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**Urban Family Chief Editor** Lena Gidwani 李娜  
**Copy Editor** Matthew Bossons  
**Production Supervisor** Jack Lin 林川青  
**Designer** Felix Chen 陈引全

**Contributors:** BSG students, GNIS students, UISG students, Dr. Nate Balfanz, Natalie Foxwell, Erica Martin, Deb Cohen, Dr. Qiujuan Zhang, Dr. Lynn Zhou, Leonard Stanley, Dora Chen, Thomas Powell, Sue Miles, John Thompson, Jack Sweat, Angel Cao, Bella Luo, Sharon Raccah Perez, Izabela Misiuk, Crystyl Mo, Bianca Fontana, Ken Liang, Katrina Shi, Kendra Perkins

### Operations

**Shanghai (Head Office)** 上海和舟广告有限公司

上海市蒙自路169号智造局2号楼305-306室 邮政编码: 200023  
Room 305-306, Building 2, No.169 Mengzi Lu, Shanghai 200023

电话: 021-8023 2199 传真: 021-8023 2190

**Guangzhou** 上海和舟广告有限公司广州分公司

广州市越秀区麓苑路42号大院2号610房 邮政编码: 510095  
Rm. 610, No.2 Building, Area 42, Lu Yuan Lu, Yuexiu District, Guangzhou 510095

电话: 020-8358 6125, 传真: 020-8357 3859-800

**Beijing** 北京业务联系

电话: 010-8447 7002, 传真: 010-8447 6455

**Shenzhen** 深圳业务联系

电话: 0755-8623 3210, 传真: 0755-8623 3219

**CEO** Leo Zhou 周立浩

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**National Digital Business Director** Vickie Guo 郭韵

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**Senior Marketing Executive** Shumin Li 黎淑敏

**Marketing Executives** Peggy Ni 倪佩琪, Kathy Chen 陈燕筠

**Distribution** Luo Zhi 罗志, He Wei Wen 何伟文

**General enquiries** — uf.prd@urbanatomy.com

**Editorial** — uf.prd@urbanatomy.com

**Distribution** — distribution.prd@urbanatomy.com

**Marketing/Subscription** — marketing.prd@urbanatomy.com

**Advertising** — sales.prd@urbanatomy.com

**Fax** — (020) 8358 6125 - 800

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# CONTENTS

04 **Urban Blurbs**  
PRD News in Short

## LIFE & WELLBEING

08 **Urbanite Events in the PRD**  
10 **Giving Back**  
14 **Sleeping Safe**  
20 **The Great Spa Escape**  
22 **12 Common Courtesies for Children**

## COVER STORY

25 **Great Escapes**  
Need a change of scenery? We'll help you escape!

## EDUCATION

38 **On the Page**  
40 **Our Urban Fridge**  
43 **A Little Poetry**

## FOOD & FUN

44 **Our Family Favorites**  
46 **Family Recipes**  
52 **Indulge your Sweet Tooth**

## EVENTS

52 **School Events**  
54 **Guangzhou Events**  
58 **Shenzhen Events**



# 25

### Great Escapes

Need a change of scenery? We'll help you escape!



# 44

### Our Family Favorites



# 50

### Indulge your Sweet Tooth



### THIS MONTH'S COVER

has been designed by Jack Lin.



随音像制品发行



# EDITOR'S NOTE



**R**eady, Set, Summer!

Here in Guangzhou, as I write this editor's note, I'm enjoying a comfortable 29-degree Celsius morning. No one is really complaining about the cloudy skies or the 80 percent chance of rain. Soon enough, according to the weather report, temperatures will begin their inevitable climb into the lower 30s, and then (help us) probably the high 30s. Add to that our infamous humidity, a thunderstorm or two, and the occasional typhoon, and ahhh... it's summertime in the PRD.

Now that my two children are of age — and partly because we only have the two — my husband and I are more determined than ever to make their remaining childhood summers feel like a 'real summer,' with lots of time for outdoor play, swimming, creative endeavors and the chance to learn skills that aren't taught in school.

But given all the juggling parents do, summers call for some planning ahead. That's what our summer issue is all about. Are you traveling up north and is water on the summer wish list? We round up some of the best water parks in Shanghai for your little fishes on page 30. Want a theme park or two to visit in Guangzhou or Shenzhen? Turn to page 34. And, if we're doing our jobs well, you should feel transported to a few great escapes, thanks to our guest writers who have shared their travel stories. Through the pages of our cover features, we aim to conjure the feeling of arriving in a new destination, ready for anything, with all of your senses piqued and your mind open.

Enjoy the issue and enjoy your summer! Till we meet again...

**Lena Gidwani**

*Chief Editor, Urban Family*



# URBAN BLURBS

## Mandarin Mastery

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zhǔ tí gōng yuán



### Guangzhou, Shenzhen and Hong Kong make the list for Most Innovative Cities in the World

Three cities in the Pearl River Delta recently ranked among the planet's top 50 most innovative cities, at least according to a report released at the China (Shanghai) International Technology Fair last week. Hong Kong beat out both Shenzhen (#33) and Guangzhou (#41), earning a solid 18th spot on the ranking of 100 metropolises. Beijing was named the world's ninth most innovative city, while Shanghai came out just ahead of Hong Kong at 17th place. San Francisco-San Jose, New York and London ranked first, second and third, respectively. The study examined 160 cities around the world and rated them in categories ranging from scientific research to technology development to number of universities, *Global Times* reports.



### Unruly Behavior Can Now Get You Banned from Trains and Planes in China

Attention travelers: unruly behavior on China's trains can now result in a temporary ban from buying tickets thanks to tough new rules. Bad behavior includes smoking in non-smoking areas, riding without a ticket, obstructing train doors and selling fake tickets, according to *Shine*. The ban also restricts offending passengers from using China's massive high-speed railway network, which now spans over 25,000 kilometers and covers 29 provinces and municipalities. The ban can result in penalties that last up to 180 days. Those banned from buying tickets may even be named and shamed. Ticketing website 12306.cn and social credit platform creditchina.gov.cn will publish the names of misbehaving passengers on the first working day of each month. Those who find their names listed on the site can file a dispute within seven days. The new policy went into effect on May 1.



### Young Workers Choosing Up-and-Coming Cities Over Beijing and Shanghai

China's oldest, richest Tier One cities – Beijing and Shanghai – are now less attractive to young job seekers than their scrappy southern counterparts. Citing a study “by a research institute working for the Chinese classified advertising site 58.com,” ECNS reports that people born after 1995 are now flocking to Guangdong and Sichuan provinces. Shenzhen – with an economy set to overtake Hong Kong this year – is now the most favored city among the young, according to the report. Guangzhou and Chengdu – each named China's “most livable” city – are next in line as the destination for China's rising generation. Hangzhou, Chongqing, Wuhan, Zhengzhou and Xi'an, which graduated to Tier One status last year, are also emerging as attractive cities thanks to active recruitment measures.



## Do You Use Chinese Food Delivery Apps? Your Personal Info Could be for Sale

Most of us would agree that food delivery in China is awesome, with its high efficiency and low cost: with a swipe of finger, you can have a meal delivered to your doorstep for RMB30 or less (depending what you order, obviously) in under 30 minutes. However, a recent investigation reveals personal data from food delivery platforms, such as Ele.me and Baidu Waimai, are being sold for as little as RMB0.10 per person, according to *Beijing News*. Hackers from e-marketing groups use software to scrape data from order systems. Companies that run take-away shops and delivery drivers have also been found selling customer profiles, often to telephone sales companies who use these profiles for cold calling. Now you know why you are getting endless spam calls from real estate agents, insurance companies and shady credit firms. The *Beijing News* reporter who broke the story posed as a buyer approaching data supplier on QQ's chatting platform. For RMB400, 5,000 profiles, including names, genders, numbers and addresses, were compiled into an Excel spreadsheet and delivered within 15 minutes. In response to the incident, representatives from Meituan stated that the company has strict policies in place to protect users' personal information, though possibilities could exist for third parties to exploit loopholes along their distribution chain.



## NHL Bringing Pro Ice Hockey to Beijing and Shenzhen this Fall

The National Hockey League (NHL) is returning to China this fall, with two preseason games scheduled between the Boston Bruins and Calgary Flames in September. The teams will first take to the ice in Shenzhen on September 15 before heading north to Beijing on the 19th, according to *China Daily*. NHL Deputy Commissioner Bill Daly is quoted by *China Daily* as stating that the league's ultimate goal for China is to "build a permanent presence, building a hockey infrastructure, a hockey culture." He added: "That's not just rinks. It's equipment and coaching, too. We realize our obligation is to build the base."




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# URBANITE EVENTS

## GF Recycling Collection Party



In honor of the Earth Day on April 22, Global Friendship launched a one-month recycling campaign, which concluded on April 22 with a Recycling Collection Party held at 289 Creative Park. Global Friendship partnered up with local environmental NGO, Eco Canton to bring you the first recycle collection party Guangzhou has seen! Special thanks to all of partners, sponsors, volunteers, photographer and supporters for joining and making this event a success. Special thanks to those who brought their disused items to be properly recycled in their designated areas.

## Hand in Hand International Children's Music Festival



Hand in Hand International Children's Music Festival is China's first international music festival intended for the whole family. Disappointed in the lack of new children's music in China, Chinese singer-songwriter and author Liu Jian and his American journalist wife Rebecca Kanthor created Hand in Hand so children in China could have a chance to hear the best live music. Hand in Hand's Guangzhou stop featured Grammy and Emmy-winning husband and wife duo – Lucky Diaz and the Family Jam Band, as well as Hippe Gasten from Holland.

## St. Patrick's Day Celebration at the Canton Tower



This past St. Patrick's Day, the world's most notable landmarks were lit up in green and the Canton Tower in Guangzhou was no exception. With support from the Irish consulate and Tourism Ireland, the seventh edition of St. Patrick's Day at the Canton Tower, hosted by Canton Tower and co-hosted by *That's PRD*, celebrated Irish cultural heritage with a little help from the city's Irish diaspora. This year, the festival featured Irish bands and bagpipe players, as well as performances by Chinese Yao and Zhuang ethnic dancers. Other highlights included snacks, soft drinks, Irish whisky and a camping experience, all while the Canton Tower was illuminated in green.





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Address: J block, China Hotel, A Marriott Hotel, 122 Liu Hua Road, Guangzhou**

# Giving Back

## How to Avoid Raising a Give-me Generation

By Deb Cohen

**“H**ow do I help my children to enjoy giving instead of always receiving?” Let’s face it.

We all want to raise children who feel good about charity and about giving to others, but this generosity of spirit does not always come naturally to children. It is up to you as a parent to instill kindness and sensitivity toward others and to teach your children charitable skills that reflect generosity. Talking to children about important social issues like giving back to society can leave even the most experienced parents stumped. Here are some tried and tested tips on how to explain the concept and how to ensure the act of giving a part of your life.

### Explain the Concept in Simple Terms

We’ve all been asked questions by our children. It’s best to respond with an answer that a child can understand. Your child may have further questions, and this is a good opportunity to teach them. By emphasizing how you feel sad that some people don’t have what they have, you provide an opportunity for children to understand the importance of recognizing others’ hardships while modeling empathy.

