

Shanghai Family

Autumn 2023

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20th
BIRTHDAY

*Ready,
Set, Go!*

*Shanghai Family:
A History*

*Decoding
the Korean
Wave*

Forging a Career Path

*A deeper look at
common career advice.*

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My Shanghai

Leslie Hwang

is a Christian, outdoorsy, dog lover. A South Korean, she has delighted in Shanghai life since 2016 with her husband, two boys, and dog.



My Family

Rachel Wright

is a teacher and writer who is passionate about literature and conversations with friends.

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What was your first job?



Flight attendant
with Singapore
Airlines



Newspaper
advertising
designer



Magazine sales



I had a paper route
with my friend Emily
in middle school

General Manager / Jenny Wu

总策划 / 吴东坤

Executive Editor / Lynn Yen

执行编辑 / 颜玲

Editor / Eve Wee-Ang

编辑 / 汪黄美玲

Censor / Wan Lixin, You Fang

特约审订 / 万里新, 幼芳

Designer / Zhu Dongmei

美术设计 / 朱冬梅

Photographer / Zheng Bin

摄影师 / 郑斌

Sales / Lorraine Hou, Fang Fang Hu

销售代表 / 侯珺, 胡芳芳

Production & Distribution Manager / Peihua Xu

印制, 发行经理 / 徐佩华

Write to us at:

editor@shfamily.com

Advertising Hotline

021 5838 1961/130 6176 1177

shadvertise@shfamily.com

Shanghai Xinmin Community Media Co. Ltd.

Head Office: 1801, 755 Weihai Road, Jing'an

Pudong Office: 1001, No. 2, Huiyang Building, 1139

Pudong Avenue, Pudong New Area

上海新民社区传媒有限公司

浦东部: 浦东大道1139弄惠扬大厦2号1001室

电话: 021 583 81961 / 021 583 81991

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Magazine designer

新民晚报 随报赠阅

上海报业集团主管主办

国内统一刊号: CN31-0062

威海路755号上海报业集团大楼1801室

电话: 021-2289 9999

传真: 021-6247 3220

邮编: 200040

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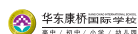
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editorial team note

We are celebrating the 20th anniversary of Parents&Kids and Shanghai Family in this issue! Although, technically it was Parents&Kids that started in 2002 and Shanghai Family in 2005. But as sister publication brands and with Covid restrictions last year, we are celebrating together this year!

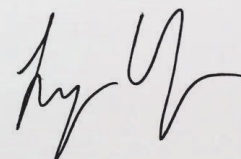
I first encountered a Shanghai Family magazine in 2019 at the now-defunct Element Fresh in the Jinqiao neighborhood of Pudong. Up till then, I'd lived my life in the city center of Puxi and was oblivious to the thriving expat communities in the further-flung suburban

neighborhoods. I'd go on to work for Shanghai Family after meeting former editor-in-chief Beth Roulston. Always curious about the history of the magazine, I asked then managing editor Anabela Mok, but the furthest back we got was the Ringier days. The founding history was seemingly lost, until an early employee Marianne Yo got back in touch with the magazine and connected the dots. We look back at **Shanghai Family: A History** and interview the original mother of Shanghai Family, Kate Lilienthal (26).

Sticking with the career theme of this year's Student Voices speech competition, Dream Big, the cover story extracts the wisdom from **common career advice** (16). Throughout various columns in this issue we also ask our interview subjects about their careers. Learn what it is like to be a chef in **Food Files** (50), a professional golfer and instructor in **Wonder Woman** (48), and a fashion designer in **Style** (44). **Hear directly from some of the students** themselves as they describe their career dreams (42).

Elsewhere we look at sports in international schools in the **education feature** (30) and go behind the scenes at the ATP Shanghai Masters to see how **tennis pros prepare and recover** (40).

Thank you to everyone who has been a part of the Shanghai Family and Parents&Kids journey over the years. We hope you enjoy this issue.



Lynn Yen, Executive Editor
On behalf of the Shanghai Family editorial team



SF

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Shanghai Family

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WE'RE TURNING 20!

Zootopia Geared Up for Year End Open

The very much awaited, newest theme park edition to Shanghai Disney, Zootopia, is finishing up final touches and is set to open by the end of 2023. During a press preview, the designs and innovations were showcased such as, state-of-the-art animatronics and a world full of animals of all sizes with matching sizes of all things like doors, benches, and popsicles. The colourful Zootopia world will feature a main ride with the storyline of rescuing the captured popstar Gazelle in time for the big concert. Star police officers rabbit Judy Hopps and fox Nick Wilde are in hot pursuit. First riders get a debrief from Police Chief Bogo and then follow the action in cars that travel on a trackless path. Once the day is saved and Gazelle is rescued, the show must go on. Visitors can see the concert for themselves on the new performance stage. Check it all out for yourself soon when doors open later this year.



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**



Larger Than Life Toys

The Powerlong Museum in Minhang presents Dutchman Florentijn Hofman's "Celebrate Together!" Grab your cameras for the larger than life installations of a yellow rubber duckie, panda plushie, and more. The exhibit, as the name implies, is meant as a fun celebration of joy with bright colors and a look at our connection with well-loved toys. The exhibit ends its extended run on 22 Oct, so catch it while you can. Tickets are 138 RMB. Hours: Tues - Sun; 10 a.m. - 6 p.m. (last admission 5 p.m.)

Family Halloween Party at The Pearl

Trick or Treat! Get dressed up and celebrate Halloween with the whole family at The Pearl's Family Halloween Party on Sunday 29 October. The party will have puppeteers, ghost stories, games, and a live band. Doors open at noon, with tickets at 150 RMB. Call ahead to reserve seating at tel: 136 2168 8556. Other family shows this fall include a Queen tribute concert on 19 November. Make sure to follow The Pearl's WeChat account for future concert and event announcements, WeChat: lovethepearl.



The Sound of Music

The hills are alive with the sound of music! Coming 22 Nov to 3 Dec, hear your favorite songs from the classic musical telling the story of the von Trapp family. From the original Broadway musical directed by Jack O'Brien, the show will faithfully present the North American tour version of The Sound of Music. The venue is the BOCOM Performing Arts Center in Pudong. Tickets are from 280 to 980 RMB on 247tickets.com.

Royal Shakespeare Company Presents Matilda

Roald Dahl's magical story of childhood, Matilda the Musical, comes to the Shanghai Grand Theatre Lyric Theatre from 7 Dec to 7 Jan. The Royal Shakespeare Company performs this multi-award winning musical inspired by Dahl's beloved book. Tickets range from 180 to 1,280 RMB and can be purchased at 247tickets.com.



Student Voices Reaches the Final Round

The annual Shanghai Family Student Voices English speech competition has entered the final phase of competition. Throughout the weekends this fall, we will be holding the final round of speeches at our School Expos where 119 students will compete for the top prizes. For 2023, the theme is "Dream Big." It asks students from ages six to 18 to dream of what kind of career they want to one day have. We have already heard amazing, creative, well-researched, and articulate future career dreams in the semi-final rounds in the spring. We look forward to students expressing themselves once again on stage in the coming weeks. Congratulations to all of the nearly 700 students from 34 schools across the country who participated in this year's competition. Best of luck to all the finalists! Stay tuned for the announcement of next year's speech theme. We hope to see you again!



Search Inside Yourself 1-Day Event in Dec

The one-day mindfulness seminar born from Google is back this winter. Mark your calendars for Friday 1 December and book your ticket for Search Inside Yourself for 4,000 RMB. This year's program will be conducted in Mandarin by SIY certified instructor Olivia Xiao. She believes that by practicing mindfulness to observe your body and emotional reactions without judgement, you can improve the relationship with the self and others. Olivia is also an Appreciative Inquiry certified practitioner, which is a strengths-based positive approach to leadership development, and is trained in Hakomi, a mindfulness-based somatic therapy. As in the past, SIY will be held at AmCham Shanghai offices at 27F, Infinitus Tower, 168 Hubin Road. Get tickets and register at: <https://amcham-shanghai.glueup.cn/event/37901>

Royal Russian Ballet Theater's The Nutcracker

See the holiday classic ballet, The Nutcracker, performed by the Royal Russian Ballet Theater on 8 Dec at the Poly Shanghai City Theatre in Minhang District. Hear Tchaikovsky's iconic score, travel through wonderland, and battle the Mouse King. Tickets range from 180 to 680 RMB at 247tickets.com.





YCIS Shanghai Celebrates 30th Anniversary

On 13 October, YCIS Shanghai celebrated its 30th anniversary on YCYW's Founder's Day, an occasion to honour founder Madam Tsang Chor-hang. YCIS Shanghai was the first independent international school in Shanghai officially recognised by the Chinese Government, underscoring its role in YCYW's development. At the event, Dr Betty Chan Po-king, YCYW's CEO and School Supervisor, said, "In September 1993, we opened our first YCIS Shanghai campus with only 63 students from different countries and regions. Today, we take great pride in having over 2,200 students in campuses in Hongqiao, Gubei, Regency Park, Century Park, Ronghua, and Lingang. This achievement marks a significant milestone in our journey."



Sports Kick off at SAS

Shanghai American School kicked off the new sports season. Pudong campus held the first Friday Night Lights of the year and Puxi campus held the Sports BBQ Kickoff. Both events saw athletes battle in the name of fun before they start bringing home trophies. With good music and scrumptious parent-sponsored hot dogs, everyone celebrated sportsmanship, camaraderie and teamwork. It set the tone for a spectacular year of volleyball, cross country, baseball, swimming and more.



Marketing at Concordia

COO of BBDO Asia, Mr. Hans Lopez-Vito, attends this year's Marketing Challenge. BBDO, a global advertising powerhouse, and students are collaborating for Mars Inc. In the next weeks, students will make a marketing campaign for a Mars' brand, dive into market dynamics in China, and present their campaigns to company executives. Concordia's Applied Learning courses blend academic theory with real-world application, priming students for success in any profession.



LFS's Higher Ed Fair

Shanghai French School welcomed the 2023 edition of its Higher Education Fair at the Primus Hotel Hongqiao on Monday, October 30, from 3:00 to 5:00 p.m. It provided a wonderful opportunity for LFS students and their families to explore various schools and universities, gather information, and receive direct guidance from representatives and professionals. This Higher Education Fair showcased over 90 universities, colleges, and institutions from France and various other countries.

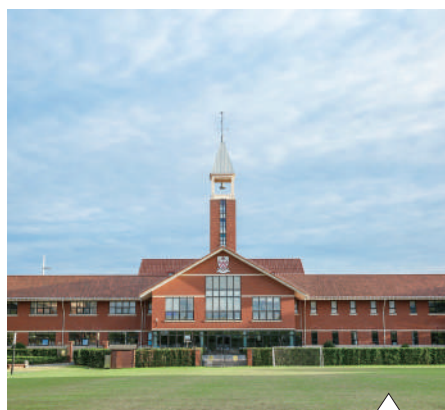


Concordia Celebrates 25th Anniversary

Opening the events, congratulatory speeches were given from Mr. Steve Winkelman, Head of School, and Mr. Ding Lizhong, the Chief Superintendent of Schools for Pudong Education Bureau. A time capsule from Concordia's 10th anniversary was opened, revealing a Middle School choir performance CD, a Heart-to-Heart teddy bear representing service learning, and yearbooks from 2008-09. Attendees were treated to a song by Concordia's a cappella group, The Chromatics, and a school tour with a reading of "The Best Kind of Mooncake" by alumna Peal QuYueng, and showcases by the drone club Phoenix Squadron and VEX Robotics.

Football Legend Visits German School Shanghai

September 20th was a grandiose day for the German School's young football enthusiasts: World Champion, German League and Cup winner, and BVB legend Roman Weidenfeller was at the German School Shanghai (DSS) Hongqiao. Students excitedly welcomed their guest speaker and dressed in the classic bright yellow jerseys of Borussia Dortmund football club.



Cambridge Top Marks

Dulwich Pudong are pleased to announce that three students have been awarded Outstanding Cambridge Learner Awards for achieving Top in China scores in the 2023 IGCSE exams. Zihan L received the award for International Mathematics, Hailun Z for Drama, and Michael G for not only Literature in English but also First Language English (Oral Endorsement). These prestigious awards recognize exceptional achievement in Cambridge exams worldwide. Congratulations to all the winners!

Harrow Open Day

Harrow International School Shanghai warmly welcome you to visit the school campus on Saturday, Oct 28th from 9:30am to noon to understand how they drive the best academic outcomes leveraging a personalized approach that allows Harrow children to exceed expectations. There will also be an opportunity to participate in classes and meet with teachers and pupils to experience what a day in the life of a Harrovian is like. Don't hesitate to contact Harrow for information on Open Day.



