

XIANEASE

JUNE 2011 Vol. 14



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PAINTBALL IT DOES EXIST!

BALANCE YOUR LIFE
**XI'AN TOP FIVE
BAKERIES &
MASSAGE**

Bierhaus
RESTAURANT

**Thinking of
Drinking**

Interview With
Sajida Tursun

挑战者训练营
CHALLENGER
DISCIPLINE CAMP

**一个英国人的
慈善世界**

LUNA'S COLLECTION
NOT JUST A CARD GAME



✧ *This Month's Special*



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 Fax/传真:029-8720 1901
 Lunch: 11:30-15:00 (L.O.14:00)
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JUNE EXCITEMENT!

party on the bus,
 shoot your friends,
 and grab a curry,
 not a bad way to spend a day

A full day with lunch and drinks on the party bus,
PAINTBALL EXCITEMENT,
 and a curry buffet from Delhi Dar Bar!

Cost: **175.00** RMB per person
 Includes: drinks and pizza on the Party bus
 2 hours of paintball with 60 paintballs
 Buffet dinner at Delhi Dar Bar

June **25** th
 Meet outside the South Gate at **12:30**

For more information contact or to register contact events@xianease.com





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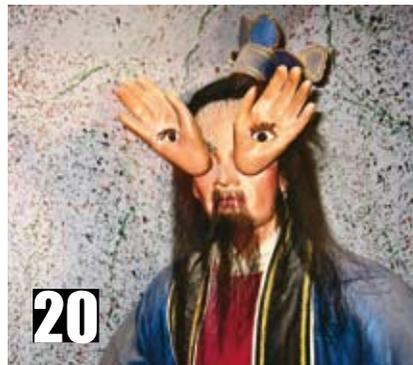
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NOTE FROM THE TEAM

This month we traveled around quite a bit and though the destination was always different, getting out and about allowed us to once again take in the different aspects of Xi'an. We live in a city that, though growing at an exponential rate, still holds a small town feel. Folks still stop and talk in the street, arguments and accidents still stop people in their tracks and it's amazing how many times we see people we know just walking around. Xi'an has a lot of different neighborhoods and Xiaoqu's yes, but still it seems that no matter where we head out too, when we head out, there is always someone there that we know. It's a great feeling to be out someplace and randomly bump into a friend.

In looking over this month's articles it seems a common theme was brought to the surface, it seems that our team, some of the readers, and even a few of the contributors are feeling the effects of Xi'an's growth. It's almost everywhere in the city from cranes and road works to new stores and points of interest we live in a city on the move and change seems to pop up with every new Starbucks and this month there have been quite a few discoveries of places that have a more personal feel, from a tea house escape in the city to a self-started cloths designer that puts passion into every creation. The city may be growing but that doesn't mean it will lose its charm.

It might be the incredibly long Spring we are having or the opening of more and more western stores and restaurants but it seems that change is on everyone's lips. It often seems that with change comes the loss of the old, the replacement of what is comfortable and our place in a particular environment, after all once your

favorite noodle shop closes and a McDonalds opens there is a loss of attachment and shared experience correct? While it's undeniable that change can bring about pain it's also imperative to examine a larger set of matrices, it was a change that brought ALL of us here, it was change that drove most of us to seek out unfounded shores on distant locations of the map, yes change is the companion of loss but it's also the driving force that has culminated in you sitting reading these words right now.

This month when you are sighing about the new buildings, shaking your head at the road construction, and gaping at the ever larger shopping centers realize that right now you have the opportunity to sit back and watch the monumental take form. Very few times in our lives will change be so physical in its manifestation, instead of feeling loss realize that this is a once in a lifetime opportunity to not only watch but actually participate in the building of the future. Yes, Xi'an is growing and changing but that doesn't mean that there is less passion in life, creativity in spirit, or humanity in action down every back street or around every dinner table.



The xianease Team

June Pub Quiz

This month's Belgium Bar/Xianease pub quiz is all about Buffalo Wings, American Burgers, Beer, and of course trivia by the Trivia master Phil. The winners from last month will be defending their title as Xi'an champs and looking to beat out everyone else to win great prizes and of course self-respect.

Date: June 22nd
Time: 7:30pm
food starts 8:00pm trivia
Place: The Belgium Bar
南门顺城南路中段69号
#69 shun cheng nan lu

Put your thinking caps on and come on down for some great food and tricky trivia!



Got something to say?
Drop us a line at

editorial@xianease.com

Also, feel free to visit our
Facebook or webpage.

Your comments and letters are welcome.



DINNER AND A MOVIE - GREASE

John Travolta Olivia Newton-John



"That's my name, don't wear it out."
In asking around to what movie we should have for June a common theme was something about summer vacation and free spirit and that wasn't a far stretch to Grease (1978).

"You can't just walk out of a drive-in"
Date: June 14th Movie Start: 7:30pm
Place: Sculpting in Time Café Shi da Road
No 41, ShiDa Rd, YanTa District
西安师大店, 西安市雁塔区师大路41号2楼
"When a guy picks a chick over his buddies, something's gotta be wrong. Come on, guys let's go for some pizza"

For more information check out our site
www.xianease.com

EXPLODING MELONS PUZZLE FARMERS



Farmers in China have been left baffled after their watermelons began to explode one by one.

An investigation by state media found farms in Jiangsu province were losing acres of fruit because of the problem.

The overuse of a chemical that helps fruit grow faster was blamed in one report by China Central Television.

But agriculture experts were unable to explain why chemical-free melons were also exploding. They cited the weather and abnormal size of the melon as factors.

China Central Television said farmers were overspraying their crops with the growth promoter, hoping they could get their fruit to market ahead of the peak season.

About 20 farmers in a village in Jiangsu province planted imported seeds from Japan, with 10 households saying their watermelons began exploding last month.

Farmer Liu Mingsuo told the Xinhua news agency that more than two-thirds of his crop had blown up.

He said he had used chemicals to boost their growth, and the following day more than 180 melons exploded.

But Wang Dehong, who has been farming watermelons for 20 years, couldn't understand why his fruit also exploded as he had not used any chemicals.

Agricultural experts investigating the incident were unable to offer an explanation.

FARMER GIVES CHICKENS 'GLASSES'

A Chinese farmer has given chickens specially made glasses to stop them fighting.



Zhang Xiaolong says his aggressive roosters have come much more peaceful since he gave them the plastic glasses.

The glasses are actually blinders which prevent the birds seeing straight ahead - making direct confrontation more difficult.

Instead they have to look around the sides which makes them more cautious.

Xiaolong, of Xiamen, southern China's Fujian Province, said: "My roosters were always fighting each other - I was losing ten birds a day.

"I was inspired by my own glasses and thought if I could just block their view so they can't see each other directly, they wouldn't have fights.

"It has worked really well. They can't attack each other so confrontations have been minimised."

DOG CALLED PRINCE IS SINGING SENSATION

A music loving dog in China called Prince has become a singing sensation.



The nine-month-old male Samoyed, whose owner Ho Xinyu, runs a pet shop said: "I was having a nap and set the alarm to a cartoon song. I was not woken up by the phone alert rings, but by Prince's singing."

Ho, whose shop is in Shenyang (capital of north-east China's Liaoning Province, added that Prince is also good for business. He beamed: "Many customers are coming because of him."

Ho continued: "He loves music with a high beat, and strong rhythm. For love songs, he usually would neglect them."

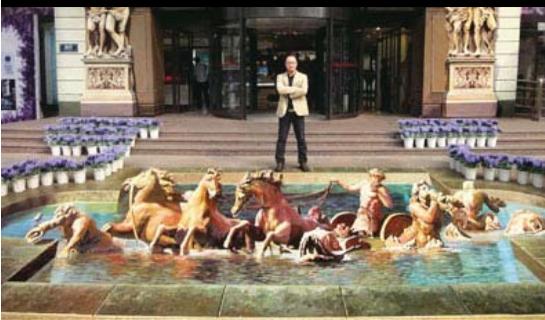
Ho said a customer offered him 6,000 Yuan (600 GBP) to buy Prince, but he refused. He concluded: "I won't sell him, no matter what the price is."

MORE 3D MURAL MAGIC

A Chinese artist, who created the world's largest 3D artwork, has created another 3D work in Shanghai.

Qi Xinghua created a 100 metre square 3D painting, the Victory Door, in front of Oriental Plaza in Shanghai, which will stay on display until next month (May).

Qi created an 892 square meter 3D painting this February in Guangzhou, southern China's Guangdong Province, and it was acknowledged as the world's largest 3D painting by the Guinness Book of Records



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HP Unveils Non-Computer For Those Who Don't Need A Computer

A customer tries not using his new non-computer.

PALO ALTO, CA—Hewlett-Packard announced Friday the release of the first-ever non-computer, a fully unusable device specially designed to address the demands of individuals who have absolutely no need to own a computer.

CEO Léo Apotheker told reporters the non-computer was a long-overdue innovation that would finally allow consumers with zero interest in computers to enjoy all the benefits of not having one.

"For too long, manufacturers have catered exclusively to people expressing at least minimal interest in what a computer has to offer," Apotheker said during a press conference. "Meanwhile, there's an untapped group of consumers out there who've been telling us for years, 'Hey, no thanks. Computers aren't really for me.' Well, as of today, someone's finally listening."

"If you've never wanted a computer, this is the product you've been waiting for," Apotheker added.

The non-computer, with its total lack of any software, keyboard, monitor, memory, or internal circuitry whatsoever, was constructed to free users from the computing functions that have historically turned off people who don't like using computers. Expected to retail for \$4.99, the non-computer, Apotheker said, is the ideal machine for anyone who can't imagine typing, surfing the web, or sending an e-mail.

Apotheker later noted that the whole non-computer, including all non-peripherals, weighs less than a pound, and that because it doesn't need a power source to charge the battery it doesn't have, the device is extremely portable.

"It doesn't matter if you're in a coffee shop, on a plane, or camping in the middle of the woods," Apotheker said. "The non-computer's inability to even switch on, let alone pick up a Wi-Fi signal, means you'll be able to not use a computer wherever you are. It's that easy."

"Best of all, you never have to worry about breaking it," Apotheker continued. "There's no data to lose or delicate parts to worry about. A non-computer works just as well smashed up into 50 pieces as it does right out of the box."

Mike Fieler, a writer for the technology blog Gizmodo who acquired an advance prototype of the non-computer, said the device could be hugely successful, especially among those who have never been in the market to buy a computer, don't know or care how computers work, totally avoid computers in every area of their lives, and may in fact be irritated by the very sound of the word "computer."

"Personally, I like actual computers as opposed to things that are not computers," Fieler said. "But if I weren't a computer user, this is just the kind of non-performing product I'd get, no question."

With its low price and utter absence of features, the non-computer may prove irresistible even to the most reluctant consumers, some of whom told reporters they were intrigued by the new product, but still skeptical that the non-computer could deliver on its promise not to compute.

"I guess I'm a little worried that I'll get it home and it'll light up or process data or do something else I don't want," Philadelphia resident Stephanie Palmenteri said. "All I need is a thing that will go on my desk and leave a clean rectangular spot on the wood when I move it every now and then."

"In the commercial, they showed a man watching television while his non-computer sat untouched on the coffee table in front of him," Aaron Mitchell, 42, said. "Pretty cool."

The non-computer may be purchased through HP's website, www.hp.com.

The Onion is an online and printed satirical paper, you can find this article and more at www.theonion.com

NOTES FROM XI'AN 西安随感

the Epic Centre of modern China

Understanding "China's Leadership Transition" and Well, Just Simply "Understanding China - Or Not"

This is just a brief Note that takes a look at a couple of articles I found to be of interest this week.

The first was Patrick Chovanec's essay a Primer on China's Leadership Transition, and the second, was Sam Crane's article Understanding China – Or Not. Patrick Chovanec is a professor at Tsinghua University's School of Economics and Management. Sam Crane, of the Useless Tree blog, is a political science professor who specializes in ancient Chinese thought

One thing seems pretty clear from Patrick Chovanec's exposition: this Chinese leadership transition is not going to be a drawn out process of "will they, won't they" politics. This will be a leadership transition that highlights just how all encompassing the Party leadership's hold on power really is, and how select the group of central decision makers actually is.

The National [Party] Congress (not to be confused with the annual National People's Congress) has 2000 party delegates. It meets every 5 years and "elects" the Party's Central Committee of 300 members, but is in reality simply ratifying (ratifies) members who have been put in place by the 24-man Politburo.

The Politburo is in turn governed by the nine members of its Standing Committee. The members of this committee are ranked in order of influence 1-9, and are in essence the beating heart of the Chinese government. At present Hu Jintao occupies the number one slot and Wen Jiabao number three. Their expected replacements, Xi Jinping and Li Keqiang, come in at six and seven respectively.

The expectation that Xi Jinping will succeed Hu Jintao seems to come from matters of both precedent and powerful influence. Xi Jinping holds the two posts that Hu himself held before becoming President, or more importantly before becoming the General Secretary of the Party's Politburo Central Committee. The position of President, Head of State, is in essence a ceremonial consequence of being Head of the Party.

The two working roles that Xi Jinping currently has are those of Head of the

Party's Secretariat and Principal of the Central Party School. We only need take a quick glimpse at the remit given the Secretariat to understand the practical consequences of Xi acting as its head during the run up to this handover of power. The Secretariat is the Party's main administrative bureaucracy, which includes the Department of Central Organization, a body that has control over all recruitment of personnel within the Party, and all senior figures within the State and the Army. Xi needed influential patronage to get into these positions in the first place, but once there he does seem to have a lot of scope to control the members that surround him.

It seems clear that we will not have to wait until the National People's Congress in March 2013 to know that at that moment Xi Jinping will become the next President of China. In all likelihood, it would be more interesting to see who of the new generation of leaders will take up the other 5 or so seats on the Politburo's Standing Committee, given that apart from Xi Jinping and Li Keqiang the other Committee Members are all due to retire. It might also be more intriguing to follow the influences that press on all those in positions of power within the Party and the State, than it will be to see who sits at the head of the Chinese Government the year after next.

Now, turning to Sam Crane's piece (Understanding China – Or Not) and the question he posed - "Is it possible for non-Chinese people to understand China?": a response to Vice-premier Wang Qishan's recent emotive comments that China is difficult to understand and that Americans are a simple people.

We can analyze and discuss this interpretation from a multitude of different angles, and people have undoubtedly been doing so ever since Wang Qishan made those remarks. But, I must say that my first response to Wang's comments was one of amusement, and my second, that he was right. Not in any derogatory sense vis-à-vis Americans and their supposed simplicity, just that a different way of looking at life exists in China, and that the majority of Americans, and numerous other countries' peoples, do not know a great deal about China's diversity,

multifaceted history, culture and everyday viewpoints. Thus, when we are still coming solely from our own perspectives it is difficult to understand China.

Of course, this is not to say that China is a homogenous whole where all people agree on what it is to be Chinese. It is also not to say that non-Chinese cannot gain some understanding, and in some cases a deep understanding of what it means to be Chinese and what China is. Sam himself did note that there are "common threads that run through various aspects of China" which we can all recognize, but also emphasized the "disjunctions and contradictions" that makes truly understanding what China is very difficult even for the Chinese.

I would suggest that this does not however negate the fact that interior knowledge (knowledge generated from within a culture or by members of that culture) offers greater insight and understanding of what China really is. In fact, greater exposure to these disjunctions and contradictions is, I would say, certainly needed to work out what the devil this country is all about. Again, this is of course not to say non-Chinese cannot develop an understanding of this, but it is much more difficult without concentrated first-hand engagement or concerted effort. Something the vast majority of peoples from America and other countries are not getting.

An extended version of this Note, with links, can be found at notesfromxian.com



By Richard Frost you can read this and more at his blog

www.notesfromxian.com

Paintball it does exist!

Article by XIANEASE

Featured

Featured

We tried this once before and it turned out to be all welts, mud, and a bit of crying (we won't say who) and so it wasn't without a bit of trepidation that the team once again mounted the xianease-mobile and headed south to investigate a hot-tip about paintball... yes paintball, a pastime that's about hunting, shooting, and laughing at your friends as they lay on the ground, usually in pain and covered in...well paint, it's something of an obsession with the team since our last failure in finding a place and while it would be great to say that we persevered and hunted down our query with vigor and determination...but no...really we sat around and whined to our friends until one of them happened to have a lead (by lead we mean they said it was "AWESOME" and gave us the business card) that was easy to follow.

