

# Shanghai Family

Spring 2024

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Patio  
Weather

*Where in the  
World are  
Shanghai  
Students*

*Street Signs:  
Yanqing Road*

## *Asia Travel Bucket List*

*The must-visit locales to jet off to*

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## 驱动绿色未来 赋能少年之声

Driving Towards a Green Future, Powering the Voices of Youth

### Student Voices x 马石油F1车手见面会

Student Voices X Mercedes-AMG PETRONAS F1 Team Meet & Greet

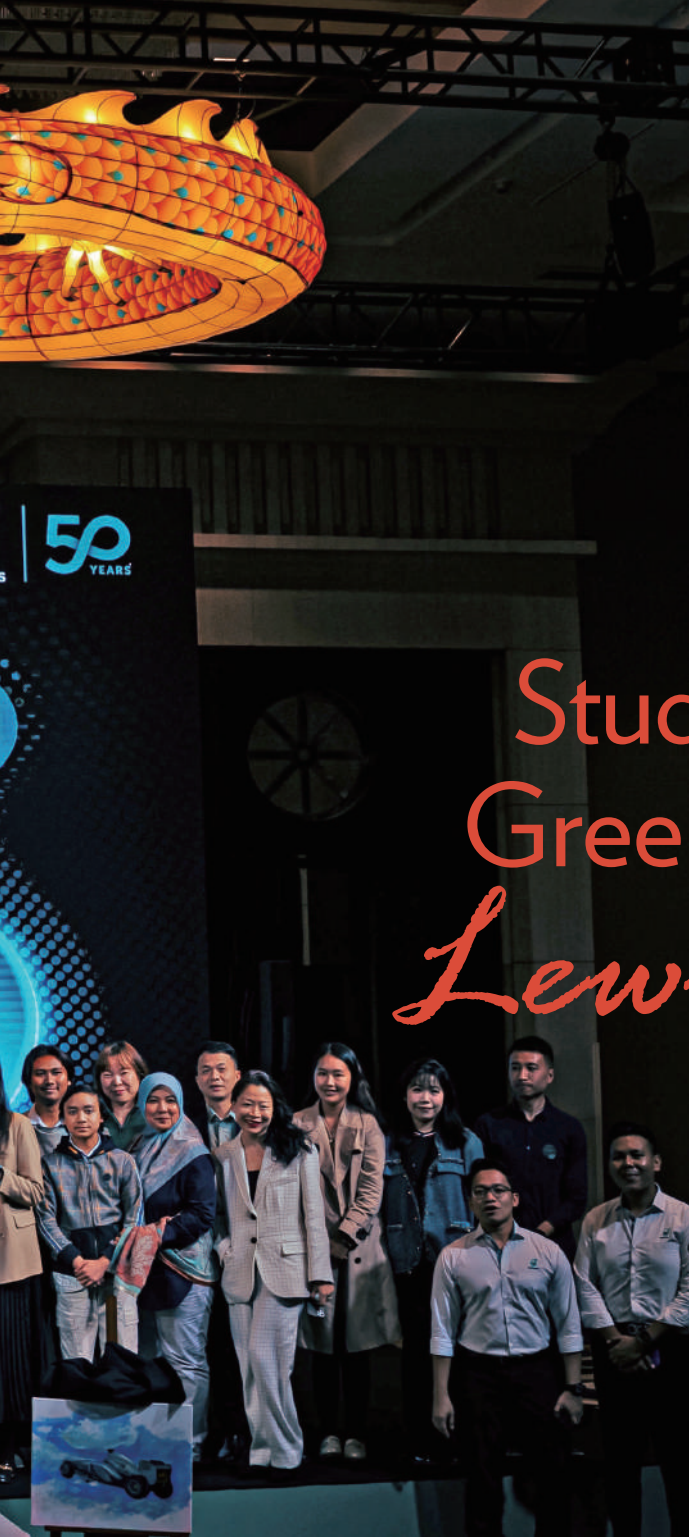


A group of primary and secondary school students, who excelled in Student Voices, an English Speech Competition, were given the opportunity to share their sustainable living ideas with Mercedes-AMG PETRONAS Formula One driver Lewis Hamilton during a special meet and greet session held ahead of the Chinese Grand Prix.

Themed "Driving Towards a Green Future, Powering the Voices of Youth", the session showcased the works of three outstanding teams from this year's edition of the competition centered on sustainable ideas and practices for the future, in line with one of PETRONAS' social impact pillars - Planting Tomorrow - which focuses on educating young minds on the importance of biodiversity conservation and sustainable living.

Chief Representative of PETRONAS Beijing Representative Office, Lisi Lee said, "At PETRONAS, we are passionate about driving progress towards a better future for all, and this includes preparing communities to be more adaptive, resilient and contribute towards a healthier planet. Not only has our collaboration with Student Voices played a vital role in attracting young minds to deepen their understanding and





# Student Voices Fuels Green Discussions with Lewis Hamilton

duced a special format that encouraged team collaboration amongst the students as well as a chance for them to engage in an in-depth dialogue on their transformation ideas with Lewis.

Lewis said, "It was fantastic to see the enthusiasm and passion these young students have towards sustainable living. Similar to a Formula One race, teamwork is the key to performance, and seeing how well the three groups worked with and supported each other was great to see."

PETRONAS will continue to commit to low-carbon and sustainable development, to integrate it into its strategies and daily operations, whilst actively fulfilling its corporate social responsibilities focused on three positive social impact pillars - Powering Knowledge, Uplifting Lives and Planting Tomorrow.

The Student Voices English Speech Competition is an annual event jointly organized by Xinmin Evening News Community Edition, Shanghai Family, Parents & Kids, and HuMaNi-uWa. It has seen participation from nearly 3,000 young speakers across approximately 80 schools over five years. These schools encompass international schools, bilingual schools, international high schools, and public schools in Shanghai and the Yangtze River Delta region.

For the third consecutive year, PETRONAS has continued to support the Student Voices English Speech Competition as an official partner and won a series of awards including the Golden Flag Award for the Best Corporate Social Responsibility, the CSR China Education Award for CSR China Top 100 Rank, SDG Special Award and Public Recognition Special Award.

awareness of sustainable development for the future, but it serves as a platform for us to foster a shared understanding of our collective responsibility."

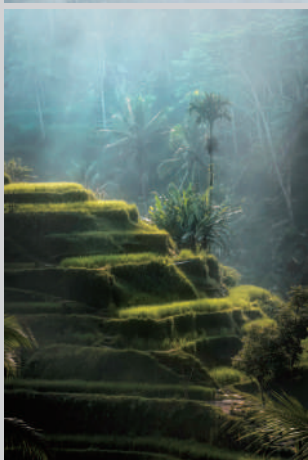
Held in conjunction with the return of Formula One to Shanghai after a five-year hiatus and also to commemorate the 20th anniversary of the Formula One Chinese Grand Prix, this year's competition intro-

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## CONTRIBUTORS



### Feature

**Rachel Wright** is a teacher and writer who is passionate about literature and conversations with friends.



### Home Tour

**Deanna Irizarry** Originally from the US, D enjoys travel, helping others make connections, exploring Shanghai, reading, and seeking the perfect Paloma.



### Mom Blog

**Leslie Hwang** is a Christian, outdoorsy, dog lover. A South Korean, she has delighted in Shanghai life since 2016 with her husband, two boys, and dog.

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Spring 2024

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 **Ringier**



Qinghai, I like the grasslands and cattle there

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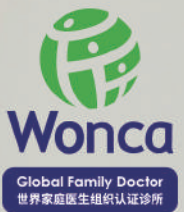
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# thank you page

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## editorial team note

**W**e've been bitten by the travel bug and are dreaming of the next destination we want to visit. In this issue, we take a look at bucket list-worthy **locations to travel to in Asia** in our cover story. (p16) Asia is bountiful with a vast variety of cultures, climates, and terrains from snowy mountains to desert dunes and sandy beaches. Where do you want to go on your next trip?

The students at international schools are jetting off to places near and far as well for field trips, service learning, competitions, and more. We take a look at the **amazing trips that students have taken** recently in the education feature. (p32) And for the high schoolers and parents looking at universities abroad, we go in-depth about what to do and what not to do while attending a **college campus visit** in the feature story. (p22)

While we eagerly await our next vacation, we can put our exploration caps to good use in our own city and **explore a new neighborhood** in street signs. (p52) Afterward, we can enjoy the season's lovely weather and dine outdoors on a patio. (p44)

Elsewhere, we dive into style with a **home tour** that blends together different cultures (p46), and look to the **classic style of equestrians** for fashion inspiration. (p50)

As always, we hope you enjoy this issue of Shanghai Family.



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



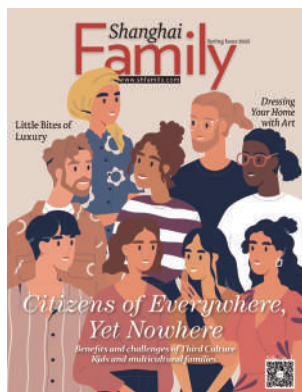
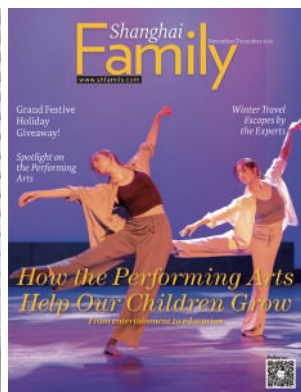
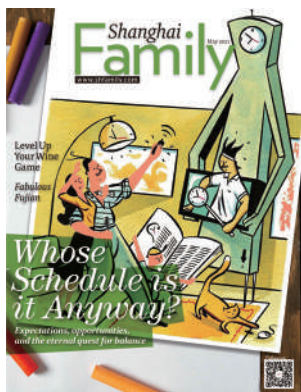
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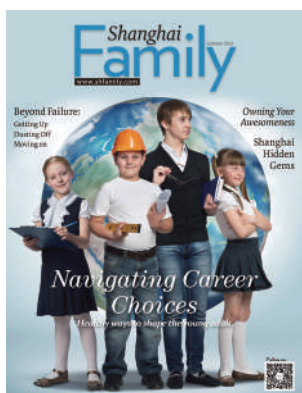
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## Shanghai International Film Festival Hits the Big Screens This June

The 26th annual Shanghai International Film Festival is set to take place from June 14 to 23 at 47 movie theaters across the city. This year the theme is "City of Films," and the festival received over 3,300 entries from 105 regions and countries. The jury for the Golden Goblet Awards Main Competition will be led by director and scriptwriter Tran Anh Hung, who won Best Director at last year's Cannes Film Festival for "The Taste of Things." Screening tickets will be available for purchase starting on June 7 at noon on Taopiaopiao.com. The schedule and list of nominees will be released soon.



## Da Marco Celebrates 25 Years

Beloved Italian restaurant Da Marco celebrated its 25 year anniversary on May 18. Founder Marco Barbieri started his namesake restaurant back in 1999 alongside his wife. From the beginning, Da Marco has had a family feel among its customer base. The community that has grown around the restaurant is best represented by the large feast painting on the wall with faces of regular patrons photoshopped in. Congrats on 25 years!

## School of Rock The Musical Returns

Andrew Lloyd Webber's School of Rock The Musical comes to Shanghai from July 18 to August 4 at Pudong's New Bund 31 BOCOM Performing Arts Center (777 West Gaoqing Road). The Broadway hit is adapted from the popular film starring Jack Black, and follows a substitute teacher who transforms a studious class into a rock band. The tour also includes Beijing, Guangzhou and Suzhou. Tickets range from 280-1080 RMB on smartticket.cn.



