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Autumn | 2018

PRD



## THE FITNESS ISSUE

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**THIS MONTH'S COVER**

*has been designed by Jack Lin.*



随音像制品发行

# EDITOR'S NOTE



**F**itness. It is not everyone's cup of tea. But whether you like it or not, being active is an essential part of our health. It has been proven time and time again that incorporating physical activity into our lives can improve every aspect of it, making us more productive and mentally healthy individuals. That being said, ensuring that fitness becomes a part of our daily schedules can be challenging. Working out can be expensive, and some do not have the financial means to drop serious money on classes, gym memberships or personal trainers. Setting your alarm clock an hour earlier than you normally would (especially if you have a family!) can be a battle. With two young children and a very busy schedule, I am not exactly a picture of fitness myself. However, as my husband kindly puts it, at least I am 'giving it a go.'

For these very reasons, we bring you our Fitness issue, getting to the heart of the matter from p28 onwards. You can also read about the ways that fitness has changed lives by meeting some folks and families in the PRD who have chosen fitness as a must-have. You'll find how to get the most bang for your buck when it comes to eating healthy (check p48 onwards for recipe ideas) and the best (and free) apps out there to help you get started on your journey to healthy living (p21). We appreciate that fitness isn't everyone's favorite — sometimes it is much easier to spend an afternoon lounging around in bed or on the sofa, than working up a sweat doing yoga (p18), karate (p24) or even just stretches (p22). Ultimately, we hope that this issue helps you grasp the significance of making fitness a fundamental part of your life. Get ready to give it a go and be inspired to sweat it out!

**Lena Gidwani**  
Chief Editor, *Urban Family*

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# URBAN BLURBS

## Mandarin Mastery

Learn the Basics Before you Hit the Town!

Fitness 健康 jiàn kān

Exercise 锻炼 duàn liàn

Athlete 运动员 yùn dòng yuán

Vegan 纯素食主义者  
chún sù shí zhǔ yì zhě

Gym 健身房 jiàn shēn fáng

Marathon 马拉松 mǎ lā sōng

Personal Trainer 私人教练  
sī rén jiào liàn



## China is Having Its Hottest Summer in over 50 Years

It's been hot in China this summer, certified hot. According to a Xinhua report carried by en.people.cn, the Middle Kingdom logged its highest national average temperature since 1961 this summer – a warm 22 degrees Celsius. Additionally, a total of 55 weather observation stations posted record-breaking daily highs. At a recent press conference, Zhang Zuqiang, director of the emergency relief and public service department of China Meteorological Administration, stated that the average temperature in China was one degree higher this summer (from June to August) when compared to “normal years,” according to *Xinhua*. Zhang added that the high temperatures lasted longer and covered a larger area than normal, and the country bore witness to more intense weather. As we move towards the fall season, average temperatures in many Chinese regions are anticipated to be close to or higher than normal years, according to *Xinhua*. Rainfall is predicted to be normal or “slightly heavier” – positive news for farmers.

## Pollution Linked to Fall in Intelligence, China Study Finds



A new study in China has found that chronic exposure to air pollution could be making people less intelligent, the *BBC* reports. Researchers at Beijing's Peking University and Yale University in the United States monitored the math and verbal skills of over 20,000 people in China over the last four years and found that the negative impact increased with age. The study looked at areas where participants lived and studied their levels of pollutants, including sulphur dioxide, nitrogen dioxide and PM10 particulate matter. But while the study established a link between lower test scores and pollution, it notably did not prove cause and effect. This isn't the first study that has claimed that air pollution is having a negative effect on our health. In 2016, a study conducted by researchers at Duke University suggested that heavy pollution could also increase people's risk of obesity.



## Expat Donates 4 Organs, Saves 4 Lives in South China



Sherif El Gazzar, a 37-year-old man working in Zhongshan, died on August 22 after suffering a brain hemorrhage. El Gazzar's sister arrived at Zhujiang Hospital in Guangzhou to see her brother one last time. She was then handed the responsibility to decide whether her brother's organs were to be donated. On the same day, his sister signed her brother's organ release forms, with many of his close friends there to witness. El Gazzar successfully donated his heart, liver and two kidneys to Chinese patients, making him the first foreigner to donate multiple organs in Guangdong province. This was only the 10th time a foreigner had given multiple organs throughout the country. His two kidneys were transplanted to a 50-year-old man suffering from severe uremia and a 30-year-old woman with renal failure. His liver was transplanted to a 46-year-old patient with hepatitis B having a hepatic failure. His heart was donated to an undisclosed patient. El Gazzar, who had dual citizenship in Greece and Egypt, will forever be remembered not only by his friends and family but also the people whose lives he helped prolong.

## Pole Dancers Welcome Kindergarteners Back to School in Shenzhen

A kindergarten in Shenzhen has caused quite a stir, after students arrived at the school on the first day after summer vacation to a revealing and unquestionably bizarre performance to welcome them back. In video footage circulating on WeChat and Twitter, scantily clad women in high heels can be seen performing a dance routine on a small stage. In another video, shared on Twitter by freelance environmental journalist Michael Standaert, a woman dressed in black can be seen pole dancing from a flag pole while the Chinese flag dangles above. The school's management company has since issued an apology. In the aftermath of the pole dancing performance, the principal of Xinshashui Kindergarten has been dismissed, according to The Paper. The school is also facing an investigation from the Bao'an District Education Bureau.



## Yahoo Search Appears to be Blocked in China

Yahoo's search function appears to be down in China, with search requests leading to a 'This site can't be reached' error page. It's unclear exactly how long the search engine has been experiencing difficulty in China, but the issue was first brought to our attention at the end of August. *That's PRD* spoke with Internet users from Beijing to Shanghai, and Chongqing to Shenzhen, and the issues with Yahoo's search function appear to be nationwide. Interestingly, while search.yahoo.com is no longer working, Yahoo's home page, along with its news, entertainment and finance pages, appear to be operating normally. A quick search on vpnmentor.com – a platform that tracks websites blocked by The Great Firewall – indicates that search.yahoo.com is blocked for internet users in Beijing, Shenzhen, Inner Mongolia, Heilongjiang and Yunnan. Fare thee well, Yahoo search, our fingers are crossed for your speedy return. In the meantime, though, at least we still have Bing...

# URBANITE EVENTS

## THAT'S 2018 HOSPITALITY AWARDS



After months of preparation and anticipation, the That's 2018 Hospitality Awards were held last month at the Conrad Guangzhou, the event's first appearance in the Pearl River Delta. Winners around China were honored for being the best in their category. Congratulations to all!

## 'LOVE & KINDNESS' CHARITY COCKTAIL PARTY



In collaboration with Guangzhou Huiling Home for Persons with Mental Disabilities, Conrad Guangzhou hosted a charity event and reception on the evening of July 13. The occasion saw the attendance of over 50 invitees, and total proceeds of more than RMB20,000 were donated to Huiling.

# TEDxXIGUAN 2018 – TAKE YOUR TIME



The 2018 edition of TEDxXiguan took place on August 26 at LN Garden Hotel, Guangzhou, embracing this year's theme 'Take Your Time.' The event saw hundreds of people attend to listen to inspiring words from a plethora of talented speakers.

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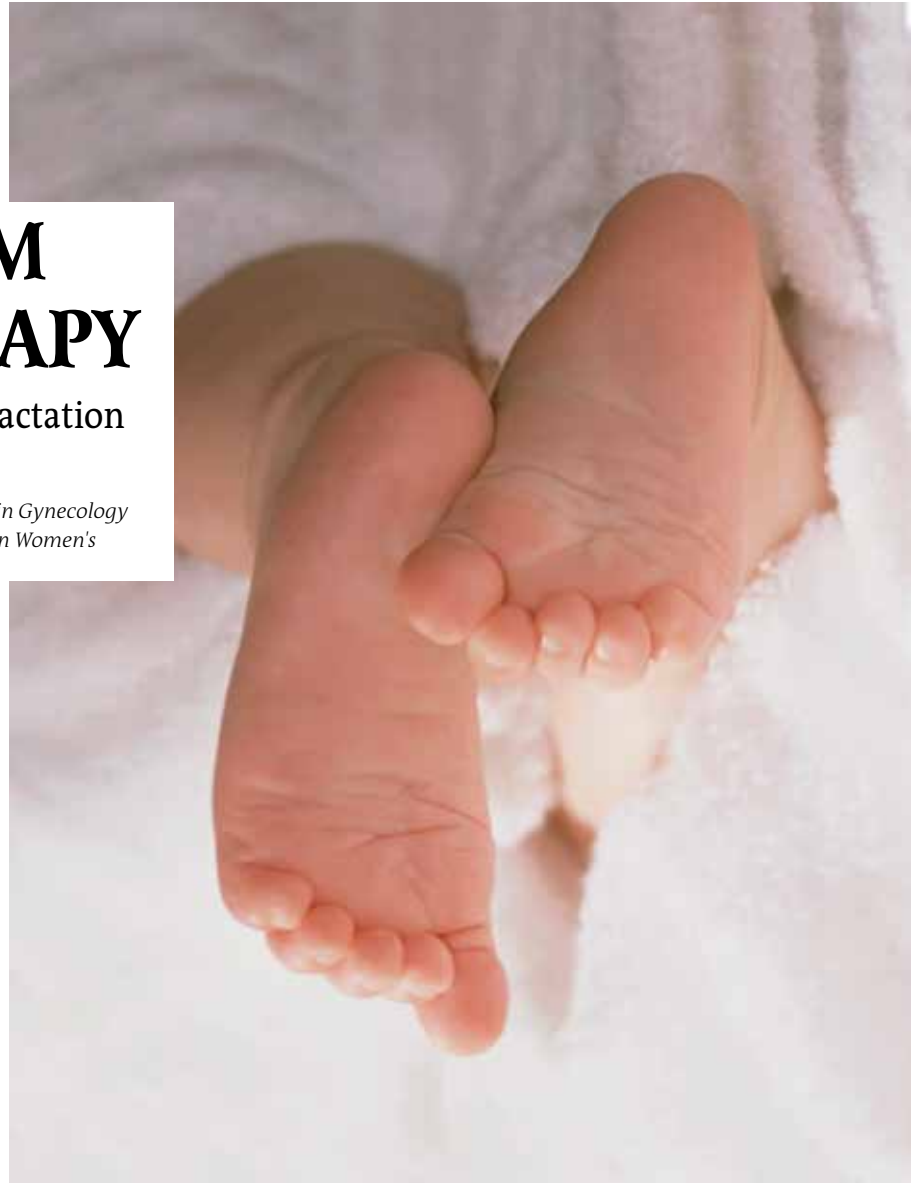
Logos at the bottom: Jimu robot, that's urbanfamily, MARCO POLO HOTEL SHENZHEN, FIJI WATER

# POSTPARTUM LACTOTHERAPY

## Alternative Ways to Combat Lactation Deficiency

By Dr. Chengfang Xu, Chief Physician and Expert in Gynecology and Obstetrics at Sun Yat-sen University and iBorn Women's Hospital

**B**reast milk is the most natural and safest food for an infant's growth as it contains 50 percent of fat. This is all the nutrients and antibodies that infants need to grow. In addition to supplying the baby with body heat, it also meets the baby's brain development needs of fat (60 percent of the brain structure comes from fat). Reserves of rich calcium and phosphorus can also make the baby strong, whilst immunoglobulin can effectively prevent and protect infants from infections and chronic diseases. For many mothers in China, the main reasons they give up breastfeeding are: a lack of milk, concerns that the baby does not have enough to eat or is not receiving enough nutrition, insufficient physical strength, pain whilst sucking on sore nipples or broken skin, breast swelling and pain, lack of convenience and inability to work, amongst other factors. Therefore, the World Health Organization (WHO) asserts that breastfeeding must be carried out except for those who have a clear medical reason. In China, the exclusive breastfeeding rate is 47 percent to 62 percent. Lactation deficiency is the main cause of breastfeeding failure, accounting for over 34 percent. Lack of milk may be caused by postpartum lactation, nutrient deficiency, milk deposition, psychological factors and other reasons. The effect of Traditional Chinese Medicine (TCM) in the treatment of lactation deficiency is remarkable and has been used effectively in



the last three years to treat symptoms with TCM acupuncture and massage. Some massage treatments include:

**Acupoint Massage in the Breast:** a point massage can be performed on the day after delivery, once a day, for three to five days. Use hot towels to wet the two breasts on each side before the point massage, two to three times each side, for about one to six minutes. It can strengthen massage effects and reduce adverse reactions during the massage process.

**Breast Massage:** the significance of early postpartum breast point massage can promote the secretion of milk. Massage increases the opportunity for the infant to communicate with the mother, and is simple, easy, economical and practical. It is believed

that massage can help the breasts become soft and make the nipples flexible. It is easy for the newborn to suck and relieve the pain of postpartum breasts, regulating energy flows and blood circulation. When in need of professional advice when it comes to postpartum lactation therapy, seek a consultation with a specialist or your family doctor.

Dr. Chengfang Xu is Chief Physician at iBorn Women's Hospital. No.6 Longkou Dong Lu, Tianhe District, Guangzhou. Tel: (020) 2811 6375/185 2018 8335 广州爱博恩妇产医院 天河区龙口东路6号





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Meika Chin (MK) Midwife Consultant | Speaks English, Mandarin and Cantonese

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- Over 40 years of clinical experience
- Worked at Central Middlesex Hospital in London, the Good Samaritan Hospital and Jacobi Medical Center in North Central Bronx Hospital in New York for over 2 decades
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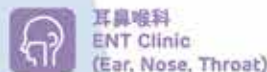
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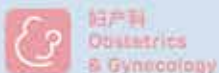
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# WHAT CAN I DO ABOUT ALLERGIC ASTHMA?

## Practical Tips for Dealing With This Condition

By Dr. Missy Jiang, Pediatrician at Vista-SK International Medical Center



**D**uring my two decades of pediatric medical practice, there are some children I have cared for that really left an impression on me. One of these cases was a few years ago, when a couple brought their 3-year-old son to my clinic. He had a cough and had difficulties breathing. After looking over his medical history and conducting a physical exam, I was shocked to hear that the boy had already had quite a few asthma-like episodes and had been hospitalized numerous times after being in life-threatening conditions. The sad news was that he had never been given a long-term care plan for his problem. Fortunately, his father had overheard someone mentioning that this type of condition needs daily care and not just treatment when it becomes urgent or an emergency. So the parents did some research, and eventually found that our clinic specialized in caring for this type of medical condition. Since providing them with a total care solution, the child has not since experienced any life-threatening episodes.

### Asthma and Allergies

Asthma and allergies often go hand-in-hand, with allergic asthma being the most prevalent type of asthma in the USA, but aside from receiving medical treatment, what can we do at home to reduce attacks? By taking action to avoid allergens, symptoms can definitely gradually improve. Here we have some tips for controlling mites, as mites are one of the most common allergens which causes allergic rhinitis (hay fever), itchy eyes and chronic cough. This is especially the case

in southern China, which we all know is a humid and hot place, a perfect environment for dust mites.

### Reducing Dust Mite Allergies

#### Bedrooms

- Cover pillows and mattresses with zippered covers, which are impermeable to mites and mite allergens (the fabric should be of a very tight weave or non-woven material).
- Wash sheets, pillowcases, and blankets in hot or warm water with detergent or dry in an electric dryer on the hot setting weekly. When necessary, blankets should be replaced with those that can be washed. Comforters (or duvets) should be removed or covered with fine woven covers.
- Use washable, vinyl or roll-type window covers.
- Remove clutter, soft toys and upholstered furniture.
- Where possible, carpets should be removed or replaced with area rugs that can be cleaned/washed.

#### Rest of the House

- Reduce upholstered furniture, particularly old sofas.
- Replace carpets with polished flooring where possible. Carpets on concrete slabs or over poorly-ventilated crawl spaces are a problem and should be replaced with polished flooring, if possible.

- Vacuum weekly using a cleaner with a high-efficiency particulate air (HEPA) filtration system.
- Window coverings should be washable, vinyl or roll-type.
- Control humidity to less than 50 percent relative humidity at normal temperatures (i.e 20 to 22 degrees Celsius).

I am often asked by new families in town about whether air filtration can reduce dust mites, but unfortunately it only plays a very small role in controlling exposure to dust mites. Instead, exposure is believed to occur primarily by close proximity to dust mite debris during time spent in bed, on the floor or on upholstered furniture. So how can we get successful control of dust mites? As you can see from the list of tips, it is a combination of physical measures, including using appropriate pillow and mattress covers, washing bedding in hot water and removing carpets. This will be more successful compared with using any chemical treatments. Also, it is important to note that you will need to continue using these intervention measures for at least three to six months to achieve any benefit.

Of course, dust mites are just one of many allergies, so finding out what your child is allergic to is a good starting point for working out an intervention plan. If your child is in a similar situation to the little boy mentioned at the outset, then have a comprehensive long-term care plan worked out with a pediatrician specializing in this area.

Having just returned from the USA, Doctor Missy Jiang comes to Vista-SK International Medical Center with over 20 years medical experience, of which more than six years of her clinical experience was gained working with various international clinics in Guangdong province. She graduated from China Medical University, majoring in Clinical Medicine (Pediatrics) and later went to the UK to complete postgraduate studies at the University of Wales to receive a Master of Science in Health Informatics. Doctor Jiang has also recently received training in the USA in neonatal care at the Cleveland Clinic in Ohio. She has rich clinical experience, having worked in various pediatric departments, but is specialized in caring for allergic and asthmatic conditions. Doctor Jiang speaks fluent English and Mandarin.



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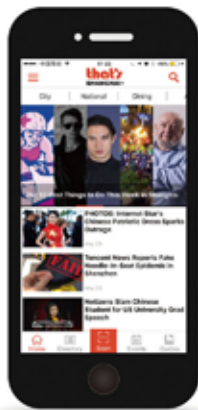
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# AROMATHERAPY

## The Science of Essential Oils

By Audrey Tournier, Aromatherapist and Founder of Slow Living

**A**romatherapy is the science of essential oils. Essential oils (EO) are plant concentrate obtained by distillation, cold-pressing or solvent extraction of plant parts. EO can be obtained from flowers (such as ylang ylang and rose), fruits (such as lemon and grapefruit), leaves (such as eucalyptus, pine), wood (such as cedarwood and sandalwood), roots (such as ginger and vetiver), resins (such as frankincense and myrrh) and even seeds (such as coriander, cardamom). Essential oils are very concentrated (400 kilograms of rose petals are needed to produce one kilogram of oil), and interestingly, not all plants can produce oils!

There are many different ways essential oils can be used: in a diffuser, on the skin in a salve or massage blend, in an inhaler or a steam, in a spray, or even oral use (under clinical aromatherapist guidance). Unlike carrier oils, essential oils are so volatile that they can enter our blood stream directly, which makes them so efficient. Here are a few examples of what essential oils are great at healing: headaches, colds, lung and sinus congestion, coughs, food intoxication, nausea, allergies, skin conditions, muscle pain, cramps, bruises, burns and



inflammations, amongst others. They are also fantastic immunity boosters. Essential oils are also marvelous at supporting emotional conditions such as depression, stress, insomnia and even lack of self-confidence. The olfactive channel is the fastest channel to the part of our brain in charge of emotions, learning and instinctive behaviors. So just smelling an oil can influence the way we feel, think and learn!