Anyway back to the story, so after calling them on the phone and setting up an appointment it was South-Bound-and-Down for us in the little xianease BYD-with hesitant expectations and planned disappointment. The first pleasant news was when we saw that it wasn't actually that far from the city, just a bit south of the East Third Ring Road. The second bit 'o joy was

finding that they actually had paintballs, they do also have those little hard plastic balls but the team steered away from them after what happened to us last time (one of us ended up face down in mud crying with welts all over our back).

Getting out of the car we found ourselves in a wooded area apt for a foray into the dark world of paint splattered battle. The excitement was growing and when we went into their reception framed by military paraphernalia, weapons, and knives it was almost reassuring in the feeling that we had arrived at the right place. Upon meeting the owner he is an enigmatic man who used to be a soldier has retired and now spends his time impressing the weekend warriors with his shooting ability, survival knowledge, and all around jovial demeanor. All in all he was a good guide to show us around the weapons, the fields, and the rules.

First off the weapons, these were not the paintball rifles you used back home (most likely they don't have that funny urinal looking thing on the top and the spindly barrel and stock. The rifles were replicas of US M14s (if you don't know what that is just picture an M16 but shorter...if you don't know what an M16 is...google it), they are almost 100% accurate in that they are magazine fed, gas activated (not the same way of course), and weight proportionate, where they differ is that with this one shooting your friends is hilarious and doesn't involve 25 to life in prison. For those of you looking for a bit lighter they also have a pistol that looks like a more traditional paintball gun but isn't any less potent (speaking from experience on that one).

some targets it was off to see the courses, and these bad boys didn't disappoint. They have three fields one CQB (Close Quarters Combat - means buildings and urban fun), a mockup of the initial Counter Strike Video Game (apparently it's pretty cool because the team squealed with delight at this one), and a massive forested battle field with trenches, trees, trails, towers, and defilade (an amazing field that can hold teams of more than 30 on 30). Their courses are great, so great in fact that the Xi'an police and a few military units use them for training.

The team hid, ran, shot, and yelled for about two hours and by the end we were all covered in paint, smiling, and feeling great overall it was a great day in an amazing location. The only downside that we could come up with was the price, it's 148.00 RMB for one hour of course time and 40 paintballs, in other words it's not enough time or ammunition but more of both can be purchased.

On the way home when all of us were getting sleepy (except the driver of course) we all got thinking about the June issue and since we had such a great time we decided that this place would make quite an event for the month, so check out the ad in the beginning of the magazine or on our website and sign up!

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 Phone: 13309183356/13700292800
 E-mail: tiaozhanzhejiao@163.com
 Website: www.kissingblue.com

Question or comments about activities around Xi'an contact Patrick at patrick.antony@xianease.com

After a familiarization fire at





Get more Chuck Norris facts at www.chucknorrisfacts.com ... if you dare...

Chuck's used boxers are used by North Korean to enrich Uranium

When Chuck Norris watches a chick flick it is considered manly

Chuck Norris knows how The Never Ending Story ends

Chuck Norris doesn't cry. He kicks out the excess of water from his body through his eyes.

Chuck Norris can choke a man with the cable of a wireless phone.

Chuck Norris can describe what air feels like

Chuck Norris can make a dog sweat

Chuck Norris won a Spelling Bee with sign language

Our universe is expanding, as galaxies flee from the wrath of Chuck Norris

Chuck Norris only uses stunt doubles for crying scenes

Chuck Norris had a paper route when he was a kid. There were no survivors

Chuck Norris sailed the 7 seas without a ship

Chuck Norris CAN live If living is without you

Stop signs were invented to keep you out of Chuck Norris' way

Chuck Norris does not get frostbite. Chuck Norris bites frost

Chuck Norris can buy a Sad Meal at McDonald's

Ghosts sit around the campfire and tell Chuck Norris stories

Fear of spiders is arachnophobia, fear of tight spaces is claustrophobia, fear of Chuck Norris is called Logic

Once the cop pulled over Chuck Norris....the cop was lucky to leave with a warning

Chuck Norris grew a beard at the age of eighteen. Seconds

Death once had a near-Chuck Norris experience

When Chuck Norris plays pac-man the ghosts stay in their box

Chuck Norris can speak Spanish in three different languages

Chuck Norris doesn't fold paper airplanes, he folds airplanes into paper

If Chuck Norris is late, time better slow the hell down

Chuck Norris can unscramble an egg

Chuck Norris once stabbed a knife with a human being

Chuck Norris can moonwalk forwards

Chuck Norris' wristwatch has no numbers on it. It just says, Time to kick ass

Chuck Norris puts the laughter in manslaughter

Chuck Norris once killed a bird by throwing it off a cliff

Chuck Norris won a staring contest against his reflection

When Chuck Norris exercises, the machine gets stronger

Chuck Norris has to maintain a concealed weapon license in all 50 states in order to legally wear pants

When Chuck Norris answers the phone, he just says "Go". This is not permission for you to begin speaking, it is your cue to start running for your life

Bill Gates lives in constant fear that Chuck Norris' PC will crash

Chuck Norris was about to send an email when he realized it'd be faster to run.

Chinese-Style Barbeque

Article by Stephen Robinson

Read this article and more at ciafl.wordpress.com or contact Stephen at stephen.robinson@xianease.com



Chinese Barbeque

The Seasonings

1 tbsp. – salt 盐
2 tbsp. – cumin 孜然
1 tbsp. – red chili powder 红辣椒粉
1 tsp. – MSG (optional) 味精
2 tsp. – Black Pepper 黑胡椒

Meat Options

Lean Meat瘦肉 (beef, lamb, pork) – 20g per skewer
Chicken Wings鸡翅 – 2 per skewer*
Firm Tofu豆腐 – 3 - 2cm-thick pieces per skewer
Small Sausages香肠 – 3-4 per skewer*
Cartilage (yum!)骨肉 – 20g per skewer

Summer has definitely arrived in Xi'an and now is the perfect time to kick back and enjoy the warm weather. One of the most popular activities for summertime fun in Xi'an is to gather around short tables on short stools and feast on little bits of barbeque while knocking back a few cold beers. The Chinese-style barbeque that we all know and love comes from the Central Asian tradition, where nomadic tribesmen skewered bits of meat on daggers and roasted them over open fires. As those nomads moved east and raid the early cities of China, they left behind the cooking technique and technology for making barbeque.

Now, most of you may be asking, "Barbeque is everywhere, why would I make it myself?" Well, maybe you want to have some Chinese friends over and impress them with your Chinese cooking prowess. Or perhaps

you want to go out to one of the many scenic spots with outdoor grills, such as Weiyang Lake, and enjoy a nice barbeque without being ripped of by the barbeque peddlers there. Or maybe, you want to control your ingredients, make sure that everything you are eating is of high-quality (i.e. no rotten meat). Whatever your reason, you should try this at least once, and perhaps you will like it and want to try again.

A quick note about the skewers themselves, you should be looking for metal skewers that are wide and flat. Round skewers will make you food spin and cook unevenly and wood skewers have to be soaked before hand or they catch on fire. Invest in a set of nice quality skewers, which really isn't all that much money, and you'll have a much better barbeque.

Directions:

1. Prepare your ingredients. Cut meat pieces as evenly as possible for even cooking.
2. Skewer your food. Use two skewers for things like chicken wings and sausages to keep them from rolling around. Keep one type of food to each skewer so that everything can cook evenly. Place everything on a tray or wrap them up in plastic wrap if you're travelling to barbeque.
3. Build your fire. Charcoal is a requirement here, though wood will work just fine if you have it. Gas gives no flavor, so if you use gas your barbeque will be missing something.
4. Cook the food. You can roast the meat directly over the flames, but avoid banging the stick around like your barbeque shop guy does. That just gets ash all over your food from flame-ups. Chicken wings should be started over indirect heat (i.e not over coals) and then moved over the coals to get that nice crispy exterior. Sprinkle a little of the seasoning over each piece of meat as you cook them. Each food is going to have its own cooking time, so you can move things off to the side after you've finished and keep them warm indirectly or you can go ahead and serve.
5. Repeat process until all the food is gone or you are no longer sober enough to continue cooking.

Xi'an Top Five - Bakeries

Article by **Stephen Robinson**

Sometimes living in China can be tough. Different language, different attitude, and different food. Sometimes you just want to sit down and tuck in to a taste of home. A nice soft piece of bread, maybe in a sandwich, or as toast, or simply warmed up with a bit of butter. Xi'an offers many bakeries throughout the city, but some of these can be ... misleading. Well this month on the Top Five, we will steer you towards some of the better choices for bread in the city.

5 Subway (赛百味)



I know, Subway is not exactly a bakery. However they do make bread fresh every day, and it is some very fine bread at that. Subway has four different varieties of bread, White, Wheat, Honey Oat, and Parmesan. They also offer a selection of cookies that are very good and also are baked fresh daily.

4 Metro (麦德龙)



Metro is better known as a place to buy various imported goods, like cheese and alcohol. But there is also a bakery section, nestled into the back near the meat department, that offers a decent selection of breads, and also offers pita bread, which thus far has been the only place in the city to do so. Next time you are in Metro, give some of the breads a try.

3 Bread Talk (面包新语)



Ok, now for a real bakery. Bread Talk is a Taiwanese brand that specializes in East Asian novelty desserts and fresh baked bread. Many of the dessert are based on Japanese creations, like their An-pan, a green tea flavored roll with red

bean paste filling. There are locations in several parts of the city, including Fen Xiang, near Bar Street, and at the Luo Ma Shi Walking Street. Prices for each individual bread will vary, from 4RMB to more than 20RMB, there is something for everyone's budget.

2 Ding Da Fang (丁大房)



One of the best kept secrets in Ming De Men, this small bakery was opened by another Taiwanese family, though this one is family owned. Due to the large population of foreigners in Ming De Men, they offer several different things that you may be missing, such as bagels, doughnuts, and egg salad sandwiches. Many of these things begin to sell out in the morning, so it might be good to try and get there early.

1 C'est La Vie (塞拉维)



C'est La Vie is probably one of the newest shops on the list, but they have certainly made a big impression. Since their opening, the bakers of this shop, who were trained by a German professional baker, have been turning out some of the best bread in Xi'an. Everything from hearty multi-grain breads to light fruit pastries, this shop does almost everything. They also offer a selection of chocolates, and drinks, including coffee and tea. With free wireless and comfortable chairs, C'est La Vie is a nice place to just sit and relax for and afternoon enjoying a really fine piece of bread.

Do you think you know better bakeries than these? If so, send an email to Stephen.robinson@xianease.com or go to ciafl.wordpress.com and leave a comment.

Xi'an Top Five - Massage

Article by **XIANEASE**

This month we looked around and found that while there are practically massage places on every street in the city it's not easy to separate the wheat from the chaff. While we are not saying these are the absolute best around the city just of the ones we checked out. All of these places have at least a modicum of English ability and are pretty on par for cleanliness and service.

5 South Gate: Jing ya xuan 静雅轩足浴保健



Price: Starting at 88 RMB

Located just between Xiangzimin Hostel and South Gate this place has been a favorite for many years. It provides an English menu, clean rooms, and good prices.
Address: #18, xiang zi miao jie, West side of south gate
碑林区南门里湘子庙街18号
Phone/电话: 029-87265200
Hours: 11:00am - 2:00am

4 City Center South Street: Big Feet Ancestor 大足神农



Price: Starting at 88 RMB

A franchise around Xi'an it specialized in foot massage they are conveniently located for those after dinner, after shopping, after bar street nights. It's huge store front and door greeters makes this a hard place to miss.
Address: #109, Xi mu tou shi (just behind the DQ and Dunkin' Donuts)
地址: 碑林区西木头市109号
Phone/电话: 029-87280068
Hours: 11:00am - Midnight

3 Gaoxin: Ri Yue Tan 日月潭足道



Price: Starting at 68 RMB

As the name suggests it's specialized in foot massage but also offers body and medical massage as well, it's low price make up for the less than dazzling interior though it's really not that bad either.

Address: 3F, Meigui building, #25, keji road
地址: 高新区科技路25号玫瑰大楼3楼(近葡国餐厅)
Phone/电话: 029-88338586
Hours: 11:00am - 3:00am

2 Gaoxin: Liangzi Foot Massage 良子健身



Price: Starting 138 RMB

A high end place that offers a variety of massages in a clean and bright atmosphere, they have an English Menu and some of the staff speaks a bit of English. It's a bit more expensive but they trained and knowledgeable staff makes this a great experience.
Address: 4F, A Building, chuang ye square, keji road, Gaoxin
地址: 高新区科技路创业广场A座4楼
Phone/电话: 029-87250000
Hours: 11:00am - 1:30am

1 Big Goose Pagoda: Bai Cao Tang Health Center 百草堂足疗中心(小寨西路店)



Price: Starting at 68 RMB

Probably the most famous massage place in Xi'an (for the locals that is) this company has several locations around the city but their flagship location is this one. Anytime day or night you can head in there for a great massage for not a lot of money and coming out feeling like a new person.
Address: #109, xiao zhao xi lu, yan ta district.
地址: 雁塔区小寨西路109号
Phone/电话: 029-82077058
Hours: 24 hours

Every month we try to bring you a list of top 5 things around the city. Do you have a top 5 list? Contact us and get it in here and let others Discover Your Xi'an!

LUNA'S COLLECTION

Article By Kristen Zhou



No matter what city you are in or where in the world you are, after a while it's inevitable that you start thinking that you know all there is to know about the place, but every once in a while the city will surprise you and move you, a hidden gem discovered when you least expect it and this past month it happened to me in stumbling upon Luna.

This is a cozy fitting room rather than a shop, it's hiding inside a normal compound named Xin Xi Lan on Gao Xin 4th road just across the road from Starbucks. The owner is a pretty girl with an artistic temperament who studied fashion design in Germany. She was enthusiastic to show me everything in her little store, obviously this place is her island where she keeps her treasures hidden. She has transformed her shop into the embodiment of who she is and nothing was left untouched. From walls and decoration, to the display cases and shelves she has designed and created everything. The highlight of her shop is the shoes, accessories, and clothing all of which she has designed and produced.

She helped me to try on every pair of high heels she had

there and as I was trying them all on she would tell me the story behind each pair as if each had its own personality. Beyond that they were amazingly comfortable like I wasn't wearing high heels at all.

The fitting room is the center of the store design with big mirrors, a delicate carpet, it is where all customers are warmly welcomed by the owner not a shop girl while you try on any pair of shoes that strikes your fancy.

This is her own way to live her life, she expresses herself through her high heel designs, and she hopes that every woman who wears a Luna original has a clear attitude about her own life, self-confidence, sensibilities and intellect!

Shoes priced from 399 RMB - all shoes are either leather or suede.

Accessories are 50 RMB on average

She can also tailor make shoes and clothes for you (takes about a two months or so)

Address: Xin xi lan compound No.1 building 605, Gao Xin 4th road, Xi'an

Tel: 029-84382485

Shop on Tao Bao: http://store.taobao.com/shop/view_shop.htm?nekot=wrBeyMPA0Kw=1305257259945&user_number_id=695591989&mytmenu=mdianpu

Website: www.nishanglc.com

Opening time: 11:00am - 8:00pm

Blog: <http://blog.sina.com.cn/u/1998232445>

Weibo: <http://t.sina.com.cn/1998232445/profile>



Refreshing Summer for Men

A bit ago I was telling my female friends about the H&M opening in Xi'an and a guy friend of mine (who will remain nameless) showed a lot of expectation about it as well. He once even asked me to give him some advice of how to dress. That got me thinking, while many men may not be a fanatical follower of fashion, they do need fashion (some more than others!).

When I'm walking on the street I always see girls dressed properly stylish but it's really rare to see a man dressed fashionably. Here's a simple standard I think for men's style, don't dress like you just jumped out from fashion magazine but be clean. If you'll have a date, she most likely prefer you to be wearing neat and clean clothes over fashion brands. (By the way: Never Never Never wear shirt and pants in same color! Unless you're want yourself looks like a moron)

They say men are more visual learners so the other day I went online and downloaded some pictures that caught my eye: linens, light colors, and simple designs. Maybe this summer you should set your colorful t-shirts aside, and bring some fresh air for the people who love you.



