SHANGHAI 2019
Your Guide to the Year Ahead
In October this year, a magical kindergarten opened in the heart of Shanghai’s former French Concession – the new campus of Apple Montessori Xuhui. With the international pedigree of the former French Concession, Apple Montessori has naturally become a global village.

Want to know why so many kids and their parents from the international community are drawn to Apple Montessori?

Apple Montessori is the top Montessori learning center in Shanghai, licensed by the Montessori Education Association in the US. It is rare to have such international teaching body in Shanghai, that includes teachers from countries such as the US, UK, Germany, France and Australia. Such an outstanding teaching team can only be found at Apple Montessori Xuhui.
EVERYTHING FAMILY
EVERY. SINGLE. DAY.

GO ON, FOLLOW US.
CONTENTS

LIFE & WELLBEING

6  My Shanghai  Heather Kaye, founder of FINCH Designs
8  My Shanghai in Review  The personalities that shape the city
10  Editor’s Picks  Take a walk down Anfu Lu
12  Step Inside  Check out the spectacular ‘quarry’ hotel
13  Our Favorite Things  What another family enjoys doing in Shanghai
14  Family Fitness  Get your abs into shape
17  Going for the Goal  Helping children set realistic goals

COVER STORY

18  Looking Forward  Urban planning and city initiatives for 2019

FOOD & FUN

26  Winter Warmers  Where to find a hearty feast this season
30  5 Ingredients  Lizzy’s peanut butter super fudge
31  Power Me Healthy Lunchbox series  Meatballs with tomato sauce

ENTERTAINMENT

32  Movie Guide  The best family-friendly flicks from 2018
34  Urban Grooves  Our playlist to kick-off the new year
35  Singing for a Cause  Singer-songwriter Sevi Ettinger
36  On the Page  A New Year’s book with meaning
37  Yes, David!  Meet international-bestselling author David Shannon
38  TAP DOGS  The story behind the Australian tap dance sensation

LEARNING

12  Shanghai Schools  Preparing students for future success
18  Urban Scenes  Updates from around town
50  Events Guide  What’s happening in Shanghai during December and January
56  Advice from Dad  The unknown future
Welcome to the December/January edition of Urban Family Shanghai.

We are now approaching the end of the year, and I am sure those with school-aged children are busy with performances and end-of-year functions that you are running back and forth. As we reflect on 2018, it’s been a pleasure to deliver our stories in each edition. We hope among all the hustle and bustle you have taken time out to enjoy reading what we put together and found it of value to your Shanghai life. From the quintessential travel experiences to our watchlist of the best family-friendly movies from 2018, from the highjinx of Peter Rabbit to the Incredibles 2 adventures. We also reviewed Australian tap dance sensation Dein Perry’s TAP DOGS, inspired by the creator’s childhood in the industrial town of Newcastle, Australia. Don’t miss our interview with Shanghai student, Sevi Ettinger, a talent to watch in the future as she takes on songwriting with a cause.

As I finish off, I have a simple quote from the much-loved Mr. Incredible: “You are my greatest adventure.” I think all of us can relate this to something in our life. For me, it’s my time here in China with my family and the friendships I have created, which extends to the Urban Family team. So, on behalf of all us, I wish you a happy holidays. Safe travels over the festive season, and we look forward to coming back to you in 2019.

See you in February!

Natalie Foxwell
Editor-in-Chief
Dog Crackdown Sweeps China as Cities Enforce Strict Pet Regulations

In November, cities across China began a clampdown on ‘man’s best friend’ in the wake of a brutal attack by a dog owner towards a woman who tried to separate his unleashed dog from her frightened children. The vicious assault, which occurred in Hangzhou, was captured on camera and ends with the woman suffering a concussion and fractured hand. Hangzhou implemented a campaign against irresponsible dog owners, stipulating a new set of rules. This includes walking dogs on a leash, banning dogs from public areas such as parks, hospitals, schools, restaurants and markets and implementing restricted dog-walking hours in the downtown area from 7pm to 7am. Most major Chinese cities already have regulations requiring dogs to be registered with the relevant government bodies, and walking a dog with a leash is encouraged – if not required – in most places. Predictably, dog owners have come out against the recent enforcement, with many noting that irresponsible dog owners should be the ones who are punished, not the animals.

Didi Allows Passengers and Drivers to Block Each Other

Car-hailing firm Didi has attempted to win back the public’s trust by introducing a series of safety features. Following the debut of a panic button and automatic audio recording for all rides, Didi recently launched the option for passengers to block unpleasant drivers, and vice versa. Currently in a trial phase, passengers and drivers can add one another to their ‘blacklist,’ lodge a complaint, add a rating or cancel a request through the app. Once activated, the blockage cannot be undone and will stay in place for 12 months.

Shanghai Woman Loses ¥1.2 Million to Fake US Soldier Boyfriend

It is said that a man in uniform is hard to resist and a Shanghai woman recently felt the reality of this. She was a lady ‘looking for love,’ and her dream of marrying a US soldier ended when a conman fled with her life’s savings. It all started when a 51-year-old woman from Pudong tried her luck on a renowned Chinese dating website. The ‘US soldier’ who caught her attention responded, and they ‘fell in love.’ Not long after, she received emails from the ‘United Nations,’ claiming her boyfriend was injured in combat and missing. To keep him alive and transport him from his ‘war zone,’ she agreed to pay more than RMB1.2 million. After further investigation, she discovered it was all a scam, and the account she transferred her savings to was located in Guangdong province. Thankfully, with police support, she recovered RMB1 million.

I did hit him, but so what?
**NEWS**

**You Can Now Apply Online for a 144-Hour Visa-Free Transit in Shanghai**

Foreigners wishing to apply for a 144-hour visa-exemption transit can now complete all forms online and decrease their time at immigration upon arrival into Shanghai. Once the online forms are completed, a personalized QR code will be sent. Travelers can scan the code at a self-service machine upon arrival where an arrival card will be printed. Currently, both Shanghai Pudong International Airport and Shanghai Hongqiao International Airport have installed these machines, and other city terminals will soon follow suit.

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**Misbehaving Tourist Banned from Shanghai Disney**

Dubbing Shanghai Disney as the happiest place on earth doesn’t seem very accurate these days for some of the park’s characters. Recently, Mickey Mouse joined the ranks of personalities such as Pluto, Dale and ShellieMay to come under physical attack while entertaining guests at the park. After a failed attempt to hold Minnie’s hand, a male tourist made good on his threat to beat Mickey and forcefully hit the character on the head. Enraged by what they saw, other guests at the park demanded he stop, to which he replied, “I did hit him, but so what?” It seemed this conduct divided netizen’s opinions. Some were infuriated by the incident, while another commented, “We spend a large sum of money to enter Disney. Isn’t it our right to interact with these costumed performers however we want?”

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**You Can Now Check in with Your Face at Hongqiao Airport**

The Terminal 1 building at Hongqiao Airport officially reopened to the public and thanks to new self-service machines, the airport’s efficiency has improved immensely. As the country’s first airport self-service facial recognition system, the technology allows travelers to complete check-in, luggage loading, security check and boarding, by merely scanning their face or passport without the assistance of any airport staff. Even though the revamped terminal’s capacity will remain at 10 million people per year, it is said that each self-service machine can handle 2,000 passengers per hour during peak time.

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**Shanghai Haichang Ocean Park Officially Opens**

Following a two-month trial run, Shanghai Haichang Ocean Park made its official debut to the public in November. Covering an area of 297,000 square meters, the park is located in Lingang New City in Pudong and can be reached easily from downtown via Metro Line 16. Across the park, visitors will have the opportunity to meet more than 300 marine species. There are also animal theaters, 4D cinemas, thrill rides and six themed restaurants. Tickets are priced between RMB330-390 for adults and concession rates between RMB170-230 are available for children 1-1.4 meters tall, seniors over 65 years old and those with disabilities.
How did you come to live in Shanghai and what is your background?

In 2005, it appeared that China was taking over production for the entire apparel industry. Quotas were ending, and no other country had mastered the vertical manufacturing of garments like China. As a designer of women’s clothes for Liz Claiborne Inc. in New York, I watched our patternmaking and sample room teams dwindle, and everything quickly shift overseas. This is where I saw an opportunity to be a bridge between the designers in New York and the new factory teams. So, I convinced my boss (and new husband) to transfer me to Shanghai for one year. That was 13 years ago!
Can you tell me how your partnership with Itee came about, and what role you each play in the business?

Itee and I met in 2008 while working for the same design label in Shanghai, right after I’d given birth to my eldest daughter, Charlotte. On my first day in the office, I pumped breast milk under my desk as there was nowhere else to go. I think that’s when Itee decided she wanted to be my friend. But you’d have to ask her!

After a lot of lunches and business trips together, we launched FINCH in June 2010. We started as an organic apparel brand, hoping to prove fashion could be both sustainable and profitable. At first, we were neither. We had made our first collection a mirror of our corporate experience in terms of offering a vast number of styles, and we quickly learned the lesson of the 80/20 principle: 20 percent of your stock will yield 80 percent of your revenue. We course-corrected based on what our customers were telling us, and we’ve been listening ever since.

Throughout our nearly 10 years working together and our evolution as a brand, our deep friendship has been the bedrock of everything. I knew Itee would be a great long-term partner because, on top of being extremely talented, she isn’t afraid to speak her mind and stand up for what she believes in. These qualities, along with her genuine integrity, heart and humor, are so important – your business relationship is like a marriage. Choose wisely!

What was the inspiration for the brand and where does the name FINCH come from?

Honestly, for us, it’s really about creating a continuum between our personal values and our work. We don’t want to check what we care about at our office door. First and foremost, we want to protect and work for what we believe in. We both love fashion, but we cannot tolerate the accepted level of waste generated by our industry. Quite frankly, it’s irresponsible, even negligent, to create fast fashion when the average urban adult throws away 32 kilograms of textiles every year. There is also the social and environmental impact of producing low-cost garments. No amount of profit is worth being a part of that cycle.

Looking forward to 2019, what can your customers anticipate from FINCH?

Big, exciting things are planned for 2019! We have an upcoming collaboration with the world’s foremost brand in diving and ocean conservation and will have a new collection coming in spring 2019. We partner with incredible, luxury hotels here in Asia to deliver the best quality eco-swimwear available to their guests. This includes The Middle House, W Hotels and Mandarin Oriental, and we look forward to expanding to more beaches over the next year.

We are partners with Green Initiatives and co-founders of the ‘Plastics are Forever’ impact project. Through this, we will continue to host workshops and screen A Plastic Ocean at schools and companies around China that are wanting to reduce single-use plastic and spread awareness about ocean pollution.

What activities do you and your family enjoy in Shanghai?

This year, our family took in a puppy (or more accurately, she was left on our doorstep at eight weeks old), so now, most outings revolve around her. We love going for long walks on the West Bund Riverside by the Adidas Runbase, and to the new dog park at 3399 Longteng Lu. We are major patrons of dog-friendly spots like RAC Bar on Anfu Lu, Brut Eatery and Tacolicious.

Our daughters are 10 and 8, so family-friendly community events like the Eco Design Fair and Hand In Hand International Children’s Music Festivals are always priorities.

Where can our Urban Family community find your products?

Visit our website: finchdesigns.com or in Shanghai, The Middle House Spa, the W Shanghai – The Bund and Madame Mao’s Dowry (707 Fumin Lu) stock our products. At Studio 5 (169 Jiashan Lu), we have an open house most Tuesdays 10.30am-1.30pm, or by appointment.
My Shanghai: A Year in Review
The Personalities That Shape the City

By Natalie Foxwell

As we say goodbye to 2018, we took the opportunity to reflect on previous My Shanghai interviews. It’s a chance to remind ourselves of the impressive individuals who inhabit the city and how their businesses positively impact our lives. We caught up with them again to find out what they have in store for 2019 that our community can look forward to. So, scan the QR codes below to review any interviews you missed this year, and then keep an eye out for these Shanghai entrepreneurs in the new year.

Emily Beavers
Jitterbugs Shanghai

During the year, Emily Beavers talked to us about taking over the ownership of Jitterbugs in Shanghai. This endeavor has her immersed in the program that offers music, movement and play classes to children from infancy to the age of 4. During this process, Emily fulfilled a lifelong dream to blend her business background with her passion for children’s education.

Looking forward... Jitterbugs continues to deliver energizing classes to their little ones as they move through the stages: growing from ‘Ladybugs’ into ‘Caterpillars’ and then ‘Butterflies’. They have recently launched an exciting new preschool Parents & Me class called ‘Busy Bees,’ for 1-4 year olds. Bookings for all classes are not essential – just turn up and immerse yourself in the fun with Beavers and her team. With plans for additional locations and classes in the new year, there’s no easier way to keep your little one entertained and learning.

Elsa Medin & Erin Leigh
Spare Leash

When we spoke to Elsa Medin and Erin Leigh, they explained how following their passion for animals and identifying a need in the market inspired them to create Spare Leash: a WeChat-based platform that connects pet owners with pet sitters as an alternative to kennels or caged accommodation. With over 700 registered pet sitters across three cities in China, Spare Leash has certainly taken hold of the market with a comprehensive menu of services that extends from pet sitting to dog walking and vet runs.

Looking forward... The duo is launching a new platform that will enable pet owners to connect with verified pet sitters more easily. They are also working hard to create further training sessions, events and activities to promote animal education through their platform. The new year will see Medin and Leigh striving to meet their goal of connecting as many people and pets as possible by expanding to additional cities in China. Check out their new website: spareleash.com.cn.

Lili Gleason and Posy Pearson
The Shanghai Gift Company

When we met with Lili Gleason and Posy Pearson, we talked about their friendship and business partnership that continues to see the Shanghai Gift Company thrive. As busy moms who met in Shanghai, they joined forces to create a business that nurtures their creative souls on their terms. The 2018 Christmas Market Season will see these two entrepreneurs showcase new fragrances and candle sets across the city. They are also releasing their first Christmas ornament collection with whimsical images of Santa in Shanghai and a new set of Christmas cards.

