

Shanghai Family

November/December 2019

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*Tackling the
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2019-2020 Parents & Kids Art & Writing Competition

Parents, Guardians and Caregivers!

We are excited to announce our Shanghai Family and Parents&Kids annual Art & Writing Competition. This year our theme is **“Eco Future”**. We would like to invite all children ages 3–15 to participate in either our art competition or our writing competition.

For the art competition, children can choose to either draw/sketch/paint a piece of art or make a model or sculpture using recycled materials depicting how they envision a greener, more sustainable world. For the writing competition, children should write a letter to the mayor of Shanghai with their suggestions on how we make Shanghai more eco-friendly and why they think this is important.

For fairness' sake, we've separated the competition into two age groups: 3–10 and 11–15. Written pieces should be submitted in either English or Chinese and be at least 250 words. Artwork should be completed in A3. Models/ sculptures can be any size.

All submissions are due by **15th December 2019**.

Details to be confirmed. Follow our WeChat accounts for more information.

Immediate enquiries can be sent to editor@shfamily.com

Good luck everyone!

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Family

Parents & Kids
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CONTRIBUTORS

Feature

Greg Byler

is the owner of Byler Holisitic, a studio that assists in the release of energy blockages.

Shanghai Survival Guide

Nicole Chia

is a mum of two who enjoys solving life's problems with a good laugh.

Home & Style / Family Travel

Ailan Gates

is an Aussie mum of three who believes life should be about love, life, and travel.

Education & Development

Rebecca Shah-Harvey

is from the UK and has worked in education for 13 years.

Street Signs

Johan Prozesky

is a writer/photographer who enjoys telling the tales of Shanghai through his lenses.

In Season

Peter Lee

is a father of one who splits his time between school runs and running a bar.

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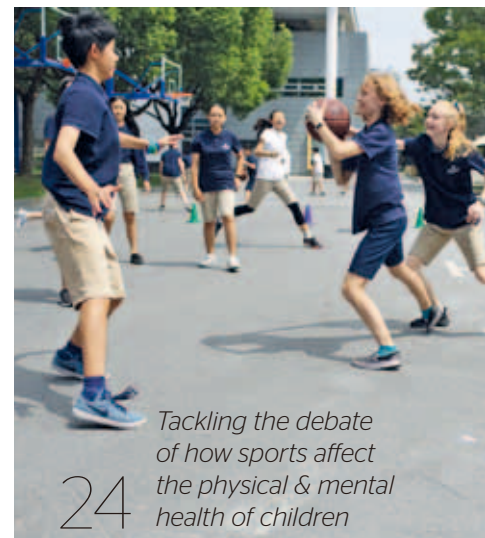
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Tackling the debate of how sports affect the physical & mental health of children



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What are the most effective ways to prevent and control myopia for my child?

There are a few measures that can be taken in the prevention and control of myopia. For some children, **sufficient daily nutrition and outdoor activities** may be enough for them to avoid myopia. For children who already have myopia, **visiting an eye care doctor once a year** is necessary. The doctors will diagnose the issue and discuss the best solution. They may suggest that your child wear frame glasses or contact lenses to help correct their vision. It's important to note that glasses or contact lenses will not cure myopia, but that the vision will be corrected while the glasses or the contact lenses are worn.

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Our journey to Africa to discover the wonders of her gorgeous landscape and wildlife

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From Singapore to Shanghai, Diana Chew showcases her new contemporary home, which pays homage to the past

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Get into the spirit of the season at the Friends of Wellington Winter Wonderland Bazaar. The Bazaar will have more than 90 vendors offering seasonal Christmas items, decorations and a range of unique gift ideas. There will also be arts and crafts, bouncy castles, and a chance to have your photo taken with Mr and Mrs Claus. Children will enjoy visiting Santa's secret present room where they can buy a small gift for mum or dad. Entry to the Bazaar is free and everyone is welcome!



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November/
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Favourite sports experience?



Surprising myself with how much I enjoyed surfing...not that I was very good, but still!



The first time I managed to ride a skateboard down the street without falling off... so exhilarating!

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Going swimming with my friend for the first time and facing my fear of drowning.



Discovering the relaxing power of yoga.



Learning how to snorkel while I was on vacation.

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The Prize

This November/December, China Grain Hotel is giving away a night's stay in one of their deluxe family rooms, complete with breakfast for 2 adults, 1 child and complimentary access to their onsite kids activities and playroom. The perfect family treat for those looking for a cheeky staycation this autumn.



How to Win

1. Scan the QR code below and follow us on WeChat.
2. Take a photo of someone in your family holding this issue of *Shanghai Family*.
3. Send the photo to our WeChat account with your name, phone number, WeChat ID and email address.
4. Check the *Shanghai Family* WeChat by 15th December to see if you've won.



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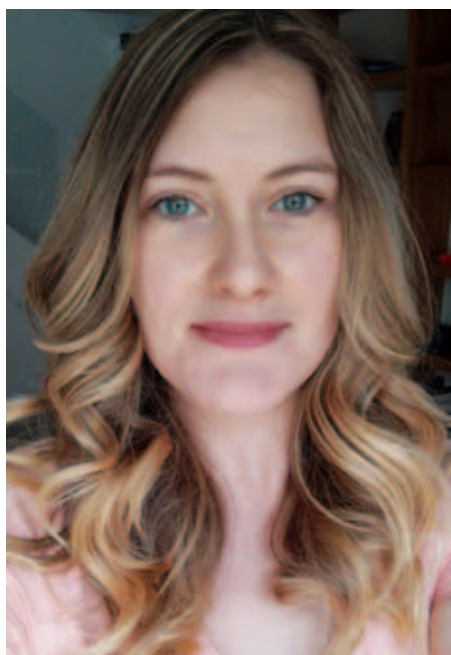


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editor's note



Take this survey and WIN!

Dear Readers,

Shanghai Family and Parents&Kids want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. Please take three minutes to fill out our survey and enter for a chance to WIN lunch at the Grand Hyatt.

We appreciate your time and hope we can continue to provide you with the most relevant and up to date family-friendly content in Shanghai.



In a world full of media applications like Instagram, Facebook and Snapchat, with all of us trying to achieve 'the perfect body', it really comes as no surprise as to why many of us take one look at ourselves in the mirror and feel depressed. We know we SHOULD go for that run. We know we SHOULD get up that bit earlier before work and go to the gym... but seriously, who has the time, patience and motivation to do that when we have so many other things demanding our attention! When did exercise begin feeling like a chore instead of a treat? Perhaps the key to doing more exercise in Shanghai is to discover the activities that we can do with family and friends and more importantly ones that make us feel good about ourselves...

In this month's cover story, Aussie adrenaline junkie Hannah Keirl guides us through the multitude of family-friendly, exciting, and alternative **sports available to us in Shanghai and where to do them (18)**; including kiteboarding, sailing, rock climbing, skiing and skateboarding. Spiritually minded yoga trainer Greg Byler, owner of Byholistic Studio, speaks with Physical Education teachers at Concordia, SCIS and YCIS international schools and family psychologist Dr Nate Balfanz **about how sports affect our children's mental and physical wellbeing (24)** in our upcoming feature story.

In education & development, Rebecca Shah-Harvey discusses the old Nordic tradition of **Hygge (38) and how its comforting habits can help to bring family closer together**, while Nicole Chia gives us a funny yet useful guide to **managing our children's full sports schedules (54)**. If, like me, you're struggling to find time to workout and stay in shape, check out the inspiring column from fitness trainer and owner of FORME Sportswear Fatemeh Mallahzadeh on the time-busting benefits of **HIIT training (44)**.

In wellness, specialists at Jiahui Health offer some hints and tips on **how to get a good night's sleep (46)** and we ask Chief Rehabilitation Physician, Dr Paul Schoenle, at Consans Rehabilitation to elaborate on the advantages of **patient-centric neurorehabilitation (45)**, should the worst happen.

Winter is coming but you know what that means... comfort foods galore! This month, our dining writer Peter Lee offers an appetiser of thoughts surrounding his **top favourite haunts (48) for the upcoming season**. In travel, we join the Gates family as they **journey to the hot, stunning safaris of Africa (50)**, encountering tribes of baboons, prides of lions and magical sunrises, and, closer to home, Johan Prozesky shows us another great area of Shanghai in **street signs (55)**.

All in all, I like to believe that so long as we can chase and successfully catch our toddlers before they run into supermarket stands and take a small portion of time each week to invest in our physical/ mental health, it's all good! Big thanks to this issue's contributors for reminding me that feeling good should *always* trump looking "good".

Beth Roulston
Editor in Chief



Let's talk:

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For more up-to-the minute stories, news and events scan our website QR code



Braces – for Children and Adults

- **When should my child start braces?**

For children as early as age 7, braces or removable orthodontic appliances can be inserted to correct narrow jaws, eliminate teeth crowding or spacing, and interrupt repetitive habits such as thumb sucking and tongue thrusting.

Some of the orthodontic appliances are in fact most useful and effective when orthodontic treatment begins before his or her growth spurt.

- **Can adults consider braces or is there an alternative?**

Unless there are existing severe periodontal diseases, adults can wear braces – metal or clear ceramic braces. They work the same way in children and adults by slowly pulling and pushing teeth to new positions through orthodontic wires.

Yet, some adult patients may consider less visible braces, such as Invisalign®, for comfort and esthetics.

- by **Dr. Sheila So**, Specialist in Orthodontics and Dentofacial Orthopedics (NYU, USA)



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Roald Dahl's Matilda: The Musical

This winter, the multi-award winning West End hit *Matilda: The Musical* comes to Shanghai Culture Square for a two week special. The classic story written by beloved children's author Roald Dahl tells the uplifting tale of an exceptionally bright girl who challenges and changes her life and those around her. With catchy songs written by the talented musician, composer and comedian Tim Minchin, *Matilda* will have you and your kids singing the songs for weeks afterwards. A favourite with children and adults from around the world, this certainly won't be one to miss. *6th-19th December, Shanghai Culture Square, 597 Fuxing Zhong Lu, Huangpu; Tickets from 280 RMB.*



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**



Sip&Paint Party

With a cocktail in one hand and a paintbrush in the other, learn to paint using first-hand techniques from an experienced artist. Join others for an evening of interesting conversation and channel your inner artist, whatever your experience. Sip&Paint provide all the equipment, including a complimentary drink to get your creative juices flowing. Spaces limited, contact to reserve your place. *Sundays, 7:30-9:30pm; Price: 190 RMB; WeChat: russell1055, Sip&Paint*

Wellington's Winter Wonderland Bazaar

Get into the spirit of the season at the Friends of Wellington Winter Wonderland Bazaar. The Bazaar will have more than 90 vendors offering seasonal Christmas items, decorations and a range of unique gift ideas. There will also be arts and crafts, bouncy castles, and a chance to have your photo taken with Mr and Mrs Claus. Children will enjoy visiting Santa's secret present room where they can buy a small gift for Mum or Dad. *29th November 1-7pm; Wellington College, 100 Haiyang Xi Lu, Pudong; Free entry.*



Multimedia Modern Dance: Whiteout

For one weekend only, Multimedia Modern Dance present *Whiteout*, an expressive performance choreographed by Natasha Gilmore and composed by Scottish musician Luke Sutherland. This wordless performance features six dancers who express a poignant but humorous story of Gilmore's life as a mother raising bi-racial children. *Shanghai Children's Art Theatre, 800 Miaojiang Lu, near Xizang Nan Lu; 15th-16th December; 180-480 RMB.*

DIY Cosmetics

Try something different and make your own deliciously-smelling natural cosmetics with My Beauty Farm. Personalised to suit your individual skin needs, these workshops help you understand the active properties of natural ingredients and how to blend the right combinations to produce completely vegan face creams, body scrubs and more. *4th December 7-9pm; 1288 Fuxing Zhong Lu; 470 RMB; WeChat Official Account: My Beauty Farm*



Plastic Pirates

Get your kids learning about plastic pollution and the impact of petrochemical products on our oceans and the planet, as organised by children's eco-organisation Green Steps. The Plastic Pirates field trip inspires awareness about caring for the environment in a fun, easy way for families to enjoy. *Sunday 15th December, 9am-2:30pm; Shanghai Wusong Paotai Wetland, 206 Tanghou Lu, Baoshan; Price: 200 RMB.*

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Eco Fair

Did you know that Singles' Day last year resulted in 160,000 tonnes of packaging waste? Scary thought...

In a bid to reduce the obscene levels of excess created by shop-till-you-drop events, eco-conscious brand Boomi will host a 'Green Ventures Fair' taking this year's Singles' Day offline! Same outrageous discounts on your favourite sustainable brands... without all the waste!

Expect tasty food, eco workshops, some new ideas towards sustainable solutions and much more.

425 Yanping Lu; Sunday 10th November, 12-6pm; Free entry.

For more information on where to buy eco-friendly products visit: shfamily.com



Eastern medicine combined with western science

Winter health tips from Doris Rathgeber, founder of Body & Soul



Winter is the time to rest and to reflect on our health, conserve strength and store energy. It is best to go to bed earlier and sleep longer. The body needs to rest and stay warm.

Avoid extreme exercise and strenuous activity during winter. However, we need to keep the body healthy and strong. Do consistent, exercise indoors and get outside to enjoy sunlight when you can.

People often put on weight during winter as the body conserves energy to stay warm. Be sure not to overeat meat and simple carbs. Focus on warming meals such as soups, stews, root vegetables, beans and lentils, whole grains and nuts. Avoid raw vegetables or large amounts of cold food. Protect the kidneys with herbal teas and warm water.

Meditation and breathing techniques help manage stress and keep the emotions balanced.

Body & Soul Medical Clinics offer holistic health solutions to keep you strong and well throughout winter.



Health insurance coverage and direct billing depending on individual policy

MEDICAL CLINICS

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Xintiandi (021) 6345 5101

Hongmei Road Clinic
Hongqiao (021) 6461 6550

Century Park Clinic
Pudong (021) 6162 0361

For news, health tips, and appointments, follow us on WeChat.



WWW.TCM-SHANGHAI.COM

Concordia Students' Trip of Self-Discovery

Concordia middle and high school students recently returned from educational trips around China which centred around culture, history, service and adventure. Concordia's educational travel programmes are designed to help students acquire self-knowledge, form new friendships, challenge preconceived ideas and put the needs of others before their own, all while immersing themselves in the unique cultural aspects of their host country.



YCIS Shanghai Celebrate Founder's Day

Highlighting Yew Chung International School of Shanghai's (YCIS Shanghai) 26th anniversary, along with Yew Chung's 87th anniversary, students across the school's five Shanghai campuses spent the day engaged in meaningful activities, including energetic sports competitions in Puxi, fun runs in Pudong and adorable renditions of "Happy Birthday" sung by ECE students. The community also connected with their peers in a live video broadcast with all YCIS locations worldwide.

Dulwich Students Create Biospheres

In Environmental Systems and Societies (ESS), Dulwich College Shanghai Pudong students have been creating their own biospheres or mesocosms, containing soil, vegetation and insects that sometimes creep inside. These mesocosms are then sealed and, due to the flows of energy and matter inside, as well as the flow of energy entering the mesocosm, life inside will survive for many, many years. (Well, hopefully until the end of the two-year ESS course!)



Celebrating the International Day of Peace

On 21st September, students of Shanghai Community International School were encouraged to come into school dressed in clothes representative of their home country or countries. With over 60 nationalities represented within the school's community, hallways were filled with vivid and colourful traditional dresses proudly worn by the school's international students.



Mid-Autumn Festival at Wellington

Wellington College celebrated the second most important festival in the Chinese calendar with a series of fun traditional activities and games. Pupils turned the corridors and classrooms into colourful Mid-Autumn Festival displays with their decorated lanterns. Tug-of-war competitions for delicious mooncakes was a particular highlight!



Rugby Invitational at SAS

Last month, Shanghai American School, Pudong campus hosted their first ever Rugby Invitational with 360 students from teams across Hong Kong, Beijing and Shanghai in attendance. Three levels competed including Junior varsity boys, varsity girls and varsity boys. Each team played up to five games over the two-day competition. Watch sports and other SAS' activities at www.saschina.org/sastv.



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cover story

Adventure Sports in the City

Your guide to the best and most exciting activities
in and around Shanghai *By Hannah Keirl*

When we live in the concrete jungle of Shanghai, it can be easy to forget that there is a multitude of interesting sporting activities available to us, both downtown and within a couple of hours travel. As I grew up in Australia, predominately on a surfboard with sand constantly between my toes, I can tell you that being out of the sea for even a day to me feels wrong. Therefore, it only felt natural to start seeking out convenient places near Shanghai that I could go to indulge in my active, thrill-seeking, sporty tendencies.

Whether you're looking for a weekend of adventure with the family, an afternoon pastime, or a unique fitness programme, we've rounded up our top favourites that you're sure to love including skiing, surfing, sailing, hor-

seriding, rockclimbing and my personal favourite, kiteboarding!

Kiteboarding

Why kiteboarding? The short answer is it feels like pure freedom. On a windy day, you're left invigorated, filled with joy from flying and moving with such speed. The adrenaline kicks in and you want to go on forever. But there's more to it than the adrenaline.

First, it's an incredible work out, for body and soul. The physical intensity of the work out will be dependent on a combination of the force of the wind and on your personal riding style. Your core, upper body and aerobic fitness will be tested; all of which are great for your heart. Just be prepared for a sore few days after your first week of kiting!

The second and most important benefit from kiting is the wonderful sensation you get of flying which boosts your body's endorphins. This will in turn help reduce your stress levels, improve your immune system and increase your overall level of happiness. For living

and working in the 24/7 city of Shanghai, this, for me, is the greatest benefit.

