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SHANGHAI

## MIND, BODY & SOUL

Your Guide to a Fulfilling  
Life in Shanghai



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**THAT DAY**

## **THE EAGLES NEEDED SOME NEW FEATHERS**

As the 2018-19 school year kicks off, the Eagle Shops at Shanghai American School have an even wider selection of SAS spirit wear. Our customized SAS font is learning a little Chinese. And yes, polo shirts are back! This one features the SAS Monogram that was last seen on the gates surrounding our campus in 1933. And of course, you'll find the SAS Motto T-shirt – the one author Jeff Kinney made famous during his visit to SAS.

It's hard to predict what inspiring moments will happen this year at SAS. But looking good – now, that part's easy.

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# Carpe diem

## EDITOR'S NOTE

**W**elcome to the August/September edition of *Urban Family Shanghai*.

I have been an expat now for almost 12 years, and a piece of advice from my brother has stayed with me ever since. He told me, "Say yes to everything for the first two months of living in a new city." For some, this may be simple, as it is inherent in your personality; for those like me, it pushes you outside of your comfort zone. I promised him I would do it and have kept my word after moving to four new cities in 12 years. I've said "yes," and this has led me to learn new things, undergo countless unexpected experiences and most of all, meet people who have become lifelong friends. It has helped me create a fulfilling life.

With this in mind, I say welcome to our Mind, Body and Soul edition (p16). It's a 'back to school guide' with a twist, as we turn our focus to the moms and dads out there who are currently settling back into life as the summer ends and the school year begins. Whether you are new to the city or need to re-adjust after the holiday season, our cover story is here to help. We present you with a comprehensive list of learning, fitness, friendship and philanthropic options to say "yes" to and find your place in Shanghai.

In Life and Wellbeing (p6), our fitness feature outlines how to sneak a good stretch into your day to keep you flexible and injury-free. If you're looking for places to visit on the weekend, check out our review of the Shanghai Film Museum and a list of recommendations from an established Shanghai family.

Our Entertainment (p32) pages include reviews on two sensational Broadway productions, *Stomp* and *Rent*. Be sure to get your tickets for these shows in advance – you won't be disappointed. We also deliver our top 12 movies set in a school environment, which covers classics from *Dead Poets Society* to *Clueless*. They will make you laugh, inspire you, and remind you about the complexities of being at school.

As an avid tea drinker, I love the phrase "There's always time for tea." It invites the opportunity to sit back, relax and indulge in conversation with friends. In Food and Fun (p26), we are encouraging just that. With our selection of nine afternoon tea options around town, there's bound to be one for you and your friends to take a moment and catch up after the summer holidays.

As for the kids heading back to school, we borrow this quote from Robin Williams, "*Carpe diem*. Seize the day and make your life extraordinary." Great advice for all of us, really.

See you again in October!



Natalie Foxwell  
Editor-in-Chief



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**HAO**

**You Can Now Scan-to-Translate on WeChat**



A new WeChat update allows for real-time translation. This camera-based function translates Chinese characters to English and vice versa so that anyone can quickly translate text when needed. The translation feature is accessible by tapping the QR code scanner on the top right corner of your screen. Then, select the 'translate' mode at the bottom of the screen. This will prompt your phone to take a picture and translate the scanned text. The Chinese to English translation is extremely accurate, which certainly makes life easier for those who need a helping hand when out and about in China.

**NUMBER**

**68.7 Years of Healthy Life Expectancy for Chinese Newborns**

According to the latest statistics released by the World Health Organization (WHO), Chinese newborns will enjoy healthier lifespans than American babies. The research, based on 2016 data, reveals that the Chinese healthy life expectancy at birth has surpassed that of the US. Chinese babies are now expected to live a healthy life for 68.7 years, while the statistic for American babies is slightly less at 68.5 years. One important note is that healthy life expectancy does not equate to overall life expectancy. The American overall life expectancy is still two years more than China's, although it's estimated that by 2027, China may surpass America in this category, too.



**BU HAO**

**Food Delivery Workers Stealing from Customers in Shanghai**

The rise of food delivery services in Shanghai has brought us great convenience, but unfortunately, not all providers are worth our trust. One customer recently fell victim to a call from a 'food delivery man,' asking him to pay RMB2 for a packing box. After remitting the additional RMB2 via mobile payment, the fake delivery worker stole a further RMB2,000 from the customer's account. This happened when he took note of the customer's private barcode number. Fortunately, the scamming gang was caught by the Shanghai police.

**QUOTE**

“ Do they wish to help me supplement electrolytes by doing this? ”



## NEWS

### Peppa Pig Theme Park Coming Soon

It was announced that the Peppa Pig World of Play theme park will open at the end of this year. Located at LC Mall, a new shopping complex in Pudong, the indoor amusement park will contain 10 play zones tailor-made for preschool children. Presenting classic scenes from the fan-favorite cartoon, children and parents can enjoy interacting with characters such as Peppa and Suzy.



### Food Delivery Drones Launched by Ele.me

A new food drone delivery service was launched by Ele.me in late May. Still in its trial phase, the delivery area will cover 58 square kilometers limited to the Jinshan Industrial Park, although Ele.me hopes to extend it across the entire city in the future. Instead of delivering orders directly to your door, the drones will deliver food to distribution centers and drivers will manage the rest of the process. Speed is the most significant advantage of the new service, which was proven during an Ele.me press conference. An audience member placed an order on the app, and both delivery man and delivery drone were dispatched at the same time. The drone finished the 3.4-kilometer distance within four minutes, while the same route took the delivery driver 12 minutes.

### Battery Found in Bubble Tea from Shanghai Bakery Chain

A customer recently had an unpleasant experience at 85°C, the renowned Shanghai bakery chain. After finishing one of three cups of bubble tea at the Chengshan Lu outlet, she saw something unusual at the bottom of her cup. When she took a closer look, she found an AAA battery lying among the ingredients of red beans and tapioca pearls. "Do they wish to help me supplement electrolytes by doing this?" she asked. This incident is not the first to bring 85°C in the spotlight for food safety issues. Back in March, the bakery was fined RMB150,000 for using meat floss powder, rather than genuine meat floss, when making their bread.



### New E-Fences for Share-Bike Parking

The parking issue of shared bikes may soon be in the past, with Mobike's new 'electronic fences.' When Mobike users in Shanghai attempt to park bikes in areas such as People's Square, they will receive a text reminder and hear an alarm, advising them to park elsewhere. Furthermore, a new function within the Mobike app identifies designated parking areas around town with a 'P' icon, while gray areas will show the prohibited spaces. If users fail to follow the parking code, points will be deducted from their Mobike account credit.

To read the full stories and more news, scan the QR code.



# My Shanghai

**Amy Fabris-Shi, Instructor at Zy Dance Studio**

*By Natalie Foxwell*

**S**ydney-born Amy Fabris-Shi and her Shanghaiese husband Shi Zhongyi (Zy), both former professional ballet and contemporary dancers, met at the barre and danced around the world before settling down in Shanghai 15 years ago. Their latest *pas de deux* is the delightful Zy Dance Studio, a boutique ballet and contemporary dance studio in central Shanghai where they share their international dance experience with children and adults of all ages and levels. We met with Amy and found out more about her life since leaving Australia many years ago and settling in Shanghai.



**You're a former professional ballet dancer; can you tell me what you were doing before moving to Shanghai?**

Since I started dancing at the age of 8 in Sydney, I'd dreamed of becoming a ballerina performing on theater stages in Europe. At 17, I was accepted into the Australian Ballet School and after graduation, I set off to audition for ballet companies, when fate stepped in. Bound for Europe, my plane stopped over in Singapore where I'd arranged to join a class with the national ballet company, Singapore Dance Theatre (SDT), and at the end of class the artistic director offered me a job. I spent four happy years with SDT and stood at the barre behind a young soloist from Shanghai, who was to become my husband. Eventually, I completed my journey to Europe. We danced in ballet and contemporary dance companies in Germany and toured across Europe, before retiring from the stage and heading to Shanghai for what was supposed to be a two-year stint. That was 15 years ago.

**After moving to Shanghai, what was the inspiration for starting Zy Dance Studio and where does the name come from?**

Once we'd arrived in my husband's hometown of Shanghai, he was invited to teach at the Shanghai Dance School, where he had trained as a boy. Zy spent a decade training future generations of professional dancers before becoming Ballet Master of the Shanghai Opera House, a position he currently holds. Wanting to share his passion for dance training with the wider community, he opened Zy Dance Studio (pronounced 'zai,' his initials) for adult dancers of all levels. Almost a year ago, we had the opportunity to expand into our own custom-built dance space in Jing'an, which is when I became actively involved teaching and developing our children's dance program. We wanted Zy Dance Studio to reflect the inspiration, global outlook and joy we'd experienced in our dancing careers, with beautiful studios and positive, inspiring teachers with professional dance backgrounds.

**What has been the best advice you were given about managing a business in Shanghai?**

Like pretty much everything in Shanghai, managing a business here is a thrill-ride of opportunities and challenges. While it's important to be flexible and adaptive, you also need to stay true to your values and not be distracted from your long-term vision. We made the decision from the outset to be an artistic dance studio and we try to ensure that every decision reflects this, from the classes we offer, to our teachers and collaborations. This way, you build a community of members who share your vision and fill the studio with their enthusiasm, energy and friendship.



## What classes do you teach at Zy Dance Studio and what are you currently working on with your students?

I teach children's ballet and creative dance classes, starting from tots in tutus taking their first adorable steps at the ages of 3 and 4 and progressing into the more senior levels following the Royal Academy of Dance (RAD) syllabus. I also teach PBT Ball, a core-training program that is taking the ballet world by storm. Zy Dance Studio brought this program to Shanghai for the first time last year.

Dance is such a gift, no matter what age you are. As students discover their potential, they develop coordination, posture, strength, flexibility, self-confidence and an appreciation for details. Not to mention gaining an insight into the timeless world of dance that has brought delight to dancers and audiences for centuries. My first ballet teacher was the epitome of elegance and I learned so much more than steps in the studio — I hope to bring a bit of that magic into the classes I teach, too.

## After you retired from professional dancing you became a writer. What writing style do you most enjoy and why?

Like dance, writing is a powerful outlet for my self-expression and a wonderful way to meet interesting people. Over the past 15 years I've been working as an editor and travel writer for publications such as *Conde Nast Traveller*, *DestinAsian* and *National Geographic*.

## You are also passionate about fashion. Who are your fashion influences and style icons?

When not wearing a leotard and tights, I do like to dress up. My ultimate 'style crush' is Audrey Hepburn, an icon of grace and generosity who, funnily enough, also practiced ballet throughout her life.

## How can the Urban Family community get in touch with you to find out more about Zy Dance Studio?

Bookings can be made for this semester's classes and you can find out more via our official WeChat account and website ([www.zydance.com.cn](http://www.zydance.com.cn)). Adult classes can be booked through the MINDBODY app (search 'Zy Dance Studio').

To follow Zy Dance Studio, scan the QR code. Zy Dance Studio, Unit 305, 3/F, 596 Yan'an Zhong Lu, by Shimem Yi Lu 延安中路 596号天壹坊305室, 近石门一路 (138 1720 4098)

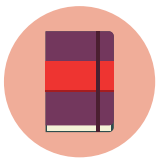


# EDITOR'S PICKS

## 5 Stores to Explore on Fuzhou Lu

By Natalie Foxwell

No matter the age, your families' creative side can be indulged by a walk down Fuzhou Lu. Start at Raffles City and meander your way towards The Bund, stopping at the many arts and crafts boutique, and bookstores along the way. To get you started, here are the five places we like to visit when hanging out in Shanghai's cultural street. So, take the time to get amongst the atmosphere, stop for a coffee along the way and pick up a new book or pen set while you're there.



### 2. Shanghai Foreign Language Bookstore

This institution is undoubtedly the centerpiece of Fuzhou Lu. Spread out over four floors, you'll find English language books and magazines along with a diverse selection of gifts. 'Kidsunion' is a whole floor dedicated to children's books, and there is something for every child here. Learning books, the Usborne collection, Roald Dahl, Ladybird Tales, Geronimo Stilton and many more, are available at reasonable prices. The bottom floor houses books on travel, cooking, health and lifestyle along with popular novels. There is also a small cafe inside, perfect to relax in while you flip through a magazine or new book purchase. Spending time here is reminiscent of bookstore browsing rarely undertaken these days, so if you enjoy this pastime, be sure to indulge an afternoon here.

> 390 Fuzhou Lu, by Shanxi Nan Lu  
福州路390号, 近山西南路



### 3. Baixin Stationery Store

With over 100 years of history, this quaint stationery houses a beautifully-presented range of calligraphy pens and ink, cards, puzzles, ribbons, notes and much, much more. You'll be surprised how long you spend browsing through every well-stocked corner, no doubt finding many artisanal items along the way. There is a small coffee shop along with bathrooms, which are perfect for a rest before you continue along the street. If you're looking for a thoughtful gift, this is the place to go.

> 364 Fuzhou Lu, by Shanxi Nan Lu  
福州路364号, 近山西南路



### 4. Yixin Stationery Supplies

Differing from the other established stores, this is a genuine local business. Located on the corner of Fuzhou Lu and Shanxi Nan Lu, you'll see a shoe repairer set up out front on various days through the week. With a comprehensive range including pens, pencils, highlighters, paint, folders and notebooks, this shop is full of items you never knew you needed and will have you coming back in the future. If you want a cheap place to go for odds and ends, don't overlook this diamond in the rough.

> 7 Shanxi Nan Lu, by Fuzhou Lu  
山西南路7号, 近福州路



### 1. KeyRoad Stationery

Not your standard stationery store, KeyRoad is slightly more eclectic with reasonable prices on a vast range of notepads, pens, paints, folders and other hidden gems. It's bright, clean and feels new inside, with all items neatly packaged. If you're looking for something unusual and fun, check this place out.

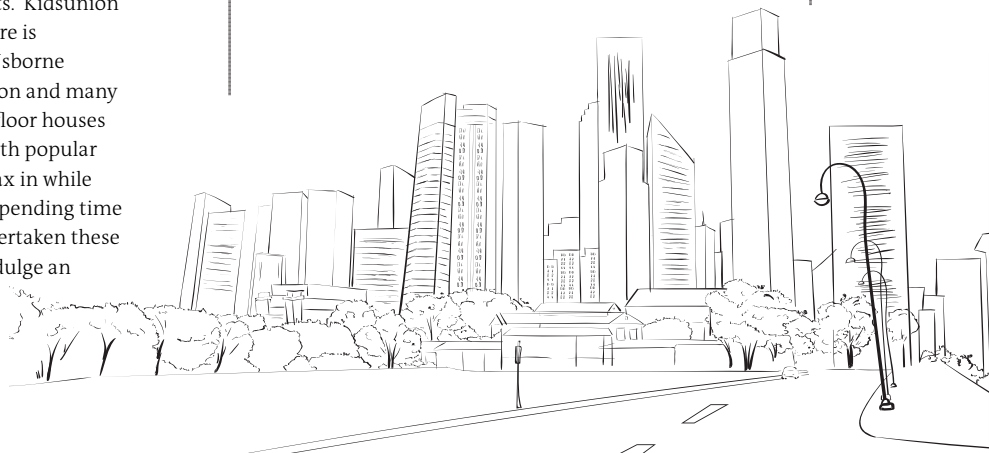
> 620 Fuzhou Lu, by Zhejiang Zhong Lu  
福州路620号, 近浙江中路



### 5. Manyong's Four Treasures of the Study

This small local store covers all your needs when it comes to stone seals, calligraphy supplies, Chinese scrolls and framing. There is no English here, so you may need your best charades to get through anything complicated. Otherwise, browse around and buy what you need. If you are after some traditional supplies to get into the Chinese spirit, then find your way here.

