

Shanghai Family

Summer 2023

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Graduation
Photos


Hit the
Road,
Dad!

Modern Masculinity

Dads on what it means to be a man today and
guiding the younger generation.

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Watching Netflix Together



Making Dinner



Family Photoshoot



Phone Call

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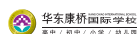
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editorial team note

I'm so happy to feature men and boys in this Summer's Dads Issue. As a predominantly female-run organization, Shanghai Family has long been a positive female platform. But a family is made up of a diverse group of loved ones, including fathers, sons, and brothers. Everyone is due their time in the spotlight and a show of appreciation. In this issue, we take a look at the lives of men and boys today.

For the Cover Story, we highlight **modern men who are raising and guiding the younger generation** through evolving expectations of men and boys in today's society. (20) Culturally, we are in the midst of a reevaluation and expansion of what masculinity means and what role men play in a more gender equal world. For a teenager this can be stressful, figuring out your own sense of self amidst this often heated cultural debate. In Teen Tales, our intern discusses the peer pressures and in vogue constructs of **what it means to be a young man**. (58)

We also examine **what it's like becoming a father**, and the perspective and life changes that come with the great journey of fatherhood in the Feature Story. (28) We hear from **a stay at home dad** in the Home Life column (53), and **ask a dad about his favorite destinations to travel to** in Family Travel. (54)

Summertime is a time for another big life change as well, graduation. Schools bid **congratulations to the recent graduates** of the Class of '23 as they embark on an exciting new phase. (18) We hope they remember their favorite Shanghai memories fondly on their adventures far and wide, as one recent graduate does with a tour of her **go-to places in the Gubei area** in our My Shanghai column. (56)

We hope you enjoy this issue of Shanghai Family.



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



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Parents & Kids

WE'RE TURNING 20!



Music in the Summer Air

The annual concert series Music in the Summer Air (MISA) is back again. The live performances are hosted by the Shanghai Symphony Orchestra and performed at Jaguar Shanghai Symphony Hall at 1380 Middle Fuxing Road. Running from 7-19 July, concertgoers have near nightly offerings such as New York Philharmonic Ensembles featuring visiting musicians on 8 July performing Beethoven, Barber and Ibert, a trio of East Meets West performances on 15 July incorporating Chinese musical instruments, and the MISA Students' Ensemble performing Mozart and Faure on 16 July, among others. Visit shsymphony.com or 247tickets.com to purchase event tickets.



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**

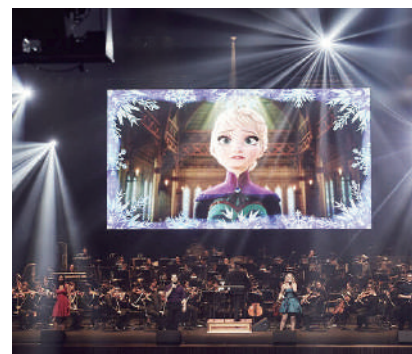


The PVLSE Writing & Art Competition

The PVLSE Magazine in conjunction with Inkwell Writing Group is holding a summer Writing & Art Competition. It is open to students 14-19 years old and includes four categories: Journalism, Creative Writing, Visual Arts, and Multimedia. Submissions are due 6 August. Learn more about the competition details via their WeChat account: thepvlsemagazine.com.

Musical Theater Summer Camp

From 10-15 July, Redbox is holding a one week musical theater summer camp for kids aged 8-14 years old at The Pearl. The camp includes daily classes with professional Chinese acting coaches, choreographers, and vocal coaches, along with a final show. Campers will learn classic songs in English from Mamma Mia, West Side Story, School of Rock, Rent, and more. The camp price is 7,300 RMB, and for more information and registration add WeChat: Redbox_cabaret.



Disney in Concert

Hear your favorite Disney songs performed live with singers from the US, an orchestra, and clips from the original movies. The audience is treated to a line up of beloved tunes from The Little Mermaid, Aladdin, Frozen, The Lion King, Beauty and the Beast, Moana, and more. Don't miss out on the two night performance, 17-18 July at the Shanghai Culture Square at 597 Middle Fuxing Road. Tickets from 280-680 RMB and can be purchased at 247tickets.com or shcstheatre.com

Studio Maka Design Camps

Get creative this summer with fashion and architectural design camps at Studio Maka. The four camps are Fashion Art History from 8-12 Aug, Sustainable Fashion Design from 15-19 Aug, Han Clothing Design from 22-26 Aug, and Petit Architect Design from 1-5 Aug. The bilingual Mandarin and English camps are open to kids age 6-15. For more info and registration add WeChat: studiomaservice



M2adventure Summer Group Travel Trips

The travel organization M2adventure has a wide variety of summer travel trips around China and other Asian countries to choose from. Join a preplanned group trip and meet new people or have M2adventure organize a private trip for you. Each trip has a planned itinerary, lodging and meals and they vary in intensity from chill to active and adventurous. Private custom tours can be booked to Tibet Autonomous Region in China, Cambodia, and Phuket in Thailand at dates to your specification. Preplanned trips include popular destinations like Guilin, Inner Mongolia, and Xinjiang. Or you can choose by activities like following the Silk Road, hiking, windsurfing, wakeboarding and sailing. With so many options to choose from, there is no excuse to be bored. Search for WeChat account: M2adventure to see all their trip offerings, prices and more.



Search Inside Yourself Coming in December

The two-day mindfulness seminar born from Google is back this winter. Mark your calendars for Friday and Saturday 1-2 December and book your tickets for Search Inside Yourself early for 7,000 RMB early bird price before 27 October, or regular price 8,000 RMB afterwards. This year's program will be conducted in Mandarin by SIY certified instructor Olivia Xiao. She believes that by practicing mindfulness to observe your body and emotional reactions without judgement, you can improve the relationship with the self and others. Olivia is also an Appreciative Inquiry certified practitioner, which is a strengths-based positive approach to leadership development, and is trained in Hakomi, a mindfulness-based somatic therapy. As in the past, SIY will be held at AmCham Shanghai offices at 27F, Infinitus Tower, 168 Hubin Road. Get tickets and register at: <https://amcham-shanghai.glueup.cn/event/37901>

Baby Shark Live!

See the adorable cartoon Baby Shark come to life on stage on 11-12 July at Shanghai Cultural Square. The performance in Mandarin sees Pinkfong's lovable characters dancing and singing in the show titled "The Hidden Treasure." If you want to sing along to "Baby Shark, dut-du-dut-du-du", get your tickets today at shcstheatre.com or 247tickets. Prices range from 80-580 RMB.

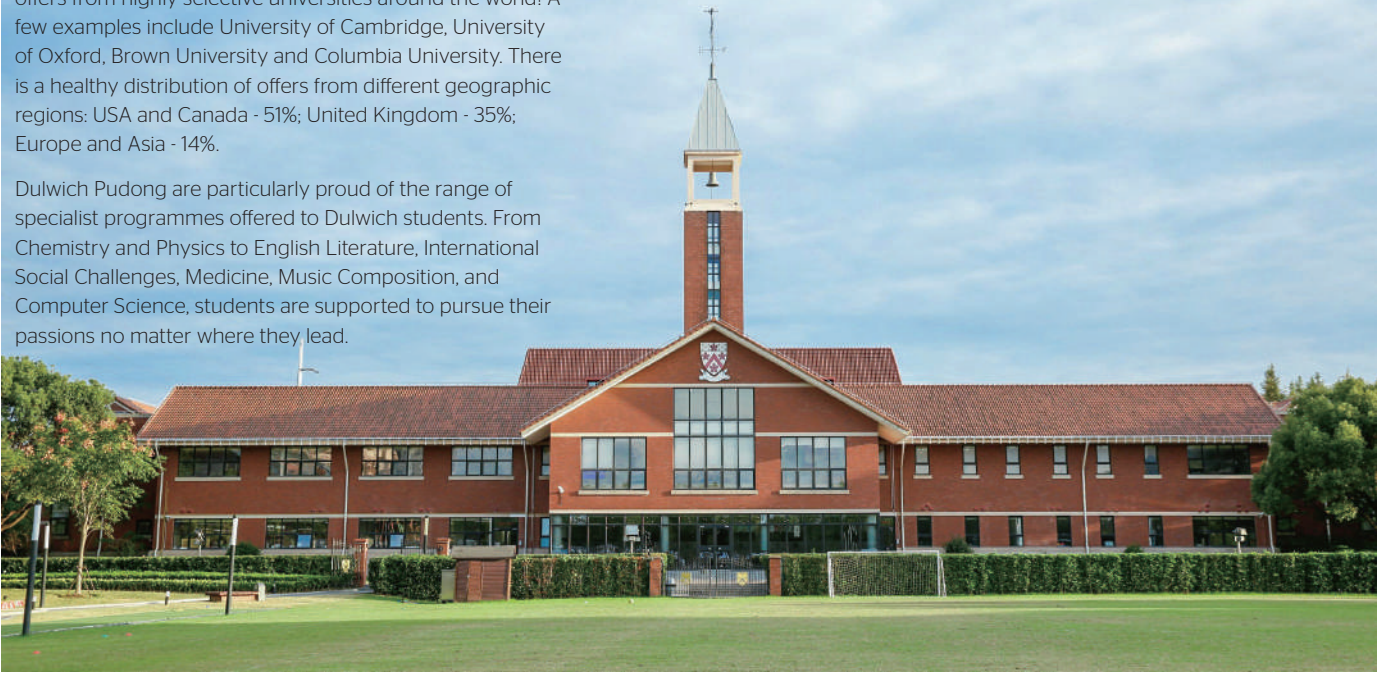


school roundup

Amazing University Offers for Dulwich Pudong

Graduates have done extremely well this year, receiving offers from highly selective universities around the world! A few examples include University of Cambridge, University of Oxford, Brown University and Columbia University. There is a healthy distribution of offers from different geographic regions: USA and Canada - 51%; United Kingdom - 35%; Europe and Asia - 14%.

Dulwich Pudong are particularly proud of the range of specialist programmes offered to Dulwich students. From Chemistry and Physics to English Literature, International Social Challenges, Medicine, Music Composition, and Computer Science, students are supported to pursue their passions no matter where they lead.



Coronation Celebrations at BISS Puxi

BISS Puxi celebrated the Coronation of King Charles III, which took place on 6 May. The front of the school was decorated in Union Jack bunting and balloons of red, white and blue, as the community gathered to enjoy a British-style picnic. Students, staff and parents sat together on picnic rugs eating sandwiches and cupcakes, listening to music, chatting and enjoying the sunshine.



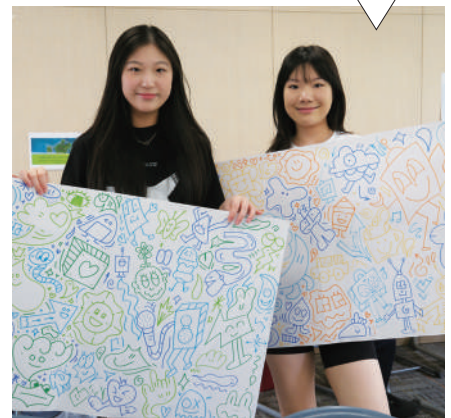
YCIS Global Community Week

YCIS Shanghai celebrated its Global Community Week (GCW), an annual international school community celebration at different campuses. From sports to entrepreneurship, collaboration to creativity, arts to picnic, there were a range of exciting activities on display throughout the week. YCIS also invited parents to join, celebrating and witnessing the diverse and vibrant culture of the school.