I first stumbled across kiteboarding whilst backpacking in Brazil during my gap year. After celebrating New Years Eve in Fortaleza, I'd heard on the grapevine about a gorgeous beach, only accessible by non-air-conditioned buses and dune buggies. Naturally, I headed seven hours northeast to the magical, dune-y outpost of Jericoacoara; a small piece of paradise that boasts long, clean, white sandy beaches and some of the windiest weather in the world; a total haven for water sports. I remember wandering the shoreline, with the ocean gently lapping at my toes, mesmerised as I watched kiteboarders fly down the coastline. I knew instantly that I needed to give it a go!

As there is a reasonable level of skill and instruction in learning to kiteboard, it's not recommended for children under 10 years old. On the flip side, I'd say you're never too old to start! Whilst also being a great source of exercise, the degree of focus and dexterity that the sport requires is fantastic for improving yours and your children's reflexes as well as concentration. On the water, you're





juggling holding the kite in the air, keeping your balance, and when entering the water you're also holding your board. Whether simply navigating right of way, or working on your jumps, the combination of the position of the bar, your board, and your body in the wind means you'll be using your reflexes and reaction capacity to resolve difficult situations on the water.

I highly recommend that if your children wish to try out kitesurfing, you get them onto a beginner's course, preferably one that happens over consecutive days so that they can learn how to manoeuvre the kite and all the safety releases through continuous practice.

My kiteboard instructor was a lovely Brazilian named Juan. He had almost no English and my Portuguese extended to "thank you" and "can I have another beer please?", but we made it work. Being the impatient person that I am, I hoped to be on the water on my first day of my five-day programme, but this is simply out of the question, so be sure to manage your child's expectations!

My instructor had me begin on sand whereby I learnt about kite control, how to pump the kite up, and how to adjust to wind conditions. Your first time in the water will be for a 'body drag' where the kite pulls you through the water without a board on your feet. This is so you can learn how to harness the wind, some basic turning techniques and right of way rules on the sea. Embarrassingly, on my first body drag, I caught a wind gust which had me five feet in the air, with my bikini half off, finishing on a sharp, painful belly flop-esque SPLAT landing. To be honest, I wasn't sure I'd go back out again, but bruised body (and ego) aside, my stubbornness prevailed and two days later, I was back in the water.

My first time on a board felt something akin to love at first sight. I felt energised with an unparalleled sense of power; I knew I'd never give it up. At the end of my course, I was rewarded with an International Kiteboarding Organisation (IKO) Card, Level 3 -Independent Kiteboarder and twelve years later I find myself a kiteboard instructor, chasing wind and waves around the world.

My first time on a board felt something akin to love at first sight. I felt energised with an unparalleled sense of power; I knew I'd never give it up.

When I talk about kiteboarding with friends in Shanghai, the first question is always, "but where do you go?" Their assumption is that I head to the Philippines, or perhaps Hainan Island. I've done both, but truth be told, I kiteboard a mere two-hour drive from Shanghai!

A note on safety: kiteboarding is considered an extreme sport. In 2001, the International Kiteboarding Organisation (IKO) was established, introducing safety and quality standards. Whether you are learning to kiteboard or renting gear, please make sure that you go through an IKO certified school. More details can be found on www.ikointl.com.

Shanghai Kite School

Location: Golden Beach, Qidong

Getting there: A two hour drive northeast from downtown Shanghai.

Accommodation: Small hotels are available close to Qidong beach.

Cost: 400 RMB per day to rent equipment. You must have an IKO Level 3 Card to rent.

Lessons: Available for anyone 10-65 years old. Instruction is available both in English & Chinese. Price for lessons begins at 3,000 RMB for IKO1 + IKO2 (6 hours). If you'd like to dip your toes in without the hefty price tag, a one hour Discovery course is available for 600 RMB.

Hours: 7 days, 10am - 7pm.

Contact: 185 2106 3605 or kitesurfingsh@163.com.

WeChat: Kitesurfing_Shanghai



Surfing

Why surf? Pujiang Country Park lays claim to the first indoor surfing club in Shanghai - UKONG Indoor Surfing. Their wave simulations will have you wanting to ride for hours! Open all year round and temperature controlled, UKONG indoor surfing provides a great opportunity to jump on a board. Open to ages 6 and above, with coaching available if it's your first time.

Address: Pujiang Country Park, 2065 Jin Nan Lu, Minhang District.

Getting there: Luonan Xincun Metro Station (line 7).

Cost: 1 person, 30 minutes, 188 RMB.
2 people, 30 mins each, 288 RMB.

Booking: It's recommended you book ahead of time through their WeChat mini program- see via their official account.

Hours: 7 days, 10am - 7pm.

Contact: 400-691-7500 / 18621365579.

WeChat: UKongSurfing



Sailing

Dishui Lake is a purpose-built lake designed to look like a teardrop in deep, southeast Pudong. Here, sailing is the sport of choice to help build muscle strength and put your endurance to the test. If you're looking for a more relaxing option, there are also options of speedboats, cruises and hobby cats. A camping picnic ground is available too!

Address: 880 Dongyi Lu, Huanhu, Nanhui New City.

Getting there: Dishui Lake Metro Station (Line 16)

Cost: 198 RMB per person per hour.
420 RMB for 2 adults & 1 child.
450 RMB for 2 adults & 2 children.

Booking: 189 1552 3205.

Summer Camps are available- Elementary: 7 days / 6 nights 6700 RMB; Advanced: 7 days / 6 nights 7,200 RMB.

Contact: 021 6728 5977 / 189 1552 3205.

Website: www.shanghaisailingclub.com/home

cover story

Horse riding

The bond between rider and horse is perhaps the greatest benefit to horse riding. The combination of a physical workout with the psychological connection and responsibility of the horse itself are all incredibly important to one's overall wellbeing. Qing Qing Equestrian Club was founded in 2005 and is located in Songjiang district; approximately a 1.5 hours drive from central Puxi.

Address: 388 Chenhua Lu, Songjiang District.

Cost: 480 RMB per 45 minutes, or get a group together and pay 720 RMB per 45mins.

Lessons: Lessons are taught in English & Chinese and must be booked 48 hours in advance. Private lessons start at 120 RMB per 45 minutes, Group lessons from 90 RMB/45 minutes.

Hours: Tue: 2pm-6pm; Wed-Fri: 9am-12pm/2pm-6pm; Sat-Sun: 8am-12pm/2pm-6pm.

Website: www.qqhorse.com

WeChat: 13701640624



Skiing

Vankoo (combination of "tough" and "cool" in mandarin) Indoor Ski Field offers a selection of simulation options for beginners through to advanced skiers. Get into shape for ski season or continue to hone your skills year-round with a world-class Infinite Ski Track, a Downhill Ski Simulator and a Centrifugal Ski Training Machine; you'll soon be top of your ski game!

Address: U Fun Park, Building 2, Lane 1388, Yinhang Lu, Yangpu District.

Getting there: Xinjiangwancheng Metro Station (line 10).

Cost: 320 RMB per session for two people including equipment. Private lessons: 360 RMB per session or 580 RMB for two.

Hours: Mon - Sun, 10am-10pm.

Website: www.vkski.com



Rock climbing

Improve your strength and coordination at one of Shanghai's premier rock climbing facilities, Shanghai Rock Dance Space Climbing Hall. Centrally located in Hongkou district, this space offers three wall types to suit your skill level children (8m), special design (12m) and an advanced wall built to international standards (15m).

Address: Block A, 128 Huayuan Lu, Hongkou District.

Getting there: Hongkou Football Stadium, Metro Station (line 3/8).

Hours: Mon - Fri 1pm-10pm / Sat - Sun: 10am-9pm.

Cost: 180 RMB per person per day.

Contact: 021-36368028.

Website: www.rockdancing.com



Ice-skating at Champion Ice Rink

Aside from working out almost every muscle in your body and improving joint flexibility, ice-skating is an incredibly fun winter sport. An affordable afternoon, glide around the 800 square metre Wujiaochang Champion Ice Rink in Yangpu with friends or the whole family. Please note the largest skate size is 47 EU.

Address: Bailian Youyicheng Shopping Centre, 8 Songhu Lu, Yangpu District.

Getting there: Jiangwan Stadium Metro Station (line 10).

Hours: Mon - Fri: 10am - 9pm
Sat. - Sun: 2pm - 9pm.

Cost: 70 RMB per person for 2 hours. Multi-session cards are also available starting at 299 RMB for a 10-hour card (valid for 12 months).

Cost: Private lessons start at 280 RMB per class, a 25 class package will set you back 6,500 RMB.

Contact: 021 6548 3358.



Skateboarding

Head Coach, James Herrmann, at ICONX Skateboarding says, "We see many kids lacking confidence in themselves. They're apprehensive for a variety of reasons, but the skateboard class can offer a way for the kids to be guided through a path of self-discovery of their own limits. The coach is there as an ambassador as the kid pushes him/herself to try new things and to not give up at the first sign of failure; pushing through to accomplish the small goals that eventually land a trick or manoeuvre that was otherwise unattainable. The skateboard has some magical qualities. It provides a common language that goes beyond age, gender, and nationality. It doesn't matter who you are...gravity is

always there to take you down and everyone has to get back up and keep trying."

Address: Three locations available:

* Jingan Sports & Fitness Centre.

B201, 151 Kanding Lu, Jing'an.

* Iconx Xuhui Class.

B2 230 Ruiping Lu, POLY Sunnywalk Mall

* Pudong Indoor Skatepark - Iconx Huamu

Unit B, 49 Jingyan Lu, Pudong.

Hours: Mon - Sun: 9- 7pm.

Cost: Trial class is available for 300 RMB per person (kids & adults).

Lessons: Group classes are available, and a pack of eight classes begins at 3,240 RMB. Packages are also available for kids' birthday parties.

Contact: 180 1706 3650.

WeChat: Iconxskateboarding

THAT DAY

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At Shanghai American School, our students' success stories don't end with college acceptances. Take Susan Ho, SAS class of '06. Susan is a Forbes "30 Under 30" Consumer Tech listmaker. She runs personal travel planning app Journey, one of *Travel + Leisure's* "Best New Travel Apps of 2017." Inspiration for Journey came from a trip to Argentina, during which Susan spent hours researching online, only to end up in places surrounded by tourists. It's proof that when you embrace the SAS mission of becoming a lifelong learner, there's no telling where life will lead.

For more information, contact
admissions@saschina.org

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SHANGHAI AMERICAN SCHOOL



Student from Concordia International School's swim team

From Gladiators to Suits

Tackling the debate of how sports affect the physical and mental health of children

By Greg Byler

When asked to write this article, my immediate internal response was much the same as my occasional remarks to friends or clients: "sports absolutely plays a positive role in our lives! It gives us a strong physical and mental foundation, teaching us invaluable lessons that prepare us to face the many unexpected challenges that inevitably get thrown our way..." etcetera, etcetera.

For me, this continues to hold true, but not in such a simplistic way as the above statement suggests.

I was an athlete from a very young age and eventually competed in the NCAA Division I as a wrestler. After a seven-year hiatus from any organized sports or even intentional exercise, I discovered yoga, which I've been practising for 19 years and teaching for seven. When I first thought about the benefits that sports and fitness have brought to my life, they seemed so obvious to the point where I feared this article might be as bland as wonder bread. But after doing deeper analysis and research, I realised I would be left with more questions than answers.

From an evolutionary perspective, to question whether sports and fitness are good for children is as illogical as wondering if the ability to see is good for driving a car and is indicative of the enormous shift in how we humans in today's world relate to nature. I think it's safe to say that for the grand majority of our time on this planet there was never an option to be anything but an extreme athlete, because if you weren't, you didn't survive. Exercise was not something we scheduled into our lives to shake off the tensions of the week spent at the office; it was survival of the fittest.

As a result, our DNA is programmed to be fit. The more consistently active we are, the physically stronger we become and the more alive we feel.

Unlike the past, modern life often demands the very opposite of exercise. We move our fingers a lot and, in terms of brain activity, we have the equivalent of the Olympic Games going on, but often the only thing that bumps our heart rates up is the stress of our mental marathons.

The changing parameters of the game of survival has taken a once essential physical fitness and placed it in the category of 'optional'. Living a sedentary lifestyle, whilst earning a living wage, or even a luxurious wage, is not only available to us, it is often asked of us; unrelenting deadlines and 12 to 15-hour workdays, especially in urban areas like Shanghai, seems to be becoming the norm. With having to eat, shower and sleep, when does one find the time to climb a tree or swim in the river?

Unfortunately, removing fitness from the list of requirements for survival does not remove it from our DNA code. In the face of this reality, the illogical concept of questioning the benefits of sports and fitness on our children's mental and physical health becomes not only very logical, but of the utmost importance!

Does 'making a living' or reaching high levels of economic success automatically bring happiness and contentment, even at

the expense of our physical vitality? Probably not. Nor would focusing the entirety of our children's education on skills that are, for the most part, no longer needed.

Establishing the Correlation of Physical Fitness and a Healthy Brain

In a new study, which was published last month in Scientific Reports, scientists at the University of Münster in Germany decided to look inside the skulls of a group of 1,200 young adults by scanning their brains with a specialised type of MRI that looks at the health of their brains' white matter. White matter is the communication freeways between the grey matter sections of the brain. They found that the fitter the people in this group were, the more robust their white matter looked and the better they performed on tests of memory and thinking skills.

The researchers were dumbfounded by the strength of the associations between white-matter health and the young adults' fitness and thinking. Their final conclusion? "Even at a young age, physical fitness has beneficial effects not just on the body", says Dr Jonathan Repple, a psychiatrist and lead neuroscience researcher of the study, "but also on brain health and brain functioning".

Educational Perspectives on the Benefits of Sports

Considering how relevant this subject is to education, I approached some of Shang-



Students of Concordia International School developing skills through their "invasion games" unit

THAT DAY

AN EAGLE GREW

LONGHORNS



Last fall, with just 14 seconds left in the game against their neighbors and fiercest rivals, the Oklahoma Sooners, the Texas Longhorns sent in a freshman field goal kicker to try and win the game. The ball sailed through the uprights, and the kicker earned his place in the lore of the "Red River Rivalry." That kicker – Cameron Dicker – played at SAS' Pudong campus when he was a student here in 2010-2011. At the time, Dicker was more partial to soccer than American football. Since then, he's switched his allegiances – a fact for which the whole state of Texas is thankful.

For more information, contact
admissions@saschina.org

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Vic Caban,
SCIS Pudong Athletics
Director



hai's international schools to get their perspectives on how they feel sports effect children and how school utilises them to teach life skills.

Jennifer Rizzo, athletics trainer at Concordia International School Shanghai, echoes a lot of what was discovered in the study completed University of Münster. "Movement increases brain volume, improves memory and reduces the risk of diabetes, anxiety and depression. It also enhances the creative mind by keeping the child off the screen (computer/ phone etc), allowing their circadian rhythm to work naturally, resulting in a better sleep cycle".

For Shanghai Community International School (SCIS) Pudong Athletics Director, Vic Caban, his thoughts emphasise more on the role that

coaches of competitive sports teams play in their student's lives and the responsibility they have to inspire children to have strong moral values.

"Coaches have the perfect opportunity to instil various character traits that in the classroom are often just talked about... On the sports field, when you look at things like [physical] effort and perseverance, teamwork and grit, you can actually see it in action. The goal of our SCIS Pudong Physical Education programme, and the IB Middle Years Programme (MYP), should be to nurture students to be physically literate. People who can confidently speak about different sports/ activities, appreciate what physical activity has to offer, and have the basic skills and confidence to try them all".

The societal values that continue to

transform us, from a once robust tribe of athletes to almost robot-like individuals tap-tap-tapping on our computers/ smartphones day in and day out, are the very same values that shape our educational institutions. How could it be otherwise? We need to prepare our children as best we can to navigate the wild seas of the everchanging currents of this fast-paced, high-rise, '5G' life. One of the most important skills that crosses over from our earlier days as hunter-gathers into our very present future is competition.

Vanessa Fung, Physical Education Teacher at Yew Chung International School of Shanghai, Puxi Secondary (YCIS) puts it like this: "[Physical Education] is a real-life skill that can't be underestimated. Children are growing into adults and should be prepared to deal with situations where

they have to rise to challenges, where they have a possibility of making mistakes and where they need to put in a solid effort to get ahead”.

Few of us would disagree with these words. It is our lot in life to exert our energy to provide for ourselves and at some point, we will stand face to face with an adversary or challenge that will push us to our very limit. One of the major factors that will determine the outcome of such a moment is where we believe that limit to be.

Countless are the occasions in my adult life that while in the midst of a stressful moment, be it physical, mental or emotional, in my professional or personal life, the lessons I learned as a teenage athlete are as relevant now as they were when I first encountered them. Memories come back as vivid as though it were just yesterday that I was in the heat of my middle school basement being taken to the edge of total fatigue and physical collapse with other wrestlers and then told to get up and do it again, and again, and again. It was here where we met our most important, most dangerous and most elusive adversary - our own fear.

Our limits are a factor of our willingness to face our fears and walk through them.

Once through, the fear disappears and our limits settle on a new horizon, awaiting our arrival, where we will face the same fear hidden behind a different mask. The mask may be scarier and the stakes may seem higher, but the fear is the same.

It is fundamental that we give the opportunity to our youth to learn this invaluable lesson: our limitations are self-created and they are also a choice. This will help them to mould themselves into who and what they want to be.

