

Shanghai Family

August 2020

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A one-night stay at Xijiao Hotel with dinner and more, worth ¥5,000!

Haters Gonna Hate, Trollers Gonna Troll...

The 'what, why and how' of cyber bullying

What's the Rush?

Slowing down and living in the moment has never been more important...

Kitchen Fun For Everyone

Be inspired to cook again with 10 easy to follow family-friendly recipes from Chef Sandrine Delabrière.

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My Family

Ailan Gates

is an Aussie mum of three that believes that life should be about love, life and travel.



Family Travel

Melissa Dawson

is teaching, parenting, and gaining perspective through the lens of her camera.



Home & Style

Eve Wee-Ang

is a singaporean writer and mother of two that believes that life should be full of joy.



Shanghai Survival Guide

Nicole Chia

is a mum of two who enjoys solving life's problems with a good laugh.



Street Signs

Johan Prozesky

is a writer/photographer who enjoys telling the tales of Shanghai through his lenses.



In Season

Michael Zee

is the creator of hit Instagram account SymmetryBreakfast and author of Eat Like A Local Shanghai.

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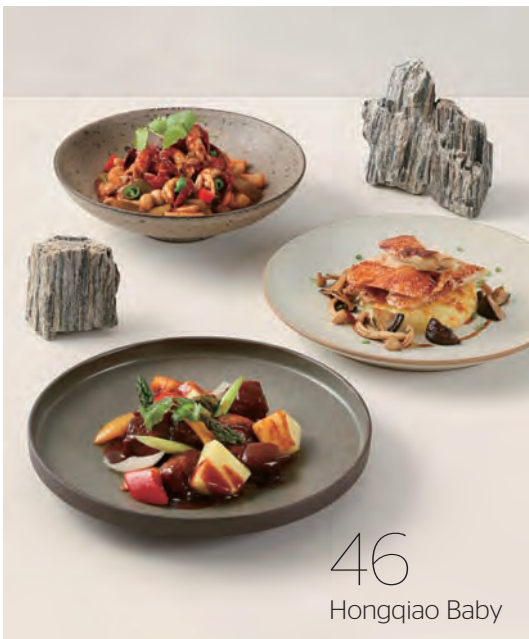
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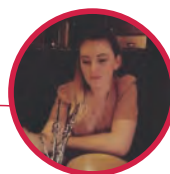
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Shanghai Family

August 2020

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Do you have a health tip to share?



Never underestimate the healing power of a massage!



Drink more water! And when you think you have had enough, drink more! 'I'm too hydrated' said no one ever.

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Ringier



Walk more and eat less! Going for a run is my favourite part of every day!



Staying healthy is all about balance. Make sure you take plenty of time to relax.

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- ◆ 2019 That's Shanghai Lifestyle Awards - Residential Serviced Apartment of the Year
- ◆ 2019 Time Out Hospitality Awards - Serviced Apartments of the Year
- ◆ 2018 Shanghai Daily iDeal Shanghai - iDeal Serviced Apartment of the Year



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2. Take a photo of someone in your family holding this issue of *Shanghai Family*.
3. Send the photo to our WeChat account with your name, phone number, WeChat ID, and email address.
4. Check the *Shanghai Family* WeChat on September 19th to see if you've won.



editor's note



Take this survey and WIN!

Dear Readers,

Shanghai Family and Parents&Kids want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. Please take two minutes to fill out our survey and enter for a chance to WIN a luxury hotel stay, including dinner and afternoon tea, from Xijiao Hotel worth ¥5,000.

We appreciate your time and hope we can continue to provide you with the most relevant and up-to-date family-friendly content in Shanghai.



Whenver friends or family back home ask me what I love most about Shanghai my first thought is usually FOOD! We Shanghaiers are perpetually surrounded by international flavours, new pop-ups, decant brunches, and stacks of Michelin starred eateries – usually topped with the added luxury of being able to have all of this delivered. What other city in the world could I use my watch to get onto the metro while simultaneously ordering coffee and breakfast to be sent to my office! All that being said, dining out and ordering in can take a toll on the ol'wallet – especially when we have more than one mouth to feed. It begs the question... should we be making more of an effort to cook with the family at home? After a long day it can feel as though the last thing you want to do is to start preparing a meal for multiple hungry (hangry) mouths.

In our latest cover story, French chef and mother of three, Sandrine Delabrière, gives us some excellent cooking inspiration with **10 easy to follow, family-friendly dishes the whole crew will enjoy (18)**. From veggie dishes to tasty snacks, and a few desserts thrown in for good measure, we dare you to not love this collection of recipes. **For those who love cheese, our food writer, Michael Zee, introduces five awesome places to buy a wedge or two (48)**. And **for all our Hongqiao residents, we've rounded up our favourite places to dine in your district (46)**!

But life shouldn't all be food and games, it's also about protecting and maintaining your family's health, in particular mental health. Arguably, the aspect of a child's life that has the biggest negative impact to their mental health is bullying. In our latest **feature story (26), we take a look at what constitutes "bullying" and why it happens**, how COVID-19 has amplified cyberbullying, experiences of bullying from families and teens, and share helpful tips from school councillors on how to ask for help or "blow the whistle".

In ask the pro, **ParkwayHealth talks about how to protect your neck (39)**, whilst United Family arms soon-to-be mums with knowledge on **what to expect after the baby arrives (40)**. In family travel, **Melissa shows us stunning Thousand Island Lake (50)**, our local city explorer **Johan shares tips and pics (53)**, Nicole Chia offers hilarious tips on **how to survive Chinese cooking classes (43)**, and Shanghai parent Ailan discusses the **importance of arguments amongst siblings (44)**.

I hope you enjoy this edition of Shanghai Family, unfortunately that's my cue to go! It's been a wonderful two years, bringing you all the best content and news in Shanghai. **Thank you for making my time as Editor in Chief feel like an adventure. In our next issue, fellow Brit, writer, and editor, Claire Lily Squire will be taking over the reins.** Prepare yourself for laughs and insightful tips! All the best Claire – thank you for adopting my babies.

For more family-related stories, news, and tips in Shanghai, visit shfamily.com or follow the mags on WeChat!

Beth Roulston
Editor in Chief



Let's talk:

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Shanghai Family's 11th International **SCHOOL EXPO 2020**

AUTUMN

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school roundup



CONGRATS GRADUATES!

Thanks to COVID-19, classmates, teachers, and faculty have been scattered across the world, unable to congregate and celebrate. To honour this challenging yet monumental period, our Shanghai schools have given the 2020 graduates touching, caring, and meaningful dedications.

Dulwich College Shanghai Pudong

The class of 2020 had marked the end of their IB journey by partaking in an unforgettable celebration. The students created a 40-minute video with faculty, that included photos of their time at school and a heartfelt message from staff. Great thanks to the graduates as their perseverance through this difficult time will be an inspiration to many.

Congratulations to the Graduating Class of 2020



Harrow International School

Harrow had hosted their first-ever virtual Prize Giving event. Their celebration included heartwarming speeches, the Annual Bill, music, poetry, and of course, the awarding of the prizes. It was topped off with a warm message of best wishes to everyone in Shanghai from Alistair Land, the Headmaster of Harrow London. Big congratulations to all Harrovians!



British International School of Shanghai, Puxi

BISS wants to say congratulations to their wonderful Year 13 graduates for completing IB and for concluding their secondary education. The school has found it a privilege to work with such marvelous students, and wishes them all the best on their upcoming journey.



Yew Chung International School of Shanghai

YCIS class of 2020 celebrated their graduation with a live-stream, allowing parents, families, and friends to share the moment with them. Congratulations to all students of YCIS and best wishes to them as they embark on the next stages of their life.





Magic Jungle

What's that breathtaking structure by the river? It's the Magic Jungle, a new and spectacular high ropes course created for kids of all ages. With a Giant Swing, Crazy Slide, Low Altitude Jump, and Magic Island, we guarantee that every family will have wild day of fun at this crazy attraction. *Now - 30th September Shanggang Cruise City; 500 East Daming Road; Hongkou District Prices: 90 - 236 RMB*

Unicorn Start Art Museum

Is there anything more magical and wondrous than a unicorn? This new art museum will spark joy in every child that enters. With rooms full of mind boggling mirrors, colourful lights, and unicorns of every shape and size, everybody will be able to bask in the magic and wonder of each exhibition. A photo-op extravaganza! *Now - 31st December 5F SML Center; 618 Xujiahui Road; Huangpu District Prices: 49 - 88 RMB*



Want to submit a fresh tip? Just follow us on WeChat and send a message to our official account for a chance to be featured! WeChat ID: **ShanghaiFamily**



Very Berry Afternoon Tea

Start your day right with an elegant afternoon tea at The Kunlun Jing'an. An unique experience with their delectable arrangement of food, and magnificent panoramic views overlooking the city. Their Atrium Café, a wonderful mix of greenery and scenery, will cater to the whim of anyone who comes to dine. *Now - 30th September 1F; The KunLun Jing An; 250 Huashan Road; Jing'an District Price: 238 RMB for 2 ppl*

Dinner with The Captain

When the weather gets hot, it's for us go and grab some grub. What better way to enjoy the Summer holiday than having to dine at Captain Speakeasy. With one of the best rooftop views in Shanghai, come for an amazing deal of one starter, main meal, and glass of wine. If going solo isn't your kind of style, then bring your friends and family and enjoy an eating experience unlike any other. Come delight in some gorgeous food and views with an evening at The Captain. *Now - 30th September 6F; 37 Fuzhou Road Huangpu, Shanghai Price: 138 RMB*



Mofamen Virtual Reality

Dive into the world of virtual reality with Mofamen VR. Anybody can come and delight themselves in cosy spacious rooms with amazing virtual reality games of excitement and adventure, a perfect way to have fun with any and all friends and family. A memorable experience no one will be able to forget. *Now - 30th September Room 401; 982 Changning Road; Changning District Price: 120 RMB for 1 hour*

Terrific Tales of Dining Disasters

Every family has their food fails....

Eve:

I asked my eldest to make brownies. Upon a quick internet search, my daughter found an easy recipe and proceeded to whip up a batch. Freshly baked and smelling great, my son and I dove in only to encounter the saltiest thing imaginable. I asked my daughter what happened and she said that the recipe called for 25 tsp of salt. On closer inspection, it actually said 2.5 tsps...Oops!



Tony :

It was a Sunday evening and my dad decided to make pasta. He claimed that it was going to be this 'once-in-a-lifetime' dish. While setting the table with my sister, I joked, "don't drop the sauce," she retorted, "shut up! I don't drop anyth-" and in one glorious moment, the sauce went flying. Tripping over her feet, the dining table chairs were drenched in red. The timing, was perfect. The laughs were endless. The sauce? never to be had.



Anne:

"Don't cook tonight mum, I'll do it. You deserve to relax." Famous words of my 10-year-old. He had recently finished a cooking class and wanted to treat us to his newly learned chilli recipe. I didn't realise that 'cooking for the family' meant 'cooking for the family, while having me help.' Honestly, cooking with my darling boy was lovely, and now I have a sous-chef to help out.



Gertrude:

I chanced upon a YouTube video demonstrating how easy it was to make sausage pastries, so I decided to do a little baking with my daughter Alexis and her little brother. My little helpers were tasked in cutting up the sausages while I prepared the dough. Once ready to collect the sliced sausages, I turned around and found out that they had all disappeared. Those munchkins had been gobbling down whatever they were cutting up. I had to pull out new batch of sausages from the fridge and made sure that my kids wouldn't come back to grab seconds.



Erik:

My kid wanted to make a grilled cheese. I asked, "do you know how to make one?" He replied, "yeah dad, it's simple." 5 minutes later, I hear an "uh-oh." I walk into the kitchen and see a pan, with a burnt slice of cheddar stuck to it. I guess my boy took 'grilled cheese' a bit too literal.



Carol:

Banana muffins, fresh out the oven, cooling down on the counter, I heard the phone ringing from the living room and as soon as I picked it up, a crash came from the kitchen. THE MUFFINS! I bolted in and found our dog scoffing them down. In the four seconds I had been gone, Ted had managed to pull them off the counter and eat every last one. To this day, I mourn the loss of those sumptuous muffins. At least Ted had a good time.



Frank :

My younger brother had just watched a Youtube video about how to make the 'perfect' steak and was adamant about giving it a go. He wouldn't stop talking about it, so our parents gave him some cash. Of course knowing him, he used up all of the money with buying some of the priciest cuts of steak our local store had to offer. With his massive sirloins, we were all super excited. Until the moment finally came, and you know what, at least he gave it his best shot. Those things were the driest, darkest, and the crunchiest things any of us had ever eaten. Well, at least he tried.



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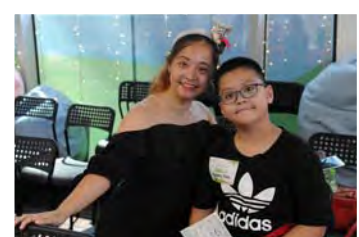
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Shanghai Family's 11th International

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2020 Art & Writing Competition
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October 17-18th, 10:00am-5:00pm
THE PLACE, 100 Zunyi Road, Hongqiao

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cover story

Kitchen Fun For Everyone!

Be inspired to cook again with these 10
easy to follow, family-friendly recipes
from Sandrine Delabrière

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Cooking has always been one of my passions. However, as a working mother, I know the stress of coming back home after a long day only to worry about dinner. Whilst this can take away the joy of cooking, it shouldn't. Since we don't always have the time or energy to be creative with what we prepare, here are some easy, family-friendly recipes, that are as tasty as they are healthy.

The Mediterranean inspiration of these dishes has been scientifically proven to be a healthy, balanced way of eating, with naturally occurring fibres and antioxidants, along with being an absolute pleasure to cook. We positively encourage you to rip these pages out of our magazine and attach them to the front of your fridge...

All recipes detailed here are designed to serve a family of four.

FISH WITH PESTO

Children tend to love the nutty and round taste of pesto, so perhaps this recipe will entice them to eat fish they may find boring otherwise...

Prep Time: 30 to 40 minutes

Cooking Time: 10-20 minutes

Ingredients:

White fish: any local white fish, cod, or monkfish for the chic version. 1 large fillet per person, or 2 small fillets

6 tomatoes

8 tablespoons of pesto

4 tablespoons of cream

2 tablespoons of pine nuts

Method:

1. Boil some water in a saucepan large enough to contain all the tomatoes. Plunge the tomatoes in the boiling water for 15 seconds, and remove them, leaving them to cool down. Then peel them, remove some of the seeds and slice them into medium sized pieces.
 2. Preheat the oven at 180 °C.
 3. Rinse the fish, pat it dry with a paper towel, and slice the large fillets in half horizontally. Spread one large tablespoon of pesto on top of one piece of fillet, and place another fillet piece on top, pressing firmly. Brush with some olive oil, and season.
 4. Place in the oven and bake for approximately 10 minutes, depending on the thickness and firmness of the fish.
 5. Whilst cooking, place the tomatoes in a little saucepan, at medium heat, so that the pieces start melting.
 6. Add the cream, stirring constantly, until you get a unvarying consistency. Season to taste.
 7. Toast the pine nuts slightly in a dry frying pan and crush them coarsely.
 8. Remove the dish from the oven, and spread the rest of the pesto, sprinkling the crushed pine nuts on top. Bake for another 5 minutes.
- Serve with the creamy tomato sauce around or on the side.



Scan the QR code to watch the videos at shfamily.com

HONEY AND LEMON CHICKEN

This recipe is served all around the Mediterranean region, from the South of France, Maghreb, to the Middle East. The variations come from the mix of spices and herbs, which you can experiment with. The lemon and honey offer a versatile base of both acidity and sweetness. Combining the honey and the lemon gives a boost to the immune system, which you can push further by adding more lemon pieces or juice on top of the dish when serving.

Prep Time: 15 minutes

Cooking Time: 1 hour 45 minutes

Ingredients:

6 chicken thighs or breasts
4 large onions
3 bulbs of fennel
3 tablespoons of honey
2 lemons
1 tablespoon of raisins, which need to be presoaked in hot water
2 tablespoons of pine nuts

For the marinade:

The juice of one lemon
4 sprigs of thyme
1 small glass of white wine
2 stalks of celery
2 garlic cloves, crushed
Spices: 1 small piece of fresh ginger, a pinch of pink pepper (or white pepper), a few grains of Sichuan pepper.

Note: The day before, marinate your chicken, cover them in tinfoil or cling film, then leave in the fridge over night.

Method:

1. Heat a tablespoon of vegetable oil in an oven-proof casserole, on the hob.
2. Slice both the onions and the fennel finely and start cooking them. Preheat the oven to 175 °C.
3. After 15 minutes, remove the
4. Mix well with the onions and fennel pieces, until the chicken colours.
5. Place in the oven for 30 minutes.
6. In the meantime, place the remaining marinade in a food processor.
7. Remove the dish from the oven, and add the mixed marinade, the raisins, and the lemon peel cut into small pieces.

8. Scrape the bottom of the dish with a wooden spoon and mix well.
9. Spread the honey on the chicken pieces. Season to taste with salt and pepper.
10. Place back in the oven for another 30 minutes, at a lower temperature (around 160 °C) to prevent the honey from burning.

Serve with the toasted pine nuts on top.





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vegetarian SHAKSHOUKA

In Tunisia and the Middle East, this dish is a breakfast favourite. It can also serve as a great light lunch or dinner, packed with vitamins, minerals, fibre and protein. Nutritionists believe that the diversity of colour on your plate reflects the multitude of nutrients required for good health. This dish encapsulates all the goodness the body needs.