Looking forward... The Shanghai Gift Company will launch fresh new candle scents and update their stationery line with new pens, journals and tote bags. These ladies don’t seem to stop, which means we get to enjoy their new designs.
At the beginning of the year, we interviewed Mette Leger, founder of Grow HR, to talk about her Shanghai-based recruitment consultancy firm. With a desire to start her own business and an appetite for challenge, Mette found her inspiration in recruitment.

**Looking forward...** Since January, Leger welcomed her second son and met the challenge of nurturing two children and a thriving business head on. She explained how she is realistic in managing expectations, compromises when needed and has immense gratitude for life's blessings. On the business side, Grow HR are incorporating additional technology into their operations, such as video applications, games, and emotional intelligence assessments. They want to become the best technology-driven HR consultancy firm in China, while maintaining personalized connections with their clients.

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Kim Gilliland talked to us about the motivation behind her eco-friendly household products brand Soapnut Republic, where she serves as CEO. Her dedication to creating safe, non-toxic products had us hooked immediately. Made from the soapnut berry, this natural brand, which she co-founded with husband Bobby Mitchell, is becoming a staple in many family homes around China.

**Looking forward...** The momentum at Soapnut Republic will continue into 2019 with the launch of their children's and personal care products. Using 100 percent safe, allergen-free and biodegradable ingredients, these will be must-haves for every family wanting to create a safer home environment.

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In May, Isabella Castelli showed us that in this land of opportunity, a desire for something more can lead to a new career that delivers immense success. With Isa Castelli, her Italian-made handbag and shoe label adored by many women in Shanghai, her business will no doubt continue to prosper as her designs change with the seasons.

**Looking forward...** During winter, Castelli will continue to sell her boots, shoes and bags in rich tones to brighten the dreariest of days. Think velvet and suede fabrics, accentuated by sparkling silver and gold. The new 2019 summer collection will include vibrant colors, with a line of neutrals. Look out for her new handbags with matching sandals, and a collection of wedges and heels that will have us all wishing for warmer weather.

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Before their May-June 2018 festival series commenced, we met with Hand in Hand founder Liu Jian and his wife, American journalist Rebecca Kanthor. Their dream to create 'rocking' family-friendly music events for all ages has become a reality during their first 18 months on tour. The talents at Hand in Hand have graced 15 cities and performed in front of more than 55,000 people. They have received high-praise from audiences around the country, which has inspired them to continue pursuing their mission to bring the coolest music for families from around the world to China.

**Looking forward...** Jian and Kanthor are planning three new festivals in 2019, starting at the Shanghai Centre on January 13. They will bring new musical acts from Europe, North America and Australia to perform alongside crowd favorites Lucky Diaz and the Family Jam Band (US) and Hippe Gasten (Holland). Visit handinhandchina.com for more details on when and where they will take the stage.

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As Executive Director, Coreene Horenko sits at the helm of Lifeline Shanghai. Here, she and a team of volunteers provide a safe avenue for the English-speaking community in China to reach out to when in need. We caught up with Coreene in June to gain further understanding of Lifeline's work, and what opportunities are available for volunteering with this invaluable service.

**Looking forward...** Horenko hopes the tremendous support they have received from the Shanghai community will continue into 2019. As the demand increases for Lifeline services, they have launched a toll-free number (400 821 1215) for use across China. Funds generated from their current online campaign will go towards extending their operating hours and training additional volunteers who provide support via their helpline and chat services. They will also run their ‘R U OK? Day’ on March 9, 2019 – a day of action for mental health and wellbeing.

The Lifeline helpline is confidential, anonymous and open 10am-10pm 365 days a year. If you need assistance please call (021) 6279 8990 or start an online chat via their website: lifeline-shanghai.com.
As one of the most picturesque streets in Shanghai, Anfu Lu comprises a few small blocks nestled within the former French Concession. Lined with quaint boutiques and delicious dining options, it’s worth spending an afternoon wandering down this popular street. Start at Alimentari and stroll your way down to RAC Bar, all the while enjoying the cuisine, shopping and unique vibe.

**Where to Eat**

**Alimentari**
This go-to for all things Italian is a gourmet market and deli selling fresh produce and imported European goods. With a wide range of cheeses, meats, olives, pasta and wines, you’re all set for a party platter or simple night at home. The aroma from their Coffee Lab upstairs will combat any caffeine cravings. Across the road near Changshu Lu, you’ll find their other outlet Enoterra, with a well-stocked wine cellar along with delicious cold cut meats and cheese boards to eat in.


**Mr. Willis**
Upstairs from Baker & Spice is Mr. Willis, an intimate, cozy bistro that serves simple, yet tasty dishes. There is an Australian influence here, and you can expect a seasonal menu that consistently delights the palate with its flavors and quality. With set lunch menus available on weekdays and a satisfying weekend brunch, Mr. Willis can quickly become a staple on your dining list.


**Apollo**
Apollo is a modern restaurant that delivers small plates with local ingredients fusing Nordic and Latin-American flavors. It offers an extensive drink list with fun South American cocktails featuring pisco, dark rum, mezcal and tequila. A great place for relaxed yet high-quality dining, with a cozy, local vibe.

> 201 Anfu Lu, by Wulumuqi Zhong Lu, 安福路201号, 近乌鲁木齐中路 (5404 0998). Mon-Fri 11am-midnight, Sat-Sun 10am-midnight.

**RAC Bar**
RAC Bar is a French-style café and bar specializing in sweet crêpes and savory galettes, with a selection of breakfast buns, toasts and all-day breakfast. Fitted out with communal wooden tables and a wine bar at the back, RAC functions as both an eatery and a place to relax between the breakfast and lunch rushes. There is also RAC Coffee booth out front serving a wide range of coffees and tea lattes, plus a selection of cold drinks that includes a refreshing oolong, mint and kombucha soda.

> 322 Anfu Lu, by Wukang Lu, 安福路322号, 近武康路 (64737757). Daily 7am-10pm.

**Sunflour Bakery & Café**
This is a well-stocked French bakery where the products are freshly-baked using high-quality, natural ingredients without harmful additives. They have a wide variety of bread, pastries and bagels, along with a sweet selection of desserts ready to pair with a tea, coffee or juice. If you’re looking for a heartier meal, opt for a pasta dish, wrap or salad.

> 322 Anfu Lu, by Wukang Lu, 安福路322号, 近武康路 (64737757). Daily 7am-10pm.
Where to Shop

**Lu Ming Tang**
Lu Ming Tang is a tea-based cosmetics company which uses high-quality Chinese tea. The founder, Marie Amiand, is a French cosmetic enthusiast based in Shanghai. The products are a blend of more than 50 natural ingredients including Chinese medicine and French Pharmacopoeia, inspired by traditional remedy recipes. Swing by their elegant store to pick up products to survive the dry winter, and since everything here is so beautifully presented, they also make the perfect gift.

> 183 Anfu Lu, near Wulumuqi Zhong Lu 安福路183号，近乌鲁木齐中路 (6403 5363). Daily 10am-9pm.

**Casa Casa**
This Italian home store with modern furniture and sleek design is bound to catch your eye. They stock a large range of hand-crafted furniture along with smaller décor accessories. With fun knick-knacks, a selection of unique crafts and pottery, Casa Casa is an excellent place to find distinct décor in Shanghai.

> 201 Anfu Lu, near Wulumuqi Lu 安福路201号，近乌鲁木齐路 (5403 0200). Daily 10am-7pm.

**Isa Castelli**
Isabella Castelli’s showroom is the ideal place to stop by for beautiful Italian-made shoes and bags. Selected artisans create all products in Italy, then ship them to Shanghai. New collections and styles are released each season which means two things: buy it when you see it, and you always have something to come back to as her products change regularly.

> 228 Anfu Lu, near Wulumuqi Lu 安福路228弄1号，近乌鲁木齐路. See QR code. Reservation preferred via WeChat.

**Zoaje Jewelry**
Since 2013, Zoaje Jewelry has been producing elegant, beautiful and minimalist pieces. Created by a French couple residing in Shanghai, all pieces are handmade using high-quality raw materials such as 14k and 18k solid gold along with natural gemstones. For someone with who appreciates understated elegance, stop by here for the perfect gift.

> Studio 303, 255 Anfu Lu, near Wulumuqi Lu 安福路255号303，近乌鲁木齐路. See QR code. Appointments made via WeChat. 7am-10pm.

Where to Explore

**Shanghai Camera History Museum**
For anyone interested in the evolution of cameras, it’s worth stopping by this museum. On the third level, enjoy a wander around the extensive display of cameras from the 20th century. It’s a small space, but one which showcases more than 100 domestic cameras manufactured from the 50s onwards. It also exhibits a range of foreign antique cameras with one section solely dedicated to Nikon models through the ages. A bilingual card sits with each camera, providing details on the model, city and factory where it was produced. Your journey can continue to the café on level two, which also displays a small range of cameras along with photography books and magazines to peruse.

> 301 Anfu Lu, by Wukung Lu 安福路301号，近武康路 (5411 1152). Daily 10am-8pm (closed Monday and Thursday). Free entry.

For more editor’s picks, scan the QR code.
Imagine this: 12 years in the making, a hotel built in an abandoned quarry, bringing life to an old industrial site. This is all within reach at the new luxury InterContinental Shanghai Wonderland hotel. Pitched against a dramatic cliffside with a 88-meter drop it will astound even the most seasoned travelers.

The interior aptly follows an aqua theme. From swimming pools, rock climbing and kayaking facilities on the lower levels, to a central atrium featuring a striking man-made waterfall and a total of 16 storys (88 metres below ground), there are many ways to make a splash here.

Each of the hotel’s 336 guest rooms opens up a window view of the waterfall, and further interior details exude underwater lofts and built-in aquariums. In the spirit of entertaining, a range of restaurants and bars are strategically placed above ground, offering panoramic views of the quarry.

The lead architect and concept designer, Martin Jochman, is renowned for breathing new life into industrial wastelands with hardlined steel contours and grandiose glass facades. With InterContinental Shanghai Wonderland, the objective is similar: to bring renewed interest to the abandoned quarry pit by maximizing the resources readily found on site.

The quarry itself, for example, is a hub for geothermal and solar energy. The idea is that the hotel will feed fully on electricity converted from these sources, to form a sustainable energy system within its immediate environment.

While Songjiang might seem like miles away from central Shanghai, the vicinity around the hotel shows promising signs for tourism development. Officially part of the ‘Sheshan National Tourist Resort’, the area comprising a green national forest, a golf club, the Shanghai Sculpture Park and Happy Valley sits comfortably within reach.

Whether you are planning a staycation or a day-trip out, we have no doubt that a jaunt to the ‘quarry hotel’ will delight the entire family, and become a talking point for the months to follow.

辰花路5888号，近佘天伦公路 5888
Chenhua Lu, by Shetianlun Highway
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 Rosenberg Family. Mark and Sandra moved to Shanghai from San Francisco over two years ago with their daughters Sydney (18) and Maya (12). Last year, Sydney graduated from Shanghai Community International School (SCIS) and is now at university in Seattle, US. Mark works for Johnson & Johnson in the Diabetes Division, and Sandra volunteers for a range of charities and sits on the board of the American Club Shanghai. She is also an American Ambassador at SCIS and works on smaller projects with local businesses.

New Restaurant
We recently had the pleasure of eating at Jeju Izakaya by Belloco. It is a small intimate space with a delicious set menu and excellent service.

Cultural Experience
I love morning or evening walks around Fuxing Park to watch the locals exercising, dancing, kite flying and writing Chinese characters on the pavement. There is so much to enjoy.

Night Out with Friends
Our local favorite is RAW Eatery & Wood Grill. They have a great vibe, fantastic food and wine list and the staff are awesome.

Brunch
For a family lunch, we love The Bull & Claw and Liquid Laundry; they both have great dishes and drinks. We also enjoy Va Bene Restaurant & Bar Terrace or W Shanghai – The Bund. We like their music, and of course, the free-flow drinks are great too.

Weekend Getaway
Moganshan is close enough to enjoy a full weekend of hiking and relaxing in the mountains with fresh air and amazing views. Moganshan23 has properties to rent, and Moganshan Lodge has a restaurant with many Western options.

Places for Visiting Friends
A bike tour with Bato from China Cycle Tours (WeChat: hellobato). She takes us on a fun, customized journey around the city. We then go to the Union Trading Company for cocktails and the Roosevelt Sky Bar and Roof Garden at The Shanghai EDITION for the view.

To find the Rosenberg’s favorite places, scan the QR code.
Keep Your Abdominals Strong
10 Easy Exercises to Engage Your Core

By Lauren Hogan

With the holiday season upon us, squeezing in a sneaky abs session will not only make you feel better about those holiday treats, but it will also fire up your core ahead of any future feasts. Set aside 15-20 minutes a day to put your abs into action. You can also make it fun – and keep yourself accountable – by challenging yourself and a friend to do it together for 30 days.

EXERCISES

1. Warm up with jumping jacks (20 repetitions)

2. Situps (14 repetitions)
   - Lie on your back to start the abdominal exercises.
   - Plant your feet firmly on the ground with knees bent and pointed up.
   - Place your hands behind your head, ensuring that your fingers are lightly touching, not clasped.
   - Stretch out your elbows, engage your core and raise your upper body through your chest.
   - Avoid pulling yourself up with your neck; keep it straight with your chin up.

3. Cross-arm crunches (14 repetitions)
   - Cross your arms over your chest, touching the opposite shoulder.
   - Pull your belly button in towards your spine.
   - Slowly raise your shoulders up and down, engaging your core in a crunching motion.
   - Ensure your lower back is flat on the ground.

4. Cross-over crunches (14 repetitions)
   - Place your hands behind your head.
   - Bend your legs, knees pointing up.
   - Simultaneously lift your right elbow and your left knee to touch and alternate with the other side.
   - To increase difficulty, fully extend the leg versus keeping it planted on the ground between repetitions.

5. Flutter kicks (30 seconds)
   - Keep your arms by your side, with palms flat on the ground.
   - Raise your head slightly, again imagining a tennis ball is tucked under your chin.
   - Keep your back flat, and rapidly kick your feet keeping them slightly off the ground.

6. Russian twists (16 repetitions)
   - Sit upright with your feet planted on the ground.
   - Slightly lean back to form a V shape.
   - Keeping your core engaged, straighten your arms in front with hands together and twist from side to side.
   - To increase difficulty, lift your feet slightly off the ground and place a weight in your hands.

