

Shanghai Family

Summer 2024

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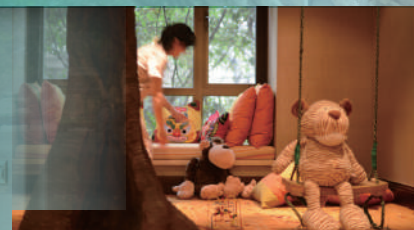
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Shanghai Family

Summer 2024

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Dolphin, it's kind and clever



Hamster

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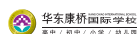
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editorial team note

In this issue, we are celebrating all things pets! Pets bring us joy, they are little bundles of love, and are valued members of the family. As pet ownership rises, so too does the business of pets. In our **Cover Story (16)**, we look at some homegrown businesses here in Shanghai that cater to all the needs of pets and pet parents from nutritious food, socialization opportunities, relocation, and final goodbyes. Plus, what fun would pet life be without toys and gadgets to keep your little rascal entertained. In **Home Life (62)**, we ask four pet owners for their favorite gadgets that they and their pets love, and in the **Style Solutions column (50)** we get one family's recommendations on the accessories their dogs love. Pets play an important role in our lives. They teach us responsibility and love as we develop an important relationship together. The **Mom Blog (30)** reflects on this unbreakable bond between a mom and her fur baby.

With this being the summer issue, we take a look at the graduation ceremonies of recent graduates from around Shanghai's international, bilingual and kindergarten schools in the **Education Feature (31)**. The summer break is a perfect time to pick up a book and discover the joy of reading. In the **Feature (22)** we give some book recommendations for readers of all ages. The spare time at home with family is also a great opportunity for parents to connect on a deeper level with their children. In **Health (40)** we look at tips for strengthening the emotional connection between kids and parents.

As always, we hope you enjoy this issue.



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



SF

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2024 Shanghai Family Art & Writing Competition

We Want You!

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

2024 Theme: "Green Shanghai (City)"

Art Competition

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

Writing Competition

Young creatives will use their scientific imagination to describe the natural scenery/ecological beauty of Shanghai(City) or your ideal green city/life around the theme of "Green Shanghai(City)". The competition is divided into two age groups, children between the ages **6 to 10** will be required to submit an essay of **250-350 words**. For children **11 to 18**, essays are required to be **500-600 words**.

All submissions are due by
8th October 2024

For registration and more information, scan the QR codes.

Why Participate?

Last year, we had participants from **40+** international schools, bilingual schools, kindergartens, and public schools in Shanghai. Jointly hosted by **HuMaNiuWa, Shanghai Family, and Parents and Kids** this is our 20th year of the competition. We would like to extend our gratitude to all the contestants and the support of their parents and schools to make this competition a success!



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school roundup



Concordia Awarded for Healthy Living

Concordia Shanghai has been recognized as one of the top 10 finalists for the World's Best Schools Prize for Supporting Healthy Lives, a global competition open to schools worldwide that are innovating in education. This recognition highlights Concordia's comprehensive Employee Wellness Program, emphasizing the critical role of faculty wellness in enhancing student health and educational outcomes. By focusing on the well-being of its faculty, Concordia creates a nurturing and supportive learning environment that benefits the entire school community. This recognition not only celebrates Concordia's dedication to fostering a healthy community but also positions it among the leaders in global educational innovation.



Shanghai French School's Festival

On June 15th LFS Qingpu Campus hosted its lively School Festival. The day featured performances and activities that delighted students, families, and staff. Primary performances kicked off the event, with K-5 students showcasing their talents. The ASC show followed in the afternoon, impressing the audience. Family performances included rock music, pop groups, and dance numbers in front of the canteen. The lottery added excitement with fun prizes. Equestrian fans enjoyed two equestrian performances, demonstrating impressive horsemanship. In the pool, kids in colorful swimsuits had a blast with water guns, covered in bubbles from head to toe. Overall, the festival was a celebration of creativity and community, and they eagerly anticipate next year's event.

Dulwich Pudong Founder's Day

The 20th Anniversary Founder's Day at Dulwich Pudong was the biggest community event of the year. Attended by students, staff, parents, alumni and VIPs, including Founder Mr Fraser White and Co-Founder Ms Karen Yung. The stage performances and activities lasted an impressive six hours, culminating in a Greatest Hits concert featuring music from Dulwich Pudong's history. On a beautiful balmy evening, families enjoyed picnics on the field whilst listening to music performed by over 400 students. Highlights included 'You Can't Always Get What You Want', by the Rolling Stones, celebrating when the choir performed on stage with the Stones, and a time capsule with predictions for 2044, which was sealed ready to be opened in 20 years.





YCIS Shanghai Students at World Scholar's Cup

The students of YCIS Shanghai have made the school and its community extremely proud with their exceptional performance at the 2024 World Scholar's Cup. With an impressive tally of 11 Gold and 8 Silver Medals, they have solidified their status as top academic performers. Furthermore, their second-place finish for the prestigious Asimov Award underscores their depth of knowl-

edge and critical thinking skills. Throughout the competition, the students demonstrated remarkable prowess in the Scholar's Bowl, showcasing their rapid-fire problem-solving abilities. The experience was not just about academics; the Scholar's Show and Cultural Fair also provided them with invaluable opportunities to explore diverse cultures and broaden their horizons.

Shanghai American School's Annual Trip

TheEleven is more than just another school trip; it's the annual pilgrimage for our Grade 11 students from both the Pudong and Puxi campuses. This event in scenic Qiandaohu offers a whirlwind of college prep workshops, admissions officers from top universities, and a variety of outdoor activities. This year's event was a masterclass in multitasking, featuring workshops on college admissions, resume crafting, and leveraging AI. The primary goal of TheEleven is to prepare students for their college applications. Our dedicated college counselors helped refine students' college lists and guided them in their essays. A highlight was college representatives from Duke, UCLA, and Northwestern, who traveled to China to demystify the admissions process just for our eager scholars. Additionally, counselors offered stress management workshops, crucial during the application process. Students returned with knowledge, friends, and a clear college roadmap, ready to embrace the journey ahead.



Watches & Wonders Shanghai

Calling all watch enthusiasts. From August 28 to September 1, Shanghai will welcome back Watches & Wonders Shanghai for the fourth year running. This prestigious watch fair originating from Geneva will be held at the West Bund Art Center and will feature workshops in watch making along with exhibitions of unique timepieces. Notable international brands will be participating including IWC Schaffhausen, Piaget, A. Lange & Söhne, Cartier, and more. General Admission tickets for 150 RMB, can be purchased via their WeChat: Watches_and_Wonders.



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



The Color Run

Lace up your running shoes and get ready for this fun and colorful twist on a 5k run. The family-friendly (6 years old and up) event will be on Saturday, September 21, at Sunland Park in Pudong and held in two sessions, in the morning and afternoon. Don't worry, you don't have to run the distance, walking is fine too. A basic ticket package for 238 RMB includes The Color Run t-shirt, unicorn medal, draw string bag, 1 bag of color powder, sunglasses, and more. Register on their website: thecolorrun.com.cn.

Rolex Shanghai Masters

The ATP tennis tour returns to Shanghai for the annual two-week long tournament from September 30- October 13. Roger Federer will make an appearance on October 11 on center court as the ICON Athlete of Rolex Shanghai Masters. Tickets for the matches held at Qizhong Forest Sports City Arena in Minghang District are on sale now and are sold via Juss Sports by web (ztmen.jussyun.com) or official Juss Sports WeChat and Alipay miniprograms.



Doraemon Exhibit

Dive into the world of Doraemon, the popular Japanese manga by Fujiko F. Fujio. The Doraemon exhibition features Doraemon-themed art pieces and landed in Shanghai this August and runs from August 2 to October 5, 2024 at iag Art Cinema Line (Bldg D, C-PARK Haiqi, 638 Zhaohua Road, Changning District). Thirty artists were asked to make their own Doraemon in celebration of the fond memories and joy that Doraemon has brought to the world since 1970.

Meet Alumna Antonia Schuster

German School Shanghai



Antonia Schuster
Class of 2023 Valedictorian



requires students to take a variety of classes. This is done to create well-rounded individuals. Through this experience, I was able to identify my strengths and interests. This allowed me to make a successful decision about what to study in college.

What are your future plans?

At the moment I am studying civil engineering at the Technical University of Munich. Additionally, I was able to get a position as a working student for the Munich RE Group in the Real Estate Development department.

While at German School Shanghai, what was most memorable?

I was a student at the German School Shanghai Hongqiao for three years, until my graduation in 2023. The event that stands out the most was the class trip to Yangshuo, Guilin. We went kayaking, rock climbing, and did a bike tour, but it is safe to say that our highlight was taking a mud bath in a cave that we were only able to get to through an underground river. This experience was a valuable bonding experience for my class before graduation, after that, we continued our own world journeys.

What class at German School Shanghai was your favorite?

My favorite class was physics. Besides my affinity for the content, the material was always presented in an interesting way. In the last year of school, we all participated in a science fair. A group of students in my class built a particle detector with help from our physics teacher and we have all gone on to study physics. In my opinion, this is the best example of delighting students in a subject,

letting them discover it in an explorative way and finally guiding them to their future studies, this is core at the school, and this is why physics is such an exceptional subject at German School Shanghai.

What makes German School Shanghai stand out?

I was immediately accepted into the classroom community. The students are used to the frequent exchange of their classmates, but despite this, or perhaps because of it, they were very welcoming. The teachers were also very supportive.

For me, my school stands out for the school community and opportunities. I have been proud to represent the school at Model United Nations conferences and in the volleyball team. And now, as an alumna, I always search for possibilities to contribute to this outstanding school.

The German curriculum with its core principles prepared me for studying at one of Germany's top universities. The school

In the future, I hope to spend a semester abroad. I want to diversify the location-based focus of my studies, as I hope to return to being an expat one day. After, I hope to continue my studies and obtain a Master's degree, if not more.



Antonia at a construction project as an intern prior to university

German School Shanghai

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China's Booming Pet Industry: The Love of Fur-ever Friends

By Khushboo Khanna

One are the days of Fido being relegated to the backyard. Today's pets are no longer just companions; they're furry (or feathery, or scaled) members of the family. This shift in pet ownership is reflected in the rise of internet slang like "DINK-WAD" (Double Income, No Kids, With a Dog), a humorous yet telling term used by millennials and Gen Z who prioritize their pets alongside their careers. Whether you call them your "furbabies" or your "non-human children," it's clear that these furry friends are playing an increasingly important role in modern families.

The acceptance of pet parenthood isn't just a heartwarming trend; it's a blooming business landscape. The global pet care industry is expected to reach a staggering \$427.75 billion by 2032, and China is a major player in this growth. Here, the motto seems to be "It's my pet's world, and I'm just living in it!" This burgeoning industry offers an array of innovative services to pamper our furry companions. With China making significant strides in pet friendliness, even shopping malls and restaurants are opening their doors to our four-legged friends.

