Shanghai Family

Autumn 2025

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Luxury Living

School Lunch Takes the Cake

Teen Hangout Spots

A Taste of Home

Expats celebrate their culinary culture.

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Shanghai Family's 20th International

SCHOOL EXPO 2025

ECO ART SHOW

2025秋季教育展 -环保艺术节















特别鸣谢 Participants

SHANGHAI AMERICAN SCHOOL · Concordia · HARROW INTERNATIONAL SCHOOL 哈罗国际学校 SHANGHAI · 宏文学校 HONGWEN SCHOOL 上海校区 · PETRONAS 马石油 · 更新学校 TRANSFORMATION ACADEMY

Shanghai Family, Parents&Kids and HuMaNiuWa held the 20th International School Expo at Kerry Parkside on 8th November. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers: Shanghai Family Parents&Kids 虎媽牛娃 HUMANIUWA

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what's inside

Autumn 2025
The Food Issue



16 A Taste of Home

EDUCATION

26 School Lunch Takes the Cake
Amazing school lunches

LUXURY LIVING

32 Listings
Dining, Hotel, and Serviced Apartment listings

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NEWS

12 School Roundup
What have our schools been up to?

14 Fresh Tips
The latest news and events to have on your radar

FEATURES

16 A Taste of Home
Expats celebrate their culinary culture

20 Building a Strong Body Image in Children
Supporting healthy body image with self-esteem in childhood

22 Art on the Bund 2025 Begins
Revisiting classics of Chinese animation

24 A Walk Into Shanghai's Energy History With PETRONAS and Shenergy Group



52 Style Solutions



26 School Lunch Takes the Cake



44 Food Files



32 Luxury Living

HEALTH

43 Time for a Check-Up
Parkway discuss the importance of regular health check-ups

HOME & STYLE

50 Home Life
Fall-ing All Year Long

52 Style Solutions
Personalised Style

FOOD

44 Food Files
Lamb Shank With Soft Polenta at The Langham, Shanghai, Xintiandi

46 In Season
Flavors of the World

CULTURE & LIFESTYLE

10 Editor's Note

48 Dad Blog
Back to Shanghai

54 My Shanghai
Teen Hangout Spots

56 Teen Tales
Comet Tales

58 Teen Tales
My Life Through Food

SF

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Chengdu Hotpot



姜母鸭
Ginger Duck

Anything I cooked or baked!



菜肉大馄饨
Veggie and Pork Huntun



梅干菜烧肉
Braised Pork with Preserved Vegetables

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Speech Competition 演讲比赛



Young Voices for AI Choices

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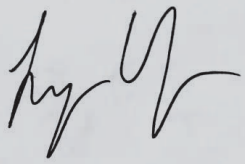


While living far from home as an expat in Shanghai, a great way to keep traditions and heritage alive is through food. A taste of home can be instantly comforting. And with the holiday season approaching, unique cultural dishes are a great way to celebrate your identity and share your culture with others. As a Chinese-American expat, when I'm in Shanghai, I crave a good American BBQ, or something as simple as grilled cheese. When I'm in the US, I love eating Sichuan hotpot with family and introducing the spicy *ma la* peppercorns to friends.

In this issue, we celebrate the diverse culinary cultures of expat families in the **cover story (p16)** and get a taste of Venezuelan, South African, and Slavic cuisines. But it's not just the food at home we look at. We turn our hungry gaze to the **school cafeteria** and see how students and staff dine during the school day. **(p26)** After school, our teen writer shares his favorite **teen hangout spots** to go to with friends. **(p54)** If you want to try your hand at **cooking a restaurant-quality dish at home**, follow along with the chef at The Catch at The Langham, Shanghai, Xintiandi to recreate a dish from their menu. **(p44)**

Elsewhere, we tackle the important topic of **building a positive body image in kids (p20)**, **moving back to Shanghai (p48)**, and bringing the **cozy autumn vibes** into your home. **(p50)**

From everyone at Shanghai Family, we wish you a happy holiday season, and hope you enjoy this magazine.



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

SF

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2025 Shanghai Family Art & Writing Competition

2025 Theme: "My Roaming Diary"

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

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

Depict a moment from a journey or a discovery during daily wandering, and develop narratives or lyrical expressions around a specific "scene".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 December 2025

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

Online Submission Please Scan

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Shanghai Family

Parents&Kids SHANGHAI

虎媽牛娃 HUMANIUWA



Concordia's Rittmann Fine Arts Center, A New Chapter

Concordia launched the bold redevelopment of its iconic Rittmann Fine Arts Center. The school was honored to have school leadership, media partners, the Deputy District Mayor of Pudong New Area, the Deputy Director of the Jinqiao Administration Bureau, as well as officials from the Shanghai Municipal Education Commission and the Pudong Education Bureau to mark this milestone. The ceremony featured a symbolic Memory Box Ceremony. Designed by renowned New York-based Ennead Architects, the facility will feature a professional-grade theater with seating for more than 500; an eight-lane, 25m pool; purpose-built music and drama spaces; and art studios. The completion is expected in July 2027.



Harrow Booktober

Step right up for Harrow Shanghai Booktober Dress-Up Day! This year, the campus was alive with the magic of Myths and Legends, and Harrow students absolutely crushed it! Harrow believes that the best stories teach us something about ourselves, and seeing all of the incredible costumes is a reminder that everyone can be a hero. The dress-up day was a vibrant celebration of the ancient tales that inspire us to find the hero within!



30 Years of DSS

From a single class of four students in a Shanghai living room in 1995 to one of the largest German schools abroad, with two campuses in Hongqiao and Yangpu today – the German School Shanghai (DSS) has come a long way. The 30th anniversary was celebrated under the motto "Building Bridges", together with the entire school community, Consul of Germany, Consul General of Switzerland and Deputy Consul General of Austria in Shanghai.



SAS's Dance Fest

In October, SAS hosted the inaugural World Dance Festival, a three-day celebration that brought together schools from across Asia and as far as Chile for an exchange of movement, culture, and creativity. Students explored Chinese Classical and Minority Dance to Contemporary and Street Dance. SAS dance teacher Anneliese Charek said the event highlighted how dance connects people across cultures, calling it a "global language." "Dancers can always connect."

LFS's Year of Science

Shanghai French School launched its Year of Science, engaging students in hands-on experiments. Mrs. Stéphanie Foucher, green hydrogen engineer and this year's scientific patron, shared the many paths science offers. Mr. Laurent Fabius, former French Prime Minister and President of COP21, discussed the 10th anniversary of the Paris Agreement. Students partook in sensory workshops, experiments, and field trips to partner companies.





YCIS Celebrates Founder's Day

On 10 October 2025, YCYW campuses worldwide celebrated the annual Founder's Day, honouring the 93-year legacy and vision of Founder Madam Tsang Chor-hang, as the global education group looks forward to the infinite possibilities of education driven by innovation.

This year also marks the 30th anniversary of YCIS Beijing and the 10th anniversary of YWIES Shanghai Lingang. The two campuses celebrating their anniversaries have demonstrated YCYW's accumulated experience in building high-quality education. In 2015, YWIES Shanghai Lingang was established as the first international education school in the Lingang Special Area. YCYW transformed a building formerly used by the government into the dynamic, modern campus today, creating a place that blends heritage and innovation to inspire learning.

Dulwich PX Scholarships Open

Apply for the 2026/27 scholarship programme! Scholarships are open to students entering Year 4 to Year 12 in the 2026/27 academic year. Dulwich Puxi welcomes internal and external candidates who demonstrate excellence. Applicants should show positive contributions to their communities. Scholars receive tuition reduction up to 50% for two academic years.



Wellington Records

Wellington Aqualions made waves at the Shanghai Swim League on 18 October. Four talented swimmers shattered six SSL records. Kane N. in the 13-14 200m backstroke, Zackery T. in the 15 and over category, while Zavier T. set a record in the 13-14 50m butterfly, and Shannon T. broke records across different event. Coach Miguel shares, "This success reflects not only their commitment but also the strength of our coaching programme."



Nobel at Dulwich PD

Senior School students welcomed Nobel Prize-winning Professor Brian Schmidt. Awarded the Nobel Prize in Physics in 2011 for his contributions to the discovery of the accelerating expansion of the universe, Professor Schmidt led a master class on astronomy's greatest unsolved mysteries and how new telescopes are revolutionizing space exploration. He fielded thoughtful questions from 180 IGCSE and IB Physics students and teachers.



Christkindlmarkt Kicks off the Holidays

The German Christmas Market on the Bund is back again to celebrate the festive holiday season. Located on the corner of Yuanmingyuan Road and East Beijing Road, this year's market will be held from November 26 to December 28. The market will be closed on Mondays and Tuesdays. Plan ahead and get tickets pre-sale for 30 RMB or 40 RMB and the door, with kids under 1.3m getting in for free. For opening hours, vendors, and more information visit WeChat: GermanEvents. You can be sure to expect gluhwein, good times and delicious treats! Special guest Santa will be at the market every Saturday and Sunday afternoon, along with opening day Nov 26 and Christmas Dec 25 -26.



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**



SH Ballet: Nutcracker

The Shanghai Ballet produces their own take on a classic holiday story, imbuing the original Nutcracker with Chinese elements for a new audience experience, while staying true to the beloved story. Catch a show from Dec 24-27 at Shanghai International Dance Center. Visit 247tickets.com to purchase tickets ranging from 180-680 RMB.

Music of Nutcracker

Is it really Christmas time without The Nutcracker? Enjoy the classic holiday score from Tchaikovsky, performed by Septura Brass Ensemble at YOUNG Theatre in Yangpu. The New Year two night music performance runs from Dec 31 - Jan 1. On Dec 31, the programme is The Nutcracker Act I And II, while Jan 1 pairs the Nutcracker with Hansel & Gretel and Mother Goose. Tickets are 180-580 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 New Year performance on Jan 1 and 2 of The Nutcracker at the Shanghai Oriental Art Center in Pudong. Tickets are 180-1280 RMB and can be purchased on 247tickets.com.

Riverdance 30 - The New Gen

The pinnacle of Irish dance comes to Shanghai on its 30th anniversary tour with a six night residence at Shanghai Culture Square in Huangpu District that runs from Jan 6-11. Tickets range from 380-1080 RMB, and can be purchased on 247tickets.com.





Singin' in the Rain

Take in the classic song and dance numbers of Singin' in the Rain when the show comes to the West Bund Theatre in Xuhui District for a run of performances starting Feb 26 through to March 6. The show is performed in English with Chinese subtitles. Ticket prices range from 280-1080 RMB, and can be purchased on 247tickets.com.

Matilda The Musical

The Royal Shakespeare Company brings Roald Dahl's beloved story of a cunning young girl to life with song and dance. Matilda The Musical has won 101 international awards and features original songs. Don't miss this magical performance that will delight kids and adults alike. Matilda takes the stage at Shanghai Grand Theatre from Feb 11-20. Tickets are 280-880 RMB on 247tickets.com.





Jabbawockeez Timeless Tour Lands in SH

The captivating masked dance troupe that got its start on America's Got Talent in 2007, has become a world famous staple performing headliner. Originating from San Diego, Jabbawockeez are back in China for the Timeless Tour. The troupe takes the stage in Shanghai at Jing'an Sports Center on December 13 for one night only. Tickets can be purchased on 247tickets.com, and range in price from 380-1280 RMB.

A Taste of Home

Expats celebrate their culinary culture.

By Lynn Yen



Smell memory is a powerful thing. It has the ability to drop you right back into your childhood. The taste of your parent's cooking is identifiably distinct. Nothing else quite measures up. Thus is the meaningfulness of food. It carries tradition, culture, and memories.

Expats in Shanghai come from all over the world, and they bring their own rich culinary cultures with them. Living so far from their country of origin, may expats turn to food for a reminder of home and use food as a way to preserve their heritage. With the help of Ceci of Shanghai Mamas, we spoke to a few expats from less represented countries to find out how they keep their culinary cultures alive in Shanghai.

May, *South Africa*

My name is May Botha, and our family has called Shanghai home since 2021. Originally from South Africa, we come from a nation where food is as diverse as its people. South African cuisine draws on Dutch, Malay, Indian, and indigenous traditions, giving rise to bold flavors and dishes that bring communities together. For our family, the heart of our culinary heritage lies in the braai—our version of a barbecue—where meats are flame-grilled and shared in good company. While we embrace new flavors here in China, we remain deeply connected to the tastes of home that reflect our history and heritage.

Some of our most beloved meals are simple, yet full of tradition. On weekends, we often prepare T-bone steaks, lamb chops, or chicken wings on the braai, served with pap (a maize meal dish) and a rich tomato-and-onion gravy. The process itself is as meaningful as the food, as it brings the family together outdoors around the fire. In Shanghai, sourcing these ingredients is surprisingly easy. Specialty shops on WeChat and Taobao supply South African staples, while local markets provide excellent fresh produce. With these, we recreate the flavors of home with ease, keeping our culinary traditions alive.

While there isn't yet a fully authentic South African restaurant in Shanghai, the city offers a few places that capture elements of our cuisine and culture. For a lively pub atmosphere reminiscent of home, we head to Laburg, where expats gather to enjoy familiar comfort food and cheer on rugby matches. The Indian-fusion dishes at Klay also echo the flavors of Durban's vibrant Indian community. Beyond restaurants, we love supporting Chef Conrad, who brings South African-inspired flavors to his creative pop-ups and dining initiatives. These experiences remind us of the cultural melting pot that South Africa truly is.



Preparing South African delights at a school event, with Chef Conrad.



T-bone steak, a favorite in the Botha house.

Did you know?

South Africa has 11 official languages and just as many culinary traditions! From Cape Malay curries to Afrikaner boerekos (farmhouse cooking), food reflects the nation's diverse history.

