



CHANGSHA

长沙有什么“星”见闻?

WHAT'S NEW 祝大家圣诞节过的很快乐!

Wnic  Huayu Culture 华旅文化

Changsha's FREE English language magazine for foreigners and Chinese alike!
面向英文学习爱好者的长沙的免费英语城市期刊
来自长沙给外国人与中国人的免费英语杂志

Nov / Dec
2015



Fisher

Changsha's Health Warrior

News & Events
in Changsha

FESTIVE MENU

Changshahua
Lesson 4

ENTER A DESIGN
COMPETITION!

Inside this edition



The Interview

ZERO APEX



Changsha crew go downhill in Chengdu

HOW NOT TO BEHAVE IN RURAL CHINA



Summary of all Changsha Card discounts

Refer to the website for full conditions and location/contact details for each business: wnichangsha.com/card

4inches
Restaurants & Dining
20% OFF all sandwiches

Bar Zero
Bars & Clubs
10%OFF all food and drink (Tue-Sun after 7pm)
Buy 1 shot/mixer, get 1 free on Sundays
Free Bottle of Champagne on your birthday! (Tue-Sun, reservation required)

Beer Station
Bars & Clubs
1 free draught beer on Mondays and Thursdays if you buy 3 draught beers at the same time

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

Burger King
(Walking Street branch)
Restaurants & Dining
10%OFF everything (except special offers)

Cafe Amore
Tea & Coffee
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)

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

Caffe Bene (ID Mall & New Wanda Mall)
Tea & Coffee
15% OFF all food purchases

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

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

Crazy for Beer
Bars & Clubs
(behind La Café), Tel. 13574877127
20% OFF everything, anytime

Da Pazzi
Restaurants & Dining
20%OFF any bottle of wine, anytime

Deli Burger
Restaurants & Dining
10% OFF any time

Forgotten Corners
Health & Beauty
(reserve):15874806050 (Weiwei bo)
40%OFF all hair dressing (reservations strongly recommended)

Hawa Bar & Cafe
Bars & Clubs
20%OFF everything (except hot drinks)

Helen's Bar (all)
Bars & Clubs
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
1 Free wine or champagne when 15 or more Cards are

presented at any branch (Excludes Liu Cheng Qiao and PoZiJie bars on Fridays and Saturdays)

HN Fitness
Health & Beauty
20% OFF each visit (20% OFF HN Fitness VIP cards)

ID Mall Cinema
Fun & Entertainment
40 %OFF tickets to all screenings (Wednesdays only)

La Vie En Rose
Tea & Coffee
10% OFF everything (excludes items for general sale)

Leeds Pizza
Restaurants & Dining
10%OFF everything (excludes deliveries)

Let's Bar & Diner
Restaurants & Dining
15%OFF the bill every day (excludes drinks)

M Beauty
Health & Beauty
40%OFF all manicure, hair salon, skin care and other regular treatment

Maancat Coffee,
Xingsha
Tea & Coffee
20%OFF all purchases

Mayo Dental Hospital
Health & Beauty
15%OFF the bill (excludes medicine and oral care products)

Mega Cafe & Sports Bar
Bars & Clubs
10%OFF all drinks Monday-Wednesday (excludes promotions)

Mix Club
Bars & Clubs
1 free shot with any drinks purchase

Mr & Mrs Aysh
(WangFuJing)
Restaurants & Dining
15% OFF all purchases (excluding 'meal deals')

Nicole Nails
Health & Beauty
10% OFF, anytime

North American Lifestyle
Clothing & Accessories
12% OFF all clothing purchases (15%OFF if over 1000RMB)
5%OFF health supplements

Obelisco Argentina
Steakhouse
Restaurants & Dining
20% OFF the bill (excludes service charge)

Orange Island: Juzhou
Island Sports & Leisure
Culture Park
Health & Beauty
60Yuan OFF hotel rooms
15% OFF foot massage/majiang
30% OFF outdoor swimming pool/camping/basketball/rock climbing/sauna+hot springs

Pakistan House
Restaurants & Dining
Xiang Teng Guang
Tel. 13170480221
10%OFF the final bill

Paulaner Bräuhaus
Bars & Clubs
10% OFF all draught beer and food, anytime

Princess Club, Xingsha
Bars & Clubs
1 medium fruit salad bowl + 2 snacks with orders over 300RMB (includes table orders as a group)

Refill
Bars & Clubs
Delivery for all alcoholic item tel: (Phil) 15388034382
10%OFF all products (except for items on special promotion items)

Sky27
Bars & Clubs
10% OFF the bill (advance booking necessary)

Snail Yard Lounge
Tea & Coffee
10%OFF all purchases

Sophia Restaurant
Restaurants & Dining
20%OFF the bill (including drinks) every day (including deserts and takeaways)
25%OFF the bill (including drinks) every Monday (Excluding first floor purchases)

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

T Craft Beer Bar
Tea & Coffee
10%OFF everything

Timesharer Coffee
Tea & Coffee
12% OFF everything

UKnow Bar
Bars & Clubs
10%OFF all drinks, anytime

Vinjoy
Bars & Clubs
10%OFF all drinks, anytime
Buy 1 beer get the next half price (all wine 12%OFF) during Happy Hour (8-10pm) on Thursdays
1 FREE glass of Sangria for every lady during Happy Hour (8-10pm) on Fridays

Xiandai Gloria Hotel
Restaurants & Dining
12%OFF at the Truffle's French Restaurant (includes set menu)
128RMB for lunch (normally 198RMB + service charge) and 168RMB (228+charge)
Taste Western Restaurant Buffet.
12%OFF in Sampan Chinese Restaurant and lobby lounge bar

www.wnichangsha.com



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We also want to thank all the WNIC supporters in Changsha!

This magazine is supported by Hualv Culture.

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

Welcome to the 4th edition of the free "What's New in Changsha?" magazine.

Our reporter base is bigger than ever and we now have to defer some great articles to the next magazine edition. That is a good sign. A sign that we're growing. A sure sign that we have a lot of interesting content to bring you.

The magazine is available right across Hunan, including Yueyang, Xiangtan, Zhuzhou and Hengyang. So, we're really reaching out there to all expats and locals! Remember to keep abreast of all the major music, art, culinary and sporting events in Hunan by following WNIC on wechat (just scan our QR Code) and by checking our comprehensive website: www.wnichangsha.com

Finally, wishing you all a very warm and Merry Christmas!



Damion (Editor & CEO of WNIC)

欢迎阅读第四期的英文免费杂志 长沙有什么“星”见闻?

我们的记者资源越来越壮大,所以不得不把一些优秀的文章推后到下一期杂志。这当然是一个可喜的迹象。这些都见证了我们的发展。我们也更自信的把更多有趣的内容带给您!

本杂志已经遍布湖南省各大城市,包括岳阳,湘潭,株洲和衡阳。省内的大部分的外籍人士和本地朋友都已经小有耳闻!请扫描二维码加入我们的微信公众平台来获取更多本地的音乐,艺术,美食和体育赛事,详情也可以通过浏览我们的网站查询: www.wnichangsha.com

最后,祝大家圣诞快乐!
大明(WNIC的主编与总监)

祝大家圣诞节过的很快乐!

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

We need volunteer journalists and photographers!

wnic@qq.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!

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。。。

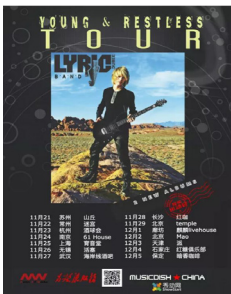
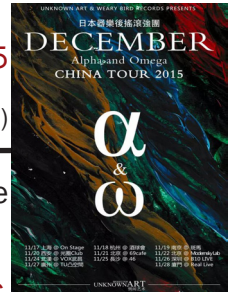
A look ahead at some of the major events due in Changsha. Know of a big event? Let us know! wnic@qq.com
 看看最近长沙会发生什么趣事。晓得什么好玩事儿吗？分享给我们！ wnic@qq.com



11.20
Dan Gabrio (Denmark)
 Venue: Hunan Grand Theatre



11.25
December (Japan)
 Venue: 46Livehouse



11.28
Lyric Dubee (Canada)
 Venue: Redlive Club

12.06
Crested Ibises
 Venue: Hunan Grand Theatre



11.28-30
Hunan Cuisine Expo



Until 12.16
5th Art Changsha
 Venue: Tan Guobin Museum



Venue: Hunan Province Exhb Hall



12.19 & 27
A Classical Charity Christmas Concert

Venue: Orange Island Piano Museum (rooftop floor)



EAT OUT

美味聚是WNIC旗下新开展的一种新的聚会群，通过组织中外朋友一起饕餮美食，结交朋友的新的社交群。群里的每个成员都可建议大家去不同风格的餐厅组织聚餐活动！关注WNIC加入我们！

Eat Out Club is an exciting new social, dining club in which foreigners and Chinese can join together, enjoy great food and make new friends. Any one of our members can organise a dining/social activity at any good, city restaurant! Follow WNIC to join us!



