

Shanghai Family

October 2021

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to Travel*

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Can Make
At Home*

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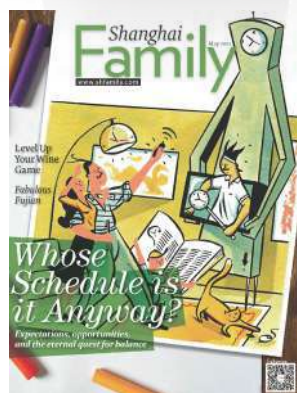


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Shanghai Family Parents & Kids 虎媽牛娃 HUMANOWA



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editorial team note



Climate change is here. It is undeniable. For us, this Eco Issue calls for us to appreciate nature and how to protect our planet Earth. Being fighters for our planet is also something schools strive to teach their students. In this issue meet the **Green Champions of Shanghai (28)** who are the voices to leading sustainable practices within their schools. Earth is our only home; it should be appreciated and respected.

How important is Earth and nature? Manee-sha Shingadia talks to us about the importance of **nature in our home (16)** and how, we can incorporate that into our daily lives. But for us to live eco-friendly manner we should also learn to minimize our waste. Let Edda Joyce Garcia, founder of ESTILLO share some tips for creating a **beautiful zero-waste home (24)**. And if you are not sure how to start the process of making your home eco-friendly, learn about how I use **environmentally practices running my household (42)**.

Want to indulge in guilt-free travel? Let our travel expert Sam Braybon take us to these three beautiful and **eco-friendly destinations (50)**. If you decide to stay in town, let our design expert, Kala Court share how to use **nature as an inspiration for art (40)**.

We hope you enjoy this issue and remember to reduce, reuse, recycle.

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



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18th Shanghai Family Day

第18届上海国际家庭日

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Jurassic Park Exhibition

Based on the ground-breaking film "Jurassic World", a co-production of Universal Pictures and Amblin Entertainment, the "Jurassic World: The Movie Exhibition" immerses audiences of all ages in an entertaining and educational way through blending both real-world science education with high-quality experiential entertainment. "Jurassic World: The Movie Exhibition" covers an area of approximately 2,700 square meters, in which guests will be transported into the movie world, embarking on an interactive journey of discovery by walking through the gates of the world-famous Jurassic World. Adult ticket: 198 RMB in peak season / 128 RMB in off-season; Child ticket: 138 RMB in peak season / 108 RMB in off-season. Address: The River Mall, 997 Xueye 2nd Road, Pudong New Area.



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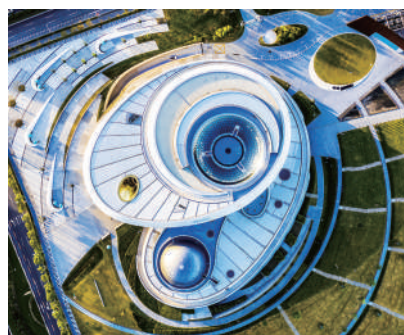


Universal Studios Beijing Opens

Universal Studios Beijing recently opened in mid September. This is the third of its kind in Asia. You can explore Hogwarts Castle, enjoy scenes from the movie Kung Fu Panda and a boat ride through Jurassic Park.

Shanghai Astronomy Museum

The world's largest Astronomy Museum at 38,000 square metres has opened along the shores of Dishui Lake. Here you can experience a planetarium and see the stars look into the different planets and how early civilization use stars for charting purposes. It's impressive and worth the visit and wait. Address: 380 Linggang Dadao. Purchase tickets on the Wechat Mini-program, search: shanghai tianwan guan



Five Guys Open Second Store in Shanghai!

Five Guys burger is opening their second Shanghai location in Raffles City Changning District! Expect the same menu, so if you are craving the juicy meaty burgers, head on over! 2F, East District, Changning Raffles City, 1123 Changning Road.

Mami&Me at IKEA Xuhui Location

Successful and playful Mami & Me will begin hosting classes at the newly renovated IKEA in Xuhui District. Their sensory play programme will be great for little ones up to preschool aged kids. This will be a great chance for the kids to learn through discovery and imagination. Add WeChat: Mami_n_Me for more information and class times.



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Kaos Trip - A Color Journey by Okuda San Miguel

Spanish contemporary artist Okuda San Miguel is famous for splashing vibrant hues around the world. The show offers a surreal visual experience that provokes the imagination. 70 RMB per adult and 49RMB for students. Children under 1.2m free of charge. Address: Bund 18, 2FI, Jiushi Art Gallery, 18 Zhongshan 2nd East Road.



We Are Here For You!



Search Inside Yourself Leadership Workshop

Born, developed and practiced at Google, the world-renowned mindfulness and emotional intelligence leadership program Search Inside Yourself (SIY) 2-day program returns to Shanghai this December. This program is one of the most highly rated leadership programmes among Google employees. If you have any questions please contact organizer, David Ma at 6169 3016.



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school roundup



BISS Puxi Principal Honored

The British International School Shanghai, Puxi is extremely proud to announce that Andrew Lancaster, Principal of the school, has this year, been honoured with the Magnolia Silver Award from the Shanghai Municipal Government. The Magnolia Silver Award was first launched in 1989 and is among the highest honours a foreigner can receive in the city. Andrew's award in the field of education acknowledges his achievements in this area. Andrew has worked at Nord Anglia's British International School Shanghai, Puxi for the past eight years. The school's mission is to 'Be Ambitious' and the provision focuses on the school's Five Pillars - Academic Excellence, Sport, Performing Arts with Juilliard, STEAM with MIT and Internationalism with UNICEF.

Tiny Tots Teddy Bears' Picnic

A new school year is underway and so is lovely autumnal weather. For the toddlers over at Tiny Tots, it was the perfect time to celebrate. Tiny Tots held their 24th annual Teddy Bears' Picnic. The picnic in the playground is a fun annual tradition to start the school year. Youngsters and teachers got to wear their pajamas to school, in addition to bringing along their favorite stuffed animal, and enjoying the beautiful autumn weather. The afternoon included snacks such as bear-themed honey sandwiches and tangerines. The children had fun at the different game stations and enjoyed the activities related to teddy bears like face painting and baking cookies.



Dulwich Pudong Clothesline Project

Two Senior School students, Maggie W and Tommy L, brought The Clothesline Project to Dulwich Pudong, aiming to break the stigma surrounding mental health. The Clothesline Project is a global phenomenon where communities come together to paint empowering slogans on t-shirts which are then hung on clotheslines as a highly visible way of generating discussion and awareness. Dulwich Pudong applauds its two students for taking the initiative in this important issue of mental health awareness.



Mid-Autumn Festival at SCIS

To celebrate the Mid-Autumn Festival, the Chinese language team at Shanghai Community International School created cultural activities for students to take part in. The lower school Mandarin class made Mid-Autumn Festival themed crafts, while students in the upper school Mandarin class celebrated the holiday through fun games like a relay race where students raced around the gym to write on cards for each classmate. The cards formed the shape of a circle, with each card representing their slice of mooncake. The week's celebrations and activities were a great time of community building among the SCIS school faculty and students. The events helped facilitate getting to know one another, while also enriching the student's experience by connecting with and learning more about their host Chinese culture.

SH Family Student Voices Finals

The conclusion of this year's Student Voices Speech competition was held at the October School Expos in Puxi and Pudong. The topic of this year's speeches was "My Hometown." Congratulations to all of the students who participated this year and to the finalists for their outstanding performances. Awards were given for the top prizes. We will see everyone again next year!



Qibao Dwight IB and A Level Exam Results 2021

All QDHS records were broken this summer with the release of the IBDP results. The graduating class of 2021 with a cohort size of 150 students achieved an IB average of 39.3 with 100% of students passing. Qibao Dwight also achieved two perfect scores of 45 and eight scores of 44. Almost all of the IB subjects saw an average subject grade of 6.1. In addition the school celebrated significant success in its first A Level results with 100% of students achieving three A*-B grades and 60% achieving three A*-A grades.



cover story

Love Nature Love Yourself

**How to care for
yourself and the planet**
By Maneesha Shingadia

Currently with the world trying to recover from Covid-19, we all have undoubtedly at some point in the last two years turned to nature to help us in some way. It may be a small thing like going for a walk, buying those beautiful flowers to make us feel better or being fortunate enough to get to the beach, forest, or the mountains. We all felt much better when we were at one with nature.

A growing body of research confirms nature has a remarkable effect on our emotional, mental, and physical well-being. The facts have been around for ages but maybe it took a pandemic for us all to just slow down, recognize and appreciate how much better we feel when connected to nature.

In recent years there has been much research carried out in bringing

nature back into the built environment. The technical term for this design ethos is biophilic design, which comes from a theory proposed by the biologist E.O. Wilson, that our physiology is very much adapted to seeking a connection with nature and this way of living is something we have inherited from our ancestors. They learnt how to survive and thrive in nature, understanding the environment and what they needed from it at different times. Now, life has changed tremendously, our world is largely urbanized but it's undisputed how much we benefit from our interactions with nature.

The research findings in commercial settings like education, healthcare, hospitality, and corporate workplaces connected to nature show tangible benefits which range from increased attendance at school by children, shorter patient recovery time in hospitals, customers spending more time in biophilic designed hotel lobbies which then equates to increased spending within the hotel to increased performance, well-being, creativity, and reduced absenteeism in the workplace. It is then more than prudent to believe there will also be some similar health and well-being benefits of these connections to nature in our home environments.

So how can we reap these benefits of Mother Nature in our homes, read on to find out.

Go local and natural

In today's global economy where products can be shipped from country to country within days, it's hard to keep our homes rooted in the local region but there are benefits in using your geographic region for inspiration in your home. Be it by using local materials or adapting your home to the local climate and culture, following this philosophy will increase



cover story



understanding and appreciation for your place and deepen your connection to where you live. This cultivates that feeling of belonging. So, look out for local plants that thrive in your region or materials that are easily accessible and incorporate them in your home. It will make you feel better.

Did you know we feel better when we use natural materials in our home? Humans have used trees to build homes since the start of civilization, therefore our connection to wood is sacred. From using wood for our floors, kitchen worktops, furniture and even on our walls, we love the warmth it creates in a room. Research has also uncovered that using wood on ceilings, walls and floors has been found to reduce blood pressure. The benefits are not just limited to the above, research into the effects of exposure to wood revealed confidence levels

increased, stress levels reduced and there was greater optimism about the future.

Engage yourself

In nature all our senses are engaged, and this provides for an invigorating experience. We can try to emulate this in our homes too.

A variety of natural textures in your home such as wood described above and others such as rattan, clay, ceramic, cork, marble, and linen create sensory invitations specifically for touch, so you end up with a favorable tactile experience creating a sense of momentary awareness. For example, a rug in a bedroom with a wooden floor provides a textural contrast from a softer to harder feel on your feet which might be greatly appreciated first thing in the morning!

In nature, we encounter curved





shapes and complex patterns which is in direct contrast to the straight lines we see daily in urban life. Humans are drawn to soft edged curves, patterns, and geometric shapes and this can be introduced in our homes in wallpaper, patterns on cushions, nature inspired artwork and our furniture as a way of connecting with nature visually. You may even have collected certain items when taking a walk or on holiday like shells or pinecones that would make a lovely display in your home. Seeing these in your home daily will remind you of your positive experiences with nature.

Having a nice aroma in your home is welcoming for guests but it is also a reassuring, familiar feeling for you as you come home every day. It's preferable to use natural scenting in the home to keep the air as healthy as possible. The type of scent you use depends on how you want to feel in

each room and at different times of the day. Citrus scents are known to energize and enliven and may be suitable in social spaces such as the living room and kitchen, lavender relaxes and calms the body and more suited to the bedroom, and rosemary is said to enhance your concentration levels and is a good scent to be used in study areas. However, ensure any scents you use are low in VOC's (volatile organic compounds). A safer way to introduce scents into the home would be to grow scented plants inside like gardenia, jasmine, citrus plants, begonias, or narcissi. Or to gently simmer some spices with citrus fruits in a pan to create a warm aroma.

Building on what I said before about using local materials, the same can be said about buying seasonal local produce. In a world of 24-hour supermarkets and where the shelves are stocked with produce from every

corner of the world every single day, it can be easy to forget about how and when things grow. Eating seasonally involves eating foods that are grown at the same time as you eat them, therefore foods are local. Seasonal produce comes such a short distance that it doesn't spoil on the way to you. It's harvested at the very best time, so taste is maximised. It is also much healthier. It comes as no surprise that food being locked in cargo holds and shipping containers for days to reach us does nothing for the nutritional content of the food. And finally eating seasonal produce is kinder to the planet. When food is imported it comes with a carbon footprint.

Let there be light!

