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January/February 2020

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CONTRIBUTORS



Feature

Ariana Crisafulli

is an enthusiastic writer and adventurer who always chooses the road less travelled.



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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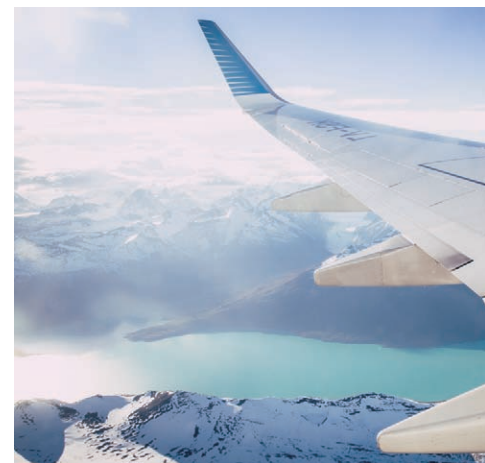
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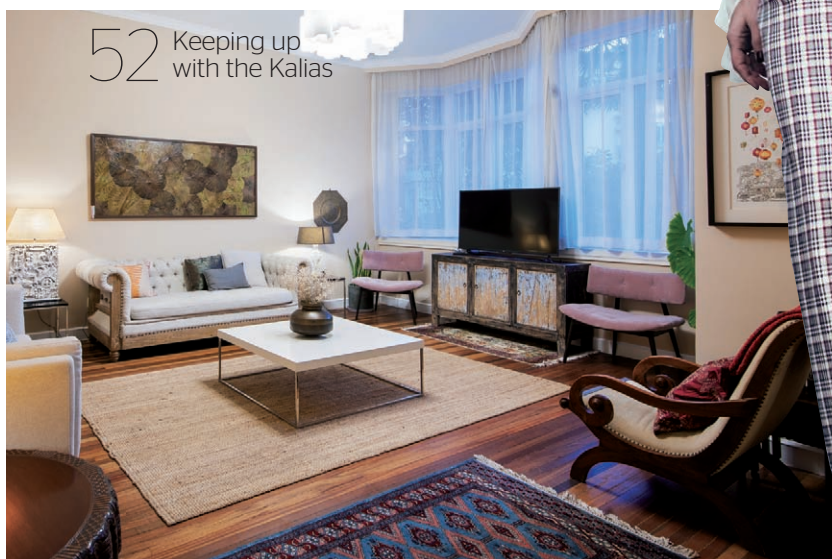
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Favourite travel story?



Being able to check off jumping from a cliff into the ocean from my bucket list. It was more painful and scary than I thought it would be, but totally worth it!



The day I landed in beautiful Australia and realised, "wow, this is where I live now!"



Trapped in the back of my dad's car in the south of France with my sister, while he and my grampa had a blazing argument about being lost... we've never laughed so hard since!



Went on a month-long tour of Europe with a girlfriend, where our daily schedule was from 6am-midnight. On one of the days we must have eaten like 20 croissants between us.

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The Prize

This February, off-the-beaten-track getaway specialists OKDealTravel are giving away a travel voucher worth ¥2,000 to be redeemed against any of their trips. With destinations including Bali, Sanya, Harbin, and Zhangjiajie, what better excuse to take the family on a relaxing, well-earned spring break.

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 2nd March to see if you've won.



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Wellington College International Shanghai
www.wellingtoncollege.cn/shanghai; Tel: 5185 3866



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editor's note



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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.



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In essence, the word 'travel' means to go from one place to another, usually over a substantial distance. But, what does it mean to you and your family? For some it means time to relax and indulge; preferably on a beach! Some see it as a chance to enjoy new sights, sounds, smells and tastes as a tourist. And avid travellers see it as a part of life, needing nothing but a backpack to accompany them on their journey. Me personally? It has to be the memories and self-discoveries you make along the way.

Each time I land back in China after visiting somewhere new or beloved I always feel so happy and fortunate to have been able to explore, and experience something different - even in my own home country. In fact, despite being from a European country and enjoying countless summer holidays there as a child, I am astounded by just how much of Europe I have yet to explore; which is no excuse considering most of the countries are connected by rail. This year, instead of making your usual stop somewhere in Asia why not **choose to travel through Europe and discover the abundance of fun, beautiful, and historic cities there waiting to share their secrets (16)**. For those looking at their next holiday closer to "home", check out our latest **family travel blog on beautiful Zhangjiajie (46)**, and the even nearer **Moganshan (50)**.

I think if you were to ask anyone who has travelled why they think it is important, most would agree that seeing the world's breadth of cultures, sights, and traditions helps to broaden your mind and become more accepting of others. But the question we have to ask ourselves is to what extent is all this travel having a negative impact on local environments? Like my not-so-fond memory of hiking down to a "secluded" beach in Thailand only to find a ginormous mountain of plastic bottles waiting for me at the bottom. In this issue's feature story, Ariana Crisafulli discusses **how overtourism is affecting our world and what we can do to become more eco-friendly, conscientious travellers (24)**.

On a lighter note, Nicole Chia offers some positive if not comical suggestions on **how to survive travelling with your teens (37)**, while Peter Lee tickles our 2020 taste buds with his latest roundup of **tasty Shanghai dining options (44)**. In education and development, Rebecca Shah-Harvey discusses the **rise in globalisation and how this is changing the skills our children will need for the future (34)** and Lamonda Lewis introduces the **University of Veterinary Medicine, Hungary (38)** in university counsellor.

No matter your purpose for travelling, be it holidaying or learning, be compassionate, keep an open mind, and remember to enjoy these shared moments in time on our beautiful planet. I, for one, feel so grateful to be part of the international, well-travelled expat community here in Shanghai as it gives me great hope for the future at a time when compassion between nations seems to be diminishing. Here's to the next journey in this crazy adventure called life. Which places are on your bucket list?

Beth Roulston
Editor in Chief

Shanghai East International Medical Center

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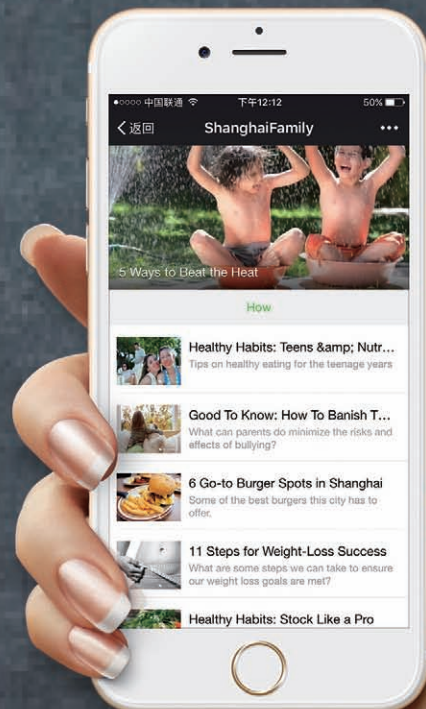
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Bob Dylan: Retrospectrum

Showcasing one of the most influential artists in history, Bob Dylan, the 'Retrospectrum' exhibition featured in the Modern Art Museum of Shanghai will be displaying seven series of the musician's works including over 250 original oil paintings, sketches and sculptures; making it the artist's most comprehensive art display. Ideal for Dylan fanatics, Retrospectrum offers an opportunity to step into the tavern of Greenwich Village, New York, as if attending a Dylan concert, and a chance to see handwritten lyrics by Dylan himself. *Now until 8th March 10am to 6pm; 4777 Binjiang Da Dao Pudong Shanghai; Tickets 150 RMB (Free for one child under 1.2m when accompanied by a ticketing-paying adult.)*



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Parkside Joy City Ice World

Take your children to enjoy 1,000 metres of ice and snow at Joy City where new and safe ice skating facilities are provided. Forget about the fast life in the city and enjoy a skating adventure with the family. *Open until 3rd March; Tickets from 59 - 399 RMB*

Shanghai International Literary Festival

The Shanghai International Literary Festival on the Bund is back for its 17th year! Featuring multiple authors, artists and film producers from across the globe, families can expect lots of activities like readings, interviews, writing workshops and more! *28th February until 9th March; Five on the Bund, 7F, 20 Guangdong Road*



A Night with Chris Botti

Having sold over four million records, with four number-one albums, Chris Botti has performed with countless musical legends such as Tony Bennett, Michael Buble and Frank Sinatra. Be sure not to miss the Grammy Award winning trumpeter and American jazz artists on his 2020 tour. *27th February at 7:15pm; Shanghai Oriental Art Centre Concert Halls; Tickets 80-980 RMB.*

Andris Nelsons & Boston Symphony Orchestra

Known across the globe, Andris Nelsons Latvian National Opera Orchestra trumpeter and musical director will be landing in Shanghai, along with the BSO Orchestra, to deliver a beautiful, memorable evening of music. *5th and 16th February at 7:30pm; 425 Dingxiang Road, Near Century Avenue Pudong Shanghai; Tickets vary from 80 - 2280 RMB depending on seat.*



New Family-Friendly Skincare!

Protect your children's skin this winter with our skincare brand-of-the-month *Doucéa*. Created by French Pharmacist and mother of three, Natacha Tarascon, Doucéa's dermatologically patented, sustainable formulas and ingredients easily help you take care of your little ones beautifully-soft skin! Try the ultra-hydrating face cream as its non sticky, non oily and can be used by kids and adults alike. *Exclusive offer for Shanghai Family readers! Get two creams for just 100RMB and get free kuaidi delivery. To claim quote: shfamdoucéa. WeChat: Nat17shanghai*



Frozen World

This Frozen-themed exhibition is sure to make young fans and princesses bounce up and down with glee. Join Anna, princess of Arendelle, on her exciting journey with friends to find her sister Elsa. The exhibition will be held at Shanghai Global Harbor Mall, with interactive rooms and exact replicas from the movie! Fun for children of all ages! *Now-5th April, times vary; 718 Ningxia Road, by Baiyu Road; Tickets 78-199 RMB*

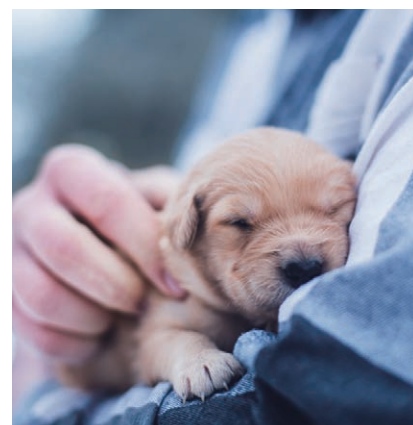
Pixies Live Concert

If you are looking for a fun evening of live music and big energy, then look no further! This February, make sure to buy tickets to see the talented, world-renowned 'Pixies'. Beginning in 1986, The Pixies were pivotal in the alternative-rock movement in America during the 1990s and continue to influence bands even today. Expect to have all your expectations exceeded! *Saturday 29th February; Modern Sky Lab; Tickets 480 RMB*



Puppy Cafe in Xuhui

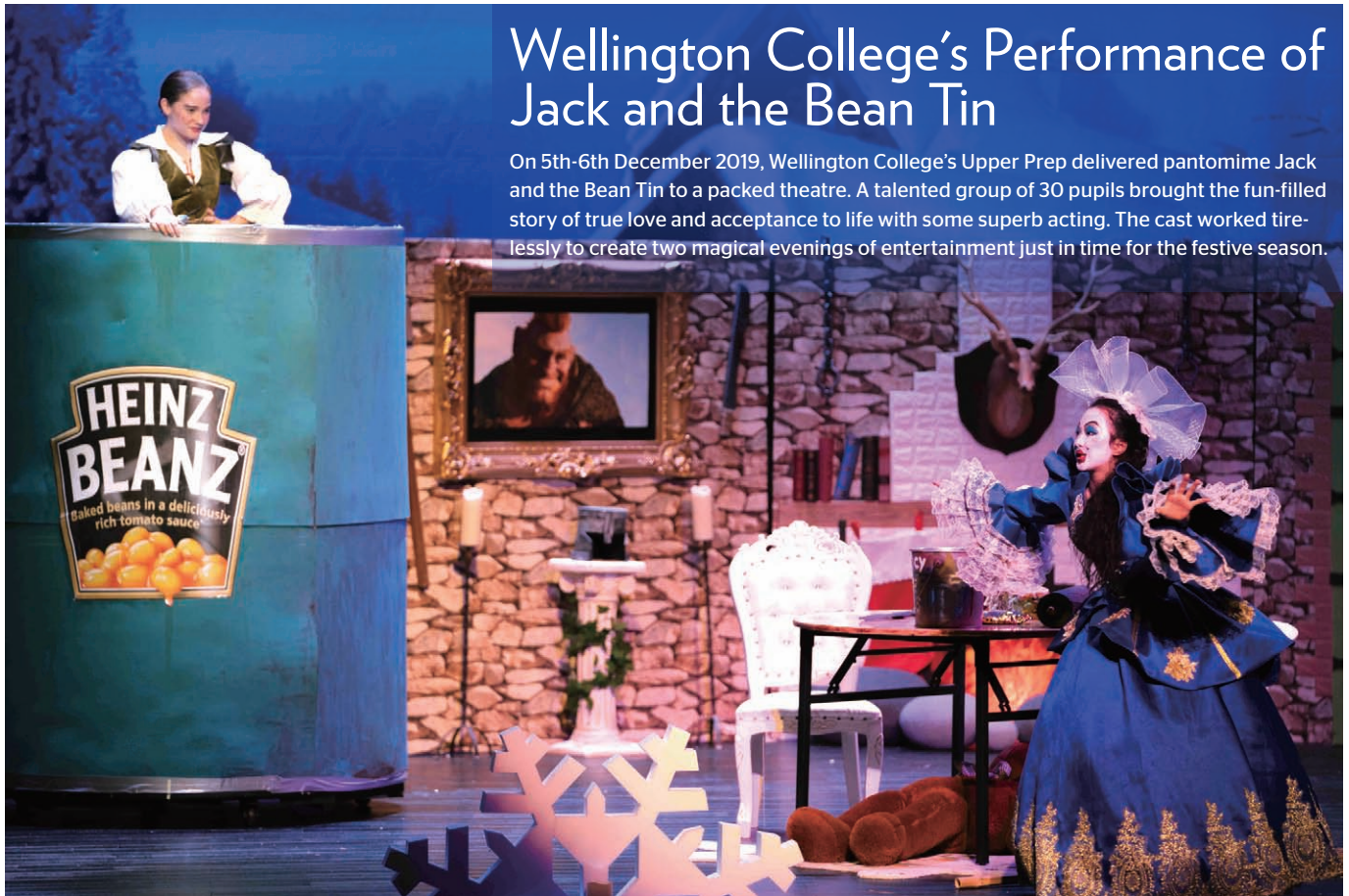
Is there anything more adorable than a puppy? How about lots of puppies! Perfect for little ones begging and pleading for a dog, visit the Puppy Cubby Café for lots of puppy cuddles. You get all the love for zero worry and stress. Enjoy playing and interacting with these cute animals while eating and drinking some delightful desserts and drinks. *Puppy Cubby Café, 382 South Shaanxi Road. Open from 10:30am to 9pm*



TeamLab Borderless Shanghai

Immerse yourself in TeamLab's beautiful, borderless world of art and wonder. Hard to describe, and challenging to express, this stunning exhibition is like something out of a dream. We challenge you to wander through without taking a single selfie; FYI that's so not going to happen. These interactive artworks are set to remain until *April*; make sure not to miss them. *Unit C2, 100 Huayuangang Road Huangpu Shanghai. Tickets 229-199 RMB*

school roundup



Wellington College's Performance of Jack and the Bean Tin

On 5th-6th December 2019, Wellington College's Upper Prep delivered pantomime Jack and the Bean Tin to a packed theatre. A talented group of 30 pupils brought the fun-filled story of true love and acceptance to life with some superb acting. The cast worked tirelessly to create two magical evenings of entertainment just in time for the festive season.

