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EDITOR'S NOTE

It’s getting to the time when the holidays are about to take over not only the physical landscape of Ningbo but most likely your social calendar as well.

There will be a world of events, parties, activites and things to do over the coming months and we’ll have the best of the best laid out for you. Make sure to check in with us here and online to find the best of what Ningbo has to offer.

This month has some great content in it starting with the opening of a new, swanky, large and very polished tattoo shop in Qianhu Tiandi. China Ink is a harbinger of things to come in Ningbo. Everyone is always saying how the city is developing and this is yet another example, in culture, business, the arts and everything else.

After that, we’ve got some great new places to eat and drink in town. We’re sure that more than a few of you needed a cure-all brunch after Halloween. (Be sure to check the mag for a ton of great photos from that really fun night. No one does it like Ningbo.) And a good brunch can change your day, it can even feel like it changes your life. There’s a new brunch spot in town. The Blossom is an all day brunch restaurant so you can keep hitting that snooze button just a little longer.

We also have the second installment of our So You’re A Vegetarian by Jasmin Song. The series gives readers a new way to navigate the city as a non-carnivore. Be sure to check in for great tips.

Every month we cover new and excellent coffeeshops in Ningbo and this month is no exception, save the new part. Ancient Coffee features in Last Drop this month and though they aren’t new, they are some of the best in town.

Once you’re all full of everything delicious in town, it’s time to hit the town. Some new events happening are Board Game Night at Echo Pizzeria and Forbidden Cinema at Z-Life.

Both of them are definitely something different and worth checking out.

Speaking of new, we have a new monthly section called Ningbo in History by Alan Liu. He’ll guide you through a new way to look at Ningbo through a historical and cultural lens.

In our sports section we have coverage of the Sheraton Charity Run and Tour de Siming Mountain. Both events were great ways to bring our community together.

Even though the weather might be turning and the calendar might be filled with social engagements, there will still be plenty of new, novel, and fun things to get out there and do. Enjoy it Ningbo.

Nick Jumara
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City Cleans Up With Public Transport

Ningbo proves that bike rental is both “green” and popular

Over the past several years, Ningbo has gone to great lengths to adopt to the national initiative of “Green Transportation–Choosing, Changing and Integrating.” The city has encouraged citizens to use environmentally-friendly forms of transportation such as its new metro system, liquid natural gas (LNG) public buses, and most especially its public bike rental system. The bike rental system has proved tremendously popular, with residents taking 140,000 trips per day. Ningbo citizens have covered about 1,900 million kilometers by public bicycle, equal to 4,800 circles around the earth. The trips have saved roughly 110,000 tons of gasoline and nearly 360,000 tons of carbon-dioxide emission have been reduced.

Imports and Exports Hit a New High

According to Ningbo Customs, September saw the import and export volume of Ningbo reach RMB 58.3 billion, up by 5.9% over the previous month, marking a new high in 2015. To be specific, the export volume stood at 42.93 billion yuan, up by 4.5% and the import volume, at 15.37 billion yuan, up by 9.9%.
Ningbo College of Science & Technology Park Wins “Best in Show” Award

The docking meeting for industrial parks and industries in the Yangtze River area was held last month in Shanghai, attracting 48 cities and 59 industrial parks or zones along the Yangtze River. At the meeting, Ningbo College of Science & Technology Park won the “best in show” award. Over the first nine months of this year, the park introduced 160 cultural and creative enterprises, an increase of 39.13% over the same period of last year. In the first three quarters, the enterprises in the park achieved a total turnover of RMB 1.494 billion, up 229% over the same period of last year.

Lishe Airport Offers New Domestic Flights

Ningbo Lishe International Airport announced its new schedule last month, marking at 15% increase in domestic flights. From October 25th the airport has offered direct flights to Urumqi, Taiyuan and Anqing. There will be two flights to Urumqi daily, operated by Eastern Airlines and Southern Airlines. The flight to Taiyuan will be operated by Hainan Airlines, and to Anqing, by Lucky Air. Beginning last month, Ningbo resumed its daily flight to Shanghai Pudong Airport, to be operated by the Eastern Airlines.

Ningbo/Zhoushan Port Merger Complete

Ningbo Port Co. and Zhoushan Port Co. completed a merger in late September, with the new company being named Ningbo-Zhoushan Port Group Co. The merger comes at a time when the central government, a branch of which controls more than 75% of the company, is trying to restructure its investment and ownership strategies, with a focus on optimizing resource efficiency. The combined port is now considered the world’s busiest in terms of cargo tonnage, with a total throughput of 873.47 million metric tons.
19th Ningbo Fashion Festival Held

The four-day 19th Ningbo International Fashion Festival was held from October 22nd to 25th. The festival featured ten major specialized events, including the Ningbo International Fashion Fair, the 2015 Ningbo International Fashion Week, fashion forums and themed promotion-day activities. At the core of each year’s fashion festival is the fashion fair. This year’s fair was held at the Ningbo International Conference and Exhibition Center. About 330 brands from China and overseas took part in the fair, including well-known companies like Youngor, Romon, Fiocco and Apple.

Ningbo Firms Target Cooperation With Nottingham, UK

Businesses from Ningbo held talks with healthcare and life science companies from Nottingham during a tour of the city in October. The SME China Forum run by the China Britain Business Council took place in Nottingham coinciding with the anniversary of Nottingham’s civic links with Ningbo through the University of Nottingham Ningbo China. The trip showcased some of the highlights of the healthcare and life science industries in the UK city. The UK firms are scheduled to make a complimentary trip to Ningbo in November.

Ningbo Exploring More Export Outlets

The Chinese Textile and Garment Trade Expo was held in Paris from September 14th to 17th, and Ningbo Municipal Council for the Promotion of International Trade organized over 30 fashion enterprises to attend the expo. The trip is one of many companies from Ningbo have been taking overseas recently, with export and trade companies visiting countries such as Kazakhstan and South Africa. The trips are part of efforts by the city to expand export reach to new and developing markets.

22 Ningbo Companies Ranked in Zhejiang's Top 100 Enterprises

In the 2015 Zhejiang Top 100 Enterprises list, Ningbo second only to Hangzhou among all cities in the province with 22 businesses on the list. Zhejiang Enterprise Association and Zhejiang Entrepreneur Association have been issuing the Top 100 Enterprises list annually for the last 13 years. Zhejiang Materials Industry Group tops the list of Ningbo companies with an annual turnover of RMB 214.4 billion. In terms of business fields, the selected Ningbo enterprises are mainly in such traditional industries as petrochemical, clothes, household appliances and foreign trade.
It's safe to say that most adults today know someone who has suffered from Breast Cancer. It could also be said that most residents of China know someone who has died from Breast cancer. China accounts for 12.2% of all newly diagnosed patients and 9.6% of all deaths from breast cancer worldwide. Why are so many women dying of Breast Cancer in China? The low survival rate can be attributed to lack of breast cancer screenings, inadequate resources; and a lack of awareness about breast cancer in the Chinese population. Delays in diagnosis result in the Cancer being detected at a more advanced stage; therefore, making it less responsive to treatment.

It is for these reasons that the charity One World One Dream was formed. In partnership with Ningbo Charity Federation, OWOD hopes to raise awareness and help women with Breast Cancer living in Ningbo. In an effort to raise money and awareness, OWOD partnered again with The Shangri-La Hotel, Ningbo to host the 2nd Pink Party charity event.

The 2nd Pink Party was held on October 24th in the Junior Ballroom. The event included dinner, drinks, live & silent auctions, giveaways, and live entertainment. It was an amazing evening! Twice as many guests attended this year’s Pink Party and the event raised over double the funds than last year. This year’s larger event is an indication that the Ningbo community is eager to help make a change! If you are interested in getting more information about One World One Dream, please contact the charity at WeChat: OWODNingbo.

NINGBO'S PINK PARTY A SUCCESS

FROM THE WOMEN OWOD

It's safe to say that most adults today know someone who has suffered from Breast Cancer. It could also be said that most residents of China know someone who has died from Breast cancer. China accounts for 12.2% of all newly diagnosed patients and 9.6% of all deaths from breast cancer worldwide. Why are so many women dying of Breast Cancer in China? The low survival rate can be attributed to lack of breast cancer screenings, inadequate resources; and a lack of awareness about breast cancer in the Chinese population. Delays in diagnosis result in the Cancer being detected at a more advanced stage; therefore, making it less responsive to treatment.

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Hello Everybody! Considering that our foreign friends who live in Ningbo may encounter problems while learning Chinese, Beyond Mandarin Chinese Training & Culture Experience Center would like to take this opportunity to interview some students who are studying in our school to share their learning and life experience in Ningbo. We hope this column can help you in some aspects. Last but not least, we look forward to your suggestions. Please e-mail Nicki with any comments: nickizheng@beyondmandarin.com. Thank you for your interest!

The following interview was originally in Chinese, and has been translated by Beyond Mandarin.

Nicki: Hello! Could you please introduce yourself?
Tokie: My name is Tokie, I come from Japan and am working for a Japanese foodstuffs company. I am 53 years old. All my family members are in Japan. I have studied Chinese for one year and eight months.

Nicki: Why did you come to China?
Tokie: My Japanese head office has two branch offices: one is in Ningbo and the other is located in Cixi. I am here to take charge of managing both companies.

Nicki: Have you ever lived in other countries before coming to China?
Tokie: I have been to many countries for business trips, but China is the first foreign country where I have lived and worked.

Nicki: When you first came to China, what problems did you encounter?
Tokie: The weather is not a problem for me, but I couldn’t get used to the food in China. I cook at home instead of eating outside. In terms of working, I didn’t understand Chinese culture when I first came to China. I found there were so many differences between Chinese people and Japanese people. The way Japanese people work and the way we think is also different from Chinese people. Because of these differences, there were some problems at the beginning. For example, I was very strict with Chinese staff and workers, but they couldn’t accept this. I had a lot of worries at that time, but now everything is getting better and better. Still, the biggest problem for me now is the Chinese language.

Nicki: Did you start to learn Chinese right after you came to China?
Tokie: No, I needed to prepare to open a new company in Ningbo. At the same time I am in charge of managing a factory, so I didn’t have time to study Chinese when I first came here.

Nicki: Why do you want to learn Chinese?
Tokie: I am working with Chinese people, I want to communicate with Chinese people and staff better, so I started to learn Chinese.

Nicki: Have you ever had any difficulties living and working here? If so, what kind of difficulties?
Tokie: I have serious pain in my shoulder, but since it is so inconvenient for foreigners to see doctors in a Chinese hospital, I need to go to see Japanese doctors when I am back in Japan.

Nicki: What do you find is the most difficult part of learning Chinese?
Tokie: I am 53 years old. Remembering Chinese words is the most difficult part for me. In addition, China is so big and there are numerous dialects. I cannot understand what the workers are talking about in the factory, for example. However, reading and writing Chinese characters is not difficult for Japanese people.

Nicki: What do you often do in your spare time?
Tokie: I get up at 4 a.m. Everyday. After one hour of studying Chinese, I go to work. I can only study Chinese in the morning or in class, because I am tired after finishing my work, and need to get some good rest.

Nicki: Can you share with us a new expression that you learned recently?
Tokie: I am learning HSK level 4 now, and there are many interesting expressions. I think "Jǐ suǒ bú yù, wù shì yú rén" is a good expression. It means "Treat others as you want them to treat you."

