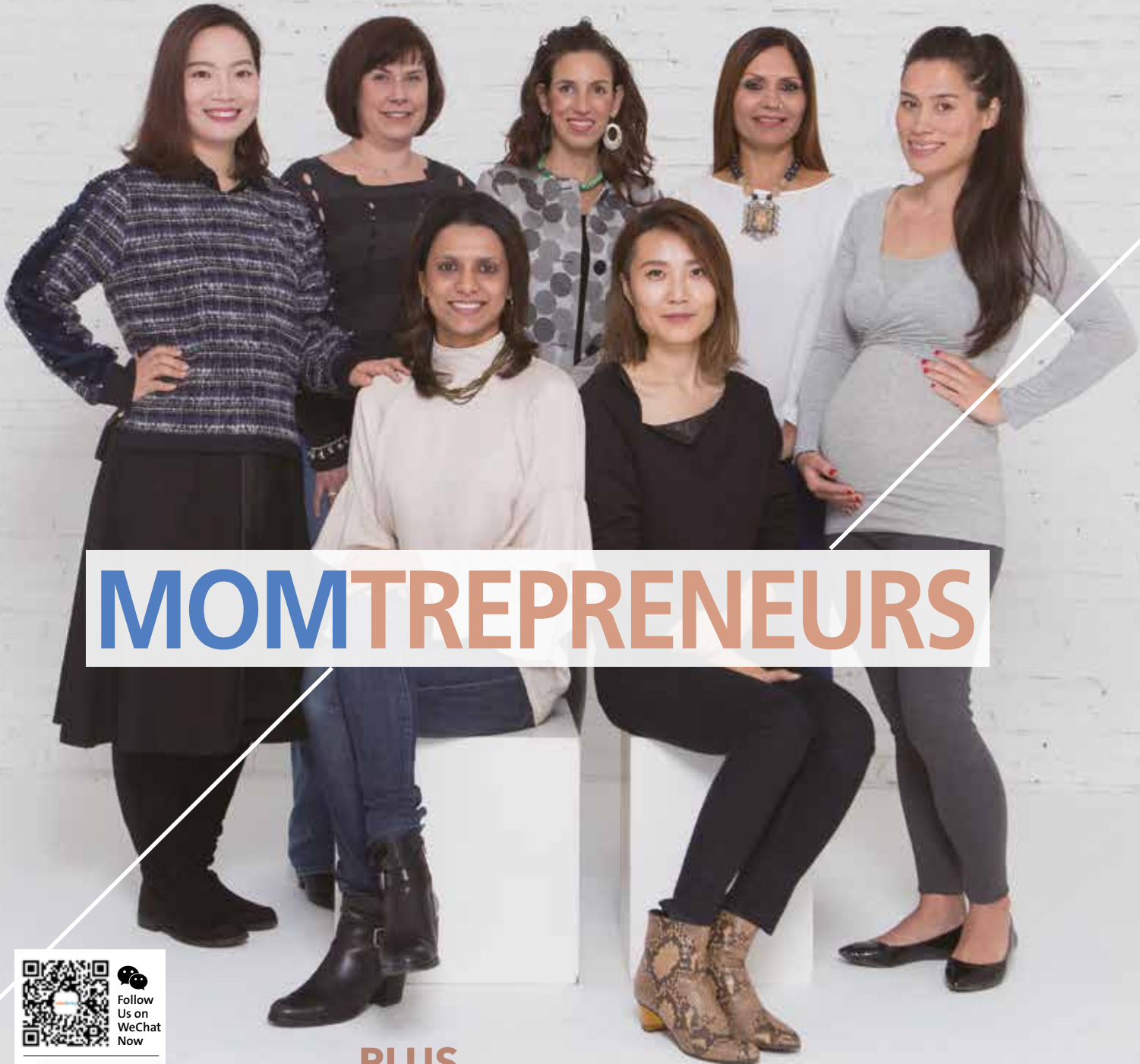


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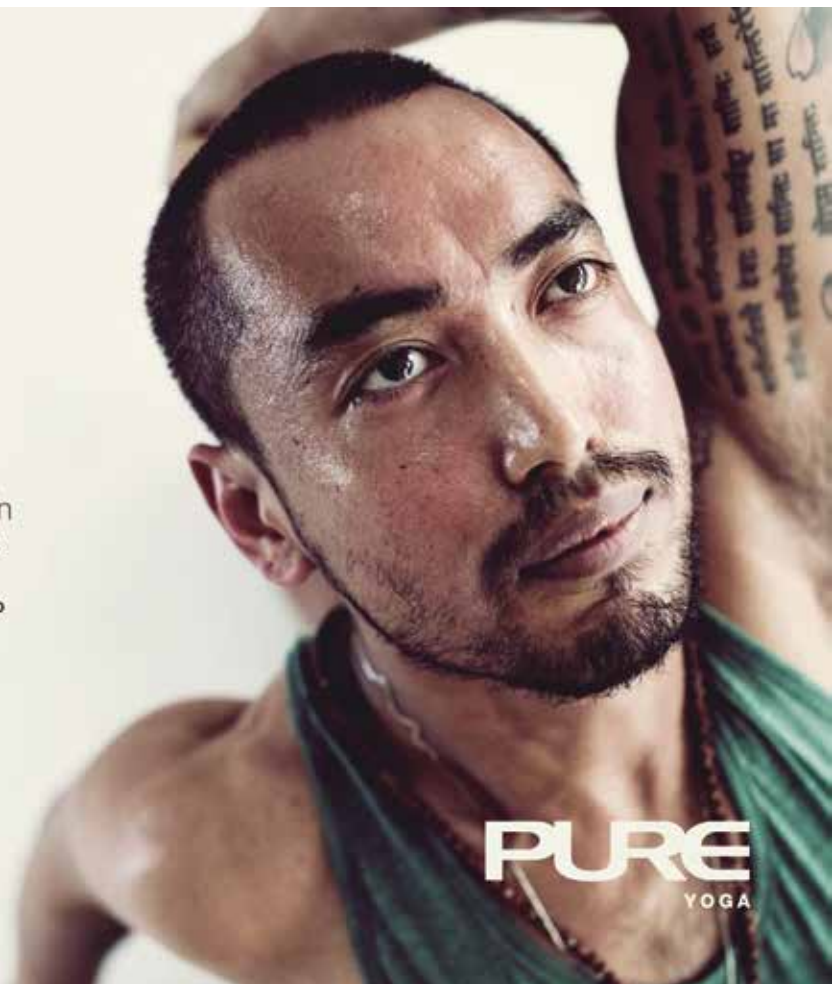
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Answering Tough Questions and Getting a Dad's Perspective



EDITOR'S NOTE



Christmas is, hands down, my absolute favorite holiday. I truly love this time of the year when it's appropriate to listen to Christmas music (although who can resist listening to Mariah Carey's 'All I Want For Christmas Is You' all year long), twinkle lights are put on display and Christmas trees are everywhere you turn.

With that said, sometimes being in China can put a bit of a damper on the holiday spirit – let's be honest. So whether you'll be staying in Shanghai for the holidays or going home to celebrate with your family, it can always help to have a bit of

holiday cheer in your own home at the least. That's why we've provided you with a guide to the best Christmas tree and decoration shopping spots in the city (pg14), as well as some cute holiday outfits for the little ones (pg 12).

Food & Fun (starting on page 34) is also filled with holiday delights that will have you craving your Christmas ham or turkey early. Here you'll also find a list of some of the best places to dine on Christmas if you are sticking around town.

Our cover story (pg16) switches gears to talk about a popular trend in Shanghai—the mompreneur. While this type of mom is obviously not new, more and more are following the lead and creating businesses that suit their lifestyle, talent and passion. Here we feature seven moms who are doing just that, and using WeChat as the tool to run their businesses.

We also feature some pretty fantastic young artists, putting their favorite pieces on display on page 26.

And a special thanks to Barefoot Portraits for hosting and taking our lovely cover shoot.

Happy holidays!

Alyssa Marie Wieting
Editor-in-Chief



WIN WIN WIN

Every week we are giving away prizes and tickets to some of the best events and venues around town. To keep in the loop, scan our QR code for Urban Family Shanghai or sign up to our newsletter at www.urban-family.com/shanghai.



NOW ACCEPTING NOMINATIONS FOR THE 7TH ANNUAL SPORTS AWARDS

It's nearly time for the most riveting sporting event in the city: The Camel and *That's Shanghai* Sports Awards! We are now accepting nominations for this year's 7th annual ceremony, which features three new categories for our future superstars: Under 18's Team of the Year, Coach of the Year and Player of the Year as well as a raffle fundraiser for the Baobei Foundation. After last year's fundraising success, we will also be recognizing the sports team that raises the most money for charity over the course of the awards.

Think you have a contender? Please send nominations with a photo and brief description of only 75 words or less for your pick to laurenhogan@urbanatomy.com. They will then be featured in our sister magazine *That's Shanghai* and on Thatsmags.com in February, with the ceremony being held at the Camel Sports Bar Puxi on Thursday February 16.

URBAN BLURBS

Compiled by Rachel Deason



Planetarium Coming to Shanghai

Construction has begun on Shanghai's first planetarium, which will open its doors to the public in 2020. The planetarium will be the world's largest and will consist of a main building, a solar tower, a youth observation base and a public observatory. How much does it take to become the biggest in the world? RMB528 million, apparently. While doing construction, the planetarium is collecting astronomical cultural relics from the public, so dig through your house for that antique astrolabe!

HAO BU HAO

Hao

Shanghai Culture Square has announced that it will house the Shanghai premiere of *Wicked: The Untold Story of the Witches of Oz* in April. Families should get ready to sing along to their favorite musical numbers sung by Glinda and Elphaba.



Bu Hao

Education authorities in Shanghai have re-confirmed government rules that will curb the use of imported curricula in International Schools attended by Chinese students.

“A long time ago, every year, my dad would always say, ‘Son, you have so many movies out. When are you going to get one of those?’...After 56 years in the film industry and breaking so many bones, finally, this is mine.”



Jackie Chan after winning an honorary Academy Award after making 200 films in the industry.

NUMBER



2.5

The depth in meters that Shanghai has sunk since the 1920s. Yes, you read that right. To blame is the excessive use of groundwater and the rapid addition of skyscrapers. The sinking phenomenon is known as subsidence and more than 50 cities across China are currently experiencing it, with perhaps the worst sinking occurring in Beijing, a city that's getting 11 centimeters lower per year.

Coldest Winter Yet to Come

Shanghai is set to endure its coldest winter on record since 2012. According to meteorologists, La Niña will bring a big chill throughout most of China this winter, with the northeast and northwest sections of the country expected to be hit the hardest. With lowered temperatures comes increased coal burning, and we all know what that means: pollution. The Ministry of Environmental Protection has warned that there will be more polluted days this upcoming winter than last year, but that the severity of the pollution won't be as bad.



Toy Story Land at Shanghai Disneyland

Only six months after opening, Shanghai Disneyland is such a success that it's already building new attractions. Guests of the upcoming Toy Story Land, set to open in 2018, will enter the ride into Andy's (the boy who owns the toys in the film) backyard. It will be constructed to make visitors feel like they have been shrunk down to the size of the toys in the film.



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LIFE & WELLBEING

OUR FAVORITE THINGS

The Pizzato Family

Edited by Alyssa Wieting



Rafael and Isabella Pizzato moved to Shanghai just a year ago with their twins Betina and Frederico (22 months). This fun-loving family has adapted to the Shanghai life quite easily as many aspects of the city remind them of their home in Sao Paulo, Brazil. They love how family-

friendly the city is and enjoy watching their kids become trilingual – learning English, Portuguese and, of course, Mandarin. Here they tell us some of their favorite things that they have discovered in Shanghai so far.

OUR FAVORITE...

FAMILY RESTAURANTS

We always go to Vapiano because they have both indoor and outdoor dining areas and they are super child-friendly. The twins enjoy the items on the kids' menu and we can also bring our dog when we sit outside. We also like going to Johnny Moo since they have kids' activities right outside of the restaurant. They always bring the food out really fast, and have small TVs that the kids can watch while waiting for food. We also love to go to Kerry Parkside when they have outdoor beer festivals where they combine activities for kids and good beer for adults.

DATE NIGHT

Rafael works with beer, so we love beer, and especially craft beer. We go a lot to Liquid Laundry and Kaiba because of the relaxed atmospheres and good beer selections. Food-wise, we think Mercato is the best. We have Italian roots and we find the food to be authentic and we love the ambiance because you don't need to be too dressy.

INDOOR KIDS ZONES FOR THE WINTER MONTHS

Winter is not so bad here because there are many kid-friendly indoor play zones. One of our favorites is on the third floor of the Super Brand Mall. Like many other compounds in Shanghai, ours has a great play area too.

PLACES TO BE ACTIVE

I go to Crossfit in Jinqiao and Rafael plays polo at the Oriental Sports Center. The swimming pool at the Sports Center is great too. While Rafael plays polo, I often take the kids to either the outdoor or indoor pools to play. The Little Gym is excellent too (for the twins) and caters to kids ages 6 months to 8 years.

PLACES TO TRAVEL INSIDE CHINA

We stayed at the Renaissance in Sanya and it was absolutely amazing, and very kid-friendly. They had a huge playroom with a lot of activities and the swimming pool was giant and very clean. We went when the twins were just over one-year-old so we did not venture out of the hotel into the city, but our stay was very nice and it was a good break from the Shanghai winter.

PLACES TO TRAVEL OUTSIDE CHINA

We went to Phuket recently without the kids and we really liked it. But as a family, our favorite was traveling to Boracay where we stayed at this little boutique hotel called the Coast Boracay. It was a great family experience and they tailored everything for the kids with lots of personalized treats for them. Usually we go for the big chain hotels, but this was an amazing experience. The island was really fun for snorkeling and was very safe with the guides' supervision.



VIEW OF THE CITY

We don't think most people know this, but the IFC's rooftop (go to the top floor and then take the stairs to the rooftop) offers the best view of the Pearl Tower. It is a great place for the kids to run around up there and it is absolutely beautiful.

> Vapiano, 24-26 Fucheng Lu, by Mingshang Lu (5077 7781)

富城路24-26号, 近名商路

> Johnny Moo, Rm110, 333 Zhangyang Lu, by Pudong Nan Lu (5878 3715)

张杨路333号110室, 近浦东南路

> Kerry Parkside, 1378 Huamu Lu, by Fangdian Lu

花木路1378号, 近芳甸路

> Super Brand Mall, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu

陆家嘴西路168号, 近陆家嘴环路

> Liquid Laundry, 2/F, 1028 Huaihai Zhong Lu, by Donghu Lu (6445 9589)

淮海中路1028号2楼, 近东湖路

> Kaiba, multiple locations in the city

> Mercato, 6/F, 3 Zhongshan Dong Yi Lu, by Guangdong Lu (6321 9922)

中山东一路3号6楼, 近广东路

> Crossfit, 510 Hongfeng Lu, by Mingyue Lu, www.icaruscrossfit.com

红枫路510号, 近明月路

> Shanghai Oriental Sports Center, 701 Yaoti Lu, by Dongyu Lu

耀体路701号, 近东育路

> The Little Gym, 2/F, 580 Tianyaoqiao Lu, by Lingling Lu (6481 0608)

天钥桥路580号2楼, 近零陵路

> IFC, 8 Shiji Dadao, by Lujiazui Huan Lu (2020 7000)

世纪大道8号, 近陆家嘴环路

KEEPING OUR CULTURAL TIES

Living an International Life During the Holidays

By Dr. Nate Balfanz, American Medical Center



how children who were reared in families that placed a great deal of importance on cultural practices not only reported lower levels of anxiety, but these meaningful family rituals also were suggested to be a protective component of the child's overall physical health and general wellbeing. The researchers noted that a child who has a good grasp of the routines and rituals specific to their family is likely better equipped to take on life's inevitable challenges and unexpected events.

TIPS FOR MAINTAINING HOLIDAY RITUALS WHILE LIVING ABROAD

1) Reach out to your local consulate to find holiday activities specific to your cultural background. With 200,000 expats living in the Shanghai community alone, chances are you will be able to connect with other individuals or families who practice cultural rituals and routines that are similar to your own. Call or visit your home country's consulate office to find out about holiday events that are occurring in and around the city.

2) Share your holiday rituals and routines with families whose cultural identity is different from your own. One of the best ways to connect with your own cultural heritage is to educate others from differing cultural backgrounds about the holiday rituals and routines your family practices. This may include activities such as hosting a potluck with other families and encouraging attendees to bring a special holiday dish unique to their home country, or perhaps attending a praise and worship service with a family that holds religious ideas and beliefs that are different from your own.

3) Reflect on special memories from holidays past. Reminiscing about positive experiences from one's past can help improve one's psychological and emotional wellbeing (numerous therapeutic modalities use the act of reminiscing as a key treatment component). Take time out this holiday season to gather around the kitchen table with your family and encourage each other to share your most cherished memories from past holidays.

Dr. Balfanz is the Senior Clinical Psychologist at American Medical Center, a comprehensive medical and mental health service clinic for children, adolescents, adults and families living in Shanghai. For more information on clinic services, contact Dr. Balfanz at: nate.balfanz@amc-shanghai.cn or visit his website at: www.drnatobalfanz.com

As the holiday season approaches, we take time to recognize the importance of honoring the unique aspects of this multicultural community.

One of the more enjoyable parts of being a mental health practitioner in a major international city like Shanghai is having the opportunity to learn about a patient's cultural background, practices and traditions that may be similar or different from my own. Such exchanges in therapy not only allow for me to better understand the uniqueness of each of the patients and families that I work with, but it also gives the patients themselves the opportunity to rediscover and reconnect with parts of their identity that might have been lost somewhere in their transition to a life in Shanghai.

The holiday season is the best time to be reminded of the culturally specific rituals and traditions we honor, and which help to shape our understanding of our identity and sense of self. This is of particular importance for the children and adolescents that make up our community, as they are at a time in their lives where they are constantly searching for ways to better understand and solidify their place in the world.

