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**MAR10-MAR23**  
ISSUE 74, THU-WED

# agenda

## Beijing's Ballers

Professionals talk about their sporting passions

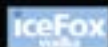
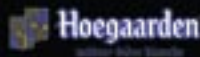
A Peek into Hell's Kitchen  
How to Expose a Spy  
Canada's Man in Motion  
A Harlem Globetrotter in Macau

- Plus Beijing's best
- Sports bars
  - Pub quizzes
  - Team sports



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# agenda

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**agenda**

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Cover image: Colin Dixon, Chair of the Beijing Gaelic Athletic Association and Financial Consultant at Tenbridge. Photo by Judy Zhou.

**Agenda** prides itself on interviewing Beijing's movers and shakers. In this issue we've decided to be more literal and check out what drives Beijing's athletes and sports fans. After two weeks of running, climbing, dunking and cruising, we've connected with some of Beijing's (and the world's) most passionate athletes, and found out what keeps them moving.

**Colin Dixon, Chair of the Beijing Gaelic Athletic Association and Financial Consultant at Tenbridge** (page 20) taught us about the vital relationship between sports and his professional life, and **Bruce Wimmer, Director of Consulting at Pinkerton Consulting and Investigations** (page 22) sat down with us to talk strategy. Corporate espionage strategy, that is.

We also met **the founder of Sinout Sports and Culture Company, Tina Qian**, (page 24) who wants to inspire Chinese people to head outdoors through her promotion of the Banff Film Festival, and **Rick Hansen, Canada's Man in Motion**, whose legendary four-continent journey has inspired thousands, if not millions (page 40).


**Lee Zheng, the senior fitness instructor at Doubletree by Hilton** (page 29) and **Celebrity Chef Josh Emmet** (page 12) agreed with Qian that balance is the key, and **Ritz Carlton Beijing General Manager David Wilson** (page 30) showed us one incredibly cool way to find inner peace, while **Julia Cui of Octagon** filled us in on the future of sports in China (page 32).

As China grows, the international community is also getting involved in the sports scene, including **Harlem Globetrotter Curley "Boo" Johnson** (page 28) who will be launching a basketball camp in Macau. That's definitely something that local **basketball fan and founder of NiuBBall Jon Pastuszek** (page 26) will want to write about.

Ready to move? Check out our list of the of the **best team sports** in the city, as well as the **best sports bars, pub quizzes** and **deep tissue massages**, where you can reward yourself for finally getting off the couch. That, plus Beijing's best restaurants, bars, shops, spas, and events, as always. Enjoy!



Jennifer Thomé  
Managing Editor



*This photo was taken right after climbing to the top of Changbai Mountain, and right before being apprehended for illegal hiking. I now stick to writing about sports.*



Fresh oysters



Baby back ribs



Surf and turf

Steakhouse

## CRU

Tucked away at the eastern end of the CBD, CRU steakhouse has been quietly building a reputation for their exceptional steaks. The refined setting makes the perfect backdrop for a business meeting or romantic encounter. Be sure to check out their lunch menu (RMB 128 or 150 for two or three courses, +15%) for an indulgence that doesn't break the bank.

Daily 11.30am-2pm, 6-10pm. 2/F, JW Marriott Hotel, China Central Place, 83 Jianguo Lu, Chaoyang District (5908 8530) 朝阳区建国路83号华贸中心JW万豪酒店2层

**Perfect for** impressing someone special, in business or romance

**Signature dishes** include their selection of oysters (Tasmania, Fine de Claire, Eagle Rock and Kumamoto), steaks (too many to list here), Maryland crab cakes (RMB 98) and the warm chorizo salad (RMB 88)

**While you're in the neighborhood**, stop into i spa for a rejuvenating treatment, before, or perhaps after, checking out the latest designer brands at the Shinkong Place. Atone for your spending by roughing the Dongjiao Market and cooking at home next week.





Every Saturday Edomae sushi directly delivered the whole big fresh tuna from Nagasaki of Japan. And show you the all process that how to make it become to a tuna sashimi and sushi. All you can find is in Edomae sushi!

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**Lucky Street / Annex (5867-0293/0294, 5729-0768)**

9-C, (North Side of Dongyuan Apartments) Lucky Street, Chaoyang District





Half chicken



Red snapper German style



Warm apple pie

European and American

## Scarlet Blue

You know how people always complain about restaurants with large menus that don't do a single thing right? Well, leave it to the German ownership of this restaurant (they also own the Blue Marlin line found in Suzhou, Nanjing and Shanghai) to listen and make a change. If you're hankering for some German or American comfort food in a clean and opulent atmosphere, this is the place to be, as long as you're ok with the rocking live shows at night.

Bldg 17, Solana, 6 Chaoyang Park Road (5905 1909) 朝阳公园路6号蓝色港湾 15-1, 17号

**Perfect for** well-executed comfort food in an opulent setting.

**Signature dishes** include their half chicken (RMB 98), sizzling fajita combo (RMB 118) and Texas smoked BBQ ribs (RMB 98-138)

**While you're in the neighborhood**, check out the latest shops to open at the Solana shopping center, where you can compliment your international dinner with some international shopping. Then treat yourself to some authentic gelato at Romana or ice cream at Cold Stone Creamery, and let loose Qingdao Fang or CroBar.



# GANGES

## INDIAN RESTAURANT

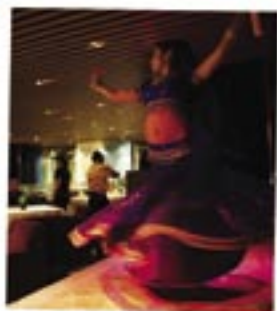
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Bollywood dancer

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more information at [www.ganges-restaurant.com](http://www.ganges-restaurant.com)



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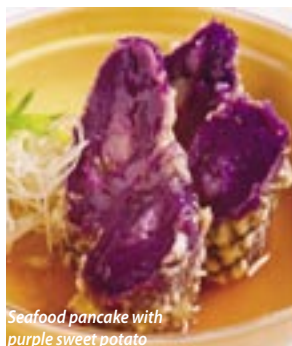




Peanut tofu



Assorted sushi



Seafood pancake with purple sweet potato

Japanese

## Kenzan 乾山寿司

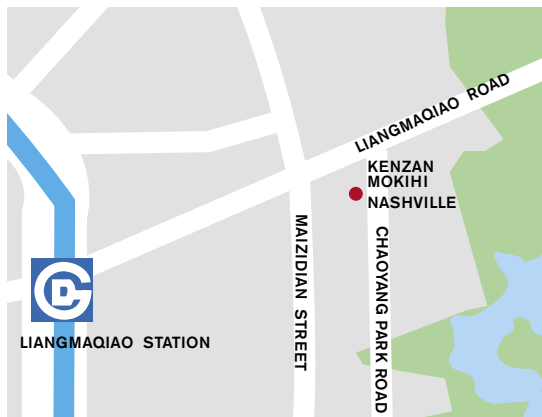
If the mere thought of Japanese food - sushi, rolls, and sashimi - makes you yawn, you're in luck. The second branch of Kenzan restaurant has just opened, and features delectable twists on all of your delicious, but tired, favorites. The sushi and sashimi come highly recommended, but save room for their salmon and mango roll and seafood pancake with sweet potato. A seat at the lunch counter might just get you a taste of the chef's latest creations, but if you're with a large group of people, opt for the cozy, yet expandable, private dining rooms upstairs.

11am-2pm, 5.30pm-11pm. Lucky Street 1-2-A5 (located at the northern end of Lucky Street) (5867 0268) 朝阳区好运街1-2-A5号

**Perfect for** an inspired Japanese business lunch or a dinner with up to 20 friends

**Signature dishes** include their peanut tofu (available only on select days), salmon and mango roll (RMB 68), and seafood pancake with purple sweet potato (RMB 38)

**While you're in the neighborhood**, make it a nipponese evening by rounding the night out with smooth drinks at the newly opened Mokihi whiskey and cocktail bar, or for something totally different, head over to Nashville, where whiskey and beer flow like water.



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 B10201 Zhenxi SOHO, No. 70, 3rd East Ring Road, Chaoyang District  
 朝阳区东三环北路70号SOHO ZHENXI B10201  
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**Guangying Store:**  
 No.47, 1, Xuefuchou street, Dongcheng District.  
 东城区学府胡同47号1号  
 Phone: 010 6524 2766

**Wandaokou Store:**  
 F101 Taikoo Plaza, Wandaokou D-Center, No.28, Chengde Road, Weibei District  
 承德里大街28号Wandaokou D-Center F101  
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**Guest House & Restaurants:**  
 No.28 Shuang Huijing, Beiwangzhuang, Dongcheng Dist.  
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Choucroute



Terrine



La tarte flambée gratinée

Alsatian

## Tonton & Tata Alsace

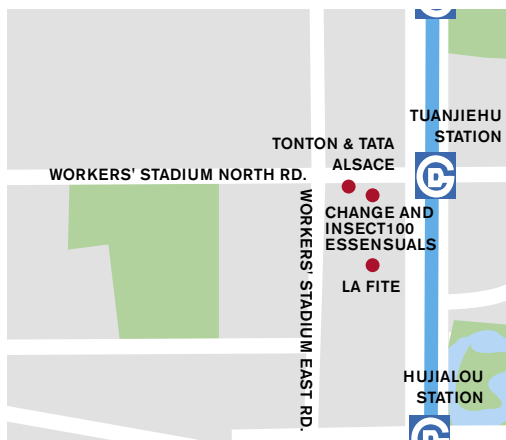
Small and unassuming from the outside, Beijing's first Alsatian restaurant is, pardon the cliché, big on taste. The menu is relatively simple, and features dishes that are heavy on the primary ingredients of the Alsace, such as pork, potatoes, cream and cheese. *La tarte flambée gratinée*, also known as the *flammekuche*, exemplifies the brilliance of this cuisine with its thin, oven crisp crust that supports a thin yet luscious layer of cream, cheese, bacon and onion.

Daily 11am-11pm. B1-239, Sanlitun Soho, 8 Gongti Beilu, Chaoyang District (136 8120 6738) 朝阳区三里屯Soho2号楼B1-239


**Perfect for** lingering over rich, hearty food with friends in an unpretentious environment

**Signature dishes** include the crispy with Gruyere cheese, white cheese, bacon, and onion (RMB 68), and the *Choucroute*, a hearty plate of sausages, smoked pork, poached bacon, pork leg, smoked pork and potatoes, and sauerkraut (RMB 128)

**While you're in the neighborhood**, treat yourself to a new pair of shoes at Change and Insect 100, and a coiffing at Essensuals, Toni & Guy's sister company. While you'll have no reason not to linger at Tonton & Tata, you could drop over to La Fite for an evening with the Chinese nouveau riche.







# BEIJING EATS

by Eileen Wen Mooney

A Food-Lover's Companion  
to China's Culinary Capital

中国人口出版社

It's all been said now. And, as far as food goes, the rest of us writing Beijing guides might just as well hang up our chopsticks.

– *Peter Neville-Hadley*

Eileen Wen's no-nonsense approach and discerning palate doesn't just lead you to the treasures in China's capital, but to a deeper appreciation of why China is the world's capital of eating.

– *John Krich, author of Won Ton Lust  
and former Wall Street Journal Asia food columnist*

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*Chef Josh Emmet stays balanced by staying fit*

## HELL'S KITCHEN HELMSMAN

*Celebrity Chef Josh Emmet*

*When talking about celebrity chefs the name Gordon Ramsay instantly pops into mind, but one could argue that his fame would not have reached such great heights without a powerful team manning the helms of his restaurants. Josh Emmet has worked with Ramsay for more than a decade, and met with*

**Agenda** *on his recent, and first, trip to Beijing, where he hosted an exclusive two night dining event at the St. Regis. Read on to learn what he thinks makes a kitchen run, what Gordon Ramsay is really like in the kitchen, and what his impressions of China are.*

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*"I've seen it all – the whacky, the wonderful, the full of surprises – you know, and there are some amazing experiences out there and some people who do incredible food. But a dish has to have a reason behind it at the end of the day, doesn't it?"*

---

**Pardon the cliché question, but everyone wants to know. What's Gordon Ramsay really like? Is he the same off camera?** No, he's like that, but he's also loads of fun. He's passionate, full on, slightly in your face. [He] loves what he does, and he's extremely busy, and does a lot of filming. He's got a massive empire, so he's all over the place, and he never lets go of it.

**Do you think celebrity chefs like that are good for the industry?**

Yeah, of course! We're talking about them here, aren't we? Jaime Oliver, Gordon Ramsay... I love Jaime, and I think he's done great things for the industry. He's had an interesting path over the past ten years, if you've watched where he's gone and what he's done, that sort of thing. It's been really great for our industry.

It's also been great for the kids that are just coming out of school are looking to get into the industry. The kitchen is a shockingly hard environment, but now, people have seen it on TV and are really interested in that side of it. It draws them to it, and if they come with that mindset, you know they really want to do it.

**So what do you think it takes for these young chefs to get to the top of the culinary world?**

It's not quick – I think you really have to stick with it. I've been cooking away behind the scenes for 18 years, and I really enjoy working for Gordon. I absolutely love it. I worked with him in London, and in New York we got two Michelin Stars, another one in LA. But yes, stick at it. It's quite hard. The young chefs you've got in the kitchen, they are 26, 27, 28 and have been working there for more than five years when they start to get a little bit weary, and it doesn't let up. The hours get longer and the work gets harder. How do you tell someone that it's only going to get worse than that, not better, and the pay is only slowly, slowly, slowly going to increase, but that they should still be passionate about what they do, since it's a great job?

They have to open their eyes to get the bigger picture so that they can make a nice career out of it.

### **Are sports an important part of your career? How do you stay fit?**

I put on loads of weight when I stop working, because you literally stand all day and work for years and years, and when I take two weeks, the weight goes right on. We don't tend to eat that healthily because of our shifts, either.

I think for a chef there are two things: there's mental stability and fitness, and then there's physical fitness, and it's a f-cking hard job. So you get extremely mentally strained because of the stress and the pressure, and then there's the physical side where people just get worn down easily. Your body shuts down, and then they can't do the hours. So I think it's very important to stay fit, both mentally and physically. We all need that balance. [Beijing a chef] is a lifestyle. It's not a job – it involves a hell of a lot more than that.

In Melbourne I was working twenty hours a day, six days a week when I was 23. Try finding a date with that schedule! I would take a girl out on Sunday, and then tell her I'll see her again next Sunday. You were lucky if you could find a Sunday girl. That's the way it is.

### **What's your philosophy on cooking, and how is it influenced by your work with Gordon Ramsay?**

I've never been told how to cook or what to cook by Gordon. He's only ever given me guidance on how to run a kitchen, but I do what I think is right. I've been dropped into it, which I like, because I am tough enough to man up to that and get the job done. What Gordon really wants to hear is that I'll take care of it.

I'm not huge on molecular gastronomy. I've seen it all – the whacky, the wonderful, the full of surprises – you know, and there are some amazing experiences out there and some people who do incredible food. But A dish has to have a reason be-

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“The produce here has been really interesting, as has been working out here. It's just so different, isn't it? The way the guys in the kitchen work is different – they use different equipment, they cook in a different way... It's slightly bizarre actually. You just sort of work around it and make it happen”

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hind it at the end of the day, doesn't it? Once you start breaking things down it becomes so vast – your whole concept can be so vast because there are so many little things involved. Always source the best products, and enhance them. Simplicity is the hardest thing. I think the more you break it down, the more you think about it. It can be a horribly complicated subject, but it should be about simplicity and concentrated flavor.

I'm not a big fan of deconstructing food or playing around with it too much. We try to concentrate on the ingredients, and not really mess around with them too much. There's a lot of talk about that sort of thing, but oftentimes you get out to eat and you can't find what they are doing. If you order duck you want duck, so we do product driven dishes and design things around it, instead of having a lot of clutter on the plate.

### **So what makes a great restaurant?**

It has to have soul. It has to have personality, and it has to be well thought out. You know when you walk into a place and it just doesn't fit, because the designers had this idea, and the chefs had that idea, the owners had another idea – that's a classic example. It's got to have somebody's whole soul, their very essence, and their personality. A buzz, a feel, energy – that sort of thing.

### **How did you enjoy your first visit to China?**

I really enjoyed the local markets. Sorry again about being late – the traffic was a real nightmare. We couldn't find a cab, and they drive pretty wildly, don't they? The produce here has been really interesting, as

has been working out here. It's just so different, isn't it? The way the guys in the kitchen work is different – they use different equipment, they cook in a different way... It's slightly bizarre actually. You just sort of work around it and make it happen.

But you can't just [manage the kitchen] Gordon Ramsay style – that's just wrong. You come in and just try to make it work, so these sorts of things you just have to work around. But it's a fine balance isn't it? It's their kitchen at the end of the day, not mine. That being said, they also had a chance to learn from me, and some were quite interested, and I am quite interested in what they are doing. But yeah, I'm telling you, it's been hard on me. F-ck.

**What about the food?** We have had some great food. Everything has been really, really good. Duck, salad, mushrooms... caramelized sweet mushrooms with chicken – it was sensational.

### **Is there anything you don't eat?**

I don't eat oysters. I ate about three when I was in New York, because I was visiting Thomas Keller's, so I had to do that, and I don't really like raw tomatoes, because they are bitter. When I was in France last year and they had these funny little gnarly tomatoes, and I ate those every day. They were so sweet – I've got quite a sweet tooth. I also don't eat bugs. Why do people eat bugs? I don't know! We saw some bugs on the menu today.

*Interview by Jennifer Thomé*





*With cocktails this good, every drop counts*

Bars

## Mokihi

As the latest Japanese-born source of cocktails to dot the capital, Mokihi raises the bar with expertly executed drinks such as the Smoke Martini, which blends Laphroaig and Tanqueray, and the Wasabi Martini. Enjoy your drinks along the slender bar where you can ponder the raucous world outside in the safe confines of dark wood and smooth music.

Daily 6pm-3am. 3/F, C12 Lucky Street (entrance next to Edomae Sushi), Chaoyang Gongyuan Lu, Chaoyang District (5867 0244)  
 朝阳区朝阳公园路好运街C12商铺3层

**Perfect for** drinks with a well-thought out twist

**Signature drinks include the** Darjeeling Martini (RMB 65), Smoke Martini (RMB 70) and Old Fashioneds (RMB 60)

**While you're in the neighborhood**, pop into the neighboring K's Kitchen for some western-influenced Japanese fare or Kenzan Sushi for some celebrity spotting and Japanese fare that is smart enough to match these cocktails. If you have any tension left in your body, head to Salon Aqua Salus and they'll have you fixed up in no time.





Go for the liquid gold

## GO FOR THE GOLD

### Top Sports Bars in Beijing

*It's time to throw off those heavy coats and get ready to salute the coming spring. And after you've retaken the playing fields there's no better way to unwind than an evening at the pub with your best friends and some cold beers. So come join **Agenda** at some of the best sports bars in town.*

**Hooters 美国猫头鹰餐厅** If you are craving buffalo wings and big jugs of beer, Hooters should be on your radar. This American sports restaurant embraces its infamous theme with enthusiastic waitresses delivering beer, wings, burgers, quesadillas, jalapeno chili cheese fries, and more. Daily 11am-1am. Rm 201, Bldg 1, China View, intersection of Gongti Bei and Donglu, Chaoyang District (6585 8787) 朝阳区工人体育场东路和工人体育场北路交接处。中国红街1号201 www.hooterschina.com

**Paddy O'Shea's** Beijing's most genuine Irish pub, Paddy O'Shea's has stolen the hearts of pub and sports fans alike. Equipped with lots of high-quality audio screens for showing sports events and a friendly

English speaking staff, it's a consistently good place to meet up or catch a game. Quiz-nights every Wed. Daily 10am-late. 28 Dongzhimenwai Dajie, Chaoyang District (6415 6389) 朝阳区东直门外大街28号 www.paddyosheas.com

**The Den 敦煌** Tasty food, reasonable priced beers, cheerful staff, and three TV screens showing different sports. They also have a solid happy hour with half-priced pizza and drinks (daily from 5-10pm). Daily 24hrs. 4 Gongti Donglu (next to City Hotel's main entrance), Chaoyang District (6592 6290) 朝阳区工体东路4号城市宾馆正门旁边

**The Pavilion** Featuring one of the best sound systems in Beijing, this white-washed lounge caters to both sports lovers and late-night crowds. Regular live music fills the night air, and their veranda is the perfect place to spend a lazy summer's night. Daily 10am-2am. Gongti Xilu (opposite west gate of Workers' Stadium), Chaoyang District (6507 2617) 朝阳区工体西路(工人体育场西门对面) www.pavilionbeijing.com

**Schiller's 大明西餐厅** Crowded with both locals and expats, this well-known long-running restaurant and sports bar serves German-style specialties and beer. Happy hour is daily 5-8pm, buy-one-get-one-free. Sports fans have raved about the affordable drinks and amazing food. Daily 9am-1am. 1 Liangmahe Nanlu (south of Capital Mansion), Chaoyang District (6464 9016) 朝阳区亮马河南路1号京城大厦南

### Union Bar and Grille 优年美式餐厅

Union Bar and Grille is a great place to go when you are craving barbecues and burgers. Great atmosphere, fantastic staff, and being surrounded by the intentionally well decorated interior, you are going to be a frequenter. Mon-Fri 11am-11pm, Sat-Sun 11am-midnight. S6-31, 3/F, Bldg 6, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6415 9117) 朝阳区三里屯路19号三里屯Village南区6号楼3层S6-31

**Green Cap 爱尔兰老人酒吧** Situated between Shunyi and Lido, Green Cap welcomes sports lovers and those looking for a relaxed evening. Irish stews, three screens showing live sports and events like quiz nights all contribute to its popularity. Tue-Sun noon-late. Beside Western Academy of Beijing, Laiguangying Donglu (off the Airport Expressway), Chaoyang District (186 1174 7939) 朝阳区来广营东路(北京京西学校旁边) thegreencapbar@gmail.com

**The Stumble Inn** Eat, Sport and Love. That is what this famous Sanlitun Village pub is all about. The pool table, dart boards and flat-screen TVs are found upstairs. Be sure to check out their quiz night. Daily 10am-2am. S3-31, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6417 7794) 三里屯路19号三里屯Village南区3号楼3层S3-31 www.stumbleinbeijing.com/home.html

**The Irish Volunteer** This Irish-themed pub is a nice spot for Lido locals and expats. It comes highly recommended for its clean and comfortable environment and the attentive staff. A pint of Guinness will set you back RMB 60, a Carlsberg a mere RMB 25. Daily 9am-2am. Jiangtai Lu (opposite the east gate of the Lido Hotel), Chaoyang District (6438 5581) 朝阳区高家园小区平房311号(丽都饭店东门对面)

Compiled by Adeline Wang



A great place to beat the big city blues...



### Bar

## Bar Blu 蓝吧

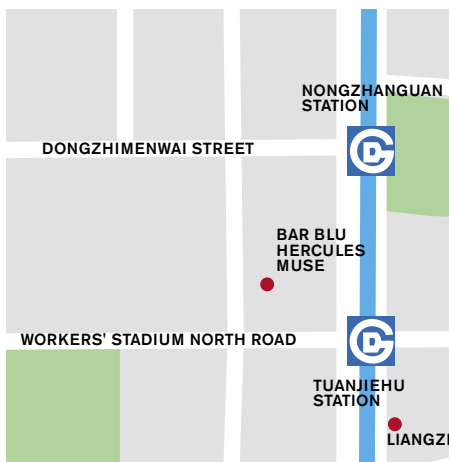
Bar Blu is bigger and better than ever, having recently opened an enclosed roof-top bar and launched a new food menu featuring western favorites, such as Louisiana buffalo wings and sizzling BBQ ribs prepared by Chef Mark Canevari. Expect more space, more dance music, and more drink specials, including RMB 25 cocktails and buy-one-get-one-free Stellas, Hoegaarden and Carlsberg draught beer from Sunday through Wednesday, and free cocktails for women on Thursdays (plus, groups of four or more ladies get a free bottle of bubbly before 10pm).

Daily 6.30pm-late. 4/F, Tongli Studio, Sanlitun Houjie, Chaoyang District (6417 4124) 朝阳区三里屯后街同里4层

**Perfect for** an open-air night of cocktails and music

**Signature drinks** include their Flaming Lamborghini, which is best enjoyed on one of their Friday night theme parties. First Friday is Disco Fever night, Second Friday is Revival night, Third Friday is Naughty night (dress in uniform!). If you're not feeling that wild, drop in for the music of Ryan Chambers, performing Americana roots classics every Sunday night at 9pm.