> 346 Fuzhou Lu, by Shanxi Nan Lu  
福州路346号, 近山西南路



For more Editor's Picks,  
scan the QR code.





# Our Favorite Things

## 5 Minutes with the Stranieri Family

By Natalie Foxwell

New to Shanghai and want to know where other families go to enjoy all this city has to offer? Welcome to Our Favorite Things, where we spend time with a Shanghai family and find out their favorite places to go.

Meet the Stranieri family – Melinda and Domenic, their son Domenico (8) and daughters Giuliana (6) and Allegra (3). In December 2015, with three children under the age of six, the family moved from Australia to Shanghai. Now, over two and a half years later, they have well and truly settled in and embraced the positive aspects of this wonderful city. Continually finding new and exciting places to eat, shop, be active and relax is what keeps this gorgeous family happy and content with life.

### Coffee Spot

Starbucks Reserve Roastery reminds us of the Italian cafes at home in Melbourne. It's not all about the coffee here – we also enjoy their freshly-prepared pizza and cakes.

### Sunday Brunch

At M on the Bund, there is something for everyone to enjoy: excellent food, atmosphere, service and view. We also enjoy taking friends to 100 Century Avenue Restaurant on Level 91 at Park Hyatt Shanghai.

### Weekend Activity

We love heading out to Disneytown. Even if we don't go to the Shanghai Disney Resort, we enjoy the atmosphere and The Cheesecake Factory. Sometimes we head to Wolfgang Puck Bar & Grill to watch the fireworks from the rooftop.

### Under the Radar Tip

You can pretty much get everything done from the comfort of your own home. This includes your shopping, dry cleaning, pedicures and massages. Just ask around, and someone will have a contact for you.

### Date Night

We like going to W Shanghai – The Bund for drinks and dinner as it's a little more adults-only style. For an after-dinner nightcap, our go-to is the rooftop restaurant CHAR Bar & Grill at Hotel Indigo Shanghai on the Bund.

### Bike-Ride Location

We hire a four-wheeled or tandem bike and ride inside Century Park. It's an experience for the whole family. Smaller kids can't reach the pedals, so be prepared to do all the pedaling while the kids attempt to steer!

### Kids' Party Venue

INSPORTCLUB near the Shanghai Science and Technology Museum. A lot of fun for a group of kids.

### Weekend Getaway

We love boarding a plane and heading to Okinawa, Japan. A quick two-hour flight makes for an easy way to escape the pollution for a weekend and spend time together.

### Shopping Spot

Shanghai Takashimaya Department Store, Changning. We love this place. The kids can play in a supervised area while we shop. It is clean and comfortable to wander around, with great Japanese food.

To find the Stranieri family's favorite places, scan the QR code.



# A Stretch a Day Keeps th

## How to Sneak A Good Stretch into Your Day

By Lauren Hogan



**W**hether you're getting in extra training now that the summer holidays are over, or lifestyle changes (such as having a child) are giving you sore spots, taking the time to regularly include a small stretching routine can work wonders. Setting aside 10 minutes each day will not only make you feel better, but also reduce your risk of injury. In addition, if you are increasing your amount of regular exercise, stretching will support the regiment and help you avoid setbacks and frustration down the road.

### 5 Steps to Regular Stretching

#### 1. Bookend each day with a two-minute stretch

Each morning, before attending to anything else, give yourself some attention. Lie down and do a full body stretch. With your legs out and arms overhead, move your neck from side to side. After that, hug your knees into your chest and twist them from side to side. Check yourself and see where you feel other aches and pains and give those areas some attention too. Then, before you call it a night, perform the same routine.



#### 2. Breathe more

Try to take full breaths to get into a deeper stretch, reduce tension and relax your mind and body. Rolling the shoulders back and rotating the wrists can relieve the stress from carrying the weight of children or anything else you may cart around during the day.

# Get Muscle Strain Away

### 3. Incorporate stretching before and after exercise

If you have problem areas, ask your trainers for suggestions. Many studios provide foam rollers, lacrosse balls or resistance bands, which are excellent tools to release tension.



### 4. Add flexibility to your routine

When you're in the kitchen, keep a wide-legged stance to stretch the thighs. While in the shower, loosen tight muscles under the warm water. If you sit often, this can make your hamstrings, the lower back and even shoulders stiff. So, set a timer to ensure you stand, straighten and stretch regularly. Muscles and tendons contract and shorten under tension and activity, therefore, doing stretches to open up the hip flexors, or working tight ankles and calves, can help relieve pain in other parts of the body.

### 5. Be wary of overtraining

Sometimes it's better to give your body a day off and consider stretching, foam rolling or even a massage (go and treat yourself) as your training for the day. The muscles still work when resting, and taking a break won't keep you from seeing results; it helps get your gains. If you need to be active, plan a 'catch up' walk with a friend or during a phone call to someone abroad. You can even make this two-fold and turn it into a social activity during your power-walk chat.

*Lauren Hogan is the General Manager at F45 Training in Shanghai. In each edition she will deliver fitness tips to the Urban Family Community. Using her nutrition challenges and high-intensity interval and resistance circuit-based training, Lauren enjoys pushing the Shanghai community to achieve their health and fitness goals. F45 Training has studios in Xuhui and Jing'an. Refer to their official WeChat account 'Functional45' for more details.*



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# Step Inside...

## The Magical World of the Shanghai Film Museum

By Mandy Tie

**S**tep inside the magical world of cinema and immerse yourself in the sights and sounds of motion pictures at the Shanghai Film Museum. Appealing to all members of the family, anyone who loves movies will have a fulfilling few hours spent here. Delivered over four floors, you'll find detailed information on the history and craft of filmmaking through multimedia presentations and interactive games.

As you enter the museum on the fourth floor, a motion sensor 'Walk of Fame' welcomes you with thundering applause and blinding flashlights. This 'faux' paparazzi moment is a fun way to get into the feel of things. Upon entering the exhibition room, you are introduced to the birth of Shanghai's film industry in 1896, before walking down a gallery featuring well-known actors and actresses from the Republican Era. Your wander within this

room is accompanied by nostalgic recordings of old songs, and miniature scenes capturing iconic Shanghai film sets from back in the day before shopping malls and neon lights adorned the Nanjing Lu pedestrian street.

Down to the third level exhibition room, the development of China's film industry – pioneered by studios in Shanghai – is vividly illustrated through video projections and a comprehensive collection of gadgets. The 'River of Films' gallery, for instance, is comprised of a dozen touchscreens showcasing a timeline of domestically produced titles, each followed by a synopsis. Film reels, director's cameras, lighting equipment and notably, Shanghai's first imported audio mixer, line the opposite side of the room. There are small sound studios to experiment with digital sound effects on the microphone, and you can try voiceover clips from classics like *Garfield & Friends* and *The*



*Mask of Zorro*. These perfectly capture the mechanisms behind filmmaking, as well as the diverse professions that are invested in the production process, an excellent way for kids to appreciate the work that goes into their favorite movies.

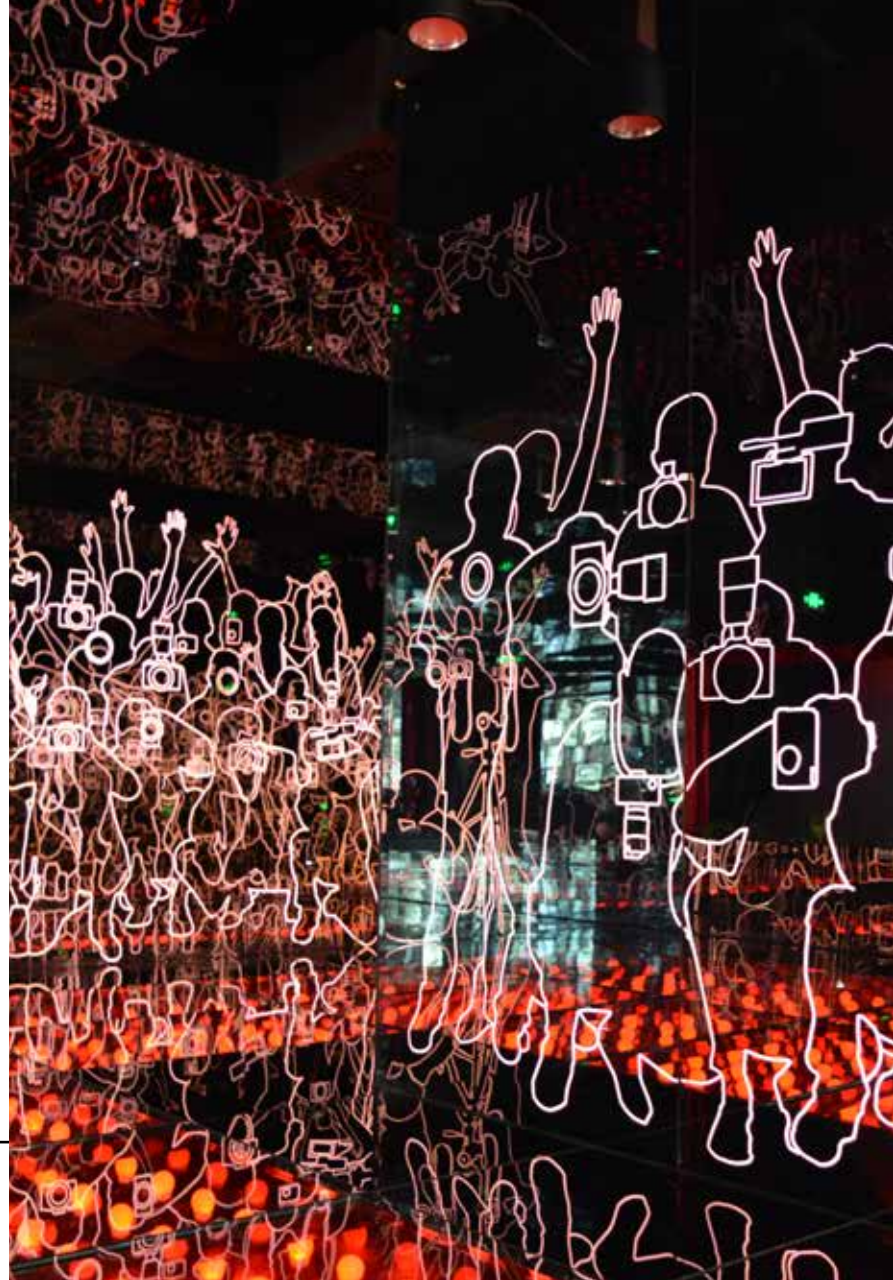
The most entertaining part is the 'Animation' section on the second level. In the first room, kids can practice 'motion-capture' techniques by mimicking the movements of animated characters. More interactive stations are in place to demonstrate the principles of animation. If kids are keen to try their hands at depicting a scene or a sequence, they can do so at the arts and crafts workshops on the same museum level.

Back on ground level, you have the option to watch a 4D screening of the Chinese animated classic *The Monkey King* at the Art Cinema. Outside, a robot guides visitors through the international accolades that Chinese film crews have garnered through the years, before finishing with a brief account of the PRC's national anthem.

The experience at the Shanghai Film Museum is altogether enjoyable, despite the occasional lack of English instructions and frequent insertion of patriotic messages. For kids, however, the interactive features are enough to suffice an inspiring visit, and we hope families will enjoy it as much as we did.

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*Tue-Sun, 9am-5pm, RMB60, RMB30 student concession, Art Cinema screening additional RMB30 per person (six sessions per film daily). Suitable for kids aged 8 and above. 595 Caoxi Bei Lu, by Puhuitang Lu 漕溪北路595号, 近蒲汇塘路 (6426 8666). Find them at WeChat ID 'shfilmuseum'.*



# A Healthy Dose of Empathy

## What is the Role of Empathy in Raising Happy and Successful Children?

By Dr. Nate Balfanz



While many of us are familiar with the concept of empathy, perhaps we have a less firm understanding of what it means to apply it to the practice of raising our children. In psychological literature, empathy is defined as the ability to ‘feel’ the experience of someone else, or to have the capacity to relate to and understand one another as the result of a shared experience. In my work as a child- and family-focused practitioner, there is a common strategy I use to promote the practice of empathy in my parent-focused sessions. I regularly encourage parents to think back to a time when they were their child’s age and experienced struggles or challenges similar to what they might be managing. Despite the differences that will exist as a result of contextual factors or generational gaps, parents are typically able to access a moment from their upbringing that aligns with their child’s experience. When parents are capable of relating their own experience to that of their child’s, we often find that it leads to more informed and supportive parenting intervention approaches.

### What the research says

Childhood development experts and researchers indicate that when we respond to our children in an empathic manner, through the use of emotionally supportive language and attunement, we can in turn teach them to become more thoughtful, caring, and considerate individuals from an early age. There is a 2013 study by Dr. Celia Brownell and her colleagues at the University of Pittsburgh (US), aimed at measuring the capacity for sharing and helping behavior in toddlers. They found when parents facilitated dialogue with their children that encouraged reflection on both their own emotional experiences and the emotional experiences of others, the children were more likely to demonstrate altruistic helping and sharing behaviors towards their same-aged peers. The authors go on to note that despite not yet having a firm grasp of the moral implications of their altruistic behavior, toddlers can develop these abilities purely as the result of having parents who both demonstrate and encourage empathic behavior and reflection in their children. To put it simply: when we are emotionally kind to our children, they will be emotionally kind to others.

### Tips for building empathetic connections with our children

#### 1. Frequently utilize your emotional vocabulary

Emotions begin as sensory experiences in the body, and children who have a firm grasp on the words that we use to describe these experiences are better able to self-regulate and manage their feelings. As a parent, you can help with this by frequently acknowledging and voicing both the emotions that you feel as well as the emotions that you observe in your child.

#### 2. Don’t shy away from serious topics

Empathy occurs on both micro and macro levels. This means that we observe it not only in how we treat one another, but also in how our greater society operates. Having age-appropriate conversations with our children regarding what’s happening in the world will enhance their abilities to experience compassion and foster caring relationships.

#### 3. Encourage cooperative play and problem solving from a young age

Empathy—both our ability to experience it and express it—is built primarily in the context of interpersonal relationships. As early as the toddler years, provide your child with multiple opportunities to be involved in cooperative play activities with same-aged children. When disruptions inevitably occur in the play, modeling and encouraging our children to talk through their disagreements with one another will help develop their emotional awareness.

*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](mailto:nate.balfanz@amc-shanghai.cn) or visit his website at: [www.drnathebalfanz.com](http://www.drnathebalfanz.com)*

*For more articles by Dr. Balfanz, scan the QR code.*





# Crowne Plaza Shanghai Harbour City

A Stay for the Kids with GG Bond  
and Super Wings Suites



**M**ake your next holiday a great one for entire family, and one the children will always remember by booking a kids' themed suite at Crowne Plaza Shanghai Harbour City. Located on the picturesque South Island of Dishui Lake, this urban resort is surrounded by expansive gardens, state-of-the-art recreational facilities and a range of dining options bound to delight every palate.

After a day swimming in the lakeside pool, sailing on Dishui Lake or playing at the mini farm, children will rejoice in spending the night in one of 10 specially-themed suites. With a choice between Chinese animated series GG Bonds or Super Wings transformers, all children will be thrilled to see their room decorated with their favorite characters. From bedding, slippers, bathrobes and towels to toy tents, figurines and puzzles, this is a wonderful way for kids to enjoy their next hotel stay.

And, parents are not forgotten either. While the kids are enjoying the room, parents can relax on the balcony and take in the majestic view of the beautiful Dishui Lake.

A memorable stay for the entire family awaits at Crowne Plaza Shanghai Harbour City.

