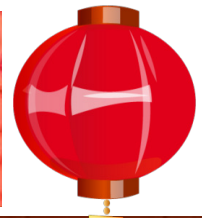


Kualy Culture 华旅文化 WNIC?

# CHANGSHA ?



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

Jan / Feb  
2016  
Edition 5

长沙有什么“星”见闻?

面向英语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

Happy 'Year of the Monkey' to everyone!  
恭祝大家猴年快乐!



**FOOD SPECIAL:**  
HOW TO MAKE SPRING  
FESTIVAL DUMPLINGS!

with Jimmy



MORE FOOD:

Sweet & Spicy Black Rice Citrus Salad  
&  
All about DIM SUM

Hunan's transport  
projects Explained



**HEALTH FOOD:**  
**FAT IS AWESOME!**

REVIEW OF  
CHANGSHA'S  
1ST CHRISTMAS  
MARKET



PLUS

NEW SECTION: Teacher Zone!

Christmas, temples and heading into the land of plenty

ChangshaHua: lesson 5

Dare to Dream: Coco's Story

Further afield:

THE MAGIC OF  
LONGLI





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

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Brooklyn Fellas  
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Get two FREE bottles of Coke on Mondays (In-store purchase if you spend over 100yuan)

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Crave Deli & Bar  
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20% OFF everything, anytime

Deli Burger  
Restaurants & Dining  
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Restaurants & Dining  
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Xingsha  
Tea & Coffee  
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Mayo Dental Hospital  
Health & Beauty  
15%OFF the bill (excludes medicine and oral care products)

Mega Cafe & Sports Bar  
Bars & Clubs  
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Monday-Wednesday (excludes promotions)

Nicole Nails  
Health & Beauty  
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12% OFF all clothing purchases (15%OFF if over 1000RMB)  
5%OFF health supplements  
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Restaurants & Dining  
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Orange Island: Juzhou  
Island Sports & Leisure  
Culture Park  
Health & Beauty  
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15% OFF foot massage/majiang  
30% OFF outdoor swimming pool/camping/basketball/rock climbing/sauna+hot springs

Pakistan House  
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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  
Bars & Clubs  
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  
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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

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Hualu Culture  
华旅文化

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Welcome to the 5th edition of the free "What's New in Changsha?" magazine.

Firstly, Happy 'Lunar' New Year to everyone! Welcome to our special 'food edition' in which we invite a well known local chef to show us how to make those spring festival dumplings and get the low-down on 'fat' in our food (and how it's not all bad) by Fisher. Plus, special guest articles on Dim Sum and a great sweet and spicy rice salad by some of our loyal readers.

We also have a special feature on stunning Qiandongnan in neighbouring Guizhou province, an insightful story about FCSA founder Coco and a detailed report on the many, exciting transport projects in Hunan! We also continue some of your favourite articles. It's all in here, free to view. Why not contribute? Anyone can write for us. Email us at [wnic@qq.com](mailto:wnic@qq.com) and follow us on wechat for daily city news and events!

Damion (Editor & CEO of WNIC) [www.wnichangsha.com](http://www.wnichangsha.com)

欢迎第五期长沙“星”见闻免费英文杂志面世。

首先，提前恭祝大家春节快乐！欢迎本期的特别“美食版块”，我们邀请了一位本地有名的厨师介绍如何制作中国的春节传统食物—饺子，以及美国营养师Fisher介绍如何为生活中的食物降“脂”（及脂肪并不是都不好）。另外，我们还有几篇来自忠粉们写的介绍甜点及甜味沙拉的制作过程的小文。

本期也会为大家特别介绍邻省-贵州美丽的黔东南，另外来自FCSA创始人可可会为大家介绍她们的故事。当然还有更多精彩的关于湖南的交通项目的消息！我们仍然会继续为大家呈现那些脍炙人口的好文章。好文章在这里，随时都可以阅读。为什么不来试试投稿？每个人都可以试着写给我们。请发邮件到[wnic@qq.com](mailto:wnic@qq.com)关注我们的微信公众平台查阅最近的星城活动和最新消息！

大明（总编&WNIC总裁） [www.wnichangsha.com](http://www.wnichangsha.com)

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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# What's On in Changsha...

## 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

MONTHLY EVENTS 主场	
2016 JAN.	
1-3.01	FREE ENTRY New Year Party
08.01	FRI, JAN, 08 8:00P CHANGSHA TRASHY / FASHION / JAZZ
09.01	SAT, JAN, 09 Electric Underground W/ THEORY / PASSENGER
15.01	FRI, JAN, 15 Underground Movement PARTY / ROCK OPEN
16.01	SAT, JAN, 16 GIBBOYS BANDS / PANDA / DANCING
22.01	FRI, JAN, 22 Chasing Greens DAD DAD / MARIJUANA
23.01	SAT, JAN, 23 8:00P CHANGSHA TRASHY / FASHION / JAZZ
29.01	FRI, JAN, 29 Electric Underground W/ THEORY / PASSENGER
30.01	SAT, JAN, 30 GIBBOYS BANDS / PANDA

01.01-30: Club Resident Events

2016 意大利购物节  
ITALIAN SHOPPING FESTIVAL  
2016.01.23-31 长沙开福万达广场

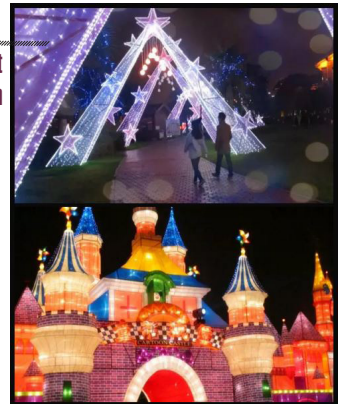
01.23-31: Italian Shopping Festival

# Jan



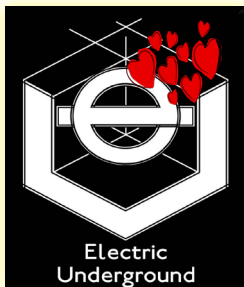
01.23: Destiny Of Champions (televised sporting event) wnichangsha.com for more

Orange Island Spa Resort Lantern Festival Exhibition



Monday, February 8  
Chinese New Year 2016

01.12: Valentine's Day: Traffic Light Party @46



# Feb



02.14: Hello, Stranger @Wanda Vista Changsha

# EAT OUT

## Recent EATS >

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餐餐美食, 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!

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!

01.08: Nepal Restaurant 'Natmandu 2012'



12.12: Lazy Storm 'Dinner Party'



12.05: Pancake & Crepe Party



Follow WNIC to join the next great food party!

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橘子尊享酒会

# The Orange Lounge

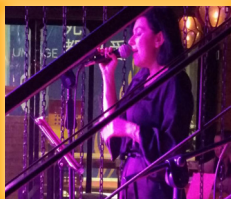
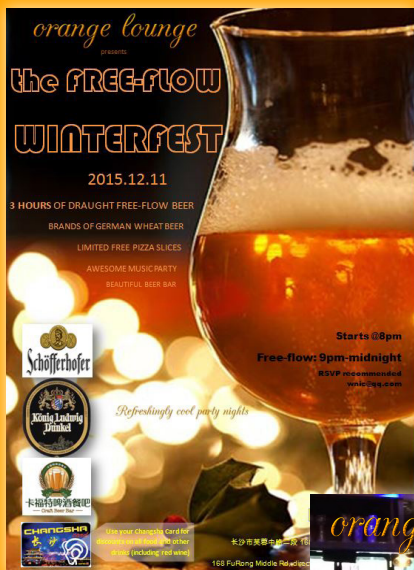
"Refreshingly cool party nights"

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

11th December 2015: The Free-Flow Winterfest!  
@T Craft Beer Bar, Changsha  
Guest singer: Eve

**REVIEW**



More exciting Orange Lounge parties coming soon! Stay tuned on WNIC!  
[www.wnicchangsha.com](http://www.wnicchangsha.com) (or follow us on wechat: WhatsNewInChangsha)

## NEWS IN BRIEF



### IKEA to open flagship store in Changsha

IKEA's finally coming to Changsha! And it's not just going to be the furniture store, they're also going to open the fourth IKEA shopping centre in all of China here. The shopping centre will bring 100 new leading brand stores, both domestic and foreign, which have not yet entered the market in Hunan.

On November 19th, a member of Hunan province's standing committee and secretary for Changsha's party committee Yi Lian Hong, and Changsha party committee's vice-secretary, mayor Hu Heng Hua met with IKEA shopping centre's global president to sign an agreement which would allow IKEA to set up a shopping centre in the new Xiangjiang district (Changsha's 'Hexi' area) of Yang Hu economic area. Changsha city's government, the manager of IKEA shopping centers China, Ding Hui, and IKEA China's retail development chief inspector Ye Di Jun all signed the investment agreement contract together.

### New 72hr visa-free stay in CS



Passengers can enjoy a 72-hour stay in Hunan upon entry via the Changsha Huanghua International Airport, as long as they have third-country visas and onward tickets to leave for a third country or region within 72 hours. The airport is now the only of its kind in central China that allows 72-hour visa-free stay within the whole administrative region of the province. Corresponding to the policy, Changsha Huanghua International Airport will also create flights to 51 countries, including enhancing the scheduled flights to Frankfurt and Moscow, and resuming the flight from Changsha to Los Angeles.



### Major new mall hits Xingsha

Xingsha's first shopping mall, The MixC, has finally opened before the public of Xingsha. There was a crowd gathering on a scale never before seen in Xingsha, and a stream of people flowing into the newly opened mall, officially marking the opening of the MixC shopping

mall; the newly opened MixC mall is reported to have had over 200,000 people visiting the mall on the first day of its opening. Mothercare has now opened a new flagship store in the new MixC mall in Xingsha, Changsha. The store will stock the full range of global products.

