

# Shanghai Family

Autumn Issue 2022

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*Brunch it Up*

The Classics  
Done Right

YA Novels

## *What Makes a Shanghai Teen*

*What it's like growing up in Shanghai*

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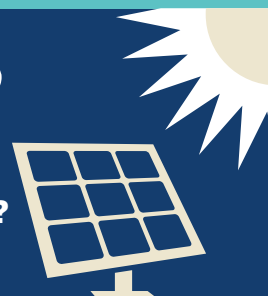


## 2022 Shanghai Family Art & Writing Competition



### “Future City”

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



#### 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 years old, and 11 to 18 years old.

#### Writing Competition

Young creatives will use their scientific imagination to describe a livable, smart, low-carbon, and technological future life scene or urban landscape through words. 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**.



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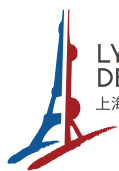
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All submissions are due by  
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Nationalities



**70<sup>+</sup>**

Extra-curricular  
activities



**1** Integration program  
for non-French speakers



**2** International language streams  
(American & Chinese)



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## CONTRIBUTORS



### Family Travel

**Sam Braybon**

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



### Home & Style Solutions

**Eve Wee-Ang**

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



### My Family

**Ailan Gates**

is Australian who lives with her husband Dominic, 3 children and 3 terribly mischievous cats.



### Food Files

**Preeti Ghosh**

is a passionate home baker and photographer. She believes in baking the world a better place with delicious treats!

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# Shanghai Family

Autumn 2022

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Go out and see the diverse society around you.



Reality is not perfect.

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3329 9310 (Puxi)



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## editorial team note

**F**eatured on the cover of our autumn issue are the excellent Shanghai Family summer interns! It was a great experience working with the group of eager young writers who share their unique experiences and outlook on life in the **cover story (16)** of this teen issue. Readers will also hear from our Shanghai Family media summer campers as they write articles about **the climate and energy future we face (24)**. With kids like these, the future is more hopeful.

In this magazine you will hear directly from teens as they share the latest and greatest in **young adult literature (50)**, along with personal expression through **clothes, accessories, and attitude (46)**. Plus, let a teen guide you on a tour of one of the classic streets of Shanghai in our **Street Signs column (52)**.

But it's not just the teens. We also look at **what it's like to live with a teenager** in the house, as parents navigate how to evolve their relationship with their growing child **(47)**.

The autumn brings the start of a new season and a new school year. See the **latest news from school campuses (13)**, and get inspired with recipes for **after-school snacks (42)**. Take advantage of the emptier house, and **tidy it up (44)**. Lastly, as the holiday season approaches, plan a trip to one of the **must visit China destinations** with expert tips on making the most of your holiday **(48)**.

We hope you enjoy this issue as much as we did making it.



**Lynn Yen, Executive Editor**  
On behalf of the Shanghai Family editorial team



Let's talk:

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10月29-30日 上海青浦区夏都小镇  
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November 5-6th, 10:00am-5:00pm  
THE PLACE, 100 Zunyi Road, Changning District

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## Journey to the Center of the Earth on Stage

The Shanghai Centre Theatre presents the live stage interpretation of the beloved novel by Jules Verne, "Journey to the Centre of the Earth." The action packed story follows explorers on a journey into a land untouched by time, where dinosaurs are still alive, deep under the surface of the Earth. The play incorporates the scientific knowledge of the book, by showing the audience concepts like evolution and geology. Plus, the live stage show invites audience participation with a choose-your-own-adventure style voting that changes the story and makes each show unique. The kids are sure to be enthralled, and the parents too! The show runs from 6-7th of November. Prices range from 100-380 RMB and can be purchased at the Shanghai Centre Theater Box Office at 1376 West Nanjing Road. Tel. 6279 8663



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## Search Inside Yourself Coming Soon

Search Inside Yourself returns in December. The annual leadership, mindfulness, and emotional intelligence workshop had its start as an in house training program at Google. This year's two-day long training will be held Friday and Saturday, 16-17th December and will be conducted in Mandarin. The event will be led by Olivia Xiao at the American Chamber of Commerce offices at 27F Infinitus Tower, 168 Hubin Road. Early bird tickets are 7,000 RMB and can be purchased on the AmCham website: [amcham-shanghai.glueup.cn](http://amcham-shanghai.glueup.cn).



## Conrad Shanghai Restaurants Reopen

The Conrad Shanghai opened back in January of 2022, and after a pause, is back to full service. The hotel features the all day dining restaurant Lane Eleven that offers seasonal seafood buffets and a la carte dining. For Mediterranean fare, there is Asador Mediterranean Dining & Bar where guest can enjoy traditional barbecue and relax on the outdoor terrace. The Conrad Shanghai is located at 789 East Nanjing Road. Tel.: 3318 9999.

## Museum of Ice Cream Arrives

The Museum of Ice Cream arrived in Shanghai this summer, and it's a kid's dream. Eat ice cream and play in the sprinkle pool. The pink confectionary world also has museums in New York City, Austin, TX, Singapore, and Chicago. It's located at Pudong's Taikoo Li Qiantan at 500 Dongyu Road, and open Tues-Sun 10 a.m. - 10 p.m. Get tickets for 149 RMB on their website, [museumoficecream.com](http://museumoficecream.com).



## SoReal VR at Disneyland Welcomes Visitors

At the beginning of September, Disneyland Shanghai welcomed a new virtual reality experience to its Disneytown. SoReal VR allows guests to explore virtual reality over two floors. Many of the simulations are based on Chinese tales like "Journey to the West". Tickets to the venue are sold separately from park entrance tickets.



## *school roundup*

### Concordia Welcomes New Teachers to Campus

Concordia Shanghai has a new team of high-caliber teachers joining for the new school year, many of which have come from international schools outside of China. With previous teaching experience in North America or at international schools across the globe, these diverse educators bring with them a global perspective and vision that will certainly help students to grow as insightful learners and global citizens.



### Dulwich Pudong Celebrates the New School Year

The first day of school at Dulwich Pudong was incredible with students on campus for the first time since lockdown. On the main campus the school greeted the day with a traditional Chinese lion dance, an auspicious beginning to the new year. The new Head of College Garry Russell, along with other Senior Leaders, greeted students outside the campus main gate. Meanwhile DUCKS students had fun posing for selfies with their parents. This year marks the beginning of Dulwich Pudong's 20th year providing world-class education to international children in Shanghai.

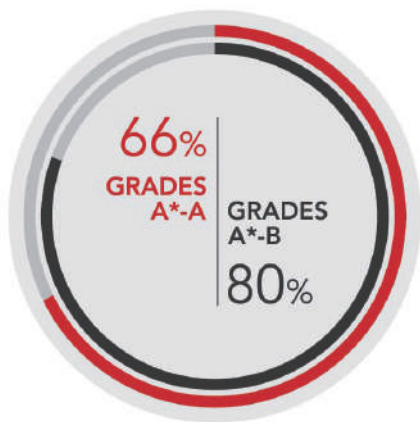


### Welcome Back to YCIS!

The energy for the first day of school on campus in almost six months was electrifying. Students at the three campuses in Puxi and two campuses in Pudong shared smiles and laughter with their friends and teachers. The Senior Leadership Teams greeted many familiar faces in Primary and Secondary at the school entrances and welcomed the youngest new learners in K2 for children aged 2-3. After almost 30 years in Shanghai, the first day of school at YCIS Shanghai is always the portal to new adventures and YCIS Shanghai are happy to share these special moments with the community!



# school roundup

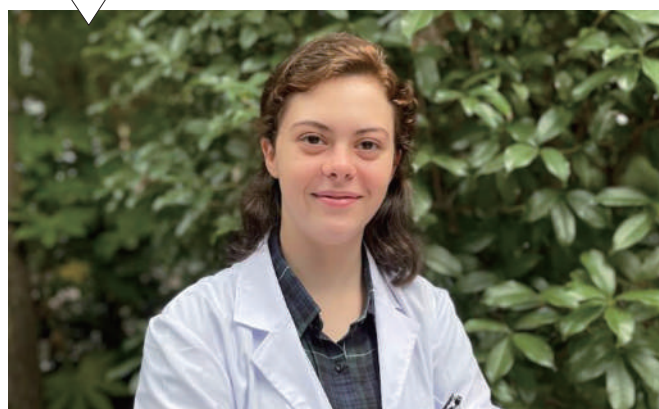


## LFS's Marylou Ricard joined the Jiahui Scholar Program

Each summer, the Jiahui International Hospital gives the opportunity to high school students interested in the medical field to dive in the hospital environment for two weeks. Marylou, who is now in high school on the Qingpu campus of Shanghai French School, was able to shadow several health professionals and gain practical experience through workshops in various departments such as Ophthalmology and Pharmacy. "You meet people and exchange knowledge, common passion, values and interculturality. The team is welcoming and kind, and the whole organisation is incredible."

## Dulwich College Shanghai Puxi's Stellar IGCSE Results

Dulwich College Shanghai Puxi are immensely proud to announce that they have continued their stellar track record of outstanding IGCSE results. This past year, 66% of grades achieved were A\* to A, while 80% of grades achieved were A\* to B. Academic excellence is in the College's DNA. This year's results, set amongst the challenging backdrop of online learning and COVID-19 lockdowns, are a testament to the strength, resilience, professionalism and passion of both students and staff. Through them the DNA of academic rigour is well reflected.



## Shanghai American School Welcomes Their New Head of School

Shanghai American School marks its 110th anniversary and begins its new school year under the leadership of the new Head of School, Mr. James Nelligan. A veteran educator with 30 years of experience teaching and leading in schools and universities, Mr. Nelligan has held senior leadership posts for the past seventeen years. He has received numerous recognitions as a renowned educator and is currently completing a Doctorate in Education with a focus on neuroeducation at Johns Hopkins University. He is joined by his wife Michele as proud members of the vibrant SAS Eagle community.

## Wellington Welcomes Pupils for the New Academic Year

After several months of distance learning followed by summer holiday, Wellington College International Shanghai opened its doors once again for the 2022-23 academic year. The pupils returned to a campus enhanced with renovations, including a new dining hall for its Pre-Prep children, a garden where pupils can grow produce and learn about food cultivation, a fully-refurbished gym and a brand-new LED scoreboard and racing touch pads for its swimming pool.







## New Early Years Playground at BISS Puxi

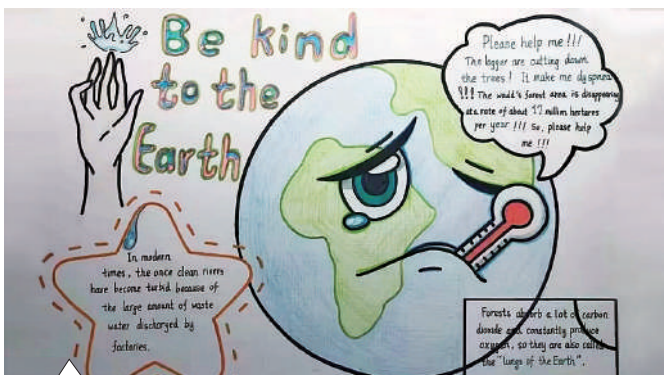
At BISS Puxi, they are creating a whole new outdoor experience for their youngest learners, with a brand-new adventure playground in the Early Years outdoor space. The children will have the opportunity to explore, imagine and understand the world around them through a range of new textures, colors, equipment and activities.

For the school's youngest children, this method of learning helps to create delight in new skills, knowledge and understanding, and creates a commitment to be lifelong learners. They are looking forward to seeing how the Early Years children react when they see this new space!

## DSS Launches New DaF Program

With the finishing touches of eye painting, the lions danced in high spirits, and the principals of both campuses in Hongqiao and Yangpu announced the start of the new school year. Finally back to school, it was great to see all the children and students again!

Starting this school year, German School Shanghai (DSS) launched a new program called "German as a Foreign Language (DaF)" to accommodate the children with no or limited German language knowledge to integrate into the German basic education system. The program is available for kindergarten children up to the fourth graders.



## QDHS Igniting the Spark at O'Days

O'Days is the orientation week at Qibao Dwight, and a time when all newly admitted students come on campus to become acquainted with the school and with each other. The excitement is palpable! Students start their day with carefully curated sport exercises that prioritize health and wellness. Followed by interactive academic lessons designed to stimulate the mind and ignite the spark of genius in every student. Afterwards, Qibao Dwight students compete in a curling competition. Every day at Qibao Dwight is anything but ordinary.

## SGAS Primary Students Campaign for a Sustainable Future

How do you involve primary students in climate protection? Why not try Earth Day activities? After learning about the Earth's position in the universe, the world's pressing environmental issues, and what everyone could do to make it better, primary students in the International Department of Shanghai Gold Apple School took their own initiatives. Some created posters to raise awareness on climate change, others explored bean sprouting and growing veggies at home. Whatever form each project took, the key seemed to lie in awakening their natural love for Mother Earth and empowering them in each baby step they take. Every action counts. It is their future.





cover story

# What Makes *a Shanghai Teen*

Teens share what its like growing up in Shanghai.



*Tasha*

*Alex*

*Kat*

*Ashika*



For the young generation, growing up in Shanghai is a unique experience. Each is an individual, from all over the world, with a personal identity and unique path. These differences are what they have in common, weaving the fabric of the diverse cosmopolitan culture.

What bonds, connects and shapes a Shanghai teenager? Our summer interns Kateryna Gedz, Alex Xue, Ashika Govindan, and Tasha Williams share their experiences growing up in Shanghai in 2022.

### Social Life

So much of being a teen is making friends and just hanging out. In the big city, there is always something to do, a new place to explore, or hobby to pick up.

**Kat:** KTV rooms are a huge part of modern Shanghai culture. My friends and I both love and hate them. True, they make us feel like stars, but when you bring a group of people with wildly different music tastes into a room, conflicts are inevitable.

The K-pop fans dance the whole routines to their favorite songs, next someone sings something sad, but most of the time, we try to hum along to songs we don't know lyrics to.