WHAT THE RESEARCH TELLS US

Research has reflected time and again that there are numerous benefits to regularly practicing culturally-specific rituals and routines for both the individual and collective psyche of

“A child who has a good grasp of the routines and rituals specific to their family is likely better equipped to take on life's inevitable challenges and unexpected events”

a family. Specific to children and adolescents, research informs us that kids who have a good understanding of their cultural heritage and regularly engage in culturally specific rituals are likely to grow up to become more resilient, higher functioning adults.

A 2000 study by Syracuse University researchers Samia Markson and Barbara Fiese reflected



7 MISUNDERSTANDINGS ABOUT OVERSEAS REAL ESTATE PROPERTY INVESTMENTS

As glamorous as overseas real estate property investment sounds, potential foreign investors still sometimes have hesitations before deciding to buy. Colliers International, the leading global overseas real estate agency, tackles six common concerns of local buyers in China.

Overseas real estate property investments are only an option for wealthy people.

This is quite often not the case. It can be very possible to own an overseas property without a huge stockpile of savings. In fact, the down payment required is typically much lower than the amount that is required in China. For instance, if purchasing an apartment before construction begins, investors only need to pay 10 percent as an initial deposit and another 10 percent the following year. The mortgage then doesn't need to be fully paid off before the apartment is handed over to the buyer, giving investors the opportunity to rent out their apartment and cover part of their mortgage through the rental.

Overseas house prices are higher than in China.

It is obvious that house prices in China show

no signs of decreasing anytime soon. In fact, prices of real estate in first-tier cities overseas, especially in areas of regeneration in cities such as London and Melbourne, are not higher than China's, and buyers do not need to abide by the 70-year property rights law as in China.

Purchasing an overseas property through a local agent is cheaper than purchasing in China.

Colliers International only work with developers with strong reputations and proven track records. These developers do not charge one price to one buyer, and another price to another—buyers in China benefit from the same price as buyers in London, Melbourne, Vancouver or wherever their overseas investment may be located. By purchasing within China, buyers are able to take advantage of the assistance that Colliers offers as well as saving travel costs if they were to visit the country where the property is located.

Investing in overseas real estate is more complicated in terms of procedures and management.

Colliers International is a professional real estate agency that provides a one-stop service for our clients. From choosing apartments to renting them out, the international property division provides a support system for buyers through the entire purchasing process, making the management of the property easy.

The language barrier can be a big concern for non-English speaking investors.

As an experienced agency of overseas residential sales, Colliers International will be responsible for direct communication between the developer and the purchaser. If buyers would rather visit the property in person, Colliers will arrange a bilingual staff member to assist you.

Foreign investors are not protected under local laws and regulations.

In fact, buyers must appoint a lawyer to assist with the completion of all transaction procedures in some mature markets and to help clients navigate local regulations. Other requirements such as pre-deposit can also be taken care of through this process instead of transferring to developers directly.

Foreign buyers have to handle mortgage loans at local banks.

There are a number of banks in China such as Bank of China, Standard Chartered, United Overseas Bank and HSBC that offer overseas real estate mortgage loans.

> For more details, visit www.colliersresidentialip.com.cn or call hotline number 400 138 3883.



WORKING MOMS IN SHANGHAI

Josie Zhao Gets Honest About Her Career Move to Shanghai

Edited by Alyssa Wieting

Josie Zhao and her family moved to Shanghai two years ago from Hong Kong after being appointed as the chief operating officer of a high-profile bank. Her daughters (Sophia, 8 and Alice, 6) and husband have always been a huge support system for her, especially during their move to Shanghai. Although it took the family a while to settle into their new home, they are now getting the chance to enjoy their lives in a new city. Here, Zhao tell us about being a working mom in Shanghai.

GIVE US YOUR CAREER STORY.

I am currently the chief operating officer for China at a multinational bank. I travel quite a bit between Shanghai and Beijing as our headquarters is based there, and my team is split between the two locations. Initially I worked in San Francisco as a financial strategies consultant and went to business school in France. For the past 10 years, I have been moving from bank to bank, mostly working in strategy and now transitioning into execution in a single market.

HOW WAS THE PROCESS OF MOVING TO SHANGHAI?

I think I underestimated the difficulty [of moving here] because I am Chinese and had been working in Hong Kong for 10 years, but it was still quite challenging to bring my family here. I wouldn't call my husband a 'trailing spouse,' but he did have to make some career adjustments to accommodate our relocation. The first year was quite difficult for us when we were trying to get the children settled in. It all happened so fast and it took me two years to truly adjust, and now I am trying to get our family out more often into the city.

WHAT IS IT LIKE BEING A FEMALE EXECUTIVE IN CHINA?

I think the struggles are a little different than I've found in other parts of the world. In my personal experience, in any kind of Anglo-Saxon culture, you need to be firm, outspoken and confident. I tend to be more aggressive, but in China, I've had to tone it down a little bit and find a balance. Without overgeneralizing, I think my Asian male counterparts tend to not appreciate aggressiveness coming from women. Since I am Asian, I think the expectations are a little different of me.

WHAT IS THE BIGGEST DIFFERENCE BETWEEN WORKING IN HONG KONG AND SHANGHAI?

China is a huge market and you don't fully understand it until you are

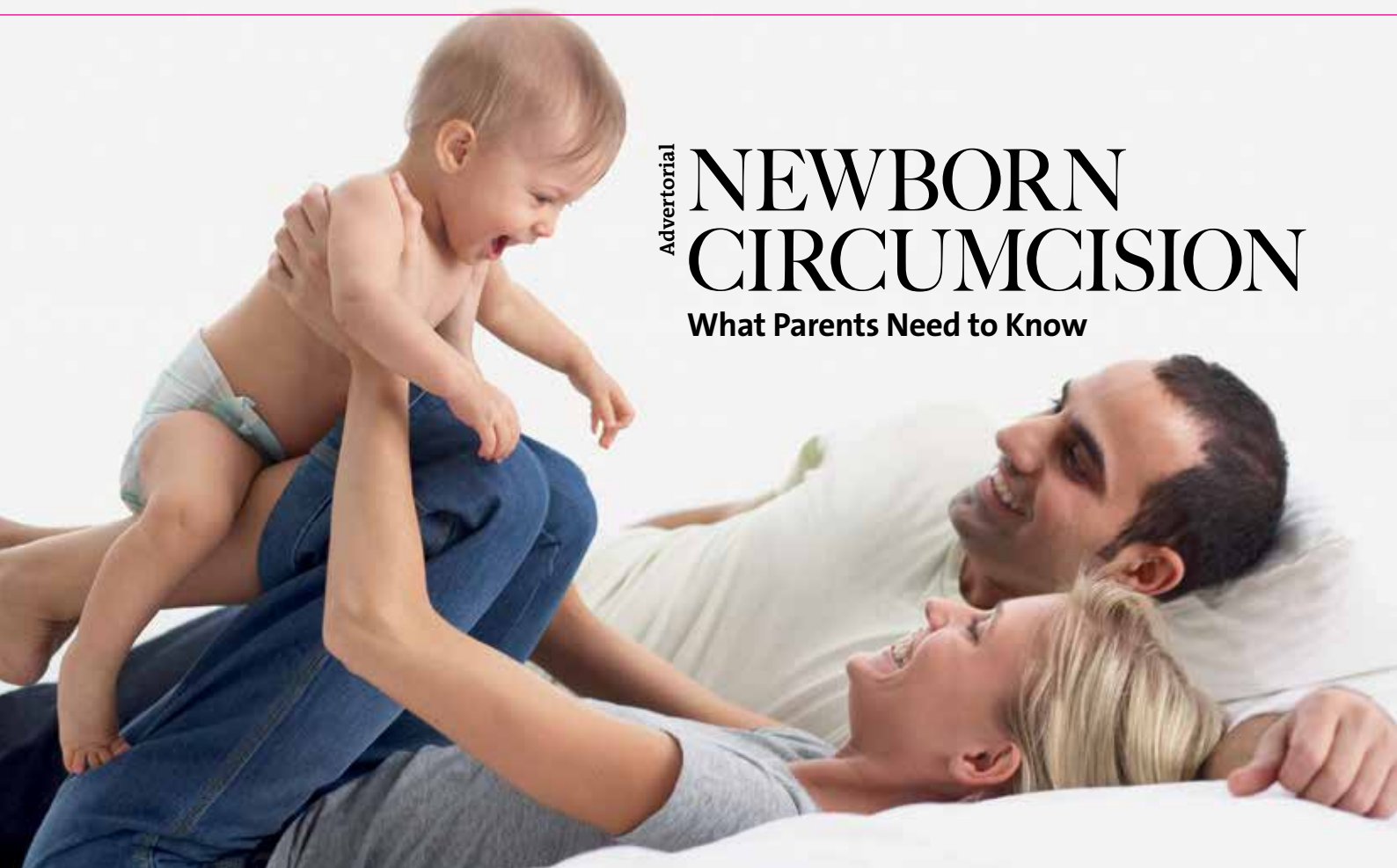


"I have had a lot of difficult jobs, but being a mom has been the most difficult. I have learned so much from being a mom and I apply it at work all the time"

actually here. In Hong Kong, the majority of expat professionals work in financial services, but in Shanghai I meet people from all kinds of industries. For me, it is an eye-opening experience for someone who has been in financial services for a long time.

WHAT HAS BEEN THE HIGHLIGHT OF YOUR CAREER?

I feel like I'm still waiting for the highlight, to be honest. For me, this job is clearly a recognition of my ability and contribution, and it has been a great learning experience... but I'm getting ready for the next thing, which I think will be the highlight of my career. The highlight of my life, however, is certainly being a mom. I had children relatively young, but I felt like that's when I actually grew up. I have had a lot of difficult jobs, but being a mom has been the most difficult. I have learned so much from being a mom and I apply it at work all the time.



Advertorial

NEWBORN CIRCUMCISION

What Parents Need to Know

It's a question that many parents of baby boys grapple with. Here, Shanghai Redleaf International Women's and Children's Hospital provides some of the facts and answers that you have been looking for.

What is circumcision?

Circumcision is a procedure to remove the abundant foreskin of the penis. Plastic ring circumcisions are performed at Redleaf, which have the benefit of causing no wounds, no need to suture, easy to care for, limited pain and good cosmetic appearance.

The benefits of circumcision

Circumcision is known as a surgical vaccine, and has many benefits related to the prevention of UTIs and STDs. The benefit to risk ratio is measured at 100:1.

- 1) Decreased risk of UTIs: Uncircumcized children have a 12-fold increased risk for UTIs, compared to circumcized children
- 2) Decreased risk of STDs: 60 percent efficacy or higher in protecting heterosexual men from HIV infection
- 3) Decreased risk of HPV infection
- 4) Decreased risk of penile cancer

Timing for circumcision

There is no limitation on the baby's age for the procedure. Normally, the circumcision is performed at least 48 hours after birth and almost always during the newborn period. It is well-documented that complications related to circumcision in newborns is 5 percent of that compared to children older than 1 year, most of which are minor complications. Nearly 93.3 percent of newborns in the USA receive circumcision.

Benefits of newborn circumcision

- 1) Local anesthesia
- 2) No memory of the procedure
- 3) No need to fast
- 4) No need to stay in the hospital overnight
- 5) No need to restrict the baby's movements
- 6) No special care
- 7) No need to worry about the baby developing phimosis when growing up

Post-operational care

The plastic ring circumcision procedure is performed with a special ring, with no need to suture, no IV, no oral medicine and is very easy to care for. Keep the penis clean with normal saline and apply antibiotic cream twice a day to prevent infection, and the ring will fall off in 7-9 days.

Shanghai Redleaf International Women's and Children's Hospital, 1209 Middle Huaihai Lu, by Donghu Lu (6196 3333)



'TIS THE SEASON

By Alyssa Wieting

Girls



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JCrew Kids, RMB338
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Children's Place, RMB82
www.childresplace.com



Kids always look the cutest when they are dressed in their holiday best. Whether it be a reindeer nighty, a red argyle vest or a festive dress – we've rounded up the top looks for your kids this season.



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OH, CHRISTMAS

From Fake Firs to the Sweet Smell of Pine

By Virginia Werner

It's Christmas time in Shanghai, and as the temperatures drop, a night spent by the fire (or in most cases – the space heater) is more appealing than ever. Luckily for you, while the weather outside is frightful, your home doesn't have to be. Bring the family a little cheer this holiday season and choose from an impressive selection of shops and markets around town to find the perfect festive additions to your home.



CAOJIADU FLOWER MARKET

Caojiadu boasts the largest flower market in the city and sells real wreaths, poinsettias (RMB20), ornaments, spray-on fake snow, Santa hats and Christmas trees for wholesale. Prices are negotiable, so prepare to barter vigorously. Custom-made flower arrangements and trees are available upon request, and many items can be ordered in advance and delivered directly to your home.

> 1148 Changshou Lu, by Wanhangdu Lu 长寿路1148号, 近万航渡路. Open 7am-7pm.

JINGSHENG FLOWER MARKET

This market is on the smaller side but does not lack in selection. Real and artificial Christmas trees can be found here, as well as seasonal flower arrangements, wreaths, poinsettias, ornaments and other holiday gear up for haggling. The market has a small selection of pets for sale, too – pick up a bunny for the kids; reindeer are not available.

> 96 Anshun Lu, by Dingxi Lu 安顺路96号, 近定西路. Open 9am-5pm.

ROSA GALLICA

Rosa Gallica is a cozy little shop tucked away in the heart of the former French Concession on Ferguson Lane. Poinsettias are large and beautiful, wreaths are immaculate and trees range from RMB400-1200 by height. The shop is nestled near several cafes, so we suggest grabbing a hot chocolate or coffee and perusing around for your favorites. Be sure to check out their selection of holiday flower arrangements as well.

> Ferguson Lane, 376 Wukang Lu, by Tai'an Lu 武康路376号, 近泰安路. Open 10am-8pm.

IKEA

Add some Swedish festive flair to your home for the holidays with Ikea's 155cm Fejka artificial Christmas tree for RMB149 (larger sizes available). You can also bake cookies in fun Christmas-themed shapes using their Vinter 2015 pastry cutters (set of six for RMB29).

> Various locations, www.ikea.com.cn

TREE



CARREFOUR

The popular supermarket chain is an easy option for Christmas décor (and pretty much everything else). Trees average at RMB229. Also available: ornaments, tinsel, lights, stockings and other accessories.

> Various locations, visit www.carrefour.com.cn for the nearest branch.

YU GARDEN

Christmas decorations and fake trees can be found at numerous markets there, both outside the garden and in the buildings surrounding it. Get everything done in one trip and pick up some Chinese souvenirs and gifts for your loved ones while you're at it. We recommend the miniature porcelain Chairman Maos – they're sure to be a crowd-pleaser.

> 218 Anren Jie, bu Fuyou Lu 安仁街218号, 近福佑路. Open 8.30am-5pm.

HONGQIAO FLOWER AND BIRD MARKET

Here is another flora and fauna market with a wide selection of seasonal decorations, real and fake trees and, of course, flowers to spruce up the home for the holidays. Bartering is highly encouraged – aim for RMB200 for a fake tree. The market sells birds, too – we were hoping to recreate the 'partridge in a pear tree' scene from "The Twelve Days of Christmas" but unfortunately no partridges were found on site.

> 718 Hongjing Lu, by Hongsong Lu 虹井路718号, 近红松路. Open 8am-6pm.

TAOBAO

Last but not least, there's always trusty Taobao. Find trees, gift wrap, wreaths, banners ornaments, lights, advent calendars and our personal favorite – Santa toilet seat covers. And if you're not a Taobao pro (or if you're overwhelmed by the thought of even trying to use it), our buddies at Baopals can help you with any of your online shopping needs.

> www.taobao.com, www.baopals.com

MOMTREPENEURS

of Shanghai



Words by Alyssa Wieting
Photos by Barefoot Portraits

Shanghai is a city booming with entrepreneurs, and people of all ages and backgrounds are jumping on the entrepreneurial train. Combining their passions and career experience, these seven women have created businesses that are innovative, fun and healthy for their families. Running a business and a family simultaneously is no easy task. Here, we take a look at how these moms are doing it with enthusiasm and dedication.



Irene Fiol



of Irene's
Yogurt

“After years of working long hours in an office, traveling often and having short time to spend with family, now it feels great to work from home on my own project”



Irene Fiol is no stranger to a busy lifestyle. She moved to Shanghai with her boyfriend (now husband) back in 2008 from Barcelona to pursue a career as an industrial engineer. Since then she has had two beautiful little girls (both born in Shanghai) and has taken a break from her consuming engineering career.

Not being able to sit still for long, the idea for a business came to her about a year ago after a visit from a friend and her daughter. Fiol explains, “I made a batch of yogurt for the girls to snack on. My friend’s daughter would usually refuse yogurt at home, but she finished the whole jar that day. My friend also loved the yogurt and said I should sell it on WeChat’s Food From The Hood (FFTH). That was the first time I heard of that platform, and I loved the concept of participating in a home-made food network, so I went for it.”

Soon after placing the yogurt on FFTH she started getting weekly orders from other moms around Shanghai via WeChat. Before she knew it, a whole community had grown around her product on the social media platform. Without the expat community, she feels that Irene’s Yogurt would not have come to fruition so quickly. Today, the WeChat group she started continues to grow rapidly on its own, but even so, she feels that the essence of the little iYo family that began a year ago is still the same.

Every yogurt is made in Fiol’s kitchen, produced in the same way she has always done for her own family, but now in much larger batches. After a year of the business taking over her kitchen, the production will soon be moving to a shared kitchen space off of Jiashan Lu, allowing her to expand the business and perhaps get some helping hands.

She is loving every second of this new turn in her career and feels that her engineering background has prepared her well for starting her own company. “It’s such a rewarding experience to see a business grow. After years of working long hours in an office, traveling often and having short time to spend with family, now it feels great to work from home on my own project.”

> WeChat ID: iyoshanghai

Fanfan Peng and Leeta Shao *of* Roco Baby

After being friends for years, Fanfan Peng and Leeta Shao both started their families and had their first child almost at the same time; Peng now has a 2.5-year-old daughter and Shao a 1.5-year-old son.