I'm using competitive sports as the example because of my own experience, but it's important to recognise that many children may not be as inclined towards physical activity. Some might even find the requirement to participate in PE classes to be annoying at best and traumatic at worst.

Athletic Director, Turner Neil, at Concordia International School Shanghai, considers this understanding of student preferences to be crucial: “we strive for differentiation and offer student choice whenever possible. In special cases, our PE teachers may offer a student the option to perform an assessment or exercise one-on-one when the social or performance anxiety is extreme. Overall, we aim to balance challenge with fun, in a low-stakes environ-



YCIS PE Teacher Vanessa Fung with students on the school's sports field

THAT DAY

WE COUNTED

OUR PENNIES



It's no surprise that our amazing students at SAS go on to be amazing adults. Lucky for us, they often return to visit, to share their stories and teach us a thing or two. Earlier this year, we welcomed Erin Lowry, SAS Class of '07, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*. Through a fun series of inspired events, she spoke with fellow SAS alumni, current students, and our parent community about her trajectory since graduation, the linchpins to her success, and how she helps her entire generation relate to the complicated world of finance.

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ment. We strive to make PE an outlet for teens to take healthy risks without the fear of failure or judgement”.

Fear, of course, is just one of many different feelings associated with the lessons we encounter by doing sports. One could even go so far as to argue that this is one of the precise reasons as to why sports are so crucial for developing a sense of self.

Sports and Mental Wellbeing

Curious as to how an expert would define a ‘healthy mindset’, I spoke with Dr Nate Balfanz, a Senior Clinical Psychologist who specialises in working with children and families, about his perspectives and how he believes sports play a role in a child’s mental health.

“Mental health to me is a lot about personal awareness... a lot of people believe having good mental health means that you’re a positive, happy person all the time; that’s just totally false as far as I’m concerned. Mental health to me is being aware of your own emotional states, what impacts your own emotional state and being able to safely and freely express your feelings, regardless if they’re happy, sad, excited, scared...whatever they may be”.

Student at YCIS practising basketball on the school’s court



Serendipitously, Dr Balfanz himself was a NCAA Division I football (soccer) player. In response to the question on how sports mentally impact children, he says, “if there is too strong of an agenda attached to [the sport], especially in our youth, this is when issues start to occur”, relating his own experience of being a lifelong competitive athlete and his eventual training to become a professional athlete. “Three knee surgeries, a nose surgery, a wrist surgery, and a hip replacement later, I chose a differ-

ent career path and became a psychologist”.

In retrospect, like with all things, sports can come with a degree of risk if played too aggressively. On the other hand, being part of a sports team offers an opportunity for children to discover comradery, trust and learning to work closely with others. This is, of course, subject to the morals being encouraged by the team leader and coach. Herein lies the fine line between whether play-



Student at YCIS working on her baseball swing



ing a sport can have a positive impact on a child's mental health or not. As Dr Balfanz says, we must "provide a nurturing and supportive environment for kids to be exactly who they want to be and feel exactly how they want to feel. That's a mentally healthy child".

In line with the views of Mr Neil and Dr Balfanz, Ms Fung sums it up by saying, "children, like adults, have interests and inclinations which should be honoured. People are

allowed to enjoy certain things over others. With that said, all scientific research suggests that physical exercise is an integral part of overall health. A healthy dose of exercise regularly leads to higher productivity and cognitive function. Children who are not very active should recognise that exercise is a part of their holistic wellbeing. This is where families and communities come into play, modelling by example".

Vanessa, I wholeheartedly agree.

Final Thoughts

In my opinion, the affects that sports and fitness have on children's physical and mental health are very well documented. I am encouraged to see the awareness and care that the contributors to this article give to this area within education and thereby offering our children a wealth of opportunities.

However, I feel it is important to consciously remember that our stadiums are no longer the coliseums of old, nor is our entertainment quite as barbaric; society has since become far more sophisticated. As such, the way in which we introduce and involve our children in sports, along with the why and for what purpose, should be our first consideration.

When I think about it, I do wonder whether the values we follow are really ours, or whether they were instilled in us when we were children... just like the ones we now so passionately educate.

How will these lessons and character traits extracted from our own PE classes, which are then instilled into our youth, reflect their decisions in the board rooms of future corporations?

Our actions reflect our agenda and these actions have real-life consequences.

I had a choice at 16 in that middle school basement when I was placed in front of what I perceived as a no-win situation. I could quit, or I could keep pushing my limits to a place I felt certain I couldn't handle. I chose the latter and learned that certainty in my own beliefs limits my growth. Then again, when I was 19, a shoulder injury placed me in front of a newly disguised fear: who was I, if I wasn't a wrestler? Do I get up and push my limitations and fight to maintain my self-identity? That time, I chose to quit, which was a decision that taught me that attaching a single aspect of my self-identity would also limit my growth.

As a member of this global family, a family as wonderfully unique, diverse and beautiful as the planet we cohabitate, I would be remiss if I didn't mention what I've been alluding to all along: the importance of a deep and honest self-reflection in regards to our values, to our assumptions and to our loyalties.

Perhaps by taking this internal debate into consideration, we as guardians of future generations have the potential to utilise sports as way of helping children recognise their own set of values. **SF**

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Creating Leaders with a Servant's Heart

YCIS Leadership Team elaborate on cultivating the right set of principles in students and the value of humility *By Johan Prozesky*

When discussing equipping children with the skills they will need to be successful in the future, time and again we hear the words "leader" and "leadership", but why? This month, we visited Yew Chung International School of Shanghai (YCIS), Puxi to ask its leaders why these buzz words are at the forefront of its mission for the future success of its pupils.

Discussing the school's mission on creating competent and empathetic leaders are Don Collins, YCIS Puxi International Principal, and Grace Gu, YCIS Puxi School Business

Manager, who together make up the Leadership Team of this longstanding international school. Central to YCIS' vision is the idea of character formation, which is considered to be the most important shared responsibility of the school and the home.

"It's about developing the whole person", begins Don. "People need greater awareness and greater empathy. For this, they need to understand how to resolve problems, how to think creatively, how to collaborate; they need to understand that you need to take care of others and they will take care of you. What we want is a world populated with

people who have the right set of values. A kind of synergy then arises and that is the goal. That's when leaders are developed".

One of the most highlighted accomplishments of YCIS is the school's reputation for academic results, which are well above global averages. From a certain perspective, this could suggest an emphasis on academic performance rather than a focus on character formation; however, as Don explains, "although character formation - the heart of our vision - does not guarantee academic success, it does set the scene. But beyond this, we appreciate that our stu-



dents are able to balance their focus on academics with many other interests and activities, always incorporating the philosophy of aiming to make the world a better place”.

Character building demands, first of all, a sense of self; to know and love yourself. Don cites a slogan that clarifies this quite succinctly: “be you, everyone else is taken”. (We’re keeping that one, Don!) Following these actions, the next step is the giving of oneself. Through YCIS’ extensive programmes of service, the school teaches students to care for others, to take time to help others and to be conscious of how their behaviour affects the planet; which in turn affects society. Through this, the school inspires students to act for a better world and to lead by example.

YCIS aims to instil within its graduates a deep respect, understanding and appreciation of world cultures and with this comes the expectation to master both Chinese and English, as well as to develop proficiency in other modern languages. This promotes empathy in students and helps them understand how society and the rest of the world operates; thus, developing empathic leaders. What’s more is that these values then filter through to the rest of the school community and its families.



Don Collins,
YCIS Puxi International Principal

“In this ever-changing, globalised world, we do not know how life will be in two or three decades. Our commitment is to equip our students with leadership qualities to meet the challenges of their generation, whatever they will be. We leverage all resources to achieve that, and we do that with intent – quite deliberately”.



Leading with a Servant’s Heart – Setting the Example

Grace Gu comes from a solid, successful background in the hospitality industry. The fact that she is now in a role which manages and serves in education seems odd at first, but once she explains, it makes perfect sense.

“Hospitality is service and we must remember that education is also largely a service industry. One of the goals in hospitality is to create an outstanding experience by fostering a caring culture. Caring and charity feature prominently at our school, so there is a direct connection. That is one of the things I love about the school and it fits perfectly with my skills and experience”.

Other ethos that cross over into education for Grace are things like always striving to provide the best for students, which, in turn, benefits families and the community.

“Equally important”, Grace continues, “is the can-do mindset of the hospitality industry that we have embraced at YCIS Puxi. In hospitality, we are trained to say: “yes, I can do that!” We don’t easily say “no” to requests and needs, even very difficult ones and we bend over backwards to support whenever possible. We think very carefully about requests and try to assist whenever we can, determining which resources we have, or which we can obtain to fulfil requests”.

Grace and Don both use the analogy of a garden to describe YCIS’ focus on continuously looking at how to improve processes, actions and operations. Sometimes you plant, sometimes you prune, but in any case, a school, much like garden, requires



Grace Gu,
YCIS Puxi School Business Manager

constant care and attention and a keen focus on persistently finding opportunities for improvement. For these initiatives, Grace contributes unique perspectives, not only from a hospitality standpoint, but also representing the host country’s cultural point of view.

At the end of the discussion is one of Don’s final statements that resonates the most:

“The students of today will need to run the world better than we have done. It is our duty to equip them for this task”.

Meeting YCIS’ fervent leadership team is refreshing. They not only advocate leadership with a servant’s heart, but their service-orientated leadership style actively demonstrates this, setting the example for staff, parents, and, most importantly, its students.

As the esteemed author, Robert K Greenleaf once said, “good leaders must first become good servants”.

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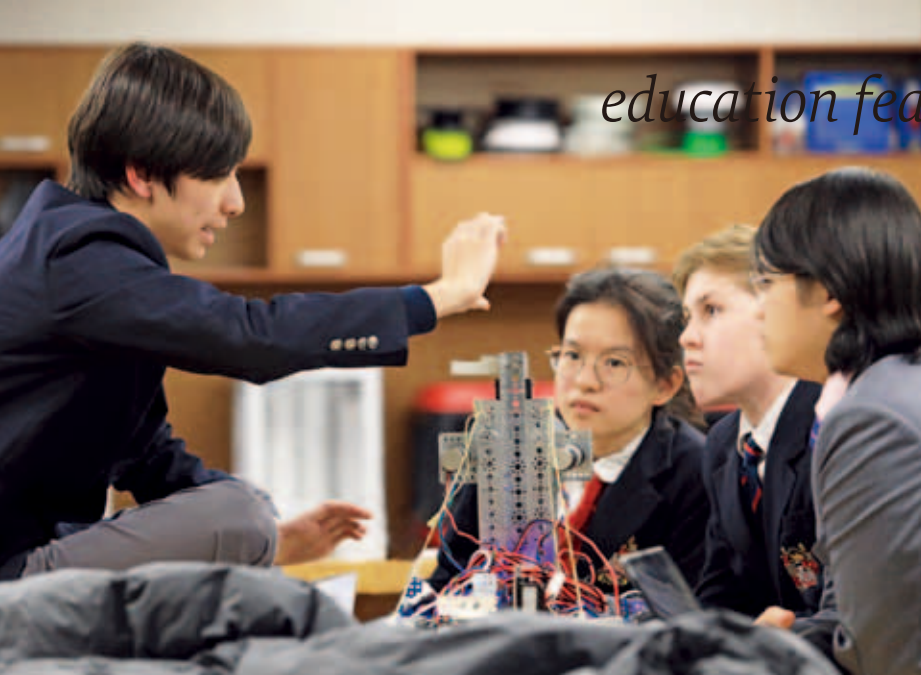
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Teach & Learn Worldwide

Caroline Taylor, Head of Dulwich College Shanghai Pudong, discusses the College's core ethos and how it fosters confident, compassionate students

Part of our mission at Dulwich College Shanghai Pudong is to follow our ethos: 'because we Teach Worldwide, students Learn Worldwide'. What does this mean in practice?

Fundamentally, a college's teaching foundation is built on its positive relationships with all its students and this is at the core of what we do at Dulwich. Through our own experiences, as well as through research, we know and understand just how important the relationship between a student and their teacher is and how it plays an important role in the trajectory of their academic success and social development. Establishing a positive relationship with a student is crucial in help-

ing them feel comfortable and safe in their classroom environment, thereby encouraging a strong desire to learn and grow.

Another aspect of 'Teach Worldwide, Learn Worldwide' is our attention to accelerating student progress through focused, personalised and varied feedback given on a regular and consistent basis. Whilst assessment may be the focus for many, it is feedback that can transform a student's learning.

At Dulwich, we believe that each teacher has the responsibility to nurture a student's learning and to provide feedback in such a manner that the student leaves the classroom confident in knowing what they suc-

ceed in and what they need to do to improve, without feeling demoralised. When feedback is predominately negative, studies have shown that it can discourage student effort and achievement (Hattie & Timperley, 2007, Dinham); it is our aim to ensure this situation never occurs.

We achieve this by creating regular opportunities for an authentic student voice and choice. The students have influence over curriculum design and the style in which they are assessed.

Assessment is, of course, necessary at certain times of the year and is more dominant in the Senior School than any of the other



schools. However, as our school develops, there is a commitment to work towards having fewer high stakes assessments and more intermittent tests throughout a unit of work. This simple act can relieve the stress associated with a single, end of unit assessment and offer more avenues to evaluate student performance.

This also provides students an opportunity to better understand themselves and how they can develop on current and new skills to drive their own learning. Self-awareness is key for student engagement, motivation and progress.

By having a stronger sense of self, students can reflect on their achievements and setbacks to create ambitious, personal goals for the future. It is our role as their educators to facilitate this.

For our students to 'Learn Worldwide', they need to engage with authentic learning tasks that allow them to be critical and crea-

tive thinkers, risk takers, and problem identifiers. Authentic learning experiences feed the motivation to learn. What students learn, therefore, becomes all the more meaningful. Through authentic learning experiences, students do not simply obtain knowledge; they engage with it, attain, retain and reimagine it.

Finally, an essential part of 'Learning Worldwide' is our commitment to inspire our students to act in the service of others and the world.

By working with the local community and other global foundations, we provide ample opportunities for our students to experience the joy that comes from aiding those in need throughout their time at Dulwich College Shanghai Pudong.

To learn more about our curriculum and values, visit our website www.shanghai-pudong.dulwich.org or scan the QR code below.

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LIVE WORLDWISE.



Please scan the QR code to visit our College website

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Get Your Game Face On



Lucian

Comradery is a big deal in rugby. It's necessary to ensure that all of the players bond, which improves communication both on and off the field.



Phil

Whilst rugby is a strong contact sport, it's also a game for gentlemen. It's vital to have respect for the opponent and for the referee.



Jamie

Rugby forces you to be disciplined. When things go wrong, you have to maintain composure and a cool head in order to stay focused.

Students of Dulwich College Shanghai Pudong discuss the valuable life lessons they have learned by being part of the school's rugby team



Scan the QR code to watch the Kids Talk video at shfamily.com



Owen

Being captain of the rugby team has taught me a lot about responsibility. I'm not just keeping everyone motivated, I have to lead by example and be a role model.

Ji Zhe

I've learned the importance of forgiveness. When someone in your team makes a mistake, you just have to move on. There's more to rugby than just winning.



Filippo

Working as a team means we've built strong relationships. Teamwork means trusting that they have your back and that you have theirs.





The Harmonising Effect of Hygge

How adopting more hygge into your daily routine can help nurture a feeling of contentment and overall wellbeing for your family

By Rebecca Shah-Harvey

The sound of rain tapping against the window while sitting with a favourite book in the familiar surroundings of a warm living room. The smell of wet autumn leaves picked from the morning's walk and muddy boots lain at the door showing signs of adventure. Dark and steaming coffee swirling around in a cup while warming the hands wrapped around it. Curled up with the dog amongst endless cushions, a knitted

blanket across your feet adorned in woolly socks.

This is hygge (pronounced "hoo-gah"). Well, minus a beautiful, roaring fireplace *sigh*.

Norwegian in origin and more recently popularised through Danish culture, translations of hygge range from hugge meaning 'to embrace' to Old Norse hugga meaning 'to comfort' derived from hugr meaning 'mood'. With multiple definitions, today we can place the term hygge in that of 'wellbeing'; a multidimensional and valuable concept evermore important in ours and our children's lives.

Hygge is a feeling, an atmosphere and an experience rather than anything

material. It is a feeling of community, belonging, love and home. We waste so much time as parents and educators worrying about our children's achievement, what grades they come home with or which university they may attend that we forget to focus instead on more important things like our children's happiness. A child's wellbeing is central to happiness and without it they will struggle to achieve. This is where hygge can help.

Create an Atmosphere

With more screen time and exposure to artificial light, our brains are over stimulated. Natural light provides respite for our brains and is proven in treating anxiety and depression. Open those curtains in the day and remove items that block the natural light. Come the evening, embrace the glow of a few lamps to create pockets of light rather than the main overpowering ceiling light. To create a feeling of warmth, light a candle or two while talking with your child about safety but also the meaning and significance of light. In your home, natural colours and textures help to connect us with the natural world and exude comfort. A blanket on the sofa to throw on our laps, or a pillow on the floor to sit on during discussions helps to create this atmosphere. However, there is also opportunity to practise minimalism; to not over-clutter our homes but fill them with items which have meaning and purpose.

Savour and Indulge

Food has a wonderful way of bringing us together. From the fun of baking cakes with the children, to gatherings around a table for a hearty meal, food is a cornerstone to building healthy relationships and a feeling of security with the ones we love. Nothing feels more hygge than the smell of freshly baked bread from the oven. Exercising pleasure is important. Enjoy the lick of chocolate off of a spoon, the indulgence of a cupcake and the warmth of your hands wrapped around a coffee cup. This is not to sug-

gest that it is suddenly okay to eat unhealthily, but rather to take pleasure in and savour the wonderful moments we can have with food. Hygge is about being mindful and enjoying each of those moments to their fullest.

