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November/December 2020

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



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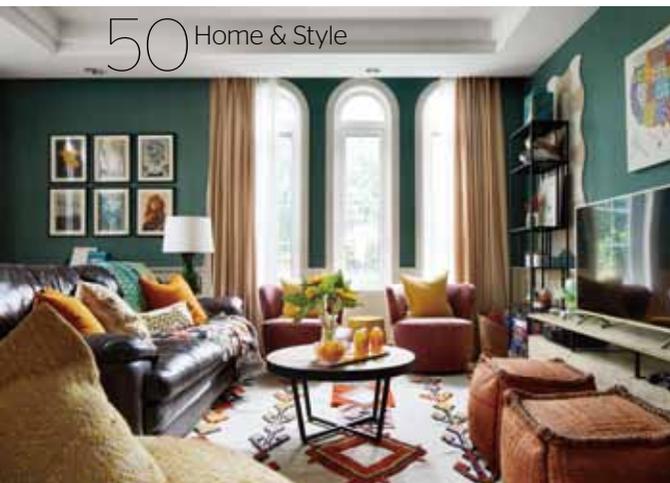
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There are a few measures that can be taken in the prevention and control of myopia. For some children, sufficient daily nutrition and outdoor activities may be enough for them to avoid myopia. For children who already have myopia, visiting an eye care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

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November/December 2020

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How are you spending Christmas this year?



I usually spend Christmas in Shanghai so this year will be no different! I will gather together all my friends and cook a huge meal and exchange gifts.



This year it will just be me and my husband because our son is living overseas. We will have a special dinner and give gifts to each other.



Me and my family don't celebrate Christmas we celebrate New Years, we will have a massive party!



Me and my family are getting together with some other Spanish families and bringing Spain to us with a massive Spanish Christmas!

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5. Winners will be announced in December. Good Luck!



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editor's note



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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.



Christmas! Christmas is coming! How many sleeps until Father Christmas comes!? I am 28 years old and I get just as excited for Christmas now as I did when I was eight years old. Christmas is a time of magic and miracles, of snow and Santa and food, and festivities.

The festive season infects most of us, we end up tapping our toes to questionable Christmas songs (Baby it's Cold Outside) and indulging in far too much mulled wine on a week-night (at least I do).

This year however, is going to be a little sad for many expats. For most of us returning home to Feliz Navidad with our loved ones isn't an option. If you're lucky enough to be in China right now, you are here to stay.

We need to embrace a Shanghai Christmas and lean into it. That's what this issue of Shanghai Family is all about, having the absolute best Christmas you can have. Turn to page 14 for details on exactly how to create a festive extravaganza.

Our feature story (page 24), written by Moi, talks about mentally preparing yourself for 2021, and I witter on about grapes for quite a long time too (it's relevant I promise).

For our education feature (page 28) we look at the performing arts, inspired by a good panto, and how important they are for children's development. We then have an excellent video from Yew Chung International School (page 32) that's sure to get you in the Christmas spirit.

We spoke to doctors at Jiahui and got the down-low on hangovers (page 42) as it's not Crimbo without one and the experts over at Parkway filled us in on dealing with emergency situations on page 44. (Not very festive, but very essential.)

Survival Guide (page 47) by the hilarious Nicole Chia, talks you through surviving a Shanghai Winter *shudders*, think smog, damp and cold!

If you're looking for winter travel then turn to page 52. We sent one of our intrepid editor's to Qinghai to experience the wintery magic of the West of China. She came back with incredible photos and these weird stick-on heat patches that are magical.

And, finally, make sure you check out our home and style article (page 50) that shares some top tips on creating the perfect teen hangout space in your own home!

From all of us here at Shanghai Family, (but mainly me, because I'm the one typing) we wish you a very merry Christmas and the happiest and healthiest of New Years.

Claire Lily Squire
Editor in Chief



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school roundup

Wellington College International Shanghai

Wellington College International Shanghai held its annual Senior School Sports Day on 21st October. Pupils from Year 9 to 13 came together to have fun and put their athletic skills to the test. Pupils delivered standout performances in many traditional track and field events.



Dulwich College Shanghai

Dulwich College International has 13 schools across Asia with an alumni network more than 3,000-strong. Dulwich International alumni have forged successful careers as entrepreneurs, musicians, doctors, lawyers and business leaders, including their very own DCSPD alum, Daniel from Class of 2012, who has won multiple prizes in the field of medicinal chemistry specialising in new cancer-treating medications.



Hongwen-Montessori Academy

On 17th October, Hongwen-Montessori Academy's headquarters gathered 267 school-aged families - nearly 900 people - from all Shanghai campuses to participate in the annual family sports carnival. Hongwen-Montessori Academy has always advocated the concept of "using sports to promote children's development".



Wellington College International Hangzhou

Trick or treat? The corridors and V&A were decorated, the pumpkins were out, and the teachers and pupils were dressed up. Wellington College International Hangzhou held a Halloween party on Friday 30th October. Supported by Friends of Wellington! An afternoon filled with lots of fun and laughter.



Britannica International School, Shanghai

Britannica International School, Shanghai concluded October with a whole school Fancy Dress day. All of Britannica's students and teachers fully embraced the day with a huge variety of costumes, and some memorable home-made efforts. Whole school events like this are a wonderful example of the community spirit, comradery and fun the children have while at Britannica.



Shanghai Singapore International School

For SSIS's Annual Book Week, teachers created many initiatives to cultivate a love of reading in students. Activities like Reading Buddy, guess the 'Masked Reader' and 'Book in the Jar', story reenactments, and, dubbing movie voices, promoted reading and participation, celebrated literature and highlighted the transformative power of storytelling.



fresh tips

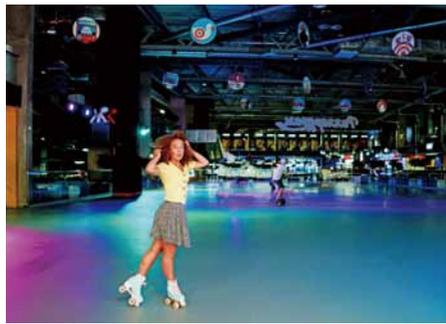
Craft'd Christmas Card Club

Why not add a little bit of a personal touch to your Christmas cards instead of purchasing pre-made ones? Make your own, one-of-a-kind card with Craft'd Shanghai. All the materials are included and you get to bring home 12 cards and envelopes. Also, there are samples available for you to get inspiration. December 2nd to 4th; 1F, Bldg 3, 1288 Middle Fuxing Road, Xuhui District; Price: 200 RMB



Van Gogh Star Art Museum

This museum is fully equipped with up-to-date technologies like special effect lights and shadows. Discover tunnels and magical mirror mazes, and other interactive arts. The museum provides an overall dreamy experience like never seen before. Today, Vincent Van Gogh is one of the most popular post-impressionist painters. As his work is widely known around the world, you can't miss the opportunity to visit this amazing interactive museum with your family and friends. 8F, Hall C, Shanghai No.1 Department Store, 830 East Nanjing Road, Huangpu District; Price: 49.90 RMB



Day Time @ RIINK

RIINK is an exciting place to have fun during the weekends. Since rollerskating is fun, the more people join the merrier. You can also bring your furry friends along, as the facilities are pet-friendly. This rollerskating rink offers a safe, family fun environment with awesome lighting and music. Happy skating! Now-31st December; Bldg 18, 808 North Shaanxi Road, Jing'an District; Prices: 128-158 RMB



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cover story

Guide to the Perfect *Shanghai Christmas*

Christmas in your home away from home might feel daunting, especially if it's your first year away from your family. Let us help you ensure this is a Christmas to remember. *By Claire Lily Squire*





This year in Shanghai will be my fourth Christmas away from home. I feel I'm becoming something of an expert in the matter.

Each year feels a little different, amazing in one moment, but with rolling waves of homesickness in another. For many expats, especially families, this Christmas is going to be their first one away from their home countries and families. This doesn't need to be a bad thing or a sad thing, you can make it be your own thing.

What I love most about Christmas at home is obviously my family and our traditions. My godmother comes over on Christmas Eve and we cook a huge salmon for dinner, she helps my mum prep veggies for Christmas day and they drink wine and gossip over giant mounds of brussels sprouts.

Me and my brother are both in our late twenties, and he is married, but Father Christmas still comes to everyone. I lie in bed hearing (my now tipsy) parents and godmother giggling as they sneak into our rooms and put Santa sacks at the ends of our bed.

The next day the cooking begins with fervour, extended family arrives, each one crashing through the door with bundles through of gifts, asking what they can do to help and storming through to the living room to put presents under the tree.

We eat a giant feast of turkey and all the trimmings and all the 'grandchildren' (we are all very much adults now) tackle the washing up. We then sit together in the living room and one by one open our Christmas gifts. We draw this out for as long as humanly possible and love

every moment of it. Everyone gets comedy socks, bottles of wine and books on gardening.

I adore Christmas with my family... So, why have I spent my last four Christmases in Shanghai? For a lot of reasons, mainly work, not really getting enough time off to make the flights and jet lag worth it, and this year the option to go home has been completely taken out of my hands (thanks COVID-19).

I have found in Shanghai a new way to celebrate Christmas, and I have come to love it as much as I love my celebrations at home. I have begun to make my own traditions and do Christmas in my own way, instead of the way I have inherited from my parents. Basically, I have kept all of the good bits, and added in new good bits of my own.

For me, Christmas in Shanghai starts at the beginning of December, we all take it in turns heading to each other's houses and decorating, nothing is sadder than singing 'all I want for Christmas is yooooou' on your own. Did you know you can order real Christmas trees on Taobao? True story. And they are not expensive. Just make sure you seriously think about how tall your ceilings are... Every year I have had to cut the top off of my Christmas tree.

Decorations up, I begin planning an elaborate meal, invites are sent out, and each member of my Shanghai family makes any requests for special dishes that remind them of home. I order a GIANT slab of beef to roast (we have turkey for Thanksgiving, so that goes out the window for Christmas, no one wants to eat turkey twice in basically a month).

Everyone who comes brings a gift for each and every person and they go under the Christmas tree. We drink too much, play silly board games and have a whale of a time. At different points throughout the day, people jump up and shout 'my family are awake' and dash off to do lots of video calls. I have met aunts, uncles, cousins and grandparents of all of my friends via video calls.

My Shanghai Christmases are beautiful but bittersweet. I miss my home, and I miss my family, I miss my cousins making dumb jokes and Grandad snoring in the arm chair. But Shanghai Christmases have their own appeal. They are about the family you choose, not the family you are born into. They are about sharing your love for each other, no matter where you're from. You learn about other cultures. Ever danced around a Christmas tree on Christmas Eve? (Thanks, Scandinavian friends). Try new food and make your own traditions you want to carry forward.

Every year, Christmas in Shanghai is special and it's unique. It helps you to strengthen bonds and show your love for one another. I know that one day, when I'm living back in England, with my own family, hopefully little children running around and my parents napping in the living room, I will do Christmas a little differently. I am going to choose all of the best parts of every Christmas I have ever had, choose my favourite parts of each culture and wrap it all together to make something that is my own, that belongs to me.

Here's a guide I put together based on my past experiences of Shanghai Christmases to help you and your family have the perfect Christmas.

Staycations

Making Christmas extra special by taking a staycation is a great way to really mark the occasion. Here are some of our favourite picks!



Kerry Hotel Pudong Family Staycation

The Kerry Family staycation pack is the perfect option for families looking to spend a relaxing time in the city. Situated at the heart of Pudong, the hotel overlooks the Kerry Parkside Shopping mall and Century Park. Starting from 1,388 RMB per night, this package includes countless exclusive benefits and activities for everyone in the family. For example, daily buffet breakfast at The COOK, dining or gas credit, valued at 100 RMB per night, access to the Adventure Zone

for the children, access to Kerry Sports for the fittest in the family, and much more. In addition to all of this, the hotel is also conveniently located only a 25-minute drive away from the Shanghai Disney Resort (shuttle bus service included in the deal), which rest assured, will be a success among the youngest of the family.

Hengshan Moller Villa Hotel

This original hotel definitely stands out from the rest of the buildings surrounding it, due to its grand architecture. The

70-year old Norwegian historical building now looks like a fairytale castle in the middle of the crowded Jing'an area, where you can enjoy a staycation at a starting price of 869 RMB per night. Located between the always-busy roads of Nanjing West and Huaihai, this marvelous hotel allows you to have the best of both worlds: the tranquility of the European ambience inside its gates, and the liveliness of the Shanghainese streets on the outside. It is an ideal staycation choice for families looking for a more calm holiday without completely leaving the craziness of Shanghai behind.

Capella Shanghai

At Capella Shanghai, you and your family will step back into the Golden era of Shanghai—the 1930s. Situated in Xuhui District, this hotel describes itself as an 'urban sanctuary', and rightly so. The hotel proudly protects and evolves Shanghai's cultural legacy, as it is shelter to the majority of the remaining shikumen townhouses. The design concept embraces the

history of the place as well, by mixing traditional French and Chinese elements, creating a wonderful space to stay at. You can enjoy a lovely staycation at one of their luxurious villas from 3,500 RMB per night. This is definitely the place for the families who want to rest from the busyness and stress of city life and enjoy a break from the routine for a few days.

Xinmei Boutique GH-Shanghai

This is the perfect hotel for people wanting to do something special for the holidays, while not breaking the bank. With a starting price of 595 RMB per night (breakfast included), the hotel offers room service, a playground for the children, a terrace, and a shared lounge where you can socialise with the rest of the guests. There is also a bike hiring service for the more adventurous families that want to explore the city. Certainly, the hotel's position around one of Shanghai's best places to cycle will make the experience all that much better!