### Sharing is Caring

One way you can help your children understand what it means to give is to teach them the importance of sharing. Often, when you think of the word ‘sharing’, you picture dividing tangible things like splitting a piece of cake with someone or letting friends play with toys. Even these small examples of sharing can help your children understand, in simple and concrete terms, what it means to be generous.

### Model Generosity

Think about your attitude towards charity and what messages you send to your



children. Do they reflect the same kindness and sensitivity to others that you would like your children to exhibit? Do your children see you helping neighbors, giving to charity, or donating items to needy people? Often your children are unaware when you write checks for charity or they do not see you when you run an errand for an infirm neighbor or cook a double batch of dinner for a struggling family. Let them know when you perform acts of kindness.

### Talk About Your Feelings When You Give

Tell your children how you feel when you make charitable contributions or buy things for those in need. Do you feel proud, helpful, kind, or generous? Does it make you feel good that you can make a difference in other people’s lives? Take time at dinner or even while driving in the car to discuss what you do to help others and how it makes you feel.

### Create Opportunities and Encourage Discussions on How to Help

At this age, donating toys or picking-out items to give to a nonprofit may make more of an impact than donating money, which may be too abstract for some young children. Introduce ideas and opportunities for your children to give time, contribute

money or donate personal items. You can also hold activities like hosting a donation drive, or collecting donations in lieu of birthday gifts or holiday gifts. You might also, for example, suggest they visit an elderly neighbor who can’t get out much anymore, choose a charity to support, or give some of their less-used clothes to a community shelter for women and children. Children usually want to help; they just don’t know how they can make a difference. Talk with them about ways they would want to give back: find activities that are aligned with their interests.

### Praise the Giving Impulse

When you see your children being generous, point it out and praise them. Help them put into words the positive feelings they may have as they help others.

### A Parting Thought

The goal is to ensure that charity and the process of giving is a natural part of your children’s lives. When being generous feels personal and gratifying for everyone in the household, your children are more likely to grow into kind, charitable and giving adults. Patience and modeling on your part will go a long way toward helping your children to develop a spirit of generosity and to discover that giving can be the best gift of all.





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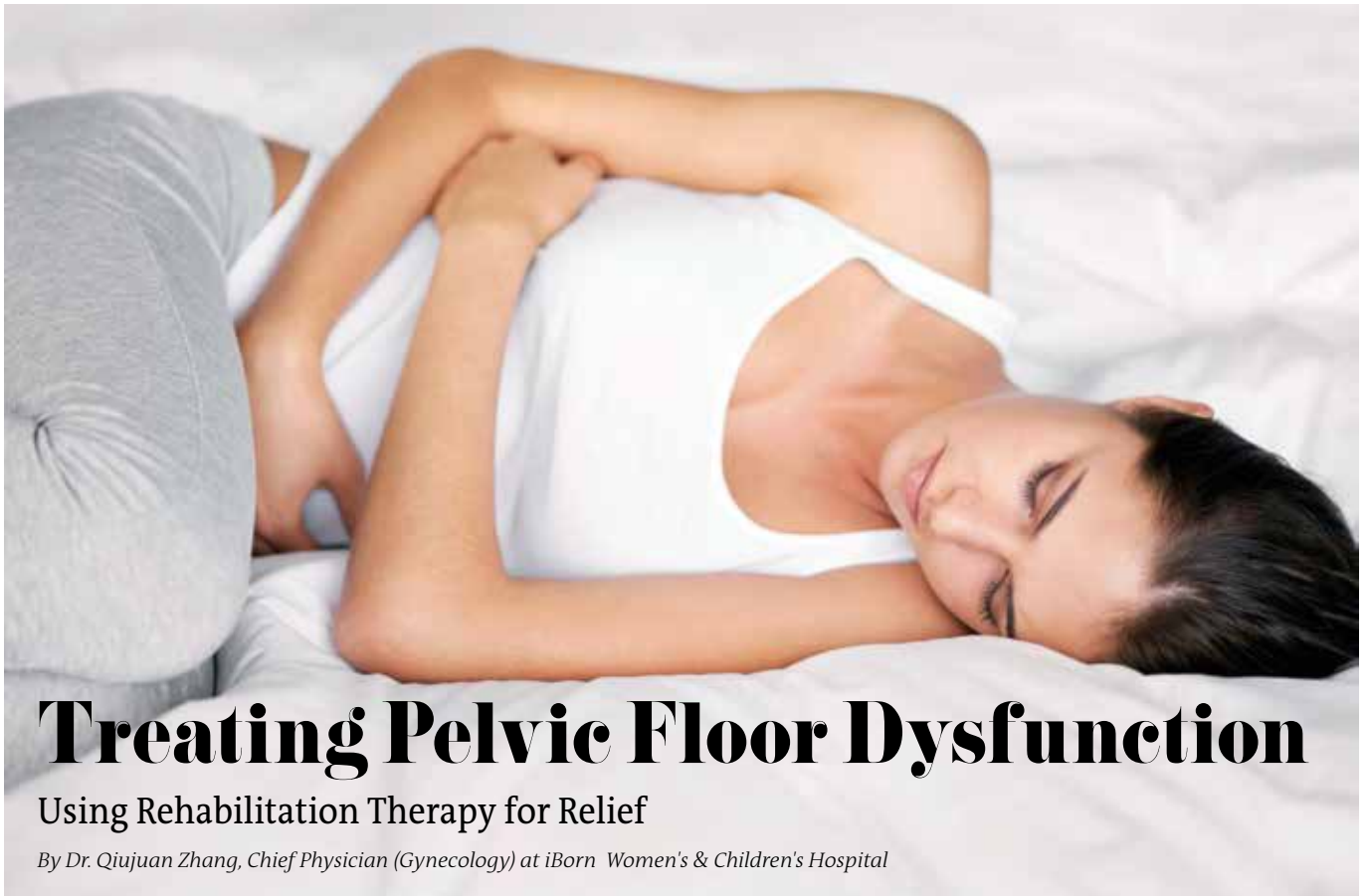
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# Treating Pelvic Floor Dysfunction

## Using Rehabilitation Therapy for Relief

By Dr. Qiujuan Zhang, Chief Physician (Gynecology) at iBorn Women's & Children's Hospital

### What is Pelvic Floor Dysfunction?

A Chinese epidemiological survey has shown that more than 10 to 40 percent of women have varying degrees of pelvic floor dysfunction, and 18.9 percent of women suffer from stress incontinence. So, what is pelvic floor dysfunction?

Pelvic floor dysfunction is a group of diseases caused by abnormal pelvic organ location and function. This is a result of a weak support structure, which is caused by a variety of reasons. These diseases include urinary incontinence, vaginal anterior and posterior wall prolapse, uterine prolapse, sexual dysfunction and other diseases. With the rapid aging of the Chinese population, pelvic organ prolapses due to pelvic floor injury and functional degradation has impeded the health and living quality of older women, and the main reason is failure to prevent pelvic disease after delivery.

### Pregnancy and Childbirth

Female pelvic floor muscles are like a spring bed; it supports the bladder, uterus, rectum and other pelvic organs, and have a number of physiological functions to maintain a healthy body, such as control of urination and defecation, maintaining vaginal tightness, increasing sexual pleasure and

many other physiological functions. During pregnancy, there is abdominal and pelvic organ pressure on the pelvic floor muscles, coupled with increasing fetal and uterine weight. This means that that pelvic floor muscles continue to compress during the pregnancy. Damage is caused by pelvic muscles over-stretching during childbirth and perineal injury, caused by obesity, coughing, constipation, genitourinary tract infection and other reasons, resulting in muscle relaxation. Trauma is also caused when the fetus moves through the birth canal. The above reasons lead to many postpartum women suffering from pelvic floor dysfunction.

### Can a Cesarean Section Avoid Pelvic Floor from Muscle Damage?

Pelvic floor muscle damage occurs during pregnancy. Therefore, pelvic floor muscle damage cannot be avoided if there is a Cesarean section during pregnancy. The risk of urinary incontinence is 38.9 percent if a Cesarean section occurs for the second time.

### What are the Symptoms of Pelvic Floor Dysfunction?

There are two major symptoms. The first is stress incontinence, where coughing, sneezing, laughing and involuntary leakage

when lifting heavy objects occur. The second is pelvic organ prolapse, where back pain, vaginal relaxation, vaginal wall prolapse and severe uterine prolapses occur.

### Can Pelvic Floor Muscles Damage be Cured?

Pelvic floor rehabilitation therapy is a very effective way to treat pelvic floor muscle damage. It utilizes electrical stimulation and bio feedback training to wake up injured nerve muscles, increase pelvic floor muscle strength and elasticity and restore pelvic floor function. In this non-invasive, painless and relaxed treatment process, vaginal tightness and quality of life can be increased, while helping to prevent and treat pelvic floor dysfunction, such as urinary incontinence, uterine prolapse and so on.





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# Sleeping Safe

## A Quick Guide for Babies Up to a Year Old

By Dr. Lynn Zhou, Pediatrician at Vista-SK International Medical Center



**P**utting baby to sleep? Here are a number of key points related to day-to-day parenting for parents with babies up to one year old, based on the latest update from The American Academy of Pediatrics.

### Back to Sleep for Every Sleep

The recommendation to put your baby on their back to sleep (supine position) has not changed: whether it's day or night, both preterm and full-term infants should lie on their back to sleep for their first year. Tummy time should be limited to while infants are awake and alert. This also applies to babies who frequently vomit up their milk, such as children with gastroesophageal reflux. Parents often worry that regurgitation of food or liquid into the trachea may cause suffocation, but in fact this concern is unnecessary due to protective airway mechanisms. The only rare exception is if the infant with gastroesophageal reflux disease has an upper respiratory tract malformation, resulting in the protective airway mechanism being impaired. A doctor should do an individual assessment in this case.

When talking about sleeping positions, mothers frequently ask: What if the child turns in their sleep? The latest guidelines mention that if the child can roll over and back easily, e.g. can change positions

themselves from sleeping on their back to their stomach and from their stomach onto their back again, parents can leave their children in the position they have assumed, they don't have to be deliberately turned back.

### Sleeping Environment

Remove all soft and scattered bedding, including loose blankets, pillows, toys, protection pads and bumpers, as these can increase the risk of child suffocation, strangulation and entrapment. Baby's sleepwear should also not be loose or cause overheating. Infants should be placed on a firm sleep surface (eg, a mattress in a safety-approved crib) covered by a fitted sheet with no other bedding. Mattresses which are too soft or memory foam mattresses can increase the risk of suffocation. Safety approved cribs, bassinets, play pens and portable cribs with properly fitted firm mattresses should be used.

While parents may coax children to sleep using car seats, baby strollers, rocking chairs, slings, etc., these are not recommended as sleeping environments for infants, especially for children within four months old. In addition, in the use of sling carriers, please make sure that the child's face is always visible and that the head, mouth and nose are clear of the sling and any obstructions.