1 South Island, Harbour City, Shanghai 浦东新区临港新城南岛1号  
(2033 9999)

For more details, scan the QR code.



# MIND, BODY & SOUL

## Your Guide to a Fulfilling Life in Shanghai

By Natalie Foxwell

**S**hanghai is a continually evolving and extremely dynamic city. With this comes a need to not only find your place in it, but to also find value in what you are doing. Whether you have lived here for years or are new to this thriving metropolis, the desire and opportunities to reinvent your existence are ongoing. Friends come and go, and circumstances change, often prompting us to step back and re-evaluate the things that make life fulfilling. This is where our **Mind**, **Body** and **Soul** cover story can help.

Instead of providing a back-to-school guide for the kids as the summer draws to an end, this one is for the moms and dads out there. Our three sections are filled with inspirations to help you settle into a healthy routine and re-establish yourself within it after a relaxing summer holiday.

For the **Body**, we investigate various fitness regimes around the city. Whether it's high-intensity training, CrossFit or dancing, we've found something that you are bound to enjoy immersing yourself in. We all know the benefits of regular exercise and what it does to create a more positive outlook, so I urge you to take the time to read through these programs and find one that suits your lifestyle. For the **Mind**, we take you through classes, courses and professional networking groups to help you find your footing and grow. If you want to expand your learning or explore the potential business opportunities available, through a breakfast meeting, language program or cooking classes, you can find it here. For the **Soul**, we delve into volunteering initiatives available around the city, along with groups to grow your social network – the intrinsic value gained from working with others to make a meaningful contribution should never be underestimated. Developing a passion for a cause to volunteer yourself delivers many personal rewards, teaches you skills and opens up the possibility of friendships with others who share the same values.

So, take the time to think about yourself, what makes you happy, and how you can find value in your day once the kids are at school. Then, say "yes" to the opportunities abound.



# FOR THE



## A FITNESS COMMUNITY FOR EVERY BODY

By Natalie Foxwell

**F**eel good, look good, inside and out. It comes down not only to the choices we make but more importantly, the habits we form. Here, we introduce a range of fitness regimes that are not only right for your body (and we all know the positive, stress-reducing, hormone-inducing effects of exercise on the mind), but are also fun, varied, socially connecting and motivating. Right here in Shanghai, these welcoming communities are eager to become a part of your lifestyle, challenge you and keep you feeling your best.



### BARRE TRAINING

#### Z&B FITNESS

Z&B stands for Zumba and Barre, though these impressive studios on Changle Lu and Shaanxi Bei Lu have a lot more to offer. With over 250 classes a week delivered by 70 well-trained instructors, there is a workout for everyone. Plus, they have a decked-out gym you can join for additional training around your classes. Choose from dance classes like BODYJAM, Zumba and step to high-intensity training like spinning, GRIT, TRX, Piloxing, Tabata, BODYCOMBAT or CXWORX. Yes, they have a lot. Our recommendation for those looking to tone up the body is their signature Mybarre class for a combination of dance, body-sculpting and core

exercises. This full-body workout is performed at the ballet barre, repeating movements with added intensity from hand weights, stretching bands or body resistance to provide the ultimate conditioning.

Otherwise, give Zfly Aerial a try. By suspending yourself from fabric ribbons, you will build strength, increase body tone and develop stability. Over time, you will see visible results from this class as you confidently 'fly' through the studio. RMB50 gets you into a trial class, and I am sure your journey won't end there.

> [www.znbfitness.com](http://www.znbfitness.com)



### BOXING

#### WEBOX

With a theory that anyone can become a boxer, WeBox is the next step towards empowering women through fitness. If you're looking to get into shape, then we recommend you try boxing at this new studio on Donghu Lu. Condition your body, sharpen your instincts and push your mental and physical limits with a boxing workout that will have you in shape and stronger than ever before. You don't need to be a seasoned boxer to join, as they welcome beginners and will take pride in your development as you train hard and see results. A certified WeBox trainer will take you through the steps – this doesn't have to be about fighting; it's about fitness. To get fit, WeBox has women only, 30-minute high-intensity classes four to five times a week.





## HIGH-INTENSITY INTERVAL TRAINING

### F45 TRAINING

F45 Training is a team-based workout, consisting of a mixture of high-intensity interval, circuit-based resistance and function training. The 'F' stands for functional, meaning the development of exercises which allows you to perform daily activities without injury; and '45' is the duration of the workout. This Australian-born concept has gone global. So far, there are two in Shanghai, one in Xuhui and the other in Jing'an. The unique factor with F45 is that you will never do the same workout routine twice – even the music is customized. The success of this workout is that it gets results by burning fat and building lean muscle. Along with this, the group training mentality connects you with other participants, allowing you to forge friendships in the process. With a large base of female members, the concept of no powerlifting is appealing to those who want to be lean and fit without the muscle strain. They also run eight-week nutrition-based challenges throughout the year that combine fitness, meal plans and nutritional advice to push you further. Check out their free two-week trial to understand the F45 movement – you won't be disappointed.

> [www.f45training.cn](http://www.f45training.cn)



## RUNNING

### FITFAM

Staying fit has never been easier than with FitFam. This free, community-based training group requires no membership. To join, simply register online, show up and immerse yourself in these high-quality, volunteer-led training sessions that cover a range of fitness activities. What started as six friends working out has turned into thousands of fitness-loving locals coming together to stay in shape and have fun. With the philosophy that fitness should be accessible to everyone, the FitFam mission is to empower the community to achieve results, draw motivation from each other and bond with like-minded people. With 43 weekly workouts in over 20 locations around the city, there is bound to be a FitFam session that suits you. Choose from high-intensity interval cross training, yoga, boxing or running. These 60-minute workouts take place outside or in fitness studios in both Puxi and Pudong. Our recommendation is the 5.30am Empty Streets Run, because what better way is there to experience the city than having it to yourself as the sun rises and before the hustle begins? There is also a track session on Saturday mornings, a ladies running group and their highly-recommended Papas and Pipsqueaks class (for mums, dads and kids up to 5 years old) which takes place every Sunday 10-11am at Cages Sports on Jiangning Lu. To see the schedule, visit the official FitFam website [www.wefitfam.com](http://www.wefitfam.com), or follow their WeChat account, and sign up to attend a training session run led by a group of impressive fitness-savvy volunteers.

> [www.eventbank.cn/org/fitfam](http://www.eventbank.cn/org/fitfam)



## CROSSFIT

### REEBOK CROSSFIT MEWELLNESS

CrossFit has been shaping bodies since it launched in the US in 1995, which means you've probably heard of this fitness method and seen the results. As a strength and conditioning program, CrossFit classes consist of running, rowing, plyometrics and weight training, and they are suitable for all levels and ages. During each class, you will use a variety of equipment including barbells, dumbbells, pull-up bars, jump ropes, resistance bands and medicine balls. But don't worry, this is a scalable workout, meaning there is no baseline level of fitness required to participate. You will receive a tailored weight load and intensity, appropriate to your level of fitness, but enough to push you further. They do have a foundation class and bootcamp, which is recommended for those who have never undertaken a CrossFit workout before. These will safely prepare you for the CrossFit regime, exposing you to the fundamental movements, structure and terminology used during each session. Reebok CrossFit MeWellness is a supportive, non-competitive and incredibly motivating option. It has been operating in Shanghai for five years and is open seven days a week with 42 classes a week. Check out the official Reebok CrossFit MeWellness gym in Jing'an for a trial class and see if this fitness method is the one for you.

> [www.reebokcrossfitmewellness.com](http://www.reebokcrossfitmewellness.com)

Reebok  CrossFit





## HEART-RATE TRAINING

### ORANGETHEORY FITNESS

Originating from the US, Orangetheory Fitness has over 1,000 franchises around the world, including the first Shanghai branch on Maoming Bei Lu. Their classes are 60 minutes of heart-rate based interval training, giving you a personalized workout in a group setting. There is no getting bored with Orangetheory as every class is different, each with a specific target as you work across the treadmills, rowers and weight floor, and you won't know what exercises you're doing until you turn up. Endurance classes have extended durations on the treadmill with high-repetition floor exercises. Strength classes push you with uphill climbs on the treadmill and heavy weights on the floor. In power classes, you'll work on quick sprints and explosive weight floor movements. Every member in the class wears a heart rate monitor, which is displayed throughout the studio. For competitive types, this is all the motivation you need to leave nothing behind during this intense workout. The goal in this class is to spend as much time to push your heart rate to the orange zone, which is 84 percent or higher. If you spend 12 minutes or more in the orange zone, you produce the after-burn effect, which causes your body to continue burning calories long after the class has finished. The aim here is to maximize your metabolic burn while having a fun and engaging workout. With Orangetheory, the coaches will have you undertake the workout at your level, challenging you safely at your own pace.

> [www.shanghai.orangetheoryfitness.com](http://www.shanghai.orangetheoryfitness.com)



## DANCING

### ZY DANCE STUDIO

Zy Dance Studio is a premier dancing studio in central Jing'an near HKRI Taikoo Hui, founded by former soloist dancer and current ballet master at the Shanghai Opera Dance Company, Shi Zhongyi. He has a team of talented multi-lingual instructors who are former or current professional dancers, hailing from countries such as Australia, Germany and China. They have a wide-ranging schedule with both evening and daytime classes available every day of the week. Whether you're a total beginner, intermediate or advanced level dancer with professional training, join this welcoming and friendly community where you are free to express yourself openly through dance.

Zy Dance Studio offers classes across a variety of artistic styles including classical ballet, contemporary dance, modern jazz, and Chinese dance. Pilates and PBT Ballet Ball sessions are also offered for you to complement your dancing by further developing core strength, flexibility and coordination. This well-appointed studio is in a convenient location, allowing you to easily put time aside in your schedule to take up dancing as a new challenge or refine existing skills.

> [www.zydance.com.cn](http://www.zydance.com.cn)



## SPINNING

### SPACECYCLE

SpaceCycle is a music-driven, full-body cardio workout venue dedicated to studio cycling. Cutting-edge technology invigorates the senses, as lighting, video mapping projection and music create the ultimate workout experience. Their classes run for 45 minutes, and you can choose between two levels: Cycle Light or Space Cycle. Designed for newcomers, Cycle Light is ideal for anyone looking to build up stamina and strength. The class includes moderate interval training, along with hand weights for upper body sculpting. SpaceCycle is a high-intensity option with challenging weights movements and additional power requirements for seasoned riders. Both levels provide a thorough workout matched to inspiring music that's bound to motivate anyone to get out of the seat and work it. The SpaceCycle studio also runs barre, yoga and dance classes.

> [www.spacecycle.cn](http://www.spacecycle.cn)



## FOR THE



## EXPAND YOUR HORIZONS AND CHALLENGE YOURSELF

By Mandy Tie

**W**e all know Shanghai as the city of dreams, a place of infinite possibilities. However, the process of finding your place in this concrete jungle can often prove daunting and overwhelming. Luckily, the city has an extensive array of classes and groups run by understanding individuals to help nurture your interests, develop new skills and foster valuable friendships along the way. If you have an unfulfilled pursuit such as cooking Chinese food, exploring the possibility of a business start-up, or learning to code, we are here to assure you there are many ways to craft that skill in Shanghai.



## START YOUR OWN BUSINESS

### BOSS LADY & MENTOR WALKS CHINA

Of all the bustling cities in China, Shanghai is recognized as one of the best places to foster an entrepreneurial spirit, due to its receptive market and generous investment opportunities. To be successful, however, requires support and counsel from the community. Thankfully, local organizations such as Boss Lady and Mentor Walks China are here to help. Once a month, Boss Lady hosts a business-themed breakfast get-together at a boutique cafe, chaired by its founder Rachel Barac. A high-profile business leader usually starts the conversation, and the easy-going atmosphere allows for networking and brainstorming to navigate newcomers through the business world.

Also operating on a monthly basis is Mentor Walks China, through which you can spend a productive morning talking to established, Shanghai-based businesswomen. Powered by Mentor Walks Asia, M on the Bund, the International Professional Women's Society and international chambers of commerce, the program pairs each mentee with someone at the top of their career and takes them on a leisurely stroll through the central Jing'an Park. It's a great way to learn from someone who has years of experience in your field.

> Boss Lady Breakfast. From RMB120. [www.bossladyconnect.com](http://www.bossladyconnect.com); WeChat coming soon.

> Mentor Walks program. RMB50 per person. 7.45-9am. Scan the QR code to RSVP for the next walk.



## PICK UP A LANGUAGE

### HUTONG SCHOOL SHANGHAI

While living in a foreign country, conquering its native language always brings down cultural barriers and makes life easier. With many Mandarin schools available in town, a notable highlight is Hutong School Shanghai. Having opened language and culture schools across the globe, Hutong School's TCSL-trained teachers know how to teach languages effectively. In Shanghai, they offer three types of lessons to accommodate learners at different stages of Mandarin proficiency. This structure includes part-time group lessons at four hours per week, or intensive programs at 20 hours per week. You can also ask a teacher to come to you for one-on-one lessons if attending regular classes is incompatible with your daily schedule. In a nutshell, the classes are progressive and flexible, and you can always try one for free before committing to a program.

> Hutong School Shanghai, 2/F, Building 16, 76 Wuyuan Lu, by Changshu Lu 五原路76弄16号楼2层, 近常熟路. Group lessons from RMB85 per person per hour; Private lessons from RMB160 per person per hour.

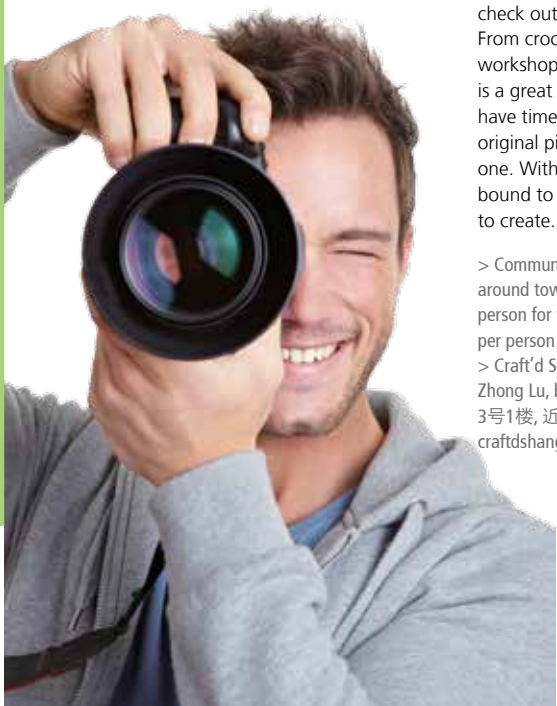




## DISCOVER YOUR INNER ARTIST

### COMMUNITY CENTER SHANGHAI & CRAFT'D SHANGHAI

Our fast-paced modern lifestyle often sees us casting aside creative hobbies for more pragmatic and sustainable vocations, yet personal experience tells me that a creative workshop has the power to bring together a group of strangers like no other. Whether it is photography, painting or handicrafts that you're interested in, Community Center Shanghai and Craft'd Shanghai have got your back. To document passing moments and Shanghai's dramatic cityscape, look no further than Community Center Shanghai's 'Looking Through the Lens with Johan.' Led by photographer Johan Prozesky, this class takes participants through camera setting, composition for travel photography, all the way to advanced editing and adding finishing touches on digital photographs. As for the artists out there, Community Center Shanghai



## COOK CHINESE FOOD COOK IN SHANGHAI

Shanghai's streets are blessed with an abundant array of Chinese cuisine to enjoy. That said, to cook a Chinese banquet at home is even more gratifying. If you prefer to learn hands-on from a well-trained local chef, try attending a customized cooking class with a small group of friends (maximum of six) at Cook in Shanghai. This interactive, three-hour class is conveniently located in Xuhui. Before you arrive, the instructor will have you select three traditional recipes to cook, and subsequently take you to an ingredient-sourcing trip at a local wet market as the first step of the cooking lesson. Once back in the kitchen, chefs at Cook in Shanghai will guide you through the basics of Chinese cooking: from wielding a cast iron wok to mastering the steam. If you're looking to expand your Chinese culinary knowledge and skills, this is the place to do it.