Enjoy the Outdoors

In the modern era we spend less and less time outdoors and amongst nature; which, let's be honest, is really quite sad. A fundamental aspect of hygge is to embrace the outdoors, to feel the wind and rain on your skin. Alfred Wainwright once wrote "there's no such thing as bad weather, only unsuitable clothing" in his 1973 book, "Coast to Coast". So, with that in mind, grab your waterproofs and wellies and head outside (if you don't have these, get yourself on Taobao and get that sorted pronto).

A walk in the park or simply an evening wander around your local neighbourhood will do wonders for your child's health and well-being.. and yours, for that matter! When home, embrace the soft touch of cosy pyjamas, a knitted jumper and thick woolly socks as you reminisce about your outdoor adventures.

Quality Time with Loved Ones

As social beings we thrive off of building relationships with others. They are a cornerstone to happiness. To achieve this, we must make time for each other. Forging traditions with your family, such as Sunday dinners, Saturday craft afternoons or Friday night boardgames, is a wonderful way to create a feeling of hygge. We must appreciate the 'we' more than 'me'. It's not a time for egos but to share a common harmony. Turn off the phones and devices; this will enable you all to engage with the present moment and be able to share stories of your life and experiences with your children. The simplicity of a happy memory can be felt when shared with your child and invites them to share happy memo-

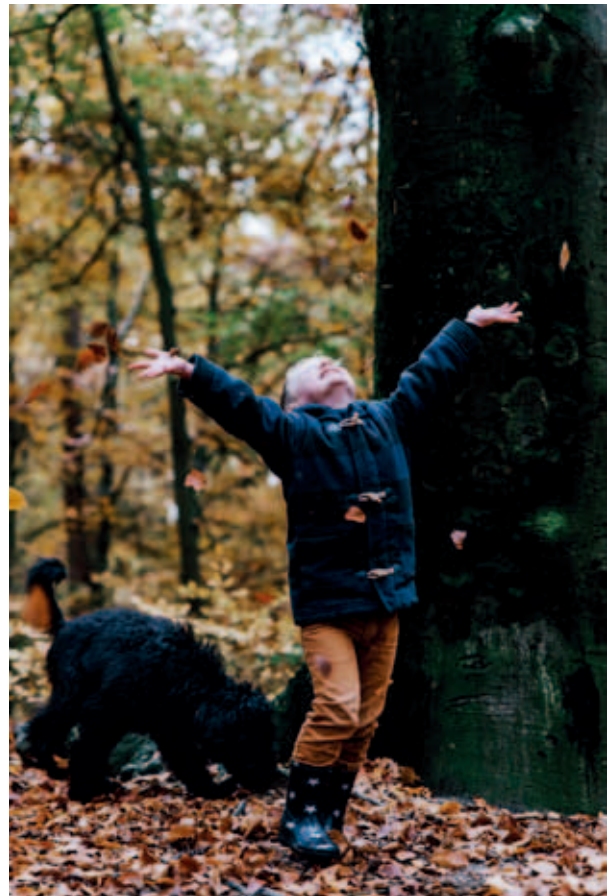
Hygge is a feeling, an atmosphere and an experience rather than anything material. It is a feeling of community, belonging, love, and home. We waste so much time as parents and educators worrying about children's achievement... that we forget to focus instead on more important things like our children's happiness.

ries too. It inspires us to create more of them in times to come. This is a place of authenticity and security; to be comfortable around the ones you love.

In today's frantic, fast-paced, screen-addicted world, it is easy to lose oneself. We need to value and connect with the world and each other through meaningful experiences. To exercise gratitude in our daily lives and make ordinary moments extraordinary. Slow down, take time to be together and enjoy the simple, humble pleasures of life. Thoughtful and purposeful relaxation, hygge does wonders for your child's well-being which they will carry long into their happy futures. **SF**

Good to know

'The Little Book of Hygge: The Danish Way to Live Well'
By Meik Wiking





Trinity College

We know that choosing a university is one of the most important decisions in a young person's life. In collaboration with Lamonda Lewis, High School Counsellor, we present a new university each month to inform you of the many options available. This month, we highlight Trinity College in Connecticut, USA.

University Website: www.trincoll.edu

Institutional Type: Small-sized liberal arts and sciences college.

Location: Hartford, Connecticut, USA.

Average Cost of Attendance for non-EU/ EEA Students (including tuition, room and board, etc.): \$76,450.

Requirements to be Accepted at Leiden University SAT/ACT/IB/A Level Score Range:

Students admitted to the class of 2021 who chose to submit standardised test scores earned an average SAT score of 1380 and an average ACT score of 31. The average IB score is a 38, and students with IB scores of 6 or 7 are eligible to receive course credit.

English Language Requirements (DET/TOEFL/IELTS):

Trinity College requires an IELTS or TOEFL from any student whose native language is not English and/or those who have not studied for a minimum of three years at a high school for which English is the language of instruction. We encourage a TOEFL iBT of 100 or above, or IELTS of 7.5 or above, as sufficient (depending on the programme).

Are merit or need-based scholarships available for international students?

Trinity College is the fifth most generous aid-giving institution in the USA for International Students, with students having the lowest post-graduation loan-burden in the state. The college meets the full calculated need of every admitted student, regardless of nationality. There are also few selective merit-based scholarships available for which students are automatically considered upon applying.

How strong is your alumni network throughout Asia?

Through our online alumni community, the Bantam Career Network, current and graduated students can connect with our distinguished alumni across the globe. Our robust Asian alumni network is most notable for their work in finance, computer science and engineering.

What type of student thrives in your university setting?

Trinity College enrolls and cultivates intellectually engaged students and prepares them to lead transformative lives. Admissions are looking for students who will explore the breadth of its academic programmes, take advantage of the college's urban location and global outreach, and contribute positively to the community.

What are the benefits of students attending university in your location?

- Trinity College is the preeminent New England liberal arts college in an urban environment.
- The opportunities for internships and research, community-based learning initiatives, and ground-breaking centres and programmes ensure your academic pursuits will have a lasting impact on you and the world.
- The college provides a free bus transit for all its students to America's oldest public art museum, second oldest symphony orchestra, and first state-capitol building.
- The college is also just a one and a half hour train ride away from both New York City and Boston.

What organisations and clubs does the college have that international students might gravitate towards?

There are over 150 clubs and organisations available to the entire student body. The college's campus is alive with music festivals, movies, concerts, lectures, parties, student government meetings, mock trial team competitions, art shows and athletic events. The surrounding community is active and engaged too, from street farmers' markets, to shopping, concerts, theatre shows, food, music and even the oldest public art museum in the country.

What percentage of graduates go into the workforce within six months of graduation?

Eighty percent of students go into the workforce within six months of graduation.

Which fortune 500 companies offer internships to Trinity students and are international students eligible for them?

There are several Fortune 500 companies offering internship opportunities including Live Nation Entertainment, Bristol-Myers Squibb, Google, Citigroup, Bank of America, Travelers, Hartford Financial Services, Facebook, Northwestern Mutual and Thermo Fisher Scientific. International Students are eligible for all internships available at Trinity College and the Office of International Student Scholars assists students with all pertinent paperwork.

What level of assistance does your career centre provide in

helping international students find internships and post graduate employment?

All Trinity College students and alumni have access to the Centre for Student Success and Career Development for life. The Centre offers one-on-one career coaching within a Career Community model, drop in appointments at the Career Studio, in addition to pre-law and pre-health advising. International students can build relationships with a career coach as early as their first year on campus. In these appointments, students receive support on choosing majors, finding internships, exploring graduate education, and applying to jobs. Each Career Community hosts exploratory career panels, skills labs, and treks to employers to help students learn about and prepare for their future careers. Additionally, the office hosts tailored programmes on interviewing and jobs searches for international students.

What services are provided for helping international students transition into life on campus and supporting them while there?

The Office of International Student Scholars, in conjunction with the Office of Global Enrolment and Student Success, provides an enriching educational environment that embraces a diversity of backgrounds and perspectives. With PRIDE (Promoting Respect For Inclusive Diversity in Education) Leaders, Quest Leaders, International Orientation Mentorship Programmes, and 12 Community & Cultural Houses, there are numerous support structures in place to cater to our diverse student body. **SE**



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Harder. Better. Faster. Stronger.

You know you should exercise more and eat less junk food, still you fail to incorporate them in your life... Have you tried HIIT?

By Fatemeh Mallahzadeh



When it comes to adopting a healthier lifestyle, I ask people two simple questions: what are your goals?


And what is stopping you from achieving them? The first and most important step is establishing a realistic target. The only way you'll be able to stay consistent with a plan is if you enjoy an approach which fits into your daily life. I've lost count how many times I hear the excuse: "I want to lose fat, but I'm too busy". Yet what few of us realise is that it is more productive to eat better and exercise better, rather than to eat less and move more. It's about quality over quantity. Having a goal weight isn't necessarily a bad thing, but the problem comes when you attach your happiness to a number on the scales. Remember to be *kind to yourself* and learn to *enjoy the journey*.

For October, we at FORME held a HIIT (High Intensity Interval Training) challenge. A HIIT workout mixes a cycle of exercise with a short period of rest, burning more calories in less time. With HIIT, you work to your maximum capacity while performing the exercise, hence the use of "high intensity" to describe those intervals. As you are pushing your limits, the workouts tend to be shorter, rarely surpassing 30 minutes and the exercises can fit to match any fitness level. With interval workouts, your body continues to burn calories long after your workout when compared to steady-paced ones.

As the whole point of HIIT is to increase your heart rate to the point

where you burn fat, it is important to know how to check it (if you don't own a fitness band). To do so, find your pulse by placing a finger on the thumb side of your wrist or on the carotid artery on the side of your neck toward your windpipe. Press firmly so that you can feel your pulse but not so forcefully that you interfere with the rhythm of it. Then count the number of beats you feel for 10 seconds and multiply this number by six to determine your heart rate. Never check your pulse with your thumb, as the pulse inside the thumb could interfere with your reading.

In our fitness challenge, we also answer often overlooked questions regarding diet, which can help you to have a better relationship with food. Ask yourself: do you feel guilty or punish yourself when you consume specific foods? Do your healthy eating habits get in the way of your social life? Are you eating when you feel emotional? If you answer yes, I'd suggest working with a coach to improve your understanding of healthy eating to suit your life. Remember that eating habits are individual and they should be personalised for your body only. Your body works hard and it deserves respect.

So, instead of spending an hour on the treadmill, scan the QR below and give these HIIT workout videos a try. But, don't let the simplicity of the exercises fool you. HIIT workouts increase your endurance, improve your cardiovascular health, cholesterol profile and even aid insulin sensitivity. Want to know more about creating a healthier lifestyle? Join our FORME Fitness Challenge to become part of a supportive, like-minded community. 

WeChat: formesportswear





Reconnecting Body to Mind

*Dr Paul Schoenle, Chief Physician of **SIMC Rehabilitation Medicine Department** – supported by **Consanas**, talks through neurorehabilitation*

Consanas Rehabilitation is a health-care service developed by Boehringer Ingelheim, aiming to introduce a world-class stroke rehabilitation model to China. In March 2018, Consanas Rehabilitation teamed up with SIMC to build a first-rate rehabilitation centre in Shanghai. With their commitment to helping patients live independently, overcome dysfunction and re-adapt to the life, work, and society they enjoyed before illness, we met with Chief Rehabilitation Physician, Dr Paul Schoenle, to find out more.

What is neurological rehabilitation?

Neurological rehabilitation is a doctor-supervised programme designed to help people who suffer from injuries, disorders or diseases of the nervous system restore bodily functions, reduce symptoms and improve their overall wellbeing.

What are the five most common injuries an adult can suffer with that require neurorehabili-

tation to aid recovery?

The most common ones are strokes (which have been known to occur in adults of all ages), TBI (traumatic brain injury), car/motor-cycle accidents, accidents that occur in factories and accidents while doing sports.

Which areas of medicine does the centre specialise in?

We offer state-of-the-art neurological, orthopaedic, cardiac and postpartum rehabilitation treatment, with a focus in neurological rehabilitation.

What are the benefits of Consanas' Patient-Centric services?

The Consanas treatment philosophy is based on a century of German neurological rehabilitation practices and rigorous, evidence-based experience. At Consanas, we develop diversified, detailed and caring therapeutic plans based on the individual needs and requirements of our patients. To ensure the best possible recovery, we offer a full-time case manager to help patients and

their families set prioritised goals based on a detailed analysis of their daily life, including work, hobbies and social situations. By offering some of the best international medical expertise in this field, those who are living far from their native countries can feel confident that they can get tailored, high-quality treatment for their family right here in Shanghai.

What are the risks to patients for not getting the right treatment and therapy for their injuries?

The longer you don't seek treatment the worse it can become. The main risk a person faces is their brain recovering but coming back to a body that doesn't work properly. Therefore, the first goal is to keep the body moving. The risk from getting the wrong treatment is that the therapy may be working/targeting the wrong part of the body and not helping to fix the root of the problem.

Which factors greatly help a person's recovery?

First, the person who is injured needs to understand that they are the one who is going to fix the problem not the therapist; we are simply the tutor. Second, having supportive family members is vital as it keeps the person motivated to improve. Lastly, willpower. The patient has to be determined to heal and to not give up. **SE**



Dr Paul Schoenle Chief Rehabilitation Physician

Professor Paul Schoenle received his doctoral degrees in Medicine and Linguistics from the University of Tuebingen and his Habilitation in Neurology and Neuropsychology from the University of Goettingen, Medical School, in Germany. He has worked for over 25 years in neurorehabilitation as Medical Director and Chief Physician of leading German Rehabilitation Hospital.

Consanas Rehabilitation

Address: 4358 Kangxin Highway, Pudong New District

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menopause, due to fluctuations of the body's hormones which can interfere with the hormones that produce sleep. Another factor is age. The older a person is the more likely they are to suffer from insomnia.

What are the symptoms?

If one or more of these problems sound familiar you might be experiencing some form of insomnia, in which case we highly recommend that you consult a doctor:

- Difficulty falling asleep at night
- Waking easily during the night or in the early morning
- Inability to fall back asleep once awake
- Lack of concentration during the day
- Difficulty keeping focused
- Daytime sleepiness
- Mood disturbances and irritability
- Poor performance at work or daily tasks

What are the causes?

Genetics, environment, and lifestyle all play a role in aggravating insomnia. However, it may also surface due to an underlying condition such as anxiety and depression, or medications that affect sleep. Common triggers for insomnia include:

- Stress/ depression
- Illness
- Medications
- Jet lag
- Junk food/ caffeine before bed
- Taking long day-time naps
- Watching a screen at night (e.g. phone screen, tablet, TV)

What can I do about insomnia?

1. Stick to a sleep schedule: If there's only one recommendation that you remember and take away it's this one. Go to bed and wake up at the same time... every day! It's a common mistake to think you can make up for lost sleep over the

Sleepless in Shanghai

Sleep specialists at **Jiahui Health** give insight into insomnia and offer some expert tips on how to get a good night's sleep

At no other time in history has there been so much pressure to stay awake. Modern life, with its incessant connectivity and constant stimulation, puts many obstacles in front of a good night's rest. Yet sleep is too often considered a luxury for time-strapped professionals, when it should be considered as essential as water.

Did you know...?

- Without enough sleep, the memory-processing portions of the brain become "water-logged", making it difficult to absorb new memories.
- Men who routinely sleep just four-five hours a night will have a level of

testosterone equal to someone 10 years their senior.

- Long-term lack of sleep can impede ovulation in women, which then negatively impacts fertility.

Insomnia Insights

Many factors can put a person at risk for insomnia and it is a lot more common than people think. Each year roughly 7% of adults will suffer from insomnia with a further 30% experiencing at least some symptoms of insomnia; meaning that one out of every three adults go about their day without proper sleep.

Women are more likely to suffer from insomnia than men, especially post-

Sleep is too often considered a luxury for time-strapped professionals, when it should be considered as essential as water. Without enough sleep, the memory-processing portions of the brain become "water-logged", making it difficult to absorb new memories.

weekend, not only is this not how sleep works, it also makes it even harder to wake up early on Monday morning.

2. Prepare your bedroom: Your bedroom should be cool and comfortable. Avoid eating or working in your bed, and in time your body will associate being in bed with "it's time to be sleepy". If you have a clock in your room, turn it away from you before bed. Many people with insomnia watch the clock with anxiety, feeling that they might sleep too much, too little, or that they are "failing" at sleep.

3. Avoid screens before bed: Melatonin, the hormone responsible for sleep, is destroyed by the body when exposed to blue light. This is part of the body's natural wake cycle; blue light means day, and therefore time to get up. Stay away from blue light produced from mobile phones and tablets at least an hour before going to sleep.

4. Avoid caffeine, nicotine, and alcohol: Caffeine and nicotine are both stimulants and can take up to eight hours to be processed by the body. In that time, your sleep will be less effective and lighter, exacerbating or sometimes even causing insomnia.

Alcohol, a depressant, acts differently on the body yet can be as detrimental to sleep as a stimulant. By slowing the body down, the restorative sleep of the REM cycle is interrupted or skipped entirely, putting the body right into less restorative deep sleep. Additionally, alcohol causes muscles in the back of the throat to relax, leading to snoring or even obstructive sleep apnea.

