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November/December 2021

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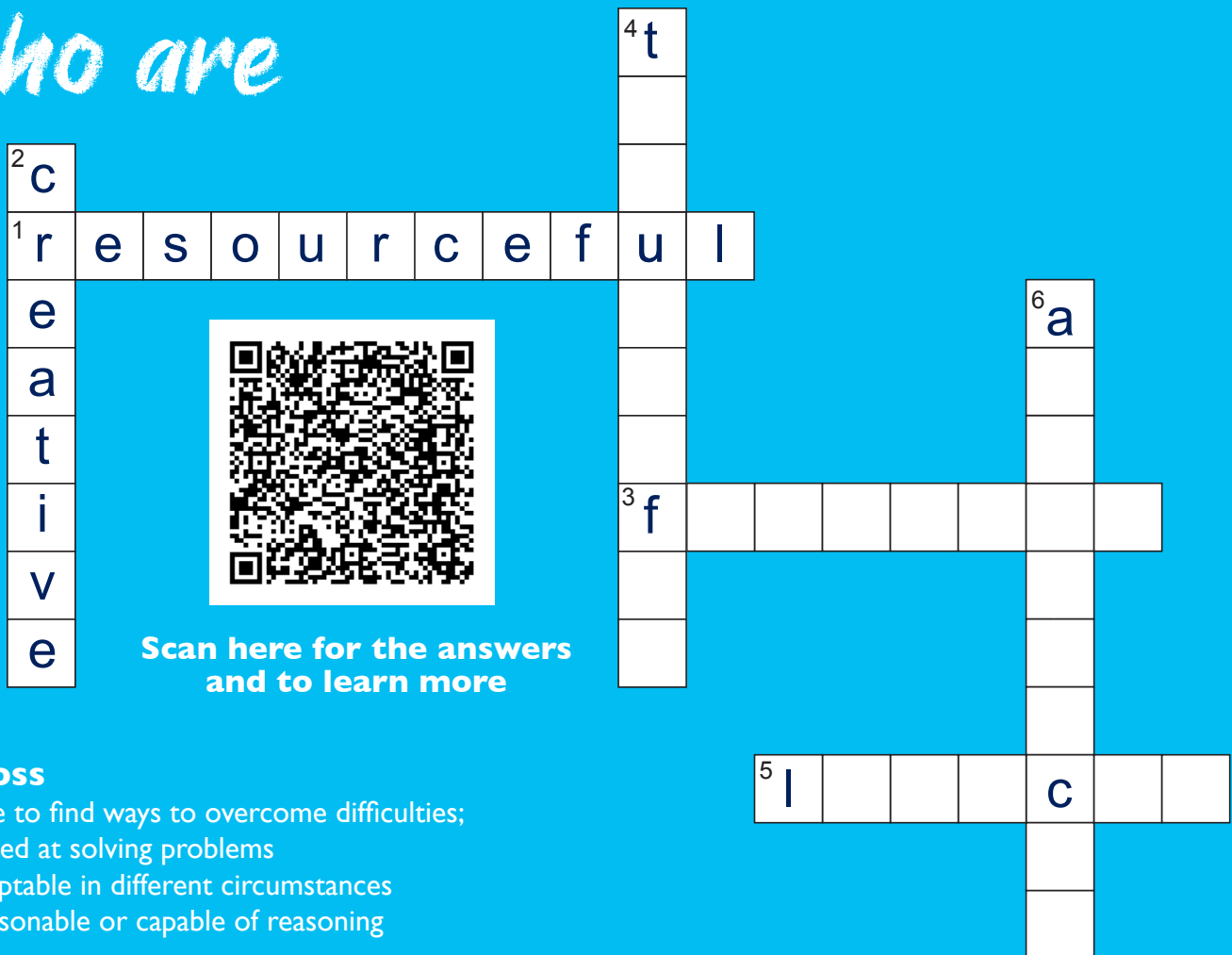
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5. Reasonable or capable of reasoning

Down

2. Innovative and imaginative
4. Careful in their consideration
6. Detail-oriented and critical-thinkers

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What are you most thankful for this past year?



COVID-19 vaccines!



Returning back to work!

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editorial team note



Gracing the cover of this winter edition are Year 12 Wellington pupils, Kayla Peterson and Cheryl Leung, doing a modern dance to the song "False Confidence". As we turn the **spotlight on performing arts (28)**, we look at schools and how they allow their students to excel in the arts. Just how important are the performing arts? We look at how the **performing arts evolved from entertainment to an education tool (16)**.

As we are inching towards the festive season, what better way to get into the holiday spirit than taking part in our **holiday giveaway (22)** where we have something special just for you, dear reader. Need some inspiration to feel festive? How about some **delicious homemade treats (48)** you can bake to share and spread the joy with friends! Maybe you need to **add a dash of colour (52)** to make your holiday wardrobe sparkle, or make your home gathering unique by adding elements of your **heritage (50)**. However, if festive gatherings are not your cup of tea let travel experts give you their **top destinations (54)** for a winter escape without the clichés.

With the year wrapping up, we are more than happy to unveil that the **2022 Student Voices competition has kicked off with the announcement of PETRONAS as our official partner**. The upcoming theme will be "Green Your Power, Power Your Future" focusing on sustainable living and renewable energy. I had the pleasure to partake in the announcement at the 17th School Expo with Lisy Lee, PETRONAS China Chairperson and Jenny Wu, general manager of Shanghai Family, Parents & Kids revealing the theme. This theme will allow students to explore, discover and imagine a net-zero carbon future, encouraging them to grow from dreamers to practitioners in order to create a better tomorrow.

Thank you for a fantastic year! We wish you good health and a great 2022!

Anabela Mok, Managing Editor
On behalf of the Shanghai Family editorial team



Let's talk:

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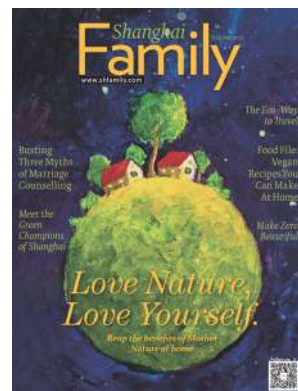
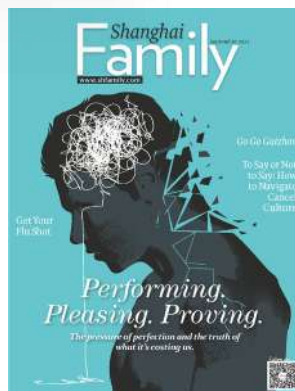
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Azul Italiano Opens in North Bund

Azul Italiano, the latest project by Peruvian restaurateur Eduardo Vargas, is bringing a flair of Mediterranean to Shanghai's food and dining scene, serving up classic antipasti, fresh seafood, handcrafted pasta and pizza in the upbeat Sinar Mas Plaza of North Bund. The menu of Azul Italiano is crafted by Venezuelan chef Willmer Colmenares, who joined AZUL & COLCA as executive head chef in 2020. The all-new, Italian-inspired menu of Azul Italiano is on the casual side and perfect for sharing with friends and family. Highlighting fresh ingredients and traditional Italian flavours, Willmer has also added some creative twists to make the dishes special. Azul Italiano also serves Neapolitan-style pizzas fresh from the oven in its open kitchen, featuring both classic and fusion-style recipes. Address: 3F Sinar Mas Plaza, 588 Dongchangzhi Road.



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



The Nutcracker Returns

As we are entering the winter festive season, why not get your tickets to the much-loved Christmas ballet, The Nutcracker. Unlike previous years, this year's performance includes a new media art team dedicated to introducing new media art effects into the performance. Taking place at the Lyric Theatre inside the Shanghai Grand Theatre, you can get your tickets via 247tickets. Ticket prices range from 180 RMB to 680 RMB. Children under 1.2 m are not allowed to enter, each person in attendance must have a ticket. Address: 300 Renmin Avenue.

Sam's Club Opens New Shanghai Flagship Store

Sam's Club opened a new store location in Pudong, and it is the largest one in Asia. It is over 70,000 sqm and home to the largest selection of new goods of any Sam's Club. This also includes a Sam's Health Club and Sam's Kitchen, a kid's area, wine, and cooked food area. They even carry the Beyond Burger brand. Address: 599 Wan'an Road.



Lotus Moon Opens

A new restaurant has opened on the Bund. Lotus Moon will serve fusion dishes based on Jiangsu and Zhejiang cuisine. The menu is designed to follow the seasons and uses the freshest of ingredients from both regions including yellow croaker from the East China Sea. Address: 25F, 1 East Jinling Road.

Concordia International School Christmas Bazaar

This year, Concordia International School's Christmas Fair will be held at the Ramada Hotel Jinqiao on the 20th of November. Expect plenty of artisans, vendors and games. It will be an afternoon of fun for all. Address: 18 Xinqiao Road.



Chili's Second Location Opens in Jing'an

The second Chili's location to be opened in Shanghai is at 152 Tongren Road (intersection of West Nanjing Road and Tongren Road). Unlike their Lujiazui location with panoramic views of the Bund, this latest restaurant and bar design brings the concept of a modern casual cafe and bar experience to the city. The zigzag pattern representative of the agave plant, which is a key ingredient of the tequila featured in Chili's signature hand-shaken margarita line-up, can be seen throughout the bright and cheerful restaurant and bar making it the ideal place to celebrate your everyday big and small moments. Address: 152 Tongren Road (intersection of West Nanjing Road and Tongren Road).



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school roundup



Wellington College Launched Dual-Language Programme

This year, Wellington College International Shanghai has introduced an all-new dual-language programme for its youngest pupils. With this ambitious pilot project, the College aims to create fully bilingual, biliterate and bicultural pupils through immersion in a dual Chinese and English learning environment. Pupils enrolled in this programme learn every subject, from maths to social studies, in both English and Chinese. Their second language is thus no longer just one of several academic subjects; it is a medium of instruction in the classroom all day. As a result, they not only learn both languages, they learn how to learn in the languages.

YCYW Scholarship

Nearing its 90th anniversary, Yew Chung Yew Wah Education has inaugurated a broad scholarship programme aimed at recognising and celebrating academic excellence and talent. It also seeks to create opportunities for outstanding students from diverse backgrounds to enjoy the benefits of a quality international education. The Yew Chung Yew Wah Scholarship Programme invites Grade 7-13 students from around the world to apply.



EtonHouse Authorised for IB PYP

On June 18, 2021, EtonHouse Education Group, Shanghai Campus were confirmed by the International Baccalaureate Organization (IBO), which means they successfully met the IBO global Primary Years Programme standards and practices requirements, obtaining the IB PYP authorization for high quality international education, and officially became a member of the IB World Schools.

EtonHouse Shanghai has been committed to creating an environment that supports students learning by inquiry. In terms of both indoor and outdoor facilities, the high requirements of IB are taken as the standard to support students to stimulate inquiry through play and child-led interest. EtonHouse Shanghai attaches great importance to children's choice, voice and ownership. There are English and Chinese teachers for each class, creating an immersive language learning environment for children to learn a second language while listening to children's voices more attentively.



Student Voices Winners Crowned

Shanghai Family, Parents&Kids, and HuMaNiuWa's second annual English speech competition wrapped up in October. This year's topic was "My Hometown." More than 400 students participated in the competition. The first place winners were Bella Pek from Harrow International School (elementary school), Charlie Hogg from Wellington College International (middle school), and Winnie Yichen Xiong from Shanghai High School International Division (high school). Congratulations to the winners!

The theme for next year was announced as "Green Your Power, Power Your Future." The 2022 Student Voices will be sponsored by PETRONAS energy group. Company experts will provide material about renewable energy sources for students as they prepare speeches. Follow our WeChat for more updates.

LUC Harvest Fest

Although autumn this year came particularly late in Shanghai, The Little Urban Centre's annual Harvest Festival is never late! The toddlers welcomed an organic farm onto campus to celebrate the changing of leaves, cooler temperatures, and a bountiful produce harvest.

Every family had a great time experiencing the farmer's market and enjoyed the carnival games as well as the autumn art collections.



Hongwen Celebrates Third Anniversary

This year marks the third anniversary of Shanghai Hongwen School, which opened in 2018. From the beginning, Hongwen has adhered to the motto "Student-Centered, Integration of East and West, and Elite Education." A celebration was held on October 22, and featured performances, including singing and dancing, recitation, calligraphy, stage plays, English musicals, group exercises, choir, ballet and more, performed by faculty and students. The day showcased the talent and drive of Hongwen students, and the hard work they invested over the past three years.



How the Performing Arts Help Our Children Grow

From entertainment to education. *By Ailan Gates*



cover story

The definition of the performing arts lies right in its name: the art of performance. But there is a much larger breadth of understanding to the simplicity. Performing arts includes a range of disciplines that involves the presentation of a creative work in front of an audience and examples of activities include musical concerts, dramatic shows, and dance recitals. The great breadth of these disciplines is classified as 16 artistic categories, listed below, which are then divided into a further 44 sub-categories: *Acting, Ballet, Choreography, Dance, Drama, Improv, Mime, Modern dance, Music, Musical Theatre, Opera, Pantomime, Puppetry, Professional Wrestling (weird right?), Stand-Up Comedy, Theatre.*

It's funny how such a broad concept can be divided into such niche forms, and how each separate art form comes with its own history, rules, methodologies, and figureheads. You can reverse the question to ask, "what can't be a performing art?" and in some way, "how are performing arts not already part of our daily lives?"

Where and when did the performing arts originate from?

The 6th century BC, also referred as the Classical Antiquity period of Greece, was a time when theatre began to emerge. The works of many great artists of this time would influence how we would produce our dramatic plays. "Oedipus Rex", written by the poet Sophocles, would be the beginning of theatre's attachment to using the narrative themes of ironic tragedies.