SCIS Open House

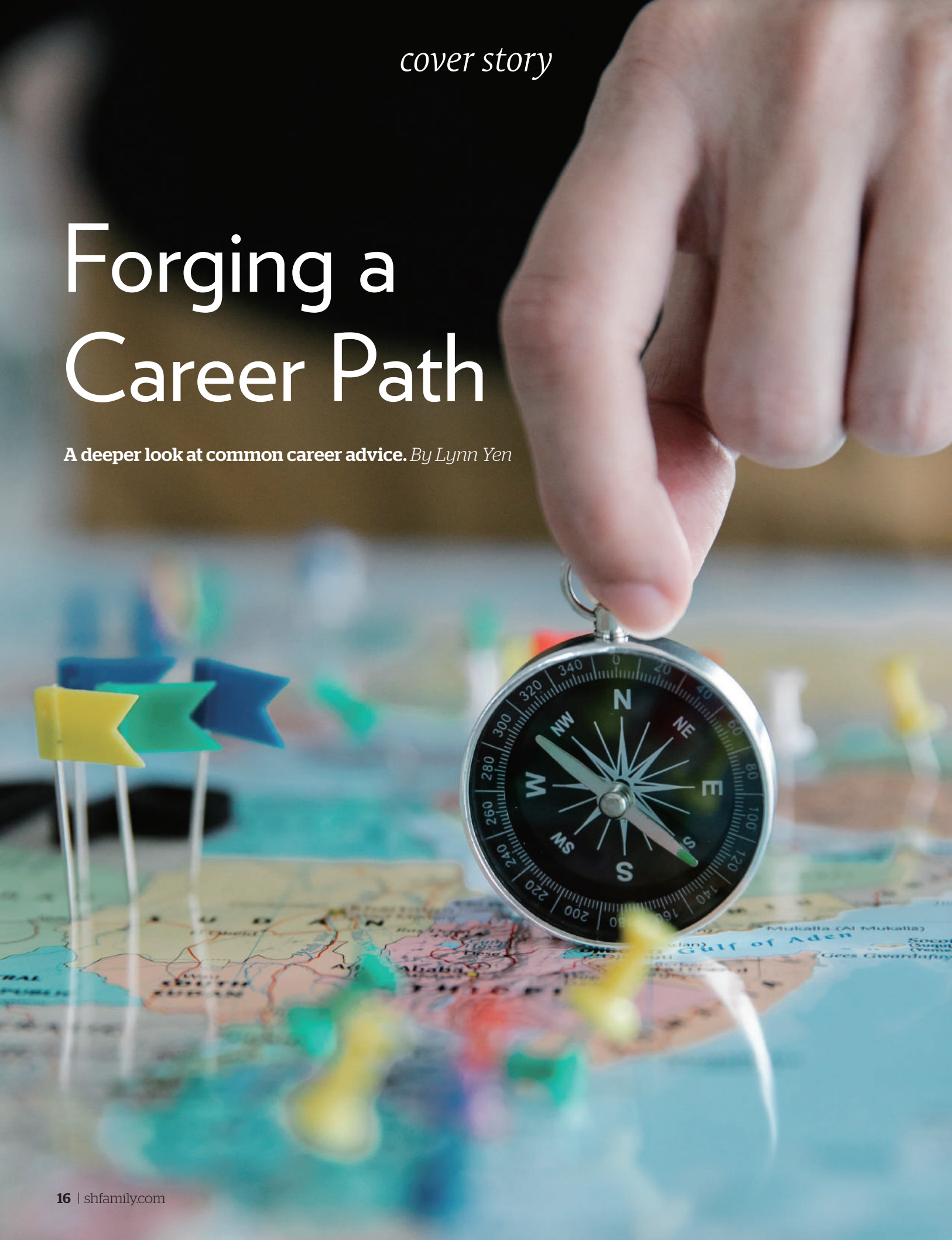
SCIS invites you on Nov. 10th for the SCIS Open House, a day of exploration and inspiration. SCIS takes pride in its vibrant culture, nurturing environment, and world-class faculty and facilities. This event offers an opportunity for children and families to engage with the esteemed educators, experience the innovative teaching methodologies, and explore the state-of-the-art campus. Discover firsthand the enriching educational journey that awaits your child.



cover story

Forging a Career Path

A deeper look at common career advice. *By Lynn Yen*



Congrats! You landed a job, now what? Navigating a career can seem daunting. In the modern age, our relationship with work is free-form, and all the responsibility is on you. How do you find your way?

Ask anyone for career advice and they will likely have a nugget about a lesson they learned the hard way. These pithy lines stick in your head. They are cautionary tales, well-tested best practices, and sometimes just a line everyone says because it sounds like something we should be doing.

Like with all advice, discern for yourself. Take the advice that works for you and leave the advice that doesn't fit. With that said, there is a reason some of the same advice gets repeated and retold. Here are some common career aphorisms you've likely heard before and the lessons behind them.

“Live to Work, or Work to Live”

Do you want a job that you don't particularly like but pays for a lifestyle that makes you happy? Or do you want a job you love and that you put a lot of time into? Some jobs in the economy just need to be done. Maybe they don't inspire love and joy, but they provide for life's needs and allow people to have hobbies that give them joy or allow them to achieve other goals.

Other jobs and careers are described as “callings” and “a life's work”. These can give people purpose. Though, one person's dream job can be another person's nightmare, and as your life changes, your preferences and needs from a job will also change. How we make our job choices is highly individual and case-specific. This includes the decision to not have a job as well. Commonly for expat parents, the decision

to leave the job market is another big step in a career journey.

The advice of “Live to Work, or Work to Live” takes a practical approach to jobs and life. It invites people to think about what they really want and need in life, and how a job can give them that.

It's a good time to talk about Maslow's Hierarchy of Needs, a chart created by psychologist Abraham Maslow to describe what humans need. At the bottom of the pyramid, forming the most essential needs are Physiological Needs like food and shelter, then the next tier is Safety and Security, followed by Love and Belonging, Self-Esteem, and finally Self-Actualization at the peak, meaning achieving one's full potential. It's not all-encompassing, but it is a good framework for thinking about what you need and how to go about achieving it.

The nature of work is constantly changing. Now there is the emergence of flexible work hours with a

4-day work week called 4/10, where the traditional 40-hour work week is condensed. There are even calls for a 32-hour work week with an extra day off, which has been argued to increase productivity. It was trialed in the UK and was a demand of the recent United Auto Workers strike. Of course during the past few years, the workforce has adapted to working from home and seen the rise in popularity of digital nomads who work remotely from global destinations of their choice. Plus, who knows what ramifications of artificial intelligence and automation will end up changing in the near future. This is all to say, there is ever more flexibility and options to fit your particular needs.

“What You Do In Your Free Time Defines Your Future”

Some people like keeping their hobbies separate from work. Doing them as a job would ruin the experience. Others view hobbies as a great way to explore interests and potential careers. Your free time allows you to

“The advice of “Live to Work, or Work to Live” takes a practical approach to jobs and life. It invites people to think about what they really want and need in life, and how a job can give them that.”





"More people are turning toward things like investing, short-term home rentals, and selling things they make. CBS News reported in March 2023 about a study from LendingTree and YMNTS that showed nearly half of American workers have a side hustle."

grow and develop as a person. You can pursue interests, grow a family, or learn new skills. You can work toward goals like studying for a higher degree or certification. You can expand a hobby that later becomes a different career or side job.

Speaking of side hustles, a trend among modern workers is to create multiple income streams. Diversification of income generation is seen as

insurance in the face of potential economic downturns like the 2008 Global Financial Crisis and Covid-19. More people are turning toward things like investing, short-term home rentals, and selling things they make. CBS News reported in March 2023 about a study from LendingTree and YMNTS that showed nearly half of American workers have a side hustle.

“Be Indispensable at Your Job”

The fraternal twin of the advice “Find something you are good at, that you’re better at than other people.” This basically means you should know what role you fill in the larger picture and do it well. Think about the value exchange between your company and yourself. This is good practice for a job interview or application as well. What unique value do

you bring and why should you be hired or accepted? It’s a very capitalistic approach to work, but that is the modern system. What are the needs and how do you solve them? This thinking can be applied to entrepreneurs as well. Find a need and solve it or create a demand and supply it.

The popular self-help book “Outliers” by Malcolm Gladwell, popularized the concept of requiring 10,000 hours of practice to achieve mastery of something. Whether the strategy is fail-proof or not, becoming an expert at something is a sure way to gain job security and command higher compensation for your work.

“Love What You Do and You’ll Never Work a Day in Your Life”

Everyone has heard this advice. To many people, this is the ultimate

goal. The best scenario is that you find a job you are passionate about and love doing it. This advice may seem like you have your head in the clouds, but it does bring up good logic. If you like what you do and “follow your passion,” you’ll want to spend time doing it, and likely do it well. You’ll likely reach that 10,000 hours of expertise if you get joy from doing what you practice.

This level of enlightenment is dependent on knowing yourself, knowing what you enjoy and what you are good at, as well as what you don’t like and what you aren’t good at. Much of primary and secondary school nowadays emphasizes exploring and developing passions through classes and extra-curriculars.

In school, you probably were given a career test that asked you a series of questions to determine your interests, then spat out a suggested career. These tests do not have a reputation for being particularly useful or accurate, but they get kids thinking about careers, and the philosophy of aligning interests and abilities is a good basic formula.

Academics have continued to fine-tune and produce new personality assessments. These psychological profilers are having a bit of a heyday in popular culture. There is the Myers-Briggs Type Indicator, which categorizes people into 12 personalities according to factors like extroversion and introversion, how they think and feel, and reactions to external information. There are also specific business-oriented talent assessments like the CliftonStrengths by Gallup which argues for building on an individual’s strengths because when you’re good at something, you’ll likely enjoy doing it due to the positive feedback loop of success.

These tests should be taken with a

"Many career coaches advocate for conducting career checkups once or twice a year."

grain of salt lest we enter into a dystopian fiction without choice, but they can help you think about how you are different compared to others and your unique offerings.

Lastly, you can ask a friend. Seeing yourself clearly is difficult. Asking someone close to you especially someone in the workplace for feedback can be harsh or embarrassing but if you can stomach it, ultimately useful.

“Be a Self-Learner”

School teaches you knowledge and the focus is on getting into college. But after you’ve done internships and finally get your first job, advice and support are less readily available. You need to take on that responsibility, be a self-learner, and develop a “growth mindset.”

Many career coaches advocate for conducting career checkups once or twice a year. In a Forbes article, career coach Nancy Collamer advocates seven steps.

1. Reflect on the year. Ask if you are satisfied with the job while noting down what you’d like to change. Remember that not every job is enjoyable all the time. It is better to take a longer view to assess. Compile a highlight reel of accomplishments to see your strengths and abilities.
2. Update your resume and professional profiles like LinkedIn.
3. Identify opportunities for professional development.
4. Audit your digital footprint by Googling yourself to see what potential employers would see.
5. Schedule time for networking.
6. Make health goals and changes.
7. Research new job possibilities.

It is important to stay up to date with advancements in your industry by learning the latest technology. If





your employer doesn't offer regular job training, take it upon yourself to upskill and earn the skills needed for a promotion. Many online tutorials exist along with traditional education like books and advanced degree programs.

Also important is building a professional network such as finding career coaches or mentors. Join a professional organization or a school alumni network. When you are searching for a new job, talk to people who have worked in the company you are interested in. Hearing personal experiences is very informative research.

“ Dress for the Job You Want ”

It may be superficial, but humans are social beings. There are codes and customs for appropriate work attire across industries and countries. Dressing appropriately and looking the part indicates understanding, respect, and fitting into the culture. Some employers will even earmark a clothing allowance for employees.

A company or brand may have a certain image and reputation they

desire to project. It is the same reason why banks are built with sturdy Greek columns. Being able to identify and emulate a company's culture is a valuable soft skill.

The tangible hard skills of a job are learned and practiced, and so too can the interpersonal soft skills. More value is being placed on emotional intelligence (EQ), communication, leadership, adaptability, and time management to name a few.