Essential oils are wonderful friends when

used safely. They are very concentrated, so a few drops is more than enough. Usually a safe ratio is 1 percent essential oil for 99 percent carrier oil such as jojoba, sweet almond or coconut oils (about five drops in a 30 milliliters / 10-ounce bottle of carrier oil). However, be aware that some oils have maximal dermal limits which are much lower than that (for example ylang ylang, lemongrass, cinnamon). Oils should not be applied straight on skin, as it can cause skin





sensitization, allergies or even burns. It is also not advisable to use essential oils on kids less than five years old: hydrosols (floral waters) are a much safer choice for them.

When buying essential oils, purity is the most important point. Often, oils are ‘adulterated’ (diluted with other cheap synthetic ingredients) and results in a loss of their therapeutic value. It is impossible to detect just by smelling; an oil can smell amazing and still be adulterated. The only way to verify is to run a ‘GC-MS test’ (gas chromatography – mass spectrometry): a fancy word that simply means chemical breakdown of the oil. This analysis shows if the oil is 100 percent pure. It also allows me, an aromatherapist, to see the main chemical components of the oil and its therapeutic properties. Choosing brands that transparently publish GC-MS reports for all the oils on their website is a great step to buy quality oils. Next, make sure the label (see picture) shows the Latin name of the oil. For example, there are different kinds of lavender, with very different chemistries and therapeutic properties: *lavandula angustifolia* is good for sleep, whereas *lavandula latifolia* contains camphor and is more energizing. Although they are both called lavender, you don’t want to confuse them when making a nice diffuser blend for sleep. Other important information that should show on the label or website: place of origin, plant part, batch number, method of extraction, organic certification (if any) and contact of the seller. Organic means

sustainable farming practices and no use of synthetic chemicals, so it is an even higher level of quality. Essential oil brands that publish GC-MS reports are, for example, Aromatics International, Florihana, Rocky Mountain oils and Stillpoint Aromatics.

Your wellness starts with a few drops. So what are you waiting for?



## Refreshing Foot Soak

One way to soothe and pamper tired, achy feet is to soak them in a refreshing foot bath. Here is a recipe to try, using peppermint (*menthe piperita*). It is easy to make, using simple ingredients that will work to energize, deodorize, soothe and refresh your feet.

### You will need:

- One drop of peppermint oil (not more!)
- One tablespoon of jojoba oil (or any other carrier oil)
- One foot tub of cold water



**Step 1:** Dilute the essential oil into the jojoba oil first. Mix well with a stirrer.

**Step 2:** Fill a foot tub with cool water, up to your ankles.

**Step 3:** Add in the blend of jojoba and peppermint in the foot tub. Stir well.

**Step 4:** Soak your tired, achy feet for about 15 minutes. Enjoy!

**A quick note:** Make sure you do not have any cuts or wounds on your feet. Pat your feet dry before standing up to avoid slipping from the jojoba oil. Not suitable for children below 5 years old and pregnant women. Always be mindful using essential oils. When in doubt, always check with a certified aromatherapist.

Thanks to Audrey Tournier – Aromatherapist and Founder of Slow Living. For more information, add Audrey’s WeChat ID: atournier

# ENGAGING DADS

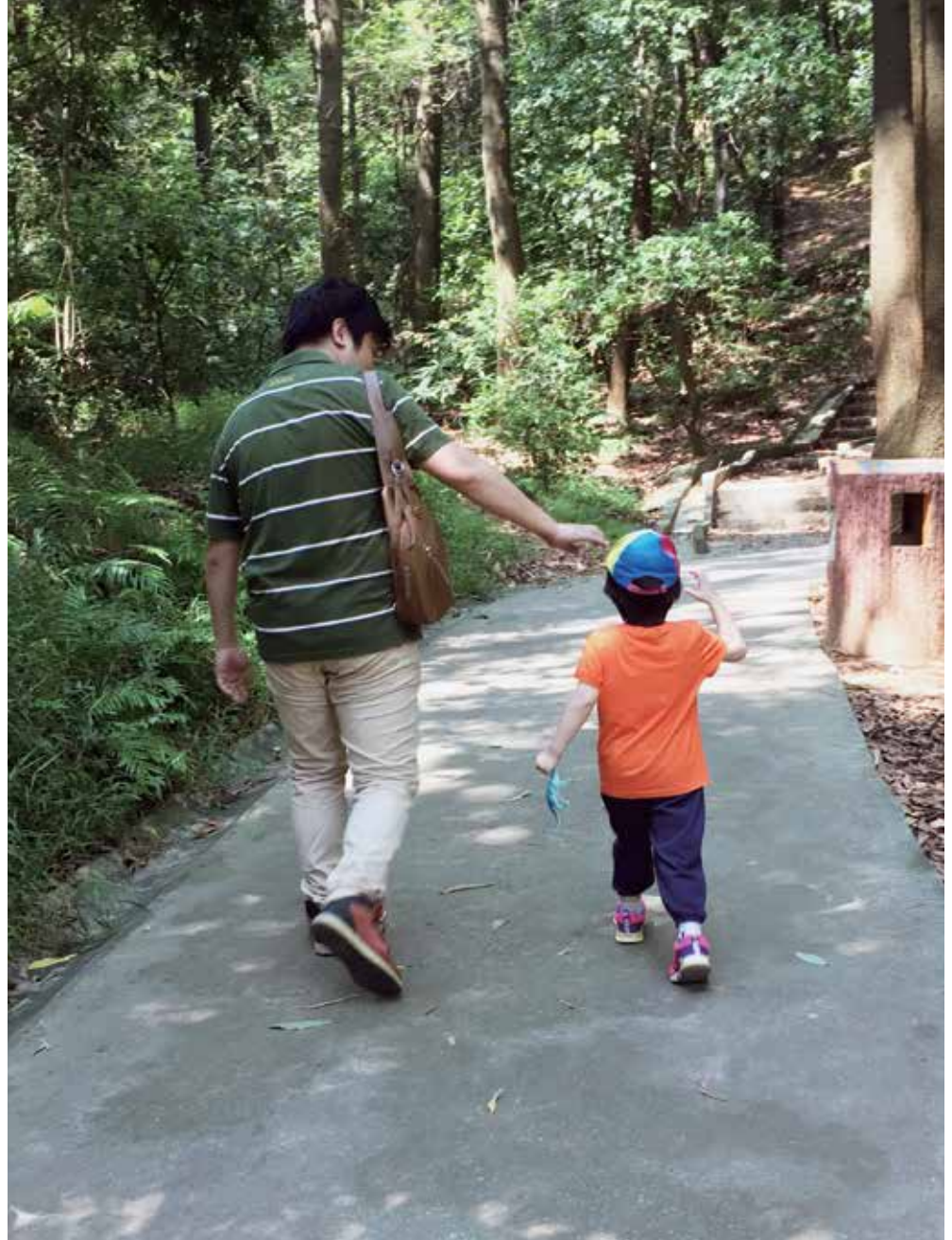
## Are Dads Getting a Bad Reputation at Back-to-School Time?

By Lori Qian

**A**t a recent dinner party, a group of women were discussing their kids getting ready to go back to school. Summer had come to an end and it was time to begin the annual preparations for the academic year. One of the mothers began lamenting about how her husband didn't help out much with the kids' homework and school preparations. Another mom chimed in, expressing similar feelings about her husband not being involved with the children's activities. Before I knew it, I was eavesdropping on a full-on complaint fest, centered around dads and their lack of engagement with their children's education. As I listened I wondered, are dads getting an unfair reputation, or is this the reality? And if it is the reality, what is the secret to getting dads more fully engaged in their children's academics and activities? I immediately began thinking about this question from three perspectives: as a mother, as a cultural anthropologist and as an educator.

### From a Mother's Perspective

First, as a mother, I see a degree of truth to what the women were saying, but I also feel strongly that this isn't the whole story. I suppose, as a mom, I could list all the things I do related to my children's education, activities and day-to-day lives and this list would be ridiculously long compared to my husband's. However, that's not the whole story. My husband's list might look shorter, but it is worth just as much. He provides financial stability. He provides a different perspective for them. He has patience for things that I don't, and for certain things, the kids just want dad. We are partners, real-



ly, each with different responsibilities, hopefully with overlap where it matters most.

### From a Cultural Perspective

Secondly, I can see some truth from a cultural perspective. If we are generalizing,

we might say that some cultural groups are more comfortable taking on less traditional parenting roles. It's also a matter of cultural opinion whether or not it's important for dads to know the details of kid's activities and education. In many family scenarios, it is assumed that dads will work and provide the lifestyle and



moms will handle the details related to the kids. This balance, many think, is more beneficial than both parents trying to handle both areas. Finally, the very culture of families is not static. There are countless family arrangements with so many parental dynamics (some with dads, some without), so to even discuss the role of a dad is not immediately applicable to all families. So much depends on cultural context.

### **From an Educator's Perspective**

Finally, as an educator, I do think the parental involvement landscape has changed drastically in the last 20 years. Certainly, nowadays it is more common for dads to be more involved, often as involved as moms. During the majority of parent-teacher conferences held in recent years, I noticed an increase in the number of dads attending, compared with say 10 or even five years earlier. On a day to day basis, though, I would say that women, in general, were more likely to know the details of their children's academic and social activities. But even if as a teacher, I didn't always see dads as much, I would never assume it's because they didn't care about their children's academics. Rather, I would assume they were working, which is also important.

### **What's the Real Bottom Line?**

Whether viewing this question through the lens of a mom, an anthropologist, or

as a teacher, the bottom line is that it really depends on the family, particularly the individual parents. As I thought back to the conversation among the women at the dinner party, I wondered how many of them had discussed the perceived imbalance with their partners. I wondered if there was an understanding about who was responsible for which

aspect of the children's education. Most importantly, I wondered if they fully appreciated the contribution the children's fathers were making, even if it looked different than their own contribution. Dads play an important role in our lives. One of my favorite quotes says: "One of the most important things a father can do for his children is to love and respect their mother." Another favorite: "The most important work you and I will ever do will be within the walls of our own homes." My father was very respectful toward my mom and very caring. He was also extremely present in our lives, in ways that mattered. There is no doubt his role was different than my mom's, but from a child's perspective, it didn't matter. I knew they both loved me. So, as I connect this thought back to the women at the dinner party, I wonder if they are recognizing the contributions dads do make and whether those contributions need to be the same as their own?

### **What's the Secret?**

Now, if dad really has checked out of day-to-day activities, is there a secret to getting them more engaged in children's education? Other than communication, not really. As a couple, parents need to set their expectations with each other. In our family, for example, we learned that my husband and I have different strengths and different areas that we take stewardship over. Our current situation is extremely unique in that we are temporarily

living in completely different countries. Still, there is discussion about the children's education and activities and these decisions are made together. Yes, I am handling all of the day-to-day aspects of our children's lives, including education and activities, but he is handling all of the financial security, thus making their opportunities possible. Both are important. When we are all under one roof, he has a much bigger role in day-to-day care. But I never doubt his commitment to our kids. His care about their education and activities comes through in his providing for them and also in the way he communicates with the kids, even across this distance.

### **Communication is Key**

When I think back to the women's conversation and about my initial question, I think that yes, dads just might be getting an unfair reputation. Perhaps the women, the moms, were feeling overwhelmed, which I get. Handling all the day-to-day facts of kid's education can be a huge responsibility. But I also think that if our partners aren't participating in the ways we wish they would, we need to communicate about it and we need to appreciate the contributions each partner makes. The mom, the cultural anthropologist and the teacher can all agree on this.



# YOGA FOR MEDITATION

## Staying Sane in the City

By Felicia Toh

**M**aintaining a yoga practice can be a great way to reduce stress, stay in shape and calm the mind. But when it comes to stress relief, not all yoga poses are created equal. Some positions are particularly effective for promoting relaxation, tension relief and restfulness. Yoga helps us slow down for a moment and tune into the breath. Simply focus on one thing – which is the very definition of meditation – to decompress and let go. Try these easy poses when life is getting the best of you. Instead of stressing yourself out, give yourself a relaxing yoga break.

### Child's Pose (Balasana)

The calming child's pose is a restorative posture that can help quiet the mind, easing stress and anxiety while stretching the back. It's also good for the nervous and lymphatic system.

- Kneel on the floor.
- Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.
- Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs.
- Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.



Child's Pose



### Standing Forward Bend (Uttanasana)

Uttanasana has many benefits when practiced as a pose in itself. The posture is great for the legs and it also allows us to calm the mind. The Standing Forward Bend stretches the hamstrings, thighs, hips and is believed to relieve stress and fatigue. If your goal is to de-stress in the pose, it's best done with the knees slightly bent.

- Stand with your feet together. Bend your knees slightly and fold your torso over your legs, moving from the hips, not the lower back.
- Place your hands next to your feet or on the ground in front of you.
- Inhale and extend your chest to lengthen your spine. Keep your gaze directed forward.
- Exhale and gently press both legs straight. Lift the kneecaps and gently spiral your upper, inner thighs and back.
- Keep your legs straight without hyperextending.
- On exhalation, extend your torso down without rounding your back.
- Stay long throughout your neck, extending the crown of your head toward the ground.
- Draw your shoulders down your back.

Standing Forward Bend



## Downward Facing Dog

### Downward Facing Dog (Adho Mukha Svanasana)

One of the key benefits of Downward Facing Dog is that it combats fatigue and stress by opening up the back and stretches the legs and calf muscles.

- Place your feet about hip-width apart and spread your weight evenly among all 10 toes to keep your ankles well aligned.
- Strongly press up and back with the tops of your thighs until you feel your hips being drawn back with them. If your hamstrings are very flexible and you press your sitting bones too high toward the ceiling, you may begin to overarch your lower back.
- Gently curl your tailbone downward and lift your lower belly to bring the spine back to neutral. If your hamstrings are tight and you're rounding your lower back, bend your knees more and try to angle your sitting bones higher.



## Legs-Up-The-Wall Pose

### Legs-Up-The-Wall Pose (Viparita Karan)

This pose is traditionally thought to slow the aging process. It helps to renew blood and lymph drainage back into the heart area.

- Place a thick blanket underneath your entire back and lay down on your back with your legs up the wall.
- If your hamstrings are tight, bend your knees more to take the strain out of your lower back.
- Place your legs with the soles of the feet together or apart.
- Put your hands by your sides and relax your arms and shoulders.



## Meditation

### Meditation

Meditate with purpose. It seems ironic, but meditation is a very active process. The art of focusing your attention on a single point is difficult, and it really helps the process to be purposefully engaged with what you are doing. Although there's no need for repetitive mantras or forceful objectives, it is nice to have a positive intention for each day.

- Come to a comfortable sitting position.
- If your back doesn't feel comfortable, lean against a wall and meditate for as little as five minutes or as long as 30 minutes.

# YOGA - WHAT'S ALL THE FUSS ABOUT?

## Why You Should Start Practising Yoga Now

By Justyna Skowron, Founder of NanaYoga, Shenzhen

“I regret going to a yoga class today.” Have you heard anyone say this before? Well, no, probably because no one would ever say that after attending a yoga class! Yoga is growing with popularity and speed on an unexpected scale. Yoga studios are popping up on every corner and there are tons of online resources, videos, retreats, training podcasts and more. Colorful leggings and mats are exploding in the market. Yoga is now an international phenomenon and has won hearts of people from all over the world. Have you ever wondered why? Yoga can completely transform your life for the better. Through breathing work, meditation and practice of poses, yoga has so much to offer but requires regular practice. You will start seeing positive changes in your body and life only after few weeks of taking yoga classes.

### Yoga Benefits Include:

- Reduction of stress and anxiety
- Improvement of cardiovascular health
- Calms the mind and increases brain activity
- Helps digestion system
- Brings awareness to the body and helps stay present
- Increases strength and flexibility
- Aids with better better
- Leads to a healthier and happier life.



To be completely honest, it will not be easy to start. I remember my first yoga session from 10 years ago. I stepped on a mat for the first time, making weird-looking body shapes, trying to breathe and understand what the teacher meant by “finding your center”. It wasn’t something that I expected yoga to be at all. When I went to class and saw images of an old Himalayan Yogi meditating by the banks of the Ganges river, I thought to myself, it can’t be too hard. Well, I was wrong! What we call yoga now, or more precisely Hatha yoga, started evolving in the 14th century and has very little to do with ancient yoga techniques. It shifted its focus onto the practice of the poses and for many, became a new form of a physical exercise. This was progress for all, because it became readily available and suitable for everybody. We shouldn’t forget about how yoga started though. In ancient India, it was purely a practice of meditation, through which Yogis could attain enlightenment, or a state of becoming one with the universal consciousness. Regardless of what we believe in, we as modern practition-

ers should always keep in mind the real meaning of yoga, which is the union between mind, body and soul.

Taking your first-ever yoga classes will make your body shake and very sore. You will need to push yourself a bit, because there won’t be any bliss in the beginning. The amazing feeling comes after, though. Give yourself a few weeks to try and notice the benefits. Better sleep? Less stress? More energy? Just set up a goal by showing on the Yoga mat at least twice a week and never compare yourself to others in the class. Yoga is an individual practice and a lifelong journey. Enjoy it, because even when we really don’t feel like doing anything (hello, Netflix) that is probably when we need yoga the most. Good luck and Namaste!

Justyna Skowron is a Shenzhen-based RYT 500/RPYT Vinyasa yoga teacher, and founder of NanaYoga. She is actively helping to build an international yoga community in Shenzhen through organizing yoga picnics, events, workshops and retreats. For the newest schedules and information, contact Justyna on WeChat ID: liyouna\_nana



# FREE FITNESS APPS FOR ADULTS AND KIDS

## Get Fit for Free

By Andres Lozano

**A**pps can help you tremendously if you are attempting to figure out how to start a fitness routine or track your fitness journey. No single app is the perfect one, but depending on your fitness goals, these free apps (either on iOS or Android) can help you improve physical health and build strength, boost mood and memory, fight anxiety and depression, improve stretching or recovery, and just make you feel better all around. These apps have been recommended to *Urban Family* by our savvy readers. Here's to better health, free of charge.

### Apps for Adults

#### Nike+ Training Club

This app includes a diverse selection of over 160 workouts using anything from easy body-weight exercises to complex gym equipment and even yoga. It is designed by qualified Nike trainers, and the workouts come with embedded video and audio guidance. You can also log your other fitness activities on the app.

*Free on iOS and Android. Can be streamed on a television using a HDMI cable or Apple TV*

#### FitnessBuilder

By PumpOne, this app has workouts spanning thousands of exercises and equipment including but not limited to kettlebells, weights, TRX and plenty more. You can search for workouts by goal (hips, arms, abs, cardio and so on) or by location (gym, home, hotel and so on). There are videos for each exercise, and if you want more, you have to pay a bit extra per month to get access to more videos, workouts and other benefits.

*Free on iOS and Android*

### Apps for Kids

#### 7-Minute Workout for Kids

Finally, one for the young ones! Created specifically for kids, this is a full body workout in less than eight minutes. Kids use their own bodyweight (no additional weights or equipment) with exercises that reduce the risk of injury. They can develop strength, stability and balance, and build good habits. The app features exercise descriptions and pictures to coach kids along. This app is good for kids who need a boost after homework.

