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SHANGHAI

THE GREAT OUTDOORS ISSUE

*Making the Most
of the Shanghai
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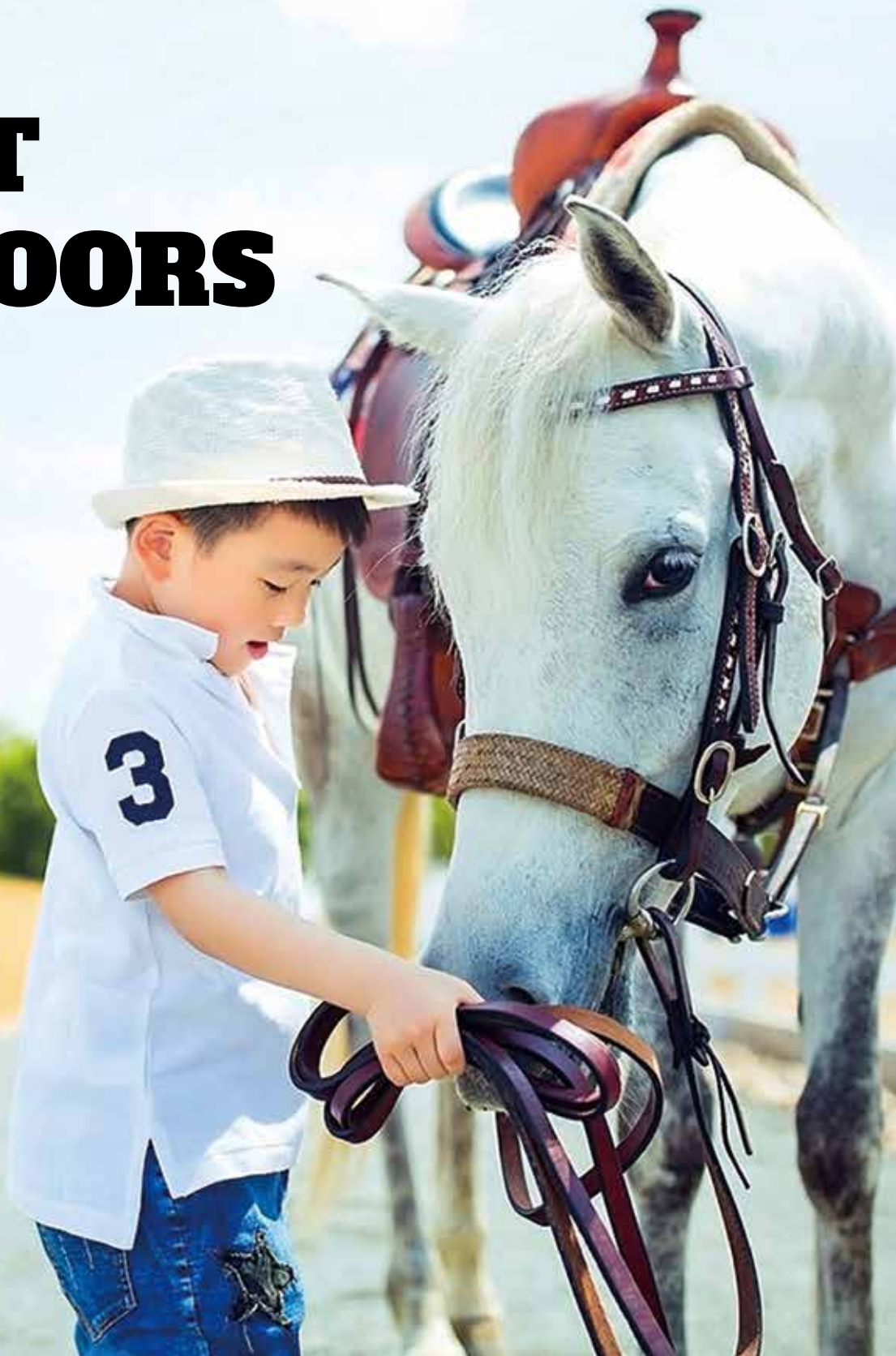
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EDITOR'S NOTE

“Because I am your mom, it counts the most, because I know you the most.”

- Isabel, Wonder

Welcome to the April/May edition of *Urban Family Shanghai*. Let me introduce myself as the new Editor-in-Chief and express how excited I am to deliver my first edition of the magazine.

With the announcement that spring has officially begun, our thoughts turn to being outside and enjoying all the amazing things Shanghai has to offer. With this in mind, we deliver our 'Great Outdoors' issue. Our cover story (p17) is packed with details on city tours, activities, parks and where to go glamping. We are sure there's something for everyone to enjoy.

In My Shanghai (p6), we introduce the creative mind behind the Hand in Hand International Music Festivals. Liu Jian has the ambitious goal of delivering family-friendly music events, not only to Shanghai but throughout China, and I think he is well on his way to success.

Our entertainment section (p34) includes two great book reviews and fills you in on must-see movie *Wonder*. I love a good quote, so keep your ear out for this one during a poignant moment between Julia Roberts' character and her son, played by the impressive Jacob Tremblay.

In keeping with our outdoors theme, we caught up with the schools around Shanghai and asked teachers to tell us about a memorable trip they have taken with their students (p38). Enjoy reading about the locations they've visited and how these trips positively inspire the students and influence their world views.

Finally, on behalf of the team at *Urban Family Shanghai* I thank you for being a part of our community. Now, grab a coffee and spend some time enjoying what we have put together for you. Then, pack away the winter coats, enjoy cherry blossom season and we'll get working on the next edition of the magazine.

See you again in June!



Natalie Foxwell
Editor-in-Chief



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HAO

Penguins walk with visitors at the Shanghai Zoo



The Shanghai Zoo launched a science popularization program with their South African penguins. By participating in a walk around the zoo with the penguins, visitors are given an unprecedented chance to witness their behavior up close. Having spent the past 12 months preparing the program, the zoo carers are training the penguins to become familiar with their instructions and eliminate their fear towards humans. The walks will be held during weekends and holidays from 10.20am to 10.40am (Mar-Jun and Oct-Dec). > www.shanghaizoo.cn



BU HAO

Toxin detected in dried shredded squid

After undergoing a series of investigations around the city, the Shanghai Municipal Food and Drug Administration (SHFDA) reported a batch of dried shredded squid sold at Metro supermarket was found to contain an excessive level (67 percent higher than the regulated amount) of toxic compound N-Nitrosodimethylamine (NDMA), a human carcinogen. In addition to the dried food items at Metro, there were other substandard food products exposed during this round of investigation. Among them were chocolate wafer biscuits sold at Walmart, dried fish slices from YHD, chocolate cupcakes from Auchan and pistachios and almonds sold at Carrefour. The reasons for these products being deemed defective include excessive bacterial colonies, mould, NDMA and peroxide. All products have been removed from the shelves.

NUMBER

4 million

The number of people welcomed to Shanghai during Spring Festival

The streets of Shanghai may have been empty during Spring Festival as millions returned home for family celebrations, but that didn't stop the major tourist spots from welcoming an abundant crowd. Almost 4.5 million tourists visited Shanghai during the holiday period, with Yu Garden among the most popular, attracting approximately 1.71 million visitors. Shanghai Disney entertained over 240,000 visitors during the week-long holiday with ticket sales eventually suspended due to the crowd. Tourists also flocked to other destinations around town such as the Oriental Pearl TV Tower (140,000), Shanghai Science and Technology Museum (240,000) and Shanghai Wild Animal Park (130,000).



QUOTE

“ By the time I am able to use the phone again, I will be in my 80s ”



New 'Inspirational Women' and 'Sheroes' Barbies released

To celebrate 2018 International Women's Day, Mattel, Inc. launched 17 new role model Barbies, including three Chinese personalities: Olympian Hui Ruoqi, prima ballerina Tan Yuanyuan and actress Guan Xiaotong. The 'Sheroes' series was released in addition to their new 'Inspiring Women' Barbies which are based on real-life accomplished women such as *Wonder Woman* Director Patty Jenkins and legendary American pilot Amelia Earhart. According to Mattel, Inc. these new Barbies are designed to inspire the infinite potential of every girl.



QR codes to be introduced at all metro stations this year

Two months after the launch of QR code scanning at turnstiles, it seems the number of commuters using the technology surpasses the machines available. Around town, commuters seem content to remain in long queues at the turnstiles that support smart phones, while gates without a QR code to scan are being ignored like they don't exist, even during rush hour. According to statistics, metro stations of Shanghai see approximately 11 million passengers each day, of which 25 percent rely on QR code payment on weekdays and 20 percent during weekends. The operator of Shanghai Metro has announced they will accelerate the process of updating all metro stations to ensure all turnstiles are ready for QR code scanning during the second half of this year.

iPhone disabled for 48 years by child trying to watch Peppa Pig

A Shanghai mom recently experienced her darkest hour after leaving her iPhone at home and in the hands of her 2-year-old son. Upon returning home, she found her iPhone disabled after her son continually input the incorrect passcode while trying to watch an episode of *Peppa Pig*. The biggest shock came when she realized the time it was going to take before she could use her phone again: 25,114,980 minutes, or 48 years. "By the time I am able to use the phone again, I will be in my 80s," said the mother desperately. Staff at the Apple store told her to either wait out the timeframe or reset her phone and lose any unsaved content.



Shanghai Metro extends even further

The world's longest metro keeps on growing to link more parts of the city together. Construction of the South Extension of Line 5 and Phase 2 and 3 of Line 13 are set to be completed later this year. Covering a distance of 19.5 kilometers, the Line 5 extension is now in its final stage. Once complete, it will end at the Haiwan Tourist Zone on the southern outskirts of Shanghai. Phase 2 and 3 extensions of Line 13 will have 12 new stations to the line. By the time the two lines are open to the public, the total length of the ever-growing Shanghai Metro network will reach 707 kilometers, making transportation around the city even more convenient.



My Shanghai

Liu Jian, Making Music with Hand in Hand

By Natalie Foxwell



An *Urban Family* series where we ask a Shanghai-based somebody to tell us about their life.

Making it their mission to fill the void when it comes to children's music in China, Liu Jian and his wife, American journalist Rebecca Kanthor, founded Hand in Hand International Children's Music Festival: a family-friendly event for all ages to come together in cities throughout China to experience live music from around the world.

Raised in rural Henan province, Liu joined the People's Liberation Army (PLA) and served in Guangxi province before being accepted into the prestigious PLA Arts Academy in Beijing. He later dropped out, and relocated to Shanghai in 2001 to pursue a career in writing and music. Initially earning a living busking on the streets, he began organizing singer-songwriter showcases around town. Today, as the author of three novels and producer of his own folk-rock album (co-produced by Kanthor), his creative aspirations continue to soar.

Who are your inspirations; either musically or otherwise?

I was 16 when I first heard rock music, and it changed my life (Tang Dynasty, Cui Jian and Nirvana to name a few). Hearing their music inspired me to follow my own dreams and showed me that I could choose the life I wanted.

What are some of the most exciting results you have seen from your events?

For our first tour in June 2017, we brought two award-winning bands from Holland and the US and toured five cities, including Shanghai. We really didn't know what to expect. We weren't sure our Chinese audiences would feel comfortable getting up and dancing during the performances. We even warned the bands ahead of time to be prepared. At our first show, within five minutes of Lucky Diaz and the Family Jam Band's performance. All the parents and kids jumped up and were dancing together. Seeing families 'rocking out' to the music at our festivals has been so fulfilling. At times we've seen three generations of a family all enjoying the music together. That feels really good.

Can you tell us what Hand in Hand music festivals are about and what motivated you to create this concept?

Hand in Hand is China's first international music festival created for the whole family. I developed this concept because I wanted to do something to help change the lives of the children in China. After our daughter was born, I remember wanting to share children's songs with her and after searching, I could only find the same Chinese songs I heard when I was a child.

Thinking that there needs to be new music for children in China, I was curious to hear what the music from other countries was like, and I found so many talented bands making really great music for children. That's how I came up with the idea to bring to China the most innovative and fun bands for children from around the world. We want to give families a chance to enjoy the best children's music and inspire Chinese musicians to start making better music for kids.

How does your family contribute to the success of Hand in Hand?

Hand in Hand is a family effort. My wife Rebecca helps to find the bands and our kids (ages 2 and 5) also take part, giving us feedback on the bands we choose. All of us sang and danced in the music video we made for our theme song. Our parents and siblings have also been extremely supportive, lending us the funds we needed to put on our first music festival. It takes so much effort to put on the festival, but it's fulfilling to work on this together and achieve such positive results.

How do you choose the artists for your concerts? What do you aim to teach your young audience?

We're very particular about the bands we invite to Hand in Hand. We only select the most innovative and talented groups, that people of all ages can enjoy. We pay close attention to the content of their songs and only select bands who write songs with values that really speak to both parents and children. They all put on an energetic and engaging live show – this is crucial for creating the fun atmosphere we desire at our festivals. What we want our audiences to take away is “just follow your own path.” I hope our young audience can realize that much earlier than I did. And, we hope the parents who come to our shows feel they are still young, even though they have a family now.

How can our Urban Family community keep up to date with your upcoming events?

We put on three family-friendly festivals a year, and we aim to bring the best bands from 10 countries to 100 cities in China over the next five years. Our upcoming festival series will run in May and June and we will be touring 10 cities, including Shanghai (Apr 29 - May 1). You can find all the information you need via our website: www.handinhandchina.com or our WeChat account.



Scan QR code to connect with Hand in Hand via WeChat



EDITOR'S PICKS

By Natalie Foxwell

It's getting to that time of the year again where the heat will soon take over, leaving us desperate for ways to cool down, occupy the kids and survive the summer. In keeping with our Great Outdoors theme, this month's Editor's Picks, water parks, will be a welcome relief during the warmer months.

1

Playa Maya Water Park

Located next to the Happy Valley theme park is Playa Maya, the largest themed water park in East China. As the name suggests, it contains Chinese and Mayan features such as scattered relics and a Mayan god who showers down water. Playa Maya offers solace from the heat with over 40 rides, 12 slides, and a 600-square-meter wave pool to keep the kids occupied. The big kids will love riding the 3.5-meter-high waves. After the sun goes down, the fun continues - stick around until closing time for a beach-themed party during the evenings.

> Jul 1–Sep 3, 9:30am–9:30pm; RMB150 (child), RMB220 (adult).

> No. 888 Linhu Lu, by Linyin Da Dao, 镇林湖路888号, 近林荫大道 (3779 2222 3333). Nearest metro: Line 9, Sheshan.



