

Shanghai Family

Spring 2023

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Teaching Good Digital Citizenship

*How to navigate our uncharted
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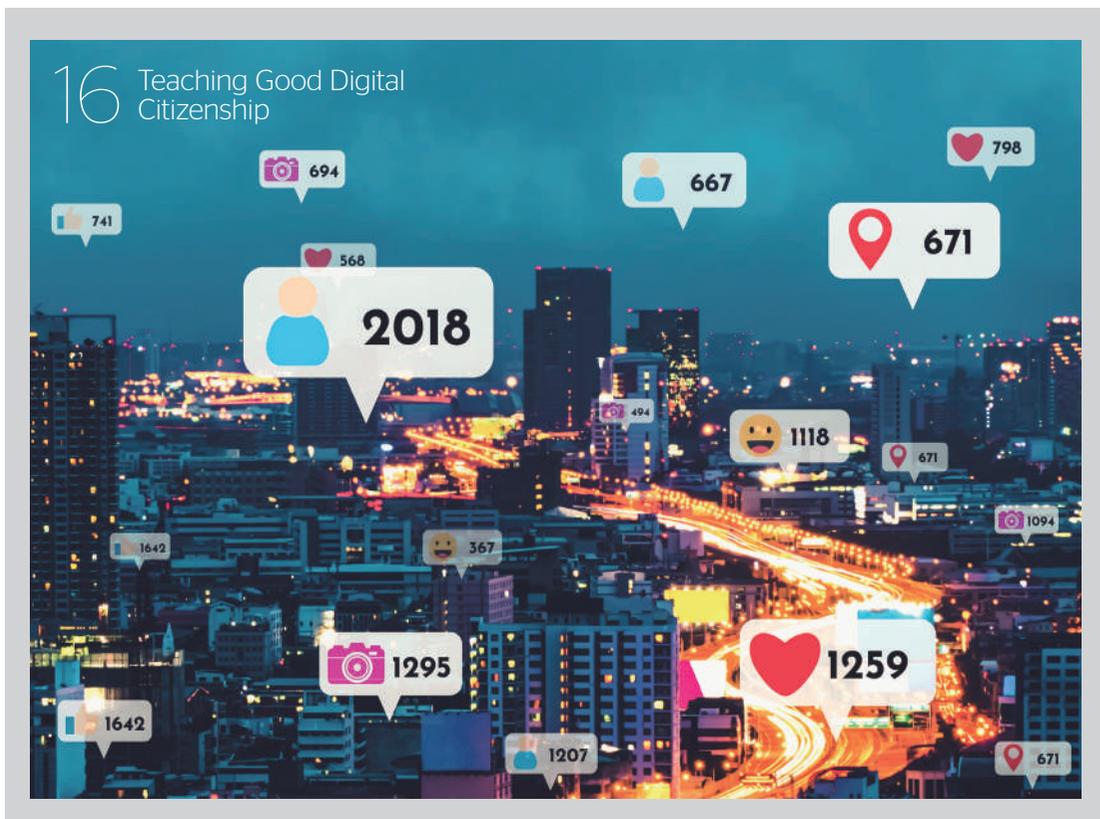
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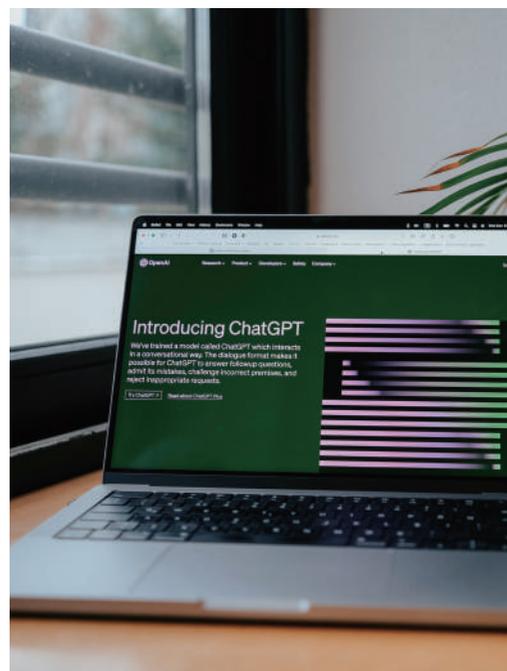
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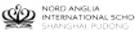
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editorial team note



Dear Readers,

The Technology Issue comes at a time of great tech influence on our lives. The flashpoint of the release of ChatGPT came this winter and threw us into the brave new world of widely accessible Artificial Intelligence. As we are left to feel underprepared to navigate ourselves and our families through this uncharted landscape, the Cover Story looks at a framework of good digital citizenship for parenting and teaching during this digital era. **(16)**

In the Feature Story, the impact and possibilities of new tech ChatGPT are tackled directly **(22)**, and the modern evergreen question of screen time regulation is examined in My Family. **(53)**

Since technology is the future, it is necessary to understand and learn to use it. We take a look at how international schools are teaching the next generation the latest technologies and how to wield them in their future paths. **(26)**

This being the first issue of 2023, the regular columns of Shanghai Family have been made over to feature more of our readership community members. A notable addition is the return of Home Tours, which spotlights local beautifully decorated homes. **(46)** We are excited to continue to discuss important issues facing our Shanghai Family community in the upcoming issues we have planned.

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



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IMPROVED LISTINGS & EVENTS / WINS & DEALS AND MUCH MORE!

MYbarre Opens Studios on Fumin and West Nanjing Roads

MYbarre opened its own dedicated barre studios this winter and spring. The exercise brand offers group classes that mix elements of ballet and Pilates to create long, lean muscles, and improve flexibility and strength. Classes are offered in person at two new locations in the Fumin Road triangle and on the third floor of Citic Square Mall on West Nanjing Road, as well as online. Book a class in the MYbarre WeChat miniprogram.



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



Rolex Shanghai Masters Returns This Fall

One of Shanghai's premier international sporting events, the ATP Tour Rolex Shanghai Masters, is finally returning in person from 2-15 October. After three years of hiatus due to closed borders, the tennis competition will again bring top players like Roger Federer and Novak Djokovic to Shanghai's Minhang District. The announcement came in early 2023, with more details, schedule, and ticket information to come.

Cabaret Lounge Candor Reopens at Lyceum Theatre

Candor cabaret lounge was revived in April after closing during Covid. Guests can again enjoy live performances plus dinner and drinks in the historic Lyceum Theatre at 57 South Maoming Road. The venue was redesigned and occupies two floors with a piano and cocktails lounge followed by the performance stage on the third floor. Add WeChat: CandorShanghai for shows.



Apply for Jiahui Health Scholars

Applications are open until 21 May for the annual Jiahui Health Scholar program. The bilingual summer work experience gives high school students the opportunity to see what it's like to work in a hospital. Over two weeks, scholars tour various departments and get professional guidance from Jiahui's doctors and staff. Learn more on Jiahui's WeChat: Jiahui-Health-Eng

A Night With the St. Petersburg Philharmonic Orchestra

On 25 June, the St. Petersburg Philharmonic Orchestra will perform at Shanghai Oriental Art Center. The program for the evening is Rachmaninov's Piano Concerto No.2 in C Minor and Symphony No.2 in E Minor with conductor Nikolay Alexeev and pianist Daniel Kharitonov. Tickets are 680-1680 RMB.



Garden at The Senz Hotel & Spa

Join Senz for an outdoor picnic during the wonderful spring season. Running daily until 31 May from 11 a.m.- 6 p.m., the picnic basket includes fruits, salads, sandwiches, pizza, hot dogs, BBQ sausages, soft drinks, juices, mineral water, and red or white wine, and is priced at 398 RMB per basket. Take the kids for a lovely outdoor treat, get close to nature, and enjoy the sunshine and gentle breeze.

Located in Qingpu's Lidoway near Shanghai Hongqiao Airport and Railway Station, The Senz Hotel & Spa offers a balance of wellness, effortless style, business and luxury. The hotel boasts 187 rooms and suites, the Xiayalou Chinese Restaurant, Estilo Restaurant and Bar, The Senz Spa, fitness center, indoor pool and garden.

Russian State Ballet Performs Swan Lake

Running from 20 June to 9 July at the Shanghai Centre Theatre, the Russian State Ballet presents Tchaikovsky's classic ballet Swan Lake. Tickets can be purchased in advance with discount on 247tickets. Original prices range from 180-880 RMB.

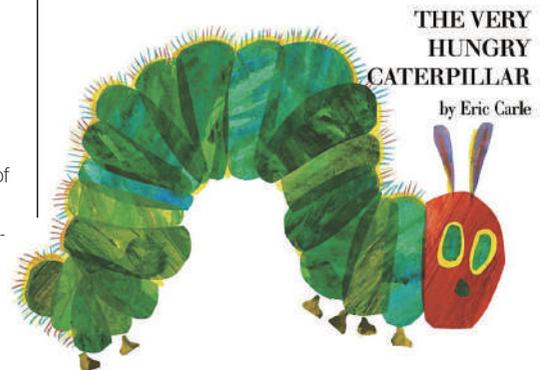


The Very Hungry Caterpillar Comes to Life

The colorful world of Eric Carle's beloved children's book comes to life on stage. See the hungry caterpillar eat its way through all sorts of food in two performances on 1 June at Majestic Theatre, 66 Jiangning Road. The performance is in English with Chinese subtitles. Visit 247tickets to book your tickets ranging from 180-480 RMB.

French Romeo and Juliette Musical Returns

From 2-11 June, the French musical adaptation of the beloved tragic love story between Romeo and Juliet comes back to the stage. The French-language musical was previously performed at Shanghai Cultural Square in 2012 and 2018 and will return to the venue again. Buy tickets from 280-1080 RMB at 247tickets.com.



school roundup



Sports Success at Dulwich Pudong

Sports are back in a big way at Dulwich Pudong. The Dulwich Panthers D1 basketball teams played brilliantly at the ACAMIS Red Division tournament held in Suzhou. The D1 girls were undefeated in seven games winning the championship in dominating fashion, whilst the D1 boys team were runners-up. This tournament marked the first sports tournament for Dulwich Panther athletes held outside of Shanghai in three years!

Meanwhile the AquaPanther Swimmers dominated the Dulwich Splash Invitational against athletes from seven other international schools. During the invitational, 72% of AquaPanther swimmers set a Personal Best and several College records were set. Dulwich Pudong took first place with 1,564 total points, more than double the nearest competitor.

Wellness at YCIS PD

YCIS Pudong celebrated "Well-being Week." Guided by the P.I.E.S.S. framework of Physical, Intellectual, Emotional, Spiritual, and Social, activities were carried out at both the Regency Park and Century Park campuses in Pudong. The Community Art Project by Artist-in-Residence Haruka Ostley used "Light" to encourage students to reflect on their place in the world and cultivate deeper meaning, understanding, or connections with the universe.



Britannica Students Awarded in Arts

Shanghai Municipal Education Commission held their "Beautiful China, A Beautiful Life" arts and culture competition. Britannica students achieved exceptionally well. 16 of their students were awarded with 1st, 2nd and 3rd place certificates in various categories. A special award was also given to art teacher Ms. Lee with a commendation of 'excellent organisation and guidance'.



SAS Holds MUN

Shanghai American School's Puxi campus welcomed the XXII SH Model United Nations conference, bringing together 400 students in person. The students simulated different committees of the UN and engaged in policy negotiations, resulting in over 25 resolutions and hundreds of amendments being passed. SHAMUN was more than a conference, teaching life lessons in being ethical global citizens and seeing new perspectives. With dedicated future leaders, the world's in good hands.



TOP UNIVERSITY DESTINATIONS



BISS Puxi Early University Offers

Year 13 students balanced the rigours of the IB Diploma Programme with competitive university applications: extra entrance exam study sessions; critical self-reflection for essays, CVs and interviews; and extensive research for a university list that fits their character and ambitions.

With the help of BISS higher education guidance experts, students navigated these challenges admirably and to great effect.

These acceptances are a testament to outstanding efforts of the Year 13 cohort, not just as academically standout applicants, but as leaders in community oriented ECAs.

Year 13 students now move to the next stages, bringing their experiences at BISS and serving as BISS ambassadors at campuses across the globe. As many students have yet to hear back from top programmes in the US, UK, Netherlands, Singapore, Australia, Canada and South Korea, BISS are highly anticipating the offers yet to come!

Wellington Scholars Honoured

On 28 Feb, the community honoured this year's Wellington Scholars. The awards recognise excellence in academics, arts, and sports, and potential after graduation. They are a testament to Wellington's holistic education. By educating pupils in mind, body and spirit, they become active participants in life, and ready to make meaningful contributions wherever they are.



LFS Celebrates Spring

Through collaborative work, students strengthen their capacity to work in teams, and open their creativity by sharing ideas. The Traditional Living Museum in Yangpu saw many famous characters come to life for one morning, while in Qingpu, fabric painting was on the menu! March focuses on French-speaking countries, literature is highlighted, thanks to kids and teachers!



YCIS Puxi STEAMs Ahead

In mid-March, YCIS Puxi held its second annual STEAM Week with a focus on women in the field. Students across different year levels experienced the wonders of science through a variety of hands-on activities, including air-plane art, daily coding challenges, time table competitions, and speeches provided by women leaders in the STEAM field, enhancing their learning and problem-solving skills.



cover story

Teaching Good Digital Citizenship

How to navigate our uncharted digitized world.

