

8th Congress of the International Society for Oral Laser Applications

Sep 20th-21st, 2014 Beijing, China



Laser – New Wings of Dentistry



Website: www.sola-china.org

Organizers:

International Society for Oral Laser Applications, China Chapter/SOLA China

International Society for Oral Laser Applications/SOLA

Peking Union Medical College Hospital

Chinese Academy of Medical Science & Peking Union Medical College

Co-organizers:

Chinese Stomatological Association

Beijing Stomatological Association



8th Congress of the International Society for Oral Laser Applications

Welcome address

Oral laser is a new technology to promote oral medical after the dental implant, and it greatly changed the features of oral clinical work. It has been widely used, along with the development of oral laser devices and updating technology. Oral laser application is booming in China recently, thus to popularize and standardize the clinical application and scientific research is becoming increasingly important. International Society for Oral Laser Applications (SOLA) is a worldwide authoritative oral laser academic organization. International conference of SOLA is famous for high academic standard. It has been held in Austria, Italy, Spain, Belgium, India, etc. over the past 10 years, and those conferences were great events for oral laser clinicians and scientific researchers thus further promoted the development of local academic level for oral laser applications.

The eighth SOLA International Conference, with the theme " Laser -- New Wings of Dentistry" will be held in Beijing on September 20th to 21st, 2014. Prof. Moritz (the president of SOLA and the dean of Bernhard-Gottlieb University Clinic of Dentistry from Austria), Prof. De Moor (the vice-president of SOLA and the dean of the dental school of Gent University from Belgium), prof. Hibst (the world's first user of Er:YAG laser from the Germany medical institute of laser technology) and many international well-known oral laser experts will make speech. SOLA standardized training course will be provided before the conference also. The international conference will not only be a distinguish meeting for oral laser clinicians and scientific researchers all over the world, but also an opportunity for understanding, learning and exchange within the society of oral laser applications, this will undoubtedly further promote the popularization and application of this new technology, and finally improve the level of diagnosis and treatment in oral medical for the benefits of all the patients.

We sincerely invite you to attend the international conference. September is the best season in Beijing, and the long splendid history and prosperous culture is waiting for you to experience besides the exciting academic exchange. Looking forward to meet you in Beijing this Golden Autumn.

Primary Program

2014-9-17~19

(Wed~Fri)

SOLA Training Course Module II

2014-9-19 (Fri) Registration

2014-9-20 (Sa)

8:00 Registration

8:45 Opening Ceremony

9:00 Plenary speech

Prof. Andreas Moritz

Prof. Zhao Jizhi

Prof. Roeland De Moor

Dr. Peter Verheyen

13:00 Lunch

Lunch

Lunch

14:00 Program speech

(LLLT, Laser in
Implantology
Cosmetic Dentistry)

Chinese Forum

(Basic, Laser in Dentistry)

Satellite Forum by
Sponsors

6PM Gala Dinner

Exhibition/Poster

2014-9-21 (Su)

8:30AM Program speech

(Laser in Dentistry-
Endodontics,
Periodontics, Pediatric,
Orthodontics)

Chinese Forum

(Laser in
Periodontics, Implantology)

Program speech
(Laser in Dentistry)

Satellite Forum by
Sponsors

Exhibition/Poster

1PM Lunch

Lunch

Lunch

2PM Plenary speech

Dr. Terry Farmakis
Prof. Carmen Todea
Prof. Raimund Hibst

Short Presentation
(Basic and clinical
research)

5:30PM Award and Closing Ceremony



Keynote speakers



Prof.DDr. Andreas Moritz

Latest scientific results in dental hard tissue preparation.

Prof.DDr. Andreas Moritz
University Clinic of Dentistry Vienna, Austria

Prof. Jizhi Zhao, MD, DDS
Peking Union Medical College Hospital, China



Prof. Jizhi Zhao



Prof.Dr. Roeland De Moor

Laser activated irrigation in endodontics: "The power of the bubble".

Prof. Dr. Roeland De Moor
Ghent University Hospital, Belgium

Photon Stimulated Bleaching – The quest for the most innovative, safe and effective tools with long lasting results

Dr. Peter Verheyen, Belgium



Dr. Peter Verheyen



Prof.Dr. Raimund Hibst

New optical technologies for oral and dental applications.

Prof.Dr. Raimund Hibst
Institute for Laser Technologies in Medicine, Germany

New trends in non invasive diagnostic and prevention using methods based on laser.

Prof. Dr. Carmen Todea
Victor Babes University of Medicine and Pharmacy, Timisoara, Romania



Prof.Dr. Carmen Todea



Dr. Terry Farmakis

Applications of lasers in Endodontics: From diagnosis to bacterial elimination.

