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September 2020

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what's inside

September 2020
The Eco Issue



16

*It's time to
get Flexi!*

EDUCATION

30 University Counsellor
Lamonda Lewis introduces Worcester Polytechnic Institute

34 Kids Talk
Discover what your children want in terms of an 'ECO-future'

WELLNESS

36 Healthy Mind, Happy Life
United Family Healthcare provides some need-to-know facts about anxiety

37 Ask the Pro
Help! My teen is going vegan! Jiahui Hospital tells us everything we need to know

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Shanghai Survival Guide

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Street Signs

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Shanghai Survival Guide

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NEWS

12 Fresh Tips

Discover the city's coolest family events

13 School Roundup

How are our schools helping the environment?

FEATURES

16 It's time to get Flexi!

Is your family ready for a flexitarian diet

22 What a Waste

Fighting the constant battle against my son's love of straws... for the sake of the planet

26 Gap Year Fears

Taking a gap year can be the best thing you ever do... if you're smart about it



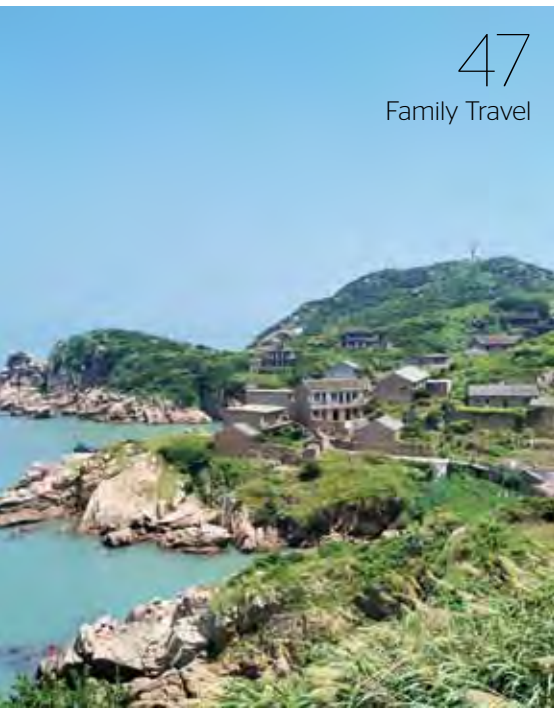
22

What a Waste



For more up-to-the minute stories, news, and events, scan our website QR code

47 Family Travel



40 Street Signs

50 Home & Style

CULTURE & COMMUNITY

11 WIN

A one-night hotel stay at Shanghai Disney Resort

40 Street Signs

Saunter on down to Wukang Road and explore what it has to offer...

55 Wonder Woman

Meet Shanghai's Eco-Wonder Woman Alizée Ccm

56 Top Reads

9 Books for you and your child to explore climate change

58 Shanghai Survival Guide

How to survive raising earth friendly kids

FOOD

42 In Season

The New-ish Delish

44 Food File

Radical Plant-Based Recipes

TRAVEL

47 A Maritime Adventure to Yellow Dragon Island

Explore a tiny treasure island in the East China Sea

HOME & STYLE

50 Antique your way to a sustainable future

Antique furniture is functional, decorative and an act of conservation

52 Manic for Organic

Meet three Chinese brands putting the world first...



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There are a few measures that can be taken in the prevention and control of myopia. For some children, **sufficient daily nutrition and outdoor activities** may be enough for them to avoid myopia. For children who already have myopia, **visiting an eye care doctor once a year** is necessary. The doctors will diagnose the issue and discuss the best solution. They may suggest that your child wear frame glasses or contact lenses to help correct their vision. It's important to note that glasses or contact lenses will not cure myopia, but that the vision will be corrected while the glasses or the contact lenses are worn.

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What environmental cause is closest to your heart?



It's got to be the battle against plastic! We can all make such a big difference with such little effort!



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Deforestation is something I really worry about. It has such a massive environmental impact.



I am all about us cutting down on the amount of meat we eat. It's better for us and better for the planet!

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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 family trip to Shanghai Disney Resort plus a one night stay at the 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.



My first ever editor's note for Shanghai Family! Wow-this is not a chair I expected to be sitting in this year but, 2020 has been a year of surprises.

I'm pleased that my first issue of Shanghai Family is the Eco Issue. I feel like we are living in a world that's on the brink of massive change. We are teetering on the edge of catastrophe, but never before has the world been so galvanised towards righting our wrongs.

Gone are the days where the oldies can sit in their arm chairs and complain about the youth of today. Today, there are more children and young people actively putting the environment at the forefront of their minds and actions than ever before.

It shames me to think that I, an adult, am often out done on the environmental front by my seven year-old goddaughter. She always has a tote bag and a handy metal straw and gives me so much grief if I forget. 'The Great Pacific garbage patch' she groans at me flapping her little arms up and down in exasperation. Whilst it's cute to watch, but she is right. I need to do better. So do most of us.

With this in mind I have recently been trying to shift towards a flexitarian diet. Before you 'flexi-what-now?' me, turn to page 16 and check out the cover story. It outlines all the reasons why I believe flexitarianism is the future. While you're browsing, make sure you check out Sal Hauge's article about battling his son's love of straws (page 22) and get to know Shanghai's resident eco-wonder woman Alizée Ccm (page 55).

I really wanted to get through this editor's note without mentioning COVID, but.. well... it's the world we live in right now. I've been hanging out with the office interns lately, all of whom are on an unexpected gap year. This got me thinking... are gap years a good thing? You can find out on page 26.

And finally, a big thank you to Francis Gates and Noel for our Amazing cover shoot!



Claire Lily Squire
Editor in Chief



Let's talk:

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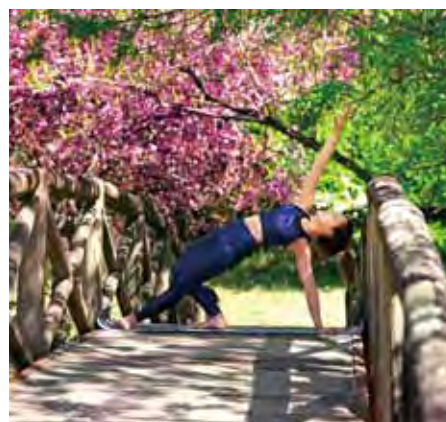
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Shanghai Acrobatic Troupe

This acrobatic ensemble was founded in 1951 and is the oldest in Shanghai. You can enjoy up to three different kind of shows, each with a different acrobatic performance. They are well recognised internationally and have been awarded with prestigious prizes such as the 'Monaco City Award'. It is a perfect activity to enjoy with the family on a weekend afternoon. *Now - 31st December; Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Prices: 180 - 380 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**



Yoga In The Park

Enjoy a relaxing yoga class in Xiangyang park on the weekend. A perfect solution to the stress and anxiety of the weekdays. Come ease your mind. Among its many benefits, yoga helps you increase muscle strength and flexibility, as well as improve respiration and energy. On top of all that, you'll not only be able to relax in a beautiful park, but also meet some awesome new people. *Now - 15th November; XiangYang Park, 108 North Xiangyang Road, Xuhui District; Price: 88 RMB*



Chinese Traditional Cooking & Cultural Workshop

If you're looking for amazing cooking and culture classes, then go to Cook in Shanghai. The classes provide an insightful introduction to authentic regional culture, as well as offer team building sessions. The day is divided into four different activities: a visit to a fresh market, Chinese cooking classes, discovering the basics, and tea time. *Ongoing; Seasons Hotel, 269 Zhaojiabang Road, Xuhui District; Prices: 410 - 1300 RMB*

Snoopy 70th Anniversary

Travel through the world of Snoopy at this beautiful art exhibition. Through the exhibition's theme, 'What a Wonderful Day!', you will be able to embark on the splendor of Snoopy and reminisce on the beloved cartoon's history, all the way dating back to the 1950s. *10th September - 4th January; MoCA Animamix Biennial, 231 West Nanjing Road, Huangpu District; Prices: 40 - 80 RMB*



Christian Dior Designer of Dreams

Are you passionate about clothes? Then, the Dior fashion exhibition is the place for you. Re-discover the famous world-wide brand and learn about its origins with all the pieces on display. Not only will you be able to see original design sketches, but also see 275 Haute Couture gowns. Save the date and make sure to check it out before this limited exhibition ends! *Now - 4th October; Long Museum West Bund, 3398 Longteng Avenue, Xuhui District Price: 70 RMB*
Photo courtesy of Moni Tan

school roundup

Concordia International School Shanghai

Concordia Shanghai fosters a new generation of conscientious citizens. High school students bring elementary students in by hosting workshops to educate them on global issues. In recent years, they focused on the effects of factory farming and single-use plastic bottles.



Dulwich College Shanghai, Pudong

Our vision is that our students will have the skills and motivation to make a positive difference in the world. We took our environmental pledge into our sports kit, using a material that is made from recycled plastic - in one year, 72,000 plastic water bottles were repurposed into sports kits. Many of our most powerful initiatives are led by our students.



Dulwich College Shanghai, Puxi

At Dulwich College Shanghai Puxi, we believe in the importance of making a difference. Our students and staff understand that we have both a personal and collective responsibility for sustainability, and are committed to reducing our carbon footprint. On one occasion, we removed over 257kg of garbage from the beautiful Shanghai coastal wetland.



Wellington College Shanghai

Wellington College International Shanghai commenced the new school year on the 1st of September. This year has been like no other! At Wellington, we aim to improve our sustainability by reducing the plastic usage in the classrooms as well as in the cafeteria. Together, we can make a positive impact on the environment.



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10 ways to be Eco-Friendly

-  Reduce your meat consumption – try 'Meat-free Monday'
-  Stop using single-use items – even paper straws!
-  Support and purchase from local farms as much as possible
-  Buy from small, local vendors rather than large corporations
-  Fly less, especially long-haul flights
-  Compost your food waste
-  Get into the habit of repairing and reusing
-  Use natural soaps and cleaners – baking soda + vinegar are great
-  For gifts, choose experiences over things
-  Turn off your air conditioning when not needed

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It's time to

With environmental concerns on the rise, it's time to get flexi with what we consume.

By Claire Lily Squire

If you hear the word flexitarian and think to yourself, "flexi-what-now?" you're not alone. Flexitarian is a mash up of the words flexible and vegetarian, and many people like to think of this as being a 'casual vegetarian'. Whilst this might seem to some like a bit of a cop-out, the positive impact it can have on both the environment and your health will outweigh any of the preconceived notions you may have.

What is flexitarianism?

Flexitarianism is a rising food trend and predominantly plant-based diet that aims to reduce your carbon footprint and improve your health by cutting down on the amount of meat and animal products you consume on a daily basis. Think 'Meatless Monday' (thank you Jamie Oliver) but more like meatless Monday-Thursday, and perhaps Sunday.

Now, despite only becoming popular over the last few years, this term has been around for decades. Some even state it has been around since the early 90s. Tap #flexitarian or #flexitarianidiet into your Instagram search bar and you'll be inundated with hundreds of thousands of delicious-looking meat-free plates, platters, and inspirational memes.

This growing interest around flexitarianism shows us that people are taking environmental concerns, as well as animal welfare, more and more seriously. Many would argue that the connections people are making between sustainability and plant-based eating, has been heavily encouraged by the multitude of documentaries being featured on streaming sites. Such as Forks Over Knives and Cowspiracy: The Sustainability Secret. Even Sir David Attenborough has jumped on the bandwagon with

get Flexi!

his 'A Life on Our Planet' series due to be released this autumn.

Wait, so if that's the case, why aren't we talking about veganism and vegetarianism, you may ask...

Whilst being vegan or vegetarian is arguably better for the environment, there are those who don't want to cut meat, fish, cheese etc. out of their diets completely. The beauty of this diet is in the name: flexi.

Meatless...most of the time

Let's stress something very important. Being a flexitarian does not mean you must stop eating meat, fish, eggs or dairy. You can still eat all of these things, just a bit less than you did before.

Flexitarianism enables you and your family to do your bit whilst still enjoying animal products from time to time.

A traditional diet for many of us in the West can be very 'meat and two veg', with the meat being the centrepiece, sometimes in more than one meal a day. However, there are many cultures that have been eating flexitarian-style for generations. The Chinese, for example, place a high focus on vegetables with meat used for flavour. Similarly, the Mediterranean diet also places a high emphasis on the veggies in the dish with very little meat used, although fish is often included.

You don't need to make massive changes to your eating habits to become flexitarian. The burger, bacon sandwich, or slow roasted pork can still be options, just less frequently!



What does it mean?

In a nutshell, we eat too much meat. We are factory farming animals, which, when you think about it, is just cruel. Meat consumption is putting a huge strain on our planet in terms of water shortages, global warming, and deforestation. And if we keep up these eating habits, we will literally eat ourselves out of a home.

The average person eats 90kg of meat a year. This is a staggering amount of meat. For perspective, think about how much you weigh... If we cut this by just 50% most of the problems surrounding eating meat would massively decrease and even disappear.