### Metro Line 2 extension opens

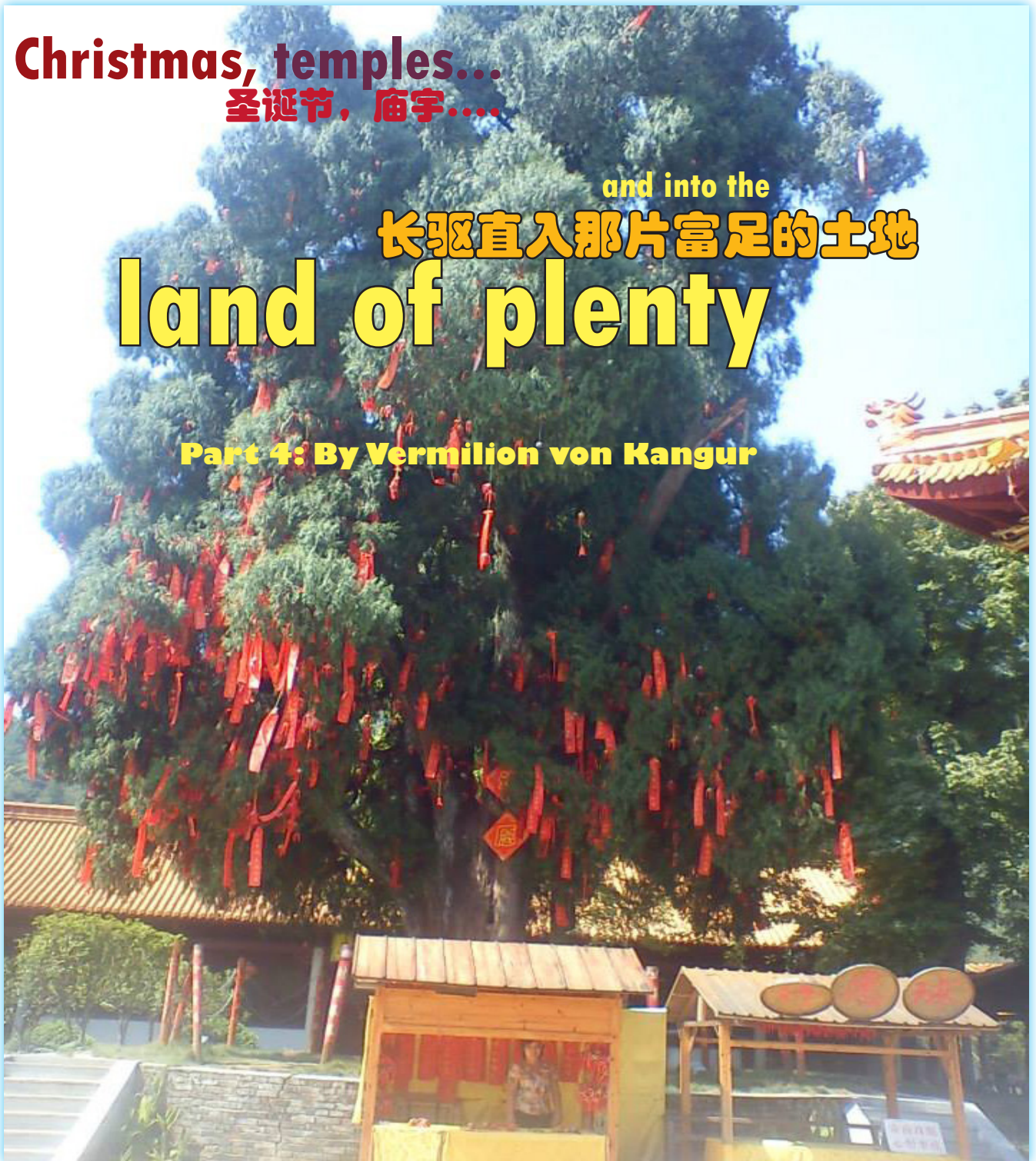
The photo taken on Dec. 28th shows the citizens in the train of Changsha Metro Line 2 westward extension.

Changsha Metro Line 2 westward extension, the second metro line to open to traffic in Changsha, was on trial operation that day. It extends from Wangchengpo Station to Meixi Lake area, which adds the total distance of Metro Line 2 to 26.579 km and increases the trains from 16 to 19.

**Christmas, temples...**  
**圣诞节, 庙宇....**

and into the  
**长驱直入那片富足的土地**  
**land of plenty**

**Part 4: By Vermilion von Kangur**



It's that wonderful time of year again, folks. Unlike you guys in the cities, this year our little trio get to experience it in rural China, where it turns out no-one actually knows anything about Christmas. Now we're not expecting groups of Chinese grandmas to stand in the local supermarket carol singing, or Chinese granddads walking around dressed up as Santa, but seriously, no-one knows anything about Christmas. Like, zip. Nada. Nilch. But it's rural China, so I suppose they have that excuse. Hey, we're new here, we're still figuring it all out.

Time for us to educate, then. We are teachers, after all.



Dressing up as Santa, filling socks with candies, and going into class that way went down amazing with the students, I can tell you that. A classroom full of eighty kids all singing 'Jingle Bell's or 'We Wish You A Merry Christmas' can get quite loud. A few teachers on break ended up sticking their heads in to see what was going on, before giving in to temptation and joining in themselves. I do have a way with people. I may have accidentally interrupted the poor teacher's class after mine when all the students wanted a photo with 'Santa' after class, but given that those were our final classes before we finished for our winter vacation (8 long weeks of it – the students aren't so lucky, they've got exams), I feel it's safe to say we went out with a bang.

Let the Christmas celebrations begin. Starting with our school. We were taken once again out into the wonderful countryside

that lies beyond our village, to a Buddhist temple tucked away behind a few mountains. Mountains, I have now established, are my enemy. We had a good wander around, gazing in awe at the purely, utterly, incredibly breath-taking décor, which included Chinese Gods, Buddha, wall hangings detailing China's immense history, before being taken out to where a wishing tree was stood. Write one wish on a piece of red silk, attached to a heavy lantern-like ball, then toss and wait. It took Hilary twenty attempts to toss it into the tree. Me? Four. Liam? One. What a show-off. And what did I wish for? That's a secret.

Maybe I wished for the temperature to go down. I don't know about the cities, but here in good ol' Ningyuan it's as bright and sunny as ever. In December. Not one hint of rain or clouds in the skies. Good for our drives in the countryside, bad for

everything else, which ends up reducing us to red faced, sweaty Waiguoren.

After our trip to the temple, we were taken to explore a cave. Caves, I like. They're underground, dark, damp, and cold. But this cave had a surprise waiting for us. Frank The Principal called them 'The Minority Girls' but all I know is I love their clothes. They welcomed us with songs, dancing, tea, and games. I suspect they let us win all the games, but I'm not complaining. Not everyone gets welcomed like this. Only 'esteemed guests.' I do enjoy being an esteemed guest.

Our day with the school being over, myself, Hilary, and Liam decided to take ourselves out for the night to the only real nightlife Ningyuan actually has. Not a KTV. A club! Check out the photo. And yes, that is the club on a busy night. It may have been just the three

of us, but we made that DJ's night with our (Santa-themed) antics. I expect there to be legends of us for years to come. But please, not any of Hilary performing the damned Macarena over and over again. Girl loves that dance.

The following morning we were up early. Bags packed, our morning breakfast of vegetable dumplings in one hand, and our passports in the other, and we were off. Vacation begins now, my friends, and we are not wasting any time of it. The bus to Changsha was alive with the sounds of our singing, which died down pretty soon when we realised we've got nine hours ahead of us, with only one bathroom break. Drink little fluids, was the motto of the day. Nine hours sat in a bus can quickly become very tedious. Sounds familiar, doesn't it? That was what I said in my first journal entry. Funny how life works in circles.



Finally, at long last, we arrived in Changsha at the South Bus Station. Blinking and rubbing our eyes at the sheer amount of life and energy around us, after months of quiet and slow paces. We were very obviously new to this. And where did we go? None of us had any idea of how to get to the hostel.

Cue Spite's language skills! Not oral, because I discovered I become very shy in a large environment, but after writing out a quick message and handing it to a professional-looking man, he pointed us to where we could get a bus that would take us straight there. Taxis can quickly turn expensive. 2RMB, and all our luggage at our feet, and we were once again back on a bus, fifteen minutes after getting off one.

Oh yeah, and we got off at the wrong stop. Hilary was in charge of counting the stops to the hostel (16) and she got it wrong. We had to walk a further twenty minutes. It turns out, unlike Ningyuan, Changsha is a little cold. I wasn't prepared for this. Why do I always have the wrong clothes? We stayed in a tucked-away little hostel named the International Youth Hostel (长沙国际青年旅舍), located at 50 XinMin Road (新民路50号), close to a 7 Days Inn and also a place called Crave. I think you may have heard of that place. It's a pleasant hotel, with small rooms, and Hilary and I had the joy of sharing with two shy Chinese girls, both studying to be English teachers. Liam wasn't so lucky, he got the

share with himself. The staff were helpful too, although we had to communicate in a mixture of English and Chinese.

They recommended us such places as Peace Street (太平街) and Walking Street (步行街). Our small-town eyes could barely believe the life and choice you city Waiguoren have. You can eat at KFC! McDonald's! Pizza Hut! Drink at Starbucks and Costa Coffee! Shop at H&M! And all that amazing street food, too! Potatoes and squid on a stick. I'm gaining weight just writing this. We went on a coffee-shop-crawl. Another one of my inventions, it's like a pub or bar crawl, but with coffee shops instead. All that caffeine will flatten you like a steamroller, I swear. Accept the challenge. I dare you.

Right in the middle of Peace Street (太平街) we discovered a bar named MeiYou Bar (没有酒吧) which we'd taken to spending an afternoon or two in. The owner, who explained she couldn't think of a name for the bar, so she called it MeiYou (good enough reason to me) has a white cat, blind in one eye. I named him Captain Fishfingers, and he had to sit with us at all times. Had to. We also discovered



an unbelievable shop called Metro (麦德龙) where we saw the most beautiful sight we'd

seen in a long time: pasta. Bags of it. The women at the China Post looked at us a bit funny when we came in to post 50KG of pasta, sauce, and parmesan, to ourselves back in Ningyuan, but needs must. Let's see how long that lasts.

Last night, being our last night in Changsha, this wonderful city with a stunning view from the Orange Island Bridge (橘子洲大桥) had to be a special one. And a special one it was. We'd made the acquaintance of an Estonian man named Milo, and his Chinese friends. We exchanged WeChat IDs and numbers, as you do, and he made sure we were finding our way around just fine. Anyway, come 9 p.m., Hilary and I were in our pyjamas, face masks on, ready for a good night's sleep. In my case, not so much – Hilary snores. Loud. And she moves around in her sleep and rocks the bunkbeds. And sleepwalks. And sleep talks. And sometimes hits me because "I'm being mean in her dream." Milo messaged us. Would we like to go out to a club with him and his Chinese friends? From our dorm room, we messaged Liam. Liam was down for it. But we didn't want to get changed and made up, and my hair was still wet from the shower. Solution? Go clubbing in our pyjamas, complete with wet hair and face masks. Milo didn't even blink. He earned cool points for that. I'd show you a photo, but I promised I wouldn't. And I'd tell you what happened, but I won't because my mother will want to read these. We may have

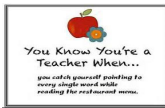


attracted a few stares, but no more than the drunk man urinating in the middle of two cars did. Hilary even got up and danced on the tiny excuse for a stage. Club Me (魅力四射酒吧, 解放西路) is definitely a step up for our tiny club in Ningyuan. I'm a little jealous.

I'm writing this on my iPad, in the middle of the Changsha Train Station. We're waiting for our train to Zhuzhou, where we'll do a few hours of shopping, so we'll have appropriate clothes for any kind of weather, before we move on to the scenic Guilin. Check out the chaos in the room I'm in. I am making like a McDonald's and I am lovin' it. Everything's so full of life, so many people, places to go, things to do. How excited will I be halfway through our vacation, knowing I've got another month left to travel before returning to the sleepy village we call home? Who knows. Until then, you Changsha Waiguoren take good care of your city, because you truly have it wonderful.

And stay away from Captain Fishfingers. He's mine!