Swiss Education at German School

In cooperation with the Association Swiss School Shanghai, the German School Shanghai (DSS) now offers a Swiss education project. Children can speak Swiss German in school. The Swiss program in elementary explores Swiss folk culture, folklore and festivals, while in secondary the focus is knowledge of Swiss history, geography, economics and government institutions. The project is accompanied by events and activities.





Sports and Musicals at LFS

In the last few months, many sports and cultural activities have been organized for Shanghai French School students.

The school's young musicians, singers, and orchestra joined forces with the talented friends and colleagues from Deutsche Schule Shanghai for two amazing concerts!

The Soloists Concert showcased the young musicians and singers of both schools performing in front of their families, a beautiful moment that saw the Qingpu theatre filled up quickly!

Right after that, the young football players selected for the Asia Pacific Football Cup came back from Bangkok, Thailand with enough silverware to fill the windows of the trophy cabinets with trophies! The LFS players in the U11 category won 2nd place of their tournament, while the students in U13 finished 5th!

Sports and musicals- good for the soul and the spirit!

Wellington Summer Festival 2023

For the first time since 2021, pupils, parents, teachers and staff came together for the 7th Summer Festival. Organised by the Friends of Wellington, there were clowns on stilts, balloon animal makers, a magician and face painters. Meanwhile, Wellingtonians showcased their talents on stage, tested their skills with games like 'dunk the teacher' and let loose in the bouncy castles and ball pits.



SAS PD Welcomes New HS Leadership

Shanghai American School Pudong welcomed high school principal, Mr. Ivan Velasco, and vice-principal, Ms. Jennifer Loria. Velasco's extensive international experience has honed his focus on helping students discover passions and pursue their dreams. Paired with Loria's unwavering dedication to student development, they bring a contagious enthusiasm, and build on the school's 111-year legacy.

LFS Student Earns HSK 6

Lycée Français de Shanghai would like to celebrate the outstanding accomplishments of Selena Keats for achieving the HSK 6 certificate. "Since kindergarten, I've been in the Chinese international section of the French school. This very rigorous curriculum, on top of the French syllabus, has allowed me to develop a deep understanding and passion for the Chinese language."



school roundup



FGA's A Musical Odyssey

After two years of anticipation, this summer the children of FGA Pujiang and Xinjiang-wan campuses were finally able to lead the way on a magical musical journey through space and time. Their performance, "A Musical Odyssey" was presented on the big stage at Jing'an's Fortune Theatre.

On stage, the children's smiling faces were accompanied by carefully choreographed and brilliantly executed dance steps. They exuded confidence as they moved and grooved to the rhythm of the beat, embracing parts of themselves they might not have been aware of before.

The Little Urban Center at Disney

Families from LUC had an enchanting time at the Shanghai Disney's Storyhouse Stage for Children's Day on Thursday 1 June. The "Carnival of Childhood Wonder" LUC 2023 Summer Extravaganza showcased the incredible talent of the children, leaving a lasting impression on all who attended. The event was filled with magical moments.

It is also the 11th anniversary of LUC Education Group. As the school fondly reminisces about the incredible moments, LUC eagerly anticipates next year's gathering with hopeful hearts full of joy and excitement.

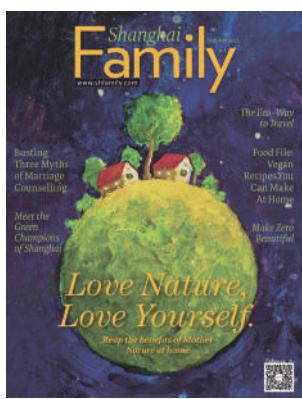


Magnolia End of Year Performances

Inspired by Darwin, Magnolia's children present: "Field Trips on the Origin of Species."

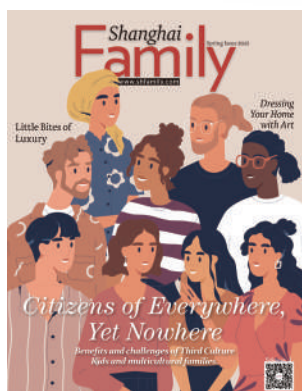
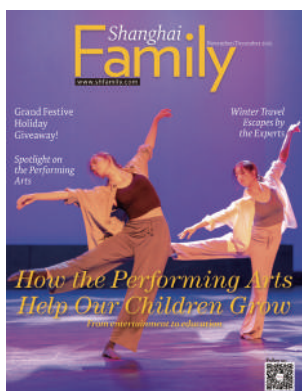
As the school year draws to a conclusion at Magnolia, they would like to showcase the students and their efforts through the end of year performances. This year there was a magnificent display of Magnolia classes, all related to the class animal names and the field trips taken this year!

The preparations were well made as students and teachers delivered an unforgettable performance for their families, serving to create a bright future for them.



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graduation 2023



Dulwich College Shanghai Pudong

On Monday 22 May, Dulwich College Shanghai Pudong celebrated the achievements of our graduating Class of 2023 with their parents proudly watching on. The Class of 2023 has done extremely well, receiving offers from highly selective universities across the world.

Join us to congratulate the Class of 2023 and wish them the best of luck as they begin the next stage of their journeys.

Wellington College International Shanghai

On 26 May, Wellington College International Shanghai celebrated its eighth annual Speech Day to honour the Class of 2023. The Leavers were recognized for their achievements, resilience, and impressive offers from some of the world's top universities, including Oxford, Cambridge, and Caltech. The event was attended by teachers, parents, and family members who celebrated the talented young men and women as they officially became Old Wellingtonians. The school congratulated the Class of 2023 and expressed confidence in their potential to make a positive impact in the world.



The British International School Shanghai Puxi

Our graduates celebrated the end of their studies with a formal Graduation Ceremony with certificates being presented, as well as personal and shared reflections from the students themselves.

The celebrations continued with the Graduation Dinner on Friday 19 May at the Fairmont Peace Hotel, against the stunning backdrop of the Shanghai skyline. Throughout the events, the staff and graduates shared fond memories of the Class of 2023's time completing their IB Diploma studies at BISS Puxi and their hopes and excitement for the future. Good luck to the Class of 2023!



Concordia International School Shanghai

Chosen to deliver the commencement address, Social Sciences teacher Mr. Erik Paulson focused on embracing diversity in communities. "The key to community isn't sameness, but rather, diversity. And it's the act of swimming in the sea of differences that allows each of us to learn from each other and to find within ourselves the humility and the empathy to appreciate the beauty and the magic and people who are totally unlike ourselves. Every one of you has so much to offer to the communities of which you will be a part. And most of all, look for those outside the community standing alone. Reach out your hand and invite them in. Look for ways to be a blessing to others." Once a Phoenix, Always a Phoenix! We are excited to welcome these graduates to our vibrant Concordia alumni network. May they soar to new heights in pursuing excellence and creating their own life success!



Britannica International School, Shanghai

Our Sixth Formers have really shown their tenacity and their endurance over the last year. Many challenges have been faced and overcome on the path towards success. On the broader scene of school life, the Sixth Formers have also achieved a great deal. They have planned and overseen enjoyable school events and have provided admirable role models for the younger students.

Looking ahead, our Year 13s have secured places at UCLA, UC Davis, UC Irvine, Purdue University, University of Arts London, University of Edinburgh, University of Manchester, University of British Columbia, University of Toronto, University of Sydney and more. This points towards a bright future for these students!

cover story

Modern Masculinity



Dads on what it means to be a man today and guiding the younger generation. *By Lynn Yen*

June is the time to celebrate all things dad. The dads out there can sometimes feel overlooked and underappreciated for all the support they give. The role and expectations of fathers have changed from generation to generation. But they are still the ones we look up to as role models and rely on for advice when we don't know what to do. Especially nowadays when discussions of what masculinity looks like in modern times and evolving gender roles are in mainstream discussion, we turn to our dads for guidance. So we asked a few dads for their wisdom about what it means to be a modern man, and their approach to raising the younger generation to handle current challenges, whether it's achieving success, showing vulnerability, having open communication, or just growing up. We'll always look to our dads.

Thomas Xue, 50

What does it mean to be a modern man? In your experience, what is asked of a modern man today?

Being a modern man means being responsible, having integrity, and being independent. However in today's society, the media often emphasizes success, fame, and fortune, but it's important to teach my boys the true meaning of life and how to appreciate what they have. For instance, when Alex was very young, we took him to an orphanage to donate money and play with the children week to week. This experience helped him understand that many children suffer from illness and don't have parents. Not only did this help him value the time spent with us (as he's almost graduating), but it also helped base his compassionate personality in the future. Moreover, I want my boys to recognize that humans are small in the grand scheme of the universe, and that our lives are short. Therefore, we should appreciate every moment and constantly work on self-improvement, while also helping those around us. At the end of the day, I want my sons to make a positive impact on the world.



What are some issues facing men and young boys today, and how do you navigate them?

Men and young boys face various pressures, especially around the concept of "success." To navigate these challenges, I focus on teaching my sons the true meaning of life and helping them appreciate what they have. I also emphasize that success should not be solely measured by material possessions or societal expectations. Additionally, I believe it is crucial to teach them about the fragility of life and the importance of valuing every moment. By instilling these values, I hope to guide them towards a path of self-improvement and making a positive difference in the lives of others. Ultimately, my goal is for my boys to understand that success is not just about personal achievements but also about contributing to the well-being of the world.

How do you view gender and masculinity, and how do you discuss it with the younger generation?

During my childhood, the masculine role was primarily about taking responsibility and fulfilling traditional family obligations. However, today, being a man is more about independence and selfhood. The role of men has evolved due to influences like feminism, which has pushed for changes in gender roles and promoted greater diversity. Nowadays, social status for both men and women is more equal. While I don't vocally discuss this topic extensively, I lead by example, demonstrating the importance of independence, bravery, integrity, and responsibility. By embodying these qualities, I hope to show the younger generation the evolving nature of masculinity and encourage them to embrace positive values and characteristics.

While raising your son/kids, what are you doing differently, and what are you doing the same as your parents?

In raising my son, Alex, I have chosen to treat him as a grown-up from a young age, refraining from judging his behavior regardless of the circumstances. I believe it is crucial to share my failures rather than just my successes with him. I openly discuss lessons I've learned from past experiences, including my education, to provide guidance. For instance, I am supportive if he gets a low score on certain exams, but I also share the lessons I've learned about maintaining a good study mindset, and having a healthy body. Like my mother, I show unconditional love to my children, regardless of their academic achievements. This means accepting and supporting them wholeheartedly, ensuring they know they are valued and loved, regardless of external measures of success.

Adam Karsten, 42

What does it mean to be a modern man? In your experience what is asked of a modern man today?

To me, being a modern man means challenging societal and cultural expectations surrounding masculinity, power, and inequity. In my experience, this involves personal growth, self-discovery, and daily actions as a father, husband, and school counselor. I commit to embracing and promoting equality, valuing emotional intelligence, and taking accountability for my actions. By exemplifying these characteristics, especially for my two sons, I strive to create a balanced and caring life.

What are some issues facing men and young boys today and how do you navigate them?