7. Heel touches (30 repetitions)
   - Bring your feet back to a firmly planted position with knees bent.
   - Keep your chin up and shoulders slightly off the ground.
   - With your fingertips, alternate moving your right arms down your body to tap your right heels and left hand to left heel.
8. Heels to heaven (10 repetitions)
   - Raise your legs straight up with your feet parallel to the roof.
   - Lift your bottom off the ground so you are raising your heels to the sky.
   - Gently lower back down and repeat.

9. Superman (15 repetitions)
   - Turn onto your stomach.
   - Fully stretch out your arms in front of you and your legs behind you.
   - Simultaneously raise your arms and legs off the ground, then lower and repeat.

10. Plank (60 seconds)
    - Imagine your body as straight as a board.
    - Engage your glutes, core, legs and arms.
    - Hold steady and try not to drop or raise your hips.

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**STRETCHES**

1. Cobra stretch (30 seconds)
   - Lie on your stomach, with your hands under your shoulders.
   - Push up, leading with your chest to stretch your abdomen.

2. Side twists (30 seconds)
   - Lie on your back, with arms stretched out and palms facing the ground.
   - Bring your knees towards your chest to form a 90-degree angle.
   - Gently rotate your hips to lower your knees to the left, holding for 30 seconds. Then, repeat on the opposite side.

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**CHALLENGE**

Undertake this routine for 30 days. Each day, complete one round of the exercises, or repeat for an extra burn! Every fourth day, take a rest and then keep going.

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.
Dr. Yumei Wu talks about Dermatology at SinoUnited Health

With more than 20 years’ experience working as a dermatologist and undertaking research in Germany, the United Kingdom and China, Dr. Yumei Wu is an expert in her field. This includes treating skin diseases and tumors along with various cosmetic procedures, from fruit acid peeling to botox injections.

Currently serving as Chief of the Dermatology Department at SinoUnited Health, Dr. Wu shares her views on beauty and health, the basics of good skincare and her experiences working in Shanghai.

You have been practicing dermatology for over 20 years. What led you to this particular field?

I did not choose to be a dermatologist; dermatology chose me. Years ago, when I graduated from medical school, I was sent to a local hospital. The hospital needed a dermatologist, so I became one. At that time, the policies in China were different from overseas. I was reluctant to practice dermatology when I began. But as time went on, I became increasingly passionate about it. Gone are the days when all I could do was prescribe a simple skin cream. With advances in dermatologic surgery and cosmetics, my job has become much more interesting. If you want to practice dermatology today, you have to be an internal doctor. You also have to be a surgeon, because you need to undertake laser treatments, give botox injections and perform operations.

Our skin is the place where health and aesthetics coincide. How does healthy skin contribute to our overall well-being; not only physically, but also regarding mental health?

As we all know, the skin is the largest organ in the human body. It not only fulfills basic physiological functions, but it also plays a crucial role in shaping our self-image. Our skin reflects our hormone levels and can tell us whether our body’s nutrition is balanced. Beautiful skin is a sign of good overall health. I think beautiful skin across the world is smooth, shining, with an even color. The texture must also be very soft. People with healthy skin are more confident, which makes them feel better about themselves and, as a result, they are happier. This is why in modern societies people of all ages are seeking treatment for their skin.

What is the most memorable case you have treated in Shanghai?

When I worked at Parkway Health, I met a couple in their 60s. The husband wanted some cream for a rash on his arm. When he sat down, I noticed a small white spot on his forehead. He refused to let me examine the spot, and they left after I prescribed the cream he requested. One week later I called the patient, and he advised the rash had gone. I still insisted on checking the spot. It took me three tries. When we finally did a biopsy, the spot turned out to be basal cell carcinoma, a form of skin cancer. After this, the couple came to me every year for a skin cancer screening. We became great friends. Around 2015, I noticed the husband was unusually quiet. This is when I was told he had been diagnosed with Alzheimer’s Disease. When they came to see me again in 2017, the husband could no longer speak and he no longer recognized anyone. When he sat down, he smiled at me and his wife was amazed. She told me he almost never smiled. She said, “He likes you, he always wants to come here.” I will always remember this case.

What is your primary advice regarding routine skin care?

Clean, moisturize, sun-protection! Cleaning your skin removes oil, dead skin and makeup residues. This clears your skin, making it absorb the moisturizer more efficiently. The moisture level in our skin varies with the seasons. Our skin is dryer during winter, so we should use a cream rather than a lotion. Dry skin can be easily damaged, making it easier for bacteria and viruses to enter our body. Moisturizing protects against infection. Most important is a good sunscreen. For many dermatologists, sunscreen is the best anti-aging product. People who use sunscreen every day have fewer wrinkles and better pigmentation.

For more details on clinic locations, scan the QR Code.
Going for the Goal

Identifying strategies to help our children set realistic and achievable goals

By Dr. Nate Balfanz

With the winter holiday season drawing near, I try to make it a point to encourage my families to use the upcoming break exactly as it is intended – to relax, to enjoy the company of family and friends, and ultimately to recharge our batteries before diving headfirst into the new year.

Before you know it though, the break will come to an end, and life will inevitably require of us to shift our focus to preparing our children (and ourselves!) for the second half of the academic calendar year. For those kids who had a difficult start academically or otherwise, I will suggest to both the child and the parents to consider the holiday break as a “hard reset,” with hopes of inspiring a renewed sense of encouragement and vigor for the remainder of the school year. In our role as parents, we can use this as an opportunity to help our children create goals that will reinforce a “can do it” attitude and a belief in their abilities. Let’s take a moment here to explore a pragmatic method of helping our children set challenging but achievable goals for themselves, both in and outside of the classroom.

What the Research Says

In the mid-1960s, American industrial/organizational psychologist Dr. Edwin Locke conducted research examining the relationship between motivation and human behavior, to develop a concept he would identify as ‘Goal Setting Theory.’ The theory demonstrated wide-range applicability across multiple settings, and would later provide the basis for a useful mnemonic created by business performance consultant George T. Doran, known as the S.M.A.R.T. method of goal setting.

In its original form, Doran proposed that goals which were Specific, Measurable, Assignable, Realistic, and Time-related helped to provide the goal setter with a clearer roadmap for how to achieve their objectives. The acronym itself has gone through multiple iterations since its original design, which is often dictated by the setting and population to which they are applied. Research and real-world application have demonstrated how the S.M.A.R.T. method can also be useful in guiding our children through their various academic and extracurricular pursuits by providing them with a realistic and objective measure of achievement to collaboratively work towards.

Using the S.M.A.R.T. Method with Our Children

While goals will vary with age and circumstance, listed below are basic examples of how to turn a ‘good’ goal into a ‘better’ goal by applying the S.M.A.R.T. method of goal setting.

Specific: Be clear and concise about what is trying to be achieved
Good: Get good grades
Better: Get all A’s and B’s this quarter

Measurable: Ensure that the goal can be easily tracked and monitored
Good: Participate in more extracurricular activities
Better: Join one new club and participate in one new sport this semester

Achievable: Consider if achieving the goal is realistic
Good: Learn to speak Mandarin fluently my first year in China
Better: Meet with a Mandarin tutor three times a week for the next three months

Relevant: Make the goal meaningful and contextually significant
Good: Decide what I want to do for my career
Better: Pick a college major that is consistent with my academic strengths and interests

Time-based: Assign a specific time frame by which to achieve the goal
Good: Submit all of my college applications
Better: Submit each of my college applications one week before their due date

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

How Shanghai Will Evolve in 2019 and Beyond

Over three decades, Shanghai has shape-shifted into one of the most futuristic metropolises in the world. With a new year on the horizon, the city will continue to thrive with many projects ready to enhance the way we live. So, what are some of the latest developments around town and how will they affect life in Shanghai? Let’s find out as we delve into transportation, urban planning and city-wide initiatives planned for 2019 and beyond.

Shanghai East Railway Station

There is a new station coming to town. That’s right, construction on the Shanghai East Railway Station has commenced, with a plan to launch in the new terminal in 2022. Upon completion, it will be the city’s fourth major train station, connecting Hongqiao and Pudong airports and creating a more efficient transport system for those living in suburban Pudong.

Face-scanning Payment and Voice-recognition Ticketing

The technology side of life in Shanghai continues to surpass many other countries around the world, and with QR code scanning a regular part of travel, we look to what is next. Thanks to Alipay, Shanghai Metro stations will soon include voice-recognition ticketing machines and face-scanning payment technologies. The voice-recognition ticketing machine will also help eliminate confusion when buying tickets to travel by metro. Passengers can verbalize where they want to go, and the machine will recommend which line to take and which station to disembark. At the turnstiles, facial-recognition cameras will allow commuters to pass through by merely looking at the screen. The official 2019 launch dates of these two enhancements are yet to be confirmed.
**TRANSPORTING OUR WAY AROUND THE CITY**

By Natalie Foxwell and Yuzhou Hu

**Underground Extensions**

Construction of the South Extension of Line 5 and Phase 2 and 3 of Line 13 will complete in early 2019. The south extension of Line 5 will include nine new stations and is currently the only metro line to connect Fengxian to the downtown area. Phase 3 of Line 13 will start from Huaxia Zhong Lu and end at Zhangjiang Lu. Together, they will add 12 new stations to the line. Commuters can also anticipate a new Metro Line 18 operating by 2020, which will link the districts of Baoshan and Pudong.

**Suzhou Connection**

Subway expansions for the future also extend out of the city, with a new metro line connecting Shanghai and Suzhou under construction. The line will stretch over 41 kilometers, contain 27 stops and terminate at Shanghai Metro’s Line 11 Huaqiao Station. It is set to be completed in 2023.

**The Hong Kong Link**

Set your sights on the new Shanghai-Hong Kong express train in 2019. This new high-speed journey, which launched in September 2018, takes approximately eight hours and will set you back just over RMB1,000 for a single trip.

**Golden Tourist Highway**

Those looking for a cultural, scenic getaway will soon enjoy the new ‘Golden Tourist Highway.’ Connecting the Zhejiang capital of Hangzhou to Huangshan via a new train line, the journey will take a mere 90 minutes. Once the new train line begins operation, Shanghai passengers can board a 50-minute high-speed train from Shanghai to Hangzhou, then connect to the Huangshan bound train. Here you can enjoy spectacular view of Anhui province as you make your way to the UNESCO-listed Yellow Mountain.

**Use Shanghai’s Metro App in Hangzhou and Ningbo**

A national strategy aimed at integrating development across the Yangtze River Delta (Shanghai, Jiangsu, Zhejiang and Anhui) will see Hangzhou, Ningbo and Shanghai accept each other’s Metro cards at station turnstiles. The three cities are working together to connect their payment systems by the start of 2019.
Over three decades, Shanghai has evolved into the megacity we enjoy today, and this will continue in the years to come. Following the introduction of the Shanghai Masterplan (2017-2035), urban planning will focus on transforming waterfront areas into accessible public parks, and urbanization will continue throughout Greater Shanghai. Here’s a look at the hottest developments that will transform the urban fabric of this city.

**Pudong Riverside**

As we head into 2019, an ambitious riverside development project is set to enhance the Pudong waterfront area, which will integrate the existing swampland into the park’s design and implement easier transport for pedestrians and cyclists. The project has been developed to link the Expo Park to the south, the Lujiazui finance hub and Minsheng Art Wharf to the north. Over 21 kilometers of parkland you’ll find a promenade with jogging tracks and cycling lanes. For families, there are also amenities located at one-kilometer intervals with cafes and vending machines.

**Suzhou Creek**

Led by architectural firm Sasaki and the Jingan Urban Planning Bureau, the urban regeneration project along Suzhou Creek aims to restore the dampened reputation of this ancient waterway. With pedestrian walkways and commercial developments on the plan, 2019 will see this location revived. One of the most jaw-dropping constructions, coined ‘1,000 Trees Hanging Gardens,’ is expected to open to the public by the end of 2018. As the name suggests, greenery is an integral part of this multi-use complex, as 1,000 mature trees of varied species adorn the 800 structural columns and stepped terraces. Futuristic outlook aside, it will also bridge the void between the established M50 art district and the transport hub at the Shanghai Railway Station. The renewed interest in this area will also allow more visitors to appreciate the rich layers of history that the banks of Suzhou Creek have to offer.
With a high concentration of sizeable art venues, the cultural scene at the Xuhui Riverfront will continue to bloom in the years to come. This 11-kilometer strip of waterfront space directly south of the Bund is already home to a handful of prolific museums and galleries, including the Power Station of Art, Long Museum West Bund, Yuz Museum and the Shanghai Center of Photography.

The opening of a new West Bund Art Museum, slated for 2019, will inject new life into the area. This museum project is a collaboration between the prestigious Centre Pompidou in Paris and the West Bund Group, and will be the former’s first overseas outpost in their global expansion plan. The three-storey space is designed by the London-based David Chipperfield Architects, who already made their mark in Shanghai with the UK Pavilion at the 2010 World Expo and the Bund Finance Centre. Upon completion, the West Bund Art Museum will boast 25,000 square meters of exhibition and research space, and present shows along with exchange programs between China and France.

Also worth looking out for on these soils is Tank Shanghai. On the former property of Longhua Airport, a new 60,000 square meter multi-use complex will blend exhibition spaces, a bookstore, education center and restaurants into one impressive culture hub.

The northern section of the Bund has quietly been renovated into a leisure park to be enjoyed by locals and visitors alike. During early weekday mornings you’ll find joggers and residents along the paths, while on the weekends, families and tourists stroll down the leafy lanes. And, a new outdoor adventure park called Magic Jungle has recently opened next to the International Cruise Terminal. Spiraling slides, climbing nets and a massive swing are just some of the features to entertain adrenaline-seeking types. Time to let the kids embrace their inner Tarzan!