### Room Sharing, not Bed Sharing

It is recommended that infants should sleep in the same room as their parents for at least the first six months, but preferably for the whole first year. Infants should never share a sleeping surface in their first year. What if parents fall asleep while feeding the baby in the middle of the night? This is common, so to reduce risk parents should feed their baby in their adult bed without any blankets, pillows or other soft objects nearby. Once you wake up you should put baby back in their own crib. The latest guidelines also mention that when parents and babies are relaxing together on a sofa/couch or armchair they must pay attention to keep awake, as this is a dangerous sleeping environment for a baby, with a high risk of accidental death during sleep.

For more information regarding related guidelines for SIDS, including breastfeeding and how to recognize overheating in your infant, please contact Doctor Lynn Zhou in the Vista-SK Pediatrics Department.







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# Let's Talk About the Birds and the Bees

## How to Approach a Sensitive yet Important Subject

By Leonard Stanley



So my oldest child is now a teenager, and you know what that means! It's time to talk about a topic that most parents dread – one that you can never really prepare for, yet it needs to happen. That's right, it's time to discuss the birds and the bees. For this issue I'm going to share parts of my recent conversation and provide a few pointers on how to talk to your child about sexual intercourse.

The talk is the informal conversation about reproduction and intercourse that every parent needs to have with their child at some point in their teenage years. However, many parents struggle with how to best broach such a sensitive yet important subject. After analyzing my conversation with my son, I found it useful to break down the talk into three simple parts – the technical, the practical and the emotional.

Before I begin, we need to first address the issue of timing. If you are unsure when you should have this talk don't worry, there is no textbook answer on the best time to discuss this topic with your child. So, it's really our responsibility as parents, to decide the 'when.' My wife and I were looking for an appropriate time to have the conversation with our son, based on the nature of other conversations we were having at home. So, when he started to ask more mature questions about relationships, we knew the time was right.

As our son approached his teenage years, he had become less communicative and start-

ed seeking his own privacy and personal space away from the rest of the family. He wanted to go out more with his group of friends and started looking for other ways to seek his independence. It was at that moment we decided that a conversation was in order. Pay close attention to your child's behavior as they may give off signals to let you know that the time is right. Whatever your choice may be, just be careful that you don't leave it too late and wait until you suspect certain activities are already taking place before the big talk.

### The Technical

When having this conversation, it is best, and probably easiest, to start off with the formal and scientific aspects of this topic. Be technical. Don't dumb down the speech or use euphemisms when describing body parts or actions, as I believe it helps reinforce the seriousness of the conversation. A strategy that I used was to ask what my son already knows about this and then build from there. He was aware of the basic knowledge of biology and that the sperm fertilizes the egg, yet when I asked him how all that happens, he didn't have a clue! That is where you can fill in the blanks.

### The Practical

If every parent had it their way, then our children would all wait until marriage before engaging in intercourse. However, in reality

we know that is not the case. Children are curious and usually end up exploring that curiosity sometime during their teenage years. So, I feel that it is our job to prepare them with all the necessary information to make sure they make the best decisions. No such talk is complete without 'how to protect yourself.' Discussions about pregnancy, condoms, birth control, STDs and overall safety are a must. Your child should be equipped with as much information as possible before they make a potentially life changing decision and this is no exception to that rule.

### The Emotional

This is just as important as the other parts of this conversation and should not be neglected. When discussing this topic, maturity is paramount. The same is true for engaging in the act. Both consenting parties should be well prepared to deal with the emotional connections that come with the action as well as the heartache followed by a failed relationship. Also, the two parties should be able to have open and honest communication. One of the things I told my son was, "If having a straightforward conversation with the person about this topic is too weird, difficult or awkward, then that is a solid indication that you may not be ready to take that next step."

Having a discussion about the birds and bees is obviously a much more complex and important topic than a few words in a magazine article can manage to cover, but I hope I was able to give you a bit of insight into what it was like for me to have this conversation with my child. I hope you can take away some ideas that will help you when it is time to do the same with your children.







# Making Things Right

## How do we Help our Children Manage Ruptures to Their Relationships with Friends and Classroom Peers?

By Dr. Nate Balfanz

**T**he upcoming summer season is by far the busiest time of the year for a variety of reasons. For starters, the holidays are coming soon. In addition, school teachers and administrators are able to identify more clearly which students with academic and/or behavioral challenges they can manage within the school setting for the next academic year, versus those that would benefit from the additional support of an outside treatment provider. Recently, many of the families I work with involve children who are experiencing prolonged challenges with initiating and maintaining positive relationships with others, while also struggling to resolve the disruptions that tend to occur in those relationships. As one can imagine, this often leads to a detrimental impact on a child's sense of self-worth and regard for school as a safe and welcoming environment.

So, what can we do as parents and supportive adults to help our children manage the inevitable challenges that come with making and maintaining a consistent and reliable group of friends?

### What the Research says

Time and again, research has indicated how a child's ability to tolerate frustrations and navigate disruptions that can occur in peer relationships originates within the home environment.

In a 2013 longitudinal study on the evolution of children's social competency from infancy to adolescence, developmental neuroscience expert Dr. Ruth Feldman and her colleagues derived this finding. One of the strongest predictors of a child's ability to demonstrate social capabilities, to exercise conflict resolution strategies and to minimize aggressive, acting out behavior in social exchanges was the frequency and quality of interpersonal relationships with caring and attentive adults in the infancy and toddler years. In other words, there is a direct correlation between the success with which your child is able to manage conflicts and ruptures in their relationships beyond the home, and the quality of your relationship as a parent to your child from infancy and throughout the childhood years.

### With This in Mind, I Have Developed Three Tips for Helping Children Manage their Social Relationships

#### Validate Feelings While Modifying the Approach

I always make it a point to remind parents and children alike, that our feelings are never wrong; it's what we choose to do with them that makes all the difference. Teach your child that it's okay to feel angry, sad or upset

after a disagreement with a friend, and then brainstorm with them the language they could use to communicate those feelings in a manner that does not further escalate the situation. For example, "When we argued, it made me feel sad because our friendship is important to me."

#### Model Healthy Conflict Resolution for your Child

I will often encourage parents to conduct themselves, whether at home or in the workplace, as if their child is watching their every move. As research suggests, there is no model more important than a parent to demonstrate how to effectively manage disputes and repair ruptures to interpersonal relationships.

#### Help Facilitate a Discussion to Restore the Relationship

An effective strategy that I see frequently utilized is requesting a counselor to host a 'restorative chat,' to help resolve a dispute that has occurred among friends. With the assistance of a supportive adult to help facilitate the discussion, children are encouraged to take ownership of their actions, validate one another's feelings and work cooperatively to arrive at a peaceful resolution to the problem at hand.



# Order From Chaos

## The Need for Routine

By Leonard Stanley

Organization is an essential element to any well-run home. With that being said, the establishment of family routines is one of the most significant concepts for parents to understand. Once mastered, it has the potential to ease stress and provide the necessary balance and tranquility for a harmonious

household. So, with that in mind, I thought I would address, from my experience, the issue of why routines are important and how best to implement them.

Routines provide advantages for both children and parents. A solid and consistent schedule will help your child understand what is important and in need of prioritization, while allowing them to feel like valued contributors to the way in which the household is run. As younger children are yet to fully comprehend the concept of time, they tend to live their lives by events that happen and the order in which they occur. With consistency, children feel secure in their understanding of how society operates, and as a result, they are more confident and better prepared to deal with the world around them. Moreover, it is an effective strategy for teaching discipline, responsibility and self-control. Children do not have an enormous amount of influence over their day-to-day activities, but routines provide them with a sense of comfort and stability that would otherwise be lacking.

Parents need routine too. It is a mistake to believe that only your child stands to benefit from a well-planned, efficient and effective schedule. I believe we have just as much, if not more, to gain from bringing order to our households. For starters, a regular and consistent routine can help you feel as







though you are excelling as a parent. The fast pace of life here can be difficult to manage, yet with an established routine, you will feel more organized and in control, resulting in lower levels of stress. Furthermore, routines often free us from having to resolve disputes and make decisions. No more worrying about whose turn it is to do what. Lastly, an effective routine communicates togetherness as ideally, parents should present themselves as united and equally invested in their child's development. If parents aren't on the same page regarding certain aspects of a child's life, the child may at times sense the lack of leadership and take full advantage.

The first step to implementing a successful routine is to identify what I call the 'swing times.' Swing times are periods in the day where major transitions take place. The big three swing times for school aged children are: waking up in the morning, coming home after a long day at school and settling down at night before bedtime. It is during these moments you need to coax your child into transitioning from an activity that they may be enjoying, to something different that may or may not be as entertaining. While getting your children up and putting them to bed are often the

most challenging times of day, they are also the most important. A good sleeping schedule is directly related to attitude and behavior management.

The next step is to start slowly with manageable tasks and expectations that you can have your child execute during these swing times. Then, as they are mastered, you can begin to add to them if necessary. Look for creative ways to involve your child in the routine creation process. Try and make it engaging by getting them to first identify the swing times and list the things that need to be done. After that, together you can agree on how those things will be completed, who will do them, and when. This way, your child feels like they have contributed to the schedule and understand the expectations.

Finally, with all this planning, don't lose sight of the fact that children still need time to be kids. So, while you aim to establish and maintain order, also keep some freedom and flexibility in there, too. I believe that spontaneity and creativity are just as vital as order and consistency.

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# The Great Spa Escape

## Why Spa Treatments are Good for the Body

By Dora Chen

**T**oo busy to travel? Contrary to what a lot of media tells you, feeling good can be a lot of work – and many people are already aware of this. Whether you want to enhance your natural beauty or just escape from the trials of a long day, a spa offers a retreat for your specific needs. However, how do you know what spa therapy to choose? How many kinds of massages are there? The books tell us that there are over 200 kinds of massages, and the type that is right for you depends on one's unique purpose for obtaining a massage. Here are seven of the most popular ones offered in most spas around the world.



### Swedish

Swedish Massage is the “original” Western style massage and is the foundation for other Western massage techniques. Swedish style massage uses long strokes, kneading and friction with the primary purpose of increasing circulation and promoting relaxation. Pressure can be light to firm. A Swedish massage may involve the use of various oils, especially essential oils, to reduce friction as well as for their aromatherapy benefits.

### Deep Tissue

Deep tissue massage is a type of massage therapy that focuses on realigning deeper

layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. Some of the same strokes are used in classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles). It shouldn't hurt, but it's likely to be a bit more uncomfortable than a classic Swedish massage. It's important to drink a lot of water after a deep tissue massage to help flush lactic acid out of the tissues.

### Hot Stone

During a hot stone massage, your body is not only weighted down with hot, smooth stones, but the masseuse also uses the stones to massage your body. It's like being caressed by the smoothest hands, but also being scorched by them. A hot stone massage is mostly relaxing, but it also is more invigorating than your run-of-the-mill massage, thanks to the heat bringing you back to focus on the moment instead of letting you drift off. The heat helps release the tension in your back and shoulders, mostly, so those muscles can be worked on more effectively.



