

Shanghai Family

Summer 2022

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Beyond Failure:

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Dusting Off
Moving on

Owning Your Awesomeness

Shanghai
Hidden
Gems

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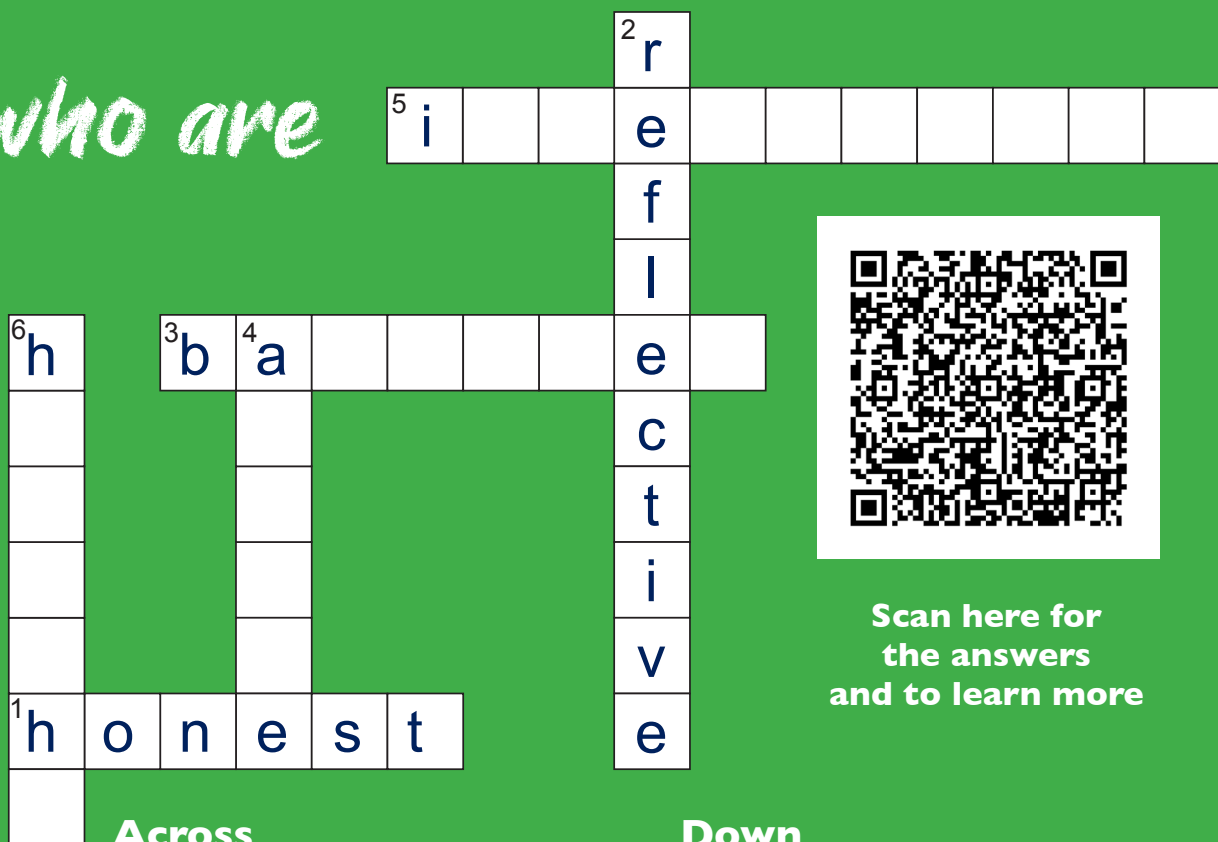
Parents & Kids

虎媽牛娃
HUMANIUWA

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who are



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Across

1. The quality of being truthful
3. Sensible and well-adjusted
5. Capable of thinking or acting for oneself

Down

2. Related to or characterized by deep thought; thoughtful
4. Engage in a variety of activities
6. Promoting good health

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Shanghai Family

Summer 2022

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What did you want to be when you grew up?



A ballerina



A movie producer (age 7)

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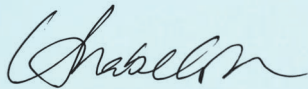
editorial team note

As we are celebrating coming out of the shadows of lockdown, this summer edition will focus on building careers. How do we guide children and have real **discussions about the work environment (16)**? How do we learn to let go of our expectations and **listen to our children (40)**. There are many things to consider when it comes to the future success of our kids, and one is helping them to **realize their own awesomeness (38)**.

However, planning the future can be particularly difficult these days especially when we are recovering from the after-effects of lockdown. From friends leaving and living in fear of being locked down again, how can we pick up and move on? We speak to experts to give us insight on **the beauty of starting over (26)**.

As travel is still difficult these days, let's discover some **hidden gems in Shanghai** worth exploring **(49)**. And as we begin the process for the finals of Student Voices, let's have a glimpse of how the executive mums of PETRONAS create an **eco-friendly home** that supports a circular economy **(24)**.

We hope you enjoy this issue as much as we enjoyed putting it together.



Anabela Mok, Managing Editor
On behalf of the Shanghai Family editorial team



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Shanghai
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Parents & Kids
SHANGHAI



2019-2020



2021



2022



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"Frozen: Let it Go" Comes to the Stage

A stage musical rendition of the Disney megahit movie franchise Frozen is coming to Shanghai Centre Theatre in August. The musical "Frozen: Let it Go" features the beloved story's lyrics and dialogue translated into Mandarin for audiences. Follow Elsa and Anna, Kristoff and Olaf as they journey through the frozen tundra, and experience the classic hit songs in person. Get the kiddos dressed in their favourite Frozen costume and take them to enjoy a magical night to remember. The musical show runs from 20th -21st August, with two showings each day. Book your tickets on 247tickets, directly from the ticket booth at Shanghai Centre, or via the ticket hotline: 5108 5050. Prices range from 180-580 RMB. Address: 4F, 1376 West Nanjing Road.



Want to submit a fresh tip? Just follow us on WeChat and send a message to our official account for a chance to be featured! WeChat ID: ShanghaiFamily



SSO's Summer Series Returns

The Shanghai Symphony Orchestra will hold its annual Music in the Summer Air (MISA) festival starting 20th July. Program details will be released as the date approaches. Also, a special children's MISA program will run from 24th June to 17th July. Top performers will be featured in the summer series. Follow the SSO WeChat: shsymphony for more information. Ticketing Hotline: 4008 210 522.

Search Inside Yourself is Back

Mark your calendars. The annual mindfulness seminar, Search Inside Yourself, is returning this 3rd-4th December. New for this year, the event will be conducted in Mandarin. Search Inside Yourself grew from an inhouse wellness program for professionals at Google. Stay tuned for further information about tickets and prices. The event is supported by and held at the American Chamber of Commerce.



MAP Reopens

After a long hiatus the beautiful Museum of Art Pudong reopened at the beginning of July. If you weren't able to visit the exhibits before, you're in luck. The showings are extended until late August. A highlight is "The Language of Xu Bing", which explores English words written as Chinese characters. Address: 205 Shangnan Road; Tel: 400 820 8771; Web: www.museumofartpd.org.cn.

2022

STUDENT VOICES

Speech Competition



演讲比赛

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绿穹之下 净零未来



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school roundup



BISS Puxi Class of '22

On Friday 10 June, the fantastic Class of 2022 was able to come together with their families and teachers to celebrate their graduation from BISS Puxi. It was an online event hosted by one of the wonderful Year 13 students, Jocelyn Chok, with support from Laura De Araujo Petiot and Ms Reen. Lots of IB teachers shared messages of good luck and great memories. The school celebrated the uniqueness that every single student from the year group brings - their talents, skills, passions and academic attainments.

Top 10 Dulwich Pudong

Dulwich College Shanghai Pudong was named Top 10 World's Best School for Supporting Healthy Lives, in the inaugural The World's Best School Prizes founded by T4 Education. The prize recognises schools that provide access, relevance and opportunities for students, staff, and the community to develop healthy habits, behaviours, knowledge, and skills. Head of College Caroline Taylor says, "This recognition is important to our community as health and wellbeing are at the heart of all that we do."



Wellington College International Shanghai Online Speech Day

The 25th May was Speech Day at Wellington College International Shanghai. The graduating Class of 2022 celebrated challenges met, successes achieved, friendships forged and a future full of endless possibilities. Pandemic-related restrictions meant the ceremony was conducted online. Several 2022 Leavers shared insight and advice on making the most of their future. Others put on inspired musical performances. Congratulations to the Class of '22!

Student Voices Semi Finals Concluded

The annual Shanghai Family Student Voices Speech Competition finished the semifinal round in June. Participants shared their views on a net-zero carbon future as part of this year's topic "Green Your Power, Power Your Future." Over 250 students from Grade 1-12 representing 24 schools participated in the virtual competition. The list of finalists advancing to the final round of competition this fall can be found on the WeChat account: ShanghaiFamily.





SAS Celebrates Graduates with Bund Lightshow

As the school year came to an end during lockdown, the graduating class of Shanghai American School was still sent off in a grand fashion. On the evening of 10 June, the Citigroup building along the Huangpu River was lit up with "SAS Class of 2022." This special event was a gift from an anonymous donor to the graduating class. The light spectacle was witnessed by Shanghai American School faculty, along with parents and the honored graduating students. The event allowed everyone to properly celebrate the milestone of high school graduation and enjoy a lasting memory together.

SCIS Congratulates Graduates on University Acceptances

The SCIS Class of 2022 bid their farewell and are now preparing to depart to distinct parts of the world to begin a new journey. This year the SCIS Dragon graduates were accepted into 96+ top universities from Asia, the US, the UK, Canada, and all over Europe. The school applauds the Class of 2022 for challenging themselves, personally and academically, through the IBDP where they have become well-rounded students. Through the IB Programme, Dragon graduates are ready for reality, ready to make ethical decisions in complex and unpredictable situations.



Shanghai Qibao Dwight High School Grads Earn Top Offers

Shanghai Qibao Dwight's Class of 2022 enjoyed extraordinary success in their college applications, earning offers to some of the world's leading universities in over ten countries worldwide. While the school celebrated the fact that 80% of the student body earned offers to top 50 universities, Qibao Dwight are most proud of the ways in which they reflect the school's Seven Virtues as they set off on their next journey. Congratulations to the graduating class of students on their academic achievement and milestone. For more information about Qibao Dwight, visit www.qibaodwight.org

Shanghai Gold Apple Students Persist During Lockdown

SH Gold Apple's online courses ran the duration of lockdown. How did students and teachers fare at home? Armed with stationery and books, students sat in front of screens, focused on courseware and did homework as usual. Teachers asked questions and waited for students to respond positively. Assignments were handed in on time as usual. In the spring afternoons, students did fitness activities such as badminton, running and golf. They also made delicious lunches for their families. SH Gold Apple stayed firm in the belief that all the good things would come back and everyone could pick themselves up and start again! The school guards the safety and health of the campus, and embraces a more brilliant and beautiful year.



cover story

Navigating Career Choices

Healthy ways to shape the young adult. *By Ailan Gates*



We need to encourage members of this next generation to become all that they can become, not try to force them to become what we want them to become ..."

– Barbara Coloroso

Having a positive parental influence can boost your child's confidence when making career choices. The earliest, most powerful, learning about careers is shaped by the adults in a child's life. Hence it's never too early or too soon to talk to your child about careers, qualities, skills, and interests. As parents, you have a key role to play in the decision-making process and the general career path your child chooses to pursue. However sometimes it is difficult to gauge how involved you should be. What is the best advice you can give your child? When is the right time to get involved?

There's a great song "Que sera, sera," by Jay Livingston and Ray Evans (1955) made famous by the late Doris Day. The lines we all remember are "Whatever will be, will be, the future's not ours to see. Que sera, sera" Although saccharine and innocent in nature, it is advice not applicable today. Thankfully as parents there are countless things to help navigate your child into deciding what's the right career path for their long illustrious future. According to Michael Rutter (2000), "Young people tend both to share their parents' values on major issues of life and also turn to them for guidance on most major concerns."

Nothing sounds scarier to a soon-to-be school leaver than being asked "What do you want to be when you grow up?" It's an innocent question to ask, but to some about to leave the safety net of home, family, friends, and high school, it can be a daunting one to answer. As parents, we need to

be aware that our child about to leave school will most likely experience anxiety as they struggle to decide on a life plan. The expectation that our child should have it all figured out is unlikely and can be harmful to their mental health. Therefore, it is imperative as a parent that you guide your child towards a career path that is most suited to them.

Guide, don't dictate

There's a fine line between guiding your child in making their career choices and making it for them. Research shows that parental norms and values most often affect children's career aspirations via parental interactions (Lavine, 1982). Our primary role as parents is to lead our children towards being their very best, and to guide them towards a career path that's most suited to them to ensure they will lead happy and successful lives.

What is a healthy level of involvement for parents?

Proactive parent involvement is the healthiest approach. Before discussing career choices with your child, parents should reflect on your own expectations, unfulfilled childhood

desires, and what had influenced your own career choices, and share with your child.

Parents should strive for their child to do their best, regardless of their career choices. Research shows that children who are expected to do their best become more focused on career-relevant goals and report higher motivational levels. This positively affects their ability to reach certain career goals, leading to a sense of accomplishment.

11 Common mistakes parents make

1. Parents are often eager to see their children settle down in a fruitful and economically viable career. This often leads to decisions that can be short-sighted, where parents get advice from fellow parents or the Internet and insist that their children follow the same.
2. Many parents, while choosing a career for their children, see them as an extension of themselves. Therefore, they want to realise their dreams through their children and enforce their unfulfilled goals and ambitions on them.





“Many parents, while choosing a career for their children, see them as an extension of themselves. Therefore, they want to realise their dreams through their children and enforce their unfulfilled goals and ambitions on them.”

3. Parents are often influenced by market trends rather than focusing on their child's aptitude or skills.

4. Some parents decide on career choices for their child and the subsequent academic training required even before their child reaches the age of 12. This restricts the child's exposure to various jobs and careers. Many children lose out on exploring great career options due to a lack of awareness.

5. Children must choose their careers based on their aptitude, skills, and passion. Many parents ignore these important attributes and jump into choosing careers for

their children based on their academic performance.

6. Parents often ask their children to choose college courses based on the popularity of the institute or its geographical location. These factors take precedence over the actual course of study that may benefit the child.

7. Many children are burdened with unrealistic expectations of their parents and are forced to attend special coaching classes from as early as Grade 6. Some children may not have the necessary skills or aptitude for the course they are getting trained for.

8. Some parents tend to blatantly reject out-of-the-box career choices of children calling them 'childish', 'whimsical' or 'immature'. This demotivates the child and may have a negative impact on their mental health.

9. Often parents do not realise that they can seek the help of career guidance counsellors in choosing the career path for their child. Career counselling for teens will go a long way in identifying their aptitude and matching it to the right career.

10. Parents often compare their child's career goals to their friend's professional aspirations and want them to follow the same career path as their peers. They need to remember what works out for one child may not work for the other.

11. Not giving your children enough opportunities to learn from their mistakes. Children learn about their strengths and weaknesses through their own positive and negative experiences. Parents need to help their child grow in self-knowledge by:

- Acknowledging when their child does something right, like being dependable and honest.
- Pointing out successes your child can see, such as improved grades.
- When your child makes mistakes, instead of judging or blaming, discuss instead what they could do differently next time.

9 Tips to help you guide your child to choose the most suitable career

You have your child's best interest at heart. Your primary role is to support them as they traverse through this difficult time of searching for their ideal career. You help them reach for the stars, but it's up to them to reach for different possibilities.

Avoid hovering and helicopter parenting. Take a supporting role, not

circling above and directing their every move. It's their career and their happiness at stake, so now, more than ever, they need to take the lead.

1. Converse with them, don't speak for them

Discuss your own experience in the workplace, the trials, the triumphs, and what's required to apply for jobs, such as resumes, cover letters, job applications and interviews. Yes, it might be easier to fix their resume yourself than to coach them on how to fix it, but please resist the temptation. It's an invaluable learning experience.

2. Focus on strength spotting

One key step in helping your child choose a career is getting them to understand themselves by discussing their strengths on a micro level. As their parent, you instinctively know your child and what areas they excel in.

