

Shanghai Family

Spring Issue 2022

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*Benefits and challenges of Third Culture
Kids and multicultural families.*

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Across

1. Intended for discoveries; find answer to challenges
3. Related to or characterized by deep thought
5. The desire or willingness of someone to do something

⁵m _ _ _ _ _ e _

Down

2. A person who uses their mind intelligently to look for information
4. A strong desire to know or learn something
6. Able to consider other perspectives and be empathetic to other people





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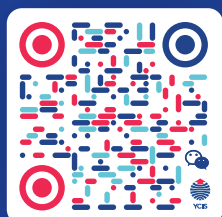
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delicious treats!

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editorial team note



As we are coming out of lockdown and virtual learning, catch up on all the happenings at the schools around Shanghai with our **School Roundup (12)**. Living in an international city has its dose of glamour. Children are exposed to many different cultures and customs. Our cover story examines the impact of being a **Third Culture Kid (14)** and how parents can help transition their child to adapt and grow. We also look at how schools give their children an unforgettable experience into **Chinese culture and language (26)**. We also focus on how international students serve the Shanghai community through **volunteer programs (32)**.

As spring arrives, let us look at ways to enjoy the beautiful weather. We invite you to indulge in **bites of luxury (44)** where you can unwind with close friends while enjoying the pleasant weather. And if you are looking for the perfect way to entertain at home, there are some wonderful **spring recipes to try out (42)**.

We hope you enjoy our first issue of the year as much as we enjoyed compiling it.

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



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Blue Bottle Coffee Arrives in Jing'an

The Oakland-based third wave coffee chain has landed in coffee loving Shanghai. After a few years of speculation, the first store in China's mainland opened on 25th of February in North Jing'an. With backing from Nestle and former executives of Starbucks steering the ship, the company seems to have big ambitions for China. Address: 908 Chang'an Road.



M on the Bund and Glam Bid Farewell

After 23 years of operation on the Bund, the iconic M on the Bund and Glam dining lounge and bar closed on 15th February. Since opening in 1999, M on the Bund distinguished itself as one of Shanghai's most beloved restaurants, welcoming local and international diners with creative and eclectic Western cuisine, stylish interiors and warm hospitality. The pair of establishments have hosted many cultural events including Shanghai International Literary Festival, the M Literary Residency, Chamber Music Concerts, and Shanghai Mentor Walks. In its many years, the restaurant and lounge has served over 3 million guests, including much of our Shanghai Family community. Thank you for the memories!

2022 Student Voices is Starting

The 2022 Shanghai Family Student Voices Competition is in progress! Our new topic is Green Your Power, Power Your Future. Stay tuned to our WeChat account for further contest information. This year we also offer educational articles with our corporate partner Petronas. The age groups, 6-10, 11-14, and 15-18 year olds, will receive different question prompts. We look forward to hearing you!



New Cages Opens in Huangpu

Popular sports bar, arcade, recreation league juggernaut, Cages opens up a second temple to all things sports, this time in Huangpu District. The new venue is a little brother of the Jing'an flagship. It is smaller but still has TV screens, batting cages, arcade games, and sports bar menu. Address: 1F, 788 South Zhongshan 1st Road. Hours: 10 a.m. - 10 p.m.

Lizzy's All Natural Has New Meal Plans

Lizzy's subscription meal plans have been revamped. The new series is balanced in nutrition with lots of food and caters to different dietary needs and styles. They currently offer a 1,200 Calorie Balanced Meal Plan and a 1,350 Calorie Vegan Meal Plan, with upcoming options of Keto, High Protein, and Extra-Low Calorie. The meals are available in 1, 3, 4, 7, or 14-day sets on Lizzy's online store. WeChat: Lizzy'sNew



SCIS Students Get Creative in the Kitchen

SCIS's Grade 7 and 8 design students teamed up to create a food truck business. They designed their truck in Adobe Illustrator, made a logo, created a fictitious menu combining two cultures, then chose one item from that menu to cook for others. After three weeks of experimenting with ingredients, testing their culinary skills, and gathering feedback, students shared their creations with the school community.



FGA Celebrates CNY

FGA students welcomed the New Year with colourful performances, expressing their wishes and hopes for what's to come! The stage was filled with confident children sharing wonderful recitals. Off-stage students and parents participated in traditional Chinese games and activities, aimed at creating a warm and engaging community spirit.



WISS Holds ISTA

WISS played host to the ISTA Festival "Borders, Barriers, Boundaries - The push and pull." An exhilarating performing arts experience for primary and secondary WISS students under the guidance of an ISTA instructor. The Festival was a full day teeming with exciting workshops and a final performance. WISS students had the opportunity to master new techniques, explore strategies, learn various methodologies, and enrich their skills development as IB learners.



Dulwich Pudong Class of 2022 University Offers

The university matriculation season is off to a great start for the Dulwich Pudong Class of 2022. Our students have received offers from a wide range of programmes at some of the finest universities in the world. We are particularly proud to announce that two of our students have received offers from Cambridge University including one unconditional offer received by 2021 graduate Nicky W. Well done!





Winter Activities at Magnolia Kindergarten

January and February are always full of discoveries about the winter season like the "My Body" topic and celebrating Chinese New Year! Magnolia kids explored how to protect and use their bodies for winter sports with a great field trip to the ice rink for the big students and a snow dome for sensory games for the littlest ones. After Chinese New Year, Magnolia continued celebrations built around the traditional story of "The Carps and the Dragon Gate."



YCIS Student Off to Oxford

Student Sophia from YCIS Shanghai (Puxi), will pursue a BA 'Law with German Law'. Sophia's choice demands applicants to be fluent in German as well as English, which she has already mastered in addition to her very competent Chinese language skills after 12 years of studying at YCIS Shanghai. She is also a well-known student leader, and served as Co-Captain of the student council activities.



Dulwich Puxi Excels at FOBISIA Festival

Dulwich College Shanghai Puxi came 1st in China and 16th overall in Asia in the FOBISIA Primary Literacy & Numeracy Festival 2022, which involved students from top British international schools across Asia. Students achieved remarkable individual scores; a testament to the strong foundations in literacy and numeracy built in the College, and to the hard work of students and teachers.



Concordia's Middle School Ambassadors Welcome New Students

This school year, Middle School Student Ambassadors at Concordia International School Shanghai planned several fun activities for the rising incoming middle school students to help with their transition to a new school. Recently, the welcome group and new students visited the Culinary Lab to make dumplings together in honor of the Chinese New Year.

The middle school ambassador program aims to make new students feel welcomed and to help them adapt socially, academically, and culturally to the new environment. It also provides unique leadership opportunities and mentorship experience for older middle school students to really develop a sense of community at Concordia across all grades.

Shanghai Qibao Dwight High School

Shanghai Qibao Dwight High School is proud to be commemorating Dwight School New York's 150th anniversary this year. The school is a landmark educational institution, having graduated generations of student around the world. Alumni across all industries helped shape Dwight's rise to prominence as a global center with campuses in New York, London, Seoul, Shanghai, Dubai and Global Online.

As the school looks forward to celebrating the historic milestone with the community both locally and globally, this year also marks the 50th anniversary of Dwight School London, the first Dwight campus to be founded overseas, and the tenth year for Dwight School Seoul.



cover story



Citizens of Everywhere, Yet Nowhere

**Benefits and challenges of Third Culture Kids (TCK)
and multicultural families.** *By Ailan Gates*

Before I begin, I would like to thank both Anabela Mok (Managing Editor) and Carrie Jones (Director of Counselling Services at Community Centre Shanghai) for their invaluable experience and insight on a matter that lies very close to my heart. There is a growing population of global nomads, a term that is common today, but only first appeared in print 23 years ago (Pollock, 1999).

The interesting thing about being an intercultural Third Culture Kid (TCK) is that as soon as you meet someone with a similar background, you are instantly drawn to one another. The unique blend of both has a karmic pull that is instant and magnetic. This was certainly true for Anabela and I, as our hybrid backgrounds and experiences paralleled one another and continue to be the same as we traverse through our adult lives as Adult Third Culture Kids who have opted to raise our children outside their home countries.

My childhood up to the age of 14, before I was sent to boarding school in Australia, was vastly different from most of my peers. Growing up in a multicultural/racial family as a Third Culture Kid (growing up outside my parents' culture) was filled with tremendous angst. Being mixed, I didn't really feel like I belonged anywhere, in either world. It wasn't until I was in my late teens did I fully understand and appreciate the immense advantages of growing up within two worlds, and seeing the best of both. Thus, my own transition from being a TCK to an Adult TCK (ATCK) felt natural and went unnoticed. Now, fast forward a few decades, I find life has come full circle as I'm raising my own children away from home.

What is a Third Culture Kid and Adult Third Culture Kid?

TCK was a term first coined by US sociologist Ruth Hill Useem in the 1950s to describe children who spend their formative years in places that are not their parents' homeland. This often occurs due to TCK's parent's jobs and are generally mostly made up of children of expatriate workers, diplomatic and military dependents, missionary children, or children of transnational marriages. TCK and ATCK are not simply people who had to move to a different country, but also often refers to those individuals who have spent the first 18 years of their life in more than one country as global nomads. TCK experiences are unique to them in that it shapes their outlook on the world around them. Each experience, whether good or bad, has differing effects on many aspects of a TCK's childhood that are carried into a TCK's adult life.

One quote that resonates in most TCKs is Maya Angelou's,

"The ache for home lives in all of us. The safe place where we can go as we are and not be questioned."

On the surface it may appear that the lives of TCKs appear glamorous and exciting, as TCKs get to travel and experience different cultures. However it can lead children to not fully understand the significance of what they might have lost by living a nomadic lifestyle, where they are periodically moving, and continually saying goodbye and hello to a new life with new beginnings. The loss of home, country and land which officially isn't tangible and repeated separations from family and friends leaves TCKs with unrecognizable and unresolved grief. Car-



rie states: "some children are able to adapt and be flexible and thrive a little bit more despite all the difficulties and other kids need a little bit more of being rooted and grounded living at home." The feeling of belonging to a tribe or a base doesn't exist for them. Another side effect to being a TCK is never having the desire to stay in one place for too long. Some TCKs find staying grounded or rooted overwhelming and seek constant mobility. Sociologist Ruth van Reken (1999), discovered that although TCKs are more likely to speak more than one language, have a broader worldview, and be more culturally aware, they can however go through life with a deep sense of rootlessness.

"A rolling stone gathers no moss" can aptly describe the restlessness some TCKs experience. They pay a price for always being on the move, as they don't grow roots in any place or to any one person and prefer to be continually moving to avoid being too inert or static. Their nomadic lifestyle of constantly moving from place-to-place leaves TCKs to question, where is home? As home is "everywhere and nowhere," says Reken.

This is evident by the sheer fact that TCKs have a great propensity to learn to build relationships with people from all the varying cultures they meet, yet never claiming complete ownership of any one. They become chameleons whereby their identities are often rooted in people rather than places.

What is a Multicultural Family?

A multicultural or multiracial family is not just having differing passports. It also refers to having experience within the different cultures, traditions, religions, languages, and ethnicity which in turn forms an individual's identity.

Types of multicultural families

Interracial Family: a form of family that involves members who belong to different races or ethnicities.

Third-Culture Kids: an expression used to refer to people raised in a culture other than the one of their parents. These people are often multicultural individuals.

Intercultural Family: couples from differing cultures and backgrounds who might have moved multiple times to distinct cultures or experience various cultures growing up.

As a result of globalization, people of mixed race have become a growing demographic. The melting pot of mixing of race and cultures creates an endless myriad of positive and negative characteristics.

Positives Characteristics

Multilingual

The more languages you learn, the easier it is to communicate to people.

"One of the main benefits of kids growing up as a third culture kid or growing up in a different culture and overseas is the fact that so often they are multilingual or bilingual." -Carrie

Studies show that people who speak a second or third language are more likely to be less distracted and more focussed on tasks. They are also



highly sought after in the global marketplace as corporations recognise that TCK's ability to communicate in multiple languages fosters inclusivity, sensitivity, and tolerance.

