UNESCO SITES IN CHINA

Your Guide to World Heritage Culture
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As the largest, most storied international school in Shanghai, it's no surprise to see lots of students feel at home at Shanghai American School. What's surprising is the breadth of qualities that make them feel that way. For example, for the student that wants an academic environment which prepares them for some of the world's most laudable colleges, universities and arts programs, they found a home.

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CONTENTS

4  ■ Urban Blurbs  A review of Shanghai news

LIFE & WELLBEING

6   My Shanghai  Amber Aldred, Executive Director of Shanghai Sunrise
8   Editor’s Picks  Where to go for a ladies’ night out
9   Our Favorite Things  Find out what other families enjoy doing in Shanghai
10  Family Fitness  Keep your fitness routine strong with these modifications
12  Step Inside  A tour of the Shanghai Urban Planning Exhibition Hall
14  Consistency is Key  Responding to the mental health needs of our children

COVER STORY

16  UNESCO Sites in China  Your guide to world heritage culture in the Middle Kingdom

FOOD & FUN

26  Xiaochi  Quintessential Chinese street snacks and where to find them
30  5 Ingredients  Jun Wu’s pan-seared cod fillet
31  Power Me Healthy  To snack or not to snack?

ENTERTAINMENT

32  On the Page  Two book reviews for the kids
34  Movie Guide  To epic ‘made in China’ movies
36  Urban Grooves  Our roadtrip playlist
37  International Children’s Book Fair  Take a sneak peek inside...

LEARNING

38  Shanghai Schools  Bringing Chinese culture to life in the classroom
46  Urban Scenes  Updates from around town
50  Events Guide  What’s happening in Shanghai during October and November
56  Advice from Dad  Traveling game plan
WELCOME TO THE OCTOBER/NOVEMBER EDITION OF URBAN FAMILY SHANGHAI.

This month, we got to thinking about UNESCO World Heritage sites and how they showcase the best of what a country has to offer. Whether they present an outstanding natural beauty or cultural tradition, UNESCO destinations can guide us on unforgettable journeys, and this concept inspired our Cover Story (p16).

I see it as a gift to be fortunate enough to experience China. I try to absorb the best of what’s around me – whether it’s the friends made or the traditions appreciated – and hope that I leave a better, more enriched person. By highlighting a selection of must-see UNESCO sites in China, we aim to inspire you to take a road not yet traveled and immerse yourself in the history that abounds.

In Life & Wellbeing (p6), we keep the focus on China with our My Shanghai interview. Amber Aldred, the Executive Director of Shanghai Sunrise, tells us about the fulfilling work her charity undertakes raising funds for high school tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships. My Editor’s Picks is dedicated to all the ‘gal pals’ out there, with my tuition sponsorships.

As you make your way to food and fun (p26), we will no doubt leave you feeling ‘peckish’ this month. From rice pancakes to hand-pulled noodles, we explain quintessential Chinese street snacks (xiaochi) and where to find them around Shanghai.

In Learning (p38), our Shanghai schools explain ways they bring Chinese culture to life in the classroom. Through engaging activities, explorations far and wide and learning about Chinese philosophies and traditions, they certainly have it covered.

Our Entertainment (p32) pages include reviews on two great Chinese-focused books for kids, along with 10 classic ‘made in China’ movies. Whether they present an outstanding Chinese philosophies and traditions, they certainly have it covered.

Enjoy every day in this fabulous country we call home, and we will see you again in December, as we prepare for the festive season!
Shanghai Haichang Ocean Park Opens

The highly-anticipated Shanghai Haichang Ocean Park has finally opened. Trial operations will run from October 1-November 15 with full operation commencing November 16. Via six exhibition pavilions, guests will have the chance to see polar bears, penguins and white whales along with many other animals from the North and South Poles. There will also be animal theater, 4D cinemas and thrilling rides, to ensure the entire family enjoys the experience. Located in Lingang New City in Pudong, the world’s largest ocean park is easily accessible from downtown via the Metro Line 16.

Soon You’ll Have to Pay to Throw Your Garbage Away

A new house waste assessment system is coming to Shanghai, and residents will be expected to pay garbage fees by 2020. In 2013, a ‘green credit system’ was introduced to encourage residents to sort their garbage by category. With more than 3 million households already registered, further plans are now underway. To enhance the current waste disposal system, additional garbage stations will be established around the city. Each resident will be allocated a time and location to dump their waste into ID-automated bins. Accepting a comprehensive range of recyclables, hazardous and biodegradable wastes, these bins are also designed with self-evaluation functions, and can automatically update account users with bin capacities. Details regarding the calculation of garbage fees are still under discussion.

800 Additional AEDs Coming to Pudong

By the end of 2018, an additional 800 AEDs (Automated External Defibrillators) will be installed in public areas around Pudong. These portable lifesaving devices treat those who suffer a heart attack through defibrillation and assists the heart to resume normal function. The new AEDs will be installed in public areas including metro stations, schools, residential communities and shopping malls. In addition, Pudong District will train 2,000 volunteers on how to use the machines effectively. Promoted by the local branch of Shanghai Red Cross, there are over 1,100 AEDs currently installed across the city. An official from Red Cross advised they are considering combining the device with vending machines and doing their utmost to raise public awareness of these lifesaving machines.

“Your kids won’t catch Princess Syndrome because of a single RMB218 spa!”
Peppa Pig Film to Hit Chinese Screens During Spring Festival

Peppa Pig fans rejoiced when they heard their favorite heroine is preparing to hit the big screen in 2019. The film, titled *Peppa Celebrates Chinese New Year*, will premiere on the first day of Spring Festival which falls on February 5, 2019. Developed by Entertainment One and China’s Alibaba Pictures Group the movie will coincidentally be released during China’s Year of the Pig. The plot will focus on Peppa and her family who are joined by the ‘Panda Twins,’ two cute new characters specially designed for the film. Together, they will explore and experience the traditions of Chinese New Year, including dragon dancing and dumpling making. As fascinating as it sounds, netizens seemed more curious about the plot of the film. Many pointed out on Weibo that it will be hard for Peppa and her family to have a genuine taste of Chinese New Year, since one of the essential traditions is eating pork.

Controversial 3-Hour Spa for Kids Goes Viral

In August, a new restaurant in Shanghai went viral because of its luxury services — in particular, a children’s spa. The restaurant, named ‘Twinkle Premium Kids Cafe,’ swiftly captured many mother’s hearts with its well-decorated environment, reminiscent of a Disney princess movie. The experience runs for three hours and has each child wearing a pink bathrobe, while enjoying a relaxing foot bath with a glass of grape juice. Many social media users argued that spending RMB218 on a three-hour spa for children would spoil them. They claimed it would not only be unhelpful in their personality development, but it would also encourage ‘Princess Syndrome’ - a popular term in China referring to females who indulge in egocentrism and materialism. “These girls are too young for this,” wrote one user. “Girls at this age should study and learn some knowledge.” Despite the critical comments, several users found no issue with the spa. “Your kids won’t catch Princess Syndrome because of a single RMB218 spa,” one Weibo user posted. “What matters is how you treat your children in your daily life.”

Didi is Now Recording Audio on All Rides

China’s biggest car-hailing company Didi Chuxing recently faced criticism regarding passenger safety and has subsequently implemented measures to improve security for those who use their service. This includes an in-car audio recording function which users must agree to before booking a trip. It is now compulsory, that for the duration of all rides hailed through Didi, the driver makes a recording via their mobile device. It will then be automatically deleted after seven days if not needed to settle any disputes. Recordings will be used as evidence, to manage complaints and bad reviews and deter people from committing more serious crimes.

Mobike Now Fines Users for Parking Illegally in Shanghai

You better watch where you park your Mobikes from now on, as the company recently announced users will be fined for leaving their bikes in restricted areas. This latest Mobike parking regulation covers seven locations in Shanghai, including areas in Pudong’s Lujiazui and around the National Exhibition and Convention Center. First time offenders will not be charged however, repeat offenders will be fined RMB5 each time they park illegally. Those who attempt to park in a prohibited area will receive a warning through the app and if the message is dismissed, the money will be immediately withdrawn from their deposit. If the user brings the bike back to a permitted parking area within a reasonable amount of time, the fine will be refunded. Users who continually violate the rules may be banned from using the bikes altogether.
My Shanghai
Amber Aldred, Executive Director of Shanghai Sunrise
By Natalie Foxwell

E ducating herself to the greater good is how Amber Aldred has found her calling in Shanghai. When the opportunity to become Executive Director of Shanghai Sunrise presented itself, she jumped at the chance to work with the committed team of volunteers who make a difference. Relishing in her role where she champions for the disadvantaged youth, the charity sponsors, she shares her time and business acumen to support fund raising efforts for their high school tuition.

What is your background and how long have you been in Shanghai?

I was born in Hong Kong and schooled in Australia prior to gaining my Bachelor of Science in Psychology from Durham University in England. Before moving to Shanghai in April 2016, my career focused on PR, marketing and advertising within the hospitality industry. I formerly held the roles of Advertising Manager at Mandarin Oriental Hotel Group and Director of Public Relations at The Ritz London.

What are the circumstances that led you to take on the role as Executive Director of Shanghai Sunrise?

Finding my passion for the non-profit sector was a stroke of luck. My husband’s career had brought us from Hong Kong to Shanghai, and when we first arrived, I reached out to various charities in the hope that I could use my skills and experience in a meaningful way. Shanghai Sunrise contacted me, and I began volunteering on a part-time basis. I soon fell in love with the organization, its mission and the young people we help. A year later, I was delighted when asked to take over the role of Executive Director and become a full-time professional volunteer.

What is the core mission of the organization?

In China, education is free up until Grade 10, leaving many families unable to pay the fees required for their children to complete their schooling. Shanghai Sunrise is a volunteer-led charity focused on raising funds for tuition sponsorships to support these students. A donation of just RMB3,000 will create a one-year high school sponsorship for a young person in need. 100 percent of sponsorship funds go directly to the students, and you get to meet and stay in touch with the student you sponsor, so that you can see first-hand how your donation is improving their life. Our students have gone on to become managers, teachers, nurses, engineers and more, and we are so proud of them. But there is more work to be done to assist the estimated 40,000 young people in Shanghai who miss out on vital education each year.

How do volunteers contribute to the success of Shanghai Sunrise?

Our volunteers are the heart of our organization. While we have two full-time administrative staff, all other roles at Shanghai Sunrise are held by volunteers, and that includes the Executive Director and Board of Directors. We are a wonderfully diverse and evolving team of individuals who give our time and skills on a full-time, part-time or casual basis to help those in need. Our team of over 45 volunteers supports every aspect of our operation. This includes marketing, IT, accounting, event management, sponsor engagement and community outreach. We are always looking for enthusiastic volunteers who can contribute their skills in support of our mission.
What are some of the most significant milestones you have experienced?

Since 1996, with the help of over 1,000 sponsors worldwide, Shanghai Sunrise has raised over RMB30 million, creating almost 11,000 scholarships and helping over 2,500 students and their families. This is a tremendous achievement, and we are so grateful to all our sponsors, volunteers and partners. This year also saw the first Shanghai Sunrise team participate in the E.G.G. Walkathon. We raised close to RMB120,000 for our program and the enrichment of our support service, which helps underprivileged students beyond education. This includes emotional well-being, physical health and life skills development.

What is the best advice you would give someone looking to participate in a non-profit organization?

Give according to your skillset. In my experience, when people think of volunteering, they think of short-term, team-based projects, like a beach clean or a clothing drive. Of course, these projects are essential, but often these volunteers don’t realize how valuable their professional skills can also be to a non-profit organization. Without a good core of skilled volunteers, Shanghai Sunrise could not carry out our vital work in the community. Whether you can volunteer on a short-term basis, a few hours a week, from home or part-time, directly contributing your specialized skills and talents (from IT support and strategic planning to marketing and HR consulting) strengthens a non-profit organization, so they can successfully achieve their mission.

What will be some of the lasting influences that you’ll carry with you into the future?

When I first began volunteering with Shanghai Sunrise, I helped out two days per week with the organization’s marketing, and within a year that had escalated to a full-time management role. This is the most fulfilling position I have ever held, and I am happier in my work than I have ever been. Volunteering is the habit of a lifetime, the best kind of addiction. I will always remember the young people in our program and their dreams that were realized through the help of Shanghai Sunrise, its generous sponsors and volunteers. I am so pleased to play a small part in it.

What is the number one goal that you have for Shanghai Sunrise and how can the community support this?

The number one goal of Shanghai Sunrise is to equip underprivileged youth through education – to help free them from poverty, realize fulfilling careers, attain greater life opportunities and become a positive force within their community. Last year, Shanghai Sunrise raised funds to create tuition sponsorships for 339 students. This year, we aim to help over 400 disadvantaged youth living in Shanghai, and I invite you to join me. By visiting our website (www.shanghaisunrise.com), you can sponsor a high school student for RMB3,000. Or, volunteer yourself and join our Shanghai Sunrise team by emailing: volunteer@shanghaisunrise.com.

Follow Shanghai Sunrise via their QR code.
**Glam**

**Daily Happy Hour**
Head to Glam and enjoy this stylish lounge and bar’s happy hour, daily from 5-7pm. The Gin Happy Hour offers five gin cocktails, all priced at RMB48, and includes noteworthy creations such as the Glamolini Pangolin (Crimson Pangolin Gin, grenadine, lime, cucumber and soda) and the shaken, not stirred James Bond Martini. If you’re looking for a different beverage, the Very Happy Hour delivers house red, Aperol Spritz, house white, cava and beer, also at RMB48 each. Enjoy your drinks with their Belly Happy canape spread. Choose from a small range of delicious snacks, such as olives and truffle cheese toasties, priced at RMB28 per serve. Follow the Glam WeChat account to find details on monthly events such as M Talks, vegan brunches and live music.

> 7/F, 5 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路5号7楼，近广东路 (6329 3751). Daily 5-7pm.

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**The Bull & Claw**

**Wednesday Sundowner**
What better way to battle ‘hump day’ than by spending Wednesday night at The Bull & Claw? Their casual Sundowner Wednesday runs from 5-8pm, with free-flow beverages and live music. Choose between two drinks packages: the House Free Flow RMB148, which includes Prosecco, wine, rosé and beer, or the Premium Free Flow for something a little fancier. At RMB218, this includes the above drinks plus Bloody Mary cocktails, Mornington pale ale, Karl Strauss I.P.A, Aperol Spritz and a sneaky London No.1 gin and tonic. That’s enough to get any ladies’ night well under way. If the weather is right, there is live music in the garden, perfect for when the cooler nights roll in.

> 110 Fenyang Lu, by Fuxing Zhong Lu 汾阳路110号, 近复兴中路 (3356 7608). Wednesdays 5-8pm.