The Renaissance was a period that saw the rebirth of the classical world and welcomed in the lost teachings of literature and art, victims of the cultural ruin that was the Dark Ages. Starting in Italy during the 15th century, this time saw a revival of the performing arts. As ideas of old were

revitalised, new art forms were conjured in the cultural zeitgeist. One that stands greatly above the others is Baletti, better known now as Ballet. By the mid-16th century, the performing arts had expanded into different realms such as comedy and improvisation, which became popular. Others include Elizabethan masques, masquerades, music, and dance. Following suit of the trailblazers, but not to be outdone was William Shakespeare. His plays and theatre would come to prominence at the end of the century. He had ushered in a new era of performing arts.

Throughout the 17th century, opera began growing in popularity among the aristocracy in Europe that continues to this day. Mozart and his magnum opus Don Giovanni are claimed to be landmarks of the art form by the late-18th century. In the 19th century, a period when the performing arts had become accessible to all social classes, the Romantic Movement had begun. The likes of Beethoven brought forth the grand symphonies and the popular

demand for art brought along the introduction of gaslight theatres, burlesques, and minstrels. Ballet, which was once dominated by only men, saw the emergence of female performers.

German composer Richard Wagner, reinvented opera and paved the way to musical modernism through his concept of the Gesamtkunstwerk ("total work of art"), by which he sought to synthesise the poetic, visual, musical, and dramatic arts, with music secondary to drama.

A way to look at the evolution of the performing arts is as a scale of measurement that measures significant steps in mankind's ongoing process of living life with greater meaning. It can be proposed that the performing arts may just be a fundamental aspect of the human condition.

"I regard the theatre as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being." -Oscar Wilde, Poet





Positive impact performing arts have on children

Now let's move away from the big picture and focus on something smaller, specifically, our children and how performance art can play a positive role on their overall development.

Creativity lies at the core of the performing arts. It can help artists build strength in their self-confidence and develop a clearer understanding of identity. It also helps improve personal wellbeing, health, and overall happiness. The performing arts function as a tool for helping young children develop their character during the tumultuous time of adolescence, but it's also an outlet for releasing the pressures of studying. The creative experience that goes into developing the result develops skills in critical thinking, teaching children to interpret the world around them, form new ideas and opening new possibilities to think beyond what they already know. This essentially aids in optimal development. Creative expression in performing arts is non-prescriptive as it offers a world of possibilities and a heightened sense of world-perspective, allowing your child to dream whatever they want,

to see life in vividly rich colours, and to think big.

Researchers have found much evidence to suggest that participation in performing arts correlates to higher academic achievement and overall development. Nothing is more stimulating, exciting, riveting, and consoling than when a child is performing. It teaches them to look around and ask what it means to be human.

Educational theorists believe that the performing arts have a strong impact on the development of neurological and psychological development in children's health, based on observations of students who enjoy performing arts as part of their early curriculum. When children are exposed to art, whether it be music, visual arts, dance, creative movement or theatre, their neurons will be stimulated to develop new connections amongst each other. New pathways allow children to further recognize the environment around them with their five senses and through mirroring, it further develops a child's imagination and creative process. Performing arts is both an integral part of and the perfect companion to early childhood learning,

Speech and drama, art and dance, and creative expression, all allow young children to increase the development of socio-emotional and cognitive capabilities.

encouraging experimentation and discovery. Speech and drama, art and dance, and creative expression, all allow young children to increase the development of socio-emotional and cognitive capabilities.

Compared to the basic core subjects of maths, language, and science, the performing arts doesn't rely on traditional methods of teaching. It encourages self-expression within children, to better view the world around them through a kaleidoscope of brilliant colours. Language exists in its entirety regardless of whether students learn it or not, as everyone communicates in one way or another. The performing arts is all about the sharing of one's individuality. Maths and science are objective subjects, they exist without you, unlike the performing arts, which continually evolves throughout one's lifetime, constantly changing, adapting, and moving.

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."-Albert Einstein, Theoretical Physicist

When should your child be introduced to performing arts?

It's never too late or too early to get your child involved in the performing arts. Learning one of the various art forms gives your child the opportunity to develop the neural connections between left and right side of the cerebral cortex. This will increase their capacity for memory, attention, and concentration, helping improve their skills with reading, mathematics, and science.

This process is more prevalent in children under three years of age, as their maturing brains are sensitive to

external stimuli. In essence, their brains are like sponges, ready and open to absorb information without resistance.

When your child is involved in performing arts, they are introduced to new vocabulary and concepts which encourages the use of both their imagination and creativity, therefore enriching intellect.

It also has an extraordinary ability to develop social skills by allowing children to express themselves in a group setting. They will have the chance to interact and work with peers and adults. This process makes children more tolerant of others and less ego-centric. Their self-awareness, self-esteem, and personality steadily grows throughout this process of learning.

Speech and drama

Performing in front of an audience provides children with skills that endure far beyond the standing ovation. Drama is the portrayal of events through the performance of written dialogue for the sole purpose of being performed in front of an audience.

Social and Emotional Development: Taking on character roles for the theatre can help children with mediating, expressing and coping with their emotions. Creative play engages social development, aided by interaction with other children and caregivers. In performing arts, children will have the freedom to express themselves in group activities, an environment that encourages constructive criticism, the chance to understand the value of their own self-worth, self-esteem, and self-awareness.

Language and Numeracy Skills: Drama and theatre offer the opportunity to improve a child's language skills by script reading and line memorization. Music accelerates brain development as it is considered both a creative practice as well as a methodical one, exercising the two sides of a child's brain. Language acquisition improves mathematical learning and memory proficiency, leading to better academic achievements.

Physical Development: Creative movement and imaginative play foster children's physical development

*"If you get a chance to act in a room that somebody else paid rent for, then you're given a free chance to practice your craft."
-Philip Seymour Hoffman, Actor*

in both their sensory and motor skills. Various activities under the umbrella of performing arts offer children opportunities to exercise physical movement, such as playing a musical instrument, painting, dancing, and acting which improves motor dexterity.

Problem-Solving Skills: Speech and drama encourage critical thinking, problem-solving, and evaluation. When your child re-enacts their favourite stories or does a comedic impression of a person, they are using insight into how best to portray the characters they're playing.

Early Literacy Skills: Speech and drama make connections between the stories on the page and the words used to communicate. These connections are important as your child not only learns to read and understand the power of communication but will also develop contextual understanding of narratives.

Reduces Stress: Studies show that young children that partake in speech and drama courses show less stress at school when compared to children that aren't involved. This is because they are encouraged to express their feelings and emotions through the performance art activities.

Below is a favourite quote of acting students around the world from Constantin Stanislavski, co-founder of the Moscow Art Theatre, "Remember: there are no small parts, only small actors." This is a reminder that acting is bigger than one person and how acting influences the lives of many around us.



cover story

"Every child is an artist. The problem is how to remain an artist once we grow up."
-Pablo Picasso, Artist

Art

Art plays a critical role in child development. It is considered one of the building blocks of a child's learning. It engages senses by open-ended means, supporting cognitive, multi-sensory, and social-emotional development.

Refined Motor Skills: According to MedlinePlus, children should be encouraged to draw circles, squares, and stick figures in early childhood to develop their fine motor skills, which will aid in their ability to turn pages in a book, hold a pencil for writing, and to use scissors for cutting. Art is the creative output that provides development for all these skills.

Promotes Language Development: Communicating about art provides an opportunity for children to use comprehensive vocabulary. Young children can learn new words for colours, shapes, description, tools, as well as take the action to discuss their own creations and feelings behind their delightful masterpieces.

Strengthens Decision Making Skills:

The sheer experience of creating something requires critical thought and problem-solving skills. Children are encouraged to explore, experiment, and try new ideas in art. By allowing children to create and choose the process of their creation, they are learning invaluable skills that they will carry into their life as they grow.

Encourages Individuality and Uniqueness: Children are given many opportunities to express their character by taking creative risks in art. This allows them to be innovative, courageous, and provides the motivation to find new ways to be a better version of themselves.

Sharpens Visual Learning: Drawing, sculpting statues with modelling clay and threading beads on a string all develop visual-spatial skills, which are increasingly important in today's technology-driven society. Art teaches young learners how to interpret, evaluate, and use visual information. Even toddlers know how to operate a smartphone or tablet, which means that even before they can read, children are taking in information visually. This information consists of cues that are received from pictures or three-dimensional objects from digital media, books, and television.

Develops Cultural Awareness and Discernment: Teaching children about works of art by varying artist helps children understand that what they see may be different to someone else's interpretation of reality.

Enhances Academic Performance: Some studies suggest that there is a correlation between art and success in academic studies. It is believed that children who regularly participate in the arts are four times more likely to be recognized for academic achievement in mathematics and

science. They're also likely to win accolades in writing compared to those who do not participate.

"The problem is not making up the steps, but deciding which ones to keep." -Mikhail Baryshnikov, Russian classical dancer of the 1970-80s

Dance

Dance promotes healthy physical development. The National Dance Education Organization (NDEO) states, "Dance involves a greater range of motion, coordination, strength and endurance than most other physical activities."

From balancing on the toes to raising arms, dance requires full motion of the body, activating all muscle groups. In essence it's just a very creative workout. Dance provides opportunities to develop flexibility, fitness, balance, spatial awareness, muscle strength, endurance, aerobic fitness, coordination, kinaesthetic memory (muscle memory).

Children involved in dance activate their gross motor skills, involving their core stabilising muscles. Children develop flexibility, balance, coordination, range of motion, stamina, muscle tone, strength, and posture, all while having fun exercising.

Enhances Cognitive Development: Dancing improves young children's mental dexterity by developing sensory awareness that they learn through the art of choreography. They can even improve means of communication by learning how to project information with the use of their body movement, interpreting non-verbal cues from others.

Increase Emotional Intelligence: Dance offers the opportunity for children to develop their empathetic understanding of themselves and





"You can't use up creativity. The more you use the more you have."
-Maya Angelou, American poet of the 21st Century

tional outlet for children to explore creativity and individuality.

Develops Friendships: Music provides children with many opportunities to organise collaborative musical groups, such as joining a school band, garage band, choir, and more.

Every parent wants the best for their child and to provide them with outstanding opportunities for growth. Encouraging your child to pursue a love for the performing arts can help their development in so many ways. It allows children to make powerful connections, and to learn skills that extend well beyond their adult lives. Engaging deeply in music, dance, or drama inspires children to explore and cultivate their true talent whilst engaging their minds, body, and emotion into a collaborative and communal expression. Allowing children to express their individuality gives them licence to develop a sense of innovation and creativity whilst enhancing the multiple facets of their confidence and greater learning. Giving children the opportunity to get involved with performing arts in their formative years will give them unrivalled opportunities to exercise their brain, spirit, body, and mind. Allowing children to be a participant of the performing arts help enhance their neurological, social, and academic development.

As the curtains draw and the lights dim, I take a final bow to leave you with the words from the one and only Shakespeare, "All the world's a stage, and all the men and women merely players; They have their exits and their entrances; And one man in his time plays many parts, His acts being seven ages." **SF**

others, as motion through movement aids in expressing their feelings as well as helping to understand the body language of others. Performing in front of a live audience helps build self-confidence, which is a vital attribute in cognitive development. Teamwork is a key skill for dance troupes and recitals, as children will learn to listen, to be patient, and to understand their peers.

Dance encourages children to conquer challenges, to master complicated movements, and to understand the satisfaction of accomplishing goals. Through this they learn to be self-motivated, to persevere, to problem solve through experimentation, to not give up even when they fail, to accept critical feedback, and to move forward from it.

*"Music is like a dream.
 One that I cannot hear."*
-Ludwig van Beethoven

Music

Children of all ages respond to music. They sway, bounce, move their bodies in response to the sounds they hear. Children have an innate ability to feel music, just look at how lullabies can calm down a grumpy baby; it's a miracle how music can bring us joy. Children recognise the melody

of a song long before they understand what music is.

Develops Coordination: Playing an instrument requires children to use both sides of their brain. From reading music to coordinating movement, to how staying on tempo requires a simple mathematical count. It's quite an achievement for brain development. National Association of Music states that learning to play an instrument improves language, reading, and math skills leading to higher SAT scores for children.

Improves Self-Esteem: Learning an instrument has a far-reaching positive impact on a child's self-esteem. They learn that the investment of the time to practice can result in notable improvements of skill. They understand how dedication provides its own rewards. Confidence arises alongside self-esteem which has a far-reaching positive impact on all facets of their lives. No matter what, children always want to grow up to be rock stars.

Encourages Self-Expression: Learning how to play music is a safe way for children to express themselves. They can communicate their feelings and emotion through the medium, benefiting their overall wellbeing and health. It is an excep-

feature

Our Grand Festive Giveaway!

Feeling joyous and lucky? *By Ailan Gates*

It's beginning to look a lot like Christmas and thus keeping with Ellen Degeneres and Oprah Winfrey's outrageously popular tradition, Shanghai Family along with our incredibly generous vendors are happy to announce this year's amazing Christmas Giveaway!

Feeling lucky? From 1st December to 12th December, scan and follow your favourite vendor's WeChat or Instagram account. Screenshot it and post in your moments, with "I want this for Xmas!" Make sure that post hits a minimum of 10 likes to qualify to enter the competition. Take a screenshot and send the screenshot back to us on our WeChat: ShanghaFamily to enter our lucky draw!

We will notify the winners after the competition closes on the 12th of December and gifts will be sent out to you by our wonderful vendors. We would like to wish you all good luck and a very happy holiday.



Wang Qi Sh

Wang Qi Sh Cashmere has been involved in handmade cashmere products since 2008. The brand's most popular garments are cashmere sweaters, ponchos, scarfs, and blankets. Handmade cashmere hats, gloves, and socks are also available. The hand knit products are famous for being thicker and warmer when compared to mass produced products. Customers can order made to measure garments to suit their preference from size, colour, even detailing to copying other products.