*Free on iOS only*

#### Sworkit Kids

Ranging from five minutes to an hour, this app plays videos of active kids aged ages of 7 and 14 exhibiting each move, like jumping jacks, bear crawls and stretches for your child to follow along. These randomly generated, equipment-free workouts are challenging enough yet fun at the same time. It is more suited for older kids, so if with younger children, opt for something less vigorous.

*Free on iOS and Android*

# A STRETCH A DAY KEEPS

How to Sneak A Good Stretch into Your Day

By Lauren Hogan



**W**hether you're getting in extra training now that the summer holidays are over, or lifestyle changes (such as having a child) are giving you sore spots, taking the time to regularly include a small stretching routine can work wonders. Setting aside 10 minutes each day will not only make you feel better, but also reduce your risk of injury. In addition, if you are increasing your amount of regular exercise, stretching will support the regiment and help you avoid setbacks and frustration down the road.

## 5 Steps to Regular Stretching

### 1. Bookend Each Day with a Two-minute Stretch

Each morning, before attending to anything else, give yourself some attention. Lie down and do a full body stretch. With your legs out and arms overhead, move your neck from side to side. After that, hug your knees into your chest and twist them from side to side. Check yourself and see where you feel other aches and pains and give those areas some attention too. Then, before you call it a night, perform the same routine.



### 2. Breathe More

Try to take full breaths to get into a deeper stretch, reduce tension and relax your mind and body. Rolling the shoulders back and rotating the wrists can relieve the stress from carrying the weight of children or anything else you may cart around during the day.





# THE MUSCLE STRAIN AWAY

## 3. Incorporate Stretching Before and After Exercise

If you have problem areas, ask your trainers for suggestions. Many studios provide foam rollers, lacrosse balls or resistance bands, which are excellent tools to release tension.



## 4. Add Flexibility to your Routine

When you're in the kitchen, keep a wide-legged stance to stretch the thighs. While in the shower, loosen tight muscles under the warm water. If you sit often, this can make your hamstrings, the lower back and even shoulders stiff. So, set a timer to ensure you stand, straighten and stretch regularly. Muscles and tendons contract and shorten under tension and activity, therefore, doing stretches to open up the hip flexors or working tight ankles and calves can help relieve pain in other parts of the body.

## 5. Be Wary of Overtraining

Sometimes it's better to give your body a day off and consider stretching, foam rolling or even a massage (go and treat yourself) as your training for the day. The muscles still work when resting, and taking a break won't keep you from seeing results; it helps get your gains. If you need to be active, plan a 'catch up' walk with a friend or during a phone call to someone abroad. You can even make this two-fold and turn it into a social activity during your power-walk chat.



# KARATE, EXPLAINED

## Styles, Belts and More

By Enrique Novoa, Karate Tiger Temple (KTT), Guangzhou

### What is Karate?

Karate is a martial art that was developed in Okinawa, Japan in a period when Okinawans were prohibited from owning weapons and had to learn how to defend themselves with their bodies. There is most likely some influence from Chinese martial arts, like kempo, in karate. Since its creation there have been many spinoffs of karate that stem from the interpretation of different instructors. Karate develops multiple values in every karate practitioner: respect, discipline, responsibility and good behavior. This martial art also increases one's concentration, focus, confidence and physical condition.



The word karate is formed by three characters; the first one is *kara* (empty); the second, *te* (hand); and the last, *do* (way; road). Karate can thus be translated as "way of the empty hand." Through the practice of karate, self-defense techniques can be learned, where no weapons other than hands, feet or other parts of the body are needed. Karate-do is a philosophy of life, which strives to develop the inner qualities of a human being and searches to perfect character through strenuous training in the *do*. The meaning of *do* has to do with the development of human qualities like discipline and respect. These are learned in training and then reflected on in our present and future life.



dent. *Goju-ryu* implements soft circular blocking techniques, similar in nature to jujitsu techniques, in combination with powerful counter-strike combinations.

#### • Wado-ryu

*Wado-ryu* was created by Hienori Otsuka in 1939. The term '*wado-ryu*' translates to 'way of harmony,' which describes the harmonious basic movements associated with jujitsu, including evading an attacker without using a lot of force. Many have described this technique of karate as a spiritual discipline.

#### • Kyokushin

*Kyokushin* means 'ultimate truth or reality.' It is regarded as "the world's strongest karate" due to its full contact style and intense training. This style emphasizes kicks, punches, strikes and a good offense as a good defense. Techniques are taught through various *katas* and applied through sparring.

### Karate Belts

Karate belts are used to indicate when a student has been promoted to the next level. Improved karate technique and deeper knowledge of the three elements of *kihon* (basics), *kata* (form) and *kumite* (sparring) needs to be shown at a formal grading examination before the next karate belt can be awarded.



Today's system of belt colors, the one used in the most popular (Shotokan karate), is based on 20 steps. Below the black belt, grades are referred to as *Kyu*, whereas black belts are called *Dan*. There are 10 *Kyu* for the minor preparatory grades (10th *Kyu*/white belt) through first *Kyu* (brown or red belt) and a further 10 for the major grades in the black belt (first *Dan* through tenth *Dan*). The standard belt color system is white, yellow, gold, orange, green, blue, brown, red and then black. Originally, the white belt was simply dyed to a new color. This repeated dying process dictated the type of belt color and the order of the colors. Due to the dying process, it was only practical to increasingly use darker colors.

### Karate Styles

Karate has many styles, of which *Shotokan*, *Shito-ryu*, *Goju-ryu*, *Wado-ryu* and *Kyokushin* are the most popular. Below is a short explanation of the five most popular styles of karate.

#### • Shotokan

*Shotokan* was formed in Tokyo in 1938 by Gichin Funakoshi, considered by many to be modern karate's founding master. This style of karate makes use of linear techniques and wide stances, designed to quickly deliver power strikes. This is the most popular style of karate.

#### • Shito-ryu

*Shito-ryu* was introduced by Kenwa Mabuni in 1928 and utilizes an estimated fifty *katas* influenced by *Naha-te* and *Shuri-te* disciplines. Technique is key to this form of karate, with a great emphasis on power and accuracy in striking.

#### • Goju-ryu

*Goju-ryu* was founded in 1930 by Chojun Miyagi, said to be Kanryo Higaonna's best stu-



## A Start – the Black Belt

A black belt is not the end of training but rather as a beginning to advanced learning. A black belt holder seeks new, more profound knowledge of the art. As he/she begins to teach others, he/she plants new seeds and helps them grow and mature. His/her students, many whom will form roots deep into the art, blossom and grow through the ranks in a never-ending process of self-growth, knowledge and enlightenment. A common misbelief that needs to be clarified is the “black belt as master” stereotype. In reality, a black belt indicates the wearer is competent in a style's basic technique. Since a black belt takes approximately two to four years of training to achieve, a good intuitive analogy would be a first *Dan* black belt is equivalent to a college bachelor's degree, and the tenth degree of the black belt can be seen being equivalent to a university doctoral degree.

## Karate Grading Tests

Karate belts are used to indicate when a student has been promoted to the next level. To advance to a new karate level, the karate belt holder takes a formal test called a karate belt grading examination or test. Improved karate technique and deeper knowledge of the three elements of *kihon* (basics), *kata* (form) and *kumite* (sparring) needs to be shown before the next karate level can be awarded. For higher ranks, this includes practical, oral and written requirements. These vary depending on the karate level being tested. The contents of tests vary amongst karate styles.

## Role of the Sensei

Sensei is the Japanese term with which a master or wise man is called. If we translate it liter-



ally, Sensei means “the one who was born before” or, according to philosophy, “the one who has traveled the way”. The Japanese tradition says they are called so because the only real difference between students and their teacher is that this was born before, and for this he has the knowledge or experience to be able to teach.

## Karate in 2020 Summer Olympics – It's Official!

In 2020, karate will, for the first time, be included in the Olympic Games. This is a histor-

ic moment for the sport of karate, as millions of practitioners worldwide now have chance to shine in Olympic glory.

Thank you to the Sensei's from Karate Tiger Temple (KTT) for this article about karate. Karate Tiger Temple is dedicated to mastering and teaching the art of karate, and is certified by World Shotokan Karate Federation, one of the largest federations of the world with presence in more than 100 countries. KTT are currently in several international schools and have different centers around Guangzhou, teaching regular classes in English. For more information, add WeChat ID: kttconsultant



# COMMUNITY HAPPENINGS



The British School of Guangzhou held orientation days last month for the start of the new academic year. Parents and students gathered to meet teachers, catch up with friends and prepare for an exciting new term.



In celebration of the Trophée des Champions in Shenzhen, a cocktail reception was recently held at Oggi Enoteca Restaurant in Shenzhen, with attendance of the president of LFP Nathalie Boy de la Tour, the chief executive of LFP Didier Quillot, the consul general of the French Consulate in Guangzhou, Siv-Leng Chhuor, and the CCI France Chine.



**Qiqi**  
April 4, 2018



**Coco Zhu**  
April 7, 2018



**Anqi Li**  
June 13, 2018

## New Arrivals

Say Hello to the PRD's Newest Members

Share your good news with us! Submissions to [uf.prd@urbanatomy.com](mailto:uf.prd@urbanatomy.com)





# The Fitness Issue

## Getting to the Heart of the Matter

By Lena Gidwani

**F**itness. It's a word that makes some smile with sheer exhilaration, and others shudder in disgust and fear. But for those that are hooked, there is no turning back, especially given the plethora of workouts that exist today. From balates (a hybrid mix of ballet and pilates) and surfset yoga (yoga on a surfboard) to iron zuu (a combination whole body workout) and black box (working out in a black box with a VR headset and motion-tracking forearm bands), the list of what you can do to stay fit anywhere and anytime is endless. Whatever your pleasure (or poison), no has ever disputed the fact that those who indulge in regular exercise are happier, healthier and apparently, can live for longer. This does not mean that everyone needs to be running marathons as soon as they read this. It just means that finding age-appropriate forms of exercise is important, even though it may totally hurt at first. What are the core benefits, besides the fact that we all stand to look and feel better? The answer is simple: the health of your heart.

Let's get to the heart of the matter. Heart disease, according to the Center of Disease Control, is the foremost cause of death for men and women, killing over 600,000 people (or one in every four deaths) in the United States every year (statistics from year 2017). That is a death due to a heart attack every 43 seconds, and a death resulting from a heart disease-related event every minute. Those are indeed grim statistics. So, is it too late to start getting on the fitness bandwagon? Age, the experts tell us, is just a number, and in fact, being active helps you keep more muscle as you age. It has been noted by fitness experts that the heart is a muscle that must be used well; abuse of it due to an inappropriate, unhealthy lifestyle and foods will only make matters worse. No matter what your shape, size, age and fitness levels are, you must shove those excuses aside and simply work out, for your body will thank you for it. And when you start to feel disheartened, focus on the positive benefits and remember that you are doing this for your own, and only, heart.

# 10,000 Steps a Day - Hype or Reality?

By Claudia Barinsky

**H**ow did we decide on 10,000 steps as the special or magic number that you need to be fit and healthy? Is it just hype, or is there reality and science backing it up? In other words, shall we really walk circles around our computer once an hour like our fitness trackers are urging? Let's take a deeper look at this topic.

## TRACKING ACTIVITY

The 10,000 steps idea ties in with our current obsession with tracking everything, from calories and sleep to daily activity. Biohacking, as it is presently named, is not new to us at all — people have been logging data about themselves in all ways and forms for as long as we've been making tally marks to count things. We are totally captivated with ourselves and how our bodies function, so it only makes sense that we want to track it. Pedometers (devices to track

how far you have walked) have been around for centuries. Leonardo daVinci sketched one, Swiss inventors played around with them ages ago and Thomas Jefferson even found one in France and brought it back to America. Our current fascination with fitness wearables (like Fitbit, iWatch, Jawbone, etc.) has its roots in Japanese culture. In 1960s Japan, a fitness craze mushroomed that involved

walking more and then tracking how much you walked. A pedometer, sold with the cool and interesting name of manpo-kei, or the 10,000 steps meter, was the central idea. The trend grew through the early 1990s, based in part on the notion that 10,000 steps per day was the key to balancing caloric intake and calorie expenditure through activity for a fit and healthy lifestyle. So by strapping on a pedometer or opening up our favorite

**1 0 0 0 0**  
**S T E P S**





smartphone health app, we can easily track how far we walk or move in a day. But how did Y. Hanato, the creator of the Japanese manpo-kei craze, come up with this magic 10,000-step number? And most importantly, is 10,000 steps really the answer to being healthy?

### **MAGIC NUMBER?**

Let's get this out of the way: 10,000 is not a magic number. It's just a pleasant round number that we can all remember easily. Most trustworthy sources think of it in terms of activity in the form of minutes. So the actual goal set by fitness and scientific experts is more like 150 minutes of moderate to intense physical activity or 75 minutes of vigorous activity a week. But what is really important is that you are increasing how much you move around and making sure that you do move regularly each and every single day. The truth is, most people already walk about 5,000 to 6,000 steps each day, unless you happen to be superglued to a computer or have a desk job. But as it happens, just the daily activities of life often involve a

fair number of steps each day. You're not taking them all at once, like if you walked five kilometers to work every day, but they still add up in terms of metabolism. Shooting for 10,000 steps, then, merely means aspiring to get about 4,000 steps more than you already walk on a daily basis. At the average stride length, that is just a little less than a kilometer (about 2,000 steps makes a kilometer, and most people can do 2,000 steps in half an hour if they tried). And you do not need to get them all in one go. Walking for half an hour, say during lunch or after dinner, is a nice idea, but for a lot of us, that is prime time (or family time or TV/homework time). You can break those extra steps up into your day, like by taking a 10-minute break every hour to walk around.

### **WHY TRACK?**

So why bother tracking your steps if 10,000 isn't going to magically make you slimmer, healthier, smarter and more attractive? Because humans need goals. Without a clear target to work towards, we tend to slack off and get lazy. There's always something else we can be doing: a task on your daily to-do list, a phone call that you must make, an important email to send, an errand to run, a book or magazine to read, or a TV show to watch. Thus tracking your steps gives you

a measurable, easy log of your activity baseline for a day. Sure, you might have done something active that doesn't set off a step counter, like rowing or biking, but as a general measure, it is relatively useful and effective. And being the competitive creatures that we are, trying to meet a goal – or exceed it – makes a great motivator to do something other than sit on the couch or behind a desk all day. In fact, a study conducted by Stanford University over 10 years ago showed that pedometer users walked an average of 2,000 steps more than non-users and got up to 27 percent more physical activity. For those bound to desks, this is especially critical, as we're sitting all day and then coming home to sit more behind the screen, type our next email or work on a presentation for our latest project. Incorporating a step-counter or pedometer into your day can give you the motivational boost you need to be more active, which will increase your energy levels, give your brain a chance to refocus and recuperate and help you be healthier and fitter overall. So, get out there and go for a walk already! You'll come back feeling refreshed, accomplished and ready to tackle the next chapter, or better still – the task of 10,000 steps every day.



# My Journey to Health

## Breaking Bad Habits

By Lori Qian

**T**hese days we can look to a lot of places for excellent fitness and nutrition advice. My expertise is a little bit different. I'm not a personal trainer nor am I a certified nutritionist. And I'm not a super fit, all-organic-eating food expert. What I am is a woman who grew up surrounded by obesity and poor health habits, and fought her way to a healthy lifestyle, creating a vastly different experience for my own children.

Fighting for fitness is not a linear journey and it's not as superficial as before and after pics, as fun as those are. Making monumental life changes by rewiring our thinking and replacing bad habits is

profound, difficult and often discouraging. But, we keep going because it's worth it.

I had a wonderful family growing up, but healthy food habits weren't practiced and morbid obesity was the norm. The degree of obesity I'm referring to often comes from habits that are learned young. My sisters and I learned from my mother (pictured below with a younger me). But her obesity has its own devastating roots as most stories of obesity do. Our meals were filled with lots of carbohydrates and I rarely remember a vegetable. Dessert was a very big deal. Processed foods, convenience foods, fast foods, soda; all of it was acceptable. There were no clear limits in place.

As a child and teenager, I was a gifted dancer and therefore I was lucky enough to not struggle with my weight because of the ballet world I was involved in. However, as a young girl growing up and being painfully aware of obesity and all its implications, I developed an extreme fear of becoming obese, like my family. This was the beginning of learning how complicated a person's relationship with food can be. After a debilitating car accident, it was clear that my dancing career was finished before it had begun. Thus, began the slow descent into taking on all of the childhood norms I had been exposed to. Over the next 15 years, my weight fluctuated somewhere between 118





pounds (when I taught aerobics and yoga) and finally up to over 200 pounds during my first year of graduate school. That was a turning point for me. Two years from that day I was living in China, doing tai chi, yoga and running. I had changed my eating habits and had become much more mindful of my needs, what I wanted out of life and how to treat myself. At that time, I was a healthy weight and I maintained that for a long time.

Lest you think moving to China magically changed everything – not quite. That certainly helped, but the seeds had been planted before that and the hard work and steady progress had begun even in the midst of profound life challenges. Now since those days,

almost 20 years ago, I've had three children and lots of ups and downs in life. I still have to work extra hard at not giving into old habits. But I can say that healthy habits have become my default. I feel quietly ecstatic when my son rolls his eyes at me for making him eat spinach with his sandwich, or not allowing white bread in our house. I love it when I see my kids choosing grapes or a banana for a snack and for being so excited for the novelty of treats when do bake something sweet. I still bake treats. I still drink diet soda. And once in a while, gasp, we eat fast food. I have no qualms about being real and imperfect because I know where I came from, and I know how different it could be. I'm grateful every

day that I found a way to fight my way out of an unhealthy lifestyle and stop the cycle of obesity. Let me share seven quick tips that helped me along the way:

1. Start today with one small change and don't tell the world about it. Just quietly do it.
2. Have a plan for what you're going to do in moments of weakness or laziness.
3. Try new foods – it's never too late to actually enjoy new foods.
4. Enjoy the space where you make food and where you eat your food.
5. Whatever negativity exist in your life, let it motivate you. Think of whatever injustice or unkindness and say, "I'm going to treat myself better and rise above my

circumstances."

6. Tell yourself you love exercise. I tried everything, even when I was much heavier. It was intimidating but it was extremely gratifying to notice my progress.

7. Go into your lifestyle change positive and realistic. Know that you will mess up once in a while and that's okay. Just call it a lapse and get right back to better habits.

My life is vastly different from my mom's. And my children's lives will be vastly different from mine. Was it Maya Angelou who said: "When you know better, you do better"? My mom did the best she could, given her situation, and I'm doing the very best I can, given mine. That's all any of us can ask for. Here's to having the courage to make our lives better, stronger and healthier, one step at a time.