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**Hakkasan**

**Wednesday Hakkatinis**
Get your girlfriends together and hit the Bund for some cocktails with a twist at Hakkasan every Wednesday from 7pm. Backed by the Shanghai skyline, get cozy and get into the live music from their resident DJ and pipa artist, while indulging in seasonal cocktails with complimentary dim sum canapes and petit fours. Try their signature Hakkatini with Absolute vodka, Campari and Grand Marnier with apple and grapefruit bitters, each priced at RMB48. Or, get adventurous and go for the Red Bao Zi with coconut rum, sake, red bean, cranberry and lime. For those who desire straight-up bubbles, there is also Bellstar Prosecco to keep you refreshed all evening.

> 5/F, 18 Zhongshan Dong Yi Lu, by Nanjing Dong Lu 中山东一路18号5楼, 近南京东路 (6321 5888). Wednesdays 7pm till late.

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**Lychee**

**Pink Ladies Night**
Every Thursday from 7pm, you and your girlfriends can get into a pink theme at Lychee, with rosé Prosecco for RMB34 a glass. Nestled in the former French Concession, this gorgeous renovated lane house offers smooth live jazz, providing the perfect atmosphere for a girls’ night out. There is a menu of delicious treats to complement the Prosecco and cocktails, and if you want to get on your feet, head up to the third floor and dance the night away. Make sure you also wear pink to match the theme!

> 49 Fuxing Xi Lu, by Wulumuqi Lu 复兴西路49弄2号, 近乌鲁木齐路 (3461 1377). Thursdays 7pm till late.

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**VUE Bar**

**Thursday Ladies Night**
Frock up and head to the 32nd floor of Hyatt on the Bund for Ladies’ Night at VUE Bar, every Thursday from 5.30-9.30pm. Entrance is RMB110 and includes two cocktails or drinks, including Champagne. Choose from the house menu or partake in the specially prepared Blue Hawaii made with rum, blue curaçao, coconut cream and pineapple juice. Or, go for the classic Cosmopolitan, a favorite for any Sex and the City fan. The snack menu will keep the treats coming with favorites such as sliders, grilled octopus and chicken quesadillas. With your fine drinks and eats, there’s nothing left to do but sit back in the company of your girlfriends and enjoy the stunning city view while the DJ spins his tunes.

> 32/F Hyatt on the Bund, 199 Huangpu Lu, by Wuchang Lu 黄浦路199号上海外滩茂悦大酒店西楼32楼, 近武昌路 (6393 1234). Thursdays 5.30-9.30pm.

For more Editor’s Picks, scan the QR code.
WE HAVE AN AWESOME APP COVERING CHINA'S BIGGEST CITIES AND IT'S FREE

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Shanghai | Beijing | Guangzhou | Shenzhen | Tianjin | Suzhou
It’s easy to get hung up on your fitness routine when injuries or life changes happen, but it doesn’t mean you need to stop working out entirely. Whether you’re getting back into fitness training, recovering from an injury or exercising during your pregnancy (or post-pregnancy), there are many modifications you can make to ensure you still get in an effective workout. Next time you head to the gym, here are a few simple exercise swaps you can make to keep moving, without placing additional stress on your body.

**Strength Training Substitutes**

**Replace Mountain Climbers with Modified Mountain Climbers**

**Target:** Core, glutes and hips

Start in a plank position and drop down to your knees, making sure you keep your weight positioned on your hands. Then, straighten one leg behind you while keeping the other knee planted. After fully extending, bend your leg and bring it out and toward the shoulder on the same side. Your knee should end up parallel with the floor. Be sure to keep your core tight and your spine straight and long. Reverse the movement and return to the starting position while keeping your leg elevated.

**Replace Burpees with Step Back Burpees**

**Target:** Core, legs, glutes and shoulders

Start with your feet hip-width apart and bend your legs as you position into a squat. Then, put your hands on the ground slightly in front of your feet. Make sure your shoulders are directly over your hands and step your feet back one at a time so that you are in a plank position. Be sure to keep your core engaged. Then, step your feet forward one at a time and return to a squat. Make sure you activate your glute muscles as you rise back up to your feet.

**Replace Mountain Climbers with High Knee Marches**

**Target:** Core, glutes and hips

For those further along in their pregnancy, mountain climbers might be too intense on your core as your belly grows. Start in a standing position, taking turns to raise your knees up and down. Keep your arms raised above your head. As you bring each knee up, lower both arms down.
Replace V-ups with Hollow Body

**Target:** Obliques, hip flexors, inner thighs and quads

Start by laying on the floor, on your back with your arms and legs pointing straight up. Slowly lower both legs to the ground. Be sure to keep your back flat to maintain the correct form. As soon as you begin to feel your back coming off the ground, hold that position. Your legs should remain slightly off the ground. Hold this position while bringing your arms above your head so that you end up in a banana-like position.

If you are comfortable holding that position, advance to a tuck up by bringing your knees and arms toward each other at the same time. Hug your knees at the top position but be sure to keep your core pressed down. Try not to rock back and forth. Straighten both arms and legs to return to the starting position before tucking up again.

**Cardio Training Substitutes**

If you find yourself in session with high-intensity cardio, jumping movements or exercises you feel uncomfortable with, remember there are simple swaps you can make. Try squats instead of jumping squats or tuck jumps, lunges instead of jumping lunges and toe taps or box step ups instead of box jumps.

If you’re looking for a little something extra, consider using dumbbells or plates when you do your lunges or squats. Or, mix up one cardio exercise by using dumbbells to do dumbbell punches.

**Advice**

If you feel the need for modified training, always be sure to let your trainer know every time you go to class to make sure they are aware. Even if you’ve told them before, it’s always best to give them a friendly reminder, they’ll be glad you did!

Lauren Hogan is the General Manager for F45 Training in Shanghai. In each edition she will deliver fitness tips to the Urban Family community. Using her nutrition challenges and high-intensity interval and resistance circuit-based training, Lauren enjoys pushing the Shanghai community to achieve their health and fitness goals.

F45 Training has studios in Xuhui and Jing’an. Refer to their official WeChat account (Functional45) for more details.
Step Inside

The Enlightening Shanghai Urban Planning Exhibition Hall

By Mandy Tie

If you have a penchant for history and urban development, I highly recommend you to find your way to People’s Square, where the six-story Urban Planning Exhibition Hall vividly narrates a tale of the city’s evolution. Surrounded by landmarks that testify to a century’s worth of economic development and socio-political upheaval, the Urban Planning Exhibition Hall is the perfect starting point for your explorations around the city. When the doors opened in 2000, it was the first museum of its kind, and the content has been continually updated to reflect the ongoing urban transformation within Shanghai.

Upon entering the museum, make your way to the top floor and take in the panoramic views of People’s Square, including the iconic Moore Memorial Church, Park Hotel and Yan’an Elevated Road. On the floors below, the exhibits follow a loosely conceived timeline from prehistoric times to the present day. Here you will find a display of Shanghai’s changing infrastructure through the Song, Ming and Qing dynasties, reconstructed with a series of clay models and figurines. From there, recent history from the Opium War to the 20th century are documented through black and white photographs and reproduced maps.

The most fascinating and engaging item remains the ‘father-and-son’ photo album. Taken by amateur photographer Xu Xixian and his son Xu Jinrong, the photographs juxtapose the city’s most recognizable crossroads snapped 30 years apart and reveal the changes that can happen within a generation.

The gallery upstairs reminisces upon a lifestyle on the brink of extinction by showcasing an urban micro-regeneration project. Led by a group of urban designers at Shanghai’s Tongji University, the project focuses on the community who dwells in the Guizhou Xi Lu-Xiamen Lu lane houses. Through their work, they endeavor to upgrade the neighborhood with modern facilities while maintaining its structural integrity. Demonstrating how the old ways of life can coexist with contemporary developments in a progressive city like Shanghai.

The highlight of the visit goes to the diorama on the fourth level. Crowned the largest city model in the world, this LED-lit miniature display of central Shanghai includes an elevated walkway, allowing visitors to appreciate the futuristic Lujiazui skyline, examine the transportation system and study the districts from all angles.

Altogether, the Urban Planning Exhibition Hall deserves an hour or two of your time for a thorough visit. Whether you are interested in local history or have just arrived in town, it can deepen your understanding of Shanghai and show you how the city has developed so impressively over the years.

> RMB30. Shanghai Urban Planning Exhibition Hall, 100 Renmin Dadao, by Xizang Lu 人民大道100号 上海城市规划展示馆, 近西藏路 (www.supec.org; 6318 4477).

For more Step Inside, scan the QR code.
Want to know where other families go to enjoy all this city has to offer? Welcome to Our Favorite Things, where we spend time with a Shanghai family and find out their go-to places around town.

Meet the Lemin family – Simon, Laetitia and Lucas (3) – who have been living in Shanghai for two and a half years. They love their life here and have no plans to leave any time soon. Simon is a director for a German testing and inspection company, while Laetitia works in marketing and communications for a multi-national pharmaceutical company. She is also the president of Shanghai Mamas, one of the largest communities for international families in Shanghai.

Coffee Spot
Honestly, we probably drink more wine than coffee! Sitting in the restaurants around Jing An Kerry Centre, where the kids can play in the water fountains, is a nice way to spend a lazy weekend morning (and they do serve coffee if you need it).

Weekend Getaway
Sanya has excellent choices for a short trip away that gives the feeling of being outside of city life. We love staying at the luxurious, yet very family friendly, Ritz Carlton or The Sanya EDITION.

Sunday Brunch
The Bull and Claw is consistently good, and for a special occasion, we love Mr & Mrs Bund. We regularly go to Henkes in Réel Mall. It has a great menu and the specials change often, so you don’t get bored.

Xiaolongbao
No, it’s not Din Tai Fung. Hands down Jia Jia Tang Bao is the best; but you had better get there early!

Kids’ Party Venue
Mini Mars provide a really good and easy package; you just let them know a theme, and they deliver. Cages Bar and Sports is also a great option, as it’s fun for both adults and kids!

Shanghai Wishlist
In the future, we want to get to the Shanghai Propaganda Poster Art Centre, Gongqing Forest Park and M50 Creative Space.

Date Night
RAW Eatery & Wood Grill is our favorite restaurant in Shanghai. The food (especially the beef), the service and wine are all great. There’s nothing not to love about this place (unless you’re vegetarian). After dinner, with so many options along Wuding Lu, we’re spoilt for choice, but I recommend Cas Bar.

Experience for Visiting Friends
Don’t wait in a long queue at the Jin Mao Tower Observation Deck when you can go one floor below to Grand Hyatt’s 87th floor bar for a drink with a view. You pay a cover charge to enter (which includes a drink), but you would be paying the entrance fee for the Observation Deck anyway.

To find the Lemin family’s favorite places, scan the QR code.
A fter serving the Shanghai community for over four years, I’ve witnessed an ongoing trend in mental health for many local and international children with therapeutic needs. Typically, these children are referred to therapy by a parent or school provider in the early months of the academic year, when learning and behavioral problems begin to surface. After meeting for the initial consultations, some parents will elect to discontinue the treatment for a variety of reasons. This is most often because one of the many school holidays is on the horizon and the timing of the treatment does not feel ideal. The holiday passes, at which point the parents question whether resuming treatment will be necessary or not. By the time they have made their decision, perhaps another school holiday is upon us, and again it no longer feels like an opportune time to resume.

Meanwhile, the child’s symptoms have intensified to the point where ongoing treatment is no longer an option, but rather a medical necessity. By now it’s spring, and with all the holidays behind them, the parents recontinue their child’s treatment. After trying therapy again for a couple of sessions, the summer holiday arrives, the family leaves for two months, and the cycle starts all over again the following year.

Does this situation sound familiar to you?

In this edition, I’m going to provide a guide for parents and other caregiving adults on how to identify earlier the warning signs and symptoms of mental health-related concerns in your child. I will also cover how to discuss these concerns with your child, and highlight how ongoing, consistent adherence to mental health treatment can make all the difference in a child’s ability to effectively manage their symptoms.

Consistency Is the Key

How Do We Remain Responsive to the Mental Health Needs of our Children?

By Dr. Nate Balfanz

Assessing Mental Health Concerns in Your Child

Listed below are four separate, but related domains of mental health signs and symptoms in children. While all children will experience symptoms in each of these categories from time to time, if you start to witness an elevation of symptoms across multiple domains, then it’s likely the right time to schedule a visit with a mental health professional.

1. Physical
   - A headache
   - Stomachache/nausea
   - Restlessness
   - Over/under-reactivity
   - Feeling ‘on edge’

2. Cognitive
   - Difficulties concentrating
   - Confusion
   - Indecisiveness
   - Forgetfulness
   - Reduced academic performance

3. Emotional
   - Fluctuations in mood
   - Low frustration tolerance
   - Crying and sadness
   - Anger and irritability
   - Flat affect (lack of reaction to emotional stimuli)

4. Behavioral and Interpersonal
   - Frequent disagreements with adults/peers
   - Changes in daily routine
   - Changes in eating and sleeping habits
   - Increased school absences
   - Withdrawing and isolating from others
Tips for Responding Proactively to a Child’s Mental Health Needs

1. Give the therapy process time
Similar to going to the gym, going to the therapist to work out your mind takes consistency and time. While each case will differ, I often encourage my patients and their families to allow for eight-10 consistent, weekly sessions before they see positive changes in mood and daily functioning take shape.

2. Help your child to differentiate between stress and distress
Each of us operates along a continuum of stress; in fact, it’s those mild to moderate doses of life stress that help get us out of bed and motivate us to accomplish tasks throughout the day. With that said, the amount of stress we endure has its point of diminishing returns, where once healthy, motivating stress can progress to the point of overwhelming and debilitating distress.

Have a conversation with your children about what stress means, how it can be healthy, how to recognize their stress limits and when it’s time to reach out for support.

3. If you see something, say something
Children often refrain from disclosing their mental health concerns for fear their parents won’t understand or they will be disappointed in them. As a result, the responsibility will fall on you as the concerned adult to raise these sensitive topics with your child, particularly if you’ve noticed them exhibiting some of the signs and symptoms listed above.

Dr. Balfanz is the Senior Clinical Psychologist at the American Medical Center, a comprehensive medical and mental health service clinic for children, adolescents, adults and families living in Shanghai. For more information on clinic services, contact Dr. Balfanz at: nate.balfanz@amc-shanghai.cn or visit his website at: www.dnmatebalfanz.com. For more articles by Dr. Balfanz, scan the QR code.
I am sure most of our home countries boast one, if not many, UNESCO World Heritage sites. They present us with unique and awe-inspiring landmarks to include in travel plans and create lasting memories to cherish.

This is also true for China. The world’s first UNESCO (United Nations Educational, Scientific and Cultural Organization) locations were inscribed in 1978, but it wasn’t until 1985 that China joined the list. Since then, the Middle Kingdom has racked up an impressive 53 locations, ranking second behind Italy with their 54 listed sites.

There are currently 1,092 UNESCO sites around the world. Possessing cultural, historical and scientific significance, and legally protected by international treaties, all World Heritage sites are of outstanding universal value and meet at least one of 10 selection criteria. These range from embodying a masterpiece of human creative genius, bearing an exceptional testimony to a cultural tradition or presenting outstanding natural beauty.