5

Best Water Parks



2

Dino Beach Water Park (Tropical Storm)

Whether you want to relax in a lazy river that covers the perimeter of the park, or partake in one of the numerous water slides, Dino Beach (Tropical Storm) has got it all. As the temperature starts to rise, the idea of basking in a cool, refreshing pool of water sounds glorious. Located in the Songjiang district of Shanghai, you can find 12 slides (including the highest in Asia), along with a wave pool, lazy river, kiddie pools and Western-style food to enjoy after you've worked up an appetite in the hot sun.

> Summer months only, Mon–Sun 9am–10pm; RMB130–180 (child), RMB160–280 (adult).

> No. 78 Xinzhen Lu, by Gudai Lu 新镇路78号, 近顾戴路 (6478 3333). Nearest metro: Line 1, Xinzhuang; Line 12, Hongxin Lu.



3

Suzhou Amusement Land

While this water park may be a little out of the way, it's definitely worth your while. A two-hour drive away from Shanghai, this large amusement park with all the traditional rides doubles as a spa. Ride down the octopus slide, soak in a rose bath or partake in both. Suzhou Amusement Land is open all year round and offers fun and relaxation with 28 pools, including several spa pools with various themes like rose, carnation and wine. With no direct public transport, we recommend driving, and since you've made the effort to go all the way there, make a night of it and stay at the resort hotel.

> Mon–Thu 1pm–10.30pm, Fri 1pm–11.30pm, Sat–Sun 10.30am–11.30pm; RMB128 (child), RMB198 (adult).

> No. 397 Changjiang Lu, by Shishan Lu, Suzhou 长江路397号, 近是山路 (512 6825 1666).



4



Shanghai Sun Island Golf & Spa Resort (outdoor and indoor)

Surf's up dude! This massive pool makes waves with its 'real imported sand' beaches and twisty slides that are especially enjoyed by children. The pool is designed as a luxury watery playground for all ages and even takes on the appearance of a sandcastle. The outdoor pool is open during the summer months, while the indoor pool can be enjoyed all year round. More of a luxury weekend getaway than a day trip, you can also go rock climbing, play on their 36-hole golf course, rent go-karts and ride horses.

> Mon-Fri 9am-4.30pm, Sat-Sun 9am-6pm; Mon-Fri RMB80-130, Sat-Sun RMB120-RMB200.

> No. 2588 Shentai Road, Zhujiajiao Town 朱家角沈太路2588号 (6186 9650).
Nearest metro: Line 17, Zhujiajiao.



5



Dakang Indoor Water Resort

While you won't get much sun at this indoor mini-version of Dino Beach, it's a good place to bring the kids for an afternoon where you can frolic in the water and avoid excessive heat. You'll find a wave pool, two water slides, family lanes, a kid-safe fountain, a kiddie wading pool and a high-diving platform allowing you to launch into 4-meter-deep water. This water park is open all year round and is perfect for anyone wanting to wear out their kids for an early bed time.

> Mon-Sun 9.30am-9.30pm; Mon-Fri RMB49 (child), RMB98 (adult), Sat-Sun RMB59 (child), RMB118 (adult).

> No. 555, Gongkang Road, by Changlin Lu 共康路555号, 近长临路. Nearest metro: Line 1, Gongkang Lu.

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Step Inside

A Family Home with an Abundance of Space and Color

By Natalie Foxwell Photos by Jimmy Mi

Step Inside is an *Urban Family* interiors feature where we go inside the home of a Shanghai family to have a look around, and find out about their decorative style.

Having met at an Australian university back in the 80s, Stephen and Nicki Titze have been together ever since, traveling the world and collecting pieces that reflect their adventures. Together with their two daughters Danica (15) and Jasmin (13), they have lived abroad for 13 years, 10 of which in Shanghai. Stephen is the Asia Pacific Vice President for irrigation company Netafim and Nicki manages her own wine importing business, East Meets West.

The family lives in a compound in Jinqiao, which means an abundance of space, a backyard to enjoy a great Aussie BBQ and friends close by to share in life's moments. The girls enjoy the freedom and independence that

comes from living in their villa community, and being close to their international school allows them to meet friends and join the many activities available throughout the year.

The Titze home is an expression of their down to earth, yet worldly existence – a collection of pieces from Shanghai, blended with items from Bali, Australia and their other travels. Nicki, a budding artist, has filled the walls with many of her own canvas acrylic paintings that tell her story and provide a splash of color and personality to the family home.

Life for this family is certainly hectic, but also extremely rewarding. Let's step inside and take a look!



- ▲ A penchant for the arts seems to run through the family with Danica currently taking singing lessons at school and guitar lessons at home. "She has a gorgeous voice and recently, she performed at a school soiree which left her friends in tears, they were so moved by her singing," recalls Nicki.



- ▲ The entrance to the house features a mosaic round mirror, purchased during a trip to Bali. The jade coins are from local store Yi Ren Gallery, where Nicki also gets most of her pictures framed.





◀ The guest room is a sanctuary for anyone staying here and the deep red artwork above the bed was painted by Nicki, “This painting was inspired by the windows to the world which the expat life offers us. It’s full of adventure and color.”



▲ This golf course-inspired painting by Nicki sits pride of place at the top of the stairs. “I painted this at an Indonesian artist’s studio in Jakarta when we lived there years ago. It’s my husband’s favorite painting,” says Nicki



▲ The paintings in the lounge room were created by a friend of Nicki’s when they attended a group painting class together. She tells me, “I loved the paintings so much that he gave them to me when I left Shanghai for Tokyo.”

“I only change the artwork when we move house. Our previous house was bigger so I had more on show, but now they are kept up here in the attic,” says Nicki, when I asked her if she changes the artwork around in the house .



◀ This nook on the second floor is a perfect location for books and decorations. The modern Chinese bookshelf was purchased from DTL Furniture, the lamp is from MU Gallery and you may recognize the chair and stool, which bear a strong resemblance to the famous Barcelona style from 1929.

Get the look

> Mu Gallery, 590 Biyun Lu, 碧云路590号 (6194-5980, mugallery@hotmail.com)

> DTL Furniture, multiple locations, refer to www.dingtang.com

> Yi Ren Gallery, 633 Biyun Lu, 碧云路633号

To see the full article, please scan the QR code.



RUNNING FOR A CAUSE

More Than Aware Family Fun Run

By Natalie Foxwell

What better way is there than to spend a Saturday morning with family and friends supporting a good cause, while exercising at one of the largest community events in Shanghai? On Saturday May 12, the annual More Than Aware Family Fun Run will be held in Century Park.

Since the inaugural event in 2013, the More Than Aware Family Fun Run (2km or 5km) continues to gain momentum as each year passes. In 2018, the organizers are expecting over 3,000 participants, dressed up in pink and green, to provide a colorful display of how much the Shanghai community can get behind a good cause.

At the helm of More Than Aware is an impressive group of volunteers who deliver this and many other events throughout the year. Aimed at supporting women in the prevention and recovery of breast cancer, they strive to empower us all to maintain a healthy lifestyle while raising funds for those in need. Having attended a previous More Than Aware luncheon, I can honestly say that being in a room with more than 700 women; fighting, thriving and supporting, was extremely powerful and a reminder that we can all make a difference by showing up.

With a tagline of 'What's your Green,' every participant will receive an event t-shirt and be encouraged to write their personal wellness goal for the year. So, start thinking about what you want to achieve in 2018, then go for the run and stay for the music, kids' activities and awards.



Registration closes when all allocated spaces are filled. So, if you miss out on the Fun Run don't worry, there are other ways you can show your support. The More Than Aware volunteers have a waiting list of Chinese women in recovery, who are wanting to join the event and feel the encouragement from everyone around them on the day. You can sponsor them, celebrate their courage and give them strength to keep on thriving. So, take the opportunity now and get behind the real woman of the More Than Aware Fun Run.

Register to run or sponsor a More Than Aware Thriver via the QR code, and join this community event on May 12, it's the perfect way to spend a Saturday morning.





Our Favorite Things

5 Minutes with the Schärer Family

By Natalie Foxwell

New to Shanghai and want to know where other families go to enjoy all this city has to offer? Each month, we will spend time with a family that has been in Shanghai long enough to find their favorite places, and then share them with you.

Meet the Schärer family – Pernilla, Stephan, Malin (13), Linus (11) and Emelie (9) – who have had extensive experience in Shanghai. Living here from 2009-2011 and then returning again in 2013, they have established a full life that has the children thriving in an array of activities, in particular fencing, surrounded by the many friends they have made throughout the years. Pernilla (from Sweden) teaches Pilates through her business Rise&Shine Pilates, while Stephan works in the robotics industry. With a love of baking that has her kitchen emitting the most delicious aromas, Pernilla is never far from whipping up a cake to share with friends over a cup .

Coffee spot Kommune Cafe

Sunday brunch The Cathay Room at the Fairmont Peace Hotel

Date night The Chop Chop Club

Place for a bike ride Along the channel in Jinqiao

Dessert Our kids love the crepes at La Creperie

After dinner nightcap House of Blues and Jazz and El Ocho for a craft cocktail or whisky

Long weekend getaway Guilin

Shopping spot Around Hongqiao Flower Market or the former French Concession

Family-friendly restaurant Kagen for delicious teppanyaki and their all-you-can-eat menu

Kids birthday party venue Mad Science for some great experiments

Experience for visiting friends UnTours Street Eats Breakfast Tour, they have great guides

Under the radar The Commodity Market

Favorite things about Shanghai Friends, our children's school and always discovering new things

Find them here

> Kommune Cafe, The Yard No. 7, 210 Taikang Lu, by Sinan Lu 泰康路210弄7号, 近思南路(6466 2416).

> La Creperie, No. 1 Taojiang Lu, by Fenyang Lu 桃江路1号, 近汾阳路(5465 9055).

> House of Blues and Jazz, No. 60 Fuzhou Lu, by Zhongshan Dong Yi Lu (the Bund) 福州路60号, 近中山东一路 (6323 2779).

> El Ocho, 3/F, No. 99 Taixing Lu, by Nanjing Xi Lu 泰兴路99号3楼, 近南京西路 (6256 3587).

> The Cathay Room, 9/F, Fairmont Peace Hotel, No. 20 Nanjing Dong Lu, by Zhongshan Dong Yi Lu

南京东路20号和平饭店9楼, 近中山东一路 (6138 6881).

> The Chop Chop Club, 2/F, No. 3 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路外滩3号2楼, 近广东路 (5308 5399).

> Kagen, No. 28D Taojiang Lu, by Hengshan Lu 桃江路28号丁, 近衡山路 (6433 3232).

> Mad Science, 3/F, Building 2, Changtai Square, No. 1239 Zu Chongzhi Lu, by Jinke Lu 祖冲之路1239弄长泰广场商辅2座3F, 近金科路.

> UnTours Food Tours (untourfoodtours.com/product/shanghai-street-eats-breakfast/)



Making Things Right

How do we Help our Children Manage Ruptures to Their Relationships with Friends and Classroom Peers?

By Dr. Nate Balfanz

As a child and family-focused clinician serving the Shanghai community, the spring season is by far my busiest time of the year for a variety of reasons. For starters, the majority of national holidays and school breaks have passed, and parents who were considering therapy for their children at some point throughout the school year now feel ready to begin the process. In addition, school teachers and administrators are able to identify more clearly which students with academic and/or behavioral challenges they can manage within the school setting, versus those that would benefit from the additional support of an outside treatment provider. Recently, many of the referrals I have received involve children who are experiencing prolonged challenges with initiating and maintaining positive relationships with others, while also struggling to resolve the disruptions that tend to occur in those relationships. As one can imagine, this often leads to a detrimental impact on a child's sense of self-worth and regard for school as a safe and welcoming environment.

So, what can we do as parents and supportive adults to help our children manage the inevitable challenges that come with making and maintaining a consistent and reliable group of friends?

What the research says

Time and again, research has indicated how a child's ability to tolerate frustrations and navigate disruptions that can occur in peer relationships originates within the home environment.

In a 2013 longitudinal study on the evolution of children's social competency from infancy to adolescence, developmental neuroscience expert Dr. Ruth Feldman and her colleagues derived this finding. One of the strongest predictors of a child's ability to demonstrate social capabilities, to exercise conflict resolution strategies and to minimize aggressive, acting out behavior in social exchanges was the frequency and quality of interpersonal relationships with caring and attentive adults in the infancy and toddler years. In other words, there is a direct correlation between the success with which your child is able to manage conflicts and ruptures in their relationships beyond the home, and the quality of your relationship as a parent to your child from infancy and throughout the childhood years.

With this in mind, I have developed three tips for helping children manage their social relationships.

1. Validate the feeling while modifying the approach.

I always make it a point to remind parents and children alike, that our feelings are never wrong; it's what we choose to do with them that makes all the difference. Teach your child that it's okay to feel angry, sad or upset after a disagreement with a friend, and then brainstorm with them the language they could use to communicate those feelings in a manner that does not further escalate the situation. For example, "When we argued, it made me feel sad because our friendship is important to me."

2. Model healthy conflict resolution for your child.

I will often encourage parents to conduct themselves, whether at home or in the workplace, as if their child is watching their every move. As research suggests, there is no model more important than a parent to demonstrate how to effectively manage disputes and repair ruptures to interpersonal relationships.

3. Help facilitate a discussion to restore the relationship.

An effective strategy that I see frequently utilized in the international schools here in Shanghai is requesting a counselor to host a 'restorative chat,' to help resolve a dispute that has occurred among friends. With the assistance of a supportive adult to help facilitate the discussion, children are encouraged to take ownership of their actions, validate one another's feelings and work cooperatively to arrive at a peaceful resolution to the problem at hand.

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: www.drnatebalfanz.com

For more Lifestyle articles from Dr. Nate Balfanz, please scan the QR code.



HPV Vaccine Now Available at Redleaf Hospital

Shanghai Redleaf International Women's & Children's Hospital is now offering packages on HPV vaccinations (HPV2 & HPV4).



Shanghai Redleaf International Women's & Children's Hospital, 4F (Outpatient Department), 155 Songyuan Lu, by Hongsong Dong Lu

Make an appointment now & get more info!
24-hour Appointment Hotline: 021- 6196 3333





THE GREAT OUTDOORS



By Mandy Tie

With every greening blade of grass and flowering cherry blossom, spring is slowly approaching. As the temperature rises (though somewhat unsteadily), we encourage families to get outside and explore Shanghai. Maybe it's visiting somewhere you've never been before, or returning to a place long forgotten; either way, make a plan and enjoy the Great Outdoors.