Events

Bring the Christmas spirit to you with some Christmas markets...

The Jing'an Christkindmarkt

This magical market is a Christmas-in-Shanghai classic. Here, you will have the chance to try delicious food such as gingerbread, baked apples, and chestnuts while enjoying the full Christmas experience. It is also the perfect time for the children to pay the annual visit to Santa Claus and tell him what they wish for this year, as he will be there as well!

27th November-20th December; 537 Haifang Lu, Jingan district; Weekdays Free Entrance, Weekends 40-60RMB



The Paulaner Bräuhaus Christmas Market

The Paulaner Bräuhaus Christmas Market is one of the markets we look forward to the most. This year it will take place in Pudong. This is the perfect place to go if you're craving a European Christmas. The aim of the market is for people to take away the experience of the traditional Christmas customs in Europe. For example, Christmas wreaths and trees will be sold as well as festive food and drinks.

28th November-20th December; 555 Shibo Avenue, Pudong District/ 1197 Changning Road, Changning District; Free entrance



Jiashan Christmas Market

Jiashan Market, named after the road it's on, is a year round crowd pleaser, but especially at Christmas. They are holding two Christmas markets this year. The first will focus on Christmas gifts, while the second will have lots of festive fun and games (as well as gifts). You can look forward to carol singing, cookie decorating and a visit from the big man himself (Santa) handing out gifts for the little ones!

5th December-19th December; 259 Jiashan Road, near Jianguo Road; 11am-6pm; Free entrance



A Winter Wonderland Christmas Market

Situated across Anyi Road and the Jing'an Kerry Centre, this wonderful winter wonderland market offers an extensive variety of activities for everyone in the family. You will be able to enjoy this market from the 4th of December up until the 27th of December. This exciting market will transport you home and bring some much-needed Christmas spirit into your family. Some of the activities offered at the market include delicious Christmas-themed snacks and family activities, such as creating hand-made items at one of their workshops. The Winter Wonderland Christmas Market creates a perfect balance by mixing traditional Christmas and unique activities together under the same roof.

4th December-27th December; 1515 West Nanjing Road, Jing'an District; Free entrance

Recipe Inspiration

Having a holiday away from home means you can get creative with what you're cooking! A good mix of traditional and new is fun! We've curated a simple, trendy, not-so traditional Christmas menu for you to wow your guests and family with.

Appetisers

Cranberry Meatballs

Ingredients

- 1 kg ground beef
- ½ tbsp salt
- 2 tbsp chopped onion
- 2 eggs (beaten)
- Freshly ground pepper
- Ketchup
- Cranberry Sauce
- 1 can jellied cranberry sauce
- Chilli sauce (optional)
- 1 tbsp sugar
- Lemon juice (add to preference)

1. Preheat oven to 180°C
2. Using a large bowl, mix meatball ingredients together until well combined. Then roll into 2.5-inch balls onto baking pan and bake for 20-25 minutes.
3. In another small bowl, prepare the cranberry sauce by whisking all the ingredients until smooth. Smear over the cooked meatballs and bake for another ten minutes. Serve the dish when warm.



Main Course & Side Dishes



Slow Rib Roast

Ingredients

- 13-bone standing beef rib-eye roast, chine bone removed
- Salt
- Freshly ground pepper
- 6 sprigs rosemary, divided
- 6 garlic cloves, finely grated
- 2 tbsp extra-virgin olive oil
- 50g finely chopped parsley
- Flaky sea salt (garnish)

1. Season roast all over with salt and pepper. Place roast on a wire rack set inside a large rimmed baking pan and let it sit at room temperature for at least two hours.
2. Using a small bowl, mix in two rosemary sprigs add garlic and olive oil. Mix well to combine and season with salt and pepper.
3. Preheat oven to 250°C. Scatter remaining four rosemary sprigs across another rimmed baking pan. Place the meat and smear

- mixture all over. Roast until an instant-read thermometer inserted into the thickest part registers 110°C for medium-rare, 2-2½ hours (temperature will rise as it sits; it should eventually hit 125°C). Let it rest for at least 30 minutes.
4. About 20 minutes before you want to sit down to eat, increase oven temperature to 500°C. Roast meat on the same baking sheet until fat is golden brown, (10-15 minutes). Transfer roast to a cutting board and remove rosemary sprigs from baking sheet. Add 50g parsley to juices and stir to coat. Transfer to a small bowl.
5. Slice meat to your preference and separate bones if you like. Arrange on a platter and pour parsley mixture over. Sprinkle with sea salt and more parsley.
6. Do Ahead: Meat can be roasted two hours ahead. Store loosely covered with foil at room temperature.



Smashed Loaded and Mashed Potatoes

Ingredients

1kg small potatoes
Salt
60g parmesan
Bay leaves
1 large bunch chives
2 tbsp sour cream
2 tbsp hot sauce (optional)
140g shredded chicken
4 tbsp extra-virgin olive oil
Freshly ground black pepper

- Place potatoes in a large pot and cover with water by two inches. Add five teaspoons of salt and heat over medium-high. The water should be really salty. If not, add more. Bring to a simmer.
- Finely grate the parmesan into a medium bowl.
- Cut chives and put in a small bowl.
- Use sour cream, or mix together with hot sauce in another small bowl. If the mixture is too thick, add water to thin it out.
- To prepare shredded chicken, boil chicken breast with salt, pepper and bay leaves. Add seasoning as desired and shred the meat.

- Once the potatoes come to a simmer, cook until a fork or paring knife easily slides through easily, (six to ten minutes). Be sure not to cook them for too long. Drain potatoes and transfer to a rimmed baking sheet or a cutting board.
- Using a flat surfaced utensil, smash each one gently by pressing down evenly.
- Using the pan with the remaining chicken juices, arrange half of potatoes in a single layer in skillet. Season with salt and cook, undisturbed, until golden brown and crisp underneath, (six to seven minutes). Flip for it to cook evenly on both sides.
- Whilst the second batch cooks, you can begin loading your potatoes. Sprinkle the shredded chicken over the potatoes and top with parmesan. Lastly, drizzle sour cream sauce. Repeat with second batch of potatoes with the remaining chicken, cheese and sour cream. Season with pepper and salt.

Brussels Sprouts with garlic and pancetta

Ingredients

4 Big handfuls of Brussels sprouts, trimmed and halved (quartered if large)
250g pancetta, visible fat discarded and pancetta minced
1 garlic clove, minced
1/2 tablespoon extra-virgin olive oil
1/4 cup water

- Toss together Brussels sprouts, pancetta, garlic, oil, and salt and pepper to taste in an 11- by 7-inch baking pan and spread in one layer.
- Roast in upper third of oven at 200° C, stirring once halfway through roasting, until sprouts are brown on edges and tender, about 25 minutes total. Stir in water, scraping up brown bits. Serve warm.

Dessert

Chocolate Log

A classic addition to the holiday menu is a chocolate log! You can make one yourself, or if you want to make your life easy, you can pop to your nearest decent bakery and pick one up! (This is what we recommend you do!)



Cocktails

Applejack Sour

Ingredients

60ml of apple brandy/pear brandy
22ml of fresh lemon juice
15ml orange juice
15ml maple syrup
Freshly grated nutmeg (optional)
Garnish: cinnamon stick

Combine all, except garnish, the ingredients in a cocktail shaker and shake until outside is frothy. Strain cocktail into an ice-filled glass and sprinkle with nutmeg. Garnish with cinnamon stick.

Classic Old Fashioned

Ingredients

1/2 teaspoon sugar
3 dashes Angostura bitters
1 teaspoon water
2 ounces bourbon
Garnish: orange peel

Add the sugar and bitters into a rock glass, then add water. Stir until sugar is nearly dissolved. Add the bourbon, and stir to combine. Express the oil of an orange peel over the glass, then drop in.



Decorations

Decorating my home for Christmas is probably my favourite part of the year. I drag out dusty boxes from under my stairs, and order a few new decorations every year. I get a real tree, I love the smell of pine, and I really go to town. I hang a wreath on the door of my lane house, and all my neighbours have a good gawp.

If you're looking for decorations your best bet is Taobao, simply search: sheng dan jie 圣诞节. But if you want to shop in person, check out these stores:

Au Nom de la Rose

A French import shop that sells a variety of trees ranging from upto two metres tall, both real and fake. Prices are more on the costlier side, but if you're willing to invest for a full-fledged Christmas, it is worth the money. Prices vary from 500 RMB up to 3,000 RMB for a real tree. Depending on the size of the tree, delivery is available for a three km radius.

Address: 122 West Jianguo Road, near South Shaanxi Road

Ruby's Party

Located at multiple places around Shanghai, Ruby's Party presents package deals with an array of ornaments, trees, decorations, and even Santa costumes, if you're up for it. With affordable prices, Ruby's Party is a gem for real bargains.

Address: 930 Zhuguang Road, near Xiewei Road

Holiday House (Anting)

This house of wonders homes assorted décor and fake trees, making the long trip to Anting worth it for a dedicated holiday homemaker. Tree sizes range from upto two metres tall, whilst prices range from 45 RMB to 200 RMB. All sorts of ornaments are available including, but not limited to light-up snowmen, lawn ornaments, Santa statues, there's so much available...it's overwhelming.

Address: No.101, Gate 4, Lane 355 Bei'ande Road, near An-yong Road

Astory Flowers

Astory Flowers specialise in pre-decorated trees, available in both small and larger sizes. Prices can start off from 398 RMB up until 1600 RMB for a tree with a height of half a metre.

Address: 1/F, No. 6, Lane 85, South Wulumuqi Road, near Yongjia Road

Wan Qun Florist

Wan Qun Florist sells real trees, more specifically Chinese pines. A two metre tree will cost you around 450 RMB. Trees are not always available for inhouse purchase; thus, it is recommended to organise for delivery. Delivery costs vary, depending on the distance.

Address: 225 Yongjia Road, near South Shaanxi Road

And of course, if you're not willing to invest too much time into decorating your house but still want to feel the Christmas spirit, places like IKEA and Carrefour offer a variety of trees, ornaments, and decorations for an affordable price. Whilst you're there, you might as well pick up some extra presents. **SE**

An International School With Chinese Heritage

Soong Ching Ling Middle and High School provides high-quality education by combining the best of both worlds, an international mindset, and the preservation of its roots through Chinese culture.

Soong Ching Ling is an international school offering an American-style curriculum with a focus on the healthy development of the whole child. The school is named after one of the most famous women in 20th century Chinese history. Its connection to Soong Ching Ling's life and work provide the core identity of the school. It is internationally minded with very strong roots in Chinese history and culture.

Shanghai Family sat down with Mary Margaret Magee, principal of Soong Ching Ling's Middle and High School divisions and asked her some questions about what makes Soong Ching Ling such a unique learning institution.

What, do you feel, makes Soong Ching Ling a 'stand out' school?

Our school's motto is a Soong Ching Ling quote: "Giving children the most valuable things." This phrase guides our professional discussions, allowing us to create an optimal environment for learning: loving, encouraging, challenging, and rigorous. Our students are cared for and offered countless opportunities to achieve through our academic and extracurricular programmes.

Despite being a relatively young High School, we have already gained approval as an AP and SAT test centre from the College Board; this benefit means that our students take these high-stakes exams in a familiar environment.

What's the curriculum that you follow for middle & high school students?

Our students follow an American-style curriculum aligned with US core standards in all subjects. Qualified High School students are offered an ever-growing number of AP courses. On top of this, all students study three languages, English and Chinese plus either French or Spanish. We also have an expansive after-school activity programme.

You have a large number of faculty compared to students, can you tell us about that?

Our faculty to student ratio is 10:1. The constant interaction between students and teachers in homerooms, classrooms, playing fields, and hallways ensures that students feel cared for and known. For adolescents, this nurturing environment is a safe place to make mistakes and to learn.

This school year, 2020-2021, the Middle School and High School faculty is comprised of 46 teachers with diverse nationalities. Over 50% of our teachers hold master's degrees and four hold doctorates.

What are your expectations for your students academically? Have your students won any awards in any international competitions?

We expect our students to work hard to reach their potential. We focus not only on academic achievements, but also in sports or the arts.



Dr Mary Margaret Magee

- Dr Magee earned her bachelor's and PhD degrees from the University of Texas at Austin.
- Dr Magee has more than 30 years' experience working in education as an English teacher and High School Principal in the US, UK and in China.
- Dr Magee believes that children learn best in an environment that encourages them to reach and exceed their potential.

Our students do very well in international mathematics competitions, but we also had a student who joined a 41-day cross-country bicycle road trip in the United States, and a student that was elected the primary Master of Ceremonies for a 400-student speech and debate tournament.

What is the enrollment plan for the 2021-2022 school year?

Our enrolment plan is to admit qualified, bright, curious and hard-working students at every grade-level. Our Middle School is almost fully enrolled, and our young High School is continuing to grow.

English language proficiency is one of the best predictors of success in our school, we look for students with very high levels of English.

Address: No.2 Yehui Rd, ZhaoXiang, QingPu District, Shanghai 201703, China
Website: www.soongchinglingschool.org
Admission Office
Tel: 021 6975-6301 ext.8002
Email: admission.center@scls-sh.org



Making Lujiazui the Perfect Home in Shanghai

Meet the Fenn family and discover their happy and active life at the Fraser Suites Top Glory apartments

Choosing the perfect place to live in a busy and vibrant city like Shanghai can be a challenge. That's why so many people choose to live in serviced apartments. From the second they touch down in Shanghai, they have a place to call home.