New Building Unveil at YCIS

Late 2019, the Yew Chung International School of Shanghai community came together to celebrate the unveiling of the newly built, LEED-Gold-Award-winning A-Building at the YCIS Shanghai, Puxi Primary (Hong-qiao) Campus. This thoughtfully redesigned building features a large atrium for school assemblies, performances and parent workshops, administrative offices, a spacious library and cafeteria as well as specially designed 'Learning Community' spaces that encourage collaboration and cooperation amongst students and teachers.

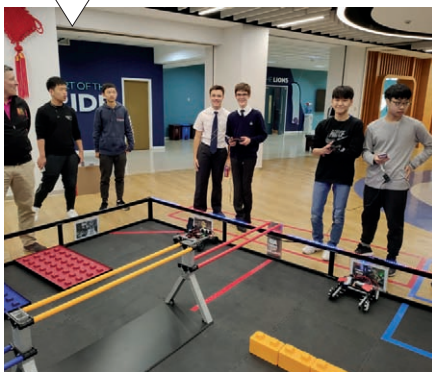


Dulwich Students Win Awards

Massive congratulations to all the Dulwich Pudong students who won an award in the Shanghai "Chinese Culture into Campus" essay competition - a writing competition for all the international schools in Shanghai. In the Senior School, 57 students won first, second and third prizes, with the Senior School Mandarin team winning the outstanding organisation prize. On 11th December 2019, the certificates were awarded by Shanghai government officials, embassy representatives and international school heads at an official Award Ceremony held at the Shanghai High School International Division. Go Dulwich Pudong!

Fun With Robots

On 10th January, British International School of Shanghai, Puxi hosted the first Tech Challenge Scrimmage of 2020 - a competition that encourages students to use technical skills to build and program robots. This year, nineteen teams from six different schools took part in the SKYSTONE mission. Each team had to program their robot to build a tower using giant bricks. All those involved had great fun even when things did not go to plan.



SCIS Celebrates 10 Years of Java Jam

Last December, Shanghai Community International School, Pudong celebrated its 10th Java Jam - an evening event that offers SCIS students an opportunity to showcase their various talents. What began as a senior student project has evolved into a yearly student council event loved by the whole community. Thanks to its dedicated planning committee, Java Jam continues to be a highlight in every student's calendar.



New Wall Mural at SAS

Adorning the main street of the Shanghai American Shanghai Pudong campus is a beautiful new tile wall mural from creatively talented SAS student, Joshua Winer. Specialising in projects that recruit help from the community, Joshua completed his latest mural with help from students, administrators, security guards and even some Sherpas delivery personnel to ensure that everyone had some creative input.

Student Success Portraits

Last November, Shanghai French School students shared personal success stories in a unique self-expression exhibition. Alongside each portrait is a piece of creative writing and a QR code linked to online audio through which students speak about how they have gained self-confidence, made new friends, mastered new skills, and devoted time to sports all in a foreign language.



Concordia Alumni Graduates Share Insight

Last week, Concordia International School welcomed back several alumni graduates to take part in the annual alumni panel. Panelists shared insights from their college experiences, such as choosing class schedules to living away from home for the first time while current high school juniors and seniors listened attentively, glad to be receiving insider information that just might help them on their own journeys.

cover story



City Hopping from Coast to Coast

Take a tour through some of Europe's best
cities with the *Shanghai Family Editorial Team*





Exciting, Eccentric Edinburgh

cover story



By **Beth Roulston**
Editor in Chief

From quaint cobbled lanes, to a majestic castle, Edinburgh is a magical city that offers classical architecture, hiking, shopping and lots of other fantastic things to see and do. According to recent findings, the area dates back to 8500BC when the first settlers of Scotland arrived. However, it wasn't until the 14th century that Edinburgh became the official capital of Scotland.

Edinburgh offers the perfect blend of city and countryside. Whilst meandering through high-end fashion stores and quintessentially Scottish gift shops, rolling hills and stunning greenery sit directly behind grand, ancient buildings, presenting a feast for the eyes and soul. For those with active families, follow the hiking trail up to Arthur's Seat where you can take some breathtaking photos of the city. To find the base, walk down the



Royal Mile to the Scottish Parliament and you'll find it just past there. For more adventurous climbers, hop on a bus to visit a more remote area of Scottish countryside. FYI, wild camping is legal in Scotland!

With Edinburgh Castle being one of Europe's oldest fortified places, make sure to take a tour to see it in all its splendour. Then march up and down the Royal Mile, along Princes' Street or wander down Cockburn (pronounced 'Coburn') Street to purchase gifts. The beautiful public parks of Princes Street Gardens are great for kids to run off some steam and for parents to take a romantic selfie or two. The Edinburgh Dungeons offers a funny, yet spooky half-day activity (recommended for children over 8 years old). Expect darkness, loud noises, and ghost stories! If you have time, I recommend a visit to Edinburgh Zoo, which is home to over 1,000 rare animals. Ticket costs for

both of these attractions can be offset with a city pass*.

If you're travelling with young children, check out the Apex Grassmarket Hotel*, located in Old Town, which has an indoor swimming pool. For a luxurious and comfortable stay, the Edinburgh Grand offers gorgeous interiors and spacious rooms just a 3-minute walk from Princes Street. Alternatively, Travelodge Edinburgh Central Princes Street is a convenient and wise choice for those wanting to travel on a budget.

Good to Know

- Purchase tickets for Edinburgh castle - tickets.historic-scotland.gov.uk/
- Purchase tickets for the dungeons - www.thedungeons.com/edinburgh
- *Apex Grassmarket Hotel - apexgrassmarket.com-edinburgh.com
- *Entry into the city's attractions - www.edinburghcitypass.com



Balancing Babies & Booze in Dublin

By Anabela Mok

Parents&Kids Managing Editor



Travelling with a baby changes everything, but our trip to Dublin was seemingly easy. It was a great mix of culture, kid activities and nightlife.

As the home to Guinness, it would be a shame to miss a tour of Dublin's Guinness Storehouse. The best part of the tour is the splendid 360-degree view from the bar at the top and the complimentary pint of freshly poured Guinness – oh, and the merch. As a whisky lover, a visit to the Teeling Whiskey Distillery was a must. You get to see the entire distilling process, but, honestly, we really enjoyed the bar afterwards. You can be really cliché and order an Irish coffee.

But Ireland is not just about drinking. At the Chester Beatty Museum, you can see a rich collection from across the world. It's a lot quieter than other museums, so it's great to visit during baby's naptime. You can easily walk to St Patrick's Cathedral and enjoy the gorgeous green grounds, or walk inside to see beautiful Gothic archi-

ture. Nearby is Trinity College, which has one of the oldest campuses in Ireland. It's also worth heading over to Phoenix Park Visitor Centre. Located within Phoenix Park, one of the largest in Europe, they have a playground, café and child-friendly facilities. And no trip to Dublin would be complete without experiencing Temple Street's bar culture. Although, it's best to visit well before 9pm as the crowds tend to get slightly rowdy at night, but definitely go if you like live music!

Lastly, it's worth mentioning that Irish cuisine goes beyond that of potatoes. Any type of stew, fish n'chips or baked mussels is delicious and will warm you up. If you get the opportunity, order some local oysters and wash them down with a gin and tonic. If you decide to stay outside of Dublin at an Airbnb, like we did, it's easy taking the bus into the city. But if you are pressed for time, opt to stay in downtown. There are many fantastic hotels by the major landmarks and the walk along the River Liffey is certainly memorable.

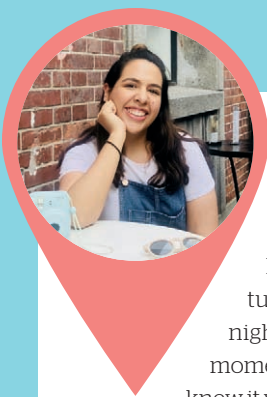


Good to Know

- Purchase tickets for Guinness Storehouse - www.guinness-storehouse.com/en/tickets
- Purchase tickets for Teeling Distillery - teelingwhiskey.digitickets.ie/tickets
- Airbnb - www.airbnb.com

Rough and Ready Berlin

By Irene Vargas
Assitant Editor



Berlin is a fast-developing city with an exciting mix of history, rich culture, and vibrant nightlife. From the moment I arrived, I knew it was going to be hard for me to leave. There are always new places popping up to keep you entertained, whether you go for three days or a month.

A must-see for every visitor is the 18th Century Brandenburg Gate. Symbolic of the city's historic events, with free admission, it is the perfect place to take some family selfies! Then just a five-minute walk away is the Reichstag, the heart of Germany's parliamentary precinct. Enjoy a cup of tea on the top deck while observing a spectacular view of Berlin. Spend the rest of the afternoon in leafy Tiergarten, Berlin's most popular park, where you can also take your little ones to Berlin Zoo. You could also pay your respects to the past with a visit to the Holocaust Memorial site, a somber place to teach your family about an important yet tragic period in history.

cover story

Spend a day exploring edgy East Berlin. Once built to separate East from West, there are various sites where you can see remains of the now fallen, iconic Berlin Wall. The East Side Gallery is home to some of the best murals.

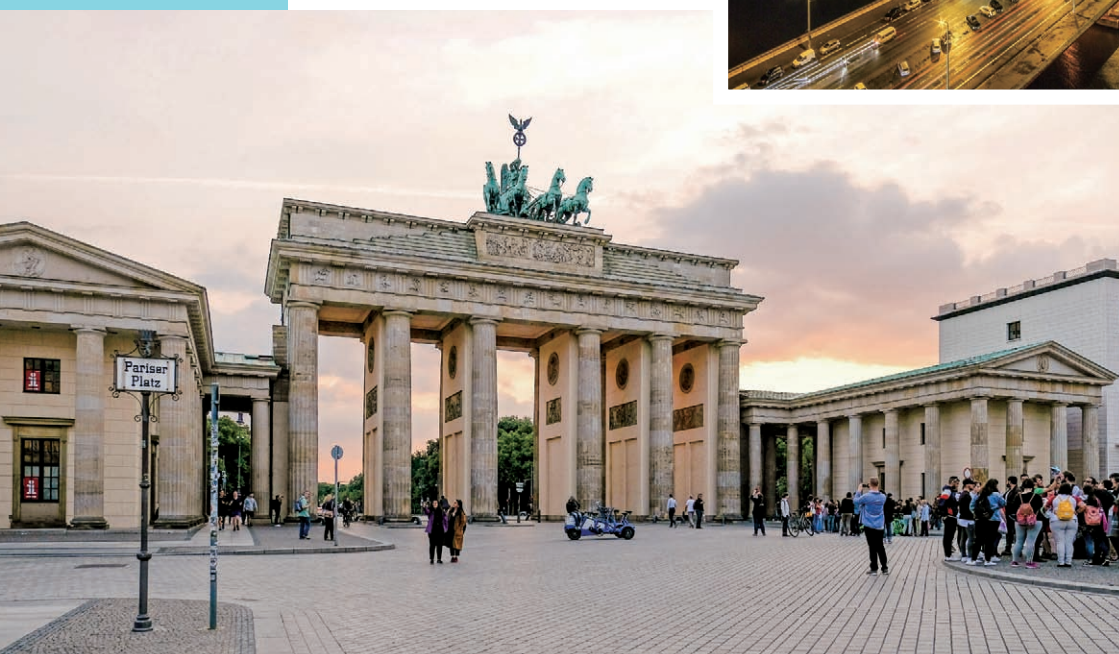
Lastly, no Berlin visit is complete without a trip to Museum Island; a UNESCO world heritage site and categorised as one of the best museums in the world.

In terms of food, Berlin offers a variety of cuisines, with countless delicious dishes from Vietnam, Japan, Turkey and, of course, Germany. Your kids will fall in love with fast food dish Currywurst - an irresistible

dish of fried sausage and chips covered in curry sauce.

For first time visitors, I would recommend staying in central neighbourhoods Mitte or Prenzlauer Berg, as most of the key tourist spots are close by and the districts are very well connected. For a place that feels like home, I would recommend the cosy 'art'otel berlin mitte', Berlin.

Family-friendly B&B Hotel Berlin Potsdamer Platz is an affordable and centrally located choice that is perfect for history buffs. For those looking to stay in the East, check out Schulz Hotel Berlin Wall at the East Side Gallery. They offer free WiFi and a lovely beer garden that overlooks the wall.



Good to Know

- art'otel berlin mitte - www.artotelberlinmitte.com
- B&B Hotel Berlin Potsdamer Platz - www.hotelbb.de/en/berlin-potsdamer-platz
- Purchase tickets for Berlin Zoo - www.zoo-berlin.de/en/tickets

Amalfi Coast – A Mediterranean Paradise

By Shanghai Family Editorial Team

The perfect ending destination for our great European tour

When it comes to Italy, often it is cities like Rome, Florence, Venice, Verona, Pisa and Milan that dominate the country's top-rated list of tourist destinations. But there's a lot more to Italy than meets the eye.

Just 72 km south below Naples – questionably home to Italy's tastiest pizzas – lies the beautiful Amalfi Coast. Perfect for those looking for it all, this 50-kilometre stretch of coastline offers plenty of things to keep the whole family entertained; whether it is relaxing on the beach, swimming in the sea, shopping, eating or experiencing ancient history.

The area's namesake, Amalfi, is a town rich with history as it was once a busy place for trading around the 8th and 9th centuries. Along with Sorrento, Amalfi provides the perfect 'home base' for either a long or short break as both offer easy transport options to neighbouring towns Positano, Ravello and Praiano, plus they

offer a vast range of lovely hotels, fantastic places to eat, and beautiful beaches.

Here are some of our top favourite things to do while visiting the Amalfi Coast:

Take a boat tour. This is hands down the best way to see and capture the Amalfi Coast from afar. In Amalfi Town, make sure to visit its stunning cathedral in the Piazza del Duomo and wander over to at least one of the gelaterias for a three-scoop cone! Go snorkelling in Punta Campanella to enjoy its turquoise, crystal-clear waters. Bumble through quirky Positano to shop for gifts and souvenirs from local handicrafts shops to extravagant boutiques.

Travel to Pompeii and see one of the most famous volcanic eruption sites in history (Mount Vesuvius) which left an entire city frozen in time. From Amalfi it is about 45 minutes in a taxi or two hours by bus. Visit Capri Island and explore its beautiful cave, the Blue Grotto. The ride from Amalfi or Positano takes about an hour and costs roughly €25 (191 RMB) per person one-way.

For a relaxing, convenient stay we highly recommend family-run Aurora Apartments as it's close to a beach and just 100 metres from Amalfi's town centre. For something away from the crowds, check out the Villa Concetta – a luxurious property that comes complete with its own outdoor pool, dining terraces, and is located just a short walk from the beach.