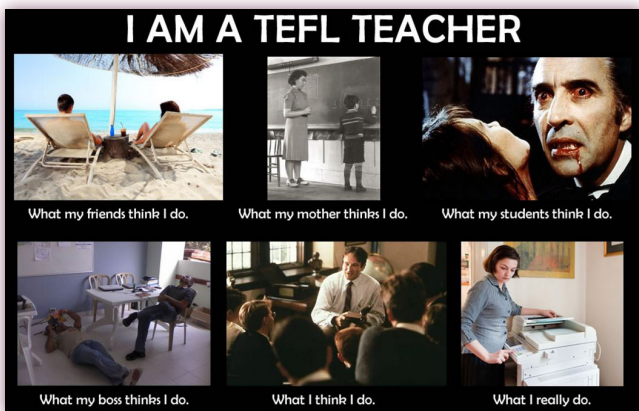
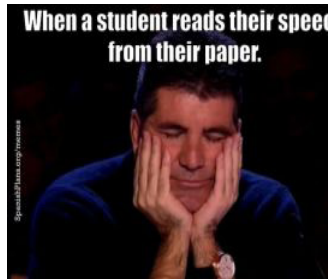
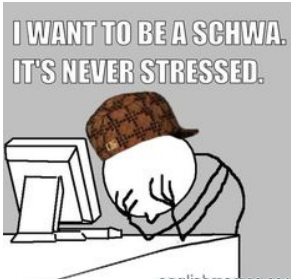




Are you an English teacher and haven't joined our group TEFL Lemon?

TEFL Lemon also has very cool articles and things of interest to TEFL teachers living and working in China.

Just scan & FOLLOW!



## TEFL WARMER GAME

This is a dead easy TEFL warmer for teens and adults, but you can easily change the questions to suit younger students if you teach kids. In it ideal to warm up a tired class and get them into the swing of learning English again after a week or more away.

In a nutshell, students go head-to-head to try to survive to the end to be the only student left in the game. You can change the topics in the game to suit level and age.

1. Get all of your students to make a big circle, just in front of their chairs.
2. Explain to the class that you are going to give a topic i.e. hot things, school subjects, adverbs, alternative energy sources, whatever - make it level appropriate. The student to your left must then say a word associated with that topic.
3. The next student must say another word associated with that topic, and the next student, and so on, and so on.
4. As soon as a student either repeats a word or hesitates, then they are out and must sit down. If your class is larger, then the student who is out sits down, as does the two students next to him.
5. Now give a new topic and continue from the next student standing. Keep going around the circle eliminating students and giving new topics until only one student is left standing.

They are the Last Man Standing!!!

(provided by ESL in China)



## 5 Very Good TEFL Websites for Teachers

by Stuart Allen (ESL in China)

Happy New Year! I hope the hangover has now subsided and today is feeling way better than yesterday! 2016 is sure to be a great year for teaching and here are five great websites to make your lesson planning way easier

### #1 - EverythingESL

[www.everythingsl.net](http://www.everythingsl.net)

EverythingESL.net was developed by Judie Haynes, an ESL teacher from New Jersey with 29 years of teaching experience. This attractively designed, user-friendly site is full of valuable information for ESL educators.

### #2 ESL Printables

[www.eslprintables.com](http://www.eslprintables.com)

ESLprintables.com is a site where ESL teachers can go to exchange resources. It was developed by Victor Gayol, an English teacher in Spain, to provide ESL teachers with a large database of printables, including worksheets, lesson plans and activities.

### #3 - Pizzaz!

[www.darkwing.uoregon.edu/~leslieob/pizzaz.html](http://www.darkwing.uoregon.edu/~leslieob/pizzaz.html)

Pizzaz! is an online resource for ESL teachers that provides "simple creative writing and oral storytelling activities with copyable (yes, copyable!) handouts for use with students of all ages."

Follow the links to explore an abundance of valuable resource sections, such as "Poetry," "Fiction," and "Bag of Tricks." Click on one of the poetry links and you will find information on the ESL student level (for example, high beginner), the poem description, sample poems, and some great warm-up activities, lesson plans, a template to make your own poems, and follow-up activities. Or explore the "Bag of Tricks" to find more resources such as online writing prompt ideas, instructions on how to create your own tongue twisters, and the writing mailbox where students learn effective communication through letter writing.

### #4 - Colorin Colorado!

[www.colorincolorado.org](http://www.colorincolorado.org)

Colorin Colorado! is a bilingual site that "provides information, activities and advice for educators and Spanish-speaking families of English language learners (ELLs)." It is filled with valuable ideas, resources and strategies that ELL teachers can use to help their students learn to read. This site can be navigated in either English or Spanish by clicking on the "In English" tab or the "en Espanol" tab.

### #5 - Larry Ferlazzo's Websites of the Day

[www.larryferlazzo.edublogs.org](http://www.larryferlazzo.edublogs.org)

Larry Ferlazzo's Websites of the Day is a resource-sharing blog dedicated to providing ESL classroom teachers around the world with helpful ideas and information. It is filled with lists of educational resources on the web, along with reviews and recommendations. Included are annual posts listing "The Best Web 2.0 Applications for Education," "The Best Fun Sites You Can Use for Learning, Too," and "The Best Websites to Help Beginning Readers."

Have a great 2016!

Stuart Allen

ESL in China!

Follow us on wechat: ESL\_China

Lesson ideas and games for TEFL teachers!



“FAT is the preferred fuel of human metabolism and has been for most of human evolution.”

**FAT**

IS AWESOME

**脂肪也很牛逼**

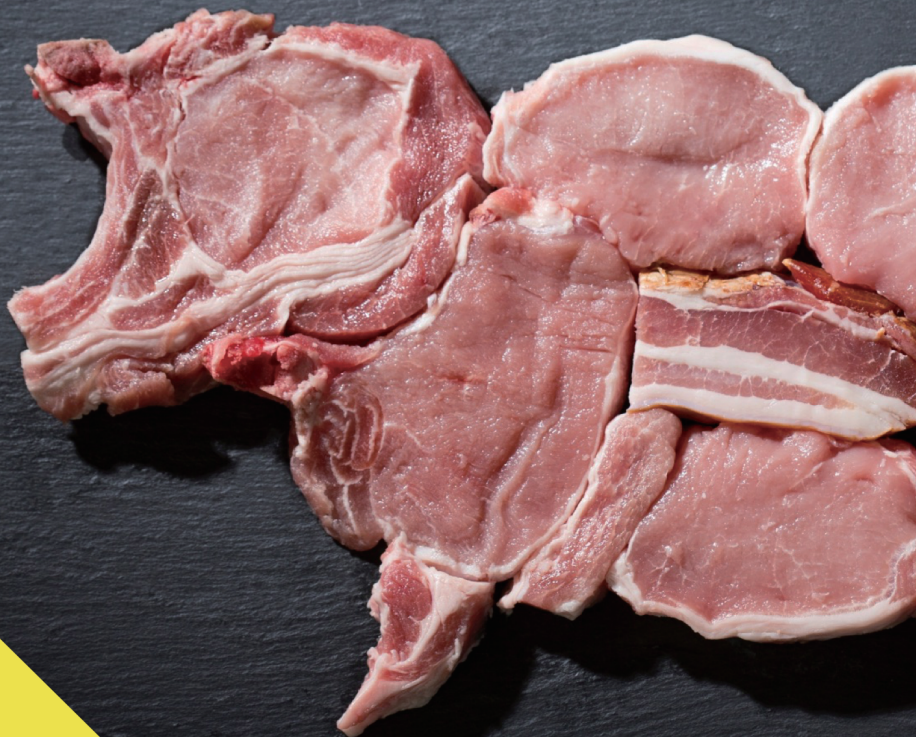
## A Metabolic Paradigm Shift

A good reason so many people (mostly the sugar-burners, whose disparate group includes fruitarians, veg\*ans, body-builders, most MDs, the USDA and virtually every Bullshit program in the country) can't seem to grasp why a lower carb higher fat and moderate protein approach to eating is a better choice for health and fitness: their fundamental paradigm – the core theory that underpins everything else in that belief system – is flawed. They remain slaves to the antiquated notion that glucose is the king of fuels, so they live their lives in a fear of running low. The truth is, fat is the preferred fuel of human metabolism and has been for most of human evolution. Under normal human circumstances, we actually require only minimal amounts of glucose, most or all of which can be supplied by the liver as needed on a daily basis. The simple SAD fact that carbs/glucose are so readily available and cheap today doesn't mean that we should depend on them as a primary source of fuel or revere them so highly. In fact, it is this blind allegiance to the "Carb Paradigm" that has driven so many of us to experience the vast array of metabolic problems that threaten to overwhelm our health care system.

It drives me fucking bonkers that such a large segment of the so-called health and fitness community would continue to defend high carbohydrate diets with such tenacity. It should all be very obvious by now. The studies keep piling up indicating that carbohydrate intake is the major variable in determining body composition and that excess glucose from carbohydrate intake (especially from processed grains and sugars) is the primary culprit in obesity and in many disease processes. It follows logically that if you can limit carb intake to a range of which is absolutely necessary (and even up to 50 grams a day over) and make the difference up with tasty fats and protein, you can literally reprogram your genes back to the evolutionary-based factory setting you had at birth – the setting that offered you the opportunity to start life as a truly efficient fat-burning organism and to continue to do so for the rest of your life as long as you send the right signals to your genes. Becoming an efficient fat-burner is the major premise of this article.

Logic doesn't rule when you are stuck in the Carb Paradigm, so I still see some misguided biology students say the low carb high fat eating strategy as potentially harmful for its relatively low carb intake or stating that my advice to "generally keep carbs under 50 grams a day unless you're an athlete" is ridiculous. How many more times do I have to overhear a trainer advising a still-portly client to "eat 5 or 6 small meals throughout the day, always with some carbs, so you keep your blood sugar up and don't go into starvation mode."? It's time to stop this nonsense and reframe the current views of human metabolism to accurately reflect the two and a half million years of evolution that shaped the current human genome – a perfect DNA recipe that fully expects us from birth to function largely on fats.

It's time for a Metabolic Paradigm Shift within the health and fitness world.



## The Faulty Carb Paradigm "Logic" Goes Something Like This

The basic underlying assumption is that glucose is the preferred fuel of most cells; BUT, because we can't store very much glucose (as glycogen in liver and muscles), we need to provide a continuous source of glucose in the form of exogenous carbohydrate (high carb meals) to keep the brain, blood, and certain organs humming along and the muscles primed for activity. AND, if we don't feed ourselves enough carbohydrate every few hours, our blood sugar will drop and we'll go into "starvation mode" and cannibalize our precious muscle tissue. AND any lack of regular glucose refilling will cause cortisol to rise, which will have additional deleterious effects. FURTHERMORE, an excess of glucose in the bloodstream is known to raise insulin and will predispose excess calories (from all sources) to be stored



as fat. THEREFORE, we should also be doing a lot of moderate-to-heavy cardio or lifting activity most days to burn off this excess stored body fat. HOWEVER, if we want to be ready and able to exercise frequently and strenuously to burn off our stored fat, we need to eat lots of complex carbohydrates between workouts to refill our glycogen stores. And ULTIMATELY, the only way to lose weight is to restrict calories (calories in < calories out), BUT if you're working out regularly, it's almost impossible to maintain a calorie-restricted regimen and still be able to work out hard enough to burn appreciable calories. I mean... God damn!! No wonder why people never change.. The information given to them from so-called "professionals" is bullshit. Just plain wrong... Not even a little right.. Ass backwards...