Back in the early 1990s when planners penned down their vision for Pudong to adopt ‘a new look every year’ and ‘an astonishing change every three years,’ they meant business. Following the successful transformation of Lujiazui, the 250 square kilometers of land around Dishui Lake (the largest artificial freshwater lake in China) is turning into an impressive space for tourism and leisure. For example, Haichang Ocean Park, which opened in November 2018, presents a dozen aquariums, theme parks and resorts for families to enjoy. There is also the Shanghai Planetarium coming in 2022 which will include an IMAX Theater, a Youth Observation Camp along with a solar telescope for stargazing. Another family-friendly park due to open in 2022 will be the world’s largest indoor ski resort, Winterstar. Looking for a new playground to entertain the family over a weekend? Lingang is the way.
With a new year comes new initiatives to look forward to. Let’s take a look at what the city will focus on in 2019, that will have us even happier to call Shanghai home.

**BE SAFE ON THE ROADS**

With the installation of illuminated zebra crossings around the city, the police hope to prevent pedestrians from jaywalking and remind motorists to slow down during darker conditions. The illuminated system has been installed at 13 intersections including the Bund, National Exhibition and Convention Center and Gaodong Town of Pudong. More crossings will be upgraded with the new lighting system next year, and Shanghai will also install surveillance cameras and motion detectors on traffic lights in order to bust anyone who breaks the law.

**PUT IT OUT**

In 2019, Shanghai will continue to implement regulations on public smoking. Introduced in March 2017, the Regulation on Smoke-Control in Public prohibits smoking in all non-private indoor spaces and specific outdoor spaces including schools, hospitals, sporting venues, museums and bus stops. A year later, public parks were also listed as non-smoking areas. Any attempt to violate the rule will incur a fine of RMB50-200. The law enforcement department has advised that in 2019 they will focus their attention on office buildings and restaurants, where the situation of illegal smoking is still severe.

**GET CONNECTED**

We all enjoy staying connected via Wi-Fi without tearing through our data, so enhancements to Wi-Fi networks around the city is welcome anytime. Shanghai has recently launched its latest free public Wi-Fi called ‘Super I-Shanghai,’ which is available via interactive kiosks around town. Each kiosk emits a Wi-Fi signal covering a 70-100-meter radius and also offers additional functions such as USB charging ports, emergency calling and a display of public service information. Currently in its trial phase, the ‘Super I-Shanghai’ project has 13 kiosks across Hongkou and will roll out to other districts in 2019.
BREATHE FRESH AIR

On a topic that is the bane of our existence, this year, Shanghai’s Clean Air Initiatives 2018-2022 set requirements to lower air pollution in the city. The report states that Shanghai must maintain an Air Quality Index (AQI) below 100 for 80 percent of the year (equating to 292 days) and eradicate heavily polluted days (AQI higher than 200) by 2020. Further good news, the annual average density of PM2.5 must decrease to 37 micrograms per cubic meter by 2020. To achieve these results, 250 new projects will positively impact the city’s ecology such as upgrading all buses in the urban area with new energy vehicles.

MORE SMART TOILETS COMING TO SHANGHAI

In the new year, the city will build more smart toilets and make upgrades to public bathrooms. A giant LCD screen at the entrance will display basic information such as stall availability, temperature and air quality. The bathrooms will include environmental detection equipment to check the ammonia and carbon dioxide levels every five minutes. If the concentration level becomes too high, a ventilator will open to release the gas. The city will also establish a general information platform to advise where the smart toilets can be found across the city.

RUN CLEAN WATER

By 2020, the treatment rate of domestic sewage is expected to surpass 95 percent. This means 95 percent of water must be purified so that it can be returned to the water cycle and reused. The city is also set to improve the water quality from Huangpu River and Suzhou Creek since they are the primary sources of tap water for the city. Once the quality reaches the state standard of 78 percent, it can be transferred to the water supply and dispersed as tap water.

THROW IT OUT

As we head into 2019, Shanghai will continue to promote waste management and implement projects that encourage residential communities to achieve a city-wide garbage sorting rate of 90 percent by 2020. The new system will allocate residents a designated time and location to dispose of their sorted waste among eight ID-automated bins. The districts of Jing’an, Changning, Yangpu, Fengxian, Songjiang and Chongning will implement the garbage sorting scheme by the end of 2018, while Huangpu, Xuhui, Putuo, Minhang, Jiading and Jinshan districts will follow suit in 2019. This new system will also include the introduction of a fee, based on waste produced per household.

BURN LESS COAL

By 2020, the city’s total coal consumption will be cut down by 5 percent compared with that of 2015. And, in the future, there can be no new coal-burning facilities opened in Shanghai. At the same time, by 2020 there will be an increase in the consumption of natural gas to 10 billion cubic meters. The city has also stipulated that the total electricity consumption must be lower than 156 billion kilowatt-hours.
GO GREEN IN 2019

By Natalie Foxwell

If looking toward 2019 you see yourself becoming more environmentally aware, find out how you can participate in projects around Shanghai with Green Initiatives. This non-profit turned social enterprise focuses on sustainability through a variety of awareness programs and impact projects, that address environmental and social issues.

Right now, there are three initiatives for the Shanghai community to embrace. You can go green by avoiding single-use plastic utensils at outlets around the city and changing your habits around unwanted electronic products and clothing.

PLASTIC FREE F&B

A current Green Initiatives campaign working its way through the Shanghai food and beverage community until the end of the year is ‘Plastic Free F&B,’ which aims at encouraging outlets around the city to use less single-use plastics for dine-in customers. This includes non-recyclable plastic cutlery, plates, straws, styrofoam containers and takeaway paper cups. It’s a campaign that we can easily engage with, and become more aware of the way we utilize plastics that harm the environment.

To find out more about Plastic Free F&B, scan the QR code.

RE:FORM

The RE:FORM initiative was created to change the way consumers engage with fashion by raising awareness of the environmental and social impact of clothing consumption and providing a system to recycle and reuse unwanted clothing. Companies, educational institutions and retail stores can establish collection boxes to help facilitate this. Individuals can engage with the initiative by taking on a ‘less is more’ approach when it comes to purchasing: buying fewer products of better quality. Also, any unwanted clothing can be donated via a RE:FORM collection box to ensure they are recycled responsibly.

To find out more about RE:FORM, scan the QR code.

[WE] PROJECT

The ongoing initiative [WE] Project aims to provide the local Shanghai community with a transparent, systematic and environmentally-friendly way to dispose of unwanted and broken electronic products, to reduce the quantity that is buried in landfills or incinerated. This, in turn, prevents harmful toxins from being released into the air, water and soil. Instead of throwing away your old or broken electronics, you can recycle them at one of the [WE] Project collection boxes or even better, adopt a box for your business. This includes small household appliances such as vacuum cleaners, irons and toasters to electronic devices like DVD players and television screens.

To find out more about [WE] Project, scan the QR code.
As STEM (Science, Technology, Engineering and Mathematics) education within international schools gains popularity, children are looking for additional study to enhance their skills in this field. First Code Academy, the leading STEM education institution in Asia, brings the latest and best learning from Silicon Valley to children in Shanghai and Shenzhen.

Urban Family sat down with First Code Academy (FCA) co-founder and CEO Michelle Sun, to talk about her entrepreneurial journey and the importance of STEM learning for the future. Sun has received many accolades for her contribution to STEM, including the MIT AppInventor Master Tutor and the 2016 Forbes 30 Under 30 award.

First Code Academy has become a leader in STEM education within Asia. How did you make the move from an economics student to an education technology entrepreneur?

After graduating from college, I became a technology and education sector analyst at Goldman Sachs. This experience broadened my horizons, and three years later I stepped into a completely different field — the technology computer industry. I am convinced that in this era and beyond, it is technology that will create changes. Today’s children are born in a time of artificial intelligence; they can play with smartphones, computers and electronic gadgets. So why should they only be users and not the creators who know the principles behind these electronic products, too?

How do you develop a child’s creative thinking at First Code Academy?

In our classes, we encourage students to create and find solutions, as a child’s creativity is all-encompassing. One of our students made a selfie app and another has developed an application that records homework. In the process of creating an app, students encounter many unpredictable problems, which they can apply their classroom knowledge to solve. Instead of receiving specific steps, our students are guided to think and break through these difficulties. FCA offers a well-structured project-based curriculum. We build upon a solid foundation using step-by-step learning of programming language and logic. I believe this thinking and learning process can also apply to other disciplines and future employment.

What do you think is the future of STEM?

For the generation born with artificial intelligence, it is easy for them to start programming. Children can express their creative ideas through application development, which could potentially benefit every aspect of our lives. I believe the future of programming is very bright.

Some parents still object to their children using electronic devices. What are your thoughts on this?

I agree that excessive use of computer games can have a negative impact on a child’s development. However, a study by the University of Oxford in the United Kingdom found that children who play more than one hour of video games every day gained many benefits compared to children who do not touch computer games at all. This includes reduced emotional stress, better social skills and increased self-discipline. At FCA we hope to broaden parents’ perspective on this topic. We aim to develop a child’s interest in playing video games into an ability to write code for these games in the future.

Does learning programming mean software engineering is the only option for future employment?

Learning to program does not mean software engineering is the only choice. In the future, one of our students wants to become a teacher, but not one confined to a physical classroom. He hopes to create an app for his science and math lessons, that he can share to students around the world.

FCA will run winter camps in Shanghai and Shenzhen with teaching experts from First Code Academy in Hong Kong, Singapore and Taipei.

For further information on the classes available via First Code Academy, scan the QR code or call the academy directly.

Shenzhen

Renee
139 2659 1932

Shanghai

Eva
135 2436 5710
As the extreme chill takes over, seek refuge inside these cosy restaurants serving comfort dishes to awaken the hibernating taste buds. Whether it’s a spicy curry, juicy paella or a scoop of piping hot mac n’ cheese, these irresistible delights will have you braving the cold outside!

WINTER WARMERS

8 Comforting Dishes for the Cold Days Ahead

By Mandy Tie
BEEF RENDANG

What is it? Hailing from the islands of Indonesia, Singapore and Malaysia, this slow-cooked curry is underscored by fragrant spices and coconut milk, balanced with the zinginess of dried fruits.

We recommend The Wagyu beef rendang at URBAN Café, The Sukhothai Shanghai. Malaysian chef Marcus Ng uses fresh ingredients from his home country (including gula melaka, aka coconut palm sugar) to achieve an authentic taste.

> URBAN Café, 1/F, The Sukhothai Shanghai, 380 Weihai Lu, by Shimen Yi Lu 威海路380号1楼, 近石门一路 (5237 8888). Daily 6-10.30am, midday-2.30pm, 2.30-10pm.

CHICKEN TIKKA MASALA

What is it? As far as Indian curries are concerned, tikka masala is undoubtedly a crowd-pleaser. Fusing warm spices of ginger, turmeric and garam masala with creamy dollops of yogurt, it is a staple alongside any flatbread or rice for a comforting meal.

We recommend Kebabs on the Grille’s chicken tikka masala. The twist lies in the addition of fenugreek leaves, which lends the broth a caramelized flavor. There is also an alternative version using paneer for the vegetarians out there.

> Kebabs on the Grille has multiple venues in town.
**GRILLED CHEESE SANDWICH**

**What is it?** There’s no flowery spiel with this one. Just melting cheese oozing out of crunchy, toasted bread, aka food that warms your soul when harsh weather has the upper hand.

**We recommend** Stone Brewing Tap Room’s oxtail grilled cheese sandwich, which packs slow-braised oxtail, Mahon Menorca Tierno cheese, Brie, jalapeño and caramelized onions between generous slices of marble sourdough. Not to mention the spice level is thoughtfully toned down, to suit a little one’s palate.

> Stone Brewing Tap Room, 1107 Yuyuan Lu, by Fenggang Lu 1107, 6226 2510. Sun-Wed 11.30am-midnight, Thu-Sun 11.30am-2am.

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**CHILI**

**What is it?** Packing 50 shades of chilies, tomatoes and wholesome beans to fill you up, this staple Mexican and dish is a must-have when things get frosty. This one-pot-wonder is a gratifying mix of spicy and sour, with a subtle note of smokiness underlining each and every spoonful to revive your windswept body.

**We recommend** Mayita’s black bean chili, which incorporates a plethora of locally sourced and imported chili peppers to maximize the punch. It’s an incredibly delicious dish to start the meal, before you relish in more Mexican delights from Mayita’s generous menu.

> Mayita, 6F, 98 Shouting Lu, by Zixiang Nan Lu 98号6楼, 近西藏南路 (6334 3288). Mon-Fri 11AM-3PM lunch, 5-11PM dinner, Sat-Sun 11am-4pm lunch, 5-10.30pm dinner.

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**LASKA**

**What is it?** A classic laksa is a melting pot of spicy, sweet and umami. The satisfying blend of chilies and shrimp paste forms the primary flavor of this soup, while toppings like tofu puffs, fish cake and hard-boiled eggs provide extra sumptuousness to the dish. Best served with rice noodles.

**We recommend** Ginger’s Singaporean seafood laksa is a nod to a family friend affectionately known as ‘Aunt Anne’ (whose recipe is replicated at the restaurant daily), and the Nyonya culinary tradition this dish represents.

> Ginger, 91 Xingguo Lu, by Hunan Lu 91号, 近湖南路 (3406 0599) Daily 10.30am-11pm.
What is it? Hailing from Northern Europe and later, the US, a bowl of steaming hot mac n’ cheese is the definition of winter comfort food. A somewhat sinful unison of chewy macaroni pasta and creamy cheese sauce, this will grab the attention of any picky eater.

We recommend Shanghai Tavern’s The Tavern mac n’ cheese. This simple yet sophisticated take on the classic family dish combines two types of cheddar, English goats Stilton, Gruyère and Parmesan to form an indulgent cheese sauce. It is then topped with red wine braised beef blade and brioche crumbs, for that extra depth of flavor and texture.

> Shanghai Tavern, 1/F, The Shanghai EDITION, Heritage Building, 199 Nanjing Dong Lu, by Henan Zhong Lu 南京东路199号辅楼1楼, 近河南中路 (5368 9511). Daily 6-10.30am, 11.30am-11pm.

What is it? There are few things more satisfying than sharing a sizzling pan of plump rice cooked in amber saffron sauce with family and friends. We’re talking, of course, about paella, a Spanish farm dish which received global fame thanks to its simplicity and variety. From the classic Valencian rabbit and rosemary combo, to the popular seafood remix with lobster, there is bound to be a paella dish that tickles your fancy.

