Traveling with Purpose

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5th March 2019 | 6:30-9:00pm
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Welcome to the February/March edition of Urban Family Shanghai.

Many families living in Shanghai embrace the opportunities throughout the year to come together and explore the world. With this in mind, our Cover Story (p16) focuses on traveling with purpose – how having consideration for local communities, sustainability and conservation can nurture our souls and broaden our horizons.

In Life and Wellbeing (p6) we meet Harriet Gaywood, a woman who epitomizes the notion of making every moment count. This energetic mom of two competes in ultra-marathons and volunteers for various causes, all the while managing a demanding career. We also introduce six people who can bring a new dimension to your next party – from tablescaping and trivia to catering and cocktails, we've got you covered.

With Food and Fun (p24) we say “Skip the kid’s menu” as we go around town to restaurants serving up sharing plates for the entire family to indulge.

These will expand any child's palette and have you enjoying casual yet delicious dining for a weekend brunch.

Entertainment (p30) delivers book reviews and a new theater production, along with six documentaries for kids who love animals and nature. They are all family-friendly and will educate kids while nurturing their curiosity for the diverse animal kingdom.

As I finish up, I leave you with a simple, yet favorite quote of mine that aptly supports our cover story: “In a world where you can be anything, be kind.”

See you again in April!

Natalie Foxwell
Editor-in-Chief
Telephone Booths Around Shanghai Upgraded

It seems Shanghai isn’t ready to discard old phone boxes around the city just yet. Recently, phone booths on Yuyuan Lu have received an upgrade to include a new orange and black facade, along with modern functions such as Wi-Fi and a USB port for phone charging.

Fatal Accident Results in Mirror Safety Checks Around Shanghai

A round of mirror safety inspections was recently ordered for the Cross Region Plaza in Xuhui district, where an accident took the life of a 6-year-old girl. Reported as 3 meters high by 1 meter wide, the dressing room mirror weighed 50-60 kilograms and required two adults to lift. According to the official statement released by IT Outlet, the mirror was merely leaning against a wall, not fixed in place, and this resulted in the fatality. Meanwhile, a citywide order has been issued to all restaurants and malls in Shanghai to carry out safety checks and eradicate potential safety hazards.

15 Minutes to Access Any Service in Pudong

Shanghai may already be one of the most convenient cities in the world, but things are about to become even better for Pudong residents. A new initiative, dubbed the ‘15-minute service circle,’ calls for further development of key facilities in the Pudong New Area. The result will allow residents to reach any service within a 15-minute walk. The first phase of the project will tackle the shortage of essential amenities such as schools, hospitals, elderly care centers and cultural and sporting venues. The second phase will focus on infrastructure closely associated with daily life including shopping malls, parks and transit hubs. With a three-year timeline to complete the works, civilians will enjoy these conveniences by the end of 2020.

“...the expense is a little too high for our branch to afford!”
NEWS

Fines to be Imposed for Failure to Sort Waste

In a new move to manage the escalating waste overflow across the city, the Shanghai municipal government has added a new clause to the latest draft of the Shanghai Household Garbage Regulations. An RMB200 fine will apply to anyone who ‘fails’ to manage household waste, specifically with separating into the four waste categories. Hazardous waste is defined as harmful to human beings or the environment and includes used batteries and expired medicines. Recyclable trash refers to abandoned paper, plastic, glass and metals. The definition of wet garbage has been updated to include items that rot such as leftover food, fruit peels and TCM herbs. Finally, dry garbage is defined as rubbish like plastic bags and cigarette butts. The new regulation draft urges corporate and residential communities to provide trash bins suitable for all four waste classifications. Any violation could lead to a fine between RMB5,000 and RMB50,000 for firms and organizations.

Rat Falls from Ceiling and Hits Diners at Saizeriya

Recently, at Saizeriya’s Pujian Lu branch, a rat unexpectedly fell from the ceiling, causing a stir among diners. The rodent hit two customers on its way down and instantly passed out on reaching the ground; it was then disposed of by a waitress. The restaurant allegedly waived the customer’s bill but refused to pay their RMB2,000 requested compensation amount. “The rat actually came through the fire passage,” the restaurant manager argued. “Besides, the expense is a little too high for our branch to afford.” A few days later, the Pudong District Market Supervision and Management Bureau investigated the scene and requested pest control visit Saizeriya and the shopping mall.

New Safety Barriers to Combat Jaywalkers

It seems the illuminated zebra crossings and facial-recognition technology around the city have failed to deter jaywalkers. This has pushed Shanghai traffic police to employ the ultimate solution: installing screen doors on both sides of the road. Spotted at the intersection of Huancheng Dong Lu and Baziqiao Lu of Fengxian district, the barriers are synchronized with the traffic lights and will open or shut when the lights turn green or red. “Ever since these screen doors were applied, the rate for jaywalking at this intersection has descended by 78 percent,” advised Jiang Zhonglei, Director of Community Safety in Fengpu sub-district.

World’s Longest 3D-Printed Footbridge Opens in Shanghai

Shanghai is now home to yet another tourist attraction, a new 3D-printed footbridge, which is the longest in the world at 26 meters. Located in Baoshan district on the Wenzaobang River, the high-tech structure is based on the ancient Zhaozhou Bridge, which dates back to the Sui Dynasty (581-618). However, unlike the original, which took 11 years to build, the new footbridge was made in just 450 hours. Created by Xu Weiguo, a professor of architecture at Tsinghua University, it is not only stronger than the original, but was also cheaper to make.
Can you tell us a little about yourself and what brought you to Shanghai?

I originally came to Shanghai in 1995 on a scholarship program to study Chinese music at the Shanghai Conservatory of Music. After I completed my Master’s research, I wanted to stay here and improve my Chinese as I was fascinated by the city. So, I walked down Huaihai Lu and knocked on doors until I found a job. First, I worked in marketing, and then I moved into public relations where I’ve been ever since. Along the way, I have received more career-related degrees, and I currently work as a consultant for BlueFocus – China’s largest communications agency.

You have a strong focus on fitness too, what does your current training program include?

Yes, that’s true. I lead early morning FitFam workouts at least four times a week at different locations around town. This includes ‘HIIT’ at Jingan Workers Stadium and Lujiazui GreenSpace, along with ‘Balance & Bands’ at Naked Hub Taxing Lu and RunnersHub. These shared workout blasts set me up for the day, and I enjoy the communal energy. However, when it comes to running, I prefer to go it alone. I set my alarm for 4.45am and enjoy running through Shanghai’s streets early in the morning. Arriving at The Bund to see the sunrise is always a great reward. I love running along Suzhou Creek during the week, and on weekends I go for longer runs, which circuit around a sizable part of Puxi.

Can you tell me about your most visually-stunning race?

In 2018, I completed two 100-kilometer ultra-marathons in very different terrains. In July, I joined the Columbia Chongli Ultra-Marathon in the mountains near Zhangjiakou. The views after the climbs were incredible: wildflowers and silver birch trees at the tops of the hills during sunrise. I also completed the Jiuquan Gobi Ultra-Marathon in September. This course was across the desert. It is a fantastic feeling to run towards the horizon and watch the light change on the dunes throughout the day.

What motivates you to maintain this high fitness level?

I believe that keeping fit and staying healthy is something we owe ourselves and those around us. I have spent most of my career working very long hours, and fighting fatigue has always been my biggest challenge. Keeping fit helps me tolerate the demands of my day job and I enjoy running and working out with my kids.
I believe that keeping fit and staying healthy is something we owe ourselves and those around us.

Can you tell us about some of the programs around Shanghai that you are involved with?

I am a Den Leader for Cub Scout Webelos, where we follow the Boy Scouts of America program. I started the Den, which is part of a larger pack (Dens of all ages), just over three years ago when my son was 6 years old. I enjoy bringing the program alive and making it relevant to life in Shanghai. The boys love camping and anything related to the outdoors, and we also participate in community-based activities.

For FitFam, in addition to leading workouts, I also support the overall operation to ensure we offer an enjoyable program day in, day out. Each week, we run 50 workouts around town. Behind the scenes, there is a lot of planning and scheduling to maintain our commitment to offering free and consistent access to quality fitness.

I am also the current President-Elect for Fresh Start Rotary. This is a global organization with 1.2 million members, which focuses on humanitarian action. The club has various active projects including Save Kids Lives, which promotes the use of child seat carriers in cars and trains new mothers on how to install and use them. There are 18,500 child fatalities in traffic accidents in China each year, of which 80 percent would be preventable with the use of seat belts.

If I have a spare couple of hours, I volunteer for charities and social enterprises such as Shanghai Young Bakers (shanghaiyoungbakers.com). I do simple tasks like lending a hand at their stalls during weekend markets.

Can you tell us about the Sunday Pipsqueaks class with FitFam?

Although initially intended to give mothers a break on weekends, ‘Papas & Pipsqueaks’ is really for everybody. It is for parents with kids under 6 who want to work out while playing with their child. It differs from regular FitFam HIIT workouts by integrating more games so that the kids can be involved – but parents still get a good workout too.

What activities do you and your family enjoy?

I like weekends to be as unstructured as possible. During the week my family is busy with school and work. I believe that kids need space to think and explore. If we are in Shanghai, then a weekend will often include time with friends, visiting art galleries and sometimes completing 5-kilometer family races. We also try to escape to the countryside when we can. The high-speed trains make it possible to escape the city and reconnect with nature. I love the convenience of living in a big city, but nothing beats a hike and the hospitality of a local restaurant in the countryside.

To join the FitFam community, scan the QR code.
6 Ways to Enhance Your Next Party
By Natalie Foxwell

ESTILO
With a brand name that translates to style, it seems apt that ESTILO is a new business venture from the eternally chic Edda Garcia. Her event-styling company has the Shanghai community abuzz with its ethos towards sustainability and ambition to leave zero waste from any event. Using themed props, accessories and decorations of different mediums there are no single-use, disposable products in her range. Edda can style small, intimate parties or large social gatherings; simply explain your concept and let her creativity shine. She also has partnerships with other creatives around Shanghai, who together can deliver on your food and beverage requirements. Whether it’s a tablescape, or more elaborate event décor, Edda delivers on her promise of 0 percent waste, 100 percent style every time.

To contact Edda Garcia, scan the QR code.

PARTY BOX
Party Box is an event-planning company focused on children’s parties of any scale. Gloriana Vega and Jennifer Wang offer a full range of party-planning options and can work with any theme your child imagines. Their services include decorations, venue sourcing, photographers, entertainment and more. From bouncy castles and face painting to cakes and magicians, they have every child’s wish covered. Party Box’s mantra is to deliver out-of-this-world parties for kids with zero stress for parents. This seems like a win-win to us!

To contact Party Box, scan the QR code.

PARTY PLATTERS
Since Angie Swann successfully launched her catering company Party Platters, she’s gone from strength to strength building a reliable reputation in the community by word of mouth. This Shanghai success story is a lesson for any aspiring business owner who wants to follow their passion. Angie can create a wide range of platters to complement any occasion from children’s parties and social events to corporate meetings. Her menu includes traditional cakes and sandwiches along with finger food tailored for your guests. Working with Angie is always a pleasure. With her extensive background in customer service, she strives for perfection and delivers quality (and delicious) catering to every event.

To contact Angie Swann, scan the QR code.
DESİ DHABA
What’s not to love about hosting an intimate and delicious dinner party without actually cooking the meal? Anu Aggarwal, a Shanghai veteran of 13 years, offers just that under her brand Desi Dhaba. With a passion for entertaining and a desire to share traditional Punjabi cuisine, Anu is ready to spoil the curry enthusiasts of Shanghai. With Desi Dhaba, she creates a range of North Indian dishes in the comfort of your home or at one of her pre-selected venues around town. Her dinners work best with eight to 20 people on a Saturday night (budget approximately RMB400 per head). So, prepare your next party guest list and invite Anu and her vibrant personality to delight your taste buds with a tailored, private dining Indian cuisine experience.

To contact Anu Aggarwal, scan the QR code.

