

CHANGSHA

WHAT'S NEW IN...



WNIC?
Hualu Culture
华旅文化

Changsha's FREE English language magazine for foreigners and Chinese alike!

July / August
2015

长沙有什么“星”见闻?

面向英文学习爱好者的长沙的免费英语城市期



Crazy about **KIRSTY**

also inside...



**Yangtze finless
porpoise** *and what YOU can do to help!*



**DUSTY in
North Korea** *and*

Getting your
skates on in
Changsha



Restaurant reviews: Sophia, Bach's
Bakery, Bistro Berlin, Flower Time

A Life of Spite (Part 1)

CHANGSHAHUA: **LESSON 2**



Summary of all Changsha Card discounts

Refer to the website for full conditions and location/contact details for each business:

wnichangsha.com/card

4inches

20% OFF all sandwiches

Aperitif

Buy 2 Get 1 Free! Buy any 2 spanish tapas or 2 cocktails or 2 beers or 2 pizzas / 2 desserts / 2 smoothies / 2 pasta dishes / 2 cups of wine / 2 rice dishes (paella) and choose another flavour (or repeat the same) for free.

Beer Station

1 free draught beer on Mondays and Thursdays if you buy 3 draught beers at the same time

Blue Valley Jazz Club

10% OFF on all alcoholic drinks (anytime)
20% OFF beer at any time
50% OFF cocktails for women on Wednesdays

Brooklyn Fellas

15%OFF the bill (excluding drinks) every day
Get two FREE bottles of Coke on Mondays (In-store purchase) if you spend over 100yuan.

Cafe Amore

Sunday-Friday get 15%OFF all food and drink
Buy 1 get 1 free on all food and drink every Saturday

Caffe Bene (Yali/Houjiatang)

50% OFF all coffee/drinks on Thursdays
15% OFF all coffee/drinks (any day except Thursday)

Caffe Bene (ID Mall & New Wanda Mall)

15% OFF all food purchases

Cimi Restaurant

12%OFF all food dishes (15%OFF all drinks), everyday

Crave Deli & Bar

20% OFF any coffee, tea or hot chocolate drink.
20% OFF the "WNIC beer of the month" (see Crave's sign).

Deli Burger

10% OFF any time

Hawa Bar & Cafe

20%OFF everything (except hot drinks)

Helen's Bar (all)

1 FREE Tsingdao when you show the Card at any branch
1 Free 'beer tower' when 6 or more Cards are presented at any branch
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HN Fitness

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ID Mall Cinema

40 %OFF tickets to all screenings (Wednesdays only)

La Vie En Rose

10% OFF everything (excludes items for general sale)

Leeds Pizza

10%OFF everything (excludes deliveries)

Let's Bar & Diner

15%OFF the bill every day (excludes drinks)

M Beauty

40%OFF all manicure, hair salon, skin care and other regular treatment

Maancat Coffee,

Tea & Coffee
20%OFF all purchases

Mayo Dental Hospital

15%OFF the bill (excludes medicine and oral care products)

Mega Cafe & Sports Bar

10%OFF all drinks Monday-Wednesday (excludes promotions)

Mix Club

1 free shot with any drinks purchase

Mr & Mrs Aysh

15% OFF all purchases (excluding 'meal deals')

Nicole Nails

10% OFF, anytime

North American Lifestyle

12% OFF all clothing purchases (15%OFF if over 1000RMB)
5%OFF health supplements

Obelisco Argentina Steakhouse

20% OFF the bill (excludes service charge)

Orange Island: Juzhou Island Sports & Leisure Culture Park

60Yuan OFF hotel rooms
15% OFF foot massage/

majiang

30% OFF outdoor swimming pool/ camping/basketball/ rock climbing/ sauna+hot springs

Paulaner Bräuhaus

10% OFF all draught beer and food, anytime

Princess Club, Xingsha

1 medium fruit salad bowl + 2 snacks with orders over 300RMB (includes table orders as a group)

Sky27

10% OFF the bill (advance booking necessary)

Snail Yard Lounge

10%OFF all purchases

Sophia Restaurant

20%OFF the bill (including drinks) every day (including deserts and takeaways)
25%OFF the bill (including drinks) every Monday

Subway Restaurant

Get 1 free drink or cookie with every 6-inch sandwich
Get FREE SUBWAY DELIVERY (spend over 100RMB)

Timesharer Coffee

12% OFF everything

UKnow Bar

10%OFF all drinks, anytime

Viva Villa restaurant

20%OFF if you spend over 100RMB on food (Sunday-Wednesday)
A bottle of TSINGTAO for FREE every Sunday night

A free Margarita for ladies every Friday night

Still don't have a Changsha Card?

You can buy your 50Yuan card from the following places: Crave Deli & Bar (nr Yuelu Mountain), Mega Cafe & Sports Bar (nr DongTang), North American Lifestyle (nr Lieshi Park), Beer Station (nr Walking Street South Gate) and at Bar Zero (Xingsha). All Cards expire on 2016.03.15 when a new, annual discount card will be released.

Conditions apply. Always check website before use.

想了解更多，扫描此二维码！



Featured discounts



ID Mall Cinema (on Wednesdays). Any movie, anytime!



Blue Valley Jazz Club (for ladies, every Wednesday) Caffe Bene (every Thursday) all drinks



Orange Island Spa Resort, everyday





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WNIC is Changsha's largest foreigner information service. We welcome new contributors, advertisers and partners.

Welcome to only the 2nd edition of "What's New in Changsha?"

The support from the local expat community, local businesses and help from our trusted and dear Chinese friends has been overwhelming. This magazine has taken off in a more spectacular fashion than we'd expected. So, first off, a big THANKS to everyone. Also, a huge thanks to Hualu Culture for making it happen.

The variety of articles, and the different backgrounds and nationalities of the writing/photographic team, is inspiring and proof that Changsha is a city that doesn't sleep. In fact, it's a stretch to keep up with "What's New" in Changsha! We have also now signed an agreement with Starbucks which enables us to put this magazine in every Starbucks in Hunan province. Progress!

WNIC is also growing rapidly, so hold on to your drinks guys! Please follow WNIC on wechat by scanning our QR Code and checking our comprehensive city website, updated daily, www.wnichangsha.com



Damion (Editor & CEO of WNIC)

欢迎阅读第二期“长沙有什么“星”见闻？”城市期刊！

目前为止，杂志已受到来自长沙当地的各大外籍团体、各类企业和我们信赖的亲爱的中国朋友的极大支持。本杂志的启动完全比我们最初设想的更加轻奢华丽。所以，首先要感谢所有朋友的支持。尤其是要感谢湖南华旅文化使本杂志变为可能。

本期刊以多变的文章种类风格及撰稿人/摄影师的不同国籍和文化背景为其提供了多元化的文化趣味性，让中外友人感到了生机勃勃的长沙。加上，关注长沙的“星”见闻的读者们会注意到今后在湖南各个“星巴克”门店也能随时取阅。将有更多的读者与我们共享资讯！

WNIC同样也在飞速发展，哥们，别急，咱们一起来看看！现在只需通过扫描WNIC的微信二维码即可查阅每日更新的文化娱乐资讯。www.wnichangsha.com

Damion (WNIC CEO & 主编)

本杂志致力于帮助长沙早日进入国际化轨道，传播有益于社会和谐发展的资讯，鼓励本地人民与外国友人更好的相处，增进了解加深友谊共同创建文明和谐的社会。与此同时，本杂志也是一本帮助英文学习者锻炼英语阅读技能的优秀读物！因为大部分文章源于英语为母语国家的外籍作者，当然我们同样欢迎来自中国的撰稿人！WNIC主要以英文为外籍读者发布文化娱乐消息的自媒体(所以英语是我们主体语言)。感谢支持！

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想了解更多，扫描此二维码！

What's On in Changsha... 想了解更多，扫描此二维

长沙正在发生什么。。

A look ahead at some of the major events due in Changsha. Know of a big event? Let us know! wnic@qq.com
看看最近长沙会发生什么趣事。晓得什么好玩事儿吗？分享给我们！ wnic@qq.com



Swan Lake & Sleeping Beauty On Ice

08.15-23
Hunan Grand Theatre

Deer (Mexico)
46Livehouse
07.29



Great British Brands Market

Wanda Plaza
07.24-08.02



Orange Island Summer Festival

Orange Island (North)
07.04-08.03 (4-10pm daily)



Orange Island Music Festival

Orange Island (North)
September (details TBA)



Crave Deli & Bar Anniversary

off Xinmin Lu
Early September (details TBA)

Buying alcohol? Try **REFILL!** Perfect for parties and special occasions. All genuine, low cost imported drinks available (by appointment in summer). Call Phil on 15388034382!