Ethnic Ambiguity

Ethnic ambiguity has become the latest hot catch phrase to describe anyone who's racial background isn't easily identifiable. Advertising and marketing agencies are constantly casting people that fit within this demographic as it has become highly profitable for them, as interracial people are able to identify, be identified, relate and be relatable to a larger population seamlessly.

Global Family

Having family all around the world opens great opportunities to travel and experience various cultures.

Higher Self Esteem

TCKs are more adaptable and able to function well in both majority and

minority environments and are more likely to reject racial bias and prejudice.

Chameleons

Multicultural/racial people can adapt and change their identity to assimilate with other racial groups effortlessly because they are more emotionally wired to be open and empathetic to other cultures. They are like the human version of the United Nations.

Negative Characteristics Prejudice

They don't exactly fit in with everyone. They're neither one race nor the other. Even some family members may not accept them as being 'full-blooded' like other family members and face prejudice from society, because of mixing of cultures, languages, or traditions. Sometimes children from multicultural families may feel they have to choose one heritage over the other.

"As a third generation Portuguese born in Hong Kong, I was raised in five different countries before I turned 10. Culturally, although I am a large part Chinese, the international upbringing creates a lot of confusion about my identity. With local friends, they are quick to call me 'gwai mui', which translates to, 'you are a foreigner', and for my caucasian friends, they quickly write off 'you are Chinese.' I know I am a unique breed, but for a young child many of these comments could have a bigger impact on their lives."
-Anabela



cover story

Difficulties intercultural families may encounter, and how to overcome them

Multicultural couples face the dilemma of resolving cultural differences. They may have to negotiate diverse cultural values, which, in some cases, may even be opposed.

One of the main decisions an intercultural couple faces is the place of residence. This decision is often affected by emotions, subjective viewpoints, and even the opinions of other relatives. Parenting and child rearing are other key aspects to consider: Which language or languages are the kids going to learn? Which one will they learn first? Which traditions are they going to learn? How is the family dynamic and structure going to look? How will they be educated?

Cross cultural attitudes and beliefs are also extremely important. Multicultural families must be able to make compromises to find a way to fulfil both parties' interests and tradi-

tions, celebrations, and special dates, as well as religions. It is important for multicultural families to give their children enough guidance, reassurance, and support so that they feel proud of both cultural backgrounds. Anabela reflects fondly on the benefits of living as a TCK, "celebrating Catholic holidays, Chinese New Year as well as the lesser known Chinese holidays were a big deal for us, just as it was important for me to learn calligraphy."

Multicultural families might need to figure out how they are going to stay connected with their extended family (grandparents, uncles, cousins, etc.) When the couples come from two very distant countries, they need to decide how and when they are going to spend time with each side of the family.

What other support can you offer TCKs and multiracial children

It's also important for parents, teachers, and counsellors to be able to individually assess each TCK and

their different experiences to pinpoint areas of transition that can lead to stress.

- Adopt a broader perspective on culture and global living. Recognise there are subcultures within cultures and there is more to culture beyond race and ethnicity.
- Check in on TCKs on a continual basis and encourage them to keep in touch with friends.
- Acknowledge that there are differences in backgrounds and not all TCKs are identical.
- Acknowledge TCKs grief and encourage them to talk about their loss about friendships, teachers, home, and family.
- Try not to deflect TCKs losses by putting a positive spin on things as this undermines their grief and can lead them to become withdrawn, uncommunicative, angry, and embarrassed.



- Encourage TCKs to name and identify their emotions. This will encourage TCKs to develop healthier responses to grief.

“Make sure to praise your kids often, that you’re seeing the things they’re doing, that you’re really seeing them for who they are. Acknowledge their strengths, their struggles. Value their self-worth and give them a strong sense of self.” - Carrie

Carrie also mentions the importance of giving our children a sense of stability and being grounded within a community with a secure attachment to you. So no matter what culture they live in, what country they live in, or where they move, they have their family.

Challenges of Being a TCK

Culture Shock

Being global and having to move from country to country and uprooting yourself can often lead to loneliness and dislocation. TCKs may experience culture shock and not feel like they fit in their new surroundings.

Home is Everywhere Yet Nowhere: A Sense of Belonging

According to American psychologist Abraham Maslow, “human beings, especially children have a fundamental urge of ‘belongingness.’” It refers to a human’s emotional need to affiliate with and be accepted by members of a group. Belonging to a group and feeling identified with those in that group is an important aspect of our identity and sense of self. This primary urge or necessity to belong within a group is a natural and instinctive defence against an attack in the natural world. Look at a pack of lions in the savannah, the big-

ger the pack, the safer they are. Lions that are outcast become vulnerable against the elements.

Lack of Intimate Relationships

Many expatriates are on finite contracts as short as two years, forcing children to leave close friends and make new ones on a regular basis. The upheaval can also take its toll on those left behind. Some of the biggest hurdles come when TCKs repatriate as “everyone knew everyone, and no one knew me,” are all too familiar feeling for TCKs. Their new school might not have the transitioning support programme found in international schools, and TCKs may have a hard time talking about their feelings and experiences without their new classmates perceiving them to be showing off.

Thus, finding new friends can be difficult as having spent a time away, children may feel out of sync with



their surroundings and people. Their outlook in life may be richer, their understanding deeper, and their exotic upbringing may no longer be aligned with their former lives. They've moved on, but so has everyone else. Referred as "citizens of everywhere and nowhere," TCKs often don't have a good grounding on belongingness and lack the processes to develop intimate relationships.

Explaining Where You're From

Although a simple question, explaining where you're from can be a very challenging and stressful question to answer for a TCK. What is home may consist of multiple addresses.

"Kids might not have a strong connection to home as they didn't live there and they don't feel at home here, so being asked the question 'where is home?' might be incredibly stressful."
-Carrie

Triumphs of Being a TCK

Multilingual and Multicultural

One of the most prominent benefits of being a TCK is learning different languages.

"There are many benefits to being multilingualistic and often I wish I had more opportunities to do that when I was younger."
-Anabela

As Carrie agrees, some of the main benefits of TCKs growing up in a different culture and overseas is the fact that so often they are multilingual or bilingual.

Being immersed in a different culture or having to navigate through differing cultures makes TCKs

more culturally sensitive. The worldviews of TCKs expand and they become more open-minded and understanding. They possess cultural empathy and ability to assimilate to others with ease. These skills naturally promote kindness and acceptance whilst encouraging camaraderie which fosters inclusion and tolerance.

Global Friendships

TCKs can travel to anywhere in the world and meet old friends from their childhood. Their diverse friendships hold no boundaries because for many TCKs, home is people, not a place. They are truly the epitome of the idiom "home is where the heart is". They build friendships with people across continents and the memories they make stay with them forever.

Adaptable and Sensitive to Nuances of Host Country

TCKs transient lifestyle makes them more adaptable to change and quick to assimilate to their surroundings. They are adept at picking up their host country's expectations and characteristics very quickly through exposure. "They understand there is more than one solution to a problem and more than one way to assess a problem," says Carrie. They think outside the box and become acutely adept at picking up societal norms, cues, and nuances.

Travelling the World

Perhaps the absolute best thing about being a TCK is travelling the world. They see different settings, experience different cultures, taste different cuisines, talk to different people, and live outside their comfort zone, which helps TCKs to be more resilient, independent, and confident in themselves.



Helpful Tips on Raising TCKs

School counsellors have observed that problems are more likely to occur with children starting at age nine to early teenage years when friendships are an integral element to a child's self-identity. Below are a few tips for parents to review to help them navigate raising TCKs.

Assist children with developing coping skills to handle questions and/or biases about their background. Help them answer the question- where are they from?

Carrie says that it's so important to make time to connect with the whole family including extended family members no matter how busy life gets. Take the time to create family rituals and traditions that are uniquely yours. Prioritise family bonds and friends with regular face-time and skype calls to keep the lines of communication open.

Observe your children and if you see them behaving differently, then talk to them about what is going on. Listen and validate their feelings to help them move forward.

Encourage the One Parent One Language (OPOL) method to communicate with your child in your native language to ensure that both languages get established. It will also aid children in creating a lasting lingual bond to each parent, according to Francois Grosjean, linguist.

Locate books, textbooks, and movies that portray multiracial individuals as positive role models, as well as books about the lives of multicultural families.

Establish support networks for your child from the school, grandparents, relatives, neighbours, and the greater community.



“Now, with my own multinational family and with my own experiences, I am more aware of providing varying cultural experiences to my child to help shape her identity of being a triple citizen. I look for diversity in student population, and also look for an active parent community.” -Anabela

Summary

TCKs are a growing part of our global community. They will provide the world with incredibly strong communication skills, cross-cultural skills, and social skills. These 21st century skills will increasingly become invaluable and relevant in this global era in which we now live. TCKs life experiences will be a vital resource, thus providing them with opportunities to engage with new people from differing backgrounds, cultures, languages, and values. These skills will allow them to set and share common goals and apply their unique skills to cultivate a better sense of a global unity. **SF**

Discover Diversity at the Shanghai French School

Learning for a global citizen in a trilingual setting. *By Anabela Mok*

If you are looking for a school to groom the future global citizen, you may consider the Shanghai French School (Lycée Français de Shanghai). The school provides graduates with The Baccalauréat, the French National Diploma. This world-recognised qualification allows graduates to transition to any global academic curriculum or apply to top universities all over the world. Is the school only for French nationals? No. The school welcomes about 1,560 diverse students from over 47 different nationalities.

French as Language of Instruction

For non-native French speaking students, a French intensive support programme is offered (called FLSCo: French as Language of Instruction), which generally takes place over two years, allowing students to learn the fundamental language and learning skills required in school while still following the academic programme.





Abriana
Grade 10
India

Abriana, who has transferred into the French School programme from a British curriculum in Dubai, spent her first year learning the language so she could study with her classmates. "I had intensive FLSCo training in the beginning. In the first year I had 12 hours of French per week, and they cut my classes for French literature and history and geography so that I could focus more on learning French as a language."

"There are many cultures here and there are many people from different backgrounds. So you don't feel like the odd one out." - Abriana, Grade 10, India



Isabella
Grade 8
USA

Isabella, who fell in love with the French language and culture, transferred to the Shanghai French School from a bilingual primary school after a trip to Paris with her parents. According to her parents, "we are already a bilingual family with Chinese and English. If she has the passion to learn a third language, why not? We have always been a diverse family willing to embrace new cultures."

Preparing Global Citizens of the World

Tahy, originally from South Korea entered the Shanghai French School when she was four. She was exposed to French when her family lived in France and she attended a French preschool. However, with both par-

ents not speaking French and language at home being Korean, FLSCo helped her get through her studies and provided help with homework understanding if she required. "Studying in the International American Stream, most of my classes are still in French as we're in the French school. We have French math and French science and French, everything in French. But then in addition, I have English history, geography, and English language and literature."



Tahy
Grade 11
South Korea

"Because my Korean foundation is rather strong, I can progress more in French and English because you really have to have a good nature of language foundation. I do have a bit of ease in learning other European languages, for example, right now with my German peers, I'm just starting to catch up with German because it's easier to understand." - Tahy, Grade 11, South Korea

Connecting to Their Heritage

For students who want to connect to their French roots, the school also extends the FLSCo programme to help improve French language mastery. In the case of Gaston, a self-identified Franco-Mexican with a French father and a Mexican mother, languages in his household can get mixed up so the programme allows him to improve his French. While he was previously enrolled in an American IB school, he felt the International American Stream to be a better fit.



Gaston
Grade 9
French

"French was the language I mastered the least. Now that I am at LFS, French is better and at the same level as English. The Spanish is not far behind. Thanks to the course I have classes in Spanish, French and English. I managed to balance my languages well and am in Chinese, even if Chinese is a little more difficult." - Gaston, Grade 9, French

Similar to Gaston, Anne's father is also French but her mother is Chinese. Growing up in Shanghai, she was enrolled in the local primary school, so her Chinese has been strong and was learning French language and culture via weekend classes and conversing with her father. For Anne to attend LFS "she was studying at a very good Chinese school, but we chose LFS to follow the family strategy." Studying in the International Chinese stream, she is still able to continue her strength in Chinese with the classes, but also use French consistently.



