

# THE NANJINGER

NANJINGEXPAT

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1. Hold hand out, (as if ready to shake hands); Thumb is up.



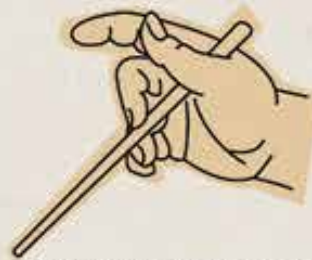
2. Separate fingers as shown in diagram.



3. Fold lower 2 fingers inwards  $\frac{1}{2}$  way.



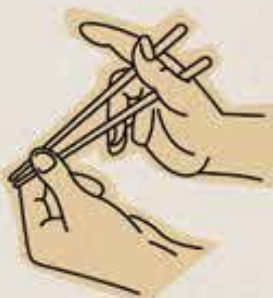
4. Place 1 chopstick in the crook of your thumb; clamp it. Back of chopstick sticks out about  $\frac{3}{4}$ "; middle rests on 2 bottom fingers at the start of the nail.



5. Bring your middle finger down, so it rests on top of your lower 2 fingers.



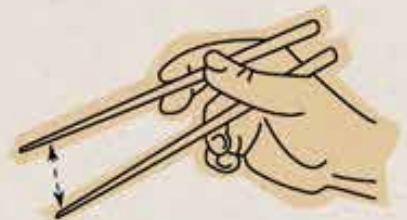
6. ...but **DON'T** cross the finger over the chopstick.



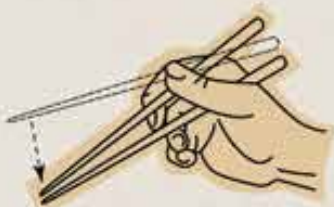
7. Place 2nd chopstick to make a "V" shape (the narrow ends of the chopsticks touch).



8. Bring your index finger down, on top of upper chopstick.



9. Open and close the chopsticks like tweezers.



## NOW YOU ARE READY TO EAT!



By Misha Maruma

## AYG Fever!

**N**anjing welcomes Asia this month for the start of the Asian Youth Games. Nanjing will be the centre of the sporting world for young athletes from around Asia as they compete to be the champions of their chosen sports. Expect the city to be thriving with life as people from different countries and regions descend on the city to revel in this special occasion.

Running from 16th to 24th August the second Asian Youth Olympics will act as a dress rehearsal for the more prestigious Youth Olympic Games to be held in Nanjing during the summer of 2014. Following on from the success of the inaugural AYG in Singapore in 2009, Nanjing hopes to have the same success and also be well prepared ahead of 2014.

At the previous tournament four years ago China topped the medal table with 25 gold medals ahead of South Korea who managed to collect 20 golds. The Koreans gained 54 medals overall though compared to China's 52. Thailand impressed collecting 11 golds out of a total of 20 medals. Look out for these nations to star again.

So, what should you expect from the games? The slogan for this year's event suggests "Celebrating youth, passionate Asia". With 45 nations across Asia competing this is a chance for the young athletes to build up confidence and a reputation ahead of the International Olympic Committee affiliated Youth Olympic Games in 2014. Competing athletes are aged between 14 and 17 so this tournament is a real barometer of the stars of the future.

With 118 events across 16 sports in addition to athletics, there will be something for everybody. The main arena will be the Olympic Sports Centre. This will be home to the track and field athletic events as well as aquatics (swimming and diving), handball and squash. Other venues include Wutaishan stadium which will host football, basketball and table tennis.

Further afield the newly completed sports park in Pukou district will host the rugby, the Jiangning sports centre will host the handball and the Zhongshan International golf club will of course be home to the golf events. The International Expo centre will show the fencing and weightlifting while the Longjiang Gymnasium will house the judo. Badminton will be played at the Nanjing Sport Insti-

tute Gymnasium and tennis will be at the China tennis institute. Shooting will take place at Fangshan (see following pages).

To complement the games there will be cultural and educational activities. Outside the Athlete's village will be the "Touch Nanjing" event. This activity centres on eco-friendly agriculture and will be held at the Xingzhi Experiential Learning Base, where young athletes and other participants can gain knowledge about environmental protection.

Inside the Athlete's village there are two activities, the "Asian Culture Village" and the "Youth Festival". At the first athletes can learn about the customs and cultures of various countries as well as interact with local students and develop friendships. The second activity invites representatives from youth cultural and sport troupes to give cultural performances featuring the national characteristics of different regions throughout Asia.

This is an exciting time to be in Nanjing. The opening ceremony takes place on Friday 16th August and should be a spectacle if previous Chinese events of this kind are to go by. The closing ceremony will take place on Saturday the 24th, hopefully celebrating the great success which all Nanjing-ers hope it will have been. 



# Beat the Heat 1: Rooftop Swimming

**T**here are a number of outdoor rooftop swimming pools in Nanjing, opening in June at the earliest and closing by the end of September. With August being the hottest month in Nanjing what better way to beat the heat than to go for a swim?

The fourth floor outdoor pool at the Grand hotel on Guangzhou Road costs ¥80. The pool doesn't open until three in the afternoon although it closes at 10pm. There are snacks and drinks available from ¥10 for a cola to ¥15 for potato chips. **NJ**



On the eighth floor of the Intercontinental hotel you will find the outdoor pool. This being a very exclusive hotel means that you pay exclusive prices. All day use of the pool costs a whopping ¥300. But all day means just this. The pool opens at 6am and closes at 11pm.

On more of a budget? The pool on the seventh floor of the Celebrity City Hotel might be the place. Standard entry price is ¥68. The pool is open between 10am and 10pm; from about 3pm onwards the swimming pool is in the shade.



# Beat the Heat 2: Indoor Golf

A round of 18 holes of golf during the fabled Nanjing summer can take its toll. To avoid the heat what better way than to play golf indoors? Sold as "screen golf", Golfzon is just this. Using real clubs and real balls you are hitting the ball into a screen and not onto a fairway or green. Sensors track the ball and it's like playing for real.

Derek, a veteran of Golfzon having been over 100 times, takes two friends and I to play for the first time. The business hours are 10am to 1:30am. We arrive at about 10pm and intend to play 18 holes.

The prices change throughout the day reflecting when the club is busy. From 10am to 6pm the cost is ¥120 for 18 holes per person. You must begin the round by 3pm

though. In the evening the prices increase. After 6pm it is ¥180 for 18 holes and ¥120 for 9 holes.

As we are reaching the 17th hole the staff come in and ask us to finish up. To be fair it is late and we've been taking our time. We have been playing slowly because of the relaxed environment. Instead of quickly getting to the end like the G train to Shanghai we've played as if we're on the K train.

Overall the experience was great. The three of us who went for the first time will be going back again. Of course it's always fun to play golf outdoors, but in temperatures of 35 degrees Celsius it can be tough. At Golfzon you get the best of golf while being in an air-conditioned room with service to your door. **NJ**