While you find yourself in China, take the time to explore some of the 53 UNESCO listed historic destinations. They are bound to heighten your experience with their immense cultural significance and breathtaking beauty. Whether it’s the majestic landscapes of Lijiang, the aptly named Rainbow Mountains or the old ways of life still nurtured in Xiamen - each place tells you something unique about Chinese culture.
Sitting between the Tibetan and Loess Plateaus is the province of Gansu, where you will find one of the most beautiful landforms in China: the Rainbow Mountains. These colorful rock formations are a sight to behold, presenting rippling waves of vibrant red, orange and yellow, contrasted by stripes of sapphire blue.

The Zhangye Danxia Landform Geological Park extends along the northern slope of the Qilian Mountains, and within the park, this massive formation of rainbow-colored rocks covers an area of 320 square kilometers. Listed as a UNESCO World Heritage site in 2009, this natural phenomenon intensifies in color during different times of day. Summer is the best season to visit, as the rock surfaces glisten under the bright sun and clear sky.

This fragile landscape is the result of 24 million years of natural erosion. Deposits of colored sandstone and minerals formed a multitude of layers, which changing climate conditions and shifts in tectonic plates consequently shaped into valleys and peaks.

Over the years, the Danxia Geopark has become a popular tourist destination, with travelers coming far and wide to see these formations and capture the perfect image. Thankfully, the Chinese government has made the pilgrimage easier by installing boardwalks, paths and viewing platforms throughout the park.

While the Rainbow Mountains may be located ‘off the beaten track’ compared to other World Heritage sites, this natural wonder presents a unique picture; a formation rarely seen across our planet. Danxia aptly translates to ‘rosy cloud.’ And, we have no doubt that when immersed within these mountains, surrounded by a palette of red, you will feel transported to another world and grateful you made the trip to this ‘once in a lifetime’ destination.
THE GLORIOUS MOUNT EMEI

Located in southwestern China along the upper Yangtze River is the Sichuan province. Home to a population of over 87 million people and playing a vital role in China’s economic stability, its agricultural production covers essential staples such as rice and wheat. While many associate Sichuan with its spicy peppercorn-induced cuisine and the pandas in the capital Chengdu, it’s worth taking a trip outside the city for an exquisite cultural experience.

Approximately 120 kilometers from Chengdu are the UNESCO World Heritage sites of Mount Emei and Leshan Giant Buddha. Listed in 1996, Mount Emei is the highest of four sacred Buddhist mountains in China and traditionally referred to as “the place of enlightenment.” Along with its striking beauty, Mount Emei holds great spiritual and cultural importance due to its role in introducing Buddhism to China; the first Buddhist temple in China was built here during the first century AD. These days, you will find 30 other temples within the site, making it the holiest of locations in the Middle Kingdom.

While its natural, majestic landscape boasts extensive vegetation more than 1,000 years old, the peak of Mount Emei offers a truly glorious experience. The Golden Summit sits at an elevation of 3,079 meters above sea level, and the splendor of a sunrise viewed from this peak will stay with you for a lifetime. It’s a pilgrimage, but one that is worth the two-hour hike, or shorter cable car journey. When you reach the peak, besides the awe-inspiring views, you will witness the ten-faced golden statue of Puxian Stupa. Each face represents one of the Bodhisattva’s ‘Ten Truths of Universal Worthiness’ and together, they symbolize the 10 directions of Buddhism.
Facing Mount Emei and sitting calmly on the cliff of Xijiao Hill is the Leshan Giant Buddha, which was carved out during the Tang Dynasty in the eighth century AD. As the world’s largest Buddha, it peacefully sits at 71 meters high, and gazes across the river with a slight smile on its face.

Located at the junction of the Minjiang, Dadu and Qingyi rivers, the inspiration for the Buddha came from a Chinese monk known as Hai Tong. He was a man of the people who wished to calm the turbulent river waters, and he hoped the Buddha’s spirit would safely guide shipping vessels on their voyages. He started the carving in 713 AD and passed away before its completion. Two of his disciples continued his work, and finally, 90 years later, a local governor finished the construction. It turned out that the fallen stones from the carving also reduced the rapid force of the water below, therefore creating the safer passage for passing ships that Hai Tong had dedicated himself to.

The Leshan Giant Buddha Scenic Area has many other impressive attractions to include in this cultural expedition. Take in the Giant Sleeping Buddha or Nine Bends Plank Road, which starts from the Buddha’s head, and with nine turns along the way, takes you down to the Buddha’s feet. There is also the stone carving theme park called Oriental Buddha Capital, which showcases over 3,000 Buddha statues and presents an art zone that’s peaceful to wander through and take in the history.

There are two ways to see the Giant Buddha: one is climbing the mountain to give yourself an up-close view, the other is taking a scenic boat cruise down the river. Either way, you will be left in awe at this giant representation of the lengths one man will go, in order to protect his people and create a sacred place that symbolizes brightness and happiness.

Book a 3 day, 2 night trip to Chengdu from RMB2,645 per person, email marketing@urbanatomy.com for more details.
Straddling four continents and a myriad of civilizations, the Silk Road has long symbolized the intersection of cultures. For over two millennia, commercial goods, arts and beliefs have traveled along these highways.

Located some 300 kilometers west of the western tip of the Great Wall, the desert-surrounded city of Dunhuang, with its rich repository of Buddhist art, is the perfect place to begin your Silk Road journey.

**The Mogao Caves**
The UNESCO World Heritage site of Mogao Caves is comprised of nearly 500 Buddhist cells. Carved into cliff sides in a river valley enveloped by the scorching Gobi Desert, these cells used to function as monastic retreats for Buddhist monks. The first cell dates back to the fifth century AD, and as the number of believers increased dramatically in the centuries that followed, art patronage also flourished.

Nowadays, with the heritage site receiving an estimated influx of 10,000 tourists every day, it’s hard to imagine that the Mogao Caves were once abandoned entirely. From the 13th century until its modern rediscovery, the caves were left unoccupied. Precious murals, sculptures, and scriptures were barred behind wooden doors, only to be unveiled by archaeologists in the early 1900s.

The lavish mural paintings depicting the cycle of Buddhism are among the most iconic art created during the Mogao Caves’ heydays, and you can still relish the medieval monks’ impeccable artistry with the aid of flashlights when you visit.

The Mogao Caves heritage site is a 30-minute drive from central Dunhuang. Today, Dunhuang’s demographic consists of a diverse mix of Hui Muslims, Tibetans, Kazakhs and Han Chinese, and you’ll find ethnic restaurants and street vendors throughout the town. Delicious lamb chops, hand-pulled noodles and yellow noodles with donkey meat (a local specialty) are just some of the most delectable options you should try.

As impressive as the Mogao Caves are, the constant touristic noise and clamor somehow defeats the secluded nature of a religious site. For a more tranquil encounter with Buddhist art, head to the West Thousand Buddha Caves and the Yulin Caves, both are within driving distance from Dunhuang.

Another unmissable sight is the Crescent Moon Lake heritage complex, a Buddhist temple set against an oasis in the midst of sand dunes. Desertification is an outstanding threat to the preservation of water here, and the local government has been refilling the lake since 2006 to maintain the structural integrity of the site.
Connect with Traditional Customs
Kulangsu and Fujian Tulous
By Mandy Tie

The southeastern province of Fujian is known for its abundant oolong tea plantations and strategic position on the historic Maritime Silk Road. It is also a large exporter of Hokkien and Hakka culture and food to Taiwan and Southeast Asia. At its southern tip, where mountain terrains meet the Taiwan Strait, is the city of Xiamen.

Fujian Tulous

Directly west of Xiamen in the counties of Nanjing and Yongding, mountain ranges and dense forests embrace rows of tulou buildings. As the native residences of the Hakka community, the word ‘tulou’ translates to ‘earthen buildings,’ in reference to the ram bricks used to build these monumental compounds.

Since their structure remains mostly unchanged, the tulou has come to exemplify the ongoing transmission of Hakka lifestyle. During the 13th century, the Hakkas fled from the conflict and turmoil in northern China to settle in discreet mountainous areas, known today as the provinces of Fujian, Guangdong and Jiangxi. The defense mentality is reflected in the tulou’s fortress-like structure: impenetrable walls, a single entrance and no windows at ground level. Traditionally, each building houses members of the same family and can accommodate up to 800 people.

Like the hutongs in Beijing and lilongs in Shanghai, younger generations of Hakka are gradually moving out of tulous to pursue a modern lifestyle in developed cities. Upon your visit, however, a small number of elderly Hakkas, who continue to safeguard the mother tongue and ways of life will meet and greet you. Hire a Hakka-speaking guide, book a homestay and sample local Hakka cuisine to acquaint yourself with this fading way of life.

The Island of Kulangsu

Xiamen consists of a main city island and a handful of satellite islets, among which sits the UNESCO World Heritage site of Kulangsu. Occupying an area equivalent to 10 People’s Squares in Shanghai, Kulangsu is home to nearly 900 listed historic buildings with European, local Hokkien and ‘Amoy Deco’ designs. The islet’s mosaic urban fabric was mostly conceived post 1903, after Xiamen became a trade port like many coastal towns at that time.

Thanks to government protection that restricted development projects off the shores, Kulangsu’s buildings and alleyways remain largely intact. In addition to a tangible material heritage, the islet is also known for its vibrant musical tradition. There is a higher rate of pianos per household here than anywhere else in the world, and you can attend recitals (classical and Chinese) held at the local concert hall every night of the year.

Kulangsu is accessed via a 30-minute ferry from the main island of Xiamen. With a ban on automobiles, and visitor numbers controlled at 35,000 per day, you’re guaranteed a traffic-free, relaxed stay. It takes approximately two hours to walk around the entire island, while the electronic shuttle bus (the only exception to the no-car rule) is a viable alternative. As you meander along the seaside or alleyways, stop by street vendors who whisk up signature Hokkien dishes such as pan-fried clam omelet, fried bean curd rolls and sumptuous tropical fruits. Should you wish to stay on the islet overnight, there are around 50 hotels and boutique inns offering comfortable options for the family.

Book a 5 day, 4 night trip to Fujian from RMB4,425 per person, email marketing@urbanatomy.com for more details.

FUJIAN TULOUS

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The Old Town of Lijiang

By Natalie Foxwell

B ordering Myanmar, Laos and Vietnam in the southwest region of China, you will find the glorious province of Yunnan, home to the city of Lijiang. Offering a rich blend of ancient architecture, awe-inspiring views and traditional culture, this is the ideal destination for an adventurous family vacation.

The Old Town on Lijiang is the heart of the city and presents visitors with a bright, vibrant atmosphere, along with cobblestone streets and an impressive network of canals. This ancient city was listed as a UNESCO World Heritage site in 1997 and includes the old towns of Dayan, Shuhe and Baisha. The stone and mud houses with tiled roofs are embellished with meaningful engravings that symbolize the people and their surrounding nature, leaving you with a sense of life before your time.

Penned as the most ethnically diverse province in China, Yunnan is home to the Naxi people, and they are the soul of this authentic city. While you will genuinely enjoy time in the Shuhe and Dayan old towns, head to Baisha Village at the foot of Jade Dragon Snow Mountain to immerse yourself in the life of the Naxi. View the 55 Baisha Murals, which took over 300 years to complete, and artistically depict the local Dongha culture. Admire tie-dye art displaying a myriad of bright colors, while traditional music plays in the background.

Book a 5 day, 4 night trip to Lijiang from RMB4,140 per person, email marketing@urbanatomy.com for more details.
THE BLUE MOON VALLEY & WHITE WATER RIVER

Located at the foot of the snow mountain, you’ll find the idyllic Blue Moon Valley and White Water River. This mountain stream gathers its water from the melting snow and ice running from the glaciers, leaving it pure, clear and at a freezing temperature all year round. The turquoise river shining in the sunlight will leave you asking, “How can anything be so beautiful?” The White Water Terrace presents fan-shaped steps made of limestones and white marble, which produce a silky smooth downstream flow. Soak up the view and appreciate the natural beauty that abounds; you’ll feel fortunate to have these images etched in your memories.

Time spent in the Old Town of Lijiang and surrounding areas will undoubtedly treat all your senses: delicious local cuisine, snow-capped mountains and ancient architecture, along with the kind and welcoming nature of the Naxi people and their creative culture. As you wander around the streets and take in the vistas, you will be transported to a place far from the hustle and bustle of Shanghai, allowing you to appreciate another side of China that’s well worth your time.

THE JADE DRAGON SNOW MOUNTAIN

The natural beauty of Lijiang awaits you at Jade Dragon Snow Mountain. As the southern most glacier in the Northern Hemisphere, this mountain range stretches across 35 kilometers, with all 13 peaks reaching an altitude of over 5,000 meters. The shape resembles a jade dragon looming above the clouds, hence the name. A cable ropeway will transport you up the mountain, and a small oxygen tank to assist with breathing is recommended. Once there, you’ll thoroughly enjoy the experience of walking around and taking in the mesmerizing view of the land below and snow-covered peaks above.
There are a total of 53 UNESCO World Heritage sites listed in China, which means you may find yourself wondering where to start. Well, here is our list of a few more well-known and other less publicized locations. With their pure extravagance, majestic beauty or cultural significance, they are worth a place on your list of travel destinations for the future.

**TAKE THE UNESCO QUIZ**
From the list of 53 UNESCO World Heritage sites in China, how many have you visited? Are you a seasoned traveler or do you need to add more destinations to your future travel plans?
Scan the QR code and take the quiz to find out just how much of an expert in China travel you are.

**DAZU ROCK CARVINGS**
*Sichuan Province*
This extraordinary group of Chinese religious sculptures and carvings date back to the seventh century AD, and demonstrate a tremendous amount of skill in revealing a combination of Buddhist, Confucian and Taoist beliefs. Earning its place on the World Heritage list in 1999, the Dazu Rock Carvings contain 75 protected sites, where Beishan and Baodingshan are considered the best. In total, the site presents over 100,000 Chinese character inscriptions and 50,000 statues, some reaching 10 meters in height. The carvings were inaccessible for many years and only opened to Chinese travelers in 1961.

**CLASSICAL GARDENS OF SUZHOU**
*Jiangsu Province*
The Classical Gardens of Suzhou date back to the sixth century BC, when the city was declared capital of the Wu Kingdom. Today, there are 69 preserved gardens in Suzhou, and in 1997 and 2000, eight of the most exquisite were selected by UNESCO as a World Heritage site. They are a reflection of the skill and artistry of the masters whose techniques created them, and represent the essential elements of classical Chinese garden design known today.