HOST!
Next time you want to impress your guests with a lineup of beverages, consider the team at Host! Run by WeChat one-hour alcohol delivery platform Ask Jerry, Host! is Shanghai’s must-know craft cocktail service. With a team of professional bartenders, a premium range of spirits and the ability to build a bar anywhere, Host! is ready to serve quality tipples any time. Their cocktail menu includes all the classics, along with ‘Host! Signatures’ and the full range of bottled cocktails by LAIBA. Whether you want them ‘shaken or stirred’, customize your menu to match any party theme and have the professionals from Host! take care of it for you.

To contact Host!, scan the QR code.

SHANGHAI’S QUIZ MASTER
Everyone loves a competitive game of trivia to prove they are the bearer of all knowledge. So, for your next party or event, consider engaging the skills of Shanghai’s number one quiz master, Ned Kelly. He can prepare a custom-made trivia package for your guests, whether it’s a large group or a small party. You pick the theme, and Ned will create the questions; he can even arrange dinner and drinks packages. It’s a guaranteed entertaining night that will leave you with new-found knowledge to boast about in the future.

To contact Ned Kelly, scan the QR code.

www.urban-family.com
Since Peppa Pig’s television debut in 2004, she has graced screens around the world and delighted children with her antics. Her curiosity and observations have captured the imagination of all children, as she embarks on adventures with her best friend, Suzy Sheep, and her cheeky brother, George.

With Peppa and her family also endearing themselves to Chinese audiences, it seems her popularity is worthy of the new Peppa Pig World of Play. Since its October 2018 debut, this indoor park within Pudong’s LCM Mall has given many preschool-aged children a muddy-fun time.

Boasting 10 themed play areas, children move around different settings inspired by a scene or character from the popular British series. There is a shoes-off policy for all who enter, which keeps the park clean, and soft flooring ensures kids remain safe as they run around and play.

The park spans 1,100 square meters where children can immerse themselves in a range of the characters and activities. Whether it’s boarding Miss Rabbit’s bus, riding the train around Grandma Pig’s farm or going down Rebecca Rabbit’s slide, there are hours of entertainment here.

The interaction continues with motion-sensored muddy puddles and a supermarket, where kids can process payments. And, if a rest is needed, they can step inside Peppa’s home for a tea break, relax and watch a movie or participate in story-time or a craft session.

Recreational facilities aside, this indoor park is also furnished with a first aid center, nursing and changing rooms along with a cafe. Picnic tables and high chairs are available, and kid-friendly set meals, beverages and snacks are served.

Last but not least, the gift shop has an extensive range of Peppa-related goods so children can take home a souvenir from their World of Play experience.

All in all, this is an immersive day for young kids to activate their senses with everyone’s favorite precocious pig. It’s a play park that’s worth adding to your activities list.

One adult plus one child: RMB158 Mon-Fri, RMB210 Sat-Sun; Additional adult: RMB50 Mon-Fri, RMB70 Sat-Sun; Additional child: RMB100 Mon-Fri, RMB140 Sat-Sun. Suitable for kids under 1.3 meters in height.


To purchase tickets, scan the QR code.

For more Step Inside, scan the QR code.
Shape Your Shoulders for Summer
5 Upper Body Exercises for a Busy Schedule
By Lauren Hogan

It might not seem so now, but tank top weather will be here before we know it. Or, at the very least, a tropical island getaway over one of the upcoming holidays. And what better way to prepare for your warm-weather wardrobe than by working your upper body, for as they say, ‘suns out, guns out.’ Here are a few movements to practice to get sculpted shoulders and toned arms.

**Equipment:** Dumbbells. Try to choose weights that are manageable but challenging.

**Tip:** Don’t have dumbbells at home? Don’t worry, you can use canned goods or filled water bottles to lift instead. You can also adjust the exercises using resistance bands to get a similar workout.

**Lateral & Forward Raises**
*45-second intervals x 3*
- Stand up straight with a light weight in each hand, place your arms at your side with palms toward your body.
- Lift both arms straight out to the side, so they are parallel to the ground, then lower.
- Next, raise both arms in front of you, again keeping them parallel to the ground, then lower.

**Bent Over Lateral Raises**
*45-second intervals x 3*
- In a standing position, hinge your hips at a 45-degree angle, with a small bend in the knee.
- Keep your chest open and almost parallel to the floor with a long spine.
- Continue the lateral raise with the palms facing the floor (keeping elbows soft).
- This position will work the rear deltoid as opposed to the medial and front (from the previous exercise).

**Bicep Curls**
*8 repetitions each cycle x 3*
- Return to a straight standing position with feet shoulder-width apart.
- Holding a dumbbell in one hand, keep your arms bent at a 90-degree angle, palms facing up.
- Keeping one arm static, curl the other arm up at the elbow toward the shoulder.
- Switch the weight and repeat for the other arm.
- Lastly, curl both arms together in the full range of motion.

**Standing Triceps Extensions**
*45-second intervals x 3*
- Bring the dumbbells together and fully extend your arms straight overhead with your palms facing the ceiling.
- Keep your upper arms close to your head with your elbows tucked in and perpendicular to the floor.
- Lower the weights in a semicircular motion behind your head, until your forearms touch (or come close) to your biceps.
- Keep the upper arms as still as possible, with only the forearms moving.
- Go back to the starting position and repeat.

**Diamond Press-up**
*45-second intervals x 3*
- Finish with a challenging move, but one that will engage your full upper body.
- Get into a plank-like position, but with your hands together under your chest.
- Your index fingers and thumbs should be touching to form a diamond shape.
- Lead with your chest toward your hands, while trying to keep your elbows tucked and keeping your back flat.
- Stop before your chest touches the floor and then return to the start position.

**Regression:** If this is too difficult you can regress by dropping to your knees. And if needed, you can also revert to the classic press up with your hands directly underneath your shoulders to keep building strength. Remember to always lead with your chest.

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.
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.

This month we met the Brown family. Fraser, Siobhan and Kaden have been living in Shanghai for the past eight years, after moving here for Fraser’s employment with Spring Airlines. They initially committed to three years, but after falling in love with this fabulous city, they decided to stay indefinitely. Kaden was born in 2012 at Shanghai United Family hospital, and he now attends the Western International School Shanghai. They have met many people on their Shanghai adventure and relish every moment.

So, let’s hear from Siobhan about their favorite things.

I keep it local when meeting girlfriends
We live in Hongqiao, across from Laowei Jie. There is no end to the restaurants for lunch specials, and it’s a great area to meet friends. A little further up Hongmei Lu is an area called Soho. Right across the lane is Hikari, a fantastic Japanese restaurant. The staff are friendly, and the food and presentation are outstanding.

Enjoy my under-the-radar tip for breakfast
There is a lady who sells breakfast on Hongmei Lu, just past Foreigner Street and across from the Pearl Market. She makes delicious breakfast sandwiches from 8-10am. For RMB3, she includes vegetables, hot sauce, egg, sausage and crusty bread all condensed into a tasty roll; it will keep you full for hours.

We enjoy Little Huia in Hongqiao for brunch
With their outdoor playground and trampoline, this is a fantastic space for kids. It’s a nice spot to sit outdoors and watch the kids play while getting some sunshine. Another great place in Hongqiao is Geneva; it has delicious food and fun activities for kids such as movies, cooking classes or specialty brunches to celebrate the holidays.

We love the park near Yili Lu Metro station
Yili Park is not huge, but it is free to enter and has a big pond. There are large rocks for kids to jump on, a beautiful stream and thick bamboo scattered throughout. It’s a fantastic place to go and feed the ducks, fly kites or fish, while enjoying a picnic lunch. Afterward, you can wander across the road to Takashimaya Department Store. There are lots of fun shops, restaurants, toy stores and a frozen yogurt shop in the basement that sells blue ice cream called ‘Sea Salt’.

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To find the Brown family’s favorite places, scan the QR code.

We enjoy an afternoon at the Pearl Market
You can get anything from jewelry, toys, movies and clothes to a haircut at the Pearl Market. Every Friday after school we head up to the third floor and visit Tony at Fox Movies (Shop No. 332). He has the most up-to-date films, music and television series and his recommendations are never wrong. Our other favorite market is the Hongqiao Flower and Bird Market. I love to buy fresh plants and flowers from here in the fall after we return from our summer vacation.

Go to Subconscious Day Spa for relaxation
My favorite location is on Fumin Lu. Bring some girlfriends, a bottle of Champagne and enjoy a manicure/pedicure or their traditional Swedish oil massage. The space is modern, bright and cheerful, and they even have an outdoor patio where you can relax. There are plenty of restaurants nearby for further indulging.

For Chinese cuisine, we head to the Takashimaya Department Store
On the seventh floor, there is a dim sum restaurant called Crystal Jade. The food is delightful and you can order almost anything. Another fabulous restaurant is Xibo on Changshu Lu near Jing’an Temple. It’s a chic spot with a large outdoor patio. The food is Xinjiang inspired, and their bread, lamb skewers and hand-made cold glass noodles are delicious.
How Parents Shape a Child’s Ability to Communicate Their Feelings
By Dr. Nate Balfanz

In the early stages of my career as a practicing psychotherapist, a supervisor taught me I could learn more about my patients when I focused less on ‘what’ they had to say, and more on ‘how’ they said it. From the pitch and intonation in a person’s voice to their body language and facial expressions, the spoken word is perhaps the least reliable indicator when it comes to conveying our honest thoughts and feelings to one another.

More often than not, the interpersonal conflicts and disagreements that I encounter among family members can be attributed to simple misunderstandings and miscommunications of the spoken word.

This dilemma becomes of particular importance when we consider the contrasting communication styles — both verbal and nonverbal — that often exist between parents and their still-developing children. For this insight into emotional awareness and communication styles, let’s take a closer look at the role that parents play in modeling these abilities in their children, starting from an early age.

What the Research Says

One of the most important lessons we can teach our children is how to be more emotionally competent, which means teaching them how to understand both their feelings and the feelings of others. A 2015 study conducted by Samantha Taylor-Colls and her colleagues at the Anna Freud National Centre for Children and Families (UK) contributed to an already-growing body of research that suggests children as young as infants, despite being preverbal, have the capacity to understand and interpret the emotions of others.

In their study, 77 infants were shown over 200 images of different facial expressions (happy, fearful and neutral) while their brain activity was measured via EEG recordings. In addition, parental responsiveness to their infant’s cues was measured via observation and assessment of prolonged dyadic interactions.

The findings indicated that infants showed an amplified level of responsiveness to ‘fearful’ facial stimuli when compared to ‘happy’ or ‘neutral’ facial stimuli. Also, the infants whose mothers were assessed as more sensitive and attuned to their child’s cues showed more responsiveness to ‘happy’ facial cues over ‘neutral’ ones. This potentially suggests that even in infancy, children are reinforced by warm and positive interactions and will direct their attention and behavior accordingly.

Findings like this give credence to the notion that children are digesting and interpreting emotions from the world around them immediately. This underscores the critical role that parents and other caregivers play in shaping their child’s temperament and emotional competency.

Tips for Developing Your Child’s Emotional Competency

1. Start young
As the research on preverbal infants would suggest, children need not possess their language capacity to grasp how others are feeling. The more frequently we talk to and emotionally engage with our children from an early age, the more capable they are of developing their own emotional competency.

2. Be aware of the emotional climate in your household.
Children (in particular young children) are first and foremost ‘feelings-driven’ beings. The more frequently we talk to and emotionally engage with our children from an early age, the more capable they are of developing their own emotional competency.

3. Take ownership of your own feelings and actions.
Children are often more likely to do what we do than what we say. When we model for our children how to take accountability for our feelings and the actions that follow, we convey to the child that it’s safe for them to do the same.

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What happens if someone suddenly collapses next to you? Would you know what to do? What if that person is your dearly beloved? Do you know your prompt actions can save a life?

Heart disease-related deaths are still one of the top 10 killers in the world. The American Heart Association (AHA) advocates for cardiopulmonary resuscitation (CPR) training and accredits training centers for such worldwide.

Every year, 475,000 Americans suffer from cardiac arrest. Globally, heart attacks claims more lives than cancer, flu, pneumonia and motor vehicle accidents combined. Despite decades of effort by scientist and doctors, vascular diseases with the heart and brain are still a major public health burden worldwide.

