said Goss in a press conference called shortly after the report's release. “I'm as frustrated as anyone. You can't read a single thing that's been highlighted. Had I been there to advise [former CIA director] Allen Dulles, I would have suggested the traditional yellow color—or pink.”

“With all the highlighting in the documents I unearthed in the National Archives, it's really no wonder that the invasion failed,” Franks said.

Goss added: “There was probably some really, really important information in these documents.”

When asked by a reporter if the black ink was meant to intentionally obscure, Goss countered, “Good God, why?”

Goss lamented the fact that the public will probably never know the particulars of such historic events as the Cold War, the civil-rights movement, or the growth of the international drug trade.

“I'm sure the CIA played major roles in all these things,” Goss said. “But now we'll never know for sure.”

In addition to clouding the historical record, the use of the black highlighters, also known as “permanent markers,” may have encumbered or even prevented critical operations. CIA scholar Matthew Franks was forced to abandon work on a book about the Bay Of Pigs invasion after declassified documents proved nearly impossible to read.

“With all the highlighting in the documents I unearthed in the National Archives, it's really no wonder that the invasion



CIA Director Porter Goss.

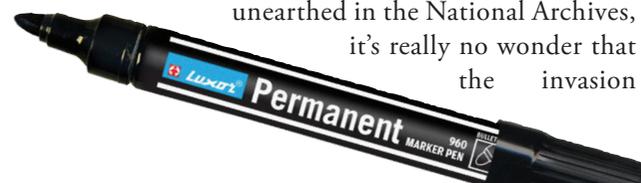
failed,” Franks said. “I don't see how the field operatives and commandos were expected to decipher their orders.”

The inspector general's report cited in particular the damage black highlighting did to documents concerning the assassination of John F. Kennedy, thousands of pages of which “are completely highlighted, from top to bottom margin.”

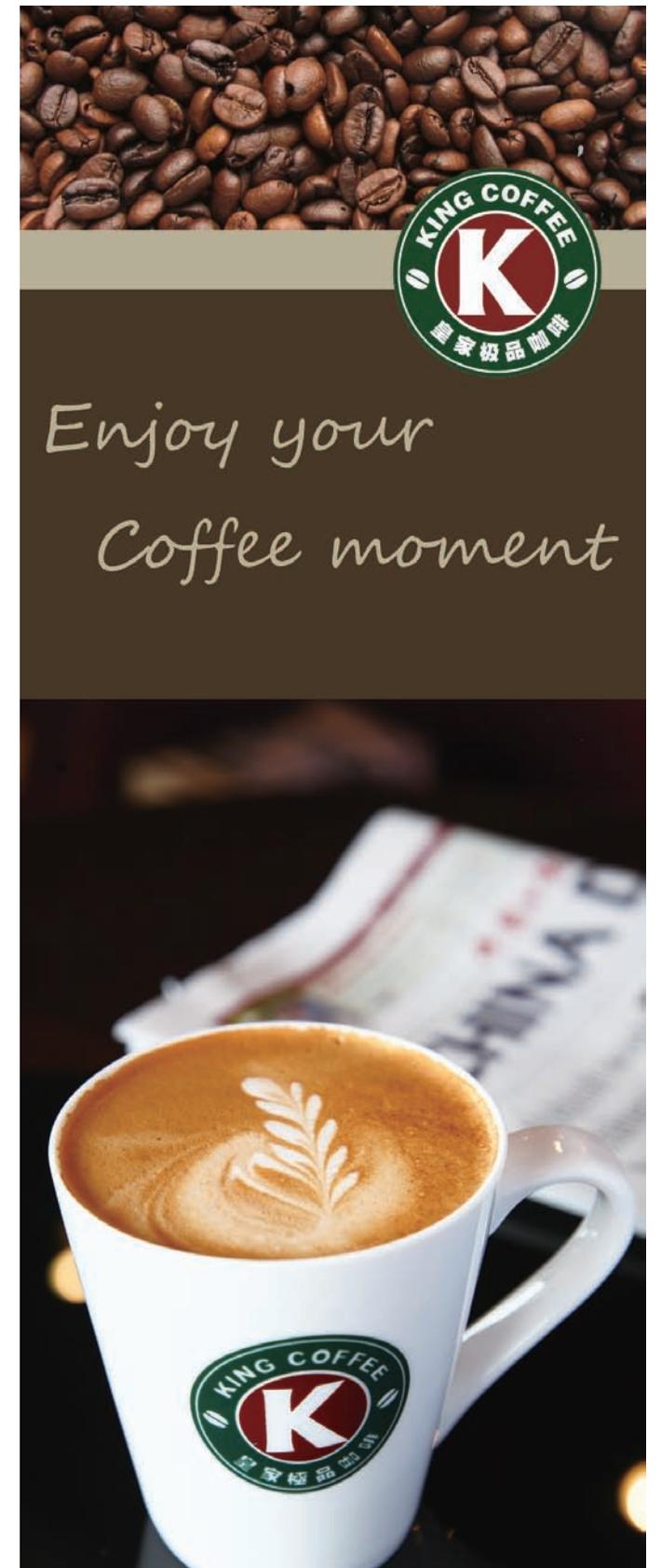
“It is unclear exactly why CIA bureaucrats sometimes chose to emphasize entire documents,” the report read. “Perhaps the documents were extremely important in every detail, or the agents, not unlike college freshmen, were overwhelmed by the reading material and got a little carried away.”

Also unclear is why black highlighters were chosen in the first place. Some blame it on the closed, elite culture of the CIA itself. A former CIA officer speaking on the condition of anonymity said highlighting documents with black pens was a common and universal practice.

“It seemed counterintuitive, but the higher-ups didn't know what they were doing,” the ex-officer said. “I was once ordered to feed documents into a copying machine in order to make backups of some very important top-secret records, but it turned out to be some sort of device that cut the paper to shreds.”



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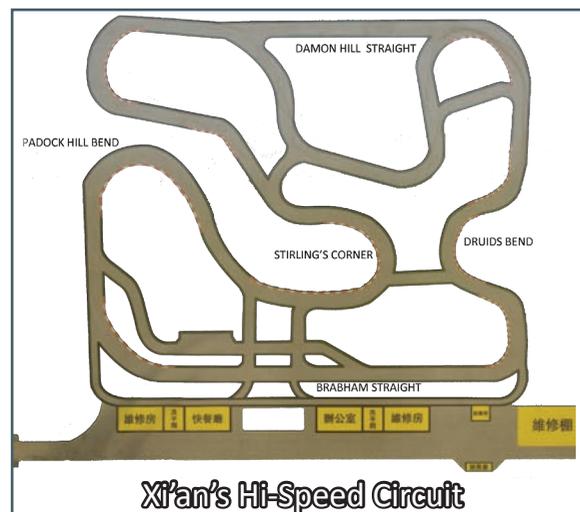
KARTING & OTHER ACTIVITIES

This month Xianease visited Wei Shui Yuan to discover karting, dodgem cars, archery and a whole range of other activities. Article by Patrick Antony.

Featured



For the less confident



Xi'an's Hi-Speed Circuit

I'm not sure if I'm alone in this or not but for YEARS I have been hears about this mythical go-kart place in the north of Xi'an that was supposedly visited by someone roommates cousin's girlfriends company once and it's supposed to be a great place where karts zoom, beer flows, and maybe in the late 80's Aerosmith's drummer played a solo gig... maybe.

Well I hear the SAME story for the umpteenth (yes that's a word) time about two weeks ago and I had enough and so the investigation was underway, I'm not sure if you remember my investigation technique but for those new readers here's the principle "whining". Basically I whine to everyone I know until out of desperation for me to shut up they get the information for me and this time it played out per the status quo.

When we finally tracked down a contact number (at the bottom of the article) they said "just west of Wei Yang Hu" so we headed to Weiyang Hu, but apparently "just west" and "across the street" are very different because it's actually about 15km west. Anyway after a bit more of a trek we finally arrived at our mythical Camelot-esq entrance of Wei Shui Yuan with a lone guard at the gate with a permanent confused look on his face as we drive past.

Up the little road about 300 meters the trees ended and a HUGE expanse of track was laid before us with buildings on one side adorned with action shots of Go-karts, sport bikes, and a few other racing images, we had made it after years of rumors and



Classic fun

a bit of a fiasco in the morning we had finally put this rumor to bed. In no time at all we were at the desk, giddy like school kids and ready to race. Here is where I should say that until that moment the closest moments of go-karting in my life has been through Mario-Kart and an old home made go-kart I tried to make from an old lawn tractor (that's a story for another time) and so I was on the verge of a new adventure.

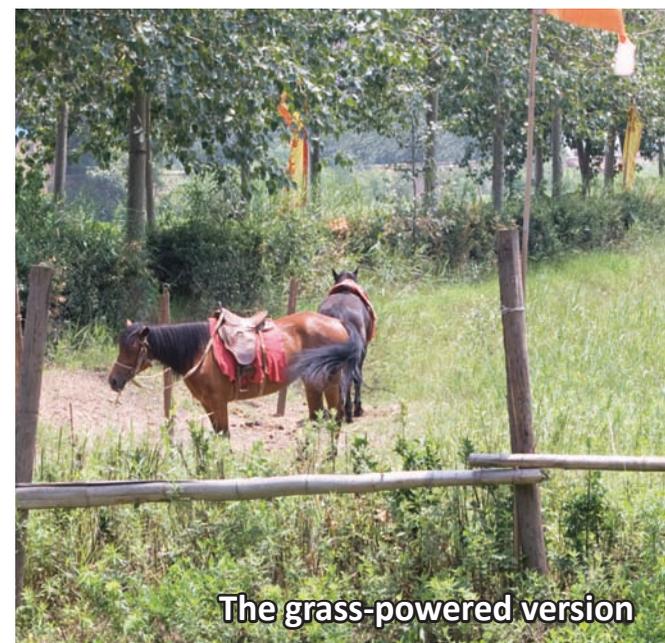
The first thing I noticed approaching the track is that the go-karts and track are both a bit worn, not in disrepair just not bright and new. They have all the safety gear (full face helmets and overalls), and actually insist that you wear the stuff. At this point the sun is beating down on us, we're in this crazy get up and all I want is to get the wind moving past my face so I hop into the first cart and start off without looking back...not the best idea I've have, I soon myself out of gas on the track, in the sun, wearing more layers than I do in winter, and not really able to pull myself out of the low seat waiting for the track guy to drive over to refill my empty tank.

A word about the track, it is GINORMOUS, I'm not sure what a "normal" go-kart track looks like but this one is big, with lots of turns and straight-ways to keep the driving interesting. Overall after 5 laps or so I was sad to see the time was up and time to drive into the holding area. Once we were all unsuited and de-helmeted the stories began, not everyone stayed on the track, there was a few 360 spins (unintentional), and one dummy didn't fill up the tank before he shot out of the starting gate. For those of you not interested in speed that have some rather slow looking jeep things you can also take around the track.

The racing behind us it really made me think that this was a bit far away just for 20 or 30 minutes on the track so we tromped to the other things on the compound. They have a lot more to do than just go-karts there's an indoor swimming pool, a bowling alley, bumper cars, grass skiing, and lots of great green



Robin's range



The grass-powered version



Some welcome shade



The good old days

spaces that would be perfect for a picnic. The issue with the rest of the park it is best demonstrated by their game room, they have games that I used to play on the ORIGINAL Nintendo back in the day. I am not saying that someone would come here to play video games but I am saying that the entire complex feels the same way as the game room, old-ish. It's not old enough to be retro cool it just looks tired and used.

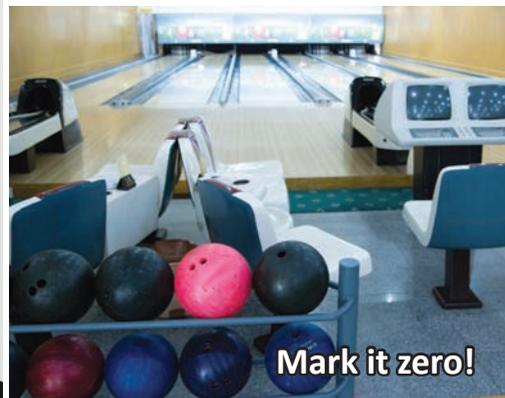
Aside from the racing the highlights was the 6 lane bowling alley, the pristine snooker tables, mint condition foosball tables, and for a reminiscence of days gone past the game room gave us (me) a few "No WAY!" moments. There was also a pretty impressive beer area with what looked like an in house brewery though it wasn't open when we were there.

Overall this is a place that taken all together is worth a visit, it's not easy to get to but pack a lunch, race, bowl, and marvel at what the early 1990's in upper-class Xi'an must have been like. We all enjoyed ourselves quite a bit and are agreed that a rematch is needed. Want to join?

Open: 9:00AM—6:30PM daily
 Address: Cao Tan eco-industrial park, northern economic and technological zone, Xi'an.
 Tel: 029-86601950 \ 13572159992

How to get there:
 Bus numbers: 238 (City Center - Bei Da Jie) or 901 (West Area - San Qiao)

- Go-Karting: 70 RMB per 10 minutes (ordinary)
200 RMB per 10 minutes (professional)
- Bowling: 30 RMB per person per game
- Swimming: 50 RMB per person
- Horse Riding: 20 RMB per person
- Also available: Archery, vintage arcade games, Snooker, darts, and grass skiing



Mark it zero!



