

Shanghai Family

Autumn 2024

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*10 Days in
Vietnam*

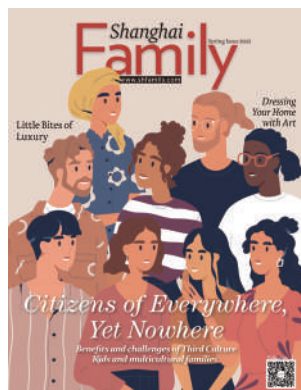
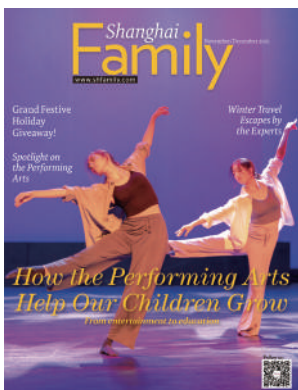
Should I
Send My
Child to UK
Boarding
School?

Sustainable Living

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2025 STUDENT VOICES Speech Competition 演讲比赛



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Feature

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Mom Blog

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Autumn 2024

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How do you practice sustainability?



Minimalist life,
no waste



Walking, biking, and
taking public transit

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6461 6550 (Hongqiao)



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St. James's Place Wealth Management
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Chili's American Restaurant & Bar
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New York Dental
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Columbia Clinic
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Hilton Shanghai Hongqiao
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Puxi Emergency: 2216 3999
Pudong Emergency: 3886 2999



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Deutsche Schule Shanghai
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3329 9310 (Puxi)



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Harrow International School Shanghai
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Living Word Shanghai
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6897 6589 (Yangpu)



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Nord Anglia International School Shanghai, Pudong
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Shanghai Community International School
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Shanghai Gold Apple School
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Shanghai Liaoyuan Bilingual School
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Western International School of Shanghai
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Wycombe Abbey Schools International
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Future Academy of Science and Technology
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Happy Bridge Kindergarten of Shanghai
happybridge@outlook.com
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3388 3900 (Minhang)



Julia Gabriel Centre
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Little Scholar Academy
www.scholaracademy.org
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Magnolia Kindergarten
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Montessori School of Shanghai
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Tel: 400 820 7081



Xuelexing Kindergarten
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6029 1140 (Qingcheng)

editorial team note

The autumn season brings the winding down of the natural world around us. Temperatures drop, leaves change color and fall, and we humans hibernate in the warm indoors.

This seasonal cycle coming to a close is a great reminder about the ebb and flow of the environment and offers a time to reflect on our role in its stewardship.

In this issue, we look at the perennial topic of sustainability. The **cover story (16)** dives into how we can live our lives more sustainably at home. The **education feature (28)** looks at all the ways sustainability is being taught in schools and highlights the students and staff who are leading the charge. We also explore little ways you can bring nature into city life with tips on **starting your own indoor garden. (54)**

The autumn is also a time when schools welcome back students to campus and kick start a new academic year. In our feature stories, we ask whether **sending your kid abroad** for schooling is a good fit **(21)**, and reflect on how to **find success in college applications** by staying true to yourself. **(24)**

With the winter break fast approaching, we tag along for a **trip to Vietnam** to get some travel inspiration **(42)**, as well as reflect on the memories of the hot and hazy summer that just passed in the **mom blog. (44)**

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

A hand with light-colored nail polish holds the handle of a white mesh reusable shopping bag. Inside the bag, several pumpkins of different sizes and colors (white, orange, and green) are visible. The background is a solid orange color.

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



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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
30th November 2024

For registration and more information, **scan the QR codes.**



Online Submission
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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!

Disney in Concert: The Sound of Magic

Enjoy the magical sounds of Disney for a Christmas treat on December 24 and 25 at 31 New Bund BOCOM Performing Arts Center. Hear hit songs from Moana, Frozen, and classics like The Lion King, Snow White and the Seven Dwarfs, Fantasia, Aladdin, and Beauty and the Beast. Join conductor Lin Daye and the Wuxi Symphony Orchestra for a two-hour long journey through the magical world of Disney. Tickets range from 280-680 RMB and can be purchased on 247tickets.com.



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**



Paul Taylor Dance Co.

The New York-based Paul Taylor Dance Company brings two nights of "Dance for Life" modern dance to Shanghai. On December 5, the company will perform "Garden," while on December 6, the company will perform "Flames." Catch both at the AIA Grand Theatre. Tickets range from 180-680 RMB on 247tickets.com.

Russian State Ballet: The Nutcracker

Christmas means The Nutcracker, and this year Shanghai has multiple options to see the classic festive ballet. The Russian State Ballet are back and will delight the audience on December 24 and 25 at the Shanghai Centre Theatre. Tickets range from 180-880 RMB on 247tickets.com.



State Opera of Tatarstan: The Nutcracker

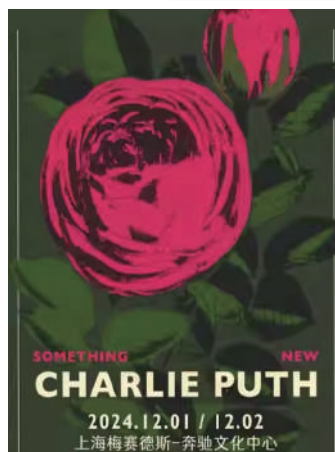
Hailing from the Russian republic of Tatarstan, the ballet company and orchestra of the State Opera of Tatarstan come together for a one night performance on December 15 at the Shanghai Oriental Art center in Pudong. Tickets are 180-1280 RMB and can be purchased on 247tickets.com.

Blue Man Group Ending

Catch the Blue Man Group live in concert while you still can. The Shanghai residency of the three funny blue men wraps up on November 17. Tickets start at 111 RMB on 247tickets.com, with a VIP ticket option that includes a meet and greet with the Blue Men after the show.



2024-12/05 上海
梅赛德斯-奔驰文化中心



Jessie J, Charlie Puth, James Blunt Perform at the Mercedes-Benz Arena

Get ready for the return of blockbuster musical performances at the Mercedes-Benz Arena. A string of pop stars will light up the stage this winter starting with Jessie J on November 27, Charlie Puth on December 1 and 2, followed by James Blunt on December 5. Tickets are being sold across mercedes-benzarena.com, 247tickets.com, smartticket, and other sites.



Cats the Musical Arrives in 2025

The parade of legendary Andrew Lloyd Webber classic musicals continues in Shanghai, with Cats ringing in 2025 with a run from January 10-19 at 31 New Bund BOCOM Performing Arts Center. The English language performance with Chinese subtitles follows the Jellicles, a tribe of junkyard cats, as they gather for the yearly Jellicle Ball where they decide who is worthy of being reborn in the Heaviside Layer. Tickets ranging from 280-1280 RMB are already going fast on 247tickets.com.



Christkindlmarkt

The German Christmas Market on the Bund is back again to celebrate the festive season. This year's market will be held from November 27 to December 28. Ticket details, vendors, and more information to be confirmed. But you can be sure to expect gluhwein, good times and maybe even a suprizе guest... Santa!

school roundup



Wellington Shanghai Celebrates 10 Years

On a late September morning, Wellington gathered to commemorate 10 Years of Building a Global Community. Pupils from Reception to Sixth Form, along with 400 teachers and staff, spelled out "WELLINGTON 10 上海" in an aerial drone photo and video. This powerful display of unity sent a celebratory message: Wellington Shanghai is 10 years strong. The school celebrated with a packed calendar of events, like its annual International Food Festival, a 10-Year Anniversary Ball, a concert and more. Here's to the next decade!



BISS Puxi@Maker Faire

The British International School Shanghai, Puxi, attended the annual Maker Faire at Shanghai's Rock Bund – celebrating STEAM subjects with the international community. BISS ran a VR experience and Lego robotics hub representing the everyday lessons available to students on campus, sharing examples of the school's unique collaboration with MIT. The Maker Faire brought many schools together as the importance of STEAM learning grows for an ever-curious new generation.

YCIS Shanghai Pudong Win at Student Voices

YCIS Shanghai Pudong are proud to celebrate its students who recently won the Student Voices English Speech Competition. Felix, Nicole, Vivian, Nadya, and Evan impressed the judges with their thoughtful perspectives on environmental sustainability; their ability to convey complex ideas and captivate the audience truly set them apart. YCIS are thrilled that their dedication and talent earned them top prize, a well-deserved recognition of their hard work and skill.





LFS's Open Air Gallery

Shanghai French School celebrated a delightful tradition: "La Grande Lessive!" Both campuses came alive with the creativity of primary and middle schoolers who worked diligently on the drawings displayed on clotheslines in the schoolyard and piazza, creating an open-air gallery. The theme, "Same, Not the Same," offered a perspective on unity in diversity. Each artwork reflected the student's individuality while emphasizing shared connections. Parents and teachers admired the imaginative creations.



Harmony in Diversity at SCIS's UN Day

Each year, SCIS celebrates the UN International Day of Peace, highlighting diversity and global awareness. This year's theme, "Cultivating a Culture of Peace," inspired activities. In the Parade of Nations, students showcased their cultural heritage through traditional attire and flags. Young artists collaborated on projects, transforming the halls into a gallery of hope and unity. The stage came alive with music and dance, inspiring speakers shared heartfelt reflections on peace, connecting personal stories to global challenges. It's clear that SCIS is not only promoting kindness and empathy but also nurturing compassionate global citizens.

Dulwich PD House Run

Dulwich Pudong's House Fun Run on 13 October showcased the enthusiasm and camaraderie of the College community, bringing together 1,085 students, staff, and families. Eighty-two volunteers contributed their time and effort. The highlight was a 2K run, where participants 'shared' colour powder. After, everyone gathered in front of their house backdrops with their medal. The lasting memories make the House Fun Run a truly special event celebrating community and school pride.