微信号: [WhatsNewInChangsha](https://www.whatsnewinchangsha.com)

Buying alcohol? Try **REFILL!** Perfect for parties and special occasions. All genuine, low cost imported drinks available. Call Phil on 15388034382 to reserve your favourite tippel!



The Orange Lounge

"Refreshingly cool party nights"

The Orange Lounge was launched in September 2015 by the WNIC Team. We want to bring a fresh, new concept in stylish chill out nights to the party people of Changsha. Our goals are stylish nights, *affordable drinks*, great music! 橘子尊享酒会是长沙首家追求高雅极致的娱乐品味通过在不同的酒吧来获得不同的体验,旨在引领大家低姿态高追求的品味长沙穿越文化



26th September Launch Party

@Vinjoy, Changsha

Guest singer: Eve

Guest dancer: Chen Zhi

Special thanks: Geoffrey

Photography: Li Chang



29th October "A Night of Live Jazz"

@Xiandai Gloria Hotel, Changsha



Guest band: Superdog

Special thanks: Abdelhak

Photography: Jean-Hugo



More exciting Orange Lounge parties coming soon! Stay tuned on WNIC!

www.wnichangsha.com (or follow us on wechat: WhatsNewInChangsha)

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在中国的乡村什么样的举止更得体



Dear God. I really do need my own TV show. So much has happened. I told China to challenge me, and not only did China bring it, but it brought it hard. I may be in over my head on this one. Let's start gently, and work up to The Biggie, shall we?

HOW NOT TO BEHAVE IN RURAL CHINA



Part 3: by Vermilion von Kangur

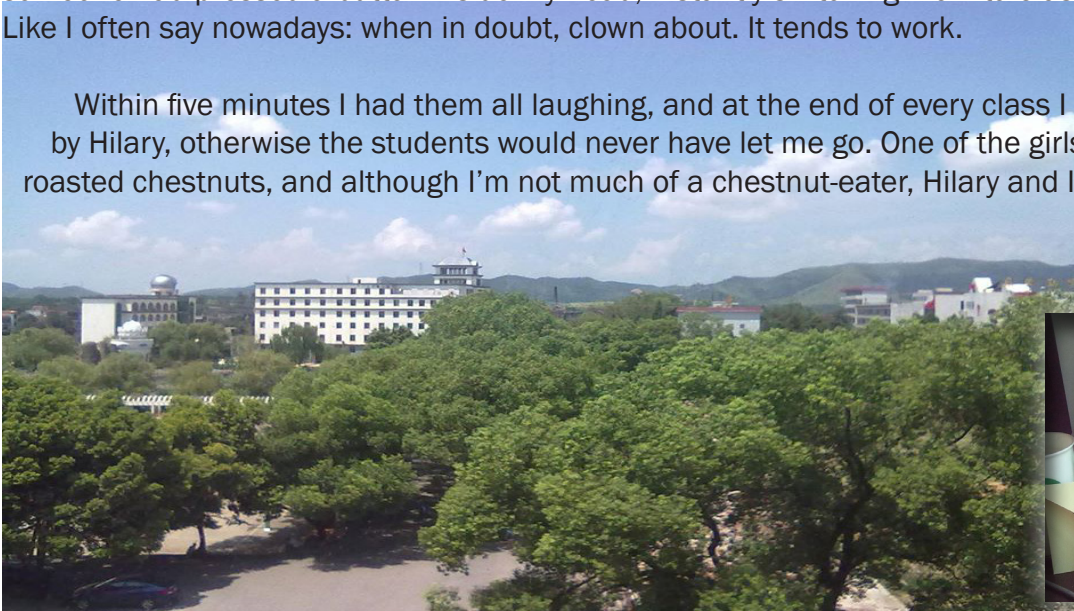
Vermilion von Kangur是一名湖南农村居住过的外国人。在她的博文中,每个章节里都向我们叙述了如何适应农村的生活及最终是如何有趣结束了她生活体验。她还讲述了怎样克服这些困难最终和很多的本地人交上了朋友。在这里阅读她的下一个博客条目专门为我们的杂志!



Settling into teaching went fairly smoothly, ignoring the rocky first day. There is nothing more terrifying than walking into a room to find eighty pairs of eyes staring at you. But, thankfully, it was much like someone had pressed a button inside my head, instantly switching me into Classroom Clown mode. Like I often say nowadays: when in doubt, clown about. It tends to work.

Within five minutes I had them all laughing, and at the end of every class I had to be dragged away by Hilary, otherwise the students would never have let me go. One of the girls even gave me a bag of roasted chestnuts, and although I'm not much of a chestnut-eater, Hilary and I got creative and played conkers instead.

It's a British thing.



What's nice is our schedule is pretty much identical, and we're always in the room next to each other, so dashing between the two is a common occurrence. As is another game we've (or, rather, I've) invented, aptly named class-crashing. If you have a free period, but your friend doesn't, crash their class and turn it into a double act. The students love it. The only thing better than one dancing monkey is two dancing monkeys. Especially when we're teaching animals and I'm actually acting out a gorilla, tiger, or American tourist. Ha. Joke. I really should move on to what the title is about. Brace yourselves, for I present to you: The Biggie.

It was a Saturday night. After an eventful Friday night gate-crashing someone's birthday party at KTV (never found out who any of them were), eating their cake, getting a bit too friendly with their copious amounts of beer, watching Hilary destroy Eminem, taking a selfie with the elderly cleaning ladies, gracing a local café at 1 a.m. with our presence, buying 60RMB worth of deep fried cabbage and squid (yum), and falling asleep on the motorbike (taxi! I'm not a drunk-driver! That would be bad) home, we thought nothing could possibly live up to that night.

Yeah. Wrong. So, so wrong. It all started because of the coffee. I wanted some, and not the instant king, either. A nice, relaxing night at a coffee place. Simple enough?

This is me we're talking about. We stopped off at a little tea house we've since become sort-of regulars at, chatted with the owner, practicing Chinese and teaching him

the odd English word. His friend walked in and sat down. Well, we thought he was the owner's friend. They certainly seemed pally. After a while, it was time we moved on to the coffee place. It was a five minute walk, but the owner's friend offered to drive us there. How kind of him! Nothing bad ever happens when a strange man offers you a lift in his car, right? Right? I gave directions. Straight ahead, if you please, my good Sir. Nope. We took a left turn instead. Mine and Hilary's thoughts on this sudden change: What's happening? I said that a lot that night.



Oh, look! An expensive looking hotel. It's okay! Maybe he thought we wanted to go the restaurant that was probably associated with this hotel! Yes? YES???

A room key? What was that for? Okay, this had gone too far, what was happening? Anyone? Help! A maid took us to 'our' room and showed us around. Did she not notice the bewilderment on our faces? It was a clear as Edward Cullen is a fairy! ie. VERY. CLEAR. (Apologies, I'm just now reading Twilight, I honestly didn't know I was this much of a masochist). The man left momentarily to take a phone call, but not before motioning for us to sit on the bed. Hilary and I sat facing each other with looks of pure dread on our faces. Okay. New plan. Think fast, Spite, think fast. Got it! We do a runner. Checking to make sure the man wasn't in direct sight, we left the room exactly as we found it and

ran down the fire escape, giggling like the criminals we'd become. It was a tense sixty seconds, broken only by the dramatic music in my head, but we made it. We were outside and free, with only our imaginations to answer the question of what would've happened had we not acted out a very low-budget remake of The Shawshank Redemption. And you know what else? I never did get that coffee. Here's a photo of the hotel room, in case you don't believe me. I think I should've jumped on the bed prior to making a run for it. Because me.

Anyway, this being China, things happen quite fast around here, so I'm not going to present to you the sequel, The Biggie: Part Two. Our school decided to take us out to climb some mountains in the glorious countryside that surrounds this small village, which was pretty decent of them, even though I intensely dislike words like mountains, climb, outside. I dislike even more the thought of me doing such things, but I was a good sport and played along.

It turned out climbing mountains actually meant walking up a lot of steps, seriously, A LOT of steps, until we got to the top. Our grand prize for achieving such an award-worthy feat? A bench. I sat on the bench, but somehow it didn't seem worth it. After we went down the steps we had literally just crawled up, our school took us to lunch at a nearby restaurant. Rather than just name them 'the school' I've given us a name. We are The 一中 Crew: Myself, Hilary, Liam The Other Foreign Teacher Who I Never Mention, Frank The Principal, Ms Zheng The Secretary, and Mr Quiet The Driver).