“ Define Your Own Meaning of Success ”

There isn't one set career path, or life path, or correct path. A job is just one part of life, a necessary and important part, but just one aspect of the journey of life. You find success through achieving your own goals. A career sometimes can't be planned, it's the collection of twists and turns you take along the way. **SF**

Shanghai Family

Find the best fit for your child's education



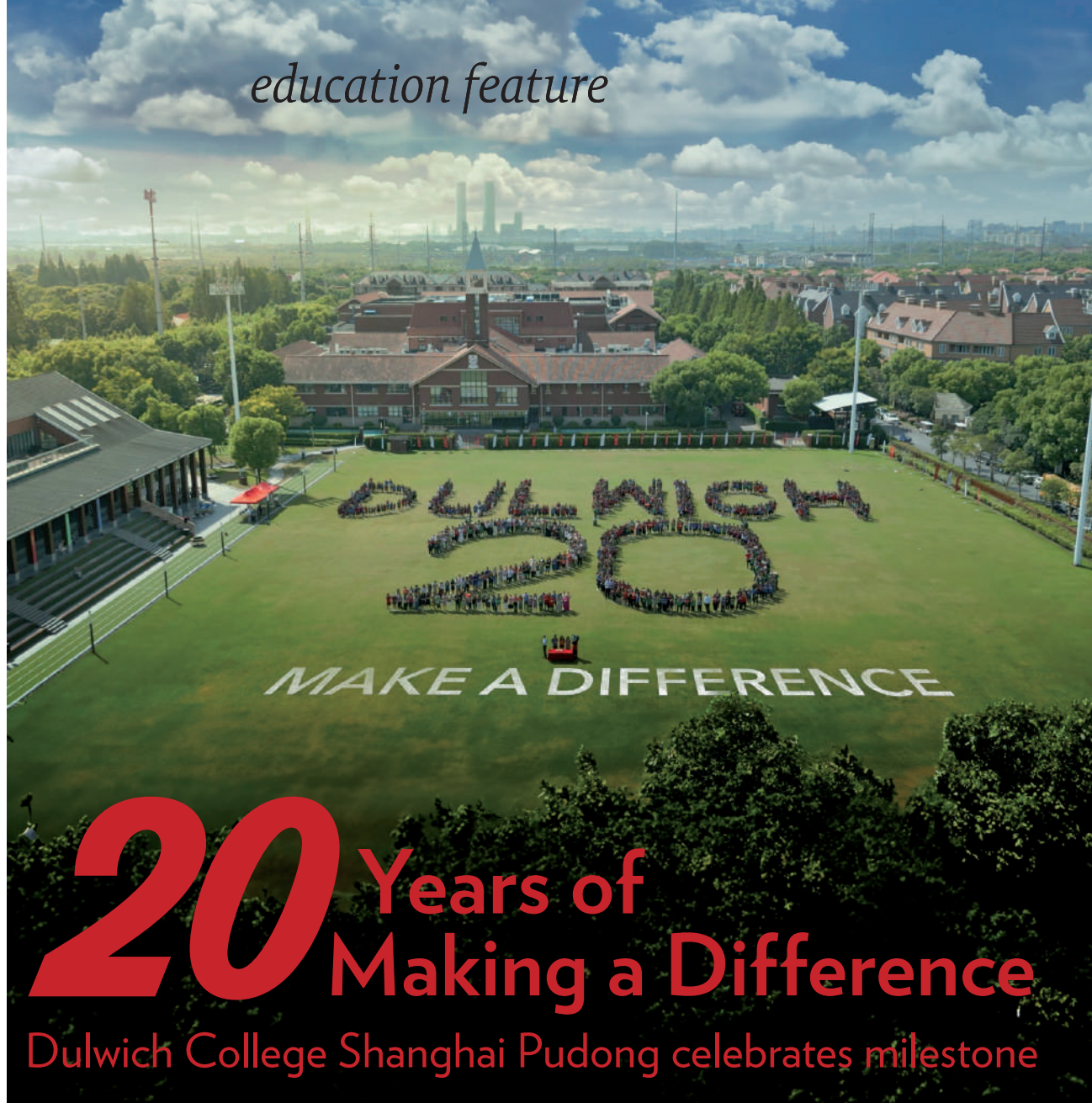
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Shanghai
Family

Parents & Kids

虎媽牛娃
HUMANIUWA

education feature



“A Dulwich education empowers young people with the skills and motivation to make a difference, to be leaders in building a more sustainable world.”

– Founder Fraser White and Co-founder Karen Yung

It has been two decades since the founders' vision first took root. Since then, thousands of students have entered Dulwich College Shanghai Pudong and graduated 'Worldwise', ready to take on the future.

Heritage of Educational Excellence

From the first Dulwich College in London, to the seven global campuses today, Dulwich College Shang-

hai Pudong draws from the Dulwich DNA of educational excellence that started over 400 years ago. With high standards of teaching, high expectations of learners, and high quality of facilities, Dulwich knows how to achieve excellence and continues forward in pursuit of more.

Dulwich College Shanghai Pudong consistently wins top awards and recognition, such as from “The

World's Best School Prizes” by T4 Education, where the school was recognized for Supporting Healthy Lives, and “The International School Awards” by ISC Research, which saw the school shortlisted in top 3 for Ethical Values Education.

Last year the Class of 2023 students achieved outstanding scores on the International Baccalaureate (IB) Diploma Programme exams, scoring an average of 37.8 out of 45 points, significantly above the global average of 30.24. Additionally, 38.6% of students scored above 40 points, while one earned full marks with 45 points, 29.8% of students completed bilingual diplomas, and all achieved a



100% pass rate. This continues the strong tradition with past average IB scores of 39.8 (2022), 39.2 (2021), and 37.8 (2020).

IGCSE scores in 2023 followed suit with 79% of grades awarded A or A* and 42% of students earning exclusively A or A* results.

The legacy of school alumni continues to inspire and create pioneering paths for younger students to follow toward dream universities, careers, and achievements.

Highlights from History

Over the past 20 years, many memorable events have taken place at Dulwich College Shanghai Pudong.

2003, the story began as the younger DUCKS campus opened with 26 students and 48 staff.

2004, a year later the Senior School opening its doors for the first time to students.

2006, the rock legends Rolling Stones made landing in Shanghai and invited Dulwich Choir students and staff on stage to perform with them.

2008, students perform in concert with the visiting New York Philharmonic Orchestra.

2012, Dulwich Pudong orchestra performs in Vienna.

2015, the first D'Oscars (Dulwich Oscars) film festival is held with Hollywood producer and director William Fey as judge.

2018, Dulwich EdTech students received a visit from UK Prime Minister Teresa May.

2019, Dulwich Pudong students travel to the founding school in London to show their sporting might against all the Dulwich schools globally in the 2nd Dulwich Olympiad.

20th Anniversary Celebration Events

"Over the last 20 years we have strived to be one of the very best schools in the world. This takes constant effort and the ability to innovate. One thing that has not changed is that we have remained loyal to our values. We value every voice, we do the right thing and we make a difference. Our values will always be the driving force as we continue our rest-

less pursuit to Live Worldwide." - Head of College Garry Russell

To celebrate the big 20th anniversary milestone, Dulwich Pudong has planned many special events like the Birthday Bash that took place on 4 September. Students were welcomed back to campus for a new school year with birthday cupcakes, and an awards ceremony recognized the 14 founding staff who are still at the school today.

A highlight of the celebration was when students, staff and members of the Dulwich Pudong community all gathered together for an aerial photo on the lawn to spell out "DULWICH 20". The DUCKS young students and teachers also gathered and created their own "DUCKS20" aerial photo in commemoration.

The fun doesn't stop there, Dulwich College Shanghai Pudong has anniversary events planned all year long including a 2K Colour Run, Greatest Hits Concert, Gala Ball, Dulwich Olympiad in Singapore, and Future of Education Forum.

Whilst reflecting and celebrating the accomplishments of the past, the College looks forward to twenty more years of making a difference!





Parents & Kids

WE'RE TURNING 20!



The *20*th

Anniversary

Shanghai
Family Parents & Kids
SHANGHAI



新民晚报
社区版

虎妈牛娃
HUMANNIUYA

Shanghai
Family Parents & Kids
SHANGHAI

Shanghai Family



A look back at our early days. By Lynn Yen

"We called it Shanghai Family, but really, it was designed to support the trailing spouse, usually the mother. They often had the most difficult experience. Children went to school, husbands had very busy jobs, that left mothers running everything else in an incredibly foreign situation with little Mandarin ability. Many women had given up jobs and left supportive family members behind. So, we really saw it as a service." - Kate Lilienthal



Kate from back in the day

It all started when the first Executive Editor of Shanghai Family, Kate Lilienthal, saw a need among the expat community. Now based in Singapore, Kate reflects on the early days.

"I was sitting in a ball pit in the play area of a condo complex on Fuxing Lu. I was talking with other moms about where to find healthcare. Eugenia Yen was one of them. No one really seemed to know. Everything was just so very foreign. I thought, why not start a newsletter with relevant information for expat moms, similar to the Bay Area Parent I wrote for in San Francisco? I asked Eugenia if she'd like to do it with me and she said, "Why not?"

We called it Shanghai Family, but really, it was designed to support the trailing spouse, usually the mother. They often had the most difficult

experience. Children went to school, husbands had very busy jobs, that left mothers running everything else in an incredibly foreign situation with little Mandarin ability. Many women had given up jobs and left supportive family members behind. So, we really saw it as a service. We had no goals. I came to China thinking I would collect a funny amalgam of expat stories and turn it into a memoir. Instead, we started a magazine.

We launched in September 2005. I remember this distinctly because I went around delivering our first issue when I was very pregnant with my son, Owen, who was born the next month. My beloved ayi, who is still beloved to us all these years later, distributed the magazines to expat locations on her moped. She was completely baffled by what her 8-month pregnant tai-tai was doing.

At first, it was just my friend Eugenia. She connected us to Community Center Shanghai and their director at the time, Nate Showalter, brought on a third early founder Andrea Phillips. It was a group project from the start. My neighbor and good friend Irma Smit did a lot of our photography. My other neighbor and good friend, Anja Fehrensens helped with photo shoot setups. Another friend, Jingbo Wu, helped with advertising sales. Friends and people from the expat community wrote content and gave ideas.

I remember we shot a Christmas issue in the courtyard of my apartment complex in Old Xuhui in September in about 30-degree heat, in winter hats and parkas with a roaring fire pit. My neighbors from those days and I still laugh about it, all in different countries now," Kate said.

Many readers felt an instant connection to the magazine. It filled a need for guidance and connection in a foreign culture, like it did for Marianne Yo who did advertising sales for Shanghai Family.

"I first came to Shanghai in 1999 with a newborn and it was a steep learning curve for me, as a new mother in a foreign land, where although I am ethnically Chinese, there were huge cultural differences. My life pretty much revolved around the family. After leaving and returning to Shanghai, because my twins were so young there were often pangs of guilt when I left them at home with the helpers. In a sense, I did feel trapped with the limited social life I had outside of home. I chanced upon the magazine at the school reception area. I was so drawn to the publication, and it was such a lifesaver for me. I wanted to contribute and be involved," Marianne said.

Over the years, Shanghai Family has grown and evolved. September 2005 was the first newsletter, 2006 saw the first magazine and a partnership with Community Center Shanghai, in 2007 the website launched, 2009 came the sale to Ringier, and 2018 brought the move to Xinmin News.

According to Kate, "A critical success factor was getting distribution through the schools. This was thanks to the Community Center Shanghai. They had the school relationships and made the introductions. Schools agreed to distribute because they also saw what we were doing as a service intended to offer expats support. Without the schools, we would have muddled along for a time and probably petered out.

When my husband took a job in Singapore, the kids and I stayed in Shanghai for another year while I worked on transitioning the magazine to Ringier. I loved every minute of working on it and it was really hard to leave.

I'm proud of what we built, which was a publication good enough, and relevant enough, to continue today. I



Kate, Owen, Lucy, Sophie, and Mark

think we had the serendipity to start something that struck a chord. Really, so much in China at the time was open territory. If you had an idea, you could run with it."

Shanghai Family has brought global nomads together in a foreign land. It's been a resource for expats to share their stories, experiences and struggles while finding others that understand what they are going through. So let's celebrate how far we've come, and look forward to what the future has in store! **SF**

"Everything was just so very foreign. I thought, why not start a newsletter with relevant information for expat moms."



Old issues from 2007, 2009 and 2012



what they want, but to choose subjects and activities that they are passionate about, and to follow them with great intensity. Some students won't make a final career decision until university after exposure to possibilities through research, university-industry relationships, and internships.

In Year 10, the focus is building a strong foundation for character, soft skills, and academic development through a curriculum based on 'The Seven Habits of Highly Effective Teens', by Sean Covey. They begin to see the importance of qualities, values, skills, and how they relate with others, which leads to future success in life and university applications. The school also introduces a career exploration project.