**While you're in the neighborhood**, stop at Hercules Sandwich or Muse to fuel up for a night on the town, and grab a cab to Liangzi, just north of Tuanjiehu Park, for a late night footrub for those tired, danced-out feet.







Work it at Nia with Debbie van Ginkel (front) and Jennifer Schwerin (back right)

**Flag Football** Every Sunday at 3pm in Chaoyang Park. Contact Yoyao Hsueh at yoyaoah@gmail.com or 15900120 2499 for more information.

**Beijing Ducks Water Polo** The Beijing Ducks practice on Sundays from 2-4pm at ISB. For more info, email stephanie.hsiao@gmail.com.

**Ladies Golf** Every Thursday at 9.30am. Join Beijing's most lihai lady golfers for a weekly swing. RMB 290 includes greens fees, caddy and lunch. beijingladiesgolf@yahoo.com, www.beijingladiesgolf.org

**Beijing Devils Rugby** 7.15pm every Tuesday. Weekly Rugby training takes place out at Dulwich Legend Gardens in Shunyi, with a bus leaving at 7.15 from the Den.

**China Club Football** Football for all. See www.clubfootball.com.cn for more information.

**Beijing Volleyball** Established in 1999, this club plays competitive volleyball games once a week at a court near Houhai. Ability levels range from intermediate to advanced, so new players are encouraged to try out first. Sessions cost RMB 30. beijing\_volleyball@hotmail.com

**Beijing Sport and Social Club (Beijing SSC)** For volleyball players who are less into the glory of the sport and more into post-game Tsingtao. SSC meets for volleyball, dinner and beer on the first Wednesday of each month at different locations in Chaoyang. beijingssc@gmail.com, www.beijing-gssc.com

**Equuleus International Riding Club 天星调良国际马术俱乐部** This four-star riding center teaches students of all levels dressage and jumping. A variety of packages are available. Tue-Sun 7am-noon, 2-6pm. 91 Shunbai Lu, Sunhe Town (north of and parallel to Xiang Jiang Beilu), Chaoyang District (6432 4947) 朝阳区孙河镇顺白路91号 香江北路北

**Beijing Hikers** The Beijing Hikers Club has been organizing hikes in the hills around Beijing every weekend since 2001. Advance reservations necessary. Mon-Fri 9am-6pm. Rm 601, Bldg 2, Xinhualian Ligang, 26 Jiuxianqiao Zhonglu, Chaoyang District (6432 2786) 朝阳区酒仙桥中路26号新华联丽港2号楼601室 www.beijinghikers.com

Compiled by Marla Fong and Jennifer Thomé

## THERE'S NO "I" IN TEAM

Get motivated with Beijing's best team sports

**Beijing Gaelic Football Club 爱尔兰足球** If basketball, rugby and volleyball are what you enjoy, Gaelic football might be just the thing for you. Tuesday evenings from 7-9pm at Chaoyang Park and Sundays from noon-2pm at WAB. Beginners welcome. www.beijinggaa.org

**Beijing Hash House Harriers** The harriers take to the streets every week in search of beer, exercise, and as much fun as possible. The group meets each Sunday at 2:30pm but dates and times can vary. Runs usually last an hour, covering 7-10 km. Sign up on their site for the weekly email. www.hash.cn

**International Friends Football Club** Join an existing team or create your own. The match fees help pay for referees. Check out the website for information about membership, teams, and fees. (157 1005 0115) www.iffc1994.com

**Mashup Sports** Mashup recreates that college feel with organized

basketball, bowling, dodge ball, flag football, and tennis. www.mashupasia.com

**SinoScuba** This respected scuba diving school offers PADI courses in English and Chinese, and periodically organizes diving trips in China and overseas. www.sinoscuba.com

**Badminton** Every Sunday at 10am. Contact John at johnsk@hotmail.com

**Women's Lacrosse** Every Sunday at 10am. Equipment is provided and the cost of the pitch is shared. Contact Fiona at fionaboyl66@hotmail.com

**Heyrobics** Music, laughs, and even some exercise. Every weekend in Chaoyang Park and other locations. Sign up for their newsletter at www.heyrobics.com

**Nia** Fusion fitness that combines the classic movement forms of yoga, modern dance, Duncan dance, jazz, aikido, taichi, taekwondo, and Feldenkrais and Alexander techniques. Check out their schedule at www.niachina.com.

## AND THE WINNER IS...

*Beijing's Best Pub Quizzes*

*Brush off your drinking skills and reserves of random knowledge and enjoy the atmosphere, prizes, and eccentric quiz-masters at the following trivia nights.*

**The Bookworm** British or Irish hosts dominate many of the pub quizzes offered in Beijing, as do questions derived from those countries' history and culture. The Bookworm's trivia night is no exception. In fact, the questions are obscure and specific, for instance, requiring teams to wrack their brains for an animal that could have plausibly gone extinct in Scotland in 1743, but not elsewhere. Happily, the worse you do, the closer you are to winning a consolation pitcher of beer. The last place team earns prizes along

with those who win first, second, and third place. And win or lose, every participant gets to enjoy the host's amusingly belligerent Q&A style, and we've just been informed, lots of booze. Voted best quiz night in the 2010 Beijinger Bar and Club Awards. Mondays at 8pm. The Bookworm Building 4, Sanlitun Nanjie (6586 9507) 三里屯南街4号楼

**Paddy O'Shea's** As one of Beijing's authentic Irish pubs, it's a no-brainer that Paddy O'Shea's trivia night would have an affable Irish man hosting it, and having a good, relaxed time is more of an emphasis than prevailing in the competition. Best of all, the winning team of each round, as well

as overall, gets a free round of shots of the liquor of their choice, while ties are broken with drinking contests. There's more, too! If you are lucky, the two-person team next to you will keep winning and sharing the extra booze with your table. With all of the free alcohol floating around, this trivia night is the ideal one to unwind at after a long day of work, and to ensure that your Thursday morning will make the rest of the week look as easy as pie. Wednesdays at 8pm. Paddy O'Shea's. 28 Dongzhimenwai Dajie, Chaoyang District (6415 6389) 朝阳区东直门外大街28号

**The Kro's Nest** Americans feel at home the moment they see the flyer at the front of the restaurant, proclaiming Beijing's "most American" pub quiz. The actual event does not disappoint. The organizers play on Beijing's ultimate frisbee team, and



And the answer is...

bring their teammates to participate, while the knowledge tested heavily favors 90s alternative rock and football. The restaurant itself adds to the American theme, with its menu of pizzas so large that they barely fit on the table, and its drink special during the proceedings of RMB 100 for a bucket of any five beers from their imported selection. But the Queen's teams need not fear. There is plenty of local expat flavor to go around, from a challenging first round where teams match up pictures of specific Beijing neighborhoods with their nearest subway stop, to Kro himself swapping answer sheets and tallying up scores. Thursdays at 8pm. 35 Xiaoyun Lu (Opposite Renaissance Beijing Chaoyang Hotel, next to Koufujia restaurant), Chaoyang District (8391 3131). 朝阳区霄云路35号(国航大厦万丽酒店对面, 口福居旁)

**Tim's Texas Barbecue** Tim's Texas

Barbecue, by virtue of its Lone Star State decorations, and its cuisine of ribs, steak, brisket, and other outsized barbecue classics, gives the Kro's Nest a run for its money in terms of the "most American" trivia nights. In fact, as Beijing's longest running pub quiz, this event has a loyal crop of regulars, who come for the boisterous atmosphere, and for the unique prizes – a keg of German beer for the first place team, Australian craft beers for the runner-up, and Tsingtao for the third place finishers. 14 Dongdaqiao Lu (on the corner of Guanghua Lu), Chaoyang District (6591 9161). Wednesdays, 8 PM. 朝阳区东大桥路14号贵友大厦正北200米。

**Stumble Inn** Stumble Inn is an interesting mix between rowdy dive bar and a romantic lounge. Trivia nights here are no exception. While growing more and more popular, this quiz night is usually attended by fewer

teams, who mostly seem content with drinking, smoking, and talking with each other, while questions flash on the venue's various flat screen televisions in graphics and theme music that are reminiscent of Who Wants to be a Millionaire? As a result, this quiz night is ideal for those who are really looking to unwind after work, providing an authentic Beijing trivia experience, but with a cozier, classier atmosphere. Tuesdays, 8 PM. 53-31, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6417 7794), 朝阳区三里屯路19号三里屯Village南区3号楼3层53-31。

**Lush** Located in Wudaokou, Lush's pub quiz caters mostly to the herds of students who are studying abroad in Beijing for the semester or the year. Questions are tailored accordingly, with most of them centered on pop culture and recent history (think 20<sup>th</sup> century instead of the 19<sup>th</sup>). Still, if you expect to coast at this trivia event, then you are in for a rude awakening. It is common for many teams to just gain a few points in each around. Further adding to the university atmosphere is a ban on cell phones that can access the internet, as well as a shutdown of the venue's wireless internet service during the competition hours, reflecting many institutions' strict academic integrity rules. And with a policy of settling tiebreakers with drinking contests, Lush's quiz events perfectly captures the academic and social competition that is essential to every university student's life. Wednesdays, 8 PM. 2/F, Bldg 1, Huaqing Jiayuan, Chengfu Lu (across from the Wudaokou light-rail station), Haidian District (8286 3566) 海淀区成府路华清嘉园1号楼2层(五道口地铁站对面)。

**Pomme O'Shea's** Formerly known as the Pomegranate, this watering hole is in Shunyi and therefore offers a tighter-knit pub quiz than in other Beijing bars. The several teams that regularly participate show up in large part to hang out with each other, but don't worry, they also welcome newcomers into the general trivia family as well. The friendly, relaxed atmosphere is enhanced by the venue's courtyard layout, but don't let that fool you, this pub quiz, like the one that takes place at sister pub Paddy O'Shea's, is for those who love to drink and compete. Wednesdays at 8pm. 19 Kaifa Lu, Xibaixinzhuang, Houshayu, Shunyi District (8046 2558). 顺义区后沙峪西白辛庄开发路19号



Compiled by Phoenix Tso



Colin Dixon is always on the ball

## SPORTS STRATEGY MEETS FINANCIAL PLANNING

*Colin Dixon, Chair of the Beijing Gaelic Athletic Association and Financial Consultant at Tenbridge*

*Colin Dixon is a die-hard Gaelic Football fan and teacher of commonsense-based financial planning. Up at 6am and working by 7am everyday, the man has some serious discipline. He balances that rigorous work ethic with a dedication to sports that is of similar weight. Agenda met up with Colin to see what wisdom we could learn from him.*

**What is the Gaelic Athletic Association?** The Gaelic Athletic Association is the largest sporting organization in Ireland. But there are more people outside of Ireland with Irish passports than there are in it. Generally, if there's an expat community somewhere and a few Irish people in it they'll get together and start talking and some sort of Gaelic club will form. Before you know it twenty different nationalities will be playing.

### **What the heck is Gaelic Football?**

I'm often asked to describe Gaelic Football... It has the hand-eye coordination of basketball, the team organization of soccer, the honor and toughness of rugby, and it has the speed and aggression of Australian rules football. Combine all of those elements into a fast, passionate field game. It's a lot of fun. Here in Asia we play a smaller sided game, partially due to limited numbers but also because of the limitations in facilities.

### **You're chairmen of the Beijing GAA this year?**

I am the chairman this year, but I'm a firm believer in not staying in one position for too long. I think people can become stale if they do that. There's also the issue of new people joining the club and feeling like it's a closed shop—that others have been around longer and

have earned the right to be there. I don't believe in that. I think if you step back and allow people to try new things they will often step up and do a fantastic job.

### **Will the Beijing club compete in the Asian Gaelic Games this year?**

Yeah, we always compete. Sometimes we don't have the strongest football team, but we always have a great group of guys and gals that know how to party and we reward ourselves fairly well with that.

### **Are you guys going to win?**

We may not win the football but we'll give them a piece of ourselves on the field. [Laughs] It's always hard at this time of the year before the season has started because the community is very transient. If you look back three or four years ago and at the players we have now, there's maybe only one or two that are still around. So until we really get to training and judge how strong our team is going to be, it's hard to say. Always hopeful.

The emphasis is on fun and participation. If we compare the sport with back home, it's certainly not as competitive. We get together here a few times a week, do a bit of training, and go for a beer and a chat. It's not ultimately serious and is very much about fun.

### **Are the teams composed mostly of Irish folk?**

The teams are mostly expats and are some local Chinese who play as well, but certainly not only Irish expats. If we depended solely on Irish expats here in Beijing, we wouldn't have enough numbers. There's a very small Irish community in Beijing—those that are involved in sports join us and usually bring their friends. It's a very diverse community. In one season we'll have around fifteen or sixteen different nationalities.

### **Does the community stay pretty tight?**

It's probably not as tight as it would be back home, but some

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*"Gaelic Football... has the hand-eye coordination of basketball, the team organization of Soccer, the honor and toughness of Rugby, and it has the speed and aggression of Australian-rules football"*

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of the friendships and bonds that have been made have carried on. For example, we played two years ago in Bangkok and one of our previous members that moved back to Holland flew out to join us for the competition.

**How do you feel like the Asian Gaelic Games has evolved?** It's evolved immensely since its beginning. When it started ten years ago, it was probably something like a group of aging Irish expats that got together to relive some past glories. The competitions today are tiered so that those that want to compete at a more intense level are able to and those that just want to have fun are able to do that as well. The Asian Gaelic Games have focused on catering to everyone.

**Do you think the Beijing GAA enriches the Beijing expat community?** I think it does. If you come to a new city and you don't know anyone, the first thing most people will do is reach out and form a bond with those that can make them feel included. Most expats in Beijing work very hard and we offer people the chance to let off some steam, have a bit of fun, meet new people or have a chat in the bar. The Beijing GAA has been consistent since 2002.

**Tell us about the company you work with, Tenbridge.** We're very different from sports but are just as involved with the expat community. There are about 100,000 expats in Beijing and we offer personal investment and financial planning consulting services to that community. In simple words, we help individual people manage their money. Whether planning for their children's future or their retirement we try to give people a better peace of mind. The company originated in the UK and has been in China since '98.

**"Partnership, Prosperity, Peace of Mind." What's that about?** Financial planning is mostly about common

*"Financial planning is mostly about common sense. It's important for people to ask as many questions as possible and not be overruled by someone because they feel that what they are speaking about is too sophisticated"*

sense. It's important for people to ask as many questions as possible and not be overruled by someone because they feel that what they are speaking about is too sophisticated. The answers are often simple.

**What kind of work does Tenbridge do with charity organizations?** Our chairman has strong feelings about investing back into the community. It's easy to come to China as an expat, earn some money, and walk away without a second thought. In the past, we've sponsored the children of migrant workers to help them through their education. We did run a charity ball for a few years and have thrown a few golf events for charity fundraising.

**Have Tenbridge and the Beijing GAA worked together on any events?** We do sponsor events from time to time, but at the moment the Beijing GAA has a very good sponsor. The Irish Network China have come on board this year.

**Do sports strategy and financial planning go together?** I think anything that you want to do well requires some planning. I've been involved in sports all of my life. Gaelic Football has always been my passion but I also play soccer, do kungfu, and scuba dive. Sports are important to me and they provide me with discipline. That discipline in sports is an important part of my health. And along the same lines, if you're planning for financial success, your finances have to be disciplined.

**Do you have any investment and/or sports wisdom to share with our readers?** Investment advice... Keep

your financial planning simple, work with an advisor that you can relate to and ask questions of. Don't take on anything that you don't understand and understand everything that you take on. If you haven't done any planning up until now, it's never too late. From a sports point of view, play sports as long as you can and don't think that when you get to thirty or thirty-five you should retire.

**How do you find the time to work full time with a successful company and still enjoy a life filled with sports?** My life is pretty simple. I get up early every morning and I work hard, but I need sport in my life—it's essential. I work through the day and hopefully by the evening time am involved in some sport, if not everyday, then certainly every other day. My days are full and I'm never sitting around asking myself, "What am I going to do today?"

**What's your favorite pub to hang out in and watch Football?** Oh, that's a tough one. When I go to the pub I tend to go for a chat. I play a lot of football, but don't watch much of it. But if I go out to the pub, I like to go to The Den or Paddy O'Shea's. Both are places where people meet to have fun and are quite unpretentious. Their sports crowds are quite good and both of the places also sponsor teams that I play on.

*Interview by Jordan Thomas Mitchell*

**The Den** 24 Hrs. A4 Gongti Donglu, in front of City Hotel (6592 6290) 工体东路甲4号 (城市宾馆旁边)

**Paddy O'Shea's** Daily 10am-Late 28 Dongzhimenwai Dajie, Chaoyang District (6415 6389) 朝阳区东直门外大街28号



*When it comes to corporate espionage, prevention is the best medicine*

of their business in Asia and have not done a good job of protecting their business secrets is the reason more business spying occurs in Asia than anywhere else in the world.

**It seems that some companies treat corporate espionage as a sport. If you had to compare corporate espionage to a sport, which one would it be?** First, it is important to understand that business espionage is not a sport or game any more than it is just something out of television or the movies. If someone wanted to characterize it as a “game” then I would submit it is a very serious one because it costs global businesses up to US\$1.6 trillion a year. The sports metaphor fits when the different teams are professional and money is at stake, but otherwise it is not a “game.”

The metaphor also fits when the sport is a team sport that relies on good pre-game planning and strategy. If I picked a sport, it should also be a sport that includes a good active and passive game that is constantly adjusting to the opponent’s attack strategy. With that in mind, a number of team sports come to mind including football (soccer and American style), rugby, basketball, or polo.

**What’s the most brilliant “play” you’ve ever seen executed?** I think the most brilliant plays were when the espionage involved a combined attack that used information gathering for planning, trash covers for gathering names, email addresses and financial data and then used “social engineering” to gain access to the premises and steal documents and laptops. Another involved employees deciding to leave a company and go compete against them. The amazing thing was that they purchased spying devices with company money and then planted them in the conference room and president’s office before they left. They also left a couple of employees behind to provide other information,

## THE SPY INSIDE

*Bruce Wimmer, Director of Consulting at Pinkerton Consulting and Investigations*

*Bruce Wimmer is no stranger to espionage, and with 22 years experience serving in the Office of Special Investigations, and almost another two decades at Pinkerton Consulting and Investigations, one could argue that he knows all there is to know about countering it. Agenda decided to infiltrate, and after gaining his confidence found out what you can do to protect your business.*

**Tell us a little bit about yourself.**

**How did you get into this field?** I have been involved in countering espionage for more than 38 years. I specialized in counterespionage during the Cold War era as a Special Agent in the U.S. Air Force Office of Special Investigations. Because of that background I became a focal point for dealing with countering business espionage when I joined Pinkerton 17 years ago. As a result of working with so many companies and dealing with so many business-spying situations, I have considerable experience and have developed a special expertise in all types of business espionage worldwide. That threat expertise translates into being able to help businesses develop and implement effective countermeasures to protect themselves.

**How common is corporate espionage?**

Unfortunately, it is incredibly common. It occurs on a regular basis and is probably the most underreported security issue. With the preponderance of books and electronic spying devices that are readily available now, almost anyone can use business espionage techniques to gather competitive information. I would submit that about 20 percent of break-ins and thefts attributed to criminal activity actually have a business spying twist. Business spies often go for years without even being detected. While business espionage is extremely common it is probably one of the least understood threats that a business can face.

**Do you see many differences in the way business spying is conducted in Asia and other parts of the world?**

The fundamentals are actually not geographically or culturally different. What is different in Asia is some of the techniques and motivations. In Asia, starting your own business and owning it is a major motivator for business spies. The importance of family and relationships in business spying in Asia is another somewhat unique difference. The fact that so many global businesses have parts

steal documents and provide insights that the electronic devices could not give them.

**What about the biggest fumble?**

Well, the fumbles are so numerous it is difficult to single out one that is more significant than another, because some of the preventable losses have arguably been in the hundreds of millions or even billions of dollars. Others have meant companies literally went out of business. While the losses were smaller in many of these cases, the companies that went out of business were generally smaller companies that could not absorb the loss or spread it out over several years like the big ones do. I have dealt with several companies that probably lost in excess of USD 400,000,000 to business spies. This included Research and Development for manufactured items. The tragedy is that I have not seen a single instance of business spying that could not have been prevented with a reasonable counter industrial espionage program.

**What does a good defensive game plan look like?**

A good defense game plan starts with the head coach and coaching staff. It is important that the program have the support of all the business units; all the coaches but especially the head coach. It would include a good playbook... good, reasonable but enforced policies and procedures. It would also include the team captains, who have authority to make the offense, defense and special units all work together in an integrated manner. It would include good training on the fundamentals – a good counter business spying education and awareness program that is tailored to the different units/departments. It would also involve some good scouting reports that gather threat information and allows the coaches and captains to implement measures to defend against attacks and counter with tactics that will effectively exploit the business spy's weaknesses.

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“The most critical piece would be the education and awareness training so that every member of the team understands the threats – understands the business spying threat is real and is not just something you see in the movies or on television – the players (employees) understand potential adverse business consequences and each one is trained so they have the ability to play defense, at least until the defensive unit can take over”

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**Would you recommend companies to employ offensive tactics as well?** Yes. Companies need to be able to detect and neutralize the attacks. In boxing or martial arts that would mean not just deflecting the attack but countering with attacks that might neutralize the threat. This could involve passing disinformation, legal actions and working with various government and law enforcement agencies.

**If there were no regulations, what kind of equipment would your dream team have?** Ideally, there would be a focal point at a senior level that would have responsibility for enterprise-wide implementation and coordination. Regular, but random, penetration tests and compliance audits (against the policies/procedures) would help in the practices. All the standard IT and physical security measures would be in place, for both the home games and away games, the latter occurring when some of the team members travel. That is an extremely vulnerable time in the life cycle of a business secret. The most critical piece would be the education and awareness training so that every member of the team understands the threats – understands the business spying threat is real and is not just something you see in the movies or on television – the players (employees) understand potential adverse business consequences and each one is trained so they have the ability to play defense, at least until the defensive unit can take over.

**When is it time to call in a security coach, and what can people expect from it?** It's time when you realize this is an important business issue and it is not amateur hour or it could be time (unfortunately too late) when you realize you have been a victim of business spying. At those points, go for the professional. The key with calling in the security coach for input is that it is important to have a coach who is holistic in developing an approach. It should be someone who has business knowledge and expertise in risk-based approaches. It is important that the security coach have true expertise in dealing with business spying. It would make no sense to bring a soccer kicking coach in to work with a basketball team. Yet I see companies doing this every day.

The security coach should be holistic in approach, knowledgeable of all threats and not someone who is just trying to ply a particular service or piece of equipment they sell. It is amazing that so many companies have sophisticated IT security measures, access control and alarm systems, closed circuit television and security guards but these measures are not risk-based and are not integrated in a manner that would make them effective in deterring, detecting, delaying and responding to the business spying threats. Get a good, experienced coach, and one that listens and integrates his measures throughout the company.

*Interview by Jennifer Thomé*



Tina Qian wants you to get some fresh air

## SIGNING OUT OF CITY LIFE

*Tina Qian, Founder of Sinout Sports and Culture Company*

**Agenda** managed to catch up with the remarkable Tina Qian, marathon runner, skier, snowboarder, diver, surfer, and mountain climber. She is also the founder of Sinout Sports and Culture Company, which she uses as a platform to inspire Chinese culture towards healthy and balanced outdoor living. She is currently working to bring the Banff Mountain Film Festival to Beijing as a means of showcasing the outdoor lifestyle.

**You founded Sinout Sports and Culture Company. Tell us about it.** Sinout is “Sign out.” But is also wordplay on “Sino,” the prefix used to refer to China. Sinout is focused on helping people in China sign out of their work, their computers, their unbalanced lifestyles, and moving

their energy to the beautiful outdoors. We work to do this by promoting and cooperating with visual arts projects that are focused on healthy, outdoor living. Currently we are working to bring the Banff Mountain Film Festival and the Banff Mountain Photography Competition to Beijing and Shanghai.

**Does Sinout promote actual sporting events or do you only focus on the visual arts?** We’re a new company and for our first few seasons, we don’t want to over-extend ourselves. For now, we are only focusing on the visual arts aspect.