Here's a brief heads up, Frank, as it turns out, is a real party animal. Some of his friends happened to be in the restaurant, so we ended up sitting with them. Naturally, they all wanted to drink with us, what with us being the new celebrities in town. Frank would join in on those toasts as well, because he's a sociable chap like that. It was fun at first. Until he got really drunk. Frank's face turns purple when he's drunk. Is that normal? I feel like he should be on the cover of a science magazine with a skill like that.

The short version of the story (mind that word count) is that Hilary, Liam, and I had to lift him up and put poor Frank into the back of the car. On the drive back, we had to stop so he could empty his stomach a few times, and so he could buy about 50RMB worth of oranges from a local farmer couple. To give to us. I don't like oranges. What kind of game can I play with oranges? Suggestions would be nice.

Yeah. Welcome to my life. It turned out that Mr Pimp, the man who took us to the hotel, was actually some local politician. He was very embarrassed when he realised where we work, and he thought he wanted to go to sleep, because it was too late to eat. To apologise, he took us, the 一中 Crew out for dinner at a very fancy restaurant, where I sampled snake for the very first time. Crunchy. Seriously though, all this good food is starting to make me plump up a bit. If this is what life is like in rural China, makes me wonder what's going on in the big cities.

Maybe we'll just have to find out.

NEWS IN BRIEF

WNIC opens Changsha Government Tourism Festival "I Love Changsha" and takes part in cultural and learning excursions

WNIC 很荣幸的受邀於中共长沙市委宣传部，长沙市人民政府外侨办共同主办的“美丽长沙—我的家——外国人眼中的长沙”系列主题活动



十月的活动期间，超过 80 名外籍朋友齐聚在代表湖湘文化的千年学府—岳麓书院，随着“友谊大门”的开启，正式开始了他们的友谊之旅。——Ben Wilkinson

In October, over 80 foreign nationals visited Yuelu academy in order to obtain a deeper understanding of the culture of Hunan and the Xiangjiang region. Ben Wilkinson reports.

“长沙在国际上越来越有名气” "Changsha is becoming more internationally known"

Upon mentioning Changsha, one word which foreigners mention the most is "change". In the year 2000, Singapore national and volunteer worker Cai Xiu Lian came with an NGO short-term team to Changsha. Her heart was touched by the special needs children whom she saw at the Changsha number one welfare home, since then she has continued to live in Changsha for the past 15 years.

British national David Priest (Pu Jia Wei) is a 'Star city friendship award' winner, he jokingly says that the reason why he was sent to Changsha was because he can "handle spice in his food". As one of the witnesses of Changsha's development, it's change and development in the past few years has given him a very special benefit. David is the principal of Wei Xi international school in Changsha, employing foreign teachers from abroad is one of his main responsibilities. He said that to start with trying to convince foreign nationals to come and work in Changsha was pretty hard, as Changsha wasn't particularly known in the international arena, however nowadays "Changsha's international reputation is getting better and better".



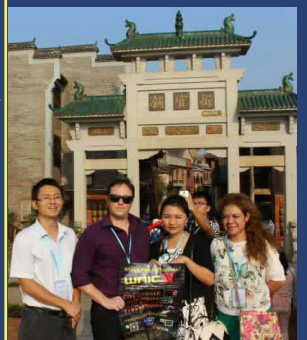
“老外”成“里手”传递长沙快乐

Englishman Damion Braithwaite, who has a particularly grounding Chinese name "Da Ming", is currently working for Yali High School's International Department as an English teacher. He has already been living and working in Changsha for 7 years, and has set up the website "What's New in Changsha" and the free magazine in order to help newly arrived foreigners to more easily adjust to and integrate into life in Changsha, as well as provide a service to the foreign community to help them find good restaurants, scenic spots, jobs etc.

In the past few years, Changsha has successively won the "The city which has the happiest feeling", "The city which possesses the most cultural soft power", "Friendly international city communication and co-operation", "China's livable city" awards and many more. Damion thoroughly agrees with the title of "the city which has the happiest feeling" with regards to Changsha. According to Damion, this city doesn't just have great food, beautiful firework displays, a free to all Yuelu mountain public park, but it also has friendly Changsha locals. "Changsha is a city with a great energy to it, the locals are really happy, this happiness has also affected me."

除了“快乐”之外，采访中，不少外国友人表示，“友好”、“热情”是他们心目中长沙人的“标签”。

Damion Braithwaite，一个有着特别接地气的中文名字“大明”的英国人，目前正在雅礼高中的国际部就职。他作为一个英语老师已经在长沙生活和工作了将近7年，他创建的第一个英文网站“What's New in Changsha—长沙有什么“星”见闻？”和配套的免费英文杂志都是为了帮助新来的及本地的外国人更快更容易地适应和融入长沙的生活，并且也为外籍群提供其他服务，譬如提供美食资讯，旅游讯息，求职信息等等。



Andrew's story of visiting modern Changsha and a beautiful Qing Dynasty themed restaurant

Andrew 的文章讲述了观览长沙现代化的设备及旅程结束于一个有着浓郁清朝特色的餐厅。

"Saturday October 24th I participated in the "I Love Changsha" city tour. The day was filled with activities and trips to various points of interest in Changsha. It started at the Changsha Library which is surprisingly modern and reasonably quiet with plenty of space, and not to mention air conditioned. After the library, the tour group was lead to the Changsha museum which educates on Changsha's past, present, and future. The exhibits are a little crowded but well worth a visit.

Then were were taken by bus to an amazing buffet lunch. Mid afternoon consisted of visiting a construction equipment company with an impressive museum regarding the history of construction. Next we were taken to a concrete production facility where we learned about the vast construction needs for China's population. Lastly, we were guided to a restaurant that sported a Qing dynasty theme, and were entertained with a kung fu demonstration, a rice ball making contest, a live Chinese music group, and a meal with at least 10 courses that included all the beer, bai jiu, and wine and foreigner could want! It was a fun filled day that familiarized me with my second home, Changsha."



WNIC forms partnership with Yunhou.com

WNIC is pleased to announce the formal partnership with YUNHOU.COM. Yunhou is a major online shopping service, with wide ranging products from across the globe.

Yunhou will delivery directly to your home and, with a special WNIC "Changsha Card password" you can get 10Yuan off your bill!



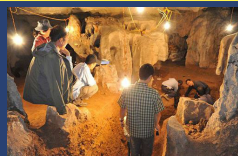
This is the ideal service for anyone who has little time to shop, lives far from major cities and imported products or does regular shopping but lacks a car to bring it all back home. Is that you? Then this is for you!

You can find a step by step process on how to register and order/pay at our website: wnichangsha.com/news. This is an exciting advancement for WNIC to enter the home-shopping market and provide yet another key service to both Chinese and foreigners in Changsha and Hunan. It is also a way of supporting local businesses. Yunhou is part of the Hunan-based BuBuGao Group. As far as we know, WNIC is the ONLY expat organisation in China to make this type of partnership with a major Chinese food supplier!



New smartphone payment method

You can now head to any one of five Line 2 subway stations and switch your phone SIM, free of charge, to enable a cheaper pay-by-phone method for subway and buses in Changsha.



Teeth of early humans found

47 teeth belonging to modern humans that date to at least 80,000 years ago are found around the Fuyan Cave of Daoxian County in Hunan province. The area is now protected.



New glass bridge opens in Hunan

Despite its terror-inducing appearance, the creators say the new glass bridge in the Shiniuzhai National Geological Park, Hunan, is perfectly safe. Haohan Qiao was originally stone.



New bus rules to begin from 2016

From next year, asking for change from passengers, eating durian, taking pets with you, and begging will not be allowed to be done on the public buses in Changsha city.



Indoor activity centre planned

The worlds largest indoor winter park (Xiangjiang Huanle Cheng) will begin construction with a due date for completion at the end of 2017.

Find out all the major news, plus where to go, what to do and the best parties in town by checking out www.wnichangsha.com/events. The best, free resource for news, events, parties and special activities in Changsha and the whole of Hunan!





Fisher.

男人 **The Man**

魔鬼教练 **The Beast**

梦想 **The Dream**

WNIC just got leaner and meaner.

WNIC变得更健壮更强大

We've teamed up with American fitness and health expert Ron Fisher, a resident of Changsha.

Ron will be giving us tips, background info and much needed motivation on how to live a healthier life and improve confidence in the coming editions

本期杂志我们将联手居住在长沙的美国健身教练及营养专家Ron Fisher (罗恩费舍尔) 帮助大家拥有一个健康的生活方式和重塑生活信心, 他会在文章中提供一些建议来帮助调整生活状态及激发生活动力。

Fisher, hometown Philadelphia, PA. University of San Diego graduate in business administration with a minor in sports medicine. Former wrestler, kick boxer, American football player, and a PGA professional. single, 32 years old. Living in china for 3 1/2 years. Enjoy cooking, going out for sushi and going to the movies. Favorite quote "it's not about how hard you hit, it's about how hard you can get hit and keep moving forward" Rocky Balboa.