Concordia Harvest Festival

Concordia's Harvest Festival, held on October 20th, was a day filled with laughter, fun, and community spirit. Families from across the city gathered to experience a wide range of attractions that transformed the campus into a vibrant autumn wonderland.

Creative craft stations, face painting, and delicious food stalls added to the festive atmosphere. Kids bounced around in castles, marveled at bubble and magic shows, and played fall-themed games. Plus, in addition to spectacular musical performances, there were interactive VEX robotics demos and an impressive drone display that captivated all ages.

The event was a resounding success that celebrated the strength of the Concordia community and left everyone excited for the next celebration.



Sustainable Living

Tips for a Green Lifestyle that Starts at Home

By Edda Joyce Garcia



In a world increasingly aware of its environmental impact, the call for a sustainable lifestyle has never been louder. It's more than just a trend—it's a way of life with a commitment to living mindfully and harmoniously with the environment. From eco-friendly home choices to reducing waste and supporting ethical brands, sustainability is about making conscious decisions that benefit not only ourselves but also future generations. This cover story delves into how individuals and families can seamlessly integrate sustainability, highlighting the beauty of simplicity, the power of mindful consumption, and the joy of living in tune with nature. Let's explore how small changes can lead to a more meaningful, eco-conscious life.

Creating A Beautifully Conscious Space Called Home

A beautifully conscious home balances aesthetics with mindfulness,

combining thoughtful design choices that enhance both style and environmental responsibility. Whether you're redesigning a room or starting from scratch, here's how you can transform your space into a haven that reflects your values and your vision.

Renewable Materials: Style Meets Responsibility

One of the key principles of eco-conscious home improvement is selecting materials that are durable and responsibly sourced. Fortunately, today's market offers a wide array of stylish options that meet these criteria.

- **Reclaimed Wood:** Using reclaimed wood for flooring, walls, or furniture brings character and warmth to a space while reducing the demand for new timber. It's a great way to incorporate history into your home while helping preserve forests.

- **Bamboo:** Bamboo is a rapidly renew-

able resource, making it an eco-friendly alternative to traditional wood. From flooring to furniture, it adds a modern, sleek look with a sustainable edge.

- **Recycled Materials:** Many modern home improvement products are made from recycled glass, metal, and plastic. These materials are not only environmentally responsible but can also be transformed into chic, contemporary finishes for countertops, tiles, and décor.

Recommended vendors:

Imoni, RenewMaterial

Recommended book: "Why Materials Matter" by Seetal Solanki

Energy Efficiency: The Choice That Saves

Making your home more energy-efficient isn't just easy on the pocket, it also saves your carbon footprint.



Water Conservation: Style That Flows Sustainably

Water-efficient fixtures and appliances not only save but also enhance the overall style and functionality of your home.

- **Low-Flow Faucets and Showerheads:** These fixtures come in sleek, modern designs and help reduce water usage without compromising on water pressure.

- **Water-Saving Toilets:** Dual-flush toilets allow you to choose between low and high-water flow, adding an element of eco-consciousness to your bathroom design.

- **Water Filters:** Save money and space by getting rid of water dispensers and bottled water.



- **LED Lighting:** Swap out traditional incandescent bulbs with this option. They come in various designs and colours, perfect for setting any mood.

- **Smart Thermostats:** Installing a smart thermostat helps regulate your home's temperature efficiently. It's sleek, modern, and allows you to control your home's heating and cooling remotely, ensuring your space stays comfortable and eco-friendly.

- **Insulation:** Proper insulation in walls, roofs, and floors not only improves energy efficiency but also adds comfort to your home. Opt for insulation materials like wool, cellulose, or recycled denim for a greener approach to temperature control.

In the market for a new apartment? Consider a new space that has a lot of natural light coming in all rooms, not only will it look very homey and inviting, but you will also thank your-

self as well when you get your electric bill.

Eco-Friendly Paints and Finishes: Breathe Easy

Many conventional paints and finishes release harmful chemicals known as VOCs (volatile organic compounds) into the air, which can impact both your health and the environment. Thankfully, there are alternatives that don't sacrifice quality or style.

- **Low or Zero VOC Paints:** These paints come in a variety of stylish colours without the harsh chemicals and toxic smell.

- **Natural Finishes:** Use natural oils and waxes on wooden surfaces instead of synthetic varnishes. They not only enhance the beauty of wood but are also better for your indoor air quality.

Recommendations:
Dulux, Benjamin Moore, Libang





Green Spaces: Bringing Nature Indoors

Incorporating plants into your home not only enhances aesthetics but also purifies the air and creates a calming, eco-friendly environment.

- **Indoor Gardens:** Whether it's a vertical garden, potted plants, or a mini herb garden in your kitchen, bringing greenery indoors helps you connect with nature and boosts your home's eco-credentials. Choose low-maintenance plants like succulents or air-purifying options like snake plants and peace lilies for both beauty and function.
- **Natural Fabrics:** Opt for organic cotton, linen, or hemp for curtains, cushions, and upholstery. These materials are not only sustainable but also add a natural, timeless charm to your interiors.

Sustainable Furniture: Design That Lasts

Sustainable furniture is more than just a purchase; it's an investment in quality and craftsmanship. By choosing carefully, you're creating a home that's beautiful, functional, and respectful—one piece of furniture at a time.

- **Second-hand Finds:** Vintage or second-hand furniture shopping is a great way to find high-quality, unique pieces without contributing to the demand for new resources.
- **Local Brands:** Support furniture makers who prioritize sustainability by using responsibly sourced wood, recycled materials, or eco-friendly production processes.

*Furniture pieces we love:
Stokke High Chairs - made for new-
borns to adults*



Upcycling and Repurposing: Turn Old into Gold

Why buy new when you can upcycle or repurpose what you already have? This approach reduces waste while adding a personal, creative touch to your home.

- **Furniture Revamp:** Instead of buying new furniture, consider repainting or reupholstering old pieces. This is an opportunity to customise the style, colour, and texture of your furnishings, making them unique and perfectly suited to your space.
- **Creative Repurposing:** Think outside the box. Old wooden pallets can be transformed into coffee tables, and vintage suitcases can be turned into stylish storage. Not only are you reducing waste, but you're also creating one-of-a-kind pieces that reflect your personal style.

cover story



Thinking of a home makeover? You would be surprised that just by decluttering, repurposing, and rearranging what you already have can get you a whole new and fresh look into your space.

A Stylish, Sustainable Home is Within Reach

Transforming your home into an eco-conscious sanctuary doesn't mean giving up style or comfort. By making conscious decisions you can create a space that's as beautiful as it is kind to the planet. Small changes can make a big impact!

Mindful Celebrations

The milestones we celebrate today should live on in our memories, not our landfills. Celebrate in style and low waste!

Decorate With Purpose

In China, we have been accustomed to what is cheap, easy, and convenient. Many parties end up with decorations that are just thrown away. With a bit of creativity and resourcefulness, you can style any party, especially themed ones into something chic, classy, and mindful.

Pop those balloons for good! Get creative with reusable or biodegradable decorations. Think fabric bunting, homemade garlands, or even natural flowers and greenery. You can also use decor that doubles as a gift—line up potted plants, vegetables and fruits for example, also make fun and beautiful centrepieces.

Send Eco-Friendly Invites

Why waste paper on invitations when you can send beautifully designed e-vites? Go digital and cut down on paper waste—plus, it's so much easier to track RSVPs online! If you're a fan of traditional invites, opt for ones made from recycled paper or

seed paper that guests can plant after the party. It's like giving a little gift back to the Earth.

Gift Giving With Heart and Thought

Mindful celebrations aren't just about what you serve, but how you give. Encourage gifts that are home-made, experience-based (think tickets to a show or a fun day out), or reusable goodies, or locally made items.

You could also suggest a no-gift policy and ask guests to donate to a charity or plant a tree in your honour. That's a gift that keeps on giving!

If you're wrapping presents, go for reusable gift wrap, like fabric, recycled paper, kuaidi boxes tied up with nice ribbons or strings, or get crafty by reusing old newspaper or magazines. The point is to create memories, not waste!

Rent vs Buy

There are certain items you may not have at home and sometimes purchasing these items may not be practical due to space and storage issues. Why not rent if you can and buy only things you will keep?

Furniture, tableware, sound system, and other party supplies can easily be rented in this city.

Recommendations:

*Panda Party Rentals, Rena's Table
Celebrate with Heart and Purpose*

Create life's joys without the waste. By incorporating purposeful practices into your party planning, you'll not only throw an unforgettable bash but also inspire your guests to think more consciously about how they celebrate. The best part? You fill hearts with unforgettable memories, not the landfills. **SE**





Should I Send My Child to Boarding School in the UK?

Making the big decision. *By Rachel Wright*

Whilst Hong Kong has always been a major source of student recruitment for UK boarding schools due to historical ties, there has been a steady uptick in the number of students opting to join UK boarding schools from China's major cities like Shanghai. That became even more pronounced after the

pandemic, as travel restrictions were lifted and many teaching staff at international schools - many of whom had lived and worked in the city for many years - decided to return home or move on.

Fifi, a Shanghai-based mother of three, was one of those who took the plunge and enrolled two of her chil-

dren at UK boarding schools since the end of the pandemic. Whilst she has no regrets, it hasn't all been plain sailing. Her eldest joined Rugby School but had to take a semester out after feeling homesick and isolated (he has since returned); her younger son trialled a semester at Christchurch Cathedral School in Oxford and enjoyed it so much he stayed.

Choosing to enroll your child in a boarding school across the other side of the world isn't a decision you can make lightly. It is a time-consuming exercise that involves doing your research, visiting the schools, testing and interviews. Those involved in the process say it takes 2-3 years of preparation before your child actually takes up the place. It also requires significant monetary investment. Most children join at the age of 11 which means parents will be paying seven years of fees. Whilst fees vary, an average of £25,000 per year for fees is not unusual (and with VAT of 20% being passed onto parents from January 2025, prices are only going to rise). If students join in Year 9, recommended as the latest point of entry, they will have a year to get acclimatised to the school culture, before the hard graft of the two-year GCSE exams preparation begins.