*Lori Qian is first and foremost a mother and loves spending time with her three wonderful children. She is also a writer, teacher, public speaker, world traveler, runner and someone who is constantly finding joy in this whole journey. Aside from her family, her passion is using her life experience toward helping people to transform their lives, in big and small ways. She holds a BA in Anthropology, an MA in Applied Linguistics, and has advanced training in leadership, literacy and education. After living in China for 10 years, she has just relocated to Utah, USA, with her family, ready to embrace an entirely new adventure. Lori's first book will be published next autumn and she is currently working on her second book, which includes the larger story behind this featured piece.*

# Are You Out of Your Mind?

## Nine Months and Beyond

By Valeria Murillo



**A**re you out of your mind? That was the question asked by my mother, relatives and friends. Being pregnant and exercising is not easy. In fact, it may seem impossible. But it can be a wonderful thing, if you know how and what to do. During my pregnancy, I was able to adapt my CrossFit training to maintain my strength, endure pain and prepare myself for delivery. In the process, I created great habits for my postpartum process.

### IT'S IS SAFE TO EXERCISE WHILST PREGNANT?

We know when we work out and what we are doing is good for our body, so how could it be bad for our babies? Studies have shown is actually very good for our young ones. All the wonderful things that you are doing for your cardiovascular system is also good for our babies. Facts

about maternity workouts and benefits for women include:

- Decreased weight or maintenance/ decrease of fat deposition
- Fewer pregnancy discomforts such as nausea
- Rapid and physical and emotional recovery after delivery
- Easier, shorter, and less complicated labor
- Increase aerobic capacity
- Increase energy levels.

For our babies, the benefits are endless too, and they include:

- Better to cope with stress of birth
- Better ability to adapt to life
- Sleep through night sooner
- Better able to self-calm.

### LISTEN TO YOUR BODY

When pregnant (and anytime really), you need to listen to your body and go by what your body tells you. If it feels uncomfortable, painful or weird, don't do it at all. Of course, working out during pregnancy depends a lot of the person and how active they were before. For me, I worked out during my entire pregnancy until the last week, until my water broke. Of course, the intensity and movements changed as I got larger, to accommodate what felt comfortable or not. I gained about 20 kilograms, which was not what I was expecting at all. That being said, I did deliver a fairly large baby, so I guess I

know where all the weight went! After my delivery, it took me 40 days till the doctor said I was ready to go back to working out. I started slowly and steadily. Unfortunately, I couldn't breastfeed as long as I wanted to, so after that stopped, I started to follow a keto diet with intermitting fasting, which made me lose all my baby weight and go even lower than when I was pre-pregnancy.

Now I'm almost 11 months postpartum, and feeling better than ever, working out harder than before, and feeling healthier, fitter and stronger than ever! Why? Simple. I didn't make any excuses during or after my pregnancy and I focused on the end result, dedicating myself to my fitness goals so I that could feel like myself again. It was a long journey, not because I was just trying to be an athlete again, but because I also needed the strength to be a great mother for my newborn. My advice is simple: don't give on your fitness goals, as everything can be accomplished with dedication and time.

Valeria is a mother of two children and a CrossFit coach. To contact her, add her WeChat ID: [valeriamurillo0228](#)



# Fit Folks and Families in the PRD

## Putting Fitness First

Compiled by Lena Gidwani

Meet some of the PRD's fittest folks and families and find out how they started on their journey to fitness.

## Anastasia, Patrick, Sebastian and Eva

**FIT FAMILY FROM SHENZHEN**



**Anastasia:** "I am Anastasia, and I was born in Ukraine. I'm 32 and have two amazing, active and healthy kids. My son, Sebastian, is 11 and my daughter, Eva, is 9. We live in Shenzhen. I have loved sports since I was a little girl and grew up in family where sports were the norm, and we were always supported in all our sporting endeavors. It was then that I gained good habits, and I wanted

to pin these down on my own family. The wonderful thing about my children is that they are constantly active and fit, because they chose to be and want to follow a healthy lifestyle that our family has always adopted. I never push my children to do anything; they do what they want. I truly believe that they are inspired by us. I am a professional trainer, coach and athlete. I have won over 25 medals in different competitions, and two gold medals from the World Fitness Championships in 2010 and 2012. I earned my first gold medal when my daughter was a year old. That's why my kids have been very interested in different sports and have always

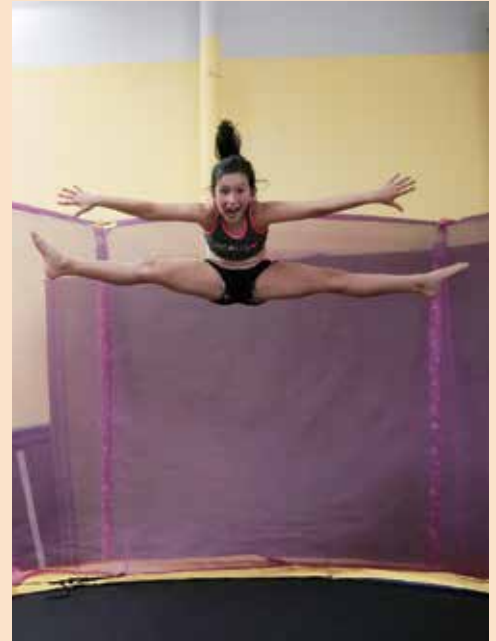


worked hard to get fitter and stronger. My partner Patrick is from France, and he is a professional basketball player. He owns a basketball academy for kids in Shenzhen. When we have free time, we play basketball and we are very competitive! I definitely suggest that you set a good example to your family first, and the rest will follow. Also, set aside time for healthy activities as it makes a huge difference. Instead of going to fast food restaurants, play some ball together or run around in the park. Healthy lifestyles are a trend now, so give it a go and you won't regret it!"

# Amelie, Christophe, Ava and Nina

## FITNESS LOVERS FROM GUANGZHOU

**Amelie:** "I'm Amelie, and I am from France. I live in Guangzhou. I have a very active 9-year-old daughter and a little less active 5-year-old daughter. I knew that active kids were the key to us being a fit family, and that is basically how we started our fitness journey. Some years ago, I found Coach Kara, and she was giving a trial class for kids. My oldest daughter, who was four at that time, totally loved it. After this class, I found out that Kara was conducting classes for adults, early in the morning. I quickly became addicted to the 5.45am class. Not that I like waking up at 5am, but as a working mum, it was my only free time and I made it my 'me time'. The fitness challenge soon started and my husband and I enrolled. It was then that



we really started to adopt healthier habits, that sound so obvious but can make a huge difference: less sugar, quality sleep, more regular exercise and so on. We slowly changed our habits and it just evolved into a lifestyle. We were all feeling stronger and healthier but still wanted to do more activities as a family. That is what led us to do a Spartan race together with our kids recently. This lifestyle change has not only given us a chance to be healthier but also to meet amazing people and find a real family in Guangzhou."



# Andres Lozano

## FITNESS ENTHUSIAST FROM GUANGZHOU

**Andres:** “I started my fitness journey around 10 years ago. At the beginning, this decision was due to me being dissatisfied with my body shape. My lifestyle was sedentary and my body started to suffer the consequences of that bad lifestyle. Not just physically, my mental health was also in decline. From the beginning, I was very diligent with my exercise routines and my diet. The changes in my body started becoming apparent at a rapid pace. Afterwards, working out became a real addiction for me. If I had to offer one tip to maintain fitness, it would be consistency. Consistency is the best tip for maintaining a successful fitness regimen. No exercise program in the world works if you don't do it consistently. You must follow an effective exercise routine that should include strength training (even 30 minutes a day, twice a week will help you to tone your body), interval training (this involves a series of low to high-intensity workouts followed by short rest periods) and an increase in cardiovascular exercise (30 minutes or more, four to five times a week is key). To do the latter well, choose a physical activity you



really enjoy, such as walking, running, biking and so on.

And last but not least, be patient and don't give up. Even if you follow these tips, there will be ups and downs. Just remember that fitness is a journey and that your hard work will pay off in the end!”

# John Graham

## FITNESS TRAINER AND LIFELONG GYM RAT FROM SHENZHEN



**John:** “I started in fitness at a very young age. I was a self-confessed gym rat and would be that guy who would rush to the gym and train for three hours doing every single exercise for back and biceps that was listed on bodybuilding websites. I soon had a visit from my older brother who suggested I train others and get paid for it. At that time, I had no idea about personal training and wasn't even sure that anyone would pay for me to lift iron and get sweaty. It's seemed ridiculous. But I followed my older brother's advice and got studying about training clients and learning about the industry of fitness and personal training. As it turned out, it was a huge business and booming in China, so I started a personal training business here. My older brother helped me get a logo, website and all. Soon after, I started training clients at gyms and organising large-scale events. For me personally, I don't consider myself in the fitness industry, I like to think of myself in the challenge industry. I feel the problem with the industry now is everyone is focused on the extras: calories counting, getting a six-pack for summer, supplements, trying some new fad diet, some detox or some complex fitness program with 100 different exercises. Just pick a challenge – a Spartan race, a boxing fight, a marathon, a dragon boat race, an adventure race or climb Mount Everest. When you put your mind on that challenge and you fight and train to achieve something big, the mental change and progress you experience puts all the little things into place for you. Your whole chemistry and lifestyle changes and you become a warrior; someone who achieves big things again and again. That mindset is what you want, and it is what gets you healthy and happy.”



# Fitness and Psychosomatics

## How Psychology can Help With Weight Loss?

*By Katerina Petrova, Body-oriented Psychologist and Fitness Trainer in Shenzhen*

**T**raining regularly, following a strict diet and putting in plenty of effort to reach your weight loss goals are just some of the things you may do to ensure that you feel your best. You may achieve small changes, but once you stop, the weight packs back on immediately. You may have even gone through different medical

examinations but are left with results that indicate you are physically fit and that nothing is actually wrong. This could make you give up on the idea of fitness. Some of my clients often make jokes and say that they start putting on weight even if they encounter the smell of a burger. Does this sound familiar to you? Let's talk about fitness goals from a different

angle – psychosomatics of weight gain. The term psychosomatic is derived by combining two Greek root words: psyche (mind) and soma (body). There is a mind-body connection and it contributes more to weight gain and distribution than most of us actually realize, because our bodies respond to 'issues in our tissues.' This means that as human beings, we store





and hold emotion in our bodies. This is the core of the mind-body connection: our thoughts actually impact the shape, structure and function of our bodies and our bodies reinforce this in our mental or emotional state. So how can psychology help with weight loss? Well, as we have just learnt above, it is because we may have emotional stress and/or suppressed emotions that are not being expressed properly. Thus to cope with this, our bodies direct these emotions into different areas of the body, creating physical symptoms to get our attention.

Let's look at this phenomenon in a practical way. There is a psychosomatic phenomenon called 'desert syndrome.' Let's imagine that we were thrown out to the middle of the Sahara Desert. We have no idea how to get out of the desert. However, our extremely smart bodies have an amazing function which allows us to survive and prevent our bodies from drying out. What occurs is that the tubules in our kidneys are activated immediately to retain the water and minimize fluid (urine) excretion.

From a health perspective, staying in the middle of the desert without water is hardly possible, but here is a tricky thing about our subconscious mind: if we feel abandoned, isolated, lonely or thrown out of the familiar surroundings of home, work or even travel – our subconscious mind can take it as a 'desert' sign. The more extreme the emotion is, the more we will feel it in our bodies. Without our bodies, we could not feel; for a thought to have power it has to be anchored in the physical body as an emotion. As a result of these emotions, the kidneys will respond and start to retain the water. During these emotional times, both active kidneys can collect water. In this manner, excess weight is 'locked in.' The higher the percentage of fat in the body, more water can be stored in between the fat cells. Of course, we need to account for other possibilities of weight gain such as diet, exercise and other aspects of our lifestyle. However, the good news is that upon emotional release, the tubules collecting water will 'loosen' and the water will be pressed out from the body. In other words, it all comes down to this: the more you shed your emotional issues, the less tension you will hold in your body and the more freely you will 'metabolize' life. When you become 'weighed down' by issues that life presents to us, your body responds accordingly.

This is one of the reasons why I personally prefer not to ignore the psychological conditions of creating weight loss programs for my clients, and often focus on emotional balance and bodywork that focuses on particular emotional release points in the body so that we can 'unlock' the deposited emotions. This works as it consciously releases tension in the body and can give us up to a 50 percent better chance



of success in achieving a desired body shape. Indeed, the potential for change on a physical and mental level is unlimited when we come to fully comprehend and understand the link between our body and the mind. We must look at our bodies not only as a tool to function, move and get things done in the world, but also as a communication device and a feedback loop. Through our bodies, we are provided with plenty of information about what is going on internally within us and what unresolved issues and emotions we may need to look at. With knowledge of where the real problem is coming from, you have the potential to alleviate and eliminate these psychosomatic symptoms for good, enjoy fitness and achieve desired weight loss. So, the next time you want to change the way you look outside, work on changing the way you feel inside first.

*Katerina has lived in China for eight years. Her life passions include two things: psychology and fitness. Katerina now delivers psychosomatics seminars to fitness companies in Shenzhen. She works in three languages: Chinese, English and Russian. Add her WeChat ID for more information: 18675541485*

# A LITTLE CREATIVITY

## Dream

A Poem by Zhou Huiting (Tina), Guangzhou Huamei International School

Dream is a fragrant flower  
We are the little gardeners,  
watering and imagining  
Even though it takes long to  
blossom,  
We never walk away but stay.

Dream is an everlasting song  
We are the talented artists, writing  
and composing  
The melody is destined to last

forever  
We create the kind of beauty that  
never fades.

It's such a great challenge to make  
dream come true  
But one thing is for sure  
Never shall we give up halfway  
Dream big, work hard  
One day, the fantasy will be turned  
into reality.



## Summer

A Poem by Alex Feng, ISA International School of Guangzhou

Summer is a boy, a naughty boy. He makes the Earth hot.

Summer is a boy, a smart boy. He makes the people read.

Summer is a boy, a boy who likes exercise. He makes people swim.

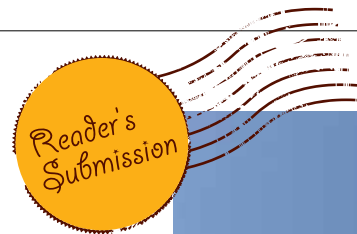
Summer is a boy, a happy boy. He makes us smile.

## A Thousand Happiness

Song Lyrics Written by O'Level Students at Singapore School of Guangzhou

A thousand happiness  
It's hard to look back  
There's no taking it back  
Oh, I know what you are going through  
The life you lived  
I never understood, I know!  
Look ahead with all good  
I'm dying for your love,  
I'm dying for your love!  
Wishing tonight you are here

Let your love and light  
Carry me through the days  
Let me see the light  
That drove a thousand happiness  
You don't say  
A life ahead that's driving through my head  
Full of love  
Here we are at the crossroads  
Conflicted with the things we want  
Should I go with you or let you walk?  
But I know I need to talk for you to know.



## A CAMPING SPREE WITH MR. MAGEE

A Fun Adventure in the Great Outdoors

By Kendra Perkins

**W**ith the warmer weather on its way, get your kids excited to go outside with this fun and colorful book about camping. Author Chris Van Dusen writes and illustrates children's books from his home in Maine, US with his loyal pet dog beside him providing inspiration. Van Dusen creates wonderful rhymes that flow nicely off the tongue and will captivate any child's imagination. He then includes just enough challenging words that are easy to understand the meaning of when paired with his beautiful illustrations. It's a great book for improving a child's vocabulary, and everyone will enjoy the retro, 1960s American-style fashion and cars.

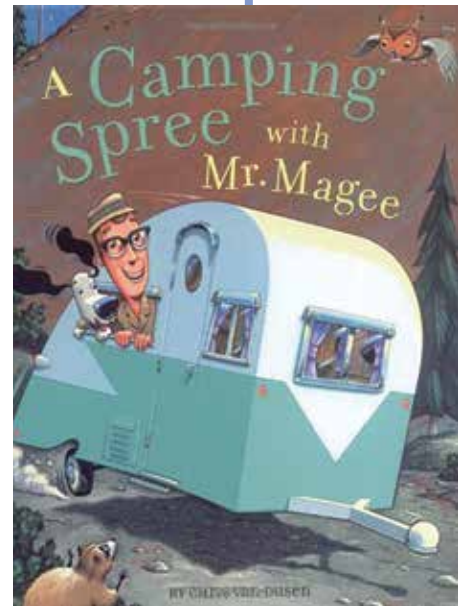
In this adventure, Mr. Magee is having a relaxed and calm trip with his dog, Dee. They enjoy a drive on the open road surrounded by a thick wooded forest. At their campsite, a golden campfire keeps them warm and happy while they toast marshmallows. This all comes to an abrupt end when danger strikes, and a bear accidentally unhitches their trailer. Mr. Magee and Dee find themselves falling down a huge mountain and nearing the edge of a very steep waterfall. They

become stuck on a rock and must figure out how to save themselves.

You can enjoy this book with your child by asking questions before you start reading. What do they think the book is about based on the cover image? Who do they think is the main character? What do they think will happen? Children love to be engaged with the stories they read, so together, think of as many silly questions and possible story outcomes as you can.

If you enjoy this book, you can join Mr. Magee on more adventures including *Learning to Ski* and *Swimming by the Sea* or the many other popular titles by this accomplished and well-known author. *Recommended for children ages 4-7. Both boys and girls will love this story.*

Available on [taobao.com](http://taobao.com) and [Amazon.cn](http://Amazon.cn)  
Kendra Perkins is Head Librarian for an international school in Shanghai. Find her at [www.TheInspiredLibrarian.com](http://www.TheInspiredLibrarian.com)



# OUR URBAN FRIDGE



**Hamila Liang,**  
Guangzhou Nanfang  
International School



**Chang Li Mei,** Singapore  
School of Guangzhou



Mother's Day Clay  
Jewelry Holders  
made from kid's  
handprints - Trinity  
International  
Kindergarten  
Students



**Sisi Zheng,** Canadian  
International School of  
Guangzhou



Huamei  
International  
School



**Candy Wu,** British  
School of Guangzhou

# AN AUTUMN CRAFT

## Happy Scarecrow

Want an easy autumn craft? Here is one that uses leftover popsicle / ice cream sticks, cardboard and markers. It's easy and fun to do. Enjoy!

### Materials Needed:

- 8 popsicle / ice cream sticks
- School glue
- Brown, yellow, white, orange cardboard paper
- School scissors
- A thick brown marker and a thin black marker
- Various embellishments for the flower (optional)

### Steps to Make Your Scarecrow

**Step 1:** Start by cutting a rectangle out of cardboard (we used a cereal box or any old carton) and spreading glue all over it. Stick on seven popsicle sticks in a row.

**Step 2:** Cut some yellow paper to make hair and a flower. Stick an embellishment (like a rhinestone) on the flower.

**Step 3:** Glue the last popsicle stick on diagonally, to make the scarecrow's hat. However, before you fully glue on the last stick, glue the straw hair (yellow paper) with the flower that you have just made. Paint the sticks above the 'hat' brown with a marker and let dry.

**Step 4:** Cut out some eyes and a nose with your white and red cardboard paper. You can draw on his smile with a thin black marker. And voila, you will have the cutest little scarecrow around this autumn.



# RENT: 20 Years On, The Revolutionary Show Hits Guangzhou

By Erica Martin



**W**hen I was 11 years old, I wanted to be Mimi Marquez when I grew up. My mom and aunt saw *Rent* during the Boston leg of its 2001 tour and brought the cast recording home with them on CD, making the mistake of playing it for me a few times in the car. One day, I grabbed it from the glove box, took it up to my room, and spent the next five years or so listening to it over and over.