In Year 11, the focus shifts to career readiness by exploring the different facets of working life, transferrable skills, and jobs. For example, students develop presentation skills, interview skills, and build a resumé.

Career and University Guidance at YCIS Shanghai

Empowering students with the tools and skills for after graduation and finding the best university fit.

For high school seniors, the autumn semester means finalizing college applications, a culmination of their academic careers so far. This process can be stressful, but programmes like the Career and University Guidance Office (CUGO) at Yew Chung International School of Shanghai, exist to aid students in preparing for life after graduation. The CUGO programme is led by Roger Underhill, who has over six years experience helping students to identify and achieve their future goals.

CUGO at YCIS

Students at YCIS Shanghai go through a four-year curriculum to prepare them for life after graduation

starting with project-based learning and followed by detailed application and transition support in Year 13.

"Every student is different and develops at a different rate in academics, co-curricular activities, and career interests. But the reality is that in Y9, Y11 and Y13, students must make academic choices," Underhill said.

YCIS's CUGO programme gives students the tools of using a top-down or bottom-up approach toward future planning and decision-making. Top-down is to know the future life and career they want, and to choose courses and develop skills that are needed to gain entry to that career. Bottom-up is to not know



"Students are asked to think critically about a purposeful life and the 'Me at 30' project. At the end of Year 11, students can put these skills into practice by applying for a job shadowing position."

Students are asked to think critically about a purposeful life and the 'Me at 30' project. At the end of Year 11, students can put these skills into practice by applying for a job shadowing position.

In Year 12, the focus is on university and course research with information on the different educational strengths in each geographical region, university types, and education philosophies. Here the concept of 'best fit' is prioritized, where students choose the region, location, and university type that is most likely to see them thriving and achieving their highest potential. The CUGO programme further reviews all aspects of the admissions process from transcripts and recommendations to standardized testing and essay writing for each region. An additional possibility is the YCIS work experience programme. It is an area of expansion this year, with more companies connecting with YCIS.

Applying to College Today

With college admissions constantly evolving, it can seem like the rules of the game are being rewritten every year. But Underhill argues at its core, it's still the same.

"To wonder what the most valued components are, is perhaps, to miss the point. We see that individual US universities do not attach the same importance to each aspect of the application. So 'most valued' is relative!" Underhill said.

Instead, Underhill points to what is valued consistently across all universities in all regions, which is the assessment of the student's ability to thrive and graduate with good grades. The factors that contribute to this are a demonstrated academic track record to cope with the academic demands of university, an ability to overcome difficulties when problems surely arise, and a willingness to engage with the university community and the larger community.

To get in-depth and tailored guidance about universities and regions, students and parents should engage with their high school counsellors, like in YCIS Shanghai's CUGO programme.

"We exist because the admission landscape cannot be reduced to a few factors for each region. It's not like that," Underhill said.



"The focus at YCIS is on supporting students to find their best fit university, where they can follow their passions and thrive."

YCIS University Outcomes

The focus at YCIS is on supporting students to find their best fit university, where they can follow their passions and thrive. Each student is different, and a great fit will support academic and non-academic success.

In 2023, YCIS students applied to seven geographical regions, with matriculations to world-class universities like Canada's University of Toronto; China's Xi'an Jiaotong-Liverpool University and Nottingham, Ningbo, City University of Hong Kong, Hong Kong University of Science and Technology, and The University of Hong Kong; Singapore's Nanyang Technological University and the National University of Singapore, The Netherlands' University of Amsterdam and University of Groningen; the UK's University of Edinburgh, University of Manchester, University of Southampton, and University of the Arts London; the US's Boston University, Brandeis University, DePaul University, New York University, Pennsylvania State University, Rutgers University-New Brunswick, University of California, Davis, and Wayne State University. Congrats to all!



Ready, Set, Go!

Check out the sporting and physical education programs at international schools.

Physical education and competitive sports are not only essential parts of a student's education and healthy development, but they are also fun, rewarding and leave us with lasting memories. Think of a game you've played or a competition you've watched. The rush of adrenaline and excitement you get creates a positive association and makes us want to keep repeating it. It's lucky that sport holds an awesome combination- it is enjoyable and it is healthy for you.

At school, sports are an excellent arena for learning teamwork, leadership, and emotional intelligence, which are all important life skills. Tasks like setting goals and earning personal bests are an avenue to practice perseverance and motivational drive. With all of these positive rewards that we get from physical activity, let's see how international schools equip kids to run, jump, hit and kick their way to trophies and a healthy life.

Yew Chung International School of Shanghai



*David Watson,
Head of Physical
Education & Sport at
YCIS Pudong*

What is your school's sports ed philosophy?

We highly value sports education and believe it plays a vital role in the overall development of our students. Our philosophy is rooted in the belief that physical activity contributes significantly to a well-rounded education and the holistic growth of individuals. We understand that sports education extends beyond the realm of physical fitness and competition. It encompasses crucial values such as discipline, teamwork, resilience and sportsmanship. Our curric-



ulum promotes healthy and active lifestyles, encouraging students to engage in regular physical activity and develop lifelong habits of staying fit. Through team sports, students learn to collaborate, communicate effectively, and respect the contributions of others.

How many sports do you provide?

We take pride in offering a range of sports. Our program ensures every student can find a sport they resonate with. We excel in several sports that have gained notable achievements this past year, including football and volleyball.



*Leo, Year 12,
Volleyball & Basketball*

What is your proudest sporting achievement?

I guess it would be the undefeated season last year for both volleyball and basketball, but because the volleyball tournament was cancelled, we never got any official recognition. I'm hoping this year we might get a trophy.

Why do you love playing sports?

I love playing volleyball for so many reasons: the moment when you jump up and observe the magnificent view on the other side of the net, the feeling on the tip of your hands when you get a solid block, the satisfying touch when you get a per-

fect receive, and the bond with your teammates tops all of that. Volleyball is all about persistence, as my coach likes to say, "the game only ends when the ball touches the ground, before then, you will risk everything to get that ball up and over the net." So often you see players throwing themselves onto the ground at all costs, that spirit is why I love volleyball. Volleyball has changed me into a person who doesn't give up easily, it has trained my physical fitnesses as well as my perseverance.



*Apple Wu, Year 10,
Football*

How's the sporting experience at school?

I love encouraging other girls to get active and use my love of football to motivate them. It's great to see the numbers of girls' participation increasing. The school supports me to develop further in football by encouraging us to do practices during recesses, and after school under a teacher's supervision.

Why do you love playing sports?

Sports help me to stay fit. I play football all the time, so I have a good immune system and strong leg muscles. Socially, sports give me chances to make friends with people that I wouldn't talk to otherwise. Through ACAMIS football, I made several friends in another school, and we still contact each other now. Lastly, sports mentally changed me. When I was in kindergarten, I was very introverted and had pressure talking with strangers. Look at me now! I have no stress talking to strangers and even gave a TEDx speech. If I have some stress about life or school, football is my tool for relief. That is why I am a positive and extroverted person. Football is life!



Shanghai American School Puxi



*Kate Mouton,
Director of Activities
and Athletics*

Please introduce yourself

I'm Kate Mouton, Director of Athletics and Activities at Shanghai American School, Puxi Campus. This is my 6th year in Shanghai, and prior to that I was Assistant Athletic Director at an independent school in the US. In college, I was named All-American Soccer Player at Boston College.

What is your school's sports philosophy?

Athletics is a major part of an American school experience. SAS believes that sports helps develop the whole student and many life lessons can be learned on the court or field.

Physical activity either in PE or after school sports is an important aspect of student wellness. Students should have daily intensive exercise in PE, after school athletics or even recess. Another important way students gain value in sports is through the relationships they foster on a team. Being a part of something that is bigger than oneself, like being on a team, helps students understand their role in their family, community, and as a global citizen.

The dynamics of a team are a microcosm of life.

What is new in your sporting programs?

We look to continue our expansion into building relationships with local schools and clubs in various sports. We are continuing to develop alignment within our PK-12 programs. It is important to have developmental pathways for students so they continue to pursue passions and develop skills at appropriate stages.

One great thing for students is our resumption of international travel. This fall we sent our volleyball and cross country teams to Bangkok. Travel is a huge part of an international school experience.

How many sports are offered?

Our school has excelled and had success in many sports through the years, including basketball, table tennis, soccer, swimming - too many to name! Between the two campuses, we have over 75 varsity and junior varsity teams across all our sports.

Both campuses compete in three main conferences:

- Asia Pacific Activities Conference (APAC), 12 international schools from around Asia
- Shanghai International School Activities Conference (SISAC), local league of over 20 schools
- The Association of China and Mongolia International Schools (ACAMIS)



*John Cheon, Senior,
Volleyball & Badminton*

How has your school sporting experience been?

Due to Covid, I started off my freshman year not able to play games, especially for volleyball. During my junior year, Coach Goodman really supported me and gave me a chance to play as a starter. Now in senior year, being the volleyball captain, we're having an amazing season with a lot of competitions and will be looking forward to APAC in Beijing. For badminton, Coach Allison Andrew really supported me throughout the three years, always encouraged me to try harder and gave me a chance on the varsity roster. I believe this school has done more than enough for me to become a better person on and off the court!

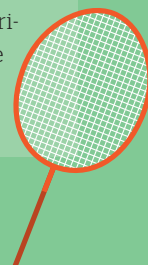
What is your proudest sporting achievement?

My proudest sporting achievement has to be playing sports at school and in competitions even with Covid happening.

Many people would think that I'd say "getting 2nd place in APAC" or "becoming volleyball captain," but I honestly feel like my biggest achievement is helping to create a positive sporting culture after years of Covid and supporting everyone so they don't give up and they keep playing the sport with me.

Why do you love playing your sport?

I love volleyball and badminton because of the atmosphere and because the sport is just amazing. People love watching it and we love playing it. The team bonding is just amazing, which has always been our biggest strength and our advantage against other schools. I learned to not give up and be the person who younger people look up to. Additionally, playing sports helps me gain self-confidence and the willingness to work harder as I learn from experiences. It also helps me have a positive attitude and respect everyone.



Shanghai American School Pudong



Scott Hossack
Director of Activities
and Athletics

Please introduce yourself.

My name is Scott Hossack and I have been the Director of Activities and Athletics at SAS Pudong for over 9 years. Before taking this role, I coached both Middle School and High School teams in Volleyball, Basketball, Softball, Baseball, Rugby and many others.

I have played many sports both in Canada and New Zealand. Coaching, captaining and playing on the New Zealand National Ice Hockey team was one of the most memorable times in my sporting life.

How does physical education and sports enrich student lives?

Our Activities program at SAS Pudong provides opportunities and experiences for students to follow their passions outside the regular academic program. These experiences will focus on fostering an environment where students are able to grow and develop positive character traits, while supporting the individuals as learners. A lot of our emphasis is using sports as a vehicle to facilitate learning and skill development while demonstrating our school mission.

What is new in your sporting programs?

There are so many achievements that happen every day that are

unseen and often overlooked. The day-to-day learning and growth of our athletes are really the true sign of the success of our programs.

If I have to pick the more visible achievements here are a few:

- I am extremely proud of the over 80 students that achieved the Triple Threat Award last year. This award is presented to students who achieve high academic results and participate at a high level in 2 or more Activities. This

shows what multi-talented students we have in a variety of areas.

- We have recently hosted a Friday Night Lights that saw over 800 parents, staff and students turn up to support our Baseball, Touch Rugby and Volleyball teams!

After some uncertain years, the fall season has started off with a robust program. Team rosters are full and the excitement around participating in and cheering on sports has returned to the campus.



Danika Hritzuk,
Junior, Soccer &
Volleyball,

How has your school sporting experience been?

My experience playing sports at SAS has been very positive. I have enjoyed the sportsmanship and team building that our school promotes, and some of my closest friends have been made through school sports. Additionally, I meet student-athletes from other grades, which likely would not happen if not for sports. I have also built leadership skills with the positive support of my teammates.

My coaches have supported my growth as an athlete, as a student, and as a person. Our athletic director also works tirelessly to ensure we have opportunities to compete against other schools.

What is your proudest sporting achievement?

Competing in a First Touch Football Soccer Showcase this summer in Alberta against some of Canada's top youth female soccer

players. It was a first step towards achieving my goal to play collegiate level soccer. With the help of my club coach, I was able to review game tape, reflect on my performance, train with specific goals in mind, then participate more successfully three weeks later in a UCLA college ID camp.

Why do you love playing your sport?