Who can help?

It's a lot to manage by yourself and that's where agents and consultants can help for a fee between 30,000-500,000 RMB. A whole package might include closing the gap between a student's current academic attainment and what they need to achieve in order to be admitted by their target school, monitoring the application, liaising with the school, practicing interviews, and boosting exam skills. As there are over 2,000 boarding schools in the UK to choose from, consultants can help find the one that is the right fit for your child.

Is boarding school right for my child?

That depends on the child. Children who are communicative, outgoing and sporty are more likely to be successful, consultants say. Children have to be willing to get outside their comfort zone and become part of their new community. On top of that, a key indicator of possible success is their fluency in English. If your child



is moving from a Chinese school or a bilingual school where English isn't their first language, they might struggle to succeed academically if their English is letting them down. That's why consultants recommend moving your child earlier to a UK boarding school, or even enrolling them in summer camps or finding English tutors in advance of starting boarding school so that they won't experience too much of a culture shock. Schools advise against moving your child after 13 unless he or she is fluent in English because the barriers to success are too high. Grace left an international school in Shanghai at age 13 to join a high-achieving school in Surrey. She told her mother that classmates from China who are stand-out students struggle with the amount of new English vocabulary in subjects like Biology and Chemistry. Grace thought her English was pretty good but struggled initially with essay writing. It was difficult for her to fit in at first- many girls had been at the school since nursery, or had joined at 11 and had already



formed bonds. It took her half a year to start to feel settled with a group of friends, but now she's very glad she came.

Which boarding school should we choose?

Whilst top-tier schools like Eton and Harrow are the best-known, parents are warned not to pick a school just because of its brand. More important, is to find the one that will suit your child. Richard Houchin, Director of Admissions at Cheltenham Ladies'



College, a school that has 80% boarders, explains that girls who aren't already academically excelling won't be a comfortable fit for the school. But that isn't the only criteria that's important when it comes to being admitted. The school puts an emphasis on soft skills, and student welfare is paramount. In the last seven weeks he has visited Shanghai twice, speaking to small groups of parents to educate and inform them about what a UK-style education can give their daughters. That can be difficult, as typically, parents equate 'good'

schools with 'good' exam results and there is a culture of tutoring outside school which puts children under even more pressure to achieve. Whilst academic results are important, Houchin says education is more than that. A narrow focus on results, he insists, goes against the whole ethos of education in the UK.

What do UK boarding schools offer?

So what might your child get that's missing from their current educational experience? Well, for one thing, most UK boarding schools worth their salt will be interested in cultivating the whole person, helping students develop into their own people. With no parents or aunts around, children have to develop independence and problem-solving skills to help them with life and relationships. Boarding school enables a very wide educational experience, more freedom to choose subjects and academic pathways (some boarding schools offer International Baccalaureate and A Levels) and a rich extra-curricular provision with an emphasis on trying new things. Many schools are based in the English countryside, so it's relatively safe and there's plenty of green space and

fresh air. Being in an English language environment, for most of the day, and being immersed in English culture, just feels very different to being back in Shanghai.

Teacher support is good, teaching standards are high, and mental health support is widely available. Christie Carson, an EAL teacher and consultant, believes that UK boarding schools are effective at looking after the individual needs of a student. If a student is struggling (or, conversely, needs promotion to a higher class) the school will be proactive at giving them extra help or finding the class that suits their level.

Top tips from parents

Check the school's cell phone and devices policy. Will your child have access to their devices to contact you during the week or just at the weekend?

If your child will need English language support, check the English as an Additional Language (EAL) provision at the school - are staff qualified? Are exams such as IELTS available?

Thinking ahead to university - does the school have mentoring and support for students hoping to attend universities in the US, Europe, Asia and UK (if this matters to you)?

Consider having one parent live nearby the school to lessen separation anxiety, at least for the first year while your child is getting settled. Students can board weekdays and return home at the weekend.

Check how easy it is to meet staff at the school if you can't attend a scheduled online or in-person parent-teacher conference.

For more information on the regulation of UK boarding schools and inspections visit <https://www.boarding.org.uk/>. **SE**



Honoring You

Be authentically you this college application season.

By Margie Chiang



We have witnessed shifts on college campuses such as widespread unrest, protests, and encampments this past year, along with increasing depression among college students as indicated in a 2021-2022 Mayo Clinic survey of students that found 44% reported symptoms of depression. As the number of students pursuing higher education continues to

rise, gaining admission to competitive colleges is becoming more challenging than ever.

When applying to competitive American universities, is there a shift in how students should present themselves? Should there be specific leadership qualities demonstrated through the key parameters of academics, activities, and passions in the wake of these shifts?

Given that universities are looking for the essence of the student, which includes who the student is and how they can make the world a better place, it is in the student's best advantage to preserve their authenticity. You do this by embracing one's individuality and leveraging extra-curricular activities as a way to demonstrate one's uniqueness.

Core Values - What you stand and fight for: The key beliefs that shape the student's decisions, actions, and relationships. These values reflect what matters most to the student, like compassion, resilience, or civic-mindedness, guiding how he or she interacts with the world. As he or she grows, core values help them stay true to themselves and make choices that align with their personal code of ethics.

Vulnerabilities - What makes you human: Vulnerabilities for a teenager are the areas where they feel insecure or emotionally exposed, like struggling with self-esteem, peer pressure, or fear of failure. These are often sensitive aspects of their life where they may feel uncertain or overwhelmed. Recognizing and accepting vulnerabilities is a key part of personal growth, helping them build resilience and better understand themselves.

Growth Insights - Can you handle the future?: Growth insights are realizations that foster personal develop-

ment and self-awareness during a pivotal phase of life. These insights often emerge from navigating challenges, relationships, and changes, helping teens build emotional resilience, empathy, and independence. Ultimately, they guide a student toward greater maturity and readiness for future responsibilities.

The proof points remain the same through the demonstration of core values via activities.

Activities

Activities are the treasure trove for exploration and the earlier we start mapping and activating them, the earlier my students arrive at what they love to do, what they are good at, and a direction on social impact.

Academics - What is your intellectual capability?: For a teenager applying to college, “academics” refers to their achievements in coursework, such as maintaining strong grades in challenging classes. It also includes active engagement in learning, demonstrated by pursuing advanced subjects or research projects, like writing a thesis on environmental science. Academics showcase a student’s readiness for college through performance and intellectual curiosity, such as taking honors classes or participating in academic competitions like Math Olympiads or writing competitions.

Passions - Hobbies, deep interests, where FLOW is attained: Activities, subjects, or causes they deeply care about and consistently pursue. These could be demonstrated through long-term involvement in a hobby, like creating video games to raise awareness on social issues, or founding a community for stammerers to advocate for mental health. Passions reflect what motivates a student beyond academics, showcasing their personal drive and unique contributions to the world around them.

Social Service - How do you make a social impact and demonstrate engagement in making our world a better place?: Meaningful contributions made to improve their community or help others in need. This could include volunteering at local shelters, leading environmental clean-up initiatives, or co-founding a support group for individuals who have mental health concerns to reduce stigma and promote understanding. Social service demonstrates a student’s compassion, leadership, and commitment to creating positive social impact beyond their personal realm.

What Makes Impact?

This past year’s cohort of mine included students who earned acceptance into Stanford, Duke, Rice, Wellesley College, Georgetown, Washington University St. Louis, University of Southern California, and NYU Stern. All of my students were not only academically strong but also robust with leadership activities.

Each had relevant leadership roles in social impact initiatives aligned with their projected academic major that

they had been working on for at least two years. What jumped out was the dedication and the societal impact that resulted. For example, the student who is currently majoring in sociology went from working as a one-on-one online English tutor for migrant kids to working as a trainer for college students on how to teach English to children who come from rural homes.

In the context of university admissions, schools continue to be interested in learning about students in their entirety. Who are you, and how do you plan to make a difference in the world? There is only one of you, and universities and other institutions ought to have the opportunity to learn everything there is to know about you. Therefore, show up authentically as you!

Margie Chiang is a founding partner at Joyview Education. As an education coach, Margie integrates her leadership coaching experience and marketing savviness to coach middle and high school students on successfully navigating the college application process and life. SF



Teamwork Makes the College Dream Work

YCIS engages parents as key partners in college admissions.



"It's never too early to start," John Yi Liu, Head of Career and University Guidance Office said.

The journey of college admissions prep at YCIS is not a solitary path. Rather the school's Career and University Guidance Office (CUGO) ensures students at YCIS are looked after, advised, and coached on their way to higher education. John Yi Liu, Head of CUGO, attributes the strength of the program to not only empowering qualified staff to engage with students, but critically, engaging another key player- the parent.

It is important to understand YCIS's community culture and to listen to the needs of families that make up the school. The CUGO team, with a 10-1 staff-student ratio, recognized that students and their families were feeling a lot of pressure regarding the admissions process.

Liu, who has worked at YCIS for 7 years, notes that with the trend of increased global applicants to universities, admissions teams are getting ever more selective with who they accept. He observes that YCIS parents are becoming more nervous and both parents and students are anxious about the application process.

To address this, CUGO identified that developing the communication, engagement and trust of parents was essential. The goal is to educate anxious parents about how broad the road really is, such as introducing them to the 4,000 college options in the US, and the increasingly important Early Decision application pathway. This knowledge of broad choices helps parents to reshape a mindset driven by fear.

"It's never too early to start," Liu tells parents. The CUGO program starts working with families from primary school with parent workshops starting as young as Year 2 that answer concerns and questions such as finances and return on investment. Liu advises parents to educate themselves on what schools are looking for, as well as to think of the family's future goals - not just college, but what values they hold important and what kind of person they want their child to become.