5. Avoid exercise just before bedtime: Exercise is great, but not too late in the day. Exercising at least 30 minutes on most days can aid sleep, but it should be no later than 2-3 hours before you go to bed.

6. Unwind, relax, and try to avoid stress! Avoid overscheduling your day to the point where you have no time left to unwind. Make a relaxing activity, such as reading, listening to music, or taking a hot shower, part of your bedtime ritual. Showers cool the body and help signal that it's time to sleep. Most importantly, don't lie awake fretting that you're not feeling sleepy! If you find yourself taking longer than 20 minutes to fall asleep, get up and do a relaxing activity until your anxiety gives way to sleepiness.



Most importantly, don't lie awake fretting that you're not feeling sleepy! If you find yourself taking longer than 20 minutes to fall asleep, get up and do a relaxing activity until your anxiety gives way to sleepiness.

If all that doesn't help: See a specialist: At Jiahui, our sleep medicine specialists can help diagnose sleep troubles based on an individual's self-reported history, as well as clinical assessments. Sleep diaries and sleep histories, as well as evaluations by our clinical specialists, can help identify the root cause. We also offer therapy to help resolve chronic conditions and, if necessary, prescribe medication while diagnosing the underlying cause of your insomnia.

If you're having difficulty with insomnia or something is affecting your ability to get consistent, quality sleep, Jiahui Health's Sleep Medicine Clinic is here to help. **SF**



Jiahui International Hospital

Phone: 400-868-3000

Website: www.jiahui.com/en

Address: 689 Guiping Lu, Xuhui District

Peter Lee

Embracing Umami

Satisfying comfort cravings for the upcoming winter season

Le Cru

There's an abundance of Japanese dining options in the Gubei area, but the recently opened Le Cru is a welcome addition for families looking for western food. Part of the Suisse Place Hotel, Le Cru already seems to have built up a dedicated following. The menu covers French favourites like duck confit (68 RMB) and a Provence-style baked halibut (68 RMB), but beyond the French borders they include quesadillas (from 38 RMB), popular pasta options such as linguine bolognese (58 RMB) and clam chowder (48 RMB) to warm you up during the looming winter months. Le Cru also has a climate-controlled wine room; many are natural, organic wines at surprisingly affordable prices. I spotted a Paul Jaboulet Syrah (a drinkable wine I'd highly

recommend) on offer for 200 RMB, which sells at other establishments for closer to 300 RMB. According to the manager Johann, the restaurant offers great wines at great prices because despite the growing trend of paying extravagantly for a nice vino, a high-quality Merlot shouldn't put you out of pocket! For those of us that like to enjoy a bottle of wine (or two, no judgement here) with a home-cooked meal, the restaurant plans to offer a takeaway wine service in the near future. It will be interesting to see how Le Cru fares with their affordable pricing strategy, but I'd suggest going sooner rather than later, before the word gets out!

Address: 628 Gubei Lu; Reservations: 198 2273 9704;
Price: 150 RMB; Good for: Family dinners, affordable wines



Latin Woo

Latin Woo occupies a prime poolside position at Columbia Circle, the food and beverage/lifestyle complex on Yanan Lu, just west of Jiangsu Lu. Yes, that's right, Latin Woo serves as a backdrop for diners and increasingly, KOLs (influencers) and Instagramers shooting glamorous photos. This could either be a mild irritation, or, as in my case, a compelling reason to dine here. Latin Woo is the daytime concept from chef Ling Huang (formerly of El Efante). The concept is simplicity itself; sandwiches with or without fries or yucca chips starting from just 35 RMB for a small "El Cubano". Other options include spicy pulled pork with avocado and cheese (Torta Ahogada, 75 RMB) and Pan con Bistec (98 RMB), a quintessentially Cuban dish consisting of a bun filled with Ropa Vieja (luscious pieces of shredded beef, onions and coriander). During the week, there are lunch specials, as well as a Latino breakfast (both 98 RMB) and on weekends (11am to 3pm), there's a separate menu with choices starting at 78 RMB. Depending on whether you're trying to sober up or get the party started early, a variety of fresh juices, smoothies and shakes are available as well as cocktails, draft and bottled beers. After 6pm, Latin Woo morphs into its sister restaurant and Spanish tapas bar Pirata, but that's a review for another day.

Address: 1262 Yanan Xi Lu (near Panyu Lu); Reservations: 6117 2663; Price: 100-150 RMB; Good for: Sandwich lovers, casual lunches





Shanghai Club

An elegant nod to Shanghai's Art Deco era of the 1920s, Shanghai Club is the relatively new flagship from the same group as the well-known Jardin du Jade. They use wood-fired ovens that prepare Beijing style roasted duck, traditionally served with shredded cucumber, spring onions and the special sauce. They also have an authentic selection of Cantonese dim sum dishes such as shrimp dumplings, Xiao Mai, glutinous rice wrapped in lotus leaves, roasted pork puffs and more. However, this is primarily a Shanghainese restaurant and their offering in this area is top notch. They have the obligatory xiaolongbao and braised pork belly, but one of

my favourites is their take on the traditional Chinese dish, "lion's head" (pork meatball), served on a bed of garden peas, surrounded by shrimp on fried bread. They have an impressive wine selection which includes both reasonably priced options around 300-400 RMB as well as fine wines such as a Chateau Mouton Rothschild. Despite the opulent environment, a meal here need not break the bank, especially if you go for their flash buy set menu available on Dianping, with enough food for four-six hungry guests for 648 RMB.

Address: Taikoo Hui Mall, 789 Nanjing Xi Lu; Reservations: 021 5299 8660; Price: 150-250 RMB; Good for: Quality Chinese food in relaxed, comfortable surroundings



Solana

Solana is a newly opened Latin-American inspired bar/restaurant. The casual, comfortable décor, with colourful cushions scattered around and rug patches adorning the walls, gives Solana a Yunnan-meets-Bolivia feel. The food doesn't adhere to one specific style of cuisine, but when it comes to the old 'authenticity vs good tasting food' debate, taste wins every time for me and in this respect, Solana hits all the right notes. Our favourite dish was the succulent pork belly Tamal (58 RMB) which was unconventionally served on a bed of sticky rice atop a banana leaf. The menu also includes a raw bar section, offering Spanish charcuterie, ceviche (we loved the ahi tuna ceviche with small cubes of watermelon, 48 RMB), various 'crudo' dishes including salmon, Argentinian Black Angus beef and the obligatory salsa, guac and chips combo (35 RMB). Solana also boasts Latin favourites like Margaritas, Pisco Sours, Caipirinhas and Mojitos, as well as wines, whisky and beers - something for everyone. Weekday set lunches start at 68 RMB for a main bundled with soup, salad, or dessert.

Address: 1085 Wuding Lu (near Jiaozhou Lu); Reservations: 138 1831 7021; Price: 150 RMB; Good for: Casual lunch, drinks with bites **SF**



Sauntering through the Safari

Our journey to Africa to discover the wonders of her gorgeous landscape and wildlife

By Ailan & Dominic Gates

When my husband Dominic was eight, his father was posted to Kenya for work; and so, of course, his family immediately planned a safari trip to kick start their new life in Africa. With safari clothes bought (1970s style) and excitement brewing, Dominic anxiously waited for the holiday to begin, but just two weeks before departure the posting was cancelled, sending the family to Switzerland instead. Not quite as exciting for an eight-year-old. Ever since then, he has been desperate to do his promised African safari.

Our original plan was to wait until the kids were at least ten, but by that point our youngest Francis had just come along, so we decided to wait another decade. This summer, we decided that this was finally the year to go. Our eldest Anthony is entering the workforce next year and we thought that this would potentially be the last time we could do this type of family holiday.

Decision made, Dominic immediately started researching safari operators, checking references on Trip Advisor just in case they were terrible and within just two days we had

Within just two days we had booked an eight-day safari through Kenya, Tanzania, Uganda and Rwanda.

booked an eight-day safari through Kenya, Tanzania, Uganda, and Rwanda (paying a 30% deposit upfront). Two weeks later, he began to investigate visas, flights, and vaccinations. For readers planning a similar trip, I suggest you book visas, flights, and vaccinations first.

Flights are easy. Connections through Bangkok and Dubai provide lots of options to East Africa. We chose Kenya Airways via Bangkok. The list of required vaccinations, however, is horrific. Rabies, typhoid, hepatitis A & B, meningitis, MMR (measles, mumps, rubella), diphthe-

ria, tetanus, pertussis, chickenpox, polio, flu, yellow fever and malaria tablets were all recommended by one party or another. My husband responded with his usual reckless but impeccable logic; all of these diseases, except for yellow fever and malaria, exist and are active in Eurasia, where we all live. So, if we don't have vaccinations living here, why would we have vaccinations to go to Africa? (Please don't take our word for this. Make sure to do your own research and consult an expert before making any decisions.)

With all that in mind, we each had the yellow fever vaccine (booked at the

CIQ building in Jinbang Lu) and took the malaria tablets with us, which are a necessity. The first week on malaria tablets are tough on your tummy, so I'd advise starting them a week before your trip. Incidentally though, the only time we were bitten by insects was at Bangkok Airport!

We arrived in Nairobi in mid July, with the weather a comfortable 15-25 degrees. An East Africa visa on arrival at the airport was fast and simple, so don't try and get one online beforehand. In terms of accommodation, we booked a serviced apartment which was great for our family. Our first day started with

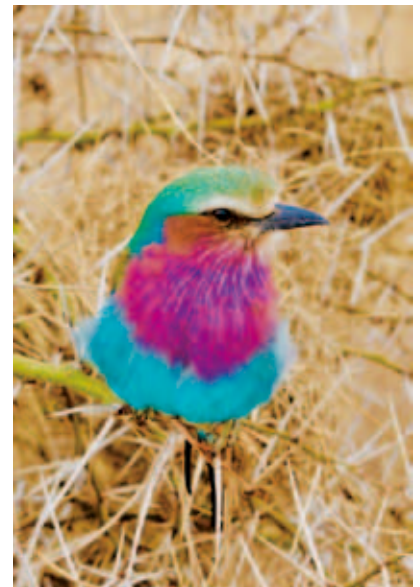
Eight hours after walking off the flight we found ourselves driving through an African savannah looking for lions. Now that's how a holiday should start!

experiencing the streets of Nairobi, which is a friendly but scruffy mega town of six million people. Having heard of a wildlife park right in the city, we ordered an Uber luxury class (Toyota Corolla) to take us there. At the door, we were greeted by a friendly tour guide and park ranger (with the obligatory AK47 rifle hanging off his shoulder), who offered to take us for a tour in a jeep for 150 US dollars. We could have negotiated, but not once on the whole trip did we ever try to cut the price. We felt that we wanted to support people in making the best living they can.

Eight hours after walking off the flight, we found ourselves driving through an African savannah looking for lions. Now that's how a holiday should start! The first animal we saw was a secretary bird, which, in a zoo, you might walk straight past, but in the wild it was completely different. All within city limits and no fences separating the wildlife from the people, we saw crocodiles, buffalo, hartebeests, zebras, giraffes, ostriches, rhinos and many, many more.

The next morning, we flew to Kigali on RwandAir (I'd recommend it), ready for the start of the proper safari. We were picked up by our tour guide Kenneth and spent the night in Kigali. We stopped at the Rwandan Genocide museum, which documents the tragic events of 1994. If you are there, you should go.





We hiked in the jungle for four hours, on the slopes of the volcano before making contact with our troop. Nothing can really describe the feeling we had from being so close to these beautiful creatures, except to see them for yourselves.

As we crossed into Uganda, the roads got rougher, as the jeep bounced us around like kernels in a popcorn bag. Kenneth referred to this experience as an 'African Massage'. That night, we stayed at Chameleon Hill Lodge, a lovely hotel on the shores of Lake Manyara. This is the departure point for the wildlife that live on the slopes of the volcanic range at the intersection of Rwanda, Uganda, and the Democratic Republic of Congo (DRC). There is some bad press about the area's safety, but only from the DRC side. In Uganda and Rwanda, we never felt anything but complete security. The locals live their day to day lives no different to anyone else in this world.

The next day, our family split into two groups as you can only visit the gorillas if you are over the age of 15. It

seems gorillas find badly behaved children as offensive as some humans do. So Anthony, Caitlin, and I went to hike with the gorillas, while our youngest spent the day with Dominic. There are only 1,500 mountain gorillas left in the wild, so only 88 daily permits are issued across four countries. If you want to see them, arrive early to get your permits. We hiked in the jungle for four hours, on the slopes of the volcano before making contact with our troop. Nothing can really describe the feeling we had from being so close to these beautiful creatures, except to see them for yourselves. The dignity of the dominant male, the Silverback, was only slightly comprised by his incessant farting; a consequence of a fibre-only diet (mind you, it didn't seem to worry him). They are socialised to accept the proximity of

humans, so they were pretty chill. But for us, it was a moment of magic.

Meanwhile, my husband and Francis took a boat trip on Lake Manyara. Their first stop was a place called Skull Cave, halfway up a cliff. Our hosts explained it was where people who had broken laws would be sent to die. They climbed up the cliff and entered the cave full of human skulls and bones which, needless to say, they were not expecting. The next stop was the last village remaining on an island in the lake. There was a schoolhouse full of kids of all ages. They rarely see young tourists, so they all abandoned their class to greet my son. Francis did his bit to pass on the benefits of an expensive international education by teaching them to 'Dab' and the latest dances from Fortnite. We were so proud!

The next day, we headed to the Mga-hinga National Forest to see the golden monkeys. We were accompanied by three guides, again with AK47s, to scare off elephants and buffalo should they approach the trails. After another jungle hike, we came across the golden monkeys, who proceeded to play like two-year-olds in a children's play pen, treating us as invisible. Three days into our holiday, three magical experiences.

We drove back to Kigali that night for an early morning flight to Arusha, Tanzania. We received a visa on arrival, cash on delivery and then set off for Lake Manyara lodge. Entering the great Serengeti Plain, it explained why this is the greatest place in the world to see the circle of life. Three million years ago, there was a great volcanic eruption in East Africa that laid a plane of rock-hard lava across the Serengeti. The topsoil is now only 30cm thick and cannot support the growth of tree roots, so there are now thousands of square kilometers of grasslands, and where there are grasslands there are grazing animals, and where there are grazing animals there are predators... cue the opening lyrics of the Lion King.

Lake Manyara is a natural wetland inside a volcanic crater and the lodge was on the side of the crater. The first highlight was seeing an elephant in the forest, not in the savannah, followed by spectacular birds, a hippopotamus, our first cheetah and some

mischievous monkeys. Baboons everywhere (there is such a thing as too many baboons) welcomed us upon entering the park, followed by the true king of beasts: the lion. Lions are always watching, but are never in hurry. That first sighting will forever be imprinted in our memories.

We camped inside the Serengeti that night (it was glamping - each tent had its own toilet). There were no barriers between the wildlife and us, so we had to be escorted from our tent to the dinner tent, to avoid actually becoming dinner ourselves!

There were so many highlights. We took a liking to some unfashionable animals too, such as wart hogs, hyenas and guinea fowls, but the special event was seeing a leopard. They are super hard to see, superbly camouflaged and very anti-social. We spent two hours tracking one through the long grass until he decided to climb a tree and reveal himself. Seeing him for a mere 30 seconds in the open made all the waiting worthwhile.

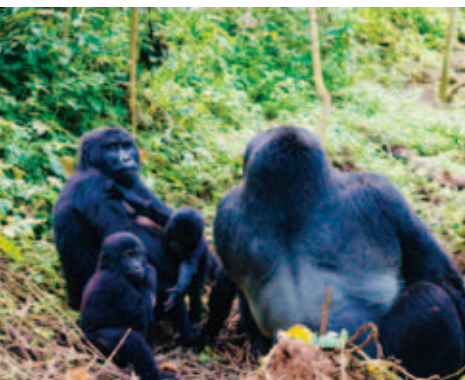
Our last day was at Ngorongoro Crater, where we had a truly special encounter with the giraffes at dawn, as well as seeing a lion guarding a recently captured zebra and jackals that looked on with determination. You have to respect the scavengers, vultures, jackals, and hyenas, they lead stressful lives but are full of character. There was also a bitter-sweet moment where a buffalo lost

The natural world is spectacular, but the best part is its people. Here is a world focused entirely on family.

its herd, so it decided to hang out with the zebras for protection instead, as if no one had noticed.

The safari finished at Kilimanjaro Airport and we flew to Zanzibar for a short beach holiday before going home. Zanzibar is an island in the Indian Ocean (and the birthplace of the rock legend Freddy Mercury). The beaches were beautiful, the people lovely, but the town, Stone town... not so much. We finished with two days in Mombasa on the Kenyan coast, which is well worth a visit.

When we got home to Shanghai, we agreed that this was the most special holiday we have ever had. We are already planning to explore the whole continent. Walking safaris in Zambia, the West African coast, Mali and the Sahel, the beaches of Mozambique; we'll see a few new countries every year. The natural world is spectacular, but the best part is its people. Here is a world focused entirely on family. There are children everywhere; three and four-year-olds heading home from school without any supervision, no iPads or iPhones, no spoilt behaviour. Nobody drinks or smokes in public; that is saved for the private domain. Manners are formal but friendly, which suited us perfectly. The only disappointment was the absence of a strong governing body trying to improve the lives of the local people. When this changes, the country is set to have a wonderful future. **SE**



Good to know

- Booking safari trips in Africa is incredibly difficult to complete without assistance. We recommend Shadows of Africa: www.shadowsofafrica.com
- Serengeti Glamping Resort: www.kisuraserengeticamp.com
- Chameleon Hill Lodge www.chameleonhill.com

How to Survive...