Anne
Grade 12
Chinese

When she first attended LFS, Anne would only receive 4 hours a week from FLSCo as the programme will assess your need and the amount of time you need to dedicate to improve French. "Once she was able to enter the regular classes, if she has homework questions she can easily reach out to the teacher, or discuss with her father who has adjusted his working schedule to take control of school matters, which was once her mother's responsibility when Anne was in Chinese school."



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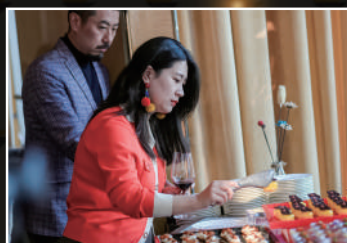
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Ni Hao Zhong Guo

How international kids learn the local lingo. *By Anabela Mok*

Growing up in Shanghai means being asked “What was it like growing up in China?” for the rest of your life. For many, it's relatively the same as their home countries, for others they don't know the difference of another experience.

The life of an international kid can feel rootless in some ways, but learning the local language can be a grounding source, and will help in future careers if they want to stay and live here after graduation.

Diverse language ability is often cited as a top reason for living a life abroad. International schools offer Mandarin, the official dialect of Chinese, in their curriculum, with most making local language classes mandatory.

Concordia International School Shanghai

Can you describe your Chinese program?

Concordia offers a rigorous and varied Mandarin curriculum from Pre-School to Grade 12. Multiple levels of Mandarin courses are offered to meet students' needs and language development levels. We prepare students to be effective communicators.



*Jenny Yuhong Tang,
Director of Mandarin*

How is your program structured?

The Mandarin program values the unique features of the Chinese language and matches the cognitive development of our students. We offers two pathways for students: Chinese Language & Literature (CLL) and Chinese Language & Culture (CLC)

The CLL pathway is designed for students with substantial exposure to Mandarin or for those who use Mandarin as a primary language at home. While the CLC pathway is designed for students with varying degrees of exposure.

How is it different between native and non-native speakers?

The focus of the CLL pathway is to enhance learners' literacy development, and appreciation for the functionality and aesthetics of the language. This pathway equips students to use Mandarin as a vehicle for expressing thought, creativity, and analysis, and for engaging in both social and academic interaction.



The CLC pathway helps students acquire communication skills and cultural awareness by interweaving the study of language and culture.

What opportunities do students have to showcase their Chinese?

At Concordia, we celebrate our students' achievements in many ways. Student work is consistently displayed inside and outside classroom. We also encourage and support students who wish to submit their work to various local and national Chinese language and culture events and competitions.



Shanghai Community International School

Could you describe your Chinese proficiency?

Starting from primary school at SCIS, I learned to read, write, and speak Chinese accurately and was able to learn more through different texts and topics. With Chinese being my mother tongue, I am constantly exposed to this language outside of school, using it with family. Using Chinese has helped me make some of my closest friends. Furthermore, living in China increased the opportunities I have to use this language, strengthening my oral and critical thinking skills. I am currently studying Chinese in the IB Chinese B course. With these experiences, I can confidently say I am native and fluent at Chinese, being able to speak, listen, read, and write.

Why did you decide to study Chinese?

Learning Chinese at school was a decision made by my parents. They wanted me to have more experience and understanding about my culture and native language.

As time passed, I became familiar with this language and more intrigued which resulted in me

deciding to continue studying. I made this choice mainly because Chinese was a language that I thought to be very useful, not only in my home country and current surroundings, but worldwide as well.

As a native speaker, I was constantly learning this language in my daily life, but by studying Chinese I could understand it more. Not only could I learn about different books and stories, I could also follow trends. Following social media, I could understand meanings of words used in a different context, which has brought me entertainment and realization as to how much a language can adjust to the society.

When I graduate or move to a different country, having in-depth knowledge about Chinese can allow others to understand more about my culture. Sharing this knowledge with others would give me a sense of accomplishment, being able to understand a language fully and teach others about this language too.

What opportunity does your school provide in furthering your Chinese?

SCIS provides a variety of classes ranging from beginner to experienced. Because I am a native speaker, I went into the experienced and language and literature courses.

We also had opportunities to join competitions such as writing or public speaking to further enhance our skills and broaden our knowledge.

There are many chances to learn Chinese such as the Chinese New Year activities. There would be acrobatic and traditional theatre performances, as well as calligraphy.

How does your home atmosphere support your growth?

My home atmosphere has allowed me to maintain regular contact with the language, using it to communicate with family and people around me. My family has also provided a private tutor to aid me in writing and using effective word choice. These chances to use Chinese outside of school were crucial to strengthen my understanding since I was applying it to my daily life.



*Ingrid Han,
Grade 11*

Yew Chung International School of Shanghai

In addition to daily language lessons, students in Years 1 - 9 take Chinese Culture class every week. The learning integrates History, Geography, Literature, Art and Music, and traditional festivals, adding meaningful context to the language. Students are exposed to the culture of their host country through activities and learning opportunities which helps them appreciate the deeper meaning of the culture and enhance their character and cultural literacy.

How is the program structured?

The Chinese as First Language (CFL) program starts with Year 1 students confidently engaging with literature and listening, speaking and reading, and writing activities. By Year 3, students can recognise over 1,100 characters. They will master character strokes, stroke order, frequently used radicals, and pinyin. Year 6 students can recognise over 2,500 characters and verbally express themselves smoothly. Students will write confidently and utilise a variety of styles and rhetorical devices. Year 9 students will be self-directed learners who can express ideas and opinions in a logical sequence. Year 11 students can analyse and compare literary texts. Students will have developed the confidence to communicate their

thoughts and opinions logically in Chinese.

Chinese as Additional Language (CAL) is divided into nine levels according to age and Chinese ability. The final stages of CAL focus on students' ability to speak coherently and fluently and participate in discussions on topics related to ideas they are learning in other courses. Students will understand original texts, give detailed written descriptions, and read short literary texts. At this stage, they will possess a deep understanding of Chinese culture, cross-cultural competence, an international perspective, and the essential concept of being a global citizen.

What opportunities do students have to showcase their Chinese?

YCIS holds various speech and writing contests so students can demonstrate their public speaking ability and knowledge of China and its culture.

Students are required to do a Chinese Studies Inquiry Project every semester. Students will hold an exhibition to showcase their learning through interactive display, performance, or debate.



Shanghai French School (LFS)

The International Chinese Stream (SIC) is a unique linguistic, cultural and scientific curriculum, from K1 until Grade 12. It allows students to study Chinese language, literature, culture and mathematics in Chinese. It comes on top of the general French curriculum and allows students to reach a remarkable level of skills and knowledge in Chinese.

How is the program structured?

In primary school, language, mathematics, arts, science, history, and geography are taught in Chinese. In secondary, the focus is on Chinese language and literature, mathematics and arts. This curriculum gives our students the capacity to reach a formal level of language, both oral and written. It is a strong pillar to develop intercultural skills. Students from LFS progress continuously thanks to a dedicated teaching program (six hours of Chinese per week in primary school and up to 8.5 hours in secondary school) as well as a language environment. Their oral and written level allow them to evolve easily in higher education as well as a professional environment in Chinese.

How is it different between native and non-native speakers?

The SIC is aimed at students and families who have a long-term project with China. It requires a full investment from the students and their families in order to succeed in the best way. Whether it is in primary or secondary, our





school welcomes in many SIC students who have at least one parent with Chinese as the mother tongue and does not separate native and non-native speakers for the best integration of all. At the Shanghai French School, the prerequisite to enter an international stream is the mastering of French language.

What opportunities do students have to showcase their Chinese?

There are many opportunities for our students to showcase their skills through various pedagogical projects: arts and history exhibitions in school, theatre performances in Chinese, celebration of Chinese festivities, Chinese traditional artcraft, taking part in Chinese language contests. Shanghai French School is also a certification center for YCT and HSK.

German School Shanghai (DSS)

It is essential for the students to have a degree of fluency in Chinese both as a matter of gratitude towards our host country and an education in diversity.

The Deutsche Schule Shanghai Hongqiao campus offers Chinese lessons to all students. Chinese can be chosen as a third foreign language starting in Grade 10. Students not only learn Chinese language, but also gain knowledge about the culture, traditions and society.

In Yangpu campus, Chinese is taught separately by grade and differentiated for fluency. The aim is after Grade 5, students have solid listening comprehension and communicate at ease in daily topics. Advanced Chinese is also available as an Abitur (German HS diploma) subject.

How is the program structured?

Grade 1 and 2 offer three levels with 120 min of classes per week. Starting from Grade 3 four levels are offered. In Grade 3 and 4 all levels enjoy 150 min of lessons per week.

In lower secondary school (Grade 5 to 9) beginners attend 180 min of Chinese

classes each week, intermediate and advanced learners attend 90 min.

Starting in higher secondary school (Grade 10 to 12) Chinese can be chosen as a third foreign language with 180 min of lessons per week. The aim after Grade 12 is HSK 3 to 6, depending on the level started.

How is it different between native and non-native speakers?

The focus for non-native speakers is speaking and listening. A basic set of characters, with attention to stroke order, is taught. New content is taught via characters with pinyin transcription. The focus for native or near native speakers is enabling them to read and write according to their level.

What opportunities do students have to showcase their Chinese?

On "Chinese Day" primary students perform songs, short plays or recite Chinese classics. Grade 6 students prepare wallpaper for the hallways. The 8th graders write articles and compile a magazine called "Hi Shanghai". The advanced classes do this in Chinese. Moreover, students perform music with different Chinese instruments.

Shanghai American School

Could you describe your Chinese proficiency?

I passed HSK 4 in the previous grading system, and I'm aiming to score much higher now. My speaking ability and vocabulary keep improving as I take more classes here at SAS. My goal is to be able to read more Chinese literature.

Why did you decide to study Chinese?

Since she was young, my mom has been super interested in China, its culture, and language and that influenced me a lot. At first, I had to learn Chinese because it was compulsory in school. But as it's such a deep language, the more I learned, the more I fell in love with it. So, I decided to continue with it over other choices like French or Spanish. It's motivating to be able to say you can speak a language like Chinese.

What opportunities does your school provide in furthering your Chinese?

Right now, I'm at the intermediate Chinese level. Our high school lessons let us practice language about different topics such as sustainability. After learning words and grammar in class through reading, essay writing, and discussion, we get to put the language into action through activities like designing Chinese posters to encourage recycling or learning traditional crafts. I'm excited to go into advanced classes next year, as they have full-on debates and presentations in Chinese.

How does your home atmosphere support your growth?

We don't speak in Chinese very often at home, but SAS provides resources I can take home, including reading comprehension books that I really enjoy. I aim to get in speaking practice whenever possible! I recommend getting out there and talking, even if all you're doing is ordering food. It makes a huge difference!



Nikita, Grade 9



Dulwich College Shanghai Pudong

Can you describe your Chinese program?

Our aim is to cultivate students' knowledge of and appreciation for the Chinese language and culture. Chinese learning has been a priority for our College and is compulsory until Year 9. After that we support our students' further Mandarin learning through the IGCSE and IB Diploma Programme with many students going on to obtain dual language diplomas.

How is it different between native and non-native speakers?

We have three Chinese pathways. The Chinese Native Language pathway is for heritage learners whose first language is Mandarin. The focus is to develop advanced analytical skills using literary texts, writing skills, and critical thinking. We also have a language pathway for heritage students who first language isn't Mandarin or who haven't studied it in awhile. The focus is on reading and writing to understand complex material and the subtleties of lan-



*Shining Yang,
Senior School Head of Mandarin*

guage. The Mandarin as a Foreign Language pathway is for newcomers. The course focuses on developing functional listening, speaking, and writing skills and applying them within authentic language settings.

What opportunities do students have to showcase their Chinese?

Our annual Lunar New Year assemblies feature performances and student hosts. There are Co-curricular Activities from traditional musical instruments such as *guqin* to the annual Chinese literary magazine *Dexin* to service outreach within the community. Students also take part in a number of competitions within the College and in beyond.