Good to Know

- Book tickets to enter Pompeii – www.pompeii-tickets.com
- Information on Capri Island boat tours – www.capri.com/en/s/tour-of-the-island
- Villa Concetta – www.villaconcettasorrento.it



Notoriously Luxurious Nice

By Ifrah Rafique

Assistant Editor



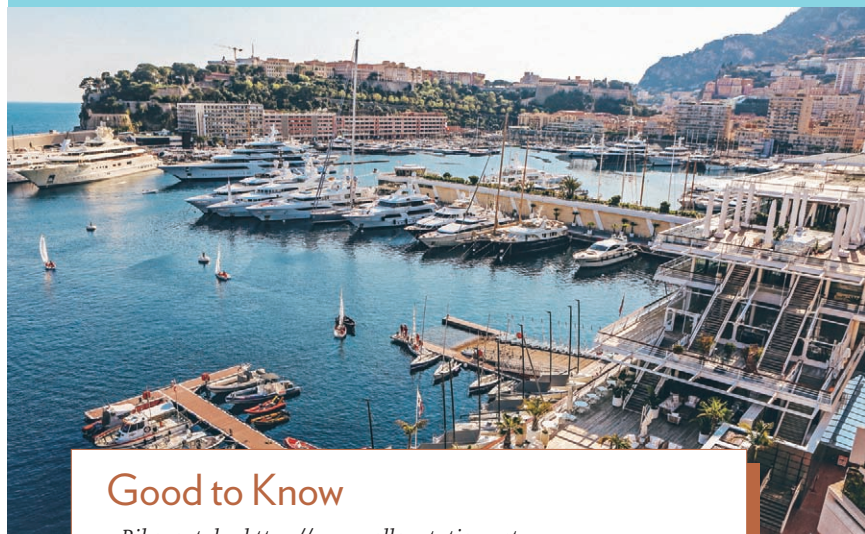
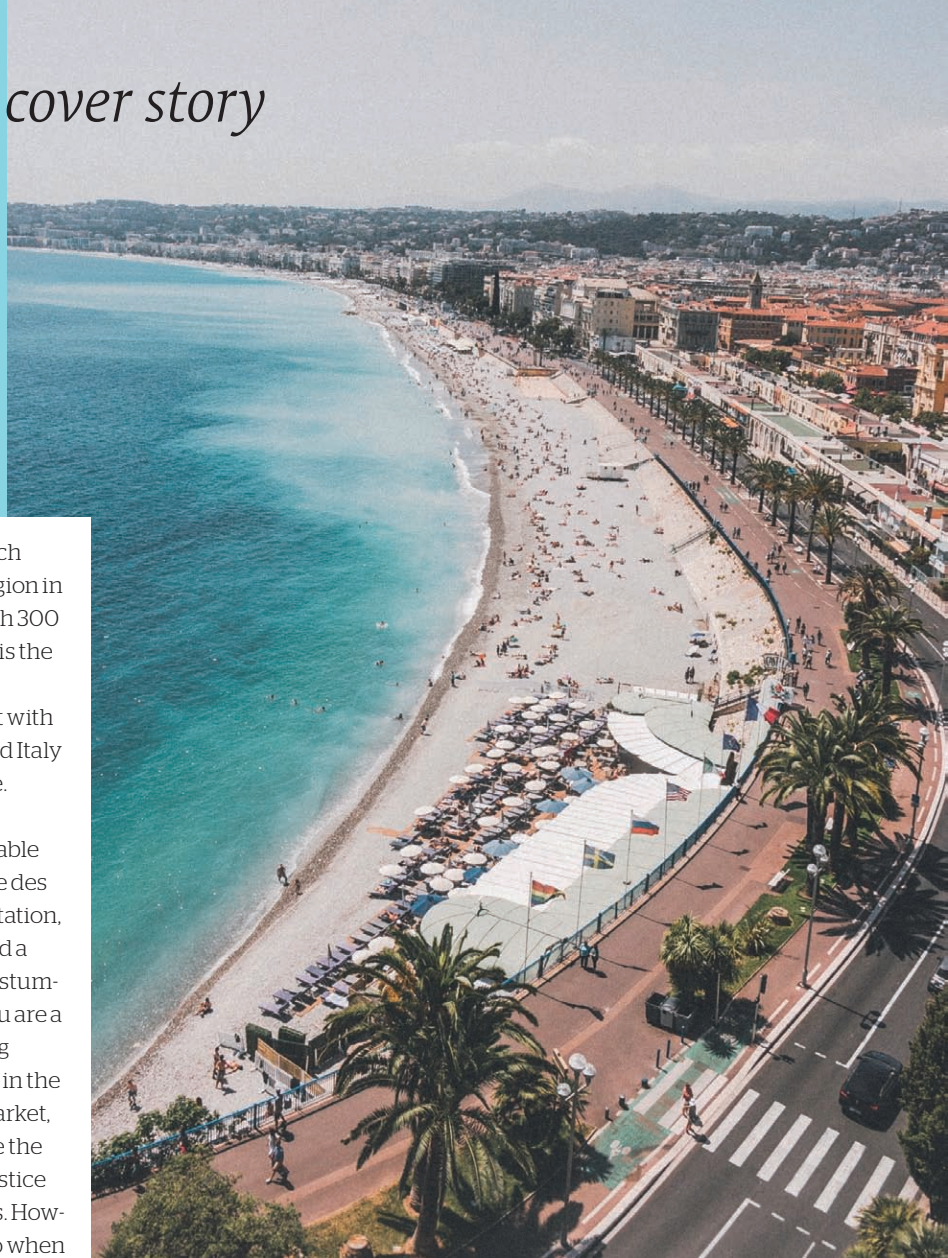
The Côte d'Azur, known as the French Riviera, is the scenic coastal region in the south of France, and, with 300 days of sunshine each year, is the ideal dreamy getaway. Nice is known for its glitz and glamour, but with cultural influences from both France and Italy there is more to the city than its lavish lifestyle.

Sightseeing around town could not be easier, with affordable bike rentals on the eastern side of the famous Promenade des Anglais. The easiest route for families is from the Roller Station, located on the Promenade. I went the extra mile and hired a Segway, then ventured into the quaint Old Town where I stumbled upon chic boutiques, restaurants and galleries. If you are a thrill seeker like me, follow a busier, more exciting cycling route north towards the enchanting mountains. Located in the centre of Old Town is the famous Place Saint-Francois market, where you can buy fresh fish on weekends. Saturdays are the perfect day to stroll through the Old Town to Palais de Justice where you can buy second-hand antiques and souvenirs. However, if you're feeling lazy (which, let's be honest, we all do when we're on holiday), take the road train or lift up to Castle Hill which has Castle Park and a kid's playground for your little ones to run around. There are also plenty of charming cafes where you can grab an ice cream and take in the views.

While in Nice, make the effort to hop on a 30-minute train ride and discover Monaco; which FYI costs less than a bag of oranges. Famous for the Formula One Grand Prix, luxurious super-yachts and the notorious Casino de Monte Carlo, here you can tick off visiting the world's second smallest country.

Treat your family to a traditional le pan bagnat (tuna sandwich) from La Gratta Keka, socca (a chickpea crepe) from Chez Pipo; or pissaladière (a baked flatbread) from Lou Pelandroun, all located in the centre of Nice.

Family-friendly Villa Nice Victor Hugo offers a perfect location, situated right by the Promenade des Anglais. Stay at La Perouse for breathtaking views of the Bay of Angels and complimentary breakfasts when you book online. Over 100 years old, the elegant Hotel Negresco offers a comfortable stay for those with fine taste.



Good to Know

- Bike rentals - <https://www.roller-station.net>
- Purchase train tickets to Monaco - <https://www.thetrainline.com/en/train-times/nice-ville-to-monaco-monte-carlo>
- Villa Nice Victor Hugo - <https://www.hotel-villa-nice-centre.com/en>
- Hotel Negresco - <https://www.hotel-negresco-nice.com/en>

By Amy Joseph
Assistant Editor

The Pearl of the Adriatic, Dubrovnik



It comes as no surprise that the famous English poet Lord Byron described Dubrovnik as the 'Pearl of the Adriatic'. Recently hot on every-

one's radar, Croatia's coastal city is eager to please, offering fascinating history, stunning architecture, gorgeously blue waters and wonderfully warm weather. Come and douse yourself in Dubrovnik's sunshine on the picturesque Dalmatian coast.

Stroll around the Old City, a port town since the 15th century and UNESCO World Heritage Site. Expect to find Gothic churches, Baroque architecture and charming plazas dating back to the Renaissance period, demonstrative of the city's

eclectic mix of historical influences. For a spot of shopping, head to the main street of the limestone paved Stradun, a fantastic example of their preserved Medieval history. Make sure to walk the city's Old Fort Walls to admire views of the city's terracotta rooftops over the dazzlingly blue Adriatic Sea.

Now Game of Thrones fans, it's time to get your geek on! Dubrovnik's Old Town was used for filming the hit series, so, live out your Jon Snow fantasies and take a themed tour of the real King's Landing. Don't miss the majestic Lovrijenac Fortress.

Take a cheap boat tour and find a spot of sand to call your own. There are countless beaches close by, it would be a crime not to visit them. The plush island of Lokrum is a mere 15-minute ferry ride away. Take a kayak in its crystal clear waters and

explore the rock formations of quiet, emerald lagoons. Full of peacocks and rabbits running around, this forested island waits to be explored.

Croatia gives Italian gelato a run for its money, so overindulge on cheap, delicious ice cream (we certainly won't judge you and your kids for that sixth scoop of the day). Due to its coastal location, be sure to try Dubrovnik's seafood. From black risotto to octopus salad, the fresh and fishy possibilities for your palate are endless.

Stay in the heart of the Old Town at Dubrovnik Old House, a quiet paradise just a stone's throw away from Stradun. And if visiting in the summer, be sure to stay at Apartments Villa Ankora as it has a seasonal outdoor pool and lovely rooms with beautiful views. **SF**

Good to Know

- Purchase walking tour tickets - www.dubrovnik-walking-tours.com
- Purchase ferry tickets for nearby Croatian islands - www.croatiaferries.com/croatia-islands-ferries.htm
- Dubrovnik Old House - www.dubrovnikoldhouse.com
- Apartments Villa Ankora - www.villa-ankora.com/apartments



feature

Great Journeys Come at Great Costs

Is tourism and social media-provoked travelling negatively impacting our planet?

By Ariana Crisafulli



If you're like me, nothing is more exciting than the prospect of an international vacation. Whenever a long holiday approaches, I rack up hours in front of the screen, checking out destinations, activities, accommodations, and flight prices, all the while imagining the magic of being in a new corner of the world (or even a favourite one visited before).

It seems I'm not alone in this travel frenzy. In 2018, there were 1.4 billion tourist arrivals recorded, a 6% rise from the previous year. In fact, tourism has been on the rise for decades. In 1950, there were 25 million international tourist visits, rising to 166m in 1970, and 435m in 1990.

Tourist flights are now in the billions, and these billions of arrivals are landing in a handful of top tourist destinations. In 2017, France received 87 million tourist arrivals, China received 61 million, Mexico saw 39 million, and Thailand saw 36 million; to name just a few popular places. And if you've ever travelled to The Great Wall during Golden Week, you will understand why a saturation of tourism in one location can be a problem.



First off, it's uncomfortable. For everybody. Overcrowding can make what would be a pleasant walk down a picturesque European cobbled street a bit of a nightmare. One might even choose to view the scene from the comfort of one's Airbnb instead of braving the crowds. But hiding out in a vacation rental may even be

causing problems. Homes that sit empty in anticipation for a tourist arrival create housing shortages, and the cost of the rentals may result in rising housing prices for locals.

Of course, a certain amount of tourism can be good for the local economy, helping to create jobs and bring in money. But when we start moving into the realm of *overtourism*, we begin to see the dark side of the industry.

Hannah Shipley, a 12th Grade student at Concordia International School Shanghai, points to the elimination of natural habitats, displacement of wildlife, and the destruction of the natural/historical beauty of an area when it comes to overtourism. And she's not wrong. Tourists contribute massively to single-use plastic pollution as one example. In beach destinations, tourists have been seen breaking off pieces of coral for souvenirs. The destruction is sometimes more insidious, with throngs of tour-

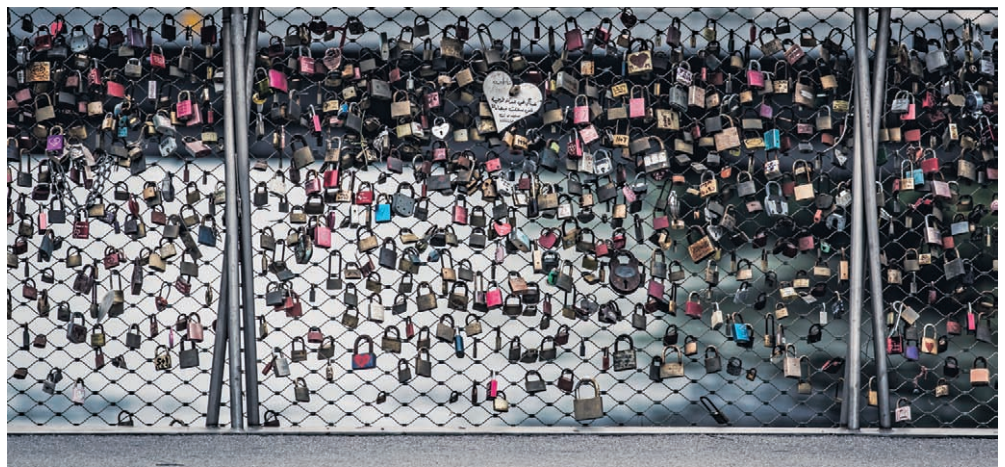
ists snorkeling while wearing sunscreen that destroys coral reefs. Some smaller places see millions of visitors per year, like Maya Bay in Thailand which was predicted to see 2.5 million tourists in 2018 alone. It was then indefinitely closed by officials in June of that year to allow the environment to recover from decades worth of damage.

Even in more urban environments damage can be felt. Ever heard of love padlocks? In some areas, these symbols of romantic love are causing structural damage to idyllic bridges around the world.

One of the major contributing factors of the rise in tourism is the accessibility of travel. Today we have dozens of digital travel services that allow us to create and plan personalised vacations, including setting up itinerary, transportation, and accommodation from the comfort of our couch. The popularity of budget airlines has also made travel more accessible to eve-



Hannah Shipley, 12th Grade student at Concordia International School Shanghai



*Kamdyn Thakur, 12th Grade student
at Concordia International School
Shanghai*

ryone. And of course, the ease with which we can view travel destinations is an important factor. When we scroll through social media like Instagram, Facebook and WeChat, we are bombarded with stunning pictures of vacation destinations and we think to ourselves (or out loud to

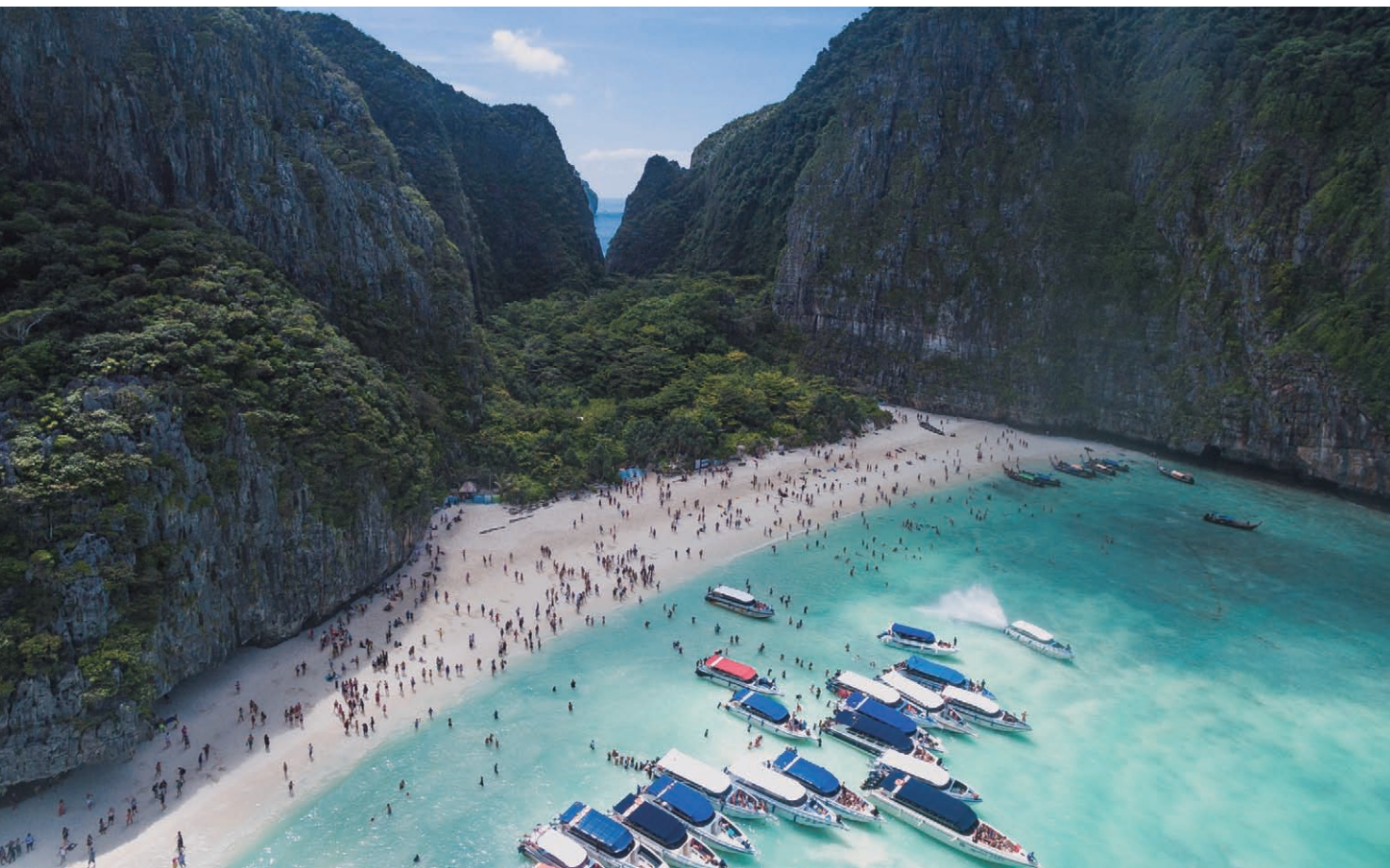
our partners), I want to go there! Because who wouldn't want to be in the city of love, planting a love padlock on a bridge with their partner?