> Cook in Shanghai, Room 502, Building 2, 269 Zhaojiabang Lu, by Jiashan Lu 肇嘉浜路269号1栋502室, 近嘉善路. From RMB320 per person per class.



also hosts a creative workshop with Shanghai-based designer and illustrator Celine Menard. This intimate session walks you through the basics of acrylic painting, sculpting with resin and rubber stamp carving practices, and arms you with creative skills which are not only fun to try with a like-minded group, but also great to take home and share with the kids.

To get craftier with a small group of people, check out Craft'd Shanghai's diverse programs. From crocheting, DIY cosmetics to parent-child workshops, its former French Concession studio is a great place to spend a few hours. You'll have time to pick up a new skill and create an original piece to take home or give to a loved one. With workshops running daily, there's bound to be something which suits your desire to create.

> Community Center Shanghai, multiple venues around town. Photography classes at RMB5,000 per person for ten sessions; Art workshop at RMB1,700 per person for five sessions.

> Craft'd Shanghai. 1/F, No. 3, Lane 1288 Fuxing Zhong Lu, by Xiangyang Nan Lu 复兴中路1288弄3号1楼, 近襄阳南路. Workshops run daily. www.craftdshanghai.com



## LEARN TO CODE LE WAGON SHANGHAI

Coding is an essential part of today's digital age, and this is particularly true in Shanghai, where the majority of us rely on a plethora of apps to manage our daily lives. As inexplicable as it may sound, coding can be easily demystified with a little hands-on training. While the city's numerous Apple Stores host free, introductory coding workshops, you can also find programming schools like Le Wagon Shanghai to develop a firm foundation. Since opening in 2016, Le Wagon's intensive nine-week boot camp has been consistently rated the best by local netizens. It is designed to help beginners develop the necessary skills and confidence to build apps on WeChat and Ruby Rails through progressive stages. Whether you are looking to launch your own business or work as a programmer at a tech company, Le Wagon Shanghai's classes are open to all ages, and anyone is welcome to register their interest.



> www.lewagon.com/shanghai



FOR THE



## VOLUNTEER YOURSELF AND NURTURE FRIENDSHIPS

By Natalie Foxwell and Samantha Kennedy



**W**hen I think of what's good for the soul, two things come to mind: friendships with those who bring out the best in you and make you feel alive, and doing what you can to bring out the best in others. Creating friendships that are meaningful takes time, but thankfully there are many groups in Shanghai ready to welcome you and genuinely nurture your social life. Likewise, whatever your passion is with regards to giving back to the community, Shanghai has an organization eager for you to join. We all have our well-honed skills from a previous life, so why not match these with a charity that will benefit greatly from what you have to offer? Volunteering yourself is meaningful work, and spending time with those at the helm of the charities is nothing short of inspiring; they make you want to be a better person. So, let's take a look at what you can do in Shanghai that fulfills the side in all of us that yearns for meaning – our soul.

## VOLUNTEER YOURSELF



### CHILDREN

#### HEART TO HEART SHANGHAI

Heart to Heart is a volunteer organization that helps provide corrective surgeries for children born with congenital heart defects (CHD) whose families are under financial constraints. Since its foundation in 2003, they have sponsored more than 1,230 children across China. These surgeries not only save the child's life, but also enhance the lives of their families. Heart to Heart is a 100 percent volunteer organization, so they are always looking for more volunteers.

Volunteers can visit the hospital playroom or help the assembly team create schedules and activities for the sponsored children and their families. Another way to support these children is by purchasing a 'Heart Bear.' These bears wear hand-made clothing with a crystal heart that are made by the Heart to Heart volunteers. To date, over 20,200 bears have been sold, and all proceeds go towards children's medical bills. You can find them at bazaars around Shanghai throughout the year or contact the email address below.

> [www.h2hsh.com](http://www.h2hsh.com)  
> [info@h2hsh.net](mailto:info@h2hsh.net)





## COMMUNITY

### LIFELINE SHANGHAI



Everyone experiences challenging times, and sometimes we need to reach out, be heard and understood. Lifeline Shanghai provides a helpline and online chat service for the English-speaking community throughout China, and their volunteers work tirelessly advocating mental health issues throughout the year. The helpline is open daily, all year round from 10am to 10pm, and the helpline assistants offer understanding and non-judgmental support. It's a place for those in need to call and speak openly and confidentially. The callers can provide information and referrals to other professional services to help people receive the extra support they may need.

As a 100 percent volunteer organization, Lifeline Shanghai relies solely on community support to continue their work, and there are many ways to get involved. They recruit helpline assistants twice a year, with thorough training for those who join the team. In addition, they have positions within their organization to undertake fundraising, office administration, event management and editorial support. Reach out to the team today and see where you can lend your valuable skills.

> [www.lifeline-shanghai.com](http://www.lifeline-shanghai.com)  
> [info@lifeline-shanghai.com](mailto:info@lifeline-shanghai.com)



## EDUCATION

### SHANGHAI SUNRISE

Shanghai Sunrise is a non-profit organization which breaks the cycle of poverty by raising educational funds for underprivileged and at-risk youths in Shanghai. Founded in 1996, Shanghai Sunrise has raised over RMB30 million, an equivalent of 11,000 high school and university scholarships for over 2,500 students. Volunteers are at the core of the Shanghai Sunrise operation, and they are always on the lookout for people to generously invest their skills, minds and hearts to support the needs of the young people they strive to assist.

Volunteering opportunities range from event management and generating public awareness to fundraising, sponsor engagement, community outreach, marketing, accounting and IT. Volunteers can offer their time daily, weekly or monthly. During this time they will foster friendships and be given a sense of purpose that comes from working with a team and helping people in need.

> [www.shanghaisunrise.com](http://www.shanghaisunrise.com)  
> [volunteer@shanghaisunrise.com](mailto:volunteer@shanghaisunrise.com)



## COMMUNITY

### SAFE HAVEN SHANGHAI

Safe Haven Shanghai is a new organization constituted by volunteers who provide information, support and services to individuals and families suffering domestic and relationship abuse. This helpline is an avenue to reach out for guidance and assistance with what steps callers can take to break the cycle of violence.

There are four different types of volunteer positions available. Phone intake volunteers are the initial point of contact for callers, and they collect the information needed to connect them with the right resources. Advocate volunteers assist with the implementation of a safety plan to empower survivors and provide them with emotional and personal welfare support. Administrative roles help with tasks such as roster scheduling, donation tracking and data analytics. Fundraising volunteers support the efforts to raise the much-needed funds to maintain the ongoing services available to the victims of domestic violence. This includes grant and sponsorship management and raising awareness in the community. If you possess a professional background in psychology or social work, please consider volunteering yourself to Safe Haven Shanghai, as you can provide valuable support to the clinical team's case management.

All recruits will undertake in-depth training and Safe Haven Shanghai is looking for those who are compassionate, dependable and sincere and can commit to a regular schedule to assist in managing this valuable resource for the Shanghai community.

> [www.tryclearcut.com/event/xbZl0F9f](http://www.tryclearcut.com/event/xbZl0F9f)  
> [safehavenshanghai@outlook.com](mailto:safehavenshanghai@outlook.com)



## EDUCATION

### STEPPING STONES

Stepping Stones is a charity organization that bridges the rural-urban educational divide through English education. This organization strives to help kids receive a better education by sending volunteers to different schools every week to teach English. They reach thousands of students by working in more than 30 migrant workers' schools and community centers in Shanghai and Zhejiang province, and more than a dozen schools in rural China.

This program offers a rewarding way to educate children. With over 5,000 students receiving English tuition each week, you can take on a variety of roles from English teaching, tutoring, video link teaching or a tour volunteer at rural locations. Volunteers are asked to teach three to six hours per week for a minimum of three to four months. There are also other positions available, such as tutoring and working as a substitute teacher. For those who prefer to work from outside the classroom, they can volunteer in a fundraising, digital content management, marketing, translation, editorial, finance or photography role.

> [www.steppingstoneschina.net/our-projects/](http://www.steppingstoneschina.net/our-projects/)





## ANIMALS

### BEST FRIENDS CHINA

Every year, many abandoned animals suffer from lack of adequate care. Founded in 2012, Best Friends China is an animal adoption agency that strives to help as many cats and dogs as possible to receive the care they need to survive and thrive. Best Friends China uses its digital platform and partnerships with rescue groups to publicize animals in need of a loving home. Their goal is to set up rescue and adoption protocols that ensure animals go to responsible families. And, if pet lovers are not ready to adopt, they can always foster a pet until they find a permanent home. This process gives the precious animals a break from the shelter, and besides, they are great company to have at home.

Best Friends China is managed entirely by volunteers who promote the program on Chinese and English websites and host regular adoption days downtown. They are always looking for people who are passionate about animals to join their dedicated team or adopt a pet in need. The team at Best Friends China also runs a WeChat Mini Program which you can follow to learn more about the animals who need a family and how you can sign up to volunteer yourself at one of their events.



> [www.bestfriendschina.org/en/](http://www.bestfriendschina.org/en/)

### SPARE LEASH

Spare Leash makes life easier by providing pet sitters for busy people in China. Whether it's a long day at work or a vacation, Spare Leash sitters will take care of your pet while you're away. These pet-sitters can walk your dog, care for your furry friend in your apartment, or you can drop off your pet at their home. Vet runs are also available. The Spare Leash pet caring services are cage-free, safe and reliable.

You can get involved with Spare Leash by becoming a pet-sitter yourself. They currently have over 800 registered pet-sitters and are always looking for dedicated animal lovers to join their teams in Shanghai, Nanjing, Beijing, Hangzhou and Suzhou.



> [www.spareleash.com](http://www.spareleash.com)

**SPARE LEASH™**

### BLIND DATE LUNCHES WITH VINI J

Want to join a group of fun, food-loving women? Get in touch with Vini J Sajjani and become a part of her Blind Date group. Whether you're new to Shanghai or have been here for years, it's a chance to make new friends and enjoy the culinary delights of Shanghai. Bringing together women from all corners of the globe, Vini has made it her mission to bring people together with food that welcomes everyone. What started in 2016 with a group of four has since turned into monthly 'Blind Date' lunch parties consisted of more than 100 ladies. It's a sure way to immerse yourself in the city and enjoy the company of new friends in a casual, relaxed style. She also arranges special dinners throughout the year, like her recent Bollywood-inspired night which inspired the



ladies to dress up to support the theme. Reach out to Vini J and take up the open invitation to her next lunch. Her personality is infectious, and the events are well worth attending.



## CREATE FRIENDSHIPS



### SHANGHAI MAMAS

Founded in 2006 by an American mom, Shanghai Mamas is widely recognized as the largest online community for international families in Shanghai. With over 5,000 members, they provide a stable support system to help you settle in and make lifelong friends, a safe place to ask for advice and find practical and emotional support. Among their many activities are their weekday coffee mornings, which are held in different areas of the city. They have an open invitation drop-in, so whenever you're free, you can always count on a member of Shanghai Mamas to welcome you. They also have their 'Shanghai Talk' series covering topics from finance to raising third culture kids, a book club for the readers out there, a mom's night out and an online forum to ensure working parents can access their services and information too.

In addition to joining in their community activities, Shanghai Mamas are always on the lookout for volunteers across many areas of the group. Help them plan an event, be part of their editorial team or host a playdate or get-together, there is something for everyone, and it makes their community stronger. Their website is very comprehensive, with guides to living in Shanghai, blogs that provide an anecdotal touch, or a more in-depth view on a topic and extremely useful classifieds. This impressive group of volunteers genuinely make a difference to international families living in Shanghai, so reach out to them to join the group and gain all you can from life in this fantastic city.



> [www.shanghaimamas.org](http://www.shanghaimamas.org)

> For a comprehensive list of Shanghai-based volunteering opportunities, scan the QR code.



# ADRIANA SPORTS

## Be a Part of the 2nd 'Be Yourself' Women's Basketball Tournament



Founded in 2017, Adriana Sports is an organization dedicated to empowering women through sports education and encouraging them to develop a healthy and active lifestyle in a supportive environment surrounded by likeminded mentors and peers.

This summer, they're gearing up for the second season of the 'Be Yourself' Women's Amateur Basketball Tournament, which is scheduled to take place in Shanghai on the weekend of Aug 25-26.

Hailing from Shanghai, Beijing, Hong Kong, Macau, Suzhou, Hangzhou, Zhengzhou, Tianjin, Xiamen, Shaoxing, Nanning, Taizhou and Jiaying, 14 teams with players of different nationalities will be gathering in our city to celebrate their shared passion for basketball

and participate in some heated competition.

Players and teams are split into four different groups according to their experience with the sport, and they will compete in round-robin matches, eliminations, finals, three-point shootouts and skills challenges. It's bound to be an exciting weekend for anyone who loves basketball!

Adriana Sports is now looking for sponsors for this tournament. If you're an advocate for improving the quality of life for women through sports participation, development and education, this is your chance to show your support.

To sponsor the games, contact Virginia Zheng (138 1720 3586 or [virginia.zheng@adrianasports.com](mailto:virginia.zheng@adrianasports.com)).

See the 'Be Yourself' tournament in Shanghai on Aug 25-26. ([adrianasports.com](http://adrianasports.com), WeChat ID: [adrianawomenspts](https://www.wechat.com/p/ADRIANAWOMENSPTS))



# SHANG "HIGH"

# TEA

By Mandy Tie

**F**or me, "I'll put the kettle on," is said with most of life's experiences. A cup of tea is made, and stories of joy, sorrow and everything in between are told. It's one of life's rituals, and over the years I have developed a real love for tea and more importantly, the long-standing tradition that goes with it. The allure of afternoon tea, like its presentation is multi-layered: you can relax over a brewing pot of tea, immerse in great conversation and graze your way through platters of meticulously prepared petit fours.

The English tradition of afternoon tea has immense popularity in Shanghai and can be experienced in hotels and cafes throughout the city. With that in mind, here is our list of where to enjoy the best afternoon teas around town. So, take some time out to treat yourself, connect with friends and enjoy!



## *D.O.C. Gastronomia Italiana*

You can count on D.O.C. to deliver a friendly, neighborhood-style afternoon tea. Their three-tier set consists of the best Italian and British influences: zesty rum baba, creamy tiramisu, and fruity scones, plus brioche bruschetta and smoked salmon ciabatta. Pair these treats with your choice of coffee, tea, mimosa or Prosecco. What's more, the kid's zone has a plethora of toys and gadgets to keep the smaller ones entertained.

> RMB188 per person. 5 Dongping Lu, by Hengshan Lu 东平路5号, 近衡山路 (6473 9394). Daily 2.30-5.30pm.



## *Green & Safe*

A custodian of bio-friendly dining, Green & Safe offers healthy and delicious afternoon tea bites. Our favorites include scones served with crème fraiche and berry compote, sandwiches with prosciutto and avocado, and old-fashioned carrot cake. To make the most of the experience, book a window seat with friends during a sunny afternoon and sip on a freshly brewed pot of Pu'er tea.

> RMB158 per set. Serves two. Various venues around town. Weekdays 2.30-5.30pm.



## *Tea Room at Hyatt on the Bund*

When in Shanghai, afternoon tea with a Chinese spin is a fun way to cross the cultural divide. Tea Room has prepared a dazzling selection of dim sum bites, including lotus puff with lotus seed paste, red date rice cake with nuts as well as the popular fried shrimp dumplings. On weekends, a live noodle station serves unlimited Shanghainese home-style noodles for all to enjoy. Pair your culinary exploration with free-flow loose-leaf Chinese tea or a coffee.