Open NOW

Location: Vivo city 怡丰城

Address: Tai Bai south street beside the 2nd ring road on the north west corner

You can contact Kristen Zhou at:
Kristen.zhou@xianease.com



Scary statue!

Not just a card game

Article by Deborah Howard

Have you tried to play the Three Kingdoms Card game yet?? I have – on several occasions and have been totally confused every time! However, despite being the most difficult game to understand it does have a sort of basis in history, and a bit of history we Xi'an-rens can share.

Zhuge Liang, one of the characters in the game and one of the top military strategists for the Shu Kingdom during the Three Kingdoms period, ran a northern campaign to capture Chang'an. The outcome of this is that there is a temple at QiShan (岐山), outside Baoji, not too distant from Xi'an for you to visit. Zhuge Liang managed to capture QiShan and from here launched two unsuccessful forays into capturing Chang'an.

Wuzhangyuan Zhuge Liang Temple is in the country, so travelling there takes you through villages and farmlands – always refreshing after a couple of months working in the city. The temple itself was constructed in the Yuan Dynasty and has remnants and rebuilt sections of the original. The Door of

the Mountain, Drum Tower, Bell Tower, Hall of Worship, Eight Diagrams (Daoist) Pavilion and the Main Temple are open.

Part of the temple is in caves, which makes it more interesting to wander in. One of my favourite ever sculptures is here – a hands and eyes sculpture that would be handy for scaring naughty children!

Zhuge Liang has been credited with inventing the mantou (馒头), landmines, crossbows, the original wheelbarrow, the hot air balloon and the mysterious Stone Maze near Baidechang, a Chinese form of the Oracle. Various stories about his origin abound, but the one most accepted seems to be that he was an orphan who aspired to be a Confucian scholar, but being brought up by his uncle, a merchant, he was refused entrance into the exams. He went to work with Liu Bei and became famous as a military strategist. Zhuge Liang is sometimes called WuLong (Crouching Tiger) – and I'm not sure if this was a link to the famous movie or not! Previ-

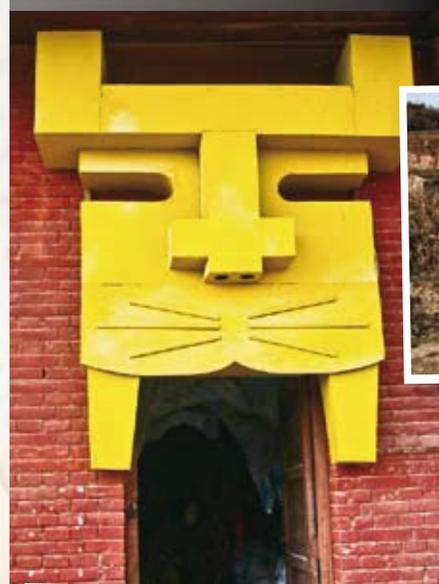
ously when Chinese people wanted to describe the intelligence of their children they would mention Zhuge Liang, much the way we mention Einstein.

One of the interesting statues is the "Falling Star" statue, holding the remains of a meteorite, said to have fallen when Zhuge Liang



Fallen head of stelae

Modernised entrance to Zhuge Liang Temple hall



Local village near Zhuge Liang, QiShan



Longzhao Pagoda Tree



Horizontal tree



View from Zhuge Liang temple



Entrance to Wuzhangyuan Zhuge Liang Temple

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

died. If you are interested in statues and calligraphy there are some excellent examples of Yue Fei's calligraphy detailing Zhuge Liang's Chushibiao – his advice to the Emperor prior to going to war.

The Temple also holds statues commemorating the "King of Medicine", Song SiMiao, from the Tang Dynasty. Keep an eye out for some cool Chinglish as well!

I like the preservation of old trees and here we have a couple of good ones. The Longzhao Pagoda Tree (龙爪), planted in the Ming Dynasty is about 480-500 years old and has been decorated with red streamers, evidence of prayers and hopes for the future. Another tree is so old it has tilted to form a long low horizontal trunk, held aloft by bricks.

Around the Temple is interesting as well. A small cemetery invites a bit of wandering, the views across the farmlands are peaceful and if you are lucky, prove that you can see distances in China.

To travel to Zhuge Liang, head to Baoji and from Baoji catch a bus to QiShan and from Qishan take local transport to Wuzhangyuan. Alternatively, in Baoji, visit a tourist agency and catch a bus directly to Wuzhangyuan. Hotels are available in Baoji and make it easy for you to visit Famen Temple the next day. Local farm food is available around Wuzhangyuan, or you can return to Baoji and eat in the markets, hotels or restaurants that are everywhere. Xi'an tourist agencies can also organize day or overnight trips for you.

钟鼓楼 Bell Tower
 南大街 South St
 杰清比利啤酒吧/杰清庭院 The Belgian Bar/Liano's backwaters
 南门 South Gate

西安市南门顺城南路中段69号
 (南门里东侧100米处)
 Shun Cheng Nan Lu 69# Xi'an
 (East Side Inside The South Gate)
 T: (029) 8725 6656 / 132 0167 2369
www.belgian-bar-xian.com

Restaurant Review

Article By Amy Edwards

Bierhaus

As Xi'an has reached summer and the nights are becoming barmier, I envisioned myself sitting in Beirhaus beer garden (a rare commodity in China) watching the world go by on Yanta Xi Lu with a quality ice-cold beer and some good food. All of the above is totally plausible; but alas, on the night we visited, the heavens had opened. Instead we had an equally fantastic cosy night inside, surrounded by ambient lighting, interesting décor and, of course, a quality ice-cold beer. As the rain poured outside, we snuggled ourselves into a corner and transported ourselves west-ward for some tummy warming comfort food.

I'm often a bit wary of western food restaurants in China, they can sometimes be a little overpriced for low quality food and I leave feeling I would have been better going 'local'. Thankfully this is not the case with Bierhaus. I've been a couple of times now and each time my concentration flits between total absorption in the tastiness of my plate and simultaneous coveting of everyone else's dish.

The menu is reassuringly simple, with standard accompaniments of Sauerkraut and potatoes (mashed or pan fried). With sausages and hunks of meat that are rich in quality and taste, and Lagers and Wheat Beers that leave even the most seasoned beer guzzler prematurely lightheaded; when you step through the doors of Bierhaus, you vacate China for a little while.

We ate the Mixed Platter, with crispy pork knuckle, juicy roast pork, a substantial meat loaf and tasty meatballs. Our other dish was a new special of Frankfurter, White veal and Nurenburger trio of sausages on a bed on mash potato and sauerkraut with nose stinging mustard. Luckily we were easy going about sharing, as the temptation of the other's food was too much for either of us to resist. Loosening our belts by the end of the meal, we over-indulgently (and with not a single regret) devoured an applestrudel to share and rolled our way out of the restaurant.

Bierhaus is a treat and perfect for celebrations. The inside is a good size with ample room for fellow patriots, but without the conversation killing noise of larger restaurants. The beer garden is green and leafy with quaint nods to authentic-European style in the form of a wooden patio and sun umbrellas. Dropping by for just a drink is welcomed and I intend to do just that as the Xi'an summer temperatures begin to soar.

Prices range from 69RMB – 115RMB for main courses and the quality more than justifies the price. Some of the smaller snacks and starters provide a perfect addition to a late afternoon drink with appetizers.



By Amy Edwards - Amy has lived and worked in Xi'an for about a year working as a VSO, teacher, and now restaurant reviewer. You can read more about Amy on her blog <http://amzmiesu.wordpress.com>



Tel: 029 – 8543 0602

Address: NO.6, Tong Yi Fang, Yan Ta West Road, Xi'an 地址: 西安市大唐通易坊雁塔西路6号

Foe More Information: <http://www.bierhauschina.com>

Stu's Corner

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

1 I've been thinking about getting a tattoo. Where is a good place to get a good tattoo done?

One of best known and best skilled tattoo artists in Xi'an has a shop in Xiao Zhai, in the mall opposite McDonald's. The shop is called *Da Hei Tian* (Stormy Day) and the artist has long hair. It's down in the basement level where there are lots of girly bits 'n' pieces and the guy is usually either at work in his small shop or drawing designs outside.

The guy designs all of his own work, or can copy a design that you take to him. He is very serious about what he does, so if you ask him to design something, he may take a few days and will have three or four fantastic designs waiting for you. He is a true artist and he takes hygiene and cleanliness very seriously, as any good tattoo artist should. He can do any size job from small 30 minute jobs, or session work. Now, you may have to pay a little more, but you can expect quality, and since you will have the tattoo your whole life, then it is a small price to pay. Look for the design of a girl with a koi carp and water lily over her stomach! Amazing!

2 The mosquitoes are starting to appear again. How can I get by the summer with the least bites possible (hey, you will get bitten at some point!)?

Xi'an has its fair share of mosquitoes and no doubt you are reading this right now with a bite or three on you already! So, how can you beat these pesky critters?? Well, follow this eight step guide to avoid bites this year:

- Mosquitoes bite mostly in the morning and at dusk. Those wearing lighter colour clothes get bitten more.
- Keep a rigid 'slap on sight' policy. Take no prisoners! If you aren't sure that a mosquito is dead after slapping it, feel free to slap it again.
- Mosquitoes usually fly low to the ground, so cover ankles and legs.
- Always keep your window net shut when airing the room. The mosquitoes will lay eggs in any standing water/drains in your house, so you'll get a constant supply if you are not careful.
- Bleach your drains and sinks regularly.
- When going out, a really good repellent is the green spray in clear bottles which is sold in supermarkets here. It's called Hua Lu Shui – mosquitoes can't stand the stuff and won't come near any part of your body where you have sprayed. It is cheaper and more reliable than expensive western repellants.
- By the plug-in repellent. Plug it in your bedroom an hour before you want to go to bed and leave the bedroom door open. Any mosquitoes hiding in your room will fly out and when you go to bed, simply close the door and you'll have a mosquito-free sleep.
- While away the hours with a battery-powered bat. While mosquitoes are biting you, they think it's hilarious. The boot is on the other foot when you've got one of these things. 9v of battery soon wipes the smile off their face! Good luck, team.

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“Shí nián shù mù, bǎi nián shù rén。”

It takes ten years to grow a tree, but a hundred years to bring up a generation of good men



The tree is used as a metaphor for spending a lot of time on training talents and self educating

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

BALANCE YOUR LIFE

Article by **Lucinda Liu**

Life never gets boring when there are things to do and so for my first article in xianease magazine I wanted to bring you all to places of interest to me. For me I am interested in reading, dancing and learning Tai Chi Chuan.

drinks and abundant amounts of sunshine. With both cold and hot drinks starting at 4 RMB you can grab a seat and read all day (even without buying the book).



Shaanxi Library

First off books, the Shaanxi Library at the intersection of Changan Rd and Second Ring Road South has a great variety of books in quite a few languages. Altogether they have roughly 60,000 books in English, French, Spanish and German, though most are literature, economy and social science in English. The good news is that it is totally free. There is a 400 RMB deposit for the card, which is fully refunded when you cancel your card. To apply for a library card be sure to bring along your passport.



Jiahui&Hantang Book City

Another great place for grabbing international books is in the Jiahui&Hantang Book City Xiaozhai (just north of the library actually). The North side of the second floor is the spot for English novels and Japanese, French, and German language learning materials. While their selection doesn't compare with the Shaanxi Library, the 3rd floor of Book City does have a nice little café with seats,



Salsa Mania Dancing Club

A tranquil lifestyle sometimes makes me long for an active one. Actually I shift between the two life styles almost on a daily basis. So when I'm not reading I'm usually out doing "something" and lately that "something" is dancing. I frequent the Xi'an Salsa Mania Dancing Club, in the Yangming International building just beside the Jiahui&Hantang Book City in Xiaozhai. They have Latin, Salsa, and even traditional Chinese Dance classes almost every day. Fitting with the name they are particularly proud of their Salsa classes and parties, in fact members of this Club hold a Salsa dance party in the Habana Bar inside the Sofitel every Friday night. It a great place that doesn't even cost much money, dance classes range from 280 RMB per month for 8 classes to 600 RMB per month for 24 classes.



Chenquan Zhong Tai Chi Chuan School

From tranquil reading to passionate dancing a good transition for me is Tai chi chuan. Although categorized as a martial art, tai chi chuan is most renowned for its health benefits. It is an embodiment of the Chinese philosophy of harmony, which improves the balance of one's figure and mind. One of the most health-friendly schools of Tai chi chuan is the School of Chen, which is a location inside the Shaanxi Provincial Stadium, Changan North Road (just opposite the library!). To attend is about 600 RMB per month, but varies according to the required classes and learning speed of

each individual.

Dancing keeps my passion for life, reading nourishes my peaceful state of mind and learning Tai Chi Quan brings me harmony. My life never gets boring how about yours?

For a complete word list check out: <http://www.chenjiagou.net.cn/html/taijiketang/2010/0609/222.html>

Word List for the Tai Chi Chuan of Chen (Old Frame, First Routine, Lao Jia Yi Lu)

1. 高探马 (Gao Tan Ma)	Patting the Horse's Back
2. 搂膝拗步 (Lou Xi Ao Bu)	Holding Up the Knee, Stepping To Both Sides
3. 单鞭 (Dan Bian)	Single Whip
4. 倒卷肱 (Dao Juan Hong)	Stepping Back and Wrapping Upper Arms
5. 白鹤亮翅 (Bai He Liang Chi)	White Crane Spreads Wings
6. 闪通背 (Shan Tong Bei)	Turning Back With Arms Twining
7. 野马分鬃 (Ye Ma Fen Zong)	Parting the Wild Horse's Mane
8. 白鹤亮翅 (Bai He Liang Chi)	White Crane Spreads Wings
9. 闪通背 (Shan Tong Bei)	Turning Back With Arms Twining
10. 云手 (Yun Shou)	Rolling Hands Through Clouds

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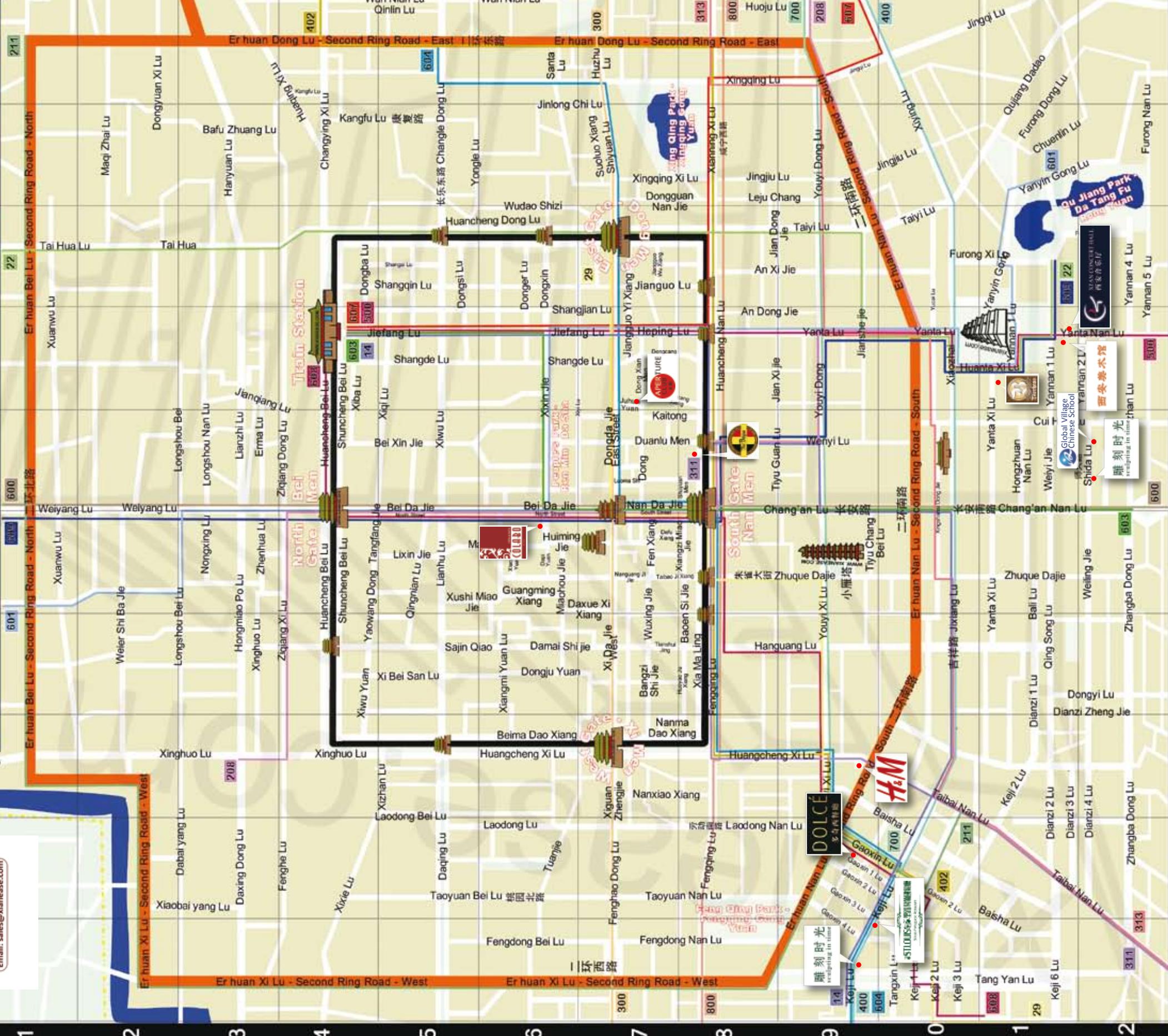
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- Drum Tower
- Big Wild Goose Pagoda
- Small Wild Goose Pagoda
- Shaanxi Provincial Museum
- Trainstation