**HONGCUN ANCIENT VILLAGE**
*Anhui Province*
This small, traditional village earned its place on the World Heritage list in 2000 because of its long history, well-preserved structures and idyllic surrounding scenery. With architecture dating back to the Ming and Qing dynasties, this 900-year-old village presents beautiful reflective ponds and a unique network of alleyways to wander through after indulging in delicious local cuisine. You’ll find Hongcun Ancient Village at the foot of the famed Huangshan, which is only 90-minutes drive away.
HUANGSHAN
Anhui Province
Translated to ‘Yellow Mountain,’ Huangshan is a mountain range in Anhui province with peaks higher than 1,000 meters. The history of Huangshan dates back to the Tang Dynasty in the eighth century, where legend has it that the mountain contained the elixir of immortality. The scenic areas provide over 50 kilometers of footpaths to hike and explore, and the views play a significant role in depicting quintessential Chinese mountain landscape paintings.

LONGMEN GROTTOES
Henan Province
The Longmen Grottoes are a cave complex from the fifth century, known as a treasure trove of Buddhist art and one of the three most famous grottoes in China. Listed as a World Heritage site in 2000, these impressive stone carvings are devoted to Buddhist religion and took over 400 years to complete. The site includes 2,300 caves, which house over 110,000 Buddhist stone statues, ranging from just 25 millimeters to 17 meters in height.

MAUSOLEUM OF THE FIRST QIN EMPEROR
Shaanxi Province
The Mausoleum of the First Qin Emperor was discovered by farmers in 1974, near the city of Xi’an. While drilling a well, they unearthed the first of more than 8,000 warriors, horses, chariots and weapons, assembled in military formation to guard the emperor’s tomb and help him to rule in the afterlife. History tells us that it took over 700,000 laborers 36 years to complete this extravagant burial site. Living from 250-210 BC, Qin Shi Huang was the ruler who united China, and the Qin Dynasty significantly advanced the social, cultural and artistic levels of the empire. Declared a World Heritage site in 1987, the tomb itself remains unopened, and it is anticipated the size of this mighty terracotta army will continue to grow its ranks as excavation continues.

SICHUAN GIANT PANDA SANCTUARIES
Sichuan Province
This sanctuary in Sichuan is the largest and most significant panda habitat in China and indeed, the world. Listed as a World Heritage site in 2006, it contains more than 30 percent of the world’s panda population, along with other threatened animals such as the red panda and snow leopard. The sanctuary runs a volunteer program where visitors can learn about rescuing, feeding and communicating with China’s national treasure. And best of all, you can also hold one of these beloved creatures when you visit.

WEST LAKE CULTURAL LANDSCAPE OF HANGZHOU
Zhejiang Province
The famed Xi Hu (West Lake) which lies in the middle of Hangzhou city provides an inspired contrast to the hustle and bustle so close to its shore. The legend of the lake, a romantic fable between the snake goddess Bai Suzhen and her human love interest Xu Xian, is emotionally played out during a show each evening, allowing visitors to be swept away by its significance. Listed as a World Heritage site in 2011, the beauty of the lake has influenced painters and poets for centuries. Hangzhou is legendary for the quote attributed to Marco Polo that this is “the finest and most splendid city in the world,” the lake’s attractions include gardens, pagodas, temples and bridges enveloped by lush vegetation. With many outstanding scenic spots to enjoy around the lake, its mesmerizing beauty changes with the seasons, making it captivating all year round.
It doesn’t matter where you travel in China, *xiaochi* (or street snacks) are an essential part of the local diet. It may look like a humble bowl of steaming noodles or a baked piece of flatbread, but *xiaochi* are easygoing food that can be devoured at any time of the day or night. With countless regional variants, it might seem impossible to understand the intricacies of *xiaochi*. But, fear not, for we’re here to provide you with a quick primer on what to eat and where to find it in Shanghai.
Guoqiao Mixian
‘Crossing-the-Bridge’ Noodles
Cuisine: Yunnan Province

As the cold wind blows our way, there can be few heartier dishes than these slurp-worthy rice noodles. Traditionally prepared with simmering chicken broth in a stoneware bowl, the rice noodles and its various condiments including mushrooms and greens are assembled and cooked in front of guests.

There are two versions of a similar tale explaining this particular cooking method and the name of the dish. Both stories feature a devout wife who crossed a country bridge every day to deliver these noodles to her husband (who was either studying for the imperial exam or imprisoned on a desolate island), so he could enjoy a fresh hot meal. Today, these rice noodles is a staple among the Achang, Miao and Dai ethnic groups in China’s Yunnan province. By late 2017, these delicious strands have conquered the hearts of New Yorkers, and are looking to take off across the Atlantic in no time.

Find them at…
> Yunnan Flavors ‘Crossing the Bridge’ Noodles (滇味园云南过桥米线) Multiple venues across town.

Lanzhou Lamian
Hand-Pulled Lanzhou Noodles
Cuisine: Hui Muslim

To rejuvenate the blood cells, try Lanzhou lamian. The verb ‘la’ (拉) literally means to pull or stretch, and these strictly hand-pulled noodles are normally served in a clear broth with tender beef and turnip slices – and sometimes an additional spoonful of spiced chili and peppercorn.

A seasoned chef is known for making nine types of lamian which vary in shape and form to accommodate a range of preferences. The secret ingredient which makes these noodles extra elastic and malleable is a succulent plant called halogoten, commonly found in the desert, a geographical feature that characterizes the province of Gansu where Lanzhou is located. With slow-boiled chicken or beef broth infused with multiple spices, a bowl of Lanzhou lamian is, without a doubt, the ideal winter warmer.

Find them at…
> Authentic Lanzhou Lamian (正宗兰州拉面) Multiple venues across town

Xiaomian Kaolaolao
Steamed Buckwheat Noodles
Cuisine: Shanxi Province

Xiaomian kaolaolao is not your usual strands-in-a-bowl sort of noodles. Visualize it as an equivalent of the Italian tubetti made of buckwheat flour, placed side to side neatly in a honeycomb structure. To eat, pick up the noodle tubes one at a time, and dip into an accompanying chili or zajiang (minced pork with soy) sauce.

Most provinces north of the Yellow River have a penchant for noodles, but Shanxi has gone one step further as the self-claimed ‘home of world wheaten food.’ There are scissored noodles, fish-shape noodles and a firm regional favorite – knife-shaved noodles. Should you find yourself in Shanxi, the night markets at the provincial capital Taiyuan and the ancient city of Pingyao are both renowned for dishing up hypnotizing varieties of noodles.

Find them at…
> Lao An Jia (老安家) 1925 Zhongshan Bei Lu, by Zhenping Lu 中山北路1925号, 近镇坪路
> Xibei (西贝莜面村) Multiple venues across town

www.urban-family.com
Guabao

Open Steamed Bun Sandwich

Cuisine: Hokkien

Backtrack to some ten years ago, guabao was the definition of hipster food in New York and London. These ‘cut buns’ are generously stuffed with tender pork, finely sliced pickled mustard greens, coriander and crushed peanuts with a sprinkle of sugar – in other words, an impeccable flavor profile and texture.

Guabao is known for its connection with the island of Taiwan and further influenced by Japanese hirata buns, while its origin can still be found among the Hokkien community in southern Fujian. The locals associate its appearance with ‘tiger bites onto the pig’ (‘虎咬猪’, pronounced ‘hǔ yǎo zhū’), which sounds uncannily similar to the expression, ‘the capturing of fortune’ (‘福咬住’, ‘fú yǎo zhù’). Within some traditional households, guabao is still savored every year on New Year’s Eve for its auspicious meaning.

Find them at...

> Tiger Bites 108 Xiangyang Bei Lu, by Huaihai Zhong Lu
> Hakkasan 5/F, 18 Zhongshan Dong Yi Lu, by Nanjing Dong Lu

Samosa

Uyghur-style Parcels with Mutton

Cuisine: Uyghur

The name might sound strange, but a look at the humble samosa can bring back a string of foodie flashbacks: Iranian sambusa, Indian samosa, and Spanish empanada. In the autonomous region of Xinjiang, samosa is made by wrapping spiced mutton and onion in thin layers of dough, and baking it inside a tonur stove. A bite gives you the crusty skin, followed by the piping hot juicy interior.

Unlike some of its better-known Silk Road cousins, the humble samosa has yet to claim the international spotlight. Curious Shanghai eaters can find it at the Friday Muslim Market with a generous serving of pollo (Uyghur pilaf with slow-cooked mutton).

Find them at...

> Friday Muslim Market
> Xibo (锡伯新疆餐厅) 3/F, 83 Changshu Lu, by Julu Lu

Cantonese Dim Sum

Savory and Sweet Snacks

Cuisine: Guangdong Province

The expression ‘dim sum’ translates to ‘touches the heart’ and is widely employed to address delicate snacks throughout China. In the Cantonese-speaking region famed for its dim sum culture, a wholesome meal would encompass everything from surf to turf, savory to sweet. Mainstays like char siu bao (barbecue pork buns) and har gau (shrimp dumplings) are steamed and served first, followed by fried options like wu gok (fried taro cake) and spring rolls. You then finish with sweet buns, egg tarts or light puddings.

Pay homage to the tradition of dim sum dining and pair your meal with a warm pot of tea. Historians believe that tea houses on China’s southeastern shores used to serve these bite-sized items to famished merchants and seafarers, which gave name to the popular ‘yum cha’ customs and the modern idea of brunch.

Find them at...

> Canton Table 5/F, Three on the Bund, 3 Zhongshan Dong Yi Lu, by Guangdong Lu
> Loonfung House (香港龙凤楼) 75 Mengzi Lu, by Liyuan Lu
**Shaobing**
**Baked Flatbreads**

**Cuisine** Northwestern provinces / Zhejiang Province

Many baked styles of bread in China fall under the term *shaobing*, but the truth is, they can be doughy or crunchy, with or without filling, depending on where you are. Its basic anatomy is a piece of leavened dough, rolled out, and showered with sesame seeds. The variety dominating Shanghai markets are filled with finely chopped dry mustard green leaves, salted egg yolk or red bean paste, which originated from the county of Jinyun outside of Hangzhou. *Shaobing*’s history traces back to the third century BC in central Asia. It is economical to make, takes three minutes to bake in a clay stove, and was favored by traveling troops and individuals alike. By the 14th century, *shaobing* had become so rooted in the Chinese psyche that poetry and ballads were composed to salute this humble bread. Having made its first European appearance in Italy last year, and with the first certified Jinyun Shaobing branch registered in the EU this March, its influence will likely stretch farther and wider in the years to come.

**Find them at...**

> Jinyun Shaobing (缙云烧饼) 311 Xiangyang Nan Lu, by Yongkang Lu 襄阳南路311号, 近永康路
> Youjuan Shaobing Multiple venues across town

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**Mijiu Baba**
**Cultured Rice Pancakes**

**Cuisine** Hubei Province

This entry is a tribute to my mom: cultured rice flour pancakes. *lu nian* (aka sweet rice wine) is used as the rising agent in the batter, which is spooned onto a preheated iron griddle with minimal application of oil. Scraping these off can be a chore, but when their tangy sweetness hit the taste buds, we know they are worth the trouble.

Rumor has it that these pancakes originated in the central Hubei province, an area which thrives on rice and freshwater produce. Some vendors prefer to use cultured rice for the batter, while others, including my mom, would opt for plain rice flour for a lighter texture.

**Find them at...**

> Dong Yuhang Lu Food Street 953 Dong Yuhang Lu, by Zhoushan Lu 东余杭路953号, 近舟山路

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**Jianbing Guozi**
**Savory Crêpe Rolls**

**Cuisine** Tianjin / Shandong Province

For some, the thought of *jianbing guozi* might be enough to roll out of bed in the morning, or pick up some Mandarin phrases. Its construction, however, is a symphonic assemblage of condiments. Spread a thin layer of wheat flour batter over a flat grill, crack an egg and add chopped coriander, pickles and a sheet of fried cracker, fold and slather the surface with soy and chili sauces. Fold again, cut in half, and it’s ready.

As far as the *Legends of the Three Kingdoms* is concerned, *jianbing* was conceived when soldiers ran out of crockery and were forced to cook batter over their shields. These days, with budget value as low as RMB4 per bing, the only thing you have to sacrifice is time. A sufficient supply has not met its popular demand, and queueing is implied whenever you go on a *jian bing guo zi* hunt.

**Find them at...**

> Fatty Jianbing (胖子煎饼店) 261 Qinzhou Nan Lu, by Liuzhou Lu 钦州南路261号, 近柳州路
> He Tai Ji (何太吉) 169 Liangguo Zhong Lu, by Rujin Er Lu 聊园中路169号, 近瑞金二路
Ingredients:

200 grams cod fillet, skinless and boneless
250 grams pumpkin, skin and seeds removed
500 grams red cabbage
50 grams Zhenjiang black vinegar
100 grams coconut milk
Additional seasoning: oil, sugar, salt and pepper

Steps:

1. Prepare the pumpkin
Cut the pumpkin into 3-centimeter cubes. Add 30 milliliters of oil to a pot and sauté the pumpkin on low heat. Cover the pot with a lid and simmer for 15 minutes, until they are soft.

2. Prepare the cabbage
Cut the red cabbage into quarters lengthwise and remove the white stem. Then, cut each quarter into strips, approximately half a centimeter wide. Add 30 milliliters of oil to a pot and cook the cabbage on medium heat for 2 minutes. Add the black vinegar, 10 grams of sugar and 10 grams of salt. Cover with the lid and simmer on low heat for 20 minutes.

3. Prepare the puree
Place the cooked pumpkin into a bowl, then add the coconut milk and ½ teaspoon of salt. Blend until it becomes a smooth puree.

4. Prepare the fish fillet
Add 1 tablespoon of oil to a non-stick pan on high heat. With a towel, pat the fish dry and then season both sides with salt and pepper. Carefully place the fish in the pan and sear for 3 minutes. Flip the fish and sear for another 3 minutes until it is thoroughly cooked.

5. Prepare your dish
Place 100 grams of pumpkin puree in the center of your plate, add a tall mound of cabbage and then place the cod on top.

Advice:

For the fish, you can substitute the cod fillet with halibut, which I also prefer. If you do, make sure you keep the skin on, as it crisps up very nicely. You can also roast the pumpkin. But since this is China, I don’t assume everyone has an oven.

For more 5 Ingredients recipes, scan the QR code.
Now that you have well and truly settled the family into a routine after the long summer, how have you fared getting back into a rhythm of eating well and looking after yourself? Maybe it's time to put a little focus on 'you' and consider a detox of sorts.

When I say “detox,” I mean reassessing the foods and temptations you gave into while getting the kids back to school. This includes the hustle and bustle of life in Shanghai that has you saying “yes,” to meeting friends over coffee, lunch or afternoon tea and potentially snacking throughout the day.

You may feel like living in China means it difficult to maintain healthy eating habits and balance your intake, but trust me, there are options available. Thankfully, there are certified organic products readily available for you to prepare a health-conscious meal or snack at home. My favorite place to go is BIOFarm, or you can also try Tony’s Farm.