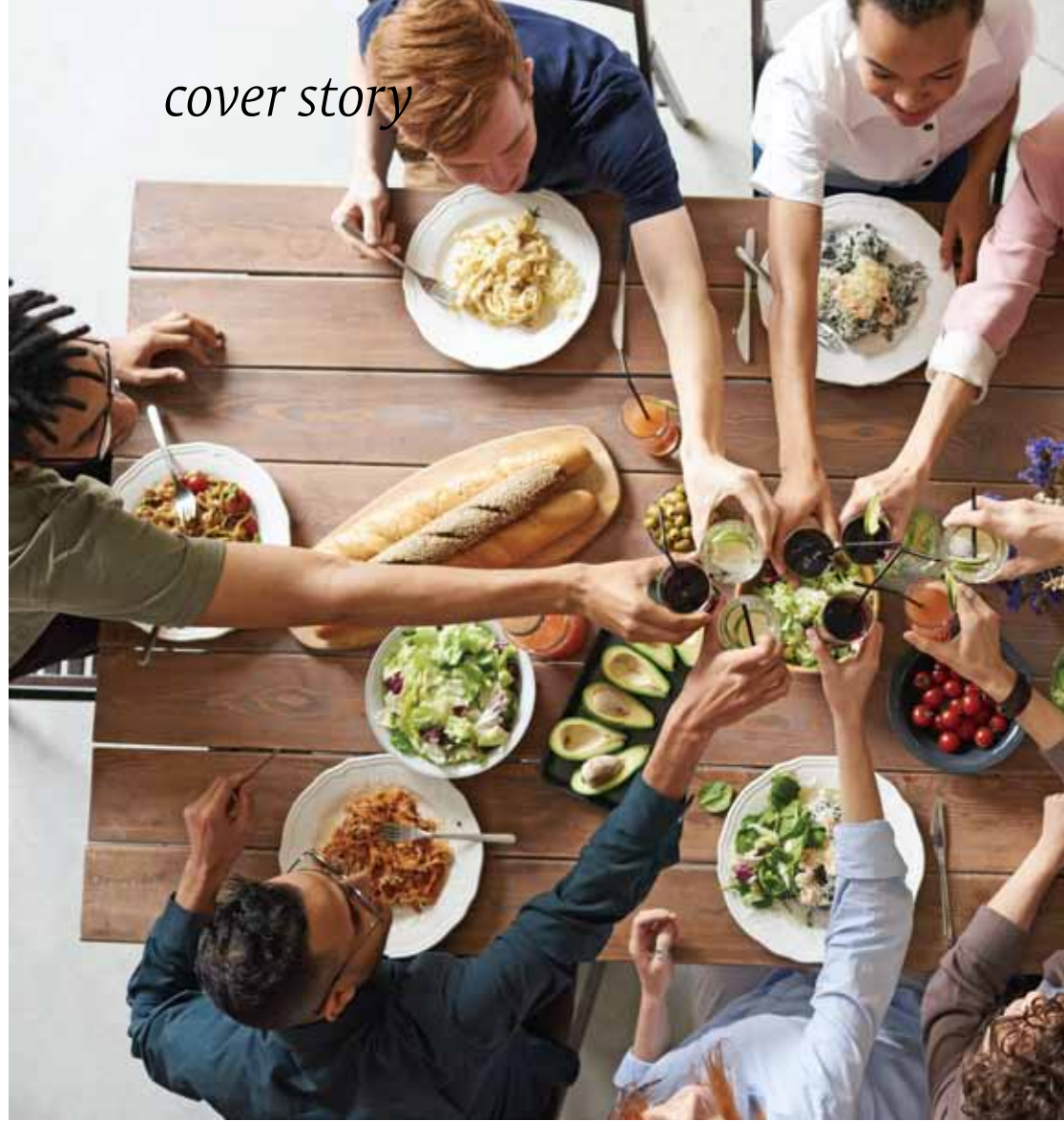
For some, the idea of eating no meat at all isn't something they relish. But what if you could have the odd bowl of chicken soup, totally guilt free, knowing you were doing your bit for the planet. This is flexitarianism. If we all cut down, no one would need to quit.

Eating flexitarian is simple, just increase the amount of plant-based meals you consume and cut down on animal products. It's about adding new food to your diet, instead of excluding. Suppose someone asked you what your five favourite dishes are and then proceeded to tell you this was all you could eat; you'd begin to crave literally anything but these things.

A good place to start is to increase your intake of pulses, like lentils and beans, nuts, and seeds as these are an excellent source of protein. They are also filling, meaning you can swap out the meat and still feel satisfied from dinner to lunch.

What are the environmental benefits of flexitarianism?

There are three main environmental



reasons as to why our current rate of meat consumption isn't sustainable.

The Effects of Meat Production on the Land

Grazing land is essential to raise animals. Much of this grazing land currently used for raising animals, used to be forests. In South America, 90% of all deforestation is the result of poorly managed and unsustainable ranching practices. Despite factory farming being an alternative to grazing livestock on vast fields, many are cruel and unethical - take pumping cattle full of antibiotics to prevent illness for example - not to mention the fact that you need massive quantities of grain and other food substances to feed the animals.

The American Journal of Clinical Nutrition states that: "In the United

States, more than nine billion live-stock are maintained to supply the animal protein consumed each year. This livestock population outweighs the US human population by about five times... the US livestock population consumes seven times as much grain as is consumed directly by the entire American population."

If we were to reduce our meat and dairy consumption, and the 450 million farms we have globally by 75%, we would have a combined area equivalent to the US, China, European Union and Australia.

The Effects of Meat Eating on the Water Supply

Meat and the water supply is a complex issue. In its lifetime, a beef cow will consume 30 Olympic sized swimming pools of water. That's



eight times as much water you would need to produce a cow's weight in rice or soybeans, and these products are both considered to be 'high water consumers'. Something like wheat uses much less water.

Let's break that down. One burger requires 2,400 litres (650 gallons) of water to produce. And for every one pound (450g) of beef we eat, 6,400 litres (1,700 gallons) of water was required to make that a reality.

Then there is the effect animal waste has on water. Livestock manure is rich in nitrogen, phosphorus, and other fertilizers. These chemicals eventually work their way into our streams and rivers, where they are then carried out to sea. The ever increasing "dead zones" now found in coastal regions throughout the world

The 'farcis' (stuffed vegetables) is a staple dish in the South of France, Spain and Italy, with variations in spices and the type of meat used. It is an extremely convenient and tasty main course, complete with vegetables and proteins. It is also an excellent way of recycling any meat leftovers you may already have

are caused largely by algae overgrowth, or blooms, stimulated by the unnatural high levels of animal waste by-products.

The Effects of Raising Meat on Air Quality

The equipment used to care for, process, and ship meat requires energy, much of which comes from the burning of fossil fuels. In many cases, farming and ranching practices are less strictly regulated than other less rural industries but their emissions output is comparatively high.

Now, you may laugh, but the methane released from cattle burps and farts accounts for 20% of all methane emissions in the United States. When combined with emissions from fossil fuel consumption, they account for six percent of the total US greenhouse gas outputs. We don't want to fart shame cows, but this is a real concern.

What are the health benefits of flexitarianism?

If we take a look at the health benefits associated with a flexitarian diet, you may find that even if you're not feeling super eco-conscious (we're not here to judge) it could be the right choice for you and your family.

Weight loss

Research has shown that people who follow a Flexitarian diet on the whole tend to weigh less, consume fewer calories, and have a lower BMI (body mass index). This is because eating high amounts of fruits, vegetables, and whole grains, keeps you full on fewer calories.

Cardiovascular benefits

Studies have concluded that eating vegetarian for two days of a week can reduce your intake of saturated fat by 15%. A plant-based diet keeps your cholesterol and blood pressure in check, keeping heart disease at bay. Plant protein is higher in fibre than

animal protein with less fat and far less cholesterol. According to the American Heart Association, the Flexitarian diet or semi-vegetarianism can be nutritionally beneficial if executed correctly.

Is flexitarianism suitable for children?

Again, we cannot stress this enough, flexitarianism is not about limiting your diet. It's about making sure your diet is balanced by controlling the amount of animal products you consume; meaning it should be suitable for children of all ages. Before making a big change to your family's diet, speak to your doctor and make sure there are no immediate issues that could arise. Generally, common sense and planning is all you need to pull this off effectively. If you are making a family favourite for dinner, remove the meat product and replace it with something high in protein like beans. This should mean your family is never lacking in protein or the vital nutrients they need to stay healthy.

How can you change your family's diet into a flexitarian one?

The trick to making lasting changes in your diet is to plan and take it a step at a time. You don't need to become flexitarian overnight, just like you wouldn't eat an elephant all in one gulp (yes, the irony in this statement isn't lost on us but you get the idea).

Try jotting down meal plans for a standard week. What does your family have for breakfast? What do they eat at school? What do you normally have for dinner? Start here and then switch out the meat, dairy, and eggs for plant-based replacements.

Instead of scrambled eggs for breakfast, how about scrambled tofu? Or my favourite is JUST, an egg replacement made from mung beans. (It's

cover story



yummier than it sounds, I promise.)

You live in the land of tofu! Go explore the tofu sections of a supermarket and try the wide variety of styles and textures. That is, if you haven't already.

If you were going to have steak for dinner one evening, why not try cauliflower steak, a healthy (and very photogenic) option. Add a side of black beans to make sure you're getting your protein in.

We know that a cauliflower steak is never going to trump a big fat slab of beef for most of us. But there are so many amazing vegetarian recipes out there that don't make you feel like you're missing out at all. If replac-

ing meat for a substitute isn't working for you then get scouring the web for new recipes that sound amazing, or buy yourself a veggie cookbook and dive in. Delicious meals like pumpkin risotto, mushroom and spinach ravioli and hominy pie (my favourite) await you.

Getting Started...

Try picking one day a week, or even just one meal a week to go veggie or vegan and see how you go from them; there's a reason Meatless Monday was such a hit! Roll with this for a couple of weeks and then try adding in a Wednesday. Once you are up to four days a week of veggie/vegan eating you can proudly call yourself a flexitarian. **SE**

Here is an example of a flexitarian meal plan for a week:

Monday

Breakfast: Tofu scramble with sliced peppers
Lunch: Salad with greens, corn, black beans, and avocado
Dinner: Lentil soup with whole-grain bread and a side salad

Tuesday

Breakfast: Waffles with fresh berries (if the recipe calls for cow's milk switch to soy/oat milk)
Lunch: Spinach wrap with hummus, vegetables, and chickpeas
Dinner: Grilled salmon, baked sweet potato, and green beans

Wednesday

Breakfast: Avocado toast and poached eggs
Lunch: Burrito bowl with brown rice, beans, and vegetables
Dinner: Whole wheat spaghetti with tomato sauce and roasted asparagus and aubergine.

Thursday

Breakfast: Smoothie bowl using at least three fruits
Lunch: Roast tomato and kale salad
Dinner: Baked chicken with cauliflower

Friday

Breakfast: Greek yoghurt with blueberries and pumpkin seeds
Lunch: Baked potato with baked beans
Dinner: Pizza night - make your own or order in!

Saturday

Breakfast: Oatmeal with honey, nuts, and seeds
Lunch: Quark and falafel wrap
Dinner: Black bean burgers with avocado and sweet potato fries

Sunday

Breakfast: Pancakes with fresh fruit and maple syrup
Lunch: Quinoa salad with dried cranberries, pecans, and feta cheese
Dinner: Roast garlic and turkey soup with crusty bread

That's the what, why, and how covered. Now it's up to you to see if you can action it. Will flexitarianism bring a balance between meat eating and being environmentally friendly, and keep your family happy and healthy? We think so!

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What a Waste

Fighting the constant battle against my Son's love of straws... for the sake of the planet! *By Sal Hauge*

Whether it's our carbon footprint or excessive 'dabao' orders, we're in the midst of an environmental crisis. In terms of severity, I'll leave that up to you and your research since I'm no climatologist. I'm sure we all know there are things that we could be doing better, but sadly the environment isn't just a concern for us, it's going to be a massive concern for our children. So when it comes to teaching our children about sustainability, we need to teach them how to be bet-

ter than we have been. We need to build environmentally responsible and conscious people, without filling them full of fear and a sense of impending doom.

In order to help our children develop environmental awareness, we first need to teach them to think in the long-term. We want them to realise that actions have consequences.

I have a six-year-old son, and he like, most six-year-olds has a pretty nar-

row and short-term outlook on the planet. It's hard to convey to him that his actions today will have repercussions later in his life. I mean, he isn't great at thinking beyond Tuesday. But what we can do for our children is separate politics and fear from environmental issues. Condense climate change into simple, singular concepts, like waste or deforestation. If we present it in a problem-solution scenario, it becomes easier to grasp, and less likely to terrify them.

Waste is a problem. Let's reduce our waste. More waste, more problems. Less waste, less problems. I told my child, if I put one empty box in your room, you still have space. If I put one hundred empty boxes in your room, you'll have less space. The same applies to the world at large. Instead of making more waste, let's reuse resources we already have. Don't buy a 'dabao' box in a restaurant, instead bring one you already own. That he can understand, along with the fact that our garbage has to go somewhere, as he helps me carry out the trash. If we use our boxes from home, we don't need to carry them outside and stuff them into an already brimming dustbin. It's a pretty chill way of explaining this environmental issue.

However, children are often by nature, self-oriented. We can't expect them to act entirely selflessly, and we must understand how difficult it is for children to sacrifice their impulses for the greater good. I suppose the goal would be solidifying a rudimentary concept of sustainability in their consciousness while they are young,





tivated by the sheer versatility and mysticism of the straw. Straws are Harry Potter wands, straws ward off evil unearthed from the depths of Mordor, straws are currency. Like, hey man, I'll give you four straws for that Pokemon card.