“Becoming an efficient fat-burner is the major premise of this article.”



“Depending on your body type will be the most important factor for determining carbohydrate levels.”



### *The Problem: The Basic Assumption of the Carb is wrong!*

Glucose is not the preferred fuel of muscle cells under normal human resting metabolic conditions or even under most normal human movement patterns (exercise). Fat is. Sure, given an unlimited supply of glucose and regular refilling of glycogen stores, skeletal muscle will burn through it during exercise the same way a fire burns through kindling when that's all you have to offer. The body can shift carbohydrate oxidation to keep up with intake. But skeletal muscle can burn fat with great efficiency (and far less oxidative fallout) at relatively high outputs for very long bouts. Cardiac muscle actually prefers ketones, and the brain can run just fine (maybe even optimally) on a blend of ketones and minimal glucose. Our survival as a species has depended on these evolutionary adaptations away from glucose dependency. Entire civilizations have existed for ages on what is practically a zero-carb diet. Think about this: there is actually no requirement for any "essential dietary carbohydrates" in human nutrition. It's possible to live a very long and healthy life never consuming much – if any – in the way of carbs, provided you get adequate dietary protein and fat. The same can't be said for going too long without protein or fat. Cut too far back on either of those macronutrients and you will eventually get sick and die.



### *The Evolutionary Model "Paleolithic era"*

Fat and protein were the dominant macronutrients (when food was even available) over the majority of our two-and-a-half million years as evolving humans. The lack of regular access to food and a scarcity of carbohydrates for much of this time necessitated that we adapt efficient pathways to readily store and access body fat for energy if we were to survive day-to-day and generation-to-generation. Our movement patterns were such that we never required large amounts of glucose or that we needed to store very much glycogen. It was predominantly fats, ketones and the minimal infusion of glucose via gluconeogenesis that got us here. Dietary carbs were insignificant. In fact, when you consider how ridiculously small the body's glycogen reservoirs are, you understand that it would have been impossible for us to survive as a species if glucose were truly the "preferred" fuel. The liver, the main back-up glycogen/glucose storage facility for the brain and other glucose-burning organs, can only store about 100 grams of glycogen. Less than a day's worth. Your muscles can only hold another 350-500 grams, barely enough to run for 90 minutes at a reasonable clip, and that glycogen isn't even available to provide fuel for the brain. Meanwhile, we have a virtually unlimited storage capacity for fat (like 100,000 grams or close to a million calories on some people). The reason glycogen storage wasn't necessary is because, between our copious fat storage capability, easy access to fats as fuel, gluconeogenesis and ketones, we just didn't need much. Evolution tends not to reward structures or functions that take up unnecessary space or waste energy.



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## So How Much Glucose Do You Really Need?

Much less than most people assume. At any one time, the total amount of glucose dissolved in the bloodstream of a healthy non-diabetic is equivalent to only a teaspoon (maybe 5 grams). Much more than that is toxic; much less than that and you pass out. That's not much range for a so-called "preferred" fuel, is it? Several studies have shown that under normal low MET conditions (at rest or low-to mid- levels of activity such as walking and easy work the body only needs about 5 grams of glucose an hour. And that's for people who aren't yet fat-adapted or keto-adapted. The brain is the major consumer of glucose, needing maybe 120 grams a day in people who aren't yet on a low carb eating program. Low carb eating reduces the brain's glucose requirements considerably, and those who are very low carb (VLC) and keto-adapted may only require about 30 grams of glucose per day to fuel the brain (and little-to-none to fuel the muscles at <75% max efforts). Twenty of those grams can come from glycerol (a byproduct of fat metabolism) and the balance from gluconeogenesis in the liver (which can actually make up to a whopping 150 grams a day if you haven't metabolically damaged through fructose overdosing). Bottom line, unless you are a physical laborer or... Me.. (exercising) hard on a daily basis, once you become fat-adapted, you probably don't ever need to consume more than 150 grams of dietary carbs – and you can probably thrive on far less. Many low carb high fat eaters do very well (including working out) on 30-70 grams a day.

6

## The Fat Facts!

The Fat Paradigm, under which the human species has thrived quite effectively for two and a half million years, recognizes that human metabolism is pre-programmed by evolution to be primarily fat-based (the real preferred fuel). In other words, our genes expect us to function optimally when we consume fats and can easily access our stored fat. The Fat Paradigm acknowledges that the body is able to manufacture adequate glucose as needed. It acknowledges that most typical human movement patterns can be fueled almost entirely by fats and/or ketones if need be, but can draw on glycogen when energy bursts are required (and which can then be replaced over time). It acknowledges that fat (and cholesterol) are the cause of heart disease. It acknowledges that fat cells are designed to release stored fatty acids as required, especially during times of scarcity or fasting. It allows for intermittent fasting as a means of accelerating fat loss without sacrificing muscle tissue. It increases insulin sensitivity, modulates energy and mood swings, and allows for a normal and healthy drop in hunger and cravings. There is a downside, however: you can't train long and hard day-in and day-out in the fat paradigm. If you train 2-3 times a day like I do, eat many athlete friendly carbs.. Tubers.. Potatoes, sweet potatoes, carrots, etc. my carbohydrate levels rarely go over 100 grams a day and that is more than enough to power me through 3 of my own workouts very high intensity, 6-7 clients per day. Normally I keep my fat around 200 grams per day, protein around 180 grams, and carbs between

20-100 grams.

When I say generally that a chronic intake of over 150 grams of carbs can lead to insidious weight gain over a lifetime, I am factoring in the concept that many people are at the effect of a familial genetic predisposition to storing fat easily under the carb paradigm. I am also factoring in the drop in metabolism that happens naturally with age.



There are three different body types. 1. Endomorph, 2. Ectomorph, 3. Mesomorph. An endomorph is regarded these days as a "hard gainer". No matter what they eat they stay thin. An ectomorph is easy to gain fat and a mesomorph is easy to lose or gain weight. Depending on your body type will be the most important factor for determining carbohydrate levels.



“You will have to self-experiment to see what works best for YOU.”

## Fisher's Tip

You will have to self-experiment to see what works best for YOU. Everyone is different. In our [Beast CrossFit & Kitchen](#) I will set nutrition guidelines for you and after every 30 days we make adjustments based on results from the previous month. I see huge change within the first few weeks of most of my clients but I also have a few that have had no change their first few weeks. I believe it comes down to how much their metabolic system has been damaged. I've come to that conclusion based upon the age of my clients. Clients from ages 18-28 seem to adapt quickly but the clients from 29 and above take more time. So, don't wait for tomorrow to change, the time is now! Seize the moment today and build on it.

Check out how to find us,  [fisher22411](#)  [18684720597](#) if you would like a private consultation please contact me. I'll be more than happy to help you fight for your life.



# PHAT RECIPE

@Beast Kitchen

## INGREDIENTS:

- 1/2 Pound of mushrooms (your choice)
- 2 Tablespoons of Lard
- 4 Slices of bacon
- 1 Pound of ground beef
- 1 1/2 Teaspoons kosher salt
- Ground black pepper
- 4 Leaves from a head of butter lettuce, rinsed and dried
- 1 Large tomato sliced

## STEPS:

- 1 Start by cutting up the mushrooms into small pieces. About 1/4 inch pieces.
- 2 Heat 1 tablespoon of the lard in a cast iron skillet over medium heat and stir fry the mushrooms until they're soft and the liquid they release has cooked off. Set aside the cooked mushrooms.
- 3 Cross cut the bacon into small strips.
- 4 Put the beef into a large bowl and add the bacon.
- 5 Throw in the cooled cooked mushrooms too.
- 6 Season with salt and pepper and use your hands to mix the ingredients together. Be gentle, and don't overwork the meat.
- 7 Divide the mixture to form 4 big, meaty balls.
- 8 Use your hands to flatten the balls to about 3/4 inch thick patties.
- 9 Melt the other tablespoon of lard over medium heat in a cast iron skillet and fry up each patty in the hot oil.
- 10 Regular sized 6 ounce burgers should take about 3 minutes per side.
- 11 When the patties are done, transfer them to a wire rack over some paper towels, and allow some of the excess cooking fat to drip off.
- 12 The meat inside should be perfectly pink all the way through, and studded with pieces of smoky bacon and mushrooms.
- 13 Wash and spin the lettuce leaves and wrap up the burger patties. Serve with tomato slices.

“You can't train long and hard day-in and day-out in the fat paradigm.”

# CHANGSHA PUBLIC TRANSPORT PROJECTS EXPLAINED

Maglev, BRT, the metro, tramcars, as well as 21 transportation hubs.... The future of Changsha's transport!

Information provided by 长沙晚报 / Translated/edited by Ben Wilkinson (WNIC News Correspondent)

## 1. 地铁1号线



主体、附属结构  
均已完成

主体结构完成

主体结构施工

进行围护结构施工

土方开挖

## Changsha Metro

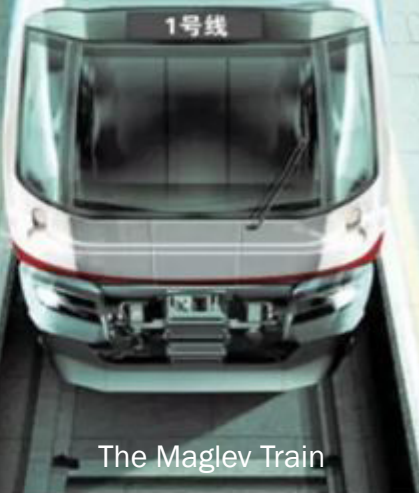
Line 2 of the Changsha Metro officially opened in 2014, marking the start of a new age for transportation in Changsha.

The metro may be fast and punctual, however the east/west line 2 is really only a convenient mode of transportation for passengers traveling from WangChengPo in the direction of the south train station. Passengers wanting to travel north/south are currently unable to enjoy the benefits of the new metro system.

Don't worry! Line 1's construction is rapidly advancing and is predicted to be finished and opened in 2016, crossing over at Wu Yi square with line 2 enabling passengers to switch trains. Once line 1 has been finished, Changsha metro's basic cross framework will be completed, allowing passengers to travel in all four different directions; north, south, east and west.

As of right now, the initial stage; the tunneling construction phase, has already been completed for line 1 and the railway laying is planned to be completed by the end of November. Line 2's western-bound extension was completed and started testing on September 29th; the initial construction stage of lines 3 and 4 has also started, line 3 is set to be open for business by the end of 2018, and line 4 is planned to be up and running by the end of 2019. Construction of line 5 will also begin in the near future.

## 长沙公共交通项目介绍



The Maglev Train



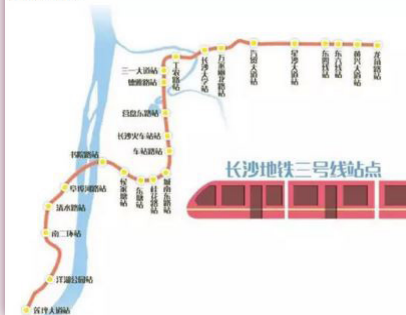
## 2. 地铁2号线西延线



Changsha's maglev express line has a completely new mid-low speed maglev system, possessing its own intellectual property rights. The construction project started on May 16th 2014 and is planned to be ready to operation in early 2016. Once this express line is opened, passengers arriving at the south train station will be able to take this express line and arrive at Changsha's Huang Hua international airport in just 10 minutes.

