

Shanghai Family

October 2020

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How to Build an Independent Woman

Women Dressing Women

Women in the Workplace

Instagram, Body Image & the Kardashian Effect

The patriarchy dictates that women should be small and men should be big... But we don't think that's quite right...

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I want the world to be as safe for women as it is for men. Simple.



Sadly we don't live in a world that's equal for people of all genders. This is what we need to change. We need equality.



I want employers to respect mothers, taking time off to raise a family is important.

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The PLACE in the Heart of Shanghai



Situated in the heart of Hongqiao, THE PLACE has been a chic landmark in Shanghai for the last few years, developing into a one-stop-shop for all your needs. From food to fashion and education to entertainment, they've got something for everyone.

THE PLACE is expanding and becoming even more comprehensive. To meet the needs of all its customers, THE PLACE is bringing new retail, catering and leisure brands to Shanghai.

SPACE ZOOM

SPACE ZOOM is a family experience centre with 1200 square metres of specially designed spaces to provide a unique opportunity for parents and kids alike. With featured environments including the Desert, Oasis, Basis and Glacier, it's an immersive experience like no other.

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Dan Wei Seafood Buffet

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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 an exclusive prize.

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.



This issue of Shanghai Family focuses on Women. Women who make up their family, mothers, daughters, grandmother, aunts and nieces. We celebrate their successes and tackle issues that commonly arise for women.

In this issue we have a strong focus on women who are very successful in their careers. As these magazines are commonly circulated in schools across Shanghai, I am hoping to inspire the younger generation. I want to show them that anything is possible for anyone regardless of their gender.

With this in mind, curating the Women's Issue is something I have been really looking forward to. Right now, the world feels like it's one step forward, one step back, in terms of women's equality. This is a challenge that needs to be faced by every person, in every moment of their life and in every page of every publication. I truly believe that society would be a better place for all if the patriarchy was dismantled and women were treated equally.

That being said... fighting the fight can be pretty exhausting. Especially if you're doing it all in heels with a full face of make up on. Luckily for me I am doing my bit sitting at my desk. I work with an incredible team of women to tell real stories, of real women living in Shanghai.

The way women are portrayed in the media is something that has shifted over the generations. When I was growing up in the 90's and 00's the media told me to be impossibly thin, having a big bum was a disaster and if you didn't have a Jennifer Aniston hair cut you were so uncool. This has changed recently with the rise to fame of the Kardashians and others like them. Now a totally different body type is in fashion, and it brings with it its own host of issues.

Our cover story for this issue (page 16) focuses on social media and the impact this has on body image, particularly in teenage girls. This is crucial reading for any parent. Written by our very own Xiyona Gosain, it's touching and thought provoking.

We decided to run two feature stories in this issue. On page 22 you can find a brilliant piece written by Nicki Leaper that looks at what it means to be an independent woman, and on page 28 you can find interviews we did with women who are leaders in their field.

Our education feature is an interview with Kelly Wu, a recent Concordia International School graduate (page 32) who has written a China focused children's book that tackles serious illness in children and adoption.

I hope you enjoy this issue of Shanghai Family.

Claire Lily Squire
Editor in Chief



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Shanghai Contemporary Art Fair

The Shanghai Contemporary Art Fair showcases all kinds of artworks. This year, it will focus on 21st century contemporary art to make the art lovers and enthusiasts aware of the latest and most advanced developments and the developmental changes which are taking place in this sector. *12th November-15th November; Shanghai Exhibition Centre, 1000 Middle Yan An Road, Jing'an District*

Blue Room Monday Jam

Laugh the start of the week off at Blue Room. Every week, you can enjoy their Monday Jam sessions—a perfect place to socialise, talk about the hottest topics or listen to all kinds of music. Make Mondays feel more like a Friday and come along! *Every Monday; Blue Room, 228 Danshui Road, Xintiandi*



Shanghai Disney Resort Halloween

A Wicked Fun Halloween is heading to Shanghai Disney Resort from October 5th! The spookiest season of them all returns like never before with exciting events, hauntingly-fun Halloween parties, trick-or-treating, decorations, and a host of not-so-scary surprises. With a new two-day Halloween party taking place on October 30th and 31st, guests are in for an immersive Halloween experience that they'll never forget. *5th October-1st November; Shanghai Disney Resort, 310 Chuansha Road, Pudong District; Prices: 374-499 RMB*

school roundup



Wellington College International Shanghai IB and IGCSE Results

Wellington College International Shanghai's pupils have made some landmark accomplishments in 2019-20's year-end exams. 100% of year 11 pupils achieved seven or more A*/A grades in subjects ranging from Computer Science to Chinese as a Foreign Language. Moreover, the College's 2020 graduating class surpassed a school record, achieving an average score of 38.5 out of 45 possible points. This places them well above the global average of 29.9 points.



The Boy who Harnessed the Wind Speaks to Dulwich Students

William Kamkwamba, the author of *The Boy Who Harnessed the Wind* spoke to Dulwich students about his journey in creating a wind turbine to supply sustainable energy to his home in Malawi. The book was recently made into a film, written and directed by award-winning actor Chiwetel Ejiofor—a Dulwich College London alumni. Ejiofor is quoted as stating, "William's determination and inventiveness created something that not only meant the end of the 'hungry season' for his community, it also catapulted him into a future where all his potential could be realised".



What are the most effective ways to prevent and control myopia for my child?

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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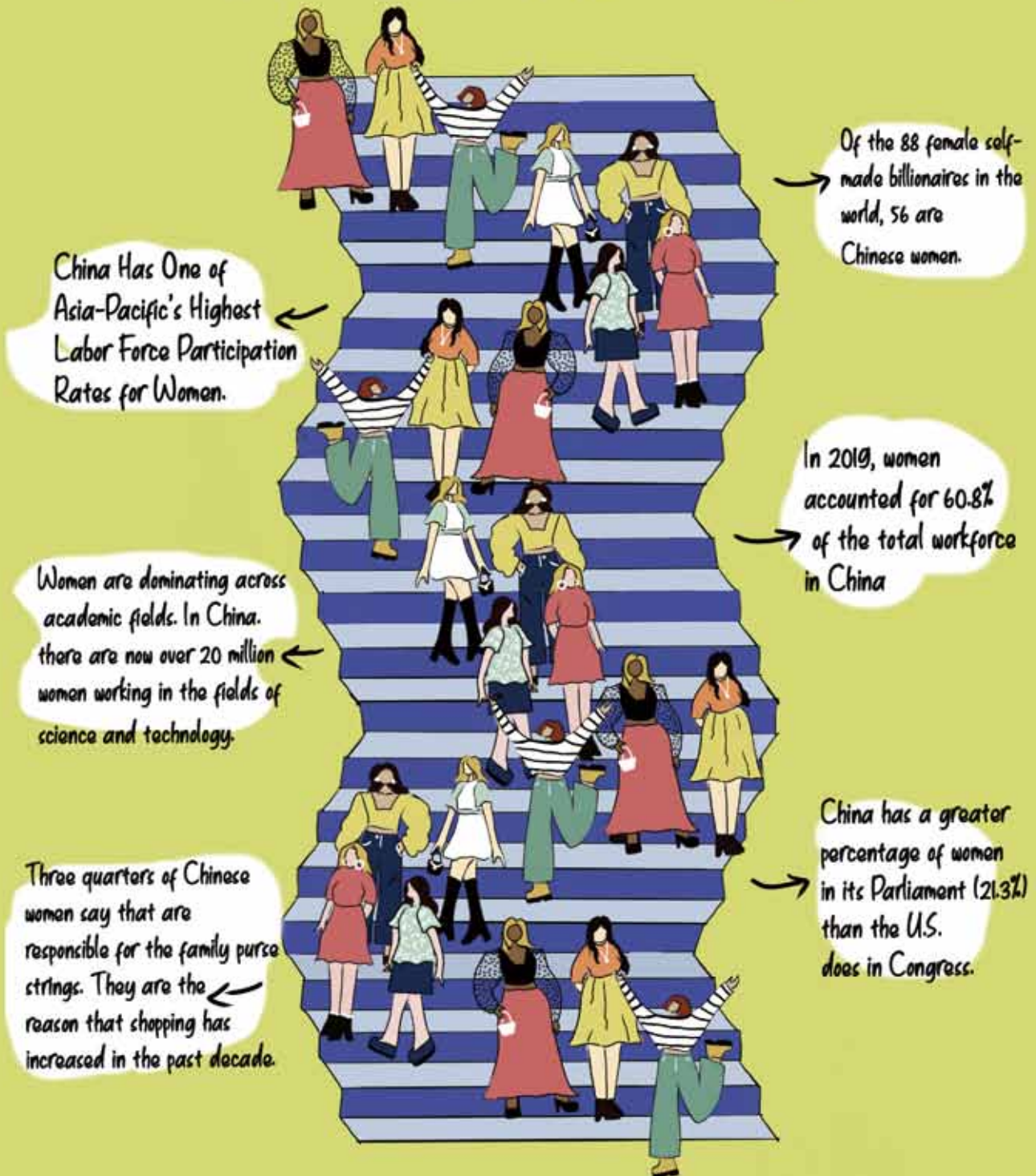
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WOMEN IN THE WORKPLACE



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cover story

Instagram Body Image & The Kardashian Effect

**The patriarchy dictates that women should be small and men should be big...
But we don't think that's quite right...** *By Xiyona Gosain, Photos by Ahanna Puri*



Remember to breathe in!", my friend's voice echoes through my head right before we pose for a picture.

It was as if she was programmed to announce it every time a camera was pointed in our direction. But it felt as if I was doing it for my 500 Instagram followers, rather than to capture a moment.

My friend and I often spend our time visiting exhibitions where we take multiple photos of the same pose to capture that one 'perfect' shot post on Instagram.

It was a hard and fast rule: no eating before the photoshoot. It's stupid I know, like eating noodles right before I took photos would greatly impact my weight and change my appearance. And even if it did, why was I so bothered by it?

In a time and age where social media has become the façade of our reality, we've all become accustomed to showing off the perfection within our lives. And of course, visiting these exhibitions mean other artsy and beautiful people are also capturing their fabricated selves to post online. Jokingly, we would make fun of their poses but I won't lie when I say that I sometimes felt inferior towards their appearances.

Three words I fear the most. You are fat.

Since I was a kid, it's been drilled into my head by my mother that 'Fat is Bad. Fat is Bad'. Anytime I would naturally put on some healthy weight, my mum would criticise my big butt or my, and I quote, 'thunder thighs'. Naturally, I started to believe that I was 'fat' because I was constantly reminded of it. Fat is bad. I am fat.

I am not fat. I am tall and slim. But according to my mum and in the world where I spend most of my time, the digital one, I am not perfection. I am (the dreaded) fat. There are always better abs, more toned thighs and less cellulite.

My mum called me out for gaining weight. This meant I thought it was okay to make fun of my little sister. Whenever I got the chance, I would jokingly incorporate her weight into our conversations. Of course, we would all laugh it off, but when did it become okay for me to fat shame my sister for my amusement. At this rate, I am no better than the trolls online.

From birth, women are told to be as small as possible, and men are told to be as big as possible. If this isn't the patriarchy, I don't know what is. Women must be tiny, petite, little and slim. Things have changed since the 90s and 00s. Kate Moss's heroin



cover story



"It was a hard and fast rule: no eating before the photoshoot. It's stupid I know, like eating noodles right before I took photos would greatly impact my weight and change my appearance. And even if it did, why was I so bothered by it?"

chic' is no longer the desired look, it's all about being 'strong' (read, incredibly toned without an inch of fat) and still having incredible curves. We all want abs, a booty you crack nuts with, and big, perky boobs that sit under our chins with no bra on.

A big difference between now and the 90s is media. The media used to tell people size zero was the best size, emaciated models on catwalks eating nothing but toilet roll told people how to look and Vogue perpetuated this. But now, media isn't constrained to the glossy pages of a magazine, or movies and TV shows. It's everywhere, in the form of social media, and it's impacting people more than ever before.

We scroll past photos of Kim Kardashian spending time with her

daughter on her lawn in her skintight bodysuit resembling a toned hourglass. Yes, we all want the 'slim thick' figure, but let me just break it to you, it isn't naturally possible for most of us.

Women are expected to conform to the narrow set of media created beauty standards resulting in low self-worth and are labelled 'not beautiful'. The Kardashian effect has taken over our lives. Whether it's reading about her 127th child or feeling inferior towards her figure. I'm not shaming Kim and her boobs, she's stunning the way she's built herself. But it's ridiculous that her body has become the standard we all want to achieve. Many women have turned to plastic surgery to achieve these beauty traits. It's either a curvy figure or a flat stomach, if you don't have both you are not good enough.

The lines between desire and reality have been blurred, thanks to the toxic adverts put out by multiple influencers and celebrities. Kim is the dream, and with her, come her promotions for weight loss gummies and juice diets.

Studies have shown that social media influencers have greatly led to a worsened body image in young women. We all want what the media depicts, and our desires change as time passes and a new celebrity becomes the icon of beauty.

Approximately, forty percent of young women ranging from the age of 10-14 have already adopted weight loss activities. Fifty percent of teenage girls and thirty percent of teenage boys use unhealthy weight control behaviors such as skipping

meals, fasting, vaping, vomiting, and taking laxatives to control their weight.