Fisher (费舍尔) 的家乡是宾夕法尼亚州费城。圣地亚哥大学毕业, 运动医学专业并辅修工商管理。前摔跤运动员, 拳击选手, 美国足球运动员, 专业PGA。单身, 32岁。在中国已经生活了三年半。喜欢做饭, 外出品寿司和看电影。

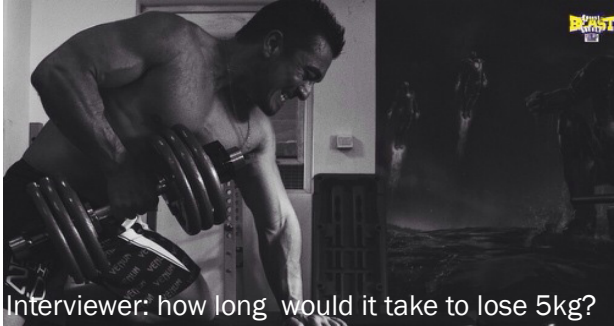
Interviewer: so fisher, what should a person do to have great abs?

Fisher: do 5,000 sit-ups a day.. Just kidding.. Do zero sit-ups a day.. I see people waste a lot of time trying to "burn fat" on their belly and that's simply wrong.. Food is what's important.. Everyone already has great looking abs.. Just need to burn fat so you can see them. Body burns fat when the body is optimized to be a fat burner.. Eat foods that allow you to burn fat.. The Chinese diet is a diet that makes you store fat.



Interviewer: do I need to workout everyday?

Fisher: that depends.. I workout 3 times a day but my goals are very different than most people. If I was trying to just optimize my daily life, be healthy while still looking good, I'd beast out 2-3 times a week and have active rest the other 4-5 days of the week.. For most people I recommend 2-3 times.. But effective exercise. Doing sit-ups, yoga, jogging, and walking is not exercise.. That is active rest.



Interviewer: how long would it take to lose 5kg?

Fisher: also depends.. Are we talking about 5kg of fat, muscle, or water? People are obsessed with the scale and that does not tell us what's happening within the body. Most girls fast, eat very little, and run.. Yes they lose weight.. But not Just fat, they are losing water and precious lean mass as well. If you are eating according to your biology, and using effective exercise you could lose up to 5% body fat in a few weeks.. Weight is not very important. Be concerned with body fat not your weight.

Interviewer: Do women have to weight train? Women do not want to be muscular.

Fisher: hahaha.. Biggest load of shit I ever heard.. Yes, they need to weight train. All the pictures of women who they want to look like all lift weights.. Women will not get big and bulky.. Of course some do, but that is their goal and are lifting 2-3 times their own body weight. The girls I train want to be sexy.. So, lifting their own body weight should be the goal..

Interviewer: is running the best method to lose weight?



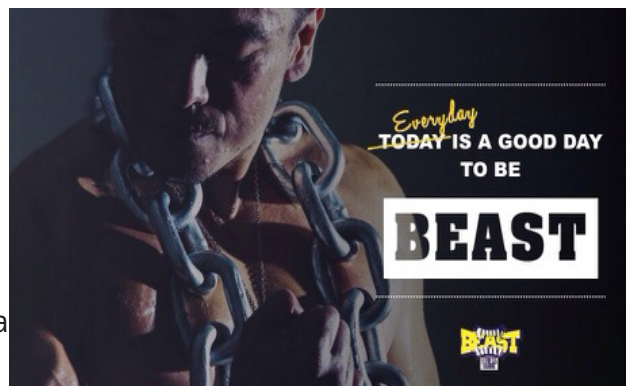
Fisher: just running is the worst thing you can do if it's slow and long. Running slow and long distances is not healthy if done on a regular basis. Sure, every once in awhile I'll test my long distance, but more frequently I test my speed. I sprint.. Sprinting changes the body. Running slow like a 90 year old is just a waste of time and will just make you hungry and you'll overeat.

Interviewer: what is the most effective way to be fit?

Fisher: by having a highly varied, functional, and highly intense program. Don't understand? Well come on by my gym and I'll show you.

Interviewer: Anything you would like to say to our readers?

Fisher: don't be a meatbag.. Challenge yourself as often as possible, keep your food clean, remember your goals, and bust your ass when training.. And lastly, stop with all the excuses.. Some people make excuses others find a way.. I always find a way.. Who are you? A wuss who makes excuses or a warrior who fights for their dreams?



Want to get in shape? You can contact Fisher on wechat: fisher22411

Beast Fitness and Nutrition: 韶山北路密岭, 鸿铭中心对面, 汇富中心b栋1402


英国嘻哈歌手，APEX，最近开始混迹长沙。。。

Getting to the raw APEX...

by Morag Hobbs

Apex Zero is an underground UK hip-hop emcee, whose debut album “Reality Provoking Liberation” dropped in 2013 and received acclaim all over the world.

After growing up and making a name for himself in London, he made the move out to Beijing in August 2014 and has been here ever since. Currently working at a university teaching philosophy and English, Apex has also been touring China – meeting DJ’s and artists who are helping to build his reputation on this side of the world. I caught up with Apex after he headlined an EU event here in Changsha in the summer.



You released your debut album “Reality Provoking Liberation” back in 2013. What have you been up to since then?

The album came out really late in 2013 so I spent the first half of 2014 promoting the album, doing shows and getting the word out. I’d organized a live band to play at my launch and we did a few shows with them that added a completely different dynamic.

At the moment I’m building towards a new project that I’m aiming to release early 2016. I’ve been collaborating with a few different producers/emcees/musicians, including work on some projects with my brothers OMeza Omniscient and Le Hornet from my teams First and Last and Pantheon of Zenn-la.

We’re still working on it across the continents and are looking to release something soon. Been making links with some talented Chinese/US artist I’ve met out here too, so I wanna try and get some of those works out when they ready. Away from music I’ve just been soaking in the culture here, travelling and learning as much as I can about the lifestyle and the people here.

Where did the decision to move to China come from?

I’ve been interested in Chinese culture, history and philosophy for a long time. I grew up watching Kung Fu films and began practicing a few years back, was inspired by Wu-Tang in many ways and have read a lot of Taoist, Confucian, Moist and Maoist theory. I’ve been wanting to come and experience it for a long time so as soon as I got the chance I grabbed it. It’s very different to how I imagined, partly out of ignorance, romanticized ideas and inaccurate media portrayals, but I really like it, I’m enjoying being here.

Apex Zero 是一个英国的地下嘻哈歌手，他的首张专辑“现实挑起解放”开始于2013年，并声名鹊起。

名声壮大之后尤其是在伦敦享有一定的声望后，他于2014八月移居北京直到最近才离开。目前在一所大学从事教学工作，教授哲学和英语，Apex也曾在中国其他地方进行过巡演 - 和别的DJ们及音乐家们合作期望能在世界的另一边也有所建树。我很荣幸在今年夏天EU电乐团的音乐会上遇到了做特邀嘉宾的Apex。

Where did the name Apex Zero come from?

The name is a representation of my thoughts, ideas, my aims and my being. Apex is the highest point, the pinnacle, the top, the end, the last; Zero is lowest point, the beginning, the bottom, the start, the first, the actual first - they're opposites. The Apex is where a lot of people want to be, or aim to be, but it could also be seen as the end, the death of a process or cycle. Zero is often seen as nothing, but it's possibly the most important digit in mathematics - all equations must be made to equal it in order to be balanced. So although it's seen as nothing, it could be deemed as everything. It is also the central point between positive and negative, the line between the yin and yang. So I aim to encapsulate these principles, to represent both sides of that balance, to overstand everything between those two extremes and strive towards equality. It's also a strategic principle; in 'The Wretched of the Earth', Frantz Fanon says that radical decolonization is in essence the replacing of the old with then new encapsulated by the saying the 'first shall be last the last first', or you could say bringing the Apex to Zero and the Zero to the Apex. There's a lot of different meanings and origins!

When did you start rapping? What about producing?

12/13, mostly just wanting to spit with my brother who was a garage DJ. Me and some of my boys tried to go down that route, wanting to rep the UK sound that was popping off at the time, but I had a much stronger connection with Hip Hop culture. I started expressing my thoughts and ideas through Hip Hop properly at about 15/16. My main focus was to be the illest emcee I could be, but the more we recorded tracks, developed our skills and sharpened the swords, the more I wanted to direct the sound we had too, so I slowly started making beats, learning from the great beatmakers and musicians I listened to and the talented producers I was working with - OMeziah, Harry Craze, Hoax and Nickel to name a few. The more I got on it the more I developed and by the time the album came about I was in a position where I really knew the way I wanted the album to sound as well as the message I was trying to put out and had the skills to make it happen.