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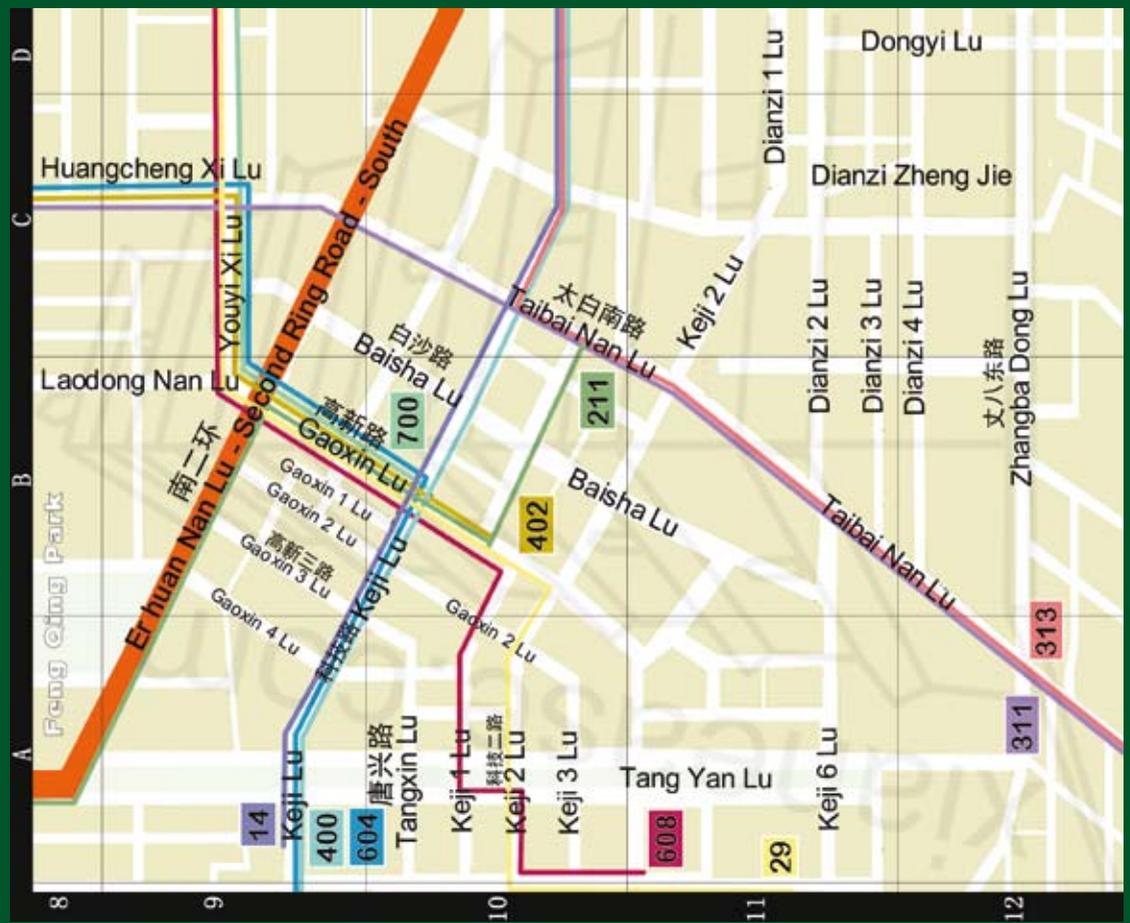


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GAOXIN (HI-TECH ZONE)



Thinking of drinking?

Article by Charlene Ho



Hot water, no doubt, has been a standard offer since arriving in China. Hot water for drinking that is.. yes, drinking hot water. Why? Most Chinese people, will give you the same answer: "It's good for your health." Not surprising since most liquids the Chinese do drink are hot, such as tea or soup. The reason for drinking water is simple, to hydrate the body since it effects human performance, health and well-being. All of the body's physiological processes are conducted in a fluid-like environment. In China, the habit of drinking hot water may have originated from the traditional need to boil water before drinking it to remove germs, the practice still being performed today. According to the National Academy of Sciences, Food and Nutrition Board (USA) there is no recommendation for fluid intake. Guidelines for drinking water quality, (hygiene and germ-free) by the World Health Organization (WHO) only state for several countries the intake per capita, not specifically about temperature or amount. Most of the scientific literature focus on exercise hydration loss/gain and maintenance of athletic performance. Ingestion of cold drinks have shown to influence body temperature when exercising in a warm or hot environment (Lee et. al., Med Sci Sport Ex 2008). A study on polyphenols, the antioxidants, in black tea consumption, was examined using intake of hot water as the control. No significant differences between tea and hot water drinkers were shown for specific immune proteins (Hodgsen et. al., EJCN 2001). Regardless of temperature, drinking water should be a habit, especially during the rising temperatures of summer. However, the next question would be the source of water to consume, coffee, tea, juices, carbonated beverages, (or beer)?

Community

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INTERVIEW

SAJIDA TURSUN

Xe: Thank you for sitting down with us today, first off give us a brief introduction of who you are and what you do in Xi'an?

ST: My name is Sajida Tursun, I'm a Uygur from Kashgar, Xinjiang. I've got my MA in anthropology in Shaanxi Normal University, and I'm going to do my Ph.D. at Lanzhou University soon. I've studied Chinese since I was 5 year old, and came to study at SNU since 2001. I'm an easy going person. Since I grew up in an multi-cultural environment, I have great interest in knowing more about different cultures. I want to say Hi to all the Xi'anese readers (including our students).

Xe: Why did you choose to open a language school?

ST: Firstly, I'm an anthropology major, so I love to learn more about different cultures. While teaching Chinese and making foreign friends, I feel I can learn many things from them while getting to know their culture. Secondly, there are a lot of Chinese schools in big cities such as Beijing and Shanghai, but in 2006, there weren't any professional Chinese schools in Xi'an. This was the key reason I wanted to open a Chinese school, because I knew Xi'an would attract more foreigners with its rich cultural and historical setting.

Xe: As we know there are many HSK school in Xi'an, and what makes Global Village different?

ST: As we know, speaking a language doesn't mean that you can teach it very well. To speak a mother language is a natural process for us, but when you

learn foreign languages, you should begin with pronunciation, vocabulary, grammar and so on, so teaching Chinese is actually not an easy thing to do. Global Village's biggest asset is our professional teacher team. Our teachers have long term training before they teach. We are very strict in hiring teachers, too. Because teachers should speak only Chinese in class, they must speak standard mandarin Chinese, must have personality, and to be able to look at different cultures objectively and so on. A degree on teaching Chinese doesn't always guarantee a charismatic teacher.

I don't know too much about other HSK schools in Xi'an, because the most important thing for me is to find efficient ways to teach Chinese, and make students learn faster. So from 2006, Global Village has been looking for a more rational and efficient teaching methods, and we will keep looking.

Xe: Learning Chinese seems a big task for foreigners, do you have any advises or methods to guide them?

ST: Well, students from different countries may suffer different problems leaning Chinese, from pronunciation to using their native languages syntax while speaking Chinese. But I want to emphasize the importance of pinyin here. A lot of students spend less time on it, thinking that it's not very difficult to read. But pinyin is the key to pronunciation and the base of learning Chinese. After pinyin, students should begin to learn easy daily Chinese. When students arrive at to the HSK (Chinese Proficiency Test)

level, then it's necessary to start learning more advanced grammar structures and do a lot of listening practice.

Xe: What do you find the most challenging and how do you surmount those challenges?

ST: I think facing challenges always means making progress. Sometimes we have difficulties with new students getting used to Chinese style. To learn a language, it's not enough to just learn new words, you must learn a new way of thinking. You'll run into culture differences here, but we have years of experience in confronting these types of problems with students from many different countries. And another challenge is that we still don't have a perfect way to let everyone know about our great school!

Xe: What are your future plans for Global Village?

ST: We are planning on expanding our business and cooperating with certain foreign organizations. But the most important thing is to enhance the reputation of Global Village by improving teaching quality and environment.

Xe: What do you like to do in your leisure time?

ST: Cooking, dinner with friends, fishing, walking in the citywall park or qujiang park. Sometimes I like to go to quiet café like SIT, or go to bars like Vice Versa to meet friends.

Let's test your xianese-ness ;

a. What's your favorite Chinese food and where do you get it from?

ST: I love Xinjiang food, obviously. Nothing compares to the Xinjiang-style noodles that I make myself at home, but there are also some good places to find it in the Muslim Quarter.

b. Where is your favorite place to go for a drink?

ST: Please. I'm a nice, traditional girl from Kashgar. You think I drink? As for hanging out with friends, drinking or not, I like Vice Versa.

c. Favorite places for pizza? Favorite places to get western food (non-pizza)?

ST: This is a tough question for me, because I eat halal (Muslim food), but there's a great Turkish kebab place called KEBAP where you can get authentic Turkish food.

d. Where do you like to go get a cup of coffee or tea?

ST: Our school is on ShiDa Lu, so SIT and Village café are my top two choices.

e. What do you have in your pockets right now?

ST: Business cards, flyers for our school, cell phone. No mirror, no makeup. And some lint. Wait, not anymore. I threw the lint away.

Clothes Swap
 Friday 17th June 8pm
 Opposite Belgium Bar

Bring those clothes you just don't wear anymore and swap them for something 'new'!
 Suggested entry donation 10RMB
 All proceeds and left over clothes go to Yellow River Soup Kitchen

Shun Cheng Nan lu 69# 南门顺城南路69号

黄河慈善厨房
 Yellow River Soup Kitchen

XIS Meets the Magic Duck

Article by Patrick Antony



A bit ago the Xi'an International School invited xianease down to their campus to watch a play, called "The Confessions of a Magic Duck", it was written by one of the staff and put on by a group of the students. It was the first time that we got to see a play and it struck a chord with us as to the dynamic things that are happening all over our fair city, more and more folks are creating, developing, and expanding and while we might be a far cry from Hong Kong and Shanghai standards it's a start and as they say "A Journey of a Thousand Miles Begins with One Step" and for us "Magic Duck" is a huge step on the journey that all of us living in Xi'an are in the midst of.

For now we are content to watch school plays and listen to friends on stage but there will come a time when Xi'an is a metropolis not unlike Shanghai and while most of us will have moved on long before that happens we can sit content in knowing that we were here as the foundations were being laid. The xianease team would like to thank the Xi'an International School for the wonderful experience and making the effort to bring something unique to our home away from home.

御品轩
ELEGANT
2011西安世界园艺博览会指定礼品唯一供应商

龙粽登场·果然出众
CHINESE FOOD
this breed has carefully produced and crafted with proper condition and enjoy the finest things

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端午

联系电话: 400-600-3555 欢迎访问御品轩官方网站: <http://www.yupinxuan.com>

Xi'an Woman's Club

Living in Xi'an can be...well not the easiest of things but with the right people for help and friendship everything becomes better. Come on down to our next gathering or check us out online at <http://www.xianease.com/woman>



XI'AN INTERNATIONAL SCHOOL
西安国际学校

2010-2011
CONGRADULATIONS
SENIORS!

"Oh the places you will go..."
by Dr. Suess

As you continue life's journey
remember
the lessons taught along the way.

Kindergarten 5 to 12th grade
Enrollment for 2011-2012
now in progress call school office
for an appointment

Comprehensive American Curriculum
Certified teaching faculty

Xi'an International School aims to foster:

- Critical Thinking
- Discovery
- Creativity
- Self-directed skills

"To ensure our students achieve their fullest potential as individuals and as members of the international community"

Foreign passport holders only
Entrance exam in English required for all applicants.

Add: Xi'an Guo Ji Xue Xiao Yan Ta Qu Zi Wu Da Dao Bei Duan 5 Ha
Xi'an, Shaanxi, China
Tel: 029-8533-5014 Fax: 029-8533-5024
E-mail: reception@xianinternationalschool.com
Web: www.xianinternationalschool.com

Community

Community

XI'AN SCENE

A blue sky day filled with 9 challenging holes over 30 contestants, overzealous park attendants, and more BBQ and Beer than anyone even imagined. Our hat goes off to Jake for being the big winner of the day but kind of losing at the after meal, glad not to be him the next day.
www.xianease.com/Hash_House_Harriers

Probably one of the most beautiful places that the hashers have ever stepped a muddy foot. It was a bit of a bus ride out of town but the distance equaled the fun in this through the woods and over the fields dash...did we mention the 1000 year old temple?
www.xianease.com/Hash_House_Harriers

www.xianease.com/Hash_House_Harriers



10 Amazing Facts About Our Oceans

#1

The Pacific Ocean is the largest ocean on Earth, at 63.8 million square miles (i.e. 165.25 million square kilometers). To grasp just how large that is, consider this, the Pacific Ocean is larger than ALL the land masses on the planet combined.

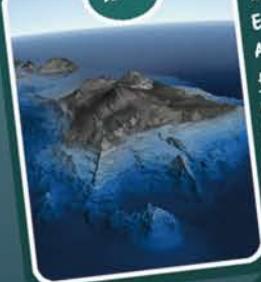
If all the salt from the oceans were to be extracted, it could cover all the land with 5 feet (or 1.5 meters) of salt.

Also noteworthy is the fact that if you mine all the gold found in the oceans, there would be enough to give every person on the planet 9 pounds (or 4 kg) of solid gold, that's about \$192,000 worth of gold per person at current market rates."

#2



#3



If you thought Mount Everest was the tallest mountain on Earth, think again... Although Mount Everest is 29,028 feet or 8,847 meters from its base when measured from sea level, making it the highest peak on the planet, Hawaii's Mauna Kea is 33,465 feet or 10,200 meters tall, making it a taller mountain.

#4



The largest Tsunami ever recorded measured an astounding 210 feet (64 meters) high and hit Siberia's Kamchatka Peninsula in 1737.

#5



Our planet could not survive without the tiny, free floating organism called phytoplankton, found in our oceans. Almost all sea life is dependent on it. But if you're wondering what it has to do with the human population... Well, over 200 million tons of phytoplankton grow in our oceans every year. To put that in perspective, that's 10 times the weight of the human population. They are solely responsible for producing up to 50% of our oxygen supply! That's right, half of the air we breathe comes from these tiny creatures!

The Blue Whale is the largest known animal ever to have lived on our planet. Full grown, they typically weigh around 150-170 metric tons (170 190 short tons) and weigh more than 50 fully grown elephants. Its heart is the size of a small car. Its blood vessels are so large that a fully grown trout could swim right through them. To maintain its size, the Blue Whale must consume up to 4 tons of krill per day!

#6



#7



Coral is so close to the chemistry of human bones that it is now being used to replace or repair bones in the human body.