But, even in a group with completely different backgrounds and cultures, with completely different music tastes, some things are the same. We all yell the lyrics to Christmas songs and "Barbie Girl."

**Alex:** Although high school has definitely limited my free time, Shanghai's abundance of activities never leaves me feeling bored. Due to Covid restrictions, trips to the cinema have lessened but strolls around Shanghai's old streets have provided a much more valuable experience.

Once, we stumbled across Yongkang Road, where there were local coffee shops and cozy record stores. We ended up ordering a few drinks and spent the next few hours catching a glimpse of the tales behind many local shop-owners.

**Ashika:** I have friends from all over the world, all different types of families, and we still get along very well. We always like to learn more about each other's cultures, and that is something great about Shanghai.

You can find many fun things to do from Korean towns, to old French neighborhoods. We also try to find common ground. Karaoke, bowling, and movies are enjoyed by any teen in the world.

Personally, I think Shanghai teens are amazing at trying new things because that is how we find our group of people. I enjoy playing Dungeons & Dragons with one group of friends, going to KTV with another, and trying new foods with different friends. The key thing to understand is that you won't find one person or

group who wants to do all the things you want to do, and that's normal. You need to branch out and find many people who like to do many different activities. If you are a risk-taker, you won't hit a rut in Shanghai.

### Being the New Kid

Teens in Shanghai are always moving from place to place, country to country and faced with new environments and customs. Adaptability is one trait everyone learns and that wisdom comes through learning from mistakes.

**Ashika:** The horror of making a cultural mistake is a universal feeling for anyone in a new place, especially for a teenager who wants to fit in. I was at a Shanghainese friend's house for the first time and wanted to make a good impression, while also being myself. We were at the table eating breakfast. I wanted to drink some soup on my left and needed to put my chopsticks down. I could have just laid them on top of the bowl, or put them on my plate, but no. I stabbed the chopsticks right into the rice.

*The horror of making a cultural mistake is a universal feeling for anyone in a new place, especially for a teenager who wants to fit in.*



# cover story

Everyone stared at me for a second then went on to their meals, but I knew something was up. My friend then leaned over and said, "Your chopsticks. It looks like you're cursing this house."

I felt embarrassed and confused. More embarrassed than confused. I instead slowly dragged the chopsticks out and put them on my plate. My friend would joke about this moment, but then and there, it was very humiliating. I have lived in China for while, and I thought I would know where to put my chopsticks without cursing a house. But the more you know, the more you know!

**Alex:** When I first arrived in China, it was in the midst of a scorching hot summer. I had enjoyed swimming, and had always come out of the pool all sweaty and tired. Whenever swim practice ended, my parents would surprise me with a big lunch, and this is where I first had a peak into TCM.

Coming from America, ice-cold beverages were the go-to summer drink. Yet when I asked for ice water in China, the waiters would always

have to double check with my parents first before fulfilling my request. Later, I learned that ice cold drinks are not the best for your body, especially during very hot weather. Since then, I have stuck to drinking boiling hot tea wherever I go.

**Tasha:** Growing up here, with most of my peers being culturally Chinese, I would become familiar with Chinese culture and traditions. I believe many superstitions like not writing your name in red ink, or not using the number four. These subconsciously became integrated into my cultural identity.

I don't speak Chinese fluently, but I know enough. That's more than I can say for Indian languages, which I have no knowledge of. That is why I sometimes feel I can relate more to Chinese culture.

I recently started finding joy in learning the Chinese language. Learning this language is also helping me understand and explore a different way to express myself. I can communicate in one way with English, but expanding my Chinese vocabulary is giving me a chance to discover another side of myself.

## Culture and Identity

Growing up as a third culture kid (TCK) is a unique and confusing experience when you are not in sync with your surroundings. But the positive side of it is unmatched perspective and diversity.

**Tasha:** As foreigners, my family attracts taxi drivers' attention. I enjoyed some of their questions, and it made me feel seen when they were interested to hear about my experiences. However,



questions like "Where are you from?" would stop me dead in my tracks. It wasn't that I thought they were being rude. I just didn't have a clue on how to answer them.

Over the years, I have managed to come up with two ways to answer this, a short answer and a long one. "I was born in India, but I've lived here since I was two," was my go-to answer. If the driver seemed chatty, I would add, "I was born in India, I lived in Kenya for a year and then moved to South Africa, and after that, I came to Shanghai."

I often endure identity crises. I felt the need to choose a country because I was under the impression that I had to be 100% this or that. It took me a while to realize the freedom to not choose. What I imagined to be a curse was a blessing. I have lived in four countries. I can choose to be a part of them, or I can choose to make these countries a part of me.

**Ashika:** I have been a third culture kid my entire life. It only dawned on me recently, that if someone were to ask me "Where are you from?" the answer would be much more complicated.

The short version would be that my passport is Indian. Therefore, I am an

*However, questions like "Where are you from?" would stop me dead in my tracks. It wasn't that I thought they were being rude. I just didn't have a clue on how to answer them.*





Indian. But I only lived in India for a few years, after having been brought up all over the world. I am proud of my Indian heritage, but I am aware that I grew up in Chinese and Western culture, and that they are parts of my identity.

Sometimes I find myself in sticky situations. For one, staring is something I've had to get used to. There are many types of stares, and not all are bad. As a tall darker-skinned woman, there are many things they could be staring for, but most times it is just out of curiosity, which is completely understandable. But sometimes you just feel off. This happened to me once, but I was feeling chatty and said hello. The person was surprised and smiled back. It was a nice moment. I realized that I was in Shanghai. Everyone was third culture in some way.

**Alex:** Even though I look Chinese, my lack of experience with Chinese culture makes me feel as if part of me is not worthy of being Chinese. Often times when attending foreign-held events, the first thing I get asked is where I'm from.

Just recently when interning at Jiahui Hospital, I was initially introduced as a foreign student. With that premise, most of the faculty treated me as if I had a barrier blocking me from speaking to them. Yet when they asked me where I was from, I chose to say Beijing instead of America in order to bring myself to a more familial standpoint with them.

Right after I said Beijing, the barrier between the staff and I instantly broke. Suddenly, we were chatting and laughing, and they even invited me afterwards for a private lesson on chiropractics while offering me snacks and drinks. To me, my identity might be a bit muddled, but at the same time it's really cool, like a separate persona.







And it's hard to explain something that happened in a summer camp or at my relatives' homes to my English-speaking friends. But I still have to look up basic words from my childhood, such as one of my recent vocabulary additions, dandelion.

### Making a New Home and Saying Goodbye

Living an international nomadic lifestyle involves leaving cities and people behind for new places and faces. Settling in is often a ceaseless process that becomes a constant way of life.

**Kat:** At thirteen, I got an Instagram account. Quickly, I went down the rabbit hole of looking up people I know and catching up on their lives. For the first time, it really hit me that life went on back home without me.

My old friends were no longer kids. They had their own slang words I wasn't aware of, their own hobbies and aspirations. I had still pictured them as in our fourth-grade graduation photo. I used to feel like I could go back any moment and feel like I belonged.

When we just moved to Shanghai, my parents didn't want lots of clutter to grow on us, because living here was temporary. This wasn't home, and we would need to return someday. I imagined how excited my old classmates would be with me coming back. But, after the Instagram incident, it became apparent that this city has been my home for almost half of my life at this point.

Slowly, we accumulated carpets, pillows, unique furniture, paintings, books, and toys. Now that we're moving to a different apartment and uncovering layers of memories, I realize just how familiar the city has become to me. I'm not at home, not really. I still often feel like an outsider. Perhaps that is what's unique about

**Kat:** As someone who speaks many languages, I noticed how tied they are to culture and context. For example, the English word tea reminds me of history classes, as our teacher allows us to drink it during lectures. The Ukrainian word for it, чай, makes me think of bubbly guests talking over tea and sweets. The Chinese word 茶 brings images of tea ceremonies to mind, with soft music playing.

It's like we're living different lives with different identities at home, at school, with friends, with distant relatives. And this feeling is amplified by speaking different languages.

Even my vocabulary is different in these languages. It's often hard to talk to my parents about school without awkwardly pausing to translate a word from English into Ukrainian.



*Sure, my life in Shanghai has an expiration date, but my life is passing by, and I'm not going to wait for more stable times to live it.*

living in a foreign country. Neither your country of origin nor your current place of residence completely feels like home.

As international students living in a foreign country, we all have an unspoken understanding that everything is temporary. The friends we make are all going to live in different countries soon. Anyone can take off at any moment and disappear. Many of us try not to settle in too comfortably because of how suddenly relationships are broken. But, with time, we start to really value the importance of the present moment. Sure, my life in Shanghai has an expiration date, but my life is passing by, and I'm not going to wait for more stable times to live it.

**Alex:** A major part of being a Shanghai teen is the insane amount of friends who come and go, and this is where things start to get a bit emotional. I lost my first best friend during 5th grade. I remember him hand-

ing me the news during recess, and the sudden drop of my heart as we passed our goodbyes. A few months later, another person had left my life, and I wondered if the loop would never end, and it didn't. So many people had established strong bonds with me and yet so many of them had deserted me.

As the years went by, I would see my friends posting pictures with their new friends abroad, and this was the turning point of my social life. I started carefully picking out whom I talked to, which concluded to be a select group of Chinese kids with a traditional Chinese background, in order to prevent any circumstances of them leaving me. It's been almost five years, and it's safe to say that my plan worked.

**Tasha:** If you define home as where the people who care about you are, Shanghai will always be my home. Not all my friendships have remained here, but it's where they

started. Before I was nine and settled in Puxi for good, I was the one leaving my friends behind. I moved to make my father's commute to work easier, and I moved schools twice. I never realized how much that affects a friendship until I transferred to my current school in 2014 with no intention of leaving. I made friends, and every year more people would go.

For my friendships before middle school, before I had a phone, it's unlikely I can rekindle my friendship and contact them. Now I can stay in touch. The majority of the contacts on my phone are people who have left and people who are planning on leaving. I am able to maintain long-distance friendships simultaneously with my ongoing friendships in Shanghai.

**Ashika:** My mom tells me that when I was young and we were moving to a new place, I would say, "Oh, where are we going for vacation?" I wasn't old enough yet to understand the concept of moving. When we moved to Shanghai though, I was very aware. But I also experienced it before so I knew how to handle it. I didn't cry all the time, or try to convince my parents to stay, and I didn't run and tell all my friends immediately. I took my time to come to terms with it.

Now that I have settled in Shanghai, a process that has taken over three years, I am grateful I moved. That process of settling in was postponed due to Covid, but the process happened. I found a group of friends I enjoyed spending time with, my parents and I learned the layout of the city, and we started feeling at home. I would see all my friends back home living life, and I would know that I was living life here as well. It took me time to come to terms with that, but what can I say other than FOMO (fear of missing out) is necessary for all teens, including the Shanghai ones. **SE**



# An Oasis in the City

Live in the middle of it all with the benefit of a relaxing home base.



Shanghai is a bustling and glamorous city. But when you open your front door, you want your home to be serene and quiet, so you can relax and recharge.

It's easy to be happy and healthy at Times Square Apartments. They make home life smooth so you can save your energy for the fast-paced city.

Times Square's wellness facilities include an outdoor pool and tennis court, along

with a gym and saunas. The facilities are private for residents, so you can enjoy the pool for lap swimming. Additionally, the patio and clubhouse have seating for entertaining guests.

The multilingual staff works hard to make home life in the serviced apartment as calm and easy as possible. You can remove the burdens of maintaining a home, and trust you'll be taken care of by the professional staff, who have received WISE

(Wharf Institute Service Excellence) training. Your needs are met through helpful services such as housekeeping and linen replacement three times a week, and assisting residents with sorting and delivering packages.

Apartments come in 1 to 3-bedroom layouts. The Prestige Deluxe has 239 sqm of space with two bedrooms and a study room that can be converted to an extra bedroom. Elsewhere, the Coco is a 1-bed-





room design of 96 sqm, and features a semi-open kitchen.

Inside each apartment is a sweeping view of the downtown skyline, modern furnishings and decorations, as well as pre-stocked living essentials like kitchenware and appliances, which are convenient for new arrivals.

The Times Square Apartments are a hideaway in the middle of busy downtown Huangpu District. Its atmosphere is calm and relaxing, whilst being surrounded by the busy hubs of People's Square, Huaihai Road, and Xintiandi.

There is an old adage of real estate that says it is all about location, location, location, and by all measures, Times Square has a prime location.

The location allows for a true city lifestyle where you are walking distance away from the best in dining, performance art, shopping, culture, and greenery available in Shanghai.

When it is called a shopping heaven, it is not an exaggeration. You can shop at the high-end department store Lane Crawford, and chic fashion brands Urban Revivo and Zara just downstairs. Or walk a short two

blocks on Middle Huaihai Road to find flagship stores of luxury brands.

Date nights are easy with plenty of restaurants and bars in the neighborhood, along with cafes and a selection of Guizhou, Sichuan, and Cantonese restaurants located inside Shanghai Times Square.

Then there are the green spaces, some of the best in central Shanghai. The parks around the Cadillac Shanghai Concert Hall are great for running. While People's Square Park has museums including the Shanghai History Museum, and performance venues like Shanghai Grand Theater. For green space even closer to home, just across the street is the quaint Huaihai Park.

Getting to anywhere else in the city just requires a quick car ride to the main transport arteries of Yan'an Road and the North South Elevated Road. The Times Square Apartments are also surrounded by metro stations Dashijie and Site of the First CPC National Congress South Huangpi Road, which connect to lines 1, 8, and 14.

The fashionable, vibrant area is known for its rich history. Many tourists flock every weekend to enjoy the neighborhood, but at Times Square Apartments you get to call it home.