You started out in the garage scene, is that right? Why did you decide to make the transition to Hip Hop?

I lived Hip Hop before I ever started making music. Hip Hop as we know it today is the contemporary manifestation of forms of expression that are at least centuries old, maybe millennia. From African Djelis (sometimes called Griots) recording and retelling history, communicating social ideas and ways of living, to the tragedy of our ancestor's massacre and torture due to European industrial slavery and the mass fusion of African cultures in the Caribbean and the so-called 'Americas', the spirituals and indigenous religious songs sang on the plantations to organise rebellion and escape, through the Blues, Reggae, Soul, Rock 'n' Roll, Disco, to early Dub and Jungle – all of these lead up to Hip Hop culture. It's what lead up to DnB and Garage and has now lead up to Grime. This is the lived experience of my people and I am just a contemporary manifestation of that existence, passing on the traditions of resistance, knowledge, history and social ideals through music and poetry. Hip Hop is the position I sit best with, maybe due to the age I was when I got into it, maybe because of the deeper level of thought of the emcees I was inspired by, especially when Garage was more about getting heads to dance – which is why Grime's came about, Garage needed to get deeper to develop, and Grime's done that. Hip Hop is what I am, it speaks to me and through me and I speak to and through it. I can jump on other genres of music, but whatever I do will be Hip Hop, because I am Hip Hop, as much as I am a Londoner, Grenadian or African.

Your music has this theme of social consciousness. Did the social conscious come first or did the music?

They kinda came about together. As I said, I lived this before I ever wrote lyrics. The things I went through growing up, being mixed race, of African and Caribbean descent in a working class struggling family, in the capital of a racist country in the 80's and 90's largely defined who I am and how I think. We'd be on constant edge because everything about the establishment is designed to hold you back and take you down if you push



against that. I was very lucky that I was raised by parents and elders who, at least partially, prepared me for that; they gave me tools to be able to think for myself and make moves to defend myself. But I also learned a lot from Hip Hop. Hip Hop music introduced me to the names and ideas of brothers and sisters like Malcolm X, Marcus Garvey and The Black Panthers, passing on this history and educating me, showing me the example set by these figures and the community they supported and were born out of that must resist in order to survive, the same community I was growing up in in London. So the more I got into Hip Hop music I began to express my thoughts through it and through my actions, looking to continue this tradition and help this resistance develop into creating concrete change for my people and others like us.

What musical inspiration did you have growing up and how did this shape your music?

I had a hugely eclectic influence of music growing up, from what I heard in my house as a child to what I picked up along my path. From old Reggae, Soca, Folk and Soul my parents played to raw Hip Hop to Trip Hop, to Jungle and DnB, Garage, it's huge. I love classical music too and over the years I've gotten into traditional music from all over the world. Everything I hear and feel, a connection with influences my sound, from the blending of frequencies and instruments, to the energy and vibrations, to the complexity or simplicity of lyricism and the spreading of expression. I intensely appreciate any

music that honestly captures human experience, evokes strong emotion or aims to fight to improve people's lives.

If you hadn't found yourself in music, what do you think you would be doing right now?

The same thing I'm doing, developing ways and ideas to try and improve the situation of my people and trying to travel and see as much of the world as I can. The world is a huge place and if you stay in one place too long you get stagnant. There is so much to see and learn from the world and the vastly different people in it, and travelling changes your perspective and makes your worldview an actual worldview, not just an ends view, a neighbourhood or city view. I've been blessed to be able to start doing this now, I've wanted to do it for a long time, and it's a blessing that I've been able to make music and element of it.

If you had to sum up your music in three words, what would they be and why?

Anti-political, Neo-Hardcore, Hip Hop. My music works against this façade of politics we have today, this artificial democracy we're told we have in the UK and globally, but it encourages people to engage in true political and collective thought and action. My greatest influence is Hardcore Hip-Hop of the golden era, and my music aims to bring that essence back in a new form, in the same way that Neo-Soul did with the Soul of the 60s. And as I've said, I am Hip Hop, so my music is Hip Hop.

“People don’t show too much emotion unless you rip it out of them”

“人们不会轻易的外露他们的情感，除非你把他们催发出来”

When you first moved to China, how did you continue making a name for yourself in the Hip Hop scene?

Wherever I go I seek out the Hip Hop scene. It isn't usually hard to find and I did the same thing when I got to Beijing. I went to one of the 'Natural Flavor' nights put on by Nasty Ray and met a brother from the USA called Paul Picasso, an artist and videographer. We got on right away and he introduced me to Ray and the rest of the crew. When Paul heard me spit he was feeling my shit and put me on at one of the nights he was organizing, so I was supporting Bangkok invaders, a big group from Thailand. Unfortunately they had visa problems and I kinda became the main event. I did my thing, killed the mic and word started spreading. I did a couple more shows and then my brother DJ Snuff of the Universal Zulu Nation and EOW UK, who's a veteran in the London and UK scene came out to Beijing with the sisters Nanci

and Pheobe of the legendary Congo Natty family, who I also know from back home. They played at Dada and after they killed their set Snuff put me on. People were feeling me, I got a great response from the crowd and some of the dudes from the biggest Beijing bass music crew The Syndicate were there and asked me to host their next night. That went well and they asked me to join the crew. Now I've played some incredible events with them, including Intro Festival last May. Through them I've linked up with heads like MC Webber aka Raddam Ras, one of the true pioneers of Chinese Hip Hop, his boys, the dope crew Krayzie Actor, UBC, a Cameroonian/French Reggae crew based in Beijing, Jackson Turner, a dope emcee from New York also based in Beijing and I'm now down with the ill emcee, DJ and promoter Nasty Ray and his Natural Flavor crew – the original people who introduced me to the Beijing Hip Hop scene.

Emceeing in the UK and emceeing in China must be very different. How was the transition?

It was a big difference. In the UK, we have some ill events, the underground scene is rammed with talent, but a lot of the people who make up the crowd at events are often artists, emcees, producers or something themselves. There can be a lot of ego involved, a lot of politics, people don't always support each other the way we should. People don't show too much emotion unless you rip it out of them, like the illest performers like Klashneokoff, Skinnyman, Congo Natty do and a lot of the Grime cats can. You gotta work hard and be talented to do it. In China, I've found it a lot easier to get the kind of reactions that I love. In China people really react more to your vibe and energy, probably because of the language barrier.





“One of the best responses I got was my solo show in Changsha”

“在长沙做的巡演是我做过的最好的演出之一”

How have the crowds here in China responded to your material – any surprises?

People here have been really open to the kind of music I make and perform, especially when I play with The Syndicate. But one of the best responses I got was my solo show in Changsha. Electric Underground, organized by my man DJ Passenger and DJ In:Theory, created a set of circumstances for me to really move the crowd, and the people gave me so much energy, the whole place was rocking. I really appreciated that. We got the mosh pit popping off, which is something I live for, that level of energy let out by people collectively reacting to your music – it's dope.

A bit of a loaded question, but I saw an interview you did where you said that the idea behind your debut album's title “Reality Provoking Liberation” is about fighting for our liberation, and taking freedom back for the people. What do you think the key is to taking back our freedom?

That's a huge question to try answer in a small space, but I'll try! In the UK, I think there are two major issues that stop us from moving towards a future that will be beneficial for all people, not just a tiny minority. The first is that we don't have a solid set of ideas about how we want this new world to be, and the second is that because we aren't clear what we're fighting for people aren't willing to sacrifice and struggle towards it and risk losing the comforts they do have in order to create something that actually

improves our lives. A lot of people talk about change and so many people want it, we just don't know how to go about creating it, or what we would do if we finally stood up united and took our freedom. Our enemy don't have this problem, their only goal is more profit and power, so they keep moving while we stagnate and give in to the illusions of politics, free media etc. we supposedly have in the UK. The key, in my mind, of achieving freedom is to reject these illusions; we can't make lasting change from within mechanisms created by the same system designed to keep us in our place. The system and these mechanisms are themselves the problem, which is the reason why racism, classism, sexism etc. all continue, generation to generation because they are integral to the system itself. We need new ideas on how to change things and then be willing to turn these ideas into reality through action by doing what is necessary to bring them about.

I think it's really important for our generation to be talking about political and social issues. Do you think the UK is waking up to these issues or do you think there's a level of apathy there?