China's Embrace of Pets Creates a Pawesome Life for All

Get ready for some tail-wagging excitement as we explore seven amazing businesses in China, leading the charge. These businesses cater to every aspect of a pet's life, from providing healthy meals and luxurious daycare, to facilitating unforgettable adventures, virtual sponsorships with AI chatbots, and dignified farewells.



Photo: AI-generated by Khushboo Khanna



Erin Leigh,
Founder

SpareLeash: Worry-Free Pet Care for Busy Shanghai Lives

Founded by the passionate animal rescuer Erin, SpareLeash understands the challenges busy pet owners face in Shanghai. Juggling work and travel with caring for your furry friend can be a struggle. SpareLeash offers a convenient and cuddly solution.

What inspired the creation of SpareLeash?

Erin, a dedicated animal rescuer, noticed a gap at adoption events. Many potential pet owners hesitated due to lack of reliable pet care options. Combining her love for animals



with an entrepreneurial spirit, she created SpareLeash to address this.

Who is SpareLeash for?

SpareLeash caters to all pet lovers! Whether you're a current pet owner, have experience caring for animals, or are considering adopting for the first time, they offer support and resources. They're here to help you on your pet parenting journey.

What services are offered?

SpareLeash provides a comprehensive suite of services designed for busy pet owners. They offer everything from dog walking and cat check-ins to in-home pet sitting, boarding, and even assistance with pet insurance, relocation, and vet visits. Their services prioritize cage-free, in-home care to ensure your pet's comfort.

What's next for SpareLeash?

SpareLeash is expanding! They're growing their team and services to reach more cities across China. Additionally, they're enhancing their online store to offer a wider range of pet products, aiming to become the ultimate one-stop shop for all your pet's needs.

WeChat: SpareLeash

Pawsome: Fresh Food for Fur-ever Friends



*Franziska Glöckner,
Co-Founder*



*Karolina Weiß,
Co-Founder*

Founded in Shanghai by Franziska Glöckner, a PhD candidate in animal nutrition, and Karolina Weiß, a German licensed animal nutritionist, Pawsome offers a unique solution for health-conscious pet owners. They provide small-batch, freshly prepared meals for cats and dogs, catering to the needs of your furry family member.

What inspired the creation of Pawsome?

Franziska's experience with her golden retriever, Kolya, sparked the idea. After a near-death experience from potentially contaminated pet food, Franziska started making nutritious homemade meals for Kolya. Meeting Karolina, an expert in animal nutrition, solidified their mission to provide safe, fresh food options for all pets.

Who is Pawsome for?

Pawsome caters to health-conscious pet owners in China. Their meals are ideal for pets with various health concerns, often caused by today's fast-paced lifestyle.

What services does Pawsome offer?

Pawsome offers a convenient and healthy solution for pet nutrition. They provide fresh, small-batch meals prepared daily in their Jiangsu factory. These meals are shipped China-wide via cold chain express delivery, or delivered directly within Shanghai by their team.

What's next for Pawsome?

Innovation is key at Pawsome! In response to challenges during the pandemic, they expanded their freeze-dried product line. These convenient, shelf-stable meals offer a perfect option for busy pet parents or those with limited storage space.

WeChat: Pawsome拍窝森



Buddy City: Unleashing Socialization and Fun for Urban Pups



Elisa, Co-Founder

Calling all Shanghai dog owners, especially those in the city center! Elisa, a dog trainer, artist, and co-founder of Buddy City, understands the challenges of finding safe spaces for your furry friend to socialize. Buddy City offers a solution as playful as it is practical!

What inspired the creation of Buddy City?

Elisa struggled to find places where her dogs could safely socialize without constant leashes. She envisioned a space where dogs could learn and play under the supervision of experienced trainers, fostering positive social experiences.



Who is Buddy City for?

Buddy City caters to dog owners in Shanghai, particularly those in the city center. While initially popular with foreigners, Buddy City's focus on early-stage socialization is attracting a growing Chinese clientele.

What services does Buddy City offer?

Buddy City is a haven for canine fun and learning. They're known for their daytime dog daycare programs, designed to encourage socialization and positive play. Additionally, they offer a variety of training options to help families build strong connections with their dogs. Rounding out their services, Buddy City also provides boarding and grooming options.

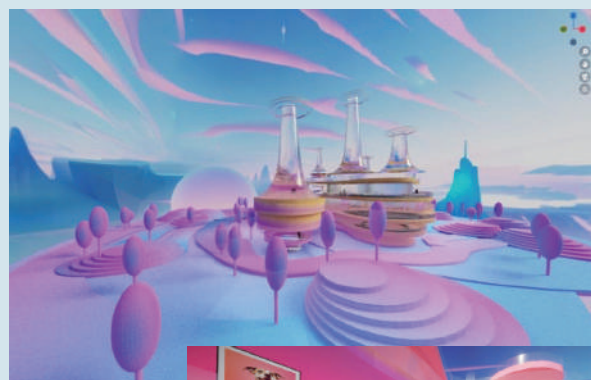
What's next for Buddy City?

While details are under wraps, exciting things are brewing at Buddy City! They're constantly innovating and expanding their services to cater to the needs of Shanghai's furry residents.

WeChat: Buddy_City

Tel: 189 1654 0189

Address: 76-78 Yongxing Road



Doris Was Not Meat: More Than Just a Name, a Mission for Change



Ranjit & Chiara, Founders

Meet Chiara and Ranjit, a dynamic duo united by their love of animals, business, and technology. Fueled by a shared passion for "always doing the right thing," they co-founded Doris Was Not Meat, a unique organization with a heartwarming story.

What inspired the creation of Doris Was Not Meat?

The story begins with Doris, a hyper black poodle rescued from a meat market by animal advocates. Though Doris's life with Chiara was tragically short, her spirit burned bright. Determined to honor Doris's memory and advocate for countless animals facing similar fates, Chiara

and Ranjit established Doris Was Not Meat.

Who is Doris Was Not Meat for?

This innovative charity reaches out to Gen Z, a generation passionate about supporting causes they believe in. Doris Was Not Meat offers Gen Z a platform to make a real difference in the lives of animals.

What does Doris Was Not Meat offer?

Doris Was Not Meat goes beyond traditional adoption. They offer a multi-faceted approach to animal rescue:

- **Virtual Sponsorship:** Connect with a real rescue dog (and their AI-generated personality!) and provide financial support for their rehabilitation.
- **Doris Metaverse:** Explore this immersive virtual space, designed by an award-winning architect, to learn about animal welfare and meet adoptable dogs.
- **Doris AI Bot:** Get answers to all your dog-related questions from this informative and playful AI tool.

What's next for Doris Was Not Meat?

The Doris Was Not Meat Metaverse is expanding! They're opening their virtual doors to animal-friendly brands who share their mission. Looking to make a difference? Doris Was Not Meat welcomes partnerships to amplify their reach.

WeChat: DorisWasNotMeat
Email: chiara@doriswasnotmeat.org

Rascals on the Road: Adventures Await for Pups and People



Melissa, Founder

Calling all Shanghai dog lovers, especially those with adventurous pups! Mel, the founder of Rascals on the Road, understands the struggle of finding exciting outdoor activities for your furry friend. Driven by a passion for canine well-being, Rascals on the Road offers the perfect solution: adventures designed for both furry friends and their human companions!

What inspired the creation of Rascals on the Road?

As a dog owner in Shanghai,

Mel craved opportunities for her dog, Hugo, to explore the outdoors freely. Disappointed by the lack of dog-friendly hiking options, Mel took the initiative. She got her driver's license and started organizing weekend getaways for Hugo and his canine pals. This blossomed into Rascals on the Road, a company dedicated to providing safe, dog-friendly adventures and promoting rescue animal adoption.

Who is Rascals on the Road for?

Rascals on the Road caters to dog owners and enthusiasts in Shanghai. They offer a chance to escape the city and bond with your furry friend in nature, perfect for those seeking adventure.

What services does Rascals on the Road offer?

Rascals on the Road curates dog-friendly trips designed for both canine comfort and

human enjoyment. Whether you're a seasoned explorer or a curious newcomer, they offer safe and enriching experiences for all. They've been successfully running trips for three years, and donate a portion of their profits back to animal rescue organizations in Shanghai.

What's next for Rascals on the Road?

Get ready for even more tail-wagging adventures! Rascals on the Road is expanding their offerings. They're scouting new locations to develop exciting dog-friendly trips, ensuring unforgettable experiences for both pups and their owners. Additionally, they're planning monthly meetups at various locations throughout Shanghai, fostering a stronger sense of community among local dog lovers.

WeChat: RascalsOnTheRoad





Sam Liu, Founder

Sam's Pet Relocation: Bridging Borders, Bringing Families Together

Meet Sam, a passionate animal lover with over 13 years of experience in pet relocation! Fueled by a desire to ensure happy reunions for pets and their families, Sam's Pet Relocation offers a personalized service built on expertise and compassion.

What inspired you to create Sam's Pet Relocation?

Sam's background in veterinary medicine instilled a deep love for animals. However, the limitations of veterinary care sometimes left him feeling helpless. A chance encounter helping someone relocate their pet sparked a new path. The joy of facilitating a happy reunion ignited a passion for pet relocation, allowing Sam to directly contribute to the well-being of both pets and their families.

What services does Sam's Pet Relocation offer?

Sam's Pet Relocation offers a comprehensive pet travel solution for dogs, cats and rabbits. They can help you navigate the complexities of flying with your pet, whether accompanying you in the cabin (excess baggage) or traveling separately as cargo. With extensive knowledge of airline regulations and country-specific requirements, Sam ensures a smooth and stress-free experience for your furry friend.

WeChat: 155 0215 8547

Email: sam.petrelocation@hotmail.com

YOOOAIII Youai: A Gentle Goodbye for Your Furry Family Member

Saying goodbye to a beloved pet is never easy. YOOOAIII Youai, founded in 2023 by two passionate animal lovers, Jophia and Helen, understands the profound bond between pets and their families. Driven by the desire to ensure a dignified and loving farewell for furry companions, YOOOAIII Youai offers compassionate end-of-life care and memorialization services in Shanghai.

What inspired the creation of YOOOAIII Youai?

Jophia and Helen, both pet parents themselves, were deeply affected by the loss of their own furry friends. They recognized the need for compassionate and respectful end-of-life services in Shanghai to help families navigate this difficult time.

Who is YOOOAIII Youai for?

YOOOAIII Youai caters to all pet owners in Shanghai, including both Chinese residents and foreign expats. Their multilingual team (including English) ensures clear communication during this emotional journey.