After many shopping excursions soon after the birth of their kids, they soon realized their disappointment in the availability of quality children's clothing in Shanghai. "The style is either too commercial and cheap or too luxurious. We couldn't find a brand that represents children's nature well," Peng explains.

Combining her experience as a fashion buyer and Shao's finance consulting expertise, the two decided to band together and create Roco Baby, a kid's multi-brand clothing store in Shanghai. The shop in Xintiandi opened about a couple of months ago, but the preparation and planning have been over a year in the making.

The brick-and-mortar store combined with their We-Chat shop has shown excellent promise thus far. "Many moms around us have also started to look for stylish and independent fashion brands for kids. This demand is growing quickly and the response has been surprisingly good so far. We haven't advertised yet; most of our business depends on word-of-mouth."

"We love kids and we also love fashion. [Moms] care about the quality, look and brand of the clothes they buy for their kids"



Setting themselves apart from chains such as Gap Kids and Zara Kids, Roco Baby mainly stock products by independent European designers. While they don't manufacture or create their own clothes, they research trends and import clothing they feel suits the needs of moms here in Shanghai, to fill a gap in the market.

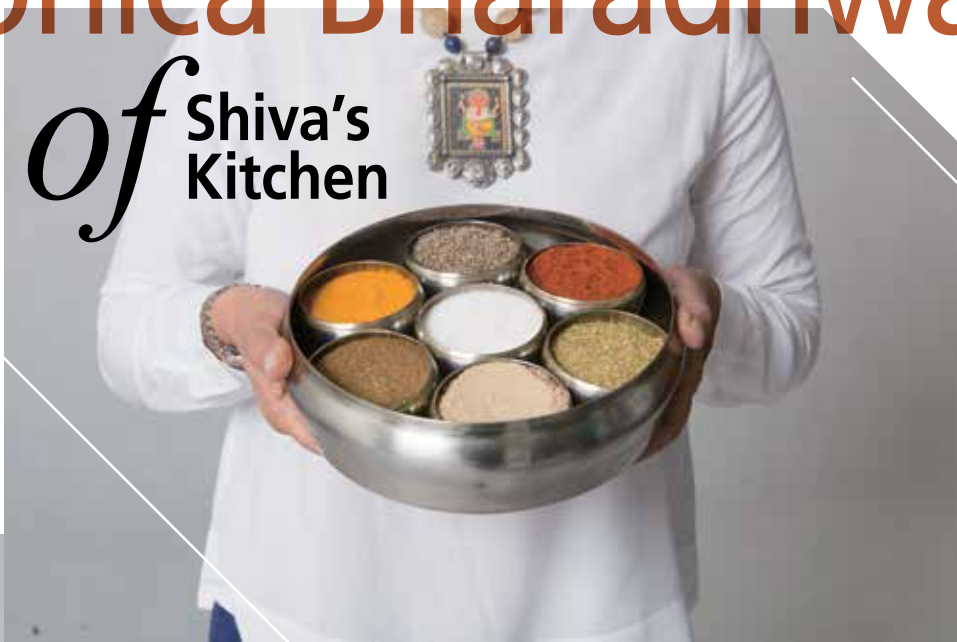
This new company has allowed Peng and Shao to go from friends to business partners and to combine their two loves – family and fashion – into their business. "We love kids and we also love fashion. [Moms] care about the quality, look and brand of the clothes they buy for their kids. We hope to offer them a broad range of choices that satisfies their needs."

The two of them are certainly having fun creating and growing their newfound passion.

> WeChat ID: rocobaby2016

Monica Bharadhwaj

of Shiva's Kitchen



Originally from New Delhi, Bharadhwaj moved to Shanghai in 2010 with her husband and her two sons (ages 12 and 10). Familiar with the expat lifestyle, she and her family have been living abroad for nearly 17 years now, with her husband's job taking them to Egypt, Mexico and, now, China.

Despite having lived abroad for so long, Bharadhwaj is dedicated to her Indian roots and traditions. She grew up cooking with her family and discovered her passion and talent for it when she was only 7 years old. As she travels the world with her family, she teaches Indian cooking classes wherever she goes.

It wasn't until she got to Shanghai that she started her catering business Shiva's Kitchen. She was inspired by positive feedback on her cooking from friends and their kids. "These compliments touched my heart and I decided to explore my kitchen in a totally new way where I could cook for my friends and their families," she says.

One small twist to Bharadhwaj's food is that everything she makes is entirely vegetarian, and she incorporates authentic Indian spices in her creations. Some of her favorites are cauliflower and potato wraps, hummus

"One just needs passion, honesty, devotion and sincerity in anything that they do. Once you have all these, the sky is the limit"

and veggie biryani, and all the add-ons such as yogurt, cottage cheese and sour cream, are homemade to perfection as well.

Each week, she sends out a new menu on her WeChat group. After receiving orders, Bharadhwaj prepares the food, and then sends the orders out to pick-up spots in the city, where her customers can collect their delicious goods for the week.

Although she isn't entirely sure what the future holds for her business, she is certainly enjoying it for what it is now. "I am extremely happy with the response that I've received...One just needs passion, honesty, devotion and sincerity in anything that they do and once you have all these, the sky is the limit."

WeChat ID: mylordshiva



Heather Neufeldt

H

Heather Neufeldt moved to Shanghai in 2010 with her husband and two daughters (now ages 11 and 13). Although the move was originally to accommodate a career opportunity for her husband, she has found herself doing a range of jobs over the years including writing as a featured columnist, teaching preschool and now, a small business owner.

Re-Kindled Candles was born almost three years ago out of coincidence. "I've made candles for years as a hobby and then I was asked to help out with a charity gala. I'm not great at planning or committee work so I volunteered to make candles for the gift bags. They were really well-received and my friends suggested I start selling them," she explains.

The candles are handmade and completely eco-friendly, concentrating on clean burning, no-waste production and recycling. The wicks are even sealed with vegetable oil (both imported from the US) while the wax and vessels are from China – giving the candles a unique Asian look that appeals to Eastern and Western aesthetics.

Currently at its busiest season of the year, Neufeldt receives a huge influx of the orders for Christmas markets and sometimes she finds it hard to keep up with the demand going to these four or five days per week. This is, however, one of the best ways to sell her candles. She also takes orders from WeChat, which gives her the ability to directly connect with her customers regularly and inform them of new products.

Although Neufeldt has put years of hard work into Re-Kindled, it is time to hand over the torch to new co-owners Posy Pearson and Lili Gleason. Ready for a change of pace, her family will be repatriating to a quiet farmhouse in Minnesota, "[My departure] is bittersweet, really. I feel like I want to do so much more, but I'm confident and very happy that I've left Re-Kindled in good hands."

Pearson and Gleason are excited about their new endeavor saying, "We are delighted to be the new owners. Heather has developed a range of deliciously fragranced, high quality soy wax candles and we plan to continue in that tradition."

> www.rekindled-candles.com, WeChat ID: HEN8102



of Re-Kindled Candles

"[My departure] is bittersweet, really. I feel like I want to do so much more, but I'm confident and very happy that I've left Re-Kindled in good hands"

Momtrepreneur [mom-truh-pruh-nur] n; 1. A woman nurturing an entrepreneurial streak while simultaneously juggling home and family life. 2. A mother who starts a business from home. 3. A multi-tasker in its extreme





Roscy Thomas

of Realicious Butters



W

ith an impressive resume and a determined mindset, there is nothing stopping Roscy Thomas from achieving what she wants. After working at places like The Nielson Company in India and Harvard Business School in the US, when her family decided to move to Shanghai for her husband's career, she wasn't about to slow down.

Busy with a toddler at home, she came across Realicious Butters after moving to Shanghai a little over a year ago and was presented with an opportunity that she couldn't turn down. "When I heard that Realicious was looking for a new owner to continue the movement, I jumped at the chance. As I am learning the business, there have been many late nights and tough meetings, but I enjoy every single moment of it," she says.

Originally started by another expat back in 2012, Realicious Butters makes artisanal nut and seed butters, created with all-natural dehydrated nuts and seeds.

While Thomas is all about promoting her company and enjoying the business side of things, a strong belief in the importance of healthy living is where her true motivation and inspiration comes from. "I strongly believe that great products will stay, and ones that are unhealthy will no longer be able to market their way onto dinner tables. I am a mother and I strive to know what is in the products that I give to my son. I am constantly trying to provide my family with high-quality, healthy food choices."

Thomas sees her business going a long way in the years to come and she hopes to make a small difference in the Shanghai community,

"I am a mother and I strive to know what is in the products that I give to my son. I am constantly trying to provide my family with high-quality, healthy food choices"

helping people become happier and healthier with the food they consume. She has pledged to take no shortcuts in the quality of her butters and we believe her when she says it.

While you can find Thomas marketing her butters at food markets and shops such as Kate & Kimi, she feels that WeChat has been a huge player in the success of the company. "The Chinese social media platform levels the playing field, giving us small players a fighting chance to get our products to consumers. As the world is going ever more local, such platforms will help consumers buy closer to their homes, not only helping their local communities more but also reducing their overall carbon footprint."

A dedicated mom and businesswoman, we expect Thomas to do just as she promises.

> WeChat ID: Realiciousbutters



Melissa Mueller

Of Mommybow



M

elissa Mueller first got the idea of starting a business back in 2012 when she was trying to get pregnant with her first child. A fitness enthusiast, Mueller wanted to make sure that she would be able to stay in shape during her impending pregnancy, but noticed Shanghai's lack of workout classes tailored to expecting moms, apart from a couple of pre-natal yoga classes.

"I saw this as an opportunity to create something that was lacking in the market. I worked on getting certified as a pre- and post-natal fitness trainer and from there, I started giving private lessons, which then expanded into group classes and different types of exercises and workouts," Mueller explains.

She never thought her tiny business would become what it is today, having had to move locations three times over the past few years to accommodate demand. "The response has been tremendous. Our growth has been much faster than we had ever anticipated. When we started in 2012 we were just a simple fitness class, but because of the overwhelming support we've received, we've since branched out to include many different activities for moms and babies (including baby aqua classes)."

It is important for Mueller to keep her current clientele and she creates new classes as she sees a demand for them. As her initial client base's children grow, so do the classes to suit them. She admits that she also wants her daughter Naomi (and her soon-to-be-born second child) to be able to participate in the classes as they develop, thus more toddler classes have been introduced.

With a background in marketing, Mueller was able to strategically use WeChat as a platform for her business and sees the Chinese social media platform as a unique tool that you can't find in other countries. It has allowed her to market her business directly to both local and expat moms in Shanghai, schedule classes, receive feedback and, most importantly, create a Mommybow community.

"I feel truly blessed and humbled that our little business has become what it has and I am excited about what the future holds in store for us"

Having moved from Hamburg to Shanghai in 2008, Mueller doesn't see herself leaving anytime soon, especially considering Mommybow's rapid growth. "I believe the future is limitless for any business as long as they are willing to adapt and evolve with the market. For us, we will continue to give our classes but we also have bigger plans for ventures with a few strategic partners to expand (our classes) to multiple locations. I feel truly blessed and humbled that our little business has become what it is and I am excited about what the future holds in store for us."

> WeChat ID: mommybow



LEARNING

CREATIVITY REDEFINED

Featuring Shanghai's Young Aspiring Artists

'Conflict'

By Chien Yu, Dulwich
College Shanghai, Age 17

"[This piece] explores the effects of domestic abuse on a woman's identity. The images of beauty in nature represent the woman's identity and how abuse is slowly breaking her, letting her beauty flow out and away. I looked at it from a more mental aspect, specifically focusing upon the effects on identity."



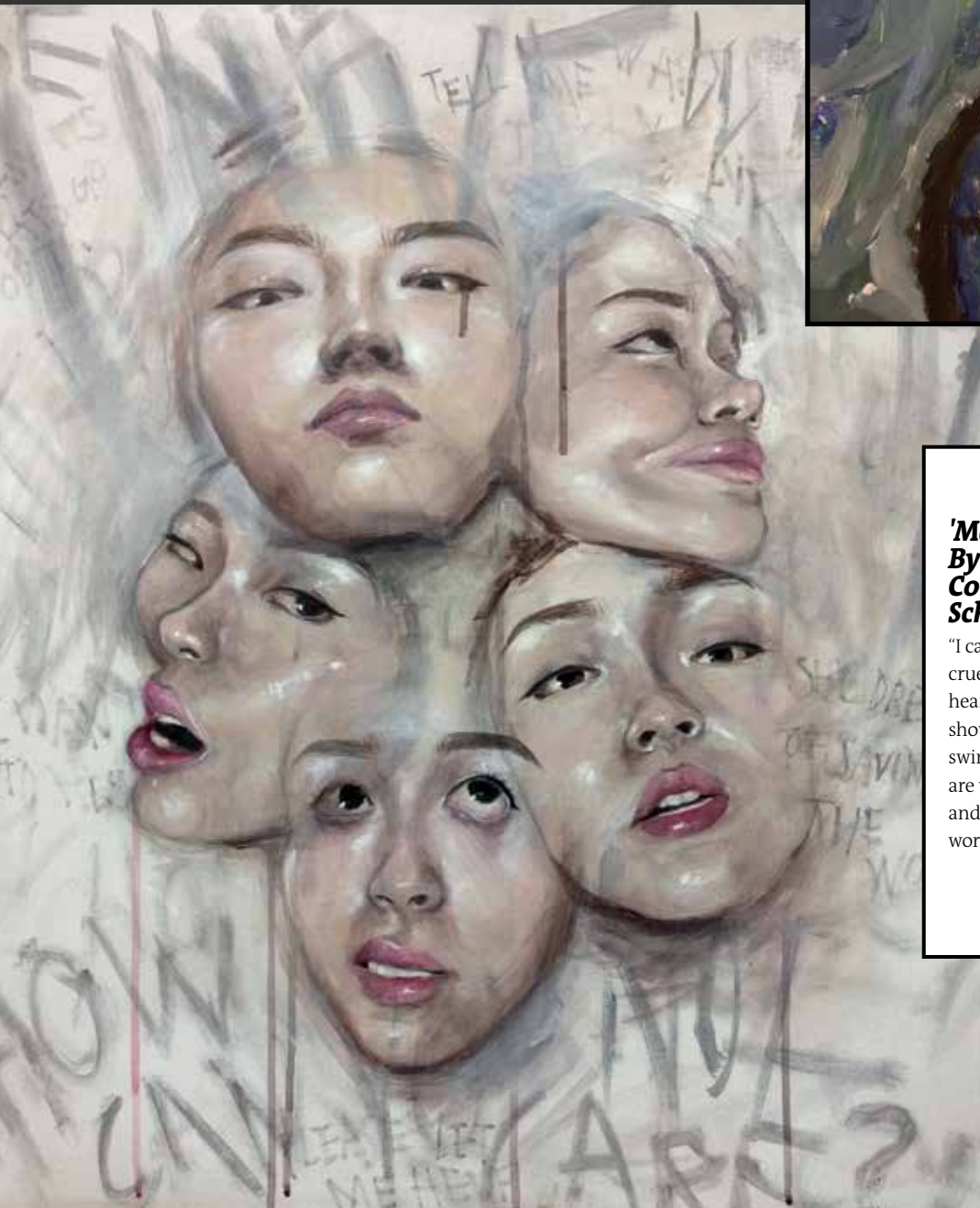


'I'm Surrounded'
By Ailin, Yew Chung
International School
of Shanghai, Age 14

“This piece represents how I sometimes protect myself, or hide my interests from others when they are looking at me. At first I wanted to depict a dark theme, but when I thought about the things I am interested in, I realized that it was incomplete to just show the darker side of myself.”

'Christmas Bike'
By Jay Ang,
Dulwich College
Shanghai
Minhang, Age 11

"I wanted to put myself inside a Van Gogh painting. This is the bike I got for Christmas; I really like cycling."



'Mayhem of Whats'
By Pearl Au Yeung,
Concordia International
School Shanghai, Age 14

"I came to realize the reality of the cruel world around me — and it was heartbreaking...This piece aims to show the thoughts that have been swimming in my mind. The faces are warped to show the pushing and pulling of dealing with the world."

'Bon Appetit'
 By Hsieh Li Fang,
 Melody, Shanghai
 Singapore International
 School, Age 18

"Nowadays, we have become careless in our lives and we value materialistic things more than our environment. The expression of the people in my painting was to show how careless we have become, some are smoking, chatting and using their phone. Their selfishness makes them not realize the dirty food and water on the dining table, representing pollution. I want to reinforce the idea of protecting our environment."



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ART IS EVERYTHING

A New Perspective on the Value of Art in School

By Matt Kuykendall

How relevant is art to a child's development and should we still make it a priority for our kids to master the subject?

At the beginning of a child's academic career, it seems as if their entire day is spent engaging in nothing but art. My home is overflowing with art and crafts constructed by my two children and our evenings are filled with songs they've learned in school covering seemingly all that is important in life: sharing, washing hands, cleaning up and loving your family.

At some point, however, our educational institutions shift gears dramatically. Art and music are no longer embedded into the curriculum but placed apart from it. In high school, the arts are labeled as electives, separate from the main curriculum. Of course, the message this

sends to both students and parents is that these are things to do in your spare time but not worthy of serious engagement.

So what is the purpose of art? Is it necessary? Would you be upset if your child came home from school and says, 'Mom, Dad! Our school is canceling art class?'

A recent meta-analysis of the research regarding art and its impact on performance in other academic disciplines conducted by Harvard found that there are 11,467 articles, books, theses, conference presentations, technical reports and unpublished papers related to the academic value of art. So there is no shortage of effort put forth to investigate its utilitarian value.

However, the Harvard study found through their meta-analysis of all the data, that there were only three statistically significant causal links between art education and other disciplines.

A medium-level causal relationship was found between listening to music and a temporary improvement in spatial-temporal reasoning. This is the so-called, 'Mozart Effect' – a concept that few people truly understand. Firstly, the increase in IQ is related to spatial temporal reasoning. Secondly, the effect is temporary. And thirdly, the effect is gained not simply via classical music, but listening to any style of music that heightens your mood.