Social media is largely to blame for the constant portrayal of the 'ideal' body type resulting in adolescents taking extreme measures to lose weight along with the help of photo editing apps to alter their bodies to their satisfaction. In reality, the slim physique is unattainable and potentially harmful to the majority which has led to a drastic rise in eating disorders and a toll on mental health.

While the negative influence of social media is more prominently visible on young women, men and

young men aren't immune from this battle either. The portrayal of muscular men has made exercise an addiction.

In the 90s there was a massive upswing in anorexia and bulimia. It is believed that this is very closely linked to the rise of the size 0 super model. Today, it's Kim Kardashian with her big boobs and butt, tomorrow it might be Lobb Baboon with her big forehead and gigantic feet. Does this mean all small footed women are going to start stuffing socks into the front of their oversized shoes?

We seem to be forgetting that beauty is subjective. Being attractive must be adjusted to the lens of women being from different races and ethnicities and body types. We need to accept the fact that women have different size skeletons before you even start to think about how your muscle

and fat hangs off it. My boss recently laughed at a taobao skirt that, labeled XL, would barely fit over one thigh, let alone her body and said 'my skeleton is a size 8, let alone the rest of me.'

Several companies have become conscious of their advertorial effect on women and their self-esteem. Multinational brands such as Aerie, ASOS, Dove, and Old Navy have committed to using women with a variety of beautiful shapes, sizes, races, and ethnicities. This has helped women feel more positive about their bodies and feel that these adverts are less sexualized. A quick browse of their website reveals models who seem happier and more comfortable in their bodies, making them more relatable to women and their social circle.

A survey conducted showed that women felt inspired by body confidence and self-acceptance. They thought the portrayal of a greater diversity would reduce the pressure on mental health, self-esteem, and eating disorders among young women. Companies such as Aerie, are helping change the media landscape for the better. Their clothing appeals to a greater number of people and allows women to feel comfortable when shopping for their body size.

Although the impact social media has on body image goes beyond size and weight. In a society where beauty is defined by European features, I've been conscious and struggled to accept my body hair. I've



cover story

been introduced to razors, waxing, threading, and countless other 'dangerous' methods just to remove hair and have suffered from cuts, nicks, and ingrown hairs which surprisingly is more acceptable than the hair on my body. As I grew older, I interacted with feminists who were pro-hair, women who shared the struggles with me, and I decided to put aside the misogyny within our kind and embrace my natural body hair. It's ridiculous how we, as people, are expected to change parts of ourselves that occur naturally.

The perpetuation of the problematic discourse by social media and brands have been the root of our body image problems. Jameela Jamil has become a symbol of female empowerment, encouraging women and their worth. She was outraged and fed up with weight loss pop-ups on Instagram and decided to launch a campaign that focuses on the weightage of a person's personality rather than the weightage of their appearance. The campaign focused on telling people how much they weighed in everything except kilograms. It aims to focus on our human attributes rather than the flesh on our bodies, in the hope to change the perception of people and how they view themselves. Instead of continuing to try to fit into a system where society puts us against our body, it is time to adopt a new way of thinking that places us on the pedestal we all deserve.

Here are some tips and exercises for you to elevate your self-esteem and appreciate your body.

- Acknowledge that you have a negative relationship with your body and that you want to have a positive and healthy one instead. You need to commit to accepting your body and mean it.
- Stop judging other people. When



Studies have shown that social media influencers have greatly led to a worsened body image in young women. We all want what the media depicts, and our desires change as time passes and a new celebrity becomes the icon of beauty.

you criticize someone else's body, you send the message that bodies are a value of a person's worth. Quit it.

- Cleanse your social media and curate a media page that celebrates your body. Healthy consumption can have a huge positive impact on your perception of beauty.
- Get to know your body. Since the body is the physical expression of emotion, try doing exercises that you genuinely enjoy allowing your brain to associate your body with the emotions. One particularly powerful method of getting in touch with your body is a mindfulness exercise known as the body scan. Close your eyes. Slowly, breathe in and out as you focus all your attention on the top of your head. What do you feel? Does it tingle? Pain? After a few moments, move down to your face and do the same thing. Then your neck. Then your shoulders. Then slowly make your way to your feet. This is an

effective way to get in tune with your body and makes it much easier to connect and love it.

- We always look at exercise as a form of weight-loss and a body-shaping tool, but that's not all it has to offer. Exercise is a natural way to boost serotonin and reduce stress, it serves as a way to love your body, not change or fight it. I turn on loud music and just dance allowing my body to freely move to the beat.
- Each day, before I leave my house, I make it a point to look at myself in the mirror and praise myself. Positive affirmation has helped me overcome the need to criticise my body. Take a moment each morning to pinpoint the negatives to focus your positive affirmations on. For example, your 'thunder thighs' are now your 'strong thighs'. If you're struggling to love one specific part of your body, focus instead on a different part and the love and admiration for your body will grow gradually. So, what if I

have dark circles under my eyes, at least my hair looks great today!

- Lastly, and most importantly, we need to fight the fear of being fat. I'm still learning and so should you. Sure, being overweight correlates to some health problems but so does stress. Yet, we don't see people fighting stress the way they fight the idea of being fat. It's time to call out anti-fat comments and celebrate our 'imperfections'.

I say, we together should put aside the Snow filters, stop relying on Face Tune and embrace the curves, the blemishes, and the belly fat that makes us, us. Imagine all the time we could allocate to projects we really care about if we stopped worrying about our bodies. Think of how we could crush the patriarchy if we stopped believing women should be small and men should be big. If we can shake of the idea that our bodies should be small, then maybe we will start taking up more space, at the

office, in meetings, on the street. We won't feel the pressure to be petite and 'lady like' anymore.

It's time for us all to start loving us, just the way we are.

If you are suffering from an eating disorder, or have been affected by any of the issues raised in this article seek help from a trained professional. **SF**

Where to get help in Shanghai

Shanghai International Mental Health Association
Email: info@s-imha.com

Jiahui International Hospital
Hotline: 400 868 3000

United Family Healthcare
Hotline: 400 639 3900

ParkwayHealth
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How To Build An Independent Woman

Independent (adj.): not influenced or controlled by others in matter of opinion, conduct; thinking or acting for oneself. *By Nicki Leaper*

I'm showing my age here, but I first claimed my status as an independent woman while mentally best-friending Drew Barrymore in the revamped Charlie's Angels movie. Aside from learning the associated Destiny's Child dance moves and getting all Beyoncé ("All the women, who are independent, throw your hands up at me..."), what did I know about being independent? Not a lot in all honesty, beyond having my own car to drive.

However, add on a couple of decades, two global relocations and a specialism in coaching brilliant women, and I've found a few signposts towards independence along the way.

Start on The Inside

There are lots of practical ways you can learn to look after yourself - knowing how to change a lightbulb and put up a shelf are useful skills to

have. However, out here, independence is undoubtedly about being willing and able to look after yourself emotionally. So why not invest some time getting to know yourself better?


Self-reflection is an often-avoided task and yet it's the groundwork from which you build your sense of worth and self-confidence. What do you love about yourself? What's your favourite part of your body? (When a stylist out here asked me that question, I realised that for me, it's my collarbone. Odd but true, and it changed the style of t-shirts I buy - which has made me feel more confident.

What are your strengths and your weaknesses? Be honest here. It's neither time for false modesty nor the avoidance of hard facts. Once you know what these are, build on that knowledge rather than pretending to be someone you're not.

What are your short, mid and long-term goals? Your overarching vision for your future? What do YOU really want? And what's your WHY for wanting it?

Invest in yourself. An independent woman knows that she has to take care of herself first because she can't pour from an empty teapot. This investment can take the form of rest, exercise, training courses, a decent haircut... but fundamentally, it's about acknowledging that you're worth it.

Learn to be ok in your own company. Try it. Grab a coffee and a window seat and see if you can sit and "be", without looking at your phone, for 10 minutes. (Okay, you can start with 5 and work your way up.) If you can be ok with just yourself for company, you'll never be lonely.



Actively look to get to know yourself better. Online personality tests (research and data-based ones) can help you see yourself from a different perspective, uncovering hidden strengths and new areas of interest - and these discoveries can lead you towards experimentation, engagement and purpose.

Working on Your Independence

For an independent woman, a job is often assumed to be a prerequisite

and that can cause issues here due to visas etc. Getting clear on what you want to accomplish in your time in Shanghai should be a priority, for your sanity and those around you.

Shanghai is a city filled with opportunities and I've seen women do everything out here; from C-suite positions in global companies, to starting their own businesses, to retraining as Pilates instructors, to taking on Executive Director positions within long-standing community organisations. In many cases (and explicitly from personal experience) Shanghai offers the opportunity to rethink future plans entirely; a change in direction that might not have been possible elsewhere.

Whatever situation you find yourself in, try to pull on your brave pants and get stuck in with any interesting opportunities that present themselves, rather than waiting for someone to call you in from the sidelines. Follow your interests and curiosity, offer your services, ask questions and see where the answers lead you. This will fuel your enthusiasm and independence far more than focusing on what you left behind.

And wherever you do get involved, remember to raise your hand and share your thoughts. All circles can get stuck in what's known as 'group-

think' and your alternative point of view might be just what is needed, opening the conversation up a little wider, allowing for other creative ideas to emerge.

Financial Independence

Let's cut straight to the chase here. Independence in this arena starts with awareness and understanding. What money do you have? Where is it coming from? Where does it go to? And what are your financial goals whilst here? (Because, if you don't know what you're aiming for, how can you know you're on the right track?)

Once you know where you're at with your finances, you're capable of making empowered decisions - save, spend, splurge - which in turn helps build self-reliance and increase self-respect.

With your goals in mind, create a budget - but make it as easy as you can. A financial advisor friend put it like this: Know Your Number. Keeping a running tally on your monthly WeChat and Alipay spend will drive you insane, but if you're aiming for under 100rmb per day for lunch, that's easy.

It's worth speaking to a financial advisor out here even if you're not 'wealthy', as getting to understand



your money is empowering. Don't fear it - learn about it. There are lots of female-focused financial blogs and websites, so read up and start talking about money more, with your friends and your family.

One of my favourite pieces of art is the 'Fearless Girl' that was installed to face off against the Wall Street Bull. She didn't stand there afraid. As each of us works to improve our financial literacy, we'll help to improve the collective financial situation.

Together... and independent?

YES!

In this city, disregarding any 'trailing spouse' label, it's worth remembering

that you are never just someone's 'other half'. Having moved halfway round the world to lean into an amazing opportunity does not mean you need to give up your independence - on the contrary, Shanghai provides the opportunity to strengthen it.

What do you love doing? What makes you smile? Hunt it out and do it, regularly - even if your partner doesn't feel the same way - because you are the best person to know how to make yourself happy.

Independence here means not martyring yourself for someone else. It's about being able to stand your ground on what's really important to you and let go of the stuff that doesn't matter. It's about being bold enough to be able to



Invest in yourself. An independent woman knows that she has to take care of herself first because she can't pour from an empty teapot. This investment can take the form of rest, exercise, training courses, a decent haircut... but fundamentally, it's about acknowledging that you're worth it.

pressure and generally know how to take care of themselves in a healthy, happy way. However, it was going to require me to 'let go' of trying to tell her what to do and understand that she learnt best by doing for herself.

She learns by exploring; by being messy, making mistakes, even failing. Children need to struggle and experience adversity so that they can develop grit, tenacity and resilience - all key blocks in building their independence.

Ask the girls in your world questions - big ones - about life, the universe and everything, and give space for the debating of ideas. Hearing multiple perspectives shows how often there isn't a 'right' answer and will help instill confidence in them to raise their voices.

Encourage your girls to try new things, rather than sticking with what they know they're good at. It broadens their horizons and may lead them to an unexpected interest and can help keep the tendency for perfectionism at bay.

Ultimately, what I hope to give to my daughters is enough wind beneath their wings to fly and a soft bed to return to each night to rest and recover, allowing them to carry on, renewed.

And to the parents of boys (I have one of them too) see above. Independence is a strength worth developing in all individuals.

I Am an Independent Woman

At the end of the day, being an independent woman is a state of mind. It's about knowing your own mind and your own worth - exactly as you are.

So, with a twist on a Michelle Obama quote: Here's to independent women. May we know them. May we be them. May we raise them. **SF**

ask for what you want and need.

Quick tip: if you're feeling resentful about something, see it as an opportunity to make a request instead of simmering away going "I'm fine", hoping they'll notice. (They probably won't.) It empowers you and changes the dynamic. You can't expect other people to read your mind, so don't waste your time trying.

Raising The Next Generation of Independent Woman

I was congratulated on the first of my independent women at a Year 1 parents evening. The teacher was keen to let me know that independent girls were a thing to be proud of: they tend to do well, are less likely to give into peer

Independence here means not martyring yourself for someone else. It's about being able to stand your ground on what's really important to you and let go of the stuff that doesn't matter. It's about being bold enough to be able to ask for what you want and need.



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Women in the Workplace

Meet these five exceptional women who have all excelled in their careers right here in Shanghai. *By Gina Batmunkh, Pilar Ortego, Xiyona Gosain*

Hospitality

Elizabeth Espinosa

Founder & CEO of Inspire Hospitality



My name is Elizabeth Espinosa I'm from Florida. I moved from Dubai to Shanghai as part of my career journey working in luxury hotels.