Wellington College International Shanghai

Although English is the official language of the curriculum, Chinese is taught as a core subject. After Prep School, Wellington College International Shanghai offer it as a first, second or foreign language through IGCSE and then IB Chinese A, Chinese B and a Mandarin ab initio course.

How is the program structured?

Besides the structured curriculum, we also have Chinese Cultural Studies designed for Year 7 - 9 pupils with native or near-native language ability. The course helps pupils form a complete understanding of Chinese culture, improve their language skills (especially reading and writing), critically reflect on modern and traditional Chinese societies and develop strong cultural awareness, which will lay a solid foundation for the study of IGCSE Chinese First Language and IB Chinese A Language and Literature.

How is it different between native and non-native speakers?

From Year 1 to 13, Chinese First Language, Chinese Second Language and Mandarin Foreign Language are taught at the same time. We assess performance and place pupils on the appropriate path. Unlike subjects such as maths and science, we have no guarantee that children of the same age will be at the same level of attainment.

What opportunities do students have to showcase their Chinese?

Traditional Chinese festivals provide enriching activities throughout the year. The school organises singing and writing competitions as well as clubs for debate or dance. We also publish an annual magazine called The Chinese Book of Wellingtonian Language.



Harrow International School Shanghai

Could you describe your Mandarin proficiency?

I'm interested in masterpieces such as "Records of the Grand Historian" and Zizhi Tongjian, as I enjoy learning about historical events and figures. I often read contemporary writers to broaden my horizons. For instance, "Diary of a Madman" by Lu Xun, "The Gay Genius: The Life and Times of Su Tungpo" and "The Importance of Living" by Yutang Lim, are my favorite books. I also have the opportunity to read and understand classical Chinese.



Elaine C, Year 10

furthering your Chinese?

The topics in class involve all aspects of our lives, discussions on family and friendship, thoughts from philosophers, and choices about life and personal qualities. We also focus on classical Chinese to learn, recite, and master content, function words, and sentence patterns. It helps me understand content when I read classical works outside class. In our Extracurricular Extended Learning we read the book "The Legend of the Hulan River". During traditional festivals, we learn related knowledge, studying Qu Yuan on Dragon Boat Festival.

How does your home atmosphere support your growth?

My parents always encourage me to dive deep into Mandarin learning, since they feel it is important to understand our traditions. **SF**

Why did you decide to study Mandarin?

Chinese is my mother tongue and I feel obliged to learn it. Ever since I was a child, I recited ancient poetry, however, I did not try to understand the background. When I learned the Song Dynasty poem by Su Shi I was shocked and touched by its elegant vocabulary, and the poet's open, optimistic mindset. I was eager to understand the background and curious about the writer. I think the charm of learning ancient poetry is that a poem written in a certain time can echo one's emotions exactly.

What opportunities does your school provide in

A low-angle, upward-looking photograph of four children of diverse backgrounds and ages. They are arranged in a circle, looking directly at the camera with bright, joyful smiles. The child at the top left is a young boy with dark hair wearing a white t-shirt. The child at the top right is a girl with dark hair wearing a magenta t-shirt. The child at the bottom left is a boy with blonde hair wearing a red polo shirt. The child at the bottom right is a boy with brown hair wearing a blue polo shirt. Their arms are raised, and their hands are near the center of the circle. The background is a clear, bright blue sky.

feature

Giving Back to the Community

Students foster altruistic mindsets.

By Lynn Yen

A civilization is measured by how it treats its most vulnerable members. This ethos is attributed to Mahatma Gandhi, his beliefs, and how he lived out his life.

It can be easy while living in Shanghai to get stuck in the "Expat Bubble," and lose an awareness and connection with what is happening around in the community and larger country.

Therefore it is important to have active encouragement and a channel to engage in community service, much of which schools encourage.

Community service projects allow us to connect with different groups around us that we may not have known about, and allows us to practice empathy.

Community service also challenges us to not only become aware of other realities beyond our day-to-day life, but also asks 'What can you do about it?'

A responsibility of a good citizen is to actively contribute to aiding and solving societal problems.

So get out there and volunteer your time, your problem solving skills, your leadership skills, your project planning skills, and your empathy. Let these students show you the way.

Concordia International School Shanghai

Where do you do volunteer student work?

I am engaged in volunteer work through Concordia's Lily Project, a student-led organization. The Lily Project conducts work related to the United Nations Sustainable Development Goal #5: Reducing gender inequality and empowering women. I hold fundraisers for Educating Girls of Rural China (EGRC) and serve in the Concordia community to promote feminine wellness.

What inspired you to take a role in helping the community?

As someone who is passionate about sustainability and finds great joy in helping others, I found the EGRC mission inspiring. The concept of cre-

ating a pathway for increased wide-spread education so that more people are equipped with the education needed to create positive global impact captivated me. I was excited to initiate the partnership between EGRC and the Lily Project to connect Concordia students interested in gender equality to a service opportunity that allowed them to apply their agency in a tangible way to help our outside community.

How do you hope the community outreach program can continue to improve?

It is my hope that the Lily Project can continue to effectively support EGRC by increasing our fundraising efforts and establishing relationships with EGRC spon-



Selena Morse, Grade 12

sored students. Through this, students will not only be able to improve our world by helping young girls in impoverished communities to obtain quality education, but also create a network of encouragement and inspiration. Further support from within the Shanghai community would help to expand the Lily Project's impact so that we are able to touch the lives of more young girls.



Shanghai Community International School

What type of community outreach programs does your school have?

SCIS has a multifaceted approach to service learning. Virtual conferences allow students to connect with others around the region and globe, to become well-informed and brainstorm action plans focused on community concerns like youth mental health, inclusivity and belonging, and environmental degradation. It is also encouraged that our older students pursue avenues to volunteer locally. A strong pastoral program not only fosters investigation into topics, but builds leadership capacity and collaborative skills.

When considering community engagement, we believe that several principles should be kept in mind. Just a few include ethics, notions of justice and equity, sustainability, empathy, and flexibility. A key aspect is modeling the process of service learning for students internally. The support of an open-minded administration, enthusiastic faculty, and eager parents have made initiatives not only possible but thrive.

One such project is titled Community Voices. In Individuals and Societies class, concepts of fact versus perspec-

tive have come alive while uncovering generational views of historical events through student-generated memoirs for grandparents.

A prospect on the horizon is a collaboration with an elderly home. Multilingualism and musical creativity can be heard with music from around the world, which promotes intercultural understanding. The Mandarin Department contributes to understanding the country's context. Community Voices ensures that we pause and reflect on our namesake.

In line with the IB, we are committed to "developing citizens who will create a better and more peaceful world." Students first evaluate what it means to be a community member at school, then look at the bigger picture of global citizenship.

How are your students involved?

As part of the Middle Years Programme Personal Project, a Grade 10 student had partnered with Heart to Heart to carry out an exhibition. This exhibition raised funds for the Shanghai-based charity while showcasing incredible talent. The students spend months planning, volun-



J. Haakon Gould, MYP Service Learning Coach / DP CAS Coordinator

teering, developing skills associated with photography, web design, and media.

During an Advisory session, the whiteboards are bursting with ideas. Student-led club ideas include gender equity in sport, interactively mapping the community, debating current events, and art advocacy. These leaders aim to motivate their peers to inquire, become knowledgeable, and ultimately make an impact.

Do you work with other communities in Shanghai and what is the nature of projects?

#SCISDragonfit is a wellness initiative that emphasizes curricular links, and also poses social media challenges that invite reflection from students, teachers, and parents. Whether it's recording a conversation questioning ableist mainstream views, sharing a recipe and accompanying food story, or a creative writing piece about feelings on vulnerability after failure.

Lifeline is a 100% volunteer-run non-profit focused on mental health and provides confidential support across China. Planning alongside the Lifeline team has provided exceptional learning opportunities both in and out of the classroom.

Additionally, SCIS is committed to its ongoing support for Heart2Heart. Upper school students in the National Honor Society brainstormed events. While our early learners contributed their artistic skills for the Charity Auction.





that has many clubs that work towards educating children in China, Nepal and Uganda, readdressing gender inequality, and ending hunger, and many other things, but there were not any about autism. Our club consults with staff at the Blue Harbour Foundation to gather extensive research and make sure that what we do is needed and valuable.

How do you hope the community outreach program can continue to improve?

In the Blue Harbour Club, we hope that autistic individuals will be able to receive more opportunities to adapt and learn so that they have increased job opportunities and brighter futures. That is our main goal. I would love to see our community, in our school and in our city, learn and know more about Blue Harbour Foundation so that those with autism can get all the support they need. Finally, I want to encourage other teenagers to feel empowered to set up clubs on topics they are passionate about. The more good we can do in the world, the more individuals feel valued and the more our communities can thrive. **SF**

Dulwich College Shanghai Pudong



Hana C, Year 10

Where do you do volunteer student work?

I am really excited by the work that the Blue Harbour Foundation Shanghai does, an organisation that supports people with autism in our city. So I set up the Blue Harbour Club in

my school, Dulwich College Shanghai Pudong. We meet every week and we produce videos that fit with the needs of the organisation to provide learning opportunities for autistic people.

What inspired you to take a role in helping the community?

My childhood friend in Singapore had similar Asperger's Syndrome tendencies. I did research to better understand her, and when I reached Year 10, I decided to create this club to spread awareness about autism and provide members of the autism spectrum with resources that they need. I'm fortunate to be in a school





2021 Shanghai Family Art & Writing Competition



In our 2021 Art & Writing competition, “My Hometown”, we received over 300 paintings, nearly 100 writings from a total of 42 international schools, bilingual schools, international high schools, bilingual kindergartens, and local schools. To celebrate the winners, we held the awards ceremony on the 26th of December at The Ritz-Carlton Shanghai, Pudong and invited their families over.

Organizers:

Shanghai
Family

Parents&Kids
SHANGHAI

虎媽牛娃
HUMANIUWA

Venue Sponsor:


THE RITZ-CARLTON
SHANGHAI, PUDONG



A Beautiful Pregnancy Begins with the Right Relationship

The importance of the doctor patient relationship to create a beautiful pregnancy. *By Anabela Mok*



When I first met Vivian Zhang, I was trying out her new restaurant Carrot and Cleaver at the Shanghai Centre. Although in our earlier conversation she mentioned she was expecting her first child, her small frame hardly gave any hint she was five months into her pregnancy.

Vivian is a vegan by choice. Nine years ago she transitioned to a plant-based lifestyle to stay healthier and also to help stop animals suffering in the world. She is the founder and chef of the popular plant-based restaurant Miss Green that opened its first store in Taipei in 2013, and in 2018, moved their headquarters to Shanghai. Hoping to forge a community for like-minded individuals who care, she finds it is important to create “a place for people to interact and learn how to use our own actions to influence and contribute to a better world for our next generation.”

When she found out that she would be a mum, finding an understanding doctor was a key part to deciding which hospital to go to for her birth.

During her visit to Jiahui International Hospital she found “the doctor and the whole hospital were very open minded and very open to new generation trends. I was surprised and pleased to see so many plant-based food options when I met with my nutritionist. Doctors and nurses here were very professional, patient and listened to my condition. They really gave me a lot of comfort.”

Looking after Vivian was Dr Amanda Lu. “As an OBGYN doctor, we would like to establish a relationship with our patients similar to a friendship. We listened to Vivian and respected her personal belief and lifestyle choices. I hope herself and her baby can grow in happiness.”

As a restaurant entrepreneur, it was important for Vivian to work with expert nutritionists to deliver healthy and nutrient dense food to customers. As an expectant mum, the advice from a nutritionist was even more critical as she needed to take



care of her most important customer, her growing child. Dr Lu believes nutrition is an important part of every pregnancy and “it is my responsibility to keep the whole experience medically safe for the mum and encourage consultations with our nutritionist in order for her to get the best and most suitable advice for her particular situation.”

Vivian agrees that the nutrition counselling session at Jiahui International Hospital was very helpful and “my OBGYN doctor kept reminding me that I should eat less sugar and make sure I have enough food before going to bed; and that nuts and snacks would help me to avoid hypoglycemia (low blood sugar).”

