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Documentary *Chinese School*:
Are Our Kids Tough Enough?



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EDITOR'S NOTE



This being my first issue at *Urban Family*, I was excited to do a cover story on design and home interiors, as I find the topic an inspiring and creative one. And given the timing, there was really not a better time to give the magazine a new design and some new flavor (especially with such an aesthetic cover story!). We've added new layouts, topics, and even writers, giving *Urban Family* a more grown-up look I am sure you'll like.

So this month we've displayed some of our own reader's homes, and found how distinct and unique they are from one another. It all started in August, when we asked for your home submissions. Many of you replied, but eventually we had to pick two 'winners.' Their homes are in our cover story, on page 12. It's always an honor to step inside someone else's home to get a taste of how they live their lives. We've also taken a look at some great home stores to shop at as well as how to incorporate feng shui into your own home.

In Learning, on page 22, we dove deep into the new and controversial BBC documentary, *Chinese School: Are Our Kids Tough Enough?*, and got different perspectives and opinions across Shanghai in the education field, discussing teaching methods in both the East and West.

In Food & Fun, on page 30, we've spiced things up with the addition of a 'Date Night' restaurant review – because it's not always about the kids! We've also given an early look at Thanksgiving in the city – watch out for our online guide next month for an extensive list of the best locations and deals to celebrate with your family.

Make sure to also check out our Halloween costume guide, on page 46, so that your whole family can be dressed and ready for the spooky holiday!

I hope you'll enjoy our new and improved *Urban Family*. Until next time,

Alyssa Wieting
Chief Editor

Mandarin Mastery

Home

家 [jiā]

Exterior

外形 [wài xíng]

Color

颜色 [yán sè]

Modern

现代 [xiàn dài]

Classic

经典 [jīng diǎn]

Table

桌子 [zhuō zi]

Chair

椅子 [yǐ zi]

Sofa

沙发 [shā fā]

Cushions

靠垫 [kào diàn]

Dark

黑暗 [hēi àn]

Light

灯 [dēng]

Interior Design

室内设计 [shì nèi shè jì]

// This section is contributed by Mandarin House (6137 1987, www.mandarinhouse.com)

Polluters Relocate Due to Shanghai Disney Resort

The new Shanghai Disney Resort is due to open in the spring of 2016 while more than 150 heavy polluting enterprises near its location will be closing by the end of the same year. The closures are meant to provide a better and cleaner environment for the new tourist site in Pudong, said officials. Authorities confirmed that the polluters are all within industries such as chemical engineering, machinery, construction materials and steel production. According to a report released by the commission, 73 companies and factories around the city were told to shut down or move out of Shanghai in the first half of the year.



URBAN BLURBS

By Ella Wong & Alyssa Wieting

Uber to Invest in China

The US-based ride sharing company has announced that it will invest RMB6.3 billion in China and has already started by launching a subsidiary in the Shanghai Free Trade Zone. Although Uber already has a presence in Shanghai, expect the service to become more popular and more readily available. It plans to extend its services to 100 cities in China over the coming year, from its current 21 city mark. Competition is heating up among similar companies in China, but Uber is sure to try to stay on top.



Shanghai Metro Escalator Accidents Increasing

Concerning news – it seems escalator incidents are not limited to freak accidents in Hubei: some 300 cases of injuries have been reported on Shanghai Metro escalators and elevators in the first seven months of the year. It is (almost all) your fault though, according to Metro operator Shanghai Shentong, who said that carelessness was to blame in more than 90 percent of cases. In only one accident was escalator malfunction to blame, they insist. The city's 14 subway lines carry more than 9 million passengers a day. The 337 Metro stations have more than 2,300 escalators and around 700 elevators.

Shanghai Looks to Solve Taxi Shortage

The city is finally planning to do something about the interminable lack of cabs, but unfortunately for Puxu dwellers, only in Lujiazui. The plan to put more taxis on the streets of the financial district has been met with skepticism, however, as there seems to be a lack of details released from the transport committee. Here's hoping Lujiazui's extra taxis do the job and we get some "special" taxis on the other side of the river.



China Stepping up for Climate Change

In a recent visit to the US, President Xi Jinping and President Obama agreed to position themselves as leaders in the fight against climate change. China has announced a plan to cut carbon emissions and require companies to obtain a permit for their emissions. This plan is set to begin in 2017, and Shanghai factories will certainly be involved. China has also pledged to help developing countries financially in cutting their carbon emissions as well. Here is hoping for a greener earth!



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OUR FAVORITE THINGS

The Somani-Devitre Family

Edited by Alyssa Wieting



Originally from India and the US, the Somani-Devitre family arrived in Shanghai in 2010 and have been in their lovely home in Changning for five years now. Alok and Arsheya welcomed *Urban Family* into their beautiful apartment, where we met their rambunctious seven-year-old twins Jai and Leyla. Chatting with this down-to-earth family, we got to understand why they love their home in Shanghai so much with its convenience, great lighting and spacious interior. With friends and family scattered throughout Asia, this family knows some great spots both in Shanghai and for travel abroad. Between work, school and extracurriculars, they lead a busy life, but still make time for travel and family time here in Shanghai.

OUR FAVORITE...

Restaurants

We have many expat restaurants that we like going to. YUE 1525 is our go-to dim sum. We love Guyi but the locations are all different, and the one on Fumin Lu we find to be the best. For Western food, we also love Maya and it has been our standard for a long time. The kids enjoy going to Sunflour for breakfast all together. When we get up early enough, we get on our bikes and go for breakfast.

Place for family time

We like going to Fuxing Park. Early in the mornings on weekends when we aren't doing anything, we go walk around and watch people singing and dancing. And whenever visitors come we like taking them there too because it's an authentic slice of life that you normally wouldn't see. But it is really fun and a great family place.

Date night spot

We rarely have a night when we are on our own, but when we do, our favorite place for date night is our own apartment. When we go out with other friends we like to take suggestions from them and try new places. But there is no one place to go and there is always so much going on and always new restaurants. We like both hole-in-the-wall and fancy, trendy places.

Places for traveling inside China

We both lived here in the late 90s, in Beijing and Shenzhen, and we travelled a lot then. Since we have come back here with the kids, we have taken them to Hangzhou, which is just easy. We went to Lijiang, which we loved. It was snowy when we went and you feel like you are in China still, but it is a whole different culture and experience. We would like to take them to see the pandas in Chengdu for a future trip.

Place for traveling outside China

Moyo Island in Indonesia. It is a tiny little island and what we liked about it is that there is nothing there – just tents on the beach (but very nice tents). It was a great experience. We also loved our trip to Fukuoka in Japan with another family. What's also fun about being here is traveling with other families.

Hangout to relax

We love actually when we can, amongst all the kids' activities, just chilling out at our home and having some friends over. The one place that we have been to is Pudao – a hidden spot. It is a wine store with a tiny terrace, but you can get a bottle of wine at a good price and order pizza. And you are in this leafy, shady balcony overlooking Ferguson Lane. It is fantastic, and the staff are friendly.

Place to grocery shop

It's a bit of a hodgepodge – we always buy our bread at Sunflour. A lot of our vegetables are from the Avocado Lady, and our meat is usually from online, either from Fields or Kate & Kimi. Having lived here so long, we have a place to get everything.

Autumn activity

It is the best time of the year with the weather cooling and the leaves turning. We love just walking around all the Shanghai streets and finding new holes-in-the-wall and having long, lazy lunches.

Halloween activity

We love Halloween in Shanghai because it is a wonderful Western tradition that is always interesting here. Every year we have done something different. Last year we did Trunk or Treat, where people decorate their cars and the kids trick or treat from car to car, which was so much fun. We've tried doing trick or treating in the apartment building, but it just isn't as much fun.



Din Tai Fung // Shanghai Center, 1/F, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号 上海商城1楼, 近西康路 (6289 9182)

YUE 1525 // Penta Hotel, 2/F, 1525 Dingxi Lu, by Changning Lu 定西路1525号, 近长宁路 (6225 8665)

Guyi // 89 Fumin Lu, by Julu Lu 富民路89号, 近巨鹿路 (6249 5628)

Maya // Grand Plaza Club House, 2/F, 568 Julu Lu, by Shanxi Nan Lu 巨鹿路568弄 四方新城俱乐部2楼, 近陕西南路 (6289 6889)

Sunflour // Anfu Court, 322 Anfu Lu, by Wukang Lu 安福路322号, 近武康路 (6473 7757)

Farine // Ferguson Lane, 1/F, 378 Wukang Lu, by Tai'an Lu 武康路378号1楼, 近泰安路 (6433 6711)

Bull & Claw // 466 Xikang Lu, by Kangding Lu, 西康路466号, 近康定路 (6266 6819)

Saffron // 21 Dongping Lu, by Hengshan Lu 东平路21号, 近衡山路, (6468 3081)

Fuxing Park // Chongqing Nan Lu, by Fuxing Zhong Lu 重庆南路, 近复兴中路

Pudao Wines // Ferguson Lane, 376 Wukang Lu, by Tai'an Lu 武康路376号, 近泰安路 (6090 7075)

Avocado Lady // 274 Wulumuqi Lu, by Wuyuan Lu 乌鲁木齐路274号, 近五原路 (6437 7262)

Fields // www.fieldschina.com (400 021 0339)

Kate & Kimi // www.kateandkimi.com (6167 1620)

POPPING THE (EXPAT) BUBBLE

A Column From the Perspective of a Newbie in Shanghai

By Shirani Alfreds

It recently occurred to me that if, after six weeks of living in Shanghai, my French is improving more than my Mandarin, something is wrong. This is especially since I started out on the same (limited) footing for both languages, the basics of “Hello, Goodbye, Thank You,” etc. Oh yes, and “Baguette.” Survival matters!

I am ashamed to say that this is 100 percent due to the fact that I live in the expat bubble of Shanghai. I am not sure yet if this is due to where we live or how we live, and I don’t know if this bubble may in fact be popped. My husband, an avid China fan, often says that he “works in China but drives back home to Western Europe.” This is somewhat true because as soon as you pass through our hallowed gates, kids on scooters and bikes ride freely and happily through grassy and tree-lined streets all the live-long day. It’s a little Stepford-y if I do say so myself. Except not everyone is blonde. Or a robot. It’s a really nice community!

So why am I ashamed? We are perfectly comfortable and happy. I am ashamed because we moved here to “experience China” yet I have felt more urgency to upscale my French in order to communicate with my neighbour’s kids than to speak to the hosts of this country. I also realized with slight shock that aside from accomplishing my daily errands (yes, these are an “accomplishment” for me), my interactions are all with foreigners and I have no Chinese friends in China!

My husband and I are now slightly confused. Are we here to experience China or gain another (different but still great) exposure to other cultures? We are certainly open to this, but it is not the reason we moved here. He still gets his ‘China fix’ interacting with local business people and authorities through work, and is energized, intrigued and excited by the atmosphere and opportunities to learn.



I, on the other hand, do not have this opportunity and (so far) have operated in the bubble. Occasionally it has been popped for me when someone swears at me on the road (for reasons unbeknownst to me but probably very valid) or stalks my children. Ooh! And I had a very exciting ‘popped bubble’ moment when a lady at the marriage market swatted me away, shouting (I think) because I was peering a little too closely at her exhibited wares (viz: photos and a description of her child/nephew/relative). Clearly I wasn’t good enough marriage material.



My husband, an avid China fan, often says that he “works in China but drives back home to Western Europe”.

Save from moving back outside China – where I actually had Chinese friends – I’m not sure what to do to gain my ‘China fix.’ Haggling at markets is one thing but isn’t there more? I asked a Chinese friend based overseas this question. She said, “Ahh, don’t bother. You will make yourself crazier.” I’m not sure if this meant there would be no way I’d get to experience the ‘real China’ being a foreigner, or that in order to get there, I’d have to submit to total insanity. I should clarify that having chosen to move out of China, she thought I was crazy to move here.

I dare say, however, that the answer (as always) lies somewhere in between. There is no ‘wrong’ in living in the bubble, but it’s important to take (nay grab if you are in China!)

every opportunity to step outside of it. Learning the (local!) language is crucial to operate beyond survival, as is learning about the culture and genuinely trying to understand it. There will be limitations as foreigners, but I’ve found that asking questions is appreciated. I’ve also learned not to disdain or take the bubble for granted as the global (not just Chinese) exposure is a great benefit. Above all, I’ve been reminded to enjoy the adventure that we embarked on to be here. Oh yes, and to try not to misbehave.

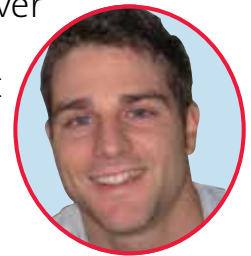


MOVING TO A NEW ME?

Why Where you Live Affects your Personality

By Matt Kuykenall

When contemplating a move to a new place, we seek to discover as much about that new place as possible in order to minimize unknowns and ensure that we're making the best decision possible. Relocating is simultaneously exciting and scary precisely because of our intrinsic knowledge that where one lives invariably has a massive effect on future life experiences. But can changing cities create a change in your personality?



Personality research is as old as the discipline of psychology; for early psychologists had nothing more to study than the observable characteristics of human behavior. These early psychologists were influenced heavily by the Enlightenment ideas put forth by John Locke stating that humans were born blank slates upon which experience wrote their fates.

Advances in social and biological science have questioned in some cases - and flat out proved wrong in others - many assumptions and theories made by early psychologists and personality researchers. We now have a much more holistic understanding of personality development.

Key to this investigation have been studies on twins. Harvard psychologist and bestselling author of *The Blank Slate: The Modern Denial of Human Nature*, Steven Pinker has synthesized the research as follows:

The behavioral geneticists that did studies of adoptees and twins found that virtually all of the correlation between parents and children comes from their genetic similarity, that is, if you look at two kids who grow up in the same household, they are no more similar than two children who grow up in different households, on average, in their personality.

Does this mean Locke was completely wrong? Not exactly. Although genes do have a massive influence on our develop-

ment, they work in a reciprocal relationship with our environment. This is what is referred to as "reciprocal determinism." As one interacts with their environment, certain biological elements express themselves, and those biological impulses then drive the individual towards environmental stimuli which in turn impact future biological expression. In short, our personality develops as a result of a complicated and nuanced mix of genetics and environmental inputs.

Environment influences personality, but personality is not fixed.

Today's personality researchers break down personality in various ways, but the simplest and most widely applied nomenclature is what psychologists refer to as the Big Five: openness, agreeableness, neuroticism, conscientiousness and extroversion. These traits vary over time in the degree to which they're expressed in our personalities, but most people believe that our personality shifts slightly through youth until it becomes "fixed" in our late teens or early twenties. But the people who believe personality becomes fixed are wrong.

Psychologists at the University of Califor-

nia-Berkeley conducted a study of 132,000 adults aged 21-60 and found that personality was far from static. The lead researcher on the study stated, "Conscientiousness grows as people mature and become better at managing their jobs and relationships, and agreeableness changes most in your 30s when you're raising a family and need to be nurturing."

Not only do elements of our personality change over time, but these changes can have a profound impact on our mental wellbeing. London School of Economics (LSE) researchers found that "compared with external factors, such as a pay raise, getting married or finding employment, personality change is just as likely and contributes much more to improvements in personal wellbeing." Dr. Chris Boyce of LSE was so impressed by the research that he went on to say, "Fostering the conditions where personality growth occurs — such as through positive schooling, communities, and parenting — may be a more effective way of improving national wellbeing than GDP growth."

Environment influences personality, but personality is not fixed. When moving to a new location, pack an open mindset and seek out new experiences for you and your children. This will nudge the vast personality potential towards wellbeing and optimization.

GETAWAYS IN THE PHILIPPINES

Beyond the White Beaches

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It's more fun in the
Philippines



CEBU AND BOHOL

sting metropolis and fast becoming a major economic hub after Manila. Most visitors flock to Cebu for the lively Sinulog street party festival each January and for the coastline of sandy white beaches, luxury resorts and idyllic offshore islands.

The wonderful little island of Bohol is accessible by boat from Cebu. The island features historical landmarks and Spanish colonial churches as well as a wealth of natural beauty. Well preserved forests, rivers and hills make it a popular eco-tourism destination, along with untouched beaches, fabulous diving and one of the world's smallest primates.