Getting my kid to not use a straw is tough. When we're at a restaurant, and I'm like "Dude, you don't need a straw. We don't use them at home, why would we use one here?" He just gives me one of those head-titled sarcastic smiles. Like a full forty-degree head-tilt. So, I ask, "What do you think will happen to your straw?" I try to give him some perspective. "There are a lot of people in this restaurant. If everyone puts a straw on the table, will it end up in a big pile of straws or a small pile? How many people will use straws tomorrow? Where will that pile of straws go? In the garbage? Is that a lot of waste or a little waste? You have to teach your child to question themselves, question their actions. I know it may not seem like using a straw at dinner would make a difference, but even the little things

so even if they're not actively living an eco-friendly lifestyle, they at least understand its importance.

Recycling, reusing, and reducing waste are simple general habits. This may be an easy switch for any parent, but for children to follow and imitate this habit, we as parents have to lead by example. Our children need to watch us actively request less packaging, recycle our waste, reduce our waste and not over order food. These actions need to be ingrained into their consciousness in order to become less passive about the environment, and environmental actions. Our children need to see us actively help the planet, so we can lead-by-example. However, that is always easier said than done.

Now here's the thing...

I don't understand the appeal of plastic straws. I just don't understand them. I'm a grown man, why would I use a straw? But for my kid, straws exist far beyond the realm of cranberry juice.

Straws are swords, straws are nunchucks, straws encompass the entire Ninja Turtle arsenal. My kid's love affair for straws has endured unceasingly for the past five years. Since the days of his first sippy cup, he was cap-

In order to help our children develop environmental awareness, we first need to teach them to think in the long-term. We want them to realise that actions have consequences.





add up, and any effort is still better than no effort. Either way, it still helps them understand that their actions and the actions of people around them have consequences.

The same applies to toys, like little trinkets, or anything you find in a kinder egg or at some random corner shop toy store. Consequently, I discourage trinkets. Like "Nesta. I know you see it, and know you want it. But in two days you'll stop playing with it, and it's just going to end up under the sofa or in the trash".

Obviously, we make concessions, it's an integral part of parenting. Hence, we have to ask, what sustainability principles should we realistically enforce on our children, and what should we expect of them? That's hard to answer as every parent has a

different approach. As our children will meet plenty of people who have zero environmental awareness or empathy, it will lead them to question their standards and role in society and the fairness of the world. Why is it my responsibility and not theirs? "Why does he get a straw and I don't?" I often tell my child "You're right, he does have a straw. But you know it's going to end up in the garbage, and you know it creates unnecessary waste." I help educate my child, help him understand the effects his actions and habits cause if he were to use a straw, he would be harming the environment, an action that cannot be fixed.

Another big concern for me is food waste. My children's a picky eater, and as a result ends up wasting a lot of food. I find that educating him





about food wastage is both a matter of appreciation and importance. I hope I can raise him with enough humility to appreciate the food on his plate and understand how other people have far less. Additionally, I want him to associate food with its production. When he eats chicken, I want him to understand that it was a living animal. It died so you can eat it. Wasting it, essentially means that it died for nothing, and that's not cool. Buying our meat in homogenous plastic packaging, makes it hard for

children to associate meat-as-a-product with meat-as-an-animal. They see a chicken breast all wrapped, and understand it as an ingredient. Fair enough. But forging the connection between product and production, can help our children understand food as more than just a commodity, and instead respect and be thankful for the food they are provided. While this is less of an issue on sustainability, this teaches children that food is finite, many don't have it, and countless actions were taken to produce it - so don't waste it.

"There are a lot of people in this restaurant. If everyone puts a straw on the table, will it end up in a big pile of straws or a small pile? How many people will use straws tomorrow? Where will that pile of straws go? In the garbage? Is that a lot of waste or a little waste?"

You have to teach your child to question themselves, question their actions.

Generally speaking, it's easier for our children to grasp tangible concepts, and in terms of sustainability, "waste" is a pretty easy starting point. As their environmental consciousness grows along with them, they'll hopefully develop the capacity to integrate larger ideas. Things like their carbon footprint, alternative energy, climate change, and rising sea-levels. And once they begin thinking of long-term actions, this is when we can further encourage their actions to reflect that. But I guess for right now, even just foregoing that straw is a pretty good start. Stay green, y'all. **SF**



When I was 18, I had just finished high school. I had a pretty good set of A Levels, and thought I knew a lot about the world. Until I was asked, not 'what do you want to be when you grow up' but, 'why do you want to do that?' The question totally floored me. I realized I actually had no clue at all what I wanted to do. Every time I had previously been asked this question, I would blurt something out about wanting to be a psychologist, or an author, or, who knows what else. But when it came down to it, I didn't know why I wanted to be any of these things, or even if I did at all.

This led to a massive spiral and general freak out. I realised that not only did I have no idea what I wanted to do

when I grew up, I also didn't know what I wanted to study at university. I didn't know who I was as a person and my only experience of the world was my tiny corner of the UK. I grew up in the West-Country. It's beautiful, but it's a bit of a backwater.

So, there I was, completely confused and turned around. I sat with my parents at my kitchen table and calmly told them that I was going to defer my university offers (five unconditional, I don't want to brag, but I was a smart cookie) and I was going to go travelling. My parents calmly smiled back at me and told me that was amazing, and I would love it, but how was I going to pay for it?

Thus, began the most formative year

of my life.

First step earn money. I got a job in a crappy local hotel where I worked split shifts, six days a week. I was at work from 7 am until 11 pm SIX days a week. It was insane. I earned minimum wage and cleaned toilets, made beds and waited tables (washing hands carefully in-between I promise). I crashed around the countryside in a beat-up Nissan Micra called Mimi and spent no money. I saved as hard as I could for as long as I could.

Eventually, I had enough saved up and I headed off for an adventure. For most people who grew up in Shanghai, it's a pretty tame adventure. I went to New Zealand, Australia, China and Thailand, and for a girl



**Taking a gap year can be the best thing you ever do...
if you're smart about it** *By Claire Lily Squire*



from the West Country, this was huge. Not only did I travel halfway across the world, but I also did it with no help and no plan.

Throughout my journey, I made heaps of mistakes. I got lost more times than I could count, I drank too much, I even briefly lived in a squat. But I also met the most incredible people, experienced different cultures for the first time in my life, and most importantly I learned how to stand on my own two feet. I discovered how to travel by myself, how to travel around a city I didn't know, how to save money and budget.

My year and a bit of working and travelling taught me to love the person I am, and to look forward to the person I was going to become.

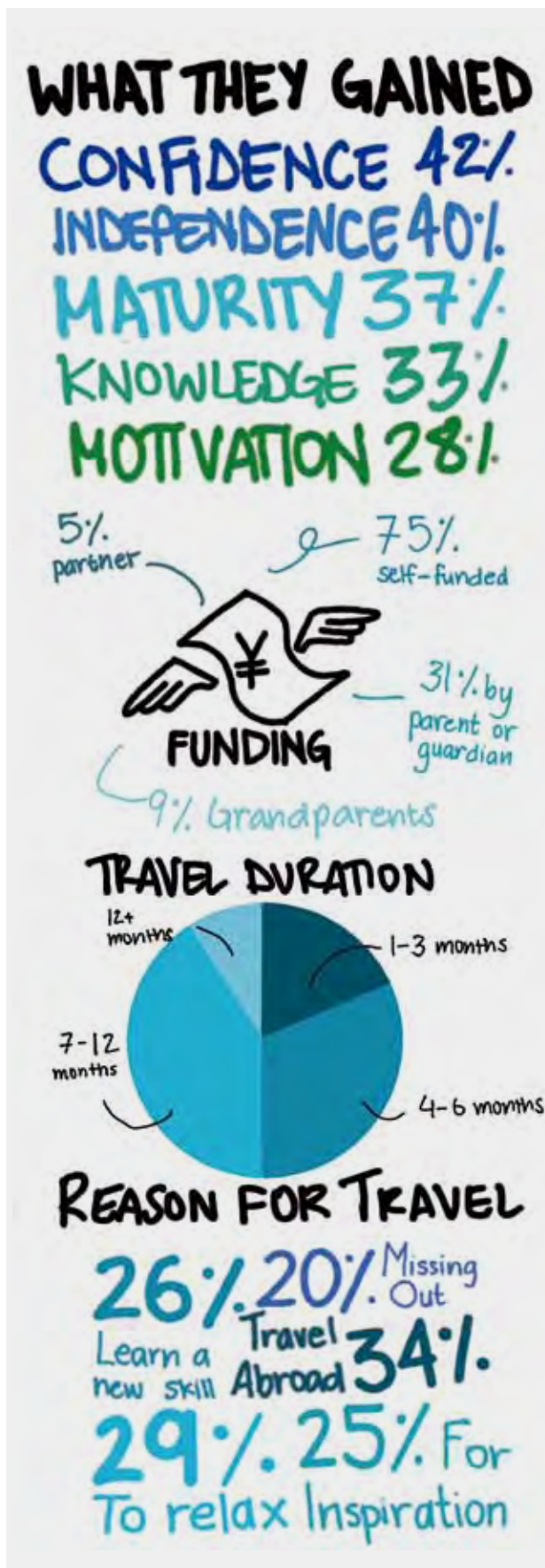
I fell in love with writing and realised that was the future I wanted to peruse. I turned down the university offers I had, all of which were to uni-

versities in small towns, and I applied again. I applied to schools in big cities that would give me room to grow and discover myself. I went to study the thing I loved and I did well at university.

Working teaches you the value of money. It also teaches you that work is hard, especially if it's not something you love. And travel teaches you that there are so many ways to live a happy and fulfilled life.

For me, a gap year was the single best decision I could have ever made. I know it's not the same for everyone, but it's something I stand by. Consequently, I know I will encourage my children to take gap years. I shout my mouth off to anyone who is about to graduate that they should take a year off. I give unsolicited gap year advice left right and centre.

For many recent high school graduates, gap years have been forced





upon them. This year has certainly not been the year most of us were expecting. 2020 has been stressful, to say the least. Many universities have now moved to online learning, so lots of kids have chosen to defer for a year and are now faced with an unexpected gap year.

This has more of an impact than you might think. This means next year's university classes are going to be jam-packed with students. When this bumper year graduates, they are all going to be going after the exact same jobs. Graduate jobs that aren't totally awful are already highly competitive. They are going to need something to give them an edge.

This is where a gap year can be really helpful. It gives you the time and the

freedom to pursue things outside of school that will really improve their time at university and help them get a job afterwards. Using this time smartly isn't always as easy as it sounds, the temptation to spend a year on the sofa is a strong one.

There is more you can do than just work and travel though. So, this is my advice to you gap year kids.

Getting an internship is a very solid option. So often when you're young you have no idea of what it would be like to work in your preferred industry, but you have zero hands-on knowledge. This means you actually have no idea what it's like. Getting an internship is an excellent way of gaining insight. It means you can walk into the workforce with a good idea of

It gives you the time and the freedom to pursue things outside of school that will really improve their time at university and help them get a job afterwards

what you're getting yourself into. And more than this, you will also have something to put on your resume and (hopefully) good letters of recommendation that you can take with you into an interview. You need to remember that you are going to be going up against every other graduate when you're applying for jobs.

Internships are all well and good, but they are rarely paid. And if they are paid, it's often a token amount. Getting a job waiting tables (visa permitting), or cleaning, or working in a bar is a great way to get some perspective on how the world actually works. You need to work hard to earn money, and work isn't always fun. No one starts out at the top and starting out at the bottom is character building. For me, it taught me exactly what I don't want

from a job. I can't bare repetitive tasks and I really hate cleaning. I'm also always kind to restaurant staff and hotel maids and tip very generously. I know what it's like from the inside.

Travel is, in my opinion, the best thing you can do. I've already harped on about this a fair bit but seeing parts of the world you have only ever read about or seen on TV is food for your soul. You can travel just to experience new things, or you can be more structured about it. Have you always wanted to speak Spanish?

Then move to Spain. Always wanted to learn Finnish? Then off you pop to Finland. The world is literally your oyster.

For some people work, internships, travel, is just not an option right now. That's totally fair. So, start thinking about what skills you want to acquire. Learn a language with a tutor at home (who doesn't need to improve their Chinese). Or why not learn to code, there are heaps of courses here in Shanghai. Pick any skill you want to learn, find yourself a

For some people work, internships, travel, is just not an option right now...So, start thinking about what skills you want to aquire. Learn a language...

teacher and go and learn it! I would recommend figuring out different computer programmes, things like photoshop, illustrator and CAD will make you look like a hero in your future employers' eyes.

There are also soft skills you can work on rounding out. If you're a shy person who isn't naturally good at presentations, then why not join an improv group? It will massively boost your confidence and teach you to learn to read people. Want to improve your communication skills? Then go and do a storytelling workshop. The options are limitless.

There are also practical things to work on. Do you let your parents or your Ayi cook every meal? If you don't know how to cook pasta or do '100 ways with beans' then you are going to run into serious problems at university. Cooking is a life skill and it's essential. You can also start pitching in with the cleaning at home or learn to drive. As you set off to a new place to study you are going to be waving goodbye to your parents, but also your driver, your Ayi and your Didi account.

Make sure you make yourself a plan. Set clear goals and deadlines for things you want to work on, and go work on them. Hold yourself accountable and hit your deadlines, because when you're at university no one will do this for you.

I know I probably sound like an old person sat in their armchair smoking a pipe and preaching at you 'whieeeennnn I was youuuur ageeee'. But seriously, I know what I'm talking about I promise. I'm old enough to know stuff and young enough to remember what living it was actually like.

I wish you all the luck in the world - and email me if you're looking for an internship. **SE**





Worcester Polytechnic Institute

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 Worcester Polytechnic Institute, USA.