According to the Changsha city Tourism Bureau and Liuyang Fireworks administration, the schedule for the year's fireworks season has been announced. The schedule includes a show on 4th July.

Changsha's fireworks season

May 2, May 9, May 16, May 23, May 30, June 6, June 13, June 20, June 27, July 4, July 11, July 18, July 25, August 1, August 8, August 15, August 22, August 29, September 5, September 12, September 19, September 26, October 3 and October 10, October 17, October 24, October 31 (all dates subject to changes and confirmation)



2015烟花表演计划



You get 15% off every night at the Orange Island beer and music garden! Located on the North Side (in front of the main temple in the shopping complex) this outdoor light and sound spectacle is a great way to spend the warm evenings with a light breeze and affordable drinks! In fact, get 15% off any drink or purchase with the WNIC Changsha Card!

Live music and weekend DJ party nights fill the island air in this relaxing, calm oasis of night time fun and socialising. Make a change, why not? Head to the island by subway or book a minibus off the island. For all information, confirmation of night transport and table bookings, call 18670717979!

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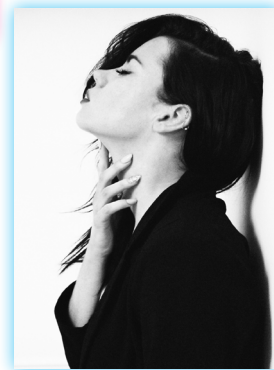
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A Life of Spite

The Foreign Experience in Rural China

By Vermilion von Kangur

July 2015.

一个外国人在中国乡村的经历



Hello all.

Ignore the name at the top of this page, it's wrong, but don't ask questions. Call me Spite. I am new to China.

Before I begin with the common China-newbie tales of how the ladies restrooms give me nightmares (squat toilets . . .), how the sheer heat and humidity blesses me with a near constant migraine, and how drinking a minimum of eight litres of water a day does not leave me semi-dehydrated, but quite the contrary, let me enlighten you to one of the first (because there will be many) obstacles I have to overcome. I am in currently staying at the Green Tea Inn (格林豪泰) on Hu'nan Road(大湖南路8号), opposite Baishi Park (白石公园), in the city of Xiangtan within the Hunan province of South China. Hunan has a sub-tropical climate. It is now summer. And I am a raver who takes to wearing layers of offensive UV and neon colours and heavy boots. Is my choice of clothing suitable? Go figure.

How did I come to China? It started off like this...



“在巴士上的5小时相比飞机上的12小时简直堪为奢华”

I, along with my faithful-yet-borderline-insane companion Hilary, boarded the cheap and not-so-cheerful Megabus from Manchester to London, squeezing ourselves in among students, tourists, and people who clearly love a bargain, no matter what the true cost of that bargain may be. Anyone who's aware of Megabus should instantly know what I mean. Five hours sat down staring at the seat in front of me with a (and this is so stereotypical, it pains me to write it) screaming child behind.

I spent a good three hours praying for all this to end, and another two hours receiving a not-so-great 'massage' from said child kicking the back of my chair endlessly. You'd think she'd get tired after ten minutes, but nooooooooo.

Arriving at Heathrow airport, where there were more people, people, people everywhere, I found to my horror that not only was my suitcase 2KG over the limit and the charge to be £40 per excess kilo, but the only way to lighten my luggage would be to throw 1KG of sneakily packed chocolate away. Only after I attempted to eat as much as possible with waiting to check in. I did manage quite a bit, although my stomach hated me for it later. I mean, if I got myself banned from my local library for refusing to pay £2 in fines, then the airline were going to have one hell of a battle getting £80 out of me. I'm from north England. We're a cheap lot.

Having redistributed my luggage into my shoulder bag causing yet more pain for my right shoulder I made my way to the waiting bay were, hopefully, it was uphill from here.

Once again, I was proven wrong.

Five hours sat on a bus is luxury compared to twelve hours sat on a plane. I could just feel the DVT pulsing away in my legs. All attempts to sleep were, and would continue to be, fruitless. Instead I spent my time watching three year old inflight movies and vowing to myself that I'd never sit down again. Yeah, that won't last long. I'm lazy. We got a brief break when we arrived in Hong Kong. A break from sitting down that is. 1700 hours Hong Kong time and I arrived to find that none of my currencies – British Pounds, Euros, and Chinese Yuan – were acceptable in Hong Kong. Only HK dollars and US dollars. So I went hungry and my mouth remained drier than Stephanie Meyer's writing abilities. How I wished for that 1KG of chocolate to come back to me.

If you aren't already aware, let me enlighten you to a life-changing nugget of information which I very quickly discovered. Airport benches do not make comfortable beds, and even when I am close to collapsing from fatigue, my body will not allow me to sleep in an airport. I honestly have no idea how I survived twelve hours waiting for a connection flight in an airport. Hungry, thirsty, tired, and feeling a little less sane with every hour that goes by. There were only so many times I could walk around an airport before I had to ask myself 'haven't I passed that coffee shop already?' Singing Bohemian Rhapsody, pushing a luggage trolley around in circles, and dreaming of bread, does not a sane person make.

“Five hours sat on a bus is luxury compared to twelve hours sat on a plane”

Finally, at 0700 we were able to board our connecting flight to Changsha, China. But it still didn't get any better.

Here's something. If there was ever any doubt that 36 people plus their luggage couldn't fit into a minibus made for 20, then I can prove that wrong. Our little driver was so determined to get us Xiangtan-bound travellers all packed in. That's Chinese determination for you. They never give up. An admirable trait. It wasn't so much of a minibus, but rather my aptly named Human Sweat Box (patent pending). But I managed to sit through it, and so I arrived in Xiangtan. Where it is currently 35 degrees. Do I have anything that isn't fluffy, plastic, or heavy in my suitcase? Er . . .

“I spent the evening with my head in a toilet bowl crying to the Gods”

For several days now I have been sweating double what I've been drinking and experiencing the pleasure of a non-stop migraine caused by humidity, dehydration, and lack of sleep. It reached its peak yesterday when I spent the evening with my head in a (Western) toilet bowl crying to the Gods that I have done nothing to deserve this. Both the Gods and I knew that was a lie.

Now, adjusting to any big move can take time. Even more so, when one moves out of their continent to another on the other side of the world. Needless to say, despite my brief dance with planes, suitcases, Human Sweat Boxes, and anything else connected to travelling, I am amazed at myself for how easily I'm settling in to Chinese society. I am not a person who adapts easily, so this is quite an achievement for me.

A little bit about Xiangtan. It's is a decent enough city, from what I've seen so far, an hour or so away from the Hunan provincial capital city, Changsha. As such, it's not as modern or international as



Changsha, but it's got its charms. It's certainly not what I imagined. Baishi Park (白石公园), opposite our hotel, has quickly become our go-to place, it's a wicked park with an even wickeder bar run by a friendly guy. There's another park I discovered, Yuhu Park (雨湖公园) which pretty much blows Baishi Park out of the window in terms of scenery. Don't believe me? Check it out yourself. But Baishi Park has a bar, so my loyalty is sold. The city itself is all tall buildings, lots of fancy new shopping malls – the Ocean Department Store (大洋百货) on Jianshe Road (建设北路8号) is a prime example, and I'm proud to say I did get lost in there - and a pretty decent nightlife consisting of bars and clubs with music that's perfect for me. And there are plenty of Starbucks and McDonalds around, for when I'm not feeling too adventurous to dive into Chinese cuisine. So it's all very exciting. Yet, as a China-newb, one of the major barriers I'm facing is language. There are so many different dialects and different pronunciations that the slightest error could mean I end up saying



something along the lines of 'could I have a bag of facial hair to go with that, please?' Still, I'm never one to shy away from a challenge, so let's crack open my Mandarin-for-Idiots book, and get studying.

I'm also adjusting to the little nugget that, just because a sign says 'no smoking' or a traffic light is on red, that doesn't mean people are going to pay attention to it. Allow me to explain.

There is a general attitude of 'ain't nobody got time for that' over here, but you guys probably already know that. You want to smoke on the bus or anywhere else where smoking is 'strictly' prohibited? You go ahead and light up! Oh, to hear the smokers of England unite at that little nugget of cultural information. Think driving on the road is too mainstream? Drive on the sidewalk instead. I kid you not, that actually happened. There I was, little old me, walking on the sidewalk minding my own business and there was a car driving behind me. On the sidewalk.

