

Shanghai Family

June/July/August 2021

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Is your Nest about to be Empty?

Head for the Hills: Exploring the grassy regions of Xiahe

Meet the Fresh Graduates of Shanghai

What happens after high school?

Desserts to take you around the world

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Parents & Kids

虎媽牛娃
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2021 Shanghai Family Art & Writing Competition

We Want You!

Are you an aspiring artist or a budding novelist? Share with us your written or creative works!



2021 Theme: "My Hometown"

How to Join

Art Competition

Children can draw a piece of art (A3 size) or create a model or sculpture (no size requirements). Participants will range from **3 to 18 years old**. Competition will be divided into: 3 to 10 years old, and 11 to 18 years old.

Originals must be submitted to the address by August 15th, 2021: **Room 26C, Block B, Jueshi Building, No.29 Xiangcheng Road, Pudong New Area, Shanghai 200122, China**

Writing Competition

Participants can introduce their local cultures and cuisines, or ponder what their hometown means to them. Written pieces should be emailed in either English or Chinese to editor@shfamily.com.

Competition is divided into two age groups, children between the ages **6 to 10** will be required to submit an essay of **250-350 words**. For children **11 to 18**, essays are required to be **500-600 words**.

Why Participate?

Last year, we had participants from **81 international schools**, bilingual schools, kindergartens, and public schools in Shanghai. Jointly hosted by **HuMaNiuWa, Shanghai Family, and Parents and Kids** this is our 18th year of the competition. We would like to extend our gratitude to all the contestants and the support of their parents and schools to make this competition a success!



All submissions are due by **15th August 2021**. For registration and more information, you may call us at **(021) 5838 1961**. Please follow our WeChat accounts to stay up to date on competition details.

Shanghai
Family

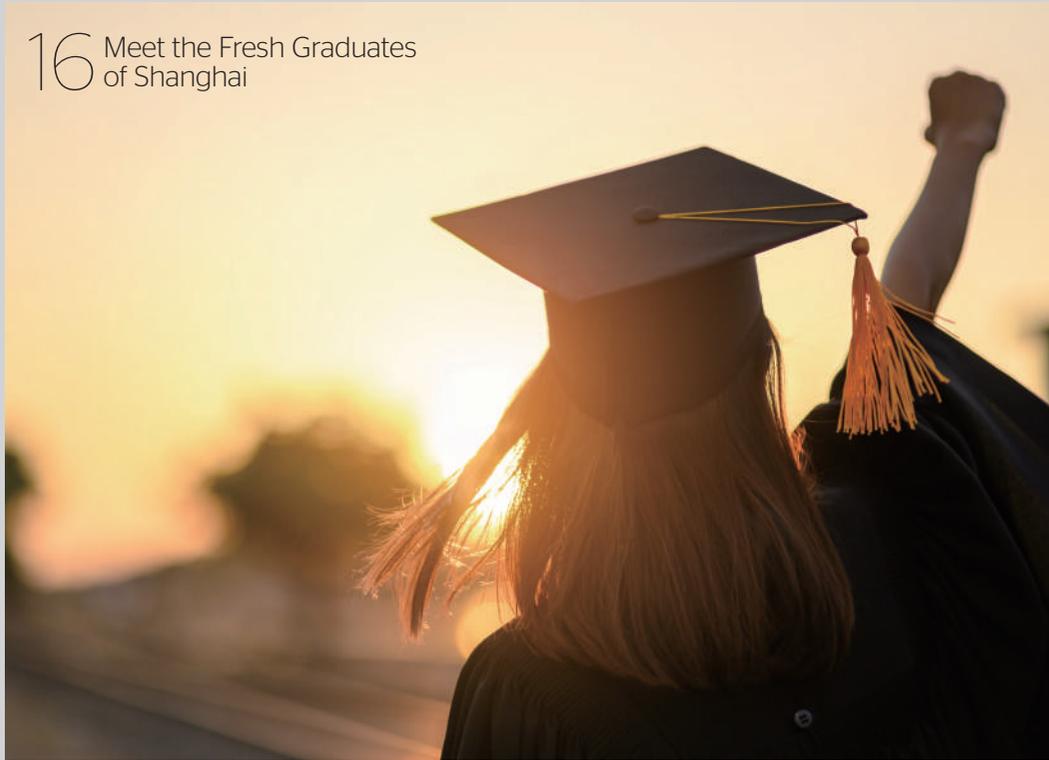
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CONTRIBUTORS



Shanghai Survival Guide

Nicole Chia

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



Family Travel

Sam Braybon

is a China travel pro who, in his 15 years here, has visited every province in the country.



Shopping & Style Solutions

Eve Wee-Ang

is a certified KonMari tidying consultant who advocates making space for nature at home.



Feature

Abbie Pumarejo

is an empty nester mum of three who enjoys watching her brood fly and excel out of the home.



Wellness

Jodie Ratcliffe

is a yoga instructor on a mission to bring positive wellbeing to every body.

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Shanghai Family

June/July/August 2021

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What was your favourite summer activity?



Swimming, baking,
play LEGO, movie nights



Swimming with my kid and
working on my tan.

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and drinking beer



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3329 9310 (Puxi)



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5218 1728



Living Word Shanghai
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Lycée Français de Shanghai
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6897 6589 (Yangpu)



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6029 1140 (Qingcheng)

Summer is a wonderful time for adventuring. Whether it is taking a summer holiday or watching your teenager enter university, it is a season of transition. In this edition, we take a moment to celebrate the **fresh graduates of Shanghai (16)** by learning more about their future plans. But for many parents, the thought of a child leaving the nest can be overwhelming. Our own former managing editor, Abbie Pumarejo chimes in about her experience going through the **empty nest syndrome (22)** when her three kids left home to pursue college and work. How do you prepare your child to be independent? If your kid is spending their last summer as a high schooler at home, Nicole Chia will share some tips on how you can maximise their time with you in her cheeky **survival guide (42)**.

Shanghai can be a hard place to love when the heat is blazing. Let our travel expert Sam Braybon take you away from the heat to visit the **hilly mountains of Gansu (51)**. Our teen contributor Oi In Lin shares with us **exotic summer treats (46)** that will make you feel like you are on a world tour. And what better way to cool down than spending a day dipping into the pool? Our resident stylist, Eve Wee-Ang shares with us ways to **stay stylish by the poolside (50)** and how to **host a tropical summer party (48)**.

We hope you enjoy this edition and may you have an incredible summer with your family.

See you in September!

Anabela Mok, Managing Editor
On behalf of the Shanghai Family editorial team

Take this survey and WIN!



Dear Readers,

Shanghai Family and Parents&Kids want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. Please take two minutes to fill out our survey and enter for a chance to WIN an exclusive prize.

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



Let's talk:

WeChat: ShanghaiFamily
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Maggie & Rose Open Second Club

London-based family club Maggie & Rose have opened a second Shanghai location at Moon Bay, 188 Ruihong Road, with plans to add more. This follows their first club location at The Place, 100 Zunyi Road, and other China locations in Hong Kong and Hangzhou. The kids education brand has almost 15 years of experience and follows the British Early Years education programme. They held a showcase on 16th of May in Jing'an featuring classes offered at the club including Maggie's Arty Party, Rose's Afternoon Tea Room, Oscar's Rock and Roll Studio, and Bentley's Green-fingered Garden. Also present were the four mascots Maggie, Rose, Oscar, and Bentley. On the main stage, current club members and staff performed a play "Little Prince Bally".



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



Shanghai Night Eats Tour

As the sun sets, explore the best local and regional Chinese cuisines the city has to offer with Unfood Food Tours. Taste local dishes from Shanghai, Sichuan, southern and northwest China. Explore just how different regional foods can be on this evening tour! Book your spot via WeChat: UnfoodFoodTours, there you can find other summer adventure tours.

Luxury Tropical Escape to Wild Xishuangbanna

Want to get in touch with nature and wildlife while staying in a luxury resort? Xishuangbanna in south Yunnan province is the perfect destination for wild animals, plants, tropical rainforests, Buddhist culture and Dai folk customs. For more information and booking, add WeChat: okdealtravelchina.



Morning Bike Holiday Tour

Feeling adventurous and looking to explore Shanghai culture? Explore the city on a bike! Wake up early and dive into the vibrant Shanghainese culture, narrow longtangs, maybe partake in morning exercises, temple visits and more. To check availabilities and make a booking, message WeChat: Bike-Tours-Shanghai or email bookings@culture-shock-tours.com.

Five Guys Open for Business!

The legendary burger joint Five Guys have opened their first shop in Shanghai. Serving their famous burgers, hotdogs, fries and milkshakes, this is the first store in China's mainland (previously in Hong Kong) with plans on expanding rapidly up to 80 restaurants in the next five years. Want to sink your teeth in that juicy hand-formed beef patty? Head over to 1F, 939-949 Central Huaihai Road, near South Shaanxi Road (opposite IAPM).



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Moulin Spectaculaire @ The Pearl

This show follows two lovers as they fight to create a showcase unlike any other. They bring you performances from the Cirque, tease from Burlesque, spirit from Drag and much more. You will dance the night away in this high-spirited cabaret, with music from Étoiles Rouges (Red Stars) inspired by the major motion picture. It's not just a show, it's a party! July 9-10, 9 p.m., 180 RMB (presale) or 220 RMB (door price) or purchase tickets via www.247Tickets.com.

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6 Day Tour to Tibet

Interested in visiting the beautiful scenery of the Tibetan Autonomous Region? Look no further than the exciting new tour offered by M2Adventures. The 6-day tour will take you through the famous sites of Lhasa including Potala Palace, Jokhang Temple, Barkhor Street, Drepung, and Sera monastery. You will also visit Yamdrok Lake, which is surrounded by snow-capped mountains. For more information and booking details, add 177 2112 4900 on WeChat.



Impression of West Lake

If you are in Hangzhou, don't miss "Impression West Lake". This performance is inspired by West Lake's rich history, culture, and the beauty of its restored natural scenery. The hi-tech special effects are mesmerizing and "West Lake Rain" showcases the charm of West Lake. General seating is 340 RMB per person and children under 1.2 m get free admission. Purchase tickets at www.247Tickets.com.



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school roundup



Wellington's Successful 5th Festival of Education

Wellington College China held its annual Festival of Education, bringing thought leaders in progressive education together with hundreds of attendees at its three campuses in Tianjin, Shanghai and Hangzhou. Taking place over two weekends, the Festival featured a series of stimulating and informative talks, panel discussions and workshops. The Festival of Education is one of China's leading forums for educators, parents and general enthusiasts who seek insights on everything from career development to cutting-edge theories and new methodologies.

Dulwich Pudong Junior School Sports Day

This year recorded 21 record-breaking performances! Sports Day is an extension of the Dulwich Olympian programme, to compensate for the lack of inter-school fixtures due to COVID-19. There were six athletic events (60m, 200m, Quoit throw, Javelin, Long Jump and Triple Jump), and six teambuilding class events (Old Skool Relay, Wacky Water, Jumping Jenga, Feed Me Food Challenge and Inflatable World). Of note were the accomplishments of three students: Katherine C, Year 5, Felix Z, Year 3 and Chloe W, Year 3. Together they earned 18 gold medals.



Battle of the Books at Concordia

In the Battle of the Books, Concordia Elementary students competed against 21 teams from six schools across Shanghai. Teams read from eight selected titles and contested in three rounds: redesigning a book cover, decorating a cake in the theme of a book, and an online fast-paced Kahoot quiz of 120 questions. Our teams played brilliantly and were extremely concentrated throughout the tense but exciting afternoon. The scores are now in and we can announce that THE REMARKABLE COYOTES came in first and won the competition!



Student Voices Semi-Final Round Concluded

Congratulations to all of the students across Shanghai's schools that participated in our annual Student Voices Speech Competition! We enjoyed hearing your thoughtful insights on this year's topic, "My Hometown". Shanghai Family held competitions at our spring School Expo in Pudong and Puxi, as well as at individual schools. Thank you to the students, parents, and teachers for your time, effort, and enthusiasm! It was a joy to see the amazing public speaking talents of the students of Shanghai. The semi-final round concluded in May, and the list of finalists moving on to the final round will be posted on our WeChat account. The final round will be held at our fall School Expo in October. If you missed out on the competitions, visit our website www.shfamily.com to see the videos. See you in the fall!

25 Years of Franco-German Friendship

The French School and Deutsche Schule Shanghai celebrate 25 years of friendship. Openness, tolerance, and solidarity, the schools share two Eurocampuses in Qingpu and Yangpu along with strong values since 1996. They collaborate on tournaments, sports competitions, family stays, Christmas, a common orchestra, and celebration days.



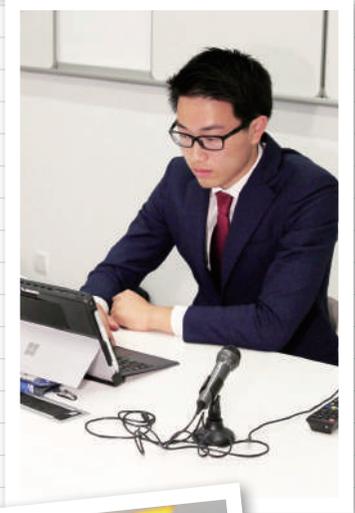
Dulwich Pudong Seniors University Bound

It was another outstanding year for university acceptances with high quality offers and many admitted to their top choice school. These results were encouraging as this year saw unprecedented competition for top universities as removal of standardised testing due to COVID-19 led to a surge in applications. Graduates continued to perform strongly in specialist programmes with acceptance to Sports Science (McGill), Film (London Film Academy), Fashion (University of the Arts London) and Medicine (Cardiff Medical, University College Dublin, King's College London).

cover story



Meet the Fresh Graduates of Shanghai 2021



The day has arrived where you begin the next stage in life, university. We had the pleasure of meeting valedictorians and student-nominated representatives that are the voices of their class, to discuss the next steps after high school, and their most valued high school experience.