University Website: www.wpi.edu

Institutional Type: Private

Location: Worcester, Massachusetts, USA

Average Cost of Attendance for international students (including tuition, room and board, etc.): Tuition is \$72,384 per year.

Requirements to be accepted at the Worcester Polytechnic Institute GPA/ SAT/ACT/IB/A Level Score Range: GPA – 3.92; SAT – 1310 to 1480; ACT – 28 to 32; IB – 33 above; A-Level – not tracked, but typically A*, A, B.

English Language Requirements (DET/TOEFL/IELTS): TOEFL or IELTS for non-native speakers, exemptions can be requested if high school education is conducted in English. DET is accepted as a supplemental form of English proficiency but does not currently replace TOEFL or IELTS.

Are merit or need based scholarships available for international students?

Yes, international admitted students are automatically considered for merit-based scholarships up to full-tuition. WPI also offers need-based aid for international students, but as we are need-aware, students must submit the CSS profile at the time of application. The maximum financial package will be full tuition, so all applicants are expected to demonstrate ability to pay at least the cost of living on their CSS profile.

List the programmes that the university is most known for, include any special programmes to highlight?

WPI is known for being the first university in the US to offer a degree in Robotics Engineering. Their computer science major is well rounded, and offers the highest-paying jobs after graduating. They also have a course titled Interactive Media and Game Design, along with various engineering courses.



What percentage of graduates go to graduate school after graduating?

About 30% of our graduates attend graduate school.

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

International Student Pre-Orientation occurs a few days before New Student Orientation - international students attend a variety of social and professional events, learn about international student life and expectations, and work closely with their international student mentors to get ready for WPI.

What percentage of international students find post graduate employment within the United States?

On average, roughly 95% of international students have found a professional position or are enrolled in graduate school within 6 months of graduation.

Are the names of a few major companies who recruit students from your university?

WPI alumni have gone on to work in companies such as the Walt Disney Company, Amazon Robotics, Salesforce, Boston scientific and Dell. In China, they work with Huawei, TenCent, IBM, Apple, Lenovo, and TuSimple among others. [SF](#)

How strong is your alumni network throughout Asia?

WPI has a strong alumni network in Asia dating back to the early 1900s. In 1914, Yi Chi Mei graduated from WPI and went on to found Tsinghua University, which is still connected with WPI today. WPI hosts more than 10 Project Centers within Asia, where our students work alongside our Asian partners to solve real-world problems and demonstrate an impact to the local community. WPI also has 3 alumni chapters located throughout Asia in Hong Kong, Beijing, and Bangkok, where alumni receptions are regularly held. In addition to these in-person events, our Asian alumni stay connected to WPI over group chats on platforms such as Wechat, and Whatsapp, and through our online WPI alumni networking community - TechConnect.

Please provide a brief description of the type of student who thrives in your university setting.

WPI is a leader in project-based learning so our best students favour collaboration over competition, and enjoy learning by doing.

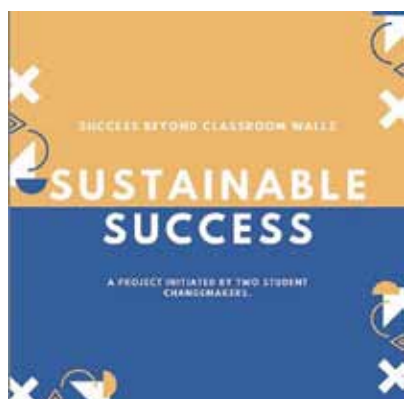
Has the university announced any adjustments to the admissions process as a result of Covid-19 for the upcoming application cycle?

WPI has been test optional for over a decade, and was the first nationally ranked STEM school in the US to drop the SAT or ACT requirement over 10 years ago. WPI is willing to be flexible given different grading and examination systems that will be used this year.

What percentage of graduates go into the workforce within 6 months of graduation?

Typically, about 70% of our graduates go into the workforce within 6 months of graduation.





just made sustainable living a whole lot easier!

By Lee Anne Lavender

The initiatives pushed the students to work face-to-face with others to create changes within our community

In the spring, students of Concordia's Global Development Studies (GDS) class were faced with a tremendous challenge. How could they imagine what they had learned about the United Nations' Sustainable Development Goals (UNSDG) into an online world?

This course was created to teach Concordia students the 17 sustainability principles established by the United Nations. During the course, students are taught the 'what' 'why' and 'how' of each goal, as well as tasked to create an environmental action plan we can conduct in our communities. These action plans have produced many powerful initiatives

that have pushed Concordia to become more environmentally friendly. Some examples of their actions include discovering sustainable practices and alternatives for the school's trash and single-use take-out delivery system, serving migrant workers in Shanghai, and partnering with local organic farms and schools around Shanghai. The initiatives pushed the students to work face-to-face with others to create change within our community.

This year, when the students realised they would be using an e-learning platform for a longer time, the class faced a dilemma. How could students still engage in a meaningful

work without the ability to engage face-to-face? The students rose to the occasion, using online tools and platforms to channel their passion for change in creative and meaningful ways.

Here are some initiatives our GDS students accomplished:

Angie S partnered with a local school and designed an online course for Chinese students. The course introduced sustainability and the UN's sustainability goals including SDG 4 (Quality Education) and 16 (Peace, Justice and Strong Institutions). She produced her own videos, curated resources, synthesised an incredible

amount of information. She worked hard to make it accessible for more local students as she believes learning and growing comes from exploring.

Isabel C launched a two-part 'Choose Love' campaign to foster dialogue and action based on love, acceptance, and hope. She delivered notes of encouragement to 60 neighbourhood homes during quarantine. In addition, she launched a successful Instagram campaign that encourages others to value humans equally, and not let race, gender or sexual orientation affect acceptance or opportunity.

SUSTAINABLE DEVELOPMENT GOALS



Katia B worked with the school's Global Issues Network club, with whom she created a group called, Every Drop Counts.

Katia B worked with the school's Global Issues Network club, with whom she created a group called, Every Drop Counts. She partnered with Charity Water, an inspiring NGO that is committed to bringing clean water and sanitation to communities in need around the world. She initiated an indirect service for a campaign to raise \$2020 for Charity Water that would help bring clean water to hundreds of people, with an impact resonating for years.

Lillian F teamed up with classmate Anita F to create an initiative called Sustainable Success. The project was envisioned to help students at Concordia create a balance in life, establish priorities, do meaningful work, and promote personal wellness.

Lillian hosted zoom sessions for peers about mental wellness topics, such as combatting loneliness and zoom yoga sessions. Lillian and Anita made videos for their YouTube channel, created their very own Instagram account, and even contacted service learning guru, Cathy Berger Kaye, to see how they would be able to share their resources with a more global audience.

As a diver who has participated for

several years in an annual reef conservation project in Thailand, Hayley H is a dedicated environmentalist. For her GDS initiative, Hayley created video lessons about ocean conservation for middle school learners. She consulted middle school teachers, curated resources and made videos for the students.

Sophie Z and Hannah L were captivated with ideas related to capsule wardrobes and tiny houses. They produced vlogs and Instagram posts to spread awareness about sustainable living. They interviewed d'Arcy Lunn of Teaspoons of Change to incorporate his ideas into their content, hoping it would help their peers make evaluate their choices and make more sustainable ones.

Yena S was inspired by GDS students last year that served the children of migrant workers in Shanghai. This prompted Yena to raise funds, and partner with fellow students from the service group Reading Hope to curate several boxes of donated books.

Our student's combined efforts have made an incredibly positive impact in communities in and outside of Shanghai, helping make the world a more sustainable and eco-friendlier place.

"Although we are young, we can remind our parents to pay attention to their everyday habits. A little change means a lot."

"An Eco Future = a smiling earth."

"An Eco Future must be a clean one. We all need to work together to make this possible."

This year we invited students from across China to take part in a speaking competition. The competition focused on an 'Eco Future'. Each student presented their ideas and concerns about the environment, and how they would like things to change to ensure we all live in an eco-future.

"As a human being, we should speak out loudly for the animals, especially those near the edge of extinction."

"Painting the future we want to see with our crayons, then practicing in our daily life.."

"What we eat matters, it's not just for ourselves, but for the ocean, and the planet."

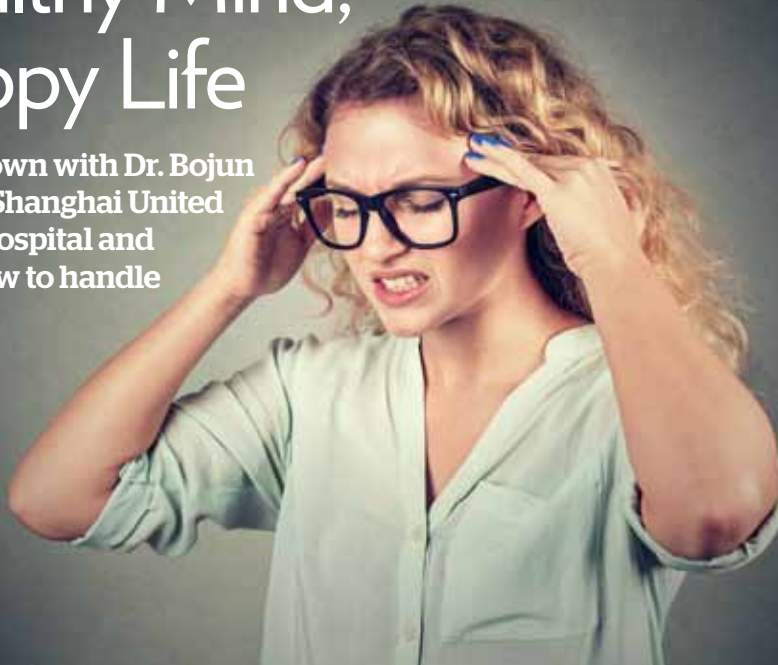
"Garbage sorting is a practical way of building a beautiful city."



Scan the QR code to watch the Kids Talk video at shfamily.com

Healthy Mind, Happy Life

We sat down with Dr. Bojun Hu from Shanghai United Family Hospital and asked how to handle anxiety.



Anxiety, nervousness, and tension are mental and emotional states that you have either heard of or experienced. If you suffer from anxiety, understanding it is the best way to deal with it.

Anxiety is a 'fight-or-flight' response. It's a rush of adrenaline that's meant to help us in stressful situations. However, constant anxiety is not good for anyone, and can be both physically and emotionally draining.

What is Anxiety?

Anxiety is your body's natural reaction to the unknown. Mental and emotional symptoms include feeling stressed or worried. Physical symptoms can include rapid breathing, fast heart rate, sweating, fatigue and a sense of dread. More severe anxiety symptoms can include intense panic attacks. In moderation, anxiety is not a bad thing as it gives energy and pushes us to confront our fears.

What's the most likely cause of anxiety?

There are many possible causes of anxiety, including external factors, such as stress from work, school, relationships, and trau-

matic events. Anxiety can be a result of health conditions such as heart disease, diabetes, respiratory disorders (asthma), and drug misuse. Generally, it is caused by anything that challenges or overwhelms the person's bodily and emotional systems.

What type of therapy might help?

Understanding your fears can help you process them. Dynamic therapies including Relational Therapy and Emotion-Focused Therapy can help you understand on a deeper level what it is that you value and need, and are afraid or anxious of losing.

Cognitive Behavioral Therapy (CBT) and Exposure Therapy are effective for anxiety. CBT focuses on understanding and gaining perspective. During exposure therapy, you would be gradually introduced to the thing you fear so that you can overcome the fear.

Would medication help?

In severe cases, medication can be prescribed to help patients manage symptoms of anxiety. Selective serotonin reuptake inhibitors (SSRIs), Benzodiazapines (e.g. Ativan & Xanax), and Beta blockers will help provide relief, but they are not a cure; ther-

apy is recommended alongside medication to discover and manage the root causes of anxiety.

In addition to treatment, are there any steps people can take at home that might help?

- **Find time for yourself** Shanghai is a hectic and fast-paced city. Carving out even 15 minutes a day can help you to relax and unwind. Why not try meditation? Exercise is also helpful, it triggers the release of serotonin in the brain, the chemical that stimulates positive emotions.
- **Get off social media** Studies show that time spent scrolling through social media posts increases anxiety, as this triggers unflattering comparisons between real life and the idealised, curated lives we see online.
- **Focusing on the process, not the outcome** Instead of having rigid and high expectations for yourself, your work, or people close to you spend time being grateful for what you have or have done. Focus more on the process than the results.
- **Have a conversation** Make an effort to talk to someone in the real world - friends, family, or a counsellor. We all need to feel a sense of belonging and safety from fear, and that starts with making a commitment to spend more time with the people we love. **SF**



Dr Bojun Hu

Dr. Hu has over 10 years of clinical experience practicing psychology. She worked as a therapist in hospitals and outpatient mental health clinics in the US, including through appointments as clinical supervisor and consultant. She now practises at United Family Shanghai.

United Family Healthcare

Phone: 400 639 3900

Website: shanghai.ufh.com.cn



ask the pro

Help! My Teen is Going Vegan!

'Mum, Dad, I'm going vegan.' Words that are bound to worry any parent. Is going vegan going to put your teen's health at risk? We sat down with Dr Katrin Lee, a certified dietitian in the Nutrition Department at Jiahui International Hospital and asked for her expert opinion on teens going vegan.

A recent survey showed that 26% of millennials in the UK are vegetarian or vegan. Veganism is becoming a more popular lifestyle choice. Making sure your child stays healthy is your number one priority as a parent, but so is keeping them happy. If they have their plant-based heart set on veganism, should you stop them?