We recently sat down with the Fenn family, Brian and Sara and their two twin boys, and asked them about their experience. The Fenn family choose to live in Fraser Suites Top Glory apartments and have stayed there for several years. We wanted to know why they choose Fraser, and what has made them stay.

It's so lovely to meet you both, can you tell us why you initially choose to live in a serviced apartment? Why didn't you choose to rent through a private landlord?

Initially, our concerns were about comfort and quality. We didn't want to negotiate about furniture and other details. We were also excited about the opportunity for breakfasts and an option for daily cleaning services. Negotiating with a landlord before moving to Shanghai seemed like a lot of additional work and Fraser presented choices for a smooth and easy transitions. They handle expats flying in everyday, they knew exactly what we needed.

After your experience living at Fraser Suites over your first year, what made you decide to stay for a second?

There were several reasons why we decided to continue our stay at Fraser Suites after our first year. Firstly, my family and I were extremely comfortable here and we had built up good relationships with our friendly neighbours. The Fraser community and staff always made us feel welcome, whether it was by the indoor swimming pool, the clubs targeted towards multiple age groups, or even the receptionists, who never failed to answer our queries. We also loved the proximity to the Bund and prome-



nade, making it an ideal place to live in Shanghai. Living at Fraser is like a never-ending hotel staycation, and we love it!

Fraser Suites has always made my family feel safe and secure no matter where we were. As I mentioned before, we love having a lobby reception and friendly staff who are always ready to help us with whatever needs that may come up (even if it's just Taobao help!).

We also utilise the great cleaning service that Fraser provides. I love coming back into a clean and freshened up apartment after a long day at work- it is the best feeling!

Our apartment is well-furnished, making it a very comfortable place to stay. The spacious living room receives abundant natural light, filling our apartment with positivity and happiness. Not to mention, the picturesque view of the Bund that we get to admire every day from sunrise to sunset.

I can't talk about Fraser Suites and not mention their fantastic amenities, that we have used to our full advantage. Our twin boys love to go swimming - outdoor in the summer and indoor in the winter. The tennis courts, yoga room, and fitness areas also help us keep active.

While we can't always take advantage of the breakfast buffet during the week due to schedules, it is a special treat on the weekends to go down to the complex restaurant for a leisurely breakfast as a family and



spend quality time together. As a working parent, I feel relieved to not have to stress about cooking on the weekends.

The sense of community and belongs at Fraser is amazing, they hold seasonal parties and movie nights, so you really get to know your community.

What do you think of your location? Why is it especially suitable for your family?

The location of the suites by the river is exciting, as we can experience both the suburbs and busy-city vibes of Shanghai. We are an active family; we love to run, bike and explore. Thus, the proximity to the Bund river walk is perfect for us.

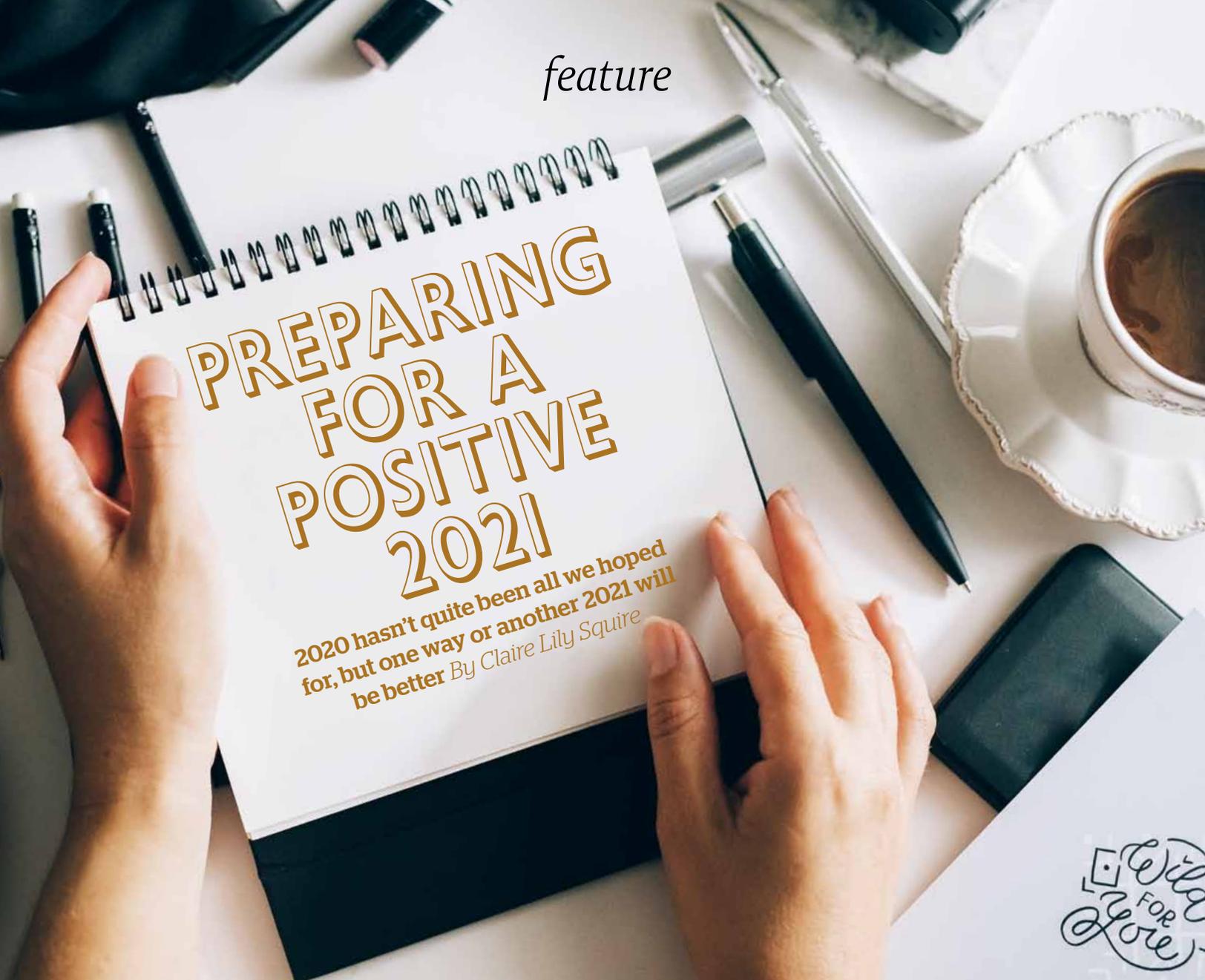
The IFC, Shanghai's largest Apple Store,

Super Brand Mall, as well as Dong Chang and other shopping streets in Lujiazui, are all nearby. We can shop, stroll, and visit restaurants and coffee shops in our neighbourhood without the hassle of travelling by car or metro. If we do want to head over to Puxi, we are only minutes from the metro and the ferry, so it's great!

What would you say to someone thinking about moving into Fraser Suites?

I would recommend moving to Fraser! We have been very satisfied with Fraser Suites and are here for our third year. The location is exceptional, the staff are friendly, and the apartments are incredibly comfortable and spacious, making it the ideal place for you and your family to live in. It is the ultimate Five-Star Experience.

feature



In Spain, people gather together to celebrate New Year's Eve, as most people do worldwide. However, there they do something a little different. As the clock tolls midnight, they eat a grape for each of the 12 chimes. This tradition started around 150 years ago and it was believed to bring luck and prosperity for the following year.

What happens is you end up with a mouth full of grapes laughing yourself silly as you try to cram the last one whilst simultaneously jumping up and down to celebrate the New Year. People choke. That is how seriously they take it.

My team and I were sitting in the Shanghai Family office talking about Christmas and New Year's, and my Spanish intern showed me a video of her and her friends chomping on grapes counting in 2020. This got me thinking about everything the last year has been.

We all had such high hopes for 2020. For several of us, this year has been a giant let down, a massive mess. So, what does 2021 have to bring? Luck and prosperity, I'm hoping.

So back to the Spanish and their grapes. I like to think of people all across Spain dancing and hugging

each other with their mouths full of grapes as they enter the new year in 12 seconds with excitement, and most importantly, hope. What if we could start preparing ourselves for the next year by filling our minds full of hope. What if we make resolutions now? Resolutions to prepare us for the ones we will make at the beginning of 2021.

We all need something to be hopeful for in the new year--we each need 12 metaphorical grapes. Here are some things you can do to get your mind and body in good shape for 2021 to be prepared for what's to come in the following years.

12 Pick a personal mantra—and repeat it.

Talking to yourself might feel a little mad if you are not used to it. I talk to my dog daily, so it's second nature to me. Every day after you brush your teeth, or before you head out in the morning, look in the mirror and repeat your mantra to yourself.

My mantra: 'Whatever comes you can handle, because everything happens for a reason.'

Choose something positive that suits you and repeat it. Do it every day for a week and you will be amazed at the difference it makes.

11 Avoid attention to negative thoughts

Ever found yourself lost in a loop of worry and concern? Tend to overanalyse everything? That's called rumination--which is the process of continually thinking about the same dark scenario. When we are thinking about things, we tend to follow the most negative train of thought. Got a review coming up at work? You're going to worry about every tiny mistake you have ever made. Argued



with your partner? You imagine they are going to start packing their bags. When you find yourself in this thought pattern, recognise it, and try to break it. Try to change your internal narrative.

10 Be kind to yourself

Bad things happen. It's a fact. You may lose your job, experience a breakup, or lose a loved one, these things are awful. When these things happen, make sure to give yourself time to process, time to feel bad, and then it's time to move on and start moving forward.

9 Change your language

Words matter. I mean, I am a writer, of course I'll say that. But trust me, they do. When someone asks you how you're doing, how often do you say, 'I'm so busy,' or 'I'm stressed right now'? Though these

feelings might be true, changing the way you talk about them can have a big impact on happiness for you and the people around you. How about when someone asks you how you are, you say 'Business is booming right now, it's amazing,' or 'I have some extra responsibilities at work that I'm exploring'. If all else fails, when people ask how you are, just say 'I had a delicious lunch today' and swiftly move on!

8 Start a daily gratitude practice

This exercise can feel a little forced, but it's positive and can you grow a better mindset. Every day before you go to bed, write down, on your phone is fine, three things that you have felt grateful for today. That can be as simple as really enjoying your dog walk, having a great cup of coffee, or even being happy you splurged on an amazing memory foam mattress topper.





7 **Go outdoors**
Spending time in nature has been proven to boost positive thinking. If going outside for a stroll isn't an option, try adding more indoor plants around your workplace or even watching nature scenes on YouTube whenever anxiety or stress builds up. I find fantasising about trips I plan on taking super relaxing. I dream of a beautiful Chinese mountain of bamboo forests and think about when I'll head there. Even looking at photos makes me feel more chilled.

6 **Consider meditation**
Though it has become a bit of a cliché recommenda-



tion, setting aside time to practice mindfulness and meditation plays a big part in becoming more positive. Being mindful for just a few minutes a day teaches us that everything changes, making it easier to have hope in dark moments. 2020 has been jammed full of dark moments, make sure meditation makes it onto your wellness list for 2021.

5 **Journal about your "best self"**
Wanting to improve yourself as an individual is relatable. We are all a constant work in progress. Part of becoming the best version of yourself is loving the person that you are. After you have jotted down all the things you're grateful

for, why not try this little exercise. Write down the person you want to be by the end of 2021 and list some steps you can take to help yourself get there. This could be simple things like 'I want to be a better morning person' or big things like 'I want to go back to school'.

4 **Give back to others**
Giving something back to your community is a great way to do some good while boosting your serotonin levels. Many charitable organisations in Shanghai are looking for help in a range of different capacities. You can commit to donating money to an animal shelter once a month, or you can volunteer to read to underprivileged children.

3 Practice random acts of kindness

We are all busy people and for some regularly committing to a charitable cause or donating money isn't an option. So, try to look for other random acts of kindness. Can you help someone struggling with a heavy bag on the metro? Can you hold the elevator doors for someone running for them? Can you buy lunch for a person in need or carry your neighbours heavy grocery bags up the stairs? All these little acts of kindness put your good energy out into the world while making other people feel good too.

2 Exercise regularly

Get moving if you want your mood to shift. Exercise has been proven to boost your mood and we know it keeps us healthy. This doesn't mean you need

to go mad a splurge on a massively expensive gym membership. You can work out at home, find 10 minutes yoga tutorial, or get out on your balcony and do some skipping. Getting your heart racing regularly is going to help to keep you positive.

Don't try so hard!

This might sound like a contradictory point to end on, but taking off some of the pressure to be happy may help you become more positive overall. If you're feeling down, why not carve out time every day to feel sorry for yourself. Take a walk and think about things, watch a sad movie, and after you have wallowed, start trying to pull yourself towards positivity.

Happy New Year!

2020 has been rough, and 2021 might not be better, but we can all be more

positive. These are my twelve grapes, and I am already starting to cram them into my mouth, ready for the beginning of the next year. Even if 2021 sucks, I am going to be a happier and more positive person. **SF**



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challenging times. He defines EQ as a set of qualities that focus on self-awareness, motivation, self-regulation, empathy, and social skills - these can all be found (and to some degree assessed) in drama, for example.

Performing arts help children to focus on these skills and value collaboration, creativity and curiosity (amongst others), as well as strong performance skills. Students who engage in performing arts tend to leave their learning much more self-aware and ready to connect with others - as well as achieving the top grades.