Prep Time: around 45 minutes

Cooking Time: 20 minutes

Ingredients:

4 peppers, only red, or mixed red, yellow and green

4 garlic cloves

4 tomatoes, chopped and peeled (which is about 400g of tomatoes if you opt for a canned version)

1 large onion

A pinch of chilli

4 eggs

Spices: 1 teaspoon cumin, 1 teaspoon paprika

Method:

1. Peel and chop the onions and garlic.
2. Remove the tops of the peppers, along with the seeds, and cut them into medium-sized chunks.
3. In a large saucepan, heat a couple of tablespoons of vegetable oil. Cook the onions for a few minutes at a low heat, until they become transparent.
4. Add the garlic and cook for another couple of minutes, stirring occasionally.
5. Add the peppers, and cover once they start to soften for around 5 minutes.
6. Add the spices one by one, stirring well. Then add the tomatoes, and leave to cook uncovered for a few minutes, until the mixture has thickened.
7. Flatten the surface of the mixture, and dig 4 'nests' or wells, into it, reducing the heat. Crack the eggs, and place one into each nest.
8. Increase the heat and wait until the egg whites are opaque. The eggs should remain soft, not hard, and this should take roughly 3 or 4 minutes.



vegetarian STUFFED PEPPERS

A super easy recipe that is safe for any kid to help cook. It offers many variations, using different vegetables and cheese filling – parmesan, mascarpone. These stuffed peppers can be served as a side dish to grilled chicken, or lamb chops.

Prep Time: 1 hour

Cooking Time: 40 minutes

Ingredients:

6 red bell peppers

4 large tomatoes

100g of goats cheese

4 garlic cloves

Oregano

Method:

1. Preheat the oven at 180 °C.
2. Wash the peppers, cut 4 of them in halves, splitting the stalk evenly. Remove the seeds. On the remaining 2 peppers, remove the stalks, seeds, and cut into small pieces.
3. Rinse the large tomatoes then chop finely. Peel the garlic cloves and cut it into thin slices.
4. Mix the peppers, tomatoes, and garlic with 4 tablespoons of olive oil, a pinch of oregano, salt and pepper, then divide the mixture evenly into the pepper halves. Top with a dash of olive oil.
5. Place the stuffed peppers in the oven to bake. After 40 minutes, take the stuffed peppers out of the oven and place crumbled goats cheese and a pinch of oregano on top. Then, place back in the oven for 5 minutes.





MEAT-STUFFED VEGETABLES

The 'farçis' (stuffed vegetables) is a staple dish in the South of France, Spain and Italy, with variations in spices and the types of meat used. It is an extremely convenient and tasty main course, complete with vegetables and protein. It is also an excellent way of recycling any meat leftovers you may already have. For the vegetarian version, simply use more vegetables, cut into pieces, and add some rice. An easy way to increase the flavour diversity is to use quinoa along with your other chosen ingredients.

Prep Time: 1 hour 30 minutes

Cooking Time: 30 minutes

Ingredients:

2 courgettes

2 aubergines

4 tomatoes

Optional vegetables: white onions, red and green peppers

400g of meat leftovers, minced finely (lamb, chicken, beef, pork, etc)

1 large cup of bread, with the crust removed, mixed with 2 tablespoons of milk

1 large glass of breadcrumbs (home-made by reducing to a rough powder a few pieces of stale bread)

6 garlic cloves

Herbs: parsley, laurel, thyme

Spices: oregano, paprika...

Method:

1. Cut the courgettes and aubergines lengthwise, remove most of the flesh with a teaspoon, keeping just enough thickness for the vegetables to hold while cooking. Keep the flesh in a bowl for later.
2. Cut the tops of the tomatoes, keeping them aside to close them once they have been stuffed. Remove the flesh inside and add it to the bowl.

3. Place all the opened vegetables flat in a large oven-proof dish, or on an oven tray. With a large kitchen knife, cut the vegetables flesh into small chunks.
 4. In a large saucepan, sauté the vegetables flesh with the chopped garlic. After 10 minutes, remove from the hob and add the minced meats, along with the chopped herbs and the spices. You can mix all the herbs together and spread them in the dish or make a batch with only one herb for a specific vegetable. Pre-heat the oven at 175 °C.
 5. Season the mixture to taste. Add the bread, removing any excess of milk, and mix carefully. Stuff the vegetables, topping them with breadcrumbs and a fillet of olive oil.
- Serve with sprinkled cheese on top for extra flavour.



CLAFOUTIS

Clafoutis is a traditional French cake, deliciously smooth, yet healthy. It is also remarkably easy to make. Summer is the best season to bake it, as the numerous fruits in season serve as delicious fillings. The traditional fruit used in clafoutis is cherry, but do experiment with a variety of combinations, or your favourite fruit.

Prep Time: 15 minutes

Cooking Time: 45 minutes

Ingredients:

500g of your chosen fruit

3 eggs

250ml almond, oat or regular milk

100g sugar

15g butter

2 tablespoons flour

Additional flavours: vanilla, cinnamon, orange zest...

Method:

1. Preheat the oven at 180 °C.
2. Grease a cake tin and spread the fruit inside.
3. Whisk one whole egg and two yolks, adding the milk, sugar, flour and other ingredients.
4. Pour onto the fruit. Sprinkle an additional spoon of sugar on the surface of the cake.
5. Bake for 45 minutes.
Leave to cool down for 15 minutes before serving.



WALNUT-CUCUMBER SANDWICHES

This is an original sandwich recipe, packed with proteins from the walnuts, and vitamin A from the butter. The cucumbers are the perfect nutritional finish, providing crunch and freshness. These are great snack to have before or after sport.

Prep/ Cooking Time: 5 minutes

Ingredients (Makes 4 sandwiches)

16 whole walnuts

40g butter

About 100g cucumber

8 slices of wholemeal bread

Method:

1. In a blender, make a purée with the walnuts and the butter. Season with salt and a pinch of white pepper to your preference.
2. Spread on one side of a bread slice. Add thin slices of cucumbers, scattered all over. Place other slice of bread on top.



BANANA SURPRISE

Entice your kids with the presentation and flavour of this healthy dessert. Encourage them to choose extra toppings like raisins, seeds, a spoon of orange juice, etc. Try the recipe with a pinch of salt on top of the chocolate, which will hopefully enlighten your kids' taste buds.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

4 bananas

60g chocolate - dark is best because it is less sugary

2 handfuls of hazelnuts

Method:

1. Preheat the oven at 180 °C.
2. Heat a frying pan and place the hazelnuts in the pan, toast them lightly.
3. Remove them from the pan and chop them coarsely, with a pestle or a large knife.
4. Cut the skin of the bananas lengthwise, from the top, from the stem to the end, cutting through the skin but not through the fruit underneath. Place the pieces of chocolate inside, topping them with the hazelnuts.
5. Wrap each banana in some baking parchment, closing carefully so that no air gets in. Bake for 15 minutes. Enjoy the gooey chocolate-hazelnut texture straight from the banana itself.

COSY FRUIT

Seasonal fruit cosily tucked under a layer of light meringue makes for a beautiful dish. The contrast between the acidity of the fruit and the sweetness of the meringue, complements the difference in temperature of the top and the bottom.

Prep Time: 10 minutes

Cooking Time: 10 minutes approx.

Ingredients (per portion):

A few handfuls of varied fresh fruit peeled and cut into small pieces: I love mango & blueberries, or kiwi & strawberries. If you use apples, cook them before until they are soft

1 egg white

20g icing sugar

A teaspoon of lemon juice

Method:

1. Place the fruit pieces in individual bowls, approximately 15 cm in diameter.
2. Preheat the oven on the grill setting
3. To make the meringue, whisk the egg white with the icing sugar, adding a few drops of lemon juice. The rest of the lemon juice can be added to the fresh fruit, as it is a welcome source of vitamin C!
4. Spread this white fluffy mixture onto the fruit, and place under the grill until the top is slightly coloured. Serve immediately.



SUPER HEALTHY MUFFINS

These are vegetarian, low on sugar and wholesome, yet they still taste delicious! Make them 'still-healthy-but-just-a-little-more-sugary' by adding some chocolate chips. The variations are endless when it comes to these muffins, with blueberries, chopped dried apricots, soft dates, sesame seeds, chia seeds just to name a few.

Prep Time: 20 minutes

Cooking Time: 20 minutes

Ingredients (for 12 regular-size muffins)

175g regular flour

75g wholemeal flour

1 teaspoon dried yeast

1 teaspoon cinnamon

100g muesli or simple oatmeal

2 tablespoon toasted pumpkin seeds

2 eggs

200ml soymilk

5 tablespoon sunflower oil

50g brown sugar

5 tablespoon honey

Method:

1. Preheat the oven at 180 °C. Grease or line a muffin-tin.
2. Combine the flours, yeast, cinnamon, muesli, seeds, keeping aside 1 tablespoon of muesli and seeds for the decoration.
3. In another bowl, beat the eggs, milk, oil, sugar, and honey.
4. Combine the dry and wet mixture, not mixing too thoroughly. Pour into the muffin-tin and sprinkle the decoration on top.
5. Bake for about 20 minutes, until the muffins are risen and slightly golden. Leave to cool down for a few minutes before transferring onto a tray. **SF**

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Haters gonna Hate Trollers gonna Troll

A discussion on the 'what, why and how' of cyberbullying with first-hand experiences from Shanghai teens and families *By Beth Roulston*

DISCLAIMER:

Interviewee names have been altered to protect their privacy. If you or a friend are experiencing being bullied, speak to an adult you trust such as your parents, a teacher, or a counselor. Don't suffer in silence.

The Oxford Dictionary defines bullying as "[t]he seek to harm, intimidate, or coerce (someone perceived as vulnerable)". Simple enough, right? But in a 2019 study entitled 'How do secondary school students explain bullying?', authors R Thornberg and H Delby state that, "there is an ongoing debate among scholars about how to define bullying". Not only does society have different interpretations as to what constitutes bullying but the ways in which it occurs have changed.

Thanks to the internet, bullying is not as limited as it once was - it has evolved.

For those of us who remember a time at school or university without social media, hashtags, and smartphones, bullying often ended at the school gates or getting off the school bus. Home was a sanctuary where school bullies couldn't reach their targets. But for young people growing up today, bullying can often be nonstop.

"In the context of cyberbullying, the

criterion of repetition has been problematised since an act (e.g. writing a mean message or uploading a humiliating video clip) may be carried out just once and can then be repeatedly viewed by the victim and passed along by various bystanders.*

What is Cyberbullying?

According to the USCDC ('Centers for Disease Control and Prevention' in the United States of America), cyberbullying is bullying that takes place over digital devices like smartphones, computers, and tablets. It can occur through SMS, apps, social media, online forums, or games where people can view, participate in, or share content, and includes the sending, posting, or sharing negative, harmful, false, or mean content about someone else to cause embarrassment or humiliation.

At present, 95% of teens are connected to the internet, 85% are social

media users, and only 25% claim that they physically see their friends outside of school. This leads us to understand that many young people tend to communicate with their friends via social media or online messaging platforms such as WeChat, Instagram, Snapchat, etc.

A study completed by the 'Cyberbullying Research Center' showed that 36.5% of respondents (children aged 2-17) feel they have been cyberbullied and 17.4% reveal that it had happened at some point in the previous 30 days.

As someone who has walked the corridors and classrooms of Shanghai international schools, I couldn't help but wonder what families and their teens thought about bullying and whether living in an international environment had a positive effect.

Shanghai Stats

Shortly before this article was published, we asked Shanghai expats a series of questions in relation to their experiences of bullying, whether or not they believed their child(ren) to have been bullied, and whether living in an international environment had a positive effect on bullying.

- *50% said they had been bullied in the past*
- *96% had witnessed bullying happening to others.*
- *23% of respondents never told anyone about being bullied or witnessing it.*

For those who did speak up, the common responses were they either told their teacher (26%), their parents (26%) or a fellow student (18%) - which aligned with feedback from school counsellors.

In response to whether their child(ren) had been bullied:

30% said no (to their knowledge), while another 30% said yes. Optimistically, 40% within the survey believe that living in an international setting does have a positive impact on bullying.

This view was supported by three of the four Shanghai-based teens we were fortunate enough to speak to about their views and experiences of bullying.

Shanghai Teens

By and large, Sandra, Tom, Michael, and Rachel all feel happy at school; with the exception that yes, of course, sometimes bad words get traded online or in school between their peers. Tom comments that he feels happier studying in a school in Shanghai than he did in his last school in the UK as here he feels less obligated to 'fit in' and free from a lot of peer pressure. He feels confident to show passion in his schoolwork and projects without the worry of being labelled as a 'geek' or a 'nerd'.

Michael and Rachel both feel that there is more balance in social circles in their respective international schools and enjoy being around kids from other cultures. Sandra, however, states that she feels studying in an international school in Shanghai feels no different to that of her previous school, stating that regardless of the community you are in, there will always be bullying.

All four teens agreed that they felt cyberbullying was more common than bullying face to face, yet they had all experienced both. When we asked how they felt about the support their schools provide, their responses were all positive, agreeing the measures put in place here outweighed that of their previous schools. Rachel's main concern, however, was to that of anonymity, claiming many of her peers refuse to use the school's blow the whistle online feature for fear of being outed as a 'snitch' and becoming a target as a result - "Your social career will end!".

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During the Pandemic

Due to the spread of COVID-19, families across the world have been confined to their homes and socially isolated, leaving children feeling frustrated, bored, lonely and even depressed. Combine all this with a greater reliance on the internet to communicate, study, and work, it felt inevitable that cyberbullying would become worse in 2020.

In an article published by the Florida Atlantic University in March of this year, cyberbullying expert and co-director of the Cyberbullying Research Center, Dr Sameer Hinduja, cautioned that during any crisis, where everyone is already on edge, hostility toward others tends to escalate along with self-preserving and self-defensive behaviours. And this may manifest even more so between students in their online interactions – their posts, comments, pictures and videos.

During the Shanghai lockdowns, Michael and Tom feel their friendship circles grew closer together, bonded by a need to remain positive

and to support one another. Sandra and Rachel, on the other hand, felt that some friends were badly affected by social isolation. Rachel gives examples such as online group chats being started without certain friends, photos being tagged on social media with one or two people from the social circle being deliberately left out, and unkind words being left without reason. When asked how this made her feel she says embarrassed, sad, and angry.

Why does bullying happen?

Thanks to the anonymity given to users on the internet, those who may not feel confident enough to speak openly in public experience newfound confidence online to virtually lash out. When discussing bullying in general, studies suggest that there are seven main reasons: jealousy, boredom, low self-esteem, upbringing, gaining power, cliques of social circles, and sibling rivalry.

In a 2019 bullying survey completed by 'Ditch The Label', an anti-bullying charity based primarily in the UK,

Often those who bully others are reacting to some sort of victimisation themselves; either at home or from an unknown source.

7,347 young people aged 12-20 were asked why they think they are bullied. 59% said they feel it is based on their appearance, 9% linked it to their race or culture, and 10% believe it is about their sexuality.

While there is no justified reason for mistreating others, it is important to understand why some feel compelled to do it. To help in preventing bullying from carrying on, school counsellors and teachers find it imperative to know/understand the underlying reason – and usually it has very little to do with the victim. Often those who bully others are reacting to some sort of victimisation themselves; either at home or from an unknown source.

Family Experiences

Bullying is a difficult topic to discuss no matter whether you are the target, a friend of the target, a parent of the target, or simply a witness. Please be aware the following account discusses an experience which may make some readers uncomfortable. According to school counsellors, one of the most common reactions to being bullied is feeling ashamed. Many students arrive at a place where they believe they are at fault for what is happening and feel too scared to reach out for help. This was the case with Phillip's teen son, Danny.

Phillip and his family lived in Shanghai for a number of years and his children studied at a variety of the international schools. Before receiving a concerned call from the school, Phillip was unaware that his son was being bullied. Like any teen, Danny had mood fluctuations but nothing that eluded to how difficult things were.

When Danny was in 9th Grade, and new to the school, he became friends with a group that he was really excited about. Phillip explains that his son has social anxiety and ADHD

causing him to occasionally miss social cues, so having a new circle of friends was a big deal. At first, these relationships seemed very positive, with one or more spending time at the house to hang out and vice versa. Unbeknown to Phillip, a few of Danny's friends began to treat him unkindly which in turn affected the relationships he had with others in the group. Over time Danny became more and more ostracised and this prolonged feeling of loneliness led him to feel depressed.

In an online conversation, Danny mentioned to his friends a desire to take his own life, which was met by ridicule and taunts. Thankfully, the conversation was then reported to the school by one of the more conscientious members of the group. When asked how Phillip felt following the call, he said devastated on behalf of his son and desperate to find a way to help him. Danny, however, said very little about the situation but admitted that he was trying to instigate concern from his friends. In the days that followed, the school invited all families from each party involved to come in and the matter was thoroughly investigated. All sides were

given different levels of suspensions, including Danny.

After the incident, Danny spent a lot of time at school alone. Noticing how difficult and miserable a time this was, the school counsellor arranged for a group of students to spend time with Danny at lunch and breaktimes. Although Danny was no longer being bullied, Phillip and his wife sent him to a therapy-based camp to help him move forward and process his feelings which made a huge impact. This is something Phillip recommends to any family with a child who has been a target of bullying. Danny is now in his first year of college in the US and much more confident. He still won't talk about what happened.

In a similar scenario, Margaret found out her daughter Amy was being cyberbullied through a conversation with her eldest daughter. Like Danny, Amy started to feel as though she was being ostracised e.g. not being invited to go shopping at the weekends, not telling her where they are meeting after school etc. and some friends left sarcastic/derogatory comments on her social media pro-



files. Fortunately, Amy opened up to her big sister for advice. In a family meeting, Margaret sat down with both her daughters to discuss what had been going on. Amy made the decision to remove social media apps from her phone and put some space between her and the group. Since then, Amy made new friends, including a few from other schools, and prefers to spend time with friends offline. Her advice to anyone being cyberbullied is to remember you can always switch off your phone and that how you feel about yourself is far more important than what others think of you.