Is a vegan diet suitable for children or teens?

Contrary to what many people believe, vegan diets can be healthy and appropriate for teenagers. Vegans are able to receive enough calcium, iron, and protein with just legumes, fruits, vegetables, nuts, seeds, and whole grains as long as you consider that the nutrients they would be getting from meat and animal products need to be replaced.

Start by booking an appointment with a dietitian to make sure both you and your teen understand the full health implications of a vegan diet. More importantly, a nutrition professional can provide a personalised meal plan ensuring your children receive all of the nutrients needed at their specific age range by incorporating children's lifestyle behaviour and physical activity level. If your teen understands that eating pulses (which includes all beans, peas and lentils) regularly is essential for


vegans, they aren't going to argue when you slap beans on the table for the fourth time that week!

Will my child get enough protein?

Protein seems to be a big concern when people want to go vegan. Protein is found in all foods, but especially meat. If your child is going to swap out meat and eggs for vegan alternatives, make sure they are eating copious amounts of beans, legumes, tofu, nuts, whole grains, etc. in their daily diet.

Will my teen get enough energy from their diet?

A vegan diet could have fewer calories than others. The number of calories a child needs varies, but a dietitian can help you calculate this accurately. Some healthy options to complement their diet could be healthy fats like nuts, nut butters, avocado and whole grains like granola, but these should all be eaten in moderation.

People, even teenagers, have the right to decide what sort of lifestyle they want to lead, and diet is a big part of that. Talk to your teenager, do your research and meet with a dietitian. Veganism will work for teens, but it does take care and careful planning! 

Start by booking an appointment with a dietitian to make sure both you and your teen understand the full health implications of going vegan.



Dr Katrin Lee

Originally from Hong Kong, Katrin obtained her Masters in Clinical Nutrition and Bachelors in Nutrition and Food Studies from New York University, with certification of United States Registered Dietitian, New York State-Certified Dietitian/Nutritionist, Chinese Health Bureau Certified Dietitian and Chinese Nutrition Society Registered Dietitian.

Jiahui Health

Phone: 400-868-3000

Website: www.jiahui.com/en/



When I walked into the Zero Gravity studio on South Shaanxi road, I wasn't quite sure what aerial yoga even was, much less what I would be learning during an one-hour trial class for beginners with teacher Lu Chen. This gravity-defying combination of yoga, dance, pilates, gymnastics and acrobatics by far exceeded my expectations.

Aerial yoga, also referred to as aerial fitness or aerial hammock, first appeared on the fitness scene as recently as 2014. It is now being practiced and taught all over the world, including right here in Shanghai. Essentially, it is yoga asanas (poses) reimagined into an aerial form, with the use and support of a suspended silk hammock. Using the hammock allows for a greater range in flexibility and improved strength, but without the added pressure on your spine, shoulders or head that might occur

while solidly planted on the yoga mat. Think yoga times ten, but in effectiveness, not difficulty. The best part? You don't need to be a highly seasoned yogi to reap the benefits of this emerging form of fitness, or to pull off some pretty impressive and Instagram-worthy Cirque Du Soleil-esque poses.

So, what are the benefits of aerial yoga?

- Improved flexibility - the silk hammock allows you to improve poses without the pressure. It offers greater freedom of movement, depth, and effectiveness to your stretches.
- Strength - while you're focusing on nailing the poses and tricks, your muscles, especially your upper body and core, will be working overtime to help you reach, maintain your balance and stabilise your weight in the hammock.

Aerial Yoga

Flying high in pursuit of holistic wellness

*By Melissa Dawson
Photos Courtesy of
Victoria Cheah &
Ahanaa Puri*





- Decompression of the spine (and other joints) – the weightlessness and chance to perform supported inversions releases stiff joints, improves mobility, increases blood flow, and can even relieve back and shoulder pain or chronic tension. One of the best things about aerial yoga is that it's zero impact.

- It counts as cardio – While most people think of toning and increased flexibility, aerial yoga also burns just as many calories as an hour of intensive power walking, getting your heart and lungs pumping. It may look pretty and effortless, but you're definitely working hard.

- Better Focus – aerial yoga forces you to be present in the moment and be aware of every sensation along with your surroundings. Being suspended and introduced to challenging, new situations helps you focus entirely on your body and how it moves.

- Zen – just like traditional yoga, the aerial form makes use of the same soothing asanas (poses) that bring mental balance as well as physical. Yoga in all forms is meant to improve emotional, psychological and even spiritual health. Not to mention, ending in savasana, weightlessly suspended in a gently swaying hammock cocoon with soothing music in the background is the definition of pure bliss.

- Endorphins – need I say more? Aside from a great workout, the simple satisfaction of being able to look back and say "Holy bananas, I DID that" is gratifying in itself. You'd be surprised at the amount you can accomplish in the air.

Dress to sweat, with comfortable and stretchy athletic wear – but nothing too loose. Leave the jewelry at home, and be sure to bring plenty of water, you'll definitely need it. Be sure to communicate with your instructor about any previous injuries or other conditions which may affect your participation in the class, as they will be able to offer modifications to the flow. Expect to sweat (a lot!) and feel it in your core (read: all over!) the next day.

Expect to be flipped upside-down. While this could be a cause for concern, or seem inherently terrifying, don't worry. Aerial yoga itself is highly adaptable to suit all levels of fitness from complete beginners to serious yoga students, so you will definitely be able to find the right flow for your needs. Lu at Zero Gravity studio is amazing at discovering your particular strengths and weaknesses, working within your limits and pushing you just beyond your natural comfort zone. The studio offers group aerial classes and Lu also provides private lessons, so there are options to suit everyone, whether you're interested in simply trying this novel workout experience (bring a friend!) or in dedicating yourself to more serious fitness goals.

Have faith in the hammock. It WILL hold you. Learning to trust the hammock, as well as your own body, is an integral part of the anti-gravity experience. While aerial yoga may seem like an intimidating choice of exercise, it is also exciting, challenging and incredibly rewarding. This latest trend in fitness is well worth the hype, so check it out, enjoy the benefits, and get to posting those Instagram-worthy moves. **SF**

Ready to swing right into the studio and give it a try? Here is what you can expect from an aerial yoga session. First, prepare for a serious work out.



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

Spotlight On:

Wukang Road

By Johan Prozesky

District: Xuhui

Cross Streets: Middle Huaihai Road and West Fuzhou Road

Nearest Metro Station: Jiaotong University, Line 10 & 11, Exit 7



In 1897, John Ferguson, a devoted educator at Nanyang Public School (now Shanghai Jiaotong University), used his own money to build a road to make it easier for students and colleagues to get to his school. In his honour, the road was named Route Ferguson. Although it was renamed Wukang Road in 1943, many locals still know it by its original name. The memory of this remarkable man lives on in Ferguson Lane at No. 376 Wukang Road, where a collection of trendy restaurants and shops are to be found.

Now a short, elegant street with modern eateries and boutiques, Wukang Road is still dotted with no less than 37 officially protected stately build-

ings from different architectural styles. Some of these are open to the public. A canopy of lush foliage from characterful plane trees cover the road in the warm season. The buzzing mood is strangely tempered by a feeling of serenity, probably brought on by the dignity of the historic buildings.

Numerous celebrities have called Wukang Road home over the years. Arguably the most famous site on the street is Wukang Mansions, shaped like a ship, at the southern end. Many visitors pause there, and in front of other famous sites, to take photos. What else would you expect in a street with its own tourist information centre? Check it out at No. 393.



- ▲ 1. While exploring the street, take a break at **Pistachio** with a cocktail or a glass of wine, along with high quality Italian food. If the weather is not on your side, their spacious interior is pleasant and welcoming. If you are not very hungry, try their unique snack menu with paired wines. And please let us know if you find a place with better soufflés! No.378 Wukang Road; Tel. 0215410 9852



- ▲ 2. Probably one of the trendiest wine shops in Shanghai, **Pudao Wines** boasts around 900 wines from around the world, some of which can be enjoyed by the glass. Why not do just that with friends on their cozy terrace? Join their informative tastings every Wednesday, or arrange a private tasting in their tasting room. They count Liu Fei Fei, famous knowledgeable sommelier, amongst their staff. Consider adding something special to your next corporate event by inviting them to offer a tasting at your place of work. House 102, No. 376 Wukang Road; Tel. 021 6090 7075



▲ **3.** Bespoke tailors are found all over in our beautiful city, but have you considered visiting a bespoke shoe-maker? **Perfetto Handmade Shoes** stay with changing trends for ladies' and gents' footwear and leather bags. Maybe shortly you will have to sadly part with that favourite old trusty pair - let them revive it and copy it for you. Select a style from their broad range, or they can personalize your style and kit you out with something utterly unique and individual. No. 115 Wukang Road; Tel. 02152047205



4. Art photos as wall decorations are growing in popularity, both for homes and offices. Join the trend! Newly opened in Wukang Road, **YellowKorner** Art Photography boasts over 100 galleries in 25 countries, serving a new generation of art collectors by collaborating with talented photographers all over the globe. High quality, limited edition prints, covering different themes, are accompanied by a numbered certificate of authenticity. *Block D, No. 376*

▼ Wukang Road; Tel. 021544879003



◀ **5. LOKAL** has an unassuming entrance opening up to a beautiful outdoor terrace and other indoor and semi-outdoor dining spaces. You may recognize some menu items from other restaurants in the well-established Wagas Group. And true to their general style, they do familiar food well, creating a homely, casual feeling. They also offer their own unique menu items, like their My LOKAL Burger. They have a separate brunch menu, and offer excellent baked goods. Don't be surprised if you notice that many diners order the roast chicken - find out why. And don't miss the ice cream window. No. 202 Wukang Road; Tel. 02154665890 **SF**



The New-ish Delish

There's a lot of competition these days to be the new 'it', 'cool', 'uber hip' food hangout and Shanghai is a city that never disappoints. Check out our favourite new spots!



O'Mills - New Location

Hopefully you'll be familiar with the original location of O'Mills on Yongjia Lu, perhaps Shanghai's only true sourdough bakery. Their new restaurant is a more grown up version, taking a fresh turn in the menu. Not only elevating many of their dishes but now pairing them with an extensive list of wines, almost all of them "natural" from all over the world.

The highlight of the evening was the rillettes served with sour cream and a bag of warm potato bread and the gambas with rice and egg. The flavours somewhere between Scandinavia, France and modern Basque cooking.

Whilst the thought of mall dining especially for a romantic dinner fills many with dread, I would request the corner window table or while the weather is hospitable, the outdoor terrace. What O'Mills have always succeeded in is catering to almost every single possible dietary requirement, and here they do so with finesse and ease, whether it's a snack with a coffee, brunch or even dinner.

Address: Shop S1-02, 03, 1st Floor, South Building, Jing'an Kerry Center, Nanjing West Road
Opening Hours: Everyday 10.00 - 24.00
Reservations: (021) 6289 0217
Price: 250 RMB per person

Galaxy Street

Stumbling down a side alley, we found Galaxy Street, the most graphic conscious barbecue restaurant in Shanghai. The concept is simple and not even that new, chuanr and milk teas. Whilst the food may not be better than any other meat-on-a-stick restaurant, the retro soundtrack from the Spice Girls to Moby and early Madonna is certainly a big draw (at least for me!). The novelty of cooking my own food has still not worn off on me and the childish joy of watching skewers of food rotate whilst sipping a jumbo milk tea with boba is perfect. We ordered a deal through Dianping, 198RMB for just enough food for two with ordering done through a QR code on the table.

Address: 1st Floor, No. 1333, Huaihai Middle Road
Opening Hours: Everyday 17.00 - 24.00
Reservations: (021) 6403 3611
Price: 150-200 RMB per person
Good For: Something, low fuss and light when you're feeling peckish



Bar A Vin

Wine bars seem to be opening up in Shanghai, ten-a-penny at the moment. However, few come with such experienced staff and excellent knowledge as Bar a Vin.

Jeffrey, the owner and former manager of Verre a Vin on Changle Lu. Has created a distilled and improved version of the latter, it's far more social, like spending a bougie weekend in Paris, but with a more inventive food menu.

With any drink that contains tannins like red wine or tea, eating fatty foods like cheese (classic combo) help counter the astringency, pair your vino with the duck confit, a plate of gyoza or the delightful lemongrass sausage. The food here is not necessarily centre stage, but merely the vehicle to allow the wine to keep flowing. You'll have endless excuses to return.

Address: 87 Jiashan Road
Opening Hours: Everyday 18.00 - 24.00
Reservations: 137 6440 5071
Price: 400 RMB+ per person



Fluffy

On the quiet end of Wuyuan Lu, a small but very delicious soft serve ice cream shop opened up before peak summer. You should try the Sublime hami melon swirl with Hokkaido milk, or the local watermelon from Nanhui district swirl with Okinawa salted cheese. 28 RMB for a single flavour or 32 RMB for two swirl together. Without a doubt this is summer's most popular Shanghai soft serve. Get it before it's gone!

Address: No. 1, Lane 165, Wuyuan Road
Opening Hours: Everyday: 08.00 - 22.00
Price: 28-32 RMB per person
Good for: Those with a sweet tooth

Sichuan Restaurant

Climbing the stairs of a back-alley building, through a construction site, past a puppy cafe and then via a pole dancing workshop, you're probably not expecting a hidden culinary gem.

The Cheng Yuping Sichuan Studio is not quite a restaurant but more of a private dining experience where the set menu takes you through a symphony of Sichuan flavours beyond ma and la.