- ☐ Pap (maize meal) is a South African staple, similar to polenta, and is usually served with tomato-and-onion gravy, chakalaka (spicy relish), or grilled meat.
- ☐ A South African braai is not just a barbecue—it's an all-day social event where family and friends gather, often around a wood fire, to cook, laugh, and share stories.
- ☐ Durban is home to one of the largest Indian populations outside of India, and its food scene gave birth to dishes like the famous bunny chow (a hollowed-out loaf filled with curry).
- ☐ In Shanghai, South African expats gather at pubs like Laburg not just for food, but to cheer on the Springboks during rugby season.

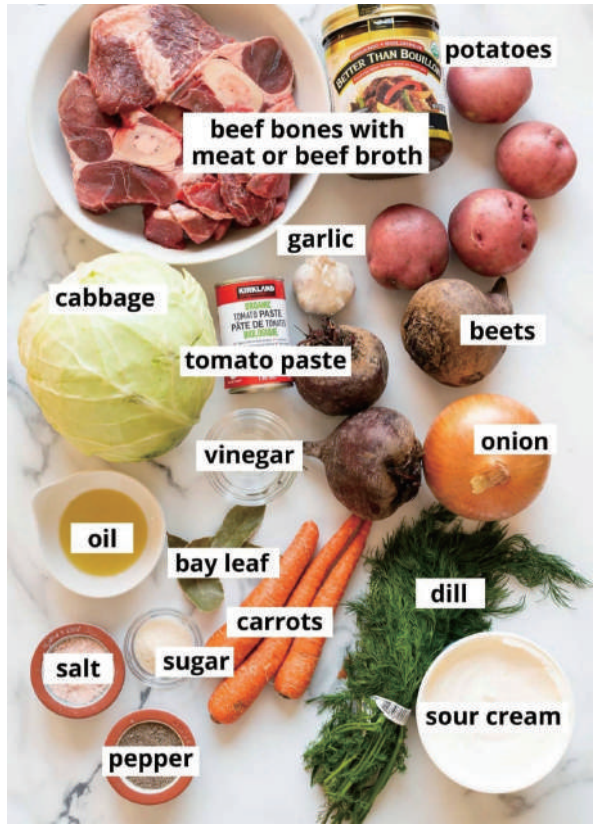


May's family. Huasheng is the latest edition, a rescue dog from Shanghai.



Wors (traditional South African sausage) and chicken sosaties (kebabs)







Ollie, *Russia*

My name is Ollie. I came to Shanghai ten years ago with my husband. I'm very open-minded toward new cuisines, but it took a while to find my favorite recipes in China. At first I was craving some specialties from back home and hunted for the ingredients in supermarkets, yet I couldn't locate them. Then I discovered Taobao—an absolute life-saver! I adore borscht, which needs beetroot as the key component, but fresh beetroot is rarely seen on store shelves. Luckily, many online shops on Taobao sell it year-round, so I can now cook my beloved Russian soup whenever I like.

I've also tracked down two Slavic eateries that serve excellent fare. One sits a little outside downtown, near Shanghai Circus World; if you're already in that area, it's extremely convenient. The menu is extensive and the prices are reasonable.

The second spot is downtown, close to Zhongshan Park. The cooking there is superb, though the selection is smaller than at the first venue. The restaurants are called Flying Elephant and Borscht & Kompot. Both offer not only classics but also a wide array of Slavic specialties, so anyone can discover a favorite from across the region.

Because I've spent years in this international metropolis—and often have little time to cook—I've grown accustomed to flavors from every corner of the globe, especially Chinese cuisine. I love the countless vegetable-and-meat combinations and the fragrant spices available here. These days I rarely long for my native fare; instead, I'm excited to keep exploring new tastes.

Ianis, *Venezuela*

My name is Ianis, though almost everyone calls me Nani, a nickname from childhood that has stuck with me through the years. I was born in Venezuela and moved to the United States with my family when I was a teenager, a change that shaped who I am today. Six years ago, I came to Shanghai with the idea of staying for only a year—but the city had other plans for me. It's a mix of East and West, of tradition and modernity, and has a charm that is hard to resist. It constantly surprises me and makes me feel at home, even when I'm far from it. Still, my Venezuelan roots are never too far away, especially through food. Arepas, cheese, and plantains have always been staples in my diet, and they have become the bridge that connects me to my heritage while I embrace life in this international city.

Although I enjoy eating tequeños and many other Venezuelan dishes, the one food I always return to is arepas. They are versatile, comforting, and simple to prepare, which makes them perfect for any time of day. For breakfast, I might enjoy them with butter and cheese, or stuffed with scrambled eggs and sausage. Sometimes I'll make perico, scrambled eggs with vegetables, another traditional filling. For dinner, they can be filled with tuna salad, shredded chicken and avocado—the famous reina pepiada—or shredded beef and cheese. To top it all off, I prepare a green sauce from my mom's recipe that my friends absolutely love. Making arepas is a straightforward process: Harina Pan corn flour, salt, water, and kneading. I've experimented by adding chia seeds, oats, or carrots, but the classic version is always best. Cooking them connects me back to home and brings warmth to my table here in Shanghai.





Living in Shanghai has been an adventure, but one of the things I truly miss is having Venezuelan restaurants close by. Sadly, none exist here, though I was happy to discover that Azul Skl serves cachapas on their brunch menu. It's their own version of the dish, but still a delicious reminder of home. Another comfort comes from La Diosa, a Mexican restaurant that makes chicharrón as good as the ones I grew up eating across Latin America. Most of the time, though, I turn to my own kitchen when I feel homesick. Cooking Venezuelan food is my way of staying connected to my culture.

Each trip back to Florida, I stock up on the essentials—Harina Pan, Cuban coffee, adobo, mojo rub, ranch seasoning, and other spices that remind me of my mom and grandma's cooking. My suitcase always comes back half-filled with flavors that keep me grounded.

One of the joys of living in China is discovering just how vast and diverse its food culture is. Chinese people love food, and in that way, I feel we share a common bond. In Venezuela, we grew up with delicious Chinese dishes, and in the U.S. we had our own version too, both of which I enjoyed. But moving here opened my eyes to how different Chinese cuisine is across each region. While I don't have the tolerance for spicy food—my friends laugh and say even ketchup is spicy to me—I've fallen in love with other styles. I especially enjoy Dongbei, Shanghainese, Cantonese, and Yunnan dishes. Some favorites include jiaozi, sweet and sour pork, cauliflower, green beans, tomato and egg with rice, and jianbing. When I go out with friends, we almost always choose Yunnan or Dongbei restaurants. For me, they capture the warmth of sharing food together. SF



Building a Strong Body Image in Children

Supporting healthy body image with self-esteem in childhood. *By Coquina Restrepo*



The relationship we have with our bodies builds the foundation of how we see who we are. What if you don't like how you see yourself? A negative body image formed in childhood is one of the hardest mindsets to ever heal from.

What is a "body image"? Body image is a broad term used to describe how we feel about our bodies, how we think we look, and feel inside our bodies. When our bodies are treated poorly (bullying, online exposure, or negative comparison), we internalize this as reflecting our inner selves. If a child believes they have a 'bad body', it turns into 'I'm just a bad person'.

Signs of Negative Body Image in Children

Signs of a negative body image can be very hard to notice and differ from child to child, but there are some habits children show when they're dealing with a distorted self-complex or body image.

Excessive Body Checking - Analyzing yourself in a mirror or reflective surface.

Negative Self-Talk Directed at Appearance - Suddenly describing themselves as 'fat' or 'ugly', wishing specific body parts were different, or comparison measurements.

Sudden Food-Related Changes - It can go in either direction of overfeeding or underfeeding, even developing into secret eating or food avoidance in public.

These may seem like small changes, but they represent how a child's internal dialogue is forming. It can be shocking to hear what they're saying inside their heads, repetitions or exaggerations of what they heard before, and how it's affecting them.


Miki Cutuli

How do we keep our children from developing a negative body image? I reached out to a friend to help understand what parents can do to help families build a healthy body image at home. Miki Cutuli is a trained counselor, mother of three, and amazing community organizer who has experience as a parental counselor, positive parenting coach, and Montessori expert.

When do kids stop finding positive things about their bodies?

MC: When they start being influenced by others because they don't have healthy self-esteem or because they look for external approval.

How do you talk about why some kids grow taller or are faster?

MC: We discuss how we all have different abilities and skills, how we cannot control some of them, so we can focus on what we can control: Eating healthy, practicing sports, and learning how to improve and overcome challenges.

Can sports help develop a positive body image?

MC: Yes. Being exposed to different sports teaches them the rules of different environments, how to adapt, make new friends, and commit to a specific goal.

What should we do to help children dealing with bullying and a negative outlook?

MC: The best defense starts with healthy self-esteem, healthy boundaries, and positive self-talk taught from the very first year of life. We as parents have the obligation to become their model. Remember to be nice with yourself and talk in a polite way to yourself, kids observe us and learn from us all the time.

Top Tips from Miki:

- Make sure you're modeling positive body image at home in front of your kids. Your children will try to copy your style and self-image. Make sure you show them you're also proud of the body you live in.
- Speak about body parts with correct definitions, not baby talk or infantilizing 'private parts'.
- Teach them to be respectful of their own bodies. Not shaming certain parts as 'good' or 'bad'.
- Emphasize respect for other people's bodies and boundaries about how we talk about and touch others.
- Make sure they see images of real people. Representing other bodies in positive messages helps kids learn to respect everyone's differences.

When you build a strong belief in kids that they are strong, adaptable, and not unwanted, then you build children who can handle negative emotions.

Good Ways to Build Self-Esteem:

- "I can do" statements help kids reflect on their strengths rather than ruminating on their weaknesses.
- Do not label food or bodies as 'good' or 'bad'.
- Participating in non-competitive sports groups or martial arts to develop self-discipline and master their own inner responses to challenges.
- Celebrate your wins and improvements. Every year is about being better than how you were last year, not a competition with others.

Teaching your kids this core lesson will be difficult: Your inner feelings don't make you who you are.

There will be times a child feels sad, angry, or rejected. They may connect it to themselves physically, believing it's their bodies that make them this way. It's important to remind your child that their bodies are not a problem. They have wonderful abilities, are always growing, and how they feel today will change. Giving our kids the tools to overcome their internal challenges is the basis for helping them grow into healthy adults. SF



Art on the Bund 2025 Begins

Revisiting Classics of Chinese Animation.



The Bund is emerging as a globally influential center for artistic production in Shanghai. A major component of the 2025 Art on the Bund festival, the 2nd Terrace Art Season, will be held from September 11 to November 26, 2025. This year's theme, "Chinese Folktales–Animation on the Bund" is realized with licensing by Shanghai Film Infinity, and brings together six landmark roof terraces along the Bund, to present a feast of classic Chinese animation screenings along the banks of the Huangpu River. The events unfold along the Chinese short animation series Yao-Chinese Folktales as the central thread, fusing animation narratives with the terrace spaces of the Bund, filling the public sphere with art and bringing diverse cultural experiences to life in the city. In addition to Yao-Chinese Folktales, audiences will be able to enjoy many classics of animation such as Havoc in Heaven, Nezha Conquers the Dragon King, the Calabash Brothers, and the Magic Lotus Lantern, revisiting the childhood silver screen memories of multiple generations.

Unlike the traditional movie theater, the terrace, an open, fluid space filled with warmth, forms a unique setting for movie-watching. This year's Terrace Art Season combines film screenings with exploration of the city, with a series of events themed after the six episodes of Yao-Chinese Folktales, corresponding to the six key themes of "passion", "exploration", "memory", "fantasy", "community," and "music" to weave together a city's collective memories and visions of the future.

Shanghai Fosun Foundation - In Yao-Chinese Folktales: Xiao Man, a coming-of-age theme is transformed into a passionate embrace of life. The terrace at Fosun presents an installation by artist Qiu Anxiong that carries on the traditions of Chinese ink aesthetics. Qiu Anxiong is adept at



ink animation and painting, which he uses to explore the relationships between humanity, nature, and tradition. Meanwhile, the rooftop restaurant and bar will be serving a menu of seasonal dishes and drinks.

Bund Financial Center - The focus here is on "Technology and the Future." The futuristic "moon base" envisioned in Yao-Chinese Folktales: Jade Rabbit transforms the terrace into a sci-fi "laboratory of the future," inspiring visitors to think about the balance between technology and development. BFC will present an immersive music performance and contemporary art theater. Through the dynamic interactions between drummers and dancers, it will explore the limits of the body, both physical and metaphysical.

Shanghai Jiushi Art Museum - The focus here is on "Memory and Change." In response to Yao-Chinese Folktales: The Village Bus Took Away Wang Haier and the Gods, the terrace at Shanghai Jiushi Art Museum invites the participation of fine dining brands to craft a unique terrace dining experience for visitors.

Somekh Building, Rockbund - A "Fantasy" theme echoes Yao-Chinese Folktales: Goose Mountain. During the Terrace Art Season, this venue will present a series of yoga and outdoor dining events, revealing the unique allure of yoga by candlelight, or picnicking against the backdrop of the city skyline.

Shanghai No.1 Department Store - This venue explores themes of "Community" in response to the neighborly love and textures of the old city in Yao-Chinese Folktales: Convenience Store. Shanghai No.1 Department Store will present a series of maritime-themed social events. The themed terrace parties will serve select wines, creative cocktails, and distinctive appetizers to accompany live jazz performances. Monthly terrace beer festivals will create a craft beer garden on the high terrace. The terrace will also feature dancing, with Waltz and Tango for the elderly during the day, and electronic music for young people at night.



Shanghai Concert Hall - The theme here is "Music and Resonance." Corresponding to the Null Island episode of Yao-Chinese Folktales. A series of "Rooftop Concerts" will invite professional string ensembles to perform chamber classics, forming resonance between the riverside scenery and the musical harmonies to compose a singular urban symphony. Meanwhile, at the "Relaxation Terrace," the tranquil scenery inspires visitors to slow down, and step away from the bustle of the city.