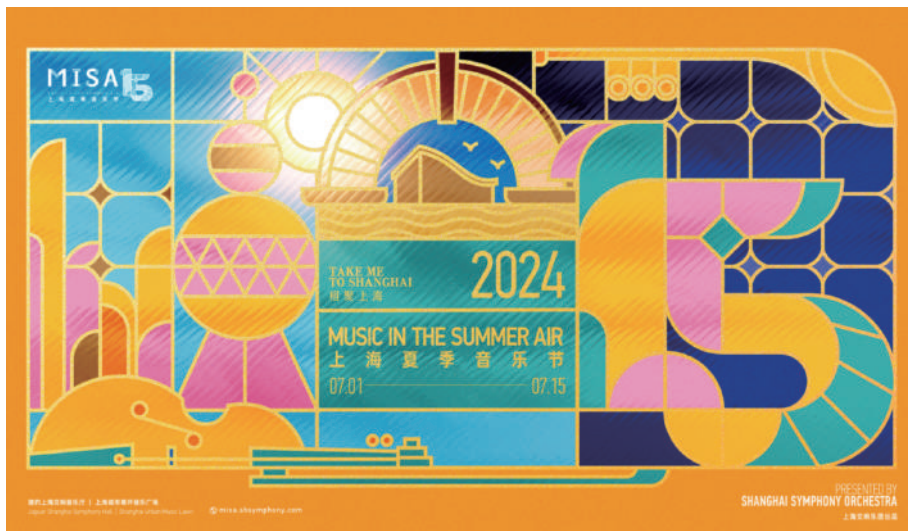
## Enter the World of Studio Ghibli

Our love of Studio Ghibli continues with an immersive exhibition with 24 exhibit areas displaying the cherished animated works from the Japanese studio. The Studio Ghibli Story opened in April and runs until October 31 at the International Media Port Art Center (10 Longtai Road). Single tickets are 158-198 RMB, while child tickets are 88 RMB. Family packages are also available.



## London City Ballet

From Aug 29 to Sep 1, London City Ballet will perform at the FANCL Arts Center Grand Theater (466 Jiangning Road). After closing in 1996, Christopher Marney has brought the company back to life. The company will perform Kenneth MacMillan's Ballade, Ashley Page's Larina Waltz, Christopher Marney's Eve, Macmillan's Concerto, and Liam Scarlett's Consolations & Liebestraum. Tickets are 158-770 RMB at 247tickets.com.



## SSO Begins Annual Music in the Summer Air

Get ready for Shanghai Symphony Orchestra's annual summer treat. Music in the Summer Air is back for the 15th year. This year's music series kicks off on July 1 and runs until July 15. Highlights of the lineup include The New York Philharmonic conducted by Jaap Van Zweden in two concerts of music by Mahler and Brahms with soloist Thomas Hampson, followed by Mozart and Copland symphonies. Fabio Bonizzoni will direct La Risonanza along with Handel and Vivaldi with the Shanghai Camerata. Get your tickets on 247tickets.com.

The MISA Open Air free outdoor concert series returns with seven concerts at the Shanghai Urban Music Lawn surrounding the Cadillac Shanghai Concert Hall (523 East Yan'an Road). Check out the SSO website (misa.shsymphony.com) for a complete calendar.



## Student Voices English Speech Competition Enters Semi-Final Rounds

The 2024 Student Voices English speech competition held multiple rounds of semi-final competition in schools and at the Shanghai Family Spring School Expos. Competing students spoke on this year's topic "Transform into Green, Thrive with Dream." They thought of creative ways to help improve their households and school campuses to become more eco-friendly. The creativity of ideas, informative research and captivating presentations all left a memorable impression. As always, the audience and judges were left very impressed with the skills displayed by the youth. Congrats to all participants, and we look forward to the final round in the fall!

## Phantom of the Opera

Tickets for the classic love story musical are going fast. The international tour of Andrew Lloyd Webber's acclaimed musical comes to Shanghai Grand Theatre (300 Renmin Avenue) from August 27 to October 13, along with stops in Shenzhen, Xi'an, Suzhou, Chengdu, and Beijing. The cast is led by Jonathan Roxmouth as The Phantom. Tickets range from 480-1180 RMB on 247tickets.com.



## school roundup



### SH French School Hosts Asia-Pacific Swimming Championship

The 9th Asia-Pacific Swimming Championship kicked off at the Shanghai French School on May 13th, celebrating Sino-French friendship and previewing the 2024 Paris Olympics. The championships were organized by Shanghai French schools, with the participation of 10 international schools from Australia, South Korea, Singapore, Vietnam, Cambodia, UAE, Indonesia, and Thailand. Over 250 young swimmers aged 10-17 competed in backstroke to butterfly, showcasing their athletic talents. The event strengthened cultural exchanges and cooperation among French schools in the region. With exciting races and cross-cultural interactions, the event fostered international perspectives and communication skills.



### Multiculturalism at YCIS's Community Day

On 11 May, YCIS Shanghai organised a wide range of activities across all campuses to help students understand different cultures and traditions. Students, parents and teachers celebrated the Global Community Day together with laughter and excitement. As a school consisting of families from 50 countries and regions, YCIS Shanghai knows the importance of creating a multicultural and multilingual environment to develop students into global-minded, appreciative and caring global citizens.

### Wellington Pupils Shine

Four budding entrepreneurs from Wellington College International Shanghai won 3rd place at the finals of the University of Delaware's Diamond Challenge competing against 4,000 students from 940 teams worldwide. This is the first time a team from China has placed in this prestigious competition. Wellington extends heartfelt congratulations to these trailblazers. Their achievement is a testament to the College's nurturing environment for innovation and excellence.







## Dulwich Future of Education a Success

On 13th April, the second 'Future of Education Conference', co-hosted by Dulwich College Shanghai and Shanghai Dehong School, was held at the Langham in Xintiandi. Choosing from universities that Dulwich International students have matriculated, four eminent educators and scholars from Oxford, Brown, MIT and Harvard together with headteachers and university counsellors from Dulwich and Dehong gathered to share the latest developments in education with 200 attendees. The event featured presentations from Professor Kim Plunkett of Oxford and Andrew Heald of Brown, followed by interactive discussions and workshops.

## SCIS Alum Takes Trip Down Memory Lane

It was a heartfelt reunion for former SCIS Hongqiao student, Floor Wijsma, as he returned from Holland to Shanghai after a decade. Floor and his father were warmly greeted by the SCIS admissions team for a walk-down-memory-lane tour of the recently revamped SCIS Hongqiao Main Campus. He reflected on the transformative impact SCIS had on his journey. SCIS wish Floor and his father all the best as they return to Holland.



## LUC Nature Kindergarten Easter Egg Hunt


The air is filled with the fragrance of spring, and colorful Easter eggs are hidden throughout the campus, waiting to be discovered by little hands. For the young explorers the hunt is more than a game, it's a journey where they learn about the outside world. Armed with baskets and boundless curiosity the children embark on a quest to find hidden treasures.



## Concordia Celebrates International Day

Did you know that Concordia boasts over 30 nationalities under one roof? This unity shines bright during events like International Day 2024, where everyone embarked on a whirlwind adventure of flavors, fun, and cultural flair! The theme was "Many Languages, One Community", and the Parent Support Organization pulled out all the stops to ensure a day of laughter, love, and community spirit. Attendees were met with brightly colored attractions and costumes, enticing aromas, and fun cultural activities to try.





cover story

# Asia Travel Bucket List

**The must visit locales to jet off to.** *By Lynn Yen*

**F**or expats living in Shanghai, the travel opportunities are amazing. We are spoiled for choice when it comes to holiday and sightseeing destinations across the region. Make the most of your time living in Asia by writing a bucket list of all the exotic locales you want to visit while you're in this corner of the world.

Shanghai is blessed to be a transportation hub with many flight options to international cities taking off at all hours of the day. And with the city's prime positioning, all it takes is a quick hop, skip, and a jump and you've touched down in an exciting new place ready to explore. Plus, you don't have to worry about jet lag!

There is something for everyone. People whose ideal vacation is lying on the beach in a tropical paradise can visit all the seaside getaways that Asia offers. For people who are culture vultures, and love exploring the must-see tourist sites, there are rich cultural hubs in each location to take in. It is hard to narrow all the unique locales down to just a few, but here are a few destinations that are worthy of a spot on your Asia travel bucket list.





# Japan

An international cultural powerhouse, Japan has so much to offer, and it's all just a quick 3-hour flight from Shanghai.

Some great times of the year to visit Japan include the winter for skiing and snowboarding in Hokkaido, Japan's North main island, and the springtime for cherry blossoms blooming across the country.

For snow aficionados, Hokkaido is the place to go. Blessed with high-altitude snow peaks, and generous snowfall, Hokkaido is a top destination for skiing, snowboarding, and more. The best time for winter snow sports in Japan is November through March, with January cited as the holy grail for fresh powder. The most popular mountain resorts to visit are Rusutsu, Furano, and Niseko.

There are many transport options to get to your ski resort destination. Taking Niseko as an example, you can fly into Hokkaido's International New Chitose Airport. From the airport, there are extensive bus, train, and car options to take you on your final leg of the journey.

While you are in Hokkaido in the cold winter, book in a trip to warm up in a hot spring or onsen. The Japanese onsen bathhouse has a rich history and culture. Many hotels near the ski resorts will have an onsen. Additionally, the nearby Noboribetsu Onsen sources its water from Hokkaido's Hell Valley and is located

about an hour's drive from Rusutsu and Niseko.

If the snow and cold temperatures aren't for you, there is also the magical spring cherry blossom season in Japan. The unofficial national flower, Sakura or cherry blossom, can be seen all throughout the country, with peak blooms occurring around early April. However, the blooms are getting earlier due to the warming of climate change. Search for the latest forecast bloom predictions online for different parts of the country to make sure you are there during the optimal time.

Of course, if you are going to Japan, there is delicious world-renowned cuisine that should not be missed: Kobe beef, sushi, ramen, curry, yakitori, mochi. There are too many to list. Even the convenience stores in Japan like Lawson are known for their culinary prowess. Just bring your wallet and an empty stomach.

During your visit, it is good to keep in mind that Japanese society is known for being polite and orderly. Recently a town near Mt. Fuji, put up a screen to block the picturesque mountain view because of unruly tourists. So while being a tourist and guest in the country, make sure to be on your best behavior.

## Resources:

<https://nisekotourism.com/resorts/getting-here/>  
<https://rusutsu.com/en/>



Photo: Niseko Grand Hotel





# Mongolia

Mongolia, our neighbor to the North, is the perfect travel destination to immerse yourself in nature and experience a whole new culture.

One of the must-see attractions is the vast, arid Gobi Desert that spans the south of Mongolia and into North Central China. This cold desert of picturesque sand dunes and grasslands is the 7th largest desert in the world. The temperature here can shift drastically with the coldest average temperatures in winter reaching -40 degrees Celsius and inversely soaring in the summer to over 40 degrees Celsius. With the big day and night temperature shifts, the best time of the year to visit the Gobi is during the moderate weather of May or September.

There are many travel companies like Three Camel Lodge and Mongolian Luxury Tours that offer traditional accommodation in a luxury Mongolian yurt or ger in the desert. They also provide planned activities

and excursions in the Gobi and other noteworthy sites across Mongolia.

Some important cultural events to plan your trip around include the Naadam Summer Festival held in July and the Golden Eagle Festival occurring in October.

Naadam is Mongolia's biggest celebration of the year. It is a national festival celebrated across the country starting on July 11 and has its roots in the nomadic culture of the Mongols. Participants compete in three traditional games of horseracing, wrestling, and archery. The biggest event takes place in the capital city Ulaanbaatar's National Stadium, although every town and city across Mongolia holds its own Naadam. Tickets for foreigners to the festival in Ulaanbaatar are difficult to purchase on your own but are available through various tour companies.

Another major cultural event each year in Mongolia is the start of the



eagle hunting season in the fall. The main Golden Eagle Festival is held during the first weekend in October in Bayan-Ulgii province in far western Mongolia. Getting there is most convenient with a flight from Ulaanbaatar. The Golden Eagle Festival is a Kazakh tradition where horse-riding eagle hunters compete in trials with their trained golden eagles. The festival is depicted in the documentary "The Eagle Huntress," which follows a 13-year-old girl as she trains to become the first female hunter in her family. During the competition, prizes are awarded for speed, agility, accuracy, and best traditional Kazakh dress. It is best to arrange travel well ahead of time with a tour company as local accommodation and flights are limited.