I suggest instead of drastically changing your diet in three days, consider identifying any habits you may have formed over the past months and take action to reset yourself. For example, if you feel the need for something sweet, indulge in a fresh fruit salad. If you desire a savory snack, make a bowl of hummus and enjoy it with grilled veggies such as asparagus, zucchini and mushroom – these are full of goodness with immense flavor. Or, you can make my favorite go-to snack: kale chips. Of all the healthy greens, kale is the king. Packed full of antioxidants, minerals and vitamins, its benefits hit vital areas such as protecting our eyes, fighting cancer and weight management.

**Sharon's Kale Chips**

- 80 grams kale leaves
- ½ tablespoon extra-virgin olive oil or melted coconut oil
- ⅛ teaspoon fine grain sea salt or pink Himalayan sea salt
- Additional seasoning: You can also add flavors such as garlic powder, chili powder, cayenne pepper, smoked paprika or onion powder.

**Steps:**

- Preheat oven to 150 degrees Celsius.
- Remove the leaves from the kale stems and tear them into large pieces. Wash and gently dry.
- Place the leaves into a bowl and thoroughly coat with olive oil. Then, sprinkle on the seasonings and mix to combine.
- Line a baking tray with parchment paper and spread out the kale in a single layer, making sure not to overcrowd the kale.
- Bake for 10 minutes, then rotate the tray and bake for an additional 12-15 minutes until the kale begins to firm up.
- Allow the chips to cool for 3 minutes and eat immediately, as they lose their crispness with time.

Sharon Raccah Perez is the founder of ‘PowerMeHealthy.’ She is an accredited Health Coach and healthy home food chef. In each edition, Sharon will share her thoughts on a topic to help others see the importance of healthy living and eating. To follow Sharon or get in contact with her about a customized detox or nutrition plan, visit her website: www.powermehealthy.com or scan her QR code.
Weeping views of mountainous terrain, romantic declarations and cheesy martial arts sequences are just a few reasons why movies set in China are the perfect choice for a family movie night. From nature lovers to kung-fu enthusiasts, this list has something to please everyone.

Crouching Tiger, Hidden Dragon (2000 PG-13)
A Chinese classic, *Crouching Tiger, Hidden Dragon* tells the story of an epic journey which begins after the theft of the Green Destiny sword. Cutting dialogue, impeccable costume design and tremendous fight scenes make this a must-see for any Chinese film enthusiast. Drama, romance and lengthy battles at every turn, what else do you need to make a movie memorable?

Born in China (2016 G)
With dramatic scenes of China’s vast and dynamic landscapes, Disney’s *Born in China* follows animal families through their daily lives. The film explores some of the most remote destinations in the country, showcasing the hardships that China’s wildlife faces and how families survive in unforgiving climates. This film delivers a fascinating and heartwarming story that will captivate children and adults alike.

Empire of the Sun (1987 PG)
If you have the time, then get comfortable on the couch and watch *Empire of the Sun*; a three-hour drama which focuses on an English boy’s time imprisoned in a Japanese internment camp. The story comes from the award-winning novel by author J G Ballard, and is based on his personal experiences during World War II. Beginning in 1941 with some iconic historical scenes of Shanghai, the film unflinchingly dives into the violence of war and the complexity of adolescence.
**Hero** (2002 PG-13)
Told through various characters’ points of view, *Hero* is more than just a classic Chinese period drama. The film raises plenty of ethical questions, most of which revolve around power, how it’s claimed and how it’s used. Surprisingly thoughtful, yet inclusive of action-packed fight scenes, *Hero* is a story for families that want an intellectually stimulating and visually stunning martial arts film.

**The Karate Kid** (2010 PG)
A classic tale with a modern spin, the 2010 version of *The Karate Kid* features Jaden Smith and Jackie Chan, who together forge a hilarious and heartwarming student-teacher relationship. While keeping the iconic scenes we all remember, the remake also brings new dilemmas, such as discussions about race and violence. With snappy, witty dialogue and great acting, *The Karate Kid* is a movie that the whole family can watch together, cheering for the good guys to win.

**Kung Fu Panda** (2008 PG)
*Kung Fu Panda* is the story of a lovable, silly panda named Po, who attempts to save his village by mastering kung fu with a rag-tag group of animal fighters. With vivid animation and charming characters, Jack Black delivers lots of laughs and creates a nuanced protagonist who stirs up tears and laughter. Once the action from the first movie is over, you can sit back and enjoy the continuing tale with *Kung Fu Panda 2* and 3.

**The Last Emperor** (1987 PG-13)
Another time commitment, *The Last Emperor* is almost four hours long and, unlike *Empire of the Sun*, is considerably less action based. What it lacks in fight scenes, it makes up for with scenic views of early 20th century Beijing and northern China, as well as fantastic costume design. With historical insights and plenty of drama, the tale of China’s last emperor makes for a fascinating family movie night.

**A Touch of Zen** (1971 NR)
This film is a Chinese classic and, although lengthy at three hours, is a must-see for those who are interested in old China. Set in the 14th century, the story of Gu’s journey to fight an evil and violent commander is epic, and one that includes love, drama, self-doubt and many sword fights. *A Touch of Zen* has a well-balanced mix of theatrical battles and emotional scenes which are bound to have you wiping your eyes by the end of the film.

**The Forbidden Kingdom** (2008 PG-13)
Worlds collide as Jet Li and Jackie Chan share the screen in *The Forbidden Kingdom*, an action-packed martial arts classic. Chan adds quick, zany dialogue, while Li brings a traditional Chinese thriller vibe. This film, set in ancient China, comes alive with its modern cast. The battle between these two martial arts superstars is reason enough to watch this fun-loving film.

**Mulan** (1998 G)
One of Disney’s most gripping animated films to date, *Mulan* is a coming-of-age tale about a girl who disguises herself as a man to take her father’s place and fight against the Huns in ancient China. An empowering animated classic, *Mulan* holds a special place in the Disney Hall of Fame for its sharp dialogue, catchy soundtrack and heartwarming storyline.

For more movie reviews, scan the QR code.
Useful Mandarin Phrases

Going to the Movies

While going to movies can be enjoyed all year round, does the language barrier stop you from indulging in the latest flick? Don’t worry, we are here to help with our ‘Going to the movies’ phrase guide. With useful words and sentences that cover how to find out what’s playing, buy your tickets and stock up on snacks, all you need to do is sit back, relax and enjoy the movie!

What’s Playing?
When is the next screening of [movie name]?
下一场《》是几点钟?
xià yī chǎng 《》 shì jī diǎn zhōng?

What movies are playing today / tonight?
今天/今晚有哪些电影?
jīn tiān / jīn wǎn yǒu nǎ xiē diàn yǐng?

Is the movie in English?
是英文电影吗?
shì yīng wén diàn yǐng má?

Movie Type
What genre/type of movie is this?
这部电影是什么类型的?
zhè bù diàn yǐng shì shí me lèi xíng de?

Documentary
纪录片
jì lù piān

Drama
剧情片
jù qíng piān

Romance
爱情片
ài qíng piān

Comedy
喜剧片
xī jù piān

Action
动作片
dòng zuò piān

Animation
动画片
dòng huà piān

Musical
音乐片
yīn yue piān

Horror/Thriller
惊悚片
jīng sǒng piān

Screen Type
Is this movie...
这部电影是...
zhè bù diàn yǐng shì . . .

2D
二D

3D
三D

Where can I get 3D glasses from?
哪里有三D眼镜?
nǎ lǐ yǒu sān dì yǎn jìng?

Buying Tickets
How much for a...
...多少钱?
...duō shǎo qián?

Regular ticket
普通票
pù tōng piào

Child ticket
儿童票
ér tóng piào

Student ticket
学生票
xué shēng piào

Senior ticket
老年人票
lǎo nián rén piào

Can I please buy [number] tickets?
我想买[ ]张票?
wǒ xiǎng mǎi [   ] zhāng piào?

Can I pay using...
我能用...支付吗?
wǒ néng yòng . . . zhī fù má?

WeChat
微信
wēi xìn

UnionPay
银联
yín lián

AliPay
支付宝
zhī fù bǎo

Credit card
信用卡
xīn yòng kǎ

Buying Popcorn
How much is this?
这一个多少钱?
zhè yī gè duō shǎo qián?

Can I buy a small/ medium/ large popcorn?
我想要一份小/中/大的爆米花?
wǒ xiǎng yào yī fèn xiǎo / zhōng / dà de bào mǐ huā?

Sweet
甜的
tián de

Salty
咸的
xián de
In need of some new tunes to get you through the day? Our regular feature, Urban Grooves, is here to help.

Our 'Tunes for a Roadtrip' delivers 10 songs for the kids to sing along to while traveling. Scan the QR code to enjoy our playlist that's bound to get everyone in the mood for some time on the road.

- 'Just Like Fire' - P!nk
- 'Feel It Still' - Portugal. The Man
- 'Thunder' - Imagine Dragons
- 'Royals' - Lorde
- 'The Middle' - Zedd, Maren Morris & Grey
- 'Infinity' - One Direction
- '24K Magic' - Bruno Mars
- 'Believer' - Imagine Dragons
- 'Stay' - Zedd and Alessia Cara
- 'Chained to The Rhythm' - Katy Perry (feat. Skip Marley)
China has an incredibly diverse and long history, which means there are many stories and exciting cultural events to understand. One in particular, that we enjoy every fall, is the Mid-Autumn Moon Festival. To gain insight into what this festival represents, have fun reading this story with your little ones and learn about this important piece of Chinese history and culture.

Newbery Honored author-illustrator Grace Lin explains what this festival is all about, and does a wonderful job emphasizing the importance of family. In this story, each family member prepares treats for everyone to enjoy under the moonlight, while surrounded by beautiful paper lanterns. Here they indulge in pomelo fruits, round teacups with delicious Chinese herbal tea, and of course, mooncakes; the thin circular pastries with sweet red bean or lotus seed filling.

Families gather on the grass to spend time talking to one another. Everyone has the opportunity to think about something that they are thankful for and what they wish for in the future. These thoughts are secretly sent up to the moon.

Lin includes a detailed explanation for teachers and parents to gain further understanding around this tradition. There is a deeper meaning behind the food which is consumed and the time of year this holiday is celebrated. A child’s questions can be answered quickly, as the customs around the Mid-Autumn Moon Festival are detailed throughout the story. This is the perfect book to read with your little one during the annual holiday.

Lin is the author of over twenty Chinese-inspired picture books and novels. This extensive range allows for children to continue enjoying her work as they grow older and become more sophisticated readers. She has been nominated for many awards and landed herself on the New York Times bestseller list. If you enjoy this title, it is well worth checking out her other works. It is evident how much time and effort goes into each illustration and text description; this is an author who truly connects with her culture and puts her heart and soul into sharing it with the world.

Recommended for children ages 3-7
Available via taobao.com and Amazon.cn

Kendra Perkins is Head Librarian at an international school. She was Coordinator for the Shanghai Librarians Network and Ambassador of China for the International Librarians Network. Find her at www.TheInspiredLibrarian.com
Among the extensive range of books available through Lonely Planet is a cool kids’ series titled Not-for-Parents: Everything you ever wanted to know. Covering destinations such as the US, Europe and South America, you can also find one focused on China.

Advertised as “not a guidebook and definitely not for parents,” this series delivers a vivid, detailed and all-encompassing tale of the history of China right through to current day.

In an easy-to-follow narration the concepts and stories are linked, enabling children to gain a deeper understanding of why things are, as they are, in the Middle Kingdom.

Delivering 96 pages of engaging details on topics such as fierce dragons, quintessential Chinese games and the history of dynasties and ruling emperors, any child is bound to become engrossed in the facts that bring to life the essence of China. Children will relish in the knowledge behind the annual Dragon Boat Festival, the discovery of gunpowder and the importance of tea in Chinese culture.

The facts quoted throughout the book are bound to be recited back to parents, such as the snippet of information which states 50,000 children are born in China each day, which equates to 35 babies a minute. Now that’s mind-blowing for anyone to hear!

This book is a lot of fun with its bright, quirky imagery and so much information it will take even the most avid reader quite some time to get through. The content is incredibly entertaining and will have any child fascinated about China as they travel around this country and experience many locations for themselves.

Recommended for children ages 8-12
Available via Amazon.com and Amazon.uk
Calling book lovers young and old, Asia-Pacific’s most comprehensive book fair is returning to Shanghai this November, and we are here to give you a sneak peek into what to expect.

Co-organized by the China Shanghai International Children’s Book Fair (CCBF) and Bologna Children’s Book Fair (BolognaFiere), this is the China Shanghai International Book Fair’s sixth consecutive year to deliver the event to avid readers across the city.

Held in early November, this epic event will feature close to 300 publishers, writers and illustrators, representing over 50 nationalities. The book fair is targeted towards children up to 16 and will offer meet-and-greet opportunities, book signings and interactive workshops for families to attend. Especially noteworthy are The Shanghai Visiting International Publishers’ Project, The Golden Pinwheel International Illustration Exhibition and an Authors Festival. For Shanghai readers, this is a rare opportunity to meet face-to-face with the creative minds behind children’s classics, and gain insight into the publishing trends that will shape your bookshelves in years to come.

Among those set to steal the limelight are the New York Times-acclaimed David Shannon (How Georgie Radbourn Saved Baseball) and the 2018 Hans Christian Andersen Award winner Eiko Kadono (Kiki’s Delivery Service). Household names such as Penguin Random House, Scholastic Inc. and HarperCollins will deliver classics, and new releases for audiences to buy. Also, be sure to check out regional publishers hailing from Africa, South America and Southeast Asia with a range of engaging translated books.

So, save the date for this popular event, bring the kids and immerse yourselves in the weekend’s activities. Most of all, enjoy browsing and buying from the many books the publishers will have on offer.

RMB50 single-day entry; RMB78 weekend pass. Nov 9-11, 9am-5pm (last day 4pm). Shanghai World Expo Exhibition and Convention Center, 1099 Guozhan Lu, by Zhoujiadu Lu, (www.ccbookfair.com).
HOTTEST DEALS
The Bestsellers on thMart
Reusable coffee cups, traditional Korean wines and healthy drinks from Oatly

Keepcup, from RMB95
Available in different sizes and colors, these Australian made reusable coffee cups are environmentally friendly, well-designed, and most importantly, that’s readers can enjoy a 30 percent discount on these items during the month of October. Simply scan the QR code and get yours on thMart.

Bohae Matchsoon Korean Plum Wine, from RMB49
Made with green plums and aged for 10 years, this traditional drink is the perfect companion for a Korean barbecue feast.

Bohae Bokbunjajoo Korean Raspberry Wine, from RMB60
This award-winning Korean wine is made from locally grown raspberries and has been endorsed by many celebrities.

Oatly Oat Drink Original/Chocolate, from RMB150
Get these healthily delicious oat drinks by the dozen and share them with your loved ones.
We all know the importance of learning Mandarin as part of the curriculum, but what are some other ways Chinese culture can come to life at school?

We posed this question to Shanghai teachers to hear about their experiences connecting students with Chinese culture. They have come back with stories of trips outside the classroom, celebrating significant cultural events and activities that teach students about Chinese history. These efforts provide the children a deeper understanding and appreciation for the country in which they live.