Focus on 'strength spotting'. This is advocated by psychologists and there are methods to identify your child's skills in key areas for successful employment. These skills include being organized, a team player, adaptable, meticulous, and energetic. Official strength-spotting exercises are easily attained from aptitude and personality tests such as Myer-Briggs, Caliper Profile, and the DISC personality test. However, these tests shouldn't be seen as absolute but instead as a guide.

3. Understand the current global employment marketplace

Understand that the global employment market is vastly different from when you were navigating through it, and that you might not be equipped with the resources to give advice or guidance to your child.

Be aware that new job opportunities are being created all the time and jobs that were available when you were first starting are no longer avail-

able, and many jobs that are open to young people today didn't even exist 10 years ago. Your child may be facing some of the same social challenges and decisions you did at that age. But your child is also preparing for a world of work that will be very different.

Understand that most of today's workforce are expected to experience on average 12-15 job changes in their work lives. Various occupations in up to five different industries have planned and unplanned gaps in employment.

Realise that two out of three new jobs in the 21st century will require post-secondary training and many of the occupations that your child will pursue have not yet been created. Good examples of this are, the growing field of social media marketing like Tik Tok, Instagram, WeChat, Weibo, and Xiaohongshu, just to name a few.

4. How do you spark inspiration in your child?

One of the best ways to approach career options with a child who doesn't have any idea what they want to pursue is to keep an open

dialogue with them. A great way to facilitate this is by asking thought-provoking questions about their future. By acting as a springboard for their ideas, you can spark inspiration around what career they might want to pursue.

Some guiding questions to ask your child:

- Ask open-ended questions that give your child a chance to reflect and share their general views. Questions such as "Do you think about your future much and what aspects do you think about?"
- "What are your dreams and aspirations?" Does your child already have goals in mind they want to achieve? This could be related to careers, family, travel - anything that's important to them. These conversations will help them determine where their priorities lie.
- "How big of a role do you want your work to play in your life?" Some individuals are suited to jobs that require a heavy number of hours each week. Others prefer a greater work/life balance and the ability to leave work at the door. Starting to think about how big of a role in life work will be will help focus their options.



cover story



"Encourage your child to choose a career that they're passionate about and remind them that the world doesn't rest on their shoulders."

- "Where do you see yourself in 10 years?" This is a common question that gets asked in job interviews, but it can also help set the scene of where they want to end up.
- "What activities do you do at the moment that give you energy?" Identifying what sparks joy in your child could be the key to working out which industry they might find appealing.

How you respond to the above questions as a parent depends on the different stages of development of your child. Below is some useful information about your child's stages of development:

Early adolescents (about ages 11 to 13) are influenced by what their friends think. They know what they can and cannot do well. Many believe that university is their only option for post-secondary education. You can help your child begin to explore the many varying options of post-sec-

ondary programs.

Middle adolescents (about ages 14 to 16) are more apt at believing in their own abilities if they're visible or measurable. Good examples are: scoring a goal in soccer or getting a part in a play. If they don't find school socially or academically rewarding, they may consider dropping out early. Therefore it's imperative that you build their self-confidence by helping them set achievable goals. When the time comes for high school, encourage your teen to take courses that are needed for many post-secondary programs. This will keep your teen's options open.

Late adolescents (about ages 16 to 21 for girls, 17 to 21 for boys) are more aware of who they are. They are also less influenced by what other people think. Their interests may broaden which will encourage them to be greater risk-takers and exploring different courses, programs, and jobs.

5. Use your network, but don't push your agenda

Once your child has named some careers they are interested in, you can leverage your contacts to help by finding professionals to interview or shadow for a day. More importantly, you can find them a mentor or internship which will give them greater insight into the occupation they might be interested in pursuing.

Don't insist that your child follow in your footsteps. If they truly do take after you, they will be much happier figuring that out on their own.

6. Encourage summer internships

Encourage your child to take on as many internships, relevant work experience, or apprenticeships as humanly possible in an array of professions. There's no better way to find a suitable vocation where your child can thrive. Some companies even offer paid internships which is a bonus to your child, as they will learn the concept of earning whilst working.

Don't get preoccupied on your child finding a paid position. Your child could always intern part time and work part time. Twenty hours a week is plenty of time for them to figure out if they're passionate about a profession. Working a typical summer job, as waiter or as an assistant coach, will instil valuable career lessons, like how to multitask and be responsible. Additionally, they'll receive invaluable feedback to help them identify what they're good at.

7. Encourage passion and to dream big

A survey by Timesjobs.com titled 'Job Satisfaction 2016', stated that 60 percent of employees were not satisfied with their jobs while 80 percent were looking to change jobs. Out of the total respondents, 30 percent stated 'meaningless work' as the reason for looking for a job change. Thus, it is crucial that your child

chooses a career that interests them and that they are passionate about.

Encourage your child to choose a career that they're passionate about and remind them that the world doesn't rest on their shoulders.

Encourage self-discovery, and the development of new skills and talents. Tell them that it's okay that they haven't realised what they want to do yet, as very few of us were lucky enough to know what career we wanted when we were 18. The main thing is to be proactive and to give them space and time to discover their passion.

Guide your child rather than direct them. Avoid making specific career suggestions, and be aware that your child may want to imitate their parents' own norms and values before developing their own sense of self.

Let them know there's no pressure to simply choose one career and be committed to it for the next 50 years.

Encourage them to dream big and remind them it's likely they will have several careers over the course of their life. Explain that it's perfectly okay to defer, switch courses, or change their degree. They can do something entirely new if they decide a few months or even years later that the program they chose isn't for them.

8. Create a challenging and supportive environment

When parents help create a challenging and supportive environment, they are in essence allowing their child the opportunity to explore their own interests.

- If the opportunity arises, allow your child to explore all careers of interest by letting them shadow you at work for a day, as well as other people.
- Encourage your child to attend as many career days as possible at school.
- Encourage your child to talk to people from different careers and ask questions about their work and responsibilities.
- Discuss the career your child is interested in from a neutral perspective. Sit down together and discuss the pros and cons, without influencing them.

9. Cognitive vs non-cognitive

The Education Endowment Foundation found that non-cognitive skills are increasingly seen as just as important as cognitive skills, or IQ, when assessing career success. Other equally important elements included character, persistence, the ability to cope with failure, the ability to make connections, critical thinking, and big picture thought. Encouraging your child to think about their future will hopefully get them into developing a vision of what they want their life to look like, and what they need to do to get there.

Child to young adult

Children are incredibly perceptive and observant. As parents, you are best to lead by example by building a career that you love, and doing it with great gusto, passion, and integrity. If they observe you enjoying your work, they too will realise that they can find work fulfilling.

The major role for any parent is to instil three core values to help their child in their career choice - self-belief, resilience, and discipline. With these three skills developed over time, your child will find great joy and satisfaction in any profession they choose. Parents need to draw from their own experience with these three skills, and teach their children that it won't be a straight path. There will be many bumps along the way, with varying moments of low motivation. However equipping them with the mindset to overcome the challenges and to move forward will be the best gift any parent can give. Also remind them it's not a solo adventure. Use their network of teachers, career counsellors, mentors, coaches, and tutors for guidance and inspiration. They don't have to work it out by themselves.

"For there is always light, if only we're brave enough to see it, if only we're brave enough to be it" - Amanda Gorman, 22-year-old National Youth Poet Laureate

As parents we have preconceived views about what constitutes being successful, what it takes, and what defines a good job or having an ideal life. We want them to have a life that's fulfilling, rewarding and brings them joy. We all recognise the value of having a good education. That's a given, but we also need to acknowledge a lot has changed since we were at our child's age. So we need to be wary of imposing our bias, and allow them to find their own purpose in life. **SF**



From Mindless to Mindful

Training a mindful approach to life.
By Margie Chiang

"If you just sit and observe, you will see how restless your mind is...over time it does calm, and when it does...that's when your intuition starts to blossom and you start to see things more clearly...you see a tremendous expanse in the moment. You see so much more than you could see before." -Steve Jobs

Why Mindfulness?

The first quarter of 2022 is déjà vu of 2020 and more. In China, we battle the resurgence of the stealth virus. Outside there is Russia's war in Ukraine. Against the volatile backdrop, at an individual level, we may feel that our busy, wired, "always on" world makes it hard to stay emotion-

ally balanced and to feel like we're able to put our efforts towards what's most important, such as family.

There's a term for it from the military: a "VUCA" world: Volatile, Uncertain, Complex and Ambiguous. The increasing amount of information and distractions we face are leading to greater stress and being overwhelmed. Finally, within our busy lives and VUCA world, we might be struggling to find meaning.

Even when things are going well, many feel that there's a sense of untapped possibility. Many people feel lost in or constantly driven by day-to-day challenges, they want

more space to have perspective, but don't know how or have a hard time making it a habit.

In other words, we tend to run on "autopilot."

We act based on past habits, without paying much attention to what we are doing. One study based out of Harvard estimates that we spend almost 50% of our time thinking about something other than what we're doing.

Running on autopilot is something that happens naturally. The problem is that if we're just on autopilot, not really present with what we're doing,



how can we really listen to others? How can we learn from what's happening? How can we appreciate quality time with others?

Fortunately, there is the possibility to respond differently.

A beautiful way of expressing this possibility appears in the work of Viktor Frankl, a holocaust survivor, psychologist, and founder of logotherapy.

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." -Stephen Covey summarizing Victor Frankl's teachings

To find the freedom to choose between stimulus and response, it helps to be aware, to be aware of what's happening as it's happening, not disengaged and running on autopilot. So how do we go from autopilot to awareness? Through mindfulness.

What is Mindfulness

"Mindfulness means paying attention to what's happening in the pre-

sent moment in the mind, body and external environment, with an attitude of curiosity and kindness." -Mindful Nation UK Report

Benefits of Mindfulness

Empathy to connect and communicate more effectively by learning to attune to the emotional undertone in relationships. According to Jamil Zaki, professor of psychology at Stanford University and author of "The War for Kindness: Building Empathy in a Fractured World," research indicates empathic homes tend to enjoy stronger connection, less stress and stronger unity.

Resilience to bounce back from setbacks with a growth-oriented mindset that frames all experiences as learning opportunities for growth. According to the Harvard Business Review, managing stress over the long-term requires cultivating resilience skills before seeking external solutions so that you can frame changes, stresses and challenges into opportunities.

Emotional intelligence for stronger collaboration with others. The ability to recognize your own and other people's emotions and use this information to manifest wise decisions that benefit all.

Head space which is fundamental to creative and innovative thinking. Jon Kabat-Zinn, the American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, argues that one of the real barriers to developing creativity is our lack of training in the "deep interior capacities" of attention and awareness. As we grow in mindfulness through meditation and openness to our life and our world, we can cultivate the power of silence and stillness to access our innate

imagination and creativity.

Incorporating Mindfulness in Daily Life

To consciously activate mindfulness, we can use reflection practices that cultivate stillness which leads to being present.

Journaling - start off with a one-sentence journal. Coming from Leo Babauta via Gretchen Rubin, author of The Happiness Project. Write one sentence (or thereabouts) a day. Journaling is crystalizing and you'd be amazed at the 'a-ha' insights that can come from jotting one sentence onto paper.

Meditation - which can be completed in as little as 2 minutes.

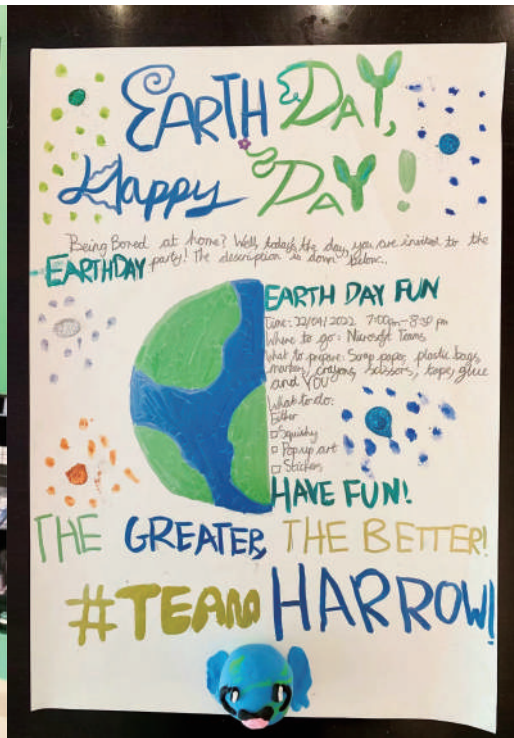
Breathing exercises - box breathing in less than 3 minutes

The key is to create a daily ritual for self-reflection. Focus on doing it at the same time, every day so it integrates into your daily life like showering, brushing your teeth and eating. If you have a trigger (such as, "after I brush my teeth"), this will help establish the habit. By creating small rituals that refocus attention, we can be "present" with ourselves and others and navigate our lives more responsively instead of reactively.

By actualizing mindfulness into our daily lives, we build self-awareness and recognition of how we treat others. Through this empathy, we can compassionately build better relationships with our selves and our loved ones.

Margie Chiang is the founder of SHIFT, a leadership development consultancy focused on mindfulness training for corporate executives. Since 2015 she has been launching the Born @ Google Search Inside Yourself (SIY) Program in Shanghai. SF





The Future Awaits

PETRONAS powers you for a net-zero carbon future. *By Anabela Mok*

From rising carbon emissions to the amount of consumption in our daily lives, the health of Earth is looking bleak for the future generations. As the call to save the planet's resources is now more urgent than ever, PETRONAS, a Malaysian energy company, is crafting a business that puts sustainability at its core. Speaking to executives from PETRONAS who are also mums, we get an insightful look at the actions we can take now and how the circular economy helps to create a net-zero carbon future.

What is circular economy and why is that important?

The goal of having a circular economy is to create a lifestyle change, allowing individuals and companies to be more eco-conscious. Ezrin, who heads the newly created Circular Economy team at PETRONAS' Cor-

porate Strategic Planning explains that "circular economy addresses the issue of over-consumption and over-exploitation by using a systematic approach to reduce waste and emissions. This can be done by rethinking our consumption and disposal habits, such as reusing things as well as recycling." According to Lisy Lee, PETRONAS China Chairman, special importance should be placed onto "the full lifecycle management of a product, including its extraction, production, distribution, use and recycling, to check if it follows the Agenda for Sustainable Development."

In China, circular economy is extended by placing emphasis on new energy vehicles and full lifecycle management. As Lisy explains, "new energy vehicles have much lower exhaust emissions than traditional fuel vehicles, but there is another aspect



Lisy Lee,
PETRONAS China Chairman

that deserves our attention, namely the recycling of NEV batteries. We need to actively promote the full life cycle management of batteries and focus on the recycling of waste batteries to make full use of the residual value."



How can families incorporate sustainability in their household?

Lisy, who is a mother of a vivacious 10-year-old daughter, suggests a simple action of “choosing more energy-saving ones when purchasing light bulbs; sorting waste and paying attention to distinguishing hazardous waste.” Other things for a less wasteful house include paying extra consideration when it comes to household appliance purchasing such as, “take the energy emission standards into consideration besides prices, style and functions. It’s important that we cultivate awareness of energy saving while paying attention to energy consumption and performance.”

For those families with one child or more, they can consider donating items that have a short lifespan, such as children’s clothing and toys, to those in need so that they can be reused. Lisy also encourages families to “cultivate good eco-friendly habits for children”. In her case, she guides her child to discover the beauty of simplicity in life, such as when doing crafts, try to find the surrounding reusable resources instead of purchasing disposable materials, to avoid extravagance and wastefulness. She also encourages quality time with your child by reading educational books on energy conservation and environmental protection to raise environmental awareness.

What are your hopes for sustainability in the next five years?

Ezrin hopes to see circular or sustainable offerings as mainstream, and no longer the ‘premium’ or ‘extra’ as seen today that only a certain group of consumers can afford. For Lisy, she hopes change can start with more energy companies increasing R&D investment and operational efficiency to attract more capable and ambitious young people entering the industry. From an individual perspective, she also calls on parents to be good examples for their children by changing lifestyles step by step towards more sustainable approaches.