Promoting Art Consumption through Digitization: The Alipay platform has released a special "Art Check-In for the Terrace Art Season" page to coincide with Art on the Bund 2025. Those who visit and unlock all six terraces will be eligible for prize drawings for exhibition and concert tickets and gifts.

Watch Screenings to Unlock New Consumer Experiences: The Terrace Art Season has devised a system of "moviegoer discounts." Viewers who buy tickets on the mini app will receive vouchers of the same value for shopping after the screening. These vouchers can be used at participating venues like the CLOUD bar and restaurant at Fosun Foundation.

Screening Times: Weekends from September 11 to November 26, total of 13 screenings.

Check the Terrace Art Season official mini-program for specific screening times.

A Walk Into Shanghai's Energy History With PETRONAS and Shenergy Group

Lisy Lee
Chief Representative of PETRONAS Beijing Representative Office

Shi Pingyang
Vice President of Shenergy Group and the Party Secretary and Chairman of Shanghai Gas





Modern Art Museum Shanghai



Both sides of the Huangpu River

Lisy Lee: Long time no see, Mr. Shi.

Shi Pingyang: Long time no see, Lisy. Hello everyone, I'm Shi Pingyang. It's a pleasure to walk along the beautiful banks of the Huangpu River with Lisy today, chatting about the development of Shanghai's urban gas and the journey of green and low-carbon transformation. The Huangpu River is Shanghai's mother river and the main artery of the city's development. In recent years, as urban renewal has accelerated, many industrial heritage sites along both sides of the river have been transformed into artistic public cultural spaces. For example, the Modern Art Museum Shanghai right in front of us was converted from a "coal bunker."

Lisy Lee: What a coincidence—I'm very familiar with this area too. When I was in junior high, a close friend's father worked here. Back then, people called this place Laobaidu Coal Wharf, which was once the largest coal loading and unloading area in the Shanghai Port.

Shi Pingyang: Yes, that was the 1980s, when coal was the main fuel for Shanghai residents' daily lives. During festivals and holidays, to ensure coal supply for residents, the coal wharf often organized efforts to rush to meet shipping schedules to speed up coal unloading; coal processing plants also worked overtime, operating at full capacity. Those scenes, like black-and-white photos, have become unique memories of the city's growth.

Lisy Lee: Exactly. Back then, coal briquettes were rationed by household registration and almost became a scarce resource. Later, my family got





Coal Period

Laobaidu Coal Wharf (left)

Liquefied natural gas transportation (bottom)





In 2006, PETRONAS signed its first agreement with the gas enterprise under Shenergy Group.

a coal gas stove, which made life much more convenient. That experience is still unforgettable to me.

Shi Pingyang: Families that could use gas back then were already in relatively good condition. I remember that in the early 1990s, half of Shanghai's households still didn't have gas. But by 1999, the average gasification rate in all districts had reached 98%. With the promotion of clean energy, liquefied petroleum gas (LPG) was gradually replaced by the cleaner natural gas. Over 20 years, Shanghai's energy structure has undergone tremendous changes, and residents' living standards have continued to rise. Speaking of which, it should be noted that the cooperation between PETRONAS and Shanghai Gas has a long history.

Lisy Lee: That's right. In 2006, PETRONAS signed its first long-term liquefied natural gas (LNG) agreement in China with the gas enterprise under Shenergy Group, a 25-year deal to supply 3 million tons of LNG to China annually. This was not only the starting point of our cooperation but also laid the foundation for PETRONAS' development in China, while pushing Shanghai an important step toward becoming a green city.

Shi Pingyang: Indeed. This cooperation was significant for both PETRONAS and Shanghai Gas. Driven by Shanghai's low-carbon transformation policies, we've witnessed the city evolve from relying on coal to becoming an international megacity powered mainly by clean energy like natural gas. In 2015, Shanghai achieved full natural gasification for urban gas. In 2023, Shanghai's natural gas consumption exceeded 10 billion cubic meters for the first time.

Lisy Lee: As a clean, low-carbon fossil energy, natural gas is also an important bridge for the future transition to new energy sources.

Shi Pingyang: Precisely. As a witness and participant in Shanghai's urban energy transition, Shanghai Gas has gradually built a complete natural gas industry chain adapted to the development of a megacity. Through two decades of cooperation with PETRONAS, we've actively introduced high-quality overseas natural gas resources, becoming an important pillar for the integrated energy development of the Yangtze River Delta. My colleagues and I are deeply honored and proud of this. We sincerely hope that Shanghai Gas and PETRONAS will continue to deepen cooperation and jointly advance Shanghai's urban energy transition.

School Lunch Takes the Cake

Try not to get hungry hearing about the amazing school lunches kids and staff get to eat everyday. *By Lynn Yen*



Claude Cerbolles, Operation Lead Both Campus

Shanghai French School (LFS)

Please describe the food operation at your school.

Rooted in French culture, the art of good food is not just about nutrition – it's about pleasure, balance, and shared moments. Through every meal, our students learn to appreciate flavors, discover new tastes, and develop healthy habits, making dining at school both an educational and joyful experience.

Every day, we serve over 2,300 meals across two campuses, with prices ranging from 20 to 42 RMB. Canteen fees are included in school tuition. Our canteen offers eight different options every day. In Kindergarten and Primary, students enjoy a set menu crafted by our two chefs, Roger and Raphaël. Raphaël is a Michelin-trained chef who joined this school year.

What considerations go into planning?

Menus follow French educational nutrition standards and operate on a six-week rotation validated by the school's nurses, and we elaborate them six weeks ahead. Our charter is very strict: no artificial additives, no GMOs, and meat/fish suppliers must pass rigorous checks to guarantee they're completely antibiotic-free.

Each set meal includes a balanced combination of soup or salad, dairy, vegetables, starch, protein, bread, and dessert. Proteins rotate weekly—pork, beef, chicken, duck, or fish—with a variety of starches like rice, pasta, potatoes, beans, or couscous.

We carefully consider food allergies and individual preference, and ensure that every lunch is an inclusive, healthy, and enjoyable.

What's the most popular?

Students' favorites include the Western chef's table, the Chinese noodles & wok counter, and the pasta bar with salmon Wellington, Moroccan couscous, or a classic barbecue.

Any new happenings?

Highlights include our Halloween menus, Thanksgiving celebrations with turkey, pumpkin pies, and traditional Christmas European meals. Each featuring themed decorations, and a cheerful atmosphere.





Anya Rahman, Grade 5



What is your favorite thing to eat at school?

My favorite dish is the duck with sweet sauce — it's flavorful, tender, and perfectly balanced, not too sweet. I love how it's served with rice, bread, vegetables, and sometimes even a bit of sausage on the side. The smell alone makes everyone excited when it's on the menu! My friends and I always look forward to it — it feels like a little celebration at lunch.

What do you think of your school's food offerings?

I'd rate the food a 5 out of 5 of course. Since I'm in primary school, we have a set menu to make sure our meals are nutritious and well-balanced, which is great for us. But starting from Grade 7, students can choose what they like to eat, and I'm really looking forward to that!

Anything you'd like to see changed?

I think some of my wishes might come true soon, but some probably never will, haha! I can't wait to be in Grade 7 so I can choose what I want to eat. I also love desserts, but I know too many sweets aren't good for growing kids — so thank you to the school for keeping our meals healthy and balanced!



Yew Chung International School of Shanghai

What is your favorite thing to eat at school?

My favorite regular foods are the dumplings and the spaghetti Bolognese. But we really love when it's that special theme day food for different cultures and they have other, yummy foods like Spanish, or the delicious Indian food with fresh made naan bread.



Y6 Students Harriet & Abby

What do you think of your school's overall food offerings? Give a rating out of 5.

3.5. The noodle bar is always yummy, and salad bar with fruits and different dressings is good.

Anything you'd like to see changed?

More curry and more special theme days! It would be good to have more variety of fruits in the salad bar. A sandwich bar would be cool too.



Lisa Ye, Chinese Teacher

What is your favorite thing to eat at school?

I like the soup noodles and traditional Chinese food from different regions, sometimes they are spicy sometimes sweet, but they usually have good flavor.

What do you think of your school's food offerings? Give a rating out of 5.

4. I think it is good quality food overall, and there is some variety of choices. I like trying different dishes from cultures all over the world, and I like that this year we added a halal food option which has really good quality meats.

Anything you'd like to see changed?

I would like to have more variety in the salad bar and more condiments.



Hongwen School



Please describe the food operation at your school.

Our school canteen serves 2,700 meals daily, with standard prices set at 13 RMB for breakfast, 33 RMB for lunch, and 23 RMB for dinner. The canteen operates on a non-profit principle. In every inspection by the Administration for Market Regulation, our canteen has consistently achieved the "Good" (green smiley face) rating.

What considerations go into planning?

Our menu is centered on nutritional balance, ensuring precise ratios of key nutrients such as protein and dietary fiber. It also features a fusion of Chinese and Western cuisines. We strictly label all allergen information and give full consideration to the dietary needs and preferences of individuals with special requirements, ensuring the suitability of all our meals.



Nora, Food Safety Director

What's the most popular?

Among our most popular items are the handmade Chinese and Western pastries, straw-braised pork belly, plum-roasted duck, Turkish kebabs, and Wuhan hot dry noodles, with combined daily sales exceeding 2,000 servings.

Any new happenings?

In conjunction with a college event, we held a British food festival on September 30th. Furthermore, the school plans to hire a professional Siu Mei (Cantonese roast meat) chef to introduce roasted meat dishes and other specialties.



Bjanka Baier Mehmedovic, Middle School Teacher

What is your favorite thing to eat at school?

Different types of soup and salads, and burgers as they are closer to Western food.

What do you think of your school's food offerings?

The school's food offerings are good, and I would rate them a 4 out of 5. There is always room for improvement, but the most important aspect is that the food is always fresh, and there's a different menu each day, keeping things interesting!

Anything you'd like to see changed?

A rotating theme day, like international cuisine, could also make meals more exciting and encourage students and teachers to try new dishes! (Indian food, Mexican, etc)



Frida, 10E

What is your favorite thing to eat at school?

My favorite food at school is the specialty dishes, such as scallion oil mixed noodles and lamb chops. Firstly, the color is very delicious, and the portions are also sufficient. The food is also very healthy and popular among students.

What do you think of your school's food offerings? Give a rating out of 5.

I think the school's catering service is very good. I gave it a score of 5. Usually, there are aunties who come to collect garbage and clean tables, and the aunties who cook respect the needs of students.

Anything you'd like to see changed?

I think we can prepare more tissues and clean the bottles in the seasoning area every day. There may be some oil stains on them, and sometimes the table is not cleaned properly.



Vanke School, Pudong



Xiangxia Zhang, Restaurant Manager

Please describe the food operation at your school.

Our VSP restaurant currently serves approximately 1,300 meals daily. We provide Chinese and Western cuisines, noodle dishes, and specialty meals for students and staff to choose from in a self-service format.

What considerations go into planning?

We adhere to principles of food safety, health, and nutrition, providing balanced, diverse, portion-controlled, and regular meals tailored to individual needs. We ensure students receive essential nutrients—proteins, carbohydrates, fats, vitamins, and minerals—during their growth years, with menus incorporating varied foods for balanced nutrition.

What's the most popular?

Popular dishes include beef Wellington, tomato beef brisket, quick-fried shrimp, dry pot chicken wings, beef rice bowl, tomato beef, clay pot rice, Linyi-style fried chicken, lamb paomo, beef noodles, braised pork bowl, Hu spicy soup, Zhengzhou noodle soup, and crab roe tofu.

Any new happenings?

The restaurant plans to introduce themed meals featuring regional cuisines, allowing students and staff to experience diverse local flavors without leaving campus.



Diana, Administrative Teacher

What is your favorite thing to eat at school?

I must confess—I'm utterly addicted to our cafeteria's lasagna! The cheesy, meaty layers taste authentically Italian. I've genuinely gained 3 kg since joining this school, but it's worth every bite!

What do you think of your school's food offerings?

An easy 5/5! From Italian lasagna to Japanese sushi, Chinese lamb paomo to Mexican tacos, our cafeteria is a mini United Nations! It's nutritious and globally diverse—even picky eaters find favorites here.

Anything you'd like to see changed?

I'd love a monthly "Global Food Challenge" where students vote for their favorite international dish. And maybe lighter versions of international classics for those of us who've gained a happy few kilos!



Concordia International School Shanghai



Tim Winterstein, Director of Operations (center)
Karen Ma, Assistant Director of Operation -Support Services (right)
Beibei Tang, Quality Assurance Specialist (left)

Please describe the food operation at your school.

At Concordia, our partnership with Aramark allows us to serve 1,100 meals each day, with prices ranging from 22-40 RMB. In EC and ES, meals are served with both Asian and Western set options, with EC meals provided family-style. Older students select from stations such as noodle bar, Asian, Western, vegetarian, chef's special, or sandwich. Many students especially enjoy the opportunity to go back for seconds or try something new alongside their favorites.

What considerations go into planning?

Our first priority is to provide healthy meals that students actually want to eat. The team works hard to offer variety while ensuring proper nutrition, and we take great care to monitor allergies and dietary needs for student safety. We also aim to reflect our diverse community by incorporating flavors and cuisines from around the world. Each menu is designed to balance health, taste, and inclusivity, always keeping student well-being at the forefront.

What's the most popular?

Our top four dishes are handmade beef noodles, Korean fried chicken, Indian roasted chicken drumsticks, and Bolognese pasta. These favorites are always in high demand, with students lining up quickly when they are served.

Any new happenings?

We organize ten themed food promotions each year, such as Mid-Autumn Festival, Thanksgiving, and Christmas Food Festivals. For Mid-Autumn Festival, students can enjoy traditional foods while learning about the cultural significance of this celebration. For parents, we regularly hold tastings of new menu items with our administrative team to gather feedback. Parents are invited on open days to sample what their children eat for lunch, which builds transparency and trust.