So, as the school year continues and children come together in their multicultural classrooms, let’s hear what happens at five schools around town: Concordia International School Shanghai, Dulwich College Shanghai, Shanghai Singapore International School, The British International School Shanghai and Wellington College International Shanghai.
Shanghai Schools Bring Chinese Culture to Life

China’s expanding cities, vast landscapes and evolving culture provide an ideal backdrop for Shanghai international school students to deepen their educational experience. Students participating in Concordia’s educational travel programs acquire self-knowledge, form new friendships, challenge pre-conceived ideas and put the needs of others before their own, all while immersing themselves in the unique cultural aspects of their host country.

Day Trips
Our younger students explore Shanghai and the surrounding areas on day trips to museums, theaters, parks and water towns. They also experience service opportunities at local schools and charities that are designed to empower them as servant leaders and active global citizens.

Week-long Adventures
As they progress through middle school, students have opportunities to go further afield, exploring different regions of the country through educational travel centered around culture, service and adventure. Week-long trips to Nanbeihu, Moganshan, Beijing and Yangshuo, are the hallmarks of the middle school educational excursions, and expose students to cultural experiences that allow them to see and accomplish things they have never tried before.

Cultural Immersion
In high school, Concordia students participate in the Transforming Individuals by Education & Service (TriBES) program. TriBES offers students the chance to explore Chinese culture through a variety of excursions that take place in destinations across the country. This past September, students chose among activities that included teaching English to village children in rural Yunnan, hiking and camping along the historic trade routes of the Abujee mountain and traveling from Suzhou to Gansu as they traced the same route as ancient merchants along the Silk Road.

China is an endlessly fascinating country. Concordia Shanghai chooses to focus our educational travel in China so that we can take full advantage of everything our host country has to teach us. As Abby, a Grade 11 student said, “We all experience a new culture, new friends and make a valuable connection with the people and environment in which we are immersed.”

Genevieve Ermeling is the Assistant Head of School for teaching and learning at Concordia International School Shanghai. She is inspired by the rich history outside the school walls that affords students an opportunity to explore and experience deeper learning.
Stepping into Mandarin

Embracing Chinese Culture Throughout the Year

By Tony Pickhaver, Dulwich College Shanghai Pudong, DUCKS

For any international school, being respectfully aware of your surroundings and community provides a rich source of inspiration. It opens up the possibilities for developing intercultural understanding and helps children to become ‘world-wise.’ Here at DUCKS, we are proud to celebrate our Mandarin language learning and what we do to develop our understanding of Chinese culture.

Engaging Teaching Methods

With our Dual Language approach, we immerse children in both English and Mandarin throughout Early Years and into Key Stage One. To help us keep a love of books and reading alive, we continually add new English and Mandarin books to our library. Children enjoy exploring a range of traditional Chinese stories in English, and classic tales from the West are also read in Mandarin, allowing for themes, vocabulary and a variety of perspectives to be shared. Expatriate teachers can often be seen learning new characters and phrases in Mandarin alongside children.

Cultural Immersion

Our environments contain a variety of culturally-appropriate stimuli, wherever possible. In Early Years, children enjoy dressing up in traditional Chinese clothing, performing tea ceremonies and using Chinese utensils in their role-play kitchens with steam bun trays, chopsticks and napkins. Many classrooms also have intricately carved artifacts to generate curiosity and discussion.

Celebrating Occasions

Celebrating Chinese festivals, such as the Mid-Autumn Festival, provides an excellent opportunity to share well-known Chinese stories or poems with children, and to discuss the symbolism of these ancient festivals. Parents and grandparents in our community have been an excellent source of knowledge and experience, coming into classes to share stories, talk about growing up in ‘old’ Shanghai and cooking batches of tasty dumplings with the class. The Lunar New Year is a big celebration for us.

Traditional dancers perform, and our teachers often take part in acting out small scenes of a play like *The Great Race*, featuring the animals of the zodiac. Our Dual Language Teachers lead art and craft activities with children, such as constructing paper lanterns, creating plum blossom pictures and teaching how to write 福 (good luck) in Chinese calligraphy.

Bridging the Gap

We try to forge new links with the English National Curriculum as often as possible. Deconstructed role-play areas can be turned into a variety of local institutions, from a noodle restaurant with English and Mandarin menus to a banking ATM that dispenses handmade RMB notes. In a Year 2 topic looking at explorers, children have learned about the adventures of Zheng He and taken a trip to the Shanghai Maritime Museum. Here they explore this famous general’s travels by sea and climb aboard a Ming Dynasty merchant junk boat.

Imaginative, dedicated staff and a wealth of creative ideas from adults and children help to bring East and West together in the classrooms at Dulwich College Shanghai Pudong.

Tony Pickhaver is the Assistant Head of Key Stage One at DUCKS, Dulwich College Shanghai Pudong. He has worked at DUCKS for five years and continues to enjoy learning more about Chinese culture and the Mandarin language.
Learning Chinese Culture from Past and Present

Engaging in Activities to Learn Mandarin

By Fiona McConnon,
The British International School Shanghai, Puxi

At BISS PUXI, we aim to connect students with Chinese culture from the past and present with a range of learning activities and projects throughout the year.

Chinese History
In our Year 7 Historical Fiction Project, students first spend a day in Jiading exploring and valuing Chinese heritage. They learn about the Imperial Exam system at the Confucian Temple. They also research everyday ancient life at the Jiading Museum and architecture in the old town. We then hold a China fiction day, where students unlock their creativity and use their research from the Jiading visit to produce an animation of a story from ancient China. The children thoroughly enjoy this project and what they learn. “I had no idea the Imperial Exam system was so strict, and I was interested in how creative the officials were in their cheating!” said one of our Year 8 students.

China Today
Engagement with China today is another key focus of BISS Puxi. In our middle school program, students have a BISS China Passport that includes a range of practical tasks, such as ordering a drink, traveling by taxi, shopping at the market and haggling for clothes. The students practice the interaction in class and then complete these tasks on their own in a real-life setting. A parent or friend records the interaction, and this contributes towards their end-of-year oral assessment. The Passport activities encourage students to use their Chinese in essential situations outside of the classroom and help develop their confidence in using their Mandarin more spontaneously.

Our Year 12 program also enriches the students’ engagement with China. To provide research materials for their Written Assignment, they have a day in Suzhou where they carry out surveys, eat local food and visit the Suzhou Museum and The Humble Administrators Gardens.

Bringing the Past and Present Together
Learning about China past and present comes together during our annual Chinese New Year Temple Fair. This festive event includes a dazzling array of singing, dancing and wushu (Chinese martial art) performances, along with a wide range of arts and crafts activities. Last year, over 1,000 parents and pupils enjoyed the dragon dances, our Julliard-inspired orchestras, and choirs. We also showcased a range of bands and individual performances by parents and children of Chinese songs and dances. A key feature was ‘fire writing,’ where students explored science and Chinese culture by making sparklers and writing messages in the night sky. We also showcased a collaborative musical performance with Jiwang school on a Porcelain Percussion Instrument (瓷乐 cí yuè).

These activities are aimed at developing our students into confident global citizens with a deeper appreciation for the country in which they are living.
As a history teacher to Grade 7 students at Shanghai Singapore International School, I enjoy teaching Ancient History, which includes what historians consider to be the oldest continuous civilization in the world: China. History comes alive for students as we connect our current lives in the Middle Kingdom to the powerful and influential account of the ancient Chinese.

Ancient China

Our studies begin by familiarizing ourselves with the timeline and geography of ancient China. Helping students understand that the unique culture here stems from the geographic isolation created by the deserts of the Gobi and Taklimakan, and mountains like the Himalayas; while reinforcing the idea that significant civilizations around the world developed on rivers — as did China on the Huang He; I try to connect the version of China they see today with the ancient periods of the past. One of the ways I like to do that is by exploring three major philosophies of ancient China: Confucianism, Legalism and Daoism. By learning about these philosophies, we better understand Chinese culture today. Within the Chinese culture and Chinese people today, we see references and reminders of these ancient philosophies.

Chinese Philosophies

From the chaos and instability of the Warring States period, these philosophies sought to bring order. The culture created by the great teacher Confucius, namely filial piety, aimed to establish peace in all relationships. We know that respecting and honoring one’s parents is still an important dynamic within Chinese families today. Legalism was severe and centrally organized, giving power to the emperor who controlled all aspects of government and social life. Students are intrigued by the harsh punishments and the legalist Emperor Qin’s powerful rule. And of course, Daoism, which speaks to the world’s natural order and how humans must find a way to live in harmony with that order. Today, we see the practice of calligraphy, Chinese medicine and Feng Shui, all rooted in ancient Daoism.

My international students who have spent time in China always relate to these three philosophies. My students as travelers have seen significant historical sites associated with them. They have also heard the older generations of Chinese referring to them, and can usually make connections between these ancient philosophies and life in modern-day China.
School Expeditions

Learning Through Adventure

By Jo Evans and Matthew Corke, Wellington College International Shanghai

Expeditions are about pupils enjoying and learning from a series of hands-on activities and experiences outside of the classroom. While daily classroom-based studies are necessary and important, being able to see, smell, touch and taste different real-world environments invariably gives pupils a richer experience and lets them hone a wide range of skills in an entirely practical manner.

At Wellington College, we have had trips that create life-changing experiences from Mogan Shan to Mongolia, from the lakes of Dianshan to the rainforests of Sabah in Borneo. Each time, Wellingtonians come back stronger - more independent, resilient and aware of their capabilities.

These trips also give our pupils the chance to unplug digitally. We are all bombarded with digital images hundreds or even thousands of times a day. Being in an environment without WiFi, phone signal or electricity places children in a situation where they have more real, lasting and interpersonal experiences. They notice and enjoy their surroundings, talk to one another and focus on the here and now.

Last summer’s expeditions provided excellent examples of how important it is to give pupils greater access to learning experiences outside of the classroom. The Tongzhou Island trip saw pupils reflecting on the importance of nature during a silent ‘Planetwalk’ in imitation of the great environmentalist John Francis. The Yunnan province trip exposed Wellingtonians to a mix of demanding physical challenges like Via Ferrata (Iron Path) rope climbing, as well as a cultural exploration of China’s minority communities. Then we had the Cuandiaxia trip, which was the college’s inaugural year of involvement with the Duke of Edinburgh Award program. Participants completed their Bronze Award through planning and completing a rugged 16 kilometers per day hike over and around sections of the Great Wall.

Wherever the destination, whether a Shanghai museum visit or a trek in a distant jungle, the aim is to open pupils’ minds to the wider world before them. We believe that expeditions help to build self-confidence and equip pupils to better deal with all manner of challenges that school and later life may present them.

Jo Evans is the Director of Well-being and the expeditions program co-ordinator at Wellington College International Shanghai. Jo has taught internationally in Qatar and the Falkland Islands, working across the arts and pastoral leadership, as well as leading arts faculties in schools in London and the south east of England.

Matthew Corke is a geography teacher and the Head of Humanities at Wellington. In his spare time, he is an avid traveler and an explorer of places off the beaten track. He’s also a skilled kayaker, an amateur paraglider and a photographer.
Crazy Hair Day at Britannica
The house competition at Britannica International School, Shanghai kicked off in dramatic style with Crazy Hair Day. There was colorful hair, spiky hair, big hair and even pineapple hair. The students spent the first part of the morning decorating their hair, as well as helping their friends look wonderful, too. After the crazy morning, the students took part in team building activities with their new house friends and leaders. All students worked extremely hard to try and earn valuable house points. Well done to everyone who took part in a fantastic day!

Concordia Celebrates their 20th Anniversary
The 2018-19 school year is a milestone in the history of Concordia International School Shanghai, as it marks the school's 20th anniversary. Over the weekend of August 24, the school community, including many founders and original faculty, assembled for a series of celebratory events that paid tribute to Concordia’s history and celebrated its future. Special activities included a 'Phoenix' picnic and a fun run relay, a history walk of the campus and a celebratory dinner honoring the school founders and former heads of school.

BISS Puxi Academic Excellence Panel Discussion
The British International School Shanghai held a successful Academic Excellence panel on September 5 at the Hilton Hongqiao. It was an active discussion, both during the panel and the networking session, on how children can be best helped to excel at school. Not only did the principal and academic team share their ideas, but parents also provided their perspective.

NAIS Pudong Students Receive Outstanding Results
Nord Anglia International School, Pudong congratulates students on their fantastic GCSE and IGCSE results yet again. For the 15th year running, NAIS Pudong students’ results have exceeded the UK average for GCSE (General Certificate of Secondary Education) and IGCSE (International GCSE). This year, 63.2 percent of grades achieved A*/ A, compared to the UK average of 20 percent (2017 national data). Congratulations!

Alexandra Shackleton Visits Dulwich College Shanghai Pudong
The Honorable Alexandra Shackleton, the granddaughter of renowned Antarctic explorer Sir Ernest Shackleton, visited Dulwich College Shanghai Pudong on September 12. She spoke to five different student groups, as well as Dulwich parents, as part of the school’s Shackleton Lecture series. This was the fourth annual Shackleton Lecture. To date, these talks have featured stories from expeditioners and explorers who made extraordinary journeys over air, land and sea, and in doing so demonstrated the remarkable capacity of human beings. The Shackleton Lectures are one of the highest profile events in the school’s calendar, bringing fascinating people to share their stories with students. These talks reinforce the values of grit, determination and courage, and demonstrate how these qualities, along with a sense of adventure, can be applied in everyday life.
Record-breaking 2018 IB & IGCSE Success for Wellington

Wellington College International Shanghai pupils have recorded another year of outstanding examination results. 100 percent of candidates gained the full IB Diploma, with an average score of 36.5 points. In IGCSE, 75 percent of all recorded grades were A*/A with 96 percent of IGCSE grades A*/B. Wellington College is a school that achieves success across the curriculum – in sciences, humanities, the performing and applied arts, mathematics and languages. Pupils have excelled in every area. A well-deserved congratulation goes to both pupils and teachers on their success.

SSIS Scholarship Award Ceremony

Shanghai Singapore International School held its first IB Diploma Scholarship Award Ceremony on August 31. This was a way for the school to recognize its students’ persistent effort in living up to the school motto of ‘Strive for Excellence,’ and awarded the prize to four winners who embody this motto. SSIS also celebrated its 22nd birthday, honoring more than two decades of excellence, and anticipating more success in the future. The launch of a series of brand-new facilities this year, such as the aquatic center, stands as a testament to the school’s continuous improvement and commitment to future distinction.