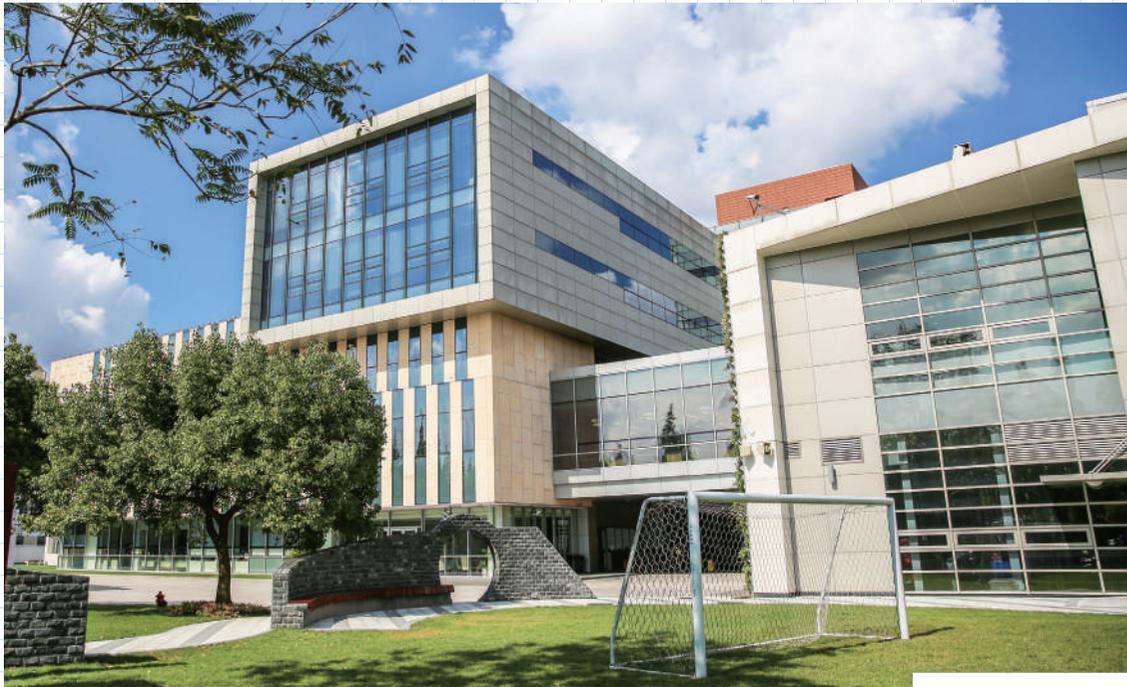
Get ready to meet the fresh grads of 2021.

By Anabela Mok



Concordia International School Shanghai

Concordia is located in Jinqiao's Green City, one of Shanghai's largest international communities. The school is recognized for its dedication to academic excellence and for providing well-developed sports, fine arts, cultural, and service learning programs.



Name:
Amy Lin

Nationality:
Australian

College/University:
Johns Hopkins
University

Intended Major:
Chemical and
Biomolecular
Engineering

Immediate future plans?

Go on senior trip with my friends and get caught up in activities/events that I might have missed during my busier days.

Why did you pick your university?

Johns Hopkins University is known for being the "science school", and as someone who has enjoyed doing multiple different research projects during high school, I knew the number one funded university for research would be the right place for me. The school itself also has a warm atmosphere, with a perfect balance between academics and activities.

What are you doing this summer?

I haven't planned out my summer just yet but I am likely doing an

internship in a field related to my major. I'm leaning towards interning in a hospital because I see myself becoming a doctor in the future, but would also want to get the feel of the actual experience.

What was the most valuable lesson high school taught you?

There are so many. The most important one is probably to be positive. I'm generally a relatively optimistic person and I think the challenges I came across, whether it's in terms of academics or athletics, only made me more open-minded. With that being said though, I think having disappointment is also a crucial part of one's growth. Disappointment is like a wake-up call but pessimism is like endless snoozing.



Amy is the student representative chosen among the entire Concordia Class of '21 by her peers to give the student address at this year's graduation.

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 1,400 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.



Name:
Mats Ceyssens

Nationality:
Belgian

College/University:
KU Leuven

Intended Major:
Chemical Engineering

Immediate future plans?

Go back to Belgium to see my father and prepare for university.

Why did you pick your university?

The two main factors are that KU Leuven is ranked amongst the highest in Europe for engineering, something I would like to focus on in the future.

The second reason is because a lot of my family currently lives in Belgium, with my older brother still attending the university as well. Overall, the combination of practicality and academic reputation made me pick this university.

What are you doing this summer?

The plan this summer is to spend as much time as possible with my friends in Shanghai as these will be the last few months we have together. Other plans include obtaining my driver's license and finally going back to Belgium to prepare for university.

What was the most valuable lesson high school taught you?

Never put a task off that you could complete right now. Procrastination is definitely the enemy of success, and to avoid that trap you must be consistent with your work and planning. One lazy day may cause you to spiral out of your productive groove.

Shanghai Singapore International School

With over 25 years of educational excellence, SSIS creates multiple pathways for students to be successful in every aspect of their development. In addition to providing a disciplined and rigorous learning environment, we believe in the holistic development of a resourceful, confident, and independent learner.



Name:
Aditi Dadwal

Nationality:
Indian

College/University:
University of British Columbia, Canada

Intended Major:
Biological Science

Immediate future plans?

My immediate future plans are to finish writing my exams and hopefully do them well.

Why did you pick your university?

I was choosing between UCL, UBC, and University of Edinburgh. Other than the serene location, UBC has a rigorous science programme and a diverse student community. It is evident that they not only care about the academic achievements, but also value the overall holistic growth of students.

What are you doing this summer?

This summer I am going to take a well-deserved break and

enjoy the time that I have left with my friends before we all head off. I will also make sure to use this leisure time towards something meaningful, by continuing my volunteer work that I had to put on pause because of my hectic exam session.

What was the most valuable lesson high school taught you?

I have learnt that being an exceptional student is beyond having good grades. It also means being well-rounded and learning lessons from experiences. Immersing myself into extracurricular activities showed me the importance of time-management and perseverance that no textbook could have taught me.

Nord Anglia International School Shanghai Pudong

Globally respected curricula are enhanced by collaborations with pre-eminent organisations such as Juilliard, MIT, and UNICEF to ensure that every child develops the skills and mindset needed to thrive in an ever changing world.



Immediate future plans?

Graduation trip with the year group to relax.

Why did you pick your university?

Both Imperial and UCL offers outstanding courses within the UK. After attending Imperial's online opening session and seeing the resources that they can offer, I decided to make Imperial my firm choice as I believe this university can definitely support me studying Chemical Engineering.

What are you doing this summer?

I will be spending quality time with my fam-

ily and friends before heading to the UK because I know I need to cherish all the remaining memories in Shanghai. Nonetheless, I will also be preparing myself for the Chemical Engineering course in university by self-studying.

What was the most valuable lesson high school taught you?

Targets which once seemed distant and unreachable are actually within our own reach; we need to be motivated and disciplined in order to reach these targets. When you put the effort in what you are doing, there will always be a positive outcome in the future, it's just not always instantaneous.

Name:
Alexander Nies

Nationality:
German & Chinese

College/University:
Imperial College London

Intended Major:
Chemical Engineering

Shanghai Qibao Dwight High School

Shanghai Qibao Dwight High School, the first independent, Sino-U.S. cooperatively-run high school approved by the Ministry of Education in China, integrates the best of Eastern and Western education. Qibao Dwight create a learning environment that fosters the development of innovative, globally-minded leaders. All four graduating classes have had student's achieve IB DP 45/45 (6 in total since 2017) and 94% of 2021 graduates were accepted to US News/QS top 50 universities worldwide.



Name:
Jialu He (Jasmine)

Nationality:
Chinese

College/University:
Cornell University

Intended Major:
*English with a focus
on Creative Writing*

Immediate future plans?

I will write a critique of a chapter from Joan Didion's "Slouching Towards Bethlehem."

Why did you pick your university?

Cornell is the perfect university for me for many reasons. First, its location is beautiful, with a peaceful environment to learn. Additionally, the institutional commitment to both life-long learning and diversity in a community, align with my values. Truly, there's no place I'd rather be!

What was the most valuable lesson high school taught you?

I had the opportunity to work with diverse people and take engaging courses that combine multi-disciplinary approaches. For example, in Environmental Systems and Societies, we analyzed environmental challenges through science, economics, and policy. This approach inspired me to think about issues differently and recognize the value of collaboration.

German School Shanghai Yangpu

The world's largest German school abroad with two Euro-campuses in Shanghai provides a welcoming culture and caring environment for children to endeavor, experience, and discover the world and the universe together.



Name: Maximilian Lin
Nationality: German
College/University: Federal Institute of Technology Zurich (ETHZ) / University of Pennsylvania / Imperial College London
Intended Major: Biomedical Sciences with a Minor in Business / Management / International Relations



Immediate future plans?

Deferring my entry to take a Gap Year, travel around and do internships and volunteering.

Why did you pick your university?

Due to their prestige, the double major in Life Science & Management option, the campus culture and their location in rather dynamic cities, but also for the many research opportunities they offer.

What are you doing this summer?

I will be volunteering with Stepping Stones to teach migrant children English, attend the virtual German

“Schülerakademie”, and do an internship at the Chinese Academy of Sciences researching the effect of DNA-methylation and other epigenetic modifications on Tumorigenesis.

What was the most valuable lesson high school taught you?

High school taught me to be a diverse and open-minded person, challenging me to explore subjects across all areas (from Social- to Natural Sciences, to the Arts), take on leadership roles (Model United Nations and the Gymnastics Team), preparing me well for whatever I might face in the future.

Shanghai United International School – Gubei Campus

Based on the philosophy of “East Meets West,” Shanghai United International School implemented co-leadership with Chinese and foreign principals, and initiated the practice of team teaching with Chinese and foreign teachers.



Immediate future plans?

I'm preparing travelling essentials and the required documents that are needed for my fall enrollment.

Why did you pick your university?

My summer school on Cornell's campus in 2019 showed me the university's regard for an equal community. Interestingly, I enjoyed my connection with other Cornell students. Growing up in Shanghai, I'm

eager to experience life in suburban regions, where natural beauty triumphs over industrial pollution and overcrowdedness.

What are you doing this summer?

I'm planning to take a month off to take a well-earned break following the completion of the many demands of IB. I'd love to go back to my hometown, Chongqing, for a family reunion before I leave the country.

What was the most valuable lesson high school taught you?

I learned to take serious responsibility for my personal growth from my high school experience. I appreciated the freedom of choice and availability of activities SUIS - Gubei provided me. It constantly reminded me that I'm not valued merely by academic performance, but my devotion to community, and my passion. **SF**



Name: Cheng Shijie (Catherine)
Nationality: Chinese
College/University: Cornell University
Intended Major: Civil Engineering

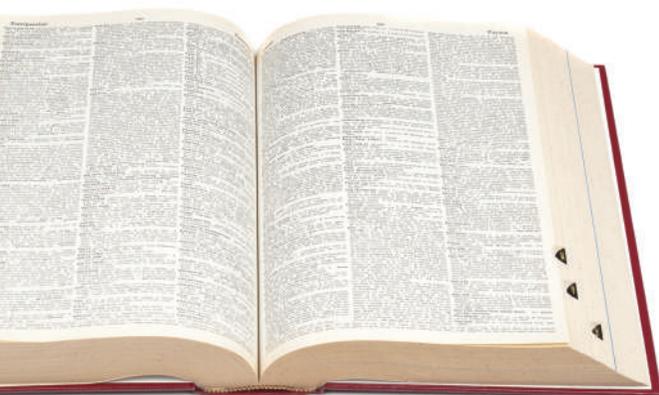
feature

Is Your Nest About to be Empty?

No worries, you can have fun without the kids around! *By Abbie Pumarejo*



empty nester • noun
informal • north american
A parent whose children have grown up and left home.



Yep, that's me. Mum of three grown men making their way in the world. Our sons are now 24, 22 and 20. Our last pollito (little chicken) flew away in 2019. We are in Europe and all three sons are living in the US. The distance can feel gaping and suffocating all at once, if I let it get to me.

In hindsight, I admit that my anticipation of the negative feelings produced more anxiety than the actual event itself. Yes, we both felt a big hole the first weekend we were alone and no boys were left in the house, but I think because we'd been saying goodbye/good luck to them since our first left for college in 2015 we had

kind of gotten the hang of it.

The truth is, we tend to fear what we don't know.

I do know I spent so many years being the centre of my sons' world. It really can feel off balance when you finally send them out and let them have a go on their own. I was lucky to have a variety of friends over the years who could show me how it was done and who led by example. That made our transition smoother. And I did something with each boy that I would like to share with y'all-I imagined what it felt like to be in their shoes at such a pivotal time in their life.



Do you remember what that feels like to be 18 and starting college? That is a good place to start as a parent. Try to put aside for a moment all of your own worries and anxiety.

Do you remember the sheer excitement, anticipation, and nervous curiosity? So many emotions for all involved. I did tell each son, without a lot of fanfare, "You might feel homesick. You might not feel so great every single day. But don't give up. You now get to find who you are and who your people are. And we are always here for you."

My eldest said something that has stuck with me, "In college you can be more yourself. You don't have the pressures of high school that demand you to be, dress or act a certain way. There is more freedom." And though there definitely is more freedom from parents, rules and regulations, there is an exchange that

takes place. We emphasised to all three sons, "We highly recommended you go to class. Even if the teachers don't check attendance. This is your new job, being a full-time student and soaking up all you can in these next four years. Don't squander it or waste our money."

Your son or daughter will now be responsible to get themselves out of bed, choose what and when to have breakfast, determine their schedule and even whether to go class or not. They will choose who to spend time with, when to study and whether they like a professor or class or not. They will struggle with life skills (laundry, cooking, cleaning and mediating with a new roommate). All without you looking over their shoulders and supervising every step. Maybe that is where the anxiety and emptiness for many parents comes from when we talk about "Empty Nest Syndrome."

In the past, research suggested that parents dealing with Empty Nest Syndrome experienced a profound sense of loss that might make them vulnerable to depression, alcoholism, identity crisis and marital conflicts, according to a report from the Mayo Clinic. But I am here to tell you it doesn't have to be negative, a condition or an illness to be cured. That isn't to say you won't have feelings of loneliness, sadness or miss them once they leave home.

The Mayo Clinic also revealed that more recent studies suggest an empty nest might reduce family and work conflicts and can provide parents with many other benefits. When the last child leaves home, parents have a new opportunity to reconnect with each other, improve the quality of their marriage and rekindle interests for which they previously had no time.

So, let's talk about some things you can do to focus less on the empty part of your nest and more on fulfilling your time now that the kids are off to college. These are all things we have done personally as well as some great advice from friends I relied on when my kids first started going off to college:

- Reconnect with your spouse: take walks and bike rides, go on dates again and don't talk about the children.
- Find a hobby that you never had time for.
- Go back to school: further your education, take a course in a new subject or something you've always dreamed of taking.
- Start a new exercise routine or take up a new sport.
- Read whatever you like, whenever you like.
- Travel, spontaneously!





Those all worked for us, and we are still exploring. We have learned a thing or two about ourselves and our kids in these last two years. Becky Scott, MSW and lecturer at Baylor University in the US offers these four tips for parents who could be having a hard time with a nest less full:

1. Understand there is no correct way to cope. Parents need to get used to their new role and understand it is a process.
2. Embrace communication. Set up with your spouse and kids the means and frequency of keeping in touch (see my rules below) as well as how you might begin to fill your time.
3. Address and resolve conflicts immediately. As Scott states, "The conflict or hurt that may emerge during launching your adult children is almost always not new conflict, but that which is brought to

the surface by change. Take time to resolve it and address it."

4. Find the balance between supporting your children and letting them learn on their own. This is an interdependency between family, support structure at college and their new emerging friendships.