**Sports... Visual Arts... What's your background?** Well, my major back in University was engineering and

I’m still an MBA student at Peking University, but I haven’t had the time to complete the program. For a long time, I worked with IBM in sales, marketing, and finance. One of IBM’s policies is to move their employees around to various departments to keep them fresh, which I think is a very good policy.

**Can you tell us a little bit about the Banff Mountain Film Festival?**

Banff is a National Park in Canada. The Banff Centre is an NGO that focuses on “inspiring creativity” and their location is inside of the National Park. In 1976, three mountain climbers decided to form a film festival based on outdoor living. This year will be the thirty-sixth festival. There’s a main festival that takes place at the Banff Centre in Canada and after a week of film screenings and awards, a select number of films will go on tour around the world. Organizations like Sinout will have the pleasure of hosting the Banff festival in their home country. Sinout is the tour host in China.

This year the festival will be hosted at the Megabox in Beijing and at the Film and Art Center in Shanghai. The festival will run for one week in each city.

**Can you reveal some details about the films that will be shown this year?** We will show sixteen films this year and some of the categories include “Adventure,” “Outdoor Sports,” “Mountain Culture,” “Environment.”

Some of the stories will include those of base jumpers, paragliders, bike riders, kayakers, mountain climbers, runners, snow boarders, etc...

The films that we will show here in China are picked from the films that make it to the finals at the main festival. I haven’t chosen all of the films that we’ll show quite yet—they are all so good! This year just blows the previous year away.

**Can you tell our readers about one of the films you’re most ex-**

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“Sinout is focused on helping people in China sign out of their work, their computers, their unbalanced lifestyles, and moving their energy to the beautiful outdoors”

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**cited for this year?** There's a film we showed last year called "Solo." It was probably the most popular film that we showed. It's a story about an adventurer who wanted to be the first person to kayak from Australia to New Zealand. The journey took about 30 days and he makes it within 30 kilometers of New Zealand and dies before he reaches the beach.

This year we are showing the sequel to "Solo." This time, there are two young guys that want to attempt the same journey. You'll have to come see it to find out what happens! I had a chance to meet one of the guys from the adventure and I hope to invite him to come to the Beijing screening of the film.

**What was it that inspired you about the Banff Mountain Film Festival?** When I first attended the Banff film festival my impression of the individuals participating in it was so good. They are warm, honest, and doing the things that they love. Their lives are so inspiring yet they are so humble. They are completely genuine people that I feel I can relate to.

**Does China have any films represented in the Banff Mountain Film Festival?** There's only been one Chinese film that's received an award from the festival. Lu Chuan directed a film called "Kekexili: Mountain Patrol" in 2004. It depicts the struggle between rangers and poachers in Tibet. It's a beautiful film. Other than that, no Chinese films have won awards from Banff.

**Do you have any people from the film industry in China working with you on promotion?** Xia Yu is working with us as our promotion ambassador. We went to Banff in Canada together last year. He will be at the festival in China this year.

**What are some of the challenges you face while working to help Chinese people to "sign-out?"** In a country like Canada people are exposed to outdoor sports at a very

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"When I first attended the Banff film festival my impression of the individuals participating in it was so good. They are warm, honest, and doing the things that they love"

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young age. Children start to hike, snowboard, and climb virtually before they can walk. But in China, many of these activities are very new to us. We've just started to explore serious outdoor living within the past ten to fifteen years. It's something that only young people are willing to accept right now—when you come to one of our film screenings you will see very few older people. But in Canada the theater will be full of old people.

There's a film that we'd like to show about old people in New Zealand. These people do all sorts of outdoor sports... mud surfing, kite surfing, snowboarding. This is how I want to encourage people to live, but it's going to take some time. This is our future in maybe 20 or 30 years.

**Why do you choose Visual Arts as the means to spread your message?** Film is a very powerful medium. It can be a very strong way to give influence to something. I think that film is inspiring and what I want to do is inspire people.

It's also important for people to connect to characters and most of the films that we show are about real people that do real things. Sean White, the snowboarder was at the festival last year. So many young people look to him for inspiration and his life is an example to them. Maybe they only do what he does because they think it's cool, but it's a good start.

**What about the photography competition?** The photography competition is a way to encourage average people and amateur photographers to live a healthy, adventurous life and to document it with photos. They can enter those photos into the

competition and win awards. But the goal is the same as the film festival, to encourage healthy, outdoor living.

**Do your friends and family live an active life here in Beijing?** When I suggest snowboarding, biking, or tennis to my friends, they look at me like I'm strange. There are more and more people getting involved in an outdoor, active lifestyle here in China, but it's still not the majority by any means. But that is what I'm working to change.

**What's your favorite outdoor sport?** Hm... hard to choose! I just started surfing in Sydney. I started skiing in 2002 and snowboarding in 2003. I started diving in 2005 and I also love to rock climb, but I don't have enough time to do everything that I want to do.

**Where do you ski or snowboard around Beijing?** Nanshan or Shijinglong, but I, of course, prefer the Swiss Alps. [Laughs] But I have plans to be in Colorado next week to do some business and good skiing with my husband.

**Do you know of any good places to enjoy outdoor activities in Beijing?** I run marathons and when I need to train, I go running at Baihe in Huirou district. It's very beautiful. But kayaking and dragon boating in Houhai is a lot of fun.

**And you live in Australia...** Yeah, I try to be the bridge. I'm from China, but live outside of China and that gives me a lot of perspective. I can see clearly the changes that I want to make because of this perspective.

*Interview by Jordan Thomas Mitchell*



Hoophead Jon Pastuszek's NiuBBall is a slam dunk

## BASKETBALL THROUGH AND THROUGH

*Jon Pastuszek, Basketball fan and founder of NiuBBall*

*Encyclopedia.com defines a Hoophead as a basketball player or devoted fan. It is safe to say that Jon Pastuszek goes well beyond the average fan. Having coached basketball in both San Francisco and Beijing, Jon has earned some legitimate bball cred. Being a Chinese speaker and reader, he's taken his knowledge and love of basketball and formed NiuBBall—the one-stop-shop for everything basketball and China.*

**Why Basketball?** Basketball is definitely my passion—it's what I enjoy doing the most. Some people get off on music, some people get off on going out, I get off on playing basketball. I used to mess around with running and I played a bit of baseball, but at the end of the day I'm a hoop head.

**Why China?** Most people outside of China know, if even just on a casual

basis, that the Chinese people like basketball. Though, I don't think that they fully understand why or just how popular it is. There are a lot of opportunities to get involved in the development of the sport here, on both amateur and more professional levels.

**Why do you think basketball is popular in China?** I think the Chinese have always been a people to admire individual expression and in basketball you can't really hide behind anything. You've got a jersey, some sneakers, and a ball. Everyone can see what you're doing and everyone can see your facial expressions. At its core, it's a team game—you have to play five on five. But it also has room for individual expression. I think that's why guys like Kobe Bryant and Michael Jordan are so popular. These are guys that have transcendent ath-

letic ability and are able to display it as team players and as individuals. I think the Chinese appreciate that.

### How did NiuBBall come along?

There are millions of basketball fans here. More and more players from the states are signing deals here with teams as well as creating merchandise. As the basketball scene in China becomes more international, the rest of the world becomes more interested in what's going on here. But at the end of the day, those people don't live here, they don't speak the language, and they don't know the culture. I do live here, I read and speak Chinese and am fully immersed in the basketball culture. I figured I could be the guy to step up, fill the niche, and help give people a better understanding of basketball in China.

### Where are most of your readers based?

Most of my readers are in the States, but I get hits from the Philippines, Australia, Europe... I write in English, so for the most part it's limited to English speakers.

### Do you think Basketball is a good means for cultural exchange between China and The West?

Absolutely. I think we're already seeing a lot of it. Both professional and college teams in China are going over to the States for a period of time to do training at athletic academies. There are quite a few American and European coaches flying out to China for the summer to hold clinics or all-star camps. The head coach of the National Team is an American guy and before that there was a Lithuanian guy. This kind of exchange is mutually beneficial for the sharing of ideas and understanding of the diverse ways to approach basketball.

### With all of the teaching and the writing, do you get a chance to play much?

It's tough in the winter because of the cold, but I play indoor ball a few times a week. There's a little bit of a community in Beijing and

*"Some people get off on music, some people get off on going out, I get off on playing basketball"*

the guys who play all know each other. We all make sacrifices living in Beijing and one of those sacrifices is not playing as much pickup ball. The good thing is that, at least in Beijing, there's no shortage of places to play in the summer.

**What's your favorite basketball team in China?** I'd have to say Beijing.

**Favorite player?** Ding Junhui is one of my favorite players. He's an undersized power forward. He's a little bit short for his position, which is unique to see in China because there's such an emphasis on height. I like that he's shorter than everyone but uses his heart and hardworking attitude to overcome that.

**What's the vision for NiuBall?** I'd like it to be the one-stop-shop for everything basketball-related in China. We're not limited to just covering the CBA. I'd like to be more involved in the community by organizing pickup games, by being an outlet for people who like the game and want to play, by building a scouting index for people to keep track of up and coming young players. I'd really like to build a community out of it.

**Are there others working for NiuBall other than yourself?** No, just me right now. But I could always use more writers and more of those that really like basketball. Anyone should feel free to contact me if they have interest in working with us.

**You've been doing some recent traveling through China. What have you been up to?** Right now, with the CBA season going on, most of my travels are based around going to games, introducing myself to people, meeting with some of the foreign players. I have a season pass to games, so I just have to get myself to the games. This past week I was in Shanghai for Shanghai vs. Liao Ning and in Nanjing for Jiangsu vs. Xinjiang.

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*"I constantly have ideas to provide more services and meet new demands. It's definitely not just coaching and not just writing—I'm out here trying to tackle all aspects"*

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**What kind of work do you do with Sports Beijing?** I run two Basketball camps in Beijing. I do one with Chinese kids and with expat kids. Sports Beijing is an expat community that runs mostly out in Shunyi. Most of the students we work with attend international schools and we frequently do work at the Western Academy of Beijing and the International School of Beijing. Basically, I just run basketball workshops with the kids.

**How'd you start running Basketball camps in China?** I was first introduced to a Chinese guy that was in charge of the camp. The interview was funny... basically we were playing five on five outside, I was on a breakaway and dunked the ball. He hired me immediately.

I have a background in coaching. I've done work with the teams at the University of San Francisco. I really just enjoy teaching. The age or nationality of the kids doesn't matter.

**Do you find that there's much of a difference between teaching Chinese kids and expat kids?** One of the biggest differences is that I tend to coach Chinese kids in Chinese. Sometimes their English skills aren't great, especially their basketball English. It's been good for my language skills. I also find that Chinese kids learn differently than some of the expat kids do and it's good to have an understanding of that. I like both—it's a good balance.

**Are you seeing some real talent in the kids that you're working with?** What I'm doing, especially on the Chinese side, is coaching kids that just like to play. China is a culture that's so focused on academics and puts so much pressure on kids to study. It seems like most parents are

a little bit hesitant to get their kids involved in extracurricular activities because they feel like it might take away from school.

**Your life is Basketball. What's the difference between work and play?** I do have to be mindful because basketball is fun for me but it's also my professional focus. The difference for me is that I'm a coach. I'm always working on improving as a coach—I read a ton of material, I watch a ton of material, I talk to people. I also love getting out on the court to play, but that's not what I do professionally. My physical skills will eventually start to decline, but my coaching skills can just continue to grow.

**Are you working towards becoming more involved in the business side of basketball?** Yeah, I'm always thinking about good ways for me to expand myself and make my talents and passions more lucrative. I constantly have ideas to provide more services and meet new demands. It's definitely not just coaching and not just writing—I'm out here trying to tackle all aspects.

**What are your favorite spots to chill and watch a game?** Well, the NBA comes on in the morning here so probably my couch. I don't think there's a basketball bar in Beijing. I like to listen to live music so I tend to chill at Yugong Yishan. I also like Salsa Caribe.

*Interview by Jordan Thomas Mitchell*

**Salsa Caribe** 7pm-2am, 4 Courtyard, Gongti Beilu, Behind the Bookworm (6507-7821) 工体北路4号

**Yugong Yishan** Daily 7pm-late, 3-2 Zhangzhong Lu (100m west of Zhangzhong Lu subway station) (6404 2711) 东城区平安大道张自忠路3-2号(地铁五号线张自忠路站往西100米)



Curley "Boo" Johnson shares his skills on and off the court

## HOOP DREAMS

### Harlem Globetrotter Curley "Boo" Johnson

*For nearly a century, the Harlem Globetrotters have combined athleticism and theatrics in their performances around the world, entertaining thousands of families, as well as religious leaders and heads of state. Agenda called upon an old friend, the legendary Curley "Boo" Johnson, who has traveled to more than 81 countries, performed for Pope John Paul II, and can dribble a ball more than 500 times per minute, to learn how he's using his brilliant sports career to create better futures for America's youth, and his plans to bring the Globetrotter spirit to China.*

#### How did you get started in this

**industry?** I needed a job! Seriously though, my father was a professional basketball player and I wanted to follow in his footsteps. I was a big fan of the NBA, the NFL and the Globetrotters, so I decided to pursue a career in that.

**You have a legacy of charitable work. Tell us about that.** I have always given back to society, and I always will. I feel very strongly that I have a responsibility towards others. There's no doubt that I have left some footprints in the world, like through my Skills for Life Peoria basketball camps. In these summer camps, we

give young men of all socioeconomic backgrounds between the ages of nine and fourteen years of age the opportunity to develop both their basketball skills and their life skills.

Right now I am actually in negotiations to bring my knowledge of the game to Macau and set up camps, clinics, leagues and tournaments there, as well as to give speeches and entertain the youth. You know, I think my legacy is not determined by what I do during my lifetime, but what those whose lives I have touched decide to do with their lives.

**You do a lot of speeches, and have also made the transition from the court to the silver screen. How did that work?** The transition was really easy, because once I became a Globetrotter I instantly became an entertainer and learned how to play the crowd. I'm a storyteller at heart, and it's also helped that I am very passionate about the things I speak about. My message is simple, but effective: never give up, no matter how hard you have to try. Always believe in yourself!

**Do you attribute your career to inborn skills or hard work?** I'd say my athletic ability came from my father [Curley Johnson Sr. was a bona fide pioneer of basketball –ed.], but my skills came from hard work! None of my skills – be it dribbling, ball handling, or my overall ability – were God-given. I worked hard on them.

**What's your opinion of Chinese basketball players?** Chinese basketball players are really well respected throughout the industry, especially Yao Ming and Yi Jianlian.

**How do you stay in shape?** I still play basketball! Four times a week!

*Interview by Jennifer Thomé*

To learn more about Curley "Boo" Johnson's basketball clinics, see <http://skillsforlifepeoria.com>

"You know, I think my legacy is not determined by what I do during my lifetime, but what those whose lives I have touched decide to do with their lives"





Got an excuse for being unfit? Not anymore, you don't!

## KEEPING HEALTHY IN HAZEVILLE

*Lee Zheng, Senior Fitness Instructor at Doubletree by Hilton*

For the past ten years Lee has been keeping himself and some of China's most prominent figures healthy in spite of heavy pollution and everyday stresses. **Agenda** sat down with Lee to learn more about the techniques he uses to train celebrities, and how he finds balance in his hectic schedule.

**You have a very diverse background. What do you think is the most important for people living in a city – nutrition or exercise?** It is essential to balance the two. Following a scientific exercise regime can help your cells stay younger, and let your body feel energetic and fresh. You should also try to eat more fish than red meat. I think it's key to have at least thirty minutes of moderate activity a day, which helps protect against weight gain and also boosts immunity. This includes brisk walking, gardening and dancing. Intense activity includes jogging and swimming.

**What is the biggest health problem faced by people living in Beijing?**

In big cities like Beijing, people tend to have an overall unhealthy lifestyle, and the air quality is really poor due

to pollution. Beijing is crowded, and most people have a long commute, leading to a lot of pollution caused by motor vehicle exhaust. Every day millions of cars, buses, and trucks burn gallons of fossil fuels and release exhaust into the air. The bad traffic conditions increase gasoline use and, consequently, levels of pollutants. The potential illnesses caused by this include shortness of breath, eye, nose, and throat irritation, and even cancer. This is definitely the biggest health problem we face.

**How do you manage to exercise despite the severe pollution in the city?**

Air pollution is one of the most noticeable and common complaints of people living in the big city. Most of the time, I prefer to work out indoors, and I regularly work out for ninety minutes a day at our hotel fitness center. There is a 3,000 square meter rooftop garden that joins the fitness center, a green oasis in the heart of the city. I can jog up there and play ball with our guests.

When I get a day off, I flee the city to go hiking or fishing with friends in the suburbs. Most young people

don't like it, but I feel it can help you slow down and recover from busy city life.

**What are your favorite tools for staying healthy in the city?** I don't know if I would choose any actual "tools." I prefer to make good lifestyle choices. In the big city, everyone works day and night trying to get approval or a raise, but when everyone chases this goal, most people can't have it. I choose an ordinary life. This doesn't mean that I don't have ambition – I do lots of things – but I just don't see how chasing fame and fortune is my destiny.

I also prepare my own food, since food cooked in restaurants tends to be higher in fat, salt and calories. I usually only eat out three times a month.

**Do you have any nutritional tips to help people cope with the pollution?**

Eating frequent but small meals can help speed up your metabolic rate and strengthen your body's absorption, and eating high fiber, high protein foods can make you feel more energetic. This, combined with lots of water, also has a great detoxifying effect.

**You like to draw as well. Tell us about that.**

Art is not something that I do for a living, but it allows me to free my mind and create things that help me express what's important to me. Cartoons in particular help people understand my message, be it ironic, sad or happy. They always tell a frank story.

**You've worked with several famous people. What's that like?**

You're right – I've worked as fitness and nutrition coach for several famous people, and some of them have made a really big impact on me. Yao Ming, the basketball player, really impressed me with his personality. He's very honest.

*Interview by Jennifer Thomé*



Polished chrome, the open road, and peace of mind

## ZEN ON TWO WHEELS

*Ritz Carlton Beijing General Manager David Wilson*

*David Wilson is a meticulous person, and this character trait has allowed him to flourish as General Manager at the Ritz Carlton for nearly a decade. He also has a longtime passion for motorcycling, a hobby that helps him stay centered. Agenda decided to find out how he gets his kicks.*

**How did you get into motorcycling?** When I was very young my brother used to love motorbikes, and I remember that when I was five or six years old he had an old British Velocette – a real classic racing bike. I used to love it! It used to leak oil all over the place, and my parents hated it and wished he would sell it. They

thought it was dangerous and dirty, and they thought he shouldn't have it, but he loved it. I remember he used to sit me on the petrol tank in the front, and I got such a thrill out of it!

When I got old enough to ride one myself I got a trail bike, and I used to go to college on it, and then when we finished college we used to go off-road, mess around in the mud and just have fun with it. We used to go watch the motorbike Grand Prix in England, and it was great fun. But in those days, the exotic bikes market wasn't really developed. Not like today where bikes have become an iconic luxury item with baby boomers.

I've ridden bikes all over the world: Australia, America, wherever I go. Say I go to Miami, I hire a bike and I tour Miami. Los Angeles, Las Vegas, San Francisco... I took one to Highway 1 and then Napa Valley. But the roads here are some of the best ever. It's really first class tarmac.

**I hear you ride a Harley. Why did you choose that bike?** What you do with Harleys – and Harleys are special – is you add things to them, and it comes to a point when the things you add to them cost almost as much as the bike itself. Harley dealers give you a book as big as the phone directory with all the parts, and it becomes very personal. It becomes your bike.

**Is there a similarity between people who have brand loyalty to their bikes, and say, to your hotel?** I think so, definitely. Especially with Harleys and other luxury brands. There's a joke we always tell, that Harley is the ultimate in brand loyalty, because how many people would have a product tattooed on their arm? Not me, but Harley users are just that passionate about their brand. It really conjures up a certain lifestyle, a sense of freedom, something very special.

And you've seen this whole brand developed. Just look at the market here in Beijing. The bikes are 200 to 250 percent more than they are in America – they are very expensive

“The roads here are some of the best ever. It's really first class tarmac”

because of the tax, but they've got a fantastic showroom here and they sell bikes. A lot of people aspire to have something different now, and you see a lot of luxury magazines, like the Robb Report, who have a special motorbike edition. In America they even have special motor home with drive-in garages for their motorbikes, so they've really taken it to a different level.

**Is that true in China as well?** I think it's true in China as well. When you go to the dealership here you see all sorts of people. And that's the great thing about biking. Whether people are riding a bike that they've cobbled together themselves for a couple of hundred dollars, or somebody is riding a bike that cost 80,000 dollars, everyone respects the bikes and it doesn't matter how much it costs. Everyone mixes, talks, has lunch together. It's not like an elite thing.

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*"Your bike is an expression of your personality. In my case, for instance, I'm very meticulous. I'm a perfectionist, so everything about my bike has to be perfect"*

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All bikers have this common love of biking, so it doesn't matter.

**What places do you love to ride?** Mutianyu is my favorite. The road is the best, and there is a nice variety of landscape. The views are amazing, and there's little traffic. The countryside is spectacular, and sometimes we just get lost out there. But it's all around that area. Another great ride is Cuandixia – it's a very old village and a World Heritage site.

**Do you see any correlation between riding and your management philosophy?** I think if you're doing racetrack riding or competitive riding there is some kind of strategy, but it's more the case that your bike is an expression of your personality. In my case, for instance, I'm very meticulous. I'm a perfectionist, so everything

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*"When you start riding ... you can only think about the road, the traffic, controlling the bike – everything else disappears"*

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about my bike has to be perfect. It always has to be clean, the chrome has to be polished, and every part has to be perfect. But my artist friends couldn't care less. It goes through the mud, and they can't be bothered. It's also expressed in the way you ride. I like to ride well, fast, and safe.

I once decided that I would try dirt biking, so I bought this monster of a bike, this 450 cc Honda, a competition enduro bike, and I started riding in the middle of Java, riding up volcanoes... I had a few accidents on that, but nothing too serious.

**What about doing business on the bike?** No, but you do build relationships on these trips. In Japan, a lot of

is a famous player, so I really enjoy it. Just recently we got together and started playing in a club near the Renaissance Capital. They have a tennis academy. One of the coaches used to be Fedor's sparring partner. They've got a lot of coaches there.

I think the main thing about bikes, especially for me, is that part of the pleasure of riding a bike is the bike itself. We love the actual bike. We ride for fun, not for transport. There's a huge difference between car drivers and bike drivers. Car drivers drive to get someplace, but when you ride a bike, it doesn't matter where you go. We couldn't care less where we go, because we never use the bike for transport. I do sometimes, but only to avoid the traffic in the city.

But most of the time it's about the fun of riding. It's also really about a sense of relaxation. I found this out in Japan. If I got really stressed at work and got home at nine or ten o'clock, I'd take the bike out for an hour or two, come home around midnight, and feel totally relaxed. That's because when you're riding, you have to concentrate 100 percent. It's a bit like cooking. When you cook, you have to relax because you can't think of anything else. So whatever is going on in your mind, you clear. When you start riding it's the same thing. You can only think about the road, the traffic, controlling the bike – everything else disappears. So you relax. It's great stress relief.

When you ride in a car, sometimes you don't remember what you've passed, whereas when you ride a bike, you remember everything. In Bali you could smell cloves, you smell coffee roasting on the side of the road. You smell spices, and you smell flowers. You actually feel it. You don't feel that in a car.

*Interview by Jennifer Thomé*



Julia Cui with female endurance runner Diane Van Deren

## IMPOSSIBLE IS NOTHING

*Octagon Asia Director Julia Cui*

*By understanding consumer passion for sports, music, and entertainment, Octagon is able to help deliver marketing plans that fit their clients' objectives. **Agenda** recently sat down with Octagon Asia director Julia Cui to learn more about what Octagon is up to, and to talk about the future of sports in China.*

**Tell us a bit about your company, Octagon, and what you do?** Octagon is the world's largest sponsorship consulting practice, and a pioneer and leader in athlete and personality

representation and management. We belong to the Interpublic group, which is composed of other advertising and public relation groups, but we are the only ones responsible for athlete sponsorship and representation. Our company does a lot of sports marketing, representing over 800 top athletes all over the world, as well as entertainment marketing, representing various bands and celebrities. The biggest departments are probably marketing – which includes sponsor marketing, sports event organization, marketing

solutions – and a dedicated team of research and strategy services which are provided to the multinational brands.