Recommended Experience:

- Try the best "Lechon" at a branch of the popular Zubuchon, which Anthony Bourdain once declared to have "the best pig ever."
- See the unusual geological formations of the famous "Chocolate Hills."
- Enjoy a river cruise on the Loboc River as a local does.
- Go dolphin and whale watching near Panglao Island.

Travel Deal:

5 Days 4 Nights Free and Easy Package from CNY6,800 per person, including return flight with Cathay Pacific, 4 nights at Shangri-la Resort & Spa, daily breakfasts and airport transfer.

Kids Stay and Eat Free!

BORACAY

Widely considered among the top 10 beaches in the world, Boracay is renowned for its fine sand and sparkling waters. Holidaymakers flock to this little piece of paradise, which offers an abundance of hotels and resorts, water sports, shopping and night-life. Laze your days away on the beach, sail around the island in a native Paraw outrigger boat, feast on fresh seafood and sunbathe to your heart's content.



Recommended Experience:

- Windsurf and kiteboard on the Bulabog Beach.
- Sample Filipino food, a mix of Malay, Chinese, Spanish, Japanese and American cuisine.
- Pamper your body with a good massage.
- Unwind with drinks in the bars along the beach.

Travel Deal:

5 Days 4 Nights Free and Easy Package from CNY 10,760 per person, including return flight with Cebu Pacific Airlines to Caticlan Airport, airport and fuel tax, 4 nights at the Shangri-la Resort & Spa, daily breakfasts and airport transfer.

Kids Stay and Eat Free!

CORON



Coron is the place for spectacular wreck diving in the Philippines. Over a dozen vessels were sunk here, including a well-preserved fleet of Japanese ships sunk during World War II. A number of islands with untouched beaches, crystal lagoons, natural mangroves and kayak paddling trails are perfect for non-divers along with picturesque Kayangan Lake, famous for being the cleanest lake in the Philippines.

Recommended Accommodation:

Huma Island Resort consists of 81 contemporary tropical villas designed for extreme comfort and relaxation. High ceilings create an additional sense of space while wooden sundecks are perfect for private sunbathing or admiring the panoramic views. Recreational facilities include an infinity pool, dive center, fitness center, kids club, walking trails and the Huma Island Spa.

Travel Deal:

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HOME INTERIORS

By Lauren Hogan

After a contest was held in August for a home cover spread, two families opened their doors to *Urban Family* and we got to take a peek at the beautiful and diverse interior of their lives in Shanghai.



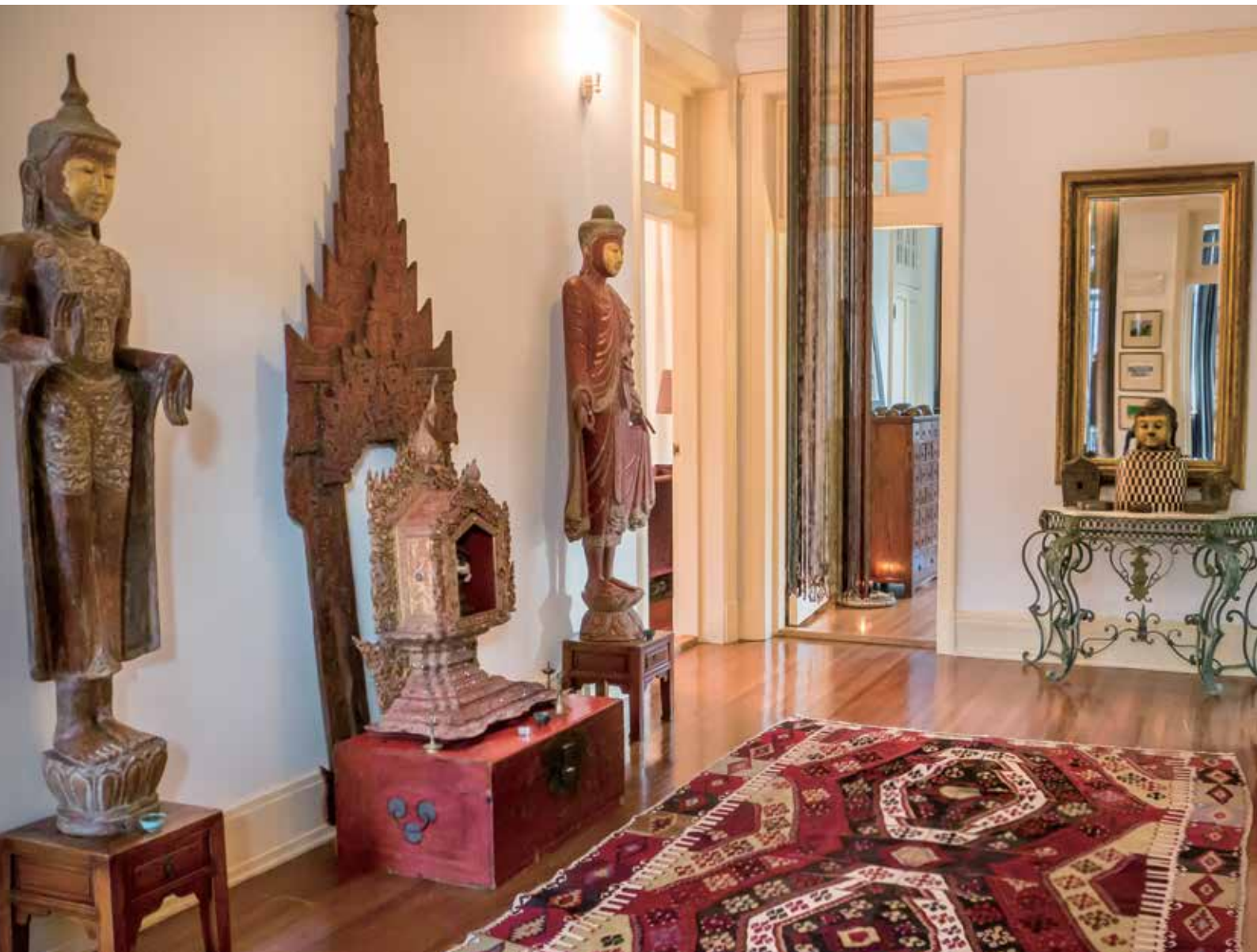


CURIOS MIXED WITH MEMORIES

Stepping into the quiet Hunan Lu apartment of Alex and Selvi Govindan-Abplanalp, one is transported worlds away into a pad belonging to a pair of frequent jet-setters. The couple met in 2001 when Alex was on a business trip to Selvi's native homeland, Singapore. For the next six and a half years they kept up a long distance relationship, traveling back and forth between the city-state and Shanghai or meeting somewhere in the middle, before Selvi moved over. As a result, their home has become an echo of their excursions.

"Everything here, it's all our own stuff; it's all been collected over the years. Some of it's hers. Some of it's mine. Some of it we got together. It just reflects us," says Alex who moved to Shanghai with an ad agency before starting his own media-related business.

A pair of Buddhas from Myanmar, which the couple purchased on a trip there in 2003, greets guests as soon as they enter. Lining the dining room walls are works by Gregory Alexander, a painter who shares Alex's UK roots. Selvi has added her Indian heritage to the mix with multicolored drapery and carpeting starring stealthy tigers. There's a porcelain painting in the sitting room that Selvi carted back by train from Jingdezhen. The centerpiece of their bedroom is an original Chinese chest Alex found when he first landed in Shanghai in 1996.



AND BEHIND EVERY TREASURE, A STORY IS WAITING TO BE SHARED...

Like the time Alex crept in the dead of night to collect an iron-clad dragon door knocker from a former residence scheduled to be demolished. He had contemplated taking two, but after claiming the first, he realized one was heavy enough.

The couple's full collection expands far beyond their home's capacity, much of their assemblage waits in storage until their next move, including a four-poster opium bed. They also had to compromise on a few things, like not painting the walls - an adjustment for Alex who loves to go crazy with colors.

He tells of his first year in Shanghai when he was looking for a place to live. At that time there was almost nothing for foreigners to settle into because the city hadn't developed yet. But he lucked

out with an old Shikumen house where the current IAPM mall now stands. Scheduled to be condemned, but without a date for the deconstruction scheduled, Alex took his chances. There was a problem though: the walls were white.

"So I thought great, fine, I'll paint them these nice, bright colors. But at that time you couldn't find colored paint because people weren't decorating houses."

After weeks of searching he finally found someone able to mix colors who was very curious as to what this laowai was up to.

"He said, no one does that in China, and then he asked for a favor. He said I'm really intrigued to know what this is gonna look like. When you finish the painting can I come around and take some photographs? When I finished painting, he came around and started taking photos and he said, 'Wow, maybe if people see this they'll come to me for more paint colors.'"



But it's these types of memories that have meshed to capture and create the Govindan-Abplanalp residence. And even with their current white-washed walls, the color of their trips, tales and time together permeates throughout their pad.

"One of the things I learned very early in life is that part of settling into a foreign country or city is that you've got to create a home," says Alex, who's father's military career fueled his son's wanderlust from an early age. "We collect these paintings, things inherited from our families, things we bought because we liked them, and it's important to have that because it enables you to create a home, not just a house to live in. We don't travel light. But it helps you create a home. Shanghai is home."



OOH L' ABODE - FINE ART MEETS FAMILY- FRIENDLY



Kevin and Anna Chen have been together for 15 years. The Shang-hainese couple met in college where she was studying advertising and marketing. His focus was graphic design and interior styling. After school Anna desired to further her education in the US, while Kevin was hoping for some time in France. A compromise was reached – the UK, which Anna says was not only an eye-opening experience, but one that shaped their future.

“That was 10 years ago – we didn’t use the Internet, there was no WeChat or Facebook. When we went to the UK, we said, ‘Wow – the world is like this.’ It helped us grow and inspired us to do what we do.”



AND WHAT IS THAT EXACTLY?

The cultured couple owns a graphic design business, along with their ‘creative playground,’ an art gallery named Ooh La Art. Located in People’s Square, the space features international artists, along with works by Kevin, who is a sculptor, painter and graphic designer, among other things.

They host about five exhibitions a year with most of the artists coming to them through academic exchange. The trade not only benefits these young artists trying to get their foot in the door, but Kevin and Anna enjoy swapping ideas with them, which helps their design business grow. Ironically, their next exhibition (October 12) will be something of a role reversal, featuring one of Kevin’s former teachers, contemporary artist Chen Xiaodan.

Kevin and Anna’s eye for art has translated quite clearly into their new two-story Emerald Park home. Every room acts as its own gallery, with paintings by both Kevin and several artists who have exhibited at their studio. Natural light filters throughout, enhancing the artwork, while simultaneously imbuing an environment of peace. Their four-year-old daughter Effie frolics from room to room, riding her rocking horse one minute and dancing in the sunshine the next.

It’s hard to imagine they’ve only been living here for two months. But after four months of renovations, Anna says they had plenty of time to discuss – and compromise – on the layout. There’s a blend of French and Chinese elements – like an antique Chinese-style cabinet that has been repainted black and highlighted with a touch of orange – a





drastic switch from its original vivid orange-red color. Kevin explains that they took inspiration from their favorite era – the '60s, with some David Bowie-inspired components.

And then, of course, there's a small pop of contemporary art, by Kevin himself. A pair of vibrantly colored giraffes, which used to be on display at a North Face showroom, greets visitors in the entrance hall. Another bright yellow piece displaying cartoon-like bombs, named 'Bomb Birds,' which was used by Swatch for an art exhibition, hangs prominently in their sitting room.

"We have lots of art we wish to display," laughs the designer, "but we don't have enough wall space for it."

Kevin isn't the only artist in the family, however. Modern-classic photo books featuring the travels of their four-year-old daughter rest on their coffee table, all of which were created by Anna. A hobby for now, it's something she'd eventually like to turn into a business and make for other parents; several in her new neighborhood have already inquired about them.

The recent move across the bridge has not surprisingly been a change from their former Puxi residence, which they left in order to be closer to Effie's school. But Anna says their new international community, which is full of schoolmates and family friends – and plenty of opportunities for playdates – is everything they could have hoped for.

//To learn more about Ooh La Art visit oohlaart.com.



THE ART OF FENG SHUI

How it can influence your home

By Alyssa Wieting

F*eng shui* is one of those terms everyone is familiar with, but one no one can quite define. This is hardly a surprise as *feng shui* is incredibly complex and mysterious in nature and intention. Over time it has developed and progressed into different schools and areas of application. However, if you are able to immerse yourself in the art and embrace its ideology, it can not only improve your home, but alter your life for the better.

The term *feng shui* literally means “wind” and “water,” and is all about balancing one’s environment in order to bring good karma to your life (or company if it practiced in an office).

The fundamentals of *feng shui* revolve around the relationship between five elements: wood, fire, earth, metal and water. All of these elements affect different areas of one’s life. *Feng shui* has developed as a lifestyle that brings harmony to one’s life and home.

THE HISTORY OF FENG SHUI

Feng shui is an ancient discipline that began in China thousands of years ago. It was originally used to identify safe dwellings that would allow farmers’ crops to flourish and also to determine appropriate burial sites for deceased relatives. As the years went by, it developed into a way to identify suitable locations for palaces, monuments and even entire cities, so that they could thrive and prosper. Although its popularity has waxed and waned over the years, *feng shui* has always been an integral part of Chinese culture. Today, it is used across the globe for interiors, predictions, and even bettering one’s business or karma, but it will always treasure its Chinese roots.

Shanghai offers a plain example of *feng shui*. One of the most well-known stories about *feng shui*’s influence in Shanghai is the dragon pillar at the crossroads of Yan’an Zhong Lu and Chengdu Lu, which serves as the central connection point of the city’s main south-north and east-west highways. Builders and engineers worked on the construction of the highway in the early 1990s, when they ran into a problem connecting the two highways at the center point – they were unable to properly dig a foundation for the largest pillar. Technical engineers and experts from all over the world tried everything they could think of to get the pillar far enough into the ground, but still nothing worked. They finally decided to seek advice from a monk at Longhua Temple who was well versed in *feng shui*. He identified the “dragon vein” at the center as the problem and explained that nine dragons must be placed on the pillar in order to counteract the dragon that existed underneath. At first no one believed him because the explanation was so unscientific; however, they were able to dig the foundation after heeding his advice and today we can still see the golden dragon pillar under the Yan’an Lu highway.



SEEKING ADVICE

For a better understanding of *feng shui*, Mr. Yuan Feng is your man. A *feng shui* consultant at Shanghai Pathways, Yuan has been consulting across China for over a decade. Although he mainly offers his expertise for private homes, both local and international companies have turned to him for consultations so as to improve their karma, wealth or knowledge in an industry.

When appraising someone's home, a consultant or master will use antique tools to assist them in directional methods, since the north, south, east and west are key to the fundamentals of *feng shui*. Yuan is only able to reveal the basics of his trade as the rest are kept secret and never revealed. It is very important for clients to believe in *feng shui*, or else they will not be able to participate in the consultation. For example, Yuan explains, "In the traditional way, if the client is a couple and the wife does not believe in *feng shui*, and they are both present for the consultation, the wife has to drink a cup of wine and hold it for the entire process, so that she is unable to say anything that is not good luck." It is essential to always bring luck and good karma upon the home and to exhibit decorum.

Yuan believes that families in particular can benefit from the art of *feng shui* in their homes. It can help the essence of a home; however, it cannot solve all the complex problems of a family. "We believe that *feng shui* is part of the solution, but still you need to work together as a family in order to have good outcomes," he explains. By altering the positioning of their room and bed in the home, *feng shui* can also help couples improve fertility if they are trying to start a family.

In recent years *feng shui* has grown increasingly popular in China and consultants are widely available. However, Yuan cautions that one must be careful when hiring a *feng shui* consultant or master. "There are few people who really can access the true information and techniques, so there are frauds in the field. In the past development of the *feng shui* technique, there have been gaps and breaks, so you don't get the right information if you don't follow a true teacher."