How did you end up working in hospitality?

I studied business at university and explored hospitality. It's an industry that combines people and business which were my interests. My first "official" industry job was as a College Program Intern in Fine Dining at the Walt Disney World Resort in Orlando. My internship experience opened my eyes to the global influence of hospitality on culture, cuisine and

"experience-making", and opened my eyes to the business of managing a hospitality operation.

How long have you been working in the field?

It has been more than 15 years since my internship with The Walt Disney World Resort in Orlando, Florida and I have since worked with luxury hotels in the U.S., Dubai and most recently, The Ritz-Carlton Pudong until 2017. Inspire Hospitality was launched in 2018, and I now get to support the industry in an entirely new way through consulting, hosting industry events, and owning and operating hotels in the near future.

What motivates you to do what you are doing?

Hospitality has become my form of philanthropy and I consider the work we do in our industry to be truly noble work. Yes, the hospitality industry can be challenging and tiring, but I believe our industry is ripe for innovation as it relates to re-thinking the way we operate hotels, manage people and become more efficient in our work.

What's the ratio of men to women in your workplace?

As a start-up, we are a lean team with a male/female ratio of 1:2. Whenever we are hiring new talent or bringing

on volunteers for our events, I consider it my responsibility to support our HR Manager with the tools and resources she needs to ensure our team is diverse and that everyone has equal opportunity to grow with Inspire Hospitality.

Can you tell us more about women in hospitality?

For most of my career (and for most people), when you say the words "General Manager of a hotel", I instinctively thought of a man. Even though women comprise more than 50% of global tourism and hospitality employees, they only represent less than 5% of global executive roles. Having worked in the US, Middle East and China, I have been the young female mid-level manager working my way through leadership roles with few female role models at the top. I know how it feels to feel lost, to need a mentor who is not your boss and to try my hardest to balance my personal life with work.

Can you share with us, what are the obstacles have you come across?

When I was still a junior manager, I had shared some ideas with my boss in a meeting and he shut me down. I felt incredibly hurt and embarrassed by him. I sent him a message at the end of my shift and spoke to him privately. I told him how much I valued his mentorship but that I did not appreciate being spoken to like that. I filed that experience away in my mind and never forgot how it made me feel. I reference that feeling each time one of my team members speaks up or shares an idea with me so that I can remember to remain open, supportive and respectful.

Lastly, what advice would you like to give for young professional women?

Be intentional with your time and be true to your values. Join communities, talk to people. Do it. You will love it.

Can you introduce yourself to our reader please?

My name is Ekaterina, I am a full-stack developer and product management consultant with 9 years of marketing and entrepreneurship experience. I have worked with both startups and corporates. My main projects are a pet adoption platform, DOgether (amigoadoption.com), which I launched 2 years ago and pet sitting company, Spare Leash, where I am CTO and Co-Founder. I am also one of instructors of LeWagon and a mentor at AngelHack.

When did you start working in tech?

I joined programming bootcamp Le Wagon 3 years ago in Shanghai, which helped me to transition into tech.

How long have you been working in the field?

I was trying to build my first website about 5 years ago, but officially moved to IT 3 years ago.

What motivates you to do what you are doing?

With such a quick-developing industry, where you constantly have to keep up with new streams and tools it's hard to not be motivated as you always want to learn the next best thing which is why I enjoy it so much.

What's the ratio of men to women in your industry?

Tech can be a male dominated workplace. I have experience working with both female and male developers, though majority are guys. I cannot say it's good or bad, it's just how it is, though I noticed the big increase in women joining the tech industry in the passed couple of years.

Can you share with us what are the obstacles have you come across?

There is always a shortage of good developers with good soft skills. So if you are a good communicator, I strongly recommend you to try coding. It's a much needed skill.

Tech

Ekaterina Gorbachova

Founder of DOGETHER app, co-founder of SpareLeash



Healthcare

Sharon Chen

Head of JLABS



I am Head of JLABS at Shanghai, Johnson & Johnson's premier life science incubator that aims to empower and enable innovators to develop and deliver the next generation of life-enhancing and wellness solutions.

How did you make your way to start working in healthcare?

My journey to Johnson & Johnson-JLABS in China started as the child of parents who moved from the Chinese mainland to Hong Kong in the 1950s and then to the UK in the 1970s, hoping to build a better life for their young family.

My early childhood wasn't easy, especially as my parents, who couldn't speak English, worked seven days a week in the restaurant business to make ends meet, eventually starting their own restaurant and transforming "China Garden" into a chain.

Despite my humble beginnings, I was taught to dream of a life beyond the walls of my parents' shop and that eventually took me into the world of science at Oxford University, start-ups with Sosei, global public health with the Bill and Melinda Gates foundation and then big pharma, with Baxter and now Johnson & Johnson.

At school science was my passion, and I went on to study it at Oxford. University was where I first became aware of a gender imbalance. For every female chemist, there were three males. Meaning I had no mentors or support system.

Despite that, science continued to be my calling. I went on to study for a PhD in Cardiovascular Medicine.

What motivates you to continue what you are doing?

My passion today is to help start-ups

achieve their dreams. It's a passion that comes from seeing in the eyes of our start-ups the same pride I saw in my father when opening his first business and helping it grow.

This courage has led me to pursue a path I believe is less travelled by most women and sustained my motivation through thick and thin.

Global Public Health is also what I'm really passionate about -- making a meaningful difference in the lives of people around the world every day -- and I've pursued this passion both in my recent roles as Head of China/Asia at Aeras and my degree in Public Health.

What's the ratio of men to women in your workplace?

It's widely known that science, technology, engineering and mathematics - what we call STEM - have traditionally not been dominated by women. Only about 35% of STEM students in higher education in the US are women, for example, and in many other countries, that number is much lower.

However, in Johnson & Johnson's China Research & Development business, we are fortunate to have women represent 68 percent of our total employees. And women like myself hold many of our top leadership positions at Johnson & Johnson Innovation and beyond.

Do you feel underrepresented in your workplace?

Not at all. At Johnson & Johnson, we embrace diversity as a key pillar of innovation.

When looking at diversity and inclusion from the standpoint of innovation, we believe and advocate that a great idea can come from anywhere.

We understand that to find innova-

tive, creative and transformative solutions, we need to be open to and embrace diversity of thought.

I have been fortunate to have worked within organisations that have supported and – not only that – celebrated the social, economic and cultural achievements of women while also working to accelerate gender equality.

What advice would you like to give to young women in the medical field?

My first word of advice is to find a mentor – someone you can look up to, who can challenge you and who is willing to invest in your career progression. Strong mentorship has shaped who I am today. We aren't always lucky enough to have strong role models around us, so when the opportunity comes (which it will), grab it with all your might because there is a lot to be gained from a fresh perspective and support. And when your turn comes, become a mentor. It's a deeply rewarding experience to witness firsthand the growth of talent, and an important one, too.

Secondly, don't be afraid to make a change or pivot to something different when you see an opportunity to pursue what you are most passionate about. Pivoting to something very different from what you are currently doing could be transformative and provide the building blocks for future success by giving you the perspective, skills and experience needed to take the next leap.

And, my last, but not least word of advice is to be your authentic self. Authenticity isn't about being totally transparent so people can see your flaws, it's about being open, sharing personal stories, positioning yourself and your points of view, so that your customers, your team, your communities and your shareholders understand how we can all bring our best- and whole-self to work every day.



Law

Yin Yue

Jingtian & Gongcheng Attorneys at Law

I am a partner in Jingtian & Gongcheng Attorneys at Law and specialise in securities and capital markets, M&A, private equity and corporate finance. I have been working in this field since 2005.

How did you first become interested in law?

When I was a child, I saw lawyers defending their clients and presenting their views at court in several TV shows. It was rooted in my heart so I chose law as my major. Although, as a capital market lawyer, I don't defend my clients in court, I am still happy that my hard work provides direct help to entrepreneurs and investors.

Can you tell us more about your job and its responsibilities?

My job is mainly providing clients with legal solutions. For example, if our client has a plan to list in the

Hong Kong capital market, we assist our clients to reorganise and provide legal opinions; if our client is a venture capitalist, we will produce legal due diligence on target companies, present our clients in the negotiation and draft all transaction documents.

What's the ratio in your workplace male to female?

For junior lawyers, around 1:1.5, but for partners, we only have a few female partners.

It's not just in my industry, but it happens when we work with other industries. How many female GMs do you know for example?

What advice would you give women thinking of joining the law?

Don't hesitate because of your gender. Do what you want to do and, yes, you can do it. **SE**



Meet Lana...

The incredible story of Kelly Wu and her mission to tell Lana's story. *By Kelly Wu*

Kelly Wu is a recent graduate of Concordia International School Shanghai and author of the heart-warming children's book, *Meet Lana*.

Meet Lana tells a true story, a story of a baby girl born in rural China with severe birth defects including Spina bifida and clubbed feet. Lana's parents, unable to care for her, took her to an orphanage where she came to the attention of the charity Baobei who helped her get the medical care she desperately needed. Lana then went on a journey from foster home to foster home until she was adopted by a family, David and Sarah Anderson from the United States.

This heart-warming story is beautifully told, and raises awareness surrounding adoption and childhood

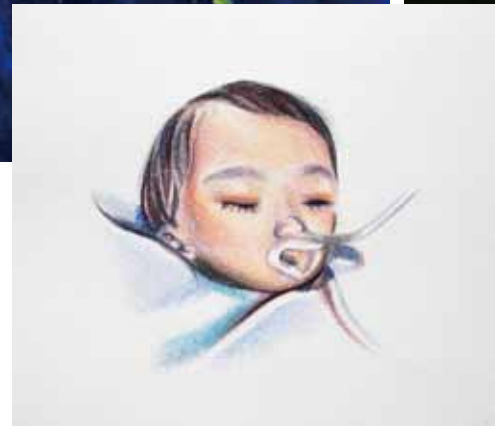
illnesses. We were lucky enough to sit down with Kelly and talk to her about the book.

It's so lovely to meet you Kelly, could you tell us a little about yourself?

Absolutely! I'm Kelly, I am currently a first-year college student at Northwestern University studying Bio-medical Engineering. I recently graduated from Concordia International School Shanghai. I was born in Toronto, Canada but grew up in Shanghai. I love art, whether it be drawing or dancing or just listening to music and care deeply about education and global health.

When did you first hear about Lana's story?

I first heard Lana's story through the director of the charity Baobei, Ms.





I first heard Lana's story through the director of Baobei, Ms. Evelin Tai, in my Junior year of high school. We had the opportunity to interview her for the Applied Learning course Storytelling Agency and Ms. Tai shared a number of incredible stories of different Baobei babies throughout the years.

publishing my book and reached out to me in my Senior year. To prepare my book for publishing, I worked alongside the publisher for almost six months and officially published my book in the beginning of August.

Where can people buy a physical copy of your book?

If you are in the U.S. or Canada, you can order a physical copy off of Amazon. If you are in Shanghai, we have a shipment of books coming very soon, and you can email checkartt@gmail.com to purchase a physical copy!

Where can people buy the e-book?

The e-book is available for purchase on Amazon. www.amazon.com/author/kellywu

Do you have any advice to give anyone thinking of writing a children's book?

You can definitely do it! Make sure to first find a story that inspires you, intrigues you, or you find meaningful and that will make every step of the process much more rewarding and enjoyable. Do your research well, because it is important, no matter for what story you chose to capture, that you tell the whole story. Keep in mind your audience, understand what intrigues them, excites them, and prods them on to read more.

My final advice is to stay true to your vision. No matter what revisions you make in the process of creating your book, stay true to yourself and hold on to why you chose to pick up your pen in the first place. For me, Meet Lana captures a meaningful story that conveys the incredible power of love and compassion. Lana thrives today because she is, has been, and will be loved by her family, her community, Baobei, families that took care of her in Shanghai, and many more. **SF**



Evelin Tai, in my Junior year of high school. We had the opportunity to interview her for the Applied Learning course Storytelling Agency and Ms. Tai shared a number of incredible stories of different Baobei babies throughout the years.

Lana's story, in particular, grasped my attention. When I heard about a little girl so small that she could almost fit into the palm of one's hand, who survived and thrived despite her severe medical conditions and difficult circumstance, I knew I had to capture her story.

What gave you the idea to turn the story into a book?

When I heard Lana's story, I immediately had the idea of capturing her story as illustrations. As I began jotting down some ideas and creating some initial sketches, I became more and more excited about the possibility of capturing her story in the form of a picture book.

Who did you work with for the illustrations? They are so beautiful!

Thank you so much! I actually created the illustrations by myself! Lana's story had such strong visual elements, such as her tiny size and weight, her story was especially suitable to be captured in illustrations.

Can you tell us a little about your journey, from having the idea, to getting the book published?

Hearing Lana's story for the first time, I was incredibly inspired and struck by the visual poignancy of her story. I began researching, conducting numerous interviews with Lana's various foster families and her family now. Having grasped the full picture, I wrote and illustrated her story. Along the way, many friends, teachers, and even acquaintances gave me feedback on my book, allowing me to refine and revise my content. My teacher, Mrs. Furth, had the idea of



cover what's normal for you - such as what feelings, soreness, or changes you may experience. Tracking your period with apps like Period Tracker, Clue, and Flo can help notify you days before you go through your ovulation and period cycle.