Here in China we mainly work on consulting for two main groups. First, we service property owners, i.e. sports organizations like the Chinese Olympic Committee. We helped them develop their post-Olympic strategy. We also provide sponsorship consulting to corporate sponsors, which involves a lot of negotiating and leverage. Regarding the North Face 100 event coming up, we've been doing a lot of packaging and promoting events to a higher level – to get more fans to participate and also to attract more sponsors.

**What's your strategy for promoting sports events in China? Have you faced any major barriers?**

Promoting sports events in China is a bit different than in other countries. Running is very strong and popular here in China, but unlike in Europe or in the United States it's not a lifestyle yet. So we are trying to promote sports more to the general public, so that there are more participants who can feel the change and passion that sports bring to your life. The major barrier right now is basically just trying to make sports a lifestyle for people here in China. Foreign events such as basketball and soccer are still more popular than local Chinese events such as badminton. Most people are interested in watching World Cup soccer and Olympics more than anything else. So our job now is to market the local events here and to make them more popular in China.

**What will the North Face 100 event be like this year?**

This event is designed to promote endurance running here in China. It is officially called the North Face 100 Beijing International Endurance Challenge. We picked the Great Wall as the place for the 100-kilometer run. This event, which started in 2009, is part of the

*“Promoting sports events in China is a bit different than in other countries. Running is very strong and popular here in China, but unlike in Europe or in the United States it's not a lifestyle yet”*



North Face Running Series here in Asia. We are organizing everything for North Face, from event promotion to organization to marketing. Judging from the Beijing International Marathon in 2009, we could see the popularity of running here; over 30,000 people participated in that event. So from that we knew that many people were used to the concept of running in a marathon. Then came the North Face 100, which is a 100k run that takes place in the mountains. This was a difficult concept for people to believe in the beginning and we limited the number of participants to 100 people. Later we noticed that our quota kept increasing, which is why in the second year we increased the participants to 200. This year we will increase the level of difficulty to increase its appeal to the hard-core runners. And this year for the 10k we are launching a new experience – a 2km trail, so that amateur runners can experience running on a real trail rather than the roads they are used to. Most of the 10k runs in China take place on the road, so this year will be the first opportunity for the 10k runners to have a real trail run, to see the lake and the environment around them. This year we will increase our participants to 6,600, but still limit the number of participants in the 50k and 100k categories.

**What big change in sports do you see here in China?** The Beijing Olympics was a big drive for China, and definitely impacted the promotion of sports here. It not only increased the awareness of sports amongst the general public, but it also helped to grow a lot of new talent in the sports industry. A lot more people now possess a greater international vision, and we're able to work together with them to create more content. As far as participants are concerned, we still have a long way to go but it is definitely increasing rapidly. There are many marathons held all over China, and it is slowly becoming a lifestyle. But regarding the diversity, we're still not sure yet. Running is always popu-

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**“Most of the 10k runs in China take place on the road, so this year will be the first opportunity for the 10k runners to have a real trail run, to see the lake and the environment around them”**

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lar here in China, and badminton is also increasingly popular. Other sports have not shown much of an increase yet, but we are seeing a very powerful outlook. In a country as big as China, it will take time to make sports a part of peoples lives.

**Who are your most active participants in China, and how has this demographic changed over the past years?** It really depends on how we see it. In the past, runners have been people who are recently retired, and students, because they had time to run outside and train. The students would have to run because they were in school, and the retired people would run because of health reasons. These two groups were the most active in marathons ten years ago. But right now we have so much more diversity, which is very evident at the North Face 100. Many foreigners participate – people come from all over the world to compete. More and more, we're seeing people in their 30s to 40s who are working for international companies, and many people from sports and athletic groups who are active participants as well.

**What do you think the biggest trends in athletics will be over the coming years? Equipment, new sports, nutritional supplements?** With regard to equipment, we see brands such as Nike and Li Ning all focusing on making running popular; they have many products and types of equipment to make running a better experience for everyone. Right now many companies like New Balance, Li Ning, Nike and North Face are doing a lot of grassroots activities. They all have their own running clubs and weekend activities to connect more with their public. And there

will be more, because we believe that running is one of the easiest sport for everyone. Everyone can run. And you can do it almost anywhere. We believe that the number of competitors will increase – that there will just be more and more of everything. I also see the future having a lot more unique extreme challenge events, like the North Face 100 event, where it brings you the experience of running in nature – a different experience than most people are used to.

As for nutritional supplements, we see that more of the hard-core runners are paying more attention to them. There is definitely a market for this. But here in China, product choice is limited. If more companies promote nutritional supplements here in China, that will definitely be a good business opportunity.

**Who are your favorite Chinese athletes?** I have so many favorite athletes. I really like Li Nan and Ding Junhui – both are really making a breakthrough, and are basically developing on their own. They get a little government support, but their growth and popularity are all based on their own talents and passion for their sports. Ling Dan is also representing the new generation of athletes. We did a global badminton survey in 12 countries last year, and he has the most fans. Ling is so dominant because of his dominance on the court, his personality, and his passion for the game. His energy on the court really gives us hope for the future of sports here in China. It is nice to see sports stars here in China impacting the lives of people, and hopefully we'll be seeing many more homegrown stars.

*Interview by Marla Fong*



Blissful baths, massages and facials



## Spa

## i spa 泰美好

Local massage chain i spa offers a wide range of consistently relaxing and rejuvenating massages, facials and body wraps at several locations around town. Treatments are inspired by both eastern and western traditions, so whether you want a marine salt polish (RMB 398) or a Thai herbal scrub (RMB 398), a deep impact massage (RMB 698) or a traditional Chinese massage (RMB 488), bliss is just a choice away. i spa also features facials from Sothys and Jurlique. i spa has eight locations around town (Sanlitun, Upper East, Napa, Gulou, Nikko, China Central Place, near the Summer Palace and the airport), all of which can be found at their website, [www.ispa.cn](http://www.ispa.cn)

11am-11.30. 2/F, JW Marriott Hotel Beijing, 83 Jianguo Lu, Chaoyang District (5908 8380) 朝阳区华贸中心建国路83号北京JW万豪酒店2层

**Signature treatments** include the Siam Healing massage (RMB 698 per 90 minutes), and the Pure Gold and Lingzhi body scrub (RMB 498 per 30 minutes). Their lunch break massage card (RMB 500) gets you 50% off all treatments under two hours done before 2pm for one year.

**While you're in the neighborhood**, see if you can pop into Nobu, the famous Japanese restaurant which is in its soft opening. If they are still closed, stop by CRU for an evening of classy, American dining (or a fantastic, not to mention reasonable, business lunch), or Crystal Jade at Shinkong Place for an inspired, healthy Chinese dinner. While you're at Shinkong, pick up some chocolates at Fauchon.



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Being healthy has never felt better

## NO PAIN, NO GAIN

*Beijing's best sports massages*

*Life in the city is tough, and at the end of the week you tend to need some extra TLC, especially if you're the kind of person who lives by the "work hard, play hard" credo. A good sports massage is the perfect solution, and has many benefits: it reduces the heart rate, increases blood circulation and lymph drainage, reduces muscle tension, improves flexibility, and relieves pain. Treat yourself to one of these post-workout tension tamers.*

**Long Island Massage and Spa 长岛健身** This large establishment offers Chinese and Thai-style massage and reflexology, including a Thai Body Retreat Massage (RMB 428 for 90 minutes) that originated in Thai Royal palace and that uses deep tissue, pressure points, and stretches to reduce stress and stimulate the nerve meridians of the body, and a Spine Pro Massage (RMB 388 for 60 minutes) which uses herbal oil to massage the shoulders and upper and lower back. The therapist then adjusts the joints of your spine, and stretches the tendons

of your whole body. 1) Daily 11am-2am. 14A Guanghua Lu (5/F, Nuo'an Bldg, southwest of the Kerry Centre), Chaoyang District (5130 9718, 6591 6247) 朝阳区光华路甲14号 (嘉里中心西南侧诺安大厦5层) 2) Daily 11am-1am. B1/F, Jiahui Center, 6 Jiqingli, Dongcheng District (6551 6112/13) 东城区吉庆里6号佳汇中心地下1层

**Oriental Taipan Massage and Spa 东方大班保健休闲会所** The Oriental Taipan Massage and Spa is well known as a destination for those in need of an oasis of relaxation, but their Oriental Taipan Signature Massage (RMB 198 for 60 minutes), which focuses on the meridians of the body and improves lymph node drainage, is great for helping your body recover quickly. For those not inclined to exercise, a fat-burning bath (RMB 300 for 30 minutes) is also available. 1) Daily 12pm-2am. Rm 101, Bldg B, Winterless Center, 1 Xidawang Lu, Chaoyang District (6538 8086) 朝阳区西大望路

1号温特莱中心B座101 and locations at Financial Street, Sunjoy Mansion, Xindong Street, Lido and Central Park. See [www.taipan.com.cn](http://www.taipan.com.cn) for addresses and specials.

**Kocoon** While not specifically a sports massage, Kocoon's Aroma Hot Stone Full Body Massage (RMB 685 for 100 minutes) will melt away any stress or tension, no matter what the cause. Tue-Sun 10am-8.30pm. Rm C301,3/F, North Bldg, Nali Patio, 81 Sanlitun Beijing (west side), Chaoyang District (5208 6068) 朝阳区三里屯北街西侧81号那里花园北楼3层C301室 [www.kocoonspalung.com](http://www.kocoonspalung.com)

**Dragonfly Therapeutic Retreat 悠庭保健会所** Alongside their traditional massages, Dragonfly offers a Post-Workout Spot Massage (RMB 150 for 60 minutes) that focuses on your sorest parts. If you're in need of a more comprehensive treatment, try their Top-to-Toe Massage (RMB 290 for 60 minutes), administered by two therapists at once, which they guarantee will make you feel as light as a dragonfly. 1) Daily 10am-1am. 1/F, Grand Summit Plaza, 19 Dongfang Donglu (100m north of Lufthansa Center), Chaoyang District (8532 3122) 朝阳区朝阳区燕莎桥东方东路19号外交会所1层 (燕莎中心路北100米) 2) Daily 10am-1am. 60 Donghuamen Ave (near The Peninsula Hotel and Oriental Plaza), Dongcheng District (6527 9368) 东城区东城区东华门大街60号(近王府饭店和东方广场) 3) Daily 10am-1am. B1/F, Eastern Hotel, Nansanlitun Nanlu, Chaoyang District (6593 6066) 朝阳区朝阳区三里屯南路逸羽酒店1层

**Purple Jade Country Club Spa** Located far outside the North Fourth Ring Road, the spa at Purple Jade Country Club is a secluded hideaway from the craziness of the city. Equipped with advanced facilities and professional, experienced personal trainers, their fitness center offers a variety of personal fitness programs, including Latin Dance, Yoga, Pilates, Kickboxing, Fitness Ball, Water Aerobics and Tai Chi, plus an excellent all-around health curriculum. Treatments (from RMB 380) include aromatherapy massage, sports massage, hot stone therapy, body scrubs and body wraps. Daily 2pm-11.30pm. 1 Ziyu Donglu, Chaoyang District (6492 5551 ext 6007) 朝阳区紫玉东路1号

*Compiled by Marla Fong*



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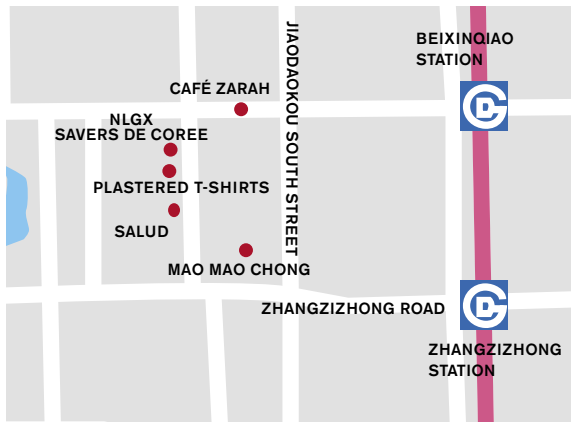
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Plastered's spring 2011 collection is out, and is waiting to go home with you. Check out their latest designs, including those inspired by the year of the rabbit, their oh so perfect for spring hoodies, retro disco bags, ping pong wallets, stained glass coasters, and more.

Daily 10am-10pm. 61 Nanluogu Xiang, Dongcheng District. (134 8884 8855) [www.plasteredtshirts.com](http://www.plasteredtshirts.com) 东城区南锣鼓巷61号

**Perfect for** updating your casual, sporty wardrobe this spring

**While you're in the neighborhood,** grab some cool accessories to match your new wardrobe at NLGX ([www.nlgx.org](http://www.nlgx.org)), and a pick-me-up at Café Zarah. Dining options abound in the area, but we highly recommend you stop by Saveurs de Coree, and a nightcap at Salud or Mao Mao Chong.



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Beijing



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Rick Hansen has inspired thousands around the world

## CANADA'S MAN IN MOTION RETURNS TO CHINA

*Rick Hansen speaks on his upcoming visit to the Middle Kingdom*

For more than 20 years, Rick Hansen has been showing the world that disabilities don't have to stop people, but rather that they make them unstoppable. Rick Hansen's journey to realize his dream of a world inclusive and accessible to all continues, and he will be visiting China once more next month, traveling to Beijing, Shanghai and Hong Kong. **Agenda** caught up with Hansen before his big visit to learn what keeps him going.

**What are the main goals and objectives of your China visit?** [My goals] are to continue to build on and strengthen relationships and presence going into the next 25 years – China plays an instrumental role in continuing to the global acceleration of progress in the areas of spinal chord injury research

and addressing change for people with disabilities. There is a historical relationship here – since my original "Man in Motion" World Tour – an opportunity to recognize the moments of friendship, inspiration and partnership [has emerged].

**Are there particular places you'd like to visit during this trip?** We will have the opportunity to revisit three major areas – Beijing, Shanghai, Hong Kong. Beijing provides us with the opportunity to reconnect with the CDPF (Chinese Disabled Person's Federation). As the political center of China, it is such an important place for setting policy and direction for research and accessibility and is a city with such rich history and vibrant culture.

Shanghai has undergone tre-

mendous growth and change and we look forward to the opportunities to address the business community because it takes more than government to achieve meaningful social change. Hong Kong is [also] a vibrant city that is [very] connected to the world. We look forward to engaging their youth in meaningful dialogue – as they are such an important part of the intergenerational push toward "Cure" and "Accessibility."

**You took a trip up the Great Wall was nearly two decades ago – what changes have you seen in China and how do you think things will progress in the future?**

Going to the Great Wall was a symbolic gesture to challenge and shift people's perceptions of what people with disabilities are capable of. It was the beginning of a new conversation with China about the potential of people with disabilities – a [sort of] emergence into a life with access to all society has to offer ... Coming back to China is a symbol again of

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"Coming back to China is a symbol again of how far it has come in a long journey of social change"

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how far it has come in a long journey of social change. China has made immense progress thanks to its leaders, the CDPF and people with disabilities themselves. This is evident from the [successful] 2008 Olympic and Paralympic Games, all the new retail and tourist destinations (and accessibility considerations) and the sight of more people with disabilities in society. Returning [to China] will be a celebration of progress: 25 years ago it took a herculean effort to summit that Wall; [now] there is access via a gondola.

**What are the biggest obstacles you have encountered and how have you overcome them?**

The largest obstacle in life and in dealing with a disability has been other peoples' attitudes – challenges in terms of how people view people with disabilities. The best way to change that is to shine a light on where those pre-conceived notions came from based on fact and history. The more we can profile the lives of people with disabilities, the more people will understand that they have immense potential to be politicians, athletes, actors, artists, researchers, poets – the list goes on and on ... By creating access to a world where people with a disability can engage with neighbors, fellow countrymen etc, the more the attitudes and stigmas fade into history.

**Are there any opportunities you passed up and later regretted?**

Life is filled with opportunities and there have been many that I haven't pursued. Certainly one wonders what the outcome might have been – but I have no regrets – because the life I've pursued and opportunities I have chased are based on my best thinking and judgment at the time. I could have chosen a life of generating more income – but I would have given up pursuing my greatest passion – to live a life of meaning and purpose. So it's not a regret, it's an intentional choice.

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“Returning [to China] will be a celebration of progress: 25 years ago it took a herculean effort to summit that Wall; [now] there is access via a gondola”

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**What are your plans for next 25 years?**

To continue to balance health, family and relationships. To learn and grow – and continue challenge myself to think globally. I recognize that the world has changed dramatically in the last 25 years, and will likely change even more quickly in the next 25 years. I also recognize that we have more in common than we are different – and that the future of this planet depends on all of us being healthy, inclusive and accepting of each other. For the next 25 years, I'll continue to define new goals and new dreams that have meaning – and I will work to apply them in a purposeful way.

**Who is the most inspirational person you've ever met?**

I've been inspired by so many people – there has been a succession over my lifetime. So many people have made a difference in crafting my life's mission and have played different roles, from a former coach who taught me the love of sport, to another injured

person who acted as a mentor, to a peer on a team who showed me how to make a difference, to my wife who gave me perspective and taught me to never give up. There are many others I've met along the way who have overcome great obstacles ... all of them are values-based mentors.

**Are there any Chinese figures you find particularly inspirational?**

Deng Pufeng – I have been inspired by his determination and courage to be able to face his spinal cord injury with optimism, to overcome challenges, and to lead an extraordinary life. He has represented China admirably – envisioning not what was – but what could be. He has been a tremendous supporter and friend – right from the original journey, and for that I will always be grateful.

*Check out the website of the Rick Hansen Foundation, at [www.rick-hansen.com](http://www.rick-hansen.com), and staytuned for details on his April 13-15 visit.*



*Hansen's herculean feat: the Great Wall of China*

## ● THURSDAY, MAR 10

### Uni-Design in China ▶

"Uni-design in China" is an art show to transcend the boundaries of the design field and a collaborative effort to break through the bottleneck of the industry. Based on the subjects of the exhibition, "Arts China · Design Forum II" will lead to further exploration with some of the most creative minds. 10th March -12th April. Beijing Center for the Arts 23, Qianmen Dongdajie, Dongcheng District (6559 8008) [www.beijingcenterforthearts.com](http://www.beijingcenterforthearts.com) [www.chienmen23.com](http://www.chienmen23.com) 天安时间当代艺术中心·东城区前门东大街23号



## ● FRIDAY MAR 11

### One East Veal Sets

Guests will be able to enjoy a wide variety of delectable veal menu items at the Hilton Beijing's award winning One East restaurant between 2nd and 31st March. Lunch Set Menu: RMB 128 (2-course) or RMB 138 (3-course) per person. Dinner Set Menu: RMB 388 (3-course) or RMB 458 (4-course) per person. Dinner wine pairing: RMB 168 per person. Subject to 15% surcharge One East, Hilton Beijing 2/F, Hilton Beijing, 1 Dongfang Lu, Chaoyang District (5865 5030) 朝阳区东三环北路东方路1号希尔顿酒店2层

## ● TUESDAY, MAR 15

7.30pm

### Crea8- Fashion, Media and Creative Industries Networking Evening

Sponsored by Agenda Magazine. RMB 90 if pre-registered before Monday 14 March or RMB 150 full price. Price includes a complimentary drink, appetizers, happy hour until 10:00pm and unlimited networking opportunities. To register, email [eventbj@fclub.com](mailto:eventbj@fclub.com) or call 139 1109 8002. Zeta Bar 2/F, Hilton Beijing, 1 Dongfang Lu, Dongsanhuan Beilu, Chaoyang District (5865 5050) 颐达吧, 朝阳区东三环北路东方路1号希尔顿饭店2层

## ● WEDNESDAY, MAR 16

6.30pm

### Exhibition of love letters

The library of the French Cultural Centre proposes a series of lectures of the work of Ananda Devi, a female author from Mauritius. Free Entrance. Library of French Cultural Centre 18, Gongti Xilu, Guangcai International Masion, Chaoyang district (6553 2627) [www.ccfpekin.org/](http://www.ccfpekin.org/) 北京市朝阳区工体西路18号光彩国际公寓

## ● THURSDAY, MAR 17

9.30pm

### Vitalic, Pet Conspiracy, Liman, A.M.U., VJ Hqiqi

Ballsy dance-floor bangers that'll rough you up, gently. RMB 120, RMB 80 (advance) 3/F, Tango (formerly known as The Star Live), 79 Heping Xijie (50m north of Yonghegong subway station), Dongcheng District (6425 5677) 东城区和平西街79号糖果三层 (雍和宫桥路北50米)

## ● SUNDAY, MAR 20

5-9pm

### Food, Film and Friends: Global Cuisine and World Cinema

On the third Sunday of every month, The Hutong and Electric Shadows will run a joint workshop consisting of a Cantonese cooking class followed by a movie screening. RMB 240 (includes cooking class and movie), RMB 200 (members), RMB 35 (movie only). The Hutong 1 Jiudaowan Zhongxiang Hutong (southeast of Beixinqiao subway station), Dongcheng District (6404 3355) 东城区九道湾中巷胡同1号(北新桥地铁站东南边)

## ● MONDAY, MAR 21

### Malaysian "Selera" ▶

Visiting Malaysian chefs, led by Chef Azhar bin Arshad and Chef Mohd Nisyam bin Shauri from The Ritz-Carlton, Kuala Lumpur will be presenting their signature Malaysian dishes on a la carte at The Ritz-Carlton. Alternatively, diners who prefer a more indulgent meal may delight in the Malaysian "Selera" buffet lunch at RMB218+ per person. March 17<sup>th</sup>-27<sup>th</sup> Ritz-Carlton Financial Street, 1 Jinchengfang Dongjie, Jinrong Jie, Xicheng District (6629 6996) 西城区金城坊东街1号北京金融街丽思卡尔顿酒店大堂



## ● SATURDAY, MAR 12

**11am-12.30pm**  
**Pao de lo de Ovar**

Learn how to make the perfect Portuguese sponge cake from Ovar with chef Fernando. Cooking class only RMB 148, RMB 380 with lunch buffet. Pastry, Hilton Hotel Wangfujing, 8 Wangfujing Dongjie, Dongcheng District. (5812 8888) 东城区王府井希尔顿酒店王府井东街8号

## ● SUNDAY, MAR 13

**8.30am**  
**Cuandixia Village Hike**

Hike through the Ming dynasty village where Jet Li and Andy Lau's Warlords was filmed, and climb the surrounding mountains for a bird's eye view. Cost includes transportation, guides, entrance, and lunch. RMB 350. Culture Yard 10 Shique Hutong, Dongcheng District (8404 4166) www.cultureyard.net 东城区右雀胡同10号

## ● MONDAY, MAR 14

**12-14.30pm**  
**Swiss week at Sofitel Wanda Beijing VIC ▼**

Featuring more than 20 Swiss specialties such as Roesti Potatoes, Berner Platte, Suure Mogge, cheese, Zuger Kirsch tart, Executive Chef Christian Werdenberg is proud to let everybody enjoy the cuisine of his motherland, Switzerland. Through March 20. RMB 228 Lunch Buffet. Sofitel Beijing, Bldg C, Wanda Plaza, 93 Jianguo Lu, Chaoyang District (8599 6666 ext. 6521) vic@softelwandabj.com 朝阳区建国路93号万达广场C座索菲特酒店6层

## ● FRIDAY, MAR 18

**7.30 pm**  
**Mars En Folie 2011**

Fleurent-Didier, Cloé du Trèfle, Alex Nevsky and Aliose make the night romantic with Francophone rock, indie pop and electric pop. Free (tickets available at Alliance Française locations starting Mar 10). Yugong Yishan 2-3 Zhang Zizhong Lu (former Duan Qirui government building, east of Ping'an Dadao), Dongcheng District (6404 2711) 愚公移山东城区张自忠路2-3号段祺瑞执政政府旧址西院

## ● SATURDAY, MAR 19

**6.30pm-Late**  
**St. Patrick's Day Ball 2011**

The single largest St. Patrick's Day celebration in Asia. Every year the Ball welcomes more than 700 guests from all over the world, including musicians and dancers flown in from the Emerald Isle to perform alongside local entertainers. E-mail 2011ball@gmail.com for tickets. RMB 1,000. Renaissance Beijing Capital Hotel, Shuangjing 61, East 3rd Ring Road, Chaoyang District (5863 8888) Tickets reservation: 2011irishball@gmail.com 北京市朝阳区东三环中路61号



## ● TUESDAY, MAR 22

**7.30pm-late**  
**BEEF Social Networking Dinner**

Mix business with pleasure at this monthly event with over 100 like-minded businesspeople, entrepreneurs, executives and finance professionals. Register at eventbj@fcclub.com or 139 1109 8002. RMB 200 (includes buffet meal, complimentary drink and lucky draw), RMB 150 (register before Mar 21). 7.30pm-late. The Club Wing, St. Regis 21 Jianguomenwai Dajie District (139 1109 8002) eventbj@fcclub.com 朝阳区建国门外大街21号

## ● WEDNESDAY, MAR 23

**7-10pm**  
**Wine 'n' Dine: Lin Zhong**

Pastry chef Lin Zhong of The Fig Tree joins forces with Black Sesame Kitchen for a special edition of the Wine 'n' Dine series. She'll be speaking about her experiences attending Le Cordon Bleu and running The Fig Tree. Reservations required. RMB 250. 7-10pm. Black Sesame Kitchen 3 Heizhima Hutong, Dongcheng District (136 9147 4408) www.black-sesamekitchen.com 东城区东城区黑芝麻胡同3号

**Events deadlines**  
**Mar 24 issue: Mar 9**  
**April 7 issue: Mar 23**  
**E-mail your listings to**  
**listings@agendabeijing.com**

M A R  
10

THURSDAY

10AM-7PM

**Here and now: Documentary Photography in Contemporary Spain**

Until March 10th Exhibition Hall, Instituto Cervantes 1A Gongti Nanlu, Chaoyang District (5879 9666) www.pekin.cervantes.es 北京塞万提斯学院·朝阳区工体南路甲1号

1PM

**Fortune Cookie Capitalism**

Industrialist, financier and high tycoon of the Reagan era, arch capitalist John D. Kuhns gives us a taste of China Fortunes—a sensational account of 25 years of ups and downs in what was the Wild East. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫·朝阳区工体北路4号院

3PM

**Paradise Lost** Join travel writer Chris Taylor to hear about his new novel, Harvest Season, which is an exploration of development, tourism and culture clash. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫·朝阳区工体北路4号院

5PM

**Living in Beijing and Departing from China with Pets**

This presentation will focus on three different aspects: Living in Beijing with Pets, Rabies Awareness & Prevention and Departing from China. Free. German Centre Meeting Room 11/F, Landmark Tower 2, 8 East 3rd Ring North Road, Chaoyang District (6590 6919/20/21) lue@germancentre.org.cn 朝阳区东三环北路8号亮马河大厦11层

6PM

**Southern (Hemisphere) Gothic**

Australia's outback, desert rustbelt and Tasmanian wilderness, as successors to the American deep south, form the backdrop for Australian Gothic. Young writers Julia Leigh and Craig Silvey lead the way. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫·朝阳区工体北路4号院



Lonely China Day's new album draws you into a place that transcends the East, West, and even the Earth itself.