Nicki: Thank you for taking time from your busy schedule for this interview.
Tokie: You’re welcome.
己所不欲，勿施于人。

Jǐ suǒ bú yù, wù shī yú rén。

What you do not want done to yourself, do not do to others.

己所不欲，勿施于人。你不要总把自己的观点强加给别人。

Jǐ suǒ bú yù, wù shī yú rén. Nǐ bú yào zǒng bǎ zìjǐ de guān diǎn qiáng jiā gěi bié rén.

“What you do not want done to yourself, do not do to others.” Don’t impose your views on others. In other words, ‘Mind your own business!’
Is China Getting More Difficult? Common Problems that Foreign Companies will Encounter

By Daniel R. Joseph // Dezan Shira & Associates

Just how difficult is it for a foreign company to succeed in China? When I started in China in the mid-1990’s, failure hung over the foreign business community like a thick fog. No one was making money. It wasn’t uncommon to see companies implode, i.e., make an investment, write-off the investment a short time later, and either head for the exit or start from scratch all over again.

Times have changed. In many ways, particularly administratively, China is easier. For example, partnerships are not required in as many industries. The rules are often (though not always) a bit clearer and a bit fairer. Surveys consistently reveal that 80+ percent of foreign companies in China are making money, while companies like Apple and industries like automobiles show it is possible for foreign companies to do very well in China.

Companies continue to struggle

But we still see companies struggle. There have been fairly high profile failures in tech, retail, food, and finance, just to name a few industries that have been in the spotlight for the wrong reason over the last few years. As any consultant, accountant, or lawyer active in China will tell you, below the companies making headlines there are plenty more companies struggling to make the most of China.

Of course, lately there has been much discussion of other challenges in China, such as the slowing economy and legal problems related to issues like corruption and anti-trust. Putting these kind of issues aside for a moment, and focusing simply on the challenge of managing for success in China, below are a few reasons why we continue to see companies struggling in China.

New Sectors

While some sectors, like autos or industrial, have been active in China for a few decades, others, like tech, retail, and financial services, are still relatively new. It always seems like each sector and each company has to navigate the learning curve on its own.
New Entrants

Ask most companies who are doing well in China and they will tell you that it didn’t start that way for them. Trial and error seems to be a common way of learning, a testimony as to how challenging China can be. When new entrants in new sectors get involved in China, the success of other companies doesn’t necessarily mean they won’t have to learn a few lessons the hard way.

Stages, transitions, and complexity

Most foreign companies get involved in China in stages. For example, they source through an agent, source directly, then manufacture. Or they first export to China, then hire sales staff, then build a plant. Each transition usually requires the company to undertake a new activity for which it has limited experience in China. Plus, as the company grows and diversifies its activities, it increases the overall complexity of the operation, which also increases the management challenge.

Performance matters: Expectations have risen

In the old days, when horror stories were common and no one was making money, expectations were low, which helped to ease the pain of red ink and underperformance. Today things are different. Growth prospects are not as strong as they used to be in the developed world. Companies are looking to emerging markets for profits, and, even given China’s current economic headwinds, most companies are looking for growth in China over the long term. It is an important part of the plan, and often, for public companies, goals and expectations have been transmitted to shareholders. The bar has been raised. Failure no longer is an option.

New type of failure: Stuck in the mud

Total failure has become less common, though not unheard of, in China. But another risk is becoming more common: the inability to make progress, or, as I like to put it, the risk of getting stuck in the mud. You are in China but you aren’t getting anywhere. You are not failing, but at the same time you can’t seem to keep things on track. Of course this kind of situation becomes more painful when expectations are higher.

China is difficult because China is still early in its development

Perhaps the most important point to make is that China is still relatively early in its development. Per capita GDP is less than one quarter of developed economies. Half the population still lives on the farm, barely making a living. The gradual transition from communism to capitalism is still mid-stream. China is perhaps about half way across, depending on how you measure. Our collective knowledge and experience relative to emerging markets is still fairly thin. We therefore shouldn’t expect our troubles to go away so quickly.
Tattoos and tattoo culture have enjoyed quite the evolution here in Ningbo. What was, a few years ago, a cultural taboo has since become almost mainstream for the under-30 set. It’s a sign of the times, another harbinger of the explosion of youth culture that’s just around the corner in China.
A BIG NEON SIGN OF THE TIMES
Tattoos and tattoo culture have enjoyed quite the evolution here in Ningbo. What was, a few years ago, a cultural taboo has since become almost mainstream for the under-30 set. It’s a sign of the times, another harbinger of the explosion of youth culture that’s just around the corner in China.

As such, tattoo shops themselves have gotten bigger and more visible. Now, Ningbo is getting its first franchised tattoo shop, China Ink.

The Ningbo shop at Qian Hu Tian Di is the company’s fifth in China, following shops in Shanghai, Hangzhou, Suzhou and Taipei. Both the shop’s interior and exterior look like something you’d see in Los Angeles.

So it wasn’t much of a surprise when shop owner and operator Po Lee greeted us with an immediately recognizable SoCal (Southern California, USA for the unaccustomed) accent. Lee, a Los Angeles native, gave us a friendly welcome to the shop as builders were putting the finishing touches on the interior. But none of that was necessary as the shop spoke for itself.
If there was one word to describe China Ink’s Yinzhou location, it’s “professional.” That or maybe “American.” The interior is a glorious mixture of steel, tile and neon. It’s big, spacious and awesomely loud. But most importantly, it’s outrageously clean.

The shop follows United States FDA and OSHA standards, among some of the most stringent in the world and ones which hospitals and dental clinics follow. China Ink’s artists follow the same safety and sanitation procedures as American shops, and most of the shop’s inks and equipment come from trusted American and global brands.

Even while under construction, the place is practically spotless. This kind of clinical cleanliness is important when you’re trusting someone to jab needles into your arm for hours at a time.

One of those jabbers is tattoo artist Jenny Ma, a former freelance illustration and animation conceptual designer. Ma describes herself as a lover of heavy lines, Western realism, Chinoiserie, illustration and abstract design tattoos.

Ma became a tattoo artist after spending years putting art on paper, rather than skin.

“My friends criticize me,” says Ma. “They say that I am so ambitious that paper can’t satisfy my need for drawing, only a real body can.”

In addition to cleanliness, what you also want from your tattoo shop is passion for the art, which Ma and China Ink’s other artists have in spades.

“Tattooing is much more divine and significant [than drawing on paper],” says Ma. “It is animated and will evolve into different styles as you grow up. The interaction between a tattooist and a customer is more a soul-to-soul exchange than simple business. I love my job and I consider myself not only a tattooist but a dream maker who endows others with another side of life.”
THE BLOSSOM
The ever elusive delicious brunch is here and it’s on all day

SO YOU’RE VEG
Part two of our series about being vegetarian in Ningbo

LAST DROP
Ancient Coffee have been in Ningbo for a very long time

WHAT’S YOUR LOCAL
For many of us who hail from the western hemisphere, brunch is almost sacred. It’s a meal used for healing and reflecting, for gathering to start a new day, or perhaps just an excuse to say you did something before coming back home and taking a nice afternoon nap. Whatever the cause, it’s important for a place to get brunch right.

The Blossom, which opened recently in the rapidly-developing 1844 near Heyi Avenue Shopping Center, brands itself as an “all day brunch cafe,” something that certainly aroused our interest.

The shop is an offshoot of the same brand that gave us the intricately decorated coffee shop and current selfie capitol of Ningbo, Maan Coffee. So it came as a bit of a surprise and relief that the shop is essentially one big open room with loads of natural light and space. At the back of the cafe is a semi-open kitchen which allows the smell of brunch, essentially bacon, sugar and coffee, to billow out into the seating area. The front of the cafe is lined with French doors which can be opened when the weather permits to allow fresh air to pour in. Seats along the window face a large swath of grass extending to the Yao River for one of the more pleasant views in the city.
BRUNCH

def: // the act of being intoxicated at brunch. Bobby got all brunch this mornin' and now he won't stop suggesting we all play frisbee in the snow... naked.
The food itself measures up for the most part. The salad was light and pleasant, filled with fresh vegetables and coated with a light tangy dressing and ground parmesan cheese. The full breakfast was certainly full, with no less than nine items crammed into the cast iron skillet. The Blossom’s preferred serving dish. All the staples were there, but nearly everything left us wanting a bit more. The prospect of Korean-spiced home fries was exciting, but the potatoes on the plate lacked a great deal of flavor. Great idea, not the best execution.

On the beverage end of things the restaurant has a good but fairly typical selection of European beers and what look to be some rather fresh and fruity soda drinks. There are also a wide variety of fresh juices and “real ades.” Although the lemonade could’ve used a bit more sweetness, it was still fresh, ice cold and refreshing.

Overall, The Blossom rises above “they have brunch.” It’s got a respectable menu with lots to choose from and just enough creativity to keep it interesting while taking care of the basics. It’s a nice relaxed place to sit with friendly service and good eats: about all one could ask for, no matter what purposes served by the particular brunch at hand.
Be it opposite of Laowaitan before dawn, for dinner, or just in between, street foods or other “fast foods” are great and they usually all offer some vegetarian options. But, the disadvantages can be serious. Last month we listed issues regarding oil used as well as the cleanliness of cooking equipment. So, you’ll need to be mindful. The advantage of street and fast food is usually that “what you see is what you get” – you order whatever you like as ingredients, be it shaokao, stir-fry, mala tang or mala xiangguo. If you do not want those chicken feet, you do not need to get those chicken feet.

If those two issues do not scare you away, make sure that you give 老面筋 kao3 mian4 jin (baked gluten) a chance. They are delicious and also available at many shaokaos! If you do not want those chicken feet, you do not need to get those chicken feet.

SAFE VEGETARIAN STREET AND FAST FOOD

This article is part of a multi-part series dedicated to helping our vegetarian and vegan friends live life a little easier here in the ‘Bo. Check back across the upcoming months to see more tips and lists of veg and vegan-friendly spots in town!

* These tips are almost all applicable for Vegans.

WHERE TO EAT IN NINGBO

Renting

Vegetarian Part Deux

By Jasmin Song

FIRE

SMOKE
Vegetarian friendly and even exclusive establishments exist in almost all cities in China, and they do exist in Ningbo.

In fact, Ningbo has a few great spots to offer that are Vegetarian / Vegan only. Most often, you find them close to temples, but also all around the city. There are dedicated Vegetarian / Vegan only restaurants as well as all-you-can-eat buffets. Check our list at the end of this article or in the Ningbo Guide Directory for more info!

DINING OUT AS A VEGETARIAN // GO FOR REPUTABLE ESTABLISHMENTS

For some vegetarians, soy products and „fake meat“ are a delicious and welcome addition to daily diet. You can easily, and quite reasonably, get these soy products in Ningbo. Fake meats that, depending on how you cook with them, are actually fantastic and not available outside of China. As far as I know, all of the products I have encountered, are safe for Vegans as well.

Finding out how easy I could buy fake meat or soy products and experimenting with them made my vegetarian life much happier. It might take a bit of practice and openness towards these products, especially if you want to cook western dishes. I use vegetarian dumpling filling to replace minced meat for my Spaghetti Bolognese sauce, and it requires a special seasoning to neutralize the dumpling filling seasoning. But I tell you, it is worth it.