What services does YOOOAIII Youai offer?

YOOOAIII Youai offers a comprehen-

sive and respectful service. This includes a 24/7 hotline for immediate support, body collection and cremation, and various ash disposal options. They go beyond the basics by offering beautiful flower farewell ceremonies and creating unique memorial keepsakes, like jewelry crafted from your pet's ashes and custom portraits.

What's next for YOOOAIII Youai? Always innovating, YOOOAIII Youai is excited to introduce a new line of memorial crystal jewelry. This beautiful option allows you to keep a permanent and elegant reminder of your beloved pet close.

Why Choose YOOOAIII Youai?

YOOOAIII Youai understands the deep love between you and your pet. Their compassionate team is dedicated to providing respectful services and beautiful keepsakes to help you honor your pet's memory during this difficult time.

Tel: 159 0086 9503

WeChat: YOOOAIII has love





Why should pet owners visit Charlie's?

Charlie's offers a welcoming space where you and your dog can relax, enjoy delicious food, and feel like part of the family. They actively support pet adoption and foster a sense of community for dog lovers. Find them on their mini program (Charlies 粉红汉堡), Eleme, or Meituan. You can book dog cakes at their dog park branch (Caohengjing branch) and stay tuned for upcoming dog events!

The love between people and pets is truly a powerful force, enriching lives and strengthening communities. This deep connection between humans and animals extends beyond individual pet ownership. Events like the upcoming Pet Fair Asia, held in Shanghai from August 23rd to 25th, celebrate this love and showcase the vast array of pet products and services available. **SF**



Charles Zheng, Founder

Charlie's: Woof it Up with Your Pup!

For nine years, Charlie's has been a haven for both humans and their furry companions in Shanghai. Inspired by founder Charlie Zheng's love for dogs, Charlie's offers a welcoming space to enjoy delicious food and drinks alongside your canine best friend, with a doggy food menu of its own across all outlets.

What inspired Charlie's dog-friendly environment?

From day one, Charlie's opened their doors with water bowls and leashing stations, welcoming all pups inside. The team's own love for dogs fueled their desire to create a space where furry friends can enjoy a good time with their human families.

Who is Charlie's designed for?

Charlie's caters to everyone who enjoys good food, drinks, and furry friends! Their welcoming atmosphere allows patrons to relax and socialize with their canine companions.

What dog-friendly services or products do they offer?

Charlie's provides water bowls, leashing stations, a special doggy menu and a positive attitude towards dogs. Recently, their dog park branch started offering special dog cakes for birthdays and other celebrations.

What exciting things are in the pipeline for Charlie's?

Get ready for more tail wags! Charlie's is hosting more dog family events, including "dog weddings" to celebrate your pup in style!





This Summer, **Get Reading**

Find the joy in reading. *By Rachel Wright*

Most English teachers worth their salt will have reminded their students to check out a book from the school library before they head off into the summer holidays – after all, it's a great way to catch up on reading time which can be squeezed out of the busy school day – and is so versatile, you can read a book anywhere, anytime. But how many of us – teachers and parents alike, are starting to wonder whether any teenager these days has the attention span to sit and read for hours on end, in order to let the novel work its magic and subsume us in its world? And for busy

adults, the time needed to devote yourself to reading can feel unrealistic when you're juggling work, parenting, food prep and shopping. Not to mention the jealous focus it demands, to the exclusion of all others. I remember my daughter and husband would often gang up, complaining that I was always lounging on the sofa 'still reading'. It felt selfish – and wonderful! – but I would always use the excuse that it was for work – after all, I was an English teacher. It didn't fool them.

Books make us think. Having the basic freedom to think your own

thoughts is the most precious of human rights, but it shouldn't be taken for granted.

[Start the habit](#)

It can be difficult to get into the reading habit, but I'm sure James Clear of Atomic Habits fame would agree with me. If you want to get into running, the first thing, he says, is that you have to put your trainers on. Because if you don't commit to putting on your runners, you won't run for 2 minutes, let alone 20. The same goes for reading. Commit to opening your book every day and reading at least three pages. If you never do this,

feature

you'll never get any further with your reading. Keep your book lying around where you can easily see it (remember Clear's point about putting the bowl of fruit on the kitchen counter so you see this first, before you feel the urge to ransack the cupboard for a cookie?) Don't keep your book buried in the bookshelf.

The importance of developing a reading habit was brought home to me recently through a conversation with a friend, Ann-Marie, who brought up three boys single-handedly, all of whom struggled with dyslexia. When they were still at school, the summer holidays was an essential time for them to catch up with, or get ahead of, their peers, many of whom blithely embraced the 'summer slide'. One research study has suggested that children who do not read at all over the summer, experience a loss of reading skills equivalent to as much as an entire grade level. Ann-Marie's youngest son, Zachary, 23, who is thriving academically and about to enter his third year

at Manchester University doing a BA in Geography and Mandarin, still sticks to the reading routine his mother developed for him and forced on him when he was young and a very reluctant reader (he couldn't read till he was about twelve): "It was hard - I used to hate it," Zachary remembers, "but Mum would always say we couldn't go out for the day until all three of us had done our 20 minutes' reading." The rule was that they could read anything - stories, news, even cartoons describing how car engines worked. On a rainy day, Ann-Marie would give each boy £1 to spend on a book at a charity bookshop (a common feature of UK high streets) so that having and holding the book became something special. Zachary still prefers reading a book he can hold in his hands, but these days, he's often having to read academic papers online. He credits his reading habit to his success at university; it means he's always well prepared for seminars and can engage well in academic conversations with his lecturers,



which in turn prompts further development and new areas to read up on.

When you can't read, listen

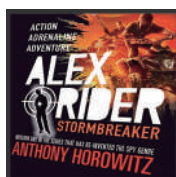
Zachary's older brother, Tobias, gravitates more to podcasts and audiobooks. Spotify has thousands of audio books of all different genres.

Audiobooks are also the way to go for younger readers who may not have the skills yet to read books pitched to their typical age level, but can definitely enjoy a narrated story. The Alex Rider and How to Train Your Dragon series are great listens for elementary school children, as my 10-year old nephew Will, will avouch.

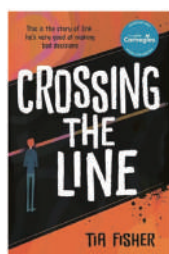
Develop your interests through reading

Most families will be travelling for part of the summer. Why not encourage your child to read books connected with their hobby, and/or the place you may be visiting this summer? Fourteen-year old Henry, who attends BISS in Minhang, is really into aviation - his ambition is to be a passenger airline pilot. On a family 3-day trip to Paris this June, he's bypassing the Eiffel Tower to head straight to the National Air and Space Museum of France. He's reading books on Pan Am to fuel his interest.





Alex Rider series by Anthony Horowitz



"Crossing the Line" by Tia Fisher



"Eddy, Eddy" by Kate de Goldi

Engage with topical social issues

If you have a child that tends to gravitate to non-fiction or realistic fiction, a book that's made headlines recently, is "Crossing the Line". Pitched at middle schoolers who are interested in exploring gritty contemporary social issues, this accessible novel-in-verse is based on the real-life experiences of a son of a friend of the author. It gives an empathetic insight into how children like Erik, the protagonist, are groomed and coerced by adult criminals

to run drugs for gangs along county lines.

Another novel gaining rave reviews, which deals with the aftermath of trauma, is the latest by New Zealand best-selling author Kate de Goldi. "Eddy, Eddy" is a coming-of-age story, a love story, an earthquake story and a story of finding your way back from grief. Written with overtones of Dickens' "A Christmas Carol", it's recommended for children from 12 years up.



Getting younger kids hooked into reading

Over the summer many English language libraries run initiatives to foster reading for children. If you're not able to take advantage of story-time at your local library whilst holidaying abroad in English-speaking countries, you can incentivize your child to read by using books available online. For younger children (0-12 years), you can find age-appropriate stories and activities for parents to do with their kids on many websites, including <https://wordsforlife.org.uk>. There are songs, audiobook recommendations, writing ideas and craft activities designed to build youngsters' skills over the summer.

For children able to read, there are several summer English reading programmes available free of charge. At <https://www.rif.org/literacy-central> there are reading logs, activity calendars, levelled reading passages with visual trackers to help kids focus, and a 30-day free trial to Skybrary - a reading app for kids to gain access to 900 ebooks.

Bookseller Barnes & Noble offers an annual summer reading program with book lists and recommendations https://www.barnesandnoble.com/b/top-young-reader-books-for-your-2024-summer-reading-list/_/N-2qxqf. If you are in the US over July and August, children can claim their free book after logging eight books they've read in a downloadable reading journal - see <https://www.barnesandnobleinc.com/our-stores-communities/summer-reading-program/>.

Often having a reward at the end of a reading marathon (and at stages along the way!) will help children keep at their reading habit. It goes without saying that parents should lead the way with modelling good reading habits; think about how you're showing your children that



you also value spending time with a book every day. And I don't mean on a phone.

Make it social

For adults trying to build their reading habit, there's no better motivator than spending time with friends. Book + social time = book club, a simple and effective way of reading with a purpose and rewarding yourself with a good time - as well as the more-than-occasional friendly argument. If you're not already part of one, get some friends together and

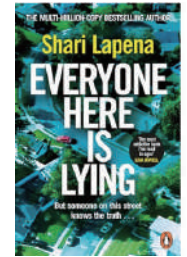
start reading a novel to spark a discussion. It can help us stay connected even when friends move away. About seven years ago a group of female friends in Shanghai got together and started a book club, with the aim of reading a book every 6 weeks or so. We'd gather at someone's house (usually the person who'd chosen the book/nominated the choices that were voted on) to discuss it over wine and snacks. That worked pretty well for a while, but then some of us left Shanghai for jobs in other places. Book club kept us

together, so we went virtual, and are still going strong today. We are now dispersed over Dubai, Singapore, Switzerland, the UK, Greece and Shanghai, but relish our zoom meeting socials/book discussions. Here are a few picks of our best-loved books from the past six months. Not loved by everyone, I should add, but that's often the way with a book club. Remember empathy and sharing perspectives?

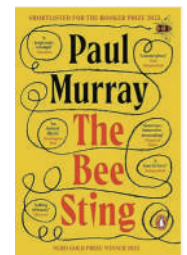
Book Club Reads

- Page-tuner, quick read, "Everyone Here is Lying."
- A meatier read and more emotionally demanding, "The Bee Sting."
- Breezy historical fiction zipping between London's East End and Florence with a bit of magic thrown in, "Still Life."