The line is situated in Changsha's Yuhua district and within Changsha county, with the main station situated at the northern end of the south train stations' east square, the line is being laid along Laodong road, Huangxing avenue, and the airport with an overall distance of around 18.55 Kilometers, the entire distance of the track will be suspended on high-supports above ground level. The journey will only have three stations and two stops; Changsha south railway station, Li station and HuangHua international airport.

## 3. 地铁3号线



Changsha's maglev express train has been named "wind chaser" (Chinese name: "Zhui Feng Hao"), and will use a mid-low speed maglev train, common conductor magnet suspension and linear induction motor traction to comprise the maglev rail system. The train is designed to reach a maximum speed of 100km/h and will be able to hold a maximum of 363 people in one train, and there will even be a special carriage for the transportation of luggage.



### 3BRT

Bus Rapid Transit, or BRT, is a type of public transportation system which is in between a high speed railway and a regular bus system. This type of transportation has been described by people as an "above ground subway".

**RT1号线:** 北起长沙火车站, 经过五一一路、韶山路、长沙汽车南站等地, 最终到达中环路。  
**RT2号线:** 从湘江新城出发, 经岳麓大道、枫林大桥、芙蓉路、劳动路等地, 最终到达中环路。  
**RT3号线:** 从长沙火车站出发, 经人民路、星沙大道等地, 最终到达星马片区(星沙)。  
**RT4号线:** 从长沙火车站出发, 经长沙东二环、中环路等地, 最终到达金霞组团。  
**RT5号线:** 西起雷锋镇, 经枫林路、长沙汽车西站、金星路、桐梓湖等地, 最终到达桐梓湖。  
**RT6号线:** 从金霞出发, 经湘南路、湘南路、芙蓉路、长沙火车站、光达等地, 最终到达黄兴镇。

Right now, Changsha's main suspended BRT line over on Wanjieli Road has already been officially opened for operation. After opening, Wanjieli's traffic capacity increased by over three times; the line which spans 80km from north to south only takes 20 minutes.

Also, the passenger's travel experience is much better than on a regular bus: the BRT buses are longer than normal buses; with 12 meter and 18 meter long bus models, and the capacity of the BRT is almost twice that of a regular bus.

### The Changsha, Zhuzhou, Xiangtan inter-city railway

This inter-city railway system will link up Changsha, Zhuzhou, Xiangtan with a highspeed railway; construction officially began on June 30th 2010, and once completed will stretch across 96km with a total of 21 stations, and the train will be able to reach a top speed of 160km/h. Construction is planned to finish some time in 2016, and will shrink the commuting time between the three cities to within thirty minutes.



BRT line 1: Starting in the north at Changsha railway station, going through Wuyi road, Shaoshan road, Changsha south railway station..... with the terminal station being at ZhongXin Cheng.

BRT line 2: Setting off from Binjiang Xincheng, passing Yuelu avenue, Yinpenling bridge, Furong road, Laodong road.... The terminal station is Chigang Cheng.

BRT line 4: Setting off from Changsha railway station, passing through Renmin road, Xingsha avenue....The terminal is Xingmapian Qu (north Xingsha).

BRT line 4: Starting at Changsha railway station, passing through the Changsha east second ring road (dong er huan), Zhongqing road.... The terminal is Jinxia Zutuan.

BRT line 5: Starting in the west in Leifeng town, passing through Fenglin road, the west bus station, Jingxing road... The terminal is Tongzipo road

BRT line 6: Setting off from Hanpu, passing through Xiangfu road bridge, Xiangfu road, Huahou road, Changsha south railway station,Guangda.... The terminal is Huangxing town.

### Changsha trams

Trams are pretty common in cities abroad, and in Dalian, Shanghai and Guangzhou, this service is already in operation. The trams produced by China railway signal and communication corp. can reach speeds of 80km/h, and is able to transport as many as 15000 passengers per hour. According to sources, China railway signal and communication corp. have been contracted for the building of Changsha's first tram line (the Xiangjiang Fengguang zone tram line transportation project), this line will use locally manufactured trams from China railway signal and communication corp.'s Changsha base.

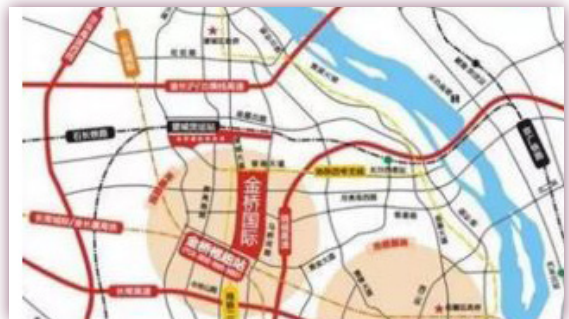
of time to complete, the capacity of one tram is still half that of a subway train and a tram's energy consumption is only one tenth to one fifteenth of a regular car's consumption.

According to China railway signal and communication tram line construction ltd.'s plans, the first tram line will be areas out along the Xiangjiang's two coasts. Connecting Binjiang cultural park, Wuyi square, Xihu park, Yuelu mountain, Yanghushi park, and Dawang mountain scenic area amongst other places.

China railway signal and communication corp.'s trams can reach speeds of 80km/h, and can transport up to 15000 people per hour. China railway signal and communication tram line construction ltd.'s chairman of the board Su Ming said that the trams produced by China railway signal and communication corp. have areally low floor which is only 350mm above the ground, this is more convenient for the disabled, elderly and young to board and disembark the tram, and there will be a ramp installed in every doorway of the tram allowing wheelchair and pram users easy access.



The cost of building a tram line is only one fifth of the cost of borrowing building a subway line, and only takes a third of the amount



### Transportation hubs

In the central area of the new Xiangjiang district (Changsha's He Xi area), this hub will contain a station for the Chongqing-Changsha-Xiamen high speed rail line, the Changsha-Yueyang inter city rail line, the Changsha-Zhuzhou-Hengyang inter city rail line, the Changsha-Zhuzhou-Xiangtan inter city rail line, subway lines 2 and 10, a coach station, a bus station and more. With a high speed rail station, two subway lines, and two bus stations comprising Jinqiao transport hub, passengers will be able to travel around 60% of the total area of Hunan, and trips will only take around one hour maximum; opening up transport links for 48 million people, allowing Changsha to make another great step towards its dream as an international metropolis.

# ChangshaHua: lesson 5 长沙话:课程5

by James Green

## CHANGSHA NOODLE SHOP TERMINOLOGY



Changsha people love noodle! In Changsha we have several century-old noodle shop brands, the people of this city has been in love with noodle for over 100 years. Let's learn some slang about noodle that's really special in Changsha Hua!

(Please be noted that all the tone marks in this article is to show you how the words are pronounced in Changsha Hua. In Mandarin, tones are different.)

The difference between “面 (miǎn)” and “粉 (fěn)”

In Changsha Hua (and in Mandarin), judging from the material that noodle was made from, we have “面 (miǎn)” and “粉 (fěn)”. “面” is the kind of noodle made from wheat flour, and it is mostly a bit yellow in color and thinner in shape; “粉” is the kind of noodle made from rice flour, mostly white and thicker. It's also called “米粉”, which literally means “RICE FLOUR”.

嗦 (suō)

In Changsha, we usually don't say “吃面 (eat noodle)”, instead, we say “嗦面 (suō miǎn)”, “嗦” is a verb specially used when referring to eating noodle.

E.g: 走, 嗦面克!  
Let's go have some noodles!

码子 (mǎ zi)

“码子” mean garnish food covering noodles in the bowl. Popular 码子 in most of noodle shops in Changsha are pork slice, beef and meat-mushroom paste.

E.g: 请问你的面要码子吗?  
What garnish food would you like with your noodle?

Ordering slang.

When a real Changsha guy walks in to a noodle shop try to order some thing with special requests, these phrases are what the guy would use:

轻挑 (qīng tiāo) A bowl of noodle with reduced amount.

重挑 (zhòng tiāo) A bowl of noodle with extra amount.

免码 (miǎn mǎ) I don't want garnish food.

双码 (shuāng mǎ) I want to double my garnish food.

带讯 (dài xùn) Please cook my noodle longer in pot

带讯干 (dài xùn gān) Please cook my noodle longer in pot, and I don't want soup with my noodle.

轻油 (qīng yóu) I would like to have my noodle with less oil

重油 (zhòng yóu) I would like to have my noodle with extra oil.

宽汤 (kuān tān) Extra soup.

扣汤 (kòu tān) Less soup.

过桥 (guò jiāo) Please don't mix my noodle with garnish food.

免色 (miǎn sè) Don't add any soy sauce.

光头粉 (guāng tóu fěn) Rice noodle with no soup and no garnish food. Just pure rice noodle.

E.g: 老板, 给我来一碗粉, 要轻挑, 免码, 带讯干。

-那不就是一碗光头粉, 里面请!

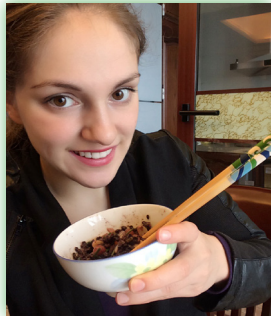
Please, I would like my rice noodle with less amount, no garnish food no soup and cooked longer.

- Just pure rice noodle then. Please come in!

Find a noodle house, enjoy some noodle!

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!

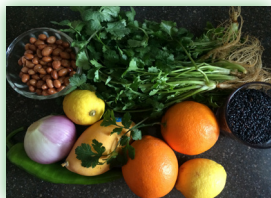




## Sweet and Spicy Black Rice Citrus Salad

When I first moved to Changsha I lived pretty far from all of the foreign restaurants and supermarkets so I rarely got to eat western food. I wanted to branch out from the typical every day Chinese food though, so I started looking for recipes I could adapt to normal Chinese groceries. This recipe only uses things that you can buy from a typical Chinese supermarket, and it isn't very specific so you won't need measuring cups or spoons (also rare in a Chinese kitchen), just estimate to taste. The salad has a fresh spicy kick totally different from Hunan style spice, but it only adds intensity to the sweet flavor of the mango and orange. This recipe makes 6-8 servings.

- 2 oranges
- 1 large lemon
- 2 tablespoons vegetable oil
- 1 teaspoon soy sauce



- 1 cup black rice
- salt
- 2 mangoes, peeled, pitted, cut into 2 cm cubes
- fresh cilantro (coriander) leaves
- ½ finely chopped large red onion
- 1/2 cup unsalted, dry-roasted peanuts
- 2 green peppers, seeded, minced (use a spicier pepper if you want a little more kick)



### PREPARATION

1. Start by cooking the black rice.
2. While the rice cooks, squeeze the lemon juice and the juice from half of one orange into a small bowl. Add the oil and soy sauce (optional). Mix and set aside.
3. Remove the peel from the other orange and cut the orange segments into bite size pieces. Put them in a large bowl with the cut up mango pieces. Season lightly with salt and set aside.
4. When the rice is tender and all the liquid is absorbed, remove the rice from hit. Spread the rice on a flat surface (baking sheet, cutting board, or several plates) and drizzle with the lemon juice dressing; let cool.
5. Add pepper, onion, and peanuts to the bowl with mango and orange chunks. Add rice and toss gently to combine. Add cilantro leaves to taste then season lightly with salt and more lemon juice, if desired.