CPR saves lives. Immediate CPR can double or triple the chances of survival after cardiac arrest. Unfortunately, research suggests that only 1 percent of the population in major Chinese cities has received training in administering CPR. This means you are counting on luck to be revived if you experience a heart attack. While a cardiac arrest can happen anywhere, with the right procedure delivered promptly, you can drastically increase your chances of survival and reduce long-term adverse outcomes.

As your local healthcare provider, Yosemite Clinic would argue that being trained in CPR is one of the most important choices you could make. You might find yourself applying the skills and reviving your family member, a friend or a pedestrian. It is also rewarding to be able to do that for another human being.

Yosemite Clinic is accredited by AHA to provide training to healthcare professionals and the general public on First Aid and CPR. The training team comprises ICU specialists and primary care doctors.
Traveling with Purpose

Plan a Meaningful Adventure with a Positive Impact

By Natalie Foxwell

Planning a family vacation with purpose can present a variety of itineraries to choose from, and it all depends on how far and wide you wish to travel.

Perhaps it’s environmentally-conscious choices about where you stay and the activities you undertake, to reduce your carbon footprint while away. Ecotourism, as it’s called, is a concept born from the 70s environmental movement. A decade later, it’s developed into one of the fastest growing sectors in the travel industry.

Broadly defined, ecotourism means attempting to reduce your negative impact on the environment and local inhabitants when visiting a scenic or remote natural area. There are many destinations around the globe that aid ecotourism. With time spent researching and a desire for adventure, you will find locations that offer nature at its most pure.

Traveling with purpose can also be spending time caring for an endangered species or volunteering for a cause dear to your heart. A wildlife conservation experience is all about protecting plants and animal species and their habitats. When you spend time at a genuine wildlife sanctuary, your contribution will aid the local community, maintain the surrounding environment and broaden your world view.

From an eco-friendly vacation delving into an Australian rainforest to an elephant sanctuary in India, here are a few ways that you can make a difference while showing respect for the cultures and environments you visit.
With a mantra to inspire environmentally sustainable and culturally responsible tourism, Ecotourism Australia has many ‘green’ recommendations for a family vacation Down Under. The organization was established in 1991 and has been steadfast in its efforts to foster an ecotourism culture around the country. To date, they have listed approximately 500 accredited businesses. A number of these are located in the northeast state of Queensland, offering environmentally conscious travelers a quintessential Australian holiday with less impact on the planet.
Daintree Rainforest

The ‘sunshine state,’ as it’s called, presents the World Heritage listed Daintree Rainforest, one of the oldest tropical rainforests in the world. To access the Daintree region, fly into the city of Cairns and in one hour’s drive you’ll find majestic rivers, secluded beaches and a plethora of activities that appeal to all family members. There is no public transport to or from the Daintree, so hiring a car or arranging a privately-run bus transfer will be the most convenient ways to travel. With Mossman Gorge, Cape Tribulation and Port Douglas close by, a real Aussie adventure can be experienced on holiday in Queensland.

Great Barrier Reef

Book yourself a sailing and snorkeling voyage out to the Great Barrier Reef with Sailaway Port Douglas (sailawayportdouglas.com). With conservation at the forefront of their endeavors, you’ll sail through turquoise waters on a 100 percent carbon neutral catamaran. As you explore one of Australia’s most iconic sites, a qualified marine biologist will guide you on a snorkeling tour and impart knowledge about protecting the reef and surrounding areas.

River Cruise

Cruise along waterways of the Daintree River on a quiet, solar-electric boat. This one-hour Solar Whisper cruise (solarwhisper.com) will have you at the ready to spot saltwater crocodiles, along with a range of other Australian wildlife and birds hiding in the jungle.

Eco Accommodation

What better way to complement your eco-friendly activities than staying in a hotel where sustainability is their core ethos. Nestled within the treetops is the Daintree Ecolodge (daintree-ecolodge.com.au), surrounded by lush nature so vivid in color you won’t believe your eyes. They serve organic and seasonal cuisine using produce from their onsite vegetable garden and a curated list of regional suppliers. There is no television or Wi-Fi, so a stay here also serves as a digital detox. With solar panels aiding electricity, processes reducing plastic waste and Australian recycling and composting at its best, a stay here will refresh your lungs and heighten your senses.

Jungle Surf

This must-do activity will have you flying from tree to tree in one of the most biologically-diverse rainforests on the planet. A jungle-surfing adventure with Tree Hugger Travel (treehuggertravel.com.au) will elevate you up to 20 meters above the ground, gliding through the rainforest canopy. With a series of eco-friendly platforms among the trees, and a flying fox zipline, this exhilarating experience takes you to the heart of the Daintree. Along the way, experts will reveal insights into the flora, fauna and history of this famous region.

The Daintree in Numbers

- **400,000** Annual number of tourists who travel to the region
- **1,200** Square kilometers - Size of the rainforest
- **1988** Year the Daintree National Park became a World Heritage site
- **920** Tree species
- **131** Reptile species
- **12,000** Insect species
- **3,000** Plant species
- **430** Bird species
- **32** degrees Celsius - Average summer temperature
- **26** degrees Celsius - Average winter temperature

www.urban-family.com
Traveling in India with children may seem too exotic or overwhelming at first glance, but with a well-laid plan and a desire for adventure, it is a treat for the entire family’s senses.

The Golden Triangle

A popular itinerary is the ‘Golden Triangle,’ covering New Delhi (the capital), the town of Agra (to see the Taj Mahal) and the ‘pink city’ of Jaipur, Rajasthan.

You can begin your journey in Delhi for two to three days, depending on your appetite for sightseeing or shopping. Then, travel south to Agra for a day if one visit to the Taj Mahal is enough. Or take two days if you want to watch a sunrise or sunset with additional sightseeing. The final destination on this adventure is Jaipur, where two to three days at a minimum are recommended, depending on the activities you wish to partake in. Each leg is approximately four-to-six hour’s drive, and you can enjoy this journey via private car, coach or train.

When you arrive in Jaipur, take in the stunning Araveli hills, a magical place for all aspiring princes and princesses. It is known as the ‘pink city’ because in 1876 the Maharaja (Sawai Ram Singh) had the buildings painted in anticipation of Prince Albert’s royal visit. With a rich and imperial history, kids will be kept amused exploring the amazing forts and palaces. And of course, the chance to encounter horses, monkeys, camels and elephants will keep them curious throughout your adventure.
Since 1986, the Asian elephant has been listed as an endangered species as the population has declined at a frightening rate of 50 percent over the past three decades. The species is threatened by loss and degradation of habitat and, sadly, poaching. Historically, they have been captured and tamed due to their ability to work under instruction and carry heavy objects. And, due to a low birth rate and high mortality rate, the population of elephants held in captivity continues to decrease. However, female elephants can live for longer than 60 years when kept in semi-natural surroundings, such as forest camps.

In Jaipur, numerous elephant camps housing female elephants have been established, to break the cycle of domestication. The camps’ human-elephant interaction programs enable visitors to feed, bathe and play with the elephants. In some cases, you can also paint these large mammals with organic paints, which they enjoy as they know a bath is coming later. The paints used are organic and can be easily washed off.

Though some camps admit that elephant tourism is borderline objectionable, it is also the primary means of maintenance. Your paid visit provides for food (an elephant requires a large amount of food making it unaffordable for most local families), regular health checks and the maintenance of the camps where they can roam free. In some cases, where camps also employ low income and marginalized caretakers, your visit also finances their housing and education.

Elephant Conservation

Tips for Traveling in India

- It is recommended to spend a total of seven to 10 days on your Golden Triangle itinerary, especially if you have small to school-aged children. This will allow you to enjoy your time and take in the sights at leisure.
- Be careful when traveling with infants or children under 2 years, as food and sanitation could affect their health and the progress of the trip.
- Keep sanitizers and wet wipes handy for public toilets and stops along the way.
- Where possible, stay in an international hotel chain so a Western meal can be found if your children cannot eat spicy or exotic dishes.
- Make it a point to eat only cooked food, and nothing raw.
- Hiring a car and a driver for family travel is advisable, to give you the most flexibility, and it is reasonably priced. Taking the train is an experience, but does not provide as much flexibility.
- When booking an elephant experience, be aware of fake organizations or hawkers claiming to take you to camps that may not be genuine. Always ring ahead to make an appointment and obtain the correct address, as well as the name of the person who will host you.
- Recommended organizations rated by TripAdvisor include Elefantastic (elefantastic.in) and Elephant Joy (elephantjoy.org).

For a more in-depth Elephant Rescue program, scan the QR code.
Cause and Effect

Make a Positive Impact While Traveling

By Natalie Foxwell

Adventures in Costa Rica

The Central American country of Costa Rica offers adventurous travelers beautiful tropical beaches, lush rainforests and spectacular volcanoes. This nature lover’s playground is considered one of the planet’s most sustainable destinations. In this incredibly biodiverse region, an estimated 25 percent of the land is devoted to national parks, wildlife reserves and protected jungles. Through successful ecotourism initiatives, conservation and economic growth have become intertwined, allowing the country to prosper. Whether it’s whitewater rafting, horse riding or bathing in thermal hot springs, all kids will enjoy a Costa Rican adventure. What child doesn’t love exploring wildlife to spot monkeys, sloths and toucans in their natural surroundings?

Cultural Experiences in Laos

In its determination to become a world-renowned destination for sustainable tourism, the Southeast Asian country of Laos works hard to reduce negative impacts on the environment. Here, ecotourism is a movement to change the way all tourism is undertaken throughout the country, and the low population density and vast ecosystems pave the way for long-term sustainability. Explore waterfalls streaming down the mountains, or experience an overland cycling tour to see the Laotian countryside and indulge in the regional cuisine. There is a wide range of activities and tours that benefit local communities while providing the chance to immerse in the Laos culture. A vacation here will be a memorable adventure for the entire family.

Majestic Landscapes in Norway

The Scandinavian country of Norway presents tourists with pure majestic beauty at every turn. As an ecotourism benchmark for the rest of the world, Norway is a leader in sustainable principles that form a part of everyday life. Their ethos of showing respect for nature and wilderness dominates the tourism industry, evident in their conservation efforts to protect the unique coastlines and awe-inspiring landscapes of the iconic fjords. Indulge in all the traditional outdoor activities such as hiking, kayaking and skiing and, of course, top it off with viewing the famous Northern Lights.

Check Out These Ecotourism Hotspots...

Adventures in Costa Rica

Cultural Experiences in Laos

Majestic Landscapes in Norway
Consider These Wildlife Conservation Destinations

Sea Turtle Hatchery in Bali

Although a sea turtle is known to live for an average of 80 years, as time passes they are unfortunately facing a high risk of extinction. With six out of seven sea turtle species classified as endangered or threatened, organizations such as the Turtle Conservation and Education Center (TCEC) in Bali are playing a vital role in saving this precious reptile. Located south of Sanur on Serangan Island, TCEC aids the research, education and protection of sea turtles. The conservation facility is more than a tourist attraction as it genuinely strives to save sea turtles at risk from hunting, fishing net entanglement, polluted oceans and the destruction of breeding beaches. It also serves as a hatchery, and while there is no charge to enter, the center does rely on donations to support rehabilitation, feeding and care. Anyone can volunteer at TCEC, or for a small fee (approximately RMB50), participate in their program to adopt, name and release a baby sea turtle into the ocean.

> tcecsanur.jimdo.com

Bear Sanctuary in Cambodia

Free the Bears is a sun and moon bear sanctuary located within the Phnom Tamao Wildlife Rescue Centre, near the capital city of Phnom Penh. With over 120 bears rescued from illegal wildlife trade living at the sanctuary, there are many opportunities to become involved. From volunteering on a day trip to an extended stay, you can support the team and find out what it takes to care for these vulnerable creatures. The sanctuary offers many ways to support their conservation efforts: internships are available through their research program, you can sponsor a bear or you can even purchase gifts such as peanut tubs, honeypots or a health check. The funds raised at Free the Bears contribute to not only enhancing the lives of those that are rescued but, as importantly, supporting the center’s efforts to locate and care for others in danger.