Inspiring Students to Look Beyond University

The CUGO program puts the student



in the driver's seat, empowering them to direct their own path to college and beyond, and encourages parents to listen to their child's direction. In middle school, the goal of the CUGO program is to help students discover their passions and get them excited by thinking about what they want to accomplish beyond college. YCIS middle schoolers utilize the book "What Color is Your Parachute?" by Richard Nelson Bolles to discover more about themselves. Later in high school, the cornerstone CUGO project is "Me at 30." This project asks students to research and delve into the details of what is needed to achieve their goals. They are asked practical questions like, where they want to live, how much is rent, and how much salary do they need to earn.

Other curriculum in the once-a-week secondary school CUGO class includes functional experience like mock interviews and resumes, a job shadow program that lasts for two weeks, as well as prudent life skills like roommate relationships, personal safety, and adjusting to a new culture.

When a student has narrowed down their dreams to clear goals, the seasoned CUGO counsellors provide the facts and know-how to successfully achieve the targets. For example, if a student is set on attend university in the UK, they are entered into a specialized preparation program tailored to the UK's university admissions pro-



"If a student knows they want to enter the fields of design and art, there is a magnet school in the YCYW network, Yao Wah Gubei, that specializes in art and design. Same for technology, entrepreneurship, and STEM with the specialized school Yao Wah Tongshan."

cess. Students bound for the UK practice interviews, prepare for the exam driven course structure, and plan school tours and summer programs in the UK. Or if a student knows they want to enter the fields of design and art, there is a magnet school in the YCYW network, Yao Wah Gubei, that specializes in art and design. Same for technology, entrepreneurship, and STEM with the specialized school Yao Wah Tongshan. With a breadth of knowledge, YCIS's career and university guidance counselors can help each student achieve their individual goals.

2024 University Outcomes

Each year, YCIS's CUGO program sees its Year 13 students graduate and move toward achieving their dreams, emboldened with the required practical skills and an

enlightened view of their life direction. The Class of 2024 is starting their next steps at top schools around the world.



YCIS Shanghai

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Green Our Campuses

Learn how students and staff are taking the lead on environmental sustainability. *By Lynn Yen*



Max Gu, Grade 12

How has your school improved in sustainability?

In 2022, the school created the Global Citizenship Coordinator role, which promoted environmental stewardship, and formed the student-led Environmental Stewardship Committee. We use motion-sensor lights to promote energy efficiency, and bathrooms across campus use waterless urinals and paper towels made from recycled materials. We even transport students using electric buses. Our Eagle Shop sources locally-made clothing from recycled waste and does not use single-use plastic wrapping. The school also supports ecological projects such as my compost

Shanghai American School Puxi

project, which has composted nearly 100 kg of cafeteria kitchen waste.

How do you promote awareness?

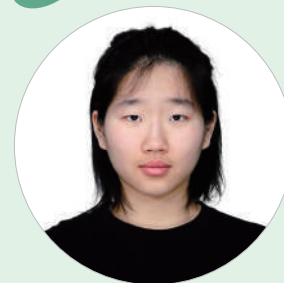
Our school emphasizes the importance of environmental stewardship as a pathway to global citizenship. The elementary school has gardens in the playground, fostering an early love of natural processes. The middle school hosts annual Shark Tank events that encourage students to create sustainable solutions to social needs. There are student-led environmental protection and justice clubs in high school. We also encourage responsible use of resources and ethical travel practices.

What goals do you have?

We have set ambitious goals for the future, including becoming a single-use plastic-free campus, reducing material waste, and fully integrating technology into school courses to



offset paper use. Our school aims to encourage Zero Waste Week. Lastly, we aim to expand the Environmental Stewardship Committee to a campus-wide committee to ensure that environmental sustainability is a priority across all areas of our school.



Shumin Liu (Bella), Grade 12, Co-president of Roots & Shoots, Citizen Action Council Sustainability Liaison

Shanghai American School Pudong

How has your school improved in sustainability?

SAS teaches environmentalism through Sustainable Development Goals in early education and offering high-level courses like IBESS and AP environmental science. As the advisor for the Roots and Shoots club, we focus on Gardening, Recycling, Little Sprouts, and special projects. For experiential learning out in the field, we visited Will Farm, where students learned about drip irrigation, organic fertilizers and conducted water quality tests in a lake.

How do you promote awareness?

Every April, we celebrate Earth Week with trivia games, seed planting, and creating organic salads from our kitchen garden, engaging the entire community. Our school also participates in the Million Tree Project, where students fundraise and plant trees in Inner Mongolia's desert, contributing to the cultivation of 2,400 trees so far. To boost environmental literacy, high school students visit elementary classrooms to lead hands-on activities, while 8th-grade STEM students apply their environmental fieldwork in passion projects. Personally, I volunteer as a river inspector with

local authorities to combat water pollution. I regularly monitor local rivers and upload reports, modeling the importance of environmental commitment for my students.

What goals do you have?

In the Environmental Systems and Societies course, we address global cooperation through SDG 17, focusing on strengthening partnerships for sustainable development. We aim to connect this learning with hands-on experiences, including plans to participate in the UN Climate Change Conference (COP) in the future. We are also thrilled about the upcoming visit from Dr. Jane Goodall, a pioneer in environmental activism and conservation.



Dr. Aiza Kashif, HS Biology and Environmental Science

How has your school improved in sustainability?

In Roots & Shoots club, our Gardening Sector maintains an outdoor garden and green classrooms. We created the garden from scratch and are currently growing radishes. Last year, we grew lettuce, tomatoes, spinach, and garlic. Each member is paired with specific teachers to assist with plant care, such as providing soil, transplanting, and offering advice on maintenance.

How do you promote awareness?

Promoting environmental awareness is a gradual process that requires lots of time and dedication. I do my best to stay focused and avoid burnout by finding allies who care like I do. I also realize I can't do everything so I also stay true to my passion: gardening. I model environmentalism by tending the garden a lot.

What goals do you have?

My goal is to take the members to an organic "fry try farm". That farm is special because there are no grids for each type of vegetable. Harvesting on that farm is like searching for treasure because all the plants are grown together. I want the members to learn from first-hand experience about this natural farming method and embrace the joy of being in this rich land.

German School Shanghai



Angelina Born, preschool teacher at the German School Shanghai Hongqiao
Christopher Rothe, preschool teacher at the German School Shanghai Hongqiao



designated environmental committee. All the learning content that goes along with the topic of environmentalism is expressed by our children and teachers in the most colourful and creative ways on our campus at exhibitions, debating competitions, our own gardens, flea markets, campaigns and working groups that deal with environmental awareness, recycling and ecological compatibility.

In our last project on "Oceans," we went to a local beach with parents and children to collect rubbish and collaborated with the school band "Icy Fire," to record a song about the importance of clean oceans, the children gave presentations about their favorite sea creatures and had a live-streamed exchange with a shark expert from the UK, which covered a lot of questions from our preschoolers.

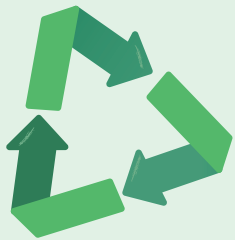
How do you promote environmental awareness?

Already in kindergarten and preschool, we continuously foster environmental awareness of the children, particularly through practical projects. The biggest challenge here is the sustainability of such projects and the actual change in the children's behaviors and ways of thinking toward their own roles and what they can do to protect the environment. For this, we have creative approaches within our project work that go beyond classroom, making the topic comprehensible to the children on different levels.

What goals do you have for future environmental awareness?

Our future goal is to continuously inspire our children with enthusiasm for nature, plants and animals and to discover and explore these topics together letting them gain a lasting knowledge, diverse skills and behaviors that lead to an adequate environmental awareness in their lives.

As educators, we also see it as our duty to be inspired by these topics ourselves and to be part of the learning processes as companions and role models for the children. It is important not to stand still, but to keep developing new ideas for smaller and larger adjustments along the way. Like finding ways to make our materials last longer at the school through good handling, or to repair or repurpose them. We will continue to enter additional networks and collaborations with international and local environmental organizations and experts to look beyond the boundaries of our own teaching room.



How has your school improved in environmental sustainability?

At the German School Shanghai, we are continuously improving in environmental sustainability. All stakeholders involved in our school community contribute to this and environmental and climate protection are accordingly anchored in both the school curriculum and the daycare concept. Our parents are also actively involved in the green development of our school through a



Dulwich College Shanghai Pudong



*Gloria M, Year 11 (Grade 10)
Sustainability Committee
Chairperson*

How has your school improved in environmental sustainability?

Dulwich College Shanghai Pudong recently established its first Sustainability Committee. While the college has always placed strong emphasis on environmental initiatives, the Sustainability Committee's unique approach has been key to ensuring real progress in this area. Once a term, we bring together key members of the various departments in the school to ensure that all aspects of college life are working together towards a more sustainable campus. Meetings involve our groupwide Head of Sustainability and Global Citizenship, our DBA, Director of Global Citizenship, and leading representa-

tives from operations, catering, procurement and support staff, as well as teacher representatives. The opportunity to bring our ideas to the team of adults who are in a position to advise on how to make them a reality has allowed us to drive forward the installation of automatic lighting, audit the school's air conditioning systems, and conduct a campaign to minimise paper waste. Our Social Enterprise Club have recently acquired an industry-standard composter which processes 30kg of food waste daily. This is used to enrich the soil in our beautiful grounds.

How do you promote environmental awareness?

The Sustainability Committee promotes environmental awareness through various channels. We conduct assemblies on sustainability topics, such as the sustainable use of AI, addressing audiences in the Junior School, Senior School, and even in the staff room. An ongoing project is our weekly "Global Citizenship Journal" in which we share curated resources around a range of sustainability issues. We maintain a dedicated "Sustainability Wall" on display to provoke deep thinking about a diverse range of sustainability topics.