There is prevalent advice out there for families with students about to head off to college. Each family is different, though, so your family culture will guide you as you prepare your fledgling to fly. Take into account the type of college and area of study. I feel one of the most important things to remember (for you and your student) is that there will be ups and downs. For some people, high school feels like the best time of their lives. And if they've been the big fish in a small pond, transitioning to college can be overwhelming. But, if parents give their kids some space, respect the fact they are capable to go off on their

You are now transitioning into a new phase. And as one former colleague who has younger children pointed out, "Must be a good feeling, seeing them spread their wings and not plummet, or head straight home to the nest again. Good job both of you, hope you enjoy a well-earned momentary peace before they start filling the house with grandchildren!"

own (that's what the last 18 years have been a dress rehearsal for, haven't they?), then things will be fine.

I joined a parent group for families of incoming freshman when my last son went off to college. It was quite helpful to offer advice on practical information such as move-in and dorm rooms, certain class and professor information as well as where to shop and get food in the town where the university is located. This can help parents feel like they have a finger on the pulse of what is happening but without interrogating or grilling their student about every tiny detail each time they speak.

Which brings me to my next point. When the time comes for your child to head out of the nest, it's perfectly reasonable to set some ground rules. Here are some of ours:

- We need to talk at least once a week with a video call (so I can see you and how you are really doing).
- Please answer via text the same day if I send you a message. (We set up a family group chat, and my sons have their own brother chat).
- Make good decisions which includes staying away from illegal activities.
- Join a sport/club/study group.
- Get to know your teachers and don't be afraid to ask questions or for help.
- Study and take your classes seriously.
- Don't forget to have fun!

If you are able to show you can move forward, that your world hasn't crumbled because your children aren't at home, you're giving your kids the best gift. They look to you as an example, and will come back to you as ever evolving, maturing and growing people. Take comfort in the fact you've done a fantastic job with this major life transition. Oh, and don't forget to have fun! **SF**

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The Road to College & Beyond

Reaching for the stars: Planning and making the most of your university years. *By Anabela Mok*

Deciding on which university to attend is one of the first adult decisions of your life. It can be overwhelming since you will need to have a good sense of who you are and your preferred environment to thrive in studies and independent life.

When it comes to applying for universities, the planning process is extremely important. Whether you

already have a strong opinion about your desired field of study, or if you are still undecided, you need to be sure the college environment is suitable for you. Is the programme strong and does it offer opportunities for graduates? Do you prefer a big campus or the comforts of a small campus? Do you enjoy large cities or smaller communities? What kind of social life and campus culture do you want? What resources on cam-

pus are available to you that will make you feel comfortable while you are far away from your family?

Applying for college is an important event, but it doesn't have to be an overly painful one. There are many resources at a high schooler's disposal from family, friends, school teachers and counsellors, online resources, and even commercial college admissions agencies. It's good to



keep in mind that there is not a definitive right or wrong choice or path to take.

We met with some schools to see how they prepare high schoolers for university, from exploring student's interests and talents to selecting and applying to universities. Here are what some high school counsellors have to say about the college preparation process.

Concordia International School Shanghai



*Patrick Love,
High School Counsellor*

Tell us about your college counselling program

College guidance at Concordia provides a personalised, student-centred programme that informs and supports both students and parents. Counsellors help students discover college/university communities that will best serve their academic and personal growth.

College guidance is a four-year programme educating parents and students extensively about preparing for college, the college search process, completing applications, and ultimately selecting a best-fit college/university. The degree of guidance becomes more specialised as students advance through grade levels. All Grade 11 students are required to take a ½ credit college and career planning class that prepares them for junior internships and preparation for college applications.

How do college counsellors guide students on career paths?

Our high school vision statement centres around helping students become people with passion and purpose who inspire change in service of others. Counsellors help get students thinking not only about potential careers but about finding purpose and identifying larger life goals. Students are encouraged to reflect on their experiences, interests and skills, and how they want to develop themselves in college and in their chosen career field. By identifying their strengths and passions as well as what the world needs, students can better determine their purpose and apply it into their university experience and later into a satisfying career.

What opportunities does your school offer your students to explore potential career paths?

Concordia high school juniors are required to complete a two-week-long internship. This experience is designed to introduce students to the working world, build self-confidence and relationships with professionals who can mentor them, and provide insight into a particular field.

Students are encouraged to seek out internship opportunities that are relevant to their interests as they pertain to the student's academic and future career goals.

Concordia International School Shanghai

Address: 999 Mingyue Road, Jinqiao, Pudong New Area

Tel: 5899 0380

Website: <https://www.concordiashanghai.org/>



Soong Ching Ling School International Division



*Daniel Gould,
College Counsellor of Middle and
High School International Division*

Tell us about your college counselling programme

College readiness is part of a larger comprehensive guidance program that focuses on developing socially, emotionally mature and active decision-makers. Students are given age appropriate content through our guidance counselling courses that are followed-up in individual guidance sessions.

How do college counsellors guide students on career paths?

School counselors guide students through developmentally approved coursework to gain an understanding of different career paths and career options. Students are also provided experiential opportunities throughout the year to build a frame of reference regarding careers and career paths.

What opportunities does your school offer your students to explore potential career paths?

Currently our students go through career exploration and development as part of the 10th grade guidance counselling curriculum where they are exposed to the 16 different career categories. Also, students learn through experiential field trips to local businesses and organisations.

Soong Ching Ling School International Division

Address: 2 Yehui Road, Qingpu District

Tel: 6975 6301

Website: www.soongchinglingschool.org

Wellington College International Shanghai

Tell us about your college counselling programme?

Wellington's 'Higher Education Pathway' provides pupils with a clear guidance programme tailored for each academic year. It is a five-year programme delivered by professionals, tutors and specialists supplemented by regular visits by university reps, and academics.

How do college counsellors guide students on career paths?

Pupils receive advice as a group and as individuals. They take a series of assessments giving them an understanding of their strengths and how they may relate to potential careers. They are advised about their options and about how courses they take may facilitate access to different career paths.



*Stephen Tippen,
Director of Higher Education*

What opportunities does your school offer your students to explore potential career paths?

Pupils hear directly from professionals through our series of 'Careers Insight' talks and visits. They explore 21st century careers and learn which ones are likely to be in demand. Finally, relevant pupils can access valuable work experience through our connections in key industries.

Wellington College International Shanghai

Address: 1500 Yaolong Road, Pudong New Area

Tel: 5185 3885

Website: <https://shanghai.wellingtoncollege.cn>



Making the Most Out of Your University Experience

Learning in and out of the classrooms to build a platform for your career. *By Anabela Mok*

University is a wonderful time to experience living life outside your family home, where you are surrounded by peers and have the freedom to create your own schedule and taking responsibility for your own actions. However, this is also a big step away from your existing academic life, where you have a parent micro-managing your after-school activities, checking homework and the attentive eyes of teachers who may be the first ones to spot something that might be bothering you.

Welcome to the first stage of adulthood.

When it comes to making the most of your university years, you need to think about what you want to

achieve when it comes to your four years as an undergraduate.

1. Prioritise

Although this newfound freedom may mean no one to monitor your curfew, it also does not give you a hall pass for daily parties and socials. After all, schools do have the right to place you on academic probation if your grades are not up to par.

2. Explore the World

Some schools have study abroad options, see how an international campus can work with your programme. If you are an art major, look at the study abroad option that will give you exposure to the classics. Most of all, check which classes work

with study abroad programmes so you can have your credits count towards your major.

3. Apprenticeships

Cool, you made it to the programmes of your choice. But you need an opportunity to learn from experts. How do you work together with your professors to get a professional internship so you can practice what you learned?

4. Student Clubs

Much like high school extracurricular activities, getting involved in student organisations can also be a way you can take part in crowd sourcing projects or a cool keynote speaker series. This can also be an opportunity to join Greek Life and make life-long friends.

5. City Events

Whether or not your university has student events, use the location of your university to partake in local city events. This could be a great way to network and build your resources to parlay into the wider future of career planning and adulthood.



Beyond Graduation

How I Received a Full Scholarship to Boston University.



Sevillana Ettinger (SCIS Hongqiao '21) couldn't believe the news when she received a full ride scholarship to Boston University (BU), one of her top choices. Passionate about human behavior, she is gearing up to study psychology as part of BU's honors college. The programme will allow her to continue learning in a similarly intimate and communal atmosphere that she has been used to at SCIS.

The multi-talented student is also a singer, having released her single titled "Salty Waters", a song dedicated to the refugees of the Syrian crisis. Moving forward, she hopes to continue to raise awareness around issues she is passionate about through singing and writing original music.

Firstly, can you tell us a little about yourself (Where are you from, how long have you been at SCIS, etc)?

Hi! I'm Sevillana, but most people call me Sevi. I was born in Alexandria, Virginia, and moved to Shanghai, China almost nine years ago. I live here with my dad and two younger brothers, Jaimey and Dylan, who are also students at SCIS. I'm a super curious person and truly enjoy learning, but I also love to sing and write original music.

Congratulations on getting accepted into Boston University. How did you react to the news?

I received my decision a couple of days before BU's official decision release. I was at home with my dad (who happened to be calling my grandma) when I suddenly received a surprise email from my college counsellor telling me I got a full ride to BU! I couldn't believe it and started cheering with my dad and grandma on the phone. My dad then started crying and it got a little dramatic, because he's a dad. It was a really crazy surprise, and I couldn't be more grateful.

Was BU your top choice? Did you apply anywhere else?

Actually, I never saw myself going to BU at the time since I had gotten into UCLA and UC Berkeley and was pretty set on commit-



ting to either of those. That said, receiving this massive award really pushed me to take BU's offer seriously. After careful research, I soon realized that BU was better suited for the educational experience I was looking for. Unlike the UC's, BU offers the perfect balance between small class sizes (allowing me to get to know my professors and advisors) whilst being an incredible research institution with tons of opportunities. They would also be paying my tuition for four years which was a huge plus!

What do you plan on studying?

I'm so excited to study psychology! It's my favorite subject in the whole world and there's something about human behavior that intrigues me like nothing else. I'm also hoping to engage in other subjects I enjoy such as biology, neuroscience, music, and theatre. Additionally, I was accepted into BU's honors college, which provides a liberal arts-style curriculum that will allow me to engage in fascinating seminars. I'm excited to make the most out of the research and fieldwork opportunities the school has to offer too.

Can you let us know a little about what kind of scholarship this is?

I received the Trustee Scholarship: BU's largest merit award which pays for all four years of college. They only give it to a small handful of students, so I really have no idea how I managed to get it!

Are you excited about graduating? And what about going to university?

I'm really excited to embark on this new journey! I know it's going to be an incredible experience and I'm so grateful. That said, I'll probably be bawling my eyes out when I leave SCIS. The school has given me so much—more than they'll ever know—and allowed me to be myself, learn incredible things, and have the most supportive community I could ever ask for. I really want to thank the amazing teachers I've had throughout the nine years, the supportive faculty, my peers, my theatre buddies, and my closest friends. SCIS showed me the values of a true community and I hope to uphold those values for the rest of my life.

How prepared do you feel for university life?

While I think I'm pretty well prepared for the academic rigor, it's definitely going to be a heavy social and cultural adjustment. My immediate family will still be living in Shanghai, so it's going to be really hard without them. I have a ton of relatives who live on the East Coast though, so I'm excited to visit them more often and celebrate holidays with them like I use to. BU is also huge, consisting of 17,000 undergraduates, so I'm definitely intimidated by that. That said, the friends I've made so far (virtually of course) seem really nice and passionate about their goals. Culturally speaking, even though I'm from the United States, I haven't lived there

in nine years! I'm excited to be in a new city, though, where I'll have so many new opportunities (and it's an awesome college town!).

Do you intend to continue making music?

Yes! I really want to join clubs and organizations within BU's College of Fine Arts to continue writing and even collaborate with other students! I also hope to continue using the arts as a platform for community outreach and charity work (something I was really involved in during my time at SCIS) by joining clubs such as Music Engagement, STEAM at BU, the DREAM program, and the Music Society. Through these organizations, I want to raise awareness about issues I'm passionate about such as mental illness, forced displacement, and the broken United States criminal justice system, and hopefully make meaningful contributions to people's lives.

Looking back, what advice would you give your younger self?

Like a lot of kids, I struggled quite a bit in middle school, socially and personally. Things didn't always come easy to me and I had to be proactive and persist along the way. I would tell my younger self that, despite the obstacles, it's important not to put too much pressure on oneself. Every day is a day for growth and learning, and things will get better, no matter how tough they seem. There are days where I still need to remind myself of that though, so it's a process!

What advice do you have for SCIS students who are starting their university search?

It's not only a time to pave the next steps of your future but an opportunity to learn about yourself. As I was looking into what paths I wanted to take, I had to prioritise my values and reflect on who I was both as a person and an academic. I think that's something everyone should take advantage of during their university search process. Also, rejection is redirection. I didn't get into every school I applied to but, looking back, those paths weren't for me. Your acceptances and rejections are meant to be. Good luck everyone! **SF**

Shanghai Family's 12th International SCHOOL EXPO 2021

SPRING

"Shanghai Family" International Arts Festival 2021春季教育展 - "上海家庭" 艺术节



特别鸣谢 Participants



Shanghai Family, Parents&Kids and HuMaNiuWa held the 12th International School Expo at The Place on 17th-18th April. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers:

Shanghai Family Parents&Kids SHANGHAI

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Health Round-Up

At Shanghai Family we strive to provide relevant health content from our valued health-care partners to improve the lives of our readers and their families. In this issue specialists from Jiahui discuss common eye diseases like glaucoma and cataracts that cause visual impairment and can be easily prevented with early eye exams. Parkway's dentists introduce adult braces with the popular clear aligner brand Invisalign that make brilliant smiles achievable at any age. Doctors of Traditional Chinese Medicine at Renai go over common TCM treatments like cupping, *tuina*, and acupuncture that you've heard of but never fully understood. The chief of mental health at Shanghai United Family Pudong talks about the importance of resilience and how to practice mindfulness especially during the increased unpredictability of COVID-19 times. Additionally, Columbia Kaiyi Clinic physiotherapists walk us through sport injury prevention for kids.

Building Resilience in Ourselves and Our Families

A lot of our difficulties stem from the idea that "I shouldn't be having a hard time".

How Does TCM Work?

TCM practitioners use herbs, diet, acupuncture, cupping, and *tuina* to prevent or treat health problems.

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No matter if you are in your 20s, 30s, 40s, or even 50s and 60s, it is never too late.

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Parents should encourage their child to list the degree, frequency, and duration of pain.

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It's possible to avoid 80% of visual impairment.



Building Resilience in Ourselves and Our Families By United Family Healthcare

What brought you to talk about building resilience?

A lot of our difficulties stem from the idea that “I shouldn’t be having a hard time”. We’re really good at judging ourselves for not living up to expectations. My wife and I started working from home. I’m a mental health professional, and so is my wife, therefore our home should be the most centered, calm, and research-informed place, right? It is not.

There was too much yelling, too much stress, too many tears. I’d ask myself, “What’s wrong with us?” I would open my WeChat, and see what other people were doing: “I baked a pie with my kids”; “We did a unit on centipedes because we saw some while collecting leaves for an afternoon craft project.” And I’d think to myself, I couldn’t even find butter for the toast. It is easy to feel non-functional under that kind of pressure, so the talk on building resilience was born out of my own stress and anxiety.