There are different places to find and ways to source your fake meats / soy products. Starting at the supermarket is good. There are usually many different soy and gluten products at the refrigerated counters. The next easiest place is on the internet, Taobao of course. And finally in specialty shops meant to serve the religiously devout community, usually located around or near Buddhist temples. There are at least two near Qita Temple in Jiangdong, and one is located just a few storefronts down from the temple entrance on Baizhang Dong Lu. The shops are vegetarian restaurants that sell many of the items they use for cooking. They have freezers full of different soy products as well as vegetarian snacks, dried stuff and more.

If you’re like me, you’ll be in heaven!
I have never seen myself as a missionary and strongly believe in everyone making individual decisions, especially when it comes to one’s diet. However, I happen to speak more often about vegetarianism in China than I have ever before – and it has a huge advantage. You can enter great and very rewarding conversations with locals. Obviously, vegetarianism is not the only fascinating topic to engage in with your average Chinese folk, but in my experience, it’s quite uncommon and there are many misconceptions. It is at the same time very interesting and exciting to see that there is a rising consciousness regarding healthy and clean food and sustainable meat consumption.

I think that bringing in your own opinion and explaining your own choice of lifestyle is a great way to contribute to a better understanding and a literally world-changing dialogue.

**LIST OF VEGETARIAN RESTAURANTS IN NINGBO**

### HAISHU

**Vegetarian Lifestyle**

A la Carte // ¥¥¥
Add: No. 16 Liuting Jie
Tel: 0574 8730 1333

Add: 1-2 floor, No. 16 Liuting Jie
Tel: 0574 8730 1333

枣子树净素餐厅
地址: 海曙区 柳汀街16号1-2楼

**Tong Yuan Vegetarian**
Buffet // ¥
No. 866 Liyuan Beilu
Tel: 0574 87179188

通缘素食
地址: 海曙区丽园北路866号

**Yunlai Ge**
A la Carte // ¥¥¥
Add: No. 46 Yuehu Shengyuan Xiang
Moonlake Garden
Tel: 18058588559

云来阁
地址: 海曙区月湖盛园巷46号（月湖盛园）

**Su Man Xiang**
Buffet // ¥
Add: No. 8 Gongyuan Lu
(Gu Lou/Drum Tower)
Tel: 0574 83860677

素满香
地址: 海曙区公园路8号（鼓楼）

### JIANGDONG

**Su Bao Zhai**
Buffet & A la Carte // ¥ ¥ ¥
Add: No. 2 Yonggang Nan Lu
Tel: 0574 87865777

素宝斋
地址: 江东区甬港南路2号

**Lotus Vegetarian**
A la Carte // ¥ ¥
Add: No. 175-1 Baizhang Lu
(Qita Temple)
Tel: 0574 87371542

莲花素食馆
地址: 江东区百丈路175-1号（近七塔寺）

**Jing Xin Vegetarian**
A la Carte - ¥ ¥
Add: No. 179 Baizhang Donglu
Tel: 0574 87332296

静心素食馆
地址: 江东区百丈东路179号

### YINZhou

**Qingxin Vegetarian Restaurant**
Buffet // ¥ ¥ ¥
Add: No. 1281 Xiangxue Lu
(Across from Jishigang Park)
Tel: 0574-83056136

清心素食餐厅
地址: 香雪路1281号（集士港公园正对面）

### JIANGBEI

**Suiyuan Vegetarian**
Buffet // ¥
Add: No. 79 Manao Lu
Tel: 0574 87342877

随缘素食
地址: 江北区 玛瑙路79号

### BEILUN

**Su Zhi Lin**
A la Carte // ¥ ¥ ¥
Add: No. 16 Tiuyuan Lu
Tel: 0574 86897799

素芝林素食养生会所
地址: 北仑区体艺中心体育馆路16号

**Fu Su Tian**
Buffet // ¥
Add: No. 487-7-8 Xin Qi Xin Da Lu
Tel: 0574 8682167

福素天素食餐厅
地址: 北仑区
新碶新大路487-7-8号

### YINCHENG

**Qingxin Vegetarian Restaurant**
Buffet // ¥ ¥ ¥
Add: No. 1281 Xiangxue Lu
(Across from Jishigang Park)
Tel: 0574-83056136

清心素食餐厅
地址: 香雪路1281号（集士港公园正对面）

### HIGH TECH ZONE

**Yong De Shang**
A la Carte - ¥ ¥
Add: No. 683 Jiang Nan Lu
(Tianmu District)
Tel: 0574 87140853

甬德尚食疗之素食餐厅
地址: 高新区江南路683号创新大厦一楼

**Su Zhi Lin**
A la Carte // ¥ ¥ ¥
Add: No. 16 Tiuyuan Lu
Tel: 0574 86897799

素芝林素食养生会所
地址: 北仑区体艺中心体育馆路16号

**Fu Su Tian**
Buffet // ¥
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福素天素食餐厅
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新碶新大路487-7-8号

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清心素食餐厅
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**Yong De Shang**
A la Carte - ¥ ¥
Add: No. 683 Jiang Nan Lu
(Tianmu District)
Tel: 0574 87140853

甬德尚食疗之素食餐厅
地址: 高新区江南路683号创新大厦一楼
Every month we bring you the skinny on the latte and the cafe that serves it. With all the coffee shops opening all over Ningbo, we’ll bring you the low-down, right to the last drop.

Before Ningbo was awash in cute little coffee places, there stood but a few independent shops, and even fewer coffee roasters. Ancient Coffee in Laowaitan is one of a small handful of places in this city that has withstood the test of time.

Rather than decoration or fancy machinery, Ancient Coffee is centered around just one thing: great coffee. And cats. So two things. But the coffee! Roaster and Manager Tony Wang is a veritable veteran of the coffee roasting world, experience that shows in every cup. The love of coffee is clearly evident. The shop has two roasting machines, one of which is usually running. Bags of green beans and roasted coffee occupy a significant portion of the first floor. Come at the right time in the evening and you’ll find staff and customers alike nerding out over the latest NinetyPlus or Geisha, likely freshly roasted that day.

And then there are the cats. In my time in Ningbo, I’d reckon at least a dozen cats have made their way through Ancient Coffee. As cats do, they range in personality from obnoxiously friendly to frustratingly aloof and everything in between. If you’re lucky enough, you’ll end up with one on your lap. So fluffy.

The cats are a manifestation of the excellent vibes that run through Ancient Coffee. The shop gets wonderful afternoon light, and the furniture and décor all feel lived in, a benefit of it having been around as long as it has. The music goes right along with the look of the place, old jazz tunes that are the musical equivalent of your favorite raggedy old sweater. It’s nice to see that some people understand that brand new is not always the best way to go.

Great coffee, nerds, cats and jazz music—Ancient Coffee is basically a Murakami novel come to life in the form of a cozy cafe.

Great coffee, nerds, cats and jazz music—Ancient Coffee is basically a Murakami novel come to life in the form of a cozy cafe. Next time you’re in Laowaitan, skip the Starbucks and grab a cup of what’s probably the best coffee in Ningbo.

GREAT COFFEE, NERDS, CATS AND JAZZ MUSIC—ANCIENT COFFEE IS BASICALLY A MURAKAMI NOVEL COME TO LIFE IN THE FORM OF A COZY CAFE.

ANCIENT COFFEE

The Old Kids on the Block

ADDRESS // 地址
18 Lane 76 Erheng Jie Laowaitan
老外滩三横路76弄8号
WHAT’S YOUR LOCAL?

Every month we dig deep to find where people spend their time eating, drinking, and having a good time. After we get the inside scoop on everyone's favorite places, we'll pass them along to you here.

**BENJI DERDEYN**

**Occupation:** Teacher  
**'Hood:** Yinzhou District  
**Years in the Bo:** 1.5 years

**LOCAL WATERINGHOLE**

iStation  
744 Middle Maocheng Road, Yinzhou District  
13867859370  
鄞州区贸城中路744号

I like iStation in Yinzhou for its friendly atmosphere, the owners are great, they always play awesome music and you can always pop in for a good chat with neighborhood friends.
The environment and the artisans preparing the food. The entire area is a walking street with lots of small restaurants and food stalls. You can see the artisans preparing the food throughout the entire walking street.

Food stalls as far as the eye can see

Cheap cheap cheap for days

local grub spot

Nantang Old Street
115-137 Yongshuiqiao Road
Ningbo, China
中国宁波勇立水桥路
115号-137号

Ashley Almanzar
Occupation: American College Advisor
'Hood: Laowaitan
Years in the Bo: Making a ruckus in the ‘Bo for 9 months

Sumpin' Todo
Cheng Huang Miao
城隍庙 开明街
Kaiming Jie

My favorite place to hang out is actually the old market: ChengHuangMiao! If I need some cheering up I go and look through the endless stalls of clothing and knickknacks. It’s my favorite place to go and kill half a day, plus, there’s nothing like the high I feel after bargaining with a vendor for a funky pair of shoes or some trippy earrings. The best part is that ChengHuangMiao is just a short walk to Moonlake Park/Plaza and Tiyani Square.

Macarena Bazan
Occupation: Event Organizer
'Hood: Laowaitan
Years in the Bo: 3.5 years

Local Grub Spot

Nantang Old Street
115-137 Yongshuiqiao Road
Ningbo, China
中国宁波勇立水桥路
115号-137号

The environment and the artisans preparing the food. The entire area is a walking street with lots of small restaurants and food stalls. You can see the artisans preparing the food throughout the entire walking street.
Board Game Night

Get ready to play the board at Echo

Forbidden Cinema

Get an education in amazing cinema

Halloween Pics

Check out the best halloween ever

Cocktail Time

Lounge brings you another classic cocktail recipe

On the last Tuesday of each month, Ningbo Guide and La Pizzeria Echo are hosting pizza and board game night! For just RMB 60, Ningbo’s geekiest can get one of the city’s best pizzas and a beer while they take on their fellow board game jockeys in games of skill, chance, and in the case of Settlers of Catan and Monopoly, patience.
Forbidden Cinema at Z Life Pub

On Thursday, October 22nd people got together at Z-Life Pub in Yinzhou for the first monthly film screening in the “Forbidden Cinema” series. People enjoyed a nice beer selection, and a the award-winning film “Beijing Bicycle” from director Wang Xiaoshuai. Make sure to join us next month on November 19th for “A Touch of Sin,” the scintillating 2013 drama that follows four outcasts on the edges of a rapidly changing China as they channel their rage into carnage.

“Forbidden Cinema” is a monthly screening of some of China’s more independent and controversial cinema. In doing so we hope to expose Ningbo’s foreign residents to a side of Chinese culture that’s a bit different from making Tang Yuan, paper cuts and learning about tea.
BAD MONKEY

HALLO
WEEN
2015
eudora station
glo london
With the weather getting colder the time has come to enjoy a hot beverage. Few hot alcoholic drinks enjoy the popularity of the Irish Coffee, a bastion of simplicity—the gentleman’s Jager bomb. Here’s how to make one that’ll keep your body and soul nice and warm throughout the cold winter.

First, rim your ordinary glass with a little salt, put in a cube of sugar, pour whisky in and heat it gently with steam from a coffee machine or kettle. Set the rim of the glass on fire, but note that it will burn quickly due to the alcohol content. Adjust the time of burning according to your own taste. Letting it burn a little longer makes for a smoother, more subtle taste but also kills a lot of the booze. Next, pour in fresh, hot coffee in to 3/4 of the glass, top it with cream, and scatter the sprinkles on it. Now you’re ready to start your day! Sláinte!