On the head son



A more civilised game



Watch the recoil

STU'S CORNER

Stuart Allen provides those all-important tips for day-to-day life in Xi'an. He can be contacted at stuart.allen@xianease.com.

I love Kou Rou (the BBQ'd meat on sticks)!! But I'd sometimes like to have Kou Rou in a cleaner and safer environment than the back streets, any ideas?

Although getting a bit of Kou Rou in the dirty back streets of Xi'an is really fun and something you should definitely try if you haven't already, it can sometimes be a bit too much for people (especially if there is a group of local guys sitting near you playing loud drinking games in Shaanxi hua!) Also, although the majority of Kou Rou sellers are careful about cleanliness, it has been known to get the old dodgy belly the next day, as most of you regular Kou Rou-ers reading this right now would agree with!

However, I know of a place that does possibly the best Kou Rou in town, with a wide choice of other BBQ'd meats, fish and vegetables, cooked in the local Shaanxi-style. This difference is that this place is a comfortable restaurant, air-conditioned, with a good lay-out and superb service. It is called 小杨烤肉 Xiao Yang Kao Rou and can be found on 朱雀大街十字南侧 Zhu Que Da Jie, Shi Zi Nan Ce. It's full every night, so get there early to avoid having to wait for a table. To book a table or room, call 029-85262455.

Where can I get a good view of Xi'an? I want to take some awesome photos.

New to Xi'an is a giant fixed-point air balloon at Qu Jiang Regional Park. The balloon was made by British entrepreneur Richard Branson's Virgin Group, so there is little chance of floating up and not coming back again (the same group are making the first space flight planes)! It costs 80RMB per person and you are securely kept inside a hanging cage. Above you is a mega-balloon which is attached to your cage with wire cables and mesh. The balloon is filled with a mixture of air and hydrogen (no smoking folks!) and when all are

on board, a steel cable is let out and you lazily float to a height of around 600ft!! I admit that when I first started going up, I was a little nervous, but after a while, it was sheer joy! The views of Xi'an are fantastic and I now have some unique aerial snaps of Xi'an. It's a 25 minute walk south-east of the Big Goose Pagoda.

I need a new mobile phone. Where can I browse for the best phone for me and at the right price?

Buying a phone here in China is stressful. Along with the bargaining, the 'free' batteries that are offered instead of discounts and the great new technology that our Chinese friends seem to have (but we can't use because we don't speak Chinese), there is always a thousand people seemingly trying to sell you a phone at once. However, if you are tough enough to endure, then you can actually turn this to your advantage. Having lots of phones and sellers in the same place means that you can carefully choose the phone you want online, and then go to these places and simply hop from seller to seller getting the lowest possible price. There is a large mobile phone market just north of the Bell Tower on the right-hand side.



RAY English Recruitment is the largest teacher recruitment agency in Xi'an. We place ESL teachers in schools and universities all over Xi'an and in neighbouring cities. Whether you are looking for a new part-time or full-time teaching job or are a school looking to hire foreign teachers, please email: teachers@rayenglish.com or call Stuart on 13679189112.

EVERYDAY CHINESE - ENGLISH TRANSLATIONS

By Jade Zhang

English	<p>Hi, I want to go to Xiaozhai's Baihui market. 你好, 我想去小寨的百汇市场。 Nǐhǎo, wǒ xiǎng qù Xiǎozhài de Bǎihuì shìchǎng.</p> <p>Vanguard 华润万家 huá rùn wàn jiā</p> <p>Wal-Mart 沃尔玛 wò ěr mǎ</p> <p>Metro 麦德龙 mài dé lóng</p> <p>Lotus 易初莲花 yì chū lián huā</p> <p>Ren Ren Le 人人乐 rén rén lè</p>	Chinese
	<p>Bell tower 钟楼 zhōng lóu</p> <p>Drum tower 鼓楼 gǔ lóu</p> <p>Greater Wild Goose Pagoda 大雁塔 dà yàn tǎ</p> <p>Lesser Wild Goose Pagoda 小雁塔 xiǎo yàn tǎ</p>	

By Jade Zhang. Jade is a Chinese tutor in Xi'an. You can contact her on 13679189117.

Featured

Community

INTERVIEW - Zhang Rihong

This month xianease sat down with Zhang Rihong (Zhang Shifu) who recently opened a Wing Chun dojo in the Xiao Zhai area to find out more about him, his dojo, and Wing Chun.

Xe: Thanks for giving us time today, we know you're busy these days so let's start, you're not from Xi'an correct?

Shifu: Correct, I am from Chao Shan a small city in Guang Dong province.

Xe: How long have you been in Xi'an ?

Shifu: I've been here for about 14 years.

Xe: What do you do in Xi'an ?

Shifu: I do a lot but mainly I focus on two things, studying Chinese traditional medicine and recently I opened up the only Wing Chun dojo in Xi'an.

Xe: Why did you decide to open the dojo in Xi'an?

Shifu: The main purpose is to spread the art of Wing Chun, it's not a well known practice, but it's one I am passionate about and so I want to introduce it to as many people as possible. I also want to promote traditional Chinese martial arts, Wing Chung is a bridge between cultures it doesn't matter who you are or where you come from when you step through our door everyone is the same and has come here for the same purpose, Wing Chun. I choose Xi'an because I have lived here for so long that though I am not Xi-anese from birth I love Xi'an and want to make Xi'an a better place, to give back to Xi'an.

Xe: Why do you practice Wing Chun and not other Martial Arts?

Shifu: I think Wing Chun has more advantages than other martial arts, such as its simple movement structure, its strong combat ability, it's aerobic helping to stay fit and healthy, and the most important thing the essential spirit of martial arts—practice, practice, practice. To me practice means improving yourself, it's the direct input to making yourself a better person, there isn't many things in life that directly correlates from input to result like working in the dojo. As to why I choose to learn Wing Chun, Bruce Lee is one of my idols in martial arts, mindset, and life. I'm not sure if you know but Wing Chun is one of the core elements of Bruce Lee's Jeet Kune Do and so my



reverence for Bruce Lee led me to Wing Chun.

Xe: Tell us more about your martial arts experiences?

Shifu: I start learning boxing and Sanda at a local military school when I was 12 years old, and began learning Wing Chun in 1996. In 2000 I graduated with a study in classical boxing. In recent years I've been to Hong Kong with my teacher to practice Wing Chun under some of the world masters of the art.

Xe: Who can learn Wing Chun?

Shifu: Wing Chun was originally created by women for women, its main feature is focused on exercise and body conditioning. It was developed for defense and staying in shape. Today this is a martial art that encompasses many different attributes of body movement, defense, and counter strike. Anyone with a passion to better themselves can benefit from studying Wing Chun, no matter age, sex, or language ability.

Xe: What conditions we need for learning Wing Chun?

Shifu: There are no conditions, we look forward to teaching the casual students and the hard-core. There is no need to have studied martial arts before or to be in great physical shape, we will change both of those for you.

Xe: What else do you do besides run Wing Chun gym?

Shifu: My passion is my dojo, besides studying Traditional Chinese Medicine, I focus my energy on Wing Chun, not only do I teach everyday but I also practice myself about 4 hours per day on top of that.

Xe: What are your future plans?

Shifu: Right now my plan is to introduce more and more people to Wing Chun. I want to pass on the discipline and mindset of Wing Chun on a large scale. To me this Dojo is the first step and from this humble Dojo I will see what happens, it's not up to me.

Xe: We have talked a lot about your Dojo and Wing Chun so when you do have free time what do you like to do?

Shifu: Ha! I don't have a lot as you can imagine but in my few moments of spare time I focus on bettering myself through reading books, learning calligraphy, and traveling. But again, these are not my focus and so I don't put much practice into them.

(side note: Zheng Xifu's office is covered in calligraphy he has done that I am pretty sure he could sell in Shuyuan area for a good price)

Xe: What's your favorite Chinese dish and where is the best place to get it?

Shifu: Though I love Xi'an I still remember dishes from my childhood so I guess I would have to say I like my hometown dish – Chao zhou. There is a small place near Han Guang gate that was opened by someone from my hometown, it's authentic and really reminds me of home.

Xe: I'm not even sure if you eat western food but let's see, what's your favorite place for pizza?

Shifu: That's easy, Green Molly's in Gaoxin.

Xe: Oh...well ok that was a surprise so tell us where do you like to relax?

Shifu: My Dojo is my retreat but sometimes I want to get away and then I head to Sculpting in Time Café on Shida Road. The crowd is a great mix of people, and I like watching people.

Xe: What do you have in your pocket right now?

Shifu: Keys, bank card, mobile phone, and business cards, this is an odd question...why do you want to know that?

Xe: Um...

Find or contact Zhang Shifu:
8thFloor, Xiao Zhai Culture building,
Middle of Changan Road, Xi'an.
Tel: 029-85425886 / 13571914893



Shaanxi Shadow Puppet

Shaanxi shadow puppet retains traces of folk story-telling. The Shadow play, which uses the shadow puppet as the main props, is the predecessor of varies of local operas. The shadow puppet is a kind of folk art of simple style, but it also has its delicate peculiarity. Shaanxi Shadow figure is a revelation of elegance and imposingness. The main body is a perfect combination of hollow and solid. It's meticulous and at the same time minimal. Every figure, it is not a great art work from a part but also full of artistic temperament as a whole.



For more information or to purchase a unique travelmug contact Mr. Huang. Tel: 15102940558

XI'AN SCENE

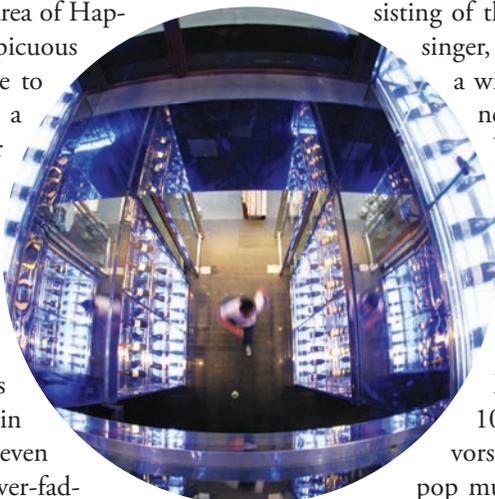
Xianese BBQs and hashruns from last month. Many thanks to Jack Wynberg, Tatjana Wright and Marco Jehniche for providing these pictures of some of the action in and around Xi'an.



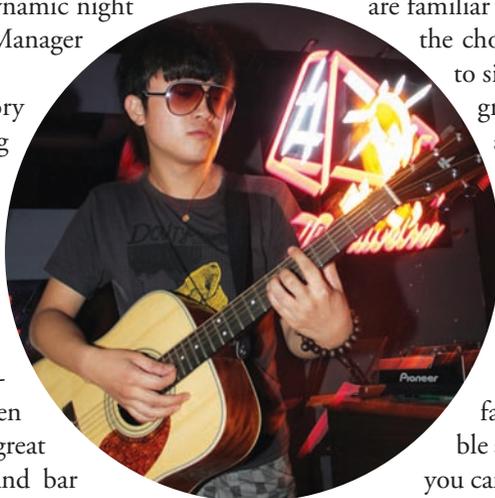


FIND YOUR BLUE LOTUS Blue Lotus is a hard to miss bar around the Big Wild Goose Pagoda. As the biggest and busiest bar in the Great Tang All Day Mall (Da Tang Bu Ye Cheng), it is a bar of size and atmosphere that stays lively and humming everyday of the week. By Sarah Pei (you can read more about Sarah on her blog www.xx.blog.xdnice.com).

At the entrance of the bar area of Happy Mall, Blue Lotus is so conspicuous that you will definitely be able to find it. Blue Lotus is actually a song's name, whose composer and singer is a nation-wide famous rock 'n roll star from Shaanxi, however he and the name has nothing to do with the bar. The owner named the bar Blue Lotus because it's a beautiful sounding name that is regarded as the symbol of life in many cultures around Asia and even as far away as Egypt. "This never-fading flower shows exactly the dynamic night life in our bar", says General Manager LiShifang.



Walking into this three-story bar, it gives a feeling of stepping into a western disco. The décor is very metallic, and you can see mirrored articles almost everywhere, reflecting out to you through the relative darkness. Don't be puzzled, you are in a bar not a disco. The General Manager was a DJ for ten years and therefore he brings a great combination of disco décor and bar music!



Speaking of music there is a resident band con-

sisting of three young men. AJie, the lead singer, has a great voice and as learned a wide variety of western and Chinese songs from all sorts of genres. What's more, this young boy is very easy-going and talkative. He has many female fans ranging from 8 to 80 years old meaning that when he's singing the place is always buzzing. Ajie and his band present fabulous singing from 9:20pm to 10pm every night. Though he favors Jazz for the most part, he sings pop music and rock 'n roll tunes that are familiar to everybody so you can join in the chorus. Moreover, if you are eager to sing, jump up onto the stage and grab the mic after Ajie's performance, the band will accompany for you and the crowd will root for you and it's completely FOR FREE!

The drinks in Blue Lotus are range in price and assortment to other bars around Xi'an. However since the LiShifang is a very generous, hospitable and an all around good chappie, you can enjoy a special discount or gift with a Xianease in hand. Go to the bar and present this article, and let the good times roll.