The Cycle

Everyone's menstrual period is different, some last 3 days, 5, or even 7. Don't worry if yours is longer than 7 as irregular menstrual periods are common and usually not serious. However sometimes they may signal health problems. For example, menorrhagia - when your menstrual period lasts longer than 7 days and bleeding is unusually heavy (experiences by five percent of women in the US), may be a sign that an abnormal growth has occurred within your uterus. So visit a gynecologist or physician for help.

On days 1-7 for typical menstruation, you will feel fatigue due to low estrogen levels, cramps from uterus contractions, and varying emotions. It is best to take things slow, like workout gently, give yourself a break and don't stress. As your menstruation comes to an end, your estrogen and energy levels will increase, so you will feel happier and more upbeat. With estrogen up, your skin will start to glow and testosterone will start to increase, this is when you will feel the most energized and empowered to work hard. Around days 10-13 of your menstrual cycle, you're at your sexiest and most fertile, so you will feel optimistic and social due to a peak in estrogen.

This all comes crashing down when you ovulate. You will have sudden changes in hormones and feelings, feel tired and may experience acne breakouts. Your skin will become more sensitive to the weather - so drier or oilier. To counteract the changes in your hormones and skin, it's best to eat healthy and drink tons

Menstrual Cycle: What's Normal, What's Not

We interviewed Dr Alexander Lin at **Jiahui International Hospital** and asked him to explain the ins and outs of a woman's menstrual cycle *By Caitlin Gates*

Menstruation is a tricky time for all woman with its constant influx of hormones and wide ranging symptoms. It's hard to cope with it at times, especially when the topic is often considered taboo and not thoroughly taught. Coming from personal experience with learning about my period from my mum and friends, there are many key details that I don't even know. Hence, this article is here to thoroughly break down the menstrual cycle and all of its complexities.

What is menstruation?

The menstrual cycle, otherwise

known as a period, is the monthly series of changes a woman's body goes through in preparation for a possible pregnancy. Scientifically, what occurs is that your ovaries first produce hormones that prepare your uterine lining, the endometrium, to receive a fertilized egg. Then one of your ovaries releases an egg - a process called ovulation. If your egg isn't fertilized - if you don't become pregnant - then the lining of the uterus sheds through the vagina - this is the menstrual period. The entire process then repeats itself. Tracking your menstruation can help you time your cycles, recognize if you've missed a period, and dis-

'The nature of a woman's menstrual cycle can provide valuable information about a woman's health. Every woman should seek to find a gynecologist to be their medical partner for life,' Dr Alexander Lin, Jiahui Health

of water. After ovulation, you will start to feel bloated from a rise in progesterone, have low energy and feel sluggish. During this period, it is best to exercise, don't drink caffeine in order to reduce breast soreness, reduce sugar intake, and stay hydrated in order to get ready for the cycle to restart.

Your menstrual cycle might be regular – about the same length every month – or somewhat irregular, and your period might be light or heavy, painful or pain-free, long or short, and still be considered normal. Within a broad range, “normal” is what’s normal for you. Keep in mind that use of certain types of contraception, such as birth control pills and intrauterine devices (IUDs), will alter your menstrual cycle. Talk to your health care provider about what to expect.

What menstruation products are available?

Pads are used to soak up the menstrual flow and should be changed every 4-8 hours, depending on how heavy your flow is. Tampons and menstrual cups catch the flow from inside your vagina. Cups and tampons vary depending on the brand you use.

You should remove and empty the cup every 8-12 hours and change a tampon every 4-6 hours. Tampons or cups are safe to use by the majority of people, regardless of your age or if you're sexually active or not.

Period symptoms vary between people, where some women have a cramping pain in the lower abdomen or back or breast tenderness just before and during their periods. Others get headaches or feel dizzy. Some get nausea or diarrhea. Some women have no symptoms at all.

To help ease cramps, you can try the following:

- Take ibuprofen or naproxen sodium. Always follow the instructions.
- Exercise.
- Place a heating pad, heat wrap, or other source of heat on your abdomen or lower back.

What causes menstrual cycle irregularities?

There are a variety of reasons why your period may become irregular.

- Pregnancy or breast-feeding. A missed period can be an early sign of pregnancy. Breast-feeding typically delays the return of menstruation after pregnancy.
- Other underlying medical conditions such as dysfunction of the thyroid gland or pituitary gland.
- A new growth such as a benign uterine fibroid or a malignancy such as endometrial cancer.
- Polycystic ovary syndrome (PCOS). Women with this common endocrine system disorder may have irregular periods as well as enlarged ovaries that contain small collections of fluid – called follicles – located in each ovary as seen during an ultrasound exam.
- Premature ovarian failure. Premature ovarian failure refers to the loss of normal ovarian function before age 40. Women who have premature ovarian failure – also known as primary ovarian insufficiency – might have irregular or occasional periods for years.

What can I do to prevent menstrual irregularities?

In order to prevent menstrual irregularities, some women use birth control pills to help regulate menstrual cycles. Treatment for any underlying problems, such as an eat-

"It's really satisfying when I can tell that my patients get it, when the light goes on. Then it all makes sense to them, why their periods are all over the place, why they are late but not pregnant, and why I have recommended a particular treatment plan," says Dr Lin.

ing disorder, also might help. However, some menstrual irregularities can't be prevented.

In addition, consult your health care provider if:

- Your periods suddenly stop for more than 90 days – and you're not pregnant.
- Your periods become erratic after having been regular.
- You bleed for over seven days.
- You bleed more heavily than usual or soak through more than one pad or tampon every hour or two.
- Your periods are less than 21 days or more than 35 days apart.
- You bleed between periods.
- You develop severe pain during your period.
- You suddenly get a fever and feel sick after using tampons – Toxic Shock Syndrome, this is very serious so see a doctor immediately after you start feeling these symptoms. **SE**



Dr Alexander Lin

Dr Alexander Lin serves as Chief of the Obstetrics and Gynecology Department and Executive Director of Women's Health at Jiahui International Hospital.

Jiahui Health

Phone: 400 868 3000

Website: www.jiahui.com/en/

ask the pro

Everything To Know About Breast Cancer

Dr Kovacs from Jiahui International Hospital explains what breast cancer really is and what the risk factors of suffering from it are.

Breast Cancer Awareness Month is an annual opportunity for all of us to acknowledge the impact breast cancer has on the lives of millions of women around the world. The medical staff at the Jiahui Breast Health Institute believe that education is a great tool to fight breast cancer, so as part of Jiahui Health's Pink Ribbon Women's Health Awareness Month, they have answered some common questions that can help you better understand the disease.

What is breast cancer?

Breast cancer is a cancerous tumor that starts in the cells that line the ducts and/or lobes of the breast, most commonly the cells that line the milk ducts of the breast. It is the second most common cancer in the United States, and 1 in 8 women will develop breast cancer during their lifetime.

What are common risk factors for breast cancer?

There are many factors that can affect your chances of developing breast cancer.

Some unavoidable risk factors include:

- Age- Most cases of breast cancer are diagnosed after the age of 50
- Family history and genes- Those with a family history of breast cancer are more likely to suffer from the disease. The same is true for those who have inherited gene faults.
- Early period or late menopause- You have an increased risk of breast cancer if your periods started before the age of 12, or if you have late menopause (after the age of 55). This increased risk is likely due to longer exposure to the hormone estrogen.
- Dense breast tissue- Women with higher density breast tissue are more likely to develop breast cancer than those with lower density breast tissue, as these women have less fat and more breast cells and connective tissue in their breasts.

Some avoidable factors include:

- Consumption of alcohol
- Being overweight or obese
- Inactivity

What are some common symptoms of breast cancer?

Here are some symptoms that should lead you to consult a doctor:

- Look for lumps in your breasts or armpits
- Thickening in your breast or armpit
- Change in size, shape or feel of your breast
- Skin changes in the breast such as puckering, dimpling, a rash or redness of the skin
- Fluid leaking from the nipple in a woman who isn't pregnant or breast feeding
- Changes in the position of your nipple

Early detection can be vital to achieving the best possible outcome for those who develop breast cancer. The Jiahui Breast Institute suggests doing a breast self-examine at least once per month, as well as an annual mammography once you turn 40.

What are my treatment options?

Treatment depends on many factors, including the type of breast cancer, its size, and whether it has spread into other areas of your body. Surgery is the most common and effective treatment for breast cancer, but some patients may require other treatment options, including radiotherapy, chemotherapy, or hormone therapy. Overall, breast cancer is an increasingly treatable condition, with an average 10-year survival rate of 84% for those who develop invasive breast cancer. **SF**



Dr Tibor Kovacs

Dr Tibor Kovacs is the Chief of Breast Surgery and Medical Director of the Breast Health Program in Jiahui International Hospital. He is specialized in breast cancer and reconstructive surgery, and risk reduction surgery for high familial risk patients.

Jiahui Health

Phone: 400 868 3000

Website: www.jiahui.com/en/

How to Protect Your Face as the Seasons Change

Dr Serena Peng from ParkwayHealth discusses the struggles of dry skin in winter.

As Shanghai begins its descent into winter, people will soon be pulling out all sorts of coats and jumpers. Unlike the rest of your body, your face is constantly exposed to the elements, whether it's indoor heating or the cold, often polluted, air outside, making it a lot more susceptible to dehydration and a lack of moisture.

Regardless of access to all manner of beauty treatments, or extensive skin-care routines, dehydration of the skin is a problem that can be solved relatively easily. These tips are sure

to help you keep your skin healthy, supple and glowing this winter.

Use Humidifiers

Not to be confused with air purifiers, (although some can do both) humidifiers control the level of humidity (moisture) in the air. Shanghai winters are notoriously dry, and keeping a humidifier in your home or office will boost the humidity, making it a better environment for your skin.

When taking a shower...

There's no denying the fact that cold winters call for hot showers and baths, but do try to keep them short. Hot water dries out the skin, disrupting its natural moisture balance. Try not to dry your skin completely, as this reduces the ability of the skin to lock in moisture. Use moisturiser immediately after, spreading it evenly in the direction of hair growth.

Use a moisturiser that works for you

Using a moisturiser that is oil-based, such as Cetaphil and Uriage, which are available easily in places like Watsons, City Shop, and even your local supermarket - all without breaking the

bank account. For those with acne prone or oily skin, perhaps use less greasy moisturisers. If you suffer from dry skin conditions such as psoriasis, eczema, make sure your moisturiser contains urea, and apply it twice daily.

Sun protection isn't just for summer

Regardless of how cloudy or dreary it may be, UV radiation can still cause damage to your skin. Always apply sunscreen with at least SPF30 to your face. Do keep in mind that most facial base creams and make up products do include SPF, but make sure to check before you purchase them. Normally, they will have a label that states something along the lines of "UV Shield", "Sun Protection", or "Broad Spectrum UVA/UVB". Of course, you could also simply use regular sunscreen. Find something that works for you.

Aside from these tips, be sure to drink more water, maintain a balanced diet with foods rich in collagen, and exercise regularly. Remember, when it comes to moisturising and drinking water, the sky's the limit, your skin will thank you for it. **SP**



Dr Serena Peng

Dr Serena Peng specializes in general dermatosis of adults and children, dermatology out-patient operations. She has a Masters Degree in Dermatology & Venereology from Huashan Hospital Affiliated to Fudan University School of Medicine (China).

ParkwayHealth

Website: www.parkwaypantai.cn

Telephone: 400 819 6622

How to Talk About Mental Health With...

Your Teen

We spoke to four Shanghai Teens about the concerns they have when talking to their parents about mental health. *By Ahanaa Puri*

Mental health, and mental health issues are prevalent in teenagers. The starting point for dealing with mental health issues is to acknowledge them, and seek help. The first step for teens is to talk to their parents (or an adult figure they trust). In this article, we have outlined some basic tips for both parents and teens to help get the conversation started.



Remember this is difficult for both you and your parents

It's hard to articulate how you feel, and more so why you feel that way. It's hard for a parent to hear that their child is in pain, physical or mental. Going into a conversation knowing it's going to be hard for both sides can help you manage your expectations.

You are not irrational for getting emotional - and neither are your parents

Talking about mental health can be emotional; it's a heavy topic. You are not being irrational, sensitive, or overdramatic. Anxiousness, tears, stuttering - it's all normal. Take a step back, and resume the conversation once you're feeling calm, or write it down.

Answer any questions your parents have

Your parents will likely be as confused as you were when you first tried to make sense of how you felt, and why you felt that way. For this reason they're likely to ask questions. Be patient with them, as they need their own time and space to process and understand what you're going through. Additionally, be as honest as you possibly can, as it helps paint a clearer picture for them.

Make sure they understand that this is important to you

You must let your parents know that this is important to you and that it has a detrimental effect on aspects of your life. If they say they're going to help, hold them accountable to it. If the message doesn't seem to reach them, try again. It may seem frustrating, but you're not being "pushy", you're reminding them you want to seek professional help.