WHAT YOU CAN DO IN YOUR HOME

1. When buying a new home, a road should never lead directly to your front door as this brings bad luck. The road in front of your home should also not curve in a semi-circle away from your front door.
2. Your apartment should not neighbor a building that is made completely of glass. The glass from the next-door building will reflect into your home and this also brings bad luck.
3. A mirror in the bedroom should never face directly towards the bed, nor should one face directly towards a door in the bathroom.
4. The front door should also never be placed directly in front of the end of a stairwell.
5. Do not have fake flowers in your home; everything should bring real life into your home.
6. Every home has a different directional system that is associated with a meaning, such as wealth, love or wisdom. It is important for different family members to be placed in rooms that correlate to the element they most want to achieve. (This is different for every home and a *feng shui* master will need to be consulted.)

// Shanghai Pathways (www.shanghaipathways.com) represents a group of *feng shui* consultants who have had extensive training and expertise in *feng shui*, geomancy, space clearing and building analysis. With years of customer service experience, they provide their clients with a superior *feng shui* service. (189 1793 9860)

A GUIDE TO THE CITY'S FINEST HOME STORES

By Marianna Cerini

HAY CONCEPT STORE



Design-centric types will love Hay's home and office knickknacks and accessories. The Scandinavian brand's first standalone store in Asia, the glass-fronted shop on Taikang Lu is airy and sunlit, a pleasure to wander in and browse. Besides the main space, there's a large downstairs showroom and an upstairs balcony that overlooks the shop. Keeping with the minimalist, clean aesthetics Hay is known for, expect neat bench-wood furniture, cool printed homewares and hipper-than-thou stationery. A large number of external designers, including Hee Welling, brothers Ronan and Erwan Bouroullec and Merete Erbou Laurent can also be found under the brand's umbrella, all showcasing incredibly simple yet beautifully conceived products at still-affordable prices.

// 176 Taikang Lu, by Sinan Lu 泰康路176弄, 近思南路(www.hay.dk)

Does your home look more flatpack than fabulous? Fret not. You don't need to go to IKEA or hire an interior designer to make things a bit more interesting. Instead, visit some of our favorite furniture stores in town. From sleek to hip, chic to minimal, these shops have got you covered.

HOMES UP



Homes Up sells the sorts of things anyone would want in their house: hip accessories, clever kitchen wares, practical furniture and colorful prints. Its happy combination of excellent sourcing, helpful staff and a layout that's constantly being reinvented mean that it manages to stay relevant, and the number of collections it produces every season makes it a little treasure trove of inspiration for all sorts of tastes. In terms of offer, it's a bit like IKEA – you could literally kit out your entire home with the products on sale here – with the main difference being that they don't hold any pre-made stock: all of the furniture available is tailor-made. First opened in Tianzifang, the brand counts a number of stores across town, the latest of which is in Super Brand Mall.

// 38 Changshun Lu, by Hongqiao Lu 长顺路38号, 近虹桥路 (400 655 0280, homes-up.com)
// Super Brand Mall, 1/F, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu (opening soon) 正大广场店, 陆家嘴西路168号1楼, 近陆家嘴环路 (homes-up.com)

PLATANE

Combining traditional French savoir faire with an eclectic aesthetic, Platane is a French-owned boutique that could be described as a gallery purely because of the attention to detail in regards to the layout of the wide range of items it carries. First opened in 2006 by two expatriate friends aiming to blend Chinese heritage with a contemporary vision, it has two locations, a larger store in the lively enclave of Taikang Lu (close to Tianzifang) and another one on leafy Wukang Lu. Both spaces are bright and sunny, and carry a carefully edited selection of hand-made ceramics, soft furnishings, glassware and cashmere pieces, alongside imported brands like Zoeppritze, Bertozzi, Charvet, La Rochere and LSA. Aesthetically pleasing, Platane show-



cases some real gems – both local and international – making it a favorite among interior designers and décor aficionados.

// 156 Taikang Lu, by Sinan Lu 泰康路156号, 近思南路 (64662495, www.platane.cn)
// 439 Wukang Lu by Huaihai Zhong Lu 武康路439号(6433 6387, www.platane.cn)





INDIGO LIVING

First established in Hong Kong in 1979, Indigo Living attempts to showcase the very best of contemporary furniture, lighting and homewares. The store, which spans four floors of a stunning renovated house on Anfu Lu, offers customers an immersive experience, recreating inspirational interiors people can touch and try. Think IKEA but in a much more upscale, edited manner. Visually engaging, rooms are arranged around the various thematic collections the brand produces yearly, each a display of tasteful, well-crafted quality items. A kid's area, Indigo Kids, provides a colorful assortment of movables and toys, making this a great spot for families looking to decorate their children's rooms with original, fun design products.

// 185-187 Anfu Lu, by Wulumuqi Zhong Lu 安福路185-187号, 近乌鲁木齐中路 (6475 5228, www.indigo-living.com)



JING REPUBLIC

Mixing contemporary design furnishings, flower arrangement classes and baking lessons, Jing Republic is a one-stop destination for all things home. The spot – which counts locations in Jing'an and the former French Concession – focuses aptly on unique, artsy furniture and lifestyle items, from sleek lounge lamps to quirky china and scented candles whose wax turns into body oil once melted. Stylish and accessible, it offers pieces procured from both China and abroad, all at pretty affordable prices. A perfect gift destination, Jing Republic's products are a far cry from the run-of-the-mill items you'd find on the high street. All in all, it's one of the most interesting furniture and design stores in town.

// 361 Kangding Lu, by Shaanxi Bei Lu 康定路361号, 近陕西北路 (6216 0385, www.jingrepublic.com)





HOMES-UP
捷尚居

泰康店：
上海市黄浦区泰康路126号（近思南路）
Taikang Store:
No.126 Taikang Rd., Close To Sinan Rd., Shanghai
TEL:021-6301 0190

正大店：
上海浦东陆家嘴西路168号正大广场1F
Super Brand Mall Store:
1F, No.168 West Lujiazui Road, Pudong, Shanghai
TEL:021-5843 7216

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"EAST MEETS WEST" EDUCATION

How Our Kids Can Be "Tough Enough"

By Janie Dong, Chinese Curriculum Coordinator, YCIS Regency Park Campus

A new documentary series from the BBC has sparked a debate in the teaching community worldwide. We get an experienced perspective on the issue and learn a little bit about how international schools in Shanghai can learn from it.

You have most likely seen or heard of the recent BBC documentary series, *Chinese School: Are Our Kids Tough Enough?*, heating up debates on education worldwide. The entertaining and controversial three-part series chronicles one British school as 50 of their students are immersed for one month in a typical Chinese school environment, taught by five experienced Chinese teachers. The show follows the highs, lows and drama that unfolds as the class tries to adapt to and find success in their new learning environment, as well as to prepare for com-

petitive examinations against their classmates, who are still being taught by their British teachers. In the end, the fascinating documentary attempts to answer the age-old question: Is an Eastern or Western education best?

Many of the Chinese teachers at Yew Chung International School of Shanghai (YCIS), myself included, have had experience in both local Chinese schools and international school environments. We can all admit that, like in the BBC documentary, there are many differences between the two learning environments.

My colleague, Ms. Vivien Bai, says, "Before working at YCIS, I worked in a local middle school as an English teacher. In local schools, both the teachers and students have lots of pressure for exams, so they spend a lot of time doing worksheets and aiming to achieve high exam scores." She adds, "As an international school teacher, it's a very different teaching experience. In international education, there is more focus on each unique student, and as teachers, we provide

more help and address the various needs of our students. Classes are student-centric, and students have many opportunities to discuss, experiment, make their own decisions and deductions, as well as having more chances to work in a team environment and improve their social and communication skills."

In my own experience, I know that in local schools, students spend a great deal of time on drill-based and individual studying assignments. This is why Chinese students often show strong academic scores, and is most likely the reason why the children in the BBC's *Chinese School* achieved the highest test results. However, students in international learning environments develop dynamic and cooperative thinking skills, something that is highly valued in today's competitive world. So knowing that there are benefits to both of these learning environments, is it possible to strike a balance?

At a school where the focus is on truly integrating both Eastern and Western principles, philosophies and education models

in a unique learning environment, both students and teachers alike benefit. In the Kindergarten and Primary sections of our program, we have two co-teachers in every classroom, one international and one Chinese, who serve as equal partners, and are responsible together for the care of the students and the learning that takes place in the classroom.

Another Chinese co-teacher at YCIS, Ms. Sissy Shen, explains, "The co-teaching model is key to emphasizing both English and Chinese languages, and leads to fluency in these two major world languages while also providing the opportunity to experience different cultures. As a result, co-teaching helps students appreciate both Eastern and Western cultures, languages and values."

This type of education model also has a positive impact on the teachers, as well. Ms. Lina Fei, a YCIS co-teacher, says, "Working with a co-teacher from a different cultural background than your own is fantastic. As teachers, we share different teaching methods, learn from each other, and achieve progress together. Not only are we helping our students develop a global mindset, we also broaden our own international horizons."

In the documentary, most of the British children struggled with their new classroom environment. However, a few children seemed to prefer the Chinese model and found themselves grasping topics and concepts easily. With any education model that is based on a single curriculum or learning model, some children will easily find success, while others might fall behind.

Personally I prefer a blend of teaching methods. I think providing children with a flexible learning environment, and delivering a true mix of educational experiences by using more than one teaching method, can help every child find success and stimulation in the classroom. Ms. Ada Shi, another of our Chinese co-teachers, says, "Every student has a different way of thinking and problem-solving. For example, for Math, the Chinese and Western methods of teaching the subject are very different. The Chinese co-teacher might use more numerical strategies to teach the subject, whereas the international co-teacher might explain the concept with a more hands-on approach. All students benefit because they have now learned the material in two very different ways."

One of my favorite parts of the documentary was when the children in the Chinese school were introduced to Chinese culture for the first time. The students participated in fan dancing, morning exercises and traditional puzzles. This introduction to Chinese culture encouraged the students to be more open-minded about the experience and they were then better able to embrace their new learning environment.

At international schools operating in China, it's important that students are introduced to and immersed in their host country's culture. At YCIS, this is part of the reason why our students have an hour of Chinese cultural lessons every week, in addition to their daily Chinese-language lessons and our many cultural

extracurricular offerings. My colleague, Ms. Carrie Qian, says, "International schools are meant to bring all cultures together, making the students truly global citizens. It's very important for students to learn about the culture they live in so that they can have a better understanding of its people and their ways, as well as the language."

One obvious downside to the Chinese School in the BBC show was that students weren't exposed to the assortment of activities they were accustomed to in their normal school life. One young boy, in particular, yearned to play sports again so much so that he skipped his after-school study sessions just so that he could return to the field with his friends. The Chinese School put a great deal of emphasis on students' academic achievement, as well as their results on a rigid physical examination, but the school did not provide a well-rounded curriculum. Even the British school headmaster was concerned that the children spent so much time studying that they were missing out on their childhood.

My colleague, Ms. Dana Zheng, says, "Academic examinations are developed for assessing students' competitiveness in an academic environment using standardized and quantified methods. However, in my opinion, it's not all about exam results, and I think it's the responsibility of any educational institute to prepare students not only for the challenges of an academic setting, but also for life, and for their future by providing real experiences. It's important to expand the range of students' studies to include the arts,

music, sports and character development, in addition to preparing them to be academically successful."

So can we truly know which education model is best? I am certain people will all have their own opinion. What we do know is that by providing students with the opportunity to experience a learning model that values more than just one educational system and one culture, they will benefit not only in their academic career, but also in their bright futures that lie ahead.

//Yew Chung International School of Shanghai is a co-educational international school in Shanghai. To learn more about the school, visit www.ycis.sh.com.



TEACHERS' ROUNDTABLE DISCUSSION

A Deeper Look at the Controversial BBC Documentary

Edited by Alyssa Wieting



In order to understand the discussion in the education community regarding Chinese teaching styles versus Western teaching styles, we met with three teachers from across Shanghai. They each have valuable experience teaching and learning in both China and the West. With diverse opinions, they give us some insight into what we can learn from the BBC documentary *Chinese School: Are Our Kids Tough Enough?*

Why has this documentary and discussion sparked such an interest in the teaching community?

Elaine: It sparked people's interest because it gave them a look at the differences between the Chinese style of education and the Western style. Ultimately, it was a competition, and I think many people wanted to see which side would win, and if the Chinese teaching style would actually bring changes to the experimental class.

Ruya: Educators were taking intense interest in what drove Shanghai to have the leading scores in the OECD PISA tests. When the documentary was shown, it aroused a massive debate on Chinese education methods and whether teenagers need more discipline and restraint.

Eleanor: It invites us to think about our received wisdom in 'how' we

teach. In the UK, and in teacher training programs there, it is all about 'student centered learning' and creating opportunities for students to 'think for themselves.' In the Chinese education system there is much greater emphasis on acquisition of knowledge.

Do you think the BBC documentary portrayed an accurate representation of both styles of teaching?

Ruya: In my opinion, the BBC documentary portrayed a representation of both styles of teaching at some point, but a four-week program was not enough to see the whole education process and each of its methodologies.

Elaine: Not entirely. In the way it was presented, it seems more of the focus was on discipline and classroom management than the actual teaching.



Elaine Sheng

High school Mandarin teacher at Concordia International School

Does the Chinese competitive style foster better performance in your experience?

Eleanor: Who are they performing for? The question itself implies that they are somehow putting on a show for someone else, whereas what we are trying to do is set them up so that they can have happy and successful lives on their own terms.

Ruya: When I was a student, I tried my best at my academic performance through healthy competitions; however, I also found competition didn't help much if there was no feedback or evaluation from the teachers. Winning itself should not be at the core; teaching students how to handle failure and dealing with challenging situations cannot be neglected.

Elaine: Frankly, in some ways competition does make some students perform better, but not all of them, and it should not be the main focus.

Do you find that the more structured lecture style or a more interactive style of teaching works better in your own classroom?

Eleanor: To use either exclusively would be a disaster. Interactive teaching requires your lesson to be deeply structured, so it is a

false paradigm too. Lecturing seems to work well when the outcome that you are trying to achieve is performance in examinations that test knowledge. If you are looking to test a wider range of skills, such as problem solving or reasoning, then you are probably going to have to get students to work interactively.

Ruya: These two styles both have advantages and disadvantages; the key is how you use them in a classroom. I use both and it depends on the subjects and purposes.

Elaine: During a language class, the combination of lecture and interactive engagement is always the best way. These two styles are used alternately according to the content and activities we are covering. Students engage more when they can use their creativity to process the content we give to them.

The behavioral problems of the students were a big focus in the documentary. What can be learned from their reactions?

Eleanor: The power was in the editing, of course. Most students were really quite well behaved under the circumstances of extreme boredom and frustration. Most of the behavioral issues stemmed from the fact that students didn't feel as though they were learning. Is that not actually a good thing when you reflect on it? They were acting up because they were frustrated at not moving forward! Adults are so wonderfully critical of young people about behavior, but I challenge any Chinese (or British) adult not to check their email or get their mobile phone out during a meeting or lecture that they are 'bored' at.

Elaine: The students in the experimental class had trouble adapting to the strict discipline that is expected in a Chinese classroom because it was new to them. So some of the students rebelled against this new style of teaching. In an actual classroom, teachers should adjust the way they approach classroom management to fit the environment. Plus, it's possible some kids were acting out for the cameras.

Ruya: A four-week program may not reflect the whole process accurately, and the bad behavior also could have been one of the symptoms of the learning transition. I think the Chinese teachers got frustrated because they experienced less behavioral problems in China; the high expectation from parents, the competitive society, and a large population drive Chinese students to have a clear goal towards learning.

If you were to choose aspects from each teaching style, what would you combine?

Elaine: As a Mandarin teacher in high school at Concordia, I have to make sure my teaching is balanced and that my students are engaged and using their creativity. The class is student-oriented, but there is still a certain amount of lecturing that takes place as well. And, since it's high school, the students are driven to get good grades to keep up their GPAs.

Eleanor: The compassion and dedication that the Chinese teachers showed to the kids was deeply affecting. This speaks to the heart of the teaching profession and why teaching is a vocation and not a job. The passion and heartfelt concerns of those teachers about their students was a theme common to all good teachers regardless of system or society. I think that the Chinese teachers, like all good teachers, had high expectations of their students, they had excellent subject knowledge and they were persistent. The UK teachers that we saw shared these traits too.