Angela is known best for her videos with 开心老外.  
Check her out on Youku by searching 开心老外go



# Dim sum

An helpful guide to enjoying tasty Dim sum

## 舌尖品味甜点指南

By Jonathan Ashmore (Teacher Jonny)



### Siu Mai

Siu Mai in Cantonese, Shao mai in Mandarin 烧卖. Steamed pork dumplings.

### Har gow

Har gow in Cantonese or xia jiao in mandarin 虾饺. Shrimp dumplings in translucent rice flour wrap.



### Pai gwai

Pai gwai in Cantonese, Pai gu in Mandarin 排骨. Steamed pork ribs. There are variations including black beans.

### Gei yuk cheun gyun

Gei yuk cheun gyun in Cantonese or ji rou chun juan in Mandarin 鸡肉春卷. Chicken spring rolls.

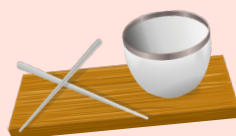


### Char sui Bao

Char Sui bao in Cantonese, cha shao bao in Mandarin. 叉烧包. Sweet bbq pork in a fluffy steamed bun. There are two variations steamed (zheng 蒸) and baked (kao 烤) The baked variety has a brown smooth appearance.

### Jin dui

Jin dui in Cantonese or jian dui in Mandarin 煎堆. Deep fried and puffy pumpkin filling with a coating of sesame seeds. Nangua zhima qiu 南瓜芝麻球. There are many variations including taro.



# CWA: Providing top class international education



Changsha WES Academy (CWA) is the first and only international school located in Hunan Province that uses English as the primary language of instruction. In order to attract more foreign investors to Changsha City and Hunan Province at large, the Changsha National Economic and Technical Development Zone Administrative Committee (CETZAC) decided that it was necessary to establish a quality international school for the children of its foreign investors. Thus, CWA was established in cooperation with Worldwide Education Services (WES Group), to provide an international education for the children of expatriate and SAR families.



CWA opened as an Elementary School for children in Grades 1-5 on 1st September 2010 at a temporary site. On 14th February 2011, the school moved to the brand new school campus, which is on a 27,000m2 site at the corner of Dongyi and Beidou roads in Xingsha, an eastern suburb of Changsha City. At the same time, the Early Years section opened for children aged 3-5. Currently, CWA offers classes for children up to Grade 9 (age 15). As the international community in the Changsha area grows, CWA intends to expand upwards and eventually offer classes through



Grade 12. CWA has been approved as an International School by the PRC Ministry of Education and is a member of the Council of International Schools (CIS). In May 2014, CWA was authorized by the International Baccalaureate Organization (IBO) as an IB World School for the Primary Years Programme (PYP). IB World Schools share a common philosophy - a commitment to high-quality, challenging, international education - that we believe is important for our students.

This year, the newly started Middle School has just started to implement a programme based on the Next Chapter of the International Baccalaureate's Middle Years Programme (MYP). This curriculum framework, designed for students aged 11-16, encourages students to become critical and reflective thinkers.

For sharing the international education with local students, the new school, Changsha WES (Bilingual) Academy (CWB), has been started for Chinese students this year.

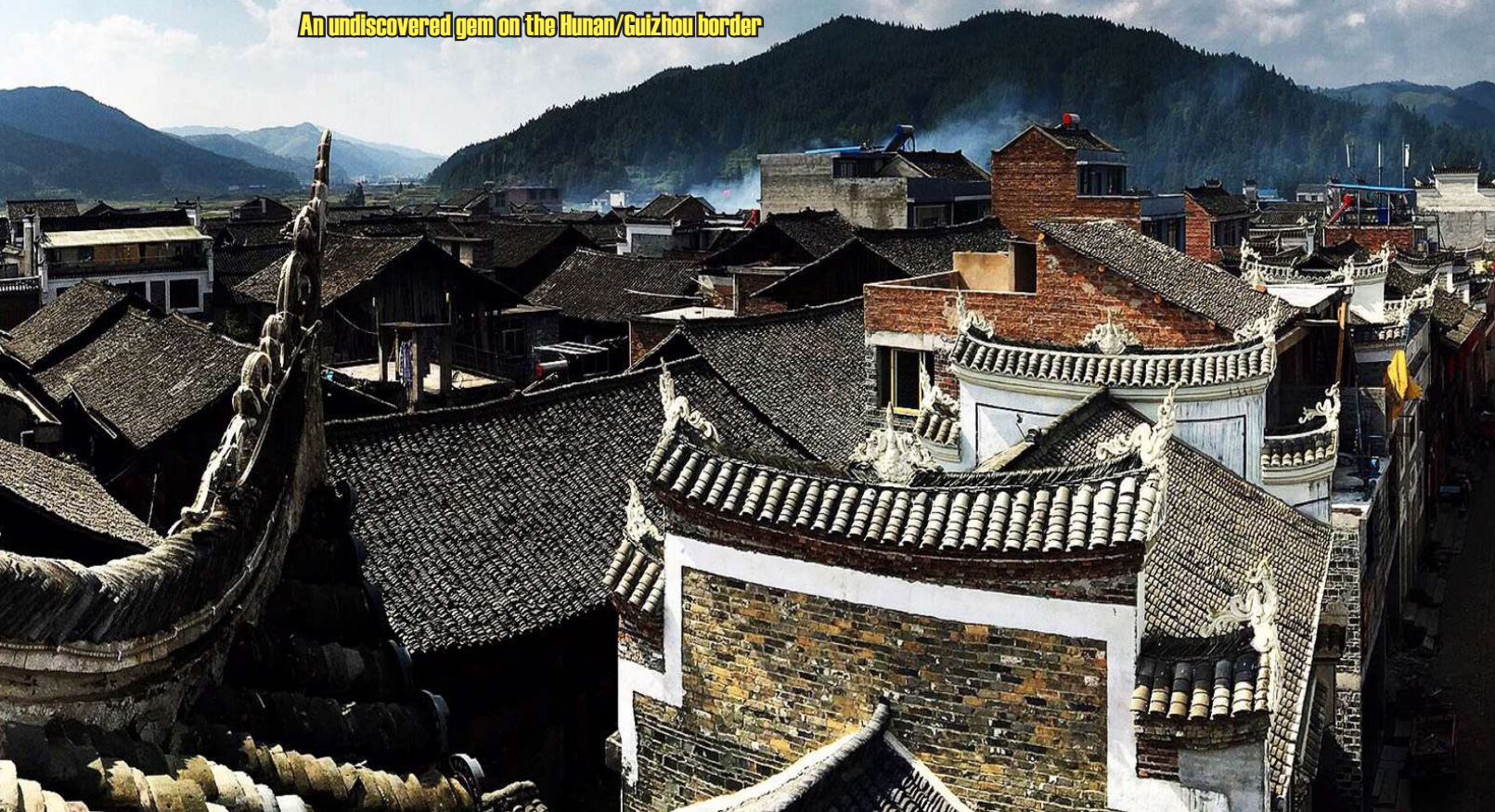
You are welcome any time during business hours to find out more about Changsha WES Academy - the first English-medium International School in Changsha!

Address: 8, Dongyi Road, Xingsha, Changsha, Hunan Province  
 Telephone: (+86) 0731-8275-8900; 0731-8275-8629  
 Fax: (+86) 0731-8275-8901  
 Email: [information.cwa@wes-group.org](mailto:information.cwa@wes-group.org)  
 Website: [www.wes-cwa.org](http://www.wes-cwa.org); [www.wes-cwb.org](http://www.wes-cwb.org)

Business Hours: Monday to Friday (08:00 a.m. to 5:00 p.m.)

# The magic of LONGLI

An undiscovered gem on the Hunan/Guizhou border



The dragon is a symbol and totem of the Chinese people. The dragon dance is a traditional art form which has been passed down by the Chinese people. The Miao and Dong residents of Longli's "dragon face painting" is unique to this area, Qiandongnan.



The culture of Longli is primarily Han influenced, with lots of its culture stemming from the Yangtze region, however there are also Miao and Dong culture influences mixed into Longli making the culture here unique and separate from its yellow river counterparts, this is an ethnic minority region which has been heavily influenced and changed by Han culture. The ancient inner town has 600 years of history, and was used as a fortification during the Ming dynasty, its a town rich in both history and culture, and has a unique layout. Longli has been well preserved and has been listed as Chinese international cultural heritage building site. Longli also has a forest which is the largest countryside forest in China with an area of over 56 square kilometers. It is known as the "forest sea", and has been listed as a Provincial forest park.

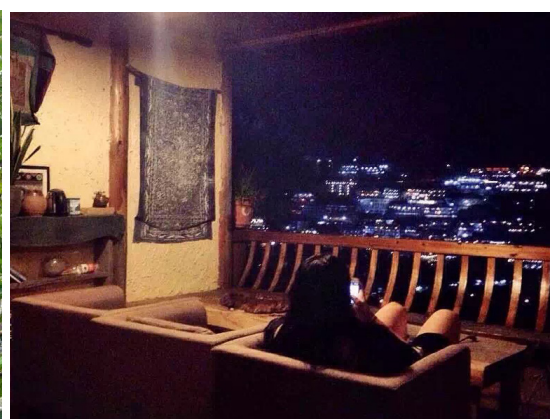
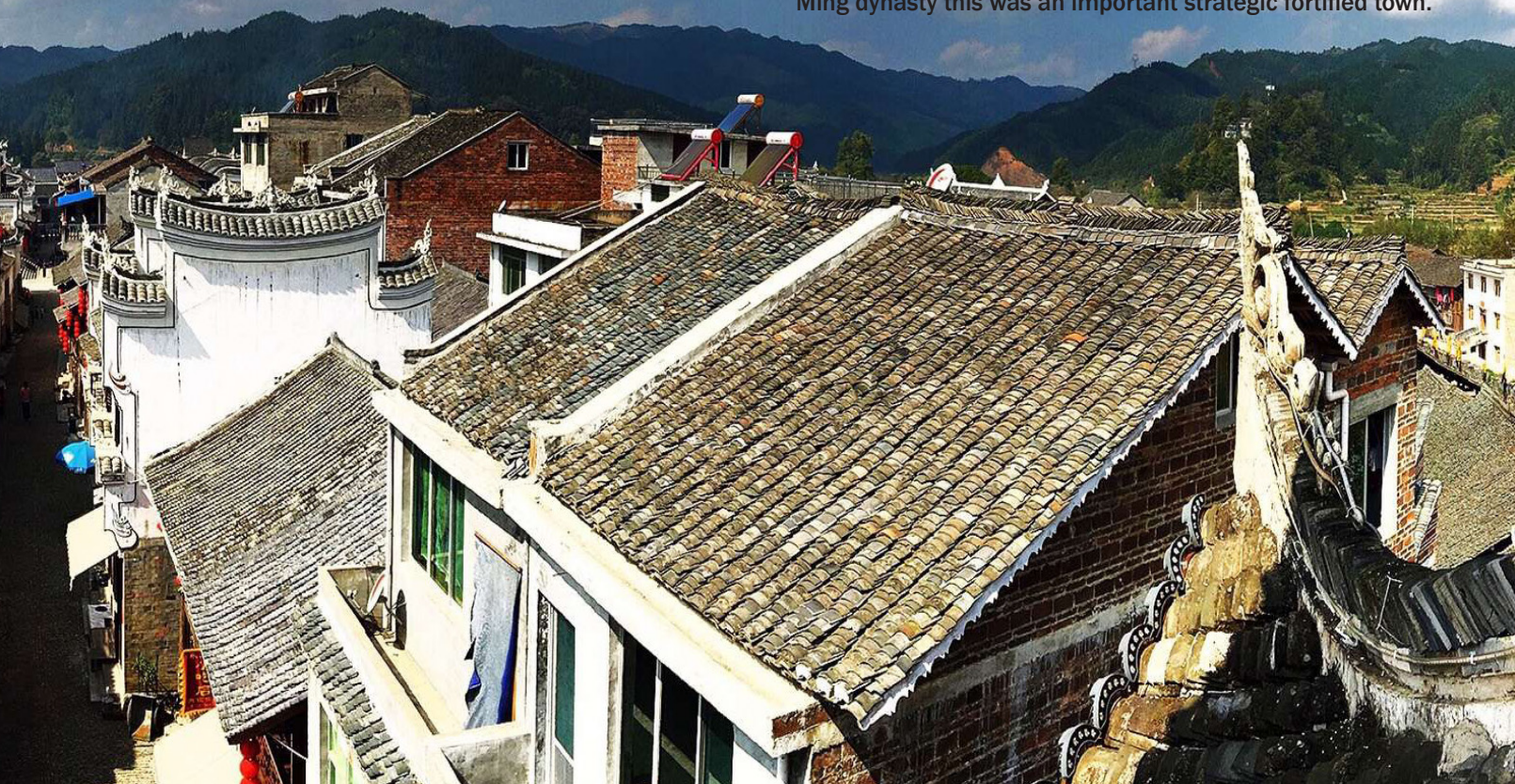
贵州锦屏 隆里古城——中国最美乡间古城