I have been playing soccer since I was 4 years old. As a third culture kid, I experienced a lot of change. However, there are a few things that have remained constant during my time in South Korea, Malaysia, China, and Canada: the support of my family and my passion for soccer. I feel at home on the soccer field, and as such, soccer has become a part of my identity. It has helped me to grow in how I handle mistakes. I understand now that being negative and hard on myself is not effective. I learn from my mistakes, draw strength from what I do well, and work toward my goals.



Concordia International School Shanghai



*Matthew Macinnes,
Director of Activities and Sport*

Please introduce yourself

I am originally from Inverness in Scotland, and this is my 16th year working in international schools having lived in Malaysia, Mexico and Panama. Before moving overseas, I was a PE teacher in Scotland and coached in the Youth Academy of professional football club Hibernian FC. I enjoy following many of the players I used to coach who now play professionally around the world. This year, I began a Doctorate in Educational Leadership.

How many sports does your school provide through teaching or competing?

We are blessed with fantastic sporting facilities. With four gyms, a FIFA-sized soccer field, track, and tennis courts, our students have opportunities to try different sports and excel in their areas of passion. We offer ten



sports at the high school level and operate with a North American structure of three sporting seasons per year. Up to 30 sports are offered within the Extra Curricular Activities and Physical Education programs. The school offers a variety of team (volleyball, basketball, cheerleading and soccer) and individual (cross country, tennis, swimming, table tennis, badminton and track & field) sports and student athletes and teams are consistently performing at the highest level within international schools in Shanghai, China and Asia.

What is your school's philosophy about sports education?

Sports are highly valued at Concordia, and it is reflected in the facilities we have, the quality, experience and qualifications of coaches and in the department's structure and resources. We provide a holistic approach to sports that encourages students towards a growth mindset. Sport is about more than winning and losing and, for us, it is a vehicle to learn life lessons in self-management, teamwork and resiliency. Concordia is a school that prides itself on the sports-

manship and behavior of our student athletes, coaches and fans.

What new developments have been happening in your sporting programs?

One of the most exciting aspects is the return of international travel, with cross country traveling to Tokyo, volleyball competing in Taipei and the tennis team playing in the China Cup in Beijing. Team travel allows students to develop confidence in stepping outside their comfort zone, develop resilience in having to manage themselves without parent support, and develop a sense of adventure from visiting places that are new and different and an understanding of the world around them. A new development at Concordia includes the introduction of sports at the elementary level in the 22-23 school year, and we aim to expand and develop sporting opportunities for elementary school students. In the second semester this year, we will also begin ECAs for early childhood students, which will allow our younger learners to stay on campus to explore different sports and activities in a fun and relaxed environment.



Dulwich College Shanghai Pudong



*David Dutch,
Director of Physical
Education & Sport*



Please introduce yourself. My name is David Dutch and I have the pleasure of being the Director of PE and Sport. I grew up playing as many sports as I could. Football, swimming, and golf became my favourites. I currently coach swimming for the Junior School and all levels in football.

How many sports does your school provide?

Our school provides access to a large variety of sports. Some at the participation level and for others a full pathway from introduction to development to competitive and in some cases elite. Currently, we offer 19 different options and compete from age 7 to 18 in local leagues. SISAC, CISSA, ACAMIS and the SSL are the main leagues. Our Dulwich Football Academy also compete in the Shanghai



phenomenal facilities and fabulous teachers. Our philosophy is simply to educate students with all the skills so they can gain a passion and participate in lifelong physical activity. We believe that sport gives students an amazing opportunity to learn key and transferable life skills that they take into everyday life. We promote playing games in the right way with the correctly sized equipment and spaces and with a considered level of expectations put on them in lessons.

What new developments have been happening?

Every year we have fabulous success, and it comes in many different forms. We had amazing swim results and won basketball and football tournaments both locally and internationally! Equally impressive is the number of personal bests achieved in monthly swim meets. The new student who comes and is instantly welcomed into our volleyball team or the student who is 18 years old, has never played any sport before, and trials and makes the team. These are massive and valuable successes, and we see these daily!



Y-League of weekly fixtures against other academies. We also compete internationally as committed members of FOBISIA and attend their annual Under 11 and Under 13 FOBISIA Games, which is a very competitive multi-sport tournament.

What is your school's philosophy about sports education and how much is it valued?

Physical education and sport is a fundamental and valued aspect of everyday life at DCSPD. We have

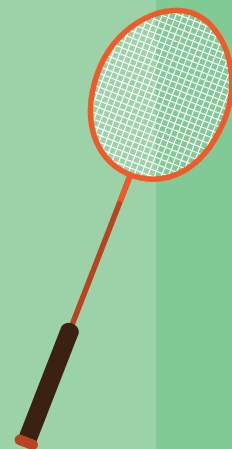
We consistently receive praise for the way our players play their games, the manner in which they conduct themselves on and off the pitch. This is equally if not more successful than winning a fixture.



Lycée Français de Shanghai Qingpu



*Jerome Richard,
Head of PE Department*



Please introduce yourself
I am French from Lyon and have worked 16 years at Lycée Français de Shanghai. I've earned a master's degree in physical education, specializing in social, physical and mental handicaps. In France, I was a national badminton level player, a coach in several clubs and head of a national badminton club. Besides my PE classes, I also supervise the badminton activity from grades 1 to 12 in Qingpu campus.

How many sports does your school provide?

Our school is federated to the French national education system. PE activities are listed by the national education authorities, but we have freedom of choice with a few activities. In France, PE is a real part of the curriculum with post-graduation schools and universities looking at results in physical education.

In our school PE class, we provide broad instruction in swimming, rescue swimming, track and field, football, basketball, handball, volleyball, ultimate frisbee, badminton, table tennis, gymnastics, dance, contemporary dance, art of circus, acrosport, fitness, climbing, boxing, and wrestling.



What is your school's philosophy about sports education?

A sound mind in a sound body. Students learn to take responsibility and play roles of referee, observer, coach, and sparring partner. Health, security, and hygiene are key and basic points in our daily work. They learn safety practices of warmups, safety protocol for each activity, and respecting others and themselves. There is also the chance to learn how to become sports officials in the sports they like. This is something linked to the French National Sport Scholarship, and they get an official certification they can use after high school in France and other countries.

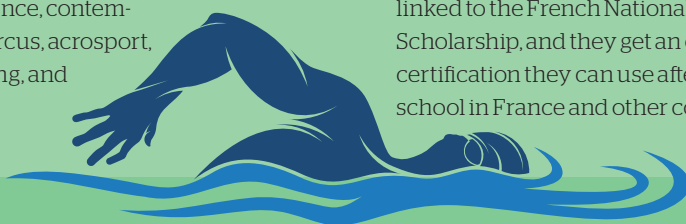
Students can practice sports based on their own desires and needs. Leisure and competition are both welcomed. We simply want them to find their own way to be happy, brave and to become good world citizens!

What new developments have been happening?

This year is special for us as France will host the summer Olympics. Of course, there are some events linked to that.

As a Eurocampus, the French and German schools share facilities. We organize common training, games, and events such as The Eurocampus cross country with other 1,200 students in both Qingpu and Yangpu campuses. We also managed to create a unique Eurocampus basketball last year and hope to continue developing and enriching our friendship. So many people are surprised about our strong relationship and sport plays a big part in it.

In PE, we wish to develop ultimate frisbee, which carries the sports values of mixing gender in competition and sportsmanship with no referee, as well as develop netball and hockey.



Lycée Français de Shanghai Yangpu



*Achille Messi,
Extracurricular Activities
Supervisor at Shanghai
French School*

Please introduce yourself.

I am Achille Messi and have worked for 9 years in the school. I'm a certified football coach for kids under 5 to 18. I strive to create a dynamic and inclusive environment where students can explore their athletic abilities, develop their passion for sports, and build lifelong skills that extend beyond the field of play.

How many sports does your school provide?

Our competition section encompasses 11 sports. Individual sports include athletics, badminton, dance, climbing, gymnastics, swimming, table tennis. Team sports are basketball, football, rugby, volleyball.

We participate in over 270 events during the year in several inter-schools leagues such as SISAC, SSSA, Y League (Shanghai International Youth Soccer League), SSL (Shanghai Swimming League), and CISSA. Our students can engage in competitive sports and develop their athletic abilities. These leagues also foster a sense of camaraderie, teamwork, and sportsmanship among students from different schools.

What is your school's philosophy about sports education?

The aim of competitive sport goes beyond the pursuit of victory or

excellence. Instead, the primary focus is the development of each student through engagement in sports. The school recognizes that sports offer significant physical, social, and emotional benefits. Students can discover their potential, learn important life lessons, and grow as individuals.

We also emphasize the importance of fair play as an integral part of the sporting culture. An ethical approach to competitions, rooted in respect, integrity, and sportsmanship, is fostered. This ensures that students not only develop their athletic abilities but also cultivate essential values that will shape their character and interactions.

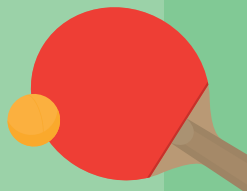
What new developments have been happening?

We frequently win trophies in different sports each year. Our program has helped many students achieve their goals. For example, last August a Grade 9 student joined AJ Auxerre football academy in France to pursue his dreams as a football player. We wish him all the best.

The school has recently established a partnership with the FD Academy football club to foster the development of competitive football. Players will benefit from individual monitoring and receive an assessment every six months to follow their development.

The school will attend international competitions alongside other French schools. These competitions promote sporting, human, and cultural exchanges, as well as provide students with experience as referees, reporters, and young coaches. We will play badminton in Jakarta, football in Singapore, Hanoi, and Koh Samui, volleyball in Jakarta, basketball in Phnom Penh, and multisports in Ho Chi Minh City.

In addition, I am delighted to announce that Shanghai French School will be hosting the Asian Swimming Cup from 13-17 May next year. This highly anticipated event will attract over 250 participants and promises to be an exciting sporting spectacle. We look forward to welcoming athletes from various French Schools in East Asia. **SF**





Children's Myopia

Jiahui explains ways to prevent and control.

Myopia, also known as nearsightedness can be inconvenient for children who are naturally active. There is currently no cure for myopia. As the level of myopia increases, the probability of glaucoma, cataract, retinal detachment, and macular degeneration also increases.

Prevention

1. Start eye checks from age three years old

A comprehensive ophthalmological examination will determine whether the hyperopia reserve and axial eye length growth are in line with the benchmark for that age.

2. Maintain regular checkups

Get an eye check every 6 to 12 months as it can provide insights into various indicators and interventions can be taken in advance.

3. Good habits

Maintaining a good posture and not straining the eyes can maintain the hyperopia reserve and prevent the rapid decline of the eyes.

Control

If a child has already developed myopia, scientific methods can be used to control the rapid development.

entific methods can be used to control the rapid development.

• Eye drops

Low-concentration atropine eye drops can effectively control the growth rate of the axial eye length which causes myopia. However, it temporarily paralyzes the eye muscles, causing pupil dilation, and preventing the ability of the eye to adjust which can cause photophobia and blurred vision. If this occurs, it is recommended to wear sunglasses in bright environments, and temporarily wear glasses if necessary.

Based on the doctor's recommendation, glasses or orthokeratology lenses may also be required.

• Glasses

Correction measures can be taken according to the specific refractive error in order to achieve clear vision and avoid causing eye fatigue. Defocus glasses can correct myopia as well as slow down the growth of the eye's axial length, thereby controlling the development of myopia.

• Orthokeratology lenses (OK lenses)

Orthokeratology lenses are rigid contact lenses with high oxygen permeability, which can be worn at night when sleeping. Once they are removed after wearing them for 8 to 10 hours while sleeping, vision will be clear throughout the day. This is convenient for children who enjoy sports.

OK lenses can reverse myopia, improve retinal hyperopia, blurred vision, and effectively control the axial length growth of the eye.

The effect of the orthokeratology lenses is not permanent once the lenses are removed. It is necessary to wear them every day at the same time to ensure optimal improvement.

• Soft contact lenses

Children can wear defocus incorporated soft contact lenses during the day to correct their vision while controlling their myopia.

The soft contact lenses should be worn for 10-15 hours during the day, for 6 days per week. After removing the lenses, glasses must be used.

The advantage of these lenses is that they are replaced with new lenses every day, a good choice for parents who are worried about lens hygiene.

The prevention and control of myopia in children is a long process, which requires the cooperation of healthcare providers and families. Regular follow-ups are required to achieve safe and effective control.