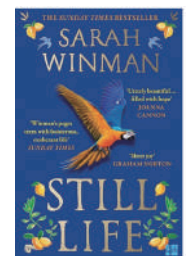
In spite of my best efforts to introduce non-fiction to the group, no one seems interested. I think the last non-fiction we read - ages ago now - was "Becoming" by Michelle Obama, and not everyone enjoyed it. So we'll be sticking to fiction this summer. I've just got started on bestseller "Yellowface" by Rebecca F Kuang. What will you read next? **SF**



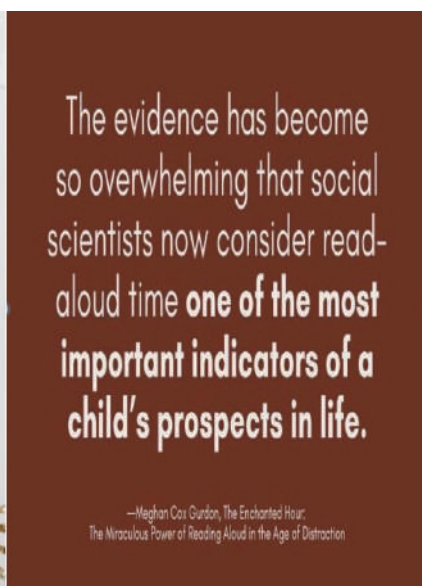
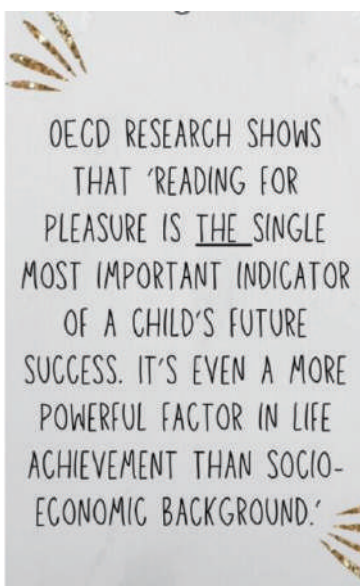
"Everyone Here is Lying" by Shari Lapena



"The Bee Sting" by Paul Murray



"Still Life" by Sarah Winman



YCIS Students Take Center Stage

TedxYouth@YCYWShanghai
showcase united students from
far and wide.

TEDx



Tedx Talks

YCYW students from across China came to Shanghai to stand on the big red circle and confidently speak their minds. The audience took in Tedx Talks from a record 55 young students from Year 1 to Year 13 who delivered professional, engaging, and thought-provoking speeches.

One such bright young speaker was Year 6 student Whistle from YCIS Chongqing. Whistle talked to the audience about the widespread modern problem of cell phone addiction that takes away our peace of mind. Her thoughtful remedy was meditation to bring back that sense of peace.

Another well-polished pair of youngsters were William and Kate from YCIS Shanghai Pudong who spoke about the food waste they see in their school and how to combat the problem. The duo was well-rehearsed and delivered a smooth and entertaining tag team performance.

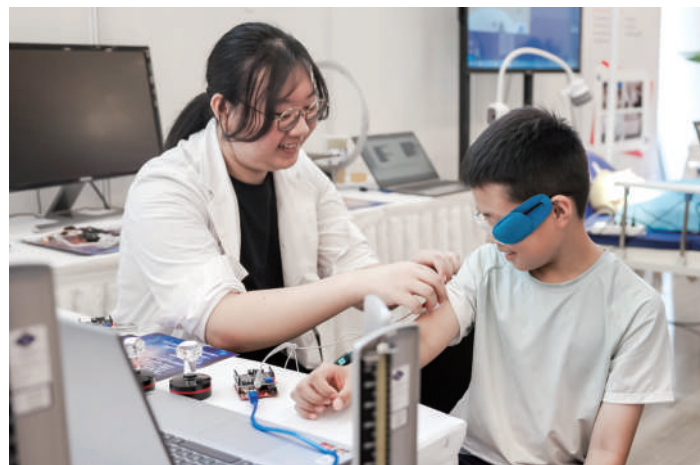
The conclusion of the day-long speech event was a dazzling fashion show of sustainable, recycled fashion that was themed "Turning Waste into Treasure." YCIS Shanghai Pudong and Puxi Year 8 students crafted striking garments from discarded materials while models strutted their artistic creations on the runway.



The big end-of-year showcase at YCIS and YWEIS schools was the annual Tedx Talk on June 15. This year's event was bigger and better than ever with YCIS Shanghai inviting students from sister schools in the large Yew Chung Yew Wah network to participate. Participants came from as far away as Beijing, Guangzhou, Hong Kong, and Chongqing. Students gave speeches on topics ranging from body image to a rap performance in the auditorium of Shanghai Children's Arts Theater. While on the ground floor, the atrium was abuzz with booths led by students showcasing the school's signature Ed Futures projects and an art show.



YCIS Shanghai
WeChat: YCISShanghai
Tel: + 86 (21) 2226 7666



Ed Futures

Outside the main stage, the energy was vibrant with the showcase of YCIS's Ed Futures projects and service-learning projects. The Educational Futures Division at YCYW aims to foster student interest in technology and expose students to cutting-edge new technology.

Despite the hot and sunny June day, the robotics team turned up the heat with lively battle bot competitions. With the soaring temperatures presenting an additional challenge, the resourceful teams attached ice bags to their robots to cool the motors and keep them running.

From robots on land to robots in the sea, the deep-sea underwater robotics exhibit showed off how students learn to guide submersed robots underwater for research and discovery.

Another Ed Futures project, the medical immersion program, showed how students learn to use cutting-edge technology in hospitals such as a robotic arm used in telemedicine at a distance.

The Hope Beans service-learning project helped to fuel the crowd during the day's events with their coffee from Yunnan. The student-run charity project began as a case study in Economics class and continues to be a popular activity that teaches students fundamental business practices.

Art Show and Concert

Students across the YCYW network displayed artwork they had created throughout the year. Some examples include a photobook where the student photographer captured images from several small rural towns across the country, highlighting the visual beauty of village life.

Another group display from YCIS Beijing students replicated the famous structures of Beijing and interpreted traditional stories in their scale model creations.

Elsewhere YCYW Artists-in-Residence, Haruka Ostley and Elena Hasnas, invited students to join in a live painting on the day titled "Dragon of Peace." They utilized the color blue to symbolize the sky and infinite possibilities. On a huge canvas, everyone came together to paint carp fish that converged into a giant dragon.

To conclude the eventful day students and teachers from YCIS Shanghai, YWIES Shanghai Gubei, YWIES Shanghai Lingang, and YWIES Zhejiang Tongxiang jointly performed two summer concerts.



With a buzz of energy and community in the air, the YCYW Tedx Talks festival was a triumphant way to wrap up the school year and showcase all the exciting projects students accomplished in the past months.



Cayden Chng is off to Hamilton College, where he will pursue creative writing

Concordia's Class of 2024 Has a Bright Future

The caps have been thrown, and the goodbyes have been said. All that awaits Concordia's graduating class is a bright future ahead. This bittersweet moment at the end of a long journey is the culmination of the years of hard work, exploration, and guidance that students gained during their time at Concordia.

Meet the Graduates: Cayden and Angelin

Cayden Chng is off to Hamilton College, where he will pursue creative writing, a passion that was sparked in his creative writing class at Concordia.

Cayden started his time at Concordia way back in the first grade. "It's so unique, just seeing how the school has evolved and changed over the years," he said.

A close-knit community experience is a reason he chose to attend Hamilton College, a liberal arts college in New York. It is a continuation of the tight community he grew up in at Concordia.

But Cayden is ready to explore the wider world. He is kick-starting his summer with a trip to Japan with alumni of Concordia who now live all over the world, which speaks to the lasting and meaningful friendships that Concordia fosters.

His favorite memories of high school are the cherished times spent with friends, talking and connecting on a personal level away from phone screens. He remembers singing all together in choir and musicals, presenting an original poem at open mic night, and is going to miss the interconnectedness and close friend-

ships made at Concordia, but looks forward to coming back to visit the rising seniors.

Looking back at his time at school, Cayden's advice for incoming freshmen is, "Don't be a grade zombie. There's so much more to high school than just study, study, study."

Angelin Lou is off to Cornell in the fall to study hotel administration



Fellow graduate Angelin Lou is off to Cornell in the fall to study hotel administration, but before that, she is spending her summer as an intern at a quantitative investment fund.

"By studying hotel administration, I hope to be able to foster the spirit of hospitality and service because I want to better serve those around me and beyond," she said.

With an interest in business and finance, Angelin looks at her time at Concordia and identifies the AP Economics class with Mr. Erik Paulson and AL Business & Finance with Mr. Steven Sgourdos, as the most valuable classes she took, and which helped solidify her decision to go into business.

The TriBES Trip, the annual trip Concordia students go on, is another highlight she won't forget.

"I was shown so much support and love from everyone here, not just the students but also the staff and the faculty," she said.

High School Applied Learning Courses

Concordia provides students the opportunity to discover and pursue their passion through applied learning courses.

According to Mr. Sgourdos, the applied learning courses create authentic experiential learning for students and are modeled after university courses. Some courses include Engineering, Social Entrepreneurship, and Business & Finance. These classes go beyond what AP or IB classes can offer so that students can expand their horizons.

In the Applied Learning Engineering course, students undertook a five-week assignment, formed teams, and devised and developed automated solutions for real-world problems. The students utilized their C++ programming skills and the engineering design process along with the 3-D printers and laser cutter tools in the newly revamped Maker Space to bring their design solutions to life.

"The joy and pride students showed while presenting their projects to teachers and peers was incredibly fulfilling to see. It was a clear sign of the impact of applied learning," said Mr. Robert Knight, AL Engineering teacher.

University Guidance and Outcomes

Angelin and Cayden, along with the rest of the graduates, are off to new adventures in the fall with the help of four counselors who shepherded the class of 2024 through the college application process with great success.



This year the graduating seniors earned offers from US News Top 20 universities in the United States such as Brown, Cornell, Dartmouth, Duke, Johns Hopkins, Northwestern, Rice, UC Berkeley, UCLA, U Chicago, and Notre Dame, along with top specialized schools and programs such as Babson College, Berklee College of Music, Maryland Institute College of Art, NYU Stern School of Business, Ringling College of Art and Design, and U Michigan Ross Business School.

In the United Kingdom, Concordia students received offers from Imperial College London, UCL, Cambridge, and BIMM Music Institute, as well as QS Top universities worldwide such as HKUST, KAIST, McGill, HKU, University of Edinburgh, University of Manchester, University of Melbourne, University of Toronto, and Waseda University.

The college counseling program at Concordia strives to prepare students to select and apply for their best-fit schools that resonate with their personal values and goals. It is this alignment that allows students to truly flourish at their top-choice schools.