Emotional intelligence, mental health, and toxic masculinity are pressing issues for men and young boys today. Understanding emotions and their impact on our lives is crucial for human development, including men. However, this often gets overlooked due to societal expectations. Men and boys also face stigma when discussing mental health. Creating safe spaces for open conversations about feelings is vital to raise awareness and understanding. Emotional intelligence and mental health awareness can help dismantle toxic masculinity in the lives of young boys and men. Vulnerability is a key aspect that connects us all in our growth and flaws and can be a behavior that helps with dismantling toxic masculinity.

How do you view gender and masculinity, and how



do you discuss it with the younger generation?

By actively challenging gender norms, we can raise awareness among the younger generation about the complexities of gender and masculinity. My wife and I foster open dialogues with our school-age children to defy gender stereotypes. We engage in conversations, and lead by example through our actions. Additionally, we employ the use of bibliotherapy with young children, introducing them to literature that dismantles gender stereotypes and encourages discussions about its impact on their lives. Vulnerability is often undervalued in society, making it all the more empowering for youth to witness a trustworthy adult male embodying this value. Demonstrating vulnerability in my own experiences, I strive to show my children and the students I support that it is a sign of strength rather than weakness.

While raising your son/kids, what are you doing differently and what are you doing the same as your parents?

Growing up, my parents divorced during my elementary school years, and my mother took on the role of a single mother. I strive to emulate my mother's unconditional love, which provided a strong foundation for my development. One aspect in which my wife and I differ from the previous generation is our approach of having open dialogues with our children to better understand their

development, thoughts, and needs. Through family meetings, everyone's voice is not only represented but also heard, fostering a sense of inclusivity and participation among our three kids.





the new environment. Times spent at work, leisure time with family or parenting are often inter-connected and we need to find the right ways to make life meaningful and enjoyable.

What are some issues facing men and young boys today and how do you navigate them?

Issues are similar; the questions are often: finding direction in growing up, finding a purpose, how to navigate relationships with friends and parents on the way towards independence. To navigate these issues, we use ways such as behavior motivation, stimulating curiosity, building confidence but also restrictions and rules.

How do you view gender and masculinity, and how do you discuss it with the younger generation?

The traditional view of gender and masculinity is fading away and being replaced by being more open and diverse, which allows for more creativity and new ways of development.

The son-father relationship is very privileged; common interest results in close relationships with many common activities and exciting communications.

Many favorable activities for boys such as playing soccer, adventures in the mountains, swimming in wild rivers, surfing in the waves are often shared with the father - creating lasting memories and impressions.

While raising your son/kids, what are you doing differently and what are you doing the same as your parents?

Kids' education changed dramatically; compared to my education our son grows up more flexibly with less limitation and controls. All topics can be discussed and he's very free to discuss any issue. We are open to the fact that our child has different opinions, which was not always the case with my parents.

The choice of his friends and the selection of his interests are determined by our son himself and we hope they support his growth of self-esteem and personality.

Gregor Wateler, 56

What does it mean to be a modern man? In your experience what is asked of a modern man today?

Being a modern father is somehow defined by the recent changes in society.

Diversity of roles, collaborative lifestyles and fast communication create a modern man who is more adaptable, flexible, open minded to



Mukul Singh, 53

What does it mean to be a modern man? In your experience what is asked of a modern man today?

I would say that being a modern man in today's world means taking responsibility and being flexible with redefining traditional roles of masculinity. For me, a modern man is adaptable, open-minded, and respectful, valuing equality and inclusivity. When I was growing up, we generally saw men as tough and commanding of respect but, in some ways, forced to remain almost emotionless, but conditions nowadays are different. Today, I believe that a strong modern man possesses a harmonious blend of traditional values and contemporary outlooks, embracing the best of traditional culture and progressive ideas. Thus, as a parent, it is vital to inculcate strong values in my child to ensure he is at heart caring, humble and inclusive, values essential for a modern man.

What are some issues facing men and young boys today and how do you navigate them?

Today, men and young boys face complex issues that require attention and understanding. One significant challenge is the pressure to conform to societal expectations of masculinity, often leading to mental health struggles and emotional repression. I personally navigate these issues using the Indian concept of "Atmanirbharta" (self-reliance) while fostering an environment of emotional support and open communication. I try my best to provide my child with a safe space to express his emotions without judgment and act upon his problems while at the same time letting him take responsibility for his actions and choices. I encourage him to explore his interests and passions, helping him develop a strong sense of purpose and advising him only when necessary. Parents must understand that children nowadays, although more privileged, have their own set of problems, and we need to remain empathetic first and foremost.

How do you view gender and masculinity, and how do you discuss it with the younger generation?

As an Indian father of an 18-year-old, I view gender and masculinity through the lens of "Ardhanarishvara," the concept of the divine unity of male and female energies. I believe that gender is a spectrum, and masculinity should not be limited to rigid stereotypes. It is a balance of strength and sensitivity, assertiveness and empathy. For instance, I remember being a kid and my mother, who usually never cared too much about celebrities, telling me about Elvis Presley and how he redefined masculinity. I see a lot of similarities with Harry Styles these days, and I feel that being your authentic self is true masculinity.

When discussing gender and masculinity with the younger generation, I encourage open dialogues that challenge harmful stereotypes and promote inclusivity. By highlighting diverse role models and showcasing examples of men who defy traditional gender norms, I aim to expand their understanding of what it means to be masculine.

While raising your son/ kids, what are you doing differently and what are you doing the same as your parents?

While my parents instilled in me the importance of respecting elders and upholding cultural values, I approach parenting with a more open mindset and encourage independent thinking.

Differently, I prioritize open communication and actively engage in discussions about mental health, consent, and gender equality, creating an environment of trust and understanding. I encourage my son to question societal norms and pursue his passions fearlessly. For example, I encouraged him to participate in the skits for our Indian cultural organization, and now he enjoys it.

However, I also carry forward certain values from my parents. I emphasize the significance of family bonds, respect for elders, and the value of perseverance, instilling in my son the importance of heritage and tradition.





What do you like and admire about your dad?



Layla, 6

I love my daddy because he takes care of me, gives me food and tucks me in at night.



Alex, 17

I would say I admire my father's resilience more than anything else. He travels so much for work every week but never complains. Instead, he finds joy in fulfilling his tasks and in the little things which inspire me to be a better person every day.



Rory, 8

I like that my daddy helps me when I am sick and plays with me.



Lennon, 10

My dad is funny and helps me do things for the first time. I am thankful that he loves me and protects me.



Yatharth, 18

Firstly, I like about my dad that he's always there for me. When I need to speak to him, he is always very understanding. Any questions I'd like to ask, I can ask and he patiently answers.

My father never forced me to do a hobby which I didn't like, however if I choose one hobby, he will support me to do it. My father is often relaxed and seldom shouts at me.



Len Hagen, 12

I find it really interesting that my Dad's words start to make more sense the older I get. Even now, there are some things that my dad says which I don't understand or find hard to resonate with. Basically, he's like the one wise friend from the future I will always have.

clearer image- a clearer sense of self.

It seems the older I get the more I miss the past, nostalgic for the original "Me". Part of getting old, is having to give up parts of ourselves to facilitate life. Which is fair. Life is essentially compromise, and to a certain extent it's that compromise which defines us. We start out 100% us, and trust me, 100% Sal Haque was an absolute force of nature. Unstoppable from the club to the library. Then life picks up pace and you go from girlfriend to wife, balding, marriage, kid, single dad. By the time I hit single dad, I was a modest 30% me. It's not a bad thing. It's a natural part of life. Every piece of responsibility we endure requires compromise, and to be fair I gained back some Sal-percentage points in my divorce. Nothing thrusts you back into the world like a mid-life crisis-divorce in the heart of 2017 Shanghai sin. Good times...no, weird times...just, times. It was like Jean-Claude Van Damme roundhouse kicked me with existentialism. Waking up with cartoon birds circling my head, wondering who I am.

Who am I? I'm definitely a dad. I love being a dad. It's an awesome introspective process, delving into emotional management, psychology, pedagogy, culture and philosophy. I'm pretty sick at it. But it does mean a lot of what use to make me "Me", I've had to put on pause. Potentially a really long pause. Given that I work, and parent, I don't really have time to pursue my interests as much as I used to. An issue I see with a lot of parents. I try to cling to the last remnants of my musical passions, and manage the occasional DJ set, but the uninhibited joy of playing music is more or less gone. That kinda sucks, cause that was a large part of who I was. That was a big part of what I presented to the world, and ultimately a defining characteristic of my image.



Midlife Something

A journey of fatherhood.

By Sal Haque

The new Zelda just dropped. It's awesome.

It also marks a solid 36 years since I've been playing Nintendo. At a smooth 41 years old, I can pretty much track the milestones of my life based on Zelda, all the way

back to primary school in 1986, through high school and university, my professional life, and now fatherhood. A lot's happened in that time, and much like Zelda, I've been reshaped, beginning as a pixelated blob, coming of age, sharpening my look, and continually striving for a

But is our sense of image really that important? Must we care how the world perceives us? As functional adults (or at least semi-functional) do we still need to curate our image?

I think so. I think it's important to remember who we are, and not lose ourselves in the overwhelming compromises of life. We need to still do the things we love, the things that give us character. At least as much as we can. Dance. Listen to music. Play music. Rock Climb. Paint. Hang out with your friends. Go out. You'll never have time for all of them, and compromise is cruel that way. It may give you, one, sometimes. If you're lucky. But do what you can to maintain your dopeness. Because what are we, if not dope-ass individuals? Real talk.

Being a parent is a responsibility and an identity, but I'm not sure if it should be a hobby. People have been having kids since the dawn of humanity-literally. I wanna say being a dad is my defining characteristic. Except, fatherhood isn't a characteristic. It's nature, or perhaps a responsibility. I'm also not lucky enough to call my profession, my passion. I will never enjoy waking up at 6 a.m. Never! That's still night. I should be sleeping. I can't say there's ever been a day when I'm on the subway to school thinking, "wow, this day is gonna be awesome." It might not suck, but it probably won't be awesome. But there was a time when I really did love my work, back when I was producing television and interviewing RunDMC and Tony Bennett. But alas, that too gave way to compromise. Private schools are expensive and tuition is no joke, especially on a single-parent income. Teaching was an acceptable answer to that problem, another compromise, and hit at my self-image of TV producer-DJ, to middle school teacher-parent. The transition was hard, physically, emotionally, and psychologically.

I had to gracefully accept my place in the world. I'm probably never gonna have a six-pack again. It's gone. It's never coming back. My mane of beautiful locks...gone. I looked like an 18th century Persian prince. Can I play a 7-hour DJ set at Dada this weekend? I'll probably die. Can I skate the half-pipe with my kid? Maybe. But my knees will feel like concrete for a month. All of those things made me "Me", and they'll forever be a part of me. But now, it's no longer what I do which defines me, but perhaps what I've chosen to give up for my family. There's honor in compromise, and it's those compromises which make up a large part of who we are.

So while parenting might not be a personality trait, the compromises we make for our family definitely

build character. But I'm still not sure if that's enough. As individuals we need to reconnect with ourselves. Our interests help us do that. They remind us who we are, beyond the nature of parenting or the grind of work. They separate us from the pack, build our confidence, give us release, give us joy. They help bring our image into focus.