One of the principal characters in *Rent*, Mimi lives downstairs from two other protagonists, Mark and her love interest Roger, in a dilapidated apartment building in New York's East Village. I found her dazzling – not only did she have the panache to pair knee-high leopard print boots with electric blue leggings, her songs emanated self-assurance and wisdom. She was brash and irreverent but also devoted to her friends and unafraid to be vulnerable.

Those who've seen the musical or the (not nearly as good) 2005 movie adaptation may know that Mimi is also an 'exotic dancer' at a nightclub, that she has a substance abuse problem, and that she's HIV positive. But when I listened to the cast recording as a kid, the lyrics' abundant references to sex and illicit substances all went completely over my head. Never in a million years would it have occurred to me that some of Mimi's life decisions

came with a stigma, that people might see her as less of a person because of them, especially when the musical debuted back in 1996. The only qualities I saw in her were aspirational.

Deri'Andra Tucker, the New Orleans-born actress who plays Mimi in the production of *Rent* that's hitting Guangzhou this September as part of the show's 20th anniversary tour, also felt an immediate kinship with the character. "I was introduced to the songs in high school, but after watching the show and seeing Mimi, I was like, I want to do that," she says. "I was blown away. I cried watching it." Mimi is one of eight iconic characters in a musical that revolutionized Broadway with its frank depiction of life in bohemian 90's New York. The show neither judges nor glorifies its characters' lifestyles, but it does promote their worldview centered on empathy, friendship and creative freedom. *Rent* broke new ground in its depiction of racially diverse and queer characters, and it also humanized the homeless community, grappling with ideas about how these down-and-out young artists were still privileged in comparison. These themes combined with its dynamic rock opera score earned the show four Tonys and the 1996 Pulitzer Prize for Drama. "*Rent* was ahead of its time with its message," says Tucker. "And people from all walks of life have

# RENT

stepped into the theater and accepted this story. It just shows how we should treat people with kindness and respect no matter how they choose to live their lives, because that's not up to us at all."

One of the countless playwrights who've taken inspiration from *Rent* is Lin-Manuel Miranda, the force behind 11-time Tony-winning musical, *Hamilton*. "*Rent* rocked my perception of what musical theater could be," Miranda writes in a 2014 essay for *The New York Times*. "It was the first musical I had ever seen with a cast as diverse as the subway riders I saw on the way to school. The characters were worried about the things I worried about: finding a community, being an artist, surviving in New York." This authenticity stemmed from *Rent* creator Jonathan Larson's experience of struggling to become a playwright in New York before finally being able to stage a show.

Larson died unexpectedly at age 35 on the morning of *Rent*'s first Off Broadway preview from complications with Marfan syndrome, which he didn't know he had.

The treatable disease went undiagnosed in part because he never had money for proper healthcare during the many years he spent writing his plays, which only makes *Rent*'s message about society's role in taking care of its artists, its poor and its marginalized all the more painfully relevant. As Larson's sister Julie said a few months after his death, while accepting the award for Best Original Score on his behalf at the 1996 Tony Awards: "It took Jonny 15 years of really hard work to become an overnight sensation."

The show lives on through other members of its original creative team, like musical supervisor Tim Weil and choreographer Marlies Yearby, who both con-

tinue to work with the new cast, including Tucker and her co-star Logan Farine, who played Roger Davies during the musical's Shanghai run. Roger is essentially Mimi's foil: a shut-in who never leaves his apartment, he's fearful, fatalistic, and has closed himself off from life to cope with past trauma.

When asked about his favorite part of the musical, Farine cites 'What you Own,' an essential moment at the climax of the show when his character and Mark both have creative epiphanies. But he also has a soft spot for 'Seasons of Love,' the musical's most famous and oft-covered song. "We were told during rehearsals that 'Seasons of Love' is like a gift for the audience. It's the one moment that's not about us at all," Farine says. "It's for everybody, to remind them that everything is about love, and that they need to not worry about the small things." For the latest evidence of *Rent*'s enduring influence, look no further than the 2018 Tony Awards ceremony in June, during which a group of student survivors of the Parkland shooting sang a moving rendition of 'Seasons of Love.'

As for Mimi, I'm even more convinced that she's a heroic figure now that I know the full texture of her character. Tucker's thoughts on the most meaningful part of *Rent* reveal that she might agree. She cites the song 'Another Day,' when Mimi bursts uninvited into Roger's apartment and makes plain her feelings for him, reciting one of the show's most enduring taglines: "No day but today." "Mimi is trying to drill into Roger's head that he just needs to get out and live his life," Tucker says of the song. "She just bum-rushed into his apartment, and she's on top of a table, pouring her heart out to him. It kind of changed the way that I think about life in general. I try to live my life that way now – every day as if it's your last, relishing every moment, enjoying your time."

Sep 26-30, 7:30pm, additional show at 2pm on weekends, RMB180-780. Guangdong Performing Arts Center Theater. For tickets, check [www.247tickets.com](http://www.247tickets.com)



# OUR FAMILY FAVORITES

Guangzhou Families Share Their Top Tips



**A**shley and Joel came to Guangzhou from Australia in 2016. Almost a year ago, they adopted two little boys from Xi'an: Felix is now three and a half, and James is now two and a half. Becoming a family overnight meant discovering Guangzhou from a different perspective. *Urban Family* spoke to them about their local family favorites.

## Favorite Family Activity

Our boys love the water so when we have



family time, we like to go to the outdoor pool at Canton Place in Zhujiang New Town. It's always a winner when the boys can safely run around the wading pool while mom and dad chase them around. It's a great way to cool off and we've loved seeing the boys improve on their swimming skills, not to mention they release so much energy with swimming that they always sleep as soon as their heads touch their pillows.

## Favorite Family Sport

We love watching rugby together. The boys are entertained by their dad's excitement to the game and all the running around. But since our boys are still a bit too small to play, we stick to sports where tackling is minimal. Whether it's chasing around, kicking a ball or joining mom in her fitness bootcamps, the boys always seem happy to play!

## Favorite Sunday Brunch

Weekend brunch is usually pancakes at home, but when we do manage to get out on a Sunday, we like to go to Social & Co. for Sunday brunch. We like the kid-friendly food (eggs are always a winner with our kiddos!), welcoming staff and friendly owner Aaron always has time for a laugh with the boys.

Social & Co: Shop 112-113, 6 Huajiu Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城华就路6号 112-113铺

## Favorite Date Night

Our favourite spot for date night is Morton's Grille. Date nights become very important when you have two toddlers. We don't often get time with just the two of us so when we do, we like it to be a special one, and the steaks at Morton's are very special.

Shop L505 & L603, International Grand City Mall (IGC), 222 Xingmin Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城兴民路222号天汇广场jgc L505 & L603

## Favorite Family Movie

The best kind of movies for us are either short, or have lots of music and fun animation. A family movie which we get more than 10 minutes of sitting together is *Lego Movie*, mainly because dad likes to sing along and the boys love seeing their dad practice his karaoke.





# OUR FAMILY FAVORITES

Shenzhen Families Share their Top Tips



**R**alph is from Wigan, North West England and Mei is originally from Shanghai. Son Charles was born in England. He is now seven years old. An overseas working opportunity in the finance industry brought the family back to Shanghai in 2012. Ralph's new role in a new company, St James's Place, took the family all the way to Shenzhen

in August 2018. Charles goes to Merchiston International School in Shenzhen, a newly opened school. He really enjoys it. *Urban Family* spoke to the Woodcock family to learn more about their family favorites.

## **Favorite Family Activity**

When the weather is permitting, our favorite

activity is to picnic on the weekend. We take some drinks and homemade sandwiches and pack our picnic blanket. It is a great way to meet some new friends!

## **Favorite Family Sport**

Our favorite sport for all of us has to be swimming. Wherever we relocate, we always look for a good swimming pool. Shenzhen is a great place for that, as there are lots of outdoor swimming pools and water parks. Each year, we go on a beach holiday.

## **Favorite Sunday Brunch Spot**

Our favorite Sunday brunch spot is George & Dragon British Gastro Pub in Seaworld. Their Sunday Roast is high quality and reminds us of home. You can watch children playing in the garden. It is very relaxing and makes for a wonderful day out with the family.

Shop No 3, Behind Taizi Hotel, Taizi Lu, Seaworld, Shekou, Shenzhen 深圳市福田区蛇口海上世界太子路太子宾馆一楼后排3号商铺

## **Favorite Date Night Spot**

As recommended by our new friends in Shenzhen, we enjoy going to the Compass Bar on the fortieth floor. The view is amazing and there is a daily happy hour.

Compass Bar: 4002, 40F, Huanggang Business Center, 2028 Jintian Lu, Fuhua Wu Lu, Futian District, Shenzhen 深圳市福田区福华五路皇岗商务中心四十层4002

## **Favorite Family Movie**

We have watched *Lord of the Rings* over and over. It is absolutely our favorite movie! On the weekends, we like to order some pizza and put the movie on.



# VEGAN MEALS FOR THE FAMILY

## Burgers and Soups

By Asher and Zac, Founders of GoVegan, Guangzhou

### Curried Quinoa Chickpea Burgers

#### Ingredients (serves four):

##### QUINOA

- 185g cooked and cooled quinoa (make sure it is cooked and completely cooled before using)

##### CHICKPEAS

- One 425g can of chickpeas (rinsed, drained, and dried)
- 15ml avocado or coconut oil (omit if avoiding oil)
- 1 pinch of sea salt
- 1 tsp curry powder

##### POTATOES

- 225g small diced, peeled yellow potatoes
- 15ml avocado or coconut oil (plus more for cooking burgers)
- 1 pinch of sea salt
- 1 tsp curry powder
- 45-60ml water



#### THE REST

- 80g raw or roasted cashews (sub seeds if nut-sensitive)
- 7g serrano pepper, deseeded and minced (optional)
- 12g fresh minced ginger (skin removed)
- 12g garlic, minced
- 3/4 tsp sea salt (divided)
- 30g harissa paste (sub tomato paste for less heat, or a curry paste of choice)
- 8g chopped fresh cilantro (optional)

#### FOR SERVING (optional)

- Butter lettuce leaves or mixed greens
- Sliced red onions

#### Method of Preparation:

1. If you haven't prepared your quinoa yet, do so now.
2. Preheat oven to 190 degrees Celsius). Add rinsed, dried chickpeas to a parchment-lined baking sheet and toss with oil, salt and curry powder. Bake for 20 minutes or until chickpeas appear cracked and feel dry to the touch. Remove chickpeas from the oven and set aside. Keep oven on.
3. In the meantime, add diced potatoes (smaller/bite size) to a rimmed, oven-safe medium skillet along with oil, salt and curry

**N**o meat, no eggs, no dairy, no problem. Eating an exclusively plant-based diet can be incredibly satisfying and tasty—especially with these hearty vegan recipes. *Urban Family* asked two prolific vegan enthusiasts and food entrepreneurs in the PRD – GoVegan from Guangzhou and Delish from Shenzhen, to give us recipes for some of their top sellers. Here are their favorite meals. Enjoy!

powder. Cover and cook for four minutes. Then decrease heat to medium low, add water and cover again. Continue cooking potatoes until browned on the edges and tender. Then turn off heat and use a fork or potato masher to mash them until nearly creamy (as few chunks as possible). Set aside.

4. Add cooked chickpeas to a food processor along with cashews, serrano pepper (optional), ginger, garlic, salt, curry powder, harissa past and cilantro (optional) and blend into a semi-loose dough. Then add cooked/cooled quinoa and pulse to combine until a textured dough forms (you are not looking for a puree).

5. Transfer mixture to a mixing bowl and add mashed potatoes. Stir to combine (it's important not to add the potatoes to the food processor or they can become gummy when overmixed). Taste and adjust flavor as needed, adding more curry powder for intense curry flavor, salt for saltiness or harissa paste for more spice.

6. Divide the mixture into roughly 2/3-cup portions and form into discs about 3/4-inch in height.

7. Heat the rimmed, oven-safe medium skillet (from earlier) over medium heat. Once hot, add a little oil and the burgers and cook for about three minutes or until bottom side is golden brown. Flip and then transfer pan to the oven to bake for 12 to 15 minutes (baking in the oven is an optional step but one that ensures the center is fully cooked).

8. For serving, enjoy in a traditional bun, with naan, on a salad, or wrapped in a butter lettuce leaf. Add (optional) sliced red onions and mango chutney.

9. Store leftover patties covered in the refrigerator up to four days. If you want to freeze them, either freeze once cooked and cooled or before sauteing and baking. Add patties to a freezer-safe container and freeze up to one month. Reheat in oven until warmed through.

## Lentil Coconut Soup

### Ingredients (serves 4):

- 400g tomatoes
- 400ml coconut milk
- 1 medium onion
- 175g dry red lentils
- ½ tsp chili
- 2 tsp turmeric
- 600ml vegetable broth (powder or homemade)

### Method of Preparation:

1. Finely chop and sauté onions on a low heat in a medium pan for a few minutes or till color starts to change

2. Add all remaining ingredients and cook together on a low heat for 20 minutes.

3. Serve and enjoy.

Before veganism, Asher ate whatever he liked, whilst remaining committed to maintaining a fit and healthy body. Over the years he experimented with various diets, trying to find the right one for his body, one which could him the best balance between health, nutrition and sustainability. He realized, while deepening his knowledge of nutrition, that he needed diversity in what he ate; more combinations than a "regular" diet could provide. After much research and excellent results at the gym, Asher

chooses veganism by far. The results he got after a few months inspired Asher to become a personal trainer and also create healthy, well-balanced meals for his clients, who often complained they had no idea how to maintain the correct balance of nutrition for the workouts they were doing. With the support of his business partner, Zac, they started GoVegan, a company dedicated to healthy, delicious and affordable plant-based products delivered straight to your door, anywhere in China. Product are made fresh and in-house, without any additives, preservatives or refined sugars. Contact [govegan.cn](http://govegan.cn) for more information or add WeChat ID: [govegan101](https://www.wechat.com/p/1101101101)



# Vegan Snacks

By Stephanie Morris, Founder of Delish, a plant-based food company in Shenzhen

## Rainbow Rolls



### Ingredients for Rolls:

- 10 spring roll rice paper wrappers
- 1 large carrot, peeled and julienned
- 1 large cucumber, julienned (leave peel on for crunch)
- 1 avocado, sliced
- fried tofu
- handful fresh cilantro (and/or mint, basil)
- sesame seeds for garnish

### Easy Peanut Dipping Sauce:

- 1/4 cup creamy peanut butter
- 2 tsp apple cider vinegar
- 2 tsp soy sauce
- 1 clove garlic, mashed (or about 1 teaspoon minced)
- 1 tsp Sriracha sauce
- 1-2 tbsp warm water, or more as needed



### Method of Preparation:

1. Prepare the dipping sauce: You can whisk everything together in a bowl or use a food processor. Add one to two tablespoons of warm water or until you reach desired thinness. Pour into a serving bowl/ramekin and top with garnish. Set aside.

2. Prepare the rice paper wrappers. Pour warm water into a large bowl. Working with one at a time, dip the rice paper wrapper into the warm water for 15 to 20 seconds. You want the wrapper to be soft, yet still slightly firm and pliable. Immediately remove from the water and place flat onto a work surface such as a large plastic or ceramic cutting board. Pat it dry.

3. Fill the rolls. Place a few sticks of carrot, cucumber, fried tofu and avocado a third of the way down the rice paper. Do not overstuff the roll.

4. Roll them. Roll everything up tightly. To do so, gently pull up the bottom of the roll and roll over the filling. Then, roll and use your hands to tuck the filling in as you go. You want a very tight roll. You can fold in the sides of the rice paper roll if you wish.

5. After rolling, place them on a serving plate. Cut in half, sprinkle with sesame seeds and serve with peanut sauce. Rolls can be kept in the fridge, covered for about two days.

## Hearts of Palm "Crab" Cakes



### Ingredients (serves 4):

- 2 tbsp seaweed (you can cut up seaweed sheets)
- 1 can hearts of palm (500g)
- 2 tbsp cooking oil
- 1/4 small red onion
- 2 tbsp vegan mayonnaise (cashew or Aquafaba)
- 2 tbsp Old Bay Seasoning
- 2 tbsp nutritional yeast flakes
- 2 tsp cornstarch
- salt and pepper, to taste
- 1 cup breadcrumbs

### Method of Preparation:

1. Drain the hearts of palm, dry with a towel, and cut into long thin pieces or place into a food processor.

Pulse gently until it looks like the consistency of crabmeat.

2. Sauté your onions over medium heat until soft (about three to five minutes).

3. Take out a large bowl. Combine hearts of palm, onion, mayonnaise, one tablespoon of Old Bay Seasoning, seaweed, nutritional yeast flakes, cornstarch, salt and pepper.

4. Using a large tablespoon, scoop the mixture into small cakes. Combine the breadcrumbs with one tablespoon of Old Bay seasoning, and coat your cakes in the mixtures. Let it sit in the refrigerator for one hour or until firm.

5. Time to cook your cakes! Place a sauté pan over medium heat and add oil. Sauté the cakes in the hot oil until brown. Serve with coconut curry lentils or on a bed of greens.

Stephanie Morris comes from the culinary center of Canada, Toronto, and has been cooking for 18 years. From a young age, Stephanie was inspired by her father's knack at cooking amazing dishes for the family and would help her father whenever she could. When she turned 15, she went vegetarian and had to fend for herself in the kitchen, so she started reading endless recipes, taking as many classes as she could and hosting dinner parties with her young friends at her parents' house. She soon developed her own style of cooking inspired by her hometown of Toronto, her world travels and the healthy lifestyle she chose. Stephanie's specialty is healthy yet delicious, nutritious, vegan, hearty dishes full of fresh, locally sourced ingredients. Stephanie's first restaurant, Green Room, opened in Shenzhen in April 2016. Although Green Room closed, Stephanie never gave up her dream of making vegan food not only available to the masses, but also delicious. After Green Room, she started Delish, offering daily menus and catering for parties and large groups. Delish specializes in vegan daily specials, available for preorder Monday to Friday. Add her WeChat ID: mee-hao

# LET FOOD BE THY MEDICINE

## Using Foods to Heal

By Juan Zhang, Founder of Sunshine Fruits and Sunshine Bay Café in Guangzhou

**L**et food be thy medicine, says Juan, founder of Sunshine Fruits and Sunshine Bay Café in Guangzhou. Alluding to this Hippocratic phrase, Juan believes that many fruits, vegetables and unprocessed whole foods have properties that can benefit our health. She also says that proper nutrition must have a more central role in the treatment and prevention of disease, as it has great potential to help lives and cut medical costs. There is truly an abundance of nutritional benefits in such foods. Here are two recipes of her best-selling items.

### Hummus Avocado Salad

#### Ingredients:

- 100g kale leaves
- 80g homemade hummus
- 1 tsp olive oil
- 1/4 tsp pink salt
- 1/4 lemon
- 1/2 avocado
- 30g pumpkin seeds
- 1 boiled organic egg
- 1 tsp sesame seeds

#### Method of Preparation:

Massage the kale for 10 minutes with lemon juice, olive oil and pink salt. Put rest of the ingredients on the kale and serve immediately.