A fantastic New band Is better When shared

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XI'AN SUMMER FRAGRANCE Fashion writer **Kristen Zhou** keeps us up to date on all things perfume in and around Xi'an.



First off I have to let you know, two weeks ago I wanted to buy some new pump flats, the ones with wonderful plastic flowers have faded in appeal and let's face it new shoes solve any problem that chocolate can't. Guess what I found at INTIME shopping mall...guess...ZARA right here in Xi'an. Awhile ago I wrote that we all have to be realistic because some top brands don't come to Xi'an, but now I have to admit it I love this city even more!

Now on to this month, when I was younger I had a friend that used a very specific soap, and though her and I no longer are in contact every time I whiff a similar fragrance I think of her. Yup, I'm talking about our sense of smell, from flowers, and chocolate to trees, and even cooking herbs all have strong distinctive fragrances and all have memories associated to them. Using perfume often makes my day but really I didn't know much about perfume, I mean



what is the difference between eau de toilet and eau de perfume? I checked it out and this is what I've come up with Perfume, also called extract can include 15-40% perfume concentrates, the purest form of scented product and the most expensive. Eau de parfum contains about 7-15% perfume concentrates, it's the most popular and common. Providing a long-lasting fragrance that generally doesn't cost as much as extract perfume. Eau de toilette has around 1-6% perfume concentrates making for a lighter scent. Eau de cologne is sometimes used interchangeably with the term eau de toilette began as the name of a light fresh fragrance mixed with citrus oils and was made popular by Napoleon (yeah

THAT Napoleon).

In Xi'an one can head to one of our many shopping centers, many specialty brands like SEPHORA provide good quality but at a cost, a more economical method is online at TaoBao (www.taobao.com) but there's no quality control. As with all my articles I have searched to find a good middle ground, Xi'an has a chain store called CALLEY, I recently bought a bottle of DKNY from them (net weight is 100ML) for 380 RMB and CHANEL (net weight is 50ML) for about 600 RMB, both cheaper than other places. They a few branch stores around the downtown area and in all the major shopping centers, each outlet have a little difference in their product selection. If you still want to go to the big shopping mall fragrance counters, the city center Ginwa shopping center is



the best stocked with brands such as Davidoff, Bvlgari, Versace, and Moschino just to name a few. If you have the money it's not difficult to find a flavor that fits you. For me, during such a hot summer like we are having a light flowery perfume relaxes me.

In writing this I spent a lot of time at perfume counters and online trying to find my "it scent" I've tried everything from color wheels to word associations, but as of yet there is nothing that stands out it seems that all these scent finding methods seems to choose whatever perfume they have on special. After all this I have come to realize two things; first my idea of a great scent changes all the time, and second like wine I just know what I like, and while it might not be conventional it's my taste just as yours should be yours. What scents do you like for the different seasons?



You can email Kristen at kristen.zhou@xianease.com

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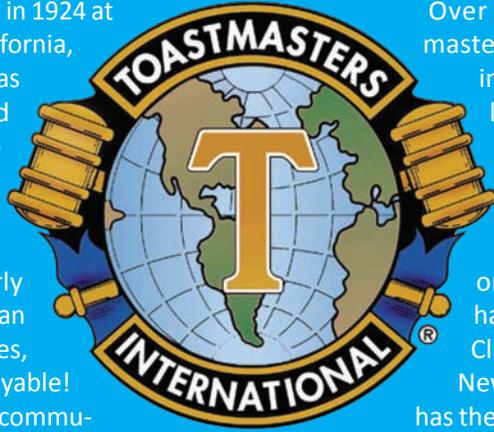
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For further information
contact Phil at
philatk.china@gmail.com

TOASTMASTERS INTERNATIONAL

From a humble beginning in 1924 at the YMCA in Santa Ana, California, Toastmasters International has grown to become a world leader in helping people become more competent and comfortable in front of an audience. The nonprofit organization now has nearly 250,000 members in more than 12,500 clubs in 106 countries, offering a proven – and enjoyable! – way to practice and hone communication and leadership skills.



Over the last few decades Toastmasters have become a global club in terms of communication and leadership. We have members and clubs around the world, in China, the Toastmaster club is at the early stages and all clubs so far are established only in metropolitan areas. We have established a Toastmasters Club in Xi'an calling ourselves The New Silk Road. We hope our club has the same function as the Silk Road, connecting people from other parts of the world in a common goal. We hope everyone who lives in Xi'an will join us, we provide a space for everyone to show themselves and their talents. Members can enlarge their social network by meeting people from different parts of Xi'an and the world. Come on down to our next meeting, make friends and empower yourself to be the person you've always wanted to be.

Toastmasters are the leading movement devoted to making effective oral communication a worldwide reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

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CHINESE CORNER AT SCULPTING IN TIME

Do you want to learn more about Xi'an, more about China? Do you want to learn Chinese the EASY way? Enjoy your coffee time here. Wonderful lessons and games are waiting for you. You are welcome to join us at 7:30pm~9:30pm on any Wednesday, even if all you know is "nihao".

Chinese Corner is a free event organized by xiansnap.com. It helps you learn more about China and more about Chinese people. The event is rich in content and the program includes: games

(interactive games for knowing people), Chinese stories, easy Chinese language lessons, Chinese Characters (telling you the secrets of Chinese Characters), Xiansnap (answering any questions you have about Xi'an), Chinese traditional music, Chinese songs, Chinese films, discussion, and so on. Check out: www.xiansnap.com/index.php/2010/06/12/the-program/ for details of the program.



汉语角
Chinese Corner

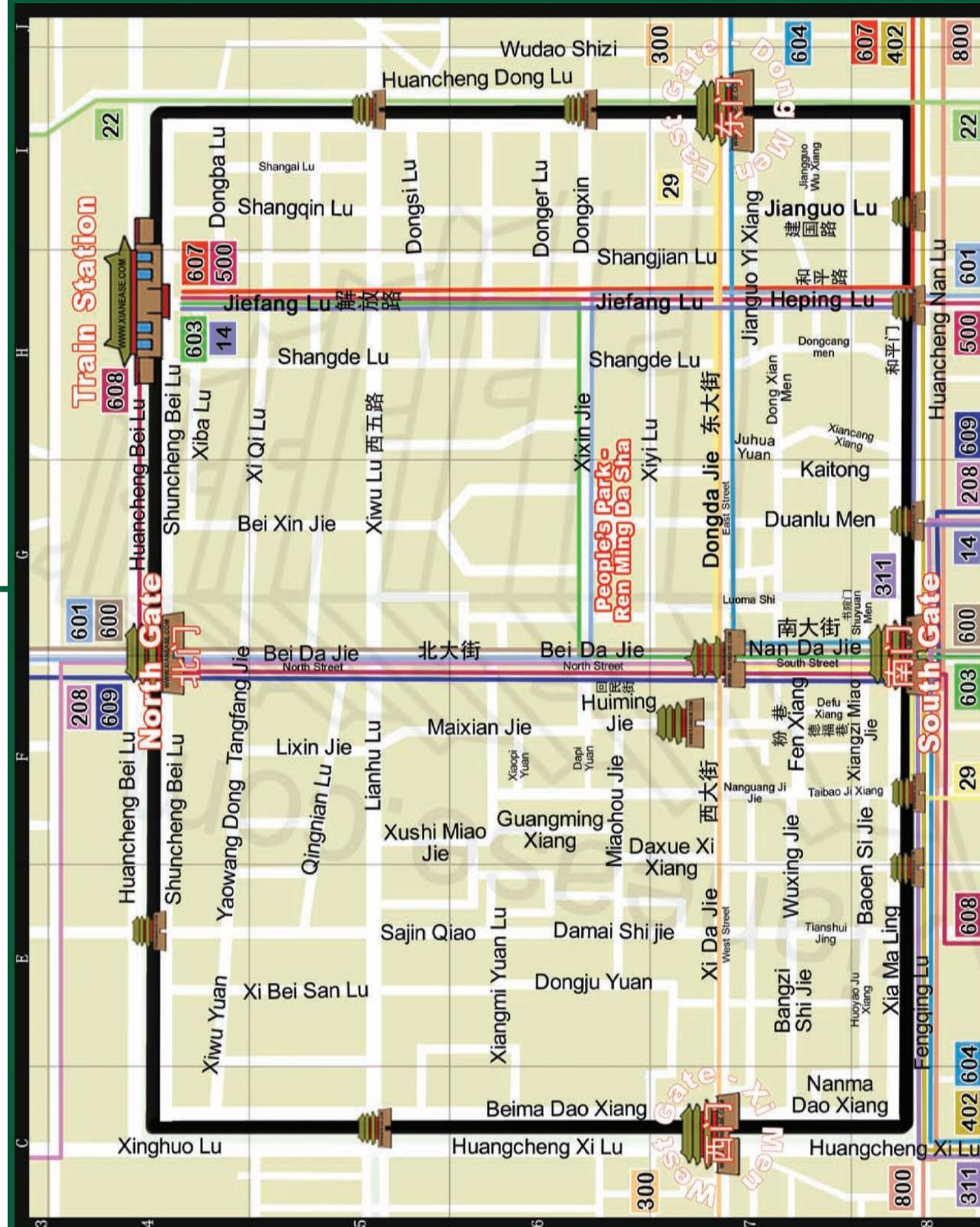
Address:

S.I.T Cafe, 41 ShiDa Rd, YanTa District, Xi'an (Nearby Xi'an International Studies University)

Email: mvampire@sina.com
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XI'AN DOWNTOWN



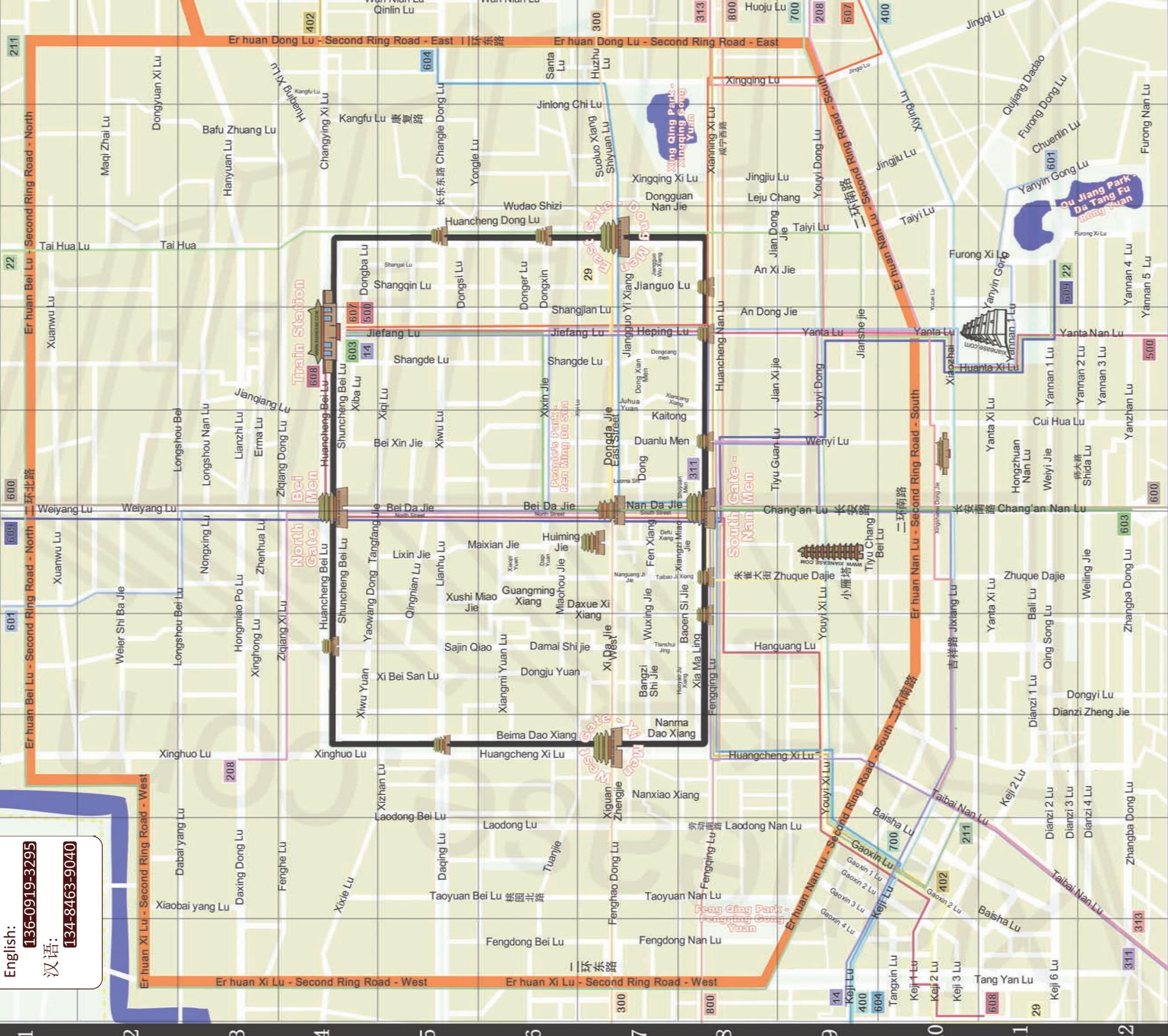
Legend:

- Bell Tower
- Drum Tower
- Big Wild Goose Pagoda
- Small Wild Goose Pagoda
- Shaanxi Provincial Museum
- Trainstation

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A WEEKEND IN TIANSHUI 36 tunnels – count them - from Xi'an to Tianshui. Some of them are maybe 50 metres long, but the longest is over 12 kilometers. That's a loooooong tunnel. The builders have decided to pretty it up by adding special lighting to grow a little forest half way along. Not big enough to stop by for a picnic, but certainly more interesting than more wall!! **Article by Deborah Howard.**



The 1st depiction of Fuxi

Have a weekend coming up you are not sure what to do with? Around 5 hours drive from Xi'an, through interesting country (and tunnels), Tianshui is worth visiting. What's at Tianshui?