Make notes of your thoughts and feelings

If you're worried that you won't be taken seriously, make notes of how your mental health has affected you and what it prevented you from doing. Isolating certain experiences can help to find a recurring theme or pattern, as well as be a resource for you to make use of when talking to your parents.

Similarly, it could be beneficial to write out what you'd like to say during the conversation, whether it's in the form of notes, an entire speech or a letter to give them. Regardless of how you use it, drafting out what you want to say beforehand can help address every aspect that you intend to.

Choose a neutral moment

When you decide to talk to your parents, make sure that you chose a good time to do so, as it is likely to have an impact on the way the conversation continues. Don't try and start a conversation when you're stressed, or when your parents are - it won't work. You have a much higher chance of them listening to you and understanding your concern when everyone's calm. As each person and family are different, create an environment that works to your advantage.

A note on parents....

If you're afraid that your parents will react negatively or negate the presence of a problem, it may be worthwhile talking to a different adult first. This could be a teacher, school counsellor, or family friend. Often, having an adult back-up your concern makes it easier to talk to your parents. A student mentioned that her school counsellor and teacher helped her talk to her parents about seeking professional help.

Your Parents

Make sure your kid knows they can come to you

According to the World Health Organisation (WHO), half of all mental health problems or conditions occur by the age of 14, but most cases go undetected and untreated. Regardless of the (potential) existence of a condition or specific situation, the first step to talking to your child about mental health is simply making them aware of the fact that you are willing, able and available to talk to them. Fostering this belief in your teen early is great, because their issues are likely to grow with them.

Create a safe space - don't be judgemental

The presence of a mental health condition, or poor mental health does not mean your child is crazy, broken, or fragile - they're human. We spoke to four teenagers about their views on mental health and all four believed that their parents would not be supportive if they came to them with a mental health issue. They felt their parents would instead think that they are being overdramatic and seeking attention, or ignore them. You need to make sure that mental health isn't a taboo in your household.

Keep an open mind

If your child comes to you with concerns regarding their mental health, your reaction will make or break the way the conversation continues. Remember that it takes

a lot of courage for them to come to you. Let them lead the conversation, meet their concerns by keeping an open mind, and most importantly, don't bombard them with questions. It is hard to explain exactly what they are going through, but the gist of the situation is that they want you to know they're suffering, and need help. With the sheer number and quality of the resources available online, it's highly likely they've done their own research.

Show your concern, but don't pry

If your child appears to be showing symptoms, or behaving in ways that aren't usual, simply show your concern, but don't push the matter or force them to tell you everything. If they know they can trust you, it can lead to a mental health issue, or even illness being detected early, and the earlier the better.

In the world we live in, mental health is affected negatively by factors and engagements that are often constants in teenager's lives. Whether this is academic, social, or even familial pressure, remember that there are a large number of causes, effects, and reactions when it comes to a decline in the quality of mental health. There are a myriad of mental health conditions out there, and remember that each one of these manifests itself differently in different people. **SF**



Illustration by Xiyona Gosain

Support Resources...

- For therapists, resources and emergency help in Shanghai contact: s-imha.com
- For information and help regarding children, teens and adults through their blogs that tackle various aspects of mental health: www.nami.org
- For adolescent health and medicine: www.adolescenthealth.org
- For Stories, support and resource: www.time-to-change.org.uk

United Family Healthcare

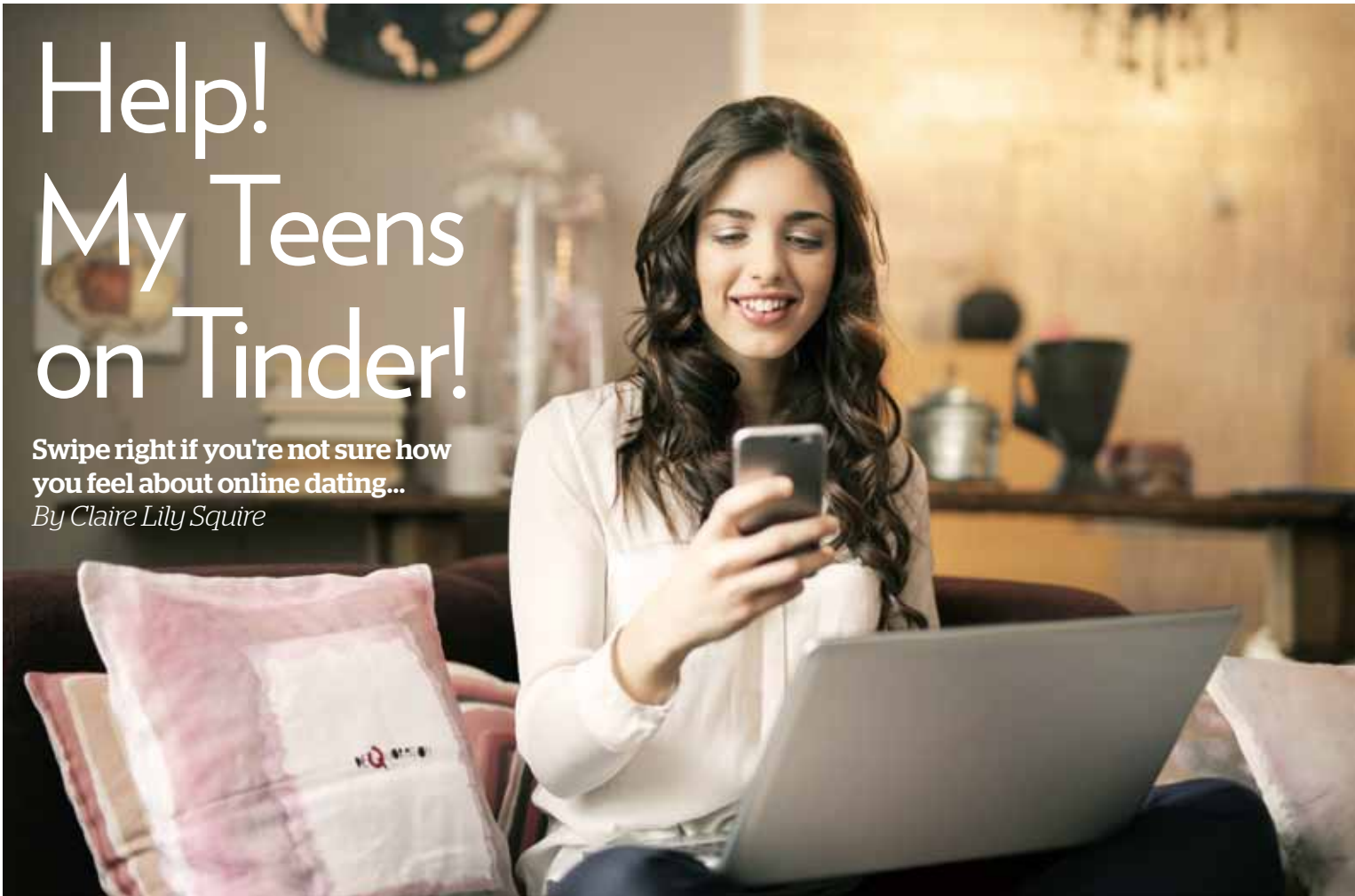
Phone: 400 639 3900

Website: shanghai.ufh.com.cn

Help! My Teens on Tinder!

Swipe right if you're not sure how
you feel about online dating...

By Claire Lily Squire



Tinder was invented in 2012 with one simple mission in mind: To get people dating. Since its inception, it's been a wild success with over a billion matches in its first two years. When Tinder first launched, it was readily available for anyone to use regardless of their age but, in 2016, an age limit was set. Now you need to be over 18 to use Tinder. At the time the age limit was set, 7% of users were under 18. Whilst 7% is a small percentage, there are over 50 millions users...

Sadly, any teenager who knows anything about social media (point at one who doesn't!?) will be able to get around the age restriction in seven seconds flat. There is no accurate

data currently available that tells us how many teenagers are using tinder, as to access it they need to fake their age. But this doesn't mean it isn't happening, and as a parent there is little you can do to stop it.

How does Tinder work?

If you were born pre-80's or are already happily coupled-up, you might not know how Tinder works. It's super simple. You link it to your Facebook page, choose photos of yourself, write a brief description and input information like your age. You then set the radius you want the map to search (1km for the unadventurous, 10km if you're willing to travel etc.) and set the age range and gender of the people you're interested in meeting.

Why Tinder?

How did you meet your partner? Was it in high school or university? Did you meet in a bar or at a friend's party? It may seem to you that Tinder is totally bonkers, swiping through pictures of strangers online and looking for someone that catches your eye. But is this really any different from looking around a bar and browsing for a cute guy or girl you might like to siddle up to after a gin and tonic or three?

In many ways Tinder is a good thing. People on Tinder are actively looking for dates, they choose who they match with and only if both parties fancy each other can they begin a conversation. Gone are the days of being hit on at a bar when you don't

want to be. Hanging out in public is when you spend time with your friends, the bus on your phone, or lying on the couch swiping is when you're looking for potential dates.

Is meeting someone on Tinder normal?

In the 00's internet dating was kinda... weird? Maybe that's a bit harsh but it's reasonably true. Now, as we stagger into the 'roaring' 20's it's very, very normal. I have been on heaps of tinder dates and so have basically all of my friends. The only people who haven't have either been with their partners since pre-2012 or are over 40.

Tinder dates are standard and your child is almost certainly going to end up on Tinder at some point. This doesn't mean I think Tinder is a good place for teens, there is a reason there is an age limit, Tinder is an app for adults, not children.

How can you prevent your teen from using tinder?

Sadly... you can't. You can take away their phone that would work. You can check their phone every night to make sure they haven't downloaded it. But apart from that you're pretty limited.

So, what can you do?

The best thing you as a parent can do is to have an open discourse with your child around the topic of dating. Talk about dates you went on as a teenager, sitting at the movies, going for a coffee or long walks. Describe having butterflies in your stomach before you met, talk about your first kiss, and talk about the dates that didn't work out. The girl that never called you, the boy who made up rumours about you at school, the first time a person broke your heart.

Whilst the method of meeting someone may have changed, the experi-

"You need to make sure you are talking to your teen about consent and what consent means. They need to understand what acceptable behaviour is and what isn't, and how to get themselves out of trouble. Even if your teen isn't using Tinder, knowing and understanding good dating etiquette is something everyone will benefit from."

ence of dating hasn't changed at all.

Tinder best practises

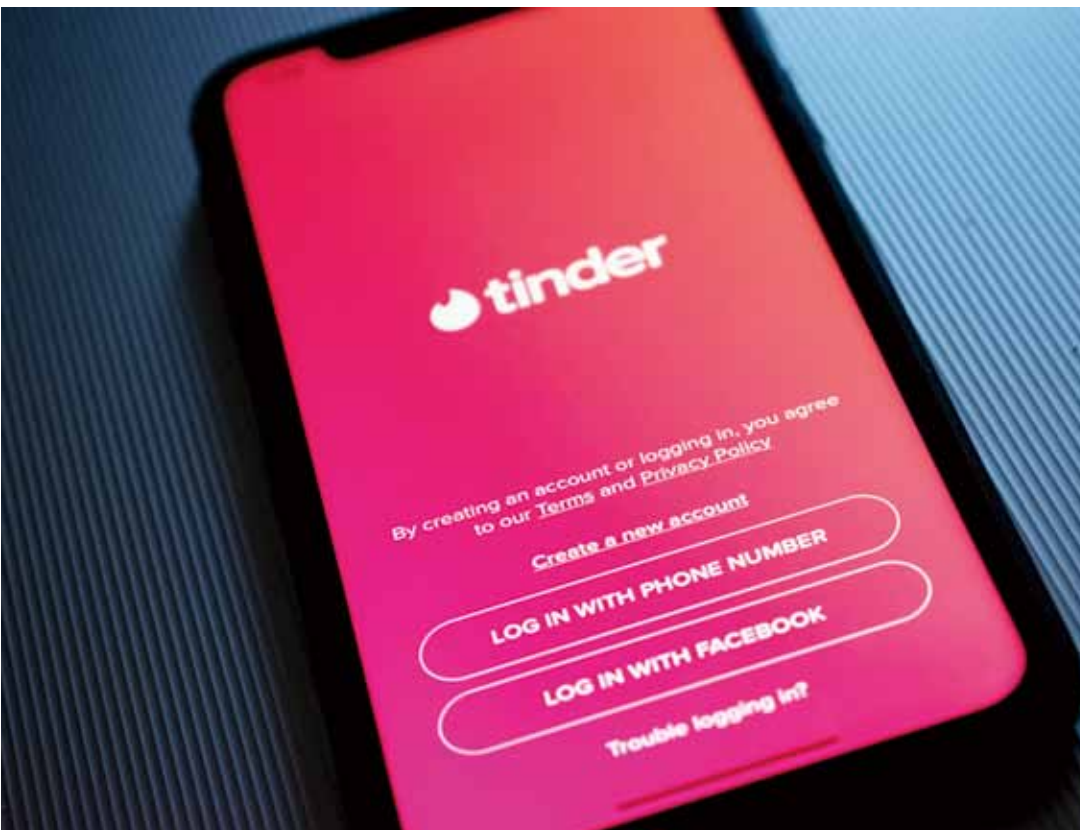
If your teen (hopefully over the age of 18) is Tindering away, then here are some good guidelines to help keep them as safe as you possibly can.