Dr. Terry Farmakis
National and Kapodistrian University of Athens, Greece

Part of Program Speech

Level Laser Therapy

Dr. Arun Darbar (UK)

- Phototherapy in practice

Dr. Rita Darbar (UK)

- Laser therapy in Orthodontics

Ass. Prof. Dana Vieru York (USA)

- LLLT biostimulation of bone growth and soft tissue regeneration using 830 nm diode

Prof. Albert Yao-Dung Hsieh DDS, PhD, EMBA (Taiwan)

- The biological effect and clinical application of soft laser in dental profession.

Dr. Anil Shah (India)

- LLLT- low on power; high on results

Laser in Implantology and Cosmetic Dentistry

Prof. Tzi Kang Peng, DDS, MS, PhD, FICD (Taiwan)

- Er:YAG and Er,Cr: YSGG laser in implant Dentistry

Dr. Avi Reyhanian (Israel)

- The use of the Er:YAG Laser-LiteTouch- in a laser assisted Periimplantitis treatment and GBR technique

Dr. Chung-Ming Chen (Taiwan)

- Aesthetic and implant application of lasers in the anterior area

Ass Prof. Li Qian (China)

- Oral laser applications in dental Implantology

Dr. Yi-Hao Huang (Taiwan)

- Laser Implant Esthetics

Dr. Chang-Kai Chen (Taiwan)

- Treatment of Peri-implantitis Using Er:YAG Laser - A 6-month Retrospective Clinical Research

Dr. Hung-Te, Hung (Taiwan)

- Clinical application of Er:YAG and Diode laser in dental implantation

Laser in General Dentistry

Prof. Wan-Hong Lan (Taiwan)

- Oral laser applications in Dentistry

Prof. Chen Yaming (China)

- Dental laser-effective assistant in clinical practice

Prof. Zhang Ying (China)

Er:YAG laser assisted treatment in dental trauma

Prof. Xu Baohua (China)

- Clinical study of laser assisted periodontal treatment of gingivitis control tongue side orthodontic patients during orthodontic treatment

Laser in Endodontics

Prof. Vivek Hegde (India)

- Lasers in Endodontics

Dr. Markus Laky (Austria)

- Caries prevention and dental lasers

Ass Prof. He Wenxi (China)

- The Use of Laser in Operative Dentistry and Endodontics

Dr. Elaine Yu (Taiwan)

- Laser assisted treatment in periapical lesion

Laser in Periodontics

Dr. Robert Lin Long (Taiwan)

- Evidence and decision trees in laser periodontics

Prof. Ding Yi (China)

- Nd:YAG assisted treatment in Periodontitis

Ass Prof. Wang Dongqing (China)

- Application of Er:YAG laser in Periodontal Therapy

Laser in Paediatric Dentistry

Prof. Ani Bozhidarova Belcheva – Krivorovav (Bulgaria)

- Laser –assisted dental treatment in children, subjective perception and pain assessment during clinical procedures

Ass Prof. Zhang Sun (China)

- Clinical applications of Er:YAG laser treatment in Paediatric dentistry

Laser in Oral and Maxillofacial Surgery

Ass Prof. Wu Meijuan (China)

- Dye laser assisted treatment in angioma and Vascular malformation

Dr. Mohan Vakade (India)

- Lasers in Surgery- A love hate story

Dr. Rajat Bhandari (India)

- Histopathological alterations of biopsies performed with diode laser

Conference Fee and Registration

Please check the website of SOLA international.

<http://www.sola-laser.com>

Accommodation

Please log on line www.sola-china.org, and download the booking form of Beijing Hotel, or booking other hotels on public travel website.

Tourism

Please log on line www.sola-china.org, and book the package directly with the travel agency (information on line)



Call for Abstracts

The 8th Congress of the International Society for Oral Laser Applications/SOLA, with the topic "Laser – New Wings of Dentistry" will take place in Beijing, China, from September 20th to 21st, 2014. This congress is a unique event, dealing with the use of dental lasers in daily practice, as well as in scientific research.

We'd like to welcome you to submit an abstract for a presentation at the congress till July 31th. There will be two sections of program: clinical application and basic research (25 minutes presentation in English). There will be sections for short presentation (15 minutes in English) and Chinese Forum (25 minutes in Chinese). The poster will be open for submission till August 31th. Please indicate, in which section you want to take part.

The topic and abstract have to be in English, 400 words maximum. Clinical application and basic research should contain: background, methods, results and conclusion.