The cashmere yarn is sourced from Inner Mongolia, with all products being produced within Shanghai. There are a variety of different qualities customers may choose from to suit their budget, from pure cashmere to cashmere mixed with wool or cashmere mixed with silk.

WeChat: wangqi0828

Address: Room 11, 1779 Dongchuan Road, Minhang District

Offer

One **EXCLUSIVE** Discovery Box including some of the most iconic and renowned wineries from our portfolio.

Magnum Wines

Founded in 2008, Magnum Wines has built one of the most distinctive and qualitative portfolios of fine wines in China, directly sourced from the very best domains and artisan winemakers in France, Italy and Germany.

With long-term partnerships with high-end hotels and Michelin starred restaurants throughout China, Magnum Wines serve as a bridge for connoisseurs to discover wines full of soul and personality.

Instagram: MAGNUM_WINES_CN



Offer1

15% off any of FD Academy Soccer Programmes

Offer2

Exclusive **FREE** 1-on-1 private training experience with an FD Academy Elite Coach

FD Academy

FD Football Academy offers young players a chance to play and learn football, all under the guide of professional coaches. The programmes offered enhance players' athletic ability, and help develop life skills like teamwork, strategic thinking, and perseverance. The coaches challenge all players to improve, as well as encourage them to become the best at what they can be and to find pride in their achievements.

All programmes cater to children aged 2 to 16 proficiency to challenge them to keep improving. The curriculum is designed to teach players the key fundamentals of football, focusing on technical, tactical, physical, and psychological development to maximize their full potential, as well as help them learn new skills, make friends, and have fun.

WeChat: FD Football
Instagram: fdfootballacademy
Website: www.fdshanghaiacademy.com
Address: Mingdu Sports Park, 620 East Hong Road (Puxi); LSports Park, 735 Qiantan Avenue (Pudong)



EM Selection

EM has been in operation for over 5 years and focuses on imported swimwear, cover ups, clothes, apparel, and fitness wear, with an emphasis to accommodate every female body. The specialized service caters to all different body shapes and needs. The main objective at EM is to empower women, to make them feel beautiful and confident, as well as celebrate the skin they're in.



Offer1

Swimwear voucher

Offer2

EM Selection beach cover/scarf

Selective suppliers who work with international brands that guarantee exceptional quality are utilized for all the products. Market trends are followed closely to help EM select fashionable products that cater to their customer's personal taste. The core value of the service is to provide products of the highest quality that every customer will feel good wearing.

WeChat: EMSelectionOfficial
Address: 1185 West Beijing Road, Jing'an District



Offer
SEVEN&ME -
Espresso
Machine with
Milk Frother

TEK-Shanghai

TEK-Shanghai is an English-speaking personal technology expert. A team of engineers are committed to delivering exceptional customer service, genuine products, and technology advice aimed at making customers' lives easier. English-speaking engineers provide exceptional care, for either at-home services or at one of the TEK-Shanghai stores. Whether it's a broken device, setting up fast Internet at home, or to gain access to watch a favorite TV show from a home country, TEK-Shanghai has its customers covered.

WeChat: TEKShanghai

Address: 80 Wuyuan Road (Puxi); 1134 Biyun Road (Pudong)



Offer1

"New in Shanghai" - deep
cleansing & rebalancing
facial valued at 880 RMB

Offer2*

Bring along a family
member and enjoy a free
customised organic
facial

Sanctuary Spa

Sanctuary Spa is a skincare specialist, offering customised organic facials that resolve common skincare issues. Known and loved for their professional yet personalised care, Sanctuary Spa's signature extraction technique and clean products can help ensure strong, healthy, and glowing skin. Medically trained co-founder Lisa Young continually collaborates with a team of scientists in the USA and Germany to commission the spa's own line of products that are safe and effective for all skin types.

***Offer 2:** same or lower value. Invalid with other promotions/membership discounts. Only valid until January 31st, 2022.

Address: B1-70, Metrotown, 890 Changning Road

WeChat: su-hing



Offer

Big Plate x6 pieces
Campo Collection Set,
x6 glasses Coupe
Campo Collection Set,
x6 glasses Campo Col-
lection Set

Only One

Only One aims to bring a sense of fashion into the home environment, whilst maintaining warmth and beauty. They say, "in life, people may not necessarily remember the days but will remember the moments"; a belief that they want to provide to all their customers. Only One enjoys providing a unique opportunity to purchase gorgeous home décor pieces to better reflect the buyer's personality; being able to help through the process by giving every client the opportunity to make their dream home a reality.

WeChat: ceciliabuisedera

Instagram: only_oneunoshanghai

Studio: 4288 Longdong Avenue



Offer

6 pairs of natural stone
handmade earrings
*rose quartz, clear crystal,
lapis, onyx, amethyst,
labradorite, amazonite,
jade set with 18K gold
plated/copper backing

AS Jewellery

Founder Apple Zhang is from the famous ice city of Harbin, and after 20 years of living in the diverse city of Shanghai, she has taken the opportunity to turn a passion into a business. AS Jewellery is a handmade jewellery company, with designs based on Zhang's love of nature and small animals, as each piece has been assembled and formed to reflect it. The personal attention and craftsmanship that has been infused into her work is evident in all her pieces. Each is made from natural pearls and stones, sourced from highly reputable suppliers.

WeChat: apple_pearls

Tel: 139 1827 6159



Offer
Mosaic
Lamps, 30cm
electricity

Mosaic Grand Bazaar

Illuminate the house with the beauty of a unique hand-crafted lighting fixture. Mosaic lamps have a long history, dated back to 5,000 years ago. Mosaic Grand Bazaar's lamps are imported from Turkey. Each lamp is made of geometrically shaped handblown coloured glass using traditional techniques. Rediscover the oriental journey with mosaic lamps, colourful ceramics, stylish unique natural stone and silver jewellery, pure rose water products and more.

Instagram: [Mosaic_grand_bazaar](#)
WeChat: [arzututuncu](#)

Offer

A one-night-accommodation voucher in the signature Fairmont Lakeview Room including next-day breakfast for two people.



Fairmont Hotel

Discover luxury and comfort at Fairmont Yangcheng Lake, an idyllic lakeside resort just one hour from Shanghai and 30 minutes from Suzhou. The hotel features 199 contemporary guestrooms and suites, with expansive lake views, four restaurants, and lounges. The hotel's spacious Sunset Dew Park offers guests a tour of nature with a variety of outdoor sports selections. Make a memorable escape in the grandest nature. The distinctive collection of unrivaled hotels under the Fairmont banner are in some of the world's most celebrated addresses.

WeChat: [fairmontyclkun](#)

Offer

One set of large, medium and small PotHuggers



Little Things PotHuggers & More

Little Things started their eco-friendly bags in Beijing in 2014, then expanded to Shanghai customers in 2017. Their PotHuggers, X-bags and Fabric Wraps are great alternatives to plastic bags and paper gift wraps. They come in gorgeous decorative quilt and dyed fabric that are practical and reusable! Their commitment to making the world a better place is deeply embedded within the business' philosophy. They make sure that craftsmen are paid upfront, allowing Little Things to channel their profits to the kids in-need located here in Shanghai and beyond.

WeChat: [sherryts174](#) or [selina-yeh](#)



Offer

One French cheese platter and one bottle of red wine.

Zikoland

Zikoland is a social, interactive e-commerce platform where everyone works together to share their passion for food and beverage. They have developed communities on WeChat groups so there can be a platform to help communicate flash-sales on selected products. To guarantee top-quality service, Zikoland tries everything before offering it to customers. Zikoland works hard to source and select new products from trusted importers.

WeChat: [Zikoland](#)
Instagram: [Zikoland](#)
Website: <https://zikoland.com>



A Well-Balanced Child Begins on Stage

Meg Ideker, Music Department Head and Choir Director from Concordia International School, explains how performing arts can shape a student. *By Anabela Mok*

What is the performing arts programme available at Concordia?

Concordia follows an American curriculum model. Performing arts begin in Grade 5 where every student is required to be in a music performing ensemble through Grade 8. All middle school children are required to participate in band, choir, or strings. In Grade 5, they're pretty much in a beginning ensemble, in Grade 6, they would go to an intermediate ensemble. And then in 7th and 8th Grade, they would go to a more advanced group. Once they reach high school, they can participate in a non-auditioned band, choir or string ensemble or they can audition for Wind Ensemble, Jazz Band, Bel Canto Women's Choir, Collegium Men's Choir, Chamber Singers or Chamber String Orchestra. All of these are curricular ensembles which meet during the school day.

Our school also offers amazing musical co-curricular activities, such as a Middle School Musical, Middle School Jazz Band and two Middle School Choirs. In High School the co-curricular activities include a High School Play and a High School Musical, APAC Band, Choir, Strings, Theatre and Dance Festivals held in Asia, AMIS Band, Choir and Strings Festivals held around the world, Chromatics Acapella Choir and Tri-M Music Honor Society. There are four major concert seasons per school year—each season having 5-7 concerts. This gives our school-wide curricular and co-curricular activities many opportunities to perform on stage.

In what way do the performing arts benefit students in their learning?

When a child is playing an instrument or singing, they use their brain in a different way. It's been proven

that performing music increases memory and cognitive function. It also reduces stress and pain, it helps to lift the spirits and relieve depression. By rehearsing or performing music, students engage every part of their central nervous system. Science shows that singing or playing music engages the high-level, execu-



tive function of the brain coupling that with complete sensory integration (auditory, visual and emotional). It is a total workout for the brain! And it boosts your brain health too! It's so enriching, and it can inspire every other aspect of life. I think it makes you more sensitive, more empathetic and a better balanced person.

Being in a band, choir or orchestra requires students to interact with people with whom they wouldn't normally interact. These relationships often develop into lifelong friendships, especially if they share the same experiences together in class and on stage.

We have students in our ensembles who have stage fright. By putting them up in front of a major audience at least four times a year, and a number of small school assemblies, they learn how to cope with their nerves. Students learn how to manage the stress of performance which is very different than the stress of taking an exam.

When students perform, they need to be bold and confident on stage in front of others. This learned confidence can be carried over into other academic subjects as well.

How do performing arts complement more rigorous subjects like the

sciences or language arts?

Musical success is academic success because it supports and enriches all subjects. Music demonstrates a scientific knowledge by understanding sound, acoustics, pitch and intonation. Music develops math skills through the knowledge of rhythm patterns and meter signatures. Music is a foreign language with its own unique symbols, notation and terminology. Performing is storytelling, and singing involves deep knowledge of the poetry and prose. To understand music is to understand history and culture as we discover the historical context and significance behind each piece of music. Music integrates physical education as it includes all aspects of the body including breath support, as well as dexterity of body movement when performing on instruments. And finally, music is art, for it touches the human soul and opens our heart to greater understanding of others. It envelopes our senses and makes us compassionate, well-rounded people.

How do the performing arts create a well-rounded student?

Through performing, a student takes the risk to be bold and stretch themselves on stage. With repetition, they push through their fears of performing in public by standing in front of an audience. When the performance



Meg Ideker, Music Department Head and Choir Director

“Music is art, for it touches the human soul and opens our heart to greater understanding of others.”

has positive results, it builds confidence in them. The experience of performing to a live audience allows students to realize their potential. A number of Concordia alumni, even though they may be working for large multinational companies, still partake in performance arts as adults. They join their community theatre or sing in the church choir, or play in a local band.

Our performing arts department hopes that our students develop a sustained love and appreciation for music and theatre. We dream that our students continue to revel in music and theatre their whole lives long. As adults, they can enjoy music and theatre by attending concerts, seeing a Broadway show, joining a music group, singing in church, or acting in community theatre. Our students can also be good stewards of their financial successes, by contributing financially to non-profit community performing arts groups. The arts unite people in a way that nothing else does. Our students will have a brighter future because they discovered the arts at Concordia and that has changed them for the better.



Concordia International School Shanghai

Address: 999 Mingyue Road, Jinqiao, Pudong New Area

Tel: 5899 0380

Email: admissions@concordiashanghai.org





Spotlight on the Performing Arts

Let's find out what some of the city's top schools are offering students in the performing arts and how some of these students thrive. *By Anabela Mok*

Concordia International School Shanghai

Meg Ideker, HS Choir Director and Fine Arts Department Lead

How would you describe your schools' performing arts programme?

Concordia International School has a comprehensive, robust and extremely active performing arts programme. From middle school to high school, we offer seven bands, eight choirs, and five string orchestras, as well as an AP Music Theory course as part of our music curriculum. Our co-curricular offerings include two bands and four choirs in addition to the Tri-M Music Honors Society, and involvement in annual APAC and AMIS festivals. Additionally, we perform 16 major concerts annually.

Theatre offerings include exploratory courses in acting and stage craft

in middle school, and courses that cover acting, directing, technical theatre, stage craft and play writing in high school. Each year our high school puts on a fall play and there are annual musicals performed in both middle and high school. In addition to participation in APAC Theatre festival, our high school students may also join the International Thespian Honor Society.

What opportunities does your school offer for students who are into the performing arts?

Look at the impressive list of courses and co-curricular activities above! Concordia offers a fully articulated music program for our students, beginning in Grade 5 through to Grade 12. Each discipline: band, choir and strings, are fully developed for students to work their way up through the program by grade level and by ability. We offer both auditioned and non-auditioned ensembles during the school day as part of our regular curriculum. In addition to this, we offer co-curricular ensembles before and after school for additional experience. All students in each ensemble perform in 3-4 major concerts per year.

Theatre students are involved in exploratory classes in middle school, and in-depth theatre study in high school. Thespians can be involved in age appropriate shows: the middle school musical, the high school play or the high school musical. All are offered annually.

At what grade do students begin performing arts?