What can international schools in particular learn from such an experiment?

Eleanor: Though the documentary was really enjoyable and raised interesting questions, it was not a rigorous experiment and it would be possible to draw all sorts of false conclusions from it. For international schools in particular it probably told us what we already know: that students who come to us from the Chinese system are, by and large, better at rote learning but less good at critical thinking.

Elaine: Well, international schools teach students who have different backgrounds and who have experienced different styles of education.



Eleanor Prescott

Second Master and Head of the Senior School at Wellington College International Shanghai

So this should be considered and respected. At my school there are brilliant teachers from around the world who teach and support students in ways that help them think with a global point of view.

What is something positive you took from the documentary series and experiment?

Eleanor: I think the kids involved probably learned something about themselves and hopefully had a great experience. Personally speaking, anything that sparks intelligent debate about education, I feel to be a good thing.

Elaine: The documentary showed advantages and disadvantages of both systems. The experiment also shows us that both China and some Western countries are taking actions to upgrade their teaching methods and enhance their education systems.

Ruya: When the documentary was shown on TV, different opinions and perspectives were expressed online. I see a different world, a world with inquisitive students, conscientious teachers and an open-minded audience. In a productive classroom, no matter Chinese or British, we need to learn responsibility instead of obedience, respect instead of fear. Embrace the differences and learn from each other for our students.



Ruya He

Grade 5 teacher at Western International School of Shanghai

The new SAT test has been built to focus on key skills that matter most for college readiness and real-world success. If you believe the key to a high score lies in the rote memorization strategy of the past, think again. The only way to prepare for the test, and for success in higher education, is to start early and build solid foundational skills. These skills can't be learned overnight, but must be developed through years of practice starting in elementary school.

Adventorial

SKILLS FOR THE NEW SAT

- Are you positioning your kids for success?

Reading

(Exposure to complex texts)

Vocabulary

(Moving beyond rote memorization)

Writing

(Clearly and effectively getting your point across to the reader using proper grammar)

Critical Thinking

(Analyzing text on the spot and synthesizing information as a tool)

HARKNESS NOVEL PROGRAM

Literary Classics

In-depth Text Analysis

Vocabulary in Context

Integrated Essay Writing

Harkness Discussion

Historical Context

Literary Devices

JOHN F. KENNEDY DEBATE SOCIETY

Timed Critical Thinking Skills

Argument Crafting

Presentation Techniques

Subject Specific Vocabulary

Evidence-Based Research

Text Analysis (the *Economist*, *Wall Street Journal*)

Debate Competition Simulation

Note Taking Skills

NEW PATHWAY WRITING PROGRAM

Timed Essay Writing

Research Papers

Effective Outlining

Editing & Rewriting

Evidence Application in Writing

Grammar

Vocabulary Integrated Writing

College Application Prep

WORDS IN CONTEXT

Many questions on the new SAT focus on widely used words and phrases critical to understanding texts on a variety of subjects. They will require students deduce a word's meaning based on context. No longer will students be subjected to flashcards memorization of obscure words, only to forget them the minute they put their test pencils down.

Our curriculum is built on the belief that if you can't read, write, and verbalize the vocabulary you learn, then you don't understand it.

COMMAND OF EVIDENCE

The Evidence-Based Reading and Writing section and the SAT Essay will ask students to interpret, synthesize, and use evidence found in a wide range of sources. These sources will include multi-paragraph passages in the areas of literature and literary nonfiction, the humanities, science, history and social studies, and on topics about work and career.

Every program we offer emphasizes the importance of application. Everybody has access to information, but it's those who can use the information properly, interpret it correctly and make informed decisions that will achieve concrete results.

PROBLEMS GROUNDED IN REAL-WORLD CONTEXTS

The new SAT will present students with questions grounded in the concepts from the real world, and directly related to work performed in college and career.

Knowledge is not power. It's the correct application of knowledge in context that is power. Our programs reflect this philosophy.

SAT ESSAY: ANALYSIS OF AUTHOR'S ARGUMENT

A successful analytical essay shows the writer's understanding of how the author builds an argument by:

- Examining the author's use of evidence, reasoning, and other stylistic and persuasive techniques
- Supporting and developing claims with well-chosen evidence from the passage

All of our programs emphasize the importance of point-of-view analysis. Everybody has a perspective, and the key is to identify it quickly and interpret it correctly.



- We teach our students to identify context clues and define new words through the reading of classical literature
- We force students to use new vocabulary in their essays for proper application in writing
- We utilize the Harkness model to master new vocabulary through discussion

- We identify and analyze modern vocabulary through reading and discussing the content of popular publications such as the *Wall Street Journal* & *the Economist*
- We apply the new vocabulary during in-class debates and through the writing of argumentative essays

- We apply new vocabulary used by the world's leading thinkers and innovators through writing in-class timed essays and take-home research essays
- We correct faulty vocabulary application through our intensive rewriting process

- We teach our students to engage in British & American Classics and find hidden meanings between the lines of the texts
- We build our student's ability to craft accurate analysis through enforcing habitual identification of text evidence

- We analyze and consolidate the strongest evidence from multiple news sources to build powerful arguments to be presented and argued in class
- We assess a wide variety of texts to develop confidence in timed analysis settings

- We focus on the correct application of evidence in essay writing through a non-stop process of rewriting
- We encourage students to make mistakes and self-identify errors

- We guide our students to make contextual connections between authors, characters, historical and scientific events, and their own personal experiences within each novel they read
- We push students to further apply such connections to current events and world views in the form of discussion and writing

- We tackle challenging issues in current socio-economic environments
- We develop the ability to discern fact from conjecture in the crafting of accurate arguments

- We analyze the perspectives of top professionals in STEM & humanities fields and assess their solutions through thoughtful prose

- We teach our students to pinpoint the author's background, motivations, and influences as they read through every novel

- We weigh the biases of opposing scientists and influencers by comparing their publications side-by-side

- We explore the intention and direction of the world's leading minds and popular personalities through timed and take-home research essays



Young Achievers

A That's Shanghai & Urban

Urbal Family will host our inaugural Young Achievers Awards at the Shanghai Town and Country Community on November 28-29. The event will acknowledge, encourage and – most importantly – celebrate the positive achievements of young people in Shanghai aged between 6 and 18. This celebration will not only recognize exceptional students, but also teachers and staff, in an effort to bring the education community together for a joyous occasion. Please join us for a fun-filled weekend of games, music, community and awards.

AWARDS CATEGORIES

OUTSTANDING ACHIEVER AWARD

This award recognizes a student who has shown overall excellence in his/her community and school.

STUDENT LEADER AWARD

This award recognizes a student who has actively demonstrated attributes of a leader through his/her actions and character.

OVERALL ACADEMIC AWARD

This award recognizes a student who has shown overall academic greatness in both grades and effort across a range of subjects.

LANGUAGE MASTER

This award recognizes a student who has not only mastered multiple languages, but has a great passion for learning them.

ARTISTIC AWARD

This award recognizes a student who has shown great artistic and creative work, whether it be painting, drawing, sculpture, photography, etc.

SPORTSMANSHIP AWARD

This award recognizes a student who has shown sportsman-like conduct, including fairness, a positive attitude, and courtesy to other players.

ATHLETIC AWARD

This award recognizes a student who has shown overall excellence in athleticism in one or many sports.

ALTRUISM AWARD

This award recognizes a student who has actively engaged in community service and has a charitable heart. The community service projects may be a single event or a series of activities and efforts.

MUSICIAN AWARD

This award recognizes a student who has shown extraordinary talent and potential in the art of music and playing an instrument.

CHEF AWARD

This award recognizes a student who is a whiz in the kitchen and is an excellent cook.

TECHIE AWARD

This award recognizes a student who is an expert in all things technology and has perhaps even designed something of his/her own.

MATHEMATICIAN AWARD

This award recognizes a student who has extraordinary mathematical skills and excels in this subject.

SCIENTIST AWARD

This award recognizes a student who is both intrigued and skilled in the scientific field and who exceeds expectations in this subject.

**YOUNG ENTREPRENEUR AWARD

This award recognizes a student who shows determined entrepreneurial skills and great potential in the business world.

ers DAY 2015

Family Event

TEACHER AND STAFF CATEGORIES

**CREATIVE WRITER AWARD

This award recognizes a student with a very creative mind and a knack for storytelling. In order to nominate a student for this award, he/she must submit a creative writing sample.

Rules: Stories must be 800 words or fewer. Entries will be judged on creativity, literary merit and enticing storylines. The stories are to be set in Shanghai – be creative! Deadline for submissions is October 31.

Details: Finalists will read their stories at the Young Achievers Award Ceremony and be published on the Urban Family website.

**These awards are for the high school age category only.

OUTSTANDING PRINCIPAL AWARD

MOST SUPPORTIVE TEACHER

MOST INSPIRATIONAL TEACHER

MATH TEACHER OF THE YEAR

SCIENCE TEACHER OF THE YEAR

CHINESE TEACHER OF THE YEAR

ENGLISH TEACHER OF THE YEAR

ARTS TEACHER OF THE YEAR

MUSIC TEACHER OF THE YEAR

HISTORY/SOCIAL STUDIES TEACHER OF THE YEAR

COACH OF THE YEAR

Do you know someone who should be nominated for one of the following categories? Please submit their name, grade, school, and 3-4 sentences about why you think they deserve the award! Age groups will be separated and distinguished to make it fair for all participants. Send your submissions to UF Chief Editor at alyssawieting@urbanatomy.com.

// Nov 28-29, Shanghai Town & Country Community, 46 Luding Lu, by Guangfu Xi Lu 沪定路46号 近光复西路

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TREATS FOR THE TABLE

Sweeter than Stuffing

By Betty Richardson & Lauren Hogan

PIE

Nothing says Thanksgiving like good ol' fashioned pie, and even in Shanghai it's still possible to get your hands on them. We're fans of Dutch Pies, who in addition to having mouthwatering year-round offerings (rice pudding cream pie or cherry cheesecake, anyone?!) can also be relied upon for their seasonal pies. We love their classic pumpkin pie (nine inches, RMB188) and Grandma's Apple Pie (nine inches, RMB178) – both big enough to feed a family and excellent with a scoop of vanilla ice cream. Pies are made to order at least one day in advance and delivered at your convenience.

// www.dutchpies.com



COOKIES

Longtime Shanghai favorite Strictly Cookies can usually be depended on for supplying seasonal sweet delights, and this year is no different. Instead of the usual pumpkin, for Thanksgiving this year proprietor Lexie Comstock's team is unveiling a special sweet potato and marshmallow flavor cookie. Unconventional, yes, but if their usual cookies are anything to go by, we bet they're good. Available for the week of Thanksgiving in boxes of 12.

// www.strictlycookies.com



CUPCAKES

Here's something to be thankful for: this year Shanghai was blessed with another new cupcake company – Babycakes! The brainchild of former Chicagoan criminal prosecutor Jodi Peterson, this homegrown bakery sells a range of delightful cupcakes in all sorts of flavors. Like a true American, Jodi's unveiling a special pumpkin cupcake for this year's holidays. Perfect for sharing around the table after dinner. Or anytime, really. RMB25 each, available from beginning of November.

// www.babycakeschina.com



JELLY & CHUTNEY:

Thanksgiving turkey just wouldn't be complete without a spoonful of classic cranberry jelly. And while there's nothing wrong with a standard supermarket variety, we say treat yourself to a jar of Amelia's cranberry sauce (RMB47/260g). The perfect accompaniment to just about any roasted poultry (and a glorious finishing touch to that post-Thanksgiving turkey sandwich!), these 260g jars should see you right through until Christmas.

// www.kateandkimi.com



THANKSGIVING MADE EASY

THREE WAYS TO CELEBRATE IN SHANGHAI

By Betty Richardson

"Give thanks for a little, and you will find a lot." So say the Hausa people of Nigeria, and you'll certainly find a lot in the way of Thanksgiving feasts around Shanghai this year.

There's basically three ways of celebrating the most gluttonous of holidays in this city:

1. Dine-in at a restaurant: What do places like Boxing Cat Brewery, Mercato, and Liquid Laundry have in common? They're all putting on sumptuous Thanksgiving feasts this year, from buffets and set tasting menus to free-flow wine, beer and soft drinks. Get in on the action early and reserve a table for your family.

2. Take out a cooked dinner: In the mood to feast at home, but not keen on the mountains of pans to

wash up after? Then simply order your freshly roasted turkey (plus choice of trimmings) from one of the dozens of participating hotels and restaurants around town. We did The Langham's deal last year and had enough leftover turkey and sweet potatoes to last us an entire week.

3. Go solo: If taking on the Julia Childs-worthy task of prepping dinner for the family is a walk in the park, then look no further than online grocers Fields (www.field-schina.com) and Table Life (www.tablelife.com), for imported birds, offers on seasonal classics like stuffing and pies, and even set meals. Trust us, online delivery never looked so appealing than when faced with the prospect of lugging a 7kg frozen turkey back from the supermarket in a taxi.



For complete details and listings on the best Thanksgiving deals in the city, refer to our 2015 online guide coming soon to our site, <http://shanghai.urban-family.com/>

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THANKSGIVING DAY RECIPE

Seasonal Roasted Pumpkin Soup with Cinnamon & Nutmeg

By Magdalena Skalkowska

Pumpkin is one of the quintessential flavors of fall and an iconic Thanksgiving staple. But you know, it doesn't always have to be about the pie...

No, this easy, seasonally spiced pumpkin soup makes for a great Thanksgiving starter – wholesome, healthy and warming – with really very little effort required (unlike that pie).

Naturally low in calories but high in fiber, pumpkins are a great addition to meals to aid weight loss. And, like other brightly hued edibles, this most vibrant of vegetables is a good source of the antioxidant beta-carotene, which, according to America's National Cancer Institute, may play a role in cancer prevention.

FOR EVERYONE TO ENJOY

All members of the family can enjoy this festive treat. The perfect texture for babies to eat, pumpkin is a great way to introduce that youngest member of the family to spices and herbs. Most pediatricians recommend waiting until 8 months to do this and always follow the four-day wait rule – introduce new foods individually, and with a four-day period between each food to monitor reactions. And, of course, discuss with your baby's own pediatrician before anything else.

INGREDIENTS (FOR 2)

600 g of pumpkin (we used 3 mini yellow pumpkins)
500 ml of vegetable stock
1 tablespoon of olive oil
Half an onion
2 cloves of garlic
A pinch of cinnamon and nutmeg
Cream and fresh coriander (for dressing)

INSTRUCTIONS

1. Preheat the oven to 200°C.
2. Wash the pumpkins, cut into halves and scoop out the seeds.
3. Place the pumpkins on a baking tray, sprinkle with olive oil, season with cinnamon and nutmeg and bake for around 40 minutes (or until soft).
4. While the pumpkin is roasting, chop the onion and garlic, and gently fry in one tablespoon of olive oil, until soft – you can skip this step if you're preparing the soup for little kids.
5. Now it's time to add the vegetable stock, heating gently.
6. Once the pumpkin is soft, scoop the flesh from the skin using a spoon. Add it to the vegetable stock. Take the pan off the heat and carefully blend everything together, until smooth.
7. Return the pan to a low heat, season and continue to cook for a further 3 minutes, stirring as you do. If the soup is too thick, simply add a little more stock or mineral water.
8. Before serving, drizzle with cream and sprinkle with leaves of fresh coriander.

Contributed by FIELDS (www.fieldschina.com), your online grocery store. FIELDS stocks fresh fruit and veg, imported and domestic meat, plus the brands from home that you love and miss.



EPERMARKET

Great Selection and High Standards



To assure their customers of their transparency in the certification process, Epermarket works with TÜV Nord, a German testing institute, to audit and certify their operations annually according to some of the most rigorous industry standards in the world.

China's food safety issues go without saying. So how can you be sure that what you buy is safe, and how can you stick to a healthy diet when reliable, fresh produce is often hard to come by and access to familiar ingredients is sporadic?