SUIS Gubei Speaks Lecture Series

Shanghai United International School, Gubei campus presented their second SUIS GB Speaks lecture series on September 14. Featuring talks and performances from teaching staff and students, the evening culminated in the keynote speech from Justinian Huang. With humor and poignancy, he touched upon stories from his upbringing in Los Angeles and how, as a budding young scientist, he “came out as a creative” to his parents and started as a runner at Paramount movie studios. Justinian Huang now works as the Head of Development at Paramount movie studios. Justinian Huang closed by imparting his vision of an immensely creative China.
‘NOURISH: Picnic for Life’ by Shanghai Lifeline

On September 9, the eve of World Suicide Prevention Day, the Shanghai food and beverage industry came together with friends to celebrate life and wellness in support of Lifeline Shanghai. Chefs and hosts from 14 restaurants generously provided amazing food, and industry-leading beverage companies kept everyone refreshed with delicious drinks to enjoy as the sun went down. New and old friends enjoyed a magical evening under the stars, listening to melodic music on the beautiful terrace at Kathleen’s Waitan. An inspiring collection of photographs, taken by Julian M Johnson (www.julianmjohnson.com) was auctioned to support this worthy cause. All funds will be used to ensure Lifeline Shanghai continues to provide their essential helpline services. To reach out to a listening ear, contact Lifeline Shanghai on 6279 8990 or start an online chat via www.lifeline-shanghai.com. 10am-10pm every day.

Community Centre Shanghai’s Annual Open House

On August 31, the Community Center Shanghai (CCS) and the Jingqiao Government Neighborhood Service Station held the 20th Anniversary Open House at CCS Pudong. The event successfully showcased how CCS supports international families living in Shanghai. It was an exciting and busy afternoon, where CCS was able to demonstrate all they have to offer, with upcoming classes, tours, events and cultural activities. Guests had the opportunity to preview workshops, and participate in demonstrations such as Taobao for expats, cooking and how to improve your health. The goal of connecting members was achieved, and CCS looks forward to supporting the community in the future through their range of events and workshops.

Harrow International School Shanghai

Harrow, world-renowned for its rich heritage of educational excellence, boasts a state-of-the-art campus located within the innovative Suiland project.

Come and visit us and find out what makes Harrow special from our outstanding educational facilities, inspiring Leadership and Service programme and unique Harrow traditions to our dedicated Sixth Form and Examination Centre and commitment to the prestigious A level programme.

To arrange a visit, please contact admissions@harrowshanghai.com
+86 21 6138 8333 / 2217 / 62

Scan the QR code to follow us on Wechat
www.harrowshanghai.cn

Leadership for a better world
ARCH WALK
urban family
Kids Halloween
October 27 & 28 11am-5:30pm
ARCHWALK Shanghai
179 Maotai Rd, Changning District 长宁区茅台路179号 金虹桥商场
Scan the QR code to find out how to be part of this fun-filled weekend.
**OCT 9 – NOV 20 | COMMUNITY**

**Open Days at Wellington**

Wellington College International Shanghai has a series of open mornings for parents wishing to apply for places in their Pre-Prep School for children aged 6 and below. The Head of Pre-Prep, Ms. Emma Button, will give a presentation covering the curriculum, enrichment, pastoral care and Mandarin, then parents will be taken on a tour of the campus. The open mornings for prospective parents are as follows:

- Oct 23-Nov 23, Key Stage 1 children aged five and six by Sep 2019.
- For children aged seven and above by Sep 2019, parents can contact the school directly via admissions.shanghai@wellingtoncollege.cn to arrange a visit.

> Wellington College International Shanghai, 1500 Yaolong Lu, by Haiyang Xi Lu

**OCT 10 | ARTS**

**Timeless Il Divo 2018 World Tour**

Since Il Divo was banded together in 2003 by the notoriously outspoken producer Simon Cowell, the multinational vocal group has gone on to perform in sold-out shows around the world. The Asia leg of their ‘Timeless’ tour will feature the band's successful renditions of power ballads, musical scores, operatic arias, as well as a selection of new songs.

> RMB280-1,880. Shanghai Oriental Art Center Concert Hall, 425 Dingsxiang Lu, by Century Avenue

**OCT 13-14 | ARTS**

**U-Theatre: Sound of the Ocean**

Over the past two decades, Taiwan’s U-Theatre has conceived a heart-thumping range of drum-inspired performances. Sound of Ocean follows that tradition and captures the movement of waves and currents through synchronized dancing, martial arts and drumming.

> RMB80-680. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu

**OCT 18-21 | ARTS**

**Best of British**

Bringing together all the finest of things from the UK, this cultural showcase includes 150 brands boasting a range of products, experiences and adventures. Sample traditional English tea and scones, or enjoy a pint at a traditional British pub; view and shop the latest fashion to come out of the UK, listen to classical music and explore the beauty of British bespoke tailoring. Whether you’re looking for business opportunities or just to revel in the royal red, white and blue, you’ll want to check out the Shanghai Exhibition Center this month. On Oct 18-19, they’ll be open to trade vendors and VIP ticket holders, while regular ticket holders can pay a visit on Oct 20-21.

> Oct 18-21, 10am-6pm, RMB80-300. Shanghai Exhibition Center, 1000 Yan’an Zhong Lu, by Tongren Lu
CIRCUIT MAGAZINE
THE CIRCUIT OF SHANGHAI
October 2014

OCT 19-28 | ARTS

The Pine Tree, Poggle and Me

Barrowland Ballet, a performance company founded in Glasgow, Scotland, is bringing the story of an unlikely friendship between a little boy and a pine tree to the Shanghai stage. The show examines the ever-changing landscapes in nature through a lively combination of music, comedy and dance. Suitable for children aged four and below.

> RMB340-480. Shanghai Children’s Art Theatre, 800 Miaojiang Lu, by Xizhang Nan Lu 茉江路800号, 近西藏南路

OCT 20-28 | ARTS

Elephant Moon by Theatro Piccolo

Packed with toe-tapping instrumental music and stunning visuals, this kids theater from Zimbabwe tells the heartwarming tale of friendship and humility. Follow the elephant and rabbit on a bonding trip through the pumpkin field, where stories of betrayal, as well as forgiveness, unfurl. The show is delivered in English with Mandarin translation.

> RMB180. Ciro’s Performing Arts Theater, 5F, Ciro’s Plaza, 388 Nanjing Xi Lu, by Xinchang Lu 南京西路388号仙乐斯广场, 近新昌路

OCT 28 | ARTS

The Music and Comedy of JunNK

JunNK is an entertaining mishmash of comedy and musical performance. As the 2016 winner of the ‘Spirit of the Fringe’ award at the Edinburgh Fringe Festival, the show has toured around the world and guest featured at major theme parks such as Disney. A range of DIY instruments like bottles and pipes are used to generate the ingenious sound that makes this show enjoyable for the entire family.

> RMB180-480. Shanghai Centre Theatre, 4/F, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号上海商城4楼, 近西康路

NOV 3 | COMMUNITY

R U OK? Day with Lifeline Shanghai

Hosted by Shanghai Lifeline, R U OK? Day is a day of action to learn about the importance of good mental health and wellbeing. Attend workshops, forums and workouts to gain insights, skills and understanding about living your best life. A broad range of topics will be covered such as yoga, mindfulness, art expression and dance, along with parent forums, teen talks along with diversity and inclusion in the workplace. This is a unique opportunity to hear from leading professionals and clinicians in Shanghai. A range of healthy food options will also be available throughout the day, and guests can join for a half day (9am-1pm / 1-5:30pm) or full day (9am-5:30pm).

> Half-day tickets: RMB150 (adult); RMB50 (student concession); Full-day tickets: RMB200 (adult), RMB100 (student concession). Education First, 258 Tongren Lu, by Nanjing Xi Lu 锦仁路258号英孚教育, 近南京西路

NOV 6 | SPORTS

Melbourne Cup Luncheon at Hooked

November 6 sees Australia’s most prestigious annual Thoroughbred horse race, the Melbourne Cup. In honor of the thunder of hooves on fresh turf, a three-course luncheon with free-flow drinks will be hosted by Hooked. The big race will of course be shown on the big screen – wear a hat for entry into a sweepstake for a chance to win an RMB1,000 Hooked Voucher.

> RMB588; RMB2,999 for a table of six. Found 158, B/1, 158 Julu Lu, by Ruijin Yi Lu 巨鹿路158号158坊, 近瑞金一路
**NOV 9-11 | ARTS**

China Shanghai International Children’s Book Fair

Asia-Pacific’s largest children’s book event is returning to Shanghai for one weekend only. From interactive workshops to writers’ meet-and-greet, this international book fair has something for book lovers young and old. Look out for the children’s illustrations on display, delivered by emerging talents from around the world.

> RMB50. Shanghai World Expo Exhibition and Convention Center - Hall 3, Bocheng Lu, by Zhoujiadu Lu

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**NOV 10 | COMMUNITY**

Diwali 3D Nite 2018

Bhartiya Community is welcoming all families in Shanghai to celebrate Diwali together. Expect plenty of musical and dance performances to keep spirits high, various contests with great prizes, plus a fully-fledged, three-course Indian meal. There will also be a market for browsing and shopping, as well as raffle prizes to be won.

> RMB199 (adult); RMB99 (child 6 to 12). Holiday Inn Shanghai Jinxiu, 399 Jinzun Lu, by Bei’ai Lu

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**NOV 10 | COMMUNITY**

Community Center Shanghai Gala

Community Center Shanghai is hosting its 20th anniversary with a masquerade party. Set within the prestigious Grand Hyatt Hotel, this is an unmissable opportunity to enjoy an evening of glamor, and celebrate a community organization which has helped countless expats settle in Shanghai through the years.

> RMB900. Grand Hyatt Shanghai, Jinmao Tower, 88 Century Avenue, by Dongtai Lu

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**NOV 10-11 | ARTS**

Acrobuffos: Air Play

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

> RMB180-1,500. 1862 Theatre, 1777 Binjiang Dadao, by Jimo Lu

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**NOV 16-18 | ARTS**

Disney On Ice 2018

The annual ice-filled extravaganza is making an early return this November. The show combines ice skating performance, light projections and classic tunes, delivered as an immersive audio-visual experience for Disney fans. Expect to see your favorite characters from Frozen, Brave, as well as Mickey Mouse, united on stage to entertain the entire family with their antics.

> RMB180-980. Mercedes-Benz Arena, 1200 Shibo Dadao, by Shangnan Lu
**NOV 17-25 | ARTS**

**Key Theatre: When All Was Green**

Key Theatre, an Israeli children’s theater company, is bringing its critically acclaimed performance to Shanghai. This puppet theater narrates the tale of childhood and growth at a pre-modern time and uses recycled materials for props and stage sets to complement its ecological message. Suitable for children aged three and above.

> RMB180. Ciro’s Performing Arts Theater, 5/F, Ciro’s Plaza, 388 Nanjing Xi Lu, by Xinchang Lu

**DEC 21-23 | ARTS**

**Swan Lake (Multimedia)**

Audiences first heard the Swan Lake music in 1875 and ever since, the world of ballet has never been the same. Written by the great Russian composer, Pyotr Ilyich Tchaikovsky, Swan Lake narrates the poignant tale of the Swan Princess Odette whose betrothal to the prince is hindered by the appearance of her doppelganger, Odile.

> RMB280-680. Majestic Theatre, 66 Jiangning Lu, by Nanjing Xi Lu

**UNTIL DEC 31 | ARTS**

**Living Art Aquarium at Changfeng Park**

The Living Art Aquarium combines children’s curiosity about biology and science with vibrant artistic touches and conjures up an engaging visit for the entire family. Influential Japanese artist Yayoi Kusama inspires the design of four themed zones and one interactive zone. Her signature polka dots are painted from ceiling to floor, creating a colorful and sensational 3D effect.

> RMB160 (adult)and RMB100 (child). Changfeng Park, 451 Daduhe Lu, by Guangfu Xi Lu

**JAN 17-22 | ARTS**

**A Chorus Line**

A celebration of the passion for music and show business, A Chorus Line tells the story of 25 actors competing for eight roles in a musical production. Since its first Broadway appearance in 1975, A Chorus Line has acclaimed the Pulitzer and nine Tony Awards. Relatively minimalist in regards to stage sets and costumes, this musical is all about stunning vocals and remarkable dance moves.

> RMB200-800. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu

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**UNTIL DEC 31 | CLASSES**

**MusicLab**

With two curricula designed for children aged between two and 10, MusicLab is a great place to nurture musical talents while encouraging kids to embrace their playful and creative sides. These workshops incorporate a range of musical instruments like piano, ukulele, drums, as well as fun vocal training sessions to keep the little ones entertained.

> RMB900 (5 lessons); RMB1,500 (10 lessons). MusicLAB Academy, 7/F, 359 Yan’an Xi Lu, by Nanjing Xi Lu
CENTURY ST BILINGUAL KINDERGARTEN
169 Boshan Dong Lu, by Jujiaqiao Lu 
浦东新区169号，近伊通路
(6451 7908, www.kidsbrightstart.com)

Century Star Bilingual Kindergarten
169 Boshan Dong Lu, by Jujiaqiao Lu 
浦东新区169号，近伊通路
(6451 7908, www.kidsbrightstart.com)

Montessori School of Shanghai 1
1, 71 Huating Lu, by Huaihai Zhong Lu
1-71号, 胡家汇路
(5899 0380, concordiashanghai.org, admissions@conordiashanghai.org)

Montessori School of Shanghai 2
1361 Xiuyan Lu, by Hongquan Lu
1361号, 新园路
(5988 6688, www.montessorisos.com)

Shanghai Potential International Kindergarten
1361 Xiuyan Lu, by Hongquan Lu
1361号, 新园路
(5988 6688, www.montessorisos.com)

Shanghai United International School
1 Hongqiao Campus: 999
虹桥路1号
(3431 0090, www.shuis.com.cn) 2) 2nd Century Campus:
248 Hongqiao Dong Lu Lu Hongxue Da Bu
虹桥路248号
(5715 3030, www.shuis.com.cn) 3) Rudong Campus: 48 Xueyu Lu West Road
雪玉路48号
(5868 9990, www.shuis.com.cn) 4) Shanghai West Campus: 185 Longying Lu Xingqiu Road
长营路185号
吴元路55号

Western International School of Shanghai
555 Liannin Lu, by Huanghai Gong Lu
联名路555号
(6976 6388, 6976 6969, www.wiss.cn/admissions@wiss.cn)

Wellington College International Shanghai
1500 Yaolong Lu, by Haizhen Lu
雅沿路1500号
(201-5183588, www.wellingtoncollege.cn, admissions@wellingtoncollege.cn)

Yew Chung International School of Shanghai
1) 18 Hongqiao Xi Dao, by Shucheng Lu
虹桥西道1号
(2266 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 2) Century Park Campus: 1433 Dongbei Lu, by Jianying Lu
定海路1433号
(2266 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 3) Hongqiao Campus: 11 Shuicheng Lu, by Hongxing Lu
水城路11号
(2266 7666 ext 2345, www.ycef.com, enquiry@ycef.com) 4) Pudong Campus: 1817 Huamu Lu, by Liuzhu Lu
华木路1817号
(2266 7666 ext 2345, www.ycef.com, enquiry@ycef.com)