Students begin performing arts classes in Grade 5. Because Concordia believes in comprehensive and holistic education, all middle school students are required to take music from Grades 5-8. Students choose to be in either band, choir or strings. Student musicians rehearse in an ensemble all year long performing in 3-4 major concerts annually by discipline.

Theatre is required for all students in Grades 5-6. Elective theatre courses are offered from Grades 7-12.

How does your performing arts cater to the different ages and interests of students at your school?

Concordia offers the most extensive and articulated music and theatre program in Shanghai. We have the most curricular music ensembles and the most performances, annually. This is an intentional, holistic performing arts curriculum offered to our talented students.

Address: 999 Mingyue Road, Jinqiao, Pudong New Area
Website: www.concordiashanghai.org



British International School Shanghai

Caitlin, Year 12 student

Tell us a little about yourself and how you became interested with the performing arts

Hi! I'm Caitlin and I've always been a performer, but my love truly blossomed in Year 4 during our Juilliard-based workshops and the lights, music and energy of the performing arts lured me in.

What opportunities does your school offer you?

Where to begin? I've had the pleasure to perform in musicals with talented casts, in plays with those learning alongside me, to travel to other schools to sing with the school choir, and to learn from Juilliard coaches and our teachers in drama, dance and music. It's truly incredible what we are able to do at school.

How do you balance your love for music and drama? Do you find performing arts helpful to your aca-

demic pursuits?

My music, dance and drama overlap a lot, mostly because we do musicals so there's always the need to use each discipline. I love the way the arts are able to free my soul and release passion. The arts are a great release from the pressures of everyday life. I learn so much from drama on how to organise my time and to perform with confidence - this also helps me in my academic life.

How do you feel your school has helped you grow as a performer?

I have learnt not just to act but to analyse and direct. We develop technical skills and are regularly given chances to act in front of camera. The teachers are kind and always willing to help. The experience and ability to learn every aspect of my art is thrilling and so helpful!

Address: 111 Jinguang Road, Huacao Town, Minhang District
Tel: 6221 7542

Wellington College International Shanghai



*Michael Larsen-Disney,
Director of Arts*

How would you describe your schools' performing arts programme?

Wellington's performing arts programme encompasses drama, music and dance. Our teachers are accomplished practitioners in their fields. State-of-the-art facilities ensure that our pupils enjoy endless opportunities to tap into their creative potential.

What opportunities does your school offer for students who are into the performing arts?

Whether it is our dance showcases, our termly music concert series, our annual pantomime, our play series or our Senior, Lower Prep and Upper Prep school musicals, Wellington pupils have opportunities to participate in many performances throughout the

year. They may also get involved in the production and technical aspects of our performances. Off-stage, musicians may avail themselves of paid one-on-one instruction in a wide variety of musical instruments. Additionally, pupils who demonstrate exceptional talent may be eligible for an Arts Scholarship.

At what grade do students begin performing arts?

We believe that a complementary arts education is a fundamental must for a child's development. Our performing arts curriculum aims to make pupils more creative, confident, communicative and empathetic. There is no age that is too early to begin teaching these invaluable skills. This is why we provide specialist classes in drama, dance, music and fine art from Year 1 up.

How does your performing arts cater to the different ages and interests of students at your school?

We encourage full participation in the arts through both our curricular and co-curricular programmes. Our course content is age-appropriate and accommodates a wide range of skill levels, from the novice to the aspiring professional. Whether a pupil wants to play drums in a rock band, study ballet or be the lead in a play or musical, we offer something for everybody.



Asia, Year 11 student

Tell us a little about yourself and how you became interested with the performing arts

My name is Asia. I joined Wellington last year. I have been interested in the performing arts since I was very young and have always dreamed of one day becoming a performer in that area. It was very recently (ever since I started at Wellington) that I decided to pursue musical theatre specifically. When I am not performing, I spend my time composing music.

What opportunities does your school offer you?

Wellington offers countless opportunities to improve and showcase our talents in the performing arts. I take drama and music and attend the dance CCA (co-curricular activity). I am part of the orchestra, the choir and the musical (this year it is *The Wiz*). I also take singing, piano lessons and attend Centre Stage here, thanks to my performing arts and music scholarships. The choir and orchestra give me the opportunity to collaborate with my peers through music and teach me how to be part of an ensemble. The senior school musical provides a healthy bit of competition during auditions. My music lessons not only give me the opportunity to improve my skills in singing and piano but also are extremely fun. The dance CCA gives me the opportunity to learn to dance and I believe I have improved a great deal since I have started. Finally, Cen-





tre Stage is extremely fun and instructive. It is the highlight of my weekends.

How do you balance your love for music and drama? Do you find performing arts helpful to your academic pursuits?

I take both drama and music and have not as yet found it difficult to balance my love for both. They are both taught by amazing teachers, and their respective co-curricular activities never conflict in my schedule. I think the subjects complement each other, considering my goal to become a musical theatre actress. Drama teaches me to act and music teaches me to sing. Unfortunately, I cannot study both for IB, so picking one will be extremely difficult.

Music and drama help me with my academic pursuits as well. Drama has taught me to be more outspoken in class and has helped me build confidence to tackle challenging subjects. I believe music has helped me become more open-minded and creative, which helps me in many other subjects.

How do you feel your school has helped you grow as a performer?

I have seen great improvements in my performing abilities since I started at Wellington. My teachers have encouraged me to develop a good stage presence, and this has greatly increased the standards of my performances. Drama has greatly improved my acting skills, and I now find it much easier to inhabit different characters. Wellington constantly challenges me to improve as a performer and one of the greatest lessons I have learned here has been that performing is not only about the quality of the sound that comes from your voice or instrument, it is about the way you sell it to an audience.

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Tel: 5185 3885
Website: <https://shanghai.wellingtoncollege.cn>

Shanghai American School

*Dr Doug Hundley, Theatre Director,
Shanghai American School Puxi Campus*

How would you describe your schools' performing arts programme?

Our thriving program of theatre, dance, and music goes far beyond performance. SAS students use their talents to improve the lives of others through a focus on service, support of migrant schools and local hospitals, and visits to community centres.

What opportunities does your school offer for students who are into the performing arts?

On a typical day in the life of a performing arts student, they're learning and performing in at least one of our theatre, music, or dance classes. After school, our co-curricular performing program offers something for everybody, whether one is just dabbling or an expert. Students can participate in at least five different theatre productions, three dance productions, and multi-school APAC festivals during the year. And with band, orchestra, choir, and jazz ensembles, I can't count how many performance opportunities students have in music.

At what grade do students begin performing arts?

Even before they start school, children are play-acting, dancing, and singing at home, so there is no reason to have them wait once they get to SAS. They get right into it at the earliest of grades. The elementary school does such a fantastic job introducing students to the magic of performing through classes and after-school activities. By the time students get to middle and high school, they have developed a focus and are confident, experienced, and loving their craft.

How does your performing arts cater to the different ages and interests of students at your school?

Our vast course offering empowers students of any age to immerse themselves in any area of performance that sparks their interest. For example, newer courses like Audio Production and Music Technology enable students to compose and record music-related projects in a professional studio setting.

Address: 258 Jinfeng Road, Minhang District
Email: admissions@saschina.org



Yew Chung International School



Cherry Chen, Performance & CCAs Co-ordinator, ECE and Primary at YCIS Puxi

How would you describe your schools' performing arts programme?

YCIS Shanghai's comprehensive performing arts programme is dynamic and fun and sparks curiosity in our children. It begins with musical exploration in Early Childhood Education (ECE), followed by a violin programme for Year 1-3 students, a Co-Curricular Activity (CCA) programme, and an In-school Individual Instrumental Programme (IIP).

At YCIS Puxi Primary, the CCA programme offers more than 60 options weekly, 15 of which are performing arts-based. IIP is an additional private musical instrument programme open to all YCIS students from K3-Y13. These one-on-one lessons are scheduled during the school day or after school, depending on the desired instrument, the preferred time, and instructor availability.

What opportunities does your school offer for students who are into the performing arts?

Each year, YCIS Puxi holds seasonal performing art events, such as the 'Art & Music Mosaic', which takes place near Christmas. Additionally, our Year 5 and 6 students have their school musical production in April. The Years 1-3 violin concert and the Summer Gala both take place in May. We hold most of these events in a theatre with formal arrangements and professional equipment. Over 250 Primary students participate in various roles, including being members of the orchestra and choir, dancers, soloists, MCs, and more. The vio-

lin concert provides an opportunity for every Lower Primary student to show their skills on stage.

These large-scale events are often highlights of the school year and regularly receive strong support from our school leadership and families. Students show enthusiasm in performing on stage. They build confidence, teamwork experience, friendships, and heightened artistic awareness.

At what grade do students begin performing arts?

Our Early Childhood Education (ECE) students begin their violin journey in K4, and formal violin instruction starts in Year 1. Students in Years 1-3 partake in violin lessons twice a week. There are three full-time violin teachers on campus in Puxi and two in Pudong. The dedicated teachers provide a new, fun, and challenging musical environment for students. Children discover an interest in various string instruments, and many continue their journey in the Primary orchestra or ensemble after completing the violin course.



How does your performing arts cater to the different ages and interests of students at your school?

In Primary, our 60+ CCAs fall under categories including STEAM, Sports, Health & Wellbeing, Language & Culture, and Performing Arts. Children aged 5-11 can find performance activities that may interest them, such as ballroom, hip hop, pop, Chinese, and ballet dancing, drama and musical training, acapella, and Orff Schulwerk music and movement.



Lucas
Year 11 student at YCIS Pudong

Tell us a little about yourself and how you became interested with the performing arts

Since I was young, I became very interested in instruments, particularly the drums. I have now been playing the drums for around seven years. Every time I play, I manage to impress myself. In Brazil, I took drum lessons, but I had very few performance opportunities. When I moved to Shanghai and YCIS Pudong in 2017, everything changed. I had many different bands to join with my classmates, such as the Stage and Show Band, Senior Jazz band, Rock Band, and the percussion ensemble. I also had the fantastic opportunity to perform live on numerous occasions. Ever since my 'student career' as a musician switched from simply learning an instrument to playing in bands and performing, my interest in performing arts has grown and consistently continues to do so.



What opportunities does your school offer you?

YCIS Pudong offers me the opportunity to perform in multiple bands and diverse locations. I had never done this before, and it is something I always relish doing. The school has provided me with the resources to explore a whole different part of music through performing, helping me to grow as a musician. Back in Brazil, my musical practice revolved around learning techniques or how to play different songs. However, once I came to YCIS, my practice shifted to incorporate the skills needed for performance and being a band member. This process includes not only playing but also listening and responding to other instruments according to musical changes.

How do you balance your love for music and your other school work? Do you find performing arts helpful to your academic pursuits?

To balance my love for music and my academic commitments, I participate in performing arts activities

Monday through Wednesday after school. Meanwhile, on Thursday, Friday, and over the weekend, I focus on academics. Music relaxes me, and it has helped me to balance academic-related assessments. Performing in different scenarios means we sometimes find ourselves outside of our comfort zones. After joining the performing arts CCAs, I can now concentrate more and panic less in exams. These experiences have helped me to feel more accomplished as a musician and also as a student.

How do you feel your school has helped you grow as a performer?

The school has aided me to grow as a performer by giving me many opportunities to join different bands and to perform in different scenarios, which sometimes are out of our comfort zones, ultimately making us grow more as musicians as we often reflect on these experiences.

YCIS Puxi ECE (Ronghua) Campus: 59 Ronghua Xi Dao, Puxi;
YCIS Puxi Primary (Hongqiao) Campus: 11 Shuicheng Road, Puxi;
YCIS Puxi Secondary (Gubei) Campus: 18 Ronghua Xi Dao, Puxi;
YCIS Pudong Regency Park Campus: 1817 Huamu Road, Pudong;
YCIS Pudong Century Park Campus: 1433 Dongxiu Road, Pudong;
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Meet Your Neighbour: World Music Promoter and Singer Yang Guanglei

Get to know the musician next door at Le Ville Residence Shanghai Biyun.

Yang Guanglei was brought up in the modern music conservatory method. He is proud of the professional musical training he received in a reputable conservatory, but was still surprised when he heard Asif Ali Khan, a Pakistani musician, sing at the 2010 Shanghai World Expo. That experience jolted Yang's view of music and inspired his path toward world music.

World music awakening

"At first, I was confused about his performance because I couldn't sing any note he sang in an accurate way," said Yang. Later Yang learned that Khan was using a musical tuning structure of 23 temperaments, instead of the 12 equal temperaments that dominate modern music and instruments. This different system cuts an octave into 23 parts creating more notes than the typical 12. For Yang, "those

microtones cannot be played on the piano and thus seem to us incorrect, but Khan could sing the notes very well." Yang could barely keep up with Khan's tune. Only when the Pakistani musician sang to him sentence by sentence during a meal, could Yang fully understand.

Since then, some of Yang's deep-rooted musical beliefs changed completely. "I am sincerely convinced that the music passed on by word of mouth can open up a new world to us. However, big problems arise once it is restricted by modern technology."

Yang decided to devote himself to world music.

Before 2008, the word "world music" was not in China's vocabulary. The term was coined from the western-centric perspective, and had a discriminatory connotation. World music is used to refer to the folk music of various ethnic groups



“World Music is used to refer to the folk music of various ethnic groups around the world.”

in Le Ville Biyun, it is very comfortable and relaxing.”

Yang has been living at Le Ville Residence Shanghai Biyun since April 2020, and chose the Biyun neighbourhood in Pudong for its great location, comfortable living environment and attentive service that makes him feel at home. His apartment is a 68 sqm select room. It is installed with high-end home appliances such as custom-made furniture, self-contained air-conditioner, refrigerator, drying and washing machine, capsule coffee machine, satellite TV and high-speed broadband.



Le Ville Residence Shanghai Biyun

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around the world, especially in undeveloped areas. But it became popular worldwide due to the promotion of non-western music in the 1980s.