Dr Serena CHANG

Department of Ophthalmology

**Jiahui International Hospital
Jiahui Health (Jing'an)**

Tel: 400 868 3000

All About the Flu Vaccine

Global HealthCare answers frequently asked questions.



It's that time of year again. The flu comes back around and no one wants to be stuck in bed at home sick. Protect your family with Global HealthCare as they answer frequently asked questions about the flu vaccine.

What is the "flu"?

The "flu" (influenza) is an airborne infection that is caused by the influenza virus. It can easily be passed from one person to another by close physical contact, coughing or sneez-

ing. Compared with common cold, flu is caused by a different virus and presents with more severe symptoms, and may cause complications that can in very rare cases cause death.

How soon will symptoms appear if I've been exposed to the flu?

Symptoms can present quickly within the first 1-4 days after exposure.

What are healthy habits to help protect against flu?

Getting an annual flu shot (influenza vaccination) before flu season in September or October is the best way to prevent the infection. Getting vaccinated later, however, can still be beneficial. In addition regular hand washing, covering your mouth and nose when you cough or sneeze, and wiping the table and keyboard surfaces can prevent the spread of the flu virus.

It is essential to receive the vaccination in time particularly for those who have a weaker immune system including children and the elderly.

How do you select influenza vaccines?

Influenza is caused by different types of viruses, most commonly influenza A and B. Influenza A viruses are usually named HxNx, and influenza B viruses are mainly of the Victoria and Yamagata strains.

The trivalent influenza vaccine can protect against influenza A viruses (H1N1, H3N2) and B virus (Victoria), while the quadrivalent influenza vaccine can work against another B virus (Yamagata) in addition.

Although the quadrivalent influenza vaccine technically provides the greatest protection, the most crucial factor for protection is timing of the vaccination.

Who should get a flu shot?

Everyone is encouraged to get a flu shot to protect against influenza, unless they have had a severe allergy to eggs or have had a severe reaction to the flu shot in the past.

Is an early influenza vaccination needed?

In view of the fact that antibodies are produced 2-4 weeks after the influenza vaccination and antibody titer begins to decrease after 6-8 months, the best time to vaccinate against influenza in the past has been September to October.

How effective is the flu shot?

When there is a good match between the vaccine and the current year's influenza disease viruses, the influenza vaccine has been shown to prevent illness in approximately 70-90% of vaccinated people.



Dr Neil Smith

General Practitioner

Global HealthCare

Tel: 400 690 8866

Ace Recovery

Like the Tennis Pros

Sports medicine with Therabody at Rolex Shanghai Masters.



Great sportsmen and women are adding years onto their careers and enjoying peak athletic performance well past expectations. This longevity is in large part thanks to advances in sports medicine and our understanding of the importance of care and recovery.

Learning to take care of the body with stretching and massaging muscles, along with protecting and recovering from injury are crucial to professional competitors and sports enthusiasts alike.

Take it from tennis superstar Maria Sharapova, who said, "When you're young you think your body can do so many things and you don't need to take care of it. I realize as time goes on that your body just takes a pounding and you need to not only get it ready, you need to recover. I start my day with a Theragun and I end my day with a Theragun."

To ensure world-class care, the ATP Tour Rolex Shanghai Masters, held from October 4-15, featured a dedicated recovery room and two physiotherapy rooms in partnership with Therabody, the world-leading wellness technology company.

ATP physiotherapists, Paul Ness and Yannick Lambrecht, let you behind the scenes and describe how Therabody's products are used by elite tennis athletes to achieve peak performance and recovery, plus how you can achieve the same results.

"Athletes go through a very specific protocol to ready themselves for intense competition. Part of the ideal preparation is to loosen muscles with a Theragun to ready them for action, followed by a good active warm up. After intense competition, there is no better way to soothe sore muscles than using Therabody Recovery Air. The excellent compression helps to push swelling and metabolites out of the muscles. Follow this with a gentle session with the Theragun to deactivate trigger points and a Wave Series Roller for some good myofascial release and the athlete will be ready for the next day," said Ness.

"For the athletes these rooms are a big part of their recovery and their preparation, which is absolutely related to their success on the court. Predominantly we use the Theragun and the Recovery Air Boots in almost every treatment. The boots help the athletes to prevent muscle soreness

after long matches and support the fast removal of metabolic waste products. They also have four different modes, so the players can use them easily on their own. We also provide Theraguns to help muscles relax, accelerate warm-up, and improve stiffness, and Wave Series balls and rollers to send vibration and pressure to specific areas of the body to help with relaxation," said Lambrecht.

Get the same pro-level treatment for yourself. Ness gives advice on how all levels of tennis players should care for their body.

"Tennis is a tremendously physical game whether you are playing it at pro or recreational level. It is important to understand your level and the load that you put your body through each week, avoiding big spikes in load. A good warm up using Theragun and active graduated exercise is as important for everyday players as it is for pros. Recovery is even more important for the everyday players (beer is not a recovery drink!). Good stretching, rolling using the Wave Series rollers and adequate nutrition to rebuild is a must. If they have access to Therabody Recovery Air, that is a bonus. Everyday athletes are more likely to have DOMS, delayed onset muscle soreness, so continued use of the Recovery Air can be really beneficial over the next couple of days after competition. Theragun with its numerous attachments allows you to get into all the tight areas for specific treatments," said Ness.

Even for the casual athlete, protecting from injury through proper warm up and recovery are essential to a pain-free life. Physiotherapist Lambrecht recommends these tips for common back pain and discomfort.

"It is important to find and under-

stand the root of the problem. Most of the time the core is too weak. Building core strength can help support your spine and reduce back pain. Incorporate exercises like planks, bridges, and bird-dog into your routine. Add simple stretching exercises like the cat-cow stretch or the child's pose. Sometimes heat is all your tight muscles need. Apply heat to the affected area using a heating pad or a Therabody Theragun with a heat attachment. Heat can help increase blood flow and relax tense muscles. You might as well use a foam roller on your upper and lower back to release tension in the fascia and muscles. Roll slowly over the affected areas. Therabody's Wave Roller is a great option for this, as it provides both pressure and vibration for an effective myofascial release. These products can complement the techniques as part of a holistic approach to managing back pain and discomfort."

Don't let pain or muscle soreness stop you from competing to your full potential whether on your neighborhood court or the center court.



Dream Big with PETRONAS

Guiding the Next Generation's Career Aspirations

As the official partner for the 2023 Student Voices English Speech Contest, PETRONAS is committed to nurturing dreams and fostering possibilities for children and teenagers. In this curated collection, we bring you invaluable insights from PETRONAS experts alongside inspiring visions from students in international and bilingual schools. The advice from our experts spans topics like upskilling, critical thinking, and societal contributions, while students share their unique aspirations and paths they aim to take to make a difference in the world. Together, they remind us that “Dream Big” is not just a personal journey but a collaborative effort that can have a profound impact on society and beyond.

Lisy Lee

Chief Representative of PETRONAS
Beijing Representative Office

“Dream Big” is not just for yourself, but for somebody else as well. Big for the people around you, big for the community, big for the world, big for something that you feel that is worth fighting for. Dreams not only mean what children want to get but also show what they are able to achieve, which is also a very important ability.



Wen Xinya

Shanghai Singapore International School

My wish is to become a chemist specializing in pharmaceutical manufacturing in the future, as I know that the job is of great importance to society. I want to create medicines that help patients. Somehow, being a chemist makes me feel like a hero to someone. I aim to be kind to others and provide timely assistance to alleviate their symptoms. I sincerely hope that the medicines I create can make people recover.



Chuah Rhun Kiet

Head of Corporate Service, PCM (China) Co., Ltd.

To excel in your field, it's crucial to understand the real-world context in which you operate. I believe that consistently keeping up with trends and continuing to forge ahead fearlessly will lead to the ultimate success. As you navigate this career journey, periodic reality checks are essential. Additionally, you should consider upskilling, especially given how technology and societal changes can impact your profession. With this approach, you'll be better positioned to move forward.



Joshwa Lei

Wellington College International Shanghai

I aspire to be an inventor because I want to use my creations to improve people's lives. However, I understand that becoming an inventor won't be easy. To prepare, I plan to observe and study people's needs and existing inventions. This way, I can avoid unintentionally creating something that is either unnecessary or already exists. I'll also need to acquire a wide range of knowledge and facts. With a comprehensive knowledge background and diverse experiences—both positive and negative—about how things work, I'll be better equipped to find innovative and creative ways to promote my inventions.

Lim Jin Han

*Chief Representative of PETRONAS LNG
Guangzhou Representative Office*

I believe that one essential thing is often lacking in children today: reading. Reading is fundamental to learning. If children engage with a diverse array of materials, their understanding of the world will be enriched. While it's true that kids can acquire knowledge from various sources, including online platforms and artificial intelligence, I maintain that reading is the most basic and crucial skill to develop.



Yao Yichen

Huili School, Shanghai

I want to become a children's book author when I grow up. Reading can bring us joy, peace, and power. Knowledge gives me the ability to think critically. As Francis Bacon once said, "Knowledge is power." When faced with difficulties, I try to tackle the problem from multiple perspectives. My goal is to write books that introduce children to Chinese philosophy, encouraging them to think deeply and explore the world broadly.



Julian Zhu

Commercial Head, PCM(China) Co., Ltd.

When you enter the job market, please don't stop learning. You have to learn about the business of several other departments within your company, what they do, and how they operate. Additionally, you should understand the industry you are in. What does this industry do? When you can answer this series of questions, I believe you will naturally find what you truly want to do.



Li Tianlang

Shanghai United International School Shangyin Campus

I want to be an archaeologist. Why do I have this idea? It's because my teacher introduced the terracotta warriors and horses from the Qin Shi Huang era. I did a lot of research on the internet to understand how people lived at that time. I find it very interesting. So, I talked with a friend of my mom, who is an archaeologist. She told me many interesting stories about their work and how they protect our artifacts. I think this is a great job.



A Minimalist Fashion Designer

Investing in Style

By Eve Wee-Ang



I have been stalking Charlotta Gandolfo's WeChat moments since this interview. Her hectic travel schedule didn't permit us to meet but just by reading her replies, I get the feeling we are on the same wavelength in terms of style and fashion. Her understated designs are what draw me.

Like Charlotta, I admire beautiful clothes and objects that have longevity and stand the test of time. The idea of constant buying to keep up with the ever-changing trends hold zero appeal to us. Rather, if I could speak for her, we are both disciples of great style.

Since this is a career-themed issue, anyone who aspires to be a fashion designer is in for a treat too.

Please tell us about yourself

I am Charlotta Gandolfo and I am Swedish. I have lived in Shanghai together with my French husband and our very multi-cultural daughter since 2008. I am the founder and Creative Director of my eponymous fashion label Charlotta Gandolfo.

Share with us your name-sake brand

I create luxurious silk items for nomads taking the road less traveled. It is elegant yet sexy, dressed-up yet relaxed, and sophisticated yet unpretentious. The fit is amazing, the fabrics are comfortable, unique, and one of a kind.



If you could use three words to describe your brand, what would it be?
Effortless, sensual, elegant.

Have you always surrounded yourself with beautiful clothes and objects?

Yes and no. It's true that I love beauty, and I can't stand an ugly environment. Since childhood, I was very inspired by my maternal grandmother and my aunt, who both had amazing taste in terms of clothing, jewelry, interior décor as well as art. But I am not materialistic at all. I don't desire to own a lot of objects.

As a fashion designer, what does beauty mean to you?

For clothing, it's about symmetry, attention to detail, and most important to me - the fabric. The fabric is the soul of the garment. How it flows, the texture, the feel.

For people, it's about inner beauty.

How you treat others and what you radiate from within. I rarely use professional models for my shoot. I prefer real women who are beautiful inside and outside. This authenticity is what my brand stands for.

When did the idea of being a fashion designer hit you?

Honestly, I have never been interested in fashion. I'm still not. The idea of something being trendy one week and out the next doesn't resonate with me.

However, I have always had a big interest in style, which was inspired by my very beautiful aunt. When my daughter was born, I decided to be a role model for her - to courageously live and follow your dreams.

For our readers, what advice would you give to someone who wants to be a fashion designer?

Before embarking on this journey, you need to be very clear of your vision. You don't need to have every-

thing figured out in terms of how to get there, but your vision is what will separate you from everyone else.

Do you have any advice for running your own business?

A lot of people will offer 'expert' opinions. It's ok and often comes from a good place, and we should always listen to others. But you need to own your vision and your decisions. At the end of the day, nobody knows your business as well as you do.

What are your hopes and dreams for your label?

I am hoping that internationally-minded women all around the world will love and wear the brand and live their best lives in our pieces.