Something that doesn't cost anything and is vital for our happiness and health. Light can affect our circadian rhythms which regulate our sleep cycles. A lack of exposure to light can throw off our sleep cycle and affect our behavior, concentration levels and appetite. We tend to binge eat or make unhealthy choices about food when we are sleep-deprived. Thankfully there are a few simple things you can do to keep your circadian rhythms healthy.

Firstly, increase your exposure to natural daylight by taking a photon shower, this is an intense burst of exposure to natural light in the morning either to exercise, walk or cycle to work.

Secondly, when designing your home, ensure you are allowing the maximum amount of light to filter through and there are no obstructions like foliage blocking the light or curtains that can't be fully drawn back.

Lastly keep your windows clean, sounds obvious but cleaning your windows regularly makes a difference to the quality of light in your home.



cover story

When designing your home, ensure you are allowing the maximum amount of light to filter through and there are no obstructions like foliage blocking the light.

Think blue

What do we feel when we can hear the lapping waves on the coast or the gentle sound of a babbling brook? A feeling of relaxation and peace envelops us. Water is essential to life and is vital to the lush greenery and habitats we find comfort in. Seeing, touching, and hearing water all have benefits.

The simplest benefit of water is drinking it. Fresh clean water is a necessity for health and well-being. A lack of water can dehydrate you, making you feel tired and dizzy and prone to headaches.

Ensure your water is filtered and is easily accessible. I find that having water filtering jugs visible in the kitchen and dining room reminds me to drink my quota for the day.

It's also important for us to recognize the importance of using water sensibly. The bathroom is the main source of wasted water in our homes and the easiest place to try to conserve it.

Try to have shorter showers and if you tend to lose track of time, use a timer to help you. Baths do not have to be full, try using less water, even 3 cm less water can make a saving of 5 litres!

The Blue Space Theory suggests humans prefer environments that contain water (built or natural), and they have a positive effect on us, feeling more restorative than those environments without the presence of water. You may want to install a water feature in the garden like a bird pond. This can create a focal point, attract wildlife and observing this activity can reduce stress levels and allow for an opportunity to connect with nature.

Do you know why dentists' waiting rooms very often have fish tanks in them? Research has shown that time spent by a fish tank can lower heart rate and blood pressure and the hypnotic quality of the fish swimming around can reduce pain. Adding an aquarium in the home environment

can be very beneficial. Watching the movement of the fish before sleeping can relax and soothe us before bed.

Breathe

Breathing fresh air instantly makes us feel better, inhaling it deep into our lungs. However, we do have to be careful about the quality of the air we breathe in.

Regular checking of the air quality on an app is advisable before we let the kids play outside and before we open the windows at home. Once you know the air quality is good, opening your windows provides a multisensory experience with a variability in airflow, temperature, and light whilst inviting the sounds of nature to come indoors. This helps to create an airflow through your home helping to flush out any stale and stagnant air, balancing the moisture levels and therefore helping the occupants in the house feel alert and energized. Free-standing air filters can be moved around the house, helping to filter the air from any household odors. Most units do this by using a high-efficiency particulate air (HEPA) filter.

Urbanized life now involves most of our exercise taking place in the gym but there are more health benefits to exercising outdoors. The Japanese call this shinrin-yoku or forest bathing and value it highly. Exercising outdoors is an altogether more mindful experience, where you welcome the cool, fresh air as you work out and as you rest you may notice the birds in the sky and the rustling of the leaves in the breeze.

Let's colour

Colour has an important role to play in how we feel from the calming, relaxing end of the spectrum to energizing and stimulating. The Ecological Valence Theory states that we have seek colours that are reminiscent of nature when it is thriving.





We can then use this theory to design rooms in our home according to the way we wish to feel - for example a more social room like the kitchen would be more suited if its yellow as it conveys a happy and welcoming feeling and a bedroom, which you would like to be calming and relaxing, could be designed in blue tones. And colour goes much further than just painting the walls, layering of shades is possible

through furniture, fabrics, flooring, and artwork.

Pops of colour can be added to a room by using a complimentary color opposite in the color wheel for a warm/cool combination. For example, in a blue room, you can consider bringing in small amount of yellow as contrast.

Go green

Plants are crucial to the biophilic design approach. Greenery helps to purify the air and relieve our daily stresses while providing great visual appeal. They give us immediate sensory engagement and rejuvenate us bit by bit.

Small changes such as adding cut flowers on the dining table to window planters in the kitchen window-sill go a long way in enhancing our

mood and overall feelings of happiness. Adding a tabletop plant on a study table can instantly increase our productivity and makes us feel happy and motivated about the work we are doing. In recent years, there has been an increase in the installation of living green walls in homes as well as offices for these reasons.

Plants have different characteristics and properties and are hence suited to certain rooms in the house. Lavender is widely known for the therapeutic qualities. Not only does Lavender bring a touch of colour to the room but smelling lavender right before bed will help you fall into a deeper more restful sleep. Snake plants are a popular bedroom plant. They release oxygen at night, helping us sleep well and wake up feeling refreshed. Orchids are well suited to bathrooms, being native to tropical

cover story

climates, they will thrive in the moist conditions.

Plants that work well in a study at home are cacti and succulents. They need little maintenance and make the space more engaging, therefore increasing productivity. Living rooms with a lot of light are well suited to rubber plants. The rubber plant is a visual delight with its gorgeous, leathery almost maroon leaves. They are also great in removing formaldehyde from the air. If your room is limited in natural light, pothos is a good choice. It hangs beautifully from a shelf, thrives in low light, and removes indoor air toxins efficiently.

Herbs are a great addition in the kitchen, not only for the visual richness and texture they add to the

Cleaning your windows regularly makes a difference to the quality of light in your home.

room but as a vital ingredient in delicious, nutritious meals.

Gardening is a great activity to get all the family involved in for a variety of reasons. Growing your own food can add variety to your diet, maybe you are able to grow items you cannot find in local supermarkets and the process of growing something yourself can be extremely rewarding and fulfilling. In addition, exposure to soil has health benefits too. The bacteria mycobacterium vaccae found in soil is known to be anti-inflammatory and can reduce stress too. Touching the soil with your hands is your connection with nature and can be extremely therapeutic for your mind and body.

Arranging your indoor seating so you have a good view of outdoor

greenery and foliage from inside is demonstrative of the Prospect-Refuge Theory. This theory suggests that we have an inborn desire for perspective so we can observe things without being seen by others. We feel safe in this scenario and can engage in relaxing activities like reading or just observing nature.

As we forge ahead in our busy lives, trying to accomplish goals and dreams for ourselves and our children, we need to be mindful of the important things - our health and our responsibility to this planet. It is so easy to focus on the other stuff, but we have a commitment to ourselves to be our best, mind and body. And to do our best for the place we live in. Both need to be nurtured, nourished, and maintained. **SF**





Compassion, Care and Community

Brandon Fulton, New Master of Wellington College International Shanghai, shares how young minds are inspired. *By Anabela Mok*

What sets a Wellington Shanghai pupil apart from those of other schools?

What sets our pupils apart is the holistic education provided to the children. They grow as individuals and develop a sense of understanding and cultural awareness. 2021 marks the inaugural year of our new dual-language programme. The ambitious project aims to create fully bilingual, biliterate and bicultural pupils through immersion in a dual Chinese and English learning environment focused on further fortifying a Wellington pupil's sense of pride and place, growing up in China. It will give our pupils the opportunity to excel in two of the most critical languages of the 21st century, eventually being able to function, think and even dream seamlessly in either.

As a parent of a Wellingtonian, how do you feel the

school values match your family and how you guide your child?

As a parent I want my kids to have a strong identity and resilience in adulthood. I see our parents, pupils and staff as tilling and nurturing the soil of the community. Together with the Wellington identity of inspiring minds, becoming independent thinkers, growing intellectually and being inclusive gives me the confidence that my child will grow into well-adjusted individual.

How involved are parents in their child's academic growth?

Parents are partners in education and their feedback is important. We communicate often with parents, whether via the formal academic reporting system or informally like coffee mornings or parent teacher events. We also have a more struc-

tured process through an organization called the Friends of Wellington, which is a group run entirely by the parents. And I sit on that board as the President and Master of College.

Providing opportunities for parents to learn more about their child's learning environment and programmes allows them to better support their needs at home. Whether their child is diving into STEM subjects and developing strong quantitative skills or learning about the humanities and growing a strong sense of soft skills in leadership, teamwork, empathy cultural awareness or sports programmes, parental support and guidance is vital to our pupil's life while learning about meaning in the world.

How does Wellington Shanghai ensure there is a positive community for their pupils?

In addition to the academic subject, our Co-Curricular Activities draws out areas of interest, specialisations, school-leisure life balance, a healthy growth mind-set. This allow pupils a platform to excel and gain confidence in their abilities. We have a formal wellbeing programme. Our house system and pastoral system all work in unison to provide a supportive, caring and nurturing environment for our pupils to achieve academic and non-academic excellence.



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Making ZERO Beautiful

The Beauty of a Zero Waste Home *By Edda Joyce Garcia*

Yes I hear you, zero - sounds ambitious and intimidating. Is it really possible? Has it ever really happened? Well truth be told, no.

Achieving zero waste living is more like a target, a wishful thinking that one day we can live without wastage. It is a far-fetched goal because the reality is, we do not live in a perfect world. Trash will always be around, plastic is here to stay, waste will always happen. These things we cannot completely change and control.

What can we do? Using practical and stylish ways we can make living with less look more beautiful.

First, believe in the power of the collective individual.

Let me share this famous quote by Anne Marie Bonneau from ecowarriorprincess, "We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly". If we can minimize and reduce collectively, we can slowly make a difference.

Second, start with the things you can control and take baby steps.

Allow me to share with you my not so perfect zero-waste journey and some of the beautiful transformations it has brought to my home and to my life. Again, I am still not there but I don't think I ever will be.

What matters to me the most are the little efforts and changes I've personally made in my lifestyle which adds up to the contribution that many others are making as well.

Ditch the plastic water dispenser for a built-in water filter.

Instead of using bulky and plastic water dispensers and water bottles, I have opted for a built-in water filter. Not only is it pleasing to the eye I do not have to worry about how a large plastic water dispenser will be recycled, and how often the giant water bottles have been reused, or gasp, cleaned.

Apart from saving money and plastic consumption, I also get extra space to maximize my living area. But don't just stop there. Invest in a quality drinking thermos so you can take



Beautiful table setting designed by ESTILLO for a private event.



ESTILLO also specialises in birthday set up using reusable decoration.



ESTILO helps create memorable personalised event decorations.

your water on the go instead of using the single-use plastic bottles.

Level up your plastic curtains

For those of us who uses shower curtains, there are other non-plastic alternatives. If you can, you can consider using one made from fabric, your bathroom will instantly go from college chic to glam. Linen shower curtains are light and will look exquisite if you use a tassel around it.

Upgrade your dining ware

Entertaining at home can be zero-waste. Use this opportunity to go zero waste by investing in high quality dining ware. Why not learn to cook so you can have proper sit-down dinner parties with close friends instead of *waimai*. If you are uncertain about purchasing sets of dishes for home entertainment, you can even get creative and host parties where guests can "bring their own" dishes, cutlery or cups.

Eco-conscious party styling

When we throw parties at home, often we find ourselves using materials that are not reusable. Believe it or not, I started ESTILO because of balloons. They inspired me to think of a business that allows everyone to enjoy celebrations without having to waste a single decoration, which is currently still the norm for so many.

When it comes to party decorations, balloons, glow sticks and personalised backdrops, these are all single use party items. Think about how much money is wasted on things that just get dumped. The milestones we live today should live on in our memory, not our landfills. Pop those balloons for good and switch to creative alternatives that are reusable.

Instead of balloons, how about decorating with flowers. If you must use something that flies, how about a kite or a paper lantern? There are so many alternatives, do your research and get creative.

We live in a fast-paced city where everything is quick, easy, and convenient that we forget the many wasteful habits it comes with. It takes a lot of conscious and consistent effort to make a change. Question is, are you willing to be a part of it?

Luckily, Shanghai is becoming more aware. There are plenty of organizations now that help educate, inspire, and influence the community in living a more sustainable lifestyle. Be sure to reach out to them, learn, and even support them.

It is a beautiful transition once you learn to embrace it. Get with the programme and start making that significant contribution in making our world more beautiful. No effort is too small. Never too late to make that change!

Edda is the founder of ESTILO, a boutique space styling agency that specialises in event planning, interior decorating, tableware, decorative rentals and transformation of just about any space one can think of. ESTILO is passionate about sustainability and upholds a philosophy of Zero % Waste, 100% Style. [SF](#)





How to Make the Most of a Virtual College Tour

Concordia International School shares some tips for managing virtual college visits

Choosing a college is a big decision not to be taken lightly, so the more a student learns about potential schools the better.