A second area where a medium-level causal relationship was found by the comprehensive Harvard study was between learning an instrument and spatial reasoning. The third area where a causal link, albeit a weak one, could be established was between drama and verbal skills. Students who participated in acting had greater verbal skills than those who did not.

Yet, you'll notice that of the 11,467 pieces of research, no statistically significant relationship

could be established between traditional art (non-musical and non-dramatic) and academic performance. In fact, the Harvard study explicitly stated that no relationship could be found between the arts and verbal intelligence, math scores, reading, non-verbal reasoning or even creativity.

So where does this leave us? Does this mean that art is unworthy of our children's time? Should art teachers be fired and replaced by additional mathematics and reading specialists? What good is art in school if it does no academic good?

I think the problem in our society is that we tend to evaluate things based on utility. The astute reader would have noticed that much of the research on art and its cognitive impact has to do with its instrumentality in regard to other areas of academics. And as the famous English art critic John Ruskin wrote, "The most beautiful things in the world are the most useless; peacocks and lilies, for example." Instead of assessing the value of art-based on its instrumentality, we should change our evaluative paradigm.

The arts may lack academic instrumentality but they do not lack emotional and spiritual utility. In his famous work, *Art as Experience*, American philosopher John Dewey beautifully wrote, "Only when the past ceases to trouble and anticipations of the future are not perturbing is a being wholly united with his environment and therefore fully alive."

"Drawing or painting won't make your child smarter. It won't help their SAT score and it won't increase their reading fluency. But it will awaken them. It will prime them to experience all that life is and all it can be"

The aesthetics awake us. This is a particularly insightful and useful view of the arts given that the word 'aesthetic' itself is derived from the Greek word *αἰσθητική*, which means to awaken the senses. By viewing the arts in this way, we cease to evaluate their usefulness based on some secondary benefit. We cease to evaluate them as a means to an end, but change our view of the arts, and our subsequent evaluation of the worth of their pursuit, as an end in itself.

When I asked my seven-year-old daughter why she enjoyed art in school, she said, "It makes me calm. When you're finished, you're so proud of yourself. You can make anything in art – it is everything."

Drawing or painting won't make your child smarter. It won't help their SAT score and it won't increase their reading fluency, but it will awaken them. It will prime them to experience all that life is and all that it can be. Viewed through this paradigm, art is everything.

Matt Kuykendall teaches the leaders of tomorrow about neuroscience, human behavior and other big ideas at Shanghai American School's Puxi campus.



The poster features a wooden basketball court background. At the top, the text "Opening this Summer" is written in blue, with "暑期盛大开幕" in red below it. Three circular icons show basketball players. Below these, the text reads "COME EXPERIENCE LARGER-THAN-LIFE NBA EXCITEMENT AT NBA PLAYZONE" and "来NBA乐园体验NBA激情, 尽享无限欢乐". The "NBA play zone" logo is prominently displayed in the center. A white box at the bottom contains the address: "Level 2 Hubin Dao Shopping Mall, 150 Hubin Road (Close to Jinan Road), 湖滨路150号, 湖滨道购物中心二楼 (靠近济南路)". The website "www.nbaplayzone.com" and a QR code are also present. At the bottom, cartoon mascots for the Bulls, Magic, and Rockets are shown with children.

SELF-REFLECTION

How Your Middle School Student Can Achieve College Success Starting Now

By Charles Henry Lovett



November 14th. A few more clicks and it would be done. Wang read over the signature page of the Common App: “I understand that once my application has been submitted it may not be altered in any way; I certify that all information submitted in the admission process – including this application and any other supporting materials – is my own work, factually true and honestly presented”. Wang checked “I Agree” and then moved his mouse to hover slightly over that epoch-making “Submit.”

Wang (whose first name we have omitted from this article given his ongoing college entrance process) hesitated over that but-

ton. He thought about his test scores, and whether they would be competitive enough; he thought about his high school experience, and whether the extracurriculars he participated in would impress – or perhaps best reflect – his interests and passions; but most uncertainly, he wondered how his personal statement, a mere 650 words, could possibly encapsulate who he was, or who he wanted to become.

As a New Pathway ELA teacher for almost a year now, I can testify that the queries Wang has are certainly not unique. According to the Institute of International Education’s *Open Doors 2016 Executive Summary*, “China remains the top sending country [of students to the US], with almost twice the number of students... as India.” With so many applicants from China alone, every student wrestles with the personal doubt of his or her own distinguishing application. Am I really good enough?

Wang is a good friend, but my primary work is with students aged 10-14, whose young minds haven’t even thought about college yet. But I’ve worked briefly in college admissions, and now having spent more time with middle and lower high school students in China, I’ve come to a few conclusions:

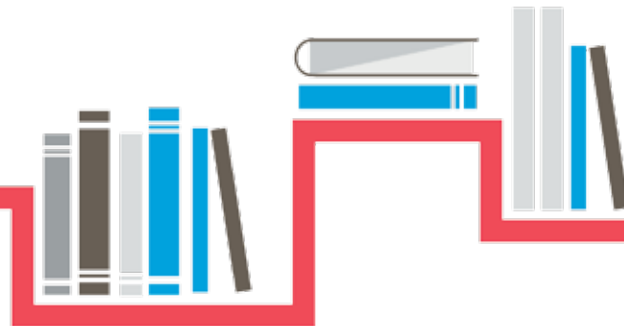
TESTING ISN’T ENOUGH ANYMORE

And nor has it been for a long time. A 2007 article in the *New York Times* reported that Harvard rejected over 1,000 students with a perfect SAT math score. Testing, while important, is not the end all and be all. One should think of testing as a hurdle, a certain level over which Chinese and international applications should attempt to clear. However, after that certain threshold, the consideration of your application shifts from one of numbers to one of depth and thought. The difference in your application over other students will not be those extra 100 points once you’ve passed the obligatory margins.

THEN WHAT?

If there is one thing I can impart onto parents of children younger than Wang, it would be to change the way they approach students to take English earlier and faster. Achieving success at these top American schools won’t hinge on your command of arcane words from your complex lexicon, nor your ability to differentiate between subordinate clauses from coordinating ones.

Many of the top boarding and preparatory schools in the States pride themselves on their focused, Socratic seminars, where students, peers, and professors engage in heated, respectful, and poignant discussion. However, an ability to do this in one’s native language does not necessarily translate to doing it in a foreign one.



In other words, speaking critically about Laozi's *Daodejing* as not a book of religious consequence, but rather, one of statehood and governance in Mandarin does not mean that the student could have the same discussion so easily in English.

But what does this have to do with college admissions? As test scores fall out of vogue for choosing between literally tens of thousands of applicants, the personal statement and interview instead make or break the individual accepted.

THE PERSONAL STATEMENT

I choose to focus on this part of the process solely because of its length: the 650-word essay may seem short – and it is – but it is also the longest essay that will be submitted to any college when using the Common Application. As such, it is a place of immense focus and profundity for the college admissions officer.

Where students international and American both fail here is in their simple misinterpretation of the statement's premise: these essays are seemingly about achievement or individuality in a way that highlights where the student is strong – where they triumphed and performed in a way that was sublime. And perhaps essays of success will catch the eye of some readers.

For the most part, conversely, these essays fall short because of the students' inability to write about themselves, to self-reflect. Students are taught routine-

ly to look at a phenomena outside of themselves and form an opinion on it; students are rarely asked to turn that lens inward, and write about the self in a way that is thoughtful, but not exaggerated; insightful, but not boastful; intelligent, but not verbose.

Wang began to think about writing his essay this way one month before the applications for college were due. Perhaps this was enough time. But being able to eloquently reflect on the self can be more easily accomplished the earlier these skills are developed. I've personally had the pleasure of teaching a New Pathway ELA elective writing course for Pre-College writing, where we focused heavily on the types of writing admired and sought out by college admissions. The students in that class were grade 9 – one even grade 8.

THE INTERVIEW

Writing eloquently is one thing; speaking is another. The same skills that we attempted to capture on the page – talking about oneself and his or her ac-

complishments humbly and excitedly, while still avoiding the pitfall of hubris – must be instantaneously summoned in real time.

Here, thought is best trained at a younger age through debating – the art of considering and speaking an issue and its multifaceted sides respectfully and critically. Additionally, I've taught several Novel classes at New Pathway ELA where Socratic discussion amongst students changed the way they spoke about themselves, the literature, and larger connections to our society.

The interview becomes a simple achievement and exemplary addition to the application when students master these skills at a young age.

College may be years away for your middle school student. But sooner or later they will be in Wang's shoes, mouse hovered slightly over the "Submit" button, wondering if they've done all they could to present who they really are.



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FOOD & FUN

MAPLE SOY-GLAZED CRANBERRY PIGS IN BLANKETS

By Betty Richardson

This variation on pigs in blankets makes a perfect festive party snack – you can even prepare them the night before and pop them in the oven when the party is about to start. Try swapping the pork mince for stuffing balls if you're working with Christmas dinner leftovers!

INGREDIENTS:

1-3 tbsp maple syrup (or honey)

1-2 tbsp soy sauce

1 tbsp butter

300g minced pork

1 pack streaky 'American-style' bacon

100g dried cranberries

Cocktail sticks

1. Preheat oven to 180°C (356°F). Combine ground pork with cranberries, season generously with salt and pepper. Shape into balls.
2. Wrap each ball with bacon, and hold it together with a cocktail stick.
3. Place balls on a tinfoil-lined baking tray and put in the oven for 25 mins.
4. Gently heat maple syrup, soy and butter in a pan until smooth. Adjust ratio to taste if necessary.
5. Brush the glaze over pork balls when 25 mins is up, and put back in the oven for an additional 5-10 mins. Repeat this step for a stronger glaze flavor. Serve.

TAKE HOME A TURKEY

Holiday Home Comforts Minus the Faff

By Betty Richardson

Christmas just isn't the same without consuming turkey. Getting a cooked bird delivered straight to your house is arguably the best of both worlds – not only do you get to luxuriate in the comfort of your own home, you also don't have to deal with the monumental task of cooking a whole Christmas dinner for your family. Don't even get us started on the top-grade leftovers – what holiday is complete without a Boxing Day turkey sandwich?



VICTOR'S DELI

The Fairmont Peace Hotel's famed deli has a good value turkey deal this year, priced at RMB888. This includes a 7-8kg bird good for six to eight people, plus three delicatessen-style salads or hot roasted vegetables, gravy, and pumpkin or apple pie for afters. It's also available uncooked if you're in the mood to roast it at home. Customize your hamper with additional seasonal wines, vinegars, Christmas cookies and other sweets. Don't forget to order two days in advance.

> Fairmont Peace Hotel 20 Nanjing Dong Lu, by Zhongshan Dong Yi Lu 南京东路20号, 近中山东一路. Nearest metro: Nanjing Dong Lu, 10mins. Open daily, 7am-10pm. (6138 6887)

THE LANGHAM, SHANGHAI, XINTIANDI

A classic option when it comes to take home turkey, The Langham's deal has two options this year: a 6-7kg bird for RMB1,472, or 7-8kg for RMB1,624. Both include fixings of Brussels sprouts, honey glazed carrots, mashed pumpkin and roast potatoes, gravy and cranberry sauce. Add an extra RMB337 for apple or pumpkin pie. Twenty-four hours notice must be given for all orders.

> The Langham Shanghai, Xintiandi, 99 Madang Lu, by Taicang Lu 马当路99号1楼, 近太仓路. Nearest metro: Xintiandi, 5 mins. Open daily 11.30am-2pm; 5.30-10pm. (2330 2288) (order at 2330 2420 or email tlshx.fnbinfo@langhamhotels.com)

FIELDS

This year, Fields online grocer has recruited Chef Austin Hu to design their take-home turkey packages. Prices for the sets start from RMB500 for a smaller chicken or turkey meal, up to a whopping 6kg citrus-brined bird for a party of 12. Sides include roasted Brussels sprouts with mustard cream and bacon; honey glazed carrots; mashed potatoes and more.

> www.fieldschina.com

THE BLOCK, KERRY HOTEL PUDONG

Pudong residents, you won't be left out this cold winter. The Block, Kerry Hotel Pudong's in-house butchery, is offering its offering hearty take home hamper deals from RMB995 net. You can choose from 3 options including whole flame-roasted turkey, honey baked ham or roasted Wagyu beef hampers. This deal also includes roasted potatoes, mince pies and more. The only catch? You've got to order it two days in advance to get it delivered to your door.

> Available until Dec 26. The Block, Kerry Hotel Pudong 1388 Huamu Lu, by Fangdian Lu 花木路1388号嘉里大酒店, 近芳甸路. (6169 8886)



CHRISTMAS DINNERS



Where to Get Your Feast on This Holiday



By Betty Richardson

Staying in Shanghai for Christmas? Not to worry – we've got your family covered on where to dine and get that Christmas dinner that reminds you of home.

PENTALOUNGE

One of our favorites for cheap and chilled out weekend brunch, the Pentalounge's Christmas Eve dinner sounds perfect for families. Their RMB228 dinner set includes pan-seared scallop with pumpkin chowder and chestnuts; Shiraz infused braised beef shank with porcini mushrooms and caramelized baby carrots; Kahlua Chocolate crême brûlée, anise-spiced apple pie and free-flow house wine, beer and soft drinks. Plus, this relaxed gastrolounge has pool tables, X-Box and board games to keep the kids occupied.

> Dec 24. 50 percent off for kids under 12, kids under age 6 eat for free, New World Shanghai Hotel, 1525 Dingxi Lu, by Changning Lu 定西路1525号, 近愚园路 (6252 1111)

MAYA & MAYITA

If you're in need of respite from the regular Christmas turkey spread, we'd recommend checking out the Mexican-inspired dinners at both Maya and sister restaurant Mayita. For RMB295 per person, they're offering roasted chestnut soup with chorizo and *pepitas*; crispy cod *bacalao*, chipotle rubbed turkey with *poblano* mash and roasted carrots, and jalapeno cornbread stuffing with *mole* gravy. The price also includes a welcome drink and dessert, and management tells us special non-spicy kids menus are available by pre-booking.

> December 24-25. Maya, 2/F, Shanghai Grand Club, Lane 568, Julu Lu, by Xiangyang Bei Lu 2楼, 上海四方俱乐部, 巨鹿路568弄, 近襄阳北路 (6289 6889). Mayita, 98 Shouning Lu, 6/F, near Xizang Nan Lu 寿宁路98号辉盛庭国际公寓6楼, 近西藏南路. (6334 3288)



MR & MRS BUND

Paul Pairet and the MMB team will be wishing diners *joyeux noel* with a festive brunch on December 24-25. So what's on the menu? That's for them to know and you to find out. If it's anything like the regular brunch service though, we bet it will be delicious. A la carte favorites like eggs Benedict and *that* French toast will also be available.

> 6/F, Zhongshan Dong Yi Lu, by Nanjing Dong Lu 中山东一路18号6楼, 近南京东路. (6323 9898)



PIE SOCIETY

For a little bit of Yuletide cheer without going the whole hog (or should that be turkey?), hightail it down to Pie Society, where they've literally "put Christmas in a pie." Their seasonal 'Merry Berry' pie (named after beloved Brit baking icon, Mary Berry) features turkey, bacon, and stuffing, and is topped with a dollop of Amelia's cranberry jam. They also have a vegetarian version filled with chestnut, parsnip, cheddar cheese, spinach, and chickpeas, along with a Dad-approved Angus beef, Stilton, parsnip and carrot number, topped with port gravy. Oh, and did we mention they do delivery through Sherpas?

> Pies from RMB50-60, from Dec 1-Jan 31. Room 102, Bldg 5, 67 Xingfu Lu, by Fahuazhen Lu 幸福路67号幸福里休闲街5号楼102室, 近法华镇路. (1367 189 3024, www.piesociety.com)

PELIKAN

The bleak midwinter seems like a fitting time of year to feast on hearty Nordic cuisine, no? Pelikan will be filling guests with a smorgasbord of artisanal fare for RMB295 per person. On the table will be cured salmon with cucumber and dill; baked cod with nuts, apples and brown butter; hay-smoked pork belly with figs and honey mustard; roasted duck breast; glazed roast potatoes and much more. The price also includes cheese and dessert to finish. Advance booking required

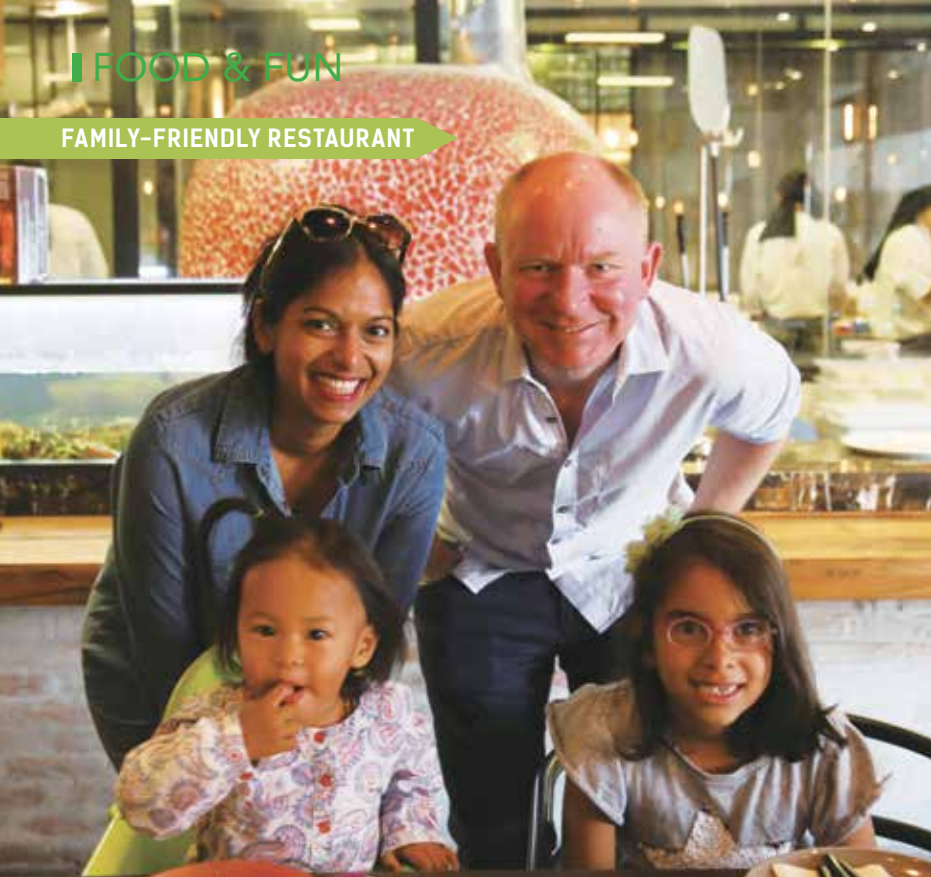
> Dec 1-25, 225 Xikang Lu, by Beijing Xi Lu 西康路225号, 近北京西路 Nearest metro: Nanjing Xi Lu, 15 mins. Open daily, 11am-11pm. (6266 7909)

YI CAFÉ

This Christmas, all 11 of Yi Café's culinary stations will be serving their regular worldly delights, in addition to festive dishes like roasted turkey, honey baked ham, duck confit and desserts. For those parents who want to indulge, the entrance also includes free-flow Christmas cocktails, wines, beer and juices. Available for brunch and dinner.