Another big advantage to a well-developed performing arts programme is that it allows students to access language in a playful setting. Students who are enjoying their learning are going to be more much engaged - as well as happier - something we all want for our children. So, a focus on practical and fun activities (as well as the academic challenge) is hugely important. In a multicultural environment, where there are many EAL (English as an Additional Language) learners, a subject such as drama has the power to ignite the imagination.

In an interpretation of Professor Wolfson's 'bulge theory' (The Bulge: A Theory of Speech Behavior and Social Distance), she explains that we don't remember most of the mundane language interactions we have day to day. But it's the language of 'conflict' (an argument you might have) or the language of 'intimacy' (this could be the kind words of a close friend) that you do recall. This is why drama is so important. It deals with the language of conflict and intimacy all the time. Take Romeo and Juliet, for example, it's a play that opens with a fight scene and its main theme is 'love'. At BISS Puxi, we explore this text practically in Year 8 and ask students to experiment with

Why Are the Performing Arts Important for Children?

When we think about crucial subjects for children at school we tend to think about maths, science and english. Performing arts are often overlooked, but they can be crucial for our child's development. Nigel de Sousa, Head of Performing Arts from The British International School Shanghai, Puxi tells us more.

Performing arts programme for children gives them the opportunity to develop confidence and artistic skills through performance but, it does a whole lot more than this. Performing arts are not just about the final show or performance, but it's about the process a child goes through to get to the final performance. We are teaching them to love the journey as much as the destination. A vibrant performing arts department is just as much about developing children's

emotional intelligence and attitude to learning.

Why? In Daniel Goleman's widely acclaimed book Emotional Intelligence: Why It Can Matter More than IQ, he highlights the importance that employees place on emotional intelligence, and rather than being a slightly derided set of skills, heightened emotional intelligence (or EQ) is what sets people apart as leaders - hugely important in this competitive world of work, and perhaps more so in these

The performing arts programme helps students focus on skills such as collaboration and creativity, allowing students to access language in a playful setting.

the text - the feelings, and ideas as well as the meaning, so they have fun, with language. This has a greater impact on learners, and in particular, supports EAL students with understanding the play text better. The outcome of this is reflected in both their academic result and their enjoyment of their learning journey.

Even regularly watching plays, dance and other types of performance can have formative potential for children. Art often tackles topics that are hard to digest, to understand or are uncomfortable to think about. Performing Arts allows children the opportunity to become more informed, to have their ideas questioned and to think about the world in a different light, all done so in a non-confrontational way.

When you take this further and ask children to begin to pick apart texts,

Every child is unique and every child will take something different away from Performing Arts. For one child their language skills will have improved, for another, it will be their confidence, for one child, it gives them time to take a break from textbooks and allows their imagination to run free



to create their own versions of them and to explore the motivation behind a character's actions or emotions you are deepening their understanding of human nature itself. Ask children why Tybalt killed Mercutio at the beginning of the second act of Romeo and Juliet and why this is crucial to the play. Their answers can give you an insight into the emotional intelligence and understanding of the children.

Every child is unique and every child will take something different away from performing arts. For one child their language skills will have improved, for another, it will be their confidence, for one child, it gives them time to take a break from textbooks and allows their imagination to run free for many, it heightens their EQ and understanding of the world around them. **SF**

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AUTUMN

ECO ART SHOW 2020秋季教育展 - 环保艺术节



特别鸣谢 Participants



On 11th October, 2020, presented by Xinmin Evening News Community Edition "Humaniuwa", Shanghai Family and Parents&Kids held the 11th International School Expo and 2020 Children's Art Exhibition at was successfully held at the Kerry Parkside, Pudong. This event brought together international schools, vibrant performances, the second-hand book exchange and the award ceremony for the "Star of the Future", art and writing contest.

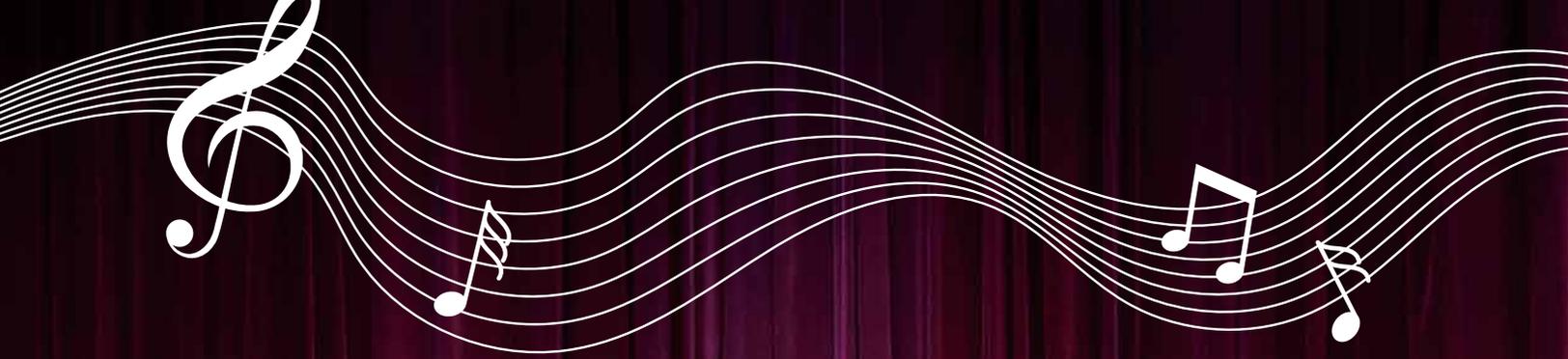


Organizers:



Venue Sponsor:





What does music mean to you?

We interviewed students from Yew Chung International School of Shanghai (YCIS Shanghai) to speak about their passion and love for music. They share what music means to them and how the music programme at YCIS Shanghai has allowed them to grow and cultivate their artistry as musicians.

Jake, Year 9

I've been playing the trumpet in the school band for over a year now. Music is a new language that allows people to connect as they play one piece together.

Steven, Year 9

Music has brought me joy and I really enjoy being part of the school band. I've been playing the saxophone for about ten years now.

Louis, Year 11

I play the saxophone and I love being part of the band and playing together with my bandmates. Music has given me the opportunity to share my love of music through performing.



kids talk



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

Zeke, Year 11

I've played the bass for four years. Personally, I really like the communal feeling the band creates.

Vandy, Year 8

I play the piano and I love the sense of accomplishment I feel after performing.

Katherine, Year 9

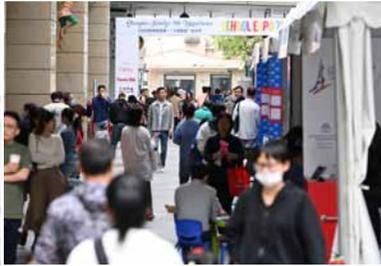
I've played the flute for two years and I think playing instruments is a good skill to have.



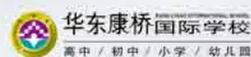
Shanghai Family's 11th International SCHOOL EXPO 2020

AUTUMN

"Shanghai Family" International Arts Festival
2020秋季教育展 - “上海家庭”艺术节



特别鸣谢 Participants



On the 17th & 18th October, the 2020 11th International School Expo and Children's Art Festival was held at THE PLACE in Hongqiao, Presented by Xinmin Evening News Community Edition "Humaniuwa", Shanghai Family and Parents&Kids, several activities were available including booths by international schools, outstanding art festival performances, and Student Voices, an English public speaking contest. The award ceremony for the "Future Star", the arts and writing competition was also held on this day, where families gathered to celebrate their children's success.



Scan the QR code to watch interviews from our latest School Expo

Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUMANTUWA

THE PLACE
南丰城



kids talk



Estelle Bonsignore **Grade 8, UK**

Learning French was challenging, but with the help of the school, I've been able to learn at my own pace and I've become very comfortable with the language.

Seo Jeong Woon **Grade 8, South Korea**

In class, I speak both English and French with my classmates. When I'm doing activities, I usually converse in French.



Leo Heinzelmann **Grade 8, Germany**

If I have a home office, I would like to stay on a tropical island. If not, I would want to stay in Shanghai, because you can do everything in Shanghai.



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

Multinational Students Give Insight

At Shanghai French School, there is a place for each kid to integrate and thrive. Six students with different nationalities share their thoughts and challenges about studying in a plurilingual environment.



Abriana Marc
Grade 9, India

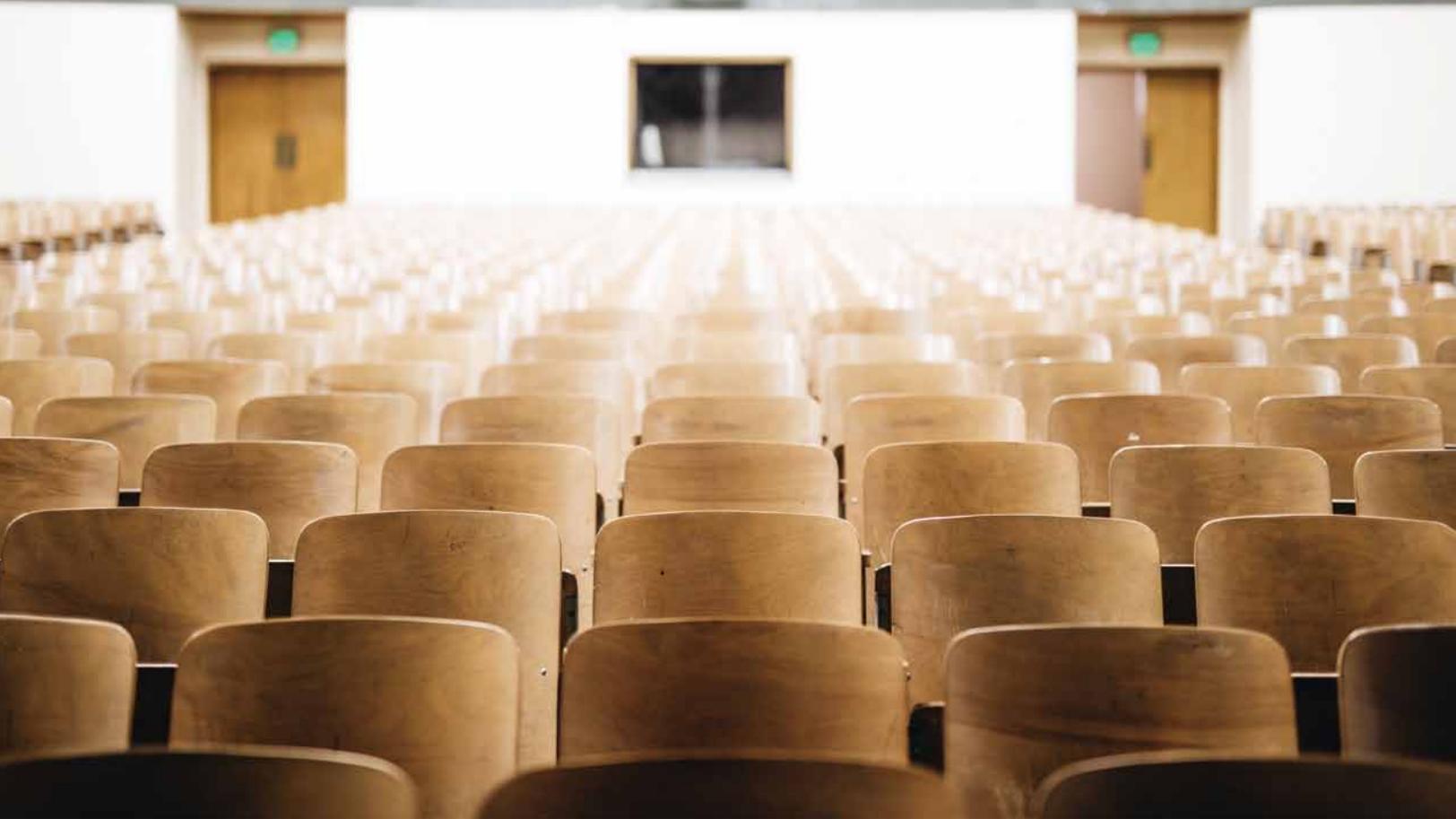
I really like the school, it's less stressful compared to my old school.

Ethan Mao
Grade 8, USA

French is... challenging, especially the grammar. With the help of my teachers and classmates, I'm motivated to study and improve my French.

Alexia Ngo
Grade 5, France

In the future, I would like to either stay in France or China because my dad is French and my mum is Chinese.



How to Make the Most of a Virtual University Tour

We sat down with counsellors from Concordia International School and asked their advice on taking virtual University Tours.

College visits allow students to gain perspective on the type of environment that would best suit their academic and personal interests. However, with many countries still reeling from the COVID-19 pandemic, in-person school tours have become difficult, if not impossible.

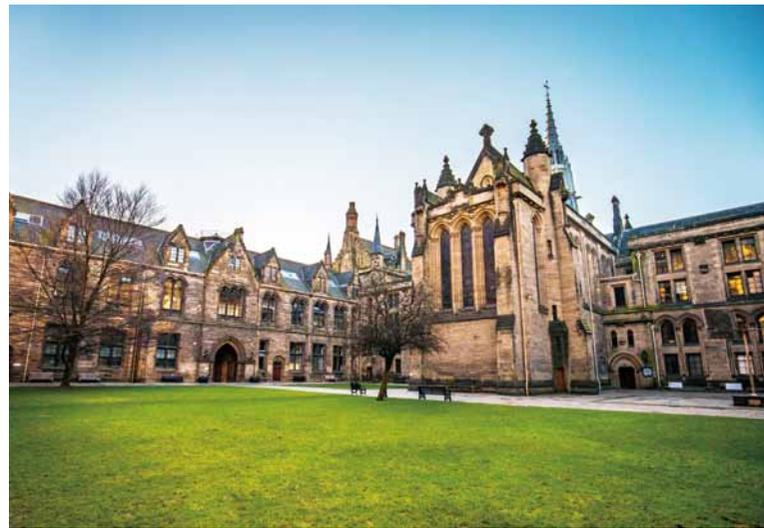
Choosing a college is a big decision not to be taken lightly, so the more a student learns about potential schools the better. Concordia high school counsellors advise students to weigh things such as an institution's aca-

demical programmes, activities, and locations against their own values and goals. Since COVID-19, universities have had to come up with creative ways to share the many aspects of campus life and the university experience with potential students.