We recommend el Willy’s Spanish wild red prawn dry paella and Paella Valenciana (a dry paella with rosemary and rabbit). The socarrat or burnt edges of the rice adds a subtle charred flavor to the dishes, and has received a thumbs up from local Spaniards.

> el Willy, South Bund 22, 5/F, 22 Zhongshan Dong Er Lu, by Xinyong’an Lu 南山东路22号5楼, 近新永安路 (5404 5757). Mon-Fri 11am-2.30pm, Sat-Sun 11.30am-11pm.

WIN! 5-DAYS OF HEALTHY MEAL PLAN CONCEPT REVO

Newly-launched by the people behind Saucepan, REVO specializes in clean, delicious flexible or fixed plans meal plans that are designed to transform and rejuvenate, and cater to vegetarian, pescatarian and general diets. The focus is on functional, nutrient-rich meals. Think energizing, beautifying, hydrating, immunity-boosting, antioxidants and micronutrients. REVO offer the options of to suit everyone.

For your chance to win a 5-day REVO meal plan, simply take a photo of this article and send it to our WeChat account (ID: urbanfamilyshanghai) along with your email address and phone number before December 31!

Follow and order from REVO and Saucepan by scanning the QR code:
Ingredients

Recipe:
As the holiday season tends to be full of rich desserts and unhealthy treats, Lizzy’s peanut butter super fudge will satisfy your sweet tooth while providing protein, fiber and healthy fats for your brain.

Ingredients:
• 2 cups peanut butter (organic if possible, free of refined oils or added salt or sugars)
• 2 cups Medjool dates (soaked in water to soften, pits removed)
• 3/4 cup cacao powder (not to be confused with cocoa powder)
• 2/3 cup coconut oil (if solid white, warm over hot water to melt)
• 1 teaspoon vanilla extract

Steps:
1. In a blender or food processor, add the pitted dates and blend into a mash.
2. Add the peanut butter, cacao and vanilla extract, and blend.
3. With the blender on low, slowly add the coconut oil (you may not need all of it) until you reach a fudge paste consistency (you don’t want it too crumbly or liquidy).
4. Using a 9 x 16-inch pan lined with parchment paper, pour the fudge and spread evenly. Alternatively, you can use a silicone cupcake pan for individual mini fudge cakes.
5. Freeze for 30-60 minutes, until the mix is firm to touch. Remove from freezer and cut into small squares – a little bit goes a long way!

Advice
• These delights can keep in the fridge for up to two weeks or the freezer for two months.
• If your child has allergies or you’re avoiding peanuts, you can swap peanut butter for cashew, almond or sunflower seed butter.
• A food processor is best for this recipe, but a blender can also work. To cut the fudge easily, run your knife under hot water first.
• As a family, you can decorate this simple no-bake dish with ‘superfood sprinkles’ like goji berries, coconut flakes, cacao nibs, crushed peanuts or a sprinkle of pink Himalayan salt.

For more 5 Ingredients, scan the QR code.

www.urban-family.com

Lizzy’s All Natural has three shops around the city and offers delivery all over Shanghai. To find out more, scan the QR code.
When it comes to a child’s eating habits and overall health, school lunch is such an important meal to get them through the day. They need the nutrition to not only to fill their stomachs and keep their energy levels high but for their minds to stay alert and focused.

I know that preparing a school lunch first thing in the morning can seem overwhelming, so my new ‘Lunchbox Series’ of Power Me Healthy is here to help. It is essential that we provide our kids with a well-balanced meal that includes vegetables, protein and a carbohydrate. This ensures the nutrients are slowly released throughout the day, rather than giving a sugar rush followed by a terrible crash. This month’s recipe is secretly filled with vegetables and will please all the meat lovers. With a delicious flavor, a whole lot of nutritional goodness, your kids are bound to eat it all up.

**Meatballs with Tomato Sauce**

This is a favorite in my house. My kids love it with bread, and I love its versatility. I can make it for dinner and then it’s ready for the next day’s lunch. Or, I freeze them and serve a few days or a week later. I also switch matching it with rice, a baguette or spaghetti.

**Sauce Ingredients:**
- Olive oil
- 1 large onion, diced
- 2 cloves garlic, pressed
- 1 carrot, grated
- 1 celery stalk, either grated or finely diced
- 3 cans chopped tomatoes, preferably Italian
- Optional: basil, oregano, salt and pepper

**Steps:**
- Place the olive oil, onion and garlic in a pan and cook until the onion is translucent (approximately 5 minutes).
- Put 2 tablespoons aside for later use in the meatballs.
- Add the carrot and celery and cook until tender. Then, add the tomatoes, herbs, salt and pepper.
- Reduce to low heat, cover and simmer for 30 minutes.

**Meatballs Ingredients:**
- 500 grams beef, pork or chicken, minced
- 1 medium potato, boiled and mashed
- 1 handful parsley, minced
- 2 tablespoons cooked garlic and onion
- Optional: 1 egg, salt and pepper

**Steps:**
- Place the minced meat in a bowl and add the potato, cooked onion and garlic, salt, pepper, parsley and egg, plus one tablespoon of water.
- Mix well and form approximately 15 small meatballs. Store on a plate and place in the refrigerator while the sauce is cooking.
- Mix well and form approximately 15 small meatballs. Store on a plate and place in the refrigerator while the sauce is cooking.
- After the sauce has simmered for 30 minutes, blend with a hand blender or food processor until smooth.
- Place back in the pot and add the meatballs, cover with a lid and cook for 1 hour.

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: powermehealthy.com or scan her QR code.
The Best Movies From 2018

By Natalie Foxwell

Christopher Robin (G)

Featuring A.A Milne’s beloved Winnie the Pooh, a middle-aged Christopher Robin, played by Ewan McGregor, meets his old friends from the Hundred Acre Wood and rediscovers the joys of life.

Gnomeo & Juliet: Sherlock Gnomes (G)

With voices from Johnny Depp, Emily Blunt and Mary J. Blige, this is a fun ‘whodunit?’ story about garden gnomes. When Gnomeo and Juliet find their gnome friends missing, they enlist Sherlock Gnomes to investigate and together, they beat the bad guys.

Hotel Transylvania 3 (PG)

Drac (Adam Sandler), his daughter Mavis (Selena Gomez) and their ghoulish friends embark on a summer vacation to rest and relax on a cruise ship. The trip, of course, doesn’t go to plan and high jinx ensue while Dracula’s arch-nemesis tries to bring him down.

Incredibles 2 (PG)

The Parr family is back and this time Elastigirl (Holly Hunter) is heading off to save the world, while Bob (Craig T. Nelson) stays at home with the kids. With plot twists, mind-altering goggles and sabotage, the family band together and use their superpowers to solve the mystery behind the scheming.

Peter Rabbit (PG)

Everyone knows the tale of the mischievous Peter Rabbit and his antics that have him sneaking into Mr. McGregor’s vegetable patch. With Flopsy, Mopsy and Cotton Tail by his side, a battle of wits with the farmer and his family follows.

Early Man (PG)

A stop motion film with an all-star cast featuring Eddie Redmayne, Tom Hiddleston and Maisie Williams, Early Man delivers a (touching) story about prehistoric cave people working together to defend their land.
Mary Poppins Returns (PG)
Beloved Mary Poppins (Emily Blunt) will grace our screens this December in the highly-anticipated sequel to the 1964 family classic. This time, the musical is set in London during 1935 where Poppins returns to help the Banks family 25 years after her original appearance.

Smallfoot (PG)
Migo (Channing Tatum), a hairy Yeti living atop the Himalayas, finds a crashed plane with a ‘Smallfoot’ human, a myth that no one believes is true. To prove himself right, Migo undertakes an epic journey to find the ‘Smallfoot’ and gain respect from his community. With voices from Lebron James, Channing Tatum and Zendaya, this feel-good movie has friendship and empathy at its core.

Next Gen (PG)
This collaborative film by China, Canada and the US is set in a futuristic world with robots. At its core are messages on the complexities of life and friendship. Next Gen centers on Mai Su and a bond she forms with a sophisticated robot to save the world.

Ralph Breaks the Internet: Wreck-It Ralph 2 (PG)
Six years after Ralph (John C. Reilly) and Vanellope (Sarah Silverman) created their special friendship inside Sugar Rush, they return to save Vanellope’s game after a part is broken. Making their way to the internet via the Wi-Fi router, they set out on a new quest. This is a great story about understanding your friends and finding what makes you happy.

Teen Titans Go! To the Movies (PG)
With a dream of following in their more accomplished counterpart’s Hollywood glory, the Teen Titans go in search of a movie deal. Like all good superhero movies, there is a super villain who tries to conquer the world. But, friendship and perseverance prevail during this entertaining film that kids will find themselves giggling through.

2019
Mark Your Calendar

January
How to Train Your Dragon: The Hidden World
Peppa Celebrates Chinese New Year

March
Captain Marvel
Dumbo

May
Aladdin
Pokemon: Detective Pikachu
The Secret Life of Pets 2
Toy Story 4

June

July
The Lion King

August
Dora the Explorer

September
The Addams Family
Mowgli

December
Frozen 2
Our ‘Tunes for Taking on the World’ playlist includes 10 songs to kick off 2019. Scan the QR code to enjoy our playlist that delivers all the sonic motivation you need to achieve your new year’s resolutions.

- ‘Best to You’ - Blood Orange
- ‘Fast Car’ - Jonas Blue (feat. Dakota)
- ‘Ray of Light’ - Madonna
- ‘Happy Up Here’ - Röyksopp
- ‘Feel So Good’ - Jamiroquai
- ‘Diamonds’ - Rihanna
- ‘Firestone’ - Kygo (feat. Conrad)
- ‘Islands’ - The XX
- ‘Halla Good’ - No Doubt
- ‘My Happiness’ - Powderfinger
Sevi Ettinger
Shanghai-based Singer-Songwriter on a Humanitarian Mission
By Mandy Tie

Sevilliana ‘Sevi’ Ettinger is a name to remember from 2018. At the tender age of 16, Ettinger has shown exceptional sensitivity for tackling humanitarian issues through songwriting and singing. Her first EP, Salty Water, has been released in August this year. Since then, this young musician and activist has been selected among ISO global artists to perform at the Mondo NYC Festival in New York, as well as various Shanghai music venues such as Chair Club and Shake.

Looking forward to 2019, Ettinger will release her debut album and raise further support for underprivileged communities around the world. We sat down with her at her family’s apartment in the former French Concession to talk about her achievements and ambitions.

What inspired you to write Salty Water?
I was watching the news about the Syrian refugee crisis, and I saw that because of the civil war, innocent people were forced to migrate from their homes. They walked thousands of miles to seek asylum and find a new home. That made me very upset, and I wanted to give them a voice.

Was it important to you to write this song in first-person?
I wrote ‘Salty Water’ in the first person because I was channeling my emotion for what’s going on in the world. I wanted to show other people that we need to spread awareness. More songs can be created, and we can reach out to each other through our passions.

How did you develop the visuals for your album cover and music video?
You’ll notice there’s a lot of colored dust on the album cover. To me, this represents the destruction created by war and what has collapsed. But, the colors you see represent positivity and my passion to help people and raise awareness for this and other social injustice issues.

The music video starts in my bedroom and I am soon transported to a place that is supposed to represent a war zone in Syria. I want to show that, even though most of us live in entirely different worlds, I can be empathetic and use my voice to ask questions that refugees are not able to ask, such as, “why can’t we just be the people we want to be?”

What are you hoping to achieve through this song?
My main goal is to raise awareness for what the song is about, which is the Syrian refugee crisis. When USA for UNHCR (The UN Refugee Agency) heard my song, they asked if I wanted to help fundraise for their ‘A Mile Together’ campaign for refugees around the world. They invited me to New York to talk about my story and my songwriting, and how to bring other students together to raise money and awareness for this important cause.

When you’re not writing songs, what do you enjoy doing?
You’ll find me as a Model United Nations (MUN) captain at my school. I’m also involved with the Jewish community as a BBYO leader for the Shanghai chapter. I volunteer and bring Jewish teens together to talk about what it’s like to be a Jewish person living in Shanghai. I’m also an English tutor for a group of young Chinese children.

Finally, tell us what to expect from your debut album, which is slated for a 2019 release?
It will be a continuation of the EP. The theme will be along the same vein, which is raising awareness for global issues and inspiring others with my lyrics. I like to keep my songs general, so anyone listening can feel inspired and uplifted.

You can listen to Salty Water by scanning the QR code below. For more about Sevi Ettinger, visit: seviettinger.com.
A new year brings new beginnings and the opportunity to start again. This opens the door for you to have a great conversation with your little ones about what kind of values you would like them to embrace. Learning to be honest, helpful and respectful are just a few concepts that can be included in New Year’s resolutions.

In this beautifully-illustrated book written by American author, teacher and librarian, Pat Miller, we learn all about New Year’s resolutions in a fun and colorful way. I especially love this book because it gently teaches children about setting goals. Here, you can explain that it’s easy to say that you are going to do something, but challenging to stick to a goal and see it through to the end.

Thinking about their ambitions is an excellent process for children to undertake, and one that will help them throughout their lives. It creates a time to reflect on their life direction and how they can actively make changes. This story helps to set the foundation for making resolutions to become a healthy and lasting habit. Individuals have a lot of control over where they are and what they are doing with their lives. Often, all that is needed is a positive attitude, a sense of adventure and the determination to stick to a plan.

In this book we see the character Squirrel learn about setting goals and making resolutions with help from her friend, Bear. She explains that a resolution is, “a promise you make to yourself to be better or to help others.” With this guidance, Squirrel takes a more in-depth look at her life and how she interacts with her friends. Here the story focuses on another important lesson, helping others.

This kind of story provides many opportunities to pause and discuss with your little ones how this applies to their lives. You can include questions around what changes they would like to make and what they think they can do differently.

Setting these goals and monitoring them throughout the year is also an excellent way for children to understand accountability. So, use this New Year’s Eve as a way to delve into the resolution process with your children. I am sure you will be amazed by what they come up with.

Recommended for children ages 4-8

Available via taobao.com and Amazon.cn

Pat Miller is the author of over 20 books. To find out more check out her website: patmillerbooks.com

Kendra Perkins is Head Librarian for an international school. She was coordinator for the Shanghai Librarians Network and Ambassador of China for the International Librarians Network. Find her at: TheInspiredLibrarian.com
YeS, DAVID!