Concordia International School Shanghai

Admissions Office

Tel: 0215899 0380

Email: admissions@concordiashanghai.org

Address: 345 Huangyang Road, Pudong New Area

Web: <https://www.concordiashanghai.org>

Loving My Furry Boy

Shared routines and unbreakable rituals. *By Leslie Hwang*



I met my furry boy four years ago. My family visited adoption events every month, and finally, we met him—Bomi. My life has always been filled with puppies, which make me feel warm. Bomi is my first dog with an outdoor-only bathroom habit, and I appreciate his well-mannered behavior. But sometimes, it feels like a double-edged sword.

Every morning, like clockwork, my puppy would wake me by gently scratching the door, signaling that it was time for our first outing. When we stepped outside, he would eagerly sniff and search for a comfortable place to do his business. This routine

became an unbreakable ritual for both of us.

However, this outdoor-only bathroom habit does come with its challenges. You know how often it rains in Shanghai. On stormy days, when it's pouring down, coaxing my puppy outside becomes quite the ordeal. The worst thing is that he doesn't like stepping into puddles. He would stand in the middle of the street, hesitating, as if questioning how I could care for him. Ultimately, I have to walk home holding a soggy puppy. The worst part is when he doesn't poop, and I need to make another plan for him.

The burning summer heat, 40 Celsius, pre-

sents another set of challenges. During scorching afternoons, the pavement can become unbearably hot, and the sun's intensity can be overwhelming. We adjust our schedule, taking early morning or late evening walks when the temperatures are more bearable. Finding shaded areas for him to relieve himself becomes crucial, as the direct sunlight can be too harsh on his little paws.

Whatever the challenges, the most important thing for me is not fancy trimming or superficial appearances but my puppy's happiness and trust in our family. It's about creating a loving environment where my puppy feels safe and cherished. Our shared routines and mutual understanding are the foundations of this trust.

In these four years, I have learned some tips as a dog-owner in Shanghai. First, there are malls that are very welcoming to dogs. You can shop and sip coffee, especially in the unbearable weather. **Bailian Xijiao Mall** (88 West Xianxia Road, Changning District).

Bomi is very introverted and scared of water. He is a bit of a coward, perhaps due to trauma from when he roamed around abandoned. I understand his hurt and embrace everything about him. We like to visit doggy restaurants for special treats. It's like a restaurant tour, introducing him to yummy and well-balanced meals.

Oneseventh (No.207, Bldg 25, 731 Hongxu Road, Minhang District). Various treats can be served in the store. There is a spacious playground and even a swimming pool.

Starbucks (some branches) (158 South Jin-hui Road, Minhang District). Some Starbucks offer a free drink, Puppuccino for customers with a doggy.

猫狗聚乐部宠物餐厅 (No.12, B2F, 230 Ruiping Road, Xuhui District, Next to Hema). You can sit at the same table while your pup or kitty dines. But the price is pretty high. **SE**

Celebrating the Class of

Scenes from graduation.

By Lynn Yen



You've done it! Finished the last test, handed in the last assignment. All that is left to do is celebrate the end of your long journey, reflect on the memories accumulated and look forward to new horizons. We celebrate the hard work of the graduating classes at international and bilingual schools across the city and take a look at their graduation ceremonies. Congratulations!



Yew Chung International School of Shanghai

The Class of 2024 walked onto the stage amidst applause from parents and teachers, turned their tassels, and received their diplomas. From this day onwards, they will set sail, heading for distant shores, embarking on new adventures and journeys. The Co-Principals of both campuses also extended their congratulations and blessings. They praised the graduates for their

talents demonstrated in academics, arts, sports, and various fields, as well as their contributions to the community. They expressed pride in the leadership and initiative shown by the graduates and encouraged the students to remember the values of YCIS, to embrace challenges, diversity, and become responsible global citizens.

Dulwich College Shanghai Pudong

On Monday, 20 May Dulwich Pudong held a graduation ceremony for the Class of 2024. Graduation Day was a celebration for the entire Dulwich Pudong community, as Year 13 students completed their time in the College before going onto higher education. With blessings from our youngest learners in DUCKS, to our Junior and Senior students, to staff, friends and family, everyone shared in the success of the graduating year.

Congratulations Class of 2024, we know you will make a positive difference in the world.



Shanghai French School



On June 28, Shanghai French School celebrated its 2024 Graduates, known as “Shanglimites,” homophone of “sans limite” (which means “no limit”), a name that encapsulates the intense journey of the past two years. Thanks to the unwavering commitment of teachers, graduates have achieved remarkable success, embodying the spirit of “no limits” for their future—a beautiful symbol of their potential. This year, 65% of graduates will continue their

studies in France, while 35% will pursue their education abroad, heading to countries such as Canada, the United Kingdom, China, the United States, and other European nations. Congratulations once again on their excellent Baccalaureate results, and best of luck to all our graduates as they embark on this exciting new chapter around the world!

Shanghai American School

On May 26th, graduates received their diplomas, marking their transition from students to Shanghai American School alumni. As these grads walked off the stage they held within them a drive for lifelong learning, a commitment to integrity and compassion, and the courage and confidence to chase their dreams. The festivities continued well into the evening. Thanks to the generosity of senior parents from Pudong and Puxi, a congratulatory message illuminated the Citigroup building on the Bund. In the fall, students will be heading off to universities around the world – to Brown, Chapman, Duke, Harvard, NYU, Oxford, Wellesley, and Yale, to name a few. Congratulations Pudong and Puxi class of 2024, you did it! We can't wait to hear all about the adventures that lie ahead for you.



Concordia International School Shanghai



At the commencement ceremony, seniors from the Class of 2024 crossed the stage, received their diplomas surrounded by proud teachers and parents. With confidence and anticipation, they set out from Concordia to pursue their dreams and passions. In her address, High School teacher Ms. Kelly Smith emphasized the importance of "eulogy virtues": "You are all worthy and capable of great things. No matter what those colleges told you, and no matter where you find yourself in the fall, I encourage you to work on building the other set of virtues [vs. 'resume virtues']—the ones

that come from forming connections with other people, preferably people different from yourself, from getting outside of your comfort zone, from giving back to the community around you, and from exploring and deepening your spiritual life."

Graduation is not just a milestone; it is the start of a new journey. To the Class of 2024, may you pursue your dreams with courage and explore new horizons. And always remember, you will forever be a Phoenix4Life!

Shanghai Community International School



The SCIS Class of 2024 has blossomed into a remarkable group of global citizens, positive contributors, and leaders of tomorrow. Through their dedicated studies and active involvement in the school community, these exceptional students have developed the knowledge, skills, and character to thrive in the world beyond our campus. As they graduate and embark on the next chapter of their educational journeys, the faculty and staff of SCIS extend our heartfelt congratulations. We are immensely proud of their numerous university acceptances, which will allow them to continue pursuing their passions as future actors, doctors, artists, and politicians. SCIS will forever hold a special place in the hearts of the Class of 2024 - a home away from home where they have grown and discovered their true potential. We wish them all the best in their future endeavors and eagerly await the day they return to share their inspiring stories, guiding the next generation of Dragons to follow in their footsteps.

Wellington College International Shanghai



On Friday 31 May, we honoured this year's Leavers in our ninth annual Speech Day. It was a time for our Class of 2024 to celebrate challenges faced, fears conquered, achievements unlocked, friendships forged, indelible memories made and to look with eager anticipation toward all the great life experiences on the horizon. This year's cohort has made us proud with offers from some of the world's finest universities: Oxford, Cambridge, University College London, Imperial College London, University of Toronto, Vassar College, University of the Arts London and more!

We are also confident that their IB scores will be nothing short of impressive. This milestone is just the first step on an exciting journey ahead. Equipped with the knowledge, skills and values from your time here, we do not doubt that you will all forge incredible paths. Embrace the challenges and opportunities that lie ahead with the same passion, integrity and determination that defined your Wellington experience. Never stop being learners, connectors and changemakers.

Hongwen School Shanghai Campus



More than 1,000 days and nights, the clock will soon become a past. Shanghai Hongwen High School held the graduation ceremony on 14 June, adorned with the glow of the proud achievements of the Class of 2024. The graduates dressed in the same gowns, their eyes glistening with anticipation and nostalgia. Speeches were presented by Principal Alan Zheng echoed with words of inspiration and gratitude, while tears of joy mingled with laughter, marking the transition from adolescence to adulthood. As diplomas were conferred, they said goodbye to a wonderful journey and embarked on a more exciting future. We wish them all the best and cannot wait to witness the impact you will make in the world.

Vanke DTD

DTD Education hosted a summer concert to wish a bright future for the 1,086 graduates from kindergarten, elementary, middle, and high schools of the Class of 2024. DTD Education's four kindergartens organized various performances, including a Midsummer Night Party, a Dream Pursuit Concert, and Andersen Fairy Tale Dramas, to bring a unique graduation ceremony experience to the children. Graduates of Vanke Elementary and Middle Schools participated in the tassel-turning ceremony during their graduation, marking the start of their new journey. The high school graduation ceremony, themed as "Chasing Dreams, Awaiting the Future," offered heartfelt blessings to the graduates.



Shanghai Pinghe Kindergarten Qingpu

As footprints grace the sands, laughter
and memories grow and run wild
When gratitude takes root in the heart,
beauty and optimism bloom with daz-
zling radiance.
With stars adorning the night sky, dreams
of the future take flight, filled with hope
and anticipation
As the sun rises over the sea, dawn's soft
light heralds the glow and vitality of
morning
When dreams sprout wings, courage and
strength soar, ready to take to the skies
Children of SPKQ, here you have been nur-
tured into unique and confident seeds
Embracing the morning light and dreams
Set forth, towards the future
Where time brings fragrance
And life is bright, with infinite possibilities



Julia Gabriel Centre



Julia Gabriel Centre hosted its 2024 Graduation Ceremony at the Shangyin Opera House, celebrating the growth and transformation of every child. Guided by Julia Gabriel's distinctive Edu-Drama® methodology and the nurturing support of the dedicated teachers, the children have blossomed into unique, confident, and expressive individuals. Each performance at the ceremony

was a collaborative creation between students and teachers, highlighting Julia Gabriel's core values: Curiosity, Compassion, Confidence, Courage, Creativity, Cognition, Cooperation and Collaboration. Parents, alumni, and representatives from various year levels came together, making it a truly magnificent event for the community.

Magnolia Kindergarten

Graduation is a heartfelt farewell and a step towards growth. Time flies, and our kindergarten children are about to graduate! The children's faces were a picture of pride! This is your first graduation, a momentous step in your life! Childhood is short, but the future is long and full of opportunities.

On behalf of the entire Magnolia Kindergarten team and your teachers, we want to say to all our graduates that we are immensely proud of you and confident you are ready for primary school! Remember, you can always come back and visit. Magnolia Kindergarten will be your pre-school forever.