Jack, Grade 10

What is your favorite thing to eat at school?

My favorite food is hamburger with French fries. The beef patty inside is thick and juicy. The apple or pineapple inside adds a flavor of sweet and sour. And the cheese is super good. I like it not only because it is tasty, it also provides me enough nutrition such as protein and carbohydrates.

What do you think of your school's food offerings? Give a rating out of 5.

4. The foods are very diverse. So, we can have different kinds of food every day. There are a few free refill stations where you can refill on food until you're full, good for our wallet. I'm also glad there's a café where we can buy coffee or snacks during breaks. Our school also has microwaves, which provide another option of bringing our own food.

Anything you'd like to see changed?

Our cafe offering more affordable options. I really appreciate the convenience of having a cafe on campus. However, the current prices are high compared to nearby convenience stores like FamilyMart. Since the cafe is our only option for getting food during the school day, many of us end up spending a significant amount on snacks and drinks. So I think with a few adjustments—like more budget-friendly snacks—would be an improvement. Additionally, with the new ban on take-out, the lunch lines have become extremely long and some items sell out quickly. SF





CHILI'S CAFE & BAR

Chili's Marks 50th Anniversary With New Openings, Elevating American Casual Dining

This year, Chili's® Cafe & Bar, the internationally renowned American restaurant and bar brand, celebrates its 50th anniversary. Marking this milestone, the brand has simultaneously launched two new outlets in Shanghai—Bingo and The Ring Live location. Furthermore, Chili's is set to make its debut in Beijing and Suzhou this December, opening in Beijing Zhongguancun Darong City and Suzhou MixC World, respectively, signaling continued expansion in the Chinese mainland market.

Chili's Shanghai Bingo Store: World's First Park Location

Nestled beside the LEGOLAND Theme Hotel, the Chili's Bingo store offers guests a unique opportunity to enjoy park views while dining, seamlessly blending culinary delights with the theme park experience. The restaurant radiates the brand's signature energy, serving up sizzling, freshly prepared American classics. Whether sharing the famous Chocolate Molten Cake with a loved one or enjoying the iconic Presidente Margarita, each moment is designed for interaction and fun. This location transcends a typical restaurant, creating an immersive dining environment where great food, drinks, and the park's joyful atmosphere converge.

Chili's The Ring Live Store: A New Urban Gathering Point

Situated within a landmark building designed by the acclaimed architect Kengo Kuma, the Chili's The Ring Live store sees its distinctive architectural style harmonize with the brand's American flair. Proximity to a theater and sports arena positions it as a key nexus connecting culture, nature, and urban life. Catering to diverse needs throughout the day—from a daytime energy boost to an evening social hotspot—Chili's delivers with its sizzling plates, clinking glasses, and lively ambiance. Here, gathering is about more than just a meal; it's about fostering connections through shared experiences.

Moving forward, Chili's remains committed to its growth in China, striving to create memorable moments for more consumers and solidify its position as the preferred destination for American-style casual gatherings.

chili's CAFE & BAR EST. 1975

BINJIANG: 3072 Riverside Avenue, Pudong New Area
TEL: (021) 5835 8035

CHAMTIME PLAZA: No.172, 1F, No.6 Changtai Plaza, 1181 Zuchong Road, Putuo District
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GATE M DREAM CENTER: No.122, 1F, No.10, 2266 Longteng Avenue, Xuhui District
TEL: (021) 158 0179 9391

HONGSHOUFANG: Rm.116, 1F, No.2, Lane 236, Sinhui Road, Putuo District
TEL: (021) 187 1797 8398

BINGO: No.V1-101, Aegean Bingo, Jinshan District
TEL: (021) 152 2141 2566

THE RING: No.133, Diecai Road, Xuhui District
TEL: (021) 152 2141 3108

WEB: https://chilis.com

HILTON SHANGHAI HONGQIAO



In the heart of the Hongqiao Business District, Hilton Shanghai Hongqiao is about 5 kilometers from Shanghai Hongqiao Airport and Train Station and 9 kilometers from the National Exhibition and Convention Center, easy access to Middle Ring Road and Yan'an Elevated Road, and close to metro line 2/9/10/15. It's also located in the core of Gubei Business District and Korean and Japanese communities. The hotel consists of 612 rooms, and more than 2,800 square meters of conference and banquet venues after renovation. Other amenities include an executive lounge, fitness center, swimming pool, spa, tennis court, open garden and restaurant.

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J HOTEL SHANGHAI TOWER

J Hotel Shanghai Tower is situated atop the 632-meter Shanghai Tower, the tallest skyscraper in China and the third-tallest in the world. Nestled in the heart of Lujiazui, it offers a bird's-eye view of Shanghai from an unparalleled vantage point. From this extraordinary height, guests can enjoy sweeping vistas that extend from Hongqiao Airport in the west to the mighty confluence of the Yangtze River as it flows into the East China Sea.

J Hotel Shanghai Tower boasts 165 guest rooms, including 34 suites, spanning floors 86 to 98. The hotel also features seven distinctive restaurants and bars, each offering the art of fine dining amidst the clouds. In addition, it provides unique perspectives on nearby landmarks such as the Oriental Pearl Tower and the Bund, inviting guests to contemplate the city's rich historical evolution.

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WEB: www.jhotel-shanghai.com



JING AN SHANGRI-LA, SHANGHAI



Jing An Shangri-La, Shanghai is located in the Jing'an Business District, one of Shanghai's most prestigious and fashionable business and commercial districts. The hotel sits on a network of public transportation and is also the prime focus of the Jing An Kerry Centre, the city landmark that encapsulates a lifestyle of affluence and vibrancy. A total of 508 guest rooms, ranging from 42 to 311 square metres occupy the top 29 floors of the 60-storey main tower, while restaurants, offices and retail shops are located on the lower levels. Offering diversity in the dining experience, guests have options at the hotel's six F&B outlets, serving both Western and Eastern cuisine. Other offerings of the hotel include the signature Chi, The Spa, a state-of-the-art health club, a 25-metre indoor natural light pool and 4,465 square metres of meeting and conference space.

ADDRESS: 1218 Middle Yan'an Road, Jing An Kerry Centre, West Nanjing Road, Jing'an District
TEL: (021) 2203 8888
EMAIL: sljn@shangri-la.com
WEB: www.shangri-la.com/shanghai/jinganshangrila

JW MARRIOTT MARQUIS HOTEL SHANGHAI PUDONG

JW Marriott Marquis Hotel Shanghai Pudong – The first JW Marriott Marquis Hotel in China opened in Shanghai in 2019. Located in Pudong beside the Huangpu River and near Lujiazui CBD, the hotel has 514 rooms, 3,200 square meters of meeting space and six outlets including an all-day dining restaurant, a Chinese restaurant, a specialty restaurant, a lobby lounge, a bar and a rooftop bar. The design is an innovative display of postmodern architecture that-not only resonates-with people's sensibilities but is also one with nature. This elegant hotel will deliver a new interpretation of understated luxury and cater to sophisticated, self-assured travelers seeking The JW Treatment. The specialty room "Family by JW", brings children and their parents an unforgettable time together, and "Mindful Room" combines healing, meditation, sound waves and fragrances to create an immersive and invigorating journey for the guests.



ADDRESS: 988 Puming Road, Pudong New Area
TEL: (021) 3809 8888
EMAIL: jw.shamj.gro@marriott.com
WEB: https://www.marriott.com.cn/hotels/shamj-jw-marriott-marquis-hotel-shanghai-pudong/overview/

KERRY HOTEL PUDONG, SHANGHAI



Kerry Hotels appeals to the business traveler who prefers a vibrant and relaxed environment without compromising on service or quality. The hotels are contemporary in style and provide a seamless link between business, entertainment and recreation. Extensive leisure facilities are designed to be the social activity hub for both hotel guests and the local community. Soaring 31 storeys over the new Kerry Parkside complex in the heart of Pudong, Kerry Hotel, Pudong, Shanghai offers 574 guestrooms and suites, three restaurants, a lounge, a business center equipped with serviced offices and meeting rooms, 6,000 square meters sports club with a wellness day spa and indoor children's playground, as well as banqueting and conference venues, including a pillar-free ballroom. "In keeping with the Kerry Hotels brand DNA, we are all about creating memorable experiences, enabling our guests in seeking enjoyment and a balanced lifestyle," said Alexander Paul, the hotel's general manager.

ADDRESS: 1388 Huamu Road, Pudong New Area
TEL: (021) 6169 8888
EMAIL: shanghaiqiantan@shangri-la.com
WEB: https://www.shangri-la.com/cn/brand/#Kerry

LE MÉRIDIEN SHANGHAI, MINHANG

Conveniently located in Minhang District and the Hongqiao Hub, with its proximity to Qibao Ancient Town, shopping areas and metro stations, Le Méridien Shanghai, Minhang is an ideal gateway for discovering a distinctive blend of ancient and modern Shanghai in an inspiring setting. With over 2,500 square metres of multi-functional meeting space, 240 modern guestrooms, engaging events and signature programmes, the hotel offers stylish comfort and inspires La Vie – a lifestyle of savouring the good life.



ADDRESS: 3199 Caobao Road, Minhang District
TEL: (021) 5329 9999
WEB: lemeridienshanghaiminhang.com

MGM GRAND SANYA



MGM Grand Sanya, the flagship hotel of DMH Hospitality, seamlessly combines the rich cultural heritage of DIAOYUTAI with the vibrant entertainment DNA of the renowned MGM International Hotel Group. Situated in the picturesque Yalong Bay, Sanya, Hainan, the hotel sprawls across an impressive 108,000 square meters. Exciting leisure options abound, including thrilling activities like seaview zipline, land surfing, water sports, beach and pool parties, as well as an exhilarating water slide, catering to every vacationer's desires. Showcasing a unique fusion of Sanya's cultural essence and the dynamic spirit of Las Vegas, MGM Grand Sanya offers a top-tier hospitality experience that surpasses anything found in the city today, with its unmatched offerings in entertainment, dining, and nightlife.

ADDRESS: Yalong Bay National Resort District, Sanya, Hainan Province
TEL: (898) 8863 9999
EMAIL: reservations@mgmgrandsanya.com
WEB: www.mgmgrandsanya.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 apartments up to 40m², and three-bedroom apartments up to 170 m². It also features private gym and function rooms to meet various requirements for the customers.

Primus is an ideal luxury hotel that is located in the frontier of the city, which gives a balance for both business and leisure travelers in a stylish and urban retreat. With a modern and dynamic atmosphere, Primus provides unique freestyle services with a personality and an inspired attitude of luxury.



ADDRESS: No.188, Lane 1588, Zhuguang Road, Xujing Town, Qingpu District
TEL: (021) 3979 6888
EMAIL: resv.hongqiao@primushotels.com
WEB: www.gihg.com

上海浦东香格里拉
PUDONG
SHANGRI-LA
SHANGHAI

PUDONG SHANGRI-LA, SHANGHAI



Pudong Shangri-La, Shanghai is located along the famous Huangpu River in Shanghai's vibrant Lujiazui financial district, and directly opposite the famous historical Bund. The hotel is walking distance to the Oriental Pearl TV Tower, SISEC and IFC Mall which establishes its reputable location. Guests can choose from the range of eight restaurants and bars that the hotel offers. They include the Chinese restaurant Gui Hua Lou, Jade on 36, a fine dining French restaurant which boasts its scenic view of the Bund, and the buffet restaurant YICAFE. The hotel has a full range of recreational and leisure facilities that include an indoor swimming pool, outdoor tennis court and two fully equipped state-of-the-art fitness centers, plus guests can rejuvenate their body and mind with a range of spa treatments at Chi, The Spa.

ADDRESS: 33 Fucheng Road, Pudong New Area
TEL: (021) 6882 8888
EMAIL: shanghaipudong@shangri-la.com
WEB: https://www.shangri-la.com/shanghai/pudongshangrila/

上海前滩香格里拉
SHANGRI-LA
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SHANGHAI

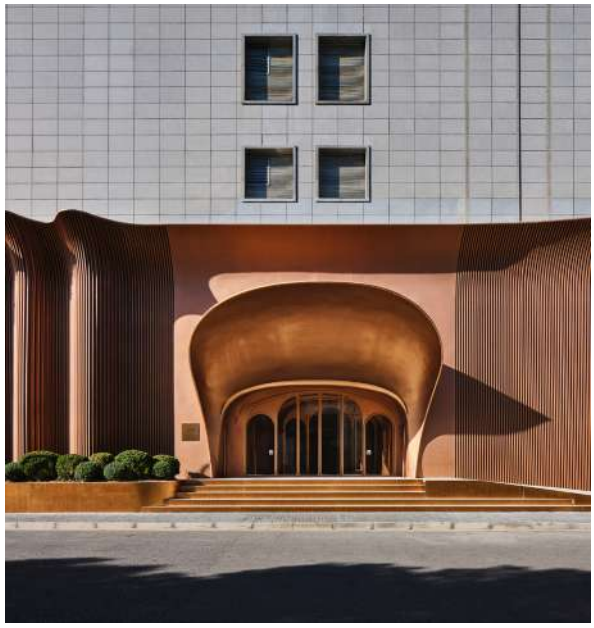
SHANGRI-LA QIANTAN, SHANGHAI

Opened in 2021, Shangri-La Qiantan, Shanghai celebrated its 2nd anniversary in October 2023. The hotel is located in the Qiantan Expo Area in Pudong. Together with Taikoo Li Qiantan and New Bund Centre, Shangri-La Qiantan, Shanghai forms a large international business district that integrates offices, retail, hotel and other functions. The design concept draws on elements of both Shanghainese culture and "green nature", cleverly combining them to create a unique sensory experience. Shangri-La Qiantan, Shanghai offers a total of 585 guestrooms, four characteristic dining venues, over 2,000-square meter Wellness Club and over 6,000 square meters of conference and banquet space. Consummate facilities are ideal choices for the diverse desires of customers.