PETRONAS

Official WeChat: PETRONAS-WeChat

Earth-friendly habits

Ezrin, who is mum to a girl and two boys, believes that individuals play an important role in the shift towards sustainability, “some people think that to lead a sustainable life that brings huge impact, you need to ‘go big or go home’ and invest a lot - like buying EV cars or installing solar panels. Whilst these are good options to take, only few are able to afford these. In actual fact, the simplest steps done consistently brings about the biggest impact.” Ezrin shares some easy tips that can be a start to a permanent habit.

- Switch off lights and air conditioners when you leave a room
- Turn off the tap water when you are in the midst of cleaning
- Choose energy and water efficient appliances. For lights, choose LED that lasts much longer and use low energy
- Segregate waste by the recyclable and non-recyclable items. In fact, you can take this further by composting your food waste.
- Use public transportation or carpool
- Support small, local and sustainable businesses



*Ezrin Johanna Elias,
Head of Circular Economy,
PETRONAS Corporate Strategy*

- Buy vintage or second-hand items
- Instead of choosing ‘cheap’, invest in good quality products that will last a long time
- Bring a refillable water bottle and a foldable cloth shopping bag everywhere, everyday
- Stop cementing over spaces or buying plastic plants and grass - instead, plant real ones!
- And the best is to reduce. If you don’t need it, don’t buy it.



health

Stepping Out Again With Your Best Foot Forward

Health experts give guidance on mental and physical health.

By Lynn Yen

It feels like we've been running a marathon with our emotions. We are tired. We have gone beyond what we previously thought were the limits, living in survival mode. But we have now made it through and our lives feel different on the other side.

There are still feelings of suspended time as we restart, catch our breaths, and put one foot in front of the other. Yet slowly, we are moving on.

In front of us is the task of healing and safeguarding our health, both mental and physical.

Dr Yu Li Cunningham, counselor at United Family Healthcare, echoes our trepid feelings. "It might be helpful to first face and admit that we are still walking with open wounds, doing our best to regain a sense of normality in the face of the open-ended uncertainty," she said.

Activities like journaling, talking to a trusted friend, and mindfulness exercises help us attune to our thoughts and feelings.

As much as we'd like to forget the past, it's good to acknowledge from where we are starting.

Dr Cunningham continues, "Recovery from trauma is not a linear process, but rather an ongoing process that involves full awareness and acceptance of where we are and how we feel with a stance of compassion."

Uncertainty is a new companion we all have, and it's best to learn how to manage along side it. Dr Davy Guo, psychology director of Mindfront Health, elaborates, "We are living in a constantly changing world. Whether there is a pandemic or not, uncertainty is a part of normal life. The first step of coping is recognizing it and accepting it."



Though we can't control uncertain events, we can control our response to uncertainty. "For children, surprisingly many of them have the natural ability to adjust and adapt. However, it is often the adults' worry and behaviors that cause them to be anxious. Therefore, it is more important for us to keep calm and show them that it will be okay," said Guo.

We may resemble Bambi while taking our first steps on shaky legs back into a more opened up city. Apprehension and hesitancy are understandable, especially when dealing with an invisible virus as a foe. But ultimately we shouldn't give in to the phobias and fears of activities we once did without a second thought.

In order to have a smoother transition from living locked in to going out on the town, Qiongru Huang, mental health psychotherapist at Jiahui Health, gives three tips. Firstly, use your senses to engage in what is going on around you, as sensory information can be the key to quickly opening up minds and readjusting. Secondly, acknowledge your feelings such as awkwardness, by saying, "This is weird, right?" This can take away its negative power and clear the air. Lastly, try relaxation techniques to alleviate fear and reduce stress, such as breathing exercises, muscle relaxation, yoga, mindfulness, and meditation.



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Parkway
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Doctors listed in order of mention

Huang reminds us that humans have a powerful ability to adapt. Going out and resuming in-person social activities again is just another transition for us to go through.

Our current challenges aren't limited to readjusting to socialization. Once we've made peace with venturing out to see friends, we then have to say farewell to those friends who are moving away, and process that loss. Yet those are still the lucky ones. Some friends already left without a chance to say goodbye.

According to Parkway's Sophie Zhou, "the unfortunate circumstance that important people in our life left suddenly without saying goodbye could trigger a strong sense of uncertainty. It's emotionally draining and can make us feel distressed and powerless."

Zhou recommends an exercise to deal with these feelings of uncertainty by identifying things we could focus on in our daily life.



"Draw a big circle on the paper. In this circle, write down the things you could control, for example, stay connected with people on social media, and meet your friends or families who are around in person and enjoy your time together. Outside the circle, write down the things beyond your ability to control, for example, the COVID prevention policies in your district and other people's decision to leave," said Zhou.

The task allows you to focus on things that are under your control, and actively take action.

Another way to safeguard our mental health is through maintaining our physical health. During lockdown, we experienced how a sedentary lifestyle affected our mental health. Less movement led to having less energy for daily tasks.

Basic actions like taking care of our health through eating healthy and on time, routine exercise, quality sleep, and reducing stress through scheduling ahead, all contribute to our overall physical and mental health according to Dr. Khelu Shrestha of Renai Hospital International Department.

Dr Ewelina Biskup of Shanghai East Interna-

tional Medical Center also recommends getting exercise anyway you can, even in a lockdown situation. That means scheduling a daily exercise routine, taking regular breaks by getting up and stretching, cleaning, taking the stairs instead of the elevator, or even playing with pets, she advises.

With remote work more frequent, a growing area of health focus is eye care after prolonged screen time. This modern problem is important to integrate into overall health-care. Chief of Ophthalmology at Essence Eye, Dr Wei Wang, gives coping strategies to care for optical health.

Blink: When you use electronic equipment, please try to consciously blink more. Try to blink more times per minute, and close and open the eyes completely while blinking to ensure the eyes are fully wetted to prevent dryness and fatigue.

Looking far into the distance: Standing by the window or balcony and looking out at things more than six meters away after you have worked or learned online for about thirty minutes.

Relaxing your eyes: Placing some green plants around to help you relax visually.



Hot compress: Applying a hot towel or a hot eye mask on the eyelids to effectively relieve visual fatigue after closing your eyes. Note that the temperature should not be too high, and the most suitable temperature is to make you feel comfortable.

Stretch: Get up and stretch your body.

The added benefit of staying healthy is starting a virtuous cycle of boosting immunity and getting sick less often. Much of our worry is about testing positive for COVID-19. But if we are vaccinated and maintain a good immune system, our bodies can more quickly and effectively eliminate the virus.

Dr Jerry Tian of Columbia Kaiyi Clinic explains three ways to boost your immunity. First is exercise. He states that when we exercise at a medium intensity, this promotes the immune response against different infections and even cancers. Exercise increases lymphatic responses, which increases the number and function of natural killer cells. Second is eating a balanced diet. Nutrients, specifically proteins, vitamins, and microelements are crucial for the immune system to function normally. Dr Tian also recommends dietary supplements as a way to get adequate nutrients.


Third is being positive and avoiding stress. Psychological stress suppresses the immune system in otherwise healthy individuals by decreasing the production of immunity cells and antibodies.

There is also psychological immunity. As Wendy Chao of Body & Soul Medical Clinics explains, "Psychological immunity is defined as a system of adaptive resources and positive personality traits that acts as mental antibodies during the time of stress. The elements of psychological immunity, unlike physical immunity, are ours to choose and develop."


Psychological immunity encompasses:

- *Emotional resilience:* the ability to bounce back from difficult situations.
- *Self-reliance:* freedom to be authentic despite external influences.
- *Emotional honesty:* the ability to acknowledge emotions.
- *Detachment:* shield and distance between self and external environment.
- *Emotional intelligence:* capacity to foresee how emotions are likely to affect behavior.


Dr Chao advises us to avoid seeing crises as insurmountable problems. Accept that change is part of life, move toward your




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Doctors listed in order of mention

goals, nurture a positive view of yourself, have a hobby to immerse in, and most importantly, be kind to yourself.

This circles back to the recommended psychological practices during uncertain times. Some things we can't easily change like pandemic control policies, but aspects like good physical health, mental health, and exercise are tools we can readily control and use to protect ourselves while putting our best foot forward. **SF**



2021-22 Shanghai Family

We are proud to announce the winners of our Shanghai Family and Parents&Kids 'My Hometown' Art & Writing Competition, for the age group 3 to 10. This year, students had to sketch, paint or sculpt a piece of art depicting their hometowns. Here are the winners!



Jina Kim-10
Shanghai United International School Shangyin Campus



Angela-6
Julia Gabriel Centre



Harry-7
Huili School Shanghai



Luna Lin-8
Shanghai United International School, Hongqiao Campus



Bella Pek-8
Harrow International School Shanghai



Ang Zee Cheng-8
Yew Chung International School of Shanghai(YCIS)



Orange-9
The Little Bridge



Ivan Shen-8
Wellington College International Shanghai



Susan Tang-10
The Little Bridge

Art & Writing Competition

2021-22 学 校 艺 术 巡 展

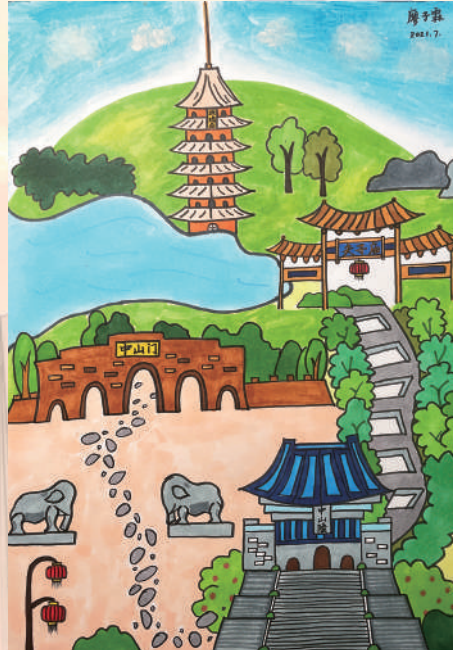
Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUMANITY



Park Minha-9
The British International School Shanghai(BISS)



Louis Liao-10
Hongwen School, Shanghai Pudong Campus



Ma Ke-8
Dulwich College Shanghai Pudong



Yoyo Zhang-5
Julia Gabriel Centre



Sophia Lena Cohade-5
Julia Gabriel Centre



Alvin-6
Julia Gabriel Centre



Park Eunseo-10
The British International School Shanghai(BISS)



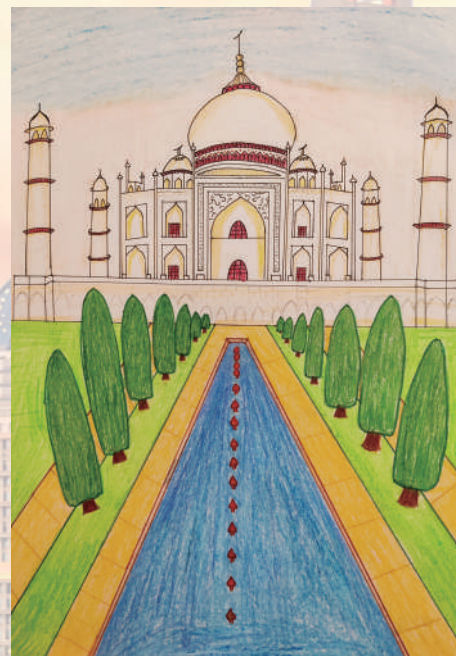
2021-22 Shanghai Family



Joy Ren-9
Shanghai United International School Pudong
Campus



Anita-8
Shanghai United International School Qingpu
Campus



Kaarthi-7
Yew Chung International School of
Shanghai(YCIS)



Moka Liu-7
The Little Bridge



Cyrus Cheng-8
Dulwich College Shanghai Pudong



Jingtong Gu-9
Harrow International School Shanghai

Art & Writing Competition

2021-22 学 校 艺 术 巡 展

Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUYANNUWA



Shunze Rao-10
Minhang Experimental Primary School



Tanisha Chaudhury-10
Shanghai Singapore International School(SSIS)



Amelie Yung Hwa Chen-9
Dulwich College Shanghai Pudong



Yichen Lin-6
Wellington College International Shanghai



Thea Li-7
Shanghai United International School Shangyin Campus



Zihao Lu-5
Vanke Kindergarten, Minhang



Jerry-8
Vanke Bilingual School



Jiameng Lu -7
Dongfang Primary School



2021-22 Shanghai Family

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Ryan Wang-12
Nord Anglia Chinese International School Shanghai



Jiwon Kang-16
Shanghai High School International Division



Yining Cai-16
Wellington College International Shanghai



Gaeun Cho-15
Shanghai SMIC Private School



Joshua Lee-18
No.2 High School of East China Normal University



Seunghoo Yeo (Jayden)-11
Concordia International School of Shanghai Pudong Campus



Coco Chen-14
Harrow International School Shanghai



Lefei (Laura) Zhao-12
Shanghai United International School Pudong Campus



Nina Ge-13
North America International School

Art & Writing Competition

2021-22 学 校 艺 术 巡 展

Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUYAMANIWA



Minsung Park-11
The British International School
Shanghai (BISS) Puxi



Deepanjali Shirgurkar-13
Shanghai SMIC Private School



Youyi Yang-12
Dulwich College Shanghai Pudong



Xinning Yang-13
Shanghai Tianlin Middle School



Tony Tong-13
Shanghai Kongjiang Junior High
School



Tommy Xu-17
North America International School



Jenna Han-12
Shanghai American School(SAS)



Karen Koh-15
Shanghai High School International
Division



Jasmine Cheng-15
Shanghai United International School,
Gubei Secondary Campus



Julie Han-12
Shanghai American School(SAS)



Emil Zhang-13
Wellington College International
Shanghai

Beyond Failure:

Getting Up

Dusting Off

Moving On

Learn how a growth mindset and grit come into play. *By Anabela Mok*

Many parenting websites and Instagram accounts mention the importance of letting your children fail and learning from the experience. Failure teaches us humility, empathy, and to recognize our own shortcomings. It's also a time for parents and children to learn their own limitations and give us time to hone tools so we can get up, dust off and move on.

In her book, "The Gift of Failure", author and teacher Jessica Lahey says challenging experiences are the only way we develop certain coping and problem-solving skills. If we shield children from adversity, key brain connections cannot develop.

Paul Tough, author of "How Children Succeed", agrees that developing skills like "grit, perseverance, self-control, optimism, gratitude, social intelligence, zest, and curiosity" are more important than IQ. Tough says that these traits can be boosted in

children if their parents are able to provide them with challenges to work through and overcome. He argues that adversity and even failure are crucial to a child's development.

How to Turn Failure Into a Win: Using Growth Mindset

Having a growth mindset (the belief that you are in control of your own ability, and can learn and improve) is the key to success. Yes, hard work, effort, and persistence are all important, but not as important as having that underlying belief that you are in control of your own destiny.

According to a study by Harvard Business Review, "Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset. They tend to achieve more than those with a more fixed mindset (those who believe their talents are innate gifts). This is because they worry less about look-

ing smart and they put more energy into learning. When entire companies embrace a growth mindset, their employees report feeling far more empowered and committed; they also receive far greater organizational support for collaboration and innovation."

Which is why, for many parents the importance is praising effort (growth) and not outcome (innate). Praising kids for being smart suggests that innate talent is the reason for success, while focusing on the process helps them to see how their effort leads to success. When parents talk positively about making mistakes, kids start to think of mistakes as a natural part of the learning process.

When Failure is Unchecked

While learning to fail is one way to learn the limitations of growth, it is also important to teach children the basics of coping skills and anxiety. When failure is unchecked, it could lead to avoidance and also, negative coping strategies.

According to psychotherapist Amy Morin, "Adolescents who lack healthy coping skills may also turn to avoidance coping. For example, instead of working on math homework they don't understand, teens who use avoidance coping may go play basketball with their friends to avoid doing homework altogether.

Then, failing the assignment is likely to compound their academic problems. These teens are likely to fall further behind in school because they didn't take steps to learn how to cope with the anxiety and frustration they experience when they try to do the work. Without healthy coping skills, kids are likely to act out—essentially sending a message that says, "I feel out of control so I'm going to act out of control."