And let me tell you, if I say the car drivers are bad, the bus drivers are worse. They have no knowledge of speed limits, red lights, or – by the sound of them as they pass by – gear changes. There seems to be a general rule of 'my motor is bigger than yours so I have right of way.' Besides, anyone who knows me knows that Spite and buses do not mix. If I'm not getting into arguments in bus queues, causing riots on coaches albeit totally incidentally (true story), or freaking out because someone has sat in the seat I mentally claimed while in the queue, then I'm generally clinging on for dear life while praying it doesn't have a bomb on it. Also true story.

Here's another true story for you. I have certain problems with my teeth. It's a long story and I'm not going into it (well, since you asked . . .) but recently I've been

plagued with the most excruciating pain one could possibly imagine in my jaw. Rather than doing what most people do and just taking painkillers then ignoring and forgetting all about it, I decided to visit the dentist. Now that was a bloody challenge. I know what the problem is, I've chipped a tooth, but the dentist insisted on taking x-rays (who am I to argue with a dentist?) and told me he'd need to perform three operations to take out the nerve, fill it in, and cover the tooth. No. Freaking. Way. Remember when I said I'm not the type to take painkillers and ignore a problem? I may have had a slight change of heart.



So, I refused the operation and instead ended up being invited out for pork dumplings by a woman I'd met that day – my life doesn't move in a straight-forward way - and ended up in a traditional Chinese tea house two shops down from our hotel on Hu'nan Road being served red tea in the most amazing way before leaving with my own gift of red tea and feeling determined to go back and buy my very own authentic Chinese tea set.

To sum it all up, my name is Spite. I have no idea what I'm doing in China, but I've been here for two weeks now. And in that time I've ridden buses across Xiangtan, fallen asleep on said buses and woken up at the opposite end of the city, made my first few Chinese friends, learnt basic Mandarin, and lost my entire body weight in humidity-induced sweat. I am, quite clearly, a China-newbie, and I invite you all to participate in my adventures me*.

By Andrew Esdaile

Sophia's... a hidden gem

苏菲西餐厅...一个绝妙又令人着迷的苏菲



Whilst walking round Changsha, you will notice an abundance of "Western Restaurants" scattered around the city, all claiming to offer "Western

Food" that tastes like the real thing only to discover that the medium rare steak you ordered is either ridiculously overpriced or has a taste that pales in comparison to back home (or both in some cases).

Thankfully though, not all Western restaurants in the city follow this trend. Sofia's is a restaurant that fits into this category. Despite its hidden location, Sofia's is proving to be an increasingly popular location to wine and dine due to its quiet atmosphere and quality of food and service. Opened in 2010, Sofia's is the culmination of a dream that owner, Vivian and her late husband, Franz Nowotni (one of the finest chef's in Austria) had when they first met back in 1996. Together, it was their dream to open a coffee shop together. When Vivian's husband passed away 10 years ago, she chose to keep his name alive by continuing the dream and on Christmas Eve 2010, her dream became a reality when Sofia's (the name of her daughter) was opened for the first time.

When I was asked to review Sofia's, I was recommended to try their desserts as they are "the best in the city" and after tasting them for afternoon tea (priced at 68RMB including tea or coffee) I agree whole heartedly with this statement. Ingredients are all imported from the major cities to insure only that they are of the finest quality. The chefs are all



highly experienced and have been influenced by French cuisine.

Whilst I was dining, I had the opportunity to speak with one of their lead chefs, Jeff. He told me that he considers creating desserts like art work. Like any artist, he takes great pride with the final appearance and only settles for perfection. With chefs like Jeff, quality is a guarantee when dining here. I asked Vivian what she hopes for the future. Her plan is to open smaller coffee shops around the city with a restaurant acting as a base of operations. She is desperate for more foreigners to come and taste her chef's creations and as a customer; I will join her in asking for more foreigners to visit. It is an opportunity not to be missed.



WNIC?

Sophia Restaurant: C-104, Hong-Ming Commercial Street, YuHua District, Changsha.

长沙苏菲西餐厅: 湖南省长沙市雨花区鸿铭中心商业街C座104号
Tel: 0731-85174108

Sophia's is a Changsha Card member: GET 20%OFF (25%OFF on Mondays)!




Crazy About Kirsty

Exclusive Interview

Born in Germany and living in several countries before finally moving to England at the age of 7, meant that Kirsty has had the travel bug since a very young age. During her time studying psychology and languages at the University of Northumbria in Newcastle, she travelled to many different countries to explore the world we live in. But it wasn't until after graduating that she made the decision to pack up and move to China to teach English.

被Kirsty
所傾倒

**Teacher. Student.
Model. Explorer.**



China has always fascinated me; its culture, the and the language. I initially only wanted to live in China for one year, but I met so many amazing people in **Changsha**, both foreign and local, and fell in love with China so much, that I made the decision to stay for two more years to study Mandarin at Hunan University as well as continue teaching English.”

“我在长沙遇见了很多很不错的朋友”

So what is it that makes her want to stay in Changsha so much? “Back in England, I live in Yorkshire, which is mainly countryside. It’s peaceful and relaxing but there’s not always a lot of things to see and do. Here in the city of Changsha I find that there is a perfect balance between, what I perceive to be, both modern and traditional China. The food is delicious and with Changsha being so close to scenic places in Hunan like Orange Island, FengHuang or ZhangJiaJie for example, as well as regular social events, means that there is never a dull day! The party atmosphere created by both the locals and the ever expanding yet tight knit expat community, means the nightlife is perfect for dancing or relaxing.”



Photoshoot for a Changsha Mexican restaurant



Kirsty with HeLong Stadium reflected in her sunglasses



Kirsty began acting classes at the age of 15, eventually expanding to dance classes and was eventually signed by two modelling agencies in England; “I’ve been lucky enough to work with some amazing companies and well known brands in the United Kingdom. For me, modelling is fun and a way to meet new people and travel. I love developing concepts and seeing the final result in print. Here in Changsha, I’ve taken part in the opening of apartment complexes, the Victoria Secret store, catwalked for clothing companies and modelled for the Mexican restaurant MOCO to name just a few jobs and I hope that I can continue to take part in as many opportunities as I can.”



Follow or contact Kirsty <http://weibo.com/u/5621921189>

Dusty's teaching job in North Korea

By Shea Brewer

Originally an IT technician from Port Elizabeth, South Africa, DUSTY who had been crying out for a career change, eventually decided to try his hand at teaching English in China. 3 years down the line, our resident teacher/Electric Underground DJ tells me it's a decision that he has never regretted. The adventurous soul that he is, I caught up with him to talk about his interest in Asia, which helped stoke his desire to come to China, but also, to sign up for a volunteer teaching trip to North Korea!

WNIC: Hey Dusty! You've been in China about 3 years now, what made you first decide to come here?

When i was back in my hometown of Port Elizabeth, i had gradually become bored with my job as an IT technician. Desiring to do more of myself i decided to move to English Town, where i taught online English classes to groups of students. Eventually i said to myself, "I'd like to be a classroom teacher, dealing face to face with my students". At this point, China came to mind and when i was back in South Africa i had worked in some clubs and had also been a DJ for various house parties. It had only been a hobby until i arrived in Changsha and eventually got to work on the EU project.

WNIC: So it seems like you're very happy in Changsha. Onto your trip to North Korea. how did you first hear about this opportunity?

To be honest it was first posted by Damion in a wechat group and i thought i'd apply just for the hell of it. I've always had an interest in travelling there; in the past i could never find willing companions; so, i thought this might be the chance. I never thought it would get this far.

WNIC: I see, well i think a few of us will be wondering the same thing. Why North Korea?

Well you know, people have a lot to say about the place and for the most part, what they say is based entirely on what they've heard other people say. Very simply put, i wanted a first hand experience, a chance to see things with my own eyes.

WNIC: When you realised you'd been accepted for the placement, how did you feel?

I felt very anxious in the beginning. When i first called my parents to tell them i was going to North Korea, they simply replied "No you're not".



达斯狄曾是一名在长沙的英文教师，不久之前前往朝鲜进行了为期两周的英语教学生活。

In addition, people's reactions to me going weren't very positive, they all kept saying "Good bye" as if i wouldn't return. When i first landed at the airport, then it hit me. I'm in North Korea.

WNIC: What was your first impression, then, of the country?