With the new Zelda here, I mark a notch in my belt, well on the way into fatherhood. Hustling hard. But I'm still doing my thing. At least as much as I can. Sailing at smooth 60%. That's pretty good. I'd say I've got about another 7 years before the next Zelda drops, giving me ample time to build myself into the newer, updated version of "Me", with enhanced features and a clearer image. **SF**

"I'm probably never gonna have a six-pack again. It's gone. It's never coming back. My mane of beautiful locks...gone."



Shanghai Family's 15th International SCHOOL EXPO 2023

"Shanghai Family" International Arts Festival
2023春季教育展 – “上海家庭”艺术节



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NACIS SHANGHAI

DULWICH COLLEGE | SHANGHAI |
[PUJONG] [PUXI]
上海德威外籍人员子女学校 | 浦东 | 浦西 |

Shanghai Family, Parents&Kids and HuMaNiuWa held the 15th International School Expo at Lidoway on 15th-16th April. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers:

Shanghai
Family Parents&Kids
SHANGHAI

虎媽牛娃
HUMANIUWA

Venue Sponsor: 夏都小镇
Lidoway



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SHANGHAI UNITED INTERNATIONAL SCHOOL QINGPU CAMPUS



Teaching Healthy Living

A deeper look at international schools' holistic health programs. *By Lynn Yen*

Education is more than book smarts, getting high scores on tests, and college acceptance letters. Educating young people is a holistic experience. International schools not only teach STEAM courses, but also life skills like nutrition, mental health, drug and alcohol education, and sexual education. These important aspects are the day-to-day things that make up life. Therefore it is crucial that students are set up with models of healthy lifestyles, learn good decision-making, and practice safety. Let's see how international schools are teaching their students how to lead healthy and fulfilling lives through robust health education programs.





Concordia International School Shanghai

What topics are covered in the health curriculum and at what grade levels? Are there any modern new additions?

Health education at Concordia covers a wide range of topics to empower students with knowledge for healthy decision-making. The health curriculum is designed to be developmentally appropriate based on age and grade. The curriculum, specifically for grades 9-12, includes components of health such as physical, mental, and social well-being. Modern additions to health education address current challenges, including digital citizenship, online safety, and responsible technology use. These additions recognize the evolving needs of today's youth, ensuring they can navigate the complexities of health and well-being in an ever-changing world. By covering these topics, health education equips students with essential skills and knowledge to make informed choices and maintain their wellness in both physical and digital environments.

How do you approach the more sensitive topics like sex and reproductive education? What role does your school play in this education compared with parents?

At Concordia, a faith-based school, we approach sensitive topics like sex and reproductive education by emphasizing the importance of making informed and responsible decisions. During adolescence, a period of significant change, we create a safe and supportive environment for our students. We value and encourage parent participation and engage-

ment in their child's education, especially when it comes to these sensitive topics. While the school plays a significant role in providing comprehensive and age-appropriate education, we recognize parents as essential partners in their child's learning journey. We foster open lines of communication to ensure parents are actively involved. By working together, we provide a well-rounded approach to these topics, in alignment with our faith-based values, promoting responsible decision-making and guiding students toward thoughtful actions.

What resources are available to students and parents outside the classroom?

Outside the classroom, we offer various resources to support students and parents in our school community. Our school library provides a wide range of books, articles, and multimedia materials covering different health topics. These resources include materials on mental health,



*Lisa Karsten,
High School
Physical
Education and
Health Teacher*

nutrition, and substance abuse prevention, among others. Additionally, our school counselors are available to offer guidance and support, addressing individual student needs and providing referrals to external resources as needed. We also prioritize open communication between parents and teachers, facilitating regular parent-teacher meetings and providing access to newsletters and handouts. Our aim is to ensure that students and parents have the necessary information and support to enhance their understanding of health education and make informed decisions related to their well-being.





*Natasha Dennis,
Director of Student Services*

What topics are covered in the health curriculum and at what grade levels? Are there any modern new additions?

At Dulwich College Shanghai Puxi, health education is covered across all ages, in an age appropriate way. In Toddler classes, dentists visit to show children how to brush their teeth. In Key Stage 1, health and well-being is part of the PSHE curriculum, and topics such as "What it means to be healthy", "How physical activity helps keep us healthy" and "Why sleep is important and how we can rest and relax" are covered. Junior School focus on the elements of a healthy lifestyle, what constitutes a

Dulwich College Shanghai Puxi



healthy diet and strategies that support good mental health. In the Senior School, the Wellbeing curriculum covers a variety of topics across each year group, that are in line with students' needs, ability and curiosities. Lessons include "Balancing Media and Wellbeing" and "Coping with Stress." The Senior School also has three Drop Down Days, where students come off timetable to focus on key wellbeing lessons about healthy lifestyles, puberty, and practical sessions such as making simple, healthy meals.

How do you approach the more sensitive topics like sex and reproductive education? What role does your school play in this education compared with parents?

At our College, we utilise our relationships with specialised providers in Shanghai to get experienced practitioners to give informative work-

shops to both our students and parents. Shanghai United Family Hospital have visited the College throughout the year to give talks to students and families on Sex and Relationships, and Reproductive Education. Feedback from these workshops has been glowing from the parent community, and parents have felt supported in having discussions with their children at home about this. They are also provided with materials that can support both the students and parents outside of the classroom. Highly effective education is always dependent on quality relationships between the school and parents. Therefore, education on topics such as sex and relationships are done in collaboration with each other, and students feel empowered to inquire about these topics with adults at home and school. This increases their confidence and allows them to adopt and maintain healthy behaviours and attitudes from a young age.





Wellington College International Shanghai

What topics are covered in the health curriculum and at what grade levels? Are there any modern new additions?

We take a truly holistic view of health and ensure it is a consistent theme across a broad range of disciplines. We believe this approach ensures relevancy for the pupils, as well as allowing them to hear from experts in the relative areas. From nutrition in sports science lessons, physiology in science lessons and healthy routines and diet in our Wellbeing curriculum, pupils are encouraged to explore health across the school. One of our key focuses throughout the school this year has been on sleep. Just last week I was in a Year 4 wellbeing session where the pupils had kept a 7-day sleep diary and were discussing why sleep is so important to all aspects of health. Running parallel to this was a Year 10 wellbeing lesson where some of the science of sleep was being explored in depth and linked back to their development as teens.

How do you approach the more sensitive topics like sex and reproductive education? What role does your school play in this education compared with parents?

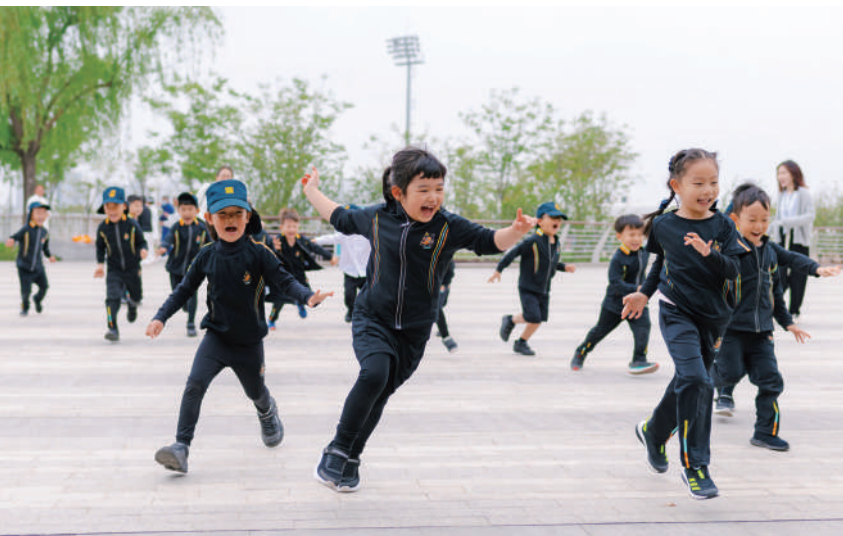
Topics like sex and reproductive education are undoubtedly sensitive, so our approach is fundamentally one of transparency and most importantly, partnership with families. Educational research is clear in the impact of well taught lessons on such topics, but we don't seek to replace the role of parents. We look to work with them, ensuring we support them in having conversations which they may find awkward, whilst being open and transparent with the content we will cover. Our curriculum is carefully designed, in collaboration with experts, to be age and stage appropriate, equipping pupils with the knowledge they need to make informed choices as they mature.



*Robbie Davies,
Head of
Safeguarding &
Mental Health*

What resources are available to students and parents outside the classroom?

The most impactful resource on offer in any school is the staff. I always encourage parents to ask questions or seek advice from colleagues. We are fortunate to have an array of expertise amongst our staff and we are here to help parents and families, not just pupils. Beyond our staff, if I had to recommend a couple of resources which have had the greatest impact on our community this year it would be two books. Firstly, Matthew Walker's 'Why We Sleep,' which has revolutionised our understanding of sleep and health. Secondly, Dan Siegel's 'Whole Brain Child,' which has equipped many of our families with a confidence in wellbeing and difficult conversations with their children. **SF**



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"Shanghai Family" International Arts Festival 2023春季教育展 – “上海家庭”艺术节



特别鸣谢 Participants



Shanghai Family, Parents&Kids and HuMaNiuWa held the 15th International School Expo at The Place on 8th-9th April. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

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Britannica International School Shanghai
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Celebrating Achievement: Concordia's High School Graduates Embrace A Bright Future



On May 27, 2023, the senior class at Concordia International School Shanghai dressed in their graduation gowns, made their way onto the stage, and took part in a time-honored rite of passage in front of an audience of their teachers, family and friends.

This was a special day when they received their high school diplomas amidst cheers, applause and blessings, and also a day where they said farewell to their high school career and embarked on a new adventure towards realizing their dreams.

Quite impressively, this senior class is undoubtedly a strong and resilient one, as three quarters of their high school career was impacted by the pandemic.

As the 64 students tossed their caps at the end of the graduation ceremony, they crossed the threshold into a world full of possibilities, empowered by the education and experiences they gained at Concordia.

All of these students will soon be matriculating at their best-fit colleges and universities worldwide. But perhaps what's most exciting is that our students will be enroll-

ing in schools and programs that fit their academic and future career goals, propelling them even further down the road on their way to life success.

Celebrating Class of '23 College Choices

At Concordia, we value the college aspirations of every student, and we celebrate every college acceptance equally. Class of 2023 students have achieved truly impressive results amidst the increasingly competitive college admissions climate seen around the world.

This year our students have received offers from leading institutions, including QS World's Top 50 universities, US Ivy League schools, U.S. News Top 25 national universities and liberal arts colleges, and UK's G5 Super Elite schools, such as Cornell University, University of Pennsylvania, Williams College, University College London, McGill University, and KAIST.

U.S. schools remained the top choices for Concordia students, with 86% of seniors ultimately matriculating to a U.S. college or university.



Among our students heading to US national universities as of the end of May 2023,

***40%** will go to US **TOP 25** national universities

***67%** will go to US **TOP 50** national universities

Guiding Every Student in Finding Their Dream School

Rather than relying simply on school rankings or prestige, Concordia students are encouraged to navigate the college search process with an open mind as they consider the academic and social environment that best suits their life goals. Concordia's high school counselors emphasize the perspective that it's not about colleges choosing you, but actually, the other way around. Our students take the driver's seat in the college application process, gaining confidence in themselves as they choose schools that truly "fit" their personalities, interests, and other personal or family considerations, which is the true nature of healthy college selection.