Mental Health Implications

"Research suggests that children and youth who are bullied over time are more likely than those who are not to experience depression, anxiety, and low self-esteem.

In a statement published in the 2019 edition of 'Cyberbullying: Identifica-

Although Danny was no longer being bullied, Phillip and his wife sent him to a therapy-based camp to help him move forward and process his feelings which made a huge impact.





tion, Prevention & Response' paper from the Cyberbullying Research Center, one teenager described feeling, "hurt physically and mentally. It scares me and takes away all my confidence. It makes me feel sick and worthless."

According to the NIMH (National Institute of Mental Health), in 2017 an estimated 2.3 million adolescents (roughly 9.4%) aged 12 to 17 in the United States had at least one major depressive episode with severe impairment before the age of 18. Over the last decade, an increasing number of celebrities have come forward to share their own experiences of depression and bullying in an effort to give young people the confidence to speak up. Just last year, Jesy Nelson, from pop band Little Mix, released a self-made documentary entitled 'Odd One Out' where she speaks candidly about her own experiences of cyberbullying and the negative impact it had on her mental health. In this 57-minute film, viewers join Jesy on her journey of rehabilitation while meeting other victims of

For those who may be experiencing depression, the first thing health professionals suggest is for you to be open, accepting, and loving towards yourself and what you're going through.

vicious cyberbullying and online trolling.

For those who may be experiencing depression, the first thing health professionals suggest is for you to be open, accepting, and loving towards yourself and what you're going through. Avoid suppressing your feelings and emotions as this is not healthy. Instead try journaling about what you're experiencing and open up to someone you trust.

How to Recognise When Someone is Being Cyberbullied

There are often common indicators when a young person is being cyberbullied. Here are examples provided to us by paediatricians at Jiahui Health:

- Unexpectedly stop using their device(s)
- Appear nervous or jumpy when using their device(s)
- Appear uneasy about going to school or outside in general
- Appear to be angry, depressed, or

frustrated after going online (including gaming)

- Is oversleeping or not sleeping enough
- Become abnormally withdrawn from friends and family members
- Show an increase or decrease in eating
- Seem regularly depressed
- Make passing statements about suicide or the meaninglessness of life
- Lose interest in the things that matter most to them
- Avoid discussions about what they are doing online
- Frequently call or text from school requesting to go home ill
- Desire to spend a lot more time with parents rather than peers
- Become unusually secretive, especially with online activities

What can Parents do?

Always speak with your child first and try to understand both sides of the interactions that are causing them distress. There are likely to be messages previously exchanged between your child and peers that you are not aware of. If the messages

Talk to your children regularly about what they are doing online, who they speak to, and what they enjoy online.

continue in a negative tone contact your school counsellor so that they are aware of the situation and are able to provide support.

Talk to your children regularly about what they are doing online, who they speak to, and what they enjoy online. Try to find a middle ground in terms of giving your teens privacy whilst also allowing you some access to their virtual world for the sake of protection and accountability.

If your child comes to you with a concern, listen carefully to what they have to say without punishing, offering immediate solutions, or reacting until you have a clear understanding of what is going on. Take screenshots of all conversations, without altering or deleting any of the content to help demonstrate the situation clearly and give everyone a full understanding of what is happening.

Paediatricians at Jiahui Health suggest making 15 minutes a day to talk with your child. This helps to let them know that they can talk to you if they have a problem. Remember, children imitate what they see - even teens - especially to those they look up to, like older siblings. Demonstrate behaviours you want your children to reflect by treating family, friends and colleagues with kindness and respect. Show your children that there can be no place for bullying.

Advice to Those Who Are Experiencing Cyberbullying

Don't reply: getting drawn into an argument will only provoke more insults and ultimately make you feel worse. (Sometimes not replying shows their harmful words cannot affect you.)

Take screenshots: keep evidence of the bullying so that you can use it to support your account when you report or share what's been said. Report it: most sites will let you report bad behaviour and will deal with it themselves.

Block the bullies: sites work in different ways, but there are ways to block someone and stop receiving their messages.

Speak up: talk to someone you trust, particularly an adult, about what you are experiencing.

Take a break: consider whether you actually need to be on that site yourself. Could you come off that game or app and just remove yourself from the situation? Taking a digital detox can help to put things in perspective. Find new hobbies: engaging in different activities, especially offline, will help you to make new friends and distract you from negative relationships.

Useful Websites

Common Sense Media - Overview of

websites, apps, games and movies with descriptions and age limits.
www.common sense media.org

Internet Matters - Setting up different kinds of devices with Parent controls and Privacy Settings www.internet-matters.org/parental-controls
NOS: National Online Safety - Platform Guides to online services such as FIFA, KIK, Insta and much more <https://nationalonlinesafety.com/resources/platform-guides>

Hoax Slayer - For adults to check rumours and hoax details (some of the rumours are not suitable for children to be reading)
<https://hoax-slayer.com>

Ditch The Label - An anti-bullying charity that promotes positive communication and offers support to young people who are or have suffered from bullying.
<https://www.ditchthelabel.org> **SE**

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What's The Rush?

In a distraction-filled, constantly changing world, slowing down and living in the moment has never been more important. *By Rebecca Shah-Harvey*



First steps, first words, learning the alphabet, counting to ten... the list goes on. Milestones rule our lives from the day we are born, throughout our schooling, and well into our adulthood. Life seems to be measured in successes, racing to see progress and achievement both in ourselves and in our children. But what's the rush?

In a society that thrives on pressure, there is a constant need to achieve the best results in school, attend the best universities, compete for jobs, earn more money or buy the biggest house. As adults, we rush from one goal to the next, never taking the time to pause, breathe and relish the beauty of the moment.

However, the world is changing. Accelerated by the recent events of COVID-19, more and more people have been trying to live in the moment. Younger generations are equipped with a different outlook from the work-driven generations in the past. They know that the best schools don't guarantee academic results. Attending the best universities does not guarantee the best job. Majestic houses and fast cars do not equal happiness.

Yet, we continue to place these developmental milestones on our children. With statutory testing introduced from as young as four, we constantly look to measure and define success. In schools, teachers spend hours of their day measuring,

As teachers, we want your children to achieve academically. But we also want them to achieve happiness, even though it cannot be measured numerically. We want them to achieve in their interactions with others [and] value themselves individually in society.

reporting, and analysing children's achievements. We see it reflected in constant pressure of formal testing, league tables and celebrated exam results.

As teachers, we want your children to achieve academically. But we also want them to achieve happiness, even though it cannot be measured numerically. We want them to achieve in their interactions with others, value themselves as individuals in society, and achieve a sense of belonging and self-efficacy. The problem remains that there is no way to quantify these qualities.

Countries performing highest in global educational outcomes, such as Finland, do not start formal

schooling until the age of seven. Students are encouraged to play, socialise and create. In their school years, learning is experiential; free from the constraints of traditional subjects with no formal examination until the age of sixteen. Finland is also counted as the happiest country in the world, recognised in the 2019 World Happiness Report. Their ideology is to let children be children.

Rushing children through the developmental milestones means we often miss those little moments of magic, enjoying our children for who they are, and being present in their lives.

Development is not linear, and children progress in a multitude of ways. Often, they're complex and dynamic paths that encompass a variety of developmental aspects. There are a few things you can do at home to support this more well-rounded and holistic review of development.

Pause and Ask

Ever noticed if your child stares into space, pushes their food around the plate, or refuses to stop playing? Pause and ask: 'What are you thinking?' and 'What are you feeling?' The answers may surprise you. What may appear as lack of focus can be



Children are free from the constraints of adulthood, and have the capacity for unbridled curiosity, living in a world of awe and wonder. For them, the world is still magical.

the time children need to process their thoughts and ideas, create their own questions and simply live in a moment. In those moments of unconditional focus and endless curiosity is where the wonder and magic of childhood blossom.

Promote curiosity

Children are free from the constraints of adulthood, and have the capacity for unbridled curiosity, living in a world of awe and wonder. For them, the world is still magical. When over-stimulated by computer games, or provided toys which are designed for one specific type of play, children's curiosity is limited. Think about play which stimulates questioning, curiosity and problem solving.

From building blocks to cardboard boxes, provide your child with resources that encourage creative play.

Get Outside

Physical and mental health will always benefit from increased experiences outdoors. From making mud pies to climbing trees, the outdoors provides opportunity to slow down. Children can take risks, explore and appreciate the beauty and wonder of the natural world. Coupled with the practise of mindfulness, children develop gratitude and appreciation for who they are and the world around them.

So, slow down and ask yourself these questions: Does your child possess the skills to solve conflicts and communicate effectively? Can they demonstrate skills to take care of their physical and mental health? Do they possess the attributes of compassion and kindness often lacking in today's world?

Let's stop celebrating a child's maturity over their childhood. Let them play. Let them be children. Let's slow down and savour every magical moment of childhood. Take the time to focus on your child's happiness and wellbeing and remember, a child's purpose is not to grow-up, their purpose is to be a child. **SF**





Southern Methodist University

We know that choosing a university is one of the most important decisions in a young person's life. In collaboration with Lamonda Lewis, High School Counsellor, we present a new university each month to inform you of the many options available. This month, we highlight Southern Methodist University, a college in Dallas, Texas.

University Website: www.smu.edu

Institutional Type: Private, mid-sized, comprehensive research university

Location: Dallas, Texas

Average Cost of Attendance for international students (including tuition, room and board, etc.): Tuition is \$58,540 per year, room and board costs \$17,110, and books and supplies costs \$3,476.

Requirements to be accepted at the Southern Methodist University in Dallas, Texas GPA/SAT/ACT/IB/A Level Score Range: GPA – middle 50%, unweighted GPA – 3.47 to 3.93; SAT – 1340 to 1460; ACT – 29 to 33; IB – 35; A-Level – not tracked.

English Language Requirements (DET/TOEFL/IELTS): No requirement if all 4 years at high school were at an English-based curriculum. TOFEL – 88 (20 for Listening & Reading, 24 for Writing & Speaking); IELTS – 6.5 (no section below 6); DET – Pending final approval.

What are the programmes that university is known for?

The university is known for: Computer Science - Video Game Development, Computer Science - Cybersecurity; Finance; Management; Psychology.

Special Programmes included: Human Rights; Sports Management; Sports Leadership; recognized, conservatory-style visual and performing arts programmes with flexibility to double major outside the school of the arts.

Are merit or need based scholarships available for international students?

International students are automatically considered for all academic scholarships – most of which are stackable. Need based aid is available for US citizens or US permanent residents.

How strong is your alumni network throughout Asia?

SMU has been recruiting in Asia for decades and is proud to have a wonderful network of successful, influential alumni throughout Asia and the world.

What type of student thrives in your university setting?

An academically driven student who is looking for a school with strong school traditions and spirit in a major US city.

Has the university planned any adjustments to the admissions process as a result of COVID-19?

Students who graduate abroad already fall under a test-optional policy. But some additional policy changes are under consideration at this moment, but no final decisions have been made.

In which countries are students able to work after graduation?

There are Southern Methodist graduates in 75 countries around the world. The Marist Family connects graduates beyond the traditional four-year college experience.

What services are provided in helping international students transition into life on campus and support them while there?

Prior to arriving on campus, international students are paired with an 'International Student Mentor', who is an upper classman, to help answer questions prior to arriving to campus and support them through the first year and beyond. A 2-day orientation specifically for international students, leading into

the larger orientation takes place at the beginning of the semester. Events, both on and off campus, are planned by the International Office throughout the year.

What organisations and clubs do you offer that international students might gravitate towards?

A lot of international students choose to get involved in a cultural affinity organization but also are drawn to academic and honors organizations. But with over 200 organizations, there are plenty of opportunities for a student to find their right fit.

What level of assistance does your career center provide for international students in finding internships and post-graduate employment?

In addition to career counseling, job fairs, and workshops, each of our career centres have a member of their team dedicated to supporting international students.

Are there major companies who recruit students from your university?

The Dallas-Fort Worth metroplex (DFW) area continues to draw Fortune and Global 500 headquarters by growth and expansion of local companies as well as by relocations of headquarter operations. The DFW area is the only region in the US to host three Fortune 10 companies. No other metro has more than one. Similarly, DFW and Beijing are the only two metros to host three Global



20 companies. China is Texas' third-largest export destination, accounting for more than 5% of Texas exports in 2018. The state's top-ranked export destinations also include the Republic of Korea (No. 4), Japan (No. 5), and Singapore (No.10).

What are the benefits to students attending university in your location?

Dallas has been named for multiple years as the number one job market by Forbes Magazine, which benefits SMU students as our internship programme (supporting all 100+ majors) has been nationally recognised. The city also has the second highest number of Fortune 500 companies after NYC and has over 230 days of sunshine. Dallas also has one of the largest airports in the US, with direct flights to Shanghai, Beijing, Sydney, London, Buenos Aires, and more. [SF](#)





Home In The Heart Of Shanghai

Finding the perfect home just got a whole lot easier!

Finding the right place to call home in Shanghai is something everyone has struggled with. Searching through rental listings can be an absolute nightmare and buying property feels nigh-on impossible.

Le Ville Residence offers the perfect solution. Their serviced apartments make amazing Shanghai homes. They come fully furnished and set up with all the mod-cons like internet, a



reception service and a 24-hour gym. It takes all the stress out of house hunting and makes settling into a life in Shanghai a lot easier!

Le Ville Residence, Shanghai, Jing An, is located in the very heart of the city. Bustling Jing An Temple and Nanjing West Road are only a few moments away on foot. Le Ville offers 217 comfortable living units, all aimed at creating a high-quality lifestyle for the residents. Each apartment comes with everything you need to settle into city life quickly and easily, including bedding and kitchen equipment.

We could tell you how wonderful life at Le Ville Residence is, or we could introduce you to one of their residents and let him share his views on why Le Ville was the right choice for him.

I am Alessandro Negri. I am half French and Half Indonesian, but I actually moved to Shanghai from Hamburg in Germany. I work as a project manager for the CEO of Montblanc China. Montblanc is a luxury company from Germany that is part of the Richemont Group.

This is not my first-time living in Asia or, in China. As a child I lived in Hong Kong with my parents for twelve years, and then again at the beginning of my pro-

fessional career. As a student I lived in China for a period whilst I studied. I lived in a student dormitory in Wuhan. It was a very different living situation to the one I'm in now.

I arrived in Shanghai in January this year so I am still relatively new. With everything that has happened since the beginning of the year, it's been a strange introduction to a new city.

When I first arrived, I ended up living in temporary accommodation and it... wasn't great. It feels so nice to have a place to call home now, and I feel much more settled. Shanghai is a wonderful city, it's modern, spacious and very comfortable.

When I was first looking for an apartment I, like most people, got in touch with an agent. I gave him my criteria, my budget; I wanted a modern feel, I needed to be close to work and I wanted the complex to have a gym (a massive plus for me).

Le Ville was the first residence I visited that day and it ticked all of the boxes. It was so easy to sign a tenancy agreement, the paperwork was simple to complete and the helpfulness of the Le Ville team really comforted me!

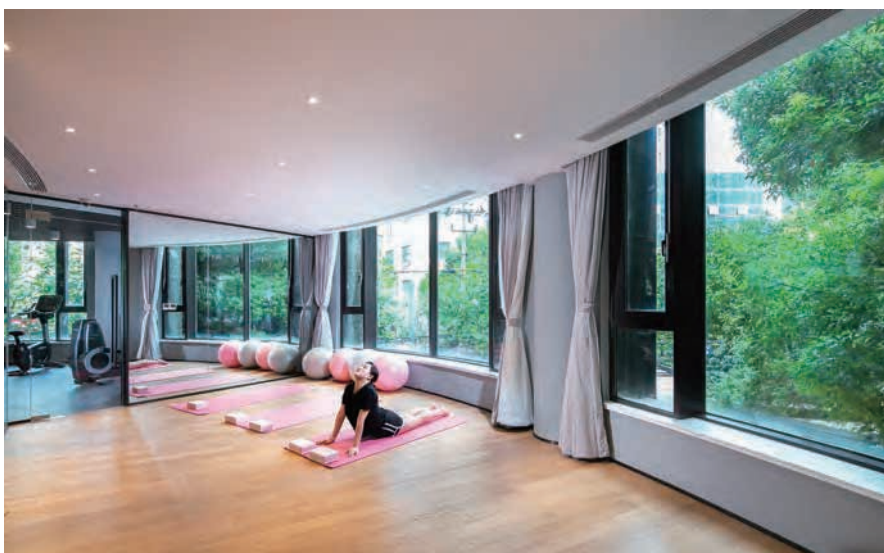
After living at Le Ville for the last nine months it is still the friendliness of the



staff (on every level) that really impresses me. It's so nice to feel like I have a safe heaven to come home too.

I like that the only contract I have in China is my apartment contract. No extra paperwork with a gym, a cleaning company, an internet contract etcetera. It means If I choose to leave this will be a simple process. It streamlines my life and keeps everything organised so I can focus on my work and exploring the city.

I feel incredibly lucky to be living in Le Ville Residence. From speaking to people working at a similar level to me and in my age range, I really feel that living at Le Ville has provided me with a higher standard of living.





Fixing the Frizz

10 easy tips to tame wild, unruly hair in summer

By Beth Roulston

Remember that episode of 'Friends' when Monica goes to the Caribbean and ends up with super poofy hair? That is my life here every day during summer. No amount of expensive, Taobao-bought hair product is going to help me achieve silky, healthy-looking locks. I've tried the no-more-frizz solutions. I've tried applying hairdresser-approved oils to wet hair. And, I've tried reducing washing my hair to once a week... UGHHHH.

So, I said to myself 'enough is enough', and reached out Gillian, founder of GillianAtAlize, a hair salon here in Shanghai, to gain some professional insight.