## Resources:

<https://mongolianluxurytours.com/>  
<https://www.threecamellodge.com/>  
<https://www.gadventures.com/destinations/asia/mongolia/>





A seven-hour flight from Shanghai will take you to the beautiful tropical paradise of Bali. It is a must-visit for its stunning vistas, rich culture, and welcoming people. Bali, a province in Indonesia, has always attracted foreign visitors from vacationers, digital nomads, surfers, and spiritual wanderers. This place embodies the slow-paced, laid-back island lifestyle.

Yoga, meditation retreats, diving, snorkeling, and surfing are among the popular activities to do while in Bali. The best time to visit is during the dry season that runs from May to September, although year-round warm water temperatures make even the rainy season enjoyable.

As far as transportation goes, renting a scooter has for a long time been the best and most convenient way to get

around Bali, but last year saw rules introduced by the government aimed to limit foreigners from renting scooters to curb unwanted unruly behavior.

Since the popular book "Eat, Pray, Love" by Elizabeth Gilbert and the subsequent movie starring Julia Roberts captured the spirituality of the island's culture, many travelers venture to Bali for soul searching and healing. Balinese Hinduism is practiced on the island making Bali a perfect place to go to for a spiritual retreat, with many health, wellness, meditation, and yoga retreats offered throughout the year, along with temples and Balinese healers.

Visit the city of Ubud, an hour and a half drive inland from the coast. Nestled among rice paddies and ravines, Ubud boasts art, tradition, and culture. The Ubud Art Market is a great place to buy a souvenir of your trip with vendors selling silk scarves, woven bags, and handmade crafts. Bargaining the price down is custom here, so brush up on your skills. The market is open daily and is situated just opposite the Royal Palace.

# Bali, Indonesia

While you're in the area, you can stop by the village of Padangtegal for the Sacred Monkey Forest or the Ubud Monkey Forest which houses around 700 Balinese long-tailed macaque monkeys, 186 species of trees including a century-old banyan tree, and three temples among its 30.8 acres of forest. Keep in mind, the monkeys are used to humans wandering their home so they can be aggressive and get into some serious monkey business.





# Thailand

Thailand, the Land of Smiles, has earned its place as one of the most popular tourist destinations for a reason with the stunning beaches and island paradises, the delicious food, the mystical temples, and the lush rain forests. With affordable plane tickets, visa-friendly policies, and a beneficial currency exchange rate with the Chinese Yuan, it is no wonder that Thailand makes the bucket list.

Great places to visit while traveling to Thailand include the lively beaches of Phuket, the tranquil resorts of Koh Samui, the cultural capital of Bangkok, and the mystical mountains of Chiang Mai. The best time to visit is usually around December to March when the temperature is lower and the rains are less.

Up north you have Chiang Mai, the Lanna Kingdom's ancient capital. Here it is a great opportunity to spend time with an Asian elephant, a symbol of the country. Many ethical elephant sanctuaries can be found all around Thailand. Elephant Nature Park, which is located about two hours north of Chiang Mai, offers long-stay volunteering, overnight, full-day, and half-day stays. Visitors to sanctuaries are typically able to help feed and bathe the elephants.

The bustling capital of Bangkok is home to stunning temples, with the UNESCO World Heritage Site, Ayutthaya Historical Park, located an hour's drive away. (on the cover)

For a beach getaway, head south to Phuket Island on the western Andaman Sea or Koh Samui on the eastern Gulf of Thailand. Thailand's beaches



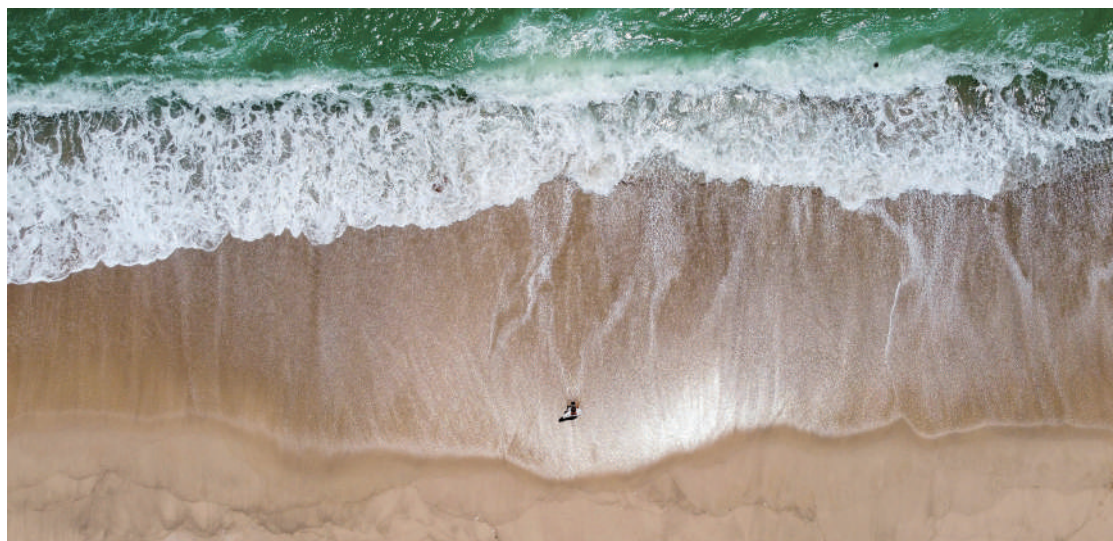
are tropical paradises that attract many foreign tourists. Koh Samui is even the setting for the upcoming season of The White Lotus which is set in idyllic resort getaways around the world. When comparing the two islands, Phuket is larger with more lively beaches and activities on offer and is a better choice for surfing, while Koh Samui is more relaxed with prime diving and snorkeling spots.

Wherever you go in Thailand, you are sure to leave with a desire to come back and explore even more.

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**Resources:**

<https://www.elephantnaturepark.org/>







# Malaysia

Travel through Malaysia by rail aboard the luxurious Eastern & Oriental Express sleeper train. This immersive, slow-paced form of travel is excellent for fully taking in all the sights that Malaysia has to offer. The Eastern & Oriental Express first started operating in Southeast Asia in 1993 when it shuttled travelers between Singapore and Bangkok, Thailand.

Now in early 2024, the Eastern & Oriental Express, operated by the English luxury travel group Belmond, has returned to the tracks and is again welcoming guests to explore Malaysia by train. The updated train routes are amended from the pre-pandemic journey, this time by omitting Thailand from the itinerary. Instead, the new routes take off from Singapore and run through some of Malaysia's most popular destinations before returning back to Singapore.

Riders have an option between two regular 3-night routes. The Wild Malaysia trip takes guests into the lush tropical rainforests of Taman Negara National Park. There, guests can go on planned excursions including photography, learning about the flora and fauna, and sup-

porting the endangered Malayan tiger. The next stop on the journey is a cultural adventure in Penang exploring the state capital George Town's Old Quarter and discovering local Peranakan culture and cuisine.

For travelers preferring a beach retreat, the Essence of Malaysia itinerary travels up Malaysia's West Coast and makes the most of the country's beautiful beach coastlines with a visit to Langkawi's Pulau Payar Marine Park for planned activities like paddleboarding, snorkeling, and barbeque. This Essence of Malaysia train route also includes the cultural excursion to Penang's George Town before returning to Singapore.

Also in December, the Eastern & Oriental Express will get a festive makeover for two special holiday trips planned around Christmas and New Year that take travelers up the West Coast of Malaysia.

On board, the Eastern & Oriental Express's luxury restaurant serves a menu of modern Peranakan food that is a mix of Chinese, Malay, Indian, and Eurasian ingredients. The lushly decorated and redesigned sleeper cars are split into three categories: Pullman, State, and



Presidential, and each comes with a private bathroom. After exploring and adventuring during the day, guests return to the train in the evening for a four-course meal and nighttime entertainment in the Piano Bar Car.

This romantic and nostalgic journey by train is a bucket list trip of a lifetime. Prices start from US\$3,410 per person for the 3-day trip inclusive of meals, activities, and entertainment. For dates and booking your trip, visit their website. [SF](https://www.belmond.com/trains/asia/eastern-and-oriental-express/)

## Resources:

<https://www.belmond.com/trains/asia/eastern-and-oriental-express/>



# Thinking of Joining an Open Day at a UK University?

Here's how to do it right. *By Rachel Wright*



It's ten o'clock on a chilly, April morning in central London, and there is a buzz of anticipation at the London School of Economics, as over 1,000 seventeen year olds - many of whom are accompanied by parents - register their attendance at the open day and get a wild-flower-seeded paper wristband attached by student volunteers. Plans are afoot. My daughter wants to go to a subject talk by a history lecturer, so she makes her way to the auditorium in the bowels of this cavernous, modernist building. It clashes with a talk on admissions, so I am sent there, to pick up any useful tidbits. We will get together in an hour to compare notes over a sandwich at the Marshall Building which holds several information booths and a café. Then it's onto a subject talk by another lecturer in the afternoon. There are already queues at the free hot drinks stands dotted around the university quarter - a surprisingly small, pedestrianized area, conveniently giving almost instant access to all the key university buildings. It's unlike Cambridge University, which we visited last year, where university buildings are spread out all over town, and you have to allow half an hour on foot, or more, to get from one building to your next during an open day visit. So here's my first piece of advice: plan your day.



Getting Started

Most universities have several ways to allow prospective students to get a handle on their university. The first is their online and social media presence. A virtual open day, accessible via the university’s website, allows you to access at your own convenience, videos of presentations recorded during an in-person open day. There is often a virtual ‘campus tour’ - a video in which students show you their university. Prospective students can follow their favourite universities on Instagram, or ‘chat’ online with a current student. Universities may also offer live Q&A sessions, covering course structures, assessments, admission processes, funding and entry requirements. If you aren’t able to get to the UK to actually see a university in person, this can be a very useful fallback plan.

However, if you are lucky enough to be able to get to the UK, then an in-person open day is going to give you lots of valuable impressions that a virtual one can’t. For example, what impression do the current students give you when they communicate to an audience in the lecture theatre? Are they articulate and well-spoken? Is the student body diverse and international (if this is important to you). What sense do you get of how hard-working or driven the students at this university are? (is the library well-occupied?) What emphasis is given to academics versus well-being? One father from Shanghai who visited LSE last year was impressed by how ‘slick’ and ‘well-organised’ the university was.

Of course, a lot of this is subjective (more on that later), but a curated virtual tour won’t reveal many of these gut impressions. Typically, most Russell-group unis (top 24 world-class UK universities) schedule open days twice a year (at LSE, for example, they run in April and July), but if you

can’t make either of these and still want to get feet on the ground, then you do have other options. After all, UK universities receive a lot of interest from students internationally and will want to accommodate these prospective applicants. LSE gives weekly campus tours throughout the term and permits drop-in visits to the admissions office Monday to Friday, followed by a self-guided tour. Durham University and Warwick University do the same.

Visiting on Open Days

If you want to hit a few open day events at different universities during a short time frame, then late June or July is your best bet - although this will probably be after the end of their academic year. This year, LSE’s next open day is scheduled for 4 July. University College London has a weekend open day scheduled for 28 and 29 June. To book a place at one of these open days you’ll need to register your interest by email (details are on the university’s website under ‘Open Day’), and then you’ll receive an email alert when booking online

becomes available - usually about a month before the open day. Booking is free, but you’ll need to book a ticket for each person attending. Some universities cap the number of companions the student can bring with them. Once you’ve booked your spot (there’s often a time slot provided for you to show up on the day to register your attendance), you’re good to go. Next, you’ll need to see to your travel and accommodation arrangements. UCL offers an option to book accommodation in its halls of residence, but other universities won’t offer this, so book accommodation as far in advance as you can.