It's perfect for getting together a big group of friends that take a longtime to pin down in the calendar, get the babysitter booked. It's BYO, so bring your favourite bottle or five.

Address: 4th Floor, 368 South Shaanxi Road
Reservations: 13764661314





Radical Recipes

If you've been thinking about how to make lifestyle changes that address the worldwide need to curb unsustainable meat consumption habits, then adapting your favourite recipes using plant-based meat is a great step forward.

By Cindy Kuan

Plant-based meat is no longer just the domain of vegetarians and vegans – the new generation of faux meat is intended to imitate the taste and texture of the real thing as much as possible, so that those of us who include meat in our diets may be swayed to make the swap every now and then. Below are some recipes that incorporate faux meat with common recipes.



Omnipork – Zhajiangmian with Julienned Cucumber and Carrot

Omnipork mimics the texture and “bite” of ground pork fairly well, and has a subtle taste that adapts well to the flavours of whatever it’s cooked with. These qualities make it ideal for use within a sauced-based dish like Bolognese or mapo tofu, in which the other ingredients do the heavy lifting in building flavour.

In zhajiangmian, a Chinese noodle dish originating from the country’s northern region, it’s the intensely savory pairing of doubanjiang (fermented broad bean paste) plus tianmianjiang (sweet wheat paste) that creates an irresistibly fragrant base.

Ingredients

4 cloves garlic, minced
15g ginger, minced
10ml oil
230g Omnipork (one standard pack)
200g dougan, cubed (approx. 4 squares)
15ml Shaoxing rice wine
45g doubanjiang
30g tianmianjiang
15ml soy sauce
350ml water
5g sugar (add more to taste)
3-4 servings noodles of your choice

Toppings

1 small carrot, julienned
1 small cucumber, julienned
2 sprigs spring onions, finely chopped

Heat oil over medium heat. When the pan turns hot, stir in the minced garlic and ginger and cook for 30 seconds. Mix in Omnipork, followed by Shaoxing rice wine, using a spatula to break mixture down into a fine mince. Cook and stir occasionally, until the moisture released by Omnipork evaporates (approx. 4-5 minutes), then add doubanjiang and tianmianjiang.

Stir for half a minute until fragrant, then add water, sugar and soy sauce. Simmer for 10 mins, or until reduced down to a thick, glossy sauce. While the sauce finishes, cook the noodles and prepare the spring onions, carrots and cucumber. Drizzle sauce over cooked noodles and add toppings.



Beyond Meat – Tacos with Chimichurri Corn & Cabbage Slaw

In China, the only product currently available from American brand Beyond Meat is its burger patty, which has a distinctive char-grilled taste. These patties definitely work best in burgers, but can be adapted for use in other dishes that benefit from that smoky flavour and the highly realistic beef-like taste and texture of Beyond products. So, things like chili con carne, or Tex-Mex tacos are perfect. Here’s a recipe for the latter, which piles on even more flavour with garlicky, parsley-packed chimichurri sauce.

Ingredients

5ml oil
1/2 small onion, finely diced
227g Beyond Meat (one standard pack of 2 patties)
3 cloves garlic, minced
5g ground cumin
5g chili powder
3g smoked paprika
3g ground coriander
3g dried oregano
1 pack corn tortillas

For the chimichurri* [make ahead]:

100ml olive oil
30ml red wine vinegar
100ml fresh parsley, finely chopped
3 cloves garlic, minced
2 red chilies, deseeded and finely chopped
5g dried oregano
5g salt
2g black pepper



*Place all ingredients in a jar, screw on the lid, and shake until mixed. Store in a fridge for at least 1 day before making tacos, which allows flavours to fuse.

For the corn & cabbage slaw:

200g red cabbage, shredded
200g corn kernels
100g carrot, julienned
3 sprigs fresh coriander, chopped

Sauté minced onion in oil until translucent, then add Beyond Meat, use a spatula to breakdown mixture into a fine mince. Cook and stir for 4-5 minutes, allowing moisture from Beyond Meat to evaporate until the mixture begins to brown. Add chopped garlic, cumin, chili powder, paprika, ground coriander and oregano, and stir for another 3-4 minutes, or until mixture browns evenly. Set aside.

Toss shredded cabbage, corn kernels (fresh is best), carrots and fresh coriander with a few spoonfuls of chimichurri. After heating the corn tortillas, top them with Beyond Meat mixture, corn, cabbage slaw, avocado slices (optional) and a bit more chimichurri (according to personal preference).



Z-Rou – Miso-Ginger Meatballs with Sriracha Slaw

Z-Rou packs a pleasant umami punch and with no chemical-like aftertaste (which some people notice with other brands). It also browns very well, forming a thin, crunchy coating with a nice toasted flavour to it - perfect for pan-fried meatballs. Pair these miso meatballs and sriracha slaw with brown rice and vegetables, or spoon into a baguette with coriander stems and pickled radish for a take on Vietnamese banh mi.

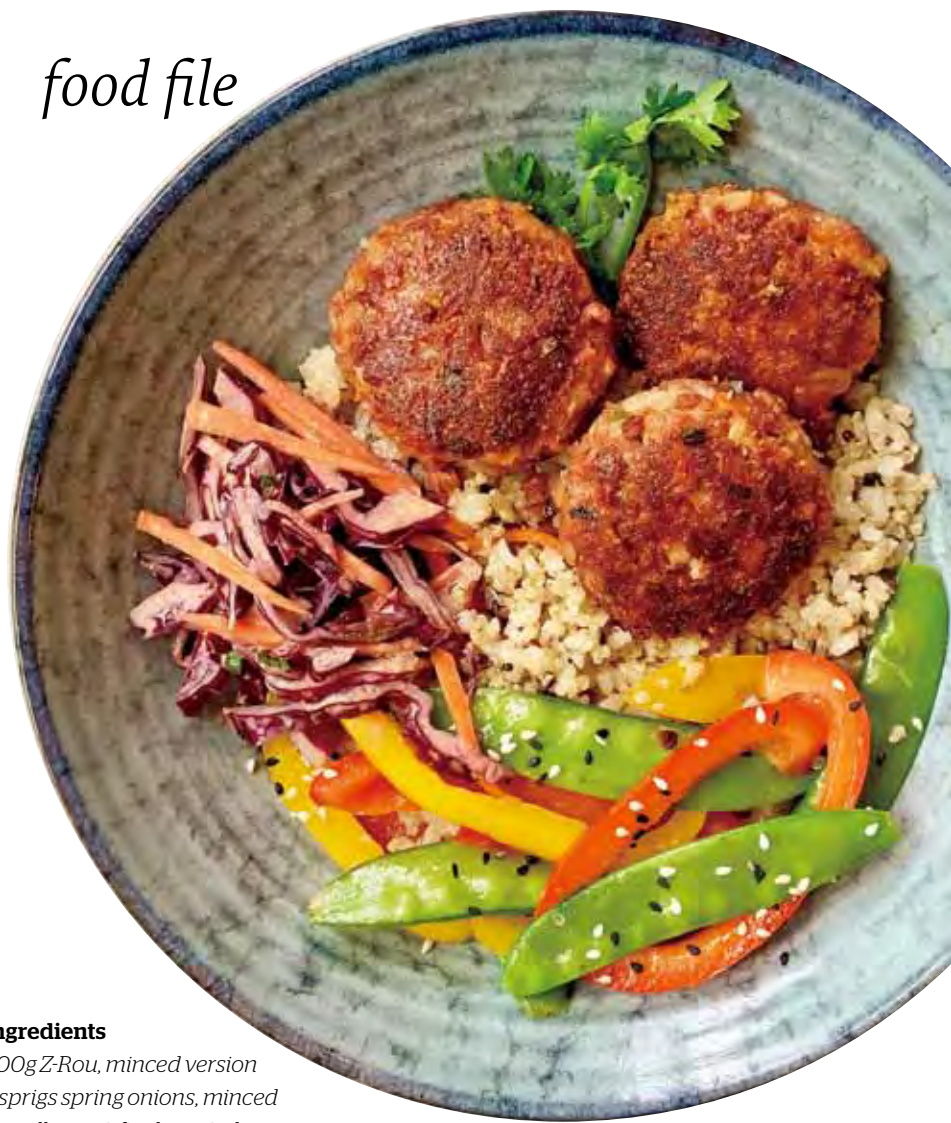
Ingredients

500g Z-Rou, minced version
3 sprigs spring onions, minced
1 small carrot, finely grated
20g ginger, finely grated
15ml sesame oil
10ml mirin (Japanese sweet rice wine)
40g white miso paste
For Sriracha mayo slaw:
200g red cabbage, shredded
100g carrot, julienned
1 sprig spring onion, finely chopped
30g mayonnaise
10g Sriracha (more if you prefer spicier)

Combine Z-Rou, sesame oil, miso paste, mirin, minced spring onions, grated carrot and ginger in a bowl, mix thoroughly until miso is evenly distributed (mixture should be slightly sticky). Form into meatballs, pressing lightly on both sides to flatten slightly

Heat 30ml of oil in a pan on low heat, and place meatballs into the pan when hot. Cook for 4-5 minutes on each side, or until mixture browns to your preference. When finished, place on paper towel-lined plates and allow to set for 3-4 minutes.

In a small bowl, mix mayonnaise and sriracha, then toss with red cabbage, carrot and spring onion, mix thoroughly.



A Maritime Adventure to Yellow Dragon Island

Explore a tiny treasure island in the East China Sea *By Sam Braybon*



family travel

Shanghai's a coastal city. Heck, its very name means 'on the sea,' but when was the last time you heard the sound of waves crashing against the shore, or tasted a salty ocean breeze? If you are craving a family seaside adventure that doesn't require a lengthy plane journey, then the often-overlooked Shengsi Islands, some 150 kilometres out into the East China Sea, might be just the ticket.

Getting there

A bus and ferry combo ticket takes you from downtown Shanghai's Nanpu Bridge Bus Station to Sijiaodao, the largest island in the group, in a pretty efficient three hours. Some of the ferries feature VIP decks which, while not meeting super yacht standards, are certainly worth the extra 30 RMB. Lounge on the open deck as the boat pulls away from the busy Shenjiawan Port and watch the waters turn from a muddy brown, to a clear blue as the islands approach.

Sijiao is home to a couple of passable swimming beaches as well as many hotels and restaurants, but if you've come in search of real adventure then you'll need to press on a little further. There are smaller islands in the group, which are wilder and far more fun. Huanglong ('Yellow Dragon'), a tiny speck on the map and a 30-minute ferry ride to the south of Sijiao, is our pick of the bunch. Home to just 5,000 people and a handful of vehicles, the genuine small-town atmosphere here is very much a rarity so close to one of China's most densely populated areas.

Arriving in Huanglong

Stepping off the ferry visitors are greeted by a long sweeping shoreline. The backdrop is steep hills covered in winding footpaths and scattered with scrappy but charming village homes. Squint a bit and you could almost be on a Greek island - if a Chinese remake of Mamma Mia is ever in the works this would be the perfect filming location! Far from being a

tourist destination, however, this is a working port with fishing boats chugging in and out of the tiny harbour and nets being carefully tended to on the beach. Families love watching the fishermen haul in their catch, and a couple of small displays along the harbour explain the importance of this industry to the area.

Just beginning its tourism journey, little Huanglong only has one real accommodation option. Lost Lodge: Legend of the Seas, which opened earlier this year in tiny Shicun (Stone Village). Its forty rooms are spread throughout a number of old homes that have been renovated for guests. Made from chunky local rock, they've been built using a traditional building style designed to withstand the heavy winter winds that batter the island, as well as the salty ocean air. Make a careful mental note of where you are sleeping, tracing the route back to your room after dark in the narrow lanes can turn into an unexpected adventure.





Whilst the island may not be bursting with sightseeing spots, that is part of the charm. The dramatic coastline features plenty of coves that will invoke images of pirates and shipwrecks. Pack some themed reading materials like *Treasure Island* or *Lord of the Flies* to really bring home the maritime vibes.

What to do on Huanglong

Exploring the island is easy with bikes rented at the hotel. Your first stop should be Dongzuitou Village where the ocean laps at old homes that have mostly been abandoned, and rockpools along the shore are great fun for kids to explore. Around the corner, Piaoliang Fangzi ('Pretty House') proves a useful rest point as well as fulfilling any selfie urges. This old home is perched on a cliff top and was beautifully renovated by an actor who filmed a TV series here. He has now opened it to the public without charge.

The summer heat lessens in the early evening, chatty villagers hang

out in their gardens enjoying the cooler temperatures and some even offer home-cooked seafood dishes that you can take away. The food here is simple but delicious - think noodle soups made with fish stock and topped off with fresh crab or clams.

If you're looking for an evening activity hike through the village and up the side of the mountain to Yuanbaoshan. Yuanbaoshan is a rock formation that offers views back over almost the length of the island. Make sure you take your camera!