> RMB228 per set. Serves two. Hyatt on the Bund, 199 Huangpu Lu, by Wuchang Lu 外滩茂悦大酒店, 黄浦路199号, 近武昌路 (6393 1234). Daily 2-6pm; noodles station available Sat & Sun, 2.30-6pm. All prices subject to 15 percent surcharge.





## *Jean-Georges at Three on the Bund*

If you're looking for a luxurious afternoon tea experience, then book Jean-Georges at Three on the Bund. Boasting panoramic views of The Bund and Lujiazui skyline, this chic, French restaurant has an indulgent afternoon tea to match its premium location. The multi-tiered set features the restaurant's signature egg caviar, foie gras terrine with dried sour cherries and candied pistachio, along with a selection of sweets inspired by jewelry designer ARTE.

> RMB588 per set. Serves two. 4/F, 3 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路3号4楼, 近广东路 (6321 7733). Daily 2-5pm.

## *The Lobby Lounge at JW Marriott Tomorrow Square*

Overlooking People's Square from the hotel's 38th floor lobby, JW Marriott's afternoon tea allows you to take a moment away from the hustle and bustle outside. Enjoy brioche buns served with foie gras and cherry compote, mango passion fruit éclair, classic mille-feuille and a selection of pastries. Pair these with tea, coffee or Taittinger Champagne by the glass (RMB88).

> RMB358 per set. Serves two. 399 Nanjing Xi Lu, by Huangpi Bei Lu 上海明天广场万豪酒店, 南京西路399号, 近黄陂北路 (53594969 ext. 6430). Daily 2.30-5.30pm. All prices subject to 15 percent service charge.



## *Le Comptoir de Pierre Gagnaire at Capella, Jian Ye Li*

Le Comptoir de Pierre Gagnaire is, without a doubt, the go-to French restaurant in Shanghai. Their afternoon tea is served in classic French style, featuring a selection of tartlets, choux pastries and scones. Not only does the selection meet Michelin standards, the environment here is quaint and nostalgic. Nestle into one of Capella's plant-filled balconies, savor their delicious bites and watch the traffic pass by.

> RMB600 per set. Serves two. 480 Jianguo Xi Lu, by Yueyang Lu 建国西路480号, 近岳阳路 (5466 6688). Mon-Sat, 2.30-4.30pm. All prices subject to 10 percent surcharge.



## The PuLi

With a wide selection of treats and zen atmosphere, it's hard to beat The PuLi for a restorative afternoon tea experience. Outdoor sofas perched on the edge of tranquil water feature and bamboo flanked walls are here to soothe the soul. The menu doesn't shy away from excellence either. Enjoy mouth-watering treats such as chicken and aioli pretzel, truffle quiche, opera cake and fennel seed financier with premium oolong tea or herbal infusion.

> RMB300 per set. 1 Changde Lu, by Yan'an Lu 常德路1号, 近延安路 (3203 9999). Daily 2.30-5.30pm. All prices subject to 10 percent surcharge and applicable VAT.



## TWG Tea Salon

When you're in need of resting your feet after wandering inside one of Shanghai's luxury shopping malls, consider stopping by the TWG Tea Salon for a sip of freshly brewed goodness and some delectable desserts. With a history that traces back to 1837 Singapore when the city was a tea trading port, TWG has since established itself as one of the world's premier tea purveyors. Think iced tea to take off the excessive summer heat, plus a range of tea-infused desserts including shortbread, cheesecakes and macarons to snack on.

> RMB150 per person. Various venues around town. Daily 10am-10pm.

## Ruiku at Wanda Reign on the Bund

If grandeur is what you're after, head up to Ruiku at Wanda Reign on the Bund. Apart from the expansive view of the Bund and Lujiazui skyline, the restaurant serves a menu of tea-inspired treats. Think Earl Grey tea and pistachio *gateau*, hazelnut oolong tea and mango mousse. So take your time, sit back and relish the sweeping landscape of this magical city.

> RMB218 per set. 538 Zhongshan Dong Er Lu, by Fuyou Lu 山东二路538号, 近福佑路 (6313 9989). Daily 2-5.30pm.





# 5 Ingredients

## Chef Bina Yu's Grapefruit Crème Brûlée

By Natalie Foxwell

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

This month, Bina Yu, Head Chef at French-Asian communal dining restaurant Together, shares her indulgent grapefruit crème brûlée recipe, a classic dessert with a twist. Having spent 10 years training under the illustrious Jean-Georges Vongerichten, Chef Bina has a passion for French cuisine, which she uses to deliver an exceptionally flavorsome menu at her stylish restaurant in Jing'an.

### Ingredients:

- 1 grapefruit (½ cup juice, ½ zest, ½ segments)
- 2 cups whipping cream
- ½ cup brown sugar (plus 1 tablespoon for the caramelized brûlée)
- ¼ cup cornstarch
- 1 egg yolk
- Additional seasoning: A pinch of salt

### Steps:

**1.** Cut the grapefruit in half. Juice one half and zest the rind. With the other half, cut and detach each segment and slice them into smaller pieces. Put aside the juice, zest and segments to use later.

**2.** In a heavy-bottomed saucepan, stir 1 cup of cream, ¼ cup brown sugar and the grapefruit juice. Bring to the boil over medium heat.

**3.** In a medium-sized bowl, whisk the egg yolk with the cornstarch and remaining ¼ cup of sugar until smooth. Then, slowly drizzle the cream from Step 2 and mix, making sure you don't cook the eggs. Return the mixture to the saucepan and place on the hotplate, stir continually and slowly bring to the boil. Make sure you don't curdle the eggs or scorch the bottom.

**4.** Once the mixture thickens, remove it from the heat and stir in the grapefruit zest and salt. Then, cool it down by placing the saucepan in a bowl of ice. Make sure the cream doesn't become too hard.

**5.** In a medium-sized bowl, whisk 1 cup of cream until whipped, then slowly fold it into the mixture from Step 4. Once mixed, gently stir in the grapefruit segments.

**For serving:** Scoop the mixture into a round ceramic bowl, use a knife to flatten the top. Place uncovered in the refrigerator for 30 minutes. Then, sprinkle brown sugar on the surface and if you have a blowtorch, caramelize the top surface by evenly melting the sugar.



### Advice:

If you want to make this recipe healthier, you can replace sugar with honey which will result in a lighter consistency.

For more 5 Ingredients recipes, scan the QR code.







# Power Me Healthy

## To Sugar or Not to Sugar?

By Sharon Raccah Perez

**S**ugar! It's a universally-loved ingredient. I once read about an experiment with children and their immediate behavioral changes after receiving sugar. The result showed that when one person walked into a room and gave a baby a product high in sugar, this was the only person the child would look at – even if 10 other people, including the child's mother, came in. For me, this experiment was an eye-opening indication of the natural draw towards sugar, even at a young age.

We all know that sugar is bad for us. Kind of, but not really! I mean, at the end of the day we still ask ourselves, "What's wrong with having a little sugar?" In 2015, the World Health Organization (WHO) released guidelines around the recommended daily intake of 'added sugar.' This refers to hidden sugars and syrups that are included in food and beverages when they are prepared; not natural sugars contained in products such as milk and fruits. In their report, WHO advised that adults and children should limit their intake of added sugar to less than 10 percent of their daily calories and reduce this to 5 percent for even better overall health. This amount equates to an average of 6 teaspoons of sugar a day, where 1 teaspoon = 4 grams.

Sugar is bad for our bodies in many ways, and by reducing our sugar consumption, we can enjoy ongoing benefits such as reduced weight and decreased risk of tooth decay, along with a lower propensity towards obesity, cardiovascular disease and liver problems. In addition, I think we can all agree that eating sugar develops strong cravings that urge you to want more.

Today, most people consume an average of 20 teaspoons of sugar a day. It may seem far from your 'perceived' daily intake, but it's so easy to get the sugar piling up, as you can see from these figures\*.

**200 GRAMS FRUIT YOGURT**  
= 6 TEASPOONS SUGAR

**1 TABLESPOON OF TOMATO KETCHUP**  
= 1 TEASPOON SUGAR

**1 TIN BAKED BEANS**  
= 5 TEASPOONS SUGAR

**1 CAN FLAVORED, CARBONATED DRINK**  
= 10 TEASPOONS SUGAR

**1 STRIP LICORICE**  
= 1 TEASPOON SUGAR

So, what can we do to ensure we manage the amount of sugar we consume? Many foods contain hidden sugars, and it's ideal to remove as much of these as possible from your regular diet. If you have read my 'Power Me Healthy' columns before, you'll know that I am not a 'cold turkey' kind of girl; I believe everything in moderation. I know we all like to indulge once in a while so here is my suggestion for an alternative sweet dish, for your sweet tooth.

### Sharon's Nice Cream Recipe

Remove traditional high sugar ice cream from your diet with this alternative, which works especially well with bananas, frozen mangos or pineapple. This recipe is fulfilling, and unlike other heavy sugar-filled desserts, it doesn't make you crave more the minute you have finished.

#### Ingredients:

- 2-3 overripe bananas
- A pinch of salt
- 2-4 tablespoons of milk

#### Method:

- Cut the bananas into large pieces.
- Place in an airtight bag or container and freeze.
- Once frozen, put into a blender or food processor, add a pinch of salt and your preferred milk for smoother blending.
- Blend until you achieve a soft-serve texture.
- You can serve immediately, or transfer to a container and freeze for an additional 30 minutes before eating.

\*According to the American Heart Association

Sharon Raccah Perez is the founder of 'PowerMeHealthy.' She is an accredited Health Coach and healthy home food chef. In each edition, Sharon will share her thoughts on a topic to help others see the importance of healthy living and eating. To follow Sharon, visit her website: [www.powermehealthy.com](http://www.powermehealthy.com) or scan her QR code.



**ON THE PAGE**

**THE ONE  
AND  
ONLY IVAN**



**A Story of Friendship, Art and Hope**

By Kendra Perkins

It's that time of year again. The summer always passes by too quickly, and before you know it, school is back in session. Back-to-school jitters can be a challenge to manage, and the transition from days off in the sunshine with family to days inside with new classmates and unfamiliar faces can be hard. Stories can be very therapeutic. They can help your youngster deal with stressful situations like making new friends and reconnecting with those they haven't seen over the holiday.

*The One and Only Ivan* is a story of friendship. This 2013 Newbery Medal-winning book is written by Katherine Applegate, who you may remember as the co-author of the highly popular *Animorphs* series from the mid-90s.

Ivan, our main character, was inspired by an actual living gorilla. He was captured as a baby in the Democratic Republic of the Congo and brought to Washington state to live in a

shopping mall. For over 25 years, tourists were drawn to the mall to see him. This experience had its ups and downs for Ivan, and luckily, he lived the rest of his life in a beautiful habitat at the world-famous Zoo Atlanta.

In the book, we learn about Ivan's life in captivity at a once thriving, but now rundown mall. He meets new friends as the mall owner tries to revive people's interest by acquiring new wild animals. A baby elephant, Ruby, is added to the cage next door. They become friends, but not without some challenges as both have stories of their past lives that continue to affect them. Ivan, who was an artistic gorilla in real life, deals with some of his and Ruby's problems through his expressive crayon drawings.

This book is beautifully put together with illustrations by Patricia Castelao. These images help the reader see exactly what these animals are experiencing. Some days are filled with laughter and smiles while other days show the reader how to get through a tough time with the help of friends.

**8-12**

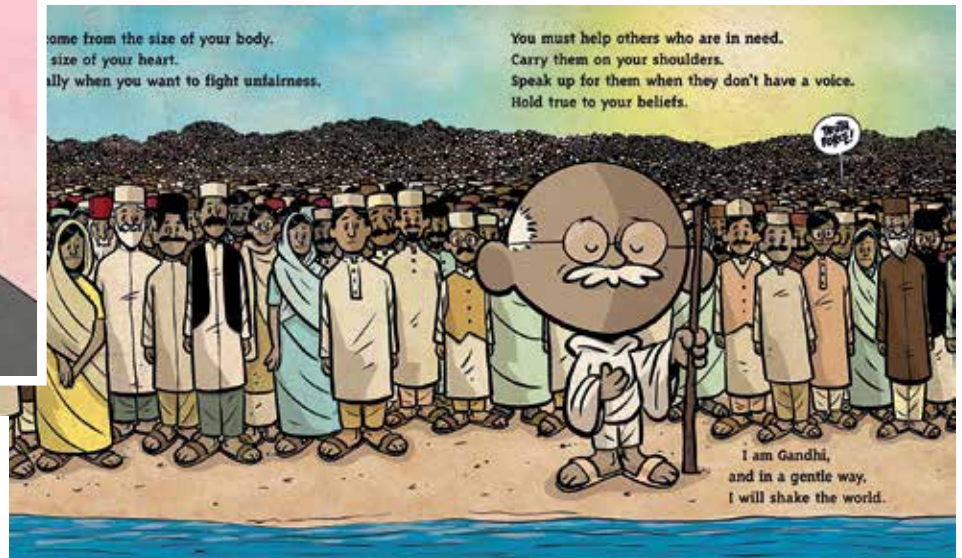
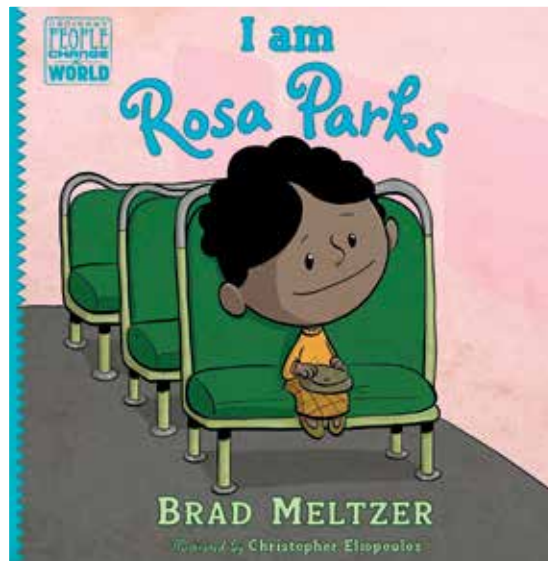
Suitable for children ages

Available from [taobao.com](http://taobao.com) and [Amazon.cn](http://Amazon.cn)

**Kendra Perkins** is Head Librarian at an international school. She was coordinator for the Shanghai Librarians Network and Ambassador of China for the International Librarians Network. Find her at [www.TheInspiredLibrarian.com](http://www.TheInspiredLibrarian.com)



For more *Book Reviews*, scan the QR code.



# ORDINARY PEOPLE CHANGE THE WORLD

## Everyone Can Be a Hero

By Natalie Foxwell

A few years ago, I came across a series of books that I believe set my daughter on a course of intrigue into real-life everyday heroes. Written by *The New York Times*' bestselling author Brad Meltzer, the series *Ordinary People Change the World* delivers 18 biographies on individuals who had a genuine impact on the world and tells their stories in an engaging way for young children.

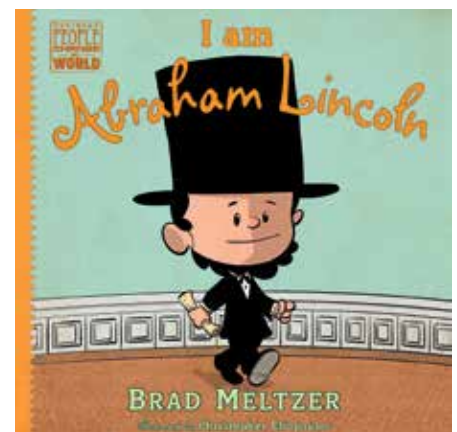
These are endearing and encouraging stories, written in a language that's appealing to young readers. Each book begins with the words "I am," and follows on with names such as Helen Keller, Harriet Tubman, Neil Armstrong and George Washington. Meltzer follows this introduction with a description of their life when they were young: the hardships, the uncertainty and the bravery they found from within that pushed them to greatness. The information provided is easy to understand and fun to read. This will no doubt pique a child's interest in their

achievements and motivate them to undertake more in-depth research in the future.