Managing your Child's Sport Schedules

You always told yourself you'd never be a "Soccer Mom"; that you'd never be a slave to your kid's crazy, over-achieving sports schedules. Little did you know that a few years and kids later, not only are you a jersey wearing, card-carrying "Soccer Mom", you're also a "Ballet-Swimming-Rugby-Tennis-and-Kung Fu Mom". Managing your kid's busy timetables can be a full-time job in itself! So here is a guide to help you better manage your child's sporting activities:

1) Create a calendar. Whiteboards and dry-wipe pens are your friends! Fill up the calendar spaces with all the activities, swim meets, practices, rehearsals and game days your children have coming up in the month, making sure that each child or fun activity has its own colour code. Once your month begins to look like a rainbow of word vomit, make sure that you try to schedule in time for snack breaks, catchups with your partner and most importantly sleep (usually only between shuffling children from one activity to another).

2) Don't get overexcited about your child's activities. Sure, you may think that your two-year-old is super athletic because they learned to roll over when they were three months old, but that doesn't mean that little Tiffany needs to be in ballet, gymnastics, swimming and football. Managing one or two activities is definitely easier than managing seven. Besides, chances are little Tiffany would rather be in the playground eating sand from the sandbox than be forced to go to three different activi-

Chances are if you asked your child what kind of sports they'd like to do they will choose everything or something ridiculous like ostrich riding that they saw at the Shanghai Wild Animal Park.

ties in one night. So instead, choose one sport for your kid and let them excel in that one activity. Even if that means that you spend 900 RMB on the cutest kung fu uniform that within a week she refuses to wear ever again because she's two and wants to wear her unicorn costume from Halloween ALL THE TIME and never does kung fu again.

3) If you asked your child what kind of sports they'd like to do, they would probably choose everything or something ridiculous like ostrich riding that they saw at the Shanghai Wild Animal Park. Let your child pick their own activity, but make sure they don't pick something that will take over everyone's lives. Learn to say "NO" to your child, especially if any of their sports happen to fall on a weekend when you could be doing literally anything else. The last thing you want is to fall into the trap of 6am Saturday swim-meets or all-day foot-

ball tournaments that take place on the other side of the city. Only make exceptions in the family schedule if your kid's sporting events are in Singapore or Thailand where they need you to escort them because then your little pre-Olympian is worth it.

If you truly have a child that is obsessed with sports, then there is nothing better you can do than support them wholeheartedly. It's scientifically proven that children who participate in sporting activities are better at teamwork, less likely to get involved in drugs and more likely to succeed; 95% of Fortune 500 executives competed in high school athletics. So yes, do it for your little sports-obsessed offspring, but mostly do it for the potential Ferrari that they'll be buying you for being such a supportive parent, who managed all their schedules and made that fencing scholarship possible. **SF**



Spotlight On:

Yuanmingyuan Lu

By Johan Prozesky

District: Huangpu

Cross Streets: Beijing Dong Lu and Nansuzhou Lu

Nearest Metro Station: Nanjing Xi Lu (Line 2, 12 & 13), Exit 8

About: One block from the Bund, at the northern end, you can find this quaint street in the historical Rockbund Development Area. As part of Waitanyuan, an area that is scheduled to undergo long-term redevelopment, a number of heritage buildings will be preserved, as is evident in Yuanmingyuan Lu. Explore this beautifully renovated promenade, with its characterful cobblestones and culinary destinations - without the hustle and bustle of the Bundtime.

1. Housed in the former British Consulate, **Restaurant Balfour** offers refined Southeast Asian flavours with a serene, sprawling garden as your dining backdrop. Enjoy their famous afternoon tea on the terrace, while taking a moment to relish the quiet. 32 Zhongshan Dong Yi Lu; also enter from Yuanmingyuan Lu; Tel. 0215308 9803

2. If you are in a more casual dining mood, **Adesso** may be your answer. It is a bistro/bakery which boasts coffee and staples like burgers, pizza, pasta and a selection of Asian dishes. Take a seat on the outside terrace to enjoy the street scenes. 219 Yuanmingyuan Lu; Tel. 021 5352 0577

3. For a fine dining experience, visit the Michelin-starred **8½ Otto E Mezzo Bombana** Italian restaurant. It comes with super attentive service and an impressive wine selection, with a view from the balcony to match; especially in the evening. 6F, 169 Yuanmingyuan Lu; Tel. 021 0872890

4. Regarded as one of the best specialty coffee brewers in Japan, **Horiguchi Coffee** prepares carefully selected blends with extraordinary attention. They also serve instagrammable cakes and desserts. 133 Yuanmingyuan Lu; Tel. 1381750 6576

5. A coffee roastery-cum-coffee shop, where the inviting aroma of freshly ground coffee can be smelled from outside; this is **% Arabica** Roastery. Brightly lit with a minimalistic design, they have built a global cult following and judging by the smells we're not in the least bit surprised why. 201 Anfu Lu; Tel. 0215403 0200 **SF**



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Ebony and Ivory

From Singapore to Shanghai, Diana Chew showcases her new contemporary home, which pays homage to the past

By Ailan Gates





As I walked into Diana Chew's home, the opening lines "Ebony and Ivory, living together in perfect harmony" to the classic 80's hit, "Ebony and Ivory" played through my mind. Sir Paul McCartney and Stevie Wonder must have visited this house.

Originally from Singapore, Diana and Ken arrived in October 2002, exactly 17 years ago, with their 3-year-old furry baby Brownie, a golden retriever. Since calling Shanghai home, they have renovated three homes, have two beautiful children, Kaitlyn (13 years old) and Kai (six years old) and have had three doggies. Two years after immigrating, Ken opened his own advertising production company. Diana works in the same industry, but prefers to work as a consultant, as she balances a career and her family.

Their contemporary home in Changning highlights their sense of taste. The minimalist style and subtle décor had an instantly calming, serene effect on me. The colour scheme, contrasting dark mahogany panels that ran on either side of the hallway with neutral coloured tiled flooring, is central to the look and feel of the residence. The winding staircase was dimly lit, providing functionality and beauty; the soft light reflected the grain of the wood.

Diana sourced most of the materials herself and her keen eye was most evident from the tiled floors that looked like floorboards, to the state-of-the-art automatic awning above Kaitlyn's balcony. The collaborative effort with their architect and contractor was essential in creating this beautiful home.



The master bathroom was the pièce de résistance of minimalist design. As I walked through the sleek, dark paneled hallway, with Diana's walk-in closet and walk-in shower secretly hidden behind it, my eyes were instantly drawn to their magnificent soaking bathtub. The sunlight streamed through the window, illuminating the ivory tub in such a way that all I wanted to do was jump in and have a luxurious bath.

Recounting her seemingly extraordinary childhood, Diana's face beamed with glee. On a fishing village in Singapore's Punggol Island, her father raised chickens by day and fished at night. His work ethic has evidently influenced Diana, as she successfully juggles both a career and parenthood. And, whilst most of Punggol Island has since been reclaimed for new development, Diana preserves her fond memories in her new house.

Their bold, bright coloured 'Bon Voyage' painting by Qing Hang in the dining room also paid homage to her childhood, as the painting was of three fairies laughing and dancing in front of a ship. Diana's story is certainly a tale of two rivers, from Punggol to the Huang Pu. **SF**

 To see inside more Shanghai homes, visit: shfamily.com



Get the Look

Steal the style with these fresh options for your home



Nordic Minimalist Lights ¥599
www.tmall.com (Yi Shihao)

Children's bunk bed
 ¥2,065 (292 USD)
www.wayfair.com



Varni Accent
 curved Plywood
 lounge chair
 ¥2652 (375 USD)
www.modern-indesigns.com



4-Piece Wicker Patio Conversation Set
 with Beige Cushions ¥5296 (749 USD)
www.homedepot.com

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Complete listings available at:
shfamily.com

ORIENTATION

Relocation, Storage & Stores

ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. We have offices in 14 countries and relocate more than 16,000 families each year. Our China offices were established in 1988 and now cover 11 cities across the country. We specialise in household goods being moved door-to-door worldwide and throughout China. We provide a full suite of relocation services assisting individuals and multinational corporations with their employees on international assignments. Our services also include office relocations and records management. For an obligation free consultation please contact us. www.asiantigers-mobility.cn; sales@asiantigers-china.com; Tel: (021) 3209 5561

EUROPEAN BEDDING

European Bedding is a premium bedding store that specializes in natural organic latex mattresses and pillows. We recognise the demand for a customisable sleeping system which focuses on good back support for all ages, builds, sleeping positions and

personal preference. A King-size mattress can be customised to have firm support on one side and softer support on another to cater each of the partner's sleeping preferences. There is size customisation too, with us crafting mattresses to fit any frame as well as ultra-wide mattresses for families. Stop by our cosy showroom in Jing'an and let our sleep consultants do their magic! 425 Yanping Lu, #104, Jing'an District, Shanghai 200042; +86 133 0168 0232; www.europeanbedding.com.cn

EXCEL WORLDWIDE MOVING & STORAGE

A core member of International Association of Movers (IAM) based in the US. Provides international, domestic, local and office moving and storage services. Professional services, competitive rates, no hidden charges. Free residential consultation in English 7 days a week. Unit 101, Focus Business Centre, Bldg 4, 508 Chundong Lu, Xinzhuang Industrial Park; 3462 8040 or 130 6176 4395; info@excelrelo.com; www.excelrelo.com

MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Lu, Pudong; 6045 6838; info@minicc.com; www.minicc.com

reloSMART

reloSMART was built to offer SMART moving solutions. We believe that moving house all comes down to having experienced advisors, well trained packers, a tried and trusted network of moving companies around the globe and most of all, cost effective moving solutions. Our Asian experience paired with European efficiency makes us the smartest choice in the region. (86-21) 5459-2017; enquiry@relosmart.asia

SAE ASIA

Our mission is to provide you with the best value in the market while serving you as if you were our only customer. Our certified service-oriented team will provide you with world-class services when moving or shipping between China and the world. Learn more about how our customers feel about our services, visit MoveAide.com and search "SAE Asia" or visit www.sae-asia.com for a quotation. Hotline: 4006 806 132; (86-20) 8154 8216; info@sae-asia.com

WOW MOVING CARE

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

Clubs & Organisations

AMERICAN CHAMBER OF COMMERCE (AMCHAM)

A non-profit organization that promotes a healthy business environment in China and aims to strengthen US-China commercial ties. Shanghai Centre, Ste 568, 1376 Nanjing Xi Lu; 6279-7119; amcham@amcham-shanghai.org; www.amcham-shanghai.org

CANADIAN CHAMBER OF COMMERCE (CANCHAM)

This non-profit organization supports Canadian business and community interests in China. 172

Yuyuan Lu; 6075 8797; info@cancham.asia; www.cancham.asia

COMMUNITY Centre SHANGHAI

A non-profit organization offering orientation services, activities for expats, and a counseling program with qualified international counselors. Locations in Pudong, Hongqiao and Minhang. For general inquiries: 3382 1770; www.communitycentre.cn

EXPATRIATE PROFESSIONAL WOMEN'S ASSOCIATION (EPWS)

Whether you are a newcomer or you are established in the expat world as a professional or businesswoman, EPWS welcomes you to join the most influential group of professional women in Asia. info@epwsasia.org; www.epwsasia.org

SHANGHAI EXPATRIATE ASSOCIATION

Association bringing together expats living and working in Shanghai; seashanghai@yahoo.com; www.seashanghai.org

SHANGHAI MAMAS

This popular website provides an English-language forum for expat mothers in Shanghai to share information and advice, tell stories, voice concerns and give mutual support. With active discussion boards, a photo gallery and activity calendar, this a great resource for mothers of children of all ages www.shanghaimamas.org

Pet Care

DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services, with both western-trained Doctors of Veterinary Medicine, and highly trained Chinese veterinarians, nurses and medical technicians. Offering veterinary services, grooming, boarding, and pet foods. Open daily 9am-7pm. For appointments, pet pick-up and emergencies call: 400 103 8686. >Changning: 500 Weining Lu; 3250 6721 >Minhang: 66 Qingshan Lu; 6402 9226; info@drbns.com; www.doctorsbeckandstone.com

PETSHOME VETERINARY HOSPITAL

With affordable prices, Petshome offers veterinary and hotel services so you can get a quick check-up for your pooch or drop them off in capable hands as you run some errands around town. You can also purchase tasty treats, comforters, toys and other pet supplies. English speaking doctors available. >Jing'an: 131 Changning Lu, near Jiangsu Bei Lu; 6226 6112 / 6212 3211 >Gubei: 507 Wuzhong Lu; 6242 5599 / 5477 5163

SECOND CHANCE ANIMAL AID (SCAA)

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

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. We believe proactive preventive care not only improves the quality of your pets' life, it will add years to it. At Westie Veterinary Clinic, we are a trusted leader in providing personalised hand on care for your pets. We also offer safe, comfortable dog and cat boarding facilities. 1325 Gubei Lu, near Huangjin Cheng Avenue (Gubei Area), Changning District; 5216 0830

SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our

community listings

hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc, providing miscellaneous, transparent diagnosis service to the pet owners. (FREE parking)
70 Xietu Dong Lu, HuangPu district, Shanghai; Tel: 021-63333210, 021-63333211

Services

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffering, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese.
> 15F of Anbao Building, 800 Dongfang Lu; Lina Liu: 15026556459 / 17717469951; sh51yyjm@163.com; www.51yyjm.com

FAMILY-FRIENDLY RESTAURANTS

Asian & Western

BISTRO BURGER

Since 2009, Bistro Burger has become a famous landmark in Shanghai for its signature gourmet burgers & crafted milkshakes. A family friendly restaurant that features various options with their favorable menu and a small kids corner. They use fresh, tasty food made from scratch with no additives. The menu offers over a dozen gourmet burger varieties to choose from; complimented with an array of original appetizers, sides, pizza and various barbecue. They recently expanded their space and also have an outdoor seating area.
Monday-Saturday 11am-11pm, Sun 11am-9pm ¥100-199
Wi-Fi 1/F, 291 Fumin Lu (opposite to 704 Changle Lu)
Tel: 021-61701315; www.bistroburger.cn

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 Lu; 6248 8985 > 73 Nanhui Lu; 5289 0806; guido@bellanapoli-sh.com; www.bellanapoli-sh.com

BLUE FROG

This veritable institution caters to all crowds. Young professionals grab after-work drinks and killer burgers at the Maoming branch while families lounge at the Jingqiao and Hongmei outlets, and Dining provides a welcome escape for Zhabei expats. Gubei/Hongqiao > 30 Hongmei Entertainment Street, Lane 3338 Hongmei Lu (near Hongxu Lu); 5422-5119. Xuhui > 207-6 Maoming Nan Lu (near Yongjia Lu); 6445-6634. Xujiahui > Rm. B12, 131 Tianyaoqiao Lu (near Xingeng Lu, Metro Line 1 Xujiahui Station); 3368-6117; www.bluefrog.com.cn

COCONUT PARADISE THAI CUISINE

This cozy, Thai-style house offers indoor or outdoor dining with lots of attention to Southeast Asian detail with soft lights, dark teak wood and a faint hint of incense. The spicy beef lettuce wraps sprinkled with fresh mint make a perfect starter for the shrimp Pad

Thai and red curry chicken. Jing'an > 38 Fumin Lu (near Julu Lu); 6248-1998. Xuhui > 2/F, Ferguson Lane, 378 Wukang Lu (near Tai'an Lu); 5424 5886

COFFEE TREE

Since 2006, Coffee Tree has become a very popular cafe restaurant. The cafe provides a warm and cozy atmosphere and also features one of the best outdoor terraces in the city. Coffee Tree offers tasty smoothies and an extensive menu of completely new style of European dining with the best of fresh, homemade dishes. They embody the philosophy of the modern slow food movement by promoting the use of organic and fair trade ingredients. 376 Wukang Lu (near Tai'an Lu); 6466 0361; Free Wifi; 9am-10pm; www.coffeetreecafe.com.cn

DISHUIDONG

Get ready to roll your sleeves up and shout to your neighboring diners at this budget favorite. Waitresses challenge your taste buds with suan dou jiao (beans sauteed with hot peppers and minced meat) and lawei hezhen (smoked meat fried with, yes, more hot peppers). The spareribs are a must. Luwan > 2/F, 56 Maoming Nan Lu (near Changle Lu, Metro Line 1 Shaanxi Nan Lu Station Exit 3); 6253-2689; Changning > 2/F, 485 Guyang Lu (near Yaohong Lu); 5175-3067; www.dishuidong.com

ELEMENT FRESH

Fresh fruit smoothies, healthy wraps and generous salads provide healthy dining options across Shanghai. Plus, the outdoor seating, high chairs, crayons and coloring placemats make it kid-friendly. Super Brand Mall, Ground Floor, Northwest Corner; 5047 2060 > Shanghai Centre, 1376 Nanjing Xi Lu; 6279 8682 > Kwah Centre, 4F, 1028 Huaihai Zhong Lu, near Donghu Lu; 5403 8865; www.elementfresh.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. Gubei/Hongqiao > 7 Hongmei Laowai Jie, 3338 Hongmei Lu (near Yan'an Xi Lu); 3422 1700; info@fatcowshanghai.com; www.fatcowshanghai.com