David Shannon Shares Stories behind His Bestselling Children’s Books

By Mandy Tie

Hav ing stumbled upon a career in children’s illustration, David Shannon became the mastermind behind more than 30 picture books over three decades. His 1999 bestseller, No, David! landed Shannon a Caldecott Honor as well as global fandom when the series ensued.

We caught up with Shannon at this year’s China International Children’s Book Fair to delve further into the life of this well-known author, and find out about his latest book, Grow Up, David!

What made you decide to become an illustrator?

I’d always wanted to become an artist, ever since I could hold a crayon. I was reading The Hobbit and I drew a lot of Bilbo Baggins and Gandalf. Dr. Seuss and N.C. Wyett (Illustrator for The Boy’s King Arthur) were also great inspirations to me. I was an editorial illustrator in New York, and somebody saw a piece I had done for the New York Times. They followed up with a children’s book manuscript, and I thought I’d do one [book] for fun. When people started sending me more [manuscripts], I realized I’d always liked illustrating great stories.

Was it easy to define your own style of illustration?

The subject matter for newspapers was very serious. But the more I did children’s books, the more I branched out. The palette got brighter and more colorful, and I guess I was probably getting happier, too!

How did the story for No, David! come to life?

No, David! is based on a book I drew when I was a little kid. When I first tried to redo the book, I drew it realistically, and that completely fell flat. It lost its personality. Then I tried to draw like a five-year-old, and that’s when it started to have a life. I want readers to picture their own brother or their own mom when they read these books.

Can you tell us about your latest book Grow Up, David! which was released in August 2018?

I wasn’t going to do another No, David! book. The last one I did was about eight years ago, and I wanted to keep moving on. It wasn’t easy. For another David book, I would have to switch back to acrylics – and I hadn’t touched acrylics in years! Not to mention I had to read the old David books to relearn the techniques.

What is the new book about?

It’s based on the relationship I have with my brother. The little brother bothers the big brother, and the big brother torments the little brother. They go back and forth until it boils over, and they end up in corners – opposite corners!

How has becoming a parent changed the way you look at No, David!?

My daughter Emma really keeps me close to the ground. She’s not all that interested! At least she pretends not to be, just to irritate me. There’s a book called Bizzy Mizz Lizzie that came out recently, which is based on how busy and overscheduled her life is. I tried to tell her to take it easy, you know. “You’re just a kid!” When I finished the book, I asked her to read it, and she said, “Oh sorry Dad, I don’t have time.” But like anybody’s kid, she likes what I do.

To find out more about David Shannon and his works, visit www.nodavidsshannon.com. To see a list of David Shannon books on Amazon.cn, scan the QR code.
Making a stop in Shanghai this December is Australia’s most successful theatrical export, Dein Perry’s TAP DOGS. Currently on an international tour which will see them travel through North America, the UK and China, they are set to ignite the Shanghai stage with their phenomenal footwork and mesmerizing routines.

This global dance sensation is the longest-running tap-dance show in the world. Since the TAP DOGS 1995 debut in Sydney, over 82 performers have tapped their way through 37 countries. They have visited 330 cities and wowed an audience of 12 million with their revolutionary style of entertainment. A standout performance was during the 2000 Sydney Olympic Games, to a worldwide audience of over 3.4 billion.

The creator and choreographer of TAP DOGS is the exceptionally-talented, award-winning Australian, Dein Perry. The show’s concept stems from his childhood, growing up in the steelworks town of Newcastle, Australia. This provided the inspiration behind the set design: a scaffolding-clad construction site with ladders and wooden crates. Here, tappers don blue-collar clothing with Blundstone (tap) boots, a quintessentially Australian brand worn by hard-working Aussies since the 1870s.

You can expect a high production level from the show; the lighting is vivid and the sounds are sharp and engaging, not only from the tappers but also the percussionists who elevate the delivery. With grinding sparks igniting off steel poles contributing to the construction site’s authenticity, this mix between theater, dance and pyrotechnic rock concert has it all.

Dancers tap in water, with basketballs, upside down and on a ladder, all with absolute precision. The coordination and connection between the team is evident in the way they maintain sync, energy and commitment to a physically-demanding performance. While TAP DOGS has been gracing stages for over 20 years, it continues to appeal to new audiences and garner global recognition. Receiving more than 15 awards over the years, the show has chalked up some notable accolades such as the Laurence Olivier Award and multiple Australian Dance Awards.

This non-stop, fast-paced 75-minute show will ensure you never look at a worksite the same way again. It’s fun, it’s witty and above all, it’s pure entertainment and an experience that will have you tapping your feet all the way home.
And, let’s not forget the performers themselves. At each show, the stage is set with eight members of the TAP DOGS team: six dancers and two musicians. With exceptional talent nurtured over years of training, they turn traditional dancing upside down and love every minute of it.

The Performers...

Anthony Russo  Nathan Beech
Sam Marks     Chaise Rosellino
Reid Perry    Justin Myles
Nathanial Hancock  Richie Miller

The Musicians...

Catarina Percinio  Noriko Terada

Dec 13-14, 7.30pm; Dec 15-16, 3.30pm or 7.30pm. RMB180-680. ET Space, 433 Yan’An Dong Lu, by Yunnan Nan Lu. To book tickets, scan the QR code.
Over the weekend of October 27-28, the Shanghai community came together to enjoy the spooky season with activities and games for all.

To celebrate Halloween, Urban Family teamed up with Shanghai ARCHWALK to create a ghoulishly-perfect family event. With a range of activities, costume parades and musical performances, it was a weekend for children to cherish.

To kick off the festivities, kids received a candy bag on arrival. Then, with spirits high, the action continued with an exhilarating skateboard performance by ICONX.

Families were swept up in the interactive games, pumpkin carving and apple bobbing competitions. They also took the time to stroll around the market bazaar and meet many Shanghai-based companies offering services to families. Here they enjoyed activities, such as sand painting, ring tossing and a claw machine.

The entertainment continued with students from Liaoyuan International School displaying their musical talents. This was followed by a parade, where kids showed off their creative and whacky costumes as they went trick-or-treating around Shanghai ARCHWALK.

A glee performance by SUIS Gubei students had the crowd thoroughly captivated and singing along. And, much to their delight, the child voted best costume of the day received tickets to the award-winning Australian show, TAP DOGS.

On October 28, an entertaining clown show along with performances by NACIS and iStage kept audiences on their feet.
Let's not forget all the prizes that were awarded over the weekend! Kids walked away with gift bags that included plush toys, customized smartphone cases and accessories, supplied by KERON International Relocation & Movers. A generous supply of coupons to some of the top family-friendly venues around town were also given away.

The weekend was a tremendous success, with over 5,000 children and parents attending. As the mall emptied, happy faces were seen on all children who attended the *Urban Family* Kids Halloween Weekend.
As 2018 comes to a close, we sat down with five Shanghai teachers to talk about the year ahead and delve into an element of their college program. They tell us about developments for 2019 and how they encourage all students to embrace the opportunities that will prepare them for the world after graduation.

First we have the performing arts program at Shanghai United International School, which brings out the inner thespian and confidence in their students. Concordia International School Shanghai explains their global water supply community services project and teaching students about the importance of contributing to the world around them.

We then have Dulwich College Shanghai Pudong, who are educating students on the benefits of engaging in a lifetime of physical activity.

Plus, the British International School Shanghai talks STEAM and Britannica International School Shanghai gives details on their immersive languages program.

It has been a great year for the schools around Shanghai, and we do not doubt that further successes and key milestones will be met in the years to come!
We understand you have a strong performing arts program at SUIS Gubei. Can you explain what differentiates it?

One of the contributing factors to the success of our arts program is the comprehensive support given by the school administration, which sees the performing arts as a priority. The arts have long been considered isolated subjects within schools; a stage-based activity with a sole purpose of entertainment. Our performing arts program is focused on building character, vital soft skills and enhancing students' appreciation of global culture. We have access to state-of-the-art equipment, facilities and most importantly curriculum time. The staff of our Drama and Music departments are all experts in their fields and have professional experience within the performance industry.

What can your students look forward to as part of the program in 2019?

Our students are in for a blast! Our highlights this year in Drama include re-enacting Roman formations and battles, digital greenscreen technology, pitching ideas for the first interplanetary colonization effort, and making disaster documentaries. We also present two productions a year. This year's musical in December is the Broadway hit *The Addams Family*, and in April we will present an adaptation of Shakespeare's *The Tempest*. We have also incorporated dance into our curriculum. In music, all students are in an ensemble group, orchestra, choir or band, which perform in our regular art soirées, assemblies and jam sessions.

How do you believe the performing arts contribute to a students' holistic development?

The performing arts allow a student to have a voice and to express themselves in a way that is not strictly academic, but is as equally important to their development. Each time a student engages with any of the performing arts they improve their abilities and in turn their confidence. It teaches them the rewards of perseverance and prepares them with the skills to appreciate the world in far greater detail and depth. The Global Strategy Group stated that the most sought-after skills in new employees are problem-solving, collaboration, critical thinking and ease of communication; all skills that can be gained and developed through the performing arts.

How do you encourage students to wholeheartedly engage in the performing arts?

We have developed a culture where all students are engaged with the performing arts as part of their daily experience at our school, instead of isolated moments of nerve-wracking performance. It is used constantly as a form of communication, education and fun instead of the traditional recital. In their social time, students gather informally to make music in one of our many recording studios, while in lessons, teachers are encouraged to use drama to explore key concepts instead of traditional book work. As a result, our students relish the opportunity to perform when the times comes.

Timothy Booth is the Head of Drama at SUIS Gubei. Trained in England as a teacher specializing in the use of Drama within education, he advocates for its implementation in the classroom environment and has directed many Shakespearean plays adapted for a Chinese audience.
What is Concordia’s approach to contributing to the community at large?

Service is an essential element of Concordia’s mission statement and core values. As a school, we intentionally look for ways to extend our education across disciplines and divisions through service learning that engages students of all ages and the community at large. Our service learning projects are carried out within a cycle that includes investigation and research, leading to preparation on to action and involves thoughtful reflection by students throughout the process.

How does Concordia plan its annual social responsibility strategy for students and what will be your priorities in 2019?

The school leverages the work of authors and service learning experts like Cathryn Berger Kaye, using books and consultations to help us weave in service-learning opportunities throughout the grade levels as it matches with our established curriculum. Additionally, in courses such as Global Development Studies, an applied learning class offered in high school, students explore service projects inspired by the Sustainable Development Goals created by the United Nations.

One of our most recent service-learning projects focused on clean water, and how almost 1 billion people in the world do not have access to this vital resource. Moving into next year, we will continue to focus on clean water access as well as various other development projects.

Students will work on developing a sustainable, long-term partnership with the Concordia Welfare and Education Foundation and its work with water and sanitation in rural Yunnan province.

Can you tell me how you see your community services program as a central aspect of student development for our modern world?

We see service learning as an educational tool for accomplishing our Expected Student Learning Results (ESLRs), helping students become insightful learners, principle-centered leaders and active global citizens. Service learning exposes students to authentic opportunities to understand and address the needs of others and the world around them.

How do you instill in your students a sense of empathy towards the organizations you choose to partner with?

As students learn more about issues that plague our world, they are asked to consider the lives and situations of others. Through the reflection process, which encourages thoughtful discussions with their peers, students look for ways to offer support or raise awareness about local or global issues.

During our recent units of study about access to clean water, students learned that women and girls in sub-Saharan Africa walk an average of six kilometers each day to obtain water. Students were stirred to action and organized a Community Water Walk.

For eight hours, over 1,300 participants walked in shifts, carrying buckets of water around the Concordia track to raise awareness and support for those burdened by a scarcity of clean water. After completing a portion of this distance, participants were amazed and expressed a deep empathy for their global brothers and sisters who must complete this arduous task every day.

As a cohesive, school-wide service learning experience, this project was a powerful way to engage students in an investigation of water access, and we’re excited about how they will continue to respond to what they have learned.

LeeAnne Lavender is a teacher and service learning coach at Concordia Shanghai. LeeAnne also advises Concordia’s Global Issues Network club. She believes deeply in the capacity of every person to be a changemaker and to have a positive impact on our local and global communities.
The core philosophy that underpins Physical Education at Dulwich College Shanghai Pudong is that each student is entitled to develop physical literacy through physical experience. Every child is encouraged to value and take responsibility for engaging in physical activities for life by developing motivation, confidence, physical competence, knowledge and understanding. This is simply translated into a progressive PE curriculum which focuses on:

**Head** – Cognitive understanding of physical literacy  
**Heart** – Character development and effective elements of physical literacy  
**Hands** – Practical application of the knowledge and understanding acquired through physical literacy

Our Head, Heart and Hands program begins with our toddler cohort and extends to Year 13. Knowledge, skills and understanding are vertically aligned within the Dulwich Physical Education curriculum, and blend with the opportunities within the classroom curriculum and the experiences offered through the extensive co-curricular sports program offered across all age groups.

**Go A.P.E. (Active Physical Education)**
As students walk through the door, they are immediately immersed in a range of challenging fundamental skills practices that consolidate and develop core motor skills. We aim to reduce fixed seat learning time and enable students to increase activity and engagement in lessons. Our mantra is: ‘get ’em in, get ’em going, get ’em thinking, get ’em doing it at home and get ’em coming back for more.’

**Heart and Sole (and soul!)**
Students from Year 1-6 participate in fitness testing (of each other) as a precursor to engaging in a range of alternative health and well-being activities to emphasize breadth of interest. For example, aqua aerobics, cardio drumming, boxercise and yoga.

**DAB Bags (Dulwich Activity Bag)**
Students in Year 1 and 2 classes are provided with a Dulwich Activity Bag to take home on a rotational basis. The bags contain many fun physical activities with stage-appropriate instructions such as juggling balls, French skipping bands and pretzel yoga cards. The project encourages students to connect with people in their community and link all elements of physical literacy (Head, Heart, Hands) to play. This is ‘homework’ that all children will love to complete, and in doing so, will be bringing ‘play’ back into the home.