We are expecting your submission including topic, abstract, authors, facility, CV and portrait of author on: solacongress2014@gmail.com

You'll find more details about the congress on: www.sola-china.org

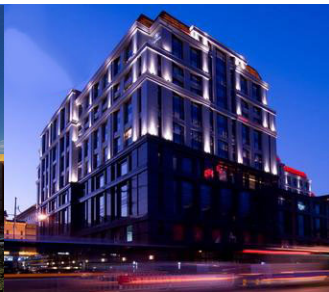
Thank you for your interest in SOLA 2014 International Congress. We are looking forward to see you in Beijing.



Meeting Place

Lecture Hall of Peking Union Medical College Hospital

Address: Shuaifuyuan Hutong, Wangfujing, Dongcheng District, Beijing, China



Hotel

Beijing Hotel (****)

NO.33 East Changan Avenue Beijing China

Hilton Beijing Wangfujing (****)

8 Wangfujing East Street, Dongcheng, Beijing

The North Garden Hotel (****)

No.281-1 Wangfujing Da Jie, Dongcheng, Beijing

Novotel Beijing Peace (****)

3 Jinyu Hutong, Wangfujing, Dongcheng, Beijing

JI Hotel Dongdan Beijing (***)

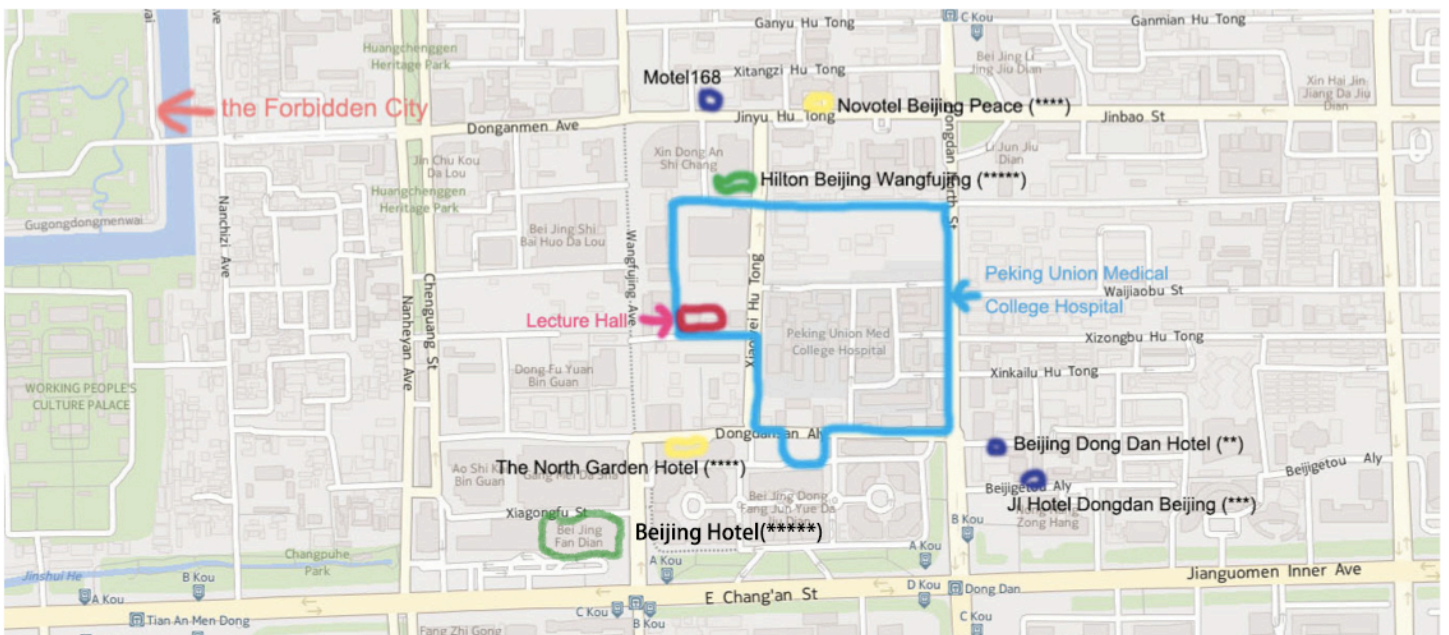
No. 32 Beijige Santiao, Dongcheng, Beijing

Motel168

19 Jinyu Hutong, Wangfujing, Dongcheng, Beijing

Beijing Dong Dan Hotel (**)

No.120 N.Dongdan Street, Dongcheng, Beijing





Beijing Facts



Abbreviated to Jing, Beijing is the capital of the People's Republic of China, China's political, cultural and foreign-communication center.