**ADDRESS:**

111 Middle Huaihai Road,  
Huangpu District

**RENT RANGE:**

28,000-70,000 RMB per month

**UNIT SIZE:**

96-239 sqm

**TEL:**

(021) 3122 8873/ 3122 8863

**FAX:**

(021) 3122 8872

**EMAIL:**

info@shtimesquare.com,  
vinisayu@shtimesquare.com

**WEBSITE:**

[www.timesquareapartments.com.cn](http://www.timesquareapartments.com.cn)

**MINIMUM LENGTH OF STAY:**

1 Month



Visit the Times Square Apartments virtual showroom by scanning the QR code.



# For a Greener Future

**Summer campers pen their own stories about clean energy.**

**C**hildren will inherit the Earth. So we should make sure there is a healthy Earth to leave them in the future.

The members of the next generation learned about the current state of renewable and traditional energies through visits to energy companies

as part of this year's Shanghai Family Summer Media Camp.

The summer media camp for students was held in July. During the camp, the first batch of campers learned about the fundamentals of journalism writing, the media industry, design, branding, and public speaking.

Campers also visited two energy companies to interview top executives, and put into practice what they learned over the course of the five-day camp to produce their own articles.

But enough from the adults, let's hear directly from the students.



# Cleaner Energy, Cleaner World

***Sustainable, clean energy is the solution.*** By Alicia Bolstein

Around the world, climate change is becoming serious. From wildfires to floods, to droughts and hurricanes, there's no escaping the dangers plaguing the planet. One main cause of global warming is conventional energy sources being burned for electricity, resulting in carbon dioxide being emitted into the atmosphere. A shift toward sustainable clean energy sources must occur to stop the use of conventional energy sources.

JinkoSolar and PETRONAS are two companies striving to make a change. While JinkoSolar is developing more efficient solar panels to promote clean energy, PETRONAS is working toward net-zero carbon emissions by 2050. Both companies acknowledge this shift might take years, but through innovation, they continue to improve.

Currently, worldwide, Jinko's solar panels have the highest efficiency of up to 22.02%. When the solar panels need to be replaced after 25-30 years, they are recycled, producing little waste. Jinko is also working on stop-

ping carbon emissions from their factories, and Ms. Qian Jing, Vice President of JinkoSolar, believes soon they can produce solar panels entirely using clean energy. Doing this, they are making an impact. According to Jinko, they reduced 20,547,040 tons of carbon dioxide emissions by using solar panels.

Other companies traditionally using conventional energy sources, like PETRONAS, are working toward cleaner energy sources. However, Ms. Lisy Lee, PETRONAS China Chairman, states, "We need to balance the speed and reality." So now, they use more natural gas because it emits 50% less carbon dioxide compared to fossil fuels and coal. This way, by gradually replacing conventional energy, a shortage in energy supply is prevented, all while developing better solutions.

As companies shift toward clean energy, sustainability can't be ignored. When looking at sustainability, circular economy determines whether the product is sustainable. Ms. Lee used manufacturing electric cars to explain. "An electric car is very clean, compared to the other fossil [fuel] cars, it's clean. Why is it clean? It's using electricity. When you drive the car, it does not emit carbon dioxide, so it is a clean energy. But we have to think of the whole life span of where this electric car is coming from. Is it really, really sustainable?" She explains that while parts of the car's lifespan may be beneficial to the environment, other parts may cause harm, making it unsustainable, such

as the use of lithium batteries to power the car. That's why evaluating sustainability is crucial when considering clean energy alternatives.



Ms. Lisy Lee,  
PETRONAS China  
Chairman

JinkoSolar and PETRONAS show what can be done to help climate change, but they are a long way from finding the perfect solution to using sustainable, clean energy. Ms. Lee said, "reality is not rosy," and these problems will not go away unless critical actions are taken. No one knows what the future might bring, but clean energy shows what is possible and what can be done when people work together as one.



Alicia,  
A 14 year old  
9th grader  
at Shanghai  
American  
School Pudong  
Campus

Ms. Qian Jing,  
Vice President of  
JinkoSolar



# JinkoSolar: Immersed in Solar

**Solar in action.** By Bella Pek

People always say, global warming is making a huge impact on the world, we need to do something, but how? And when is it too late to take action?

Right now, the Earth is facing rising sea levels, melting of ice and higher probability of acid rain, which is making our environment more and more harmful.

Thankfully, there are companies who are determined to help planet Earth. JinkoSolar specializes in making solar panels. On Tuesday July 19th, the Shanghai Family Campers went to JinkoSolar to discover what solar energy is and to look at the solar energy models, followed by an interview and an overall presentation with Ms Dany Qian, VP of JinkoSolar and Mr Daniel Liu, GM South Asia of JinkSolar.

Inside JinkoSolar's buildings, you can get a whole view of the Jinko-Solar Cloud Management Center. It shows where the power plants are, and how much carbon emissions they reduced, which is over 20,547,040 tons.

In the next section, you get an overview of the global presence of where Jinko's solar panels are located, such as America, Malaysia, Vietnam, and Hefei and Xinxing, China. In glass displays, you can see how solar panels are made, from poly-silicon to ingots, then to wafers, and next cells, and finally modules and panels. You can also admire the Tiger Neo 54HC, their newest technology, with enhanced solar capture efficiency at 22.02%. According to an expert at JinkoSolar, "It is the most innovated panel in our industry."

Up the staircase to the third floor, there are the meeting rooms. The Shanghai Family Campers took a seat and listened to a presentation of how JinkoSolar was inspired to immerse in the solar world. They

interviewed Ms Qian, VP of JinkoSolar, and learnt a lot about the solar panels and what they do to make our environment safer and better. From what types of solar panels they have to the values and goals of the company, the campers got a lot of new information about solar energy, in depth.

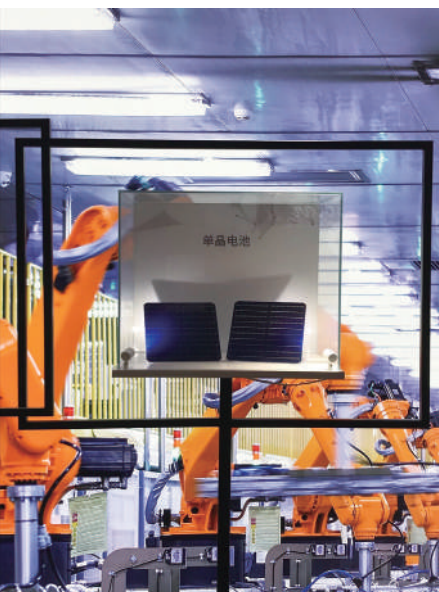
Thanks to Jinko, people around the world can have hope of reaching their achievement: to stop global warming. But, still, there is a lot the world has to do in able to stop global warming, and even though technology is getting more and more advanced, society needs to make a change to the world, before it is too late.



*Bella,  
A 9 year old  
at Shanghai  
American  
School*







# Solar Energy And Sustainability, The Future

By Kiki Zhang

Did any of you noticed that in June, it was already extremely, burning hot? Have you noticed that a lot of natural disasters are happening recently? But, have you ever thought about what actually caused all of this to happen?

Now, global warming and rising sea levels are a serious problem. You might not know how important they actually are, but they will make a huge impact to communities and normal life. On Tuesday, Shanghai Family members visited JinkoSolar to learn about solar panels and solar energy. They also interviewed Ms Dany Qian, VP of JinkoSolar, and Mr Daniel Liu, General Manager South Asia of JinkoSolar.

## Inside JinkoSolar

There was a future model of the world powered entirely by solar energy and solar panels. Next to it was a large screen that showed the map of the company's other global offices. To the left, was the Jinko Cloud Management Center. Sixty pieces of solar panels were on show in front of the model. Big pieces of solar panels are for vast areas of land and the small solar panels are for small areas of land.

## Jinko and how it makes renewable energies

There are many different energies in the world. Energy is split into two different types, conventional energy and renewable energy. Conventional energy includes petroleum, natural gas, coal and nuclear energy. Renewable energy includes solar, geothermal, wind, biomass and hydropower.

The main technologies of solar energy are photovoltaic (PV), solar heating, and concentrated solar power (CSP), a hybrid.

According to Mr Liu, after the solar panels are used for 25 years, they will be recycled and be made back into a new one. This shows the cycle,

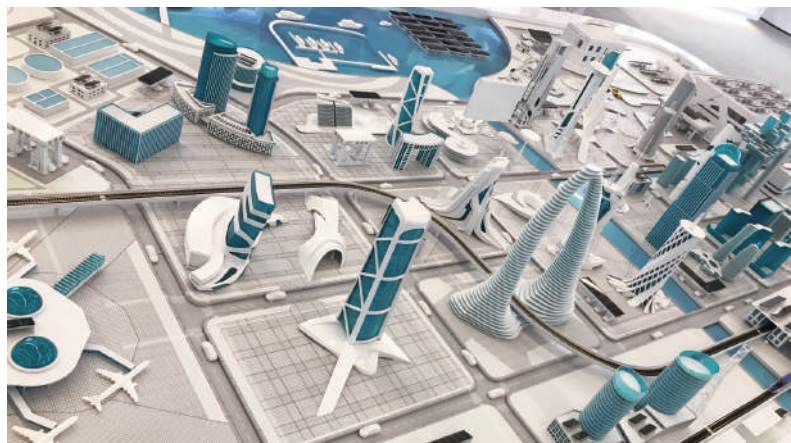
where it gets recycled, shaped, and made again. This helps to save resources from the planet and it is also really sustainable to reuse it.

Unfortunately, not every place is going to be powered by sustainable solar power, because in Shanghai and the east part of China, the land area is not enough for solar. For the cities that are located in the south, north and west of China, there are open areas for solar panels and solar energy, like Xinjiang.

The future is now. Changes must be made before global warming takes over the world! Small acts done now, always make a big impact!



*Kiki,  
A 10 year old  
at Harrow  
International  
School  
Shanghai*







feature

## Renewable Energy is Necessary for Human Life

By Louisa Shen



*Louisa,  
A 17 year old at  
Santa Catalina  
School, USA*

There are many issues that are occurring on our planet Earth. Global warming is one of them. Global warming is causing the glaciers to melt, oceans to acidify, sea levels to rise, and more. This will cause islands to disappear in the future and even some animals, such as polar bears, to become extinct. Global warming is an important issue that humans need to take serious action against now and in the future.

Renewable energy is coming to help reduce global warming by replacing some conventional energies, such as coal energy. On July 19th, The Shanghai Family Media Camp visited PETRONAS and JinkoSolar Company to learn more about sustainable energy and had an exclusive opportunity to interview people from these two companies.

"We are making solar panels higher in efficiency and better," says Daniel Liu, General Manager of South Asia of JinkoSolar. Liu also said that solar energy is clean and sustainable, and it can also change into different energy for other usages.

Nowadays more and more people are starting to drive electric cars, and families are encouraged to apply solar panels on top of their roofs. The life span of a solar panel, which is recyclable, is about 25 to 30 years. Hence, more renewable energy such as solar energy should be incorporated into daily life.

As people know, global warming is a very crucial issue in the world. The usage of coal and gasoline is very common all around the world. These energies cause air contamination and global warming. Therefore, some of the conventional energies

are replaced by renewable energies like solar.

Over the next few years, PETRONAS will replace some conventional energy with renewable energy. PETRONAS set a goal of achieving net-zero carbon emissions by 2050, and they will cooperate with JinkoSolar to achieve this goal to reduce the speed of global warming.

According to Lisy Lee, PETRONAS China Chairman, "It is a long-term goal. There are strategies for the next few years to achieve the goal". Hence, PETRONAS is stepping closer to achieving the net-zero carbon goal and easing global warming.

In the future, more renewable energy will become available and will replace conventional energy, reducing the speed of global warming to protect the Earth.





*Cindy,  
A 12 year old  
at Shanghai  
United  
International  
School Jiaoke  
Campus*

main components of this system includes the PV module, the PV inverter, and the mounting system. Another system is called solar heating. This is the process where solar energy turns into thermal energy.

### Interview with Ms. Qian

When asked why new energy is so important, Ms. Qian answered, "To make a better world, to save ourselves. If we continue the way that we are living now, then there's only a few hundreds of years left for us now."

She also said that solar energy is one of the key factors to saving the planet. She added, although a lot of people think that electricity and energy should be there since it's natural.

But now nature is teaching the world a lesson, which is climate change. If society doesn't start to do anything, the world won't have comfortable living conditions in the next few hundred years. That's why renewable and sustainable energies are needed. Ms. Qian agreed, "We must do something to protect the Earth."

Society also needs to help the Earth to recover to its original harmonious state by doing small things. Everyone is looking forward to a better, solar-powered Earth.

## Solar Energy, Our Future

*By Cindy Wang*

Global warming is getting more serious than before. Everyone says society needs to solve this problem but no actions have been made. Society needs to start to take actions now, but how?

On July 19th, Shanghai Family members visited JinkoSolar in Shanghai. They went to see the models of solar panels and how the energy system works around the city. They also listened to a presentation about JinkoSolar, and interviewed the Vice President of JinkoSolar, Ms. Qian Jing.

### Inside Jinko

At JinkoSolar, they have an impressive display about their vision. The model room contains a simulated energy system of a small city, along with the solar panels that JinkoSolar made. Shanghai Family members were given an exclusive presentation about what JinkoSolar is doing and an introduction to the solar panels that they are making.

### Solar Energy Presentation

During the presentation, a Jinko worker explained the types of solar panels and new energy, the energy

system, the main cause of global warming, and also an introduction on the solar panels JinkoSolar is making.

The main cause of global warming is pollution, which is greenhouse gas emissions. One of the most important energy systems is photovoltaic (PV) used in solar energy. When solar energy is captured on the solar panels, it is a direct current, and when this current is in the electrical system, it turns into alternate current. This is the process where solar energy turns into electricity. The





*Jasmine,  
A 10 year old  
at Shanghai  
Xuhui Jianxiang  
Primary School*

## My Lesson of Composting

*By Jasmine Zhang*

Compost is a good way to protect our environment and good for our Earth's future. I recently watched a documentary about composting, and I was very interested to try it with my parents. Especially now the climate is getting warmer, we can be friendlier to Earth.