According to US News and World Report, "Hundreds of schools now offer virtual tours, with options ranging from campus photos that users click through to elaborate options complete with student guides that show off facilities and introduce prospective applicants to peers".

Students can access a school's virtual tour via university websites or on sites like YouVisit or CampusTours, allowing them to customise their searches by school, location, and even tuition amount. School counsellors will also have many useful resources for students and parents looking for information on virtual tours.

While virtual tours are a great way for students to familiarise themselves with the campus, they are really just a jumping-off point and a useful tool for researching aspects of the school. Students should be



prepared to dig deeper and learn as much as possible from the content provided on the tour.

Tips for making the most of a virtual tour

• Take Notes

It is advisable for students to jot down the things that stand out to them, especially things that tally with their academic interests. When applying, it is helpful to mention these things in any supplemental essays, as they give admissions officers a concrete example of what appeals to the student.

• Bookmarks and Screenshots

Taking a tour on a digital device allows you

to bookmark, screenshot or screen-record any features students might want to easily refer to later. This will also help them keep track of the most remarkable features from various tours a student takes.

• Questions and Answers

Not all tours will be able to respond to student inquiries in real-time, so students should write down any questions that come up during the virtual tour so they can bring them up later. Students should definitely reach out to university representatives with their questions about the university.

It's been implied that colleges view student visits as a demonstration of interest, which they look favourably on when deciding

who gets admission. But how do students show their interest under the present circumstances?

According to Concordia high school counsellor Patrick Love, "Most colleges are constantly running virtual campus visits and information sessions. When students sign up for these virtual events, colleges normally track the student's email address and high school info. I recommend for students to always use their school email address, because that is the email address they will use when they apply to college".

Most schools are offering one-on-one zoom meetings to students who attend the virtual visits. If a student is fairly certain that they are going to apply to a school, these one-on-one meetings are a great way for an admissions officer to get to know the student before they read their application. Additionally, students should ask the admissions officer questions that are connected to how each student is going to answer the supplemental essay questions for that school. Using this method of questioning helps students to have a better understanding of how the college representative would like to see the supplemental question answered.

It's only natural that students would lament not being able to visit college campuses in person. But in the absence of in-person visits, virtual tours are still giving students a view of life on campus and helping them gain a better understanding of what universities have to offer. **SE**



ECO FUTURE

我心中的绿色地球

STUDENT VOICES

Speaking Competition



The Shanghai Family Arts Festival presented an opportunity for students to speak on an eco-future, dedicating majority of their speech to means of protecting the environment. Over 78 students participated across multiple international schools and universities. In the Student Voices speech contest, 38 of them moved the audience with their confidence and impressive speech and progressed to the final round, which was held on the 17th October. Seeing all the students, the future of this generation, come together for a greener future, was truly inspiring for many.



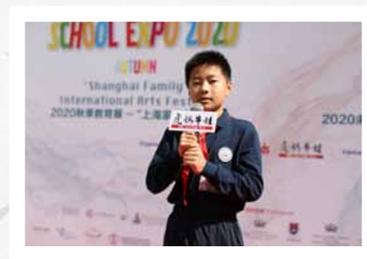
Scan the QR code to watch highlights from the Student Voices Competition

Organizers:

Shanghai
Family Parents & Kids
SHANGHAI

虎媽牛娃
HUMANIUWA

THE PLACE
Venue Sponsor: **南丰城**



ask the pro

The How, What, and Why of Hangovers

Christmas and New Years are on the way... and boy do we love a drink... We spoke to Experts from **Jiahui International Hospital and got the low down...**

With the festive season just around the corner, we are all guaranteed to be increasing the amount we tipple. We love a wee dram as much as the next person, but we really don't love dragging our-sorry-selves to the office the day after. We sat down with some experts from Jiahui International Hospital and asked them to give us the low down on hangovers and how we can avoid them.

Happy drinking folks!

What is a hangover?

A hangover is broadly defined as a group of unpleasant symptoms that can follow the excessive consumption of alcohol. Whilst it's safe to say that the more alcohol you drink, the more severe your hangover is likely to be, there is no hard and fast rule

about how much you can drink and still avoid a hangover. The good news is that most hangovers go away on their own, though some of their symptoms can last up to 72 hours.

Most people know that hangover symptoms don't start until after they have "sobered up". That's because they typically begin when your blood alcohol content drops significantly or approaches zero. That's one reason they are most often felt the morning after a night of heavy drinking. Common symptoms include:

- Fatigue and weakness
- Excessive thirst and dry mouth
- Headaches and muscle aches
- Nausea, vomiting, or stomach pain
- Poor or decreased sleep
- Increased sensitivity to light and sound

- Dizziness or a sense of the room spinning
- Shakiness
- Decreased ability to concentrate
- Mood disturbances, such as depression, anxiety and irritability

Everybody has that one friend who seems immune to hangovers. You both go out together, or share a few drinks over dinner, and you wake up the next morning feeling like you got hit by a fully-loaded bus, whilst they remain infuriatingly functional. What gives?!

The answer may lie in their genetic makeup, at least in part. According to an oft-cited Australian study, genetic factors accounted for 45 percent of the difference in hangover frequency in women and 40 percent in men.



What causes a hangover?

The obvious answer is that the consumption of alcohol causes hangovers, but let's look at some of the things that alcohol does to your body that make you feel so terrible.

- Alcohol is a diuretic – This means it makes you urinate more often, which can lead to dehydration – often indicated by thirst, dizziness and light-headedness.
- Alcohol triggers an inflammatory responses – This causes your immune system to release agents that commonly produce physical symptoms, such as an inability to concentrate, memory problems, decreased appetite and loss of interest in usual activities.
- Alcohol irritates the lining of your stomach – Increased production of stomach acid and delays in stomach emptying can cause abdominal pain, nausea or vomiting.
- Alcohol can cause your blood sugar to fall – Low blood sugar can lead to fatigue, weakness, shakiness, mood disturbances and even seizures.
- Alcohol causes your blood vessels to expand – This can lead to headaches.
- Alcohol can make you sleepy – You might feel sleepy, but you won't get the same quality of sleep, leaving you groggy and tired.
- Congeners give alcohols their flavour, but they are also associated with more severe hangovers. These chemical by-products of the fermentation process are found in larger amounts in dark liquors, such as brandy and bourbon, than in clear liquors, such as vodka and gin.

Attention!

If someone is suffering more severe symptoms, they may have alcohol poisoning, a life-threatening emergency. Seek emergency services as soon as possible if they show signs of:

- Confusion
- Vomiting
- Seizures
- Slow breathing (eight breaths a minute or less)
- Irregular breathing (a gap of more than ten seconds between breaths)
- Blue-tinged skin or pale skin
- Low body temperature (hypothermia)



- Difficulty remaining conscious
- Passing out (unconsciousness) and can't be awakened
- Call 120 in China for ambulance services, and remember, the Emergency Services Department at Jiahui International Hospital is open 24/7.

Hangovers might be the least of your concerns...

Whilst many people think that a hangover is the only thing they have to worry about when binge drinking, it's really only the beginning.

What is binge drinking?

Binge drinking is defined as men consuming five or more drinks within about two hours. For women, it's defined as consuming four or more drinks within about two hours.

Binge drinking can cause acute inflammation and irritation of the pancreas, stomach, or liver. The presence of alcohol in the body also leads to more complications if a person is injured, as well as affecting your heart, kidneys, lungs, and sexual health. Put simply, alcohol consumption, especially binge drinking, greatly disrupts important systems which control essential physical and

mental processes. It can lead to a wide range of disorders, illness, and disease, such as:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Weakening of the immune system, increasing the chances of getting sick.
- Learning and memory issues, including dementia and poor academic performance.
- Mental health problems, including depression, and anxiety.
- Social problems, including lost productivity, family problems, and unemployment.
- Alcohol dependence, or alcoholism.

So, What's the best way to avoid a hangover?

Despite the multitude of pills and tablets that claim to be able to prevent hangovers, there is only one sure-fire way to make sure you don't wake up with all those terrible hangover symptoms. Everybody say it together now... Always drink in moderation.

Stay hydrated (H₂O-hydrated), sleep it off, and try not to drink too much! **SF**

Jiahui Health

Phone: 400 868 3000

Website: www.jiahui.com/en/

ask the pro

How to Be Prepared for an Emergency

We spoke to experts at ParkwayHealth and asked them how we could best be prepped for a medical emergency.

When was the last time you went on a first aid course? Yep... I thought so. Unless mandated by your company you probably haven't been to one for ages. The thing about first aid is you always hope and pray you never need it. If you do though, it needs to be a gut reaction, something you can do while the adrenaline is pumping, which is especially the case when it's one of your children that are hurt. So, what do you need to know? And when should you zoom straight to the hospital.

First, remember that prevention remains the best cure.

Get routine medical and preventive care from a family doctor. Getting necessary immunisations and treating minor illnesses before they get serious and can minimise visits to the emergency department.

Learn how to recognise emergency warning signs

Some warning signs of a medical emergency include (but are not limited to) difficulty breathing or shortness of breath, chest or upper abdominal pain or pressure, fainting, sudden dizziness, weakness or change in vision, confusion or change in mental status, sudden severe pain, bleeding that won't stop, severe or persistent vomiting, coughing up or vomiting blood, suicidal or homicidal feelings.

Know where to get help.

In Shanghai, the emergency numbers you must know are:

120 - Ambulance

110 - Police

119 - Fire Brigade

And, you should know the number of a 24-hour hospital.

It is a good idea to keep these numbers in a practical place, such as posted to your fridge and in your mobile phone contacts.

ICE contact

Save a number in your phone under ICE or In Case of Emergency, this can be your spouse, your best friend or someone you trust. For your children make sure your number is saved in your phone under this as well as 'Mum' or 'Dad' to ensure you're the first person called if you're not on the scene.

Have enough cash on hand

Most hospitals in Shanghai now take Alipay or WeChat Pay but have cash just in case. In local hospitals (which you might have to go to if they are closest in a real emergency) you need to pay a fee before you are seen,



and it's best to have enough cash to cover it. Have a few hundred RMB stashed in your wallet or phone case at all times, and have the option to easily draw out more.

IN AN EMERGENCY SITUATION

Get the patient to the closest emergency room.

Ambulances in Shanghai are run by the Shanghai Medical First Aid Centre (also called the Shanghai Ambulance Center). Medical transport vehicles are based throughout the city and there is a 24-hour dispatch centre. People using the ambulance service must pay the driver in RMB cash upon arrival at the hospital. In general, you can request the ambulance to take you to a specific hospital. To call an ambulance, dial 120 and provide the call centre with your information. It is best to have someone who speaks Chinese with you.

Often, taking a cab or getting your driver to take you to an E.R. no. might

be better than calling an ambulance, considering the time it takes an ambulance to arrive at your location and then drive you to the Emergency Room – it's also generally cheaper.

Never move anyone who is unconscious or has struck their head or been injured in a car crash.

It is recommended to keep the victim still until help arrives unless he or she is in danger. In that case, wait for the ambulance to arrive at your location.

Learn what to do until help arrives

First aid skills are important, especially when dealing with children.

People using ambulance service must pay the driver in RMB cash upon arrival at the hospital. In general, you can request the ambulance to take you to a specific hospital.

Knowledge of CPR, what to do when someone is choking, or how to manage shock or handle fractures until emergency help arrives is very valuable. Consider first aid training for your Ayi, driver and yourself.

When treating burns, just use cold water. Don't use ice or butter or petroleum jelly or toothpaste. If burns blister, are large (bigger than the palm of the victim's hand) or deep, get immediate medical help.

If a person has a cut, hold a clean towel (not tissue or kitchen roll) to the cut and try to stop the bleeding, if there is a foreign object, like glass, in the wound, do not remove it.

Emergencies are not ideal, but they do happen. The best thing you can do is use your common sense and book yourself onto a first aid course. **SF**

ParkwayHealth

Phone: 400 819 6622

Website: www.parkwaypantai.cn





talking, make a note that starts with "I feel sad that...". Putting your feelings into words and acknowledging them can help you to move on faster. These feelings are yours and are normal.

Acknowledge it and move forward

Remember, everyone has faced rejection, not only you. If you get rejected, you have to accept and acknowledge it. Instead of concentrating on the negative, turn the focus on how to make yourself better next time. Overthinking or hating someone who rejects you is a waste of your time and not good for your mental health. Time is an opportunity cost, the time you spent on resenting someone, could have been used for more productive thinking where you embrace newer opportunities and make new connections.

Pat yourself on the back

Sometimes, rejection means redirection. Some people can find themselves in a situation where they got rejected and found a much better alternative to what they had initially planned. In life, some things are just not meant to be. Most of all, be kind to yourself. You may find yourself saying that you are not enough or that no one likes you, but all of this can develop further and bury deeper into you. For a quick confidence boost, think about the feeling of success you have had in the past. **SF**

How to Deal With Rejection

Cheers! Here's to looking on the bright side *By Gina Batmunkh*

Everyone has faced rejection at some point in their life. And yes, it stings and hurts so much. Whether it's in the workplace or our personal lives, the gut-wrenching emotions brought on by rejection never feels good. It is hard to overcome the fear of rejection, especially when you have faced it in the past. However, it is a fact of life and something we all need to learn to deal with, adults, teens, and children alike. Our reaction towards being rejected is often worse than the circumstance of the rejection itself. It can feel impossible to get over rejection overnight, but with these helpful tips, you may achieve it as time passes.