I think the apathy is the greatest sign that the system itself doesn't work in the favour of the people. If barely any of the population vote, or vote just because they feel obligated to but don't really want to vote for any of the identical choices and don't really think it'll make any difference, it's proof to me that people are realizing that it won't. A tiny minority of people in the UK, whose influence spreads to politics, business,

the economic infrastructure and the media dictate what is done and what is shown to the public. When you vote you just put a different one of these people in a different position, while the rest stay where they are and then hand their job down to their children who are groomed to carry it on. It's important for our generation to discuss this overstanding of politics, and ways to stop it from ruining the lives of the next generations.

We've just had a general election back in the UK where the Conservatives won. Do you have any thoughts on what this means for the next five years there?

It's going to be fucked. But it'll only be slightly different to what would have happened if Labour had gotten in. They might just sell off the NHS quicker and be slightly more ruthless and obvious in their disdain for ordinary people. The same things would have happened anyway, as this is endemic in the current state and the stage we are at, Cameron and his cronies and bosses now just have license to do it quicker.

When will you next be in the UK?

I've just spent the summer in the UK, living in Glasgow in Scotland. I got to see the highlands and travel around it a bit, and spent a bit of time with my people in London. Was good to see everyone, and the highlands were beautiful, but I'm looking forward to getting back to China, seeing more of it, learning more and building on what I've already established.

Do you have a favourite gig that you look back on, in terms of audience or for your career?

There are a few; the first time I ever got on stage at the legendary Speakers Corner open mic in Brixton Jamm, room rammed full of genuine Hip Hop heads and getting a crazy response from crowd, from my people – it set me off on the road I'm walking now. The launch party for 'Reality Provoking Liberation' was a deep felling too. We got a great crowd in thanks to the promoters Hoochinoo and the support from my brother Iron Braydz and my Caxton Press family Manage, Emcee Killa, Amy True and DJ Snuff. They've all got bigger reps and longer histories in this than me and it was humbling that they were willing to put their talent in to help support my album. Playing with the band added something extra too – big up to Frank Freeman, Gem, and Archetype from Granville Sessions for their talent and patience in creating that band for me. My first international show in Berlin at the 2010 EOW World Championship was another great experience.

There are lots of people here and back in the UK that dream of the career you currently have. What advice would you offer anyone who is currently looking to break into the hip hop scene?

They should work hard at developing their art and their skills as an emcee, beatmaker or whatever it is they do, try and work with as many different people as they can, learn from them and build good connections, be willing to take risks, move to new places, try new things and they should dream of having careers way better than mine! Aim at being better than Tupac, better than Wu-Tang, better than Big Pun, better than Otis Redding, better than Erykah Badu, better than Lauryn Hill, better than Bob Marley, Nina Simone, Fela Kuti or Miles Davis even – better than the best who have ever done it. Learn from the best and be original, true innovation is how you inspire people, in art, music and in making movements towards change.

What's next for you – any major tours/gigs lined up?

I'm back in Beijing from September 2015, so I'll be playing in Beijing and around the country as much as I can, on my own and with The Syndicate. Hopefully a few of my people from the UK will be out here with me too and I'll be back at Electric Underground in Changsha soon. I'm working on a new project at the moment that I'm aiming to release in early 2016 and aim to tour China as well as other parts of Asia, further abroad and definitely back in the UK too.

Where can we buy/listen to your music and find out where you're playing next?

The best place to hear music, watch videos and get info is at the website for my team First and Last –

www.firstandlastpride.co.uk.

All the links are there, but you can also listen to and buy our music from:

www.firstandlast.bandcamp.co.uk.



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The Xiandai Gloria Grand Hotel Changsha is an international five-star hotel managed by Gloria Hotels & Resorts with world class facilities and services. The hotel is ideally located in Changsha's new government area, with convenient access to the subway station, 30 minutes from the Changsha Huanghua International Airport, 20 minutes from the Changsha South Railway Station and 10 minutes from the main highway. The Xiandai Gloria Grand Hotel Changsha represents a new landmark in hospitality and truly is "A Good Place to Be"!

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ChangshaHua: lesson 4 长沙话:课程4

by James Green

纠麻的

jiū mà di

This is a vivid word. It means “twisted linen”, used to describe things that are poorly finished or complicated situation

E.g.:这部电影真是纠麻的，一点都不好看。

The movie is terrible, no attraction at all.

谈朋友

dán péng yǒu

Have a girl/boyfriend, be in a romantic relationship.

E.g.:学生要专心读书，不要整天想着谈朋友。

Students should focus on the study, don't try to have dates all the time.



留些

liú xiē

Speed things up, hasten, be in a hurry

E.g.:他昨天的稿件忘记交了，只能今天留些加快进度。

He forgot to hand in his article yesterday, so he had to hasten things today.

搞陀不清

gǎo duō bu qīng

Completely confused, out of orientation

E.g.:现在的潮流真是让人搞陀不清

The fashions nowadays are really confusing.

窜

cǎo

The word 窜 is also in Mandarin, and share the meaning “rush” in both Changshahua and Mandarin. But in changshahua, it can also mean “wandering aimlessly”

E.g.:别整天乱窜，找份正经工作！

Don't wandering all day, find a job!

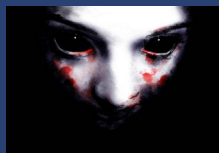
吓人

hè rén

It means “scary”. Same word is in Mandarin with the same meaning, but HEY, the changsha way of pronouncing it is more “scary”, try the difference!

E.g.:那个恐怖电影有蛮吓人。

The horror movie is pretty scary.



几多

jǐ duō

Now here is an abnormal from Mandarin. 几

多 in Mandarin means “How much?”, in

ChangshaHua it means “Very” and “So much”

E.g.:冬天泡热水澡是几多舒服！

How comfortable it is to have a hot bath in winter!

碰咗鬼

pèng dǎ guǐ

Run into ghost, meaning something is more that unlikely but is absolutely impossible.

E.g.:中国男足要是能得世界杯那就碰咗鬼啦！

Chinese Football Team winning World Cup is like running into ghost!

挤密讷密

jǐ mì ě mì

Squeezed tight, describing things all compressed together

E.g.:国庆节的岳麓山，那是挤密讷密，人挤人。

Yuelu Mountain on National holiday is very crowded!

揍

zòu

It is quite an interesting word in Changsha dialect, we have this word in Mandarin

meaning pretty much the same thing as it dose in Changshahua : beating someone hard. Only in Mandarin the tone of the character is different. However in ChangshaHua this means something else: to squeeze something into a tight space, like you can 揍 a extra shirt into a packed and filled suitcase, or 揍 your finger into a small-sized ring.

E.g.:公交车满了，已经揍不进人了。The bus is full, there is absolutely no room for anyone to squeeze in .



That the end of this ChangshaHua lesson. Search “_James_Green_” on weibo if you have anything you want to say to the writer of this article, regards!

祝大家圣诞节过的很快乐!



WNIC Restaurant Review Team

WNIC美食资讯组
今年长沙的圣诞节的哪
里有超棒的圣诞大餐



FESTIVE MENU



唯美圣诞，浓情白天鹅

淡淡素笺，浓浓墨韵，为明天的美好勾勒新的一页；暖暖世界，双手合十，给大家说声：圣诞快乐。

卢瓦尔咖啡厅圣诞自助晚宴，百变卢瓦尔，缤纷圣诞宴。超级圣诞自助大餐，国际美饌数不胜数。圣诞经典菜品、世界风情美味，味蕾盛宴点亮圣诞。烤火鸡、蜂蜜烤火腿、各款酱料都将在圣诞档口处欢乐跳跃。

2015年12月24日（平安夜）

2015年12月25日（圣诞夜）

时间：17:30-21:00

尽情畅饮气泡酒、红白葡萄酒、啤酒和软饮；更有精彩圣诞节目及惊喜抽奖！

更多详情和预订，敬请致电餐饮预订中心（0731）8589 9999转66206



Experience and celebrate Christmas at the White Swan hotel, Changsha

With varieties of Christmas treats and promotions at our Food & Beverage outlet you can enjoy special Christmas treats on the nights of 24th & 25th December, from 17:30 to 21:00.

Join and explore all the festive season's delicacies, ham, seafood stations, roast Turkey and many other varieties selected for our Xmas celebration. Accompanied with a lucky draw and fantastic performance, we present you with an unforgettable Christmas at the White Swan Hotel Changsha.

Including free sparkling white wine, red & white wine, beer & soft drinks. Please call (0731) 8589 9999 ext. 66206 for your reservation without any hesitation.



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.

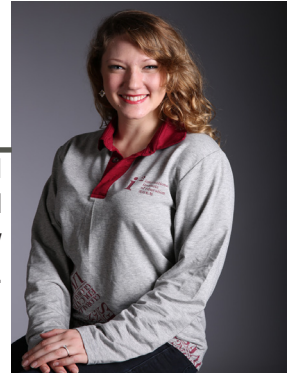
The i2 work ethic amongst even its newer staff is exemplary; members are all aware that i2's fundamental objective is not just teaching English, through our diverse programs, but actually changing lives – creating opportunities for the future for each student, contributing materially to their chances 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)

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.