In the documentary, the woman introduced her experience of composting. She showed the audience her garden. There were many beautiful plants. She explained her achievements of composting. Then she showed the compost she was currently making. She was very successful with her composting.

On the first day I tried composting, my parents and I prepared some soil, kitchen garbage and put them into a garbage can. I mixed them together and put the garbage can on the balcony. Then over the next few days, I put the kitchen garbage into the compost can everyday.

I learned that composting isn't easy. You need to cut the weeds every day and it is very smelly in the summer. You must keep going because it is very easy to fail. But you will enjoy the process.

I hope that more people can learn about composting, and contribute to the Earth's environmental protection. **SF**

## A Trip to PETRONAS and JinkoSolar

*By Leona Li*



*Leona,  
A 12 year old at  
Shanghai United  
International  
School Jiaoke  
Campus*

On July 19th, Shanghai Family campers went to PETRONAS energy company and JinkoSolar company to see how renewable and petroleum energies work. The presentation was done by Ms. Lisy Lee from PETRONAS and Ms. Qian Jing from JinkoSolar.

According to them, in the past, people only had energy such as fossil fuels like coal and oil, which caused a lot of pollution.

Now, people create renewable energies, for example, wind energy, hydropower and solar energy.

The renewable energies can be used for electricity generation, space and water heating, cooling, and transportation, reducing carbon emissions and air pollution from energy consumption.

"People create renewable energies because they do not harm the environment, unlike petroleum, and fossil fuels that will produce greenhouse gas emissions," a worker from JinkoSolar informed.

At JinkoSolar, Shanghai Family campers learned about how their energy system works, and Ms. Qian Jing explained the process. She was a wealth of information, and when asked how she was privileged to attend a lot of formal summits about energies and resources, she answered, "I want to provide help to the world, also it's my job to help investigate renewable energies."

The visit to the two energy companies gave insight to different types of energies, how they work in different conditions, and their advantages.





## How to Survive...

# The College Search

**H**igh school! The best four years of your life where you prepare for the next best four years of your life. Chances are, you're planning on attending college after graduating from high school—but there are so many to choose from! It may feel like a whole new world has opened up as you look through college brochures and picture yourself among the students in those classrooms, those labs, those dorms.

The most important thing to think about is how well you'll fit. You need to know whether you're trying to find someplace that will give you instant smarty-points in conversations, like Harvard, or someplace that's best suited for your interests, like wherever has a club of students who hike every day before classes, or an art room accessible to non-art students (if you're like me and can't commit to studying art yet, you can't imagine your life without it). Fit could be anything, from the financial aid options available to the interests and passions of the students. Every college has its own culture and perks, be it an amazing astronomy course, a giant lawn for Sunday picnics, a nationally famous basketball program, or a home on campus where students can bake cookies (I'm looking at you, dream school Carleton College!)

To learn more about the culture of campuses, you can check out websites like Niche.com, which provide ratings and comments from students. The three- to four-star reviews tend to be the most helpful. Those who rate colleges a five are probably

freshmen who still have rose-coloured glasses on and haven't tried the cafeteria food yet; those who leave just one star are likely still sour about the time they embarrassed themselves in class and earned a funny nickname that ruined their entire college experience. Either way, the extreme comments tend to focus on just one aspect of the institution, be it good or bad, and don't capture the whole picture. After all, nothing is perfect. (Except Carleton College. Its bad reviews are clearly delusional.)

It can be extremely useful to befriend your high school's college counselor. They can be quite busy, especially during application season; but if mine is any indication, they don't mind chatting with students every once in a while. College counselors are experienced in their field. They seem to know every college and university on the planet, and always know a place that would be perfect for you.

But perhaps you're like me, and find it hard to ask for advice or narrow down your search because you have no idea what you want to do with your life. If that's the case, high school is the perfect time to explore things you love. With a little time management and 10 extra hours in each day, you should be able to binge-watch all of the episodes of Crash Course on a new subject on YouTube, or try out for a theatre production, or take up an elective that you've never considered before. Now is the time to explore and try everything before you settle down and

*College counselors are experienced in their field. They seem to know every college and university on the planet, and always know a place that would be perfect for you.*

decide on a major. But remember to not stress too much—after all, taking gap years, changing majors, and turning careers around is more common than most think. Either way, even if you're unsure of what you're planning on studying, you probably have an ideal place to study in mind.

Now that you have a few colleges you're interested in, make sure to let them know you like them! (Carleton, could I make it any more obvious?) Visit their website and try taking a virtual tour, or watch a vlog made by a student to learn more. Sign up for mailing lists to receive reminders about how much you would love being there (the emails about on-campus beehives and vegetable gardens tend to be very effective in winning me over), and join information sessions to learn more and ask specific questions, like the likelihood of getting bitten by said bees. Or the specifics of a certain course. Whatever is important for you! Everyone's needs and preferences are different, which is why colleges are so diverse. If you have the privilege to be picky with where you go, might as well find somewhere that's perfect for your quirky little soul. **SF**



## Preparing Middle Schoolers for the Changing World of the 21st Century

Early adolescence can be an awkward and challenging time for students. Their bodies are changing, their emotions are changing, and perhaps more importantly, their relationships with parents, peers, and school are changing. They don't require the same level of hand holding they did in elementary school. Yet, they are not quite ready for all the social and academic responsibilities of high school, either.

Middle school is a unique period of intellectual, social, emotional, and physical growth, for a student, so it is important that their education be flexible enough to offer the structure and guidance students need while also fostering their independence and self-management. In the middle

school program at Concordia International School Shanghai, faculty work in partnership with parents to create a school community that is supportive and responsive to the needs of the middle school student, helping to ensure that each one experiences growth and success.

### Expanding Student Choice Through Inspiring & Relevant Learning

Concordia Middle School students are presented with greater expectations for independence in their academic and co-curricular pursuits. They choose from diverse elective offerings, music at each grade level, and a wide variety of co-curricular activities. According to Concordia Middle School Principal JJ Akin,

"When students have choice their interest and commitment grow too. By providing space for students to try out things they might not have considered, we hope to unlock a hidden interest or passion."

The Middle School Applied Learning program offers students opportunities to develop creative, critical thinking skills and explore their own academic interests and independence, through engaging courses ranging from Phoenix Podcasting and Robotics to STEAMing Through History and Storytelling for Impact.

"Middle school should be time of inspiration and discovery," says Principal Akin. "We want to see our students get excited about launching a





*“Middle school should be time of inspiration and discovery,” says Principal Akin.*

water rocket in science class or be inspired by a project they’re working on in the Maker Space or Coding Lab. We want them to be enthusiastically learning while cooking in the Culinary Arts Lab or competing in an afterschool math competition. That excitement is where the real learning takes place.”

### Supporting Every Student

Working with students individually or in groups, middle school counselors help ensure that each student’s social and emotional needs are met. This is especially true for new and transitioning students, who benefit from school initiatives such as the Middle School Student Ambassador program. Under the supervision of counselors, this student-led program allows students to gain important life skills as well as build a stronger, caring school community by welcoming and supporting new students. “Our current students help them transition socially and academically so that new students understand what it feels like to belong in a mean-

ingful way,” shares Middle School Counselor Christen Childress.

### Intentional Community

Relationships in the Middle School are grounded in layers of support, including daily advisory, careful student placement, and grade-level teams, so teachers can collaborate and build community. The Concordia Middle School Advisory program is one way the school builds a sense of belonging among the school community. The program provides a support system designed to bridge the gap between the self-contained elementary classroom and the high school system.

“We aim to promote the healthy development of every child,” shares

Travis Coverdell, Concordia’s middle school assistant principal. “By mixing grade levels, students are encouraged to develop relationships across the Middle School, not just with their peers but also with teachers, which deepens their connection to their school community.”

### Thriving in a Diverse & Complex World

Through the combination of the Applied Learning program and the Common Core State Standards, Concordia Middle School aims to equip students with relevant 21st Century skills needed for college readiness and success in future careers. Engaging students in direct application of skills, theories and models, the middle school curriculum encourages academic vitality by asking students to identify and deepen their passion for a subject, allowing them to discover unique connections between their studies and the real world.

The Middle School approach at Concordia is a purposefully designed program that centers meaningful relationships and academic exploration, preparing middle schoolers for success in high school and beyond.

### Concordia International School Shanghai

**Address:** 999 Mingyue Road, Jinqiao, Pudong New Area

**Tel:** 5899 0380

**Email:** admissions@concordiashanghai.org





# Family Life at Fraser

*Meet the Teo Family, mum Winnie, dad Jiahao, and five-year-old Eden. The Teos moved to Shanghai two years ago. The family have made their home at Fraser Suites Top Glory ever since, settling into a two bedroom, 211 sqm serviced apartment.*







### homey and personal?

We have blended the tasteful decor of the apartment with a number of feature frames gifted by a photographer friend capturing truly magical landscapes around Shanghai. Both of us have also recently cultivated our green thumbs. Winnie grooms an assortment of beautiful local specialty blossoms that freshen up the apartment, while Jiahao dabbles in growing his own leafy vegetables through hydroponics!

### What does each family member enjoy most about Fraser and the neighbourhood?

Since living in Fraser, Jiahao has been inspired to pick up road biking with good friends within the Fraser community for all-out workouts along the breathtaking Pudong riverside. They ride hard and then have a good time relaxing together after.

Winnie loves the tight-knit female community in Fraser, regularly participating in the work out classes at the aerobic room with them. She also enjoys the regular themed events as well as annual family excursions that Fraser organizes for the residents.

Eden loves joining his young neighbours for the many kids activities organized by the Fraser team, especially the movie nights and Christmas parties.



### Family Events at Fraser

Fraser holds monthly Kid's Club DIY crafts such as tie-dyeing. The resident community also comes together to celebrate the holidays with special events for Easter, Mid-Autumn Festival, Halloween, and Christmas. Other festivities include summer barbequeing, as well as outings for kayaking and picking vegetables at a greenhouse.

### Fraser Suites Top Glory, Shanghai

**Address:** No.1, Lane 600, Middle Yincheng Road, Pudong New Area

**Phone:** 6378 8888

**Website:** shanghai-suites.frasershospitality.com

### Tell us why you chose Fraser Suites Top Glory and how it compares to other living options.

We chose Fraser Suites for the fantastic location, great facilities like the modern and well equipped kitchen, plus the stunning views of the Huangpu River. Since settling in, we realized what makes the place truly special is the warm and closely knit community that make this a home away from home. The Fraser team operates with love and takes every effort to make everyone feel a part of the family.

### How are the Fraser facilities for raising young kids?

We have an active five year old with superhuman energy levels that can be challenging. Thankfully, the Fraser compound has an indoor and outdoor playground as well as, swimming pools that cater to the kids through out all seasons with staff on duty watching for their safety. The world famous riverside park is just outside the door as well for lots of convenient healthy activities.

### How have you made the serviced apartment

# The ABCs of IBD

**Learn about the gut disease from Jiahui Health.**



You've probably heard the term IBD talked about, but what exactly is it? Jiahui Health's Chief of GI Service and the Endoscopy Center gives an overview of the disease.

## IBD Explained

Inflammatory bowel disease (IBD) is the chronic inflammation of the gastrointestinal (GI) tract. This includes both ulcerative colitis, which occurs in the large intestine, and Crohn's disease, which can affect any part of the GI tract from mouth to anus. Both cause ulcers in the digestive tract tissue.

The progress of IBD is slow, but the symptoms that reoccur include persistent diarrhea, abdominal pain, cramping, bloody stools, anemia, weight loss, and fatigue.

Dr Xia Lu from Jiahui says that the cause of IBD is unclear, but it is associated with an abnormal immune response in the intestine. Environmental and dietary components, such as living in industrialized countries and regions, long-term consumption of highly processed foods, and obesity may increase the risk of contracting the disease.

Additionally, smoking, having an appendectomy, antibiotic abuse, oral contraceptives, lack of vitamin D, and even excessive consumption of soft drinks can increase the risk of developing the disease.

## IBD vs IBS

Though many symptoms are shared, IBD should not be confused with the similarly named irritable bowel syndrome (IBS). IBS does not cause inflammation of the GI tract, and has symptoms of gassiness, mucus in the stool, and the urge to have a bowel movement without being able to have one.





chain carbs that are poorly absorbed by the small intestine. Short-chain carbs are identified with FODMAP, which stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols.

Carbonated fizzy drinks contain carbon dioxide, which prevents bacteria growth. When a large amount of carbon dioxide is released within the intestinal tract, healthy intestinal microbiota are disrupted and this damages mucus.

By maintaining a healthy diet, the diversity of intestinal flora bacteria can be increased thereby maintaining complete intestinal barrier functioning. Reducing stress and anxiety, standardizing medication, and developing good communication with doctors in a timely manner can prevent the recurrence of the disease, says Dr Lu.

### Risk Factors

As time goes on, this chronic condition can lead to more severe health issues like colon cancer. Compared to the general population, people with IBD are more likely to develop colon cancer due to the persistent, long-term inflamed state of the intestine. According to Jiahui Health, about 20 percent of IBD patients develop colorectal cancer within 10 years of the onset of IBD.

Therefore, regular colonoscopy screenings for patients are important for long-term health. The colonoscopy can screen for pre-cancerous lesions and track the disease progression. Domestic and international guidelines recommend that colorectal cancer screenings start 6 to 10 years after the onset of IBD.

### Foods to Avoid

- red meat
- processed meat
- carbonated drinks (Co2 can kills good gut bacteria)
- caffeine
- alcohol
- short-chain carbs and refined sugars
- insoluble fibers

### Foods to Eat

- fruits
- vegetables
- rice
- seafood
- chicken and eggs
- yogurt

A disturbance between the brain and gut causes IBS symptoms. This occurs when the nerves in the intestines are overactive and sensitive causing irregular muscle contractions of the colon.

### Managing IBD

Diet is a big factor in developing chronic inflammation in the gut, and it is also a key factor in managing the disease and decreasing the inflammation. Diet therapy is shown to induce IBD remission, a period with few or no symptoms.