YK Pao School
201, 1251 Wuding Xi Lu
武定西路1251号201室

LISTING

EDUCATION

Kindergartens

Apple Montessori 899 South Yang Gao Road
杨高南路899号
(13671874151 13671874701 admin@applemontessori.org www.applemontessori.org)

Bright Start Academy 2/F, 10-3
Cangwu Lu, by Tianlin Lu
巷路10号3楼
(651 7908, www.kidsbrightstart.com)

Century Star Bilingual Kindergarten
169 Boshan Dong Lu, by Jujiaqiao Lu
浦东新区169号，近伊通路
(6451 7908, www.kidsbrightstart.com)

China Welfare Institution Kindergarten
1361 Xiuyan Lu, by Hongquan Lu
1361号, 新园路
(5988 6688, www.montessorisos.com)

Dulwich College Shanghai Pudong Kindergarten
425 Lan’an’ Lu, by Biyu Lu
蓝楼路425号
(3896 1300, shanghai-pudong.dulwich.org)

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

Happy Bridge Kindergarten
489 Huayin Lu, by Linquan Lu
淮阴路489号
(6223 8870, www.happybridge.org)

Happy Baby Kindergarten
149 Hengbang Lu, by Tiantong’an Lu
横浜路149号
(5897 8662)

Learning Habitat Bilingual Kindergarten
Block C, Blue Sky Villa, 1988 Hongqiao Lu, by Hongmeng Lu
虹桥路1988号
(6267 2666, www.learninghabitat.org)

Little Eton Bilingual Kindergarten
592 Wuzhong Lu
武中路592号
(6469 0445, www.littleeton.com, little-ton@eastday.com)

Little Urban Center Preschool
230-233, 779 Fangdian Lu, by Huamu Lu
方大店路230-233号
(5187 2889*8060807, www.lux-china.com)

Maryland Kindergarten 1/F, 3/F
4th 4, 1838 Gubei Lu, by Wuzhong Lu
古北四路1838号
(6468 0206, www.marylandkindergarten.com)

Merrykids Kindergarten No.42, 21
Pudong Lu, by Lishi Zhong Lu
浦东路21号
(6466 0206)

Montessori Children’s House English-German-Mandarin classes
7:30am - 4:40pm. 56 Lingshan Lu, by Yishan Lu and Yushenlan Lu
灵山路56号
(6402 7889, www.montessori-china.org, admissions@montessori-china.org)

Nord Anglia International School Shanghai, Pudong 600 Children
Forest New Town, 2729 Hunan Lu
新镇路2729号
(5182 7455, www.naispudong.com enquiries@naispudong.com)

Capistrano Valley China SH School
30 Dong Ti Yu Hu Lu 东体育路30号
(6199 9140, www.cvcschool.cn, info@cvcschool.cn)

Concordia International School Shanghai
999 Mingyue Lu, by Huangyang Lu
明月路999号
(5899 0380, concordiashanghai.org, admissions@conordisahtlangzhou.org)

Deutsche Schule Shanghai
30, 39 Zhumugan Lu 诸慕干路30号
(5976 0555, www.ds-shanghai.org.cn, info@ds-shanghai.org.cn)

Dulwich College Shanghai Pudong
266 Lan’an Lu, by Mingyue Lu
蓝楼路266号
(3896 1200, www.dulwich-shanghai.cn)

Livingston American School 580 Gaoxi Lu 花溪路580号
(6238 3511, www.laschina.org, info@laschina.org)

LYCÉE FRANÇAIS DE SHANGHAI 1) 350 Gaogang Lu 高阳路350号
(3976 0555, http://ef.shanghaiml.org, 2) 81 Lu Jiefu Lu 巨峰路81号
(6859 0689)

Hong Qiao International School
218 Yili Nan Lu, by Lanbo Li Shu Lu
伊丽南路218号
(6280 2074, 6071 8260, www.hqis.org)

Chinese American School Pudong Campus: 1600 Linghong Gong Lu
凌空路1600号
(6221 2445, www.saschina.org) Puxi Campus: 258 Jinfeng Lu
金丰路258号
(6239 9000, info@saschina.org)

International Schools

Britannica International School Shanghai
1988 Gubei Nan Lu, by Wuzhong Lu
古北路1988号
(5488 8320, www.srisrego.com) 2) 189 Donghua Lu, by Shuying Lu
东华路189号
(5488 3431, www.srisrego.com)

Shanghai Singapore International School
1 Minhang Campus: 301
(6221 9288, www.ssis.asia, info@ssis.asia) 2) Xuhui Campus: 455 Huajing Lu
华泾路455号
(6496 5550, www.ssis.asia, info@ssis.asia)

JIMAX Party Zone Originally known for their tremendous amount of bouncy castles, this carnival game and event-planning company also focuses on birthday parties. Now JIMAX has their own venue, JIMAX Party Zone can hold family fun day events, parties and birthdays. Since opening there has already several events held, Christmas Party, kids workshop and of course, birthday party. Their 600 meter square space can fit up to 200 people with outdoors and indoor facilities. JIMAX Party Zone delivers a safe, spacious and open venue for anyone that wants to hold their party or event. A spacious nice venue for your event. Website: www.jmx-partymaker.cn or www.jmx-max.com Email: info@jmx-max.com Address: Greenhills Clubhouse 1, 418 East Jinxiu Road Jinjiao – Pudong

www.urban-family.com
54
**Health Services**

Global HealthCare Medical & Dental Center – Puxi Suite 303, Eco City 1788 Nanjing Xi Lu, by Wuluumei Bei Lu (5298 6339, 5298 0593) 4) Mon-Sat: 8:30am-5:30pm 1/2, area A & B, 525 Hongfeng Lu, by Mingye Lu 红旗路525号A&B

Shanghai Renai Hospital is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. Located in the city center with convenient transportation, it is influential throughout the East China region and enjoys a high reputation. Free parking available within hospital compound. Specialties: Family medicine, internal medicine, general surgery, gynecology, E.N.T., T.C.M., dental, vaccination and immunization, dermatology, urology, pediatrics, orthopedics, ophthalmology, cosmetic dermatology, plastic surgery etc. Operation Hours: Mon to Sun 9am-5pm. 127 Caolou (5499 3781, www.renaihospital.com.cn)

Jiahui Health is China’s first foreign-funded international hospital/clinic/ wellness center healthcare ecosystem operating with international standards. Established in 2009, Jiahui Health is headquartered in Shanghai and enjoys a high reputation. Free parking available within hospital compound. Specialties: Family medicine, internal medicine, surgery, pediatrics, dermatology, ophthalmology, ENT, dentistry, rehabilitation, clinical psychology, day surgery, gastrointestinal endoscopy, CT/MI biopsy imaging diagnoses; and wellness centers focusing on nutrition, body sculpting, sub health management, and mental health management. Jiahui Health covers the major neighborhoods of the city, meeting the healthcare and wellness needs of families through a lifetime relationship. Jiahui is devoted to providing international patients with care, quality and convenience, and is regarded by many as their partner for life. 1) Jiahui International Hospital, 689 Guiping Lu, by Qingjiang Lu 2) Jiahui Medical Center (Yangpu), 1F/2F, Suite 3, 99 Jiangwancheng Lu, by Yingao Dong Lu 3) Jiahui Clinic (Jing’an), 101, 88 Changshu Lu, by Change Lu 1) 桂平路689号,近钦江路 2) 江湾城路99号 3) 近长山路 4) 近长山路 (5499 3781) 127

Yosemite Clinic is a comprehensive modern Medical and Day Surgery Center conveniently located a five-minute walk from the Kerry Parkside in Central Pudong. Yosemite Clinic has an expert team of international and Chinese physicians covering a range of specialties, including Family Medicine, Dentistry, Dermatology and Orthopedics, among others, and specializing in minimally invasive surgical procedures. The clinic is equipped with an onsite Lab and CT imaging allowing a more efficient approach to diagnosis and treatment. As a Day Surgery Clinic, Yosemite Clinic has three cutting edge operating rooms and extended observation bed capacity. As a physician-owned and managed clinic, Yosemite Clinic’s priorities are ensuring the highest standard of medical quality and delivering excellent patient outcomes. Our clinic languages are Chinese, English, Japanese, Korean, 81-1F, 1398 Fangdian Road, Pudong. Shanghai (Only 5 minutes walk from Kerry Parkside); Opening hours: Monday-Friday 9am-11pm, Saturday 9am-5pm; Tel: 4008 5008, 911; information@yosemitclinic.com; www:yosemitclinic.com上海浦东新区芳甸路1398号81-1F（浦东绿地丽晶广场）

Pregnancy Health Services

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women’s Hospital 8am-5pm, 247, 195 Songyuan Lu, by Hongsong Dong Lu (6196 3333, www.redleafhospital.com)

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

**Clinical Pilates**

Jiahui Health Jiahui’s experienced physical therapist developed personalized Clinical Pilates courses based on comprehensive assessment of your body status and your specific need. Featured courses are for: over problems: functional scoliosis, post-partum rehabilitation, and sport injuries. Jiahui Medical Center (Yangpu), 1F/2F, Suite 3, 99 Jiangwancheng Lu, by Yingao Dong Lu 江湾城路99号6楼, 近长山路 (400 686 3000)

**AFTERSCHOOL ACTIVITIES**

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

The Little Gym Programs include parentchild classes, gymnastics, karate, dance and sports classes. Suite 1, 28F, 588 Pudong Nan Lu, Pu Fa Mansion 浦电路88号浦发大厦28层 (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 craft, there is sure to be something for every age group. The Little Gym Programs include parentchild classes, gymnastics, karate, dance and sports classes. Suite 1, 28F, 588 Pudong Nan Lu, Pu Fa Mansion 浦电路88号浦发大厦28层 (021 6859 6266, www.thelittlegym.com.cn)

**Concord Music**

Concord offers 1-on-1 lessons and group classes for a wide variety of instruments for children ages 4-12 and adults of all levels. Popular courses: Little Notes Music Foundation Class, Choir, Violin Group Class. For more info, please contact us. Address: 678 Gubei Lu, Suite 803, near Xianxia Lu; 邮编: 200335 电话: 678 0003

**TRAVEL**

Classic Travel This full service English-speaking travel agency books very classic trips in China and throughout Asia with a special focus on southeast Asia getaways. English-savvy, but you need to call to get the real scoop as the website is more idea oriented, rather than total service. Monday- Friday, 9am-6pm. 2F, Block D, Art Forest 525 Fahuazhen Lu, by Dingxi Lu 法华镇路525号创智天地5楼2F, 近陈家老街 (021-5253 7386, info@classictravel.net.cn; www.classictravel.net.cn)

**MASSAGE & SPA**

Dragonfly 1) 2F, 559 Nanchang Lu, by Shanxi Nan Lu (5456 1382) 2) 206 Xine Lu, by Fumin Lu (5403 9982) 3) L119, 1378 Huamu Lu, by Fangdian Lu (2025 2304) 4) 193 Jiangzhou Lu, by Xinzha Lu (5213 5779) 5) LG2-47, 8 Shij Dadoao, by Lujiazui Huan Lu (6878 5008) 6) 616 Byun Lu, by Yunshan Lu (5835 2118) 8) SB1-05B, B1 South Retail, Jingan Kerry Centre, 1218 Yan’an Zhong Lu, by Changlu Lu (6266 0018) 1) 桂平路559号2楼, 近杨高南路2) 新乐路206号, 近上海商城3) 江洲路193号, 近黄浦路4) 重庆南路7) 延安中路1218号, 近静安里中心商场南楼地下一层5) 616号, 近长乐路

Orchid Massage 1) Huaihua Branch - 216 Jixian Lu, by Shanyan Lu 2) 1218 Xianyi Branch - B1-05B, 1398 Fangdian Road, by Hefei Lu, by Hefei Lu 3) Huamu Branch - 1029 Meihua Lu, by Yinxiao Lu 1) 1) 重庆南路216号, 近上海商城 2) 新乐路1218号, 近静安里中心商场南楼地下一层3) 邓州路1029号, 近长乐路 (5080 6186)

Yu Massage Step into a tranquil dynastic setting when you cross the threshold of this spa, adorned in antique Chinese-style decorations. Matching the decor, the services are primarily Chinese, offering Chinese massage, aroma oil massage and foot massage. 1) 199 Huangpu Bei Lu, by Reunion Dong Lu (5298 0593) 2) 1218 Xianyi Lu, by Songyuan Lu 3) 684 Kexing Lu, by Kangding Lu (6266 9233) 1) 199号, 近黄浦路2) 新乐路1218号3) 邓州路684号, 近康定路

**www.urban-family.com**
It makes little difference whether you are a parental rookie or an experienced vet, the family vacation game is a difficult one to master! Lucky for you, Coach Stanley is here to offer pointers. The strategy is simple and will be broken down into three steps: plan, execute and document.

**Plan**
The first page in the traveling playbook is all about planning, and there is no substitute for a meticulous approach which covers every aspect of your vacation. It is in the family’s best interest to have all the details locked in and ready to go well before you travel. Research your destination and collect as much information as possible including accommodation and entertainment options.

I’ve found that selecting family-friendly hotels is an excellent idea, especially if you have young children to entertain. Remember, just because you visited a destination before you had kids, it doesn’t mean it is a great place to travel with a family.

Planning covers more than just travel arrangements. It also includes how and what you pack. I can tell you from personal experience, that a must-have for every trip is your trusty ‘Bag-o-Tricks.’ It’s more than your favorite device or tablet; it’s everything from small toys and board games to playing cards, stickers, magnets and coloring books. Include things which can be used from home to hotel, or during downtime at the end of a long sightseeing day.

**Execute**
I am self-aware enough to recognize my strengths and weaknesses, and I have gladly forfeited the responsibility of planning to my better half, while I focus on execution. On travel day, make sure every family member is aware of their role. Engagement is key. In the past, a few jobs I have delegated include refreshment manager – making sure the snacks are replenished, and director of entertainment – deciding which family game will be played and when. Execution involves making sure the plan runs smoothly, with little or no miscues.

Airports can have delays and layovers can be long. Knowing how to execute a downtime activity in the case of an unforeseen pause is an invaluable skill.

**Document**
Finally, you must document this wonderful experience for future reference. The memories you create will last a lifetime, this much is true. However, I have a personal reason for documenting our family vacations. A few years ago, after our third trip to Sanya, my boys said, “wow, this place is great, how come we have never been here before?” My wife and I looked at each other in surprise. And, from that moment, the decision was made to include our children in the documentation process. Having your child record their experiences will vary depending on age, but I highly recommend it.

While older children can keep a journal, younger kids can draw pictures of their daily experiences. You can also provide an image, which they can write a caption for, to help them remember how you spent your money! The most popular option is a video, where the kids play a part in editing or narrating the content. It is a fun, family project that will enhance the experience and ensure those memories last.

Traveling is a team sport, and everyone has a role to play. Even the kids. So, when the time comes to take that family trip, remember that planning, execution and documentation are the three keys to victory.
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