The first thing we can do is not judge. We all need help, support, and assistance.

What is resilience?

In Al Seibert’s “The Resiliency Advantage”, highly resilient people are described as those who are “flexible, adapt to new circumstances quickly, and thrive in constant change. Most importantly, they expect to bounce back and feel confident that they will. They have a knack for creating good luck out of circumstances that many others see as bad luck.” They developed the ability to be better able to

digest circumstances of their lives, to not experience them as detrimental but instead adapt to them.

Mindfulness includes three aspects. First, awareness, especially of things we are not typically aware of, for example, breathing. Second, non-judgment. Constantly assessing your situation has a strong correlation to increased anxiety. Third, acceptance. Acceptance is a choice to be satisfied by what you have. Developing your mindfulness practice, starting with just five minutes a day, can positively influence the rest of your day.

What is one small step anyone could take towards being more mindful, and therefore more resilient?

Set your phone aside for mealtimes, and even for 30 minutes after. Especially if you meet with someone, put your phone or iPad away, and don’t eat in front of the TV. Just be present.

What are some particular challenges these days?

One of the most important things we should realize is that post-pandemic we may think that things are okay, especially being here in China, but all of us are still being affected, sometimes on the unconscious level, by this globally increased anxiety. We have to acknowledge that all of this has an impact on our functioning: on

how much anxiety we feel, and how much stress we hold. I noticed it as a parent. I’ve been a lot more stressed out at home, and it’s been a lot harder to pull myself from yelling at my children or doing some parenting thing that I know I’m not supposed to do. I’m not a psychologist at home, I’m a dad, I’m a husband. So I had to admit to myself that I wasn’t as functioning this year as I was before. And that’s disappointing, that’s hard for anyone to admit.



Dr. George Hu, PsyD

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How Does TCM Work? By Renai International Department



Traditional Chinese medicine is a healing approach that originated thousands of years ago. Referred to as “TCM,” practitioners use herbs, diet, acupuncture, cupping, and *tuina* to prevent or treat health problems.

You’ve probably heard of TCM and may have superficial knowledge, but if you want in-depth knowledge, join Renai’s free TCM lectures every first Sunday of the month held in the TCM waiting area from 3-4 p.m.

How does acupuncture work?

An acupuncturist will insert needles into a person’s body with the aim of balancing their energy, which helps boost wellbeing and may cure some illnesses.

Conditions it is used for include different kinds of pain, such as

migraine, arthritis, cervical spondylosis and other chronic pains.

How does cupping work?

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for 10-15 minutes to create suction, which will cause local blood stasis.

People get it for many purposes, including to clear and activate the channels and collaterals, to promote *qi* to activate blood, to relieve swelling and pain, to expel cold and dampness.

How does *tuina* work?

Similar to acupuncture, *tuina* massage uses the same energetic meridians and acupoints to balance the *qi* and blood in your body, leading to better health. *Qi* that’s flowing incorrectly can cause blockages, such as poor blood circulation in the affected area.

The goal of *tuina* massage is to create harmony in the yin and yang of the body by getting rid of blockages and disturbances that manifest as illness, disease, and emotional issues.

What benefits do herbal teas have?

TCM doctors at Renai have created special blends of teas to treat ailments such as fatigue, stress, reduce fat, and soothe the throat.

The stress relief tea includes the ingredients Codonopsis pilosula, milkvetch root, and Chinese dates to help invigorate the spleen and stomach, and replenish the life force “*qi*”. Angelica can enrich blood and invigorate blood circulation. Dried roses, fingered citron, and mint help dis-

perse stagnated liver *qi*, and are therefore favorable for depression relief.

The tea for reducing fat includes lotus leaves, hawthorn, honeysuckle and the root of red-rooted salvia, which are good herbs for reducing fat and clearing grease. Poria and rhizoma atractylodis macrocephalage can invigorate the spleen to induce diuresis. Dried orange peels help regulate *qi* flow and eliminate phlegm. Bunge cherry seeds help smooth defecation and urination.

For throat soothing, the tea ingredients are Codonopsis pilosula and astragalus to help tone lungs and replenish “*Qi*”. Zhebei and oroxylum seeds can clear heat, relieve sore throat, and reduce phlegm. Loquat leaves and dried orange peels can moisturize lungs, and regulate *qi*-flow to eliminate phlegm. Poria can strengthen the spleen for diuresis and eliminate phlegm.



Dr Fayi Song

Dr Song is a TCM Therapist treating menstruation, immune dysfunction, insomnia, cardiovascular disease, digestive tract disease, and rehabilitation therapy.

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Brilliant Smiles at Any Age **By ParkwayHealth**

Many people think that if you didn't get your crooked teeth fixed when you were a child, it's too late to straighten them when you are a grown adult. But with today's innovations in modern orthodontics, no matter if you are in your 20s, 30s, 40s, or even 50s and 60s, it is never too late to get the smile you deserve. Parkway Orthodontics offer Invisalign® aligners, providing a nearly invisible, comfortable, and removable orthodontic treatment for adults.

What is Orthodontics?

Orthodontics is the discipline of dentistry concerned with aligning the teeth and jaws to improve one's smile and oral health. "Ortho" means correct or straight. Through orthodontic treatment, problems like crooked or crowded teeth, over-bite or open-bite, incorrect jaw position, and disorders of the jaw joints can be corrected.

Patients with orthodontic problems can benefit from treatment at various ages. An ideal time to start treatment is between 10 and 14 years of age, when most of the adult teeth have erupted. Sometimes orthodontic treatment can be started earlier at 7-8 years old, when the misalignment is due to skeletal problems. But braces aren't just for kids. More adults these days are also wearing braces to correct dental problems and to improve their smiles.



Types of Braces

Brackets: These can be made of metal or ceramic and are bonded to the front surfaces of the teeth.

Ceramic braces are far less noticeable than their metal counterparts.

Lingual braces: These brackets are bonded to the back surfaces of the teeth and are therefore hidden from view.

Invisible braces: These are transparent trays that are fitted to the teeth and which are virtually unnoticeable.

How does Invisalign® work?

Treatment begins with a 3-D digital image of your current smile. Your orthodontist will use this image to create a detailed treatment plan and show you what your teeth will look like at each phase. Then, a custom-made series of clear plastic aligners are created. On average, Invisalign® aligners changes are done weekly.

What are the benefits of Invisalign®?

Invisalign aligners are nearly invisible and are removable. You need to wear them for 20 to 22 hours per day, but you can remove them for eating, drinking, and oral hygiene. In addition, you will see the orthodontist less frequently than you would with braces. Invisalign is also far more comfortable, since there is no scratchy metal in your mouth.

Is Invisalign® right for you?

Here are some of the straightening issues that can be treated with Invisalign® aligners.

Widely spaced teeth occur when you have extra space within your jaw.

Cross bites occur when the upper and lower jaws are both misaligned. It usually causes more than one upper teeth to bite on the inside of the lower teeth and can happen on both the front and/or the sides of the mouth.

Overcrowded teeth occur when there is a lack of room within your jaw for all of your teeth to fit normally.

Deep bites occur when the upper teeth overlap significantly with the lower teeth.

Under bites occur when the lower teeth protrude past the front teeth, usually caused by undergrowth of the upper jaw, overgrowth of the lower jaw, or both.



Dr Yafei Si

Dr Si is an orthodontist and dentist. She is a member of the European Orthodontic Association and the Italian Occlusion Association.

ParkwayHealth

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Kids Sports Injuries By Columbia Kaiyi Clinic

There's no denying that physical exercise is beneficial to children, but it can also cause injuries.

The main causes of post-exercise injuries

Cause 1: Lack of basic sporting knowledge, irregular exercise methods, lack of muscle tone

If children don't have enough technique and don't exercise often, then wrong techniques put an added load on parts of the body. When the load exceeds the body's limits, different injuries occur.

Cause 2: No injury prevention training or proper warm-up.

Children don't know how to properly warm up before exercise and protect themselves from injury.

Cause 3: Personal reasons, ill-fitting clothing, unprofessional venue and equipment.

Different physical conditions, like tight muscles, weak joints, or scoliosis, can lead to injury during exercise. Ill-fitting clothing and unprofessional venue and equipment can all cause injuries.

Teach children the correct way of exercising, increase exercise time to strengthen muscle tone and pay attention to warm-ups. Warm-up exercises are especially necessary before high-intensity sports like running, jumping, and competitive sports.

When these signs occur, it's most likely a sports injury

Scenario 1: After exercise, the child's muscles are in constant

and intense pain

It's probably a pulled muscle, a relatively common sports injury. This may occur if you do not warm-up before exercising or if you exercise too much. In its early stages, there is swelling and pain in the joint area, preventing normal range of motion.

Scenario 2: After exercise, the child's joint area continues to have severe pain, and can't move as usual

This is likely a partial sprain or dislocation due to sudden and improper movements. Such injuries will cause pain and swelling.

Usually, muscle soreness and pain caused by general non-sports injuries won't last very long. Just let the child rest. However, if the child is in severe pain or the pain lasts longer than three days, then parents must pay attention and bring the child to the hospital ASAP.

Scenario 3: Distinguish "growing pain" and "sports pain"

Parents may ignore kids' complaints about joint pain. "Growing pain" is due to kids' high level of physical activity and fast-growing bones and joints. The pain of a sports injury however, usually only appears on one side of the leg during movement, and pain is alleviated while at rest.

When the child mentions pain, the parents should encourage the child to list the degree, frequency, and duration of pain, so parents can decide on further examination and treatment.

How can parents immediately deal with a sports injury?

When children have acute injuries, it is very important to seek professional medical treatment and rehabilitation as soon as possible to prevent further aggravation and to minimize damage. The mainstream treatment of sports injuries is the "POLICE" principle.

"P": Protection. Stop the child from moving immediately to protect them from further injury.

"OL": Optimal Loading. Treatment and rehabilitation must use appropriate weight load for recovery.

"I": Ice. Apply within 72 hours of injury to reduce swelling and pain. Remember, don't use hot stuff!

"C": Compression. The affected area needs to be wrapped up as soon as possible to reduce swelling and bleeding.

"E": Elevation. Raise the injury to reduce swelling of the area.



Dr Kyle Xiong, MD, PhD

Dr Xiong (centre) is a rehab physician. A graduate of Fudan University, he participated in China's expedition to Antarctica in 2017.

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Early Eye Exams By Jiahui International Hospital

The WHO said that through existing intervention methods, it's possible to avoid 80% of visual impairment.

Because the public lacks understanding of eye diseases, they miss opportunities for treatment and suffer irreparable damage and blindness. Therefore, it is necessary to arrange regular examinations.

A fundus exam, also called an ophthalmoscopy, is a test where an eye doctor looks at the fundus (back of the eye), which consists of the retina, optic disc, and blood vessels.

Glaucoma

Glaucoma is a leading causes of blindness globally, second only to cataracts. The WHO predicted that by 2020, there would be 80 million glaucoma patients globally, with 20 million in China.

Glaucoma can go undiagnosed for years, because there are no obvious symptoms. By the time the disease is discovered, it may have caused irreversible damage to vision. However, early detection, diagnosis and professional treatment can reduce damage.

Diabetic Retinopathy

Diabetes affects nerves and capillaries, causing restriction of blood supply and oxygen to tissue, as well as repeated bleeding and pus in the fundus. This is called diabetic retinopathy.

In the early stage, hemorrhages occur in the periphery of the retina. Since these do not affect vision, it is difficult for patients to notice the issue.

When DR advances, repeated retinal

hemorrhage will lead to retinal detachment, glaucoma and other diseases, which harms visual function and causes vision loss.

Anterior segment diseases such as diabetic corneal disease and cataracts are also very common. Non-invasive fundus exams reflect the condition of small blood vessels throughout the body, which assist in assessing the condition of diabetes and indirectly judge the vascular health of the kidneys and heart.

High Myopia

High myopia, nearsightedness, is due to an enlarged eyeball, making the retina thin and prone to peripheral retinal degeneration or tears. If the disease is not treated in a timely manner, it may cause retinal detachment.

In addition, high myopia may also cause macular degeneration, such as macular hemorrhage, macular atrophy, macular hole, etc., which will cause vision loss and blindness.

Hypertension

Doctors observe the retinal artery to understand the degree of damage to the heart, brain, kidney and other organs, which helps the diagnosis and prognosis of hypertension. The development of hypertension into arteriosclerosis (hardening of artery walls) further causes retinal edema, hemorrhage, exudation, etc., and leads to optic nerve damage.

Those with pregnancy-induced hypertension need to check the fundus frequently. The condition of the blood vessels and optic nerve may impact delivery time to protect the mother's life.

Age-related Macular Degeneration

Age-related macular degeneration (AMD) is a structural change of the macular area occurring after age 45. The prevalence of AMD increases with age. It's one of the key causes of blindness in elderly people.

The macula is the center of the retina and provides sharp vision. Macular degeneration leads to macular atrophy or bleeding, which causes damage to visual function. Repeated bleeding causes complications such as glaucoma.

Jiahui welcomed a more convenient exam method, the non-mydratric ultra-wide-angle laser-scanning ophthalmoscope.

For normal sized pupils, imaging is quick, without the need for dilation. The imaging range of conventional fundus photos is 30-55°, while Jiahui's laser scanning ophthalmoscope is 200°.



Dr Eunice Wu, MD, PhD

Dr Wu has 20 years of experience specializing in myopia control, glaucoma, retinopathy, maculopathy.

Jiahui International Hospital

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The last day of term. The excitement can be felt in the air. The students are dreaming of their summer break and making plans with classmates. The school bell rings for the final time, marking that joyful moment where the semester ends and the summer begins. It's a magical time for our children, but can be difficult for parents to navigate giving them the freedom that they are craving whilst also setting crucial boundaries. No parent wants to say "no" to everything their child asks for, but likewise, no parent can say "yes" to everything either. It's a fine balance between giving them a little bit of leeway whilst also letting them know where you draw the line. Setting boundaries is a really useful tool to create a level of respect that flows both ways; so that you can

respect your child and they can respect you. But often that can feel scary and it can be hard to know where to begin with setting these boundaries. If you're not already familiar with the term, boundary-setting is essentially making difficult decisions for the overall well-being of yourself and your children, even if you know it will cause disappointment. Brene Brown, author and prolific public-speaker on boundary-setting, describes boundaries as a dare that we can make to ourselves. Although it might feel uncomfortable to ask that question, set that rule or say no to that task, we must dare ourselves to do it because the rewards will be so much greater. With that in mind, let's

dive into ways that you can dare yourselves to set boundaries with your children through the long summer months.

Structure and routine

Maintaining a structure and routine during the summer months can be a good place to start with introducing boundaries. It benefits children and parents alike, as it means that all of the hard work



of building a routine doesn't suddenly go down the drain for the summer. It also builds a healthy routine for the children that they can hopefully carry forwards into their adult life. I'm not saying that you should set a schedule that is as regimented as the school day, but setting regular bed times, wake up times, and meal times can ensure that they don't fall out of habit and still keep that internal clock wound up.