When narrowing their list of best-fit colleges, students at Concordia Shanghai are advised by their high school counselors to weigh things such as an institution's academic programs, activities and location against their individual goals and values. One of the best ways for stu-

dents to gain insight into the type of learning environment that would best suit their academic and personal interests is through a campus tour. However, with international travel limited, in-person school tours have become difficult, if not impossible.

Since the pandemic, universities have had to come up with creative ways to share the many aspects of the college experience and campus

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

Students can access a school's virtual tour via university websites or on sites like YouVisit or Campus-

Tours, which allow students to customize their searches by school, location and even tuition amount. School counselors also have many useful resources for students and parents looking to learn more about virtual college tours.

While virtual tours are a great way for students to familiarize themselves with the campus, they are really just a jumping-off point, a useful tool for researching aspects of the school. Students should learn as much as possible from the content provided on the tour, but they should also be prepared to dig deeper and follow up with the school's admissions representative after their visit.

Here are a few tips from Concordia Shanghai counselors for how to make the most of a virtual tour:

Take Notes

When taking a virtual tour, students should be sure to jot down the things that stand out to them, especially things that tally with their academic interests. When time to apply to the school, it is helpful to mention these things in any supplemental essays, as they give admissions officers a concrete example of what appeals to the student.

Use Bookmarks and Screenshots

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

Ask Questions

Not all virtual college tours are set up to respond to student inquiries in real-time, so students should write down any questions that come up during a tour and direct them to the admissions officer at a later time. That being said, students should definitely reach out to university reps with specific questions they have about the school.

It has been suggested that colleges view student visits as a clear demonstration of interest which they look favorably on when deciding admission. But how should students go about showing their interest under the present circumstances?

According to Concordia Shanghai high school counselor Patrick Love, in advance of application season, colleges frequently run virtual campus visits and information sessions.



“When students sign up for these virtual events, colleges normally track the student’s email address and high school info.” Mr Love recommends for students to always use their school email address as that is the address they will use when they apply to schools.

Currently, many schools are offering one-on-one Zoom meetings to interested students who attend virtual visits. If a student is certain that they will apply to the school, these one-on-one meetings are a great way for a college admissions officer to get to know the student before they read their application. This is a good time, shares Mr. Love, for a student to ask admissions officers questions connected to any supplemental essays they are planning to write as part of their application. Using this method of questioning helps students to have a better understanding of how the college rep would like to see the supplemental question answered.

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



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Meet the Green Champions of Shanghai

We are living in an era of climate change. Being sustainable and more environmentally aware is more urgent than ever. Here are how schools and students are doing their part to champion sustainability to protect our planet. *By Anabela Mok*

Concordia International School Shanghai

Responses from: Yoyo Zou

Quick description of your sustainability programme

Minimizing and managing food wastage at Concordia International School

How are students involved in the process, at what grade do they start?

In September 2020, a group of students at Concordia began an initiative within their school's Global Issues Network to target an often overlooked, yet incredibly prevalent issue—food waste.

Awareness videos and poster campaigns helped students and faculty learn about the impact of their wastefulness, a tracker with set goals motivated students to hit lower food waste targets, newsletters and emails

to parents urged them to help their kids be conscious of food waste at home as well as in school, and speaking with Aramark staff allowed for the normalization of communication between food servers and students—asking for portion size is as simple as 1, 2, and 3 (a little rice, a medium amount, or a lot)!

Tell us what your school does to stay green and sustainable?

With the support of Concordia's administration and Aramark (the school's food supplier), members of the food waste team were able to collect qualitative data about the types of food being wasted while also regularly weighing the amount of food wasted by the school. By working with Aramark, PSO teams, faculty, administration, and the student body, the food waste team was able to work on solving the issue at multiple levels. Awareness videos and poster campaigns helped students and faculty learn about the impact of their wastefulness.

What do you do to motivate administrators to stay on the path of sustainability?

The food waste team began the brunt of their campaigns in the wintertime and by April, the average amount of food wasted per day was over 200 kg less than the at the beginning of the school year! While the food waste campaign at Concordia can definitely be called a success, there is still a ways to go. In the coming years, we hope to partner with other schools around Shanghai to develop similar projects.

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Shanghai American School (Pudong Campus)

Responses from: Mark Ginder - K-12 Roots & Shoots Coordinator

Quick description of your sustainability programme

Roots & Shoots is a Youth Movement that originally was an initiative started in 1991 by Dr. Jane Goodall. Roots & Shoots aims to develop programmes that benefit the environment, animals, and communities around the world. Our chapter currently has about 100 active members and we were recently awarded the Roots & Shoots chapter of the year award for our recycling, community garden, composting, and greenhouse efforts.

Tell us what your school does to stay green and sustainable?

A major paradigm shift happened a few years ago when we articulated our five Learning Goals to bring our Mission to life. These were a set of principles that would equip students to transfer their knowledge and experiences beyond the classroom, in authentic settings, over a lifetime.

One of these key goals focused on our students being Ethical Global Citizens and taking actions to impact sustainability in significant ways.



Like a ship with new coordinates, we are now charting a course that embeds sustainability throughout our community like never before.

What do you do to motivate administrators to stay on the path of sustainability?

Motivating our leadership has never been an issue from my end. We are currently looking to install a rather large organic farm along with upgrades to our greenhouse and thinking carefully about how we will further develop green learning spaces throughout our campus.

Our operations team is currently working towards developing a new strategic plan that will reduce the amount of waste and energy consumption through an innovative and bold redesign of our spaces.



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Wellington College International Shanghai

Responses from: Andrew Willis, Vice Principal

Quick description of your sustainability programme

Every part of our curriculum, from the arts to the sciences, presents an opportunity to learn about how we can better conserve resources. We also take numerous practical measures around campus to reduce waste and conserve energy.

Tell us what your school does to stay green and sustainable?

Our entire school community is proactive in staying sustainable. Activities have included school-wide recycling initiatives, composting food waste to fertilise an organic garden, inviting guest speakers to talk about electric cars and debate and speech projects that teach our pupils about global issues such as the Paris Agreement. IB Fellowships and annual expeditions often give our pupils an opportunity to engage with the wider community in sustainability projects as well.

How are students involved in the process, at what grade do they start?

All year groups participate. For instance, in 2018, our Prep School established a school-wide paper recycling programme. The ongoing



project has enjoyed so much success that our Pre-Prep and Senior Schools are now involved. Last year, our year 3 pupils started a Green Plates initiative to encourage more plant-based eating in our canteen. Our Global Champions Co-Curricular Activity (CCA) encourages pupil activism in social responsibility and environmental issues such as reducing single-use plastics and food waste.

What do you do to motivate administrators to stay on the path of sustainability?

Our administrators are very much on the same page in this regard, so 'motivation' is not difficult. Nevertheless, we do implement comprehensive waste management and energy consumption policies on campus. In the classroom, we opt for digital tablets over pens and paper whenever possible.



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Dulwich College Shanghai, Pudong Campus

Responses from Tia Luker-Putra, Year 6 Teacher, Sustainability Coordinator, UN TeachSDGs Ambassador



izers networked to create new opportunities for future projects.

How are students involved in the process, at what grade do they start?

Students from different clubs, with distinctly different sustainability elements, showcase their work as well. They discuss with parents, members of the community, and staff their efforts to align with the Sustainability Development Goals of the UN and what action they were taking to do so. The Green Panthers, the Junior School sustainability club, shared their projects of growing herbs and learning about sustainable growing. Senior school students spent a term designing and creating eco-friendly fashion for a fashion show, with all their materials coming from discarded clothing.

This year was the first year of our parent sustainability club, the Eco-Panthers Club, which has helped us to expand our sustainability-minded community. Throughout the year, they had held various events for the staff body to promote more sustainable living with tips for doing so successfully in Shanghai. At the Own What You Eat event, they sold off gorgeous upcycled items they had made from old display banners. Finally, one of the most popular features of the Own What You Eat event was the chance to sample delicious plant-based Z-Rou food that are featured in our cafeteria. It was a fantastic opportunity for members of our community to come together to eat, talk, and share the marvellous, sustainable work they are doing.

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Quick description of your sustainability programme

The Sustainability Development Goals of the UN are everyone's concern, and as educational institutions, it is our responsibility to lead the way for the next generation. At Dulwich College Shanghai Pudong, we are on a journey to be part of the multi-faceted solution to the world's environmental issues.

Tell us what your school does to stay green and sustainable?

As a collective, our school's vision for our community is that we "Live Worldwise™". Our goal is to encourage our communities to make informed choices, take inspired action, and create a positive impact on three levels: personal, group, and global. Across the Dulwich College International and Dehong sister schools, we have made sustainability pledges to help concentrate our focus on shared sustainability goals. As a school, we partner with different local organizations that centre their work on sustainability, and they bring their work to our students.



Here, they share what they do with a larger audience and more members of our community get to know them better. New relationships were borne from these events, as parents, staff, and organ-

Raising Multilingual Families the Montessori Way

Let Emily Dunhill, Director of Apple Montessori, explain the Montessori method of raising well-rounded multilingual children. *By Anabela Mok*

One of the benefits of living in another country is the ability to immerse in a new culture. In a multicultural city such as Shanghai, many expatriate kids pick up a new language easily. But when it comes to learning, how do you incorporate using a foreign language to teach in a specific pedagogy such as Montessori? Speaking to Emily Dunhill, Director at Apple Montessori, she gives us insight as to how a Montessori classroom can adapt for bilingual teaching.

How does the Montessori teaching style support a bilingual atmosphere?

There's nothing in the Montessori curriculum that dictates which language it should be taught in. You could roll it out in any language, which people do around the world. We have specific teaching content each day that is delivered entirely in English or Mandarin, as well as designating staff members to speak in either English or Mandarin, to ensure the environment is bilingual throughout the day. As far as the Montessori curriculum goes, there's not any conflict. It just means the typical Montessori work time is conducted in both English and Mandarin, and that the 'language' area of the classroom is filled with materials to practice both languages.

We also have a bilingual curriculum featuring a daily English and Mandarin lesson, conducted either by the foreign teacher or the Chinese

teacher. This class includes vocabulary, grammar, drama, songs, stories, crafts and literacy work every week. This will be delivered without translation, ensuring students focus on the language at hand and learn the content.

How do teachers support the ideals of Montessori in a bilingual programme?

We adapt our teaching style to adhere to the Montessori principles whilst immersing children in both languages. Montessori is about following and guiding the child while they explore a carefully prepared environment. During Montessori work time, there'll be interaction in both languages with teachers but also with each other. We have a big international student base at Apple Montessori.

As we have both Chinese students and foreign students, foreign students want to learn Mandarin as a second language and Chinese students want to learn English as a second language. If teachers are constantly translating, they are not facilitating learning for either because students will just rely on their native tongue. So, the foreign teacher will communicate in English and the Chinese teacher will communicate in Mandarin, and English class will be delivered entirely in English and Chinese class entirely in Mandarin. This allows the child to identify which language to use with which person and practice with



Emily Dunhill, Director at Apple Montessori

“There’s nothing in the Montessori curriculum that dictates which language it should be taught in.”

them throughout the day, and ensures they receive the teaching content of both languages.

What is the Montessori approach to support reading and writing in two languages?

There are five areas in a Montessori curriculum and the classroom will have all the materials laid out and divided into the five subject areas. Language is one of them. If you were in a Spanish classroom, you would see an area that is dedicated to Spanish grammar, Spanish vocabulary, and Spanish literacy. At Apple Montessori, the language area will have materials to practice all language skills in both Mandarin and English.

If the self-directed child chooses to work on language that day, they will have access to all those materials to choose from. For older children between 3 to 6 years old, the language area will include more literacy work such as wooden characters, movable alphabets, tools to practice writing and spelling, simple books in both languages etc. Then our separate bilingual curriculum will also have one session a week dedicated to English and Mandarin literacy and

pre-literacy skills (depending on the age of students).

All our students can get bilingual language lessons from two places each day, once during the Montessori time and again during the twice daily circle time.

What is the approach you take when it comes to transitioning a child into a non-Montessori environment and having them prepared for their native environment, especially one where one language is emphasised?

When the children are in their final year, usually at 5 years old, we provide a transition class in lieu of nap time each day. This class helps them adjust to a traditional classroom setting, the instruction is more of a teacher-centred format but is still lots of fun.

This daily class also helps prepare them academically. Children will learn phonics, reading and writing and practice English speaking in the English classes. In Mandarin class children will focus on mathematics and writing. There's lots of songs,



games, and arts and crafts to engage the kids. To ensure children are reaching goals agreed upon by teachers and parents, we also conduct an assessment for transitioning students' midway through the semester, and we have a separate parent teacher meeting to go over the results and action plan. This program is separate from the classroom schedule and delivered by our transition teaching team. The transition year is very important, that's why we expand assessment and parent communication during that year, making sure we know which school the children are going to and that we're supporting them in every way we can.