Fruits and vegetables are both rich in dietary fiber and contain vitamins and minerals that help to maintain intestinal structure and function. Though, people with IBD or obvious intestinal narrowing should reduce their intake of insoluble fiber. This includes

celery, dried beans, and root vegetables. Instead eat soluble fibers found in apples, carrots and citrus.

Carbohydrates should also be chosen carefully. People who have persistent IBD symptoms are recommended to eat less short-



### Dr XIA Lu

*Chief of GI Service and Chief of Endoscopy Center at Jiahui Health*

Prior to joining Jiahui, Dr Lu was Director of the Endoscopy Center and Administrative Director of Internal Medicine at Shanghai International Medical Center.

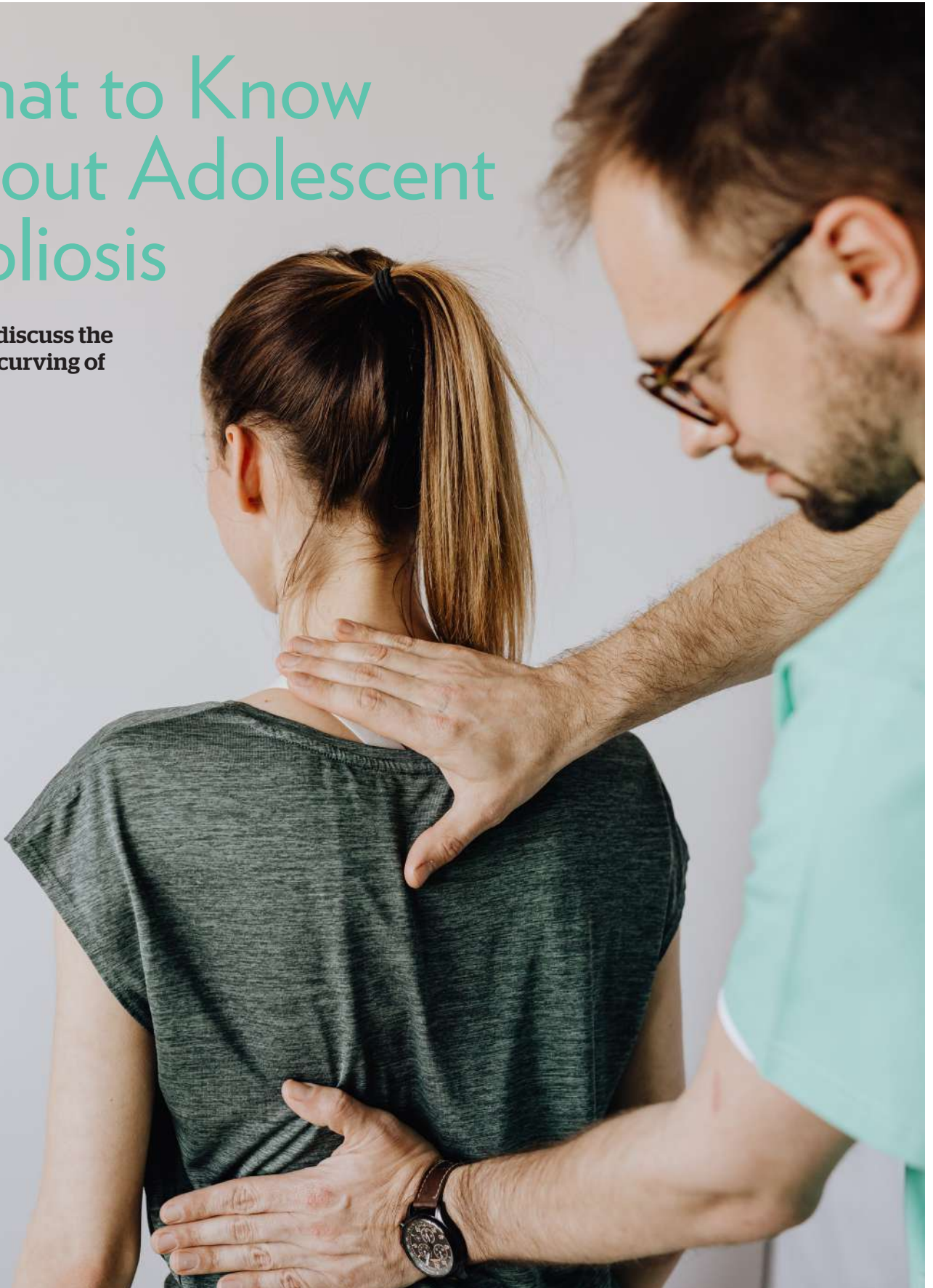
**Jiahui International Hospital**

**Address:** 689 Guiping Road

**Tel:** 400 868 3000

# What to Know About Adolescent Scoliosis

**Parkway discuss the common curving of the spine.**





Scoliosis is when the spine has a sideways curvature, and it most frequently develops during adolescence. The lesser-known medical issue is more common than you think. About 3 million cases are diagnosed each year in the United States according to Johns Hopkins.

The primary age of onset for scoliosis is 10-15 years old. But luckily most cases of scoliosis are mild and only require check ups, though some curves worsen as children grow and their bones develop. It is good to catch scoliosis before kids hit their growth spurt, to prevent the spine's curvature becoming more extreme.

It is important to monitor the spine's development with regular doctor check ups as severe scoliosis can be disabling and lead to secondary health problems. For example, an especially severe spinal curve can reduce the amount of space within the chest, making it difficult for the lungs to function properly. Also scoliosis can cause chronic back pain in later life.

### Causes of Spine Curvature

Many parents are concerned about scoliosis and rightly try to prevent it. But according to Johns Hopkins, the cause of scoliosis is not clear, and there isn't anything that can be done to prevent the condition from developing.

Common culprits like heavy backpacks or poor posture can cause other spine and back problems, but they do not cause scoliosis, says Johns Hopkins. Instead idiopathic scoliosis, meaning when there is no direct cause to scoliosis, is sometimes hereditary, and is found more often in girls.

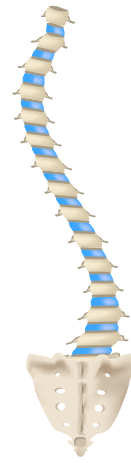
### Management and Treatment

Adolescent idiopathic scoliosis is the most common type of scoliosis and is usually diagnosed during puberty. Depending on its severity and the age of the child, scoliosis is managed by close observation, bracing, or surgery.

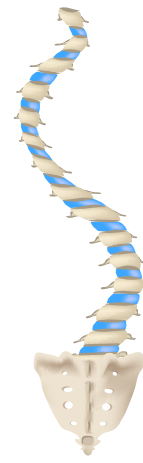
Children who have mild scoliosis are monitored closely. Usually the doctor examines the child every four to six months through-



**C-shaped  
Scoliosis**



**S-shaped  
Scoliosis**



**Z-shaped  
Scoliosis**

out adolescence with X-rays to see if the curve is getting worse. In many cases, no special treatment is necessary; however, once the curvature gets worse, some children could need to wear a custom-made brace to stop the curve from worsening. Although, braces are only effective in patients who have not reached skeletal maturity. Some cases of severe curvature may need surgery to straighten curves.

#### Look out for these signs and symptoms of scoliosis:

- Uneven shoulders
- One shoulder blade that appears more prominent than the other
- Uneven waist
- One hip higher than the other
- One side of the rib cage jutting forward
- A prominence on one side of the back when bending forward

When there is a confirmed diagnosis of scoliosis, there are several issues to assess. Doctors will look at the age of the patient and the bone maturity. They will also look at the location of where the curve is on the spine. Curves in the thoracic region are more likely to progress in severity. Doctors will also look at secondary problems caused by scoliosis such as uneven length of legs, an unbalanced pelvis, or flat feet.

### When to See a Doctor

Go to your doctor if you notice signs of scoliosis in your child. Especially if the parents know that they also have scoliosis because scoliosis can be genetic. Mild curves can develop without you or your child knowing it because they appear gradually and usually don't cause pain. Occasionally, teachers, friends and sports teammates are the first to notice a child's scoliosis.



#### **Dr David Jiang**

*Parkway Orthopedics and Sports Medicine Surgeon*

Dr Jiang has over 25 years of clinical experience including specialization in ankle and hand disorders, and spinal pain management.

#### **Parkway**

**Website:** parkwaypantai.cn

**Tel:** 400 819 6622

in season

## Brunch it Up

What better way to spend  
a weekend. *By Lynn Yen*

### Waldorf Astoria on the Bund

The Waldorf Astoria brunch is making a comeback with a bang. The premium cold seafood station includes quality sashimi and blanched seafood such as toro tuna, king crab, white wine poached prawn, poached live lobster, scampi, New Zealand clam, octopus, fire seared salmon, abalone and crab.

For more seafood options, there is the freshly chucked imported oyster station. The buffet counter's Parisian deli showcases cold cuts and cheeses, pan-fried foie gras, and salad selections. A separate menu includes La Minute soup, main courses and dessert. To end the meal with a sweet note, a lavender-themed dessert room is made for Insta-worthy photos and dessert lovers. Diners will also be serenaded with live band performances. Brunch is Sundays noon - 3p.m. The promotional price starts at 698 RMB per person including drinks.

Address: 88 Middle Sichuan Road, Huangpu District  
Tel: 6322 9988



### RAC

This go-to brunch destination has everything you are looking for, breakfast and lunch classics, a large wine list by the glass or bottle, and outdoor seating all in a bustling location on leafy Anfu Road. It has the ingredients to fuel a carefree afternoon with pals.

RAC is known for its sweet or savory French galettes and crepes. Other

popular choices include the full breakfast RAC combo, avocado toast, and the bacon, egg and cheese sandwich.

It gets busy, so be ready to grab a number. You can also try the second location, RAC II, on South Shaanxi Road.

Address: 322 Anfu Road, Xuhui District  
Tel: 136 3659 5172





## Langham Cachet

Cachet in the lobby of The Langham hotel in Xintiandi, offers a taste of Mediterranean delights, served and prepared by passionate hoteliers. With a wide variety of traditional and innovative dishes, Cachet is the place if you are looking for a lazy weekend. There are different set menus for two or four people, which are priced from 288 RMB to 588 RMB per set.

Highlights of the two-person brunch include prosciutto with ricotta cheese and mozzarella drizzled in olive oil, or roast chicken with grilled vegetables. For dessert, guests can have Belgian waffles with berries, maple syrup and cream or New York cheesecake with berry sauce.

Address: 1F, The Langham, Shanghai, Xintiandi, 99 Madang Road, Huangpu District  
Tel: 132 4836 0581

## YICAFE at Pudong Shangri-La

YICAFE features over 10 show kitchens set in a lively, cosmopolitan atmosphere. The walk-through market-style design, with gourmet showcases and active live cooking stations, presents cuisines from China, Japan, the Middle East, India, South-east Asia, and Europe. The gastron-

omy spread includes baked lobster, risotto with truffle and parmesan cheese, and seared salmon nigiri. The weekend buffet is priced at 418 RMB per person.

Address: 2F, Pudong Shangri-La, 33 Fu Cheng Road, Pudong New Area  
Tel: 6882 8888



## Azul

Don't miss out on Azul's signature cocktails, such as Pink Lollipop, a refreshing vodka-based cocktail with raspberry, lime, cranberry syrup and ginger ale.

For food there is the Betun De Foie, served in a "shoe polish box." In the box, there's baked bread with nuts, while the foie gras mousse with charcoal dust is camouflaged as "shoe polish" in a small tin, and the apple chutney is in "a tube of shoe cream." The Arroz Caldoso with Boston lobster is an elevated version of the classic seafood paella.

For dessert there is the Venezuela that features a crispy chocolate base soaked in a coffee and rum mixture, with a hint of chili for a little heat to balance the sweetness. **SF**

Address: No. 6, Shan Kang Li, 358 Kangding Road, Jing'an District  
Tel: 5670 2666





# Healthy After-School Snacks

Snacks that kids will love. *By Preeti Ghosh*

**W**hichever grade level your child is currently in, they most likely look forward to getting home after a long school day and diving into their favourite snack before beginning homework or heading off to sports or band practice. While a handful of pretzels or a quick granola bar can re-energize them in a pinch, incorporating some easy home-made snacks into their weekly routine can be healthier. The beauty of these recipes is that they can all be put together fast, and you can simply prep some of them ahead of time for quick grab-and-go snacks. You might even be able to involve the kids in the meal prep. Let's look over these after-school snack food ideas to see what to serve the kids after a big test or during their next sleepover party with all of their friends.

## Apple and Pear Nachos

Fresh apple and pear nachos mixed with nuts, drizzled with gooey nut butter and sprinkled with cinnamon.

They're our new favourite quick and healthy snack!

### Ingredients:

2 apples  
2 tbsp. almond butter  
1 tbsp. coconut oil  
1 tbsp. maple syrup  
2 tbsp. pumpkin seeds

1 tbsp. butterscotch chip

1 tbsp. mix dried fruits (cashews, currants, raisins, walnuts, almonds, etc.)

A pinch of cinnamon powder

### Instructions:

Cut apples into thin wedges and arrange them on a plate. In a bowl, whisk together almond butter, coconut oil, maple syrup and cinnamon powder. Drizzle over apples, then sprinkle with coconut, pumpkin seeds, butterscotch chip and dried fruits.



## Fruit and Nut Bars

These homemade fruit and nut bars are a wonderful alternative to store-bought granola bars. They have a crisp and chewy texture and are packed with dried fruits and nuts. These are ideal for a healthy on-the-go breakfast, a snack to pack in lunchboxes, or to take on your next picnic or hike. The added benefit is that they will keep in the refrigerator for several weeks.