What can be done?

The phenomenon of overtourism calls for more awareness around responsible travel. Kamdyn Thakur, another 12th Grader at Concordia, defines responsible travel as "being mindful of wherever you are and acknowledging that it is somebody's home." So, when you travel, do as you

would at home. Avoid single-use plastics, remember the five R's of waste reduction (reduce, reuse, recycle, recover, and residual management) and be sure to clean up after yourself. Hannah also reminds us that we can be even more proactive when it comes to responsible travel.

"My recommendation would be to try and make as little of an impact as possible when you travel and look for ways to possibly improve your destination. This could be as simple

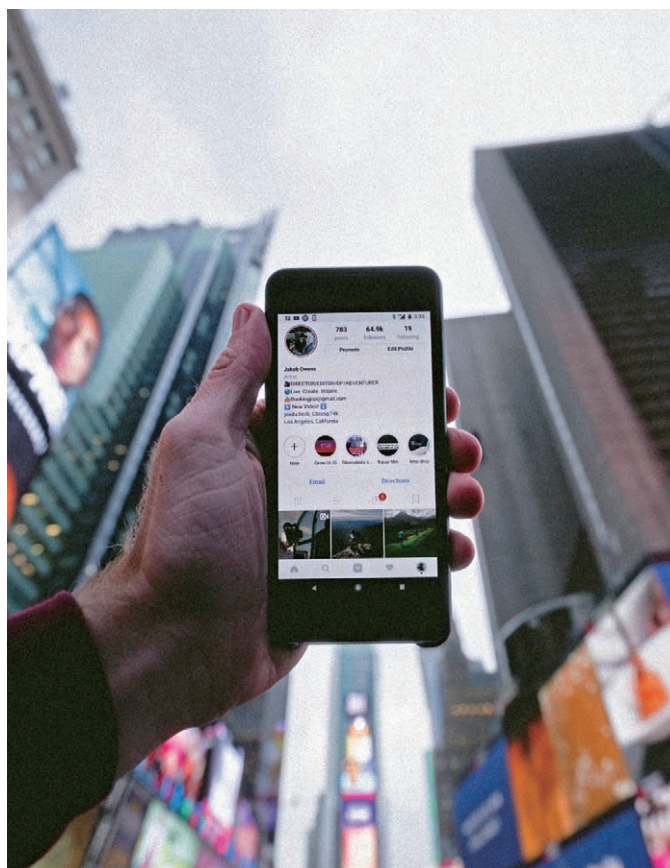


as picking up trash along the beach or in the water and throwing it away.”

The two students have plenty of suggestions when it comes to traveling responsibly. Kamdyn says we can try to offset our carbon footprint from flights by participating in programmes provided by certain airlines. “When airlines ask if you want to chip in a little bit more money to offset your flight, do it!” she says. This money will go toward planting more trees or similar programmes for reducing the carbon footprint. She also mentions that when she and her family go on vacation, they make a conscious effort to seek out eco-friendly activities. “We stay away from riding elephants and try to focus on sanctuaries or rescue places to see elephants or other animals.” Hannah suggests that we choose reef-safe sunscreen and to bring reusable items with us. When

she and her family go on holiday, they always try to stay at eco-friendly accommodations. “Some things we look for are places that avoid single use plastics, use solar power, recycle water, or feature salt-water pools.”

Both these bright students also believe that social media can be used as a force for good when it comes to travelling responsibly. In fact, it is one of the best tools we have for spreading knowledge and awareness, and these students are learning in school the best ways they can make a positive impact through social media. Kamdyn mentions a project she did recently in her Sustainability and Development class where she created a campaign for buying locally. She believes that this same method can be used to raise awareness about travelling responsibly. So, when you head to your next





travel destination and start snapping those Instagram-perfect travel photos, remember to throw in some messages about sustainability, the local environment, or the culture you are visiting.

On the other hand, sometimes the best (and hardest) thing we can do is to refrain from doing. We all want to show our friends and family the places we've been and the things we've seen, but the damage it could be causing is potentially too high a price to pay for the comparatively small reward of social media approval. When we post, it might be a good idea to avoid adding the location, or to refrain from posting our travel photos on social media at all. Why not instead choose to share these memories with friends and family in person and give an in-person account of your adventure!

Of course, the burden of sustainable travel is not one hundred percent on the shoulders of travellers. Local governments must also take up the reins of sustainability when it comes to the tourism of their country and the wellbeing of their citizens. Some cities are already taking steps towards

improving the industry. Bruges, for example, is ceasing advertising for day trips and limiting the number of cruise ships that can dock there. While Majorca is cracking down on unruly tourist behaviour, such as drunk and disorderly conduct, and other cities around the world are changing regulations on love padlocks, with Paris already having begun the removal process.

However, some think that these measures are not enough. Like all new phenomenon, it's hard - if not impossible - to judge the outcome of a new trend. But now that we have begun to see the effects of more accessible travel, we can do more than just address the side effects. Claudio Milano from Ostelea School of Tourism says that what we need to do is redefine tourism and how we understand it.

"For example, do we have gender equality in our tourist industries? Why are men always executives? Are jobs in tourism decent? What about the livability of local residents? It's a question at a political level about how we define and understand tourism," says Milano.

In the meantime, we can all do our part to change how we understand tourism and to think about our travels on a grander scale. How are we imagining ourselves when we set off to a new international vacation? As a spectator to a strange new land, or as a citizen of the world who has a responsibility to take care of the planet wherever we go? Too often we believe that, being away from home, we are embarking on a journey without consequences. Instead, we should be thinking about the impact we have and the opportunity for expanding our horizons and perhaps learning something new.

As always, it's the newer generations who will lead the way. The students of today are the ones who are growing up with a new and improved understanding of travel and our responsibility to the planet. I was delighted to hear the confidence in Concordia students who say they look forward to what the future will bring. With enthusiasm, Kamdyn says that her generation, "are going places and will make sure to be more responsible with our travel and find new eco-friendly ways for travelling in the future." **SF**

Good to Know

- *Places to find more tips on eco-friendly travel:*
www.worldnomads.com/responsible-travel;
<https://theworldpursuit.com/eco-friendly-travel>
- *Eco-friendly airlines:*
www.alternativeairlines.com/eco-friendly-airlines
- *Volunteer at one of these eco travel programmes in different global locations:*
www.volunteerhq.org/blog/top-eco-volunteer-programs
www.goabroad.com/volunteer-abroad/search/eco-tourism/volunteer-abroad-1
- *Check out Concordia's student-led project Bye Bye Plastic Bags Shanghai at www.concordiashanghai.org and the origin that inspired their project at www.byebyeplasticbags.org*
- *Quiet, low-tourism areas to visit in 2020: www.afar.com/travel-tips/23-off-the-beaten-path-experiences-for-serious-travelers*



The Future's Bright, The Future's Harrow

Pupils and parents of Harrow Shanghai discuss the rewards of a Harrovian education and the A Level curriculum *By Beth Roulston*

When walking through the corridors of Harrow Shanghai, whether through primary or secondary, it becomes clear as to why the school is **renowned for being a place of respect, academic excellence, polite British tradition, and strong family values.**

Pupils smile and tip their hats in a mark of respect to teachers and adults, and families sit in the school's cosy main reception to relax comfortably, catching up with friends over coffee. All in all, Harrow Shanghai surpasses many preconceptions that people may have of how a world-leading, educational institution should look and feel.

Putting the fact that it is **backed by 450 years of excellence in education** to one side, Harrow Shanghai continues to earn its

esteemed reputation each and every day.

First and foremost, through its excellent A Level curriculum, secondly, due to the school's unique university-preparation programme run by Higher Education Counsellor, Felix Baden-Powell, and thirdly because of its 'no-one gets left behind' attitude towards teaching and coaching. All of these strengths were reaf-

firmed by current Harrow Shanghai parent of two, Victoria, whose eldest previously studied at Harrow Hong Kong.

When asked why she chose Harrow out of all other international schools she replied that it ticked all the boxes: name, reputation, perfect for all three of her children, and the fact that it is known for going above and beyond.



"I chose music because I love it and am able to do that because of the A Level programme. So, me wanting to do specifically jazz guitar, here I get that specialist opportunity." Lower Sixth (Year 12) pupil, Mic

"When my eldest was applying to university, Harrow actually made the time to sit down and guide him on things like how to write a personal statement, and this is so important because children have got no idea. Children literally enter Sixth Form and then have to become an adult overnight."

At a time when school options are varied, and curriculums are beginning to get

increasingly more complicated, understanding which will work best for your child(ren) is crucial for their future success.

For young teens like Mic, a Lower Sixth (Year 12) pupil at Harrow Shanghai, A Levels were an obvious, if not perfect, choice.

Mic first discovered he had a passion for music through his older brother, who at the time had begun playing guitar. From there, Mic started furiously practising each day and quickly found inspiration through lots of other musical idols, further strengthening his love for the art form. Now, here in Shanghai, Mic enjoys playing in a local jazz club, run by a well-known jazz singer often seen performing in 'Heyday' one of Shanghai's most renowned jazz clubs.

Aside from music, Mic chose A Level computer science, due to his interest in game development and his desire to incorporate this skill together with music to become accomplished in audio engineering. Coming from an Italian family, Mic thought Spanish would add to his foundation of languages and enable him to smoothly transition into a Spanish-speaking country in the future, if that is where his career in music leads him.

Despite the fact that there are many young people like Mic who have a strong understanding of where their passions lie, there are parents who may feel disconcerted by the idea of their children narrowing their field of studies and selecting the best subjects for the future. This, amongst many, was one of the reasons as to why **Harrow Shanghai made the conscious decision to keep class sizes small, enabling more personalised, informative and supportive teaching.**

For Upper Sixth (Year 13) pupil Anakin, having small class sizes was fundamental to improving his grades and helping him realise his dream. Anakin expressed he felt many people are under the misconception that A Levels limit a person by making them focus on just three or four subjects and this was fundamentally wrong. He then explained that instead of learning a little about many subjects, **A Levels afford him**



Upper Sixth (Year 13) pupil, Anakin

the time he needs to put in quality study in depth without feeling stressed or overworked.

Having moved to Harrow, **Anakin discovered that his passion really lies in helping children, thanks to his teachers taking the time to get to know and understand his personality and their professional guidance.** Anakin finally chose to study physics, economics, and maths, as he explained they all require many of the same skills needed to complete a degree in child psychology which he hopes to study at univer-

sity. When you take into consideration that psychology requires you to be able to analyse large quantities of data in graph and chart format as well as plan, create and carry out experiments, Anakin's choices make real sense. Further affirming that he made the right A Level selections, Anakin happily announced that he has already received a conditional offer from his top choice university and is feeling excited about the future.

Perhaps the most remarkable characteristic of both Anakin and Mic, is how confident, happy, and content they both are even during one of the most 'stressful' years within a teenager's life. By treating pupils as intelligent, capable, and responsible adults and providing them with a solid platform from which to leap, Harrow Shanghai transforms a pupil's potential from good to exceptional; proving that being 1% better at a hundred things will always trump trying to be 100% better at only one thing.



Harrow Shanghai Open Day

There is no better way to properly get under the skin of a school than to see it in action for yourself and to meet the people that make it what it is. **With a superb first crop of university destinations, a dynamic leadership team and outstanding pupil progress,** there has never been a more exciting time to join Harrow Shanghai. Please scan the QR code to find out more or see the school's details below to arrange a visit.

Harrow International School Shanghai:

588 Gaoxi Road, Pudong, Shanghai

Contact us: +86-21-68818282 - 210/212

www.harrowshanghai.cn





Members of the 'SUIS Super League' Football Club reviewing the project's website



A Place to Be Heard

Shanghai United International School discusses its student-run group 'Student Voice' and how it provides a unique place for students to grow their independence and confidence.

The word 'leadership' can bring to mind a variety of images: An executive, developing her company's strategy to beat the competition. A political leader, pursuing a passionate, social cause. An explorer, cutting a path through the jungle for the rest of his group to follow.

As students progress through school, and indeed their lives, it is their personality that matters, a young person's future earning power is increasingly likely to be determined by whether or not they possess what we used to refer to as 'soft skills' but are now

deemed 'non-negotiable', 'essential' skills, rather than their exam results alone.

At Shanghai United International School (SUIS) Pudong, we place equal measure on the importance of both academic and personal skills as these enable our students to be future-ready, lifelong learners. Skills such as leading, being a part of a team, building resilience, and demonstrating commitment are necessary for life and they all require practise. We make the acquiring of these skills achievable through our 'Student Voice'.

The Student Voice is a student-run group. The students nominate themselves to join under three different divisions: Student Outreach, Student Welfare and Student Guidance. To help foster independence, our Student Leaders meet to plan and work on their own projects, with Student Voice Mentors (teachers or older peers) there to offer constant support and to meet with them monthly for feedback/progress reports. The progress is then fed back to the student body and parents via our newsletter and whole school assemblies.



Members of the 'SUIS Super League' Football Club gathered on the outdoor pitch



Entrance to Joy Zhuang and Kevin Xu's 'Light Bulb Club' creative workshop

At Shanghai United International School (SUIS) Pudong, we place equal measure on the importance of both academic and personal skills as these enable our students to be future-ready, lifelong learners.

At the moment, there are a huge range of projects underway, from student tutoring, football leagues, discussion podcasts, fundraising for breast cancer and orphanages, and website building to name just a few. Each of these projects is being led by students and they have free reign to do what matters to them; the only caveat being that it must enhance the community in some way.

One of the projects happens to be the **SUIS Super League (SSL)**, a student-organised sports event founded by **Billy Zheng** (郑家年) that hosts cross-grade tournaments inaugurated on the 4th of September 2019. Members of the SSL express that they hope to create memorable experiences for both students and teachers of SUIS through the common language of sport. The project saw more than 50 students from Grade 6 to A Level Year 2 compete in a series of football matches, including ten student leaders and volunteers for the organisation.