By Rachel Wright

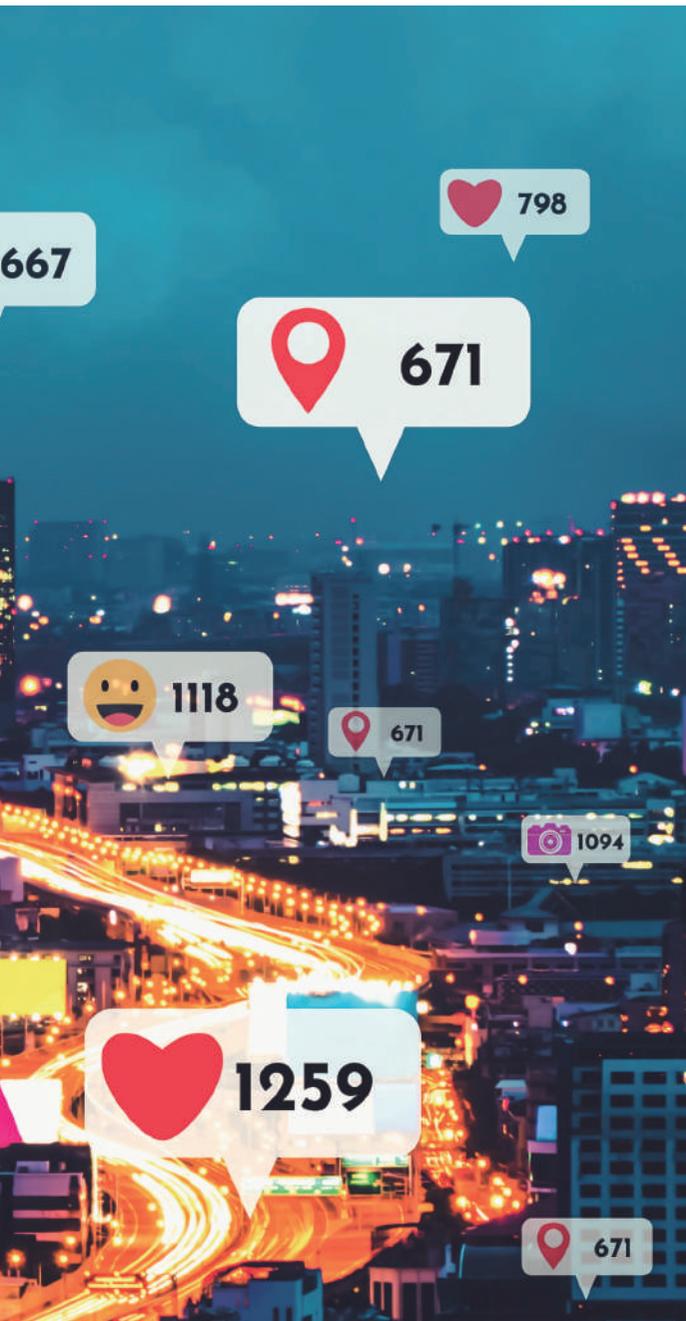


Consider for a minute how you would answer these questions:

Is it OK to share violent videos online to call attention to what's going on in the world?

Is it fair for college admissions to consider applicants' social media posts?

Is it OK to take a break from social media for a few days?



Whilst these questions typically elicit a range of answers, an informal poll of adults showed they all answered the third question in the same way. Chances are that you, too, replied 'yes' to this question. But for teens, the answer is less clear-cut. According to survey data published in 2021 by Common Sense Media, a non-profit that provides guidance on media and technology, although a majority of teens (83%) answered 'yes' to the third question, 72% of respondents also said that being a good friend meant being available to your friend whenever they might need you. Some also indicated that if you didn't respond to your friend, then that could cause tension in the relationship, or your friend might get mad. Here, in a nutshell, you have one of the main challenges facing teens in our digital age: how to find the balance between taking care of yourself and being there for your online community, many of whom form part of your offline life, too.

When it comes to sorting out the ethical and social dilemmas that face them when they go online, young people need help, and parents and teachers are the ones who need to provide support with responsible decision-making. Schools are finding themselves having to deal with a whole raft of issues since the advent of the Internet and social media,

including online safety, privacy, cyberbullying and digital distraction. To address these challenges, many are incorporating what's known as digital citizenship education into their curricula. Common Sense Media and ISTE, a non-profit promoting the integration of technology in teaching and learning, are two organizations who have developed standards and training for educators and parents to use when teaching children how to participate safely in the online world and develop crucial digital citizenship skills. These skills are designed to help children protect themselves and others, as they seek to develop their identities, learn about relationships, and communicate with friends and strangers.

What is Digital Citizenship?

"Digital" refers to online spaces and the technology we interact with. The term "citizen" refers to being a member of a community, school, WeChat group, Facebook group etc., and the responsibilities we have to ourselves and our communities. At the heart of being a good digital citizen is social awareness, self-management skills and the ability to have empathy for others. As an example, one key skill that students need to learn is to slow down and weigh the consequences of their actions. Before they reply to a provocative text or photo, they need to reflect on possible outcomes for

themselves and others, and weigh carefully how or whether they should respond, and also anticipate who might see what they post. Difficult enough for an adult to do, let alone a teen grappling with peer pressure, body image, mood swings, dating, parental expectations and all the other well-documented pressures they face. In the heat of the moment, it can be easy to overlook the fact that if you hurt somebody online now, it can stay there forever, becoming part of your digital footprint.

Learning about good digital citizenship has become even more necessary since the uptick in media viewing by children. Data from the US shows that between 2019 and 2021, roughly the period when Covid impacted the US, online media-viewing grew faster over a two-year period than it had over the four years prior to the pandemic. Watching online videos is rated by far the favorite media activity for both tweens, 61% “enjoy it a lot”, and teens, 62%. But not all of these videos are your run-of-the-mill teen movies and dramas, such as *Outer Banks* and *Warrior Nun*. They include trending TikTok videos of people shaving their teeth, or eating Tide Pods, and YouTube influencers spouting hate-like misogynist, Andrew Tate. His impact on teenage boys was so worrisome that schools up and down the UK this year have had to rejig their classes to engage students in a conversation about Tate’s appeal.

The Parent’s Responsibility to Teach

Whilst parents of younger children often limit screen time and monitor content that their kids watch to prevent exposure to nasties like sex and violence, parental involvement decreases as children get older. Although they may still be concerned about content, and fret about what kids are posting and who

“But it’s becoming increasingly clear that parents and teachers have to work together to protect our kids’ physical safety and their mental health, because we can’t rely on anyone else.”

they’re communicating with, for many parents policing their teens’ online activities can feel like whack-a-mole. Put parental controls on his computer, he migrates to the phone for video games. Track her via a location app on her phone, then you find out she parked her phone at her friend’s house and went downtown to a club which she knew you wouldn’t give permission for. But it’s becoming increasingly clear that parents and teachers have to work together to protect our kids’ physical safety and their mental health, because we can’t rely on anyone else.

While governments twiddle their thumbs like in the UK’s Online Safety Bill, a world-first which started life in 2021 and is still currently working its way through the House of Lords with other bureaucratic layers still to go, we can’t expect tech companies to police their content when the bottom line is at stake. That was made clear

in Facebook’s internal investigation findings released in September 2021, which revealed the deleterious impact that its app Instagram has on the mental health of teen girls. Facebook reported that “thirty-two percent of teen girls said that when they felt bad about their bodies, Instagram made them feel worse.” Teens blamed Instagram for increases in the rate of anxiety and depression. The reason being, as psychologists point out, that if you’re only seeing photos of others and only posting photos of yourself, appearance is what counts most in your sense of self-worth.

But even though they know the dangers, that doesn’t mean that teens will ignore social media. In fact, most use social media every day on their smart phones and see it as essential for connection, entertainment, socialization, and even learning. Certainly, some teens relish being able to



connect with others globally who have similar interests as them, or getting involved in civic action- just look at the mobilization of young people at the heart of movements like Extinction Rebellion. But most are more concerned with how they are viewed by their immediate network of friends and peers who they see offline, in real-life. And at a time when teens are still developing their sense of identity, things like responses,

likes, shares and view counts provide highly desirable social acceptance and through that, security. Being part of a friendship group and what that offers in terms of validation and confidence can be worth trading your privacy for. So, increasingly, a teen's digital footprint is willingly co-produced with friends, who snap and upload group pictures throughout the day and tag each other in posts. This can mean that alongside their

own curated version of themselves, how they choose to present themselves on social media, teens are also at the mercy of an uncurated version which could ruin their reputation.

A recent case in point was the TikTok video posted by a perpetrator involved in the beating up of a New Jersey girl in a school corridor. Not wanting to be permanently known as the girl who was beaten up, the 14 year old took her own life. The 24/7 nature of social media means that harmful postings used to troll or cyberbully can be particularly devastating. Until legislation is passed to protect children, education is the main tool we have to teach students how to engage in positive, safe and ethical behaviour in their social interactions.

The Rapidly Changing Landscape

Good digital citizenship teaching is always evolving. The newest strand concerns the ethical use of generative AI tools in education. Schools have long taught students not to plagiarise, to credit their sources and cite ideas they have incorporated into their own arguments so that intellectual property rights are respected. But think of the time you could save on your history project if you type in a few prompts to ChatGPT and get AI to generate paragraphs of text or even a whole essay. Say you've never been good at art? You can now use one of the many text-to-image tools available, to get AI to do your art homework for you, and it looks fabulous.

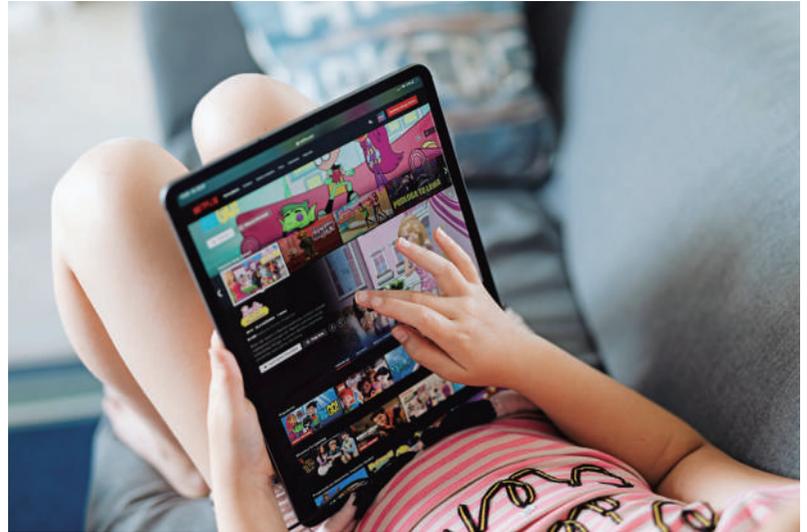
Whilst New York City public schools have banned ChatGPT on school networks and student devices, it's also currently banned in other US school districts and nationally in China, realistically, banning is not a practical long-term solution. Most schools are currently busy trying to figure out ways in which to harness the



cover story

power of AI tools, whilst simultaneously strengthening students' critical thinking skills. Indeed, critical thinking skills may be the only thing standing between truth and misinformation at this point. Due to our highly image-driven media, in which older children themselves are immersed, they will often be aware that images they find on websites are often digitally altered and specially curated. However, they may not always understand the marketing design behind an image, especially if it is presented as information. With technology now able to create deep fake texts and videos, many teens have developed a strong distrust of facts and authority. Data from London-based children's rights advocacy organization, 5rightsfoundation, found 60% of children report they trust news less as a result of fake news. More alarmingly, one in five 16

"At the end of the day, good digital citizenship is about accepting children's engagement with tech, whilst also empowering them to make good decisions to protect themselves and others in their community."



to 24 year olds said there was no hard evidence coronavirus actually exists. It's important that we teach students how to check that information is accurate, and how to avoid spreading disinformation especially as fake information spreads roughly six times faster than the truth and reaches more people too, according to a MIT Sloan School of Management study published in 2018.

At the end of the day, good digital citizenship is about accepting children's engagement with tech, whilst also empowering them to make good decisions to protect themselves and others in their community. It's about using technology intentionally as a tool to serve your own ends, rather than letting technology take control of you, whether that's through blocking apps from tracking your behaviour so that your data isn't captured without your permission, or being intentional about the platforms you're using and the time you're spending on them. Until technology companies can design digital services that cater for the vulnerabilities, needs, and rights of children and young people by default, it's going to be left to schools in partnership with parents to help teach children how being a good digital citizen can keep them safe and happy.

How to be a Good Digital Citizen

Protect yourself: create strong passwords and protect private information like your name, age and address to keep yourself safe; don't give friends access to your phone.

Remember your digital footprint is permanent: be deliberate about who you interact with and what you share to curate a positive online presence; protect your reputation.

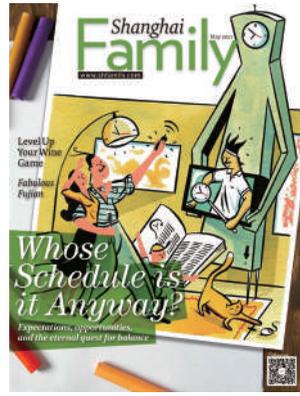
Be a critical thinker: always assess the credibility and accuracy of online sources; check for bias and misinformation, including when using generative AI tools.

Strengthen your community: Use tech to make your community better and make your voice heard by leaders; don't spread disinformation and fake news which could harm others.

Empathise: engage respectfully online with people who have different beliefs than you.

Self-monitor: Be aware of where you're spending time online. Check your screen time report; be intentional about taking breaks and engaging in your offline life of work, family, hobbies, etc. **SF**



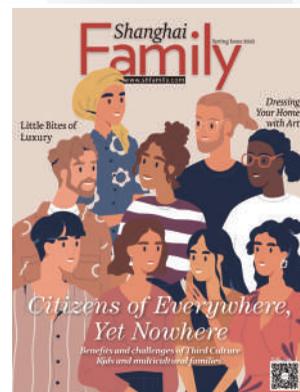
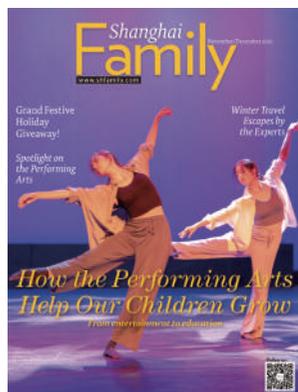
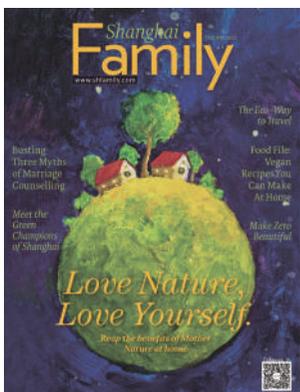


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feature

ChatGPT

The New Horizon

The influence of new technology on education.

By Sal Haque



Okay...I know. This is like the eighth article you've read about ChatGPT. You just finished a conversation about ChatGPT, ten minutes ago. You've discussed at length, how awesome and problematic this software is. The game has changed and you know it, cause you've been told ten million times.

I too have heard about the end-all and be-all of ChatGPT. "It will put millions out of work", "it's low-key sentient and will rise-up against its human oppressors", "it will unleash an army of delivery drones, relentlessly playing reggaeton". The game has changed, the GAME HAS CHANGED! Terrifying stuff.

But as a teacher, I love ChatGPT. Its ability to create diverse and specific content is pretty awesome. I can generate a reading comprehension assignment with higher-order questions, and targeted vocabulary in fifteen seconds. That's nuts. So yeah, the game has actually changed. At least for me. But even at home, if I want my kid to do some extra work, I can ask ChatGPT to create a short reading about "Shanghai Skateboarding" with multiple choice questions. Similarly, I can get a targeted math worksheet in seconds. Will this new ability to generate quick and effective content put teachers out of work? Probably not. Definitely not. ChatGPT still can't manage a bunch of pubescent twelve-year-old kids with annoying TikTok slang and fluorescent basketball shoes. When it can though...touché ChatGPT, I look forward to seeing you work. But more so, ChatGPT can't inspire. At least not yet, and that's a big part of what good teachers do. I know that sounds cliché, but generating content, and making content relatable, are two different things.