### Super Acai Bowl

#### Ingredients:

- 1/2 cup of frozen Acai purée
- 1 1/2 frozen bananas
- 1 cup of coconut water
- 1 cup of ice
- 2 tbsp of Greek yogurt

#### Method of Preparation:

Blend all ingredients well and pour into a bowl. Get creative and top with your favorite toppings (fresh fruits, nuts, granola, dried coconut flakes, seeds or others)



Juan Zhang is the owner of Sunshine Fruits and Sunshine Bay Cafe. Growing in a traditional family with generations living under the same roof, her parents were very strict with meals and they never ate out. Every day, they are homemade organic food, soups full of goji berries and ginseng, and drank tea instead of soda. After she finished her Master of Science at the University of Glasgow, she returned to Guangzhou started an online business selling fruits. Sunshine Fruits thus became a household name, catering to a large group of expats and locals who wanted her high-quality produce, customer-oriented mindset and great service. In memory of her childhood, the cafe and shop are full of laughter, love and returning customers who love their salads, smoothies, sandwiches, juices, coffee, parfaits and other healthy creations, creating a community to promote healthy lifestyles and active living. For more information, add her WeChat ID: Sunshinebaycafe

# HEALTHY MEALS IN A JIFFY

## Eat Well, Live Well

By Tiffany Rowlands, Founder of Tiffany Rowlands Health

**W**ant simple meals that you can cook in a jiffy? *Urban Family* spoke to Tiffany Rowlands, a Guangzhou mom who is also a health coach and nutritional therapist. The dishes that she has chosen to share with us are super quick and easy to prepare. Tiffany is an avid fan of salmon and swears by it. She notes that if you aren't a fish lover, you can substitute salmon for chicken - you would just need to cook it for longer until the juices run clear when poked with a knife. Salmon is packed with omega-3 fatty acids. These help maintain healthy cholesterol levels. They are also powerful



anti-inflammatory agents and help with the health of the brain and nervous system. Spinach is a great source of vitamin C, protein and iron and because it's high in an antioxidant called beta carotene, it can protect collagen and elastin fibers from damage, making it great for the skin. Results for all! Enjoy these tried and tested home recipes.

### Edamame Dip with Chili and Garlic

#### Ingredients:

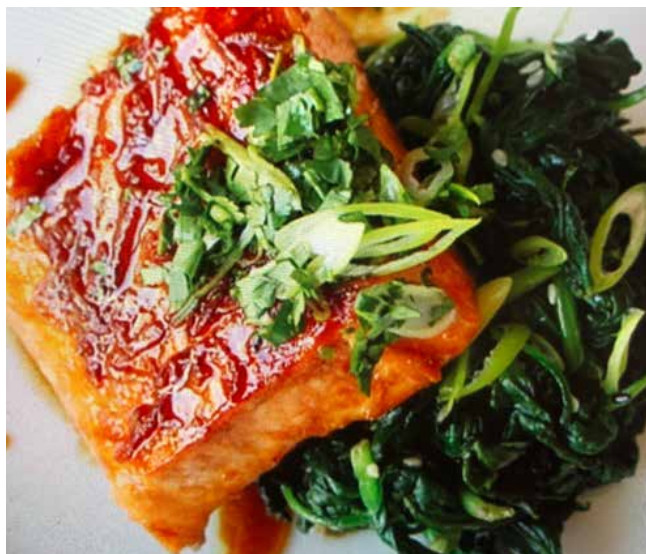
- 200g fresh edamame beans
- 1 garlic clove, crushed
- 1 green chili, finely chopped
- 1-2 tbsp olive oil
- Sea salt and black pepper to season

#### Method of Preparation:

Put all the ingredients into a food processor. Season with salt and pepper and process to make a smooth dip. Serve with sliced toasted pita bread, celery sticks or toasted wheat tortilla chips.



### Teriyaki Salmon with Spinach



#### Ingredients:

- 2 skinless salmon fillets
- 1 tbsp honey
- 1 tsp sesame oil
- 1 tsp mirin or rice wine vinegar
- 2 tbsp soy sauce
- 2 tsp finely grated ginger
- sweet chilli sauce (or Siracha hot sauce)

#### For the Spinach:

- 1 large bag of spinach (washed)
- 2 tsp coconut or olive oil
- 2 tsp sesame oil
- 3 garlic cloves, crushed
- 2 tsp toasted sesame seeds and chopped spring onions

#### Method of Preparation:

1. Heat oven to 200 degrees Celsius and put the salmon in a shallow baking dish.
2. Mix the sweet chilli sauce (or Siracha hot sauce), honey, sesame oil, mirin or vinegar, soy and ginger in a small bowl and pour over salmon steaks.
3. Bake in oven for ten minutes.
4. While the salmon is being baked, cook the spinach. Heat the two oils in a wok, add garlic and stir-fry briefly to soften. Add the spinach and fry briefly.
5. Serve the spinach in shallow bowls. Top with salmon and spoon over juices. Scatter with toasted sesame seeds and spring onions.

Tiffany Rowlands is a health coach and nutritional therapist living in Guangzhou. As a mum and self-confessed health geek, Tiffany has always been interested in nutrition and how the food we eat impacts our overall wellbeing. She firmly believes that food is our medicine and that it has the potential to really improve our health and keep illness at bay. She practices in Guangzhou, seeing clients one-on-one and doing group workshops. Add her on WeChat ID: TiffanyRowlands

# PLASTIC NOT SO FANTASTIC

## Toxins in your Food Wrap

By Ruby Southview

Those pre-packaged bundles of tightly wrapped vegetables at the grocery store sure seem handy, don't they? Already weighed, wrapped and stickered, they are ready to throw into your cart. And the added bonus for germaphobes you don't have to wonder how many dozens of fingers have squeezed and poked those peppers before you, thanks to the plastic film protecting them. However, that sterile-looking plastic wrap itself may be the larger threat to your dinner table. A survey done by CCTV some years ago revealed that the plastic wrap used in many



Chinese grocery stores contains significant levels of a banned toxic plasticizer. Samples taken from produce bought in Beijing, Shanghai and Guangzhou were tested for bis(2-ethylhexyl) adipate or 'DEHA.' Out of 16 samples, 15 contained DEHA,

some at 'alarming' levels. The survey did not release the names of the supermarkets where the samples came from.

DEHA is an endocrine disruptor – it behaves similarly to real hormones and confuses normal

production and regulation. For infants and children, it can be harmful to bodies which are still growing, as it speeds up genital development in both genders. For young females though, it can be especially harmful. Exposure to DEHA can bring on early puberty and a host of hormone-related issues, some with lifelong effects on the reproductive system. DEHA use in plastic wrap was banned in 2005, but it is still used commercially by large companies.

The substance has been found to leak and penetrate into food. Studies in the 1990s found that the more fatty the food, the more easily DEHA can migrate and be absorbed. Cheese and meat covered in plastic wrap have much higher absorption levels than vegetables. And levels rise even more if the food is hot when wrapped or microwaved later, as the heat softens the plastic.

### Toxic or not?

One way to reduce the amount of toxins in your family's food is to buy organic produce. However, this is easier said than done in China, as grocery stores have only introduced non-polluted sections in the last couple of years. While organic options are more available for vegetables, it is still rare to see organic fruit for sale at all. Wanting healthier and cleaner food can come with a hefty price too. But not all fruit and veg are equal. Some carry high levels of toxins and others absorb very few. Below, we look into which ones are worthwhile forking out for organic (when possible) and which ones are safe as is.

### LOW TOXIC LEVELS

 <p><b>1 MANGO</b> The two major pesticides used are relatively non-toxic to humans.</p>	 <p><b>2 ONIONS</b> A hardy crop, onions require little assistance to grow. The layered skin also offers extra protection.</p>	 <p><b>3 PINEAPPLE</b> Only trace amounts of toxins appear in pineapple, thanks to its tough skin.</p>	 <p><b>4 MELONS</b> Watermelons, cantaloupes, honey dew-melons absorb low percentages of the pesticides used on them.</p>	 <p><b>5 KIWI</b> High vitamin C levels and low toxic burden make kiwis a safe and nutritionally-charged choice.</p>
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### HIGH TOXIC LEVELS

 <p><b>1 STRAWBERRIES</b> These fragile berries are not easy to grow and are heavily sprayed to ensure they get to harvest. And in China, rumors persist that they are often grown in nightsoil (human excrement).</p>	 <p><b>2 GRAPES</b> A delicate crop to farm, grapes are heavily sprayed. Peeling is tedious, but makes a difference.</p>	 <p><b>3 APPLES</b> Because of their tendency to blemish and their porous skin, apples absorb pesticides readily. Peeling before eating helps.</p>	 <p><b>4 POTATOES</b> Spuds are sprayed with fungicide, herbicide during the growing period and to prevent them from sprouting. Organic advocates say non-organic potatoes are one of the most toxin-laden foods out there.</p>	 <p><b>5 LETTUCE</b> Removing the first couple of layers of leaves reduces some of the toxins from the sprays used to keep pests at bay.</p>
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### Tips for Reducing Exposure to Plastic Toxins

- ☉ Don't buy pre-wrapped meat or vegetables. Put them on the scale without a bag, or bring bags from home.
- ☉ Use glass or ceramic containers for heating and storage.
- ☉ It is not necessary to use plastic wrap for microwaving. Place a microwave-safe plate or a paper towel on top to keep in heat and reduce splatter.
- ☉ If using a plastic lid in the microwave, do not seal it. Leave at least a one-inch gap between the lid and the dish.
- ☉ Plan ahead when dining out – if getting takeaway or leftovers, take your own glass containers. Not only does this reduce waste, but your food is ready to stick in the fridge at home.



# ELIMINATION DETOX

## A Report from the Other Side

By Joanna Branch

**T**his summer, I ended up in Phuket, Thailand. The purpose of this trip, also known as my last exit from China, was to detox. For me, it was on the recommendation of a friend who suggested that I may (possibly) need to 'reset' my mind and body after a stress-ridden few years due to family sickness and supporting my partner through a severe illness that he had endured over three years. Basically, I had been 'running on empty' for a while. Luckily, my choice of spa and detox was great both in the location, and the staff who supported me and the other people on the course, even before arrival. There are as many different types of detox as reasons for choosing detox as an activity, so in preparation for mine, I received detailed emails on how to prepare for it. This included a diet to follow in order to make the best of the course of 'elimination detox' that I was about to undertake; no

alcohol, no nicotine, no caffeine, no meat, no dairy food, no cooked food for at least four days prior to arrival. Think about this: when did you last spend at least four days without these things?







Arriving at the spa, I was met by an amazing range of people from around the world undertaking the same experience. Upon entry, we were issued with our timetables; this was to focus on the key to our detox, which was gut health. Treatments and supplements were on par for the course: daily massage, psyllium, cider vinegar, probiotics, meetings with our health counselors, yoga and the last but not least, the colonic irrigation. The theory is that the toxins that we consume create plaque in your gut and colon, as this stops the body absorbing nutrients and creates a place where worms and bad bacteria can stay and impact physical and mental health. To clarify, I was spending time fasting and flushing out my colon, twice a day. The mental as well as physical effects are profound. I thought that if I wasn't consuming anything apart from coconut water, psyllium husk and cider vinegar that there would be not a great deal exiting through the colonic. I was wrong. Everyone's experience was completely unique. I found conversations about emotions and colonics were honest and easy discussions between the participants, creating a supportive camaraderie. Whilst I lay in the warm sun, mind wandering, unfocused; I relaxed for the first time in a long time. The course,



treatments, guidance and supplements help sustain individuals physically and mentally to track progress, even after completing the course. It has now been almost two months since I completed the elimination detox and some of my life choices have changed. I now eat raw food and don't drink coffee. The physical impact of this has been great, as I have more energy and my ability to focus is heightened. I have now learned to 'give myself a break'; and I have a 'skip in my step'. What more could I ask for? After a holiday, have you ever felt that good? Give it a go, even if just for fun.

Joanna Branch is an artist, photographer, educational consultant and traveler. Joanna has lived in Europe, Africa, Asia and America. She mostly observes and supports when she can. Her favorite quote is 'People count, the rest is just dressing.' She is a rebel, just for kicks, now.



# GZ EVENTS

Submit your event listings to  
[uf.prd@urbanatomy.com](mailto:uf.prd@urbanatomy.com)

## Sept 16 - Nov 18 Time to Eat... with French Artists!

Food is an issue of civilization. It is therefore a cultural issue. As with all major social issues, artists are at the forefront to share their vision and interpretation of the world. *Time to Eat... with French Artists!* presents the works and reflections of 15 contemporary French artists with six themes: eating, buying, modifying, growing,

raising and preserving, moving from the food chain to the chain of creation. This eco-designed and touring exhibition intends to travel among the main cities of China, in various types of venues such as libraries, art centers, shopping malls and heritage sites. In Guangzhou, it will be held from until late November at Art23.

Tue-Sun, Sept 16-Nov 18; 2-6.30pm (Tue-Fri), 11am-7pm (Sat-Sun); RMB20 (free entry on Wed). Art23 Contemporary Art Gallery, 23 Qiming San Malu, Yuexiu District, Guangzhou 越秀区启明三马路23号Art23当代艺术馆



## Sept 19 - 22 Legendary Mandarin Grill in Guangzhou Set Menu

You now don't have to take a two-hour train journey to savor delicacies and signature dishes at Mandarin Grill + Bar at Mandarin Oriental, Hong Kong. Mandarin Oriental, Guangzhou is set to welcome diners with a culinary journey at The Taikoo Lounge as the legendary restaurant's Chef de Cuisine Simon Guthridge takes up residency from September 19-22. During his four-day visit, Chef Guthridge will offer diners a four-course lunch and an eight-course dinner set menu that demonstrate his culinary reputation and prowess. His delicacies include confit duck egg with Jerusalem artichoke, cauliflower and black truffle or the Japanese scallop ceviche. Then roasted lamb rump with aubergine caviar or the pan-seared and glazed halibut, before a choice of trifle cake or the classic Australian dessert Pavlova. For dinner, Chef Guthridge prepares a lobster bisque and tarragon cream as the amuse bouche, followed by confit and smoked salmon with crab, caviar and buckwheat blinis, Japanese prawn tartare, blue lobster thermidor, duo of braised wagyu short rib. The finishing touch comes with the Comté with Waldorf salad, then banoffee cake with caramelised banana and vanilla ice cream.

Wed-Sat, Sept 19-22, noon-2.30pm, 6-9pm; RMB368/RMB568 with wine pairing for lunch, RMB800/ RMB1,228 with wine pairing for dinner, all prices are subject to 15 percent service charge. The Taikoo Lounge (Mandarin Oriental, Guangzhou), 389 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路389号广州文华东方酒店 (020 3808 8898)



## Sept 20 - 21 Lecture: Give A Voice to Animals

To combat the idea that history is the sole preserve of humans, French historian Eric Baratay began to study and document the stories of members of the animal kingdom. Combining written archives, images and ethological and environmental knowledge, Baratay pushes the boundaries of written history, offering new biographies (stories drawn from life or fragments of life) constructed around the feelings, perceptions and experiences of animals.

Thu, Sept 20, 10.30am; free entry. Topic: Animals in the First World War. French International School of Guangzhou, 62-70 Shangshui Jie, Caibing Zhong Lu, Jinshazhou, Baiyun District, Guangzhou 白云区金沙洲彩滨中路尚水街62-70号广州法国国际学校

Thu, Sept 20, 7pm; free entry. Topic: Telling History for Individual Animals. Jinnan University, 601 Huangpu Dadao Xi, Tianhe District, Guangzhou 天河区黄埔大道西601号暨南大学

Fri, Sept 21, 7.30pm; free entry. Topic: The History of Pet Cats. Fangsuo Commune, Shop MU35, TaiKoo Hui, 383 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路383号太古汇MU35铺方所书店



## Sept 19 International Women in China Club Founding Ceremony and VIP Members Cocktail Event

To celebrate the inauguration of the International Women in China Club, a VIP cocktail event and founding ceremony will be held at the Mandarin Oriental, Guangzhou. The International Women in China Club is an international organization that provides service for elite women in China who are interested in networking and sharing common interests, while spreading Asian and Western cultures. The event is supported by the Spanish Chamber of Commerce in China, CCI France China, British Chamber of Commerce Guangdong. Co-organizers include iBorn Medical Group, True Pilates China and Playschool. Wine and finger food will be provided. Attendees will include elite women around China and their children, and the club will meet every quarter. This exclusive event is by invitation only and you must RSVP to join.

Wed, Sept 19, 6pm-10pm. 2F Tianhe Room, Mandarin Oriental, Guangzhou. 89 Tianhe Lu, Tianhe District, Guangzhou 中国广州天河区天河路389号邮编 Dress code: Cocktail dress. To RSVP, contact That's PRD on [marketing.prd@urbanatomy.com](mailto:marketing.prd@urbanatomy.com)



## Sept 21 The Royal Concept China Tour 2018

The Royal Concept is a Swedish band founded in 2010. They first received worldwide attention with their hit single 'D-D-Dance,' but it wasn't until 2013, when their song 'On Our Way' was covered in season five of *Glee*, that the quartet became more widely known. Their latest album *Smile* is an upbeat and energetic record.

Fri, Sept 21, 8.30pm; RMB120 presale, RMB150 at the door. Mao Livehouse, 1/F, Zhongzhou Trading Center, Huizhan Nan Wu Lu, Haizhu District, Guangzhou 海珠区会展南五路中州交易中心1楼 (247tickets.com)



## Sept 21 Krasnoyarsk National Dance Company of Siberia

The Krasnoyarsk National Dance Company of Siberia will visit Guangzhou this month, performing a total of 14 select choreographic works reminiscent of the great traditions of Siberia. Comprising a group of talented, skilled dancers, the famous dance company is hailed as one of the three best of its kind and oftentimes performed in important occasions.

Fri, Sept 21, 8pm; RMB80-680. Guangdong Performing Arts Center Theater, 1229 Guangzhou Dadao Zhong, Tianhe District, Guangzhou 天河区广州大道中1229号广东演艺中心剧院 (damai.cn)



## Sept 22 Flamenco Carmen

*Carmen*, an intense love story by French composer Georges Bizet, is interpreted accurately in flamenco by Carmen & Matilde Rubio Company led by two talented flamenco dancers. The Murcia-based dance company has brought their riveting dances onstage throughout Spain and Europe at large, earning rave reviews from both flamenco aficionados among audiences and fastidious critics. See the charm of Flamenco *Carmen* for yourself when it's staged in Guangzhou this month.

Sat, Sept 22, 8pm; RMB180-680. Guangdong Performing Arts Center Theater, 1229 Guangzhou Dadao Zhong, Tianhe District, Guangzhou 天河区广州大道中1229号广东演艺中心剧院 (247tickets.com)



## Sept 23 Lecture: Towards a Sustainable and Healthy Agriculture

Even though the intensification of agriculture has tremendously increased the quantity of available food during the past decades, it has at the same time led to a considerable environmental toll: surge in greenhouse emission gases, decline in biodiversity or soil and water pollutions. By 2050, agricultural output will increase by 50 percent in order to feed a population of more than 9 billion, and further harm on our environment will create food security issues. How to produce the same amount, but in a better way? Permaculture, agroecology, aquaponics and many other scientifically agricultural methods combining environmental compliance and qualitative as well as quantitative agricultural output exist. The well-known 'Prince Gardener,' Prince Louis Albert de Broglie from France, will give a presentation of his microfarm in agroecology that is inspired by permaculture. He will also talk about the link between health and the environment that goes hand in hand with a healthy diet.