For senior Junhee L., Duke has been his dream school since Grade 10. With his curiosity and passion for biology ignited by high school courses, he planned to study Bio-medical Engineering in college.

"When I opened the admission letter and saw that I got accepted, my mom and I started hugging and crying. I am excited to join the Blue Devil community with two of my fellow Concordia students this year!"

—Junhee L.

As a young person passionate about collective change through empowering individuals, Natasha S. prioritized finding a university that she could thrive at as her most authentic self.

"Georgetown is the 'changemaker school' I was looking for and I knew unwaveringly that it was the perfect fit for me. Not to mention, it has the perfect medium-sized school size I was looking for. Lastly, as someone who is considering a career in the nonprofit sector, Washington D.C. is a nonprofit hub, full of opportunities for me to explore this career interest."

—Natasha S.

While researching schools to pursue his interest in architecture, Brandon C. found a sense of belonging at Cornell University and is looking forward to exploring all the school has to offer.



"I was particularly drawn to Cornell's community. I know that no community will help me flourish quite like Cornell's would, and there is nowhere else I'd rather create the future."

—Brandon C.

With four full-time high school counselors offering all four domains of the International School Counseling Association's (ISCA) student standards—Academic, Social/Emotional, Career, as well as Global Perspective & Identity Development—Concordia students benefit from a deeper, multi-dimensional relationship with their counselor and the school.

This comprehensive counseling model allows high school counselors to work with students from grades 9 to 12 to best prepare them for success, both in competitive college admissions as well as in their lives beyond college.

We see the results of this partnership echoed in the college choices of the Class of '23,

who have now become proud members of Concordia's esteemed alumni community. May their unwavering pursuit of excellence guide them to success in all their endeavors, no matter where their paths may lead!

If you are interested in finding out more about Concordia International School Shanghai, inquire with our admissions office. Scan the QR code below to experience the Concordia Advantage.



Scan the QR code to inquire with Concordia Admissions



Concordia's high school counselors emphasize the perspective that it's not about colleges choosing you, but actually, the other way around.



A Second Chance

Jiahui's cardiac team revived patient's heart. *By Eve Wee-Ang*

Jeffrey Lehman is a 66-year-old American who has lived in Shanghai since 2012. He is the Vice Chancellor of NYU Shanghai who leads an active lifestyle.

Last summer during dinner, he suddenly felt a strong tightening in his chest followed by a gripping pain. Jeffrey was rushed to Jiahui International Hospital where he was sent for a series of tests. In less than thirty minutes, the emergency response cardiac team were alerted where they rushed from their homes. They were Dr Fei Minzhong and Dr He Yaping, Cardiologists led by Dr Wei Meng, Chief of Cardiology and Chairman of Medicine.

Doctors confirmed that Jeffrey was experiencing acute myocardial infarction - the medical term for heart attack when the flow of blood is blocked by a clog in the heart vessel. To save his life, an operation would need to be performed within the next 90 minutes. In a heart attack emergency, time is of essence. Jeffrey was wheeled to the operation theatre where a team of medical professionals were already on standby.

During the surgery, the cardiac team identified blockage on his heart vessel, left anterior descending artery. A balloon angioplasty was performed, and stents were inserted in his heart vessel. The operation was a success.

However, it was not the end. Cardiac rehabilitation is an important post-surgery journey that patients embark on for recovery and prevention. *Statistics have shown that cardiac patients have a 47% lower risk of death for those who complete at least 36 sessions of cardiac rehabilitation. The doctors' prescription for Jeffrey included a full-year comprehensive rehabilitation regime:

1. Embark on a gradual cardio rehabilitation programme to improve heart function, strength, flexibility, and balance.
2. Take a cocktail of medication daily to keep blood pressure and lipids low so that the heart muscle could do the slow work of healing.
3. Adopt a Mediterranean diet with low salt and moderate calorie restriction.

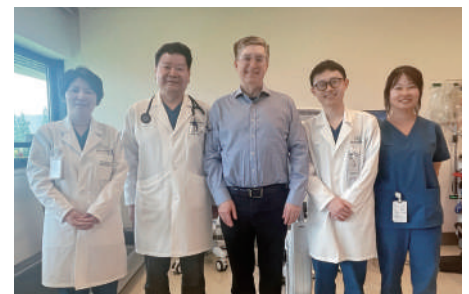
4. Every three months, return for a series of comprehensive heart stress tests and mental health assessments so that the cardiac team can track progress and recovery.
5. Be a "patient patient" as recovery takes time.

Jeffrey completed 36 sessions of cardiac rehabilitation and 35 external counterpulsations monitored by a Cardiopulmonary Exercise Test at the beginning and end of the whole rehabilitation programme to evaluate Jeffrey's heart and lung tolerance. These sessions included strength and resistance training, stretching, and stationary bicycling.

It's nearly a year since Jeffrey's night of terror. The cardiac team and Jeffrey have been working closely together to aid in his recovery. Their efforts have paid off. Jeffrey is now leading a normal life and is healthier than before.

"I am profoundly grateful for the doctors' and nurses' skills and talents as well as their kindness and humanity. If it were not for the Jiahui International Hospital team, I might not be alive today."

*Source: Hammill BG, Curtis LH, Schulman KA, Whellan DJ.



Left to right: Dr He Yaping, Dr Wei Meng, Jeffrey Lehman, Dr Fei Minzhong and Rehabilitation Therapist Li Yao Yao



Jeffrey Lehman, Vice Chancellor of NYU Shanghai

In the Mood for Yi Long

A Modern Cantonese Fare

By Eve Wee-Ang



Roasted Crispy Suckling Pig with Crispy Skin

is specially selected from Bama in Guangxi and roasted over charcoal fire. Enjoyed with Peking duck-style pancakes and its accompaniments but for the best experience, dip in some white sugar.

Sweet and Sour Pork with Pineapple is one of my favourite Cantonese dish. At Yi Long, fresh pineapples from Taiwan and 50/50 fat and lean ratio pork belly are selected. The sweet and sour sauce is made with the juices from hawthorn and pineapples.

Fujian Fried Rice with Assorted Seafood and Meat is an upscaled version of the traditional dish. Customers can look forward to a luxurious treat of premium ingredients like sea cucumber, fish maw, abalone, dried scallops, and asparagus drenched with a homemade abalone sauce.

The mark of a good Cantonese restaurant lies in its **Dim Sum**. Presented on a platter like four little packages of delights is Yi Long's speciality dish. Take your pick from each Dim Sum that tantalize with different flavours from Boston lobster asparagus to fresh shrimps with truffle wild mushrooms and spinach scallops.

Yi Long's well-curated wine list includes 157 selections from famous chateaus to niche boutiques. An in-house sommelier is on hand to help recommend the right pairings for an elevated dining experience.

Yi Long

Address: 5F, 20 Donghu Road, Xuhui District

Tel: 5489 3336

When I learnt that a modern Cantonese restaurant had opened at Donghu Road with designs inspired by Wong Kar Wai's cult classic "In the Mood for Love" as well as the critically acclaimed movie, "The Grand Budapest Hotel", my interest was piqued. Both films draw such beautiful inspiration from a long-gone era, so my colleagues and I felt compelled to get into character by dressing the part, for a truly immersive experience.

Adorned with qipaos and a fascinator, we stepped into Yi Long. The entrance of the restaurant is reminiscent of a hotel lobby with its walnut paneled concierge desk and a vintage phone that pays homage to the Wes Anderson film. We were led into the restaurant where we were transported into the Golden Age era where prosperity abounded. Spanning two floors linked by a curved staircase, Yi Long is lit by its generous windows overlooking French plane

trees. Flower petal flooring hints of Southeast Asia tropical flora.

Helmed by Executive Chef Kwan Pok Meng who cut his teeth from a decade spent in Sydney, Australia and his hometown Kelantan, Malaysia, specializing in Chinese cuisine. A traditionalist at heart, Chef Kwan believes that modern Cantonese cuisine is a mix of culinary techniques and ingredients borrowed from the vast cultures and customs of China. Already, customers are returning for his signature dishes.

Foie Gras Sauce with Chinese Fried Dough

are an East West fusion take on the French classic. Fresh homemade Chinese crullers spread with foie gras blended with Chaozhou-style seasoning, Shaoxing wine and scallions.



Western Executive Chef Tom Tang has over 27 years of experience, and has created his own fusion and innovative culinary concept through working in luxury hospitality.



Baby Lobster Paella

Make the seafood classic with The Langham, Shanghai, Xintiandi's Cachet Mediterranean Restaurant.

The Signature Baby Lobster Paella features warm and classic Mediterranean flavor with a base of elastic rice and a fusion of Spanish seafood components.

Ingredients

30g shrimp
30g scallop
30g squid
30g seabass
1 baby lobster
6 black mussels
1 liter stock
130g Spanish rice
1 tomato, finely chopped and dressed in balsamic vinegar
splash white wine
100ml olive oil

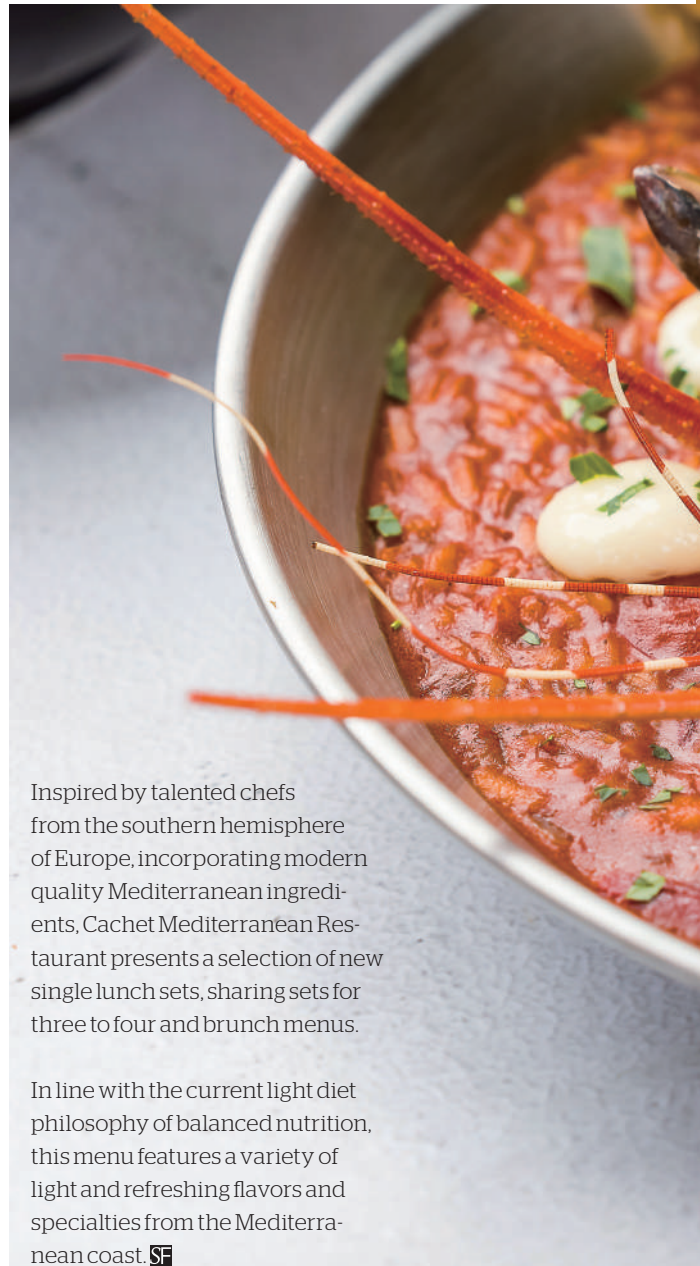
Instructions

1. Drizzle the olive oil over a paella pan set at medium-high temperature, then introduce finely chopped onions and garlic, stir-frying to achieve both fragrant aromas and translucent onions.