A successful drive to collect paper from half-used notebooks

For the younger students, we conduct monthly quizzes to drive more enthusiasm for learning about sustainability in a fun and engaging manner. One challenge we faced was involving all students in these initiatives, but we addressed this by incorporating interactive activities and discussions to foster greater participation. Now that the Sustainability Committee has gained momentum, we have seen greater success in achieving larger structural and policy changes with the support of the school management.

What goals do you have for future environmental awareness?

Looking ahead, we aim to create outdoor classrooms to enhance learning about the environment while promoting a deeper connection to nature. The benefits of outdoor classrooms include improved student engagement, enhanced understanding of ecological systems, and increased awareness of environmental issues. We have also identified areas where we could plant sedum. These low-maintenance rooftop plants help offset carbon dioxide emissions while enhancing the aesthetic appeal of our campus. Currently, we are developing our trips policy to include carbon-offsetting, with the aim of making our school trips carbon-neutral and creating awareness. Additionally, we plan to host an inter-House food waste reduction competition. This initiative aims not only to minimize food waste but also to instill a sense of responsibility and awareness about food consumption among students.



Shanghai French School



Tess Volpini, School Dean

How has your school improved in environmental sustainability?

Last year, we participated in the International Sustainable Development Film Festival 2024 organized by the Lycée Français de Hong Kong. Our 2-minute film in the "Impact" category won the Golden Award. It was screened during Sustainable Development Week in April, raising awareness among our peers. Additionally, we educated students about food sustainability through the exhibition "Mon assiette, ma planète," provided by the French consulate. We also cultivated radishes, beans, zucchini, and cucumbers in our school garden.

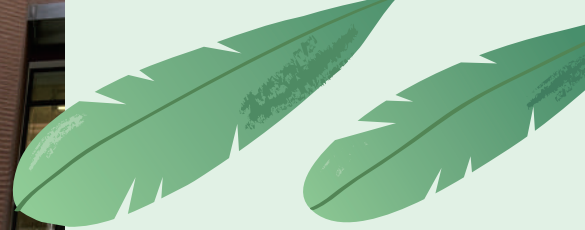
How do you promote environmental awareness?

To promote environmental awareness, we organize workshops, screenings, and exhibitions that engage our fellow students. One challenge we've faced is encouraging participation in green initiatives, as some students may not see their importance. To overcome this, we emphasize the immediate benefits of sustainability practices and make our activities interactive, fostering a sense of community and shared responsibility.

What goals do you have for future environmental awareness?

In the future, we plan to implement a project to plant trees across both campuses. This initiative aims to enhance biodiversity, improve air quality, and further educate our community about the importance of trees in combating climate change. By involving students in this project, we hope to deepen their commitment to environmental stewardship.





been slower than we hoped. However, we partnered with cafeteria staff to implement a new policy offering smaller serving sizes unless otherwise requested, which coupled with advocacy and education campaigns, is making a significant impact in reducing food waste.

Similarly, the switch from single-use plastic water bottles to refillable ones at school was challenging. Our initial strategies, murals and inspirational videos, fell short of our goals. It wasn't until we convinced the cafeteria to replace bottled water with eco-friendly tetra-pack options that we saw real change. These experiences teach us that advocacy alone isn't enough; practical solutions and collaboration for policy changes are essential for meaningful progress.

What goals do you have for future environmental awareness?

Our ongoing programs like the Green Thumb gardening CCA and Daily News articles raise awareness and foster a love for nature. However, we recognize the need to rethink our daily habits, especially in a city like Shanghai, where online orders and instant deliveries are commonplace.

To further our environmental awareness, the Climate Action Prefects have selected bioaccumulation as our next focus. We're creating a mural featuring the phrase "You take in what you take out," illustrating how those at the top of the food chain, including humans, are affected by microplastics. This collage will be made from take-out trash collected from our school community, transforming waste into art and sparking crucial conversations about sustainability. Through these initiatives, we aim to deepen our community's understanding of environmental issues and inspire meaningful change in our daily practices. **SF**

Yew Chung International School Shanghai

How has your school improved in environmental sustainability?

At YCIS, we've made impressive strides in environmental sustainability over the past two years. Our initiatives include student-led clubs focused on reducing plastic use and fostering garden growth. We've successfully eliminated single-use plastic bottles from our cafeteria and café, promoting eco-friendly alternatives and a re-usable water bottle culture.

Sustainability is woven into our curriculum and daily culture, with recent emphasis on water conservation, energy efficiency, sustainable fashion and our consumption habits, and reducing food waste. For example, middle school students designed and installed a rainwater collection system to irrigate our "Green Thumb" garden, demonstrating hands-on learning in action.

Additionally, our art students collaborated to create large murals of the UN Sustainable Development Goals in the stairwell, inspiring the community to embrace these vital targets. Through these efforts, YCIS is not just teaching sustainability; we're living it, empowering our students to make a

positive environmental impact now and in the future.

How do you promote environmental awareness?

At YCIS, our Climate Action Prefects collaborate with the Sustainability Coordinator to boost environmental awareness among students and teachers. Regular articles in our Daily News cover topics from cafeteria food policies to the harmful effects of microplastics.

While we've launched several initiatives, some have faced challenges. For instance, despite efforts to reduce food waste, tangible changes have

*Jake, Y13,
Climate
Action
Prefect*



Volunteer With Jiahui a gift for the community

Since 2021, Jiahui's volunteering program has focused on engaging the public through a volunteering and public education platform. This program emphasizes the importance of giving back and spreading awareness to strengthen the overall healthcare ecosystem.

Head of Social Work and Volunteer Office Bella Di said, "One of the defining features of Jiahui is the presence of genuinely caring volunteers who are eager to lend a helping hand. Their service makes a meaningful difference in the lives of patients, their families, and wider Shanghai community."

Volunteers contribute to Jiahui in many ways

1. Companionship for Patients: They provide emotional support for hospitalized patients to help ease patient's anxiety during hospitalization. Some examples of the activities include conducting nutritional surveys, drawing pictures with children and having conversations with adults and seniors.

2. Public Health Initiatives: Volunteers support public health initiatives such as assisting in coordinating the patient flow for vaccine appointments and helping with public health information lectures at businesses and schools. They also participate in the

hospital's public health awareness events. The activities they help run break stigmas around health issues such as HIV, autism, and cancer.

3. Rapid Response Support: Volunteers assist nurses in the emergency department. They help nurses by organizing patients based on the urgency of their conditions and gathering basic information.

Meet some of Jiahui's volunteers



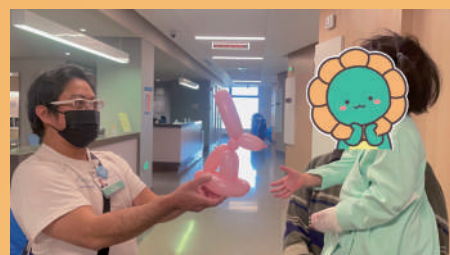
Daniel Beh

Once a rare disease patient at Jiahui, Daniel found hope and recovery within its walls. His gratitude led him to volunteer, offering comfort with his firsthand patient experience. "I often see the doctors and nurses who took care of me, and they still remember me. They supported me and encouraged me when I was at my most desperate." Daniel can be found in the hospital as he meticulously attends to every aspect of customer service.



Ahnaleigh Simmonds

"Jiahui is my family hospital, so volunteering here made sense. My experience has reaffirmed my passion for medicine. Attending the Monthly Multidisciplinary Case Sharing Conferences is such a cool opportunity. Being a part of this community has solidified my future career goals."



Yap Chee Gee

"Initially, I was a patient at Jiahui," shares Yap. "Seeing my son's classmate volunteer inspired me to join the program. My good healthcare experience made me want to contribute. I told the volunteer team about my skills in performing arts and experience with children, hoping to use my talents at Jiahui."



Scan to Register



Program Details





Common Tennis Injuries

Parkway discuss tennis injuries and management tips.

Playing tennis requires high demands on the body. However, most injuries can be minimized or prevented using the right technique, appropriate equipment, proper conditioning, and professional medical treatment. Let's identify and deal with common tennis injuries.

Elbow Pain

Inflammation of the tendons joining the forearm muscles to the outside of the elbow. Tennis elbow is due to overuse or improperly holding the racquet. You could experience pain or burning on the outside of the elbow, weak grip strength, and morning stiff elbow with pain.

Shoulder Pain

Rotator cuff tendon injury in the shoulder is due to gradual tears from overuse or an acute injury. Overhead serving causes impinging between the tendon and above the bone. Symptoms include pain, tenderness, shoulder weakness, difficulty lifting

the arm, and snapping and crackling noises while moving the shoulder.

Back Pain/Stress Fractures

Tennis serves require hyper-extension when bending the back and twisting of the trunk. This motion can cause a stress fracture in the vertebra and potential instability of the lower back, which causes long-term back pain, secondary disc herniation, or spinal facet joint arthritis.

Knee Pain

Jumper's Knee is due to immense stress on the knee when jumping and landing repetitively, especially on cement or hard court. Tennis knee can cause pain and swelling and the affected area can feel warm.

Ankle Sprains

Multi-directional running and jumping increases your risk of landing incorrectly and turning over the ankle. A sprain can cause pain, stiffness, bruising and swelling.

If it happens repetitively, the ankle will develop instability due to the torn ligament even with no fracture.

Treatments

Warm up and stretch: Before and after playing to warm up the body, increase flexibility of soft tissue, and bring down inflammation.

Conditioning program: Strengthening the core and surrounding back muscles will help minimize back pain. Increase both lower and upper body flexibility and strength.

Supportive gear: Elbow elastic support, ankle supports, patellar tendon wrap can reduce the workload of involved muscles and tendons, and support the ligament to decrease the risk of sprain.

R.I.C.E: Rest, Ice, Compression, and Elevation is always suitable within 24-48 hours after injury to help reduce pain or inflammation.