Sun, Sept 23, 7.30pm; free entry. Fangsuo Commune, Shop MU35, TaiKoo Hui, 383 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路383号太古汇MU35铺方所书店)



## Till Sept 23 Grand Mid-Autumn Festival

The Mid-Autumn Festival is more than a festival but a ceremony of family reunion as well, while moon cake is essential of this time of the year. Grand Hyatt Guangzhou's offerings for this familial occasion are five classic and stylish moon-cake hampers with prices range from RMB168-668. For more information, call 186 2087 5056 or 83961234 ext. 3198.

Daily until Sept 23. Grand Hyatt Guangzhou, 12 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路12号广州富力君悦大酒店 (186 2087 5056, 020 8396 1234 ext. 3198)

# GZ EVENTS



## Till Sept 24 Mid-Autumn Family Reunion Dinner at Langham Place

Two set meals are prepared by the culinary team of Langham Place, Guangzhou to help you and your families celebrate Mid-Autumn Festival together. Both featuring delectable Chinese dishes, 'Golden Blossom' is priced at RMB988 for four, with an additional RMB200 for each extra diner, while 'Full Moon Folklore' at RMB2,388, with an additional RMB298 for every extra diner. The set meals will be available from September 1 to 24.

For more information or to reserve a table, call (020 8916 3588). Prices are subject to 15 percent. Daily until Sept 24. Ming Court, Langham Place, Guangzhou, 638 Xingang Dong Lu, Haizhu District, Guangzhou 海珠区新港东路638号广州南丰朗豪酒店 (020 8916 3388)



## Till Sept 24 W Moon Cake Gift Box

The specially designed, limited edition mooncake boxes from W Guangzhou are sure to impress you this year. The hotel celebrates this Mid-Autumn Festival with two different flavors - 'Spin on Mooncake Box' and 'Moon Bubble' - both comes with pop-art design, keeping one traditional with the much loved white lotus with two egg yolks while being a bit adventurous with the other which boasts an egg yolk and custard filling. Scan the QR code below to place your orders.

Daily until Sept 24, all day. W Guangzhou, 26 Xiancun Lu, Tianhe District, Guangzhou 天河区冼村路26号广州W酒店 (020 6628 6628)



## Till Sept 24 Mid-Autumn Artistry

The Ritz-Carlton, Guangzhou, in partnership with Xiaochuang Art Studio, presents exquisitely designed mooncake gift boxes to celebrate this year's Mid-Autumn Festival. The dessert packaging is inspired by the vibrant jewelry collection Maritime Silk Road, which is designed by Zhang Xiaochuang, an artist and jewelry designer from Guangzhou. The blue boxes are meant to symbolize the sea and to present the message that "the moon shines bright over the sea, and we share the same moment regardless of where you are." Prices start from RMB268.

Daily until Sept 24, all day; various prices. The Ritz-Carlton, Guangzhou, 3 Xing'an Lu, Tianhe District, Guangzhou 天河区兴安路3号广州富力丽思卡尔顿酒店 (020 3813 6688)



## Sept 24 Mandarin Oriental Moon Cakes

Mandarin Oriental, Guangzhou is proudly launching a scrumptious collection of mooncakes for this year's Mid-Autumn Festival. Priced at RMB288 per box, the hotel's four-piece mooncake set boasts Cantonese-style crust pastries with three flavors of stuffing. For RMB588 per box, you can snatch a six-piece set, which comes with traditional mooncakes and a select bottle of wine. Like previous years, there will also be a selection of limited edition chocolate mooncakes, which are handmade by the hotel's dessert chef and priced at RMB368 for four. For more information, call 020 3808 8886.

Daily until Sept 24, 8am-8pm; various prices. Mandarin Oriental, Guangzhou, 389 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路389号广州文华东方酒店 (020 3808 8888)



## Sept 26 - 30 Rent - Musical

The musical that defined a generation by exploring the lives of a group of young artists in New York's East Village, *Rent* comes to Guangzhou for the first time as part of its 20th anniversary tour. The show is groundbreaking for its celebration of diversity, its powerful themes of empathy and friendship, and its captivating lyrics and score. *Rent* broke new ground in its depiction of racially diverse and queer characters, and it also humanized the homeless community, grappling with ideas about how these down-and-out young artists were still privileged in comparison. These themes, combined with its dynamic rock opera score, earned the show four Tony's and the 1996 Pulitzer Prize for Drama.

Wed-Sun, Sept 26-30, 2pm/7.30pm; RMB180-780. Guangdong Performing Arts Center Theater, 1229 Guangzhou Dadao Zhong, Tianhe District, Guangzhou 天河区广州大道中1229号广东演艺中心剧院 (juoo.com)



## Sept 30 Tordre

This contemporary dance performance by French choreographer Richid Ouramdane is a haunting duet, in which two women dancers perform intensely physical solos, painting their captivating self-portraits with hypnotic, repetitive gestures while finding their identities in doing so. The performance opens mischievously with upbeat music before carrying on with an intimate and more fragile, body story.

Sun, Sept 30, 7.30pm; RMB80-280. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (020 3839 2888, gzdjy.org)



## Till Sept 30 All About Berries Afternoon Tea

Unwind yourself at Portal lounge with a berry-themed afternoon tea. Featured specials includes rose raspberry lychee mousse and lemon white chocolate berries infused tarts. All prices are subject to service charge and applicable tax.

Daily until Sept 30, 9am-midnight; RMB238. Portal, 4/F, Langham Place, Guangzhou, 638 Xingang Dong Lu, Haizhu District, Guangzhou 海珠区新港东路638号广州南丰朗豪酒店 (020 8916 3388)



## Daily until Oct 10 Gulliver's Journey

Inspired by the novel *Gulliver's Travels*, Deng Yu has built a "Gulliver Tunnel" to bring out people's childhood innocence and imagination. Beyond the rainbow gate, visitors will find themselves in a whimsical world where they are surrounded by gigantic and odd plantations. The exhibition is held at Art Connexion on the third floor of the mall.

Daily until Oct 10, 1.30-4.30pm, 6.30-8pm; RMB28. K11 Art Mall, 6 Zhujiang Dong Lu, Tianhe District, Guangzhou 天河区珠江东路6号K11



## Oct 27 Vienna Boys' Choir

With a history spanning five centuries, the celebrated Vienna Boys' Choir are, without a doubt, one of the world's best and shares a reputation comparable to that of the Vienna Philharmonic. World-class composers and conductors such as Mozart, Haydn, Schubert and Bruckner were once members of the choir, which is divided into four touring groups named after those four music masters. Though based in Austria, the choir is comprised of talented young vocalists from all over the world.

Sat, Oct 27, 8pm; RMB180-680. Symphony Hall, Xinghai Concert Hall, Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号 (400 108 8808, ticket-easy.cn)



## The 5th, 15th, 25th of every month Give Me Five Happy Hours at LN Hotel Five

The recently renovated Roof Top Bar at LN Hotel Five is adorned with brand new flooring, and boasts a relaxing ambience and beautiful panoramic views of the Pearl River, which makes the bar a perfect retreat to spend a laid-back evening. On the 5th, 15th and 25th of the month, choose from a selection of five bottled beers, each priced at only RMB5, or enjoy a free flow of house wine at RMB55 per person. Call 8931 0505 for more information.

The 5th, 15th, 25th of every month, 5.30-9.30pm. Roof Top Bar (LN Hotel Five, Guangzhou), 277 Yangjiang Zhong Lu, Yuexiu District, Guangzhou 越秀区越秀中路277号广州岭南五号酒店 (020 8931 0505)

# SZ EVENTS

**Jimu Robot**  
当足球遇上AI机器人

**Urban Family Robo-Soccer Competition 2018**

Join us at Marco Polo Hotel Shenzhen to experience the endless possibilities of robotics! We're teamed up with UBTECH, official robot partner of Manchester City Football Club, to host our first-ever Robo-Soccer Competition this month at the Marco Polo Hotel Shenzhen.

**Time:** Sept 16, 2018, 9.30am-5.30pm **Location:** Marco Polo Hotel Shenzhen

Package includes: Alpha robot dance performance, robotics seminar, robot soccer competition and a buffet lunch at Marco Polo Hotel Shenzhen.

Sponsored by UBTECH

Scan the QR code below to register

Jimu robot that's urbanfamily

FIJI WATER

## Sept 16 Urban Family Robo-Soccer Competition 2018

What do you get when you combine the high-octane rush of football (soccer for all you North Americans) with the wonderful world of robotics? The answer: you get an action-packed weekend of techy fun! Join us at Marco Polo Hotel Shenzhen to experience the endless possibilities of robotics! *Urban Family* has teamed up with UBTECH, official robot partner of Manchester City Football Club, to host our first-ever Robo-Soccer Competition to be held in Shenzhen on September 16 at Marco Polo Hotel Shenzhen. This event welcomes families to build their very own robot, which attendees will then put to the test in a friendly football match. In addition to mechanical madness (aka robot building), families will also be able to enjoy a delectable buffet lunch prepared specially by the hotel's outstanding culinary team.

Sept 16, 2018, 9.30am-5.30pm, at Marco Polo Hotel Shenzhen, 28 Fuhua Yi Lu, by Mingtian Lu 福田区 福华一路28号 (0755 8298 9888) Fee: RMB450/family (one adult and kid, extra kid or adult is 180RMB per person. Package includes: Alpha robot dance performance, robotics seminar, robot soccer competition and a buffet lunch at Marco Polo Hotel Shenzhen. For tickets and to RSVP, add call/ WeChat 1390 258 163 or email [shuminli@urbanatomy.com](mailto:shuminli@urbanatomy.com)



## Sept 21 Flamenco Carmen

The star of Bizet's beloved masterpiece is a bold, unfettered Roma girl, the embodiment of the fire that outsiders imagine within that roaming people. Her tragic tale of love, envy, jealousy and hate is brought to ferocious life by lead dancer Inés Rubio and the flamenco company of Carmen y Matilde Rubio.

Sept 21, 8pm, Tickets available from [www.247tickets.com](http://www.247tickets.com). RMB18-680. Shenzhen Children's Palace, 2002 Fuzhong Yi Lu, Futian District, Shenzhen (0755 8351 3099)



## Sept 22 Laputa: Castle in the Sky

This popular performance delights with songs from Studio Ghibli's animated classics – including the eponymous *Laputa: Castle in the Sky*, as well as *Kiki's Delivery Service*, *My Neighbour Totoro*, *Princess Mononoke* and the Oscar-winning *Spirited Away*. Fans and families won't want to miss this entertaining night with some of our favorite characters.

Sept 22, 8pm, RMB80-280, Xinqiao Culture and Art Center, 29 Gongyuan Bei Lu, Bao'an District, Shenzhen



## Sept 20 The Royal Concept

From the indie-sunshine pop of their early sound to the band's glam-inspired follow-up, The Royal Concept has people bopping their heads the world over. The upbeat Swedish quartet – vocals, guitar, bass and drum – brings their enthusiastic sound to Shenzhen's B10 Live.

Sept 20, 8pm, RMB150 presale, RMB200 at the door. B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen (0755 8633 7602). Tickets available from [www.247tickets.com](http://www.247tickets.com).



## Sept 22 Miaou

Tokyo's Miaou formed in 2001, when Tatsuki Hamasaki and sisters Hiromi and Mayumi Hasegawa came together over a university project and a shared love of Telefon Tel Aviv, Do Make Say Think and Boards of Canada. Drawing from those influences, Miaou went on to merge more electronic instruments and samples alongside their guitars, making music filled with swelling synths, spiraling melodies and IDM beats. It's instrumental electronic dream-pop as seen from Tokyo.

Sept 22, 8.30pm, RMB180 presale or RMB230 at the door. B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen (0755 8633 7602). Tickets via <http://www.b10live.cn>

Submit your event listings to  
[uf.prd@urbanatomy.com](mailto:uf.prd@urbanatomy.com)



### Sept 22 - 30 ATP Shenzhen Open 2018

In the lead-up to the Australian Open, Shenzhen hosts would-be champions like Alex de Minaur, Fernando Verdasco, Stefanos Tsitsipas and defending men's singles champion David Goffin. Over the course of nine days they battle it out on the hard surface of Longgang Sports Center, till only one emerges victorious. Bring your passport for entry.

Sept 22-30, 3pm, RMB50-360 depending on day/location. Tickets available from [www.247tickets.com](http://www.247tickets.com). Longgang Sports Center, 1 Saichang Lu, Longgang District, Shenzhen (0755 2893 7013)



### Sept 26 Kesha: Rainbow Tour

The Platinum-selling singer and songwriter plans a stop in Shenzhen as part of her eight-country Rainbow Tour. After five years of legal battles and heartache, Kesha is sharing her voice again with the world in an ambitious tour schedule that's already seen a few cancellations for a knee injury. We'll be praying.

Sept 26, 7pm, Shenzhen Universiade Sports Center, 3001 Longxiang Dadao, Longgang District, Shenzhen (0755 8998 0111)



### Oct 13 10th Captivating Annual Charity Auction

This annual event is not to be missed! All proceeds from the event support the work of Captivating and its China-based partners. You can also visit Captivating International's website to learn more - [www.captivating.org](http://www.captivating.org).

Oct 13, 6pm, Futian Shangri-La, Shenzhen, 4088 Yitian Lu, Futian District, Shenzhen. Ticket Price: RMB900/person (RMB 7,200/table of 8). Early Bird Discount: RMB750/person (RMB 6,000/table of 8) (Sept 30 is the last day to purchase discount tickets) VIP Table: from RMB12,500/table of 8 people. Includes priority seating and table sign. Reserve a hotel room: Special group rate of RMB1,603.25 (inclusive of 10 percent service charge and 6 percent tax plus breakfast for two and in-room WiFi). For information: [charityauction@captivating.org](mailto:charityauction@captivating.org) or call (0755 2667 4830)



### Oct 16, Nov 20, Dec 18 YES Group (Young Entrepreneurs of Shenzhen)

What is YES? Young Entrepreneurs of Shenzhen (YES) share success strategies every third Tuesday of every month at Hilton Shenzhen Shekou Nanshai. All ages welcome 100 years or younger, no membership applications. YES is a positive-oriented volunteer networking and educational support group for entrepreneurs. Relationship building starts 7:30pm and 9:30pm, with a guest speaker at every event. To RSVP, contact Daniel Pinkowski on 189 0243 6551, WeChat ID: Pinkowski or email [dpinkowski@gmail.com](mailto:dpinkowski@gmail.com)

Every third Tuesday of every month (Oct 16, Nov 20, Dec 18), 7pm onwards. RMB100 includes one free drink; free drawing for gift giveaways. Hilton Shenzhen Shekou Nanshai, 1177 Wanghai Lu, Shekou, Nanshan District, Shenzhen (0755 2162 8888)



### Dec 12 This Will Destroy You China Tour 2018

This Will Destroy You is one of the biggest instrumental bands of this planet. The band played two sold out China tours in 2013 and 2015 and will finally return in September for 4 shows in China to celebrate the tenth anniversary of their eponymous self-titled album. For this special occasion they will play both classic albums "Young Mountain" and "S/T" in full. They are doing what they do best: creating 'short' instrumental songs that stop for nature's gorgeous monuments but make the drive to and from enjoyable on their own.

Sept 12, 10.30pm, B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen (0755 8633 7602). Tickets: <https://www.showstart.com>

# GZ LISTINGS



Making the best of family life in the PRD. Scan here for family events.

EDUCATION  
HEALTH  
FAMILY ENTERTAINMENT  
ARTS  
HOME  
MOVING + SHIPPING



Education

## Kindergartens

**Trinity International Kindergarten**  
Address: 663 Huacheng Dadao, Zhujiang Xincheng, Tianhe District, Guangzhou  
广州圣心国际幼稚园 天河区珠江新城花城大道663号 (Tel: 8291 4296)

**Cherry Kindergarten Headquarters**  
Address: Room 1501, Yin Lai Ge, Li Jing Hua Ting, No. 22, Jinsui Lu, Tianhe District (廖先生 186 8844 8562);  
Branch Address: Room 1001, Building C, Period 2, Tian Yu Garden, No. 138, Lin He Zhong Lu, Tianhe District  
樱桃幼儿园, 总校地址: 天河区金穗路22号丽晶华庭银莱阁1501; 分校地址: 天河区林和中路138号天誉花园2期C栋1001

## International Schools

**American International School of Guangzhou** 1) 3 Yanyu Nan Lu, Ersha Island (8735 3393); 2) 19 Kexiang Lu, Science Park, Luogang District (3213 5555). 广州美国人国际学校, 1) 二沙岛烟雨南路3号; 2) 萝岗区科学城科翔路19号

**Canadian International School of Guangzhou** Cambridgeshire Garden, Nancun Town, Panyu District (3925 5321) www.cigz.com 广州加拿大国际学校, 番禺南区南村镇雅居乐剑桥郡花园内

**Clifford School International Building**, Clifford School, Clifford Estates, Shiguang Lu, Panyu District 祈福英语实验学校番禺区市广路 (8471 8273)

**Guangzhou Huamei International School** 23 Huamei Lu, Tianhe District (Tel: 8706 5178, Fax: 8721 0372). 广州华美英语实验学校, 天河区华美路23号 www.hm163.com

**Guangzhou Nanfang International School** No.1 South Industrial Park,

Yinglong Lu, Longdong, Tianhe District, (3886 6952, 3886 3606, Fax: 3886 3680). www.gnischina.com 广州南方国际学校, 天河区龙洞迎龙路龙山工业园南1号 www.gnischina.com

**ISA International School Guangzhou** Block C2-2 Redtory, Siheng Lu, No.128, Yuan Village, Tianhe District, 510655 广州市天河区员村四横路128号红专厂C2-2(8890 0909) 广州爱莎国际学校

**Canton Global Academy 4** Chuangjia Road, Jinshazhou, Baiyun District, Guangzhou (180 2401 1757) 广州寰宇外籍人员子女学校, 广州市白云区金沙洲创佳路4号

**Raffles Design Institute** 9F, B Tower of Guangzhou Sinopec Building, No.191, Tiyu Xi Lu, Tianhe District 天河区体育西路191号中石化大厦B塔9楼 gz.raffles.edu.cn

**The British School of Guangzhou** 983-3 Tonghe Lu, Nanhu, Guangzhou (Tel: 8709 4788, Fax: 3725 9377). 广州英国学校, 南湖同和路983-3 www.bsg.org.cn

**Utahloy International School Guangzhou** 800 Shatai Bei Lu, Baiyun District 同和金宝岗沙太北路800号 (Tel. 8720 2019, 8720 0517; Fax: 8704 4296) www.utahloy.com

**Utahloy International School Zengcheng** Sanjiang Town, Zengcheng 裕达隆国际学校 广州裕达隆国际学校, 增城三江镇 (Tel. 8291 4691, Fax 8291 3303) www.utahloy.com