Play adult

If you have tweens or teens, you might want to start introducing them to the big wide world by giving them some 'adult tasks' to do for you or with you. By giving them the power to compete these tasks on their own, you are showing that you trust them and offering them the chance to prove themselves and perhaps feel proud of themselves for doing something grown-up.

For example, you might want to give them some chores in the city that give them the freedom to go and explore the city with a focus. The choice of task can be anything, but the most important thing is giving

them the opportunity and prove to you and themselves that they can do it. I remember my parents offering me the chance to cook one meal per week and it gave me such a strong sense of pride as I flicked through cookery books to find the recipe, write my shopping list, go out to buy the food and cook the meal for the family. I enjoyed the feeling of 'playing adult' and learned a lot of crucial skills along the way without feeling

"When they are fully grown, you will look back on these things through a haze of nostalgia and know that you did your best to give them the freedoms, respect and boundaries that they needed to help them scramble their way through their journey of growing up"

like my parents were imposing anything on me because they left me completely to my own devices. It works best when you give them tasks that relate to their own hobbies and interests, so you could see what they like to do first and spark their interests even further by offering them the opportunity to explore that further. Perhaps they've shown an interest in DIY, for example, in which case you could let them paint their room in a colour of their choice and give them the chance to express themselves creatively.

Be cool

Ultimately, children are always going to want to explore the world and all of the things in it and remaining cool and calm in these moments will allow you to enjoy their moments of growing up rather than fear them. You can also play the cool act when it comes to difficult topics such as drinking or dating. If your teens are at an age where they might want to be having a drink with friends, you could introduce them to alcohol whilst you are with them first. It might be nice to offer a small glass of wine or beer whilst you're eating a family dinner, and teach them healthy habits around drinking in moderation. Once they have tried alcohol at home, they might feel less inclined to binge on it when with friends and they will enjoy having a responsible drink rather than take it to the extremes.

Rehearse it first

If you're thinking about setting a boundary with your child, you can prepare yourself for that tricky conversation by practicing what you want to say before you actually say it to them. You could say it in the mirror, or write it down first, so that you are mentally and emotionally prepared to say it with confidence and integrity. You could also think about

what their response might be so that you can pre-prepare an answer to their argument and ensure that the conversation is not only steered by you but also gives the outcomes that you intended.

Be comfortable saying no

Often when we say no we think that we are letting the other person down and it can make us feel guilty, but if we change this mindset and shift our patterns by reminding ourselves that by saying no we are not only portraying our own belief systems on the other person but also teaching them that they can say no too. It is a very important lesson for the kids to learn at an early age.

Commit

It's all well and good setting a boundary, but you must stick to it or it's completely pointless. A half-hearted boundary will only give off a message of confusion and take away the importance of what you are asking. So, when you are asking your child to do something - or to NOT do something - ask with confidence and commit to your decision.

Fundamentally, kids will be kids, and it might be useful to remind yourself that once upon a time you wanted all the same things that your child is now craving and wanting to explore. It's a part of their journey of growing up into responsible young adults. You can take some comfort in the fact that if they know that they can talk to you and be open with you they will be safe and happy going out into this wonderfully exciting world. And one day, when they are fully grown, you will look back on these things through a haze of nostalgia and know that you did your best to give them the freedoms, respect and boundaries that they needed to help them scramble their way through the journey of growing up. **SF**

How to Survive...

Transitioning Your Child Into University

It's that wonderful time in a young adult's life when they're ready to fly from your care and enter the world of adulting at university! This can potentially be a stressful time for both you and your child, dealing with issues like living alone for the first time, being in a new country or environment, or just dealing with no *ayi* to do their laundry! Despite all this, you and your kid will survive this big life event! Here are some tips to help you along the way.

1) Remind them every day that they got this! Most students deal with stress caused by self-doubt, setting unrealistic expectations or just learning suddenly how to be an adult. Take some time to prepare for life on their own by getting them to do things around the house, like their laundry, dishes and cleaning the bathroom. Tell your *ayi* to leave random jobs around the house with the excuse, "Sarah will do it; she's learning how to adult!" and act like an angry roommate if she fails to hold up her end of the bargain and scream, "Wash your dishes Sarah it's been three days!" Use the time to teach them how to cook. This is a life skill they'll appreciate and build upon for years to come. Everyone loves a university roommate that can cook! The Community Center Shanghai runs excellent classes you can sign your kid up for to make them the most popular kid in the dorm! <https://www.communitycentershanghai.com/classes/>.

2) Talk to your kid about the importance of managing their personal finances. Sure, RMB may seem like

"Make it a point to help them check off their bucket list and make some fun lasting memories!"

monopoly money to many expat kids but when they get into university life, the last thing parents want is for them to be treating you like their personal ATM. Start your kid off on the right foot by letting them manage their own money for travel, clothes and going out. Set up a bank account together in their university city and encourage your child to build up some savings in advance of going to school. They can even look for a part-time job to earn some cash on the side (refer back to tip #1 and pay them for top notch *ayi* work!) and help them research places to find part-time jobs before they enter university. Glassdoor (<https://www.glassdoor.com/>) is a great place to start looking for side gigs before they step foot on campus.

3) Help them complete their Shanghai bucket list! You don't want them to go off to university with any thoughts of something left unseen.

Cool places to check out include Sega Joypolis (4F, 3300 North Zhongshan Road), a night at the Intercontinental Wonderland or explore Koreatown in Changing District! No matter what you do, make sure to include yourself in all the plans because before your kid leaves, you want to make sure to oversaturate them with suffocating parental love!

You may have made the joke that you can't wait for your kid to turn 18 and finally leave the house but now that the time has arrived, it's hard to let go. Just know that no matter where your child decides to go, you have set them up for success. Especially if that includes access to a credit card for emergencies and tickets to fly home! However, expect them to have a suitcase full of dirty laundry when you see them next because let's face it, no matter where your kid goes in the world they still expect you to fold their socks. **SF**





Making the Best of Summer Holidays

What you can accomplish with an extra set of hands and holiday hours. *By Anabela Mok*

As summer holidays arrive, one thought on many parents' minds is: what do you have planned for your child while they are home from school? Whether you are dealing with a pre-schooler or a teenager, here are some tips that will keep your kid occupied.

Teach scheduling

Sit down with the kids and work out a schedule that they can stick to. It may sound rigid, but it teaches the kids how to manage their time efficiently.

- Discuss what they enjoy doing, including plans with their friends and work out how much time they need for socialising during a week (or on specific days).

- Give the kids set chores and household projects. For tweens it can be the simple task of organising their rooms and their clothes. For clothes that no longer fit, have them box and prepare them for donation. You can even have them help arrange the courier and liaise with the charity to accept the preloved items.
- Don't forget to include active time for physical sports as well as time for them to do quiet activities.

Scheduling may be harder for the preschooler, but you still need to give them a sense of responsibility. It could be a daily task of cleaning up their play area while an adult assists. Or help with household chores like folding laundry or assist in preparing dinner.

Prepare a main activity

A summer holiday will not be complete without kids hanging out with their peers. Camps are a great way to engage your children and potentially find a hobby. With most camps running on a bi-weekly basis, you can let your child have fun with different activities. Whether it is STEAM camp, coding, martial arts or performing arts this is a wonderful way to get them excited to explore.

Parents of high schoolers can encourage them to volunteer in a work environment where they can slowly put what they learned from school to practice. They also get exposure to a variety of careers. You can consider enrolling them in summer workshops to learn cooking, or the arts.

If you have a young toddler who

might be too young to join a camp, you can enrol them in mummy&me classes where either you or your *ayi* can take the child. Alternatively, if you are already enrolled in full-time school, most schools provide full-day summer immersion programmes for preschoolers.

Maximise holiday hours

Working parents should use this period to take a family holiday. If you have half day summer hours, plan a long weekend getaway. If you have an older child, have them plan the trip and help budget the expenses.

Likewise, if you have a very young child, use your half days wisely and plan an outing every week. Whether it's a trip to the nearest park, a museum or an outdoor coffee date, squeeze in extra quality time with the little human before they grow up. **SF**



food file

Seed Power

Don't judge a seed by its size.

By Gina Batmunkh

As much as we look forward to the summer holidays and a schedule which allows more room for sleeping in, the only thing that might prove stressful is making sure the kid has enough good food all day long. You will realize quickly that your regular grocery purchases won't last for 3 to 4 days during the summer. Kids love to snack in between meals.

Keeping your kids entertained and busy is priority number one. However, providing them healthy and nutritious snack is just as important.

If you are looking for a summer activity, get your kids involved in basic cooking and baking with you.

Yeast-free Multi-seed Bread

One of my family's favourite food is a hearty multi-seed bread. It is packed with seeds and is dense with nutrients. Often, we have this bread on our dining table because of my mum and dad. So instead of buying it, baking it should be more fun and healthier. That means we get to control the amount of ingredients and choose to incorporate the seeds we love.

Ingredients

160 grams all-purpose flour
100 grams whole wheat flour
4 tablespoons sunflower seeds
4 tablespoons pumpkin seeds
2 tablespoons sesame seeds
2 tablespoons black sesame seeds
1 teaspoon baking powder
Half a teaspoon baking soda
Pinch of salt
300 ml milk
1 free range egg
60 ml oil (I used olive oil)
80 grams unsweetened maple syrup

1. Preheat the oven to 180 degree Celsius. Prepare a baking dish with a parchment paper on it.
2. In a large mixing bowl, combine all the dry ingredients even seeds.
3. In a separate large mixing bowl mix all the wet ingredients.
4. Slowly pour wet mixture into dry mixtures.
5. Gently fold in, and do not overmix it.
6. Pour the batter into the prepared baking dish and bake for 50 minutes.
7. Cool it down on a cooling rack before serving.



Vegan DIY Popsicle

Ingredients

Plant based yoghurt (I used almond yoghurt)
Chia Seeds
Fresh raspberries (any fresh fruit)
Popsicle mould

DIY popsicles are must-make snack in my family for the hot summer days. It is super fun and easy to make, even if you have little ones. Do not be afraid if kids make a mess out of it. Let them make their own popsicles on their own (they will be proud), but you can be your kids assistant. It doesn't require any cooking or skills to make it. In addition, ask your kids to practice patience while popsicles are in the freezer.

Sweet Potato Chips with Sesame Seeds

Ingredients

1-2 large, sweet potatoes
1 teaspoon sesame seeds
1 teaspoon black sesame seeds
1 tablespoon oil (I used olive oil)

1. Preheat oven to 190 degree Celsius.
 2. Wash the sweet potatoes well and remove any impurities.
 3. Using the mandoliner slicer, carefully slice the sweet potatoes into fine pieces.
 4. Lay out the thin slices on the baking sheets and coat each side with olive oil. Sprinkle the seeds on top.
 5. Bake for 10 minutes and carefully flip the chips with tongs. Bake another 10 minutes or until crisped to your preference.
 6. Please watch out for burning the edges of chips.
 7. Cool the chips at least 30 minutes before serving.
- Enjoy!

Desserts to Take You Around the World

Lack of international travel getting you down? Have some dessert and travel somewhere exotic! *By Oi In Lin*

The sweltering heat and humidity in the air means that summer has arrived in Shanghai. Though it's tempting to stay at home all day with the AC on full blast, one of the best ways to enjoy summer is to treat yourself to some sweets. Let's look at a few desserts from around the world that are perfect for the summer heat.

KULFI

Kulfi is a frozen dessert originating from India. While it's similar to ice cream or gelato, it's much denser and creamier. In the traditional malai (cream) kulfi, a pot of milk is thickened through boiling, and the addition of cream and corn flour increases its consistency. Kulfi can also be made into popsicles. There are many tradi-

tional and new flavours available such as mango, rose, strawberry, saffron, and pistachio.

Masala Art boasts a wide variety of mouth-watering Indian dishes, and their menu also includes vegetarian options. Be sure to have some kulfi at the end of your meal!

Address: 397 Dagu Road
Tel: 6327 3571 or 180 0177 2769

KUEHLAPIS

Kueh Lapis, also known as Rainbow Lapis or the Nine-Layered Cake, is a traditional steamed dessert originating from Indonesia, and is widely enjoyed in Malaysia, Brunei, and Singapore as well. Made from tapioca starch, the Kueh Lapis is chewy and has a rich flavour of coconut milk. Each layer of the cake is steamed individually to create this vibrantly coloured, nine-layered sweet!

Little Nonya specialises in traditional Singaporean snacks, and offers an authentic taste of the Kueh Lapis alongside other delectable dishes!

Address: B02, 3F, 838 Wanhangdu Road
Tel: 198 2167 3197



CAFETERIA

60

GELATO
COFFEE

MILKSHAKE
AFFOGATO

BINGSU

Bingsu, or bingsoo, is a popular shaved ice dessert originating from South Korea. Normally, it consists of a selection of chopped fruits, condensed milk, and fruity syrup piled atop a bowl of shaved ice. There is a wide variety of bingsu, such as Oreo bingsu, mango bingsu, or strawberry bingsu. "Pat-bingsu", translated as "red bean shaved ice" in English, is the most common one.

Shaved ice is the best cure for a sweltering summer day, so head on over to IL-SOLE for some icy goodness!

Address: 2F, 567 Fuzhou Road
Tel: 021 3376 5826



TA-KOH

Ta-Koh, also known as Coconut Sago Pudding, is a dessert from Thailand. Wrapped in a banana or pandan leaf, it's a small, two-layered treat with salted sago on the bottom and thick coconut cream on top. Sago is an edible starch that's similar to tapioca, and it's coloured with natural food in Ta-Koh. A perfect combination of sweet and salty, there are many flavours including corn, taro, and chestnut.

Be sure to visit Thai Gallery for a taste of this addictive dessert!

Address: 1649 West Nanjing Road
Tel: 021 6217 9797 



AFFOGATO

"Affogato" is Italian for "drowned", and it's quite a fitting name for this coffee-based treat. Traditionally known as 'affogato al caffè', the standard Italian recipe is to pour a shot of hot espresso over a scoop of gelato. The melting ice cream mixed with warm coffee creates a delightful, bittersweet flavour for your palate! Other variations of this dessert may contain a shot of liqueur, such as Baileys, amaretto, or Kahlua.

Ollienollie is a café that's known for their amazing affogato. With its quaint decor and motorcycle motif, it's the picture-perfect place to enjoy a delicious glass of affogato al caffè!

Address: 60 Yongkang Road



Entertaining with Nature

Dressing your table sustainably.

By Eve Wee-Ang Photos by Cecilia Buisedera



When it comes to home parties, I refrain from buying anything decorative specifically for the event. One, I dislike keeping them after the party is over. Two, my inspiration changes depending on the mood of that moment. The best solution for me is to use what I have at home with some help from nature. Nothing beats decorating with nature's gifts like flowers, fruits, vegetables, leaves, twigs, seeds, herbs and grains. Not only are they sustainable and non-toxic, but seasonal bounty also reminds us of the preciousness of the moment and the natural transient of life. As I write this, peonies are in season and their big, fluffy, fragrant flowers are blooming on my dining table. Fallen petals have taken up residence but instead of tossing them out, it can wait as these petals will put on a show on the table tonight where I will scatter them to add a little joy at our family dinner.