With the passage of time, world music came to include all kinds of ethnic music owing to a broad and ambiguous definition. Gradually, its connotation of a condescending western view faded. This term, now a mere musical category without judgment, recognizes and respects the cultural diversity of all ethnic groups.

Yang's current music project is working as a promoter and singer with World Music Shanghai, a concert series that has been held 17 times from its start in 2008.

Home base at Le Ville

Le Ville Residence is a new standard of quality of life with an elegant environment. It provides comfort and convenience where one can live a pleasant life. “The caring staff, welcoming neighbours, and warm atmosphere make me feel loved and cared for all the time,” according to Yang. “I like the atmosphere of living



17th Shanghai Family Day

第17届上海国际家庭日

Organizers: **Shanghai Family Parents & Kids**

虎媽牛娃
HUMANNUTS

Venue Sponsor: **Kerry Parkside**
浦东嘉里城

KERRY ON[®]



特别鸣谢 Participants



On 23rd-24th of October, families in Shanghai gathered at Kerry Parkside to participate in Shanghai Family's 17th Family Day, co-hosted by Shanghai Family, Parents&Kids and HuMaNiuWa. The event attracted many established international schools, bilingual schools and kindergartens, who presented parents with valuable suggestions on international education. The kids especially had a lot of fun by watching fascinating art performances, Student Voices speech finals, participating in second-hand book exchange and meeting new friends.





The gut influences an amazing array of bodily functions, from the elimination of toxins and waste to mental health.

But that's just the beginning, the gut is more important than most people realize. Below are five things you probably didn't know about gut health protection.

The gut-brain connection

Have you ever felt so anxious that your stomach hurt, to the point of feeling "butterflies"? The connection between feelings and the gut is more than metaphorical. The brain has a direct influence on the stomach and intestines. This connection is also a two-way street, with signals going from the brain to the gut and the gut to the brain.

For example, the small intestine is responsible for producing 95% of the serotonin in your body. Low serotonin levels are associated with mental health issues such as depression and anxiety. If you're feeling down, changing your diet can help improve your mood.

Prebiotics are just as important as probiotics

Probiotics are foods or supplements that

contain good bacteria that help your body function. Prebiotics are the fuel for these bacteria and include foods like whole grains, bananas, greens, onions, garlic, soybeans, and artichokes. Prebiotics are valuable because they help maintain a balance in your microflora.

Negative side effects from the consumption of probiotics and prebiotics are rare, so most healthy adults can safely include them in their diet, with the caveat that those considering taking probiotic and prebiotic supplements should consult their doctor first.

Your gut doesn't like processed food

You've probably heard that whole foods are generally preferable to processed foods, but did you know that processed foods can actually cause inflammation in the lining of your GI tract? Inflammation is your body's way of protecting itself against "invasive" threats, and it's exactly how it interprets things like high fructose corn syrup, processed meats (bacon, sausage, beef jerky, etc.), or artificial trans fats (fried fast food, margarine, packaged cakes, etc.).

Instead, eat whole foods such as unprocessed meats, fruits, and vegetables.

Your gut needs sleep too

The relationship between the gut biome (the bacteria, archaea, and fungi that live in your digestive tract) and sleep is not yet fully understood, but research suggests that poor sleep can have a negative impact on gut health.

This means that whenever possible, you should try to get more sleep. More sleep also lowers cortisol levels and means your gut has more time to repair itself.

Take your time when you eat

The next time you eat, take the time to chew your food properly. Chewing signals to your body that it's time to start the digestive process, and chewing slowly gives it a head start. Slow chewing has other benefits, such as consuming fewer calories, absorbing nutrients better, and lowering stress levels.

If there's one thing you can take away from this article, it's the importance of gut health and the massive impact it can have on your overall health. If your gut doesn't feel right, even after following the advice above, please talk to a gastroenterologist for medical problems of the digestive tract and glands, including the esophagus, stomach, small intestine, colorectum, pancreas, liver, and gallbladder.



Dr Lu Xia, Director of GI Services

Dr Lu Xia is a member of the Chinese Society of Digestive Diseases of Chinese Medical Association (CMA).

Jiahui Health

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Why Young Kids Need Wellness Checks

By Columbia Kaiyi Clinic



Why are wellness check-ups for young children so important?

According to the American Academy of Pediatrics every baby should be checked at 2 months old, 4, 6, 9, then 12, 18, and 24 months old. Through all these checkups we can monitor a baby's growth and record the measurements of a baby's length, weight, head circumference and chest circumference into a growth chart. Then we can see if the baby's growth is in the normal range. We also find if the baby's abilities including gross motor skills, fine movement, speaking ability, social interaction are in the normal range.

For example, we see if the baby can raise his head at 3 months old. And if he cannot, then we see it as an important precaution sign about his gross movement. At 5 or 6 months he should sit up, and at 8 months old he should stand up with some support. If he cannot reach these growth milestones, we will think there are some problems with his development. We can divide development into gross movement (sitting up, crawling, standing), fine movement (opening and

closing hands, grasp, shake hands, clap hands), language milestones (babbling, gestures, first word with intention at 12 months, few words at 15 months), social milestones (respond to touch, smiling at 3 months, eyes following movement), if at this age the baby shows no interest to his parents or any other thing, then this may be indicating autism during later development.

How frequently should check-ups occur?

For toddlers older than 24 months old, they come in for a checkup every half-year. And if he is older than 36 months old, a check happens once a year. There is also a checkup form for entering kindergarten and starting local school. It checks things like weight, height, vision screening, ears, dental, head circumference, skin, blood test, and urine test. After elementary school it's recommended to do a checkup once every one or two years. For older kids, we can do checks for early puberty.

Are there illnesses pediatricians can detect that may not

be obvious to the layperson?

We find many things like autism. Many parents will think their baby is very calm and not crying all day and night. The parents will like that condition, but that seems weird to a pediatrician. We think a baby should sometimes cry or express his or herself by struggling. If they don't express themselves and they don't show any interest in other people or the outer world, then that seems very weird. So we have some precaution signs from 3 months old to 3 years old. Every three months, we have different precaution signs, and if we find those signs then we will tell the parents. First of all, we will ask parents to observe and train the baby, to give them more interaction to see if the condition can be improved. If the condition is improved, then we can introduce some new games for parents to continue training and playing with the baby. If after playing with the baby the condition is not improved, then we can transfer the baby to other specialists.

The earliest age of autism diagnosis is 18 months old. But typically, the diagnosis is at two or three years old. In recent years, our awareness of autism has improved greatly. We can recognize the condition very early.



Dr Yubo Cai, Paediatrician

Dr Cai has over 15 years of clinical experience in paediatrics.

Columbia Kaiyi Clinic

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ask the pro

The Proper Way to Work Out

By Renai Hospital

According to a news report, a 25-year-old man in Shenzhen went to the gym for muscle training. However, after his first fitness class, he developed dizziness, nausea and vomiting.

After being sent to the hospital, he was diagnosed with a brain stroke, and there is no doubt that it was caused by inappropriate intense exercise.

Exercise makes us healthier, but if you are not careful, it may backfire and do harm to the body.

Here are tips about exercise that should be kept in mind.

1 The low temperature in autumn and winter will cause vasoconstriction, which may increase muscle viscosity (the rate your muscles perform movements), and reduce the range of motion of joints and the extension degree of ligaments.

If you don't warm up before an exercise, it's easy to develop a muscle or ligament strain.

But the warm-up should not be too intense. Generally, the time for a warm-up is 5-10 minutes in order to reach a state where the body is slightly warm.

2 Do not exercise on an empty stomach, because the body will consume a lot of energy during exercise. If you exercise when your stomach is empty, hypoglycemia (low blood sugar) is likely to occur.

Avoid strenuous exercise after a meal. During exercise, the blood supply to digestive organs will decrease, which affects our stomach's digestion of food and causes indigestion.

The recommendation is to rest for at least 30 minutes after a meal before doing exercise.

3 Many people like to sit down and rest immediately after exercise. But this is wrong.

If you stop exercising suddenly, the blood that concentrated in the muscles of the limbs cannot return to the heart in time, causing ischemia (low blood flow) of the heart.

Then dizziness, nausea, vomiting, shock and other symptoms caused by insufficient blood supply and hypoxia of the brain will occur.

So after exercise, we should walk slowly for 5-10 minutes until we feel the heartbeat and breathing rhythm return to normal.

4 After exercise, the salt in our body will be lost as we sweat, which could reduce our cell's osmotic pressure. If we drink a lot of water at one time, the water will flood into the cells and intercellular substance, causing brain cell swelling, which may lead to headache, vomiting, drowsiness, blurred vision and so on. Therefore, we should drink small amounts of water at a time, and drink slowly.

Before starting exercise, we must understand our personal physical condition and athletic ability, and choose an appropriate exercise method. We also should proceed step by step, and not rush for success in order to stay healthy and get the benefits of exercise.

Renai Hospital International Department

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When Your Teen Needs Counselling

By Mindfront Shanghai Centre

The teenage years can be challenging. Intense emotions and behavioural changes may cause tension, but when do they become a bigger problem? Here is advice on when counselling can be beneficial.

How is teenage rebellion different from depression?

Having a rebellious stage, or even a lot of emotional issues is typical for adolescents. It's directly linked to their physical and neurological changes. Mood swings, extreme emotions with risk seeking behaviours, testing boundaries, even vandalism are actually normal teen behaviours. But we consider a few things when distinguishing between a normal concern or a clinical issue.

One is the impact severity. Is the impact just a nuisance to parents and teachers, or is that behaviour impacting a teen's normal functioning, social relationships, academic performance, or physical health? We also look for tremendous and sudden behavioural changes. The third thing we look for is self-

harm, suicide, or thoughts or action of harming others.

Parents need to pay attention to any significant issues with a relationship, a significant struggle with academic performance, or a severe change in eating or sleeping habits.

How does counselling deal with addiction?

Neurological changes experienced by teens, particularly their reaction to dopamine, make them prone to be addicted to social media, to alcohol, cigarettes, and many things. We work with the child to first explore the motivation for making a behavioural change because addiction is not just satisfying physical needs. There are emotional needs as well. Any time you need to change a behaviour, especially when it's associated with very strong needs, you need an even stronger motivation. This motivation is not just "my parents telling me so." You need to find something to really fuel that kind of struggle. Once there's a motivation, a psychologist can then support the

behavioural and emotional changes during that process.

When you are quitting using digital device, what else are you doing to fill that time? We find a substitute, and that cannot be just reading a book. You cannot use something they don't want, to substitute for something they really, really want. So, you need to find the next most interesting thing. There are going to be emotional struggles because you are giving up something very, very important to you. Even though it's not good for you. It's important. A psychologist will support the child to overcome this emotional difficulty.

When should parents consider counselling for their teenager?

Most of us can use some counselling, especially when teens express the desire to speak to someone. For teens, a lot of times they can't talk to their peers or don't want to talk to parents. So they will need a third and neutral party. Counsellors can be a good option. There is a stronger need for counselling when there's a great impact on daily life.

What does counselling achieve for a teen?

Counsellors create a safe environment and a relationship to explore and talk about thoughts and feelings. Counsellors can model helpful coping mechanisms. We foster skill building such as developing a more helpful behavioural or cognitive pattern.



Feng Guo (Davy), PhD

Guo is the Director of Psychology and member of the British Psychological Society.

Mindfront Shanghai Centre

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Phone: 6718 8883

Shanghai Family's 13th International SCHOOL EXPO 2021

AUTUMN

"Shanghai Family"
International Arts Festival
2021秋季教育展 - “上海家庭”艺术节



特别鸣谢 Participants



Shanghai Family, Parents&Kids and HuMaNiuWa held the 13th International School Expo at The Place on 16th-17th of October. As one of the most anticipated events of the year, this School Expo saw a lot of parents and kids attend. Our International School Expo was attended by those who are interested in choosing an international education for their kids. This annual event provides a good opportunity where parents and international education brands can communicate face to face.

Organizers:

Shanghai
Family Parents&Kids
SHANGHAI

虎媽牛娃
HUMANIUWA

THE PLACE
Venue Sponsor: 南丰城



诺德安达双语学校上海闵行区
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SHANGHAI

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INTERNATIONAL SCHOOL
上海新加坡外籍人员子女学校

Deutsche Schule
Shanghai
上海德国国际学校

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LYCÉE FRANÇAIS
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Start the day right with a complimentary breakfast at the restaurant, head to the business centre and meeting rooms to settle all your business needs. And when it's time to unwind, exercise at the state-of-the-art health club and fully equipped gym, or relax at the indoor and outdoor swimming pools.