Summer Dates of Open Days 2024	
Durham	14/15 June
LSE	4 July
King’s College London	8 June & 6 July
Oxford	26/27 June
UCL	27/28 June
Warwick	15/22 June





*"Don't miss the admissions talk. Gems you can pick up include: applicant vs acceptance rates for individual courses, what not to put in your personal statement (part of your application), what the university is expecting to see in your personal statement, how they review the personal statement."*

Universities release their open day programmes several weeks in advance so you can decide which talks you want to target. Typically, as well as subject and admission talks, there will be presentations on student life, where current students talk about their experience and take questions on topics ranging from student accommodation with costs and different types of living options, to career preparation such as how does the university set you up for getting a job after you graduate, and also study abroad opportunities. Many programmes offer the chance to study abroad in year three of your university course at other universities around the globe, and then students return home for the fourth and final year. At the London School of Economics there is also a parents and carers talk, which can be useful for overseas families. Around 50% of their intake each year are non-UK students, with 22% from Asia and Australia.

So now you're all prepped and ready to go! Here's some advice for the big day.



## Do

**Do** research the programme of study you're interested in before you go (you can get course descriptions on the university's website or by browsing [www.ucas.com](http://www.ucas.com)); that way you'll know which talks you want to attend when you get there. Time is often tight when trying to fit everything in: typically you'll want to include a few subject talks, a student life panel talk, and an admissions briefing, at the very least.

**Do** ask questions - speak to university students around the campus helping out at the open day informally, or ask during presentations. This is your chance to get some



answers straight from the horse's mouth. Good questions to ask include: Which course are you studying? Was it what you expected - why/why not? Which other universities did you apply to? Same courses or different? These last two can be helpful if you don't know exactly which course you want to do, or which combination of subjects you might be considering. Quite often students will be frank and tell you where they got offers and where they didn't. You can find out what the ratio of women to men is on the course, how many students in total take it (could be thirty or less, in which case there might be a stronger sense of community), and whether the student entered the university by an alternative route. For example, universities such as SOAS (School of Oriental and African Studies, London) allow students who underperform their grade predictions to still access their chosen degree after taking a foundation programme for a year).

**Do** really look around - visit the library, the bar, hang-out spots, the lecture theatres (are they well set up

with desks for writing on, do they seem well-resourced or a bit dingy?). Being on the campus during term time will enable you to get an awareness of the pace of life, notice what student body the university attracts, how driven or relaxed people seem and, crucially, will it fit me?

## Don't

**Don't** dismiss a university because your student guide wasn't very compelling, or a lecturer was a bit dull. It can be easy to jump to conclusions when someone is very charismatic and articulate, or seems uninformed and uninterested in you. One experience isn't necessarily indicative of the university as a whole - so keep an open mind.

**Don't** miss the admissions talk. Gems you can pick up include: applicant vs acceptance rates for individual courses, what not to put in your personal statement (part of your application), what the university is expecting to see in your personal state-

ment, how they review the personal statement (or, in the case of Oxbridge, what kind of things they are looking for in candidates at the interview stage). Usually, the presentation is very targeted, along the lines of "here is what you need to know".

**Don't** be too pushy. Lecturers are generally open to questions - some even share their email addresses after presentations so that students can follow up with them if they have any questions. But I've seen a Cambridge lecturer turn down a prospective student who asked if he could send an essay to him for his perusal. So be respectful of their time.



Going to an open day shouldn't be stressful. Instead, it should generate excitement - a chance to see what's waiting down the line for you in about 12 months or so. They can be very motivating. I've heard more than a few uni students say that getting their A Levels/IB was the hard part - "memorizing all those facts!" - whereas at university, modules are often completed with research-based papers, not exams. It's a timely reminder that, no matter which university you end up attending (if that's your goal), things will be better once you've graduated school. **SF**

*Rachel is a writer and English teacher, helping students applying to universities in the US and UK.*



# Shanghai Family's 17th International SCHOOL EXPO 2024

"Shanghai Family" International Arts Festival  
2024春季教育展 - “上海家庭”艺术节



特别鸣谢 Participants



上海青浦平和幼儿园  
Kiaochow Pictorial Kindergarten



万科双语学校  
VANKE BILINGUAL SCHOOL





Shanghai Family, Parents&Kids and HuMaNiuWa held the 17th International School Expo at The Place on 20th-21st 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**

虹橋  
**THE PLACE**  
南丰城

**Venue Sponsor:**







# Creating a Home Away From Home

Stanford Residences Luxurious Serviced Apartments

*By Eve Wee-Ang*

If you've just arrived in Shanghai, a very warm welcome to this beautiful city! My family of four from Singapore have personally called this metropolis home for the last 14 years and we are still loving it.

First things first, looking for a place to stay!

This step is so crucial yet daunting because whilst you want to create a home away from home, you hope that every member of your family shares the same feelings towards your chosen new home too.

Shanghai is a big city and there are varied options for home renters. If city living appeals to you and your family, Stanford Residences properties located in prime districts might just be your answer. I asked Ms Claire Gu, Deputy General Manager, Leasing and Operations to share more.

**Ms Gu, please share with our readers what is Stan-**

**ford Residences and what it stands for.**

Stanford Residences is a serviced apartment brand developed by K. Wah Group in China. This year we celebrate our tenth anniversary. We have two prime locations: Stanford Residences Xu Hui and Stanford Residences Jing'an. Since its establishment, we have adhered to the philosophy "Where Enchanted Living Comes Together" - a commitment to creating high-quality serviced apartments.

The features of Stanford Residences are reflected in the quality of the living environment, the meticulous butler service, the comprehensive range of supporting facilities, and its prime location. The variety of room types also meets the needs of different guests.

To make our international families feel at home, we regularly organize activities and celebrate festivals like Easter and Christmas.



**Stanford Residences are in high-end prime districts in Xuhui and Jing'an in Shanghai. Please describe the features, facilities, and services that families can expect and enjoy within the compound and its surrounding areas.**

The location of the two residences is in bustling business districts that cater to modern family living.

Stanford Residences Xu Hui unit sizes range between 160 - 523 sqm



and are a charming blend of old and new Shanghai with large-scale commercial areas like IAPM as well as historical neighbourhoods nearby.

Stanford Residences Jing'an unit sizes range between 227 - 527 sqm and is close to Jing'an Temple, the downtown area of Shanghai.

It also allows frequent traveler guests to quickly reach Shanghai's major high-speed rail stations and international airports.

Both apartments are equipped with luxurious clubhouses with gyms, indoor swimming pools, children's playrooms, and meeting rooms to meet the leisure and business needs of guests. We provide a 24-hour front desk service, three times weekly housekeeping service, and many other comprehensive services.



To adapt quickly, here are my suggestions. The first step is to find the right accommodation.

**Important questions to consider are:**

- 1 Would I prefer to be close to my workplace or the children's school?
2. Is it easily accessible to amenities such as supermarkets, restaurants, and parks?

Convenient living facilities can greatly reduce the stress caused by changing living environments.

Now here's the fun part!

Take some time to explore Shanghai and its surrounding areas. Visit landmarks, museums, and cultural venues to familiarize yourself with the city's unique history and culture. Explore different neighborhoods, taste local cuisine, and get an insight into the lifestyle of the locals.

A quick tip is to communicate with international colleagues who have already settled in Shanghai so they can point you to the right resources and share housing experiences, making it easier in your selection.

Finally, I believe good service is paramount to our daily life. Having a 24-hour concierge service that helps point you to the right resources not only saves us time and improves the quality of our lives, but it greatly gives us peace of mind when adapting to a new country.

Like many families, I believe this peace of mind is what "home away from home" means.

**CITTA Residences, part of Stanford Residences, offers co-living space for younger demographics. What is the difference between both brands?**

CITTA Residences at Heng Feng Road near Suzhou Creek is our second serviced apartment brand launched by K. Wah Group as a mid-to-high-end apartment living experience to meet a wider range of tenants. The units are one and two-bedroom lofts, ranging in size from 80 to 200 sqm. Outfitted with facilities like fitness clubs and entertainment spaces, it is near UCCA Edge, a contemporary art museum. Ideal for small modern families, working professionals, and art lovers.

**Do you have any tips for expat readers looking for "a home away from home"?**

It can be very difficult for anyone to leave their familiar surroundings and live in a new place, especially in a foreign country.



**Stanford Residences**

**Jing'an:** 1999 Xinzha Road

**Tel:** 8023 6288

**Xu Hui:** 268 West Jianguo Road

**Tel:** 8030 2038





# YCIS Lives Out Its Mission with Inspiring Community Events

This school year, YCIS Shanghai celebrated its landmark 30th anniversary. Originating in Hong Kong over 90 years ago, the Yew Chung Yew Wah network of schools has been dedicated to providing quality education by blending Chinese and Western principles in its international pedagogy. Today, YCYW schools have flourished with locations in 10 cities around the world, while YCIS Shanghai educates more than 2,200 students from over 50 countries and regions.

The schools are built on the guiding mission to align education with science and technology, culture and arts, and love and charity. Two recent community events, the International Education Symposium and Seeds of Hope Concert showcased the YCYW mission in action.



## International Education Symposium: Aligning with Science and Technology

In March, YCIS Shanghai held an Education Symposium to share YCYW's innovative and ever-adapting approach to education, bringing together fellow educators, parents, alumni, and community members.

Attendees heard from YCYW leaders on how the pedagogy is evolving. This was followed by the opportunity to break into smaller groups to

concentrate on topics like bilingual learning communities, creative arts education, interdisciplinary learning, and preparing students with talents for the 21st Century.

The symposium saw the release of "The Yew Chung Approach to Early Childhood Education," written by Stephanie C. Sanders-Smith, Sylvia Ya-Hsuan Yang and Kutasha Bryan-Silva, well-noted educators in the ECE field. During the release, Dr Betty Chan, YCYW's CEO & School Supervisor, highlighted the unique home-







grown ECE approach that pairs Confucianism with the Western concept of learning through play.

Speaker Professor Zhang Min-xuan discussed the future of international education, expectations and trends. While Dr Troy Lui Tsz-tak, YCYW's Chief Education Officer, delved into how YCYW prepares students for the rapidly changing future.

Additionally, a speech by Mr Liu Jian of the Shanghai Astronomy Museum unveiled an exciting new cooperation between YCYW and the museum in the development of the school's science curriculum.

## Seeds of Hope Concert: Aligning with Culture and Arts, Love and Charity

The 2024 Seeds of Hope Concert took place at the Shangyin Opera House on 16 March. The whole YCYW network came together to use their musical and artistic talents for good.

Notable performances included YCIS Shanghai's Percussion Ensemble performing "Sweep Dreams", an innovative piece using brooms and paint buckets, along with the YCYW Combined Orchestra performing "William Tell: Overture". The concert



ended with "Mother's Legacy" from the original musical for YCYW's 90th Anniversary that tells the story of Madam Tsang Chor-hang, YCYW's visionary founder, and her unwavering dedication to education.

The charity initiative dates back to 1996 after a powerful earthquake struck Lijiang, Yunnan Province. At the time, teachers and students at YCIS Hong Kong worked together to raise funds for the construction of the "Yew Chung Academic Building" to aid Lijiang students. Then, after an earthquake in Wenchuan, Sichuan Province in 2008, YCIS once again moved quickly to raise funds for the reconstruction of a primary school in the devastated area. By 2011, the school's charity concert was officially made a regular calendar event to raise funds for schools in impover-

*"The charity initiative dates back to 1996 after a powerful earthquake struck Lijiang, Yunnan Province. At the time, teachers and students at YCIS Hong Kong worked together to raise funds for the construction of the 'Yew Chung Academic Building' to aid Lijiang students."*

ished areas and provide education and hope to children.

Mr Samuel Choy remarked, "The concert is not only an occasion for our outstanding students and teachers to come together annually to perform and interact with each other. It is also a platform to instil values of compassion and empathy through our school's moral education programme, so that our students can have direct contact with students in the schools we support, thus fostering mutual assistance and profound learning experiences."