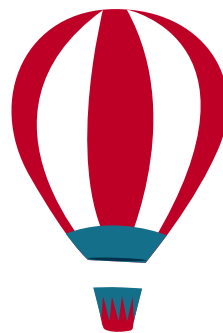
From go-karting to joining a history tour, boating in a nearby park to glamping in the mountains, there's something adventurous for every family to enjoy. So, keep this guide as your 'go-to' this season, take your pick from our recommended activities and have fun.

GLAMPING



Squint hard at the word 'glamping' and you'll see there are two parts to it: glamour and camping. Literally a compound of those elements, glamping means enjoying the proximity of natural surroundings in a fully serviced setting. It's waking up to birdsongs without having to sleep through a chilly night on a hard surface and barbecuing in the woods without the fuss of washing up. It's the great outdoors for the children with comforts for a mom and dad, and a great idea for a family weekend away or getting a group of friends together.

If you haven't tried it yet, now is the perfect time of year to get into it. We highly recommend Neoroll Glamping (牛路野营), surrounded by thick woods and tucked away inside a national park. This impressive campsite, consisting of private tents with outdoor activities, is situated within the Shanghai Haiwan National Forest Park, located 50 kilometers south of the city facing Hangzhou Bay. Let's take a look at the site and its properties to get you in the mood for a weekend in the woods.



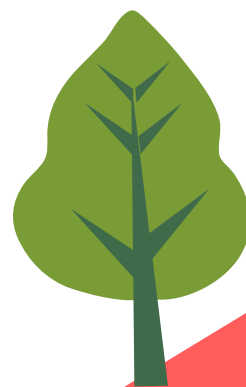
Accommodation

Neoroll Glamping at Haiwan Park boasts 27 impressive tents, permanently set up and ready for your arrival. Built with an en-suite, living room, bathroom and a bedroom with either a twin or king-sized bed, these 45-square-meter tents provide the ultimate camping experience. Maximum capacity for each tent is four (two adults and two kids under 12) and extra mattresses or sleeping bags are priced at RMB200 each night. The waterproof tents have the necessary air conditioning and ground heating systems to keep you cosy and comfortable in any climate.



Activities

There is an array of complimentary child-friendly activities available throughout your stay, so let the kids explore the grounds and immerse themselves in the fun of being outside. Whether they're interested in archery, trampoline jumping or the immensely popular bubble football (p17), every child will be entertained for hours. Other options such as cycling, canoeing, go-karting and horse riding are also available for an additional charge. Outdoor movie screenings take place each night, and requests are taken for a specific film. Want more? The campsite will even set up an inflatable swimming pool to keep your heads cool throughout the hotter months.





Food & Drinks

Before leaving the convenient urban lifestyle behind, it's important to know there's no supermarket or grocery outlet near Neoroll's campsite. So, make sure you go prepared if you foresee the need for any extra sustenance, and think ahead about a stockpile of snacks for the kids.

That being said, Neoroll does serve three meals a day, plus afternoon tea for an extra energy boost. Start the day with breakfast, a simple tray of sandwiches, milk and an egg, priced at RMB20 per set. For lunch and dinner you can alternate between a Korean hot pot and a barbecue meal, both priced at RMB358 and serving a family of three (note that lunch should be booked separately and well in advance). While the former is a one-pot wonder of canned ham, vegetables and instant ramen noodles, it's the barbecue that really brings out the family spirit. Shrouded by the aroma of grilled food and the warm smoke of charcoal, it makes for a precious time to come together, play a game of cards and relax. Tea, coffee and alcoholic beverages are supplied throughout the day at additional charges.

The afternoon tea set offers fruits, biscuits, marshmallows and a selection of hot drinks including Americano, latte, Ceylon tea and hot chocolate. Each set is priced at RMB88 and serves two to three people.



Family package

Glamping packages for a weekend start at RMB1,320 (which includes one night's accommodation + 1 BBQ meal + 3 breakfast sets + 2 park entry tickets + transfer from the main gate to campsite). Children under 1.3 meters enjoy complimentary entry and transfer, while an extra RMB100 per child applies to those over that height. If you're looking to stay during the high season (from March through November), Neoroll recommends booking a month in advance.

Where to find it

Neoroll Glamping's site is set up inside the Shanghai Haiwan National Forest Park, located at the south end of the Hangzhou Highway and approximately 90 minutes drive from central Shanghai. Access is via Gate 1.

Public transportation

Outbound journey: Take the fast train (K8351 or K8353) from Shanghai South Railway Station bound for Haiwan Forest Park Station, then the Haiwan No 3. bus to Gate 1.

Inbound journey: Take the Haiwan No 3. bus back to Haiwan Forest Park Station, and then the K8352 or K8354 train back to Shanghai South Railway Station.

Contact

For more information and bookings, follow Neoroll Glamping via their QR code or email booking@neoroll.cn



SHANGHAI TOURS

HISTORIC SHANGHAI'S PUBLIC AND PRIVATE TOURS

This CNN-applauded organization gives families an authentic taste of the city's rich heritage, by showing how old Shanghainese live. Public tours are conducted by area (for example, the former French Concession) or by theme (for example, Old Chinese City, Revolutionary Shanghai or Jewish Shanghai), while customized private tours are also available. So, let the kids run around alleyways with chickens, while you ponder China's rapidly changing landscape with a local *shifu*.

Availability: Public tours available once a month. Private tours available on request.

Suitable age: All

Maximum capacity: 30

Cost: RMB75 (child 6-12 years old); RMB150 (child over 12 and adults); Private tour price varies.

Contact: historic-shanghai.com/events/; info@historic-shanghai.com



Spring is the perfect season to head out and immerse yourself in Shanghai's mesmerising landscape and extensive history. So, why not take the family or visiting friends out for a tour? Whether you're a dweller or passer by, cyclist or walker, there's something waiting to unravel before every pair of wide-opened eyes with one of the following Shanghai tours.





LOST PLATE'S 'OLD SHANGHAI BREAKFAST'

This walking food tour takes families to five locations (four eateries and one pharmacy) around the historic Zhoushan Lu-Tangshan Lu neighborhood in Hongkou. Iconic Shanghai eats including *shengjianbao* (fried dumplings), *congyoubing* (scallion pancakes) and *zifangao* (fried rice cakes) are on the list, as well as off the 'eaten' track items like vegetarian *babao* noodles. There's also a complimentary shot of herbal liquor served by a local TCM vendor for adults to try. Lost Plate also has a child-friendly evening tour featuring a different set of dishes. Refer to their website for more information.

Availability: Daily, 9am-11am

Suitable age: 4+

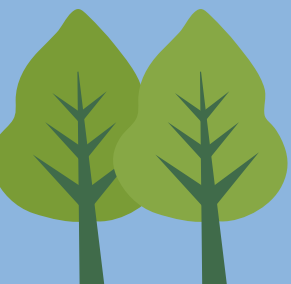
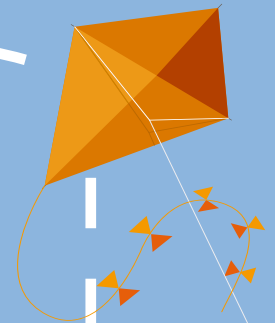
Maximum capacity: 10

Meeting point: Exit 1, Tilanqiao Subway Station.

提篮桥站1号口。

Cost: RMB150 (children 4-15 years old); RMB300 (adult);

Contact: lostplate.com/shanghai-food-tours; 156 9210 9030; info@lostplate.com;



UNTOUR'S 'HANDS ON DUMPLING DELIGHTS'

An evidently more 'hands on' version of a food tour for families, this dumpling-themed tour is a street food tasting and cooking class moulded into one. Based in the former French Concession, families will fill their bellies with *baozi* and *youtiao* (fried doughsticks) before learning the craft of dumpling making under the guidance of a master chef. Beer, soft drinks and water are included in the price.

Availability: Every Tuesday and Saturday, 10am-1pm

Suitable age: 6+

Maximum capacity: 9

Meeting point: Exit 2, Jiashan Lu Station
嘉善路站 2 号口 .

Cost: RMB300 (children 6-12 years old); RMB580 (adults)

Contact: Book via 247tickets.com



CULTURE SHOCK'S 'MORNING DISCOVERY'

Want to see Shanghai with the wind in your hair? Culture Shock's family-friendly bike tour boasts a charming itinerary combining sight-seeing century-old Art Deco buildings, visiting farmers' markets and practicing *tai chi* with Shanghai's senior citizens. Bikes come in smaller sizes and there's also the option to saddle up toddlers on baby seats, so this is truly a tour for the whole family to enjoy together. Just make sure to put in a request for those well in advance.

Availability: Daily, 8.45am-1pm

Suitable age: 6+

Maximum capacity: 8

Meeting point: Andaz Hotel Xintiandi, 88 Songshan Lu, by Xing'an Lu
新天地安达仕酒店, 嵩山路 88 号, 近兴安路 .

Cost: RMB450 (group join-in); RMB550 (private); children under 12 years half price

Contact: culture-shock-tours.com





TOUR OF JEWISH SHANGHAI

The brainchild of historian and documentarist Dvir Bar-Gal, this tour takes families to the high streets and back streets of Shanghai from The Bund to the historic Hongkou area. Led by Dvir himself, this four-hour journey is packed with anecdotes, visual evidence and most importantly, rich historical context. You'll be peering beyond the Art Deco facades and crumbling lilong walls, to learn about the key events and unsung heroes that defined Jewish lives here in Shanghai. Just make sure to pack some snacks to stay energized throughout the tour.

Availability: By appointment, tours conducted between 9.30am-2pm

Suitable age: 12+

Maximum capacity: Flexible

Meeting point: Entrance of the Fairmont Peace Hotel, No. 20 Nanjing Dong Lu, by Zhongshan Dong Yi Lu. 南京东路 20 号和平饭店门口, 近中山东一路.

Cost: RMB450; RMB350 (students); Private tour prices vary

Contact: shanghai-jews.com; shanghaijews@hotmail.com; 1300 214 6702



URBAN ADVENTURES' 'STREETS OF SHANGHAI'

This comprehensive walking tour takes visitors through bucket-list landmarks on the Puxi side of town. Highlights include a whirl through People's Square (including the marriage market on weekends), The Bund and a bite of *shengjianbao* at Yang's Dumplings en-route. The four-hour journey can be tiring, so be sure to ask the guide for breaks between sites.

Availability: Daily, 2.30pm-6.30pm

Suitable age: 6+

Maximum capacity: 12

Meeting point: Exit 3, Shanghai Natural History Museum Station 上海自然博物馆站 3 号口

Cost: USD82 (children and adults)

Contact: urbanadventures.com/Shanghai-tour-streets-of-shanghai; 1822 1082 194; info@shanghaiurbanadventures.com



ACTIVITIES



If you have kids who are not content with a park for the day, then plan a trip to one of these more thrilling activities. From paintball to go-karting to rock climbing, here are our ideas for the best family-friendly activities that will have any child motivated to leave the house.



Rock Climbing

Lying on the alluvial plain of the Yangtze Delta, Shanghai really is as flat as a city can get. One way to defy gravity is rock climbing. Its popularity in the Middle Kingdom is surging and this trend will likely continue after being listed on the *gaokao* PE Program in early 2018. Providing a full-body workout, rock climbing trains kids to apply strength, flexibility and problem-solving skills that go beyond the walls.



Where

A company that hosts rock climbing for kids in Shanghai is Rockdancing. They have two branches in the city: their headquarters inside the Mercedes-Benz Arena and a second location with outdoor walls in Hongkou. While the former boasts a premium family-friendly location, the latter offers outdoor walls for the real monkeys. Each has a 300-square-meter climbing space that accommodates casual climbing, bouldering and training sessions. There are eight levels in total and the first four are suitable for kids. They have classes available at a monthly rate; starting from RMB2,500 for beginners, which includes 10 all-access sessions.

> Expo flagship (indoor): Mon-Fri 1pm-10pm, Sat-Sun 10am-9pm; B1, Mercedes-Benz Arena, 1200 Shibo Dadao. 世博大道1200号梅赛德斯奔驰文化中心 B1 (5635 7337, www.rockdancing.com).

> Hongkou branch (semi-outdoor): Tue-Fri 1:30pm-6pm, Sat-Sun 10am-6pm; Building A, 128 Huayuan Lu, by Shuidian Lu. 花园路128号一街w区A座一楼. (3636 8028, www.rockdancing.com).





Paintball

The history of paintball is the manifestation of how a humble piece of farm equipment can be reinvented into a popular suburban sport. It places participants in battlefield scenarios and pushes them to combine strategic thinking, concentration skills and athletic prowess to accomplish tasks. Whether you're looking for something to do in the suburbs or simply trying to drag your kids away from their PS4, this is one way to wear them out while having fun.



Where

In Shanghai, the best place to paintball is at Green Team. Located 30 kilometers outside central Shanghai in the Qingqing Tourism World, the woods and pastures allow for an immersive gaming experience. Kids can try the 'Under 18' program, which emphasizes training over competition and walks them through scenarios before a team elimination game. This definitely requires a full day and should be booked in advance. Packages (RMB130 for 100 paintballs) can be booked online and include uniform rental and locker space. Be sure you bring your own food and drinks to sustain the children while they combat their way through the game.

> 9am-5pm; from RMB130. 388 Chenhua Lu, Qingqing Park, by Liuwu Gonglu. 青青旅游世界辰花路388号, 近刘五公路 (5767 7913/131 2233 1324, contact@shanghai-paintball.com).



Go-Karting

Since the first go-kart was invented in LA some 60 years ago, the sport has been steadily gaining momentum in China. With tournaments like the F1 Grand Prix keeping the blood racing, it also sparks enthusiasm for kids to get on the tracks and experience the thrill for themselves. Be sure to dress in comfortable shoes and clothes, then switch on the competitive nerves and go.

Where

There are two locations in Shanghai offering dual seated go karts, where parents can buckle up for the fun right next to their kids. The first is the SIC Kartworld located right next to the Formula 1 track. It's close to the real deal and is allegedly the best of its kind in Asia. Dual seaters are priced at RMB180 for 8 minutes and a mini kart is RMB100.

> 9am-5.30pm; from RMB180. 2000 Yining Lu, by Baoan Lu. 伊宁路2000号, 近宝安路 (6956 9717, info@sic-kartworld.com).