First of all stop about 25Kms outside to visit Maiji Shan. Maiji Shan or Wheatstack Mountain is home to some amazing grottos with Buddhist carvings and murals high up on the face of the mountain. Your car or local bus can take you to the base of the mountain where a people mover will take you within easy walking distance of the stairs and boardwalks that zigzag over the face of the cliffs, giving you a chance to see most of the carvings. I spent half of my time wondering how the generations of monks from as early as the Wei Dynasty and as late as the Song Dynasty, managed to carve the figures of Sakyamuni and Avalokitesvara and all of the other carvings and murals

without falling off the cliff face!

The carvings are inside caves or placed directly on the walls of the cliff, and it can be a bit disconcerting to look directly up and see a giant Buddha looking down his nose at you. To protect them from souvenir hunters, many of the sculptures have been trapped behind wire cages, but a little peering will still let you see the exquisite detail in the carvings and painting. Some of the sculptures are undergoing maintenance and by my next visit there will be more to look at.

Standing on the topmost level, a beautiful view of greenery covered mountains and distant villages greets you – wow – green and distant!! How often do we see that?

Lining the roadway back to the parking area are small market stalls selling local produce, including walnut shell bowls and vases.

Next stop – dinner at one of the half-dozen farm stay 'hotels' on the road to Tianshui. The food is hearty farmer food – big bowls of freshly made noodles, eggs from the chickens running around the veggie patch where the greens are picked. Try the walnut flower beef and veges. Really tasty, and it proves you can eat walnut flowers happily!! Cheap and filling – and very welcome after a bit of climbing exercise.

Once in Tianshui for the night, book into one of the many hotels – from 4 star to el cheapo – then go for a wander. The night food stalls offer spicy noodles, and although there aren't too many places thumping out disco music there are one or two. A bit of asking will also find you a massage parlour to ease your stair climbing muscles.

Next day head out to YuQuan Guan in the Qincheng district to visit the Daoist monks and have your fortune told at a lovely Daoist Temple. Like all temples, this one is built on

a hillside, giving you more stair climbing exercise, and views across Tianshui city. It was built in the Yuan Dynasty, and the waters from the jade spring it is named for are, of course, rumoured to be really good for you.

From here potter onto Yuxi Si – yes another temple, but this time with an interesting museum showcasing the history of Tianshui – and not so many steps, so your leg muscles can have a bit of a rest! Fuxi and his sister Nuwa are regarded as the ancestors of all of the Chinese. This Temple was established in the Yuan Dynasty (1271-1368) but like many temples was replaced a couple of times. The one we now visit was reestablished in the middle Ming era.

The temple halls are typical of Daoist Temples, with scary looking guardians. But this one also has a gorgeous cloud-painted unicorn! The trees here are OLD – so old they need buttressing to prevent them from falling over. There were originally 64 cypress trees planted according to the Daoist bagua diagram. There are now only 37 left, but these are believed to heal or cure ills. Buy a paper person and stick it to one of the trees to send your prayers for luck to the heavens.



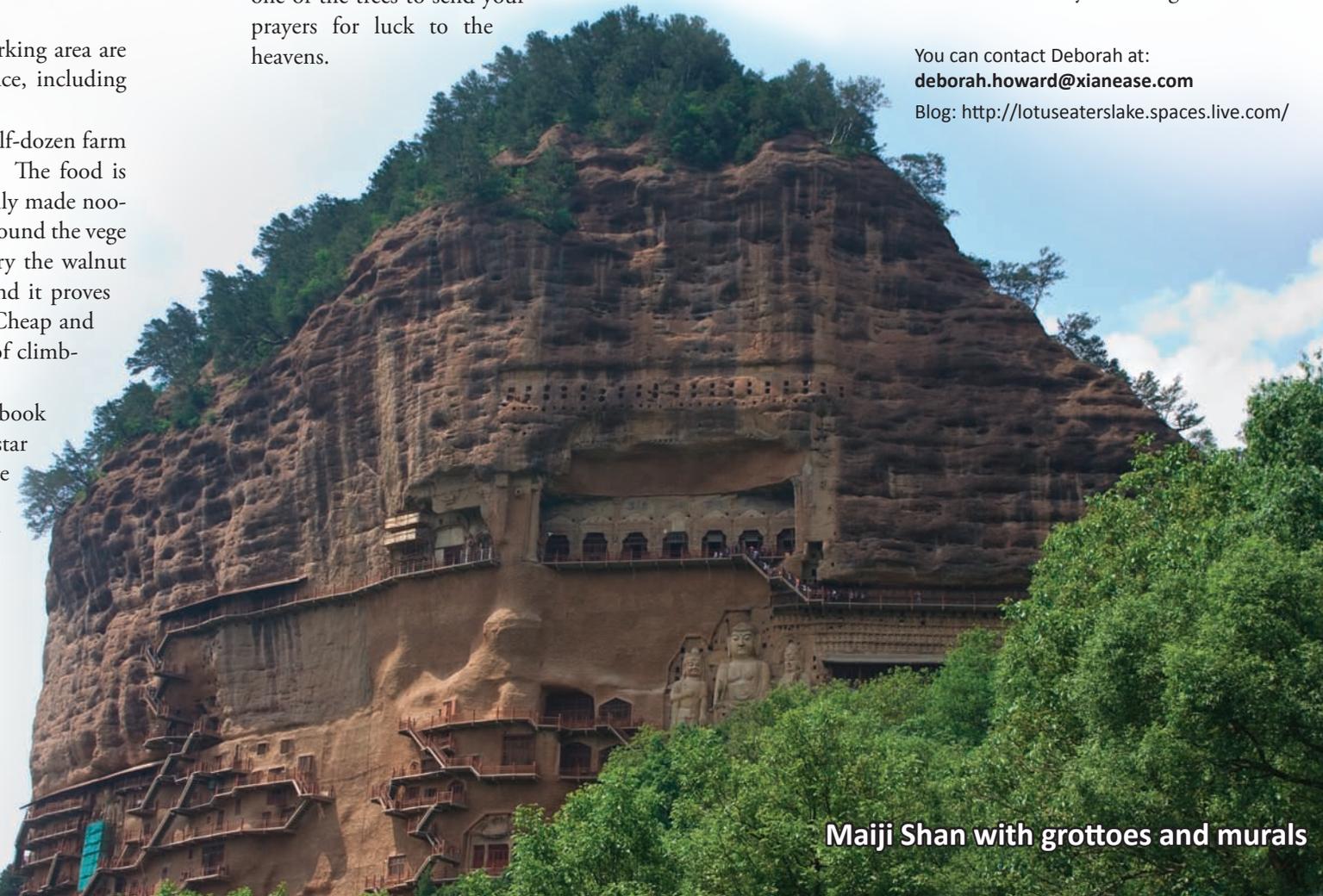
Burning offerings at Yu Quan Guan

The Museum is lovely – especially the 'planetarium' section with a revolving sky and yin-yang symbol. Other exhibits include pottery and bronze works found in the region.

As you leave the temple area, there are plenty of small restaurants offering local specialties. Trains and buses leave Tianshui for most directions, so you can continue on your journey, or head back to Xi'an after a great weekend away.

ON a side note – as an Aussie I was interested to find out that Tianshui's sister city is Bendigo in Oz!

You can contact Deborah at:
deborah.howard@xianease.com
 Blog: <http://lotuseaterslake.spaces.live.com/>



Maiji Shan with grottoes and murals



Buddha



Maiji Shan sculptures



Unicorn at Fuxi Temple



The fortune teller



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Xi'an Foreign Business Forum

XFBB MEMBERSHIP



Sign-up to become a member at our annual Oktoberfest night and enjoy an immediate benefit of RMB 160 off the ticket price for a great buffet dinner, live German band, and 1 litre of Paulaner!

The Sofitel Oktoberfest is one of the best events of the year and not to be missed. Joining now not only saves you money on our great events but also on partner businesses in Xi'an.

Check out our website for info about how to join XFBB and some of the great benefits of becoming a member.

Mo Ma Da Club
 Monthly closed door business meetings for small, medium, and international businesses.
Next Meeting: August 12th
 Check the XFBB web site for all details

This Month:
Fourth Annual Sofitel Oktoberfest

August 27th

西安索菲特人民大厦
XIAN ON RENMIN SQUARE



Xi'an Party World KTV is located at the intersection of Xi Hua Men and North Street near the bell tower business centre

One of Xi'an premier locations for entertaining catering, and fun. Enjoy in the top level audio equipment unlimited buffet meals, and massive stock of English songs

西安钱柜位于西华门十字处于钟楼商业中心是集娱乐餐饮为一体的大型聚会休闲场所其中高档宴会厅一间可容纳近百人用餐欢唱提供精美的自助中餐及炒菜,顶级的音响设备一流的触控点歌系统海量英文,日文,韩文歌曲数万首 让您想唱就唱

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PARTYWORLD

GADGETS & GIZMOS: LAPTOP COMPUTERS

THIS MONTH THE GADGETS AND GIZMOS SECTION DELIVERS THE BEST CHOICES WHEN IT COMES TO LAPTOP COMPUTERS.

Acer Aspire 5741

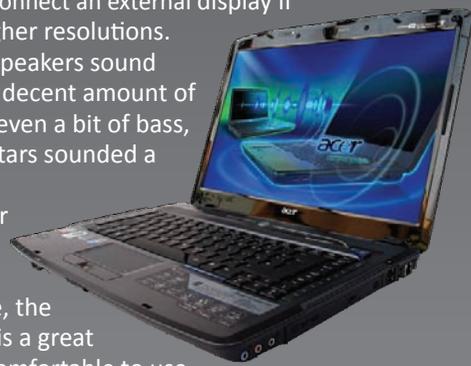
Acer's Aspire 5741 is part of the latest generation of surprisingly inexpensive laptops with Intel's powerful Core i5-430M processor. With an Overall score of 86, it easily rivals the performance of laptops that cost around £800 just a couple of months ago. Admittedly, the Aspire 5741 has a little less RAM - 3GB - and lacks a powerful graphics processor.

The Core i5's has a built-in graphics chip and, while its performance a significant improvement on the on-board Intel graphics chipsets found in Core 2 Duo and Quad laptops, it's no rival for the latest dedicated ATI mobile graphics chips. It managed 10.2fps in our Call of Duty 4 test, which isn't bad considering the Aspire's price.

The industrial-looking pitted effect on the lid isn't the prettiest, but it won't pick up fingerprints and should resist scratching. The keyboard surround and screen bezel are an attractive combination of gunmetal grey and glossy black. The full keyboard, complete with cursor keys and a numeric keypad, is comfortable to type on thanks to flat, widely spaced keys. The keys feel light and responsive while typing. The touchpad, positioned just below the space bar is comfortably positioned on the wrist rest, with plenty of space at either side. The rest itself becomes a little warm during use, but not uncomfortably so.

The 15.6in display is bright and clear, with clean, even whites and deep blacks. We were particularly pleased to find that it didn't look too grey or pick up any unwanted colour tints at lower brightness settings. Like the displays of most similarly priced notebooks, it has a resolution of 1,366x768. This is sufficient for a screen of this size, but you can connect an external display if you need higher resolutions.

The built in speakers sound good, with a decent amount of volume and even a bit of bass, although guitars sounded a touch fuzzy. If you're after a powerful laptop for a bargain price, the Aspire 5741 is a great choice. It's comfortable to use, has a good display and a reasonably large hard disk. At just over four hours, its battery life is long enough to complete most tasks away from a mains socket. The overall build quality, battery life and hard disk size make the Aspire 5741 a great choice and well worth its slightly higher price. It's a Best Buy.



Asus Eee PC 1001P

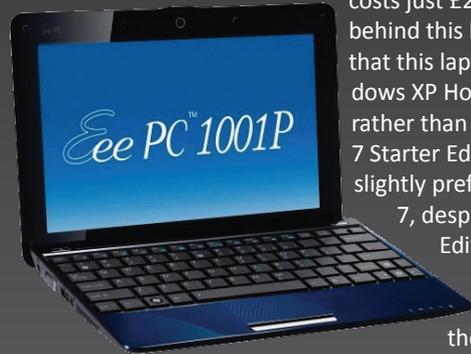
Although netbooks were originally very-cheap laptops, recent years have seen the price of them rise severely. It's good, then, to see that the 10.1in Asus Eee PC 1001P

costs just £229. The main behind this lower price is that this laptop uses Windows XP Home Edition rather than Windows 7 Starter Edition. We slightly prefer Windows 7, despite Starter Edition's restrictions (you can't change the wallpaper or use multiple monitors), but XP is still a decent choice and is very familiar to many people.