8PM-8PM, AND ONWARDS

**CAI's Fundraising Evening**

Sponsored by Beijingkids. Funds raised will go towards CAI's empowerment programs for migrant children and migrant children training. RMB 200/person (before March 7th), RMB 220/person. RMB 110 of the ticket price will go towards CAI's empowerment programs for migrant children. Mughal's Restaurant 4/F, Nali Patio, 81 Sanlitun Lu, Chaoyang District. (Janel 134 6640 3227) www.cai-china.org 朝阳区三里屯路81号那里花园4层

7.30

**International Women's Day Varieté**

Sponsored by Agenda. Celebrate the centennial of International Women's Day at a Variété Show, put on by the Beijing Independent Artists. All proceeds from this show will assist female entrepreneurs from rural China start their own businesses through Wokai.org. The actors, dancers, martial artists, singers and organizers are all collaborating on this from the goodness of their hearts and for their love of the arts. This March 10-13th, mingle with the foreign and Chinese artists and philanthropists in Beijing for this original and exciting show! Contact Stephanie Jensen-Cormier at 150 1076 4137. RMB 80 advance, RMB 100 at the door. Penghao Theatre and Café 35 Dongmianhua Hutong Jiadaokouan Street Dongcheng District, Beijing 东城区蓬蒿剧场东棉花胡同35号

7.30-9PM

**Introduction and Green Tara Meditation**

Crystal channeling and therapy and Meditation with Tristen Churn.

RMB 120. Kocoon Rm C301, 3/F, North Bldg, Nali Patio, 81 Sanlitun Beijing (west side), Chaoyang District (5208 6068) 朝阳区三里屯北街西侧81号那里花园北楼3层C301室

8PM

**Twilight Tones**

Join Xi Chuan and Bruce Gremo to hear Gremo's shifting soundscapes reflecting the ebb and flow of Xi Chuan's spoken words. Believe it or not, you will be mesmerized. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫·朝阳区工体北路4号院

9.30PM

**Lonely China Day**

Another musical epic experiment. RMB 79.9/59.9 (Presale) Yugong Yishan 2-3 Zhang Zihong Lu (former Duan Qirui government building, east of Ping'an Dadao), Dongcheng District (6404 2711) www.lonelychinaday.com 愚公移山东城区张自忠路2-3号段祺瑞执政府旧址西院

TIMES VARY

**Uni-Design in China**

"Uni-design in China" is an art show to transcend the boundaries of the design field and an effort to break through the bottleneck of the industry. Based on the subjects of the exhibition, "Arts China · Design Forum II" will lead to further exploration with some of the most creative minds. Through April 12th. Beijing Center for the Arts 23, Qianmen Dongdajie, Dongcheng District (6559 8008) www.beijingcenterforthearts.com www.chienmen23.com 天安时间当代艺术中心·东城区前门东大街23号



M A R

11

FRIDAY

11.30AM

**The People's Republic of Desire** Annie Wang presents a hyper-observant account of a society in flux. Join us for a talk on the portrait of gender politics among China's nouveau riche. RMB 50. Yin Yang Community Center Courtyard 1, Hegezhuang Village (across from The Orchard; call for directions), Chaoyang District (6431 2108) 朝阳区崔各庄乡何各庄村一号院 (果园对面)

1PM

**Transcreation** Discussing the creative process of literary translation with Mabel Lee, translator of Nobel Prize winner Gao Xingjian's *Soul Mountain* and Lu Jiande, CASS professor and translator of modern English language texts. Moderated by Paper Republic's Eric Abrahamson. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

6PM

**The Slap** Hear Greek-Australian Christos Tsiolkas read from his portrait of broken liberal dreams, empty consumerism, selfishness, adultery, vengeful sex, misogyny and new-age longings. RMB 80. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫

虫 朝阳区工体北路4号院

6.30-10PM

**International Women's Day** International Women's Day raises awareness about the daily challenges women face living in China. This cocktail event is comprised of a silent auction, keynote speakers, networking and women-to-women mentorship opportunities. Funds will benefit China Education Initiative. Venue TBA. www.intlwomensday.org/womensday. html, intlwomensdaybj@gmail.com

7PM

**Film: Van Gogh** Soak in the last quiet months of the Dutch artist's life through this stunning biopic by Maurice Pialat. The film is set in the early summer months of 1890, as Van Gogh recovers from his stint at the asylum and enjoys new wellsprings of creativity. RMB 15, RMB 10 (students). 7pm. UCCA Dashanzi 798 Art District, 4 Jiuxianqiao Lu, Chaoyang District (8459 9269) 尤伦斯当代艺术中心 朝阳区酒仙桥路4号798艺术区

7:30-10PM

**6th Annual International Women's Day Celebration - "Mentoring Future Women Leaders"** Sponsored by Agenda. Inspired by the vision that one day all Chinese children will have access to a quality education, the China Education Initiative (CEI) takes a unique approach to eliminating educational inequity in China. RMB 200 per person. Contact intlwomensdaybj@gmail.com for sponsorship and participation details. www.chinaeducationinitiative.org Cable 8, 8 Langjiayuan, Jianguo Lu,

Chaoyang District (6581 9058) 朝阳区建国路郎家园8号尚8创意产业园 www.yishu-8.com

8PM

**Out of the Archives: A Mosque in Munich** Join Ian Johnson for a fascinating talk on researching and writing *A Mosque in Munich* - from archives to interviews with the most unexpected figures. RMB 50. The bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

9PM

**The Syndicate 7th Anniversary Party** Sponsored by the Beijinger. Drum & bass legend LTJ Bukem visits with MC Conrad to toast Beijing's own drum & bass heroes. Slide, Blackie, LYDNB, Dan and Kay C all take turns as well. RMB 100, RMB 70 (advance). 9pm. Yugong Yishan 2-3 Zhang Zizhong Lu (former Duan Qirui government building, east of Ping'an Dadao), Dongcheng District (6404 2711) 愚公移山东城区张自忠路2-3号段祺瑞执政政府旧址西院

10PM

**Beijing at the Movies** Drawing on his encyclopedic knowledge of Chinese cinema from the first silent movies to Communist-era propaganda and the historical blockbusters, literary adaptations and art-house realism of today, former TimeOut Beijing film editor Simon Fowler takes us on a tour of the 101 Essential Chinese Films. Free. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

#### ELVIS.T Pathway Release Party

Celebrate with the Acupuncture head boy as he releases sophomore album *Pathway*. Free. 10pm. The House Workers' Stadium North Gate, Gongti Beilu, Chaoyang District. (6552 6661) 朝阳区工体北路工人体育场北门

TIMES VARY

#### Hakka Round Buildings and Xiamen

Until Mar 13. Warm up to Fujian province with its beautiful seaport city of Xiamen and the earthen tulou architecture of the Hakka people. Cost includes airfare, accommodation, meals, tour guides and more. RMB 5,600. China Culture Center Kent Center 29 Anjialou, Liangmaqiao Lu, Chaoyang District (6432 9341) www.chinaculturecenter.org 朝阳区亮马桥路29号安家楼肯特中心院内



The Syndicate 7th Anniversary- Don't Miss It!

M A R

12

SATURDAY

10AM

**Perfumed Palace** M. A. Aldrich introduces us to one of Beijing's little-known communities in his book *The Perfumed Palace*. Join us to hear more from Aldrich's learned and elegantly written study. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫·朝阳区工体北路4号院

10AM-3PM

**Country Fair** Organic produce, wines, teas, cheeses, even products to support local farmers. Free. 10am-3pm. Studio-X Beijing A103, 46 Fangjia Hutong, Andingmen Naidajie, Dongcheng District (6402 8682) 东城区安定门内大街方家胡同46号A103

11AM-12.30PM

**Pao de lo de Ovar** Learn how to make the perfect Portuguese sponge cake from Ovar with chef Fernando. Cooking class only RMB 148, with lunch buffet RMB 380. Pastry, Hilton Hotel Wangfujing, 8 Wangfujing Dongjie, Dongcheng District. (5812 8888) 东城区王府井希尔顿酒店王府井东街8号

12.30PM

**The Great Annual FT Debate** Peter Aspden, Lucy Kellaway, Simon Kuper and Jan Dalley: Is The Globalisation of Culture a Force for Good? Silver Room, Capital M 3/F, 2 Qianmen Pedestrian Street (southeast of Qianmen), Chongwen District (6702 2727, [reservations@capital-m-beijing.com](mailto:reservations@capital-m-beijing.com)) 崇文区前门步行街2号3层

NOON

**Female Voices in New China** Fresh, distinctive and controversial, Chun Shu, Mian Mian and Liu Suola embody the range and diversity of Chinese women's voices. Drugs, sex and ennui-their works capture the present as they see it. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫·朝阳区工体北路4号院

2PM

**Writing Life: Chinese fact & fiction** Miao Wei and Hu Xudong discuss "Is



International Women's Day brought by PENGHAO

the reflection of real life a duty of the writer or conceptual yoke?" RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫·朝阳区工体北路4号院

3-5PM

**Frango da Guia & Acorda de Peixe e Marisco** Learn the secret of Portuguese grill chicken with Tromba Rija before exploring how to make flambé seafood with mashed bread and fresh coriander. Cooking class only RMB 198, RMB 420 with dinner buffet. Main Kitchen, Hilton Hotel Wangfujing, 8 Wangfujing Dongjie, Dongcheng District. (5812 8888) 东城区王府井希尔顿酒店王府井东街8号

4PM

**Travels with Lieve Joris** Joris discusses how a story is traced from its inception, following leads, characters, crafting narratives, capturing details and creating vivid worlds. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫·朝阳区工体北路4号院

6PM

**Future Perfect** Chan Koonchung discusses a world where months go missing, "Starbucks Wangwang" is on every corner and happiness is compulsory. RMB 80. The bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫·朝阳区工体北路4号院 6pm

### Cool Climate Wine Tasting & Dinner

*Sponsored by Agenda.* Compare wines from regions with cooler climates discovering how these climates affect the wine styles. Wine Tasting: RMB 200. Set Dinner RMB 588. RMB 700 for both. Wine tasting at 6pm, set dinner at 7.30pm. Contact [jim@pudaowines.com](mailto:jim@pudaowines.com) or 6559 1339. Sadler 23 Qianmen Dong Da Jie, Dongcheng District (6559 1399) 东城区前门东大街23号 [www.sadler-beijing.com](http://www.sadler-beijing.com)

7.30PM

### Ballet: Raise the Red Lantern

RMB 100-500. NCPA Opera House 2 Chang'an Jie, Xicheng District (6655 0000) [www.chncpa.org](http://www.chncpa.org) 国家大剧院·西城区西长安街2号

8PM

### A Couple of Poor, Polish-Speaking Romanians

Highlighting prejudices, stereotypes and mindless nationalistic ideology, Dorota Mastowska speaks about her body of work: novels, rap-poems and plays. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫·朝阳区工体北路4号院

### Slam, Rap, Words

Omar Musa and Kelly-lee Hickey join Chinese hip-hop artists for this one-off slam showdown at Dos Kolegas. Co-hosted by the JUE festival. RMB 50. 2 Kolegas 21 Liangmaqiao Lu (inside the drive-in movie theater park), Chaoyang District (6436 8998) 朝阳区亮马桥路21号(燕莎桥往东1500米路北汽车电影院内)

M A R  
13

SUNDAY

10AM

**Blue Sky Thinking: The Environment in China** Hear Jonathan Watts, the author of the sobering *When A Billion Chinese Jump* present his unprecedented overview of China's environmental degradation and innovation. RMB 80. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

NOON

**In Conversation** Feng Tang is one of China's most exciting young novelists. His latest novel, *Everything Grows*, has been hailed by critics as a Chinese *Catcher in the Rye*, with its wry observations on youth and maturation. Hu Xudong, literary Professor at Beida introduces Feng in this English-language event. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

2PM

**In Conversation** One of China's best-selling novelists and the most critically acclaimed of the 80s generation female writers, Zhang Yueran writes on loneliness, alienation and longing for love and meaning in modern

China. Also editor in chief of the hip *Li* magazine, Zhang provides her insight into China's young minds. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

3PM

**Conference around the work of Swiss writer Jacques Chessex** The Swiss Embassy, in collaboration with the French Embassy, invites you to a conference around the work of the writer Jacques Chessex, gathering a Chinese specialist of French literature and a documentary over the writer. Free entrance, seats are limited. In French and Chinese. Auditorium of CCF 18, Gongti Xilu, Guangcai International Mason, Chaoyang district (6553 2627) [www.ccfpekin.org](http://www.ccfpekin.org) 北京市朝阳区工体西路18号光彩国际公寓

4PM

**Poetry Anthology** Three English-language poets meet three Chinese poets in this evening of poetry. A rare chance to hear esteemed poets recite their work: Xi Chuan, Wang Jiabin, Lan Lan, Kelly-Lee Hickey and others. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

**Electric Shadows: Auteurs** Join us for a special screening of German filmmaker Ling Lee's latest documentary followed by a director Q&A and discussion on documentary making in China and beyond. RMB 30. Riverbank

Café. G Floor, FX Hotel NO.39 Maizidian Xilu, Chaoyang (6506 8277) 老河岸, 朝阳区麦子店西街39号 富驿时尚酒店G层

5PM

**Gérard Guégan on Cinema** Specialist of cinema and committed writer, Gérard Guégan will share his passion for French cinema through two masterpieces. With these two films he will remind us that the French cinema of the 1960's was at the leading hedge. Auditorium of CCF 18, Gongti Xilu, Guangcai International Mason, Chaoyang district (6553 2627) [www.ccfpekin.org](http://www.ccfpekin.org) 北京市朝阳区工体西路18号光彩国际公寓

6PM

**Writing Africa** Hear two writers, Helon Habila and Lieve Joris, whose work consistently returns to Africa, share their perspectives on capturing its complexities and narratives. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

8PM

**Northern Soul: a performance** The Bookworm is proud to be a sponsor of the Australian National Slam Championship and thrilled to bring Hickey to Beijing for her debut China performance. Join us for a moving and powerful performance of poetry. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

10PM

**Translation Slam** Stepping up to the challenge, our friends at Paper Republic will tackle translating one of our English-language authors into Chinese and one of our Chinese-language authors into English. Join us to see who comes out on top! Free. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinabookworm.com](http://www.chinabookworm.com) 老书虫, 朝阳区工体北路4号院

TIMES VARY

**Indian bazaar** Gather for the Indian community's annual bazaar, featuring live songs and dances and stalls selling tasty Indian treats, hand-embroidered clothes, home décor items and jewelry. Free. Time TBD. The British School of Beijing 5 Sanlitun Xilijie, Chaoyang District (8532 3088) [www.britishschool.org.cn](http://www.britishschool.org.cn) 北京英国学校, 朝阳区三里屯西六街5号



Jewelry at the Incredible India-ICB Bazaar

M A R

14

MONDAY

→ 9AM-7PM ←

**Des Cases et des hommes** At the 16th edition of francophonie festival in China, Beijing Alliance Française presents quantity of exciting events: Exhibitions of all kinds of "Cafés des Sciences," French-speaking countries film festival. Entry Free. Beijing Alliance Française, Guangcai International Mansion, 18 Gongtixilu, Chaoyang District (6553 2678 ext. 209fr/207cn) dgculture@afchine.org, www.afchine.org 北京法语培训中心-光彩校区 朝阳区工体西路18号 光彩国际公寓2层

→ 10-12AM ←

**Ba Zi Destiny Analysis Course**

Chinese fortune telling, known as "fate calculation" (算命 suanning in Chinese) has utilized many varying divination techniques throughout the dynastic periods. RMB 1,500/per eight sessions. The course is in a small group of four or five people, and each session lasts 2.5 hours. In English. CCC Clubs China Culture Center Kent Center 29 Anjialou, Liangmaqiao Lu, Chaoyang District (6432 9341) www.chinaculturecenter.org 朝阳区亮马桥路29号安家楼肯特中心院内

→ 12-14.30PM ←

**Swiss Week at Sofitel Wanda Beijing VIC**

Featuring more than 20 Swiss specialties such as Roesti Potatoes, Berner Platte, Suure Mogge, cheese, Zuger Kirschtart, Executive Chef Christian Werdenberg is proud to let everybody enjoy the cuisine of his motherland, Switzerland. 12th -20th Mar. RMB 228 Lunch Buffet. Sofitel Beijing, Bldg C, Wanda Plaza, 93 Jianguo Lu, Chaoyang District (8599 6666 ext. 6521) vic@sofitelwandabj.com 朝阳区建国路93号万达广场C座索菲特酒店6层

→ 12-3PM ←

**SALT Winter Days + add a glass!**

Enjoy SALT'S signature style and fresh tastes with SALT's favourites. Check out the new seasonal wine and drinks list to compliment your dining. MONDAY-FRIDAY 12-3pm. 2 courses 88rmb, 3 courses 108rmb, + add a glass of wine or beer - 2 courses 118rmb, 3 courses 138rmb. SALT 2/F, 9 Jingtai Xilu (opposite the Japanese School,



Starving? Try Colibri's New Set Lunch!

west of Rosedale Hotel), Chaoyang District (6437 8457) 盐 朝阳区将台西路9号2层 (珀丽酒店西边)

→ 1PM ←

**Life in the Workshop of the World**

In light of the Foxconn suicides last year, Chang shares with us how conditions and factory life affect the girls' wellbeing, psychologically, emotionally, and materially. RMB 80. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

→ 5-7PM ←

**Happy Hour at Mana**

Come over and indulge yourself into a warm late afternoon at Mana every day from 5 pm to 7 pm. All drinks are sold on buy-one-get-one-free basis. Mana 2 Sanlitun Beixiaojie, Chaoyang District, Chaoyang District. (6460 6721) 朝阳区朝阳区三里屯北小街2号

→ 6PM ←

**Oil Barren** Join The Bookworm to hear Helon Habila of his native Nigeria present Oil On Water, his evocative portrait of the damage wrought by 'black gold'. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

→ 8PM ←

**Northern Girls** From one of China's most exciting and assured avant-garde writers, Sheng Keyi's Northern Girls is the scandalizing and raw account of a precocious migrant girl's travels from her small inland village to

the factories and massage parlors of boom-town Shenzhen. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

→ 8-9.15PM ←

**Yoga and Live Music**

Kocoon launches an exclusive and private setting for a unique wellness experience of Yoga. Starting from Mar 7, every Monday 8-9.15pm. Kocoon Rm C301, 3/F, North Bldg, Nali Patio, 81 Sanlitun Beijie (west side), Chaoyang District (5208 6068) 朝阳区三里屯北街西侧01号那里花园北楼3层C301室

→ 10PM ←

**The Hornet**

A spelling bee, only nastier. If words like stromuhr, guerdon and euonym just roll off your tongue, then you might just have what it takes to claim the title of best speller in Beijing! Teams of six compete for orthographic prowess and eternal glory. Free. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫 朝阳区工体北路4号院

→ TIMES VARY ←

**Hot about Herbs**

Get a healthy start to spring with nourishing Cantonese herb soups such as double-boiled black chicken with ginseng and bird's nest, essence of chicken with cordyceps and wolfberry, and lotus root, peanuts and pork rib Soup, which will surely tantalize your taste buds. Scene a Café, China World Hotel 1 Jianguomenwai Dajie, Chaoyang District (6505 2266 ext 35) 咖啡苑 朝阳区建国门外大街1号中国大饭店



M A R

15

TUESDAY

9AM-5.30PM

**Change Management for Managers**

If you are looking to change your organization and strategies to help you, then this workshop is for you. Members: RMB 2,800/person, non-members: RMB 3,300/person. Course in English. CCIFC Conference Room Office Unit C512, 5th Floor, Office Building, Lufthansa Center, Chaoyang District. (8531 0015 ext.186) jeyanthy.geymeier@bei.swisscham.org 朝阳区燕莎中心有限公司写字楼5层C512, CCIFC 会议室

10AM-NOON

**INN Coffee Morning – Sanlitun**

Free. 10am-noon. The bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫, 朝阳区工体北路4号院

1PM

**In Conversation** Author of *Ishq and Mushq* and *The Obscure Logic of the Heart*, Priya Basil is in conversation with Capur, author of *Stealing Karma*. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫, 朝阳区工体北路4号院

5-8PM

**Sangria Night** Hot Sangria for RMB 20 at Ciro's Pomodoro. 81 Sanlitun Beilu, Chaoyang District (5208 6008) 波莫多洛, 朝阳区三里屯北路81号

5.30-10.30PM

**Indian Regional Cuisine at**

**Tamarind** Showcasing the diversity of India's cuisine, this promotion focuses on the Royal Cuisine of Rajasthan, the Coastal Seafood of Goa and Maharashtra, the tropical coconut curries of the South, and the rich food of the Nawabs from the North. Prices range from RMB 30 to RMB 358 per dish. Through March 31st. Tamarind (Marriott Northeast) 2/F, Beijing Marriott Hotel Northeast, 26A Xiaoyun Lu, Chaoyang District. (5927 8328) MarriottBeijingNortheast.com 朝阳区霄云路甲26号海航大厦万豪酒店2层

6PM

**Crime Writing in China** Former policeman, A Yi, is thought to be China's most promising crime writer. Join us for his debut with an international audience. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫, 朝阳区工体北路4号院

6.30PM

**Campaign Ruby** Beijing resident Jessica Rudd penned her hit debut novel in cafes around the city. Join us for a taster and Q & A. RMB 50. Yin Yang Community Center Courtyard 1, Hegezhuang Village (across from The Orchard; call for directions), Chaoyang District (6431 2108) 朝阳区崔各庄乡何各庄村一号院 (果园对面)

7PM

**Le Bourgeois gentilhomme by Molière: from the idea to the performance** The Lanterns Theatre (Théâtre des Lanternes) hosts a conference on *Le Bourgeois Gentil-*

*homme* by Molière and explains their work and the way chosen to perform the play on June 3, 4 and 5, 2011. Free entrance, seats limited. In both French and Chinese. Auditorium of French Cultural Centre 16 Gongti Xilu, Chaoyang District (6553 2627) 法国文化中心, 朝阳区工体西路16号

7.30PM

**Crea8- Fashion, Media and Creative Industries Networking Evening**

Dress glamorously to impress those who decide what's hot and what's not. Sponsored by Agenda Magazine. RMB 14 for pre-registered before Monday 19 March or RMB 150 full price. Price includes a complimentary drink, appetizers, happy hour until 10pm and unlimited networking opportunities. To register email eventbj@fclub.com or call 139 1109 8002. Zeta Bar 2/F, Hilton Beijing, 1 Dongfang Lu, Dongsanhuan Beilu, Chaoyang District (5865 5050) 颐达吧, 朝阳区东三环北路东方路1号希尔顿饭店2层

**The Whitest Boy Alive** Deftly danceable Scandinavian efficiency, joined by local boys Mr. Graceless. RMB 180, RMB 130 (advance). 7.30pm. 3/F, Tango (formerly known as The Star Live), 79 Heqing Xijie (50m north of Yonghegong subway station), Dongcheng District (6425 5677) 东城区和平西街79号糖果三层 (雍和宫桥路北50米)

**Stumble Inn Quiz Night**

Free. 7.30pm. The Stumble Inn S3-31, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District. (6417 7794) 朝阳区三里屯路19号三里屯Village南区3号楼3层S3-31

8PM

**The Life and Opinions of Maf the Dog**

Andrew O'Hagan tells us about the creation of the character Maf and his place in the long tradition of taking animals in literature. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫, 朝阳区工体北路4号院

10PM

**Picturing Beijing**

Join artist Helen Couchman, photo-journalist Shiho Fukada and photo-blogger Jordan Thomas Mitchell present and discuss the stories behind their work capturing our ever-changing city. Free. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫, 朝阳区工体北路4号院



Stumble Inn Quiz Night hosted by Robbie Henneby.