SWISS BUTCHERY

Looking for a World-class meat experience? At Swiss Butchery, cutting the meat is an art that is performed with the utmost technique and discipline. Walking into our stores, you'll be immediately attracted by our passionate team of chefs and butchers, and the wide variety of high-quality fresh imported meat, home-made specialties, imported delicacies, and fine seafood. If you don't have time to come to the store, go to our online store, where you'll find almost our entire assortment in a wide range of cuts and portions, vacuum and chilled packed for delivery the next day. www.swissbutchery.com; info@swissbutchery.com; (021) 5223 7301; Hongqiao Store: 3187 Hongmei Lu, Shanghai; Jingqiao Store: 262 Baihua Lu, Shanghai; Xuhui Store: 86, Wulumuqi Lu, Shanghai; Huacao Store (Open 2019): 219 Jinguang Lu, Shanghai

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. Texas Roadhouse launched its first Shanghai store in Century Link Mall this October, bringing the same great food, fun, and great value, that it's known for in the other 540 restaurants worldwide. Come and try the authentic Texas style steaks, ribs, and seafood right here in Shanghai today! 5/F, 1192 Century Avenue, Century

Link Mall, near Century Avenue Station, Exit 8
(021)50671759 www.texasroadhouse.com.cn WeChat: TexasRoadhouse

Food Delivery

EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favorites or even home care products, Epermarket has everything you need. Organic produce and premium quality items that have been developed specially with you in mind are some of the most important parts of our business. We annually renew our ISO 9001 Quality Certificate and regularly review the safety of our products with SGS, which are the leading testing methods. Choose from over 7000 international and local products at diverse price ranges, and have them delivered directly to your doorstep. Shopping couldn't be easier, our convenient payment options, flexible delivery times, free same-day delivery and accessible international customer service. You can order from the comfort of your home or on-the-go using our APP! 400 776 0776 www.epermarket.com

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. > Puxi: 230 Wuding Lu, near Changle Lu; 68881913 > Pudong: Block 9, Summit Residences Clubhouse, 108 Shangcheng Lu; 68881913; 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 Yan'an Xi Lu near Shuicheng Lu, Shang-Mira Commercial Centre, Changning District; 6211 9632; www.artspire.cn

AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. Summit Club House, Wulumuqi Zhong Lu, Lane 99 Suite B106; 5403 9916; info@awesomекidsclub.com.cn; www.awesomекidsclub.com.cn

BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focus 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 Hua Shan Lu; 131 6261 6359; Chelsea@bjorky.se; WeChat ID: Bjorky

community listings

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 Lu, Tongquan Building, Suite 803; 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. Putuo> No 19-20, Lane 209, Zhennan Lu, Pudong> 814 Pudong Da Dao, 6F; 4006 129 423; services@chinaelg.com; www.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 Lu, near Weihai Lu, Jing'an District; 5588 9133; inquiry@shanghai-classes.com; www.shanghai-classes.com

HABA PLAYROOM/HABA

This Early Education Centre located in Kerry Parkside provides HABA products for retail, and also Logical Thinking Course from Germany for kids from 2+1/2 to 7 years, Make an appointment for First free Class Open from 10am to 10pm. 5089 7862; info@childmagic.cn

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 Lu, 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, No 1078 Pudong Nan Lu, Lujiazui, Shanghai, 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. 135 6454 0084; jitterbugsinshanghai@gmail.com; www.jitterbugsinshanghai.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 Lu; 6437 3773; www.juliagabriel.com

JZ SCHOOL

Spark your kid's musicianship from an early age at this popular school for musical study. The reputable institution provides a variety of classes ranging from fundamental theory to contemporary music and performance arts. Creative classes use games, art and story-telling to build your child's musical imagination. Lane 12, 280 Wukang Lu, near Hunan Lu, Xuhui District; 5403-6475; info@jz-school.com; www.jz-school.com

KIDS ATTIC

A bilingual childhood development centre for children ages 18 months to 4 years old, Kids Attic aspires to be more than a daycare through its belief in motivating children through consistent and stimulating input. Our goal is for every child to develop a love of learning through hands-on experiences in phonics, numbers, art, music and dance, sign language, storytelling, etc. Full-day and half-day programs offered. Embassy Clubhouse Pudong, 588 Hongfeng Lu; 131 4819 8740 (English), 131 6266 3622 (Chinese); kidsattic@hotmail.com; info@kidsattic.com; www.kidsattic.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 Lu, Building 1, Suite 2305; 6135 2686; contact@oogieart.cn; WeChat: OogieArt; www.oogieart.com

SINGING SPECKLED FROGS

Relaxed and fun parent and baby and toddler singing group. Children sing classic nursery rhymes, play instruments and dance. No reservation required. 60 RMB/class each Thursday in Xintiandi and Friday in Lujiazui. >Xintiandi: Casa Lakeville Basement Aerobics Room, 506 Huangpi Nan Lu >Lujiazui: 6/F, Lujiazui Worldpath Clinic International Meeting Room, 399 Nan Quan Lu (N); singingspeckledfrogs@gmail.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 Lu; 6445 0902 >Studio: 1A, Lane 180 Shaanxi Nan Lu; info@potteryworkshop.com.cn; www.potteryworkshop.com.cn

PREMIERSHIP EXPERIENCE

Premiership Experience is a leading sports and cultural tour operator for youth in the United Kingdom and our passion lies in delivering experiences which will provide lifelong memories for all young people and their parents who travel with us. Over 15,000 travellers joined our excursions last year. We are excited to start operations in China and deliver the same level of quality and service to our guests. Our mission is to endeavor for every child and their parents to travel the world with us and come back a more rounded, experienced, skilled and educated person. We believe that a combination of sports, history, art, culture and language exchanges will brighten the life and expand the horizon of any child and young adult. For inquiries contact us at: 400 100 8920 or email us at office@prem-ex.cn. Suite 1111, 11F, 525 Zhenning Lu, Shanghai

ZOOLIGANS

Zooligans offers a safe, clean and exciting environment for your child to gain knowledge through well thought out purposeful play. Drop off, Mandarin Immersion and Mommy 'n Me Programs available. Flexible programs for up to 5 years old. >Changning: Bldg 8, 1765 Hongqiao Lu, near Shuicheng Lu >Minhang: House 5, 350 Jidi Lu; 159 2152 6449; www.zooligans.org

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. 3211 Hong Mei Lu, Suite 505, Shanghai; 6426 1113; www.zfencing.cn

Financial Services

ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across Mainland China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad. Office in Shanghai: 20/F, Tower 1, Jing An Kerry Centre, 1515 Nanjing Xi Lu, Shanghai, China 200040; Email: china.info@sjp.asia; Tel.: +86 21 8028 5300; WeChat Official Account: SJPASIA; Company Website: www.sjp.asia

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. admissions@britannicashanghai.com, www.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. admissions@bisspxi.com. www.bisspxi.com

CONCORDIA INTERNATIONAL SCHOOL

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

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space,

community listings

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. admissions@dulwich-shanghai.cn; Wechat ID: dulwichpuxi; (021) 3329-9310 (021) 3329-9399; shanghai-puxi.dulwich.org

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. admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghaipudong; shanghai-pudong.dulwich.org

HARROW INTERNATIONAL SCHOOL SHANGHAI

Harrow International School Shanghai is a co-educational day school for pupils aged 2 to 18. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Years 10 and 11, and A levels at Sixth Form (Years 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 Leadership and Service programme and has a number of unique Harrow traditions. Harrow Shanghai is the fourth international school in the Harrow family of schools, world renowned for their rich heritage of educational excellence. Harrow Shanghai joins Harrow School and John Lyon School in London, and the Harrow schools in Bangkok, Beijing and Hong Kong. 588 Gaoxi Lu, Shanghai. admissions@harrowshanghai.cn, 68818282 *210/211/212; 18916229776, www.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 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. Our vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving our pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. Address: 235 Linyao Lu, Pudong, Shanghai; Tel: 021 3177 5080, admissions.hss@huilieducation.cn, www.huilieducation.cn/shanghai-school, 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. Tel.: 021 6296 8877; Email: admissions@lwchina.org; Website: <http://lw-school.org>; Address: 688 Jiyao Lu, Huacao Town, Minhang District, Shanghai

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 curriculum 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. Telephone: 021 5226 0539 Email: apply@nacis.cn address: 1399 Jinhui Lu, Minhang, Shanghai / 1399; Wechat: NACIS_Shanghaio; www.nacis.cn / www.nacis-shanghai.com

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. IB and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. info@saschina.org; www.saschina.org

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 IB DP 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. Admission@scis-china.org; Tel: +862162614338 (Hongqiao Campus), +862162951222 (Hongqiao ECE Campus) and +862158129888 (Pudong Campus); WeChat: scishis; www.scis-china.org

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. admission@ssis.asia; www.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. suischool@gmail.com; www.suis.com.cn

WESTERN INTERNATIONAL SCHOOL OF SHANGHAI

Located 20 minutes outside of Gubei, this International Baccalaureate Organization (IBO) MYP, PYP, DP Authorised, IBCP (Candidates School), authorised Western Association of Schools and colleges (WASC) offers a rigorous and comprehensive selection of courses and activities. admission@wiss.cn; www.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 1,300 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 (2019-2020) Campus address: 1500 Yao Long Lu, Pudong District, Shanghai; Phone: (021) 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Lu, Pudong District, Shanghai, 200124; Phone: (021) 3175 6687; admissions.shanghai@wellingtoncollege.cn; www.wellingtoncollege.cn/shanghai

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: +86 21 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 Lu, 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; Campus address: 215 Tongwan Lu, Pudong, Shanghai, 200126; Tel: (021) 3158 0010, admissions.hns@huilieducation.cn; <http://www.huilieducation.cn/shanghai-nursery>; WeChat: HuiliNurseryShanghai

community listings

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. Campus 1: 2777 East Jinxiu Lu, Pudong Campus 2: 588 Hongfeng Lu, Pudong District Tel: 02161799559 Email: info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China and School. West Hongqiao campus: 586 Gaojing Lu (close to Hu Qing Ping Lu), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: admission.whq@montessoris.com; Xuhui Campus: 21 Donghu Lu, Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessoris.com; Jiading Campus: 1313 Xiwang Lu, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessoris.com; Minhang Campus: 3852 Duyuan Lu, Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@montessoris.com; QR Code: mss2005shanghai; School Web: www.montessoris.com

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. 021-51872889; admission@luc-china.com; No. 230-233, 779 Fangdian Lu, Pudong; www.luc-china.com

Sports & Fitness

3HFIT

International-standard learning centre 3hFIT (Healthy, Happiness & Harmony) is located at Shanghai Stadium, with 500 sqm of space for education, assessment and activities. Shanghai Stadium, 666 Tian Yao Qiao Lu, Xujiahui; 6422 6012; ishimov_vlad@yahoo.com; www.3hfit.com

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! 6406 6757; activekidz@gmail.com; www.activekidz.org

CETA ELITE TENNIS ACADEMY

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

HONGWU KUNGFU Centre

Established in 1997, Hongwu Kungfu Centre provides Chinese Kungfu classes for boys and girls from 3 years. Each class focuses on developing your child's coordination, strength and discipline. Small class sizes ensure that your child will get personalised instruction. Call Zhang Yi for bookings. 137 0168 5893

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. ICONX West Bund Skate Park: 3399 Longteng Ave Xuhui; ICONX Jing'an Skate Park: 151 Kangding RD Jing'an Fitness & Sports Centre; Tel: 54108570, Customer Service: 17321285456; info@iconx.cn; www.iconx.com

THE LITTLE GYM

The leader in children's motor skill development in a non-competitive, fun, and nurturing environment where children are encouraged to try their best but not be the best. Programs include gymnastics, sports skills development, dance and karate. 4m-12yrs. >Xuhui: 2F, 580 Tianyaoqiao Lu, Xingyoucheng, F10-11; 6481 0608 >Liangyang Centre: 301 Section A, Liangyang Plaza, 300 Fangdian Lu; 61069109 >Changfeng Centre: L3-27/28, 196 Daduhe Lu; 5186 0081 >Dahua Centre: B1, Third Place, 928 Zhenhua Lu; 5661 6626 >Luwan Centre: 3/F, ASE Centre, 618 Xujiahui Lu; 3356 5039 >Lujiazui Centre: 2/F, Shanghai World Financial Centre, 100 Century Ave; 5418 2260 >Shanghai Xinzhuanglibao Centre: Rm. 301-302, 3/F, Building 4, Dong Yuan Li Bao Plaza, 58 Xinsong Lu; www.thelittlegym.com.cn

SECA ACADEMY

Looking for something for your kids to do? SECA Academy coaches youths for their participation in elite sports, more specifically in fencing, squash and rowing. We have a team of internationally renowned foreign coaches and world-class facilities. 213 Chengjiaqiao Brand Lu, Changning; 137 0188 8103; jacksonchow@seca-a.com; seca-a.com

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. >Puxi: 789 Hong Zhong Lu (near Yan'an Xi Lu) >Pudong: 59, Bldg. 1, 2622 Jinqiao Lu (near Jinxiu Dong Lu); 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. 183 0198 7976; info@siysichina.org; www.siysichina.org

SPORT FOR LIFE

With 13 years experience in Shanghai, SFL is the premier sports & sports camp providers in both Puxi and Pudong. With qualified international coaches providing classes for infants through to adults, in all their sports your first class is always free. 6282 1762; info@sportforlife.com.cn; www.sportforlife.com.cn

Teen Activities

DISCKART INDOOR KARTING

High-speed go karting on a 4,500 sqm indoor track on 60cc engines. 80RMB for eight minutes (buy five tickets get one free). Open 2pm to 2am daily. 809 Zaoyang Lu, near Jinshajiang Lu (inside Chang Feng Park); 6222 2880; www.kartingchina.com

JIANGWAN SMP SKATE PARK

This 12,000 square meter park has something for rollerbladers, skateboarders and BMXers. Fees from 15-25RMB for members and 40-60RMB for non-members. Pudong: 655 Yuanshen Lu >Zhabei: 2100 Songhu Lu, near Guohao Lu; 5525 0901

ORDEN BOWLING Centre

This 16-lane bowling alley is open 24 hours. Rates from 15-30RMB per frame depending on peak or non-peak hours with shoe rentals for 3RMB. Room A, 10 Hengshan Lu near Gao'an Lu; 6474 6666

ROCK DANCE SPACE CLIMBING Centre

Located inside an old factory that's been converted into a sports centre, this indoor rock climbing centre has eight climbing walls, as well as an indoor basketball court, snooker club, badminton and table tennis, and an outdoor track. 60RMB on weekdays, and 70RMB on weekends includes equipment hire. Block 1, Bldg A, Rm 105, 128 Huayuan Lu, near Zhongshan Bei Lu; 3636 8028

SHANGHAI STADIUM ROCK-CLIMBING SPORTS Centre

With climbing walls range from 15 to 25 meters high, suitable for beginner and experienced climbers. Entry fees from ¥40-50 and harness and shoe rentals ¥10. Climbers under 18 must be accompanied by an adult. 1500 Zhongshan Nan Er Lu, near Caoxi Bei Lu, Stall 6, Stand 1; 6426 5178, 6426 6666; www.rockclimb.cn

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! >Pudong: Unit 105, 1/F, 1099 Meihua Lu, Expo Plaza; 5033 3053 >Minhang/Hongqiao: Unit 504, 5/F, Tai Hao Building (above City Shop), 3211 Hongmei Lu; 6446

community listings

6766 >Huangpu SML: Unit 38-40, 3/F, Xujiahui Block, 618 Xujiahui Lu; 6126 6526; www.g-workshop.com.cn

WELLINGTON ACADEMY PROGRAMME

This after school and weekend program is open to all children, not just Wellington College attendees. The Academy provides a wide range of activities including swimming, football, tennis, fashion design, debating, singing, dancing and acting, Fun with English, and many more sports, arts and musical activities. Coaches and teachers are all experts in their chosen fields. 5185 3872; www.wellingtoncollege.cn/academy

Tutoring & Test Preparation

MANDARIN HOUSE

Established in 2004, Mandarin House is a pioneer of the Chinese language industry to provide a more effective, personal, flexible alternative to universities. Mandarin House is an official registered HSK testing centre as well. People's Square: 12F, Asia Mansion, 650 Hankou Lu; China Toll Free: 400 633 5538; info@mandarinhouse.com; www.mandarinhouse.com

MANDARIN KING

Mandarin King Language Training Institute provides systematic Easy-to-Learn Mandarin training modules, proven training methodology, and tailor-made learning programs by its certified Mandarin instructors. 1/F, Building 6, Lane 416, Yongjia Lu (near Taiyuan Lu), 400 618 6685; www.mandarinking.cn

MEIZHI MANDARIN

With 10 years of experience in East Asian language teaching, MEIZHI MANDARIN offers a full range of services, including small group, home- or office-based, one-on-one and Skype lessons and cultural classes for all backgrounds and levels. Classes focus on elementary pronunciation and day-to-day conversation, and will prepare students for external examinations such as HSK, JLPT and TOPIK. >Xuhui Centre: Rm. 505, 45 Guangyuan Xi Lu>Hongqiao/Gubei Centre: Rm. 508, 96 Ronghua Dong Lu, 5230 0140, 159 2166 8157 (English); www.meizhi-cn.com/en/index1.htm

NEW HORIZONS TEST PREPARATION

Since 2006, New Horizons has helped thousands of international students get into America's elite universities and boarding schools. In addition to SAT, ACT, SSAT and AP/IB test prep, New Horizons offers creative and academic writing, debate and academic tutoring for both native and non-native students. >Hongqiao: Rm. 101, 480 Hongxu Lu>Jinqiao: Suite 203, Bldg. B, 18 Huangyang Lu>Huacao: 2/F, 372 Xing Le Lu; 5228 0110, 5834 1378; www.horizonprep.com