For crockeries, you can't go wrong with perennially classic white since they make any dish and décor shine. Instead of purchasing a full set from the same brand, I think it's more interesting to buy them everywhere that tugs at your heartstrings. I have a practical reason for this: If you break a piece, there is no stress to buy from the same brand which may discontinue in production - that missing puzzle that never gets replaced can be annoying. At my home, nothing really matches, including my different dining chairs, yet they somehow fit harmoniously because I believe our taste doesn't deviate far from what we truly love. Another suggestion is to use antique crockeries steeped with family stories and tradition. People who inherited prized heirlooms often keep them hidden away for fear of breaking them. But I beg to differ. It's better to use your antique crockeries and share their stories at your parties. This way, you can go on creating new memories as you enjoy them, rather than imprisoning them. One day, when they break as they eventually do with time, you can thank them for their hard work and all the memories they have brought you.

In my quest to search to be a proverbial hostess with the mostest that marries good



taste with nature, I hit the jackpot when I found Cecilia Buisedera, an Argentinian fashion designer who has been residing in Shanghai for 16 years. How I stumbled upon this stylish mum of two was serendipitous. At a dinner party, I was intrigued by a mum who looked stunning in a floral dress patched ingeniously together like a quilt. I asked where she got her dress and that was how her happy customer led me to Cecilia. Turns out Cecilia not only designs and

makes one of a kind clothing under her label OnlyOne, but it has also transpired into home furnishings particularly table settings under OnlyOneHome. As the name suggests, OnlyOne is a homespun bespoke service that only makes what you love then moves on. Cecilia does not believe in duplicating her designs to churn more sales. Her resolute purpose is to celebrate everyone's uniqueness because there is OnlyOne us in this world. **SF**

Cecilia's tips on dressing a party table with nature:

Know what makes your heart sing

Cecilia's favourite table props for summer are fresh whole lemons with their leaves intact and lots of seasonal flowers. The citrus fruit is cheap and adds a fragrant rustic charm with their vibrant yellow coat. Watermelons are great too and fresh flowers always brighten the table.

Mix it up, have fun

A linen cloth can be turned into a table runner. A glass jar can reincarnate into a flower vase. Masculine stripes can be paired with feminine florals. The sky is the only limit. Play and experiment with different colors, textures, scents and taste to make your dining table uniquely inviting.

And if like me, you aren't keen to be burdened by new crockeries, you may rent them from OnlyOne Home who will deck your parties from tablecloths to ceramic cups to fresh lemons. Now that's what I call sustainably chic.

OnlyOne Home Wechat: Cecilia Buisedera

Sun-Soaked Summer

By Eve Wee-Ang
Photos by Ivy Ou-Yang

Swimwear for all mums.

Summertime in Shanghai is a scorcher that often has me fantasizing about jumping into a pool or a glorious beach without a care. That's because like most Chinese women, I flee from the sun. Coming from Singapore where the sun bakes year-round, cloudy days are a hurray for us. While I love a refreshing dip on a hot summer's day, I am always well-equipped with my sun-hack kit: a giant straw hat, slabs of sunblock and a big shirt to protect from harmful rays.

In Shanghai, beach culture is almost zilch with the nearest man-made version located in Jinshan District, 30 minutes from the city. There is a no swim policy, but nobody will stop you from putting on your swimsuit for volleyball or dipping your feet into the water. Otherwise, swimming pools and waterparks are aplenty around Shanghai to cool off from the heat. Of course, there's always Sanya, a three-hour flight away that is affectionately nicknamed The Hawaii of China.

As a mum to two adolescents whose daily exercise is an hour outdoor stroll with no impressive abs to show off, I feel most comfortable in a rash guard worn over a one-piece maillot. On the other side of the spectrum, a fitness mum may sing in a skimpy bikini and deservedly so! For mums who avoid the sun like the coronavirus, there is plenty of swimwear that offers generous UV coverage; some without a sliver of your skin showing! You can always count on the Chinese to innovate when the need calls.



Cotton loose shirt from ARKET (Tmall), 599 RMB



Bikini top from Oysho, 169 RMB



High-waisted bikini bottom from Oysho, 199 RMB



Maillot from NEIWAI, 499 RMB



How to wear it
→ **Sun worshippers:** Tan lines are a bummer. Solution? Strapless bandeau set so you can doze off worry free.

→ **Sun avoiders:** UV protection clothing is your best friend. From rash guards to hoodies to tights, it's wearable sunscreen.

→ **Loungers only:** Pick from embroidery to glitter to crochet bathing suits that are meant for staging rather than swimming. Summer is here! **SF**

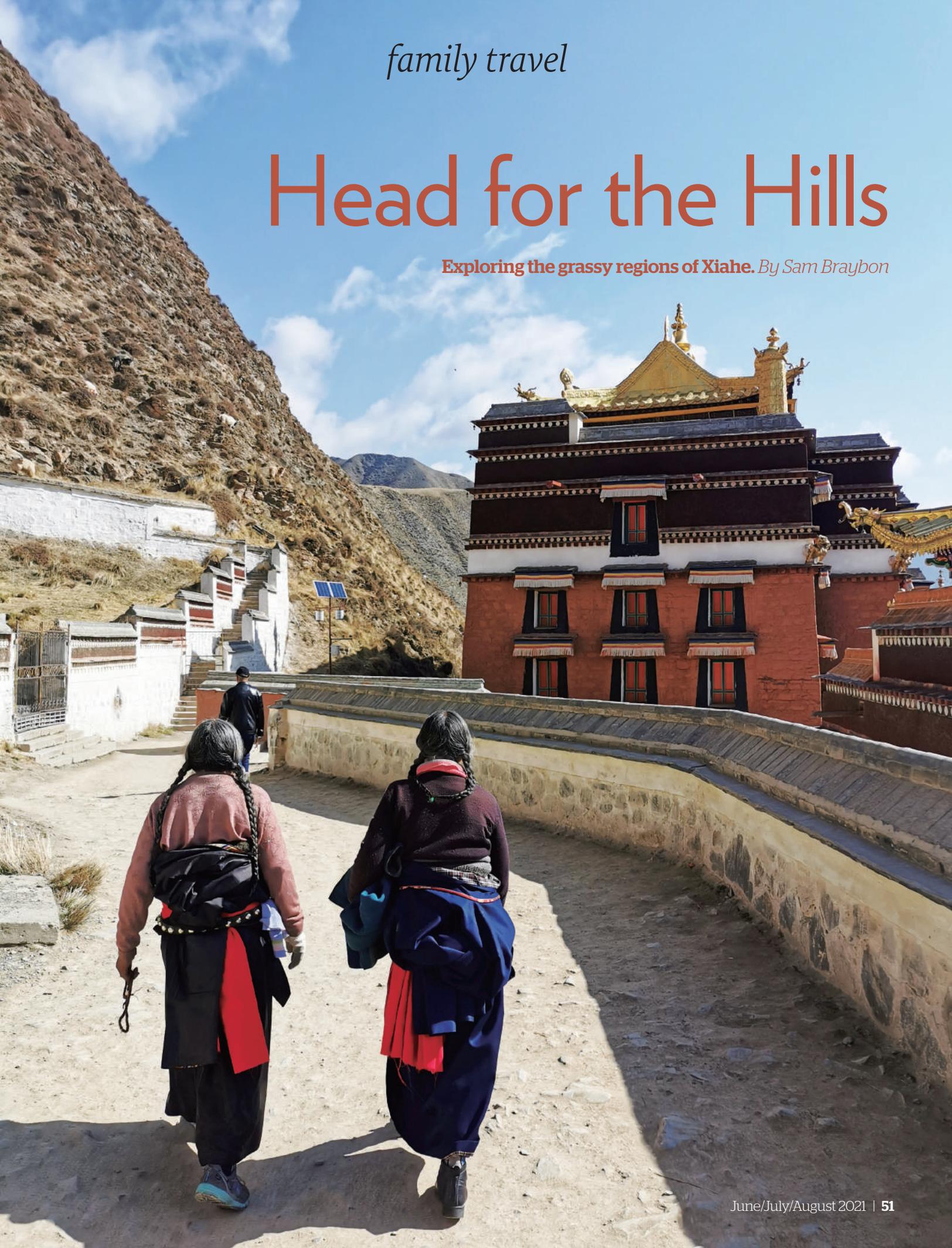
Mum in focus:

Freelance yoga instructor and mum of two girls, Ivy Ou-Yang loves the sun; evident from her glowing bronze complexion that bounces off light. An avid trail runner, surfer and free diver, Ivy's favorite beachwear is a bikini in solid shade from US brand Lisa Marie Fernandez and French label Eres. For lounging, she loves throwing a baggy white shirt over top, which compliments her perfectly.

family travel

Head for the Hills

Exploring the grassy regions of Xiahe. *By Sam Braybon*



family travel



It's that time of year when temperatures are rising, and whilst we certainly appreciate the warm sunny days of spring it's a clear reminder that Shanghai's summer is about to descend upon us once again. It's this absolute sauna of a season that puts our love for this city to the test more than anything else. And whilst locals like to suggest minibreaks to Hangzhou or Moganshan, we honestly find them just as insufferably sweltering as Shanghai, and that's before we've even contemplated the crazy tourist crowds.

So, this summer, with international travel still a distant dream, you'll find us heading to Gansu Province. Specifically, Gannan Tibetan Autonomous Prefecture, the southernmost tip of Gansu Province, where daytime temperatures hover around 22 degrees Celsius, and you'll even need to pack a warm sweater for the chilly evenings. Bliss, right? If the idea of rolling green hills and verdant grasslands that your kids can

romp through appeals, then we suggest you consider joining us on this journey to the west.

The tiny town of Xiahe sits in the center of Gannan Tibetan Autonomous Prefecture, four hours by vehicle from the provincial capital of Lanzhou, the easiest point of access from Shanghai (a small airport in Xiahe itself only has daily flights to Xi'an). Whilst most of Gansu's cities sizzle in the summer, this appealing enclave sits at a lofty 2,900 meters above sea level. That's high enough for some to feel the effects of altitude, so take it easy and keep hydrated after you first arrive, almost all visitors adapt quickly.

The first thing that you'll almost certainly notice is the monks. The town centre is a veritable blur of purple robes, shaved heads, and big smiles - and you'll likely find yourself sharing restaurants, hotels and taxis with these mostly cheerful chaps. Xiahe sits on the Tibetan Plateau and is





Outside of the city there is more to explore. We enjoy the trip across the sweeping Ganjia Grasslands - where you'll spy herds of yak roaming - to the ancient, fortified village of Bajiao. Little real detail is known about the history of this settlement which is thought to have been here for 2,000 years, but its impressive walls are set in a cross formation and it remains inhabited to this day. An adventure here should be concluded by clambering up the steps to the viewing platform, where you can look over the village and the steep mountains behind it.



home to the famed Labrang Monastery, considered by some to be one of the most important in the region with over 300 years history and around 1,800 monks in residence. Whilst Xiahe is culturally very much a part of Tibet, it falls outside the borders of the Tibet Autonomous Region and as such is much easier to visit with no special travel permits required.

Labrang Monastery dominates the town and is fascinating to explore. Tickets need to be purchased, but as the town and monastery are almost integrated in parts, it's often possible to simply amble in and explore. Curious



kids will enjoy joining one of the official monastery tours led by an English-speaking monk (arranged twice per day, check times at your hotel) they will take you through some of the prayer halls and answer any questions that you may have. You'll also get glimpses of everyday life in the monastery, with small groups of monks playing football and hanging out in the courtyards.

Joining the morning kora, a circuit around the perimeter of the monastery, is a form of pilgrimage and a genuinely moving experience that all visitors should try. Especially busy in the early mornings, the track is bustling with locals who, unfazed by bumbling outsiders like us, walk the 3.5-kilometer circuit at speed, spinning the prayer wheels as they go. The walk takes around an hour and offers views over the glistening golden rooftops of the monastery.

Daytime temperatures hover around 22 degrees Celsius

Happily, there are lots of creative folk in the area that make travelling here a real joy. Dutch resident Clary and her Tibetan husband Wandhikhar opened the Nirvana Hotel in 2014. With fifteen cozy, clean rooms just footsteps away from the monastery, and a comfortable bar that serves fresh coffee, food and local beer it's a fantastic family base. In 2019 they opened a resort of wooden chalets on the expansive Sangke Grasslands for those that want a taste of nomadic life whilst remaining in relative comfort. The team here can also arrange tours of the area, as well as renting out bikes for those that enjoy cycling.

Also on the grasslands, Norden is a camping experience for those that like their wilderness to be highly Instagrammable. The site is open from spring to the end of autumn each year, and the beautifully designed tents need to be booked well in advance, typically starting from around 2,500 RMB per night. The team here also operate a lovely café in Xiahe town which is well worth a visit, and their sister brand Norlha have a stylish boutique selling exquisite yak wool items just up the street.

Nirvana Hotel: <https://www.nirvana-hotel.net/> or (+86) 941 7181 702. **SF**

Books on Old Shanghai

Travel back in time and learn the history of our city *By Tina Kanagaratnam*



Remembering Shanghai: A Memoir of Socialites, Scholars and Scoundrels

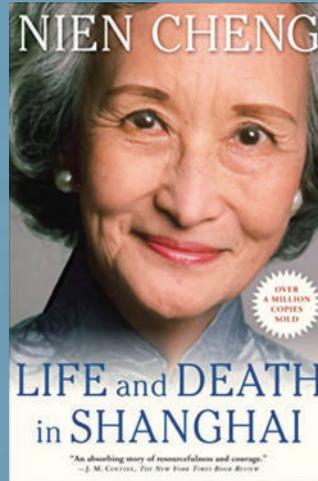
By Isabel Sun Chao and Claire Chao

Isabel was the privileged daughter of a wealthy family in 1930s Shanghai, and this is her story. Written with her daughter Claire, it's also the sweeping story of five generations of Suns—classic Shanghai drama: the rise and fall of a great family, the scandals, the surprises, the tragedies, all against the turbulent backdrop of 19th and 20th century China.

Rumors from Shanghai

By Amy Sommers

This historical thriller reveals hidden histories and unexplored possibilities in the tale of young African American lawyer Tolt Gross, who arrives in flourishing 1940s Shanghai. In the midst of hard work and hard play, he stumbles upon a secret Japanese plan to destroy the U.S. Pacific fleet at Pearl Harbor. How to give the alarm? Would anyone believe a Black man?