- Never send personal info like your address.
- Don't send photos you wouldn't be happy for your granny to see.
- Never ever send money.
- Make sure you keep your conversation on Tinder (not swapping to WeChat) so that if the person you're chatting to becomes inappropriate, you can report them.
- Use the report function. If someone is being a creep, report it.
- When meeting up, share the profile with someone you trust.
- Meet in a public place, someone you trust should know where you are.
- Have a set time to be home by, if you're late your family will know something is up.
- Never go to a person's home or a private place unless you know them very well and someone knows where you are.

And finally...

Probably the scariest thing to think about as a parent is your teen meeting someone online and some awful 'Taken' style thing happening. This is unlikely, millions of people go on tinder dates every week and 'Taken' is just a movie. But bad things happen to people, mainly women and minorities, and we can't pretend they don't.

You need to make sure you are talking to your teen about consent. They need to understand what acceptable behaviour is and what isn't, and how to get themselves out of trouble. Even if your teen isn't using Tinder, knowing and understanding good dating etiquette is something everyone will benefit from. **SF**



Spotlight On:

Tian'ai Road

By Johan Prozesky

District: Hongkou

Cross Streets: North Sichuan Road and Tian'ai Branch Road

Nearest Metro Station: Hongkou Football Stadium (Line 3 & 8),

Exit 1 on Line 8 side



- ▲ 1. Grab a coffee, juice and cake at the trendy, two-storey W Café with its Lego theme and modern, light interior. You may want to return for another helping of the yummy salted egg yolk or chocolate mousse cake. Buy a postcard inside and post it to a loved one via the post box outside the door, and it will be delivered with the "LOVE" post mark. Watch young ones write messages to their favourite celebrities and post them on the wall. 137 Tian'ai Road; Tel. 138 1861 1227

Exactly 100 years old this year, Tian'ai Road (Road of Sweet Love) is the perfect place to experience a unique part of Shanghainese culture. Legend has it that Tian'ai, an intelligent and educated daughter of a rich family, grew up to be talented and beautiful. A diligent and smart boy, Xiang De, worked as a cowherder for her father. They played together as they grew up, and eventually fell in love. They stayed together all their lives. Still today, Tian'ai Road and Xiang De Road are next to each other.

Quiet and serene in the midst of its bustling neighbouring streets, locals call it the Lovers' Road. Stroll hand-in-hand down this short road under the majestic Dawn Redwood tree canopy, and your love will last forever, says a local legend. Along the road, read the 28 quotes from English and Chinese love poems on the Wall

of Love. Being walled on both sides creates a mood of mystery and calmness on the street. Many couples walk along it, adding their promises and declarations of eternal love to countless others on the graffiti wall, and taking pictures to remember the day.

Find the Love Mailbox and send a postcard or letter to a loved one, as numerous locals do. It will receive an English "LOVE" postmark to convey your feeling for the addressee, and will serve as a special souvenir for your relationship. This mailbox has become a well-known visiting point for celebrities.

Experience the dreamy vibe with a leisurely wander down Tian'ai Road, and see why it is known as Shanghai's most romantic street.



- ▲ 2. Popular Tian'ai Lounge has a romantic, cozy atmosphere, and is alive with young people writing postcards and letters to loved ones and their favourite celebrities at special tables on the second floor. A few snug nooks are filled with people writing and decorating their postcards and other messages before posting them in the special post box in front of the café. Or just drop in for coffee - you will not be disappointed. 129 Tian'ai Road; Tel. 021 5666 5341



▲ **3.** Lovely history-rich Lu Xun Park, named after the famous heroic intellectual and writer who lived nearby, covers 22 hectares and offers a number of recreational options. It is rich in well-kept gardens and water features, with a variety of different trees and rockeries. Visit the World Literary Plaza, featuring statues of some of the world's most famous literary giants. History buffs may take interest in the Lu Xun Museum and tomb. Take a boat ride on the lake and a relaxing walk along the wide pathways, or just enjoy people watching, as locals dance, sing, exercise and hang out together, all having a jolly good time. Enter at 156 Tian'ai Road through Tian'ai Plaza; Tel. 021 6540 1561



▲ **4.** For an upmarket enjoyment of Shanghai cuisine, drop in at Modern Time Restaurant. Enjoy classic, well-presented Shanghainese dishes in a spacious, light atmosphere with outstanding service. All the go-to Shanghainese dishes are there: seafood, beef, chicken and a number of vegetarian dishes. But what screams Shanghai cuisine louder than hong xiao rou? 3F Tian'ai Plaza, 156 Tian'ai Road; Tel. 021 5657 0783



▲ **5.** Colourful Lu Xun Amusement Park is located inside Lu Xun Park. Not quite Disney, but also not with the Disney crowds, it offers 14 rides and play areas for kids. When you visit the park, drop in with your young ones, or just visit to do some people watching - especially the enjoyment and delight on the faces of the little ones living it up with their parents and grandparents. Enter at 156 Tian'ai Road through Tian'ai Plaza, follow the signs; Tel. 021 6540 1561

in season

Michael Zee

Treat Yo'self Restaurants

Sometimes there is no excuse needed to treat yourself. Crack open a bottle of champagne, splurge on the foie gras and share the moment with your friends and loved ones.



Kemi

After several years of living in China, ordering white rice seems second nature. But there is much more to rice than just white and brown.

At Kemi, rice takes centre stage. You can choose from four carefully selected high quality varieties of rice such as Jing Xi rice from Beijing, late season rice from local Songjiang, manmi (with only one harvest per year) from Jiangsu and First Love (Chu Lian) from Aksu, Xinjiang. They also have 'guest' rices depending on season and availability and on my last visit had rice from Pakistan.

The drink list is almost exclusively made up from rice-based drinks. With an extensive list of sakes from Japan and some from China. They also have 'sparkling rice pro-



secco' ranging from 69 RMB per bottle to 12800 RMB a bottle.

The star dish of Kemi is their foie gras rice (198 RMB). The rice here is the most exquisite canvas for rich fatty foie with the portion generous enough to share between two or three for dinner. My recommendation for when you book is to ask for one of the small side rooms, they're intimate enough for a group of six without feeling sterile.

Address: 205, Number 16, Lane 281, Feng Sheng Li, North Mao Ming Road
Opening Hours: Everyday 11am -10pm
Reservations: 021 6107 5619
Price: 200 - 1000 RMB



Fu1015

At the time of writing, the 2020 crab menu is still a work in progress. This review is a combination of the 2018 and 2019 visits.

I look forward to visiting Fu1015 every year. I could really go at any time but towards the end of October is the best time to visit. If you have a soft spot for hairy crab, the menu that Fu1015 prepares takes it several levels above its nearest competitor.

Whilst Fu1015 is the more expensive of its two siblings Fu He Hui (Asia's best vegetarian restaurant) and Fu1039, what they all have in common is thoughtful, expertly executed Shanghainese cuisine.

The 12-course menu, priced at 1280 RMB (2019 price) per person for a minimum of two people. Includes signature dishes like their oven-baked hairy crab meat soufflé with sea urchin and balsamic vinegar and hot stone rice with black truffle and hairy crab cream.

The alcohol pairing for the menu is yellow wine, warmed in flasks. Rather than the cheap huangjiu you may have sampled before this is delicious, the flavours cutting through the rich warming fattiness of the crab. Unsurprisingly it comes from their own producer in Shaoxing, aged for 10 years. With expert, almost pre-emptive service, Fu1015 and its sisters are the ultimate way to treat yourself this autumn.

Address: 1015 Yuyuan Road, near Jiangsu Road
Opening Hours: Everyday 11:30am- 3pm and 5:30pm-10pm
Reservations: 021 5237 9778
Price: 800 RMB per person



Frasca

Before we start with this review, I'd like to say that I go to Frasca a lot, almost every week (I am an expert in treating myself). It is not your generic Italian expat restaurant, neither is it stiff and old fashioned. It's smooth and elegant, it's like driving an Alfa Romeo Spider rather than a Fiat Panda.

Frasca is somewhere you can dress up and feel fabulous. Every weeknight between 5-8pm they serve half price champagne. My favourite is the Salon 2006, on the menu at a cool 8000 RMB per bottle and is guaranteed to impress.

Whilst American styled restaurants fight it out over who serves the best steak, you can trust the Italians, especially Tuscans to do it with finesse and a few pieces of lemon on the side. Their Bisteccone (1588 RMB) it's seriously one of the best porterhouse steaks in the city.

If you're in search of carbs, try one of the Pinsa Romana (128-138 RMB) with a history that stretches back long before Naples invented what we know as pizza today. It's an oblong sourdough flatbread fermented for 96 hours with a rotating selection of toppings. The base is crisp and light and if you're sharing you'll still have room for dessert.... and maybe another bottle of champagne.

Address: Middle House Residences, 366 Shimen First Road
Opening Hours: Monday - Friday 11:30am - 2:30pm and 18.00-22.00
 Saturday & Sunday 11:30am - 3pm and 6pm - 10pm
Reservations: 021 3216 8168
Price: 500-2000 RMB 



Xibo

A staple of the restaurant scene for the last 10 years, Xibo has fed hungry expats and locals lamb skewers and introduced them to a culinary world of China's north western frontier.

Lamb is star of the show for the Xibo, but highly prized herbs and mushrooms from the forests near Kashgar that are hand foraged by the owner Atina differentiate the cuisine. Dishes like the mandarin fish flavoured with wild Artemisia, a sage like herb or the slow braised wild bachu mushrooms with leeks, express both terroir and culture of the Xibonese.

I went for their new lamb feast, which for 1288 RMB can easily feed a group of 10 or 12 and with extra menu dishes, it would be the perfect centre piece for a celebration or birthday. Carried by two chefs, an enormous four foot long platter lands on the table. None of the animal is wasted and after you've taken all your photos, the lamb head is taken away and returned in an elegant ready to eat presentation.

The wine list is also impressive, not only as wines from Xinjiang continue to improve year on year, they also stock a small selection of small French producers from Burgundy that will impress even the biggest wine snobs.

Address: 3F, 83 Changshu Lu
Opening Hours: Everyday 12pm - 2:30pm and 5:30pm - 10:30pm
Reservations: 021 5403 8330
 Whole lambs must be booked in advance
Price: 300-1500 RMB



The Perfect Winter Dinner Party



It's the perfect time for dinner parties – the winter chill is driving everyone indoors, and there's no cozier, more comforting place to gather with friends than in the home.
By Cindy Kuan

While we love a classic, well-done roast chicken dinner, this winter, we're mixing it up a bit with the addition of harissa, a North African chilli paste that brings a bit of heat and packs a big aromatic punch. Roasted red peppers give harissa its characteristic fiery red color, while garlic, cumin, coriander and other spices intensify its smoky-yet-sweet and umami elements. Harissa paste may be difficult to find in Shanghai, but it is here – we got ours at Avocado Lady on Wulumuqi Road.

Roasted chickpeas and naturally sweet vegetables like carrots and cauliflower round out the ultra-savoury harissa. It

all comes together quickly and mess-free, on a single sheet pan in the oven, and pairs very well with some crusty bread. While the harissa chicken and vegetables are roasting in the oven, serve this sun-dried tomato and toasted walnut tapenade as the evening's hors d'oeuvres, spread over crackers or crostini, for a bright, flavourful start to the meal.

Continuing with the spice-centric approach, we've got a whiskey soda cocktail with ginger, apple and cinnamon, and dark chocolate lava cakes spiked with just a hint of zesty citrus to finish the meal on a sweet note.

Sun-Dried Tomato and Toasted Walnut Tapenade

180ml walnuts (pan-toasted on the stovetop, or on a baking sheet in the oven)
200ml sun-dried tomatoes
80ml extra virgin olive oil
2 cloves garlic
Juice of 1 lemon
1 tsp salt
Fresh rosemary (optional)

Grind walnuts in a food processor or blender until reaching a fine, slightly powdery texture. Add the sun-dried tomatoes, olive oil, garlic, lemon juice and salt, then pulse to combine. Serve tapenade on crackers or toasted bread with a sprinkle of fresh rosemary and ground black pepper on top.

Note: If the texture is too dense for your liking, mix in a few spoons of oil from the jar of sun-dried tomatoes, and/or water.



Harissa chicken with roasted chickpeas, cauliflower & carrots

15ml olive oil
 4 whole chicken legs, thigh attached (skin-on and bone-in)
 1 head cauliflower
 1 bunch baby carrots, halved lengthwise
 1/2 white onion, diced
 2 cloves garlic
 50ml harissa paste
 30ml tomato paste
 150ml chicken broth
 1 can chickpeas (approx. 400g)
 Fresh parsley, to garnish

1. Preheat oven to 220°C; while oven is heating, cut cauliflower into bite-sized florets, and halve carrots lengthwise.
2. Roast cauliflower and carrots for 15-20 minutes (while you're preparing the chicken and chickpeas).
3. Heat olive oil in a large skillet over medium heat; pan-fry chicken legs until browned (approx. five minutes on each side). It's best to split this step into two batches, pan-frying two legs at a time. Transfer to a plate when done.
4. Keep about half of the drippings in the pan, then add onions. Cook until translucent, about three minutes, then add garlic and cook for another minute. Add tomato paste and stir, cooking for another minute. Add chickpeas (drained from the can), harissa paste and chicken broth. Bring to a simmer.
5. Place chicken legs back in the pan, basting each piece thoroughly with the sauce. Transfer legs on to the center of the sheet pan, nestling them on top of the vegetables (skin side up), then pour the chickpeas and sauce on the rest of the pan.
6. Roast for 20 minutes. Sprinkle with fresh parsley, and serve with lemon wedges and sliced baguette pieces.