Apple Montessori

Address: 290 Jianguo West Road, Xuhui District

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Email: admin@applemontessori.org



Suicide Prevention

By Jiahui Healthcare

Mental Health has long been stigmatized among many societies, but open discussions have helped change peoples' perspectives about the issue. Unfortunately, the pandemic has not only affected the physical health of individuals but also their mental health, due to the long periods of isolation, loss of jobs, and other factors.

1) Watch Out For Signs

During these trying times, it is important for us to check up on those that we love and pick up on warning signs before it is too late. So how can you tell if you/people around you need help? Check if you or your family, friends, or colleagues are displaying the following behaviors:

- Increase use of alcohol or drugs
- Looking for ways to commit suicide on the internet
- Reckless behavior
- Quitting various activities
- Staying away from family and friends
- Sleeping too much or too little
- Visiting friends or calling people to say goodbye

- Gifting precious possessions
- Being aggressive

If you find yourself feeling these emotions for more than two weeks:

- Depression
- Loss of interest
- Irritability
- Humiliation
- Anxiety

Or, if you find yourself feeling a certain way when talking with people:

- A burden to others
- Trapped
- Experiencing unbearable pain
- Hopeless or having no reason to live
- Suicidal

Then, you or your family, friends, or colleagues may need to seek professional help. Remember that sometimes it is difficult to overcome depression by relying on your own strength and seeking help from others is not a sign of weakness.

2) Lend a Listening Ear

For people with depression, having a listening ear and companionship can be very helpful. If you don't know how to respond to what they say, just be there to listen. Try not to repeat what they say and avoid using phrases along these lines:

- "Be braver."
- "This is nothing."
- "Things will always pass."
- "XXX is worse than you."

3) Keep Them Company

If you find that people around you are prone to depression, please remember to do the following:

- Arrange for someone to be with them, don't leave them alone
- Take necessary measures to remove items that may cause injury, and keep him/her away from windows, knives, etc.
- If you think they are facing imminent danger (a careful plan, methods, and intentions), please contact the emergency service hotline (110) or the Shanghai psychological assistance service hotline: 021 12320-5
- Contact family
- If the person is not in imminent danger (has no self-harm plan or intention-just has an idea), help arrange professional psychological assistance
- Make a safety plan

If you or someone you know is experiencing the above, please seek professional help.

Good to know...

Find Help

- Shanghai Hotline for Psychological Aid: 021 12320 5
- Hotlines Directory by Life For Tomorrow: <https://findahelpline.com/cn>
- LifeLine China Hotline: 400 821 1215 (10AM-10PM) <https://lifelinechina.org/>
- Jiahui Mental Health Department: <https://www.jiahui.com/en/service/22>

Jiahui Health

Address: 689 Guiping Road

Telephone: 400 868 3000





If you notice any abnormal growth in your child's height, you can get their bone age measured. Treatment of precocious puberty is needed if the bone age is more than two years above the real life age. However, after a girl's bone age exceeds 11.5 years and a boy's bone age exceeds 12 years it is too late for treatment.

How to avoid precocious puberty

Firstly, there are pathological causes of precocious puberty such as: genetic problems, other disease effects.

Secondly, most cases are due to three behavioral causes.

1) Diet. The amount of animal food protein needs to be controlled to the recommended one palm serving.

2) Light. The habit of sleeping with the light on at night stimulates hormones in the body and early development occurs.

3) Mature content. Early and consistent exposure of children to mature content can also induce precocious puberty.

Therefore, monitoring media consumption, ensuring 8-10 hours of adequate sleep every day, and proper portions of meat and vegetables in three meals are good ways to prevent precocious puberty.



Dr Yubo Cai, Paediatrician

Dr Cai has over 15 years of clinical experience in paediatrics.

Columbia Kaiyi Clinic

Website: columbia-clinic.com

Tel: 400 663 7707

When Puberty Arrives Early

By Columbia Kaiyi Clinic

In recent years, the topic of precocious puberty or early onset puberty in children has received a lot of attention.

Why does precocious puberty occur, how does it affect children's bone growth, and how can it be avoided?

Why does early onset puberty prevent children from growing taller?

Children's height is related to bone age, which is capped at the age of 15. If precocious puberty occurs, pubertal development and bone age growth will start earlier; so overall bone growth time will be shorter.

Definition and characteristics of precocious puberty

In medical terms, when development begins before the age of eight for girls and nine for

boys, it is called precocious puberty.

In children with precocious puberty, secondary sex characteristics may appear earlier. For boys, the shoulders broaden, the laryngeal nodes develop causing the voice to deepen, and body hair including armpit and pubic hair grows. For girls, the breasts form, menstruation starts, and armpit and pubic hair grow.

How precocious puberty is determined in terms of height development

Have your child's height measured every six months after he or she enters primary school. Before puberty, height increases by about 2.5 cm every six months and after the beginning of puberty, height increases by about 5 cm every six months.

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Busting Three Myths about Marriage Counselling

By Mindfront Shanghai Centre

Marriage counselling, also referred to as couple therapy, is very different than what is usually portrayed on television. If you are considering couple therapy here is what you need to know: what it is, how it works and what you can expect.

1 **If you go to counselling, everything will be fine.**
As a therapist, we cannot perform magic. We work with our clients to help empower them to build strength or capacity to make decisions on their own. Therapists have to stay unbiased and neutral so the couple must put in the hard work and together come up with some goals that they'd like to achieve from upcoming therapy sessions.

Sometimes therapy allows the couple to see that having a harmonious home is important and to accept divorce as an option to

restore that harmony. This is particularly true for couples that have children because a dysfunctional and unhappy family is harmful for the child.

2 **Therapists will fix everything wrong.**

Therapists are not mind readers. I work with couples together as one unit to learn about them. We need to work together to know each of them, so that means we need to talk and share. And everything that happens in that relationship must be resolved between the two of them. Our role is to see the issues of what is going on. If one person has an ongoing mental health issue, I will refer them to see another therapist. If there are unhealthy communication patterns between the couple, we can help them plan and slowly improve their communication skills.

3 **I want therapy to change my partner's behaviour.**

If you want their behaviour to change and you bring that person to therapy, but you just sit there and let the therapist fix the issue, that is not couple's counselling. Rule number one for couple therapy is both parties give consent for therapy, agree to the session and be prepared to do some work.

What kind of couples should seek marriage therapy?

Marriage counselling is not only for people who are married. It is for any couple who are in an intimate partnership. Of course for a couple who seek counselling, there should still be a bit of love between them to try and make the relationship a harmonious one. If one person in the relationship already suffering from a mental wellness condition, it is recommended they begin therapy by themselves as that could have an impact on the couples' relationship. For couples who are in an aggressive relationship where one person's safety is in jeopardy, it is more important for the victim to find a safe place.

Does marriage counselling involve children?

Every couple will have difficulties in a relationship, and you don't have to let the kids know every detail, however if the decision is a divorce, then the couple will need to let their kids know what is going on because they are also a member of the family.



Sophie Deng, LCSW

Deng is a New York State licensed psychotherapist with over 4,500 hours of experience in the last five years.

Mindfront Shanghai Centre

Address: 18F, 68 Yuyuan Road

Phone: 6718 8883



Finding Breast Lumps

By ParkwayHealth

Breast lumps are masses that develop in the breast. Although breast lumps are often not cancerous, it is important to know the warning signs of cancer and when to see a doctor.

Breast lumps: Should I worry?

Breast lumps are masses that develop in the breast. There are some women that can feel small lumps in both breasts. If these small lumps are felt throughout both breasts, this is most likely normal breast tissue. Some

women experience lumpiness and pain in the breast as they go through their menstrual cycle. These lumps form due to extra fluid in the breast, but they eventually subside.

However, you may feel lumps that are large or hard compared to the rest of the breast. Although most lumps are non-cancerous (also called benign masses), they can be a source of worry and anxiety for most women. While breast lumps occur more commonly among women, some men may also experience this condition.

When should I be concerned?

Most women worry that their breast lumps are a sign of cancer. Among women aged 40 and younger, 80 - 85% of these breast lumps are not cancerous.

It is important to recognize breast lumps that could potentially be cancerous so early treatment could be instituted. Some warning signs of breast cancer include:

- Change in the size or shape of the breast
- Dimpling, redness or scaling of the overlying skin on the breast
- Lumps in the armpit
- Lumps that continue to grow larger
- Lumps that persist even after menstruation
- Nipple discharge
- Pulling in, or inversion of the nipple
- Swelling of a portion of the breast

How can breast lumps be diagnosed?

When you consult a doctor for a breast lump, the doctor will first obtain your medical history and perform a thorough physical examination. The doctor may also request for any of the following tests:

- Mammogram - uses X-rays to examine the breasts for signs of cancer
- Breast ultrasound - uses sound waves to evaluate breast lumps
- Breast magnetic resonance imaging (MRI) - uses magnetic fields and can produce very detailed images of the breast
- Biopsy - involves removing a portion of the lump or the entire lump to determine if it is cancerous

What are the treatment options for cancerous breast lumps?

The treatment options for cancerous breast lumps depends on the type of breast cancer and the extent of spread of the cancer. The available treatment options include:

- Lumpectomy - involves the removal of only a portion of the breast.
- Mastectomy - involves the removal of the entire breast.
- Quadrantectomy - also called partial mastectomy, involves the removal of one quarter of the breast and some surrounding muscles.
- Drug therapy - various drugs currently in use for breast cancer. These drugs include chemotherapy, hormone therapy, and targeted drug therapy.
- Radiation - using high levels of radiation to kill cancer cells.

Can breast lumps recur?

Breast lumps can recur months or years after treatment. If you had breast surgery, you may feel lumps that are caused by scar tissue. However, a recurring lump can also be due to recurrence of breast cancer. Cancerous breast lumps may recur in the original site or in a different area of the breast.

When should I see a doctor?

It is best to consult a doctor if you experience any of the following:

- Breast lump with any warning sign of breast cancer
- Breast lump that recurs after treatment



Dr Fang Zhang, General Surgeon

Dr Zhang has nearly 30 years of experience with a Master's from Fudan University.

ParkwayHealth

Website: www.parkwaypantai.cn

Tel: 400 819 6622

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Letting Nature Cultivate an Artistic Soul

Let nature inspire you. *By Kala Barba-Court*

Nature is embedded into our minds at an early age. Ask a child to draw something, and often you'll get the usual suspects: a tree, green fields, flowers, a house, family, the sun. These are elements we consider essential from a young age, something we forget as our social circles widen and priorities shift. American biologist David George Haskell, whose work revolves around scientific, literary and contemplative studies of the natural world, says, "Nature is not something outside ourselves. It's not a wilderness somewhere beyond our homes. Nature isn't an alien or an 'other'. We are Nature."

A few months after graduating from university, my hard-earned fine arts degree felt undesired. I found myself devoid of any artistic motivation or ideas, and nothing seemed to shake me out of my artistic rut. On a whim, I joined some friends who volunteered as art teachers on a month-long outreach program. The setting: a small, remote island without electricity; nothing but sea, sky, and mountains as far as the eye could see. The city girl in me had balked at the idea of an entire month trapped in a Wi-Fi-less island, but I needed the escape. Little did I know that this experience would bring me back to myself.

These island kids, whose idea of fun involved hours of splashing in rivers and climbing trees instead of going on YouTube, produced artworks filled with flora and fauna, mountain gods and forest spirits, grassy knolls and orange sunsets. They drew what they knew, and their enthusiasm to put them down on paper was infectious. When the program ended, I left the island recharged, filled once more with purpose and inspiration.

With Covid-19 travel limitations, exposing our children to the restorative powers of nature may seem like a daunting task, but it can be done. With a bit of imagination and effort, we can

inspire and awaken our children's and hopefully our own - creativity.

Make it a habit to visit museums and exhibitions

This may seem like a given, but it's easy to put off a trip to a museum or art gallery during hectic weekends of playdates and extracurricular activities. Dedicate half a day to an exhibit when you can, and be open to any artistic offering, whether or not it's something up your alley. You don't always have to agree with what's in front of you but forming an opinion about an artwork is a great way to kickstart your child's artistic journey.

Connect with your surroundings

Whether you live in Puxi or Pudong, there's a lot of ground, literally and figuratively, to cover in Shanghai. Leisurely strolls down the plane tree-lined old Xuhui district, bike rides along Huangpu riverside or afternoon meanderings through Century Park can work wonders for the mind and body. Let these connections with nature serve as inspirations for your child's next artwork.

The truth of the matter is that nature is a reset button, one we should try to hit as often as we can.



Create and nurture an artistic environment

Be ready for that flash of inspiration by keeping a box of art supplies handy. It doesn't need be expensive: some paint, paper, scissors, glue and a handful of old magazines for collages make for a great starter kit. For parents of toddlers, bring home fallen leaves or flowers from park strolls to integrate into artworks. For older kids, let them snap photographs of landscapes or sunsets to recreate on paper later, or ask them to reinterpret that holiday you had by the beach using only magazine cut-outs.