Shanghai-based online supermarket Epermarket was created with these exact issues in mind. Founder and CEO Jean-Yves Lu started the site in 2011 after many years working for multinationals in Paris. When he returned to China with his wife and two daughters, Jean-Yves was concerned about the level of food quality and the availability of safe products. Fast-forward four years and Shanghai's international community has come to fully embrace Epermarket. This success has led the company to expand to Beijing, where it now offers the same great selection of premium imported goods, healthy food and household products.

WHAT SETS EPERMARKET APART?

The highest priority of any supermarket should be to guarantee the quality of its products and services, from sourcing and procurement to storage and delivery. But in China, it's difficult to trust companies, especially when it comes to food. Customers need hard, solid proof – which is best done through internationally accredited certifications.

Epermarket demonstrates its conviction to product safety by being the first (and only) online supermarket in China to receive ISO 9001 certification. Certification is awarded only after a company implements a thorough Quality Management System by applying standards and consistency to its everyday activities. This ensures that Epermarket's internal operations – including product procurement, temperature-controlled warehouse and delivery trucks – adhere to the highest international standards.

HOW ARE SUPPLIERS SELECTED?

Because suppliers have to be carefully selected and controlled, it helps to have a team of experts from all over the world to ensure that international standards are met.

"Our product team ensures that we work with suppliers who have the appropriate business licenses. We have turned down very famous products simply because the company didn't have the right certificates," explains Peggy Liguori, French Product Manager for Epermarket.

After a thorough check of their certificates and an initial inspection of a potential supplier's storage facilities, Epermarket's international team of product experts conducts meticulous taste tests before finally agreeing upon which items best fit their product portfolio. Factors such as taste, quality, ingredients and appearance are all carefully assessed before a final product selection is complete. But the process doesn't end there. Controls throughout the year, such as farm or storage facility visits, are also conducted on a regular basis to ensure that their suppliers continue to maintain the highest standards.

HOW DOES EPERMARKET SECURE ITS SUPPLY CHAIN?

The Epermarket warehouse is fitted with a three-chamber cooling system to uphold the integrity of all of their products. Your frozen products will stay frozen, and your fresh products will stay fresh. Quality controls are also regularly practiced there: an entire team is dedicated to product and packaging quality control.

Highly innovative detectors are used to validate each product in your order, ensuring that nothing will be missing when your goods are delivered. Additionally, a special alarm system prevents any expired product from being sold.

// www.epermarket.com. Order today and get a 10% discount* on your first order. (*5% discount on your order + 5% credited to your account)



BUBBA'S CHILI COOK-OFF

Fun for the Whole Family

By Betty Richardson

For over a decade, Bubba's Chili Cook-Off has become an unlikely anchor of the expat community in Shanghai, one that traces its origins to humble beginnings – a gathering at the Hongqiao branch of Bubba's Texas Bar-B-Que. This year's event marking the 10th anniversary is a bonanza from 12-8pm, set to draw in a crowd of thousands.



SOUTHERN HOSPITALITY

Ken Walker, the founder of Bubba's Chili Cook-Off, is one of the city's 'lifer' expats. "I'm from Austin, Texas, and we have events like these every week. It's a huge part of our culture and I love it. Back in 2006 (the inaugural year of the cook-off) there was nothing like this in Shanghai, and I felt the city could use an event like this to bring people together."

ANY EXCUSE FOR A PARTY

But why chili and why cooking? "The idea of a cook-off is just an excuse for a party," explains Walker. "Obviously the chili is important, but at the heart is that people get together, meet each other and feel like they're part of something," says Walker.

THE 10TH ANNIVERSARY

Held on the grassy expanses of Wellington College's outdoor playing fields, this year's event is to be the largest yet and hopes to attract more families at the new location. And while there will be plenty of booze vendors, Walker tells us this year is set to be more family friendly than ever. "We'll have a whole area for kids to play in and even an obstacle course."

The site includes a very large grassy area where children are free to run and play a variety of games and activities. Kid-friendly vendors such as Strictly Cookies and Zotter Chocolates will also be in attendance with goodies for the young ones.

As for adults, the Cook-Off will play host to dozens of Shanghai's favorite F&B brands, including Tito's Vodka, Ruijin Cajun, Mexico Lindo, Westwood Ales, Via Pacifica Wines, BYFO Hot Sauce, and, of course, Bubba's Texas Bar-B-Que itself.

But vendors are just half the fun: with a bumper-sized event comes up to 30 different competitors, half of whom are also food vendors. For the visitors, this means more chili samples to try. Aside from the 'Best Chili' award, competitors also vie for the 'People's Choice' award, determined by whichever chili accrues the most votes from visitors.

Tickets for the Cook-Off are RMB100 (including a RMB50 voucher to be used for F&B purchases); under 12s enter for free. Chili samples are free while supplies last. There'll also be three live bands playing, including Rock Suey and Somewhere Else.

// November 7, 12-8pm. 1500 Yaolong Lu, by Haiyang Xi Lu 耀龙路1500号, 近海阳西路.



PAULANER

A Place for Kids' Fun on the Weekends



With branches across the city, Paulaner has established itself as the Bavarian capital of Shanghai. Although it's a great place to come with friends, Paulaner has also fashioned itself as family friendly with children's events held weekly. Their branch at Fenyang Lu is well known for having regular Kiddies' Days every Saturday from 10am to 2pm. With a location in the tree-lined Xuhui District surrounded by a green garden landscape, it's a great spot for children and parents alike. While children can run around, play games and climb at the playground, parents can relax in the beer garden with freshly brewed drafts and hearty Bavarian Schmankerl.

Each Kiddies' Day has its very own theme to keep kids engaged and excited about their new craft. This month, Paulaner will host a salty pretzel relay (Oct 3), make your own hat day (Oct 17), as well as create a bunny pencil topper day (Oct 24). These activities also allow kids to take home their new creations and show them off to their families and friends!

Although not necessarily a family event, adults will be gathering at Paulaner this month for their legendary annual Oktoberfest. Their flagship location on Fenyang Lu will be the place to ring in the festivities from October 15-24.

// Kiddies' Days, every Saturday 10am-2pm, RMB48 for children over 3, 150 Fenyang Lu, by Yueyang Lu 汾阳路150号, 近岳阳路 (5466 5700)

// Oktoberfest, Oct 15-24, 5pm-late, RMB248-358. Paulaner (Fenyang Lu), 150 Fenyang Lu, by Yueyang Lu 汾阳路150号, 近岳阳路 (5466 5700 x Sales & Marketing)



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GLASSHOUSE

Family Friendly Dining in Xintiandi

By Siobhan Brown

Finding a family friendly restaurant in any city can sometimes be a challenge. Luckily our family restaurant reviewer is here to make some excellent suggestions for you and your kids.

THE PLACE & VIBE

In the heart of Xintiandi on a Friday night, my husband and I along with our son Kaden (3) arrived with two good friends and their daughters (4 and 8), at new restaurant Glasshouse, all in the mood to eat. Entering with our pint-sized diners, we were immediately impressed with the décor, which gives the feeling of a bright and airy greenhouse. Upside down planters filled with foliage hang from the ceiling, and framed tropical butterflies and lush vines provide splashes of color throughout. Picture frames display various butterfly species and skylights filter in soft light, giving a relaxed and inviting feeling that put us immediately at ease as we were shown to our table.

THE FOOD

To begin, we went the predictable route by ordering French fries (RMB58) for the little ones in the hopes of staving off hunger, boredom and certain anarchy. What came to the table however, was by no means typical. These super crispy fries were nestled in a miniature fryer basket, and the kids really enjoyed the side of truffle butter. Next we ordered lime and lemongrass chicken wings (RMB58) with shrimp sambal sauce. They had a tangy citrus flavor and were the perfect pairing to the fries. Lastly we ordered pink rice paper rolls (RMB78) filled with smoked salmon, prawn and herbs. The kids were not interested in trying this particular dish, but the adults at the table certainly appreciated it, particularly the delicious white balsamic sauce.

Appetites now piqued, the kids decided on macaroni and cheese (RMB88), spaghetti volcano (RMB88) and cheese pizza (RMB98). I was a little concerned that they may be disappointed when their pasta selections arrived, assuming they would prefer instead, more 'traditional' and familiar noodles. Much to my surprise they devoured the 'volcano' spaghetti, and other than noting "too much butter" in the macaroni and cheese (pointed out by our eldest diner Julia, age 8), they loved the sausage that was baked inside. As for us adults, we tried the Singapore noodles (RMB158), a signature dish at Glasshouse and for good reason. They were downright delicious and full of flavor – infused with red lobster, Serrano ham, goose liver and homemade curry.



After, the children settled on the white chocolate fondue (RMB88) for dessert and were thrilled when the fruits, brownies, marshmallows, and deliciously light, airy egg puffs arrived. Another fun dessert option is the Candy Crush ice cream (RMB88), served with Oreo cookies, candy and Rice Krispies.

KID APPROVED

Despite the East-meets-West fusion, the children in our party enjoyed these distinctly flavorful dishes. While there is no children's menu, the adult menu has acceptable options and portion sizes for little diners (although probably not advisable for under 3s, who may require a simpler children's menu, booster chair, change table or children's cutlery).

Overall, the evening was a huge success with the adults enjoying a relaxing glass of wine (the drinks list is extensive) as well as a delicious meal. This is an excellent family friendly option in the heart of Xintiandi with affordable pricing parents will appreciate, and appropriate portion sizing both adults and children can enjoy.

- Price: RMB170 per person, including children.
- Recommended ages: 5 and up
- Good for: lunch, casual dinner and fusion food.

Join Siobhan's family in the next issue of *Urban Family* as we go on the hunt for kid-friendly dining options around town!

// Lane 181, Taicang Lu, Xintiandi, Bldg 7, 1/F, by Madang Lu 太仓路181弄新天地7号楼1楼, 近马当路 (3307 0388)



ELEFANTE

Date Night Restaurant

By Alyssa Wieting



In need of a date night? It's important for couples to get that alone time and *Urban Family* is here to help give you some suggestions for your romantic evening out. So, call the ayi, leave the kids at home for a night and enjoy some much needed one-on-one time with your significant other.

THE PLACE & VIBE

Nestled inside a not-so-obvious entrance on Donghu Lu is a delightful restaurant. From the entrance, it may not seem to be much, but it in fact is a considerable space, encompassing the main restaurant, a large outdoor area and a small sectioned-off bar.

As we walked into the restaurant past the hostess, we first saw the Dumbo Bar, where a pre-dinner cocktail can be enjoyed; however, we decided to dive right into dinner in the main interior restaurant. Although the restaurant is spacious, it still gives off an intimate feel with its dark lighting and yellow and orange hues. Brick archways cut through the center of the restaurant, sectioning off areas and creating a warm atmosphere.

After dinner, we ventured out to the patio where string lights glowed and adorned the entire space overhead for cocktails and dessert. It gave a very romantic feel and was a great space to enjoy a warm evening.

There is no need to plan a full night of different locations, as this one restaurant offers a variety of different spaces to enjoy dinner, pre and post drinks.

THE FOOD

The menu offers a wide selection of Spanish, Mediterranean and Italian dishes. Choose from the grill, tagines, rice dishes, tapas, or even the rotisserie.

With an entire page of their menu dedicated to cheese and meat boards, we decided to start with the San Daniele charcuterie board (RMB135), which was delicious and a sizeable portion for just two people. We also tried the crispy calamari & spicy citrus salad (RMB88) (which was a bit unorthodox, but excellent) with an inventive fusion of flavors. Our favorite, though, was the crab salad (RMB98), a unique dish with a delicate creamy taste thanks to avocados and a lime-basil sorbet.

For the mains, we decided to stick with the tapas menu, going with the crab ravioli (RMB88) and the olive oil fried eggs with chorizo sausages (RMB128). The ravioli is definitely for crab lovers, with a

very strong crab taste mixed with a buttery cream sauce. The eggs and chorizo were good, but somewhat overpowered by an excessive amount of shallots. However, we highly recommend the patatas bravas (RMB55), a tapas classic we couldn't pass up. These mini potatoes were anything but standard in presentation: With a puffy potato and a spicy tomato sauce stuffed inside, all wrapped in a crispy coating, this dish was to die for – finished off with a dollop of aioli on top.

To finish we had the Caramel Milky Way (RMB68), which was heaven for a caramel lover. It was a filling dessert with scoops of vanilla ice cream in a bowl mixed with thick chocolate syrup, and a side of delectable caramel sauce.

DATE NIGHT APPROVED

eleFANTE is excellent for a night out on the town with your significant other. In a central location, the venue offers both an excellent restaurant interior as well as two bar options, allowing for a breezy night out. Looking across the restaurant, we could only see adults – with its romantic atmosphere, this is the perfect place to escape the kids for a night.

- Price: RMB230-300 per person
- Recommended ages: couples & small groups
- Good for: date night dinner, drinks

//20 Donghu Lu, by Huaihai Lu, 东湖路20号, 近淮海路 (5404 8085)



FALL'S AFFORDABLE SPA TREATMENTS

By Alyssa Wieting & Andrew Chin

YU MASSAGE

If you are looking for a spa that is a good mix of East and West, Yu Massage is your place. Set in an environment that seems to have been taken right out of the Qing Dynasty, this urban oasis offers a wide range of massage and aromatherapy options. Spread out over two floors, it features 10 different massage rooms, all distinct from one another, with both massage beds and large comfy lounge chairs if you're going for a foot massage.

For fall, Yu Massage is offering three different massage packages, each 120 minutes long. The first is the Duet of Yu, a traditional Chinese massage and aroma oil foot massage (RMB240). The second is called the Fly in Dance, and includes an aroma oil foot and body massage (RMB290). The last is the Marvelous Time, a two-hour long full body aroma oil massage (RMB360).

We tried the Fly in Dance, which begins with soaking your feet in a wooden buck-



et of warm water and getting a warm up shoulder rub. After a deep oil foot massage with oil, the second hour sees you transitioning to a bed for a full-body aromatherapy massage, which uses an oil that has a delicate, light scent and is not overpowering. Yu also offers traditional Chinese massage options – a far cry from the teeth-clenching, nerve-pinching massages that you may receive at other places.

A real steal for their prices, the therapies are truly worth a visit – just make sure to go before 5pm on a weekday to take full



of the deal. Fret not if you can't though: their usual 60-minute and 90-minute massages range from RMB160-RMB420.

// 366 Wuyuan Lu, by Wukang Road 五原路366号, 近武康路 (5403 9931)

GREEN MASSAGE

Tucked on the third floor of K11 Art Mall, among restaurants and cafes, is Green Massage. Long corridors and generous sized rooms define the space, with each therapy room equipped with a shower, sink and wall-lined sofas.

On a recent visit, we treated ourselves to one of their most popular massage treatments – the purifying lymphatic drainage therapy (RMB616). The name of this treatment may be a bit intimidating, but it is certainly one we would go back for.

The therapy combines a detox technique with an essential massage oil to stimulate blood circulation and release waste tox-

ins. It is also meant to improve metabolism and restore balance to one's mental and physical states.

It's a smooth, flowing massage – the masseuse worked her way up and down our body in what seemed to be one continuous motion, all the while using a pressure we were comfortable with.

Post-massage, guests are escorted to a small sitting room, where they are welcomed with a soup, coffee, tea, and small pastries available at a long buffet-style table.

Besides the lymphatic drainage therapy, Green Massage also offers a wide variety

of packages starting at RMB458, while their 60-minute Meridian massage is a reasonable RMB348.

// Rm 305, K11 Art Mall, 300 Huaihai Zhong Lu, by Huangpi Nan Lu 淮海中路300号, 近黄陂南路 (6385 8800)



CHIYOO CLINIC & SPA

Located on a lively strip in the Old Town, the first thing you notice about Chiyoo Clinic & Spa is the welcoming sign. While it's a little bit of a surprise to see the venue labeled as Chiyoo Hemorrhoid Clinic, it's just part of the spa's unique history.

Opened a year ago as a medical clinic, Chiyoo began offering TCM spa treatments six months ago. The two services merge with new visitors consulting with on-site doctors for a general checkup.