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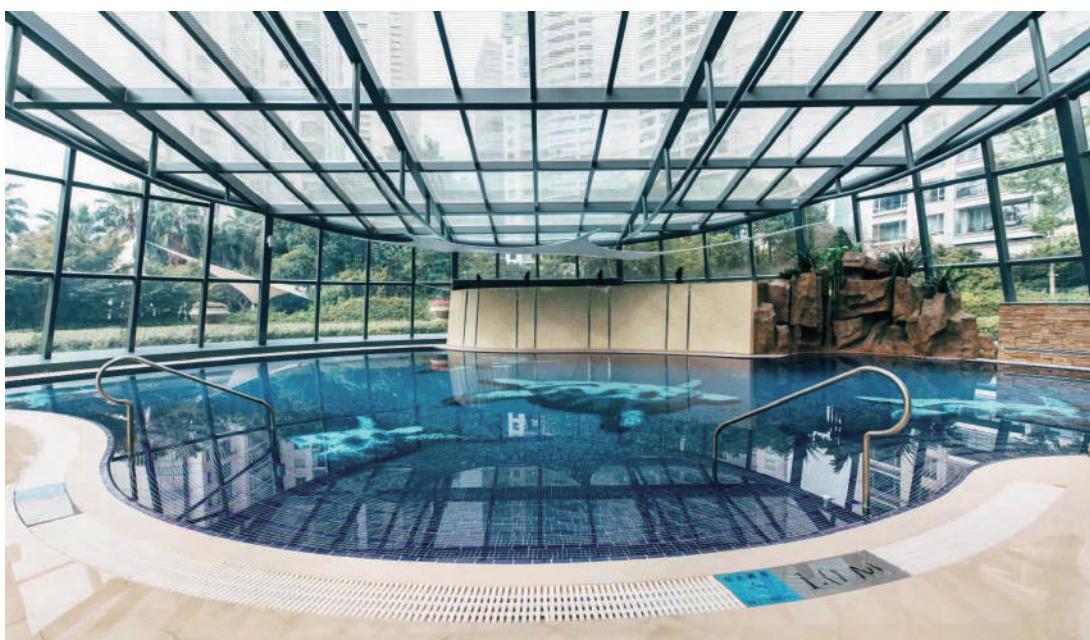
Situated in the bustling Lujiazui Central Business District along the romantic Huangpu River, Fraser offers luxury living with a spellbinding panoramic view of The Bund and the city. The convenience of city living brings the heart of Shanghai to Fraser's doorstep with major interna-



Unsurpassed facilities and service exceeding expectations, that is Fraser living.

tional shopping malls and an array of cuisines at every turn. To avoid the hassle of transportation, residents may hop on any of the complimentary shuttle services that will bring them straight to nearby business and shopping areas.

The central location of Fraser Suites Shanghai means getting around is quick and easy, via the inter-connected tunnels and subways. Both Hongqiao and Pudong International Airports are also easily accessible. Transform traveling into a fuss-free experience, with a stay at Fraser Suites Shanghai.



Experience the charm of Chinese and Western culture

Guests staying at Fraser Suites Top Glory come from all over the world, and various themed activities are held to allow guests the experience of Chinese and Western cultures that enrich family time with children.

Address: No 1, Lane 600 Middle Yincheng Road, Lujiazui, Pudong New Area
Tel: 6378 8888
Email: sales.fsshanghai@frasershospitality.com

How to Survive...

The Holiday Season

The holiday season is a great time to celebrate family and friends, a time to kick back and enjoy a bit of festive cheer, or a chance to get out of town and visit home or somewhere hot and sunny! Some may find this time stressful or lonely, some people may look forward to it so much they've been celebrating since October. But if you're the kind of person that needs a little help to make it through this holiday season, here are some tips to help you survive!

There are two ways to tackle holiday shopping; be an early bird and get all of your shopping out of the way well before anyone even whispers 1st of December to you, or do all of your shopping three days before Christmas and hand Taobao boxes directly from the courier into the hands of your loved ones. When all else fails, there is nothing wrong with gas-lighting your family into still believing it's the 24th to buy yourself one more day to run to the mall or the market, scoop up anything you happen to find and wrap it in plastic Carrefour bags you find in the car on your way home. The point is: you put in effort.


Sometimes it's the little things that make you happy this holiday season and there is no better time to treat yourself. Spa day? Go for it! Special dinner out? Definitely! Or make the whole month fun by creating your own advent calendar! Get something delivered to your house every day for the whole month! Do you like chocolate? There is nothing wrong with opening your door

Christmas isn't about presents, it's about family and friends and the love you feel when you're together; not about presents that Mummy, I mean, Santa, forgot to put under the tree.

every day to a new chocolate themed item that you've ordered to your door. Or fancy yourself a wine connoisseur? Who said you can't have a wine bottle delivery daily? You're an adult you can do what you want, you're not an alcoholic, you're celebrating!

Forget everything and go full Grinch! Listen, just because everyone else feels that the holidays should be full of cheer doesn't mean that you have to! There is no shame in buying all the DVD boxsets you can, hiding under the covers with Eleme takeaway and ignoring the holiday season all together. Winter

fair? No thanks! Christmas market? You'd rather not! New Year's drinks? You're not convinced 2022 is gonna be that great and we all know you have no intention of keeping your New Year's resolutions. You can bah-humbug your way until Chinese New Year if you're motivated enough and no one will judge you. It's been a hard year, celebrate it however you want!

Whether you want to go over the top for your kids, go low-key and simple with just your immediate loved ones, plan a big trip to somewhere sunny, or a simple staycation somewhere new or close; the point is that you spend your holidays the way that you want! But no matter what you do, make sure that you take some time off to breathe and enjoy whatever way you choose to spend your holidays. Even better if you're surrounded by a whole month of wine delivery! 



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18th Shanghai Family Day

第18届上海国际家庭日 中华传统文化艺术节

万圣节变装帐篷派对，玩转魔都天空之城

Shanghai Family, Parents&Kids and HuMaNiuWa held the 18th International Family Day at the Rooftop Garden of Century Link Mall on 30th of October. This event theme was "Chinese Traditional Culture". This integrates traditional culture with an arts festival. There were many interesting activities for families to join. From watching a shadow puppet play to enjoying art performances, sugar figurine making, painting face masks or making scented sachets. Families were also invited to partake in physical activities such as family yoga, American basketball and field first aid. Many families have come to the event dressed in special traditional costumes, which made for a beautiful sight on the Rooftop Garden.



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Baking for the Holidays

Recipes to celebrate this very special time of the year. *By Preeti Ghosh*

T'is the season to get cosy but have you started thinking about your holiday baking yet? It's time to dust off the rolling pins, unearth the favourite cookie cutters, and pull out the sprinkles. Colourful treats with a cup of hot chocolate are one thing we look forward to most in the coldest days of winter. Bake these delicious treats with your loved ones or bake them to gift to your friends and family. After all, the holidays are about spending time with those you love and spreading joy.

Boozy Christmas Cake

This Boozy Christmas Cake is amazing. It's a sweet rum cake filled with tutti frutti, golden raisins, pistachios and dates. There are also spices like nutmeg, cinnamon and all spice powder to make it more flavourful to enjoy all holiday season. This dessert is moist, rich and oh so fruity. It's what every holiday cake should taste like.

It takes a while to infuse the alcohol so prepare well in advance but it's well worth it! Bake this festive cake a few weeks before Christmas and feed it regularly with rum, brandy or whiskey to build the flavour and keep it moist.

Ingredients:

Soaking dry fruits:

100g Raisins
150g Pitted dates
100g Dried apricots
100g Crystallized ginger
125g Candied orange
100g Tutti frutti
180ml Dark rum/Whiskey/
Brandy

Cake:

275g All-purpose flour
 275g Softened butter
 275g Brown sugar
 40g Chopped pistachio
 40g Chopped cashew
 75g Almond powder
 5 Eggs
 ¼ tsp Nutmeg powder
 ¼ tsp Cinnamon powder
 ¼ tsp Allspice powder
 Zest of one orange

Instructions:

Soaking dry fruits: Take a clean airtight glass jar. Chop all the dried fruits mentioned above

coarsely and add them to the jar. Add in the alcohol of your choice. Close the lid of the jar and shake it a few times to mix the dry fruits with the alcohol. Let it rest in a cool and dark place. The more days you let the dry fruits soak in alcohol, the more boozy the cake will be.
Note: Give the jar a mild shake every couple of days.

Baking the cake: In a clean bowl, add in the butter and whisk it well to make it creamy. Add in the brown sugar and mix well until the sugar dissolves. Add

the eggs one at a time and mix well before adding the next one. Once the butter, sugar and eggs are well combined, add in the almond powder, nutmeg powder, cinnamon powder, allspice powder, and orange zest. Mix well. Add all-purpose flour in batches and mix well. Add the chopped cashew, pistachio and soaked dried fruits.

Fill in a well-greased tin with parchment paper and bake it in a preheated oven at 150°C for 2-3 hours. Check the cake after 2 hours, as every oven is unique.

Use a skewer to see the doneness of the cake. Once, an inserted skewer comes out clean, take out the cake tin from the oven and let it cool in the tin for 5 hours.

Feeding the cake: For more enhanced taste, poke holes in the cake and feed in a spoon of rum, brandy or whiskey once a week.

Note: Christmas cake can be made well in advance, up to one month. The longer you let the cake soak in the rum or brandy, the more flavour it will have.



Hot Chocolate

What's better than a mug of hot chocolate on a cold, wintery day? The warmth of a good ol' cup of hot chocolate, topped with whipped cream, marshmallows, grated chocolate is so satisfying! It doesn't get better than that!

This hot chocolate recipe is made with simple, wholesome ingredients. It's rich and complex, but not so decadent that I can't finish the cup.

As a bonus, this creamy hot chocolate recipe is easy to make dairy-free or vegan, if desired. Just use any vegan milk and vegan chocolate in the recipe.

Ingredients:

3300ml Milk
 10g Sugar
 70g Chocolate (70%)
 Few drops vanilla essence
 1 Cinnamon stick
 5g Cocoa powder
 A pinch of salt
 2 to 3 Marshmallows

Instructions:

Preheat oven to 230°C. Line a baking tray with parchment paper and place two marshmallows on it. Bake the marshmallows for 3 minutes. Once the tops get slightly brown in color, take out of the oven and let them cool.

Chop the chocolates. Take a clean pan. Add in the milk to the pan along with the cinnamon piece and the vanilla essence. Heat the milk on low heat for 8 minutes. Remove the cinnamon from the milk after 8 minutes and continue cooking the milk on low heat. Add the cocoa powder to the milk. Stir until well combined. Add the salt and sugar and chopped chocolate. The milk mixture will turn thick and velvety in texture. Your hot chocolate is ready! Transfer the hot chocolate to your favourite mug and top it with the baked marshmallow. Play some Christmas music and enjoy your drink! **SF**

Homage to Heritage

Wrapping up the year with memories of home.

By Eve Wee-Ang, Photos by Ney White and Ivette Sotres



stage a party grounded in our culture and heritage? Since we can't be home, we can still recreate our childhood memories and turn it into a party from where we are from. It will be a wonderful invitation for our friends in Shanghai to take a glimpse into our world before they met us.

Therefore, it was with much delight when I met Ney White, an integrative nutrition health coach (WeChat: neywhite) from Mexico who is enjoying her 5th year in Shanghai with her family of five. I was there to pick her brain with a tipoff from a friend who had attended Ney's homemade parties and was impressed by her creativity. The instant I met Ney, there was a kindred connection between us. She was sharing with me the importance of Dia de los Muertos, Day of the Dead, observed by the Mexicans on the 1st and 2nd of November which honours and celebrates a dead loved one's life with an elaborately decorated altar to welcome their spirit home. In the Mexican culture, a party is not a party without music, dance, food, and flowers. Even in life and death, there is joy to be found and a reason to celebrate. I was sold.

Knee deep in soulful conversation about our heritage and history, Ney invited me into her world, and I, a born and bred Singaporean, invited her to mine. I started weaving together how to turn these precious sharing into the tapestry of a heritage-rich home party. Here's what we came up with.

When I was putting this article together trying to think up ideas on how to throw a party for the holidays, a memory jolted me. It was our first Christmas as newly-weds back in 2005 and we had just settled into our new marital home. My husband and I aren't very social people, but that year, we decided to invite all our close friends and family over and partied till we welcomed 2006. Reliv-

ing this memory makes me miss home and the deep longing to be surrounded by people who knew me since I was a child. But with the pandemic travelling restrictions, returning home for the holidays is no longer as fuss free as before. An idea hatched in my head. What if for this holiday, we return to our roots and





Play what you played as a child

Mexico: Pinatas are the ubiquitous party hallmark of Mexico. No child's birthday party is complete without this colourful papier-mâché filled with treats and candies, and the experience of hitting it into smithereens as everyone breaks into an adrenaline rush to collect as much loot as possible. But there is a catch to it. The pinata must be strung high from a rope by a person whose mischievous intention is to pull the pinata away whenever someone tries to hit it. Even better if the hitter is blindfolded. To ensure everyone gets a fair duration for smashing, a pinata song is sung to make the game last longer. For customized pinatas for adults and children, look for Ivette Sotres (WeChat: Sotreslvettew) whose Kungfu Panda pinatas are totally on-point.

Music transports us back to a time in our life

Singapore: When I was in primary school, we had a weekly assembly where we had to sing ancient folk songs that celebrated the human spirit. These traditional songs, mainly from Southeast Asia, were passed down from one generation to another. Singapore's national language is Malay, hence many songs were sung in Malay. Songs sung were Chan Mali Chan, Rasa Sayang, Dayong

Sampan, Di Tanjong Katong. When I listen to them now, it brings me back to my childhood growing up in multi-racial Singapore. Weave your childhood songs into your Christmas playlist and share with your guests how the songs and their meanings evoke memories for you.

Food that reminds us of home

Mexico: For Ney, her top five favourite Mexican foods to serve at parties are guacamole with totopos, flautas, esquites, Mexican fruit cups and chicharrones.

Singapore: For me, my top five favorite Singaporean foods for parties are chilli crabs, satay, rojak, fried fishballs and nonya kuehs.

Serve your home favourites alongside Christmas turkey and fruit cake.

The beauty of being expats is the myriad of cultures and heritages we are exposed to. Fusing them together in your holiday celebration is a wonderful way of paying homage to time-honoured traditions. Happy Holidays! **SF**



Glamming Up

By Eve Wee-Ang
Photos by Mavindu

Colour splashing for the holidays.

In a blink of an eye, we will be bidding 2021 goodbye. When our editor approached me in spring to debut this shopping column, I was thrilled. Having spent years in the fashion industry, fashion has always played an integral role in my life. In this column, our intention is to celebrate every individual's authentic sense of style. We hope you enjoy it.