Located at 39°56' north latitude and 116°20' east longitude, and covering an area of 16,807.8 square kilometers, Beijing lies on the north end of the North China Plain. Featuring semi-humid continental monsoon climate in the warm temperate zone, Beijing is hot and rainy in summer but cold and dry in winter. Spring and autumn are rather short. Its average temperature is 10 to 20 degree Centigrade. January sees the coldest temperature of a year at -7 to 4 degree Centigrade; July has the highest temperature at 25 to 26 degree Centigrade. The city has a frost-free period of 180 to 200 days; about 75 percent of the rain of a year comes in summer and rainstorms can be often seen in July and August.

Beijing has 19.612 million permanent residents, 12.578 million of whom registered their households in the city. All of the 56 ethnic groups of China can be seen in Beijing, but mostly Han people. The major religions for Beijing residents are Buddhism, Taoism, Islam, Catholicism and Christianity. It is divided into 14 districts and 2 counties: Dongcheng, Xicheng, Chaoyang, Haidian, Fengtai, Shijingshan, Mentougou, Tongzhou, Shunyi, Daxing, Fangshan, Changping, Huairou, Pinggu districts and Miyun and Yanqing counties. Beijing's municipal trees are Chinese scholar tree and Chinese arborvitae and its municipal flowers are China rose and chrysanthemum. Beijing locates in the east 8 time zone (GMT+8) with country phone code of 86 and city code of 010. Its official language is Mandarin Chinese.

Beijing is a multi-facet city. The longer you stay in Beijing, the more difficult you will find to explain the city with simple language. Beijing has a history of more than 3,000 years as a city and more than 850 years as a capital. Beijing has the largest number of the world cultural heritages in the world. It boasts not only the history, culture, lifestyle, architectures and landscape accumulated for thousands of years, but also developed business, convenient transportation, fashionable entertainment facilities, delicious foods and comfortable accommodation.

Open the map, you will find Beijing has changed from a charming name into a tangible place where you can access easily. It will illustrate the splendor of Beijing, provide you with the most authoritative tourism information and help you design the most economical and classical tourism itineraries. It will be with you when you visit the ancient capital, discuss cultures, visiting beautiful landscape, taste delicacy, appreciate artworks and go shopping.

Beijing Tourism Map is your good guide and partner in Beijing and will take you around the city. This map is the epitome of the endless charm of Beijing. We hope it will be a part of your best memory of the city.

Dear friends, welcome to Beijing.

Tourist Attractions

As a globally celebrated historical and cultural city, Beijing has a history of more than 3,000 years as a city and more than 850 years as a capital, leaving abundant and glorious historical and cultural heritages. This city has not only the Great Wall, which is known as the world wonder, the world's grandest imperial architecture complex, beautiful ancient gardens and magnificent temples, imperial mausoleums, ancient pagodas, stone steles and stone carvings, but also natural landscape such as Longqing Gorge and Lingshan Mountain.

World Cultural Heritage Sites

Of the "World Cultural Heritages" selected by the UNESCO, Beijing boasts six sites of the Forbidden City, the Temple of Heaven, the Ming Tombs, Peking Man Site at Zhoukoudian and Summer Palace, making it a city with the largest number of the world cultural heritages in China. These cultural heritages are the typical symbols of Beijing culture, historical value and humanistic scenes.



Great Wall

The Great Wall of China is a true wonder of the world created by the working people in ancient time, as well as the evidence of China's long history. The symbol of the Chinese nation, it was listed as one of the world cultural heritages in December 1987.

After the Qin Dynasty unified China in the 3rd Century, it connected the great walls constructed by Yan, Zhao and Qin kingdoms in the Warring States Period and prolonged it. The existing Great Wall relics are mainly built in the Ming Dynasty in the 14th Century. The 8,851.8-kilometer long Great Wall ranges from Jiayu Pass in Gansu in the west to the Shanhai Pass in Hebei in the east. The grand Beijing section is 629 kilometers with 827 battlements and 71 passers.

Badaling Great Wall

☞ Yanqing County
☎ +86 10 6912 1226
🚌 Bus No. 919 from Deshengmen Bus Station.

Forbidden City



Located in the very center of Beijing, the Forbidden City was completed construction in the 18th year (1420) under the reign of Emperor Yongle of the Ming Dynasty. As the imperial palace of the Ming and Qing dynasties, a total of 24 emperors lived in the palace to rule China. The Forbidden City is an excellent master piece of ancient architecture, as well as the existing largest and most complete ancient imperial architecture complex of wood structure. In 1987, it was listed as one of the world cultural heritages. It is now the Palace Museum.