LynnShine Karting Club near the Shanghai Expo Museum is the formal training ground for China Karting Championship contenders. It occupies 20,000 square meters of land and offers more than 10 types of bends on the track. Single go-karts are priced at RMB120 for 8 minutes, while double go-karts charge RMB200 for the same amount of time. Helmets and gloves are included and safety instructions will be given before the engines start.

> Mon-Thu 11am-9pm, Fri-Sun 10am-9pm; from RMB120. 579 Tongyao Lu, by Changqing Bei Lu 通耀路579号, 近长清北路 (400 850 8808, book.through.diaping.com for weekend deals).

THE BEST PARKS

Switch off the heater and ready the picnic blanket - it's time to hit the parks again. Whether it's a scenic oasis or an urban playground, we've put together our list of the best parks around town for you and your family to enjoy.



Century Park

Endless areas of green make Century Park the ideal place to go for a picnic or a wander through the tree-lined pathways. Boating is a fun alternative to walking and is priced at a reasonable RMB80 per hour (with RMB100 deposit). Don't forget to make the most of the RMB10 entry and pay the butterfly garden a visit before the day ends. Pet-friendly: No

> 7am-6pm; RMB10. 1359 Huamu Lu, by Fangdian Lu.
花木路1359号, 近芳甸路。
Nearest metro: Century Park.



Changfeng Park

Changfeng Park will be a sure hit with the kids. With boating on the lake, go-karting and a huge man-made hill, it's also home to the Ocean World Aquarium. Pack a picnic basket, relax in the shaded areas, fly a kite or join the badminton games; there is enough to keep the family occupied for an afternoon. Entry is free of charge, but selected facilities may incur a fee. Pet-friendly: No

> 5am-7pm; Free entry. 525 Zaoyang Lu, by Jinshajiang Lu. 枣阳路525号, 近金沙江路。
Nearest metro: Jinshajiang Lu.



Fuxing Park

Fuxing Park is centrally located in the former French Concession and comes with a maze of ivy-covered archways. Kids will love the wide-open space in Xintiandi. Perfect for letting them run wild after a spot of shopping. Pet-friendly: No

> 5am-6pm; Free entry. 208 Chongqing Nan Lu, by Yandang Lu (East Gate). 重庆南路208号, 近雁荡路(东门). Nearest metro: Xintiandi.



Luxun Park

Named after the renowned modern Chinese author and home to his mausoleum, Luxun Park is one of the oldest and liveliest parks in the city. Garden complexes with white plastered walls and black roofs, lotus ponds and willow trees are some of its most photogenic features. Kids love standing on the arched stone bridges to watch the boats float on the shimmering lake, or even better, going for a paddle themselves. Pet-friendly: No

> 6am-6pm; Free entry. 2288 Sichuan Bei Lu, by Tianai Zhi Lu. 四川北路2288号, 近甜爱支路。
Nearest metro: Hongkou Football Stadium.



Shanghai Botanical Gardens

There are few better ways to celebrate the arrival of spring than paying the Botanical Gardens a visit. The Shanghai Botanical Gardens in the south of Xuhui are the blooming ground of cherry and peach blossoms this season. Kids will love the amusement zone and don't forget to keep an eye out for the fish and waterbirds inhabiting the garden's brooks and ponds. Pet-friendly: No

> 7:30am-5pm; RMB40 (children under 6 years free).
390 Longchuan Bei Lu, by Jinguiyuan Lu. 龙川北路390号, 近金桂苑路. Nearest metro: Shilong Lu.

Xiangyang Park

Located off the commercial Huaihai Lu and flanked by family-friendly eateries like Beef & Liberty and Moka Bros, Xiangyang Park is open 24/7 and is considered a haven for parents to rest and observe public pastimes, while their children use the play equipment and exert their boundless energy. Pet-friendly: Yes

> Free entry. 1008 Huaihai Zhong Lu, by Xiangyang Bei Lu. 淮海中路1008号, 近襄阳北路.
Nearest metro: Shaanxi Nan Lu.



Xujiahui Park

Perhaps one of the most scenic contenders, Xujiahui Park's picturesque gardens and winding waterways renders it a true urban sanctuary like no other. Open 24/7, this park is appreciated by joggers, basketballers and dog-walkers alike, as well as fatigued shoppers to rest a while. If you're lucky, the corner near Wanping Lu serves as an occasional playground for public square dancers and casual *kongzhu* (Chinese diabolo) masters. Pet-friendly: Yes

> Free entry. 986 Zhaojiabang Lu, by Wanping Lu. 肇嘉浜路986号, 近宛平路.
Nearest metro: Xujiahui.



Zhongshan Park

A bicycle 'sky rail' over lotus ponds makes Zhongshan Park a family favorite. Kids can jump on one of the amusement rides and join in with kite flyers to make the most of the extensive green space. There are various gardens and waterfronts to stage a Sunday picnic like that in Georges Seurat's painting. Pet-friendly: Yes

> 5am-7pm (summer), 6am-6pm (winter);
Free entry. 780 Changning Lu, by Dingxi Lu. 长宁路780号, 近定西路.
Nearest metro: Zhongshan Park.

The Venue

Gongqing Park has plenty of space for families to manoeuvre around, which is a luxury for anyone living in Shanghai who wants to enjoy a day in the great outdoors. When the weather is warm, many arrive with their tents and picnic blankets and search high and low for the perfect camping spot.

The site also encompasses two fun fairs to keep the kids busy. The one located at the southwest corner is more comprehensive and includes a rollercoaster, bumper cars, merry-go-round and a miniature steam train circuiting the entertainment area.

Alternatively, opt for horseback riding on the ranch, or bring your own soccer ball to play on the field.

There are also many ways to explore the different areas of the park. The intricate network of lakes and waterways makes it the perfect setting for an enjoyable boat ride (RMB40 per hour), or for land-lovers, rent a tandem bike (RMB30 each per hour) for a leisurely ride.

These days, Gongqing Park serves as more a recreational venue, however it does boast plenty of botanical features to relish in. Having been used as a tree nursery since the 50s, the area was finally converted into a park in the 80s to increase accessible green areas for the public. In fact, much of its vegetation dates back to the nursery project 60 years ago, and labels in Latin and Chinese allow for children to acquaint themselves with the plants and their growth habits.



Gongqing Forest Park

With sunnier weather ahead, there are a few things better than visiting Gongqing Forest Park with family and friends in the Yangpu district. As the second largest public park in Shanghai it boasts more than 100 acres of green space, an intricate network of waterways and abundant recreational activities, perfect for a day out.

> Open 8am–5pm daily (ticket kiosk closes at 4pm). RMB7.50 (children); RMB15 (adult). 2000, Jungong Lu, by Minxing Lu. 军工路2000号, 近民星路. Exit 2, Shiguang Lu (Line 8), 30mins walk to the North Gate.

Food & Drinks

Unlike the neighborhood parks in Shanghai, food and drink options at this suburban park are quite scarce. That said, the convenience shops sell bottled water, soft drinks, as well as steam stacks of readymade baozi, fried noodles and rice.

There's also a wildly popular barbecue area on the northwest corner of the park. Bringing food to cook is permitted - just be sure to secure a spot as early as possible. All that being said, the most common and safest practice is bringing your own picnic basket to enjoy on the grass.

Services

Maps and signposts are in place to help visitors navigate different parts of the park. Public toilets are scattered across the property and are generally well maintained.



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GIVEAWAYS

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urbanfamily
SHANGHAI



Alfresco Dining

By Mandy Tie

While 'fresh air' equaled brisk, wintery days over the months past, the same term is a welcoming sign in spring, as warm breezes bring Shanghai's sycamore avenues back to life. To make the most of this time of year, enjoy an alfresco style meal with your family at these favorite dining spots, all declared family-friendly with outdoor space to enjoy the change in season.

The Balfour at The Peninsula Shanghai

Occupying the grounds of the former British Consulate, The Balfour's patio and lawns conjure up a great backdrop for a Southeast Asian meal. The kid's menu includes vegetarian spring rolls, chicken fried rice and mango pudding, and the grass is open for a post-lunch game of tag.

> 33 Zhongshan Dong Yi Lu, by Nan Suzhou Lu 中山东一路33号, 近南苏州路 (5308 9803).
Lunch 11.30am-2pm, Afternoon tea 2pm-6pm, Dinner 6pm-10pm.

Bread ETC

Since opening in 2016, Chef Stephan Laurent has conquered the tastebuds of many bread-aholics around town. Between its two locations, the Xiangyang Lu branch beats Nanjing Xi Lu for family-friendly surroundings. While you sip on their popular ice granita coffee (RMB30) on the front porch, kids can run about the fenced plaza and play with water at the fountainhead. The Nanjing Lu branch has a smaller outdoor area in comparison, but nevertheless, its south-facing porch makes a good resting place after a spot of family shopping. Final note? Keep your eyes peeled for a strawberry-inspired seasonal menu.

> 500 Xiangyang Nan Lu, by Jianguo Xi Lu 襄阳南路500号, 近建国西路 (5419 8775). Mon-Sun 7am-10pm, Weekend brunch 8am-6pm.

> 1486 Nanjing Xi Lu, by Changde Lu 南京西路1486号, 近铜仁路 (6247 0788). Mon-Sun 7am-10pm, Weekend brunch 8am-6pm.



Calypso, Jing An Shangri-La

The Calypso Terrace Lounge is made for alfresco dining. This modern, two-story structure retracts its tall glass roof in the warmer months, and the manicured greenery gives out a fresh vibe in the heart of the city. It's an authentic Mediterranean feeling here – Neapolitan-style pizzas, Italian burrata and house-made pastas that can be paired with wine, 24 of which are available by the glass.

> 1515 Nanjing Xi Lu, by Anyi Lu 南京西路1515号, 近安义路 (2203 8889). Mar-Nov, Mon-Thurs 2.30pm-1am, Fri-Sat 2.30pm-1.30am, Sun 12pm-1am. Dec-Feb, Mon-Thurs 2.30pm-11pm, Fri-Sat 2.30pm-12am, Sun 12pm-11pm.



The Cannery

Oozing a casual vibe and boasting an enviable garden-view, The Cannery is a definite if you're after an extended family brunch. The glass partition exterior is lifted during the warmer weather, so there's the option to dine in pleasant temperatures inside or out. Order a variety of seafood grills and egg dishes to share with kids, while the adults enjoy botanical cocktails.

> 1107 Yuyuan Lu, by Jiangsu Lu 愚园路1107号, 近江苏路 (5276 0599). Mon-Fri 5.30pm-1am; Sat-Sun 11.30am-1am. Weekend brunch 11.30am-3.30pm.



The Bull & Claw

Every weekend, The Bull & Claw's back garden transforms into a lovely community hub. Its generous seating and table space allow for family gatherings and birthday parties, and kids can skip around while parents indulge in a deliciously prepared turf and surf.

> 110 Fenyang Lu, by Fuxing Zhong Lu 汾阳路110号, 近复兴中路 (3356 7608). Mon-Sun 11am-midnight. Weekend brunch 11am-3pm.



Mayita

Mayita's sunny terrace is made for enjoying a refreshing margarita against a sweeping view of the city we call home. This restaurant *para familias* serves beef quesadillas, chicken enchiladas as well as ingredients for a DIY taco fest especially for the little ones.

> 6/F, 98 Shouning Lu, by Xizang Nan Lu 寿宁路98号6楼, 近西藏南路 (6334 3288). Mon-Fri 5pm-late, Sat-Sun 11am-4pm, Weekend brunch 11am-4pm.

Paulaner Bräuhaus Expo

Sit inside Paulaner's beer garden for a full-fledged Bavarian experience. While kids play on the grass, parents can savor some delicious beer and pork knuckles under the umbrellas. Watch out for an asparagus-themed menu available through the first weeks of May.

> 3/F, 555 Shibo Dadao, by Guozhan Lu 世博大道555号3楼, 近国展路 (2206 0555). Mon-Thu, Sun 11am-10pm, Fri-Sat 11am-midnight, Weekend brunch 11am-4pm.



Morton's Steakhouse

(ifc branch)

For a prime location that screams 'I heart Shanghai,' our compass points to Morton's Steakhouse at the ifc Mall for sheer alfresco panache. Its fourth-floor patio opens up to a majestic sight of Lujiazui. Really, you can't ask for a better backdrop to go with an uptown steak lunch.

> 4/F, IFC Mall, 8 Shiji Dadao, by Lujiazui Huan Lu 国金中心IFC商场4楼, 世纪大道8号, 近陆家嘴环路 (6075 8888). Mon-Thu 11.30am-10pm, Fri-Sat 11.30am-11pm, Sun 11.30am-10pm.



Found 158

It's safe to say that Found 158 is by far Shanghai's most delicious hole in the ground. The arena is filled with restaurants offering an array of world-wide cuisines – Spanish, Turkish, German and Italian to name a few. While the central courtyard regularly becomes a stage for live performances and screenings, it also serves as a great space for the kids to run around while you enjoy the ambiance and a glass of wine.

> 158 Julu Lu, by Ruijin Yi Lu 巨鹿路158号, 近瑞金一路



Raffles City Changning

Another shopping complex to join our list is Raffles City and the Zhongshan Park mainstay for shoppers and diners. Its spacious courtyard is co-habited by outlets such as Morton's Steakhouse, Paulaner, and Terroir Parisien.

> 1139 Changning Lu, by Kaixuan Lu 长宁路1139号, 近凯旋路



Thought for Food

If spring has inspired you to live (even) healthier, then give Thought for Food and its Zen courtyard a go. Managed by the team behind The Living Room wellbeing center, the dishes here emphasize organic food sources and simple cooking techniques. Popular dishes on the kid's menu are fried rice with pumpkin, cheese pizza and coconut mango sago.

> 357 Jianguo Xi Lu, by Taiyuan Lu 建国西路357号, 近太原路 (3338 4660). Mon-Sun 7am-10pm; Weekend brunch 11am-3pm.

Sasha's

A stalwart of Shanghai's family dining scene, Sasha's offers up generous brunch and afternoon tea deals for families throughout the week. Its capacious FFC garden contains a children's playground, so parents can focus on calming the nerves by ordering the free-flow option and lounging in the shade when high summer comes.

> 11 Dongping Lu, by Hengshan Lu. 东平路11号, 近衡山路. Open daily 11am-10.30pm.