Complete your evening with a craft beer on Lost Lodge's breezy terrace. The views across a vast expanse of plunging coastline are wonderful. This café-bar is literally the only concession to anything close to modern urban life that can be found on the island. Relish the quietness and ocean air for as long as you can, Shanghai is just a ferry ride away but little treasure islands like this are not easy to come by. **SE**

Good to know

- *Location: Huanglong Island, Shengsi, Zhejiang.*
- *How to get there: Bus and ferry from Shanghai Nanpu Bridge to Sijiao then onwards Ferry to Huanglong. Check ferry times and details with the hotel before you go as these can change depending on the season.*
- *Cost to get there: 140 RMB per person from Shanghai to Sijiao, 15 RMB from Sijiao to Huanglong (cash only).*
- *Hotel: Lost Lodge: Legend of the Sea*
- *Average room rate: From around 500 RMB per night, family rooms also available.*
- *Details: Lost Lodge can be reached at +86 139-5723-7209. You can add their WeChat to reserve rooms or book through Trip.com.*

Dining table,
reclaimed
Vietnamese
railway
tracks

Antique Your Way to a Sustainable Future

Antique furniture is not only functional and decorative, it is also an act of conservation. *By Alian Gates*



Decorative Screen, old Rajasthani door

French antique Louis XV side table in walnut



Afghan tea tray



Buying furniture is a daunting experience especially when you're a first-time buyer.

Many of us are now looking to sustainable living and becoming more environmentally conscious of climate change, and its impact on our very fragile planet. As consumers, we can alter our purchasing habits by buying in a conscious way.

Buying antiques is an easy way to furnish your home without adding to ecological issues. Antique furniture was made to last the test of time, unlike the self-assemble pieces that are mass produced, and quite often end up in landfills. It is not uncommon for antique pieces to have lasted not only decades, but if you're lucky, even centuries. In addition, antiques are often made from natural resources such as wood, stone, or metals, as their manufacture pre-dates modern synthetic materials.

Antiques are not only functional, but decorative too. Moreover, it also provides an emotional link to our past and becomes an heriloom. As

opposed to other furniture ending up in landfills and landfill run off.

Waste in landfills end up in our water supplies and is the third largest contributor of human related methane emissions, a powerful greenhouse gas that effectively traps heat in our atmosphere causing detrimental climate change.


In addition to this, when you buy new furniture you increase the demand for wood and other raw materials. The only way to achieve this is to clear more land for plantations of fast-growing tree varieties such as pine, which disrupts the natural habitat of both plant and animal life.

Maybe what is happening in the world has given people time to reflect on how they have been living, and they are making a conscious decision to live a simpler more authentic life. Don't think of secondhand items as pre-worn or pre-used, think of them as preloved, and inherit the pleasure their previous owners took from them before you pass that love on to the next generation. The juxta-



Plant pot, antique Chinese water basin

position of antiques, vintage or reclaimed wood pieces with contemporary pieces can liven a space with context and history making your home truly unique. **SF**

 #To see more Shanghai homes, visit: shfamily.com

Manic for Organic

Shopping responsibly is a key way we can help protect our planet. Meet these Chinese brands putting the world first... *By Pascale Pinxt*

I've been a designer working in the fashion industry for over ten years. I love my job, but I have to admit it has become quite the guilty pleasure. The industry has been revealed as a major culprit in damage to the environment. Over the last few years, not only has it produced 10% of global carbon dioxide emissions, but also consumed an approximate 1.5 trillion litres of water every year, and produced vast quantities of textile and chemical waste. Recently, more and more people are pressuring the industry to clean up their act. As an insider I'm going to be brutally honest - there is no sustainability in fashion. I'm sorry!

Deep down all designers and consumers know it: manufacturing and buying fast fashion, a cheap and simple process (often made from non-natural biodegradable fibres such as polyester) is not sustainable. The concept of 'sustainability' is not really compatible with an industry that is trying to replace your wardrobe every 6 months (at the very least). Fashion has an unbelievably complicated supply chain - from raw materials, to spinning and weaving, and beyond. Each stage of the process uses a different supplier, so traceability and accountability gets complicated.

Fret not, here are some things we can do to act more responsibly: choose natural fibres over polyesters, choose organic certified cottons, upcycle and recycle clothing, and support communities and local busi-

nesses. Only a few brands can perform all of these acts, but even with many fashion brands unable to act more environmentally responsible, they can slow down and produce better quality garments with a longer life span. As a consumer? We can buy less, and buy better.

I've selected three local brands each with their own angle on fashion sustainability. All three brands produce high quality products that have timeless designs. I've proposed items from each brand that can become core pieces in your wardrobe, bring you guilt free happiness, while also lasting longer than just one season.

Klee Klee

Klee Klee means 'slow down' in Tibetan. Their ethical fashion practice started in 2010 with a single organic cotton T-shirt. Ever since, they have been exploring clothing that has minimal negative impact on the environment. Their collections follow three standards: eco-friendly materials, eco-friendly processes, and socially responsible conducts. They focus on showcasing the transparency of each garment by having a clear marker on the label. Their beautifully designed flagship store on Anfu Road is a must see in order to get a full introduction to their concept. It not only features their natural cotton, silk and linen in womenswear, menswear and children's clothing, but also their responsibly produced denim line 'Let's Blue'. The store emphasises the brand's community spirit with regular pop-up



events and exhibitions promoting like-minded brands. This summer they launched their 'Green Cotton' collection - all made from non-genetically modified cotton, that's grown in pesticide and fertiliser free soil.

Organic cotton and silk shirt dress

Price: 2350 RMB

This soft cotton/silk blend will feel great against the skin, and the pretty colour will bring a gentle brightness to your wardrobe. It can be teamed with black and navy basics to give your style a pop of colour. The product has a feminine silhouette - easy to wear in the summer with sandals, or over some skinny jeans in the colder months.

Organic cotton t-shirt

Price: 795 RMB

Everyone needs a classic white t-shirt, invest in a good one and it will work hard in your wardrobe. This relaxed shape will be flattering and easy to pair with anything. Dress it up by throwing over a blazer, or you can match with a print trouser or skirt. If you're looking for an easy effortless daytime chic look, then just pair it with a good pair of jeans.



Icicle

Icicle's slogan 'Made in Earth' clearly demonstrates their intent. In their own words they 'avoid designs that waste materials, have limited wearability or rely on trends.' They 'try their best to create designs in accordance with "the way of nature".' Their designs are clean, minimal and elegant, featuring natural fibres and luxurious fabrics in a soft and sophisticated palette. A Shanghai brand that opened a store in Avenue George V (one of Paris's most fashionable streets) you can get an idea of where they pitch themselves in the market. Check out their flagship store in Shin-mao for an inspiring book collection and regular exhibitions.



Norlha

Norlha set-up their atelier in the Tibetan Plateau with the aim to bring high-quality yak wool to the fashion world. Based on the skills of generations of local nomadic herdsman, they exclusively hire locally, bringing much needed income and modern skills to these traditional nomadic families. Their products are all made from the local Yak khullu herd, who's soft under down naturally sheds once a year and make the softest warmest fibre. The weaving, dyeing and finishing are all done by hand and are testament to the care and work that goes into every product. If sustainability could be summed up as slowing down and being transparent in what and where clothes come from, you couldn't get closer than this!



Yak & silk lightweight scarf 220 RMB

This scarf is a blend of luxury yak fibre and silk. It is handwoven by one of their local weavers and then twice dyed to achieve the two tones. Lightweight and contemporary, this piece will become an indispensable part of any wardrobe - as a lightweight layer in summer, or a warm scarf in the winter. The beautiful colours can add some fun but remain soft and sophisticated.

Wonder Woman Alizée Ccm

Wonder Woman of Shanghai highlights incredible women and the amazing work they do. This month, we spoke with Alizée from Zero WasteShanghai. By Ahanaa Puri

Hi Alizée! It's so nice to meet you. Tell us a little bit about yourself.

I was raised in Belgium with the idea that outdoors and organic food are an everyday part of life. Originally, I was trained in Business Management with a focus on Fashion Design, Luxury and the Circular Economy. I have been an entrepreneur in Sustainability for the last five years.

So how did you gain an interest in sustainability and the eco-friendly world?

Whilst sustainable living has always been a part of my life, it kicked off as a career during my Master's degree when I researched the impacts of the Circular Economy in the fashion industry. I discovered that Shanghai had a demand for education and awareness around the topic, which led to me running workshops and seminars in China and across the world.

Tell us about your company, Zero Waste Shanghai. What kind of services do you offer?

ZERO WASTE SHANGHAI is an environmental and social organisation that educates and raises awareness on sustainability and a more conscious way of living. We support companies, schools, and individuals to bridge the gap between sustainable values and actions. We do this

through workshops, talks and masterclasses like 'How sustainability can be applied to your company'. Our vision is to make sustainability as mainstream as technology is today.

Is there anyone in particular who inspires you?

I've been inspired by many people in the past, from environmentalists to philanthropists and even sportspeople. Most recently, I was blown away by Dr Zach Bush, who expressed the interconnectedness of our health, lifestyle and ecological depletion of our planet, and inspired me to be patient and kind in such an uncertain time.

What do you think has been your greatest success?

Professionally, it's being a pioneer in this field in Shanghai, and contributing to the city becoming one of the most sustainable cities in the world. Reaching 150,000 people in Shanghai alone with our content, and being able to distribute 500 compost bins across China was absolutely amazing. Personally, my greatest success has been following my passion and pushing forward even though people thought I was crazy.

What would you say to other women who are considering starting their own business, eco or otherwise?



Greatest success... Professionally, it's being a pioneer in this field in Shanghai, and contributing to the city becoming one of the most sustainable cities in the world...

NEVER work for free, even when people don't take you seriously or if you're just starting out. Know your worth and ADD TAX. It is not your job to save the world for free. Know where your value is needed and don't take the world's burden on your shoulders.

And finally, plan your rest days and holidays as well as you plan your most important meetings. **SF**

Book Nook

Change for Climate Change

Nine books for you and your child to discuss, marvel and get totally panicked about climate change *By Anya Goncharova*

It's pretty common knowledge that if you say any word too many times it loses its meaning. Our responsibility is to not let that happen to climate change. Below are nine brilliant books for the whole family to keep the conversation alive and to translate it into action:

Fantastically Great Women who Saved the Planet
by Kate Pankhurst



Kate Pankhurst brings together two causes for us to get excited about - female empowerment and eco-activism! This playful book takes us around the world as it covers women who made a difference. From Edith Farkas to Isatou Ceesay, there are many women to aspire to alongside beautiful illustrations.

No One is too Small to Make a Difference
by Greta Thunberg



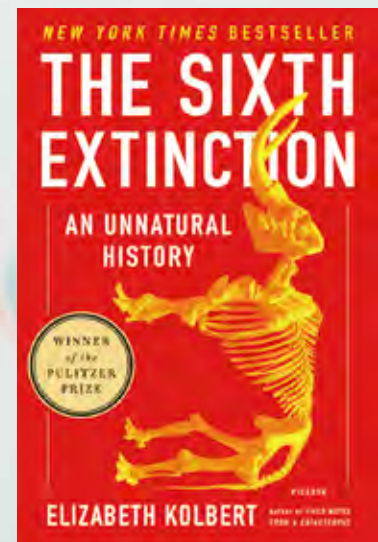
Learn more about 2019's Time person of the year with this punchy collection of Greta's speeches. No one is too Small to Make a Difference is an essential book for all, especially the adults who think that a fifteen-year-old can't teach them anything. She can, and she will. Our lives depend on it.

The Big Book of Blooms
by Yuval Zommer



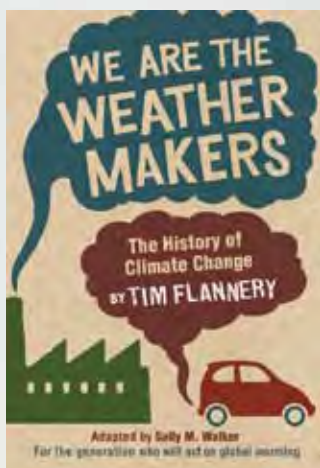
The Big Book of Blooms introduces readers to botany and the world of flora, as well as explains which flowers are in danger and the reasons why. There is so much to know about the planet we live on and Yuval Zommer's book is a stunning introduction.

The Sixth Extinction: An Unnatural History
by Elizabeth Kolbert



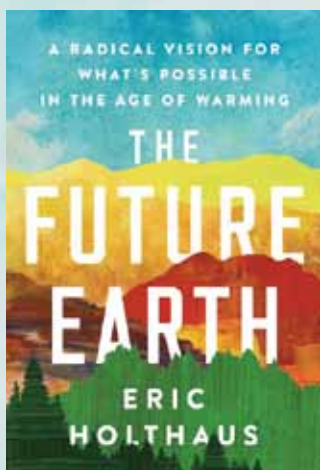
There is absolutely no cute sugar-coating The Sixth Extinction. The influential Pulitzer winner blends field reporting with history and science to show exactly how the 21st century mass extinction will likely affect approximately 20 to 50 per cent of the world's species. A must for the family library.

We Are the Weather Makers
by **Tim Flannery** (adapted by **Sally M. Walker**)



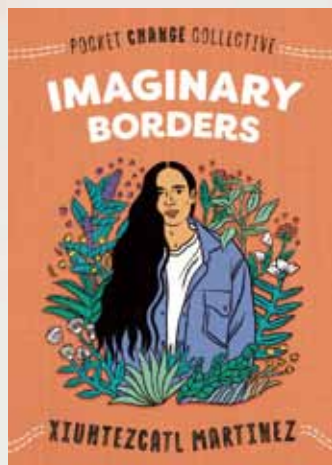
This edition of *We are the Weather Makers* directly addresses the most affected generation - today's teenagers. It includes everything from the history of climate change to 25 practical calls to action. Any teen that wants to know what they can do to change the status quo absolutely needs this book.

The Future Earth: A Radical Vision for What's Possible in the Age of Warming
by **Eric Holthaus**



It is sometimes hard to see past the terrifying facts towards the future. Lucky for us, the brand-new *The Future of Earth*, can be our new optimistic guide to changing the world. Instead of talking about the now, this book focuses on what Earth would be like if we made radical changes in our lives.