The largest museum in China, the Palace Museum has more than 1 million valuable cultural relics, including sacrificial vessels, porcelain and jade wares, calligraphy and painting works, religious status, clock and clothes and foreign treasures. They represent China's traditional history, politics, economy, philosophy, aesthetics and religion with extremely rich cultural contents.

☞ 4 Jingshan Qianjie, Dongcheng District
☎ +86 10 8500 7421
🚌 Bus No. 1, 2, 5, 10, 52, 101, 103, 728 or 846

Temple of Heaven

Located in the southern part of Beijing, the Temple of Heaven started construction in the 18th year (1420) under the reign of Emperor Yongle of the Ming Dynasty. It was the place where the emperors offered sacrifices to the heaven and prayed for rain in the Ming and Qing dynasties, and is now the world existing largest and perfect ancient architecture complex to offer sacrifices to the heaven. By fully utilizing various architecture technologies and construction



forms, the complex fully reflects the principles of aesthetics, mechanics, acoustics and geometry. It represents the highest achievements of China's ancient architecture.

The Temple of Heaven consists of the Circular Mound Altar and the two altars for grain prayers and the Hall of Prayers for Good Harvests is now the symbol of Beijing. In 1998, UNESCO listed it into the List of the World Cultural Heritages.

- ☒ Jia 1 Tiantan Lu, Dongcheng District
- ☎ +86 10 6702 8866
- ☒ Subway Line 5, Tiantandongmen Station; bus No. 6, 34, 35, 36, 60 or 116

Summer Palace

The vast imperial playground of the Summer Palace was where the imperial families tried to escape oppressive summer heat. It is now a wonderful public park where local residents and visitors can stroll, relax and bask in China's ancient cultural legacy.

Expansive green spaces and ornate structures are set around beautiful the Summer Palace's Kunming Lake. You can see the typical winter scene on the frozen lake or enjoy the willow-tree shaded in the summer; it is a perfect place to escape Beijing's hustle and bustle.

The area has served as a royal summer home since the Jin Dynasty; however, it attained its current configuration when Qing Emperor Qianlong remodeled it in 1750. Sacked by foreign armies, it was twice rebuilt by Empress Cixi, with the first time using funds earmarked



for the Chinese navy. It is an example of the late Qing Dynasty's (1644-1911) wealth and grand opulence, indulgent landscaping and extravagance in the face of decline.

- ☒ 19 Xin Jiangongmen Lu, Haidian District
- ☎ +86 10 6288 1144
- ☒ Subway Line 4, Beigongmen Station; bus No. 330, 375, 726, 808 or 801



Ming Tombs

Thirteen of 17 Ming Dynasty emperors, 23 empresses, 2 crown princes and more than 30 imperial concubines were buried in the Ming Tombs, the world's largest set of imperial tombs that was recognized as the World Heritage List site by UNESCO in 2003.

Construction of the Ming Tombs began in 1409 under the reign of the Yongle Emperor. These tombs are integral but independent, simple and stately chambers. An impressive marble archway and a 7-kilometer-long road, known as the Sacred Way that showed the way to the burial complex, connected them. Sculpted "guards," a set of 12 animals, line the road.

Relying on the guidance of the traditional cultural and a deep belief in principles of *fengshui*, the location and designation demonstrated the ancient Chinese philosophy of seeking harmony with the nature.

- ☒ South of Tianshoushan, 50 kilometres northwest of central Beijing, Changping District
- ☎ +86 10 6076 1422
- ☒ Sightseeing bus at the Beijing Hub of Sightseeing Dispatch.

"Peking Man" Site at Zhoukoudian

An important Paleolithic site, this site was first excavated in 1927, in a cave on Longgu Hill at Zhoukoudian, southwest of Beijing. In 1929, skull fossils of Peking Man were discovered here, providing concrete evidence for the existence of primitive man in the Beijing area and marking a milestone in the history of paleo-anthropology.

Study of geological strata indicates that Peking Man lived about 700, 000 to 200,000

Dazzling Entertainment

While visiting Beijing, enjoy its abundant cultural life in addition to sightseeing.

Comprehensive Theaters

Beijing is home to large theater complexes such as the National Center for the Performing Arts, Capital Theater and the China Children's Art Theater, where large dancing and singing performances, dramas and operas are performed.