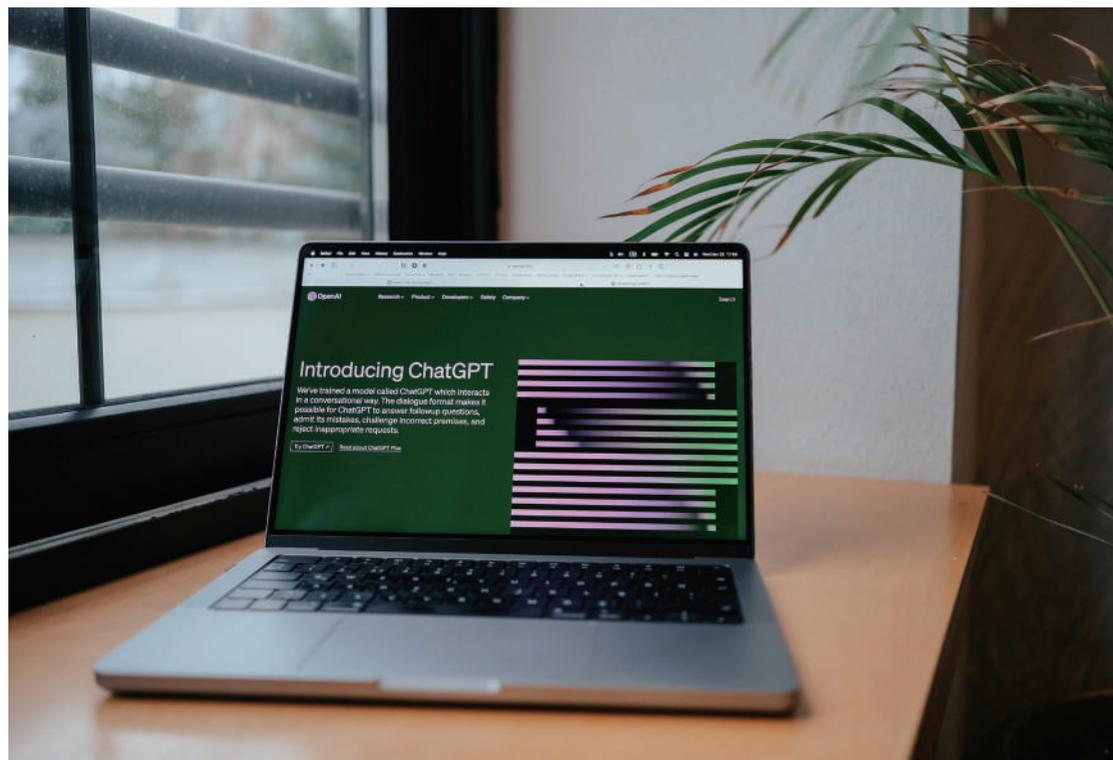
One of the primary concerns for ChatGPT in academics is plagiarism.

But honestly, similar fears were evident with the transition from print to internet resources in the late 90s and early 2000s. Professors and teachers were becoming wary of internet plagiarism and appropriate sourcing. They were worried the research wouldn't be sound. In the days of libraries, writing an essay required searching databases for relevant books and then searching books for relevant information, hopefully current information. It was a pretty intense process. The dewy decimal system was no joke, and writing a bibliography that included periodicals was a delicate process. The internet significantly sped that up. What used to take weeks to research, now only took days or perhaps even hours. With ChatGPT that process could become obsolete. With AI-based software you don't really search, you ask ChatGPT to search its 2021 database for you, which it does surprisingly well. You can even ask it for sources, which you can double check. It's clearly a powerful tool to access information, and that's pretty

"What used to take weeks to research, now only took days or perhaps even hours. With ChatGPT that process could become obsolete. With AI-based software you don't really search, you ask ChatGPT to search its 2021 database for you, which it does surprisingly well."

cool. But with new tech comes its own range of concerns, and with tech of this magnitude, concerns in academics are fair. I can imagine a world where teachers generate lessons with ChatGPT, and students generate answers with ChatGPT, both getting lazy and dumb in the process. But honestly, I don't think that's going to happen.

Will ChatGPT make cheating easier? Definitely. But does that mean a lot more kids will cheat? Not necessarily. Much like the early days of Internet sourcing and research, schools and universities will probably adapt harsher deterrents. What those will be, it may be too early to tell. But it should be interesting to see what



feature



"The whole point of cheating is to get your work done fast and effortlessly. Maybe the best way to combat that is by showing our children that research is cool and worth putting time into."

pans out. Already, schools are investigating ways to trace back potential plagiarism on ChatGPT, and more than concern, the process seems to evoke curiosity, and that's kind of cool.

But perhaps plagiarism shouldn't be the focus. The whole point of cheating is to get your work done fast and effortlessly. Maybe the best way to combat that is by showing our children that research is cool and worth putting time into. Research isn't just limited to academics, but also personal interest. We need to show our kids that being well-informed is something we need to strive for, and forming fact-based opinions is the difference between a good opinion and simply an opinion. And yes, ChatGPT makes cheating easier, but

it also makes learning really cool stuff easier as well. In my experience, people who want to cheat will always find ways to cheat, and much like the internet, much of how ChatGPT is used may be out of our control. But what we can do is try to emphasize the importance of sound research and teach them to respect the process. Teach them about credibility and bias. Teach them to stay up to date. Teach them to see the world through different perspectives. Teach them to read, and take their time. We must show them research is cool, being informed is awesome, and to enjoy the satisfaction of finding good information.

Easier said than done. I know. That's also why it's important to start early.

Build your bookshelf, go old-school and work your way through an index. That process begins with your first DK dinosaur books, or animal encyclopedia. Indexes are cool. They show kids a very direct path to information, it's essentially their first

introduction to key-word searching. It also sets them on the path of seek-and-you-shall-find, with the index giving way to targeted internet searches. It shows them that any interest can be researched, and books, internet and ChatGPT are all just tools to help us do that.

So yeah, I guess the game has changed, or rather, evolved. Same game, better equipment. It used to be that a sense of wonder could only take you so far. Now the answers to so many questions are literally at our finger tips, fifteen seconds away.

That said, we're only a few months deep in this thing. There will clearly be downsides. There always are. I'm curious to see how the sneakier side of ChatGPT manifests. I'm even more curious to see how academic institutions handle that, and what kind of sourcing standards are consolidated. It's too early to really tell how things like misinformation, bias, extremism, and fake news are filtered into seemingly reliable content. But it should be interesting to see what type of regulations will be required to keep that stuff out of academia. As a teacher, I don't yet have a solution. I'm not even sure where regulation will come from. It could be the classroom, maybe the school, perhaps even the state. I feel like all that stuff is on the way. But I'm still way more excited about the access to information than I am concerned about cheating. I'm also stoked about being able to create targeted content for students, for literally anything. It's also just cool that there's something beyond the Internet. For the old-school cats out there who once stamped cards at the library, unplugged their landlines for dial-up modems, and bought their first iPhone, this is a pretty cool step forward. And if ChatGPT does become our AI overlord, with some i-Robot-Spielbergian nonsense...cool, I'm in. I'm just excited to see what comes next. **SF**

Meet the Principal

Get to know Shanghai Soong Ching Ling School's Principal of Middle and High School International Division and Director of College Counseling, Dr Yan Zhang.



After studies in Germany and the US at Princeton and a career in higher education at Michigan State, what brought you to Shanghai Soong Ching Ling School (SCLS) and why?

Moving from cutting-edge scientific research to applied entrepreneurship, I always continued to challenge and make breakthroughs across multiple fields and roles until I reached my biggest challenge yet – becoming a mother. After the birth of my daughter, I chose to return to academia, taking a role as the Associate Director of the Social Science Data Analytics Initiative that allowed me to teach, conduct research, and take on administrative duties at Michigan State University. I joined SCLS, a team striving to “Give Children the Most Valuable Things” when our family returned to China in 2021, choosing to devote myself fully to K-12 education.

At SCLS, in what ways do you achieve your education philosophy?

Shanghai Soong Ching Ling School belongs to the children. We are fully committed to Madame Soong Ching Ling’s mission to “Give Children the Most Valuable Things,” growing a school and planting memories that students will nurture all throughout their lives. Under this guideline and my education philosophy, we have always aimed to create the optimal environment for learning: loving, encouraging, challenging, and rigorous. In our division, the student-to-faculty ratio is 6:1, allowing us to know our students extremely well. The constant interaction in homerooms, classrooms, and hallways ensures that students feel cared for and recognized. For adolescents, this nurturing environment is a safe place to try something new and to grow.

What is your experience integrating Western and Eastern culture?

The biggest takeaway I have learned from living abroad for over 20 years is the ability to appreciate different cultures and embrace different perspectives. The skill to step into others’ shoes helps broaden the way I think about issues and how I approach problems. With the country reopening again, our primary goal remains to continuously enhance our international influence and promote the high-quality development of Shanghai Soong Ching Ling School.

What are your expectations for students academically? What kind of students do SCLS Middle and High School prefer?

Our Middle and High School International Division at Shanghai Soong Ching Ling School is a warm, friendly, and vibrant place that is built on a belief that every child will go on to be successful academically, personally, and a lifelong contributor to the wider world. We pride ourselves in offering a rigorous yet balanced curriculum. While many schools seek to specialize students, our curriculum focuses on a holistic view of student growth. From core academics to artistic development, students can explore their own interests as they embark on a path of college readiness. They are offered countless opportunities to achieve through our academic and extracurricular programs, and we are equally proud of success in both arenas. We do not have specific preferences, because we believe that every child is unique, constantly learning, and resilient. We are inclusive of everyone in our community, believing that everyone deserves to be loved and cared for.

Address: 2 Yehui Road, Zhaoxiang, Qingpu District
Website: <https://scls.org.cn>

Admission Office

Tel: 021 6975 6301 ext. 8002

Email: admission.center@scls-sh.org

Technology is the Future

Take a peek at the robust technology programs of international schools.

By Lynn Yen

A key responsibility of education institutions is to prepare young individuals for the ever changing future. In the 21st century, this has largely meant technological literacy. Being well versed in how existing technology works, and exploring the transformational possibilities of technology, is today, an essential class subject and pillar of the curriculum. Welcome to the world of AI, VR, Python, Java, and C++.

Teachers in the field of technology know how quickly things change and the blistering pace of innovation. Many of the jobs and technology tools students today will use in their future careers are likely not even invented yet. It is therefore even more vital to keep abreast of all the current technologies and understand their underlying mechanics.

With excellent teachers and curriculums, along with abundant resources, and bright, driven young people, a future tech industry leader could very well be in our midst.

Please describe your technology program offerings for students, is it mandatory?

Concordia recognizes the significance of technology in education and has integrated it into our curriculum, offering robotics, coding, and virtual reality classes at various levels from elementary to high school. In the early years, technology is integrated into the curriculum, with teachers using robotics to teach computational thinking skills and story-telling. Middle school students explore STEM subjects such as coding, design, and robotics. High school students have the option to take applied learning courses, science research, computer science, engineering, and big data analytics courses. While technology is

Concordia International School Shanghai



*Dr Yujiro Fujiwara,
Head of Applied Tech/STEM*

embedded in the curriculum, high school students have the choice to take advantage of these offerings to enhance their learning experience. These courses help students develop essential technology skills and prepare them for the challenges of the future world.

What is the goal of the technology curriculum?

The goal of our technology curriculum is to equip global citizens with the awareness and skills to be technologically competent, thriving-influencers in a technology-driven world. This means fostering experiences at school to use technology effectively, developing problem-solving skills, promoting critical thinking, and fostering creativity through innovation. Students will

develop an understanding of the social and ethical implications of technology use and how it impacts society. In short, students will feel capable to choose a career path that requires a high level of technological proficiency or alternatively, regardless of the career path they choose, they will feel comfortable participating in the social issues that require technological proficiency.

What are the biggest challenges facing the future tech industry or tech education?

We are living in a time of unprecedented technological advancements in the field of artificial intelligence. While the collaboration between humans and machines is

not a new concept, we are now reaching a point where machine processing capabilities can surpass those of humans. The challenge ahead of us is to navigate a new world of enhanced machine-driven capabilities while setting clear boundaries to co-exist. As technology continues to improve exponentially, industries and education systems may struggle to keep up with the pace of advancement. The need for skilled and knowledgeable technological citizens will be greater than ever before to tackle the challenges that lie ahead. It's an exciting time to be at the forefront of technological innovation, and the future belongs to those who can rise to the occasion and embrace this exciting new era.

Concordia International School Shanghai



*Marcus Chu,
High school sophomore,
Co-founder of Phoenix
Squadron drone club*

Why are you interested in technology, and what are your goals for the future?

I always find myself being inquisitive about how something works, and that drives my interest in technology. I still remember when I was in 6th or

7th grade, self-driving cars were beginning to take off. Even as much as I wanted it, such advanced technology was firmly out of reach for me. Instead, I turned to robotics as a smaller-scale version of such a technological feat, something that still had difficulty and complexity, but could be achieved by that 7th-grade me. From on-the-ground robots, this interest has evolved to drones. Currently, I aim to continue pursuing my technology interests through aerial robotics. I'm also getting as many real-world experiences as I can through internship projects that will better prepare me for the future.

Describe a technology achievement of yours.

I co-founded a student club called Phoenix Squadron back in 8th grade to provide drone-related co-curricular activities for Concordia students. Since then, it has expanded beyond impacting just one division of Con-

cordia and now has three programs spanning elementary to high school, enabling 50+ students of all grade levels to investigate topics such as First Person View (FPV) drones, autonomous drones, and drone swarm performances. Phoenix Squadron has also dazzled the entire school community by putting on drone swarm performances for school assemblies. We were most recently invited to Beijing by Damoda, the world's leading drone swarm company, to play a role in putting on the 2023 CCTV Spring Gala show with a record-breaking 200-drones performing together with Jackie Chan.

What has been the most valuable experience in your school's technology curriculum and offerings?

It would definitely be the power of passion, and the unwavering support of my mentor Dr Peter Tong and the Concordia school administration. Since the beginning, Dr Tong has always encouraged me to pursue a passion without boundaries no matter how ambitious it might be. That encouragement made Phoenix Squadron's first Aerospace CCA program possible, and is the driving force behind its continued advancements. In the summer of 2020, Dr Tong traveled with us to Shenzhen to visit Damoda, our first real-world experience in the drone swarm industry. The school saw drones as a STEM learning platform for students, and has provided continuous support and enabled Phoenix Squadron to bring to fruition a longstanding dream, bringing large-scale drone performances to Concordia.



The British International School Shanghai Puxi



Please describe your technology program offerings for students, is it mandatory?