#8



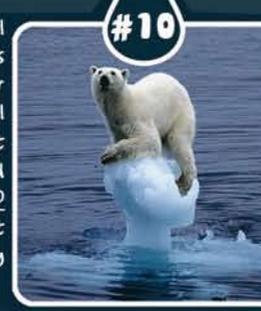
The Bluefin tuna is one of the fastest fish in the oceans, reaching speeds of up to 55 miles per hour (or 89 km per hour). They can weigh in at 1,500 pounds (or 679 kg) on average. Unfortunately, they are also in very high demand in Japan's sushi bars. One tuna can sell for well over \$25,000 dollars! The most expensive tuna ever sold, recently went for \$400,000 USD!

#9

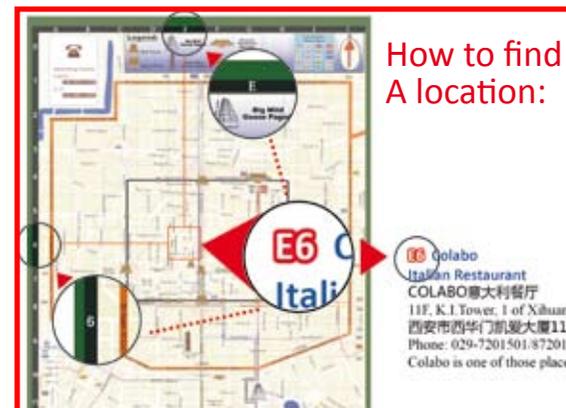


Over 50% of the world's population lives within 60 miles (or 97 km) from a sea coast. Now you know why the beaches are always so crowded.

#10



We've all heard of global warming, but just how serious is it? Well, an increase of 7°F or 4°C in the average global temperature is enough to melt the polar icecaps, which would increase the sea levels by 230 feet (or 70 meters). That could potentially wipe out every coastal city on our planet.



How to find A location:



E6 The Belgian Bar

杰诺比利时酒吧
Shun Cheng Nan Lu 69#
(East Side Inside The South Gate)
南门顺城南路中段69号
(南门里东侧150米处)
Phone: 029-8725 6656
13201672369

E8 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: 029-8728 7720
Located just inside the South Gate, this is a popular bar for both westerners and chinese. They serve Heineken on draft.

E7 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: 029-8723 3005
A hostel bar, conveniently located next to the bell tower.

E8 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: 029-8832 7777

E6 King Garden Bar

老城根庭院酒吧
Yuxiang Gate, Xi'an
玉祥门外南侧
Phone: 029-8797 3366

E9 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: 029-8188 3339
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 Green Molly is the result.

E8 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.

E7 Goal Bar

球迷酒吧
26, Fenghao Dong Lu
洋镐东路26号
Phone: 029-8461 6567

E10 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: 029-8832 7777

E11 Castle Bar

城邦酒吧
Bar Street, Great Tang's All Day Mall, South Square of Big Wild Goose Pagoda
曲江新区大唐不夜城新乐汇酒吧街
Phone: 029-8542 3100

E7 The Entertainers Pub & Pizzeria by Hyatt

西安凯悦
Hyatt Regency Hotel
158, Dongda Jie
东大街158号
Phone: 029-8769 1140

E7 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: 029-8509 0001

E10 Vice Versa Bar

Xianning xue xiang, Shaanxi Provincial Museum
碑林博物馆正门 咸宁学巷

Black Label Leisure Bar

黑方休闲酒吧
39, Feng Hao West Road
洋镐西路39号
Phone: 029-8501 0003

E9 Bao Street Bar

钵尔街规模酒吧
45, Yanta Bei Lu
碑林区雁塔北路45号
Phone 029-8224 9979

E7 Jazz bar

杰仕吧
Intersection of fen xiang and da che jia xiang, south street.
粉巷和大车家巷交汇处东南角
Phone: 13991974369

E12 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: 029-8810 2885

E10 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: 029-8848 4687

E7 Old Henry's

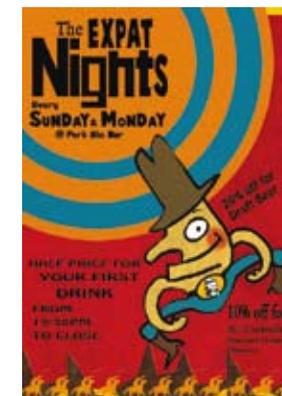
老亨利
Defu Ally, Bei Lin District
碑林区德福巷
Phone: 029-8374 2989

E8 Sports Bar

5频道体育酒吧
2F1, 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: 029-8266 6728

E8 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: 029-6286 7999
029-6286 7888



E6 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.

E7 Salsa Club

莎莎俱乐部
7th floor of Parkson, Xida Jie
西大街百盛7楼
Phone: 029-8728 6666
15929550010

One of the most crowded clubs in Xi'an. Located 5 minutes walk from the bell tower.

E7 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.

E7 Club 1+1

后宫
Attached No.1 of No.129, Soumu Avenue, Xi'an
西安南大街51号付1号

E7 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: 029-8728 8988



G9 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
E3 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: 029-8221 0022

E6 Party World
钱柜
52, North Street
西安西华门1号凯爱大厦1-3层
Phone: 029-6267 8888

F10 Real Love
真爱娱乐广场
1 Chang'an North Road, opposite the Shaanxi library
长安北路1号
Phone: 029-8525 1234

I8 Haoledi
好乐迪KTV量贩广场
2 Jiandong Jie, Yanta Road
雁塔路建东街2号
Phone: 029-8206 8000



G8 Shaanxi Grand Opera House
陕西歌舞大剧院
165 Wenyi Bei Lu
文艺北路165号
Phone: 029-8785 3295
Provides the professional Tang Dynasty Dance and Music Show together with dinner.

F9 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: 029-8526 1633
The show is performed by the "Tang Dynasty Song & Dance Troupe", a branch of the "Shaanxi Provincial Song & Dance Troupe".

J7 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



E7 Bell Tower Branch
1 Xida Jie, next to the Ginwa shopping center
钟鼓楼广场西大街1号
Phone: 029-8726 5863
Hours 07:30 -- 23:30

F7 Kai Yuan Branch
Ground Floor, Kai Yuan shopping mall
开元商城B1楼
Phone: 029-8726 9362
Hours 7:30 -- 23:30

F7 Luo Ma Shi Location
1st Floor, Xing Zheng Yuan shopping mall
兴正元商场1楼
Phone: 029-8765 6708
Hours 7:30 -- 23:30

E10 Gaoxin Location
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: 029-8833 7333
Hours 7:30 -- 23:30

A9 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: 029-8871 2007
Hours 7:30 -- 23:30

G5 101B Room, 1st Floor, Min Le Yuan Inner Pedestrian
民乐园万达广场室内步行街101B号
Phone: 029-8740 3884
Hours 7:30 -- 23:30

Sculpting in Time (Jiao Da branch)
雕刻时光
J3 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: 029-8537 5772
Spacious and comfortable cafe

F12 41 ShiDa Lu, YanTa District
西安市雁塔区师大路41号2楼
Phone: 029-8522 8182
Hours 08:30 -- 23:30

F12 2F, Golden Bridge Plaza, Keji Lu
高新区科技路金桥国际广场BC座2层
Phone: 029-8886 0857
Hours 08:30 -- 23:30

F6 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: 029-8792 8888

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.
Hours 9:00 -- 23:00

F12 Village Café
乡村咖啡馆
32 Shida Lu, Nearby the Shanxi Normal University
雁塔区师大路32号
Phone: 029-8522 2150
Located in the south by Wai Yuan and Shi Da.

F7 NONO Cafe
NONO咖啡
113 South Avenue
西安市南大街东木头市113号

Phone: 029-8726 5599
Hours 10:00 -- 00:30



F7 1st Floor of Fang Hui Mansion, No. 383 East Street
东大街383号方汇大厦B1楼
Phone: 029-8725 7660

F7 52, Nan Da Jie
西安市南大街52号
Phone: 029-8725 5837

F11 25, Yan Ta West Road
西安市大唐通易坊25号
Phone: 029-8523 9615
Hours 9:00 -- 22:30

G11 Dali Cafe
西安达利咖啡馆
Insde Xi'an Art Museum, Qu Jiang
曲江新区西安美术馆内
Phone: 029-8542 1969
Hours 9:00 -- 23:30



E6 Colabo Italian Restaurant
COLABO意大利餐厅
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.
Hours 11:30 -15:00(L.O.14:00)
17:30 -22:00(L.O.21:15)



E7 西大街店
125 the West Street
西大街 125号, 百盛购物中心西侧
Phone: 029-8727 4255
Hours 7:00 -- 22:30

G11 大雁塔店
Great Tang's All Day Mall, South Square of Big Wild Goose Pagoda.
大唐不夜城新乐汇内, 中国银行旁
Phone: 029-8557 3669
Hours 8:00 -- 22:30

A9 金桥店
50 Keji Road, Jin Qiao International Square
科技路50号金桥国际广场一层

Phone: 029-8885 9556
Hours 7:00 -- 22:30

兵马俑店
521A, Terra-cotta Warriors International Tourism Square Lintong
西安市临潼兵马俑国际旅游广场521A
Phone: 029-8389 9288
Hours 8:00 -- 22:30

F8 南门店
25m East, Inside Great South Gate, Xi'an.
西安南大街一号
Phone: 029-8669 9940
Hours 7:00 -- 22:30

F8 高新店
#17, Gaoxin 1st. Road
高新一路17号
Phone: 029-8826 9812

Small World Café
小世界咖啡

F13 Heping Gate Location
90 Huancheng Nanlu Dongduan
环城南路东段90号
Phone: 029-8122 6785
Hours 10:30 -- 22:30

G11 Big Goose Pagoda Location
Huanta Nanlu, Da Yan Ta
大雁塔环塔南路6号
Phone: 029-8557 3949
Friendly dutch owned cafe serving both western and chinese food. Check out their Terracotta Warrior breakfasts.

G7 Hyatt Regency Xi'an
西安凯悦
158 Dong Da Jie
东大街158号
Phone: 029-8769 1234

3 Royal 3 Houses
3皇3家

F7 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: 029-8725 3396
Hours 09:00 -- 23:30

G10 Northern Square Branch
Building C of Big Wild Goose Pagoda
大雁塔北广场C座
Phone: 029-8551 3590
Hours 09:00 -- 23:30

B9 High Tech Zone Branch
Next to KFC, Gaoxin

高新区高新路25号希格玛大厦一层
Phone: 029-8824 1655

F6 Azur by Sofitel
雅奢餐厅
East Wing Lobby, Sofitel on Renmin Square
新城区东大街319号雅高人民大厦索菲特酒店东楼1
Phone: 029-8792 8888
Hours 06:00 -- 10:30

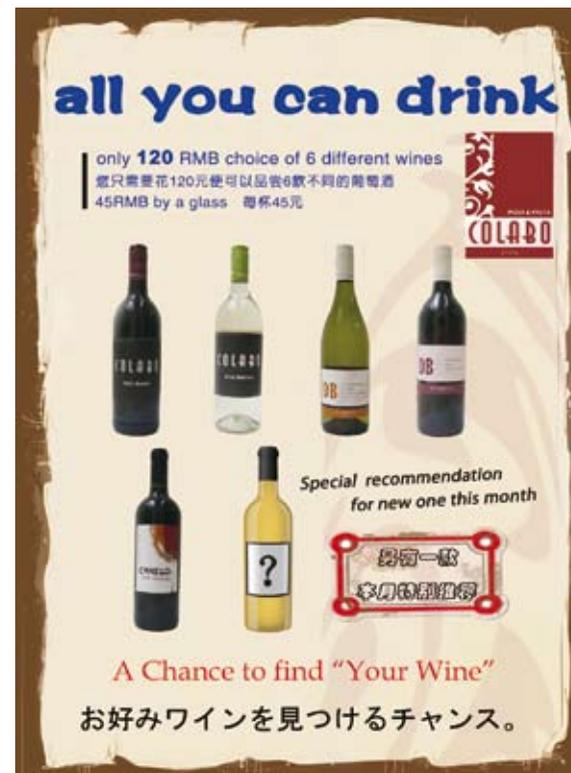
E10 Milano
Restaurant & Bar
米兰意大利餐厅红酒吧
East of Bank of China, No. 49 Gaoxin Road, High-Tech Zone
高新区高新路49号中国银行东楼
Phone: 029-8834 5355
Hours 11:00 -- 14:30
17:30 -- 22:30

Paulaner Bräuhaus
Experience the Paulaner Bräuhaus Xi'an, the only microbrewery in town that serves fresh home-brewed Paulaner beer and authentic Bavarian cuisine in a warm and friendly environment which is bursting with excitement!
Add: Level 1, Kempinski Hotel Xi'an, No. 6 West Section, Euro-Asia Avenue, Chanba Ecological District
Phone: 029-8355 0000/8333
Hours 11:30 -- 14:30
17:30 -- 00:00

G11 Bierhaus
德瑞坊
No.6, Tong Yi Fang, Yan Ta West Road, Xi'an
西安雁塔区雁塔西路大唐通易坊6号
Phone: 029-8543 0602

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: 029-8765 5016
Hours 10:00 -- 23:00

E7 Gate West
Restaurant & Bar
喜来登食街
262, Feng Hao East Road
莲湖区沣镐东路262号
Phone: 029-8426 1888
Hours 11:00 -- 23:00



B9 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: 029-8822 7588
Dolce is a franchise with an Italian bistro, combining affordable, accessible and delicious menus to all.
Hours 09:30 -- 22:30



E6 Colabo Italian Restaurant
COLABO意大利餐厅
11F, K.I.Tower, 1 of Xihuamen
西安市西华门凯爱大厦11层
Phone: 029-87201501/87201502
Colabo is one of those places that once you set foot in you realize that you are in for a good meal.
Hours 11:30 -15:00(L.O.14:00)
17:30 -22:00(L.O.21:15)

B9 Bacchus Pizza
巴克斯比萨
25 Gao Xin Road
高新路25号
Phone: 029-8821 8111
The restaurant offers 19 kinds of pizzas. Besides pizza, there is some Italian food, like

spaghetti with black pepper dressing.
Hours 09:30 -- 23:00

F7 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
Hours 10:30 -- 22:30

1F, Gao Xin Shopping Mall, 33 Keji Lu
科技路33号高新购物中心1楼
Phone: 029-6296 1181
Hours 10:30 -- 22:30

High Fly Pizza
高飞比萨

E8 73 Huancheng Nan Lu
朱雀门外环城南路73号
Phone: 029-8841 0626
Hours 10:30 -- 22:30

G10 2 Yanta Lu
雁塔路2号大雁塔北广场
Phone: 029-8785 5333
Hours 10:30 -- 22:30

Pizza Company
品奇披萨

J3 2F, 6 Jin Hua Nan Lu, Li Feng Square
金花南路6号立丰广场2楼
Phone: 029-8263 0070

Hours 10:30 -- 22:30

G5 5F, Min le Yuan Wanda Square
民乐园万达广场5楼
Phone: 029-8740 2939
Hours 10:30 -- 22:00

E9 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"

Indian **Indian**
juqisu juqisu

F11 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.
Hours 10:30 -- 23:00

G11 Cacaja
印度菜菜
46 Yanta Xi Lu
雁塔西路46号
Phone: 029-85252536

Japanese **J**
qsbau626

E8 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.
Hours 11:00 -- 22:00

Qing Du Li
青都里多国料理

J9 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
Hours 11:00 -- 14:00
17:00 -- 21:30

B9 1F Xie Tong Buliding, 12
Gaoxin Er Lu
高新二路12号协同大厦1楼

Phone: 029-83150666
Hours 11:00 -- 14:00
17:00 -- 21:30

D10 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
Hours 11:30 -- 14:00
17:30 -- 22:00

G7 Mingdu Sushi
明都回转寿司
395 Dong Da Jie
东大街395号
Phone: 029-87215855
Hours 11:00 -- 22:00

F6 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
多木铁板烧日本料理
E7 26 Fen Xiang, South Avenue
南大街粉巷26号

Phone: 029-87218689
Hours 11:00 -- 14:00
17:00 -- 22:00

J10 C03, 18 Yanxiang Lu
雁翔路副18号C03栋
Phone: 029-87218689
Hours 11:00 -- 14:00
17:00 -- 22:00

Ajisen Ramen
味干拉面

G9 1F, Wan Da Shopping Mall, 8 Yanta Lu
雁塔路8号万达广场1楼
Phone: 029-85560358
Hours 10:00 -- 22:00