ADDRESS: 551 West Haiyang Road, Pudong New Area
TEL: (021) 5030 8888
EMAIL: shanghaiqiantan@shangri-la.com
WEB: https://www.shangri-la.com/shanghai/qiantanshangrila/

BLOSSOM HOUSE SHANGHAI ON THE BUND



Blossom House Shanghai On the Bund is a tribute to the past while also celebrating contemporary life. It is inspired by Yu Garden, reflecting the original intentions behind its construction. The garden retains the authentic architectural texture, featuring an overall appearance of modern white jade architecture. The facade is composed of three distinct directions, showcasing a simple and elegant style. Through a combination of restoration and innovation, the garden harmoniously blends the commercial port backdrop with the serene peach garden scenery, creating a peaceful and leisurely utopia for travelers within the city.

The hotel has a total of 222 rooms, with green, orange, pink and blue which combined with different flowers art walls, showcase a sense of prosperity and warmth even in winter. Adjacent to the Bund and the City God Temple business circle and the Oriental Pearl Tower across the river.

ADDRESS: 386 Renmin Road, Huangpu District
TEL: (021) 6025 1688
EMAIL: lixiaoping0001@hworld.com

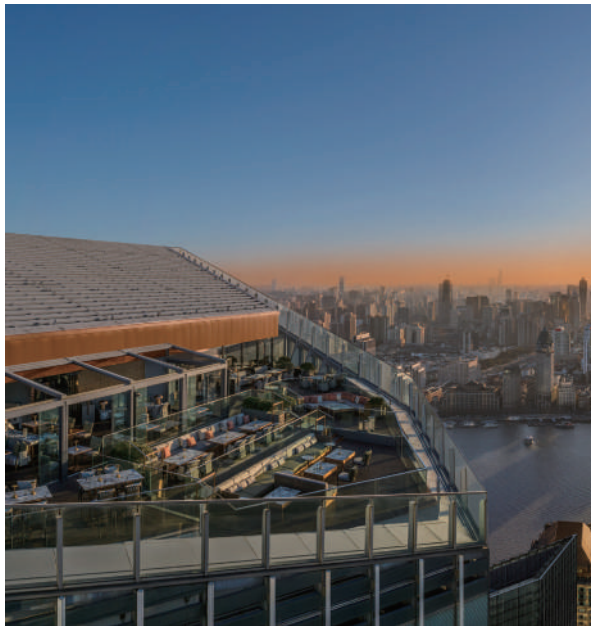
UPPER HOUSE SHANGHAI

Upper House Shanghai, located in the heart of Shanghai within bustling HKRI Taikoo Hui, the spirit of modern-day Shanghai is palpable through Upper House Shanghai's 111 modern studios, varying from 50 sqm to 90 sqm and a Penthouse – all influenced by celebrated architect Piero Lissoni's sumptuous and sophisticated interior design. The design draws inspiration from the city's rich heritage of craftsmanship and culture, marrying minimalist style with classical Shanghainese elements. Throughout the property, guests will find cultural touches and artwork inspired by Shanghai. Upper House Shanghai also features a 660 sqm top-floor Penthouse overlooking fashionable Nanjing West Road. For longer stays, Upper House Apartment Shanghai is an ideal choice. Ranging from 55 to 110 sqm, each offers all the comforts and modern luxury of Upper House Shanghai, with the convenience of apartment-style living. The additional kitchen and laundry facilities provide convenience within the proximity of the hotel.



ADDRESS: 366 Shi Men Yi Road, Jing'an District
TEL: (021) 3216 8199
WEB: www.upperhouse.com

THE RITZ-CARLTON SHANGHAI, PUDONG



Travel across the majestic Huangpu River and discover Pudong, the city's commercial and financial epicenter, and home to one of the finest luxury five-star hotels in Shanghai. Evoking the glamour of 1930s Shanghai in a modern tower in the Lujiazui finance zone, The Ritz-Carlton Shanghai, Pudong elevates every experience with a carefully curated touch, while offering luxurious services and amenities at every turn. Dining options include Jin Xuan, an award-winning Chinese restaurant honored with a Michelin star; FLAIR, the highest iconic rooftop venue in Shanghai located on the 58th floor; and Scena di Angelo, the Italian restaurant headed by Angelo Aglianó, an Italian Michelin-starred chef with over 20 years of experience. Pamper yourself at The Ritz-Carlton SPA Shanghai, Pudong, which has been recognized as a Forbes Travel Guide Five-Star Spa on nine occasions.

ADDRESS: 8 Century Avenue, Shanghai ifc, Lujiazui, Pudong New Area
TEL: (021) 2020 1888
EMAIL: jane.song@ritzcarlton.com
WEB: www.ritzcarlton.com/ShanghaiPudong

WALDORF ASTORIA SHANGHAI ON THE BUND

Waldorf Astoria Shanghai on the Bund is the first Waldorf Astoria to exist outside of the United States. Located at the heart of the celebrated Bund, one of the most photographed postcard scenes of the city, Waldorf Astoria Shanghai on the Bund mixes the history and culture of the surrounding districts with a taste for 21st century sophistication. The hotel comprises of 260 guest rooms and suites across two buildings: a newly built modern tower connecting to an all-suite Heritage Building which was once the legendary Shanghai Club. Built in 1911, this Neo-Classical architectural gem steeped in history has been painstakingly restored using archival photographs and records whilst equipping it with contemporary luxuries for modern-day travel experiences, truly making this landmark hotel the preferred choice for the well-heeled global traveler.



ADDRESS: 2 East Zhongshan 1st Rd, Huangpu District
TEL: (021) 6322 9988
EMAIL: SHAWA.PR@waldorfastoria.com
WEB: https://www.hilton.com/en/hotels/shawawa-waldorf-astoria-shanghai-on-the-bund/



SHANGHAI CENTRE

DESCRIPTION
Often called a city within a city, Shanghai Centre houses 365 serviced apartments, 30,000 sqm of prime office space, three levels of retail, a performance theatre and an exhibition space. The building was designed by renowned architectural firm John Portman & Associates, and marks their first in China.

The building has been a Shanghai landmark since it opened in 1990. Unsurprisingly, its residences, which include studios, one to four-bedroom apartments and luxurious penthouses, offer an unrivaled air of exclusivity and prestige.

FEATURES
Individually controlled central heating and air-conditioning system, brand appliances, open kitchen concept, drinkable water supply, ample closet space, separate shower cubicle in the master ensuite, complimentary high-speed internet, in-room safe, etc.

LOCATION
Situated in the heart of Shanghai's Jing'an District close to Yan'an Road, Shanghai Centre is walking distance from stations on metro lines 2, 7, 12, 13 and 14.

FACILITIES
Indoor and Outdoor Swimming Pools, Terrace Garden, Kids' Club, Meeting and Game Rooms, KTV Room, Reading Lounge, Golf Simulator, Basketball Court, Squash & Badminton Courts, Post Office, Supermarket, Medical and Dental Clinics, International Banks, ATM, Pharmacy, Massage, Beauty & Hair Salons, Storage Lockers, and Underground Parking.

SERVICES
24-Hour Security and Customer Service, International Management, Housekeeping, Access to the Ritz-Carlton Health Club, Weekly Resident Events, Laundry & Dry Cleaning, Tenant Discount Program, Photo Services, Postal Services, Shoe Repair & Key Service, Tailor & Alteration Service.

ADDRESS: 1376 West Nanjing Road, Jing'an District
RENT RANGE: 24,000-100,000 RMB per month
UNIT SIZE: 47-320 sqm
TEL: (021) 6279 8502
EMAIL: leasing@shanghaicentre.com.cn
WEB: www.shanghaicentre.com
MINIMUM LENGTH OF STAY: 3 Days
WECHAT ID: Shanghai-Centre1990

Shanghai Centre
上海商城



STANFORD RESIDENCES JING'AN

DESCRIPTION
One of Shanghai's leading high-end serviced apartments, Stanford Residences Jing'an provides the comfort of a private home with the added luxury of hotel hospitality. Apartments include three-bedroom with one study, duplexes and penthouses with generous living spaces.

The apartments have large lounge areas and spacious balconies. The interior décor is fun, with playful art deco influences that create modern and trendy living spaces. Practical concerns are also well-noted. The living area is furnished with the latest in-home technology and a fully-equipped kitchen with German kitchen appliances.

FEATURES
Individually controlled air conditioning, wireless internet, under floor heating, contemporary lighting, fully-equipped kitchens, German kitchen appliances.

LOCATION
Short walk to Jing'an Temple Station on line 2. Thirty-minute drive to Shanghai Hongqiao International Airport. One-hour drive to Shanghai Pudong International Airport.

FACILITIES
Gym, Indoor and Outdoor Swimming Pools, Sauna Room, Children's Play Room.

SERVICES
24-Hour Front Desk, Concierge, Messaging Services, Regular Housekeeping, Travel Advice, Neighborhood Orientation Tours, Monthly Activities, Residents' Events, Restaurant Reservations, Residence Permit Assistance.

ADDRESS: Tower 1, 3, 1999 Xinzha Road, Jing'an District
RENT RANGE: 57,000-170,000 RMB per month
UNIT SIZE: 227 - 527 sqm
TEL: (8621) 8023 6288
EMAIL: leasing.jingan@stanfordresidences.com
WEB: www.stanfordresidences.com
MINIMUM LENGTH OF STAY: 12 Months

STANFORD RESIDENCES 尚臻



STANFORD RESIDENCES XU HUI

DESCRIPTION
Located in the heart of Shanghai's historic Xuhui District, Stanford Residences Xu Hui offers its residents excellent access to the city's transport system. There are 119 sets of luxury apartments including two-bed units, three-bed units, three-bed units with a study room, four-bed units with a study room, garden units and penthouse units. With "refined living" as a business philosophy, and following the design concept of "people-oriented", Stanford Residences Xu Hui combines modern style and functionality, with the aim of building an elegant and romantic living ambience that leaves one spellbound.

FEATURES
Individually-controlled air-conditioning, wireless internet, under floor heating, contemporary lighting, fully-equipped kitchen, German kitchen appliances.

LOCATION
Located in the heart of Shanghai's historic Xuhui District, the property offers easy access to the city's transport system and a wide range of shopping, dining and entertainment venues. There is convenient access to Yan'an Elevated Road and North-South Elevated Road, in addition to metro lines 9 and 12.

FACILITIES
Private Club House, Gym, Indoor and Outdoor Swimming Pools, Sauna Room, Reading Room, Common Room, and Children's Play Room.

SERVICES
24-Hour Reception, Concierge, Messaging Services, Housekeeping, Orientation Tours, Residents' Events, Laundry and Dry Cleaning, Restaurant Reservations, Residence Permit Assistance, Babysitting, Business Services, etc.

ADDRESS: Tower 7-10, 268 West Jianguo Road, Xuhui District
RENT RANGE: 45,000-140,000 RMB per month
UNIT SIZE: 160-523 sqm
TEL: (8621) 8030 2038
EMAIL: leasing.xuhui@stanfordresidences.com
WEB: www.stanfordresidences.com
MINIMUM LENGTH OF STAY: 12 Months

STANFORD RESIDENCES 尚臻

Time for a Check-Up

Parkway discuss the importance of regular health check-ups.



As a family medicine doctor at Parkway Shanghai, I've often encountered patients who, due to busy schedules or a lack of symptoms, delay routine health check-ups. However, regular health check-ups are crucial for maintaining good health.

Why Health Check-Ups Matter

Health check-ups are not just about identifying existing conditions—they're a key part of disease prevention. Many chronic diseases, such as high blood pressure, high cholesterol, diabetes, or even heart disease, may develop silently without symptoms. Unfortunately, during this silent phase, these conditions may still cause damage to your body, potentially leading to long-term health complications.

Routine health check-ups help detect these issues early, allowing for timely intervention. Early detection can often mean simpler, more effective treatments, and in many cases, lifestyle adjustments can prevent diseases from progressing.

Family History and Preventive Care

As we grow older, it's common to develop conditions such as heart disease, hypertension, diabetes, or high cholesterol. Understanding your family's medical history is an essential part of your health check-up. It enables us to identify any genetic or familial risks and recommend advanced screenings or preventive measures tailored to you.

Busy Lives

Life as an expat is often demanding, with long work hours, frequent travel, and a fast-paced lifestyle. These demands can make it easy to overlook or ignore health symptoms. Scheduling a health check-up provides you with a dedicated time to focus on your health.

A comprehensive health check-up offers the opportunity to reevaluate your lifestyle, identify potential risks, and plan for long-term health.

What to Expect

Health check-ups vary, but often include:

Body Measurements: Checking your weight and blood pressure to screen for conditions like hypertension or obesity.
Blood Tests: Measuring cholesterol and blood sugar levels to detect early signs of diabetes, heart disease, or other metabolic conditions.
Heart Health: An ECG or heart ultrasound may be recommended, particularly if you have risk factors for heart disease.
Cancer Screening: Depending on your age and medical history, this could include a mammogram, breast ultrasound, or stool tests to screen for colorectal cancer.
Other Tests: Urine analysis, thyroid function tests, or specific evaluations based on your family history and lifestyle.

If you're ready to schedule your health check-up or have questions, Parkway Hospital is here to help. Your health is your greatest investment—don't wait to give it the attention it deserves.



Dr. Victoria King
General Practitioner

Parkway
Parkway MediCentre Xintiandi: 3F, No. 138 Middle Huaihai Road, Huangpu District
Tel: 400 819 6622



Executive Chef Tom Tang is guided by an international perspective, he continuously explores diverse possibilities in flavors and dedicates himself to Chinese-Western fusion innovations. He has successfully transformed Cachet Restaurant into a global gourmet destination, allowing guests to enjoy a one-stop experience of world flavors.