To educate viewers and participants on the reach and mission of the league, the project team developed and launched a functional website whereby match dates and times were regularly updated and shared.

It also offered an innovative livestream function to help students from around the campus actively engage in the events. The series of 13 matches produced two champion teams Grade 8 and A Level Year 2 during matches, and all players displayed excellent sportsmanship by respecting opponents and the referee.

Another project is the **Light Bulb Club**, an extracurricular innovation workshop founded by A Level student **Joy Zhuang** (庄子悦) and IGCSE student **Kevin Xu** (许珂). The workshop consists of three subject areas, Society, Art and Design, and Technology and aims to develop young SUIS primary students' skills within creativity, as well as other important skills for their future careers and personal development. Joy and Kevin's vision is that the workshop will provide primary students an opportunity to develop into unique, creative leaders.

In the Society subject area, the focus is to encourage students to be logical thinkers, inquirers, and to be caring leaders who are dedicated to shaping a better society. Technology pushes pupils to shape their daring imaginations into real inventions while learn-

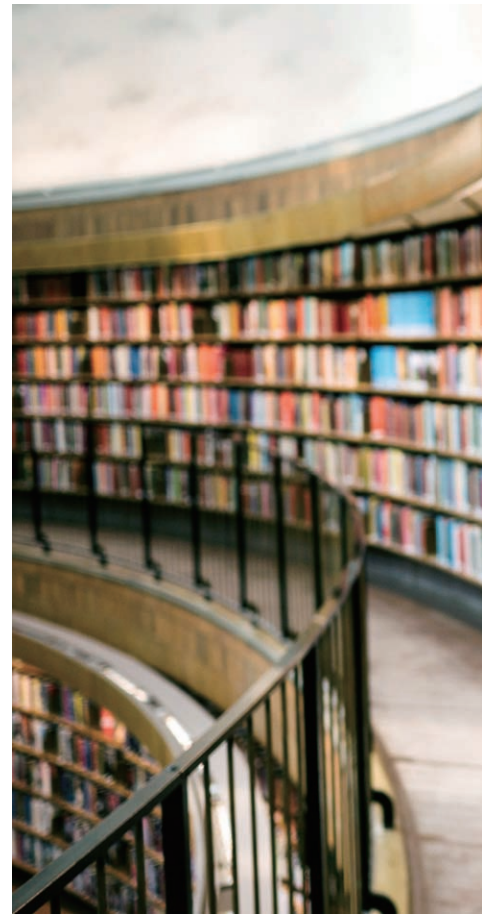
ing from their mistakes. While Art and Design inspires them to follow their own judgement of beauty, have the courage to express their unique styles, and be open-minded towards the different styles of others.

Joy and Kevin say that the Light Bulb Club matters because it is not solely an opportunity to make their college application sparkle, but more importantly it strengthens their sense of responsibility, communication skills, and patience.

"As secondary students, we learn to communicate with different age groups and in a different manner than with our peers. At school, we are responsible for ourselves, but here we are responsible for others."

Going beyond the curriculum and extracurricular activities, the Student Voice is a special opportunity for learners to discover the things they wish to achieve now and in the future. It is only when we give our students the space to independently uncover what is important to them that they begin to understand that they have the power within themselves to succeed in all that they put their mind to.





Skills for a Global Future

How globalisation is changing the educational skills younger generations need to thrive and survive in a global society

By Rebecca Shah-Harvey

Imagine the world 10 years ago; a world without video calling or beauty apps. Imagine 50 years ago; no internet or instant messaging. Or even 200 years ago; transport on horseback and no formal schooling.

Globalisation is an ongoing process that is shaped by economic, political, and cultural changes. Language, art and ideas have always crossed borders through trade routes and enriched societies. The Industrial Revolution and advancement in tech-

nology then accelerated the rate of these cross-cultural communications.

However, these changes have also brought negative consequences. Nationalisation is increasingly prevalent, as historically significant events such as 9/11 demanded discussions on how one's own sense of identity sits in a globalised world. In order to meet society's future needs, with all the challenges and uncertainty that comes with it, it is vital that children develop the necessary skills to thrive.

With the rate of technological advances, political, and cultural changes we cannot predict what jobs our children will undertake. Factory workers are being replaced with machines, train drivers with automated systems, and doctors with online diagnostics. Unlike workers of the past who trained in one industry and remained there for life, future generations are more likely to move across a range of industries over the course of their life.

Most adults today were educated in a time when the '3 Rs' of reading, writing and arithmetic were the focus. However, this narrow view of holding 'hard' skills in high esteem no longer meets the needs of our society. The job market recognises this, with employers stating that graduates, even from top universities, are not prepared for the world of work. Instead, they call out for transferable skills that can be applied across different industries. It is also these skills that can serve us as global citizens.



There are many models within educational research that are becoming more recognised and valued. The term '21st Century Skills' and the 'Four Cs' (Critical thinking, Communication, Collaboration, and Creativity) are increasingly being used with the aim impacting all disciplines. For example, critical thinking allows us to approach problems analytically, improve our thought processing and increase resilience in the problems we face, while oral and written communication skills continue to play a central role in our future and development.

In a knowledge-rich economy with an abundance of 'fake news', it is ever more important that we use skills in critical literacy to sift through the information we face. With social media, online learning platforms, and websites, such as Wikipedia, the possibilities of collaborative learning are endless. We understand that collaboration allows us to bring multiple perspectives to solving problems,

empowering people through meaningful interactions to create holistic results that benefit the majority.

Author Daniel Pink states, "The future belongs to a very different kind of person with a very different kind of mind—creators and empathisers, pattern recognisers and meaning makers. These people...will now reap society's richest rewards and share its greatest joys." (www.nea.org)

We can also focus skills within the paradigm of wellbeing, global citizenship and sustainability. As society has shifted, we aspire to a more balanced lifestyle, allowing us more time to focus on family, relationships and retaining good health. Sadly, this has also meant that our planet suffers greatly from detrimental environmental impacts, like the burning of fossil fuels, deforestation, and overusing plastic; and with people living longer lives and populations continuing to grow this will only get worse. Fast-forward a few decades and it will

Our world is exponentially growing in its complexity, diversity and uncertainty, which means that it is imperative that education and development is framed within the context of global skills. We must focus on providing all children with the foundations to embrace the problems they face as positive challenges...

be our children who will have to face the severity of these problems, that we the previous generation were initially responsible for.

Society also faces greater daily issues with intolerance. As anti-immigrant sentiment increases communities increasingly suffer from racism and marginalisation, exacerbated by walls being built and limitations on migration. Thankfully, language classes and access to various platforms of communication help to break down barriers and develop tolerance towards different communities around the world. So, how do we factor in well-being, sustainability and global citizenship into the skills our children truly need to function in society?

Our world is exponentially growing in its complexity, diversity and uncertainty, which means it is imperative that education and development is framed within the context of global skills. We must focus on providing all children with the foundations to embrace the problems they face as positive challenges, that way we can ensure that every child has the potential and opportunity to shape a more just and sustainable future. **SF**





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 3–18 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 11–18. 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 **31st January 2020**.

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

Immediate enquiries can be sent to editor@shfamily.com

Good luck everyone!

Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUMANIUWA

How to Survive...

Travelling with your Teens

There is nothing like a family vacation! Especially when it means constant moaning from your teens upon the realisation that they may be disconnected from social media for five whole days! While you try to explain your past life with your Nokia brick phone, you slowly come to think that this holiday may not be so relaxing after all. Don't worry. Try to ignore their whining, and read these tips that will help you on your next trip with your teens.

1) Going on a family vacation is a great idea, until you actually have to face figuring out where you're going to go. In this world of expat kids, it is quite likely that your teen has a fuller passport than your own. The LAST thing you really need to hear right now is "Thailand? Again? Really?" as you narrow down destinations, wrestling with the idea that your kids might be too spoiled. Sit down as a family and try to think of fun places you would like to go. Most of your suggestions will be met with the reply of "boring" as you go through the list - that is if they look up from their digital devices long enough to pay attention. Instead, you may want to suggest where you want to go in teen-relatable ways like: "did you know that Cambodia's Angkor Wat is super instagrammable?" or "everyone on Twitter talks about how awesome this spot in the Philippines is!" You may even get an audible grunt, which, if you do, will be your cue to book those tickets, kuaidian!

2) Packing can be another great challenge. Inevitably, it will be done at the

Instead, you may want to suggest where you want to go in teen relatable ways like: 'Did you know that Cambodia's Angkor Wat is super instagrammable?' or 'everyone on Twitter talks about how awesome this spot in the Philippines is!'

very last minute and you won't be quite sure if everything they are throwing into their suitcase is clean. Your main priority will probably be checking that the shockingly revealing bikini your daughter insists on wearing does not make its way into her luggage. Make your teen a list to help them pack the right things. Items like underwear, a toothbrush and deodorant may seem obvious to us, but remember to put it on the list just in case. If you are not clear with your packing expectations of your teen, you'll likely end up with a rollaway bag consisting of makeup, a laptop, their phone, an iPad plus chargers, as well as their wireless headphones and snacks for the journey.

3) Here we go, the most challenging aspect for sure - *screen time*. As parents, we often get frustrated with our teens face down, forever glued to a screen especially when there's beautiful scenery in front of them! You could ask your teen to leave their devices at home, but for some it

might be just be easier to ask them to saw off their right arm and leave that behind instead. The key here is compromise. Let them have their screen time during the dull moments like flight layovers or long car rides, but have them put it away during family time. Or, you could be a super awesome parent and declare when you arrive that you are all spending five nights in a hut on the beach in Sri Lanka and, no, there is no WiFi!

The one thing to keep in mind when planning a holiday with your teen is not to stress out too much. Set clear expectations of them when it comes to relaxing with the family, but also give them some freedom to remain in contact with their friends whilst you are away. Besides, the last thing you want is your holiday spoiled by a teenager freaking out that they are losing Instagram followers by the minute because of inactivity and that you have apparently ruined their life. Hope that expensive trip of a lifetime to Fiji was worth it! **SF**





University of Veterinary Medicine

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 University of Veterinary Medicine, Hungary.

University Website: www.univet.hu/en

Institutional Type: State University

Location: Budapest, Hungary

Average Cost of Attendance for non-EU/ EEA Students (including tuition, room and board, etc.): \$13,410 USD

Requirements to be accepted at the University of Veterinary Medicine, Hungary SAT/ACT/IB/A Level Score Range: Admittance is based on the university's entrance exam results in Biology, Chemistry and English, therefore no outstanding scores are needed from high school. Students can apply with a high school leaving certificate that enables them to enter higher education studies. IB students with HL in Biology and Chemistry can get an exemption from the entrance exam if they obtain at least a grade 6.

English Language Requirements (DET/TOEFL/IELTS): English language abilities are tested during the entrance exam in a written test and oral interview.

Is on-campus housing provided?

The university does not provide on-campus housing, however, the university has a housing service that helps students find a suitable apartment located nearby or in the heart of the city.

What is the average cost of off-campus housing for students?

Approximately 600-700 EUR (660-770 USD) or less if students choose to share.

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

There is a Hungarian state scholarship that covers tuitions fee for students from specific countries. The programme is based on bilateral educational cooperation agreements signed between the Ministries responsible for education in the sending countries and Hungary or between institutions. The list of countries and institutions is available here: www.stipendiumhungaricum.hu

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

- International students mainly choose to study veterinary medicine in Budapest because Hungary is known worldwide for its excellent medical education. The tradition of over 230 years mixed with the innovations of modern techniques and facilities gives students great professional advantages, regardless of the country they wish to work in after their studies.
- The university is located in central Budapest, so everything a student needs can be found nearby. As the capital of Hungary, with around 2 million inhabitants, Budapest is the cultural, educational, and economic centre of the country, thus providing a beautiful and historical environment for all visitors and inhabitants.
- Hungary is one of the most affordable countries in the European Union, enabling students to attend a Western university at a reasonable price. Budapest

is also extremely safe and secure, with very low crime rates.

What is the university renowned for?

As the only veterinary university in the country, everything related to the profession goes through the institution. Professionals who finish their studies here go on to work in zoos, small and large animal clinics, research labs and public offices. The university also has a wide range of veterinary-related research topics. In 2013, the university was awarded the prestigious Research University title for its outstanding research activity. Topics that are related to food chain safety, farm animal treatment and epidemics are especially supported.

In which countries are students able to work after graduation?

Every European country accepts the degree students obtain at the university. The preparation for the American accreditation has also started, where students will also be able to start working after graduation in the US and Canada.

What services are provided in helping international students transition into life on campus?

The university recognises the extra



International students mainly choose to study veterinary medicine in Budapest because Hungary is known worldwide for its excellent medical education. The tradition of over 230 years mixed with the innovations of modern techniques and facilities gives students great professional advantages...

pastoral care that international students need, so there is a plethora of student support services available to them. This includes administrative help for freshers, advice regarding accommodation and insurance, assistance with visas and residence permits, mental health counselling services, educational support services, a study-buddy system, groups to help improve learning techniques and overall support regarding life in Budapest.

What organisations and clubs exist that international students might gravitate towards?

The University has a student association called ISC (International Student Committee). The Student Secretariat and the ISC organise a number of events and activities for international

students. One example is International Day, which offers students the chance to introduce their nations' food, drinks, customs, and culture. The campus is full of life and the feast lasts until late. Equus Day offers an opportunity to relax after a dark, cold winter and prepare for the summer exam period, but also helps internationals build relationships and find a new family abroad.

What are the visa requirements for a student to remain in Hungary to work upon graduation?

Graduates need a job that provides them with a working visa in order to stay in Hungary. Finding a job as a vet in Hungary is not too difficult, but it is useful to speak some Hungarian as many animal owners do not speak English. **SF**



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Spotlight On:

West Nanjing Road

By Johan Prozesky

District: Jing'an

Cross Streets: Huashan Road and Changde Road

Nearest Metro Station: Jing'an Temple, Line 2 Exit 1

About: West Nanjing Road is one of the liveliest streets in Shanghai, known mostly for its world-famous brand outlets. Yet if you slow down and look a little deeper, there is much more to experience.