Once I'd gotten into the car and was on my way, my emotions had settled. The personal tour guides were very friendly and informative; in fact they were the friendliest people i'd ever met. Whilst driving through Pyongyang, it appeared to me to be old fashioned, yet with a hint of the modern. There were no neon lights or even any advertisements of any kind to be seen. The men were dressed very formally, ladies in very fancy attire with high heels. It's hard to express fully, but it felt like being in the 70's.

WNIC: Wow, it must have been an amazing feeling. What kind of customs or cultural differences did you notice whilst you were there?

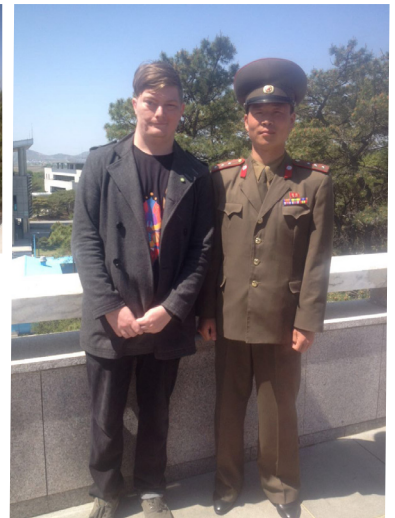
The North and the South seem pretty similar food and language-wise. Kimchee is a staple, as is Korean BBQ. I noticed that the people prized themselves on their cleanliness. They wouldn't throw rubbish or spit on the floor and they were very strict about queuing. Another custom i noticed is that one must be very respectful when taking photos of the portraits of the party leaders. No peace signs and cheesy grins. Something that also surprised me is that they use a different calendar known as the Juche. This was introduced in 1997 and is based on Kim Il Sun's birthday. Whilst months and weeks are still in the Gregorian style, the year is vastly different. Right now they are in Juche year 104.

WNIC: So what was the main purpose of your trip?

I was a volunteer teacher at the Korean International Tourism College (KITC). My students were all wannabe tour guides so I was there to give cultural, English classes. They were all extremely respectful and very attentive. They'd all stand up on my arrival and even call me Professor D, which kinda made me uneasy. In the end, while i had prepared many classes on grammar, we'd end up just talking about culture or slang. They're English was very good.

WNIC: So when you weren't working what were you doing? Did you get the chance to go sight-seeing?

I only had two 1 hour classes a day, one in the morning and one in the afternoon. In between this time I occasionally had to stay in the hotel and wait. For the most part however they had planned various activities and trips for me. I went to a shooting range, visited a war museum where they displayed all kinds of war memorabilia taken from America during the war. I even visited Kaesong city and the DMZ, which are a 4 hour drive from Pyongyang.



WNIC: So the trip was pretty strictly controlled?

Not so much actually, I had a personal tour guide. I mean true, while i couldn't go anywhere on my own, I could personalise my tour as much as I wanted. She was happy to let me go where I wanted, as long as she came with me.

WNIC: What were the people like? What was their attitude towards you?

A big thing I noticed is that they don't stare at foreigners as frequently as here in Changsha. Everyone was friendly, they'd openly wave at me if I looked their way. I even spoke to a Korean family after we'd finished at the shooting range. We spoke with each other (through the tour guide as translator) and I received a very nice vibe from them. Didn't have a big chance to mingle with the local people but there was no hostility towards me at all.

WNIC: Overall, how was your stay in North Korea different from your perceptions of it beforehand?

To be honest I tried to go in with a blank mind, take everything in as I see it. I mean, obviously there is always the niggling feeling in the back of your mind. Is everything I'm seeing staged to make the country look great? However, I truly believe that this is not the case. At multiple points throughout the trip I'd had a sudden urge to go here or do that and the tour guides had complied. I mean sure, they never tell you anything negative about the country but, from what I could see, it was a very peaceful place. The people were happy; they have huge respect for their leader.

WNIC: So you had a very enjoyable experience it seems. Would you, if given the chance, be willing to visit the country again?

Yes, absolutely. I'd also recommend everyone to do so. It's a very safe place, no crime or robbery. Also contrary to popular belief, you CAN buy some western brands, like Coca Cola, in the local shops.

WNIC: Thanks so much for your time Dusty and your insights into this mysterious country. Im sure our readers will find it fascinating.





LIFE

FOCUS ON YOUR HEALTH

SINCERELY LOOK FORWARD TO,
I HOPE TO HAVE YOU

活力饮是一款新型高科技健康饮品，它由国家投资2.2亿元资金，花费7年时间研发而成，获得了国家高科学技术进步奖二等奖和湖南省科学技术进步奖一等奖。

JUST TEA活力饮具有抗氧化、清除自由基、保持身体平衡、促进代谢、降血脂的功效。- JUST TEA活力饮茶精华浓缩，纯天然无添加，冷热水冲泡都能快速溶解。

臻溪JUST TEA活力饮臻选“黑茶之乡”湖南安化生态茶园的优质黑茶原料，从茶园到茶杯经过21个环节精炼提取，萃取菁华，最大限度地保留了金花益生菌和其他有益的成分，不但沿袭了传统黑茶拼堆、发酵渥堆、气蒸的工艺，保证了黑茶风味，还结合现代制茶科技，采用了纯物理方法提取黑茶精华，使产品在安全性上更具保障，且迎合了快速便捷性、时尚性等消费方式。目前为止，在食品中，除了冬虫夏草以外，科学家们只在黑茶中发现了有益人体健康的金花益生菌（即冠突散囊菌）。长期饮用JUST TEA活力饮，能够促进调节新陈代谢，增强人体体质、延缓衰老，对人体起着有效的药理保健和病理预防作用。

臻溪JUST TEA活力饮，科学配方，天然调控，浓缩黑茶精华，既保留了传统黑茶产品的独特风味，又强化了黑茶的保健养生功效。茶汤红亮剔透，茶味浓淡相宜，入口回甘生津，既可热饮，亦可冰镇饮用。既是时尚便捷的健康饮品，又是馈赠亲友的理想佳品。

CAN DIRECTLY DRINK GOOD TEA

XI ZHEN, BLACK TEA ENERGY DRINK, AND CREATE A NEW ERA OF BLACK TEA, PRODUCTS FROM THE SOURCE OF "TOWNSHIP OF BLACK TEA QUALITY TEA, AFTER 21 PROCESS LINKS PURELY PHYSICAL REFINING AND EXTRACTION, CONCENTRATED BLACK TEA ESSENCE, ADHERING TO THE TEA FLAVOR AND UNIQUE EFFECT, HOT AND COLD ARE DISSOLVED, NAMELY RED TO DRINK, WITH MILK AND HONEY

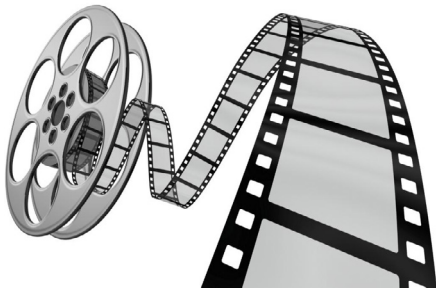


JUST TEA

YOUNG TEA & HEALTHY TEA



文 臻溪出品

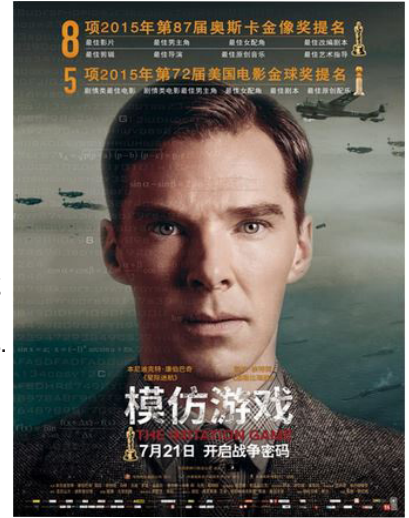


THE IMITATION GAME

During the winter of 1952, British authorities entered the home of mathematician, cryptanalyst and war hero Alan Turing (Benedict Cumberbatch) to investigate a reported burglary. They instead ended up arresting Turing himself on charges of 'gross indecency', an accusation that would lead to his devastating conviction for the criminal offense of homosexuality - little did officials know, they were actually incriminating the pioneer of modern-day computing. Famously leading a motley group of scholars, linguists, chess champions and intelligence officers, he was credited with cracking the so-called unbreakable codes of Germany's World War II Enigma machine. An intense and haunting portrayal of a brilliant, complicated man, THE IMITATION GAME follows a genius who under nail-biting pressure helped to shorten the war and, in turn, save thousands of lives.