Imaginary Border
by **Xiuhtezcatl Martinez**



Imaginary Borders is a moving essay by Earth Guardians Youth Director and hip-hop artist Xiuhtezcatl Martinez. It not only beautifully describes how music affects his environmental activism, but also points out the part we all have to play to make real change possible. This short read will stay with you for eternity.

Cast Away: Poems for Our Time
by **Naomi Shihab Nye**



Cast Away is a touching and often humorous collection of rhymes for poetry lovers of all ages. As it talks about the things we discard, from lost mittens to our time, acclaimed poet Shihab Nye teaches us lessons about the way we live and interact with our environment.



(企鹅冰书: 哪里才是我的家?)
Penguin Ice Book: Where is my Home?
by **Jin Jiehong and Lin Shan**

Where is my Home? is a book like no other. It changes according to its temperature, so before you dive into the story of a little penguin losing its home, make sure to ice it. As you read, the Penguin's home will slowly dissolve... A powerful lesson and a conversation piece when visitors find a book in your fridge. **SE**

How to Survive...

Raising Earth-Friendly Kids

We all know that global warming and climate change are real. So real that experts say that if we all don't start doing more for the environment the changes to our planet will be irreversible. Some of us are blessed with eco-friendly kids who seem like they emerged from the womb ready to recycle, whilst some of us have kids who can't grasp turning the lights off.

Getting your kids on board with being eco-friendly is a challenge in a consumerist society... but it can be done! Here are some tips to help survive raising eco-children.

Teach your kid to refuse plastic bags.

9 times out of 10 when you're buying groceries the clerk will auto-pilot stuff them into a bag. Whether it be groceries or steam buns from the cart on the corner. Let your kids know that 10% of plastic bags end up in the ocean and dolphins only shop online so they really don't need them.

"Wǒbúyàodǎizi" can become your new household motto! Buy everyone in the family a tote bag that they can keep in a pocket or a backpack for anything they want to buy.

Rubbish Sorting

Rubbish sorting is relatively new in Shanghai and for some it's the first time they have had to figure out the difference between wet, dry, recyclable and hazardous garbage. The rules can be confusing to adults let alone kids. Used tissues? Wet gar-

Buy them a cool bike or scooter, teach them how to navigate the metro system, or even better: get them out walking! Taking your kids to spend time outside in nature can help to grow their love of the outdoors and start their own eco-conscious journey.

bage. Gum? Wet garbage. Baby diapers. Wet garbage! Right? Wrong?

Showing your kids exactly where certain items need to go in the waste will save lots of headaches (and possible fines) for both you and garbage collectors down the line.

Encourage your kids to use eco-friendly forms of transportation.

We all love Didi... but there are other ways to get around that are earth conscious. Buy them a cool bike or scooter, teach them how to navigate the metro system, or even better: get them out walking! Sure, they may get lost a few times, but they'll get there eventually! Plus all those emissions you're saving by not chauffeuring your kids around means less guilt for you when you're taxiing to and from the massage parlour.

Getting your kids to be earth-friendly will likely be easier than you thought. After all, they're the ones inheriting global warming and climate change. Taking your kids to spend time outside in nature can help to grow their love of the outdoors and start their own eco-conscious journey. You can try encouraging them to donate or swap toys and clothes they are bored of. This will show them that not everything has to end up in a bin.

When in doubt, tell them that reducing, reusing, and recycling is a new TikTok challenge, and everyone is doing it! That will work for at least a week. Good Luck! **SF**



Identity

Growing up with a cultural divide... By Adele Chen

It was five years ago, I was placing my order in a local noodle shop, when a waitress smiled at me and asked me where I was from. Despite the breezy manner of the question, my answer was the exact opposite. Stumbling over my words, I stuttered 'I'm Shanghainese but also French'.

Over the years, countless Shanghai locals would put me on the spot by asking the same question. I understood the simple sentence, but I didn't understand my answer. What was my identity?

For thirteen years, I lived what I believed was an average Chinese childhood. Despite possessing French nationality, I was born in Shanghai and have spent my entire life here. I speak the language, eat the food, know Chinese traditions, and haggle over prices in wet market.

Shanghai is my home, its people are my people and its culture is my culture. But people here don't perceive me in the same way I perceive myself. I grew up mingling with Western culture as from the age of four, I've attended international schools. Texting my friends in English earns me second glances in the metro. Frowns appear on vendors' faces when I point to names of dishes rather than speaking in my English-tinged Chinese. The locals' reactions to my foreignness is automatic.

I am a stranger in my own city. I started to question my entire experience growing.

For so long, I lived in terror of having an identity that wouldn't tie me to my own culture. I was afraid of losing my connection to Shanghai: to its culture, to its people, to my entire childhood.

I stopped enjoying my passions like

debate because I was scared that politics would broaden the river that proved my foreignness to this city. When asked about how I experience Shanghai as a resident by friends and family, a little voice would clamp my mouth shut, telling me that I had no right to speak my opinion.

Every time I ate my beloved Xiaolong-baos, I wondered if not knowing the recipe made me a tourist. Every time I couldn't understand Chinese slang on the internet, I wondered if I was a true Chinese netizen. To this day, the little questions that pop into my head still haunt me. Every time I was asked about my identity, I saw the river between me, and my city widen.

For a long time, I struggled to put myself in a category, to find a community to call home. At first, I thought it was the Shanghainese locals. Then when they saw me as an outsider, I thought maybe expats were my community. But truthfully, being a third culture teenager who is trilingual means that I cannot be categorized. I can relate to both experiences, and that means that I don't belong in a single category.

I have another identity: not quite Shanghainese but not quite foreign either. **SF**



Adele Chen is a high school student attending Lycee Francais de Shanghai. She is Chinese-French and has lived in Shanghai for 14 years.

Directory

Orientation

- 59 Clubs & Organisations
- 60 Housing
- 60 Pet Care
- 60 Relocation, Storage & Stores
- 61 Services

Family-Friendly Restaurants

- 61 Asian & Western
- 61 Food Delivery

Enrichment

- 61 Arts, Music & Dance
- 62 Financial Services
- 62 Schools: K-12
- 63 Schools: Pre-K
- 64 Sports & Fitness
- 64 Teen Activities
- 64 Tutoring & Test Preparation

Medical Services

- 64 Health Clinics & Services
- 66 Dental Clinics

Lifestyle

- 66 Health & Beauty

Complete listings available at:
shfamily.com

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@drbrns.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; guide@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 Jingqiao 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

community listings

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; infosh@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-shanghai.cn; Wechat ID: dulwichpuxi; (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: Dulwichcollegeshanghai Pudong; 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 inherent strengths of Eastern and Western education

community listings

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 Jiyou 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@sis.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-CESS). 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@montessoris.com; Xuhui Campus: 21 Donghu Road, Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessoris.com; Jiading Campus: 1313 Xiwang Road, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessoris.com; Minhang Campus: 3852 Duyuan Road, Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@montessoris.com; QR Code: mss2005shanghai; School Web: www.montessoris.com

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,

community listings

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 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, Xujiahui Block, 618 Xujiahui 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; shanghaiexpattutors@mail.com; www.shanghaiexpattutors.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@sarabeattie.com; PrincetonReviewShanghai.com

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

The advertisement for Body & Soul Medical Clinics features a logo with a sun and the text 'BODY & SOUL MEDICAL CLINICS'. Below the logo, it states 'We combine Eastern and Western medicine to provide the best medical care for you.' and lists services: 'Traditional Chinese medicine • Acupuncture • Yin • Physiotherapy • Chiropractic • Osteopathy • Internal & Functional Medicine • Psychology'. It also provides contact information for two locations: 'DOWNTOWN CLINIC - XINTIANDI T: (+86 21) 6345 5101' and 'HONGMEI ROAD CLINIC - HONGQIAO T: (+86 21) 6461 6550'.

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,

community listings

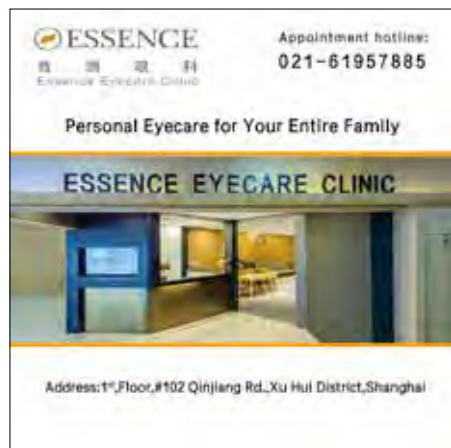
podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. > Xintiandi, 14F, 760 South Xizang Road > Hongqiao, 211 Chengjiaqiao Zhi Road; Telephone: Xintiandi, 021 6345 5101; Hongqiao, 021 6461 6550; Call individual clinics for opening hours. www.tcm-shanghai.com

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

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

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 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 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 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.yosemitclinic.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

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

LUXURY LIVING

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

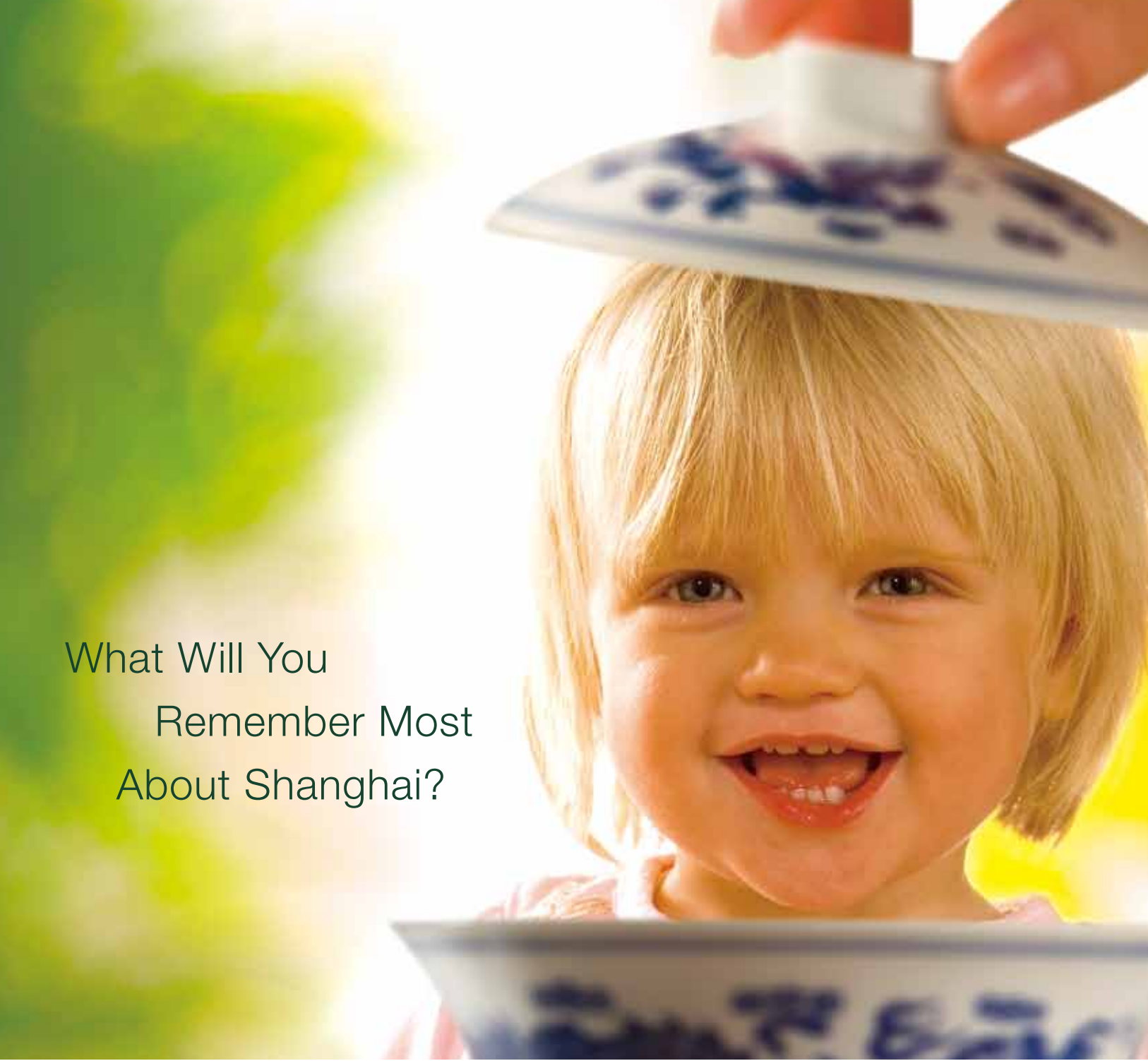
*From five-star hotels to boutique concepts,
gourmet restaurants to neighbourhood
bistros, antique shops and designer hubs,
Luxury Living reveals all the greatest
pleasures Shanghai has to offer.*

Coming 2020

虎媽牛娃
HUMANIUWA

Shanghai
Family

Parents & Kids
SHANGHAI



What Will You
Remember Most
About Shanghai?

The Bund? A promotion? The adventure of a lifetime?
Willowbrook at The Greenhills

Where quality living is the essence of your journey An exclusive
international villa community located in the heart of Jinqiao, Pudong

- Energy efficient living
- Full clubhouse amenities
- Convenient transportation
- Spacious designer kitchens and bathrooms
- Concierge service



WILLOWBROOK
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Leasing Hotline

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