These two special events are a select example of how YCIS Shanghai lives out its mission of "Aligning with Science and Technology, Culture and Arts, and Love and Charity." Year-round, the mission helps guide education with programs such as Ed Futures where students experience activities like expert workshops, public speaking, VR design, particle physics masterclasses; the Violin Programme for students Years 1-3; and the Service Learning Programme that fosters empathy, awareness, and a global perspective in aspiring servant leaders.



**YCIS Shanghai**  
WeChat: YCISshanghai  
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# Where in the World are Shanghai Students?

For international school students, the world is a classroom. *By Lynn Yen*

**P**ack your bags and book your flights. International school students are off to explore the world and have once in a lifetime experiences that offer unique lessons. From volunteering missions to work experience and field trips, travel is an incomparable opportunity to learn. Hear directly from students and staff about the impressive school trips they've taken this year.







*Penny Kim, Grade 9*

# Concordia International School Shanghai

Tell us about a recent trip you went on. What was the most memorable moment?

The recent trip to Nepal with the Envision Education student club was an incredible experience. We had the privilege of teaching and connecting with the children, all united by the goal of bridging the digital divide. One unforgettable moment was when students from Koseli School, ranging from kindergarten to sixth grade, wrote their names on my hand, leaving an indelible mark on my heart. Despite the challenges they face, these children display remarkable optimism and kindness, showing resilience under difficult circumstances. Their actions are genuinely inspiring and motivational. Although our primary goal was to introduce these students to the digital world, they provided us with an eye-opening experience in return.

How was this experience different than classroom teaching? What is a unique lesson that this trip brought out?

The difference between learning and teaching in Nepal compared to Shanghai was striking. In Shanghai, I have grown accustomed to good facilities and abundant opportuni-

ties; however, the two schools we visited during the trip had lack of technology, poor facilities, and limited educational resources. One unique lesson that the Nepal 2024 trip highlighted is a reminder of the different environments within our global community. The trip underscored the importance of understanding these differences and emphasized the need to close the divide, ensuring opportunities are available everywhere.

What was your goal for this trip?

The primary goal of this trip was to bridge the digital divide and provide equal access to technology and digital resources. By supplying computers and learning programs, we were able to help the children tap into a

new realm of information, ultimately enhancing their educational opportunities. The students' interest in computers and their positive attitudes towards learning clearly demonstrated the significant impact that access to technology can have.





# Deutsche Schule Shanghai (German School Shanghai)



*Sebastian Wolpert, Head of the  
Specialized Secondary School  
in Business and Administration,  
Hongqiao campus*

Tell us about a school field trip you went on. What was the most memorable moment?

From February 18 to 24 this year, 12th-grade students from our vocational school participated in an exchange program with the International German School of Brussels (iDSB). The program included guided tours of iDSB and Brussels, day trips to Bruges and Ghent showcasing medieval architecture, and an industrial visit to the Audi plant to learn about modern car manufacturing. A trip to Paris allowed participants to experience French culture. The week concluded with a visit to the European Quarter in Brussels, where students gained insights into the workings of the European Union, enhancing their understanding of international relations and political processes.

How was this experience different than classroom

teaching? What is a unique lesson that this trip brought out?

This trip was significantly different from classroom learning as it involved hands-on experiences and real-world interactions, rather than theoretical knowledge. Visiting the Audi plant, for instance, provided a practical insight into automotive manufacturing, sparking an interest in engineering and business processes among us. Such experiences deepen understanding through direct observation and participation, emphasizing practical insights and thus preparing for future professional life.

What was your goal for this trip?

The goal of this trip was to enhance our cultural and professional understanding within an international context. By visiting educational institutions, historical sites, and modern industries across two continents, the program aimed to broaden our perspectives on global relations and professional fields, preparing us for future careers in an increasingly interconnected world. This experience was designed to supplement our vocational education with practical and cultural knowledge.





# Shanghai American School



*April Zhu, Grade 7*

Tell us about a recent trip you went on. What was the most memorable moment?

It was our first day of hiking in Dali, Yunnan and on that day, we had to hike 19 kilometers. Even though it was exhausting, my friends and I were singing and chatting the whole way. Near the end of the hike, it began to rain, which soon became hail. Like small little pebbles, the hail rained on us as we took our last few steps, reaching our campsite. We set up our tent and quickly put on some dry, warm layers as the rain cleared. That didn't last for long as after 30 minutes we heard thunder as we sat in the community tent. We sat there playing card games for up to 40 minutes, but as the storm passed a beautiful double rainbow emerged. It was a transcendent, breathtaking setting that I will never forget.

How was this experience different than classroom teaching? What is a unique lesson that this trip brought out?

This experience was more hands on compared to classroom learning, and there was more responsibility and life skills that were needed or



learnt throughout the trip. We as students and kids are always told to avoid looking at electronic devices too much, but you can never realize how much extra time you spend on screens until you stop using them. I still had some time to use my phone on some days, but I never thought about going on my phone, I didn't miss it. I noticed how much there is to see and how much fun you can have with your friends without needing any screens. I truly learnt how much unnecessary time we spend behind a small rectangular light.

What was your goal for this trip?

Unlike the others, I'm one grade below everyone else (along with two other 7th graders). I haven't bonded before with any people who were on the trip. Therefore, my goal was to meet these people, build new friendships, and to learn about the history of the Tea Horse Road. I aimed to be more educated on the "real" China, outside of the bubble of Shanghai and international schools. I'd achieved these two goals, as now I've developed many new friendships, a connection to other grades in SAS, and learnt more about others' lifestyles. Even though we live in the same country, we live entirely different lives.



# Dulwich College Shanghai Pudong



*Anthony Gillett  
Assistant Head of the  
Senior School (Holistic  
Development)*

Tell us about a recent trip you went on. What was the most memorable moment?

I recently visited Switzerland accompanying Year 9 students who travelled to one of our sister schools, Hochalpinen Institut Ftan (HIF) located in the Swiss Alps. Students travelled to HIF in order to begin their term of study as part of our Ignite: Switzerland programme. There were several memorable moments on the trip. The first was seeing the excitement on students' faces, as we drove through steep-sided snow-covered valleys. The second was watching them interacting with students from other Dulwich Colleges during the first evening. I was particularly proud of some of our Year 9 boys who were proactive in getting to know students from other schools.

How was this experience different than classroom



teaching? What is a unique lesson that this trip brought out?

The Ignite: Switzerland programme is quite different to the experience that students will normally have in Shanghai. Aside from the fact that they have a view of the Swiss Alps from their classroom windows, there is a strong focus on experiential learning which is linked to self and also to academic subjects. For example, students were involved in a range of outdoor pursuits whilst at HIF, such as skiing and snowboarding, and they begin to consider the impact from humans on the local ecosystem as part of their studies in Geography and Biology (later in the term they will spend time visiting the surrounding meadows). In addition, a capstone is the Passion Project, which forges a student's knowledge, understanding and skills from their lessons by following an interdisciplinary, design thinking approach. The project was introduced whilst I was at HIF and it made me think about Passion Projects from previous students, such as an exploration of the environmental impacts from nearby farms which was communicated by learning to build a website.

What was your goal for this trip?

My goal is the same as any trip: to ensure that students are safe and feel supported in a new environment. Once the term begins, students have their new teachers and classmates, so I was then able to discuss with teachers how we can develop collaboration opportunities between HIF and DCSPD. The Ignite: Switzerland programme is growing and there are many opportunities for teachers and students to learn and improve the curriculum inside and outside the classroom. [SF](#)





# Carefree Summer: Delulu is the Solulu

**Forget overscheduling. Embrace summer for what it is - a well deserved break.**

*By Leslie Hwang*

**M**ay has burst onto the scene with a flurry of school events, signaling that the end-of-year countdown is officially on. The Labor Holiday? Oh, it's already come and gone, leaving us eagerly awaiting the next adventure. But wait... looking at the calendar, it dawns on me - no more holidays until the grand summer break.

Ah, summer break - the holy grail of relaxation and endless possibilities! Two glorious months lay ahead, like a vast playground just waiting to be explored. And guess what? For the first time in what feels like forever, I'm flying without a plan.

Remember those chaotic mornings? The ones where we raced against time, trying to cram everything into the morning routine? Well, say goodbye to those! No more crack-of-dawn wake-up calls, frantically packing lunches, or orchestrating a symphony of backpacks and instruments. Nope, now it's all about embracing the calm, soaking up the chill vibes, and dancing to the beat of our own lazy drum.

As the temperatures soar and the city transforms into a sauna, I know my friends will be fleeing for cooler climes. But not me - I'm perfectly content to soak up the sun with my two boys and our furry sidekick.

Ah, summers of yore! The stuff of travel dreams and epic adventures! But this year, I'm flipping the script. Who needs exotic getaways when you can kick back and do absolutely nothing?

Looking back on the school year, I can't help but marvel at the sheer madness we survived. From crazy mornings to jam-packed weekends, we hustled with style and grace. But now? Now it's time to slow down, savor the sweetness of each moment, and let spontaneity take the wheel.

So, as I hit snooze on the alarms and dive headfirst into the lazy days of summer, I do so with a grin plastered on my face. Who knows what adventures await? Maybe we'll spend our days poolside, or maybe we'll discover hidden gems in our own backyard. Heck, we might even spontaneously jet off to parts unknown!

But one thing's for sure - this summer is all about renewal, rediscovery, and embracing the joy of doing absolutely nothing. And for that, I am oh-so grateful! **SF**





# Shanghai Family's 17th International SCHOOL EXPO 2024

## ECO ART SHOW 2024春季教育展 – 环保艺术节



特别鸣谢 Participants

Julia Gabriel  
CENTRE

嘉宝·嘉贝



SCIS  
HONGQIAO-PUDONG



宏文学校  
HONGWEN SCHOOLS  
上海校区



EMERITUS



Shanghai Family, Parents&Kids and HuMaNiuWa held the 17th International School Expo at Kerry Parkside on 30th-31st March. 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\***



VICTORIA  
**A+ EDUPLAY**



**WFL**  
EDUCATION



上海青浦平和双语学校  
SHANGHAI PINGHE BILINGUAL SCHOOL QINGPU



**base**  
佰舍



**BEA** 東亞銀行



**XING**  
星星西語



# CAR-T Therapy

## Bringing New Hope to Cancer Patients

Learn about the new technology for treating cancer from Jiahui.

Since the approval and launch of CAR-T therapy, a major breakthrough in personalized cellular immunotherapy, Jiahui International Hospital and its Cancer Center have collaborated with both domestic and international partners to establish an international-standard CAR-T treatment platform. Dr. Vicky Lee, Director of Jiahui International Cancer Center, answers the most common questions related to CAR-T therapy and helps us better understand this innovative treatment.

### What is CAR-T therapy?

Chimeric antigen receptor (CAR)-T therapy utilizes the patient's own immune cells, which are genetically modified to enhance their anti-cancer capabilities. Clinical data

has shown significantly higher efficacy in refractory or relapsed cases that is impossible with traditional treatments.

T cells extracted from the patient are modified through genetic engineering by pharmaceutical companies to boost their anti-cancer effects. These modified T cells are reintroduced into the patient's body, where they target and destroy malignant cells, and enhance patient's immune system to eliminate cancer cells.

### What is the CAR-T therapy process?

The treatment process involves: Patient's Assessment, T-cell Collection, Engineering, Expansion, CAR-T cell infusion and Moni-

toring. Post CAR-T therapy, the patient will be followed closely to ensure the effectiveness of the therapy.

### Who can have CAR-T therapy?

CAR-T therapy is suitable for blood cancer. In China, the approved indications for CAR-T therapy include lymphoma, multiple myeloma, and leukemia.

### What are the side effects?

The most common adverse reactions of CAR-T therapy are CRS (Cytokine Release Syndrome) and ICANS (Immune effector Cell-Associated Neurotoxicity Syndrome). However, close monitoring of potential adverse reactions remains critical post CAR-T infusion.

