Milan fashion week, the cradle of fashion





What about fashion in your eyes? What can we should learn from fashion ? Do you know the Milan fashion week ? OK , now, I will show something about it , I wish it can bring some help for you

By: Lily XU 130306119 Class 1

Milan fashion week ,established in 1958, is part of the Big 4 fashion weeks internationally, including of Milan, Paris, New York, London. Though the Milan fashion week is the latest development one, it has the most influential now. It is held twice a year, divided into spring and summer fashion week and QiuDong fashion week, every time in about a month of around 300 big brand fashion shows are held in the high level that we are likely have enough eyes to see. Not all the brands can make show here, which want to take part in it must thought the audit of the jury, consisting of great masters ,such as ARMANI and WAZENTINO. The top master in fashion field and thousands of professional buyers, and professional media from all the world , which have the incomparable global spreading .

It leads the development of the up-to date fashion. Taking FENDI as an example , the opening show of FENDI is quite amazing in 2014 Milan fashion week, and Cara acts as the opening model , which is the most fiery supermodel recently. The fur accessories in her hand is the typical accessories of

GALARIES LAFAYTTE KARL LAGERFELD . This lovely accessories is designed by KARL himself , it is a signal of leather reform.

Not all brands have a long history , so it means that if you want to try ,you have brought forth new ideas , you will have chance to show yourself. MIUCCIA PRADA , which has the reputation of geeks, one not be affected by the fashion trend , his invent and sustain a classic model , which is a kind of camouflage. He adds the different element arty pattern boldly, and he brings the street arts into the middle class . He makes the “Made in Italy”has a new label of noble and elegant.

Milan fashion industrial helps the development of other aspects in Venice, so we it is important for a country to develop fashion. In the Milan fashion week of 2006, there had an opening ceremony of “China Day” brand issued jointly. It is the first collective appearance of China, it helps promote the brand culture and changes less number of well-known brands cycle short, the weak independent innovation these present situations in China gradually. Setting up a bridge about fashion communication in different countries will have great contributions to the development of fashion in China. Liang Zhang is one of the top man models in our country. He has said that “Dad who can not cook is not a good model”.Thanks to a very hot show named“ Where are we going , dad?”, he is well known to all the society. He is invited by the many brands to take part in the Milan fashion week in 2014. Though great progress has made , we still not on the top fashion road , a lot things we should do in the future.

Learning from Milan fashion week, fashion has great meaning to both personal and society . Last, what we gain not only something about fashion but think how to make the dream in the display . Everyone has the right to struggle for dream if you want.

http://en.wikipedia.org/wiki/Milan_Fashion_Week
http://projectpapaonline.blogspot.com/2013/11/introduction-to-

celeb-papa-sean-zhang-liang.html

Summer In clothes

Spring has come, can summer be far behind This time of year, the city's high streets and back lanes like runway, while girls wear the best clothes to show their sexy or beautiful.In fact, dressed like a maths problem, need to seriously ponder.A lot of time without thinking dress is likely to make you look bad.In this article I will describe how to dress looks classy and eye-catching.



By Heyu 120210139

Every year at this time, the street girls tend to be divided into two kinds: one is the legging, love repair leg pants; one is bare legs, selected shorts completely show the leg Slim pencil pants are also can show curve, completely end the effect as shorts, this dress will recommend several nice shorts, let us show a little guilty.

In my opinion,There are three importance for us to pay attention.

1. Colour

The difference is too small, too close to the tone easily confused with each other, the lack of layering; much difference, for Too intense than the overall tone is easy to split. When the same kind of deep color with the best, in light of the three Level changes, with less than three levels seemed more monotonous, and easy to produce excessive levels Tedious, rambling effect. Such as red tone was the same color with red woolen skirt by Rose, Camel red sweater, dark purple shoes, red garnet earrings and makeup composition.

2.Material

The choice of fabrics to reflect the dressing grade , high-quality , high-end fabrics , most with a comfortable, absorbent, breathable , drape crisp, visual elegance , features and other aspects of soft touch ; while the choice of fabric should also pay attention to whether their own body type , I had to accompany my mother who had just given birth to go out to buy clothes , and then tried to know , the kind of fabric soft close is absolutely not to try .