**INGREDIENTS**
- Irish Whisky,
- Sugar
- Cream
- Coffee

**Garnish:**
- Candy Sprinkles, Salt

**EQUIPMENT**
- Lighter
- Measuring Cup
- Bar Spoon
- Coffee Machine
- Glass

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**COCKTAIL of the MONTH**

Every month our resident bar staff at Lounge in Moon Lake bring you a dangerously delicious concoction fit for the gods. Drink up!

**Irish Coffee**
All of us know Ningbo at some level. No doubt. We live here. It is a truly beautiful place, with our favourite bars and pubs, shining shopping malls, new Metro lines etc. The list of the convenience that modern Ningbo brings us can go on and on. However, to the people who have kept the necessary curiosity of the world around them, seeing only its image of present day is simply not enough. They want to know more about it so that one day they can tell their children, “I once lived in a place in eastern China on the coastline named Ningbo. I know that place, because I really lived there.” Luckily we are among the people who are curious and want to learn the history of Ningbo. That is why we are going to have this new column in our magazine. It’s called “Ningbo in History”.

Ningbo in History
Learn about the past of our city

Ningbo in History
Learn about the past of our city

CouchSurfing Ningbo
Well, where shall we start with? I guess for everyone, the first place we know in Ningbo is Laowaitan. So let's start from there.

Laowaitan, or the Old Bund, also known as the North Riverbank (Chinese: 江北岸; Pinyin: Jiang1 bei3 an4; Ningbonese: kaon1 pih4 ngae1), is a waterfront area on the north bank of the Yong River in Jiangbei District, Ningbo.

The Old Bund has been part of the Port of Ningbo for trading since 1842 when the Sino-Britain Treaty of Nanking was signed. In 1844, Ningbo was officially opened as a trading port, the North Riverbank was hence the residential spot for foreign merchants from Britain, France and US. The North Riverbank became the first Bund in China, 20 years before The Bund of Shanghai.

In December 1861 when rebellion of the Taiping Heavenly Kingdom conquered Ningbo city, the North Riverbank fell into complete control of British and French military. Hundreds and thousands of Chinese rushed into the residential spot for foreign merchants, making this area densely populated. On 13th January 1862, consuls of Britain, France and US reached an agreement, stating the boundaries of the residential area. Foreign people lived freely in this area with no interference from Qing government or the Taiping rebellion, with many kinds of privileges including having their own police force and arresting at will local Chinese people and merchants from other countries. In the same year, the French tried to set up another area “governed” by French only, but failed to do so due to opposition from all other forces.

Henceforth, the North Riverbank has seen a turbulent recent history, same as the old kingdom of China, and at the same time it has begun modernization. By the early 20th century, the North Riverbank had become the main area for commerce with all kinds of businesses and merchant stores, shipping companies, night clubs and theaters, and modern streets and buildings such as British Consulate, Cathedral, Banks and Zhejiang Customs. Many of the buildings can still be seen today and some are pictured here.

However, many of the buildings have fallen, including the interesting tower pictured above. If any reader knows what this building is, feel free to write me at alan@ningboguide.com with your answer. If you’re stumped, you’ll have to wait until next month’s installment to find out the answer. Until then, stay curious Ningbo.
“So… What is CS?” asked one member of my most active WeChat group one day after we were talking about our monthly “cs meeting”. Fair enough. “CS”, according to the English Wikipedia may stand for over 40 different names of places, organizations, things and so on. While any of you who teach teenage boys might associate the abbreviation with the first-person multiplayer game where you shoot everyone, in this context it is just short for CouchSurfing.

The concept as well as the CouchSurfing website (Chinese: 沙发客网 shafa1ke4wang3) are still pretty new to China and may not be well-known outside of backpacker circles anywhere.

So you’d be surprised to find that Ningbo has a fairly well-developed and active CouchSurfing community. It’s just, like with anything else in Ningbo, a little bit different...

Although many members of the popular WeChat group as well as people attending the events might actually not have an account on the actual CouchSurfing website. Very little that goes on at events that has anything to do with the website or its concepts.

But dig a little deeper and you’ll find that the group embodies the (non-profit) couchsurfing spirit. It’s supportive, social, inter-culturally curious, helpful, fun open-minded and most of all, geared towards building communities around the world. Throughout its brief history in Ningbo the group has offered friendship, support, tips, recommendations and last-minute answers to any kind of questions that may come up while moving, living or traveling around in Ningbo and its surroundings. Whether the question is where one might find a good kebab in this city, who might be hiring, how to get to Jiulong Lake or even just who wants to turn up tonight, someone in CouchSurfing has you covered. It might...
not purely offer as many couches to surf, but it welcomes, supports and connects people, whether they are in Ningbo for the long term or just passing through.

When I asked Benji, one of the most active members of Ningbo’s CouchSurfing community, to describe the site and idea in three words, he said, “All about friends.”

“Couchsurfing initially was created as a way in which to connect people, sometimes like-minded people, but sometimes not necessarily so, but people from different places, different worlds and aspects of life,” he says. “It’s meant for people to meet each other, for people to connect and show others their community, and the beauty of their places, and the beauty of their lives, and to let someone from the outside in.”

The original incarnation of CouchSurfing was as a non-profit organization, with its site first launched in 2003 by American Casey Fenton and a few of his friends. The idea was to create a community to help people to find not only places to stay at, but new friends to make when traveling around the world.

“There is often a misconception there that it is for people who cannot afford to rent a hotel room or to stay in a hostel,” says Benji. “But that’s not in fact what it is.”

Emily Williams, a CouchSurfing veteran explains, “Even if I had all the money in the world, I would probably still use couchsurfing and hitch-hike.”

For “Csers” like Benji and Emily, it’s more about creating and fostering a global community and connecting with people.

“I’ve used couchsurfing a lot both hosting and surfing and in fact I have a lot of friends, people who have just become friends all over the world,” says Emily. “One of my favorite things is, once you’ve been on the site for long enough, you start to reconnect with people around the world. I’ve taken specific trips just to visit CouchSurfers continued on page 66
Nowadays, most people are familiar with what LGBT (Lesbian, Gay, Bisexual, Transsexual) means. However, the term LGBT with which many have grown accustomed to doesn’t account for a huge portion of the community. Around the beginning of the millennium people started wondering if not including other gender and sexual identities in the identifying title of the movement was a good idea.

The common decision was to embrace more people. There were tries to simply adopt one word, such as “rainbow” or “queer” for all of identities under the sun, but it was a while before anything stuck. The basic principle that these movements around the world are advocating for is that gender and sexuality are not static or strictly defined things. They’re alive, they’re growing, changing and beautifully human. With this realization, it became apparent that “LGBT” just wasn’t enough to cover the spectrum.

What the “+” does is includes those people. People who identify as pansexual, intersex, asexual, demisexual, queer, gender non-binary, bisexual, androgynous, questioning...you get the idea. This is long, and it will continue to change into eternity as we recognize more and more of the intricacies of human gender and sexuality.
So, rather than writing or saying LGBTPIADQGBAQ any time we need to refer to the community, we’ve more or less agreed on the simple LGBT+ or LGBTQ+ (Queer or Questioning is commonly used as a big label). Adding that little “+” in our writing and language is important. It says that we embrace the existence of a whole wide range of gender and sexual identities, we are verifying different people and respecting their identities. It’s a way to communicate that whoever you are, you’re part of this big global family of people.

The “+” might seem like just a tiny little symbol, but for millions of people around the world it’s an important recognition of who they are.

The history of sexuality is central to social history, the history of ideas, the realization or repression of human rights, and other areas of focus. This is also true about those who have had, or do have, what could be called minority sexualities. Same-sex attraction has generally been a minority sexuality; it has been the object of tremendous repression and vociferous complaint but also one of praise by talented poets and philosophers. The Historical Dictionary of Homosexuality provides a comprehensive survey of same-sex relations from ancient China and Greece to the contemporary world. It covers the gay rights movement from its origins in 19th century Europe to the nascent global network today. Philosophic treatments, such as natural law and queer theory, along with legal issues and court decisions are included. Global in its coverage of the variety of same-sex relations, their legal treatment, and social norms concerning same-sex attraction, this reference includes a chronology, an introductory essay, a bibliography, and cross-referenced dictionary entries on specific countries and regions, influential historical figures, laws that criminalized same-sex sexuality, various historical terms that have been used to refer to aspects of same-sex love, and contemporary events and legal decisions.
In my last article, I focused on the importance of mind-work in Yoga, and the positive effects that regular mental practice can have on one’s behaviour and character.

A related and important tenet of Yogic philosophy and Buddhism, Hinduism and Jainism is Ahimsa. Ahimsa loosely translates as non-violence or doing no harm, but I think it also makes a lot of sense to view Ahimsa as a kind of compassion. This is perhaps the most difficult tenet of yogic philosophy to live out fully, I have many battles with it myself, but working on Ahimsa, through mind-work, Dhyana Yoga or meditation does gradually have an impact on the quality of your experiences in life I find.

The Concept of Ahimsa
According to some teachings, Ahimsa is a virtue and a concept that is based on the premise that doing harm to others is also doing harm to ourselves, because we are ultimately one and the same. In other teachings, this is extended to all living things, including all animals, notably but not exclusively in Hindu tradition. This is where an ethical (vegetarian/vegan) diet meets Yogic philosophy. Living without Ahimsa has also been taught as having karmic consequences, notably but not exclusively in Buddhist tradition.

As an ethical concept, it is touched upon in ancient Vedic texts and has been emphasised and expanded upon further, notably in Hindu teachings. In The Yoga Sutras of Patanjali, Ahimsa is considered an essential path for the yoga practitioner, included in Yamas (self-restraint, controls), the first of the eight limbs of Yoga. Coupled with Niyamas (observances), these two limbs comprise the ethical paths of the Yogic philosophy. Ahimsa also features in the Upanishads and...
The Hatha Yoga Pradipika. Understanding and living out Ahimsa is a component of Yoga, best worked with through mind-work, Dhyana Yoga or meditation, in my opinion.

The concept became more popularly understood through Mahatma Gandhi’s non-violent protests within the field of politics and civil rights. Other prominent figures, including Sri Aurobindo, Swami Vivekananda and Ramana Maharshi also advocate Ahimsa in one form or another, though there has been some debate on the incompatibility of Ahimsa in cases of self-defence. Some have suggested that reverence of life is essential always, and some have suggested that Ahimsa need not be extended to times of war and conflict. Further to this, modern spiritual teachers have equated defence or self-preservation as the harmful first stage of war and conflict. It is our personal decision how far we extend Ahimsa to different aspects of our lives or circumstances we might find ourselves in. It is our decision where we draw the line between what we would consider to be Ahimsa and what we would consider essential behaviour for our own self-preservation.

The Daily Practice of Ahimsa

I think we all do our best to live life consciously and ethically, but sometimes the most obvious examples of violence are directed towards ourselves. Once we begin a regular meditation practice, our self-talk becomes alarmingly apparent. I find that working with non-violence towards ourselves is the most powerful means of losing any tendencies we have of violence towards others. Violence perhaps sounds like an aggressive term for what might be best understood as moments of ill will, harm or negativity towards ourselves and towards others. We have all had these moments, even if we haven’t then had corresponding behaviours or actions, haven’t we?