Physical therapy: The best nonsurgical approach, besides subsiding inflamed soft tissue, these treatments rebuild the strength of muscles.

Medication or injections: Oral non-steroidal anti-inflammatory drugs can reduce pain and inflammation. Besides the most common steroid injection, the recent PRP injection is favored because it ceases inflammation and regenerates injured tissue.

Surgery: if the nonsurgical approach is unsuccessful. Surgery should be discussed with an orthopedist or sports medicine doctor.



Dr. David Jiang

Administrative Deputy Director of Orthopedics Sports Medicine

Parkway

Tel: 400 819 6622



Olivier Pistre, Executive Chef of Pudong Shangri-La, Shanghai, is from Castres, France. He has worked at several Michelin-starred restaurants in luxury hotels in France and Monaco, including Michel Chabran, Labeille, La Palme d'Or in Cannes. Mr. Pistre joined Pudong Shangri-La, Shanghai in 2019 and conceives innovative menus and experiences for the hotel's restaurants and bars, taking guests on a culinary journey with him.

Fresh Scallops

Jade on 36 crafts scallops with sunchoke, croutons, guanciale, and truffle oil.

The Signature Scallop is perfect for the autumn and winter seasons. The dish plays with different textures of sunchoke also called "Jerusalem Artichoke." The taste is between the artichoke and potato, and is elevated with black truffle.

Ingredients Sunchoke Ragout :

15g	Chopped Shallots
250g	Peeled Sunchoke
30g	Brown Butter
30g	White Wine
2g	Thyme
40g	Chicken Stock
50g	Cream
25g	Chopped Black Truffle
2g	Chopped Parsley
QS	Salt

Instructions:

1. Roast the sunchoke in its skin, wrapped in aluminum foil, in the oven at 170°C for 1 hour. Remove the skin and set aside the flesh. Dice the sunchoke into small pieces.

2. In a pan, cook the butter over low heat until it becomes light brown. Add the shallot, garlic, and thyme, and sweat them until tender. Add the sunchoke dice and chopped truffle to the pan.

3. Deglaze the pan with white wine, then add chicken stock and cream. Cook over low heat for 5 minutes. Season with salt and add chopped parsley before serving.

Ingredients Sunchoke Veloute :

15g	Chopped Shallots
250g	Peeled Sunchoke
30g	Brown Butter
30g	White Wine
2g	Thyme
160g	Chicken Stock
180g	Cream
QS	Salt

Instructions:

1. Preheat your oven to 170°C. Cook the sunchoke in its skin, wrapped in aluminum foil, for 1 hour. Once cooked, peel off the skin and set



Nestled on the 36th floor of Grand Tower of Pudong Shangri-La, Shanghai, Jade on 36 Restaurant is a creation of the renowned designer Adam D. Tihany. The restaurant's opulent design seamlessly blends modern and classic elements. With its ingenious fusion of contemporary style and traditional elegance, it offers diners a chance to relish exquisite French cuisine while enjoying the enchanting views of the Bund and the city's magnificent skyline.

Jade on 36 Restaurant

Tel: (021) 2828 6888

the flesh aside. Cut the sunchoke flesh into small dice.

2. In a pan, cook the butter over low heat until it becomes light brown. Add the shallot, garlic, and thyme, and sweat them until tender. Then, add the sunchoke dice and chopped truffle.
3. Deglaze the pan with white wine, and then add chicken stock and cream. Cook over low heat for 20 minutes.
4. Finally, blend the mixture in a blender, season with salt to taste, and then it's ready to serve

Ingredients Fresh Scallop:

1 piece *Fresh Scallop*
5g *Olive Oil*

Instructions:

Season the scallop with a pinch of salt and in a hot pan, add the olive oil and sear the scallop on both sides.

Ingredients Decoration Garniture:

5g *Chervil*
10g *Crispy Guanciale*
2g *Croutons*

Instructions:

Take one thin slice of guanciale (Italian cured pork neck) and cook it in a pan over low heat on both sides until it is browned. Once cooked, remove it from the pan, and cut it into small pieces.

Plating:

1. In a deep plate, ideally a soup plate, place the sunchoke ragout in the center. Top with the seared scallop. Add croutons and crispy guanciale. Garnish with chervil.
2. Serve the sunchoke velouté in a separate jar. Pour it over the plate at the last minute, in front of the guest. **SF**



in season

Enjoy a Delicious Steak

Sink your teeth into a delicious steak dinner.

Whether you like your steak bloody, pink in the middle or cooked all the way through, these steak restaurants have you covered. Indulge with a juicy bite of an imported or locally-sourced steak dressed in flavor and beautifully marbled.

The 1515 West Chophouse & Bar

With an Old Shanghai movie vibe combined with classic American bar and grill décor, The 1515 West Chophouse & Bar is accented by touches from Shanghai's black and white movie era. Meat lovers will delight with the generous portions. The restaurant features The 1515 West signature Australian beef, dry-aged for 25 days and more. The beef has been specifically developed for greater complexity and integration of high marbling, rich with buttery and nutty flavours, a silky-smooth texture and unrivalled juiciness. Guests can choose striploin, porterhouse or tomahawk and a variety of seasonings and sauces to enhance the flavour. In addition, Beverage Director King Wang, Court of Master Sommeliers Advanced Sommelier, will select suitable wine pairings for dishes, allowing guests to enjoy the taste of the contrast between food and wine.

Address: 4F, 1218 Middle Yan'an Road, Jing An Kerry Centre, West Nanjing Road

Tel: 2203 8889



Baldomir 1901 Steakhouse

Inspired by the ancient estate of Mendoza, Argentina, which traditionally produces vintage Malbec wine, the restaurant has built its own refrigeration house, dry-aged room, and fresh seafood pool, wood charcoal furnaces, wine cellars, private rooms, and big bar. The main style of steak is dry-aged beef from Argentina, Uruguay, Brazil, the United States, Australia, and New Zealand, grilled with fruit wood and paired with Argentine Chimichurri sauce. Start with baked French bread, empanadas, salad, seafood, mushroom soup, various grilled meats, and finally handcrafted ice cream, pudding and other desserts, accompanied by imported Baldomir, Martino Argentina State Banquet high-end wines.

Address: 2F, 2000 North Sichuan Road, Hongkou District

Tel: 6669 6007





Le Chloé French Brasserie

A chic restaurant in Kimpton Qiantan Shanghai that presents classic French cuisine. Guests can enjoy breakfast, lunch, dinner, and afternoon tea in the picturesque setting. Go for a small gathering with friends, a special event, or a romantic evening date in the charming French garden. The interactive open kitchen showcases the culinary process. Australian 200-day grain-fed wagyu T-bone is cooked with the Josper charcoal grill, which instantly reaches 350-400 Celsius, making the outside dry and crispy, while the inside remains soft and juicy. The choice of lychee fruit wood for grilling makes the flavor richer and heavier, blending the complex aroma.

Address: 8F, Kimpton Qiantan Shanghai, No.9, Lane 199, Qiantan Avenue, Pudong New Area

Tel: 2086 9877

FLINT Grill & Bar

FLINT's Master Chef picks high-quality beef from China, the United States and Australia. You can choose any three of the carefully prepared dishes to indulge in a feast of beef with diverse flavors. Australian beef benefits from the vast pastures in the southern hemisphere. Australian beef is mostly produced through a combination of grass-feeding and grain-feeding. Longjiang Wagyu is located in Heilongjiang, China, on a natural pasture where black soil provides high-quality forage and fresh silage. Carefully fed with corn, barley, wheat bran, and other ingredients for 600 days, it results in tender and juicy meat with outstanding marbling. U.S. Prime Steak is a steak of exceptional quality selected by the chef. The angus beef is raised on grains for 150-180 days, with intramuscular fat content reaching the ideal range of 8%-11%. The meat is tender, smooth, and rich in juice.

Address: 2F, JW Marriott Marquis Pudong, 988 Puming Road, Pudong New Area

Tel: 3809 8550



Grand Brasserie

Located in the Waldorf Astoria Shanghai on the Bund, Grand Brasserie restaurant features an outdoor courtyard garden and is a popular brunch spot on the Bund. The upgraded Sunday Luxurious Brunch includes a lava stone grill series, where steaks sizzle on a 300°C volcanic rock plate. For an additional 300 RMB, you can enjoy a seasonal whole snow crab (minimum two people), offering a high-end dining experience with a touch of smoky flavor. The buffet includes a variety of salads, French cold cuts, and cheeses, along with fresh king crab legs, whole Boston lobsters, New Zealand scampi, imported oysters, Australian abalone, and bluefin tuna belly. Indoors, eight gourmet trolleys selected by the chef make rounds, while outdoors features a barbecue party with tomahawk steaks and T-bone steaks. The brunch also offers a New York-style à la carte menu and a dessert house crafted by Lindt, ensuring a delightful Sunday.

Address: 1F, No. 2 Zhongshan Dong Yi Road, Huangpu District

Tel: 6322 9988 



Permission to Fashion Humanely

Clever clothes. By Eve Wee-Ang Photos by Mavindu



Photographer WeChat:
mavinduzero

▲ Me (right) wearing
Coat: PTBH 1=2 Unisex Trench Coat in Beige&Black Water Repellent Fabric ¥2699
Shirt: PTBH 1=1=4 Modular Button Down Shirt in Lilac&Brown 100% Recycled PET Fabric ¥1269
Bag: PTBH Upcycled Cross Body Bag



Sustainable fashion brand Permission to be Human (PTBH)
by Parsons graduate fashion designer Suye Yang

Parsons graduate and fashion designer Suye Yang's clothes are like a puzzle waiting for its owner to piece together with their imagination. There is a button at the most obscure areas and a zip appearing out of nowhere. But dive deeper and you will understand the wit and intellect of Suye's brand Permission to be Human (PTBH), a sustainable unisex label that's so thoughtfully designed, that a wearer could uncover multiple ways to wear and have fun in one single garment.