5 Ingredients

Chef Harauld's Rocher Coco

By Natalie Foxwell

5 Ingredients, an *Urban Family* series where we sit down with a Shanghai-based chef and ask for a family-friendly meal using 5 ingredients easily found in Shanghai.

This month's delicious Rocher Coco (coconut rock) recipe comes from Guadeloupe native Harauld Sextus, founder of Shanghai Bakery, food stylist and photographer. With the flavor of coconut and a hint of vanilla, these balls make a great snack or dessert for the kids. With Chef Harauld's simple recipe, make them together and have fun mixing the ingredients and indulging in the results.

Ingredients:

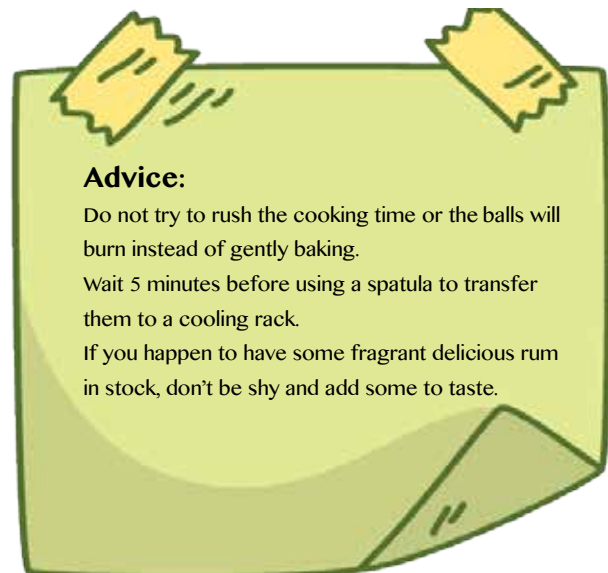
- 1 teaspoon butter
- 1 egg white
- 20 grams sugar (coconut sugar preferred)
- 100 grams coconut flour
- 1 teaspoon natural vanilla extract

Steps:

Preheat the oven to 180 degrees Celsius.

1. Melt the butter at a low temperature
2. Place the butter in a bowl, add the egg white and mix well, then slowly add the sugar until you create a creamy consistency.
3. Add the vanilla extract followed by the coconut flour and continue to mix. You should have a moist batter that can hold itself together. If too wet, add more coconut flour 1 tablespoon at a time.
4. Create balls 3 centimeters in diameter and lay them on baking paper or a baking mat.
5. Bake on the middle rack of the oven for approximately 17-20 minutes at 180 degrees Celsius. They are ready when the outside is golden brown.

For more 5 Ingredients recipes, please scan the QR code.



Advice:

- Do not try to rush the cooking time or the balls will burn instead of gently baking.
- Wait 5 minutes before using a spatula to transfer them to a cooling rack.
- If you happen to have some fragrant delicious rum in stock, don't be shy and add some to taste.





Power Me Healthy

Think nutrition...not calories

By Sharon Raccach Perez

I have been on some sort of diet my whole life and so now, years after becoming a health coach, the first question most people ask me is, "I am trying to go on a low-calorie diet. What do you think is the right thing to do?"

My polite, professional answer is always, "I personally don't work with calories." However, I feel if the person is open to real input, I love to tell them, "Forget calories, think nutrition."

For example, take a cookie and an apple. Let's say they both have the same amount of calories, the question is then, "How is each one actually nourishing me?"

A cookie (let's say it's a home-made cookie) has eggs, sugar, butter and flour. Apart from the eggs, there is absolutely nothing in there that really provides nutrients. You eat the cookie, and maybe it feels good and tastes delicious at that moment, but it doesn't contain any nutritional value. Then, after the sugar high and sugar crash, you are left craving more.

An apple is a different story. It is filled with vitamins, minerals and nutrients. You take a bite and from the second it hits your stomach it starts working its way into your blood stream and cells to ensure you receive all of its goodness.

The same thought process works for broccoli, spinach, carrots and so many other fruits and vegetables, as well as plenty of whole foods available today. The point is, so many of these foods nurture our bodies in so many different ways, that there is much more to it than a calorie.

So, when you look at what you are eating, start looking at nutrients not calories, because it's much harder to eat five apples, than it is to eat five cookies.



Sharon's Quick Tip:

Replace cookies and snacks low in nutritional value with a range of easy on-the-go items such as nuts, seeds, dates or even carrot and celery sticks. A banana is another easy item to always have in your bag, or try making these energy balls for a 'pick-me-up' during the day.

Scan QR code for the recipe.



Sharon Raccach Perez is the founder of 'PowerMeHealthy.' She is an accredited Health Coach and healthy home cook. In each edition, Sharon will share advice based on her experiences and desire to help others see the importance of healthy living and eating. To follow Sharon, visit her website: www.powermehealthy.com or scan her QR code.



A CAMPING SPREE WITH MR. MAGEE

A Fun Adventure in the Great Outdoors

By Kendra Perkins

With the warmer weather on its way, get your kids excited to go outside with this fun and colorful book about camping. Author Chris Van Dusen writes and illustrates children's books from his home in Maine, US with his loyal pet dog beside him providing inspiration. Van Dusen creates wonderful rhymes that flow nicely off the tongue and will captivate any child's imagination. He then includes just enough challenging words that are easy to understand the meaning of when paired with his beautiful illustrations. It's a great book for improving a child's vocabulary, and everyone will enjoy the retro, 1960s American-style fashion and cars.

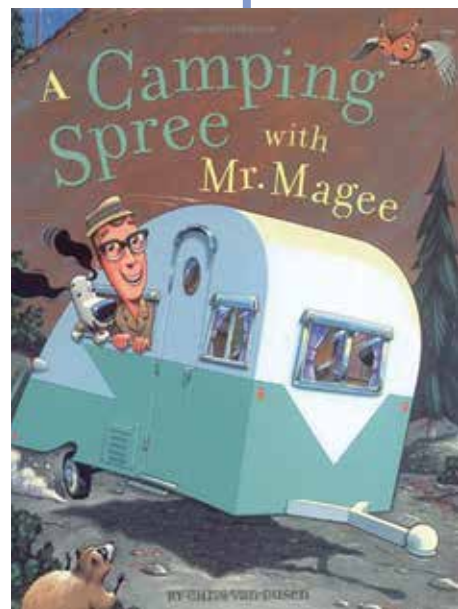
In this adventure, Mr. Magee is having a relaxed and calm trip with his dog, Dee. They enjoy a drive on the open road surrounded by a thick wooded forest. At their campsite, a golden campfire keeps them warm and happy while they toast marshmallows. This all comes to an abrupt end when danger strikes, and a bear accidentally unhitches their trailer. Mr. Magee and Dee find themselves falling down a huge mountain and nearing the edge of a very steep waterfall. They become stuck on a rock and must figure out how to save themselves.

You can enjoy this book with your child by asking questions before you start reading. What do they think the book is about based on the cover image? Who do they think is the main character? What do they think will happen? Children love to be engaged with the stories they read, so together, think of as many silly questions and possible story outcomes as you can.

If you enjoy this book, you can join Mr. Magee on more adventures including *Learning to Ski* and *Swimming by the Sea* or the many other popular titles by this accomplished and well-known author.

Recommended for children ages 4-7. Both boys and girls will love this story.

Available on taobao.com and Amazon.cn
Kendra Perkins is Head Librarian for an international school. She was Coordinator for the Shanghai LibrariansNetwork and Ambassador of China for the International Librarians Network. Find her at www.TheInspiredLibrarian.com





CHINESE LESSONS

An Inspiring Story of One Mother's Journey to Shanghai

By Natalie Foxwell

I have to admit that I am drawn to the question of nature versus nurture. Are we inherently who we are because of where we come from, or the environment in which we are raised? How do the two intertwine to form the people we become? Which side has more dominance and how do we ever really know?

So, when author Patti Waldmeir's book *Chinese Lessons: An American Mother Teaches her Children how to be Chinese in China* came past me, I was intrigued to read about the experiences of a mother living with these questions on a daily basis. Having moved to Shanghai from the US with her two daughters, who she had adopted from China years earlier, her story will resonate with other families who have come together in a similar way, or readers like myself who can appreciate the journey she has undertaken, doing what she felt was needed for her children.

As Waldmeir tells her personal story, I felt like I was reading through her diary. Her experience in Shanghai gave me an insight into the complexities of a culturally mixed adoption and her burning desire to teach her daughters about where they came from. Waldmeir was a single mother working full-time in Washington DC when an opportunity arose to move to Shanghai with the *Financial Times*, so she packed up their life and set out

on a journey to give her daughters (then 7 and 8 years old) a deeper understanding of the life they were born into and then adopted out of.

While living in China, her experience as a white American was profoundly different from her two daughters who looked Chinese, but had existed up until that time as Americans in Washington DC. They didn't understand the language or cultural nuances enough to feel like they belonged. Waldmeir tells of the harsh realities that many expats face when living in China, and after eight years of mishaps, adventures and touching moments, an appreciation of her daughters' birthplace emerged.

Their China adventure had them on a rollercoaster of mixed feelings about life in Shanghai. The years passed with a nurturing Ayi who enriched their lives, a pilgrimage back to the orphanages they were adopted from, dealing with questions around the makeup of their family and delving into what it would mean to find their biological parents. And for the two girls, the acknowledgement that they were living a life far away from the only home that made sense.

On these topics, I particularly liked this quote by Waldmeir: "We have collectively thought it's amusing that the rest of the world thinks adoption matters to how we feel about one another."

As an award-winning journalist, Patti Waldmeir really does have a way with words and her 'warts and all' story is a compelling one; an insight into her life in Shanghai, questions around identity and most importantly the love that binds a mother to her children. It's the story of an incredibly strong woman who spent her life wanting to become a mother, battled her way through adopting two daughters from China and then went to great lengths to ensure they understood what it meant to be Chinese.

After reading this book I may still have my own lingering questions about nature versus nurture. However, I know one thing for sure; the only life a child knows is the one in which they are raised by the people they call family, and maybe that's enough to underpin who we become.

Available on Amazon.com

Patti Waldmeir is an award-winning author and journalist. Raised in Detroit, Waldmeir graduated with honors from the University of Michigan and went on to win a Marshall Scholarship to earn her master's degree at Cambridge University. She has spent nearly 40 years working as a reporter and columnist for the *Financial Times*, reporting from Ghana, Zambia, Nigeria, London, South Africa, Washington DC, Shanghai, and now Chicago.

CUAL ES MI NOMBRE? WHAT IS MY NAME?

An Engaging Contemporary Dance
Production That Will Awaken the Imagination

By Celine Song



What's in a name? Shakespeare initially posed this rhetorical question in *Romeo and Juliet* and now, Spanish dance production *What is My Name?* intends to take it deeper.

The stage opens with two armchairs containing secret openings, two lamps floating in the air, one carpet converted into a mirror and two performers ready to discuss serious philosophy in this hypothetical living room.

What is My Name? is performed by production company D.A.T.E Danza from Granada, Spain. Founded in 1999 by artistic director and choreographer Omar Meza, they deliver contemporary dance performances that engage a child's mind to think about the possibilities in life. This particular piece focuses on the message of your true self – no matter what labels are placed on you, your true essence is always there, and this will guide you toward choices that determine who you really are. The performers create a world that awakens the imagination of both adults and children and implants ideas around understanding one's own identity. As the story deepens and the pace increases, the occasional words connect scenes and give a boost to poignant moments.

With such deep content, choreographer and artistic director Omar Meza is often asked whether children can really understand these concepts. His passionate response is, "Yes, we need to give children more credit. I've had 19 years' experience working as a dance teacher and choreographer for children, and this has led me to understand a child's capacity, and how tremendously interesting their point of view is. They are perceptive and they understand contemporary dance very well."

The origin of the show provides further insight into the reason behind this concept, as Meza explains, "What is my name? is an open-ended question, which leads to many other questions, and provides extensive answers. The underlying message is that everything and everyone can become what we imagine. What is interesting is how children perceive identity with such purity." For Meza, he answers this question somewhat simply. "For me to answer I would say, I do not care what you call yourself, I do not care about your culture, your background, your race or color; I care about you, because I want us to come together and be friends."

Even though the topic for this performance seems somewhat profound and complex, Meza assures us that the search for your true name will be very entertaining. "In this story,

everything is a game and the messages will be delivered through creative, contemporary dancing that the whole family will enjoy," he explains.

Though it's evident he is genuinely inspired by children, Meza doesn't have any of his own. He admits this is a question he is often asked as he travels around the world. "Experience has led me to realize that, even though I don't have children, I possess an inherent insight into the mind of a child and the concept of arts for children," says Meza. "I don't think not having children is an obstacle for me. I've been working for children of all ages for many years and I am fully aware of their capabilities."

In addition to *What is My Name?*, the company has created 17 other shows, delivered 2,000 performances that have reached over 300,000 audience members. Don't miss this chance to expose your children to an entertaining dance performance that will leave them thinking about who they really are.

> May 25-27. RMB120-220. Experimental Theatre, Shanghai International Dance Center, 1650 Hongqiao Lu, by Shuicheng Lu 虹桥路1650号, 近水城路 (5299 0372, www.shdancecenter.com)

For more Lifestyle articles, please scan the QR code.





WONDER

Feel-Good Family Flick

By Erica Martin



The term ‘tearjerker’ has a somewhat negative connotation, but when a film tells a moving family story and handles a difficult subject like childhood disability with as much depth and nuance as 2017’s *Wonder*, it’s not surprising that audiences have been moved to tears.

The film centers on Auggie, a 10-year-old boy with a facial deformity due to Treacher Collins syndrome, who has been homeschooled by his mom in their upscale Manhattan brownstone. As he enters fifth grade, he’ll be attending school for the first time, despite his parents’ (played by Julia Roberts and Owen Wilson) fear that he’ll have a tough time fitting in.

In the lead role of Auggie is Jacob Tremblay, a talented child actor who found fame in 2015 after starring as the 5-year-old protagonist in *Room*. His acting is just as impressive here, and makes all the difference in depicting Auggie as a relatable and realistic 10-year-old child. As a science whiz who’s especially adept at delivering witty one-liners, his character helps defy stereotypes about children with facial deformities.

What makes *Wonder* stand out most, however, is that just when you think you’ve got the story’s tone and themes figured out, the perspective changes completely. The story moves away from Auggie and focuses on other characters, beginning with Auggie’s sister Via, who until that point is depicted as somewhat

moody and unsympathetic to her brother. However, once we see things from her perspective, she becomes much more relatable, and the mother-daughter relationship between Via and Julia Roberts’ character is the film’s most poignant subplot. This switch in perspective happens several times throughout *Wonder*, filling in the backstories of Auggie’s friends and family so that each one becomes a rich, complex character.