Aside from that, the only difference between this and other netbooks we've seen recently is that the 1001P has a 160GB hard disk, rather than a 250GB model. Even so, 160GB is plenty of storage for most people, particularly if you're intending to use a netbook as a secondary computer. Fortunately, there aren't any major compromises. The 1001P's hard plastic case looks fantastic and feels tough enough to protect the laptop when you're carrying it around.

This is clearly a laptop that's designed to be carried around, as its stunning battery life of 9h 14m shows - this is plenty for a day's worth of work away from a power socket. Although it uses Windows XP, Asus has used the latest technology with a 1.66GHz Intel Atom N450 processor. There's the usual 1GB of RAM, too, although you can replace this stick of RAM with a 2GB module. Graphics are powered by the processor's integrated GMA 3150 chip. Unfortunately, the screen's not very good. Even at full brightness it's very dark and detail gets lost in dark parts of images. Fitting a decent keyboard into such a small laptop can be hard, but Asus does a pretty good job. Using the entire space beneath the screen, there's plenty of room for decent-sized keys. They're a little flat, so it can be hard to feel for a key.

It's not perfect and there are netbooks with better screens and more comfortable keyboards, such as the Toshiba NB305 or NB300; however, they're a lot more expensive. If you want a cheap netbook with decent battery life and don't mind having Windows XP, this is a great choice.



Sony Vaio VGN-Z31VN/X

Sony's Vaio VGN-Z31VN/X is easily the most expensive laptop here, but it has some features that set it apart.

For a start, it has two graphics chips - an integrated Intel GMA 4500M HD chip and an Nvidia GeForce 9300M GS chip. A button above the keyboard switches between the two. Neither is suited to 3D gaming as their single-digit scores in our Call of Duty 4 test show, but the onboard Nvidia chip can handle HD movies.

The benefit of switching between them is extended battery life. With the Nvidia chip enabled, the Vaio lasted just under five and a half hours; with the Intel chip enabled, it lasted an incredible eight hours and 15 minutes.

Unlike the other ultra-portables here, the Vaio excelled in all our Windows benchmarks thanks to its fast 2.66GHz Core 2 Duo P9600 processor and 4GB of RAM, although only around 3.5GB can be used because of the 32-bit version of Windows Vista.

The 13.1in screen has a very high 1,600x900 resolution, but small text is still easily legible. The 16:9 aspect ratio is ideal for watching widescreen movies. It's not quite as bright as the Lenovo X360's screen but is by no means dark.

Viewing angles aren't as wide as we'd like.

Like the Samsung X360's keys, the Vaio's keys are spaced out. They're comfortable to type on, but they don't give quite enough feedback and are less responsive than the keys on either the Portege or the ThinkPad. The accurate touchpad is large, but the buttons were too small for our fingers.

The 320GB hard disk is large for an ultra-portable. There's a built-in 3G modem, so you can use the ExpressCard/34 slot and the two USB ports for adding other peripherals. Adobe Acrobat is bundled so you can create PDF documents, although there's no copy of Photoshop Elements as there is with Sony's other Vaio's in this Labs.

The Vaio VGN-Z31VN/X is expensive, but it's the best ultra-portable laptop available.



EDITOR'S CHOICE!

Local Clubs and Groups

 Hash House Harriers
Next Run: August 14th
Get all the details on our site:
www.xianease.com/Hash_House_Harriers

 Xi'an Woman's Club
Get all the details on our site:
www.xianease.com/woman
Stitch & Bitch: Every Tuesday
Ladies Night: Check the site for details

 Xi'an Photography Club
Get all the details on our site:
www.xianease.com/photography
Meeting: August 22nd

 Xi'an Book Club
Readers Meetings:
August 11th and 29th
Get all the details on our site:
www.xianease.com/books

 Xi'an Traders
lightening the load
filling the need
and shopping in your underpants!
Get all the details on our site: www.xianease.com/traders

 Deutschsprachige Stammtisch
mehr Infos zu unserem nächsten Treffen und unserem e-Mail-Verteiler unter:
<http://www.welcome2china.de/stammtisch.html>

 西安日本人倶楽部
西安日本人会のホームページへようこそ!
日本人会の行事、会合等のお知らせ、西安での生活情報を提供しています。
みなさまの交流の場となるよう内容充実にも努めていきたいと思っております。
<http://www.xian-jpn.com/index.htm>

 중국서안 NO.1 종합생활정보 검색 **xasilkroad.com** 한국어 무료 용지
한국의 무료 신문이 없습니다 서안 주위를 여러 위치에서 또는 인터넷에서 볼 수 있습니다 :
<http://www.xasilkroad.com>

Add YOUR club/group to this list!
Xianease is always looking for clubs and groups in Xi'an. We will announce your activities, help you wish membership, and even make a webpage for you!
Contact: groups@xianease.com for more info



Park Qin

秦文化主题酒吧
2 Shun Cheng Xi Xiang near the South Gate
顺城西巷2号靠近南门
Phone: 029-87287720
Located just inside the South Gate, this is a popular bar for both westerners and chinese. They serve Heineken on draft.

Xi'an Bell Tower Youth Hostel

钟楼青年旅舍
3F, City Spring Hotel on Beida Jie
都市春天酒店三层 北大街邮局北侧
Phone: 029-87233005
A hostel bar, conveniently located next to the bell tower.

Hu Tong Bar

胡同酒吧
West section of Huancheng Nan Lu
环城南路西段（长安城堡大酒店对面）
Phone: 029-88327777

King Garden Bar

老城根庭院酒吧
Yuxiang Gate, Xi'an
玉祥门外南侧
Phone: 029-87973366

Green Molly

绿茉莉
200m north on your right hand of the GINWA shopping center back door.
西安市高新区高科大厦副楼一层(世纪金花商场后门向北200米路东)
Phone: 029-81883339
With the success of Park Qin as one of the pre-eminent hang outs in town it was only a matter of time before they tried something new, and the wait is over. In the early part of September Xi'an received its first Irish Bar courtesy of the Park Qin guys.

Oscar's Lounge

奥思咖啡馆
7 Dong Si Dao Xiang
地址: 东四道巷七号

Phone: 132-0154-3668
Oscar's Lounge is a very relaxing lounge in Xi'an. Daily drink specials, a beautiful covered patio and nice snacks await you at Oscar's Lounge.

Music Man

蛋壳屋酒吧
Outside the South Gate, Yatongmeng amusement park 南门西侧, 亚童梦游乐园里
Phone: 13571887543
Located just outside the south gate, this bar is well know for it's live music and great atmosphere. Also, has outdoor seating available.

Goal Bar

球迷酒吧
26, Fenghao Dong Lu
沣镐东路26号
Phone: 029-84616567

Wunder Bar

维德吧
78, Keji Er Lu
科技二路78号城市风景夏日景色商业街1-20102
Phone: 029-88327777

The Entertainers Pub & Pizzeria by Hyatt

西安凯悦
Hyatt Regency Hotel
158, Dongda Jie
东大街158号
Phone: 029-87691140

3 Carats

3克拉咖啡爵士酒吧
2F, Duo Min Jin Times Square, Fen Xiang, South Street
南大街粉巷26号2楼
Phone: 029-85010003

Black Label Leisure Bar

黑方休闲酒吧
39, Feng Hao West Road
沣镐西路39号
Phone: 029-85010003

Bao Street Bar

钵尔街规模酒吧
45, Yanta Bei Lu
碑林区雁塔北路45号
Phone 029-82249979

Be There or Be Square

不见不散酒吧
South of Tu Men, Lian Hu District
土门十字向南
Phone: 029-84261367

The EXPAT Nights
Every **SUNDAY & MONDAY**
@ Park Qin Bar

20% off for Draft Beer

HALF PRICE FOR YOUR FIRST DRINK FROM 19:30PM TO CLOSE

10% off for All Cocktails Standard Drinks Shooters

My Feeling Bar

我的温情吧
North Gate of Xi'an International Studies University, Yanta District
雁塔区西安外语学院后门
Phone: 029-88102885

98 Bar

98酒吧
Shaanxi Stadium, 179, Tai Bai Lu, Bei Lin District
碑林区太白路179号省体育场北环一层
Phone: 029-88484687

Old Henry's

老亨利
Defu Ally, Bei Lin District
碑林区德福巷
Phone: 029-83742989

Sports Bar

5频道体育酒吧
2Fl, Jiao Da Venture Park, 28 Xing Qing South Road
碑林区兴庆南路28号交大创业园2楼
Phone: 029-82666728

Advertising Hotline
136-0919-3295
Email: sales@xianease.com

Xiangzimen Youth Hostel

湘子门国际青年旅舍
16, Xiangzimen Jie, South Gate
西安南门里湘子庙街16号
Phone: 029-62867999 or 029-62867888



Habana Club in Sofitel

哈瓦那
319, Dong Xin Street
陕西省西安市东大街319号
Phone: 13571887543
The pulsating sound of live Latin music and creative cocktails thrill patrons in this superbly upbeat cigar and wine bar. Features 10 karaoke rooms with a big selection of international and 中文 hits.

Salsa Club

莎莎俱乐部
7th floor of Parkson, Xida Jie
西大街百盛7楼
Phone: 029-87286666/15929550010
One of the most crowded clubs in Xi'an. Located 5 minutes walk of the bell tower.

SUNTORY Let's **BLACK**

黑乌龙茶登陆西安了
Black oolong tea has Arrived

Once you go black...
消除危害美容与健康的活性氧:
每天喝1公升乌龙茶能改善皮肤过敏:
饮用乌龙茶能瘦身:
抗肿瘤、预防老化功效。

地址: 西华门1号凯爱大厦B座4层
Add: B-4F K.I. Tower, 1 Xihuamen Tel: 87201501 87201616

Fantasy

范特西
5th & 6th floor, 46 South Street
西安市南大街46号5-6层
New disco club located on South Street.

Song & Song Bar

乐巢会
109, Xi Mu Tou Shi, South Avenue
西安市南大街西木头市109号

Phone: 029-87288988



Da Ge Xing

大歌星量贩KTV
108, west of Huan Cheng South Road
雁塔路北段8号万达广场

108, west of Huan Cheng South Road
解放路63号万达广场

Summer Green KTV

夏绿地KTV视听歌城
108, west of Huan Cheng South Road
碑林区环城南路西段108号

3F-4F, 49 Yanta Lu
雁塔区雁塔路北段49号3-4楼
Phone: 029-82210022

Party World

钱柜
52, North Street
西安西华门1号凯爱大厦1-3层
Phone: 029-62678888

Real Love

真爱娱乐广场
1 Chang'an North Road, opposite the Shaanxi library
长安北路1号
Phone: 029-85251234

Haoledi

好乐迪KTV量贩广场
2 Jiandong Jie, Yanta Road
雁塔路建东街2号
Phone: 029-82068000



Shaanxi Grand Opera House

陕西歌舞大剧院
165 Wenyi Bei Lu
文艺北路165号

Phone: 029-87853295 / Provides the professional Tang Dynasty Dance and Music Show together with dinner.

Tang Dynasty Show Palace

唐乐宫
Chang'an Lu, nearby the Coca-cola stadium
长安路, 临近省体育场
Phone: 029-85261633
The show is performed by the "Tang Dynasty Song & Dance Troupe", a branch of the "Shaanxi Provincial Song & Dance Troupe".

Changan Banquet

长安夜宴
Changle Theatre, No 17 Jinhua South Road
金花南路17号长乐剧院(咸宁桥以北300米处)
Phone: 029-8322 1111
Changan Banquet is the latest dinner & performance show now open in Xi'an.



Sculpting in Time (Jiao Da branch)

雕刻时光
No.28 Xianning West Road
雁塔区咸宁西路28号交大一村四舍(交大商场往西500米)
Phone: 029-85375772
Spacious and comfortable cafe

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Restaurants



shopping mall
兴正元商场1楼
Phone: 029-87656708

Gaoxin Location 1
1st Floor, Century Ginwa Center. No. 33 Keji Road
高新区科技路33号世纪金花购物中心1楼
Phone: 029-88332323

Gaoxin Location 2
1st Floor, Jinqiao International Plaza. No. 50 Keji Road
科技路50号金桥国际广场1层
Phone: 029-88712007

101B Room, 1st Floor, Min le Yuan Inner Pedestrian
民乐园万达广场室内步行街101B号
Phone: 029-87403884

King Coffee
K 咖啡
1st Floor of Fang Hui Mansion, No. 383 East Street
东大街383号方汇大厦B1楼
Phone: 029-8725660

52, Nanda Jie
西安市南大街52号
Phone: 029-87255837

25, Yan Ta West Road
西安市大唐通易坊25号
Phone: 029-85239615

Blue Mountain Coffee
蓝山咖啡
6 Defu Ally, South Street
碑林区南大街德福巷6号
Phone: 029-87268179

CoCo Coffee
可可咖啡
1, Huang Cheng West Road, New City district
新城区皇城西路1号
Phone: 029-87282113

D5 Cafe
D5咖啡
1F, Tong Rui Building, No. 33 Chang'an Central Road
长安中路33号通瑞大厦1层
Phone: 029-85211532



Colabo Italian Restaurant
11F, K.I.Tower, 1 of Xihuamen
西安市西华门凯爱大厦11层
Phone: 029-7201501/87201502

41 ShiDa Lu, YanTa District
西安市雁塔区师大路41号2楼
Phone: 029-85228182

2F, Golden Bridge Plaza, Keji Lu
高新区科技路金桥国际广场BC座2层
Phone: 029-85375772

Café Ren by Sofitel
咖啡人
319 Dongxin Street
西安索菲特人民大厦东楼一、二层
Phone: 029-87928888

A place brimming with the rich aroma of coffee, a wide variety of Chinese tea, delectable cakes and chocolates plus a selections of good wine and champagne.