The Little Urban Center (LUC)



The Class of 2024 from LUC celebrated their graduation at the Kimpton Hotel, Qiantan. Despite the drizzle, LUC's families gathered for a summer farewell. In the warmth of the LUC family, we have collectively created rich and colorful childhood experiences with every parent, and witnessed the growth and transformation of every child! For the family of LUC, this is an unparalleled beauty, and also an exclusive memory that belongs to us. During their four years at LUC, the children not only learned the value of friendship, but also continuously enhanced their communication and social skills through interactions with their peers. In life, there are moments when we may feel lonely, but with the companionship and support of friends, we will always find the direction towards a brighter future.

2024

STUDENT VOICES

Speech Competition

演讲比赛

Transform into Green Thrive with Dream

绿意迸发，逐梦启航



The semifinals of the 2024 Student Voices English Speech Competition have successfully concluded! The theme of the competition was “Transform into Green, Thrive with Dream.” The event was jointly organized by Shanghai Family, Parents & Kids, and HuMaNiuWa. We encourage everyone to focus on environmental sustainability and transform their dreams of environmental protection into reality.

The 2024 Student Voices English Speech Competition had participation from 43 schools nationwide, with nearly 1,000 submissions. Contestants came from 14 different countries or regions.



Registration Inquiries

Emotionally Connecting With Your Child

Jiahui discuss parent-child communication practices.



School breaks, especially summer, provide an ideal time for parents to strengthen emotional connections with their children. Emotional connection refers to a nurturing bond that plays a vital role in managing emotions, learning, and guiding behavior. This bond is fostered through interactions characterized by mutual understanding and co-regulation of emotions and actions. A strong emotional bond between parents and children is crucial for the family's overall well-being.

Tips for Enhancing Emotional Connection with Your Children

Mirror, Mirror Children learn emotional regulation by observing their parents. This includes controlling impulses, delaying gratification, self-motivation, reading social cues, and coping with life's ups and downs. By modeling these behaviors, parents teach their children how to handle emotions effectively.

Focus on Strengths Recognize and celebrate both your and your child's strengths. By focusing on encouragement and positive reinforcement instead of criticism, children build self-esteem and a strong sense of self-worth.

Be Fully Present Being present means giving your child undivided attention. Silence your smartphone and set aside multi-tasking. Spending focused time every day doing nothing but being with your child strengthens your relationship significantly.

Listen Actively Truly listening to your child makes them feel acknowledged and valued. This fosters a culture of open communication, allowing children to feel comfortable approaching parents with their problems, especially during the adolescent years.

Own Your Mistakes Parents sometimes lose their cool and say things they regret. Acknowledging our imperfections and expressing a willingness to change can be effective in maintaining a smooth connection with our children. It shows them that making mistakes is human and that we are committed to improving.

Validate Their Emotions Creating an environment where children feel comfortable expressing their feelings is crucial. When parents acknowledge and validate their children's emotions, they show they care

and are willing to support them through difficult times. This builds trust, respect, and a deeper emotional connection.

Prioritize Quality Conversations Engage in meaningful conversations with your children, especially teens. Open dialogue improves mental health outcomes and strengthens the parent-child relationship. With the rise of technology and social media, prioritizing face-to-face interactions is more important than ever.

Active & Reflective Listening Active listening creates a safe space for children to express their thoughts and feelings without judgment. Paying full attention and asking open-ended questions make children feel heard and validated.

Express Empathy Being an empathetic parent is crucial for building strong emotional connections. Empathy helps children feel understood and supported, which can lead to better mental health outcomes and prevent issues like anxiety and depression.

Collaborative Problem Solving Working together to solve problems builds trust and strengthens the parent-child relationship. The goal is not to "fix" everything but to provide support and guidance, helping children learn to navigate challenges.



Dr. Wei Jiang
Chief of Mental Health
Jiahui International Hospital
Address: 689 Guiping Road
Tel: 400 868 3000



Tips for Managing High Fever in Children

GHC discuss how to care for sick little ones.

Fever is a natural defense mechanism of the body characterized by an elevated body temperature above the normal range of around 37 degrees Celsius. It is important for parents to understand the fever in children to ensure appropriate care and timely medical intervention.

What to Do When Your Child Has a Fever

• Fluid Intake

Children may resist drinking fluids when they are unwell. In such cases, it may be beneficial to administer paracetamol or other fever-reducing medication 30 minutes before offering fluids, to alleviate discomfort and encourage intake.

• Clothing Choices

When dressing children with a fever, it is recommended to choose sensible clothing that is neither too heavy nor too light, allowing the body to regulate temperature effectively.

• Proper Medications

If the child is not feeling well or experiencing irritability, fever-reducing medication such as paracetamol or ibuprofen can be administered (if there are no contraindications).

Knowing When to Seek Medical Help for Your Child's Fever

As a parent, it's important to trust your instincts when it comes to your child's health. While the following guidelines provide a general overview, always consult a healthcare professional if you have any doubts or concerns.

Age-Specific Guidelines

• Children Under 3 Months

Infants in this age group are more vulnerable and require closer monitoring and evaluation by a healthcare professional.

• Children 3-6 Months

If your child has a fever exceeding 39

degrees Celsius, it is advisable to consult a healthcare professional.

Specific Symptoms Requiring Medical Attention

• Persistent High Temperature

If your child's fever persists for more than five days or continues to rise despite using fever-reducing medications, and if they have decreased activity, appear pale, or are less responsive, these are all symptoms indicating that the child needs urgent medical attention.

• Respiratory Symptoms

If your child experiences difficulty breathing, rapid breathing, or visible chest retractions during breathing, immediate medical attention is necessary.

• Dehydration

If your child shows decreased urine output, dry mouth, sunken eyes, or lethargy, it is important to seek medical help to prevent further complications.

• New or Worsening Rashes

If your child develops a new rash that does not improve or if an existing rash worsens, it is advisable to consult a healthcare professional for an accurate diagnosis and appropriate treatment.

• Swelling

If your child experiences swelling of a limb or joint, or they are not using a leg or extremity, they should be reviewed by a medical professional. These are signs of infected joints needing urgent treatment.



Dr. Neil Smith
General Practitioner
Global HealthCare
Tel: 400 690 8866

food file

Stir-Fried River Shrimp and Egg White

Experience a delicate fusion of Huaiyang
and Cantonese cuisines from Shangri-La
Jiangnan Wok.



At the heart of Stir-Fried River Shrimp and Egg White lies a delicate fusion of Huaiyang and Cantonese cuisines.

Chef Kevin Zhu brilliantly combines the seasonal Huaiyang ingredient of river shrimp with the classic Cantonese cuisine of Egg White Foo Young, creating a fresh summer dish.

The dish is perfectly cooked with a cloud-like egg white base, which brings a luscious mouthfeel that caresses the taste buds. Nestled within this creamy embrace are the three distinct components of shrimp, each offering a unique flavor.

The fresh, juicy shrimp meat has a plump, tender texture, brimming with the essence of the river. The rich, aromatic shrimp brains infuse the dish with a deep, lingering seafood aroma, while the delicious, fragrant shrimp roe adds richness to the dish. These shrimp elements seamlessly integrate with the smooth egg white, creating a symphony of flavors and textures.

To enjoy this culinary masterpiece at its best, it is recommended to savor the dish first in its original form, letting the flavors of the components shine through. A drizzle of Shanghai rice vinegar can be added to provide even more flavor and improve the overall taste experience.

Ingredients:

150g River Shrimp
50g Egg White
50g Milk
20g Cornstarch
Salt
Sugar
Oil

Instructions:

1. Rinse the river shrimp and separate the shrimp heads from the bodies.
2. Steam the shrimp heads for 5-8 minutes until cooked through. Carefully extract the shrimp brains.
3. Peel and marinate the shrimp meat with salt and cornstarch.
4. Strain and stir-fry the collected shrimp roe until cooked through.
5. In a pan, sauté the shrimp meat and extracted shrimp brains until fully cooked.
6. In a separate bowl, whisk together the milk, sugar, and a small quantity of finely chopped green onion with the egg whites.
7. Heat a pan with a thin layer of oil, then slowly pour in the egg white mixture. Gently mix and stir the egg as it sets.
8. Spoon half of the cooked egg white onto a serving dish to form the base. Then, carefully stir the remaining egg white with the sautéed shrimp meat and brains.
9. Finally, spoon the shrimp and egg white mixture on top of the base, sprinkle with the shrimp roe, and serve.



Kevin Zhu, Executive Chinese Chef, is a Guangdong native with 10 years of culinary experience who joined Shangri-La Qiantan in 2021, and expertly integrates Cantonese culinary techniques to present traditional Huaiyang cuisine.

Shangri-La Jiangnan Wok is the hotel's signature Chinese Restaurant featuring fusion of Huaiyang and Cantonese Cuisine. Nestled on the 7th floor, the luxurious setting includes a main dining hall with a view of the dim sum chefs, and six private rooms that blend traditional Chinese elements with a modern twist. Consulted by Chef Joe Hou, the Area Executive Chinese Chef of Shangri-La Group, and led by Chef Kevin Zhu, the restaurant showcases innovative interpretations of international and seasonal ingredients. Since its opening, the restaurant has won numerous recognitions, including the prestigious "Golden Phoenix Tree, one star rating award" in 2023. **SF**

Shangri-La Jiangnan Wok, 7F, Shangri-La Qiantan, Shanghai
Tel: 2065 9429



in season

Dine With a Beautiful View

The perfect combination of dinner and a view. *By Lynn Yen*

Elevate your dining experience with breath taking backdrops. These restaurants are situated in prime locations to give guests beautiful views of Shanghai's skyline. Sit amongst the clouds, feel like you're at the center of the world while you enjoy a memorable meal with friends, guests, and family.



Heavenly Jin

Located on the 120th floor in Shanghai Tower, 556 meters off the ground, the Heavenly Jin Restaurant is really at the "top of Shanghai". Equipped with main dining area and bar, Heavenly Jin offers lunch, dinner and afternoon tea. The Restaurant gathers the essence of Jiangnan cuisine and focuses on the classic Huaiyang cuisine, making the traditional cuisine glow with new vitality. Guests are greeted by an intricate 30-meter-long mural inlaid with Italian mosaic tiles that depicts a scene from the ancient Silk Road. The chefs at Heavenly Jin use the open kitchen as a stage to illustrate their cooking process. Diners at Heavenly Jin can also enjoy panoramic views of Shanghai through floor-to-ceiling windows. Heavenly Jin is also home to JHotel Shanghai Tower's signature afternoon tea. With fresh seasonal local ingredients and plenty of creativity.