## Shiatsu

A Japanese style of massage rooted in Chinese medicine, Shiatsu massage aims to eliminate blockages that keep the body's energy force, or Qi, from flowing freely. Therapists use many different techniques, often employing their elbows, knees, and even their feet, as they work out tension from the back, joints, and limbs. The practice also helps boost the immune system, improving the body's ability to heal itself. It also stimulates the systems of the body, including the circulatory, lymphatic and hormonal systems. Many patients opt for Shiatsu because it's a natural approach to dealing with health problems, treating the patient's spiritual, mental and physical well-being simultaneously.

## Thai

If you've been looking for a change from your traditional Swedish massage, or you are particularly stiff or sore due to exercise or arthritis, Thai massage may be just what you're looking for. Thai massage is performed while you are fully clothed, usually on a padded mat on the floor, and employs stretching, pulling, and rocking techniques to relieve tension and enhance flexibility and range of motion. It is sometimes called the "lazy person's yoga." The therapist uses his or her hands, knees, legs and feet to move you into a series of yoga-like stretches and also applies deep muscle compression, joint mobilization and acupressure. Thai massage also utilizes



energy work, which, according to ancient Asian culture, treats the subtle energetic field within the body.

## Trigger

A trigger point (also referred to as trigger site or a muscles knot) is a very tender spot in the body, often an isolated area within a particular muscle group, which will cause shooting pain in other areas of the body when stimulated. Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. The results and benefits of trigger point massage are releasing constricted areas in the muscles thus alleviating pain.

## Foot

Foot massage is a simple and effective method to relax your body and mind. It is based on

the tenets of foot reflexology and involves applying pressure on key points in the foot to get benefits. During a foot massage, your feet undergo a very relaxing experience as the reflex zones are manipulated and rubbed. You will take off both your socks and shoes and sit in a comfortable chair. Therapists will sit on benches, stools or the floor while they work on your feet.

## How to Choose the Right Spa Treatment/Massage for You?

Dedication to tranquility, great service, and wellness are what make a massage at a spa exceptional. So how do you find the right spa treatment/massage for you?

Linda Zhang, Assistant Manager at the Away Spa at W Guangzhou, recommends that when you go to a spa, the first thing you must do is be open and honest about what kind of treatment you are looking for. "When clients come to us, we ask them to fill out a questionnaire. This allows us to identify the best spa treatment/massage for them, so that we can give them a sense of well-being, calm and deep relaxation. We strive to give everyone a wonderful experience, and we can only do this if clients are honest with us and tell us what their desired outcome is". Her second tip for you is to encourage you to communicate the goal outcome with your therapist. "It is very helpful to communicate with your therapist. Talk about any discomforts or problem areas that you may have or want attention focused on. This also includes the amount of pressure applied whilst massaging".

Last but not least, enjoy the spa experience; it's like a mini vacation that you deserve!

Thank you to Away Spa in Guangzhou for the above advice and spa pictures. Away Spa is located at W Guangzhou.



# 12 Common Courtesies for Children

## What Good Habits Will You Inculcate to Your Kids?

By Sue Miles

**Y**our children are never too young to learn good manners. Given the world we live in now, it seems more important for parents to start teaching courtesy to their children as early as possible. The following are the common forms of courtesy that you must impart to your children:

### #1 Magic Words: "Please" and "Thank you"

According to well-loved *Barney* the purple dinosaur, these are magic words. Teach your child to say "please" every time he/she needs a favor and to say "thank you" every time a favor is done for him/her.

### #2 Good Table Manners

Good manners extend to the dining area as well. It is important to teach your children the following table etiquette:

- Wash your hands before eating
- Keep your mouth closed as you chew
- Don't talk when your mouth is full
- Place the table napkin on your lap
- Wipe your mouth with the napkin

When your children practice these at home, they will know how to act appropriately when you bring them with you at dinners and gatherings.

### #3 Ask Before you Take

When a child takes something from another child without any permission at all, it can create conflict – not only between the said children, but between the parents as well. Teach your kids to ask before taking something that isn't theirs. The lack of knowledge surrounding this etiquette may result in bigger problems, such as theft, as your child becomes older.

### #4 Knock Before Entering

One way of being polite is by knocking on the door before entering a room. Whether it is the bedroom, bathroom, or any other room in your home or in other places, your child must learn how to knock.

### #5 Say Sorry Because you Mean it

These days, the word 'sorry' is spoken by a lot of people without actually meaning it. The best way to instill empathy and sincerity into your child is by teaching him/her how to say 'sorry' when he/she truly feels sorry.

### #6 Don't Point at People

When you were a child, your parents probably told you that when you point your finger at a person, your other three fingers are pointing back at you. Pass this wisdom to your kids too. In many cultures, pointing a finger at someone is considered as a rude gesture because it hints superiority over someone.

### #7 Cover the Mouth when Sneezing or Coughing

Covering the mouth when sneezing or coughing isn't only a form of good manners, but it also promotes good hygiene as it inhibits bacteria from spreading and infecting other people. Teach your children this kind of manner as early as possible, even before he/she starts going to school.

### #8 "Excuse Me"

Children are impatient by nature. If they need something from you, they'll ask for it right there and then, even when you're in the middle of something. You may have noticed some children interrupt their parent's conversation with other people, calling out to the mother or father repeatedly, and in return, the parent gets angry at the child for doing so. Refine your child's upbringing by teaching him/her how to say "excuse me."

### #9 "Hello" and "Goodbye"

Teaching children social graces such as "hello" and "goodbye" is not only a way to develop respect and good manners, but a way to develop their social skills. It encourages them to talk and recognize other people's presence.

### #10 Address People with their Real Names or Nicknames.

Calling others mean names is already an act of bullying, and when this act gets worse, a simple act may lead to physical violence. Instill in your child that when

speaking with others, address them using their real names, whether at school, home, or anywhere. You may tell them to use nicknames when and only if they are given nicknames. Of course, you have to lead by example.

### #11 Listen when Someone is Speaking.

Teach your children to never interrupt when someone is talking, to listen patiently and wait for their turn to talk. Yawning and loud burping are unpleasant habits that should be avoided when someone is talking. Teach your children that butting into a conversation is an offensive behavior.

### #12 Greet Others with a Smile.

This may seem a little bit of a cliché, but a simple smile can brighten up the mood of those people around you. Practicing how to smile often when interacting with others can make a huge difference. Teach your child to smile often (and as the saying goes, the whole world will smile back at you!)

**A parting note to parents:** Last but not least, practice what you preach. You will be more effective in imparting good manners and right conduct on your children if they see that you are applying these to yourself as well.





# Manners are Caught, not Taught

## The Art of Politeness

By Thomas Powell

In the fast-paced and crazy society we live in, a vast amount of people seem to think that manners are a thing of the past. Some may think that there simply isn't enough time to be polite, whilst others may think money and position entitles them to treat others in a different way. Either way, manners that were embedded in culture and tradition for hundreds of years are simply vanishing before our eyes these days.

Manners and etiquette differ in every country we visit and will either continue for thousands of years, fade away or change as time passes. A handshake that is natural for us to use when greeting new people was in fact, once used to show that men were not carrying a sword. Dinner time with phones and iPads that we so commonly see at restaurants, used to be a time for family discussion. Manners have considerably changed for both the better and the worse, but instilling children with the mindset of behaving in an appropriate way and showing considerate and polite behaviour should be a key factor at home and in the classroom.

Investing money in extracurricular activities is of course excellent to further enhance learning out of the classroom but, providing children with an adequate home education is essential in today's world. Children are molded into the person that people around them create, hence setting a positive example is crucial. Encouraging parents to speak to children regularly and to always acknowledge and encourage kind acts will give children the manners that will set them apart from others when they grow up. Saying 'please' and 'thank you' are just the beginning of good manners and parents should make it their mission to set a positive example in their daily lives.



**Ask yourself the following questions and create your own action plan of raising a child with excellent manners.**

- Does your child say please and thank you always?
- Is your child aware of other's space in public?
- Does your child acknowledge new

people when they enter the room?

- Is your child aware they are not always the focus of attention?
- Can your child survive dinner times without reaching for mum's phone?
- Does your child compliment others?
- Can your child engage in small talk with mom and dad's friends?



- Can your child share toys without throwing a tantrum?
- Does your child apologize and take responsibility for his actions?
- Does your child ask before taking?

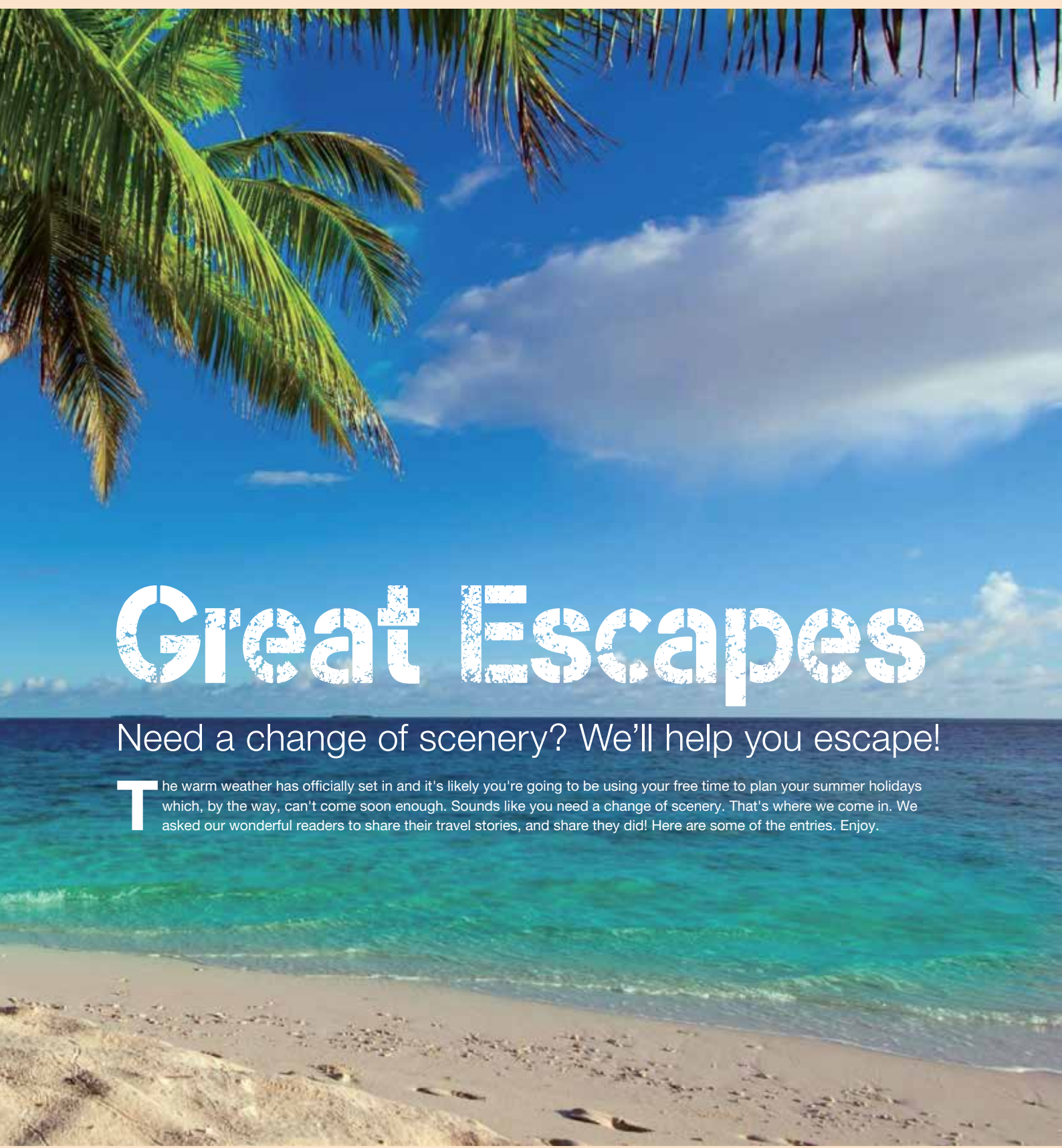
Children are never too young to start developing good manners and it is imperative parents encourage this important life skill from a young age. However, regardless of the amount of books we read or videos we watch, manners are indeed caught, not taught.