2. Style.

There are many styles of clothes , formal wear, casual wear , home wear , and so on . Style choices , the first occasion was in line with their own dress , a dress is not what can wear out ; addition is well to show their body type , most people are not perfect figure , more or less some deficiencies, dressing to note Cangzhuo , but also highlight the beautiful parts of his body .

In fact, everyone has their own taste, so be sure to find your own taste and match clothes , clothing beauty more beautiful. We go shopping with friends , may have such feelings, others suggest that you wear fancy clothes body , you will feel

uncomfortable , I feel it is not their own to wear , this feeling is very important. Low-key people do not choose too provocative clothes, but restrained personality who likes to wear the clothes are formal rules , but personality may idle much love loose casual models .

Clothes with a more artistic, but also requires skill.

Misunderstanding to losing weight

In my story I will tell you the misunderstanding to losing weight and put forward some information and websites about fitness.

By: Luyi Bao 130908237 Class2



Nowadays, losing weight seems to be fashion. But, is it right to do so?Many people go on a diet to lose their weight, and some people even take diet pill to make them look thinner. Also, some of them never take exercise and they just want to lose weight by eating less. From my perspective, this is not a good idea. So, I want to talk about some aspects of misunderstanding to losing weight and some proper ways to keep fit.

In the first place, I want to give some example of misunderstanding to losing weight.

●Do not eat breakfast

●Do not eat any meat

●Do not drink water (some people think that drinking water will make them look fat)

●Eating spicy food will keep you thin

●Take diet pill

●Jog 30 minutes everyday

●Eat junk food but take more exercise

…

In my view, if you want to lose weight, you can eat everything nutritious moderately especially vegetables and fruits. Some people insist on going on a diet, I am opposed to it. Although eating less can make you thinner, but it will make your stomach sick and this is not an easy problem to solve, it’s more troublesome than losing weight. Furthermore, only going on a diet can just make you become thinner, but it cannot keep you fit. I mean you will not look fit and healthy if you just go on a diet. What’s worse is that some girls take diet pills. It really do harm to your health. Maybe diet pills can have the best effect in a very short time, but it will have side effects. So never take diet pills!

A healthy diet is very important, and doing sports is also very important. If you want to have a good shape body, a healthy diet is not enough. You should take exercises regularly.



About exercise, there are aerobic exercise and anaerobic exercise. Aerobic exercise can make you become thinner while anaerobic exercise can strengthen your muscles. My suggestion is that you can do anaerobic exercise first and do aerobic exercise later. It will have better effect. And many people choose the way of jogging to keep fit. And there are some issue you have to pay attention to. First, only jogging for more than 40 minutes can make you become thinner. Why? Because if you just jog for 30 minutes, your fat will not burn and the effect will not be obvious. Second, you should do burpees□deep knee bend□plank holder□sit-up and so on, only jogging is not enough if you want a perfect shape. And according to my own experience, yoga is a very good sport to nurse one's health. And you can do yoga for relax after



intense exercises.

To sum up. Healthy diet and regular exercise should be combined well. And on the website, there are many method to keep fit. Here are the videos about losing weight and doing sports. Hope you will like it!

Play with stress!

Today□with the rapid development of economy□city white-collars is facing the hitherto unknown pressure for avoiding those psychological worries □Psychologists have designed some lovely methods to reduce pressure due to this situation□like Movie therapy□Lollipop therapy□Tank therapy …do you want to be energetic again? Do you want to get rid of stress relaxed? Whatever, there will be one item fits you well to release yourself!

By: yuzhu hao 130306238 class2



Movie therapy

Movie therapy is made by a famous English psychologist named Berne Verdel, which is also a crazy movie fan, he developed this therapy because he success to cure a patient when he realized the behavior of the patient was similar to Malone Brandt in □On The Waterfront□,like if you lack enterprising ,you can watch□THE FRIST BLOOD□ □something happened in the character will impress you .if you are tired of life ,□Don Juan DeMarco □ may help you find the passion to go ahead ,the point is that you must correctly pick up one movie closest to your life so that you can have emotional resonance with them, and then get positive energy from the movie to release yourself!