**TRYathlon**
Our TRYathlon event inspires students to experience a range of physical movement activities on land, water and on wheels. The project has a service learning theme culminating in advocacy for health and wellness in our community. Students learn that all people (regardless of health, wealth, able-bodied or otherwise) can find a physical activity within our community.

Can you elaborate on physical education as a core dimension of childhood development?

The acquisition of physical literacy is a lifelong journey. The development of fine motor skills in our early years is as essential as refining movements to adapt to our aging bodies in adulthood. We aspire for all young people at Dulwich College to engage in daily physical activity, with increasing levels of intensity, to impact positively on their health and well-being. We help students build connections between fitness, mindfulness, exercise, health, neuroplasticity and nutrition so that they recognize and meet developmental milestones.

Rachel Crossland is the Head of Primary PE at Dulwich College Shanghai Pudong. She is an experienced teacher and leader of Physical Education who believes passionately in active and experiential learning. She has a track record of leading high performing teams to facilitate great learning opportunities in the United Kingdom (17 years in the state and independent sector) and overseas (6 years in East Asia – Singapore and Shanghai).
You opened two new purpose-built STEAM centers this year. Can you tell us about the impact this has had on the school?

At BISS Puxi, the Da Vinci Centre and the Hamilton Innovation Centre lie at the heart of our Primary and Secondary campuses. This reflects the importance we place on STEAM at BISS. In our regular ‘challenge weeks,’ whole year-groups come together to design, prototype and fabricate new technologies in response to real-life problems. The design of the centers allows students to develop their ‘dirty’ and ‘clean’ fabrication skills in the Fablab and Maker-Space, engineer and code in the Computing and Robotics Suite and develop their design and editing skills in the Graphics Suite, the Cinema and TV Studio. The fact that this takes place under one roof allows our students to develop an understanding of the Design Thinking Process that underpins our vision for STEAM.

What plans does BISS have to evolve and enhance the current STEAM program in 2019?

As part of Nord Anglia Education’s STEAM collaboration with MIT, our students work on a series of challenges inspired by MIT professors. Our Year 9 students are currently investigating ways in which the science of animal adaptations and wearable technologies can boost human performance. As a former elite athlete, Marlon works closely with the academic staff and students to give real-world examples of how wearable technologies are applied in training and competition.

What excites you most about teaching STEAM and its place in the future of education and development?

I am excited about how STEAM can enhance learning across the entire school. There is no debate that young people who can go out into the world with the skills, confidence and creativity to harness and even invent new technologies hold the key to the future. Our USD2 million investment in our Primary and Secondary innovation centers, our partnership with MIT and the BISS STEAM curriculum is an exciting combination that will allow our students to develop their love of innovation and design.

How do you inclusively engage all students’ levels of interest in STEAM subjects?

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Edward Beechey is the Assistant Headteacher (Curriculum) at the British International School Shanghai, Puxi, and has worked in China for seven years. In his current role, Edward focuses on academics and curriculum development. Edward has worked closely with professors at Nord Anglia’s STEAM partners MIT, to create a robust STEAM Program that allows students to solve real-world problems.
Tell us about language learning at Britannica. What is the core philosophy behind your program?

Britannica offers a native language program for all students to support the breadth of spoken languages and foster students’ identities with their home nations. Through this established program, we can offer native language lessons in French, Spanish, Italian, Mandarin, Japanese, Korean and Hebrew. Students also have the opportunity to study another language in one of the many second language IGCSE’s available. Additionally, we also provide the highest quality programs for English literature, English language and English as an additional language.

In what ways will your program evolve in 2019?

Reflecting on feedback I received from a recent CIS accreditation visit, the native language program, and indeed the world languages faculty was highlighted as a particular strength of Britannica. I firmly believe there is always room for improvement, and the program will continue to grow and develop next year. We are currently in the process of analyzing the curriculums used in each of the countries whose language we teach. I intend to align the curriculum taught here at Britannica with that of the students’ home nations. International education is such a transient environment, and I believe our students should be prepared to make the transition from education systems as smooth as possible, most notably when attending overseas universities.

How do you nurture a passion for language learning in children at a young age?

Exposing children to multicultural experiences, linked with the use of communication and language, is paramount in nurturing and developing a passion for learning languages. Children who have such experiences, develop the skills necessary to successfully cultivate their love of learning, through curiosity and exploration in a first-hand context.

Cristina Ortiz Zurita is the Director of World Languages at Britannica International School Shanghai. Cristina holds a Master’s Degree in Second Language Teaching and is Spanish by citizenship. She has extensive experience teaching languages in Spain and the UK. Cristina leads the French and Spanish foreign language program and manages the native language program in Hebrew, Italian, French, Japanese, Spanish and Korean.
STEAM Superheroes at British International School Shanghai, Puxi

BISS Puxi Primary School was buzzing with STEAM Superheroes on October 9, bringing creativity and fun to the classroom. As part of Nord Anglia’s partnership with MIT, they are bringing Science, Technology, Engineering, Arts and Mathematics to life for students. The dress-up day kicked off nine weeks of STEAM related activities designed to enhance creativity, curiosity, resourcefulness and confidence. Billy Tan, from TAN Comics in Shanghai, treated primary school students from Year 3 to Year 6 to a live presentation on the creative process of storytelling through comics.

Pumpkin Palooza at Britannica International School, Shanghai

Britannica International School, Shanghai recently celebrated the coming of the autumn with Pumpkin Palooza, a whole school fair for parents, pupils and friends of the school. Everyone dressed in their festive costumes enjoyed great food and tried their luck in the raffle. They also immersed themselves in games of football and chess, explored a variety of books, performed on stage and most importantly, had fun in the most prominent school event of the year.

HakD at Dulwich College Shanghai Pudong

On October 19-21, 100 students hacked away on the theme of ‘Lock It Down!’ at Dulwich Pudong. HakD 2018, the successor to last year’s inaugural Dulwich Hackathon, was a resounding success. Students from four different schools attended the event, including a delegation from Dulwich Seoul, and together they tripled the uptake from the previous year. The student-run planning committee, led by founder Kenn, was instrumental in the organization and running of the event. New to the event this year was the introduction of ‘Scenarios,’ where students worked in mixed teams to produce a prototype for a key-stage-specific problem.

New Play Experience at Shanghai Singapore International School

In collaboration with Shanghai Sun Island, SSIS launched their new Mermaid’s Park. Designed to deliver a fun-filled, yet challenging mini theme park, the facilities cater to every student, with safety as the top priority. The park aims to fulfill play needs of preschoolers to teenagers, and even teachers who are young-at-heart, providing opportunities to grow socially, emotionally and physically. After a week of playground safety instructions during PE lessons, Mermaid’s Park officially launched in September and welcomed its first playmates to enjoy the facilities.

International Day at Concordia International School Shanghai

Concordia recently celebrated International Day, an annual cross-cultural event organized by the Parent Support Organization (PSO). This year’s festival theme was ‘The World Awaits,’ and it presented a dazzling display of culture, with booths of fun activities from around the world for students to try. Events like this are an excellent way for students to witness the blending of cultures and traditions, allowing them to learn from each other and the world around them. It was encouraging to see the community come together to celebrate one another and show students that the world awaits!
The Addams Family Production at Shanghai United International School, Gubei

Over 80 students organized and performed an amazing teaser of SUIS Gubei’s *The Addams Family* production at Archwalk Mall for the ‘2018 Archwalk Urban Family Kids Halloween Weekend.’ SHOWCasing their singing talents, orchestral performance and ghostly costumes, the teaser was met with great applause and was thoroughly enjoyed by families at the event. Of particular note were the Grade 12 student composers who arranged and conducted the orchestral score with the student orchestra. Each year, the SUIS Gubei productions become bigger and bolder, and *The Addams Family*, which will show from December 13-15 at the Gubei campus, is no exception.

5th Arts Festival at Wellington College International Shanghai

November 1 saw the stage set in the Wellington College dome for ZOOM!, a one-off, original multimedia performance based on the works of Simon Armitage, the UK’s leading poet. It also formed the centerpiece of the college’s fifth annual Arts Festival. Part concert, part poetry recital, part dance and part light show, ZOOM! was the culmination of three days of intense preparation and artistic exploration. This spectacular event brought the college together, and involved more than 700 Wellington pupils, from Year 4 up to Year 13.

Celebrating 20 Years of Community Building with the Community Center Shanghai

This year’s Community Center Shanghai’s (CCS) Annual Masquerade Gala was a little extra special, as CCS celebrates their 20th anniversary of supporting, engaging and connecting the international community. On Saturday, November 10, 200 of Shanghai’s community leaders, business executives and school parents attended the gala for an evening of mystery, intrigue and elegance. CCS Executive Director, Zhen-Zeng Liao, highlighted the significance of diversity across the community and reiterated the role that CCS plays in addressing the diverse and changing needs of the community.
DEC 8 | ARTS

My Daddy Is a Dinosaur 2: Space Adventure
Swiss children's theater director Björn Dahlman follows this touching story of familial devotion with a new episode. The protagonist, 'Xiao,' and her dinosaur father continue on their journey of exile from the pursuit of policemen and hunters. Will they succeed in finding a place where their oddities are accepted? Suitable for kids aged 3 to 10.
> RMB80-380. Shanghai Oriental Art Center Opera Hall, 425 Dingxiang Lu, by Century Avenue 丁香路425号, 近世纪大道

DEC 9 | ARTS

Goldilocks and The Three Bears
From the award-winning British theater duo that brought you Mary Poppins and Honk!, Goldilocks and The Three Bears is a heartwarming tale of forgiveness and friendship. A little girl, 'Goldilocks,' stumbles on a family of bears and creates a mess in their house. Will they treat her with ferocity or kindness, or a mix of both?
> RMB80-380. Shanghai Oriental Art Center Opera Hall, 425 Dingxiang Lu, by Shiji Dadao 丁香路425号, 近世纪大道

UNTIL DEC 13 | LEARNING

Christmas Stocking Sewing Workshop
With Christmas is fast approaching, Craft'd Shanghai has prepared plenty of crafty workshops so you have a chance to whisk up something original for your loved ones. Festive materials including Christmas fabric, ribbons and pompons will be at your disposal. Not to mention there are drinks and snacks to keep you sustained!
> RMB250. Craft'd, 1F, Building 3, 1288 Fuxing Zhong Lu, by Xiangyang Nan Lu 复兴中路250号, 近襄阳南路

DEC 13-16 | ARTS

TAP DOGS
While on their international tour, the global dance sensation TAP DOGS hits Shanghai with a new jaw-dropping performance. Experience the thrill of a revitalized genre of dance, 75 action-packed minutes of part theater, part dance, part rock concert, played out on a construction site. TAP DOGS is set to electrify the stage as performers jump through scaffolding, tap upside down, grind steel and tap on water.
> RMB280-680. ET Space, 433 Yan’an Dong Lu, by Yunnan Nan Lu 延安东路433号, 近云南南路

DEC 13-16 | ARTS

Narrow by the Creative Installation Theatre
Narrow is a comedic yet touching performance about two people navigating the confines of a wooden cargo box. They share everything: from limited space to the utensils, and sometimes, they have to climb over each other to reach the other end of the room. It's a laugh-inducing examination of claustrophobia and the constant negotiation for personal space.
> RMB340 for two, RMB480 for three. Shanghai Children's Art Theatre, 800 Miaojiang Lu, by Xizang Nan Lu 茅江路800号, 近西藏南路

DEC 15 | ARTS

Paper World
Imagine a world made entirely out of paper for scribbling, rolling and tearing up! Staged by Mimirichi Theatre, this creative children's theater embraces a naive sense of wonder as actors relentlessly break and create shapes and forms out of paper. Its energy is infectious and will render families laughing throughout the show.
> RMB80-200. Shanghai City Theatre, 4889 Dushi Lu, by Chunshen Lu 都市路4889号 上海城市剧院, 近春申路

www.urban-family.com
Laputa: Castle in the Sky Concert
This multimedia concert featuring songs from Studio Ghibli animated classics, including Laputa: Castle in the Sky and Oscar-winning Spirited Away, is an unmissable treat for the senses. It's time to relive the magical moments created by the legendary animator Hayao Miyazaki and composer Joe Hisaishi.
> RMB120-380. Cadillac · Shanghai Concert Hall, 523 Yan’an Dong Lu, by Xizang Zhong Lu

The Nutcracker and I
The Nutcracker and I is a new and innovative, live performance blending digital animation, piano music and ballet. The world premiere took place on December 19, 2017, at London’s Barbican Art Center, and has received critical acclaim for its rendition of Tchaikovsky’s classic with experimental visuals and storytelling.
> RMB100-380. Shanghai Grand Theatre, 300 Renmin Dadao, by Huangpi Bei Lu

Jing’an Christkindlmarkt
The scent of baked apples, chestnuts and gingerbread with mulled wine, rum punch and all the wonderful sounds of the season await you at another Jing’an Christkindlmarkt. Bring your friends and family, as it’s time to be merry and immerse yourself in the festive spirit!
> Free entrance. Tong Le Fang, 537 Haifang Lu, by Xikang Lu

Swan Lake (Multimedia)
Audiences first heard Swan Lake music in 1875 and ever since, the world of ballet has not been the same. Written by the great Russian composer, Pyotr Ilyich Tchaikovsky, Swan Lake narrates the poignant tale of the swan princess Odette whose betrothal to the prince is hindered by the appearance of her doppelganger, Odile.
> RMB280-680. Majestic Theatre, 66 Jiangning Lu, by Nanjing Xi Lu
DEC 26 | ARTS

Le Choeur des Polysons China Tour

Founded in 1994, this French choir comprises children between 7 and 15-years-old. For over two decades, Le Choeur des Polysons has performed in various European countries garnering high praise. The Shanghai leg of its China tour will feature classic songs as well as pop hits by the likes of ABBA.

> RMB80-580. Shanghai Oriental Art Center Concert Hall, 425 Dingxiang Lu, by Shiji Dadao 丁香路425号, 近世纪大道

UNTIL DEC 31 | LEARNING

MusicLAB Academy

With two curriculums 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 such as the piano, ukulele and drums, as well as fun vocal training sessions to keep kids entertained.