First things first, WHY does hair become frizzy in humidity?

Hair that is too dry absorbs moisture from the air to try and hydrate itself. When water molecules enter the hair shaft and bind

themselves to the protein inside, hair strands forget the shape they were causing them to frizz. The higher the humidity, the more water there is in the air. The more water your hair absorbs, the more the shape warps.

10 best ways to fight the frizz:

1. Wash in lukewarm water not hot! Soaking your scalp and washing away the suds in cool water protects your hair from drying out. *TOP TIP: After conditioning your hair blast your locks again with very cold water.*
2. STOP brushing your hair while wet. Wet hair is fragile and prone to snapping and stretching. Wait for your hair to be fairly dry before attempting to comb through the tangles. *TOP TIP: Remember to brush from the bottom up.*
3. Squeeze don't scrub. When you go at

your hair with a towel you are literally scrubbing your hair which in turn damages it. Instead, try using an old t-shirt to gently wrap around your hair, or allow it to air dry.

4. Set your hairdryer to 'cold'. It may take longer but your hair will thank you for it.
5. Give your hair a break from styling. Overusing tools like curling tongs and straighteners can damage/weaken your hair causing it to snap. *TOP TIP: Try plaiting your hair, this will help prevent breakages - plus it's a great way to cheat when you've got super greasy roots.*
6. Avoid shampoo with sulfates. Sulfates are great at removing dirt and grease and making your shampoo foam, BUT they're also great at drying out your locks. Before purchasing your shampoo, have a quick look at the ingredients online - unless of course you read Chinese like a boss! I did a quick search for the 'best sulfate-free shampoos' and got a few good hits. Eco-friendly, solid shampoos are a fantastic alternative. Try Boomi, they have three nice options. I like the Sea Salt one!
7. Don't overshampoo your hair - less is more! According to Gillian, this is a common mistake. Avoid using giant globs and opt for smaller amounts of product, then soak your hair with plenty of water to get the suds going. *TOP TIP: In between shampoo days, try washing your hair with just water.*
8. DIY hair masks are your friends! Natural oils are the best way to add moisture, rather than industry-made conditioners. My favourite is to mash up an avocado, or two if you have long hair, then apply this to damp hair, avoiding the roots. Leave on for 30 minutes then rinse off.
9. Have a keratin treatment regularly. This is the best way to give your hair a boost and beat the frizz.
10. See a stylist regularly to trim away any dead ends, as these cause your hair to fray and become more frizzy. **SE**



We Got Your Back

Radiologist Dr Lei Huang at ParkwayHealth explains what's up with your sore neck, and offers tips on how you can mend it.

Are you feeling any pain in your neck? Or some soreness across your back? You may be feeling these pains from laying around your house or from staring down at a phone for long periods of time. These feelings are symptoms of how inactivity has affected our health, and you should be informed about what's going on.

Why do I feel pain in the back of my neck?

If you begin to feel consistent pain at the back of your neck, then you could be experiencing the effects of bad posture habits. People with severe mobile phone dependence have been shown to experience serious symptoms.

You may have spent long periods of time staring downwards, looking at screens. This would lead to the cervical vertebra (parts of spinal column

within the neck) overworking, resulting in frequent symptoms of cervical spondylosis.

If I feel a lot of back pain, what could be the reason?

You may be suffering from cervical spondylosis, a degenerative disease that can lead to different clinical manifestations, such as the compression of a nerve in the spinal cord. Symptoms of cervical spondylosis include pain in the neck, weakness in the limbs, dizziness, or even a lack of coordination.

What's the best way to see what condition my neck is in?

If you are concerned that your condition may be worsening, then take an imaging test, such as an X-ray. It can provide detailed information for a diagnosis and show possible abnormalities such as cervical degeneration.

Cervical degenerative diseases can affect people of all ages. For people who experience chronic back pain, you may be suffering from cervical degeneration such as the abnormal curvature of the cervical spine, osteophyte formation, disc protrusion or herniation.

What can I do to save my neck?

Don't fret about surgery, it may not be necessary. Bed rest, neck braces, and physiotherapy are easy methods that will help your back in no time. These have shown to improve the quality of life.

How can I improve on my posture?

If you want to maintain a healthy neck, just give these tips a try.

Restore your posture and change that neck:

- Stop looking down at screens. Hold devices out in front of you and keep eyes straight.
- Keep your shoulders back and align them with your ears.
- Position your monitors in front of you and maintain a straight neck

Stay active and keep on moving:

- Take a break every 30 minutes and change your posture.
- Stretch your neck regularly by doing exercises.

The right pillow can make a difference:

- Choose a pillow that isn't hard nor soft.
- When lying flat, look for a pillow that can fit right in between your ear and shoulder. **SE**



Dr Lei Huang

Senior Radiologist at ParkwayHealth

Dr Huang earned her master's degree in neurology from Fudan University and achieved her PhD in radiology.

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Life After Birth

Dr Micheal Gao at **United Family Healthcare** answers questions about the postnatal period and the intricacies of delivering a child.



Women all have different experiences during their prenatal, birth and postnatal periods. Since they can not predetermine the challenges that they may face, this article offers information for mothers to help them understand the changes that they may face after birth and how to help themselves throughout the period.

The postnatal period is an intense time and requires all sorts of care, for both you and your baby. Your doctor or health care provider should pay particular attention to your physiological and psychological needs, as well as any medical issues that may arise. There also needs to be understanding and sensitivity towards the differences in culture regarding birth. Statistically speaking, roughly one in seven women will experience prenatal or postnatal depression. Symptoms may include mood

swings, difficulty to make decisions, trouble bonding with the baby, or 'postpartum blues.' There are many ways to overcome this challenging period. Seeking emotional and physical support from family members is key. Try making time for yourself once a day, something as simple as taking a brief walk or making yourself a cup of tea and reading are good examples. Statistics show that exercise increases production of endorphins and 'happy hormones', but do make sure to get plenty of rest. The best option is to sleep when your baby sleeps. If you are struggling to eat well, have your partner prepare healthy snacks that are easy to eat, even whilst breastfeeding. Just because you are a mother, doesn't mean you have to lose yourself overnight.

During your postnatal period, you may face physiological changes as a

Note: If you feel that you may be experiencing postnatal depression or that your situation isn't improving, reach out to a professional.

result of shifting hormones. Responses to this include shivering, vaginal discharge, stretch marks, hair growth, and changes in your range of movement.

Chills

Postnatal chills is a natural response to childbirth, and is a response to immediate hormonal shifts, anaesthesia, endorphin release, or a fall in body temperature. The shivering is temporary and will go away in a short while. 25-50% of women experience this, and you can prepare in advance by bringing blankets, increasing room temperature, or using heat pads.

Vaginal Discharge

Vaginal discharge is a natural response to the healing process after birth, and it consists of blood, tissue, and fluids. For about 3 weeks, your discharge will go from a dark red col-

our to an increasingly watery and pinkish-brown, and then finally a yellowish-white colour. Herbal baths, cotton underwear, postnatal sanitary towels, and cool compresses can help you throughout recovery. You should watch out for discharges in a yellow/green colour, chunky in consistency, or foul smelling. If this occurs, contact your doctor. This is a regular occurrence and may come from either menstrual cycle changes or infection.

Stretch Marks

Your body will stretch and expand throughout pregnancy, resulting in stretch marks that will fade from a red to a silvery colour. They are a natural occurrence in a woman's life and will become permanent to one's body. You can use anti-stretch mark creams, aloe vera, coconut butter, or even almond and coconut oil to help regenerate your skin. Be aware that the creams will not permanently remove stretch marks.

Hair Growth

Throughout pregnancy, you will experience an increase in hair volume and growth. One to five months after delivery, you may experience a subsequent loss of hair. This will last

for about six to fifteen months, in order to revert hair to its normal size. You may also experience weight fluctuations, which is completely normal.

C-Section Delivery

A caesarian section delivery can be painful. Doctors suggest that skin to skin contact and breastfeeding your baby will help calm both you and your baby, as it releases hormones that can relieve stress and forge a bond. Doctors may also provide pain killers such as ibuprofen. These are good pain relievers, but they do come with side effects. If your pain levels are not as intense as expected, it's recommended that your doctor provide you a prescription of non-opioid medication.

To help regenerate skin around the scar and reduce scarring, you should use anti-inflammation cream, or natural remedies such as aloe vera and coconut butter.

To help with recuperation, women are encouraged to continue taking multi-vitamins and eat healthy foods. If you feel tired, then you may be experiencing dehydration. Do make sure you continuously drink

Fun Fact: The caesarian section delivery was named after Julius Caesar as his mother was the first person to have this operation.

copious amounts of water while breastfeeding. Activities after birth, such as walking, standing, or pushing a stroller, are acceptable for a few hours. For a caesarean section, you should resume normal activities around three to four days after delivery. Engaging in intense exercise, or full days of work, should not be resumed without consulting your doctor.

C-section delivery will have a heavy impact on your health. The development of a blood clot and intense cramps are common, so do rest when you feel groggy and nauseated. Breastfeeding, holding your baby, and asking for support will help comfort you after delivery.

The postnatal period is the most important stage of a pregnancy. With its physiological and psychological difficulties, every mother will experience both good and bad days. From your baby's first smile to their first words and beyond, mother's need the most help and care throughout this time. **SF**



Dr Michael Gao

Chief of OB/Gyn

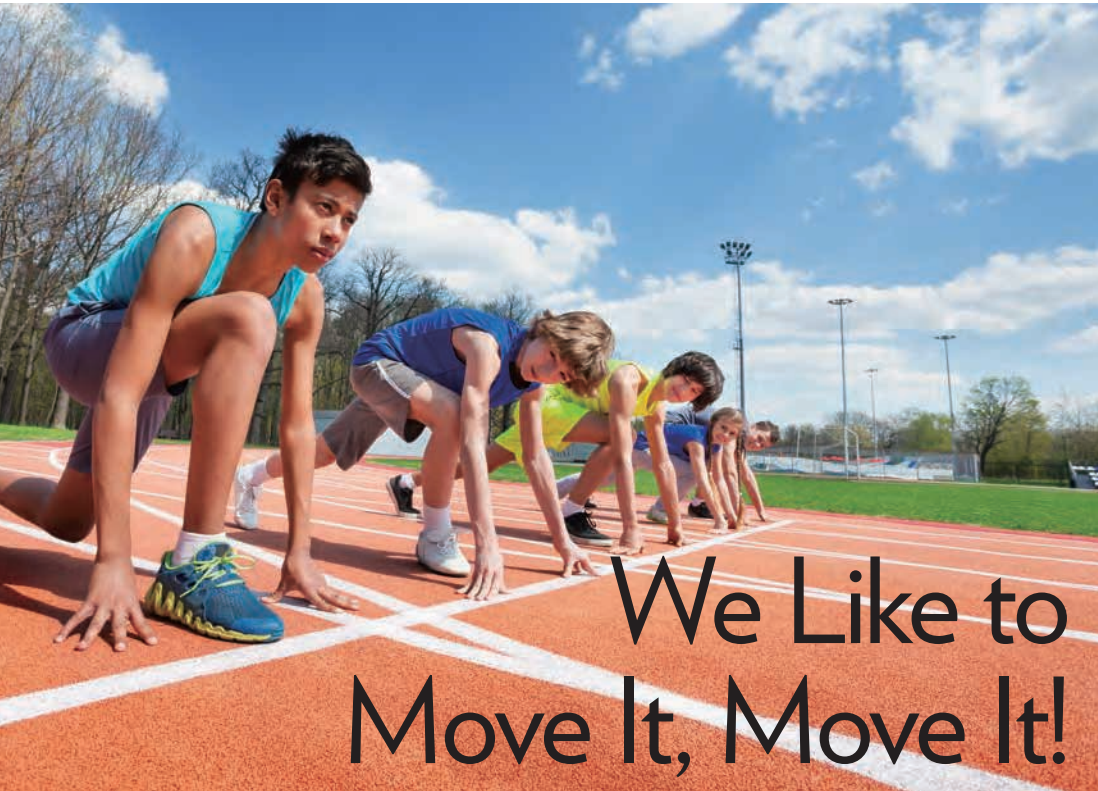
Dr Gao has over 15 years of clinical experience. He completed his OB/Gyn training in 2004 at Robert Wood Johnson Medical School, where he treated patients, and developed expertise in managing conditions from all aspects of Obstetrics and Gynaecology.

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We Like to Move It, Move It!

Why running is the ultimate sport for any child. *By Adrien Thevenet*

As summer holidays come to an end and schools begin to open up, it's only natural for us to want our children to remain active outside of school, rather than being glued to a screen. But in a COVID-19 world, how do you get your children engaging in sports while also remaining safe?

Fortunately, the avid sports enthusiasts and professional trainers at 'Run Force' have the perfect solution for keeping your lil' superstars moving... running.

What makes running so good for children?

Well, for a start it can be done as a solo activity rather than in groups or teams - ideal for training in a social distancing world! Who needs to coordinate with ten other families to schedule a training sesh', when there isn't a team at all? You and your child have the liberty of planning your

own schedule, from what you do, to how long you do it.

Running is an 'every person' sport, as anybody can do it and not a lot is needed to get started. Just have your child get up and get going. It's that simple!

What do we need to begin?

Uh, clothes, shoes, and... that's pretty much it! A balance of breathable clothing and shoes will help guarantee the best experience. Your child's health is critical, and running has been proven to be one of the best ways to maintain a vigorous lifestyle. A few of the benefits of running include the strengthening of stamina, improvement in endurance, reduction to the risk of diabetes, prevention of cardiovascular disease, lessening of body fat and cholesterol, slowing of the heart rate, and the lowering of blood pressure. Oops, that wasn't a 'few'.

The truth is running is so appealing and interesting. You take one look at happy children on the playground and I guarantee you 95% of them will be running

The truth is running is so appealing and interesting. You take one look at happy children on the playground and I guarantee you 95% of them will be running.


For parents hoping to encourage their children to take up running, here are some top tips:

1. Remember, slow and steady wins the race. Make sure when your child is just getting started that they take it nice and easy. Going too fast, too early increases the risk of injury, and no one wants that!

2. When your mighty trooper is pounding the track, ensure they can do it comfortably. Purchase light, synthetic clothing, that wicks away sweat, protecting sensitive skin, and top-quality running shoes that are flexible, give good support, and offer excellent protection from harsh surfaces.

3. Safety is of the utmost importance, so make sure that the environment your children run in doesn't put them at risk. i.e. Avoid running near traffic and in areas with lots of trip hazards. Don't run on days with high pollution. Make sure they are under constant supervision if under the age of 14.

4. Sometimes, you find your little one complaining of being a tad bored. Solve this by engaging them in some running games, such as a relay or mini-races; but nothing too serious or intense.

At Run Force, we offer guided, tailored sports training for children of all ages. Find out more about what we have coming up by scanning the QR code and ping us a message on. We can't wait to have you and your family also hooked on sports! 



How to Survive...

Chinese Cooking Classes

Whether you're a whizz in the kitchen or barely know how to boil water, taking a cooking class can be a fun and rewarding experience. Now that you're living in Shanghai, you should probably take some time to learn how to cook like a local. So, before you venture out into the land of dumplings and tofu, check out these helpful tips on surviving Chinese cooking classes.

1) Have a look around your area to see if there are any classes happening nearby.

Sometimes community centres or your compound management office will have notices about upcoming or ongoing cooking classes. Perhaps you want to learn how to make Chinese dumplings, hand-pulled noodles, or even vegetable stuffed steamed buns? There are probably so many choices you don't know where to start, or if your stomach can hold it all.

Make sure that the class you're signing up for is in a language you understand. Sure, it would be an experience to take a class taught in Chinese when you only speak English, just like it will be an experience for your taste buds when you misunderstand an instruction and add a cup of vinegar to your recipe when your instructor told you to add a tablespoon of soy sauce.

When in doubt, there are chefs that you can hire to come to your house and teach a group of you and your friends, OR who will cook while you drink wine all night and then get to eat everything prepared - now that's what we call an authentic cooking class.

2) Brush up on your multitasking skills. Many Chinese recipes require lots of things happening at the same time: chopping, boiling, measuring (or eye-balling), slicing, tasting; the list goes on. So, no stopping to chat while you should be juliennening carrots. Unless you're a ninja with a knife, make sure that you're concentrating on your prep work because the minute you start stir-frying and realise you forgot to chop the scallions, whatever you have in the wok is now super burnt. But don't worry, you can always cover up any mishaps and charred bits with hot sauce and call it Sichuan.

3) Get ready to improvise. Although you can find a lot of Chinese food recipes, a lot of Chinese dishes are passed down to the children in families without actually being written down. This means that a lot of the time you'll be using a "tablespoon-ish" of this or "about-a-cup" of that. Don't let this stress you out. The beautiful thing about Chinese cooking is that it's always adjustable to your personal tastes, so if something isn't spicy enough, load in the chilli. Not salty enough? Double down on that soy sauce. Just be sure to taste as you go which may mean eating the entire thing yourself as you cook. It's called thorough taste-testing.

Chinese cuisine is not just noodles or rice. It is as diverse as the country's landscape, being that it makes up a large part of Chinese culture, and there are many different types of cuisine to choose from - depend-

Unless you're a ninja with a knife, make sure that you're concentrating on your prep work because the minute you forget to do something and have to go do it, whatever you have in the wok is now super burnt. But don't worry, you can always cover up any mishaps with hot sauce and call it Sichuan.

ing on the region. Learning to cook Chinese food means that you can bring a little bit of China with you wherever you go in life, so, don't miss the opportunity to learn at least one dish and then teach it to the kids. That way they can make dumplings for you while you sit and relax. That's not laziness, it's passing down valuable life skills! **SF**



Sibling Squabbles

Just how necessary are sibling arguments, and when should parents intervene? *By Ailan Gates*

"In just one hour, siblings between the ages of three to nine have the capacity to have numerous disagreements", or so says research from the University of Illinois. Sound familiar? Do we really need university research to tell us this? Gah. It's enough to make any parent cringe.