Lollipop Therapy

Lollipop therapy also called’ day dream decompression’ which is a new way of post-90 generation to reduce pressure. Can you image a world full of honey!? you can spare only 10 minutes to clean up your mind by eating a lollipop, but it isn’t as normal as usual, remember try your best to focus on the sweet heart and soul and do not think about something that worries you.taking advantage of this10 minutes, a fresh world belongs to yourself!

Tank therapy

This is an amazing way to unlock stress although it’s a very expensive item. Tank and stress seem to have nothing to do with each other, but in New Zealand, if you want to reduce pressure, a company will provide you a tank to crush a car! No joking, it’s true. New Zealand always welcome adventurers, bungee jumping□rafting and helicopter flight attract many young people to challenge every year .now several tank of 52 tons is waiting for you to take □let the press disappear in the extraordinary rolling!

Hey, have you learn something useful from that? If not ,you can continue surfing the website below to search more funny way to fight against stress ,play with it and win yourself!

Release stress website

The unique Beijing



Beijing is an international but deversification city. There are so many interesting places to play, nanluoguxiang, Wangfujing, Houhai and so on. Beijing's lifestyle is very special. Do you want to know it? Follow me!

By: Yangfan Wu 130306235 Class 1

As time goes by, Beijing is gradually rising in the world. It's also becoming more and more popular to choose between living and travelling. As far as I can see, Beijing is a very special city. It not only has high atmospheric urban architecture, as well as traditional classical scenery building. I love Beijing. I hope that through this article, you will fall in love with this place.

Travel in Beijing

First of all, I have to sincerely recommend Beijing's

attractions. As we Chinese know, Wangfujing is the paradise for shopping. Wangfujing street is the only a walk street in Beijing. Its average daily traffic is 600000 people, the holiday even more than 1.2 million people. Here is the most special of 40 meters wide streets are flowers everywhere. It has become a matter of abundant people today, shopping, leisure, culture, entertainment, tourism, catering, commerce; accommodation is a body comprehensive commercial pedestrian street. So there is only you unexpected, no you can't find.



Nanluoguxiang is one of the oldest neighborhoods in Beijing, It is the ancient capital of Beijing style in a piece of "jade" intact. There are many small hutongs of different styles and Nanluoguxiang bar street, as well as Beijing's special snacks. It has so many Hutong, I will recommend the best popular –Mao er Hutong to you. When you are walk in the Mao er Hutong, eating the most authentic old Beijing sugar-coated berry and feel the Hutong's comfort feeling, you will love the Beijing. Houhai has a famous bar street. Here you can completely quiet, watching the sea outside, listening to the gentle songs. Or with a group of like-minded friends, enjoying party time, and sleepless in Beijing.

Living in Beijing



Beijing person has a unique life style. Maybe on a second they are still in the rigorous work, they had already left the next second desk ran to the houhai street. This is a rapidly developing city. Young people all the time in work hard, trying to get ahead.

Some old people are quietly enjoying the evening the red leaves of fragrant hill. Maybe you were a successful white-collar work during the day, good at workplace, drink starbucks every day, but night you will with lover to buy food for cooking, enjoy personal time. Beijing is such a unique place. Even under the huge pressure of life, Beijing person also has the confidence to come true dream and live a happy life.

Dream in Beijing



Beijing as the capital of China, has always been the young people’s dream place in my heart. It’s in our hearts, always shine. Every day there are thousands of young people to sit on the train to realize the dream of Beijing. They would rather live in the basement of Beijing, would rather eat a loaf of bread every day for a living, just in order to look for opportunities in Beijing. Efforts will reap. I believe, Beijing will give a chance to hard-working man to come true his dream.

This is Beijing, but not all of Beijing. I hope you can through this article know the unique charm of Beijing, feel my heart like me, deeply in love with Beijing.

To try before you die—The TOP 4 Disgusting delicious

Culinary Thrill-Seeking for others is a traditions throughout the world. Our earth is a colorful one with diverse cultures and special tastes, actually, maybe inapprehensible tastes. So i want to know,would you eat these?

110111101 Cai Yun Class 4

Casu Marzu: So Gross is this cheese



Casu marzu is a traditional Sardinia goat’s milk cheese. Although it is banned for health reasons in the European Union, but can still find it in black market in Sardinia, Italy. Casu marzu literally means “rotten cheese” in Sardinia

and oral English as maggots cheese.