Thomas Powell has been living in Guangzhou for over five years and is the co-founder of MasterMind Education, a center committed to developing important life skills in socially responsible young children.









# Great Escapes

Need a change of scenery? We'll help you escape!

**T**he warm weather has officially set in and it's likely you're going to be using your free time to plan your summer holidays which, by the way, can't come soon enough. Sounds like you need a change of scenery. That's where we come in. We asked our wonderful readers to share their travel stories, and share they did! Here are some of the entries. Enjoy.



# The Bone Church

## The Sedlec Ossuary of Kutna Hora, Czech Republic

By John Thompson

**J**ust outside of the Czech Republic capital of Prague, in the nearby city of Kutna Hora, stands the Sedlec Ossuary. Also known as 'The Bone Church,' it is one of the most unusual churches in the world. It doesn't have the grand exterior of medieval arches or the stunning stained-glass windows that many of the other renowned chapels and cathedrals of Europe boast. For the Sedlec Ossuary, it's what on the inside that sets it apart, as its insides are constructed from human bones.

In 2015, while on a brief visit to Prague, I learned of the Bone Church and decided to make the brief trip to Kutna Hora. The two-hour train trip whipping through fields of yellow colza flowers brought me to the small town. I stepped off the train and stepped back in time. Kutna Hora had that old, medieval feeling that I had not felt in the Czech capital. Though the town itself was oozing with old world charm, I immediately found my way to the ossuary. I descended down the steps into

the basement and found myself in the middle of a real-life horror movie. Hundreds of skulls glared at me from around the room. The human bones arranged into entranceways, doors, and furniture created one of the most amazing sights I had ever seen. I walked around the ossuary in dumbstruck amazement.

Perhaps the most stunning artifact inside the church is the chapel chandelier which hangs from the center of the room. The chandelier was created from and contains all 206 bones of the human body. The chandelier is the best candidate to symbolize the Sedlec Ossuary and its rich history. The macabre history of the Bone Church began in 1278 when the King of Bohemia sent the abbot of Kutna Hora to Jerusalem. The abbot returned with a jar of soil from Golgotha, the hill upon which Jesus was crucified, which he spread upon the ground of the graveyard of his small chapel. 'The Holy Soil,' in the eyes of many, transformed the grounds into a holy place. Soon, thousands of Czechs asked to be buried there, and the cemetery had to be expanded. Before too long, the cemetery reached capacity. There were so many people buried on the grounds that 14th century accounts de-

scribe bones poking through the ground due to its oversaturation. So, in the late 15th century, the authorities at Kutna Hora decided to build a small, medieval-style chapel - the Sedlec Chapel. The basement of the chapel was to be used as an ossuary or a place to store bones. A group of monks took up the task to dig up many of the crowded residents of the cemetery and stack their bones in the ossuary. In the mid-19th century, the abbot of the Sedlec Ossuary desired to do something with the numerous piles of stacked bones in order to expand the chapel. In 1870, he hired a local wood-cutter named Frantisek Rint to undertake maybe the most gruesome interior decorating job of all time - placing the bones in order. Rint approached the job with enthusiasm. Rint constructed all tables, chairs and decorative wall adornments from the 40,000 skeletons. The final result - including the gruesome chandelier - is impressively shocking.

As I exited the ossuary, the signature of Rint, composed out of human finger bones upon the wall, thanked me for my visit. Still reeling from what I had just seen, I boarded the train and made my way back to Prague.



# Mexico with the Family

## A Happy Reunion

By Jack Sweat (Age 9, International School of Nanshan Shenzhen)



**S**chool's out! I was 7 years old during this fateful trip, and we had a two-month break. I was getting ready for my summer holidays. I remember all the other great memories from my last trip to Mexico, so I was ready to go back.

We made our way to Hong Kong. First, we had to take a 15-hour flight to Los Angeles, and then take another three-and-a-half-hour flight to Mexico. On the flight to Los Angeles, I was trying my best not to sleep because I wanted to watch all the fun movies. After flying for so many hours, we finally reached Mexico City. We were so excited to be back. When we got out of the airport, it was dark but I was not sleepy at all; it was like I just woke up. We were waiting for the driver to take us to a place called San Miguel de Allende. It is about 270 kilometers away from Mexico City, in Guanajuato.

When we reached San Miguel, the first thing I noticed was the smell; it smelt fresh and homely. Many of the houses are connected to each other, so it's very inviting. They don't build houses like that anymore

in San Miguel.

In Mexico, I noticed that people love to sing songs; some are funny and some are religious. San Miguel has a long history and they have giant churches that were built many years ago. San Miguel's most famous church is called La Parroquia de San Miguel Arcángel. It is very close to Jardín, which means garden in Spanish. Jardín is a very big garden that is shaped like a square, with many bushes, seasonal flowers and several fountains. Many animals and birds live in the garden too. We love to go to there with our friends to play games like 'capture the flag' and 'tag.'

In San Miguel, there are a lot of celebrations. One of the most famous celebrations in Mexico is the 'Day of the Dead.' Mexicans remember and honor their deceased loved ones on this special day. Here is an example: after a person dies, on Day of the Dead, their family will put their favorite food (like pizza) on their grave and pretend that they would eat it. It is a festive and colorful celebration. If you have seen the movie *Coco*, you will know what I am

talking about. One tradition that I really like are the parades, led by colorful *mojigangas*, or giant puppets. These dancing *mojigangas* often led us along the streets and into the Jardín. It was hard not to be completely excited by them. The puppets often go crazy, and they came to a party to welcome my grandma and grandpa. We just danced around and it was so much fun.

Whilst in San Miguel, I played lots of games. People in San Miguel love to play games and I found that many of them are quite competitive. The local people love soccer. One time, I had a basketball class, and we were playing against three fifth graders. We won! Well, we did have five people in our group, so I guess that helped!

In San Miguel, I noticed a lot of poverty, which is very sad. Most people mentioned that they want to become pilots, because the salaries are good and they can visit places that they would otherwise not have a chance to go to. One time, when I was walking back to the house we were living at, I saw three people that were very poor. I felt very bad for them. When I lived in Mexico, I was very lucky to attend a good school. We went on many field trips too, such as to a cheese factory, an orphanage and a museum.

San Miguel is a wonderful place to visit! You should visit too.







# A 3-Day Trip to Macau

## The Best Trip I'd Ever Had

By Angel Cao (Aged 8, International School Nanshan Shenzhen)

It was a sunny morning when I woke up. I looked over at the time, and it was 6.35am. Finally, the special day that I was waiting for was here. We were ready for Macau! I quickly got ready for breakfast and went down to eat.

Our family, consisting of my mom, dad, big brother and I, were ready for our big trip. We were going to the Shenzhen Shekou dock for a 70-minute journey to Macao. We soon arrived at Macau International Dock. Our whole family was very lucky, because none of us got seasick. As soon as I laid my eyes on Macau, I was in awe. It looked excellent. I was running around with happiness and I was so excited to see our hotel. Our hotel was named 'The Galaxy Hotel.' When I got to the hotel, I was super impressed by the decor. I almost felt that I was in a dream. I was quite tired when I got to my room, so I decided to have a nap. I didn't even realize that when I woke up, it was time for dinner. We went to a buffet restaurant; it's my favorite kind of restaurant as there are so many choices.

On our second day, we went to a shopping mall and bought clothes, make up, toys, books and a lot of other stuff for me,

my big brother my parents, and our home. When we got back to our hotel, it was nearly lunchtime. I didn't even get to play all morning. But my mom said that I should not worry, because I could play for a few hours after lunch. After mom said that, I totally freaked out and I could not believe my ears. I asked what our lunch plans were, and my big brother said "Guess? It is your favorite place to eat." "Buffet?" I asked. "Exactly," mom said. My dad then told me that for every single meal, we were going to eat at buffet restaurants. After lunch, I went to a place called 'Place Just For Kids,' and it



was absolutely wonderful. I did not want to leave at all. I will never forget such an amazing place. As soon as I went to bed, I went to sleep immediately because I was very tired.

On the third day, when my family and I went down for breakfast, we were just in time to see a super exciting show. It was very beautiful and I took lots of videos and pictures during the show. It was truly amazing. I think that it was amazing because every single person who saw the show was in awe, and I could see the looks on their faces. My mom said after breakfast, we had to leave and go back home. I was very upset because I wanted to stay longer. But my mom knew this, and she promised to bring me back to Macau this summer, as well as next summer. I then stopped arguing and ate my breakfast happily.

On our way home, we decided to take a plane instead of a ferry. We had lunch on the airplane. I fell into a deep sleep and dreamt that I was kidnapped. Then, suddenly, I woke up, and realized that I was on the airplane. Oh dear! As soon as we got home, I was so tired that I just brushed my teeth and fell asleep, dreaming of my next trip to Macau.