### Ingredients:

1 cup pitted dates (about 12)  
¼ cup peanut or almond butter  
¼ cup honey  
1 tsp pure vanilla extract  
1 cup roasted unsalted almonds, roughly chopped  
¼ cup sesame seeds  
½ cup dry coconut

½ cup rolled oats  
½ tsp cardamom powder  
¼ tsp salt  
¾ cup dried fruit (cranberries, golden raisins, sliced apricots)  
¼ cup pumpkin seeds  
2 tsp sesame seeds  
2 tsp chia seeds  
2 tsp shredded coconut  
Edible silver foil (optional)

### Instructions:

Line an 8" square pan with parchment paper, leaving an overhang on all sides. In a food processor, chop the dates (they will form a ball); transfer them to a bowl. In a small saucepan over medium heat, melt the peanut butter, honey and vanilla, stirring occasionally, until combined, about 1 minute.



Add to the bowl and mix to combine. Fold in the almonds, oats, dried fruit, pumpkin seeds, sesame seeds, coconut, cardamom powder, sesame seeds, chia seeds, shredded coconut and

salt. Press the mixture into the prepared pan and freeze until sliceable, about 30 minutes. Decorate with silver foils if desired. Cut into 12 bars. Store in the refrigerator.



## Moist and Chewy Banana Oatmeal Cookies

These moist and chewy banana oatmeal cookies are hands down the best banana-flavoured cookies I've ever had. Not only are they moist and chewy for days, but they are also unmistakably banana-y!

### Ingredients:

¾ cup salted butter, softened  
1 cup brown sugar, packed  
½ cup sugar  
1 egg  
1 tsp vanilla extract  
1 cup mashed bananas  
1½ cups all-purpose flour  
1½ tsp cinnamon  
1 tsp baking soda  
2 tsp corn starch  
2 tsp chocolate chips  
3 cups old-fashioned oats

### Instructions:

Mix together butter, brown sugar, sugar, egg, vanilla extract and mashed bananas until well combined. Add flour, cinnamon, baking soda, and corn starch and mix until combined. Stir in oats. Preheat the oven to 350 degrees Fahrenheit. Spoon tablespoons of dough onto a cookie sheet covered with parchment paper. Flatten the dough a little bit, into thick discs and add in some chocolate chips. They will spread a little when baked. Bake for 10-12 minutes or until the edges just start to golden. Remove from oven and cool on cookie sheet for 3-4 minutes, then move to cool rack to finish cooling. **SF**



# Restoring Peace at Home

**Engaging professional tidying consultants.**

*By Eve Wee-Ang, Photos by Mavindu (WeChat: mavinduzero)*



It's become a familiar occurrence. Our kids are pulled from school for home-based learning with the entire family together under one roof. I don't know about you, but there were numerous times I wished I had a magic wand I could wave so that in a blink of an eye, everything would be organized according to my way, without me nagging or lifting a finger. As a KonMari

tidying consultant, who guides and coaches clients throughout the entire tidying process, I was curious to find out if there were other tidying companies in Shanghai that cater to clients who prefer minimum involvement.

CALO, which stands for China Association of Life Organizers, is the domestic partner of

the Japan Association of Life Organizers (JALO) and the only Chinese representative member of The International Federation of Professional Organizing Associations (IFPOA) - a governing body that ensures best practices amongst professional organizers globally. CALO certified practitioners undergo various levels of training programs and are called Life Organizers in China. I



spoke with Luo Chen, a certified Life Organizer from CALO who has been helping clients restore calm in their homes since 2015.

### Please take us through the initial process when a client first connects with you.

LC: Clients usually connect with me through my social media where we briefly discuss the challenges they are facing and their family's demographic, such as the size of their home and the number of occupants. This is followed by a house visit and a personal consultation where I dive deep into the client's homelife and their ideal lifestyle. Guided by the client, my co-worker and I tour the entire home by opening every drawer and exploring all nooks and crannies to gain clarity on their challenges. A majority of clients who engage us are seeking storage solutions, so this session is an integral part to achieving their objectives. We brainstorm ideas, measure their space, provide storage suggestions, and recommend places they can purchase items. Once that's done, I present the client with a detailed proposal with a timeline of completion and quotation.

### In the KonMari tidying method, clients are involved throughout the entire journey. How different is this from the CALO organizing method?

LC: I was first introduced to the concept of tidying through Marie Kondo's book too and began by tidying my own home. The KonMari method is emotive, as it advocates touching every item and asking ourselves if it brings joy. In my experience, there are clients who are more methodical and analytical, who may find it challenging to grasp the "spark joy" concept. I have also encountered clients who do not wish to throw anything away but would like to live in an organized space. I found myself gravitating towards CALO's people-centric philosophy. We acknowledge and respect that everyone is uniquely different and let our clients decide their level of involvement. My mission is to help them achieve the life they wish to live.

### Let's return to the client's tidying journey. What happens after the client accepts your proposal?

LC: Depending on the size of a client's home, I bring at least two co-workers to assist me. Most of my clients engage our services to organize the entire home. We work room by

room, say, the walk-in closet first, followed by the kitchen, then the living room, depending on the client's preference. We remove every item from the cabinets, divide them into sub-categories, and lay them out for the client to sort. I assist the client should they have difficulties letting go or require special storage solutions. Once that's done, we help fold and organize everything back. It can be mentally draining for clients who find themselves making decisions throughout the whole tidying process. Hence, at CALO, we take care of the physical tasks for them so that clients need only to concentrate on making sound decisions. Typically, for a 150 sqm house, the entire tidying process takes about 2-3 days to complete.

### What is your most rewarding moment as a Life Organizer?

LC: When clients tell me their life has changed for the better because of my work. I have clients who engage me when they begin different phases of their life, from being single to married to becoming parents. As a Life Organizer, I am invited into my clients' personal lives through their belongings. Knowing that I leave their home better than I came feels incredibly rewarding. **SE**

WeChat: luochen0629



# Cool for School

**Marching to his own beat.** *By Eve Wee-Ang, Photos by Mavindu*



Photos by Mavindu (WeChat: Mavinduzero)

I have always wanted to feature a guy for this column and was elated when this name, Jonathan Ong, lauded for his sartorial taste, kept popping up on my radar. True to his reputation, in our Zoom interview, the high schooler wore a baggy Frank Ocean Blonde tee adorned with a single strand pearl necklace, stacks of rings, bracelets, and a mop of curls as he gushed excitedly about his passions: music, style, and art.

Most guys are content with simply having clothes on their backs. So are

we born with a sense of style or can taste be nurtured? For Malaysian-Taiwanese teen Jonathan, 15, he thinks it is the latter for him. His watershed style moment came when he asked himself, "What am I doing?" during the pandemic year of 2020. And just like that, he started peeling away the layers and working on revealing his true self unapologetically. This meant diving deep into his first love of making hip hop music as an independent artist (Spotify: yxngkai), which launched him into building a wardrobe of rapper-inspired style. **SF**



## Jonathan's Tips:

### → Be yourself

Who's to say that pearls and permed tresses are for ladies only? Be confident, "Keep rockin' and they will stop talkin'."

### → Color match

Decide on your standout piece - it could be a pair of sneakers or a statement tee. Next, neutralize everything else with brown, beige, white or black. Finally, pimp out your outfit with your favorite accessories.

## Teen in Focus:

*For Grade 10 student, Jonathan Ong, returning to campus this fall feels bittersweet after surviving lockdown, home-based learning, and an extended summer break. But this also means a renewed vigor to do well in school and to continue pushing boundaries in his music and sense of style. For now, he is digging the Y2K aesthetic and streetwear vibe. That's Gen Z's codeword for baggy graphic tees, and jeans that go down to the ankles with piles of jewelry.*





# Living with a Teenager

**Tips for parents as their baby grows up.** *By Ailan Gates*

**T**he wonder years of parenting an adolescent child are marked by a period of swift changes for a child between the ages of 12 and 17, whilst their parents age as much as 20 years or more.

Parents often approach this very challenging stage with tremendous angst, fear, confusion, and stress. Till now, your child has been predictable, enjoyable, communicative, fun, relatively calm and hasn't objected too much to being in your company. Then voila! It changes without warning, and like magic the child that you knew so inherently well has been replaced with a moody, distant stranger.

Suddenly you are right bang at the beginning of the very long, ever-elusive, never-ending teenage years.

This is when your teenager would rather be in the company of their friends, their mobile phones become an appendage, they have a greater need for privacy and independence, and they become a know-it-all. They are contentious, challenging, critical of you, and non-verbal communicative including eye-rolling and muffled mutterings.

If you were thinking of getting a dog, seize the chance, as you'll at least have someone in the house happy to see you when you walk through the door.

## Where has my child gone?

Understanding the intense changes in your teen is imperative before deciding how to manage these variations. At this juncture, your child is undergoing an intense physical

*If you were thinking of getting a dog, seize the chance, as you'll at least have someone in the house happy to see you when you walk through the door.*

transformation on many levels. These variations can occur in intermissions or all at once. It is when your teen is trying to figure out who they are, whilst managing the roller coaster of hormonal fluctuations. A time when egocentrism dominates, propelling them to move towards the desire for independence. It's nature's way of also preparing parents to becoming empty nesters and letting go of the apron strings.

Thus, it's now more than ever that as parents we need to give our teen the chance to spread their wings within reason. This might mean there's a likelihood that failure is sometimes inevitable. But not trying to control everything for your child, especially when you know they are hurting, is perhaps one of the most difficult things any parent can do. However, the reward will be that your teen will learn from their mistakes, learn about accountability and consequence, and hopefully learn to overcome obstacles on their own. Remember if you fix their problems today, where will that leave them tomorrow?

There are no quick fixes when it comes to being the parent of a teenager. Trust me, I know from experience of raising three of my own. All you can offer your teenager is loads of forgiveness, grace, and leeway to establish their own identities. My personal lessons include deciding very carefully what battles to choose (what rules to adhere to or let go of), continue to role model (your actions are more powerful than words), keep communication open (don't interrogate but inquire), get to know their friends, decide collectively on rules and consequences together, give them age-appropriate autonomy but with regular check-ins, celebrate accomplishments that no one else sees and most importantly give unconditional love. **SF**





# The Classics Done Right

Insider tips on China's must visit destinations. *By Sam Braybon*

**O**n these travel pages we've spent much of the last couple of years exploring some of this country's most under-appreciated and off the beaten track destinations. As much as those spots continue to excite us, this month we're turning the tables and going back to basics with a rundown of five classic travel destinations that every China resident should visit once.

After all, there's a reason that these places have drawn in tens of millions of visitors over the decades - they're pretty darn amazing in one way or another. So, whether you're fresh off the boat, are counting down to your next move or have simply never gotten around to visiting these big hitters, then now is very much the time to start checking these classics off the list. With handy travel tips, garnered over multiple trips to each place, we hope to ensure you make the absolute most of each trip you take.

## Guilin & Yangshuo, Guangxi

**Why it's a Classic:** An early backpacker favorite turned tourism

blockbuster, there's no denying that the landscapes here are some of the most amazing in China: huge limestone karst towers line the Li River and paddy fields ploughed by buffalo. This is absolutely one of the best places from which to explore rural China.

**Do It Right:** We suggest skipping Guilin and the Li River cruise and heading directly from the airport to smaller Yangshuo in the heart of the area's best scenery. From here you can take a far more tranquil bamboo raft ride. The central 'West Street' area is uncomfortably noisy so consider guesthouses next to the peaceful Yulong River, such as Yangshuo Mountain Retreat or Giggling Tree. Cycling is a great way to see the area, so look up the experienced team at Bike Asia who offer well-maintained bikes (including family options), good advice on routes and even guided rides.

## Chengdu, Sichuan

**Why it's a Classic:** Everyone dreams of seeing the pandas and Chengdu is

hands down the best place to make that happen. This is also, of course, a foodie paradise known for its fabulous array of local dishes and hearty use of numbing spice.

**Do it Right:** As long a history as Chengdu has, it also has an excitingly modern feel. For the perfect blend of old and new, stay near the Taikoo Li area where chic hotels and trendy shops rub up against street food vendors and old temples. As for pandas, keep in mind that there is more than one place to view them. The panda base on the edge of the city is the biggest, but we've enjoyed visits to centers further afield in Dujiangyan and Wolong, which have fewer visitors and more natural settings.







*With towering sand dunes and the famous Mogao Caves that house some of the most important Buddhist art on earth, this little oasis in the middle of the Gobi Desert is the stuff that Silk Road dreams are made of!*

tour with a reputable local food outfit like Lost Plate, who zip around the backstreets by tuktuk.

## Dunhuang, Gansu

**Why it's a Classic:** With towering sand dunes and the famous Mogao Caves that house some of the most important Buddhist art on earth, this little oasis in the middle of the Gobi Desert is the stuff that Silk Road dreams are made of!

**Do it Right:** Firstly, Dunhuang is far from almost anywhere - really far. Rather than a stand-alone trip, plan this as part of a longer Silk Road journey to places like Jiayuguan and Zhangye, also in Gansu. Make sure you leave a full day to enjoy the Mogao Caves, a visit here is quite the endeavour, and beyond the grottoes themselves there are some excellent exhibitions that will give you much deeper insight into what you are seeing here. If you can possibly visit outside of the national holidays or summer break, then absolutely do it. The visitor numbers are much lower and the experience is enhanced greatly. **SF**

## Good to know...

[www.bikeasia.com](http://www.bikeasia.com)  
[www.yangshuomountainretreat.com](http://www.yangshuomountainretreat.com)  
[www.gigglingtree.com](http://www.gigglingtree.com)  
[www.lostplate.com](http://www.lostplate.com)

## Lijiang, Yunnan

**Why it's a Classic:** Yunnan is known for its vibrant minority cultures and soaring mountains, and perhaps nowhere embodies this as well as little Lijiang does. The home of the Naxi people features fabulous traditional wooden architecture and winding streets lined with streams, all backed by the snow-capped peak of Jade Dragon Snow Mountain.

**Do it Right:** As pretty as the old town is, the sheer number of tourists often renders it anxiety inducing. For a more relaxed experience, base yourselves in a smaller village like Baisha or Yuhu which both offer great views over the mountains and easy access to walking trails as well as enough restaurants and cafes to keep families entertained. Yunnan has so many great destinations, Lijiang is best included in a longer trip that takes in other nearby favorites like Dali and Shaxi.