E7 2F, Melody Hotel, 86 Xida Jie
西大街86号美伦酒店2楼
Phone: 029-87639368
Hours 10:00 -- 22:00

E7 Huating Teppan-Yaki
花亭铁板烧居酒屋
5 Dachejia Xiang
大车家巷5号
Phone: 029-87265609
Hours 10:30 -- 14:00
17:00 -- 22:30

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

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地址: 西华门1号凯爱大厦8座4层
Add: B-4F K.I. Tower, 1 Xihuamen Tel: 87201501 87201616

F10 Huili
惠里日本料理
1 Changan Bei Lu
长安北路1号
Phone: 029-85261888
Hours 11:00 -- 21:00

Xida Jie
西大街48号银泰广场2楼
Phone: 029-8727 1264
Hours 11:30 -- 24:00

B9 Hai Yun Tai
海云台
17 Gaoxin Yi Lu
高新一路17号
Phone: 029-8832 7878
Hours 11:30 -- 23:30

E9 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: 029-8559 0088
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.
Hours 11:00 -- 21:30

A9 Cafe Alantis
爱蘭咖啡生活馆
Xi'an Gaoxin Ke Ji Lu Fen Ye
Xin Du Shi Bei Men Xi Ce
西安高新科技路枫叶新都市北门西侧
Tel: 029-8819 3139
18681813273
email: cafealantis@163.com

E7 Tudari
士大力
2F, INTIME Shopping Mall, 48

F17 Anping Spicy Fish
大河马干锅年代
272 Zhu Que Da Jie
朱雀大街272号
Phone: 029-8523 0570

F10 Ding Ding Xiang
顶顶香
527 Zhu Que Street
朱雀大街527号
Phone: 029-8522 7799
Hours 11:30 -- 14:30
17:30 -- 21:30

G9 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: 029-8503 0543

Da Pan Ji
新疆大盘鸡餐厅
161 Han Chen South Road
汉城南路161号
Phone: 029-8425 3959
Hours 11:00 -- 15:00
17:30 -- 21:30

B8 Lao Pu Kao Ya
北京老铺烤鸭
1 Laodong Bei Lu
劳动北路1号
Phone: 029-8864 5888
Hours 11:00 -- 14:30
17:00 -- 21:30

Cantonese **C**
Cantonese

Grand Hong Kong
大香港鲍翅酒楼

B9 3 Gaoxin Road
高新路3号
Phone: 029-8122 6785
Hours 07:00 -- 01:30

F17 1 middle of Huancheng Dong Lu
环城东路中段1号
Phone: 029-8240 3688
Hours 07:00 -- 01:00

Yue Zhen Xuan
粤珍轩

F6 256 Dongxin Jie,
Xin Cheng Square
东新街256号新城广场
Phone: 029-8742 2222
Hours 11:00 -- 14:00
17:00 -- 04:00

D8 1F Hanguang Buliding, 142
Huangcheng Nan Lu
环城南路142号含光大厦1楼

Phone: 029-8841 1333
Hours 11:00 -- 14:00
17:00 -- 04:00

Vegetarian
Λεγεραλσηυ

G11 Tianlong Vegetarian
天龙宝严素食馆
1 Yanta West Road
雁塔西路1号
Phone: 029-8526 6880
Hours 10:00 -- 21:00

G11 Datang Vegetarian
大唐素食坊
5 Yanta 1st Road
雁塔一路5号207
Phone: 029-8559 9022
8559 9096

BBQ **BBQ**
BBQ BBQ

F9 Xiao Yang Kao Rou
小杨烤肉
256 Jianshe Xi Lu
建设西路256号
Phone: 029-8110 1825
Hours 10:00 -- 14:00
17:00 -- 04:00

B3 Hui Min Jie
回民街
Near Drum Tower
鼓楼旁边

Hotpot
Hotpot

Hai Di Lao
海底捞

G10 11, South of Yanta Lu
雁塔路南段11号
Phone: 029-8553 6971
Hours 10:30 -- 03:00

B9 3F, Gao Ke Bulding, 1
Gaoxin Si Lu
高新四路1号高科广场3楼
Phone: 029-8836 1337
Hours 10:30 -- 03:00

G7 Jing Fu Hua
京福华
27 Xiguangzheng Jie
西关正街27号
Phone: 029-8862 6321
Hours 11:00 -- 22:00

F17 Wu Ming Hot-pot
吴铭火锅
88 Jianguo Lu

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建国路88号
Phone: 029-8742 7379
Hours 09:30 -- 23:00



Baskin Robbins
芭斯罗缤

F9 1F Xinhui Building,
25 Gaoxin Lu
高新路25号新汇大厦1楼
Phone: 029-8825 6863
Hours 09:30 -- 23:00

F7 1 Luo Ma Shi, South of Min
Sheng Shopping Mall
骡马市1号民生百货南侧
Phone: 029-8765 6554
Hours 09:30 -- 23:00

G10 2 Yanta Lu, Northern
Square Branch Building
雁塔路2号大雁塔北广场西侧
Phone: 029-8740 3182
Hours 09:30 -- 23:00

HaagenDazs
哈根达斯

B10 1F Ginwa Shop-
ping Mall, 33 Keji Lu
科技路33号世纪金花购物中心1楼
Phone: 029-8832 3135
Hours 10:30 -- 23:00

E3 88 Nanguan Zheng Jie
南关正街88号巴黎春天购物中心1楼
Phone: 029-8765 1591
Hours 10:30 -- 23:00

G9 Dairy Queen
8 Yanta Lu,
Wanda Shopping Mall
雁塔路8号万达广场1楼
Phone: 029-8556 0856



Trust-Mart Supermarket
好又多量贩

F7 An Ding Square, West part
of West Avenue
西大街西段安定广场
Chinese supermarket.

F10 Northeast of Xiao Zhai
Intersection Avenue
小寨十字东北方向
Chinese supermarket.

Lotus Supermarket
易初莲花超市

A10 3 Tang Yan Road
唐延路3号, 枫叶新都市对面
Thai supermarket.

F12 Southeast of the Televi-
sion Tower on Changan Street
电视塔东南角

J5 Northwest Hu Jia Miao
intersection
胡家庙十字西北角

G11 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

E9 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: 029-8533 6200
13379037071
Hours 08:00 -- 21:00



F12 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.

F7 Wal-Mart
沃尔玛
Luo Ma Shi Pedestrian Street
骡马市商业步行街



F7 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: 029-8723 5340

F7 Min Sheng Shopping
Mall
民生百货
Luo Ma Shi Pedestrian Street
西安骡马市步行街

F7 Zhong Da International
Shopping Center
中大国际

30 South Street
南大街30号
Phone: 029-8720 3000
Hours 10:00 -- 22:00

Parkson Shopping Center
百盛购物中心

G7 1 Shang Jian Road Da
Chai Shi
尚俭路1号 大差市店

E7 Shi Dai Sheng Dian Build-
ing West Avenue
时代盛典大厦, 北广济街口
西大街店

E10 Chang'an Road Xiao
Zhai Area, Xi'an.
长安路, 兴善寺街口 小寨店
Hours 09:30 -- 21:30

Ginwa Shopping Center
世纪金花购物中心

G9 1 Xida Jie next to the
bell tower
西大街1号钟鼓楼广场
Phone: 029-87631708

G5 55 Keji Lu
科技路55号
Phone: 029-6296 1099
Hours 10:00 -- 22:00

Wan Da Shopping Mall
万达广场

G9 8 North of Yanta Lu
雁塔路北段8号

G5 Wulu Kou
五路口东南角

E6 Grand Ocean
大洋百货
Beida Jie
北大街



Ren He Tea Market
人和茶叶市场
101 Chang Le Zhong Road
长乐中路101号
E7 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 义武商城



E10 Bai Hui Market
百汇市场
Bai Hui Market, Chang'an
Central Road
长安中路 百汇市场

E5 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

E5 Chang Le Store:
128 Chang Le West Road
长乐西路128号

E12 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



E9 Impulse Fitness Equip-
ment
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: 029-8523 0026
Hours 09:00 -- 18:00

Five Ring Outlets
五环工厂店

E9 18 Gaoxin Lu
高新路18号
J3 South of Er Huan Dong Lu
东二环与咸宁西路交叉十字



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

**Lao Bai Xing
Medicine Store**
老百姓大药房

G10 1 Keji Lu
科技路1号

E5 Beida Jie intersection
北大街十字



Suning Home Appliance
苏宁电器

E5 23 Lian Hu Road
莲湖路23号
Phone: 029-8731 9196
Hours 09:30 -- 19:00

E9 40 Chang'an North Road
长安北路126号
Hours 09:30 -- 19:00

F10 126 Xiaozhai East Road
小寨东路126号
Hours 09:30 -- 19:00

Guo Mei Appliance
国美电器

E5 113, Beida Jie
北大街113号
Phone: 029-8721 9521
Hours 09:30 -- 20:30

E10 1 Keji Lu
科技路1号
Phone: 029-8856 9620
Hours 09:00 -- 21:30



**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: 029-8811 6666
Hours 09:30 -- 18:00

E3 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: 029-8672 6095

**San Sen International
Furniture Center**
三森国际家居会展中心
18 Chang'an Nan Road,
YanTa District
长安南路18号
Phone: 029-85337891
Hours 09:00 -- 18:30

**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: 029-8569 1236
Hours 09:40 -- 17:30

G9 Macalline
红星美凯龙
1 Taibai North Road,
Bei Lin District
碑林区太白北路1号
Phone: 029-6262 6666
Hours 09:30 -- 18:30

G1 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: 029-8811 3856



E6 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

F3 Shu Yuan Gate
书院门

Shu Yuan Gate,
南门里书院门

E3 Xi'an Antique City
西安古玩市场
2 Central Section of
Zhu Que Avenue
朱雀大街2号

G11 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: 029-8525 6318
Hours 09:00 -- 22:30

E6 Bei Yuan Gate
北院门
Bei Yuan Gate,
Lian Hu District
莲湖区北院门

E6 Muslim Street
回民街
Hui Min Street,
Drum Tower Square



F7 Xi'an Foreign
Language Bookstore
349, the East Street
西安市东大街349号
Phone: 029-8721 9872
Hours 10:00 -- 18:00

F6 Wen Xuan Xi'an Book
City
文轩西安书城
85 North Avenue
北大街85号
Phone: 029-8763 3998

F7 Belltower Bookstore
钟楼新华书店
337 East avenue

东大街377号
F10 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: 029-8793 7360

F11 Zhong Shan Book Mall
中山书城
158 Yan Ta Road, Xi'an.
雁塔西路158号



E9 Yanta Flower Market
小雁塔苗圃市场
Zhu Que Avenue
朱雀大街, 西安体育学院后
门对面



E9 Megafit Fitness Center
美格菲
3 Gao Xin Lu
高新路3号
Phone: 029-8823 6688
Providing top quality equip-
ment, with international
standard of management, plus
professional courses under our
qualified teams with enthu-
siasm, Megafit provides an
action environment to bring
health to every member.

E7 Megafit Fitness Center
80 South Jie, Xi'an
南大街 80号
Phone: 029-8727 6688

F6 Sofitel Xi'an
319 Dongxin Street
西安索菲特人民大厦东楼
一、二层
Phone: 029-8792 8888
The Touch Spa provides
sophisticated services for high-
end customers both in China
and abroad. Club members can
enjoy a range of leisure activi-
ties including body-building,
recreational activities, social
clubs and spa treatments.

G7 Hyatt Regency Xian
西安凯悦
158 Dong Da Jie
西安市东大街158号
Phone: 029-8769 1234
Recreational and leisure op-
tions at Hyatt Regency Xian in-
clude the well-appointed Club

UP Unique Performance Training Center
卓越教育培训中心



The best language training center in town, providing you with the best learning experience.

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- Japanese
- English

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F8 Caesar Palace
凯撒宫
188 North of Wenyi Road
文艺北路188号

A9 Victoria Spa
维多利亚浴场
210 West Taoyuan, West of 2nd
South Ring
南二环西段西桃园210号

B9 Xi'an Kai De Hua Dining and Bathing Entertainment Company
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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.
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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

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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

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16 Tuanjie Nanlu, Hi-Tech Zone
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Phone: 029-8833 0116
www.gxyy.net

B3 Shaanxi Traditional Chinese Medicine Hospital
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2 Xi Hua Men, North Street
Phone: 029-881 2800

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B10 TianYou Children' Hospital
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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 Lunch:
June 29th
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Xi'an Photography Club
Meeting:
June 19th
Get all the details on our site:
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Xi'an Book Club
Readers Meetings:
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July 6th
Get all the details on our site:
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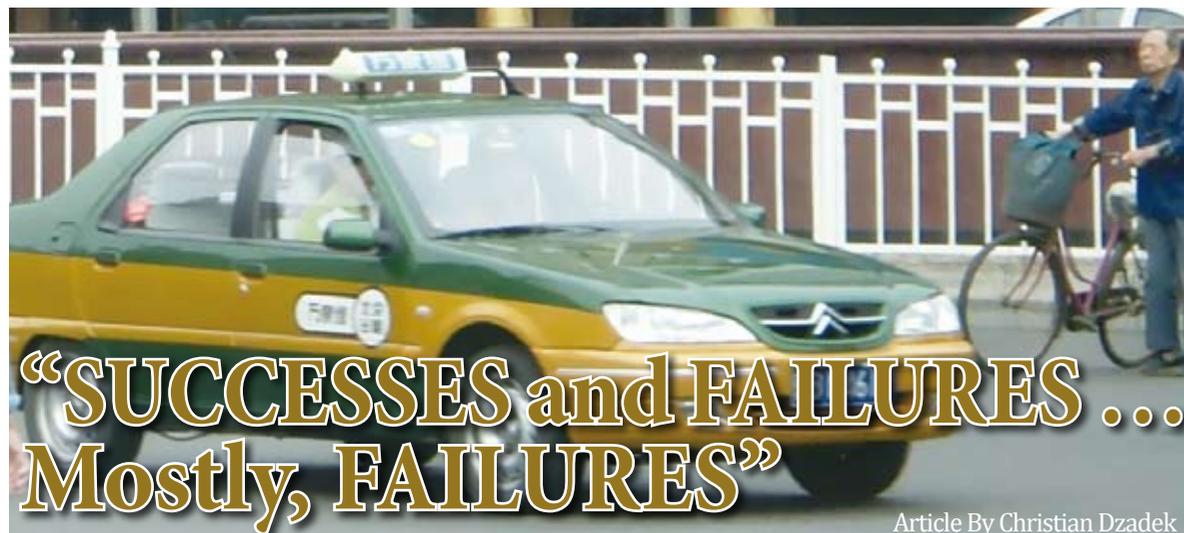
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Add YOUR club/group to this list!
Xianease is always looking for clubs and groups in Xi'an. We will announce your activities, help you wish membership, and even make a webpage for you!
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“SUCCESSSES and FAILURES ... Mostly, FAILURES”

Article By Christian Dzadek

There are a lot of ways to measure a day. Some of us focus on our productivity – how much we accomplish determines the day’s quality. Some of us divide the day up into good hours and bad hours, suffering through a commute or a task we don’t like and relishing our moments of freedom and rest. Since I moved to China, I’ve found myself measuring the days according to my successes and failures ... mostly failures.

Relocating my family to a new country, surrounding myself with a culture so different from my own, has created many opportunities for failure. Like when I repeat my desired bus stop to the ticket taker again and again and again, until another passenger finally realizes what I’m trying to say and says it for me (in, to my ears, exactly the same way), and the ticket taker nods with a slightly irritated expression as she takes my money and hands me my ticket: Fail. I order a familiar dish at a restaurant, but I’m nervous because the waitress isn’t my usual waitress, so I flub the order and go home with noodle soup instead of what I actually wanted: Fail. The third taxi driver in a row squints at me as I try to tell him the name of the school where I work until he finally waves me and my groceries off and drives away, not because he’s rude, and not because he doesn’t know where the school is, but because he can’t understand my horrible pronunciation: Fail.

Failure can take many forms, and though I’ve lived in China the better part of a year now, these failures still have the capacity to ruin my day. It’s like being a small child. I can’t read, I can barely talk, and I don’t understand my surroundings enough to keep from making a hundred mistakes a day.