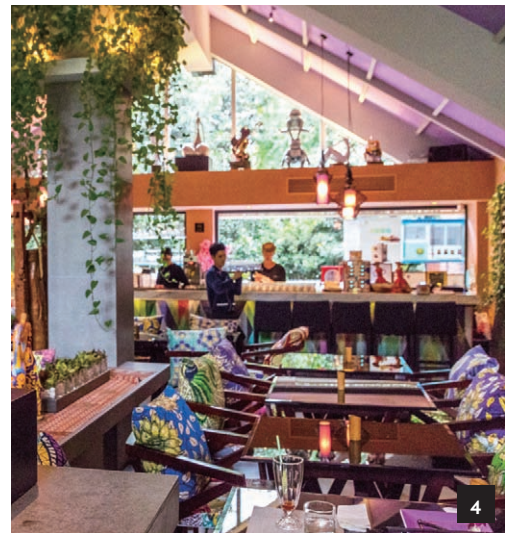
1. Forget that you are in a bustling area of Shanghai and find serenity at **Jing'an Temple**. Let your senses be captivated by visually striking architecture, the muted sounds of the city and the smell of burning incense, as you wander from room to room of their impressive courtyard. *1686 West Nanjing Rd; Tel. 021 6256 6366*

2. Catch your breath in this fast-paced neighbourhood at one of the smallest parks in Shanghai - the leafy **Jing'an Park**. See locals dancing, playing music and generally having a good time; a strange mix of energy and tranquility. Enjoy a relaxing stroll in an oasis in the heart of this dynamic district. *1649 West Nanjing Rd.*

3. Joël Robuchon, the world's most Michelin-starred chef, passed away in 2018, but his legacy lives on at the elegant **Le Salon de Joël Robuchon**. Grab a table on the terrace next to Jing'an Park and indulge in sophisticated French cuisine, with an Asian twist, whilst sampling their impressive wine list. *L 109 Réel Mall, 1601 West Nanjing Rd; Tel. 021 6019 6666*

4. Inside Jing'an Park, the brilliantly located **Thai Gallery** is known for its authentic Thai curries and great atmosphere. If the weather does not permit dining al fresco, try getting a seat overlooking the calming pond and park gardens. *1649 West Nanjing Rd; Tel. 021 6217 9797*

5. Amongst ubiquitous coffee shops in Shanghai, it is refreshing to stumble upon **T9 Tea Shop**. Selected from across the globe, you can try anything from Indian Darjeeling, Sri Lankan Ceylon Black, British Earl Grey, South American Yerba Mate to South African Rooibos, and everything in between. Feast your eyes on their award-winning packaging too. *L 118 Réel Mall, 1601 West Nanjing Rd; Tel. 133 9131 3969 SF*





The Trouble With Winter

How to keep your skin and hair looking their best during the winter season *By Beth Roulston*

Ah winter, I don't know about you, but, I have such a love, hate relationship with it. Sure, I love the excuse to wear a cosy woollen hat and cute, comfy jumpers but I despise being cold and what the weather does to my body. My skin is either too dry or too oily and my hair becomes brittle, flat and greasy. Ugh! Although, whilst in the UK, spending Christmas with my family, I noticed that my skin looked a lot happier, and my hair felt much softer and bouncier. Weishenme?!

Here's the thing, winters in Shanghai can be rough. Outside the cold, polluted air batters the face and hands, indoors we are met with air conditioning, and then to warm up we take hot showers. Sadly, it's all of these

things (and more) that cause our body to not look and feel its best. Hot air produced by air conditioners makes skin dry and prone to flaking, while excessive hot water use strips your skin of its natural oils, drying it out even further!

So, why did things improve for me when it was also winter in the UK? Firstly, indoor heating as opposed to using air conditioners - well there's nothing to be done about that! Second, water in other countries isn't recycled as often nor do they usually contain the same number of chemicals that China's water requires. Third, I used a different moisturiser. It sounds obvious but what your skin needs in summer is completely different to winter.

Here's the thing, winters in Shanghai can be rough. Outside the cold, polluted air batters the face and hands, indoors we are met with air conditioning, and then to warm up we take hot showers.

Take better care of yourself:

1. Purchase some decent comfy slippers. When your feet are warm you won't feel the need to have your air conditioner permanently cranked up to 30°C.

2. Invest in a water filter for the bathroom and try to take cooler showers. Trust me your hair and skin will thank you for it! FYI, I tried an inexpensive one from Taobao and it didn't help. Save yourself some time and hassle and just purchase a proper one. Greenwave do a variety of options including full water filters for your bathroom or more affordable shower heads with a filter attached. WeChat: Greenwave666

3. Ditch your summer moisturiser and purchase a winter one! My go to is Liz Earle Superskin Moisturiser which can be found on Taobao. It's cruelty-free, contains high levels of omega-3 and plenty of antioxidants.



4. Protect your immune system and take a multivitamin each day. Try to avoid fried foods and sugars... it will only make you feel worse. Warm root vegetable soups and roasted veggie dishes are high in nutrients, delicious and comforting, and easy to make! **SF**



Time To Treat Yourself

Start the new year as you mean to go on with a much-needed dose of R&R at DVA Boutique Spa *By Beth Roulston*



Hidden away from the crowds and sounds of South Shaanxi Road is DVA Boutique Spa, a quiet and tranquil place to relax and receive some TLC. Framing the entrance to DVA is its name written on a gold-plated plaque and gorgeous green vines, with beautiful flowers dotted around on the ground. Upon entering the spa, I was welcomed by its owner, Tina, a lady whose obvious passion for wellness and skincare is equal only to that of her love of people and community.

Over a cup of green tea, Tina expressed how astounded she felt daily by the number of her clients, both male and female, who fail to understand not only how to take care of their skin but how important it is. While DVA offers a fantastic range of facials, and wellness treatments including massages, waxing, manicures and pedicures, Tina emphasised that what they are most

proud of is their dedication to using natural methods and eco-friendly cosmetics.

"We of course offer the latest in skincare technologies such as Ultrasonic, a non-invasive sound energy that helps exfoliate and hydrate, and laser, but we prefer to deliver our treatments using a combination of signature hand techniques, naturally-made tools, and natural, organic skincare products."

On the day my skin was suffering from being dry and dull, so I selected DVA's Skin Hydrating facial (850 RMB) - a 70-minute treatment that aims to rid the skin of impurities and toxins, and give you a boost of hydration and vitamin B3.

After being relieved of my bags, I was guided to a warm, cosy room to change and make myself comfortable. My facialist then quickly pre-

While DVA offers a fantastic range of facials and wellness treatments including massages, waxing, manicures and pedicures, Tina emphasised that what they are most proud of is their dedication to using natural methods and eco-friendly cosmetics.

pared a variety of tools and cosmetics and politely requested that I turn over onto my front. Part of DVA's signature methodology is that all clients should have a 10 or 15-minute back and shoulder massage before paying any attention to the face. This helps to increase blood flow, relieve pain and blockages, and help you relax.

After my massage, the rest of the treatment consisted of five stages: cleansing, ridding of impurities, massaging, applying a hydrating mask and then moisturising. The massage felt amazing as she used both her hands and a guasha (a Chinese facial tool used to unblock lymph nodes in the face and neck) and the mask she applied felt deliciously cool against my irritated skin.

What felt like moments later, I walked out of my treatment room looking and feeling a thousand times better than I had walking in. Don't underestimate the power of a guasha facial massage! Thank you DVA I will most definitely be back again.

Xuhui Location: Lane 11, 186 South Shaanxi Road; 021 5465 7007

Songjiang Location: Lane 812, 900 North San Xin Road; 021 5761 8578

WeChat: Divalife15618940723

Website www.dvabspa.com



2020 Delights

Find inspiration on where to dine this February with our latest roundup of sensational Shanghai restaurants

Co Cheese 2

Just over five years ago, a small, cosy, unassuming bar on Jing'an's Yuyuan road opened called Co Cheese, and it quickly built up a loyal following. Thanks to its affordable pricing, friendly neighbourhood vibe and great soundtrack, people keep on coming back for more. But perhaps the biggest reason customers keep returning is for its delicious, grilled cheese sandwiches, created by owner Greg. Back in his native home Canada, Greg would experiment with leftover food from his fridge to make creative grilled sarnies, which he then turned into a successful business idea (I've been told that many of the experiments turned out well, but not all of them!). It's not the only place in Shanghai to get a grilled cheese sandwich, but, if you ask me, it is by far the best. Any list that tells of where to get the best grilled cheese in Shanghai that doesn't include Co

Cheese instantly loses all credibility with me. The good news is that Co Cheese has finally

opened a second location next to IAPM mall. This bigger space includes comfy banquette cubicles that seat four, a large communal table and a horseshoe-shaped bar. These are definitely nice improvements on the original, but what hasn't changed is the food! On offer are classic fillings like tuna, ham and bacon along with some Asian-inspired options such as the Hongshao (braised pork belly, soy, spices, mozzarella) and Thai red curry meatball with Gouda. I've tried most of the options and I have yet to find one I didn't like.

Beers are available on tap as well as wine and spirits. But a visit to Co Cheese isn't complete without a Pickleback, which is a shot of whisky chased with a shot of Greg's house made pickle brine which neutralises the burn of the whisky.

Address: 509 Nanchang Road (near South Shaanxi Road South)
Reservations: 131 2255 6050
Price: 100 RMB
Good for: The ultimate grilled cheese sandwich



La Mesa

There's no shortage of taco options in Shanghai, but La Mesa is as good a place as any to get your taco fix; along with a few other Latin-inspired street food options. I am a huge fan of concepts that like to keep things simple and focus on one or two things that they do well, rather than trying to please everyone; and La Mesa does just that! The taco list is extensive and divided into sections based on filling type - chicken, pork, beef, fish and what they call "Veggie" which appears to be vegetarian. Prices range from 28-38 RMB per taco, but they do offer 2 for 50 RMB which is a good deal. However, I am disappointed they don't offer larger options, as many people might want 3-4 tacos depending on whether it's for dinner or a snack. The two that cried out to me were the Matador (hash browns, fried egg, cheddar cheese and spicy beef... basically a breakfast taco) and the intriguingly named 'A Bone To Remember' which consists of slow cooked pork rib on the bone; this can be easily removed by squeezing the taco while pulling out the bone. Aside from tacos, there are also some salads, sandwiches, and burritos, as well tortilla chips with guacamole on offer. They don't provide cutlery, and that's a good thing as the mess is all part of the experience!

Address: 758 Julu Road (near Fumin Road)
Reservations: Not necessary
Price: 100 RMB
Good for: Casual / quick meal, beginning of a night out



Shake

The Shanghai food and beverage market is undoubtedly overcrowded, but Shake offers something very unique. Its supper club concept, inspired by 1960s New York establishments where patrons would spend an entire evening enjoying a nice meal followed by live music is a welcome change to status quo. From its opening three years ago, chef Danyi Gao has been heading up the kitchen with her unique fusion creations with dishes like Thai Beef Carpaccio (88 RMB) - wafer thin slices of fresh beef, with a Thai dressing consisting of peanut, cilantro, mint, fish sauce, calamansi, celery and daikon; which works surprisingly well even for this die-hard fan of the classic Italian version! We also liked the Sambal chilli potato salad with slow cooked egg (68 RMB) and the only thing preventing my two female companions



from ordering a second helping was that it was rather carb heavy. Needless to say, it didn't stop me! Bigger bites are available till around 9.45pm and there's a late-night snacks menu for night owls.

The cocktail menu is helmed by Colin Tait, who previously worked at Vesper - one of the top cocktail bars in Thailand. In keeping with its New York theme, cocktails include the Godfather Of Soul - a whisky lover's dream of Evan Williams Straight Bourbon, Laphroaig 10yr, Cynar, and Vermouth; something you imagine Don Draper would order when not drinking Old Fashioneds. Most cocktails are priced at 100 RMB which may seem expensive, but these are top shelf concoctions and don't forget you're getting live entertainment as part of the deal. If you prefer spirits to cocktails, they have a decent selection, especially the whisky range which has more than enough to cover most tastes.

Shake tends to be quieter early in the week but gets very busy closer to the weekends when the music also livens up. There can sometimes be a cover charge for big events or holidays so remember to book ahead.

Address: 3F, 46 South Maoming Road (near Jinxian Road)
Reservations: 021 6230 7175
Price: 200-300 RMB per person
Good for: Dinner, dancing, and live entertainment



Juju

Juju is the latest offering by serial restaurateur Mark Klingspon, owner of The Nest, The Cannery and also Rye & Co, with Juju being his first Asian concept in Shanghai, the concept being Korean BBQ. So, what's different about Juju compared to all the other perfectly fine Korean joints across the city? Well, for one, it is located at 3 on the Bund, but don't be fooled by the address. Juju is far from fancy, fine-dining. Think walls covered in Korean street art, loud 90s hip hop, and old school arcade machines (Donkey Kong, Pac-Man, and my 80s favourite, Asteroids). The menu is simple, focusing on its free flow meat option (288 RMB), which includes just pork and beef, and dishes like Korean fried chicken wings and spicy pork rice. In terms of beverages, it's 200 RMB for a three-litre keg and 50 RMB for Jinro Soju which comes in a variety of fruity flavours. Everyone should also try a Soju bomb, which involves simultaneously dumping a shot of Soju into a glass of beer and then downing it. The emphasis here is most definitely on fun, so, go with a group rather than as a couple. This would also be a great venue to celebrate a birthday for both the young and young at heart (I fall into the latter category).

Address: 2F, Three on the Bund, 3 East Zhongshan 1st Road
Reservations: 021 6330 5005
Price: 400-500 RMB including drinks
Good for: Casual fun with friends **SF**

family travel

Zhang jiajie

A Trip Into The Heavens

By Siobhan Brown





Upon arriving at Zhangjiajie Hehua International Airport, my husband, son and I met our driver and were quickly on our way to The Glass Cube Guest House. Once at our destination, our driver had the unfortunate task of balancing our heaviest bags on a bamboo pole while traversing the dark, steep cliffside, but he made no complaints and we gratefully tipped him.

Sunrise came early, thanks to the sound of a persistent rooster who, seemingly satisfied that his work was done, moved onto the next guest house once we rose from our beds and opened the curtains to greet him. That morning, we immediately set out to Zhangjiajie National Park, an area so immense (11,900 acres) it could easily take more than four days to cover.

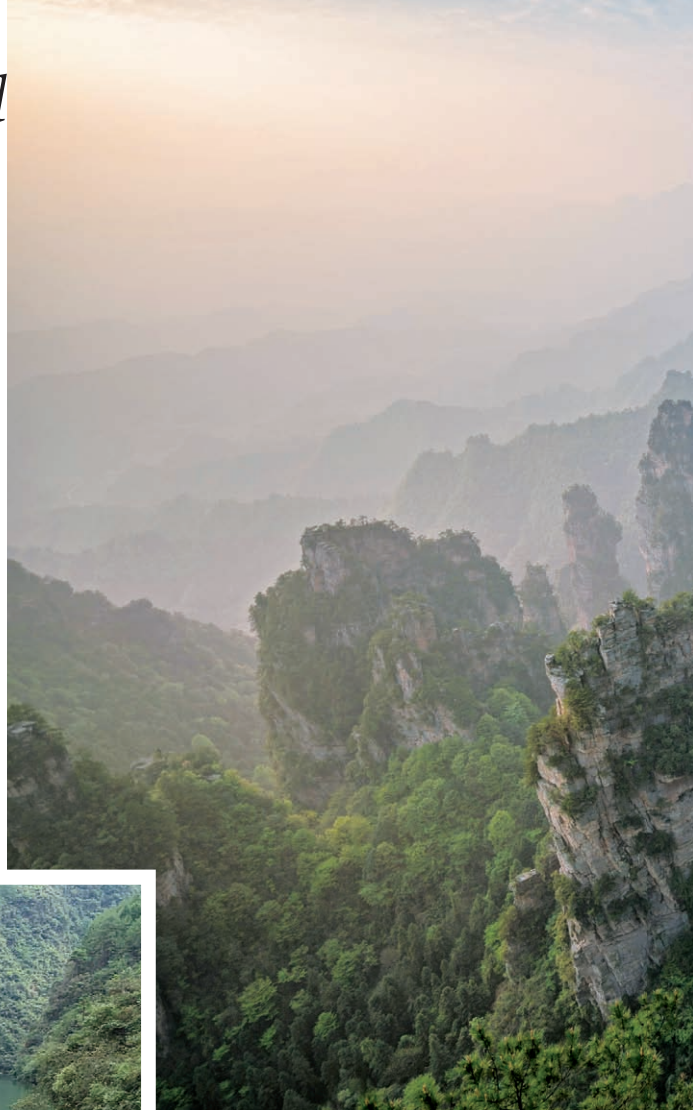
We left the throng of tourists and began our hike to Yuanjiajie. After an hour and a half we arrived at the top and were greeted by spectacular views of Hallelujah Mountain and The National Bridge. Not unlike James Cameron's movie *Avatar*, soaring mountain peaks jut out majestically from the countryside below. Resembling terrain one might discover on an alien planet, it quickly

became apparent as to why this area is commonly referred to as the 'Avatar Mountains'. It is truly surprising to find such a setting in deep, rural China.