When I sit in meditation, I often like to quiet the mind and let go of the internal chatter or even just praise the morning, best achieved (for me at least) through subtle breathing meditations, body-awareness or visualisations. But when I really want to work with the mind and any unhelpful repetition that it throws up, mind-work for Ahimsa seems to be the most effective option. What’s interesting is that when an unhelpful repetitive thought is worked with in this way, it completely transforms. It no longer resonates with you, and it ceases to live inside you.

Some examples of unhelpful repetitive thoughts we can have towards ourselves might be:
• They should show me more respect.
• They criticise me.
• They don’t listen to me.
• They look down on me.

And the list goes on and on. We’ve probably all had these thoughts and this internal chatter at some point, regardless of how different our life experiences have been.

All of these can be categorised as violent or harmful thoughts, as (non)-Ahimsa, in a sense. When we believe thoughts of this nature, we might react in a harmful way towards others and/or ourselves. That harmful way might even be something small or simple, like losing sleep over a thought or getting agitated over a thought. So a yogi or yogini would apply all their best techniques, tools and practices for exploring the truth within those thoughts and more often than not, this would eliminate them little by little. When I say exploring the truth, I really mean going through a process of inquiry whereby we challenge them:
• Are these thoughts assumptions?
• Are they exaggerations?
• Are they honest?
• Are they reasonable?
• Are they hurtful?
• Are they realistic?
• Are they even (bloody) true?

Perhaps more pertinent questions are:
• Do these thoughts define me?
• Do they reflect my goodness?
• Do they reflect my true self?
• Do I like who I am when I believe these thoughts?
• Does having these thoughts permit me to live authentically?
• Do I feel at peace when I believe these thoughts?

You might find truth in some thoughts you have, certainly that happens, but more often that not I find that when I challenge them and explore them, I realise that they are simply not true. But, if they are true, exploring them somehow makes them less harmful. It distances you from them, you begin to identify with them less and less, or more importantly, you gain more insight and clarity in what to do with those thoughts, in terms of behaviours and actions, or even in terms of non-behaviours and non-actions in many cases.

So, Ahimsa, though most commonly associated with Gandhi, non-violent protests and vegetarianism/veganism, is much more. It can be a road to peacefulness and truth. It starts with an exploration of the unhelpful repetitive thoughts our mind throws up, first directed towards ourselves and then directed towards others.

Sat Nam.

Gabriella Buttarazzi first encountered the established Teacher Training School Yoga Integral Dharma Ananda whilst living in Valencia, Spain from 2010. Before that, quite like many, she had only dabbled with yoga as a recreational activity. Noticing the profound effects it had on her body and mind, she decided to train in and subsequently teach Integral Yoga. It has been an on-going process of learning from and adapting to her inspiring students. She has built a resources and information site in both Chinese and English in order to further support her students here in Ningbo.
Sheraton Run to Give 2015 Raises Over RMB 26,000 for Charity

On 11th October, Sheraton Ningbo Hotel hosted the Run to Give 2015. The event, organized by Starwood Asia-Pacific Division, is an annual charity run that falls on the second Sunday of October each year. Sheraton Ningbo Hotel hosted the event along with Lions Club International Zhejiang Chuanqi District in order to raise money for seniors in Zhoushan.

The run was more fun than workout, with the five lap race around Portman Plaza measuring up to only three kilometers, but the race nonetheless garnered a lot of positive attention and raising RMB 26,258, more than triple last year’s total.

The event welcomed Guest (Runner) of Honor Mr. Zhu Yongyao, a famous TV show emcee known as Lai Fa (Lai Fa Jiang Sha Xi is the program). Even in his early 60’s, he looked perfectly fit and he told the audience present that this was a result of daily exercise. Mr. Zhu said he would love to serve as the role model both for keeping in shape and doing charity work. His presence triggered some selfie ardor among the runners and some of them even gave up their pre-run warm-up for a photo opportunity with the celebrity.

Mercedes Benz Ningbo Star Automobile Service Co., Ltd., the co-sponsor of this event, gave the medalists a watch, a foldable bike and a trolley case respectively, all branded, in addition to hotel trophies to award their hard work for the charity cause. The third-place winner amused the audience present by sending his son, who also finished the run, on the stage to accept the prize on his behalf.
One of the toughest races in Ningbo has proven a huge success with numerous participants and a grueling but fun course through Siming Mountain.

Competitors kept their spirits high and their wheels rolling as the weather made the race even harder. The rain barely let up as racers made their way through the mountain passes and towns.

Expect more races like this in the future as the turnout was a huge success.
Child soldiers, the absence of clean drinking water, lack of schooling, impoverished conditions, child poverty throughout many parts of Africa, Afghanistan and Sudan. These were the issues raised at the Ningbo International School assembly presentation by Ms Eveline de Wael last Friday. Eveline is the President of NBIS’ PTA and has worked extensively with UNICEF dealing with these issues. She provided a meaningful context for our day of recognition of the United Nations in the international community.

Students, staff and parents acknowledged the day further by the proud wearing of national costumes and the eating of delicious food from our 39 different nationalities at NBIS.

The school also encouraged the self supply of eating utensils and cutlery to acknowledge environmental concerns around the world and reduce waste—an example of thinking globally and acting locally!

NBIS’ newly formed choir under the baton of Ms Livermore, sang a beautiful, traditional selection of music.

The event was the school’s biggest celebration of UN day in its 10 year history. Principal Mackie Eaton says that the school’s PTA was the driving force behind the success of the day, and expressed thanks to all the families who showed their generosity of time and resources.
American & Western Food

Bar di Vino Bar & Restaurant
No.117, Caihong (N) Road, Jiangdong District
(0574 8733 5777)
迪维诺西餐&酒吧 江东区彩虹北路117号

Lounge
Classy food and decor set in 1920’s deco Shanghai style.
No. 8 Shengyuan Lane, Moon Lake Garden, Haishu District
+86 574 5533 0000
海曙区月湖盛园盛园巷8号

Sunshine’s Aussie Pies
No. 76, Lane 666, South Quanhu Road, Sunday Square, Yinzhou District
132 9197 8881
宁波市鄞州区钱湖南路666弄76号

Glo London
Pizzas, BBQ ribs & chicken from hickory oak burning smoke pit & other international favourites.
No. 38, Yangshan road, Ningbo (The Old Bund)
Tel: +86 0574-8749 6663
www.glolondon.com

Traveler’s Coffee
Fair Trade and organic coffees, continental teas, European pastry, brunch specials, salads, sandwiches, homemade soups & hot meals
Tianyi Square Gugo Mall B North Entrance, Haishu District
海曙区天一广场酷购B馆入口北门

Lunch Platter Menu ¥68 or ¥88
Traditional British Afternoon Tea
WeeklyBrunch
Selected Wines & Beers
Spirits & Mojitos
Cafe&Tea

Julian
47 Shengyuan Lane, Moon Lake Garden, Haishu District (0574 8733 7900)
朱莉安西餐厅 海曙区月湖盛园盛园巷47号

Eudora Station
111-119 Waima Rd. Laowaitan, Ningbo
(0574 87647137/7138)
亿多瑞站 宁波市老外滩外马路111-119号

Lounge
Every Saturday and Sunday the complete spread is laid out. One of the best brunches in town at a great price.
No.8 Shengyuan Lane, Moon Lake Garden, Haishu District
+86 574 5533 0000
海曙区月湖盛园盛园巷8号

Sunshine’s Aussie Pies
No. 76, Lane 666, South Quanhu Road, Sunday Square, Yinzhou District
132 9197 8881
宁波市鄞州区钱湖南路666弄76号

J’Adore
Coffee shop next to Moon Lake, a patio with landscaping made from hundreds of Blue Nun wine bottles. Only open at night.
71 Gongqing Lu
(158-6720-0225)
**Lafacile Café**  
Located in the city center, Lafacile Café offers a cozy atmosphere and a variety of delicious offerings. It's a great spot for meeting up with friends or catching up with a good book.

**Pabala**  
This trendy, quaint shop is tucked away in the heart of the city. It’s perfect for those looking for a peaceful spot to enjoy a cup of coffee.

**Miss Pepper**  
Miss Pepper is located on a quiet street in the city. It’s a great spot to enjoy some comfort food in a cozy atmosphere.

**Scenery**  
Scenery is a warm and welcoming place to enjoy a cup of coffee. It’s located on a quiet street in the heart of the city.

**Slowly Café**  
Slowly Café is located on a quiet street in the heart of the city. It’s a cozy and friendly place to relax and enjoy a cup of coffee.

**Starbucks**  
Starbucks is located on a busy street in the city center. It’s a great spot to grab a cup of coffee on the go.

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**Chinese**

**Cantonese**

**Chao yang yong**  
Chao yang yong is a popular spot for enjoying Cantonese cuisine. It’s located near a busy street in the city center.

**Dongbei**

**Dong Bei Feng**  
Dong Bei Feng is located on a busy street in the city center. It’s a great spot to enjoy some delicious food and drinks.

**Hot Pot**

**Macau Doulaocao**  
Macau Doulaocao is located on a busy street in the city center. It’s a great spot to enjoy some delicious food and drinks.

**Xiao Fei Yang Hot Pot**  
Xiao Fei Yang Hot Pot is located on a busy street in the city center. It’s a great spot to enjoy some delicious food and drinks.

**Xiao Mian Yang Hot Pot**  
Xiao Mian Yang Hot Pot is located on a busy street in the city center. It’s a great spot to enjoy some delicious food and drinks.

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**Seafood**

**Feast Modern Restaurant**  
Feast Modern Restaurant offers a variety of seafood dishes. It’s located near a busy street in the city center.

**Shihu Grand Restaurant**  
Shihu Grand Restaurant is known for its excellent seafood. It’s located near a busy street in the city center.

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**The directory**

**Eat & Drink**

**Dessert & Ice Cream**

**Sichuan**

**Fei Teng Yu Xiang Sichuan Restaurant**  
Fei Teng Yu Xiang Sichuan Restaurant is located near a busy street in the city center. It’s a great spot to enjoy some delicious Sichuan cuisine.

**Loushang Louxia**  
Loushang Louxia is located near a busy street in the city center. It’s a great spot to enjoy some delicious Sichuan cuisine.

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**Ningboese**

**Xiang Ju Qing**  
Xiang Ju Qing is known for its delicious seafood dishes. It’s located near a busy street in the city center.

**Zunke**  
Zunke is located near a busy street in the city center. It’s a great spot to enjoy some delicious seafood dishes.