National Center for the Performing Arts

- ☒ 2 Xi Chang'an Jie, Xicheng District
- ☎ +86 10 6655 0000

Poly International Theater

- ☒ 1/F Poly Plaza, 14 Dongzhimen Nandajie, Dongcheng District
- ☎ +86 10 6500 1188

Capital Theater

- ☒ 22 Wangfujing Dajie, Dongcheng District
- ☎ +86 10 6524 6789

China Children's Art Theater

- ☒ 64 Dong'anmen Dajie, Dongcheng District
- ☎ +86 10 6559 8586

Beijing Theater

- ☒ Building 10, Anhuili Sanqu, Chaoyang District
- ☎ +86 10 6491 1228

Beijing Renmin Theater

- ☒ 47 Huguosi Dajie, Xicheng District
- ☎ +86 10 8322 2979

Tianqiao Theater

- ☒ 30 Beiwai Lu, Xicheng District
- ☎ +86 10 8315 6338

Peking and Kunqu Opera

Beijing has excellent theaters for performances of Peking and Kunqu operas, featuring authentic and traditionally designed theaters, traditional settings and musical instrumentation and high quality and high-standard performances.

Mei Lanfang Theater

- ☒ 32 Ping'anli Xidajie, Xicheng District
- ☎ +86 10 5833 1288

Chang'an Grand Theater

- ☒ 7 Jianguomennei Dajie, Dongcheng District
- ☎ +86 10 6552 4990

Huguang Guild Hall Theater

- ☒ 3 Hufang Lu, Xicheng District
- ☎ +86 10 6351 8284

Imperial Granary

- ☒ Nanxincang, 22 Dongshishitiao, Dongcheng District
- ☎ +86 10 6409 6499

Liyuan Theater

- ☒ Inside Qianmen Hotel, 175 Yong'an Lu, Xicheng District
- ☎ +86 10 5166 4511

Guangdelou Theater

- ☒ 39 Dashila Jie, Xicheng District
- ☎ +86 10 6303 2278

Zhengyici Theater

- ☒ 220 Xiheyuan Jie, Qianmen, Xicheng District
- ☎ +86 10 8315 1650



Forbidden City - Beijing

Delicious Food

Beijing impresses visitors with its history, culture and its Chinese and western delicacies, ranging from time-honored imperial foods and Beijing snacks to the diverse cuisines of other places in China and western fast food. Restaurants providing diverse foods exist everywhere in Beijing.

Beijing Roast Duck

Essential to your Beijing dining experience is a brief tour of the many establishments offering Beijing roast duck (Beijing *kaoya*), a delicious, lightly smoked duck meal complemented by pancakes, dipping sauce and vegetable filling. After basting in a secret concoction of sweetened sauces, the ducks are roasted in a "hanging fruit-tree" oven for up to 50 minutes. They come out looking golden brown and juicy.



Quanjudu Roast Duck Restaurant

30 Qianmen Dajie, Dongcheng District
☎ +86 10 6511 2418

Bianyifang Roast Duck Restaurant

Jia 2 Chongwenmenwai Dajie, Dongcheng District
☎ +86 10 6712 0505

Liquan Roast Duck Restaurant

11 Beixiangfeng Hutong, Qianmen Dongdajie, Dongcheng District
☎ +86 10 6702 5681

Dadong Peking Duck

Building 3, Tuanjiehu Beikou, Chaoyang District (Tuanjiehu Branch)
☎ +86 10 6582 4003

Duck King Restaurant

24 Jianguomenwai Dajie, Chaoyang District
☎ +86 10 6515 6098

Hot Pot

When autumn comes to Beijing and the weather becomes cool, hotpot is a favorite of Beijing people. Mongolian and Sichuan styles dominate the city's hotpot scene. Sichuan hotpot is spicy whereas the Mongolian version features a clear broth and dipping sauces, such as sesame. Many restaurants offer a split pot, half for those who like very spicy fare, half for those who prefer something tamer. Some Mongolian hotpots are not spicy at all. Standard ingredients include slivers of beef and chicken in addition to the mutton of staple lamb. Vegetables, mushrooms and various kinds of *tofu* are also popular.

Donglaishun Restaurant

5/F, Beijing apm, 138 Wangfujing Dajie, Dongcheng District
☎ +86 10 6528 0932

Nanlaishun Restaurant

12 Nancayuan Lu, Xicheng District
☎ +86 10 6352 8465

Jin Shan Cheng

34 Bei Sanhuan Xilu, Haidian District
☎ +86 10 6216 8357

Imperial Cuisine

Imperial cuisine consists of the recipes and dishes prized in imperial kitchens dating from the Qing Dynasty (1644–1911). Originating with the regional cooking of the Manchu and Han peoples, the cuisine owes its popularity to the quality of its ingredients and design. The Man-Han Quanyi Feast with 108 dishes was originally designed as a court banquet.