At BISS, all students in Years 7, 8 and 9 learn how to do 3-D modelling in Virtual Reality. Year 7 students learn how to use SculptrVR to do 3-D modelling and Year 9 students learn how to use Gravity Sketch which is more advanced. The models they create are then printed on the school's 3-D printers. This is done in collaboration with the Chinese Department as students make 3-D models of the current Chinese New Year animal.

Year 8 is a bit different as the students use Arkio to try to recreate the school from the blueprints. This is to teach different skills and also keep it fresh.

What is the goal of the technology curriculum?

The goal of the technology curriculum is multifaceted:

- Expose students to new technology that they may not have experienced before.

- Teach students how to use Virtual Reality.
- Teach students about 3-D modelling.
- Teach students to learn how to use new software.
- Teach students to think in three dimensions.
- Teach spatial relationships between different parts of the animal.
- Teach about different file formats.
- Teach problem solving.
- Teach creativity.
- Teach critical thinking.

What are the biggest challenges facing the future tech industry or tech education?

The biggest challenge facing the future of the tech industry is the acceleration of change and it is hard to get noticed. You might have an amazing solution for people, but it doesn't help them or your product if they don't know that it exists.

The problem for tech education is similar. There are too many options and there is a fixed amount of time. Teachers need to decide what to teach and what to skip. The skills can be learned in multiple different ways and in the end, it isn't possible or desirable to learn everything. There is also no way to know what will be important in the future and what will be redundant. Though some things are obvious like helping students to learn "how to learn".



Nathaniel Brown, Head of Computer Science & STEAM

Shanghai American School Pudong Campus



Troy Harkin, Head of Middle School Design Tech and Visual Arts and High School Design Tech Teacher

Please describe your technology program offerings for students, is it mandatory?

The Design Technology program at Shanghai American School's Pudong campus offers five different courses, three in middle school and two in high school. Grade 6 students all take a semester of Design Tech. In Middle School overall, students learn about design as a process and how it's applied to create solutions using foundational skills in fabrication, computer-aided design, computer

science, and robotics. They also learn how to use a variety of digital and physical tools to bring their ideas to life.

In High School, students can take courses in Electrical & Mechanical Design and Engineering & Robotics, where they blend different design processes together while learning about electrical and mechanical systems, as well as engineering principles applied to robotics. SAS offers these courses to help students develop in-demand skills that can launch countless future opportunities. SAS also provides technology tools to enhance learning and make it more personalized, collaborative, and relevant.

What is the goal of the technology curriculum?

Design Tech at SAS is a program that aims to empower students to generate a wide range of ideas and use their expanded skill sets to bring solutions to life. The program emphasizes the importance of design thinking, which is a process that centers around applying creativity and innovation to problem-solving. By incorporating design thinking into the curriculum, students can enhance

their problem-solving skills and become more effective learners. Design and Technology can play a key role in helping students develop problem-solving skills, design thinking processes, and the dispositions needed to become resilient, optimistic, and innovative members of the workforce and society.

What are the biggest challenges facing the future tech industry or tech education?

The challenges of the future tech industry, or with advancements in technology in education, will always be there. These challenges have existed since before computers were used in schools. The technology landscape continues to change rapidly, and with these changes, there is always a need and opportunity for educators and students to be flexible and adaptable to what is to come. We have recently started exploring AI and want to expand our offerings in VR as additional tools that students can use to help create solutions and demonstrate their learning. As long as we can adapt, we can overcome these challenges, and students will continue to be empowered.



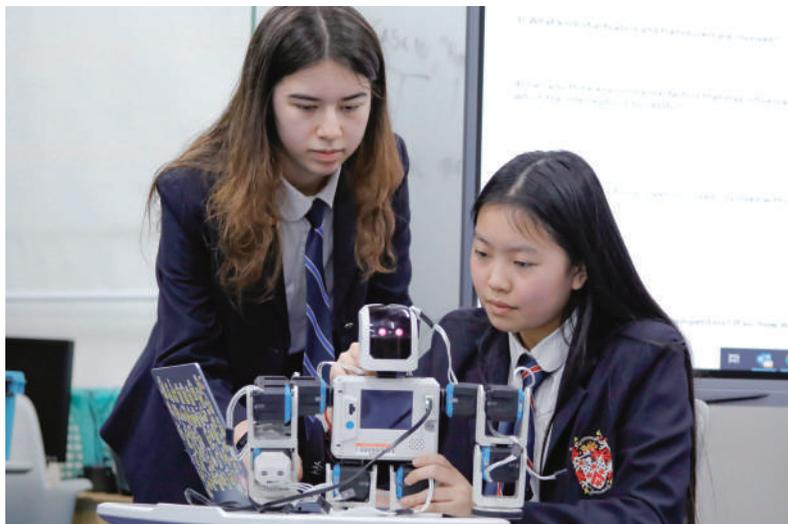
Dulwich College Shanghai Pudong

Please describe your technology program offerings for students, is it mandatory?

Dulwich College Shanghai Pudong begins developing students' Digital Intelligence from the start of their learning journey. Students in Nursery and Reception engage with interactive displays, robotics, digital storytelling, and digital portfolios. Beginning in Year 1, students begin a formal technology curriculum that covers Digital Citizenship, Design Thinking, Computational Thinking, Robotics, and Digital Media Literacy. Additionally, Senior School students participate in Computer Science courses in addition to developing their Digital Intelligence in all coursework. Beyond the formal curriculum, students are engaged with technology in Co-Curricular Activities, assemblies, and special events. Most recently, six schools around China joined DCSPD students in our annual Hackathon, HakD which challenges students to innovate to solve a real-world problem by leveraging technology.

What is the goal of the technology curriculum?

The goal of Dulwich College Shanghai Pudong's technology curriculum is to develop students who are Worldwise and Digitally Intelligent. We aim to provide students with the necessary skills and knowledge to use technology effectively and responsibly. Technology has become an integral part of our lives and it is important for students to learn how to use it to communicate, collaborate, create, and solve problems. Our technology curriculum covers a range of topics including

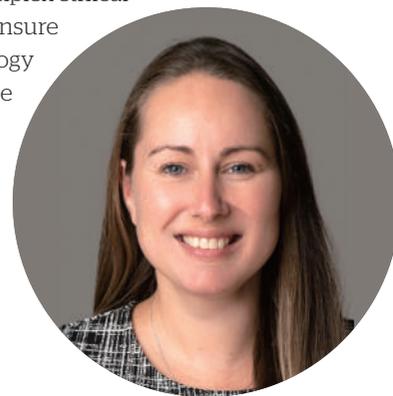


computer skills, programming, robotics, digital media, and digital citizenship. The curriculum provides students with opportunities to engage in activities and projects that allow them to apply their learning in real-world contexts. Overall, the goal of our technology curriculum is to prepare students for the digital age and to equip them with the skills and knowledge they need to thrive in a rapidly changing technological landscape.

What are the biggest challenges facing the future tech industry or tech education?

Technology is advancing at a rapid pace, and it can be challenging for educators to keep up with the latest developments. We cannot remain stagnant when it comes to technology in education. Curriculums must be continually updated, consistent teacher professional development is crucial, and an eye must always be kept on emerging tech. Digital Citi-

zenship regarding safe, ethical, and fair use is always a concern whether it be students' mental health with social media use or academic honesty with the use of Artificial Intelligence. Preparing students for life after graduation requires preparing them to deal with the way artificial intelligence and automation is transforming the job market. There is a need for individuals who can adapt to these changes, develop new skills, navigate complex ethical issues, and ensure that technology is used for the benefit of society. **SF**



Dr Ella Yankelevich, Co-Director of Educational Technology



Leading With Kindness

Meet Harrow's New Headmaster Mr. Alex Reed. *By Lynn Yen*

After the winter holiday, pupils at Harrow were greeted back to campus by a new Head Master Mr. Alex Reed. He arrives in Shanghai following a career in education that started at a young age in England where he attended underperforming schools and that eventually led him to New Zealand for 15 years.

"I was very lucky that I met a teacher who had a lot of faith in me. He told me to apply to Cambridge where I read English literature, and that was one of those transformational moments when I realized what education could do and just how important that relationship between the teacher and a pupil was," Alex said.

An Educator's Philosophy

Alex's view on education is simple. "Fundamentally the most important thing that any school can do is make sure the children are happy and excited to come to school," he said.

To do that, every child needs to come into school knowing that they are loved, cared for, safe, respected, and enjoyed by peers and adults. At the same time, the school must provide an interesting curriculum and co-curricular activities, like Harrow's upcoming outward-bound Duke of Edinburgh Award trip, to enable students to feel a sense of success.

"None of us are happy unless we are

experiencing that sense of success, especially children," said Alex.

Another central player is the parent. Harrow Shanghai hold weekly parent participation programs, and parents are invited to join in classes, such as an Early Years' swimming lesson that involves parents swimming in the pool together with their child. Alex adds, "the sense of partnership ensures children get the security and happiness that enables them to be successful in school."

The final part of Alex's philosophy around education involves gaining the qualifications and life skills that will make students successful and



Mr. Alex Reed, Headmaster

“Every child, I believe, can do better than they think they can do. Our job as a school is to ensure that they’ve got that sense of belief and then the structure and support to make sure that they reach those standards.”



happy in their future life, which includes outstanding examination results as well as nurturing hobbies and talents beyond academics.

“Every child, I believe, can do better than they think they can do. Our job as a school is to ensure that they’ve got that sense of belief and then the structure and support to make sure that they reach those standards,” said Alex. “Every child can develop the skills they need to do more than just work and make money. I play the guitar poorly, but it makes me feel happy. It’s a core part of my identity and I want that for all the students who leave school as well.”

got to know just about every child’s name.”

Alex is working to build the same close connections with Harrow par-



A Listening Ear

Moving to Harrow Shanghai, Alex leaves behind a devoted parent base he cultivated at his old school. His time at that school coincided with a shift of the student population from being 30% Chinese families to 75%.

“We did a lot of work to make sure that all children were achieving the results they should achieve, which engenders trust among parents. At the same time, I appointed a community relations manager. In New Zealand, we set up a WeChat environment for parents to communicate with me,” said Alex. “By the time I left I

ents by welcoming parents back onto campus with events such as high tea with parents, as well as meetings with Friends of Harrow, and meeting parent representatives.

“I think one of the key things about joining any school is getting to know your community as quickly as possible.” Alex said.

Leading by Example

The Harrow values of courage, honour, humility, and fellowship underpin everything the school does such as a leadership and service program that develops children from a young

age to become confident, articulate and kind, along with the senior school shepherds who are trained to support and guide other children, as well as the student councils at each year level, where the senior council supports younger councils. These systems encourage older students to role model the school values and lead their younger peers by example.

You can find Alex and his fellow teachers at the gate every morning, getting to know the parents, and talking to children throughout the day, learning their names.

“That kind of attention to individual students is incredibly important because what you’re doing with students is you are modeling that you care and you are interested in other people. When you ask them a question about what their favorite part of the day has been, then what you’re doing is modeling to children the value of care and kindness,” Alex said.

“When you ask them a question about what their favorite part of the day has been, then what you’re doing is modeling to children the value of care and kindness”

2022 LUXURY LIVING Award Ceremony



AMANYANGYUN
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SHANGHAI, PUDONG

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SHANGRI-LA
QIANTAN
SHANGHAI

KERRY HOTEL
Pudong Shanghai
上海浦东嘉里大酒店

The 2022 Luxury Living Award Ceremony was held on 16th January 2023 at IL TEATRO. This event celebrates the establishments and businesses working at the highest level of real estate, hotels and dining. Luxury Living is a continuation and upgrade of our Luxury Homes supplement, to include restaurants, spas and more. The Luxury Living Awards recognizes our partners and businesses who exemplify excellence in its industry.

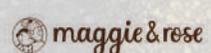
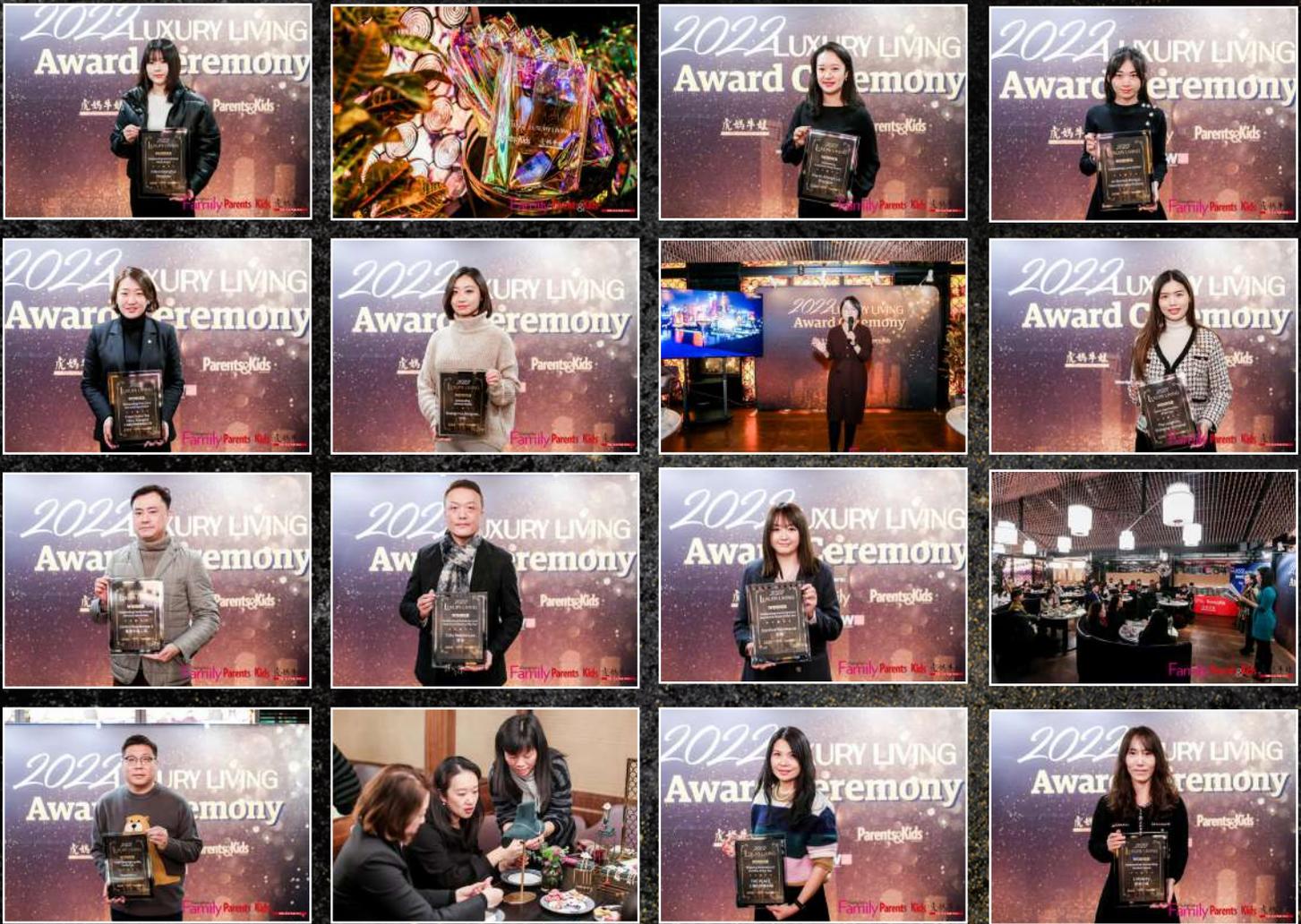
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Awarding Excellence in Sport, Arts & Academics

How Wellington Scholars exemplify the advantages of holistic education

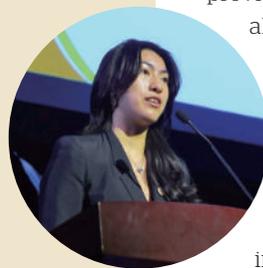
Our children's future success will depend on their ability to adapt and draw connections between a variety of fields of knowledge. They will need to be resilient, self-aware and able to collaborate across cultures. A strong sense of values will guide them like a compass as they navigate the world. Many of these qualities cannot be measured by grades or test scores, but they are essential to a holistic education. When we educate our pupils in mind, body and spirit, they will grow up to be active participants in life and are ready to make a meaningful contribution wherever they are. At Wellington College International Shanghai, there is no stronger proof point of this than our Wellington Scholars.