Address: 120F, JHotel Shanghai Tower, 126 Dongtai Road, Pudong New Area

Tel: 3886 8989

Jin Xuan Chinese Restaurant

A Michelin Star and Black Pearl Diamond winning restaurant located on the 53rd floor of The Ritz-Carlton Shanghai, Pudong, Jin Xuan overlooks the Bund and the Pudong skyline. Designed by the renowned Hong Kong designer, Steven Leung, the restaurant's interior decor complements the beautiful scenery of Shanghai, creating a delightful atmosphere. This summer, Chef Daniel Wong has refreshed the beloved brunch menu to showcase the authentic flavors of fresh seasonal ingredients, unveiling the "Summer Journey in Canton" weekend brunch.

Address: 53F, The Ritz-Carlton Shanghai, Pudong Shanghai IFC, 8 Century Avenue, Pudong New Area

Tel: 2020 1717



Regent Shanghai on the Bund

Nestled along the iconic Huangpu riverfront, Regent Shanghai on the Bund is an alluring retreat blending contemporary sophistication and rich cultural heritage with show-stopping views of the Bund and Shanghai skyline. Designed by Cheng Chung Design to be the ultimate in refined modern luxury and comfort, each of the 135 guestrooms is designed as a personal haven. The twenty signature suites with private balconies overlook the Bund and skyline. The hotel's dining venues, fusion Western Harmonia, and Chinese Jin Lin, are immersive multi-sensory experiences that go beyond the excellence of the cuisine itself.

Address: 60 Huangpu Road, Hongkou District

Tel: 6669 7799



Riva

MGM Shanghai West Bund is ideally situated on West Bund in the heart of the City Art Center. The Riva Italian restaurant is located on the 57th floor, which is a wide space with a magnificent river view.

Riva Italian restaurant features Mediterranean cuisine, and combines the finest, locally-sourced ingredients with the rich heritage of Italian culture, elegance and vitality. The pizza

oven at the entrance is inspired by porcelain patterns, symbolizing the fusion of Eastern and Western cultures, which creates a feast for the eyes.

While enjoying the panoramic view of the riverside and the prosperity of the city, you can also feel the happiness brought by the delicious food.

Address: 57F, 688 Yunjin Road, Xuhui District

Tel: 6058 8850

Le Manoir Ling

Le Manoir Ling is a remarkable Chinese concept restaurant at the JW Marriott Marquis Hotel Shanghai Pudong. This is a beautiful atmospheric venue set in a three-story mansion and its differentiated spaces inspire convivial gatherings, lively conversations and entertainment with friends, colleagues and loved ones. By dining here, you can enjoy the Huangpu River view and masterful new interpretations of modern Cantonese fine dining. Guided by young and talented Chef Adam Cai, Le Manoir Ling draws upon French glamour

and traditional Shanghai spirit. Fresh made dishes, seamless service and lavishly expansive view of the Bund have made Le Manoir Ling a jewel in the restaurant landscape of Shanghai. Le Manoir Ling is launching a summer feast menu, featuring seasonal ingredients carefully selected by Chef Adam. The dishes are refreshing, delicious, and unique in flavor, offering foodies a taste of the exclusive summer delicacies.

Address: 3F, 988 Puming Road, Pudong New Area

Tel: 3809 8530 **SF**



Designing Tables to the Max

Sharing a passion and
showing love. *By Lynn Yen*





Renata Massardi is a self-described maximalist. She found her passion for designing table settings during lockdown. While stuck at home in Shanghai, she decided to start an Instagram account where she could unleash her creativity. Gone were the restraints, the toned-down table settings she had made when hosting business partners at her house, to avoid intimidating or overwhelming anyone. On Instagram (@renas.table), she could be free. More was more- candles, flowers, themes, lighting. She had found her calling.

"I didn't think people could have such a huge passion in life. I really found my passion!" Renata said.

Soon her Instagram following grew and eager followers asked to rent her gorgeous tableware sets. This launched her business of selling and renting table design kits to customers for big events like holidays and special occasions, as well as becoming a decorative dining consultant for local restaurants. Renata now also teaches classes on napkin folding, dining etiquette, and table setting.

home tour



Her recent table setting design is rustic-inspired with purple chrysanthemum peonies and wooden napkin rings. No matter the theme, whether Fourth of July or Indian or Thai, her two essentials for any good table setting are always having flowers and candles, and always having nice wine glasses.

Renata finds most of her design goodies from stores like Zara Home, a favorite of hers. Her latest obsession is touch lamps. She has found cute mushroom-shaped lamps that light up when tapped and is slowly amassing a collection that is neatly stored away throughout her house. Every time she travels and visits a new locale, she smartly plans ahead by bringing extra suitcases to fill with decorative gems to take home to decorate her dining table. The rest of her beautiful home in the Jinqiao neighborhood of Pudong is filled with tokens from exotic lands and memo-





ries of family travels, like the light green Korean celadon vases from the time when her Brazilian family of husband and two sons lived in South Korea before moving to Shanghai.

She embraces and celebrates the power of a beautifully dressed table and jumps at the opportunity to invite guests over, which happens at least once a month.

"Don't be afraid of making it beautiful," Renata said. "If you can't cook well, you can show love with beauty. That's how I show love to family and guests." **SF**

Renata's favorite stores:

Zara Home
Taobao
Harbor House
Pudong Flower Market



style solutions

Canine Style

Pet fabulous. *By Eve Wee-Ang*



Pet ownership is on the rise in China. There are now fashion shows in Shanghai featuring owners and their pets walking the runway together in the latest trends and it's no longer limited to just clothing. Dog parks and pet-friendly malls are increasingly gaining traction too.

I chatted with Banu Muller, a pet lover and fine jewelry designer from Istanbul who has lived in Shanghai with

her German husband and son for 9 years. Her family lovingly named their two dogs Puxi and Pudong!

Tell us about your passion for dogs.

Dogs have been a profound part of my life journey. I've never gone without having a dog by my side. Growing up, my family were passionate animal lovers and fostered several stray dogs.

I believe whomever we meet in this life, whether a human or an animal is not a coincidence. There is always a reason behind it. Either you touch their life, or they touch yours.

Your dogs are named Puxi and Pudong! That's so cool! How did they come to your family?

Puxi and Pudong are siblings who serendipitously came into our lives. I was out for an evening jog when

these two adorable street puppies appeared before me when they were around three months old. We instantly fell in love and welcomed them into our family.

The veterinarian identified them as pure "Shanghainese street dogs," a breed unique to this city. Our son, Maximilian, 16, came up with the brilliant idea to name them after the two major districts of Shanghai. Puxi is the active one while Pudong is the lazier, chubby one who loves to eat. It's a perfect match that connects them to this city we call home

Where are Puxi and Pudong's favorite parks in Shanghai?

Puxi and Pudong are so integrated into our family that we do everything together. Luckily, we live in a house with a garden in Jinqiao, giving them some freedom to roam. Puxi loves being outdoors, rain or shine and is very social with other pets. Pudong, on the other hand, is content to stay inside and snack - her favorite hobby! We used to organize weekly pet picnics with friends, letting the dogs play at the dog park on Lan'an Road.

How do Pudong and Puxi bring your family joy?

Dogs have an amazing ability to lift our spirits and dispel loneliness. If we pay attention, they can also teach us about ourselves and inspire us to grow in compassion and self-awareness. I've learned that dogs, like horses, can show us our most beautiful human qualities and encourage us to continue our journey of loving kindness, not just towards others but also towards ourselves.



In our household, dog hair is a condiment, muddy paws are prints, and wet noses are smudges. Their presence is a reminder that we are truly living life to the fullest.

What advice would you give to our readers who are thinking of getting a pet?

Adopting a pet from a shelter or rescue organization is an incredibly rewarding and impactful way to provide a loving home for an animal in need. Each year, millions of healthy, adoptable pets are euthanized in overcrowded shelters simply because there are not enough people willing to open their homes to them. By choosing to adopt, you're not only saving a life but also sending a strong message of compassion and responsibility. **SF**



Pet Singlet from Punk Dog, 28 RMB



Ceramic Feeding Bowls from Pepeep, 179 RMB



Pet Hut from Pet Man, 284 RMB



Aesop Animal Wash, 330 RMB



Couch from MEWWOOFUN @ TMALL, 180 RMB

Hot Pots of My Dreams

By Zachary Hil

Hot pot is more than a meal, it is a communal experience. Having hot pot with friends and family is a joy of life. In that hour or two, you can be in a sort of blissful heaven, one that I wish I could stay in forever. What's also amazing about hot pot is how everyone can partake in it, no matter your dietary preference. The sauce, broth, and food are completely up to the person, which makes it able to accommodate everyone. When you are visiting my favorite hot pot restaurants, make sure you bring someone to enjoy the experience with!



Hai Di Lao

HaiDiLao is a chain hot pot Chinese restaurant, with three main pillars of its excellent: the brand, the food, the service. What makes HaiDiLao distinct is its service. HaiDiLao makes all of their workers go through training unlike anywhere else, and it shows in leaps and bounds. These are just a few of the services HaiDiLao provides: a nail salon, children's playground, birthday party shows, and live noodle dances.

I recommend getting lots of beef as well as mushrooms of all varieties. HaiDiLao has an incredibly large range of possible foods, making it difficult to not feel accommodated.

Don't forget to have tons of fun and enjoy the rambunctious HaiDiLao atmosphere.

Address: 3F, 1068 West Beijing Road, Jing'an District

左庭右院 (Zuo Ting You Yuan)

This is a hot pot restaurant made especially for beef. The chefs cut and prepare the beef in full view of everybody. There are no packaged meats or fake ingredients, and everything in the kitchen seems clean and sanitary.

When the beef is served to you at this beef restaurant, it is not on just any serving plate. Instead, a curved plate with a diagram showing what part of the cow the beef originates from is presented to the customer. Sometimes scooping food out of the hot pot can be a mighty struggle, so the beef restaurant supplies you with a cooking spoon. The entire experience is created for you to enjoy the best beef experience possible.

Address: 4F, 5001 Dushi Road, Minhang District



焱格格 (Yan Ge Ge)

Being vegetarian has never been better. This Yunnan mushroom hot pot restaurant is the gold standard for vegetarian hot pot. It has a modern, dark, misty atmosphere that feels enchanting as soon as you step through the door. It has a plethora of drinks, impeccable service, and as much vegetarian variation as you can imagine.

The number of options that you can cook in your broth might seem overwhelming, so

don't feel compelled to try everything. Just pick a couple of items that you know you will enjoy and if you love the restaurant don't be afraid to come back to it.

If you are eating at this restaurant, make sure you also order their complementary side dishes. The fried rice at the restaurant was a life-changing experience for me.

Address: 1F, A1, 800 Changde Road, Jing'an District



鼎王无老锅 Ding Wang Wu Lao Guo

This Taiwanese hot pot restaurant is another chain across Shanghai, although not quite as well-known as HaiDiLao. While HaiDiLao is bright and rambunctious, this restaurant is higher-end, with a mellow tone to it. HaiDiLao is where you hold the party. This is where you come for a relaxing Friday afternoon.