Finally, happy 20th anniversary to the Shanghai Family Group - looking forward to the next 20 years! **SF**

Charlotta Gandolfo

WeChat: CharlottaG

Web: www.charlottagandolfo.com

1. Sleeveless fitted dress with a belt in 100% cashmere. 3,480 RMB
2. Essential Cashmere Cardigan worn over the same dress in beige. Slightly irregular cardigan in 100% cashmere. 2,680 RMB
3. Essential silk jersey round neck full length maxi dress in the softest silk jersey. 15% silk, 85% viscose. 2,980 RMB



2022-2023 Shanghai Family Art & Writing Competition



In our 2022-2023 Art & Writing competition, we received over 400 paintings, nearly 100 writings from a total of 42 international schools, bilingual schools, international high schools, bilingual kindergartens, and local schools. On August 27, 2023, the Art and Writing Competition Awards Ceremony was held at the Conrad Shanghai. For this awards ceremony, we invited all the award-winning creators and their families to come together to participate in our ceremony and charity auction. A total of 89 students stood out in this “Art and Writing Competition.”

Organizers: **Shanghai Family Parents & Kids**

虎媽牛娃
HUMANIUWA

Venue Sponsor: **CONRAD SHANGHAI**
上海康萊德酒店



Meet Cindy Reid

**The founder and CEO of
Cindy Reid Global Golf.**

By Lynn Yen

As one of the top 50 female coaches in the USA, Cindy Reid uses her knowledge and over 30 years of experience in golf to coach champions in Shanghai and abroad who compete on the world's stage. From teaching to coaching, she shares her journey of hard work, turning pro, and love for coaching.

How did you become a professional golfer?

I picked up golf at the age of 24 and never looked back. At the time, I was teaching elementary school and worked as a beverage cart girl at a golf club on weekends. That's when I first took an interest in the game.

Before getting into golf, I played all kinds of sports. I grew up as the ninth of eleven children in a household where you had to compete to survive. My father was a former amateur boxer and my mother was an amateur figure skater, so athletic competition was always part of my life. The competitiveness paid off with a college scholarship and a chance to compete on the USA Junior National Ski Team. At Arizona State I played basketball and softball while studying early childhood education.



For the first two years before deciding to turn pro, I practiced on the driving range, putting green, and short game area. My financial situation meant I couldn't play a full round. When I finally did play, I shot an 82 from the men's tees at the Tournament Players Club of Scottsdale. My coach paid for my green fees and gave me my first set of golf clubs. But more than anything he gave me confidence in myself as a golfer and as a person.

What advice do you have for kids dreaming of being a professional athlete?

Start early - the sooner you start playing, the more time you have to develop your skills and improve your chances of making it to the pros.

Practice, practice, practice - there's no substitute for hard work and dedication. If you want to be a professional athlete, you need to be willing to put in the time and effort to practice your sport every day.

Be coachable - listen to your coaches and trainers and be willing to learn new things. They can help you improve your skills and reach your full potential.

Stay positive - there will be setbacks along the way, but it's important to stay positive and focused on your goals. Don't give up on your dream.

Have fun - Playing sports should be enjoyable. If you're not having fun, it will be difficult to stay motivated. Find a sport that you love playing.

Be realistic - the chances of making it to the pros are very slim. However, if you have the talent, the drive, and the willingness to work hard, you can achieve your dream.

What lessons has being a sportswoman taught you?

One of the most important lessons is that of teamwork. In order to be successful in sports, you need to be able to work together with your teammates and coaches. You need to be able to trust and rely on each other, and you need to be willing to put the team's success ahead of your own.

Another lesson is perseverance. In sports, there will always be setbacks and challenges. You will lose games, make mistakes, and get injured. But if you give up, you will never achieve your goals. You need to be able to persevere through the tough times and keep working hard.

Finally, is the importance of confidence. You need to believe in yourself. You need to have the confidence to take risks and to go for your goals. These are lessons for success in anything you do in life, not just sports.

How did you transition from playing to coaching?

Traveling every week, living out of a suitcase and hotels with no social life outside the ropes was more than I bargained for. I loved playing the game, but I disliked tour life. After 10 years and four wins professionally, I decided to go in another direction. More than anything, I love teaching the game to others. I wake up every morning wanting to get to the lesson tee to help my next student.

In 2010, I was invited by a good friend to bring my golf instructional business to Mission Hills in Shenzhen, China, which happen to be the world's largest golf facility with 12 golf courses. Little did I know that it was his family's business. I was very excited to share my knowledge of the game with a new audience, and I quickly fell in love with the country.



What is your approach to mentoring students?

My approach is to provide the resources and support they need to succeed. Every student has potential and I am committed to helping them reach their full potential.

I get to know each student's natural swing, strengths, weaknesses, and tailor to their needs. I create a supportive environment where students feel comfortable taking risks and asking questions. I am always available to students and parents to provide help and feedback. We've even launched an app for parents to enhance communication, view instructional videos, and have transparency in their child's progress. [SF](#)

Cindy Reid Global Golf

Address: Tomson Golf Club, 1 Long Dong Avenue, Pudong New Area

WeChat: cindyreidglobalgolf



Leon Zhang, rooted in the culinary industry for more than 30 years, is an expert chef of Western cuisine, and is dedicated to bringing guests authentic Mediterranean cuisine.

Spanish Carabineros Shrimp Risotto

Enjoy an authentic Mediterranean flavor at Asador Mediterranean Restaurant & Bar of Conrad Shanghai.

Risotto is a traditional Italian rice dish, originating in rice-rich northern Italy, and is a very characteristic dish in the Milan area. Following the risotto cooking method, brings a rich sense of hierarchy infused with Spanish ingredients, vegetables and seafood stock; Spanish carabineros shrimp provides rich and fragrant shrimp brain, shrimp oil, and shrimp meat which are perfectly infused with rice, making this Mediterranean dish flavorful and delicious!

Ingredients

150g Carabinero shrimp
50g Chickpea
60g Artichoke
100g White onion, finely chopped
50g Garlic, finely chopped
8g Thyme
1g Bay leaf
0.2g Saffron
220g Spanish rice
1 liter Seafood stock
150ml White wine
100ml Olive oil
20g Lemon wedge
30g Arugula
100g Black garlic mayonnaise
Salt & white pepper for seasoning

Instructions

1. Drizzle the olive oil over a paella pan set at medium-high temperature, then stir-fry onion and garlic to soften, then stir in the Spanish rice for 2 minutes. Add the seafood stock and allow it to simmer with artichoke, chickpea, thyme, bay leaf, and saffron for an optimal duration of 5 minutes.
2. Cook the carabinero shrimp separately with a dash of salt, white pepper, and white wine to complement the oceanic flavors, let this medley dance within a pan for approximately 5 minutes.



3. As a final touch, adorn the paella with perfectly cooked carabinero shrimp, then place the paella pan in a preheated oven maintained at 180 degrees Celsius for 12 minutes. Before serving, generously add the lemon wedge, arugula, black garlic mayonnaise on top to complete this culinary masterpiece.





Career Qs

What preparation and training does it take to become a professional chef?

First of all, you need to have passion and love of food and cooking. Secondly, a professional school to receive systematic and effective training to familiarize yourself with the theoretical knowledge. Lastly, you need to practice in different sub-divisions of kitchens to accumulate relevant working experience.

How did you get started in the culinary field?

It stems from my own hobby, and my childhood experience. Since I was a child, my

parents always came back home late due to work. So I learned to prepare food ingredients for my parents, and they would only need to stir-fry quickly when they were back home. While I undertook some housework for my parents, I was really enjoying it. I think that was my career starting stage.

When I grew up and stepped into the culinary field, I was guided and nourished by many expert chefs who played a significant role during my career development.

What is your favorite and least favorite parts of the job?

I really cherish and enjoy the majority of moments during the work, and I am willing

to challenge myself to study more and create new cuisines to bring guests wonderful cuisine concepts as well as tastes. And I like the atmosphere when I am working with young people who are full of passions, energies and motivations.

What advice do you have for young aspiring chefs?

Challenge yourself constantly to enrich your experience, learn to calm down to think independently, and practice to have the ability of withstanding strong pressure. Self-emotional management is also very important. Keep learning to be prepared for career development opportunities. **SF**

Decoding the Korean Wave

I've been falling in love with Shanghai since 2016. After turning 20 years old, I've been living in various countries. My day starts from the morning gym, and I love playing golf in the suburbs. A morning coffee at a campsite, Sunday pancakes, and gospel music feed my life. Being an animal lover and volunteer for stray animals, I'm always ready to help them in any way I can. Let me guide you through my go-to Korean spots.



Leslie Hwang

South Korean mom of two boys and a dog.



New Star Spa

One of my ways to relax is going to a Korean spa. Fortunately, there are plenty in Shanghai. If you have heard of *jjimjilbang*, you should not skip this experience. Different types of saunas, from below zero to 57 degrees Celsius, help reduce day-to-day stress. My best healing tip is the full-body scrub to help my skin stay smooth and shiny. For this massage, you must undress fully and lay on the bed to prepare for the treatments. The

scrubbing in a K-spa will be beyond your expectation. Scrubbing mitts work up and down on your body like grinding cheese on pasta. I know it sounds peculiar for foreigners. When I suggested it to friends, no one gave positive feedback. But after a hot bath, *sikhye*, a sweet-flavored traditional Korean beverage, will cool your stress down.

Address: 1900 Tianshan Road, Changning District

Korean BBQ: Chenghakgol (青鹤谷)

Experience sizzling BBQ at your table and wrapping it in lettuce with *ssam-jang*. Korean BBQ is considered one of the most well-loved dishes. Don't be surprised; it's served with a wide variety of side dishes, including acorn jelly, steamed pumpkin with honey sauce, stir-fried fish cake, and marinated potatoes. It is a typical Korean meal. They all come with the main dish, which would differ depending on the day. For my family, whether we choose pork or beef, I prefer the marinated sauce. Lots of Korean BBQ restaurants are in Puxi, but I strongly recommend Chenghakgol (青鹤谷) in Pudong, which will satisfy your expectations.

Address: Unit 403, 588 Zhangyang Road, Pudong New Area





The Korean Provisional Government (大韓民國臨時政府旧址)

The Korean Provisional Government (KPG) was a partially recognized Korean government-in-exile based in China during Japanese colonial rule in Korea. This place is a must-go place for Koreans visiting Shanghai. It looks like a humble outfit, but you can feel the independent spirit in every step. This building is located in the vibrant core of the city, Xintiandi. However, visitors experience very solemnly how the Koreans in that period fought for the country's independence.

Address: No.4, Lane 306, Madang Road, Huangpu District



Belloco

Soju is the famous liquor that comes in the iconic green bottle. But, I want to recommend more styles of Korean liquors to pair with the perfect Korean dish. There are a few Belloco restaurants, but I chose the one in Qiantan neighborhood, near my husband's office. My favorite pairing is sweet, chili chicken with peanut sauce and *yuja soju*. Its memory makes my mouth water. The *yuja soju* is fruity, tangy, and perfect for starting a dish. It goes well with a spicy dish, like seafood *tteokbokki* (stir-fried rice cake) or spicy stir-fried octopus and pork belly (*gochujang jjuggumi jeyook*). I do not have a high tolerance for spice, but I can enjoy this grade. One more recommendation is *makgeolli*, a traditional rice wine. If you sip it for the first time, you wonder if there is any alcohol due to the creamy and smooth flavor. But don't let your guard down. Hiding behind sweetness, it gets you drunk quickly. *Makgeolli* is a good combined with greasy food like *kimchi* pancake or *japchae*.

Address: L1, Jingyao Qiantan North Area, 212 Yaoti Road, Pudong New Area

Hongquan Road (虹泉路), Korea Town

If I have to choose only one place to introduce Korean culture in Shanghai, Korea Town is at the top of my list. Whatever you expect about Korean culture, you can enjoy everything in K-town. Here is the ultimate go-to list in K-town, but I will give you tips on how to find hidden gems in this hot place. Taste the countryside at Ajimaegukbab (阿姨汤饭面馆), such as *soondae* (Korean-style sausage) stew, steamed pork with spicy octopus, and noodles. Also, you can enjoy one of the most famous foods, *bulgogi*, at Qingjindong (清进洞) on the second floor. After the meal, don't forget the icy dessert on the second floor at Widcoffee. My family never misses the *patbingsu*, shaved ice with toppings of red bean, Oreo, or mango. It's my guilty pleasure! If your gourmet tour is complete, choose how to enjoy your free time—reading books at the Korean library on the 9th floor of Jintong Mansion (进停大厦) or having a blast in a tiny coin karaoke.