According to the Chief of Obstetrics and Gynecology Department and Director of Women's Health, Dr Alexander Lin, “in a healthy person, their dietary preferences would not be an issue at all. During their first prenatal visit we do review some food safety tips with our newly pregnant patients. Issues such as listeria infection and mercury exposure related to certain foods are reviewed. If a patient already has a nutritionist, that's great. There should not be much difference with regard to nutritional health recommendations during pregnancy. Our goals should all be the same, healthy mum and healthy baby.”

Lifestyle preferences are not uncommon when it comes to pregnancy.

Katrin Lee, Clinical Nutritionist at Jiahui International Hospital, adds that “appropriately planned vegetarian, including vegan, diets are healthy and nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.”

Dr Lin only cautions, “the most common circumstance in which doctors might intervene would be cases where the mother's weight gain is at the extreme ends of low or high. Usually these cases are more for the mum's overall health and would not necessarily be dangerous situations. In cases of diabetes, either pre-gestational or gestational diabetes, if the patient's blood sugar is not well controlled we would intervene to prevent potential complications and more significant health concerns for the mum and baby.”

Additionally, Dr Lin assures “Jiahui Health advocates a four to one model, meaning that one obstetrician, one midwife or nurse, one anaesthesiologist and one paediatrician are present at every delivery. This

health

ensures that our mothers-to-be and their newborns are kept safe and secure at all times. Other services include a midwife and a lactation clinic, as well as a nutrition clinic to help women with their eating habits during the pregnancy and support them in finding their way to their previous shape after birth. In addition, the genetic clinic at Jiahui Health provides testing services to help prevent neonatal defects.

For the naturally healthy Vivian, "[my] doctors were very surprised by the high amount of fibre and protein that I have each day, my diet has a wide range of whole grain and beans and also a lot of green vegetables that really helped me ease the bloating and gas during pregnancy."

Bringing a child into the world takes a team of specialists. Working with the delivery team during this precious time is crucial for making sure that not only the mum's health is monitored but also her wishes are respected and having pregnancy care tailored to her needs. Maintaining a trusting relationship with a doctor is critical, and as Dr Lin mentions, "Just like your other valued relationships with your friends and

loved ones, your relationship with your OBGYN doctor needs to be built on trust and respect. It begins with open, honest communication as that trust is built. For both you and your doctor, if things are not clear, it is far better to ask than to assume. If you do not understand what your doctor is saying, do not be afraid to tell them and ask them to explain better. Make your fears and

priorities well known to your doctor. Likewise, if there is something that your doctor is doing that you do not like, do not be afraid to tell them."

Vivian says her healthy lifestyle also challenged traditional norms of pregnancy well-being, "during weeks 15-22 I found pre-natal yoga was not enough exercise for me, I





needed to sign up for regular yoga classes, and because of my high fibre and protein plant-based diet I require more cardio exercise, like running. I also consumed a lot of smoothies, cold drinks, and a lot of lettuce during my pregnancy which traditionally can be seen as a red flag, but it helped me feel great and energized. My doctor and nutritionist were very open minded about this, and even encouraged me to listen to my body and to do what I know is best for me and my baby. This open-minded level of trust and respect, coupled with clear expert advice was why I chose Jiahui International Hospital." She adds, having a doctor who is open minded and "understands everyone is unique and has different needs is very important. Having grown up and lived in

many cultures while being vegan for so many years, my body and mind have developed quite differently, so some of the traditional methods of what pregnant women should or shouldn't do will not apply."

For Vivian, she understands how hard it can be to get a well-balanced and healthy diet in our hectic lives, which is why she founded plant-based food brand Miss Green, empowering people that aren't willing to give up the taste of the food they love but want to eat healthy and be environmentally conscious. "Especially now, hope for the future is more important to me than ever. What kind of world do we want to leave to our children?" **SF**



Dr Amanda Lu

Dr Lu serves as an obstetrician and gynecologist at Jiahui Health. She graduated from Shanghai Jiaotong University School of Medicine and worked as an attending physician at the Women and Children's Centre at Shanghai General Hospital.



Dr Alexander Lin

Chief of Obstetrics and Gynecology Department and Director of Women's Health of Jiahui Health.



Katrin Lee

Clinical Nutritionist in Jiahui Health.

Jiahui Health

Address: 689 Guiping Road

Tel: 400 868 3000



Spring Pea Soup with Fresh Herbs

The bright green colour of this Spring Pea and Fresh Herbs Soup is lovely. It will fade a little if you save the soup for the next day, but what you trade-off in colour, you gain an even deeper flavour that comes from the ingredients melding together. The lemony yoghurt topping is cool and creamy and brightens up the dish.

Ingredients:

1½ tbsp Extra Virgin Olive Oil
10 Scallions, thinly sliced
1½ tbsp Chopped Fresh Tarragon or Basil
3 cups Fresh or Frozen Green Peas
3 cups Vegetable Stock
2 tbsp Chopped Fresh Mint
1 Lemon, zested and juice reserved
Kosher Salt (to taste)
¼ tsp Freshly Ground Black Pepper
3 tbsp Whole Yoghurt or Plant-Based Yoghurt
¼ tsp Ground Coriander

Instructions:

Heat the oil in a pot over medium heat. Add scallions and tarragon or basil and cook, stirring occasionally until scallions are softened. Add peas and stir. Add vegetable stock and bring mixture to a simmer and cook until peas are tender. Remove soup from heat, and use a blender to puree the soup with the mint until smooth. Return the soup to a pot, stir in 2 tablespoons lemon juice, and season with salt and pepper. Keep soup warm until ready to serve. Combine yoghurt, lemon zest coriander, and a pinch of salt. Dollop soup servings with 2 teaspoons yoghurt mixture just before serving.

Feasting at Home

Three easy recipes to celebrate spring in your kitchen. *By Preeti Ghosh*

"Spring will come and so will happiness. Hold on. Life will get warmer." -Anita Krizzan

Spring is such an exciting time of year, especially when it comes to cooking! While most fruits won't trickle into the farmer's market until the warmer summer months, rhubarb, strawberries, and pineapple are all jewels of the season. And there are plenty of bright, green veggies to help you bid adieu to winter.



Pasta Salad with Spring Vegetables

Ginger-roasted cherry tomatoes, skillet-charred snap peas and scallions, and plenty of fresh basil and mint make this lighter pasta salad eminently delicious.

Ingredients:

Roasted ginger tomatoes:

9 Garlic Cloves, crushed
3 sprigs Thyme
3 (2-inch) strips Orange Zest
1 (3-inch) piece Ginger, peeled, cut into very thin matchsticks
4 cups Cherry Tomatoes
6 tbsp Fresh Orange Juice
¼ cup Olive Oil
1 tbsp Light Brown Sugar
Kosher Salt (to taste)
¼ tsp Freshly Ground Black Pepper

Charred peas and onions:

1 large Onion
2 tbsp Olive Oil, divided
3 cups Snow Peas, trimmed
Kosher Salt (to taste)

Pasta and assembly:

300g Fusilli or Penne Pasta
Kosher Salt (to taste)
2 tbsp (or more) Fresh Lemon Juice
2 cups Thinly Sliced Basil, divided
2 cups Thinly Sliced Mint, divided
¼ tsp Freshly Ground Black Pepper
Olive Oil (for drizzling)

Instructions:

Roasted ginger tomatoes:

Preheat oven to 160°C. Toss garlic, thyme, orange zest, ginger, tomatoes, orange juice, oil, brown sugar, salt, and a pinch of pepper in a baking dish. Roast, gently tossing mixture every 15-20 minutes, until tomatoes are tender and just bursting but still intact. Pluck out and discard thyme and orange zest.

Charred peas and onions:

Heat a skillet. Add 1 tbsp oil, then add the snow peas. Cook, tossing once until charred on both sides. Transfer to a large bowl. Heat remaining 1 tbsp. oil in the same skillet. Add the onion slices. Cook until charred. Transfer to bowl with snow peas; season with salt.

Pasta and assembly:

Cook pasta in a large pot of boiling salted water, until al dente. Drain, transfer to a large bowl, and let cool. Add tomato mixture, snow peas and onions, lemon juice, 1½ cups basil, and 1½ cups mint to pasta and toss gently to combine; season with salt, pepper, and more lemon juice if desired.

Serve pasta salad topped with remaining ½ cup basil and ½ cup mint and a drizzle of oil!

Banoffee Pie

Everyone needs this banoffee pie recipe in their lives! If you are an ardent fan of bananas and toffee, a match made in heaven, then you are absolutely going to love this banoffee pie!

Ingredients:

2 cups Crushed Digestive Biscuits
5 + ½ tbsp Butter, melted
2 tbsp Cocoa Powder
½ cup Dulce de Leche
8-10 slices of Bananas
1 cup Whipped Cream
Chocolate Shavings, to garnish

Dulce De Leche:

1 can Condensed Milk
115 g Butter
150 g Brown Sugar (Dark)
1 tsp Vanilla Extract
a pinch of Salt

Instructions:

For the Dulce De Leche, melt the butter in a pan over medium flame. Add sugar, condensed milk, vanilla, and salt and mix well. Stir continuously until the mixture turns dark and thick.

Cool down the mixture completely.

For the banoffee pie, in a bowl combine digestive biscuits, melted butter, and cocoa powder. Mix until it all comes together. Spread it on a tart tin. Refrigerate for 30-40 minutes. Spread a generous layer of dulce de leche on the crust. Place banana slices on top. Cover with whipped cream and garnish with chocolate shavings. **SF**



in season

Little Bites of Luxury

Afternoon tea to delight your senses. *By Anabela Mok*

Spring is here. As much as we love al fresco dining, we also enjoy spending a nice afternoon tea with friends. With many afternoon tea options available in the city, here are the ones that we find memorable and certainly worth going to. From savoury bites to sweet pick-me-ups, there is something unique and fun about experiencing the different afternoon teas throughout the city. Why don't you join us and sample around?



PuLi Hotel Afternoon Tea

If you are looking to enjoy the afternoon in a serene environment, then the afternoon tea at the PuLi Hotel will delight your tastebuds. Dining outdoors at the Garden Terrace will give you an exclusive relaxing space away from the bustling cityscape. Surrounded by bamboo

shoots, you will feel as if you are in nature.

The afternoon tea provides guests the environment to enjoy bite sized pieces of carefully prepared canapés served in an elegant wooden box that has hints of Chinese-inspired design.

Address: 1 Changde Road
Tel: 3203 9999

Tiffany Blue Box Café

For all jewellery lovers or fans of "Breakfast at Tiffany's", you won't encounter a glitzier afternoon tea than the one at Tiffany Blue Box Café. Located on the second floor of the Tiffany store at Hong Kong Plaza, you will walk by rows of famous Tiffany signature designs before you head up the stairs to where the café is. The afternoon tea is all in the iconic Tiffany blue from blue lamingtons to lollipops which are made with the famous little blue box design on the inside. A mix of sweet and savoury bites, you cannot miss out on the foie gras macaron or the pralines & ganache. If you are craving for an extra dash of blue, go ahead and order the Tiffany blue martini, made with gin and champagne it will give a little boost to your afternoon tea. Price is 688 RMB for two people, it is a great experience if you want to feel fancy.

Address: 2F, 283 Middle Huaihai Road
Tel: 6360 0118





Amanyangyun Floating Afternoon Tea

A peaceful sanctuary on the outskirts of downtown Shanghai, Amanyangyun offers a glimpse of China's past in a magnificent natural setting. Invite your loved ones to experience the exclusive floating afternoon tea on the tranquil lake amid the flourishing forest of camphor trees. Guests can savor the Chinese tea and their finest Chinese refreshments such as barbecued pork pastry, fried spring rolls with shrimp or pan-fried turnip cake while enjoy the afternoon with this picturesque scenery.

Address: 6161 Yuanjiang Road, Minhang District
Tel: 8011 9999



Waldorf Astoria Shanghai on the Bund

A Steiff teddy bear named Charly and its friend Honey have travelled the mountains and seas from their hometown in Germany to arrive at Waldorf Astoria Shanghai on the Bund for the first time. A three-meter-tall Steiff Charly bear and its iconic gold-plated "Button in Ear" now stands in the grand hall with a history of more than a century. While Honey is transforming into sweet and savoury bites to be a part of Waldorf Astoria's classic red velvet afternoon tea.