Jiahui has an internationally well-known hematology team with rich CAR-T therapy experience collaborating across a multi-disciplinary team to ensure the patient's safety through the treatment process.

### Can you share your clinical experience and feelings about CAR-T therapy?

I have been using CAR-T therapy for a while. I have witnessed the journey of a patient from pre-treatment anxiety to the joy of achieving CR (complete response), which is one of the most significant achievements for a doctor. The revolutionary nature of CAR-T lies in its precision and one-time application, making it not only more convenient, but also giving patients more hope for life.



**Dr. Vicky Lee, MD, PhD**

Director of Jiahui International Cancer Center

### Jiahui International Hospital

**Address:** 689 Guiping Road

**Tel:** 400 868 3000



# Sleep Challenges:

## A Holistic Approach for Women

**Parkway explores common sleep challenges for women.**

Sleep is a fundamental pillar of health, yet for many women, achieving restorative sleep can be a struggle. As we navigate the complexities of midlife, juggling hormonal changes, work, family responsibilities, and caregiving duties, it's essential to address sleeping issues from a holistic perspective, considering the interconnectedness of mind, body, and soul.

### Understanding Hormonal Changes and Sleep

Hormonal fluctuations, such as those experienced during menopause, can profoundly impact sleep patterns. As estrogen and progesterone levels fluctuate, women may experience symptoms like insomnia, mood swings, decreased libido, dry skin, and muscle aches. Understanding these hormonal shifts and their effects on the body is crucial in addressing sleep disturbances effectively.

Progesterone, often referred to as the "relaxation hormone," plays a crucial role in promoting relaxation and facilitating sleep. During the menstrual cycle, progesterone levels rise following ovulation, reaching their peak in the luteal phase. This surge in progesterone promotes feelings of calmness and relaxation, preparing the body for potential pregnancy. Additionally, progesterone acts on the gamma-aminobutyric acid (GABA) receptors in the brain, enhancing the inhibitory effects of GABA neurotransmitters, which are known for their role in reducing neuronal excitability and promoting relaxation.

### Recognizing Underlying Conditions

Sleep apnea, a common but often undiagnosed condition, can significantly disrupt sleep quality. Women may experience symptoms such as snoring, morning headaches, and fatigue, yet these signs are frequently overlooked or minimized. Obstructive sleep apnea (OSA), characterized by physical blockage of the airway during sleep, can lead to fragmented sleep and increased risk of health complications like hypertension and metabolic syndrome.

### Integrative Treatment Strategies

#### • Lifestyle Modifications for Better Sleep

Simple lifestyle changes can also have a profound impact on sleep quality. Establishing a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing sleep environment can promote restful sleep. Additionally, mindfulness practices, dietary adjustments, and regular exercise can support overall well-being and improve sleep hygiene.

#### • Cultivating a Supportive Environment

Supporting women through the challenges of midlife requires creating a safe space for vulnerability and open communication. Encouraging women to prioritize self-care, seek professional help when needed, and honor their preferences in sleep management is essential for holistic well-being.

#### • Empowering Women for Better Sleep

Ultimately, empowering women to prioritize their sleep and overall health is key to fostering resilience and vitality. By addressing hormonal imbalances, recognizing underlying conditions, and adopting integrative treatment approaches, women can reclaim restful sleep and unlock their full potential.

Incorporating sleep as a cornerstone of self-care and honoring the unique needs and experiences of women in midlife is essential for promoting holistic well-being and vitality.



**Dr. Mariela Hochman**

Gynecologist at Parkway

**Parkway**

**Tel:** 400 819 6622





*Chris Lei, Executive Chef, is a master of Cantonese cuisine, exhibiting precise control over ingredient selection and cooking techniques. Seamlessly blending both Eastern and Western culinary methods, he has crafted his own distinctive style.*

## White Asparagus with Sliced Ham

**Indulge in flavorful delights at Zhen Chinese Restaurant, Primus Hotel Shanghai Hongqiao.**

**E**mbark on a culinary journey with one of Zhen's spring collection highlights: White Asparagus with Sliced Ham. Savor the flavors of tender white asparagus combined with the rich, salty goodness of sliced ham, where the flavorful broth perfectly complements the sweet freshness of the asparagus, enhanced by the salty aroma of the ham. Crafted with creativity, this exquisite dish combines the finest ingredients to create a harmonious blend of flavors that will satisfy your taste buds and leave you with a memorable dining experience.

Executive Chef Chris presents an abundant springtime feast that awakens dormant taste buds. With each dish adorned with seasonal ingredients, he aims to greet this delightful season with a refined culinary celebration.

### **Ingredients:**

500g fresh white asparagus  
20g boneless 5J Iberian ham slices  
500g Chinese-style chicken broth  
1g coriander  
10g butter  
Salt and chicken seasoning

### **Instructions:**

1. Peel and trim the white asparagus, cutting them into 10cm segments.
2. Blanch the white asparagus in boiling water and set aside.
3. Melt butter in a pot, then add the Chinese-style chicken broth. Add the blanched white asparagus and simmer for 10 minutes until the asparagus is tender and has absorbed the flavors of the broth.
4. Arrange the cooked white asparagus in a serving dish, pour the broth over them, and place the 5J Iberian ham slices on top. Garnish with coriander.



An upscale, modern Chinese restaurant, Zhen, offers the finest Cantonese and Chinese delicacies with a unique contemporary twist. Zhen has eleven private dining rooms offering business clients and families the much needed privacy and extra comfort. Set against sleek modern interiors, the restaurant located in Primus Hotel Shanghai Hongqiao showcases a dining experience that's steeped in some of the most exacting Cantonese culinary traditions, serving top quality, authentic fare crafted by master chefs. The famed signature dishes carefully showcase the art of Cantonese cuisine, while respecting the seasonality and unique taste of the ingredients. With a wide variety of international wines, paired with friendly and attentive service, no detail is spared in setting the tone for the perfect dining experience. **SF**





*"Depending on the season, I choose the freshest ingredients to create dishes that truly showcase their natural flavors," says Chef Chris Lei.*



# Patio Weather

It's officially patio weather! The perfect time of year for dining outdoors. When it's not too hot and not too cold. The sun is out, the bugs are manageable. Take the opportunity to enjoy a delicious meal outside and to enjoy the amazing weather. Once you've lived in Shanghai long enough, you know you need to make the most of the gorgeous spring weather before the hot and humid summer comes along. Here are a few great places to go to soak up the sun and fill up your belly.

## Chili's Bingjiang

The popular Chili's® Restaurant & Bar has captivated the culinary scene with its riverside venue boasting a 180-degree panoramic river view and the glittering cityscape of the Bund. This creates an unparalleled dining experience. Chili's® continues to serve authentic American food and beverages, featuring its signature Fajita series sizzled on a hot iron plate, the famously indulgent Chocolate Molten Lava Cake, and a variety of freshly mixed Margarita cocktails that are sure to bring joy and satisfaction to every guest.

**Address:** 3072 Riverside Avenue, Pudong New Area

**Tel:** 400 821 8199



## Frasca

Frasca is a modern casual Italian eatery that offers an inviting place for people to enjoy pleasing and authentic Italian food. It houses four areas - bar, main dining room, glass room and outdoor terrazza. The food celebrates Italian culture, including the traditional Roman Pinsa, a healthy alternative to pizza. Its pasta is hand-rolled and shaped from local, nutrient-rich, biodynamic flour. Its meat sticks to tradition by cooking with wood and carbon in its grills. Ever evolving, Frasca's beverage programme is deeply rooted in Italian tradition, giving appreciation for the classics and smaller producers alike. The most distinguishable character, however, is the feeling of being at home.

**Address:** 1F, The Middle House Residences, 366 Shi Men Yi Road, Jing'an District

**Tel:** 3216 8168





## The COOK

The COOK at Kerry Hotel Pudong, Shanghai is nestled amidst the bustling city. This urban oasis offers patrons an ideal retreat from the hustle and bustle, where they can indulge in fine dining amidst natural surroundings. Patrons can savor a variety of innovative dishes prepared by the hotel's creative culinary team,

while enjoying the tranquility and comfort of the outdoor scenery. Whether it's a family gathering, a casual meetup with friends, or a business dinner, this venue is an excellent choice for all occasions.

**Address:** 1388 Huamu Road,  
Pudong New Area

**Tel:** 6169 8888



## Azul Weave

Azul Weave brings the same Latin flair from the Shankangli branch, but this time, with bold, hearty comfort food thanks to an unparalleled wood-fire grill that occupies the centre of the open kitchen. Think gorgeously charred seafood and smoky, tender cuts of meat coming out of the Josper oven. Helmed by Peruvian-native Eduardo Vargas, a respected F&B pioneer in Shanghai, Azul Weave draws on flavours from his heritage, highlighting Latin and Spanish flavours with a menu designed to bring people together, making Azul Weave the place for intimate dinners, large gatherings, and everything in between. The ultimate comfort food, the Seafood Paella never fails to impress with its flavours of the ocean spread throughout a pan of Spanish rice, and completed with a generous bounty of seafood. A fan favourite, the Beef A La Brasa, sees a thick cut of Wagyu M7 flap served hot off the oven and dressed with a herbacious salsa verde.

**Address:** 2F, Bldg 3, 277 Wuxing Road,  
Xuhui District

**Tel:** 6628 8882 



## Asador Mediterranean Restaurant & Bar

As Conrad Shanghai's signature restaurant, Asador Mediterranean Restaurant & Bar offers guests a journey of inspiring Mediterranean gourmet. Specializing in Mediterranean flavors and traditional grill techniques, Asador Mediterranean Restaurant & Bar features seasonal ingredients and mouth-watering specialties served in a modern yet rustic ambiance. The restaurant offers diners a fine selection of quality

meats, seafood and seasonal ingredients. The restaurant consists of three parts: one elegant indoor dining and open kitchen area; one glasshouse with floral arrangements, full of day lights; and one outdoor terrace with bar and cabana, offering an iconic Shanghai city view.

**Address:** L Floor, Conrad Shanghai, 789 East  
Nanjing Road, Huangpu District

**Tel:** 3318 9999 ext.7022





# Cultural Kaleidoscope

Merging cultures at home. *By Deanna Irizarry*





There's something special about blending cultures within a shared living space in the ever-evolving landscape of international living. When I met Thomas and Joana Molgard, I was intrigued to see what their home style was. The couple's journey spans across continents, from the vibrant streets of Brazil to the sleek designs of Denmark. Over the past 12 years, they've called the UK, Beijing, and Shanghai home, embodying the essence of global living.

"When you're a long-term expat, you start thinking about creating a home for your family," reflects Joana. "This is our attempt to establish that sense of stability - a place that reflects who we are as a family." The challenges of recent times, especially during lockdowns, highlighted the importance of their living space. Joana and Thomas wanted a place where they could feel at ease and access outdoor areas where their two young children could play. They discovered a property on Hunan Road with all those qualities, which had long been shuttered and initially served as the compound's clubhouse. Transforming it into a family home required a leap of imagination to realize its potential.



## home tour



Yet, creating their perfect living space posed its own set of hurdles. "The challenge for us was blending Thomas's Danish love for clean, streamlined design with my Brazilian affinity for color and vibrancy," Joana confesses. "Ultimately, it was about striking a balance that honored our different tastes."

To achieve this balance, they enlisted Edda, owner and founder of ESTILO, a space styling agency, to guide them through the design process. "Personal touches are significant to us," Joana explains. "We aimed to infuse each area with elements that reflect our journey together—from our respective home countries to the various places we've lived and explored."

Another aspect of their vision was incorporating sustainability into the design process. "Edda strongly







emphasizes sustainability in her designs," Joana observes. "We actively sought ways to repurpose items, aligning with our commitment to a more eco-conscious lifestyle."