> Dec 24, 12-3pm, 5:30-10pm; Dec 25 12-3pm, 5:30-10pm. From RMB488-788 per person, children from RMB294-394 per person. 2/F, Pudong Shangri-La East Shanghai, 33 Fucheng Lu, by Mingshang Lu 富城路33号2楼, 近名商路. (5877 5372)





SALE & PEPE

Inventive Italian Dining for the Family

By Shirani Alfreds

Shirani and her family are on a mission to find the best family-friendly restaurants in Shanghai. See what she has to say about Sale & Pepe.

THE PLACE AND THE VIBE

Walking across the cobblestoned courtyard off Changde Lu to the restaurant Sale & Pepe in Jing'an is reminiscent of being in Italy itself. The restaurant – initially empty when we arrived – soon filled up, its homey Tuscan atmosphere a clear draw. What catches your eye upon entering is the semi-open kitchen in the center, which is surrounded by the dining area. The lobster tank and a stone pizza oven provide some entertainment as you wait for food. The vibe of the restaurant inside is warm and inviting, and you instantly feel you can either stay for a long lunch or feed the kids quickly and carry on with the day.

THE FOOD

The menu offers a standard yet appetizing range of antipasti and mains with classic pizza choices like margherita and primavera as well as novel options such as braised oxtail with onion and eggplant. However, the highlight of the restaurant was how accommodating and flexible they are. This, together with the fact

that most Italian food is child-friendly anyway, more than makes up for the fact that there isn't a children's menu. The restaurant is also able to offer twists and variations on dishes, and is even able to accommodate any allergies (i.e. seafood, dairy and nuts).

The first of our starters was the garden salad (RMB58). Served with berries, dragonfruit and delightfully caramelized hazelnuts, it was a refreshing and original dish. For our second starter, we were torn between carpaccio and burrata, and also couldn't decide on a pizza or main since there were so many choices. They happily accommodated our indecisiveness with an off menu item, burrata on a prosciutto pizza (RMB98), which was a genius compromise.

Our children ordered spaghetti bolognese, which was also off menu – both found it tasty and satisfying to the extent that our one-year-old hankered for more. Given we vetoed pizza in favor of the house risottos, we weren't disappointed. Our absolute favorite was the squid ink seafood risotto (RMB 148) with its deliciously savory, garlicky seafood flavor and a perfect, slightly crunchy texture. Topped with scallops, squid and prawns, the dish was worth all the black stains on our lips and fingers when we fed bites of it to our one-year-old, who also surprisingly relished it.

For desserts (RMB48-68), our 7-year-old's choice was the pièce de résistance: *la gallina* (homemade gelato). None of us expected it to arrive in a mountain of white softness almost as tall as our 1-year-old, lit on top by a fire-cracker candle. The waitress shaved off a portion once the candle expired and presented us with a tray of toppings such as wafers, nuts, marshmallows, fruit, chocolate and various sauces – heaven for any child and highly recommended for birthday celebrations.

KID APPROVED?

The food here is undeniably children-friendly, and even the risotto is suitable for one-year-olds. The flexibility and 'inventiveness' off-menu makes it an interesting culinary experience, as even the fussiest eaters and those with allergies can be satisfied. There is no entertainment within the restaurant itself, but the cobblestoned traffic-free walkway outdoors provides space for kids to run and play on a nice day. Highchairs and plastic cutlery for kids are available as well.

Prices: RMB150-250 per person without alcohol

Recommended ages: One and above

Ideal for: Brunch, lunch or dinner

800 Show, A2-1/F, 800 Changde Lu, by Changping Lu (6217 5058) 常德路800号800秀A2-1, 近昌平路



XO WINE BAR

A Wino's Dream Date Night

By Alyssa Wieting

Call the ayi because its time to have a night out on the town with your honey.

PLACE AND VIBE

BottlesXO has done themselves right by opening up their bar XO in the middle of the former French Concession. It may not be your typical romantic date night setting, but its retro chic decor is perfect for that chill date night after a long week, when all you can think about is a glass of wine and a grownup conversation.

The French windows open up this quaint space onto the street, allowing diners to sit both inside and out, while the neon lighting and an upbeat soundtrack keep you in a good mood all night long.

THE FOOD AND WINE

The venue may be small, but their wine selection packs the punch. Every bottle in their app can be found in XO – which, we'll admit, is quite a variety. Glasses range from RMB25-125, while full bottles are RMB165-595.

Being more red wine enthusiasts, we loved the Guado Al Melo (RMB290) – a Cabernet and

Merlot blend from Tuscany. It is a smooth, full-bodied wine that takes on the characteristics of Bordeaux wines. We paired this organic wine with their *stuccato di manzo* (RMB68), a delicious steak topped with cheese and arugula.

Another favorite red was the Terra Mazzei (RMB260), a delicious blend of four different grapes from Italy that's complex and very tasty. Its color is translucent for a red wine, and it pairs well with spicy foods. Try it with their pizza of the day and ask the chef for some extra chilies or chili oil to top it off.

If you are keen for a sweet white wine, try the Chartron La Fleur (RMB210), a Sauvignon Blanc from France. Its luscious aroma draws you in for the fruity taste to follow. Enjoy this with the assorted cold cuts and cheese platter (RMB98) that is topped with hazelnuts and cranberries, bringing out its fruitiness.

While many wine bars concentrate more on the wine and treat their food options as an afterthought, XO puts in effort to balance both. The food menu is still quite small, but the quality is high and there's just enough variety to accommodate the wine options. The knowledgeable staff is also happy to recommend food pairings to your wine.

DATE NIGHT APPROVED?

With a bar atmosphere and high-top tables, this place certainly suits the adults and not the kids. Great for a relaxed night out with a glass of wine and a light dinner, go with your significant other or even another couple (we wouldn't recommend a big group because of the small space). It's great for a quality bottle of wine that won't break the bank, and it's perfect for every night of the week.



Price: RMB150-400 per person (depending on wine selection)

Who's going: Couples and small groups

Good for: Light dinner and wine

237 Hengshan Lu, by Yongjia Lu, 衡山路237号, 近永嘉路 (131 6293 9853)

BEYOND RUBIK'S CUBE

Celebrating the World's Most Popular Toy

By Andrew Chin

One cube, six faces, nine squares, six colors and one seemingly simple challenge: getting all of the colors separately on each of the cube's six faces. Considered the world's best selling toy, the gaming appeal of the Rubik's Cube was actually an accident.

During the mid-1970s, sculptor and university professor Ernő Rubik was trying to solve the structural problem of a cube allowing for its parts to move independently without the whole thing falling apart. When he realized that his working device could also be used as a game, he brought his invention to his friends, and they were impressed.

However, he recalls the early skepticism that toy producers had about its appeal.

"At the time, they said the problem was, 'what is it?' Nowadays, you would say it's a toy but people didn't look at it like that. They saw it as something intellectual that was hard to sell."

Initially released into Bucharest toyshops in 1977, the Rubik's Cube became a huge hit when it became available internationally three years later. With over 350 million cubes sold worldwide that legacy is being celebrated in *Beyond Rubik's Cube*.

Created by Rubik, Liberty Science and Google, the wide-ranging exhibition offers a 1,500-square-meter play zone that cost USD5 million to create. The immersive experience is separated into three discovery zones: invent, play and inspire.

Adults will get a kick out of reliving the Rubik's Cube craze and all that it has inspired, such as the musical Cube Symphony and the one-of-a-kind, 18-karat gold, jewel-encrusted fully-functional Rubik's Cube valued at USD2.5 million among the impressive highlights.

Kids will be entertained by numerous activities including Cube Match, where they work with colored building blocks to create endless combinations, or the Robot Command, where they follow simple instructions to program a robot to run a maze. It also allows them to discover the subtle parallels between computer programming and Cube solving.

Also on display are technological marvels like the Tessellation Maker (an interactive touch table where visually stunning patterns can be easily created) and the Cube Prototype (which allows users to arrange 3D shapes to invent their own puzzles). Other areas boast alternative puzzle activities like the Tangram (a seven shaped puzzle reportedly invented in China during the Song Dynasty) and Patience (a puzzle featuring a loop





“ It’s somewhat like doing extreme games or playing chess. In those games, you’re battling other people, while with the Rubik’s Cube you’re fighting yourself and the clock ”



that must be disentangled from a sequence of rings, also known as Chinese rings) that offer a more hands-on experience.

All ages will get a kick out of controlling a giant Rubik’s Cube the size of a car that provides a glimpse into the toy’s internal mechanism. Expert players can test themselves in the speed timing station or even do a battle against the functional cube-solving robot.

While the toy’s inventor admits he’s able to solve the puzzle within minutes now, he notes, “Not being able to solve a Rubik’s cube doesn’t mean you’re not smart. It’s just a test of one thing, not everything.”

Still he smiles at the exhibition’s site and the number of children lost in the activities. He admits the Rubik’s Cube’s decades-long endurance is a surprise but says part of its appeal is that it taps into a person’s competitive nature.

“It’s somewhat like doing extreme games or playing chess,” he says. “In those games, you’re battling other people, while with the Rubik’s Cube you’re fighting yourself and the clock.”

Until Feb 26. Global Harbor Museum, 4/F, Global Harbor Mall, 3300 Zhongshan Bei Lu, by Jinshajiang Lu 中山北路3300号环球港, 近金沙江路 (5046 2471, 247tickets.cn)



MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN

Tim Burton Outdoes Himself

By Andrew Chin

After charming Shanghai this summer with the massive art exhibition, *The World of Tim Burton*, the acclaimed director is back to captivate his Chinese fans with his newest film, *Miss Peregrine's Home For Peculiar Children*.

The film adaptation of Ransom Riggs's 2011 best-selling young adult novel mixes the gothic style of Burton's early classics like *Beetlejuice* and *The Nightmare Before Christmas* with a family-friendly heart akin to the director's recent work on *Alice in Wonderland* and *Charlie and the Chocolate Factory*.

Miss Peregrine's Home For Peculiar Children starts off in the present where 16-year-old Jake is unhappily living an ordinary life. When his grandfather dies under suspicious circumstances, Jake recalls the childhood stories he was told about a mysterious school full of wondrous children on an island off Wales.

After convincing his father to take him to Wales, Jake eventually finds the school. This is when the film takes off as Burton adds his signature touch with the titular peculiar children who have amazing skills like invisibility, super strength, the ability to manipulate air and to resurrect the dead.

Eva Green (*Casino Royale*, *Penny Dreadful*) shines as the caring yet strict headmistress, Miss Peregrine, who has the ability to transform into a peregrine falcon. More importantly, she can manipulate time so that the school is able to keep repeating the same day in 1943 and avoid its real time destruction during World War II. She also rocks a very cool crossbow.

Threatening this world is the Wights – a subset of peculiars that have lost their human form after an experiment gone wrong. Samuel L. Jackson brings his signature bombast to the role as their shape-shifting leader who follows Jake to terrorize Miss Peregrine's school.

While the story may sound complicated, the film does a great job visually explaining the world. The little ones may squirm at the sight of the



“Burton adds his signature touch with the titular peculiar children who have amazing skills like invisibility, super strength, the ability to manipulate air and to resurrect the dead”

Wights as they feast on a meal of eyeballs that allows them to remain a bit more human, but it's a scene that pays off in the children's thrilling final battle with these monstrous creatures.

Since opening across North America last month, *Miss Peregrine's Home for Peculiar Children* has been a huge hit. It has topped the box office in the United States, Canada, Russia, France, Mexico, Australia, Brazil and the Philippines, grossing more than USD259 million worldwide.

Already there are talks of a sequel, meaning this should be the first look into a very stylized world that could become Tim Burton's own version of a *Harry Potter*-like film franchise.

> In theaters now.

ON THE PAGE

Book Picks for Kids and Adults

WINTERFROST

By Kendra Perkins

This warm winter story is full of magic for children and parents alike to enjoy. In a snow covered forest on an island in Denmark lives the Larsen family. Here, 12-year-old Bettina finds herself embarking on an enchanted adventure as her parents receive a surprise Christmas Eve phone call that results in them having to leave immediately.

With so much responsibility suddenly put on Bettina – taking care of the house and farm – she forgets to put out a traditional bowl of Christmas rice pudding. This accidental slip of memory has grave consequences when her baby sister Pia goes missing after her nap. Bettina remembers her grandfather, Farfar, believed strongly in *nisse*: mythological creatures associated with the Christmas season who are known to cause trouble if they become unhappy. Neglecting to follow this traditional Danish custom of leaving out a bowl of warm, bubbling rice pudding has clearly caused their farm *nisse* to stir up some mischief.

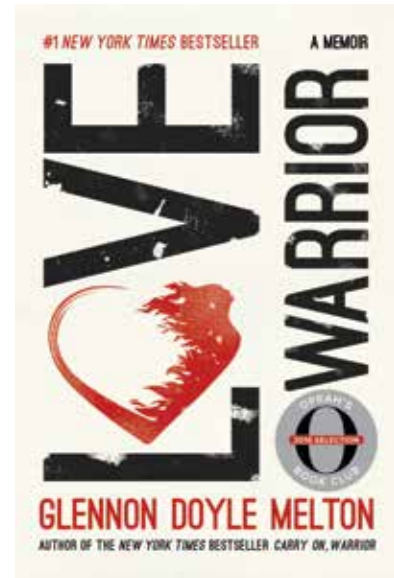
Nisse are short creatures from Scandinavian folklore that have long white beards and bright red cone-shaped hats, often resembling a garden gnome. This piece of Scandinavian culture is interesting and can lead to you and your child hunting for more information on them together.

This whimsical story is perfect for children between the ages of 8 to 12 and is great for the upcoming holiday season. It touches on many important childhood literature themes, including the value of family, loss, redemption, bravery and forgiveness.



This book is full of honesty as we see both the *nisse* Klakke and Bettina struggle with making big decisions, mistakes and then redeeming themselves as they learn to make better choices. This book is ideal for those who are just stepping into reading chapter books, as each one has imaginative titles that sums up what comes next.

Kendra Perkins is Coordinator for the Shanghai Librarians Network and Ambassador of China for the International Librarian Network. Find her at www.TheInspiredLibrarian.com



LOVE WARRIOR

By Alyssa Wieting

Recently added to Oprah's Book Club, *Love Warrior* by Glennon Doyle Melton has become a book of popular debate online. While this book is not for the faint of heart, we certainly recommend it to any woman who has ever had a trying time in their life.

A memoir, *Love Warrior* depicts Melton's journey of self-discovery after many setbacks in life, including the disintegration of her marriage. Her own safety net, particularly her sister, will remind you of the person in your life that you can depend on and be thankful for in those moments of desperation.

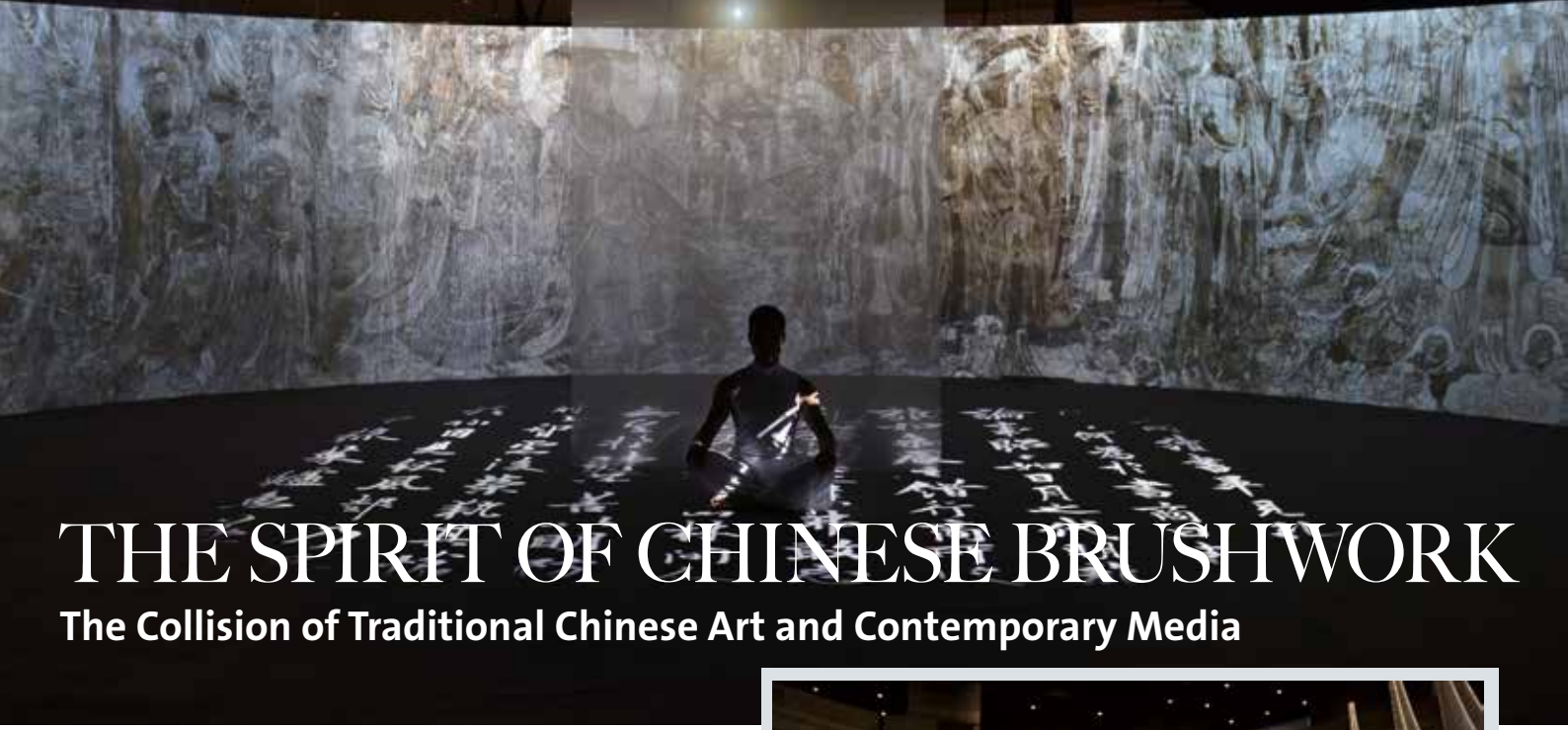
What makes this book so engaging is Melton's authenticity throughout every page. Whether it be her struggles with bulimia, alcohol, infidelity or divorce — there is no point in which she sugarcoats anything. While she has dealt with some pretty serious issues in her life, she makes her story relatable and it is easy for readers to apply it to their own times of trouble.