Chocolate Lava Cakes with Satsuma Zest

120ml dark chocolate
(60% cacao and above)
90ml olive oil
80ml sugar
Zest of 1 satsuma (or similar small, easy-to-peel mandarin)
2 eggs (3 if they're small)
1 tsp vanilla extract
1 pinch of salt
Optional, to garnish:
Powdered sugar
Sea salt

1. Preheat oven to 200°C; melt the chocolate in

the microwave (approx. 20 seconds), then set aside to cool slightly

2. In a bowl, whisk eggs and sugar together. Mix in olive oil, satsuma zest, vanilla extract and a pinch of salt.

3. Carefully mix in the melted chocolate, then pour batter into four ramekins.

4. Place ramekins onto a sheet pan, then bake for 12-15 minutes.

Note: The top should come out cake-y and just a bit cracked; serve with a sprinkle of powdered sugar and/or sea salt on top. The cakes will need to set for a few minutes after coming out of the oven, and are best eaten while still warm and gooey in the center.



Apple-Ginger Whiskey Soda

90ml ginger beer
90ml apple cider (or hard cider)
60ml whiskey
Ground cinnamon (optional)

Mix ginger beer, apple cider and whiskey with ice. Add a sprinkle of cinnamon on top, or rimmed on the glass to add dimension. **SF**



Getting There

At just twenty-five minutes and forty kuai from either Shanghai or Hongqiao Stations, this is one of the easiest day trips for weekenders out there. And with all trains now using e-tickets you can scan through to your seats in no time at all - don't forget those passports! Suzhou has several arrival stations but aim for the oldest and most central, simply named Suzhou Station.

Exploring Off the Beaten Track

Suzhou's soul lies in the oldest part of town: look on any map and you'll see the outline of a moat along which a city wall once ran. Hop in a taxi and bypass the congested tourist zones in the north, asking the driver to take you to Fengmen Hengjie in the southern part of the old town where street life rules supreme.

This centuries-old alleyway is a great area in which to get to grips with Suzhounese food culture. The city's cuisine emphasises gentle, fresh flavours and the variety of produce here is genuinely astounding. Each morning, throngs of locals weave between towering heaps of fresh veggies to select the best of the bunch. See if you can pick out unique local favourites like jitoumi (gorgon fruit), used in seasonal soups, that stallholders sell from their doorways along with other regional specialties like bamboo and jellyfish.



From here cross the canal and head along Baibu Jie on foot. This cobbled street leads through some of the city's quietest and most elegant alleyways, crisscrossed by stone bridges and lined by weeping willows. It also offers a glimpse of the historic Soochow University campus, one of the most elegant in China and home to many handsome historic buildings.

Continue along the canal and you'll quickly see the Twin Pagodas looming into sight. These dramatic towers have stood in place for over a thousand years and are surrounded by a peaceful garden packed with relics from the Buddhist temple that once stood on this site. It's a great place to chill out for a few moments and well worth the eight kuai ticket to enter.



Next to the pagodas lies one of modern Suzhou's best little treats. Until recently, Shuangta Market was your average caichang where locals shopped for groceries, but a 2019 makeover gave it interiors that an art gallery would be jealous of and attracted the city's young hipsters. These days, alongside aisles selling veg and seafood, you'll also find buskers, noodle bars and, naturally, a gourmet coffee shop for that much-needed espresso. The people watching is wonderful here and it's the perfect lunch spot if you hit it at the right time.

You are now withing strolling distance of Pingjiang Road, Suzhou's scenic tourist area in which it is easy to while away an afternoon in cool cafes and little boutiques. Those looking for a little more adventure, however, should hop in a cab for a short ride towards Yipu or the Garden of Cultivation as it is sometimes known in English.

Perhaps Suzhou's most underrated garden, locating it is part of the fun. Challenge your kids to navigate the maze of ancient alleyways to the entrance by following the Chinese characters stencilled onto the white-washed walls as you peek into resident's old courtyards and pass by old wells and bridges. The garden itself is a compact delight, perfectly proportioned and with an open-air teahouse that offers a relaxing and

photogenic view back over the pond and huge lilies.

You could head from here back to Suzhou Station and shuttle back to Shanghai in less than half an hour, but why not make a weekend of it? Hopping in a cab and zipping over to Jinji Lake in twenty minutes will give you a look at the modern side of the city. This immaculate area is home to Suzhou's booming tech scene as well as its swankiest hotels and malls. A glimpse of the vast Gate to the East tower (or Big Pants, as it is more appropriately and amusingly known by locals) that dominates the area will leave you in no doubt that this is a thoroughly modern metropolis that means serious business.

Looking for a little luxury? Well in that case the swish new Park Hyatt is your pick, offering all the mod cons you would expect. Opened in June this year, the interiors here feature fab contemporary takes on traditional Suzhou garden designs elements like beautiful bonsai trees and ponds full of plump koi carp. The Chinese restaurant, Xizhou Hall, is already one of the most sought-after in town, known for its refined take on local classics. China, it has to be said, is not always a place where the old and new sit so easily next to one another but Suzhou seems to have found the recipe to blend the two seamlessly. **SE**



Good to know...

- *Location: Suzhou*
- *How to get there: Train from Shanghai Railway Station or Shanghai Hongqiao Railway Station*
- *Cost to get there: 40 RMB per person*
- *Hotel: Park Hyatt Suzhou*
- *Average room rate: From 1500 RMB per night.*
- *Details: You can book the hotel through Trip.com.*

Women Dressing Women

Have you ever thought about pockets? I swear by a good pocket, a nice deep accessible pocket. In a jacket, a trouser but even better a dress. *By Pascale Pinxt*

I'm not alone in my obsession with pockets. I once read an entire article dedicated to the idea that pockets are part of a feminist movement in fashion. My first boss, and my design mentor, wouldn't countenance a design without a pocket or genuine wearable function. Because who understands better a lifestyle that is constantly on the move, in demand from work and family, than a woman.

With this in mind I sat down with three local female designers who have set up their own inspiring brands. We had a chat about their thoughts of being a female designer dressing women.

Bag Lady Basics

Shanya Greene is a designer from Trinidad and Tobago based in Shanghai. The name of her brand says it all! Cotton dresses, jump-suits and shirts all in loose cuts with flattering silhouettes and generous pockets, giving an overall feeling of ease and stylish function.

The designs are perfect for eve-

ryday running around, whilst looking great and feeling comfortable.

Do you have a specific woman in mind when you are designing?

Yes of course! It's more about the woman that's wearing the dress (myself included) than the actual dress itself. I design for women who want to feel capable and confident every day. Women who are going places, in life and location. Women who do not want to sacrifice comfort for great style.

How important is this and how does it influence your designs?

The women for whom I am designing are from various cultures, places, ages and stages of life. My designs are simple, leaving room for the individual to express their personal style. It is very important that I keep us women at the forefront of my design process. I think of our daily lives, schedules, obligations and aspirations and then create thoughtful essentials for the effortlessly chic. My garments embody airy elegance, timelessness, comfort and functionality in versatile pieces that can be worn to various places and carried with grace and confidence!

Ms Min

After discovering Ms Min's elegant designs and stunning fabrics I started following her on Instagram and was delighted to discover that behind the Ms Min brand was Min herself. Following her gives an insight in to her life not only as a designer but also as a wife and a mother. Her designs are totally contemporary and relevant but have a subtle reference to the rich heritage of Chinese design and textiles.



Do you think being a woman has an impact on the way you design and think about clothing?

Definitely. All connection started from self-connection, through body and soul. My design journey is actually a journey of self-exploration as an individual, as a woman. Through product and design I realise that the customer is synchronised with this, we are having a deep conversation through a product, a wearing experience and what's behind that. Which is amazing.

Please suggest your go-to piece from your own collection and tell us why it is your favourite.

The white silk shirt with Chinese closure. It's a modern white shirt, made in Italian silk, the silk texture is very unique. The texture is fine, yet with body, it has lustre, not shine; it's not dry not wet; it's not too liquid, it doesn't act like silk, it actually feels closer to cotton but more lux. The shirt has a stand collar, which gives it a sense of posture. It has elegance, but also ease. It's supple yet strong. The combination of these qualities make it an ultimate item.

Shopping



Softmountains

Ziwei Longhong set up her jewellery line after graduating from London College of Fashion. She was inspired to use the rich heritage of her Chinese Nuosu ancestry (part of the Yi nationality of South West China) and reinterpret their skilled metalwork into modern pieces. Her jewellery line fuses the craftsmanship of the Nuosu traditional techniques with her modern design taste. Her pieces add a beautifully effortless statement to any simple outfit.

Do you have a woman, or yourself, in mind when you are designing?

There are so many various women. Different races, identities and backgrounds that have inspired me: writers, dancers, musicians, entrepreneurs, my customers and close friends, my mum and grandma. So no, I don't design with one woman in mind, but with many.

It's spirit that fascinates me the most: independence, intelligence, heart and soul... And I hope my designs resonate with the women who are wearing our pieces. We want our pieces to be more than just pretty objects. Yeah, I design the pieces for real, brave, and modern women.

Do you think being a woman has any impact on the way you design or think about clothing?

Yes, definitely! I always think about how we wear the jewellery in our daily life and in which situations... in terms of functionality I try to make our designs easy to wear, I don't want to sacrifice comfort to look beautiful... So, every piece I wear personally for a week in order to decide if it is worth bringing to market. **SF**



Olivia Cotes-James

We sat down with Olivia Cotes-James, founder and CEO of LUÜNA Naturals, who believes that conversation about menstrual health is necessary, period. *By Ahanaa Puri*

Hey Olivia, can you introduce yourself to our readers?

I'm Olivia, the founder and CEO of LUÜNA, Asia's social impact period care company. I'm 29 years old, and have lived in Asia for over seven years. I've been working on LUÜNA since 2016, and officially launched the company in 2019 with teams based in Shanghai, Hong Kong and Singapore.

Tell us more about LUÜNA – how did you start? What were the challenges you faced?

When I was younger, I struggled with pads and traumatic leaking experiences preventing me from doing sport each month and resenting my body. Discovering tampons changed my life, and I wanted to make sure women were equipped to make informed choices about the period products that would be best for them.

I held my first "tampon workshop" in Hong Kong with the mission of creating a safe space regardless of age, education or nationality, to discuss and overcoming the stigma around period products that aren't pads.

Periods are not inherently negative. It is a false narrative spurred on by lack of education, misleading marketing and the use of toxic ingredients by big brands.

What is your vision for LUÜNA as a company?

Our mission is to create honest periods; free of toxins, taboos and secrets. We focus on three company pillars –

healthy, sustainable period care, educating girls about menstrual health, and donation of products to vulnerable groups.

Why do you think it is essential to break the stigma regarding menstruation and menstrual products?

Menstrual stigma is the biggest barrier in advancing the movement toward gender equality.

From school girls within low income communities to CEO's of global companies, in 2020, we are all still subject to the same shame, fear and confusion around our periods.

LUÜNA has unequivocally proven that with the right education and guidance, periods do not have to be negative experiences. We equip people with the knowledge and tools to have closer relationships with their bodies and selves, allowing them to reach their full potentials.

Is there anyone you were inspired by to start, or who inspires you today?

My team consisting of the most hard-working, passionate and creative women, continue to inspire me every day, as we build this company together. We are united by a tireless determination to create a company that better serves us, our friends and future generations to come.

Lastly, what do you think has been your greatest success so far?

Through our A Better Period initia-

Discovering tampons changed my life... less than 1% of women and girls in Asia use them, I wanted to make sure they were equipped with the knowledge to make informed choices about the period products that would be best for them.

tive, we reduced 3M plastic pads and tampons reaching landfills through sales and donations of period cups.

I'm most proud of our company culture and how we handled the challenges faced by the pandemic. As stated by one of the team members on a global call, knowing that our company provides a safe, fulfilling and happy space for people is one of my proudest personal achievements to date – although I cannot take credit for it alone. **SF**



Reading Matters

10 perfect picks for your aspiring feminist bookshelf.

By Gina Batmunkh

"I declare after all there is no enjoyment like reading! How much sooner one tires of anything than of a book! When I have a house of my own, I shall be miserable if I have not an excellent library!" - Jane Austen (*Pride and Prejudice*)

Storytelling is one of my greatest passions. I believe that through storytelling we can learn and grow as people. With this in mind I have gathered together a list of books designed to inspire and empower women.

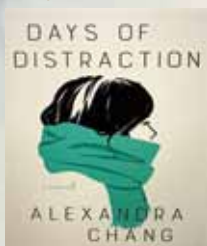
It's time to start filling your bookshelves with novels that will speak to you and create a real impact.

The Henna Artist by Alka Joshi



Set in 1950s India, a young girl embarks on a journey to a big city, where she becomes a henna artist. It is a beautifully written story, rich in culture and imagery, about one woman's search for independence as she struggles for fulfillment in a society pivoting between traditional and modern.