Village Café
香村咖啡馆
32 Shida Lu, Nearby the Shanxi Normal University
雁塔区师大路32号
Phone: 029-85222150
Located in the south by Wai Yuan and Shi Da.

NONO Cafe
NONO咖啡
113 South Avenue
西安市南大街东木头市113号
Phone: 029-87265599

Starbucks Coffee
星巴克
Bell Tower Branch
1 Xida Jie, next to the Ginwa shopping center
钟鼓楼广场西大街1号
Phone: 029-87269201

Kai Yuan Branch
Ground Floor, Kai Yuan shopping mall
开元商城B1楼
Phone: 029-87269362

Luo Ma Shi Location
1st Floor, Xing Zheng Yuan

Colabo is one of those places that once you set foot in you realize that you are in for a good meal.

Small World Café
小世界咖啡
Heping Gate Location
90 Huancheng Nanlu
Dongduan
环城南路东段90号
Phone: 029-81226785

Big Goose Pagoda Location
Huanta Nanlu, Dayanta
大雁塔环塔南路6号
Phone: 029-85573949
Friendly dutch owned cafe serving both western and chinese food. Check out their Terracotta Warrior breakfasts.

Hyatt Regency Xi'an
西安凯悦
158 Dongda Jie
东大街158号
Phone: 029-87691234

3 Royal 3 Houses
3皇3家
South Nan Guan Jie Branch
1st Floor, Wei Ye Building,
69 Nan Guan Road
碑林区南广济街69号伟业大厦1楼

Phone: 029-87253396
Northern Square Branch
Building C of Big Wild Goose Pagoda
大雁塔北广场C座
Phone: 029-85513590

High Tech Zone Branch
Next to KFC, Gaoxin
高新区高新路25号希格玛大厦一层
Phone: 029-88241655

Azur by Sofitel
雅奢餐厅
East wing Lobby, Sofitel on Renmin Square
新城区东新街319号雅高人民大厦索菲特酒店东楼1
Phone: 029-87928888

Milano Restaurant & Bar
米兰意大利餐厅红酒吧
East of Bank of China, No. 49 Gaoxin Road, High-Tech Zone
高新区高新路49号中国银行东侧
Phone: 029-88345355

Deutsches Bierhaus
德国柏龙啤酒坊
The first authentic German restaurant in Xi'an.
Deutsches Bierhaus of Hexie

Square, Qujiang International Conference & Exhibition Center
西安曲江国际会展中心和谐广场E7
Phone: 029-87655016

Gate West Restaurant & Bar
喜来登食街
262, Feng Hao East Road
莲湖区沅镐东路262号
Phone: 029-84261888

Dolce Café
多奇西餐厅
1F, Li Hua Ke Ji Mansion
2 GaoXin Road, High-Tech Zone.
西高新高新路2号丽华科技大厦1楼（高新真爱斜对面）
Phone: 029-88227588
Dolce is a franchise with an Italian bistro, combining affordable, accessible and delicious menus to all.



Colabo Italian Restaurant
11F, K.I.Tower, 1 of Xihuamen
西安市西华门凯爱大厦11层
Phone: 029-7201501/87201502

Colabo is one of those places that once you set foot in you realize that you are in for a good meal.

Bacchus Pizza
巴克斯比萨
25 Gao Xin Road
高新路25号
Phone: 029-88218111
The restaurant offers 19 kinds of pizzas. Besides pizza, there is some Italian food, like spaghetti with black pepper dressing, and Italian.

Around the World Pizza
环球比萨
230 Dianzi Yi Lu, High-Tech Zone
电子一路西部电子商城步行街西幢2楼230号
Phone: 029-88269305
Small shop with quality service and a relaxing environment. The food tastes like American style food. Both local and westerners visit the shop regularly.

Pizza Hut
必胜客
1F, Haida Tiandi Building, 8 Nanda Jie
南大街8号 海大天地商厦1楼
Phone: 029-87687399 / 87687388

1F, Gao Xin Shopping Mall, 33 Keji Lu
科技路33号高新购物中心1楼
Phone: 029-62961181

High Fly Pizza
高飞比萨
73 Huancheng Nan Lu
朱雀门外环城南路73号
Phone: 029-88410626

2 Yanta Lu
雁塔路2号大雁塔北广场
Phone: 029-87855333

Pizza Company
品奇披萨
2F, 6 Jin Hua Nan Lu, Li Feng Square
金花南路6号立丰广场2楼
Phone: 029-82630070

5F, Min le Yuan Wanda Square
民乐园万达广场5楼
Phone: 029-87402939

Isola Veneziana Pizza
意甲沙龙
14 Chang'an North Road, Shaanxi Provincial Stadium (East Stadium Bleachers)
长安北路14号省体育场东看台下D区1号
Phone: 029 85423331
"The most Italian Pizza in Xi'an City"



Delhi Darbar
新德里餐厅
3 Da Tang tong Yi Fang, Yanta Xi Lu
雁塔西路大唐通易坊东头3号
Phone: 029-85255157
Very popular restaurant serving authentic Indian dishes. Great food, a nice atmosphere and reasonable prices make this a favourite.

Cacaja
印度菜菜
46 Yanta Xi Lu
雁塔西路46号
Phone: 029-852525



Ogasawara
小笠原日本料理

9 Zhu Que Men Li, 1F Xi'an Evening News Building
西安晚报大厦, 朱雀门里9号
Phone: 029-87618383 ext 5800
The restaurant offers a buffet from 11:00 -2:00 pm. 50 RMB for one person, including soft drinks and beer.

Qing Du Li
青都里多国料理
5F Yuehao Haihuang Hotel, 1 South of Donger Huan
东二环南段1号粤好海皇酒店5楼
Phone: 029-82216999

1F Xie Tong Buliding, 12 Gaoxin Er Lu
高新二路12号协同大厦1楼
Phone: 029-83150666

Shangye
上野日本料理
1 Hanguang Bei Lu, north building, 2F
含光北路1号北座2F
Phone: 029-85266622

Mingdu Sushi
明都回转寿司
395 Dongda Jie
东大街395号
Phone: 029-87215855

Koi by Sofitel
锦鲤餐厅
319 Dongxin Jie
东新街319号
The light yet distinctive flavour of Japanese dishes prepared by Japanese chefs. Featuring Teppanyaki tables, sushi area, private tatami rooms and delicious a la carte selections.

Domu
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26 Fen Xiang, South Avenue
南大街粉巷26号
Phone: 029-87218689

C03, 18 Yanxiang Lu
雁翔路副18号C03栋
Phone: 029-87218689

Ajisen Ramen
味千拉面
1F, Wan Da Shopping Mall, 8 Yanta Lu
雁塔路8号万达广场1楼
Phone: 029-85560358

2F, Melody Hotel, 86 Xida Jie
西大街86号美伦酒店2楼
Phone: 029-87639368

Huating Teppan-Yaki

花亭铁板烧居酒屋
5 Dachejia Xiang
大车家巷5号
Phone: 029-87265609

Huili

惠里日本料理
1 Changan Bei Lu
长安北路1号
Phone: 029-85261888

**Sarabol**

萨拉伯尔韩国料理
14 Chang'an Bei Lu, East gate
of the Shaanxi Stadium
长安北路14号
Phone: 029-85590088
This is a nice Korean restaurant; they serve the best Korean food in Xi'an. The barbecue makes you mouth water and the hand-pulled noodles in soup are tasty.

Tudari

土大力
2F, INTIME Shopping Mall, 48
Xida Jie
西大街48号银泰广场2楼
Phone: 029-87271264

Hai Yun Tai

海云台
17 Gaoxin Yi Lu
高新一路17号
Phone: 029-88327878

**Bai Xing Chu Fang**

百姓厨房
6 Guangde Lu
光德路6号
Phone: 029-88317280

Ren Ren Ju

人人居
127 Youyi Xi Lu
友谊西路127号
Phone: 029-88485100

Xiang Shui Yao

湘水肴
5 Guangde Lu, Gaoxin Er Lu
高新二路光德路5号
Phone: 029-88338888

Anping Spicy Fish

安萍麻辣鱼档
73 Jianguo Lu, nearby the East
Avenue
建国路73号
Phone: 029-83741153

Ding Ding Xiang

顶顶香
527 Zhu Que Street
朱雀大街527号
Phone: 029-85227799

Tibetan Fish

藏式秘汁烤鱼
200 Meters West of #323 Hospital,
Jian She West Road
建设西路323医院向西200米路北
Phone: 029-85030543

Da Pan Ji

新疆大盘鸡餐厅
161 Han Chen South Road
汉城南路161号
Phone: 029-84253959

Lao Pu Kao Ya

北京老铺烤鸭
1 Laodong Bei Lu
劳动北路1号
Phone: 029-88645888

**Grand Hong Kong**

大香港鲍翅酒楼
3 Gaoxin Road
高新路三号
Phone: 029-81226785

1 middle of Huancheng
Dong Lu
环城东路中段1号
Phone: 029-82403688

Yue Zhen Xuan

粤珍轩
256 Dongxin Jie,
Xin Cheng Square
东新街256号新城广场
Phone: 029-87422222

1F Hanguang Buliding, 142
Huangcheng Nan Lu
环城南路142号含光大厦1楼
Phone: 029-88411333



Hash House Harriers - Xi'an Kennel

Check the website for details:
www.xianease.com/Hash_House_Harriers/

**Tianlong Vegetarian**

天龙宝严素食馆
1 Yanta West Road
雁塔西路1号
Phone: 029-85266880

Datang Vegetarian

大唐素食坊
5 Yanta 1st Road
雁塔南路5号207
Phone: 029-85599022 /
85599096

**Xiao Yang Kao Rou**

小杨烤肉
256 Jianshe Xi Lu
建设西路256号
Phone: 029-81101825

Hui Min Jie

回民街
Near Drum Tower
鼓楼旁边

**Hai Di Lao**

海底捞
11, South of Yanta Lu
建设西路256号
Phone: 029-85536971

3F, Gao Ke Buliding, 1 Gaoxin

Si Lu
高新四路1号高科广场3楼
Phone: 029-88361337

Jing Fu Hua

京福华
27 Xiguanzheng Jie
西关正街27号
Phone: 029-88626321

Bai Ren Wang

佰人王

Wu Ming Hot-pot

吴铭火锅
88 Jianguo Lu
建国路88号
Phone: 029-87427379

**Baskin Robbins**

芭斯罗缤
1F Xinhui Buliding,

25 Gaoxin Lu
高新路25号新汇大厦1楼
Phone: 029-88256863

1 Luo Ma Shi, South of Min
Sheng Shopping Mall
骡马市1号民生百货南侧
Phone: 029-87656554

2 Yanta Lu, Northern Square
Branch Building
雁塔路2号大雁塔北广场西侧
Phone: 029-87403182

HaagenDazs

哈根达斯
1F Ginwa Shopping
Mall, 33 Keji Lu
科技路33号世纪金花购物中心1楼
Phone: 029-88323135

88 Nanguan Zheng Jie
南关正街88号巴黎春天购物中心1楼
Phone: 029-87651591

Dairy Queen

8 Yanta Lu,
Wanda Shopping Mall
雁塔路8号万达广场1楼
Phone: 029-85560856

**Trust-Mart Supermarket**

好又多量贩
An Ding Square, West part of
West Avenue
西大街西段安定广场
Chinese supermarket.

Northeast of Xiao Zhai Inter-
section Avenue
小寨十字东北方向
Chinese supermarket.

Lotus Supermarket

易初莲花超市
3 Tang Yan Road
唐延路3号, 枫叶新都市对面
Thai supermarket.

Southeast of the Television
Tower on Changan Street
电视塔东南角

Northwest Hu Jia Miao
intersection
胡家庙十字西北角

Xian Ning Road
咸宁路

Taiwan Foods

台湾食品
67 Yanta West Road
雁塔西路大唐通易坊67号
Taiwanese and Japanese Snacks

Korean Supermarket

韩国食品超市
18 Xin Yuan Residential Area
Tian Tan West Road
天坛西路杏园小区18号楼
Phone: 029-85336200 /
13379037071

**Metro**

麦德龙超市
86 Chan'an Road, 50 meters to
the TV Tower
长安南路86号, 临近电视塔
Western Supermarket located
next to the TV tower in the
South of Xi'an. This is one
of the best places in Xi'an to
purchase imported food such as
cheese, beer, wine, meats and
those hard to find ingredients.