She is a devout woman who struggled to find her place in the world, and when she thought she finally had, she only incurred more setbacks. This story is familiar to any mom or wife who has only tried to do their best for the ones they love.

The story also speaks to moms of teenage girls, in particular. The portrayal of her struggle with eating disorders and her expectations of sex as a young woman is heartbreaking and certainly something that resonates with them.

While we would only recommend this book to adults, particularly mothers, it is a read that may break you down in the beginning, but offers a glimmer of hope in the end.

These books are available at amazon.cn



THE SPIRIT OF CHINESE BRUSHWORK

The Collision of Traditional Chinese Art and Contemporary Media

The exploration of the relations between traditional and contemporary art is a popular and timeless theme among artists. While some believe that classic art forms have been entirely replaced by our high-tech and fast-paced lifestyle, a group of enthusiasts are trying to change that at *The Spirit of Chinese Brushwork & Crafts* art exhibition, where a few Chinese artists are showcasing the spirit of traditional Chinese art forms – namely calligraphy and painting – through contemporary media.

After a successful run at the 2015 Milan Expo, the exhibition now returns to its home country, stopping at Shanghai Hongqiao Hub until January 15. In addition, a new installation called *He* will be added to its original grand scale. Using various forms of multimedia technology such as holographic projection, this presentation aims to present traditional Chinese cultural and the philosophical principle of “Harmony Between Heaven and Man,” and the Chinese creative spirit.

Upon entering the exhibition, visitors are stimulated by a multi-sensory experience with images, sounds and more to showcase the creative vision behind the works of several major artists in the fields of traditional painting and calligraphy, as well as the intricate craftsmanship of renowned masters in China who work with ceramics, jade and wood – all of which celebrate a nationalistic sentiment.

Featuring artworks of six renowned contemporary Chinese artists – including Wang Donglin, who is a renowned Chinese calligrapher and known for an anecdote of teaching Tim Cook, the CEO of Apple Inc., Chinese calligraphy – this exhibition celebrates their thoughts as an embodiment of the philosophical wisdom and a distinctly homegrown aesthetic that have existed for thousands of years, while the contemporary rendition is expected to re-ignite Shanghai audience’s enthusiasm for Chinese art.



Nov 11, 2016- Jan 15, 2017. The Hub, 33 Shaohong Lu, by Shenchang Lu 绍虹路33号虹桥天地, 近申长路



ART INSTALLATION DESIGNER: JASON GUO



urbanfamily SHANGHAI **KIDS**
Halloween 万圣嘉年华

Over Halloween weekend, Urban Family Kids' Halloween Party took over Shanghai Archwalk on October 29-30. Captain America, Ultraman, Corpse Bride, Kumamoto, Snow White and many more joined the costume parade and competition. Thousands of families joined us and had a wonderful weekend celebrating the spooky holiday.



Organizers



Booth Sponsors



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URBAN SCENES



SECOND ANNUAL WELLINGTON COLLEGE FESTIVAL OF EDUCATION

Wellington College Festival of Education opened its doors on October 21 to over 500 attendees. The event offered opportunities for debate about education, including the following topics: the relationship between UK and Chinese education, pupils' wellbeing, Early Years education and improving teaching practices. Attendees asked informed questions about wide-ranging and increasingly relevant educational topics. The debate will continue in October 2017.



HARROW'S INAUGURAL SHANGHAI STRING FESTIVAL

On October 22 and 23, Harrow Shanghai hosted their inaugural Shanghai String Festival – a collaboration between Harrow International School Shanghai, Oundle School in the UK and the Royal College of Music in London. Young string players across Shanghai came together to rehearse and participate in workshops with students from Oundle School at the Harrow campus, followed by a grand performance at the Shanghai Oriental Arts Centre.



WISS TIGERS WIN VOLLEYBALL CHAMPIONSHIP

The WISS Tigers high school girls' volleyball team ended the season by winning the D1 Plate Championship. The tournament was held at SAS Puxi, with eight teams in contention. This was WISS' first season competing in Division One. Congrats, girls!



DULWICH COLLEGE PARTNERS WITH ROYAL SHAKESPEARE COMPANY

Dulwich College International (DCI) announced a new partnership with the Royal Shakespeare Company Education Department for seven of its nine schools in Asia. The collaboration offers students aged 10 to 18 years a wide array of opportunities to deepen their understanding of Shakespeare's works. The first activity took place recently in Shanghai, where four RSC artists took part in DCI's annual Shakespeare Festival, featuring student performances of *Romeo and Juliet*, *The Tempest* and *Hamlet*.



CONCORDIA'S HACKATHON

Concordia's Student Media Services recently organized Hackathon, an event that focuses on 'life hacks' that make our lives more efficient. Teams of international students from middle school to high school had 10 hours to explore and devise innovative solutions for everyday hassles. Some of the winning hacks included a cross-platform APP that helps students catch school buses, an addictive game about queuing in line, and a smart outlet controlled by text messages.



KINGDOM PARK IS UNVEILED

On the afternoon of November 18, the grand opening ceremony of Kingdom Park was held at its Art Garden Club. Hundreds of guests including CEOs from Fortune 500 companies and mainstream media representatives witnessed the project's official unveiling, which has created a new business model of a detached villa valued at RMB50 million.

Advertorial

INTERNATIONAL KIDS FASHION WEEK



Shanghai International Kids Fashion Week (SIK-FW) is China's first and most prominent kids fashion event. On an international standard, it includes an influential kids' catwalk event. SIK-FW is created and organized by Ping & Min Communications and Wonder Baby, and funded by a number of sponsors. The event takes place twice a year in April and September with new collections each season. Being held in one of the world's biggest fashion cities has its perks as both imported and Chinese luxury fashion brands are on display during the show. Not to mention, it was a fun event for families and kids to attend.

EVENTS

Submit your event listings to urbanfamily@urbanatomy.com

DEC 7-11 | COMMUNITY



Jing'an German Christmas Market

For the holiday season, City Moments is bringing a traditional German Christmas Market to the same Jing'an spot where they hosted a neighborhood block party and Oktoberfest feast. There will be wooden huts, traditional crafts and treats for an authentic festive ambiance, as well as a live animal farm for the kids to enjoy.

> Dec 7-11 5-10pm (weekdays), noon-10pm (weekends), RMB50 (Thurs-Sun),

Bubbly Nation, 537 Haifang Lu, by Xikang Lu 海防路537号, 近西康路

DEC 7-11 | ARTS



Plastic

Canadian company Theatre Puzzle delves into all the wondrous possibilities of a plastic bag world in this multicolored performance that mixes unusual puppets and situations with a healthy dose of humor. Suitable for ages five and up.

> Dec 7-11 7:30pm (Wed-Sat) and 10:30am/2pm/4pm (Sat-Sun), RMB180. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu 苗江路800号, 近西藏南路 (5046 2471, 2471tickets.cn)

DEC 8-10 | ARTS



Annie Jr.

Students at Wellington College International Shanghai will be performing the hit musical Annie Jr. Based on the popular comic strip and adapted from the original Tony Award-winning Best Musical 'Annie', with a beloved book and score by Tony Award-winners, Thomas Meehan, Charles Strouse and Martin Charnin, Annie Jr. features everyone's favorite little redhead in her very first adventure.

> Dec 8-10, 7pm & 2pm (Sat), RMBTBA, Wellington College International Shanghai, 1500 Yaolong Road, by Haiyang Xi Lu 耀体路701号, 进海洋西路 (5185 3885)

DEC 8-10 | SPORTS



ISU World Cup Short Track

The world's top short track skaters take over Shanghai Oriental Sports Center for this global competition that features individual races in the 500 meters, 1,000 meters and 1,500 meters, as well as relay races of 3,000 meters (women) and 5,000 meters (men).

> Dec 10-11, 1:30pm (Sat) and 2pm (Sun), RMB50- 380. Shanghai Oriental Sports Center, Shanghai Oriental Sports Center, 701 Yaoti Lu, by Dongyu Lu 耀体路701号, 近东育路 (400 610 3721, en.damai.cn)

DEC 8-11 | ARTS



Dani Girl

East West Theatre presents an adaptation of Christopher Diamond's musical following a precocious nine-year old's battle with leukemia. Equally hilarious and heartbreaking *Dani Girl* mixes magical escapades between Dani and her imaginary friend Raph and hospital roommate Marty Luke McFly Skywalker, as well as poignant moments with her family. All proceeds will go to Shanghai-based breast cancer awareness organization More Than Aware.

> Dec 8-11, 8pm (Thurs-Sat) and 5pm (Sun), RMB150-180. Studio White, 8/F, 71 Xi Suzhou Lu, by Haifang Lu 西苏州路71号8楼, 近海防路 (5046 2471, 247tickets.cn)

DEC 9-11 | ARTS



Burn the Floor

What started as a 10-minute performance at Sir Elton John's 50th birthday party has turned into a hit show that has toured over 130 countries. Featuring several alumni of the hit TV franchise *So You Think You Can Dance*, *Burn the Floor* is a sizzling celebration of all forms of dance.

> Dec 9-11, 7.15pm and 2pm (Sat-Sun), RMB180-880. Shanghai Oriental Art Center, 425 Dingxiang Lu, by Shiji Dadao 丁香路425号, 近世纪大道 (400 610 3721, en.damai.cn)

DEC 13-JAN 5 | ARTS



Mozart!

This hit musical celebrates the legacy of the Austrian composer focusing on the child prodigy's journey to adulthood and his decision to leave the royal court that would put him on the distinctive artistic path that produced enduring pieces like 'Requiem.' In that same spirit, this musical adds a modern makeover to the story. So far, it's been a hit across Europe and will make its Shanghai debut with a 40-show run at Shanghai Culture Square.

> Dec 13-Jan 5, 7.15pm (Tues-Sun) and 2pm (weekends), RMB80-1,080. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路

DEC 15-JAN 8 | ARTS



Cookin' Nanta

The longest-running show in South Korean history mixes comedy with traditional samul nori rhythms. Set in a kitchen where three cooks are furiously attempting to prepare a wedding banquet while dealing with the buffoonery of their bosses' nephew, *Cookin' Nanta* mixes acrobatics, comedy, magic tricks and audience participation to great effect. It has been performed in 18 countries including a 2004 run on Broadway.

> Dec 15-Jan 18, 7.30pm and 2pm weekend matinees, RMB80-1,080. ET Space, 433 Yan'an Dong Lu, by Xizang Nan Lu 延安东路433号, 近西藏南路 (5046 2471, 247tickets.cn)

DEC 16-18 | ARTS



Tetris

The classic video game comes to life in this award-winning children's production that is perfect for kids who can't sit still. Four dancers will pile over each other in gravity-defying shapes like the video game with the audience invited to join in. The show claimed the People's Choice Victor Award at the International Performing Arts for Youth showcase in Montreal this year. Appropriate for kids aged five and up.

> Dec 16-18, 7.30pm (Fri), 10.30am and 5pm (Sat-Sun), RMB80-380. Dagan Theater, Shanghai Himalayas Art Center, 1188 Fangdian Lu, by Meihua Lu 芳甸路1188弄1号, 近梅花路 (400 610 3721, en.damai.cn)

DEC 23-JAN 8 | ARTS



We Dance, Wee Groove

Praised by *The Herald* as a "tremendous way for the very young to engage with music, movement and the sheer joy of grooving to a beat," this hit show is a unique dance experience that will have the audience exploring the four corners of the dance floor. Suitable for ages six months to five years old.

> Dec 23, 2016-Jan 15, 2017, 7.30pm (10.30am, 2.30pm and 5pm on weekends), RMB490-690 (for two to three tickets). Dagan Theater - Himalayas Center, Shanghai Himalayas Art Center, 1188 Fangdian Lu, by Meihua Lu 芳甸路1188弄1号, 近梅花路 (5046 2471, 247tickets.cn)

DEC 23-24 | ARTS



The Nutcracker (SGT Version)

A former principal dancer of the Royal Ballet and former Artistic Director of English National Ballet, renowned choreographer Derek Deane continues his successful collaboration with the Shanghai Ballet on this rendition of *The Nutcracker*. The Shanghai Opera House Orchestra accompanies.

> Dec 23-24, 7.15pm, RMB80-680. Shanghai Grand Theater, 300 Renmin Dadao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路 (400 610 3721, en.damai.cn)

DEC 25 | COMMUNITY



Christmas

It's that happy time of the year where you get to indulge in turkey, presents and holiday cheer. In case you and your family will be sticking around for the holiday, there will be plenty going on throughout the city. For all the details on dinners, deals and parties, stay tuned for our upcoming mega-Christmas guide at www.urban-family.com or get a sneak peak on pg 36.

UNTIL DEC 25 | ARTS



X-Tree

After hosting the Kissmass tree three years in a row, Xintiandi welcomes this new impressive 3D light installation that is inspired by the French designer studio's concept of promoting environmental protection. The 25-meter tall installation mixes metal material with LED lights, visual projections and electronic music for a futuristic holiday celebration. Each night there will be a Christmas light show on stage.

> Dec 1-25, free entry. Xintiandi South Lane Plaza, Lane 123 Xingye Lu, by Madang Lu 兴业路123弄, 近马当路

ALL MONTH | COMMUNITY



Zootopia Mall Exhibition

Trendy shopping mall The Place has teamed up with Disney for the first Zootopia-themed in-mall exhibition in town. The show recreates classic scenes from the second-most popular film in China of 2016. Besides interactive displays, film fans can apply for an exclusive visa to Zootopia with official Disney approval.

> All month, 10am-10pm, free entry. The Place, 100 Zunyi Lu, by Ziyun Lu 遵义路100号, 近紫云路

DEC 28-JAN 1 | ARTS



Slava's Snowshow

This award-winning show has thrilled audiences across 80 countries with its joyous dream-like world. The show famously finishes with a breathtaking blizzard that literally leaves audiences knee deep in snow.

> Dec 28-Jan 1, 7.30pm (3pm on Sat-Sun), RMB50-580. Shanghai Poly Theatre, 159 Baiyin Lu, by Yuanxianghu Lu 白银路159号, 近远香湖路 (400 610 3721, en.damai.cn)

DEC 31-JAN 3 | ARTS



Leo

This Edinburgh Fringe Festival Award-winning show has dazzled crowds across the world, bending the rules of gravity and genre. Dancer, actor, trampolinist, gymnast, clown and show creator Tobias Wagner will bend the audience's mind mixing live performance and video projection that will have you wondering which way is up and which way is down.

> Dec 31-Jan 3, 7.15pm, RMB100-500. Huangpu Theater, 780 Beijing Dong Lu, by Xizang Zhong Lu 北京东路780号, 近西藏中路 (5046 2471, 247tickets.cn)

JAN 6-7 | ARTS



Paris Opera Ballet

11 dancers from one of the world's oldest and most prestigious dance companies will perform 11 pieces ranging from classical to contemporary that represent typical French ballet.

> Jan 6-7, 7.15pm, RMB80-880. Shanghai Oriental Art Centre, 425 Dingxiang Lu, by Shiji Dadao 丁香路425号, 近世纪大道 (400 610 3721, en.damai.cn)

JAN 10-15 | ARTS



Riverdance

What began as an interval performance for Eurovision has grown into a dance sensation. This celebration of traditional Irish music and dance returns to Shanghai as part of its 20th anniversary tour.

> Jan 10-15, 7.15pm (with 2pm show on Sat), RMB80-850. Shanghai Grand Theatre, 300 Renmin Dadao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路 (400 610 3721, en.damai.cn)

UNTIL JAN 15 | ARTS



Masterpieces from the Centre Pompidou, 1906-1977

This massive exhibition continues its world tour, bringing masterpieces created in France from 1906 to 1977 presented in chronological order. Co-curated by Laurent Le Bon, president of Musée National Picasso in Paris, with Claire Garnier, its deputy director of collections and production, *Masterpieces From the Centre Pompidou* shows off one piece of artwork each from celebrated masters like Picasso, Matisse, Giacometti and Cartier-Bresson. Children below 1.2m get free entry (limited to one per group).

> Until Jan 15, 11am-7pm, RMB80-150. Shanghai Exhibition Center - West Wing 2, 1000 Yan'an Zhong Lu, by Shaanxi Bei Lu 延安中路1000号, 近陕西北路 (5046 2471)

JAN 16-MAR 26 | SPORTS



BSU Youth Camps Term 2

Basketball Stars United (BSU) are hosting workout camps across the city designed to build character and leadership skills for youth through the game of basketball. To register, send your child's name, birth date and the camp they would like to attend to info@bsuchina.cn. Full schedule and location information available at bsuchina.cn.