## Xi'an, Shaanxi

**Why it's a Classic:** Aside from the Great Wall and the Forbidden City in Beijing, the Terracotta Warriors is probably the top place that features on the bucket list of every visitor that sets foot in China!

**Do it Right:** Consider hiring an experienced guide to take you around the Warriors, this is one of those sites that is truly enhanced by in-depth knowledge. But don't think of Xi'an as a one-horse town, this was the capital of China for centuries and there is loads to do beyond so make sure you have at least two days to do it justice. We love biking atop the old city walls and taking in the other museums and temples in town. Foodies should note that the eats here are some of the best in China, with excellent street food especially in the Muslim Quarter. But to get to the really good stuff, you'll need someone to take you off the tourist trail. Consider a



# Young Adult Novels

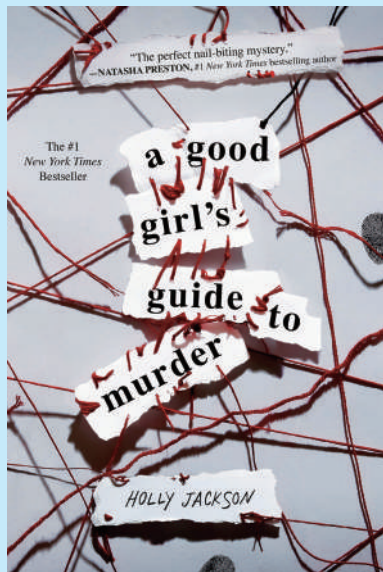
**What the teens are reading.** *By Ashika Govindan*

Reading can be an easy way to travel across the world and escape, which is what we teenagers need during the summer! With many travel restrictions, it might be one of the only ways. So why not cherish it with some nice YA novel reads, for that mix of drama and youth. These recommendations range from crime mysteries to fantasy, to essays on humans, and they all are exciting and unique books written by incredible authors. Enjoy reading!

## A Good Girl's Guide to Murder\*

*By Holly Jackson*

A murder happened in a small town, and everyone had it figured out. Sal Singh murdered school girl Andie Bell. Everyone knows that he did it, but Pippa has her doubts. Under the guise of her senior project, she decides to re-investigate the murder. As she learns more, the dangers start to follow, and clearly, there is something (or someone) that wants to keep things under wraps. Will Pip figure everything out, or is she dooming herself by investigating?



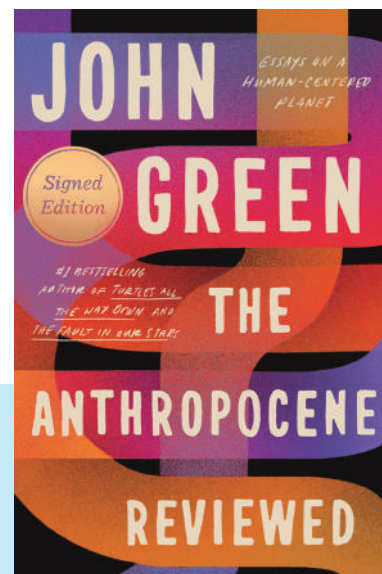
\*mature themes (death, drugs, assault)



## The Gilded Ones\*

*By Namina Forna*

In a world where gods, demons, and monsters are known to exist, 16-year-old Deka lives in a society that believes women serve men. She is waiting for the blood ceremony, where it will be shown if she is pure or impure. On the day of the ceremony, her blood runs gold, and she knows she will face death. As she gives up, she is allowed to continue living, if she becomes a warrior. She discovers some strange things and finds that the world is not as it seems. Join Deka and the nation of Otera on their journey to knowledge, to the truth.



## The Anthropocene Reviewed

*By John Green*

In this book, John Green has compiled a bunch of essays reviewing various aspects of this human-centered planet, like Diet Dr. Pepper and Googling strangers, giving each aspect a rating out of five stars. The idea is to truly show the impact humans have on each other and the planet, by thoroughly understanding our randomness and patterns. Hard to define, but incredibly easy to recommend!



## #murder-trending\*

*By Gretchen McNeil*

Welcome to the near future, where good and honest citizens can enjoy watching the executions of society's most infamous convicted felons, streaming live on The Postman app from the suburbanized prison island Alcatraz 2.0. Our main girl Dee Guerra has been wrongly convicted for her step-sister's murder. The entire world is waiting to watch her execution on Alcatraz 2.0 and she keeps fighting off her death. Will she be brutally murdered, or will she and her troop of convicted felons find a way to escape?



## Everless

By Sara Holland

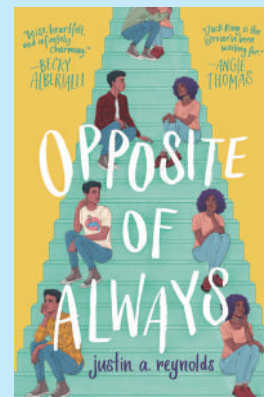
Time is money, taken from your blood, and consumed to add time to your life. The rich and powerful tax the poor to their deaths, taking all the time for themselves, living for centuries. Jules Ember hates those families, especially the Gerlings, whom her father worked for. When she hears he is about to die, she returns to earn back time.



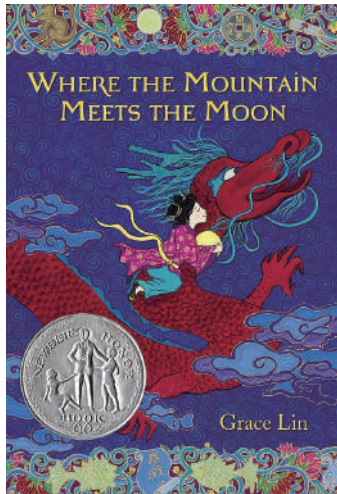
## Opposite of Always

By Justin A. Reynolds

Kate and Jack met on the stairs at a party. They fell in love. Jack knows that Kate is the one for him. But Kate dies. Exactly when she does, Jack is sent back to the party, back in time. Kate is alive again, but he thinks he is dreaming. Soon he realizes that it isn't a dream, and that he is being sent back to save Kate's life. But he



fails. And he is sent back again. And again. And again. He needs to save her, but at what cost?



## Where The Mountain Meets the Moon

By Grace Lin

Inspired by beautiful Chinese folklore, the book follows a young farm girl named Minli, who wants to help her family out of poverty. She goes on a journey where she meets a dragon who joins her to ask the Old Man of the Moon for answers to all problems. On her way, she learns more about life and gains many friends.

## The Midnight Library\*

By Matt Haig

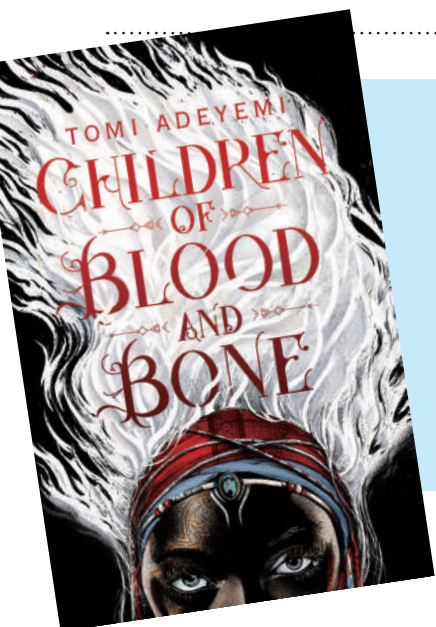
Nora Seed has decided that her life has nothing left to offer. When she is about to die, she enters a state between life and death. The Midnight Library offers you the chance to try out all the other lives where you made different choices. The one where you married your sweetheart, or the one where you went for a trip to Australia. A beautiful story that reflects the effects of mid-life crisis, but also the idea that your choices change your life in ways you wouldn't expect.



## One of Us is Lying\*

By Karen M. McManus

Five students walk into detention, but only four make it out alive. The police investigate and find that the death was not an accident, and the other four are prime suspects. Simon, the student who died, was just about to spill some scandalous secrets about the other four students, which made them look even more guilty. Everyone has secrets. How far will you go to keep them? **SF**



## Children of Blood and Bone\*

By Tomi Adeyemi

In the land of Orisha, magic runs through the ground and people. But the ruthless king had ordered the killing of all maji. Zélie's mother, was a victim, and the incident was very traumatic. Now the kingdom believes that there is no more maji existing. Or so they thought. Zélie finds a way to bring magic and equality back to their world, but the journey is deadly. With some help, she might just save all magic, or destroy everyone.



# street signs

Spotlight On:

## Anfu Road

By Mia Huang

**District:** Xuhui

**Cross Streets:** Changshu, Wulumuqi, and Wukang Road

**Nearest Metro Station:** Changshu Road Line 1 & 7 and Shanghai Library Line 10

If you're looking for diversity, whether it comes to people, fashion, restaurants, or entertainment, a walk through Anfu Road is what you're looking for. Anfu Road is famously known as a historic neighborhood. However, there are also many trendy elements mixed into the strong essence of art and literature.



▲ **1. Entering Anfu Road from Changshu Road, the first thing you'll see is the bright purple eaves of the famous BOOMBOOM BAGELS.** Here, you'll be able to catch up with a friend over an authentic New York Bagel. They offer vegan, vegetarian, gluten-free, and lactose-free options. Next by the store, **ShenJing** has Japanese shaved ice as dessert. However, if you're planning for a larger gathering or a bigger meal, keep walking until you pass by **Alimentari**, that is well known for great options in Italian brunch, along with its adorable cottage-styled interior design.

▲ **2. Being known for its artistic atmosphere, you'd definitely pass by a few stores that sell unique artworks of different mediums. A notable store is **Güllizar**, that sells handmade Turkish carpets in all sizes and varieties of colors and patterns. It's definitely worth taking a look, even just to admire the detailed patterns displayed on them! Along the way you'd also pass by **Casa Casa** and their warm, contemporary furniture pieces and room decorations.**

▼ **3. As you continue walking down Anfu Road, you'll pass by a minimalist looking fragrance store **Senlab**.** Here you'll be able to find lovely fragrances, essential oils, handmade soaps, and scented candles that are perfect for gifting. Their products focus on plant-based scents including sandalwood, cedar, cinnamon, sage, juniper and many more.





▼ 4. If you're eco-friendly, **Deja Vu** is a three-story shop that sells both second hand books and clothing. Come by if you're looking to find a new book (and for a much lower price). Deja Vu also offers a large variety of books on their online store, so definitely check out their app while you're there. Right next door, you'll see **Harmay**, a two-story cosmetic store with a holistic collection of products. Harmay offers face masks, makeup, skincare products, and fragrances from both well-known brands and smaller domestic brands.



◀ 5. Next to the bookstore, you'd also see **Sunflour Bakery** with their drinks and pastries. They have a large seating area, great for meeting up with a friend, getting some work done, or catching up on some reading. Lastly, as you reach the end of Anfu Road, you'll pass by **Funk & Kale**, another great option for a healthy meal. Funk & Kale offers poke bowls, Japanese sukiyaki, avocado toast, kale wraps, salads, pho, and more. It's friendly for all diets, and also offers an outdoor seating area, perfect for an Autumn afternoon. Right across Funk & Kale, you'll see **Marienbad**, an outdoor cafe with a great view where you'll see lots of dog lovers and their adorable dogs chilling under the sun! **SF**



# Baby Blue

By Mia Huang

Half an hour before the baby blue sky with its swirls of a dusty rose darkens its shades, I find myself sitting on Bus 71. The seat faces backwards, and the window is wide open. I lean towards my bag, peaking my head slightly out the window.

The warm air of a summer evening coats my cheeks as the rest of my body sinks into the air conditioned bus. As the bus moves forward, strands of hair tinkle my face, but I don't bother to fix it, knowing the wind will once again mess it up. The backward movement due to the direction of my seat seems to be pulling out strings of nostalgia. Or maybe I'm still the over-thinker I always was. For unknown reasons, images of my great-grandmother flickered in my mind. The baby blue color is now substituted by a dark greenish gray.

I recall it to be on a Saturday morning five years ago. I was in literature class, biting on the lid of my highlighter, reading through lines of Shakespeare I didn't really comprehend. Not an hour later, I caught my sister as she ran to me during break, informing me about our great-grandmother's death. I no longer remember the exact words she said. It was a quick sentence. Yet another sentence I never really got a chance to properly comprehend. Thinking back on that now, I wish I could cohesively analyze that sentence and the waves of emotions it carried. I wish I could annotate every word the way my

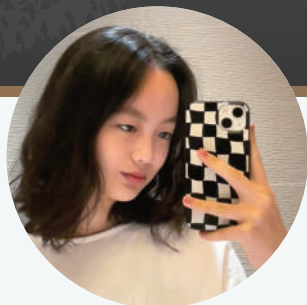
literature teacher, Mr. Morrison, dissected the last words of Hamlet.

That was the first time I was introduced to the concept of grief. Till this day when I read other people's memoirs on grief, all I can think of is the crumpled faded letters in my drawer that she left behind.

Delayed grief is weird, and I struggle to find a way to cope with it, just like how I struggle to describe it. But what I do know is that the emotions come in waves, and sometimes at the most random moments. For a long time, I thought people simply cried for a few days and eventually got over sad things. It felt like everyone around me moved on from her death, and somehow I failed to catch that train. Five years later there I was, crying uncontrollably on a public bus.

The bus stops, the greenish gray sky darkens. I stop thinking, feeling slightly uneasy yet tremendously relieved. It wasn't until I passed by my neighborhood bakery's window on my way home, that I notice the smudged eyeliner and mascara across my cheeks. Bursting into laughter, I walk into the bakery.

I greet the cashier, and point at the focaccia. I never manage to pronounce that word. But through the countless afternoons I spent at my great-grandmother's house, I started to appreciate the faint taste of herbs and the crusty yet slightly chewy texture. **SF**



Mia is an aspiring writer with an obsession of talking about books. She is a junior at Shanghai High School International Division.