“ *Wonder* is an uplifting, nuanced look at disability and family ”

An important theme emerges thanks to this narrative technique: while it’s essential to show compassion for somebody who has an obvious physical difference, we also can’t know what any person is going through just because they look ‘normal’ or happy on the surface, so everyone deserves kindness and compassion. The film’s tagline #choosekind is a nod to this.

Even *Wonder*’s main ‘villain,’ a bully named Julian who torments Auggie for much of the film, is given a sympathetic treatment when some insight emerges about his family and the way he’s treated at home. Throughout the film, the viewer’s expectations are subverted, which helps *Wonder* avoid becoming overly sentimental or cliché.

Much of this skillful storytelling comes from the film’s director, Stephen Chbosky, who’s best known as the author of celebrated coming-of-age novel, *The Perks of Being a Wallflower*. Chbosky adapted his own novel for the screen back in 2012, so he was highly qualified to direct this kind of film (*Wonder* was adapted from a novel of the same name by R. J. Palacio).

Wonder was one of the most acclaimed movies of last year, but it did have a few detractors. One major complaint was the sanitized and glossy depiction of Auggie’s disability. In particular, as a child of two wealthy Manhattanites who have a near infinite amount of medical and educational resources at their fingertips, his experience is far from typical for a child in a similar situation. For this reason, *Wonder* should ideally be one of several films and books used in tandem to teach children about disabilities.

But ultimately, the film’s emotional authenticity, surprising narrative format, and stellar performances from both Julia Roberts and Jacob Tremblay completely won us over, and we think *Wonder* is essential viewing for both children and adults.

For more Movie reviews, please scan the QR code.



TAKING IT ON THE ROAD

SHANGHAI STUDENTS LEARNING VALUABLE LESSONS OUTSIDE THE CLASSROOM

By Natalie Foxwell

I think it's safe to say that the fondest memories most of us hold from our school days are those we spent on school camps and day trips, away from the classroom and exploring the unknown. You are taken out of your comfort zone and challenged to show your independence, given the space to open up and let in new friends and knowledge, and then sent home thriving from all you achieved.

With this in mind, we asked the schools in Shanghai about their experiences on student trips. Whether the children took a bus to a city museum or a flight to Tanzania, at the core of their adventure was a desire to create an appreciation for the world around them, and identify how they can make a positive impact in the future.

With passionate teachers, curious minds and inspiring locations, the students were given a solid foundation to view the world through a different lens and create lasting memories. So, let's see what they got up to.





Inner Mongolia

Moments of Reflection

By Daniel Bell

Silence. Piercing, unrelenting silence that assails the senses as noise, subsides behind another sand dune. Endless sand, intermittently peppered with haphazard swathes of grass that surrounds us while we hike further into the Engebei Desert. From the outset, the overriding emotion for many of the Grade 10 students seemed to be one of excitement and anticipation at the prospect of five days of shared learning and personal growth in a unique environment. For many, it would be their first chance to experience a diverse range of activities, including the opportunity to ride a camel, go camping in a desert and contribute to the extremely worthwhile ‘Million Trees’ project (ironically, it was only when we returned from the trip that I saw this advertised as a way of spending your collected points in Element Fresh, please do consider it!).

Perhaps what many didn’t foresee were the quieter, more pensive moments of reflection that occurred throughout the trip. Whether this was at the crest of a dune, illuminated by the last remnants of a sunset or in the numerous gardens and temples that we visited, the students contemplated and discussed topics that were deep and meaningful. Questions posed by the instructors took on a more profound meaning and a sense of calm permeated the atmosphere.

That was until the students were asked to clean their dishes with sand and we heard cries of. “Like, really?” “Are they being serious?”

In what would become a regular, gratifying feeling throughout the trip, the initial shock of the unknown subsided and students demonstrated grit, determination and an overwhelming resolve to meet the challenges head on. In their allocated groups, cooking dinner (and subsequently, breakfast) using a makeshift hole, was another task that allowed students to demonstrate their culinary expertise, or lack thereof, although it was clear that some of them would have appreciated a well-timed Sherpas delivery!

Frigid winds helped to dramatically drop the overnight temperature and, after the exertion of the day, everyone was happy to retire to the relative comfort of their sleeping bags. Despite this, early risers engaged in an impromptu volleyball training session against the backdrop of the sunrise piercing the horizon. As the week came to an end, reflections were shared by all the participants as an opportunity to show their appreciation. This was extended to each other; the Japanese man who shared his birthday cake with us (*Arigatou gozaimasu!*), the incredible effort the Insight Adventures team put into making the trip such a memorable one and to the staff who supported the trip alongside me.

From the moment we left Pudong airport, the comforts we knew were replaced with experiences that would last a lifetime. For a group heading towards their IGCSE examinations, it was a chance to work out problems independently while challenging themselves, and as part of the wider cohort, to adapt and thrive in an unfamiliar environment. For this annual Senior School’s Excursion Week, the Grade 10 students were the first to visit Inner Mongolia, and they returned with anecdotes about their experience that were underpinned by the almost immeasurable, intangible benefits that surrounded what felt like, clichés aside, a once in a lifetime trip.

IGCSE and IB English Teacher, Shanghai Singapore International School





Nan Bei Hu

Rising to the Challenge

By Meghan Raeburn-Garbett

On October 11-13, 2017, Dulwich College Shanghai Pudong Year 5 students embarked on an adventure to Nan Bei Hu in Jiaxing, Zhejiang province, for their residential trip. During the trip, the children were given the opportunity to take part in many activities that would challenge them in different ways. They were able to develop their ability to work with others while making large Roman-style catapults and they especially enjoyed the resulting water balloon fight, using their catapult to launch water balloons at each other. They learned how to survive in the wilderness, understanding what would be required to build a suitable shelter, and how to make a fire to keep warm. During the mountain hike, the children listened intently as they heard tales from the forests in and around Nan Bei Hu. But, the most anticipated activity was definitely the Leap of Faith, a 12-foot-high metal pole which the children climbed up and then leaped off the top. The ultimate test of bravery!

Evenings saw the children enjoy songs and stories around the camp fire – with musical performances by students that were appreciated by everyone. The delicious barbecue dinner was another highlight. Toasting marshmallows around an open fire with your closest friends – what wonderful memories for the children.

This residential trip allowed the children to develop their independence, understand more about themselves and test their limits, while in a safe and comfortable environment. It required them to collaborate as a team and resulted in new-formed friendships. Year 5 students should be commended on their efforts during the trip, many of them demonstrating our college values throughout the time they were away. We are very proud of our Year 5 students!

Year 5 Group Leader, Dulwich College Shanghai Pudong





Museums

Learning Through Art

By Emily Osann

Experiencing art firsthand allows you to slow down, look closely and gain a more meaningful understanding. We're so used to looking at our screens or seeing images that other people have captured and I don't think art carries the same significance this way. When we see art in real life, people are surprised in many ways; to see the scale of a Pollock painting, to sense the humanly presence of a Gormley figure, to understand the mess of mixed media in a Michael Chow conglomerate piece, or the thick frost-like texture of Thiebaud's cakes.

While teaching Art at SUI S Gubei over the past seven years, I have had the privilege of planning and accompanying students on a wide range of trips to art galleries and museums, such as the Rockbund Art Museum, M50 Art District, Long Museum, Shanghai Gallery of Art, The Yuz Museum, Power Station of Art and Red Town. As an art educator, I believe it's important for people of all ages to gain exposure to art in gallery and museum settings, to practice talking about and looking at art first hand. Every year, I have planned trips for each year group to give as many students as possible the chance to visit art museums and galleries. I am grateful that our school is very supportive of the arts and this philosophy.

Last year, we took our Grade 8 and 11 students to The Power Station of Art to see two exhibitions: *Toyo Ito: On the Stream* and *Body Media II*. This was a big trip that included almost 160 students. The senior acted as art mentors to the juniors, and their task was to engage the younger students in discussions about the artworks and to model appropriate ways of interacting with the art and behaving in a museum. The main aim was for both groups to engage with the artwork in a meaningful way through sketching, talking and writing. Secondary to that was building positive and meaningful relationships between and across the year groups.

However, the most memorable trip for me was one of the first trips I planned back in 2011, where, as part of our Typography Unit, we took our small group of Grade 7 students to M50 Art District. Each of the students prepared a letter stencil in their art class, which they brought to make their mark on the designated graffiti area along the Moganshan Lu wall. Using their stencils, we sprayed my favorite quote from Henry Matisse: "Creativity takes courage."

This was such a unique experience as it allowed students to not only engage with artworks in the galleries we attended, but also make their own collaborative artwork that became a part of the wall. Most of the students who I took on this trip will be graduating this year. Some of

them went on to study art in IGCSE and IB, and I'm sure this experience created a lasting impression on them and will have a positive impact on their lifelong appreciation of the arts. It certainly had a lasting impact on me as a teacher, highlighting the power of integrating the real world into school learning and the vital importance of experiencing art in real life.

Head of Art, Shanghai United International School Gubei

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Tanzania

Charitable Adventures

By Paul Kelly



As an educator, I am very aware that salient learning experiences often take place outside of the classroom. At The British International School Shanghai, Puxi (BISS Puxi) we ensure our students have excellent opportunities to take part in exciting experiences, which will challenge them and take each of them out of their comfort zone. BISS Puxi runs a host of such trips throughout the year, from FOBISIA Sports and Mathematics competitions across Asia to exciting locations such as Jakarta and Bangkok, International Award expeditions in Guangzhou and language trips to Spain and Germany. Each of these has a specific educational purpose and is designed to develop students' understanding of the world they inhabit and their role in trying to improve it.

As our society becomes increasingly reliant on technology, we have designed trips which will give students the chance to get back to nature and develop the skills of teamwork and communication, which are vital in the modern workplace. Our end of year trips are an excellent example of this. Each year group travels to a different location (Year 7 to Yangshuo, Year 8 to Inner Mongolia, Year 9 to Hainan and Year 12 to Cambodia) and the trips involve very different activities. For many of our students, this will be the first time they have been away from their parents for any length of time, and this is a daunting thought for some. However, through exciting and challenging activities such as rock climbing, camel riding, surfing and community service, students soon overcome the worries of homesickness and begin to recognize how independent they are.

As students mature, it is important they have an understanding of how fortunate they are in comparison to many other people. BISS Puxi's trip to Tanzania, which runs in conjunction with other Nord Anglia schools, is a great example of an exciting experience with charity at its core.

Before leaving for the trip, students engage in self-directed fund-raising activities in order to secure funds for the Seeway charity, which supports orphaned children in Arusha, Tanzania. Once in Tanzania, they participate in a range of charitable endeavors at Seeway and a local school, and they also contribute to the sustainable future of the local community by building smokeless stoves and goat sheds, along with supplying goats to local families. The final part of this adventure is a two-day safari in the Serengeti National Park, where students have close encounters with elephants, giraffes and, if they are lucky, lions.

For many BISS students, the opportunity to step out of their comfort zone and take controlled risks on a residential trip is the highlight of their school year. Meeting the students from the buses and watching their faces light up as they tell their parents about the trip is all the proof I need to know that our adventurous trips are a valuable learning experience for all students and something BISS Puxi will continue for many years to come.

Deputy Head of Secondary, The British International School Shanghai, Puxi





Ivy League Camps' Premium Program Comes to Shanghai



With a history of over eight years, Ivy League Camps' award-winning programs will be in Shanghai this summer in association with Wellington College International Shanghai and TianMa Country Club.

Founded in 2010, Ivy League Camps is a global organization that provides a broad range of fun, high-quality summer programs for children 5-12 years old, led by a team of expert staff from top universities around the world.

Throughout all of the Ivy League Camps' programs from STEM to Arts to Sports, content focuses on enhancing children's creativity, confidence and communication skills. Camp content is refreshed every year and carefully designed by a team of international experts to stimulate campers' creative thinking, strengthen their sense of independence, and enhance their linguistic communication abilities. Campers end the summer with a strong feeling of confidence, skills they are proud of, and a new group of close friends.

Ivy League Camps' founders, management team and instructors include graduates of the world's top universities such as Harvard, Yale, Princeton, Columbia, Stanford and Oxford.

This year Ivy League Camps is offering three programs in Shanghai, each on an application basis with limited space.

Discovery Program Ages 7-12

A combination of fun, learning and adventure, the Discovery Program is a selection of four great "Tracks" to choose from including Amazing STEM Discovery, Art & Creativity Adventure, Theater, Magic & Performance, and Confidence in English. Each Track contains fun and engaging activity content integrated with the Track theme. Campers may learn how drones work then build their own flying machine, understand how clothing is designed and create their own outfit,

come up with a skit and then perform with a team, or learn survival skills and how mountain explorers reach the world's highest peaks.

Sports Program Ages 7-12

Brand new this year, Ivy League Camps has partnered with TianMa Country Club to create an incredible collection of sports Tracks that offer not only leveled instruction but also fun and excitement. Each week campers can choose from among Tennis, Golf, Swimming, Soccer, Horseback Riding and a special Drone Pilot Certification program. Under the supervision of experienced international coaches, campers build skills and advance through Ivy League Camps achievement levels.

Junior Explorer Program Ages 5&6

Specially designed for young campers, this program offers children a broad range of activities in science, performance, art, English and sports. Children get to do "junior" science experiments, interactive drama skits, and wacky art projects as well as a large selection of fun, age appropriate sports, games and adventures led by experienced counselors from top universities.

Electives

In addition to the Tracks, campers can choose from a wide range of Elective activities including archery, water balloon battles, an attempt at the great Himalaya climbing wall, hurtling down Ivy League Camps' massive SlipNSlide or a ride down the amazing Jungle Zip Line.

A Chance to Build Skills while Having Fun

Camp is not only a chance to have fun, but also to learn new skills. Each camper receives a Passbook which details skill achievements across all five levels from "Novice" to "Champion." As they learn, campers earn certificates and level badges.

Unique Camp Culture

Ivy League Camps brings the special culture of international camps through cabin groups and spirit days. Campers navigate through the day in cabin groups of no more than 15 similarly aged children. Cabins have their own cheers and secret handshakes and are the foundation of great new friendships. Spirit Days, like Wacky Hat Day or Colored Hair day capture the essence of camp fun, as campers get to take part in festivities and perform skits and songs.