Carrefour

家乐福
Xiao Zhai West Road
小寨西路
Western Supermarket

Wal-Mart

沃尔玛
Luo Ma Shi Pedestrian Street
骡马市商业步行街

**Kai Yuan Shopping Mall**

开元商城
6 East Avenue next to the Bell
Tower
东大街解放市场6号
Phone: 029-87235340

Min Sheng Shopping Mall

民生百货
Luo Ma Shi Pedestrian Street
西安骡马市步行街

Zhong Da International Shopping Center

中大国际
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南大街30号
Phone: 029-87203000



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Parkson Shopping Center
百盛购物中心
1 Shang Jian Road Da Cai Shi
尚俭路1号 大差市店

Shi Dai Sheng Dian Building
West Avenue
时代盛典大厦, 北广济街口
西大街店

Chang'an Road Xiao Zhai
Area, Xi'an.
长安路, 兴善寺街口 小寨店

Ginwa Shopping Center
世纪金花购物中心
1 Xida Jie next to the
bell tower
西大街1号钟鼓楼广场
Phone: 029-87212166

55 Keji Lu
科技路55号
Phone: 029-62961099

Wan Da Shopping Mall
万达广场
8 North of Yanta Lu
雁塔路北段8号

Wulu Kou
五路口东南角

Grand Ocean
大洋百货
Beida Jie
北大街

Tea Markets

Ren He Tea Market
人和茶叶市场
101 Chang Le Zhong Road
长乐中路101号

Drum Tower Tea Market
鼓楼茶市场
Across from the Drum Tower
Square, West Avenue
西大街鼓楼广场对面

**Shaanxi Qing Gong
Tea Market**
陕西轻工茶城
Yi Wu Market, No. 188 Chang
Le Central Road
长乐中路188号 义乌商城

Clothing Markets

Bai Hui Market
百汇市场
Bai Hui Market, Chang'an
Central Road
长安中路 百汇市场

**Duo Cai Wholesale
Clothing Mall**
多彩服装商城
215 Chang Le West Road
长乐西路215号

**Hua Dong Wholesale
Clothing Market**
华东服装商城
Chang Le Store:
128 Chang Le West Road
长乐西路128号

Chang'an Store:
Wu Jia Fen, Chang'an
South Road
长安南路陕西师范大学对面
吴家坟

Sporting Goods

Impulse Fitness Equipment
英派斯商用力量产品
#14 Changan North Road
Building D of Shaanxi TiJiao
Building, Xi'an.
长安北路14号省体育场南大
门东侧 省体教公寓D座1层
Phone: 029-85230026

**Xi'an Philanthropic Child Abuse
Prevention and Aid Center**
西安博爱儿童虐待预防救助中心



Contact US:

Tel:029-85368195

cnsnpcan@gmail.com

www.cnsnpcan.org

Five Ring Outlets
五环工厂店
18 Gaoxin Lu
高新路18号
South of Er Huan Dong Lu
东二环与咸宁西路交叉十字

**Lao Bai Xing
Medicine Store**
老百姓大药房
1 Keji Lu
科技路1号
Beida Jie intersection
北大街十字

Health Goods

**Traditional Chinese
Medicine Market**
西安万寿路中药材市场
Wan Shou Road North, Xi'an.
万寿北路

Appliance Centers

Suning Home Appliance
苏宁电器
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Phone: 029-87319196



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126 Xiaozhai East Road
小寨东路126号

Guo Mei Appliance
国美电器
113, Beida Jie
北大街113号
Phone: 029-87219521

1 Keji Lu
科技路1号
Phone: 029-88569620

Furniture Markets

**Da Ming Gong
Furniture Center**
大明宫建材家具城
180 Tai Hua Bei Road
太华北路180号
Phone: 029-88116666

Arnold Cupboard
阿诺德橱柜
429 Tai Hua South Road Xin
Cheng District
新城区太华南路429号
Phone: 029-86726095

**San Sen International
Furniture Center**
三森国际家居汇展中心
18 Chang'an Nan Road,
YanTa District
长安南路18号
Phone: 029-85337891

**Armrit International
Furniture Center**
阿姆瑞特国际家具中心
South side of the Zi Wei Tian
Yuan Residential Area
紫薇田园都市南侧
Phone: 029-85691236

Macalline
红星美凯龙
1 Taibai North Road,
Bei Lin District
碑林区太白北路1号
Phone: 029-62626666

**China Taiwan
Furniture Shop**
台湾家具店
Pearl Furniture World, North
2nd Ring Road,
Wei Yang District
未央区北二环明珠家具城
Phone: 029-88113856

Antique Markets

Ba Xian An Antique Market
八仙庵古玩市场
Ba Xian An, An Ren Fang, Bei
Lin District
新城区安仁坊八仙庵

Shu Yuan Gate
书院门
Shu Yuan Gate,
南门里书院门

Xi'an Antique City
西安古玩市场
2 Central Section of
Zhu Que Avenue
朱雀大街2号

Sheng Tang Pottery Store
盛唐工艺坊
41 Da Tang Shopping Street,
Yanta West Road
雁塔西路大唐通易坊41号
Phone: 029-85256318

Bei Yuan Gate
北院门
Bei Yuan Gate,
Lian Hu District
莲湖区北院门

Muslim Street
回民街
Hui Min Street,
Drum Tower Square
鼓楼广场回民街

Book Shops

**Xi'an Foreign
Language Bookstore**
349, the East Street
西安市东大街349号
Phone: 029-87219872

Wen Xuan Xi'an Book City
文轩西安书城
85 North Avenue
北大街85号
Phone: 029-87633998

Belltower Bookstore
钟楼新华书店
337 East avenue
东大街377号

Wang Bang Book City
万邦图书城
126 Xiao Zhai East Road
小寨东路126号百隆广场一层
Phone: 029-87937360

Zhong Shan Book Mall
中山书城
158 Yan Ta Road, Xi'an.
雁塔西路158号

Plant Markets

Yanta Flower Market
小雁塔苗圃市场
Hanguan North Road
含光北路, 西安体育学院后
门对面

Health and Fitness

Gyms

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siasm, Megafit provides an
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chinese.starfishthrower@gmail.com
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55 Taoyuan, East of Gaoxin 4th Road intersection
高新四路十字东桃园55号

Qing Jian Bathing Place

清见御所
Northeast Corner of Wuwei Cross, #53 Nanyuan Gate
南院门53号五味十字东北角

Travel and Leisure

Clubs & Groups

Xi'an Hash House Harriers

A drinking club with a running problem. Whether you're a Hash Veteran or Virgin you are welcome to join...If you speak English or not you are welcome to join...If you like to run or like to drink you are welcome to join...
www.xianease.com/Hash_House_Harriers/

Xi'an Book Club

The Xi'an Book Club meet the second Wednesday, and fourth Sunday of every month at various location around the city for general talk, catch-up, and sometimes it's about books, in general a great way to grab a cup of coffee (or tea!), sit around and talk to like-minded people Find us at:
www.xianease.com/books/

Xi'an Foreign

Business Forum

The Xi'an Foreign Business Forum is a non-profit organisation. The Forum exists as a stage for bringing the Xi'an foreign business community together socially, providing a support mechanism to its members and as a vehicle to be able to voice opinions and plans to local government.
www.xianfbf.com/

The Library Project

The Library Project donates books and libraries to under financed schools and orphanages in the developing world. They believe education is the key motivator to breaking the cycle of poverty that exists in the developing world.
www.library-project.org

The Yellow River Soup Kitchen

The Yellow River Soup Kitchen is a not for profit NGO, registered in the UK. A secular organisation that is open to everybody, it is wholly run by volunteers for volunteers and as such has no overheads of any description. To learn more about The Yellow River Soup Kitchen, please check out their web site at:
www.yellowrivercharity.com

Japanese Society

The Japanese Society has been in Xi'an for a number of years, meeting once a month at various locations around the city it's open to all Japanese and Japanese speakers living, visiting, and working in Xi'an.
www.xian-jpn.com/

Korean Free Paper

The Korean Free Paper is the link to the Korean population in Xi'an. The random get together and other news can all be found in their online paper.
www.xasilkroad.com

The Wine Club at Cafe Ren

A place brimming with the rich aroma of coffee, a wide variety of Chinese tea, delectable cakes and chocolates plus a selections of good wine and champagne. Where sophistication knows no boundaries.
www.xianease.com/restaurants/cafe_ren.html

Xi'an Photo and Video Club

An informal group that is concerned with capturing our experiences and making a thousand words fit into just one image. Open to all skill levels and experience.
www.xianease.com/photography/

Education

International Schools

Xi'an Hi-Tech

International School
西安高新国际学校
XHS International School is Managed by EtonHouse International Schools.
Xiwan road, Yanta district
紫薇田园都市
Email: alasdair.maclean@etonhouse-xian.com
www.etonhouse-xian.com

Language Study

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7 Yan Ta Qu Shui Chang Lu
www.ihxian.com
Email: info@ihxian.com
Phone: 029-88243428

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98 Xiaozhai West Road
Phone: 029-68506133
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www.easyxian.com

Medical

Massage

Local Massage

#108, Mid Chang an Road, Community of Conservatory of Music.
长安中路108号音乐学院家属院

Hospitals

Xi'an Gaoxin Hospital

西安高新医院
16 Tuanjie Nanlu, Hi-Tech Zone
高新区团结南路16号
Phone: 029-88330116
www.gxyy.net/

Shaanxi Traditional Chinese Medicine Hospital

陕西中医医院
2 Xi Hua Men, North Street
Phone: 029-8812800

TianYou Children' Hospital

西安天佑医院
9 Keji Lu
科技路9号

Dentists

Qin Du Dentistry

秦都医院
English speaking dentists.
#7 Kang Fu Road
康复路7号
Phone: 029-8477114

Si Yi da

第四军医大学口腔医院
145, Changle Xi Lu
长乐西路145号

English Speaking Dentist

英文牙科
Overseas-experienced dentist.
Xi'an Jiaotong University,
Jiaoda Shangcheng Jie
西安交通大学交大商场街
Phone: 13319299518

黄河慈善厨房

Yellow River Soup Kitchen



In addition to our many other projects we have served in excess of 65,000 meals to the homeless of Xi'an and through our outreach programme's in poor mountain villages have delivered aid to over 15,000 people.



If you wish to volunteer, donate old clothing etc. you can contact us at:-
Tel:- 13227726553
SoupKitchenChina@gmail.com
www.SoupKitchen.cn / www.YellowRiverCharity.com
QQ 35248368, 29288004, 96750160
The Catholic Church, No 17 Wu Xing St., (15 mins walk from Bell Tower),
陕西省西安市, 五星街天主教堂17号, 黄河慈善厨房 (离钟楼15分钟走过去)

be arranged at courses located close to Xian.

Grand Park Xian Hotel

西安城堡酒店
12 Xi Duan Huan Cheng Nan Lu
皇城南路西段12号
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Sheraton Xian Hotel

262 Feng Hao East Rd
沣镐东路 262 号
Phone: 29-84261888
Leisure facilities include a comprehensive Health and

Fitness Centre equipped with gymnasium, sauna, steam room, in-door heated swimming pool, Jacuzzi and table tennis

Shangri-La Hotel, Xian

38B Keji Road
高新区科技路38号
Phone: 029-88758888
Luxurious spa treatments and a fully equipped health club with heated pool.

Kempinski Hotel Xi'an

西安凯宾斯基酒店
6 West Section, Euro-Asia Avenue, Chanba Ecological District
中国西安浐灞生态区欧亚大道西段6号
Phone: 029- 83550000

Spas

Real Love Spa

真爱年华洗浴广场
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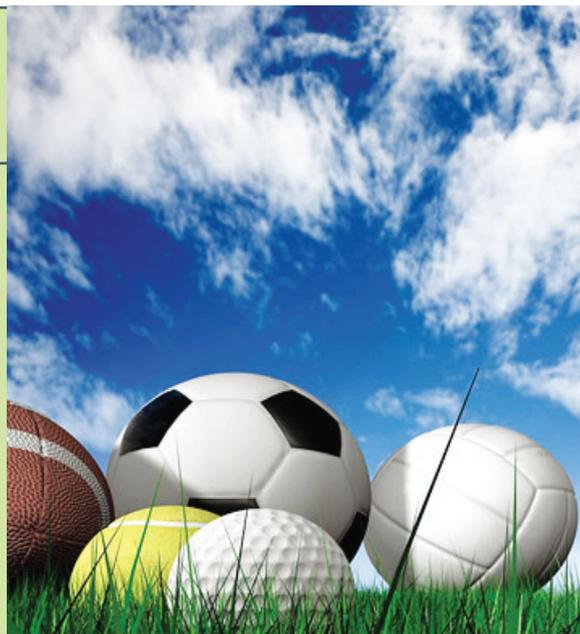
TimesCafe 时代咖啡

Add: Inside of the Xidian University.
地址: 西安电子科技大学内
Tel: 88202750

Add: Inside of the Northwestern Polytechnical University.
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Tel: 88491625

AMAZING FACTS

Things that you never knew about the world of sports.