This is a description of this kind of cheese, with no exaggeration: the translucent maggot larva can jump six inches high, which makes this kind of cheese an only kind of edible food that should have eye protection when eating it. Its taste is very strong, which can let your tongue can not stand, and the maggots will undigestedly through your stomach , sometimes even can survive for a long time and will be in the attempt to drill through the intestinal wall, causing vomiting and severe diarrhea.

Mongolian Boodog



They don’t call it “Outer Mongolia” for nothing. Nomads, without stainless steel gourmet kitchens, have found more ingenious ways to cook a whole goat long time ago, sometimes marmot (but they may have fleas that host bubonic plague, so goat may be a better choice)—from the inside out, after you’ve hung it upside down, bled it and broken its legs. The stuffing

is a bit non-Western, too: smooth hot stones crammed into every cavity imaginable and even up under the leg skin where you would have yanked the broken the bones out. Blowtorch the beast till desired doneness; it can also be roasted over an open fire. That’s authentic Mongolian barbecued meat, Boodog.

Soft-Boiled Fetal Duck



Balut is a best of MAO egg in the category, which would include the 100 – year – old eggs. Balut is a fairly common, humble street food provided in the Philippines and Vietnam. It also won a wide reputation as a history of the most serious national cuisine. Most americans are familiar with the unfertilized eggs. Balut, despite the fertilized duck eggs, hatching or allow the in vitro growth at a certain length of time, usually a few weeks. Leather case and a typical medium eggy inside small baby duck – small lazy bones, feathers, beak, more developed than others. Most people suggest to eat its shell with a pinch of salt. There is a right way to”enjoy” balut.

Bat Paste – Make sure you try this last because it could kill

you.



Palau people find the bat much more special, these bats on the island often wander between the jungle.Once the plants bloom,the bat will suck up the SAP in different flowers . So, Palau people believe these bats can absorb the essence of the plant so to eat the flesh of their body would be particularly helpful to people. The most common cooking method is to add medlar to bat to boiled together and the cooked soup tastes fresh and refresh.Some people will add coconut milk to the soup, and it is said that so amazing. In fact,the bat meat has been taken away before the dishes come to the table. The tourists can’t see the bat, but if you want to try some bats meat, the restaurant will help you to remove the leather. People say that the bats meat tastes like chicken, and actually pretty tasty!

For more information.

Qingdao—the Cradle of Beer



When it comes to wine, many people combine it with personal emotion. It plays an important role in several occasions. Drink it for easing the pain of losing someone or enjoying ourselves in a birthday party. These affairs usually happen among us, but have you seen people who drink wine especially beers as water? Whoever you are, man, woman, or even a child can drink beyond your imagination. Qingdao is such a place, it has a very attractive and special beer culture. If you meet with a man having a "beer belly". Don't be shy, laugh out.

By: Qian Zhou 130306231 Class 1

Qingdao International Beer Festival—The Carnival of Froth Blower Around the World

During the Qingdao International Beer Festival, your mouth and your big belly are treasures. Doubting it? Reasons are as follows.



Merchants take out their valuable wine one after another, and promote a series of events to feedback visitors. If you buy two bottles, you will get three, and so on. Each tent spare no effort to solicit customers, they hold several interactive events to mobilize people's interest. For example, in the tent of Belgian beer at the white, visitors can exchange one yuan for a beer bottle cap, you can get a bottle of "Corona" as long as you throw bottle caps into a vat a few meters away. In addition, movies will show on the screen in the stage for tired ones at noon, all you need to do is relax yourselves.

When drinking them with white froth, smooth and harmonious, it feels like placing ourselves in the waves. It's a carnival for everybody, women can challenge real men. Series Taiwan fruit consumption of beers are specifically catered to women, so that they can indulge without getting drunk. The best way to blend in with the crowd is drinking while laughing, never touch a drop means killing yourself! Come on, join us! As an old saying goes, "If we are in good relationships, cheers!" Review the past, so many people found the right one to share their life with in the special time, leaving the place too much romance and love.