Comic-style illustrations by the talented Christopher Eliopoulos accompany each story and provide further insight and understanding into their narrative. When children see Rosa Parks told to "get off" the bus, it sparks a conversation and provides an opportunity for parents to discuss their child's thoughts on specific topics such as equality, innovation and what it means to be an activist.

On his website, Meltzer explains how he was inspired by his daughter and sons to create the series. He didn't want them to read fictitious tales when there are so many real-life heroes to learn about and draw inspirations from. This explains the eclectic array of personalities selected for the series. Children can choose from figures such as Jim Henson, Jackie Robinson, Jane Goodall or Lucille Ball, to explore how their lives impacted the world in ways still felt today.

As children finish each book, they are left with a final quote – a motivating takeaway that sums up his/her life. Meltzer himself believes that everyone has the power and potential to change the world, and with these engaging books he hopes that children are reminded to look around, as there are real-life heroes every day, everywhere.



I am Abraham Lincoln.

I will never stop fighting for what's right.

And I hope you'll remember that when you speak your mind –

and speak for others – there's no more powerful way to be heard.

5-8

Suitable for children ages

Available via Amazon.com, Taobao.com and Amazon.cn

[www.ordinarypeoplechangetheworld.com](http://www.ordinarypeoplechangetheworld.com)

# 15 Must-See Back to School Movies

Something For Every Child Heading Back to the Classroom

By Celia Rayfiel



## ***Dazed and Confused* (1993 R)**

A coming-of-age movie which follows various cliques of Texas teens on their last day of school in 1976. Not appropriate for young viewers, but a witty and endearing look at a small town high school experience.



## ***Dead Poets Society* (1989 PG-13)**

Robin Williams plays an English teacher whose unusual way of teaching poetry inspires and motivates his students to 'seize the day.' With powerful scenes depicting unconventional education, this moving film shows the importance of the teacher-student relationship, and how it can positively shape mindsets for future success.



## ***Hairspray* (2007 G)**

While both versions hold up well, the 2007 production of this musical will have you belting out the classics with Queen Latifah and Zac Efron. A combination of powerhouse vocals and sharp writing make this film about American segregation a must-see.



## ***Scent of a Woman* (1992 R)**

A film about a grouchy, blind retired army officer and the student who is hired to be his assistant. A coming-of-age tale with smart writing in which the characters struggle with who they are and who they want to be.



## ***The Blindside* (2009 G)**

Based on a true story, this is an uplifting tale about a homeless teen who is adopted by an affluent family and eventually becomes an NFL player. A compelling and engaging film that's bound to move anyone to think more deeply about the life of those around them. Be warned though, Sandra Bullock's outstanding performance is guaranteed to make you reach for the tissues.





### **The Breakfast Club (1985 R)**

Five teens from different walks of life come together for an explosively funny and angst-filled school detention. While not suitable for young children, this film's exploration of adolescent identities and the way they intersect is truly timeless.



### **Clueless (1995 PG-13)**

A 90s version of Jane Austen's *Emma*, this light-hearted take on high school has gathered a cult-like following for its satirical humor, fabulous costume design and over-the-top portrayal of the high school experience.



### **Election (1999 R)**

This is a high school election satire that makes fun of the classic clique structure of students. Characters try to outdo one another, resulting in hilarious and insane plot twists. With dark humor and smart writing, this film showcases an absurd and entertaining high school experience.



### **Grease (1978 PG-13)**

The 'greaser' guy and the 'good' girl do a lot more singing and finger snapping than studying in this classic musical, although high school and its pressures do remain a backdrop throughout the film. With catchy songs and exuberant dance routines, it's impossible not to sing along with *Grease*.



### **Mean Girls (2004 PG-13)**

The classic teen movie formula is revitalized in this modern take on high school popularity run amok. With cutting dialogue, the absurdity of this coming-of-age experience guarantees lots of laughs and plenty of catchphrases that will stick with the viewer long after the movie finishes.



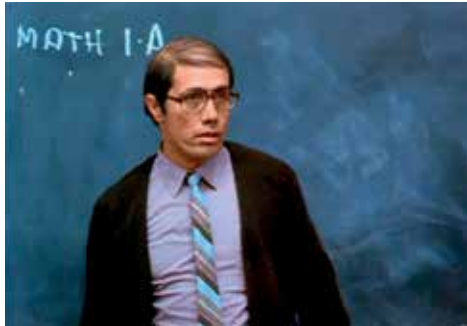
### **Mona Lisa Smile (2003 PG-13)**

A touching film that beautifully portrays a teacher's (Julia Roberts) effect on her college students and the complexities of the student-teacher relationship. It explores the difficult decisions that well-educated women make and how they navigate a sexist world.



### **School of Rock (2003 PG-13)**

Quick and witty dialogue sets Jack Black and his fourth-graders apart in this coming-of-age comedy. This charming film is the perfect movie to get back in the school spirit and feel good about all that can be achieved.



### **Stand and Deliver (1988 PG)**

Based on a true story, *Stand and Deliver* tells the moving tale of a high school math teacher who led a group of underprivileged students to ace their AP Calculus test. The movie confronts racial and economic biases as the students fight to overcome the prejudice of the people around them including the testing committee.



### **The Perks of Being a Wallflower (2012 PG-13)**

A coming-of-age story that dives deep into the sometimes troubling and ugly world of adolescence. The film confronts mental health, sexuality and the complexities of growing up, resulting in an unusually honest and raw portrayal of the high school experience.



### **To Sir, With Love (1967 NR)**

Attempting to gain respect in an unruly classroom, Mark Thackeray struggles with racial and economic tensions among his students. Ultimately, this film is a compelling story of unity, with raw performances that keep the film fresh and modern.



For Movie Reviews, please scan the QR code.

# URBAN GROOVES

## Tunes for School

By Natalie Foxwell and Darcy Foxwell



In need of some new tunes to get you through the day? Our regular feature, Urban Grooves, is here to help. This month, 'Tunes for School' delivers 12 songs to get the kids out of bed, dressed and ready to take on the day.

Scan the QR code to enjoy our playlist that's bound to get everyone moving in the morning.



- 🎧 'Come Alive' – The Greatest Showman
- 🎧 'Take on Me' – a-ha
- 🎧 'Boom Clap' – Lennon & Maisy
- 🎧 'Havana' – Camila Cabello (feat. Young Thug)
- 🎧 'Timber' – Pitbull (feat. Ke\$ha)
- 🎧 'California' – Grimes
- 🎧 'Stand by You' – Rachel Platten
- 🎧 'I'm Still Standing' – Taron Egerton
- 🎧 'Party In The USA' – Miley Cyrus
- 🎧 'The Greatest' – Sia
- 🎧 'Titanium' – David Guetta (feat. Sia)
- 🎧 'The Greatest Show' – The Greatest Showman



# Rent 20th Anniversary

## Celebrating the Relentless Pursuit of Creativity and Love

By Mandy Tie

Two decades since its New York premiere, the rock musical *Rent* has gone on to claim a plethora of accolades; from a Pulitzer Prize for Drama to a Tony Award for Best Musical and Original Score. Some may say it's gone out of fashion, that its backdrop against the looming HIV/AIDS pandemic and bohemian characterization are strictly rooted in 90s New York. Upon the arrival of its 20th anniversary, however, we would like to reintroduce this theatrical treasure and its everlasting appeal to the Shanghai audience.

For anyone familiar with Puccini's operatic work *La Bohème*, *Rent* is a daring adaptation celebrating the relentless pursuit of creativity and love, which everyone can relate to. At its core lies the story of youth, poverty, romance, and coping with premature death in New York's East Village towards the end of the 20th century. The story follows a year in the life of a group of friends whose paths inextricably converge under a shared passion for art,

despite financial difficulties and the transmission of HIV/AIDS. The late composer Jonathan Larson had lived through these conditions before *Rent* launched in 1996: feeding on porridge, shivering in an unheated apartment, while helplessly losing one friend after another to the disease.

Underscoring the tragedies and hardships depicted in *Rent* is Larson's heartfelt message that at the end of the day, art and love will triumph. The widely popularized 'Seasons of Love' articulates the value of 365 days of life, manifested in lyrics such as "Let's celebrate / Remember a year in the life of friends." Additionally, the musical genres in *Rent* mash together tango, rock and a soul-tingling dose of pop, rendering the show a powerful homage to those who have passed.

Twenty years on, *Rent* has made its way to Shanghai, one of the most expensive cities in the world to rent an apartment. What are the chances it resonates with burgeoning artists and creatives here, and what's the role of love in a sprawling metropolis like ours? What we know for sure is that *Rent* will leave you pondering on those questions and, if anything, humming its catchy tunes well after the curtain falls.

> RMB180-680. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 上海文化广场, 复兴中路597号, 近陕西南路.

To book tickets, scan the QR code.



# STOMP

## Explosive Rhythm and Toe-Tapping Fun

By Celia Rayfiel

Trash cans, brooms and Zippo lighters create the explosive music of *Stomp*, an off-Broadway show coming to Shanghai this October. It uses everyday objects to create a musical masterpiece with no dialogue or storyline, instead utilizing dance and percussion to captivate the audience.

Debuting in 1991 in London, *Stomp* has toured the world, taking up residence in cities such as Sydney, New York City, Las Vegas and London. Its creators, Luke Cresswell and Steve McNicholas, have been perfecting *Stomp* since they met in Edinburgh nearly three decades ago. The show is an authentic combination of the two creators' backgrounds: Cresswell with his training as a rock-band drummer in Brighton and McNicholas' experience in theater.

The show's goal is simple: to create a performance which captivates viewers enough for it to become theater. As McNicholas says, he wants to "make every percussion moment a performance moment." The music often has a sense of humor to it, as the performers joke and annoy one another without any dialogue. This playful attitude keeps the show fresh and intriguing, as sounds from everyday life are used to form relationships among the cast members. When watching this from the audience, it's impossible not to tap your foot along with the performances.

Making appearances on *Sesame Street* and the 2012 London Olympic Games closing ceremony, *Stomp* has retained its success and continues to garner international fame. By bringing street performance to the stage, this heart-pounding experience is perfect for families and will make you see ordinary objects in a whole new light.



> From RMB180. ET Space, 433 Yan'an Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路

To book tickets, scan the QR code.

# As a New School Year Begins

Shanghai Schools Tell us About Settling into the Year Ahead

By Natalie Foxwell



**A**s the summer holiday comes to an end, we begin to plan for the coming school year, getting our children's uniforms and bags ready and preparing them for a new academic schedule.

With this in mind, we asked Shanghai teachers to give their thoughts on how they embrace a new school year: from how to help children transition from lazy summer days to structured school schedules to the moment they know it's going to be a great year with their students.

So, as a new school year begins, let's see what the teachers of Shanghai have to say about embracing the year ahead.



# ENSURING A POSITIVE EXPERIENCE FOR NEW STUDENTS

Britannica International School  
Shanghai

By Isla Gillespie



As the Head of Early Years at Britannica International School Shanghai, the most important aspect for my department at the beginning of a new academic year is to ensure all children have a positive first experience as they start their educational journey.

My philosophy as a teacher is that children should always feel safe, secure and confident. It is only then that I believe learning will happen. This concept is especially true in the Early Years, where children are building the foundations to become lifelong learners. So, at the beginning of every academic year, this is at the heart and

soul of my class and my department – to ensure children come running into school with enthusiasm and excitement to learn.

But how do we achieve this within the class? In the first few weeks of a new school year, our priority as teachers is getting to know each child and their families. In doing so, we start to understand the student's likes and dislikes, how they communicate and their interests; in a sense, who they are and what makes them 'tick.'

This is where the building of positive relationships and learning behaviors begins. Forming these is the most integral part of ensuring a child will learn throughout the year, and once this is established, it is onwards and upwards. I believe from the moment a new student smiles, giggles or laughs, then we know it is going to be a fantastic year.



Isla Gillespie is Head of Early Years at Britannica International School Shanghai

# STRATEGIES FOR A SUCCESSFUL TRANSITION INTO THE NEW YEAR

Dulwich College Shanghai Pudong

By Victoria Foster

**C**hange may be good, but it's not always easy. As the new school year starts, switching from the laid-back holiday routine to the weekly school schedule can be tough for many families. However, with a little preparation and the right attitude, it can be a smooth transition for both parents and children.

The start of the school year is all about new possibilities. Children are generally excited to have new clothes and supplies, and they are looking forward to having different experiences. However, this can cause some children to become a little anxious. Different ages have different worries about starting school again. Young children sometimes worry about being separated from their parents and tend to focus on practical issues such as finding their classroom or what to do if they feel unwell. Older children, however, focus more on the social aspects of school such as making friends or worrying about the academic demands for the year ahead.

There are several actions that schools and parents can undertake to help children through the Back-to-School period.

## **Attend any induction programs organized by the school**

This helps children familiarize themselves with the school environment. Parents should take time to walk around the school and make sure their child knows where the key places are.

## **Provide an opportunity for parents and students to meet new teachers before the start of the school year**

A common question that children ask is, "Will my new teacher like me?" Making sure a child meets new teachers before the first day can help them begin to build positive relationships and reduces first-day nerves.



## **Be prepared**

Laying out clothes and organizing materials the night before school starts helps avoid first-day mayhem.

## **Connect with school friends**

Giving children time to meet up with other children at their school a few days beforehand helps to re-establish routines and gives children time to share their excitement as well as any worries with peers.

## **Look at the year ahead**

Take time to review the school calendar with your child and get them excited about key events that will happen during the year. Discuss with them what they want to achieve and set new goals.

## **Back-to-school traditions**

Establishing a yearly special occasion or treat just before school begins can add to the excitement of the new school year.



Once the daily school routines have been established and the initial worries and concerns have gone, motivating students to go to school is all about engaging them in learning and school life. There are some simple ways that parents can do this.

### Show an interest

Ask your child what they have learned today. However, try not to quiz them as soon as they get home. Some children need time to relax before opening up about how their day went.

### Be an active listener

Be patient and listen to your child's stories about what happened at school. Don't rush them, and be positive if they are describing something that has upset them.

### Know the names of their friends

Try to keep track of their friendship group no matter how often it changes! Be careful when sharing your personal opinions about their friends, as this could lead to conflict with your child if you disapprove of their current 'best friend.'

### Get involved

Getting involved in school life yourself is an excellent way to motivate your child to engage in learning. They will see you care about their school and want to put time and energy into school-related events.

### Encourage your child to get involved in extra-curricular activities

Learning doesn't only happen in the classroom. Many schools offer other meaningful experiences outside the regular school curriculum. Encourage your child to join a school sports team, performing arts group or club. Allowing them to pursue their interests is an excellent way to keep them motivated.



Sometimes a child may say, "I don't want to go to school," and there are many reasons why this might happen. Many parents automatically worry that this is due to a serious reason such as bullying; however, there is often a simple cause that can easily be solved by reflecting on their daily routine or by having a quick chat to their teacher. Here are four tips to use if your child doesn't want to go to school.

### Review their schedule

Remember that going to school is tiring for a child. They have to concentrate all day, follow the rules, cope with sharing and working with others. These actions take a lot of energy and self-control. Review their sleep patterns, diet and amount of 'downtime' and see if some adjustment might help.