Meridians are checked with results given to spa practitioners, allowing them to cater the treatment to each visitor's unique requirements. While the doctors speak only Chinese, an English consultant is available to help with any translating needs – book with Candy at 135 0171 8580 or on WeChat at cengong9470.

Once the consulting is done, visitors can pick from a number of traditional spa treatments. Meridian massages are priced

at RMB298 with special packages available by request that include a TCM check-up, a meridian massage or acupuncture session, cupping or scrapping and moxibustion therapy.

We opted for a massage that had us feeling instantly relaxed, with the masseuse paying extra attention to our lower back – a perpetually aching mess caused by too many hours spent slouched on a chair staring at a computer screen.

We followed that up with a cupping session – a soothing treatment that left a few dark rings on our back. The session ended with a 20-minute moxibustion treatment. The traditional medicinal heat therapy had our qi flowing and our thoughts enjoying every second of blissful relaxation.

Following the treatment, warm bowls of porridge and tea awaited us. While the individual package is recommended for first timers, specific spa treatments are

available by themselves to maintain that proper qi flow, with Chiyoo Clinic & Spa offering discounts to loyal customers.

// 420 Fangxie Lu, by Jianguo Xin Lu 方斜路420号, 近建国新路 (13501718580)



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UNLOCKING THE ADOLESCENT BRAIN

Understanding How Your Teen's Mind Works

By Dr. Nate Balfanz, JJ-Premier Medical Care



As a psychologist who specializes in the treatment of children and adolescents, I often meet with parents who are looking for insights into better understanding their teenage son or daughter. Some common adjectives I hear from parents describing their teens include “moody,” “disorganized,” “careless,” and/or “impulsive,” just to name a few. Regardless of how accurate or inaccurate these descriptions may be, recent brain-imaging research suggests that a significant contributing factor to why teens behave the way they do is that a period of accelerated, dramatic brain growth is occurring over the course of this adolescent life stage.

WHAT THE RESEARCH TELLS US

Recent research involving brain-imaging samples indicates that a significant amount of brain activity and development occurs during the adolescent years. In fact, other than in our infant years, the brain undergoes its most dramatic restructuring process between pre-adolescence and young adulthood.

In adolescence, after brains have expanded in cell number and structure, pruning and myelination processes take over, which result in the brain becoming better integrated to perform functions that are specific to an individual's activities of daily living.

Brain-imaging research also shows us that over the course of this adolescent period, growth occurs in the more primitive, sensory regions of the brain (our emotional response centers), and then continues outwards to the regions of the brain responsible for performing structured, sophisticated functions (our thinking, strategizing centers).

Now just because the higher regions of the adolescent brain have yet to reach their full potential, neuroscientists caution us not to think of the adolescent brain as “immature,” but rather that the sequence of development that is occurring is very intentional and very appropriate to a time in our lives where new abilities develop and a passion for life, learning, exploring, and trying new

things emerges. Some researchers would go so far as to suggest that not only do we reach the peak of our physical vitality during our adolescent years, but we also reach the peak of our mental vitality during that time.

The brain undergoes its most dramatic restructuring process over that time period between pre-adolescence and young adulthood.

TIPS TO CONSIDER FOR CONNECTING WITH YOUR TEEN

1) Focus on the feelings.

Teenagers are emotionally driven and emotionally in touch – even more so than adults. Making process comments about our teen's feeling states (e.g., "I can see how your teacher really upset you in class today") helps to convey that we understand and value how our teen feels.

2) Encourage creative expression.

Adolescent brain expert Dr. Dan Siegel states, "Our creative exploration of adolescence is found as we push against the

status quo, imagine how things could be, and not simply accept them for what they are.... The reality is that most innovations in art, music, science and technology emerge from the adolescent mind."

Provide your teen with opportunities to explore his or her creativity, whether it be through performing arts, athletics, drawing/painting, building and designing, or the like.

3) Help fill in the gaps.

Caring and consistent adults can serve as an external support for providing functional capacities that teens may struggle

with, due in part to the significant brain restructuring process that occurs during adolescence.

Model strategies that you as a parent use to keep yourself organized, give your teenagers the occasional benefit of the doubt when they say they forgot to do something, and use every instance of typical teenage irresponsibility as a teachable moment.

// Dr. Balfanz is the Senior Clinical Psychologist at JJ-Premier Medical Care, a comprehensive mental and medical health service clinic for expat children, adolescents, adults and families living in Shanghai. For more information on clinic services, contact Dr. Balfanz at: nbalfanzpsyd@jjpremier.com

Neuroscientists caution us not to think of the adolescent brain as "immature."



 Emergency
急诊


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THE MUSIC RUN™ BY AIA

The most interactive fun run with a 5 km soundtrack



On October 24, AIA will host The Music Run™ in Shanghai. This brand new interactive running experience will rock the city as it lands in China for the very first time!

The only 5 km fun run that puts music at the heart, The Music Run™ combines the worlds of music and running into a total music immersion experience unlike any other. Its bespoke digital music selection will get hearts thumping and fists pumping to music chosen entirely by its participants. The Music Run™ lets Music Runners™ become their own DJ as they vote to decide the music they want to listen to during the run.

At The Music Run™ by AIA, Music Runners™ will get to run, dance and party their way through a soundtrack of five unique and interactive 1-km Music Zones featuring five music genres – Rock, Pop, Retro, R&B/Hip Hop and Dance. The mu-

sic immersion experience is amplified with over 100 concert quality speakers pumping out tunes every step of the way.

It has been making waves in Asia with sell-out crowds in cities like Singapore, Kuala Lumpur, Jakarta, Bangkok and Yangon. AIA China, a passionate supporter of healthy living, has come on board as the Presenting Sponsor for the Shanghai leg of the run and the event is expecting over 7,000 participants. This event is a chance for local Shanghai residents to enjoy two passions at the same time – fitness and music.

Unlike other marathons and themed running events, The Music Run™ has no time clock, which means anyone of any fitness level and age can join in the fun and complete the run at his or her own pace.

Martin Capstick, Executive Director of Exceed Sports & Entertainment, stated,

“Music and running have always gone hand in hand in a way that allows fitness buffs and casual runners alike to enjoy running to the rhythm of the beat. With The Music Run™, we are excited to build a community of Music Runners™ whom we put at the heart of this experience by inviting them to decide the songs they want to listen to during the run.” Exceed Sports & Entertainment is a proud event promoter and excited to be working on this debut in Shanghai.

To get everyone warmed up, amped and in the mood, The Music Run™ by AIA will kick off with a Start Zone party at 1.30pm and end with the After Party in the Music Village.

//Oct 24, 1-6.30pm, RMB200-250, Shanghai Sports Oriental Center, register at www.themusicrun.com.cn

REDLEAF PEDIATRICS



Established in May 2013, the specialized pediatric team over at Redleaf oversees the wellbeing of kids from the newly born through to 18-year-olds embarking on adulthood. Dr. Carenia Julia Kuan is the Pediatric Chief at Redleaf. Originally from the US, she was trained at New York University's Bellevue Department of Pediatrics, and has been practicing for 37 years in a wide array of locations and conditions across the world. She has a passion for children and their healthcare, and is excited about the new developments and services that Redleaf has to offer.

Redleaf is going through some major changes and improvements. What are some of the biggest features you have added?

Initially Redleaf was started as a women's hospital, mainly focusing on OBGYN deliveries. Since October 2014 we started a well-baby service on the second floor – unique in most of the expat service clinics. We separate the well-babies from the sick, so they don't cross infect each other.

I started to expand what we call Visiting Medical Offices (VMO); I invited all the top specialists in pediatric subspecialties, and now we have a whole array of physicians on a consultation basis. We have 20-plus now.



Can you tell us more about your 24/7 clinic?

It is daunting for parents to not have a care center nearby for urgent cases, and I have felt for a long time that there is a dire need for care at nighttime, so we did it. We are now affiliated with the Children's Hospital on Beijing Xi Lu, and we have our own physicians providing 24/7 urgent care services after this clinic closes. They support us by sending us a few of their top-notch pediatricians and neonatologists. Fully launched, urgent care by a comprehensive team is available to the community 24/7.

What are some of the key services your facility offers?

We provide comprehensive general pediatric care from ages zero to 18. I think what makes us stand out is really the comprehensiveness of the pediatric team. I know for a fact that other places utilize a lot of family doctors, but we are specialists, and basically all pediatricians. We are also all fully trained in pediatric resusci-

tation and intubation; that is also unique here.

What kind of improvements will we see in the future at Redleaf?

A brilliant surgeon, Dr. Lee, has joined us. The next thing we are going to do is pediatric surgery, a service we will launch very soon. In a clinic, a surgeon is so rare, so I thought of opening this department, and parents are very excited. I think we are the one and only international clinic that will have a surgeon here on site.

//1209 Middle Huaihai Rd, (02161961133, marketing@redleafhospital.com)





A RELATIONSHIP RENEWED

**Australian Ballet Returns to
China with *Cinderella***

By Andrew Chin

Although it's been nine years since their last Mainland shows, the Australian Ballet holds special esteem in China. In 1980, they were among the first foreign performers to visit. This month, they return to the country with two shows, marking their eighth time here. Current Artistic Director David McAllister describes the relationship as "extremely important."

"Not only are our two countries so powerfully linked through trade and tourism, our artistic ties have been strong for a very long time," he adds. "We always look forward to building our links with China and continue to develop our friendship with our colleagues in China's ballet community."

To make up for almost a decade of absence from Chinese shores, the Australian Ballet is traveling in grand style with "12 containers of sets, 400 costumes, 168 pointe shoes and 70 dancers."

They'll be presenting two of their most opulent full-length shows, taking *Swan Lake* to Beijing's NCPA Theatre and *Cinderella* to Shanghai.

Created for the Australian Ballet by award-winning choreographer Alexei Ratmansky, *Cinderella* takes place in post-war Russia, circa 1945.

The former artistic director of the Bolshoi Ballet has added magical surrealist touches, while McAllister raves about the work

by stage designer Jerome Kaplan.

Since its 2013 premiere, *Cinderella* has been one of Australian Ballet's biggest recent hits – remaining one of the country's most in-demand tickets. Its international premiere in Shanghai will be a test run for a potential international tour next year.

"The freshness with which Ratmansky has told the story has been universally applauded by all who have seen it," McAllister raves. "He's woven the story into the choreography and made it a wonderfully emotional work that really connects the audience to the humanity of the story."

In addition, the Australian Ballet will perform a mixed program at Shanghai Grand Theatre on October 25. It's an eclectic show that highlights classical ballet (Serge Lifar's 'Suite en Blanc'), contemporary dance ('In the Upper Room') and an emotional duet ('Unspoken Dialogues').

A legendary dancer in his own right, McAllister is excited that Mainland audiences will meet "a whole new generation of dancers."

Undoubtedly the biggest of those new names is Guo Chengwu. The Jiujiang, Jiangxi Province, native was a member of the Beijing Dance Academy as an 11-year-old and is considered a rising star in ballet.

As a teenager, he won the 2006 Prix de Lausanne Ballet competition and a scholarship to continue his dance training at the

Australian Ballet School. Three years later, he won the top prize in the Chinese edition of *So You Think You Can Dance*, performing to a television audience of 80 million.

The first male dancer to win the esteemed Telstra Ballet Dancer Award and the Telstra People's Choice Award, Guo has been a principal dancer with Australian Ballet since 2013.

Now 26 years old, Guo can barely contain his excitement for the upcoming tour.

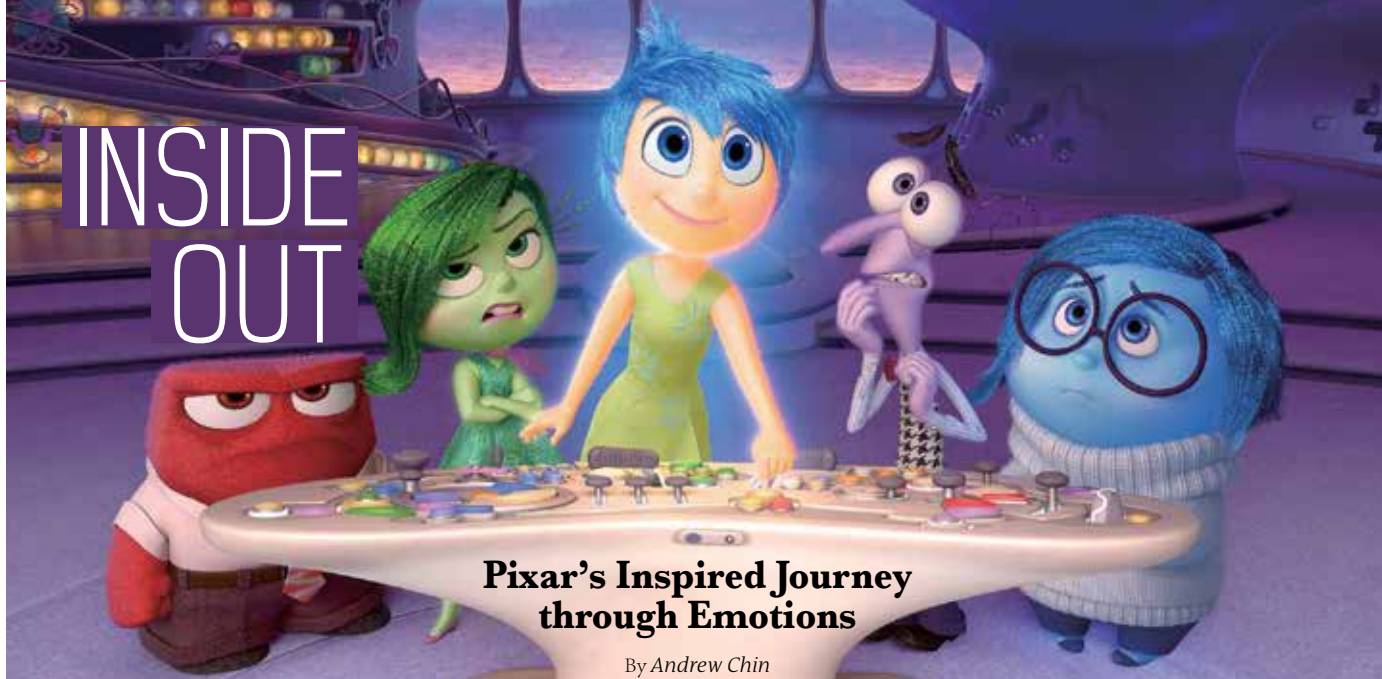
"When the tour was announced, I knew it was going to be very special," he says. "I thought it would be really cool to go back and perform in front of my home people. I can't wait to show my teachers and friends how far I have come."

"*Cinderella* is a very physical, yet romantic ballet," Guo says. "It will take you on a wonderful journey full of grace."

"There are so many exciting dancers, choreographers and companies in China in all the varied styles of dance," McAllister notes. "There is much to learn from our Chinese colleagues and dance is at a very exciting place in China at the moment."

// *Cinderella*: Oct 23-24, 7.15pm, RMB180-1,080. Shanghai Grand Theatre, 300 Renmin Da Dao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路 (5456 2471, 247tickets.cn)

// Mixed Program: Oct 25, 7.15pm, RMB160-680. Shanghai Grand Theatre, 300 Renmin Da Dao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路 (5456 2471, 247tickets.cn)



Pixar's Inspired Journey through Emotions

By Andrew Chin

Since exploding into the film world with 1995's *Toy Story*, Pixar has become synonymous with entertaining family fare with a heart. They more than live up to that reputation with their first film in two years, *Inside Out*.

Unlike some of their past classics (*Finding Nemo*, *The Incredibles*, *WALL-E*), *Inside Out* takes place in a thoroughly real world. It follows the inner turmoil of 12-year-old Riley as her family moves from Minnesota to San Francisco.

Inspired by his own childhood experiences and changes with his pre-teen daughter, director Pete Docter has crafted a film exploring the effect of emotions on the human mind. He consulted well-known psychologists, bringing to life core emotions like anger, sadness, disgust and joy while merging fear and surprise.

Comedy stars like *Saturday Night Live* alums Amy Poehler and Bill Hader, *The Daily Show*'s Lewis Black and *The Office*'s Phyllis Smith and Mindy Kaling voice the emotions, with the film predominantly taking place within Riley's mind.