What makes a scholar?

Whether it is for academics, the arts or sports, receiving a Wellington scholarship is a significant achievement. They are chosen because they exhibit a singular focus in their specialism and are driven by a desire to excel. Moreover, Wellington Scholars are leaders among their peers. The colour-coded pins and ties on their uniforms (yellow for academics, red for the arts and blue for sport) distinguish them as role models on campus. In the wider community, they represent our school and embody the Wellington values of courage, kindness, respect, integrity and responsibility.

The scholar's journey

Wellington Scholars are challenged far beyond our already rigorous curriculum. Academic scholars' classroom learning is supplemented with exclusive excursions off campus to attend speaking engagements or other enriching events. Each scholar is assigned a mentor as well. They provide advice, insight and personalised guidance in their academic enquiries.



Arts scholars and aspirants dive deeper into their creative pursuits. This takes many forms, from individual instrument lessons for musicians or extra workshops and academy courses for theatrical talents. They are also expected to study their art form in IGCSE, IB and co-curricular activities while they participate in performances and recitals throughout the year.





Sport scholars enjoy enhanced opportunities to train and develop greater mastery within their chosen sport. They benefit from extra training sessions with performance coaches. Scholars co-create individualised sports programmes, (ISPs) that provide mentoring on the psychological aspects of performance, specific fitness programmes and even guidance on nutrition. Sport scholars also compete at the highest

possible level in their sport through national age group competitions.

Where does a scholarship take you?

For most pupils who apply to an elite university, outstanding grades and exam scores are a foregone conclusion. A Wellington scholarship, however, provides a pupil with that X factor that sets them apart from others in the applicant pool. "Many universities, particularly those in the United States, want applicants who will contribute to their broader communities through sports and the arts, making our sports and performing arts scholarship programmes an ideal way for our most gifted pupils to hone and showcase their talents to such universities," says Joshua Beard, Wellington Shanghai's Director of Higher Education, "and that is exactly the kind of opportunity Wel-

lington's academic scholarship programme provides."

Every year, we send Wellington Scholars to top-ranked universities, where they make meaningful contributions. And when they finally graduate, they go out into the world as confident, competent young adults poised to make a positive impact no matter what they pursue.

Do you know anyone who has what it takes to be a Wellington Scholar?

Applicants must submit a personal statement on one A4 page outlining why they believe they would make a good Wellington Scholar. Scanned copies of the personal statement should be submitted to Wellington College International Shanghai's admissions office by email to admissions.shanghai@wellingtoncollege.cn.

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The Trouble With Tech

Prevent long-term damage caused by our habits.

By Eve Wee-Ang

Eyes

In China, our phone is like our limb. We rely on it to pay, to socialize, to work and to basically run our life here, so much that the idea of not having our phone with us feels unnerving. The Chinese even have a comical term for it, “The Heads Down Tribe”. Imagine, this is just our phone. Try doing a mental roundup of all the devices that we use daily like personal computers, laptops, iPads, etc. It is no wonder that doctors are reporting a jump in patients with chronic problems caused by prolonged usage of devices. I identified five plausible areas that troubles can occur in our bodies and sought a panel of doctors’ advice on simple preventative measures we can do daily.

Although home-based learning and working are fading as life returns to normal in Shanghai, our eyes are never far from our screens. Dr Jeou-Der Sung and Dr Wei Wang from Essence Eyecare Clinic recommends some simple exercises and home remedies we can do to care for our precious peepers.

Eye movement exercise: First, keep your head still. Move your eyes in a clockwise direction starting upward, rightward, downward, and leftward. Hold each direction for 1-3 seconds and repeat 6-9 times then repeat in an anti-clockwise direction. This exercise will strengthen the eye muscles.

Blink exercise: Do you know we blink about twenty times a minute? However, this fre-

quency is reduced to five times a minute when we fix our gaze at our screens for a long period. Blinking helps prevent our eyes from dryness and fatigue. Sit comfortably with your eyes open. Blink 30 to 60 times quickly. Close your eyes for 20 seconds and take a deep breath. Repeat 5 to 10 times.

Point gaze exercise: Gaze at a distant target for 5 to 10 seconds without blinking. Slowly bring your focus back to a near target for the same duration. Reverse this exercise by starting with a near then distant gaze for five sets each. This exercise relieves eye fatigue and improves vision.



Keeping eyelids clean is vital:

Chronic Blepharitis can cause serious inflammation to the meibomian glands, that leads to dry eyes. A hypochlorous acid solution will help control bacteria on the eyelids when used at home.

Using heat eye masks and eyelid massage:

Heat eye mask or warm compresses can milk the oil glands; eyelid massages should be carried out right after the heat eye mask is removed.

To relieve dry eyes: Taking an oral supplement of high-quality Omega 3 commonly found in fish and flax seeds is recommended to reduce inflammation in the eyes, increase tears and improve our vision. For fast relief of dry eyes, try lubricating with artificial tear drops, which depending on region may require a doctor's prescription.



Dr Jeou-Der Sung

Essence Eyecare Clinic

Tel: 021 5292 1853



Dr Wei Wang

Essence Eyecare Clinic

Tel: 021 5292 1853

Tech Neck

Tech neck is also known as text neck, which refers to pain in the neck caused by repetitive strain and injury to the muscles and tissues of the cervical spine. Dr Adam Kuang, TCM Physician and Physiotherapist advises on the treatment for adults and kids with a chronic sore neck and shoulder pains caused by prolonged use of technology.

Use ergonomic devices:

Customize your working and study environment with ergonomic devices such as a comfortable table and chair, keyboard, or monitor.

Regular or therapeutic

exercises: Physical activities that build strength and endurance such as swimming, yoga or pilates. Your therapist may also guide you to do therapeutic exercises.

Physical therapy or

manipulation: Your therapist will apply modalities or manipulation to ease the tension and pain in your neck and shoulder muscles. Besides, using heat or cold packs can help reduce inflammation and provide temporary relief. It is always advisable to consult with a medical professional for specific recommendations based on individual needs and medical history.



Dr Adam Kuang

TCM Physician/
Physiotherapist
Global HealthCare

Tel: 400 690 8866



Peter Yu

Physiotherapist,
Global HealthCare

Tel: 400 690 8866

Peter Yu, physiotherapist, shares the daily habits we can do to prevent "tech neck".

Desk posture: First make sure your computer monitor, table and chair are the right height. When you look straight ahead, your gaze should fall on the top third of the screen. It is recommended to buy an office chair with a headrest and keep the back of the head level with the chair.

Phone posture: When sitting, place your elbows on the table and hold your phone with both hands such that they are on your eye level when you text. When standing, use one hand to hold your phone to your eye level. Use your other free hand to support this elbow.

Regular breaks: Rest every 40-50 minutes for 10-15 minutes by closing your eyes or looking into the distance for a few minutes. Simple stretching is a healthy way to relax. It allows you relieve stiff shoulders and neck, improve joint flexibility and maintain muscle balance.



Texting Thumb

Constant texting can cause the tendons in the thumb and around the knuckles to be inflamed. With larger and heavier handheld devices, our wrist and pinky fingers can take a beating from holding its weight. Physiotherapist Dr Zili Wang from Parkway China gives us some tips.

Listen to your body: After texting for an extended period, rest your fingers before they become sore and tired. In general, it is advisable to take a break before reaching this point as it will help reduce strain on the tendons.

Find alternate methods of texting: Text can be typed on a key-

board using the desktop versions of mobile apps. You could also use audio or voice-to-text functions.

Vary your position: Use different fingers to text occasionally or hold the phone in other positions that are comfortable to you. Having this variation can help reduce repetitive strain on your thumbs.

Stretch your thumbs and fingers: Do this regularly, and especially after texting an extensive amount of time. Doing so can help relieve tension in the tendon, and improve circulation.

Self massage: Massaging areas that tend to get sore is an effective way to prevent those areas from acting up.

Treatment for inflamed tendons: Try resting and avoid using the inflamed finger. Your doctor may prescribe a brace to wear and anti-inflammation medications to help manage the pain. Ice and heat packs are effective to manage symptoms. Ice is typically used for acute cases especially if the area is red or hot to the touch while heat is effective for more chronic cases as it helps relax the muscles. Physiotherapy can help with symptom relief through the use of various modalities (such as ultrasound or electric stimulation), in addition to helping you with stretch-

ing and strengthening exercises. They may also manually relax the muscles that are tight in your hands, and teach you other ways to self-manage your pain.

It is important to note that injuries to the tendons typically take a longer time to heal than muscles, due to their lack of blood supply.



Zili Wang
Physiotherapist
Parkway
Tel: 400 819 6622



Bedtime Devices

I ran a poll recently amongst my friends. Nine out of ten friends use their device before they sleep. We all know it's bad for us yet most of us still do it. It's that one last shot of trying to squeeze in one more scroll of leisure time before we retire for the night. I asked Dr Jessica He from Jiahui if there are tips to make it less bad and how to get a restful sleep at night.

Use blue filter light: Most devices have a "night mode" or "blue light filter" option that

reduces the amount of blue light emitted from the screen. This can help reduce the impact on your circadian rhythm.

Set a time limit: Give yourself a specific amount of time to use your device before bed and stick to it. This will help you avoid getting sucked into endless scrolling and ensure you have enough time to wind down before sleep.

Avoid stimulating content: Try to avoid watching or reading

anything that is too exciting or engaging before bed as this can make it harder to fall asleep.

Charge your device elsewhere: Keep your device out of arm's reach while you're in bed. This will help reduce temptation to use it and make it easier to disconnect before sleep.

Exercise regularly: Regular exercise can help you fall asleep faster and improve the quality of your sleep.

Avoid naps: If you must nap, limit to 20-30 minutes and avoid napping late in the day.

Have a relaxing bedtime routine: Take a warm bath, read a book, or listen to calming music before going to bed.

Create a comfortable sleep environment: Make sure your

bedroom is quiet, dark, and kept at a comfortable temperature.

Finally, please see your doctor for an evaluation if you feel very sleepy during the day and fall asleep suddenly or have an uncomfortable feeling in your legs when you try to fall asleep; or do abnormal things while you sleep, such as moving your arms and legs, shouting, or walking.



Dr Jessica He
Physician
Jiahui Family Medicine and Health Management Center
Tel: 021 5339 3121

Difference Between Parkinson's Disease & Parkinsonism

Jiahui Health explains.

Parkinson's disease is one of the few chronic degenerative diseases of the nervous system that can be treated and controlled. However, many people often assume that Parkinson's disease is the same as Parkinsonism (Parkinson's syndrome). There is a relatively significant difference between the two.

What is Parkinson's disease?

It is an independent disease characterized by the absence of dopaminergic nerve cells in the midbrain. This causes four types of clinical disorders namely slow movement, static tremors, muscle rigidity, and postural gait. Slow movement is the core symptom of Parkinson's disease. Other non-motor symptoms include sleep, mental, sensory and autonomic nervous disorders.

What is Parkinsonism?

Parkinsonism also means Parkinson's syndrome. It does not refer to a single disease. It is a general term for a group of diseases with clinical manifestations like the main symptoms of Parkinson's disease as described above. For example, if a patient displays slowness of movement, either with or without tremors, Parkinsonism may be considered by medical professionals in the initial diagnosis.

What are the three types of Parkinsonism?

Parkinsonism is divided into secondary, hereditary, or primary. This depends on the cause, genetic and environmental factors, aging of the nervous system, as well as the interaction of multiple other factors.

Let's dive deeper. What is secondary Parkinsonism?

Secondary to other main diseases of the nervous system which include cerebrovascular diseases, brain trauma, intracranial inflammation, brain tumors or Parkinsonism caused by heavy metal or carbon monoxide poisoning. The clinical manifestation presented by secondary Parkinsonism may also be slow movement, static tremors, muscle rigidity and other symptoms.

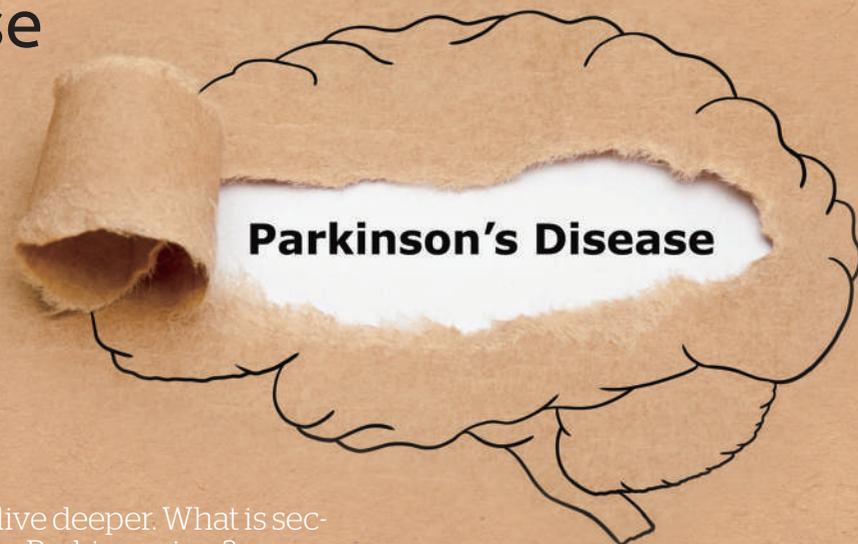
Secondary Parkinsonism can occur in any age group and accounts for approximately 8% of all Parkinsonism patients.