Cachet Restaurant caters to sophisticated travellers with a taste for diversity. Comprising various restaurants and concepts into one - from Cachet lobby lounge, to Cachet Al Fresco- Cachet offers a unique range of dining experiences in a stylish indoor and outdoor setting. Embark on a gourmet journey around the world without ever leaving your seat. We bring you the most captivating global flavours – an epicurean atlas awaits, no passport required.

Cachet Restaurant
Tel: 2330 2420

Lamb Shank With Soft Polenta

Cook along with Cachet Restaurant at The Langham, Shanghai, Xintiandi.

New Zealand Premium lamb shank with soft polenta and lamb jus.

New Zealand lamb shank, slow-braised until it melts in the mouth with rich aroma. The sauce, reduced from red wine and stock, is accentuated with rosemary and thyme, exuding a fresh herbal fragrance. Paired with cloud-soft creamy mashed potatoes, the mild dairy sweetness balances the deep richness of the lamb—each bite offers a satisfying taste experience.

Ingredients:

Main:
Lamb shanks: 2 pieces (approx. 500-600g each)

Aromatics:
Onion: 1
Carrot: 1
Celery: 2 stalks
Garlic: 4-5 cloves

Fresh Herbs:
Rosemary: 2 sprigs
Thyme: 3-4 sprigs

Liquids:
Dry red wine: 1 cup (approx. 250ml; full-bodied varieties such as Cabernet Sauvignon or Syrah are recommended)
Stock: 500ml (beef or chicken stock)
Tomato paste: 2 tablespoons

Seasonings:
Salt and freshly ground black pepper: to taste
Olive oil: 2-3 tablespoons

Instructions:

Preheat Oven & Prepare Lamb:
- Preheat oven to 160°C (325°F).
- Thoroughly pat dry the lamb shanks with paper towels—this is essential for achieving a golden sear.
- Generously season all over with salt and black pepper.

Sear the Lamb:
- Use a deep, oven-safe heavy-bottomed pot (such as a Dutch oven or cast-iron pot).
- Heat olive oil over medium-high heat. Once hot, add the lamb shanks and sear until deeply browned on all sides (about 3-4 minutes per side). Remove and set aside.

Sauté Vegetables:
- Reduce heat to medium. In the same pot, add onion, carrot, and celery (a classic mirepoix). Sauté for about 5 minutes until softened and lightly colored.
- Add garlic and tomato paste; cook for another minute until fragrant.

Deglaze with Wine:
- Pour in the red wine, using a wooden spoon to scrape up all the browned bits (fond) from the bottom of the pot.
- Let the wine simmer for 3-5 minutes to allow the alcohol to evaporate and mellow the acidity.

Combine and Braise:

- Return the seared lamb shanks to the pot and tuck in the fresh herbs.
- Add enough stock to reach about two-thirds up the sides of the lamb (do not fully submerge).
- Bring to a boil, then cover with a lid.

Slow Roast:

- Transfer the pot to the preheated oven and roast at 160°C (325°F) for 2–2.5 hours.
- Turn the shanks once halfway through for even cooking. The meat is done when it easily falls off the bone.

Reduce the Sauce & Serve:

- Remove the lamb from the pot, cover loosely with foil, and let rest.
- Place the pot back on the stove over medium-high heat. If desired, skim off excess fat from the surface, then simmer the sauce until reduced to your preferred consistency. Alternatively, thicken quickly with a beurre manié (a paste of equal parts softened butter and flour).
- Adjust seasoning with additional salt and pepper if needed.

To Serve:

- Plate the lamb shanks along with the softened vegetables and generously spoon over the rich sauce.
- Serve with creamy mashed potatoes, polenta, or pasta to soak up the delicious sauce. Pair with a glass of the same red wine for an enhanced experience. SF

Flavors of the World

Explore Shanghai's diverse culinary offerings.



Japanese
Kinnjyou Inaka

Kinnjyou Inaka Japanese Restaurant, located on the 104th floor of J Hotel Shanghai Tower, features 10 private rooms, a circular sushi counter, and a main dining area—all offering breathtaking city views. The interior décor showcases handcrafted 24k gold ornaments, blown glass, and black gold enamel detailing. Transparent jade countertops, gold-leaf walls, and an "infinite mirror" ceiling create an atmosphere of timeless elegance.

The restaurant serves both lunch and dinner, featuring traditional kaiseki cuisine and authentic teppanyaki. The menu highlights seasonal seafood, premium beef, matsutake mushrooms, and sashimi, all prepared with exquisite craftsmanship.

This season's signature lunch menu, inspired by Hokkaido's serene autumn afternoons and the spirit of the first kaiseki experience, reflects traditional aesthetics. Each dish leads you through a rhythmic culinary journey, harmonized with the seasons.

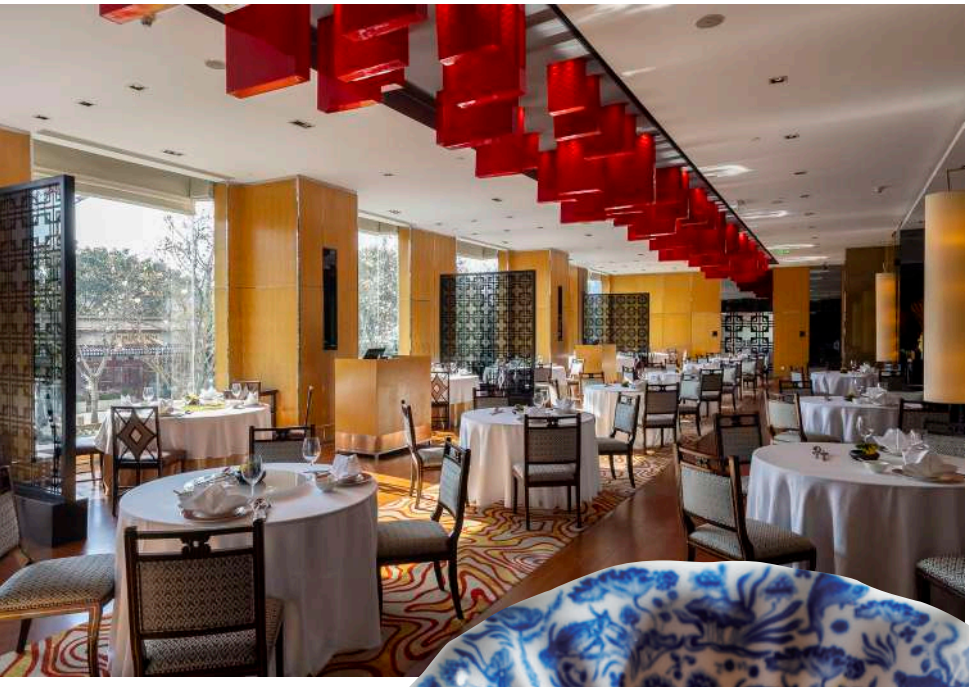
Address: *104F, J Hotel Shanghai Tower, 126 Dongtai Road, Lujiazui, Pudong New District*
Tel: *3886 8989*

American Texan
Chili's

Since 1975, Chili's has pioneered the casual dining concept in Dallas, Texas. From that point on, Chili's has become a cultural phenomenon, with over 1,600 restaurants across 32 countries and six continents. Serving more than 300 million guests annually, Chili's believes every day should be spent making the most of life—enjoying great atmosphere, good company, delicious drinks, and food inspired by Texan and Southwestern American flavors. So whether you're ordering nachos with the homemade sauces, having a Big Mouth Burger or baby back ribs, or if you really want to make an impression, they highly recommend the fajitas, the Presidente Margarita, and the famous Molten Chocolate Cake. With a diverse menu, don't waste a moment of it.

Address: *No. 122, 1F, No.10, GateM West Bund Dream Center, 2266 Longteng Avenue, Xuhui District*
TEL: *(021) 158 0179 9391*





Modern Chinese
Gui Hua Lou

Gui Hua Lou offers a refined interpretation of modern Chinese cuisine, rooted in classic Huaiyang traditions while skillfully incorporating the essence of Sichuan, Cantonese, and local Shanghai dishes. Faithful to Huaiyang culinary techniques yet unafraid to innovate, the restaurant breathes new life into time-honored flavors, achieving a harmonious balance between tradition and modernity, heritage and creativity. The elegant main dining area along with five private rooms provide guests with a versatile and sophisticated dining experience.



Stewed Fish Meatball in Scallion Sauce
This dish is an elevated version of our signature meatball with braised fish and hairy crab roe. It offers a delicate aroma and rich, savory flavor that is luxuriously tender yet never greasy—each bite leaves a lasting, memorable impression.

Address: *1F, River Wing, Pudong Shangri-La, 33 Fucheng Road, Pudong New Area*
Tel: *2828 6888*

South East Asian
Flair Rooftop Restaurant & Bar

Chef Simone Yapp, who joined The Ritz-Carlton in 2019, has served in many luxury hotels in Asia, creating a unique new experience of Asian cuisine. He and his team gather inspirations from "REBORN FROM MEMORIES" to upgrade the FLAIR menu with a variety of refreshing South East Asian delicacies in sharing style. Thai Style Iberico Pork Collar is a signature Thai street food. Malaysian Beef Rendang boasts a rich coconut aroma and a complex mix of spices. Curry King Prawn combines the rich aroma of yellow curry with Southeast Asian spices, balanced by a hint of coconut milk, and the scent of eggs. SF

Address: *58F, The Ritz-Carlton Shanghai, Pudong, 8 Shijidadao, Pudong New Area*
Tel: *2020 1717*





Back To Shanghai

By Sal Haque



In the immortal words of Bender Bending Rodriguez, "I'm back baby!!!!"

I wasn't sure if it was gonna happen. But about eight months into Phuket, in the face of dwindling savings and no paycheck, it started becoming very clear, I needed to reup my RMB. So after a year on the balmy shores of Thailand, I've returned. But in a way, I never left. My footprints were still drying in the cement. Shanghai's been home for 16 years, so coming back was easy. I love Shanghai, and Shanghai loves me.

That said, Phuket's an easy place to miss. My kid loved his school, definitely more social than academic. I loved the beach. We nestled into a nice life. Friends, food, crews, all sans the burden of shirts and shoes. Not a bad way to live. Any time you're at a white sand beach after work, you're winning. That will most likely be the pinnacle of my life.

But Phuket was far more difficult than I anticipated. It's an expensive city. A massive influx of foreign investment has driven up prices, and rent is only marginally cheaper than in Shanghai. It's also a tourist island, so things are tourist prices. The visa process is also a trial, at best.

So, I'm back in Shanghai. Picking up where I left off. Old friends, familiar restaurants, old jaunts, and comfortable apps. WeChat. I've never missed anything so much. Despite the distinct lack of beaches and palm trees, the transition was easy. If you live here, you've gone through the visa process, and it's pretty damn simple. The work-life balance is reasonable too, which is really what it's all about. Having disposable income is nice, especially cause Taobao. I've been back for a month. I've bought two shirts and jeans, none of which fit me. Apparently, 2X won't cut it. I need more X's.

For my kid, readjusting to school has been a bit of a challenge, both socially and academically. But that's often the case when shifting schools. His previous school was using an American curriculum, more specifically, a Florida curriculum. So going from American history and Florida-math (which I assume requires crayons and construction paper), to an introduction to 6th-grade Chinese Algebra and 30-student class sizes was definitely an adjustment. His previous school also gave him self-tests... which aren't really tests. Fair to say, that learning on a tropical tourist island was slightly more relaxed than traditional schooling. The entire year kinda felt like summer camp.



However, socially, it was cool. My kid made friends in a very international environment, with many of the expat families living a kind of vagabond existence, sun-bleached, in flipflops, on their way to a beach or coming back from one. That's a cool approach to life. He also really misses the overt maturity that comes with American international school kids. The Western mindset, combined with a laissez-faire island vibe, meant grade 5 kids with dyed hair, listening to hip hop, dropping slang. It was cool for him to live that, and he absolutely embraced it.

My son does feel kinda awkward being back in Shanghai, stepping into a more reserved setting, where the kids are considerably more sheltered than the Phuket hippies he was surfing with. Fair enough. It'll take time, but he's still young enough to adapt in stride. On the upside, he's getting a serious education, with higher academic standards, and that's important, especially as he enters middle school.

But the ultimate draw to Shanghai is the unparalleled convenience. Waimai everything, every day, always. Cheap Didi's. I live in Kangqiao, a solid 45 minutes from downtown, and it costs me 70 RMB ($12). Compare that to anywhere in the world (even Thailand) and it would've been at least 50 bucks. I'm also feeding my family out here for 80 RMB, crushing barbeque 串串, fresh-pulled noodles, and drinking 10 RMB beer.





Shanghai still feels familiar. The expat community is still strong, maybe even stronger, and there are still activities for families popping up. I was speaking to the lovely management over at Riink about a potential teen social for kids in November, Cages is still moving with kids' birthdays filling up a Sunday afternoon, and ShankangLi seems increasingly full of young families, maximizing the remnants of patio season. There are strollers everywhere. I just met a bushy-tailed crew of international university students, fresh off the boat from France. That's a great sign.

November is arguably the best season in Shanghai, as the summer heat dims, the mosquitoes die, and winter still hasn't taken hold. It brings hot-sauce competitions, book fairs, beer gardens, and street fairs, pulling families out before the winter hibernation. I'm stoked to be back, and fully plan on jumping in headfirst. I didn't move to a city of twenty-five million to watch Netflix. There's festivals to go to, beer to be drunk, people to meet, and vibes to be had, and I intend on having them, cause these diams aren't gonna carpe themselves. SF



FALL-ing All Year Long

Bring the coziness indoors. *By Edda Joyce Garcia*

Here we are, the season with the most breath-taking colour palette and crisp, comforting air. The temperature drops, yet everything still feels warmer and cosier. A surge of change in our surroundings like Cinderella's midnight moment - pumpkin and wardrobe switch!

While some of autumn's visuals are for special occasions, its rich hues and vibe can be a constant look by weaving fall magic into your living space and daily life.