What inspired you to focus on sustainability in fashion?

My trigger to practice sustainable design began when I witnessed plastic waste in the ocean while scuba diving in a remote location. It took me two days to reach the island. That moment was far more impactful than watching any documentary. It was when I realized the urgency of our waste problem.

What are the sustainable techniques you use, and how do they reduce the environmental impact

of your designs?

Currently, we focus on three main approaches:

'Long life design' ensures each product is crafted to be durable in both construction and silhouette.

'Modular design' allows garments to be disassembled into parts so you can reassemble them like Lego blocks.

'Circular design' involves repurposing leftover textile scraps into unique, upcycled pieces.

How do you balance fashion trends with the principles of sustainability, especially in an industry that often encourages fast consumption?

A good designer transcends trends by focusing on the essence of everyday living, crafting designs that are authentic and timeless. I'm very fortunate to have diverse experience in luxury retail, independent designer brands, select shops, and mass-market corporations. Through this learning process, I'm able to stay firm on what I believe is beneficial for the market.

What are the challenges you face in sourcing sustainable materials or implementing eco-friendly practices in your collections?

Starting a fashion brand is mentally and physically demanding. A significant challenge is the minimum order quantities required by suppliers, especially for costly specialty sustainable materials. Running a business involves continuous negotiation and lots of math! My approach is to maintain a positive mindset, accepting imperfections as part of the journey toward improvement.

How do you envision the future of sustainable fashion, and what role do you see your brand playing in



◀ Shirt: PTBH Multi-Way Button Down Shirt in Pink 100% Naia Renew Fabric ¥2689
Dress: PTBH 1=6 Modular Dress in Easy Care Navy Fabric ¥1299.


▼ Dress: PTBH The Hug Dress in Black 100% Recycled PET Fabric ¥2689.00
Bag: PTBH 1=2 Upcycled Wrist Mini Bag ¥599.00
Shoes: New Balance WRPD Runner ¥1099

shaping that future?

Fashion reflects societal values, and our wardrobe mirrors our lifestyle. My brand represents my personal experiences and beliefs. I envision a future where sustainable fashion is diverse and enjoyable, offering multiple ways to positively impact ourselves, each other, and the environment. I hope to demonstrate that 'your way' of sustainability is not only possible but valuable.

Why do you name your brand "Permission to be Human"?

It is a term I learned from positive psychology, which was a source of strength during a challenging time in my life when I lost my mother. It serves as a daily reminder to allow myself to experience and embrace the inevitable highs and lows of life, and to continuously strive to become a better human being. I hope the name provides strength and encouragement to those who wear PTBH.

WeChat Shop: PTBH Official 



travel

Vietnam in 10 Days

A family-friendly adventure. *By Khushboo Khanna*



Imagine cruising past Halong Bay's majestic limestone karsts or savoring a steaming bowl of pho in Hanoi watching a train pass you by on a pedestrian street. Vietnam offers an affordable family adventure filled with history, culture, and delicious food. We recently explored Vietnam, celebrating my sister's 25th birthday with my parents.

Consider guided tours for attractions like Halong Bay and Ninh Binh. Download the Grab app for convenient transportation and food delivery. Be mindful of your belongings in crowded areas and keep track of currency (the large values make it confusing). Vietnamese coffee pots, such as Trung Nguyen or Mr. Viet Coffee, make excellent souvenirs.

Vietnam shines during the dry season March-May and September-November, but it's beautiful year-round.

Ho Chi Minh City

I recommend you start in the bustling metropolis of Ho Chi Minh City. With so many places to visit, 10 days in Vietnam can get overwhelming. You want to save the closest destination as your last.

To understand Vietnam's past, you must visit the War Remnants Museum. Witnessing the trauma of colonization will make you appreciate the resilient spirit of the country. We skipped Cu Chi tunnels but if you're fit and not claustrophobic, it's a lifetime experience to see the passages underground.

For us, the hop-on and off bus was a waste due to long wait schedules and a tight timeline, but it is a great way to explore landmarks if you come unplanned. We regret not spending more time at the Ben Thanh market, so if you like to shop, spend half a day here. The Times Square and Saigon Opera House are beautiful at night,



land from sea storms, and we discovered the pagoda is still the living quarters of many monks. You can spot monkeys here.

Hoi An

Next is Hoi An, a UNESCO World Heritage Site that blends Vietnamese and Chinese architecture. An unforgettable experience was the Hoi An Memories Show, an acclaimed performance that showcases 400 years of Vietnamese history through extravagant displays of musical theatrics put together by 500 people.

Tip: For an aesthetic stay, book the Blue Sky Boutique Hotel & Spa. Try Cao Lau, a grilled meat and noodle dish unique to Hoi An with Japanese, Chinese and Vietnamese influences. Hoi An boasts a vibrant market known for bespoke tailoring. Have a custom-made outfit made in just 48 hours, a testament to local craftsmanship!

Hanoi

Visiting Hanoi's Old Quarter and feeling the rush of a train passing inches from our faces felt like a perfect way for us to cap off our tour. For the scholarly, a visit to the Temple of Literature, an homage to Confucius, may be the better way to finish a Vietnam adventure.

Tip: Plan Hanoi for the weekend for the street flea market, which is perfect for souvenirs. Because it's the last stop on your trip, it also keeps luggage light for airlines you'd use domestically.

Must-Try Food

Banh Mi (baguette sandwich), *Pho* (noodle soup), *Bun Cha* (cold vermicelli and grilled meat patty), *Ban Xeo* (French-inspired savory crepe), *Che* (Vietnamese dessert of jellied ingredients, tropical fruit doused in coconut milk), Vietnamese Condensed Milk Coffee (cà phê sữa đá), Saigon Lager 333, Bia Hoi. **SF**

and there's a show you can book in advance via Trip.com

Tip: Our favorite stop was the Central Post Office, built in the 1890s and still an active post office with Gothic Renaissance and French Colonial Style design. Take the opportunity to write a postcard as a souvenir.

Da Nang

If you follow the South to North route, the next city is Da Nang. We discovered some of the best modern serviced apartments just 50m from the beach and cannot recommend them enough. It was the most luxurious of our stays, so explore those instead of hotels.

For best time utilization, wake up early to enjoy the beach, then head to My Son Sanctuary to find treasures preserved for over 200 years in the Shiva Linga temple. Our English-

speaking tour guide explained the ancient ruins of the Indian Kingdom of Champa with its distinct red bricks.

Next is Bana Hills, with the world's longest cable car and breathtaking views. The famous Golden Hands Bridge, Linh Ung Pagoda, and the giant Buddha statue are all located here. Don't miss the 19th-century French villages, complete with a cathedral, cobblestone street town, and wine cellar. We spent the whole day here despite the foggy weather but would recommend going on a dry day to take photos.

Kids will love Fantasy Park, with over 100 games, most of which are included in the ticket price. There are also fabulous dance shows inside.

Tip: The Lady Buddha pagoda is believed to be the protector of the

1. Da Nang, Photo: Khushboo Khanna

2. Ho Chi Minh City

3. Hanoi, Photo: Mahek Khanna

4. Ninh Binh, Photo: Khushboo Khanna

5. Hoi An, Photo: Mahek Khanna

Precious Moments in the Summer Heat

By Leslie Hwang



It was an unusually hot summer. I couldn't help but notice it felt hotter than in any previous years. Perhaps it was because this was our first year in the new house, and we were still learning its quirks.

Our house was beautiful, undeniably so. It had a modern charm, with huge

windows that framed the world outside and brought light into every corner of the home. Even the ceiling in the dining room was made of glass, letting the sky stretch endlessly above us as we enjoyed our meals. On rainy days, I would sit quietly, a cup of tea in hand, and listen to the rhythmic raindrops above. And in

the spring, the gentle morning sun would spill into the room, a spoonful of soft golden glow that paired perfectly with the first sip of coffee.

But beauty, as I soon learned, has its challenges.

As summer rolled in, the beauty of

our glass house turned into a burden. The sun was merciless, and no matter how much we loved the light, we had to block it out. By mid-June, we found ourselves drawing the curtains closed during the day, hiding from the oppressive heat. We were trapped in an oven. I worried constantly about the electric bill, knowing that the air conditioner was running almost nonstop, and yet, it was still unbearable, especially on the second floor. Without the AC, it was impossible to breathe.

That's when my husband came up with the idea that we all sleep in the master bedroom. At first, I hesitated. The master bedroom had always been our private space, a retreat where I could recharge. But the kids were thrilled by the idea, and their excitement was infectious. Even though it took me a little time to warm to the idea, the prospect of relief from the heat—and the thought of family bonding—eventually won me over.

The master bedroom was large enough to accommodate two extra mattresses, so my husband pulled out the air mattress we typically used for camping, and soon enough, our bedroom had transformed into a cozy shelter. Every night, we would pile in together, like campers in a cabin. The kids would bring their favorite books, and we had reading time together. Even when I turned off the light, the chatter didn't stop—whispers, giggles, and occasional bursts of laughter filled the dark, and one by one, we would drift off to sleep.

At first, the kids talked about the little things—what they did during the day, the games they played, and what

they were looking forward to. But as the nights went on, the conversations deepened. I started to realize how much I was learning just by listening. At night, with the lights off and the world slowing down, they let their guards down too.

It was in these moments that I could truly see their personalities emerging, their unique ways of thinking, and the way they were beginning to see the world through their own eyes. I learned about their friendships, their worries, and even how they saw me and their father.

They made me laugh, too—so many giggles filled those nights, little jokes only siblings can make and understand. I often found myself smiling into the dark, feeling a deep sense of gratitude for these fleeting moments of childhood, where everything still felt safe and simple.

I could see them blossoming, becoming

their own people, and all I had to do was listen. During the day, I was often too busy to notice these changes, but at night, when the world was quiet and we were all together, I could see them more clearly than ever.