Address: Hongquan Road, Minhang District SF



From Hobby to Career

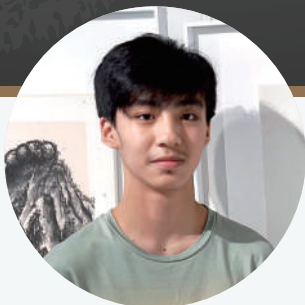
By Forest Wu

Like many of you guys, I love to play video games. Before high school, my parents used to set an one-hour screen time limit per day during weekends to regulate my video game time, trying everything to prevent me from addiction to video games. But they failed; I would either guess their password, or peek for finger movements when they enter the password, or even download games for every electronic device that I ever owned.

Eighth grade is when I really considered myself as a game player. I realized that before that, I only played games to kill time, to compete with friends and to see who had a higher rank, and of course, to rebel against my parents. In the same year, I got my first personal computer to play games. "Detroit: Become Human" is the game that introduced me to a whole new world. A world where games are not about winning or losing, but about cause and effect, choices and consequences. The game is about robots becoming deviants with individual thoughts and how to deal with them. As a player, we would walk through the entire journey with the perspectives of both a robot and a human, constantly making choices and eventually reaching the unique ending that alters according to every small choice you've made throughout the game.

The moment when I completed the game is the moment that I felt the power of storytelling and narratives through interactive media. Being able to be dragged into the virtual world and to experience things that I might never understand was a brand new yet unforgettable experience. From that moment, I was drawn to story-rich games and was intrigued to explore how video games as a media is a unique tool to convey thoughts and even provide knowledge, just like any books or movies. I believe video games are the one unique media that could be most effective when it comes to approaching the audience. Being able to balance the playability and the big idea behind it will be an extremely powerful tool to influence a large scale of gamers. I would love to try and pursue that goal in the future.

This is also why I decided to become a game designer. Developing games that is not only entertaining, but also educational, and thought provoking. At the end of the day, it is not about the number of hours that players spend, or the popularity of the game. For me, a good game is about answering the question: why it matters? This is and will always be my direction of career. And I wish everyone could be lucky enough like me to discover that one area of passion and continue to work on things that we love. SF



Forest is a Junior at YK Pao School. He has a deep appreciation for the arts, particularly enjoying painting.

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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@sh1timesquare.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

Pet Care

DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services. Open daily 9am-7pm. 500 Weining Road, Tel: 3250 6721; 66 Qingshan Road, Tel: 6402 9226, www.doctorsbeckandstone.com, info@drbns.com; For appointments, pet pick-up and emergencies Tel: 400 103 8686

PETSHOME VETERINARY HOSPITAL

With affordable prices, Petshome offers veterinary and hotel services so you can get a quick check-up for your pooch or drop them off in capable hands as you run some errands around town. English speaking doctors available. 131 Changning Road, near North Jiangsu Road, Tel: 6226 6112 or 6212 3211; 507 Wuzhong Road, Tel: 6242 5599 or 5477 5163

SECOND CHANCE ANIMAL AID (SCAA)

This group offers families the chance to foster a pet temporarily while they look for a permanent home for it. www.scaashanghai.org

SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. 1325 Gubei Road, near Huangjincheng Avenue, Changning District, Tel: 5216 0830

SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc. 70 East Xietu Road, Huangpu District, Tel: 6333 3210 or 6333 3211

Relocation & Storage

ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. www.asiantigers-mobility.cn, sales@asiantigers-china.com, Tel: 3209 5561

EXCEL WORLDWIDE MOVING & STORAGE

Provides international, domestic, local and office moving and storage services. Professional services, competitive rates, no hidden charges. Free residential consultation in English 7 days a week. Unit 101, Focus Business Centre, Bldg 4, 508 Chungong Road, Xinzhuang Industrial Park, Tel: 3462 8040 or 130 6176 4395, info@excelrelo.com, www.excelrelo.com

MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self

storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong New Area, Tel: 6045 6838, info@minicc.com, www.minicc.com

WOW MOVING CARE

A 100% optimised packing service for relocation, Wow Moving Care provides free visitation consulting (no additional charge), special plastic boxes and baskets and all the tools to provide you perfect service. Tel: 183 0181 7380, ceo@wow525.com, www.wow525.com

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, chauffeuring, 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 Xujiahui Station), Tel: 3368 6117, www.bluefrog.com.cn

community listings

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

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, companied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63123223, 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).

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@awesomекidsclub.com.cn, www.awesomекidsclub.com.cn

BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focuses 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: 6437 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,

community listings

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, info@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-shanghaimeinhang.cn; Wechat ID: dulwichpxi; 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;

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 Jiyu 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 curriculums 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: scisshs

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

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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 IBDP 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@sis.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; 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 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@montessoris.com; 21 Donghu Road,

Xuhui District, Tel: 5403 7699, admission.xuhui@montessoris.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessoris.com; 3852 Duiyuan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessoris.com; www.montessoris.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 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

community listings

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

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, tprenquiry.sha@sarabeattie.com

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

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 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, 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 EYECARE CLINIC



Essence Eyecare Clinic is an eye clinic brand owned by listed company Lepu Medical. It has a top tier medical service team and medical expert team, which can provide services that prioritize the needs of customers. The three to one distinguished service includes optical service, diopter correction, eye disease treatment, etc. The mission of the clinic is to protect the vision health of children and

adolescents. Shanghai Clinic: Rm 1001-1006, 10F, Zi'an Bldg, 315 Yuyuan Road, Jing'an District, Tel: 021-5292 1853/ 189 3989 6079; Hangzhou Clinic: Rm 401, 4F, 501 City Plaza of Hangzhou, 9 Jintan Road, Shangcheng District, Tel: 0571-2833 8080/ 130 6779 7679; Wuxi Clinic: 82 Zone 4 of Vanke City Garden, Wanshun Road, Binhu District, Tel: 0510-8331 8897/ 177 5149 8285

GLOBAL HEALTHCARE (GHC)



GHC is one of the earliest foreign-owned and managed healthcare companies to set foot in China. Established in Shanghai since 2005, GHC is a premier one stop medical center offering a range of comprehensive medical services including General Practice/Family Medicine, 18 Specialty Services, Dental Services, Vaccination Services as well as in-house Radiology and Laboratory services. GHC has a highly-experienced international multilingual medical team. GHC, in partnership with over 50 insurance companies, offers patients a direct billing service. GHC has two medical centers conveniently located in Puxi & Pudong and opens every day of the year. Puxi Center: Suite 303/1788 Nanjing West Road; Pudong Center: Shanghai World Financial Center, Shop 212, 100 Century Avenue. 24H Hotline: 400 690 8866; Mon-Fri 9am-19pm, Sat-Sun 9am-17pm; www.ghcchina.com

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

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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 Qinqiang 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

PARKWAY



Caring For You Wherever You Are

parkwaychina.com
400 819 6622

With more international doctors and a wider range of services than any other healthcare provider in Shanghai, Parkway 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; No.1172 Jile Road, Minhang District, Shanghai; appointment 400 819 6622; www.parkwaychina.com

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.rafflesmedicalgroup.com/shanghai>, enquiries_shanghai@rafflesmedical.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 Caoxi Road, Xuhui 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 Jinjiao 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)

community listings

139 1811 1319); open daily 10 a.m.-7 p.m. except public holidays, www.alphadental.cn

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

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 dental injuries, etc. 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 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

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 district, 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.GIHG.com; resv.hongqiao@primushotels.com

THE SENZ HOTEL & SPA

The Senz Hotel & Spa is conveniently located at the entrance of Lidoway in Hongqiao area. It is close to Hongqiao International Airport and Hongqiao Railway Station. It is a space for people to relax, recharge, and emerge a better version of themselves. A place to start the day with a new fresh outlook. A hotel that offers a perfect balance of wellness, effortless style, business, and luxury. The

hotel features 187 rooms and suites, Xiayalou Chinese Restaurant, Estilo Restaurant and Bar, The Senz Spa, The Senz Club, Fitness Center, indoor pool and an outdoor garden decorated with flowers, plants and ginkgo trees, which is an ideal choice for your family travel and vacation. No. 1118 Gaojing Road, Shanghai, 201702; Tel: 021-8028 9888

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

Health & Beauty

BANYAN TREE SPA

Banyan Tree's luxury downtown spa is located just off the Bund. Spa features treatments based on the five Chinese elements, Traditional Chinese Medicine, and more. 16 Gongping Road, Hongkou District; www.banyantreespa.com

BENSON

With highly skilled stylists and colourists, this salon specialises in colouring as well as luxurious hair treatments including their KeraStraight conditioning treatment for perfectly straight hair for months. 1208 Biyun Road, Pudong New Area, Tel: 5030 3878; 8F, Golden Bridge International, Jiangning Road, Jing'an District; 4F, City Plaza, 1618 West Nanjing Road, Jing'an District; Tel: 6277 8778; www.bensonsalon.com

BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. Room 5089, 3211 Hongmei Road, Hongqiao District, Tel: 3468 1328; 5F, 118 Qinghai Road, Jing'an District; www.bodyconceptpilates.com

CHUAN SPA AT THE LANGHAM XINTIANDI

Chuan Spa at The Langham Xintiandi offers a pool, a spa and 24 hour fitness as well as 60 varying health and beauty treatments including massage, facials, nail treatments and TCM treatments. 99 Madang Road; Tel: 2330 2288, xintiandi.langhamhotels.com

DVA BOUTIQUE SPA

A tranquil sanctuary in the heart of Shanghai, DVA Boutique Spa on South Shaanxi Road reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session for his and her, a wax/laser treatment for personal care, or a manicure to prepare for an evening out, DVA's environmentally friendly, vegan, gluten free, and chemical free products will leave you feeling fresh, revived and rejuvenated. They have flexible membership and VIP packages to suit all budgets/ needs and able to customise for celebrations or special occasions. Lane 11, 186 South Shaanxi Road, Xuhui District, Tel: 5465 7007; Lane 812, 900 North Sanxin Road, Songjiang District; Tel: 5761 8578; booking@dvabspa.com; www.dvabspa.com

Half a World Apart

Family life at a distance. *By Rachel Wright*

“Hello? Hello?”

I can't see my husband's face. The screen is black.

"I'm in the car, on my way to a business dinner."

This is how we've been communicating the past few months, since my daughter and I left Shanghai to come live in the UK.

It's all very well eulogizing the advances of technology but WeChat sucks. It can't give me his well-muscled body to admire, his famously warm hands, and his shoulder to cry on.

Friends had warned me it wasn't a good idea to break up the family. But like others on the fence - should we stay or should we go? - Covid had tipped the balance. My husband objected, and was

over-ruled. My daughter got her way. I would take her to the UK to finish her last two years and prep for uni there. Gone was the *ayi*, Didi and our stress-free living in the bubble of Minhang for the last decade. Hello: assembling a standing work-desk, drilling holes to install a video doorbell and bleeding a radiator. (Of course I got help. Too late to be self-sufficient at my age.)

Now, my daughter calls her dad on her 15-minute walk to school in the mornings. Sometimes he can pick up and they chat. Despite worries over making friends and constantly ridiculing the rules of her new, girls-only fancy private school, she's probably the one who's adapted best to our new set-up. And her cat (of course, she insisted on bringing the ginger tom we adopted). No longer concerned about him ingesting poisoned meat or being terrorised by raccoon dogs, I watch him roam the garden

while I eat a sandwich for lunch.

[Unable to be connected]

"Having dinner" comes back in the chat.

My husband is traveling more since we left. He's probably working even harder, now he has no-one to nag him about spending time with family and multitasking on his phone over breakfast. I'll remind him at Christmas.

It feels like I'm in limbo - gradually assembling a life of sorts, but grateful for the support of friends in Shanghai and those who left already that can help me believe it will get better. When my daughter went through her leaving crisis, I told her "don't think that you're leaving Shanghai behind; think, instead, that you're adding another dimension to your life." I promised her we'll go back this summer. **SF**

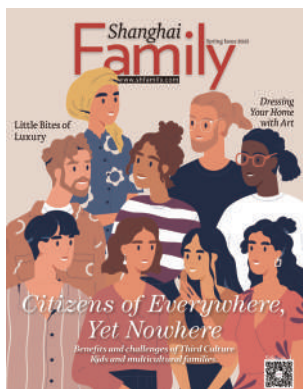


For the latest info on family life, education, health and wellness, food, travel, lifestyle and much more!

www.shfamily.com



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