Time for growth

Rejection is a part of life. It allows you

to learn more about yourself and the people around you. View it as an opportunity for personal growth, not a pity party where you hide in bed and not talk to anyone. Rebuild yourself with confidence and always ask for feedback. Keep going after what you want. It is okay to feel uncomfortable or discouraged, but don't let it hold you back for long.

Talk it out

Sometimes it's just easier to get it off your chest instead of keeping it to yourself. Talk to people who love and appreciate you. If you feel like crying, go ahead and cry it out. If you are feeling down and thinking you are not good enough, they can remind you that you are valued and loved. If it's helpful for you to write instead of



How to Survive...

A Shanghai Winter



Depending on where you're from, winter can mean all different kinds of things for you. It can mean making snowmen with the kids and snowball fights, or it could mean heralding in the summer weather and having BBQ for Christmas dinner. But in Shanghai, winter is the season that seems to be one long grey day dotted by the possibility of spring that is then ripped out of your hands when you get 15 days of straight rain. And although some people prefer Shanghai winters to 40°C Shanghai summers, there are some of us that just need to make it through. Here are some tips on how to survive winter in Shanghai.

1. Make winter time in Shanghai all about the holiday season! Although Christmas isn't readily celebrated in the city there are always festive things to do around town including markets, fairs and even a random Santa! Your kids might take a bit of convincing... but it's all part of the fun!

I guarantee you'll be able to get a mulled wine or two into your hands at various Christmas markets and be sure to head to Yuyuan Garden and pick up a very festive purple Christmas tree to make your holiday that more merry!

Even if that's not your thing, you can look forward to Chinese New Year and all the lanterns, lights, food and that one song in Carrefour that plays over and over again on a loop.

Shanghai winters can be pretty unpredictable but if you're hoping for snow, don't hold your breath...

You know the one - you will never escape it.

2. Prepare for even more holiday! Just when you are getting back into the swing of things it's time for more vacation!

This year you will have all of Christmas, New Year AND Chinese New Year to hang out in Shanghai...

Try to make the most out of it by exploring parts of the city you haven't yet, pretending that you're visiting an exotic locale each time you do! Sure, Zhujiajiao water town isn't exactly Venice, but maybe if you squint really hard it could be?

3. Go all in! Shanghai winters can be pretty unpredictable but if you're hoping for snow, don't hold your breath. While it CAN snow in Shanghai, you're better off going BIG and booking a trip to Harbin where win-

ter temperatures average -13°C in the day. Granted that also means it may be too cold to actually see falling snow but it's a great opportunity to see big blocks of ice and then watch your smartphone instantly freeze in your hands while you try to take pictures of them! If anything, this wintery trip will make you appreciate the mild gloom of Shanghai winter that much more when you return!

Like any season, the winter is only temporary and with Spring festival right around the corner, it's only a matter of time before the temperature starts to warm up and you start getting attacked by mosquitos! In the meantime, this is a great excuse to visit some markets to stock up on some warming teas, custom cashmere and all the scarves you can get around your neck! If anything, you'll have the approval of all the local Grandmas on how well protected you are against the chill! **SE**



Cook Your Way to Christmas Spirit!

The festive period is 90% about food and who you're eating with. Getting inspired with your Christmas cooking or revamping some old favourites is a great way to bring a little extra joy to the table. Here we have three simple recipes using exclusive Sam's Club ingredients that are a quick and easy Festive hit!

Classic Lamb Chops

Whilst you might think Christmas is all about Turkey (and you would usually be right) why not spice it up and go for something a little different. Lamb chops are an underrated delight that make for a great winter dinner party! Maybe they won't be your Christmas dinner, but how about serving them on Christmas Eve or Boxing day?

*1 1/2 tsp dried rosemary
1/2 tsp dried basil*

*1 tsp dried thyme
Salt and pepper to taste
8 Lamb Chops
2 tbsps olive oil
2 finely chopped onion
1/2 cup balsamic vinegar
1 1/2 cups of chicken stock
2 tbsps (40g) butter*

1. In a small bowl or cup, mix together the rosemary, basil, thyme, salt and pepper.

Rub this mixture onto the lamb chops on both sides. Place them on a plate, cover and set aside for 15 minutes to absorb the flavours.

2. Heat olive oil in a large frying pan over a medium-high heat. Place lamb chops in the frying pan and cook for about 3 1/2 minutes per side for medium rare, or continue to cook to your liking. Remove from the pan and keep warm on a plate.
3. Add onions to the pan, and cook for a few minutes, just until browned. Stir in vinegar, scraping any bits of lamb from the bottom of the frying pan, then stir in the chicken stock. Continue to cook and stir over medium-high heat for about five minutes, until the sauce has reduced by half. Remove from heat and stir in the butter. Pour over the lamb chops and serve.



Chocolate Strawberries

Everything tastes better dipped in chocolate, and strawberries are no exception. This is a fun recipe to do with the kids, but make sure you buy double the amount of strawberries as little fingers tend to make them vanish as you cook!

25 Strawberries (with leaves intact)
250g of dark or milk Chocolate

1. Rinse strawberries under cold water and dry thoroughly, even the leaves.
2. Line a large baking sheet with parchment paper (large enough to allow an inch or two of space between the strawberries).
3. Melt the chocolate. In a bowl set over hot water, or in the microwave. (If you choose the microwave: stir every 30 seconds until completely melted. The key is to go really slowly for a smoother melt.)
4. Dip bottom half of each strawberries in chocolate and place on the prepared baking sheet.

5. Put in the fridge at least 30 minutes.
6. Optional: Be creative! Top with white chocolate, coconut flakes, or nuts as desired!

Mulled Wine

Christmas wouldn't be Christmas without a little festive drinkie. Mulled wine, also known as glühwein, is drunk all over Europe in the winter, and especially around Christmas time.

To 'wow' your guests with this classic drink we'd suggest you choose a medium quality semi-dry to dry red wine, and you don't need to choose a super expensive bottle as you're going to be mixing it with spices.

- 1 bottle of red wine 750 ml*
- 3 cinnamon sticks*
- 2 oranges*
- 5 cloves*
- 3 tbsp sugar (more to taste)*
- 2 tbsp rum (optional) or whiskey*
- cardamom (optional)*
- star anise (optional)*

1. Wash the oranges thoroughly and cut them into slices. You can save a few slices for garnish.
2. Add the wine, cinnamon sticks, orange slices, cloves, sugar, rum (optional), star anise (optional), and cardamom (optional) to a pot. Put on the lid and heat the mixture on low heat for about one hour. It's important that the wine doesn't come to a boil as this will evaporate the alcohol. Check on the wine occasionally and give it a stir.
3. After one hour, try the mulled wine and add more sugar to taste (optional).
4. Pour the wine through a sieve before serving to capture the spices and orange slices.
5. Serve with the orange slices and enjoy!

If you are feeling lazy you can buy pre-made mulled wine from certain stores, including Sam's Club, this means you simply heat up and serve! **SE**



Introducing Sam's Club:

As one of the largest membership clubs, Sam's Club is committed to providing the best quality of products at great member value. All the Member's Mark Strawberries has passed 263 pesticide residue tests for a healthy taste. Great products such as Antonin Rodet Bourgogne, Shepherd Neame Christmas Ale, are sold exclusively at Sam's.

To get all the quality ingredients and essentials you need this holiday season, download Sam's Club China App or visit the club. To join Sam's WeChat community groups, send an email to: SamsClubExpat@walmart.com

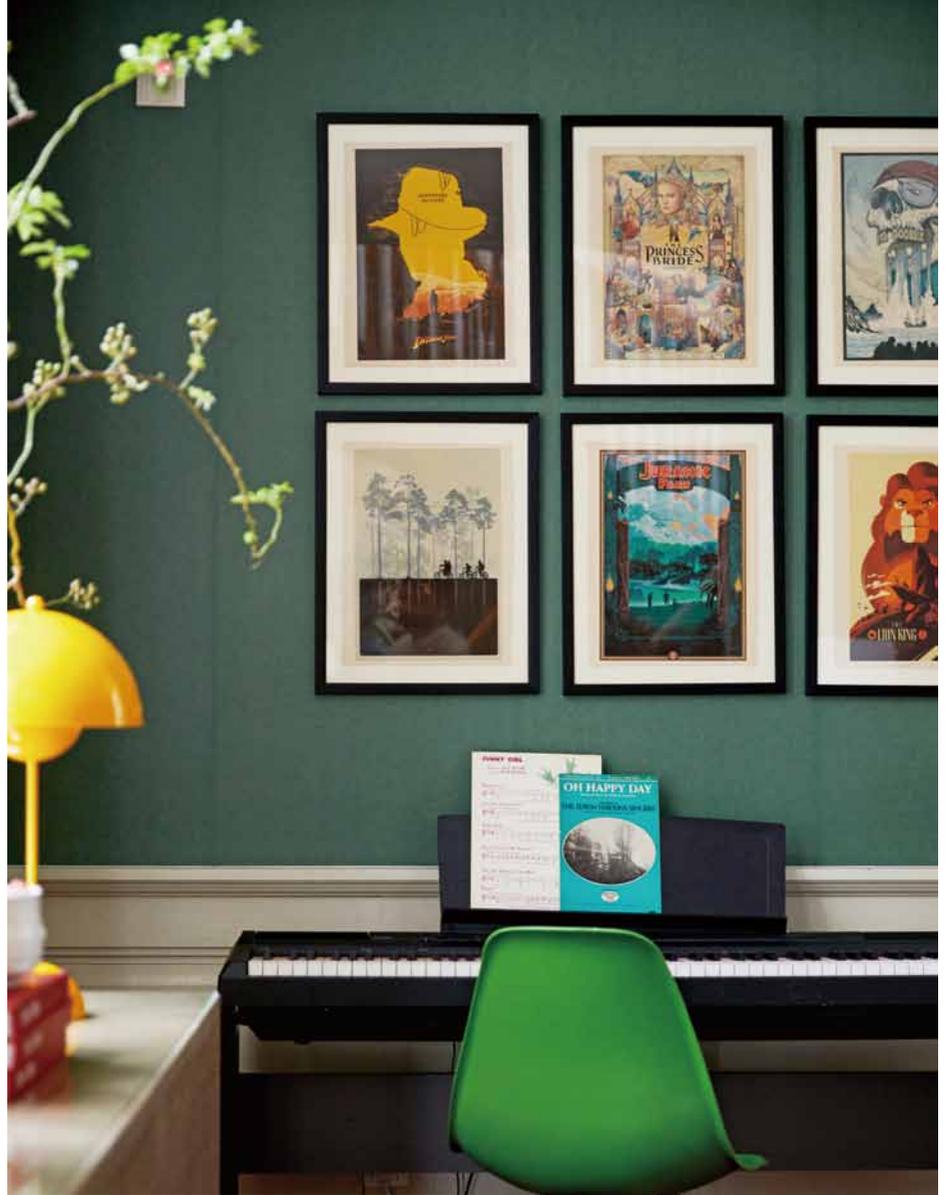
Customer Service: 400 633 6868

home & style

Teenage Dream

We are all spending more and more time at home these days ... including our kids. Why not give them a place of their own?





That's exactly what Melissa Lien decided to do for her four children. Melissa decided to create the perfect hangout zone in her home for her children.

The initial step was establishing a space that would be designated as the official teen spot. Melissa decided to transform their downstairs office area. This space initially had a couple of issues, one being the lack of privacy and the other was sound (we all know how loud teens can be). This area has two very large doorways allowing noise to travel throughout the house unobstructed. These issues were diffused by installing custom draperies, that match the rich green walls, at each doorway. This solution allows for the room to be closed off for privacy whilst simultaneously reducing noise.

The next priority for this area was seating, comfort was crucial. We used their existing

leather sofa and purchased swivel chairs, a beanbag chair, and comfy ottomans to provide functional, comfortable, and necessary additional seating.

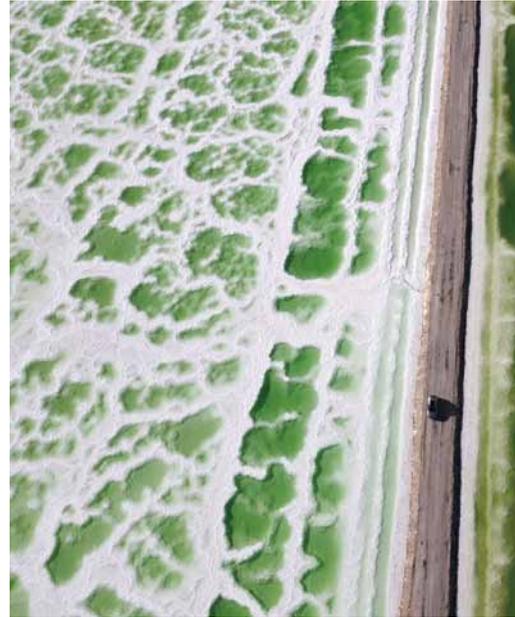
The design is modern and fun but with hints of maturity so the room can transition with the family. There are vivid colours throughout the space, including the rug, accent pillows, accessories, and additional wall art. The family also chose to frame some of their favourite films, this adds a personal touch.