Days of Distraction



by Alexandra Chang
Days of Distraction focuses on an Asian-American staff writer at a tech publica-

tion in Silicon Valley, as she navigates being undervalued in her workplace and being a peacemaker in her family. The book follows her struggles in an interracial relationship, her difficulty of starting over and adjusting into a new place.

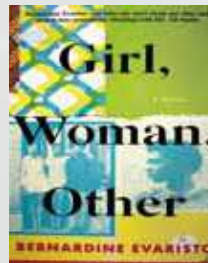
Pachinko by Min Jin Lee



A multigenerational saga about Sunja who decides to abandon Korea and move to Japan, depicting how her decision impacts three generations. An

absolutely beautiful novel that explores many aspects of family, relationships, and humanity. The book is not just eye opening, but it allows us to learn about the past and leaves us with lingering questions about the present.

Girl, Women, Other by Bernardine Evaristo



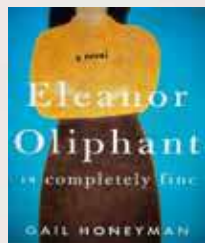
This novel follows the stories of twelve different women throughout their lives. Tackling gender identity, social status, race, and

sexuality. Each story touches upon topics like politics, abuse, feminism and slavery, with a central focus on their relationships with their loved ones and themselves.





Eleanor Oliphant is completely fine
by Gail Honeyman



This story focuses on Eleanor, who has been working as a finance clerk at the same company for the past 9 years. Her independent yet strictly structured lifestyle along with her socially awkward personality mean that her journey through self-discovery is often both hilarious and heartbreaking. This is a novel to inspire us all.

Daring Greatly
by Brené Brown



Daring Greatly is a book about having the courage to be vulnerable in a world where everyone wants to appear strong, confident and like they know what they're doing. It's a book that will inspire you to be your authentic self.

Turtles All The Way Down
by John Green



John Green offers brilliant stories which always seem to leave us wanting more. In this book, he touches on mental health including anxiety and obsessive-compulsive disorder (OCD). It depicts a story of love, friendship, and mental health through an eye of a girl named Aza Holmes. This book should be made essential reading and is certainly one to have on your shelf.

A Room of One's Own and Three Guineas
by Virginia Woolf



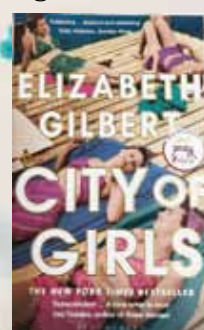
A Room of One's Own and the sequel Three Guineas is a witty, urbane and persuasive argument against the intellectual subjection of women, particularly women writers. First published in 1929, it's essential reading for all budding feminists.

The Girl With The Louding Voice
by Abi Daré



Adunni is a fourteen-year-old Nigerian girl, who is determined to get an education. Her ambitions come to a quick halt when her father sells her to a local man. It is an amazing, powerful and eye-opening novel.

City of Girls
by Elizabeth Gilbert



Elizabeth Gilbert is back with another banger, after the success brought by Eat, Pray, Love. City of Girls, tells a story of Vivian, an upper-class girl who was kicked out of boarding school and sent to New York to live with her aunt. The book has so many colourful characters you will fall in love with it. **5**

How to Survive...

Being a Seasoned Expat

Many of us have been Expats for a long time. We started our careers here or had children here. Living the life of an expat for a long time can make you wiser and sometimes... maybe... just a bit jaded... especially when you're bombarded by a bunch of doe-eyed newbies, fresh off the boat. We were all newbies once... with that in mind, here are some tips for keeping your cool as a seasoned expat.

1. Always look for something new. You may have been living in the same city for years so chances are you have fallen into a routine. While you're stuck in your routine things have been changing and evolving around you and you may not even know it! Take a chance to go and re-explore your city or your neighbourhood. Chances are you'll be surprised with what's popped up and what's shut down!
2. Embrace the newbies! When new expats come around you are guaranteed to have the same kinda conversation: "Do you have an Ayi?" "OMG it's so hard finding an Ayi!" "Let's go to Element Fresh for the 8th time this week!" and "I just paid

"Do you have an Ayi?" "OMG it's so hard finding an Ayi!" "Let's go to Element Fresh for the 8th time this week!" and "I just paid 1300RMB for this fake Mulberry clutch, that's good right?"

FYI... That's not good!

1300RMB for this fake Mulberry clutch, that's good right?". But remember, instead of running and hiding from new Shanghai recruits, take them under your wing and impart some of your wisdom about the city. And when all else fails, at least you can impress them with your tiny scraps of Mandarin. You gave up lessons 3 months in and you know they will too.

3. Being a seasoned expat who's been around for a while means that you've had the opportunity to meet many people from all over the world. Expat friendships grow quickly and deeply because we're all thrown into this crazy melting pot of expat life where we need to lean on each other for support.

Having friends from all over means that no matter where you go you'll always get to see a friendly face.

Try your best never to get jaded. Sure, you may have lived in five different countries over the last 10 years but that doesn't mean there still isn't something amazing to discover in the next five! Although it can be hard living in a foreign country and difficult to explain your life story and exactly where "home" is, the truth is that every place you have lived has shaped you.

Your flexibility in life is your superpower. So, help the newbies unlock their superpower too! **SF**



Illustration by Xiyona Gosain

What Does It Mean To Be a Woman

Is this what a woman looks like...? By Pilar Ortego

Like many other girls, I have spent my entire life looking up to my mother, thinking: "This is what a woman looks like". You know, someone who has it all figured out, someone who has succeeded in life (although I still can't grasp what success means), someone that is strong, competent, and beautiful inside and out.

But as I enter the 'adult' phase of my life, and realise that family, friends, and even strangers are now referring to me as a 'young woman', I can't help but think to myself— "What does it mean to be a woman?". Truth is, I have no clue. Don't get me wrong—I still have the utmost respect and love for my mother, and every day I am thankful to her for all she's done for me and my siblings.

I guess the essence of my confusion comes from not knowing what is expected of me. All those qualities I once thought resembled a true woman are now slowly fading away. And, in they come to the doubts and fears: "Should I still watch this TV show? Is it too childish?", "Would I look too immature if I wore this dress?", "Are they going to take me seriously?". I'm sure I'm not the only one who's been there—drowning in a sea of self-doubt and uncertainties.

Over the course of just a few months, I have found myself going from being considered a child, to being expected to act as a full grown-up. But, why? Society teaches us from childhood that turning 18 marks the start of our adult life. That, to be accepted, you need to shed everything into a corner that made you 'you' up until that point. Your interests, your hobbies, your favourite films or books—you can't

like them anymore! Those things are for kids!

As crazy as it sounds, for the longest time I thought I needed to change my entire identity to be treated like an adult. It was at this stage that I realised how wrong that belief is. I realised that becoming a woman isn't about turning 18, moving to university, or getting a job.

Being a woman is an attitude; it is about being confident and comfortable in your skin. Confident in what you like, confident in what you wear, and confident in what you believe in. So, what if you're thirty and are still into the Harry Potter saga as much as you were twenty years ago? Own it!

Surely, I haven't found the key to what being a woman truly means, but one thing I have learned is this: Do not let anyone take your confidence away from you. I know I am young and still have a lot to figure out, but I hope that as I grow closer to my womanhood, I become someone that other little girls look up to, just like I did. **SE**



Pilar Ortego is a Spanish teen who moved to Shanghai five years ago. She recently graduated high school and is now taking a gap year in Shanghai.

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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 Jinqiao and Hongmei outlets, and Daning provides a welcome escape for Zhabei expats. Gubei/Hongqiao > 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road); 5422-5119. Xuhui > 207-6 South Maoming Road (near Yongjia Road); 6445-6634. Xujiahui > Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiahui Station); 3368-6117; www.bluefrog.com.cn

ELEMENT FRESH

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

FAT COW SHANGHAI

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

LIQUID LAUNDRY

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

SWISS BUTCHERY

Swiss Butchery sells a wide variety of fresh,

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

TEXAS ROADHOUSE

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

Food Delivery

EPERMARKET

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

SAM'S CLUB

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

community listings

Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative performance and composition. Every Saturday, 9am - 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing; PAAShanghai@ista.co.uk

ISTAGE ACADEMY

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

JITTERBUGS SHANGHAI

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

JULIA GABRIEL Centre FOR LEARNING

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

JZ SCHOOL

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

KIDS ATTIC

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

OOGIE ART

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

SINGING SPECKLED FROGS

Relaxed and fun parent and baby and toddler singing

group. Children sing classic nursery rhymes, play instruments and dance. No reservation required. 60 RMB/class each Thursday in Xintiandi and Friday in Lujiazui. >Xintiandi: Casa Lakeville Basement Aerobics Room, 506 South Huangpi Road >Lujiazui: 6/F, Lujiazui Worldpath Clinic International Meeting Room, 399 Nan Quan Road (N); singingspeckledfrogs@gmail.com

THE POTTERY WORKSHOP

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

PREMIERSHIP EXPERIENCE

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

ZOOLIGANS

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

Z FENCING

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

Financial Services

ST. JAMES'S PLACE

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

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

Britannica offers the best of British independent school education. Our dynamic and caring staff are

experienced in delivering the English National Curriculum. We embrace and celebrate a multicultural population, providing a personalised programme to meet the needs of all students. Small classes and an inclusive policy ensure pupils are fully supported across the curriculum. admissions@britannicashanghai.com; www.britannicashanghai.com

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

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

CONCORDIA INTERNATIONAL SCHOOL

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

DULWICH COLLEGE SHANGHAI PUXI

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

DULWICH COLLEGE SHANGHAI PUDONG

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

community listings

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 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-CES). MSS leads the way in quality and standards in China and School. West Hongqiao campus: 586 Gaojing Road (close to Hu Qing Ping Road), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: admission.whq@montessorisos.com; Xuhui Campus: 21 Donghu Road, Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessorisos.com; Jiading Campus: 1313 Xiwang Road, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessorisos.com; Minhang Campus: 3852 Duyuan Road, Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@

community listings

montessorisoris.com; QR Code: mss2005shanghai;
School Web: www.montessorisoris.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, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. 021-51872889; admission@luc-china.com; No. 230-233, 779 Fangdian Road, Pudong; www.luc-china.com

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

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

SHANGHAI GYMNASTICS

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

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from

around 20 international schools have participated into the league during the last six years. SIYSL has spring and fall seasons every year composed of four age groups, and two tournaments every season. 183 0198 7976; info@siyslchina.org; www.siyslchina.org

SPORTS FORCE

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

Teen Activities

DISCKART INDOOR KARTING

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

JIANGWAN SMP SKATE PARK

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

ROCK DANCE SPACE CLIMBING CENTRE

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

SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

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

THE GENIUS WORKSHOP

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

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

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COLUMBIA BAINUO CLINIC

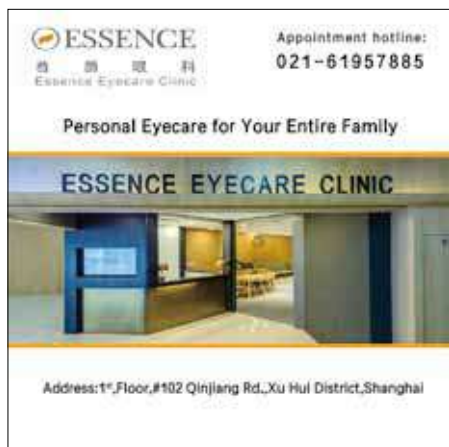
Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia,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

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO



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

ESSENCE EYE CLINIC



An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide

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

JIAHUI HEALTH



Jiahui Health's integrated healthcare system covers all major areas of the city and consists of a comprehensive international hospital, a network of outpatient clinics and a wellness centre. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through our state-of-the-art Emergency Unit at Jiahui International Hospital, we offer full-spectrum 24h medical services, including a fully equipped rabies clinic able to provide the pre- and post-exposure rabies vaccines. > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road. Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an), Suite 101, 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 Caoyi Road, Xuhui District; 8621-5489-3781; Mon-Sun 9am-5pm; www.renaihospital.com

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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. > B11F, 1398 Fang Dian Road, Pu Dong District, Shanghai; Appointment centre: 4008 500 911; www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

UNITED FAMILY HEALTHCARE (UFH)

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

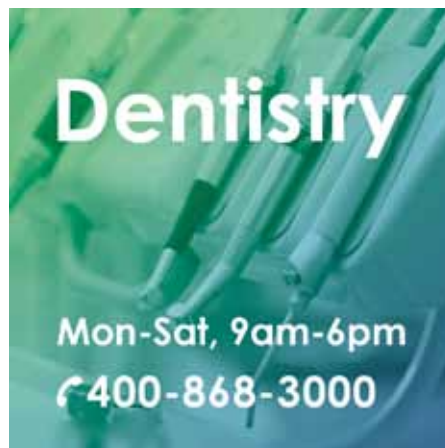
Dental Clinics

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 1391811319. www.alphadental.cn

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

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

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

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

BANYAN TREE SPA

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

BODY CONCEPT PILATES

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


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Willowbrook at The Greenhills

Where quality living is the essence of your journey An exclusive
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