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**Nov 2015**

**Donglu (0574-8731-2079)**

**Pabala**  
Cozy and quaint shop run by the ever friendly Man Mao. No.85 Lane 699 Siming Zhong Lu, Yinzhou. (0574-765-1816) 

**Miss Pepper**  
Floor 2, Building A, No. 558 Taikang Road, Yinzhou District, 1F, GUGO, Tian Yi Square, 152 Yaohang Jie. (0574-8888-824)

**Donglu (0574-8731-2079)**

**Chao yang yong**  
Usual Cantonese with familiar dishes like sweet & sour pork, rice. Some people sway by it. 127 Huaxiao Lu (0574-8766-2688) 

**Dongbei**

**Dong Bei Feng**  
On the 2nd floor in Wanda Plaza, pig knuckle reigns supreme. Great dumplings, tofu skin salad, etc. 2A-23, Wanda Plaza (0574-8808-6677) 

**Zunke**  
Located near a busy street in the city center. It’s a great spot to enjoy some delicious seafood dishes.

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**Rebuild Your Confidence**

**Feast Modern Restaurant**  
Feast Modern Restaurant offers a variety of seafood dishes. It’s located near a busy street in the city center.
the directory eat & drink

Yongshou Jie (0574-8726-2292)
Lu (0574-8816-9997)

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Huan Tang Fusion

Chinese and Western fusion cuisine such as radish and minced beef soup, stuffed eggplant, and lamb chops. In the new Century Oriental Plaza shopping center, 1072, 1F, Oriental Central Plaza, 1083 Zhongshan Dong Lu (0574-8781-9022)

Lobster Bar and Grill
With a selection of international delights including fresh seafood, grilled meats and pasta, Lobster Bar and Grill’s dishes feature recipes that have been honed to perfection for decades. 16 Shanghai Hotel, Ningbo (0574-8799-8988)

Wan
Wan exudes sophistication in an elegant modern Chinese décor with seven luxurious private VIP dining rooms. Canton, Shanghai and Ningbo cuisine. 5F Sofitel, 899 Sining Zhong Lu (0574-2889-9888)

Shanghainese

Meng Die Yu Yuan Restaurant
46 Shengyuan Xiang, Moon Garden, Haishu (0574-8780-0111)

Noble House
820 Maocheng Zhong Lu, Yinzhou (0574-8735-8181)

Shanghai Min
110-12 Qiao Jie, Haishu (Near Tianyi Square) (0574-8768-3727)

Ashima Courtyard
Hidden on a side street near Gu Lou, in a Qing Dynasty house built 329 years ago, with white walls and black tile. Inside the cool house, a sunny courtyard brings you authentic cuisine. 33 Yangzhou Jie (0574-8736-2292)

Xinye Taiwan Restaurant
Elegant Taiwanese fare. 626-1 Songjiang Zhong Lu (0574-8816-9997)

Yunnan

Huan Tang Fusion

Balle Balle Indian Restaurant
Balu Bar and Indian Restaurant No.7, Lane 66, Zhenninf Road, Haishu (0574-8784-9654)

Ganesha Indian Restaurant
Summer specials: hot Lamb soup, Tandoori Chicken, Lamb chops. In the new Century Oriental Plaza shopping center. 1072, 1F, Wanda Plaza (0574-8808-6262)

Indian

Amore’s
Great for families, dates, and friends. Comfortable and cozy Italian food that doesn’t skimp on flavor or portion. 109 Jiangdong Nan Lu (0574-8771-6803) (0574-8771-6803) 111 Leigong Lane, Caihong Bei Lu (0574-8771-6803) 265 Luding Jie (0574-8771-6262) (0574-8771-6262) June 26th Gate 3

Korean

Han Cheng Yuan
Traditional Korean food. 41 Muyuan Lu, Haishu (0574-8786-0133) (0574-8786-0133) 268 Gao Feng Lu, Beilun (0574-8922-2326) 304 Longqu Jie, Haishu (0574-8771-6803) (0574-8771-6803) 25th Street, 1st Floor, Wanda Plaza 3rd

Koryowon Restaurant

Italian

Amore’s"s Italian Restaurant

Japanese

Ajsen Ramen
(0574-8288-9888) 万字中餐厅 4明中路889号索菲特大饭店5层

Korea

Longing for a real taste of Korea? How about the authentic Korean food served at Koryowon? Enjoy spicy and flavorful dishes, including bibimbap, kimchi, and more, at Koryowon in Haishu. 

Koryowon Restaurant

Located near the harbor, Koryowon offers a wide variety of traditional Korean dishes. From spicy and savory bibimbap to sweet and tangy kimchi, Koryowon has something for everyone. Enjoy your meal in a cozy and welcoming atmosphere while savoring the flavors of Korea. 

Koryowon Restaurant

1. Shangri-la Hotel, Ningbo (0574-8799-8888)

Private VIP dining rooms. Canton, Shanghai and modern Chinese décor with seven luxurious private VIP dining rooms. Canton, Shanghai and Ningbo cuisine. 5F Sofitel, 899 Sining Zhong Lu (0574-2889-9888)

Wan exudes sophistication in an elegant modern Chinese décor with seven luxurious private VIP dining rooms. Canton, Shanghai and Ningbo cuisine. 5F Sofitel, 899 Sining Zhong Lu (0574-2889-9888)

Shangri-la Hotel, Ningbo (0574-8799-8888)

Private VIP dining rooms. Canton, Shanghai and modern Chinese décor with seven luxurious private VIP dining rooms. Canton, Shanghai and Ningbo cuisine. 5F Sofitel, 899 Sining Zhong Lu (0574-2889-9888)

Wan
Wan exudes sophistication in an elegant modern Chinese décor with seven luxurious private VIP dining rooms. Canton, Shanghai and Ningbo cuisine. 5F Sofitel, 899 Sining Zhong Lu (0574-2889-9888)

Shangri-la Hotel, Ningbo (0574-8799-8888)
### middle eastern

**Lebanese Restaurant**

Authentic Lebanese food that is a staple for those here from the Middle East. Being completely authentic, no alcohol is served.

- **Mevlana Turkish Restaurant**
  - No. 19, 257 Nong, Jiangdong Nan Lu (0574-8757-1542)
  - 39-5 Xingning Lu, Jiangdong (0574-8752-7900)
  - Medoc Cellar
    - 150 Dalai Street, Haishu District (PICC building, 1F) 133 9669 9169
    - 150 Dalai Street, Haishu District (Near Lisi Mall)

### pizza

**Don Papa**

A staple of the Ningbo pizza world, now in a new location near Youhui Wanda.

- **Banana Leaf Thai Restaurant**
  - No. 21, 160 Cuibai Lu (0574-8707-2987)
  - 160 Cuibai Lu (0574-8707-2987)

### supermarkets

- **Carrefour**
  - 2. 3rd floor, Century Oriental Plaza, No.1083 Zhejiang Gongfu Lu (0574-8736-8021/7138)
  - 2. 3rd floor, Century Oriental Plaza, No.1083 Zhejiang Gongfu Lu (0574-8736-8021/7138)

### liquor & wine

**Old Rocker**

The best of the local rock bands perform here. The atmosphere is loud and energetic with dancing girls to go along with the food.

- **All you can eat Brazilian BBQ in a warm modern decor. 1041B, Zone C, Heyi Avenue**
  - No.19, 257 Nong, Jiangdong Nan Lu (0574-8757-1542)
  - 19-5 Xingning Lu, Jiangdong (0574-8752-7900)

### steakhous & bbq

**Eudora Station**

111-11 Naima Rd, Louwan Road, Ningbo (0574 87647137/7138)

**SuperSteak**

3F, Century Oriental Business Plaza, 1083 Zhejiang Gongfu Lu

**Picahna Brazilian BBQ**

All you can eat Brazilian BBQ in a warm modern decor. Large buffet included with the great meat and pitchers of beer. A great stop for the meat eaters.

- **Picahna Brazilian BBQ**
  - 2nd Floor of Ningbo World Hotel, 145 Zhejiang Gongfu Lu (0574-8764-7007)
  - 2nd Floor of Ningbo World Hotel, 145 Zhejiang Gongfu Lu (0574-8764-7007)

### teppanyaki

**Tairy Teppenya**

One of the more popular teppanaiyk spots in town. The price includes everything on the menu plus buns, sake, and plum wine. The host is also incredibly nice.

- **New Rocker**
  - No. 19, 257 Nong, Jiangdong Nan Lu (0574-8757-4606)
  - 19-5 Xingning Lu, Jiangdong (0574-8752-7900)

**Tairyo Teppenyaki**

A staple of the Ningbo teppanyaki scene.

- **Fuchang Grocery**
  - 1-192, Building No.3, Junlin Plaza, 857 Zhejiang Gongfu Lu, Jiangdong (0574-8752-7900)
  - 75-5 Xingning Lu, Jiangdong (0574-8752-7900)

### farmers’ market

**Fresh Vegetable and Meat markets**

The price includes everything on the menu plus beer, sake, and plum wine. The host is also incredibly nice.

- **The Sweetness Vegetarian Restaurant**
  - 175 Baizhang Lu (0574-8737-5289)
  - 175 Baizhang Lu (0574-8737-5289)

### the directory eat & drink

**Gu Lou Market**

67 Huating Lu, Jiashan

**ZhongBing Qiao Market**

160 Heyi Cha Lu, Jiangdong

**Zhong Gong Miao Market**

XiaoYa Da Da, Near Zhong Gong Miao, Yinzhou

**Medoc Cellar**

39-5 Xingning Lu, Jiangdong (0574-8752-7900)

**Laoshe Snack**

Shangdu Town, Zhejiang 1083

**Fuchang Grocery**

2. No. 259 Zhongxing Road, Jiangdong Road, Yinzhou (86 574 8813 2577)

**Jiangdong Lu Market**

708 Saja Lu, Jiangdong

**Gao Tang Market**

2. 1F Wan Da Plaza, Yinzhou (0574-8305-7101)

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2. 1F Wan Da Plaza, Yinzhou (0574-8305-7101)
continued from page 51

who'd become really good friends. And
some of my best best friends and actually,
oh my gosh, even my ex I are people I've
met through CouchSurfing!

October 8th saw the first CS meeting after
the summer break that started with burgers
and beer at Uncle Bruce's in Laowaitan
on the 8th of October and continued at
Bad Monkey Club with a smashing dance
party. This event had a very special, exciting
atmosphere as it was the first one after a
long break during which many of Ningbo's
good people have said their for good-
farewell, but new, great people have arrived
at the same time.

"Ningbo has a very interesting couchsurfing
community in comparison to some of the
places that I have been," says Benji. "For a
city as large as it is, there is quite a small and
I think tightly knit community here."

Emily, who has never attended many CS
meetups, but used it genuinely to host and
surf, couchsurfing in Ningbo feels a little
different. "My impression of Couchsurfing
in Ningbo is that it is more of a social thing.
And perhaps less about people, you know,
genuinely offering up their couch."

Being "more of a social thing", the Ningbo
couchsurfing group seems to offer
something that the actual website has lost
a little though.

"The site actually used to be a lot different",
says Emily. "There used to be groups that
were actually super developed, that had a
lot of information and resources, for like
food sharing and hitch-hiking and stuff like
that. And I used to use those groups a lot.
For ride sharing too. I often found rides and
found groups that I camped with at different
festivals all through CouchSurfing. But,
when CouchSurfing sold out (the company
transitioned into a private "a mission-
driven for-profit corporation" company
in May 2011) a lot of those groups were
dismantled."

Luckily, this is exactly what Ningbo's
CouchSurfing community does best: providing information, resources, company
and friendship, and sometimes, to a lesser
extent, even couches.

NINGBOGUIDE RECOMMENDS

**RIVER TOWN** by Peter Hessler

This is the first book of bestselling author Peter
Hessler's award-winning China trilogy, followed by
Oracle Bones and Country Driving.

In this book, Hessler wrote about his time working
in a remote town of Fuling in Sichuan Province as
a Peace Corps volunteer. He taught English at local
village, only to find out that his students had become
his teachers. They helped him understand the
complexity of a radically different society.