Tanjia Cuisine

7/F, Tower C, Beijing Hotel, 33 Dong Chang'an Jie, Dongcheng District
☎ +86 10 8500 9688

Lijia Cuisine

11 Yangfang Hutong, Deshengmenwai Dajie, Xicheng District
☎ +86 10 6618 0107



Shichahai Club

49 Di'anmen Xidajie, Xicheng District
☎ +86 10 6403 2606

Ge Ge Fu

9 Daqudeng Hutong, Meishuguan Houjie, Dongcheng District
☎ +86 10 6407 8006

Pavilion of Listening to Orioles

Inside the Summer Palace, Haidian District
☎ +86 10 6288 1955

Fangshan Restaurant

Inside Beihai Park, 1 Wenjin Jie, Xicheng District
☎ +86 10 6401 1889

No. 16 Courtyard Restaurant, Houhai

4 Dajinsi Hutong, Houhai, Xicheng District
☎ +86 10 8625 2725

Huangcheng Restaurant

Inside Changpuhe Park, Nanchizi Dajie, Dongcheng District
☎ +86 10 8511 5365

Yu Zhuan Tang Restaurant

Inside Qingnianhu Park, Andingmenwai Dajie, Dongcheng District
☎ +86 10 8413 2035

Zhengyuan Dazhaimen Restaurant

Building 3, Huixinbeilu, Chaoyang District
☎ +86 10 6495 2166

Ritan Restaurant

Southwest Point of Ritan Park, Chaoyang District
☎ +86 10 6500 5883

Baijia Dayuan Restaurant

15 Suzhou Jie, Haidian District
☎ +86 10 6265 8851

Beijing Snacks

Beijing has more than 250 kinds of snacks, including sesame seed cakes, steamed dumplings stuffed with mashed red beans, pancakes with egg, pork and vegetable, and *baodufeng* (tripe of cattle or sheep cooked by Mr. Feng).

Longfusi (Longfu Temple) Snack Shop

1 Longfusi Qianjie, Dongcheng District
☎ +86 10 6406 0668

Huguosi (Huguo Temple) Snack Shop

93 Huguosi Jie, Xicheng District
☎ +86 10 6618 1705

Jiumen Snack Shop

1 Xiaoyou Hutong, Denei Dajie, Xicheng District
☎ +86 10 6402 6868

Huatian Muslim Snack Shop

89 Xi'anmen Dajie, Xicheng District
☎ +86 10 6617 6299

Hong Ji Snack Shop

12 Niu Jie, Xicheng District
☎ +86 10 6355 0735

Han Yi Zhai

67-69 Huguosi Dajie, Xicheng District
☎ +86 10 8322 3298

Yogurt Wei

148 Xisi Beidajie, Xicheng District
☎ +86 10 6615 2676

Bao Du Feng

Inside of Jiumen Snack Shop, 1 Xiaoyou Hutong, Denei Dajie, Xicheng District
☎ +86 10 6402 6868

Shopping Delights

Making itself an international commercial center, Beijing is home to many famous international and domestic brands. Beijing's shopping malls appeal to visitors, and its long history makes its trade in curios and artworks appealing and prosperous. It's a good choice for you to visit Beijing's shopping malls and get presents for your family and friends.

Wangfujing Commercial Circle

Wangfujing is widely known as "China's Number 1 Shopping Street." Famous department stores including Beijing AMP and famed restaurants such as Quanjudu (Beijing roast duck) are located along this street.

Wangfujing Dajie, Dongcheng District
☎ Subway Line 1, Wangfujing Station; bus No. 1, 2, 5, 10, 20, 37, or 728

Beijing apm

138 Wangfujing Dajie, Dongcheng District
☎ +86 10 6528 2211

Beijing Oriental Plaza

1 Dong Chang'an Jie, Dongcheng District
☎ +86 10 8518 6267

Wangfujing Xinhua Bookstore

218 Wangfujing Dajie, Dongcheng District
☎ +86 10 6513 2842

Xidan Commercial Circle

Xidan offers a wide range of shopping options, with large shopping centers such as the Chung-Yo Shopping Centre, Grand Pacific, Joy City and Hua Wei Centre.

Xidan Beidajie, Xicheng District
☎ Subway Lines 1 or 4, Xidan Station; bus No. 1, 10, 102, 603, 728 or 808

Xidan Shopping Centre

120 Xidan Beidajie, Xicheng District
☎ +86 10 6656 5588

Joy City

131 Xidan Beidajie, Xicheng District
☎ +86 10 6651 7777

Grand Pacific Mall

133 Xidan Beidajie, Xicheng District
☎ +86 10 6612 6888

Beijing Chung-Yo Shopping Center

176 Xidan Beidajie, Xicheng District
☎ +86 10 6601 8899

Jianguomen Commercial Circle

The Jianguomen Commercial Circle is the first embassy constructed after the founding of the People's Republic of China, gifted with many western-style characteristics.