They've created a truly unique home in the heart of Old Xuhui. "We spend most of our time in the dining area and on the patio, especially when we're hosting barbecues with friends," explains Joana. "There's a certain charm in watching the kids play in the garden right in the heart of this amazing city—it's magical." **SF**

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**Molgard Family Favorite Brands:**

*Studio Noosh*

*Brody Dean*

*DTL Furniture*

*PH Artichoke by Louis Poulsen*



# Equestrian Chic

Riding in style. *By Eve Wee-Ang*



Equestrians are just cool without trying. From their smart horse-back riding outfit to the challenging display of showjumping athleticism, it's no wonder that many high fashion brands take inspiration from this perennially elegant sport.

I caught up with high school senior Kaitlyn Yap who will be pausing from riding after 17 years as she prepares to leave for college this summer. Kaitlyn reflects on her journey from the first time she rode a pony at a small stable to eventually participating in equestrian competitions.

**What drew you to horse riding? How old were you when you first started?**

I started horse riding at Green Valley Saddle Club, a small stable when I was 10 years old. I remember watching a Longines Grand Prix for the first time when I was 12 and deciding, "That. That's what I want to be doing." I told my dad, and he helped me search for a competitive stable, and the rest is history.

**Tell us about your horses. What are their names?**

Currently, I have two horses, Jamalia and Farah, both mares. If we're counting the horses that I've rented, along with the ones I had ownership of, there would be seven in total.

You can rent or buy horses and connect with them the same way - the logistics are like that of renting an automobile or a house.

**How often do you compete and how do you prep your-**





self and your horse before the competition? Are there any rituals or superstitions you practice?

Competition season is typically around spring and summer weekends.

I have a little "Haka moment" while on my horse before entering the arena. I kind of just hit myself lightly and take super deep breaths to calm myself down. Sometimes I think it's a bit embarrassing, but honestly, who cares? When your heart feels like it's about to leap out of your throat, you do what you have to do to stay in the right headspace.

When it comes to the horses, ensuring they're in peak performance and health before going to the competition grounds is crucial. Our grooms and my coach keep a close eye on them in the days leading up to the event, checking for any signs of injury or discomfort. Contrary to popular belief, competition horses are one of the most delicate animals. One little scrape or cut on their ankle can mean months of recovery time.

Congratulations on your acceptance to all the colleges you've applied to do

veterinary science! Is your love for animals ignited from horse riding?

Thank you so much! My love for animals has been an integrated part of my character since I was very young. I love being surrounded by animals, and at times, enjoy their company more than people.

Horse riding has helped me witness vets in action. Their level of professionalism and work ethic never ceases to amaze me, along with the level of patience and care they have when handling animals.

What would you like to say to your horses before you leave for college?

"Thank you for our time together, supporting me, and keeping me safe throughout all the competitions and training sessions we've been through. It was truly a memorable experience being able to find joy in this niche sport, and being able to experience it with you has made the memory even more precious." **SF**



Navy blue blazer by Ralph Lauren, 2,790 RMB



3D White tights by MAIA ACTIVE, 329 RMB



Horsebit 1955 mini bag by Gucci, 9,100 RMB



Leather riding boots by STACATO, 1,591 RMB



Spotlight On:

# Yanqing Road

By Julia Wu Chen

**Districts:** Xuhui

**Cross Streets:** Donghu Road, Changshu Road

**Nearest Metro Station:** Changshu Road (Lines 1,7)

Step back in time as you explore Yanqing Road, a historic Shanghai neighbourhood that is only 495 meters long. Originally named Grossi Road in 1919 after a French expatriate who died in the First World War, it was later renamed Yanqing Road in 1943. Walking down the street, you will be attracted by the bungalows under the plane trees. These houses stand quietly, shining in the sun. Sometimes, looking through your camera's lens, you can feel like you are the director of a scene back in old Shanghai with red bricks surrounding the road.



▲ **1.** Yanqing Road's head has a curve. Let's start the tour there. The **Shandong Dumpling Store** (14 Yanqing Road)) is like a time machine that takes you back to the 1980s. It is a traditional jiaozi shop; nothing could be better than warm and fresh jiaozi when exploring the city. Sitting on a wooden chair with the crowds will vividly give you the feeling of a Chinese home. If lucky enough, get the seat in front of the window and enjoy some tranquillity. Shandong Dumpling is definitely the go-to place for old-fashioned jiaozi at a very affordable price.



▼ **2.** Across the street is the **Old Shandong Fruit Store** (23 Yanqing Road). Want some healthy snacks? Try out this fruit shop with enthusiastic *Ayi*, who are eager to help you select fruit. It's surprising to know that this small fruit shop has been featured in a Shanghai dialect movie called "爱情神话" or "B for Busy." If you haven't visited the store or watched the movie yet, I highly recommend that you do so. Nextdoor is **YEAST** (25 Yanqing Road). If you are a coffee and pet lover, YEAST is a tiny and welcoming space and a good brunch place. Its door is the colour of the acorn, with two large glass windows beside it.





- ▼ **3.** A little further down the road you'll find lots of local trendy clothing brands. **Monday Sleeping Club** (72 Yanqing Road), like the name suggests, it is a very chill and free-spirited streetwear shop. You can find items like sweatshirts, baseball caps, and socks with designs inspired by classic American logos.



- ▼ **4. GoodBai** (92 Yanqing Road), founded in 2021, is a clothing and lifestyle brand by Chinese celebrity actor Bai Jing Ting, with renowned international fashion designer Shangguan Zhe as creative and design director. This sleek shop with modern design has seen long lines of customers down the street since it opened last year. The shop is no longer limited to common fashion categories such as sweatshirts, T-shirts, and sneakers; it has also expanded into slippers, aromatherapy, and others. At the corner of Yanqing Road and Huating Road is **HIDEMI**. Founded in 2018, HIDEMI makes simple and comfortable clothing fit for a relaxed and free lifestyle. You can easily spot the store by looking at its half-curved outline and half-garden courtyard on Yanqing Road. After selecting your most wanted clothing from the store, you could enjoy sitting in the courtyard and taking some captivating pictures.



- ▼ **5.** At the tail of Yanqing Road, you'll find **Cheers Burger** (185 Changshu Road). Their mouth-watering burgers are sure to satisfy your cravings. The first impression of this burger place is definitely the iconic dilapidated facade and the crowds sitting on the curb eating hamburgers. Well, that is precisely the fun of it! If you want to try a classic American or improvised versions of a Chinese burger, then try it out down the street. Just walk down and grab a hamburger with your friends to have a cheesy day.



If you're looking for a unique experience, Yanqing Road is definitely worth a visit. While it may not be the most famous or recognizable street, it offers a perfect blend of old and new. You can find a unique style of old Shanghai architecture, as well as a vibrant modern culture that caters to young and trendy individuals. With so much to offer, Yanqing Road is a must-visit destination for anyone looking to explore the diverse and fascinating city. **SF**



# Awkward Adolescence

By Julia Wu Chen

Being in this awkward phase of life isn't easy at all. At the beginning of our adolescence, we embrace our change in physique and face that we are no longer "kids" anymore. So many things that were not expected before: responsibility, independence, and maturing physique, all swallow us now, making us doubt where we truly stand.

Along with this, most of us fall into the unknown with anxiety and are overwrought by our change of perspective about life. To be free from this overwhelming complexity, we begin habits that we think are considered "cool" to relieve pressure. These habits include smoking, drinking alcohol, and poor eating habits. It is entirely understandable to be stressed, tired, and anxious about life as a teenager, and frankly, it is absolutely normal to feel this way. However, what we need to consider are alternatives when facing pressure while choosing a better lifestyle.

We often overthink things that happen not only about school but also in life in general. A very effective method to release this stress is to write. Writing therapy is extremely easy to do when you want to pour your heart out or want someone to hear you. Not only is it a great way to get things off your mind, but you also find a peaceful time to relax your busy mind.

Feeling overwhelmed and tired after a

day packed with hard work is inevitable. However, it's crucial to prioritize self-care. One of the best ways to recharge is to take a short nap. Research shows that the optimal duration for an afternoon nap is 20-30 minutes. This improves work performance and enhances overall mental agility. With this short break, our non-stop mental processing can work at its full potential again, giving us a sense of control over our stress levels.

We often feel anxious about excessive negative emotions that won't go away and push our feelings down. It is a habit that drives us to the edge of a cliff. As scary as it sounds, another way to overcome this feeling is to meditate. Close your eyes and listen to silence for three minutes. Think about nothing and relax. That will calm you down and make you think that three minutes is longer than you thought.

Stress is typically caused by external triggers such as deadlines, upcoming exams or overwhelming workloads. Another method to dissolve such feelings is to exercise. This could be taking a walk or swimming. Try exercise to improve the stress and worries on your mind. All emotions and feelings that we feel as adolescents are normal and healthy. But what's more important about these emotions is that they disclose what life is. We can never avoid or ignore them, but we can find other approaches that dissolve them and make them into pieces of teenage memories. **SE**



Julia, a sophomore at Wellington College International Shanghai, is an avid art enthusiast with desires to pursue a major in communications in the future.

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## ORIENTATION

### Housing

#### THE EMERALD

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



## LE VILLE RESIDENCE

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

## SHANGHAI CENTRE

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

## TIMES SQUARE APARTMENTS

A long-time favourite with expats seeking upscale living arrangements in Shanghai, Times Square Apartments have been designed and furnished to the highest specifications. The interiors are characterised by sleek furnishings and feature decorative ornaments with stylish bathroom accessories and kitchenware. Residents have the choice of from one-room units for singles to three-room deluxe suites for larger families. Apartments come fully furnished and are outfitted with electronic key card access, wireless internet, well-equipped kitchen, large LED TV, satellite TV with international and local channels. Shopping malls, trendy boutiques and a cosmopolitan selection of restaurants and bars can be found nearby. Close to Tianzifang, Shanghai Grand Theatre and Shanghai Museum. Facilities include a gym, outdoor swimming pool, tennis courts, and parking. There is also 24-hour security and multilingual reception services, regular housekeeping, plus laundry and dry cleaning services. 111 Middle Huaihai Road, Huangpu District, Tel: 3122 8873, [vinisayu@sh5timessquare.com](mailto:vinisayu@sh5timessquare.com), [www.timessquareapartments.com.cn](http://www.timessquareapartments.com.cn)

## WILLOWBROOK AT GREENHILLS

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial

hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym, indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New Area, Tel: 6856 8888, [www.willowbrook.com.cn](http://www.willowbrook.com.cn), [evan.kong@willowbrook.com.cn](mailto:evan.kong@willowbrook.com.cn)

## Pet Care

### DOCTORS BECK & STONE

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

### PETSHOME VETERINARY HOSPITAL

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

### SECOND CHANCE ANIMAL AID (SCAA)

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

### SHANGHAI WESTIE VETERINARY CLINIC

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

### SHANGHAI THINKA ANIMAL HOSPITAL

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

## Relocation & Storage

### ASIAN TIGERS MOBILITY

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

### EXCEL WORLDWIDE MOVING & STORAGE

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

### MINISTORAGE

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

storage and offers climate controlled, secure and flexible storage units ranging from 1m<sup>2</sup> to 50m<sup>2</sup> (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong New Area, Tel: 6045 6838, [info@minicc.com](mailto:info@minicc.com), [www.minicc.com](http://www.minicc.com)

### WOW MOVING CARE

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

## Services

### MAWOOX

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

### SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

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

## FAMILY-FRIENDLY FOOD & BEVERAGE

## Asian & Western

### BELLA NAPOLI

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

### BLUE FROG

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



# 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](http://www.chilis.com), Tel: 021 5835 8035, [cassieyang@apbinvestment.com](mailto:cassieyang@apbinvestment.com)

## FAT COW SHANGHAI

This restaurant on Hongmei Lu serves American classics: signature burgers, grilled steaks and boneless fried chicken. Fresh salads are also available for health-conscious eaters. 7 Hongmei Entertainment Street, 3338 Hongmei Road (near West Yan'an Road), Tel: 3422 1700; [info@fatcowshanghai.com](mailto:info@fatcowshanghai.com), [www.fatcowshanghai.com](http://www.fatcowshanghai.com)