Is hereditary Parkinsonism genetic?

Yes. It is a genetic degenerative disease with manifestations of Parkinsonism. This includes hepatolenticular degeneration, Huntington's disease, Hallervorden-Spatz's disease etc.

What about primary Parkinsonism?

Primary Parkinsonism is split into two categories. Parkinson's disease (refer above) and Parkinsonism-plus syndrome which refers to multiple system atrophy and Lewy body dementia, etc. The lesions in the nervous system in Parkinsonism-plus are more extensive, progressive, and severe and often do not respond well to levodopa treatment.



How can Parkinson's disease patients be supported?

Patients and their families should maintain an optimistic attitude regarding the long-term management of Parkinson's disease. Get an accurate diagnosis as soon as possible. Standardized treatment and optimal scientific management of movement disorders and mental illnesses are key to improving the quality of patient's lives. Both society and the patient's family can support patients in living a productive and quality life.



Dr Chen Yan
Acting Chief of Neurology

Jiahui International Hospital
Tel: 400 868 3000



Chef Simone Yapp began his craft in Kuala Lumpur, and after 20 years working in luxury hotels across Asia from Dubai to Shanghai, he joined FLAIR Rooftop Restaurant & Bar in 2019.

BEEF RENDANG

Make the classic Asian dish with The Ritz-Carlton Shanghai, Pudong's upgraded FLAIR.

Beef rendang is an Asian signature dish in Indonesia, Malaysia and Singapore. This dish has full flavour from the variety of herbs and spices in it and nowadays it is widely enjoyed by many around the world. It is best served with yellow turmeric rice and coconut rice.

Ingredients A

50g Garlic
150g Shallot
100g Red chili
10g Dried chili (Boil for 20min. Keep aside)
40g Galangal
40g Ginger
50g Lemongrass

Ingredients B

1 piece Cinnamon stick
1 piece Anise star
5 piece Green cardamom
2g Coriander powder
5g Black pepper powder
2 pieces Bay leaves

Seasoning

20g Salt
18g Palm sugar
5g Chicken powder
10g Shrimp paste

Other Ingredients

1kg Beef shank (Blanch in boiling water to clean. Cut into big size cubes)
500ml Coconut cream
100g Dried grated coconut (Stir fried in small fire without oil until golden brown)
300g Cooking oil

Instructions

1. Roughly cut ingredients A then sauté in a hot pan until fragrant. Blend the mixture to smooth with a little oil.
2. Heat oil in a pot, sauté ingredients B until fragrant then add the well-blended ingredients A into the pot. Cook well on a small fire for about 1 hour until fragrant (you will see the oil separate and the colour become darker)



3. Add the beef cubes into the pot. Stir well for a while then pour the coconut cream inside. Bring to boil, close the lid and simmer on a very small fire for about 2 hours. Stir occasionally to avoid burning.
4. Add in the seasoning, check the beef tenderness and simmer for another 1-2 hours.
5. When the meat is cooked to the desired tenderness and the gravy is reduced by half, add in the grated coconut and mix well. Adjust the seasoning as needed.



6. Better to cook a day before and keep overnight. Reheat before served.

In addition to the newly renovated interior design, FLAIR also brings brand new creations to the table. Chef Simone Yapp and his team gather inspiration from the concept "Reborn from Memories" to upgrade the FLAIR menu with a variety of refreshing Asian delicacies that are meant to be shared.



in season

Chocolate Overload

Endulge in chocolatey goodness.

By Lynn Yen

There are times we just have cravings for all things chocolate. It is no wonder then that chocolate has been found to have chemicals that actually make you happy by producing serotonin. Chocolate is also known for being grounding and giving you a boost of energy. So next time you are hit with an undeniable craving, here are some delicious chocolatey options to hit the spot.

Chili's Molten Chocolate Cake

This headliner dessert from American restaurant Chili's is sure to hit the spot. A warm chocolate cake with a hot fudge center and topped with cold vanilla ice cream and even more chocolate on top with a chocolate shell is worth a trip all on its own.

Address: 3072 Binjiang Avenue, Pudong New Area; 152 Tongren Road, Jing'an District; 2188 Gonghexi Road, Jing'an District; 110 Daxue Road, Yangpu District
Tel: 5835 8035 (Tongren Road)



Dutch Pies' Triple Chocolate Cake

Oh the layers. Dutch Pies' triple layer triple chocolate cake is a chocolate bomb of goodness. Order by individual pretty slice, or go for the whole 8-inch cake.

Address: 780 Wanhangdu Road, Jing'an District
Tel: 137 7420 3321



Strictly Cookies' Chocolate Chip Cookie

Chocolate should be appreciated in its many forms and chocolate chip cookies are a classic for a reason. In this cookie, the large chocolate disks are a jolt of sweet smoothness.

Address: Rm 103, 1166 West Yan'an Road, Changning District
Tel: 137 8894 0337



Gracie's Malt, Sea Salt & Dark Chocolate Ice Cream

Gracie's Ice Cream sold at Al's Diner has many excellent flavors, but for your hit of chocolate look to the Malt, Sea Salt & Dark Chocolate. For extreme chocolate fiends, pick up the 70.4% Valrhona Darkest Chocolate, also available in milkshake form.

Address: 204 Xinle Road, Xuhui District
Tel: 5465 1259



Zotter Chocolate Theater

Is one serving of chocolate not enough? Indulge in a whole day of chocolate tasting at the Zotter Chocolate Theater. Learn and appreciate how chocolate is made, and sample to your heart's desire.

Address: Building 9, 2866 Yangshupu Road, Yangpu District
Tel: 6139 0150



Homecoming

Vibrating good energy. *By Eve Wee-Ang*





I first met Ney White a year and a half ago when I interviewed her on her Mexican heritage at home. Ney's friendly disposition and beautiful home was like a warm hug for me, and we ended up chatting for hours on end. With some people, it's like the stars aligned and the whole universe had a hand in your encounter. When we decided to resurrect this popular Home Tour column, I recalled Ney's home and texted her. Luck has it that she was also wondering how I was since our last interview. Immediately she agreed, and I am delighted to have her home grace our inaugural spread!

Stepping into Ney's villa in Pudong, which she shares with her Argentinian husband, three kids, and two dogs, always feel like a breath of fresh air. With her, there's no awkward silence distanced by our time apart. We caught up like old friends as she took me on a tour where she shared travel memories and the loves of her life. For Ney, projecting and reflecting positive energy is a big part of her life. As a health coach with five full and twenty half marathons under her belt, she knows the importance and power of mental strength. This explains why Ney is so fascinated by The Third Eye, a symbol of spiritual awakening, wisdom, and guidance that is found throughout her home as part of its decorative motifs. Carving out time for meditation to center and ground herself is also a vital key to her well-being.

home tour



As expats, knowing that we will eventually leave can cause a sense of displacement and unsettledness when we decorate our rental home. How much are we willing to invest? Can we ship the new furniture to our next destination? What if we are only here for a short period? For Ney, a mother of three, her priority was to make her house feel like a home for her family. This means investing in art, furniture, and decorative pieces that she truly loves, and that includes shipping a gargantuan rattan lamp from Vietnam for her dining table. With rental homes, our hands are tied when it comes to furnishings that tenants are allowed to change. Since Ney who has been living in Shanghai for 6 years, can't change the ceiling lights, this lamp was non-negotiable.

At Ney's home, I hardly see Chinese furniture except for a jewelry closet and a red wine cabinet, compared to most expats I have visited who are eager to embrace Chinese designs into their homes. Ney explains that her décor style veers towards eclecticism. If her home is a dish, you will find a bowl with Latin American furnishings, a ladle of Chinese designs, and a sprinkling of her travels from all over the world. Nothing is too Latin American or too Chinese, yet somehow, they come together beautifully in Ney's hands. I guess when you manifest positive energy, magic happens.

Ney's favorite home décor places to shop in Shanghai:

Studio NooSH, Zara Home, Indigo Living, Spin, Ikea, Harbor House, Tianzifang and small vintage and antique shops. [SF](#)





Springing With Hope

Fashioning a new beginning.

*By Eve Wee-Ang
Photos by Mavindu*

It is easier to be positive when times are good. But when life throws you a huge curveball, manifesting positivity requires goliath faith and conviction. Fresh out of volunteering at her estate in the thick of last year's lockdown, Lyn She-Wu had a nagging pain in her neck that refused to go away. After a month-long check, delayed by covid restrictions, she discovered she had Stage 2 lymphoma. A 16cm tumor was sitting between her lungs and heart. And so began a yearlong treatment of chemotherapy and radiation that would tear her away from her three kids and loving husband who held up the family.

A vivacious art consultant and a pursuer of life, fashion, and fun, Singaporean Lyn is a staunch disciple of giving back what life has blessed her with. With the strict no-visitor policy during her hospital stay, friends felt helpless watching her fight from their screens yet unable to provide physical support. To receive their love, Lyn set up a charity fundraising drive on her birthday and asked that her friends channel their gifts to sponsor two children with congenital heart surgeries instead. With that, two young lives were saved. Though her

Photographer WeChat:
mavinduzero

darkest days are behind her, her ordeal has taught her the fragility of life and how being positive is not only a mindset but a choice.

Here are Lyn's tips and go-tos for fashion-loving women undergoing cancer treatment:

Wigs are fun!

"Thick, straight jet-black long hair was my signature. When my hair started falling out, my husband and I shaved our heads together as a strength of solidarity. My hair is growing out nicely, but I am having so much fun experimenting with wigs right now! It's like a theatre performance, picking my wig to match my outfit!"

V's Fake Hair (LCM Mall)

Get a good tailor.

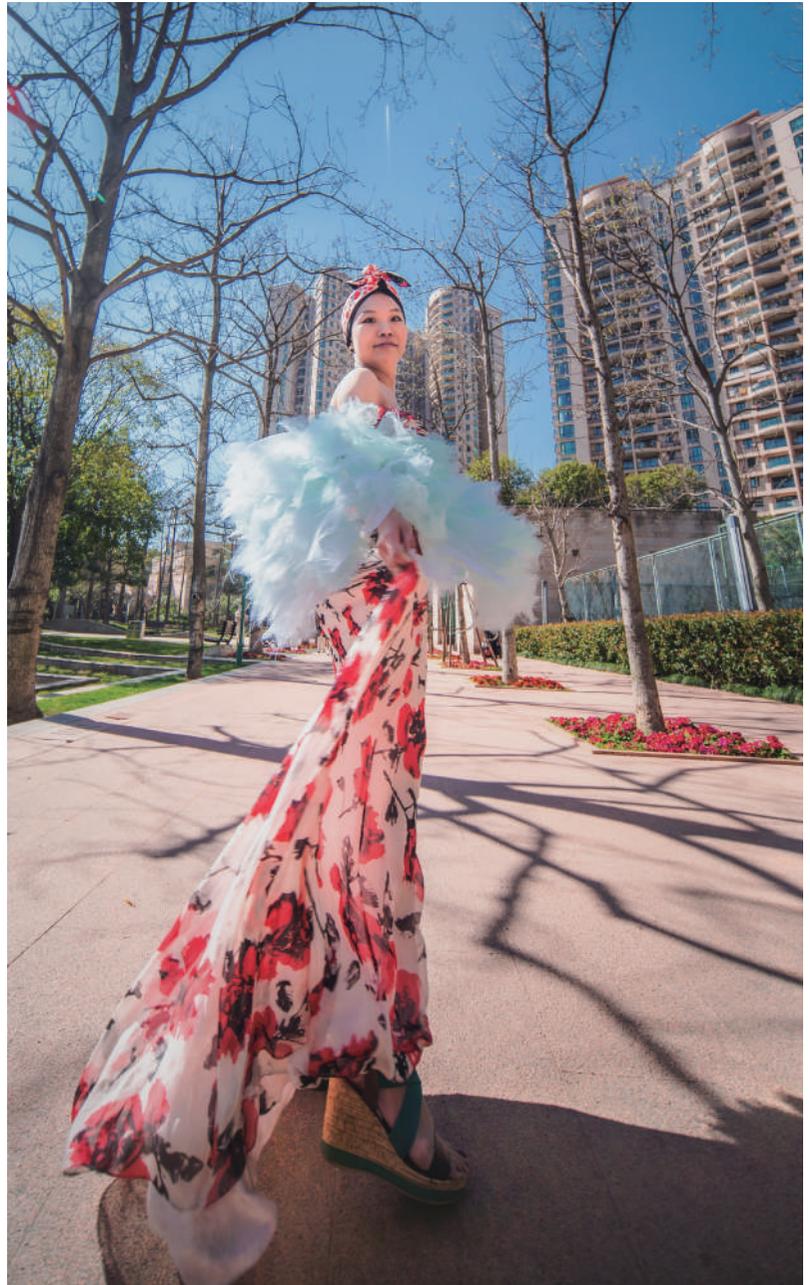
"I lost a lot of weight and couldn't fit into my clothes. I sent them all to my super tailor of 15 years who returned my curves to me again."

Nancy from the Fabric Market (WeChat ID: a33642140)

Support brands that celebrate you

"I love fashion, and cancer is not going to stop me from wearing what I want. A girlfriend brought me to a place that rents and sells ball gowns. I had so much fun being a princess for a day. Don't take yourself too seriously! Have fun, live life!"

Susu Couture (Tel: 138 1873 7351) SF

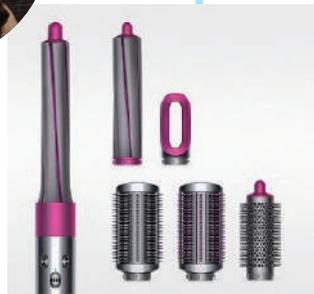


Technology Improving Lives

Gadgets that busy parents swear by. *By Eve Wee-Ang*

Hair Dryer

Regina Hur is a working mom of a pair of twin boys from South Korea. Blessed with thick hair, she is always looking for the ultimate hair dryer that cuts down hair drying time and lets her achieve the curls that she adores. Her mom who is her beauty and fashion advisor, practically forced her to get the Dyson Airwrap Multi-styler back in 2019. Compared to other hair dryers, the price is steep, but mom assured her it was well-worth the money. Mom was right. Since then, she has been raving to all her friends as it makes styling curls so much easier and the best part is, it doesn't damage her hair and efficiently gets her mane from wet to dry in a jiffy.