Jianguomen Beidajie, Dongcheng District
☎ Subway Lines 1 or 2, Jianguomen Station; bus No. Te 2, 800 Wai, 125, 434 or 108

Xizhimen Commercial Circle

The Xizhimen Commercial Circle connects Zhongguancun and Financial Street. High-end complexes including the Jinmao Center and Xihuan Plaza are based here.

has been famous since the mid-Ming Dynasty (1368–1644); it is home to Time-Honored Chinese brands such as Liubiju (food).
☎ Southwest of Tian'anmen Square
☎ Subway Line 2, Qianmen Station; bus No. 2, 5, 9, 20 or 44



Tonrentang Pharmacy

24 Dashila Jie, Xicheng District
☎ +86 10 6303 1155

Ruifuxiang Silk Store

5 Dashila Jie, Xicheng District
☎ +86 10 6303 5764

Neiliansheng Shoe Store

34 Dashila Jie, Xicheng District
☎ +86 10 6301 4863

World Trade Commercial Circle

The World Trade Commercial Circle is home to 70 percent of Beijing's foreign-related institutions, more than 50 percent of Beijing's hotels and international-exchange venues and many top office buildings.

Dongsanhuan Zhonglu, Chaoyang District
☎ Subway Lines 1 or 10, Guomao Station; bus No. 57, 37, 210, 300, 348, 28, 41, 730, 830, 801, or Te 8

Sanlitun Village

19 Sanlitun Lu, Chaoyang District
☎ +86 10 6417 6110

Adidas Flagship Store

19 Sanlitun Lu, Chaoyang District
☎ +86 10 6416 2233

Olympic Commercial Circle

"It is the most thorough change since Oubilai started building the city in the 13th century," a French media commentator said of the Olympic Commercial Circle in northern Beijing where the 1990 Asian Games and the "truly remarkable" 2008 Olympic Games were held.

Anhui Beili, Chaoyang District
☎ Subway Line 5, Datun Station; bus No. 328, 406, 653 or 984

Shilihe Commercial Circle

Shilihe's businesses are becoming prosperous with the growing presence of various professional house building and decoration stores in Beijing.

Dayangfang Lu, Chaoyang District
☎ Subway Line 5, Datun Station; bus No. 28, 378, 439, 638 or 976

Gongzhufen Commercial Circle

Gongzhufen is a major traffic and public transportation hub in Haidian District, western Beijing. Its name literally means "tomb of the princesses." The area houses several shopping centres; among these are the Cuivei Mansion and Beijing Urban-Rural Trade Centre, with nearby landmarks including the CCTV Tower and China Military Museum.

Jia 23 Fuxing Lu, Haidian District

Xi' an



The **Terra Cotta Warriors** is only a part of the Qin emperor's tomb complex. They may have remained forgotten had it not been for the fortuitous discovery by local peasants drilling a well in 1974. What they found would excite the archeology world. In a vault of approximately 12,000m² and 5m underground lay some 8,000 terracotta infantry soldiers, archers, cavalymen and chariots arranged in battle formation, ready to defend their emperor's immortal soul. Each soldier is approximately 1.8m-tall, with higher-ranking soldiers being taller, and made of 7.6cm thick terracotta clay. Each part of the hollow body was made separately, while the trunk, limbs and hands were mass-produced, the heads were individually constructed and the face of each warrior is distinct. It has been theorized the faces were sculpted from the likeness of the soldiers and artisans. The **Terra Cotta Warriors** show a high level of artistry with individualized facial expressions, hairstyles and clothing and were once brightly painted with black armor, colorful red scarves and green pants, though the colors have long faded. As warriors, they each held weapon, bronze swords, spears, axes and halberds-which were still sharp when discovered, and longbows and crossbows.



Very different from Beijing and Xian these ancient cities with long history, modern Shanghai City Tour will leave you the memory of fashion and charming night scenery. As the economic, financial, trade and shipping center of China located in Yangtze estuary, now Shanghai has developed into a global international metropolis and it is also a newly emerging tourist destination with deep modern urban culture and numerous historical sites.

Rich in modern atmosphere and culture, Shanghai consists of many advancement element covers all around the whole city and many of them are world famous attractions. The Bund, Oriental Pearl TV Tower and Nanjing Road are all reflect the prosperity of modern Shanghai; large numbers of characteristic restaurants and bars provide elegant environment and different flavors to all the tourists from all over the world and here are the best places to taste the essence of Shanghai nightlife.