> freethebears.org

Rhinoceros Care in Africa

Taking an African safari one step further is the African Conservation Experience which has been providing immersive ethical travel adventures since 1999. Go beyond a ‘normal’ tour and volunteer at a sanctuary to work on wildlife conservation initiatives alongside experienced professionals. From five nights to month-long stays, there are many opportunities for a meaningful travel adventure that matches your passions. The rhinoceros conservation experience, for example, takes you into Kruger National Park to care for rhinos in the world’s largest rhino sanctuary and orphanage. This is a worthwhile way to go on safari, where you enhance the lives of the animals that call this park their home. Feed, treat and care for rhinos during your stay, while you learn about their habits and environment on a deeper level. It’s a truly awe-inspiring experience in one of the largest reserves in Africa.

> conservationafrica.net
Looking for somewhere to go where kids and adults can both indulge? Forget searching for a kid’s menu and check out these restaurants serving small plates to satisfy the entire family. From Nordic and French cuisine to Mexican goodness, the selections here offer individual servings or shared dining experiences: your meal, your choice!
CUIVRE
On the quiet end of Huaihai Zhong Lu is the warm and welcoming CUIVRE. Chef Michael Wendling serves up a delicious menu that varies with the seasons while maintaining a Provençal influence. The flavors are rich and wholesome but not too bold for children. With their weekend brunch menu, select three courses and a fresh juice, smoothie, tea or coffee for RMB198. Plus, for an additional RMB188, you can say yes to the free-flow sparkling wine. CUIVRE could well become your favorite go-to brunch, where you know you can settle in and graze your way through the sumptuous selections on offer. There is also a kid’s menu (RMB88) to satisfy any little ones who want a ham & cheese, fish or a beef tenderlion instead.

Kids' recommendations: Marinated beef croquettes, traditional French croque monsieur and waffles with vanilla cream.

> CUIVRE, 1502 Huaihai Zhong Lu, by Wulumuqi Lu 淮海中路1502号，近乌鲁木齐路/6437 4219. 
Mon-Fri 6pm-10.30pm; Sat-Sun midday-2pm and 6-10.30pm.

El Santo Tacos & Tequila
One of the many great options you’ll find in Found 158 is El Santo, a modern Mexican cantina and bar with alfresco and indoor dining. The ‘To Share’ menu has staple favorites such as guacamole (RMB68) or nachos (RMB78), and their chicken chipotle quesadilla (RMB55) is also delicious. There is also a selection of mouth-watering burritos (RMB65-88) and, of course, a range of signature tacos (RMB35-40 for one or RMB90-100 for three) to appeal to every palate.

Kids' recommendations: Baja fish taco (RMB35 each or RMB90 for three) with a serving of churros (RMB60) for dessert.

> El Santo Tacos & Tequila, B/1, Found 158, 158 Julu Lu, by Rujin Yi Lu 巨鹿路158号 B1层，近瑞金一路/6333 2181. Mon-Thu 5pm-late; Fri-Sun 11am-late.
Funkadeli

Perched on the corner of Fumin Lu and Changle Lu is Funkadeli, a casual yet hip European-style bistro. Aperitifs and cocktails aside, the food is delicious, and all kids, from fussy eaters to those who will try anything, will enjoy it here. Funkadeli has once again partnered with Austin Hu to deliver an Italian-inspired brunch menu of small plates for sharing. Choose one main and one side (RMB88), and if that's not enough, add an extra main (RMB75) or side (RMB25) to really indulge. There are also free-flow beverage options and, if you really need it, a new kid's menu is available too (RMB58).

**Kids’ recommendations:** Chicken cotoletta, pumpkin ravioli and pancakes with lemon mascarpone and blueberry sauce.

> Funkadeli, 291 Fumin Lu, by Changle Lu (6170 1318). Daily noon–1am.

STYX

STYX is a charismatic eatery inside a Yong Ping Li on Hengshan Lu. Specializing in skewers, the menu is influenced by the owner’s global upbringing and travel experiences, with a Southeast Asian focus. The menu offers individual skewers or sets that comprise two skewers, a side dish and accompanying sauce (RMB58-128), which can be enjoyed solo or shared family-style. If you can’t decide what to order, opt for one of the brunch sets (RMB98-148). This is a cozy and casual eatery with a tropical-themed interior that the kids are bound to enjoy. Pegged as an international house of skewers, what’s not to love about 11 different options that include chicken satay, Moroccan lamb or Portobello mushrooms. And, a kids menu is coming soon!

**Kids’ recommendations:** Argentinian beef rump skewer with duck fat potatoes (RMB98), chicken satay (RMB22) and soba noodles (RMB30-50)

> STYX, Yongping Li, 199 Hengshan Lu No. 118, by Yongjia Lu (5401 9356). Tue-Sun 11.30am-10pm.

Stone Brewing Tap Room

Stone Brewing Tap Room on Yuyuan Lu is the Southern California craft beer brand’s first flagship outlet in Asia. Their desire to up the quality of craft beer in China has the Shanghai location offering their renowned brews to pair with a full menu of globally influenced and gastropub-style food. Whether you’re looking for a hearty meal or a snack to tide the kids over while you enjoy a cold one, it’s worth adding Stone to your list of places to check out. The menu is extensive and includes a kid’s selection along with small plates and snacks. While essentially a pub meal, with options like the samurai burger and misoyaki butterfish (RMB178), it’s no ordinary menu.

**Kids’ recommendations:** Chicken tenders (RMB48), macaroni & cheese (RMB58) and fried rice (RMB38) with a s’mores dessert (RMB68).

> Stone Brewing Tap Room, 1107 Yuyuan Lu, by Fenggang Lu (6226 2510). Mon-Wed 11.30am-midnight; Thu-Sat 11.30-2am; Sun 11.30am-midnight.
The Nest

Close to The Bund is this living-room style restaurant serving high-quality dishes at a reasonable price. While evenings at The Nest include partygoers enjoying artisanal cocktails with cool beats, the weekend brunch is a chilled out affair that families can enjoy. Serving Scandinavian-inspired dishes that range from Nordic Benedict to roast lamb, you can choose any three dishes and a welcome drink for RMB198. Each additional plate is then RMB68. With such a broad array of options, the kids will undoubtedly expand their palate and find a favorite dish.

Kids’ recommendations: classic grilled cheese sandwich, cod & chips and brioche French toast to finish.

> The Nest, 6/F, 130 Beijing Dong Lu, by Yuanmingyuan Lu (6308 7669). Mon-Fri 5.30pm-late; Sat-Sun 11.30am-late.

The Cannery

Oozing a casual vibe with an enviable garden, The Cannery is a definite if you’re after an extended family brunch. During the warmer weather, the restaurant frontage is opened up for pleasant dining inside or out. This restaurant and bar present a food and drinks culture inspired by the west coast of Canada. Order a variety of dishes to share such as the kale Caesar or the charred reuben sandwich, all the while enjoying a cold beer or botanical cocktail. The brunch set includes a choice of three dishes for RMB198, with each additional dish priced at RMB68. Or for those with a bigger appetite, choose a larger sharing plate from the a la carte menu.

Kids’ recommendations: Southern fried cod sliders, milk and cereal waffles and almond maple granola with vanilla yoghurt and fresh fruit.

> The Cannery, 1107 Yuyuan Lu, by Jiangsu Lu (5276 0599). Mon-Fri 5.30pm-1am; Sat-Sun 11.30-1am.

Tomatito

Close to Jing’an Temple on Taixing Lu is the cozy yet stylish Spanish tapas restaurant Tomatito. This restaurant under the el Willy group dials things back a bit, presenting tapas as they are meant to be: light-hearted and well-priced hearty snacks. The brunch deal at this quirky restaurant is great for families: four dishes at RMB128 with an additional RMB80 getting you free-flow house wine or cava.

Kids’ recommendations: Spanish omelet with potatoes, chicken croquettes, homemade meatballs in natural tomato sauce with a sweet finish of cream puffs with a drizzle of chocolate.

> Tomatito, 2/F, 99 Taixing Lu, by Nanjing Xi Lu (6259 8671). Mon-Sun 11am-3pm (lunch), 5.30-10.30pm (dinner), Fri-Sat 5.30-11.30pm (dinner), Sat-Sun 11am-3pm (brunch).
5 Ingredients

Koen Vessies’s Vegan Eggplant Salad

By Natalie Foxwell

5 Ingredients is an Urban Family series where we sit down with a Shanghai-based chef and ask for a family-friendly meal using five ingredients easily found in Shanghai. This month Chef Koen Vessies shares his simple yet delicious eggplant salad.

As executive chef at el Willy, and managing partner with the el Willy Fun F&B Group, he knows how to make tapas to perfection. Born and raised in Holland, Chef Vessies has been sharing his culinary prowess in Shanghai for the past six-and-a-half years. From an early age, he knew what he wanted to do; some would say that becoming a chef was his calling. At 13, he took a job washing dishes at a local restaurant in his hometown and years later, he went on to study hospitality management in The Hague by day, while fulfilling his love of cooking by night. His passion and talent have taken him around the world, training in renowned restaurants throughout The Netherlands, UAE, France, Spain and Italy.

Ingredients:
- 4 eggplants, cut into thick slices
- ½ red onion, finely chopped
- 1 small garlic clove, minced
- 1 teaspoon tahini
- Arugula and mint to taste
- Additional seasoning: Sesame seeds, salt, pepper, chili powder and lemon olive oil

Steps:
1. Over an open flame, burn the eggplant until the skin turns silver. Or, place the eggplant on baking paper, lightly drizzle with oil and oven bake for 20 minutes at 220 degrees Celsius. Allow to cool, then peel off the burnt skin and chop the meat.
2. Mix the onion with salt and set aside for 10 minutes. Then, rinse with water and strain.
3. Combine the eggplant with the onion, garlic and tahini. Then, mix with salt, pepper and chili powder.
4. Assemble by placing your eggplant mix on a plate and sprinkling with sesame seeds.
5. Top the eggplant with your arugula and mint leaves then lightly drizzle lemon olive oil over the dish.

Advice:
Make sure you serve this eggplant salad at room temperature. During cooler weather you can preheat the plates a little. To make it more filling, add chickpeas to the mix.

What’s new at el Willy:
They have recently launched their Super Sexy Vegan Menu where you can enjoy 11 dishes for RMB400 per person. Alternatively, you can order individual vegan tapas-style dishes. To ensure they have the best from every season, they will change their vegan menu on a monthly basis.
When it comes to easy school lunches, nothing is better than using last night’s leftovers to fill your child’s lunchbox. My three kids particularly love it when I cook my favorite poached salmon; they tell me it’s delicious, which is something every mom loves to hear. This recipe is great because it’s quick and easy to make, and it tastes good whether served hot, warm or cold. So it’s a win-win!

**Ingredients:**
1 carrot, peeled and cut into large pieces  
1 onion, peeled and roughly cut  
1 celery stalk, sliced into large pieces  
1 liter of water  
1 broccoli head, cut into florets  
1 garlic clove, finely chopped  
150 grams salmon fillet (serves 1-2)  
1 teaspoon salt  
Olive oil

**Steps:**
• In a large pot, boil the water with one teaspoon of salt. Then, add the carrot, onion and celery and cook for 30 minutes, until it softens.  
• After 15-20 minutes, place the broccoli florets into the water from above for approximately 5 minutes, depending on how soft or crunchy you prefer them.  
• While the broccoli is cooking, pour 2 tablespoons of oil into a frying pan on medium heat. Then, add the garlic and lower the heat.  
• Once the broccoli has slightly softened, remove and place in the frying pan with the oil and garlic. Sprinkle salt and fry to your preference, I suggest 5-7 minutes.  
• Once your broccoli is cooked, your stock should also be ready. Immerse your salmon fillet into the soup and cook thoroughly (approximately 10-15 minutes).  
• Check the middle of the fillet to ensure it is cooked and then remove with a strainer so you leave the water in the pot (this can be discarded).

**Serve:**
In a thermos lunchbox place a serving of rice on one side, the broccoli next to it, and add a piece of salmon on top. For extra flavor, you can also prepare a dressing in a small container: mix mayonnaise with a squeeze of lemon and a drop of olive oil.

**Advice:**
I recommend you make this dish for dinner and then pack it the next day for lunch. My kids love the salmon cold, which is great as it removes any worry whether or not it will be warm when they eat it!