Concluding our hike, we took the Yangjiajie cable car back down the mountain. Upon the arrival of a group of tourists, mischievous monkeys suddenly appeared in vast numbers, who then quietly stalked us along the perimeters of the walkways. We watched on as they accosted unsuspecting tourists and unapologetically liberated them of any and all snacks they were carrying. This totally reprehensible behaviour, for the most part, is completely forgiven given the fact that they are undeniably adorable. We accepted their continued presence but made our son promise not to pet one, for fear he may come out of the woods with less digits than he went in with.

The next morning, we set out with our driver for the Zhangjiajie Grand Canyon Glass Bridge, known as the highest glass bridge in the world and located just 45 minutes outside of Zhangjiajie City. After crossing the bridge, we donned a pair of gloves and some heavy duty butt padding and jumped into a stone slide that catapulted us down the mountain





and into the canyon below. There we wandered through lush vegetation and along a turquoise river that sparkled like untouched sapphires in the sun, past dark caves, and under rich green vines that cascaded down the cliffs like sleepy serpents. The whole scene was like a page torn right out of the Jungle Book.

Eventually, the path ended, opening up into the mouth of Baofeng Lake where we boarded a boat that slipped silently across pristine waters, barely creating a ripple in the glass like surface below. We sailed past waterfalls, canyons and rock

faces crawling with foliage and continuously marvelled at the captivating views surrounding us.

We then travelled onto Tianzi Mountain, where we found Hom, our guide, patiently waiting for us. His knowledge of the area proved unparalleled as he introduced us to some spectacular hidden areas that even the most seasoned guides were clearly neglecting. We also had the scenic spot entirely to ourselves, making it hard not to feel like we were the only people on earth. There we watched as the sun crept across canyons, casting long shadows on the jagged cliffs

above and below us and were in awe of how the green trees and shrubs stubbornly cling to the sheer rock face, determined to grow despite their precarious predicament.

After another cable car ride, we climbed to our guesthouse. Fall evenings in Zhangjiajie are nothing short of perfection, as the air is cool and crisp, with an ebony sky above blanketing you in an endless dusting of brilliant stars.

Over the course of our stay we enjoyed dinner outdoors every night, talking with backpackers, families, and young married couples who had come from all over the world to bear witness to Zhangjiajie's captivating beauty. It never ceases to amaze me how a shared love of travel can quickly turn complete strangers into lifelong friends; and our family was no different. Bonding



upward through the belly of the rock, we disembarked into shockingly cold temperatures, howling winds, and terrifyingly high views. The sky above and below stretched into infinity, while the clouds unnervingly floated beneath our feet. My stomach lurched as I peered down at the haunting mist and noted that the canyon floor was some 5,000 feet below. On more than one occasion, my son politely requested that I stop crushing his hand before he chose to abandon me altogether and accompany his calmer and more 'sure-footed' father.

Tianmen Mountain features endless walkways, bridges, temples, trees and cliffs. An entire day could easily be spent here, but truthfully, I doubt my nerves could have withstood a prolonged visit. Having hiked and walked almost 20,000 steps and seeing more mind-blowing views than we could possibly capture, we left for the cable car in the hopes of beating the setting sun.

with strangers through shared stories about our Zhangjiajie adventures, we all unanimously agreed that there is something truly magical about this remarkable place.

The last part of our journey took us to Tianmen Mountain, just a short one-hour drive from our guesthouse. Admittedly, I did a shocking lack of research regarding this portion of our trip, and for that I am grateful as I may not have come. We found ourselves boarding a bus that proceeded to make 99 (they have officially been counted) death defying turns along what must surely be one of the most twisted roads on the planet. The views took our breath away not only because they were stunning but also because these vehicles literally skim the cliff sides they bring you that much closer to the sights. Matching each other's hair-raising speeds, oncoming buses approached with

only millimeters to spare before soaring off in opposite directions, leaving you to wonder how both buses and drivers manage to remain intact without so much as a scratch.

Once we arrived at the top of the mountain, our bravery was immediately rewarded. There stood before us was one of the most celestial images I have ever seen and I fear any description I try to assign it will fail miserably. All I can say with any accuracy is that my spirit completely soared when I bore witness to the majesty of Heaven's Door. It is truly an otherworldly experience. We then slowly walked the 999 steps leading up to the mouth of Heaven's Door otherwise known as Tianmen Cave before stepping onto the world's longest escalator which proceeded to take us up to the highest peak of the mountain. After what felt like an eternity spent floating

Bonding with strangers through shared stories about our Zhangjiajie adventures, we all unanimously agreed that there is something truly magical about this remarkable place.

As the mountains grew darker and the magic slowly began to disappear, beckoning reality, I reflected on how fortunate my family has been to travel all over Asia and witness some of earth's most breathtaking scenery. With Shanghai proving to be the perfect base with which to launch our adventures, Zhangjiajie provided the perfect reprieve from busy city life. Offering exceptional beauty and utterly unique experiences, Zhangjiajie will forever be remembered as one of our favourite family vacations in China. **SF**

Good to know

- *Booking Flights: Spring Airlines: <https://en.ch.com>*
- *Recommended places to stay: Glass Cube House, Guihua Road Hostel, Easy Stay Mountain View, June Manju Hotel*
- *Save yourself the stress of organising a family trip and consider booking it with OKDealTravel who offer a range of Zhangjiajie tours. WeChat: okdealclub*

escape to...

Moganshan Solvang Village

By Johan Prozesky

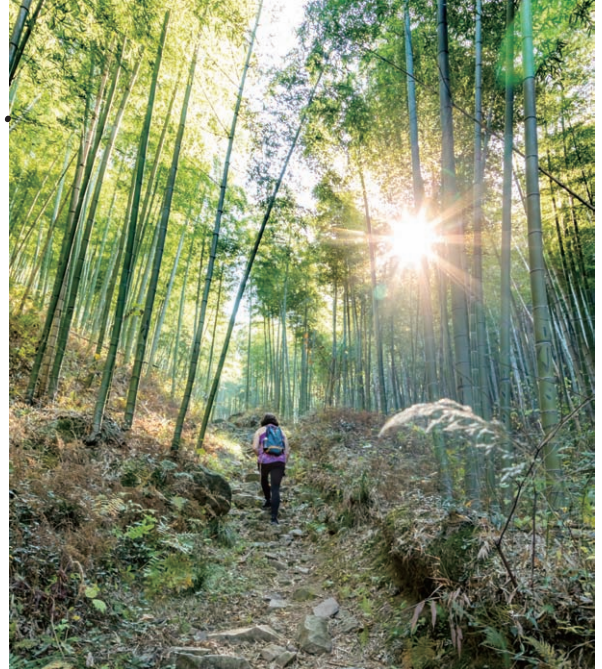


STAY

The crisp, clean air of Moganshan, or Mount Mogan, has charmed foreigners and locals alike looking to relax, hike and enjoy the scenic beauty for more than a century. The last decade has seen the area buzzing with exploding popularity. Amid the vast choice of lodgings in Moganshan, from basic guest-houses to luxurious 5-star hotels, family-and-pet-friendly Moganshan Solvang Village is a homely, informal mid-range hotel with double and family rooms, all equipped with bathtubs. It is run by warm and helpful English-speaking staff. The entire construction is done with local stone and timber using the traditional Sun Mao joining technique, where wooden columns and beams are individually shaped to form perfect joints, without nails. Sun Mao is a dying craft and its beauty lies in its simplicity. Solvang Village's surrounding bamboo forests create the perfect tranquil backdrop for some serious relaxation.

GETTING THERE

By public transportation, it takes two hours by train from Hongqiao train station to Deqing station, where, if arranged beforehand with the hotel, a driver will wait to take you to Solvang Village. The drive takes about 50 minutes.



EXPLORE

Footpaths meander the rolling hills covered with bamboo forests. Visit viewpoints, including the top of Moganshan Mountain and a waterfall in the rainy season, and wander through lots of serene forests. Alternatively, you can explore the area on a mountain bike rented from the hotel, or by paddling in a boat on one of the nearby reservoirs. If you are here simply to enjoy some peace and quiet, sit up on your hotel rooftop with a good book, or in the cosy lounge with a drink. Regardless, Moganshan Solvang Village is the perfect place to catch your breath from the hustle and bustle of Shanghai, either as a couple or a family.



EAT AND DRINK

Enjoy breakfast, lunch, and dinner with a range of Chinese and Western dishes made using local organic ingredients, including stone-oven pizzas. Cocktails, a decent wine list and a number of local and imported beers complete the delectable menu.

Address: 112 Xiangdao, Reservoir Side, DaZaoWu Village, Deqing, Zhejiang

Phone: 136 6189 4469 / 057 2866 7297

WeChat: 151 0219 2141

Email: booking@mogansolvangvillage.com

Website: www.mogansolvangvillage.com 

We Are Going Plaid

By Irene Vargas

Get 2020 off to a great start with these quick and easy style tips for the upcoming spring season!

All about the print

Plaid print has been around in fashion history for many decades, going all the way back to the 70s English punk rock revolution or even the classic 90s flannels. Originally called "Tartan", these interlocking patterns originated in the Scottish Highlands. The name "Plaid(e)", from the Gaelic word for 'blanket', was later introduced by British manufacturers and American textiles.

Why you need it now

This unique linear print is perfect as a fashion statement as it is bright, bold and easy to style. Try it out multiple ways like long asymmetrical skirts, slim trousers, and fitted coats. It's also a great way to reintroduce colour to your wardrobe.

What to look for

What is great about plaid print is that it can be very versatile. If you are opting for a more relaxed look try a cute flannel, some slim trousers or try the print on a fabulous scarf, or to dress it all up, go for a sophisticated tailored blazer and a matching skirt. Have fun and transform your winter coat, there are different sizes and colours available.



Ein
¥4290
ein.com.cn



Zara
¥199
zara.cn



Mango
¥399
mango.cn



How to wear it

→ **Office:** For your next girl boss look, search for a longer blazer with a matching skirt or trousers, paired with some heeled boots.

→ **Brunch:** Rock some brightly coloured skinny plaid trousers, a neutral-coloured blouse and some cute heels!

→ **Lady's Night:** Layer a romper underneath with a long sleeve shirt and some tights to keep you warm, pair it with some chunky heeled boots and a sailors hat to accessorise.

→ **Mix and match:** Mix different clothing with the same print in different colours and sizes, such as a coloured flannel, with plaid trousers and a jacket, this will create a compelling contrast. **SF**

Style Your Shape

Petite shapes: Go for a plaid poncho. You can dress it up multiple ways. To elongate your legs, try to belt the poncho at the waist and for shoes opt for some cute pumps.

Pear shapes: Blazers are your best friend. There's nothing more perfect than a well-tailored plaid blazer as it will accentuate your curves while giving you a strong, sophisticated look.

Busty women: Choose plaid prints that are not too wide, the thinner the print the more it will help to highlight your figure. Find the print on some slim trousers.

Tall shapes: Girl you can wear it all ways... it's just a case of finding the perfect print! Search for a long winter coat and style it with some rocking boots.

Keeping up with the Kalias

Interior designer and restaurateur Deepali discusses her family's journey to Shanghai while introducing us to her beautiful home

By Ailan Gates





Before calling Shanghai home for the last 13 years, Deepali and Sameer Kalia were in Jakarta, Indonesia and before that where they hail from; Delhi, India. Along with their adorable 10-year-old golden retriever, Khufu, Deepali and Sameer also have two beautiful children, Sohail(24) and Arushi(19).

I was extremely excited to be covering the Kalia's home having been told on numerous occasions by my eldest son Anthony that I would love it; you see Anthony and Sohail have been best friends since high school. As promised, I instantly fell in love with Deepali's timeless, expressive, and elegant home, and her embracing hug and wet kisses from Khufu cemented it all for me.

Whilst sat in their beautifully lit dining room and unashamedly dipping ginger biscuits into a delicious cup of spicy masala tea (one of my most favourite things to do on a cold winter afternoon!), I intently listened to Deepali describing her life's journey.

Deepali left Delhi when her husband, Sameer, accepted a position with a Japanese firm in Jakarta, Indonesia. But after constantly hearing from customers who were looking for sourcing opportunities in China, Sameer and Deepali decided to leave Jakarta after ten years to relocate to Shanghai. Since moving to China 13 years ago, Deepali and Sameer have not only continued to run their interior design and textile business that exports to North and South America but also managed to open four exquisite restaurants. This entrepreneurial zest for life has even rubbed off on their children to the point where their son Sohail decided to open his very own restaurant, "Barrio", after completing a Bachelors in Urban Planning in the UK.

When I asked why they decided to venture into the food and beverage industry, Deepali smiled and said it happened whilst walking around their compound one day with a neighbour who was by chance looking to sell his restaurant. Intrigued, Deepali and Sameer then decided to open their first restaurant 'Bombay Bistro'; now located on 158 Julu Road.

home & style



The Kalia's multi-story home, with its multi-layered spaces, high ceilings and wooden floorboards, is curated with the use of muted colours and soft materials and contrasted with the occasional bold flourish. Everything about the house reflects its owners warm and hospitable nature, from the Indonesian planter chair to the softly lit candles and Japanese painting of a busy market.

Each room flows to create a different mood, atmosphere and timeless appeal, like the sitting room which has been cleverly designed to not only host guests but also be a place for daily meditation. Soft light streams through the sitting room window from a streetlamp which is exquisitely framed by their Indian chest and soft pale pink chairs. While the dining room features a large Indonesian painting that complements Deepali's white dining chairs and table perfectly thanks to its hushed colours and soft strokes.