If you are thinking of transforming your home, here are some styling and décor ideas that you might just FALL for all year long!

Set the Tone

Begin by choosing a base colour, pattern, or texture that speaks to your style—perhaps for a wall, flooring, sofa, rug, or coffee table. This becomes the anchor of your space. Build around it by adding complementary elements that enhance and complete the overall look.

In this front room project, the main request was a chocolate-coloured sofa with cat-friendly textiles, and avoidance of black and white. Everything else was designed to harmonize with these preferences. I added glass elements, such as the coffee tables and decorative vases, to balance the darker tones and allow light to dance through the space, ensuring the room feels inviting and airy.

Layer It Up

Layering is not just for your outfits for the season, it's also key to creating depth and character in interiors. And what can you layer? It can be anything from textures, heights, lighting, colours, and patterns. A careful and intentional mix and combination of these elements can create a space







that feels cohesive rather than cluttered. A well-layered room feels dynamic yet balanced, with each element contributing to a sense of harmony. An example of layered textures, colours, and patterns that bring unity to a space.

Fresh or Faux?

Keeping real plants alive can be challenging, especially in places with four distinct seasons. If natural greenery isn't an option, high-quality faux plants or dried florals can be just as beautiful. Look for realistic textures and rich autumnal tones—deep reds, burnt oranges, and golden yellows—to keep your shelves and tables looking vibrant year-round.

Lighten Up

Set the mood with the perfect glow in your space. While bright white light is best for task areas like kitchens or studies, other spaces benefit from warmer tones. Layer lighting with ambient, task, and accent sources—or use fixtures with adjustable settings such as warm white, white, and yellow. Dimmer bulbs are another great option for an adjustable illumination.

For an all-year autumn vibe, tinted, smoked, or stained glass in amber, ombré, brown, orange, or deep yellow works beautifully. Glass shades also enhances natural light and make rooms feel more spacious.

Scents Make Sense

Fragrance completes the sensory experience in any interior. Scented candles, essential oils, home sprays, potpourri in cinnamon, salted caramel, or sandalwood instantly evoke the essence of season. Go for ones that are comforting and grounding for you.

Candlesticks also come in varying shades. Place them in decorative holders for an added touch of style.

PRO Tip: Avoid scents on the dining table during a meal so they do not overpower the food and affect your palette.

Snug Essentials

The absolute necessities in the true definition of ultimate cosiness in your home are your cushions, throws, and rugs. With these you get all the freedom to put together layers over layers, patterns over patterns, colours over colours. No judgement! And yes, you can never have too many pillows.

Bring It To The Table

Refresh your dining area with autumn-inspired tableware that transitions easily into everyday use. Combine different materials—ceramics, wood, linen, and glass—create a visually rich tablescape that feels like a feast even before the food arrives.

For candlesticks, perhaps veer away from the usual white, have fun and get bold, go for different shades, shapes and sizes.

A Season to Keep

Autumn's beauty may not appeal to everyone, but its warmth and cosiness can find a long-term residency in any home. Its essence brings comfort, charm, and timeless appeal. It's about creating a sanctuary, a place where you feel safe, find comfort and joy. It's about celebrating the simple pleasures of life and embracing the beauty of change.

If you are thinking of transforming your space this season, may these ideas spark inspiration and provide you the feeling of an inviting crisp autumn afternoon—all year long. Enjoy decorating! SF

Personalised Style

The magic of image consulting. *By Eve Wee-Ang. Photos by Mavindu*



Lately, I find myself wearing silver accessories and adding colour to my usual monochromatic neutral outfits.

I credit it to Italians Gaia Farinelli and Chiara Ghidoni, founders of IC Image Consulting, whose mission is to help people express confidence and personality through style.

Based on my Colour Analysis session with the former architects, I am Pure Winter, which means palettes like icy blues, cool reds, and metallic silver fit me beautifully. Well and good, except I don't own these colours in my wardrobe.

Gaia advises colour-conscious dressers like me: Start by choosing accent colours from our colour wheel and wearing them close to my face to add instant refresh.

Her tip was magic.

I draped my son's cobalt-blue sweater over my beige suit and was instantly complimented.

Instead of my usual matte gold earrings, I tried silver, which earned my daughter's nod of approval.

What do you think our outfit says about us before we even say hello?

Our outfit is our non-verbal introduction. Before we speak, people form an impression based on what they see.

The way we dress communicates our energy, confidence, and professionalism, as well as our mood and how we feel about ourselves. A polished appearance demonstrates that we care about ourselves and, consequently, will inspire trust.

Dressing intentionally allows us to express who we are before we even need to say a word.





Why is knowing which colours and styles suit us so important?

When we wear the right colours and shapes, we naturally look more balanced, radiant, and confident. It's not about changing who we are, but about enhancing what already makes us unique.

When people discover their best palette and silhouette, something shifts; they start to see themselves differently, and that confidence translates into every area of life.

Can you share your three-step process for your image consulting services?

Colour Analysis: to identify the hues that enhance your natural features and create harmony with your skin tone.

Body & Face Shape Analysis: to understand proportions and lines, and learn how to dress to flatter your shape while keeping your personal comfort.



Personal Style Definition: to connect your image with your personality and lifestyle, so that your wardrobe truly represents who you are.

These can be done individually or together to form a journey towards self-awareness and authentic style.

What's one outfit or colour combination that always makes people look instantly more confident, no matter their body type or style?

A monochromatic outfit in different shades of the same colour always looks elegant and elongated. It gives an effortless sense of harmony and sophistication.

Some hues are universally flattering; for example, teal or burgundy suits almost all colour types.

Black is not for everyone, despite its generalisation as a "comfort zone colour".

What's a fashion rule you think deserves to be broken once and for all – and what's a timeless style rule you'll always stand by?

A rule to break: "Don't mix patterns or colours." When done thoughtfully, combining textures and prints can create a dynamic and modern look that expresses personality.

A rule to keep forever: "Fit is everything." No matter the brand, trend, or colour, if the fit is correct, you'll always look polished and confident. An affordable garment with a perfect fit will always win against an expensive one that doesn't fit properly. SF



Gaia Farinelli, Image Consultant

Tour My Favorite Shanghai Spots

Teen Hangout Spots

By Leo Shin

It's 6pm on a Sunday night. I'm on a bus with my friends after the Model UN conference, waiting for that question to come up. "So. where are we going for dinner?" Clamored voices somehow come to a consensus. We end up going to a Sichuan restaurant near our school that we always go to, and order what seems like limitless portions for less than 50 RMB/person while discussing our wildest political takes.

As a senior in high school, I've realized the value behind these hangouts – venting, laughing, and talking nonsensically with your classmates. It lets me unwind from the pressures of high school. The teen hangout spots that I write about are the restaurants I remember having the most euphoric moments with friends, getting sucked into rabbit-hole conversations, and forgetting about the time or the next school assignment that's due.



Cages

Cages is the spot to hang out with your sports-oriented friends. I remember going there once with my baseball teammates, competing to get the highest number on the pitching velocity machine, only to realize we didn't even press the button to calibrate it. From bowling alleys to batting cages, arcades, and basketball hoops, Cages is the dream for any hyper-energetic friend group. Their food offerings completely match the atmosphere. It's stadium food - nachos, sliders, pizza, and all the American classics. Cages gets rid of that long walk between your food and entertainment spot by merging them together. We don't need to wander around with our indecisive friend groups searching for the next spot.

Address: *3F, Jing'an Sports Center, 428 Jiangning Road, Jing'an District*





Gatten Sushi

The conveyor belt element at Gatten Sushi makes for an exciting lunch and dinner spot with friends. Something about a rotating belt with dozens of unique sushi draws out good conversation. If your friend group prioritizes good food at a sit-down restaurant, Gatten Sushi is a great choice. Weekday set menus are also very teen-allowance friendly, coming in at around 70 RMB per person. While it might not immediately pop to mind when you think of a "hangout spot," venting with my friends about college applications at Gatten Sushi during the summer was surprisingly relaxing. Deciding which sushi platter to snatch off the sushi belt is also a conversation-starter and breaks the ice, especially if I'm there with classmates I don't know too well.

Address: *2F, 96 Plaza, 796 Dongfang Road, Pudong New Area*



Katsukura

Located in the corner spot of Lalaport Mall, Katsukura makes for the best post-movie hangout with friends. After exams, we went to watch Dune 2 at Lalaport at an essentially empty mid-week cinema. We walked out of the cinema at around 8 pm and ended the night with an intense debate about the movie's production quality over crispy, juicy, fried pork, while imitating the dialogue of Paul Atreides. Katsukura offers a variety of pork cuts and styles of preparation for their quality Japanese katsu. The Lalaport theatre and Katsukura are a perfect combo.

Address: *5F, Lalaport Mall, 738 Jinqiao Road, Pudong New Area*



O'Mills Bakery

Last year, I met up with a senior friend leaving for university for the final time at O'Mills Bakery. Unlike a burger spot or a noodle place, the brunch at O'Mills Bakery is conversation-friendly, and the food doesn't overwhelm. From grilled salmon with a cabbage salad to avocado toast loaded with braised brisket, their menu items also leave me with the satisfaction of a tasty meal without the guilt of a caloric lunch. The nature decor and green space at O'Mills also really immerse you in a different setting. With a trendy feel, quirky drinks, and crunchy sourdough bread, O'Mills is worth exploring for a slightly more special occasion with friends.

Address: *1F, Kerry Parkside, 1378 Huamu Road, Pudong New Area, One of many locations*





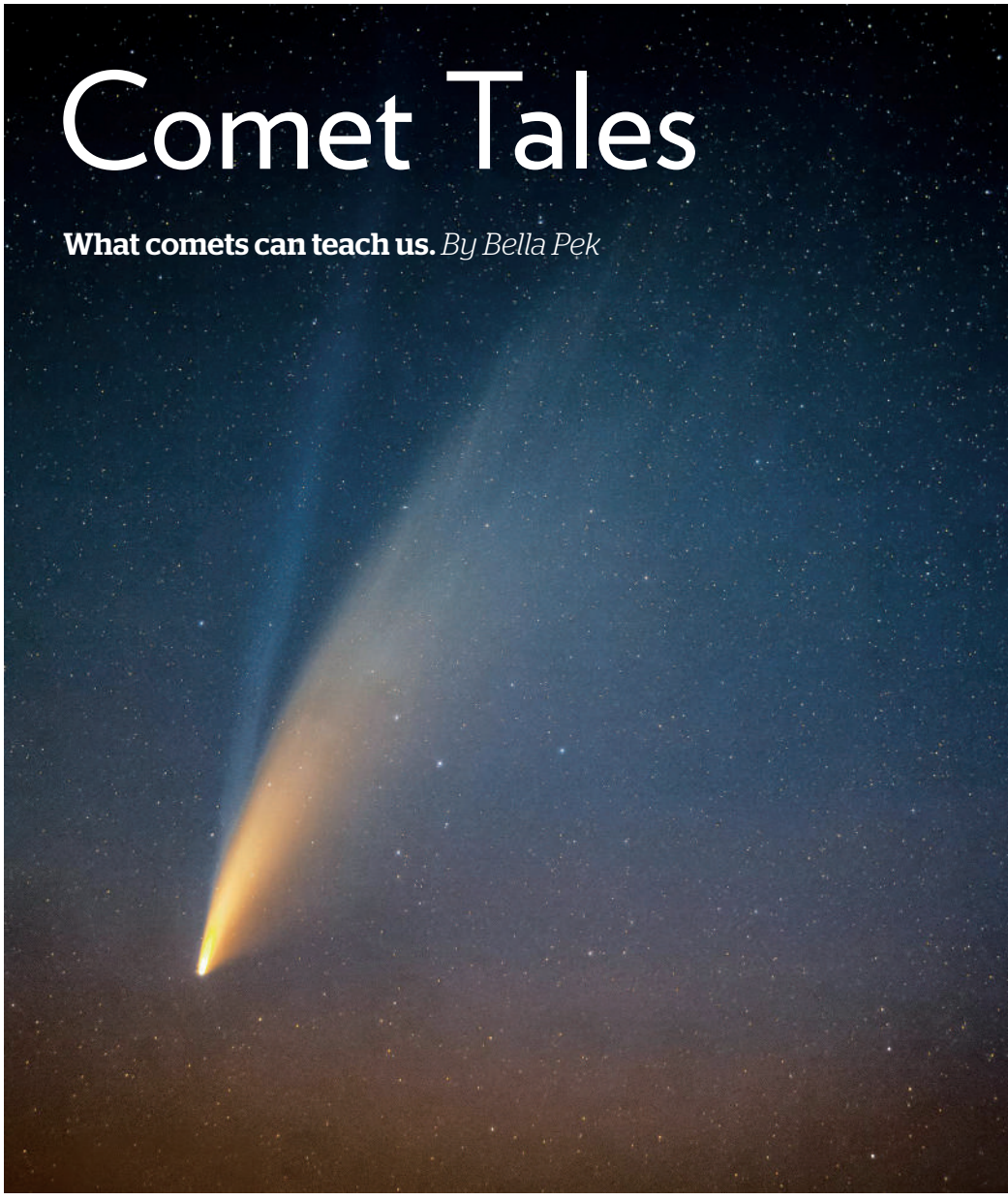
Blue Frog

The default option after our school's "Shark Fiesta" event is always Blue Frog at Chamtime Plaza. And without missing a beat, almost everyone orders a burger. At around 80-100 RMB for a full set of a thick burger, fries, and delicious pickles, Blue Frog fills everyone up. The large tables also make it a perfect spot for a hangout of more than five people. Sharing a snack platter while discussing the latest school controversies, it's impossible to leave Blue Frog unhappy. It's also convenient to split the bill (since no high schooler is buying for the table) as the menu items are usually one-person servings.