Sharon Raccah Perez is the founder of ‘PowerMeHealthy.’ She is an accredited Health Coach and a 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.
Getting kids hooked on a series of books is a fun and easy way to ensure they become and stay engaged. Once they fall in love with the first title, they will want to pick up further books in the series, so they can continue with the story and find out how it ends.

Two Engaging Book Series for Children to Enjoy

By Kendra Perkins

Middle-school-aged boys will love to get lost in Australian author John Flanagan’s adventures in the Ranger’s Apprentice Collection. The author wrote this series for his son, and from the rave reviews these books have received over the years, he’s found his target audience.

This is an exciting fantasy story about a young orphaned boy who is trying to find his place in the world. Will’s father was a well-known hero, which leaves him with a significant legacy to live up to. This narrative begins with Will finding himself in an extremely stressful situation.

Upon applying for battle school, a way in which he can prove himself, he is turned down because he’s too small. Feeling like his future is slipping away, Will is left asking, “What am I going to do?”

The best thing about this series is that children can read their way through 12 books of engaging content that offers a mix of suspense and action tied together with a strong moral code.

Readers can learn a lot about character building and overcoming challenges from this exciting and often humorous tale.
Another attention-grabbing series that girls will especially love is the Newbery Award-winning *A Wrinkle in Time*. Originally published in 1962, Madeleine L’Engle beautifully writes this five-book series. While the story is quite an old one now, don’t let the publication date fool you, as these books have stood the test of time.

It’s a wonderful series for children to read where they learn about a world before cell phones were a part of everyday life. And, it has become increasingly popular since the Disney film adaptation starring Reese Witherspoon and Oprah Winfrey was released. *A Wrinkle in Time* is the first book in what is referred to as the *Time Quintet* and it is followed by the equally enchanting *A Wind in the Door, A Swiftly Tilting Planet, Many Waters* and *An Acceptable Time*.

L’Engle does an incredible job of quickly setting the scene and giving readers a deep understanding of her whimsical characters. The story begins with siblings, Meg and Charles, who search for their father, a scientist, who has mysteriously disappeared – but where in time and space could he be?

Helping your little ones to enjoy reading will encourage success in every aspect of their life. All school subjects require an understanding of language and how it can be used effectively to deliver messages or even persuade readers. Friendships blossom further when children have excellent communication skills, and building an extensive vocabulary expands a child’s mind, helping them to develop into mature, capable adults. As a parent, you can give this gift to your children, and they can have a lot of fun immersing themselves in characters and stories along the way.

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.
Ready for a rockin’ stage show that will leave the entire family thoroughly entertained? This February and March, expect shredding guitars and pounding drums at the Shanghai Grand Theatre, as School of Rock – The Musical rips into town.

This highly praised Broadway and West End musical is based on the hilarious 2003 film by Richard Linklater, which features star comic Jack Black. With an original score from Andrew Lloyd Webber and lyrics by Glenn Slater, the cast of youngsters at the center of the story employ their prodigious melodic talents to rock it out on stage.

The musical follows the spirit and energy of the original film, based around Dewey Finn as an out-of-work rock singer and guitarist. Down on his luck, he decides to ‘fake it till he makes it,’ posing as a substitute music teacher for a prestigious prep school. After witnessing the musical prowess of his uptight straight-A students, Dewey decides to teach them what it means to cut loose, rock ‘n’ roll style. Their talents unearthed, he sets his sights on enlisting the group for a Battle of the Bands competition. The show will blow your mind with its electrifying musical score while delivering a core lesson on following your dreams and finding your purpose.

Making its debut on Broadway in December 2015 before then hitting London’s West End in November 2016, the musical has received many accolades, including four Tony Awards. In addition to featuring three songs direct from the film, the stage show includes 12 original pieces, offering audiences a more rounded musical experience. Those who remember the movie’s heavier compositions should know that the music will present a more theatrical approach to engage an audience of all ages.

If you enjoy the tunes that are belted out on stage, you can keep listening long after the musical ends. In 2015, a cast album including 20 tracks from the musical was released. In fact, consider downloading it before you go, so the kids can fully immerse themselves in the experience by singing along.

With three years of touring experience, School of Rock – The Musical is a well-tuned, professional showcase of a highly talented cast performing at their best. You will find yourself in awe of the sheer quality of musicianship, and marveling at the sounds they elicit from their instruments, ready to unleash your inner rocker by the time you’re on the way home!
African Cats (G)

Narrated by the well-known Samuel L. Jackson, this Disneynature documentary is set against one of the wildest places on Earth and observes two cat families, cheetahs and lions, teaching their cubs the ways of the world. Living on opposite sides of a river, both families strive to preserve their homes in the African Savannah while facing a common threat to their daily survival. This epic journey will have audiences mesmerized by the stars of the film: Mara, an endearing lion cub and Sita, a fearless cheetah. With its stunning imagery and a moving soundtrack, this movie ensures all family members will relish in the story of these spirited animals. With an honest depiction of life in the wild and the struggles to survive, it does contain graphic hunt scenes that may not be suitable for younger children.

6 FAMILY-FRIENDLY DOCUMENTARIES
FOR KIDS WHO LOVE ANIMALS AND NATURE

By Natalie Foxwell

The vivid imagery presented in a documentary can engage children in a multitude of subjects that expand their horizons and quench their thirst for knowledge. With that in mind, here is our choice of eight documentaries that the entire family can enjoy. From Antarctica to Florida, the wildlife featured show the harsh environments in which they strive to survive and the determination they inherently possess to make their way in the world. Children will be captivated with eyes wide and fingers crossed, hoping that the protagonists take them through to the closing scene.

Bears (G)

Filmed in Katmai National Park, Alaska, this film takes you through a year in the life of a mother bear and her two cubs. Bears is an excellent documentary for children of all ages. With no violence or harm coming to the animals, the entire family can sit back and immerse themselves in the majestic scenery and seamless narration by John C. Reilly. The documentary begins in the spring, with the family emerging from their den to partake in the annual salmon run. Over the months leading to winter, the young cubs Amber and Scout are excited and playful, but they must learn how to gather enough food to sustain the family during the next hibernation. This is a beautifully filmed account of life in the harsh Alaskan climate where predators abound. With exceptionally vivid scenery, children will enjoy the story about one mother’s fierce determination to keep her cubs safe using nothing but her instincts.
**Monkey Kingdom (G)**

*Monkey Kingdom* is a charming documentary about a mother’s love for her newborn infant in the Sri Lankan jungle of Polonnaruwa. As Maya battles to ensure her son Kip’s safety throughout their dangerous adventures, they must fight for survival within their competitive social hierarchy. The breathtaking footage and narration by Tina Fey describe the monkey troop’s caste system, which determines where Maya and Kip sleep, what they eat and how they interact with others. This documentary is targeted towards young children and presents educational and entertaining content. There is one fight scene that may require parental assistance (or a quick fast forward), but otherwise, it’s full steam ahead for young minds with big hearts to enjoy watching the monkeys keeping safe from harm.

**IMAX Born to Be Wild (G)**

The voice of Morgan Freeman shines through in this heart-warming documentary about two wildlife sanctuaries where workers rescue and care for orphaned animals. First, you are taken to the biodiverse rainforests of Borneo to see orphaned orangutans, then you travel to Kenya to witness how orphaned baby elephants are nurtured. It’s 40 minutes of pure joy that restores your faith in humanity and emphasizes the importance of protecting wildlife around the world. Children will be in awe at the relationship between these endangered species and those who rescue and care for them. There are no fights or violent scenes, so young children can sit with the family and enjoy the fantastic visuals and bright colors.

**March of the Penguins (G)**

In the depths of Antarctica is where a penguin’s annual quest to find the perfect breeding mate begins in this Academy Award-winning documentary. You will immediately become swept away by the voice of Morgan Freeman, an ideal choice to narrate this divine tale. Every March, thousands of male emperor penguins from the South Pole maintain formation and embark on a remarkable journey to find a female companion for breeding. The movie follows this instinct-driven pilgrimage that has them waddling through minus 50 degrees Celsius conditions, with no sustenance for the journey. With slightly sensitive content, school-aged children and above will enjoy this in-depth view of the penguin’s annual ritual.

**Turtle: The Incredible Journey (G)**

*Turtle: The Incredible Journey* is an impressive documentary about a female loggerhead turtle as she embarks on a journey that will have viewers championing her survival. This pilgrimage, attempted by many of her ancestors, is not for the faint of heart, as only one in 10,000 turtles survive. Following her birth on the sands of a Florida beach, the little turtle sets off on the 25-year journey that has her ride the Gulf Stream, swim around the North Atlantic to Africa and return to her birthplace to lay her eggs. With a soothing soundtrack to accompany the brilliant visuals and a calm narration by Miranda Richardson, this is a must-see film for all children who love sea life. It’s educational and appropriate for young children who will understand the simple but poignant message: never give up on your journey.
Our ‘Tunes for Goodness’ playlist includes 12 songs to help kick-start a great day. Scan the QR code to hear our positive melodies, sing along and send out some positivity into the world.

- ‘Give A Little Bit’ - Supertramp
- ‘Lullaby’ - Paloma Faith
- ‘Glory and Gore’ - Lorde
- ‘All I Need’ - Radiohead
- ‘Safe and Holy’ - Christine and the Queens
- ‘Fast Slow Disco’ - St. Vincent
- ‘Let Me Down Slowly’ - Alex Benjamin
- ‘Getting Away With It (All Messed Up)’ - James
- ‘Do I Wanna Know?’ - Arctic Monkeys
- ‘That One Thing’ - Natasha Kmeto
- ‘Safe from Harm’ - Massive Attack
- ‘You’re Not Alone’ - Olive

Best way to start The Year of PIG
Peppa Pig Stage Show is coming back!

The most popular Piggy in universe is coming again to play with her fans in China. The original Peppa pig show—Peppa Pig’s CELEBRATION in English version is touring 7 cities including Shanghai, Beijing, Nanjing, Wuhan, Shenzhen, Guangzhou and Chengdu. There are cake, magic show, exciting balloon ride, and adventurous trip! Let’s jump up and down and shout out, Hello, Peppa!

Scan QR code down below to get your tickets right away!
Starting in the same year as the founding of Wellington College International Shanghai, the Festival of Education is an annual event dedicated to encouraging open and dynamic debate as well as fresh, engaging ideas about the purpose and practicalities of education.

Every year, Wellington brings together teachers, parents, pupils, industry experts, academics and even non-educationalists with unique perspectives, to discuss the current and future needs of education, both here in China and internationally. Four years on from its inaugural event, the festival has grown significantly in scope and attendance. We aim to build on this momentum by engaging with topics that matter and by introducing a wide range of speakers who will inspire productive debate and the sharing of knowledge.

This year the festival will focus on several key strands which reflect the rapidly changing nature of education and how it prepares pupils for the complex and fast-paced world we live in. The growing influence of technology on education and the very architecture of schools is one such area of exploration, along with the evolving nature of bilingualism and wellbeing in schools, and alternative styles of education.

To guide the conversation, renowned guest speakers will join us from around the world to share the benefits of their accumulated wisdom drawn from their respective fields of expertise. Founder of London Gifted & Talented Ian Warwick returns to the festival to share his insights regarding stretching the aspirations and abilities of schoolchildren. International education consultant and author Terry Qian will be exploring bilingualism and the convergence of Eastern and Western educational methods.

There’s also Ian Marchant – novelist and non-fiction writer – to look forward to, as he will be adding a counter-culture perspective into the mix by advocating alternative educational models and discussing their place in the future of schooling. We are also excited to welcome actor, author and cognitive therapy expert Ruby Wax in her first festival appearance to discuss the importance of mental health and wellbeing.

They will be joined by a wide variety of other expert speakers as we prepare to understand the changing nature of education – its evolving responsibilities, strategies, priorities and opportunities to equip pupils with everything they need to thrive in the digital age.

For more information about the Festival, visit festivalofeducation.cn or scan the QR code to purchase tickets.
As part of their curriculum, the schools around Shanghai successfully pair academic learning with charitable values to engage students in giving back. From early years to graduating classes, they nurture a philanthropic spirit in their students that has goodwill at its core. This then provides students with an opportunity to learn more about themselves and their ability to impact the world positively.