One study published in the journal "Addictive Behaviours" found that adolescents who lack problem-solving skills have higher lifetime marijuana use. This is just one example of how a lack of coping skills might lead to a dependence on something else.

By looking at the lessons of failure and enacting the principles of growth mindset, children can grow up more mindful of their surroundings and their own capabilities. With parent support and guidance, children can learn methods of coping with failure and devising a game plan that can help them stand up to the challenge.

Moving On: Rebounding From Failure With Grit

One of the buzz words in child development is grit. According to Angela Duckworth, psychologist and researcher who coined the term, "It is the ability to persist in something you feel passionate about and persevere when you face obstacles. This kind of passion is not about intense emotions or infatuation. It's about having direction and commitment. When you have this kind of passion, you can stay committed to a task that may be difficult or boring."

Using grit as a tool to rebound from failure is a great way to develop resilience and practice goal-setting techniques. If your child is struggling, one of the best things you can do is discourage them from quitting at a low point. Instead, use the experience as a way to teach resilience as an opportunity for success.

If your child is openly communicating their frustration and failure with you, help them brainstorm strategies and make a plan of what actions they will

take and how they will proceed, but give them ownership.

Lastly, parents are their children's best role models. Show kids that you take on tasks that are sometimes scary, and that you sometimes struggle or fail and then bounce back. Model resilience for your children and show them that failing is nothing to be afraid of.

Be present and coach your child without controlling their actions. Be weary of criticism as it might be misconstrued as a negative feedback, but do show how criticism can be constructive as that will be an essential part of their growth. **SF**





Owning Your Awesomeness

The awesome power of being yourself. *By Margie Chiang*

*"Be yourself;
everyone else is already taken."
-Oscar Wilde*

When coaching middle/high school students on their way to university, I guide from the premise that Brene Brown, academic researcher, shared on her widely viewed TED Talk on vulnerability.

"They (children) are hardwired for struggle when they get here. And when you hold those perfect little babies in your hand, our job is not to say, 'look at her, she's perfect. My job is just to keep her perfect -- make sure she makes Yale by seventh grade.' That's not our job. Our job is to look and say, 'You know what? You're imperfect, and you're wired for struggle, but you are worthy of love and belonging.'"

From this mindset of celebrating one's own self, I help students navigate discovering and owning, "what makes me awesome?"

Universities outside of China (especially ones based in US) focus on curating a diverse class of students with varied backgrounds and interests. Thus, highlighting a student's superpowers is essential for differentiation. With that being said, owning one's uniqueness cultivates a flourishing individual who can make great contributions to our world.

Here are some insights I garnered while working with students in China, USA, UK and Canada.

Embrace Individuality

Knowing one's self is a lifetime endeavor so

it's a tall order to ask a middle or high school student to summarize his or her distinctive attributes, yet the goal at this juncture is for direction.

In coaching sessions, I introduce queries with the intention to derive core values, skills and strong interests:

1. *Who do you admire and why?*
2. *If you could spend your entire time doing anything that makes you happy, what would it be?*
3. *If I asked three of your friends why they hang out with you; what would each say?*

I often discover the core values of a student during these sessions. For example, one

student answering, "who do you admire and why?" shared that her role model was her grandmother. Her grandmother witnessed domestic violence in their neighborhood. Instead of being a bystander, her grandmother intervened, protecting the beaten female and calling for security. Her grandmother shared, "what I did was dangerous yet I want to do the right thing." Influenced by this experience, this student evolved with a civic-minded nature. Whether she was protecting a classmate from bullying or mediating student disagreements, she was anchored by her core value of social justice which prevailed throughout her strategic exploration in extracurricular activities.

Celebrate Extracurricular Activities

Discover and Re-Discover

Instrumental to solidifying core values, skills and interests is extracurricular activities. Activities are the treasure trove for exploration and the earlier we start mapping and activating them, the earlier my students arrive at what they love to do; what they are good at and a direction on social impact.

I categorize activities in three areas: academics (TOEFL-SAT-ACT), service, passions. At the onset, the exploration determines if there is authentic engagement. Mindful of the school course load, I introduce self-discovery activities through project-based learnings (PBL) from Joyview Education where we craft PBLs in partnership with non-profits locally and internationally to make social contribution.

Honoring the distinctiveness of each student, I also seek eclectic, personalized projects. For example, one of my students champions mental wellbeing and through a curated ensemble of non-profit projects; she owns her role as a teenage mental health advocate. Given this discovery process, she has decided to study child psychology in the US.

Solidify Leadership - from "Me-to-We"

Leadership is a key character strength that US admission teams seek in candidates. As such, with the activities sampled during the

discovery process, we then elevate from 'participant' to 'leader' where the student scales impact into communities.

In the example of my student who will be studying child psychology, she demonstrated her leadership when she worked with a community non-profit to lead an art event for 7 to 11 year olds; educating them on the importance of mental well-being.

Proactively Plan

When asked by parents, "when do we start self-discovery for my child?"

This process takes time. Thus, planning earlier instead of later leads to a well-paced marathon instead of a harried sprint. Most vital is that whatever activity the student adopts, it needs to be authentic to him or her. What they love to do. What they are good at and in line with what they want to

contribute to our world. Otherwise, their story-telling of their activities through application essays will not demonstrate their authentic awesomeness as they will not be committed.

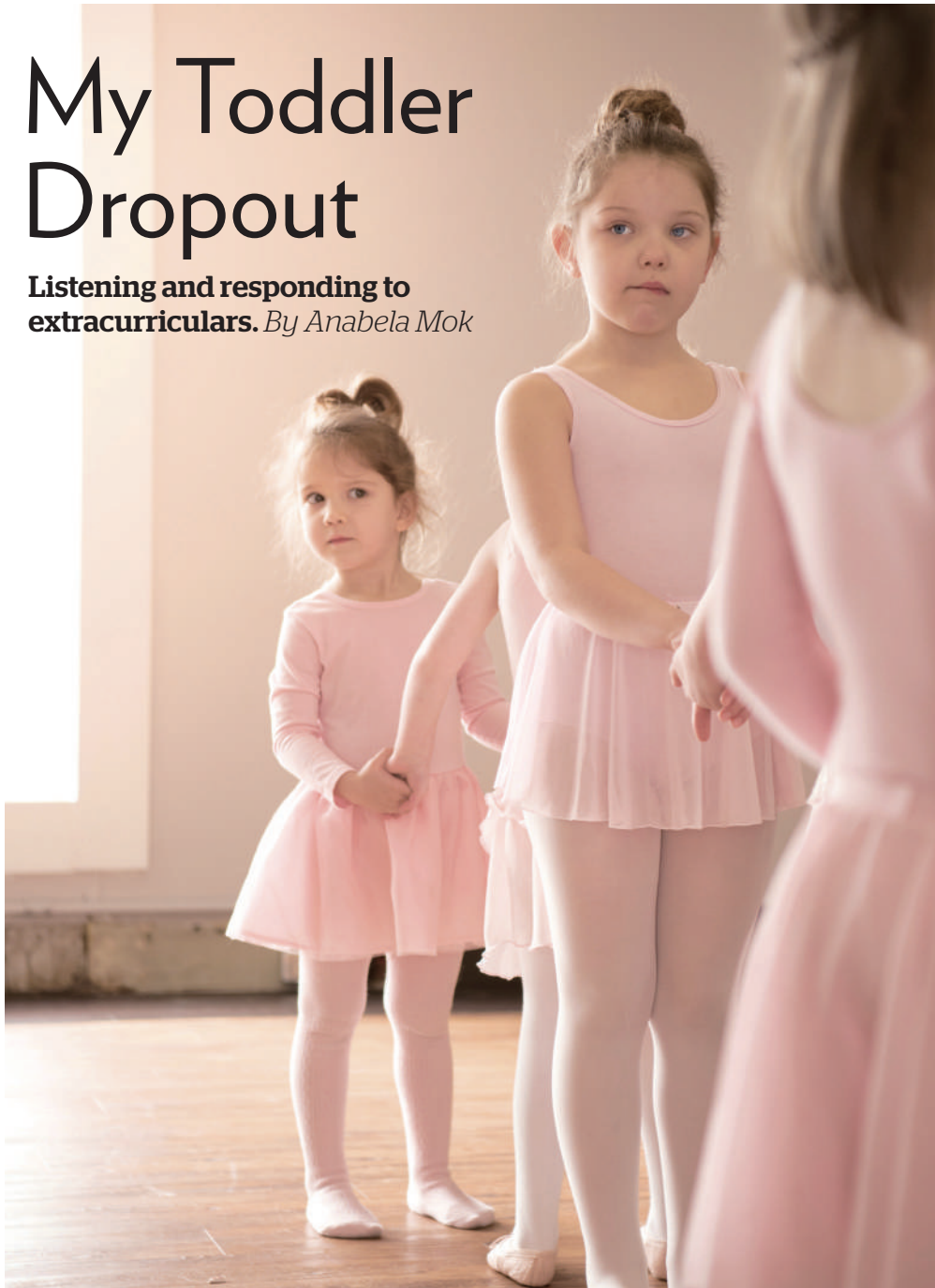
Working as a university consultant, I'm happy to share that Joyview students including my students have joined top 30 universities in the US and G5 in the UK, yet I'm most proud to share that they have arrived at a stronger understanding of their awesomeness and how they will contribute to our world.

Margie Chiang is the founder of SHIFT, a leadership development consultancy focused on mindfulness training for corporate executives. Since 2015 she has been launching the Born @ Google Search Inside Yourself (SIY) Program in Shanghai. [SF](#)



My Toddler Dropout

Listening and responding to extracurriculars. *By Anabela Mok*



When my daughter turned three, I thought it was the perfect time to transition away from Mummy and Me classes. We did trial classes at a multitude of activity centres and she seemed to enjoy them. Throughout the year I bought class packs for music class, singing lessons, ballet and from the Little Gym near my house. With my child doing half days

in the nursery, we thought a fun afternoon activity would be an exciting way to get her out of the house and playing.

During this exploration period, I shelled out more money than my entire one-year boutique gym membership, with my daughter attending a total of 10 classes in one year. I find her still clinging onto my hand refus-

ing to go into the class solo, completely different than the child I had brought to the trial classes.

As parents we understood that there should be zero expectations when it came to our kid enjoying the first two classes. But when the fifth and sixth class rolled around and I became the ballet teacher's newest student, I knew something needed to change, because I was not the mum I wanted to be when I took her to the classes.

We began the conversation with our three-year old to learn why she still needed mummy to dance with her in ballet. To my heart's disappointment, my daughter was just not interested. She liked her teacher, her classmates, but she did not enjoy dancing. None of the classes for which I bought packages sparked her interest (unless she was going with her bestie and then the whole class would be all about her chasing around her little friend).

But this was her life, her likes. We had to learn to let go of our expectations. More importantly, let her follow through with one class and enjoy the process. Luckily, we were able to freeze the memberships so we could activate it for another time.

Following her feedback, that summer we enrolled her in swimming. In the beginning we would go through the same song and dance with mummy or *ayi* in the water. But with positive affirmations at home and sticking to the schedule, she slowly grew into her own person and can now enter the water with just her teacher supervising.

There are times she still won't do new activities but knowing how much she enjoys swimming we realize our determined little human just knew better all along what she wanted. What we might see as a toddler dropout may just be our kid telling us that she was destined for other things. **SF**

How to Survive...

University Applications

Nothing could be more exciting (and more stressful) than your child getting ready to start university. Being expats there are many things to consider including if your child will stay local, choose to study in your home country, go international to a completely different country or whether they'll take a gap year *shudder*. No matter what path your child chooses it all begins in one place: the application process! Here are some tips on how to survive your child applying for university.

1) Let them be the guide. Let's face it, we all want to have doctors, lawyers and tech-startup billionaires in the family. So as parents we tend to give our kids nudges towards what we believe will be successful career paths. However, it's always best to actively listen to what your kids' desires for the future may be. Take the time to sit down and talk to them about what their interests are and what they see as their future career. Talk through the practicalities of what a future as a dentist looks like or how it can be ok to be undecided and try a few things before they settle. Explore together different job options (of which there are so many undiscovered!) that they might not have ever thought of. Setting everyone's expectations up from the start will make it much easier to stomach when they ultimately sign up for Youtube Influencer 101 at Cambridge. But...at least it's Cambridge?

2) Encourage them to complete their applications early. Remember that old saying: the early bird gets the

It's always best to actively listen to what your kids' desires for the future may be.

worm? Well, the newly-accepted university student got their applications in on time. So make a list of the universities they plan on applying to with deadline dates and requirements that they need. Make sure they gather their references and essay points in time so that when the deadline nears they aren't scrambling. As long as there is a plan in place the process will go smoothly, but if not, you're looking down the barrel of a year of your kid finding themselves on beaches in Thailand and Bali on your dime until they meet a free spirit named Leaf who's greatest ambition is to open a vegan taco truck.

3) Encourage them to keep their options open. Many students will look to studying back in their home country but let them know that as expats the world is their oyster! Sure, there is something comforting in knowing your child is in a familiar place perhaps with family around, but there is something to be said

about them having their own expat experience exclusive of the one they've had with family in Shanghai. Look into programs at universities in countries you may have never thought of before. You never know if your child will find the perfect place for them in a country that they'll thrive in. Bonus if it has tropical climates for you to hang out in when they're too busy studying for exams. Hey, at least you're being supportive in the same country- but also with a cocktail in your hand!

Knowing your child may be leaving the nest to study abroad can be difficult to deal with. But encourage your child to pour their heart into their university applications so that they can get into a great school and start building the life that they want to have. Raising them as expats has already set them up with a unique advantage over other applicants because they have worldly experience that others don't. And worst comes to worst, the last few years have proven parents are more versatile than they think so you can suggest to them that you're willing to homeschool through their university years. We guarantee you will never see them apply to university faster! **SE**



One-Pot Meals

Meals that are quick and easy to prepare for busy days. *By Preeti Ghosh*

These simple one-pot meals are the perfect solution for a quick and easy weekday lunch or dinner. Everything cooks in one pot or skillet for maximum flavour and little clean-up. You may now satisfy your comfort-food desires without having to clean a sink full of dishes!

Creamy Rosé Pasta

This recipe is creamy, intensely flavourful, and perfect for days when you might need a big bowl of comfort.

Ingredients:

1 tbsp vegetable oil
2 cloves garlic, minced
½ large onion, diced
1 vegetable bouillon cube
½ tsp chilli flakes
1 cup dry penne pasta
1 cup tomato sauce
½ cups water
¼ cup hummus
½ zucchini, sliced into half-moons
¼ cup cooking cream
1 roasted red bell pepper, from a jar, diced
½ cup canned artichoke hearts, chopped
1 cup arugula

Instructions:

In a large pot over medium-high heat, add in the oil. When the pan is hot, add the garlic, onion, bouillon cube, and chilli flakes, and cook for 2 to 3 minutes, or until the onions are tender. Combine the pasta, tomato sauce, water and hummus into the pot. Reduce the heat to medium, cover partially with a lid, and cook for another 10 minutes. To prevent the pasta from sticking to the bottom of the pot, stir it a few times. Add the zucchini, cooking cream, bell pepper, and artichokes and cook until pasta is al dente and the zucchini is cooked through. Serve the arugula on top or stir it in. Enjoy with pine nuts as a garnish!

Note: Make this dish vegan by using vegan cooking cream.



Lemon Garlic Shrimp and Rice

This gorgeous Lemon Garlic Shrimp and Rice can be cooked by anyone who can cook rice. It's quite simple to make and looks impressive enough to serve to guests (or on a date night!).