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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](http://www.shanghai-emerald.net/marketing@shanghai-emerald.com)



## LE VILLE RESIDENCE

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently designed to provide residents with convenient, first-class Shanghai living. Each unit comes equipped with compact kitchen supplies, comfortable beddings and a 24-hour attentive butler service. On-site fitness centre and yoga room offer respite after work, while other leisure facilities, offering food, shopping and entertainment, enable residents to enjoy Shanghai life to its fullest. 663 Xikang Road, Jing'an District, Tel: 3366 3666, [leville.jingan@yango.com.cn](mailto: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](http://www.shanghaicentre.com), [leasing@shanghaicentre.com.cn](mailto: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](mailto:vinisayu@shtimesquare.com), [www.timessquareapartments.com.cn](http://www.timessquareapartments.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](http://www.willowbrook.com.cn), [evan.kong@willowbrook.com.cn](mailto:evan.kong@willowbrook.com.cn)

## Pet Care

### DOCTORS BECK & STONE

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

### PETSHOME VETERINARY HOSPITAL

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

### SECOND CHANCE ANIMAL AID (SCAA)

This group offers families the chance to foster a pet temporarily while they look for a permanent home for it. [www.scaashanghai.org](http://www.scaashanghai.org)

### SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. 1325 Gubei Road, near Huangjincheng Avenue, Changning District, Tel: 5216 0830

### SHANGHAI THINKA ANIMAL HOSPITAL

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

## Relocation & Storage

### ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. [www.asiantigers-mobility.cn](http://www.asiantigers-mobility.cn), [sales@asiantigers-china.com](mailto:sales@asiantigers-china.com), Tel: 3209 5561

### EXCEL WORLDWIDE MOVING & STORAGE

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

### MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self storage and offers climate controlled, secure and flexible storage units ranging from 1m<sup>2</sup> to 50m<sup>2</sup> (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong New Area, Tel: 6045 6838, [info@minicc.com](mailto:info@minicc.com), [www.minicc.com](http://www.minicc.com)

## WOW MOVING CARE

A 100% optimised packing service for relocation, Wow Moving Care provides free visitation consulting (no additional charge), special plastic boxes and baskets and all the tools to provide you perfect service. Tel: 183 0181 7380, [ceo@wow525.com](mailto:ceo@wow525.com), [www.wow525.com](http://www.wow525.com)

## 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](mailto:mawoox_team@outlook.com), [www.mawoox.com](http://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](http://www.51yyjm.com), [sh51yyjm@163.com](mailto: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](http://www.bellanapoli-sh.com), [guido@bellanapoli-sh.com](mailto: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](http://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

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going to eat here, you need to chow down on the Smoked Baby Back Ribs. If you have friends, you can recommend to them the Big Mouth Burgers or Sizzling Fajitas—hopefully they are close buddies of yours so you can all share. their famous Molten Chocolate Cake or their Presidente Margarita. These are all American sized portions, so even if you come here just for the dessert and the blue skies, it is all worth it too. 3072 Binjiang Avenue, Pudong New District, [www.chilis.com](http://www.chilis.com), Tel: 021 5835 8035, [cassieyang@apbinvestment.com](mailto:cassieyang@apbinvestment.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](mailto:info@fatcowshanghai.com), [www.fatcowshanghai.com](http://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](http://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](http://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](http://www.elite-concepts.com), [yss@elite-concepts.com](mailto: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](http://www.epermarket.com), Tel: (Customer service) 400 776 0776

### SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's

private brand. Members can also access its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

## ENRICHMENT

### Arts, Music & Dance

#### THE ACTIVITY BOX

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

#### BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focus on the values of children's creativity and environmental/social awareness. Now our creative learning programs (based on our own patent pending curricula) on weekends is available in a beautiful venue located in the heart of Xuhui. We strive to let children enjoy their own process of inner potential empowerment through different "languages" such as art, music, photography, storytelling, and creative movements with our experienced international teachers. The bilingual program (English and Chinese) is for children between 3-5 years old. 888 Huashan Road, Tel: 131 6261 6359, [Chelsea@bjorky.se](mailto: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](mailto:info@concord-music.com), [www.concord-music.com](http://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](http://www.chinaelg.com), [services@chinaelg.com](mailto: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](http://www.shanghai-classes.com), [inquiry@shanghai-classes.com](mailto: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](mailto: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](http://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](http://www.jitterbugsinshanghai.com), [jitterbugsinshanghai@gmail.com](mailto: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](http://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](mailto:contact@oogieart.cn), WeChat: OogieArt; [www.oogieart.com](http://www.oogieart.com)

#### THE POTTERY WORKSHOP

Classes in both Eastern and Western pottery



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

## 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.cn; Wechat ID: dulwichpuxi; Tel: 3329 9310 or 3329 9399

### DULWICH COLLEGE SHANGHAI PUDONG

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

### 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 Jiyu 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

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## SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

The school strives to ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. [www.ssis.asia](http://www.ssis.asia), [admission@ssis.asia](mailto: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](http://www.suis.com.cn), [suischool@gmail.com](mailto: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](http://www.wiss.cn), [admissions@wiss.cn](mailto: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](mailto:admissions.shanghai@wellingtoncollege.cn); [shanghai.wellingtoncollege.cn](http://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](http://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](http://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](http://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](http://www.huilieducation.cn/shanghai-nursery), [admissions.hns@huilieducation.cn](mailto:admissions.hns@huilieducation.cn); WeChat: HuiliNurseryShanghai

### LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension, offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. 3221 North Zhangyang Road, Pudong New Area; Tel: 153 1792 5705, [www.littlelions.cn](http://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](mailto:info@scholaracademy.org)

### MONTESSORI SCHOOL OF SHANGHAI

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

### THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on

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



# community listings

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](http://www.siyslchina.org), [info@siyslchina.org](mailto: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](mailto: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](http://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](http://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](http://www.PrincetonReviewShanghai.com), [tprenquiry.sha@sarabeattie.com](mailto:tprenquiry.sha@sarabeattie.com)

## MEDICAL SERVICES

### Health Clinics & Services

#### 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

|                                    |                                       |
|------------------------------------|---------------------------------------|
| <b>DOWNTOWN CLINIC - XINTIANDI</b> | <b>HONGMEI ROAD CLINIC - HONGQIAO</b> |
| <b>T: (+86 21) 6345 5101</b>       | <b>T: (+86 21) 6461 6550</b>          |

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

### ESSENCE EYE CLINIC

An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry,

myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; Open Mon-Sun: 9 a.m.- 5 p.m. except Wed, WeChat: [ayyk18939896079](https://www.ayyk18939896079.com); 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, open on Sunday: 401-N1, 9 Xizi international, Jintan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, open Mon-Sun 9 a.m.- 6 p.m., except Tues.

### JIAHUI HEALTH

**JIAHUI HEALTH**  
嘉会医疗  
☎ 400-868-3000

Jiahui 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 Qianjiang Road), Mon-Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District, Mon-Sat, 8am -8pm, Sun 8am - 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](http://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](http://sh.changhedayun.com)

# community listings

## 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](http://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.parkwaypantai.cn](http://www.parkwaypantai.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](mailto: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](http://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: 400 663 7707\*2, 021 6882 1212, Mon-Sat 9 a.m.-6 p.m.; [columbia-clinic.com](http://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 Caoxi Road, Xuhui District, Tel: 5489 3781, [www.renaihospital.com](http://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.yosemitelclinic.com](http://www.yosemitelclinic.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 3 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. 699 Pingtang Road (near Kele Road), Open 24/7; 1598 New Jinqiao Road, (near Donglu Road), Pudong New Area, open 24/7; 8 Quankou Road (near Linquan Road); 689 Yunle Road (near Jinfeng Road); Suite 402, 85 Taoyuan Road Silver Court Building). Tel: 400 639 3900; [shanghai.ufh.com.cn](http://shanghai.ufh.com.cn)

## 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](http://www.alphadental.cn)

### PURESMILE ORTHODONTICS & DENTISTRY

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry,



**orthodontics.** No. 1-4, 650 Biyun Road, Jinqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; Daily 10 a.m.- 6 p.m.; www.puresmile.com

## PARKWAY HEALTH DENTAL CENTRES

With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Jinqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area; Tel: (24-hour appointment) 400 819 6622; www.parkwaypantai.cn

## JIAHUI DENTAL

### SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

**Address: 689 Guiping Road, Xuhui District, Shanghai**

**Regular Opening Hours: Mon-Sun 24 hours**

- Family Medicine
- Emergency Medicine
- Dentistry
- Rehabilitation
- Ophthalmology
- Fertility service
- Pediatrics
- Obstetrics & Gynecology
- Orthopaedics
- Dermatology
- Breast Institute

**Contact: 400-868-3000**

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases, 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 Qinjiang 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

## 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

## Health & Beauty

### BANYAN TREE SPA

Banyan Tree's luxury downtown spa is located just off the Bund. Spa features treatments based on the five Chinese elements, Traditional Chinese Medicine, and more. 16 Gongping Road, Hongkou District; www.banyantreespa.com

## BENSON

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

## BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. Room 5089, 3211 Hongmei Road, Hongqiao District, Tel: 3468 1328; 5F, 118 Qinghai Road, Jing'an District; www.bodyconceptpilates.com

## CHUAN SPA AT THE LANGHAM XINTIANDI

Chuan Spa at The Langham Xintiandi offers a pool, a spa and 24 hour fitness as well as 60 varying health and beauty treatments including massage, facials, nail treatments and TCM treatments. 99 Madang Road; Tel: 2330 2288, xintiandi.langhamhotels.com

## DVA BOUTIQUE SPA

A tranquil sanctuary in the heart of Shanghai, DVA Boutique Spa on South Shaanxi Road reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session for his and her, a wax/laser treatment for personal care, or a manicure to prepare for an evening out, DVA's environmentally friendly, vegan, gluten free, and chemical free products will leave you feeling fresh, revived and rejuvenated. They have flexible membership and VIP packages to suit all budgets/ needs and able to customise for celebrations or special occasions. Lane 11, 186 South Shaanxi Road, Xuhui District, Tel: 5465 7007; Lane 812, 900 North Sanxin Road, Songjiang District; Tel: 5761 8578; booking@dvabspa.com; www.dvabspa.com

## DRAGONFLY

This tranquil retreat has locations all over the city, providing busy urbanites with services that include a variety of massage styles including oil, Chinese, Japanese and foot massage, facials, nails and gentle waxing. 1378 Huamu Road, Pudong New Area, Tel: 2025 2308; 193 Jiaozhou Road, Jing'an District, Tel: 5213 5778, and 2F, 559 Middle Huaihai Road, Xuhui District; 206 Xinle Road, Xuhui District, Tel: 5403 6133, www.dragonfly.net.cn

## ECO & MORE

An Australian brand of 100% plant-based, chemical free home care and personal care products that are highly effective and guaranteed to be better for you and for the environment. Available at City Shop; www.eco-more.com

## KARMA LIFE YOGA CENTRE

The studio, the city's first and largest, features world-class yoga instruction for practitioners of all levels. 160 Pucheng Road (near Shangcheng Road), Pudong New Area, Tel: 5887 3121, www.unispa.com; B2F, 758 South Xizang Road (near West Jianguo Road), Huangpu District, Tel: 5321 0688 or 150 0003 0588; www.karmayoga.com.cn

## PURE YOGA

This high-end yoga studio has a wide range of yoga classes and multiple practice rooms that allow for specialised classes such as hot and wall yoga. 615, 6F, IAPM Mall, 999 Middle Huaihai Road (near Xiangyang Road) Xuhui District, Tel: 5466 1266, www.pure-yoga.com.cn.



## Meet Stephanie Sallette

Co-founder of interior design brand Studio NooSH and artist collective The Attic.

By Lynn Yen

What was behind the creation of The Attic 228? How do you choose which brands to work with?

In March 2021, we were looking for a studio. We wanted to create a space where we could work and showcase our products. As entrepreneurs, we had a limited budget to start with so we naturally reached out to brands that had similar values to rent the place together. We immediately felt in love with this Attic space (3F, House 6, 228 Anfu Road). It reminded us of an old house in the French country side and it has the charm of the Shanghai lanes.

We now have a large choice of lifestyle brands with Fernanda Sung (jewelry), Chinoises (apparel and accessories), Hutun (bags) and Handhandhand (candles and scents).

Every month, we also invite young designers from all over China for pop-ups and we just started our artist series, a new concept to meet an artist (photographer, painter, ceramist) and their work.

How do you stay inspired and motivated?

Our travels keep us inspired. The last years we travelled a lot in China and this summer we both went on a 10-day road trip in Puglia, Italy. Our heads are filled with memories, colors, and shapes that we will use for our next collection.

Our motivation comes from many ways. First the people. We work closely with a small number of trusted, certified local suppliers with whom we have built strong relationships.

Then our customers and clients. We personalize our collection with embroideries for B2C and B2B channels. We love working on their new ideas and projects to help create amazing moments around the table.

Entering new markets. We will launch this year a new brand in Holland where Kim is now based. We are thrilled to test the market and see how people will react to our collection. **SF**

Tell us about yourself

I am the co-founder of Studio NooSH, a responsible interior decoration brand created two years ago with Kim Duker, Dutch expert in interior decoration.

We work with local artisans, sustainable fabric and we value heritage from the East and the West.

What inspired you to start Studio NooSH?

Our adventure started when Kim and I met on Anfu Road in Shanghai. Our passion for beautiful homes, fashion and trends crisscrossed our paths and we clicked.

As expats, we lived in houses that were not ours and far away from our families. We had

the desire to create a warm atmosphere where our loved ones and guests feel at home.

Studio NooSH was born in 2020. Not being able to travel, we felt we needed to upgrade our homes to feel good. We created a brand with strong values around sustainability and craftsmanship.

Kim and I decided to use linen as our main fabric. We knew that linen is not only a fantastic styling product but it also has several other major benefits such as hypoallergenic, durable, thermoregulative, and biodegradable.

We now create the loveliest pieces with embroideries to spice up homes and give meaning to family dinners and bedrooms.



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