It was a winner of the Kiriyama Book Prize, and a

Amazon book review says, "Poignant, thoughtful,
funny, and enormously compelling, *River Town* is
an unforgettable portrait of a city that is seeking to
understand both what it was and what it someday will
be."

This book is available at amazon.cn and other major
Chinese online bookstores.
nightlife

bars

Candles
Next to KFC, 24 Yangshan Lu, Laowaitan, (13605745699)
地址: 江北区老外滩扬善路24号肯德基旁
Easy’s Bar
Easy’s Bar. Classic Cocktails, Pure Whisky, Cool Beers, Special Shots, Awesome Music. Until 5am at morning. BT Zhongna Lu, Lao Waitan (13605745699)

Easy’s Bar
Ningbo Bartender
Easy’s Bar. Classic Cocktails, Pure Whisky, Cool Beers, Special Shots, Awesome Music. Until 5am at morning. BT Zhongna Lu, Lao Waitan (13605745699)

Eidos Station
111-119 Waima Rd. Laowaitan, Ningbo (0574 87647137/7138)
亿多瑞站 宁波市老外滩外马路111-119号

Elsa’s Pub
Conversation with English-speaking ladies. 55 Leijiang Xiang, Caifeng Bei Lu (135-6742-6896/138-8442-9899)

LBB
Head under the bridge and down the alley to Ningbo’s original speakeasy. No.14-1, Da he xiang, Zhongshan dong lu, Jiangdong (13819839693)

BARS
EASY COZY.Lounge
Pastries, snacks, tea, coffee, juice, wine, whiskey, champagne, cigars, beer, cocktails... everything what you want, 11am to 5am. Ningbo famous chain lounge, 35 Shengyuan Xiang, Moon Lake Garden (13605745699)

clubs

Baidu
155 Feiyue Plaza, Caifeng Nan Lu (0574-8795-2999)

CLUB TNT
Moon Lake Garden (0574-87168999)

live music

BASS Bar
Live music, mostly covers, pub feel and, excellent rock band. 168 Zhongna Lu, Lao Waitan

Bund Bridge Bar
142 Zhongna Lu, Lao Waitan (0574-8720334 / 13008979997)

Eudora Station
111-119 Waima Rd. Laowaitan, Ningbo (0574 87647137/7138)
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Eldora Station
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Elda Station
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art & books

art & supplies

Xin Yin Xiang Art Supply Shop
A good selection of paints, pens, canvases, etc. Just Northwest of Gu Lou. No.31 flyuan Lane, Zhongshan Xi Lu, Haishu (0574-8736-6679)

J & M Tattoo
315 Jiangdong (N) Road, Jiangdong District (near Hefeng creative square) (0574 8724-1900)

The Money Guide Hall (Ancient Coin Museum)
Once a financial center in ancient Ningbo, now it is the only coin museum with exhibitions of relatively complete sets of coins. 10 Zhanchuan Jie, Heyi Lu (0574-8739-3526)

Tattoo studios

China Ink
No.399 Qianhu North Road, Yinzhou District, Ningbo (0574-8724-2728)

J & M Tattoo
315 Jiangdong (N) Road, Jiangdong District (near Hefeng creative square) (0574 8724-1900)

Ningbo Museum of Art
The main art museum, with regular exhibitions in both contemporary and more classical genres. Classes are also available. 122 Renmin Lu (0574-8764-3222-2504)

The Money Guide Hall (Ancient Coin Museum)
Once a financial center in ancient Ningbo, now it is the only coin museum with exhibitions of relatively complete sets of coins. 10 Zhanchuan Jie, Heyi Lu (0574-8724-1900)

Tianyi Library
This is the oldest private library in China. One of urban Ningbo’s oldest tourist spots with great history behind why it’s still here. 10 Tianyi Jie (0574-8739-3526)

Xikou Museum
The “Yutai Salt Shop”, otherwise known as the birthplace of Generalissimo Chiang Kai-Shek, has been converted to a museum about his life. 45 minutes outside Ningbo city. 33 Wuling Lu, Fenghu (0574-8885-6317)

Ningbo Book City
On the other side of the river from Laowaitan, they have the largest selection of English books. 221 Jiangdong Bei Lu

Ningbo Museum
A comprehensive museum with geographical features, showing the history of humanities and arts. www.nbmuseum.cn/en
amusement

Century Star Ice Skating Rink
A large and well maintained ice rink near Wanda Plaza Yinzhou. 4F Zone A, LinkSun Living Shopping Mall, Ningbo Lu, Yinzhou (0574-8729-5559)

Dong Gang Wei Chen Paintball
About two hours outside the city, in the Zhongshan Square, Distric Putuo Dong Gang Wei Chen (135-1508-9888)

Dongqian Lake Paintball Shooting Center
Live-action paintball on a course located about 25 minutes away from Ningbo city. Xiao Putuo, Dongqian Lake (0574-8849-0886, 158-0574-7984 Mi Wang)

Dongqian Lake Water Park
A large and fully equipped water park. Guojiyo Cun, Dongqian Lake (0574-2890-5555)

Fenghuaxia Water Park
A complete water park about an hour outside the city. Wang Lou Yan Cun, Shanzhuang Feng, 39 Fuzhou Lu, Dongguan (0574-8681-7722)

HarborLand
An amusement park in Beilin. Weilinmeng, for details please visit their website at www.harborland.com.cn. 728 Lihaoyuan Lu, Beilin District (0574-2685-2685)

Ningbo Ocean World
A complete water park about an hour outside the city. 936 Sangtian Lu, Jiangdong (0574-5615-5533)

Ningbo Rock Climbing
An indoor rock climbing wall and club that organizes outdoor excursions. 128 Zhohu Lu, Jiangdong (0574-8797-5672)

Fuquan Mountain Scenic Spot
Great hiking on the southern side of Dongqian Lake. Dongqian Lake, Yinzhou (0574-8837-4366)

He Mu Du Ruins
The He Mu Du people lived here thousands of years ago and this is the archaeological dig of one of their sites. Evidence points to this being one of the oldest places in the world for cultivated rice.

Ninghai Forest Hot Springs
A 30,000 square foot complex with two Olympic-sized swimming pools, outdoor pools, sauna, fitness, diving pool, yoga, fitball aerobics, dance lessons, rock climbing wall, and ping pong. 128 Zhezhi Lu, Ninghai (0574-5615-5066) / Phone: (0574-8797-9987)

Ningbo Swimming and Fitness Center
A complete water park about two hours outside the city, in the Zhongshan Square, Distric Putuo Two (0574-8786-8888)

Power House Gym
Address: F5 Xinyuan Hotel,No.188 Jiefang Nan Lu, Haishu (0574-8668-1555)

Swimming Center
4F, No.109, Mai Yu Road, HaiShu Dao Shun Archery Hall
No.109, Mai Yu Road, HaiShu (0574-8303-0606)

Li Kun Tennis Hall
The biggest tennis complex in Zhejiang province. There are 6 outdoor courts, 2 indoor courts, provides rackets, and tennis balls. 360 Zhezhi Lu (0574-8777-6669)

Squash Pavilion
17F Howard Johnson Plaza, 230 Liuting Jie, Haishu (0574-2786-6666)

Kunyu Na Thai Boxing Gym
Down and dirty and nitty gritty, people do come here to look good. They come here for serious training, it’s awesome.

Ningbo B.L. Fencing Sports Club
Organizing a fencing club in Ningbo, we would like to share the pleasure and self-fulfillment we achieve in this exhilarating sport. 303 Dongtang Lu, Haishu (13867802781)

Jia He Outdoor Shop
Outdoor clothing and some camping equipment, boots, etc. 2 Lane 71, Gongyu Lu, Gulou, Haishu (0574-8357-4457)

Ji Da Fishing Equipment
This is a rod & tackle shop where recreational fishermen can go to stock up. www.51bike.cn 760 Zhongshan Xi Lu

No.1 Camping Place Bicycle Club
www.51bike.cn. 360 Zhongshan Xi Lu (0574-8727-3711 / 135-6635-6530)

Xiuangxian Fishing Gear Shop
62 Xinhua Lu, Yinzhou (0574-8727-7271)

Golden Pearl Yoga
15F, Ha Li Si Building, Yinzhou 9:00-21:00, (0574-8303-3800)

Ningbo Tai Chi Club
46 Sanzhi Jie, HaiShu (0574-8730-6662)

Yoga & Tai Chi
Graceful vehicles. It’s available in the following schools: Haishu district (105044184)

户外

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Antiques Market - Curio Bazaar
An old traditional Chinese building with many small vendors, beware of fakes. 100 Zhongshan Xi Lu
宁波市苍南县古玩城 中山西路100号

Gu Lou
A market and pedestrian-only area, undergoing renovation but plans to keep the unique clock tower. Cafes, shops, and bars.
Fuqiao Street
鼓楼 府街

Erhao Qiao Market
A low price everything market, 200 Ninghou Lu (0574-8762-2222) 二号市场 宁波路200号

Keyroad Stationary
1. 22 Jingyao Jie, Haishu
海曙区江东南路22号
2. 66-68 Haishu Xiang, Tianyi Square, Haishu
海曙区天一广-66-68号
3. 106 Liantan Lu, Haishu
海曙区联滩路106号
4. 148 Biaozhuang Lu, Jiangdong
江东区碧藻庄路148号

Wanghu Market
An everything market with everything in it. 30 Changchun Lu (0574-8732-6324)

DEED Home
Gate 5-6, Wanda Plaza, 999 Sining Zhong Lu, Yinzhou. (0574-28881888)
鄞州区四明中路999号鄞州万达广场5-6门

HOLA
Nicer home furnishings, everything from dishes to sheets to lamps. Wanda Plaza, 999 Sining Zhong Lu (0574-8808-6868)

特力屋 四明中路999号万达广场2楼

Markor Furnishings
315 Ningshan Lu, Jiangdong (0574-8702-5699) 美克美家 江东区宁波路315号

Mi Casa
1F Intime Department, 238 Zhongshan Dong Lu, Haishu (0574-8709-3929) 威卡尔 海曙区中山东路238号

Sanhao Qiao Furniture Market
A low price everything market, 30 Changchun Lu

Wanda Home Market
Open-air building and very popular: chairs, beds, sofas, cabinets, tables, dinette sets, and office furniture.

Sanhao Qiao Furniture Market
Huge open-air building and very popular: chairs, beds, sofas, cabinets, tables, dinette sets, and office furniture.

三号桥家具市场 宁波路432号

SHE-BD
赛百家纺连锁超市
Honeware store selling furniture, bedding, kitchenware, and more.

1. Wanda Plaza, 999 Sining Zhong Lu 四明中路999号万达广场
2. 25 Jiuli Department Store, Daxian District 北仑区大榭镇长江路22号

YOBA HOME
A huge selection of complete sets of furnishings.