What started as a practical solution to escape the heat turned into something much more meaningful. That summer, we made memories we'll cherish forever. We laughed, shared stories, and bonded in a way that we hadn't in years. Those nights, spent together in the master bedroom, brought us closer as a family. We found joy in the simplest of things—like reading together, talking in the dark, and just being in each other's presence.

Sometimes, I think back on the summer and smile. We thought we were just trying to save money on the electric bill, but what we really saved were precious moments, ones that I know I'll remember for the rest of my life. **SF**



Bringing My Jia Xiang Into the Age of AI

By Bell Lu

As I walked into the village committee office, all the ornaments made from the local handwoven fabrics shocked me. Those fabrics are prevalent in the village, in fact, I still remember the days when I spent my summer with my grandma here, watching her weaving the fabric. To be frank, this is not something unfamiliar to me, but I never expected this fabric could be used beyond rags, towels, or patches on clothes, nor that their artistic value could also be utilized. These cuddly stuffed animals, like giraffes or little dinosaurs, captured my attention.

"These are all hand-made by the elderly here, very exquisite...Sadly, not a lot of youngsters are doing this anymore," the local village secretary told me with a proud yet concerned voice. But I realized that the delicate aesthetic and unique handwoven appeal are something distinct to the local village, something valued more than money and wealth. It is an intangible cultural heritage that's not seen elsewhere, and we should do something to make it worth its value and to make the people who designed it feel appreciated.

To start this, I had to first figure out where the problem actually was. The fact that it is a skill restricted to the

elderly of the village will not change anytime soon, but what if I can help them make up for their disadvantages? The aged people are experienced, but they lack the opportunity to keep pace with societal need. Their works are fabulous, but they don't always follow the popular trends. This started me thinking. If we can find a way to help the elders come up with well-liked designs quickly, then it will be much more efficient and eventually sell well. And the answer is: Artificial Intelligence.

Starting from that idea, I generated an AI model that combined existing trending patterns with fabric samples. In this case, the elders can use AI to generate samples of designs in a split second. If they saw a popular pattern, they could use the model right away and get the best sample.

This motivated me, as I made a clear and precise presentation on how to use the model, and explained to them the logic behind it: to make their work more efficient and create more and better designs. When I finished my presentation, the amazed and grateful expressions from the elders incentivized me, as a teenager who grew up in this village, to continue working at my greatest effort to revive my village and discover the potential of the place and develop it into a sustainable, innovative, and long-lasting economy. SF



Bell is an 11th grade student at YK Pao. You can find him in the boisterous longtangs of Shanghai or in the crowds of football stadiums.

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ORIENTATION

Housing

THE EMERALD

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

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 Chungong 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.chillis.com, Tel: 021 5835 8035, cassieyang@apbinvestments.com

FAT COW SHANGHAI

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

LIQUID LAUNDRY

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

TEXAS ROADHOUSE

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

YE SHANGHAI

Ye Shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, accompanied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63112323, 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@awesomekidsclub.com, www.awesomekidsclub.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, 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

community listings

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

DULWICH COLLEGE SHANGHAI PUDONG

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

ELG

Established in 2006, ELG is dedicated to supporting families and children with disabilities in China. We focus on inclusivity and belonging by providing tailored support that meets each individual's unique needs. Our programs serve children of all ages, from Early Childhood (3-6), Young Learners (7-14), to Pre-vocational (14+). ELG offers a range of services, including interventions, consultations, and assessments, along with tailored training for parents, educators, and professionals. Our approach is research-based, family-centered, strengths-focused, and neurodiversity-affirming. ELG Early Intervention Kindergarten 50 Gumei Road, Minhang District, ELG Young Learners & Pre-Vocational Program No.19-20, Lane 209, Zhennan Road, Putuo District, www.chinaelg.cn, services@chinaelg.com

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

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

huilieducation.cn/shanghai-school, admissions.hss@huilieducation.cn, WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

Living Word Shanghai, founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going off to university the school has its own College Application Centre. 688 Jiyou Road, Huacao Town, Minhang District, Tel: 6296 8877, admissions@lwchina.org; www.lw-school.org

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

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

SHANGHAI AMERICAN SCHOOL

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

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

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

community listings

SHANGHAI QIBAO DWIGHT SCHOOL

In 2014 Shanghai Qibao Dwight High School ushered in a new era in Chinese International education as the first independent, Sino-U.S. cooperative school approved by the Ministry of Education in China. A partnership between Qibao High School and Dwight School New York, we are a highly selective, non-profit, international boarding school open to all nationalities. We offer a premier International Baccalaureate education with more than 36 IB DP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

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@ssis.asia

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

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

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

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

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

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

YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

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

HUILI NURSERY SHANGHAI

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

MONTESSORI SCHOOL OF SHANGHAI

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

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international

outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. No. 230-233, 779 Fangdian Road, Pudong New Area; Tel: 5187 2889; www.luc-china.com, admission@luc-china.com

TINY TOTS

"Every child should feel successful" has been the Tiny Tots' philosophy since the establishment of the school 28 years ago. All children are unique and need to feel special and be treated as individuals as they seek independence and autonomy. Tiny Tots Wukang's new campus has officially opened. All are welcome to make an appointment and visit. No.24, Lane 280, Wukang Road, Xuhui District; Tel: 6431 3788; WeChat: 17316379155; info@tinytots.com.cn; www.tinytots.com.cn

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

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

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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 Hongahong Road (near West Yan'an Road), 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road), Tel: 186 2178 1281, shanghai.gymnastics@gmail.com

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

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

Teen Activities

THE GENIUS WORKSHOP

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

Tutoring & Test Preparation

THE PRINCETON REVIEW

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

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

Combining the best of East and West, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services include: TCM and internal medicine, acupuncture, herbal medicine, gynecology

and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road, Tel: 6345 5101; 211 Chengjiaqiaozi Road, Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

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

ESSENCE EYECARE CLINIC

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

GLOBAL HEALTHCARE (GHC)

GHC is one of the earliest 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

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children

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

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 Qinqiang 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

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,

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CrystalTower, 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.afflesmedicalgroup.com/shanghai>, enquiries_shanghai@afflesmedical.com

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. 23-24F, Bldg B, 551 South Pudong Road,

Pudong New Area, Tel: (24-hour service) 5879 9999 or 150 0019 0899; Outpatient services Mon-Fri 9 a.m.- 5 p.m. and Sat-Sun 9 a.m.- 5 p.m.; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

SHANGHAI KAIYI CLINIC

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

SHANGHAI RENAI HOSPITAL

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is influential throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services Include: Cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunization. 127 Caoxi Road, Xuhui District, Tel: 5489 3781, www.renaihospital.com, Mon-Sun 9 a.m.-5 p.m.

SHANGHAI YOSEMITE CLINIC

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

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

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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

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

PURESMILE ORTHODONTICS & DENTISTRY

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

PARKWAY HEALTH DENTAL CENTRES

With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services

Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Jinqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area; Tel: (24-hour appointment) 400 819 6622; www.parkwaypantai.cn

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; Mon-Sat 10 a.m.- 7 p.m., closed on Sundays; www.newyorkdentalchina.com, WeChat: NYDC-Shanghai

LIFESTYLE

Hotels & Holiday

THE PULI HOTEL

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

PRIMUS RESIDENCE SHANGHAI HONGQIAO

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

THE SENZ HOTEL & SPA

The Senz Hotel & Spa is conveniently located at the entrance of Lidoway in Hongqiao area. It is close to

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

SHANGHAI HONGQIAO TONGPAI HOTEL

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

Health & Beauty

BANYAN TREE SPA

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

BENSON

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

BODY CONCEPT PILATES

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

DVA BOUTIQUE SPA

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

Starting Your Home Garden

Gardening tips for apartment living. *By Khushboo Khanna*

Enjoy fresh herbs straight from your kitchen window, no matter the season. Living in an apartment doesn't mean you have to give up the joys of gardening. Starting a home garden in an apartment is easier than you might think. With a little sunlight, a few pots, and some basic care, you can cultivate a thriving indoor garden that brings joy and flavor to your space.

If you're looking to create a low-maintenance home garden, herbs are a perfect choice. Not only do they add greenery, but they also provide fresh ingredients for cooking.

For those in Shanghai, there are native plants that thrive indoors, requiring little more than occasional watering and sunlight. Two standout options are Chinese Chives (韭菜 *Allium tuberosum*) and Shiso (紫苏 *Perilla frutescens*).

Chinese chives are not only a staple in local cuisine but also incredibly easy to grow in containers. They thrive in low light, making them ideal for apartments. You can place them on a windowsill or balcony where they'll get indirect sunlight. They require minimal maintenance—just water them when the soil feels dry. Once



Chinese Chives



Shiso

established, these chives will keep growing all year round, adding a fresh, garlicky flavor to your dishes.

Shiso, another local herb, is equally versatile. Known for its distinct aroma and flavor, this plant flourishes indoors with minimal care. Shiso prefers a sunny spot but can adapt to partial shade. Like Chinese chives, it doesn't need much water and grows well in pots, making it perfect for small spaces. To help you further, here are some recommended tools available on Taobao that will make starting your home garden less overwhelming.

Automatic Plant Waterer [Bird Dripper]

This easy-to-install apparatus has a porous rubber dripper at its base that helps you water your plants worry-free over the next 24 hours. Simply fill water via

the open beak, and you're ready to go!

Irrigation Observation Window

For small potted plants, it is a great way to get kids interested in getting their hands dirty and learning along the way. This transparent screen helps one keep track of the growth of the plant in the soil. Pro tip: It's a lot more fun planting a root vegetable and watching it grow through this screen.

Bean Sprout Machine

Given that Shanghai experiences cold temperatures for at least seven months of the year, sprouting legumes can be challenging. Don't worry; we've found you the perfect portable-sized machine that makes sprouting beans quick and easy.

If, like me, you've long desired an indoor herb garden, take this as a sign and start today! **SF**



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