Address: *1F, Chamtime Plaza Mall, Lane 1239, Zuchongzhi Road, Pudong New Area*

Comet Tales

What comets can teach us. *By Bella Pek*



COMET ICARUS CRASHES INTO URANUS

On September 21st 9:54 AM, Comet P/2025 R2 (Icarus) crashes into Uranus unexpectedly, causing humongous ruptures and a massive dark scar that can be captured from the Hubble Space Telescope. The comet split into three pieces due to the immense gravitational force of the planet, which is said to have impacted its moon Miranda due to a shower of debris and a powerful energy pulse from the collision.

Icarus was a short period comet that originated in the Kuiper Belt and orbited the Sun every 120 years. Initial images show a dramatic, dark bruise forming in the upper atmosphere of Uranus.

THE KEY TO UNLOCKING THE PAST

Learning about comets is extremely important to understanding our Solar System and beyond. Comets are the most primitive objects in the Solar System. In fact, many scientists believe that they have kept a record of the physical and chemical processes that occurred during the early stages of the evolution of our Sun and Solar System. Comets are created in voids far away from Earth, such as in the Kuiper Belt and Oort Cloud. They are also rich in volatile and organic materials, which may be a clear reason why our Earth possesses organic materials.

Comets also have this strange duality where they brought the first building blocks of life to Earth, yet its collisions may have wiped out some of the earliest life forms. According to NASA, it now seems extremely likely that a comet, struck near the Yucantan Peninsula, caused the mass extinction of more than 75% of the Earth's living organisms. However, there is nothing to fear of it happening again in our lifetime, as a catastrophic cometary collision is only likely to happen at several million year intervals.

We can also use comets to our advantage. An abundace of cometary water ice can provide liquid hydrogen and oxygen, two primary ingredients for rocket fuel. In the future, rockets shooting towards interstellar space can use comets as a source of replenishable fuel.

THE BUILDING BLOCKS OF COMETS

The heart of all comets is its nucleus. The nucleus of a comet is a solid, irregularly shaped body a few to tens of kilometers in diameter, often described as a dirty snowball. Comet Icarus has a nucleus of a diameter of 8km, smaller than most of its comet counterparts. It is composed of a mixture of frozen water and other volatile molecules, such as carbon dioxide, methane, and ammonia, along with dust and rocky material. This prehistoric recording of ice and dust preserve a chemical record of the early solar system.

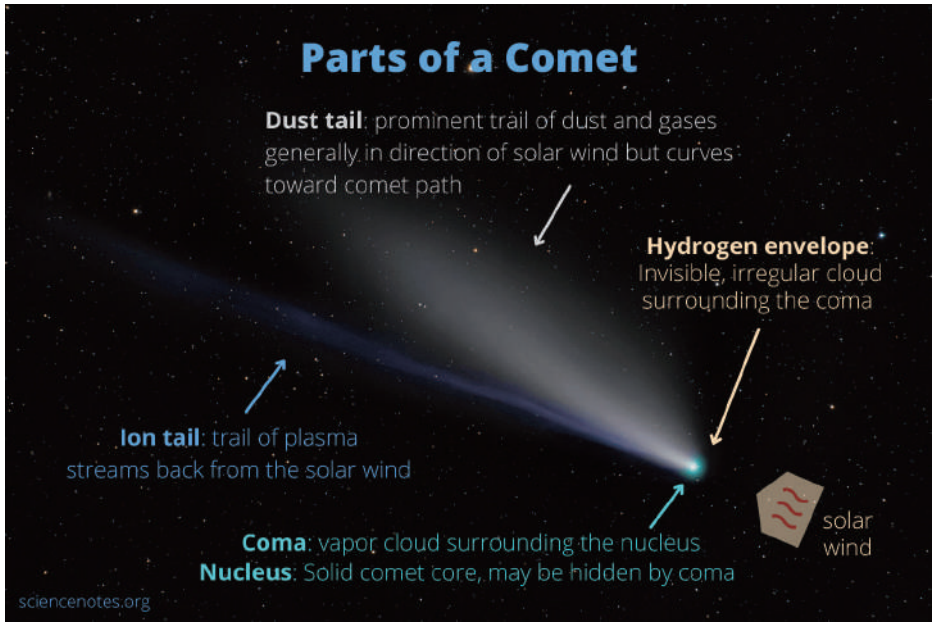
Wrapping the nucleus is a bubble called the coma. The coma is the enormous, bright atmosphere that envelops a comet's nucleus as it approaches the Sun and its ices sublimate. When a comet comes close to the Sun, the ices sublimate and form along with entrained dust particles, creating a bright outflowing atmosphere around the comet nucleus.

This process releases vast quantities of gas,

such as water vapor, carbon dioxide, and hydrogen cyanide, which also entrain dust particles from the nucleus. The coma can become astronomically large, often larger than the Sun itself. Our comet, Icarus has a coma with a diameter of around 567,000km.

Surrounding the nucleus and coma is the hydrogen envelope, containing hydrogen atoms. The envelope is made up of neutral hydrogen atoms which most likely come from water vapor molecules that are split up by radiation from the Sun. It is only visible in ultraviolet light. The hydrogen envelope can have a length up to 10 million km, around 10 times our Sun's diameter.

Last are the two tails, the dust tail and the plasma tail. Icarus has a dust tail of around 7.54 million km. The dust tail forms when the dust particles are pushed away from the coma by the pressure of solar radiation, which then streams out to form a broad, curved tail behind the comet's nucleus. When Earth overlaps a part of this dust tail, the dust particles get sucked into Earth's atmosphere by gravity, which then appears to us as meteor showers. The plasma tail is formed when energetic particles in the solar wind interact with gas molecules in the coma, transforming them into ions. Icarus has a plasma tail of a whopping 81 million km. As ultraviolet radiation from the Sun ionizes gases within the comet's coma, it creates a cloud of charged particles, or plasma.





This ionized gas then becomes embedded in the magnetic field carried by the solar wind, which accelerates the particles and sculpts them into a long, narrow stream that points directly away from the Sun.

CONCLUSION

The unexpected collision of Comet Icarus with Uranus illustrates how comets are not static chunks of ice and dust, but active agents of change, whose journeys are dominated by gravity, orbital mechanics, and their own volatile composition and anatomy, sculpting their magnificent tails that leads them to encounters that can reshape entire planetary systems. SF

My Life Through Food

By Leo Shin

Every single ingredient had to be checked. Was there egg in the tofu dish? Was there flour in the batter? My family couldn't just walk into any random restaurant; allergies would cover my skin from head to toe if I had one bite of the wrong ingredient or dish. Eating out was a perilous health journey, while home-cooked meals were comforting and safe.

In 2010, my family and a 2-year-old version of myself arrived in Shanghai. As a product of the humid climate, my eczema slowly retreated, and allergic reactions started to fade. A severe eczema subsided to the occasional outburst as I approached my primary school years. I started to experiment with runny eggs and fish without worrying about the itchy consequences that usually followed. With my newfound tolerance for such foods, we started to explore Shanghai's food scene, with more adventurism after each bite.

Those first few bites blew my mind. To a boy that had been confined to home-cooked meals, restaurant options were overwhelming. At Western diners, I struggled to choose between the crispy fries with juicy burgers and the loaded nachos with dipping sauces I'd never even heard of. At Sichuan restaurants, the heat and numbing taste of Sichuan peppercorns blew my palate away. Maybe I'm being a bit too dramatic, but it was truly my Ratatouille moment. Inspired, I set out to create a food blog covering each street food stall and restaurant, and the eclectic foods that reminded me of how I'd broken out of eczema's grasp.

While hooked by the flavors and the joys of documenting my favorite dishes, I was still confronted with a dilemma. As an anxious teenager, the prospect of taking out a gigantic camera to take photos of dishes and restaurant interiors was nerve-wracking. I felt like I was intruding. While I might have imagined it, since uploading photos to social media is common practice, I sensed the stares. But as I started to take more photos, I grew more comfortable in documenting the dishes I realized I'd never get to eat again when I leave Shanghai eventually. Going from a high school sophomore when I started the blog to a high school senior now, my confidence in approaching open kitchens for photos mirrored my newfound boldness in school. I experimented with new angles and cared less about the curious stares of others.

Food was my introduction to Shanghai, and it's how I'll remember the way I grew up in this city - from a boy struggling to adjust to the person I am now. SF



Leo is a 12th-grade student at SMIC who moved from South Korea. His favorite TV show is MasterChef - the Canadian one, not the one where Gordon Ramsay screams all day.

Directory

Orientation
58 Housing
59 Pet Care
59 Relocation & Storage
59 Services

Family-Friendly Restaurants
59 Asian & Western
60 Food Delivery

Enrichment
60 Arts, Music & Dance
61 Schools: K-12
62 Schools: Pre-K
62 Sports & Fitness

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Lane 2888, Hunan Road, Pudong New Area, Tel: 6812 2222, www.shanghai-emerald.net,marketing@shanghai-emerald.com

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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

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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

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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

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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

CHILI'S
We are Chili's. We are THE undisputed Champions of Living Deliciously. We invented casual dining 50 years ago in Dallas, Texas. Since then, we have become a cultural phenomenon with over 1600 restaurants around the world. We believe in making the most of every day, with great vibes, great company, great drinks, and great food infused with our Texas roots and Southwest-American style. So, order the chips, dip it in our house-made sauce, grab an Oldtimer with cheese or smoked ribs, and if you crave attention, we recommend our sizzling fajitas and a hand-shaken Presidente® Margarita. Our flavorful list is long, and life is short. Go on and Live Deliciously! Chili's (Binjiang): 3072 Binjiang Avenue, Tel: 152 0219 1754; Chili's (Tongren Road): 152 Tongren Road, Tel: 137 6111 0563; Chili's (Jiuguang Center): Rm B244, B2F, Shanghai Jiuguang Center, 2188 Gonghexin Road, Tel: 157 9509 2409; Chili's (University Road): 110 University Road, Tel: 157 2158 0720; Chili's (Hongshoufang): Rm 116, 1F, No. 2, Lane 236, Xinhui Road, Tel: 187 1797 8398; Chili's (Dream Center): No. 122, 1F, Bldg 10, South Area, GateM West Bund Dream Center, Longteng Avenue,Tel: 158 0179 9391; Chili's (Changtai Plaza): Rm 172, 1F, Block 6, Changtai Plaza, 1181 Zuchongzhi Road, Tel: 178 2176 5788; Chili's (The Ring): Central Plaza, 1F, LIVERSE Theater, 133 Diecai Road, Tel: 152 2141 3108; Chili's (Bingo): No. V1-101, 268 Lefen Road, Fengjing Town, Tel: 152 2141 2566; www.chilis.com

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

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

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

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

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, infosh@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

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.bisspuxi.com, admissions@bisspuxi.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: Dulwichcollegeshanghaipudong;

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

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 IBDP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District,Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

The school strives to ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. www.ssis.asia, admission@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-CESS). MSS leads the way in quality and standards in China.and School. 586 Gaojing Road (close to Huqingping Road), Qingpu District, Tel: 5988 6688, admission.whq@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 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 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 38-40, 3F, Xujiahui Block, 618 Xujiahui Road, Tel: 6126 6526, www.g-workshop.com.cn

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

GLOBAL HEALTHCARE (GHC)

GHC is one of the earliest 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

JIAHUI HEALTH

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

LIH OLIVIA'S PLACE

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

PARKWAY



Established in Singapore, Parkway is recognized as one of Asia's premier private healthcare brands. In Shanghai, Parkway operates a comprehensive hospital and four outpatient clinics, offering a wide range of medical services. With over 20 years of experience, Parkway Shanghai boasts an international medical team and senior doctors with backgrounds in top-tier hospitals. Additionally, Parkway is accepted by more than 70 domestic and international insurance companies. Parkway is a member of the IHH Healthcare network, one of the world's largest healthcare service networks, providing high-quality patient care across over 80 hospitals in 10 countries, supported by a diverse team of more than 70,000 talented and dedicated professionals. Parkway MediCentre Xintiandi: 3F, 138 Middle Huaihai Road, Huangpu District, (Navigate to the East Gate of Shanghai Plaza, elevator near Longmen Road); Parkway Jin Qiao Medical & Dental Center: 997, Biyun Road, Pudong Jinqiao; Parkway Hong Qiao Medical Center: 505, Gubei Road, Changning District; Parkway Shanghai Hospital: 1172 Jile Road, Minhang District; appointment hotline 400 819 6622; www.parkwaychina.com

MINDFRONT SHANGHAI CLINIC

Mindfront Shanghai Clinic specializes in urban mental disorders or mental health issues, providing multidimensional professional help in various disorders/issues such as sleep disorders, anxiety and depression, obsessive-compulsive disorders, ADHD in children and adolescents, women's mental health, addictive behaviors, parent-child/family relationships, social relationships, etc. Our professional team consists of psychiatrists with extensive clinical experience and overseas-trained counselors/therapists. Professional services are

delivered through a multidisciplinary teamwork model. Also, case manager is assigned to provide support throughout the course of treatment and ensure timely responses to client needs. 18F, CrystalTower, 68 Yuyuan Road (near Jiaozhou Road), Jing'an District, Mon-Sun, 10a.m.-6p.m.,Tel: 6718 8883, www.mindfront.com/en/home

RAFFLES MEDICAL SHANGHAI

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

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

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

SHANGHAI KAIYI CLINIC

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

SHANGHAI RENAI HOSPITAL

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

SHANGHAI YOSEMITE CLINIC

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

UNITED FAMILY HEALTHCARE (UFH)

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

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

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 distinct, Shanghai; Tel: 3203 9999; Fax: 3251 8989; information@thepuli.com; www.thepuli.com

PRIMUS RESIDENCE SHANGHAI HONGQIAO

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

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

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Shanghai Family, Parents&Kids and HuMaNiuWa held the 20th International School Expo at The Place on 12th October. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers:

Shanghai Family Parents&Kids SHANGHAI 虎媽牛娃 HUMANIUWA

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