Ingredients:

170 g shrimp
1/2 fresh lemon (half for juice and half for garnishing)
2 cloves garlic, minced
1 tbsp butter
3/4 cup long-grain white rice
1 cup chicken broth
1/4 cup water
1/2 tsp seasoned salt
1 tbsp chopped parsley

Instructions:

In a deep skillet, add the garlic with the butter and cook for 1-2 minutes over medium heat. Add the rice and continue to sauté for another 1-2 minutes. Add the chicken stock, 2 tablespoons lemon juice, water, seasoned salt, and chopped parsley to the skillet. Stir everything together. Turn the heat up to medium-high and cover the

skillet. Allow the broth to come to a full boil before serving. When it comes to a boil, reduce the heat to low and continue to cook for another 10 minutes. After 10 minutes of simmering, the rice should have absorbed the majority of the stock. Sprinkle the prawns on top of the rice. Replace the lid and simmer the skillet over low heat for another 5 minutes. Remove the skillet from the heat and let it rest for another five minutes with the lid on. The shrimp should be translucent and pink in colour. Carefully fluff the rice with a fork. If preferred, top with the remaining lemon slices and more chopped parsley. Serve hot.

Note: To make your own seasoned salt, mix in 1 1/2 tbsp paprika, 1 tbsp garlic powder, 1/2 tsp onion powder, 1/2 tsp cayenne, 1/2 tsp black pepper, 1/2 tsp white pepper, 1/2 tsp dried oregano, 1/2 tsp dried basil, 1/2 tsp dried thyme together in a small bowl and store in an airtight container. Use as needed.

Sesame Ginger Cucumber Soba Noodles

Soba noodle salad with julienned cucumber and sesame-ginger scallion sauce is light, refreshing and delicious! It's the best summer fare for a light vegan lunch or dinner.

Ingredients:

1 package soba noodles
1 large English cucumber, julienned
1/2 cup cilantro, roughly chopped
lime wedges

Ginger Scallion Sauce

3/4 cup scallions, thinly sliced
2 cloves garlic, minced
2 tbsp fresh ginger, grated
2 tablespoons sesame seeds
2 - 3 tablespoons rice wine vinegar
2 tablespoons maple syrup
1 tablespoon toasted sesame oil
1 - 2 tablespoons tamari, soy sauce and red pepper flakes, to taste
1/2 teaspoon sriracha, optional

Instructions:

Combine the sauce ingredients in a small bowl and put them aside. Cook the soba noodles according to the package instructions. Once the soba noodles are cooked, rinse them under cold running water to chill and stop them from cooking. Otherwise, they would become mushy. Toss the chilled noodles with the cucumber, cilantro, and roughly 3/4 of the sauce. Add 1/2 of the noodle mixture to a single serving dish, top with 1/2 of the remaining sauce, and season with salt and pepper to taste. You can use as much lime juice as you want. Enjoy!

Note: A serving of cubed tofu pairs well here, adding more protein. **SF**



in season

Hip Coffee Shops

The coolest cafes for grabbing a coffee.

By Anna Solovyeva



Xiaorizi Chouxchou

This is the second coffee shop by Karen Yang. You may have been to the first one, a cozy pink Love Concept. The new one offers freshly baked desserts, focusing on pâte à choux (new flavors introduced monthly). Karen did the design herself, and the first thing you'll notice is a huge bright yellow gate serving as a wall. Don't try to open it. Enter through the door just to the right from it. Warm, happy, relaxed vibes are thanks to the color yellow prominent in the interior, with bean bag seats on the wide window sill and quite a few seats outdoors. It's dog friendly, and always on the menu is Julius Meinl beans for rich, full bodied lattes and americanos. Single origin espresso beans vary. As her way of giving back to the community, Karen employs deaf baristas. Look out for monthly deals on Dianping.

Recommended: Americano and pâte à choux
Address: 888 Changde Road
Hours: Mon-Fri 8am-7pm; Sat, Sun 10am-7pm
Tel: 159 0057 2723

Neighbors (Jing'an)

This is the second Neighbors in town (first one opened last year on Danshui Road). It's a come for the coffee, stay for the wine situation, executed in a very stylish, minimal interior. There are mostly indoor seats, but a large window opening onto the porch lets in these street vibes of a busy Jing'an neighborhood.

The place became popular very fast, so come earlier during the day. Stroll-

ers can be a bit of a problem (it's a few steps walk up), but dogs are definitely welcomed. You see a lot of them here! There are both delicious coffees and caffeine-free drinks on the menu, plus of course, natural wines. And definitely spoil yourself with one of the tempting and very generously portioned cakes.

Recommended: Ice latte and lemon pie
Address: 958 Changping Road
Hours: Mon-Fri 9am-5.30pm; Sat, Sun 9.30am-5pm
Tel: 139 1870 9703





Stranger

Good coffee and craft beer? Why not, decided guys behind Stranger and opened this nice little place. Definitely stop by if you are strolling down Fuxing Road and find yourself in the mood for vintage details, warm browns in the interior, and bookish vibes. Baristas at Stranger definitely love their books - Camus, Kerouac, Zweig. See if you can recognize who is who on the posters all over the walls. There is also always a pile of posters on the table, and you are welcome to take one or two with you.

Recommended: Flat white and toffee Belgian tripel, why not?
Address: 1192 Middle Fuxing Road
Hours: Mon-Fri 9.30am-11pm; Sat, Sun 10am-0am
Tel: 176 2119 1011



Acid Coffee&Liquor

This is a fun little place with an interesting interior. Concrete walls, foldable chairs on an elevated platform in the front room and a mix of camp chairs and bar stools in the more secluded area in the back. There are no windows (apart from the storefront), so the general feel is reminiscent of a speakeasy, but a very minimalistic one. If windowless rooms make you claustrophobic, there are a few seats on the porch in front.

Speaking of speakeasies, these guys are also quite passionate about their liquor. Did the name give it away? The rows of wine bottles are not just for decoration. The baristas are very friendly, and if you chat with them, they will definitely treat you to a bowl of spicy Sichuan snacks.

Recommended: Dirty and basque cheesecake
Address: 24-7 Ruijin 2nd Road
Hours: Mon, Wed, Thu, Sun 9am-midnight; Fri, Sat 10am-2am
Tel: 176 2101 2027



Compass Coffee

Compass Coffee is a small coffee shop channeling Japanese aesthetic, newly added to Shanghai Library neighborhood. You get your usual espresso, with the addition of piccolo, which is nice when you need a caffeine fix but don't want too much milk. There is a cozy interior with stylishly mismatched chairs, a couple windowsill seats (with a view over Middle Huaihai), and a whole lot of regulars stopping by with their dogs. If you don't have a dog of your own, no worries, the owner's corgi is always there, ready to lazily chase a rubber ball. Japanese style cakes go well with stronger, chocolatey blends, or opt for a milder, flowery bean option.

Recommended: Matcha latte and matcha cake
Address: 1664-1 Middle Huaihai Rd
Hours: Mon-Fri 8am-6pm; Sat, Sun 9am-6pm
Te: 152 2194 2884



Working From Home

Plant-based food delivery service. *By Eve Wee-Ang, Photos by Nuria Sanchez*

I used to return to Singapore bi-annually to see my family and feast on local food at our famous hawker centers, where you can find a smorgasbord of cuisines under S\$10 (50 RMB). During my break home, I never experienced hunger. That's because my stomach was always stuffed to the brim to make up for the rest of the months in Shanghai, where I would have limited access to the taste of home. Though we are all spoiled for choices now with plenty of restaurants offering

international cuisines, food eaten in our home country just tastes extra special.

Covid travel restrictions have bred many expat home chefs and bakers, whose homesickness drove them to experiment in their kitchen. This eventually led them to run a small food business from their homes due to demand. One of them is Latin American Carla Contador, mom of three girls from Chile who has been residing in Shanghai for nine years.

Carla, a former landscape architect, has been running Tai Tai Kitchen, a plant-based food delivery service, from her home since Covid broke two years ago. But her interest for homemade Chilean food started way back when she was living in the old Xuhui area, which had access to markets that carry imported ingredients. She first tinkered with Chile's traditional birthday cakes *mil-hojas* (thousand-layer cake) and *tres leches* (three milk sponge cake). When fellow Chileans got wind that her cakes



do you and your family stay buoyant in a plant-based lifestyle?

CC: I encourage my three girls who are aged 12, 10 and 6 to have flexibility especially when they are invited to parties or hanging out with friends. The occasional meat or soda is totally fine! I think the key here is educating them with healthy eating habits so that they make better informed choices for themselves. I also love throwing plant-based parties where I make everything from scratch with nature's bounty like vegetables, wholegrains, legumes, nuts, seeds, and fruits. With a little creativity and stellar essentials tossed in like paprika, garlic, cumin, turmeric, nutritional yeast - just to name a few. Guests are always in awe by the kaleidoscope of colors and how delicious nature tastes.

As a mompreneur who works from home, how do you split yourselves up?

CC: I have an amazing *Ayi* who has been with our family for 7 years. Qin Ayi and I are like dance partners in the kitchen working in a melodic rhythm with me cooking and her stealthily putting order in the chaos for me. My husband Sebastian, who is my biggest cheerleader, bounces off business ideas with me in the evenings. Once kids are off to school, Mondays through Wednesdays are for order taking, while I do all my cooking on Wednesdays and Thursdays. Delivery and pickups are Fridays. Weekends are reserved for friends and family. I see my food as a labor of my love and am thankful for this opportunity to turn my hobby into a small home business.

Tai Tai Kitchen offers plant-based cheese, multigrain breads, muffins, festive cakes, and customized requests for special food allergies.

WeChat: CarlaContador 

Photos by Nuria Sanchez (WeChat: nuriachez)

soothed their homesickness and started asking for more, Carla found herself accepting her first order for a Chile National Day party on 18 September 2016 where she fed 400 guests with those cakes whipped up from home.

A big cultural identity in the Chilean cuisine is barbecue known as *asado*. Grilling skewers of meats averaging 500g per person, *chirozo* (pork sausages), and *morcilla* (blood sausages) over wood fire with a group of friends, is an important and sacred social glue that binds the Chileans' heritage. Therefore, when Carla's

entire family switched to a plant-based whole food diet driven by food allergies and health scares, it was a momentous move. But when she connected the dots and realized that animal products and dairy were wreaking havoc on her family's health, they made a stand to eliminate them from their diet. Their decision proved to be a success. Their family's health has been restored with a clean bill of health by her doctor. This further affirms Carla's conviction that a plant-based diet is healing for our bodies.

In a sea of meat eaters, how

Working and Mummying

Striking a beautiful balance. *By Eve Wee-Ang, Photos by Mavindu*



Photos by Mavindu (WeChat: Mavinduzero)

I once read that if you ever have a choice to ask a busy or an idle person to do something, always pick the busy one as they are already on the move. This has always been my image of working moms, whom I believe are the most efficient and organized people in the world, simply because they must. I grew up watching my single working mom, who owned a beauty salon, race through each day to raise my two sisters and me, yet she still made the effort to look good for herself.

When I met Natalia Colomer who is from Barcelona, Spain, I was elated to

learn that she too has worked in the beauty industry for the last 15 years. The beauty minimalist in me was hoping to consult her for tips on looking good with the least effort. This Latin American frequent business traveler, who has resided in Shanghai for two years and has lived all over the world, thinks that the minimum beauty routine for a woman requires: oil-based cleanser, water-based cleanser, toner, serum, and moisturizer. Plus, sunblock for the day, which is six steps in total. Thankfully, I was happy to report to Natalia that Iaced all six steps, nothing more nothing less! **SF**



Rixo Dress, 3,076 RMB from Lane Crawford



Dress by SNIDEL, 1,232 RMB



Penhaligon Fragrance, 2,260 RMB



Jimmy Choo Pumps, 8,250 RMB

Natalia's Tips:

- ➔ Experiment and change your skincare products if they no longer serve your skin. Our skin changes with age, environment, and other factors so it's crucial to assess periodically
- ➔ Make time for fitness and socializing with your girlfriends because they are so important for your mental health.
- ➔ Time with your kids is precious, so focus on quality not quantity.

Mum in Focus:

Natalia Colomer is a mom of three kids and Sales Director at a Spanish fashion and beauty company. Natalia enjoys dressing up for work. For spring, it's safari printed dresses with leather jacket with her favorite gems and stones accessories, and those fiery red Louboutin stilettos with spikes that she effortlessly glides around in. "I love high heels!" Natalia gushed unabashedly. Her favorite brands are Charlotta Gandolfo, Dea Kudibal and European brands in Lane Crawford.



Shanghai Hidden Gems

There is more than meets the eye.

By Sam Braybon

There have been times in the last two years, no doubt, in which we have all felt well and truly over Shanghai - that we've seen or done every last thing the city has to offer. But then we'll stumble across a wonderful corner of the city that we've somehow never visited and are instantly reminded that even if we were to live here for several lifetimes, we'd never be able to take in every part of this vast and fascinating metropolis that is home to more than twenty-five million people. And so, this month's article is dedicated to sharing a few of the fam-

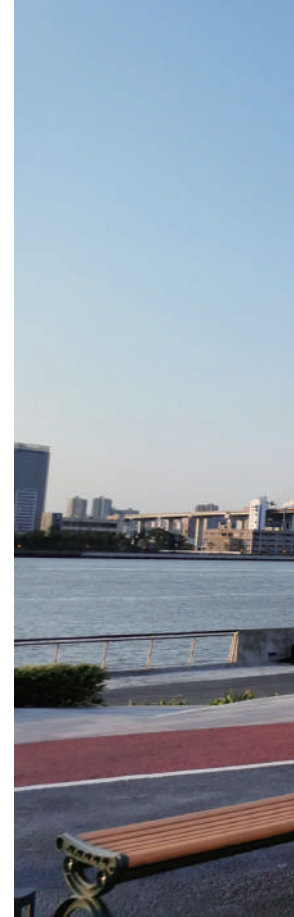


ily-friendly Shanghai hidden gems and unseen corners that have inspired us in the pandemic era, and we hope they spark adventure in you too!

Lu Xun Park

Yes, pretty much any Chinese park is a guaranteed good time, but this one in often-overlooked Hongkou District is especially lively and packed full of local flavor. Originally opened over a hundred years ago as a recreation ground for the city's foreign residents, the park contained a shooting range, a golf course and a public outdoor pool, the latter of which still exists today. These days, in addition to a couple of historic corners such as the tomb of writer Lu Xun, this is the daily haunt of local residents who flock here on sunny days to hang out. On our most recent visit we encountered matchmakers, saxophonists, impromptu opera performances and even some martial arts practice that included some dramatic whipping!

Lu Xun Park is at 146 Dongjiangwan Road, Hongkou District.



The Friday Curio Market

Shanghai's old school markets have suffered over the last few years, often being shunted into easily managed malls, or just shut down entirely. This weekly market feels like a little hold out that has perhaps survived thanks to its slightly suburban location, which is quickly reached by subway. In this slightly chaotic space lurks everything from vintage toys, old comics and photo albums to wonderful old enamel plates, retro clocks and art deco lamps, all giving off distinctly *lao Shanghai* vibes. The market is presided over by friendly local gents who are happy to wax lyrical about their collections of almost entirely random memorabilia accumulated over the last few decades. It's an experience that rewards adventurous treasure hunters!

Juqi Antique Market is at 1539 Lingshi Road in Baoshan and is best from early Friday mornings through midday.

The Riverside Bike Track

As striking as Pudong's skyline may be, its streets aren't always the most



"This beautifully designed riverside track changed our view of the Huangpu's eastern bank and, totally free of vehicle traffic, is a delight for families."

exciting to explore. But this beautifully designed riverside track changed our view of the Huangpu's eastern bank and, totally free of vehicle traffic, is a delight for families. Running for over 20 kilometers between Yangpu Bridge and Xupu Bridge, the park swoops past iconic buildings like the Shanghai Tower and Mercedes Benz Arena but also more low-key areas like old ship-building workshops and even a wetlands park which makes an absolutely perfect picnic stop. With plenty of rest facilities along the way, younger families can take this at their own pace, or just choose a shorter stretch to focus on.



The track starts at the Xiepu Road Ferry Terminal next to the Pudong side of the Yangpu Bridge.

The Huangpu Ferries

What kid doesn't love a bit of a boat ride? And whilst chartering a private yacht probably isn't realistic for most of us, the good old Huangpu River does have one trump card up its sleeve: the public ferries that have been plying routes back and forth across the water for a century, and cost just a couple of *kuai* on your transport card to use. The journey takes just a few short minutes, but you'll get all the glorious skyscraper views that you could ever want, with-



out feeling like your trapped on an overlong tourist extravaganza from which you cannot escape.