隆里，原称龙里，清代名为隆里，谓“隆盛之理所”。位于贵州省锦屏县西南边沿，距县城64公里。隆里地带为一片开阔的山间盆地，良田千亩，阡陌纵横，四周群山环抱，浓荫覆盖。这座瑰丽的古城始建于明洪武十九年（1386年），永乐（1404年）夏筑，为明代重要军事城堡。

隆里乡境内的隆里古城，是一座具有600多年历史的明代军事城堡，历史悠久，民族文化深厚，布局独特，保存完好，1999年已列为中挪国际文化合作建设项目，乡境内的春蕾林场，是全国最大的乡村林场，总面积8.45万亩，素有“林海”之称，现已列为省级森林公园。

Longli old town is an ancient and beautiful place situated in Jinping county, Guizhou.

Originally named Longli (龙里), but renamed Longli (隆里) during the Qing dynasty, due to the grandness and prosperity of the town. The town is located in the South-west of Jinping county, 64km out from the county's city. Longli is situated in big open mountain basin, due to the vast area of fertile soil, the surrounding land is crisscrossed with fields, and surrounded by distant mountains and dense greenery. This enchanting town was established in 1386 and then renovated in 1405 by Ming emperor Yongle. During the Ming dynasty this was an important strategic fortified town.



推荐景点: 龙标书院: 相传唐朝著名诗人王昌龄贬谪于此, 创立书院任教, 以变风俗。现存建筑为清朝雍正年间里人张应诏以鸿胪寺少卿离职回乡后重修。该书旧时为黎平府的八大书院之首, 为封建时代培养了大批人才。

Recommended beauty spot: Longbiao academy: According to legend, this academy was founded by the famous Tang Dynasty poet Wang Chang Ling after he had been banished to Longli. The building was renovated during the reign of Qing emperor Yongzheng. This academy was the main academy out of the eight in the Liping area, and helped to train many talented officials for the feudal government.



The modern inhabitants of this town are mainly ancestors of Ming and Qing dynasty garrison soldiers, their ancestors also brought new technology with them from the lower Yangtze valley when they came over to garrison Longli, they planted cotton and flax, spun cotton, built water wheels and mills, and developed the local economy. The people of Longli lived off of this rich and fertile land, living peacefully and working hard, allowing them to live happy and self-sufficient lives, preserving and passing down a traditional and simple culture, and making a rich historical cultural tradition.

According to the 'mark of the dragon' 《龙标志略》, Longli's dragon face painting tradition originates from a traditional story and opera named "Brother Lan Li Zi's banquet" (蓝季子会

大哥) which comes from the reign of Song Dynasty's emperor Zhaokuangyin (posthumous title: Taizu of Song).

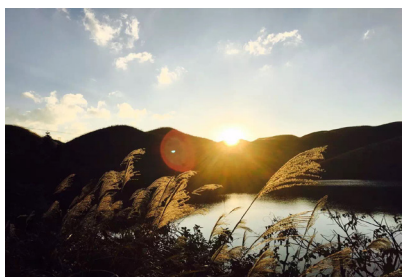
According to the legend, Zhaokuangyin had 12 sworn brothers when he became emperor. After he had established the Song Dynasty he invited all of his officials over for a banquet. During the banquet he forgot to bestow a title to his smallest brother Lan Li Zi. Lan Li Zi was



really angry, so he started to say something in order to make Zhao Kuang Yin angry and teased the empress. Because of this,

whoever plays Lan Li Zi in the play is given a sumptuous meal with meat and wine. To this day there is a saying "When Lan Li Zi has a banquet with his brother, he can eat a sumptuous dinner". The dragon face painting style comes from the opera "Brother Lan Li's banquet".

These stories have already gone through a few hundred years of changes, but to this day the residents of Longli still persist in protecting their special Han cultural tradition, the ancient art of dragon face painting has not only been passed down through the years but has also been developed and innovated. It is recorded that dragon face painting started in the Ming dynasty. Every year during the dragon boat festival, the residents of Longli will paint their faces to celebrate this festival.



## 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.

# FOOD SPECIAL

I'm your friend Jimmy, allow me to explain what the tradition of eating dumplings is all about. When mentioning dumplings, all Chinese people are aware that they're a famous staple from the north of China. When friends get together up in the north it's commonplace to eat a serving of dumplings together.



MAKE YOUR OWN

## SPRING FESTIVAL DUMPLINGS!

A SPECIAL CHEF LESSON

by Chef  
Jian Ning Cheng



Dumplings are often eaten in the north on a daily basis, this is particularly true during the spring festival. On New Year's Eve, families will prepare a feast, after preparing the main course and all of the other side dishes, the family will prepare dumplings for new year morning. The whole family will gather round the table and make dumplings together. On New Year's Eve, from afternoon until evening families all over China (particularly the north) are getting together merrily, gathering round their family table and making delicious, dumplings together. These dumplings will not only warm people's bellies but also their hearts.

This culture of eating dumplings is of course a great one, but did you know that this tradition of eating dumplings comes from people's fear and love?

What could people be afraid of? Passing through the end of the year is like passing through a juncture, when passing through this juncture it's believed that the evil spirit known as the 'Nian' (年, Chinese for year) will enter families' homes. According to ancient legend, the 'Nian' is afraid of the sound of chopping meat. Thus, before preparing dumplings families should

be sure to cut up the meat really well! Whether or not there really is a 'Nian', is uncertain, however the meat in any case is cut up really fine by the end of the preparation.

What else are people afraid of? Loneliness of course! Eating dumplings has a special characteristic which is that people usually get together to make and eat dumplings, allowing families to get together, enjoy each other's company and create a lovely atmosphere in the home. It's no wonder that people who celebrate with other families over new year will often feel warmth and joy from celebrating with another family.

What do people love? People love money! The shape of dumplings are extremely similar to the shape of Yuanbao (元宝, the gold ingots used as money in feudal China). So perhaps if one were to eat meat Yuanbao, then maybe it will help the person who ate it to acquire real Yuanbao.

Now that you understand the reason behind cutting the meat and preparing the dumplings together remember next time to cut the meat as loudly as possible! It's the sound of joy and

celebration! The sound of victory! You no longer need to be afraid of evil spirits and demons during the dark of night.

So foreigners should find an opportunity to experience this great culture during this year's spring festival, have a taste of Chinese New Year! You won't regret eating dumplings together with your friends, experiencing the joy of togetherness and reunion in a warm and cosy home. Joyfully celebrating spring festival and welcoming the new year, a new year to conquer!



Now that you understand the culture and tradition, I bet you can't wait to try some dumplings can you? I'll give you tip, the best way to eat dumplings is to make them yourself, eating your own homemade dumplings is the only way to truly taste dumplings.

Jimmy, new year 2016

## 面粉合冷水面团

### Dumpling skin dough recipe

Ingredients (follow the numbered picture guide)

1, 高筋面粉 Bread flour  
3 cups + 4 cups

2, 水 Water 600 ml

3, 盐 Salt 1tsp (放入水中)

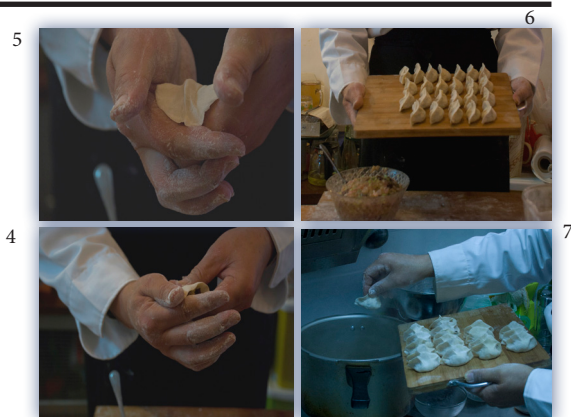


### 煮饺子

#### Boiling the dumplings

大火烧水至沸腾后下入饺子，盖好锅盖至开锅后加入200mL凉水，改为中火至再锅内水滚动10秒钟，再加一次凉水至锅内滚动饺子鼓起来、漂起来就熟了。

Turn on the hob and wait for the water to start boiling before adding the dumplings to the pot, add 200ml of cold water and cover the pot, turn the hob down to a medium heat, and leave simmering for 10 minutes, add another 200ml of water to get the water to bubble, once the dumplings float to the top they are ready to eat!