### Talk to your child

It's important to probe gently about why, and not accept 'everything' as an answer. Try to avoid lecturing and keep an open mind.

### Set up a meeting

Engage your child's teacher. If your child shares information about things that are upsetting them at school, you will need to work with the school to resolve the problem. Try and stay calm and look for practical ways to address the issue.

### Enlist help

Reach out to other parents. If your child becomes upset at school drop off, look for an alternative way to get them to school. Young children can have a difficult time separating from their parents at the start of the school day but are perfectly happy afterward.



**Victoria Foster** has been an educator for 20 years. For the past 17 years, she has worked in international schools all over the world. She has been a Head Teacher in several schools in Asia and South America and has had the opportunity to work with teachers and families from many different countries. She is currently the Head of Junior School at Dulwich College Shanghai Pudong.

# EMBODYING THE MEANING OF SCHOOL SPIRIT

YK Pao School

By Taryn Smith

**T**he word 'spirit' means different things to different people. For some, it means spirituality and the essence of who we are. For others, it means embodying an attitude to life, an ethos. For me, it means both of these things along with the concept of morale and camaraderie. As I began teaching at YK Pao School and the new academic year was about to start, the question became, "How can I get involved and encourage students to show school spirit?" And, the answer was simple, "Spirit Week."

In previous schools, I had experience in organizing activities that were specifically designed to bring students together. The aim of this was to instill a sense of pride, not only in themselves but also in their school and to engage them in feeling more connected at the start of term. But what could I do? I was new to YK Pao School and new to China, and I had no contacts or resources at my disposal. I also didn't know if my idea for Spirit Week would be accepted here. I had many concerns, and the school year had only just started.

In the lead-up, I organized a variety of activities for students to participate in, such as a bake sale where we donated proceeds to Tang Hui Nursing Home, an organization deep in Dabie Mountains chosen by students that helps the elderly. There was also face painting, a t-shirt design competition, dress-up days and lots of school color everywhere.



I needn't have worried that the students would not understand Spirit Week. In fact, the exact opposite happened. The students wanted to be as involved as possible in all aspects of the week. School pride was at an all-time high, and Spirit Week is now an annual event.

But it wasn't enough. Spirit Week had brought the community closer, and there

were more requests for additional opportunities for students to come together. So, I organized Pao-Palooza. This event was a combination of all the pride of Spirit Week, packed into one day. It was planned immediately before the start of exams to give the seniors a relaxed send-off, but junior students were involved too. There was a movie night with popcorn, sporting events, track and field

activities, and the biggest bouncy castles I could find. It was another success.

It is important to remember that no matter what definition we may choose, we all have spirit. The students at YK Pao simply needed an outlet to allow their spirits to shine. I am so thrilled to be a part of this community, and I cannot wait for this year's Spirit Week.



**Taryn Smith** is from the US and is beginning her ninth year as an English teacher and her third year at YK Pao School. She is experienced in teaching middle school and high school students and especially loves facilitating extracurricular and pastoral activities at YK Pao School.

# EMBARKING ON AN EXCITING LEARNING JOURNEY

Shanghai Singapore International School

By Terry Senior



As the 2018-19 new academic year commences for Shanghai Singapore International School (SSIS), there is a tremendous sense of anticipation as students and teachers embark on a new learning journey with state-of-the-art facilities. The recently completed aquatic center has a pool with six competitive lanes and a 200-seat spectator stand. The new facility also boasts dance and table tennis rooms along with a gym offering the latest fitness equipment, overlooking the pool. Golf has always been a sporting pillar at SSIS, with students and teachers using the putting green and driving range to improve their skills. Further expansion of the program will include a golf simulator on campus, and students who have reached the 'top of the game' will have the opportunity to regularly visit Sun Island (Kunshan) and play golf competitively.

The Primary School will introduce an engaging interdisciplinary approach that integrates Science, Technology, Engineering, Arts and Mathematics (STEAM). The new 'maker space' facilities with state-of-the-art 3D printers, Lego construction, digital labs and robotics, will complement the cleverly designed STEAM lab. It is intended to foster a culture of teamwork, collaboration and design thinking. The STEAM program will help students make connections across subject areas as they invent, analyze and explore concepts.

With intent, SSIS builds strong partnerships with the community by engaging them in the learning journey through events such as the International Family Bazaar, and International Friendship Day. Deliberately located in the foyer, the Parent Support Group lounge is at the heart of the school. Our parents are involved in all areas of school life, collaboratively providing feedback which is used for ongoing improvement. Through engaging parent workshops, our counseling department, administrators, and other professionals provide parents with insights on topics such as university matriculation, raising teenagers, how students learn and cyber safety.

The upcoming school year is poised for success, and as a community, we are looking forward to greeting all our students as we embark on an exciting learning journey together.



**Terry Senior** comes from New Zealand and is the Campus Principal at SSIS. He has been in education for 27 years and a principal for 12 years, building a school from its inception through to a successful model of character based academic education. His passion for international schooling was ignited while working with international students and their families.



# A FUTURE OF ENDLESS OPPORTUNITIES

Western International School Shanghai

By Stewart Paterson



## IB Career-related Programme

Production Arts | Sports | Art and Design

In August 2017, I moved to Shanghai to become a part of the team at the Western International School of Shanghai (WISS). When I arrived last year, I found myself surrounded by a plethora of new sights, smells, challenges and opportunities. WISS was my first international teaching post and arriving in Shanghai was the first time I had set foot in Asia. As well as the expected culture shock of transitioning from Scotland to Shanghai, I was also quickly submerged in an entirely different education system. In the initial few weeks, I found myself drowning in acronyms: IB, CP, MYP and PPS to name a few. At the time, I felt that I had lost some of my experience as an educator and had to start afresh with a whole new playbook. Not only was I new to WISS, so was the program that I was delivering; the International Baccalaureate Career-related Programme (IBCP).

The IBCP formally launched at WISS in August 2017 with a small cohort of students passionate about either production arts or sports. At the time, those were the only two pathways that WISS offered through the IBCP; fast-forward one year, and we have added a third pathway in Art and Design. This exciting opportunity is made available through collaboration with the Savannah College of Art and Design (SCAD), and it is a unique opportunity for students passionate about the Arts, to do university-level courses while still working towards achieving their IBCP Diploma at WISS.

As I settled into Shanghai life, I began to love the quirks of China and more readily accept the cultural differences. This process was expedited significantly by a fantastic week-long Grade 6 trip to Nanbeihu, just three weeks into the school year. As the academic year progressed, the city gave me a feeling of opportunity and helped me stay positive through the trials of launching a new program in a new school. As I reflect upon my first few months in Shanghai, I realize that many features of the IBCP curriculum would have helped me prepare for international teaching. Being taught about international mindedness, cultural awareness and the coping strategies that can help deal with change, were not part of the Scottish curriculum. Thankfully, I am now in a position where I

design a curriculum that encompasses all of these aspects while enabling students to explore their passion in production arts, sports or art and design. The challenges I had faced throughout this year have helped me see the value in the IBCP and the opportunities it offers to students.

At the end of my first year in Shanghai, I feel optimistic and excited about the future of the IBCP at WISS; more importantly, I have also managed to learn the meaning of a few of those acronyms along the way. As for Shanghai itself, I still have no idea what is going on, but I certainly enjoy the experience!



Stewart Paterson is from central Scotland and is currently the CP Coordinator / CP Sports Teacher. He obtained his bachelor's degree in sports studies, professional education and physical education at the University of Stirling. Stewart started coaching sport at the age of 16 and spent many of his summer months during university coaching a variety of sports in New York. Stewart is genuinely passionate about the role that sport can play in life, and he enjoys working with pupils to improve their leadership skills and confidence. Stewart believes he is a good all-rounder and he particularly enjoys football, badminton and volleyball.

# EVERYTHING FAMILY EVERY. SINGLE. DAY.



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## Britannica Mallorca Sailing Trip

A fortunate group of students from Britannica International School, Shanghai recently visited their sister Orbital Education school, Balears International College, in Spain and learned to sail. Students spent time in Palma Mallorca taking part in sailing theory classes, before making their way on to the open water. They learned how to tack and gybe (turning into and away from the wind) and hike (hanging from the side of the boat to balance out the weight). Throughout the week, students became increasingly confident and capable sailors, feeling at home on the ocean. They are already looking forward to returning next year.



## Eiffel Dreamland Restaurant Opens at Sofitel Shanghai Sheshan Oriental

The Eiffel Dreamland Restaurant officially opened in July and is now ready to welcome families with their extensive play area and healthy menu options. The amusement area is equipped with a slide, ocean ball pool, sand pit, along with areas for role playing, reading and water play. No matter what the weather outside, this well-appointed indoor dining and play facility is ready to host your next family lunch, playdate or party inside the Sofitel Shanghai Sheshan Oriental.



## Dulwich College Shanghai Celebrates Founder's Day 2018

Dulwich College Shanghai Pudong celebrated their annual Founder's Day, a fun-filled afternoon honoring founder Edward Alleyn. The day started with an exciting and intense rugby match on the Golden Bridge Field. Senior school dance 'Flashmob,' world percussion ensemble, choirs, rock bands and music groups all took part in the afternoon's entertainment on center stage. Inside, children enjoyed the giant octopus trampoline with many other interactive activities, workshops, mathematics challenges and six different college service projects. Meanwhile outside, children enjoyed a double slide, obstacle course, inflatable soccer and darts, along with the bowling competition and team building activities with parents and friends. In the main arena, Dulwich fencers were on 'piste' with courage and pride to demonstrate what they had learned throughout the year. The highlight, however, was the first-ever Dulwich Dog Show. After four rounds of competition, 6-year-old poodle, Buffy, won the 'Best in Show' award. The day culminated in a stunning finale concert and a dazzling light show. The Founder's Day 2018 successfully closed with the music of *Pomp and Circumstance March No. 1* to waves of applause from the audience.



## SSIS High Achievers of the University of Waterloo Math competitions

The University of Waterloo competitions, which are available for Grade 7-12 students, is one of the most rigorous, reputable and long-standing International Mathematics competitions in the world. The Grade 11 students at Shanghai Singapore International School (SSIS) were encouraged to take part the 2018 test. In total, 34 SSIS students accepted the challenge and undertook the exams with impressive results. 12 of the 19 students who competed in the G9 (Pascal), G10 (Cayley), G11 (Fermat) and G12 (Euclid) exams were awarded a Distinction, scoring in the top 25 percent in the world in their respective competitions. In addition, the top four of the 15 G7 and G8 Gauss competitors also received a Distinction.

## WISS Welcomes Prince Edward

The Western International School of Shanghai (WISS) was honored to host His Royal Highness, The Earl of Wessex, who recognized 16 gold award recipients across the city of Shanghai for the Duke of Edinburgh's International Award. His Royal Highness also dedicated WISS's newly-constructed Tiger Hall in a special ceremony. The Duke of Edinburgh International Award was established in 1956 by His Royal Highness Prince Philip. The award operates on a three-level basis: gold, silver and bronze, covering four aspects: volunteering, physical activity, skills and expedition. This last level, the gold award, also requires a residency, where the candidate spends five days and four nights away from home, pursuing professional or physical action. This year, WISS was thrilled to recognize four outstanding Grade 12 students who completed the rigorous and challenging requirements of the gold award. Together, they completed their service, skill, physical recreation requirements, as well as a final adventurous journey across Taiwan on a multi-day cycling trip.





### Wellington Celebrates Its Year 13 Leavers

In celebration of Wellington's year 13 pupils' fantastic achievements and to mark the end of their time at Wellington, speech day was held in the college theater. In a time-honoured Wellington tradition, the 'passing out' ceremony served as the formal recognition point that their time as pupils had ended and their journey as young adults had begun. They entered the stage as school children and left it as Old Wellingtonians. Wellington congratulates the 2018 year 13 leavers on their successes, while wishing them the best in all their future endeavors, both academic and personal.



### YK Pao Performs Musical Carrot

Before the summer vacation, the original Chinese musical *Carrot*, co-produced by Earbaby Troupe and YK Pao School, directed by Zhang Chenting, was performed at Shanghai Magnolia Theatre. This play, in which students undertook a lead role in production, design, promotion and acting, attracted a large audience and earned widespread acclaim. The *Carrot* musical aims to express the complex relationship between human beings and the natural world, urging us to protect the environment and reduce electronic waste. The play is performed as a musical to teach students about this unique type of performance and allows them to enjoy the distinct charms of Chinese drama.



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# HARROW INTERNATIONAL SCHOOL SHANGHAI APPOINTS NEW ACTING HEAD

**T**he new Acting Head at Harrow International School Shanghai, Kelly Wailes, is looking forward to sharing her passion for education with the pupils and school community and further developing the teaching and learning programs at the school.

Wailes has been in education for more than 20 years, residing in the US, UK and China. She has recently moved from Harrow International School Beijing, where she was the Head of Lower School to Harrow International School Shanghai, where she will undertake the role of Head from August.

Harrow International Schools are British institutions that teach leadership attributes as well as a well-rounded curriculum. Their mission is to ensure their pupils are qualified and prepared for a future in any country. Feeling ready for the challenge ahead, Mrs. Wailes spoke with us about her new role in Shanghai and the philosophies around teaching at Harrow International School.



**What is your number one goal for Harrow International School Shanghai?**



Academics are my number one goal. I want to deliver high-quality education with high-quality teaching and learning. I want to not only recruit teachers to do this, but also retain and develop existing teachers for future success.



**Do you plan on transitioning the LAMDA (The London Academy of Music and Dramatic Art) program from Beijing to Shanghai?**




It is an excellent idea if it is possible, as it develops confidence, and allows pupils to experience and explore new ideas. While looking at pupils who are learning a second language, LAMDA will enable them to practice their listening skills and develop their vocabulary through poetry, musical theatre and public speaking. It is a remarkable program to support those pupils.



**Q** How can Harrow parents become involved in the school?

**A** Having that home to school link is essential. I am very passionate about it myself because I know if parents are on board, and if the school and home are talking and working together, then it will benefit the child in the long term. We have an 'open-door' policy. We welcome parents to take part in classroom activities, speak to teachers and tutors, ask questions and we encourage them to share their own experiences with class representatives and volunteers.



**Q** How do you educate children for a better world? What leadership values does Harrow pursue?

**A** Leadership for a better world stems from the leadership attributes that we teach the children such as making just choices along with creative and collaborative problem-solving. Through those different attributes, we help pupils understand what leadership for a better world means. We emphasize these values to our youngest children and instill the importance of qualities such as sharing and caring for others. As these children grow and move through their schooling, they understand what it means and how they can use it to help others. However, we are also aware we need to teach this explicitly so that they can completely absorb it. It isn't telling children what to do but helping them to understand what needs to be done.

**Q** How can Harrow provide a well-rounded education for pupils?

**A** We call it 'holistic education.' We develop a well-rounded child; elite education complemented by a well-balanced range of extra-curricular activities. We want pupils to develop skills and talents in a variety of disciplines. Another component is the personal, social and emotional development. These are of great importance when we send children to universities around the world, as they need the capabilities to take care of themselves, understand how to deal with situations and interact meaningfully with others. The qualities can be instilled through leadership and external learning trips. It is also important to find the balance between those three things and knowing the structure for their age group.



**AUG 7-8 | ART**

### Little Red Riding Hood

*Little Red Riding Hood* is an exquisite and lively puppet theater; an adaption from The Brothers Grimm fairy tale, performed by the Hikosen Theatre from Japan. This show is primarily for children, but the humor, joy, warmth and touching content also make it enjoyable for the whole family.

> RMB180-480. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizhang Nan Lu 苗江路800号, 近西藏南路



**AUG 16-19 | ART**

### Cirque du Soleil: Toruk

*Toruk - The First Flight* is a live, immersive multimedia spectacle that portrays James Cameron's *Avatar* in a way that you have never seen it before. With a combination of breathtaking acrobatic moves, engaging storytelling and mesmerizing visual projections, this show is bound to entertain the whole family.