Rating: PG-13

Release Date: 2015-07-21(Mainland China)



Inside Out
Release: 2015-09



Go away, Mr Tumor!
Release: 2015-08-13



Pixels
Release: 2015-08-27



The Crossing (Part 2)
Release: 2015-07-30



The Assassin
Release: 2015-08-27



Only You
Release: 2015-07-24

Where to watch? (Recommended)

ID MALL CINEMA

Get 40%OFF every Wednesday with your **Changsha Card!**

星美国影城长沙悦方店
长沙市天心区坡子街悦方ID MALL 5楼 [路线地图]. 电话: 0731-82949777
营业时间



ChangshaHua: lesson 2

by James Green

逗霸
dòu bà

逗霸 has wo means:

1.Trick a friend by telling lies.

e.g.:姚明来长沙了? 你别逗霸咯!

YaoMing is in Changsha now? Don't try to fool me!

2.Being unserious.

e.g.: 这学期的期末考试肯定不简单, 我们不能逗霸。

The final for this semester must be hard, we should not take it lightly



拌矮
bàn ǎi

Literately it means “act as if being short”, mostly people say someone “拌矮” because that someone were embarrassed by his or her own mistake

E.g.:他英文不好还要秀, 结果拌矮了。

He was showing off his English while actually not good at it, and ended up embarrassing himself.

得色
dé sé

Showing off small success or luck. In mandarin we have 嘚瑟 which means the same thing but has different tones.

E.g.:他中了5块钱的彩票都能得色半天。

He can show off a 5-yuan prize from lottery for a long while.

掰卵谈
nià lǒng tán

It has two means:

1.Trick your friend using lies, same as 逗霸

2.Have casual chats with friends.

E.g.:中年妇女的爱好就是和邻居掰卵谈。

Middle-age women like to have casual talks with neighbors.



电打鬼
diàn dá guǐ

Literately it means “Ghost being electrified”, in real life we also have two means for the word.

1. People who are very unreliable.

E.g.:你个电打鬼, 每次都靠不住。

You are such a guy who is never dependable.

2. People who stay up very late; Nightbirds. This one is pretty vivified cause some people are just unreasonably conscious at night like their brains are electrified!

E.g. 你个从来不准时睡觉的电打鬼!

背时鬼

bei shí guǐ

People who are being unlucky in funny ways.

E.g.: 他走到哪里都能踩到香蕉皮，真是个背时鬼。

He can step on banana peels wherever he goes, what a unblessed soul!



加多利多

jiā duō lì duō

Being very verbose and annoying

E.g.: 莫加多利多咯，我自己的事情我晓得处理。

Don't be annoying, I know how to handle my own stuff.

港点别滴

gǎng diǎn bié di

“港” in ChangshaHua means “say”, this word literally means “Say something else”, we use it when someone's talk makes absolutely no sense and we want to ask that person to change the subject or just shut up.

E.g.: 你港点别滴咯!你不是运气好，我会输得把你?

Stop that bullshit, I wouldn't lose to you if you weren't so lucky.

wnic?



www.wnichangsha.com

What's New in Changsha, or WNIC, is “star city's” biggest foreign run group... a free service, with no registration and lots of great info!

What's New in Changsha (WNIC)? is Changsha's biggest and most loved local events and news provider. WNIC is run by local expats, we help promote all kinds of events, it is totally free and there's no registration needed to access our info!

Get answers on our buzzing FACEBOOK group, follow us on wechat for city tips or just visit the website for more on local JOBS, EVENTS, PROMOTIONS and ADVICE!

Want to write for us?
Want to share your experiences or passion?
Interested in helping the wider community?

We need volunteer journalists and photographers!

Anyone is welcome, foreign or Chinese. Come on!

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To find out more go to: www.wnichangsha.com

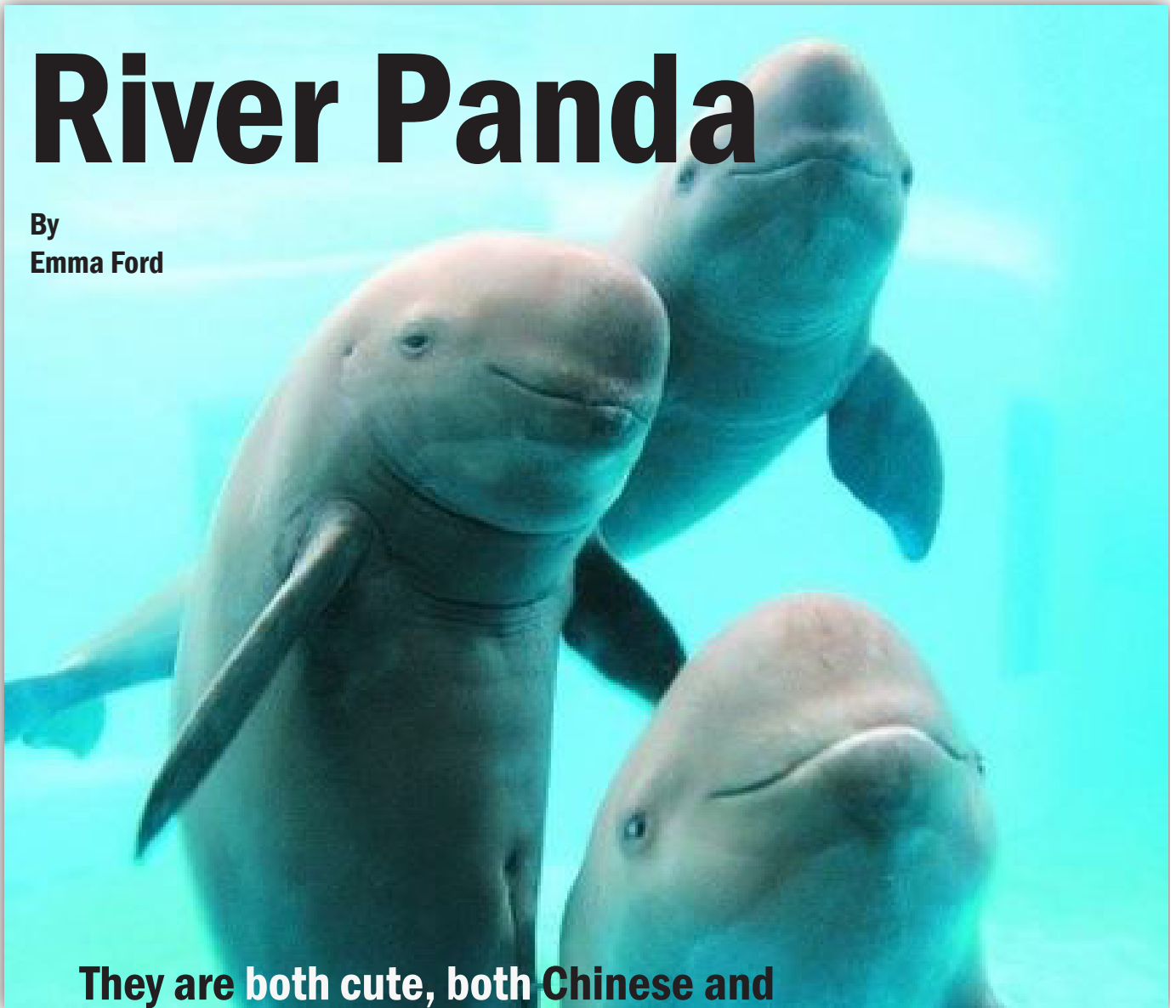


The

水中大熊猫：长江江豚

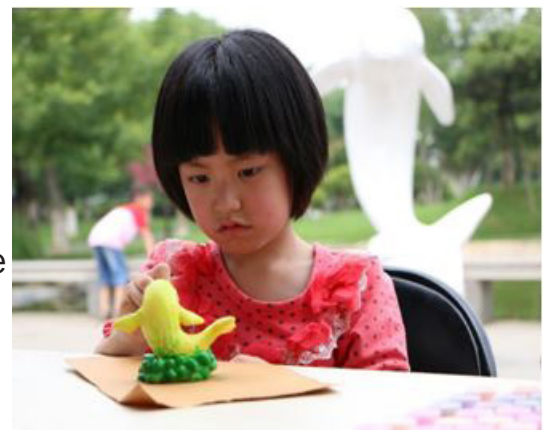
River Panda

By
Emma Ford



They are both cute, both Chinese and both endangered. But one is world famous whilst the other is disappearing unnoticed.