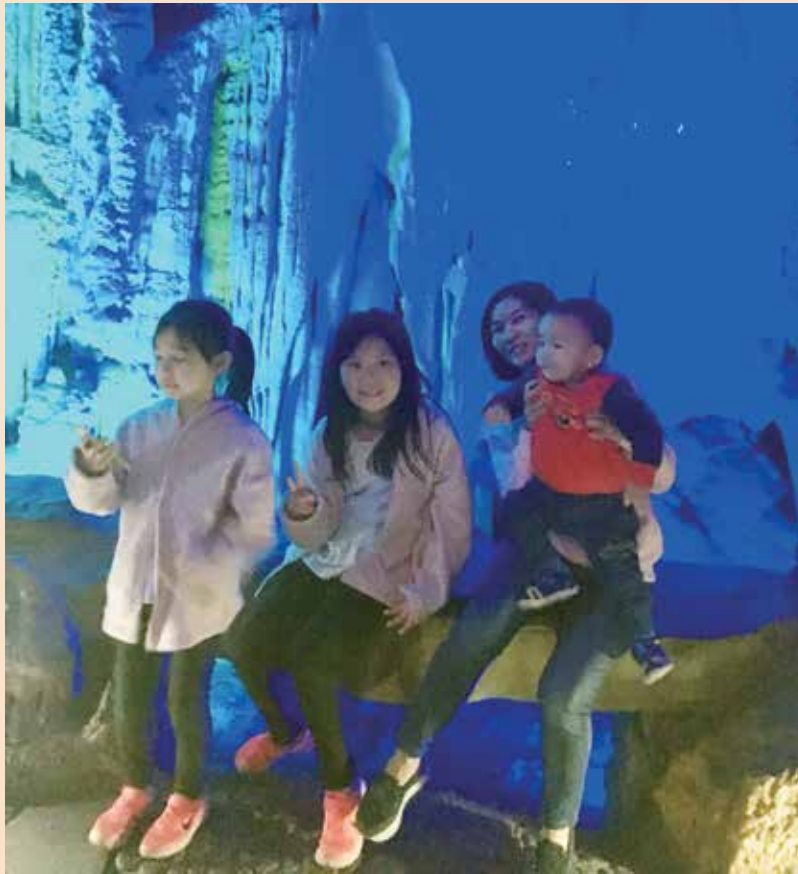
# My Trip to Guilin

## An Amazing Trip

By Bella Luo (Aged 8, International School of Nanshan Shenzhen)

**W**e arrived at the train station to commence our journey. We took a three-hour long train ride and finally arrived in Guilin. A driver was there who drove us to the hotel. On the way there, I saw mountains surrounding us. Even though Guilin is a little bit dirty, the mountains were just so different. The mountains in Shenzhen are often as green as fresh plants when they just blossomed. But the mountains in Guilin were so rocky and tall that I hardly see anything green.

I fell asleep since the ride took an hour and a half, and I didn't sleep on the train. My mom woke me up and I was relieved we'd arrived at the hotel. I walked in and realized that the hotel resembled a gigantic garden with lots of houses. The staff showed us which one was ours and I found out that each house had a different name. Each house also had a small backyard, a porch and big rooms. There was sufficient rooms for each family member. There were five floors in total. It was my first experience of living in a house. You don't need to even go outside to have breakfast, dinner or lunch; all you do is you call, order, and the staff will bring what you ordered. I have to admit that it was a really relaxing hotel. There were activities for kids, such as making honey, picking vegetables and even catching fish with your



hands. We were there for seven days. During my time there, I went to pick vegetables and learnt how to make honey. We played on the grass, which was loads of lots of fun as we would slide down from the grass slope. I played football with my sister and brother in the backyard and indulged in lots of table soccer games. I also did my homework when I had some spare

time. Whilst at the hotel, we also found a lost kitten that belonged to somebody who lived here. Luckily, we found the owner and returned it.

One of our favorite activities was catching fish with our bare hands. On one occasion, we caught 22 fish, crabs and shrimp. When we were walking back, a large, sharp stone cut my foot.

Oh, how it hurt! My mom quickly called the hotel staff and they brought the first aid kit to help me. They thought I should go see the doctor because it was really serious, but in the end, I was fine. We went to see lots of beautiful flowers in the hotel. We also went to the Li River, we took a bamboo raft and we saw such beautiful birds. Their white feathers gleamed in the sparkling sunlight, and they looked like soft feathery creatures that were so sweet and beautiful. Oh, I just loved them. I really wanted to take them home with me!

The last day, we went to visit a mountainous area and it was the most interesting and entertaining thing I've ever seen. The karst Mountains and caves in Guilin are one of the few places where you can see the raw beauty of karst hills and caves. It was made because of underground water erosion.

My trip to Guilin was excellent! I hope to go back again soon!





# Cool Down

## 5 Best Water Parks up North

By Natalie Foxwell

**H**eading to Shanghai? Taking a trip to Suzhou? Do you know that those areas are home to some fantastic water parks? Here are five of the best water parks to cool you down.



### Dino Beach Water Park (Tropical Storm)

Whether you want to relax in a lazy river that covers the perimeter of the park, or partake in one of the numerous water slides, Dino Beach (Tropical Storm) has got it all. As the temperature starts to rise, the idea of basking in a cool, refreshing pool of water sounds glorious. Located in the Songjiang district of Shanghai, you can enjoy 12 slides (including the highest in Asia), along with a wave pool, lazy river, kiddie pools and Western-style food to enjoy after you've worked up an appetite in the hot sun.

Summer months only, Mon-Sun 9am-10pm;  
RMB130-180 (child), RMB160-280 (adult). No. 78  
Xinzhen Lu, by Gudai Lu, Minhang District, Shanghai  
新镇路78号 近顾戴路



### Playa Maya Water Park

Located next to the Shanghai Happy Valley theme park is Playa Maya, the largest themed water park in East China. As the name suggests, it contains Chinese and Mayan features such as scattered relics and a Mayan god who showers down water. Playa Maya offers solace from the heat with over 40 rides, 12 slides and a 600-square-meter wave pool to keep the kids occupied. The big kids will love riding the 3.5-meter-high waves. After the sun goes down, the fun continues - stick around until closing time for a beach-themed party during the evenings.

Jul 1-Sep 3, 9:30am-9:30pm; RMB150 (child), RMB220 (adult). No. 888 Linhu Lu, by Linyin Da Dao, Songjiang, Sheshan 镇林湖路 888号, 近林荫大道





## Suzhou Amusement Land

While this water park may be a little out of the way, it's definitely worth your while. A two-hour drive away from Shanghai, this large amusement park with all the traditional rides doubles as a spa. Ride down the octopus slide, soak in a rose bath or partake in both. Suzhou Amusement Land is open all year round and offers fun and relaxation with 28 pools, including several spa pools with various themes like rose, carnation and wine. With no direct public transport, we recommend driving, and since you've made the effort to go all the way there, make a night of it and stay at the resort hotel.

Mon-Thu 1pm-10.30pm, Fri 1pm-11.30pm, Sat-Sun 10.30am- 11.30pm; RMB128 (child), RMB198 (adult). No. 397 Changjiang Lu, by Shishan Lu, Suzhou 长江路397号 近是山路



## Shanghai Sun Island Golf and Spa Resort (outdoor and indoor)

Surf's up dude! This massive pool makes waves with its 'real imported sand' beaches and twisty slides that are especially enjoyed by children. The pool is designed as a luxury water playground for all ages and even takes on the appearance of a sandcastle. The outdoor pool is open during the summer months, while the indoor pool can be enjoyed all year round. More of a luxury weekend getaway than a day trip, you can also go rock climbing, play on their 36-hole golf course, rent go-karts and ride horses.

Mon-Fri 9am-4.30pm, Sat-Sun 9am-6pm; Mon-Fri. RMB80-130, Sat-Sun RMB120-RMB200. No. 2588 Shentai Lu, Zhujiajiao Town, Shanghai 朱家角沈太路2588号



## Dakang Indoor Water Resort

While you won't get much sun at this indoor mini-version of Dino Beach, it's a good place to bring the kids for an afternoon where you can frolic in the water and avoid excessive heat. You'll find a wave pool, two water slides, family lanes, a kid-safe fountain, a kiddie wading pool and a high-diving platform allowing you to launch into 4-meter-deep water. This water park is open all year round and is perfect for anyone wanting to wear out their kids for an early bed time.

Mon-Sun 9.30am-9.30pm; Mon-Fri RMB49 (child), RMB98 (adult), Sat-Sun RMB59 (child), RMB118 (adult). No. 555, Gongkang Lu, by Changlin Lu, Baoshan District, Shanghai 共康路555号近长临路





# Perfect for Summer

Swimming Pools in the PRD

## AROUND GUANGZHOU

### W Guangzhou (indoor)

Soak up the city's energy and the sun at Wet, the W Guangzhou's indoor heated pool. Located on the 29th floor overlooking the bustling city below, this sleek haven invites you to take a swim in the indoor heated swimming pool, recline in the Jacuzzi or lounge on the plush poolside chairs and ottomans.

Open: Daily, 6am-10.30pm Cost: RMB380 (day pass to Wet and fitness center) Address: 26 Xiancun Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 广州市天河区珠江新城洗村路26号



### Shangri-La Hotel, Guangzhou (indoor and outdoor)

The Shangri-La Hotel, Guangzhou offers swimmers both indoor and outdoor ponds to choose from. And while we can't comment on the indoor pool, we can say from experience that the outdoor swimming area is "pretty, pretty good," to quote Larry David.

Open: Daily, 6am-11pm (outdoor pool), 7am-9pm (indoor) Cost: RMB400 (day pass) Address: 1 Huizhan Dong Lu, Haizhu District, Guangzhou 海珠区会展东路1号



### Xijiao Swimming Pool (indoor and outdoor)

Can't justify making the trip to Hainan for some sand and water time? Never fear, Guangzhou's Xijiao Swimming Pool, better known around town as 'the beach pool,' offers you a chance to kick back on one of their numerous patio chairs on an artificial beach. It's one of our favorite spots in the city to crush a couple of whobbly-pops (outside food and drink are allowed in) while catching a sunburn – you know, just like you would at a normal beach.

Open: 9am-9.30pm Cost: RMB40 (day pass) Address: 3 Yuenan Dajie, Huangsha Dadao, Liwan District, Guangzhou 荔湾区黄沙大道粤南大街3号

### The Ritz-Carlton, Guangzhou (outdoor)

Looking for a Roman-style aquatic experience? We bet you didn't even know that's a thing, but let us assure you it is, and you can experience it at The Ritz-Carlton! Pool guests can also enjoy use of the hotel's fitness center and sauna room.

Open: Daily, 5am-10pm Cost: RMB400 (day pass), RMB350 (kids) Address: 3 Xing'an Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城兴安路3号



### Blackbird Pool (outdoor)

Located in the immediate vicinity of Xingsheng Lu, the Blackbird Pool, designed by a French company, is a venue boasting an area of 1,500 square meters, 40 deck chairs and the capacity to host 300 people. It claims to be the only pool in Guangzhou with a swim-up bar, perfect for a mid-lap mojito (or a birthday drink).

Open: Daily, Noon-9.30pm Cost: RMB50 (day pass) Address: Fineland Moon Island, Xingguo Lu, Zhujiang New Town, Tianhe District, Guangzhou 天河区珠江新城兴国路方圆月岛



### E Coffee (outdoor)

As the name suggests, this is a coffee shop. Strangely, it is also the site of a pretty cool pool. Famous for Dragon Boat relays (seriously) and pool parties, this pool is a place to see and be seen in your coolest swimming garbs.

Open: All summer, 2-4pm, 7-9pm Cost: RMB35 (day pass) Address: East Side Gate, Tianhe Sport Center, 299 Tianhe Lu, Tianhe District (Exit D1, Sport Center), Guangzhou 天河区天河路299号体育中心东南区东小门 (体育中心D1出口)



**T**emperatures are sweltering in the PRD these days and a refreshing escape is in order. If you're looking for us this summer, you'll find us pool side at one of these amazing destinations in our fair region. Enjoy!

## AROUND SHENZHEN

### Shenzhen Swimming and Diving Gymnasium (indoor and outdoor)

Shenzhen Swimming and Diving Gymnasium has three main areas: training pools for athletes, a diving pool and an outdoor swimming pool for recreation. Whether you're pro level or here for fun, there's a sport for you in the 25-meter training pool or on the outdoor waterslides.