Multi-cooker

Kitchen appliances tend to take up room but a multi-cooker that promises to cut, stir, cook, mix, bake and a whole lot of other functions sounds like an appliance worth giving up space for. For Singaporean mom of two Jeanine Quee who is an avid baker, she swears by her Thermomix TM5. Lucky for her, it was a regift by a family friend who didn't know how to use it and decided to pass it to her. Under her hands, magic happened.



Suddenly, cooking and preparation became a breeze especially for South-east Asian dishes that require constant stirring. Bread dough can be kneaded, nuts can be ground, and dishes can be stir-fried. Jeanine thinks it's perfect for busy parents who want fuss free yet healthy home cooked meals. Just follow the instructions and leave everything to Thermomix.



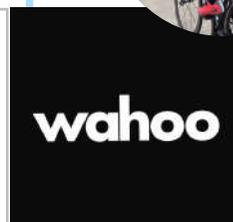
Robot Vacuum

For American Ryan Muir, dad of two boys and their adopted dog Freddy, his robot vacuum is a savior. When lockdown started last year, they found themselves constantly sweeping the floor to pick up Freddy's fur. Luck has it that someone was selling a brand-new robot vacuum that was lacking a charging chord but hey, nothing that Taobao couldn't fix. Now the Muir's can't live without it. The downside to having a robot? It loves eating up chords and sneaking into the kitchen to drink Freddy's water. Not that Freddy minds. Though he was initially startled by the electronic helper, now he simply lies there and minds his own business while the robot bumps and works its way around him.



Cycling Apps

After the lockdown, people took to the great outdoors in vengeance. Avid cyclist Abass Laouali, father of one from Nigeria who heads out on his bike every weekend, counts on his Strava app and Wahoo Element cycling computer. Strava tracks his performance on his bike. It also connects him with other cyclists both locally and internationally. Wahoo imports cycling routes and tracks useful metrics. These tools feed him information like cycling speed, how much effort he is committing and if it is efficiently distributed throughout the ride. By joining forces with technology, it helps to make him a better and happier rider. **SF**



Managing the Screens

Parenting kids about screen time. *By Leslie Hwang*

This generation, born with a cell phone, is accustomed to technology. Before giving birth, I would have liked to show my future kids lively fish instead of Baby Sharks from Pinkpong or make them roll in the snow instead of watching Pororo.

But, the reality is different from what I thought. The magic screen makes the crying baby stop for a second. I only briefly scan advertisements aimed at my kids' attention. It has brought me sweet relaxing time from constantly caring for my babies.

As a mother, screens are an incredible tool, but I started worrying about how it affects children like a sponge. If we think on this topic deeply, we might need a few days for discussion. However, I would focus on how screen time impacts children and how we make guidelines for them peacefully.

I am a strict mom about screen time. My kids do not have more screen time than others, and I follow our rules. They don't have any screen time on weekdays, but they can enjoy it on weekends for two hours. They must complete their homework during the weekdays before having their valuable screen time.

Luckily, I am now able to stop saying, 'Do your homework' all the time. Hooray, it has taken six years to build this virtuous circle.

Of course, screens offer many positives. But the younger the child, the more serious the negative effects on physical and mental health.

If my kids stay home clinging to their electronic devices, they might miss vigorous daily physical activity. Not only does this contribute to healthy bones and body growth, but they also learn social skills, such as negotiation, communication, and emotional health. We have to let them take a break from the screens during this pivotal development moment.

I recommend these handy tips to protect kids and manage screen time.

1. A deal is a deal

When family members agree with the rules, they should keep their word. It is a big challenge for parents and kids because we face many obstacles that break our contract.

Also, the deal must be detailed. For example, the children can watch videos but not all types of videos. Parents give them guidelines about programs based on their ages.

2. Kids are the best observers

Children spend most of their time with family members, and the parents are the most vital influencers on their children. Kids can notice very detailed traits in our behavior even if we don't want to expose them.

Like our kids who love to have time with digital devices, we parents are also entertained by all of social media, the latest shows, music, and some stupid videos in our palms. It would only be possible to persuade kids of self control if we control our own smartphones first.

3. Let the kids have alternative options

If you want to control their screen time, don't leave them to stand in the desert in their free time. You have to replace it with enjoyable activities, such as playing board games, going to the playground, or giving them materials to explore.

Since my family has agreed to our family rules, I offered my kids a garage instead of a screen. As both my kids are born to be builders, they made something fantastic with recycled materials and called it a masterpiece. Thanks to their projects, the garage is covered with thousands of tidbits, and I can't handle the place at all. But I don't miss the garage anymore. For us, it was a good deal swapping screen time with a garage. **SF**



Totally Taipei

A trip for every family. By Sam Braybon



For those accustomed to making the most of travel opportunities that life in Shanghai offers, these past few years have been, we might say, a little complicated. But with an exciting new era of restriction-free travel upon us, we're faced with an unexpected problem: the sudden abundance of potential destinations is entirely overwhelming!

Stuck for inspiration? Then follow in our footsteps and make Taipei your first stop. Just a quick two-hour hop from Shanghai by plane, a recent visit to this buzzing city reminded us of how much it has to offer across the board. Whatever your interests, Taipei will have something up its sleeve that suits. And to prove the point we've compiled a little list of tips based on different traveling styles so that you and your family can get planning right away.

The Foodie Family

Taipei has earned a reputation as something of a gourmet capital and with excellent eating opportunities on literally every corner, it's impossible to disagree! Kids will, of course, love the bustling night markets in which you can easily check off as many of the famous *xiaochi* as your stomach can handle. We've far too many favourites to list here, but special shout outs go to *guabao* (stewed pork in a fluffy bao bun) and beef noodles, not to mention the truly incredible array of shaved ice desserts that are uniformly delicious and impressively photogenic. For a shortcut to the best of the best, take a tour with the food fanatics at Taipei Eats, who'll ensure you taste all the classic street eats before setting you up with great dining tips for the rest of your stay. They have a range of routes, but we like the Old School Food Tour which explores the Dadaocheng area with its funky historic streets.

www.taipeieats.com



The Hikers

Here's what many people might not know about Taipei: the city is surrounded by magnificent mountains traversed by walking trails that provide an appealing escape from the hectic city center. Families with youngsters might want to stick to the short, but still pretty sweaty schlep up Elephant Mountain with its views over the city skyline. But those who enjoy a real workout should aim higher by tackling the city's tallest peak, Qixingshan. Standing at an impressive 1,120 m, this dormant volcano offers dramatic paths that pass sulphur-spewing fumaroles and even the occasional wild water buffalo. Those looking for further routes should check out Parkbus, a locally-based company that arranges day trips out to some spectacular mountain trails offering varying levels of difficulty matched to your stamina and ability. They often take families out to hard-to-reach Taipingshan National Park, for example, or can even arrange night safaris on trails closer to the city.

www.parkbus.com.tw

"Here's what many people might not know about Taipei: the city is surrounded by magnificent mountains traversed by walking trails that provide an appealing escape from the hectic city center."

The Culture Vultures

There is no shortage of interesting cultural venues in Taipei, from top notch art galleries to excellent museums, so it's a case of pick-your-own-adventure here, and the good news is that many of them have dedicated activities aimed at kids in both English and Chinese. Whilst the Palace Museum, home to many fine works of art that were once in Beijing's Forbidden City, is the draw for many, a lesser-known favourite of ours is the Juming Museum. Located high up on the mountainside in nearby Jinshan and boasting wonderful views

across the ocean, this sprawling garden is dedicated to the arresting works of renowned sculptor Ju Ming, and offers plenty of quirky surprises as well as fun family photo ops. The museum also has a special kid zone with hands-on activities and even a little splash pool for the warmer months. It makes an excellent day trip out of town when combined with some other nearby sites, like the lively Jinshan Old Street, which is stacked with casual restaurants and street food stands, making for the perfect lunch stop.

www.juming.org.tw

The Epic Adventurers

If you really want to max out those vacation days, Taipei can set the stage for longer trips that take place in other parts of Taiwan. Mark Pemberton has lived here for twenty-five years and founded his tour company, Life of Taiwan, to show off the very best parts of the island to visitors. "This is truly one of the best places you can travel with children," he says. "People here love kids, and it's a great way to strike up a conversation with locals. Not to mention, it's exceptionally safe." His team creates custom-designed trips that can take in everything from historic cities to beaches and high mountain areas, and also includes special activities like bubble tea making. Mark suggests heading beyond Taipei to Hualien, where you can relax in a luxury hotel featuring an infinity pool overlooking spectacular Taroko Gorge, or taking in the mountain resort of Alisshan with historic railways that wind their way through forested slopes clad in swirling mists. Either way, having access to a top-notch driver and guide ensure that, not only can you get that bit further off the beaten track whilst moving at your own pace, but also that you'll get far more insight about the fascinating history and culture of the region.

www.lifeoftaiwan.com **SF**



Tour My Favorite Shanghai Spots



Guyi Yuan

Out in Jiading is the garden Guyi Yuan and inside Guyi Yuan is a teahouse. I love this teahouse. The outdoor seating is great. There are two full-on porch swings. It sort of juts out into this pond and is surrounded by greenery and flowers and lily pads. Ducks paddle around. There's even a working water wheel. Before 10:30 a.m. it's mainly grizzled locals sipping tea and sucking on the cancer sticks, after that it's a quiet little teahouse in what is Shanghai's finest example of a Suzhou style garden. Plus the people who run it are nice.

Address: 218 Huyi Highway, Nanxiang Town, Jiading District



Lee Mack is the Director of Communications at Dulwich College Shanghai Pudong. He's lived in China since 1998 and, amazingly, still isn't tired of it. Father to a 6-year-old boy, he has very little free time, but when he does, he can be found at one of these places. He loves those hidden gems that lurk in the dark corners forever left unilluminated by the WeChat posts of local listings magazines.

Jing'an

Downtown Jing'an



YaYa's Restaurant

This restaurant is starting to pop up on the *wanghong* trail, but it's been flying well under the radar for the last year. It's got an amazing menu of Italian-Chinese fusion dishes - think *mapo doufu* lasagne - backed up by a quality list of affordable Italian wines. It's one of those new-style chef owned and operated restaurants so it has a very intimate feel. It works for both date night or a random Monday with long-lost colleagues.

The soundtrack is old school hip hop, but I especially love what's happening in the bathroom where you are encased in the full lovely arms of Italian opera.

Address: 329 Tongren Road, Jing'an District



Donghai Coffee Shop

A hidden gem coffee shop that's just steps from the Bund? Impossible! I sympathise with your skepticism, but this place is the real deal. Where to begin to explain the greatness of the Donghai? Let's start in 1934 when this place was opened by a Russian Jew and was called Mars Cafe. It's still there, same place, different name though.

The clientele is almost exclusively local middle-aged Shanghaiese folks. Not exactly the people you'd expect to be hanging around Bund coffee shops. But it actually makes perfect sense. During the early days

of New China the Donghai was one of the few places in Shanghai doing Western food. So that's how all the local oldsters know about it. It was closed for renovation for a decade and just re-opened in 2019.

It's quite a scene, really. You won't hear much Mandarin spoken. And the food is good! Russian-inspired stuff - soups, sandwiches etc. A latte was 30 kuai. They have bottles of Napa Chardonnay for 200RMB. Don't ever change, Donghai!
Address: 110 Dianchi Road, Huangpu District

Biyun Rowing Club

Hidden away in Jinqiao is the Biyun Rowing Club. You can rent kayaks and stand-up paddleboards or you can just do like me and set up a canopy and make yourself at home along the grassy banks of the wonderful Zhangjiabang canal which runs through it. There are plenty of trees if you want to hang a hammock; I've even seen people set up full-size grills and do some grilling.

There's a wonderful bike path which stretches in either direction for quite a ways and it's smooth enough for rollerblades. Pro tip: they just finished connecting up that bike path to the Pudong Binjiang path so now you can start from the Biyun Rowing Club and follow the path all the way to the Bund. Fun times!
Address: 2498 Yunshan Road, Pudong New Area



Bunny Drop Cafe of the Huangpu River

This little cafe is on the Pudong side of the river, just north of the JW Marriott Marquis. It's part of a row of about five or six cafes sitting cheek to jowl. Really any of them could qualify for this list, but I chose the Bunny Drop because it seems the most stable. The others seem to rebrand every six months.

Bunny Drop has indoor and outdoor seating. The outdoor seating affords pleasant river views and ample people watching. Coffee and passable lunch items and even a German wheat beer on the menu seal the deal. There are also a few rabbits in a cage which never fails to entertain kids for at least 15 minutes.

Address: 4606 Binjiang Avenue, Pudong New Area

A Passion for Dance

By Hebe Jiang

Build a platform for all international school dancers to perform, communicate and compete. If you would have told the younger me who just started dancing that I accomplished that, I would never believe you.

My interest in dancing can be traced back to kindergarten. Perhaps it's the genetics of my father, who loved breaking dancing when he was young, or perhaps because of how I grew up with the influence of different music. As a kindergartener, I already enjoyed performing, especially the "Hebe dance" style that I invented. My parents saw my potential and sent me to my first ever dance class, a Chinese folk dance class.

The road to pursuing my passion was not easy. I tried folk dance, did not like it; ballet dance, did not enjoy it; contemporary, did not have the motivation to stick to it. But luckily, I did not give up, and the sparks finally appeared. It was in the summer of 2016, I moved back to my birthplace, Auckland, New Zealand, and I fell in love with street dance. The energized movement, rhythmic groove, and unlimited possibilities of this dance all deeply attracted me. Street dance includes powerful hip-hop, funky locking, sensuous jazz, sinuous waacking, smooth urban dance, rowdy krump, and more. Although the moves I first learned from YouTube dance tutorials were not fun to watch, I could not be happier now to see that the old me

was a risk taker. Now I have grown so much from that innocent, cute dancer.

When my old homeroom teacher realized that I was a dancer, she asked me to organize the class show for the school's Christmas party. Surprisingly, I directed the show and choreographed every year for five years. Through this process, I was able to connect students and raise the school's spirits and give the talented dancers a chance to perform. However, I realized there were limited opportunities for dancers in my old school. My old school did not provide many extracurriculars for students, and we never got the chance to connect with other international school students. An idea popped into my head. Why not create a community? I am a go-getter. In that October of 2021, I wrote an outline of the principles and goals of Shanghai International School Dance Community (SISDC). Furthermore, I designed the logo and created social media accounts to propose this organization.

By the end of 2021, I was able to connect with over 20 schools, and the number of schools and students continues to grow. The dance activity we host attracts more than two hundred participants and 500 viewers. Our WeChat account also reached thousands of views.

At the end of the day, I never realized that I had the capability to accomplish all of those things. But I did it with my passion for dance. **SF**



Hebe is a Grade 11 student at Concordia International School Shanghai who enjoys dancing and writing.