SHANGHAI EXPAT TUTORS

Shanghai Expat Tutors is the leading tutoring service in Shanghai. We provide one on one tutoring sessions for all grades and courses of international schools (IB, IGCSE, SAT, AP). We focus not only on grade improvement, but also in study habits, time management, organization and discipline in order to achieve a long term improvement. We have the most rigorous selection process for our tutors to make sure they not only have excellent academic backgrounds, but also wide experience in tutoring international programs. We create customised programs specifically designed to address the student's specific strengths and weaknesses therefore we can ensure the highest level of information retention during tutoring sessions. 1661 Changning Lu, Changning District; 6227 8161; shanghaiexpattutors@mail.com; www.shanghaiexpattutors.com

THAT'S MANDARIN

That's Mandarin is one of the top Chinese language schools in China and has more than 10 years of experience in offering high-quality Chinese language courses with the use of modern technology. Classes

offered by That's Mandarin cover useful words and phrases that you need to have conversations with friends and professionals on topics related to daily life Building 6, 149 Jiaozhou Lu, Jing'an District; 021 6208 9357; www.thatsmandarin.com/

THE PRINCETON REVIEW

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

MEDICAL SERVICES

Health Clinics & Services

AMERICAN-SINO OB/GYN/PEDIATRICS SERVICES

Providing a comprehensive array of on-site services for women and children by certified specialists from overseas and China. Outpatient services: Monday-Friday 9am-8pm; Saturday-Sunday 9am-5pm. 3F, Block 6, Clove Apartment, 800 Huashan Lu, near Zhenning Lu; 6210 2299; service@americanobgyn.com; www.americanobgyn.com

BODY & SOUL MEDICAL CLINICS

Combining the best of both hemispheres, 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: Acupuncture, cupping, dermatology, functional medicine, gynecology, herbal medicine, infertility treatment, kid's health, orthotics, osteopathy, physiotherapy and rehabilitation, podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. > Xintiandi, 14F, 760 Xizang Nan Lu > Pudong, 1518 Minsheng Lu, 80 Hanxian Lu, Jinying Building B, Room 1303 > Hongqiao, 211 Chengjiaqiao Zhi Lu > Jing'an, Four Season Hotel, 6F 500 Weihai Lu. Telephone: Xintiandi, 6345-5101; Pudong, 6162-0361; Hongqiao, 6461-6550; Jing'an, 6345-5101. Call individual clinics for opening hours. www.tcm-shanghai.com

COLUMBIA BAINUO CLINIC

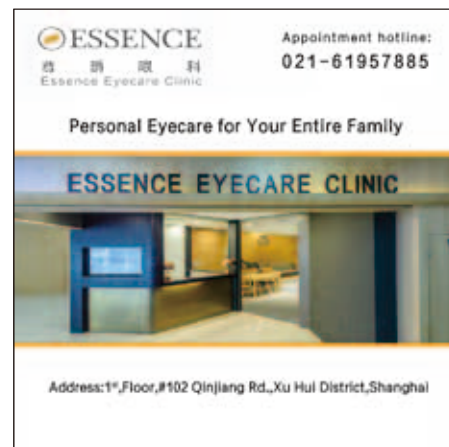
Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Room 2501, 2505 United Plaza, 1468 Nanjing Xi Lu; 400-663-7707; Mon-Sun 8am-7pm; columbia-bainuo.com

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO

DeltaHealth Hospital Shanghai is a cardiovascular-focused general hospital designed and built in accordance with Joint Commission International (JCI) standards. DeltaHealth Hospital • Shanghai, 109 Xu Le Lu, Xu Jing, Qing Pu, Shanghai; Inquiry and

appointment: 400 8210 277; www.deltahealth.com.cn; Wechat ID: DeltaHealth_CN >DeltaHealth Clinic, Hongqiao, Building B-4F, 2558 Yan'an Xi Lu, Shanghai; Inquiry and appointment: 400 8210 277; Wechat ID: DeltaHealth_CNm; www.deltawestclinic.com

ESSENCE EYE CLINIC



An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment.

> #102 Qinqiang Rd., Xuhui District, Shanghai
Appointment Hotline: 6195-7885; Open Mon-Sat: 9am-5pm; Wechat ID: zjyk61957885 1st floor, Landseed hospital

GLOBAL HEALTHCARE (GHC) MEDICAL & DENTAL CENTRE

A full-service medical & dental centre operated by international healthcare professionals. Having two facilities conveniently located in downtown areas, GHC is dedicated to the health and well-being of global and local communities in Shanghai. GHC cooperates with 50+ insurers worldwide. GHC is open every day to care for you. > Puxi: ECO CITY, Suite 303, 1788 Nanjing Xi Lu, Jing'an District > Pudong: Shanghai World Financial Centre, Shop 212, 100 Century Ave, Pudong District. Telephone: Puxi, 5298-6339; Pudong, 6877-5093; 24 Hour Hotline, 136-8188-8833; Mon-Fri 8am-7pm, Sat-Sun 9am-5pm; www.ghcchina.com

JIAHUI HEALTH



community listings

Jiahui Health's integrated healthcare system covers all major areas of the city and consists of a comprehensive international hospital, a network of outpatient clinics and a wellness centre. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through our state-of-the-art Emergency Unit at Jiahui International Hospital, we offer full-spectrum 24h medical services, including a fully equipped rabies clinic able to provide the pre- and post-exposure rabies vaccines. > Jiahui International Hospital: 689 Guiping Lu, by Qinqiang Lu. Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1F/2F, Suite 3, 99 Jiangwancheng Lu, by Yingqiao Dong Lu. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an), Suite101, 88 Changshu Lu, by Changle Lu. Mon - Sat, 9am - 6pm.; 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. > 1868 Pudong Avenue, 3F, Oriental City Tower, Shanghai; > 35 Yongjia Rd, 19th Floor (near Maoming Rd), Huangpu District, Shanghai; Telephone: 021-6075-3100, 021-5404-0058/59; sh.changhedayun.com

PARKWAYHEALTH



With more international doctors and a wider range of services than any other health care provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services Include: Adult & family medicine, cardiology, chiropractic, dentistry, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, mental health services, TCM, urology. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 Nanjing Xi Lu > Specialty and Inpatient Centre 3F, 170

Danshui Lu > Gleneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 Nanjing Xi Lu > JinMao Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Lu > Hongqiao Medical Centre 505 Gubei Lu; 24-hour appointment, 400-819-6622; www.parkwaypantai.cn

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 Lu, Xuhui District; 8621-5489-3781; Mon-Sun 9am-5pm; www.renaihospital.com

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-F, 1398 Fang Dian Lu, Pu Dong District, Shanghai; Appointment centre: 4008

500 911; www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

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 2 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. > United Family Shanghai locations: Shanghai United Family Hospital, 1139 Xianxia Lu, by Qingxi Lu (Open 24/7); Shanghai United Family Pudong Hospital, 1598 New Jinqiao Lu, by Donglu Lu (Open 24/7); United Family Quankou Clinic, 8 Quankou Lu, by Lingquan Lu (Open Mon-Sat 8:30am-5:30pm); United Family Fengshang Clinic, 689 Yunle Lu, by Jinfeng Lu (Open Mon-Sat 9:00am-5:00pm)

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. > 23F & 24F, Building B, 551 Pudong Nan Lu, Shanghai; For 24 hour Service, call 5879-9999, or 150-0019-0899; Outpatient services Mon-Fri 9am-7pm and Sat-Sun 9am-6pm; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

Dental Clinics

ALPHA DENTAL



Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are

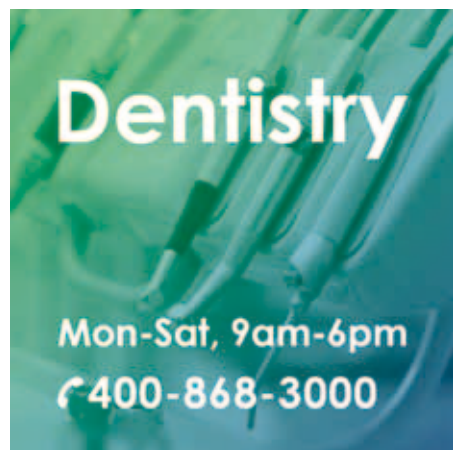
community listings

committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. 1737 Tianshan Lu, SOHO Tianshan Plaza Tower 1 Unit 206. Tel: 6270-2875, open daily 10am-7pm except public holidays, 24hr emergency hotline 1391811319. www.alphadental.cn

PREMIER ORTHODONTICS, SMILE DESIGNER

Premier Orthodontics was founded to provide high quality oral healthcare services to individuals by working with orthodontic authorities. Being a member of American Association of Orthodontics (AAO), we not only strive to exceed the industry standards in every practice, but also serve our customers with individualised service and compassion. Premier Orthodontics provides an extensive range of quality and integrated primary oral healthcare services to our clients and individuals. We have Invisible Orthodontics, Rapid Orthodontics, Cosmetic Dentistry and so on. Internationally qualified dentists, a U.S.-certified support staff and state-of-the art imported equipment ensure that Premier Orthodontics meets the strictest of international hygiene regulations and that you receive the very best level of dental care possible. Make an appointment to get a diagnostic evaluation for free. >Jing'an: 25/F, Zhongxin Building, 1468 Nanjing Xi Lu >Pudong: Decency Park, 1731-1733 Huamu Lu; 400 920 0055

JIAHUI DENTAL



Jiahui Health's experienced dentists provide dental health services for adults and children, including dental check-ups, fillings, prevention of tooth decay, painless dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-disciplinary collaboration in the hospital, such as working with dermatologists to offer invisalign orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 Nanjing Xi Lu > Jinqiao Medical and Dental Centre 997 Biyun Lu; 24-hour appointment, 400-868-3000; www.jiahui.com/en

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. > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 Nanjing Xi Lu > Jinqiao Medical and Dental Centre 997 Biyun Lu; 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 > Address: > (Puxi) 129 Fugui Dong Lu, Changning District > (Pudong) 228 Hongfeng Lu, Pudong District; 6278-1181; Mon-Sat 10am-7pm, closed on Sundays; www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

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. > Pudong: No. 1-4 Lane, 650 Biyun Lu, Jinqiao > Changning: 2268 Hongqiao Lu, 2nd Floor, Unit 2P > Minhang: 569 Yunle Lu, Shop 111, Huacao Town > Jing'an: 818 Nanjing Xi Lu, Room 1201, Jing'an; Pudong, 6105-9400; Hongqiao, 6237-6969; Minhang, 3490-9068; Jing'an 6363-6388; Daily 10am-6pm; www.puresmile.com

LIFESTYLE

Health & Beauty

BA YAN KA LA

Specialises in colouring as well as luxurious hair treatments including their KeraStraight conditioning treatment for perfectly straight hair for months. Pudong: 1208 Biyun Lu; 5030 3878 >Puxi: 8F, Golden Bridge International, Jiangning Lu, near Nanjing Xi Lu; www.bensonsalon.com

BANYAN TREE SPA

The Westin'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 Gong Ping Lu; www.banyantreespa.com

BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. > Minhang: Room 5089, 3211 Hongmei Lu; 3468 1328 > Nanjing Xi Lu: 5/F, 118 Qinghai Lu; www.bodyconceptpilates.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. Pudong: 1208 Biyun Lu; 5030 3878 >Puxi: 8F, Golden Bridge International, Jiangning Lu, and 4F, City Plaza, 1618 Nanjing Xi Lu, 6277 8778; www.bensonsalon.com

BIKRAM YOGA SHANGHAI

This studio was the first authorised Bikram studio in Shanghai and adheres closely to the practice of that school of yoga. The simple space features a hot room with good heat distribution and a high level of moisture. >Nanjing Xi Lu: 3/F, 81 Jiangning Lu (near Nanyang Lu); 157 2135 2048; www.bikramyogashanghai.com

CHUAN SPA AT THE LANGHAM XINTIANDI

Chuan Spa at The Langham Xintiandi offers a pool, a spa and 24 hour fitness as well as 60 varying health and beauty treatments including massage, facials, nail treatments and TCM treatments. 99 Madang Lu; 2330 2288; xintiandi.langhamhotels.com

DRAGONFLY

This tranquil retreat has locations all over the city, providing busy urbanites with services that include a variety of massage styles including oil, Chinese, Japanese and foot massage, facials, nails and gentle waxing. >Century Park: 1378 Huamu Lu; 2025 2308 >Jing'an: 193 Jiaozhou Lu; 5213 5778 >Huaihai Zhong Lu: 2/F, 559>Xuhui: 206 Xinle Lu; 5403 6133 ; >www.dragonfly.net.cn

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Say Cheese!

Here's a snapshot of what our community has been up to lately. Got a community event to share? Send photos to: familyevents@shfamily.com.

Originally launched in 2004, Three on the Bund announced the reopening of one of Shanghai's oldest and most renowned contemporary galleries. Marking its departure from the traditional model of a private gallery, the space formerly known as Shanghai Gallery of Art was simply renamed SGA. From 20th September - 31st October, over 100 objects by 69 artists were displayed in a salon-style exhibition within SGA and peppered throughout Three on the Bund's restaurants and bars, in dialogue with the exhibits and their surroundings. 3F, 3 Zhong Shan Dong Yi Lu



Riding on their success in Hong Kong, famous dim sum restaurant YUM CHA opened its first mainland branch in Shanghai on 19th September. At YUM CHA, traditional Chinese dishes and dim sum are reinterpreted with a delicious modern twist; infusing playfulness with authentic flavours, their culinary creations feature fresh, quality ingredients. 5F, 21, Super Brand Mall, 168 Lujiazui Xi Lu



On 19th October, 500 runners from all over the world joined Jing'an Shangri-La's fifth annual "Climb For Hope" vertical charity run, achieving 1,557 steps (60 floors!) in just 11 minutes and 37 seconds. Together, they raised 149,830 RMB for the Children's Medical Centre to help underprivileged children. After the event, participants were invited to enjoy a breakfast buffet at the hotel's magnificent Magnolia Ballroom.





On 21st September, the greatly anticipated 'Gemdale Plaza' opened in Jiuting district. Covering an area of almost 82,000 square metres, consisting of commercial blocks and a stylish shopping mall, Gemdale Plaza is the first late night shopping area in Jiuting. With over 200 famous brands and a wide variety of high-quality services for the community to peruse, it comes as no surprise that the plaza attracted over 300,000 visitors in its first two days of opening. 99 Huting Bei Lu



Shanghai East International Medical Center (SEIMC), a joint-venture general hospital providing 24-hour multilingual medical and emergency services, celebrates its 15th birthday and its recent relocation to the brand new hospital building on 551 Pudong Nan Lu.





Returning Home

Sohail Kalia, owner of Mexican restaurant 'Barrio', talks about his journey into the world of F&B

When did you first arrive in China?

I first came to Shanghai around about 2005, when I was maybe 10 or 11 years old; a long time ago now. After finishing school, I then moved to the UK to complete my degree in Urban Planning at the University of Sheffield.

What brought you back to Shanghai?

It was one of those situations where, after doing some work experience in the industry, I pretty much realised that I didn't have any interest in what I was doing; which was pretty tough to swallow. By this point I was almost at the end of my studies, so I thought, you know what, I'm going to finish my degree and go back to where my family are and figure out what I'm going to do and what is going on in my life. And funnily enough, at that point, my dad decided to open up a restaurant.

How did the business begin?

After I got back to Shanghai, I started to help out at my father's restaurant 'Bombay Bistro', thinking I would give it a try and see if it was something I was into. For the first six months, I helped out a little bit here and there and with time I realised that this is an industry I am really interested in. It wasn't until three years later that I made the decision to start opening my own place.

Why Mexican cuisine?

I just really love Mexican food. In the beginning, I contacted my friend Sidd, who used to be the chef at the old Mexican restaurant above my dad's place, to help me create Barrio's menu and he stayed on for a few months after we opened up in May this year.

What has been the most challenging aspect of opening a restaurant in Shanghai?

Definitely construction. It's very difficult to

make decisions on construction-related issues when you have no experience with this whatsoever. The contractor will come to you for advice on how things need to be done and often you really overthink things, but you know that they really need an answer. Even the smallest things like where to put the plug outlets!

Do you have any funny stories?

I have an Austrian partner in the restaurant who had family visiting from Austria; their first time ever out of the country. And on one of the nights that they were here, I remember being behind the bar at the restaurant until I hear music coming from outside. So, I start making my way outside to see what's going on and there's my partner's cousin wearing a full on lederhosen playing his accordion to this crowd of like fifty Chinese people just cheering and clapping away. It was pretty ridiculous.

Favourite memory?

I would say the day we opened the restaurant. I remember being so stressed that I didn't even tell anyone about our soft-opening. I was like, okay, I'm just going to open the doors and see if, you know, 10 or 15 people come in to eat. It wasn't until after a few hours of watching people walk in that I realised we were getting pretty packed. By 7:30pm the restaurant was completely full! If I could go back and tell the 17-year-old version of myself that I was going to end up owning a Mexican restaurant in the same neighbourhood that I grew up in a mere seven, eight years down the line, I would have been shocked. It's funny how life works out sometimes.

Do you have any advice for others who may want to open their own restaurant?

First of all, the most important thing to know is that it's a very, very demanding job. You have to be constantly ready to tackle situations and be hands on when things are not working out. The other aspect is the hours. It's almost impossible to have a normal social life working in the F&B industry. If you do want to open a restaurant, be ready to embrace it as at least 95% of your life. **SF**

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