Encourage and explore different avenues of creative output by signing them up to workshops according to their interests and inclinations, whether it's photography, a digital media course, a pottery workshop, or a good old painting class. As Kurt Vonnegut said, "To practice any art, no matter how well or badly, is a way to make your soul grow. So do it."

Organize nature-centric holidays

When you finally do get to plan a holiday, you'll find that there's no shortage of nature-centric options around China. From mountain home stays in Moganshan to sustainable eco-resorts in Guilin, reveling in nature for a few days can do wonders for the mind and soul. Put away the gadgets and use this time to connect with nature and with each other.

Start a long-term art project

While this can be anything that catches your fancy, I've found that dedicating an entire sketchbook to a singular theme, be it trees you pass by on the way home, views of the landscape from different windows, or a flower vase with its ever-changing bouquets, is an amazing long-term art project that improves one's technique by documenting a repetitive idea. It's also serves as a diary of sorts, a map of your creative evolution. **SF**

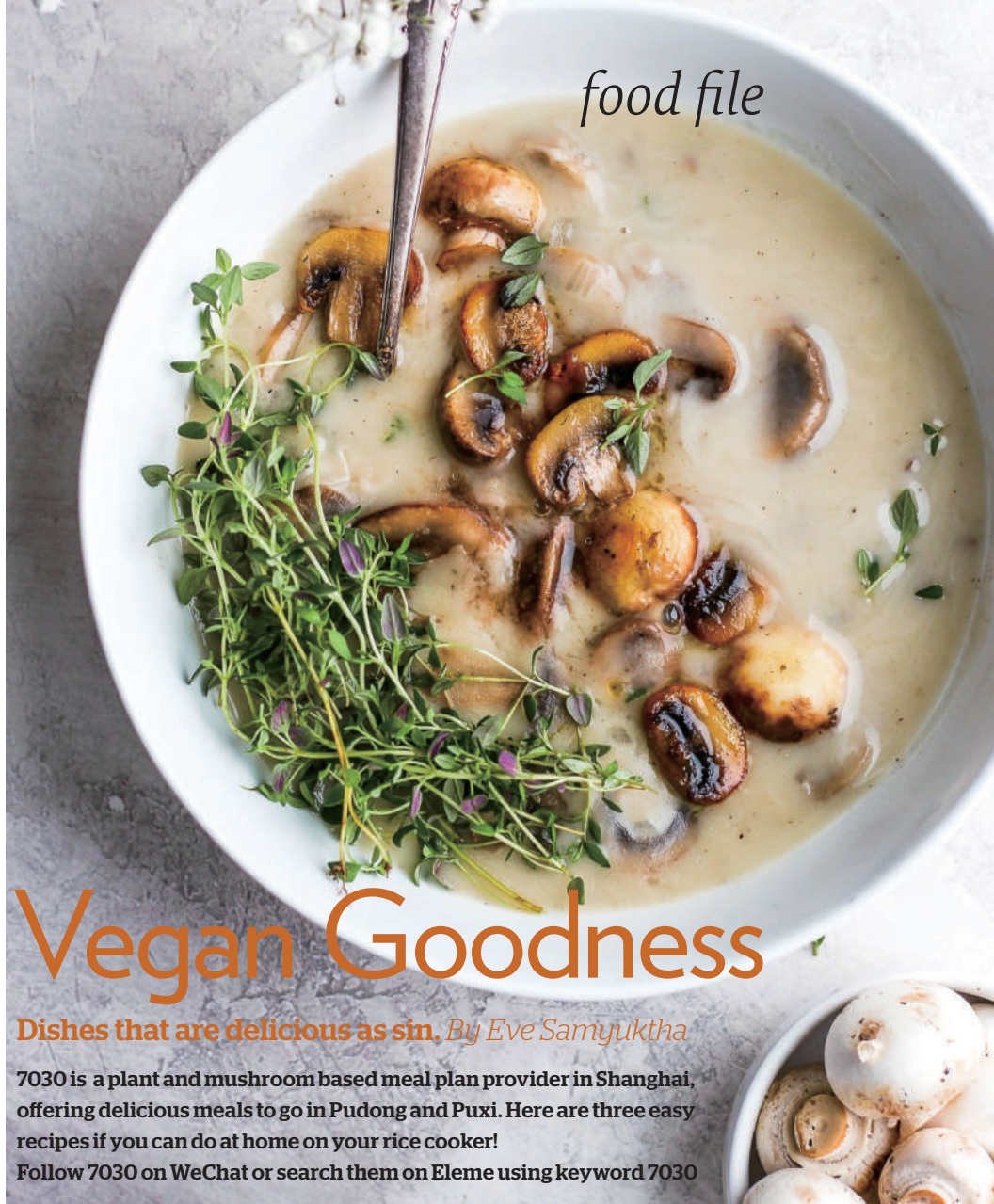


Vegan Goodness

Dishes that are delicious as sin. *By Eve Samyuktha*

7030 is a plant and mushroom based meal plan provider in Shanghai, offering delicious meals to go in Pudong and Puxi. Here are three easy recipes if you can do at home on your rice cooker!

Follow 7030 on WeChat or search them on Eleme using keyword 7030



Mushroom Biryani

Biryani is a layered rice preparation traditionally made with cooked meat and rice. There are many vegetarian versions of it but it's usually packed with saturated fat and calories. 7030 made a whole foods, plant-based twist using low oil, and added seasonal veggies.

Ingredients:

- 200g basmati rice, soaked for 10 minutes in 1.5 cups water and then drained
- 1/2 tsp oil
- 1 bay leaf
- 1 inch cinnamon stick
- 4 whole green cardamom
- 3 whole cloves
- 5-6 black peppercorns
- 1 tsp cumin seeds
- 1 medium red onion sliced thin
- 1 green chili sliced, or add more to taste
- 12-15 whole cashews
- 2 tsp ginger-garlic paste
- 8-10 oz shiitake mushrooms sliced thick
- 1/4 cup chopped cilantro
- 1/2 tsp garam masala
- 1/4 to 1 tsp salt to taste
- 1 cup water 250 ml

Instructions:

First rinse the basmati rice until water turns clear. Then soak it in 2 cups water for 20 minutes and then drain the water using a colander and set it aside. Press the 'warm' button on the rice cooker and let it warm up for 10 minutes. After that add the oil and then add the whole spices- bay leaf, cinnamon stick, green cardamom, cloves, peppercorns and cumin.

Now, push the 'cook' button. Once you hear the pot sizzling, sauté for few seconds until the spices are fragrant. Add the

"Meaty" Spaghetti Bolognese

Pasta is a very common dish. But how to make it tastier and chunkier?

Ingredients:

- 200g Semolina spaghetti (or your preferred portion)
- 250g minced mushrooms (any kind)
- 50g red beans, boiled
- 350g tomato sauce or 400g chopped large tomatoes
- 1 yellow onion chopped
- 3 garlic cloves chopped
- 1 tsp black pepper
- 100 ml water

Instructions:

Dice the onion and garlic. Add 1 teaspoon oil into the rice cooker (do not switch on yet). Put in the garlic and onions into the rice cooker. Mix well to ensure garlic and onions are coated in oil. Turn on the rice cooker and leave it for 5-8 minutes. Once garlic and onion are sizzling, add in mushroom mince and beans into rice cooker pot. Cook the mushroom until it is 70% cooked. Then, add in the tomato sauce and water. Add 1 teaspoon of black pepper and a pinch of salt. Stir well and add in spa-

ghetti. Let it cook for 15-20 minutes.

Substitutes: You can consider using peppers instead of tomatoes. They'll be sweeter than the tomatoes would be, but the texture and colour should be about right for diced/crushed tomatoes in chilli.

You can add chopped regular tofu instead of beans, as it is rich in iron and calcium, and minerals manganese and phosphorous. In addition to this, it also contains magnesium, copper, zinc and vitamin B1. You can also pan fry the tofu with a pinch of salt, pepper and cooking oil, after the pasta is cooked.

sliced onions, green chili and cashews. Cook for around 3 minutes until the onions are soft and light brown and cashews are lightly browned too. Then add in the ginger-garlic paste and cook for 1 minute.

Add in the mushrooms and cook them for 1 to 2 minutes. Add rest of the ingredients, then add the garam masala

and salt. Now put in the rinsed and drained rice and toss to combine with the rest of the ingredients. Add water, don't stir, most of the rice should be under water. Close the rice cooker. Let the pressure release naturally.

Open the lid and fluff the rice with a fork. It is now ready!



Cream of Mushroom

How do you make a vegan version of the cream of mushroom soup? It would need to be dairy free!

Ingredients:

300g button mushrooms coarsely chopped
1tbsp sesame oil
1/2 medium-sized onion, finely chopped
1/4 tsp salt
1/8 tsp ground black pepper
200 ml soy milk
1 tsp white flour
3tbsp chopped chives
200 ml water

Instructions:

Put 1/2 tablespoon of the sesame oil into the rice cooker, cover, and set to 'cook'. When the base of the cooker pot gets warm add the onions and fry for 5 minutes until onions become soft. Add the mushrooms and remaining sesame oil and continue to fry, covered, for about 5 minutes, checking occasionally for the mushrooms and onions to be properly cooked (turn tender) in the process of frying. Slowly stir

in the water, salt, and pepper, cover the rice cooker, and bring to a boil. Once the mixture is boiling, switch the rice cooker to warm. Gently stir in the soy milk, and allow to simmer, covered, for about 5 minutes. About 5 minutes before serving the soup, stir in the flour to thicken the soup, and simmer for the remaining 5 minutes. Garnish with chives and serve warm.

Substitute: Each type of milk has its advantages and disadvantages, depending on a person's diet, health, nutritional needs, or personal taste preferences. You can use any plant milk, but here are some arguments. Soy milk contains more protein than almond milk. Almond milk is lower in calories compared to soy milk, and contains more heart healthy monounsaturated fats. It also contains slightly more sodium. Both milks do not contain lactose and are low in saturated fat. Based on your personal preferences you can decide which one to use. **SF**

in season

Green Restaurants

Sustainable eating made easier. *By Eve Samyuktha*

As we look into our Eco issue, sustainable eating is important to lower carbon footprinting and also to help our planet. Here are restaurants that have vegan options in town.



Indian Kitchen

As many may know, Indian cuisine itself is very vegan friendly. The Indian Kitchen restaurant has been open in Shanghai for more than a decade and is very popular amongst the Indian population and Indian food lovers in Shanghai. To those who love Indian food, you are in luck! Original Indian dishes coupled with popular plant-based meat is now available at Indian Kitchen. Are you ready to have your taste buds blown away?

Recommended Dish: Coconut chicken kabab
Address: 3911 Hongmei Road, 8 Lane, Minhang District

VegeGood

First-class atmosphere, natural ingredients, and fine materials. The shape and taste of the simulated meat are excellent, and the desserts have received unanimous praise.

Recommended Dish: Dai-flavored shredded veggie chicken
Address: 411 Madang Lu, Huangpu District



La Mesa

Vegan community favorite for tacos. They are located inside More than Eat, so it is perfect for late night snacking with drinks.

Recommended Dish: Vegan Pumpkin Taco
Address: Julu 758 complex, 758 Julu Road, Xuhui District

Pie Society

They are the purveyor of lovingly handcrafted, gourmet British pies in Shanghai and their menu consists of classic British pies with seasonal sides, offering satisfying breakfasts, elevenses, light bites with coffee or tea, and hearty comfort foods that taste like home.