With this in mind, we asked Shanghai teachers to tell us about a special ‘giving back’ moment. An initiative that engaged their students where they derived a sense of purpose in what they achieved. From the SolarBuddy project at Wellington providing sustainable electricity to the ‘taboo’ subject that students from Dulwich have tackled, you will be astounded by what they have achieved.

If Shanghai students are this passionate now, then we are excited to see what charitable endeavors they become involved with in the future.
The WISS Saturday School Program was established 12 years ago with the goal of teaching English to local children whose parents cannot afford to send them to an English school or pay for an English tutor. It started with three children who lived on a farm behind the WISS compound. Over time, the word of our program has spread, with many parents enrolling their children to learn English. From our initial three students, we have grown to 118 this year.

Our Volunteers
Our volunteers are WISS students and WISS parents. It is not uncommon to see an entire family volunteer on a Saturday. There are many opportunities to become involved such as teaching, raising funds, preparing lesson plans or managing student safety.

Our Events
We also run events for Christmas, team building for volunteers, graduation and end of year. This is when we present certificates to our volunteers and the students who have attended the program for two years. Secondary school students organize each event with the support of the parent volunteers. This year, our youngest volunteer is in Grade 1; she comes with her sister and both parents on Saturdays to teach.

Our Saturday School
In the classroom, the lesson is presented to the whole class by the team leader; students then separate into smaller groups to receive further coaching. If we have more volunteers, we arrange one-on-one learning, and when there are less, we manage with a ratio of one teacher to five students.

Our Program
Responsibilities required to run the program, such as preparing lesson plans, worksheets, supplies and snacks along with classroom organization, are distributed among the student volunteers, so they feel accountable and valued. This allows the students to become a part of the community that makes a positive impact on someone else’s life. By doing this, the students grow into responsible and mature individuals. For the local students receiving the lessons, they understand the meaning of giving. Following their graduation, many come back to Saturday school to become volunteers themselves.

Roshiley Tilistyak is the Nursing Coordinator and Saturday School Coordinator at Western International School Shanghai. Tilistyak has worked at WISS for five years and she has managed the Saturday School Program for three years. She loves to create a sense of belonging and foster a meaningful relationship between WISS and the local Xujing community. Her program also instills a sense of responsibility to WISS student volunteers.

Fostering a Sense of Community
WISS Saturday School Program
By Roshiley Tilistyak

“It is not uncommon to see an entire family volunteer on a Saturday”
Lighting up Learning
Wellington SolarBuddy Project

By Tia Luker
In June 2018, Wellington College International Shanghai started a project to mark its involvement with SolarBuddy. Their ambition was to send 350 solar-powered lights to the floating village of Prek Toal in Cambodia.

SolarBuddy is an Australia-based charity dedicated to providing some of the most impoverished and disaster-struck communities in the world with a clean, safe and renewable source of light. To achieve this, they designed a straightforward, portable, waterproof and durable light that houses a 0.6 watt solar panel. It recharges with eight hours of sunlight exposure and it can provide 10-16 hours of light. This can make an immense difference to those who have limited access to electricity by presenting a safe and reliable source of light for their work, play and studies.

I am incredibly proud to say that thanks to the dedicated efforts of our pupils, Wellington’s involvement with SolarBuddy is already changing lives for the better. After raising funds to pay for the 350 SolarBuddy lights, pupils in Years 3-5 then built the lights before shipping them to Prek Toal village. After the lights arrived in November, the reaction from the community was amazing. They replied with photos of putting the lights to great use, along with a thank you from the village chiefs, teachers, parents and children.

While this initial delivery has been extremely positive, what’s really exciting is the expansion of Wellington’s involvement from next term. Year 6 pupils will make a presentation to their peers on the function and importance of the lights, as well as the project’s overall impact to date. We want pupils to drive this project, rather than teachers imposing it on them. By thinking deeply about the light’s purpose and future impact, and independently developing and carrying out fundraising ideas, pupils become invested in the project and its eventual outcome.

More than a charitable activity, SolarBuddy is an ongoing opportunity for Wellington pupils to develop character and extend their knowledge and awareness of the world. We want them to become global citizens who embrace empathy, inclusivity, awareness of privilege and the disparity of wealth. And, above all, we want them to demonstrate a willingness to make a positive impact on the world we all share.

Tia Luker is the IPC Coordinator and a Year 5 class teacher at Wellington College International Shanghai. Luker has over 10 years of teaching experience across a variety of subject areas and age groups. These opportunities brought her to China and eventually Wellington College, where she has developed a curriculum for the school-based charity SolarBuddy, now a nationwide integrated education program in Australia.
Creating Sustainable Solutions
Dulwich Pudong Students Tackle Global Inequality

By Anthony Reich

Last summer, Dulwich College Shanghai Pudong took a group of 13 students and four staff members to work with The Peace Centre (TPC), a children’s home (and registered UK charity) in southwestern Uganda. This was our fifth annual visit to TPC, however, this time it was different. The activities undertaken during the trip were primarily researched, planned and executed by the students. They were outstanding in their energy and endeavors, which have yielded far-reaching results. Most impressive were two students, Winnie and Kjara, and their dedication to finding a solution for menstrual health inequality.

When investigating the needs in our host Ugandan community, Winnie and Kjara discovered that girls were missing school and falling behind in their studies due to their menstruation. They thought this was unjust and wanted to do something about it. They undertook extensive research and discovered an organization called ‘Days for Girls’ that makes washable, reusable sanitary pads along with menstruation education. Winnie and Kjara asked the Directors of TPC for their opinion and were very excited to receive the go-ahead.

Winnie and Kjara created an after-school club to make sanitary pads. They researched the best materials to use and arranged for a professional seamstress to teach them sewing skills. Together, they made prototypes to take to Uganda and share with the directors. Knowing that the children in TPC, while on school holidays, are engaged in a wide variety of vocational training (such as weaving, sewing, tailoring, knitting and agriculture) they proposed to the directors that they could turn their skills to making sustainable, reusable sanitary pads too.

If clubs at both Dulwich and TPC were making these sanitary pads, how many more girls could be gifted a sustainable solution?

Winnie and Kjara also ran workshops at school to raise awareness of the fact that 88 percent of women worldwide do not have access to sanitary products. The workshop helped our students engage with this global issue.

Fast-forward to our time in Uganda, and the girls did an informative well-being presentation to all of the females in the children’s home, where they talked about health, hygiene and sustainability. They were culturally sensitive in their delivery, having already met with the director of TPC to plan the session and ensure maximum effectiveness of what can be a taboo topic. At the end of our stay, all females living in TPC were gifted a sustainable Days for Girls menstruation gift pack.

As long as we can inspire students like Winnie and Kjara, who are thinking globally, acting locally and taking the initiative to be changemakers, this project will undoubtedly continue. This experience in particular delivers mutually beneficial learning, grounded in the premise of building impactful relationships that have a profound effect on both Dulwich students and our friends in Uganda.

Anthony Reich has been a teacher at Dulwich College Shanghai Pudong for the past 11 years. He is the Director of Global Citizenship and cares deeply about embedding service learning opportunities into students’ lives, supporting them to be changemakers in our world.
“They thought this was unjust and wanted to do something about it.”
Creativity, Activity, Service (CAS) is at the heart of the Diploma Program at Shanghai Singapore International School (SSIS). CAS is about becoming an active member in the community; a journey of self-discovery to learn who you are and what your full potential can be.

It is impressive to see all of the ways that our CAS students excel and enrich the school and local community. The Grade 11 excursion to Sanya provided students with invaluable experiential learning opportunities for positive personal and interpersonal development. Through our partnership with The Bright Connection center students spent a day caring for children with cerebral palsy and other functional disabilities. They also supported the full-time staff who work at the center, and this experience was life-changing for many students.

The goal of The Bright Connection is to guide the children under care towards social independence. Following our arrival, our SSIS students assisted the children on a short walk. They then led different learning activities and tasks around the center, such as cleaning, laundry and food preparation.

It was an overwhelming experience for all of us, and the students cared for the children exceptionally well. They showed genuine love and support, which came from their hearts and their comments on the trip were extremely positive.

“Today’s experience was unique. It was extremely heartbreaking and inspiring to watch the kids give their best despite difficulties. It taught us all to be more grateful and realize how privileged we are. It was incomparable.”
– Gore Arundhati, Grade 11

“Seeing some of the children who were so enthusiastic about learning and giving their best, despite their disabilities, was an eye-opening experience for me. They are content with what they have and make the best of their situations, which is an important lesson for me to learn. Visiting them today and helping them with everyday activities that are second nature to us but so difficult for them is an unforgettable experience.”
– Cheah Zi Ying Victoria, Grade 11

“When we visited, the children were happy and excited. Despite their disabilities, they were able to put up a smile and enjoy themselves. They don’t feel sorry for themselves, and they face the challenges and are grateful. Be thankful for what you have in your life now because nothing comes easy.”
– Chan Pak Hei Ethan, Grade 11.

James Cattran is the Creativity, Activity, Service Coordinator & IGCSE/IB geography teacher at the Shanghai Singapore International School. He has a Master of Teaching from Griffith University, Australia, and an undergraduate degree in Kinesiology from Western University, Canada. James relishes in learning about different cultures and experiencing travel, and is passionate about working with students.
As a student attending Shanghai American School (SAS), I believe we have a lot to be grateful for, such as the high level of education we receive among state-of-the-art facilities. With this in mind, myself and other students at SAS volunteer with the English Service Project (ESP), a student-founded club that aims to give back to the broader SAS community.

While we go about our days on campus, there is an essential group of support staff whose contribution to the school can go unacknowledged. I refer to the SAS security guards, cleaners and bus monitors who work tirelessly behind the scenes to run the facilities that students and faculty rely on.

Many of these workers possess limited English skills, which is what prompted the creation of ESP. The members of the project team volunteer their time by gathering the school’s support staff and teaching them English during lunch breaks.

Stepping into our ESP classroom during a session is like entering a hub of passion. The ESP members are surrounded by their eager students, holding donated notebooks ready to learn. Together, they enunciate difficult words, often with the help of comical hand gestures. Laughter fills the air, and the enthusiasm in the classroom shines through in both teachers and students. We also place importance on appropriately challenging those who enter the classroom by adjusting the curriculum to suit each student’s needs.

SAS students may sometimes take what they have for granted, so ESP is an opportunity for us to gain perspective on how fortunate we are. With this project, we can appreciate the importance of the tireless work others do to make their imprint on society. With ESP we have taken the time to give back, and spreading the gift of literacy is one of the simplest yet most thoughtful ways to do this.

Charlotte Wu is a sophomore student at Shanghai American School who volunteers with fellow English Service Project members Carole Yu, Qinyi Ma, Elaine Su, Lydia Ying and Sally Seo.
Concordia Celebrates Book Week

In January, Concordia International School celebrated its annual Book Week, a week-long celebration of literacy and learning. Featuring a host of fun activities, including a Family Book Night, Pajama Day Read-In and Parade of Books, this year’s event focused on visual storytelling — sharing stories through what we see. To help with this, the school invited children’s book author and digital media artist Trevor Lai and graphic novelist Matt Holm to work directly with early childhood and elementary students while they explored and constructed their visual stories.

Dulwich Patana Feeding Frenzy Results

Dulwich College Shanghai Pudong are delighted to report that their swimmers achieved fantastic results at the Patana Feeding Frenzy — one of the most competitive swim meets in Southeast Asia. A team of 25 made the trip to Bangkok, swam their hardest and brought home the team award for overall third place! An impressive finish for a such a small team. More notably, the Dulwich Pudong team received the top ‘Quality Team’ award by scoring an average of 46 points per swimmer. A testament to the talents of this group.

SSIS Swimming Program

Shanghai Singapore International School (SSIS) recently launched a new program that provides students with the opportunity to learn swimming skills from an early age. The first swimming lesson was held in early December, for Grade 6 students during their physical education classes. All of the staff and students were very excited to be part of this historic day for SSIS. Each student will receive an aquatic learning report card with personalized instructions for their swimming skills development. This diversified assessment will encourage students to strive for excellence.