Changsha represented:

长沙轮滑队去成都参加激烈的高山速滑比赛

@ Pre-International Downhill Federation Competition

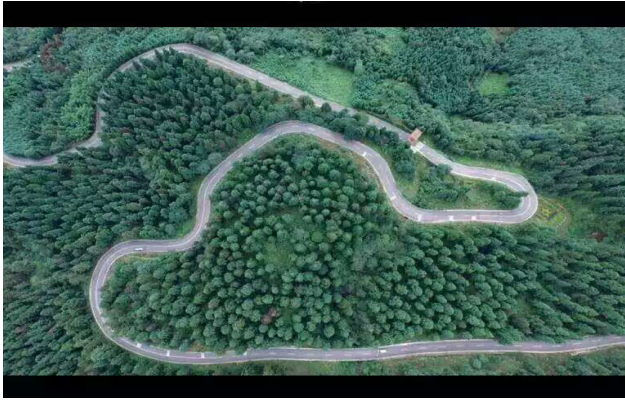
by Darren Petzer

Destination Chengdu

'Sup guys, it's me again.

During September China hosted its biggest downhill event in Chengdu. What makes this year's event special is that some of the top riders in the world managed to attend and this event was also seen as a practice event for a future IDF (International Downhill Federation) race as the IDF are planning to make an Asia circuit with one of the stops happening in China. It was an awesome event and here is a brief overview.

本文作者是Darren Petzer，他来自南非居住在长沙，同时又是本地轮滑俱乐部的铁粉。



The next day I woke up feeling like hell after some strange Baijiu called "Grenade" but forced myself to get up and head to the hill for it was the first race day. The event works like a race, with heats of 4 riders battling it out, the top 2 riders then progress to the next round until you're finally left with a final heat of the top 4 riders. The final heat consisted of Australian Adam Yates, Max Ballesteros from Brazil, Billy "Bones" Meiners out of Texas, USA and finally Harry Clarke based in Hong Kong. It was a tight race with Max and Billy heading up the group, a tight finish saw Max beat Billy by mere inches to round of a successful race.

We left Changsha at 10:40pm on the 23rd of September and after a delayed flight arrived in Chengdu at about 2:00am the next morning. Tired but unable to sleep we stopped for some delicious hotpot before heading to bed. The next morning saw us rise early, eat breakfast and then head to THAT Skate shop to wait for the bus which would take us to the mountain. As we waited at the shop, more and more people started to show up, people had travelled from all over China to attend this Event, one guy travelled 5 days from Xinjiang just to attend. It was an awesome atmosphere and really built up the hype for the event. Eventually the buses arrived and we left Chengdu on the 3 hour journey to race location.

After the race there were various competitions such as Best Trick and Longest Power Slide. These competitions are meant to be fun and bring the community together; people lined the roads to watch the competitors. After all the competitions were finished the organizers held a prize giving and after party. Prizes were handed to the top 3 racers 1st Max Ballesteros, 2nd Billy "Bones" Meiners and 3rd Adam Yates. Prizes were also given to winners of all the other competitions as well as to those who had really made an impact during the event. After that we had a short party and waited for the buses that would take us back to Chengdu.

As we arrived we had to register and then check into hotels. Most people had an early night as the event would start tomorrow. The next morning we went up the hill, seeing the track for the first time. It was awesome, hairpins, long straights and technical turns. This track had everything you see in other international events and I, for one, was very impressed at the professionalism and organization of the staff at the event. The first day consisted of a safety and rules talk as well as a full day of practice runs down the hill. The practice runs were fun and the spirit was high. The same night saw us drunk and merry, skating and singing in the streets as the energy from the day of riding passed into the night.



Top: Ariel view of the track; Left: The final four; Above: 3rd Adam Yates 1st Max Ballesteros 2nd Billy "Bones" Meiners; Below: Girls' practice session



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/>



I attended a race last year in Chengdu and it was awesome, but this year's event absolutely blew my mind. I met so many new friends as well as chilled with some friends I hadn't seen in a while. Everywhere you looked people were smiling and laughing, generally just having a damn good time. We were in the mountains, fresh air in our lungs, pristine roads to skate with some of the coolest people I've ever met. Even the people who were new to longboarding had a good time and felt part of this community.

The biggest highlight for me was my first time meeting Adam Yates. He is involved in one of the top longboard companies in the world, Landyachtz. He also skated in my hometown in South Africa. When I met him he asked me where I was from, I told him and said "You skated in my hometown". He immediately started throwing down all the South African slang (Nan Fei Hua) that he had learned during his trip there. It was such a good feeling and to see that someone as well known as him was so humble and genuine, really gave me a good impression of the global longboarding and downhill scene.

All in all the entire event was super sic. If Chengdu manages to host the IDF race next year it will be huge and I would advise all of you to attend. Hope this inspires you guys to pick up a board or even just to get involved shooting photos or videos. I have one last thing to say about the event... Banana.

Aweh guys, have yourselves a wonderful Christmas and New Year. All the best for the future. See you on the road...



2015岳麓区旅游文创产品创意设计大赛报名公告

DESIGN CONTEST: ENTER & WIN!



June 5th 2015, the idea to promote the reform and development of the tourist industry by the Hunan Government stated the “focus on innovation and implementation of the tourist industry brand creation project with a view to guiding the development of quality goods and tourist souvenirs, encourage every scenic development for the iconic tourist goods, increase the support for the old brand tourist goods, handicraft, local specialties, agricultural and sideline products.”

一、大赛背景

2015年6月5日，《湖南省人民政府关于促进旅游产业改革发展的实施意见》中指出：“注重挖掘创新，实施旅游商品品牌创建工程，引导品牌大企业研发生产精品、名品旅游纪念品，鼓励各景区开发标志性旅游商品，鼓励将丰富的非物质文化遗产资源转化为文化旅游商品，加大对老字号旅游商品、特色手工艺品、土特产和农副产品开发支持力度，开发一批具有地域特色、有自主品牌、深受游客欢迎的特色旅游商品。加强旅游商品知识产权保护，促进版权交易、创意转化。”

The 2015 Yuelu District Tourism Product Design Games

2. Games Aim / 二、大赛宗旨

By hosting the “Absolute YueLu Graphic Creativity Design Competition” and “Excellent YueLu Tourist Cultural Product Competition” we could explore the typical cultural products of YueLu and enrich the cultural products of YueLu. We also want to promote the tourist brand of YueLu and build the most powerful tourist cultural product competition of YueLu in 2015.

通过举办“绝对岳麓图形创意设计大赛”、“绝妙岳麓旅游文创产品大赛”，探寻独具岳麓区文化特色的产品化表现，丰富岳麓区文化旅游产品形态，提升岳麓区文化旅游品牌，打造2015年度具有实效性的岳麓旅游文创产品创意设计大赛，树立并提升岳麓区旅游品牌和形象。





3. Organization / 三、组织机构

The Guiding Unit of ChangSha: YueLu District Committee, Style Bureau of YueLu District, The people's Government of YueLu District of Changsha Scenic Spot Administration Bureau of YueLu.

Host Unit: Tourist Administration Of YueLu District, Style Bureau of YueLu District, Science and Technology Bureau of YueLu, Cultural Tourism Industry Association of YueLu.

Co-organizer: Hunan Hualv Culture Tourism Development Inc. Folk Park of Orange Island.

(一) 指导单位：
中共长沙市岳麓区委员会、长沙市岳麓区人民政府、岳麓山风景名胜区管理局

(二) 主办单位：
岳麓区旅游局、岳麓区文体新局、岳麓区科技局、岳麓区文化旅游产业协会

(三) 协办单位：
湖南华旅文化旅游产业发展股份有限公司、橘子洲民俗园景区



4.1.1. Theme:

The design theme must be something about the Tourist of YueLu district.



4.1.2. Requirements

The “Absolute Yuelu Graphic Creativity Design Competition” required “Absolute” meaning the peculiarity, traditions and originality of YueLu could not be fake. That also meant using the history, culture, natural landscape of Yuelu and people’s life in the past and now as well as an analysis of the deep culture of Yuelu. Plus, a focus on ‘special things’ and culture of YueLu. So designs had to really represent YueLu. A final focus on the interpretation of the color, pattern, national craft, life style, etc, of Yueu.