JAN 30-FEB 3 | ARTS



Ghost: The Musical

Over a million people have seen this hit musical adaptation of the Oscar nominated film that famously starred Patrick Swayze and Demi Moore. Boasting impressive effects and stirring songs, this stage version has been nominated for Tony and Olivier Awards.

> Jan 30-Feb 3, 7.15pm (with 2pm shows from Tues-Thurs), RMB80-980. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路 (400 610 3721, en.damai.cn)

FEB 1 | ARTS



Laputa: Castle in the Sky

This hugely popular multimedia concert celebrates the partnership between legendary Japanese director Hayao Miyazaki and composer Joe Hisaishi. Live renditions of the score will be paired with scenes from the duo's animated classics like *Spirited Away* and *Princess Mononoke* for a wondrous show that will thrill Studio Ghibli fans.

> Feb 1, 7.30pm, RMB80-680. Shanghai Oriental Art Center, 425 Dingxiang Lu, by Shiji Dadao 丁香路425号, 近世纪大道 (5046 2471, 247tickets.cn)

UNTIL FEB 26 | ARTS



Rubik's Cube Exhibition

Created by Rubik, Liberty Science and Google, the wide-ranging exhibition offers a 1,500-square-meter play zone. The immersive experience is separated into three discovery zones: invent, play and inspire. Kids will be entertained for hours and adults will get a kick out of reliving their childhood memories playing with Rubik's cubes. Check out our full look at the exhibition on pg 40.

> Until Feb 26. Global Harbor Museum, 4/F, Global Harbor Mall, 3300 Zhongshan Bei Lu, by Jinshajiang Lu 中山北路3300号环球港, 近金沙江路 (5046 2471, 247tickets.cn)

LISTINGS



EDUCATION

Early Childhood Education

Canada & China International School Affiliated with the Vancouver International Educational Development Centre. Whole day kindergarten program for ages 3 to 6, 9am - 3.30pm. After school programs available on weekends: Emergent Art, Science, Drama and Literature. Block B,C,D,F, 3/F, 1399 Beijing Xi Lu 北京西路1399号3楼B,C,D,F座 (3207 1135)

International Play Point @ Longbai GB2, Bldg 2, Longbai Service Apts, 2461 Hongqiao Lu 龙柏IPP, 虹桥路2461号2号楼GB2 (6268 8320)

Shanghai babyArt Education Management Consulting Co., Ltd. Room 705, Bldg A, Hongqiao Flourish Lotus Plaza, 1050 Wuzhong Lu 吴中路1050号虹桥盛世莲花广场A幢705室 (5422 1000, www.babyart.cn)

Totsgarten Play Center Odin Palace, Branch 88, Club House, 3001 Hongmei Lu 奥汀亲子坊早教中心, 虹梅路3001弄88支弄奥汀花园会所 (6401 8381, www.totsgarten.com)

Kindergartens

American Kindergarten Stars and Stripes 138 Yingbin San Lu 迎宾三路138号 (6268 5006, www.starsandstripes.cn, info@USL.com)

Bright Start Academy 2/F, 10-3 Cangwu Lu, by Tianlin Lu 苍梧路10号3幢2楼, 近田林路 (6451 7908, www.kidsbrightstart.com)

Century Star Bilingual Kindergarten 169 Boshan Dong Lu, by Jujiaqiao Lu 博山东路169号, 近居家桥路 (5850 6698, www.shsjx.com)

China Welfare Institution Kindergarten 1361 Xiuyan Lu, by Hunan Lu 秀沿路1361号, 近沪南路 (6819 2362, www.cwikin.com)

Dulwich College Kindergarten Shanghai 425 Lan'an Lu, by Biyun Lu 蓝桉路425号, 近碧云路 (5899 9910, www.dulwichcollege.cn)

Fortune Kindergarten International School 1) 55 Lancun Lu 蓝村路55号 (5875 1212, www.fkis.com.cn) 2) 201 Donghuan Long Lu 东环路201号 (5039 8797) 3) 2151 Lianhua Lu 莲花路2151号 (5458 0508)

Happy Bridge Kindergarten 489 Huaiyin Lu, by Linquan Lu 淮阴路489号, 近林泉路 (6223 8870, www.happybridge.org)

Harvest Baby Kindergarten 149 Hengbang Lu, by Tiantong'an Lu 横浜路149号, 近天潼庵路 (6587 8662)

Learning Habitat Bilingual Kindergarten Block C, Blue Sky Villa, 1980 Hongqiao Lu, by Hongmei Lu 虹桥路1980号蓝天别墅C幢, 近虹梅路 (6262 7668, www.learninghabitat.org)

Little Eton Bilingual Kindergarten 592 Wanping Nan Lu, by Lingling Lu 宛平南路592号, 近零陵路 (6469 0445, www.little-eton.com, little-eton@eastday.com)

Maryland Kindergarten 1/F&3/F, Bldg 4, 1838 Gubei Lu, by Wuzhong Lu 古北路1838弄4号楼1F&3F, 近吴中路 (6270-1378, marylandsh@hotmail.co.jp)

Merrykids Kindergarten No.42, 21 Pubei Lu, by Liuzhou Lu 浦北路21弄42号, 近柳州路 (6483 0206, www.merrykids.com)

Montessori Children's House English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshan Lu, by Yinshan Lu and Yunshan Lu 灵山路56号, 近银山路和云山路

Montessori School of Shanghai 1) Qingpu Campus: 1230 Zhuguang Lu 诸光路1230号 (5988 6688, www.montessorisos.com) 2) 21 Donghu Lu 东湖路21号 (5403 7699, www.montessorisos.com)

Morgan Rothschild Childcare Center Bldg 161, 1358 Huqingping Gong Lu 沪青平公路1358号161幢 (6976 1000 ext 10/88, www.morganrothschild.com)

SCIS Hongqiao ECE Campus 2212 Hongqiao Lu 虹桥路2212号 (6261 4338, Fax: 6261 4639)

Shanghai Angels Kindergarten 281 Panlong Cun 蟠龙村281号 (5988 3458, www.angels.org.cn)

Shanghai Greenfield Kindergarten 1980 Hongqiao Lu, by Hongmei Lu 虹桥路1980号, 近虹梅路 (6261 4446)

Shanghai Ladder Bilingual Kindergarten 910 Yingkou Lu, by Xiangyin Lu 营口路910号, 近翔殷路 (6534 7515)

Tweety's English School No 66, 60 Jinhui Nan Lu, by Wuzhong Lu 金汇南路60弄66号, 近吴中路 (6406 0846)

Shanghai Montessori Kindergarten No. 20, 1117 Zhuguang Lu 诸光路1117弄20号 (3319 9422, www.s-m-k.org, montessorikindergarten@yahoo.com.cn)

Shanghai Victoria Kindergarten 1) No. 1, 71 Huating Lu, by Huaihai Zhong Lu 华亭路71弄1号, 近淮海中路 (5403 6901, www.victoria.edu.hk) 2) No. 15, 155 Baocheng Lu 宝城路155弄15号 (5415 2228, www.victoria.edu.hk) 3) No. 38, 39 Yinxiao Lu 银霄路39弄38号 (5045 9084, www.victoria.edu.hk) 4) No. 81, 300 Gumei Lu 古美路300弄81号 (6401 1084, www.victoria.edu.hk)

Shanghai Weihai Kindergarten International Division Ages 3-6, Bilingual English/Chinese classrooms, Montessori-based Curriculum. 730 Weihai Lu, by Shaanxi Bei Lu 威海路730号, 近陝西北路
Phone: Mr. Kobe (136 4175 2501)
Email: happyweihai@gmail.com

WuNan Kindergarten International School 14 Wulumuqi Nan Lu 乌鲁木齐南路14号 (6433 7993)

YCIS Shanghai Kindergarten 1) Hongqiao Campus: 11 Shuicheng Lu, by Hongqiao Lu 水城路11号, 近虹桥路 (6242 3243, enquiry@sh.ycef.com) 2) Regency Park Campus: 1817 Huamu Lu 花木路1817号 (5033 1900, enquiry@sh.ycef.com)

International Schools

Britannica International School Shanghai 1988 Gubei Nan Lu, by Wuzhong Lu 古北南路1988号, 近吴中路 (6402 7889, www.britannicashanghai.com, admissions@britannicashanghai.com)

Harrow International School Shanghai Harrow Shanghai is a co-educational school providing a British independent style education. Currently open from Pre-Nursery to Year 10, the Sixth Form, offering A-levels, and boarding open in August 2017. 588 Gaoxi Lu, by Lansong Lu 高西路588号, 近兰嵩路 (6881 8282 / 189 1622 9776, admissions@harrowshanghai.cn, www.harrowshanghai.cn)

The British International School Shanghai, Puxi 111 Jinguang Lu 金光

路111号 (5226 3211, www.bisshanghai.com admissions@bisspuxi.com)

Nord Anglia International School Shanghai, Pudong 600 Cambridge Forest New Town, 2729 Hunan Lu 沪南公路2729弄康桥半岛600号 (5812 7455, www.naispudong.com enquiries@naispudong.com)

Capistrano Valley China SH School No.390 Dong Ti Yu Hui Road 东体育会路390号 (6199 9140, www.cvc.school.cn, info@cvc.school.cn)

Concordia International School Shanghai 999 Mingyue Lu, by Huangyang Lu 明月路999号, 近黄杨路 (5899 0380, www.ciss.com.cn, admissions@ciss.com.cn)

Deutsche Schule Shanghai No 30, 399 Zhuguang Lu 诸光路399弄30号 (3976 0555, www.ds-shanghai.org.cn, info@ds-shanghai.org.cn)

Dulwich College International School 266 Lan'an Lu, by Mingyue Lu 蓝桉路266号, 近明月路 (5899 9910, www.dulwich-shanghai.cn, admissions@dulwich-shanghai.cn)

Livingston American School 580 Ganxi Lu 甘溪路580号 (6238 3511, www.laschina.org, Info@laschina.org)

LYCÉE FRANÇAIS DE SHANGHAI 1) 350 Gaoguang Lu 高光路350号 (3976 0555, http://ef.shanghai.online.fr) 2) Bldg D, 1555 Jufeng Lu 巨峰路1555D楼 (6897 6589)

Hong Qiao International School 218 Yili Nan Lu, by Lanbaoshi Lu 伊梨南路218号, 近蓝宝石路 (6268 2074, 6268 3121, www.hqis.org)

Shanghai American School 1) Pudong Campus: 1600 Lingbai Gong Lu 凌白公路1600号 (6221 1445, www.saschina.org) 2) Puxi Campus: 258 Jinfeng Lu, by Beiqing Gong Lu 金丰路258号, 近北青公路 (6221 1445, www.saschina.org)

Shanghai Community International School 1) Hongqiao Campus: 1161 Hongqiao Lu 虹桥路1161号 (Tel: 6261-4338) 2) Hongqiao ECE Campus: 2212 Hongqiao Lu 虹桥路2212号 (Tel: 6295-1222) 3) Pudong Campus: 198 Hengqiao Lu 横桥路198号 (Tel: 5812-9888) www.scis-his.org admission@scis-his.org

Shanghai Rego International School 1) 159 Diannan Lu 淀南路159号 (5488 8320, www.srisregoschool.com) 2) 189 Dongzha Lu, by Shuying Lu 东闸路

189号, 近疏影路 (5488 3431, www.srisregco.com)

Shanghai Singapore International School 1) Minhang Campus: 301 Zhujian Lu 朱建路301号 (6221 9288, www.ssis.cn , info@sis.cn) 2) Xuhui Campus: 1455 Huajing Lu 华泾路1455号 (6496 5550, www.ssis.cn , info@sis.cn)

Shanghai United International School 1) Hongqiao Campus: 999 Hongquan Lu, by Jinhui Lu 虹泉路999号, 近金汇路 (3431 0090, www.suis.com.cn) 2) Gubei Secondary Campus: 248 Hongsong Dong Lu 红松东路248号 (5175 3030, www.suis.com.cn) 3) Pudong Campus: 48 Xueye Lu 雪野路48号 (5886 9990, www.suis.com.cn) 4) Shangyin Campus: 185 Longming Lu 龙茗路185号 (5417 8143, www.suis.com.cn) 5) Jiao Ke Secondary Campus: 55 Wanyuan Lu 万源路55号 (6480 9986, www.suis.com.cn)

Western International School of Shanghai 555 Lianmin Lu, by Huqingping Gong Lu 联民路555号, 近沪青平公路 (6976 6388, 6976 6969, www.wiss.cn admission@wiss.cn)

Wellington College International Shanghai 1500 Yaolong Lu, by Haiyang Xi Lu 耀龙路1500号, 近海阳西路 (021-51853885, www.wellingtoncollege.cn, admissions.shanghai@wellingtoncollege.cn)

Yew Chung International School of Shanghai 1) 18 Ronghua Xi Dao, by Shuicheng Nan Lu 荣华西道18号, 近水城南路 (2226 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 2) Century Park Campus: 1433 Dongxiu Lu, by Jinhe Lu 东绣路1433号, 近锦和路 (2226 7666 ext 2345 www.ycef.com, enquiry@ycef.com) 3) Hongqiao Campus: 11 Shuicheng Lu, by Hongqiao Lu 水城路11号, 近虹桥路 (2226 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 4) Pudong: Regency Park, 1817 Huamu Lu, by Liushan Lu 花木路1817号, 近柳杉路 (2226 7666 ext 2345, www.ycef.com, enquiry@ycef.com)

YK Pao School No. 20, 1251 Wuding Xi Lu 武定西路1251弄20号 (6167 1999, www.ykpaoschool.cn)

Language Center

Panda Chinese Language & Culture Training Centre iMandarin “Ting Bu Dong” is Long gone! 1) Shanghai Centre Campus: Suite 720-721, 1376 Nanjing Xi Lu 南京西路1376号720-721室 (3222 1028, www.iMandarin.net, study@imandarin.net) 2) Yuandong Campus: Room 1916, Bldg

B, 317 Xianxia Lu, by Gubei Lu 仙霞路317号B座1916室, 近古北路 (5239 2807, www.iMandarin.net, study@imandarin.net) 3) Xintiandi Campus: Suite 1708, Shui On Plaza, 333 Huaihai Zhong Lu, by Madang Lu 淮海中路333号瑞安广场1708室, 近马当路 (3308 0508, www.iMandarin.net, study@imandarin.net) 4) Gubei Campus: Suite C207, Shang-Mi Ra Commercial Centre, 2633 Yan'an Xi Lu, by Shuicheng Nan Lu 延安西路2633号美丽华商务中心C207室, 近水城南路 (3223 1046, www.iMandarin.net, study@imandarin.net) 5) Suite 2312, Bank of China Tower, 200 Yincheng Zhong Lu, by Lujiazui Dong Lu 银城中路200号中银大厦2312室, 近陆家嘴东路 (5037 2711, www.iMandarin.net, study@imandarin.net) 6) 1779 Yunshan Lu, by Biyun Lu 云山路1779号, 近碧云路 (6105 9572, www.iMandarin.net, study@imandarin.net)

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Pudong Lujiazui: 11F, 1088 Pudong Nan Lu 浦东南路1088号中融大厦1107&09室
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FAMILY FUN



NBA Playzone The NBA is excited to provide children and their families

with a safe, clean environment for sports and fun right in the heart of Shanghai. Our 1,500 square meter space features ten signature elements including a concessions area and a retail store. Whether it's hitting a buzzer-beater at the Arena, exploring the twists, turns and slides in the Mascot Training Ground, building balance and coordination in the Rookie Challenge, watching your favorite player come to life at the Interactive Court, dunking like a pro on our trampoline lanes or measuring yourself against your favorite star at one of our NBA Measure-Ups, NBA Playzone is sure to deliver an active, inspiring, educational and fun experience for the whole family. What's more, our world famous NBA mascots, Clutch and Benny the Bull, will make regular appearances at NBA Playzone, delighting parents and children alike with their comedic routines. Website: www.nbaplayzone.com Email: info@nbaplayzone.com Address: 2F, Hubindao Shopping Mall, Huangpu District Opening this summer!