Everyone knows about the conservation of the giant panda but there is another special Chinese animal which lives very near to us here in Changsha.



Let me introduce the Yangtze finless porpoise the world's only freshwater porpoise and a highly intelligent animal currently struggling to survive in the Yangtze River. The porpoise's local name is "Jiangtun" and has a population estimate of 1000. Sadly its relative the Yangtze River dolphin (Baiji) was declared extinct in 2006, and was the first species ever to become extinct directly due to human development.



Although the finless porpoise is more resilient than the river dolphin it too is suffering from the same threats. Pollution and boat collisions are a threat but it is starvation which is the real killer. Over fishing and dredging means there are less fish resulting in many porpoises starving to death.

In fact, living in the world's third longest river has become too tough and so most of the remaining porpoises are now found partly only in main stream in Yangtze River, and in Dongting Lake and Poyang Lake. But even the lakes are not completely safe and the porpoise population is declining very fast, with scientists estimating the extinction of the porpoise as soon as 2020 if no action is taken. So now is the time to act to stop history repeating itself and to save the survivor!



Changsha's Porpoise Charity

Creative Environmental Communication (CEC) Centre is a Changsha based Charity working on the conservation of the finless porpoise. They use creative ways to promote the cause of the finless porpoise and to educate the local people on how they can make a difference to the fate of this creature. They have already held a successful art parade and plan to hold similar events in the future. There are

porpoise reserves but education is key to help increase environmental awareness.

How you can help! 你也可以通过联系下面的号码来帮助拯救这个可爱的生灵!

We are always looking for fun and fresh ideas for fundraising to help raise funds for porpoise conservation. And here are some other ways you can help:-

Artist Volunteers: Artists who would like to donate their time and skill to paint a porpoise for the charity to sell please get in touch. Your art can inspire others and of course help the charity to raise funds. We also have large life size porpoises used in public parades, what better way to showcase your art! Or you can select one of the painted porpoises to buy as a souvenir with all funds going directly to the charity.

Educator Volunteers: The CEC is also developing education workshops for local children and fishermen as well as the general public. These workshops aim to educate about the porpoise and water conservation, to give the local people a sense of ownership and duty of care towards the environment. By working together the CEC hopes to improve the quality of the river and lakes for the porpoise and the people. But we need more volunteers to take part in these workshops, this is a great way for you to learn more about the species and also contribute to a local charity.

With your help we can repeat the panda's conservation success profile of this hidden national treasure.



story and raise the

Contact us: e-mail: 2219237656@qq.com

i²

国际私塾

international institute of education

About i2

i2 is part of the North American Educational Group (NAEG), an educational organization founded in North America in 1983. In 2003, NAEG entered China and established i2 Educational Group, providing curricula in language and culture learning, and personal development taught exclusively by foreign teachers. Other programs include the Personal Development Education Center, Au Pair programs, study tours, overseas studying and immigration services.



As of 2014, i2 has 36 campuses in mainland China, 18 of which are located in Chengdu, and more than 1,000 staff members. Our faculty consists exclusively of foreign teachers with pertinent professional



qualifications and abundant experience. The historic Chinese word “私塾” refers to private teaching of individual scholars. i2 continues this long tradition, with all the benefits of modern technology and practice. i2 provides unique answers for what a modern “私塾” and an internationalized



“私塾” can be, i.e. a place for acquiring knowledge and growing for life.

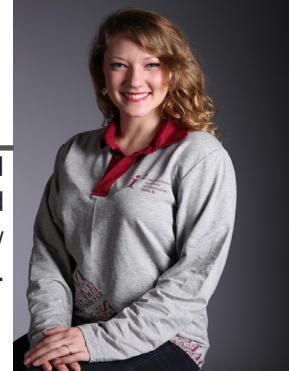
The i2 work ethic amongst even its newer staff is exemplary; members are all aware that i2's fundamental objective is not just teaching English, through our diverse programs, but actually changing lives – creating opportunities for the future for each student, contributing materially to their chances of great success in life. It is both humbling and inspirational, and each member is proud to be part of i2's team. At the last Spring Festival party they celebrated this and rightly raised the roof! Success breeds success, and i2 has a bright future – thanks to each and every member!



Teachers' Testimonials



Carolyn - Working at i2 has given me so many more opportunities than I would have in my hometown - I love both the freedom and responsibility that i2 allows me. I am developing so many different work skills, and the experience I have gained in less than a year is more than I would get in 2 years working at home. I feel like I can really connect with my students and my co-workers. It's amazing the cultural differences and obstacles we can overcome as a team to make Chinese education a more inspiring experience.



Katie - i2 has provided ways for me to grow and improve my teaching skills. The staff are helpful and understanding, and I have met a wide variety of new people.



Hayley - Working at i2 is a really amazing experience because the staff and teachers are so student focused. Everything we do is aimed at improving our products, expanding the abilities of our teachers, and giving our students a truly life-changing experience.



Student's Testimonials

Shehab - I am from Saudi Arabia. I study English and football at i2. I like my teacher, Peter Nisson, very much. I have made big progress after he taught me. I like sports, such as soccer, hockey and dodge ball. We often play these in school.



The Strength of 1%" program

"I hope during your time spent with i2, everyone will become happier and warmer. i2 provides education, and education is about love and growth. I believe everyone in this field should be a warm person to start with. This is why we turned a traditional orientation and training for new members to a ritual-like event for joining i2. This ritual or event is set in a rural school far away from i2. We hope that this can help everyone understand that the meaning of education is growth and development. I hope every participant will understand this core idea. Because of this idea, i2 has developed into its present form and is well on the way to its future one. I am certain that this idea can also help with the growth and happiness of i2 members. Welcome to the i2 family."

----- Peng (the founder of i2)



Temple fair

Temple fair, also called “combination of temple & fair”, is the folk religion and custom of the Han nationality which is usually held on the temple’s special dates . On most occasions, the fair is set up inside the

temple, or nearby, along with other amusement and shopping events.

The Orange Island Temple Fair” is held for one month by Hualu Culture and Hunan public channel on 4th July to 3rd of August., 4pm - 10pm. In our blisteringly hot city, Orange Island is the only nice place for summer heat relief, with a gentle wind and charming nighttime view. At this temple fair, one can collect unique local food, local cultural heritage, traditional handicraft, folk art performances and much more.

There are five distinctive dishes on offer. Tuck in, while also watching outdoor movies at Jiangshen Temple. There is a saying in China that “hunger breeds discontentment” so why not check out ‘wen and you - old Changsha’s big sausage’ or ‘Dong shun tao chou dou fu’, ‘Mr. Wang’s homemade crawfish’. Tourists attracted by these food stalls often stop for a try. There are some art and design stalls in the cultural market. It follows our aim of ‘respecting originality and handmade craft’.

The temple fair also has a group of less-abled individuals, some with hearing or speaking impairments. They use their hands to make very beautiful handicraft all for sale. All income is donated to their disability agency. From ‘clay dolls’ to ‘ear treatment’.

At the traditional temple fair, there is so much culture to absorb! It’ll enrich your life and you’ll have a great day.

At night, there is a shadow-puppet play at the Temple. This is also a deep-rooted cultural experience. Shadow-puppetry is a very old Chinese traditional perform which are cut from animal skin or paperboard. Then, candles or burning alcohol or other such lighting is used behind the fabric.

Every weekend during the fair period, there will be new and exciting programmes to enjoy, including a ‘qipao’ shows, shadow-puppet plays, a ‘public stage’ of Hunan TV, live music performances, hand drum performances, outdoor bar singers and much, much more!

Jiangshen temple

Jiangshen temple was built during the six dynasties of China period. It was named ‘land and water temple’ as the upper reaches of the Xiangjiang river was frequently flooded.

Flooding, at that time, was life-threatening for the people of Changsha. So much so, they built this temple as an offering to the Gods and prayed for safety.

Since the temple was completed, it made Orange Island a much more attractive place. Since times past till now, the temple has been the focal point for sacrificial ceremonies or major gatherings, particularly in spring and autumn. Believers would endlessly stream to the temple to pray and burn incense. This was the continuation of the ancient civilization, a faith in that society could always be rebuilt. This only serves to make Orange Island all the more mysterious.

Jiangshen Temple, not only has the pristine beauty of buildings and elegant gardens of the Han but also as the most attractive wish bank in Changsha. Make a wish here and come back to give thanks to God when wishes come true.