Many children have the privilege of calling their siblings their best friend. This is especially prevalent in the transient life that many expats lead, where our children form and lose friendships every few years as we traverse the globe. Without siblings,

life has the potential to be very lonely indeed. Although, with these close relationships also comes daily conflict and disagreements.

As a parent it can be very unsettling to watch or hear your children argue, fight, goad, and bully one another. Not only because we love them and want them to respect one another, but also because we at times feel unsure as to when we should step in and mediate, and when to just leave them to figure it out themselves. There is also an underlying pressure from society for us to have a home

that embodies serenity, harmony, and unconditional love – partially for the sake of our children but mostly for our own sanity. Undeniably, a household wrought with conflict can be a pretty stressful and unpleasant place to be.

But...

What if our children didn't argue? What if they never had the chance to face disagreements and learn how to settle them?

According to Judy Dunn, a renowned professor of Developmental Psychology at the Institute of Psychiatry, "it may not feel like it, [but] sibling rivalry can be constructive, preparing them for important relationships when they are older". By allowing our children to sort disagreements amongst themselves, they are in fact learning valuable life skills and habits.

Why do siblings fight?

As our children grow and compete for things, their evolving needs can significantly affect how their relationship with one another develops. Tension may even begin before the second sibling is born, with the old-



est sibling innately feeling threatened during the pregnancy by a subsequent shift in importance; even if they are not able to fully articulate their feelings. It was David Levy who first coined the term "Sibling Rivalry" in 1941. This refers to the act of brothers and sisters competing for parental attention/love thus leading to jealous behaviour and competitive fighting, whether verbal, physical or both. The intensity of said arguments are predominantly related to the closeness of age, the intellectual ability of one, the other or both, and if they're both of the same gender.

Siblings will fight no matter the circumstances, the only issue is learning which fights they can and should resolve themselves. In essence, the bond between siblings is complicated, no doubt made more complex by the fact they are innately 'agents of socialisation'.

Agents of Socialisation

The term 'agents of socialisation' refers to the idea that siblings are natural allies. Over the years, siblings act as a confidant for their brothers and sisters to discuss feelings, concepts, opinions, and perspectives. It is through these interactions that siblings learn to rely and confide in one another while also helping teach other to build emotional awareness and concept of self. Likewise, arguments amongst siblings lead to a growth in trust due to being given the freedom to express emotions and vent frustration in a safe environment, with boundaries, free from fear.

Evidence shows that arguments or heated discussions between siblings escalate both with age and maturity. Alongside this escalation, however, comes a vast improvement in each child's language proficiency as well as their ability to effectively and efficiently communicate their feelings and points of view.

After a five-year research project, Dr Claire Hughes, from the University of Cambridge's Centre for Family Research, discovered that sibling arguments are necessary and have a very positive effect on children's development. By giving our children the space in which to argue and resolve disagreements by themselves, in a loving, safe environment, we offer them a platform to build confidence, as well as learn essential skills like empathy, cooperation, compromise, and the ability to see things from another's perspective. These skills in turn enable them to form strong relationships/friendships in the future.

Often serving as the first and most important role model, siblings play a major part in the values, basic attitudes, and self-image a child develops. They are also the cornerstone of developing an understanding of conflict, competition, empathy, order, cooperation, and conformity.

As Dr Hughes says, "the more the children upset each other, the more they learn about regulating their emotions and how they can affect emotions and how they can affect the emotions of others..."

Once all the tears and vitriol of fighting are used up, generally children do learn to resolve their differences and bury the hatchet without acquiescing to or disrespecting the other's belief/feeling; thus developing a stronger form of communication.

When should parents intervene?

As we established, the ties between siblings are complex and influenced by many factors outside of direct relationships. These include parental treatment, birth order, personality, and experiences outside the family. According to Mary Ann Shaw Ed D, the author of 'Your Anxious Child,' "an excessive amount of fighting can



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foster resentment, anxiety and low self-esteem". If the arguments are persistent and excessive, there is the potential for siblings to begin developing a strong dislike for one another. It is at this point, where siblings begin to show signs that they are fostering resentment, that experts suggest we intervene.

In order to avoid these aggressive responses to sibling arguments, child psychologists endorse the view that parents should avoid playing favourites and celebrate each child's individual talents, personality, and successes. It is important to spend quality time with each child, provide lots of fun family-bonding activities, and, most importantly, to nurture each child to respect one another.

All in all, the bond between siblings is often unbreakable through the good times and the bad, but to get to this point children must experience the ups and downs of sibling squabbles. **SE**



Hongqiao, Baby!

Despite what we snobby Jing'aners and Xuhuiers may think, Hongqiao and Gubei are home to some of the city's best, most cutting-edge cuisine thanks to the plethora of Korean, Japanese and Italian restaurants on offer.

Silex

A minute from Hechuan Road metro station, you'll find Silex. Worlds apart from its Korean neighbours, this zen hideaway sources its ingredients on provenance and has a laidback approach to food. Head Chef Matthew Ona inspires a contemporary Californian vibe with Asian influences. It's comfortable for a solo lunch, blowout evening or chill weekend meal. Along with their wine list, another positive is pricing. Here, you pay 52-68 RMB for a salad, like Wagas or Baker & Spice, with the added benefit of better ambiance and service. The restaurant's showstopper is the ribeye, a mammoth dish that can feed 3-4 people for 798 RMB, served with a Robuchon-esque puree.

Address: 1F, Building 2, Science & Technology Oasis Phase 3, 2570 Hechuan Road
Opening Hours: Everyday; 11am-10pm
Reservations: 021 2426 9595
Price: 500-1000 RMB
Good For: For fancy nights out without the kids or sophisticated business lunches



Ling Shui Jiu Jia

My imaginary Korean grandmother's food is exactly like Ling Shui Jiu Jia. Even the décor reminds me of my non-existent Korean grandmother's house, resplendent in summer florals. Before ordering, the waitress deposits a cornucopia of pickles, kimchi and the like. A beautiful word in the English language is 'complimentary'. During these muggy Shanghai days, I crave a bowl of Korean iced noodles (40 RMB), in a rich broth with egg and pickles or the soymilk noodles (45 RMB) to temper the spiciness of other dishes. If you are on keto, then the bossam (168 RMB) is perfect. Thick slices of steamed belly pork with kimchi, ssamjang, lettuce, cabbage and perilla leaf are delicious. The menu also offers shared family dishes like Korean BBQ, fish, etc.

Address: No 107, B Floor, Paris Garden, No 2, Lane 119 East Ronghua Road

Opening Hours: Everyday 10:00 - 22:00

Reservations: 021-62783202-3

Price: 200-300RMB

Good for: For healthy home style Korean cooking for adventurous families





Genie

If Ling Shui Jiu Jia is your grandmother's cooking, then Genie is your own when you first moved out of your parent's house. Beer, fried chicken.....this my friends, is drunk people food. Although similar to Ling Shui, Genie is catered towards slightly inebriated folk awake until 3am. A magnificent platter of fried chicken (95 RMB), and the cheesy spicy rice cakes (80 RMB). What the food lacks in terms of finesse is made up for by the vibe. Leave the kids at home, grab a couple friends, clear your schedule for the morning. You won't regret giving the Genie lamp a rub.

Address: No 1, Alley 1101, Hongquan Road

Reservations: 153 0075 0579

Opening Hours: 12pm-3am

Price: 250 RMB

Good For: Great for groups of friends for late night fried chicken and drinking



Three Mongolian Uncles

Going to a restaurant only to cook my own food has always been a debatable. With friends who take charge, it's not as bad. Three Mongolian Uncles is great hot pot, without accidents involving chilli oil. Here, kids will enjoy making their own food. I visited the Wuzhong Road branch before the dinner rush. The menu offers everything from lamb skewers to chicken, and plated dishes from scallops to aubergine. The service was amazing, perhaps because they don't get many foreign customers. Three Mongolian Uncles is a no-frills experience with a fun and energetic vibe.

Address: 1st floor, 1068 Wuzhong Road

Opening Hours: Everyday 4:30pm-3am

Reservations: 18701865387

Price: 200-300 RMB

Good for: Families with young kids with varying levels of appetite



Al Borge

Albeit not technically in Hongqiao, but very close to the train station, this Qingpu-based eatery is one of Shanghai's best renowned Italian restaurants. The décor hints at the owner's Venetian roots, but the menu plays it safe with Italian classics. I started with the house-made ravioli, filled with mushrooms, butter and sage (58 RMB). It's the perfect dish to prepare for the secondi. The seafood risotto (118 RMB) is an enormous portion and could easily be shared between a group of four. The pizza, (75-118 RMB) was acceptable, maybe even marginally better than Da Marco. You'd find this same pizza in Italian towns, as the dough has the distinctive leopard print char around its crust. It may not be the best pizza you'll ever eat, but it's a solid 7.5, or an 8 on the very unofficial and super unscientific pizza rating matrix I just invented.

To finish, we ordered the tiramisu (30 RMB) and the pannacotta (30 RMB).. but stick to the tiramisu only. The tiramisu is served in small jars making it impossible to share. Thank God.

Address: Building A, 1899 Huqingping Road, (Behind Starbucks, Building 105-1)

Opening Hours: Everyday 11am-2pm/5pm-10pm

Reservations: 021 3988 3757

Price: 250-400 RMB

Good for: For pizza fanatics and fussy eaters. Busy late night atmosphere for all occasions

Say Cheese!

From regular brick and mortar shops to specialist online retailers, this is where you can find a slice of the stinky stuff from both overseas and even the Middle Kingdom itself.

By Michael Zee

Alimentari

Most of you won't know that Alimentari is Italian for the "most wondrous cave of Italian delights." Sadly, the service is a bit ropey, but the cheese makes it worth it.

The store is reluctantly my go-to for cheeses, as well as their salami and anti-pasti selection. Their prices are incredibly reasonable and it may be the only true delicatessen in Shanghai.

My favourites are the Mimolette, a bright orange French cheese in the style of an Edam, and the Fontina, a wonderful creamy cow's milk cheese from Val d'Aosta that's perfect for risotto or fondue.

Alimentari

Address 1: 158 Anfu Road

Tel. 1: 021-54036991

Alimentari Grande

Address 2: 20 Donghu Road

Tel. 2: 021-33565118

Alimentari & Degusteria

Address 3: 343 Jiaozhou Road

Tel. 3: 021-62565005

Delivery available through Ele.me, Sherpa's, and Meituan



La Formaggeria

Le Fromageria is originally from a bygone era when cheese was an elusive commodity in China. This shop focuses on mostly Italian cheese. It is located halfway between IAPM mall and the Chnagshu Road metro station.

Their special is the Gran Moravia. Gran Moravia isn't technically Italian, but is instead produced in the Czech Republic and then aged in Veneto. You say potato, I say vodka. If you're a cheese purist, then I'd fork out a little more for the real deal, but lets be honest, I'm splitting hairs.

La Formaggeria covers almost all provinces of Italy. My favourite is the smoked scamorza, which is a fantastic stand in for mozzarella and works great on pizzas.

The free samples and friendly staff make it worth the journey.

Address: 1250 Huaihai Road

No online delivery



Le Fromager de Pekin

Since 2009, Liu Yang has been producing China's only French style cheeses. He uses 100% locally sourced milk. With a string of accolades and awards under his belt, I decided to try the cheese and ordered an entire range via Taobao.

The signature show-stopper is the Beijing Grey. It's a cross between a Camembert and a Saint-Marcelin. It has aromas of hazelnuts and mushrooms, and pairs perfectly with crusty bread and wines like Beaujolais or Gamay. The buchette is rolled in ash and salt, giving a grey edge to the virgin-white interior. It's made from cow's milk, instead of the traditional goat's milk.

My favourite, and perhaps the most heady, was the Nü Er Hong. The rind has an orange look, similar to a bad spray-on tan, and the distinct hue comes from the cheese being washed in Shaoxing wine.

The cheese from Le Fromager de Pekin are destined to give you some serious cheese-board street cred at your next party.

WeChat: BeijingCheeseMaker

Delivery in two days

Swiss Butchery

The selling point of Swiss Butchery is obviously the meat, which is indeed very good. But they do have a decent selection of cheeses too.

I come here for the 36-month aged Comte, I believe its tiny salt crystals and delicate nutty flavour make it the King of Cheeses.

It's also worth trying the beautiful aged Gouda, the Moliterno with truffle, and the Raclette that's perfect for those winter months when all you need is melted cheese.

Address 1: 86 Wulumuqi Road

Tel. 1: 021-54500068

Address 2: Building 6, Lane 3187, Hongmei Road

Tel. 2: 021-52237275

Delivery via Sherpa's or WeChat mini-programme:

SwissButcherySH



Special mentions

Avocado Lady - Duh. If she doesn't already have it, then she can get what you're looking for.

CitySuper - A great standby for everyday cheeses. In a regular shopping trip, you can get yourself either sliced or ready grated (for the lazy amongst us).

Laura's Shop - The only place I've found that has Wisconsin cheese curds. If you're a poutine fan head on over.

La Coyota - They have some Mexican queso fresco to crumble over your migas or huevos rancheros. Unfortunately, they only sell this in-store, no delivery service.



family travel

Lakes, Life, and the Parallels of the Two

What a weekend of wonder in Qiandaohu can give you

By Melissa Dawson

I stepped lightly onto the platform of Qiandaohu station. My husband and I pondered the surprisingly easy two-and-a-half-hour train ride, a respite from the ever-so-demanding metropolitan life of living in Shanghai. A cool breeze, infused with the scent of forests, brushed past us. Finally, a breath of fresh air. The city called, welcoming us to our first child-free weekend since our daughter was born. For my husband and I, we needed a break from our world. Sometimes, things become overbearing and something as simple, as spending a weekend of grabbing some rest, in a city full of charm and comfort, can give you the perfect amount of 'charge' to return to your home. After a gentle Didi ride through the lush, green countryside,

we arrived at 'Read Wood'. This resort is situated right on the edge of the sprawling man-made lake, and since its creation in '59, the area has been gradually developed into this well-known haven for city dwellers. It is a calming escape from the hustle and bustle (and pollution) of the metropolitan life.

This stunning retreat offered us so much: casual sunset walks along the perfectly manicured paths that encircled the lake, visits to the various seafood restaurants and shops in the famous downtown 'Fish Street,' and even hammock relaxations, where we swayed gently together as we watched the sunshine dance through the leaves above us. Taking in the view of the expansive lake,

with islands scattered across its surface, proved to be a refreshing experience. This place was like a 'balm' for the soul. The residents of Qiandaohu were dedicated to the well-being of their community, you know, one of those common small towns of only 400,000 PEOPLE! (Only in China.) The environment was pristine. The infrastructure was maintained. The downtown area was full of green public parks, bike routes, and winding walking trails. Talking with locals revealed they hold pride in the sanctitude of their community and are committed to sustainable eco-tourism.

One stunning example was our visit to the Oxygen Bar. The name is misleading, as there is no actual bar, but



instead a calming oasis of greenery, waterfalls, and hiking trails. Scaling the mountainside was the perfect return to nature, to the present moment, and to each other. This forest park boasts over 1,500 species of plants and provides a habitat for plentiful wildlife. At a leisurely pace, the trail took slightly more than three hours to complete, ensuring ample time for people to take photos, enjoy a picnic, have a chat, or even calmly observe the many wonders of nature. For those inclined for a more novel experience, there are several unique ways to get back down the mountain, such as a mini rollercoaster or grass tubing.

One highlight of our weekend trip surprised the two of us. We were affected in such a profound way. The Piaoliu, or commonly known as whitewater rafting, was designed to be relatively controlled experience where can expect a lighthearted adventure down a mountain stream, taking in the gorgeous scenery. The water follows a clear, prescribed course, with rocks and barriers built up strategically to ensure that there was safety and smoothness of the ride. Workers are situated throughout, just in case any mishaps occur. My husband and I clearly expected that the ride would be fun, relaxing and safe, with not

One stunning example was our visit to the Oxygen Bar. Thane name is misleading, as there is no actual bar, but instead a calming oasis of greenery, water falls, and hiking trails.





even a slight hint of danger. We were wrong, and instead, our expectations were surpassed. We had gained so much more.

First of all, just the two of us and our oars, stuck on a raft, navigating the sometime-meandering-sometime-thrilling river, discovering a new meaning to the word partnership. We found ourselves slamming into unforeseen rocks, facing huge drops sideways or backwards, getting stuck rather frequently, and laughing at ourselves at the general ridiculousness of the predicaments. In the midst of this chaotic journey, were also moments of utter serenity, moments when the river spread out and we simply relaxed, listening to the trickling water and the birdsong, holding hands and stealing kisses before the next 'battle' began. Afterwards, as we were collecting our pho-

tographs and attempting to dry off, my husband remarked that our 45-minute adventure downstream had been the perfect mirror and metaphor for married life. We begin optimistically, but rarely do things go as planned. We face multiple challenges that force us to rely on each other and communicate more effectively. We can only laugh through all the ups and downs and twists and turns, and make the most of the calm moments. And no matter what, we are all in this boat together.

Heading back to our tranquil resort, with a new appreciation for each other and ourselves, I knew we would return to Shanghai, to our children, to all the stress and complications of daily life, with renewed gratitude and commitment. Qiandao Lake proved to be just the reinvigorating weekend escape we needed. **SH**

How to get there

Simply hop on a train from Hongqiao Railway Station and head to Qiandao Lake Station. You can also get there easily from Hangzhou.

Where to stay

Hilton, Sheraton, and InterContinental all offer lakeside resorts, with outdoor pools, water activities, and standard amenities. For those more willing to take a gamble on authenticity, AirBnB has some gorgeous and convenient options as well.