4.1.3. design content

Patterning & Creative pattern design



4.2 excellent YueLu tourist cultural product



四、大赛内容：

本届2015岳麓区旅游文创产品创意设计大赛为专业赛事，由“绝对岳麓图形创意设计大赛”和“绝妙岳麓旅游文创产品大赛”两个专项赛事组成。

(一) 绝对岳麓图形创意设计大赛

1. 主题：

“理学启湖湘，文旅兴岳麓”。紧扣岳麓区旅游相关文化元素作为参赛作品的设计主题。

参考主题：(1) 湖湘底蕴篇：湖湘文化、湖湘学派、湖湘理学源远流长：宋有张栻、朱熹、朱张会讲；清代有欧阳厚均、山长、曾国藩筑麓岳麓，血性湘军；近现代有毛泽东和“恰同学少年”的峥嵘岁月。(2) 人文景观篇：全区拥有国家、省、市文物保护单位89处，岳麓书院、爱晚亭、新民学会旧址、曾国藩墓等名胜，还闻名于外。(3) 抗战历史篇：四次长沙会战中，中国军民众志成城，在岳麓山英勇抗击日军，数度激战，沉重地打击了日本军国主义嚣张气焰，书写了长沙人民不屈不挠、可歌可泣的光辉历史。(4) 现代学府篇：区域内有中南大学、湖南大学、湖南师大等高等院校16所，集聚了27位卓有建树的“两院”院士，人才优势显著。(5) 生态景观篇：新的世纪，岳麓区乘湘江新区之东风，拥有岳麓山国家5A级旅游景区、橘子洲景区、洋湖湿地公园、梅溪湖、巴溪洲水上公园等生态景观，是“山水洲城”自然风貌的典型代表。

4.2.1. Theme

Through the understanding of creative, design, aesthetics, focus on developing ideas and the features of tourist products. Also, to pay attention to the meaning of tourist products and humanistic care, making tourist products bring happiness to people.

4.2.2. design content

All the entries are OK to use any material, are encouraged to use the original and environmental material to display the company.

2. 作品要求：

“绝对岳麓”图形创意设计大赛强调岳麓文化符号的“绝对”（此处强调岳麓的独特、代表性、原创性），绝不是“山寨”，通过解读岳麓区的历史、文化、自然景观、过去和当下的百姓生活，分析岳麓区深厚文化精神的魂魄和血肉，以岳麓特色、文化和元素为诉求核心，寻找和创意设计能代表岳麓印象、岳麓本土文化的图案、字体、颜色，对岳麓视觉符号、民族工艺、生活方式等进行具有时代感和创新性的诠释，以达到“向世界传播绝对岳麓符号”的目标效果。

4.2.3. Collect range

All the products which can embody the cultural environment of Yuelu are welcome. Such as food, electronics, medicine, articles of daily use, decoration, household articles and science, arts, etc.

5. Time:

5. Time: December 1th 2015—April 30th 2016

Everyone or any group is allowed to apply.

All the entrants need to download the application form from <http://www.tour.yuelu.gov.cn/>,

you can email your design to ylwc2016@163.com or you can send your

design to wechat **【岳麓微旅】** or mail it to 长沙市橘子洲景区拱极楼 zip code

410000. Tel: 18674827835

1st Prize Winner has 10000rmb and a certificate as prize.

2nd Prizes Winners have 5000rmb and certificate as prize.[two people]

3rd Prize Winners have 3000rmb and certificate as prize.[three people]

Prizes for 'excellent work' will receive 1000rmb and a certificate as prize.[ten people]

1. 主题:

通过对创意、设计、美学的执着,注重研发理念和旅游产品特性,关注旅游产品的意义和人文关怀、旅游产品创新带来的美好,对岳麓特色旅游文化创意产品作创新解读、诠释、赋予新的生命,传承发扬。

2. 参赛内容

参赛作品不受材质限制,鼓励采用新颖、独创且便于批量生产的材质及表现载体,特别鼓励使用生态环保材料及运用环保理念进行创新设计。

3. 征集范围

体现岳麓人文特色或岳麓区本地正规企业生产的各类产品,主要包括:休闲食品类、电子产品类、保健类、日用品类、装饰品类、家居用品类及各类科技、文化、艺术类产品等。

五、大赛日程

本届岳麓区旅游文创产品创意设计大赛的赛事活动将通过启动暨报名征集、组织评审、作品展示、颁奖典礼等阶段推进。其中包括:

(一) 线上启动暨作品征集阶段

时间:2015年12月1日—2016年4月30日

内容:赛事线上启动,依托岳麓旅游网、岳麓新闻网、各高校官网、设计类赛事网站等渠道进行启动大赛报名和作品征集,所创作品,根据要求发送指定邮箱。

(二) 作品初评阶段

时间:2016年5月1日—5月15日

内容:整理参赛要求对所征集的作品,组织专家评审委员会进行初评,每个专项赛事产生100件作品进入终评阶段并在岳麓区旅游局官网和大赛指定微信公众账号【岳麓微旅】公布。

(三) 网络投票与入围作品寄送阶段

时间:2016年5月16日—5月22日

内容:进入终评的作品将上传至【岳麓微旅】微信公众平台,大众进行网络投票。同时,入选的“绝妙岳麓”文创作品需限时将模型或者实物寄送或送至至组委会(长沙市橘子洲景区拱极楼【岳麓微旅】),邮费自理,快递仅限顺丰快递可到。

Add wechat **【岳麓微旅】**,

时间:2016年5月1日—5月15日

内容:整理参赛要求对所征集的作品,组织专家评审委员会进行初评,每个专项赛事产生100件作品进入终评阶段并在岳麓区旅游局官网和大赛指定微信公众账号【岳麓微旅】公布。

(三) 网络投票与入围作品寄送阶段

时间:2016年5月16日—5月22日

内容:进入终评的作品将上传至【岳麓微旅】微信公众平台,大众进行网络投票。同时,入选的“绝妙岳麓”文创作品需限时将模型或者实物寄送或送至至组委会(长沙市橘子洲景区拱极楼【岳麓微旅】),邮费自理,快递仅限顺丰快递可到。

（五）作品版权

1. 参赛作品必须为原创作品。参赛作品不得存在任何知识产权纠纷或争议，主办方对参赛作品之可能违反版权、专利或因其后宣传所产生的指控概不负责。对侵犯他人知识产权并获奖的作品，大赛组委会有权根据相关比赛规定取消其获奖资格。
2. 获奖作品不得重复参加国内其他区县同级别比赛的作品征集；获奖作品可参加国家/省/市级别比赛，但必须提前获得长沙市岳麓区旅游局授权和推荐，长沙市岳麓区旅游局和作者共同署名。
3. 参赛作品的传播、展览、刊登、出版等的版权归长沙市岳麓区旅游局所有。长沙市岳麓区旅游局在使用参赛作品时，对其作者予以署名。
4. 参赛作品版权归个人所有。获奖作品在进行商业应用时，凡使用“获得2015岳麓旅游文创产品创意设计大赛××××奖”称号时，须提前向长沙市岳麓区旅游局申请并获得审批。
5. 大赛主办单位对本次大赛保留最终的解释权。

七、奖项设置

本届大赛由“绝对岳麓图形创意设计大赛”和“绝妙岳麓旅游文创产品大赛”两个专项赛事组成。每个专项赛事均设置金奖、银奖、铜奖、优秀作品奖。

- （一）金奖1位，奖金1万元，并颁发证书；
- （二）银奖2位，奖金5000元，并颁发证书；
- （三）铜奖3位，奖金3000元，并颁发证书；
- （四）决赛入围作品50件，除金、银、铜奖外，再选出10件，授予“优秀作品奖”，奖金1000元，并颁发证书。

注：以上奖金均为税前金额。请获奖者按国家规定执行纳税。

八、政府创业支持政策

按照“政府引导、市场运作、企业为主”、“大众创新、万众创业”的原则，长沙搭建从作品到产品、商品的转化渠道。获奖作品在大赛结束后，可享受政府提供的如下创业支持利好政策：

- （一）获奖作品可有限享有国家文创扶持资金申请的优先推荐；
- （二）获奖作品可优先享有社会资金贷款的优惠支持；
- （三）获奖作品在做成产品、商品后，纳入岳麓旅游文创产品品牌系列，经岳麓区旅游局报批，可进入旅游商品市场进行销售；
- （四）鼓励各旅行社、导游向游客推介购买系列旅游商品；
- （五）组织获奖作品个人、所属企业参加长沙市岳麓区旅游对外推介活动，商品进入全市旅游宣传手册，面向海内外宣传促销。

九、联系方式

有关本次大赛相关文件和表格请登录大赛官方网站岳麓旅游网（<http://www.tour.yuelu.gov.cn/>）查询下载。上述未尽事宜请联系大赛组委会。

岳麓区旅游文创产品创意设计大赛组委会
邮箱：ylwc2016@163.com 邮编：410000
地址：长沙市岳麓区橘子洲风景区拱极楼
联系人：范小姐 电话：18674827835

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