Open: Daily, 6.30-8.30am, 15.30-20.30pm Cost: RMB50 for two hours access Address: 2006 Sungang Xi Lu, Futian District, Shenzhen 笋岗西路2006号



### Sheraton Shenzhen Futian Hotel (indoor and outdoor)

In the heart of Futian, and a short stroll from Coco Park, the ninth-floor swimming area at Sheraton Shenzhen Futian Hotel includes an outdoor pool and a well maintained indoor pool stretching 25 heated meters. Membership is required and includes access to the gym.

Open: Daily, 7am-10pm Cost: RMB1,200 (one month), RMB6,888 (annual membership) Address: Great China International Exchange Square, Fuhua Lu, Futian District, Shenzhen 福田区福华路大中华国际交易广场



### Portofino (indoor and outdoor)

Once the home of a party organized by a certain shifty primate, the Portofino pool features an outdoor children's pool, an indoor area for lap swimming – which is usually being used for lessons on the weekends – and an outdoor lap swimming area. Chill out under the cross-pool bridge or get tanned on the wooden lounge chairs surrounding the water. The would-be poolside bar sits unused, meaning you're free to bring your own food and drink.

Open: Daily, 8am-10pm Cost: RMB80 (day pass) Address: Overseas Chinese Town, Nanshan District, Shenzhen 深圳市南山区华侨城波托菲诺国际公寓

### The Westin Shenzhen Nanshan (outdoor)

While many hotel pools in the city are closed to 'outside guests,' you can swim here for an affordable price. Bathed in natural light, boasting a city view and with poolside food ordering, the changing rooms also feature sauna and steam rooms.

Open: Daily, 6am-10pm Cost: RMB233 for three hours access Address: 9028-2 Shennan Lu, Nanshan District, Shenzhen 南山区深南大道9028-2号



### Crowne Plaza Hotel Suites Landmark Shenzhen (indoor)

The 18-meter-long swimming pool may not suit serious lap swimmers, but for most of us it is more than enough. Also included is a sauna room and a steam room.

Open: Daily, 6am-10pm Cost: RMB200 (day pass) Address: 3018 Nanhu Lu, by Shennan Dong Lu, Shenzhen 罗湖区南湖路3018号

### Lianhua Gymnasium (indoor)

This 50-meter-long stadium pool is clean and well maintained, but opens only in the morning and after 3pm. Swimmers are advised to arrive early to avoid the crowds. It's also notable for having quality swimming instructors.

Open: Daily, 6.30am-noon, 3-10pm Cost: RMB40 entry Address: Jingtian Dong Lu, Futian, Shenzhen 景田南四街与景田东路交汇处



# Ready, Set, Summer

## Summer Activities for the Family

By Katrina Shi and Lena Gidwani

Looking for activities in your neck of the woods to while away the hot summer days? Look no further. Here's a list of family-friendly places to visit in the PRD.

## AROUND GUANGZHOU

### Air Party



Air party is an international chain that offers thrill seekers a large indoor theme park that boasts high-tech games, sports and fitness activities. The indoor playground is run by American standards, installed with equipment sourced from USA and Europe, and staffed by individuals committed to both quality and safety. Its Guangzhou location is a 7,200-square-meter venue that hosts trampoline facilities, rock climbing walls, a virtual reality experience, dodgeball and a 'flying fox' tower among other attractions. Once exhausted, you can take a break at the rest area with books to entertain and relax your mind, and coffee and food to help regain energy.

11am-10pm on Monday, 10am-10pm from Tuesday to Sunday, prices vary and packages are available. 618 Xingang Donglu, Haizhu District, Guangzhou 广州市海珠区新港东路618号

### Florentia Village



Florentia Village, a leading international designer outlet mall in Foshan, has recently

opened a jungle-themed entertainment center. Follow the adventurers there (staff dressed up like jungle explorers) to check out the 3,000-square-meter indoor jungle. It is divided into four sections: fit and fun, jungle exploration, children's entertainment and a virtual reality section, with activities for both the young and young at heart. The mall itself is great too, with over 100 famous brands and fabulous discounts all year round.

Daily 10am-9pm. 28 Shugang Lu, Guicheng, Nanhai District, Foshan 佛山市南海区桂城街道疏港路28号

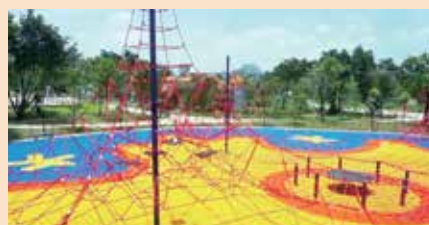
### Guangzhou Children's Park



After its relocation, Guangzhou Children's Park was upgraded and conveniently connected to a metro station. A total of 260,000 square meters, the park comprises more than 20 sections, where kids can indulge themselves in a 'wonderland of play,' build sand castles, admire sculptures, splash around in the water zone and learn a thing or two at the science zone. The park is a great place for kids of all ages. Bring some extra clothes, snacks and sand toys, and be prepared to spend the entire day indulging in some solid fun and play.

8am-6pm, free entrance. 61 Qixin Lu, Baiyun District, Guangzhou 广州市白云区齐心路61号 地铁二号线白云公园站

### Haizhu Children's Park



Apparently featuring the largest wooden horse in Asia, the park stands out as

an adventure playground in Haizhu District and "the most eco-friendly park in Guangzhou." Explore Giant Beach, where kids can hunt for artificial fossils of historical animals and dinosaur eggs. To learn more about the food that we eat, planting and handpicking fruits and vegetables in Happy Farm will allow little visitors to enjoy some farming fun.

8.30am-5.30pm, free entrance. By Luoxi Bridge, Haizhu District, Guangzhou, Line 2, Nanzhou Station, Guangzhou 广州市海珠区洛溪桥东侧

### Baosang Garden



Searching for some fresh and succulent fruits will lead you to the remote outskirts district of Huadu. One look at the grapes, lychees and longans hanging on branches will prove the long journey worthwhile. Apart from some handpicking fun, the garden provides plenty of educational opportunities too; visitors can look at silkworms and feed them with mulberry leaves. The whole garden is full of scenic spots and leisure facilities. Kids can also play on the children's slide, ramble along the lake or indulge in a meal of organic vegetables.

9am-5pm, RMB58 for adults, free for children below 1.2 meters. Shanqian Dadao, Huadu District, Guangzhou 山前大道赤坭镇缠岗村宝桑园

### Huadu Children's Park



Youngsters are often curious about the universe, and questions such as how the universe was formed, how it has evolved, and what it will happen in the future, linger on their little minds. Take them to the Astronomy Science Center in Huadu Children's Park where they can learn all this and more. The other sections in the park include a Fire Protection Hall to demonstrate fire safety knowledge.

8.30am-6.30pm, free entrance. Huacheng Jie, Pingshi Donglu, Huadu, Guangzhou 花都花城街平石东路



## MAG Universal Magic World



Comprised of some top-notch high-tech multimedia interactive entertainment, this indoor space claims to be the first integrated indoor amusement park in China. In this 20,000-square-meter magical world, robots become playmates and 7D movie and 360-degree screens will blow your mind and senses. There are some occasions when you'll find yourself in bizarre situations, like when 10,000 teddy bear statues surround you. Most of the reviews online mention the 'Night Forest' where the room is lit up as if there were numerous fireflies surrounding you.

10am-9.30pm on weekdays, 10am-10pm on weekends and holidays, RMB188 for adults and children above 1.2 meters, free entrance for children below 1.2 meters (must be accompanied by an adult). Mall of the World, North Section, Huangpu Dadao, Tianhe District, Guangzhou 广州市天河区黄埔大道花城汇北区

## Snoopy Fun Fun Garden



The Snoopy Fun Fun Garden and playground occupies more than 550,000 square meters. It is the biggest Snoopy/Peanuts park in the world and the first one of its kind on the Mainland. One can marvel at the world's largest Snoopy statue at the entrance. Once you complete the rides (which are all geared towards families), check out the museum to see how the characters have evolved over the years. The park offers good value for money if you are a Peanuts fan, as you can spend all day there.

RMB120 for those above 1.4 meters, RMB80 for children 0.9 to 1.4 meters/senior citizens. Open daily from 9.30am to 8pm. 1 Longpan Xi Lu., Shunde, Foshan 佛山市顺德区龙盘西路1号

# AROUND SHENZHEN

## Mission Hills Sport and Eco Park



Covering 220,000 square meters, this eco-friendly entertainment and leisure zone where you should take your family or friends when looking for a family-friendly day out. Located in north Shenzhen, the park has a sports and eco-tourism theme, offering shelters to a number of birds and butterflies, and play areas like a children's playground, carousel, water park and adventure play area. Plenty of sports will guarantee an energetic day for all. You can also challenge friends and family on the longest mountain bike trail in Asia, practice archery or compete in a game of golf. Families looking for rest and relaxation should opt for a picnic or barbecue.

11am-6pm on weekdays, 9am-6pm on weekends and holidays, RMB30 for adults, RMB15 for children from 1.2 meter to 1.5 meters, free for children below 1.2 meters. 1 Mission Hills Lu, Longhua New District, Shenzhen 深圳市龙华新区观澜湖高尔夫大道1号观澜湖生态体育公园

## Koolfly Trampoline Park



An area of 2,000 square meters makes Koolfly the biggest indoor jumping zone in Shenzhen thus far, featuring 50 unique trampolines. Activities like dodgeball, SuperSlam, slack lines and KoolflyFit will test players' coordination, balance, jumping skills and of course, courage. If you want an ultimate birthday experience or a jumpy party with friends, Koolfly will meet your needs!

Daily 10am-9pm, prices vary. 5 Cailian Logistics Center, Complex Building 105, 10020 Beihuan Dadao, Nanshan District, Shenzhen 北环大道10020号综合楼105号彩联物流中心5号酷跳跳床主题公园 (南山店)

## V Market



This bus-themed park provides food and drink options, and serves as an ideal photography spot. Five old-style buses provide a host of entertainment options. Parents can head to the red beer bus after 5pm to taste 16 craft beers with a selection of mouth-watering snacks. Kids will enjoy the ice-cream bus, where delectable ice creams await. The fresh fruit juice bus offers healthier options. Don't forget to conclude a fun day by playing with some colorful air-inflated objects from the balloon bus. If you want to stay longer, enjoy afternoon tea in a glass room, or stay for a nice dinner, featuring a live band performance.

Daily, 10am-12am, free entrance. OCT Harbour, Binhai Dadao, Nanshan, Shenzhen 南山区滨海大道欢乐海岸水秀广场 电影院对面 地铁7号线深圳湾公园站E出口

## Shenzhen Bay Park

Taking up a 13-kilometer long stretch of Shenzhen's southern coastline, this park consists of two parts - Shenzhen Bay Coastal Recreation Zone and Hongshulin Coastal Ecological Park. The renowned Hongshulin Nature Reserve hosts a collection of numerous endangered bird species. Motor vehicles are not allowed inside, while well-maintained cycle paths ensure that bikers have a hospitable time. It's also a top choice among the city's picnic destinations.