For this wrap up issue, we are inviting you to glam up for the holidays! Regardless if your idea of celebration is a quiet evening or a big bash with friends, slipping into something fancy instantly lifts our party mood. When it comes to glamming, I find myself sticking to classic black, but lately, I am inclined to add colours and accessories into my wardrobe especially after meeting Elena Loesch.

Russian-Canadian Elena has been residing in Shanghai for 18 years. She is the designer and owner of label MADAME PURE (WeChat: MADAME-PURE) which produces beautiful dresses for casual and formal occasions. When I visited her showroom, the burst of palettes had me bubbling in a pool of delight.



Fur Stole, 239 RMB from Cozy-fur on Taobao



Clutch, 128 RMB from RADISH on Taobao



Heeled Sandals, 699 RMB from Steve Madden



Blue dress, 2980 RMB from MADAME PURE

Elena Loesch's tips on how to dress for fancy parties:

→ Try them on:

Don't believe what your eyes tell you. Try them on! You will be surprised how the simple act of trying on an outfit can open new opportunities of styles and shades you never knew you could carry off.

→ Accessorise:

Accessories elevate any outfit from great to outstanding. If accessories aren't your thing, try glittery drop earrings for a start since it's closest to our face, your smile will instantly turn megawatt.

Photos by Mavindu
WeChat: mavinduzero

Mum in Focus:

Elena Loesch, mum to a 24-year-old daughter, is a fashion designer, business owner, and woman-about-town. She advises women to find a style that feels right and that brings out the best in them. Fashion and bodies are always evolving, but style will always remain our best initials.

2021 STUDENT VOICES

Speech Competition 演讲比赛

MY HOMETOWN

2021 Student Voices English Speech Competition came to an end after fierce rounds of open audition, rematches, and finals. We've received more than 400 video contributions during the audition phase from nearly 30 schools that include major international schools, bilingual schools, international high schools in Shanghai. A total of 86 students made it to the finals. Their speeches were sincere, impressing us with their love for their hometowns.

We unveiled next year's 2022 Student Voices theme "Green Your Power, Power Your Future" with PETRONAS China as our official partner during the final round of competition on October 16th. The Chairman of PETRONAS China, Lisy Lee, together with our General Manager Jenny Wu and Managing Editor Anabela Mok revealed the nameplate at the opening ceremony. Our aim is to inspire students to imagine a net-zero carbon future and encourage more people to take action toward that vision through their speeches.



Winter Travel Escapes

Travel experts share their favourite picks.

By Sam Braybon

Shanghai weather can get sneaky in the wintertime. Sure, temperatures might never get as low as they do in places like Beijing, but our draughty homes all too often prove utterly defenceless against the constant freezing drizzle, humid air and overcast skies that seem to settle over our fair city and make it a tough couple of months for many of us. With the end of the year rapidly approaching and no sign of international travel on the horizon, those that want to take a winter break are going to have to think outside of the box once again.

But where to go? Solicit suggestions for domestic travel in winter and there are two names you are likely to encounter repeatedly: sunny Sanya and freezing Harbin. And as perfectly enjoyable as those places can be, we reckon a vast country like

China surely has more to offer at this time of year. So, we turned to a few trusted travel industry insiders in the hope that they'd be able to provide some slightly more original ideas.

Northern Yunnan

Ruixi Hu, co-founder of food tour specialists Lost Plate, recommends this part of China, especially the areas around Dali and Lijiang which many travellers will already be familiar with. Hu says, "Many choose to come here in the summer, however during the winter season, it's blue skies almost every day and the

temperatures are perfect, up 20°C in the daytime, which feels even warmer under the sun." Dry, mild weather means great hiking conditions, so if you've ever had the urge to tackle the legendary Tiger Leaping Gorge then this is very much the time to do it.

And days spent exploring Yunnan's rugged mountains are surely the perfect excuse to indulge a little more than we otherwise might. Evening meals typically consist of warming hotpot-style dishes that are perfect for sharing on colder evenings. "As the Chinese New Year approaches,





you'll also find that people start to prepare traditional festive dishes like smoked meats and sausages that are perfect for the season" adds Hu "and over the Christmas seasons we'll also enjoy some festive mulled wine along the way."

Fujian & Guangdong

If you want to get well off the beaten track then Maxime Tondeur, founder of Explore Beyond, is the guy to talk to. He designs private, customized tours and relishes in guiding families on adventures through the bits of China that most people ignore. He's currently planning a new trip that traverses two of southeast China's coastal provinces and that he reckons will make for a unique winter expedition. "Fujian and Guangdong are provinces that people just don't think of to travel, even though they're very accessible from Shanghai" he explains "but they're mild in winter, and there is so much great stuff to explore there."

This new route will examine the history of the Hakka, a subgroup of the

Han that have their own distinct language and customs, not to mention a history of incredibly impressive architecture. Many will be familiar with the famous 'tulou' roundhouses found in southern Fujian but few will know that there are plenty of other historic buildings spread throughout these two provinces, including old fortified villages and ancestral halls. Whilst these areas aren't exactly remote, they've long been overlooked by tourists and a skilled guide like Maxime is just the kind of person you need to uncover good stuff.

The Tibetan Plateau

If anything, you'd think that remote high-altitude areas like this would be exactly the places to avoid in the frigid depths of winter. But those that know their stuff will very much tell you otherwise. Ben Cabbage, founder of the aptly named Elevated Trips, has lived in Qinghai Province for 11 years and arranges expeditions across the Tibetan Plateau. He insists that not only is travel possible during the chillier months, but that visiting in winter has numerous benefits.

"Fujian and Guangdong are provinces that people just don't think of to travel, even though they're very accessible from Shanghai."

"Yes, it does get cold here. But the days are sunny and dry, and you'll often find me hiking up to 4,000 meters in just a t-shirt," he claims. With far fewer tourists this is the time you'll really be able to enjoy interacting with locals in a relaxed manner. "Many locals are farmers or nomads, but their work is done at this point, and you'll be able to sit and chat with them and hear their stories over a cup of yak butter tea." You could also time your trip to coincide with Losar, Tibetan New Year, when temples are especially active with visitors clad in traditional clothing.

Huangshan

Anhui's 'Yellow Mountain' was nominated as a top winter destination by Sarah Keenlyside, founder of Bespoke Travel Company, who arranges private tours around China. As one of China's most famed tourist destination it is also known for the substantial crowds it can often attract. "Winter is absolutely the best time to go here," Sarah says. "If you can, avoid the weekends, you will pretty much have the mountain to yourself." With a good high-speed rail connection to Shanghai that takes just a couple of hours, this can make an excellent little weekend trip.

"Natural scenery aside, the area also has loads of great hidden gems," says Keenlyside. "There's a hidden hotel on the summit that hardly anyone knows about. You can enjoy under-floor heating and views over the snow-covered pine trees whilst the staff bring you warm soup. There's not a better winter feeling than that!" **SF**

Good to know...

- *Lost Plate:* www.lostplate.com
- *Explore Beyond:* www.explorebeyondchina.com
- *Elevated Trips:* www.elevatedtrips.com
- *Bespoke Travel Company:* www.bespoketravelcompany.com

Spotlight On:

Yuyuan Road

By Tina Kanagaratnam

Districts: Changning and Jing'an

Cross Streets: Jiangsu Road and Huashan Road

Nearest Metro Station: Jiangsu Road and Jing'an Temple Line 2

Beautiful, leafy Yuyuan Road was first constructed in 1911. It is one of Shanghai's 64 preserved roads and runs from Jing'an Temple to Zhongshan Park.

► **1. The most famous building on Yuyuan Road is the glamorous Art Deco Paramount Ballroom** (#218 Yuyuan Road).

Financed by a Nanxun merchant and designed by Yang Xi Liu, it was renowned for its lit crystal dance floor, lavish décor, jazz bands, cabaret, famous patrons (Charlie Chaplin and Victor Sassoon!)—and the brutal assassination of its most celebrated taxi dancer. You could almost hear the jazz at nearby **Bubbling Well Lane** (#395 Yuyuan Road), with its distinctive entrance and Spanish-style houses, financed by 'Tobacco King' Chen Chuxiang. Chen's stunning mansion (#24 Yuyuan Road), with its Chinese garden, is now a multiple family dwelling, but worth a visit if you can get past the lane guard! Across the street, the stately neo-Gothic buildings that once housed the former **Western District Public School** and **Shanghai Girls' School** (#404 Yuyuan Road) belies a dark past: from 1943-45, this was the Yuyuan Road Camp, an internment camp for enemy nationals during World War II.



► **2.** A little further on, a large manicured garden fronts another pair of elegant white neoclassical buildings, the **Sun Brothers Residence** (#546 Yuyuan Road), owners of Siming Bank. By 1945, the Suns were gone, and the buildings were occupied by the Rickshaw Pullers Association. But the Suns remain in a corner of the garden, the site of the family graveyard! Further down, a feast of Art Deco delights awaits in **Lane #749 Yuyuan Road**. The villa at #25 and the lane houses at #91-103 are highlights.



▲ **3.** Back across the street is the lovely **Hinton Hall** (Yuyuan Road Lane 858, #7) with its landscaped garden. Built as an upscale apartment house, it housed six foreign families in 1936, but by the late 1940s, Hinton Hall had become the home of Yang Shuxun, who was in the pharmaceutical business.



▲ **4.** Not far away, **West Park Mansions** (#1396 Yuyuan Road), built in 1926, is an emblem of when apartment living was the new fad. This luxury building was named for its unparalleled views over Jessfield (now Zhongshan) Park, and the 16 generously-sized flats, two per floor, attracted wealthy young Chinese. By the 1930s, residents included the son of a warlord and a soignee divorcee. Yuyuan Road ends at historic **Zhongshan Park** (#780 Changning Road). Its century-old trees and historic pavilion are a great way to end the walk.



▲ **5.** Cross Jiangsu Road to discover the graceful **Zhou Zoumin Residence** (#1015 Yuyuan Road), built for another successful financier. Zhou founded Kincheng Bank and Pacific Life Insurance. This stretch of Yuyuan is dotted with cafes—a good spot for a break! The **Wang Boqun Residence** (Enter via Lane #1136) is Yuyuan Road's castle, a 40-room Victorian Gothic fantasy. Wang was Minister of Communications in the Nationalist government and president of Da Xia University; the house was a wedding gift to his young bride. When Wang moved to the war-time capital Chongqing, the house became home to Wang Jingwei, head of the Japanese puppet government; today it's the district Children's Palace. [SF](#)

How Choir Has Shaped Me as a Person

I used to be the karaoke queen of the bathroom. As an introverted middle schooler, I was only brave enough to sing in the linoleum chambers of the shower. Naturally, I never joined any theatrical production, talent shows, or performed in a concert.

But that all changed when my best friend heard me sing "The Encounter" by Stefanie Sun in 2018. It was in that split second, when I saw the frenetic astonishment in her eyes, that provoked me into agreeing to join choir when she asked afterwards.


And join choir I did. Tentatively, I entered Girls' Choir for Grades 7 and 8 in middle school, where my soft yet malleable vocals put me into the soprano section. That year, I learned about scales and sang various styles of songs: pop, jazz, and holiday ensembles. My teachers and classmates were extremely supportive as well.

Encouraged, I auditioned for Treble Choir, where I learned how to support my breath and blend it into the captivating harmony of singing in rounds. It was also where I received my first solo—a huge stepping stone in terms of my musical career.

When I entered high school, I continued my musical career in Concordia Singers, and later auditioned for Bel Canto, a women's choir. When I finished that assessment, I felt nostalgic at the maturity of my voice and the scope of my skills in rhythm and sight-reading.

It seemed only like yesterday when I was a shy, bumbling girl who was afraid to express her musical talent. Yet joining choir empowered me to step out of that shell-like a latent caterpillar undergoing metamorphosis to become the butterfly it was always meant to be.

Singing in school has also opened new doors for me; since then, I've taken part in singing productions and musical shows that I find exhilarating. Compared to then, I'm infinitely more confident in my abilities to express the musical dynamics within myself.

Frank Sinatra, debatably the greatest American singer of all times, was undoubtedly correct when he wrote, "The big lesson in life, baby, is never be scared of anyone or anything." 



Emily Pan is a student at Concordia International School Shanghai. In her free time you can find her reading fiction books, sketching humanoid figures, and eating fried chicken. She also loves pranking her two kittens.