Steiff bear afternoon tea presented by Waldorf Astoria Shanghai on the Bund in collaboration with renowned German Toy Brand, Steiff running through 14th April. While enjoying the delicate and delicious treats, take a moment to slow down and feel the flow of time with melodious harp music, and let the hot cup of tea touch the gentle heart with spring breeze. Make reservations by calling the hotel or email shawa.fb@waldorfastoria.com.

Address: 68 Middle Sichuan Road
Tel: 6322 9988



Harrods Tea Room

If you are seeking a quintessential English afternoon tea experience, a trip to the newly opened Harrods Tea Room is a must. Located in the historic Cha house near Weihai Road of HKRI Taikoo Hui, you can get freshly baked scones, signature patisserie selection and savoury bites in their afternoon tea menu. Famous for its tea, you have a choice to select yours out of a menu that caters to your taste.

Address: 1F, Cha House, 420 Weihai Road
Tel: 6227 6857



Highline

Highline afternoon tea is as fun as the dining experience itself. Located on the 6th floor of the Ascott hotel, their afternoon tea always changes with the festivals and seasons. Their Chinese New Year afternoon tea features elements that are unique to the festival, like a vanilla raspberry mouse disguised as a *hong-*

bao. Coming here with a friend, we had fun tasting all the festive decorations. The afternoon tea features some of the culinary genius that is part and parcel of Highline, such as their Wagyu burger. Starting from 298 RMB for two people, it is certainly worth coming with friends, especially with their welcoming outdoor terrace to soak in some springtime sun.

Address: 6F, 282 Middle Huaihai Road
Tel: 6333 0176 

home & style

Dressing Your Home with Art

A beginner's guide to buying art.

*By Eve Wee-Ang,
Photos by Mavindu
(Wechat: Mavinduzero)*





I have always admired homes that are decked out tastefully with beautiful art pieces especially when there are young children sharing the same space. For me, practicality has always preceded aesthetics especially when my kids were little. Concerns like what if the kids destroy them or am I willing to clean those sculptures when Ayi is away, are thoughts that cycle through my head. I appreciate art and enjoy visiting galleries, but until today, the art pieces that take pride of place in my home are the ones made by my children. If I am being honest, I am afraid of making a long-term commitment with an expensive art piece that I might get sick of one day and I'm stuck with it.

Acquiring art can seem like an intimidating process and may I add, highbrow too. The art of buying art gives amateurs like me the impression that it's exclusively reserved for people with deep pockets. Adding to the mix are questions like which trusted source can we buy art from in Shanghai? How do we know we are picking the right one? What are the steps involved? I sought help from Lyn She-Wu (WeChat: Lyn-In-Shanghai), an

art consultant who holds a MA in art business from the Sotheby's Institute of Art, to unknot my questions at her beautifully curated home.

As a mum of three relatively young kids (ages 12, 11 and 6) and a golden retriever, your apartment is an amalgamation of family life interspersed with art. How do you achieve this balance without jumping whenever your kids looked like they might knock something over?

LSW: My kids have always been exposed to art since they were little. We bring them to art galleries where they learn etiquette like not touching important works. Over the years they often witness me adding treasured pieces to my home collection. Since young, they are taught that these pieces mean a lot to mummy, and it can never be replicated if it gets hurt so they knew not to kick a ball around it. As for our rescue dog Duo Duo, I initially hid all my important pieces until I realized my fears were unfounded as he turned out to be such a calm and docile dog.

What are the steps involved in buying art in Shanghai? Please hold our hand and take us through it.

LSW: Consuming art is very personal. The most important is that it needs to relate to you on a deeply personal level. You will be looking at it every day. What emotions does it evoke for you? That's how you give meaning and personal value to your art.

Next, research on the artists, their signature medium and techniques to understand their work before purchasing. Attending art trade shows like West Bund Art & Design, The Shanghai Art Fair and ART021 Shanghai Contemporary Art Fair to understand the current trends is a good start.

For prices vs range of sizes, Artprice.com is a good website. For higher-end works, you will require an appraiser to determine the authenticity and value. The Sotheby's Mei Moses Indices (sothebys.com) is a good site

to check valued works for appraisal. Buy from a reputable source. A reliable art consultant is like a personal shopper who can help acquire and curate meaningful arrangements of relevant pieces based on a client's taste and requirements.

In your opinion, who are the artists to watch out for and what art is trending now?

LSW: As a Singaporean based in Shanghai, promoting my home country's culture is dear to me. In China, I am proud to represent Singaporeans surrealist artist Kin, and pop contemporary artist Andre Tan. I choose artists based on my appreciation of their style, work process and ethics. We are seeing a demand for animation as well as pop and contemporary art. There is also a rising trend amongst Southeast Asian collectors of buying Chinese works. Art is a beautiful bridge between different cultures and diversities.

I just have to ask this. What do you do with art pieces that no longer bring joy to you?

LSW: I rotate my art pieces, like how my children rotate their toys, so I never need to retire any! Most of my purchases hold value to me be they sad or joyful. Clients do come to me to help resell their pieces. It's usually due to reasons like space constraints or they no longer bring them joy. **SF**



Wearing Cultures

Support local brands. *By Eve Wee-Ang, Photos by Mavindu*



Photos by Mavindu (WeChat: Mavinduzero)

Cultures can be appreciated in many ways. When I arrived in Shanghai 14 years ago, I was captivated by a team of Hangzhou design students who created the label JNBY. My first down jacket was made by them, and I wore it till it was torn and repatched numerous times until I finally retired it last month. Local designers are like the eyes and heart of a country and wearing their creations feels like an intimate invitation into their culture.

For American teacher Naimah Bazemore, fashion and style pulse through her veins. Her sartorial influence came from her dad and

grandmothers whom she spoke fondly of and whose sense of chic clearly rubbed off on her. With a penchant for bright colors and accessories, Naimah is a self-professed chameleon who dresses according to her mood and the different stages of her life. Prior to Shanghai, Naimah taught in the UAE where she would don an abaya (long robe), hijab (head scarf) and a neck scarf in the capital's flag colours for special occasions. For this shoot, she is dancing to Beyonce in a ruby tailored blouse with Chinese abacus prints, clasped with black glittery frog buttons. Her earrings are made by tribal women from Yunnan. **SF**



Naimah's tips on wearing cultures:

→ Take Risks and Be Curious:

Don't be afraid to try a style that's out of your comfort zone. The locals appreciate when you embrace their cultures. Start small; an earring, a bag can add flair and change the aesthetics.

→ **Blend Cultures:** Make it your own by mixing your cultures into the fashion pot. Naimah's favourite pairing is her qipao with Tommy Hilfiger sneakers.

Mum in Focus:

Mum of two boys Naimah Bazemore is a bundle of authenticity and joy. Confidently barefaced with just a slick of lipstick, she recounted how pre-Covid days, she would lug empty baggage to the US to stock up on her fashion fixes. These days, Naimah gets her fashion dips from WeChat shopping group chats like "+ Size Taobao Queenz" and a good tailor by the name of Nevi (WeChat: Immzvee1995) who made her cute blouse.

When Less Is More

Simplistic beauty of countryside culture.

By Sam Braybon

When it comes to planning a cultural getaway in China, we're pretty much spoiled for choice. Stick a pin in a map of the nation and chances are you'll land close enough to somewhere that lays claim to being the capital of an ancient dynasty, the birthplace of a senior statesman or the proud home of a UNESCO World Heritage Site.

And as worthy and interesting as such places might be they can sometimes feel a little, well, staged. If you're anything like us then you might often find expansive museums and vast exhibitions can be overwhelming, and not the most organic environment in which you and your kids can engage with this country's complex and fascinating cultural heritage.

A recent trip to rural Anhui Province, an easy couple of hours by high-speed rail from Shanghai, reminded us that when it comes to travel, keeping it simple is often the best way to go. The tiny village of Bishan is a good case in point. With no ticket barriers and not even a noodle shop to its name, this is a genuine slice of countryside that feels like a bit of a microcosm of Chinese culture old and new - the kind of place in which, turning a corner, you could encoun-



family travel

This hip space could easily feel jarringly out of place in such a rustic setting, but the careful combination of local crafts and international design items do come together in a captivating way.

ter anything from a firecracker-laden wedding procession, or a flock of geese being herded home, to the opening of a cool photography exhibition.

Bishan is a part of the historic Huizhou, an area that punches well above its weight when it comes to matters of culture. This once remote region was for centuries known for its incredibly successful merchants who traversed the nation trading salt, tea, grains and other desirable commodities, ensuring the profits were sent back home to places like Bishan and other villages spread throughout the region.

The legacy of this wealth can still be seen today in the incredibly charismatic village architecture, prized as amongst the most unique in China. White-walled mansions line cobbled streets and dramatic doorways give way to glimpses of lofty interiors filled with elaborate wooden carvings. The detailed designs here are



filled with all manner of auspicious symbols and elements of *feng shui* principles have been incorporated. Many of the villagers here seem happy to come across visitors, and will often point them in the direction of especially interesting residences to peer into.

Like most parts of rural China, Bishan has clearly seen its share of hard times. Numerous once grand residences are in poor shape, and it's evident that many residents of working age have moved to areas with greater economic opportunities. But there

are really interesting signs of modernity here too, which are very much worth checking out. The Bishan Bookstore is run by the team *Librairie Avant-Garde* who, since opening here in 2014, have gone on to set up stores in unique rural locations across China. Stacked with books old and new, it provides plenty of reading spaces for locals and visitors alike, as well as great spot to enjoy a cup of coffee.

Just up the street, the *gongxiao she* is also home to one of the village's real curiosities. Formerly the site of the



local farming cooperative, this building now houses an outpost of Japanese design store D&Department. This hip space could easily feel jarringly out of place in such a rustic setting, but the careful combination of local crafts and international design items do come together in a captivating way. A beautiful courtyard space behind the studio houses a café as well as space for events, and there are even a handful of simple but chic guestrooms for those that want to overnight here.

A short walk across the river, Pig's Inn is a country guesthouse in a grand old residence that makes another great place to stay. The cosy restaurant here features a roaring fireplace in winter, and with excellent country cuisine on offer it's easily the best place to eat in Bishan. An adjacent bar, Dog's Bistro, serves Bishan beer and locally made Mijiu as well as a range of classic cocktails.

The same team operates Oil Factory,

another boutique inn a couple of kilometers' stroll outside Bishan that has an entirely different feel. Set in what was once a canola oil pressing plant, this is a super cool space with plenty of courtyards and lounges to hang out in. Some of the rooms here also include balconies that overlook the bright green paddy fields that surround the building, and it's the perfect base for long countryside strolls.

For those staying longer there are plenty more cultural highlights that can be explored nearby. The spectacular vistas of Huangshan (Yellow Mountain) are a short drive away and need little introduction other than to say they have inspired Chinese artists for centuries. The area's main town, Tunxi, has a busy old street with a handful of beautiful antique stores that can be browsed as well as a private museum showcasing the area's fantastic furniture alongside other artifacts. **SE**

Good to know...

•Getting There:

From Shanghai, take a high-speed train to Huangshan North and then a taxi (1 hour) to Bishan, or ask your guesthouse to arrange a pick-up service.

•Contacts:

D&Department: +86 150 5668 6112

Pig's Inn: 0559 5175 555

Bishan Book Store: 0559 517 5080

street signs

Spotlight On:

Longteng Avenue

By Kala Barba-Court

Districts: Xuhui

Cross Streets: Ruining Road, Longlan Road

Nearest Metro Station: Middle Longhua Road Line 7, Yunjin Road Line 11



Boasting a slew of art galleries, museums and cultural institutions, Longteng Avenue drives home the point that there is no shortage of artistic and cultural offerings in Shanghai. Fronting the Huangpu River on the Puxi side of the city, this stretch is being dubbed as a Cultural Corridor; a worthy destination for seeking out inspiring exhibitions from both local and international artists. World-renowned museums share the avenue with smaller gallery spaces, making it a veritable hub for painting, photography, installation art, and everything that falls in between.