There are several ferry crossings, but we usually ride one near the southern end of the Bund, from E. Jinling Road Ferry Terminal to the Dongchang Road Ferry Terminal in Pudong.

The Peace Hotel Museum

If you want to introduce your kids to a bit of a Shanghai history, the Peace Hotel makes a good starting point, and there's even a small and very manageable museum hidden just above the lobby here that that has some fabulous old artifacts and photos from the hotel's glamorous 1930s heyday when it was known as the Cathay Hotel. If you explore the lobby, you'll find even more wonderful pictures from the past, including some of its historic suites, which original hotel owner Victor Sassoon had decorated in all manner of styles, from British to Indian to Japanese! If it's a special occasion, consider treating yourselves to high tea here, as this often includes a fun behind-the-scenes tour of the building itself.

The Fairmont Peace Hotel is at 20 E. Nanjing Road.

Fengjing Water Town

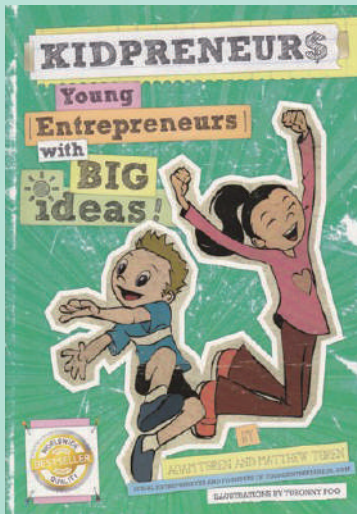
Let's call a spade, a spade - most of the 'water towns' in the area are pretty much the same. And whilst Fengjing doesn't exactly break the mould, it does have a few fun surprises that make it a great day out. In addition to the standard canal-side souvenir stores, there's also a Love Museum, in which the history of dating and marriage in China is outlined. There's also a former 'People's Commune' to explore, which has lots of interesting info about life in the 1950s here, including a bunker, an old war plane, and even a small museum of Chairman Mao badges. And whilst it all feels a million miles away, you're actually still within Shanghai city limits here, which is useful for those with travel restrictions.

*Fengjing Old Town is in Jinshan District, and best reached by private vehicle or by public bus from the Jinjiang Amusement Park subway station. **SF***

Money Matters

Good reads for budding entrepreneurs. *By Anabela Mok*

No matter when you start with your kid, it is always important to talk about money. Here are some great books that can inspire kids to be mindful about cash, whether it is learning to manage money or sparking their sense of entrepreneurship.



Kidpreneurs

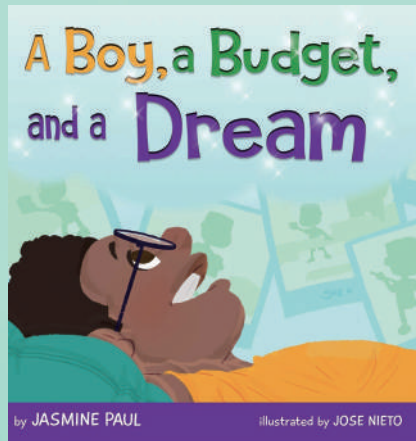
By Adam Toren, Matthew Toren

Even children can be introduced to basic business principles and the rewards of entrepreneurship. Kidpreneurs outlines some basic tools and strategies kids can use to gain some valuable experience in starting, managing, and growing a successful business venture.

A Boy, a Budget, and a Dream

By Jasmine Paul

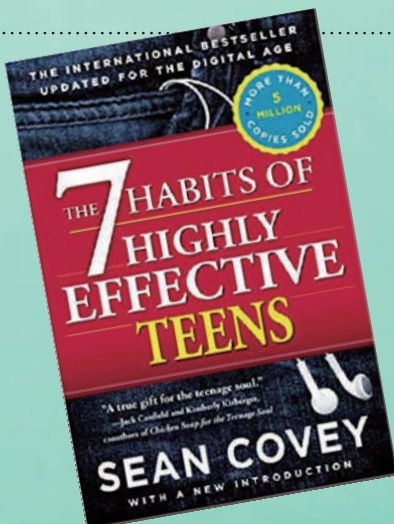
Kass budgets her money carefully and expects her brother Joey to do the same. But Joey spends every dollar he earns. When he realizes he hasn't saved enough money to pay for something he's been dreaming about, Joey must either learn to budget or risk giving up his dream.



The 7 Habits of Highly Effective Teens

By Sean Covey

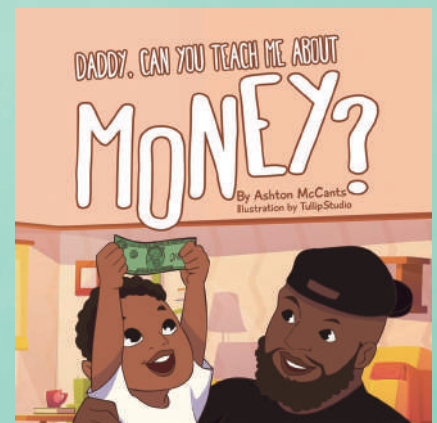
Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world.



Grandpa's Fortune Fables: Fun Stories to Teach Kids about Money

By Will Rainey

Grandpa's Fortune Fables features a 13-year old girl named Gail sharing her Grandpa's adventures to a faraway island where he learned how to look after his money and become a very wealthy man. She is putting what she learned from him into action and now has more money than most kids her age.



Daddy, Can You Teach Me About Money?

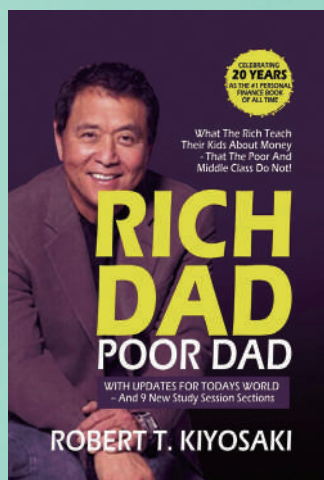
By Ashton McCants

Tristan is a very inquisitive boy and wants to learn more about the world around him. He has taken a special interest in how his money works. Join Tristan and his dad as they take you and your children on a financial literacy journey to gain foundational knowledge about money and how it works.

Rich Dad, Poor Dad

By Robert T. Kiyosaki

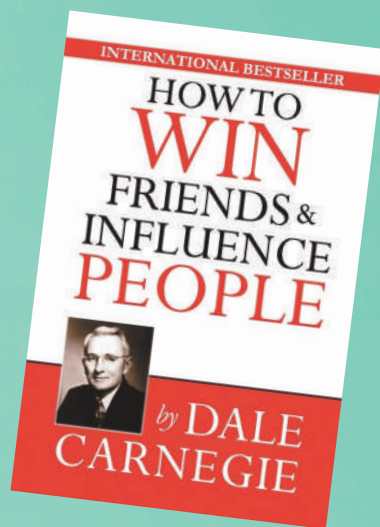
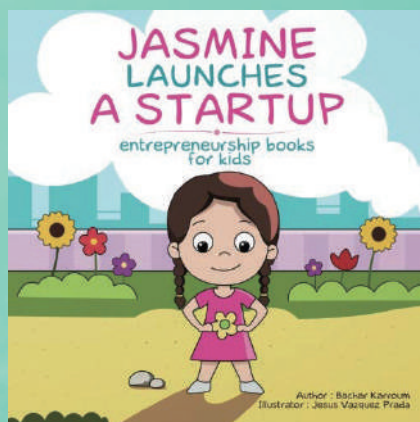
Rich Dad Poor Dad is Robert's story of growing up with two dads – his real father and the father of his best friend, his rich dad – and the ways in which both men shaped his thoughts about money and investing. The book explodes the myth that you need to earn a high income to be rich and explains the difference between working for money and having your money work for you.



Jasmine Launches a Startup: (Entrepreneurship Books for Kids)

By Bachar Karroum

Inspire your future entrepreneur to follow his or her passion and introduce him or her to the world of entrepreneurship with the story of Jasmine. The first perfect business book to share with your child to ignite interest in starting a business or launching a start-up.



How to Win Friends and Influence People

By Dale Carnegie

You can go after the job you want...and get it! You can take the job you have...and improve it! You can take any situation you're in...and make it work for you! Considered one of the most groundbreaking and timeless bestsellers of all time, the book will teach how to make people like you, how to win people with the way you think and ways to change people without causing resentment.



If Money Doesn't Grow on Trees, Where Does it Grow?

By Ailani Riley

Julius is excited to buy the new Robosaur 360 but is disappointed when his parents refuse to pay for it. "Money doesn't grow on trees," his Mom says. Tired of always being told that "money doesn't grow on trees," Julius decides to ask one very important question. "If money doesn't grow on trees, where does it grow?" **SE**



Spotlight On:

Julu Road

By Kala Barba-Court

Districts: Jing'an

Cross Streets: Fumin Road and South Chengdu Road,

Nearest Metro Station: South Shaanxi Road (Lines 1, 10, 12), Middle Huaihai Road (Line 13), Jing'an Temple (Lines 14, 2, 7)

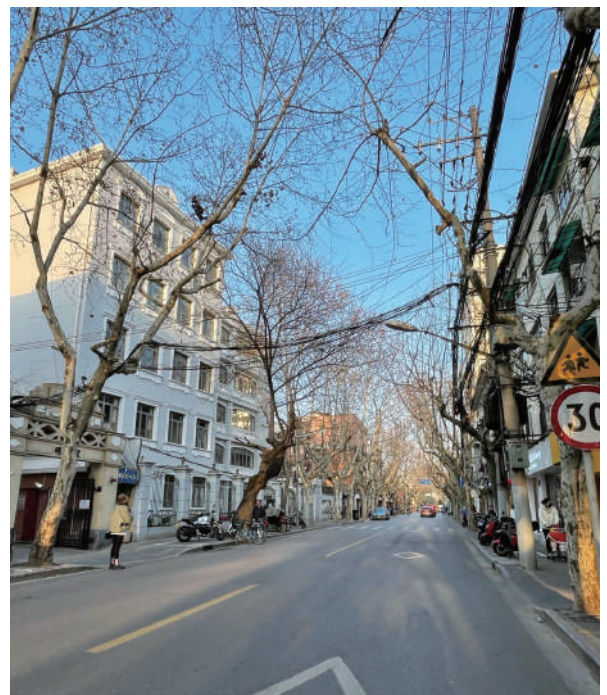
There is always something going on around Julu Road. Stretching parallel to the Yan'An Elevated Road, this plane tree-lined street epitomizes the peaceful coexistence of tradition and modernity. Here are some spots to keep an eye out for during your next Julu Road jaunt...



▲ **1.** Between S. Chengdu Road and Ruijin First Road, **Yan-zhong Guangchang Park** is nestled between both sides of S. Chengdu Road. It's got everything you'd expect to find in a Shanghai park: the dancing oldies, the star-crossed lovers, the selfie-obsessed influencers, the dog walkers, and families enjoying the tranquil existence of greenery in the middle of the city. The paths feature some gentle uphill, but it isn't as crowded as other parks, and you'll always find a patch of grass here to call your own.

▲ **2.** The sunken concrete pit **Found 158** (158 Julu Road) is filled to the brim with restaurants, bars and clubs. Its mini piazza-like layout makes it great for kids to run around in while you savour a weekend brunch in one of the complex's numerous restaurant terraces. It tells a different story under the cloak of darkness, morphing into a veritable party place. When you find your way back to the street, local noodles and barbeque stalls along the road are ready to serve you the perfect hang-over meals at unbeatable prices.

▶ **5.** Fumin Road to Changshu Road: This last leg winds down with a line of clothing stores and vintage shops, bookended by notable dining options. **Host** (794 Julu Road) and **Nepali Kitchen** (819 Julu Road) are on the eastern end, both occupying traditional lane houses. Around and within the western end's **Julu Garden Villa complex** (889 Julu Road) are popular spots including **Xiang-shou Chaoshan Seafood** for hot-pot, **Xiezunyuan** for hairy crabs and seafood, **Yong Yakiniku** for iza-kaya, **Shanghai Banquet** for Shanghainese food, or **La Bodeguita del Sur** for steaks, among others.



FRANK'S STORE



◀ **3. S. Maoming Road and S. Shaanxi Road. Christ the King Church** (361 Julu Road), built in 1928 and located initially along Changle Road. For jean-loving metrosexuals, swing by **Frank Store** (393 Julu Road) to browse the racks of high-quality Japanese denim. Craving a healthy snack - specifically, avocados? **Avocado Masters** (399 Julu Road) has your back with a menu of freshly-made smoothies, gelato, and juices. Pop into the quirky **Aki Vintage** (401 Julu Road), a consignment store where pre-loved luxury items share the shelves with a vintage doll collection and retro bits and bobs. For a proper lunch or dinner, nab a table at **PASS Residence** (318 Julu Road) to satisfy your Italian cravings; or head over to hybrid bar/restaurant/coffeehouse **Bandit** (423 Julu Road) where the decor is drastically different on every floor... all five of them. **Lady Fafa** (427 Julu Road), a cute jewellery and accessories boutique, ends this stretch.



▲ **4. Between N. Xiangyang and Fumin Roads, Writer's Bookstore** (677 Julu Road) is a two-storey bookshop and coffeehouse focused on Chinese literature. Behind it, unfortunately closed off to the public, hides a Hudec-designed Italian Renaissance-style garden, an architectural gem of old Shanghai which is now the **Shanghai Writer's Association's office**. Occupying the corner with Fumin Road is **Julu 758**, a complex that hosts a cluster of standalone restaurants (Beach House, Moustache, Maison de Salée, Da Tapas) to the massively popular food court, **More Than Eat**. But it's not just food around here: **Pottery People** (enter the alley from 739 Julu Road, WeChat official account: Potterypeople) lets you try your hand at the craft through bespoke workshops for adults, kids, groups, or a combination of the three. **SF**

Music With a Purpose

By Anthony Zhou


Growing up, my family and I regularly visited my aunt. During those times, I would escape outside with my cousin, Justin, to play in Beijing's neighborhoods. Upon further visits, I noticed my cousin becoming detached to the point that he locked himself inside his room. My parents later informed me that Justin was diagnosed with autism.

As a twelve-year old, I just wanted to have my cousin back so that we could play together again. I sought knowledge online, from his doctor; trying to figure out how to relate with Justin so that he realized that he was safe with me. And throughout this process, I realized the alienation that families with autistic loved ones undergo.

As such, I have spent much of my time outside of school raising awareness about autism in China which includes my work with non-profits that are serving the autistic community. As the leader of Soul-Capella Club at school, I have rallied our members to craft a video for the



parents at Beijing Stars and Rain Autism Center - demonstrating the therapeutic benefits of music for autistic children. In Shanghai, I am working with the Autistic Center to produce a video series of my fellow acapella members singing to soothe children at the Center. It is through music that I attempt to heal Justin and kids like Justin.

Before each performance with Soul-Capella, I close my eyes and quietly dedicate the song to Justin and all families that are impacted by autism. And I hope that one day my cousin will be back, running around the streets of Beijing with me as when we were little. I intend to make this happen, verse by verse. 



Anthony Zhou is a student at the High School Affiliated to Renmin University of China in Beijing and the initiator of the Soul-Capella Club at his school. You will see him on the streets of Beijing with white headphones, listening to endless music playlists. Music is his passion and through each verse, he reaches out to children with autism with the intention of hope and healing.