- SCUBA divers cannot pass gas at depths of 33 feet or below.
- Paintball is one of the safest of extreme sports. Only 20/1000 players sustain any type of injury, which include either slight bruising from close hits or sprains from stumbling during games.
- In 1926, women were banned from competing in marathons because it was believed it caused infertility
- Bill Russell was the first black head coach of a major league pro sports team.
- The game rugby was originated at Rugby school located in England in 1823. This happened when William Webb Ellis, while playing soccer, picked the ball up in his hands and started running with it.
- When playing competitive darts the player must be 7 feet 9 1/4 inches back from the dartboard. Also the board must be 5 feet 8 inches above the floor.
- Ellen Macarthur, yachtswoman, had a total of 891 naps in 94 days that were each 36 minutes long while on her Vendee Round the Globe yacht race.
- Billiards used to be so popular at one time that cigarette cards were issued featuring players.
- A squash ball moving at 150 kilometers per hour has the same impact of a .22 bullet.
- Historically, a blue ribbon has been awarded for first prize.
- Vasaloppet, which is located in Sweden is the oldest, longest, and the biggest cross-country ski race in the world. Every year, 14,000 people compete in the race.
- The sport Lacrosse was initially played by Native American Indians. They played the sport to prepare for war.
- The expression getting someone's goat is based on the custom of keeping a goat in the stable with a racehorse as the horse's companion. The goat becomes a settling influence on

the thoroughbred. If you owned a competing horse and were not above some dirty business, you could steal your rival's goat (seriously, it's been done) to upset the other horse and make it run a poor race. From goats and horses it was linguistically extended to people: in order to upset someone, get their goat.

- The 1912, a wrestling match in Stockholm between Finn Alfred Asikainen and Russian Martin Klein lasted more than 11 hours. Klein eventually won, but was too tired to participate in the championship match.
- Kite flying is a professional sport in Thailand.
- Approximately one out of four injuries by athletes involve the wrist and hand.
- In the 1930's, American track star Jesse Owens used to race against horses and dogs to earn a living.
- Karate actually originated in India, but was developed further in China.
- Morihei Ueshiba, founder of Aikido, once pinned an opponent using only a single finger.
- Sports Illustrated has the largest sports magazine circulation.
- The game of squash originated in the United Kingdom. It came about after a few boys, who were waiting for their turn to play racquets, knocked a ball around in a confined area adjoining the racquets court.

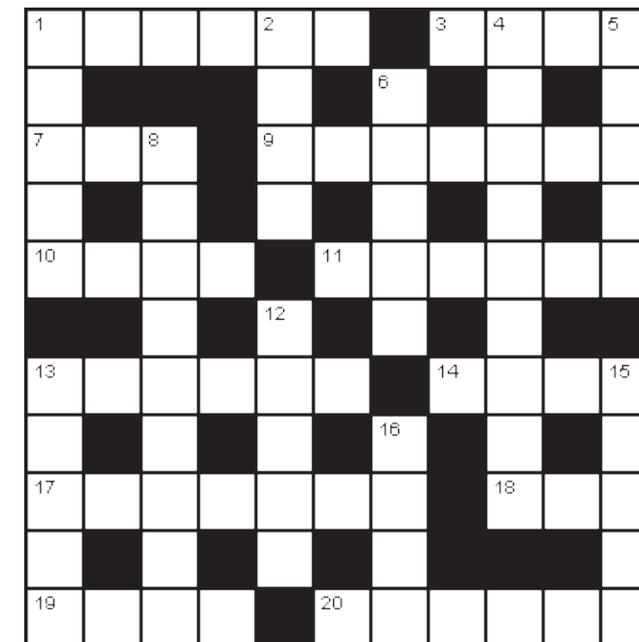
>>>Crossword

Across

1. Male relative (6)
3. Gem (4)
7. Chart (3)
9. Sagacious (7)
10. Challenge (4)
11. Relating to bears (6)
13. Accolade (6)
14. Children (4)
17. Long flag (7)
18. The night before (3)
19. Extinct bird (4)
20. Choice (6)

Down

1. Wanderer (5)
2. Not difficult (4)
4. Steep cliff (9)
5. Svelte (5)
6. Drama set to music (5)
8. Pilfered (9)
12. In front (5)
13. Lukewarm (5)
15. Rear part of a ship (5)
16. Pace (4)



Answers from last month's crossword.

Sudoku

3		7						
4		9	7		1	3		5
				3			8	
				4			6	
2		4	1		6	5		3
1		5						
	3		6					9
7		1			9	8		
	2		3					1

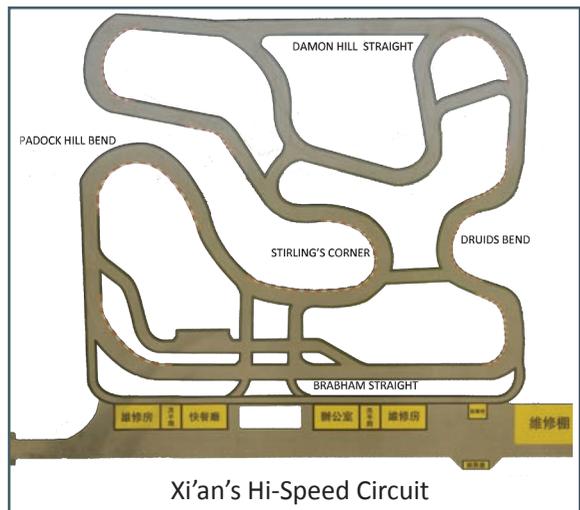
1				9				5
8				2	6			3
	2	7	5				8	9
5	8		1		4			6
		4		8			2	7
		1	3					4
7		6		4			9	3
				3				5
3		9	7		8			1

这个月 XIANEASE 团队游玩渭水园，体验卡丁车，蹦蹦车，射箭，等一系列活动。

Featured



为胆小的人准备



不知道有没有人听说过这个地方，但我在几年前就听说过在西安的北郊有一个神话般的卡丁车赛场。我记得好像一个朋友的女朋友公司去过那里，听说那里有大片的赛车场，无限量的啤酒，或是80年代后期的空中铁匠乐队来场独奏。

就在两周前我听了无数遍关于这里一样的故事，我受够了所以决定开始调查，你们还记得我的调查方法吗？原则就是不停的发牢骚。我坚持不停的向我认识的每个人发牢骚，直到他们对我彻底绝望让我闭嘴然后帮我去搜集那些信息和资料。

我们终于在一篇文章里查找了那里的电话号码，打过去询问地点大概是未央湖西边，于是我们就驾车到了未央湖，但是它根本不在那里，因为它离未央湖还有15公里。不过经过一段时间的艰苦跋涉我们终于到达了神话般的赛车场入口——渭水园度假山庄。当我们从入口进去的时候门卫露出了一脸的疑惑，很是好笑。

大约经过300米的林荫小路，巨大的赛车跑道就展现在我们的面前，赛道边上有些许的房屋贴着比赛的一些图片，有开始比赛时打枪的靶子，有一些运动型自行车，一切都是那么的美好。在这个时候我



经典项目

们就像坐在课桌前的孩子准备好比赛。在这里我要说，我人生中有两次最接近于开卡丁车的时候，一次是玩超级马里奥卡丁车游戏，另一次就是以前开过由除草机改装的卡丁车，而现在的我即将要进行一场真正的冒险。

当我接近赛车跑道的时候我发现卡丁车和跑道都有点陈旧，没有很亮眼的感觉。他们有所有的安全装置，头盔，而且坚持让你穿上这些，这样就不会晒伤了。现在我最想的就是快点开始吧，于是我上了第一个车然后头也不回的开走了，不过很快我的车就没油了，我停在了跑道上，在阳光的照射下，要知道我现在穿的比我冬天还多，而我也无法从那么低的座位上起来，只能等着工作人员来给我的车加油。

说到跑道，就一个字，大，我不确定普通的卡丁车跑道是怎么样的，但是这个确实是很大，有很多转弯和直走的路，让你开起卡丁车来很有趣。总之，开完五圈后我知道时间到了，于是把车开到存车区了。我想说有一些我们都觉得不合适的就是在开车时车体会360度的转弯，还有就是那些工作人员没有确定每个车的油箱都是满的。我的建议是如果你对快速度的卡丁车没兴趣的话这里还有一些速度稍慢的类似吉普的车可以感受。

走出赛车跑道我在想我们花了1个多小时到这只玩20到30分钟的卡丁车太不值了，于是就在这个度假村转了下寻找还有什么其他可以玩的。我发现这里除了可以开卡丁车还有很多其他的可以玩的，比如说室内游泳池，保龄球馆，碰碰车，



射击场



郁郁葱葱



林荫长廊



怀念美好时光

滑草，这里还有很多树和草，很适合野餐。这里的游戏厅让我很是惊讶，里面的游戏我以前都是在任天堂玩。我不说有人会来这里玩视频游戏，我想说这个游戏厅给人的整体感觉很古老，而又陈旧。

除了卡丁车这里还有其他的亮点，比如六道保龄球馆，质朴的台球桌，薄荷绿色的装上足球，还有就是让我们都觉得糟糕的游戏厅。还有一处给我们留下深刻印象的是那个啤酒坊，尽管我们去的时候它还没有开门。

总的来说这是一个值得一去的地方，带上午餐，碗筷，然后感受1990年初西安最顶级的休闲度假村。这次的旅程我们都很开心并且一致认为还要再去，所以你呢？

开放时间：每日9:00—18:30
地址：西安北郊经济技术开发区草滩生态产业园
电话：86601950 \ 13572159992
乘车路线：238; 901 均可

- 卡丁车： 70元/10分钟 (普通)
200元/10分钟 (专业)
- 保龄球： 30元/局/人
- 游泳： 50元/人
- 骑马： 20元/次
- 其他娱乐： 射箭，桌球，滑草 等。



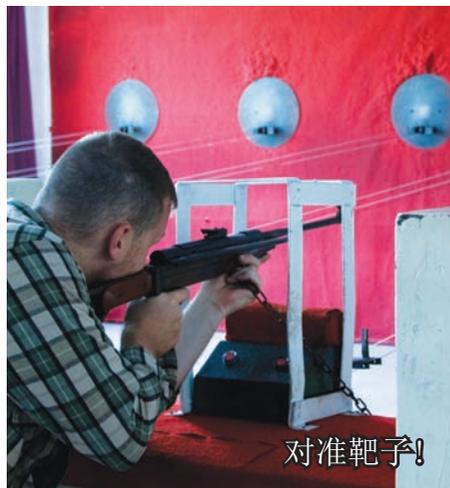
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足球小人



桌球游戏



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的层层情意。提袋与礼盒相得益彰，
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- 燕窝莲蓉 松露培根 蟹肉干贝
- 贵妃醉月 双仁豆沙 翡翠奶黄 金丝贡枣 私房五仁 湘莲蛋黄 100gx6个
- 紫薯浓情 抹茶西梅 葡萄椰香 60gx6个



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XI'AN TRAIN SCHEDULE

Xi'an to Beijing

Train No.	From	Dep. Time	To	Arr. Time
T8	Xian	00:34	Beijing West	13:28
T70	Xian	01:08	Beijing West	14:36
T76	Xian	03:34	Beijing West	15:49
T42	Xian	18:42	Beijing West	06:22
Z20	Xian	20:16	Beijing West	07:17
T45/T44	Xian	20:34	Beijing West	07:40
T232	Xian	20:40	Beijing West	09:06
T56	Xian	21:22	Beijing West	09:59
T152	Xian	23:12	Beijing West	11:34

Xi'an to Chengdu

Train No.	From	Dep. Time	To	Arr. Time
K290/K291	Xian	04:01	Chengdu	19:23
T7	Xian	05:17	Chengdu	17:58
K245/K248	Xian	06:25	Chengdu	22:10
K5	Xian	13:20	Chengdu	05:25
K696/K697	Xian	13:32	Chengdu	06:03
K676/K677	Xian	14:06	Chengdu	07:28
K879	Xian	17:30	Chengdu	11:03
K388/K385	Xian	20:05	Chengdu	11:52
K869	Xian	20:57	Chengdu	12:58

Xi'an to Shanghai

Train No.	From	Dep. Time	To	Arr. Time
K292/K289	Xian	09:51	Shanghai	05:08
K378/K375	Xian	10:54	Shanghai	05:38
K359/K362	Xian	11:05	Shanghai	05:58
K698/K695	Xian	11:19	Shanghai	09:14
Z94/Z91	Xian	17:00	Shanghai	06:42
K559/K558	Xian	17:24	Shanghai	15:49
T140/T137	Xian	19:50	Shanghai	12:02
T166/T163	Xian	21:02	Shanghai	11:15
T118/T115	Xian	21:09	Shanghai	13:40

Flights

Xi'an Airport now has direct international flights to Singapore, Nagoya and Seoul, with connecting flights to Paris, Frankfurt, Los Angeles, Delhi, Bangkok, Tokyo, Nagoya and Singapore via Shanghai (Pudong).

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Curry Chicken
Sandwich

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Inkfish Roll
Sandwich

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内加鲜嫩Q软的墨鱼
口感外酥内软

¥12



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Apple Sweet
Sandwich

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搭配松软可颂
构成经典的海派美味

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Three Kinds of
Sandwich Mix

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营养丰富的杂粮鸡蛋
三种不同口味

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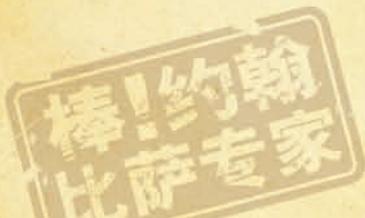


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