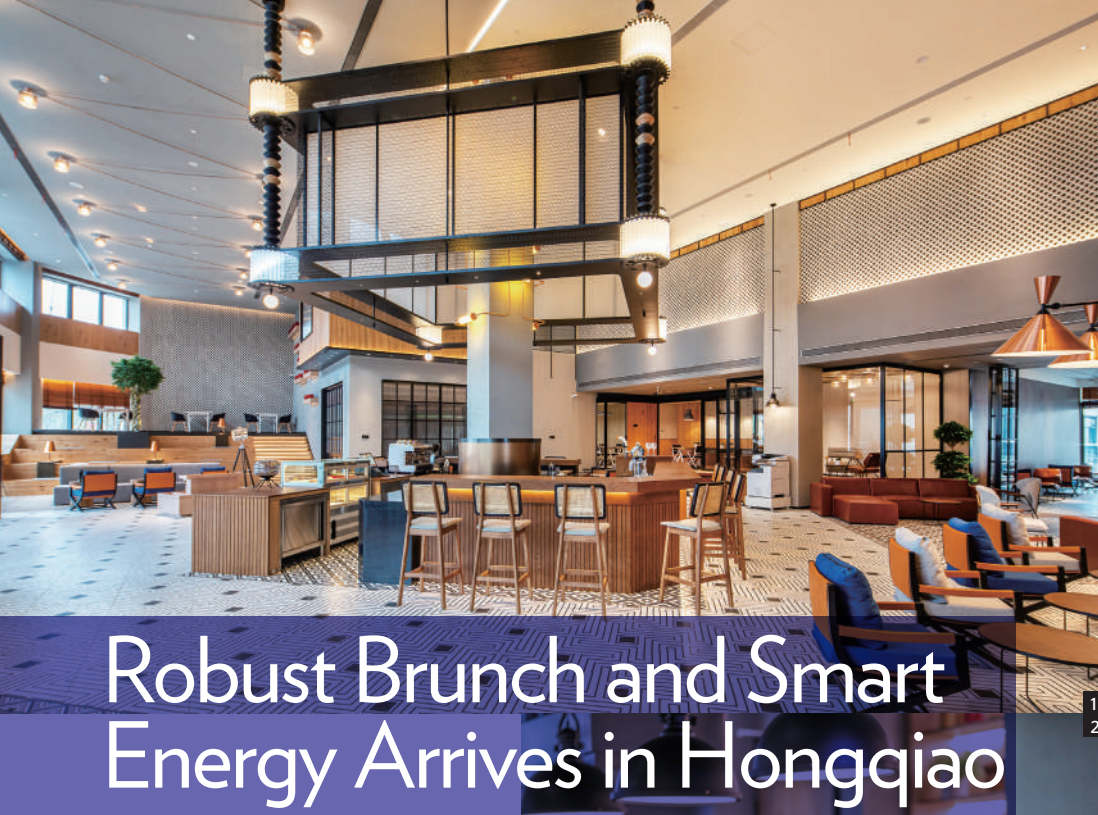
Recommended Dish: Feta Attraction Vegan Pie
Address: 688 Shaanxi Bei Lu (near Wuding Lu) Shop B102, 381 Panyu Lu (near Fahuazhen Lu)



Pizza Street

Some of the best Pizzas in the city and their vegan cheese is absolute delish. All pizzas are homemade and the crust is super chewy.

Recommended Dish: Vegan Pesto Pizza
Address: Room 103, Building 4, 477 Aomen Road, Putuo District



Robust Brunch and Smart Energy Arrives in Hongqiao

Meet your new eco-friendly neighbour, the Shanghai Hongqiao Tongpai Hotel

For millennials looking for a new hangout, the newly opened Shanghai Hongqiao Tongpai Hotel in Minhang may just be your spot. Their family Sunday brunch at "Taste" offers a lively atmosphere with a robust buffet of western dishes, freshly pressed juices on demand plus, one choice out of a variety of egg-based entrées. Priced at 99 RMB per person, their welcoming open spaces have all the comforts you would want to enjoy with friends and family. Just minutes away from Costco, the National Convention and Exhibition Centre and the Hongqiao hub, it's in the heart of the central business district.

If you are seeking a family friendly atmosphere or an invigorating place for work and meetings, the hotel's co-living concepts and communal workspace inspire conversation. The lobby is an engaging centre for social activities, integrating a multi-functional bar with a front desk and a shared office space giving digital nomads the freedom to be who they need to be.



The Nordic-inspired design integrates modern retro elements such as tiles, wooden leather tables and chairs with industrial elements. As a part of an earth friendly initiative, the hotel promotes a paperless and plastic free environment for a true green smart lifestyle. Smart digital technology such as a delivery robot and smart phones are available for in-house guests to enjoy a "touch and reach" experience.

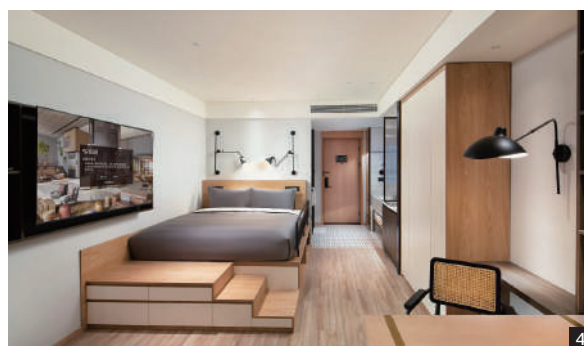
Low-E (low emissivity) glass is used in the lobby to help minimize the amount of ultraviolet, infrared and visible light from penetrating the-glass, keeping you cooler in the summer and warmer in the winter. The public area lighting system adopts an intelligent control to achieve energy saving and emission reduction by adjusting brightness intelligently according to time.



Hotel guestrooms are outfitted with standing showers instead of bathtubs and use water-saving products to reduce the wastage throughout the building. The washing machines provided in the communal laundry room for hotel guests are front-loading machines, which uses less water than the same size top loader models.

1. Multi-functional front desk and bar with open office spaces.
2. Freshly pressed juices on demand.
3. Eggs Benedict with spinach, bacon, avocado and salmon on a croissant.
4. Spacious serviced apartment for long staying guests.

Address: 115 Minbei Road, Minhang District
Telephone: 3328 8600
Website: www.tongpaihotels.com





Hello-ween!

Unconventional ideas for Halloween. *By Eve Wee-Ang*

Halloween was my favorite excuse to turn into someone unrecognizable and slip into a character outside of my own. For just one night, I have been KISS the Rockstar, Mummy Pig, a Chinese ghost, Zombie Bride, Donald Trump, you name it. My husband and kids were always dragged into my dramatic world, playing my supporting cast reluctantly. When I was Donald Trump, my husband had to be Obama and the kids became our Secret Service Agents. One year I wanted to be Mummy Pig, and each of my family members had to lug their huge pig heads around so we could all be one happy Peppa Pig family. None of my clan inherited my love for costume parties, so eventually as our kids grew older, Halloween trickled down to me dressing up for the trick or treating kids who knocked at our door.

Why do we dress up to spook people on Hal-

loween? This dates to the 19th century, when the Celts believed that ghosts roamed the earthly world on the eve of All Saint's Day which falls on 1 November. To avoid being recognized by these ghosts, people impersonated the spirits as a self-protection measure on 31 October, hence the birth of Halloween, which means the night before All Saint's Day. Regardless, your intention to dress up is to scare spirits or humans, and throwing a Halloween party is always good fun.

For live wire and party maestro, Maria Power, Halloween is an annual non-negotiable event for her as she toils for two weeks to transform her apartment into a night to be remembered for all her guests. And do they remember. For last year's party, Maria, a trained psychologist with her signature flaming red hair, worked around the theme Birth and Death to depict the rites of pas-





sage of every living thing. For birth, there were plenty of fake baby cockroaches and spiders plastered in her washrooms, some clinging precariously on the walls on purpose so that one might drop on you when you answer nature's call. For death, a makeshift coffin was the centerpiece of her buffet table, assembled by Maria with some wood scraps she found. Just above the coffin, a portrait of Maria herself, which she described as "scary-looking", painted by a friend and commissioned by her husband on one of her birthdays. For comic relief, the portrait only makes its grand appearance at every Halloween party that Maria throws as part of her spooky showpiece.

What's a party without food? Originally from Greece, Maria lit up at the mention of

tively weaves them all into the alchemy of party planning. Under her wizardry, cocktail prawns smeared with tomato dressing now resembles an open brain when perched on top of a skeleton's head; ham carefully shaped and rolled into five fingers now looks like a hand with a knife pierced through the "wrist" leaving a trail of tomato sauce "blood".

Despite having a part-time *ayi*, Maria, who has lived in China for 15 years, joyfully preps her party food all by herself for her sixty guests, including their brave children. When I asked how her friend's kids react to her hair-raising decoration, she gleefully exclaimed, "They always loved it eventually!" They must be clinging to their parents for dear life just before. **SF**

gastronomy. Clearly a foodie, her curiosity has led her to trace the origins and history of heritage dishes that form the fabric of every culture. On her radar now, it's Indian food with its myriad of colorful spices that never fails to intrigue her. Before, it was Italian and Greek cuisines. Armed with this newfound food knowledge, she crea-

Good to know

If you are tearing your hair out for your Halloween party, here's some tips from Maria Power:

Work around a theme

Throw all your ideas out and then narrow them down to a theme. This way, it makes you focus on what is required when you are planning your décor and food. It also makes dressing up easier for your guests.

Don't worry about getting it right

Planning a party should be fun and you don't have to buy everything! Think out of the box. With a little imagination, a garbage box can be turned into a tombstone; a cleaned unworn stiletto can be used to serve food.

Halloween need not be (that) scary

Pumpkins, elves, fairies, spiders, witches, lots of candies and chocolates are fun ways to celebrate Halloween too!

As for what Maria is brewing in her cauldron for this year's Halloween, she is eerily keeping up suspense for now. To hire Maria for unparalleled party styling services, connect with her WeChat: MariaPower

For the Love of the Earth

By Eve Wee-Ang
Photos by Mavindu

Styles for a Earth Loving Mum.

In 2014 I did a hard reset for my house, which was threatening to bury me and my family alive with all the stuff we have accumulated over the years. I donated and discarded more than half of my wardrobe that no longer served me.

Christine Bennett, a beautiful mum from Kuala Lumpur, came highly referred when I was sniffing around for a green activist who also loves looking good. Her resume reads like a dream. Christine was an ex-beauty pageant queen, professional singer, dancer, licensed Zumba instructor and ukulele teacher. Her humble childhood sealed her lifelong belief in the importance of not wasting and using everything until it falls apart. Stuff that no longer brought joy was repurposed and reincarnated into another life with her trusty sewing machine. Denim, a favorite material of hers, has been transformed into bags, a toaster cover, and an iPad protector under her magical hands, which she generously gifts to friends.

James Clear, author of Atomic Habits said, "All big things come from small beginnings." Saving the Earth can sound like a tall order. What if each of us start from where we are by being intentional in our habits.



YR Vintage Chanel Bag, 8500 RMB from WeChat Bagitvintage



Sustainable denim skirt from klee klee ZUCZUG 1250 RMB



Wedge sandals, 159 RMB from Shoebox



Christine's fashion tips

→ Shift to Second Hand:

Join free group chats when you can. "Everyone loves free stuff" are wonderful communities for giving and receiving preloved items.

→ Try Crafting:

There are plenty of easy tutorials on Pinterest and YouTube for beginners to breathe new life into their old belongings.

Mum in Focus:

Malaysian Indian mum of two girls, Christine Bennett is unabashedly the poster girl of a green activist within her community. Organized to a fault, her calendar is mapped out carefully of which two days a week are devoted to repurposing old clothes through crafting. The cute skirt she is wearing was once a pair of jeans

How to Survive...

Last Minute Earth Friendly Halloween Costumes

Halloween is one of the best times of the year where anyone can be anything! Sure, you've had all year to help your kid put something together but let's be honest, it's 30th October and you JUST remembered that they want to be that guy in that TV show they like. Not to worry! There are lots of homemade last minute Halloween costumes you can pull together with things you have in your home or that you would normally throw away. Here are some tips on how to survive putting together some last-minute earth friendly Halloween costumes.

1) You remember those old bed-sheets you put away because you got MUCH nicer quality ones at the fabric market made for your bed and now you couldn't possibly sleep on anything other than 100% pure Egyptian cotton? Take those bedsheets out for limitless Halloween costume possibilities! Go classic ghost and throw it over your kids head with the eyes cut out or wrap it around their body so that they're instantly ready for a toga party. You could also cut out a head hole and sharpie on some buttons to make an instant Olaf the Snowman from Frozen or cut it into strips and wrap them up for a creepy mummy! The possibilities are endless, and it gives you the perfect reason to go out and buy another 100% Egyptian cotton bedsheet.

2) You know all those old boxes from Taobao that you've been throwing into another room and swearing you'll get rid of at some point? Don't do that! Instead, use them for another amazing last-minute costume. Paint

a box their favourite colour, glue some more cardboard circles to the front, cut a head hole and your kid is now a LEGO block. Take a larger box for the body, a smaller box for the head, wrap them both in aluminum foil and then glue other bits you find laying around the house to the body and you have a robot! If you're really short on time, put a box around your kid's body and write "Taobao delivery" on the front - in fact, just do this, forget the other suggestions. Your kid will win all the halloween costume contests.

3) You know all those plastic shopping and bin bags you've been collecting under your kitchen sink? Time to put them to use! Take a bunch of white ones, crunch them up and attach them to an old shirt and now they're a cloud! Or take some plastic bags and pin them to a whole outfit including

If you're really short on time, put a box around your kid's body and write "Taobao delivery" on the front

other plastic garbage you found around the house, top their head with a blue hat and now they're "all the plastic in the ocean" (aww...). Or stuff a bag with other bags and then tie it around the top of their head to create a giant alien head. Just remember not to put it over their mouth...they'll die.