When *Inside Out* starts, Poehler's Joy is firmly in control of Riley's emotions, carefully keeping Smith's Sadness from having any impact – with an unfortunate first day of school being an exception.

However, as Riley's increasing disappointment in her new environment grows, the two emotions must forge a partnership when they are accidentally whisked away from the brain's emotional headquarters.

In their stead, Lewis' Anger takes the reigns, leading to a series of ill-advised decisions. Unable to do anything about it, Joy and Sadness must journey through Riley's mind taking detours through areas like Imagination Land, the basement of deep fears and the Memory Dump. A trip through the tunnel of abstract thought provides a nice animated riff on Picasso.

Six years in the making, Docter more than lives up to the emotional wallop of his last film, *Up*. The story's underlying message of understanding and embracing sadness reportedly left Kaling in tears when it was pitched to her. As she told NPR, "I just think it's really beautiful that you guys are making a story that tells kids that it's difficult to grow up and it's OK to be sad about it."

However, the film is able to tackle its heavy message with plenty of laughs. Riley's childhood imaginary friend Bing Bong – an elephant-cat hybrid who cries candy – steals the show and there's even room for a *Chinatown* reference.

The first Pixar film to be made without any input from its legendary founder Steve Jobs, *Inside Out* has already calmed the company's fears that it would be a difficult one to market.

Since premiering at the Cannes Film Festival this summer, it has already grossed over USD770 million. Expect that number to grow when the film opens in China on October 6.

GET YOUR SPOOK ON!

Your guide to finding a Halloween costume in Shanghai

It can definitely be tough in Shanghai to find just the right Halloween costume for your kid. But worry not, we've found a few options that will be relatively hassle-free. You may even find a costume or two to suit you, too!



NANTAI COSTUME COMPANY

The place to find traditional Chinese theatrical costumes and accessories, this small costume shop also supplies costumes to several local Peking Opera groups. If dressing like a Peking Opera star seems like too much work, they have also qipaos, silk robes, intricate wooden masks and Chinese-style slippers; both child and adult sizes are available.

// Mon-Sun 9am-5pm, 656 Guangdong Lu, by Henan Zhong Lu 广东路656号, 近河南中路 (6323 8344)

SHANGHAI SOUTH BUND FABRIC MARKET

Want to make your own custom creation? Find the materials and a tailor, and bring along a photo to the fabric market for your one-of-a-kind look this Halloween.

// Mon-Sun 10-6pm, 399 Lujiabang Road 399 陆家浜路, 近中山东二路

JAJAJA PARTY

This is a full shopping experience for anything party-related, including balloons, party rentals, bouncy castles and more. However, they also provide a range of Halloween costumes and costume accessories for girls, boys and adults. Get a Disney Frozen princess outfit or a Harry Potter costume for RMB180. For adults, their costumes range anywhere from RMB 220-460.

// 158 Biyun Lu, by Baihua Lu 碧云路158号, 近白桦路 (68867279, www.jajajaparty.com)

HOLIDAY HOUSE

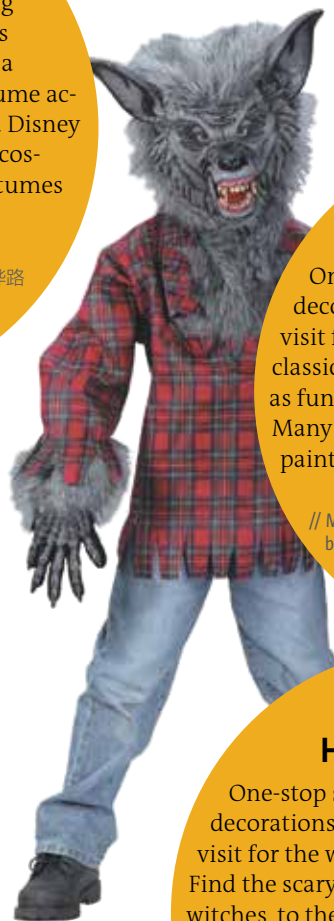
One-stop shopping for costumes and decorations, Holiday House is worth a visit for its wide selection. Find the scary classics, like ghosts, bats and witches, as well as fun-filled princess and superhero variety. Many accessories, hats, masks, wigs and face paint can also be found here.

// Mon-Sun 9:30am-6pm, 4/F, 21 Xuhong Zhong Lu, by Kaixuan Lu 徐虹中路21号4楼, 近凯旋路 (6447-7189)

RUBY'S PARTY

Shopping at this well-established costume and party supply store with bilingual staff is a breeze. A wide variety of children's and adult costumes and accessories are in stock and many can even be purchased on their website. Prices range from RMB60 for simple witch or Superman costume to RMB180 for a Roman soldier. Adorable animal costumes for toddlers, such as penguins, bumble bees and lions are RMB75.

// Mon-Sun 9am-9pm, 3333 Hongmei Lu, entrance on Huaguang Lu, 虹梅路3333号, 进口在华光路, 嘉年别墅二楼商铺 (6401 6323, www.rubyparty.com)



HOLIDAY HOUSE

One-stop shopping for costumes and decorations, Holiday House is worth a visit for the wide selection of costumes. Find the scary classics, like ghosts, bats and witches, to the fun-filled princess and superhero variety. Many accessories, hats, masks, wigs and face paint can also be found here.

// Mon-Sun 9:30am-6pm, 4/F, 21 Xuhong Zhong Lu, by Kaixuan Lu 徐虹中路21号4楼, 近凯旋路 (6447-7189)



HAN CITY

If you don't mind haggling and crowds, the fake market has a few vendors with children's costumes. With so many shops, you might also find inspiration for a costume of your own creation.

// Mon-Sun 10am-10pm, 580 Nanjing Xi Lu,
by Chengdu Bei Lu 南京西路580号, 近
成都北路



TAOBAO.COM

You've probably heard it many times before, but Taobao has everything, including the widest variety of costumes for young and old alike. Best of all, you can shop 24/7. If you're not a Taobao user, you'll need to get some help, but simply typing Halloween costume into Google Translate is a good place to start your search. You're likely find the best prices here without having to trek all over town in your quest for the perfect costume.

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13:30, 13:45, 14:00, 14:15, 14:30, 14:45

* No bus from 12:00 to 13:00

Departure from Wellington College to Oriental Sports Center Station
15:00, 15:15, 15:30, 15:45, 16:00, 16:15, 16:30, 16:45, 17:00

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OK!BABY KIDS' MODEL CONTEST

Florentia Village, one of the most stylish outlet malls in town, recently saw a cute OK!Baby Kids' Model Contest. Actress and a new mom Qi Wei, together with General Manager Mr. Maurizio Lupi were invited as judges to witness this grand kids' carnival.



YCIS HOSTS ANNUAL BACK-TO-SCHOOL CARNIVAL

It was a beautiful day for the annual Back-to-School Carnival last weekend at the Gubei Campus. The Parent Organisation Puxi (POP) worked very

hard to plan, prepare, and oversee an exciting event that was full of fun and games for the entire school community to enjoy. On the day of the carnival, children and their families were entertained by dozens of activities on campus, including a Magic Velcro Wall, bouncy castles, laser tag, sports and relay challenges, bowling, face painting, and much more! The 2,000 attendees also had the chance to win one of the many fabulous raffle prizes, including the grand prize – an Apple Watch.



NORD ANGLIA'S FAMILY PICNIC 2015

In September, Nord Anglia held their annual Family Picnic where more than 500 attendees joined in on activities and festivities all day long. The weather was perfect, with a gentle autumn breeze keeping everyone cool as parents and children laid out their picnic rugs and baskets and enjoyed good company, great music from FLY Band and a fabulous selection of food. The students hosted stalls selling international food and healthy treats, as well as activities such as an obstacle course and egg challenge. It was a great day for all the families!

WHERE? WHERE? EVERYWHERE!

One of the signs indicating that you have really mastered a foreign language is that you can understand or tell jokes in it. Take this joke for instance: Mark has just learned some Mandarin. Today he went to his Chinese friend's wedding. He politely gave compliments on the bride's beauty, but the groom said: "Nalinali" (literally "where where"). Mark clarified and added, "Her eyes, nose and mouth are all beautiful!"

What makes this so funny? Mark knows that "nali" is a question word meaning 'where', but apparently he doesn't know that "nalinali" is a very idiomatic way to respond to compliments, which is used to show modesty. We all make these kinds of mistakes when speaking a foreign language, especially when it comes expressions that cannot be interpreted by the literal meaning.

Want to master Mandarin and be able to tell your own jokes? Berlitz, a 137 year old language training school, provides customized Mandarin classes for business & everyday communication.

Email: info@em.berlitz.com



EVENTS

Submit your events listing to urbanfamily@urbanatomy.com

OCT 17 | COMMUNITY



SAS 21st Annual International Fair

Over 4,000 people are expected to attend Shanghai American School's annual international fair. There will be a variety of family-friendly activities like a pumpkin patch, bouncy castle, laser tag, super slides and 60 game booths to choose from. The outdoor marketplace will feature 40 vendors serving up a variety of cuisine from around the world. The ever popular used book sale returns, and there will be performances by student choirs, school bands and cultural dancers. Try your luck in the raffle (RMB25 per ticket or RMB100 for five) for a chance to win prizes such as vacation and hotel packages, spa vouchers, dining coupons, luxury goods and much more.

// Oct 17, 11am-4pm, RMBM7 with one fair ticket (RMB70 for 10 tickets). Shanghai American School, 258 Jinfeng Lu, by Minbei Lu 金丰路258号, 近闵北路 (6221 1445, ptsa.puxi@saschina.org)

OCT 17-18 | SPORTS



2015 China Speed Weekend

Volkswagen Group presents the first session of its China Speed Weekend - a Formula Masters China Series designed to provide domestic racing stars experience. Classic cars from Audi, Bentley, Lamborghini and Porsche will be displayed and there will also be a Ducati motorcycle performance.

// Oct 17-18, 11am, RMB48-3,888. Shanghai International Circuit, 2000 Yining Lu 伊宁路2000号 (400 610 3721, en.damai.cn)

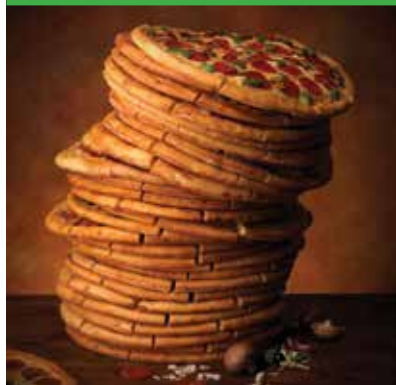
OCT 22 | COMMUNITY



Pink-out in support of Breast Cancer Awareness

Concordia International School Shanghai invites you to get your pink on in support of Breast Cancer Awareness Month. The school is teaming up with More Than Aware – a local non-profit organization promoting clean and green living – to hold a Pink-out at the opening assembly of the APAC Volleyball Championship. During the event the entire student body will wear pink T-shirts to show support for local cancer survivors who will be honored at the assembly. Concordia will also conduct a wellness week from October 19-23, which will be full of health-promoting activities designed to encourage healthy lifestyle choices among the students. Assembly starts at 8:15 a.m. in Concordia's Phoenix Center gym and is open to the public.
// Oct 22, 8.15am, free entry.
Concordia International School, 999 Mingyue Lu, by Yunshan Lu 明月路999号, 近云山路 (5899 0380)

OCT 28-NOV 1 | EAT/DRINK



Ni hao Italy Food, Music & Culture Festival

To celebrate the success of 2015 Milano Expo, Xintiandi hosts Shanghai's first festival celebrating Italian food, music and culture. True Italian brands will serve as vendors bringing the best of their country to Shanghai. Expect plenty of musical performances, Italian wine tastings and amazing food from all of the country's regions.

// Oct 28-Nov 1, 10am-10pm, free entry. Xintiandi, Madang lu, by Xingye lu 马当路, 近兴业路



Urban Family Kids Halloween Party

For a more family-friendly Halloween party, we are teaming up with Wellington College for a daytime party. There will be four areas: a performance stage, a vendors' section, a food and drinks market and, most importantly, a games zone. Kids can enjoy all the traditional All Hallows' Eve activities from pumpkin carving to apple bobbing. There's lively dress up games like mummy wrapping and a haunted house for the brave ones.

// Oct 31, 10am-5pm, free entry.
Wellington College International Shanghai, 1500 Yaolong Lu, by Haiyang Xi Lu 耀龙路1500号, 近海阳西路 (shanghai.urban-family.com)

OCT 29-NOV 8 | EAT/DRINK



European Food Festival

For the first time, the European Food Festival takes over the Bund waterfront to celebrate the 40th anniversary of EU-China diplomatic relations. The event will showcase an array of restaurants, imported food & dairy products, wine and beer including Belgian waffles, German sausages, French bakery products, Dutch cheese, Greek Gyros, Irish Beer, Austrian ribs and loads more. You'll get to enjoy live cooking shows and cultural performances while children will have fun with their own cooking activities on weekends.

// Oct 29-Nov, 3-9pm (Mon-Thurs) and 11am-10pm (Fri-Sun), free entry. Shanghai Waterfront on The Bund, Zhongshan Dong Er Lu, by Yan'an Dong Lu 中山东二路亲水平台, 近延安东路 (www.eufoodfestival.com)

NOV 3 | SPORTS



Shanghai Melbourne Cup Gala

Watch Australia's famed horse race live and in style. The Australian Shanghai Association takes over the stunning Jumeirah Himalayas Hotel, Pudong, for family-friendly gala. Enjoy canapés, a three-course meal and free flow drinks while the race is shown on the big screen. There will be a Fashions on the Field contest for sartorial standouts who rock their style, as well as raffles, sweepstakes and chances to win major prizes. After the gala lunch, guests are invited to stay for the famous after-party that goes from 3.30pm to late in the night. Registration begins at 9am.

// Nov 3, 9am-late, RMB1,450 (RMB980 for ASA and AustCham members). Jumeirah Himalayas Hotel, Pudong 1108 Meihua Lu, by Fangdian Lu 梅花路1108号, 近芳甸路 (www.australian-shanghai-association.org)

OCT 31 | COMMUNITY



Harrow Coffee Morning

Harrow Shanghai International School are hosting a coffee morning open to all interested parties. Mr. Paul Cunningham from Harrow Shanghai will elaborate on the unique Harrow teaching approach. The event is being held at the offices of St. James's Place Wealth Management, the school's business promotion partners. There will also be a chance for attendees to join an informative session on the London property market delivered by Knight Frank.

// Oct 31 9:30-12, Jing'an Kerry Centre, Suite 2006-2007, 20/F, 1515 Nanjing Xi Lu, by Changde Lu 南京西路1515号, 近常德路 (RSVP to Shanghai.marketing@sjp.asia)

NOV 1-8 | ARTS



Shanghai International Literary Festival

What started a dozen years ago has become the literary event of the city. The festival brings acclaimed authors like internationally renowned best sellers (*The Magician's* Lev Grossman) to award-winning domestic stalwarts (*Northern Girl's* Sheng Keyi). Enjoy intimate readings and workshops on a variety of subjects from poetry to non-fiction. Expect a couple of children's authors to attend.

// Nov 1-8, various times, RMB75 (RMB35 for children/students). M on the Bund, 7/F, Five on the Bund, 20 Guangdong Lu, by Zhongshan Dong Yi Lu 广东路20号, 外滩五号7楼, 近中山东一路 (6350 9988)

NOV 8 | SPORTS



Shanghai Marathon

Last year, 35,000 people took part in this massive marathon. Registration for this year's event has passed but you can be among the 300,000 people expected to attend and watch. This year's race once again starts at the Bund but has added Xintiandi Taiping Lake to its route before finishing off at Shanghai Stadium.

// Nov 8, 7am, free entry. Race starts by the Fairmont Peace Hotel, 20 Nanjing Dong Lu, by Zhongshan Dong Yi Lu 南京东路20号, 近中山东一路 (www.shmarathon.com)

NOV 11-29 | ARTS



Nanta

This uproarious comedy is the longest-running show in South Korean history. Three cooks are on the clock to finish preparing a wedding banquet when the manager installs his incompetent nephew in the team. What follows is a mix of acrobatics, magic tricks, comedy, pantomime and audience participation set to traditional Korean samul nori music. Mostly non-verbal, the show is becoming a world-wide hit with over 9 million attendees and high profile shows on Broadway, the Edinburgh Fringe Festival and Macau's Sands Theatre.