2. The seafood symphony comprising of shrimp, scallops, squid, and seabass, is then added along with a dash of salt, pepper, and white wine to complement the oceanic flavors; let this medley dance within the pan for approximately 5 minutes.

3. Inclusion of the Spanish rice and chopped tomato infused with balsamic vinegar, followed by additional stirring, is imperative before adding the stock and then allow it to simmer for an optimal duration of 5 minutes.

4. As a final touch, adorn the dish with perfectly cooked baby lobster and mussels, then place the paella pan in a preheated oven maintained at 210 degrees Celsius for 12 minutes. Before serving, generously squeeze the lemon juice on top and sprinkle with freshly-chopped parsley to complete this culinary masterpiece.



Inspired by talented chefs from the southern hemisphere of Europe, incorporating modern quality Mediterranean ingredients, Cachet Mediterranean Restaurant presents a selection of new single lunch sets, sharing sets for three to four and brunch menus.

In line with the current light diet philosophy of balanced nutrition, this menu features a variety of light and refreshing flavors and specialties from the Mediterranean coast. **SF**



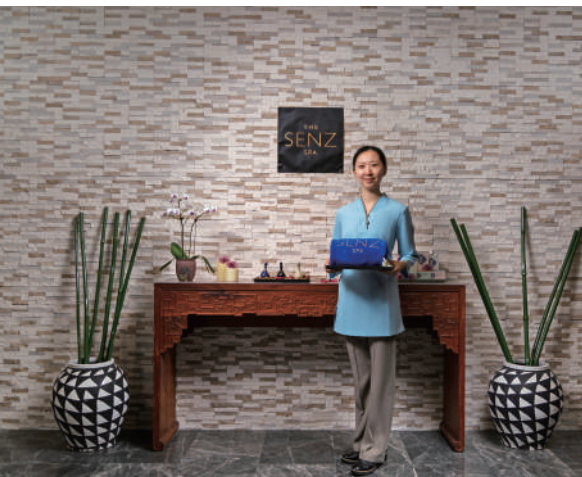
in season



Hotel Spas

Find relaxation and peace. *By Lynn Yen*

Whether you have finished a marathon work week, returned from a long travel journey, or just need some alone time, treating yourself with a trip to the spa does the trick in finding relaxation and peace. It's one of the little pleasures in life that recharge and rejuvenate your body and spirit so that you can tackle the world anew. Shanghai is spoiled with top class hotel spas that draw from the best of Asian wellness traditions, and are sure to pamper you like royalty.



The Senz Spa

at The Senz Hotel & Spa

The Senz Spa is the heart of wellness during your stay. The well-equipped daylight gym, four private treatment rooms, 25m pool, and a relaxation zone with a steam bath, sauna, and jacuzzi, make it a sanctuary for wellness and relaxation.

Enjoy a Back Release Massage, Thai Siam Massage and Aromatherapy Essential Oil Massage at The Senz Spa - a space created for purification and relaxation, for your mind and body. Treat your skin with I Plus Qessential oil to nurture and rejuvenate your body and soul.

Address: 1118 Gaojing Road, Qingpu District
Tel: 199 1676 2041

Mi Xun spa

at The Middle House

Mi Xun spa offers an invigorating urban destination for wellness in the heart of bustling Shanghai. The popular concept of Mi Xun arrives at The Middle House from sister hotel The Temple House, evolving into a new, uplifting and cutting-edge health experience. Spread over 2,600sqm, guests will find an energizing array of features, from the heated indoor swimming pool to 24-hour gym facilities, wellness studio and spa treatments. There are also services and treatments co-branded with expert providers, and guests can purchase health and wellness products from a specially curated selection of premium brands.

Address: 366 Shimen Yi Road, Jing'an District
Tel: 3216 8066

The Retreat

at The Sukhothai Shanghai

Designed by Neri&Hu, The Retreat from The Sukhothai Shanghai is a serene sanctuary for guests to escape from city life. The logo incorporates the lotus and water, embodying a sense of tranquility. The lotus represents inner beauty and rebirth, while water symbolises purity and the rhythms of life.

At The Retreat, guests can indulge in a range of Southeast Asian wellness therapies and signature treatments including Well-Living treatment, Sleep Well Therapy and Nepalese Tea Exfoliating Treatment. Moreover, The Retreat is comprised of five private treatment suites, a Zen garden and a retail area, along with a state-of-the-art fitness studio, a 25m indoor heated pool, and sauna and steam rooms.

Address: 380 Weihai Road, Jing'an District
Tel: 5237 8888



The Retreat at The Sukhothai Shanghai



Chi, The Spa

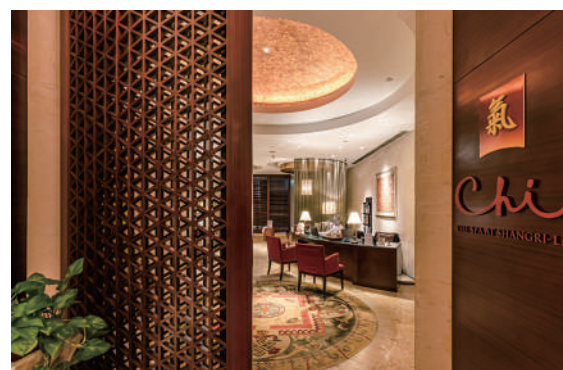
at Jing An Shangri-La, Shanghai

In traditional Chinese philosophy, "chi" or "qi" is the universal life force that governs wellbeing and personal vitality. For people to maintain good health, it is believed that "chi" must flow freely within the body. CHI, The Spa is your personal sanctuary where holistic treatments are based on time honoured methods shared by many Asian cultures. Luxurious yet down to earth, CHI, The Spa provides you with a place for personal peace and wellbeing. Intuitive and skilled therapists with a caring touch rejuvenate the body and soothe the senses.

CHI, The Spa at Jing An Shangri-La, Shanghai is located on the fourth floor of the hotel, with eight treatment rooms elegantly but simply designed. Here, highly skilled professional therapists will soothe any fatigued soul and restore energy and vitality. All treatment oils used are all-natural custom blends.

Guests can revitalize themselves this summer and enjoy the 60-minute package priced at 688 RMB, including 15-minute Head Relaxation Massage and 45-minute Express Refresher Facial.


Address: 1218 Middle Yan'an Road, Jing An Kerry Centre, Jing'an District
Tel: 2203 8888



Chi, The Spa

at Pudong Shangri-La, Shanghai

CHI, The Spa at Shangri-La, is a sprawling 800sqm space of personal peace, enchantment and well-being located on the sixth floor of the hotel's Grand Tower with a plethora of spa treatments including relaxing massages, revitalising facial therapies and pampering body treatments. Inspired by ancient healing traditions and rituals of Asia, treatments are based upon the principles of restoring balance and harmony to mind and body with the intuitive touch of a team of professionally-trained therapists and the restorative powers of thoughtfully selected essential oils and aromatic herbs. Chi, The Spa of Pudong Shangri-La, Shanghai features nine private suites, including two hydrotherapy suites with vitality pools, luxurious spa facilities with invigorating herbal steam and showers, infinity bath with colour therapy, relaxing lounge and vanity areas.

Address: 33 Fucheng Road, Pudong New Area
Tel: 6882 8888 

Shanghai Family's 15th International SCHOOL EXPO 2023

ECO ART SHOW 2023春季教育展 – 环保艺术节



特别鸣谢 Participants



Shanghai Family, Parents&Kids and HuMaNiuWa held the 15th International School Expo at Kerry Parkside on 22th April. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers: **Shanghai Family Parents&Kids**

虎媽牛娃
HUMANIUWA

Venue Sponsor: **Kerry Parkside**
浦东嘉里城

KERRY ON*



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上海协和国际外籍人员子女学校

NORD ANGLIA INTERNATIONAL SCHOOL
SHANGHAI, PUDONG

WELLINGTON COLLEGE
INTERNATIONAL
SHANGHAI

YCIS

YANKEE SCHOOL
YANKEE SCHOOL, PUDONG

HARROW
INTERNATIONAL
SCHOOL
哈罗国际学校
SHANGHAI 100

vanke
VANKE SCHOOL, PUDONG

VICTORIA
EDUPLAY



Suzhou Singapore International School
苏州新加坡外籍人员子女学校

汇加移民

home tour





The Lines That Bind

Linking the past
and the present.
By Eve Wee-Ang



I love it when people think out of the box. There's just something rebellious and bold to challenge outside the perimeters of rules. Why follow the crowd when all of us are uniquely different? This is why artists intrigue me so much. Their interpretation of life through their works feels like an intimate secret door to their inner world.

I was thrilled to be welcomed into the home of Channel Shi an artist and mother of two, whose works have been collected by Bvlgari Hotel, Indigo Hotel and British Consulate General in Shanghai. The Central Saint Martins graduate who majored in arts, culture and fashion aims to interpret her own unique perspective on the diverse living environment and globalization of the world today through her fascination with lines that connect. Through her eyes, these lines are markings found in natural stone marbles, arteries and veins in our bodies, and even mobile communication.

She is particularly intrigued by traditional Chinese landscapes that depict mountains, rivers, lakes, and seas which symbolize streams of consciousness. By weaving them into today's world of communication from transportation networks to social media to virtual reality, Channel believes that everything in life is connected. Using mixed media and materials fabrication to express multiple contrasts, she hopes to connect time and space through this discipline.



In the same spirit of juxtaposition, the past and the present, Channel's house in Puxi is a mixed marriage of modern contemporary furniture and historical relics. Every detail is thought through and every nuance considered. A running theme that occurs in her home décor is the preservation of old Shanghai, that of 1920-30s art nouveau period. As a native Shanghaiese who left for her studies and returned years later, referencing her hometown's design archive grounds her and connects her to her roots - another form of lines.

With this knowledge, I began noticing old Shanghai elements in her home.

There was the antique switch which I love in the wash-room. There were the curved windows with its brass latch that was reminiscent of 1930s Shanghai but modernized with double pane protection to block out cold winds. There were the collages of painstakingly etched designs in the ceiling designed by Channel that when photographed from the ground up, makes for an interesting visual treat. And my favourite, a traditional tea-room that leads to the master bedroom. To me, it's such a symbolic reverence to slow down and leave the day's woes behind with a cup of freshly brewed Chinese tea before retiring for the night.





We head to the basement where another world awaits. Two luxurious walk-in wardrobes belong to Channel and her husband, though it's obvious who occupies the bigger territory. Rows and rows of designer bags and shoes lined the shelves neatly. A tidying consultant was present at the shoot to help Channel organize her closets and soon, the rest of her home for *qi* to flow through - an important Chinese fengshui concept Channel's husband abides by. I noticed a designer dress hung on the wall as part of the display. Curious, I asked Channel if she wears this dress or its solely for decorative purpose? Channel replied in mirth that she hasn't wore it since she bought it three years ago as the fit doesn't suit her but decided to display it as an ornament instead.