Wellington’s Little Shop of Horrors Production

In December, pupils from Wellington International School Shanghai delivered their production of Little Shop of Horrors, a musical with a big heart and an even bigger appetite! Performed to packed audiences in the college theater, the cast, orchestra and stage management along with the costume and prop design teams came together to put on a sensational show. With highly-challenging songs along with the complicated and technically-brilliant construction of killer plant Audrey II, this was one of the most ambitious musical productions attempted by the college to date.
Over the weekend of December 8-9, we hosted our 2018 Christmas Shindig at Shanghai Archwalk. The event coincided with the first snow of the year in Shanghai, and many families braved the cold outside to join our merry fair.

Our event was backed by a number of vendors selling food, drinks, cosmetic products and more seasonal goodies. Visitors wandered around the market for gift ideas and warming drinks.

Throughout the weekend, we also welcomed local bands from all over Shanghai to light up the center stage. Among those who performed were Emma Music Family, Predestined, Liaoyuan International School, iStage Academy and Team Wang. Between shows, children enjoyed playing games and receiving rewards from the vendors and Santa himself.

WISS Tiger Robotics Classes
The Tiger Robotics afterschool activity at Western International School of Shanghai (WISS) exemplifies their philosophy of educating for the future. There are currently 16 students from Grades 2-5 who participate in the program that teaches the basics of coding, building and programming. Throughout the year, students will combine building and coding skills and apply them to solve challenges. This aligns with WISS’s teaching methods and allows students to develop their thinking, teamwork and collaboration skills.

Harvard Undergraduates Talk with CCS
On January 13, the Community Center Shanghai (CCS), in partnership with TEAM Education Consulting, was honored to host 10 Harvard undergraduates to meet and talk with their community members. The Harvard undergrads shared their thoughts on their experience and journey. The informative talk was given from diverse perspectives due to the students pursuing different majors such as economics, computer science, molecular biology, math, theater and sociology.
In December, students, parents and community members from Shanghai United International School (SUIS) Gubei learnt about love, family and keeping an open mind during a musical production of *The Addams Family*. Based on an adaptation of the Broadway and UK musical, the production received high praise from audience members. This was an ambitious project conceived, developed and produced by students from the SUIS Gubei performing arts program, under the direction of Vanessa Médecin, the Head of Music & Movement.

Delivering a story about family values, honesty, love and the concept of ‘relative weirdness,’ the revised script brought forth the famously macabre humor of *The Addams Family* to tell a *Romeo and Juliet*-style tale with a much happier ending.

The show is highly commended for providing a wide range of musical styles from classical and jazz to rock, and for creating a new form of vaudeville.

The cast and crew of nearly 100 students performed to a packed house. The stage showcased the brilliant acting, singing and dancing of gifted students selected from the SUIS Gubei ‘East Meets West’ Music & Movement, GCSE and IB music programs. The instrumental score for the musical was re-arranged and re-orchestrated by Grade 12 music students Kevin Li and Dora Zhou, who also conducted the outstanding SUIS Gubei pit orchestra. Set design, animated backdrops, film sequences, lighting and sound effects, props, costumes and make-up designs were all envisioned and realized by students from both junior and senior schools.

Keeping in the tradition of receiving offers from the best music and musical theater universities from around the world, many of the graduating Grade 12 students have elected to apply for these programs as their post-secondary major. These have included Berklee College of Music, Royal College of Music, Guildhall School of Music and Drama, Ecole Normale de Musique de Paris, Boston Conservatory Bard College, The New School and most recently students have auditioned for composition at The Juilliard School and the University of Michigan.

*The Addams Family* is the latest addition to the growing catalog of high-level performances and passion for the arts that animates the SUIS Gubei campus. Preparations for the next musical are already underway, and this will be delivered with the high degree of excellence that is becoming synonymous with the SUIS Gubei Performing Arts program.
UNTIL MAR 31 | ARTS

ERA – Intersection of Time

ERA is back and ready to entertain Shanghai audiences with new performance and updated set designs. This multimedia odyssey draws inspiration from a combination of traditional Chinese acrobatic arts and modern technology. The ERA – Intersection of Time extravaganza intertwines music, a live band, dancing and martial arts with time and space to artistically present concepts around yesterday, today and tomorrow.

> RMB180-580. ERA Castle, 2801 Gonghe Xin Lu, by Lingshi Lu

FEB 22 | ARTS

Craig David

Craig David, the multi-Grammy-nominated UK pop star, will bring his TS5 Tour to Shanghai this February. It’s been 18 years since the launch of his debut album, the critically-acclaimed debut Born to Do It, which secured his place in pop royalty. It sat at number one on charts around the world and sold 1.5 million copies in the US alone. From this album, he released Billboard Chart hits such as ‘7 Days,’ ‘Fill Me In’ and ‘Walking Away.’ Selling a total of 15 million albums worldwide, and garnering over 290 million single streams in the last year alone his return to the stage is highly-anticipated. David’s recent album The Time Is Now, the artist’s seventh studio production, reached number two on UK charts.

> RMB480-880. Jing’an Sports Centre, 116 Wenshui Lu, by Gonghe Xin Lu

FEB 23-24 | COMMUNITY

Commune Market

Commune Market is back for 2019. Over the weekend of February 23-24, from 11am-6pm, vendors at Yong Ping Lane will present fresh new creations from local designers, gourmet food, music, beer and wine.

> Free entry. Yong Ping Lane, 199 Hengshan Lu by Wulumuqi Nan Lu

FEB 27 | ARTS

Chris Botti

This Grammy award-winning trumpeter and composer is bringing his show to the Shanghai Oriental Art Center. Botti became the largest-selling American instrumental artist after the release of his 2004 critically acclaimed album When I Fall in Love. Over two decades, the accomplished musician and composer has amassed an impressive list of honors, including multiple Gold-and Platinum-selling albums.

> RMB780-980. Shanghai Oriental Art Center, 425 Dingxiang Lu, by Shiji Dadao
FEB 27-APR 20 | LEARNING

Craft’d Shanghai – Spring Kids Sewing and Fashion

Children aged 6-12 are invited to join this seven-week course at Craft’d Shanghai to explore the world of sewing and fashion. They will learn how to design, cut and sew garments and accessories. The classes are perfect for beginners or those with some experience using a sewing machine. At the end of the term, kids can participate in a fashion show to present their creations to family and friends.

> RMB400-2,000. Craft’d Shanghai, 1/F, 3, 1288 Fuxing Zhong Lu, by Xiangyang Nan Lu

MAR 2 | ARTS

Laputa: Castle in the Sky Concert

This multimedia concert features songs from Studio Ghibli animated classics such as Laputa: Castle in the Sky and Spirited Away, and 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. Presenting classical music using a wide range of instruments (including piano, string quartet, clarinet and percussion), Laputa: Castle in the Sky is a masterpiece.

> RMB80-660. Cadillac · Shanghai Concert Hall, 523 Yan’an Dong Lu, by Xizang Zhong Lu

MAR 8 | ARTS

Star Wars: A New Hope in Concert (Film Live with Orchestra)

Ever since Star Wars graced the silver screen over 40 years ago, the franchise has remained one of the top sci-fi flicks of all time, due to an ever-lasting appeal to new generations. And now the time has come for you to relive the epic battles between the Rebels and the Empire. Performed by Sofia Philharmonic Orchestra, this show is a must-see whether you are a die-hard fan or not.

> RMB180-1,080. Shanghai Oriental Art Center, 425 Dingxiang Lu, by Shiji Dadao

MAR 15 | ARTS

Jim Gaffigan

Comedy fans have a reason to be excited because Jim Gaffigan is coming to Shanghai on his Quality Time tour. Gaffigan is a Grammy-nominated comedian, actor, New York Times best-selling author, top touring performer and multi-platinum-selling father of five. Known around the world for his unique brand of humor, Gaffigan delivers poignant observations around fatherhood and his observations on life and food. In 2015, Gaffigan and his wife, Jeannie, produced the critically acclaimed semi-fictitious television series, The Jim Gaffigan Show. His Quality Time tour is going to be hilarious and one not to miss.

> RMB280-680. Shanghai Centre Theatre. 4/F, 1376 Nanjing Xi Lu, by Xikang Lu

MAR 15-APR 19 | ARTS

NT Live: Jane Eyre (Screening)

National Theatre Live broadcasts world-class theater productions to cinemas in the UK and around the world. Take the opportunity to see the inspiring Jane Eyre during this screening of the original play live from London. Although there are no actors, costumes or sets actually present, the delivery will still have you fully immersed in this classic story of the trailblazing protagonist. This bold and dynamic production uncovers one woman’s fight for freedom and fulfillment on her terms. Jane Eyre’s spirited heroine faces life’s obstacles head-on, surviving poverty, injustice and the discovery of bitter betrayal before taking the ultimate decision to follow her heart.

> RMB100-200. Huangpu Theater, 780 Nanjing Dong Lu, by Guangxi Bei Lu
MAR 16-17 | ARTS

Peppa Pig Live! Peppa Pig’s Celebration

Everyone’s favorite pig is returning to Shanghai to entertain fans with magic, balloons and all her usual mischief. This English production has Peppa Pig fill the stage in a new live musical show that’s more fun than a muddy puddle! Mummy Pig has prepared a special treat, which includes new songs, games and surprises, and all of Peppa’s friends are invited to join in the celebration and create treasured memories. This 90-minute show is recommended for children from 3 years.

> RMB180-698. Daguan Theater – Himalayas Center, 3/F, 1188 Fangdian Lu, by Meihua Lu 芳甸路1188弄1号3楼, 近梅花路

MAR 17 | ARTS

The Nutcracker

The Nutcracker will come to life at the Shanghai Centre this March. In this classic production, the magician Drosselmeyer creates a fantastical world for the epic battle between mice and toy soldiers. Clara fights to save the Nutcracker’s life by breaking the spell that turned him from a boy to a toy. Along the way, they visit the Kingdom of Sweets, meet the Sugar Plum Fairy, battle the Mouse King and take part in a wonderful display of dances. This production is perfect for the entire family.

> RMB80-240. Shanghai Centre, 4/F, 1376 Nanjing Xi Lu, by Xikang Lu 复兴中路1376弄3号4楼, 近襄阳南路

MAR 22 | LEARNING

Craft’d Shanghai – Spring Cocktail Making Class

What better way to usher in the warmer days than by making spring-inspired cocktails? In this two-hour session, you will make three specially designed drinks by Lemons Cocktail. The class includes demonstrations, tasting, bar skills and hands-on participation to get behind the bar and muddle, shake and garnish your creations.

> RMB450. Craft’d Shanghai, 1/F, 3, 1288 Fuxing Zhong Lu, by Xiangyang Nan Lu 复兴中路1288弄3号1楼, 近襄阳南路

APR 2-7 | ARTS

Chapterhouse Theatre Company – Little Women

Chapterhouse Theatre Company presents the timeless story of Little Women, based on the classic novel by Louisa May Alcott. Join this epic tale of four sisters – Jo, Beth, Meg and Amy – during the American Civil War. It is a story full of romance, love, passion and friendship, where hope will always outdo heartache and hardship if you dare to follow your dreams. This production features glorious period costumes, traditional live music and a story of self-discovery to warm your heart.

> RMB80-380. Shanghai Grand Theatre, 300 Renmin Da Dao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路
**APR 12-14 | SPORTS**

**Formula 1 Heineken Chinese Grand Prix 2019**

The annual petrolhead pilgrimage is heading back to Shanghai from April 12-14, as racing fans are called to the Shanghai International Circuit by the siren song of roaring engines for the F1 Heineken Chinese Grand Prix. Big boys racing big toys at breakneck speeds, all in pursuit of the 2019 Formula One World Championship.

> RMB860-2,760. Shanghai International Circuit, 2000 Yining Lu, by Jiadong Automobile City 伊宁路2000号, 近嘉定汽车城

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**MAY 15 | ARTS**

**Jason Mraz**

This multiple Grammy Award-winning artist is bringing his Good Vibes Tour to Shanghai’s Mercedes-Benz Arena for one night. The Virginia native came onto the scene in the early 2000s and quickly became known for his soulful folk-pop. Throughout his career, Mraz has earned numerous platinum certifications, made pop history with his record-breaking singles ‘I’m Yours’ and ‘I Won’t Give Up.’ won two Grammy Awards and received the prestigious Songwriter Hall of Fame Hal David Award. The tour follows the release of Mraz’s sixth studio album *Know*.