No matter what costume you DIY in the last minute or put together months in advance, the point is that you and your kids have fun! And, if you can reuse and recycle some things you already have then that's just an earth-friendly bonus. And when all else fails and recycling day was the day before you remember your kid needed a costume, hand them a Starbucks cup, slightly mess up their hair and get them to walk around sighing and saying, "I tried". Congrats! Your kid is now you for Halloween. **SE**



The Eco-Way to Travel

These pioneers are getting it right. *By Sam Braybon*

When it comes to thinking about travel and the environment, there aren't any easy answers. Deep down, we surely all know that pretty much every element of any trip we take, whether by plane, car or even train, is going to have some kind of impact on the planet. Huge hotels and resorts often seek to ease consumer conscience by flaunting their green credentials at every possible marketing opportunity. But after arriving to find crates of imported mineral water that has been shipped across the globe or vast buffets full of wasted food, these already vague promises often seem flimsier than a single use toothbrush, to say the least.

Assuming that none of us are about to stop traveling entirely, this is one of life's great pleasures after all, it's our responsibility to ensure that the places in which we spend our money are properly committed to the green values that they claim to represent. On our travels through China, we've often found that it's the small, independent businesses run by passionate individuals that are really putting in the leg work on this front, and it's to these places that we're naturally drawn.

We've put together a quick list of three guesthouses in very different corners of China, each of which we know seriously put their money where their mouths are when it comes to tangible environmental values. We've found that owners and staff at places like these are almost always happy to talk curious guests through the creative ways in which they seek to minimize their impact or improve life in the local community, so you and your kids will really get an impression of the real-life impact they're having. A rare opportunity for those of us that live in megacities like Shanghai where we're almost totally disconnected from such issues.



Yangshuo Mountain Retreat, Yangshuo, Guangxi

Opened in 2000, this country inn was years ahead of the trend for simple but cosy boutique accommodation in China. There's a reason why this place is so popular, it's in an epic location on the banks of the Yulong River providing the ultimate breakfast view over the area's famous karst.

But as we've returned to the resort over the years, it's the impressive commitment to core values, both social and environmental, that has really left an impression on us. As part of an effort to minimize waste for example, the hotel offers no bottled water or disposable items at all (with the exception of toilet paper) and has an industrial level water filtration system with stations around

the property so that guests can refill reusable bottles.

The food is excellent here too, and many of the ingredients used, from chicken and fish to others are raised or grown on site, with others being sourced from family-owned farms within a 10 kilometre radius of the resort.

Their latest project, expected in 2022, is a waterfall pool that draws naturally clean and cool water from the underground filtration system, allowing families to splash about without the chemicals that most pools require. A good reason for us to return!

www.yangshuomountainretreat.com



Yourantai, Xishuangbanna, Yunnan

In most traveller's minds, tropical Xishuangbanna holds the promise of vast rainforests where elephants run wild and forgotten villages lie in wait. As wonderful as the area is, the truth is sometimes a little less idyllic than that. Swathes of the countryside have been taken over by rubber plantations, whilst the area's once sleepy main city, Jinghong, has expanded wildly in recent years with luxury resorts and huge apartment compounds.

Yourantai is a special place that seeks to counter some of those changes. Perched on a hill with a sweeping view over the Mekong River on the edge of Jinghong, owner Gerard purchased this former rubber plantation back in 2002 and set about rewilding it. Now, this patch of forest is home to

over 300 varieties of plants, many grown from seedlings collected by staff on rainforest walks or donated by local biologists, and now supports populations of butterflies, rare wild bees and other wildlife.

Originally planned as a private residence, the place was too special not to share. So Gerard had five independent houses constructed throughout the site using almost nothing but salvaged wood. Any natural waste from the buildings was used to help replenish the nutrients in the soil that had been damaged during its days as a rubber farm. These structures were designed in the local Dai nationality style and now form the basis of what is certainly the area's most intimate and unique guesthouse.

www.yourantai.com



Khampa Nomad Ecolodge, Tagong, Sichuan

Way up in Garze, a Tibetan area of Western Sichuan, Angela and her local husband designed and oversaw the construction of this four-bedroom ecolodge themselves with the help of local craftspeople

who took care of the traditional stone and woodwork. The lodge is designed to be almost entirely self-sufficient: clean water is drawn from a mountain spring and all electricity is provided entirely by solar and wind power. This is nomad country, and the family cuisine served here focuses on locally raised yak meat, dairy and wild plants.

If you are interested in trekking, this is the place to come. The team at the lodge can arrange a variety of hikes on foot or by horse that are guided by local nomads who'll introduce you to the local way of life, with the opportunity to stay overnight in their tents. They can also arrange bike trips, tours to some of the area's best temples or art workshops, all designed to facilitate interaction with locals, and allow visitors to understand the vitality of the nomadic culture that is at the centre of life here.

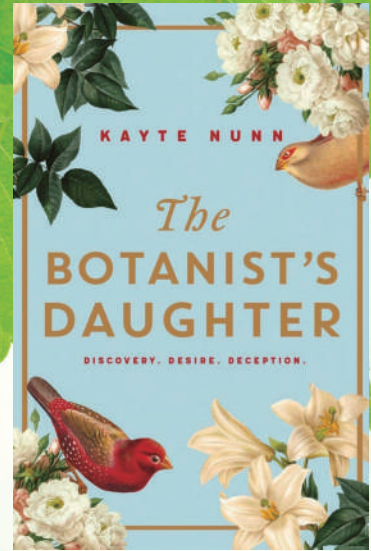
www.definitelynomadic.com 



The Eco Book Club

Earth-friendly reads to make you feel like you can save the planet. *By Gina Batmunkh*

The search for good reads normally leads you to romance or mystery aisles. But this fall, challenge yourself to check out some of the books on sustainability. The list has books not only for adults to read but also for our young readers. They highlight simple daily choices, encourage large lifestyle change, the importance of environmental issues and more. In addition, these books provide unique approaches and powerful range of resourceful information.



The Botanist's Daughter

by Kayte Nunn

Two botanist women separated by centuries, Anna and Elizabeth, are in a race to discover a life saving flower. Against the backdrop of the exotic plants and vegetation of the Chilean region, the book is about discovery, desire and deception. The book will take you an adventure to Kew Garden and Cornwall for Anna to discover the secrets.



Plastic Free

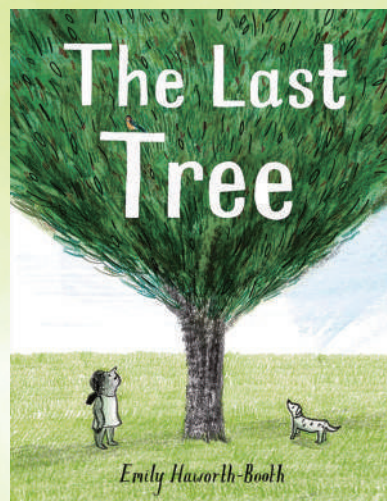
by Rebecca Prince-Ruiz & Joanna Atherfold Finn

This incredible book shares tips from people around the world who have taken on the plastic free July challenge and reduced their waste. The book contains many inspiring stories of a global environmental movement and why it matters.

The Last Tree

by Emily Haworth-Booth

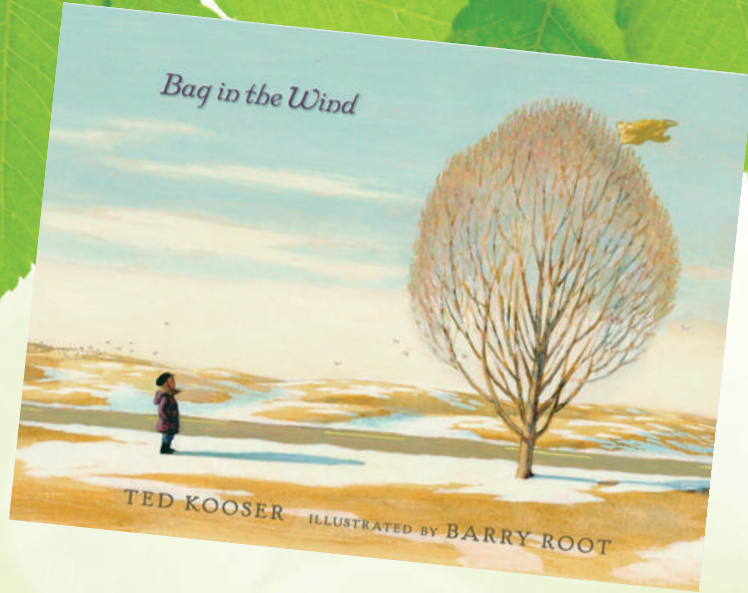
A group of friends find the perfect place to settle, a dense forest where they spent their summer happily. During the colder seasons, they started to use wood for fire and the whole tree for a shelter. Soon the beautiful forest was gone. There is only a small tree left, and only the children care for it. The book carries an important message about caring for our planet. As well as how small actions can lead to bigger ones and make a huge difference.



Greta and the Giants

by Zoe Tucker

The story is about a girl named Greta who tries to save the forest from Giants. One day, all the forest animals came to Greta asking for help to save their home. So, she went alone to the Giants to tell them to stop, but no one heard her. Three days later, strangely, a boy decided to join her. After a period of time, thousands of people marched together with Greta to help the forest animals.

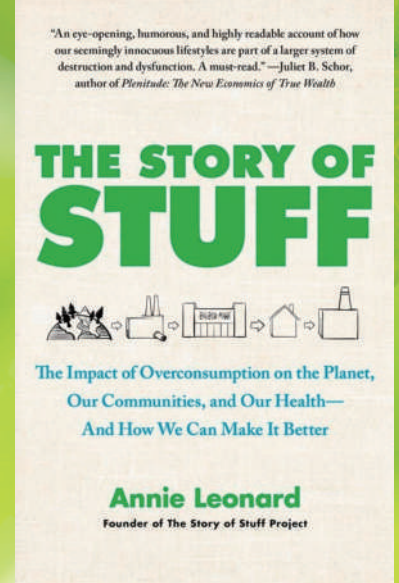


Bag in the Wind
by Ted Kooser

A story about a plastic shopping bag that goes on a journey from the store to the landfill. Kids will learn how plastic shopping bags can be useful to humans but harmful to the environment.

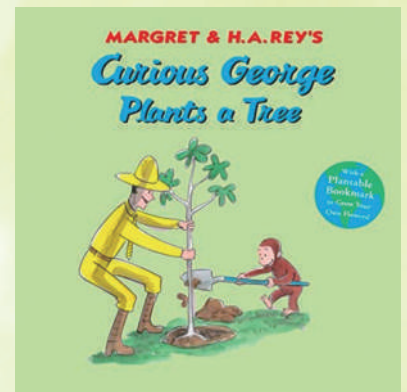
The Story of Stuff
by Annie Leonard

The book is for anyone who has an interest in or background knowledge of sustainability, or who wants to learn more about advocating on a larger scale for better and greener practices. The book includes topic from extraction and production to consumption and disposal.



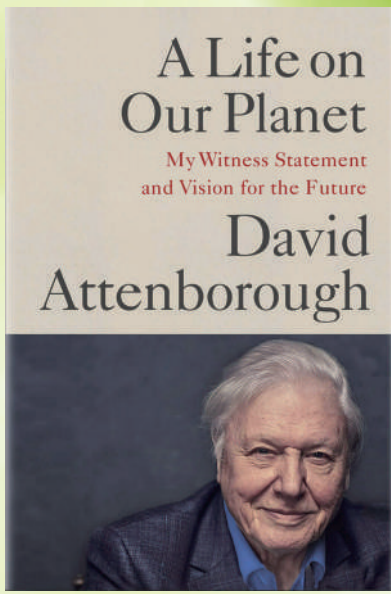
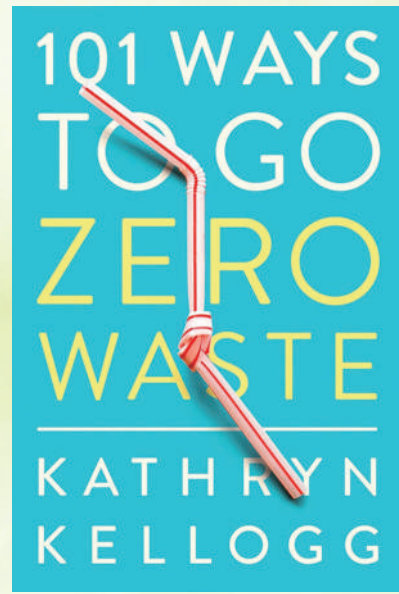
Curious George Plants a Tree
by Margret & H.A. Rey's

George took a trip to a science museum. He learned about the importance of recycling and reusing. After the visit he learned about green day rally in the park. When George went back home, he gathered those items that can be recycled and placed them on his wagon. Take an adventure with Curious George to plant a tree on a green day.