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ORIENTATION

Housing

THE EMERALD

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

LE VILLE RESIDENCE

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently designed to provide residents with convenient,

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

SHANGHAI CENTRE

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

TIMES SQUARE APARTMENTS

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

WILLOWBROOK AT GREENHILLS

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym, indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New Area, Tel: 6856 8888, www.willowbrook.com.cn, evan.kong@willowbrook.com.cn

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SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

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Asian & Western

BELLA NAPOLI

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

BLUE FROG

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

CHILI'S

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

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. 1F, Northwest Corner, Super Brand Mall, Pudong New Area, Tel: 5047 2060; 1376 West Nanjing Road, Shanghai Centre, Tel: 6279 8682; 4F, 1028 Middle Huaihai Road, Kwah Centre (near Donghu Road), Tel: 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. 7 Hongmei Entertainment Street, 3338 Hongmei Road (near West Yan'an Road), Tel: 3422 1700; info@fatcowshanghai.com, www.fatcowshanghai.com

LIQUID LAUNDRY

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

TEXAS ROADHOUSE

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

YE SHANGHAI

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

Food Delivery

EPERMARKET

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

community listings

SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

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

ARTSPIRE VISUAL ARTS Centre

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

AWESOME KID'S CLUB

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

BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that 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 Huashan Road, Tel: 131 6261 6359, Chelsea@bjorky.se; WeChat ID: Bjorky

CONCORD MUSIC

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

classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803, Tel: 5235 7398, info@concord-music.com, www.concord-music.com

ELG

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

EXPAT LEARNING Centre

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

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

ISTAGE ACADEMY

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

JITTERBUGS SHANGHAI

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

JULIA GABRIEL Centre FOR LEARNING

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

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, Tel: 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, Tel: 131 4819 8740 (English) or 131 6266 3622 (Chinese), www.kidsattic.com, kidsattic@hotmail.com or info@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, Bldg 1, Suite 2305, Tel: 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. Casa Lakeville Basement Aerobics Room, 506 South Huangpi Road; 6F, Lujiazui Worldpath Clinic International Meeting Room; 399 North Nanquan Road, 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, Tel: 6445 0902; Studio 1A, Lane 180, South Shaanxi Road, www.potteryworkshop.com.cn, info@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. Suite 1111, 11F, 525 Zhenning Road, Tel: 400 100 8920, office@prem-ex.cn

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. Bldg 8, 1765 Hongqiao Road, near Shuicheng Road; House 5, 350 Jidi Road, Tel: 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. Suite 505, 3211 Hongmei Road, Tel: 6426 1113, www.zfencing.cn

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Financial Services

ST. JAMES'S PLACE

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

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

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

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

www.britannicashanghai.com, admissions@britannicashanghai.com

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

Established in Shanghai in 2002, the school has two campuses at either side of the city. Both schools

follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique approach to learning, ensuring all children achieve highly and have the will to succeed further.

www.bisspxi.com, admissions@bisspxi.com

CONCORDIA INTERNATIONAL SCHOOL

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

www.concordiashanghai.org, admissions@concordiashanghai.org

DULWICH COLLEGE SHANGHAI PUXI

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

DULWICH COLLEGE SHANGHAI PUDONG

Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular

activities, the school develops well-rounded students in a nurturing environment. www.shanghai-pudong.dulwich.org, admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghaiapudong;

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

HUILI SCHOOL SHANGHAI

Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili



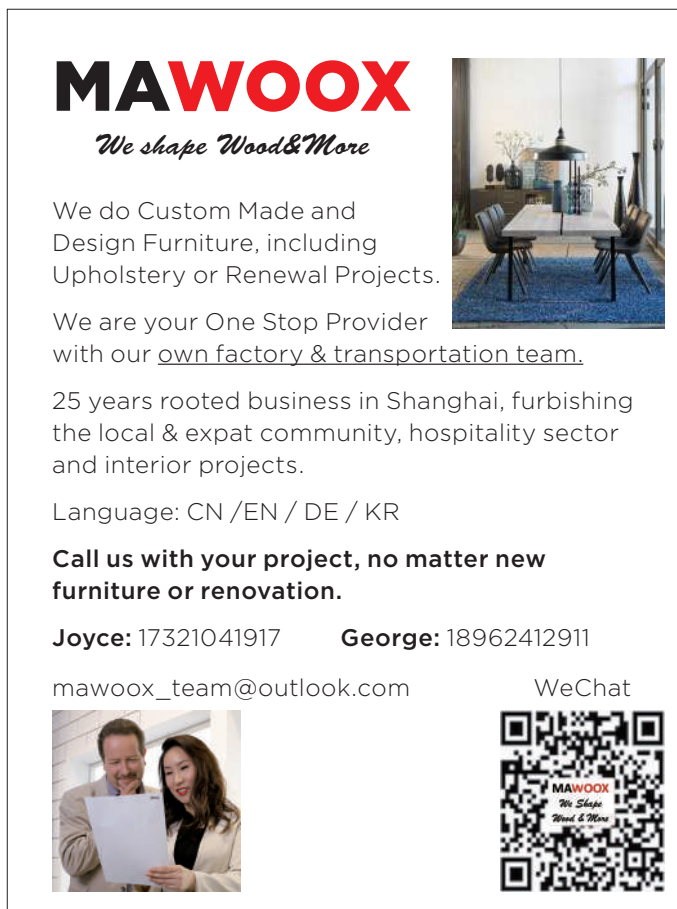
虎媽牛娃 Family Parents&Kids

Parents' coffee and chats

名校家長私享匯

With just over 20 years of history, we feel we have a responsibility not just to bring kids, parents, and families together, but also to help build a kind and caring Shanghai community.

With that in mind, we are delighted to announce 'Parents' Coffee and Chats'. Come join us to discuss or learn about various topics such as health, nutrition, mindfulness, travel and education, while sharing advice, stories and information with fellow mums and dads of Shanghai. Stay tuned for more details...



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curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment.

235 Linyao Road, Pudong New Area,
Tel: 3177 5080, www.huilieducation.cn/shanghai-school,
admissions.hss@huilieducation.cn,
WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

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

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

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

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international 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. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS_Shanghaio

SHANGHAI AMERICAN SCHOOL

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

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners

who contribute positively to their communities. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org; WeChat: scisshis

SHANGHAI QIBAO DWIGHT SCHOOL

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

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

SHANGHAI UNITED INTERNATIONAL SCHOOL

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

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

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

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

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

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

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

sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

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

HUILI NURSERY SHANGHAI

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

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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

LITTLE SCHOLAR ACADEMY

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

MONTESSORI SCHOOL OF SHANGHAI

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

community listings

montessoris.com; 21 Donghu Road, Xuhui District, Tel: 5403 7699, admission.xuhui@montessoris.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessoris.com; 3852 Duyuan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessoris.com; www.montessoris.com, WeChat: mss2005shanghai;

THE LITTLE URBAN CENTRE

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

X²B MONTESSORI

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

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

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

SHANGHAI GYMNASTICS

Shanghai Gymnastics offers a safe and fully equipped gymnastics facility for you and your family. With a

coaching staff certified by the United States Association of Gymnastics (USAG), the gym offers fun and safe classes where children and adults of all ages and skill levels can learn and have fun. Classes include acrobatics, cheer, dance, gymnastics, tumbling, trampoline, parkour and a special summer camp program. Birthday party slots are available each week. 789 Hongahong Road (near West Yan'an Road); 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road), Tel: 186 2178 1281, shanghai.gymnastics@gmail.com

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

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

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. Tel: 186 1690 8035; ProTeam@SportsForce-China.com, WeChat ID: Runfast2day

Teen Activities

THE GENIUS WORKSHOP

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

WELLINGTON ACADEMY PROGRAMME

This after school and weekend programme 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. Tel: 5185 3872; www.wellingtoncollege.cn/academy

Tutoring & Test Preparation

THE PRINCETON REVIEW

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

2798, www.PrincetonReviewShanghai.com, tprenquiry.sha@sarabeattie.com,

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

Combining the best of East and West, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services include: TCM and internal medicine, acupuncture, herbal medicine, gynecology and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road, Tel: 6345 5101; 211 Chengjiaqiao Road, Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

COLUMBIA KAIYI 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. Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Mon-Sun 8 a.m. - 7 p.m.; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 6882 1212, Mon-Sat 9 a.m. - 6 p.m.; Tel: 400 663 7707, columbia-clinic.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. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; Open Mon-Sun: 9 a.m. - 5

community listings

p.m. except Wed, WeChat: ayyk18939896079; 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, open on Sunday; 401-N1, 9 Xizi International, Jingtan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, open Mon-Sun 9 a.m.- 6 p.m., except Tues.

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO



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

JIAHUI HEALTH



Jiahui Health's integrated healthcare system covers all major areas of Shanghai and consists of a comprehensive international hospital, along with a network of outpatient clinics. Our experienced and multilingual physicians hail from around the globe, and deliver leading global healthcare covering all

major medical specialties, such as family medicine, pediatrics, obstetrics & gynecology, breast health, orthopedics & sports medicine, and our international cancer center, among others. The state-of-the-art Emergency Services Department at Jiahui International Hospital offers full-spectrum, 24h medical services, including COVID-19 PCR testing and a fully equipped rabies clinic able to provide both pre-and post -exposure rabies vaccines. 689 Guiping Road (near Qinjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu District, Mon - Sat, 8 a.m. - 6 p.m. Sun 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an District, Mon - Sat, 8 a.m. - 8 p.m. Sun 9 a.m. - 6 p.m., Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. 3F, 1868 Pudong Avenue, Oriental City Tower, Pudong New Area; 35 Yongjia Road, 19F (near Maoming Road), Huangpu District, Tel: 6075 3100, 5404 0058/59, sh.changhedayun.com

MINDFRONT SHANGHAI CLINIC



Mindfront Shanghai Clinic specializes in urban mental disorders or mental health issues, providing multidimensional professional help in various disorders/issues such as sleep disorders, anxiety and depression, obsessive-compulsive disorders, ADHD in children and adolescents, women's mental health, addictive behaviors, parent-child/family relationships, social relationships, etc. Our professional team consists of psychiatrists with extensive clinical experience and overseas-trained counselors/therapists. Professional services are delivered through a multidisciplinary teamwork model. Also, case manager is assigned to provide support throughout the course of treatment and ensure timely responses to client needs. 18F, Crystal Tower, 68 Yuyuan Road (near Jiaozhou Road), Jing'an District, Mon-Sun, 10a.m.-6p.m., Tel: 6718 8883, www.mindfront.com/en/home

RAFFLES MEDICAL SHANGHAI

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

PARKWAYHEALTH



With more international doctors and a wider range of services than any other healthcare 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, acupuncture, allergy, cardiology, chiropractic, dentistry & orthodontics, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, physical therapy, osteopathy, mental health & counseling services, speech therapy, TCM, urology. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; appointment 400 819 6622; www.parkwayantai.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 Caoyi Road, Xuhui District, Tel: 5489 3781, www.renaihospital.com, Mon-Sun 9 a.m.-5 p.m.

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing

community listings

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

SHANGHAI YOSEMITE CLINIC

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

UNITED FAMILY HEALTHCARE (UFH)



United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 2 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. 1139 Xianxia Road (near Qingxi Road), *Open 24/7*; 1598 New Jinqiao Road, (near Donglu Road), Pudong New Area, *open 24/7*; 8 Quankou Road (near Linquan Road), *open Mon-Sat 8:30 a.m.- 5:30 p.m.; 689 Yunle Road (near Jinfeng Road), open Mon-Sat 9 a.m.- 5 p.m.*

Dental Clinics

ALPHA DENTAL

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. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); *open daily 10 a.m.- 7 p.m. except public holidays; www.alphadental.cn*

JIAHUI DENTAL

SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

Address: 689 Guiping Road, Xuhui District, Shanghai

Regular Opening Hours: Mon-Sun 24 hours

- Family Medicine
- Emergency Medicine
- Dentistry
- Rehabilitation
- Ophthalmology
- Fertility service
- Pediatrics
- Obstetrics & Gynecology
- Orthopaedics
- Dermatology
- Breast Institute

Contact: 400-868-3000

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases. The Dentistry Department also carries out multidisciplinary collaboration with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies for sports injuries. 689 Guiping Road (near Qianjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m.; Tel: (24 hour service) 400 868 3000; www.jiahui.com/en

NEW YORK DENTAL CLINIC

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

PURESMILE ORTHODONTICS & DENTISTRY
PureSmile provides exemplary dental care and

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

PARKWAY HEALTH DENTAL CENTRES

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

LIFESTYLE

Hotels & Holiday

SHANGHAI HONGQIAO TONGPAI HOTEL

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

Health & Beauty

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 Gongping Road, Hongkou District; www.banyantreespa.com

BENSON

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

BODY CONCEPT PILATES

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



Miki Cutili: Parenting Coach

Parenting coach, mum of three kids and former children's educator, Miki Cutili, shares how she found inspiration to help families bond.

By Anabela Mok

My name is Miki and I arrived in Shanghai 4 years ago with my family. We moved from Spain (I am Italian-Spanish) where our first daughter was born. Now our family consists of five members, the little ones of the house were born in China, they are twins. I'm a parenting coach working with families and schools to help them build their balance with kids, offering trainings, workshops, webinars, coaching and consulting. My studies and background are related to the Montessori approach (educating 0-6 year olds), positive discipline, growth mindset, emotional intelligence, child psychology. My aim is to let adults understand how we can build a respectful relationship with our kids starting from ourselves.

It's not only about looking for solutions to our daily parenting struggles, but also having a better

understanding of what being a kid means in this age. I also do one-on-one coaching.

What inspired you to be a parenting coach?

I started working with children 15 years ago and during those years I could see how parents were struggling to understand their kids and finding the best solution for raising their child. Often parents listen to what others think "is right" and fight against who they are naturally.

I started studying the Montessori method during my university years in Italy, where Dr Maria Montessori was born, but only during my first pregnancy did I decide to become a parenting coach. Becoming a mum was the most wonderful and the hardest journey I ever planned and even after having a certain knowledge in the field. I learned that kids

When we develop a deeper connection with our kids and understand them, then we are helping them become who they would like to be, discovering their unlimited potential.

don't need to be fixed or changed, we need to learn how to understand and then communicate with them. To do that, we need to get in touch with ourselves.

What's the hardest part about your job and how did you overcome it?

Fighting those wrong beliefs that mislead us when we are facing a problem with our kid.

When our little one doesn't sleep, we want a quick solution and don't often think about the root of the problem. Sometimes we rely on the temporary ways to fix something rather than understanding the issue at hand. It's the same when our little ones are crying, or when they don't follow our expectations or even when addictions or behavioral issues surface during the teenage years.

Can you describe the part of your work that you enjoy the most?

Observing how families finally reach the balance they were looking for, improving their bonding, connecting with their kids, stop yelling, opening their hearts and building those wonderful memories that last a lifetime.

How do you balance being a parenting coach for others and being a mum to your three children?

I really want to spend both quantity and quality time with my kids, at the same time I love what I do. Knowing that kids will be kids only for a few years, I work a lot during the evening and nighttime. This means giving up on certain things and prioritizing all the time. I want my kids to enjoy their childhood, to follow their own rhythm and needs but I know that being satisfied with who I am and what I do is one of the key points to being happier together. **SF**

2022

STUDENT VOICES

Speech Competition



演讲比赛

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