How to get there:

Subway Station: Juzizhou (Line 2)

Tickets:

Free (except for special events)



In ancient times Orange Island was full of romance. At that time, people thought Orange Island to have no root or base, that it could move with the waves. In order to prevent Orange Island floating all the way to DongTin Lake local people built Gongji Lou.

Atop Gongji Lou, being very cool in summer, you will see the most beautiful view of Hunan. On winter days, it forms part of the famous scenery called 'Jiang Tian Mu Xue'. It's classified as one of the eight magical sceneries of 'XiaoXiang'.

Gongji Lou, behind JiangShen Temple, and as the temple, has been damaged and rebuilt several times throughout its illustrious history. Today's Gongji Lou stands on Orange Island grandly and it has become a culture and art exchange place for calligraphy, rare stones, waxen images and so on. Many different kinds of priceless treasures are on show bringing cultural edification to the people of Changsha



Sit back and allow the Coffee Master to set your soul free ...for a while

Zixiang Ye, from Zhuhai, is known by his friends in the shop "Leaf". He started to work as a part-time barista in Starbucks since university and now, he's the Duty Manager of the Starbucks branch of Taiping St. Every morning, Zixiang Ye stands behind the counter and prepares all kinds of coffee. "Hello, what would you like to have today? More cream, less sugar? We have different kinds of hand-made pastries which would be great add-ons to go along with the coffee. Whether you are from the neighborhood or just passing by, Zixiang Ye and his fellow baristas will treat you like family. People living near Taiping St and



STARBUCKS®

tourists will visit Starbucks, wait in line, order, pay, then find a good, comfy spot, sit, enjoy the view of the old street and have their coffee—this has become a ceremonial routine. Zixiang Ye calls this a "not easily acquired experience". In places like Taiping St "enjoying the time under the sun, and observing life, your coffee instantly gets better". said Zixiang Ye, while making manual drip coffee. According to his previously drafted extraction plan, the time of extraction will last around a minute and half with water temperature around 88~92 degrees.

Zixiang Ye suggests that one should finish their manual drip coffee within 2~3 minutes so that they can fully taste the flavour. "Smell it, taste it,



feel it, describe it". In those four steps, every type of coffee beans' unique flavor would spring to life in your mouth. Starbucks uses 100% Arabica beans, "we have beans from Latin American, Asian Pacific, and African regions." Zixiang Ye is a certified Starbucks Coffee Master; apart from superb coffee making skills, he needs to know and be able to distinguish acidity, purity, flavour and other fine details. "For example, this Starbucks Christmas Blend Coffee Beans, lively blending with Latin American beans, mellow Indonesian coffees or these rare aged Sumatra, which are full of sparkling seasoning of joy, richness, bold flavors and alluring spicy notes.

He possesses the skill to control humidity, temperature, the extraction ratio and a proficiency and patience of a craftsman. Zixiang Ye feels that each and every customer shares the same temperament. "Everybody is different, but it's just that tiny bit that we share which brings us together, and that would be coffee." Coffee shops are like people, they grow but you will depend on it eventually. "We are just a coffee shop where one can stay all day long no matter what is happening outside, a place full of joyful memories, not some shop that only sells coffee."

Did you know?

The first English language use of the term?caffè latte?is credited to American author William Dean Howells in his 1867 essay "Italian Journeys"

Q&A:

How to choose the perfect coffee?

Zixiang Ye: "If you want something sweet and some distinctive flavour then go for mocha, vanilla latte, caramel macchiato. Latte and cappuccino are for people wanting more richness in their coffee. If you want original black coffee, Americano and freshly brewed coffee are your best choices. Those drinks can have other flavored syrups added, skimmed milk, soymilk, and decaffeinated coffee beans as well. As for green tea latte and red tea latte, they comprise of tea and milk with no coffee added.

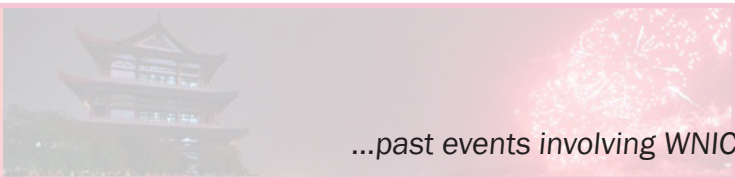
How to know if the beans are good or bad?

Zixiang Ye: "First, the smell. Fresh beans have a strong aroma. Secondly, look at the beans, the plumper, well distributed, the better. Less splintered beans are better too.



Starbucks TaiPingJie Street branch: Opened in Dec, 2012, the Taiping St, is the only traditional Chinese style Starbucks in Hunan Province. Enter through the retro style metal door, sit by the Lotus murals and traditional Chinese style lights and slowly enjoy the manual drip coffee done by coffee masters, creating a very special feeling.

WNIC REVIEW



...past events involving WNIC



Group photo at a Guinness World Record attempt at the most ladies in traditional Chinese dress ('qipao') at various locations, including Orange Island in Changsha.

WNIC has been busy. Following on from April's major Culture Party which saw hundreds flock to Orange Island for a night of live music and art, WNIC has supported many more shows and party events. Some of them quite big. Here's a summary of our involvement in just a few of them and other WNIC news...



Hunan Hash 'Hat' Run! 5pm, Baisha Well!

Saturday 13th June (FREE)



Hunan Hash House Harriers run 2... Mad Hatter Party!

www.wnichangsha.com/hunan-hash-house-harriers.com



The WNIC Magazine Launch Party... June 5th 2015
@Electric Underground ft. Soulier.



Wine tasting party in Xingsha (Changsha)



Completion of the WNIC office inside HeLong Stadium



Art Festival on TaiPingJie

SkateBoarding 滑板

...Freedom

...Expression

...Fun

...自由，张扬，欢乐

By Darren Petzer

Whatsup guys,
my name is
Darren.

I'm a
Longboarder
and have lived
in Changsha for
3 years.

I'd like to help grow the
sport of skateboarding in
China so I've decided to
do a write up of events or
information about what's
happening every month in
the **skateboarding scene**.



What's New In Changsha

is a magazine dedicated to bringing you the newest and most interesting things that this fine city has to offer, so why not broaden your horizons, buy a skateboard and experience true freedom. Skateboarding is about taking a plank of wood, any shape or size, with 4 wheels and expressing yourself through it.

Whether you are skating **10m high ramps** and doing triple backflips or simply cruising along the riverside with a few friends while the sun sets behind a jungle of buildings, skating can fit into any kind of lifestyle and have purpose. In my opinion, one of the most beautiful things about skating, as well as the most appealing, is that skating will take you only as far as YOU want to go.

I mean that figuratively and literally, push until your knees collapse and your legs are jelly or push for 2km enjoying the ambiance of the city then head home for some delicious local food and a cold beer. The point is that there is no standard for being a skateboarder, you do what you want to do on whatever skateboard you want to do it on, whenever you want to do it and no body will judge or belittle you for it.



During the month of June comes the most important day for all skateboarders and that is **Go Skate Day**. This event is held worldwide and is celebrated on the 21st of June every year. Of course skating is big enough in Changsha for there to be a strong following of individuals, young and old, who came to support and take part in this awesome event.

Waking up to dark grey skies is never a good sign for a skater and it so happened that Changsha, infamous for its **unpredictable weather**, decided to give us rain on GSD. Though the ground was damp our spirits were not, we were going to celebrate this day come rain or shine.



At night a small after party was held at 46 Livehouse on Xinmin Lu. There were 2 more competitions to be held here and they were King and Queen of Beer, a fun competition to see who can down a beer the fastest. Luckily I was crowned King of beer after 3 rounds of draws, by then I was happily drunk and ended up throwing most of my prizes back into the crowd.



After a morning sale (50% off!!!) at the local skate shop Woll Up, we decided to find a dry spot to hold this years GSD. Lucky for us Helong Stadium is always dry no matter how much rain there is, so it was there that all 600 of us headed. The host of GSD in Changsha, as always, was Woll Phan (Boss of Woll Up), and he and his team of sponsors had planned a string of games and competitions for the local skaters to take part in. These events included a few races, best grind, best trick on the box, longest manual, longest ollie and longest power slide. Though some take this event seriously, GSD is about having fun and inviting new people into the community of skating. The event lasted roughly 6 hours and we left Helong dirty, bruised, bleeding but happy and fulfilled after a full day of skating. One last group photo and we were done at Helong.

“玩的开心，享受自我!”