Delicious food is also indispensable, Qingdao international beer festival is not only the feast of beer, but also a gourmet’s big party. Insects from Luxi feast, including scorpion, golden cicada, locust, pasha worm. Dare to eat? Dare to challenge yourself? Meanwhile, Alaskan king crab is abundant in crab meat and roe, it makes feel hungry at once. Furthermore, Seafood Latin fruit, Harbin ice porridge, Thailand tapioca pudding are waiting to cool you. Just be well-prepared, and then feel this moment.

Splendid Moments Consist in the Beer Festival

Dancing time

Put your tankards down, and look at here, a dance team is marching, with plenty of dancers coming from all over the world. The only reason for them to stay exciting is drinking beers. Women are dressing Bikinis, decorated with some beautiful fallals, and wearing colorful feathers on their head, while men beat small drums, echoing each other all the way. What’s more, clowns are ready to tickle you if you ignore them! Turn to the stage, girls are dancing Hula-hula hand in hand, countless young men are screaming, it seems that they can’t wait to take pictures.



Acrobatic Show

Not only the dancing will catch your eyes, but also will the acrobatics. You are lucky enough to watch rare performance from other countries in here totally. Can you imagine? Even a little girl can use a large water tank to lift a strong man

without any help. There are excellent performers, don’t mean to clap your hands!

Crazy Carnival at Night

Night falls unconsciously. Since the opening of the carnival, the tourist flow is in the peak this time, the ticket booth, gaming devices, almost in everywhere, people are all in long lines, waiting for the last crazy moment. Everyone there has one chance to draw a lottery to be the owner of Mendelssohn piano. On one hand, you can feel the thriller of danger, on the other hand, if you are able to own the first award, you can still have free lessons for three months in the music museum, furthermore, a VIP card of a “out of print” music story meeting which is specially made for the beer festival will be given to you!

Qingdao embraces the whole world, bold and unrestrained. The 23rd Qingdao International Beer Festival will be held from August 11th to 25th this year, know more information about it, please clink http://vip.qingdaonews.com/travel/201309/pjj/

A bite of Taiwan –PK about Taiwan pineapple cake

If you go to Taiwan, you must enjoy the food in there. If you enjoy food there, you cannot miss pineapple cake. But, importantly, there are too many pineapple cake's shops in Taiwan. Which shop has the longest history? Which shop is the favorable shop? And which shop is valuable?

110307129 Zhou Xiao yuan class4

liji



When you walk into liji, you will find that there are many people queuing. There are two flavors of pineapple cakes in Liji. One is the traditional pineapple cake, made of high quality pineapple. Another is the soil pineapple, which tasted more acid. Liji is best known for its crust. The crust exudes baked smell for a long time. Now, liji also opened the store in Shanghai, the people do not have to go to Taiwan to buy the

pineapple cake purposely.

Sunnyhills



Sunnyhills is a new brand, its packaging is very cute. Sunnyhills's pineapple cake is rectangular, and it is larger than normal pineapple cake. It is said that pineapple's stuffing all brewed, and do not add any additives. But it is worth noting that the filling fiber of Sunnyhill's pineapple cake is very thick, and the orderly is best not to eat.

Jiade



Jiade regarded as a rising star, he did not emphasize its pineapple selection, but stressed that its pastry using New Zealand dairy products as raw materials. The pastry of Jiade is very crisp, unlike other brands of pineapple cakes so easy dregs. But the taste don't have very prominent feature, so I can hardly remember what it is the biggest advantage.

However, Jiade is the most popular brand for mainland

tourists.

Dawn



Personally, Dawn is my favorite pineapple cake. At first, I was attracted by Dawn’s package. It’s looks like a book. When I went to Taiwan to be an exchange student, most Taiwan students told me that their favorite pineapple cake is the Dawn. Moreover, pineapple cake of Dawn only can buy from Taichung, many people spend several hours rush to Taichung, just for a pineapple cake. In addition, Dawn’s service staffs are very warm. When people visit the Dawn, they will give visitor a piece of pineapple cake to taste. Besides pineapple cakes, dawn have delicious Cheese Cake and ice cream, so that customers have a variety of selection.