Two Great Locations

Ivy League Camps Discovery and Junior Explorer Programs are based at Wellington College International Shanghai, just 15 minutes south of People's Square, offering extensive sports, theater and art facilities. The Sports Program is based at TianMa Country Club, one of Shanghai's best equipped and most premium golf, tennis and swimming centers, complete with climbing walls, soccer pitches and the famous Jungle Zip Line.

Convenient Bus Service

Ivy League Camps offers bus service to more than 50 locations throughout the city, and even provides after-camp extended care for the benefit of working parents.

For Enrollment and More Information

Spaces in 2017 filled in the first month of enrollment, and this year space is again limited. To enroll or enquire, check the program out on WeChat at IvyLeagueCamps or online at www.ivyleaguecamps.cn, or call 400 081 2009.



Please scan the QR code to follow us on Wechat or call us

Hotline 400-081-2009

Website www.ivyleaguecamps.cn

Student Spotlight

What the Kids Say

What has been your most memorable school trip?



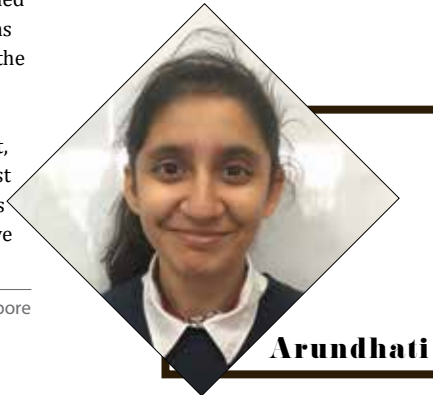
Karen

The Art Trip that we took last year to the Long Museum is a standout. We went there for two exhibitions: Antony Gormley: *Still Moving* and Rembrandt, Vermeer and Hals in the Dutch Golden Age. For me, visiting these museums with friends who have the same interest was a wonderful experience. We not only had the opportunity to closely appreciate the amazing paintings, but we also had the time to sketch several of them in our sketchbooks.

Karen Xiang is in Grade 11 at Shanghai United International School Gubei

Our Grade 10 trip to Inner Mongolia provided a very different experience for most of us, as we'd never been to a desert before. One of the most important things we learned was the importance of rules and leadership for any task. While orienteering through the desert, we were supposed to pick a leader and trust them to lead us to the right flags. Most of us failed, but it was a brilliant experience as we all collaborated with each other.

Arundhati Gore is in Grade 10 at Shanghai Singapore International School



Arundhati

Going to Massachusetts Institute of Technology (MIT) in Cambridge, Massachusetts was extremely memorable. We all developed skills in communication, teamwork and innovation and collaborated with students from all over the world. We learned about the design loop, putting our ideas forward and further improving the idea, until we had a final outcome. MIT was awesome!

Alison Ohene-Djan is in Year 8 at The British International School Shanghai, Puxi



Alison

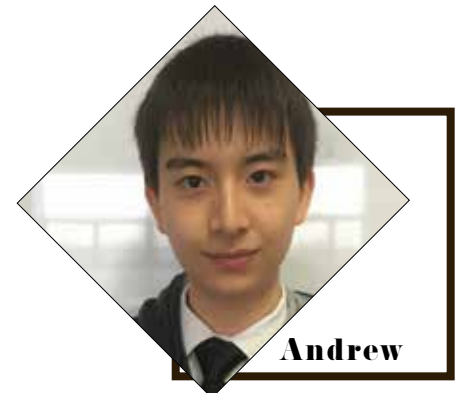
Where would you go on a future trip and what would you do?



Fredric

It would probably be a big metropolis. It's a different sort of exploration altogether, because the complexity of a metropolis is what gives it its vibrancy, energy and mysteriousness. At night, the city breathes and lives with its own rhythm. Rooftops, the roadside, an unforgettable cafe, a shopping mall or an old alley, are all worth exploring.

Fredric is in Year 11 at Dulwich College Shanghai Pudong.



Andrew

The current trips already offer a wonderful experience for the senior school students and I enjoy them immensely. I would also like to explore areas in Xinjiang or Tibet, and participate in activities involving the local culture and sports at the same time.

Andrew Bulla is in Grade 11 at Shanghai Singapore International School

What has been the biggest learning outcome from a school trip?

For me, the San Shan Dao trip taught me many things, for example, overcoming my fears, learning how to cooperate against the contrasting lifestyle and tasting new food. Although this trip was important for learning, it has also let us enjoy exciting activities and amusing games.

Vivian is in Year 6 at Dulwich College Shanghai Pudong



Vivian

In Pre IB we went to see the live performance art exhibition called *15 Rooms* at the Long Museum. Before that exhibition, we had only seen paintings, and so this totally changed the way we thought about art. It left a lasting impression not only about what art is, but what it means to interact with art.

Alice Fan and Kevin Cai are in Grade 12 at Shanghai United International School Gubei



Alice & Kevin

In my time at BISS, I've been on a great many trips, from the deserts of Mongolia to the football fields of Phuket. However, my trip to Tanzania takes the cake. Before we traveled to Tanzania, we undertook fundraising so we could contribute to the community in a sustainable way, for example, by installing solar panels. My main learning outcome was money is not everything. Though they didn't have much, Tanzanians were always happy and full of life.

Joshua Kennedy is in Year 9 at The British International School Shanghai, Puxi



Joshua





BISS Perform Buggy Malone

March was an incredibly exciting month for pupils at The British International School Shanghai and included the school's first performance of *Bugsy Malone*. With an authentic set reflecting the 1920s Prohibition Era in New York, pupils gave strong performances in their own interpretation of this 1970s musical gangster comedy film. Lavish costumes, splurge guns, a speakeasy entrance and a tuk-tuk converted into a 'muscle car' (for a Shanghai twist), ensured that audiences were spellbound each night. Congratulations to the cast and crew for the commitment to rehearsals and set design!



Concordia Choir Attends Festival in Germany

In March, 12 Concordia singers traveled to Germany for the Association for Music in International Schools (AMIS) Honor Choir Festival at JFK International School Berlin. Each year, AMIS, an organization that recognizes excellence in musical education, invites students to audition for a chance to work with celebrated music educators and perform with other talented singers and musicians. Concordia students were among the 200 singers from 43 different international schools around the globe who had the honor of performing in this prestigious musical ensemble.



Book Week at Britannica

What a (Book) week it's been! This year's Britannica Book Week went by in a flurry of fun and excitement. The school was abuzz with students and staff getting stuck into reading, culminating in a great final day of celebrations. Throughout the week students took part in an array of fairy tale and fantasy themed activities, promoting their love and appreciation of reading. Everyone was incredibly impressed with how Britannica's students threw themselves into the week and they should all be incredibly proud of their achievements. Even though Book Week has come to an end, remember to keep on reading!



Dulwich Meets Disney Animator Aaron Blaise

In the week of March 12, Dulwich students were fortunate enough to meet Oscar-nominated animator Aaron Blaise, who worked at Walt Disney Feature Animations for 21 years. During his time at Disney, Aaron worked on many well-known films such as *Beauty and the Beast*, *Aladdin*, *The Lion King* and *Mulan*. During his workshop, students learned principles and techniques and were given the chance to create their own short animation. The workshop ended on a high when Blaise told students he would donate selected pieces of his artwork to the school's Peace Centre fundraising quiz night.



Harrow's Annual Ski Trip

This year, Harrow's annual ski trip took students to Fanningberg, Austria. The group of 14 students and two staff stayed in the beautiful town of Tamsweg, in a very traditional hotel owned by the town's ex-mayor. Harrow students enjoyed an amazing week of skiing and off-piste fun which included a sleigh ride, trying local sport Ice Stock and plenty of snowball fights!



NAIS Pudong A*mbitious Students

Congratulations to Year 11 students Till Scholten, Cherry Mei, Nian Er Tan, Katrina Lo, Ali Wong, Abi Cartwright, Rianne Arts, Niranjana Rajesh and Pushti Sehgal, who achieved 100 percent A* success in their recent early entry mathematics exam. Congratulations also goes to Pushti Sehgal who achieved an average mark of 96 percent. What a great way to celebrate International Women's Day! This bodes well for great future success for their Year 11 and of course their Year 13 cohort as they start the final stages of preparation for summer exam entries.



SUIS Succeeds During 8 Hour Film Challenge

Shanghai United International School Gubei students participated in the recent Shanghai Vancouver Film School '8 Hour Film Challenge' that comprised of over 25 teams and 200 students. During the challenge, teams from SUIS took home awards for First, Second, and Third place across multiple categories. All students should be congratulated on their entries for what was a very successful event for SUIS.



Shanghai Singapore International School University Fair 2018

On March 12, SSIS held its annual University Fair welcoming more than 80 universities from around the world, including renowned institutions such as University of Toronto. University Admission Officers were delighted to clarify any queries and share information about college life on their campuses, and the fair received high praise from senior school students. SSIS was delighted to also welcome a number of guests from outside the school and everyone in attendance embraced the opportunity to gain a greater understanding of university life and their future.



Wellington Pupils Presented Projects to the British Prime Minister

British Prime Minister Theresa May paid a three-day official visit to China from January 31 to February 2, at the invitation of Chinese Premier Li Keqiang. Wellington College China was honored to be one of the invited exhibitors at UK-China Future Classroom, an exclusive education showcase event attended by the British Prime Minister as part of the China-UK Business Forum in Shanghai. Two young Wellingtonians were invited to present their science projects to the Prime Minister during the forum.



Information Session at Lucton School Shanghai

Lucton School Shanghai recently held an information session where the Founding Headmaster, Mr. Neil Clayton, made his first appearance and introduced himself to potential parents and students. Lucton School Shanghai is a co-ed, full boarding school that offers IGCSE and A Level courses with abundant co-curricular activities, while bringing together the traditional values of a 310-year-old British independent school. See details for their April information session in Listings.



APR 1 – MAY 31 | SPORTS

NBA Playzone

For the first time, NBA China will host a basketball-themed indoor attraction created especially for kids. NBA mascots Clutch from the Houston Rockets and Benny the Bull from the Chicago Bulls will make regular appearances to play, and the zone features 10 signature games, including trampoline dunk zone, arts and crafts area and interactive halftime live exhibit.

> Daily until May 31, 10am-8pm; RMB150 per adult and child. 2/F, Hubindao Mall, 150 Hubin Lu, by Jinan Lu 湖滨路150号3楼, 近济南路



APR 13-15 | ARTS

Samajam Kids Show

“You’re in the show” is Samajam’s tagline, and they mean it. Conceived by a team of Canadian artists, this 200 percent interactive music show encourages parents and kids to pick up music tubes, drum sticks and tambourines and blast out rhythms and songs together. Suitable for children ages 3 and above.

> Apr 13-15, 10am & 7.30pm; RMB180-350. ET Space, 433 Yanan Dong Lu, by Yunnan Nan Lu. 延安东路433号, 近云南南路



APR 5-22 | ARTS

Puppet and Object Theatre: Little Max

This unique show uses a combination of acting and puppetry to tell the story of Little Max, who was born with a flipper for a foot. Max lives in isolation so that no one will judge her for being different, but one day she makes a new friend. The 50-minute show is appropriate for children ages 2-6.

> Apr 5-22, 7.30pm; RMB240. Art Space for Kids, 3F, Block 5, 1898 Gonghexin Lu 共和新路1898号5号楼3楼 (artspaceforkids.com.cn)



APR 14-15 | ARTS

Frozen Planet in Concert

For one weekend only, the Shanghai Opera House Symphony Orchestra welcomes families to dazzle in the beauty of nature and celebrate the biodiversity of this planet we call home. The captivating visuals of this David Attenborough-narrated documentary is accompanied by symphonic scores to enhance the viewing experience for adults and kids alike.

> Apr 14-15, 2.30pm & 7.30pm; RMB280-480. Shanghai Children’s Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu. 苗江路800号, 近西藏南路



APR 14 | ARTS

Suzhou Cultural Heritage Workshop

Join this great opportunity to gain an in-depth understanding of Suzhou’s intangible cultural heritage. In collaboration with Ctrip and the Suzhou Tourism Bureau, the workshop will introduce Suzhou’s history and culture, including a tea ceremony performance, oil-paper umbrella hand painting lesson, silk scarf hand tie-dye lesson, circular fan water extension painting lesson and more.

> Sat Apr 14, 2pm; RSVP via That’s Shanghai WeChat, Camelia Restaurant, 1/F, Four Seasons Hotel Pudong, Shanghai, 210 Century Avenue, by Pucheng Lu. 上海浦东四季酒店1楼, 世纪大道210号, 近浦城路



APR 15 | ARTS

Broda Bros: BR2

This imaginative stage show is set in the year 2222, when sunlight no longer hits the Earth due to climate change. The BR2 robots come to save the day and light up the dark with their neon lights and epic dance moves. BR2 was created by Boda Bros, an international hip-hop crew based out of Barcelona.

> Sun Apr 15, 3.30pm & 7.30pm; RMB180-380. Dagan Theater, 1188 Fangdian Lu, by Meihua Lu 芳甸路1188弄1号3楼, 近梅花路 (5046 2471)



APR 15 | ARTS

Peter and the Wolf

A classic Russian children's story comes to Shanghai and is told through music at the Shanghai Symphony Orchestra Hall. Conducted by Zhang Jiemin, one of the orchestra's first female conductors, this family friendly show brings the story first told by Sergei Prokofiev to life for the audience.

> Sun Apr 15, 7pm; RMB80-120. 1380 Fuxing Zhong Lu, by Baoqing Lu. 复兴中路1380号, 近宝庆路 (www.shsymphony.com)



APR 21 | ARTS

Baby Loves Chinese Opera: Sichuan Opera

As part of its yearlong series aimed at inspiring children with the art of Chinese Opera at an early age, Shanghai Children's Art Theatre presents a mini showcase of traditional Sichuan Opera made especially for kids. The 60-minute show is recommended for children aged 5 and up.

> Sat Apr 21, 10.30am & 2.30pm; RMB80. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu. 苗江路800号, 近西藏南路



APR 21 | ARTS

Laputa: Castle in the Sky in Concert

The program for this concert includes a selection of the best soundtracks from the Studio Ghibli's 30-year-long cinematic history, from the 1986 *Laputa: Castle in the Sky* to the Academy Award-winning *Spirited Away*. Soundtracks are performed by the Shanghai Rainbow Chamber Orchestra, accompanied by clips from the animated films for viewers to revisit the fantastical worlds created by Ghibli's animators.