▼ **1. Tank Shanghai's** name makes sense once it comes into view. Originally part of Shanghai Longhua Airport, the museum comprises five tanks, with three interconnected tanks as dedicated exhibition spaces and the two remaining ones used for supporting functions. The domed areas have welcomed works by international and local contemporary artists, including Vivien Zhang, teamLab, Gao Weigang and Cyprien Gaillard and more, spanning genres of art, multimedia, and film. *2380 Longteng Avenue; Tue - Sun, 10 a.m. to 6 p.m.*



▲ **2. Long Museum** is a private art museum featuring the impressive collection of husband and wife art connoisseurs Mr Liu Yiqian and Mrs Wang Wei. The Long Museum has established itself as one of the city's finest private art museums since its opening in March 2014. It's worthy of a day's visit, not just for the diverse selection of revolutionary, traditional Chinese and contemporary art pieces spread across the 16,000 sqm exhibition space, but also to bask in its imposing umbrella-vaulted architecture designed by Atelier Deshaus architect Liu Yi-Chun. *3398 Longteng Avenue; Tue - Sun, 10 a.m. to 6 p.m.*





◀ **5.** Next to the West Bund Museum at the crossing of Longteng Avenue and Longlan Road are a cluster of contemporary galleries and spaces known collectively as the **West Bund Culture and Art Pilot Zone**. Embracing West Bund's aim of promoting art and culture, it's worth ducking into them to discover new artists. Notable galleries include the **Shanghai Centre of Photography** (or SCoP, Building 1), a space hosting non- and for-profit exhibits from photographers worldwide within a climate-controlled, gallery/museum setting, and the OTA Fine Arts (Building 3) whose collections delve into contemporary representations of Asian culture through a range of media. Head over to the **Arario Gallery** (Building 9), a space representing fifty artists from South Korea, Japan, China, India, and Southeast Asian countries, both renowned and up-and-coming. Meanwhile, the **ShangART Gallery** (Building 10) has cultivated more than 60 artists in the 20 years they've been around and also boasts a library with a collection of art books, catalogues and related prints to be perused and purchased. **SE**



◀ **4.** Just like TANK, the **Yuz Museum** also features a vestige of the former Shanghai Longhua Airport: a 3,000 sqm hangar that makes up a huge chunk of the entire 9,000 sqm museum. Dedicated to promoting understanding and appreciation for contemporary art, Yuz Museum curates a roster of exciting art events, educational talks, art workshops and large-scale installations all year long. *35 Fenggu Road, by Longteng Avenue; Tue-Sun, 10 a.m. to 6 p.m.*

▶ **3.** An exhibition hall designed by Sir David Chipperfield, the **West Bund Museum** spans a dizzying 20,000 sqm. Known for its collaboration with France's Centre Pompidou, it is home to the Centre Pompidou x West Bund Museum Project which explores and strengthens the cultural exchange between China and foreign cultures. A curated programme in the form of museum exhibits, seminars, performing arts and educational activities take place within its walls. Head over to take in the semi-permanent exhibition (on until 2023) featuring emblematic works from the heavy hitters of the avant garde and contemporary art scene: Pablo Picasso, Fernand Léger, Haegue Yang, Tatiana Trouvé and more; and when you've done the rounds, check out the equally engaging temporary exhibits. *2600 Longteng Avenue; Tue - Sun, 10 a.m. to 5 p.m.*



How to Survive...

Raising Bilingual Kids

One of the wonderful things about living in an international city like Shanghai is having the opportunity to raise international kids! That not only means being able to expose them to a different culture, but also to a different language that may not be your own. However, raising bilingual children can be a challenge unto itself! Here are some tips about how to raise your own bilingual (or multilingual) children.

1) Exposure is everything. Little kids are as good as kitchen sponges - they soak up everything! Giving them the opportunity to take in as much of another language like Mandarin as often and as young as possible is only going to set them up for success. Asking your *Ayi* to chat with your kids exclusively in Mandarin is a great way to get started. Sure, neither of you may know what she is saying but eventually someone is going to make sense of what "wo yao jia xin" means. Or, find a children's program in Mandarin and plop your little one in front of the TV while it plays annoyingly on a loop. Likely neither of you will know what is going on but you're probably both soaking in some kind of language learning by osmosis. And eventually with enough Mandarin playing in the background, one of you is definitely going to know all of the lyrics of "xiao ping guo."

2) Embrace them as your translator. Delete all translations apps from your phone and insist on your child being your guide. Let's be honest, they can't be much worse than waiting for Google translate to work with

A great way to keep them interested is continuing to practice and learn on your own too so that you can chat together.

the firewall skipping app. Take them out shopping and when people greet you, make sure you use your best confused face and then defer to your 7 year old. Sure, they may tell the person that you want mens underwear instead of a flat white at Starbucks but they'll never learn unless they make mistakes and you pay for them by probably being laughed at.

3) Be an example. Your child will always look to you for encouragement when it comes to continuing to learn a language that isn't their native one. A great way to keep them interested is continuing to practice and learn on your own too so that you can chat together. Trying your best to have short conversations in another language together will help you both. A good practice example is:

You: *Qing zuo hao ni de gongke.*

(Please do your homework.)

Them: *Wo bu xiang.* (I don't want to.)

You: *Wo shuo, qing zuo ni de gongke.* (I

said, please do your homework.)

Them: *Bu* (No.)

You: *Jin wan meiyou Roblox!* (That's it, no Roblox tonight!)

The point is to have fun with it.

No matter how many languages you're currently tackling in your home it's important that you continue to be patient with your child and encourage them to soak in as much of a language as they're able to in the time you're in Shanghai. Learning and being exposed to many languages at an early age can open up the whole world to them in the future in very valuable ways. Ask them questions about what things are called in Mandarin, ask them how they would order food at a restaurant, or ask them to negotiate for you at the fabric market, anything goes! And if you can get a cheaper deal from a seller who thinks they're super cute trying to speak, well that's just savings in your pocket! **SF**



Why We Should Pursue Our Passions in High School

By Joyce Lu and Emily Pan

Every high schooler has that one classmate who seems to be destined for success. They embody the Ivy League's dream characteristics by possessing a passion in addition to their outstanding GPAs and top SAT/ACT scores. The passion is a prominent talent they excelled at in youth and now developed further to successfully bulldoze their way into the future.

This begs the question: What exactly is a passion? And how can I develop one myself? To answer this, we've interviewed two prodigious members of Concordia's Class of '22: Elie Wang and Robert Sun.

Elie has been the captain of the Varsity Girls' Volleyball team for two consecutive years; leading the team in faculty scrimmages, school rallies, and APAC competitions.

"I've never thought of it [volleyball] as work, but more as a community and sport that has helped me develop time-management skills, leadership, and fortitude as a person," Elie states. "Not only has it cultivated lifelong friendships and guided me toward my identity today, it has also provided an outlet for the

stresses of high school."

Robert has developed his aptitude for STEM by researching computer science. He enjoys physics immensely and is a Robotics Club senior member. Additionally, Robert also pioneers his own club, Machine Learning, which uses artificial intelligence to identify and explore human experience.

"When explaining my passion to my peers, machine learning has taught me how to be confident and shine when comparing myself to others," Robert says. "I've been able to move out of that negative mindset and hope others will be able to as well."

Robert and Elie's stories are important to understanding that passions are cultivated organically. Whether it's starting volleyball as a recreational activity or a summer internship at VMware, developing a passion is about sticking with something because you love it.

Only then will you be able to grow as a result of that passion. By reflecting on the piece of yourself that shines and then giving it time to flourish, your passion will guarantee the way toward future success. **SF**



Joyce and Emily are both high school students at Concordia International School that enjoy writing in their spare time.

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ORIENTATION

Housing

THE EMERALD

Within the compound, The Emerald's elegant North American-style villas are all gateless and come with an open front yard, spacious back gardens, high ceilings, and large windows. Some units boast their own private indoor or outdoor swimming pools. Villas are fully furnished, but tenants can also bring their own furnishings. Many are equipped with water filtration system, central vacuum system, partial floor heating, home alarm system, fibre optic broadband connection and "Blue Air" air purifiers. Facilities include 2 fully equipped clubhouses, indoor and outdoor swimming pools, 4 tennis courts, 2 soccer fields, children's indoor and outdoor playground, café and bakery shop. There's also 24-hour security and a bilingual call centre, yard and pools maintenance, air conditioning maintenance, regular external wall and window cleaning, and pest control. Lane 2888, Hunan Road, Pudong New Area, Tel: 6812 2222, www.shanghai-emerald.net/marketing@shanghai-emerald.com

LE VILLE RESIDENCE

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently

community listings

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

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 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 Xujiahui Station), Tel: 3368 6117, www.bluefrog.com.cn

CHILI'S

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.chillis.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

community listings

delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

An early childhood learning centre specializing in programs for children from 16 months to 4 years. Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. 230 Wuding Road (near Changde Road), Tel: 6888 1913; Block 9, Summit Residences Clubhouse, 108 Shangcheng Road, Tel: 6888 1913, www.theactivitybox.com

ARTSPIRE VISUAL ARTS CENTRE

Artspire Visual Arts Centre is a professional organization dedicated to art education for children. We have an award-winning curriculum from the USA based on the National Visual Arts Standards. For children from 3-12 yrs. Chinese, English, and Spanish speaking. Also try the full-time/part-time SUMMER CAMP with artistic journey and tennis game. A202, 2633 West Yan'an Road, near Shuicheng Road, Shang-Mira Commercial Centre, Changning District, Tel: 6211 9632, www.artspire.cn

AWESOME KID'S CLUB

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

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

THE POTTERY WORKSHOP

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

Z FENCING

Learn fencing to develop focus, discipline and determination. For kids ages 4 to 12. Learn fencing from Z Fencing, the leading fencing club with

presence in Singapore, Shanghai, Kuala Lumpur and Los Angeles. Suite 505, 3211 Hongmei Road, Tel: 6426 1113, www.zfencing.cn

Financial Services

ST. JAMES'S PLACE

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

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

Britannica offers the best of British independent school education. Our dynamic and caring staff are experienced in delivering the English National Curriculum. We embrace and celebrate a multicultural population, providing a personalised programme to meet the needs of all students. Small classes and an inclusive policy ensure pupils are fully supported across the curriculum. www.britannicashanghai.com, admissions@britannicashanghai.com

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

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

CONCORDIA INTERNATIONAL SCHOOL

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

community listings

in a nurturing environment. www.shanghai-pudong.dulwich.org, admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghai; pudong.dulwich.org

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

HUILI SCHOOL SHANGHAI Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong New Area, Tel: 3177 5080, www.huilieducation.cn/shanghai-school, admissions.hss@huilieducation.cn, WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

Living Word Shanghai founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going off to university the school has its own College Application Centre. 688 Jiyou Road, Huacao Town, Minhang District, Tel: 6296 8877, admissions@lwchina.org; www.lw-school.org

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

Established in 2002, NAIS Pudong follows the English National Curriculum and International Primary Curriculum, and offers the International Baccalaureate Diploma Programme for students in Years 12 and 13. NAIS Pudong's bespoke performing arts programme has been developed in collaboration with The Juilliard School, and the school runs more than 130 afterschool activities. The school caters for students from 12 months to 18 years. admissions@naispudong.com; www.naispudong.com

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculum taught through the medium of Mandarin Chinese and English. We draw on the

best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS_Shanghaio

SHANGHAI AMERICAN SCHOOL

Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. 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 inculcate in students a love of learning that will carry them through the rigorous curriculum and beyond. www.ssis.asia, admission@ssis.asia

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. www.wiss.cn, admissions@wiss.cn

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,400 pupils, aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College seeks to develop the 'Wellington Identity' in every child. Wellingtonians are encouraged to be Inspired, Intellectual, Independent, Individual and Inclusive. Boasting a state-of-the-art campus, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports. Annual Tuition: ¥242,000 - ¥328,000/year (2020-2021) 1500 Yaolong Road, Pudong New Area; Tel: 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong New Area; Tel: 3175 6687, admissions.shanghai@wellingtoncollege.cn; shanghai.wellingtoncollege.cn