What about her favourite purse? Channel replied sheepishly that nowadays she only carries her phone when she's out. Most of her bags have become home décor too. I high fived her because that's me in Shanghai too - a mobile phone is all we need.

Channel's mantra in life is "More is more". She opined that more is different, and complication gives birth to new things and new ideas. This fall, Channel will be opening her second workshop and first art gallery at No. 115-116, 99 Jiangbin Road. She wants this space to support women artists from all over the world - a passion that rings close to her heart. With a mantra like that, we can look forward to Channel linking more and more women artists above the radar.

Channel's favourite home décor brands to shop in Shanghai: Baxter, Cipriani Homood, Cornelio Cappellini, Fendi Casa, Visionnaire Home, Trussardi Casa, Malerba, Roberto Cavalli Home and Turri. **SF**



Not All Superheroes Fly

Band of Brothers

By Eve Wee-Ang, Photos by Mavindu



Photographer WeChat: mavinduzero

For some families, style is genetic. They just look great in whatever they put on. Be it clashing big bright bold colours or patterns and prints that run the gamut, everything looks right on them even when the fashion rulebook says otherwise. By the way, who sets those rules anyway? I say wear what you love even if it looks ridiculous to the world.

Not for these brothers, high schooler DJ Bazemore and his elementary schooler brother Hendricks Johnson. Nothing on them looks ridiculous especially when their mom, Naimah Bazemore, once graced this Style page before. So, is great style hereditary? I suppose if you grow up watching your mom exemplifying care and attention to her dressing, it naturally conditions you.

For this photoshoot the brothers hung out at a playground near their home. A favourite activity for Hendricks after school while DJ watches over him as big brother, who is older by eight years. After four years in Shanghai, they will be returning to Atlanta, Georgia for good to reunite with friends and family. I chatted with the brothers about leaving Shanghai, superheroes, and style.

How are you feeling about leaving Shanghai?

DJ: I am looking forward to new experiences. Good thing is I can connect with my friends on social media unlike in the past when we had to write letters.

Hendricks: Both good and bad. Good because I get to see my friends and family. Bad because I will miss my friends in Shanghai.

Do you have a favourite superhero?

Hendricks: Yes! Spiderman because he can swing around!

DJ: I love Spiderman too. Even though the story never changes, it never gets old. Standing up to fight for justice and keeping world peace will never get old. I just watched the latest Marvel movie "Spider-Man: Across the Spider-Verse" and it reminded me again how good of a superhero Spiderman is.

Who does your dreadlocks?

Hendricks: My dad.

DJ: I go to this guy called Bosco in Shanghai who takes an hour to braid my hair. (Bosco's WeChat: mpungli)

Who's your favourite style icons?

DJ: I love hip hop artists like Drake, Kanye West, and the late MF Doom.

Hendricks: My parents dress me.

Any favourite brands?

Hendricks: Nike

DJ: Nike and H&M

What are you looking forward to?

DJ: I'm looking forward to seeing what the world has in store for me.

Hendricks: Halloween and Christmas for the presents.

What kind of superhero stuff do you want to do when you grow up?

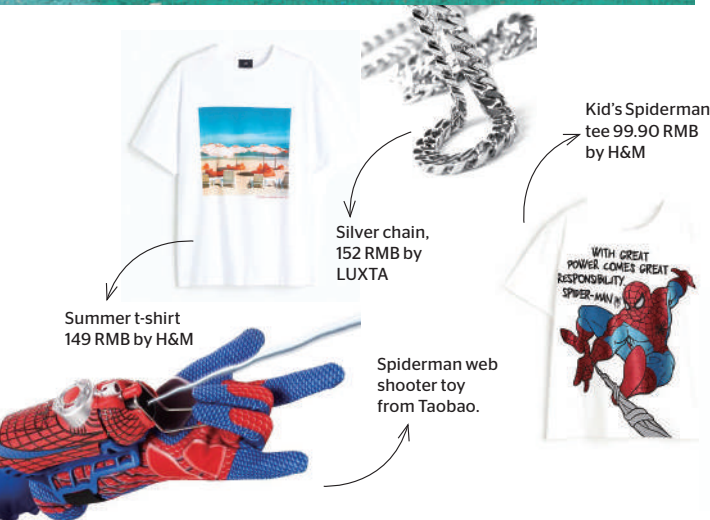
Hendricks: I don't know.

DJ: Using computer technology to help make the world a better place.

What's the coolest thing about your brother?

DJ: Hendrick's eyes, as they are a beautiful brown.

Hendricks: Everything is cool about DJ. He sometimes plays with me and that's really cool. **SF**



Kid's Nike Dunk Low, 599 RMB

100% Dad

Life of a stay at home father. *By Eve Wee-Ang*



school runs at the international school that his boys attend. There are also the organizing of playdates and sports activities. Once the boys are at school, Joel's time is flexible where he goes on biking trips with his friends, does Pilates and runs the household.

In Shanghai, Guy Tai (www.guytai.ne) is a support group for trailing expat husband and stay home dads where they meet regularly for social events. Joel and his family have made many close friends here and celebrated milestones together. As with every role in life, being a stay home dad comes with its challenges and rewards. Joel shares honestly that men don't typically stay home to care for their children so being a 100% dad is a social construct he navigates daily.

However, the rewards override the challenges. The most fulfilling for Joel are the countless hours spent bonding with his boys - watching them grow and the shared memories they have. From their first ice-cream cone, first steps, to the way his son used to pronounce "woubie-fly" (butterfly). "This time with them can never be reversed," Joel said.

My husband once told me this when I was a stay home mom, "Thank you for being home so I can work with a peace of mind knowing you are always there for the kids, when I can't be." **SF**



My husband once took a six-month sabbatical to be home with our kids and me. He took over caregiving responsibilities of our children who were then 6 and 7 years old. If you were to ask him what the best moment in his life is today, he would have no qualms telling you it was that half a year spent being a stay home dad.

Stay home parents are mysterious in the eyes of society. "What do you do the whole day?" was a question I found myself defending when I was a 100% mom. "Lots", I would reply. "As with every role in life, you need to try it in order to know it."

Joel Aviles, from Massachusetts, USA has been in Shanghai for four years and is a 100% dad to his two boys aged 8 and 10. He and his wife decided that one of them would be

the primary caregiver for their kids when they were based in Mumbai, India and their firstborn arrived. Joel's decision to be a stay at home dad was crystal clear. He described a strong paternal urge to care for his newborn. When their second child arrived, it was only fair that Joel raise him and spend time with him as he did with his brother.

As the boys began school when they moved back to the US, Joel started a home business where he had the flexibility to care for his boys. When the Avileses decided to move again to Shanghai, Joel wanted to support his wife's career in research for a multinational corporation. Once again, Joel immersed himself into the role of a 100% dad.

A typical day for Joel can be fixed and flexible. Fixed schedules include morning and evening routines, and

Hit the Road Dad!

Acing travel plans. *By Sam Braybon*

The father-centric theme of this month's issue had me nostalgically recollecting summer travels led by my dear dad back in the day. Hopping into the car at dawn, getting hopelessly lost on backcountry roads, tramping through obscure woodland paths, scrambling through rivers and streams, and being chased by an

assortment of wildlife—such trips were not, admittedly, the most meticulously planned, but they were certainly the stuff that memories were made of. Even the simplest of country walks could turn into an almighty adventure by the end of the day.

Aside from being a huge amount of fun, such family escapades have been

shown to have multiple benefits for kids, boosting their development and making them more empathetic and adaptable. And so, fathers of Shanghai, I implore you: get your kids out of the house and into the wild! Still, in modern-day Shanghai, even the most spontaneous of parents is going to need to spend a little bit of time planning. After all, escap-





ing one of the world's largest megacities can be a mission in itself, and the thought of heading into the unknowns of the Chinese wilderness with your little ones is often intimidating.

So, I called up travel enthusiast Maxime Tondeur, who has been exploring China for fourteen years, for a few tips. As both the parent to a seven-year-old son and the founder of Explore Beyond, a company that arranges custom-designed off-the-beaten-track tours for families throughout many different corners of the country, it's fair to say that he is a dad that has well and truly earned his travel chops. "China is generally a great place for family travel. Hotels and restaurants are often really understanding and flexible when it comes to kids and won't make you feel uncomfortable if your kids are a bit noisy or restless," he reassures us.

Max's Travel Tips for Dads:

1. Aim for areas where you don't need

to spend too much time traveling, and the roads are good. Distances in China can be large, and hours spent in vehicles is not fun for youngsters.

2. Bring some familiar snacks from home. Some places have great food options, while others less so. These can be deployed in hunger emergencies or even used as rewards in challenges or competitions, like reaching the summit of a mountain.

3. Ensure your itinerary is flexible. When faced with rainy days or other obstacles, have a backup plan in place so that you can switch things up easily.

4. Keep things active. Visiting temple after temple can become tedious, but get little ones involved by lighting incense or candles with the locals and really engage them.

Best Destinations for Your Family Expedition:

Shanghai Surrounds: You don't need to fly across the country; the city's suburbs have a surprising amount of potential for adventure. Max has arranged walks through the bamboo-lined trails of Songjiang District for wildlife-spotting, cave exploring with glow sticks, picnics, and even designed trips in which families seek out old, unused military bunkers. Another under-explored part of the city is Hengsha Island in the Yangtze River, which is reached by ferry—a real novelty for Shanghai's mini urbanites. The island is one of the best places in the region for bird-watching and also has camping opportunities.

Yunnan Province: This is a great option for slightly longer trips, as you'll need a few hours to fly there from Shanghai, and more time to explore the region properly. Despite its relative remoteness, the infra-

structure in this part of China is good, with excellent roads linking towns and even high-speed train options in some areas, especially the northwest of the province, with its captivating mountain landscapes and moderate temperatures, even in summer. Yunnan is known for its diverse cuisine, and with plenty of tasty handmade noodles, local flatbreads, and fried potatoes on offer, it is almost certainly one of the most family-friendly eating areas of China. There are also plenty of hands-on activities for youngsters, from horse riding close to the old town of Lijiang to making ceramics and traditional painting in the Tibetan area of Shangri-la.

Guilin & Yangshuo: Reachable from Shanghai within a couple of hours by plane, this is an excellent choice for a long weekend trip. One of the advantages of this area is the excellent choice of hotels and guesthouses located among the area's famous landscapes, studded with limestone karst peaks and water-filled rice fields. Many of the accommodation options here now include outdoor pools, which provide welcome relief during the area's hot and sticky summers. For older kids, there are also more active options such as biking along the banks of the Yulong River, riding ATVs along country lanes, and experiencing some of the best rock climbing in China, overseen by professionally qualified instructors. While parts of the area feel incredibly remote, those missing the sights and sounds of urban China can summon a DiDi to take them to Yangshuo's ever-raucous West Street, where a myriad of restaurants, cafes, and souvenir shops await. **SE**

For more information on Max's custom-designed family adventures, look up Explore Beyond on WeChat (EBRefinedAdventures) or online at www.explorebeyondchina.com.

Gubei Go-Tos

As a self-proclaimed city girl, I have always been drawn to the energy and excitement of urban life. Nevertheless, growing up in Gubei, a residential area in Shanghai often regarded as tranquil or "sleepy", I discovered the charms of this neighbourhood that manages to strike a balance between the calm of suburbia and the lively spirit of downtown. Now, as I prepare to bid farewell to Shanghai before moving abroad for university, I find myself reflecting on the time I have spent here and bidding a heartfelt goodbye to my most treasured spots in Gubei.