The result is a perfect space for the family's children to relax, play, and hangout. It's intimate and comfortable whilst reflecting the families' unique style. **SF**

family travel

Exploring Qinghai...

The unknown gem of Western China
By Gina Batmunkh



As an expat in Shanghai, I usually plan my trips to neighbouring cities or other provinces nearby. Recently, the West of China has grabbed my attention and curiosity. With its unique culture and traditions, it's vastly different from China's East coast. Qinghai province is located in northwest China, and its large, remote areas make it the ideal place for children to run around in wide open spaces. You can explore monasteries, watch herds of yaks, and see nomads camped out on high altitude grasslands.

[Qinghai Lake](#)

Qinghai Lake is located at the northeastern edge of the Qinghai-Tibetan Plateau, the largest, highest and youngest plateau in the world and it is absolutely beautiful. Take a moment, sit down and appreciate the view.



Chaka Salt Lake

Chaka Lake, also known as the mirror of the sky, is one of Qinghai's most beautiful spots. It's made of natural crystallised saline. It's the largest salt mine in the world lies at an altitude of 3,059 meters and it is ten times larger than the 'West Lake' of Hangzhou. Top tip: before you walk out, you should buy some shoe covers to protect your shoes from the salt.

Jade Lake

The Jade Lake in Mangya attracts thousands of tourists due to its resemblance to a shining piece of emerald. Its green colour is due to a unique build up of minerals that fluctuate depending on the weather.

Devil's Eye

This natural phenomenon lies in Mangya city, part of the Haixi Mongol and Tibet Autonomous Prefecture. Brace yourself because the road that

leads to the Devil's Eye is a bumpy one and it stretches approximately 17 kilometres from the main road. At the site, an overlooking terrace and drone for rent are available for tourists. With a drone, you can clearly see why it's called an eye!

East Taijinar Salt Lake

According to our driver, this lake can be compared to the Maldives. With its crystal clear and emerald coloured water, East Taijinar Lake instantly attracts tourists. Instead of white sand though... there's loads of salt! **SF**

Good to know...

- Direct flights are available from Shanghai to Qinghai (Xining city), and last around three hours long.
- Allowed to use Shanghai Health Code.
- Recommended to join a tour while there, since the distance between attractions is large.
- Qinghai is a high-altitude place which can affect your health. Rarefied air can cause nausea, dizziness and shortness of breath. Please consult your doctor prior to the visit.
- Bring jackets and pants even if it is summer, because the temperature drops at night.
- Respect the culture and customs of local minorities, and do not touch objects related to their religion.
- Wear sunblock regardless of the season as it's bright and sunny.
- Bring lip balm and moisturiser as it's incredibly dry.

Spotlight On:

Da Xue Road

By Johan Prozesky

District: Yangpu

Cross Streets: Jinjian Road and Zhixing Road

Nearest Metro Station: Jiangwan Stadium (Line 10), Exit 9



Have you ever wanted to go out and eat something, but you didn't know what? More than once, right? If it happens again, bustling Da Xue Road (also known as University Avenue), may well be a good destination to explore.

Tree-lined and plant-rich, it is gaining in popularity fast. With four universities nearby, the famous Fudan University being one, and being some way removed from the normal downtown areas, trendy Da Xue Road has evolved an identity of its own. This is thanks to deliberate collaboration between the private sector and Shanghai Municipal Government, which is encouraging commercial development around Da Xue Road. Nike and Deloitte have established themselves there, and a number of tech companies have settled their Shanghai offices in the area, most notably Dell. This has led to the area being referred to as Shanghai's Silicon Valley.

A peaceful atmosphere reigns despite the hustle and bustle. This is partly because of the outdoor seating everywhere, with people relaxing and enjoying their food and drinks. Da Xue Road is one of the few streets where outdoor seating is legal in Shanghai, as it is normally a no-no on public streets.

The face of Da Xue Road has changed a great deal over the last few years, and it will continue to do so - for the better. All, of course, to our benefit; proud residents of this beautiful city.

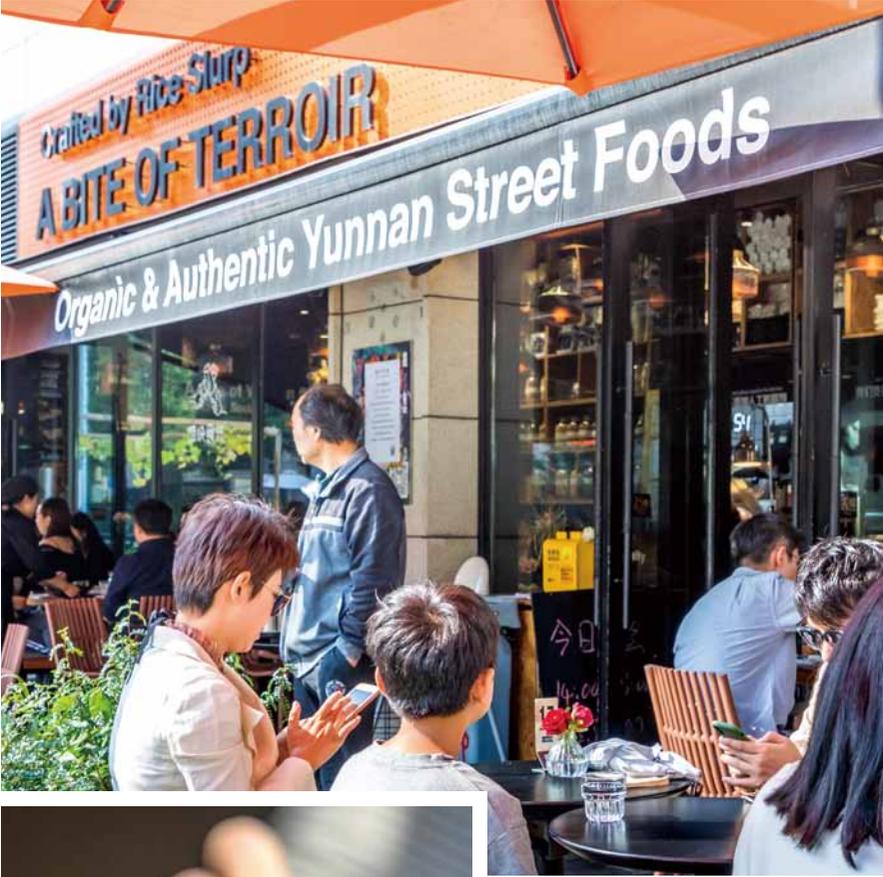
There is much to discover - gift stores, specialty shops, classy bars and creative businesses. But most of all: food, glorious food! Thai, Japanese, Italian, Mexican, different Chinese cuisines, pub food and bars, steak houses, dessert bars, coffee shops, cafés - you are bound to find something to satisfy your craving of the day. Eateries consist mostly of independent establishments, although some chains have recently started to move in.



▲ **1.** Tastefully decorated, brightly lit and cheerful with a relaxed atmosphere and immaculate service, FOMO can become a habit. You can hardly go wrong with their international menu with its exquisite, high-quality fresh ingredients and preparation. You will find some unique items, like stuffed pigeon, but a standout is their all-day brunch. The perfectly poached eggs of the eggs benedict stay with you. And you can certainly do worse than the croissant with black truffle scrambled eggs. 87 Da Xue Road; Tel: 130 6275 1113



▲ **2.** To Go Taco is a Cali style Mexican restaurant, that offers burritos, quesadillas, salads, and alcoholic drinks, but their specialty is tacos. You will find traditional tacos, but try their variety of fusion tacos, like the kimchi taco too. They have vegan options available, and will remove meat and/or cheese from a dish upon request. You can also ask for plant-based chicken or pork. 93 Da Xue Road; Tel: 400102 0517



▲ **3.** Every province in China boasts its own cuisine. Located just a few metres off Da Xue Road, spacious Rice Slurp offers delectable spicy, salty, sweet, crunchy, and nutty treats from Yunnan Province. They do so by preparing everything fresh on site from traceable organic sources, no GMO's, and no artificial ingredients. They offer interesting fruit and nut drinks, and a variety of Pu'er tea drinks. It is hugely popular, and you will immediately understand why when you bite into their unique rice cake wrap with different fillings.
78 Weicheng Road; Tel: 185 2124 2326

▼ **4.** Momenti offers the usual Italian fare with impeccable quality in a spacious and airy space. Italian snacks, smaller than starters, are a distinctive feature on their menu. Their weekend brunch calls out to be tried. Their eggplant parmigiana may be the dish to come back for, as is the truffle and mushroom croquettes with truffle mayo and basil pesto. 102 Da Xue Road; Tel: 0215589 8016



◀ **5.** Craving dessert after a satisfying food journey elsewhere? Soufflé Crepe specialises in creamy, airy mouthfuls of joy! Muffin-like soufflé pancakes that melt in your mouth in different flavours - original, pearl milk tea, tiramisu, caramel & banana... conspiring with coffee and other creative drinks, or hot chocolate, to create a perfect indulgent sweet experience. 308 Da Xue Road; Tel: 0215578 2827



A Winter Read-a-Thon

Snuggle with your little bookworms and add variety to your library. *By Gina Batmunkh*

Winter is the best and most exciting season for me and my son. Around the holidays, he loves reading more than usual. One of our favourite activities includes browsing for interesting, funny or informative winter themed books in bookstores. There is nothing more special than having reading time with your child as part of your night-time routine. It strengthens the family bond and attaches a feeling of warmth and comfort to the act of reading. It creates not only wonderful memories, but also allows them to know more about the world we live in.

So, my son and I would like to encourage all of you to be a part of our Read-a-thon. We love to read all kinds of books from every genre. In addition, logging what you read everyday can be a fun way to see how much your kid has been reading. A creative way of making it more fun for them is by creating a bingo game with different book themes, it adds a game dynamic to reading!

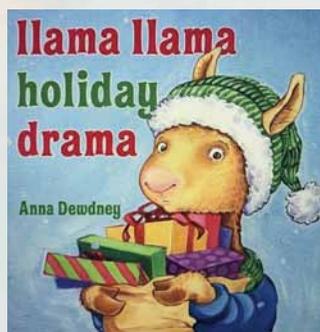
Fiction



Santa Bruce
by Ryan T. Higgins

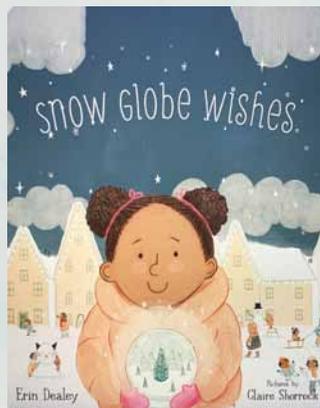
Bruce is a grumpy bear and he is also a 'mother' to four geese. Like most bears, Bruce wants to spend his winter in hibernation. He has absolutely no interest in getting into the Christmas spirit, but his kids (the four geese) and friends want to celebrate it and force him to participate.

One fine day, grumpy Bruce goes outside to shovel snow and gets mistaken for Santa Claus. The story is hilarious, as he has to start acting like 'Santa' despite his reluctance towards Christmas.



Llama Llama Holiday Drama
by Anna Dewdney

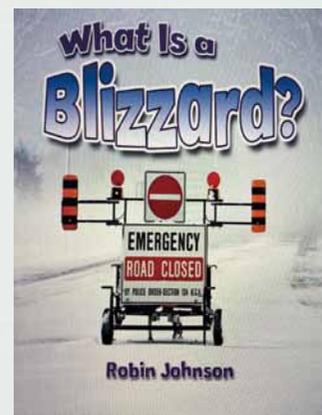
Personally, I adore this book as it has the sweetest message. Llama Llama is so excited about celebrating the holidays that his anticipation gets the best of him. The countdown until the holiday is on and the Llama family gets very busy shopping, preparing, and decorating. All these activities end up being too much for little Llama Llama, which leads him into having a meltdown. Mama Llama hugs him and reminds him of what's important. The decoration, gifts and the preparations aren't the crucial part about the holidays, but rather spending time with those we love. Such an important lesson for everyone to remember too.



Snow Globe Wishes
by Erin Dealey

The theme of this book is winter wonderland, and it has a lovely message at the end. This book is about a fierce wind that blows into a town, and how the protagonist's family and the town react to it. As a parent, I love the message of peace and unity that is shared with your little ones, a message that is very important in today's world.

Non-Fiction



What is a Blizzard?
by Robin Johnson

Has your child ever asked what blizzard means? It is always great to talk about the weather with your kids as the seasons change. This is an amazing book that demonstrates the power of nature. With easy-to-read words on every page, this book makes it perfect for your little one to understand the meteorological concepts.



It's a Snowy Owl!
by Kerry Dinmont

Soaring high above the winter skies, it's a

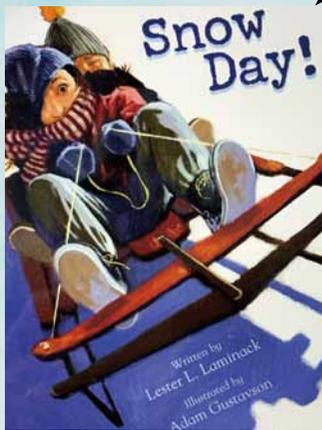
snowy owl. How much do we really know about this beautiful creature? Read, learn, and discuss with your little ones about snowy owl. Keeping kids connected to nature is crucial.