Yuzhen House



Yuzhen House, just as its website, was born in 1877. The head office of Yuzhen is located in Lukang. Yuzhen House’s product is very suitable for the elderly. Because he’d thin pastry, filling very rich and moderate sweetness. In many people’s views, Yuzhen House’s Phoenix cake is more delicious than pineapple cake. The Phoenix cake is adding egg yolk into the stuffing in the pineapple cake, which is soft and sweet.

The above is my Taiwan pineapple cake Raiders
Do not forget! Do not eat the best, only the most appropriate

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House story in Vienna

Danni He ,claa1 ,120210230



Vienna is known as the “Country music” and “National Construction”. Light and romantic Vienna seems to be the source of all life, well preserved old urban has many beautiful Baroque architecture, Renaissance and Rococo architecture, Viewing from any angle, It will bring you a different mood, Music is always lingering in the air, Drifting schloss schoenbrunn, drifting The Golden Hall, drifting The

Danube,

Vienna is the capital of Austria, at the same time, one of the 9 federal states is Austria, Austria is the largest city and the political center, located on the banks of the danube.They created the arch under the coverage of the internal space, a single space have a solemntemple, sequence combined space hierarchy, change the Royal Bath, and the Brazil basilica one-way depth space. The importance of some buildings interior space art processing more than the external shape.For tourists, Vienna is in different poses and with different expressions look. Music admirers as a concert and make light of travelling a thousand li, came to visit the temple of music. For manytourists, walking is very exciting in the charming danube.

If you want to travel alone, and relax ,and photography, please go to the Vienna , It has been quietly waiting for you, It does not give you too much noise interference , Of course, It does not make you confused and distracted. It is like an old man that experience all things, It is charm, delicate and it have a style of ones own. It will bring you a new resonance.

http://baike.baidu.com/subview/10074/5455100.htm?fr=aladdin

Ocean Heaven —— Boracay



Hey, have you ever heard of an island which is called “Boracay”? An amazing place which won the first prize in the Yahoo Tourism “the world’s most popular beach” award in 2007. The wonderful views really caught my sight when I looked through some pics of Boracay taken by a friend of mine. So, I travelled there with my family this February during winter holiday. To my surprise, Boracay is not only an “Ocean Heaven” with beautiful scenes, it also gave me some unforgettable expriences when I got along with some islanders there.

By:Keren Huang 130306243 class2

Boracay is in the middle Philippines and belongs to the Provice of Aklan. Cause that it’s not very far from my hometown Hangzhou, so the whole flight tour just cost us no more than 4 hours. After arrived at the Kalibo Airport, we took a ship to our final destination——Boracay.

Blue sky, blue sea and countless sailing boats,these constituted my first impression of Boracay. On the beach,

there were lots of tourists from different countries. Some of them were enjoying the fantastic sunshine, others were swimming in the sea. What's more,the sand in Boracay is pretty special, its grain is smaller than other kinds of sands and if you put your feet in the sand, you will feel a little cold. There were many children building their own "sand castle" on the beach. We walked along the beach, the clear fresh air made us feel relaxed and comfortable. Many sailing boats were working in the sea, some local fishmen and tourists were having fun in doing some fishing. There are various of tropical fish in the sea, it is not very hard for us to catch many strange-looking colorful ones. When felt tired, we bought some fresh orange juices, lay on the beach, enjoyed the soft wind and the warm sea wave.

Boracay is also a "food heaven". In E'mall, we could eat many delicious foods from other countries, like the Greek food, Italian food, Japanese food and so on. In addition, there is a big seafood market in E'mall, we bought some food and found a restaurant to cook them for us, of course, really really yummy!

When we travelled in Boracay, we did receive many help from the local people. They are all very warm-hearted and willing to help others. The first night we arrived in Boracay, we lost our way to the hotel. Luckily, a kind local old man helped us to find our hotel although it was very late in the evening, I was relly moved by his behavior. When we went shopping, shop assistants always smiled at us and chatted with us whether we bought something or not. I met a humourous waiter in a seafood restaurant, he told me many interesting stories of Boracay and even volunteered to be a guide for us, we shared many jokes with each other.

To be honest, I felt very sad when left Boracay. The view of the beach, the fun of catching the fish, the happiness of chatting with local people…I would keep all these memories forever.

When left the Boracay, my mom said:

“Boracay just like heaven.”

“Ocean Heaven.” I added.