Among the numerous spots in Gubei that hold a special place in my heart, here are a few of my favourites.



Huang Jin Cheng Dao Pedestrian Road

Huang Jin Cheng Dao Pedestrian Road is a lively street lined with charming cafes, restaurants, bakeries, and more, making it a perfect destination for a family outing. On weekends, the street comes alive, with groups of young kids playing tag and skating on their rollerblades. I still recall being one of those kids just a few years ago, happy to join in on the excitement and make new friends - all while the moms watched from

a nearby cafe. In the autumn the ginkgo trees turn a stunning shade of golden yellow, creating a picturesque backdrop for leisurely strolls. Huang Jin Cheng Dao also hosts various events throughout the year, such as pet adoptions and charity fairs, adding to the vibrant energy of the street.

Address: No. 306-1, Huangjincheng Road, South Yili Road

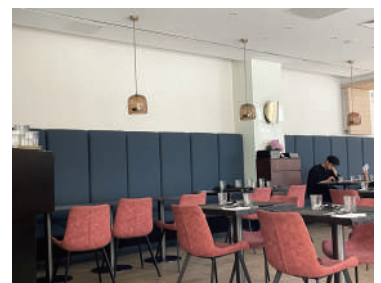


Megan Yo,
SH High School Int'l
Division, Class of '23

The Pawon

The Pawon is an Indonesian-owned restaurant that proudly serves authentic Southeast Asian cuisine. As a Singaporean, dining at The Pawon always evokes a sense of nostalgia, transporting me back to the familiar and comforting flavours of home. Their menu boasts a diverse array of dishes, each crafted to capture the essence of Southeast Asian cuisine. One of my personal favourites is their Nasi Goreng Kampung, a fragrant fried rice dish. Whether you're a seasoned fan of Southeast Asian food or a curious adventurer looking to explore new culinary horizons, The Pawon is a culinary gem that promises to delight your taste buds.

Address: B1-23, Gubei SOHO, 188 Ruby Road





New Hongqiao Central Park

If you're looking for a peaceful and family-friendly park in the Gubei area, consider checking out New Hongqiao Central Park. As a kid, my family would often bring me to this park for a fun day out, as I ran (ungracefully) around its vast grounds. Now as a teenager, I still frequent the park with my friends, enjoying its tranquil atmosphere while indulging in a relaxing picnic. New Hongqiao Central Park offers plenty of amenities, from jogging lanes, basketball courts, and soccer fields to cafes and restaurants, making it the perfect escape from the hustle and bustle of the city.

Address: 97 Yili Road (Leave from Exit 4 at Yili Road Station of Subway Line 10)

Pricing: Free entry



Yotsuba Japanese Confectionery (四叶和菓子本舗)

Yotsuba Japanese Confectionery is a quaint Japanese dessert place tucked away in a residential square that has come to be one of my favourite spots in Gubei. As you lift the store's noren curtain, you'll be greeted by an impressive display of colourful and eye-catching sweets. Yotsuba Japanese Confectionery is known for their delectable red-bean filled dorayaki, yuzu pudding, and sakura mochi, among other desserts. The cafe offers both outdoor seating and indoor seating, including cozy kotatsu floor seating (a table equipped with a heated quilt), which is where I found myself spending rainy afternoons with friends after a long school day. For those seeking a warm and intimate environment to enjoy some Japanese sweets, Yotsuba is the perfect spot.

Address: 1F, No.11-12, Lane 99, West Ronghua Road

Planto

Planto is a Korean study cafe that provides a distraction-free space for students to study and work. Despite the "cafe" in its name, it is actually a place exclusively for studying, with two main room options: an open room and a solitary room, the latter having closed-off desks to enable better focus. To make it easier for customers to work for extended periods of time, Planto provides charging ports, WiFi, and additional lamps. Moreover, there is a food area located outside the study rooms where you can get coffee, snacks, and even instant ramen. As a high school student who struggled with studying at home and in noisy environments, Planto was a game-changer for me. With their midnight closing time, I found myself there during far too many exam seasons, frantically cramming for my finals.

Address: 17 South Cuiyu Road

Pricing: Planto offers different pricing options and memberships for customers, which can be found on their Dianping page [SF](#)



Alphabet of Maleness

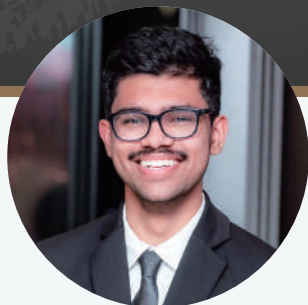
By Yatharth Banerjee Singh

Teenage trends come and go. However, there is one that has captured the hearts and minds of young men - The Greek Alphabet of Maleness. It assigns each letter a trait associated with masculinity. At the top of the hierarchy, the magnanimous Alphas embodying confidence and leadership. Following are the sensitive Betas with empathy and emotional intelligence. The more "normal" Deltas have a balanced approach to life, while adventurous Gammas embrace a daring spirit. The fun-loving but non-aspirational Omegas provide an alternative. On the other hand, independent Zetas carve their own path. Finally, the reticent Sigmas emerge as the most admired male archetype online, intriguing with enigmatic and introverted nature.

These terms were used almost solely in animal ethology prior to the 1990s, but researchers started drawing parallels to human power hierarchies. With social media, mainly for adolescents in pursuit of self-discovery, these terms have become increasingly popular. This trend offers teenagers a compass to navigate choppy waters, instilling purpose and direction. However, it is pivotal to not feel confined by these labels. Associating complex human behaviour with single archetypes leads to pigeonholing individuals into narrow definitions of masculinity, which can be restrictive and have a detrimental impact on mental health.

Like a wolf pack where each member has an essential but distinct role, the system can offer a healthy alternative to toxic masculinity and even bring a sense of community. The reality, however, is slightly different. For many aspiring to be Alphas or Sigmas the results are alarming acts that involve subjecting supposed Betas to oppression, both physical and emotional, causing mayhem through violence and, indulging in substance abuse.

For me, true masculinity encompasses a wide range of virtues, including empathy, hard work, discipline, responsibility, calmness, self-awareness, and above all, resilience. These attributes form the pillars of true strength and character, surpassing any narrow definitions imposed by many teenagers. It is vital to recognise that abusing others does not demonstrate masculinity but rather represents a menacing threat to the fabric of society. In many ways, such behaviour is closer to weakness than strength. The true measure of an individual's worth lies in treating others with respect and kindness. Instead, we should embrace inclusivity, creating a space where individuals of all genders can freely express and cultivate their unique traits, regardless of their alignment with traditional notions of masculinity. As Ralph Waldo Emerson said, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." So let us embrace our individuality, and redefine what it means to be truly strong and masculine. **SF**



Yatharth is a gap-year student about to start at NYU Shanghai. Fun Fact: He won the first Shanghai Family Student Voices competition.

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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@sh5timessquare.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

MAWOOX

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

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

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

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

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

BLUE FROG

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

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, companied 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,

community listings

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: dulwichpxi; Tel: 3329 9310 or 3329 9399

DULWICH COLLEGE SHANGHAI PUDONG

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

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

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

LIVING WORD SHANGHAI

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

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

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international 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 IBDP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL
The school strives to 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; 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@montessoris.com; 21 Donghu Road,

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

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

X²B MONTESSORI
X²b Montessori is a beautiful, elite Montessori located in the heart of Shanghai. It's a certified, bilingual institution in the Xintiandi area, Huangpu District. Their teachers hold master's degrees in children's psychology, children's early education and also children's arts' and education. X²b's concept is a balanced combination between Montessori and different educational, artistic and emotional development. Your child will be welcomed with warm smiles every morning and will leave the campus with glowing, happy faces. 368 Xujiahui Road, Huangpu District, Tel: 6335 3773

Sports & Fitness

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

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

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

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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
安幼眼科
400-6003-828

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 Jingtian 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
全康医疗
Global HealthCare
24 HOURS
400-690-8866

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 HEALTH
嘉会医疗
400-868-3000

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

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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; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

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

MINDFRONT SHANGHAI CLINIC

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

PARKWAYHEALTH

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

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

RAFFLES MEDICAL SHANGHAI

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

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 Linqun 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,

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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 Qianjiang Road), Mon - Sun, 24h; Jiahui Health(Jing'an): 88 Changshu Road, Jing'an District, Mon - Sat, 8am - 8pm, Sun 8am-6pm; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000; www.jiahui.com/en

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York

Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; Mon-Sat 10 a.m.- 7 p.m., closed on Sundays; www.newyorkdentalchina.com, WeChat: NYDC-Shanghai

LIFESTYLE

Hotels & Holiday

THE PULI HOTEL

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

PRIMUS RESIDENCE SHANGHAI HONGQIAO

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

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.tongpailhotels.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

Living With All Boys

Understanding a different species.

By Leslie Hwang



Before I got married, I dreamed of having a daughter. I wandered around for a Halloween dress for my future girls when I was pregnant. I know it was a completely silly idea, because now I live with two boys aged 9 and 10 years old, a male dog, and my husband. God didn't allow me to have a girl in my life. Understanding my boys is my BIGGEST CHALLENGE since I grew up as an only child. We are different species. Here's a story of how I survive with them.

Great Explorers

Their brains are full of kooky ideas and they want to try unexpected things and act in unexpected ways. The moment I lost my mind was when my elder son was three years old. My mom bought a brand-new red car, and she wanted to

go for a drive with us. We stopped for a rest and had a coffee beside the car while the kids were playing around us. When we got up to leave, we saw my eldest was DOODLING on the new car's door with a PEBBLE. Oh, what an incredible boy.

Next, let me introduce the other great explorer of my house, my youngest. An unforgettable story happened one day when he was around two or three. After I finished cooking and entered the living room, I saw his back. He was plucking out my laptop keyboard's keys piece by piece (even with the rubber underneath), and his work was almost complete. Looking on the bright side, thanks to his enormous efforts, I could get a new laptop. I believe their creativity will make the world a better place someday.

Bathroom Mystery

Their bathroom is always full of mysteries and it trains me to be a genius detective. Why does the shower curtain in their bathroom fall during bath time? I definitely cleaned up the toilet, but where did the stinky smell and yellow stain come from? Why are their bathtub and toilet drains stuck so often? As always, I have learned those answers. But I won't mention anymore.

Born with Red Bull Energy

As they got older, living in an apartment was no longer an option for me. I couldn't stop saying, "Don't run in the house, don't stomp, and don't yell." Their energy was totally uncontrollable.

That was the moment when I decided to move to a single-family home. Our budget was too tight to move, but my mental health was non-negotiable. We found a three-storey house, that was a little bit old-fashioned and gave up floor heating. (As a cold-intolerant Korean, it seemed implausible.)

But the decision was worth it. My anger is much less than before. I could be a generous mom with a smile. They can get their energy out by running the stairs, digging the ground, and plucking the grass. One of the notable things was we could give each other space and privacy. Our current daily life is closer to living in the countryside than modern city life. But that's definitely the best choice for us.

I always remind myself that my sons are just curious young boys. To other boy moms, I suggest to give up your fragile items, and replace them with plastic. Then, you will have a better chance at having inner peace. **SF**

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