Icy
by Juniata Rogers

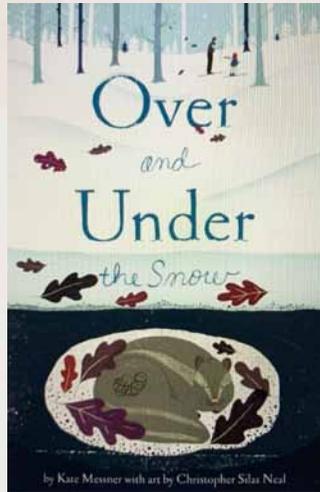
The book introduces children to icy weather conditions, when they occur, and other patterns. Mother nature is such a mystery, it never fails to surprise us. Great book for those who always ask the “why” questions.

Narrative Non-Fiction



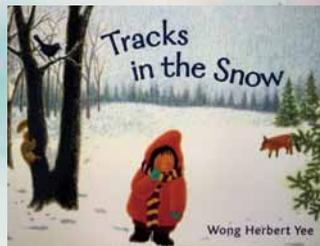
Snow Day!
by Lester L. Laminack

When the weatherman on television announces a big snowfall, kids start to imagine snow day and all the fun-filled possibilities there are. Whilst we might not get snowy days in Shanghai... we can dream!



Over and Under the Snow
by Kate Messner

Over the snow, the world is white. But under the snow it's a secret world of bears, bullfrogs, and other animals building their winter homes underground. This book explores burrows and tunnels under the snow where many animals live through the winter to keep safe and warm.



Tracks in the Snow
by Wong Herbert Yee

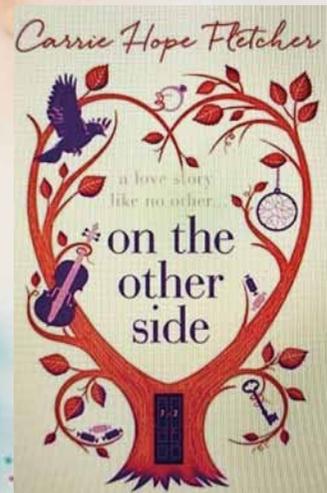
This book is about a girl who follows some foot tracks on the snow outside her window, only to eventually realise that the tracks are actually her own from the day before when she was returning home. This sweet book is perfect for a cosy winter night.

Teen Books



Bittersweet
by Sarah Ockler

This is a great book to cuddle up with during the winter season. The story is about Hudson, a girl who knew exactly what she wanted, but betrayal changed her life. Now, she doesn't believe in second chances. Unexpectedly, a cute guy walks into her life, which makes her question her belief. She has a lot on her plate, and it's time for her to ask herself what she really wants.



On the Other Side
by Carrie Hope Fletcher

The book beautifully writes about family love, friendships and much more. Powerful and magical, this book will transport you to a world you won't forget. **SF**

Feminist Empowerment in Disney's 1998 Mulan

We all have a favourite childhood film... A film that we would watch, basically on repeat... A film that has shaped part of who we are today. For me, it's Disney's original Mulan. *By Adele Chen*

Mulan showed a little seven-year-old that, a woman with black hair and almond eyes had a place on the big screen.

Mulan was a milestone in Asian cinematic culture. It's a film with a feminist main character. It's a film that was a lot of people's first exposure to Asian culture in animation and cinema internationally.

In short, Mulan was an achievement. A few days after the new Mulan's release, I bought a ticket, anticipating another brilliant success. After an hour and 55 minutes, I was anything but satisfied. I walked home wondering why I wasn't content with the recreation. After comparing the new and the old, I finally understood why the new Mulan didn't match up.

I loved Mulan when I was young because I loved seeing a girl win a war and conquer gender standards. It empowered me. This one film told me and all my classmates around me that women could rise in a world rendered rigid by gender roles and succeed at the top.

Mulan was not naturally agile. She was not unbelievably strong or impossibly fast. And yet, by only her wit and intelligence, she persevered and triumphed.

Remember the scene when Mulan used weights to climb to the top of the wooden pole or when she used her fan to twist away Shan Yu's sword. These moments taught me that I don't need to adhere to masculine traits to succeed, I can be feminine and still be a warrior.

The new recreation is great, don't get me wrong. But it isn't even a shadow of the twentieth century's original. Mulan, in the new film, is a natural-born fighter, witty, nimble, lithe. She doesn't have to go through the painful process of becoming a better fighter. In fact, most members of the audience would grudgingly relate to her sister, an ordinary girl who reaches the climax of her life by "marrying well" in her village. We no longer have the message that anyone, with hard work and perseverance, can achieve their dreams.

Mulan was a story of rejection. First, a girl who was rejected as an acceptable bride and an "honourable" woman. Then, as the plot evolved and she rejected gender norms and sexist traditions. It's about a girl standing up for herself and her family, using her wit and prevailing, proving that yes, girls could do anything, like win a war without having to adhere to any patriarchy. The 2020 Mulan just doesn't cut it. **SF**



Adele Chen is a high school student. She is Chinese French and has lived in Shanghai for fourteen years.

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Complete listings available at:
shfamily.com

ORIENTATION

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 O21 6812 2222; marketing@shanghai-emerald.com; www.shanghai-emerald.net

community listings

LE VILLE RESIDENCE

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

SHANGHAI CENTRE

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

TIMES SQUARE APARTMENTS

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

WILLOWBROOK AT GREENHILLS

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

services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New District; 021 6856 8888; evan.kong@willowbrook.com.cn; www.willowbrook.com.cn

Pet Care

DOCTORS BECK & STONE

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

PETSHOME VETERINARY HOSPITAL

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

SECOND CHANCE ANIMAL AID (SCAA)

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

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. 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 Xieta 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. 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. 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; sh51yiyjm@163.com; www.51yiyjm.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 Changle Road; 6248 8985 >73 Nanhui Road; 5289 0806; guido@bellanapoli-sh.com; www.bellanapoli-sh.com

BLUE FROG

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

community listings

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.theliqidlaundry.com

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! 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 Gaoko West Rd., Pudong New Area District. Line 7 JinXiu Rd. To sign up membership and download Sam's App, follow the instruction: <http://wal-martchina.com/english/news/2020/20200806.htm> To Join Sam's WeChat community groups, send an email to: SamsClubExpat@walmart.com Customer Service : 400 633 6868 Customer service: 400 633 6868; Website: walmartchina.com

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

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

ARTSPIRE VISUAL ARTS Centre

Artspire Visual Arts Centre is a professional organization dedicated to art education for children. We have an award-winning curriculum from the USA based on the National Visual Arts Standards. For children from 3-12 yrs. Chinese, English, and Spanish speaking. Also try the full-time/part-time SUMMER CAMP with artistic journey and tennis game. A202,

2633 West Yan'an Road near Shuicheng Road, Shang-Mira Commercial Centre, Changning District; 6211 9632; www.artspire.cn

AWESOME KID'S CLUB

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

BJORKY EDUCATION

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

CONCORD MUSIC

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

ELG

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

EXPAT LEARNING Centre

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

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

community listings

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@bisspxui.com. www.bisspxui.com

CONCORDIA INTERNATIONAL SCHOOL

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

admissions@concordiashanghai.org; concordiashanghai.org

DULWICH COLLEGE SHANGHAI PUXI

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

DULWICH COLLEGE SHANGHAI PUDONG

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

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

HUILI SCHOOL SHANGHAI

Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education 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. IB and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. info@saschina.org; www.saschina.org

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Admission@scis-china.org; Tel: +862162614338 (Hongqiao Campus), +862162951222 (Hongqiao ECE Campus) and +862158129888 (Pudong Campus); WeChat: scishis; www.scis-china.org

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

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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: 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: 6179 9559 Email: info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

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

X²B MONTESSORI

X²b Montessori is a beautiful, elite Montessori located in the heart of Shanghai. It's a certified, bilingual institution in the Xintiandi area, Huangpu District. Their teachers hold master's degrees in children's psychology, children's early education and also children's arts and education. X²b's concept is a balanced combination between Montessori and different educational, artistic and emotional development. Your child will be welcomed with warm smiles every morning and will leave the campus with glowing, happy faces. Tel: 6335 3773; Address : 368 Xujiahui Road, Huangpu District, Shanghai

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

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

SHANGHAI GYMNASTICS

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

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and

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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 >Zabei: 2100 Songhu Road, near Guohao Road; 5525 0901

ROCK DANCE SPACE CLIMBING CENTRE

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

SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

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

THE GENIUS WORKSHOP

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

WELLINGTON ACADEMY PROGRAMME

This after school and weekend program is open to all children, not just Wellington College attendees. The Academy provides a wide range of activities including swimming, football, tennis, fashion design, debating,

singing, dancing and acting, Fun with English, and many more sports, arts and musical activities. Coaches and teachers are all experts in their chosen fields. 5185 3872; www.wellingtoncollege.cn/academy

Tutoring & Test Preparation

MANDARIN KING

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

SHANGHAI EXPAT TUTORS

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

THAT'S MANDARIN

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

THE PRINCETON REVIEW

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

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

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: TCM and internal medicine, acupuncture, herbal medicine, gynecology and infertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic,

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

COLUMBIA 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 sta 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. Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road; 021-6327-5599; Mon-Sun 8am-7pm; Pudong Yihui Clinic: Room 511-513, 5th floor, Building B, LCM, No.2389, Zhangyang Road; 021-6882-1212; Mon-Fri 9am-6pm; 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)

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

community listings

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

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: zzyk61957885 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 > Geneagles 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

SHANGHAI RENAI HOSPITAL

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and

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

RAFFLES MEDICAL SHANGHAI

A premier medical centre staffed by an international and multi-disciplinary team from Singapore, Germany, Malaysia and China. Our services include Family Medicine, Women's Health, Men's Health, Paediatrics, Dentistry and Orthodontics, Health Screenings, Diagnostic Radiology, Mental Health & Psychological Counselling, Urology, Chiropractic, Internal Medicine, etc. We provide state of the art medical services and professional medical expertise to our patients. Tel: 61972300 > Email: enquiries_shanghai@rafflesmedical.com > Website: https://www.rafflesmedicalgroup.com/shanghai

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,

community listings

Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry.
> B1-1F, 1398 Fang Dian Road, Pu Dong District, Shanghai; Appointment centre: 4008 500 911; www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

UNITED FAMILY HEALTHCARE (UFH)



United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 2 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. > United Family Shanghai locations: Shanghai United Family Hospital, 1139 Xianxia Road, by Qingxi Road (Open 24/7); Shanghai United Family Pudong Hospital, 1598 New Jinjiao 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 13918111319. www.alpha-dental.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 > Jinjiao 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, Jinjiao > 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 > Jinjiao 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

BENSON

With highly skilled stylists and colourists, this salon specialises in colouring as well as luxurious hair treatments including their KeraStraight conditioning treatment for perfectly straight hair for months. Pudong: 1208 Biyun Road; 5030 3878 > Puxi: 8F, Golden Bridge International, Jiangning Road, and 4F, City Plaza, 1618 West Nanjing Road, 6277 8778; www.bensonsalon.com

Clara Davis: Unravel

We sat down with Clara Davis, founder of Unravel and co-founder of Taste Collective, who believes storytelling is key to human connection and happy living. *By Claire Lily Squire*



In an East Coast American storyteller/baking enthusiast/business person who came to Shanghai seven years ago by way of a two-year stint in Chengdu and a year of graduate school in London.

Can you introduce your two companies?

I founded Unravel, a storytelling platform with a curated, monthly live show. We've hosted more than thirty shows featuring global storytellers, and expanded into other narrative content (check out our podcast). We've also produced storytelling workshops and other special events with companies and schools.

I co-founded Taste Collective with my business partner Andrew Moo. We're a creative agency that believes life is all about food, beverage, and (you guessed it) stories. We build experience-driven marketing solutions like pop ups, brand activations, creative campaigns and more.

What inspired you to launch Unravel?

Shanghai is a city of stories, and I have always felt captivated by and caught up in that ubiquitous swirl. When I started Unravel, I had been running this craft beer bar I opened (RIP District!) for almost two years and I was craving a new kind of creative outlet. District lit the spark for me that Shanghai was a place to grow and experiment.

What do you think Unravel brings to the Shanghai Community?

Shanghai is a dynamic and overstimulating city that can challenge and empower you, humble and embolden you, sometimes all in the same day. It's transience can sometimes feel as strong as the currents of connection and understanding.

Unravel is an opportunity to tip that balance in your favour - the chance to listen, take a break, learn

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Shanghai is a city of stories, and I have always felt captivated by and caught up in that ubiquitous swirl...

something new and be reminded of something essential. No matter where you came from, what you do, or where you're headed, our stories are the threads that remind us of our fundamental connection points and commonalities as human beings.

Humans are story loving creatures. Our brains are wired to think, breathe, build and grow in story. It's how we process information, recall memories, plan futures, do business, fall in love, make friends, inspire, even persuade ... you name it, stories do it.

Is there anyone, or anything that particularly inspires you?

In a year where it feels increasingly unlikely, I'll get to remind them in person, I'll give my parents the nod here for inspiration. At a young age, my mom took a huge and courageous leap out of her comfort zone and the set of expectations society placed on her, following the 'green lights' to a very different life than she would have lived otherwise. My dad is an untiring man of curiosity and contrast, who reminds me that truth can be relative and that reinvention and discovery are ageless pursuits. They have great stories, and they both inspire me to forge my own path.

What's your definition of success?

Success is an elusive beast with an evolving definition. I count the remarkable people who have supported, inspired, and collaborated with me as a key metric of success - I like to believe the energy we put out into the world is matched by the energy we get back in return, and I feel rich in that regard. I know that you'll probably never have 'enough' of what you're chasing, so establishing what you value most and doing what you can to live by that truth is, to me, the ultimate definition of success. **SF**

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