M A R  
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WEDNESDAY

→ 11AM →

**Characterisation** Priya Basil leads us through her methods, providing tips, exercises and scenarios to the questions like how can you make fictional characters grow through the vagaries of plot? RMB 250. Yin Yang Community Center Courtyard 1, Hegezhuang Village (across from The Orchard; call for directions), Chaoyang District (6431 2108) 朝阳区崔各庄乡何各庄村一号院 (果园对面)

→ 1PM →

**Committing Journalism** A Bookworm festival tradition and perennial favorite: another year on, four Beijing-based foreign correspondents, Gady Epstein, Peter Foster, Louisa Lim and Evan Osnos discuss reporting on Beijing and China. RMB 80. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinaBookworm.com 老书虫·朝阳区工体北路4号院

→ 6PM →

**Burying the Bones: Pearl Buck** One of Britain's most distinguished biographers, Hilary Spurling revives the legend of Pearl Buck in her latest book, *Burying the Bones*. RMB 80. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinaBookworm.com 老书虫·朝阳区工体北路4号院

→ 6.30PM →

**Exhibition of love letters** The library of the French Cultural Centre proposes a series of lectures of the work of Ananda Devi, a female author from Mauritius. Free Entrance. Library of French Cultural Centre 18, Gongti Xilu, Guangcai International Mason, Chaoyang district (6553 2627) www.ccfpekin.org 北京市朝阳区工体西路18号光彩国际公寓

→ 6-12PM →

**Ladies' Night** Buy one cocktail and get one free. Ciro's Pomodoro. 81 Sanlitun Beilu, Chaoyang District (5208 6008)

**Blackwater** Traditional Irish music gets you in the mood for tomorrow's festivities. Free. 7.30pm. The Stumble



Join Leslie Chang and Peter Hessler for a wonderful Conversation evening.

Inn S3-31, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District. (6417 7794) 朝阳区三里屯路19号三里屯Village南区3号楼3层S3-31

→ 8PM →

**Blue Note: Poetry, Music and Life** A special evening of moving poetry, blues and jazz. The acclaimed prize-winning poet Jackie Kay reads in her Glaswegian lilt works inspired by musical loves in her life, accompanied by locally based Beijing jazz musicians led by Matt Roberts. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinaBookworm.com 老书虫·朝阳区工体北路4号院

**In Conversation** Husband and wife journalists Peter Hessler and Leslie Chang have written some of the best received non-fiction works on China. Join them for this rare joint event discussing reporting, living in and leaving China. RMB 80. Studio X A103, 46 Fangjia Hutong, Andingmen Naidajie, Dongcheng District (6402 8682) 东城区安定门内大街方家胡同46号A103

**Zac Sax Trio** Featuring standard jazz played on Sax, drums and bass. Purple Haze Courtyard No.1 Dongsiliutiao (in the corner of Chaoyangmen Beixiaojie) Dongcheng District (6501

9345) www.purplehaze.com.cn 紫苏庭 Courtyard, 东城区东四六条一号 (与潮阳门北小姐路口)

**Paddy's Day Quiz** G Free. Paddy O'Shea's 28 Dongzhimenwai Dajie, Chaoyang District (6415 6389) 朝阳区东直门外大街28

→ 9.30PM →

**Live Jazz, Blues and Folk at Le Zinc** Featuring singer-songwriter Jordan Mitchell who will enchant us with his eclectic finger style guitar compositions and reinterpretations of folk classics. www.jordanthomasmitchell.com or radio.pangbian.com/album/jordan-thomas-mitchell Le Petit Gourmand 3/F, Tongli Studios, Sanlitun Houjiejie, Chaoyang District. (6417 6095) www.lepetitgourmand.com.cn 小美食家·朝阳区三里屯后街同里3层

→ 10PM →

**Shui Tu Bufu** 水土不服 Join us to hear some of our festival authors-Kelly-lee Hickey, Jackie Kay and Andrew O'Hagan-as well as local Beijingers tell their most memorable tales about the funny, strange, awkward and memorable aspects of being a fish out of water. Free. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinaBookworm.com 老书虫·朝阳区工体北路4号院

# M A R 17

## THURSDAY

→ 9AM-5PM ←

### Auditing the Procurement Function in China: a practical Roadmap

Through this course, participants will learn how to use audits internally to evaluate the performance, assess weaknesses, recommend improvements and controls, and communicate results to management to ensure the implementation of corrective actions. Members: RMB 3,800/person, non-members: RMB 4,500/person. Course in English. CCIFC Conference Room Office Unit C512, 5th Floor, Office Building, Lufthansa Center, Chaoyang District. (8531 0015 ext.186) jeyanthy.geymeier@bei.swisscham.org 朝阳区燕莎中心有限公司写字楼5层C512, CCIFC 会议室

→ 10-11AM ←

**Benefits of Breathwork** We can survive for weeks without food, for days without water – but only minutes without breath. Explore the dynamics and methods of breathing well from the perspective of both traditional Eastern and modern medicine. RMB 150. The Hutong 1 Jiudaowan Zhongxiang Hutong (southeast of Beixinqiao subway station), Dongcheng District (6404 3355) 东城区九道湾中巷胡同1号(北新桥地铁站东南边)

→ 11AM-1.30PM ←

### Black Sesame Thursday Cooking Class: Basic Chinese

Master chefs will teach you how to prepare basic Chinese dishes like spinach and peanut salad, fried rice, garlic broccoli, and egg and tomato. Reserve at [www.blacksesamekitchen.com](http://www.blacksesamekitchen.com). RMB 250 (includes demonstration, hands-on cooking and lunch). 11am-1.30pm. Black Sesame Kitchen 3 Heizhima Hutong, Dongcheng District (136 9147 4408) [www.blacksesamekitchen.com](http://www.blacksesamekitchen.com) 东城区东城区黑芝麻胡同3号

→ 1PM ←

### The War on Terror: War of Shadows

Join us to hear Megan Stack talk about *Every Man in this Village is a Liar*, the story of those years and the devastation one phrase could wreak across a region. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinaBookworm.com](http://www.chinaBookworm.com) 老书虫, 朝阳区工体北路4号院

→ 3PM ←

### Inspector Singh Investigates

Inspector Singh's creator, Shamini Flint, reads from the Inspector's latest caper and leads us through her particularly Asian crimes and locations. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinaBookworm.com](http://www.chinaBookworm.com) 老书虫, 朝阳区工体北路4号院

→ 6PM ←

**Thicker than Water** Yan Lianke discusses *Dream of Ding Village* and his other work. In Chinese with English translation. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang

District (6586 9507) [www.chinaBookworm.com](http://www.chinaBookworm.com) 老书虫, 朝阳区工体北路4号

→ 7.30PM ←

**St. Patrick's Day** Robbie Hennebray plays a live acoustic set before DJ Tippy takes you into the early hours. Free. 7.30pm. The Stumble Inn S3-31, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District. (6417 7794) 朝阳区三里屯路19号三里屯Village南区3号楼3层S3-31

→ 8PM ←

**The Future is Now!** We bring together two "third generation" Chinese sci-fi writers, Han Song and Pan Haitian, to discuss their imaginings of China's future: its cities, environment and society. In Chinese with English translation. RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinaBookworm.com](http://www.chinaBookworm.com) 老书虫, 朝阳区工体北路4号院

→ 9.30PM-1AM ←

**St. Patrick's Day/Bump City Anniversary Party** House band Bump City's one-year anniversary at Eudora coincides with the Irish festivities. Traditional Irish food served all day, with green beer, and specials on Guinness and Jameson's. You can also win Bump City CDs and a chance to sing with the band. Free. 9.30pm-1am (band). Eudora Station 6 Fangyuan Xilu, Chaoyang District (6437 8813/8331) 亿多瑞站, 朝阳区芳园西路6号

→ 9.30PM ←

**Vitalic, Pet Conspiracy, Liman, A.M.U., VJ Zhiqi** Ballys dance-floor bangers that'll rough you up, gently. RMB 120, RMB 80 (advance) 9.30pm. 3/F, Tango (formerly known as The Star Live), 79 Heping Xijie (50m north of Yonghegong subway station), Dongcheng District (6425 5677) 东城区和平西街79号糖果三层(雍和宫桥路北50米)

→ 10PM ←

**Identity: a performance** One-of-a-kind artist, traveler and professional eccentric Bill Aitchison brings us his unique performance of imperfect translations and misunderstandings, based on this one-man show taking a humorous and smart look at mixed-up identity. Supported by British Council China and Arts Council England. Free. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) [www.chinaBookworm.com](http://www.chinaBookworm.com) 老书虫, 朝阳区工体北路4号院



Who's the most Irish? Battle it out on Paddy's Day at Paddy O'Shea's

M A R

18

FRIDAY

→ 9AM-5PM ←

**Auditing the Procurement Function in China: A Practical Roadmap**

See March 17. CCIFC Conference Room Office Unit C512, 5th Floor, Office Building, Lufthansa Center, Chaoyang District. (8531 0015 ext.186) jeyanthy.geymeier@bei.swisscham.org 朝阳区燕莎中心有限公司写字楼5层C512, CCIFC 会议室

→ 1PM ←

**Country Driving**

The former New Yorker Beijing correspondent talks about his latest work-the acclaimed and, at times, white-knuckle ride, *Country Driving: A Journey Through China from Farm to Factory*. A unique overview of contemporary China through the prism of car mania. RMB 80. The bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫. 朝阳区工体北路4号院

→ 6PM ←

**Future Publishing, Future Fiction**

We bring in experts from diverse backgrounds to see where we are now and what lies ahead... RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫. 朝阳区工体北路4号院

→ 6PM-LATE ←

**Champagne Night**

Maison Boulud launches a weekly bubbly night in association with Perrier-Jouet. Brut is RMB 128 per glass, RMB 638 per bottle. 6pm-late. Fresco Bar, Maison Boulud Ch'ien Men 23, 23 Qianmen Dongdajie, Dongcheng District (6559 9200) www.maisonboulud.com 东城区前门东大街23号

→ 7PM ←

**Music Beyond the Moongate - 1st International Chamber Music Festival Series**

The workshop will talk about connections between ideas and musical materials of traditional and modern works to help the audience better listen to and understand the evening's works. Followed by a concert at 8:00 pm. RMB 100. Yishu 8 Cable 8, 8 Langjiayuan, Jianguo Lu, Chaoyang District (6581 9058) www.



Enjoy a glass of Perrier Jouet Brut or Rose every Friday night at Maison Boulud.

yishu-8.com contact@yishu-8.com 朝阳区建国路郎家园8号尚8创意产业园艺术8

→ 7.30 PM ←

**Mars En Folie 2011**

Fleurent-Dier, Cloé du Trêfle, Alex Nevsky and Aliose make the night romantic with Francophone rock, indie pop and electric pop. Free (tickets available at Alliance Française locations starting Mar 10). 7:30pm. Yugong Yishan 2-3 Zhang Zizhong Lu (former Duan Qirui government building, east of Ping'an Dadao), Dongcheng District (6404 2711) 愚公移山东城区张自忠路2-3号段祺瑞执政府旧址西院

**Opera: Don Pasquale** Donizetti's tale of love between social unequals - and the trickery employed to achieve their union - makes its China premiere. RMB 50-280. 7:30pm. Beijing Concert Hall 1 Beixinhuajie, Xicheng District (6605 7006/5812) 西城区北新华街1号

**Celtic Music: Katie Targett-Adams & Ireland Seeley Band**

Have a Gaelic of time with Celtic harpist Katie Targett-Adams and her band, who will perform "The Skye Boat Song," "Rainbow," "My Love is Like a Red Red Rose," and crowd favorite "Auld Lang Syne." And what's a Celtic concert without Irish dancers? RMB 38-380. 7:30pm. Forbidden City Concert Hall Beijing Inside Zhongshan Park, Xichang'an Jie, Xicheng District (6559 8285) www.fcchbj.com 北京中山音乐堂. 西城区西长安街中山公园内

→ 8PM ←

**Closing Party** The last page of the story. Raise a glass with Bookworm,

the team, and the throng of authors and volunteers! Special Guests! RMB 50. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫. 朝阳区工体北路4号院

→ 9PM ←

**Shanren** Wild-west-Chinese folk, reggae-rockified. RMB 80 RMB 60 (advance). 9pm. 3/F, Tango (formerly known as The Star Live), 79 Heping Xijie (50m north of Yonghegong subway station), Dongcheng District (6425 5677) 东城区和平西街79号糖果三层 (雍和宫桥路北50米)

**Bump City Anniversary Party** House band continues to celebrate one year at Eudora, with CDs and a chance to sing with the band up for grabs. Free. 9:30pm-1am (band). Eudora Station 6 Fangyuan Xilu, Chaoyang District (6437 8813/8331) 亿多瑞站. 朝阳区芳园西路6号

→ 10PM ←

**Weng Weng & Yang Bing** Electronica from the godfathers of the local scene. Free. 10pm. The House Workers' Stadium North Gate, Gongti Beilu, Chaoyang District. (6552 6661) 朝阳区工体北路工人体育场北门

→ TIMES VARY ←

**Fabão at Alanting Live Bar & Café**

Every Friday, Alanting Live Bar & Café presents the AMAZING Fabão (Brazilian singer and guitarist) interpreting Bossa-Nova, Samba and MPB tunes. Alanting Bar & Café 1/F Forte International Apartment, 235 Chaoyang North Road, Chaoyang District (85715168) 朝阳区朝阳北路235号复地国际公寓一层



MAR  
19

SATURDAY

8AM

### Great Wall and Silver Pagoda Forest Hike

Hike to the wild Huanghuacheng (Yellow Flower Great Wall) and the Silver Pagoda Forest, and have lunch in a local village. Cost includes transportation, guides, entrance, and lunch. RMB 220. 8am. Culture Yard 10 Shique Hutong, Dongcheng District (8404 4166, contact@cultureyard.net) www.cultureyard.net 东城区石雀胡同10号

6.30PM-LATE

**St. Patrick's Day Ball 2011** The single largest St. Patrick's Day celebration in Asia. Every year the Ball welcomes more than 700 guests from all over the world, including musicians and dancers flown in from the Emerald Isle to perform alongside local entertainers. E-mail 2011ball@gmail.com for tickets. RMB 1,000. 6.30pm-late. Renaissance Beijing Capital Hotel, Shuangjing 61, East 3rd Ring Road, Chaoyang District (5863 8888) Tickets reservation: 2011irishball@gmail.com 北京市朝阳区东三环中路61号

11AM-2PM

### Playwriting Workshop: The Playwright's Toolbox

Saturdays 11am-2pm starting March 19 for eight weeks ending in May. RMB 80 per session. Register: beijingtheatre@gmail.com; (130 1181 2720). Space limited.

The Hutong 1 Jiudaowan Zhongxiang Hutong (near Beixinqiao Exit C), Dongcheng District (8915 3613) 东城区九道湾中巷胡同1号(北新桥地铁站东南边)

11AM-5PM

**The Feast of Francophonie** The 4th edition of the Feast of Francophonie is a festive and popular cultural event organized by the Embassy of Ivory Coast to celebrate the francophonie in China. Free entrance, open to all. Inside the Embassy of Côte d'Ivoire 9, Bei Xiao Jie, Chaoyang District (6532 1482/3572) 朝阳区北小街9号

NOON-2PM

**Set-lunch at Raffles** Featuring mouth watering main courses that include Javanese chicken curry, Cambodian stir-fried diced beef with crushed black pepper or pineapple and prawn curry. Noon-2.00pm, Daily. Starting from RMB 88+, including tea or coffee. East 33 Raffles Beijing Hotel, 33 Dongchangan Jie, Dongcheng District (6526 3388 ext 5171) 东三十三. 东城区东长安街33号北京饭店莱佛士

2PM

**Concert: Francophone Choir of Beijing « Maurice Ravel »** The French speaking singers from 10 countries of the francophone choir of Beijing "Maurice Ravel" are very pleased to present a concert mixing songs of different styles and languages. Free entrance, subject to seats limit. Auditorium of French Cultural Centre 16 Gongti Xilu, Chaoyang District (6553 2627) www.ccfpekin.org 法国文化中心. 朝阳区工体西路16号



Irresistible Dark wild rice pudding with coconut cream at East33, Raffles

9PM

**The Besnard Lakes, Maze** "Like the Beach Boys when it's calm, and Queen when it's crunchy."-- All Music Guide RMB 80 (door) / 60 (presale). MAO Livehouse 111 Gulou Dongdajie, Dongcheng District (6402 5080) 东城区鼓楼东大街111号

### Love Song by Tsangyang Gyatso

Happy Avenue will hold its live concert at Yugong Yishan bar at 9 p.m. on Friday night, March 19. Let us dream a new grace of love! RMB 60, RMB 50 (students), RMB 40 (advance) For reservation : 136 9920 1742) Yugong Yishan 2-3 Zhang Zizhong Lu (former Duan Qirui government building, east of Ping'an Dadao), Dongcheng District (6404 2711) 愚公移山东城区张自忠路2-3号段祺瑞执政府旧址西院

9.30PM-1AM

### St. Patrick's Day/Bump City Anniversary Party

House band Bump City's one-year anniversary at Eudora coincides with the Irish festivities. Traditional Irish food served all day, with green beer, and specials on Guinness and Jameson's. You can also win Bump City CDs and a chance to sing with the band. Free. 9.30pm-1am (band). Eudora Station 6 Fangyuan Xilu, Chaoyang District (6437 8813/8331) 亿多瑞站. 朝阳区芳园西路6号

10PM

### Yellow Capsule

Shanghai icon Ben Huang teams up with French DJ/producer Tomash and StudioZero to present this new party series. Free. 10pm. Punk B1/F, The Opposite House, Bldg 1, Sanlitun Village, 11 Sanlitun Lu, Chaoyang District (6410 5222) 朝阳区三里屯路11号三里屯Village1号楼瑜舍地下1层

### Made in Ningxia

Buyi, Wu & The Side Effects and Nucleus's northwest rock session. RMB 40, RMB 30 (students). 10pm. 2 Kolegas 21 Liangmaqiao Lu (inside the drive-in movie theater park), Chaoyang District. (6436 8998, 2kolegas@163.com) www.2kolegas.com 两个好朋友. 朝阳区亮马桥路21号(燕莎桥往东1500米路北汽车电影院内)

TIMES VARY

### 1001 Nights Night

Riviera Events seek out the Queen of Persia. Price and time TBD. Scarlett Hotel G Daily 6pm-3am. 7A Gongti Xilu (in the alley leading to Julong Garden), Chaoyang District (6552 3600) 朝阳区工体西路甲7号北京极线内

# MAR 20 SUNDAY

10AM-13PM

## Games Yard: Mahjong Morning-intermediate

On our intermediate workshop, you will learn strategy and betting, and visit a local Mahjong house to play like the locals do. RMB 70. Reservation required! Culture Yard 10 Shique Hutong, Dongcheng District (8404 4166) contact@cultureyard.net www.cultureyard.net 东城区石雀胡同10号

11AM-2.30PM

## All You Can Eat Dim Sum Brunch

"All You Can Eat Dim Sum Brunch" is available on Saturdays and Sundays from 11 am to 2.30pm. Price starts from RMB108 per person. Shangri-La's Kerry Centre Hotel, 1 Guanghua Lu, Chaoyang District (8565 2188) www.shangri-la.com 朝阳区光华路1号嘉里中心饭店

12-3PM

## Authentic American Sunday Roast One Year Anniversary

Treat yourself to a carefree Sunday with family and friends this March and celebrate the second year of American culinary delights at One East with a good old-fashioned Sunday roast. Three-course set lunch: RMB 198 per person. RMB 98 per person for free-flow wine and beer. Free for children under 6 years old and kids room available. Subject to 15% surcharge. One East, Hilton Beijing 2/F, Hilton Beijing, 1 Dongfang Lu, Chaoyang District (5865 5030) oneeast.beijing@hilton.com 朝阳区东三环北路东方路1号希尔顿酒店2层

2-5PM

## Acting Workshop: Triple Threat Training

Sundays 2-5pm starting March 20 for eight weeks ending in May. RMB 80 per session. Register beijingtheatre@gmail.com; (130 1181 2720). Space limited. Fu Café 71 Chaodou Hutong (first hutong east of the south end of Nanluoguxiang), Dongcheng District (6403 3595) 浮生, 东城区东城区南锣鼓巷南端炒豆胡同71号

3PM

## Musical Beyond the Moongate-Closing Concert and Workshop

This evening's concert will pair



Sunday Roast -- Slow Roasted Prime Rib of Beef at One East, Hilton Beijing

several Western compositions by Asian, American and European composers with a performance of a traditional piece from China, Japan or Korea. RMB 100. Yishu 8 Cable 8, 8 Langjiayuan, Jianguo Lu, Chaoyang District (6581 9058) www.yishu-8.com contact@yishu-8.com 朝阳区建国路8号尚8创意产业园艺术8

5-9PM

## Food, Film and Friends: Global Cuisine and World Cinema

On the third Sunday of every month, The Hutong and Electric Shadows will run a joint workshop consisting of a Cantonese cooking class followed by a movie screening. RMB 240 (includes cooking class and movie), RMB 200 (members), RMB 35 (movie only). 5-9pm. The Hutong 1 Jiudaowan Zhongxiang Hutong (southeast of Beixinqiao subway station), Dongcheng District (6404 3355) 东城区九道湾中巷胡同1号(北新桥地铁站东南边)

9.15PM

## Probing the Happiness on the Norder of China

The French-speaking section of the Western Returned Scholars Association (WRSA) is pleased to present the documentary: Probing the Happiness on the Border of China, directed by Yushu (original name: Li Haipei), independent female director who has studied in China and in France. Free entrance, seats limited. In French and Chinese. WRSA conference center asfrcnwuhui@163.com www.coesa.cn/fffh/ WRSA conference center 4F/B, Zhong Ou Hotel. No.55 Nongzhan Beilu, Chaoyang District (6591 8833 ext. 27) 朝阳区农展北路55中欧宾馆