> Sat Apr 21, 7.30pm; RMB120-380. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu. 苗江路800号, 近西藏南路



APR 21 | COMMUNITY

Bhartiya Community Spring Festival

With a successful run last year, the Bhartiya Community is back with another Spirit of Spring Festival. This Indian themed alfresco bazaar brings together food vendors, homemade goodies, designers and musicians to entertain the whole family and lasts for one day only.

> Apr 21, 11am-4pm; RMB30. Embassy Club Shanghai, 588 Hongfeng Lu, by Mingyue Lu. 红枫路588号, 近明月路



APR 25-29 | ARTS

Three-body Problem

The stage adaptation of Liu Cixin's universally acclaimed work of science fiction, a book praised by everyone from Barack Obama to Mark Zuckerberg, returns to Shanghai thanks to its popularity. The performance is in Chinese; performances on Apr 27 and Apr 28 include English subtitles.

> Apr 25-29, 7.30pm; RMB180-880. Majestic Theatre, 66 Jiangning Lu, by Nanjing Xi Lu 江宁路66号, 近南京西路 (6217 4409)



APR 28 | COMMUNITY

Lucton School Shanghai Information Session on British Education

Lucton School Shanghai is a full boarding school bringing together the traditional values of a 310-year-old British independent school. The founding Headmaster will be talking about the highlights and benefits of British education along with the Lucton identity, core values and how their curriculum will develop and nurture students' talent and potential. Lucton admissions team will be present to provide parents with detailed admissions information and answer questions.

> Sat April 28, 2pm-4:30pm; Thumb Plaza 2/F, No. 33, Lane 199 Fangdian Lu. 芳甸路199弄33号大拇指广场2层



MAY 9 | ARTS

National Theatre: The Curious Incident of the Dog in the Night-Time

This National Theatre production has been garnered with awards since its West End premier in 2013. Based on British author Mark Haddon's intimate portrayal of the 15-year-old Christopher and his detective adventures, it is engaging for the whole family. Suitable for children aged 11 and above.

> Wed May 9, 7.30pm; RMB200-800. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu. 复兴中路597号, 近陕西南路



MAY 11-13 | ARTS

Clouds

An enchanting show for young audiences, Clouds is a visually stimulating mix of dance and performance art, where changing weather causes magic and nothing is quite what it seems. This 50-minute show by the Aracaladanza dance troupe is recommended for ages 4 and up.

> May 11-13, 2.30pm & 7.30pm; RMB80-480. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu. 苗江路800号, 近西藏南路



MAY 1-2 | ARTS

The Ugly Duckling Puppet Show

This Hans Christian Anderson classic is rebooted into a puppet show production. It tells the age-old tale of looking beyond the surface and appreciating others for who they are instead of how they look. The show is conducted in Mandarin Chinese and suitable for children ages 3-10.

> May 1-2, 10am & 2pm; RMB80-100. Ciro's Performing Arts Theatre, 5/F, 388 Nanjing Xi Lu, by Xinchang Lu. 南京西路388号, 近新昌路



MAY 11-13 | ARTS

Guess How Much I Love You

An adaptation of Irish author Sam McBratney's bestselling story, this production welcomes families to explore the ways we express love. Follow the beloved Nutbrown Hares as they journey through the countryside to find out how love for your family can go beyond the measurement of time and space.

> May 11-13, 10.30am, 2pm & 7.30pm; RMB100-380. Shanghai Center Theater, 4/F, 1376 Nanjing Xi Lu, by Xikang Lu. 南京西路1376号, 近西康路



MAY 19 | ARTS

Kibubu

Produced by Spanish family theater company Marie de Jongh, the story follows an acrobatic duet's decision to incorporate a live gorilla into their show to help accelerate their journey to fame. Little did they know that through attempts at training the gorilla, invaluable life lessons await to be discovered.

> Sat May 19, 10.30am & 3.30pm; RMB180-330. Dagu Theater, 3/F, Himalayas Center, Lane 1, 1188 Fangdian Lu, by Meihua Lu. 芳甸路1188号1弄3楼, 近梅花路



MAY 9-13 | ARTS

Fireflies: Shadow Kingdom

A fantastical mash-up of children's stories like *Alice in Wonderland* and *Aladdin and the King of Thieves*, this show applies shadow theatre to reenactments of famous scenes and verses. Watch shadows seamlessly transform from human to animals as characters traverse between magical landscapes.

> May 9-13, 10.30am, 2pm & 7.30pm; RMB80-380. ET Space, 433 Yanan Dong Lu, by Yunnan Nan Lu. 延安东路433号, 近云南南路



MAY 12-13 | COMMUNITY

Commune Market

Commune Market will be coming to you at Yong Ping Lane, a revamped Shanghai alleyway zigzagged from Hengshan Lu to Yongjia Lu. Come along and enjoy this blend of gourmet food, international culture, local designers, unique artisans, music and drinks plus Mother's Day surprises for a fun and vibrant weekend.

> May 12-13, 11am-6pm; Yong Ping Lane, 199 Hengshan Lu near Wulumuqi Lu, subway line 1 Hengshan Lu stop exit 4. YPL entrance is right next to the exit 4 永平里, 衡山路199号, 近乌鲁木齐路, 地铁一号线衡山路站4号口 (www.communemarket.com)



JUN 1 | ARTS

The Little Singers of Paris

The choirboys will be performing a program consisting of classical works by French and German composers as well as selected folk tunes from around the world. Coinciding with International Children's Day, this is the perfect occasion to celebrate the Little Singers' vocal talents with the whole family.

> Fri Jun 1, 7.30pm; RMB280-680. Shanghai Symphony Hall, 1380 Fuxing Zhong Lu, by Baoqing Lu. 复兴中路1380号, 近宝庆路

EDUCATION

Kindergartens

Apple Montessori No.899 South Yang Gao Road 杨高南路899号 (13671874151 13671874701 admin@applemontessori.org www.applemontessori.org)

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 Jujiqiao Lu 博山东路169号, 近居家桥路 (5850 6698, www.shjx.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 Shanghai Kindergarten 425 Lan'an Lu, by Biyun Lu 蓝桉路425号, 近碧云路 (5899 9910, www.dulwich-shanghai.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, 近天潼南路 (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)

Little Urban Center Preschool Building 230-233, 779 Fangdian Lu, by Huamu Lu 芳甸路779号, 近花木路 (5187 2889*8006/8007, www.luc-china.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, 近陕西北路 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 Lu 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, concordiashanghai.org, admissions@concordiashanghai.org)

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 Shanghai 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 伊犁南路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.srisregoo.com) 2) 189 Dongzha Lu, by Shuying Lu 东闸路189号, 近疏影路 (5488 3431, www.srisregoo.com)

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

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)

FAMILY FUN

JJMAX Party Zone Originally known for their tremendous amount of bouncy castles, this carnival game and event planning company also focuses on birthday parties. Now JJMAX has their own venue, JJMAX Party Zone can hold family fun day events, workshops and birthdays. Opened in Autumn and there has already several events held, Christmas Party, kids workshop and of course, birthday party. Their 600m2 space can fit up to 200 people with outdoors and indoor facilities. JJMAX Party Zone delivers a safe, spacious and open venue for anyone that wants to hold their party or event. A spacious nice venue for your event in Jin Qiao! Website: www.jj-maxplanner.cn or www.jj-max.com Email: info@jj-max.com Address: Greenhills Clubhouse 1, 418 East Jinxiu Road Jinqiao – Pudong 地址: 云间绿大地 1号会所, 锦绣东路418号 金桥 – 浦东 Hotline: 400-1100-190

HEALTH

Health Services

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



JIAHUI HEALTH
嘉会医疗

Jiahui Health is China's first foreign-funded international hospital/clinic/wellness center healthcare ecosystem operating with international standards. Established in 2009, Jiahui Health is headquartered in Shanghai and enjoys a strategic collaboration with Massachusetts General Hospital. Jiahui encompasses a 500-bed international hospital; a series of satellite clinics offering specialist services from family medicine, internal medicine, surgery, pediatrics, dermatology, ophthalmology, ENT, dentistry, rehabilitation, clinical psychology, day surgery, gastrointestinal endoscopy, CT/MRI imaging diagnostics, and wellness centers focusing on nutrition, body sculpting, sub health management, and mental health

management. Jiahui Health covers each major neighborhood of the city, meeting the healthcare and wellness needs of families through a lifetime relationship. Jiahui is devoted to providing international patients with care, quality and convenience, and is regarded by many as their Partner for Life. 1) **Jiahui International Hospital, 689 Guiping Lu, by Qinjiang Lu 2) Jiahui Medical Center (Yangpu), 1F/2F, Suite 3, 99 Jiangwan Cheng Lu, by Yingao Dong Lu 3) Jiahui Clinic (Jing'an), Suite 101, 88 Changshu Lu, by Changle Lu 1) 桂平路689号-近钦江路 2) 江湾城路99号3号楼1-2层, 近殷高东路 3) 常熟路88号-近长乐路 (400 868 3000)**

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 1F, 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)

Shanghai Renai Hospital is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. Located in city center with convenient transportation, it is influential throughout the East China region and enjoys a high reputation. Free parking available within hospital compound. Specialties: Family medicine, internal medicine, general surgery, gynecology, E.N.T., T.C.M., dental, vaccination and immunization, dermatology, urology, pediatrics, orthopedics, ophthalmology, cosmetic dermatology, plastic surgery etc. Operation Hours: Mon-Sun 9am-5pm. 127 Caoxi Lu (5489 3781, www.renaihospital.com) 漕溪路127号

Yosemite Clinic is a comprehensive modern Medical and Day Surgery Center conveniently located a five-minute walk from the Kerry Parkside in Central Pudong. Yosemite Clinic has an expert team of international and Chinese physicians covering a range of specialties, including Family Medicine, Dentistry, Dermatology and Orthopedics, among others, and specializing in minimally invasive surgical procedures. The clinic is equipped with an onsite Lab and CT imaging allowing a more efficient approach to diagnosis and treatment. As a Day Surgery Clinic, Yosemite Clinic has three cutting edge operating rooms and extended observation bed capability. As a physician-owned and managed clinic, Yosemite Clinic's priorities are ensuring the highest standard of medical quality and delivering excellent patient outcomes. Our clinic languages are Chinese, English, Japanese, Korean. B1-1F, 1398 Fangdian Road, Pudong,

Shanghai (Only 5 Minutes Walk From Kerry Parkside) ; Opening Hour: Monday-Friday 9am-11pm, Saturday-Sunday 9am-5pm; Tel: 4008-500-911; information@yosemiteclinic.com; www.yosemiteclinic.com 上海浦东新区芳甸路1398号B1-1F (Plus乐坊下沉式广场)

Pregnancy Health Services

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 8am-5pm, 24/7, 155 Songyuan Lu, by Hongsong Dong Lu 宋园路155号, 近红松东路 (6196 3333, 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)

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AFTERSCHOOL ACTIVITIES

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. www.craftd-shanghai.com)

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For more info, please contact us. Ad dress: 678 Gubei Lu, Suite 803, near Xianxia Lu 古北路678号同途大厦803室 (021-52357398, info@concord-music.com, www.concord-music.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, 近近西路 (400 820 6113; luxury@classictravel.net.cn; www.classictravel.net.cn)

MASSAGE & SPA

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KIDS ROUTINE ACTIONS



Advice from Dad

Order from Chaos, the Need for Routine

By Leonard Stanley



Organization is an essential element to every well-run home. With that being said, the establishment of family routines is one of the most significant concepts for parents to understand. Once mastered, it has the potential to ease stress and provide the necessary balance and tranquility for a harmonious household. So, with that in mind I thought I would address, from my experience, the issue of why routines are important and how best to implement them.

Routines provide advantages for both children and parents. A solid and consistent schedule will help your child understand what is important and in need of prioritization, while allowing them to feel like valued contributors to the way in which the household is run. As younger children are yet to fully comprehend the concept of time, they tend to live their lives by events that happen and the order in which they occur. With consistency, children feel secure in their understanding of how society operates, and as a result, they are more confident and better prepared to deal with the world around them. Moreover, it is an effective strategy for teaching discipline, responsibility and self-control. Children do not have an enormous amount of influence over their day-to-day activities, but routines provide them with a sense of comfort and stability that would otherwise be lacking.

Parents need routines too. It is a mistake to believe that only your child stands to benefit from a well-planned, efficient and effective schedule. I believe we have just as much, if not more, to gain from bringing order to our households. For starters, a regular and consistent routine can help you feel as though you are excelling as a parent. The fast pace of Shanghai can be difficult to manage, yet with an established routine, you will feel more organized and in control, resulting in lower levels of stress. Furthermore, routines often free us from having to resolve disputes and make decisions. No more worrying about whose turn it is to do what. Lastly, an effective routine communicates togetherness as ideally, parents should present themselves as unified and equally invested in their child's development. If parents aren't on the same page regarding certain aspects of a child's life, the child may at times sense the lack of leadership and take full advantage.

The first step to implementing a successful routine is to identify what I call the 'swing times.' Swing times are periods in the day where major transitions take place. The big three swing times for school aged children are; waking up in the morning, coming home after a long day at school and settling down at night before bedtime. It is during these moments you need to coax your child into transitioning from an activity that they may be enjoying, to something different that may

or may not be as entertaining. While getting your children up and putting them to bed are often the most challenging times of day, they are also the most important. A good sleeping schedule is directly related to attitude and behavior management.

The next step is to start slowly with manageable tasks and expectations that you can have your child execute during these swing times. Then, as they are mastered, you can begin to add to them if necessary. Look for creative ways to involve your child in the routine creation process. Try and make it engaging by getting them to first identify the swing times and list the things that need to be done. After that, together you can agree on how those things will be completed, who will do them, and when. This way, your child feels like they have contributed to the schedule and understand the expectations.

Finally, with all this planning, don't lose sight of the fact that children still need time to be kids. So, while you aim to establish and maintain order, also keep some freedom and flexibility in there, too. I believe that spontaneity and creativity are just as vital as order and consistency.

For more Advice from Dad, please scan the QR code.



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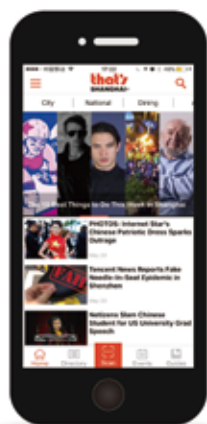
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