And it’s not just the language barrier: Last week I told a friend of mine that we were eating tacos for dinner. “Oh,” she said, “I know tacos.”

“Really?” I asked. “You’ve eaten tacos before?”

“No. In Plants vs. Zombies you give Crazy Dave a taco and he lets you buy things from his shop.”

“Oh ... Right.”

Even though it happens all the time, I’m often still surprised by reminders like this of just how far from home I really am. The dissonance between cultural expectations in China and my home country is sometimes subtle and sometimes stark, but it is almost always present, so that even when I think I know what’s going on, I usually don’t. I sit in the wrong seat around the table and offend my superior: Fail. I only ask once, so my guest doesn’t feel at liberty to eat a second helping and goes home hungry: Fail.

A few weeks ago my wife and daughter were out at the kindergarten where they occasionally volunteer. After getting directions to the toilet, they walked into a room and were confronted with a contraption neither of them had ever seen before.

“Where’s the toilet, Mommy?”

My wife took stock of what she saw: a trough spanning the length

of the room, some steps, a bar, some more steps ...

“How do we use this, Mommy?”

My wife frowned. “I honestly have no idea.” She evaluated the apparatus a while longer, trying to wrap her mind around its function.

“It’s ok, Mommy. I can wait.”

“Thanks, honey.”

There is a strong temptation to stay at home with the door shut sitting on a toilet we understand, because failure doesn’t make us feel very good. But if we hide in our house, or only go out when we can rely friends competent in the culture and fluent in the language, then we never experience success. Every opportunity to get it wrong is also an opportunity to get it right. And successfully engaging in the culture has an even more powerful consequence than failure.

When I walk home with a bag full of vegetables, or give the taxi driver accurate directions to a restaurant, I might as well be walking on a cloud. These tiny things – just ordering food, just getting around the city – have the power to turn a bad day good.

Sometimes it feels like we will never fully acclimate to China. And the truth is, we won’t. We’ll never understand exactly what it means to be Chinese. But there will come a day when we won’t feel like children anymore, and that will be good, but it will also be a little sad. The great thing about being a kid is that there are so many new things to explore and experience. We choose to feel successful in the small things, so that when we measure out our days we’re able to see that living here is slowly but surely changing us for the better.

Christian and his family have recently arrived to Xi’an from West Palm Beach, Florida. Christian teaches English at Shaanxi University of Science and Technology. Feel free to contact Christian at pilgrim.mcclain@gmail.com.



The Joy Of A Lifetime

Article By Fabian A. Martinez

I’m Mexican, 66, I teach English at **Universidad Juarez Autonoma de Tabasco (UJAT)**, in the southeast of Mexico. There the authorities decided to hire a Chinese teacher to teach the language in our Alma mater. The idea took root and soon enough there were several students and teachers willing to give it a try; me amongst them.

This began in 2007, and in all that time I was among the few who really took it seriously and continued studying the language against all odds; I think you know what I mean: learning Chinese is not an easy matter, it takes a lot of time and patience. Anyway, it got the attention of our Rector, Ms. Candita V. Gil Jimenez, who, after seeing my progress in the language asked me how would I like to go to China to feel the language. At first I thought she was joking, but, to make a long story short, now I am here, in Xi’an, studying chinese.

I arrived in Xi’an on November 9th, 2010. The weather was awfully cold for someone (not so) used to a 35°C through most of the year. At the airport I discovered what would become one of the things I most have liked while being here in Xian; the kindness and willingness to help of these people. It was noon and there was nobody at the airport waiting for me as I had thought – the school I was going to had promised there would be somebody waiting – anyway, I had the address at hand and asked in English for a taxi. Blank faces. Then I tried using my Chinese, *wo xiang qu zhar* and pointing at the address on the paper. Though I know about tones and its importance, I said those words as anyone might read them, just saying what is there, so, more blank faces. But somehow they

got the idea of what I wanted and one of the young people who were looking at me as though I had just landed from mars called a man, gave him instructions – in Chinese – and signaled me to follow him. In short, he took me straight to the door of the school at Rong xin lu.

That was six months ago. Now I live near *dian shi ta* 电视塔, go to a school on *shi da lu* 师大路, and I’m learning to do *tai ji chuan* 太极拳. The people who are teaching me are retired men and women, all of them telling me how to do it. All of them talking to me in Chinese as if I’m one of them and has been all the time. They realize I don’t quite understand everything they say, and yet they continue repeating and repeating, never losing faith that I will eventually get whatever they are saying. And indeed, somehow, little by little, the meaning is finding its way to my head. And so they tell me: 你越来越好. Can there be something more joyous than that?



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Xi’an Ving Tsun Kong Fu Hall

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Rihong Zhang whose native place is Chaoshan, Guangdong Province, is at bound six of Chinese Martial Arts Association & Shaanxi Martial Arts Association. He learned martial arts as a young boy, and is good at Southern Kung Fu, has went to Hong Kong several times to learn Ving Tsun. Later on, he has started to learn Northern classical Kung Fu. In the recent years he has run prizes for a lot of domestic and international Martial Arts forward, he founded the first Ving Tsun Kong Fu hall in north-western China.

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Dutch Medical mission in Xi'an

Article By **Aylin Kho**

You can read more about Ay Lin and what she does on her blog www.aylinkho.wordpress.com

Dutch medical team in Xi'an Children's Hospital

The babies are having surgery at last which signals that the medical mission has begun! The Dutch medical team visiting the Xi'an Children's Hospital comprises of: a surgeon; an anaesthetist; a scrub nurse; an anaesthetic nurse, and further three members as a support team. They have a tight schedule and a tough mission. They are here to help as many handicapped Chinese orphans as they possibly can. They set down in China on Saturday 16 April and are scheduled to visit and screen the babies at Starfish on Sunday, the government orphanage on Monday, and then operate on the first of many babies on Tuesday. There is just no time for jet lags!

What is a cleft lip or cleft palate?

A cleft means separation and the palate is the 'roof' of the mouth. So a cleft palate or cleft lip is a separation in the mouth structure. About one in 1000 babies are born with a cleft palate or lip, and it is even more common in Asian and certain American Indian ethnic groups. If it is treated soon after birth the child they can have a normal development with little future disadvantage. However if you postpone treating the cleft, the child is likely to encounter complications that may relate to drinking fluids, speech, or a host of other oral disadvantages.

Starfish Foster Home, operating in Xi'an

Amanda de Lange is the mother of the babies under the age of 3 at Starfish Foster Home. Starfish has taken care of around 124 children, arranged more than 130 surgeries and had 53 international adoptions, so the little starfishes live all over the globe: the US, Netherlands, Norway, France, Spain, Denmark, Sweden, Canada and in China. When you like to read about more detailed individual baby stories in Starfish you can surf to Amanda's blog: chinesestarfish.blogspot.com or to her internet site: www.thestarfishfosterhome.org.

Surgeries for 13 Starfish orphans

Starfish has thirteen babies that are registered for surgery – eight of whom have cleft lips and five with cleft palates. Two further babies are in need of surgery relating to their hands.

There are many preparations that go on behind the scenes. The Dutch doc-

tors first examine the Starfish babies on the dining table. It is of course a noisy and chaotic affair with crying babies and many onlookers such as volunteers and nannies. The nurses prepare arm splints and feeding tubes for the babies post-surgery. The hospital has requested that the babies be admitted for pre-operation tests two days before surgery, so the numerous volunteers are busy ferrying babies with all their necessary supplies (clothes, nappies and food) to the hospital. There are currently eight babies in the hospital, housed in a six bed room; some babies even have to share the adult-sized beds since there are not enough baby beds in the neonatal surgery ward. Teams of volunteers are organised to provide one-on-one 24-hour care for the babies, with some of the volunteers even spending the night with the babies in hospital.

Beautiful babies on Thursday already!

Two days into the operations and the team have miraculously transformed the faces of babies Michelle, Lexie, Windee, Elise and Isaac. Baby Ryan has also had a cleft palate repair. It was a privilege for volunteers to be allowed into the operating theatre to watch doctors Johann Verhof, Gwan Kho and their team giving hope and a bright future to all of these children.

The Dutch mission is still going strong. Yesterday they operated on five babies and today they have one patient scheduled for surgery. For reasons out of the teams control, there will be no water supply in the area including the Xi'an Children's Hospital during Easter. Without water there will be no surgery on Easter Sunday and Monday! Maybe some time for sightseeing and/or post-op care of the babies.



Orphanages babies turn

The Starfish babies have all been successfully operated on! It is now the turn of the orphanage babies. It is quite emotional to see the orphanage babies; they are less well nourished

and less well cared for than the Starfish babies. I see a four-year-old boy who still had not had his cleft repaired. He stands there quietly, his big eyes looking around, not sure about his surroundings, not knowing what to do, and even too afraid to play with the toys. When I offer him food, he gobbles it down - fried rice, noodles, fruit, and cake. We will try to feed the orphanage children as much as we can while we have them in our care at the hospital; it breaks my heart to see that they sometimes do not get nutritious food in the orphanage.

An ordinary morning at Starfish

The post-operative care for the babies at Starfish is all going well. Of course there is still lots of swelling and bruising on the babies' faces but as always the healing takes time. The babies start waking up at 6 am, which is then followed by rooms filled with crying, laughing, scampering little feet running around the hard wood floors, and nannies arriving for work to give their workmates rest. Playing with the babies first thing in the morning is particularly fun; they are always at their happiest and most energetic at this time. Some of them stand in their cots, arms outstretched, big eyes asking big people to pick them up. Some of them call out "mama, mama". The older babies can climb out of their cots by themselves; they then amuse themselves in their room until their nanny arrives.

The 'new arrivals' (the term for the babies from the Governments orphanage) are nursed in a separate room from the others, not only to prevent the possible spread of disease (from old babies to new babies and vice versa), but also to give them some peace and quiet and one-to-one care while they adjust to life in Starfish. Many of these babies suffer from poor nutrition and neglect, in addition to their birth defect (cleft lip/palate, spina bifida, heart disease limb deformities) and therefore have a longer road to recovery ahead.



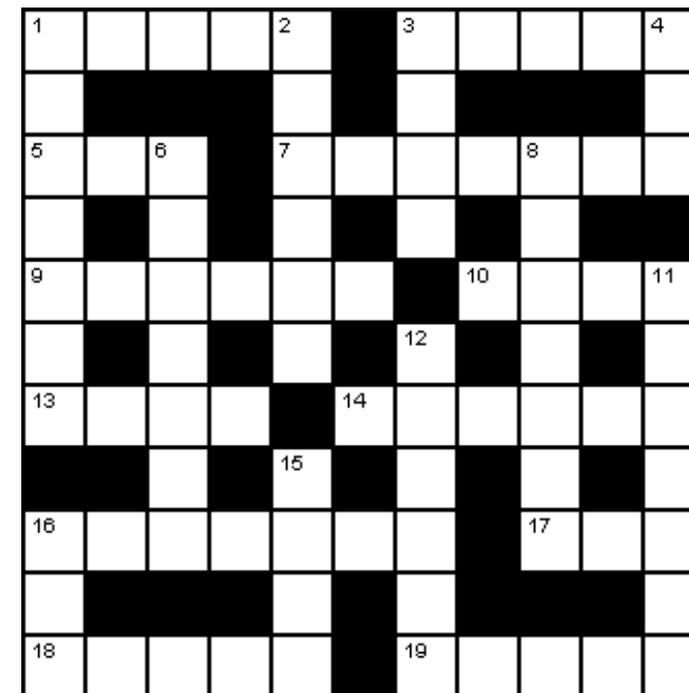
>>>Crossword

Across

1. African equine (5)
3. Artery (5)
5. Part of a circle (3)
7. Farm vehicle (7)
9. Embellished (6)
10. Break suddenly (4)
13. Plant support (4)
14. Lumber (6)
16. Household implement (7)
17. Make a mistake (3)
18. Awful (5)
19. Cacophonous (5)

Down

1. Avid (7)
2. Shrewd (6)
3. Slightly open (4)
4. Atmosphere (3)
6. Yield (7)
8. Well-founded (7)
11. Depict (7)
12. Stringed instrument (6)
15. Catch sight of (4)
16. Large vase (3)



Answers from last month's crossword.

Sudoku

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

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

一切还是那么的美好。。

作者: Tracy J Lee

一切还是那么的美好，久违的温暖的阳光不仅给人们无限希望，也同样给那些流浪狗残破的生命一些希望。我是这个冬天结识了这群朋友，结识了这群朋友的妈妈，代阿姨。

我去看他们的时候，代阿姨正坐在中间洗单子，裤子之类的生活用品。大大小小的狗狗们在她周围，有的在打闹，有的就静卧在阿姨旁边。我们站在围墙外面的凳子上向阿姨打招呼，以致所有的将近200只狗狗齐声狂吠，好不厉害。打眼望去，这些流浪狗有瘸腿的，有失去一只眼睛的，有全身褪毛的，大概是染了什么皮肤病吧；打到大型狗，小到几个月的也有，蜷缩在角落里。整个场地是露天的，左边三间砖房，没有门，右边是个大棚，也没有门。其他一大片的地方什么就没有了。也许之前我将这个西安唯一的“流浪狗之家”想的过于美好，我竟然没有想到是如此境况，阿姨也是和狗狗住在一起，她说她放心不下，一步也离不开，因为狗狗们会打架，也会有人来偷狗。

这个城市爱狗之人很多，随处可见牵着爱狗闲庭信步的人。每次都会感叹，狗的命运也会如此不同，有的被宠爱至极，有的被唾而弃之。代阿姨爱狗，才会想到去就这些可怜的小东西，她说同样是生命，他们有什么罪要遭受这一切？他们也毕竟曾经愉悦人类。世界上的生命是平等的，没有谁有权决定其他事物的生命是否应该终结，而她所希望的是，这个世界上所有生命都能经历自然老去的过程，快乐地离开。这也是支撑她越过一个又一个难关的最强大的信念。要救他们！而这一救，就一直救了5年。起初是因为女儿在街上捡回来一只无家可归的小狗，让阿姨对狗慢慢产生了感情，然后捡回了一只又一只。渐渐地，家里的流浪狗越来越多，原本很大的房子再也住不下这么多流浪狗了。因为这些流浪狗，叔叔和阿姨有过争吵，但阿姨的爱心与坚持最终使叔叔让步，并成为阿姨最可靠坚实的臂膀。代阿姨说：“我现在放弃吗？这五年走的很辛苦，没有政府的文件，更别提法律了。我如果不管他们了，这几百张嘴就没饭吃，他们又会重新流浪于这个城市的各个角落，各种悲惨的命运又都会降临，我放下不他们！”在我去看他们的那个早上，代阿姨刚从屠宰场的人手里买下5只狗狗，暂时改变了他们的命运。

这五年，代阿姨倾其所有的积蓄为这些狗狗们争取一个栖身之所。这几年中，搬过几次地方。现在告诉我们她已经租下两亩地，买了盖房子的砖头，就等着政府批示文件，准备真正的建一个心中的“流浪狗之家”。说着，她便带着我们去那片地，我们帮她在路边捡一些丢弃的转头，说这样多捡一块砖头就可以多省一些钱，为那些狗狗们买火腿肠！[A175] 来到新租的那片地，已经看到新砖块整整齐齐的摆在哪里，还有这一个来月来代阿姨捡来的一百多块转头，旁边是一片小树林，微风吹过树叶的声音真好听。在近黄昏的阳光下，代阿姨神采奕奕的给我讲着“流浪狗之家”的未来设想，家的颜色形状，狗狗们洗澡玩水的地方，吃饭睡觉的地方，追逐嬉戏的地方…我似乎已经看到他们在小树林里相互打闹着的情景，着实让我感动。我希望这些狗狗们幸福开心，我希望代阿姨勾画的那个家的蓝图很快实现。这是一个很近的梦。代阿姨说：“等家建好了，院子分成四块地，流浪狗按照不同的情况，分开来养，再盖几间平房，两边搭上棚子，让狗狗们夏天在里面乘凉。这样就能干净点，灰尘少点，狗狗也不会得皮肤病。”有的时候，会突然想起阿姨对我说这些时脸上向往的表情，于是心里会小小的疼一下。在这个人与人之间充满冷漠与不安的世界，这样的梦想，好像一只金色气球，带来生命中缺失的温暖。