TIMES VARY

## Swiss week at Sofitel Wanda Beijing VIC

Featuring more than 20 Swiss specialties such as Roesti Potatoes, Berner Platte, Suure Mogge, cheese, Zuger Kirsch tart, Executive Chef Christian Werdenberg is proud to let everybody enjoy the cuisine of his motherland, Switzerland. RMB 228 Lunch Buffet (12-14.30pm), RMB 288 Dinner Buffet (6-10pm). Sofitel Beijing, Bldg C, Wanda Plaza, 93 Jianguo Lu, Chaoyang District (8599 6666 ext. 6521) vic@softelwandabj.com 朝阳区建国路93号万达广场C座索菲特酒店6层

## "The Darkroom" by Cuban artist

Carlos Garaicoa From March 19th to April 24th. Exhibition Hall, Instituto Cervantes 1A Gongti Nanlu, Chaoyang District (5879 9666) http://www.pekin.cervantes.es 北京塞万提斯学院, 朝阳区工体南路甲1号

**Francophone Film Festival** Broadcast in original version and subtitled in Chinese/English/French. March 3-31.

- 1) French Cultural Centre 16 Gongti Xilu, Chaoyang District (6553 2627) 法国文化中心, 朝阳区工体西路16号;
- 2) Embassy of Poland in China 1 Ri Tan Road, Jian Guo Men Wai, Chaoyang District (6532 1235) 朝阳区建国门外日坛路1号;
- 3) Embassy of Romania in China 2 Ri Tan Road, Chaoyang District (6532 3442/3255) 朝阳区日坛路2街;
- 4) Beijing Languages and Cultures University (BLCU) 15 Xueyuan Road, Haidian District (8230 3114) 海淀区学院路15号 www.faguowenhua.com/francophonie, www.ccfpekin.org, www.pekin.polemb.net

M A R  
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MONDAY

11AM-2PM

**Saddle Social Set Lunch** A starter, two tacos and a drink. RMB 60, RMB 75 (includes glass of wine). Free. Mon-Fri. The Saddle Cantina Nali Patio, 81 Sanlitun Lu, Chaoyang District (5208 6005) 朝阳区三里屯路81号那里花园2层

**Hopfenstube Business Lunch** RMB 88 per person, including unlimited salad bar, soup of the day, and choice of 1 main course. Hopfenstube No.3 Sanfeng North Area, Chaoyang District (South of Prime Tower) (5909 6683) 朝阳区三丰北路3号 (泛利大厦南侧)

11.30AM-2.30PM

**Cepe Business Lunch** RMB 260+ per person, enjoy your business lunch at one of Beijing's finest Italian Dining Room. Mondays through Fridays. Cepe, Ritz-Carlton Financial Street The Ritz-Carlton Financial Street, 1 Jinchengfang Dongjie, Jinrong Jie, Xicheng District (6629 6996) 意味轩, 西城区金城坊东街1号北京金融街丽思卡尔顿酒店大堂

**Hungry for Hummus?** Middle Eastern favorite Rumi is offering a lunch buffet that includes many of their most popular menu items. RMB 88. Mondays through Fridays. 11.30am-2.30pm. Rumi 1A Gongti Beilu (opposite Zhaolong Hotel), Chaoyang District. (8454

3838) www.rumigrill.com 入迷, 朝阳区工体北路甲1号兆龙饭店对面

5-8PM

**"Hoppy" Hour at Hopfenstube** Buy one get one free house brewed beer daily 5-8pm. Valid until 31st March. Hopfenstube No.3 Sanfeng North Area, Chaoyang District (South of Prime Tower) (5909 6683) 朝阳区三丰北路3号 (泛利大厦南侧)

7.30PM

**Bookworm Pub Quiz** With The Bookworm's Literary Festival over, quiz night reverts to type. Free. 7.30pm. The Bookworm Courtyard 4, Gongti Beilu, Chaoyang District (6586 9507) www.chinabookworm.com 老书虫, 朝阳区工体北路4号院

11PM-1AM

**Late Supper** All month. Perfect for those wanting late-night gourmet munchies, Terra is offering a selection of dishes with special wine pairings selected by owner Gaby Alves. 11pm-1am. Terra 1 Sanlitun Nanlu, Chaoyang District (6591 9148) 朝阳区三里屯南路1号

TIMES VARY

**The Beijinger 8th Annual Reader Restaurant Awards** The readers have spoken - their votes have been tabulated. The envelope, please ... Time and venue TBD.

**The 2011 Planning for Your IPO Forum** CE Premier proudly brings you their 2nd annual "Planning for your IPO" Forum, focusing on Chinese companies seeking IPOs in multiple foreign exchange markets. (RMB 1000)

Details TBA. Beijing Entrepreneurs 2/F, Annex to Sunjoy Mansion 6 Ritan Road, Chaoyang District (6569 1321) www.ce-online.cn 朝阳区北京市朝阳区日坛路6号新族大厦2层

**Wine flight** 3 shot of wine for RMB 88. Anytime from Mon-Sun. Enoterra D405, Nali Patio, 81 Sanlitun Lu, Chaoyang District (5208 6076) 朝阳区三里屯路81号那里花园D405室

**Malaysian "Selera"** Visiting Malaysian chefs, led by Chef Azhar bin Arshad and Chef Mohd Nisam bin Shauro from The Ritz-Carlton, Kuala Lumpur will be presenting their signature Malaysian dishes on a la carte at The Ritz-Carlton. Alternatively, diners who prefer a more indulgent meal may delight in the Malaysian "Selera" buffet lunch at RMB218+ per person. Through March 27th. Ritz-Carlton Financial Street, 1 Jinchengfang Dongjie, Jinrong Jie, Xicheng District (6629 6996) 西城区金城坊东街1号北京金融街丽思卡尔顿酒店大堂

**GoArt in Kempinski** As part of the Kempinski Arts Support Program, Estonian photographer Alexander Gronsky will be exhibiting a series of photographs taken in his recent China tour under the theme of "Water and Mountains" in the rear lobby of Kempinski Hotel Beijing Lufthansa Center from March 1 to March 31. Kempinski Hotel Lufthansa Center, 50 Liangma-qiao Lu, Chaoyang District (6465 3388) www.globalhotelliance.com>About 朝阳区凯宾斯基饭店亮马桥路50号

**All about Oysters** The Westin Beijing Chaoyang extravagantly showcases oyster dishes throughout the month of March, flying in oysters from France, Canada and the US. Through March 31st. Seasonal Tastes, Grange, Westin Chaoyang 2/F, the Westin Beijing Chaoyang, 7 Dongsanhuan Beilu, Chaoyang District (5922 8880) 朝阳区朝阳区东三环北路7号金茂北京威斯汀大饭店

**Elements Buffet Featuring Variety of Veal Dishes** Guests will be able to enjoy a wide variety of delectable veal menu items at the Hilton Beijing's award winning Elements restaurant. Lunch Buffet: RMB 188 per person. Dinner Buffet: RMB 248 per person. Subject to 15% surcharge. Through March 31st Elements, Hilton Beijing 2/F, Hilton Beijing, 1 Dongfang Lu, Chaoyang District (5865 5020) 元素阁, 朝阳区东方路1号希尔顿酒店2层



The Beijinger 8th Annual Reader Restaurant Awards

M A R

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TUESDAY

→ 9AM-5PM ←

**Strategic Financial Management**

The strategic financial management course takes the participants through the fundamentals of financial reports, as well as the techniques of business valuation and the creation of shareholder value. Members: RMB 3,800/person, non-members: RMB 4,500/person. Course in English. CCIFC Conference Room Office Unit C512, 5th Floor, Office Building, Lufthansa Center, Chaoyang District. (8531 0015 ext.186) jeyanthy.geymeier@bei.swisscham.org 朝阳区燕莎中心有限公司写字楼5层C512, CCIFC 会议室

→ 10AM-NOON ←

**Pakistani Cooking Class**

The Hutong's most popular cooking class is taught by a Pakistani chef who'll show you what an authentic home-cooked meal tastes like – curries, naan and all. RMB 250, RMB 230 (members). The Hutong 1 Jiudaowan Zhongxiang Hutong (southeast of Beixinqiao subway station), Dongcheng District (6404 3355) 东城区九道湾中巷胡同1号(北新桥地铁站东南边)

→ 10.30AM-8PM ←

**Tarot Cards Reading & Healing, with Marianne Niederer**

A spiritual healing session begins with the balancing of your Chakras and Aura. Prior reservation necessary. Kocoon Rm C301, 3/F, North Bldg, Nali Patio, 81 Sanlitun Beijie (west side), Chaoyang District (5208 6068) 朝阳区三里屯北街西侧81号那里花园北楼3层C301室

→ 4-5PM ←

**The Hilton Beijing Veal Cooking Classes**

RMB 188 per person including tasting of the dish and one glass of house wine. Subject to 15% surcharge. Hilton Beijing, 1 Dongfang Lu, Chaoyang District (5865 5020) 朝阳区东方路1号希尔顿酒店

→ 5-8PM ←

**Sangria Night** Hot Sangria from 5 to 8 pm for RMB 20 at Ciro's Pomodoro. 81 Sanlitun Beilu, Chaoyang District (5208 6008) 波莫多洛, 朝阳区三里屯北路81号

→ 7.30PM ←

**Mambo Girl** The World of Chinese

Lap of Decadence - Champers and Oysters from Aria Bar

Movies presents Mambo Girl (曼波女郎, 1957) in Chinese with English subtitles. Doors at 7pm, movie at 7:30pm sharp. Free entry and drink discounts. Jianghu Jiuba, 7 Dongmianhua Hutong, Dongcheng District (6401 4611) <http://www.tinyurl.com/sanmao> 江湖酒吧, 北京交道口南大街东棉花胡同7号

**BEEF Social Networking Dinner**

Mix business with pleasure at this monthly event with over 100 like-minded businesspeople, entrepreneurs, executives and finance professionals. Register at [eventbj@fcclub.com](mailto:eventbj@fcclub.com) or 139 1109 8002. RMB 200 (includes buffet meal, complimentary drink and lucky draw), RMB 150 (register before Mar 21). 7.30pm-late. The Club Wing, St. Regis 21 Jianguomenwai Dajie District (139 1109 8002) [eventbj@fcclub.com](mailto:eventbj@fcclub.com) 朝阳区建国门外大街21号

→ TIMES VARY ←

**Berrilicious Cakes**

By the slice or RMB 25 or RMB 225 (1.5 lbs.) Through March 31st. Gourmet Corner, China World Hotel 1/F, Guomao West Wing (next to Starbucks), 1 Jianguomenwai Dajie, Chaoyang District (6505 2266) 美食店, 朝阳区建国门外大街1号国贸西楼1层星巴克对面

**Spring Lamb**

Savour highlights such as lamb cannon, beetroot and goat's cheese, and braised lamb shank, spring vegetables and sage jus, perfectly paired with Bordeaux. 1 - 31 March 2011. Aria 2/F, China World Hotel, 1 Jianguomenwai Dajie, Chaoyang District (6505 2266 ext 36) 阿丽雅, 朝阳区建国门外大街1号中国大饭店二层

**Champers and Oysters** An aphrodisiacal experience waits at Aria Bar where an international selection of freshly shucked oysters are served with a choice of sauces such as Champagne granita and classic sherry vinaigrette. Three oysters of choice at RMB 170. Through March 31st. Aria 2/F, China World Hotel, 1 Jianguomenwai Dajie, Chaoyang District (6505 2266 ext 36) 阿丽雅, 朝阳区建国门外大街1号中国大饭店二层

**Myanmar: Ancient Realm, Tropical Seaside**

All month. A 12-day trip to little-known Myanmar, where the wonders of a rich and ancient culture and glorious tropical landscapes await visitors. RMB 14,700. TUI China Unit 921-926, Bright China Chang An Bldg, Tower 2, 7 Jianguomenwai Dajie, Dongcheng District (8519 8999, [private-tours@tui.cn](mailto:private-tours@tui.cn)) [www.tui.cn](http://www.tui.cn)

**China Dream**

Red Gate Gallery celebrates their 20th anniversary by bringing together a trio of Shanghai artists (Chris Gill, Xue Song, and Pu Jie) to comment on art and urbanity, past, present, and future. Free. Through April 17th. Red Gate Gallery 1/F and 4/F, Dongbianmen Watchtower, Chongwenmen Dongdajie, Chongwen District (6525 1005) 红门画廊, 崇文区崇文门东大街东便门角楼楼上

**Historical Retrospective Part 1 A**

look back at the photojournalism of 798 Photo Gallery's best documentary photographers allows viewers a chance to visit a China of other times. Free. Until March 31st. 798 Photo Gallery Dashanzi art district, 4 Jiuxianqiao Lu, Chaoyang District (6438 1784) 朝阳区酒仙桥路4号798大山子艺术区



M A R

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WEDNESDAY

9AM-5PM

**Strategic Financial Management**

See March 22. CCIFC Conference Room Office Unit C512, 5th Floor, Office Building, Lufthansa Center, Chaoyang District. (8531 0015 ext.186) jeyanthy.geymeier@bei.swisscham.org 朝阳区燕莎中心有限公司写字楼5层 C512, CCIFC 会议室

6-12PM

**Ladies' Night** Buy One Cocktail and Get One Free, From 6 to 12. Ciro's Pomodoro. 81 Sanlitun Beilu, Chaoyang District (5208 6008)

7-10PM

**Wine 'n' Dine: Lin Zhong** Pastry chef Lin Zhong of The Fig Tree joins forces with Black Sesame Kitchen for a special edition of the Wine 'n' Dine series. She'll be speaking about her experiences attending Le Cordon Bleu and running The Fig Tree. Reservations required. RMB 250.

Black Sesame Kitchen 3 Heizhima Hutong, Dongcheng District (136 9147 4408) www.blacksesamekitchen.com 东城区东城区黑芝麻胡同3号

7.30PM

**INN monthly meetings** An opportunity for foreigners to obtain information about living in Beijing and to meet new friends. INN meetings are open to all foreign passport holders living in Beijing. The Capital Club Athletic Center. 3rd Floor, Low Rise Capital Mansion, 6 Xinyuan Road Chaoyang District (010 84862225 ext. 136) 朝阳区新源南路6号, 京城大厦京城俱乐部康乐中心三层

**Wine Tour: Spain** An introduction to Spanish wine. Reserve at contact@cultureyard.net. RMB 150, RMB 120 (advance). 7.30-10pm. Culture Yard 10 Shique Hutong, Dongcheng District (8404 4166) www.cultureyard.net 东城区石雀胡同10号

BPM

**No Name Trio** Featuring Gypsy style jazz, played on guitar and accordion. Purple Haze Courtyard No.1 Dongsi-liutiao (in the corner of Chaoyangmen Beixiaojie) Dongcheng District (6501 9345) www.purplehaze.com.cn 紫苏庭

Courtyard, 东城区东四六条一号(与潮阳门北小路路口)

**The Black Atlantic** Bewitching orchestral dream-pop. RMB 50. 8pm. MAO Livehouse 111 Gulou Dongdajie, Dongcheng District (6402 5080) 东城区鼓楼东大街111号

9.30PM

**Jazz Quartet at Le Zinc** Le Petit Gourmand/Le Zinc hosts jazz, blues, and folk performances. Le Petit Gourmand 3/F, Tongli Studios, Sanlitun Houjue, Chaoyang District. (6417 6095) www.lepetitgourmand.com.cn 小美食家, 朝阳区三里屯后街同里3层

TIMES VARY

**Champagne Cocktails** Take your pick from four decadently delicious champagne cocktails - Berries Royale, Kir Royale, Mimosas and the Champagne Cocktail. RMB 140 per flute, at the Lobby Lounge. 1 - 31 March 2011. Lobby Lounge, Grand Millennium 7 Dongsanhuan Zhonglu, Chaoyang District (8587 6888) 北京千禧大酒店, 朝阳区东三环中路7号

**Jess Meider** Beijing's rock girl presents her new rock & roll project. Price TBD. Time TBD. Yugong Yishan 2-3 Zhang Zizhong Lu (former Duan Qirui government building, east of Ping'an Dadao), Dongcheng District (6404 2711) 愚公移山东城区张自忠路2-3号段祺瑞执政政府旧址西院

**Omar Galliani "Chinese Diary"** Curated by Manuela Lietti, this "Chinese Diary" is a solo exhibition of renowned Italian artist Omar Galliani will be presented from 23rd March to 20th April. Italian Cultural Institute in Beijing (Istituto Italiano di Cultura di Pechino), Sanlitun Dong Er Jie 2, Pechino, Chaoyang District (6532 2187) www.iicpechino.esteri.it iicpechino@esteri.it 意大利使馆文化处三里屯东二街2号

**Tea and River Treats** An innovative twist on Huaiyang and Cantonese cuisines this spring as the chefs present a menu of tea-based specialties such as sautéed shrimp with Longjing tea, braised minced chicken with chrysanthemum petals and braised black-bone chicken with crushed Pu'er tea. 1 - 31 March 2011. Summer Palace, Lobby, China World Hotel, 1 Jianguomenwai Dajie, Chaoyang District (6505 2266 ext 34) 夏宫中餐厅, 朝阳区建国门外大街1号中国大饭店大堂



Jess Meider welcomes you into her rock world.

1

2

3

A

B

C

D



Old Summer Palace

To Summer Palace

### Legend

- Railway Station
- Place of interest
- Restaurants/Bars
- Hotel
- Theater
- Hospital
- Government Office
- Shopping

To Great Wall at Badaling & Ming Tombs

InterContinental Beijing Beichen

Olympic Village & Olympic Stadium

Fourth Ring Road

Third Ring Road

Rendinghu Park

Liuyin Park

Qingnianhu Park

Deshengmen Beijing Ancient Coins Exhibition Hall

Second Ring Road

Confucius Temple and Cemetery

Shangri-La

Beijing Zoo

Zhonglou

Gulou

Nanluogu Xiang

Houhai

Mei Lanfang's Residence

Beihai Park

Circular City

Coal Hill (Jingshan)

Forbidden City

Third Ring Road

Yuyuantan Park

Yuetan Park

Second Ring Road

InterContinental Financial Street

Financial Street

Westin Beijing Financial Street

Ritz-Carlton Beijing Financial Street

Chang'an Jie

National Theater

Beijing Concert Hall

National Museum

Tian'anmen Square

Qianmen

Ch'ienmen

Lao She Teahouse

Beijing West Railway Station

## Beijing City Map

Doubletree by Hilton Beijing

To Temple of Heaven

4

5

6



Auchan Supermarket

To Capital International Airport

Crowne Plaza  
Park View Wuzhou

Days Inn Hotel

Dashanzi Art District

Lido Holiday Inn

Trader's Upper East

Marriott Beijing Northeast

The Hilton Beijing

Westin Beijing  
Chaoyang

Kempinski Hotel

Exit & Entry  
Administration  
of the PSB  
(Visa Office)

Crowne Plaza  
Sun Palace

Ditan Park

Lama Temple

Kunlun Hotel

Guozijian

Tongjiao Temple

Sanlitun

Yaodaokou

Guijie

The Opposite House

Wangfujing

Poly Theater

Sanlitun Village

Donghuanmen  
Night Market

Swissôtel

Pacific  
Century Place

Peking  
Union  
Hospital

Workers  
Stadium

Yashow Market

National Art  
Museum of China

Zhihua Temple

Beijing Entry-Exit  
Inspection and  
Quarantine Bureau

Grand Chang'an  
Theater

Ritan Park

Tuanjiehu Park

Beijing Municipality  
Government

Friendship Store

China World  
Trade Center

Tongren Hospital

China World  
Hotel

Shin Kong Place

Beijing Railway Station

China World  
Silk Market

Sohp New Town

Ming Dynasty  
City Wall Ruins Park

Ancient  
Observatory

Jianwai Soho

To Panjiayuan Antique Market

Fourth Ring Road

CBD

CCTV  
Tower

China World  
Trade Center

Shin Kong Place

Sohp New Town

# VISITOR INFO

Information on this page excerpted from the Insider's Guide to Beijing 2010, available in stores around Beijing or by delivery to your home, hotel or office. To order a copy, call 5820 7700, or e-mail distribution@immersionguides.com.

## COMMUNICATIONS

### USEFUL NUMBERS

**Ambulance & Emergencies** 120

**Beijing 999 Ambulance Service** 999

**Beijing United Family Hospital  
Emergency Room** 5927 7120

**Fire** 119

**Police** 110

**Traffic Accident** 122

**Telephone Directory** 114 (Chinese);  
1161 14 (press 2 for English service).

**Time** 117

**Weather** 12121

### PHONE CARDS/MOBILE PHONES

IP cards for calls in China and overseas are sold in cell phone stores, newsstands and China Telecom outlets. Cards with a face value of RMB 100 sell for RMB 30-40.

**SIM** cards and cell phone top-up cards (chong zhi ka, 充值卡) can be bought from cell phone stores, newsstands and SIM card shops. Call and SMS charges are as follows for the major networks:

**China Mobile Easyown (Shen Zhou Xing, 神州行)** Making and receiving calls costs RMB 0.6/min. Calls cost RMB 0.2/min within Beijing and RMB 0.3/min domestic long-distance if you dial 12593 first, then the number you wish to call.

**M-zone (Dong Gan Di Dai, 动感地带)** Local calls RMB 0.25/min at peak hours (9am-9pm), off-peak calls RMB 0.12/min.

**China Unicom Ruyitong (如意通)** Local calls RMB 5.4/min, longer distance calls RMB 1.24/min. Dialing 96531 before the number you wish to call reduces both local and long-distance calls to RMB 0.25/min. Receiving calls costs RMB 0.2/min (weekdays 9am-8pm) and RMB 0.35/min (off-peak).

**UP Xinshili (UP 新势力)** Local calls RMB 0.25/min. Receiving calls costs RMB 0.1/min. Paying an extra RMB 5 per month gives unlimited free incoming phone calls and lower fees for making phone calls.

### WI-FI

For a list of Wi-Fi locations in Beijing, visit [http://v4.jiwire.com/search-wifi-hotspots.htm?city\\_id=1757971](http://v4.jiwire.com/search-wifi-hotspots.htm?city_id=1757971).

### USEFUL WEBSITES

**www.thebeijinger.com** Agenda's sister site has a directory listing more than 4000 Beijing venues, as well as a blog, forum, events, reviews, classifieds, and more.

**www.beijing-kids.com** "Beijing's essential expat family resource" offers articles, events, a directory and forum catering to English-speaking families.