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Complete listings available at:
shfamily.com

ORIENTATION

Housing

THE EMERALD

Within the compound, The Emerald's elegant North American-style villas are all gateless and come with an open front yard, spacious back gardens, high ceilings, and large windows. Some units boast their own private indoor or outdoor swimming pools. Villas are fully furnished, but tenants can also bring their own furnishings. Many are equipped with water filtration system, central vacuum system, partial floor heating, home alarm system, fibre optic broadband connection and "Blue Air" air purifiers. Facilities include 2 fully equipped clubhouses, indoor and outdoor swimming pools, 4 tennis courts, 2 soccer fields, children's indoor and outdoor playground, café and bakery shop. There's also 24-hour security and a bilingual call centre, yard and pools maintenance, air conditioning maintenance, regular external wall and window cleaning, and pest control. Lane 2888, Hunan Road, Pudong New Area, Tel: 6812 2222, www.shanghai-emerald.net/marketing@shanghai-emerald.com

LE VILLE RESIDENCE

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently designed to provide residents with convenient,

first-class Shanghai living. Each unit comes equipped with compact kitchen supplies, comfortable beddings and a 24-hour attentive butler service. On-site fitness centre and yoga room offer respite after work, while other leisure facilities, offering food, shopping and entertainment, enable residents to enjoy Shanghai life to its fullest. 663 Xikang Road, Jing'an District, Tel: 3366 3666, leville.jingan@yango.com.cn

SHANGHAI CENTRE

Often called a city within a city because of its size, Shanghai Centre, designed by renowned American architectural firm John Portman & Associates, houses 472 serviced apartments, 30,000 sq. metres of prime office space, three levels of retail, a performance theatre and an exhibition atrium, and has been a Shanghai landmark since it opened in 1990. Apartments feature central heating and air-conditioning with individually-controlled thermostats, a coffee maker, toaster, large flat screen TV, satellite TV with over 50 international and local channels, and an in-room safe. On-site facilities include a business centre, post office, fitness centre, indoor and outdoor swimming pools, preschool and kids' club, supermarket, dental clinic, garden terrace, underground parking. There is also 24-hour security and customer service, room service, housekeeping, dry cleaning, photo services, postal services, and a doctor-on-call service. 1376 West Nanjing Road, Jing'an District, Tel: 6279 8502, www.shanghaicentre.com, leasing@shanghaicentre.com.cn

TIMES SQUARE APARTMENTS

A long-time favourite with expats seeking upscale living arrangements in Shanghai, Times Square Apartments have been designed and furnished to the highest specifications. The interiors are characterised by sleek furnishings and feature decorative ornaments with stylish bathroom accessories and kitchenware. Residents have the choice of from one-room units for singles to three-room deluxe suites for larger families. Apartments come fully furnished and are outfitted with electronic key card access, wireless internet, well-equipped kitchen, large LED TV, satellite TV with international and local channels. Shopping malls, trendy boutiques and a cosmopolitan selection of restaurants and bars can be found nearby. Close to Tianzifang, Shanghai Grand Theatre and Shanghai Museum. Facilities include a gym, outdoor swimming pool, tennis courts, and parking. There is also 24-hour security and multilingual reception services, regular housekeeping, plus laundry and dry cleaning services. 111 Middle Huaihai Road, Huangpu District, Tel: 3122 8873, vinisayu@shtimesquare.com, www.timesquareapartments.com.cn

WILLOWBROOK AT GREENHILLS

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym, indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New Area, Tel: 6856 8888, www.willowbrook.com.cn, evan.kong@willowbrook.com.cn

Services

MAWOOX

Custom made furniture that is unique and timeless as a result of close collaboration between the client and MAWOOX. The team of well trained and experienced craftsmen from cabinet makers, painters and upholstery professionals create high quality furniture mainly from imported wood. Besides new furniture, MAWOOX also provides renewal service for your beloved pieces. They have a 25-year history in Shanghai. Sino-German Innovation Park 222 Middle Huacheng Road, Jintan District, Changzhou, Tel: Joyce (EN/DE/KOR/CN) 173 2104 1917 or George (EN/DE) 189 6241 2911, mawoox_team@outlook.com, www.mawoox.com

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffering, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. 15F, Anbao Bldg, 800 Dongfang Road, Tel: (Lina Liu) 150 2655 6459 or 177 1746 9951, www.51yyjm.com, sh51yyjm@163.com

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. Lane 4, 946 Changle Road, Tel: 6248 8985; 73 Nanhui Road; Tel: 5289 0806, www.bellanapoli-sh.com, guido@bellanapoli-sh.com

BLUE FROG

Young professionals grab after-work drinks and killer burgers at the Maoming branch while families lounge at the Jinqiao and Hongmei outlets, and Daning provides a welcome escape for Zhabei expats. 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road), Tel: 5422 5119; 207-6 South Maoming Road (near Yongjia Road), Tel: 6445-6634; Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiashui Station), Tel: 3368 6117, www.bluefrog.com.cn

CHILI'S

Located on Binjiang Avenue in Lujiazui with an uninterrupted view of the Bund. If you want to enjoy summertime in Shanghai, this is the terrace to do it. The open space of the Binjiang promenade makes it very comfortable to catch the fresh breeze. If you are going to eat here, you need to chow down on the Smoked Baby Back Ribs. If you have friends, you can recommend to them the Big Mouth Burgers or Sizzling Fajitas—hopefully they are close buddies of yours so you can all share. their famous Molten Chocolate Cake or their Presidente Margarita. These are all American sized portions, so even if you come here just for the dessert and the blue skies, it is all worth it too. 3072 Binjiang Avenue, Pudong New District, www.chilis.com, Tel: 021 5835 8035, cassieyang@apbinvestment.com

ELEMENT FRESH

Fresh fruit smoothies, healthy wraps and generous salads provide healthy dining options across Shanghai. Plus, the outdoor seating, high chairs, crayons and coloring placemats make it kid-friendly. 1F, Northwest Corner, Super Brand Mall, Pudong New Area, Tel: 5047 2060; 1376 West Nanjing Road, Shanghai Centre, Tel: 6279 8682; 4F, 1028 Middle Huaihai Road, Kwah Centre (near Donghu Road), Tel: 5403 8865, www.elementfresh.com

FAT COW SHANGHAI

This restaurant on Hongmei Lu serves American classics: signature burgers, grilled steaks and boneless fried chicken. Fresh salads are also available for health-conscious eaters. 7 Hongmei Entertainment Street, 3338 Hongmei Road (near West Yan'an Road), Tel: 3422 1700; info@fatcowshanghai.com, www.fatcowshanghai.com

LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road (near Donghu Road), Tel: 6445 9589, www.theliquidlaundry.com

TEXAS ROADHOUSE

Takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times! 5F, 1192 Century Avenue, Century Link Mall (near Century Avenue Station Exit 8), Tel: 5067 1759, www.texasroadhouse.com.cn, WeChat: TexasRoadhouse

YE SHANGHAI

Ye shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, accompanied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63112323, www.elite-concepts.com, yss@elite-concepts.com

Food Delivery

EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favourites or even home care products, Epermarket should be your go-to. www.epermarket.com, Tel: (Customer service) 400 776 0776

SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

community listings

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

An early childhood learning centre specializing in programs for children from 16 months to 4 years. Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. 230 Wuding Road (near Changde Road), Tel: 6888 1913; Block 9, Summit Residences Clubhouse, 108 Shangcheng Road, Tel: 6888 1913, www.theactivitybox.com

ARTSPIRE VISUAL ARTS Centre

Artspire Visual Arts Centre is a professional organization dedicated to art education for children. We have an award-winning curriculum from the USA based on the National Visual Arts Standards. For children from 3-12 yrs. Chinese, English, and Spanish speaking. Also try the full-time/part-time SUMMER CAMP with artistic journey and tennis game. A202, 2633 West Yan'an Road, near Shuicheng Road, Shang-Mira Commercial Centre, Changning District, Tel: 6211 9632, www.artspire.cn

AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. 2FL, 940 Changde Road, info@awesomekidsclub.com.cn, www.awesomekidsclub.com.cn

BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focus on the values of children's creativity and environmental/social awareness. Now our creative learning programs (based on our own patent pending curricula) on weekends is available in a beautiful venue located in the heart of Xuhui. We strive to let children enjoy their own process of inner potential empowerment through different "languages" such as art, music, photography, storytelling, and creative movements with our experienced international teachers. The bilingual program (English and Chinese) is for children between 3-5 years old. 888 Huashan Road, Tel: 131 6261 6359, Chelsea@bjorky.se; WeChat ID: Bjorky

CONCORD MUSIC

An international music school located in Gubei/Hongqiao with an international faculty. Our bilingual music lessons for all ages are full of creativity, fun and interaction. We promote making music together with your friends and family! Private 1-on-1 lessons include free ensemble opportunities. Current special courses: Summer Music Camp, Music Exploration Day Camp (every Saturday), Music Appreciation Class for Adults, Keyboard/Violin/Guitar/Pop Vocal/Jazz Vocal group classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803, Tel: 5235 7398, info@concord-music.com, www.concord-music.com

ELG

ELG is a social enterprise dedicated to providing high-quality special education, developmental, behavioral and mental health services in China. No 19-20, Lane 209, Zhennan Road; 6F, 814 Pudong Avenue, Tel: 4006 129 423, www.chinaelg.com, services@chinaelg.com

EXPAT LEARNING Centre

A convenient option for continuing education classes in a variety of subjects, including the arts, business, computers, and education. 80 Shaanxi Road (near

Weihai Road), Jing'an District, Tel: 5588 9133, www.shanghai-classes.com, inquiry@shanghai-classes.com

ISTA PERFORMING ARTS ACADEMY SHANGHAI

ISTA now welcomes students from Pudong and Puxi on Saturdays! Founded in 1978, The International Schools Theatre Association offers a unique opportunity for all English speaking young people aged 11-18 who are passionate about Music, Drama, Dance and/or Theatre Technology & Set Design. Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative performance and composition. Every Saturday, 9am - 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing, PAAShanghai@ista.co.uk

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, 1078 South Pudong Road, Pudong New Area, Tel: 5072 5172, www.istageacademy.com

JITTERBUGS SHANGHAI

These 45 minute classes combine an exciting mix of musical fun, dance activities and physical education to help develop your child's creativity and physicality. A variety of age groups from 6 months -4 years. 60RMB per class or buy 5 classes at any time for 250RMB. Tel: 135 6454 0084; www.jitterbugsinshanghai.com, jitterbugsinshanghai@gmail.com

JULIA GABRIEL Centre FOR LEARNING

The Julia Gabriel Centre for Learning offers parent and child play classes starting from 6 months old, EduDrama from age 3, and a book room with storytelling and puppet shows. 75 Wuxing Road, Tel: 3473 3773; www.juliagabriel.com

OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence to make unique artworks that help them win awards, college scholarships, and acceptance into top art colleges and universities. 600 Tianshan Road, Bldg 1, Suite 2305, Tel: 6135 2686, contact@oogieart.cn, WeChat: OogieArt; www.oogieart.com

THE POTTERY WORKSHOP

Classes in both Eastern and Western pottery techniques for kids aged 5-12. University trained teachers conduct classes in both English and Mandarin. 2F, 220 Taikang Road, Tel: 6445 0902; Studio 1A, Lane 180, South Shaanxi Road, www.potteryworkshop.com.cn, infosh@potteryworkshop.com.cn

Z FENCING

Learn fencing to develop focus, discipline and determination. For kids ages 4 to 12. Learn fencing from Z Fencing, the leading fencing club with presence in Singapore, Shanghai, Kuala Lumpur and Los Angeles. Suite 505, 3211 Hongmei Road, Tel: 6426 1113; www.zfencing.cn

Financial Services

ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across the mainland of China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad. 20F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing Road, Tel: 8028 5300, www.sjp.asia, china.info@sjp.asia, WeChat Official Account: SJPASIA

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

Britannica offers the best of British independent school education. Our dynamic and caring staff are experienced in delivering the English National Curriculum. We embrace and celebrate a multicultural population, providing a personalised programme to meet the needs of all students. Small classes and an inclusive policy ensure pupils are fully supported across the curriculum. www.britannicashanghai.com, admissions@britannicashanghai.com

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

Established in Shanghai in 2002, the school has two campuses at either side of the city. Both schools follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique approach to learning, ensuring all children achieve highly and have the will to succeed further. www.bisspxi.com, admissions@bisspxi.com

CONCORDIA INTERNATIONAL SCHOOL

Concordia is a co-educational day school located on a 10-acre campus in the Biyun community of Jinqiao offering a rigorous and holistic American education to students aged 3 to 18. Concordia is accredited by WASC and recognised for its dedication to academic excellence and for providing well-developed sports, arts, service and applied learning programs. www.concordiashanghai.org, admissions@concordiashanghai.org

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space, natural courtyard settings, roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful schools in Puxi. Academically, Dulwich international colleges follow the English National Curriculum, enhanced with a brilliant Mandarin programme and are well known for achieving some of the highest IB scores in the region. www.shanghai-puxi.dulwich.org, admissions@dulwich-shanghaiinhang.cn; Wechat ID: dulwichpuxi; Tel: 3329 9310 or 3329 9399

DULWICH COLLEGE SHANGHAI PUDONG

Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular activities, the school develops well-rounded students in a nurturing environment. www.shanghai-pudong.dulwich.org, admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghaipudong;

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HARROW INTERNATIONAL SCHOOL SHANGHAI

Harrow International School Shanghai is a co-educational day school for pupils aged 18 months to 18 years old. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Year 10 and 11, and A Levels at Sixth Form (Year 12 and 13). Harrow has a state-of-the-art campus, located within the innovative Sunland project, a designated 'green space' for Shanghai. Harrow runs an inspirational and wide ranging extra-curricular activities and has a number of unique Harrow traditions. Founded in 2016 as part of the Harrow Family of Schools, Harrow Shanghai is connected to 450 years of global excellence via the unique Harrow genetics which bind our schools together. A Harrow Shanghai education is based on the same ethos and identity that has characterised a Harrow education in the UK for centuries and here you will find a school where the best of Western and Eastern traditions, history and heritage are seamlessly fused. 588 Gaoxi Road, Pudong New Area, Tel: 6881 8282*210/212, www.harrowshanghai.cn, admissions@harrowshanghai.cn

HUILI SCHOOL SHANGHAI Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong New Area, Tel: 3177 5080, www.huilieducation.cn/shanghai-school, admissions.hss@huilieducation.cn, WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

Living Word Shanghai founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going off to university the school has its own College Application Centre. 688 Jiyou Road, Huacao Town, Minhang District, Tel: 6296 8877, admissions@lwchina.org, www.lw-school.org

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

Established in 2002, NAIS Pudong follows the English National Curriculum and International Primary Curriculum, and offers the International Baccalaureate Diploma Programme for students in Years 12 and 13. NAIS Pudong's bespoke performing arts programme has been developed in collaboration with The Juilliard School, and the school runs more than 130 afterschool activities. The school caters for students from 12 months to 18 years. admissions@naispudong.com; www.naispudong.com

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculum taught through the medium of Mandarin Chinese and English. We draw on the best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS_Shanghaio

SHANGHAI AMERICAN SCHOOL

Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. IBD and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. 258 Jinfeng Road, Minhang District; 1600 Lingbai Road, Pudong New Area, Tel: 6221 1445*2152 (Puxi Campus), 6221 1445*3305 (Pudong Campus), info@saschina.org, www.saschina.org, WeChat: SAS Eagles

SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org, WeChat: scissh

SHANGHAI QIBAO DWIGHT SCHOOL

In 2014 Shanghai Qibao Dwight High School ushered in a new era in Chinese International education as the first independent, Sino-U.S. cooperative school approved by the Ministry of Education in China. A partnership between Qibao High School and Dwight School New York, we are a highly selective, non-profit, international boarding school open to all nationalities. We offer a premier International Baccalaureate education with more than 36 IB DP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

The school strives to ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. www.ssis.asia, admission@ssis.asia

SHANGHAI UNITED INTERNATIONAL SCHOOL

This international and independent school offers both day and boarding options for its students. With modern academic and recreation facilities, the school provides students with a great learning environment. www.suis.com.cn, suischool@gmail.com

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. www.wiss.cn, admissions@wiss.cn

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,400 pupils, aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College

seeks to develop the 'Wellington Identity' in every child. Wellingtonians are encouraged to be Inspired, Intellectual, Independent, Individual and Inclusive. Boasting a state-of-the-art campus, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports. Annual Tuition: ¥242,000 - ¥328,000/year (2020-2021) 1500 Yaolong Road, Pudong New Area; Tel: 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong New Area; Tel: 3175 6687; admissions.shanghai@wellingtoncollege.cn; shanghai.wellingtoncollege.cn

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programs of international education in China. Established in 1993 as the first international school officially recognised by and registered with the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