What to do

Thousand Island Lake offers a multitude of boating and water activities, including fishing, jet-skiing, waterskiing, rafting, and island-hopping. There are a variety of local delicacies to be found along Fish Street. Take a visit to the reinvigorating Oxygen Bar. You can also witness folk dances or tea ceremonies at the cultural center on Santan Island.

Spotlight On: Yongjia Road

By Johan Prozesky

District: Xuhui

Cross Streets: South Shaanxi Road and Wulumuqi Road

Nearest Metro Station: Hengshan Road (Line 1), Exit 1

About: A stroll down this leafy street, reveals quite the fascinating contrast: a visually striking combination of century-old architecture mixed in with modern shops. Just a few meters away from a cool and chic coffee shop, you may encounter a senior citizen laying in the sun.

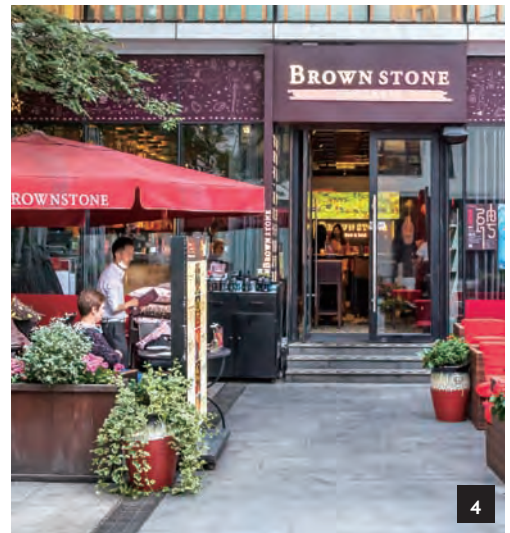
1. Pet friendly **Vita Bistro** is set some way off the street in a peaceful garden. Famous for their brunch, classics such as benedict dishes and smoked salmon are offered, but also a few unique dishes of their own. Do be prepared for their delicious Softshell Crab and Avocado Toast. 557 Yongjia Road; Tel. 021 54665718

2. Modern and trendy, the wildly popular **Hashtag Café** offers both coffee and non-coffee drinks, and a variety of snacks. Space on the second floor is a dedicated showcase for up-and-coming artists. 380 Yongjia Road; Tel. 156 0173 0331

3. Sincere from the outside, yet energetic on the inside, the three-story **Hugo Husky House** is your perfect afternoon rest. Known for their brunches, and a selection of coffee drinks - among them a surprising beer coffee - this establishment welcomes our furry friends. 227 Yongjia Road; Tel. 18116276126

4. If you are up for some Spanish tapas with a Chinese touch, drop in at **Brownstone Tapas and Bar**. Hugely popular with locals, the cosy inside and quiet yard is the perfect place to while away on a warm summer evening. 570 Yongjia Road; Tel. 021 61219087

5. You can spend some quality me-time or even catch up with a friend in the shaded courtyard of the **100FFEE Café**. The café offers a variety of top-quality coffee. While there, don't miss out on their popular cakes, especially the signature Sea Salt Mango Crepe Cake, yum. 394 Yongjia Road; Tel. 1891817045 **SF**



Summer Essentials

Don't let the heat bring you down! Here are eight summer products that the editors of Shanghai Family know and love - and we think you'll love too. *By Ahanaa Puri*



XINPIN

XIN PIN is a collection of unique, China-sourced products that celebrate craft, function and the maker. Started in 2018 by designer Pascale Pinxt, these sets are traditionally handcrafted in Shanghai, with fabrics printed in a village in Guizhou, China. They are hand-dyed with indigo, and are a stunning light-weight, yet classy summer garment. XIN PIN provides a sustainable livelihood for village families and preserves local textile heritage.

Product Featured: Summer shirt/ trouser set, Bamboo stripe indigo.
Price: 1700 RMB single, 3000 RMB for a set
Where to Shop: Instagram @xinpinstore or email hello@pascalepinxt.com



JC the Label

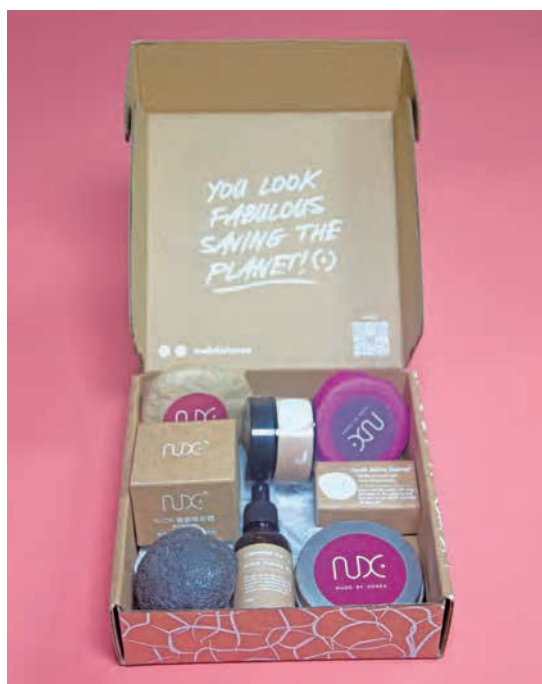
JC the Label blurs the line between casual and gym wear. Created to avoid the fast-fashion industry in Shanghai, these were created working closely with a local Shanghai hainese tailor to hand-make and hand-dye each piece. By purchasing a set, you are supporting two #black-livesmatter organizations: The Okra Project and The Loveland Foundation. Twenty percent of their profits will be donated to these organizations, as they're an important part in support vulnerable communities.

Product featured: Bike short/ crop top set
Price: 298 RMB (set)
Where to shop: Instagram @_jcthelabel_, WeChat id: jinacappo

NUDE by Korea

Connecting the dots between physical and mental health, beauty, technology and sustainability, NUDE skincare makes it easy for people to choose natural over chemical products. Their use of simple, natural and vegan ingredients wrapped beautifully in zero-waste, eco-friendly packaging are perfect for all skin types.

Product Featured: Konjac sponge (50 RMB), Crystal Natural deodorant (60 RMB), facial oil (120 RMB) and Coconut conditioner (60 RMB)
Where to Shop: WeChat official account NUDE Skin Care



Echalulu

Echalulu, created by Amy Echaluze, is a skincare brand developed with environmentally friendly materials, packaging and production with the aim of a guilt-free life. Featuring products like, body scrubs and bath salts, all chemical-free, natural and handmade.

Product Featured: Beauty shimmering mist mist and Himalyan bath salts
Price: 169 RMB for 100ml (mist) and 149 RMB for 300g (Bath Salts)
Where to shop: WeChat: Amyechaluze720 or @By_echalulu on Instagram



Surfskatesketch 画浪板 by Jason

Created by Jason Hong, a surfing enthusiast living in a city with a substantial lack of waves, he expresses his love for the ocean and surf culture through sketching. Inspired by the colour combinations found naturally, he developed a series of themed creations in the form of lifestyle wood products from earrings and phone cases to skateboards and ukuleles. The brand offers unique, high-quality collectibles, and also provides a personalisation service for products on request.

Product Featured : Earrings/ phone cases

Where to shop: WeChat: jasonhymn, @surfskatesketch on Instagram
Price: phone cases for 320 RMB and earrings for 200 RMB

NAEL Swimwear

Created summer 2020 in Shanghai by two Spanish women, NAEL is a sustainable swimwear brand. With flattering design, beauty and respect for the environment, each piece is timeless and simple. These swim-suits are made from a combination of deadstock fabric and recycled plastic, with a focus on quality, durability and ethical production.

Product Featured : ABRELA bikini set

Price: 300 RMB

Where to shop: NAEL on Taobao and WeChat id: naelswimwear,



Revamp Bags

Driven by the search for the perfect tote bag, REVAMP bags was created to be light and durable whilst looking sleek and professional - a timeless bag that could be used anywhere. With an abundance of pockets, this bag promises to eliminate the need to rummage when looking for your keys. Bespoke made in Shanghai using locally sourced materials and a custom-made neoprene fabric, these bags will not let you down.

Product Featured : The Bunker Tote

Price: 880 RMB

Where to shop: email hello@revampbags.com or www.revamp-bags.com. Follow @revamp_bags on Instagram for a 100RMB discount.



ForMe Sports Wear

ForMe is a fitness brand that follows the philosophy that adapting the fitness lifestyle is made better through what we wear, and how we feel, and believe that it can help start, continue, and aim higher. Establishing a unique design with a combination of elegance and functionality, they create active wear and accessories built for performance yet look fabulous everywhere else. Say goodbye to ugly gym bags forever.

Product Featured: Lyan bag with two matching pouches

Price: 749 RMB

Where to shop: WeChat Official Account: ForMe Sports Wear or at the Regalo Boutique in Jing'an.

Home Sweet Home

A fresh start for you and your home *By Eve Wee-Ang. Photographs by Wei Kuan Tay.*



As the world acclimatises to more home-based activities for both work and play, home décor is of more importance than ever before. The long hours we now spend at home means every single item that takes up precious real estate is now being scrutinized and reconsidered. Clutter that was once masked is now being 'Zoomed'.

Shanghainese Stephanie Wang, fashionista and homeowner of a stylish villa in Hongqiao is a testimony of someone who fuses comfort and chic effortlessly. As the boss of FLOW, a private appointment-only fashion label, her eye for colours and details is evident in every corner of her



home. Every object on display is carefully thought through yet it doesn't give off a standoffish vibe that screams do not touch. After all, this is a family home for four that houses Stephanie's American husband and their twin tweens, which means that being comfortable and welcoming trumps everything.

At Stephanie's cosy abode, her love for different cultures births a mish-mash of Eastern and Western designs that live harmoniously without compromising spaces to accommodate a busy home life. For someone who modestly quipped that one need not buy expensive, luxurious brands to be stylish, the same principle applies to her home décor. With my eyes feasting on the beautiful art pieces on every wall I glanced, one could easily mistake her home for a

museum. But for Stephanie, nothing is more important than liveability and steeping her home with beautiful memories from her loved ones.

Just before we left for the next shoot, Stephanie and her mother who was visiting, thoughtfully made a lovely sandwich for us to tide through a busy day. It was a poignant reminder that it's the people that turn a house into a beautiful home.

Stephanie's favorite home décor haunts in Shanghai:

- HandS Antiquite (No 2, Lane 270 Wuyuan Road, near Yongfu Road)
- Casa Pagoda Home Furnishing (No 13-17 Taikang Road, Tianzifang)
- Indigo Living (No 185-187 Anfu Road) **SF**

To see more Shanghai home styles, visit: shfamily.com

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Parents & Kids

虎媽牛娃
HUMANIUWA

Neither, Nor...

Dilemmas of a Third Culture Kid By *Henie Zhang*



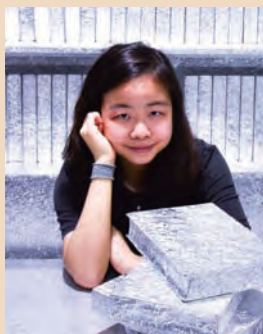
Living 20 minutes away from school, I often take a taxi back home alone. Sometimes, the driver and I talk—me in my haphazard Mandarin and he in a loud, gritty voice that fills the entire car. On one particular afternoon, my driver and I broached the subject of college. He asked me where I, an international school student, was planning to attend university. I answered the United States.

He didn't seem surprised. "Everyone wants to go to the States these days," he said. "But why? You told me you've lived in China since you were two. How will you ever understand Americans?"

I was born and raised as a Chinese kid, and even though I've embraced an American education, even if I go to the U.S. for college, I will never be able to forget where I'm from. I can't choose my heritage, can't change my obsession with the Monkey King and shengjian buns nor ignore the chills ancient Chinese poetry sends down my spine. In fact, after living for extended periods of time away from home, I might be inclined to cling on to

my roots even more tightly so I don't lose part of myself. But what if I don't have enough of my roots left to cling on to? Well, I would have no place to go.

China's growing status has strengthened intercultural connections, but it has also made a Chinese identity something "international" kids such as myself have to pursue, instead of something we simply inherit. As my parents used to tell me: your generation has the best of both worlds. But can there be a best of both worlds if neither world fits us? **SF**



Henie Zhang is a high school student studying in Concordia. She is Canadian-born and lives in Shanghai.

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ORIENTATION

Clubs & Organisations

AMERICAN CHAMBER OF COMMERCE (AMCHAM)

A non-profit organization that promotes a healthy business environment in China and aims to strengthen US-China commercial ties. Shanghai Centre, Ste 568, 1376 West Nanjing Road; 6279-7119; amcham@amcham-shanghai.org; www.amcham-shanghai.org

CANADIAN CHAMBER OF COMMERCE (CANCHAM)

This non-profit organization supports Canadian business and community interests in China. 172 Yuyuan Road; 6075 8797; info@cancham.asia; www.cancham.asia

COMMUNITY Centre SHANGHAI

A non-profit organization offering orientation services, activities for expats, and a counseling program with qualified international counselors. Locations in Pudong, Hongqiao and Minhang. For general inquiries: 3382 1770; www.communitycentre.cn

community listings

EXPATRIATE PROFESSIONAL WOMEN'S ASSOCIATION (EPWS)

Whether you are a newcomer or you are established in the expat world as a professional or businesswoman, EPWS welcomes you to join the most influential group of professional women in Asia. info@epwsasia.org; www.epwsasia.org

SHANGHAI EXPATRIATE ASSOCIATION

Association bringing together expats living and working in Shanghai; seashanghai@yahoo.com; www.seashanghai.org

SHANGHAI MAMAS

Provides an English-language forum for expat mothers in Shanghai to share information and advice, voice concerns and give mutual support. With active discussion boards, a photo gallery, and activity calendar this a great resource for parents with children of all ages www.shanghaيمamas.org

Housing

THE EMERALD

Within the compound, The Emerald's elegant North American-style villas are all gateless and come with an open front yard, spacious back gardens, high ceilings, and large windows. Some units boast their own private indoor or outdoor swimming pools. Villas are fully furnished, but tenants can also bring their own furnishings. Many are equipped with water filtration system, central vacuum system, partial floor heating, home alarm system, fibre optic broadband connection and "Blue Air" air purifiers. Facilities include 2 fully equipped clubhouses, indoor and outdoor swimming pools, 4 tennis courts, 2 soccer fields, children's indoor and outdoor playground, café and bakery shop. There's also 24-hour security and a bilingual call centre, yard and pools maintenance, air conditioning maintenance, regular external wall and window cleaning, and pest control. Lane 2888, Hunan Road, Pudong New 021 6812 2222; marketing@shanghai-emerald.com; www.shanghai-emerald.net

LE VILLE RESIDENCE

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently designed to provide residents with convenient, first-class Shanghai living. Each unit comes equipped with compact kitchen supplies, comfortable beddings and a 24-hour attentive butler service. On-site fitness centre and yoga room offer respite after work, while other leisure facilities, offering food, shopping and entertainment, enable residents to enjoy Shanghai life to its fullest. 663 Xikang Road, Jing'an District; 021 3366 3666; leville.jingan@yango.com.cn

SHANGHAI CENTRE

Often called a city within a city because of its size, Shanghai Centre, designed by renowned American architectural firm John Portman & Associates, houses 472 serviced apartments, 30,000 sq. metres of prime office space, three levels of retail, a performance theatre and an exhibition atrium, and has been a Shanghai landmark since it opened in 1990. Apartments feature central heating and air-conditioning with individually-controlled thermostats, a coffee maker, toaster, large flat screen TV, satellite TV with over 50 international and local channels, and an in-room safe. On-site facilities include a business centre, post office, fitness centre, indoor and outdoor swimming pools, preschool and kids' club, supermarket, dental clinic, garden terrace, underground parking. There is also 24-hour security and customer service, room service, housekeeping, dry cleaning, photo services, postal services, and a doctor-on-call service. 1376 West Nanjing Road, Jing'an District; 021 6279 8502; leasing@shanghaicentre.com.cn; www.shanghaicentre.com

TIMES SQUARE APARTMENTS

A long-time favourite with expats seeking upscale living arrangements in Shanghai, Times Square Apartments have been designed and furnished to the highest specifications. The interiors are characterised by sleek furnishings and feature decorative ornaments with stylish bathroom accessories and kitchenware. Residents have the choice of from one-room units for singles to three-room deluxe suites for larger families. Apartments come fully furnished and are outfitted with electronic key card access, wireless internet, well-equipped kitchen, large LED TV, satellite TV with international and local channels. Shopping malls, trendy boutiques and a cosmopolitan selection of restaurants and bars can be found nearby. Close to Tianzifang, Shanghai Grand Theatre and Shanghai Museum. Facilities include a gym, outdoor swimming pool, tennis courts, and parking. There is also 24-hour security and multilingual reception services, regular housekeeping, plus laundry and dry cleaning services. 111 Middle Huaihai Road, Huangpu District; 021 3122 8873; vinisayu@shtimesquare.com; www.timesquareapartments.com.cn

WILLOWBROOK AT GREENHILLS

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym, indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New District; 021 6856 8888; evan.kong@willowbrook.com.cn; www.willowbrook.com.cn

Pet Care

DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services. Open daily 9am-7pm. For appointments, pet pick-up and emergencies call: 400 103 8686. >Changning: 500 Weining Road; 3250 6721 >Minhang: 66 Qingshan Road; 6402 9226; info@drbns.com; www.doctorsbeckandstone.com

PETSHOME VETERINARY HOSPITAL

With affordable prices, Petshome offers veterinary and hotel services so you can get a quick check-up for your pooch or drop them off in capable hands as you run some errands around town. English speaking doctors available. >Jing'an: 131 Changning Road, near North Jiangsu Road; 6226 6112 / 6212 3211 >Gubei: 507 Wuzhong Road; 6242 5599 / 5477 5163