1. 1 Maidelelu Lu, Yinzhou (0574-89026387) 彭家镇萧东路1号
2. 25 Yanlan Plaza, Jiangdong (0574-87795797) 江东区江东花园1楼
3. 1F No.2 Department Store, Haishu (0574-87236000)海曙区第二百货商场5-7楼

interiors

art

Antiques Market - Curio Bazaar
An old traditional Chinese building with many small vendors, beware of fakes. 100 Zhongshan Xi Lu
宁波市苍南县古玩城 中山西路100号

Gu Lou
A market and pedestrian-only area, undergoing renovation but plans to keep the unique clock tower. Cafes, shops, and bars.
Fuqiao Street
鼓楼 府街

Erhao Qiao Market
A low price everything market, 200 Ninghou Lu (0574-8762-2222) 二号市场 宁波路200号

Keyroad Stationary
1. 22 Jingyao Jie, Haishu
海曙区江东南路22号
2. 66-68 Haishu Xiang, Tianyi Square, Haishu
海曙区天一广-66-68号
3. 106 Liantan Lu, Haishu
海曙区联滩路106号
4. 148 Biaozhuang Lu, Jiangdong
江东区碧藻庄路148号

Wanghu Market
An everything market with everything in it. 30 Changchun Lu (0574-8732-6324)

DEED Home
Gate 5-6, Wanda Plaza, 999 Sining Zhong Lu, Yinzhou. (0574-28881888)
鄞州区四明中路999号鄞州万达广场5-6门

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Nicer home furnishings, everything from dishes to sheets to lamps. Wanda Plaza, 999 Sining Zhong Lu (0574-8808-6868)

特力屋 四明中路999号万达广场2楼

Markor Furnishings
315 Ningshan Lu, Jiangdong (0574-8702-5699) 美克美家 江东区宁波路315号

Mi Casa
1F Intime Department, 238 Zhongshan Dong Lu, Haishu (0574-8709-3929) 威卡尔 海曙区中山东路238号

Sanhao Qiao Furniture Market
A low price everything market, 30 Changchun Lu

Wanda Home Market
Open-air building and very popular: chairs, beds, sofas, cabinets, tables, dinette sets, and office furniture.

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三号桥家具市场 宁波路432号

SHE-BD
赛百家纺连锁超市
Honeware store selling furniture, bedding, kitchenware, and more.

1. Wanda Plaza, 999 Sining Zhong Lu 四明中路999号万达广场
2. 25 Jiuli Department Store, Daxian District 北仑区大榭镇长江路22号

YOBA HOME
A huge selection of complete sets of furnishings.

1. 1 Maidelelu Lu, Yinzhou (0574-89026387) 彭家镇萧东路1号
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3. 1F No.2 Department Store, Haishu (0574-87236000)海曙区第二百货商场5-7楼

kitchen & bath

B&Q
Home & garden improvement, the ultimate for DIY. All sorts of building materials, bathroom fixtures, curtains, etc. Wanda, 999 Siming Zhong Lu (0574-8908-0899)

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Modern Mall
276 Xingping Lu, Jiangdong (0574-87867819)

Jiangdong District

Wanda Plaza (Jiangbei)
Second and largest IMAX, shops, food, etc. 4F Wanda Plaza, No.188 Jiaoye Jie Da Dao (0574-8808-6099)

Wanda Plaza (Yinzhou)
Fully indoor, complete with movie theatre, IMAX, dance clubs, and home furnishings. Wart-Mart, etc. 999 Sining Zhong Lu (0574-8808-8000)万达广场 四明中路999号

apparel

Cartier Boutique
Inside Heyi Avenue. 66 Heyi Lu 和义大道购物中心 和义路66号

Daniel Swarovski Boutique
Inside Heyi Avenue. 66 Heyi Lu 和义大道购物中心 和义路66号

Dunhill Boutique
Inside Heyi Avenue. 66 Heyi Lu 和义大道购物中心 和义路66号

Louis Vuitton Flagship Store
Inside Heyi Avenue. 66 Heyi Lu 和义大道购物中心 和义路66号

Nanyuan Shoes Department Store
182 Yaoyang Jie, Haishu. (0574-8707-2005) 世纪东方商业广场

ODM Boutique
Inside Heyi Avenue. 66 Heyi Lu 和义大道购物中心 和义路66号

Shan Dong Lu, Jiang Dong (0574-8781-9023)

Uniqlo

1F Wanda Plaza, Yinzhou 0574-8305-6016

Marks and Spencer
No.152 Yaohang Jie, Gugo Shopping Mall, Haishu (0574-6687-0133)

Markor Furnishings
315 Ningshan Lu, Jiangdong (0574-8702-5699) 美克美家 江东区宁波路315号

Mi Casa
1F Intime Department, 238 Zhongshan Dong Lu, Haishu (0574-8709-3929) 威卡尔 海曙区中山东路238号

Sanzhongchang Jiaoshijia Life Shop

1-2层

Zara
88 Zhongshan Dong Lu, Tianyi Square, Haishu (0574-8764-4201) 海曙区中山东路88号大一广场内

Ziyue Tailor

江东区演武街22号(琴桥以东,丽江新都小区正大门的对面)

Ziyue Tailor

江东区演武街40号

Best Royal Tailor

江东区世纪东方广场中山东路1083号

Cheng Huang Miao (Buddha Market)
One of the highlights of Ningbo. Sample local food in a busy, authentic setting. Great for clothes, next to Tian Yi Square. Kaiming Jie

Wanghao Market
An everything market with everything in it. 30 Changchun Lu (0574-8722-8324)

Yipi Wanli Fabric Market
After entering Linyi Qiao market, walk through the shops until you come to the stairs. Tons of raw fabric and tailors. They can make everything. 41 Yangzhou Jie (0574-6687-0153) 炎桥日用品市场 虎山路41号

Ziyue Tailor

江东区演武街40号

Yipi Wanli Fabric Market
After entering Linyi Qiao market, walk through the shops until you come to the stairs. Tons of raw fabric and tailors. They can make everything. 41 Yangzhou Jie (0574-6687-0153) 炎桥日用品市场 虎山路41号
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Website: www.dezshira.com

**Accounting & Auditing**

Dezhou Certified Public Accountants Co., Ltd.
Room 7-38 Zong Xing Building, 181 Zong Xing Dong Lu, Haishu District, Ningbo (8776-3446)
Room 108, Zong Xing Building, Zong Xing Xi Lu, Haishu District, Ningbo (8776-3308)

Ningbo Sanan Certified Public Accountants Co., Ltd.
Room 11A2 Donghai Shuguang Building, 455 Ningbo Better Advertising Co., Ltd.
Room 1123, No.111 Qinxin Road, Jiangdong District, Ningbo, 315000

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Crowne Plaza City Center
129 Yaohang Jie (0574-5619-9999)
宁波凯宾斯基大酒店，日新街129号

Intercontinental Ningbo
Area 77, Xintu Lu, National Hi-Tech Industrial Development Zone, Ningbo
Tel: 0574-8796-6666

Langham Place, Ningbo Culture Plaza
Add: 1019 Zhongshan East 1st Road, Ningbo
Tel: 0574-8708-9999

Howard Johnson Plaza Ningbo
229 Liuting Jie (0574-2786-6666)

Pan Pacific Hotel & Serviced Suites Ningbo
Address: 9 Minan East Road, Jiangdong District
Phone: +86 574 8111 8888

Ningbo Marriott Hotel
188 Tong Lu (0574-8710-8888)

Ningbo Nanyuan Hotel
2 Lingshao Lu (0574-8717-6667)

Shangri-La Hotel, Ningbo
88 Yuyuan Jie (0574-8709-8888)

Sheraton Ningbo Hotel
50 Caihong Bei Lu (0574-768-6688)

Softel Wanda Ningbo
899 Kewei Zhong Lu (0574-2889-8888)

The Westin Ningbo
75 Xinbo Jie (0574-8910-8888)

Deluxe Hotel

Bellevue Lebannner Hotel
789 Mingzhou Lu, Beilin Xinxi (0574-8688-5888)

New Century Grand Hotel Ningbo
66 Shouyan Zhong Lu, Yinhou District (0574-8307-8888)

Ningbo Mandarin Prosperous Hotel
Zhongshan Xi Lu, 2 Wenchang Jie (0574-8726-8668)

Ningbo New Century Hotel
812 Baizhang Dong Lu (0574-8706-8888)

Smile & Natural Hotel Ningbo
99 Jianguo Du Dao, Jiangbei District (0574-8822-8222)

Luxury Hotel

The Regent Ningbo
800 Xinda Lu, Beilin District (0574-8683-5399)

Ningbo Paradise Hotel
129 Yaohang Jie (0574-8742-8888)

Budget Hotel

Best Western Kylie Hotel Ningbo
176 Xianxue Jie (0574-8729-8888)

Ningbo Hotel
211 Mianyan Jie (0574-8709-8888)

Lee’s Youth Hostel
77 Gonggang Lu (0574-8722-7018)

Airport

Ningbo Lishe Airport
Ningbo Lishe Airport (0574-8730-8888)

Train Stations

Ningbo South Train Station

Yongding Lu (0574-8709-7888)

Ningbo Hotel
121 Xianxue Jie (0574-8729-8898)

The Westin Ningbo
75 Xinbo Jie (0574-8910-8888)

South Bus Station

The South Bus Station is Ningbo’s largest, busiest bus station. The airport shuttle stops here. Frequent buses to Shanghai and Hangzhou. The last bus leaves at 8pm. $1.50/person. Not recommended unless you are traveling alone.

Taxis

Around ¥50 to most hotels downtown. The airport is about 20 minutes by car. From downtown, about 20 minutes by car. From the airport, you can identify the driver and call him if you forget something in the taxi.

Bus Stations

The East Bus Station

The West Bus Station

The North Bus Station

Train Stations

Ningbo South Train Station

Travel Services

Country Holidays Travel Pte Ltd
Silver Block, 5th Floor, Unit 5A, Jiu An Plaza, 258 Tong Ren Road, Shanghai (021-3222-8616)

Elite Tours

Ningbo China International Travel Service Co., Ltd.
Room 10, Huaxiong International Center, 719 Zhongshan Road, Ningbo (0574-8708-9988)

Ningbo CYTS Tours Travel Service Co., Ltd.
201 Luing Jie, Haishu (0574-8730-9988)

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Sunflower Car Rental Co. Ningbo, Lulu Lane 261

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Park 128, Huaxi Road, Yinzhou (0574-5616-2111)

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go out of style.

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Thanksgiving Turkey
咯咯嗒·感恩节

The main course is, of course, a thanksgiving turkey, whose inside is usually filled with spices and food. It is then baked, sliced, marinated and salted - it is very delicious. Chefs at River Café choose the satisfactory turkeys and prepare them carefully, sticking to a traditional American way and taste. You never have to go far to enjoy a Thanksgiving meal!

From November 11 to 26, you can also enjoy a unique turkey preparation performance done by staff in the characteristic uniform in the River Café of Ningbo Marriott Hotel. Guests who order turkey right on the spot will be given a special discount.

火鸡是感恩节的传统主菜，通常在火鸡肚子里塞上各种调料和食品，整只烘烤完成，切成薄片，浇上卤汁，洒上盐，味道十分鲜美。宁波万豪酒店咖啡厅大厨选择肉质肥美之上好火鸡，精心备制各种上乘佐料，秉承正宗火鸡烘烤工艺，让您足不出户即可尽享这道独特美味。

11月11日至26日，您将欣赏到穿着特色制服的酒店员工现场激情演绎活力四射的“火鸡秀”，当场下单预订火鸡的客人将享惊喜特惠价！

Date/日期: 2015.11.11 - 11.26
Venue/地点: River Café, 1st Floor/一层，万豪咖啡厅
Price/价格: RMB 268 net/净价/person位
Tel/电话: (86 574) 8908 3277