“一切都会好起来的，只要我们相信，一定会好起来的。”代阿姨一直都在这样重复着。现在的我开始相信，梦想，并不只是放在梦里想一想的东西，它也不只属于孩子。有的时候，我们会分不清梦与现实的区别。因为现实中遭遇的挫败和失意，会让人想要赖在梦中，一梦经年。可是，梦终究会醒。而梦想却不一样，它被认真活着的人们放在心里，不常拿出却不会忘记，它终究会成为光一般温暖的存在，让拥有的人奋不顾身。而代阿姨和狗狗们的梦想，需要更多更多的爱来帮助。新的场地才刚刚有了雏形，接下来的建设，比如垒墙、打井、搭棚、盖房，都需要来自我们的帮助。哪怕只是让几个朋友知道代阿姨的故事，能够让这个微微倾斜的世界有所改变，渐渐看见梦想照进现实的金色轮廓。

这是一个永远也不会有完结篇的，温暖的故事。我有幸参与其中，并期待着你，你们的加入。
如果你愿意，可以与代阿姨联系，她的地址是：西安西二环李下壕村站-西叶寨村，电话是13022850190



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一个英国人的慈善世界

——再访托尼和他的慈善厨房

作者: 纳葳



不知不觉之中，黄河慈善厨房已存在5年多了。从最初的不被理解，到现在有数以千计的志愿者和市民提供各种支持，黄河慈善厨房已不再是英国人托尼一个人的事业，而是众多乐于奉献爱心的西安市民的共同事业。

五年来的成长

不久前，黄河慈善厨房为自己庆祝五岁生日。这天，食品格外丰盛，除过主打的水饺外，还有蛋糕、煮鸡蛋、橘子、苹果等零食。大厅里张灯结彩，主席台上安放着一架酒吧提供的专业音响，全程高分贝播放着中外喜庆音乐。期间，托尼和志愿者一刻也不停地忙着安排和处理各种事宜；而150多名受助者则头戴慈善厨房的小红帽，欣悦、闲适地坐在座位上，享受着这一一年一度的喜庆和热闹。

晚会正式开始后，首先播放了两个纪录片，一个是由慈善厨房五年来的活动照片编辑而成的短片，大约有5分钟；另一个是由志愿者用家庭摄像机采访和拍摄、托尼本人剪辑制作成的一个20分钟长的纪录片。纪录片上有中英文字幕，看上去蛮专业，既表达了受助者、志愿者和托尼本人的心声，也显示了托尼的中文水平——教年前刚到西安时，他可是一句汉语都不会说。而现在，他虽然还是不太擅长用手写汉字，但已经能用拼音输入的方式在电脑上写汉语文章了。至于说汉语和在英汉之间互译，当然更是不在话下了。

和5年前刚成立时相比，慈善厨房现在的条件和服务内容都有了明显的变化和进步，比如，从户外进入了室内；由一周两次变成了3次（累计已发出了十余万份食品，每份中包含6个包子和一碗热汤）。与此同时，服务内容也从单纯的提供食品，扩展到了一年四季的衣服鞋帽等生活用品。碰到病了、伤了或是想找工作的流浪者，他们也会尽力提供帮助。每年冬季来临时，他们还会专门到康复路采购一批新的棉裤、棉大衣和棉被，分发给每一个在大街上过夜的人。今年春节前的一个周一，托尼还带领五六十名流浪者到甜水井附近的一个大众浴池洗了澡、理了发。“新年，希望大家都是崭新的。”托尼这样说。

此外，附近哪里地震了，哪里的学校破了，哪里的孩子上不起学，他们也会竭尽所能地提供帮助。在托尼的记事本上，记者看到了一份受援者名单，其中有略阳县的地震灾民，有蓝田县的胡家窑小学，还有39个学生的名字。

现在，黄河慈善厨房还是西安市民的一个爱心会聚点和中转站。很多市民已经习惯于把家里还能穿的旧衣物洗干净送过来。这些衣物首先会供流浪人员选用，多余出来的部分，则会被送到蓝田、山阳等周边地区的贫困山区。由于市民送来的衣物很多，每年，他们总要好几次地组织车辆运送衣物到山区。最初，运送的车辆还需要由托尼自己花钱来雇，后来，随着志愿者队伍的不断壮大，车辆的问题就基本由志愿者免费提供。截至目前，接受过这项援助的贫困人口已有上万人。

据托尼介绍，在欧洲，几乎每个城市都有慈善厨房，它们一般既有志愿者，也有专门的工作人员，还可以接到很多的捐款，但一般只是提供食品，没有其他的帮助。而黄河慈善厨房既没有专门的工作人员，也没有很多的捐款，只有一些志愿者，但其服务内容却很丰富。不过，这些服务内容都不是事先计划好的，而是自然而然慢慢发展出来的。

“支撑这个慈善厨房的早已不是我一个人，而是很多的志愿者和市民。这些年来，到这儿服务过的志愿者已超过2000名，经常来的至少有100多人。他们每一次的到来都是自发的。没有他们，黄河慈善厨房不可能做这么多事情。”说到志愿者，托尼的话语间充满了真诚的感激。

托尼还说，他当初创办这个慈善厨房，就是为了满足两种人的需要，一种是需要得到帮助的人，一种是需要帮助别人的人。现在，这两个初衷可以说都得到了完美地实现。

记者在现场观察了一下，每一次开张时，主动前来做志愿者的都至少有十多名，其中既有大中学生，也有上班的中年人和青年白领，甚至不乏老板级的人

物。他们到来后，有的会在现场组织发放包子，给行动不便的老人端汤递水，乃至拖地板、抹桌子；有的则会带上包子“走街”，也就是去大街上给那些无法来厨房的流浪者送包子。干的虽然都是粗活，且没有任何报酬，但他们都好像乐此不疲。

“我们没有经济能力，只有体力。能用体力帮助别人，我们很快乐。”一对看上去还是中学生的小女孩志愿者说。

已坚持了4年的志愿者阿文则有更深的体会：“慈善厨房的人都很本真，也很单纯，相互之间非常友善。在这里待一会儿，人会觉得很轻松，也很开心。所以，虽然是付出了一点儿劳动，但收获其实也很大，比如能吸收到善的能量。这些，应该是我4年来没而不舍到这儿来的主要原因。”

有的志愿者到来时还会特意带上孩子，为的是让孩子感受善心、体验“赠人玫瑰、手有余香”的滋味，体会帮助别人所特有的快乐。

有欠缺别人才有机会

开始的两年，黄河慈善厨房的所有开支都是托尼自掏腰包。慢慢地，一些好心人也会捐一点，不过，数目很有限。现在，这里每个月的开支大约在15000元左右，其中一半以上的费用，仍需托尼自掏腰包。为此，他经常会被人这样追问：“这个慈善厨房会一直办下去吗？你现在不工作，没收入，只是在不断地花钱。等你的钱花完了，它不就难以继续了吗？”

而他的回答总是很简单：“应该会办下去。钱的问题我不担心。因为只要是真心做事，就不用担心任何问题。”

然而，这样的回答，往往不能令提问者满意。

托尼说，他能理解别人为什么会有这样的疑问，而他的回答，也是他最真实的生活感受。在许多问题上，他的看法和别人都不一样，所以，别人不能理解，他一点儿也不奇怪。他还说，慈善厨房刚创建的时候，没有房子，没有志愿者，什么都没有，所有的东西都要他自己来买。但渐渐地，志愿者来了；需要用车的时候，车来了；需要药品、饮料、衣服等的时候，也有人来了捐了。后来，他觉得慈善厨房老是在五星街教堂的院子不行，刮风下雨的时候不方便，应该有一个能遮风挡雨的房子。为此，他曾到东西南北各条大街上去找，试图租一个。就在 he 遍寻不着、想要放弃的时候，教堂的陈牧师主动找到他，说教堂有一个大房子，可以给他们免费使用。

“需要房间的时候，房间就来了。这就是我什么都不担心的原因。每一个问题，都不需要担心。”说这话时，托尼的语气是那么踏实，以至于记者也受到了感染，觉得真的什么都不需要担心。

托尼还说，如果只是需要钱，那他完全可以回英国去募捐。他只要把慈善厨房几年来的活动资料带回去，很容易就能募集到足够的善款。但如果他那样做了，慈善厨房什么都不缺了，这里的人也就没有机会了。当然，这种认识，也是慢慢形成的。当初，决定创办慈善厨房时，他根本没想那么多。开始实施后，很多想法才慢慢跟了上来。所以，从某种程度上，他本人也是在和慈善厨房一起慢慢成长着。

他现在觉得，慈善厨房就好比是一个“洞”，那些想要做慈善的人，因为每个“洞”的存在，就有了投放爱心的机会。生活中的每个人都不一样，有的人有时间没钱，有的人有钱没时间，有的人愿意付出，有的人不愿意，这没关系。作为他自己来说，因为有能力去创建这么一个平台，所以就去做。否则，就是一种能力的浪费。事情就这么简单。

说到钱，托尼还讲了自己到英国时的亲身经历。当年，他在英国开公司的时候，面对客户时，如果有两个方案可以选择，其中一个是有利于客户的，一个是有利于自己赚钱的，那么，他肯定会选择有利于客户的那个。结果，他虽“没考虑挣钱，但钱来了”。

后来他又发现，这种体验和释迦牟尼佛说的道理完全一致。于是，他变卖了家当，开始了慈善和追随佛的旅程。

没有梦想但很快乐

托尼总是随身背着一个背包，里面有他的笔记本电脑和大部分的家当。而他以在生活的记录，也都装在他的电脑里。通过这台电脑，记者见识了托尼曾经的家——在英国Lancaster附近的一座老房子。那房子有300年的历史，周围是碧绿的农田，看上去幽静极了。他还拥有过宝马、SAAH等名车，以及今天很多人向往的房车。这些，是他用14年的时间和近乎“疯狂”的工作精神换来的。但是，9年多前的一天，在参加过一次为期3天的静修活动后，他毅然决然地决定：要去过另外一种生活。

“那一次，我第一次听到了自己的心。以前，我忽视了自己的心，总是让脑子来决定自己的生活。”他说。

他的心告诉他：要关闭公司，卖掉房子和车。然后去周游世界，朝拜释迦牟尼佛的诞生地印度。

半年后，他处理完所有的家当，就背起背包上路了。之后，他一边游历，一边做慈善，向心中的圣地印度慢慢靠近。没想到，还没到目的地印度，就在西安停了下来。

最初把他留在西安的是赵长军武术学院。来中国以前，他对中国的了解只有小时候看过的关于少林寺及其武术的纪录片。因此，当他听说西安有个武术学院时，儿时关于“中国功夫”的梦想再度迸发了出来。几个月后，当他满足了关于武术的愿望，准备再次启程去印度时，一个乞丐老太执着地向他乞讨的行为，又把他留了下来。

托尼说，以前，他曾经有很多梦想，比如学好德语和中国功夫，比如对公司的期待和规划，等等。后来，当所有的梦想都实现后，他已别无所求。现在，他虽不再有任何梦想，但他很快乐。

现在，他住在长安区的一个村子里。房子里没有暖气，冬天冷得出奇。但他没有丝毫的抱怨，反而总是满心欢喜。“这很好啊！冬天本来就是该冷的嘛。”

去冬最冷的那段时间，他几乎把自己所有的衣服都穿在了身上，光上衣就穿了十层，但全都是线衣、运动绒衣之类。有的衣服已穿了15年以上了，且没有一件是真正保暖的。记者问他为什么不穿毛衣服和棉衣，得到的答案竟是：“没有。”

每年冬天，他都会给流浪者买棉裤、棉大衣之类，但他自己却一件都没有。显然，他把自己给忘了。

每周的一、三、五，托尼会准时进城去慈善厨房“上班”。往来的交通工具，是公共汽车。“我现在是在西安人，有公交卡。西安的公交车可真便宜！”说到自己的公交卡，他的神色间颇有几分得意。

空闲下来的时间，他会频繁地给远在英国的老父亲打电话。他们都已经不是古稀老人，身体也不是很好，密集的电话联络，让他觉得自己和亲人之间天涯咫尺，从来不曾分开。不过，开始游历后的头两年，他打电话回家时，他父亲是坚决不接的。那段时间，因为对他的选择很愤怒，他的父亲拒绝和他说话。不过，这位固执的老父，最终还是没拗过自己更加固执的儿子。现在，父子之间已经和好如初。

剩下的时间，喜欢安静的托尼总是待在住处读书、打坐。最近两年来，他一直在读美国尼采的《与神对话》系列。碰到比较熟的人时，还会热情地向他们推荐。

对于现在的农村生活，他是发自内心地喜欢，说是在和“时间在一起”。“太阳出来就起床干活，太阳下去就上床睡觉；然后地里长什么，就吃什么，是最好的生活。”他进一步解释道。

临了，他又加上一句：“中国文化真的很有意思！”

而对于许多人羡慕的西方物质生活，他却有点不以为然，说那些都没有用。

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).

Train Tickets, Flights, Hotels, and More...



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Exclusive Handbook of the 2011 Horticultural Exposition Xi'an, China

Article by **Chris** from IH Xi'an

Host: Shaanxi Tourism Bureau
Preparatory Committee office of The International Horticultural Exposition
Xi'an Taxi Administration Office

Co-organizer: International House Xi'an

Learn Language for the Expo Series background

The Expo will focus on the ecological concept and promoting our nation profile. Xi'an, together with many other associations and organizations, will hold this event from 28th, April to 22nd, October, 2011, 178 days in total. At present, there are 109 exposition halls in the Expo, and the anticipated amount of visitors is around 12,000,000.

As visitors from all around the world will come to Xi'an, how should we prepare to help with their trip to China, and especially to Xi'an?

We International House Xi'an are now providing English training in collaboration with many service industries at the call of Party Secretary Sun Qingyun. The English Speaking focus will last one year covering 6 parts which are: Expo English in the community, Expo English on campus, Expo English in window industries, Public English Exchange and Foreigners' Chinese Study. We will impress the public by various media and On-the-spot promotion. We will enter 10 major window industries and most of communities and colleges in Xi'an in preparation for the welcome of visitors from all over the world.

We present a series of brochures, "Learn Language for the Expo", to many readers with free distribution publications. We are also planning to deliver some daily English to the public in the means of special issues, which are generally recognized as perfect means of promoting the Expo and Xi'an. As an emerging city, Xi'an's people hope that we can really establish friendship by communicating in English and embrace friends globally and generously.

Handbook for Chinese Learning—Speak to the world, welcome the Expo

The most important part of our program is the Chinese learning handbook. We give out the handbook for free aiming at delivering daily Chinese communication. By doing this we can not only let the international visitors feel the enthusiasm of Xi'an's people, but impress the people the wonderful Expo.

Today we interview Mr. Su Peng, the director of International House Xi'an.

Q: Mr Su, what prompts you to have this idea?

A: International tourists in Xi'an will be an important part of the Expo. It's also an opportunity of making Xi'an become an international city. To warmly welcome our international friends, and let them leave a good impression in Xi'an, we create the book for the travelers from all over the world.

Q: Could you simply introduce the Chinese learning handbook?

A: It is totally different from other two books, and it's the most noteworthy. This handbook includes all aspects of living, and let them know Xi'an well. In addition, the simple daily Chinese sentences can help everybody use a survival Chinese.

Q: The design of the handbook is very unique and beautiful, and it looks like an old book in ancient China. Is this also from your personal idea?

A: This is not entirely my idea. It's the crystallization of all the International House staff. Our ancestors invent the paper first, therefore, using the ancient book cover aims to show our Chinese history and culture.

Q: I believe this series books will be recognized by the public. Do you have any other wishes to the Expo?

A: Thanks. Actually I introduced the Expo on the 2011 Directors' Conference of International House World Organization, the IHWO is very proud of what we are doing, the directors from other International House give best wishes to Xi'an Horticultural Expo.



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酿造愉悦的美白。

温和的有机植物，真切的美白效果。
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缔造满溢着透明感的清亮肌肤。
好似融于肌肤的舒润质地，始终萦绕的清新草本味道，
娜蔻邀您一同感受这无可比拟的纯净美白。

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娜蔻 纯皙靓白润肤乳 130mL 138元
娜蔻 纯皙靓白日用精华乳 30g 138元
娜蔻 纯皙靓白两用粉饼4色 10.5g 128元 (粉盒另售)

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