Life and Death in Shanghai

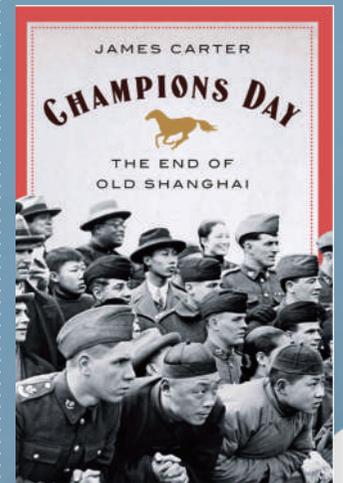
By Nien Cheng

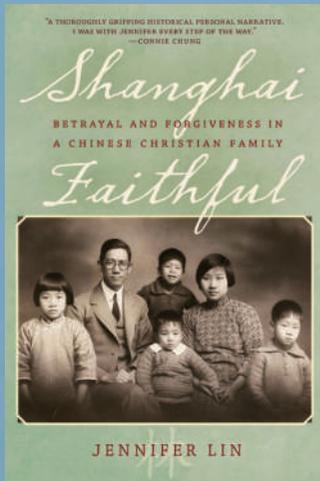
Nien Cheng was part of the educated elite in old Shanghai, but like so many of her ilk, she suffered greatly during the cultural revolution, spending six and a half years in prison. This firsthand account takes an unflinching look at those years of chaos, providing invaluable insights into the period, and revealing the incredible strength of the author.

Champions Day: The End of Old Shanghai

By James Carter

Brilliant premise: A triptych of events held on a single day—November 12, 1941—by different (yet overlapping) communities in old Shanghai: Champions Day at the racetrack; the funeral of Liza Hardoon, 'the richest woman in Asia'; and the birthday of Sun Yat-sen. Combined, they paint a portrait of a city and a time that is notoriously hard to capture.





Shanghai Faithful: Betrayal and Forgiveness in a Chinese Christian Family

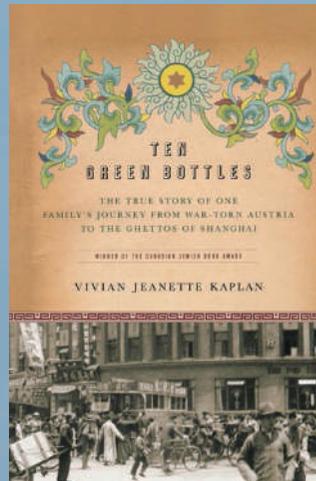
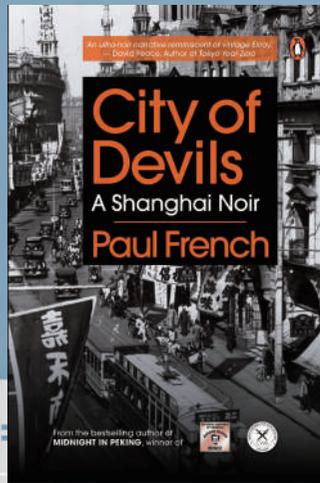
By Jennifer Lin

Centred around the author's grandfather, Reverend Lin Puchi, this is the story of 150 years of Christianity in China through the lens of the Lin family, from the first convert in a remote Fujian fishing village to the present day. A journalist's eye for detail, a scholar's research and a novelist's turn of phrase combines to create finely drawn characters and their Shanghai.

City of Devils: A Shanghai Noir

By Paul French

The little-told story of interwar underworld Shanghai: the gangs, the casinos, the baddies. It's the story of "Lucky" Jack Riley, the escaped convict who became the Slots King of Shanghai and "Dapper Joe" Farren, née Josef Pollak, a penniless Vienna Jew, their intertwined lives, their rise and inevitable, dramatic fall, all against the backdrop of the only city that could have nurtured it.



Ten Green Bottles: The True Story of One Family's Journey from War-Torn Austria to the Ghettos of Shanghai

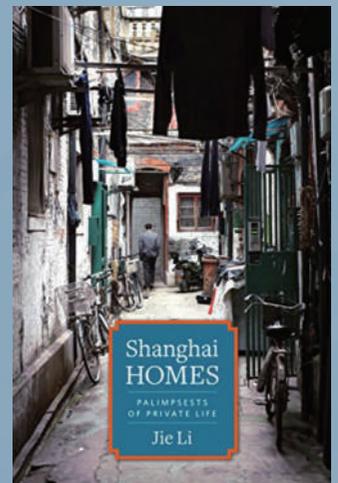
By Vivian Jeanette Kaplan

Nini Karpel's story begins with her charmed life in Vienna, but with Hitler's rise to power, the family seeks refuge in an unknown place: Shanghai. There, they encounter an incongruent world of immense wealth and abject poverty, rampant disease and raging war. Told in magnificent detail, this is a nuanced portrait of the experience of ghetto Shanghai.

Shanghai Homes: Palimpsests of Private Lives

By Jie Li

Inspired by the demolition of so many lane neighbourhoods, anthropologist Jie Li interviewed her family for an intimate look at the life cycle of a Shanghai lilong. Part microhistory, part memoir, the book salvages recollections by successive generations in two Shanghai lane neighbourhoods where the family lived, offering a rare insight into lane life from the 1950s-1980s.



As a founder of Historic Shanghai, a society dedicated to preserving and appreciating the city's physical and cultural history, I'm constantly being asked, "what should I read to learn more about old Shanghai?" The frustration is that there's no single book that could possibly tell Shanghai's complicated, nuanced story. There are just too many stories, too many perspectives! Here are some of my favorites.

For more, great Shanghai history reads, check out Historic Shanghai Book Club's yearly reading list on the web at: historic-shanghai.com/book-club. SF

street signs

Spotlight On: **North Xiangyang Road**

By *Anabela Mok*

District: Xuhui

Cross Streets: Middle Huaihai Road and Julu Road

Nearest Metro Station: South Shaanxi Road, Line 1, 10, 12

Whether you are looking for a place to spend a relaxing afternoon or to go at night, North Xiangyang Road will be a good destination to visit. Located in Xuhui District where old villa style houses now house millennial friendly coffee shops, restaurants, and bars. If you are looking to find where the cool kids go to hang out, look no further than here.

▼ **1. Xiangyang Park** is a French-styled park that was first opened to the public in 1942 as Dumet Park. In May 1950, the park was officially named Xiangyang Park. Here you can find over 100 species of flowers and trees, and spring time is the most beautiful with the spring blossoms.

Address: 1008 Middle Huaihai Road



▲ **2. Kah Wah Center** is a 40-story tall commercial building opposite Xiangyang Park. This building has a mix of commercial tenants and some of Shanghai's famous F&B staples such as **Element Fresh**, **Liquid Laundry**, **Moka Bros**, and **Beef & Liberty** are located here. Whether you need a healthy bite or a scrumptious burger, you are not deprived of choice.

Address: 1010 Middle Huaihai Road

▶ **3. The Camel's** new home has the same vibe it's previous Yueyang Road digs. Here you can watch live games and on a slow sporting day, enjoy their balcony for people watching or just getting a cold one.

Address: 97 North Xiangyang Road

Tel: 6437 9446



▼ **4. Love Concept Café** is like your living room. This pooch-friendly coffee shop also sells Strictly Cookies, which is a wonderful treat to go with your caffeine. To make your summer more bearable, you can enjoy some coffee tonics. Just look for the pink shutters and turn inside the residential lane house entrance.

Address: 68-1 North Xiangyang Road

Tel: 157 2155 1597



▼ **5. EGG** is a cozy and laid-back small concept restaurant that specializes in egg dishes. However, it is more than that. You can sink your teeth in a filling grain bowl or, indulge in buckwheat pancakes, house-made granola, need we say more? They are vegan friendly and have clear indicators of which items on their menu is plant based.

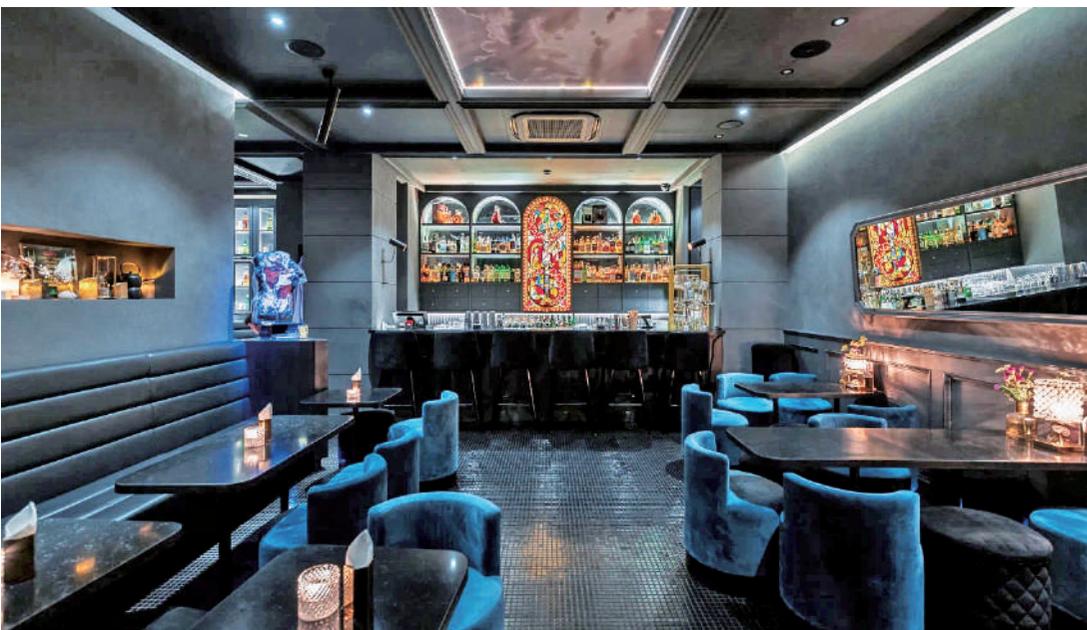
Address: 12 North Xiangyang Road



◀ **6. Broken Dagger** is a speak easy concept from the city's top barman, Geo Valdivieso. Hidden behind a sleek grey metal façade, if you like your drinks with a dash of flash, you will enjoy The Broken Dagger. Averaging anywhere from 90 to 130 RMB, their new drink menu has just launched and is worth a visit.

Address: 93 North Xiangyang Road

Tel: 177 0175 1373 **SF**



Still Searching

If I were asked to describe myself in one word, I would say, “wanderer.”

There’s always this pressure of knowing what you want to study in university or what you want to do in life. I was envious of my classmates who had dreams to pursue, because I had no vision for the future. All I knew was that I had thrown aside hobbies to focus on schoolwork, and used all of my remaining energy and motivation to excel in what was expected of me. Growing up, I was made to believe that my intelligence and worth were dictated by proficiency: whether it was academics or sports or music, if I didn’t excel, I was a failure and would never amount to anything in this world.

What was the point of being alive if I was just a soulless husk who only knew how to follow instructions?

By the time 2020 rolled around and it was my turn to graduate, these thoughts only took a turn for the worse. I couldn’t handle the thought of jumping straight into another four years of school with such a hellish mindset, so I decided to take a gap year. I wanted to return to the passions I gave up on and the interests I never dared to try. I wanted to pursue whatever piqued my

curiosity and to enjoy activities without caring about how good I was. I wanted to feel like my own person.

As a result, I picked up music again, I took on cooking lessons, I returned to writing, my passion for video games was reignited, and completing a variety of internships offered valuable work experience and insight into different industries. Even though I still have no idea what I’m going to do in the future, all of my experiences are steps forward in understanding myself better and finding things I love. It’s as if I’m collecting puzzle pieces that make up who I am. There is no endgame or final checkpoint - the endless search for fulfilment and what being alive means to me, has only begun. My former self would be paralysed by fear and uncertainty, but now, I’m excited for the adventures that await me.

There’s a phrase in Latin: “Ad meliora”. According to the ever-so-reliable Internet, it means “toward better things”. As I continue to wander, exploring this vast world a little more, I can only hope that through all the ups and downs on this life-long rollercoaster, I will at least be heading towards the better things in life. **SF**



Oi In Lin, 19, has lived in Shanghai for the past 15 years. She’s always found with a cup of good coffee and is either video gaming, practicing music, or eternally sobbing over writer’s block.

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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 Area, Tel: 6812 2222, www.shanghai-emerald.net, marketing@shanghai-emerald.com

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, Tel: 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, Tel: 6279 8502, www.shanghaicentre.com, leasing@shanghaicentre.com.cn

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, Tel: 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 Area, Tel: 6856 8888, www.willowbrook.com.cn, evan.kong@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. 500 Weining Road, Tel: 3250 6721; 66 Qingshan Road, Tel: 6402 9226, www.doctorsbeckandstone.com, info@drbns.com; For appointments, pet pick-up and emergencies Tel: 400 103 8686

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. 131 Changning Road, near North Jiangsu Road, Tel: 6226 6112 or 6212 3211; 507 Wuzhong Road, Tel: 6242 5599 or 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 Huangjincheng Avenue,

Changning District, Tel: 5216 0830

SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc. 70 East Xietu Road, Huangpu District, Tel: 6333 3210 or 6333 3211

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: 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. No. 104, 425 Yanping Road, Jing'an District, Tel: 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 Chungdong Road, Xinzhuang Industrial Park, Tel: 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 New Area, Tel: 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. Tel: 183 0181 7380, ceo@wow525.com, www.wow525.com

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AMERICAN RESTAURANT & BAR

1975 ESTABLISHED

Addr: 3072 Binjiang Avenue Tel: 021 5835 8035

community listings

Services

SHANGHAI YIYANGMEIJIJA 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, Anbao Bldg, 800 Dongfang Road, Tel: (Lina Liu) 150 2655 6459 or 177 1746 9951, www.51yyjm.com, sh51yyjm@163.com

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. Lane 4, 946 Changde Road, Tel: 6248 8985; 73 Nanhui Road; Tel: 5289 0806, www.bellanapoli-sh.com, guido@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. 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road), Tel: 5422 5119; 207-6 South Maoming Road (near Yongjia Road), Tel: 6445-6634; Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiahui Station), Tel: 3368 6117, www.bluefrog.com.cn

CHILI'S

奇利士餐厅和酒吧
Chili's Restaurant and Bar.
(021) 58358035

Located on Binjiang Avenue in Lujiacui with an uninterrupted view of the Bund. If you want to enjoy summertime in Shanghai, this is the terrace to do it. The open space of the Binjiang promenade makes it very comfortable to catch the fresh breeze. If you are going to eat here, you need to chow down on the Smoked Baby Back Ribs. If you have friends, you can recommend to them the Big Mouth Burgers or Sizzling Fajitas—hopefully they are close buddies of yours so you can all share. their famous Molten Chocolate Cake or their Presidente Margarita. These

are all American sized portions, so even if you come here just for the dessert and the blue skies, it is all worth it too. 3072 Binjiang Avenue, Pudong New District, www.chilis.com, Tel: 021 5835 8035, cassieyang@apbinvestment.com

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. 1F, Northwest Corner, Super Brand Mall, Pudong New Area, Tel: 5047 2060; 1376 West Nanjing Road, Shanghai Centre, Tel: 6279 8682; 4F, 1028 Middle Huaihai Road, Kwah Centre (near Donghu Road), Tel: 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. 7 Hongmei Entertainment Street, 3338 Hongmei Road (near West Yan'an Road), Tel: 3422 1700; info@fatcowshanghai.com, www.fatcowshanghai.com

LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road (near Donghu Road), Tel: 6445 9589, www.theliquidlaundry.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! 5F, 1192 Century Avenue, Century Link Mall (near Century Avenue Station Exit 8), Tel: 5067 1759, www.texasroadhouse.com.cn, WeChat: TexasRoadhouse

YE SHANGHAI

Ye shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, accompanied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63112323, www.elite-concepts.com, yss@elite-concepts.com

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. www.epermarket.com, Tel: (Customer service) 400 776 0776

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 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! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

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. 230 Wuding Road (near Changde Road), Tel: 6888 1913; Block 9, Summit Residences Clubhouse, 108 Shangcheng Road, Tel: 6888 1913, 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, Tel: 6211 9632, www.artspire.cn

AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. 2FL, 940 Changde Road, info@awesomemkidsclub.com.cn, www.awesomemkidsclub.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 Huashan Road, Tel: 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, Tel: 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. No 19-20, Lane 209, Zhennan Road; 6F, 814 Pudong Avenue, Tel: 4006 129 423, www.chinaelg.com, services@chinaelg.com

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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, Tel: 5588 9133, www.shanghai-classes.com, inquiry@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, 1078 South Pudong Road, Pudong New Area, Tel: 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. Tel: 135 6454 0084; www.jitterbugsinshanghai.com, jitterbugsinshanghai@gmail.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, Tel: 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, Tel: 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, Tel: 131 4819 8740 (English) or 131 6266 3622 (Chinese), www.kidsattic.com, kidsattic@hotmail.com or info@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, Bldg 1, Suite 2305, Tel: 6135 2686, contact@oogieart.cn, WeChat: OogieArt, www.oogieart.com

SINGING SPECKLED FROGS

Relaxed and fun parent and baby and toddler singing group. Children sing classic nursery rhymes, play instruments and dance. No reservation required. 60 RMB/class each Thursday in Xintiandi and Friday in Lujiazui. Casa Lakeville Basement Aerobics Room, 506 South Huangpi Road; 6F, Lujiazui Worldpath Clinic International Meeting Room; 399 North Nanquan Road, 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, Tel: 6445 0902; Studio 1A, Lane 180, South Shaanxi Road, www.potteryworkshop.com.cn, infosh@potteryworkshop.com.cn

PREMIERSHIP EXPERIENCE

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

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. Bldg 8, 1765 Hongqiao Road, near Shuicheng Road; House 5, 350 Jidi Road, Tel: 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. Suite 505, 3211 Hongmei Road, Tel: 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. 20F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing Road, Tel: 8028 5300, www.sjp.asia, china.info@sjp.asia, WeChat Official Account: SJPASIA

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. www.britannicashanghai.com, admissions@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. www.bisspuxi.com, admissions@bisspuxi.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. www.concordiashanghai.org, admissions@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. www.shanghai-puxi.dulwich.org, admissions@dulwich-shanghaiminhang.cn; Wechat ID: dulwichpuxi; Tel: 3329 9310 or 3329 9399

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. www.shanghai-pudong.dulwich.org, admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghai-pudong;

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

community listings

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 New Area, Tel: 6881 8282*210/212, www.harrowshanghai.cn, admissions@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 New Area, Tel: 3177 5080, www.huilieducation.cn/shanghai-school, admissions.hss@huilieducation.cn, 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. 688 Jiyou Road, Huacao Town, Minhang District, Tel: 6296 8877, admissions@lwchina.org; www.lw-school.org

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. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS_Shanghaio

SHANGHAI AMERICAN SCHOOL

Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. IBD and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. 258 Jinfeng Road, Minhang District; 1600 Lingbai Road, Pudong New Area, Tel: 6221 1445*2152 (Puxi Campus), 6221 1445*3305 (Pudong

Campus), info@saschina.org, www.saschina.org, WeChat: SASEagles

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. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org; WeChat: scisish

SHANGHAI QIBAO DWIGHT SCHOOL

In 2014 Shanghai Qibao Dwight High School ushered in a new era in Chinese International education as the first independent, Sino-U.S. cooperative school approved by the Ministry of Education in China. A partnership between Qibao High School and Dwight School New York, we are a highly selective, non-profit, international boarding school open to all nationalities. We offer a premier International Baccalaureate education with more than 36 IBDP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

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. www.wiss.cn, admissions@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 1,400 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 (2020-2021) 1500 Yaolong Road, Pudong New Area; Tel: 5185 3866 #3885; Early Years

Centre address: (Nursery and reception): 195 Tongwan Road, Pudong New Area; Tel: 3175 6687, admissions.shanghai@wellingtoncollege.cn; shanghai.wellingtoncollege.cn

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: 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, Tel: 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. 215 Longwan Road, Pudong New Area, Tel: 3158 0010, www.huilieducation.cn/shanghai-nursery, admissions.hns@huilieducation.cn; 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. 3221 North Zhangyang Road, Pudong New Area; Tel: 153 1792 5705, 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

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character development and creatively celebrating every child's unique strengths. 2777 East Jinxiu Road, Pudong New Area; 588 Hongfeng Road, Pudong New Area, Tel: 6179 9559, 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. 586 Gaojing Road (close to Huqingping Road), Qingpu District, Tel: 5988 6688, admission.whq@montessoris.com; 21 Donghu Road, Xuhui District, Tel: 5403 7699, admission.xuhui@montessoris.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessoris.com; 3852 Duyuan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessoris.com; www.montessoris.com, WeChat: mss2005shanghai;

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. No. 230-233, 779 Fangdian Road, Pudong New Area, Tel: 5187 2889; www.luc-china.com, admission@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. 368 Xujiahui Road, Huangpu District, Tel: 6335 3773

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! Tel: 6406 6757, www.activekidz.org, activekidz@gmail.com

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. Tel: 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. 3399 Longteng Ave., Xuhui District; 151 Kangding Road, Tel: 5410 8570, Customer Service: 173 2128 5456, www.iconx.com, info@iconx.cn

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. 789 Hongqiang Road (near West Yan'an Road); 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road), Tel: 186 2178 1281, shanghai.gymnastics@gmail.com

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from around 20 international schools have participated into the league during the last six years. SIYSL has spring and fall seasons every year composed of four age groups, and two tournaments every season. Tel: 183 0198 7976, www.siyslchina.org, info@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. Tel: 186 1690 8035; ProTeam@SportsForce-China.com, 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), Tel: 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. 655 Yuanshen Road; 2100 Songhu Road (near Guohao Road), Tel: 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), Tel: 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. Stall 6, Stand 1, 1500 South Zhongshan 2nd Road (near North Caoxi Road), Tel: 6426 5178 or 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! Unit 105, 1F, 1099 Meihua Road, Expo Plaza, Tel: 5033 3053; Unit 504, 5F, Tai Hao Building (above City Shop), 3211 Hongmei Road, Tel: 6446 6766; Unit 38-40, 3F, Xujiahui Block, 618 Xujiahui Road, Tel: 6126 6526, www.g-workshop.com.cn

WELLINGTON ACADEMY PROGRAMME

This after school and weekend programme 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. Tel: 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. 1F, Bldg 6, Lane 416, Yongjia Road (near Taiyuan Road), Tel: 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, Tel: 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 Bldg 6, 149 Jiaozhou Road, Jing'an District, Tel: 6208 9357, www.thatsmandarin.com

THE PRINCETON REVIEW

The Princeton Review is the leading test prep

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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, 5F, Bai Nao Tong Building Complex, 1010 Kaixuan Road, Tel: 5108 2798, www.PrincetonReviewShanghai.com, tpenquiry.sha@sarabeattie.com.

MEDICAL SERVICES

Health Clinics & Services

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COLUMBIA KAIYI CLINIC

Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Pusi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Tel: 6327 5599; Mon-Sun 8 a.m. - 7 p.m.; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 6882 1212, Mon-Fri 9 a.m. - 6 p.m.; columbia-clinic.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, internal medicine, gynecology, pediatrics, dermatology, combined TCM and western medicine, cardiology, ENT, rehabilitation, psychology, nutrition, medical imaging cardiology, cardiac surgery, surgery, thoracic surgery, digestive medicine, endocrinology, orthopedics, VIP Vaccination 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. Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7; Hongqiao Clinic: 5F, Bldg B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium), Open Mon-Sat, 8.30 a.m. - 6 p.m., Tel: 400 821 0277, www.deltahealth.com.cn

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. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; Open Mon-Sun: 9 a.m. - 5 p.m. except Wed, WeChat: [ayyk18939896079](https://www.wechat.com/qrcode/index?qr=18939896079); 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, open on Sunday; 401-N1, 9 Xizi international, Jingtan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, open Mon-Sun 9 a.m. - 6 p.m., except Tues.

JIAHUI HEALTH

JIAHUI HEALTH
嘉会医疗
400-868-3000

Jiahui Health's integrated healthcare system covers all major areas of Shanghai and consists of a comprehensive international hospital, along with a network of outpatient clinics. Our experienced and multilingual physicians hail from around the globe, and deliver leading global healthcare covering all major medical specialties, such as family medicine, pediatrics, obstetrics & gynecology, breast health, orthopedics & sports medicine, and our international cancer center, among others. The state-of-the-art Emergency Services Department at Jiahui International Hospital offers full-spectrum, 24h medical services, including COVID-19 PCR testing and a fully equipped rabies clinic able to provide both pre-and post-exposure rabies vaccines. 689 Guiping Road (near Qinjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

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

19F (near Maoming Road), Huangpu District, Tel: 6075 3100, 5404 0058/59, sh.changhedayun.com

PARKWAYHEALTH

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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: 6197 2300, <https://www.rafflesmedicalgroup.com/shanghai>, enquiries_shanghai@rafflesmedical.com

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- Plastic Surgery
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- Traditional Chinese Medicine
- Vaccination

Website: www.renaihospital.com
(8621) 54893781

community listings

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. Tel: 5489 3781, www.renaihospital.com, Mon-Sun 9 a.m.-5 p.m.

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. 23-24F, Bldg B, 551 South Pudong Road, Pudong New Area. Tel: (24-hour service) 5879 9999 or 150 0019 0899; Outpatient services Mon-Fri 9 a.m.- 5 p.m. and Sat-Sun 9 a.m.- 5 p.m.; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

SHANGHAI YOSEMITE CLINIC

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry. B1-1F, 1398 Fangdian Road, Pudong New Area. Open Mon-Sat: 9 a.m.- 9 p.m., Sun: 9 a.m.- 5 p.m. Tel: 400 850 0911; www.yosemiteclinic.com;

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. 1139 Xianxia Road (near Qingxi Road), Open 24/7; 1598 New Jinqiao Road, (near Donglu Road), Pudong New Area, open 24/7; 8 Quankou Road (near Linquan Road), open Mon-Sat 8:30 a.m.- 5:30 p.m.; 689 Yunle Road (near Jinfeng Road), open Mon-Sat 9 a.m.- 5 p.m.

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. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); open daily 10 a.m.- 7 p.m. except public holidays, www.alphadental.cn

JIAHUI DENTAL

SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

Address: 689 Guiping Road, Xuhui District, Shanghai

Regular Opening Hours: Mon-Sun 24 hours

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- Dentistry
- Rehabilitation
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- Orthopaedics
- Dermatology
- Breast Institute

Contact: 400-868-3000

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases. The Dentistry Department also carries out multidisciplinary collaboration with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; 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 for sports injuries. 689 Guiping Road (near Qianjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwan Cheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: (24 hour service) 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 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; Mon-Sat 10 a.m.- 7 p.m., 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. No. 1-4, 650 Biyun Road, Jinqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; Daily 10 a.m.- 6 p.m.; 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. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Jinqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area; Tel: (24-hour appointment) 400 819 6622; www.parkwaypantai.cn

LIFESTYLE

Health & Beauty

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 Gongping Road, Hongkou District; 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. Room 5089, 3211 Hongmei Road, Hongqiao District, Tel: 3468 1328; 5F, 118 Qinghai Road, Jing'an District; 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. 1208 Biyun Road, Pudong New Area, Tel: 5030 3878; 8F, Golden Bridge International, Jiangning Road, Jing'an District; 4F, City Plaza, 1618 West Nanjing Road, Jing'an District, Tel: 6277 8778; www.bensonsalon.com

Natacha Audoye-Tarascon: Doucéa

Mum of three Natacha, puts her demo-cosmetic background toward creating a sustainable skincare line just for children. *By Anabela Mok*



My name is Natacha, I am originally from southern France and am the creator of Doucéa. Doucéa is a young company providing natural skincare products to kids, co-created with them in mind. The skincare line is designed to combine the highest scientific standards in the derma-cosmetic industry for parents, and with a design appeal for children.

How was Doucéa born?

Firstly, as a family of five people our bathroom becomes cluttered with many products. There were countless bottles, packaging. One day as an experiment I took all our products, and it filled an entire bathtub. At the same time, my youngest child has eczema and the cremes we bought from France have a sterile and medicinal design, which can be quite unapproachable for a young child to want to use. While teaching a marketing course at a business

school, we conducted a marketing exercise where we had to create a product with a socio-economic concept. Taking inspiration from my real-life situation, I was inspired to create Doucéa.

I wanted a product that is friendly to the environment and packaged so children want to use the product. After all, we want our children to adopt a skincare routine and be able to apply products on themselves.

However, a major part of the brand is how we give back to society. With that in mind, the product is refillable, and we give back to society by financing and sending hygiene kits to underprivileged kids in China.

What's your advice for working mums who are trying to maintain a work and life balance?

With raising three kids aged 8, 6 and

"You need to pick what is important in your life and stick to it."

5 it is important to create time for family. Just as it is important for me to socialise with our friends because people inspire my work. I enjoy meeting customers and hearing their feedback when they use my products, and sometimes they inspire me to develop new products.

Of course, these are just two aspects that I want to fulfil in addition to my career. Do I miss doing other things? For sure, going to art shows and dancing. As well as watching TV. Not saying I do not do these on occasion, but the idea is to find out what I want and focus on that.

How do you stay inspired to innovate?

Customer feedback is my biggest inspiration and motivation to build the brand. For example, when we started selling our child friendly nail polish the positive feedback from mums were tremendous. We were getting questions from mums wanting to know if we had other beauty products for little girls, such as child friendly makeup. Because of the overwhelming requests, we began developing prototypes and very soon we will be selling makeup kits for kids, which are made from non-toxic ingredients which are also gentle on their skin and easy to remove.

What is your proudest moment?

Within two weeks of launching, we had a client that wanted to repeat order. To make one purchase is already a good step, but for a person to buy it again it means people are beginning to feel loyalty to the brand. Many of our customers grew to be our brand ambassadors. They take amazing photos of our product and provide great testimonials on their social media. Some people would say, "hey, I saw the post of your product from my friend", so we know our product is being loved by our customers. **SF**



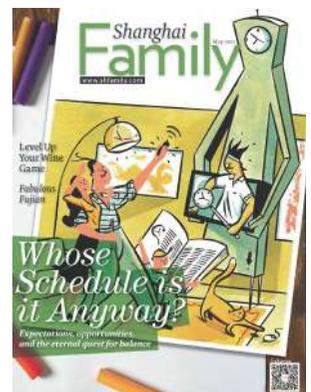
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