For me, the Kalias are more than entrepreneurs with a gorgeous home, they are explorers and adventurers, driven by passion, perseverance, discipline, creativity and determination. They have found their niche in this incredible city and will continue to leave a vibrant footprint for many years to come. **SF**

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





Get the Look

Steal the style with these fresh options for your home



Pergola coffee table
¥1792 (259 USD)
www.wayfair.com



Pale Pink lounge chair
¥5,045 (729 USD)
www.allmodern.com



2 Piece Square Wood Lantern Set
¥754 (109 USD)
www.wayfair.com



Bethzy Chesterfield Loveseat
¥5,140 (745 USD)
www.jossandmain.com

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ORIENTATION

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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 West Nanjing Road; 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 Road; 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.shanghaismamas.org

Pet Care

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SECOND CHANCE ANIMAL AID (SCAA)

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

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. 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 Road, near Huangjin Cheng Avenue (Gubei Area), Changning District; 5216 0830

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Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc, providing miscellaneous, transparent

community listings

diagnosis service to the pet owners. (FREE parking)
70 East Xietu Road, HuangPu district, Shanghai; Tel:
021-63333210, 021-63333211

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A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffeuring, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese.
> 15F of Anbao Building, 800 Dongfang Road; 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 Road (opposite to 704 Changle Road) 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 Road; 6248 8985 >73 Nanhui Road; 5289 0806; guidoo@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 Jinqiao and Hongmei outlets, and Daning provides a welcome escape for Zhabei expats. Gubei/Hongqiao > 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road); 5422-5119. Xuhui> 207-6 South Maoming Road (near Yongjia Road); 6445-6634. Xujiahui > Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, 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 Road (near Julu Road); 6248-1998. Xuhui > 2/F, Ferguson Lane, 378 Wukang Road (near Tai'an Road); 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 Road (near Tai'an Road), 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 South Maoming Road (near Changle Road, Metro Line 1 South Shaanxi Road Station Exit 3); 6253-2689; Changning > 2/F, 485 Guyang Road (near Yaohong Road); 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 West Nanjing Road; 6279 8682 > Kwah Centre, 4F, 1028 Middle Huaihai Road, near Donghu Road; 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 Road (near West Yan'an Road); 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 Road; Jinqiao Store: 262 Baihua Road; Xuhui Store: 86, Wulumuqi Road; Huacao Store: 219 Jinguang Road, 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 its 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 Road, near Changde Road; 68881913 >Pudong: Block 9, Summit Residences Clubhouse, 108 Shangcheng Road; 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 West Yan'an Road near Shuicheng Road, 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, Middle Wulumuqi Road, 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 Road; 131 6261 6359; Chelsea@bjorky.se; WeChat ID: Bjorky

CONCORD MUSIC

An international music school located in Gubei/ Hongqiao with an international faculty. Our bilingual music lessons for all ages are full of creativity, fun

community listings

and interaction. We promote making music together with your friends and family! Private 1-on-1 lessons include free ensemble opportunities. Current special courses: Summer Music Camp, Music Exploration Day Camp (every Saturday), Music Appreciation Class for Adults, Keyboard/Violin/Guitar/Pop Vocal/Jazz Vocal group classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803; 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 Road, 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 Road, near Weihai Road, 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 Road, Xujing; PAAShanghai@ista.co.uk

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, No 1078 South Pudong Road, 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 Road; 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 Road, near Hunan Road, 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 Road; 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 Road, 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 South Huangpi Road >Lujiazui: 6/F, Lujiazui Worldpath Clinic International Meeting Room, 399 Nan Quan Road (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 Road; 6445 0902 >Studio: 1A, Lane 180 South Shaanxi Road; 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 Zhennan Road, 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 Road, near Shuicheng Road >Minhang: House 5, 350 Jidi Road; 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 Road, 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 West Nanjing Road, 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@bisspuxi.com, www.bisspuxi.com

CONCORDIA INTERNATIONAL SCHOOL

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

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space, natural courtyard settings, roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful

community listings

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 Road, 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 a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong, 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 Road, 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 Road, 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. IBD 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 IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. 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@sis.asia; www.sis.asia

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. admissions@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 Road, Pudong District, Shanghai; Phone: (021) 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, 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 Road, 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 Longwan Road, Pudong, Shanghai, 200126; Tel: (021) 3158 0010, admissions.hns@huilieducation.cn; <http://www.huilieducation.cn/shanghai-nursery>; WeChat: HuiliNurseryShanghai

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all

community listings

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 North Zhang Yang Road, 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 Road, Pudong Campus 2: 588 Hongfeng Road, 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 Road (close to Hu Qing Ping Road), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: admission.whq@montessoris.com; Xuhui Campus: 21 Donghu Road, Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessoris.com; Jiading Campus: 1313 Xiwang Road, Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessoris.com; Minhang Campus: 3852 Duyuan Road, 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 Road, 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 Road, 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 Road, Xingyoucheng, F10-I1; 6481 0608 >Liangyang Centre: 301 Section A, Liangyang Plaza, 300 Fangdian Road; 61069109 >Changfeng Centre: L3-27/28, 196 Daduhe Road; 5186 0081 >Dahua Centre: B1, Third Place, 928 Zhenhua Road; 5661 6626 >Luwan Centre: 3/F, ASE Centre, 618 Xujiahui Road; 3356 5039 >Lujiazui Centre: 2/F, Shanghai World Financial Centre, 100 Century Ave; 5418 2260 >Shanghai Xinzhuanglibao Centre: Rm. 301-302, 3/F, Bulding 4, Dong Yuan Li Bao Plaza, 58 Xinsong Road; www.thelittlelegym.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 Road, 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 Road (near West Yan'an Road) >Pudong: 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road); 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@siyslchina.org; www.siyslchina.org

SPORTS FORCE

Sports Force is a joint venture-ship that specialises in offering professional sports coaching for international/bilingual schools as well as individual students. Their mission is to provide safe, fun and diverse activities for children helping them grow with an active lifestyle to become healthy and balanced adults. They currently work with multiple SISAC schools and private companies delivering hundreds of hours of coaching in various sports such as: Basketball, Volleyball, Cross-Country Running, Tracks & Field, Outdoor Tag & Running Games, and Yoga. Contact adrien@shanghairunforce.com; 186 1690 8035; WeChat ID: Runfast2day or patrick@aualstars.com; 180 1787 1712; WeChat ID: AAUSports

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 Road, near Jinshajiang Road (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 Road >Zhabei: 2100 Songhu Road, near Guohao Road; 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 Road near Gao'an Road; 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 Road, near North Zhongshan Road; 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.

community listings

1500 South Zhongshan 2nd Road, near North Caoxi Road, 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 Road, Expo Plaza; 5033 3053 > Minhang/Hongqiao: Unit 504, 5/F, Tai Hao Building (above City Shop), 3211 Hongmei Road; 6446 6766 > Huangpu SML: Unit 38-40, 3/F, Xujiahui Block, 618 Xujiahui Road; 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 Road; 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 Road (near Taiyuan Road), 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 West Guangyuan Road > Hongqiao/Gubei Centre: Rm. 508, 96 East Ronghua Road, 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 Road > Jingqiao: Suite 203, Bldg. B, 18 Huangyang Road > Huacao: 2/F, 372 Xing Le Road; 5228 0110, 5834 1378; www.horizonsprep.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 Road, Changning District; 6227 8161; shanghaixpattutors@mail.com; www.shanghaixpattutors.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 Road, 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 Road; 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 Road, near Zhenning Road; 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 South Xizang Road > Pudong, 1518 Minsheng Road, 80 Hanxiao Road, Jinying Building B, Room 1303 > Hongqiao, 211 Chengjiaqiao Zhi Road > Jing'an, Four Season Hotel, 6F 500 Weihai Road. 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 West Nanjing Road; 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 Road, 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 Road, Shanghai; Inquiry and appointment: 400 8210 277; Wechat ID: DeltaHealth_CN; 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 Qinjiang 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 West Nanjing Road, 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 Road, by Qianjiang Road. Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1F/2F, Suite 3, 99 Jiangwan Road, by East Yingao Road. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an): Suite101, 88 Changshu Road, by Changle Road. 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 West Nanjing Road > Specialty and Inpatient Centre 3F, 170 Danshui Road > Gleneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 West Nanjing Road > JinMao Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road; 24-hour appointment, 400-819-6622; www.parkwaypanlai.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 Road, 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. > B1-1F, 1398 Fang Dian Road, 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.uffh.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 Road, by Qingxi Road (Open 24/7); Shanghai United Family Pudong Hospital, 1598 New Jinqiao Road, by Donglu Road (Open 24/7); United Family Quankou Clinic, 8 Quankou Road, by Linquan Road (Open Mon-Sat 8:30am-5:30pm); United Family Fengshang Clinic, 689 Yunle Road, by Jinfeng Road (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 South Pudong Road, Shanghai; For 24-hour service, call 021 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

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 West Nanjing Road > Pudong: Decency Park, 1731-1733 Huamu Road; 400 920 0055

ALPHA DENTAL




orthodontics • invisalign
myobrace • dental implant
children dentistry • oral surgery
insurance direct billing

6270 2875
info@alphadental.cn
open daily 10am-7pm
except public holidays



Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are 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 Road, SOHO Tianshan Plaza Tower 1 Unit 206. Tel: 6270-2875, open daily 10am-7pm except public holidays, 24hr emergency hotline 13918111319. www.alphadental.cn

JIAHUI DENTAL



Dentistry

Mon-Sat, 9am-6pm
400-868-3000

community listings

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 West Nanjing Road > Jingqiao Medical and Dental Centre 997 Biyun Road; 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 West Nanjing Road > Jingqiao Medical and Dental Centre 997 Biyun Road; 24-hour appointment, 400-819-6622; www.parkwaydental.cn

PURESMILE ORTHODONTICS & DENTISTRY



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

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 East Fugui Road, Changning District > (Pudong) 228 Hongfeng Road, Pudong District; 6278-1181; Mon-Sat 10am-7pm, closed on Sundays; www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

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 Road; 5030 3878 > Puxi: 8F, Golden Bridge International, Jiangning Road, near West Nanjing Road; 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 Road; 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 Road; 3468 1328 > West Nanjing Road: 5F, 118 Qinghai Road; 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 Road; 5030 3878 > Puxi: 8F, Golden Bridge International, Jiangning Road, and 4F, City Plaza, 1618 West Nanjing Road, 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. > West Nanjing Road: 3F, 81 Jiangning Road (near Nanyang Road); 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 Road; 2330 2288; xintiandi.langhamhotels.com

DVA BOUTIQUE SPA

A tranquil sanctuary in the heart of Shanghai, DVA Boutique Spa on South Shaanxi Road reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session for his and her, a wax/laser treatment for personal care, or a manicure to prepare for an evening out, DVA's environmentally friendly, vegan, gluten free, and chemical free products will leave you feeling fresh, revived and rejuvenated. They have flexible membership and VIP packages to suit all budgets/ needs and able to customise for celebrations or special occasions. > Xuhui: Lane 11, 186 South Shaanxi Road; 021 5465 7007 > Songjiang: Lane 812, 900 North San Xin Road; 021 5761 8578; booking@dvabspa.com; www.dvabspa.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 Road; 2025 2308 > Jing'an: 193 Jiaozhou Road; 5213 5778 > Huaihai Zhong Road: 2F, 559 > Xuhui: 206 Xinle Road; 5403 6133; > www.dragonfly.net.cn

ECO & MORE

An Australian brand of 100% plant-based, chemical free home care and personal care products that are highly effective and guaranteed to be better for you and for the environment. Available at City Shop; www.eco-more.com

KARMA LIFE YOGA CENTRE

In an interior given a recent facelift by a famous Shanghai designer, you'll wonder if you are practicing yoga in a high-end resort in Bali. The studio, the city's first and largest, features world-class yoga instruction for practitioners of all levels. > Lujiazui: Pucheng Road Centre, 160 Pucheng Road (near Shangcheng Road); 5887 3121; www.unispa.com > Huangpu: 2B, 758 South Xizang Road (near West Jianguo Road); 5321 0688, 150-0003-0588; www.karmayoga.com.cn

PURE YOGA

This high-end yoga studio has a wide range of yoga classes and multiple practice rooms that allow for specialised classes such as hot and wall yoga. The facilities are top-notch with great, spacious changing rooms and several relaxing lounge spaces to help practitioners get into the right state of mind. There are complimentary refreshments and Pure Yoga has its own line of high-quality yogawear for sale. > Middle Huaihai Road: L6-615, IAPM Mall, 999 Middle Huaihai Road (near Xiangyang Road); 5466 1266; www.pure-yoga.com.cn

SUBCONSCIOUS DAY SPA

An eco-friendly spa that offers massages, facials, nails, waxing services, yoga classes, body treatments, and more. The Spa is committed to exquisite services, supporting local community and businesses, and promoting eco-lifestyle. Jing'an: 183 Fumin Road; 6415 0636 > Downtown: 458 Dagou Road; 6327 1193 > Jingqiao: B17-20 Green Sports & Leisure Centre, 633 Biyun Road; 5030 7382

ZEN MESSAGE

Tucked in a lovely old Shanghai lane, this massage spot is instantly relaxing. Enjoy fresh flowers, the use of imported oils, a selection of teas and entry through a garden, restoring balance to your mind, body and spirit. Learn more about their multiple locations at www.zenmassage.cn/en

SKINCITY 5.5

SkinCity 5.5 is a modern-day spa that focuses exclusively on skincare using international techniques and standards, offering a comfortable place to relax, refresh, and revive. SkinCity 5.5's modern interior design is urban chic with a subway theme to match its concept of helping guests get to "Destination: Wellness". The centre is fully equipped with water and air filtration systems and uses one-time-disposal tools and products for all treatments, meeting the highest standards for hygiene. > Jing'an: 476 Dagou Road, near Shimen Yi Road; 021 6340 1235; WeChat: skincity > Pudong: 633 Biyun Road, near Yunshan Road, Suite B19-20, Green Sports & Leisure Centre; 021 5030 7382; WeChat: skincitybiyun; bookings@skincity55.com; www.skincity55.com

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.

From multidisciplinary design studio, Gossamer comes a bespoke urban installation 'TETROMINOES' on bustling Yuyuan Road - offering a throw-back to the 80s. Playing on the repopularisation of iconic games and pop cultures, these unique geometric formations reimagine the dawn of the digital world to offer a playful space for creative exploration. Composed of varying arrangements of fluorescently coloured interconnected squares, TETROMINOES is the perfect stage for local bystanders and neighbouring primary school kids to capture Instagram-worthy selfies! TETROMINOES is designed by Gossamer and custom built by Nompoll. www.gossamer.design



To celebrate the arrival of Spring Festival, Hongqiao's most lively and interactive mall, THE PLACE, has transformed its ground floor into a giant 'Monopoly' board in recognition of the game's 85th anniversary. Here families can travel around the board in style on the Monopoly train, play lots of interactive games and win goodie bags full of fun treats. 10th January - 23rd February; THE PLACE, 100 Zunyi Road, Hongqiao



On 19th December 2019, EtonHouse International Education Group announced a new East China Flagship Kindergarten in Hongkou District set to open around September 2020. The new kindergarten will have a construction area of more than 4,300 square metres and adhere to EtonHouse's child-centred, inquiry-based approach to learning using its 'Inquire, Think, Learn' programme.





Zero Waste Shanghai led an informal community lecture on how to make greener lifestyle choices followed by a Chinese New Year party. Children and adults alike joined to contribute ideas on sustainable living, collected together on a shared graphic.



After 20 years of business on Julu Lu, renowned and unusual Japanese restaurant 'Shintori' closes its doors. Offering an alternatively romantic setting, for that rare yet welcome date night, thanks to its subdued, industrial-
esque décor and rich menu we are certainly sad to see Shintori go. We'll just have to watch this space to see what style of dining 2020 will bring to take its place.





The Joy of Teaching

Deputy Head of Humanities and Psychology Teacher at top A Level school Ulink College of Shanghai, Adam Romano, elaborates on the pleasures of being a teacher in Shanghai.

What first brought you to China?

Like many before me, I was at a point in my life when I needed a change of scenery and at the time China felt like it would be a great place to start an adventure.

How did you come to work in education?

Back when I was studying for my masters, I discovered that if I did some work as a Teaching Assistant the university would offer to fund my degree. Overtime, I found that I wasn't as nervous in front of people as I had anticipated, and I realised I enjoyed teaching. But it wasn't until I started teaching psychology that I really began to love what I do.

What do you find unique about working in education in Shanghai, and how does it differ to teaching in the US?

Honestly, the respect that teachers gain from students, parents, and the public in general in China is so much higher than

where I am from. I think I speak for most other teachers when I say that people often underestimate just how important, demanding, and challenging it is to teach and more importantly to teach well.

Ulink Education states that it 'prepares students to become global citizens with a Chinese identity', what does this statement mean to you?

For me, this statement means we help young students to feel better prepared for whatever challenges they may face studying, living, and working anywhere in the world, while also encouraging them to embrace their roots. It's about thinking globally and acting locally.

Are there any educational philosophies you have experienced in China that you think other countries could benefit from?

I feel that there is this tendency to make a

distinction between eastern and western education, when really what people are referring to are the newer, more progressive educational methods and the long-standing philosophies. I've seen plenty of international teachers educate in a very old-fashioned way and many teachers from mainland China teach in a student-centred, innovative way; so, it really is an incorrect assumption. At Ulink College of Shanghai, I have met lots of people who inspire others through their own teaching methods, which collectively helps us all become better educators.

How do you feel education will differ in fifty years' time?

Education is progressing all the time, so it's difficult to say. However, it's clear that learning will be less restricted to classrooms and the style as to how we as teachers educate will change thanks to modern technology. For example, I often record myself teaching elements of psychology and then upload these clips to YouTube. I also program simple computer games to focus students' attention and further develop learning skills.

You've been with Ulink Shanghai for ten years, what has been your favourite memory?

My highlight has to be suggesting and supporting the school to add A Level psychology to its curriculum. **SF**



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