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programs of international education in China. Established in 1993 as the first international school officially recognised by and registered with the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

This school believes in interactive learning for primary school preparation, and incorporates games and field-trips www.fkis.com.cn

HAPPY BRIDGE KINDERGARTEN

We are a kindergarten that aims to offer a well-rounded and immersive education to all our students. We foster a multilingual environment coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them to express their creativity and imagination. Our small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 489 Huaiyin Road, Tel: 6223 8870; www.happybridge.org

HUILI NURSERY SHANGHAI

Located in the New Bund area in Pudong, Huili Nursery Shanghai represents a marriage of traditional values and evidence-based practice from the UK and China. The nursery has been designed to use indoor and outdoor learning spaces to promote recognised areas of learning and development in the unique child. The nursery team are a like-minded group of professional practitioners with a shared vision. For ages: 2-6 years old. 215 Longwan Road, Pudong New Area, Tel: 3158 0010, www.huilieducation.cn/shanghai-nursery, admissions.hns@huilieducation.cn; WeChat: HuiliNurseryShanghai

community listings

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](https://www.montessorisos.com)

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. No. 230-233, 779 Fangdian Road, Pudong New Area; Tel: 5187 2889; www.luc-china.com, admission@luc-china.com

X²B MONTESSORI

X²b Montessori is a beautiful, elite Montessori located in the heart of Shanghai. It's a certified, bilingual institution in the Xintiandi area, Huangpu District. Their teachers hold master's degrees in children's psychology, children's early education and also children's arts and education. X²b's concept is a balanced combination between Montessori and different educational, artistic and emotional

development. Your child will be welcomed with warm smiles every morning and will leave the campus with glowing, happy faces. 368 Xujiahui Road, Huangpu District; Tel: 6335 3773

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. 3399 Longteng Ave., Xuhui District; 151 Kangding Road; Tel: 5410 8570, Customer Service: 173 2128 5456, www.iconx.com, info@iconx.cn

SHANGHAI GYMNASTICS

Shanghai Gymnastics offers a safe and fully equipped gymnastics facility for you and your family. With a coaching staff certified by the United States Association of Gymnastics (USAG), the gym offers fun and safe classes where children and adults of all ages and skill levels can learn and have fun. Classes include acrobatics, cheer, dance, gymnastics, tumbling, trampoline, parkour and a special summer camp program. Birthday party slots are available each week. 789 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

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

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, tprenquiry.sha@sarabeattie.com

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS



BODY & SOUL
MEDICAL CLINICS

We combine Eastern and Western medicine to provide the best medical care for you.

Traditional Chinese Medicine • Acupuncture • Gyn • Physiotherapy • Chiropractic • Osteopathy • Internal & Functional Medicine • Psychology

DOWNTOWN CLINIC - XINTIANDI
T: (+86 21) 6345 3101

HONGMEI ROAD CLINIC - HONGQIAO
T: (+86 21) 6461 6550

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

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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 Chengjiaqiao Road, Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, internal medicine, gynecology, pediatrics, dermatology, combined TCM and western medicine, cardiology, ENT, rehabilitation, psychology, nutrition, medical imaging cardiology, cardiac surgery, surgery, thoracic surgery, digestive medicine, endocrinology, orthopedics, VIP Vaccination and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7; Hongqiao Clinic: 5F, Bldg B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium), Open Mon-Sat, 8.30 a.m.- 6 p.m., Tel: 400 821 0277, www.deltahealth.com.cn

ESSENCE EYE CLINIC

An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; Open Mon-Sun: 9 a.m.- 5 p.m. except Wed, WeChat: ayyk18939896079; 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 Family Medicine is accredited by the World Organization of Family Doctors (WONCA), an international certification for high standard healthcare in general practice and family medicine.

We will accompany you and your family on your health journey, from disease prevention to health management. With the help of community clinics and specialists, we are prepared to oversee the diagnosis and treatment of common diseases, as well as provide long-term chronic disease management for patients. This includes coordinating various specialist referrals, international referrals, and tracking rehabilitation follow-up after patients have been discharged. Jiahui International Hospital: 689 Guiping Road (near Qinjiang Road), Mon-Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District, Mon-Sat, 8am -8pm, Sun 8a.m. - 6p.m.; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; 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

MINDFRONT SHANGHAI CLINIC

Mindfront Shanghai Clinic specializes in urban mental disorders or mental health issues, providing multidimensional professional help in various disorders/issues such as sleep disorders, anxiety and depression, obsessive-compulsive disorders, ADHD in children and adolescents, women's mental health, addictive behaviors, parent-child/family relationships, social relationships, etc. Our professional team consists of psychiatrists with extensive clinical experience and overseas-trained counselors/therapists. Professional services are delivered through a multidisciplinary teamwork model. Also, case manager is assigned to provide support throughout the course of treatment and ensure timely responses to client needs. 18F, Crystal Tower, 68 Yuyuan Road (near Jiaozhou Road), Jing'an District, Mon-Sun, 10a.m.-6p.m.; Tel: 6718 8883, www.mindfront.com/en/home

PARKWAYHEALTH

With more international doctors and a wider range of services than any other healthcare provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services Include: Adult & family medicine, acupuncture, allergy, cardiology, chiropractic, dentistry & orthodontics, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, physical therapy, osteopathy, mental health & counseling services, speech therapy, TCM, urology. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an

District; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; appointment 400 819 6622; www.parkwayantai.cn

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

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 KAIYI CLINIC



Shanghai Kaiyi Clinic is a privately-held Shanghai-based healthcare company under the Columbia China umbrella which is founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from China, USA, and Japan 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., Tel: 400 663 7707*1, 021 6327 5599; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 400

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663 7707*2, 021 6882 1212, Mon-Sat 9 a.m.-6 p.m.;
columbia-clinic.com

SHANGHAI RENAI HOSPITAL

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is influential throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services Include: Cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunization. 127 Caoyi Road, Xuhui District, Tel: 5489 3781, www.renaihospital.com, Mon-Sun 9 a.m.-5 p.m.

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



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, orthodontic treatments, teeth whitening, dental implants and wisdom teeth extraction. The Dentistry Department also carries out multi-disciplinary collaborations 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 bad breath, adenoidal hypertrophy and allergic rhinitis; working with Orthopedics to provide sports lovers a comprehensive range of preventive strategies for sports injuries, etc. Jiahui International Hospital: 689 Guiping Road (near Qianjiang Road), Mon - Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District, Mon - Sat, 8am - 8pm, Sun 8am-6pm; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000; www.jiahui.com/en

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, Jingqiao, 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; Jingqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area;

Tel: (24-hour appointment) 400 819 6622;
www.parkwaypantai.cn

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics 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

LIFESTYLE

Hotels & Holiday

THE PULI HOTEL

The PuLi is the first luxury hotel in Shanghai to be positioned as the "Urban Resort". It was inaugurated in September 2009. The PuLi combines the best of many specialties to present the understated luxury and introverted elegance, providing exclusive "crafted luxury" services for guests from Shanghai, China and the world. In addition, The PuLi returns to the origins of luxury through simple design, ambiance, craftsmanship and attention to details. Take guests on a sensory adventure that transcends traditional luxury. We endeavor to orchestrate a guest experience that is genuine, intuitive and seamless. social parties, and training sessions. 1 ChangDe Road, Jing'an district, Shanghai; Tel: 3203 9999; Fax: 3251 8989; information@thepuli.com; www.thepuli.com

PRIMUS RESIDENCE SHANGHAI HONGQIAO

Primus Residence Shanghai Hongqiao is an upscale service apartment of Greenland World Center Hotels. The apartment features 158 apartments, including one bedroom apartment that up to 40m², and three bedroom apartment that up to 170 m². It also features private gym and function rooms to meet various requirements for the customers. Adjacent to National Exhibition and Convention Center Shanghai, which is the largest single building and exhibition complex in terms of size, the residence is only 2 kilometers to Shanghai Hongqiao Railway Station, 2.5 kilometers to Shanghai Hongqiao International Airport and 800 meters walking distance to metro station. No. 188 Lane 1588, Zhuguang Road, Xujing Town, Qingpu District; Tel: 3979 6888, www.GIHG.com; resv.hongqiao@primushotels.com

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; www.tongpaihotels.com/en/hotel-hq.html

Meet Deisy Wong

Indonesian entrepreneur and proud mother of a 5-year-old boy dishes on being a nomad boss lady while expanding her business portfolio.

By Anabela Mok



Tell us about yourself

I am the founder and owner of a media company in Indonesia called www.whatsnewindonesia.com since 2006 (16 years ago). I have invested in other businesses too, including Gin & Juice (cocktail bar and restaurant) in Shanghai and have done some marketing consulting gigs from time to time and my current project assisting True Legend group such as Pistolera and Big Bamboo plus their latest opening, Beast of the East Social House.

How did you decide to get back to work after your move to Shanghai?

Actually I never stopped working. I am lucky my business is online and I can manage my Indonesian business anywhere, even at my home in Shanghai. I decided to give my manager some shares in the company before we moved and let her manage the day to day operations. Not being involved in the day to day operations, like attending events and meetings, gives me more time to spend with my son and focus on new business developments and I can spend more time to look for new business opportunities to help create new income pipelines.

Why is it important for you to keep your business pipelines?

'Rich Dad Poor Dad' inspired me and made me realize what my parent's mistake was, which was relying on one source of income only. If you work hard every day you have no time to take care yourself and if you lose the business you lose everything and have to rebuild.

Looking back, I started working when I was very little. In many ways, you can also say I grew up working. My parents had a mum and pop business that was open every day. My siblings and I had to help out after school and even on the weekends.

This experience taught me to work hard and save money. Although they succeeded to give all of us better lives, when Jakarta had the riots in 1998 my family lost everything. That was a big hard lesson, as my parents had to sell everything and rebuild. I chose to leave my high school at that time and help my parents to rebuild. It took a year to regain what we lost and then 4 years later I left the family business to find my own path as I don't want to work 7 days a week anymore. I wanted to use my time and find ways to make money work for me instead. At the time I got a job with a start-up Internet company and was attending a lot of networking events and parties. From there I got an idea which was to start a website called www.whatsnewjakarta.com as a source for anyone who wants to find out all the happenings in the city. A few years later, the website expanded to cover all of Indonesia.

What are the life lessons of entrepreneurship you want to share with your son?

- Don't be afraid to work hard but work smart.
- Don't be afraid to fail and restart.
- Be a true person, trustworthy and caring.
- You can't be a leader or good sales person if no one trusts you.
- Always look for opportunities to create pipelines.

How do you balance your time?

Family is No. 1 for me. I pick up my son after school every day. During this time we walk and talk while we go home together. Despite my marketing gigs here, I will try not to be out every night or at least put him to bed first before I leave. I love reading to him. Weekends are our family time where we always do things together. Plus I have a great husband that always supports me. **SF**



2022 Shanghai Family Art & Writing Competition

We Want You!

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

2022 Theme: "Jia You Shanghai"

How to Join

Art Competition

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

Writing Competition

Participants can write about Shanghai's fight against COVID-19, or send best wishes to Shanghai for a speedy recovery. The competition is divided into two age groups, children between the ages **6 to 10** will be required to submit an essay of **250-350 words**. For children **11 to 18**, essays are required to be **500-600 words**.

Online submission:

Scan the QR code below to submit your artwork:

Please mention your name, age, school and contact information in your e-mail.

Why Participate?

Last year, we had participants from **42 international schools, bilingual schools, kindergartens, and public schools in Shanghai**. Jointly hosted by HuMaNiuWa, Shanghai Family, and Parents&Kids, this is our 19th year of the competition. We would like to extend our gratitude to all the contestants and the support of their parents and schools to make this competition a success!



Online Submission
← Please Scan



More Information
← Please Scan

All submissions are due by **30th September 2022**.

For registration and more information,
you may call us at **(021) 5838 1961**.

Please follow our WeChat accounts to stay up to date on competition details.

Shanghai
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