> RMB900 (5 lessons); RMB1,500 (10 lessons). MusicLAB Academy, 7/F, 359 Yan’an Xi Lu, by Nanjing Xi Lu 南京西路359号7楼, 近南京西路

JAN 10 | COMMUNITY

A Provocative Look at the Future of Education

Shanghai’s leading sustainable lifestyle organization, Green Initiatives, will be screening Most Likely To Succeed, a feature-length documentary that examines the history of education in the United States. Expect questions such as whether our current school form is too archaic to accommodate modern innovations, and what can we do to improve conditions for future generations?

> RMB30-70. Haworth Furniture, Jing’an Kerry Center Tower 1, 32/F, 1515 Nanjing Xi Lu, by Tongren Lu 南京西路1515号静安嘉里中心1号楼32层, 近铜仁路

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 claimed one Pulitzer and nine Tony Awards. Relatively minimalist in regards to stage sets and costume, this musical is all about stunning vocals and dance moves.

> RMB200-800. Shanghai Culture Square, 597 Fuxing Zhong Lu, by Shaanxi Nan Lu 复兴中路597号, 近陕西南路
UNTIL FEB 24 | ARTS

Louise Bourgeois: The Eternal Thread
This is the first large-scale museum exhibition of work by Bourgeois to take place in China and will feature selected pieces from her entire career. The late French-American artist is best known for her monumental spider sculptures and stuffed stockings, and her profound reflection on the psychology of motherhood.

> RMB200. Long Museum West Bund, 3398 Longteng Dadao, by Fenglin Lu 龙腾大道3398号, 近闸林路

UNTIL FEB 24 | ARTS

Katharina Grosse: Mumbling Mud
For three months, the basement of K11 Art Mall will be home to German artist Katharina Grosse’s spray-painted installation. Visitors are invited to meander through five zones and explore the colorful structures and forms that Grosse has created. This labyrinth-like journey through draped cloths sprayed in vibrant shades is something the entire family will enjoy.

> RMB110, RMB200 for two. Chi K11 Art Museum, B3, K11, 300 Huaihai Zhong Lu, by Huangpi Nan Lu 淮海中路300号K11购物艺术中心B3层, 近黄浦南路

UNTIL MAR 10 | ARTS

The 12th Shanghai Biennale
Hosted at the Power Station of Art, this year’s Shanghai Biennale’s theme is ‘Progress: Art in an Age of Historical Ambivalence.’ Drawing from international talents and blending multimedia including photography, performance art and video art, this major art fair welcomes spectators to reflect on what progress means to them and the society they live in.

> RMB30. Power Station of Art, 200 Huayuangang Lu, by Miaojiang Lu 花园港路200号上海当代艺术博物馆, 近苗江路

www.urban-family.com
Montessori Children’s House
English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshan Lu, by Yinhuan Lu and Yunshan Lu. Xining Lu 365-367, near Xifeng Lu and Xifeng Lu.


Morgan Rothschild Childcare Center
Bldg 161, 1358 Huapingdong Gong Lu. 1st floor of building 165 (9760 1000 ext 1088, www.morganrothschild.com)

SCS Hongqiao ECE Campus
2212 Hongqiao Lu (6261 4369, Fax: 6261 4639)

Shanghai Angels Kindergarten

Shanghai Greenfield Kindergarten
1980 Hongqiao Lu, by Hongmei Lu. (5655 2644)

Shanghai Ladder Bilingual Kindergarten
910 Yingkou Lu, by Xianjiang Lu. (6064 0846)

Shanghai Montessori Kindergarten
No. 20, 1117 Zhuzhuang Lu (5403 6901, 3319 9422, www.s-nvk.org, montessorikindergarten@yahoo.com)

Shanghai Victoria Kindergarten

Shanghai Weihai Kindergarten

Phone: Mr. Koele (136 4751 2050)
Email: happyweihai@gmail.com

WuWan Kindergarten International School
14 Wulunmuqi Nan Lu, Wujiang Zhong Lu (6402 7889, www.britannicashanghai.com, admissions@britannicashanghai.com)

Harrow International School Shanghai
Harrow Shanghai is a co-educational school providing a British independent style education. Currently open from Pre-Nursery to Year 10, the Sixth Form, offering A-levels, and boarding open in August 2017. 588 Gaoxi Lu, by Lansong Lu. Near the Shanghai Skyline (6881 8282 / 189 1622 7776, admissions@harrowshanghai.cn, www.harrowshanghai.cn)

The British International School
Shanghai, Puxi 111 Jingqiao Lu (5226 3211, www.bishanghai.com/admissions@bishuii.com)


Capistrano Valley China SH School
390 Dong Ti Yu Hui Lu. (6919 9140, www.cvschool.cn, info@cvschool.cn)

Concordia International School Shanghai
268 Mingyu Lu, by Huayang Lu. (5899 0380, concordia@concordia-shanghai.com)

Deutsche Schule Shanghai 30, 399 Zhuguang Lu. (5045 3078, www.ddschool.cn)

Livingston American School 50 Ganyi Lu. (6598 3151, www.laschina.org, Info@laschina.org)

LYCÉE FRANÇAIS DE SHANGHAI 1) 350 Gaoguang Lu. (3976 0555, www.lyceefrancaisshanghai.org) 2) Bldg D, 255 Fujiang Lu. (6987 6589)

Hong Qiao International School 218 Yili Nan Lu. by Lanbaoshi Lu. (6268 2074, 6268 3121, www.hqs.org)


Shanghai United International School 555 Linnan Lu. (6976 6388, www.wiss.cn) (6976 6169, wiss.cn)

Wellington College International Shanghai 1500 Yaoliang Lu, by Huaihai Zhong Lu. (6226 2245, www.wellingtoncollege.cn, admisions@wellingtoncollege.cn)


FAMILY FUN

JIMAX Party Zone
Originally known for their tremendous amount of bounty catches, 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, workshops and birthdays. Since opening there has already several events held, Christmas Party, kids workshop and of course, birthday party. Their 600 square meter space can fit up to 200 people with both outdoor and indoor facilities. JIMAX
Health Services

Global HealthCare Medical & Dental Center – Puxi Suite 303, Eco City 1788 Nanjing Xi Lu, by Wulumuqi Bei Lu (5298 6339, 5298 0593) South West 1788号1788内1788号1788室, by Wulumuqi Bei Lu

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

Shanghai Redleaf International Women’s Hospital

Healthcare ecosystem funded international hospital/clinic/physician; a series of satellite clinics available within hospital compound.

Guzhong road 689号, near Jinjiang road 2; Jiangxi road 99号, 3号楼1-2层, near Renmin road 3; Changjiang road 88号, near East 4th road (400 886 3000)

Shanghai United Family Hospital

Mon-Sat: 8:30am-5:30pm

Shanghai United Family Hospital

Mon-Sat: 8:30am-5:30pm

Shanghai United Family Hospital

Mon-Sat: 8:30am-5:30pm

Shanghai United Family Hospital

Mon-Sat: 8:30am-5:30pm

Clinic's priorities are ensuring the availability of outpatient and inpatient services. Located in the city center with convenient transportation, it is influential among the families 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 Caolui (5493 781), (www.renalhospital.com.cn) 清溪路127号

Yosemite Clinic is a comprehensive modern medical and Day Surgery Center conveniently located a five-minute walk from the Kerry Parkside in Central Pudong. Yosemite Clinic has an expert team of international and Chinese physicians covering a range of specialties, including Family Medicine, Dentistry, Dentistry 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 Fudanjiang Road, Pudong, Shanghai (Only 5 minutes walk from Kerry Parkside). Opening hours: Monday-Friday 9am-11pm, Saturday-Sunday 9am-5pm; Tel: 4008-500-911, information@yosemiteclinic.com; www.yosemiteclinic.com; 上海浦东新区陆家嘴金融贸易区1398号81-1F (www.urban-family.com)

Pregnancy Health Services

Shanghai Redleaf International Women’s Hospital

Mon-Sat 8am-5:30pm, 247, 155

Songyan Lu, by Hongsong Dong Lu

Jiahui Health

Jiahui’s experienced physical therapist developed personalized Clinical Pilates courses based on comprehensive assessment of your body status and your specific need. Featured courses are for below problems: functional scoliosis, post-partum rehabilitation, and sport injuries. Jiahui Medical Center (Yangpu), 1F/2F, Suite 3, 99 Jiaojianxinglu, by Yinge Dong Lu

Yahui Medical Center

Yahui’s experienced clinical Pilates courses that focus on cultivating interest in music with an international teaching team. Our team consists of world-class musicians who have graduated from the worlds top music universities.

Concord offers 1-on-1 lessons and group classes for a wide variety of instruments for children ages 4-12 and adults of all levels.

Geneva School of Music is China’s first foreign-run international school that focuses on cultivating interest in music among children. From mosaic to paper craft classes for adults in our studio (WeChat: craftd_sh. www.craftd-shanghai.com)

Step into a tranquil environment. From mosaic to paper craft classes for adults in our studio (WeChat: craftd_sh. www.craftd-shanghai.com)

Active Kidz Shanghai

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

The Little Gym Programs include parent/child classes, gymnastics, karate, dance and sports classes. Suite 1, 2F, 588 Pudong Nan Nan Lu, Pu Fa Mansion, B1-28/36, Pudong 88号浦电路28楼 (021 6589 6266, www.thelittlegym.com.cn)

Creft’d Shanghai

The new Creft’d studio in Xuhui gives children the opportunity to try out a different activity craft each week in a safe and secure environment. From mosaic to papier mache, applique to ceramic painting, there is sure to be something for every child to enjoy! RM4250 per class (1.5 hours, including snacks) or RM1300 for a bundle of 10 classes. We also run craft classes for adults in our studio located at 1218 Fuqing Lu. (021 6589 6266, 2522 9117; 虹梅路1218号, www.craftd-shanghai.com)

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

Concord offers 1-on-1 lessons and group classes for a wide variety of instruments for children ages 4-12 and adults of all levels.

Jiahui Health

English-speaking travel agency books very classic trips in China and throughout Asia with a special focus on southeast Asia getaways. English-savvy, but you need to call to get the real scoop as the website is more idea oriented, rather than total service. Monday-Friday, 9am-6pm. 2/F, Block D, Art Forest 5213 Fahuazhen Lu, by Dingxi Lu (021-52357398, info@concord-music.com, www.concord-music.com)

MASSAGE & SPA

Orchid Massage 1) Huangpu District Branch - 6th Floor, 188 Fudanjiang Road, Pudong (021 6589 6266, 2522 9117; 虹梅路1218号, www.craftd-shanghai.com)

Ju Massage 2) Fudanjiang Rd 158, 3rd Floor, Pudong (021 6589 6266, 2522 9117; 虹梅路1218号, www.craftd-shanghai.com)

Classic Travel

The new Creft’d studio in Xuhui gives children the opportunity to try out a different activity craft each week in a safe and secure environment. From mosaic to papier mache, applique to ceramic painting, there is sure to be something for every child to enjoy! RM4250 per class (1.5 hours, including snacks) or RM1300 for a bundle of 10 classes. We also run craft classes for adults in our studio located at 1218 Fuqing Lu. (021 6589 6266, 2522 9117; 虹梅路1218号, www.craftd-shanghai.com)

www.urban-family.com
With 2019 just around the corner, our thoughts instinctively turn to what we can do to make ourselves better in the coming year. Grand ideas for New Year’s resolutions, along with promises and pledges for a better, more gratifying life fill our minds as we envision an improved version of our current self. You know, that perfect someone who wakes up early to exercise and eats right while drinking less and reading more. However, if we are completely honest, we usually know how that ends up. New year, same you! People don’t change because the calendar does; they change because they want to. Even more commonly, they change because they need to.

Which brings me to my point: the need for change. Recently, I have had many conversations with my junior school students and graduating seniors, as they attend college fairs and apply for universities in preparation for the next step of their lives. Anxiety is high as our young adults, who aspire to be contributing members of society, are uncertain about the world that awaits them. They seek advice on everything from how to pick the best school to the practicality of a college education. In the past, I have typically assuaged those fears with what I now realize are the same generic talking points. I tell them, of course, they should attend university. I say with confidence that they should find the program they feel is the right fit for them based on location, price and course of study. I tell them that the best way to ensure their success in this world is to get a college education. Lately, however, I am not so sure that is accurate. I realize now that we are not living in the world I grew up in, so why am I offering the same guidance I received? I’ve come to understand that as the world changes, so should my advice.

To try and figure out just how much the world is changing, you do not have to look very hard. Recently, Amazon launched its first cashier-less supermarkets across America, with 3,000 additional openings planned in the next two years. At the same time, Toyota has invested USD500 million into Uber’s driverless automobile program. And, probably most indicative of the changing times, a high-end auction house in NYC was the first of its kind to auction off a work of art created by an algorithm. These significant changes are right in front of our eyes, and it is hard not to be impressed by how quickly they are coming.

Fascinating as these developments are, however, they do have real-life consequences for our young people heading off to university. They reveal how automation is competing with human labor in ways not seen before. Sure, we have witnessed technology compete with manual labor before, but this time around, machines are doing the thinking. As automation becomes more ubiquitous, it will not only eliminate low-skilled manual labor but also threaten an increasingly-diverse range of employment types. So, in response to this inconvenient truth, I have had to slightly tailor my advice and encourage my students to look more critically at the world in which they are set to enter. Will the careers they are interested in be around in 20 years? Could they potentially be replaced by automation? Even more to the point, what programs do the universities they plan to give their parent’s hard-earned money to have in place to prepare students for this reality?

No doubt this has caused some consternation among my young cohort, mainly because the answers to these questions are unknown. Even more pressing is the fact that we seem to be ignoring this situation. We no longer live in a world that guarantees if you study hard and complete university, that a job is waiting after graduation. We now live in the technological age of artificial intelligence and automation.

So, looking forward to the future, we need to better prepare our young adults for a life that will exist, instead of the one that does now. To do this, as parents and educators we must ask ourselves, “Are we merely recycling our parent’s advice or are we actually preparing our children for a whole new world?”
Christmas Shindig
December 8-22
11am-5pm
Archwalk Shanghai
179 Maotai Rd,
Changning District
长宁区茅台路179号 金虹桥商场