This restaurant's sauces are different than many on this list because of their Taiwanese origin, so make sure to experiment. Like the beef restaurant, this Taiwanese spot also has a cooking spoon made especially for convenience. Whenever I have gone to this chain, I never found myself disappointed by anything on their menu.

Address: 1829 West Beijing Road, Jing'an District



严记老北京涮锅 (Yan Ji Lao Beijing Shuanguo)

You didn't think I would introduce a beef place without a lamb one? Let me give a slight preface: this is a very distinctly Chinese experience. You receive the utensils in disinfected plastic packaging and there is only one sauce: peanut sesame. The area is steamy, and occasionally rowdy, but a great alleyway experience in an easily accessible location.

While the lamb restaurant (and most Chinese alleyway restaurants) are not particularly hygienic, there should be minimal risk of contamination because of the boiling water. In general, I would recommend buying the leanest type of lamb you can find, as you want to experience the peanut sesame sauce to the fullest.

Address: 346 Middle Wulumuqi Road, Xuhui District



One Foot in the Door, But Never Two

By Zachary Hill


On a typical overcast day, I decided to go buy some baozi from the Ayi in the baozi restaurant near my house and began to make small talk. With her joyful smile and endearing gaze, I can sense the question she is about to ask before she even says it, "Which country do you think is better, America or China?"

I have to respect the straightforwardness of the question. She obviously framed her question in this way to get a clear answer. However, it is ultimately establishing a world of black and white without accounting for any shades of grey. No matter what answer I give, it is not genuine because her question does not account for the world's complexities.

I grew up in Shanghai my entire life, from the moment I was born until my high school graduation. I learned Chinese with the local kids in my kindergarten and learned English with my classmates in international grade school. Still, I never looked like any of my Chinese friends, and when I occasionally visited the United States it always felt foreign. As much as I was culturally American, it was still a place that looked far different from my

home. It felt like I had one foot in the door of both cultures, but that was never enough for either to accept me.

I struggled with this phenomenon a lot, and I would be lying if I said I completely overcame it. However, instead of a glass-half-empty mindset, I now approach my cultural diversity from a different outlook. I have perspectives on the world that few others possess. When I moved to the US two years ago for college, I had an initial bout of culture shock. Tipping culture, limited public transportation, and a change in cuisine were just a few of the differences I encountered. However, my cultural diversity gave me an adaptability to the US that many Chinese international students didn't have, which resulted in my culture shock only lasting a month.

Maybe I'll never be able to answer the Ayi's question genuinely. Maybe I'll never be able to put both of my feet through either door. Strangely enough, I'm content with that. A new generation of cultural diversity might be exactly what we need to rinse away the black and white categorization of cultures. One day, maybe I won't be asked that question at all. 



Zach grew up and experienced his entire childhood in Shanghai. He is currently, a junior at Carleton College in Minnesota studying Economics and History.

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shfamily.com

ORIENTATION

Housing

THE EMERALD

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

LE VILLE RESIDENCE

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

SHANGHAI CENTRE

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

TIMES SQUARE APARTMENTS

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

WILLOWBROOK AT GREENHILLS

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

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

Pet Care

DOCTORS BECK & STONE

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

PETSHOME VETERINARY HOSPITAL

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

SECOND CHANCE ANIMAL AID (SCAA)

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

SHANGHAI WESTIE VETERINARY CLINIC

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

SHANGHAI THINKA ANIMAL HOSPITAL

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

Relocation & Storage

ASIAN TIGERS MOBILITY

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

EXCEL WORLDWIDE MOVING & STORAGE

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

MINISTORAGE

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

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

WOW MOVING CARE

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

Services

MAWOOX

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

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

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

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

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

BLUE FROG

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

community listings

CHILI'S

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

FAT COW SHANGHAI

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

LIQUID LAUNDRY

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

TEXAS ROADHOUSE

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

YE SHANGHAI

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

Food Delivery

EPERMARKET

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

SAM'S CLUB

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

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

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

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

ARTSPIRE VISUAL ARTS Centre

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

AWESOME KID'S CLUB

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

BJORKY EDUCATION

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

CONCORD MUSIC

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

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

ELG

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

EXPAT LEARNING Centre

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

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

ISTAGE ACADEMY

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

JITTERBUGS SHANGHAI

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

JULIA GABRIEL Centre FOR LEARNING

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

OOGIE ART

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

community listings

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

THE POTTERY WORKSHOP

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

Z FENCING

Learn fencing to develop focus, discipline and determination. For kids ages 4 to 12. Learn fencing from Z Fencing, the leading fencing club with presence in Singapore, Shanghai, Kuala Lumpur and Los Angeles. Suite 505, 3211 Hongmei Road, Tel: 6426 1113, www.zfencing.cn

Financial Services

ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across the mainland of China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad.

20F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing Road, Tel: 8028 5300, www.sjp.asia, china.info@sjp.asia, WeChat Official Account: SJPASIA

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

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

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

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

CONCORDIA INTERNATIONAL SCHOOL

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

arts, service and applied learning programs. www.concordiashanghai.org, admissions@concordiashanghai.org

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space, natural courtyard settings, roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful schools in Puxi. Academically, Dulwich international colleges follow the English National Curriculum, enhanced with a brilliant Mandarin programme and are well known for achieving some of the highest IB scores in the region. www.shanghai-puxi.dulwich.org, admissions@dulwich-shanghaimeinhang.cn; Wechat ID: dulwichpxi; Tel: 3329 9310 or 3329 9399

DULWICH COLLEGE SHANGHAI PUDONG

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

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

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

LIVING WORD SHANGHAI

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

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

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international 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

community listings

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

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

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

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

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

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

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

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

HUILI NURSERY SHANGHAI

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

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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

LITTLE SCHOLAR ACADEMY

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

MONTESSORI SCHOOL OF SHANGHAI

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

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

THE LITTLE URBAN CENTRE

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

X²B MONTESSORI

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

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

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

community listings

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 Jingtian Road, Shangcheng District; Tel: 0571-2833 8080/ 130 6779 7679; Wuxi Clinic: 82 Zone 4 of Vanke City Garden, Wanshun Road, Binhu District; Tel: 0510-8331 8897/ 177 5149 8285

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

PURESMILE ORTHODONTICS & DENTISTRY

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

PARKWAY HEALTH DENTAL CENTRES

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

NEW YORK DENTAL CLINIC

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

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

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

LIFESTYLE

Hotels & Holiday

THE PULI HOTEL

The PuLi is the first luxury hotel in Shanghai to be positioned as the "Urban Resort". It was inaugurated in September 2009. The PuLi combines the best of many specialties to present the understated luxury and introverted elegance, providing exclusive "crafted luxury" services for guests from Shanghai, China and the world. In addition, The PuLi returns to the origins of luxury through simple design, ambiance, craftsmanship and attention to details. Take guests on a sensory adventure that transcends traditional luxury. We endeavor to orchestrate a guest experience that is genuine, intuitive and

seamless. social parties, and training sessions. 1 ChangDe Road, Jing'an district, Shanghai; Tel: 3203 9999; Fax: 3251 8989; information@thepuli.com; www.thepuli.com

PRIMUS RESIDENCE SHANGHAI HONGQIAO

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

THE SENZ HOTEL & SPA

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

SHANGHAI HONGQIAO TONGPAI HOTEL

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

Health & Beauty

BANYAN TREE SPA

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

BENSON

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

The Best Pet Accessories

Gadgets, toys, and devices to entertain your non-human children. *By Khushboo Khanna*

PetBiz GPS tracker

For Akshay, getting married meant becoming a dog dad to Mantou and Zoey, two adorable corgis. As a first-time dog owner, their safety and health were his priorities. His wife had purchased PetBiz on Taobao a while ago, and they decided to give it a try.

A pocket-friendly find, the PetBiz GPS tracker is a small rectangular device that connects to a leash or collar and comes with a bilingual app. The app has features, including connecting smart bowls and adding multiple pets and owners. The app doesn't just locate your pet; it tracks their activity data, allowing users to add health parameters and goals, send notifications and reminders, and connect with other pets using the tracker in your area.



Natural Rubber Toys (Kong)

When a friend gifted her dog a Kong toy nine years ago, Gina, a dog trainer herself, was intrigued. Almost a decade later, the natural rubber toy that holds treats and has great elasticity and bite resistance continues to be her prime toy recommendation to engage pets.

As someone who studies animal behavior and nutrition and also provides pet-sitting services, she has observed that Kong toys keep pets, both large and small, active, curious, and entertained for extended periods. The brand's official store has toys for dogs and cats and also manufactures some for horses, though these aren't available on Taobao.



HiDream Cat Pack

Many cat parents find it challenging to socialize their cats outdoors due to a fear of cat carriers, which cats perceive as a reminder of a veterinary visit. However, Patrick wanted to ensure his best fur friend, Sylvie, got some time in the sun and enjoyed the world with him.

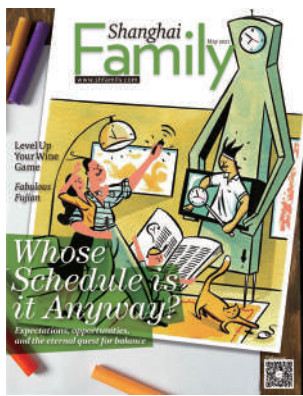
The average cat pack heats up rather quickly during the summer, so this was a major factor to consider. Relying on trusted social media apps like Xiaohongshu and reading Taobao product reviews, he was convinced of HiDream's Cat Pack. Weighing less than 800g, it was light to carry around, didn't heat up, and was a comfortable size for his cat to enjoy seeing people from a distance. Now that he has used it, he swears by it wholeheartedly.

Automatic Bird Feeder

With a bird and a toddler at home, Yulia's life can often get busy. To ensure the best life for her bird, she's found several devices and toys on Taobao and JingDong that keep him entertained and happy. Recently, she upgraded to a new cage and bought an automatic bird feeder attachment that she highly recommends. Her favorite thing about it

is that you simply fill it to capacity, and food descends automatically while also separating the husk from its bottom drawer, which makes cleaning up as easy as sliding out the disposal tray. **SE**





For the latest info on family life, education, health and wellness, food, travel, lifestyle and much more!

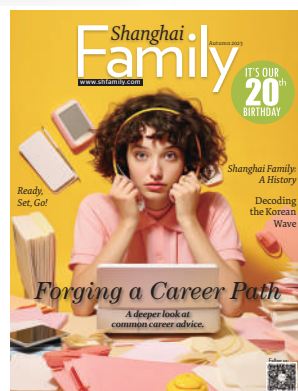
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