> RMB280-780. Mercedes-Benz Arena, 1200 Shibo Dadao, by Shangnan Lu 世博大道1200号, 近上南路



**AUG 10-11 | ART**

### Children's Ballet of Kiev: Swan Lake

Audiences first heard *Swan Lake's* musical score in 1875 and ever since, the world of ballet has not been the same. Written by the great Russian composer, Pyotr Ilyich Tchaikovsky, *Swan Lake* narrates the poignant tale of the swan princess Odette, whose betrothal to the prince is hindered by the appearance of her doppelganger, Odile.

> RMB180-680. Shanghai Centre Theatre, 4/F, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号上海商城4楼, 近西藏南路



**AUG 11-SEPT 22 | COMMUNITY**

### Community Center Shanghai 123

Are you new to Shanghai? If so, commit half a day to learn about the basics of living in Shanghai with Community Center Shanghai's 123. This in-depth orientation covers topics like culture shock, banking, food safety, medical systems, work life, air and water. Meet new friends, get answers from experts and connect with counselors to help you settle into an unfamiliar city.

> Various venues around town. Scan the QR code for more information.



**AUG 17-19 | ART**

### Erth's Dinosaur Zoo Live

Direct from Australia, *Erth's Dinosaur Zoo* brings awesome, prehistoric creatures to life and gives you an opportunity to interact with them up close and personal. Observe and interact with these extraordinary life-like dinosaurs in this entertaining and highly imaginative show.

> RMB180-480. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizhang Nan Lu 苗江路800号, 近西藏南路



**AUG 19 | ART**

### The Children's Choir of Austria: The Sound of Music

When *The Sound of Music* film was released in 1965, it took the world by storm and received five Academy Awards. For millions of people, the film is a rare combination of a compelling and moving story with breathtaking scenery of Salzburg. So, relive the musical memories through this concert, delivered by the Salzburg-based children's choir.

> RMB180-580. Shanghai Center Theatre, 4/F, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号4楼, 近西康路



**AUG 30- SEPT 12 | ART**

### Rent 20th Anniversary

*Rent* first premiered in 1996, and since then, it has won a Pulitzer Prize and many Tony Awards. This 20th-anniversary production is coming to Shanghai with the gripping songs and touching story of seven young artists struggling to follow their dreams.

> RMB380-680. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路



**AUG 25-26 | ART**

### The Divine Sewing Machine

Inspired by the dialogues in Samuel Beckett's *Waiting for Godot*, this theatre production features 16 children as they converse with adults sitting in the audience. With its combination of dance and theater, this show reflects how children learn languages and expressions in a playful, interactive way.

> RMB180-380. Shanghai International Dance Center Experimental Theatre, 1650 Hongqiao Lu, by Shuicheng Nan Lu 虹桥路1650号, 近水城南路



**SEPT 8 | COMMUNITY**

### The Color Run Shanghai

Dubbed 'the happiest run on the planet,' The Color Run promotes fitness and friendship by bringing a community together over a 5-kilometer run. Along the way, you will go through colored paint stations with music creating a festive atmosphere. The Color Run is hosted in over 200 cities and 40 countries every year. Bring your friends and family together to attend this fun event.

> RMB228-288. Sunland Green, 2988 Zhangyang Bei Lu, by Qifan Lu 张杨北路2988号, 近启帆路



**AUG 29- SEPT 2 | ART**

### Multimedia Family Show: The Shadows Thief

Children are always curious about shadows, they are like a friend we cannot touch. This multimedia children's play brings out the imagination of the shadow. An emotionally complex, engaging fairytale that the whole family will enjoy.

> RMB180-380. ET Space, 33 Yan'an Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路



SEPT 14-16 | ART

### Engineer Calder's Game

La Baracca, a Bologna-based children's theater founded in 1976, is staging a show accounting for the life and deeds of American sculptor Alexander Calder. Incorporating Calder's meticulously engineered works, the show is aimed at generating amazement and wonder in children, and inspire them to create.  
> RMB320-480. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizhang Nan Lu 苗江路800号, 近西藏南路



SEP15-23 | ART

### The Train Theater: Tailor Made

This play with few words combines puppetry, textile design and music with physical theater. One day a tailor receives a note that states, "Your mission is to sew a coat by midnight. The size does not matter, but it must fit perfectly." Join in the magical adventure and discover who the coat was made for.  
> RMB180. Ciro's Performing Arts Theater, 5F, Ciro's Plaza, 388 Nanjing Xi Lu, by Xinchang Lu 南京西路388号仙乐斯广场, 近新昌路



OCT 2 | ART

### Vienna Boys Choir Concert 2018 Asian Tour

Having performed through the past five centuries, the Vienna Boys Choir is the world's longest running choir group. With over 100 choristers divided into four groups, the Asian tour features a comprehensive range of songs which the choir is renowned for delivering. Enjoy pieces from Austrian classics such as Mozart and Haydn to contemporary folk renditions.  
> RMB180-580. Shanghai Oriental Art Center Concert Hall, 425 Dingxiang Lu, by Century Avenue 丁香路425号, 近世纪大道



OCT 3 | ART

### Russian State Ballet: Sleeping Beauty

The Russian State Ballet is staging this classic Tchaikovsky adaptation of the Brother Grimm's fairytale for audiences in Shanghai. It follows Princess Aurora's hibernation under Maleficent's spell, which can only be broken by a 'true love's kiss'. A celebration of courage and dedication championed by classic fairy tales, this ballet makes an excellent watch for the whole family.  
> RMB380-680. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路



OCT 5 | ART

### Russian State Ballet: Cinderella

As part of the ballet troupe's Shanghai tour, the Russian State Ballet will also perform *Cinderella*. Featuring scores by one of the most significant former Soviet composers, Sergei Prokofiev, whose repertoire comprises *Romeo and Juliet* and *The Stone Flower*, this is a must-see for ballet learners and enthusiasts.  
> RMB280-880. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路



## THROUGH OCT 7 | ART

### Charlie Chaplin: A Vision

The Yuz Museum is collaborating with Musée de l'Élysée, Lausanne to bring the legendary comedy actor's career back to life. Through photographs, prints and rare video footage, the audience can develop a firm grasp of Chaplin's life, before they revisit a montage of his best performances in a mini cinema. Pair this visit with a glimpse of the Random International exhibition for RMB200.

> RMB150. Yuz Museum, 35 Fenggu Lu, by Longteng Dadao 丰谷路35号, 近龙腾大道



## OCT 13-14 | ART

### U-Theatre: Sound of Ocean

Taiwan's U-Theatre has, over the past two decades, conceived a heart-thumping range of drum-inspired performances. *Sound of Ocean* follows that tradition and captures the movement of waves and currents through synchronized dancing, martial arts and drumming. Take the whole family to experience this unique, zen-inspired production.

> RMB80-680. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路



## OCT 7-14 | SPORTS

### Shanghai Rolex Masters 2018

The annual mega-event is making a return to the Qizhong Forest Sports City Arena this October. The event will run for an entire week where tennis fans can expect world-class seeds to battle it out for the champion's title. Pre-book your tickets while the schedule is being confirmed.

> Ticket prices TBC. Qizhong Forest Sports City Arena.



## NOV 10-11 | ART

### Acrobuffos: Air Play

Ride the wind and dream with Acrobuffos' *Air Play*, a modern spectacle that brings to life the air we breathe. Flying umbrellas, larger-than-life balloons, giant kites flying over the audience and the largest snow globe you've ever seen, will make you gasp in wonder and laugh until it hurts.

> RMB180-1,500. 1862 Theatre, 1777 Binjiang Dadao, by Jimo Lu 滨江大道1777号 1862时尚艺术中心, 近即墨路



## OCT 11-21 | ART

### STOMP

*STOMP* combines dance, comedy and music into a theatrical whirlwind you'll never forget. This production uses matchboxes, brooms, garbage cans, Zippo lighters and more to create the energizing beats in this play.

>RMB180-780. ET Space, 433 Yanan Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路

### Kindergartens

**Apple Montessori** 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 Jujiaqiao 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, 近天潼庵路 (6587 8662)

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

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

**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.montessoris.com) 2) 21 Donghu Lu 东湖路21号 (5403 7699, www.montessoris.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@bisspxi.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** 390 Dong Ti Yu Hui Lu 东体育场路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** 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 Pudong Campus:** 1600 Lingbai Gong Lu 凌白公路1600号 (6221 1445, www.saschina.org) Puxi Campus: 258 Jinfeng Lu, by Beijing Gong Lu 金丰路258号, 近北青公路 (6221 1445, www.saschina.org)

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

**Shanghai Rego International School** 1) 159 Diannan Lu 淀南路159号 (5488 8320, www.srisregoschool.com) 2) 189 Dongzha Lu, by Shuying Lu 东闸路189号, 近疏影路 (5488 3431, www.srisregoschool.com)

**Shanghai Rego 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 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 东锈路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** 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 600 meter square 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 Jinjiao. Website: www.jj-maxplanner.cn or www.jj-max.com Email: info@jj-max.com Address: Greenhills Clubhouse 1, 418 East Jinxiu Road Jinjiao - 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 Lujiuzi 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 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 Jiangwancheng 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

部内, 近保乐路 3) Mon-Sat: 8.30am-5.30pm 1F, area A & B, 525 Hongfeng Lu, by Mingyue Lu 枫枫路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.uhf.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 the 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 to 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 hours: 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.uhf.com.cn)

### Clinical Pilates



**Jiahui Health** Jiahui's experienced physical therapist developed personalized Clinical Pilates courses based on comprehensive assessment of your body status and your specific need. Featured courses are for below problems: functional scoliosis, post-partum rehabilitation, and sport injuries. **Jiahui Medical Center (Yangpu)**, 1F/2F, Suite 3, 99 Jiangwancheng Lu, by Yingao Dong Lu 江湾城路99号3号楼1-2层, 近殷高东路 (400 868 3000)

## 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](http://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](http://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](http://www.craftd-shanghai.com))

**Concord Music** is a music school that focuses on cultivating interest in music with an international teaching team. Our team consists of world-class musicians who have graduated from the worlds top music universities.

Concord offers 1-on-1 lessons and group classes for a wide variety of instruments for children ages 4-12 and adults of all levels. Popular courses: Little Notes Music Foundation Class, Choir, Violin Group Class. For more info, please contact us. Address: 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](mailto:info@concord-music.com), [www.concord-music.com](http://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, 近定西路 (400 820 6113; [luxury@classictravel.net.cn](mailto:luxury@classictravel.net.cn); [www.classictravel.net.cn](http://www.classictravel.net.cn))

## MASSAGE & SPA

**Dragonfly** 1) 2/F, 559 Nanchang Lu, by Shanxi Nan Lu (5456 1318) 2) 206 Xinle Lu, by Fumin Lu (5403 9982) 3) L119, 1378 Huamu Lu, by Fangdian Lu (2025 2308) 4) 193 Jiaozhou Lu, by Xinzha Lu (5213 5778) 5) LG2-47 IFC, 8 Shiji Dadao, by Lujiuzi Huan Lu (6878 5008) 6) 616 Bijun Lu, by Yunshan Lu (5835 2118) 8) SB1-05B, B1 South Retail, Jingan Kerry Centre, 1218 Yan'an Zhong Lu, by Changle Lu (6266 0018) 1)南昌路559号2楼, 近陕西南路 2) 新乐路206号, 近富民路 3)花木路1378号L119, 近芳甸路 4)胶州路193号, 近新闻路 5) 世纪大道8号国金中心LG2-47, 近陆家嘴环路 6) 碧云路616号, 近云山路 7) 延安中路1218号静安嘉里中心商场南区地下一楼SB1-05B (25号商铺), 近常德路

**Orchid Massage** 1) Huaihai Branch - 216 Jinxian Lu, by Shaanxi Nan Lu 2) Xintiandi Branch - B1-06, 388 Madang Lu, by Hefei Lu 3) Huamu Branch - 1029 Meihua Lu, by Yinxiao Lu 1) 进贤路216号, 近陕西南路 (6267 0235); 2) 马当路388号地下一层B1-06, 近合肥路 (6331 3188); 3) 梅花路1029号, 近银霄路 (5080 6186)

**Yu Massage** Step into a tranquil dynastic setting when you cross the threshold of this spa, adorned in antique Chinese-style decorations. Matching the decor, the services are primarily Chinese, offering Chinese massage, aroma oil massage and foot massage. 1) 199 Huangpi Bei Lu, by Renmin Dadao 10am-1:30am (6315 2915) [www.yumassage.cn](http://www.yumassage.cn) 2) 2/F, 218 Xinle Lu, by Donghu Lu 3) 484 Xikang Lu, by Kangding Lu (6266 9233) 1) 黄陂北路199号, 近威海路口 2) 新乐路218号2楼, 近东湖路 3) 西康路484号, 近康定路



# Advice from Dad

## Bye-Bye Summer

By Leonard Stanley



**A**s the summer vacation winds down and the day-to-day grind of work returns for moms and dads, the same is true for our beloved little ones. Speaking from personal

experience, I find it one of the most challenging times of the year: hitting snoozes over and over again on my alarm clock, as I pry myself from the warmth of my bed. Getting ready to give up the independence of summer for the rigid routine of another academic year is not easy. And I love my job. So, imagine how our kids must feel when they are usually less enthusiastic about the coming school year and the challenges that await them. Naturally, the question arises, "How do I prepare my child for another school year?"

Let's be honest, there is no easy way to entice children to give up the freedom of summer for the rigor of another school year. Despite this, I have found the best way to get my kids back into school mode is to prep them at least a week in advance. This means a week before the first day of school we revert to the school-sleeping schedule. Like with our family, I am sure the bedtime you set for your kids during the year was most likely suspended during the summer vacation.

Well it is time to bring it back! A lethargic learner is probably the number one issue teachers face during the first week of school. If you can make sure your child is back on their sleep schedule a week in advance, it will go a long way to help them be mentally engaged on day one. When preparing to send your child back to school, remember that nothing is more jolting than suddenly being thrust back into a rigorous schedule with seemingly no preparation. Your child and their teachers will appreciate anything that eases this transition.

Another great strategy is what I call the 'Countdown Calendar.' Visual aids are great for children. This means showing them a calendar and talking to them about the approaching school year. Two weeks before classes start I begin the calendar with my boys. We countdown the last of the 'do-as-you-please, stay-up-as-late-as-you-want' days before we gradually convert into the 'your-time-no-longer-belongs-to-you' schedule. How closely you want to stick to this depends on you, but the point is, the kids are mentally preparing themselves for a schedule shift.


The next thing that works in my house is probably one of the most difficult rules to implement in 2018. I call it the 'Tech Timeout.' We slowly limit electronics and television time while replacing them with more academic

activities. This is one strategy I often use over the summer to make sure there is an appropriate balance of work and play. I give both of my kids a summer reading list. They always tell me how grateful they are that I am a teacher and have all these creative ideas. I haven't quite figured out if that is sarcasm yet, but I'll take it as a compliment. Before my children can dive into their phones or computers or whatever gadget they fancy, they must first complete their daily task. Maybe it is reading 'X' number of pages in a book or completing a worksheet I have either prepared or found online that introduces them to concepts they will face in the coming school year. Only then are they allowed to pick up a phone and relax. My kids then feel as though they have earned it and I tell them they can play with a clean conscience, knowing they have handled their business for the day. As we get closer to the school year, the tasks become more challenging and time-consuming; this gradually prepares them to spend hours a day inside the classroom learning.

So, getting kids ready to go back to school isn't easy, but if you follow these steps, I have found it makes life a little smoother. Good luck!



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