All in all, GSD has always been a success. I have attended 3 years of GSD in Changsha and all of them leave you feeling great. It's a good day for new skaters to become part of the growing community and learn something from the skilled skaters in this city. I'd like to welcome anyone who is interested in starting skating to contact me or any of the local shops in Changsha. Skating is a great way to **let loose and express yourself**, something you will find evident if you just observe a session of skating. Skating also helps you meet tons of new people and is a great tool for travelling or even commuting, so as we say in Longboarding "keep it steazy". **Aweh.**

Getting involved...

WOLL UP Streetwear:

120 Shang Cheng
Jin Dou Nan Dong,
Huang Xing Bei
Road, Kai Fu, Chang-
sha. 中国 湖南省长
沙市开福区黄兴北
路89号上城金都南
栋-120.
Tel: 0731-89913872



BBQ Board Shop: NO.128, Taiping Street, Chang-
sha. 长沙市太平街128号。
Billy Qiu: 13707314136
Taobao store: <http://longboard.taobao.com/>

欢迎来到我们新一期餐厅资讯



By
Raquel Steres

Welcome to our new Restaurant Review Section where we will give you feedback on some of foreign-run (or foreign cuisine orientated) eateries in Changsha! Want to recommend a place? wnic@qq.com



Bach's Bakery

Location: Xiang Chun Xiang #8, Kai Fu Qu, Changsha, Hunan, China. Phone: 0731-88626264

Bach's Bakery is a little hard to find, tucked away in a back alley by the Catholic church. To find it, you'll have to keep an eye out for signs bearing the bakery's logo, though at certain times of day you can locate it by following the sound of church bells.

The bakery itself is quite small, with interior seating for two and a little porch area that accommodates four, but it offers a wide variety of baked goods. There are cookies, cakes, brownies, mini-cheesecakes, berry yogurt tarts, apple turnovers and other pastries all made with wholesome, natural ingredients: real butter, real eggs, real sugar, real cream, real fruit, real spices. The pastries are perfectly sweetened—not too much, not too little. One of my favorite flour confections

offered by the shop is the Lamington. It's a little cake coated in chocolate sauce and dusted with shredded coconut. I'm also hopelessly addicted to the chocolate cookies.

Customers can also purchase full-sized cakes for birthdays and other events, though you must order them a few days in advance. I've served their black forest cake at my birthday parties for the past few years; all my guests raved about it.

But the pride of the shop, and what makes it truly stand out in this town, is the bread. Germans know bread. The bread at Bach's is flavorful and substantial. The bakery offers dark, hardy whole-wheat rolls, a product difficult to find in Changsha. It also serves mini-baguettes and ciabatta rolls (perfect for subs), garlic rolls (great with dinner), sliced sandwich bread (for those of you who want something simple), and adorable sweet rolls shaped like turtles.

On Thursdays, Fridays and Saturdays the shop sells great big German-style pretzels, for those of you who want a salt fix. Try them with butter.

You can buy pastries to go, or you can take a table in the shop and enjoy them with tea or fresh coffee while you listen to the shop's ambient classical music (Johann Sebastian Bach, of course).

The shop's manager, German-born Uwe Brutzer, employs local people with disabilities. Many of the bakers at his shop are deaf. Brutzer's goal, according to the business's website, is to offer these workers the opportunity to develop job skills so that they can support themselves financially. So if you start to feel guilty after inhaling half a dozen cookies, just remind yourself that it's for a good cause.



Flower Time

Location: 213 Huangxing Middle Road (north of Wuyi Square). Phone: 073189704129



Flower Time is located on Huangxing Lu across from La Nova mall. It's easy enough to find from the street; just look for a building with the words "FRENCH CUISINE" on the side and head up to the fourth floor.

The restaurant's tidy, tastefully quaint interior includes multiple dining rooms and an open-air patio. The dining areas' many nooks and alcoves offer patrons a sense of privacy, even when the restaurant is crowded.

The menu includes traditional French fare (yes, there's escargot) along with a couple of more general Western-style items like pizza and pasta. Food is presented in modest-sized portions artfully arranged in nouvelle cuisine style.

Flower Time offers an experience you cannot have in any other restaurant in town. Here, the flavor is more delicate, more nuanced, perfect for the refined palate seeking respite from Changsha's usual burn-your-tongue-to-cinders style of ultra-spicy cooking.

Balance is the principle at work here. Each element—flavor, texture, appearance—of each ingredient is very carefully balanced against all others in a given dish. It's like eating an elaborate mobile. In the foie gras on toast, instance, the richness of the fattened liver is offset by the faint sweetness of mango; the softness of the two of them together is balanced out by the faintly crunchy toast. For another example, crisp, bright green beans are wrapped in bacon, with the

lightness of the first beautifully complimented by the salty heaviness of the latter.

For those of you who want something more basic, Flower Time does indeed offer steak—legitimate steak—prepared by a French chef who knows how to treat a piece of beef with respect.

Speaking of which: if you order the crème brulee for dessert (listed on the menu as "cream pudding"), you'll get a visit from the chef, who comes to caramelize the layer of sugar on top with a blow torch. Give it a moment to cool before you break it with a spoon like in Amelie.



Bistro Berlin

Phone: 0731-88922475

Bistro Berlin is located off the main street in a block of six-story buildings a little bit north of the 世纪金元源 mall, amid cheap Chinese restaurants and little shops. It's a ways from the center of town, but it's well worth the trip. The owner, Mario, is a Dusseldorf native who has lived in Changsha for quite a few years. I visited the restaurant with a Chinese friend and a German friend. All of us were more than satisfied.

The interior of the restaurant is clean and cozy with eclectic décor. Your enjoyment of the food will not be tainted by the smell of another diner's cheap tobacco, for the owner does not allow patrons to smoke inside the restaurant.

The interior of the restaurant is clean and cozy with eclectic décor. Your enjoyment of the food will not be tainted by the smell of another diner's cheap tobacco, for the owner does not allow patrons to smoke inside the restaurant.



We ordered an assortment of traditional German/European items: baked camembert, potato salad, Bavarian white sausage and for the main course, German pork knuckle with cabbage.

We inhaled it all. Portion sizes were massive, in proper German fashion. The sausages, imported from Bavaria, were plump and juicy. The baked camembert was crispy on the outside, warm and soft on the inside. It came with bread, Danish butter and Austrian jam, but because I don't often get the opportunity to enjoy a good cheese I allowed nothing to complicate the flavor and so I just crammed it, unaccompanied, into my mouth. The potato salad, according to my German friend, was served in a very traditional style, with lots of mayonnaise and a few other assorted fresh vegetables: shredded purple cabbage, carrots, sliced tomatoes and cucumbers.

But it was the roast pork that truly stood out as the highlight of the evening. We gasped as the massive platter was brought to the table. Traditionally, this dish is served as one giant cut of meat, but in concession to local preferences the chef served it divided into smaller pieces to be shared. And this is a dish that must be shared—to attempt to eat it singlehandedly would be madness.

Conversation ceased as we began to scale the mountain of meat. We could focus on nothing else but devouring the enormous pile of pork. Until I visited Bistro Berlin, I hadn't realized just how much I had missed meat. Sure, there's meat in Changsha, but it's generally chopped into modest strips mixed in with onions and ginger and garlic and peppers. It's not often that a person gets to eat

a big chunk of meat—pure, unadulterated roasted meat—in a restaurant in this town.

Finally, our German companion spoke up. “It tastes like Christmas,” he said. I thought of Thanksgiving. The glorious quantities of meat and gravy had begun to lull me into a state of euphoric lethargy sometimes referred to as a food coma.

The pork came complete with thick white bones, which I enjoyed stripping with my teeth caveman-style. After I got home, I noticed that there was a bit of food on my cheek. Neither of my dining companions had mentioned it. I plucked it off with a laugh. I had no room left for embarrassment; I was too full of meat.



wnic?

Do you know of a good place to dine in Changsha that our Restaurant Review Team could check out? If so, let us know!
wnic@qq.com

Raquel Steres is a professional novelist and author of several blogs. She also contributes periodically to well known publications. She has been living in Changsha for several years now.



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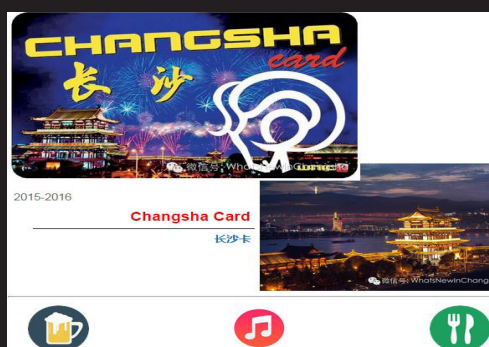
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