## LIQUID LAUNDRY

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

## TEXAS ROADHOUSE

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

## YE SHANGHAI

Ye shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, 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](http://www.elite-concepts.com), [yss@elite-concepts.com](mailto:yss@elite-concepts.com)

## Food Delivery

### EPERMARKET

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

### SAM'S CLUB

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

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

## ENRICHMENT

### Arts, Music & Dance

#### THE ACTIVITY BOX

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

#### ARTSPIRE VISUAL ARTS Centre

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

#### AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. 2FL, 940 Changde Road, [info@awesomекidsclub.com.cn](mailto:info@awesomекidsclub.com.cn), [www.awesomекidsclub.com.cn](http://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](mailto:Chelsea@bjorky.se); WeChat ID: Bjorky

#### CONCORD MUSIC

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

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

#### ELG

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

#### EXPAT LEARNING Centre

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

#### ISTA PERFORMING ARTS ACADEMY SHANGHAI

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

#### ISTAGE ACADEMY

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

#### JITTERBUGS SHANGHAI

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

#### JULIA GABRIEL Centre FOR LEARNING

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

#### OOGIE ART

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



# 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](http://www.qibaodwight.org), [admissions@qibaodwight.org](mailto: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](http://www.ssis.asia), [admission@sis.asia](mailto: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](http://www.suis.com.cn), [suischool@gmail.com](mailto:suischool@gmail.com)

**THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)**  
WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. [www.wiss.cn](http://www.wiss.cn), [admissions@wiss.cn](mailto:admissions@wiss.cn)

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

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

## Schools: Pre-K

**FORTUNE KINDERGARTEN**  
This school believes in interactive learning for primary school preparation, and incorporates games and field-trips [www.fkis.com.cn](http://www.fkis.com.cn)

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

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

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

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

**MONTESSORI SCHOOL OF SHANGHAI**  
The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China and School. 586 Gaojing Road (close to Huqingping Road), Qingpu District, Tel: 5988 6688, [admission.whq@montessoris.com](mailto:admission.whq@montessoris.com); 21 Donghu Road,

Xuhui District, Tel: 5403 7699, [admission.xuhui@montessoris.com](mailto:admission.xuhui@montessoris.com); 1313 Xiwang Road, Jiading District, Tel: 5910 2208, [admission.jiading@montessoris.com](mailto:admission.jiading@montessoris.com); 3852 Duiyuan Road, Minhang District, Tel: 3403 1000, [admission.minhang@montessoris.com](mailto:admission.minhang@montessoris.com); [www.montessoris.com](http://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](http://www.luc-china.com), [admission@luc-china.com](mailto:admission@luc-china.com)

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

## Sports & Fitness

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

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

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



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## RUNFORCE

Elevate your running or triathlon experience with tailored training plans, expert guidance, and real-time feedback. Our program, meticulously crafted by seasoned certified coaches, adapts to your fitness level and goals. Achieve greatness as a student cross-country runner, conquer your inaugural marathon, or set a new personal best. Our commitment is to bring out your best, supporting you wholeheartedly in reaching and surpassing your running aspirations. Your goals are ours, and together, we'll make them a reality. 135 Yanping Road, Jing'an District; Tel: 186 1690 8035; info@runforce.org; WeChat: RunFast2Day

## 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 Hongqiao 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.siychina.org; info@siychina.org

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

#### DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

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

#### GLOBAL HEALTHCARE (GHC)



GHC is one of the earliest joint-venture 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 Jing'an & Pudong and opens every day of the year. Jing'an 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

#### ESSENCE EYECARE CLINIC

Essence Eyecare Clinic is an eye clinic brand owned by listed company Lepu Medical. It has a top tier medical service team and medical expert team, which can provide services that prioritize the needs of customers. The three to one distinguished service includes optical service, diopter correction, eye disease treatment, etc. The mission of the clinic is to protect the vision health of children and adolescents. Shanghai Clinic: Rm 1001-1006, 10F, Zi'an Bldg, 315 Yuyuan Road, Jing'an District; Tel: 021-5292 1853/ 189 3989 6079; Hangzhou Clinic: Rm 401, 4F, 501 City Plaza of Hangzhou, 9 Jingtan Road, Shangcheng District; Tel: 0571-2833 8080/ 130 6779 7679; Wuxi Clinic: 82 Zone 4 of Vanke City Garden, Wanshun Road, Binhu District; Tel: 0510-8331 8897/ 177 5149 8285

#### JIAHUI HEALTH



Jiahui Family Medicine is accredited by the World Organization of Family Doctors (WONCA), an international certification for high standard healthcare in general practice and family medicine. We will accompany you and your family on your health journey, from disease prevention to health management. With the help of community clinics and specialists, we are prepared to oversee the diagnosis and treatment of common diseases, as well as provide long-term chronic disease management for patients. This includes coordinating various specialist referrals, international referrals, and tracking rehabilitation follow-up after patients have been discharged. Jiahui International Hospital: 689 Guiping Road (near Qinjiang Road); Mon-Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District; Mon-Sat, 8am - 8pm, Sun 8a.m. - 6p.m.; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District; Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000; www.jiahui.com/en

#### LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of



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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

## PARKWAY



With more international doctors and a wider range of services than any other healthcare provider in Shanghai, Parkway 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; No.1172 Jile Road, Minhang District, Shanghai; appointment 400 819 6622; www.parkwaychina.com

## RAFFLES MEDICAL SHANGHAI

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

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

## SHANGHAI YOSEMITE CLINIC

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict

patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry. B1-1F, 1398 Fangdian Road, Pudong New Area; Open Mon-Sat: 9 a.m.- 9 p.m., Sun: 9 a.m.- 5 p.m. Tel: 400 850 0911; www.yosemiteclinic.com

## UNITED FAMILY HEALTHCARE (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 3 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (http://shanghai.ufh.com.cn) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. 699 Pingtang Road (near Kele Road), Open 24/7; 1598 New Jinqiao Road, (near Donglu Road), Pudong New Area, open 24/7; 8 Quankou Road (near Linquan Road); 689 Yunle Road (near Jinfeng Road); Suite 402, 85 Taoyuan Road Silver Court Building). Tel: 400 639 3900; shanghai.ufh.com.cn

## Dental Clinics

### ACE DENTAL



Ace Dental in Hongqiao is your go-to place for all your family's dental needs under one roof. We make dental care accessible and efficient for every family member, catering to children, adults and seniors alike. With over 20 years of clinical practice, our team prioritize personalized care, prevention, conservative treatments and clear communication with our clients prior to their treatments. We provide: Children & Adult Orthodontics, Early Orthodontic Treatment, Implant Dentistry, Oral Surgery and General Dentistry for the family. Unit 101 Level 2 MERC (Beside Hongqiao Central Garden estate), 2079 Hami Road (junction of Ping Xi Road), Tel: 6237 3872, open daily 10 a.m.-7 p.m. except public holidays, acedental@163.com



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## ALPHA DENTAL



Alpha Dental is a Singaporean-managed private practice located in Changning since 2004. Our team believes in three key values: prevention comes first, adopting a conservative approach, and ensuring clear communication of treatment plans to our clients. We specialize in orthodontics for both children and adults, dental implants, oral surgery, children dentistry, and cosmetic dental procedures. Plus, we make paying easy by offering direct billing with most local and international insurance companies. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); open daily 10 a.m.-7 p.m. except public holidays, [www.alphadental.cn](http://www.alphadental.cn)

## PURESMILE ORTHODONTICS & DENTISTRY

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. No. 1-4, 650 Biyun Road, Jingqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; Daily 10 a.m.- 6 p.m.; [www.puresmile.com](http://www.puresmile.com)

## PARKWAY HEALTH DENTAL CENTRES

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

## NEW YORK DENTAL CLINIC

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

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

## JIAHUI DENTAL

**JIAHUI INTERNATIONAL HOSPITAL**  
上海嘉会国际医院

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

**Opening Hours:**  
Monday to Sunday, 24 hours

- Family Medicine
- Emergency Medicine
- Dentistry
- Rehabilitation
- Ophthalmology
- Fertility & Reproductive Medicine

- Cancer Center
- Pediatrics
- Obstetrics & Gynecology
- Breast Institute
- Orthopedics
- Dermatology

**24/7 Hotline: 400-868-3000**

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases, orthodontic treatments, teeth whitening, dental implants and wisdom teeth extraction. The Dentistry Department also carries out multi-disciplinary collaborations with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; working with E.N.T. specialists to help adolescents with problems bad breath, adenoidal hypertrophy and allergic rhinitis; working with Orthopedics to provide sports lovers a comprehensive range of preventive strategies for sports injuries, etc. Jiahui International Hospital: 689 Guiping Road (near Qinjiang Road), Mon - Sun, 24h; Jiahui Health(Jing'an): 88 Changshu Road, Jing'an District, Mon - Sat, 8am - 8pm, Sun 8am-6pm; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000; [www.jiahui.com/en](http://www.jiahui.com/en)

## 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](mailto:information@thepuli.com); [www.thepuli.com](http://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](http://www.GIHG.com); [resv.hongqiao@primushotels.com](mailto:resv.hongqiao@primushotels.com)

## THE SENZ HOTEL & SPA

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

## SHANGHAI HONGQIAO TONGPAI HOTEL

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

## Health & Beauty

### BANYAN TREE SPA

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





# Meet Christiana Zhu of Yeyo

**The Chinese Kiwi who launched an eco-friendly coconut yogurt brand.** *By Lynn Yen*

I have severe eczema and low immunity. I became particularly sensitive to dairy, including dairy proteins. Yogurt was always my go-to gut healing remedy, but I couldn't have dairy anymore, and when I couldn't find any plant-based yogurts in China (not even on Taobao!), I started making my own. When I started sharing my dairy-free coconut creations with friends, one invited me to make the yogurt in their restaurant, which allowed me to explore the possibility of scale, and another invited me to sell the yogurt at their farmers market, which helped us grow a cult following. This all led to venture capital investment and now Yeyo products can be found in Tmall, ALDI, City Super and Epermarket. We're also working to expand into restaurants, schools, and company canteens.

## What are your goals for Yeyo?

I started Yeyo with the simple goal to boost my own immunity and gut health, but the drive behind growing it came when I realized the positive impact it could have on the health of others and the health of the planet. Plant-based dairy has a 75% smaller carbon and land use footprint versus

animal dairy. On top of this, 80% of Chinese are lactose intolerant so dairy alternatives have huge market potential.

## What are some challenges you face in business?

Success is a moving target in the business world, and even more so in a startup. The step changes of growing it from 0-0.5 and then 0.5 to 1 were challenging. It was like running a completely different company at each step change because we needed to re-think our operational model, formulation, and revenue model every time.

## What's your advice for other entrepreneurs?

Start acting even if your idea is small, so you can get tangible market feedback rather than talk yourself out of action. Never cling onto a hypothesis too preciously, test and iterate to find the 'truth'. In the end, just go for it, never live life with regrets. But also be brutally honest with yourself about the repercussions that may come with losing any bets you make (there will be many) and make sure you are mentally equipped to face that before you go all-in. **SE**

## Tell us about yourself

I'm Christiana, founder of Marvelous Foods, creators of the plant-based coconut superfood brand Yeyo 椰优格. I'm a Chinese Kiwi (aka Chiwi) from New Zealand living in Shanghai with my French husband and two dogs.

## How did Yeyo come about and what is it?

Ye' is Chinese for coconut (椰) and 'yo' is short for yogurt. 'Coconut yogurt' is the name of our brand because that's where it all started and we're proud to be China's first dairy-alternative probiotic coconut yogurt brand.

I first created Yeyo's signature coconut yogurt for my own health needs. When I moved from New Zealand to Beijing in 2014, I started developing food allergies that gave





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