101 Ways to Go Zero Waste
by Kathryn Kellogg

Do you ever think about what happens after you throw the trash in the bin? Obviously, it doesn't disappear magically into the air. This book has a lot of amazing suggestions on how you can go zero waste and help the environment such as using cloth napkins, glass straws, beeswax wrap, and so on. As well as many DIY recipes and ways to have sustainability work for you and your family.



A Life on Our Planet
by David Attenborough

The book is easy to read, digest, and understand, but also thought provoking. David Attenborough has already done endless work to help raise awareness for our planet, and this book is such a gem. The book goes down in history and it can be the most memorable read of the year.

Spotlight On:

Wulumuqi Road

By Tina Kanagaratnam

District: Xuhui

Cross Streets: Zhaojiabang Road and Huashan Road

Nearest Metro Station: Changshu Road, Line 7 and Jing'an Temple Line 2

The street we know today as Wulumuqi Road once had three different names and ran through both the former French Concession and the International Settlement. It was laid out between 1918-1921, following World War I, and developed in the boom years between the wars, when money was plentiful and Art Deco was all the rage. For tours, you can contact WeChat ID: historic-shanghai to stay tuned on their upcoming walking tours.

▼ **1.** Rue Dufour—now Wulumuqi South Road—was named for Alexandre Dufour, a young Frenchman from Shanghai who died on the battlefields of France. The **American Masonic Lodge**, constructed by the American Freemasons, is a streamlined modernist building designed by one of the brothers. When it was consecrated in 1928, a box with Masonic symbols was placed inside the cornerstone.

Address: 178 Wulumuqi South Road



▲ **2.** Just next door is the stunning **Dufour Apartments**.

This classic Art Deco beauty is as cosmopolitan as Shanghai: a building with a French name, designed by the Russian architect W.A. Federoff for a Baghdadi Jewish developer, Jacob Isaiah Jacob. Pro tip: wait until someone opens the gate so that you can get inside and see the vibrantly colored tiles in the lobby.

Address: 176 Wulumuqi South Road



▼ **4.** Wulumuqi North Road, formerly Tifeng Road, is where some of Shanghai's wealthiest families lived. Families like the Kadoories, current owners of the Peninsula Hotel, settled in their home, **Marble Hall**. It was named for the quantities of marble used, including their own ballroom and expansive grounds. It's now the Children's Palace (under construction).

Address: 64 Yan'an Road

▲ **3.** On Wulumuqi Middle Road, where the modern Avocado Lady now stands, there was once a food market. Pop into the lane nextdoor to see the Chinese Art Deco **Crystal Palace**. Built in the 1940s for a wealthy Chinese hat merchant, the name comes from his many crystal chandeliers. The most iconic buildings on this stretch are the Art Deco pair on the corner of Fuxing West Road (Route Boissezon) and Wulumuqi Middle Road (Route Alfred Magy): **The Magy Apartments** and **The Boissezon**. Both were designed by architects Alexandre Leonard & Paul Veyseyre, the most prolific architects in the Concession. Indeed, Leonard liked the Magy so much that he lived in the penthouse.

Address: 24 Fuxing West Road and 26 Fuxing West Road



◀ **5.** Another influential family to settle in the area is the Nissim Family. The Nissims began trading in Shanghai in the 19th century, before moving into banking and real estate. Their home, **Nissim Mansion**, is rather neglected these days but the grandeur is still there, albeit shabby. On the final stretch of this road, you can see the beautiful **Shanghai Free Christian Church** (25 Wulumuqi North Road), established by British missionaries and built in 1939.

Address: 1875 Nanjing West Road. **SF**



Eco-Friendly Begins at Home

How to instil a sense of reduce, reuse, and recycle. *By Anabela Mok*

Growing up, I was taught not to waste. Little did I realise that most of my childhood habits were a part of what we now call, being eco-friendly. If we collectively reduce, reuse, and recycle we might make planet Earth a better place, and these habits begin at home.

Homemade With Love

We are a family that repurposes, which means our daughter gets to play with homemade toys. How cool is it when we look back to know that she learnt her colours because I repurposed an old *kuaidi* box and created a colour sorting game. Or the first bed for her dolly is designed and made from an old shoebox.

Focus on Essentials

To help our family reduce unnecessary items, it helps to differentiate a

need versus a want. My 3-year-old may want a diet of lollipops and cookies, but as her mum we need to make healthier diet choices. Understanding the difference between the two will come in very handy later, especially for bigger budget items like new phones, computers, iPads. Not a day I look forward to, but I know we will get through it.

Creative Housework

We try to conserve at home, so water from the de-humidifier is used to water our plants and to mop the floor. We also recycle used coffee grinds and make our own body scrub, or put in my potted plants.

Our kid's job is to let us know which de-humidifier needs emptying. We also make sorting our garbage into a little game. Just like how she

Our kid's job is to let us know which de-humidifier needs emptying. We make sorting our garbage into a little game. Just like how she tidies up after playing with her toys, she helps us throw items in the trash, with direction of course.

tidies up after playing with her toys, she knows which bin to use. We keep our home more energy efficient by turning off the air con and lights in our apartment if we are not in a room (except the nanny cam, that stays on).

Bring Your Own

When we go grocery shopping, we love taking our reusable bag. This also means we need to be detailed in our list, so we know everything fits in our bags.

We often bring our own Tupperware to store our leftovers when eating out to minimise plastic consumption at the restaurant. However, refrain from taking the handy Tupperware when it comes to buffet dining, that is a cheapskate move and one the restaurant may not appreciate.

Grow It

After last year's lockdown in Shanghai, I became inspired by all the at-home gardeners. Growing a garden is a survival skill and one that I enjoy learning about together with my daughter. Knowing how long it takes to grow something teaches us how to appreciate our food and respect the farmers.

Healthy Lifestyle

One part of being eco-friendly is doing healthy exercise together as a family. Walking and exercising are good habits to keep the body active, and it's never too early to develop a healthy lifestyle.

Other ways we enjoy making our home environmentally friendly is:

- Supporting local growers
- Buying products that are made from recycled materials, or are biodegradable
- Using energy-efficient light bulbs
- Line dry laundry

Are you ready to get creative? We hope this is inspiring for your family! **SF**

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Requirements:

- Native-level English speaker
- 16 years or older
- Keen interest in media
- Good eye for detail
- Hungry to learn
- Good attitude
- Interested in writing, photography or design.

Please contact anabela.mok@shfamily.com with the subject heading 'Internship Application' if you are interested. 



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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

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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

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

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Are you moving house? Have too many things? Need

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Services

MAWOOX



Custom made furniture that is unique and timeless as a result of close collaboration between the client and MAWOOX. The team of well trained and experienced craftsmen from cabinet makers, painters and upholstery professionals create high quality furniture mainly from imported wood. Besides new furniture, MAWOOX also provides renewal service for your beloved pieces. They have a 25-year history in Shanghai. Sino-German Innovation Park 222 Middle Huacheng Road, Jintan District, Changzhou, Tel: Joyce (EN/DE/KOR/CN) 173 2104 1917 or George (EN/DE) 189 6241 2911, mawoox_team@outlook.com, www.mawoox.com

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffeuring, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. 15F, 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

community listings

prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. Lane 4, 946 Changle Road, 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 Xujiuhui Station), Tel: 3368 6117, www.bluefrog.com.cn

CHILI'S



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

Located on Binjiang Avenue in Lujiazui 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



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AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties.
2FL, 940 Changde Road, info@awesomekidsclub.com.cn, www.awesomekidsclub.com.cn

BJORKY EDUCATION

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

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, info@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

community listings

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: Dulwichcollegeshanghaipudong;

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

虎媽牛娃
Family
Parents & Kids

Parents' coffee and chats

名校家长私享汇

With just over 20 years of history, we feel we have a responsibility not just to bring kids, parents, and families together, but also to help build a kind and caring Shanghai community. With that in mind, we are delighted to announce 'Parents' Coffee and Chats'. Come join us to discuss or learn about various topics such as health, nutrition, mindfulness, travel and education, while sharing advice, stories and information with fellow mums and dads of Shanghai. Stay tuned for more details...

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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. IB 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: scishis

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 IB DP 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 ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. www.ssis.asia, admission@sis.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 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@montessorisos.com; 21 Donghu Road, Xuhui District, Tel: 5403 7699, admission.xuhui@montessorisos.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessorisos.com; 3852 Duyuan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessorisos.com; www.montessorisos.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

community listings

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 Hongahong 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 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

BODY & SOUL MEDICAL CLINICS

Combining the best of East and West, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services include: TCM and internal medicine, acupuncture, herbal medicine, gynecology and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road, Tel: 6345 5101; 211 Chengjiaqiaozi Road, Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

COLUMBIA KAIYI CLINIC



Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management

community listings

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. Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, 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-Sat 9 a.m. - 6 p.m.; Tel: 400 663 7707, columbiaclinic.com

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO



For information & appointment
4008-210-277

DeltaHealth Hospital
No. 109 Xule Road, Xujing Town
Qingpu District, Shanghai

DeltaHealth Clinic
3rd floor, Block A, Gubei 50HD
No. 188 Hongbaoshi Road

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; 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, 8 a.m. - 6 p.m. Sun 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an District, Mon - Sat, 8 a.m. - 8 p.m. Sun 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

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

PARKWAYHEALTH



☎ 400 819 6622
parkwayantai.cn

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- ◆ Ophthalmology
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- ◆ Plastic Surgery
- ◆ Physical Therapy
- ◆ Urology
- ◆ Traditional Chinese Medicine
- ◆ Vaccination

Website: www.renaihospital.com
☎ (8621) 54893781

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.

community listings

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. 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

- Family Medicine
- Emergency Medicine
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- Ophthalmology
- Fertility service
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- Obstetrics & Gynecology
- 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 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: (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.parkwaypanlai.cn

LIFESTYLE

Hotels & Holiday

SHANGHAI HONGQIAO TONGPAI HOTEL

As Tongpai's flagship hotel in Shanghai, Shanghai Hongqiao Tongpai Hotel has rapidly been a new landmark of trendy urban life for young generations and nearby communities since the opening, with its favorable location, distinct design style, plus diverse and creative food and beverage. The cuisine prepared by the hotel is sophisticated yet boldly innovative, and is distinguished by creative dishes, distinctive coffee blends, and craft beers. The chef team has rich experience in customized catering packages for various activities like team events, social parties, and training sessions. 115 Minbei Road, Minhang District; Tel: 3328 8600 ext. 6603; tongpaihotels.com/en/hotel-hq.html

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



When I have a moment to look back and see how far I have come as a person – that I took the path less travelled, and it is beautiful!

Meet Eve Samyuktha

Plant-based Advocate and Founder of 7030

From chemical engineer to plant-based advocate.

By Anabela Mok

Tell us a bit about yourself

I am from South India, from a city called Chennai. I moved to Shanghai about 5 years ago when I was working as a chemical engineer.

Like many other families in our hometown, having a boy was considered a blessing and if you have a girl child first, you keep trying till you have a boy.

When I was 24 years old, I got accepted into Imperial College London for a Master's program in chemical engineering (one of the top tech institutes of the world). I asked my father for a loan for the fees and he said to me, "Why do you want to suffer? Study

abroad, work for a living? Woman don't have to work."

I explained to my father that I am really good at science and tech, and having a master's in chemical Engineer from Imperial means better job prospects in the industry.

"You can marry a chemical engineer instead, you know?" was his response. My mother helped me get a loan (in secret, I should add) and helped me go to London, without my father's knowledge.

Now, I lead my own start up. I have learnt that my happiness and peace translate as suffering in patriarchy.

What inspired you to leave your full-time job and start your own plant-based consulting food business?

The vegan community that my friends and I started in 2016, grew beyond our expectations, and there was a need to ensure that this community can get all the support they needed from a solutions standpoint - mainly. I set up a "Plant Based Consulting (PBC)", and we connected various restaurants with plant-based products and did active community building.

During the consulting years, we realised there are already tons of plant-based meat companies in China's mainland but they were not getting enough attention. Meatfest 2019 was born out of these discussions and it is one of the most important milestones for grassroots vegan advocacy in China.

Vegan Challenge, was also another advocacy project that we ran. Hundreds of participants who told us, "Eve, this is great, but tell me what to eat and send it to me!"

I pivoted towards the F&B business in 2020, post Covid-19, and founded 7030, and pivoted towards whole foods plant-based meal plan solutions.

How do you continue staying inspired and motivated?

Covid-19 had a huge, HUGE impact on how I view the world especially human-caused ecological pressures and disruptions

This coupled with the fact that I care immensely about animal welfare, helps me get out of bed on those days when I don't want to continue chasing those deadlines. I don't believe passion alone motivates me. For me it is a sense of the 'why' I do something. If I am spending 8-10 hours a day during my active time on a project, it needs to have a purpose and align with my values. **SF**

LUXURY LIVING

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