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shfamily.com

ORIENTATION

Housing

THE EMERALD

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

LE VILLE RESIDENCE

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

SHANGHAI CENTRE

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

TIMES SQUARE APARTMENTS

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

Pet Care

DOCTORS BECK & STONE

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

PETSHOME VETERINARY HOSPITAL

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

SECOND CHANCE ANIMAL AID (SCAA)

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

SHANGHAI WESTIE VETERINARY CLINIC

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

SHANGHAI THINKA ANIMAL HOSPITAL

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

Relocation & Storage

ASIAN TIGERS MOBILITY

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

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, www.excelrelo.com

MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self

storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong New Area, Tel: 6045 6838, info@minicc.com, www.minicc.com

WOW MOVING CARE

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

Services

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

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffeuring, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. 15F, Anbao Bldg, 800 Dongfang Road, Tel: (Lina Liu) 150 2655 6459 or 177 1746 9951, www.51yyjm.com, sh51yyjm@163.com

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. Lane 4, 946 Changle Road, Tel: 6248 8985; 73 Nanhui Road; Tel: 5289 0806, www.bellanapoli-sh.com, guido@bellanapoli-sh.com

BLUE FROG

Young professionals grab after-work drinks and killer burgers at the Maoming branch while families lounge at the Jinqiao and Hongmei outlets, and Daning provides a welcome escape for Zhabei expats. 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road), Tel: 5422 5119; 207-6 South Maoming Road (near Yongjia Road), Tel: 6445-6634; Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiahui Station), Tel: 3368 6117, www.bluefrog.com.cn

community listings

CHILI'S

Located on Binjiang Avenue in Lujiazui with an uninterrupted view of the Bund. If you want to enjoy summertime in Shanghai, this is the terrace to do it. The open space of the Binjiang promenade makes it very comfortable to catch the fresh breeze. If you are going to eat here, you need to chow down on the Smoked Baby Back Ribs. If you have friends, you can recommend to them the Big Mouth Burgers or Sizzling Fajitas—hopefully they are close buddies of yours so you can all share. Their famous Molten Chocolate Cake or their Presidente Margarita. These are all American sized portions, so even if you come here just for the dessert and the blue skies, it is all worth it too. 3072 Binjiang Avenue, Pudong New District, www.chilis.com, Tel: 021 5835 8035, 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, www.fatcowshanghai.com

LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road (near Donghu Road), Tel: 6445 9589, www.theliquidlaundry.com

TEXAS ROADHOUSE

Takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times! 5F, 1192 Century Avenue, Century Link Mall (near Century Avenue Station Exit 8), Tel: 5067 1759, www.texasroadhouse.com.cn, WeChat: TexasRoadhouse

YE SHANGHAI

Ye shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, accompanied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63123223, www.elite-concepts.com, yss@elite-concepts.com

Food Delivery

EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favourites or even home care products, Epermarket should be your go-to. www.epermarket.com, Tel: (Customer service) 400 776 0776

SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value

products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

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

ARTSPIRE VISUAL ARTS Centre

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

AWESOME KID'S CLUB

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

BJORKY EDUCATION

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

CONCORD MUSIC

An international music school located in Gubei/Hongqiao with an international faculty. Our bilingual music lessons for all ages are full of creativity, fun and interaction. We promote making music together with your friends and family! Private 1-on-1 lessons include free ensemble opportunities. Current special courses: Summer Music Camp, Music Exploration Day Camp (every Saturday), Music Appreciation Class

for Adults, Keyboard/Violin/Guitar/Pop Vocal/Jazz Vocal group classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803, Tel: 5235 7398, info@concord-music.com, www.concord-music.com

ELG

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

EXPAT LEARNING Centre

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

ISTA now welcomes students from Pudong and Puxi on Saturdays! Founded in 1978, The International Schools Theatre Association offers a unique opportunity for all English speaking young people aged 11-18 who are passionate about Music, Drama, Dance and/or Theatre Technology & Set Design. Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative performance and composition. Every Saturday, 9am - 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing, PAAshanghai@ista.co.uk

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, 1078 South Pudong Road, Pudong New Area, Tel: 5072 5172, www.istageacademy.com

JITTERBUGS SHANGHAI

These 45 minute classes combine an exciting mix of musical fun, dance activities and physical education to help develop your child's creativity and physicality. A variety of age groups from 6 months -4 years. 60RMB per class or buy 5 classes at any time for 250RMB. Tel: 135 6454 0084; www.jitterbugsinshanghai.com, jitterbugsinshanghai@gmail.com

JULIA GABRIEL Centre FOR LEARNING

The Julia Gabriel Centre for Learning offers parent and child play classes starting from 6 months old, EduDrama from age 3, and a book room with storytelling and puppet shows. 75 Wuxing Road, Tel: 6437 3773; www.juliagabriel.com

OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence to make unique artworks that help them win awards,

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college scholarships, and acceptance into top art colleges and universities. 600 Tianshan Road, Bldg 1, Suite 2305, Tel: 6135 2686, contact@oogieart.cn, WeChat: OogieArt; www.oogieart.com

THE POTTERY WORKSHOP

Classes in both Eastern and Western pottery techniques for kids aged 5-12. University trained teachers conduct classes in both English and Mandarin. 2F, 220 Taikang Road, Tel: 6445 0902; Studio 1A, Lane 180, South Shaanxi Road, www.potteryworkshop.com.cn, 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-shanghaimeinhang.cn; Wechat ID: dulwichpuxi; Tel: 3329 9310 or 3329 9399

DULWICH COLLEGE SHANGHAI PUDONG

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

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

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

LIVING WORD SHANGHAI

Living Word Shanghai, founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going

off to university the school has its own College Application Centre. 688 Jiyou Road, Huacao Town, Minhang District, Tel: 6296 8877, admissions@lwchina.org; www.lw-school.org

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculums taught through the medium of Mandarin Chinese and English. We draw on the best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS_Shanghaio

SHANGHAI AMERICAN SCHOOL

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

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org; WeChat: scisish

SHANGHAI QIBAO DWIGHT SCHOOL

In 2014 Shanghai Qibao Dwight High School ushered in a new era in Chinese International education as the first independent, Sino-U.S. cooperative school approved by the Ministry of Education in China. A

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partnership between Qibao High School and Dwight School New York, we are a highly selective, non-profit, international boarding school open to all nationalities. We offer a premier International Baccalaureate education with more than 36 IB DP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

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

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

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

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

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

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

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

HUILI NURSERY SHANGHAI

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

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. 2777 East Jinxiu Road, Pudong New Area; 588 Hongfeng Road, Pudong New Area, Tel: 6179 9559, info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-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; 21 Donghu Road,

Xuhui District, Tel: 5403 7699, admission.xuhui@montessorisos.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessorisos.com; 3852 Duiyan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessorisos.com; www.montessorisos.com, WeChat: mss2005shanghai

THE LITTLE URBAN CENTRE

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

X²B MONTESSORI

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

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

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

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SHANGHAI GYMNASTICS

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

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from around 20 international schools have participated into the league during the last six years. SIYSL has spring and fall seasons every year composed of four age groups, and two tournaments every season. Tel: 183 0198 7976, www.siyslchina.org, info@siyslchina.org

SPORTS FORCE

Sports Force is a joint venture-ship that specialises in offering professional sports coaching for international/bilingual schools as well as individual students. Their mission is to provide safe, fun and diverse activities for children helping them grow with an active lifestyle to become healthy and balanced adults. They currently work with multiple SISAC schools and private companies delivering hundreds of hours of coaching in various sports such as: Basketball, Volleyball, Cross-Country Running, Tracks & Field, Outdoor Tag & Running Games, and Yoga. Tel: 186 1690 8035; ProTeam@SportsForce-China.com, WeChat ID: Runfast2day

Teen Activities

THE GENIUS WORKSHOP

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

Tutoring & Test Preparation

THE PRINCETON REVIEW

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

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

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

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

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

ESSENCE EYECARE CLINIC



Essence Eyecare Clinic is an eye clinic brand owned by listed company Lepu Medical. It has a top tier medical service team and medical expert team, which can provide services that prioritize the needs of customers. The three to one distinguished service includes optical service, diopter correction, eye disease treatment, etc. The mission of the clinic is

to protect the vision health of children and adolescents. Shanghai Clinic: Rm 1001-1006, 10F, Zi'an Bldg, 315 Yuyuan Road, Jing'an District, Tel: 021-5292 1853/ 189 3989 6079; Hangzhou Clinic: Rm 401, 4F, 501 City Plaza of Hangzhou, 9 Jingtan Road, Shangcheng District, Tel: 0571-2833 8080/ 130 6779 7679; Wuxi Clinic: 82 Zone 4 of Vanke City Garden, Wanshun Road, Binhu District, Tel: 0510-8331 8897/ 177 5149 8285

GLOBAL HEALTHCARE (GHC)



GHC is one of the earliest foreign-owned and managed healthcare companies to set foot in China. Established in Shanghai since 2005, GHC is a premier one stop medical center offering a range of comprehensive medical services including General Practice/Family Medicine, 18 Specialty Services, Dental Services, Vaccination Services as well as in-house Radiology and Laboratory services. GHC has a highly-experienced international multilingual medical team. GHC, in partnership with over 50 insurance companies, offers patients a direct billing service. GHC has two medical centers conveniently located in Puxi & Pudong and opens every day of the year. Puxi Center: Suite 303, 1788 Nanjing West Road; Pudong Center: Shanghai World Financial Center, Shop 212, 100 Century Avenue. 24H Hotline: 400 690 8866; Mon-Fri 9am-19pm, Sat-Sun 9am-17pm; www.ghcchina.com

JIAHUI HEALTH



Jiahui Family Medicine is accredited by the World Organization of Family Doctors (WONCA), an international certification for high standard healthcare in general practice and family medicine. We will accompany you and your family on your health journey, from disease prevention to health

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management. With the help of community clinics and specialists, we are prepared to oversee the diagnosis and treatment of common diseases, as well as provide long-term chronic disease management for patients. This includes coordinating various specialist referrals, international referrals, and tracking rehabilitation follow-up after patients have been discharged.

Jiahui International Hospital: 689 Guiping Road (near Qinjiang Road), Mon-Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District, Mon-Sat, 8am -8pm, Sun 8a.m. - 6p.m.; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwan Cheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. 3F, 1868 Pudong Avenue, Oriental City Tower, Pudong New Area; 35 Yongjia Road, 19F (near Maoming Road), Huangpu District. Tel: 6075 3100, 5404 0058/59, sh.changhedayun.com

MINDFRONT SHANGHAI CLINIC

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

PARKWAYHEALTH

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

Shanghai Centre, 1376 West Nanjing Road, Jing'an District; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; appointment 400 819 6622; www.parkwaypanlai.cn

RAFFLES MEDICAL SHANGHAI

A premier medical centre staffed by an international and multi-disciplinary team from Singapore, Germany, Malaysia and China. Our services include Family Medicine, Women's Health, Men's Health, Paediatrics, Dentistry and Orthodontics, Health Screenings, Diagnostic Radiology, Mental Health & Psychological Counselling, Urology, Chiropractic, Internal Medicine, etc. We provide state of the art medical services and professional medical expertise to our patients. Tel: 6197 2300, <https://www.rafflesmedicalgroup.com/shanghai>, enquiries_shanghai@rafflesmedical.com

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. 23-24F, Bldg B, 551 South Pudong Road, Pudong New Area, Tel: (24-hour service) 5879 9999 or 150 0019 0899; Outpatient services Mon-Fri 9 a.m.- 5 p.m. and Sat-Sun 9 a.m.- 5 p.m.; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

SHANGHAI KAIYI CLINIC

Shanghai Kaiyi Clinic is a privately-held Shanghai-based healthcare company under the Columbia China umbrella which is founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from China, USA, and Japan assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Mon-Sun 8 a.m.-7 p.m., Tel: 400 663 7707*1, 021 6327 5599; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 400 663 7707*2, 021 6882 1212, Mon-Sat 9 a.m.-6 p.m.; columbia-clinic.com

SHANGHAI RENAI HOSPITAL

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

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

SHANGHAI YOSEMITE CLINIC

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

UNITED FAMILY HEALTHCARE (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 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

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

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,

community listings

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 distinct, 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

THE SENZ HOTEL & SPA

The Senz Hotel & Spa is conveniently located at the entrance of Lidoway in Hongqiao area. It is close to Hongqiao International Airport and Hongqiao Railway Station. It is a space for people to relax, recharge, and emerge a better version of themselves. A place to start the day with a new fresh outlook. A hotel that offers a perfect balance of wellness, effortless style, business, and luxury. The hotel features 187 rooms and suites, Xiayalou Chinese Restaurant, Estilo Restaurant and Bar, The Senz Spa, The Senz Club, Fitness Center, indoor pool and an outdoor garden decorated with flowers, plants and ginkgo trees, which is an ideal choice for your family travel and vacation. No. 1118 Gaojing Road, Shanghai, 201702; Tel: 021-8028 9888

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

wonder woman

Meet Sarah Armstrong of Pinyin Press

**The Scottish designer and entrepreneur behind
everyday Chinese prints.** *By Lynn Yen*



Tell us about yourself.

I grew up in Scotland and was brought up in a family-run business, which was a lifestyle rather than a 9-5. My parents encouraged me to follow a path that I'm passionate about which was initially design however, pursuing entrepreneurship was a natural progression thereafter.

I graduated from Textile Design at Central Saint Martins and moved to Shanghai for an opportunity with an emerging Chinese brand. I've since had experience designing for childrenswear, womenswear, fashion accessories, footwear and interiors for both domestic and international brands.

How did the idea for Pinyin Press come about and how did you get the business started?

When I was looking for gifts to send to friends and family, I realised there was an opportunity in the marketplace for designs which people would connect with and which would tell a story of everyday life in China. I sourced high quality suppliers that would accept small order quantities and I initially started my business journey by selling at designer markets in Shanghai and small design boutiques. I'm especially appreciative of my early loyal customers and the support of the local community who believed in my concept from the beginning.

As a businesswoman what advice do you have for others looking to start their own business?

Prepare a business plan and dream big. Be practical and be able to adapt quickly to

change. Surround yourself with a supportive network of friends and business people. Consider finding a mentor. Work hard and ask for support and advice. Continue personal development, education and learning.

How do you foster creativity?

There are a number of ways in which I foster creativity. My home environment is important to me as I enjoy being surrounded by interesting and inspiring art and design whether it be textiles, photography or ceramics, for example. I collect vintage and antique pieces for inspiration. Travel or visiting cultural places or galleries is also a good way to stimulate creativity. I enjoy visiting suppliers and factories as it can sometimes spark new ideas for design and different production methods for new collections. [SF](#)





Parents & Kids

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