**Yew Wah International Education School of Guangzhou** Dragon Lake Resort, National AAAA Tourist Attraction, Huadong Town, Huadu District, Guangzhou (8683 2662 / 400 850 9778) 广州耀华国际教育学校 广州市花都区花东镇山前旅游大道学街9号 (比邻国家4A级旅游风景区九龙湖) www.ywies-gz.com

## Language Centers

**Eclipse English Education** Room D,18/F, Tianhe Bei Lu, Tianhe District (3878 0382, 189 2276 9713) 爱誉教育, 天河北路368号18楼D

**Hanbridge Mandarin School** Individual Class, Group Class: 50RMB/Hour~ Daily Chinese/Business Chinese/ HSK Kids Chinese/Cantonese/ Company Training 1303, Left tower, Stars building, No.174 Huasui Lu, Zhujiang Xincheng, Tianhe District. Branch schools: Linhexi CITIC & LieDe Pub Street & ShiPaiQiao TaiKooHui Tel & Wechat 020-85645966 189 9838 3060, 181 0272 9662 翰语桥中国语 总校: 天河珠江新城华穗路星辰大厦东塔1303



## FAMILY ENTERTAINMENT

### Parks

**Chimelong Paradise** Yingbin Lu, Panyu District (3993 2888). 长隆欢乐世界, 番禺迎宾路. www.chimelongparadise.com  
**Chimelong Safari Park** Dashi Town, Panyu District (8478 3333). 长隆香江野生动物园, 番禺迎宾路

**Chimelong Water Park** Yingbin Lu, Panyu District (8479 2222) 长隆水上世界, 番禺迎宾路

**Chimelong International Circus** Yingbin Lu, Panyu District (8479 6600). 长隆国际大马戏, 番禺迎宾路



## HOME

### Real Estate Agents

**Life Partner** provides house leasing, housekeeping and other personalized services to expatriates from Multi Corporations and foreign institutes as well as to individuals. Guangzhou/Foshan/Zhaoqing/Zhengzhou/Wuhan. Since 2004 Contact Person: Ellen Pan, Tel: 020-3881-3137, Mobile: 159187-83607 Email: panhj@lifepartner.cn Web: www.lifepartner.cn



## HEALTH

### Dental

**All Smile - Dr.Lu Int'l Dental Clinic** Rm603-604, 6/F, Metro Plaza, 183 Tianhe Bei Lu, Tianhe District (24-hour hotline 8755 3380). Mon-Sat 9am-6pm (Other times by appointment). Local cards. 大都会牙科, 天河北路183号大都会广场六楼603-604

**Deron Dental Clinic** 11/F, Binghua Hotel, 2 Tianhe Bei Lu, Tianhe District (3886 4821) 德隆齿科诊所, 天河北路2号冰花酒店11层. www.gzdentist.com

## Health Services

**Bellaire Medical Center** Rm 302D, Fuli Park, 28 Machang Lu (3891 0511/ 24-hr 152 1881 8990), Bellaireclinic.com 贝利尔诊所, 天河区珠江新城马场路富力公园28商业区302D

**Eur Am Medical & Dental Center** 1/F, North Tower, Ocean Pearl Bldg, 19 Huali Lu, Zhujiang Xincheng (3758 5328, 24-hr urgent care: 137 1041 3347, www.eurammedicalcenter.com) 广州康辰医疗, 珠江新城华利路19号远洋明珠大厦北座首层

**iBorn Clinic** Rm 2202-2203, Qiaoxin Kingold Century, 62 Jinsui Lu, Tianhe District (3736 2020/ 24-hr 3736 2110) 爱博恩综合门诊 天河区珠江新城金穗路侨鑫金融中心2202-2203

**iBorn Women's & Children's Hospital** No.6 Longkou Dong Lu, Tianhe District (2811 6375/185 2018 8335) 广州爱博恩妇产医院, 天河区龙口东路6号

**Sing Health Medical 2** Xiancun Lu, Zhujiang Xincheng, Tianhe District. Mon-Fri 9am-7pm, Sat-Sun 9am-3pm, Tel: 3739 2500 Open Everyday 广州新宁门诊, 天河区珠江新城洗村路2号

**United Family Guangzhou Clinic** Annex Building, PICC Building, 301 Guangzhou Dadao Zhong, Tianhe District, Guangzhou (4008-919191, 8710 6060, 24-Hours). 广州和睦家门诊部, 广州大道中301号人保大厦南塔副楼首层

**Guangzhou United Family Hospital** Open 24/7. 24-hr Service Center: 4008 919191, 24-hr Emergency Hotline: (020) 3610 2333 No. 28, Fanguyan Lu, Haizhu District, Guangzhou 广州和睦家医院 广州市海珠区芳园路28号



## MOVING + SHIPPING

**Asian Tiger Mobility** Tel: 8326 6758 / 8666 2655. Email: gernerl.can@asiantigers-china.com. www.asiantigers-mobility.com

**AGS FourWinds** Tel: 8363 3735 / 8363 4356. Email: sales-guangzhou@agsfourwinds.com. www.agsfourwinds.com

**Sante Fe** Tel: 3887 0630/ 31/32. Email: Guangzhou@santafe.com.cn. www.santaferefo.com

**Rayca Moving & Transportation Service** Hotline: 400 048 9099. Email: info@raycatrans.com. www.raycatrans.com



# SZ LISTINGS

## EDUCATION

### HEALTH



### EDUCATION

#### Early Childhood Education

up, 307 a/b/c, 3d Floor, Donghai City Plaza, North of Hongli, West RD, Futian(8339 0166;8339 0266) www.upchildren.com 福田区香蜜湖红荔西路东海城市广场3楼307A/B/C

#### Kindergartens

**St. Lorraine Chinese-English Kindergarten,** 1) Tong Jing Garden, Luosha Dong Lu, Liantang, Luohu District (2582 4450). 2) Gemdale Haijing Garden, Xinzhou Nan Lu, Futian District (2381 0600). www.st-lorraine.edu.hk/zhenchun 1) 罗湖区莲塘罗沙东路桐景花园2) 福田区新洲南路金地海景花园

#### International Schools

**Buena Vista Concordia International School (BCIS),** GuangShen Highway, Bao'an exit, XiCheng, Bao'an District. info@bcis.net.cn; BCIS.net.cn; (2823 8166). 曦城协同国际学校, 宝安区广深高速公路宝安出口

**Green Oasis School,** Next to Green Oasis Garden, Tianmian Lu, No. 4030 Shennan Zhong Lu, Futian District (8399 6712). admission@greenoasis.org.cn www.greenoasis.org.cn 福田区深南中路4030号田面路口城市绿洲花园

**International School of Nanshan Shenzhen,** No.11 Longyuan Road, Nanshan 南山区桃源街龙苑路11号

**Peninsula Montessori Kindergarten,** the Peninsula One, Jinshiji Lu, Shekou, Nanshan District (2685 1266) 半岛城邦国际幼儿园 南山区蛇口东角头金世纪路1号半岛城邦一期

**Quality Schools International Shekou,** 1/F, Bitao Building, No. 8 Taizi Lu, Shekou District (2667 6031). http://shk.qsi.org 蛇口太子路8号碧涛中心1楼

**Quality Schools International Nanshan ,A1,** TCL Science Park, No. 1001 Zhongshan Yuan Lu, Nanshan District (8371 7108) 中山园路1001号TCL科学园A1栋

**Shen Wai International School** No. 29, Baishi 3rd Road, Nanshan, Shenzhen (8654 1225), www.swis.cn 深圳外国语学校

校国际部, 深圳市南山区白石三道29号

**Shenzhen American International School** Shekou Youth Center Building B.C, No.82, Gongyuan Rd, Nanshan District, Shenzhen (Tel:8619 4750) 中国深圳市南山区公园路82号蛇口青少年活动中心BC座 518067

**Shekou International School,** Jingshan Villas, Gongye Er Lu, Shekou, Nanshan District (2669 3669). www.sis.org.cn 南山区蛇口工业二路鲸山别墅内

**Shenzhen (Nanshan) Concord College of Sino-Canada,** No.166 Nan'guang Lu, Nanshan District (2656 8886). www.ccscc.com.cn 南山区南光路166号

#### Extracurricular

**Shenzhen Soccer Schools,** Sports Training Services for Kids in Futian and Shekou with Qualified English Speaking Coaches. No.602 Haibin Garden, Xinhua Lu, Shekou, Nanshan District (2669 0765, 13823112524). cathy@shenzhensoccerschools.com; www.shenzhensoccerschools.com. 蛇口兴华路海滨花园海虹阁602

**Soccer Rangers™ International Youth Football Grassroots football training** for kids 4 to 15 yrs. The perfect base for children to experience the joys and benefits of playing football. We follow the England FA coaching methodology, emphasizing small sided games and player centered learning. Weekday and weekend sessions delivered by FA qualified coaches. Shenzhen city, Nanshan district, No.10020 Beihuan Dadao 南山区北环大道西侧北段10020号

#### Language Centers

**Classic Mandarin,** 1) Room 11F Seaview Plaza, No.18 Taizi Lu, Shekou, Nanshan District (2688 6112). 2) Rm 601, Unit 1, Building 4, Guanhaitai Garden, Wenxin Wu Lu, Nanshan District(8605 2515). 3) Room22B, Building C2, Galaxy International Park and Apartment, Fuhua San Lu, Futian District (8344 6661). 4) Room 903, Block C, Mingzhu Square, Changqing Lu, Chang'an Town, Dongguan (0769-8158 5950). www.classic-mandarin.com 1) 南山区蛇口太子路18号海景广场11F室2) 南山区海岸城文心五路观海台花园4栋1单元601室 3) 福田区福华三路星河国际C2栋8B室 4) 东莞长安镇长青路明珠广场C栋903

**Hanbridge Mandarin,** 1) Room 103, Block D, Meijia Plaza, Qiaocheng Xi Jie, Nanshan District. 2) 16B, Seaview Plaza, Taizi Lu, Shekou, Nanshan District (400 600 2202). www.hanbridgemandarin.com 1) 南山区侨城西街美加广场D栋103室 2) 南山区蛇口太子路海景广场16B

**I Mandarin,** 1) 1F, West Wing, Xincheng Building, 1027 Shennan Dadao, Futian District (2598 7982). 2) Rm 8, 2/F, Youran Ju, Liuzhou Zhiye Center, Nanshan Dadao, Shekou, Nanshan District (2682 8811). 3) Rm1706, Main building of Golden Central Tower, No.3037, Jintian Lu, Futian District (15811815474). 爱玛德, 1) 福田区深南中路1027号新城大厦西座1F 2) 南山区蛇口南海大道和工业八路交汇处六洲置业中心悠然居2楼 3) 福田区金田路3037号金中环商务大厦主楼1706

**New Concept Mandarin,** 3/F, Bitao Center, 8 Taizi Lu, Shekou, Nanshan District (2688 3577) www.newconceptmandarin.com 南山区蛇口太子路8号碧涛中心3楼

**Union Mandarin,** 2A Bibo Building, Haibin Garden, Xinghua Lu, Shekou, Nanshan District (2688 4090). 南山区蛇口兴华路海滨花园碧波阁2A

**Sinomatin Immersion Chinese,** Suite 301, Block A, Seaview Garden, Seaworld, Shekou, Nanshan District. 希诺麦田沉浸式汉语, 深圳市蛇口海上世界海滨花园A栋301室

**TLI 1209A,** Building C, Ming Wah International Convention Center, Seaworld, Shekou, Nanshan District. 南山区蛇口海上世界明华国际会议中心C座1209A Tel: 0755- 21618221 www.tli.com.tw



### HEALTH

#### Dental

**Viva Dental,** 1) Room 1118, Block A, International Chamber of Commerce Building, Fuhua Yi Lu, Futian District (8205 6515, Fax: 8205 6516). 2) L2/F, Galaxy Center Shopping Mall, No.5, Zhongxin Lu, Futian District (2361 8563; 2361 8565). 1) 福田区福华一路深圳国际商会大厦A座1118室 2) 福田区中心五路星河发展中心购物广场L2层

**Meng En Dental,** R1809, F18, Golden Central Tower, Jintian Lu, Futian District(3322 8038; 3322 8278). www.mengendental.com 福田区金田路金中环商务大厦1809室

**Arrail Dental,** Unit 2, G3&G4/ F, Di Wang Commercial Center, Shun Hing Square, 5002 Shennan, Dong Lu, Luohu District (2583 5608). www.arrail-dental.com 罗湖区深南东路5002号信兴广场地王大厦G3&G4层2单元

**A-Top Dental,** 1) 2/F Guihua Building, 46 Guiyuan Lu, Luohu District (8213 1198). 2) Shopping arcade (opposites the west gate

of Shenzhen University), Hui Fang Yuan Garden, Nanshan DaDao, Nanshan District (8213 1198). 3) 2/F Honglong Building, Nanshan DaDao, Nanshan District (8213 1198). 4) 2/F Bitao Yuan (opposites Bitao Football Field), Taizi Lu, Nanshan District (8213 1198). www.top917.cn 1) 罗湖区桂园路46号桂花大厦2楼 (原碧桂园派出所对面) 2) 南山区南海大道荟芳园商业区 (深圳大学西门对面) 3) 南山区南海大道鸿隆大厦2楼 4) 南山区太子路碧涛苑2楼 (碧涛球场对面)

**Hua Mei Dental,** 6/F, Baoli Building, Intersection of Nanshan DaDao and Chuangye Lu, Nanshan District (2642 9141, 2642 9142). 南山区南海大道与创业路交汇处保利大厦6楼606室

**Ming Lun Clinic,** 1/F Dong Jia Bldg (adjoins Panglin Hotel), Jiabin Lu, Luohu District (2518 5502). 罗湖区嘉宾路东佳大厦1楼 (彭年酒店附楼)

**Shenzhen Shiromoto Dental Clinic,** 2/F, Peng Ai Hospital, 1122 Nanshan Da Dao, Nanshan District (8622 4459; Japanese hotline: 13662206000). Daily 8.30am-10pm. www.sdc-shenzhen.com 南山区南山大道1122号鹏爱医疗美容医院2楼

**Reborn Dental Implant Center,** Room 801, New World Center, No.6009, Yitian Lu, Futian District(2398 2858). reborn dental@hotmail.com http://www.reborn dental.com/en

**U-Dental Clinic,** Unit B, 24/F, Jin Run Mansion, 6019 Shennan Dadao, Chegongmiao, Futian District (8280 0366, 8280 0399). 福田区车公庙深南路6019号金润大厦24层B单元

**Dental Bauhinia,** 9/F, Block B, Shenzhen International Chamber of Commerce Tower, 138 Fuhua Yi Lu, Futian District (8371 1696, 8371 2696). http://www.dentalbauhinia.com 紫荆齿科, 福田区福华一路138号国际商会大厦B座9层

**U-Family Dental,** No.109 Shopping Street, Xihai Mingzhu Garden, Taoyuan Lu, Nanshan District (8625 0573). www.ufamilydental.cn 南山区桃园路1号西海明珠花园地面商业109号

#### Health Services

**Chiho Medical Centre,** Unit 203, Block B, International Chamber of Commerce Building, Fu Hua Yi Lu, Futian District (8830 1498; 8830 1468; 8830 1499). kokusaclinic@tpmmmedical.com 福田区福华一路国际商会大厦B座203单元

**CanAm International Medical Center Shenzhen,** E0119, Fraser Place, No.1033 Nanshan DaDao, Shekou, Nanshan District (2688 7106). 南山区蛇口南海大道1033号泰格国际公寓E0119

# International School of Nanshan Shenzhen

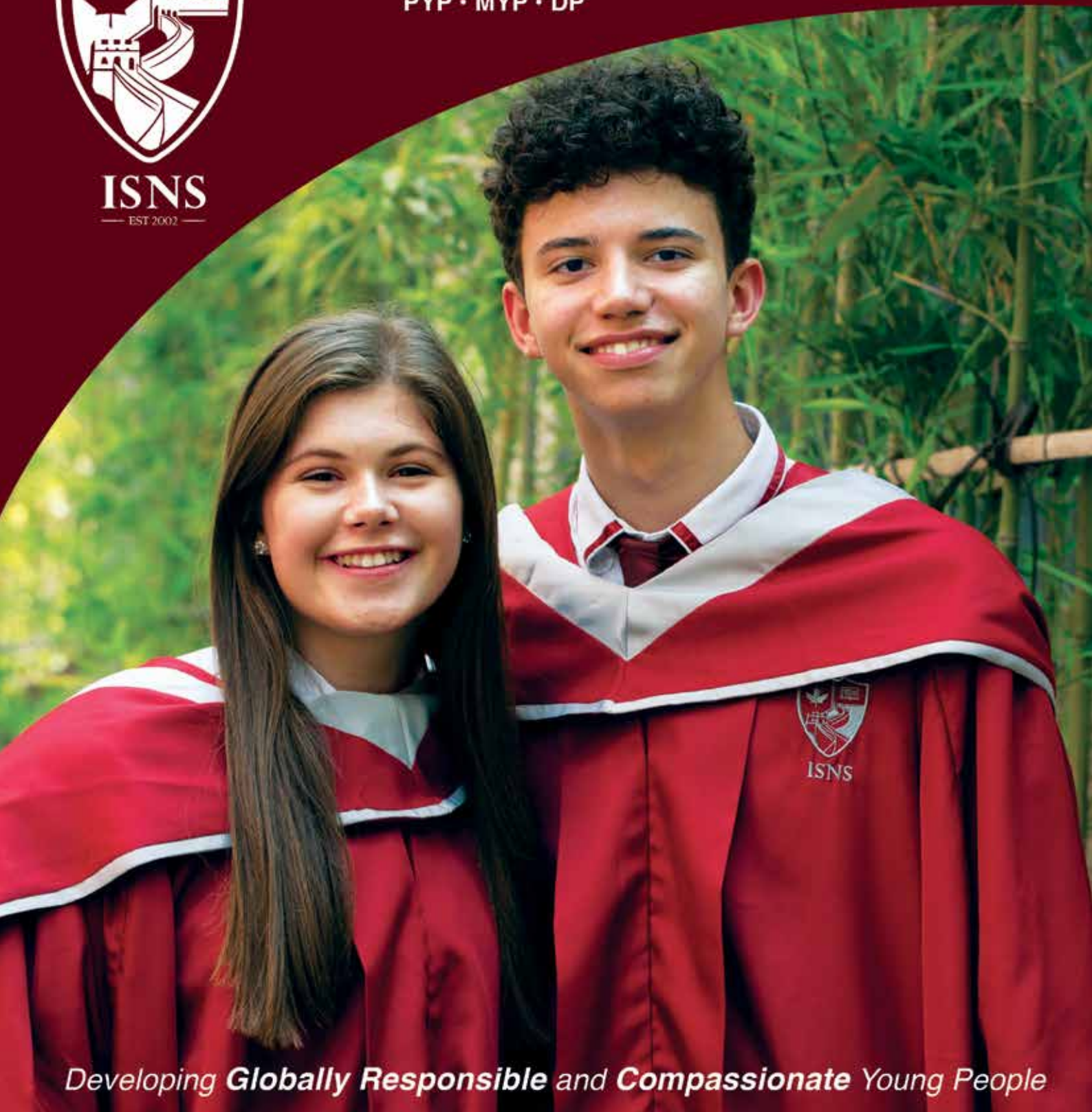


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