## HOSPITALS & CLINICS

**Bayley & Jackson Medical Center** Clinic and dental hours Mon-Fri 9am-6pm; Sat 8am-4pm; doctor on call 24 hours. 7 Ritan Donglu, Chaoyang District. (400 810 0120, 5869 6166) [www.bjhealthcare.com](http://www.bjhealthcare.com) 庇利积臣医疗中心, 朝阳区日坛东路7号

**Beijing International SOS Clinic** Daily 24 hours. Pharmacy Mon-Fri 8am-8pm, Sat-Sun 8am-6pm. Suite 105, Wing 1, Kunsha Bldg, 16 Xin-yuanli, Chaoyang District. (6462 9112, 24hr 6462 9100) [www.internationalsos.com](http://www.internationalsos.com) 国际SOS, 朝阳区新源里16号琨莎中心1座105室

**Beijing United Family Hospital and Clinics** Mon-Sat 8.30am-5.30pm, Sun 8.30am-5pm; 24-hour emergency. 2 Jianguai Lu, Lido area, Chaoyang District. (appointment 5927 7000, emergency 5927 7120) [www.united-familyhospitals.com](http://www.united-familyhospitals.com) 北京和睦家医院, 朝阳区将台路2号

**Beijing United Family Health & Wellness Center - Jianguomen** Mon-Fri 8.30am-3.30pm. B1/F, St. Regis Hotel, 21 Jianguomenwai Dajie, Chaoyang District. (8532 1221, emergency 6433 2345) [www.unitedfamilyhospitals.com](http://www.unitedfamilyhospitals.com) 北京和睦家建国门保健中心, 朝阳区建国门外大街21号国际俱乐部饭店地下1层

**Beijing United Family Clinic - Shunyi** Mon-Thu 9.30am-7.30pm; Fri-Sun 9.30am-4.30pm. Unit 818, Pinnacle Plaza, Tianzhu Real Estate Development Zone, Shunyi District. (8046 5432, emergency 5927 7120) [www.unitedfamilyhospitals.com](http://www.unitedfamilyhospitals.com) 北京和睦家顺义诊所, 顺义区天竺房地产业开发区荣祥广场818号

**Beijing Vista Clinic - Kerry Center** Daily 24 hours; clinic hours 7.30am-9pm. B29, Kerry Center, 1 Guanghua Lu, Chaoyang District. (8529 6618) [www.vista-china.net](http://www.vista-china.net) 北京维世达

诊所, 朝阳区光华路1号嘉里中心B29号

**China-Japan Friendship Hospital** Mon-Fri 8am-noon, 1.30-5pm; Sat 8-11.30am; 24-hour emergency. Yinghua Dongjie, Hepingli, Heping Jie Beikou, Chaoyang District. (6422 2952, 6422 3209) [www.zryhy.com.cn](http://www.zryhy.com.cn) 中日友好医院, 朝阳区和平街北口和平里樱花东街

**Hong Kong International Medical Clinic, Beijing** Daily 9am-9pm; 24-hour emergency. 9/F, Swissôtel office tower, 2 Chaoyangmen Beidajie, Dongcheng District. (6501 4260, 6553 2288 ext 2346) [www.hkclinic.com](http://www.hkclinic.com) 北京港澳国际医务诊所, 东城区朝阳门北大街2号港澳中心办公楼9层

**International Medical College (IMC)** Daily 24 hours. S106, 1/F, Lufthansa Center, 50 Liang-maqiao Lu, Chaoyang District. (6465 1561/2/3, dental 6465 1384/94/28) [www.imcclinics.com](http://www.imcclinics.com) 国际医疗中心, 朝阳区亮马桥路50号燕莎中心1层

**Peking Union Medical College Hospital** Mon-Fri 8am-4.30pm; 24-hour emergency. 1 Shuaifuyuan, Wangfujing (the foreigners' wing is located south of the inpatient building), Dongcheng District. (6529 5284, emergency 6529 5269) [www.pumch.ac.cn](http://www.pumch.ac.cn) 北京协和医院, 东城区王府井府前1号 (外国人就诊楼在门诊楼的南侧)

## MONEY

### ATMS

Most ATMs accept foreign bankcards connected to the Cirrus, Plus, AmEx, Visa and MasterCard networks. Some local banks charge transaction fees (RMB 25 for Bank of China) but many do not; your home country bank will probably slap on a fee for each withdrawal in Beijing. Maximum single-day withdrawal limits for foreign cards vary but range RMB 3,000-5,000, with a per session limit. For a list of ATMs, see [www.move-andstay.com/beijing/guide\\_banks.asp](http://www.move-andstay.com/beijing/guide_banks.asp)

**American Express** 6505 2228; after-hours US hotline: 001 336 393 1111; Emergency card replacement (Hong Kong): 00852 2277 1088; Stolen traveler's checks: 10 800 744 0106 (toll-free)

**Western Union** (800 820 8668, China Post Beijing 6659 9111 ext 8459) [www.westernunion.com](http://www.westernunion.com)

**Visa** Certain banks, notably Bank of China and HSBC, can provide cash advances with a Visa card. Many ATMs allow Visa cardholders to withdraw money up to a daily limit.



## TRANSPORT & TRAVEL

### AIRPORT & AIRLINES

#### Beijing Capital International Airport

General enquiries 6457 1100, lost luggage 6459 9523, customer complaints 6454 1166. Terminal 1 6454 0100, Terminal 2 6459 8333, Terminal 3 6453 0030. <http://en.bcia.com.cn/>

**Air Canada** 6468 2001, 400 811 2001

**Air China** 800 810 1111, 400 810 0999

**Air France** 4008 808 808

**All Nippon Airways** 800 820 1122

**Austrian Airlines** 6464 5999

**British Airways** 400 650 0073

**China Southern Airlines** 6459 0539, 6459 6490 95539

**Continental Airlines** 400 650 6686

**Dragon Air** 400 888 6628

**Japan Airlines** 400 888 0808

**KLM Royal Dutch Airlines** 400 880 8222

**Korean Air** 400 658 8888, 8453 8137

**Lufthansa Airlines** 6468 8838

**Northwest Airlines** 400 814 0081

**Qantas Airlines** 400 888 0089

**SAS** 8527 6100

**Shanghai Airlines** 800 820 1018,

**Singapore Airlines** 6505 2233

**Swiss Air** 8454 0180

**Thai International** 8515 0088

**United Airlines** 800 810 8282

### TRAINS & RAILWAY STATIONS

Train tickets go on sale ten days in advance of departure at train stations and ticket agencies but are available to travel agents a day earlier. Round-trip tickets for trains starting from and terminating in Beijing can now be purchased 12 days before the return date. In addition, tickets for the Beijing-Hong Kong train can be bought up to 20 days ahead of departure. To book a ticket for pick up at agency near you, call 9510 5105. You can also order a ticket on [www.51piao.com/train](http://www.51piao.com/train) for pick-up or, for a RMB 10 surcharge, delivery to an address within the Fourth Ring Road.

#### Beijing Station (Beijing Huo-

**chezhan)** Beijing Zhan Jie, Dongcheng District. (5101 9999, Chinese) 北京站, 东城区北京站街

#### Beijing West Railway Station (Bei-

**jing Xikezhan)** Lianhuachi Donglu (east of Xisanhuan Lu), Fengtai District.

(5182 6253, Chinese) 北京西站, 丰台区莲花池东路

#### Beijing South Railway Station

(Beijing Nanzhan) 12 Yongdingmenwai Dajie, Chongwen District. (5186 7999) 北京南站, 崇文区永定门外大街12号

#### Beijing North Station (Beijing

**Beizhan)** Xizhimen, Xicheng District. (5186 6223, Chinese) 北京北站, 西城区西直门

### TAXIS

Beijing's 67,000 cabs are easy to hail, except during the rush hour peak. Drivers are generally friendly and honest, but few speak English. The flagfall rate is RMB 10, and RMB 11 after 11 pm. At press time drivers could add an additional RMB 1 to the bill to cover fuel costs. Tips are not expected.

#### Beijing Taxi Dispatching Center

They can't send a driver to your house, but will alert all taxis with GPS in the vicinity of your request for a taxi and exact location. (6837 3399)

**Beijing Yinjian Taxi Company** Call them and they will notify their drivers of your location. (96103)

#### ASM Chauffeur and Tour Services

Airport pick-up and delivery service, chauffeur service and personal guide service available. English-speaking drivers. Pricing on website. (5166 1575) [www.chauffeurasia.com](http://www.chauffeurasia.com)

**Beijing Limo** Airport pickup, corporate events and sightseeing. Choose from stretch limos, buses and vans, all with bilingual drivers. [www.beijinglimo.com/english](http://www.beijinglimo.com/english)

### TOUR COMPANIES

**Beijing Citybus Tours** See all of Beijing's major sights in a three-hour bus tour. Call 6512 2032 or 400 650 0760 for information. [www.citybustour.com](http://www.citybustour.com)

## PASSPORTS & VISAS

### VISA APPLICATIONS/EXTENSIONS

**Exit & Entry Administration of the Public Security Bureau** Mon-Sat 8.30am-4.30pm. 2 Andingmen Dongdajie (by Xiaojie Qiao), Dongcheng District. (8402 0101, 8401 5294) 北京市公安局出入境管理处, 东城区安定门东大街2号

### EMBASSIES

If your embassy has moved, or you can't find it in the list below, consult the up-to-date list of all the embassies in Beijing at [www.travelchinaguide.com/embassy/foreign/beijing](http://www.travelchinaguide.com/embassy/foreign/beijing).

All embassies except Russia's are located in Chaoyang District.

**Australia** 21 Dongzhimenwai Dajie (5140 4111) 东直门外大街21号

**Canada** 19 Dongzhimenwai Dajie. (5139 4000) 东直门外大街19号

**France** 3 Sanlitun Dongsan Jie (8532 8080) 三里屯东三街3号

**Germany** 17 Dongzhimenwai Dajie (8532 9000) 东直门外大街17号

**India** 1 Ritan Donglu (6532 1908) 日坛东路1号

**Ireland** 3 Ritan Donglu (6532 2691) 日坛东路3号

**Italy** 2 Sanlitun Dong'erjie (8532 7600) 三里屯东二街2号

**Japan** 7 Ritan Lu, Jianguomenwai (6532 2361) 建国门外日坛路7号

**Malaysia** 2 Liangmaqiao Beijie (6532 2531) 亮马桥北街2号

**Netherlands** 4 Liangmahe Nanlu (8532 0200) 亮马河南路4号

**New Zealand** 1 Ritan Lu Dongerjie (6532 7000) 日坛路东二街1号

**Pakistan** 1 Dongzhimenwai Dajie (6532 2504) 东直门外大街1号

**Philippines** 23 Xiushui Beijie (6532 1872) 秀水北街23号

**Russia** 4 Dongzhimen Beizhongjie (6532 1381) 东直门北中街4号

**Singapore** 1 Xiushui Beijie (6532 1115) 秀水北街1号

**South Africa** 5 Dongzhimenwai Dajie (6532 0171) 东直门外大街5号

**South Korea** 20 Dongfang Donglu (8531 0700) 东方东路20号

**Sweden** 3 Dongzhimenwai Dajie (6532 9790) 东直门外大街3号

**Switzerland** 3 Sanlitun Dongxuejie (8532 8888) 三里屯东五街3号

**Thailand** Embassy: 40 Guanghua Lu (6532 1749). Visa and consular section: 15/F, Bldg D, Twins Tower, Jianguomenwai Dajie (8566 4469) 大使馆, 光华路40号. 领事馆, 建国门外大街双子座大厦D座15层

**United Kingdom** Embassy: 11 Guanghua Lu (5192 4000). Visa and Consular sections: 21/F, North Tower, Kerry Centre, 1 Guanghua Lu (8529 6600) 大使馆, 光华路11号. 领事馆, 光华路1号嘉里中心北楼21层

**United States of America** 55 Anjialou Lu (entrance on Tianze Lu) (8531 3000, visas 8531 3333, visa call center 400 887 2333). 安家楼路55号 (东门在天泽路)

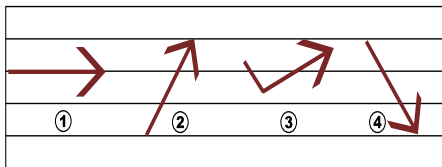
**Vietnam** 32 Guanghua Lu (6532 1155) 光华路32号

# LANGUAGE GUIDE

Introduction to tones reproduced from *Immersion Guides'* Mandarin Phrasebook, available in stores around Beijing or by delivery. To order a copy, call 5820 7700 or e-mail [distribution@immersionguides.com](mailto:distribution@immersionguides.com)

At a loss for words? These two pages are a quick-reference summary of useful phrases that might come in handy on your travels around Beijing. You won't get far without knowing some of the basics of spoken Chinese, so let's start with ...

## TONES



• Tone is variation in pitch by which a syllable can be pronounced. All Chinese pinyin are marked with one of four tones. The four tones are as follows:

1st tone – singing tone; high, flat, continuous

2nd tone – rising; similar to the intonation used to ask a question in English, like “oh?”

3rd tone – dip tone; falls and then rises

4th tone – falling tone, sharp like when you holler “boo!”

• These tones are incredibly important. If you get them wrong, people will not understand what you are saying. Many syllables in pinyin have dramatically different meanings depending on the tone. Take for instance the Pinyin construction *bao*:

First tone: **bāo** 包 wrap      Second tone: **báo** 薄 thin

Third tone: **bǎo** 保 guarantee      Fourth tone: **bào** 抱 hug

As you can see, if you're not careful, you will mistakenly tell someone that you want to hug them, when in fact, you just want to give them a guarantee.

## BASICS

Hello/hi	<b>ní hǎo</b>	你好
Good-bye	<b>zài jiàn</b>	再见
Please	<b>qǐng</b>	请
Thank you	<b>xiè xiè</b>	谢谢
Yes/no	<b>shì/bù shì</b>	是/不是
Good/not good	<b>hǎo/bu hǎo</b>	好/不好
My name is ...	<b>wǒ jiào...</b>	我叫...
I'm sorry / excuse me	<b>dùì bù qǐ</b>	对不起
I am ...	<b>wǒ shì ...</b>	我是...
Can I ...?	<b>wǒ kě-yǐ...ma?</b>	我可以...吗?
I don't understand	<b>tīng bù dǒng</b>	听不懂
Can you speak English?	<b>nǐ huì shuō yīng-yǔ ma?</b>	你会说英语吗?

## GETTING AROUND

Where is ...?	<b>zài nǎ...?</b>	...在哪?
Tiananmen	<b>Tiānānmén</b>	天安门
Forbidden City	<b>Gùgōng</b>	故宫
Wangfujing	<b>Wángfǔjǐng</b>	王府井
Great Wall	<b>Chángchéng</b>	长城

Temple of Heaven	<b>Tiāntán</b>	天坛
Summer Palace	<b>Yíhéyuán</b>	颐和园
Old Summer Palace	<b>Yuánmíngyuán</b>	圆明园
Lama Temple	<b>Yōnghégōng</b>	雍和宫
Silk Street Market	<b>Xiù Shuǐ Jiē</b>	秀水街
Yashou Market	<b>Yǎxiù Shìchǎng</b>	雅秀市场
The Place	<b>Shìmào Tiānjiē</b>	世贸天阶
Sanlitun	<b>Sānlǐtún</b>	三里屯
Houhai	<b>Hòuhǎi</b>	后海
World Trade Center	<b>Guómào</b>	国贸
Financial Street	<b>Jīnróng Jiē</b>	金融街
bank	<b>yín háng</b>	银行
post office	<b>yóu-jú</b>	邮局
hotel	<b>lǚ diǎn</b>	旅店
airport	<b>jī chǎng</b>	机场
railway station	<b>huǒchē zhàn</b>	火车站
subway station	<b>dìtiě zhàn</b>	地铁站
pharmacy	<b>yào-diàn</b>	药店
hospital	<b>yī yuàn</b>	医院
embassy	<b>dà shǐ guǎn</b>	大使馆
north/south/east/west	<b>běi/nán/dōng/xī</b>	北/南/东/西

## CABS AND DIRECTIONS

Take me to ...	<b>wǒ yào qù...</b>	我要去...
Driver	<b>shī-fu</b>	师傅
Turn left	<b>zhuǎn-zuǎn</b>	左转
Turn right	<b>yòu-zhuǎn</b>	右转
Go straight ahead	<b>yì-zhí zǒu</b>	一直走
We're there	<b>dào-le</b>	到了
U-turn	<b>diào-tóu</b>	掉头
I want the receipt	<b>wǒ yào fā-piao</b>	我要发票
traffic light	<b>hóng-lǜ-dēng</b>	红绿灯
cross the street	<b>guò mǎlù</b>	过马路

## SHOPPING AND BARGAINING

I (don't) want this	<b>wǒ (bù) yào zhè gè</b>	我(不)要这个
I want one (of an item)	<b>wǒ yào yí gè</b>	我要一个
How much does it cost ?	<b>duō shǎo qián?</b>	多少钱?
One yuan/kuai (unit of currency)	<b>yí yuán/yí kuài</b>	一元/块
That's too expensive	<b>tài guì le</b>	太贵了
Can you lower the price?	<b>Néng piányí yìdiǎn ma?</b>	能便宜一点吗?
Where can I buy ...	<b>zài nǎ kě-yǐ mǎi...?</b>	在哪可以买?

## EATING

waiter/waitress	<b>fú-wù-yuán</b>	服务员
menu	<b>cài-dān</b>	菜单
order food	<b>diǎn cài</b>	点菜
bill/check	<b>mǎi-dān</b>	买单
I am vegetarian	<b>wǒ chī sù/wǒ bù chī ròu</b>	我吃素/我不吃肉
I do not eat pork/beef	<b>wǒ bù chī zhūròu/niúròu</b>	我不吃猪肉/牛肉
I am allergic to peanuts	<b>wǒ duì huā-shēng guò-mǐn</b>	我对花生过敏
the food's good	<b>hǎo-chī</b>	好吃
chopsticks	<b>kuài-zi</b>	筷子
knife and fork	<b>dāo-chā</b>	刀叉
spoon	<b>sháo-zi</b>	勺子
cup/glass	<b>bēi-zi</b>	杯子
napkin	<b>cān-jīn-zhǐ</b>	餐巾纸
rice	<b>mǐ-fàn</b>	米饭
chili sauce	<b>là-jīāo</b>	辣椒
ketchup	<b>fān-qié-jiàng</b>	番茄酱
vinegar	<b>cù</b>	醋

USEFUL VOCABULARY

bag	bāo	包	purse	quán-bāo	钱包
bar	jiǔ-bā	酒吧	raincoat	yǔ-yī	雨衣
bathroom	xǐ shǒu jiān	洗手间	umbrella	yǔ-sǎn	雨伞
battery	diàn-chí	电池	restaurant	fàn-diàn	饭店
charger	chōng-diàn-qì	充电器	suitcase	xiāng-zi	箱子
book	shū	书	sun glasses	tài-yáng-jìng	太阳镜
camera	zhào-xiàng-jī	照相机	supermarket	chāo-shì	超市
cigarettes	yān	烟	ticket	piào	票
credit card	xìnyòngkǎ	信用卡	ticket booth	shòu-piào-tíng	售票亭
lighter	dǎ-huǒ-jī	打火机	bathroom	xǐ-shǒu-jiān	洗手间
clothes	yī-fú	衣服	toilet paper	wèi-shēng-zhǐ	卫生纸
(to have a) cold	gǎn-mào	感冒	top-up cards	chōng-zhí-kǎ	充值卡
computer	diàn-nǎo	电脑	tour guide	dǎo-yóu	导游
elevator	diàn-tī	电梯	watch	shǒu-biǎo	手表
glasses	yǎn-jìng	眼镜			
hospital	yī yuàn	医院			
hotel	lǚ diàn	旅店			
hutong	hútòng	胡同			
I'm allergic to...	wǒ duì... guò-mǐn	我对...过敏			
Internet	wǎng-luò	网络			
lighter	dǎ-huǒ-jī	打火机			
map	dì-tú	地图			
mobile	shǒu-jī	手机			
name card	míng-piàn	名片			
newspaper	bào-zhǐ	报纸			
number	hào-mǎ	号码			
phone	diàn-huà	电话			
paper	zhǐ	纸			
pen	bǐ	笔			
photo	zhào-piān	照片			
policeman	jīng-chá	警察			

NUMBERS		
0	líng	零
1	yī	一
2	èr	二
3	sān	三
4	sì	四
5	wǔ	五
6	liù	六
7	qī	七
8	bā	八
9	jiǔ	九
10	shí	十
11	shí-yī	十一
20	èr-shí	二十
35	sān-shí-wǔ	三十五
100	yī-bǎi	一百
123	yī-bǎi èr-shí-sān	一百二十三
1,000	yī-qīān	一千



**i** **Mandarin Phrasebook**  
More than just classroom Chinese.

Available in stores around Beijing  
or by delivery to your home, office, or hotel.  
To order a copy, call 010 7101  
or e-mail [distribution@immersionguides.com](mailto:distribution@immersionguides.com)  
[www.immersionguides.com](http://www.immersionguides.com)



**Commercial and service classifieds** cost RMB 300 for the first 30 words, and RMB 10 for each additional word. To submit a classified ad: 1) e-mail: phoebeli@truerun.com; 2) submit your ad directly online at [www.thebeijinger.com](http://www.thebeijinger.com); Free ads will be placed on a space-available basis and at the discretion of the editor. For more information on how to place a classified advertisement in *agenda* call Phoebe: 5820 7700 ext 822

## ACCOMMODATION AVAILABLE

### Beijing Service Apartment for Rent Daily/Monthly/Yearly @ Sublet.CN FULL SERVICE:

**24H Hotline:** 008610-6493-8285, 6491-2993

**Email:** [subletcn@gmail.com](mailto:subletcn@gmail.com)

**Website:** <http://www.sublet.cn>

### Dongzhimen/Sanlitun Area:

#### Harbor City:

Studio, 40m<sup>2</sup>, ¥300/night or ¥3,600 - 4,500/month;

#### Seasons Park - 海晟名苑:

Studio, 47m<sup>2</sup> with open kitchen, ¥390/night or ¥4,800 - 6,500/month;  
1 Br, 75m<sup>2</sup>, ¥580/night or ¥6,800 - 9,500/month;

2 Br, 100m<sup>2</sup>, ¥9,000

2 Br, 128m<sup>2</sup>, ¥12,000

2+1 Br, 140m<sup>2</sup>, ¥14,000

3 Br, 160m<sup>2</sup>, ¥15,000

4 Br, 250m<sup>2</sup>, ¥25,000

#### New MOMA - 万国城:

Studio, 100m<sup>2</sup>, ¥6,500

2 Br, 140m<sup>2</sup>, ¥11,000

3 Br, 245m<sup>2</sup>, ¥20,000

#### Sanlitun SOHO - 三里屯 SOHO:

1 Br, 120m<sup>2</sup>, ¥10,000

2 Br, 150m<sup>2</sup>, ¥13,000

2 Br, 170m<sup>2</sup> special offer ¥12,000

3+1 Br, 245m<sup>2</sup>, ¥23,000

3+1 Br, 260m<sup>2</sup>, ¥28,000

#### International Wonderland - 首开幸福广场:

1 Br, 95-120m<sup>2</sup>, ¥6,500

2 Br, 125 - 140m<sup>2</sup>, ¥8,000

#### Regentland/Worker Stadium/Dong-sishitiao - 瑞士公寓:

1 Br, 80 - 95m<sup>2</sup>, ¥8,500

2 Br, 125m<sup>2</sup>, ¥12,000

3 Br, 140m<sup>2</sup>, ¥15,000

#### Guangcai Int'l Apartment - 光彩国际:

3 Br, 217m<sup>2</sup>, ¥20,000

4 Br, 270m<sup>2</sup>, ¥25,000

#### Lufthansa Area:

#### Beijing SOHO Residences - SOHO 北京公馆:

1 Br, 80m<sup>2</sup>, ¥11,000

3 Br, 245m<sup>2</sup>, ¥22,000

#### Gemini Grove - 星源汇

1 Br, 80m<sup>2</sup>, ¥8,000

2 Br, 90m<sup>2</sup>, ¥9,000

#### CBD Area:

#### Central Park - 新城国际:

Studio, 75m<sup>2</sup>, ¥8,000

1 Br, 90m<sup>2</sup>, ¥9,000

2 Br, 125m<sup>2</sup>, ¥12,000

2 Br, 130m<sup>2</sup> duplex, ¥13,000

3 Br, 190m<sup>2</sup>, ¥19,000

3 Br, 220m<sup>2</sup>, ¥23,000

4 Br, 265m<sup>2</sup>, ¥33,000

#### Fortune Plaza - 财富中心:

1 Br, 70m<sup>2</sup>, ¥7,000

2 Br, 140m<sup>2</sup>, ¥11,000

3 Br, 205m<sup>2</sup>, ¥16,000

#### CBD Private Castle - 圣世一品:

2 Br, 115m<sup>2</sup>, ¥10,000

2 Br, 148m<sup>2</sup>, ¥12,000

3 Br, 170m<sup>2</sup>, ¥15,000

#### Chaoyang Park Area:

#### Palm Spring - 棕榈泉:

2 Br, 138m<sup>2</sup>, ¥12,000

3 Br, 180m<sup>2</sup>, ¥16,000

3 Br, 218m<sup>2</sup>, ¥22,000

#### Park Avenue - 公园大道:

2 Br, 174m<sup>2</sup>, ¥15,000

3 Br, 180m<sup>2</sup>, ¥17,000

3 Br, 193m<sup>2</sup>, ¥20,000

#### Oceanview Int'l Residential District

#### - 泛海国际:

3 Br, 185m<sup>2</sup>, ¥13,000

4 Br, 245m<sup>2</sup>, ¥18,000

#### Greenlake Place - 观湖国际:

3 Br, 173m<sup>2</sup>, ¥10,000

3 Br, 192m<sup>2</sup>, ¥13,000

4 Br, 260m<sup>2</sup>, ¥22,000

#### Beijing Golf Palace - 高尔夫公寓:

3 Br, 270m<sup>2</sup>, ¥27,000

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### China Operations

By Tony Lau

Lee Lee of Lee Pet

PetSmart, America's largest retailer of pet products, is known on this side of the globe as Lee Pet. Offering imported products, grooming, photography and kennel services and stocking premium foreign brands such as Eukanuba, Science Diet and Cesar, China's first pet empire claims the title of Beijing's biggest pet store for its Chongqing Suhu branch. Agenda picked up our pen pals and headed down for a chat with Yan Lei, the top dog of the Lee Pet pack.

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