The Genius Workshop The Genius Workshop offers technology related classes for ages 3-14. Topics include Lego engineering, robotics, animation and video game design. After school, weekend and holiday programs available.1) Pudong: Unit 105, 1/F, 1099 Meihua Lu, (5033 3053) 2) Hongmei: Unit 504, 5/F, 3211 Hongmei Lu., (6446 6766) 3) Huangpu: Unit 38-40, 3F, SML Center, 618 Xujiahui Lu., (6126 6526) 4) Changning: Unit C, 6/F, 9 Zhenning Lu.,Huashan Center, (6228 8522).Call now to book a free trial class. www.g-workshop.com.cn

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Health Services

AmMed Cancer Center 20/F, Shanghai Ruijin Hospital OPD, 197 Ruijin Er Lu 瑞金二路197号瑞金医院门诊大楼20楼 (6415 5988, www.ruijin-ammed.com)

Bioscor Shanghai Clinic No. 5, 89 Xingguo Lu 兴国路89弄5号 (6431 8899, www.bioscor.com.cn, info@bioscor.com.cn) 9am-6pm

Chiropractic-ESI Spinal Clinic Mon-Fri 9am-8pm, Sat-Sun 9am-1pm. 551 Pudong Nan Lu 浦东南路551号 (5879 9999)

Global HealthCare Medical & Dental Center - Puxi Suite 303, Eco City 1788 Nanjing Xi Lu, by Wulumuqi Bei Lu (5298 6339, 5298 0593) 南京西路1788号1788国际中心303室, 近乌鲁木齐北路

Global HealthCare Medical & Dental Center - Pudong Shop 212, Shanghai World Financial Center, 100 Shiji Dadao, by Lujiazui Huan Lu (6877 5093, 6877 5993) 世纪大道100号上海环球金融中心商场212室, 近陆家嘴环路

Healthway Family Medical Centre Mon-Sun, 8am - 11.30am, 1.30pm-5pm 1) 1228 Biyun Lu 碧云路1228号 (5030 1699, 800 988 1103) 2) 371 Xinzha Lu 新闻路371号 (6359 1082, 800 988 1103, www.healthwaychina.com)

International Medical Care Center of Shanghai Mon-Fri, 8am-4pm First People's Hospital, 585 Jiulong Lu 九龙路585号上海第一人民医院 (6324 3852)

Jiahui Clinic (Jing'an) Located in the heart of the vibrant downtown, Jiahui Clinic (Jing'an) offers outpatient services including family medicine, pediatrics, dermatology, ear-nose-throat, eye, dentistry, nutrition, mental health and medical imaging. Jiahui's professional team come from China and around the world who speak multiple languages and are with decades of experiences. Here, transparent and quality health care are offered at the best value. Mon-

Fri, 8.30am-7pm, Sat-Sun 9.30am-1.30pm. Suite 101, 88 Changshu Lu, by Changle Lu (2285 2800) <http://www.jiahui.com> 常熟路88号101室, 近长乐路

New Vison Eye Clinic Mon-Fri 8am-5pm. Plaza C, No. 777, Centruy Avenue, by Nanquan Bei Lu 世纪大道777号广场C, 近南泉北路 (www.rjeye.com)

Shanghai DeltaWest Clinic Building B-5F, 2558 Yan'an Xi Lu 延安西路2558号B座5层 (400 821 0277/ 2213 9777, www.deltahealth.com.cn, patientservice@deltahealth.com.cn)

ParkwayHealth Medical & Dental Centers 24/7 Hotline 6445 5999

1) Mon-Fri, 9am-7pm.
Sat - Sun, 9am-5pm
Gleneagles Medical and Surgical Center, Tomorrow Square 4/F, 389 Nanjing Xi Lu
2) Mon-Fri, 9am-7pm
Sat & Sun, 9am-5pm
Hong Qiao Medical Center, 2258 Hong Qiao Lu.
3) Medical Center
Mon-Fri, 9am-7pm
Sat & Sun, 9am-5pm
Dental Center
Mon - Sun, 8.30am-7.30pm
Shanghai Centre Medical & Dental Centers, 203-4 West Retail Plaza, 1376 Nanjing Xi Lu.
4) Mon-Sat, 9am-7pm
After Hours Care (Primary Care)
Mon-Sun, 7pm-9am.
Specialty and Inpatient Center, 3F, 170 Danshui Lu. (near Xintiandi)
5) Medical Center
Mon-Fri, 8.30am-7pm
Sat & Sun, 9am-5pm
Dental Center
Mon-Fri, 8.30am-7pm
Sat & Sun, 9am-5pm
Jin Qiao Medical & Dental Center, 997, Biyun Lu, Jin Qiao, Pudong

6) Mon-Fri, 9am-7pm
Sat, 9am-5pm
Jin Mao Tower Medical Center, (Close to Gate 15) 1N01(B) Jin Mao Tower, No.88 Shiji Dadao, Pudong New Area

Shanghai United Family Hospital and Clinics 1) Mon-Sat: 8.30am-5.30pm 1139 Xianxia Lu, by Qingxi Lu 仙霞路1139号, 近青溪路 (2216 3900, 2216 3999) 2) Mon-Sat 9am-5pm Shanghai Racquet Club, Lane 555 Jinfeng Lu, by Baole Lu 金丰路555弄上海网球俱乐部内, 近保乐路 3) Mon-Sat: 8.30am-5.30pm 1/F, area A & B, 525 Hongfeng Lu, by Mingyue Lu 红枫路525号A&B区1楼, 近明月路 (5030 9907) 4) Mon-Sat: 8am-5.30pm 8 Quankou Lu,

by Linquan Lu 泉口路8号, 近林泉路 (www.ufh.com.cn)

SinoUnited Health, Physiotherapy, Orthopaedics, Sports Medicine 1) Gubei Clinic: 491 Yili Nan Lu, by Huangjincheng Dadao 伊犁南路491号, 近黄金城道 (6124 9979) 2) Jinqiao Clinic: No. 16, 300 Hongfeng Lu, by Biyun Lu 金桥红枫路300弄16号, 近碧云路 (5030 7810) 3) Shanghai Centre (Portman) Clinic: Suite 601, Shanghai Centre, 1376 Nanjing Xi Lu 南京西路1376号上海商城西峰601室(6279 8920)

Shanghai ConBio Aesthetic Surgery Hospital 259 Xikang Lu 西康路259号 (6289 5163, 6289 5165, www.chinameirong.com/english)

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 8am-5pm 24/7, 1209 Huaihai Zhong Lu, by Donghu Lu 淮海中路1209号, 近东湖路 (6196 3333, marketing@redleafhospital.com, www.redleafhospital.com)

Sunshine Children's Clinic 85 Yili Nan Lu, by Guyang Lu 伊犁南路85号, 近古羊路 (5477 6480)

TOKUSHINKAI Dental Clinic 1) Jing'an: 2/F, Pacheer Commercial Center, 555 Nanjing Xi Lu, by Chengdu Bei Lu 10am-6pm (6340-0270, 6340-0290) 2) Jinqiao: 160 Lan'an Lu, by Biyun Lu 10am-10pm (6340-0270, 6340-0290) 3) Lianyang: 1192-1198 Dingxiang Lu, by Fangdian Lu 10am-10pm (6856 1040 | 6856 1045) 4) Hongqiao: 3/F Maxdo Center, 8 Xingyi Lu, by Xianxia Lu (5208-0208, 5208-0218) 10am-8pm 5) Greenway: 4/F Shanghai Times Square, 93 Huaihai Zhong Lu, by Liulin Lu (3366-6129) 9.30am-6pm 6) Takashimaya: 5/F, Takashimaya, 1438 Hongqiao Lu, by Manao Lu (6268 2286) 1) 南京西路555号555商厦2楼, 近成都北路 2) 蓝校路160号, 近碧云路 3) 丁香路1192-1198号, 近芳甸路 4) 兴义路8号万都商城3楼, 近仙霞路 5) 淮海中路93号大上海时代广场办公楼4楼, 近柳林路 6) 虹桥路1438号高岛屋百货5楼501室, 近玛瑙路

Wooridul International Spine Hospital (Shanghai) 106 Shi Guang Yi Cun, by Wujiaochang 市光一村106号, 近五角场 (6117 9900, www.wolide.com/en)

WorldPath Clinic International Mon-Fri 9am-8pm, Sat-Sun 9am-4pm, 399 Nanquan Bei Lu 南泉北路399号 (2020 7888, www.worldpathclinic.com, service@worldpathclinic.com)

Chinese Medicine

Body & Soul - Medical Clinics 1)

Huangpu: 14/F, An Ji Plaza, 760 Xizang Nan Lu 西藏南路760号安基大厦14楼5室 (5101 9262, huangpu@bodyandsoul.com.cn) 2) Minhang: Zhi Di Plaza, 211 Chengjia Qiao Zhi Lu 程家桥支路211号 (6461 6550, minhang@bodyandsoul.com.cn) 3) Jingan: 6/F, Four Seasons Hotel, 500 Weihai Lu 威海路500号上海四季酒店6楼 (5101 9262, jingan@bodyandsoul.com.cn) 4) Pudong: Room 1303, Jin Ying Bldg. (B), 1518 Minsheng Lu, by Hanxiao Lu 民生路1518号金鹰大厦1303室, 近含笑路 (6162 0361, pudong@bodyandsoul.com.cn)

Pregnancy Health Services

American-Sino OB/GYN Service

Mon-Fri 9am - 8pm, Sat-Sun 9am - 5pm 1) Inpatient: 14/F, Complex Building Huashan Hospital, 12 Wulumuqi Zhong Lu, by Changle Lu 乌鲁木齐中路12号华山医院综合楼14楼, 近长乐路 (6249 3246, 5288 7240) 2) Outpatient: 3/F, Block 6, Clove Apartment, 800 Huashan Lu, by Zhenning Lu 华山路800弄丁香公寓6号楼3楼, 近镇宁路 (6210 2299)

Parkway Health Medical Center

Services include family medicine, birthing, paediatrics, infertility treatment, ultrasound scanning and 24-hour in-patient & urgent care. Mon-Sun 9am - 9pm, 2/F, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号2楼, 近西康路 (6385 9889, 24 hour hotline: 6445 5999)

Shanghai East International Medical Center 551 Pudong Nan Lu 浦东南路551号 (5879 9999, www.seimc.com.cn)

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 8am-5pm, 24/7, 1209 Huaihai Zhong Lu, by Donghu Lu 淮海中路1209号, 近东湖路 (6196 3333, marketing@redleafhospital.com, www.redleafhospital.com)

Shanghai United Family Hospital

Mon-Sat 8:30am -5:30pm, 1139 Xianxia Lu, by Qingxi Lu 仙霞路1139号, 近青溪路 (2216 3900, 400 639 3900, www.ufh.com.cn)

VIP Maternity & GYN Center

VIP 13-15/F, 12 Wulumuqi Zhong Lu, by Changle Lu 乌鲁木齐中路12号, 近长乐路 (5288 9999, www.upmg.us)

WorldPath Clinic International Mon-Fri 9am - 8pm, Sat-Sun 9am-4pm, 399 Nanquan Bei Lu 南泉北路399

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AFTERSCHOOL ACTIVITIES

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Active Kidz Shanghai A not for profit youth sports organization offering recreational and competitive sports' programs for children 3- 15 years old in Pudong and Puxi. More information on www.activekidz.org

The Little Gym Programs include parent/child classes, gymnastics, karate, dance and sports classes. Suite J, 28/F, 588 Pudong Nan Lu, Pu Fa Mansion 浦东南路88号浦发大厦28楼J室 (021 6859 6266, www.thelittlegym.com.cn)

Craft'd Shanghai The new Craft'd studio in Xuhui gives children the opportunity to try out a different craft activity each week in a safe and secure environment. From mosaic to paper mâché, appliqué to ceramic painting there is sure to be something for every child to enjoy! RMB250 per class (1 1/2 hours, including snacks) or RMB2300 for a bundle of 10 classes. We also run craft classes for adults in our studio located at 1218 Fuxing Lu, by Shaanxi Nan Lu metro 复兴路1218号, 近陕西南路地铁站 (WeChat: [craftd_sh](https://www.craftd-shanghai.com), www.craftd-shanghai.com)



TRAVEL

Classic Travel This full service English-speaking travel agency books very classic trips in China and throughout Asia with a special focus on southeast Asia getaways. English-savvy, but you need to call to get the real scoop as the website is more idea oriented, rather than total service. Monday-Friday, 9am-6pm. 2/F, Block D, Art Forest 525 Fahuazhen Lu, by Dingxi Lu 法华镇路525号创意树林D单元2楼, 近定西路 (400 820 6113; luxury@classictravel.net.cn; www.classictravel.net.cn)

ADVICE FROM DAD

By Leonard Stanley

From a father and educator's perspective, Leonard is here to give you the advice you've been seeking – whether it's a question about school, your teenager, family life, expat life or if you just need a dad's point of view.



SHANGHAI CAN BE A TOUGH PLACE TO BE DURING THE HOLIDAYS AND WE FIND OURSELVES GETTING HOMESICK. WHAT IS THE BEST WAY TO KEEP THE HOLIDAY VIBES FLOWING WHILE BEING ABROAD?

Expat life has its advantages but let's be honest, there's no place like home during the holidays. This time of year – more than any other – is when we think about our loved ones back home and the familiarity of our motherland. So what can you do if you cannot make it home for the holidays? Here are a few recommendations to cure the holiday blues.

Two things seem to work when it comes to curing homesickness – you can either recreate or redefine your holiday experience. Recreating your holiday experience is not as difficult as it may seem. Get together with a group of close friends here in the city and host a dinner, a small gathering, or a large feast where you can enjoy all of the food and festivities you are accustomed to back home. Decorate your home with the traditional holiday adornments that will bring a sense of contentment and enjoy the evening.

Creating your own new traditions can be fun as well! They may be similar to the ones from your native land or even a combination of a few rituals from your culturally diverse group of friends. Having a sense of family is what most of us long for during the holidays and that can certainly be replicated in Shanghai. All you have to do is recreate that feeling of togetherness and mutual appreciation that the holiday season is all about. In the end, spending time with the people that you care about and doing the things that make you feel good are not exclusive to foreign countries. That environment can be recreated here with a close bunch of friends that share the same values even if your cultures are different. It is a part of the expat experience to blend different cultures in an effort to find out what makes us similar. Look for ways to include those closest to you into your holiday routine. Starting your own holiday traditions or recreating yours is an excellent way to make Shanghai your home away from home.

MY CHILD IS GETTING TO THAT AGE WHERE PEER PRESSURE IS BECOMING MORE COMMON. WHAT CAN I DO TO HELP HIM/HER MAKE GOOD DECISIONS?

Peer pressure is something that affects us all. It's when members of your social circle attempt to influence you to do something that you otherwise may not have done. This can be as mundane as playing a game of soccer instead of basketball at recess, or as severe as smoking your first cigarette or having sex. Making some of these decisions on their own is already a challenge for teens as they try to figure out their identity, but once the added pressure from classmates to conform is introduced then making the correct decision becomes even more difficult.

A parent recently reached out to me for advice about his child who was struggling in a number of classes at the beginning of the year. It was not typical for this student to underachieve and the parent feared that his child was making decisions against his own interest in an effort to fit in. He wanted to know what he could do to prevent this and get his son back to his usual studious ways.

The bad news is, there is no way to prevent peer pressure from having an impact on a child's decision making. However, the good news is that if you work to instill a sense of self-esteem and self worth in your child they will not need to look elsewhere for validation. Reassure them that no one is perfect and people make mistakes. Also let them know that it is impossible to please everyone. If you have to do something that you know is wrong in order for certain people to like you, then these are not your real friends.

Constant reminders like these will go a long way to build a habit of healthy decision-making. Children, like adults, will make mistakes, but the key is to get them to understand that they have to make their own mistakes and they shouldn't be negatively influenced by anyone for any reason.

Leonard Stanley was born and raised in Washington D.C., and has lived in Shanghai since 2009 with his wife and two young children Kyle (12) and Christopher (8). Leonard teaches Theory of Knowledge as well as Language & Literature at the Western International School of Shanghai.

Do you have a question for Leonard? Email urbanfamily@urbanatomy.com for your question to be answered in the next issue.

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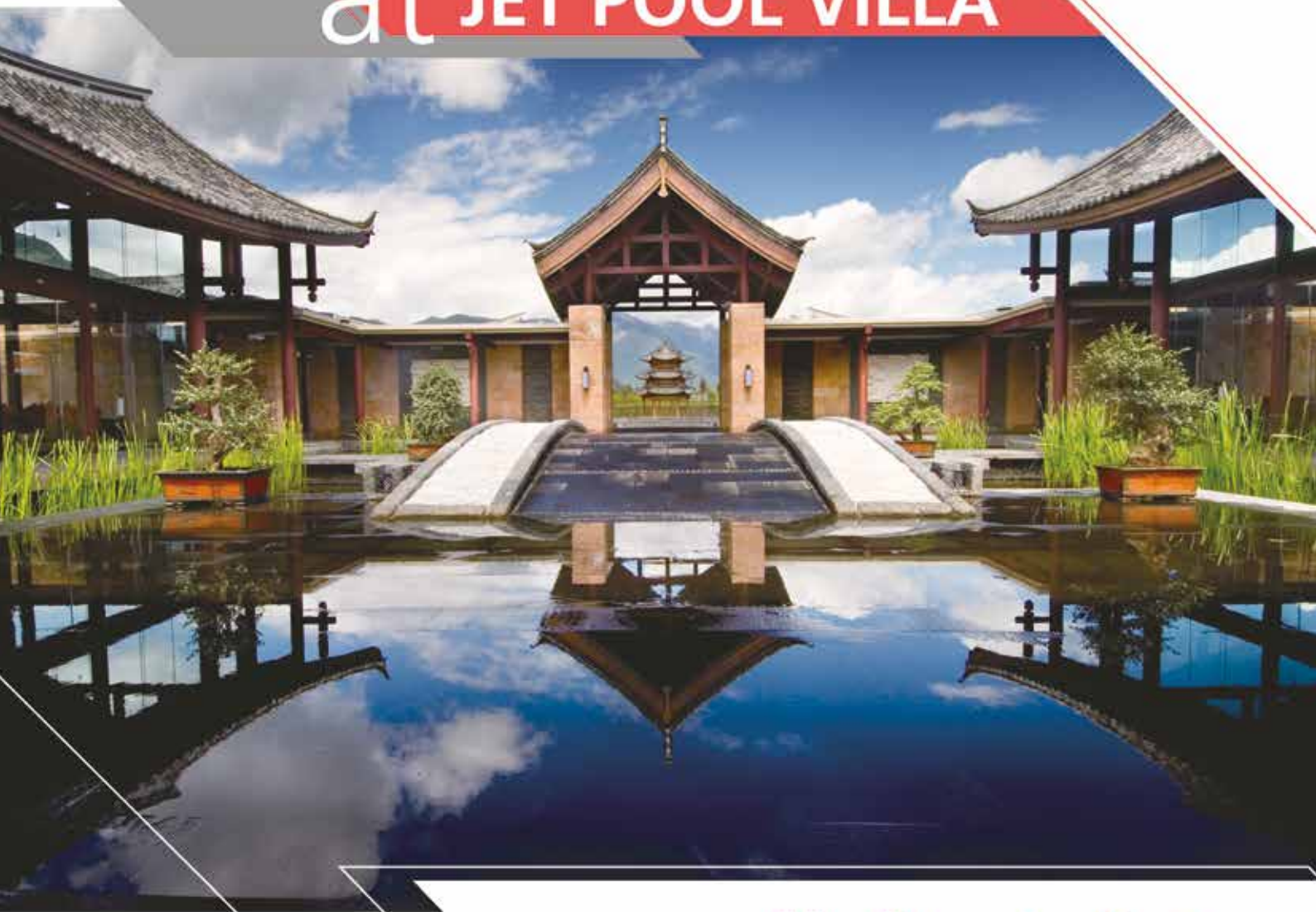
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