> RMB840-1,580. Mercedes-Benz Arena (Shanghai), 1200 Shibo Da Dao, by Yaohua Lu 世博大道1200号, 近耀华路

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**MAY 23-24 | ARTS**

**Sophie Zelmani: Sunrise Tour**

This Swedish singer and songwriter will bring her folk-pop style of music to Shanghai in May. Her show beautifully delivers soulful tunes accompanied by guitar, drums and bass with the soft sound of a saxophone in the background. Zelmani’s career commenced over 22 years ago with her self-titled debut album that was instantly popular in Sweden and the Far East. Since then she has released a further 10 albums, with one greatest hits compilation.

> RMB280 (Early bird before April 7); RMB480 (Presale). Modern Sky Lab, 3/F, 188 Ruohong Lu, by Tianhong Lu 陆家嘴188号3楼, 近天虹路

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**MAY 29 | ARTS**

**Alexandro Querevalú: The Last of the Mohicans**

‘This song makes me cry!cs The Last of the Mohicans,’ composed by Trevor Jones and Randy Edelman for the film of the same name, is the signature tune of Alexandro Querevalú. The sentiments expressed in Alexandro’s interpretation of the music have a uniting effect on people of all races, nations, religions and cultures. Alexandro Querevalú plays his tunes using a wide variety of wind instruments while dressed in Native American regalia.

> RMB100-380. Shanghai Centre Theatre. 4/F, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号上海商城4楼, 近西康路

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[www.urban-family.com](http://www.urban-family.com)
**EDUCATION**

**Kindergartens**

Apple Montessori, 899 South Yang Gao Road, Pudong District. (13671874151, 13671874701, admin@applemontessori.org, www.applemontessori.org)

Bright Start Academy, 2F, 10-3, Cangwu Lu, by Tianlin Lu 1098, 3rd floor 10th floor (6451 7908, kids@brightstart.com)


Happy Bridge Kindergarten, 489 Huiyin Lu, by Linquan Lu. (5874 8780, www.happybridge.org)

Harvest Baby Kindergarten, 49 Hengshen Lu, by Titanlon Lu. (5385 8662, www.happybridge.org)

Learning Habitat Bilingual Kindergarten, Block C, Blue Sky Villa, 1980 Hongqiao Lu, by Hongmei Lu. (5385 8662, www.learninghabitat.org)


Montessori Children’s House English-German-Mandarin classes. 7.30am - 4.40pm. 56 Lingshun Lu, by Shixin Lu and Yunshan Lu. (6818 8282 / 189 1622 9776, adm@harrowshanghai.cn, www.harrowshanghai.cn)


SCIS Hongqiao ECE Campus 2212 Hongqiao Lu Bridge 2212 (6621 4338, Fax: 6621 4639)


Shanghai Greenfield Kindergarten, 1980 Hongqiao Lu, by Hongmei Lu. (6261 4446)

Shanghai Ladder Bilingual Kindergarten, 910 Yixinglu Lu, by Xiangying Lu. (3603 7154)

Tweety’s English School No. 66, 60 Jinhui Nan Lu, by Wuqiong Lu. (6046 0804)

Shanghai Montessori Kindergarten, No. 20, 1117 Zhuyuan Lu, 5691 Lu 6253 2000, www.montessorikindergarten@yahoo.com.cn)


WuWan Kindergarten International School 14 Wulumuni Nan Lu, by Wulumuni Nan Lu. (6433 7993)

International Schools


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,
Health Services

Global HealthCare Medical & Dental Center – Puxi Suite 303, Eco City 1788 Nanning Xi Lu, by Wukumuo Be Lu (5298 6339, 5298 0593) 南京西路1788号1788国际中心B03室。近乌鲁木齐路
Global HealthCare Medical & Dental Center – Pudong Shop 212, Shanghai World Financial Center, 100 Shiji Dadao, by Lujiazui Dadao Lu (6877 5093, 6877 5993) 世纪大道100号上海环球金融中心12层。近银城路

Shanghai Renai Hospital is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. Located in the city center with convenient transportation, it is influential throughout the East China region and enjoys a high reputation. Free parking available within hospital compound.

Specialties: Family medicine, internal medicine, general surgery, gynecology, E.N.T., T.C.M., dental, vaccination and immunization, dermatology, urology, pediatrics, orthopedics, ophthalmology, cosmetic dermatology, plastic surgery etc. Operation Hours: Mon to Sun 9am-5pm. 127 Caolu Lu (5489 3781), www.renaihospital.com

Yosemite Clinic is a comprehensive modern Medical and Day Surgery Center conveniently located a five-minute walk from the Kerry Parkside in Central Pudong. Yosemite Clinic has an expert team of international and Chinese physicians covering a range of specialties, including Family Medicine, Dentistry, Dermatology and Orthopedics, among others, and specializing in minimally invasive surgical procedures. The clinic is equipped with an onsite Lab and CT imaging allowing a more efficient approach to diagnosis and treatment. As a Day Surgery Clinic, Yosemite Clinic has three cutting edge operating rooms and extended observation bed capability. As a physician-owned and managed clinic, Yosemite Clinic’s priorities are ensuring the highest standards of medical quality and delivering excellent patient outcomes. Our clinic languages are Chinese, English, Japanese, Korean, B1-F, 1398 Fangdian Road, Pudong, Shanghai (Only 5 minutes walk from Kerry Parkside); Opening hours: Monday-Friday 9am-1pm, Saturday 9am-5pm; Tel: 4008-500-911; information@yosemitclinic.com. www.yosemitclinic.com

Pregnancy Health Services

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women’s Hospital 8am-5pm, 2475 Songyu Lu, by Hongsong Dong Lu (2025 2308) 3) Huamu Branch - L2-06, 193 Jinhui Lu, by Xinza Lu (5213 5775) LG2-47 FFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6787 5008) 6) 616 Byun Yuyan Lu, by Yushan Huan Lu (5835 2118) B1-058, B1 South Retail, Jingan Kerry Centre, 1218 Yan’an Zhong Lu, by Changde Lu (6266 0018) 1) 2/F, 559 Nanchang Lu, by Zhejiang Xi Lu 2) 2/F, 218 Yu Massage by Shanxi Nan Lu (5456 1318) 3) 206 Jiaozhou Lu, by Fuxing Lu 4) 193 Jinhui Lu, by Xinza Lu (5213 5775) LG2-47 FFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6787 5008) 3) 218 Yu Massage by Shanxi Nan Lu (5456 1318) 3) 206 Jiaozhou Lu, by Fuxing Lu 4) 193 Jinhui Lu, by Xinza Lu (5213 5775) LG2-47 FFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6787 5008) 3) 218 Yu Massage by Shanxi Nan Lu (5456 1318) 3) 206 Jiaozhou Lu, by Fuxing Lu 4) 193 Jinhui Lu, by Xinza Lu (5213 5775) LG2-47 FFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6787 5008)

AFTERSCHOOL ACTIVITIES

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

The Little Gym Programs include parent/child classes, gymnastics, karate, dance and sports classes. Suite 1, 2F, 588 Pudong Nan Lu, Pu Fa Mansion,浦东新区南环路28号B1 (021 6859 6266, www.thelittlegym.com.cn)

Craft’d Shanghai The new Craft’d studio in Xuhui gives children the opportunity to try out a different craft activity each week in a safe and secure environment. From mosaic to paper mâché, appliqué to ceramic painting, there is sure to be something for every child to enjoy! RM1250 per class (1 1/2 hours, including snacks) or RM2300 for a bundle of 10 classes. We also run Craft’d classes for adults in our studio located at 1218 Fuxing Lu, by Shaanxi Nan Lu metro station. Xuhui District, Shanghai (6266 0018) 1) 2/F, 559 Nanchang Lu, by Zhejiang Xi Lu 2) 2/F, 218 Yu Massage by Shanxi Nan Lu (5456 1318) 3) 206 Jiaozhou Lu, by Fuxing Lu 4) 193 Jinhui Lu, by Xinza Lu (5213 5775) LG2-47 FFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6787 5008) 3) 218 Yu Massage by Shanxi Nan Lu (5456 1318) 3) 206 Jiaozhou Lu, by Fuxing Lu 4) 193 Jinhui Lu, by Xinza Lu (5213 5775) LG2-47 FFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6787 5008)

Yu Massage Step into a tranquil dynamic setting when you cross the threshold of this spa, adorned in antique Chinese-style decorations. Matching the decor, the services are primarily Chinese, offering Chinese massage, aroma oil massage and foot massage. 1) 199 Huangpu Bei Lu, by Renmin Dadao 10am-1.30am (6315 3745) www.yumassage.cn 2) 2/F, 218 Xinglu Lu, by Donghu Lu 3) 484 Xikang Lu, by Kangding Lu (6266 9233) 1) 199 Huangpu Bei Lu, by Renmin Dadao 10am-1.30am (6315 3745) www.yumassage.cn
This past holiday season, during our annual alumni basketball game at Western International School Shanghai (WISS), I reconnected with a few of my former students who were back in town visiting family. I look forward to this game every year, as it’s my chance to see if I’ve still ‘got it’ by testing my slowly deteriorating basketball skills against the youngsters. It’s getting more difficult by the year, in case you were wondering. But, I’ve still got it, even if I have less of whatever ‘it’ is!

Anyway, as we engaged in our usual conversations about university life, living on your own in a new environment and everything else that gets thrown around at these games, one conversation in particular stood out. A student who repatriated explained how difficult it was for him to move ‘home.’ Naturally, I assumed he was referring to his social adjustment, as the schools, and teachers especially, had prepared him academically. He was having trouble ‘fitting in’ and wanted to know what to do when it feels like you are a foreigner in your own country.

Overall, this situation is not at all unusual; students complain about the trials and tribulations of transitioning all the time. They describe it like going home to a place you have never lived, where you are expected to know more about the culture and way of life than you do.

However, as I probed a bit deeper, I found his challenges were a little different. For him, it was mainly about how little his secluded social group knew of the world and how their limited perspective informed a worldview that was frustrating. He encountered bias and prejudice unlike what he had experienced in China, and struggled to understand how people could harbor certain views about places they had never seen and people they’d never met. He was disappointed, and wondered what he could do to enlighten his provincial peers on how the world actually is.

I explained that transitions are seldom flawless and while he usually prides himself on being culturally savvy, feeling like an outsider when you return home is not unusual. Reverse culture shock is common, and there are ways to combat it. I recommended that when people were less patient and tolerant of others’ differences, he could act as a global ambassador. He has an opportunity to share the world he has experienced with people who have not yet had the privilege, and that is an opportunity he should embrace. I reminded him about the importance of patience and how one of the most detrimental things he could do was adopt a condescending attitude. Arrogance, even just perceived, is the most alienating of traits. I pointed to the fact that that he has spent the formative years of his life living an international lifestyle, around other expats, and it’s a mistake to assume that everyone functions the way he does.

We discussed that the challenge of connecting with his domestic peers could be due to their lack of common or shared experiences. Communicating about his lifestyle abroad sometimes made him feel like he was viewed as arrogant or privileged when he was simply trying to connect. This wasn’t anyone’s fault. His new friend group could potentially struggle to understand his experiences, and they may appear inept, immature or insulting when they are merely searching for an appropriate response to his amazing adventures. It has the potential to be an uncomfortable situation for both sides.

As we concluded our conversation, I advised him to view his home country the same way he would a foreign one. I have no doubt that living in Shanghai is a unique experience for all of us. I routinely boast about how special it is, and how the kids here have the power to change the world. However, they must realize that they are a minority, and be prepared to deal with the rest of the world who most often will not think like them. Once we recognize how that discrepancy influences our interactions, many of our frustrations with the transition will lessen.
Encouragement. It’s in our DNA.

“It’s great to see students using effective communication to encourage one another to reach new heights.”
—S. Dwyer, PE & health teacher and athletic coach

Concordia empowers students through a holistic and rigorous American education. Our students find rising to challenges much easier with a supportive community behind them. Life success starts at Concordia.

Come rise with us.