SECOND CHANCE ANIMAL AID (SCAA)

This group offers families the chance to foster a pet temporarily while they look for a permanent home for it. www.scaashanghai.org

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. We believe proactive preventive care not only improves the quality of your pets' life, it will add years to it. At Westie Veterinary Clinic, we are a trusted leader in

providing personalised hand on care for your pets. We also offer safe, comfortable dog and cat boarding facilities. 1325 Gubei Road, near Huangjin Cheng Avenue (Gubei Area), Changning District; 5216 0830

SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc. 70 East Xietu Road, Huangpu district, Shanghai; Tel: 021-63333210, 021-63333211

Relocation, Storage & Stores

ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. We have offices in 14 countries and relocate more than 16,000 families each year. Our China offices were established in 1988 and now cover 11 cities across the country. We specialise in household goods being moved door-to-door worldwide and throughout China. We provide a full suite of relocation services assisting individuals and multinational corporations with their employees on international assignments. Our services also include office relocations and records management. For an obligation free consultation please contact us. www.asiantigers-mobility.cn; sales@asiantigers-china.com; Tel: (021) 3209 5561

EUROPEAN BEDDING

European Bedding is a premium bedding store that specializes in natural organic latex mattresses and pillows. We recognise the demand for a customisable sleeping system which focuses on good back support for all ages, builds, sleeping positions and personal preference. A King-size mattress can be customised to have firm support on one side and softer support on another to cater each of the partner's sleeping preferences. There is size customisation too, with us crafting mattresses to fit any frame as well as ultra-wide mattresses for families. Stop by our cosy showroom in Jing'an and let our sleep consultants do their magic! 425 Yanping Road, #104, Jing'an District, Shanghai 200042; +86 133 0168 0232; www.europeanbedding.com.cn

EXCEL WORLDWIDE MOVING & STORAGE

Provides international, domestic, local and office moving and storage services. Professional services, competitive rates, no hidden charges. Free residential consultation in English 7 days a week. Unit 101, Focus Business Centre, Bldg 4, 508 Chundong Road, Xinzhuang Industrial Park; 3462 8040 or 130 6176 4395; info@excelrelo.com; www.excelrelo.com

MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong; 6045 6838; info@minicc.com; www.minicc.com

WOW MOVING CARE

A 100% optimised packing service for relocation, Wow Moving Care provides free visitation consulting (no additional charge), special plastic boxes and baskets and all the tools to provide you perfect service. 183 0181 7380; ceo@wow525.com; www.wow525.com

Services

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffeuring, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. > 15F of Anbao Building, 800 Dongfang Road; Lina Liu: 15026556459 / 17717469951; sh51yyjm@163.com; www.51yyjm.com

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. > Lane 4, 946 Changde Road; 6248 8985 >73 Nanhui Road; 5289 0806; guideo@bellanapoli-sh.com; www.bellanapoli-sh.com

BLUE FROG

This veritable institution caters to all crowds. Young professionals grab after-work drinks and killer burgers at the Maoming branch while families lounge at the Jinqiao and Hongmei outlets, and Daning provides a welcome escape for Zhabei expats. Gubei/Hongqiao > 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road); 5422-5119. Xuhui > 207-6 South Maoming Road (near Yongjia Road); 6445-6634. Xujiahui > Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiahui Station); 3368-6117; www.bluefrog.com.cn

ELEMENT FRESH

Fresh fruit smoothies, healthy wraps and generous salads provide healthy dining options across Shanghai. Plus, the outdoor seating, high chairs, crayons and coloring placemats make it kid-friendly. Super Brand Mall, Ground Floor, Northwest Corner; 5047 2060 >Shanghai Centre, 1376 West Nanjing Road; 6279 8682 > Kwah Centre, 4F, 1028 Middle Huaihai Road, near Donghu Road; 5403 8865; www.elementfresh.com

FAT COW SHANGHAI

This restaurant on Hongmei Lu serves American classics: signature burgers, grilled steaks and boneless fried chicken. Fresh salads are also available for health-conscious eaters. Gubei/Hongqiao >7 Hongmei Laowai Jie, 3338 Hongmei Road (near West Yan'an Road); 3422 1700; info@fatcowshanghai.com; www.fatcowshanghai.com

LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road, near Donghu Road; 021 6445 9589; www.theliquidlaundry.com

SWISS BUTCHERY

Swiss Butchery sells a wide variety of fresh,

high-quality imported meat, home-made specialties, imported delicacies, and fine seafood. Check out the online store to order from a wide range of cuts and portions that come chilled and vacuum packed via next-day delivery. www.swissbutchery.com; info@swissbutchery.com; (021) 5223 7301 Hongqiao Store: 3187 Hongmei Road; Jinqiao Store: 262 Baihua Road; Xuhui Store: 86, Wulumuqi Road; Huacao Store: 219 Jinguang Road, Shanghai

TEXAS ROADHOUSE

Takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times. Texas Roadhouse launched its first Shanghai store in Century Link Mall this October, bringing the same great food, fun, and great value, that its known for in the other 540 restaurants worldwide. Come and try the authentic Texas style steaks, ribs, and seafood right here in Shanghai today! 5/F, 1192 Century Avenue, Century Link Mall, near Century Avenue Station, Exit 8 (021)50671759 www.texasroadhouse.com.cn WeChat: TexasRoadhouse

Food Delivery

EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favourites or even home care products, Epermarket should be your go-to. Customer service: 400 776 0776 Website: www.epermarket.com

SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access to its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Shanghai Qingpu Club: Junction of Jiasong Middle Rd. and Yejin Rd., Qingpu District. Line 9 SheShan Shanghai Pudong Club: 2110 Gaoke West Rd., Pudong New Area District. Line 7 JinXiu Rd. To sign up membership and download Sam's App, follow the instruction: http://wal-martchina.com/english/news/2020/20200806.htm To Join Sam's WeChat community groups, send an email to: SamsClubExpat@walmart.com Customer Service : 400 633 6868 Customer service: 400 633 6868; Website: walmartchina.com

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

An early childhood learning centre specializing in programs for children from 16 months to 4 years. Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. >Puxi: 230 Wuding Road, near Changde Road; 68881913 >Pudong: Block 9, Summit Residences Clubhouse, 108 Shangcheng Road; 68881913; www.theactivitybox.com

ARTSPIRE VISUAL ARTS Centre

Artspire Visual Arts Centre is a professional organization dedicated to art education for children.

We have an award-winning curriculum from the USA based on the National Visual Arts Standards. For children from 3-12 yrs. Chinese, English, and Spanish speaking. Also try the full-time/part-time SUMMER CAMP with artistic journey and tennis game. A202, 2633 West Yan'an Road near Shuicheng Road, Shang-Mira Commercial Centre, Changning District; 6211 9632; www.artspire.cn

AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. Summit Club House, Middle Wulumuqi Road, Lane 99 Suite B106; 5403 9916; info@awesomekidsclub.com.cn; www.awesomekidsclub.com.cn

BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focus on the values of children's creativity and environmental/ social awareness. Now our creative learning programs (based on our own patent pending curricula) on weekends is available in a beautiful venue located in the heart of Xuhui. We strive to let children enjoy their own process of inner potential empowerment through different "languages" such as art, music, photography, storytelling, and creative movements with our experienced international teachers. The bilingual program (English and Chinese) is for children between 3-5 years old. 888 Hua Shan Road; 131 6261 6359; Chelsea@bjorky.se; WeChat ID: Bjorky

CONCORD MUSIC

An international music school located in Gubei/Hongqiao with an international faculty. Our bilingual music lessons for all ages are full of creativity, fun and interaction. We promote making music together with your friends and family! Private 1-on-1 lessons include free ensemble opportunities. Current special courses: Summer Music Camp, Music Exploration Day Camp (every Saturday), Music Appreciation Class for Adults, Keyboard/Violin/Guitar/Pop Vocal/Jazz Vocal group classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803; 5235 7398; info@concord-music.com; www.concord-music.com

ELG

ELG is a social enterprise dedicated to providing high-quality special education, developmental, behavioral and mental health services in China. Putuo > No 19-20, Lane 209, Zhennan Road, Pudong > 814 Pudong Da Dao, 6F; 4006 129 423; services@chinaelg.com; www.chinaelg.com

EXPAT LEARNING Centre

A convenient option for continuing education classes in a variety of subjects, including the arts, business, computers, and education. 80 Shaanxi Road, near Weihai Road, Jing'an District; 5588 9133; inquiry@shanghai-classes.com; www.shanghai-classes.com

HABA PLAYROOM/HABA

This Early Education Centre located in Kerry Parkside provides HABA products for retail, and also Logical Thinking Course from Germany for kids from 2+1/2 to 7 years. Make an appointment for First free Class Open from 10am to 10pm. 5089 7862; info@childmagic.cn

ISTA PERFORMING ARTS ACADEMY SHANGHAI

ISTA now welcomes students from Pudong and Puxi on Saturdays! Founded in 1978, The International Schools Theatre Association offers a unique opportunity for all English speaking young people aged 11-18 who are passionate about Music, Drama, Dance and/or Theatre Technology & Set Design. Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative

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performance and composition. Every Saturday, 9am – 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing; PAAShanghai@ista.co.uk

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, No 1078 South Pudong Road, Lujiazui, Shanghai, 5072 5172, www.istageacademy.com

JITTERBUGS SHANGHAI

These 45 minute classes combine an exciting mix of musical fun, dance activities and physical education to help develop your child's creativity and physicality. A variety of age groups from 6 months -4 years. 60RMB per class or buy 5 classes at any time for 250RMB. 135 6454 0084; jitterbugsinshanghai@gmail.com; www.jitterbugsinshanghai.com

JULIA GABRIEL Centre FOR LEARNING

The Julia Gabriel Centre for Learning offers parent and child play classes starting from 6 months old, EduDrama from age 3, and a book room with storytelling and puppet shows. 75 Wuxing Road; 6437 3773; www.juliagabriel.com

JZ SCHOOL

Spark your kid's musicianship from an early age at this popular school for musical study. The reputable institution provides a variety of classes ranging from fundamental theory to contemporary music and performance arts. Creative classes use games, art and story-telling to build your child's musical imagination. Lane 12, 280 Wukang Road, near Hunan Road, Xuhui District; 5403-6475; info@jz-school.com; www.jz-school.com

KIDS ATTIC

A bilingual childhood development centre for children ages 18 months to 4 years old, Kids Attic aspires to be more than a daycare through its belief in motivating children through consistent and stimulating input. Our goal is for every child to develop a love of learning through hands-on experiences in phonics, numbers, art, music and dance, sign language, storytelling, etc. Full-day and half-day programs offered. Embassy Clubhouse Pudong, 588 Hongfeng Road; 131 4819 8740 (English), 131 6266 3622 (Chinese); kidsattic@hotmail.com; info@kidsattic.com; www.kidsattic.com

OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence to make unique artworks that help them win awards, college scholarships, and acceptance into top art colleges and universities. 600 Tianshan Road, Building 1, Suite 2305; 6135 2686; contact@oogieart.cn; WeChat: OogieArt; www.oogieart.com

SINGING SPECKLED FROGS

Relaxed and fun parent and baby and toddler singing group. Children sing classic nursery rhymes, play instruments and dance. No reservation required. 60 RMB/class each Thursday in Xintiandi and Friday in Lujiazui. >Xintiandi: Casa Lakeville Basement Aerobics Room, 506 South Huangpi Road >Lujiazui: 6/F, Lujiazui

Worldpath Clinic International Meeting Room, 399 Nan Quan Road (N); singingspeckledfrogs@gmail.com

THE POTTERY WORKSHOP

Classes in both Eastern and Western pottery techniques for kids aged 5-12. University trained teachers conduct classes in both English and Mandarin. 2F, 220 Taikang Road; 6445 0902 >Studio: 1A, Lane 180 South Shaanxi Road; info@potteryworkshop.com.cn; www.potteryworkshop.com.cn

PREMIERSHIP EXPERIENCE

Premiership Experience is a leading sports and cultural tour operator for youth in the United Kingdom and our passion lies in delivering experiences which will provide lifelong memories for all young people and their parents who travel with us. Over 15,000 travellers joined our excursions last year. We are excited to start operations in China and deliver the same level of quality and service to our guests. Our mission is to endeavor for every child and their parents to travel the world with us and come back a more rounded, experienced, skilled and educated person. We believe that a combination of sports, history, art, culture and language exchanges will brighten the life and expand the horizon of any child and young adult. For inquiries contact us at: 400 100 8920 or email us at office@prem-ex.cn. Suite 1111, 11F, 525 Zhenning Road, Shanghai

ZOOLIGANS

Zooligans offers a safe, clean and exciting environment for your child to gain knowledge through well thought out purposeful play. Drop off, Mandarin Immersion and Mommy 'n Me Programs available. Flexible programs for up to 5 years old. >Changning: Bldg 8, 1765 Hongqiao Road, near Shuicheng Road >Minhang: House 5, 350 Jidi Road; 159 2152 6449; www.zooligans.org

Z FENCING

Learn fencing to develop focus, discipline and determination. For kids ages 4 to 12. Learn fencing from Z Fencing, the leading fencing club with presence in Singapore, Shanghai, Kuala Lumpur and Los Angeles. 3211 Hong Mei Road, Suite 505, Shanghai; 6426 1113; www.zfencing.cn

Financial Services

ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across the mainland of China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad. Office in Shanghai: 20/F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing Road, Shanghai, China 200040; Email: china.info@sjp.asia; Tel: +86 21 8028 5300; WeChat Official Account: SJPASIA; Company Website: www.sjp.asia

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

Britannica offers the best of British independent school education. Our dynamic and caring staff are experienced in delivering the English National Curriculum. We embrace and celebrate a multicultural population, providing a personalised programme to meet the needs of all students. Small classes and an inclusive policy ensure pupils are fully supported across the curriculum. admissions@britannicashanghai.com; www.britannicashanghai.com

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

Established in Shanghai in 2002, the school has two campuses at either side of the city. Both schools follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique approach to learning, ensuring all children achieve highly and have the will to succeed further. admissions@bisspxi.com; www.bisspxi.com

CONCORDIA INTERNATIONAL SCHOOL

Concordia is a co-educational day school located on a 10-acre campus in the Biyun community of Jinqiao offering a rigorous and holistic American education to students aged 3 to 18. Concordia is accredited by WASC and recognised for its dedication to academic excellence and for providing well-developed sports, arts, service and applied learning programs. admissions@concordiashanghai.org; concordiashanghai.org

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space, natural courtyard settings, roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful schools in Puxi. Academically, Dulwich international colleges follow the English National Curriculum, enhanced with a brilliant Mandarin programme and are well known for achieving some of the highest IB scores in the region. admissions@dulwich-shanghaiminhang.cn; Wechat ID: [dulwichpuxi](https://www.dulwichpuxi.com); (021) 3329-9310 (021) 3329-9399; shanghai-puxi.dulwich.org

DULWICH COLLEGE SHANGHAI PUDONG

Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular activities, the school develops well-rounded students in a nurturing environment. admissions@dulwich-shanghai.cn; WeChat: [Dulwichcollegeshanghaiapudong](https://www.dulwichcollegeshanghaiapudong.com); shanghai-pudong.dulwich.org

HARROW INTERNATIONAL SCHOOL SHANGHAI

Harrow International School Shanghai is a co-educational day school for pupils aged 18 months to 18 years old. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Year 10 and 11, and A Levels at Sixth Form (Year 12 and 13). Harrow has a state-of-the-art campus, located within the innovative Sunland project, a designated 'green space' for Shanghai. Harrow runs an inspirational and wide ranging extra-curricular activities and has a number of unique Harrow traditions. Founded in 2016 as part of the Harrow Family of Schools, Harrow Shanghai is connected to 450 years of global excellence via the unique Harrow genetics which bind our schools together. A Harrow Shanghai education is based on the same ethos and identity that has characterised a Harrow education in the UK for centuries and here you will find a school where the best of Western and Eastern traditions, history and heritage are seamlessly fused. 588 Gaoxi Road, Pudong, Shanghai; admissions@harrowshanghai.cn; +86 21 6881 8282*210/212; www.harrowshanghai.cn

HUILI SCHOOL SHANGHAI

Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the

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inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong, Shanghai; Tel: 021 3177 5080, admissions.hss@huilieducation.cn, www.huilieducation.cn/shanghai-school, WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

Living Word Shanghai founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going off to university the school has its own College Application Centre. Tel.: 021 6296 8877; Email: admissions@lwchina.org; Website: http://lw-school.org; Address: 688 Jiyao Road, Huacao Town, Minhang District, Shanghai

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

Established in 2002, NAIS Pudong follows the English National Curriculum and International Primary Curriculum, and offers the International Baccalaureate Diploma Programme for students in Years 12 and 13. NAIS Pudong's bespoke performing arts programme has been developed in collaboration with The Juilliard School, and the school runs more than 130 afterschool activities. The school caters for students from 12 months to 18 years. admissions@naispudong.com; www.naispudong.com

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculum taught through the medium of Mandarin Chinese and English. We draw on the best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. Telephone: 021 5226 0539 Email: apply@nacis.cn address: 1399 Jinhui Road, Minhang, Shanghai / 1399; Wechat: NACIS_Shanghai; www.nacis.cn / www.nacis-shanghai.com

SHANGHAI AMERICAN SCHOOL

Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. IBD and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. info@saschina.org; www.saschina.org

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Admission@scis-china.org; Tel: +862162614338 (Hongqiao Campus), +862162951222

(Hongqiao ECE Campus) and +862158129888 (Pudong Campus); WeChat: scishis; www.scis-china.org

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

The school strives to ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. admission@ssis.asia; www.ssis.asia

SHANGHAI UNITED INTERNATIONAL SCHOOL

This international and independent school offers both day and boarding options for its students. With modern academic and recreation facilities, the school provides students with a great learning environment. suischool@gmail.com; www.suis.com.cn

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. admissions@wiss.cn; www.wiss.cn

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,300 pupils, aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College seeks to develop the 'Wellington Identity' in every child. Wellingtonians are encouraged to be Inspired, Intellectual, Independent, Individual and Inclusive. Boasting a state-of-the-art campus, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports. Annual Tuition: ¥242,000 - ¥328,000/year (2019-2020). Campus address: 1500 Yao Long Road, Pudong District, Shanghai; Phone: (021) 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong District, Shanghai, 200124; Phone: (021) 3175 6687; admissions.shanghai@wellingtoncollege.cn; www.wellingtoncollege.cn/shanghai

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programs of international education in China. Established in 1993 as the first international school officially recognised by and registered with the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: +86 21 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

This school believes in interactive learning for primary school preparation, and incorporates games and field-trips www.fkis.com.cn

HAPPY BRIDGE KINDERGARTEN

We are a kindergarten that aims to offer a well-rounded and immersive education to all our students. We foster a multilingual environment

coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them to express their creativity and imagination. Our small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 489 Huaiyin Road, 6223 8870; www.happybridge.org.