// Nov 11-29, 7.30pm (with 2pm weekend matinee shows), RMB100-320. ET Space, 433 Yanan Dong Lu, by Xizang Zhong Lu 延安东路433号, 西藏中路 (400 610 3721, en.damai.cn)

NOV 21-22 | SPORTS



University Bowl VII

NFL China caps off its NFL Home Field season with this annual tilt pitting the country's best university flag football teams against each other. Expect them to continue their tradition of inviting an NFL legend as a special guest with Hall of Famers Joe Montana and Jerry Rice having the honors the past two years. As always, there will be a variety of interactive games and on-field clinics open to the public, while special treats like the championship Vince Lombardi Trophy will be on display. Don't forget to catch NFL Home Field at Luwan Stadium on October 31-November 1.

// Nov 21-22, 10am-7pm, free entry. Luwan Stadium, 128 Zhaojiabang Lu, by Shaanxi Nan Lu 肇嘉浜路128号, 近陕西南路 (www.nflchina.com)

NOV 10 | ARTS



Dragon

The winner of the 2014 UK Theatre Award for Best Show for Children and Young people is an extraordinary visual spectacle mixing physical theatre, puppetry and original music. The show follows grief-stricken Tommy who one day discovers a ferocious dragon that he befriends.

// Nov 10-12, 8pm, RMB180-580. The Hub, 33 Shaohong Lu, by Shenhong Lu 绍虹路33号, 近申虹路 (247tickets.cn)

NOV 21 | ARTS



Disney on Ice

Get ready for an enchanting show full of Disney's most popular characters from *Frozen*, *The Little Mermaid*, *Beauty and the Beast* and other animated classics come to life. The popular show takes over Mercedes-Benz Arena from November 20-22 with shows at 7.30pm and 10.30am, including one English language show on November 21.

// Nov 21, 10.30am, RMB180-380. Mercedes-Benz Arena, 1200 Shibo Dadao, by Yaohua Lu 世博大道1200号, 近耀华路 (400 610 3721, en.damai.cn)

DEC 1 | ARTS



Da Vinci: The Genius

The folks behind the hit summer show *Van Gogh Alive* pay tribute to the Renaissance legend. This massive exhibition brings to life the genius of Leonardo Da Vinci as an inventor, artist, scientist, anatomist, engineer, ar-

chitect, sculptor and philosopher. Models of Da Vinci's ideas have been created from early prototypes of SCUBA gear to a double-flute. Digital replicas of his greatest works like the *Mona Lisa* will illustrate the genius behind his artistry. // Dec 1-Mar 21, 10am, RMB65-150. The Hub, 99 Shenhong Lu, by Shenchang Lu 申虹路99号, 近申虹路 (400 610 3721, en.damai.cn)

LISTINGS



EDUCATION

Early Childhood Education

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

International Play Point @ Longbai GB2, Building 2, Longbai Service Apts, 2461 Hongqiao Lu 龙柏1PP, 虹桥路2461号2号楼GB2 (6268 8320)

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

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

Kindergartens

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

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

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

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

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

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

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

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

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

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

Maryland Kindergarten 1/F, 59 Ronghua Xi Dao, by Shuicheng Nan Lu 荣华西道59号1楼, 近水城南路 (6270 1393, 6270 2393, www.smlk.kr, maryland_sh@hanmail.net)

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

Montessori Children's House English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshan Lu,

by Yinshan Lu and Yunshan Lu 灵山路56号, 近银山路和云山路

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

Morgan Rothschild Childcare Center Building 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 730 Weihai Lu, by Shaanxi Bei Lu 威海路730号, 近陕西北路, Ages 3-6, Bilingual English/Chinese classrooms, Montessori-based Curriculum 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@shycef.com) 2) Regency Park Campus: 1817 Huamu Lu 花木路 1817号 (5033 1900, enquiry@shycef.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)

British International School 1) Pudong Campus: 600 Cambridge Forest New Town, 2729 Hunan Lu 南公路2729弄康桥半岛600号 (5812 7455, www.bisshanghai.com enquiries@bisspudong.com) 2) Puxi Campus: 111 Jinguang Lu 金光路111号 (5226 3211, www.bisshanghai.com admissions@bisspuxi.com)

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

Deutsche Schule Shanghai 30, 399 Zhuguang Lu 诸光路399弄30号 (3976 0555, www.ds-shanghai.org.cn, info@ds-shanghai.org.cn)

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

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

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

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

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

Shanghai Community International School 1) Hongqiao Campus: 1161 Hongqiao Lu 虹桥路1161号 (62614338, Fax: 6261 4639) 2) Pudong Lower School: 800 Xiuyan Lu 秀沿路800号 (5812 9888, Fax: 5812 9000) 3) Pudong Upper School: 198 Hengqiao Lu 横桥路198号 (5812 9888)

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

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

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

55 Wanyuan Lu 万源路55号 (6480 9986, www.suis.com.cn)

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

Wellington College International Shanghai 1500 Yaolong Lu, by Yaoti Lu 耀龙路1500号, 近耀体路 (5185 3866, www.wellington-shanghai.cn, info@wellington-shanghai.cn)

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

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

Language Center

Panda Chinese Language & Culture Training Centre iMandarin "Ting Bu Dong" is Long gone! 1) Shanghai Centre Campus: Suite 720-721, 1376 Nanjing Xi Lu 南京西路1376号720-721室 (3222 1028, www.iMandarin.net, study@imandarin.net) 2) Yuandong Campus: Room 1916, Bldg B, 317 Xianxia Lu, by Gubei Lu 仙霞路317号B座1916室, 近古北路 (5239 2807, www.iMandarin.net, study@imandarin.net) 3) Xintiandi Campus: Suite 1708, Shui On Plaza, 333 Huaihai Zhong Lu, by Madang Lu 淮海中路333号瑞安广场1708室, 近马当路 (3308 0508, www.iMandarin.net, study@imandarin.net) 4) Gubei Campus: Suite C207, Shang-Mi Ra Commercial Centre, 2633 Yan'an Xi Lu, by Shuicheng Nan Lu 延安西路2633号美丽华商务中心C207室, 近水城南路 (3223 1046, www.iMandarin.net, study@imandarin.net) 5) Suite 2312, Bank of China Tower, 200 Yincheng Zhong Lu, by Lujazui Dong Lu 银城中路200号中银大厦2312室, 近陆家嘴东路 (5037 2711, www.iMandarin.net, study@imandarin.net) 6) 1779 Yunshan Lu, by Biyun Lu 云山路1779号, 近碧云路 (6105 9572, www.iMandarin.net, study@imandarin.net)

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Jing'an Campus: Suite 41, Crystal Century Tower, 567 Weihai Lu 威海路567号41室 (5204 7618)

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HOMEWARE

ANNABEL LEE SHANGHAI is a Shanghai-based luxury home and fashion accessories brand that reflects beautiful Chinese tradition and culture. It boasts sophisticated modern Chinese design in the form of the finest Chinese silk, cashmere and jewelry. Silk pouches with delicate embroidery, intricately-woven cashmere shawls made of the highest-quality cashmere from Inner Mongolia, breath-

taking jewelry made of beautiful gemstones, all of which make perfect gifts! 1) No. 1, Lane 8, Zhongshan Dong Yi Lu, by Fuzhou Lu (6445-8218) 10am-10pm 2) Unit 3, House 3, North Block Xintiandi, 181 Taicang Lu, by Huangpi Nan Lu (6320 0045) 10am-10pm 1) 山东一路8弄1号, 近福州路 2) 太仓路181弄新天地北里3号楼3单元, 近黄陂南路



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HEALTH

Health Services

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

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

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

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

Global HealthCare Medical & Dental Center - Pudong Shop 212, Shanghai World Financial Center, 100 Shiji

Dadao, by Lujiazui Huan Lu (6877 5093, 6877 5993) 世纪大道100号上海环球金融中心商场212室, 近陆家嘴环路

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

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

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

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

ParkwayHealth Medical Centers 1) Corporate Office: 7/F, 108 Zhaojiabang Lu 肇嘉浜路108号7楼 (6445 1515) 2) Hong Qiao Medical Center: 2258 Hongqiao Lu 虹桥路2258号 Mon-Fri 9am-7pm, Sat-Sun 9am-5pm 3) Jin Qiao Medical and Dental Center: 51 Hongfeng Lu 红枫路51号 9am-7pm 4) Mandarin City Medical Center: Mandarin City, Suite 30, 788 Hongxu Lu 虹许路788号名都城30号底层 Mon-Fri 9am-7pm, Sat-Sun 9am-5pm 5) Shanghai Centre Medical and Dental Centers: 203-4 West Retail Plaza, 1376 Nanjing Xi Lu 南京西路1376号西峰203-2044室 Medical: Mon-Fri 9am-7pm, Sat-Sun 9am-5pm; Dental: Mon-Sat 8.30am-6.30pm 6) Specialty and Inpatient Center (Women's Health & Birthing Center): 2/3 Floor, 170 Danshui Lu 淡水路170号2-3楼 7) Tomorrow Square Shanghai Gleneagles Medical and Surgical Center: 4/F, Tomorrow Square, 389 Nanjing Xi Lu, by Huangpi Bei Lu 南京西路389号明天广场裙房4楼, 近黄陂北路 (24-Hour Appointment Service: 6445 5999) Mon-Fri 9am-6pm, Sat 9am-5pm

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

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

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

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

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

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

Chinese Medicine

Body & Soul - Medical Clinics 1) Huangpu: 14/F, An Ji Plaza, 760 Xizang Nan Lu 西藏南路760号安基大厦14楼5室 (5101 9262, huangpu@bodyandsoul.com.cn) 2) Minhang: Zhi Di Plaza, 211 Chengjia Qiao Zhi Lu 程家桥支路211号 (6461 6550, minhang@bodyandsoul.com.cn) 3) Jingan: 6/F, Four Seasons Hotel, 500 Weihai Lu 威海路500号上海四季酒店6楼 (5101 9262, jingan@bodyandsoul.com.cn) 4) Pudong: Room 1303, Jin Ying Bld. (B), 1518 Minsheng Lu, by Hanxiao Lu 民生路1518号金鹰大厦1303室, 近含笑路 (6162 0361, pudong@bodyandsoul.com.cn)

Pregnancy Health Services

American-Sino OB/GYN Service 1) Inpatient: 14/F, Complex Building Huashan Hospital, 12 Wulumuqi Zhong Lu, by Changle Lu 乌鲁木齐

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

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

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

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

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

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AFTERSCHOOL ACTIVITIES

Concord Music A music school located in Gubei/Hongqiao which aspires to create a life-long interest in music. Our experienced foreign teachers provide 1-on-1 instrument lessons to all ages and group classes for children aged 2-9. Suite 803, 678 Gubei Lu, by Xianxia Lu 古北路678号803室, 近仙霞路 (021 5235 7398, info@concord-music.com, www.concord-music.com)

Active Kidz Shanghai A not for profit youth sports organization offering recreational and competitive

sports' programs for children 3- 15 years old in Pudong and Puxi. More information on www.activekidz.org.

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

Craft'd Shanghai The new Craft'd studio in Xuhui gives children the opportunity to try out a different craft activity each week in a safe and secure environment. From mosaic to paper mâché, appliqué to ceramic painting there is sure to be something for every child to enjoy! 250RMB per class (1 1/2 hours, including snacks) or 2300RMB for a bundle of 10 classes. We also run craft classes for adults in our studio located at 1218 Fuxing Lu, near South Shaanxi metro 复兴路1218号, 近陕西南路地铁站 (WeChat: craftd_sh. www.craftd-shanghai.com)

Homework Help

Common Room from Studio Education After school homework help club Mondays to Fridays 3.30pm to 8.30pm. Help with homework including Chinese and Math from an international team. Supervised activities. Location: Hongqiao Web: cr.studio.education Call Jane on 139-1784-7273

Drama School

The Studio School of Speech and Drama Weekend and after school acting and drama classes for students aged 4-17. Trinity College London registered examination centre. Location: Hongqiao Web: ssd.studio.education Call Cindy on 135-0191-8443



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HOME DÉCOR VS. LITTLE HUMANS

The Battle to Keep Your Home Looking Good with Kids

By Trevor Marshallsea



When it comes to home décor, you can be one of two things: Someone who's serious about home décor, or a parent to small children.

The two go together like corn flakes and beer. Bring your baby home from hospital, grow it for a while, and watch your previously stylish and carefully maintained home furnishings – including purchases like walls and ceilings – slide into what insurers might call “a ceaseless pit of abnormal wear and tear.”

Instead, you really should take an 18-year lease on some furniture, then get your real stuff back when your kid flees the by-then very soiled nest.

The human life cycle can be charted by the type of stains on your expensive sofa. First comes drool, then “mushed teething rusk,” then solids (of all kinds), then “sticky finger marks” (and their companion “candy wrappers stuffed down the back”). The list progresses up to that rite-of-passage element some parents of teenagers return to after a relaxing weekend away – alcohol.

A toddler, of course, doesn't know it's not right to leave a mark on a sofa. We're talking about someone who thinks it's OK to poop in his pants. The imported fabric on your new three-seater won't be his concern when he's looking for a place to throw up.

When our kids were toddlers, we rented a furnished apartment and were relieved to find a beautiful pale leather couch. Food stains, barf and liquids wiped off with ease. Oh, but didn't the ball point pen stand out! I immediately started paying our two-year-old pocket money, just so I could withhold it to pay for the damage.

Probably, then, the smartest home décor tip for parents would be to deck out your home with busy patterns. Amongst our collection of Chinese rugs, we put the

busiest-looking one under the dining table. It still looks great; it's just that its pattern has changed – a lot.

Unfortunately, our walls do not have a busy pattern on them. At least at first they didn't. Now they're white, with bits of gray and brown on them. These bits take the form of children's footmarks above the couch (since when was it a good idea to sit upside-down?) or shoe marks. There's even a shoe mark on the ceiling. When you see things like that, the best reaction is to simply give up.

It doesn't really matter what the husband thinks. I learned this soon after the stuff purchased during my bachelor days, tastefully I thought, was “rearranged” – into a dumpster.

One day, our kids were banished to the master bedroom while the adults watched some important football. Unknown to us, they took several “gel monsters” which, it turned out, stuck extremely well to the ceiling. You can still see their multi-colored remnants now, which give sessions of marital pillow talk a sort of comforting “indoor play center” feel.

This issue gets complicated when you're a stay-at-home dad. Usually, we've invested less emotion into home décor than our wives, at a factor of around zero percent. I did once hold some pretensions in this area until I learned a couple of things most husbands learn:

1. A husband can umm and aah about home furnishings all he likes, but it

doesn't really matter what he thinks. I learned this soon after the stuff purchased during my bachelor days, tastefully I thought, was “rearranged” – into a dumpster. I once heard it perfectly expressed when one IKEA trolley-pusher's wife held up two cushions and asked, “What do you think?” Surprised, the man said: “Oh honey, I gave up thinking what I think years ago.”

2. If you can learn to say three little words that mean so much, life as a husband improves drastically. These words are “I don't care.” You say them when your better half asks you to blow a Saturday afternoon looking at cushion covers, or something else uninteresting. My wife latterly revealed the reason for the request was not for my input, but to keep her company. But what sort of company is a grumpy man anyway?

We don't want to live like slobs, mind you. The point is we trust our wives' judgment, secure in the knowledge that ours doesn't count. Trouble is, when that judgment is compromised – by, say, a mouthful of beetroot – the stay-at-home dad is the one who gets yelled at, just because it happened on our watch! Far more sensible to just yell at the kid, I say. They usually take it in their stride, before tripping and spilling something on the rug.

//Trevor Marshallsea was a foreign correspondent in Beijing in the 1990s and returned a decade later. This time around he stays at home to raise the kids. Read more of his domestic adventures at www.thetigerfather.com.



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