This school believes in interactive learning for primary school preparation, and incorporates games and field-trips www.fkis.com.cn

HAPPY BRIDGE KINDERGARTEN

We are a kindergarten that aims to offer a well-rounded and immersive education to all our students. We foster a multilingual environment coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them to express their creativity and imagination. Our small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 489 Huaiyin Road, Tel: 6223 8870; www.happybridge.org

HUILI NURSERY SHANGHAI

Located in the New Bund area in Pudong, Huili Nursery Shanghai represents a marriage of traditional values and evidence-based practice from the UK and China. The nursery has been designed to use indoor and outdoor learning spaces to promote recognised areas of learning and development in the unique child. The nursery team are a like-minded group of professional practitioners with a shared vision. For ages: 2-6 years old. 215 Longwan Road, Pudong New Area, Tel: 3158 0010, www.huilieducation.cn/shanghai-nursery, admissions.hns@huilieducation.cn; WeChat: HuiliNurseryShanghai

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension, offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to

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develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. 3221 North Zhangyang Road, Pudong New Area; Tel: 153 1792 5705, www.littlelions.cn

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. 2777 East Jinxiu Road, Pudong New Area; 588 Hongfeng Road, Pudong New Area; Tel: 6179 9559, info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China. and School, 586 Gaojing Road (close to Huqingping Road), Qingpu District; Tel: 5988 6688, admission.whq@montessorisos.com; 21 Donghu Road, Xuhui District; Tel: 5403 7699, admission.xuhui@montessorisos.com; 1313 Xiwang Road, Jiading District; Tel: 5910 2208, admission.jiading@montessorisos.com; 3852 Duyuan Road, Minhang District; Tel: 3403 1000, admission.minhang@montessorisos.com; www.montessorisos.com, WeChat: mss2005shanghai

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. No. 230-233, 779 Fangdian Road, Pudong New Area; Tel: 5187 2889; www.luc-china.com, admission@luc-china.com

X²B MONTESSORI

X²b Montessori is a beautiful, elite Montessori located in the heart of Shanghai. It's a certified, bilingual institution in the Xintiandi area, Huangpu District. Their teachers hold master's degrees in children's psychology, children's early education and also children's arts' and education. X²b's concept is a balanced combination between Montessori and different educational, artistic and emotional development. Your child will be welcomed with warm smiles every morning and will leave the campus with glowing, happy faces. 368 Xujiahui Road, Huangpu District; Tel: 6335 3773

Sports & Fitness

ACTIVE KIDZ SHANGHAI

A not-for-profit youth sport organization offering activities from age 3 in several locations around the city. Soccer, basketball, baseball, gymnastics, ballet,

field hockey, volleyball, tennis and more! Tel: 6406 6757, www.activekidz.org, activekidz@gmail.com

CETA ELITE TENNIS ACADEMY

This academy - which is the International Tennis Academy of the Shanghai ATP Masters - is renowned throughout Asia for its proven results. With programs ranging in level from beginners to professional players in four locations throughout Puxi and Pudong on indoor courts, deco turf, and red European clay, they are sure to have a program that suits your needs. Coaches can also go to to your compound for private lessons. Summer camps are available in Puxi and Pudong. Tel: 139 1812 8067, academy@cetatennis.com, www.cetatennis.com

ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. 3399 Longteng Ave., Xuhui District; 151 Kangding Road, Tel: 5410 8570, Customer Service: 173 2128 5456, www.iconx.com, info@iconx.cn

SHANGHAI GYMNASTICS

Shanghai Gymnastics offers a safe and fully equipped gymnastics facility for you and your family. With a coaching staff certified by the United States Association of Gymnastics (USAG), the gym offers fun and safe classes where children and adults of all ages and skill levels can learn and have fun. Classes include acrobatics, cheer, dance, gymnastics, tumbling, trampoline, parkour and a special summer camp program. Birthday party slots are available each week. 789 Hongahong Road (near West Yan'an Road); 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road); Tel: 186 2178 1281, shanghai.gymnastics@gmail.com

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from around 20 international schools have participated into the league during the last six years. SIYSL has spring and fall seasons every year composed of four age groups, and two tournaments every season. Tel: 183 0198 7976, www.siyslchina.org, info@siyslchina.org

SPORTS FORCE

Sports Force is a joint venture-ship that specialises in offering professional sports coaching for international/bilingual schools as well as individual students. Their mission is to provide safe, fun and diverse activities for children helping them grow with an active lifestyle to become healthy and balanced adults. They currently work with multiple SISAC schools and private companies delivering hundreds of hours of coaching in various sports such as: Basketball, Volleyball, Cross-Country Running, Tracks & Field, Outdoor Tag & Running Games, and Yoga. Tel: 186 1690 8035; ProTeam@SportsForce-China.com, WeChat ID: Runfast2day

Teen Activities

THE GENIUS WORKSHOP

Providing a range of workshops in engineering, robotics and animation, The Genius Workshop encourages children between the ages of 3 and 14 to let their creativity flourish, as they master the basics of building, programming, film editing and so much more! Unit 105, 1F, 1099 Meihua Road, Expo Plaza; Tel: 5033 3053; Unit 504, 5F, Tai Hao Building (above City

Shop); 3211 Hongmei Road; Tel: 6446 6766; Unit 38-40, 3F, Xujiahui Block, 618 Xujiahui Road; Tel: 6126 6526, www.g-workshop.com.cn

WELLINGTON ACADEMY PROGRAMME

This after school and weekend programme is open to all children, not just Wellington College attendees. The Academy provides a wide range of activities including swimming, football, tennis, fashion design, debating, singing, dancing and acting, Fun with English, and many more sports, arts and musical activities. Coaches and teachers are all experts in their chosen fields. Tel: 5185 3872; www.wellingtoncollege.cn/academy

Tutoring & Test Preparation

THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide since 1981. As the leading publisher of SAT, SSAT, GMAT, LSAT, TOEFL and GRE publications with over 165 in print, The Princeton Review ensures that all their teachers undergo a rigorous training programme to receive a Princeton Review certification and that they are amongst the highest scorers on the tests they teach. Building B, 5F, Bai Nao Tong Building Complex, 1010 Kaixuan Road; Tel: 5108 2798, www.PrincetonReviewShanghai.com, tprequiry.sha@sarabeattie.com

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

Body & Soul Medical Clinics

We combine Eastern and Western medicine to provide the best medical care for you.

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DOWNTOWN CLINIC - XINTIANDI T: (+86 21) 6345 5101	HONGMEI ROAD CLINIC - HONGQIAO T: (+86 21) 6461 6550
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Combining the best of East and West, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services include: TCM and internal medicine, acupuncture, herbal medicine, gynecology and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road; Tel: 6345 5101; 211 Chengjiaqiao Road; Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

DeltaHealth HOSPITAL SHANGHAI AND

DeltaHealth CLINIC HONGQIAO

DeltaHealth is a foreign-funded healthcare provider

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based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, internal medicine, gynecology, pediatrics, dermatology, combined TCM and western medicine, cardiology, ENT, rehabilitation, psychology, nutrition, medical imaging cardiology, cardiac surgery, surgery, thoracic surgery, digestive medicine, endocrinology, orthopedics, VIP Vaccination and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7; Hongqiao Clinic: 5F, Bldg B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium), Open Mon-Sat, 8.30 a.m.- 6 p.m., Tel: 400 821 0277, www.deltahealth.com.cn

ESSENCE EYE CLINIC

An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; Open Mon-Sun: 9 a.m.- 5 p.m. except Wed, WeChat: ayyk18939896079; 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, open on Sunday; 401-N1, 9 Xizi International, Jingtan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, open Mon-Sun 9 a.m.- 6 p.m., except Tues.

JIAHUI HEALTH



Jiahui Family Medicine is accredited by the World Organization of Family Doctors (WONCA), an international certification for high standard healthcare in general practice and family medicine. We will accompany you and your family on your health journey, from disease prevention to health management. With the help of community clinics and specialists, we are prepared to oversee the diagnosis and treatment of common diseases, as well as provide long-term chronic disease management for patients. This includes coordinating various specialist referrals, international referrals, and tracking rehabilitation follow-up after patients have been discharged. Jiahui International Hospital: 689 Guiping Road (near Qinjiang Road), Mon-Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District, Mon-Sat, 8am

-8pm, Sun 8a.m. - 6p.m.; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. 3F, 1868 Pudong Avenue, Oriental City Tower, Pudong New Area; 35 Yongjia Road, 19F (near Maoming Road), Huangpu District, Tel: 6075 3100, 5404 0058/59, sh.changhedayun.com

MINDFRONT SHANGHAI CLINIC

Mindfront Shanghai Clinic specializes in urban mental disorders or mental health issues, providing multidimensional professional help in various disorders/issues such as sleep disorders, anxiety and depression, obsessive-compulsive disorders, ADHD in children and adolescents, women's mental health, addictive behaviors, parent-child/family relationships, social relationships, etc. Our professional team consists of psychiatrists with extensive clinical experience and overseas-trained counselors/therapists. Professional services are delivered through a multidisciplinary teamwork model. Also, case manager is assigned to provide support throughout the course of treatment and ensure timely responses to client needs. 18F, Crystal Tower, 68 Yuyuan Road (near Jiaozhou Road), Jing'an District, Mon-Sun, 10a.m.-6p.m., Tel: 6718 8883, www.mindfront.com/en/home

PARKWAYHEALTH

With more international doctors and a wider range of services than any other healthcare provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services Include: Adult & family medicine, acupuncture, allergy, cardiology, chiropractic, dentistry & orthodontics, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, physical therapy, osteopathy, mental health & counseling services, speech therapy, TCM, urology. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; appointment 400 819 6622; www.parkwaypanai.cn

RAFFLES MEDICAL SHANGHAI

A premier medical centre staffed by an international and multi-disciplinary team from Singapore, Germany, Malaysia and China. Our services include Family Medicine, Women's Health, Men's Health, Paediatrics, Dentistry and Orthodontics, Health Screenings, Diagnostic Radiology, Mental Health & Psychological Counselling, Urology, Chiropractic,

Internal Medicine, etc. We provide state of the art medical services and professional medical expertise to our patients. Tel: 6197 2300, <https://www.afflesmedicalgroup.com/shanghai>, enquiries_shanghai@afflesmedical.com

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. 23-24F, Bldg B, 551 South Pudong Road, Pudong New Area, Tel: (24-hour service) 5879 9999 or 150 0019 0899; Outpatient services Mon-Fri 9 a.m.- 5 p.m. and Sat-Sun 9 a.m.- 5 p.m.; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

SHANGHAI KAIYI CLINIC



Shanghai Kaiyi Clinic is a privately-held Shanghai-based healthcare company under the Columbia China umbrella which is founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from China, USA, and Japan assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Mon-Sun 8 a.m.-7 p.m., Tel: 400 663 7707*1, 021 6327 5599; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 400 663 7707*2, 021 6882 1212, Mon-Sat 9 a.m.-6 p.m.; columbia-clinic.com

SHANGHAI RENAI HOSPITAL

Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is influential throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services Include: Cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunization. 127 Caoyi Road, Xuhui

community listings

District, Tel: 5489 3781, www.renaihospital.com, Mon-Sun 9 a.m.-5 p.m.

SHANGHAI YOSEMITE CLINIC

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry. B1-1F, 1398 Fangdian Road, Pudong New Area; Open Mon-Sat: 9 a.m.-9 p.m., Sun: 9 a.m.-5 p.m. Tel: 400 850 0911; www.yosemiteclinic.com

UNITED FAMILY HEALTHCARE (UFH)



United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 3 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Centre at 400 639 3900 to experience Shanghai's foremost medical care. 699 Pingtang Road (near Kele Road), Open 24/7; 1598 New Jinqiao Road, (near Donglu Road), Pudong New Area, open 24/7; 8 Quankou Road (near Linqun Road); 689 Yunle Road (near Jinfeng Road); Suite 402, 85 Taoyuan Road Silver Court Building). Tel: 400 639 3900; shanghai.ufh.com.cn

Dental Clinics

ALPHA DENTAL

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is

available. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); open daily 10 a.m.-7 p.m. except public holidays. www.alphadental.cn

JIAHUI DENTAL

SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

Address: 689 Guiping Road, Xuhui District, Shanghai

Regular Opening Hours: Mon-Sun 24 hours

- Family Medicine
- Emergency Medicine
- Dentistry
- Rehabilitation
- Ophthalmology
- Fertility service
- Pediatrics
- Obstetrics & Gynecology
- Orthopaedics
- Dermatology
- Breast Institute

Contact: 400-868-3000

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases, orthodontic treatments, teeth whitening, dental implants and wisdom teeth extraction. The Dentistry Department also carries out multi-disciplinary collaborations with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; working with E.N.T. specialists to help adolescents with problems bad breath, adenoidal hypertrophy and allergic rhinitis; working with Orthopedics to provide sports lovers a comprehensive range of preventive strategies for sports injuries, etc. Jiahui International Hospital: 689 Guiping Road (near Qianjiang Road), Mon - Sun, 24h; Jiahui Health (Jing'an): 88 Changshu Road, Jing'an District, Mon - Sat, 8am - 8pm, Sun 8am-6pm; Jiahui Health (Yangpu): 1F/2F, Suite 3, 99; Jiangwancheng Road, Yangpu District, Mon-Fri 8:00-20:00, Sat-Sun 8:00-18:00; Tel: 400 868 3000; www.jiahui.com/en

PURESMILE ORTHODONTICS & DENTISTRY

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. No. 1-4, 650 Biyun Road, Jinqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; Daily 10 a.m.-6 p.m.; www.puresmile.com

PARKWAY HEALTH DENTAL CENTRES

With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. Suite

203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Jinqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area; Tel: (24-hour appointment) 400 819 6622; www.parkwaypantai.cn

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; Mon-Sat 10 a.m.-7 p.m., closed on Sundays; www.newyorkdentalchina.com, WeChat: NYDC-Shanghai

LIFESTYLE

Hotels & Holiday

THE PULI HOTEL

The PuLi is the first luxury hotel in Shanghai to be positioned as the "Urban Resort". It was inaugurated in September 2009. The PuLi combines the best of many specialties to present the understated luxury and introverted elegance, providing exclusive "crafted luxury" services for guests from Shanghai, China and the world. In addition, The PuLi returns to the origins of luxury through simple design, ambiance, craftsmanship and attention to details. Take guests on a sensory adventure that transcends traditional luxury. We endeavor to orchestrate a guest experience that is genuine, intuitive and seamless. social parties, and training sessions. 1 ChangDe Road, Jing'an distinct, Shanghai; Tel: 3203 9999; Fax: 3251 8989; information@thepuli.com; www.thepuli.com

PRIMUS RESIDENCE SHANGHAI HONGQIAO

Primus Residence Shanghai Hongqiao is an upscale service apartment of Greenland World Center Hotels. The apartment features 158 apartments, including one bedroom apartment that up to 40m², and three bedroom apartment that up to 170 m². It also features private gym and function rooms to meet various requirements for the customers. Adjacent to National Exhibition and Convention Center Shanghai, which is the largest single building and exhibition complex in terms of size, the residence is only 2 kilometers to Shanghai Hongqiao Railway Station, 2.5 kilometers to Shanghai Hongqiao International Airport and 800 meters walking distance to metro station. No. 188 Lane 1588, Zhuguang Road, Xujing Town, Qingpu District; Tel: 3979 6888, www.GHGM.com; resv.hongqiao@primushotels.com

SHANGHAI HONGQIAO TONGPAI HOTEL

As Tongpai's flagship hotel in Shanghai, Shanghai Hongqiao Tongpai Hotel has rapidly been a new landmark of trendy urban life for young generations and nearby communities since the opening, with its favorable location, distinct design style, plus diverse and creative food and beverage. The cuisine prepared by the hotel is sophisticated yet boldly innovative, and is distinguished by creative dishes, distinctive coffee blends, and craft beers. The chef team has rich experience in customized catering packages for various activities like team events, social parties, and training sessions. 115 Minbei Road, Minhang District; Tel: 3328 8600 ext. 6603; www.tongpaihotels.com/en/hotel-hq.html

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