HUILI NURSERY SHANGHAI

Located in the New Bund area in Pudong, Huili Nursery Shanghai represents a marriage of traditional values and evidence-based practice from the UK and China. The nursery has been designed to use indoor and outdoor learning spaces to promote recognised areas of learning and development in the unique child. The nursery team are a like-minded group of professional practitioners with a shared vision. For ages: 2-6 years old; Campus address: 215 Longwan Road, Pudong, Shanghai, 200126; Tel: (021) 3158 0010, admissions.hns@huilieducation.cn; http://www.huilieducation.cn/shanghai-nursery; WeChat: HuiliNurseryShanghai

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension, offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. Location: 3221 North Zhang Yang Road, Pudong New Area, Shanghai; For enquiry, please call 153-1792-5705 or check website: www.littlelions.cn

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. Campus 1: 2777 East Jinxiu Road, Pudong Campus 2: 588 Hongfeng Road, Pudong District Tel: 02161799559 Email: info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CES). MSS leads the way in quality and standards in China and School. West Hongqiao campus: 586 Gaojing Road (close to Hu Qing Ping Road), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: admission.whq@montessorisos.com; Xuhui Campus: 21 Donghu Road, Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessorisos.com; Jiading Campus: 1313 Xiwang Road, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessorisos.com; Minhang Campus: 3852 Duyuan Road, Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@montessorisos.com; QR Code: mss2005shanghai; School Web: www.montessorisos.com

community listings

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. 021-51872889; admission@luc-china.com; No. 230-233, 779 Fangdian Road, Pudong; www.luc-china.com

Sports & Fitness

ACTIVE KIDZ SHANGHAI

A not-for-profit youth sport organization offering activities from age 3 in several locations around the city. Soccer, basketball, baseball, gymnastics, ballet, field hockey, volleyball, tennis and more! 6406 6757; activekidz@gmail.com; www.activekidz.org

CETA ELITE TENNIS ACADEMY

This academy - which is the International Tennis Academy of the Shanghai ATP Masters - is renowned throughout Asia for its proven results. With programs ranging in level from beginners to professional players in four locations throughout Puxi and Pudong on indoor courts, deco turf, and red European clay, they are sure to have a program that suits your needs. Coaches can also go to to your compound for private lessons. Summer camps are available in Puxi and Pudong. 139 1812 8067; academy@cetatennis.com; www.cetatennis.com

ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. ICONX West Bund Skate Park: 3399 Longteng Ave Xuhui; ICONX Jing'an Skate Park: 151 KangDing RD Jing'an Fitness & Sports Centre; Tel: 54108570, Customer Service: 17321285456; info@iconx.cn; www.iconx.com

SHANGHAI GYMNASTICS

Shanghai Gymnastics offers a safe and fully equipped gymnastics facility for you and your family. With a coaching staff certified by the United States Association of Gymnastics (USAG), the gym offers fun and safe classes where children and adults of all ages and skill levels can learn and have fun. Classes include acrobatics, cheer, dance, gymnastics, tumbling, trampoline, parkour and a special summer camp program. Birthday party slots are available each week. >Puxi: 789 Hong Zhong Road (near West Yan'an Road) >Pudong: 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road); 186 2178 1281; shanghai.gymnastics@gmail.com

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from around 20 international schools have participated into the league during the last six years. SIYSL has

spring and fall seasons every year composed of four age groups, and two tournaments every season. 183 0198 7976; info@siyslchina.org; www.siyslchina.org

SPORTS FORCE

Sports Force is a joint venture-ship that specialises in offering professional sports coaching for international/bilingual schools as well as individual students. Their mission is to provide safe, fun and diverse activities for children helping them grow with an active lifestyle to become healthy and balanced adults. They currently work with multiple SISAC schools and private companies delivering hundreds of hours of coaching in various sports such as: Basketball, Volleyball, Cross-Country Running, Tracks & Field, Outdoor Tag & Running Games, and Yoga. Contact ProTeam@SportsForce-China.com; Tel: 186 1690 8035; WeChat ID: Runfast2day

Teen Activities

DISCKART INDOOR KARTING

High-speed go karting on a 4,500 sqm indoor track on 60cc engines. 80RMB for eight minutes (buy five tickets get one free). Open 2pm to 2am daily. 809 Zaoyang Road, near Jinshajiang Road (inside Chang Feng Park); 6222 2880; www.kartingchina.com

JIANGWAN SMP SKATE PARK

This 12,000 square meter park has something for rollerbladers, skateboarders and BMXers. Fees from 15-25RMB for members and 40-60RMB for non-members. Pudong: 655 Yuanshen Road >Zhabei: 2100 Songhu Road, near Guohao Road; 5525 0901

ROCK DANCE SPACE CLIMBING CENTRE

Located inside an old factory that's been converted into a sports centre, this indoor rock climbing centre has eight climbing walls, as well as an indoor basketball court, snooker club, badminton and table tennis, and an outdoor track. 60RMB on weekdays, and 70RMB on weekends includes equipment hire. Block 1, Bldg A, Rm 105, 128 Huayuan Road, near North Zhongshan Road; 3636 8028

SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

With climbing walls range from 15 to 25 meters high, suitable for beginner and experienced climbers. Entry fees from ¥40-50 and harness and shoe rentals ¥10. Climbers under 18 must be accompanied by an adult. 1500 South Zhongshan 2nd Road, near North Caoxi Road, Stall 6, Stand 1; 6426 5178, 6426 6666; www.rockclimb.cn

THE GENIUS WORKSHOP

Providing a range of workshops in engineering, robotics and animation, The Genius Workshop encourages children between the ages of 3 and 14 to let their creativity flourish, as they master the basics of building, programming, film editing and so much more! >Pudong: Unit 105, 1/F, 1099 Meihua Road, Expo Plaza; 5033 3053 >Minhang/Hongqiao: Unit 504, 5/F, Tai Hao Building (above City Shop), 3211 Hongmei Road; 6446 6766 >Huangpu SML: Unit 38-40, 3/F, Xujiashui Block, 618 Xujiashui Road; 6126 6526; www.g-workshop.com.cn

WELLINGTON ACADEMY PROGRAMME

This after school and weekend program is open to all children, not just Wellington College attendees. The Academy provides a wide range of activities including swimming, football, tennis, fashion design, debating, singing, dancing and acting. Fun with English, and many more sports, arts and musical activities. Coaches and teachers are all experts in their chosen fields. 5185 3872; www.wellingtoncollege.cn/academy

Tutoring & Test Preparation

MANDARIN KING

Mandarin King Language Training Institute provides systematic Easy-to-Learn Mandarin training modules, proven training methodology, and tailor-made learning programs by its certified Mandarin instructors. 1/F, Building 6, Lane 416, Yongjia Road (near Taiyuan Road), 400 618 6685; www.mandarinking.cn

SHANGHAI EXPAT TUTORS

Shanghai Expat Tutors is the leading tutoring service in Shanghai. We provide one on one tutoring sessions for all grades and courses of international schools (IB, IGCSE, SAT, AP). We focus not only on grade improvement, but also in study habits, time management, organization and discipline in order to achieve a long term improvement. We have the most rigorous selection process for our tutors to make sure they not only have excellent academic backgrounds, but also wide experience in tutoring international programs. We create customised programs specifically designed to address the student's specific strengths and weaknesses therefore we can ensure the highest level of information retention during tutoring sessions. 1661 Changning Road, Changning District; 6227 8161; shanghaiepatututors@mail.com; www.shanghaiepatututors.com

THAT'S MANDARIN

That's Mandarin is one of the top Chinese language schools in China and has more than 10 years of experience in offering high-quality Chinese language courses with the use of modern technology. Classes offered by That's Mandarin cover useful words and phrases that you need to have conversations with friends and professionals on topics related to daily life Building 6, 149 Jiaozhou Road, Jing'an District; 021 6208 9357; www.thatsmandarin.com/

THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide since 1981. As the leading publisher of SAT, SSAT, GMAT, LSAT, TOEFL and GRE publications with over 165 in print, The Princeton Review ensures that all their teachers undergo a rigorous training programme to receive a Princeton Review certification and that they are amongst the highest scorers on the tests they teach. Building B, 5/F, Bai Nao Tong Building Complex, 1010 Kaixuan Road; 5108 2798; tprenquiry.sha@sarabeattile.com; PrincetonReviewShanghai.com

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

Combining the best of both hemispheres, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services Include: Acupuncture, cupping, dermatology, functional medicine, gynecology, herbal medicine, infertility treatment, kid's health, orthotics, osteopathy, physiotherapy and rehabilitation, podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. > Xintiandi, 14F, 760 South Xizang Road > Hongqiao, 211 Chengjiaqiao Zhi Road; Telephone: Xintiandi, 021 6345 5101; Hongqiao, 021 6461 6550; Call individual clinics for opening hours. www.tcm-shanghai.com

community listings

COLUMBIA BAINUO CLINIC

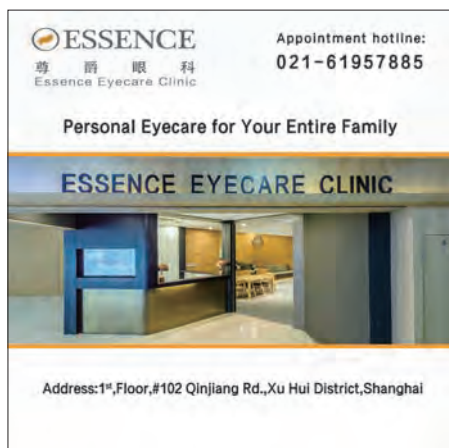
Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Room 2501, 2505 United Plaza, 1468 West Nanjing Road; 400-663-7707; Mon-Sun 8am-7pm; columbia-bainuo.com

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO



DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, emergency, internal medicine, surgery, orthopedics, thoracic, gynecology, pediatrics, ophthalmology, rehabilitation, medical imaging, traditional Chinese medicine and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. DeltaHealth Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7. DeltaWest Clinic: 5th Floor, Building B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium); Open Mon-Sat, 8.30am-6.00pm; www.deltahealth.com.cn (400 821 0277)

ESSENCE EYE CLINIC



An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy

environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. > #102 Qinjiang Rd., Xuhui District, Shanghai Appointment Hotline: 6195-7885; Open Mon-Sat: 9am-5pm; Wechat ID: zjyk61957885 1st floor, Landseed hospital

JIAHUI HEALTH



Jiahui Health's integrated healthcare system covers all major areas of the city and consists of a comprehensive international hospital, a network of outpatient clinics and a wellness centre. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through our state-of-the-art Emergency Unit at Jiahui International Hospital, we offer full-spectrum 24h medical services, including a fully equipped rabies clinic able to provide the pre- and post-exposure rabies vaccines. > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road. Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an), Suite101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm; 400-868-3000; www.jiahui.com/en

PARKWAYHEALTH



With more international doctors and a wider range of services than any other healthcare provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services,

with an onsite pharmacy. Services Include: Adult & family medicine, cardiology, chiropractic, dentistry, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, mental health services, TCM, urology. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Gleneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road > Parkway Hospital People's Square (Specialty & Inpatient Centre), 1-4F, Plaza 336, 336 Mid Xizang Road, Hospital Direct Line 6033-2345; 24-hour appointment, 400-819-6622; www.parkwaypantai.cn

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. > 1868 Pudong Avenue, 3F, Oriental City Tower, Shanghai; > 35 Yongjia Rd, 19th Floor (near Maoming Rd), Huangpu District, Shanghai; Telephone: 021-6075-3100, 021-5404-0058/59; sh.changhedayun.com

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. > 23F & 24F, Building B, 551 South Pudong Road, Shanghai; For 24-hour service, call 021 5879 9999, or 150 0019 0899; Outpatient services Mon-Fri 9am-7pm and Sat-Sun 9am-6pm; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

SHANGHAI RENAI HOSPITAL

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is influential throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services Include: Cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunization. > 127 Caoxi Road, Xuhui District; 8621-5489-3781; Mon-Sun 9am-5pm; www.renaihospital.com

community listings

SHANGHAI YOSEMITE CLINIC

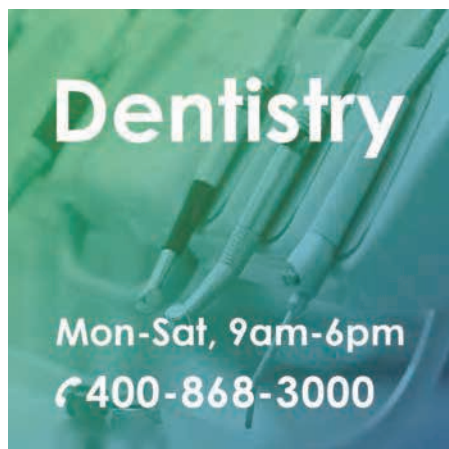
Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry. > B1-1F, 1398 Fang Dian Road, Pu Dong District, Shanghai; Appointment centre: 4008 500 911; www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

UNITED FAMILY HEALTHCARE (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 2 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. > United Family Shanghai locations: Shanghai United Family Hospital, 1139 Xianxia Road, by Qingxi Road (Open 24/7); Shanghai United Family Pudong Hospital, 1598 New Jinqiao Road, by Donglu Road (Open 24/7); United Family Quankou Clinic, 8 Quankou Road, by Linquan Road (Open Mon-Sat 8:30am-5:30pm); United Family Fengshang Clinic, 689 Yunle Road, by Jinfeng Road (Open Mon-Sat 9:00am-5:00pm)

Dental Clinics

JIAHUI DENTAL



Jiahui Health's experienced dentists provide dental health services for adults and children, including dental check-ups, fillings, prevention of tooth decay, painless dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-disciplinary collaboration in the hospital, such as working with dermatologists to offer invisalign

orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Road; 24-hour appointment, 400-868-3000; www.jiahui.com/en

ALPHA DENTAL

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. 1737 Tianshan Road, SOHO Tianshan Plaza Tower 1 Unit 206. Tel: 6270-2875, open daily 10am-7pm except public holidays, 24hr emergency hotline 13918111319. www.alphadental.cn

PURESMILE ORTHODONTICS & DENTISTRY

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. > Pudong: No. 1-4 Lane, 650 Biyun Road, Jinqiao > Changning: 2268 Hongqiao Road, 2nd Floor, Unit 2P > Minhang: 569 Yunle Road, Shop 111, Huacao Town > Jing'an: 818 West Nanjing Road, Room 1201, Jing'an; Pudong, 6105-9400; Hongqiao, 6237-6969; Minhang, 3490-9068; Jing'an 6363-6388; Daily 10am-6pm; www.puresmile.com

PARKWAY HEALTH DENTAL CENTRES

With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Road; 24-hour appointment, 400-819-6622; www.parkwaypantai.cn

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics > Address: > (Puxi) 129 East Fugui Road, Changning District > (Pudong) 228 Hongfeng Road, Pudong District; 6278-1181; Mon-Sat 10am-7pm, closed on Sundays; www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

LIFESTYLE

JACK'S PROPOSAL



Beth and Jack first met in Shanghai in 2017, and now, they will be each other's labradors for life.

Health & Beauty

DVA BOUTIQUE SPA



A tranquil sanctuary in the heart of Shanghai, DVA Boutique Spa on South Shaanxi Road reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session for his and her, a wax/laser treatment for personal care, or a manicure to prepare for an evening out, DVA's environmentally friendly, vegan, gluten free, and chemical free products will leave you feeling fresh, revived and rejuvenated. They have flexible membership and VIP packages to suit all budgets/ needs and able to customise for celebrations or special occasions. > Xuhui: Lane 11, 186 South Shaanxi Road; 021 5465 7007 > Songjiang: Lane 812, 900 North San Xin Road; 021 5761 8578; booking@dvabspa.com; www.dvabspa.com

BANYAN TREE SPA

The Westin's luxury downtown spa is located just off the Bund. Spa features treatments based on the five Chinese elements, Traditional Chinese Medicine, and more. 16 Gong Ping Road; www.banyantreespa.com

BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. > Minhang: Room 5089, 3211 Hongmei Road; 3468 1328 > West Nanjing Road: 5F, 118 Qinghai Road; www.bodyconceptpilates.com

LUXURY LIVING

2 0 2 0

Your ultimate guide to chic,
stylish and comfortable living in Shanghai.


*From five-star hotels to boutique concepts,
gourmet restaurants to neighbourhood
bistros, antique shops and designer hubs,
Luxury Living reveals all the greatest
pleasures Shanghai has to offer.*

Coming 2020

虎媽牛娃
HUMANIUWA

Shanghai
Family

Parents & Kids
SHANGHAI



What Will You
Remember Most
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