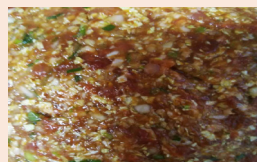
## 2 awesome dumpling fillings to try

### 鲜肉大葱白菜饺子

Fresh pork, spring onion and Chinese cabbage dumplings



- 1, 猪肉馅 Pork: 500 g
- 2, 大葱细碎 Diced Spring onion: 100 g
- 3, 白菜细碎 Diced Chinese cabbage: 150 g
- 4, 生姜细碎 Fresh ginger: 20 g



- 5, 洋葱细碎 Red onion: 50 g
- 6, 盐 Salt: 1 tsp + 1/4 tsp
- 7, 白糖 White sugar: 1/4 tsp
- 8, 五香粉 Five spice: 1 tsp
- 9, 生抽酱油 Light soy sauce: 1 tsp + 1 tsp
- 10, 老抽酱油 Dark soy sauce: 1/2 tsp
- 11, 生粉 Cornstarch: 1 tsp



### 虾仁三鲜 金牌水饺

Shrimp, chicken, squid and pork dumplings  
Ingredients:

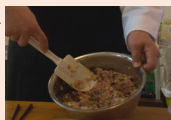


- 1, 猪肉泥 Pork mince meat: 200g
- 2, 鸡胸肉馅 Chicken breast: 100g
- 3, 鱿鱼切丁 Cubed squid meat: 100g
- 4, 基尾虾仁 Shelled shrimp: 100g



- 1, 白菜切碎丁 Diced Chinese cabbage: 100g
- 2, 韭黄切碎 Chopped chives: 100g
- 3, 大葱切碎 Chopped spring onions: 50g
- 4, 生姜细碎 Chopped ginger: 20g
- 5, 洋葱细碎 Diced red onion: 50g

- 1, 盐 Salt: 1 tsp + 1/2 tsp
- 2, 白糖 White sugar: 1/4 tsp
- 3, 白胡椒粉 White pepper: 1/4 tsp
- 4, 料酒 Cooking wine: 1 tsp
- 5, 生抽酱油 Light soy sauce: 1 tsp + 1tbsp
- 6, 生粉 Cornstarch: 1 tsp + 1/2 tsp



我是你们的朋友jimmy,让我来告诉你吃饺子是怎么一回事? 说起吃饺子,中国人是没有不知道的。这是中国北方最著名的主食,朋友聚餐时也常常会少不了就是热火朝天地吃一顿饺子。

特别是过大年,当年三十这天准备好了所有其它食物菜品以后,最重要的就是做年初一早晨吃的饺子。一家人从下午开始直到晚上,全家人就围在一团开始做饺子了。这过年更是家家户户欢声四起,饺子飘香,热腾腾的饺子伴着亲情与温情,吃进肚子里,暖在心头。

好一个饺子的文化,然而,不说你还不知道,吃饺子是人的怕与爱来的呢!

人怕什么? 跨越年关的那个“年”字就象似一个难越过的关口,就是魔鬼! 有个古老的传说,魔鬼怕听到剁肉的声音。于是,包饺子之前,少了就是把肉剁的震天响。呵呵! 魔鬼“年”有没有进来,谁都不知道,但肉馅却剁的稀巴烂了。

当然,人还怕什么? 怕孤单! 吃饺子有一个特点,就是人多势众,大家一起来作,大呼小叫的,显得特别热闹。难怪那些不能够在家里的人,或者是跟大家伙儿一起吃饺子的人,总会感到满腔热情地欢聚一堂!

人爱什么? 爱金钱! 饺子不用说话,它的身体语言已经把信息传达的一清二楚,看我多象个大元宝! 设计饺子形状的人,大概以为吃进去的是肉元宝,生出来的是金元宝呢?

呵呵! 老外你害怕了吗? 剁肉馅,人怕魔鬼,越“年”关,你知道了吧! 所以说,大声地剁肉馅吧! 那是欢庆的声音! 是得胜的声音! 从此,人不再惧怕黑夜和鬼魔了。

若我们老外在中国也可以来这样看饺子文化,感受中国年味,就更多了一番奔放的豪气了! 一起吃饺子,都会那么坦然、温馨和喜乐! 这就有了一个温暖的家,一个愉快的春节过大年,一个得胜年! 一个大团圆!

我说了这么多,你等不急了! 饺子的味道有多好? 我现在就教你怎么作,最好,你亲自作、亲自尝一尝,就知道了饺子的滋味儿啦!

嗨! 准备好啦! 开始吧!



jimmy写于2016年元旦





# 首届长沙圣诞集市

# WNIC REVIEW

by Sallil Bissessur



# 1st Changsha Christmas Market



19TH DECEMBER, 2015

免费门票 营业时：中午12点-晚上8点 STARTS AT NOON FINISHES AROUND 8PM

# 长沙 圣诞集市 CHANGSHA'S FIRST CHRISTMAS MARKET

ORANGE ISLAND COMMERCIAL AREA(NORTH END)



FOR INFORMATION CONTACT [wnic@qq.com](mailto:wnic@qq.com)





### Changsha's first Christmas market:

December 19th was a day to remember. Changsha hosted her first Christmas market. The Orange Island bloomed with Christmas lights, buntings and festive atmosphere.

Businesses and Charitable organisations of Changsha were invited to take part and decorate their respective stalls to contribute to the Christmassy ambience.

The market was buzzing with visitors, being able to browse among authentic Christmas foods and drinks; mulled wine being the star drink.

WNIC and FCSA also provided live music and a good range of entertainment programs and a visit from Father Christmas who gave gifts away.

Special thanks go to : Damion Braithwaite, Hualv company, Echo Liu, Micky

Want to take part in future WNIC projects? Email us: [wnic@qq.com](mailto:wnic@qq.com)

# Coco's story: The Founder of the FCSA (Foreigners in Changsha Association)

人一定要努力坚持自己的梦想，它必定会实现

“Once you insist on your dreams they must come to fruition”

In Cocos's eyes, happiness and fortune is to do what you want and to insist on it, so she always adhere to her original intention, devoting to make the warm home for foreigners in Changsha.

Coco一直有个梦想便是环游世界，每年她都会背包去不同国家旅游，所以她认识了很多来自不同国家的好朋友。很多外国朋友来到长沙的第一件事就是找Coco了解长沙哪里好玩，哪里可以了解更多的中国文化和认识更多当地的中国朋友。Coco想来想去为什么不自己创办一个无国界交友的组织。让更多的外国朋友和中国朋友有机会交流语言和文化。于是她创办了FCSA，将兴趣相投的中国和外国朋友拉拢到一起，学习语言的同时，还能收获到更多。FCSA的无国界语言文化party，每周六都会定点举办，下午会有无国界文化交流party或者双语角，晚上英语角，你可以根据自己的需求选择。



Coco always dreams of travelling around the world, every year she gets her knapsack prepared to visit different countries, and that's how she made many foreign friends. When many foreigners come to Changsha, the first thing they do is to go to find Coco, asking her which places are interesting in Changsha, and where they can dive into the deep of the Chinese culture and how to make more local Chinese friends. Therefore, Coco kept thinking about founding a border-less organization for making friends to answer all these questions. It can provide more chances for both Chinese and foreigners to make language and culture exchange. So the idea gave birth to FCSA which connected Chinese with foreigners and get them integrated with each other, so they can enjoy a lot while in Language interchange. The border-less FCSA culture and language party is held every Saturday, including Afternoon- Chinese culture party or Free Chinese lessons and Evening-English corner.

#### Chinese friends teaching foreigners Chinese.

在FCSA的无国界语言文化Party上,不仅可以学习到中文,还能了解中国当地的各种文化,甚至是世界各国不同的文化,最重要的是能结交来自世界各地的在长沙的中外朋友,开拓眼界。

At the culture party held by the border-less FCSA, you won't just study Chinese, you will get closer to the various Chinese local culture, even to world's different cultures, most important is you will make friends with many Changsha-

located foreigners who can help you to widen and expand your horizon.

FCSA成员来自各个国家,各个领域,最让我印象深刻的就是一个来自巴基斯坦的女孩。我去采访COCO的那一场无国界语言文化交流Party,是那位巴基斯坦女孩回国前参加的FCSA的最后一场活动。“我马上就要回国了,FCSA就是一个有爱的大家庭,我在这里不仅学到了很多中文,了解了中国文化,而且还结交了很多很多好朋友。这里的朋友很友好,我们像家人一样互相帮助,我很舍不得这里的每一位朋友。所以回国前一定要来再参加一次FCSA大家庭的活动”



FCSA members are coming from many countries and different fields, my deepest impression was imprinted by a Pakistani girl who told me that on her last time on FCSA before going back home while i was covering FCSA party "I'm going back to Pakistan soon , FCSA is a warm family, I studied a lot of Chinese as well as Chinese culture, also I made a lot of friends. All friends here are lovely and friendly, we are like a family. We help each other, I don't want to separate from every friend here, so I am here to make sure that I am in FCSA one more time before going back home.

如果你想了解中国文化,想多学点中文,如果你喜欢认识各个国家的朋友,想多结交长沙当地的中国朋友,你可以毫不犹豫的加入FCSA这个温暖的大

家庭,我悄悄告诉你们,只要你去过一次,你一定会还想继续,比如我。

If you want to understand Chinese culture, to learn some Chinese, if you want to make friends with whom coming from different countries or with some local Chinese. Please don't hesitate to join the warm family FCSA. I just wanna tell you that, if you come once, it won't be your last time, like I am.

了解更多活动信息请关注FCSA的公众微信账号: xdr1\_2014, 可扫描二维码添加。

Please follow the FCSA wechat platform for activities updates: xdr1\_2014 or Scan the QR code to subscribe FCSA public wechat

报名参与活动请关注coco微信: esthertutu



To register in any activity please follow coco's wechat : esthertutu or scan the QR code to add Coco's wechat.



Foreigners in Changsha Association, FCSA for short, is a nonprofit organization for language and culture exchange, sharing learning materials for free. There are already more than 1000 foreign members and more than 5000 Chinese friends in our group. We welcome more and more like-minded friends to join us.

长沙外国人之家 (Foreigners in Changsha Association) 简称FCSA, 是由工作生活在湖南长沙的1000多位外国朋友和5000多位中国朋友汇聚而成, 一个非盈利性的语言文化交流组织, 欢迎志同道合的朋友加入, 我们将免费提供语言文化信息分享和支持。

Members of FCSA are come from all over the world, working in various professions. FCSA has provided a fantastic atmosphere for our members to learn language, exchange culture and make friends, which is why they called FCSA "a magical combination, an almighty organization, a group full of positive energy".

FCSA的成员来自世界各地、社会各界, 通过传递友谊, 形成了良好的语言学习、文化交流互助氛围, 多位成员评价为“这是一个奇妙的组合, 一个万能的群体, 这是一个积极向上的正能量团体”。

Many social media has witnessed FCSA's rapid growth. ETV, a TV channel of hunan province has reported FCSA's activities. Hunan Civilian Broadcasting Studio Le Tian 1069 channel has invited FCSA to cooperate on a 6-language-program. Morning Paper, Weekly Magazine, You Young, WNIC and Ding Ding Star also strongly recommended FCSA.

多家媒体关注了FCSA的快速成长, 湖南经视对FCSA的活动进行过报道, 湖南人民广播电台乐田1069频道也邀请FCSA特别制作了6国语言组成的节目播报, 晨报周刊同去平台、有样、玳瑁星推荐等也倾力推荐。

The idea "without borders, sharing together" of FCSA is now being accepted and supported by more and more friends. As founders of FCSA, we will always keep our principles, which are "open, comprehensive, beneficial" and try our best to make FCSA a better platform for sino-foreign cultural exchanges.

FCSA的“无国界、共分享”理念正越来越受到中外朋友的大力推荐, FCSA也将继续秉承“开放、包容、共享”的积极心态, 努力成为中外文化交流的重要平台。

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See all discounts here: [www.wnichangsha.com/card](http://www.wnichangsha.com/card)

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