Open all day, free entrance. Binhai Dadao, by Wanghai Lu, Shenzhen Bay Park, Shenzhen 南山区滨海大道近望海路 可乘坐地铁9号线到达深圳湾公园站C出口

## Overseas Chinese Town East Shenzhen

Ranked as a national 5A scenic area, OCT East covers an area of nine square kilometers, with a variety of facilities and tourist attractions, including the Eco-venture Valley, Tea Stream Resort Valley, Wind Valley Sports Park and Huangxing Temple. Escape from the hustle and bustle of city life and spend delightful, relaxing days in this world-class resort to enjoy some calm and serenity.

9.30am-6pm on weekdays, 9am-6pm on weekends. OCT East, Dameisha, Yantian District, Shenzhen 深圳市盐田区大梅沙东部华侨城

# Seeing is Believing

## Themed Restaurants Around the PRD

By Katrina Shi and Lena Gidwani

**T**ired of eating at the same ol' places? Are you looking for dining with a little more excitement? When a restaurant really commits to a theme, the results can be amazing. Influencing the food, architecture, music and overall 'feel' of the restaurant, these themed restaurants offer up some fun and frolic for the whole family.

## AROUND GUANGZHOU

### Miaowu

Are you a cat lover? It goes without saying that a comfortable vibe helps induce a good appetite. Nothing can comfort a cat lover more than actually seeing a whole pack of cats of all sizes and breeds! Although dining in such an environment may sound unhygienic, guidelines of the place highly suggest that guests wash their hands before eating and after playing with the fluffy stars at the restaurant. Sounds purrfect for cat lovers!

12pm-9pm. Dynasty Plaza, B3/F, Shop 3362, Jiaochang Xilu, Yuexiu District, Guangzhou 较场西路地王广场B3楼3362铺



### Orient Express

Board this special train nestled in the exotic Shamian Island. Here, there's no renowned detective working on a bizarre case, but a French chef chopping away on a cutting board, ready to offer you French dishes like no other. Diners will sit in themed cabins and be transported right back to the 'Annees Folles' in the 1920s, the decade when France experienced unprecedented economic prosperity, technological progress and creativity.

11am-11pm. 1 Shamian Bei Jie, Liwan District, Guangzhou 沙面西街一号之一 六号线文化公园E出口



### Jurassic BBQ

Sit in a time machine and go back to Jurassic era for some barbecue. Don't worry, you won't be feasting on the flesh of dinosaurs. Expect the usual selection of favorites, with reasonable prices, lively interior decor and a chance to surround yourself with the sights and sounds of a prehistoric world.

11am-2pm, 5pm-2am. 1/F, Yuhai Shijie, 1 Jianshe Liu Malu, Yuexiu District, Guangzhou 越秀区建设六马路一号誉海食街一楼



### Ting's Workshop

When a locally well-known football critic decided to combine his love of football and foods, he opened a restaurant with TV screens everywhere. Big tables are often booked for parties and exciting football nights.

11am-10pm. 1/F, Shop 129-133, West Point Center, Zhongshan Qilu, Liwan District, Guangzhou 中山七路富邦中心一楼129-133铺 地铁一号线西门站A出口



### Ant Factory

Transformed from an abandoned warehouse, this restaurant greets customers with an old fashion motorbike fronting the wall with a giant red ant above it. Inside, there are a few more antique motorcycles that are from the owner's private collection. The interior is quite interesting. In the main dining room, steel-made chandeliers hang high on the ceilings. In other sections, clean white walls and eggshell-colored lighting add serenity and elegance. The food served here is delicate Cantonese cuisine and diners return often for its high-quality dishes. There is no English menu, but service is good and the waiters are extremely helpful. And in case you're getting antsy about what's on the menu, ants are not featured!

12pm-2pm, 5.30-9pm. 128 Yuancun Si Henglu, Redtory, Tianhe District, Guangzhou 天河区员村四横路128号红砖厂艺术区F3





# AROUND SHENZHEN

## Fengbozhuang

Fengbozhuang honors the mighty Wuxia heroes. Wuxia refers to a genre of Chinese fiction, concerning martial arts. Set in ancient China, it is also the name of this group of martial artists. Greeted by waiters in themed costumes, guests will be amazed by the decor, glorifying the phenomenal world of Wuxia novels. Moreover, dishes are all named from the novel. If you have no idea what Wuxia is, this is a good chance to meet the likes of a Chinese Zorro or Robin Hood.

Huangjia Commercial Plaza, 2/F, Minzhi Dadao, Henglin, Longhua District, Shenzhen 深圳龙华区民治大道横岭皇嘉广场



## Kuma Cafe

This iconic character no longer only moonlights as a WeChat sticker. Making its debut in Shenzhen, you will meet a reading Kuma, a biking Kuma, a giant fishing Kuma, chef Kuma and a Kuma chilling out on a bench in this themed cafe. They are everywhere, even on your piece of cake. Sit inside and enjoy the food, and check out the cafe's cool selection of Kuma merchandise, ranging from children's bags to notebooks.

Open daily 10am-10pm, Haiya Mega Mall, 1/F, Shop002C, 99 Jian'an Yilu, Bao'an District, Shenzhen 深圳宝安区建安一路99号海雅缤纷城一楼002C



## Mr. Rocky

The American cowboy-themed restaurant and bar might be a nod to Allan 'Rocky' Lane, the American star of many cowboy B-movies in the 1940s and '50s. Or, it might just be called that to conjure up images of the ruggedness associated with the stereotypical 'Wild West male.' The interior is like a saloon that years to be broken in to and banged up; it's a smidgen to country-western, with an abundance of beer barrels, hat racks, cacti and whips. The food is rustic and hearty.

Open daily, 11am-2am. Uniwalk, 1/F, Shop 097-099, 99 Xinhua Lu, Bao'an District, Shenzhen 深圳市宝安区新湖路99号壹方城购物中心一楼



## Mystic Witch's Kitchen

This restaurant celebrates Halloween every day. The interior features a range of horror and whimsical elements, from decor to food presentation. Open the menu and you'll be transported to a kitchen run by witches. Tacos and fajitas are chef specials, carefully prepared by a Mexican chef who has 10 years' experience under his belt. The kitchen is also a lab for innovative dishes, for example, a meter-long egg roll with golden and crispy skin, made from 15 eggs and enough for four people to share.

11.30am-2.30pm, 5-11pm. Tairan Jiulu, Futian District, Shenzhen 福田区泰然九路皇冠科技园十亩地2F

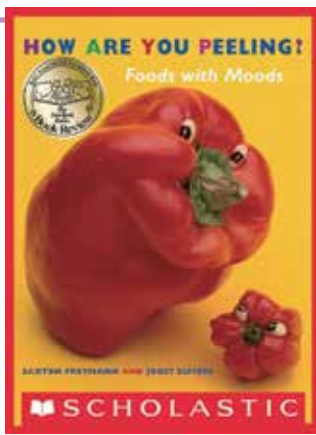


## Bonbons Hello Kitty Cafe

Ready for a world full of Hello Kitty, one of the most beloved fictional characters in the world? Adoring fans will love the decor, all in clean shades of pink, white and brown. Naturally, it's a magnet for kids, who run around shrieking in wild abandon whilst their folks snap away eagerly on camera phones. Indulge in some (or all, no one's judging) of their signature, super sweet desserts. Good for light eats and afternoon tea as well, Hello Kitty lovers will not be disappointed. Meow!

Open daily, 10am-10pm. Coco Park, B1/F, Shop C087-089, Fuhua San Lu, Futian District, Shenzhen 福田区民田路东福华三路福田星河 Coco Park 负一楼C087-089铺





## HOW ARE YOU PEELING?

By Kendra Perkins

“Who’d have dreamed that produce could be so expressive, so charming, so lively and so funny?”

Freymann and Elffers have created sweet and feisty little beings with feelings, passions, fears and an emotional range that is, well, organic.”

– *The New York Times Book Review*

Written and illustrated by Saxton Freymann and Joost Elffers, this beautifully produced children’s book is truly engaging. Filled with bold primary colors, the thick glossy pages are fun to turn while anticipating what will happen next. The odd shaped fruits and vegetables are presented with hilarious and cute expressions, that will make you chuckle even before reading the words on the page. The true creativity of the authors comes through as they bring to life, with vivid expressions, these seemingly ordinary objects found in the kitchen and neighborhood market.

This book aims to expose young children to the concepts and recognition of emotions. The authors express a wide variety of basic feelings through the ‘faces’ of the fruits and vegetables, paired with humorous text. This makes it easier for young minds to understand what the differences are between similar expressions like ‘lonely’ and ‘sad.’

While not going in-depth to explain the differences between the emotions, the book simply presents each feeling so that children can relate it to themselves and their families. By reading this book with your children, it casually opens a line of communication that encourages them to talk about their feelings in a creative way.

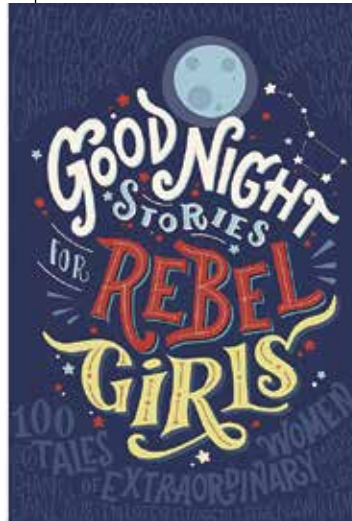
The language is simple and covers feeling such as shyness, anxiety and even comforting someone; it could be a great tool for consoling a child facing a difficult social situation and understanding their interaction with others. By understanding different emotions, it teaches your child the vocabulary to express how they feel.

Freymann and Elffers combed through the markets of New York City to find inspiration for expressive produce. If you and your child enjoy this book they have several other hilarious titles that will delight any young reader. For example, *Fast Food and Food for Thought* show more fruits and vegetables having adventures while teaching children basic knowledge about healthy eating, numbers, opposites, colors and shapes.

*How Are You Peeling?* is recommended for children aged two to six, and is available on [taobao.com](http://taobao.com) and [Amazon.cn](http://Amazon.cn).

# ON THE PAGE

## BOOK PICKS FOR KIDS



## GOOD NIGHT STORIES FOR REBEL GIRLS

By Natalie Foxwell

My favorite saying for my 8-year-old daughter is, “In a world where you can be anything, be kind.” However, after reading the brilliant *Good Night Stories for Rebel Girls*, I may change this to, ‘be a rebel.’

The next time you decide to buy a book for a girl, or boy for that matter, I urge you to make it this one. Authors Francesca Cavallo and Elena Favilli have created something truly inspiring, using real life heroines to deliver their message – dream bigger, aim higher, fight harder.

These two authors had a vision, launched a crowdfunding campaign, and it seems the world agreed with their plan. Raising a record-breaking one million dollars, *Good Night Stories for Rebel Girls* was created and has us asking, “What if?”

What if instead of dreaming about a prince, she became the queen and ran her own

kingdom (Elizabeth I). What if she dreamt about creating computer code or becoming a presidential candidate – this book will move anyone to have such aspirations.

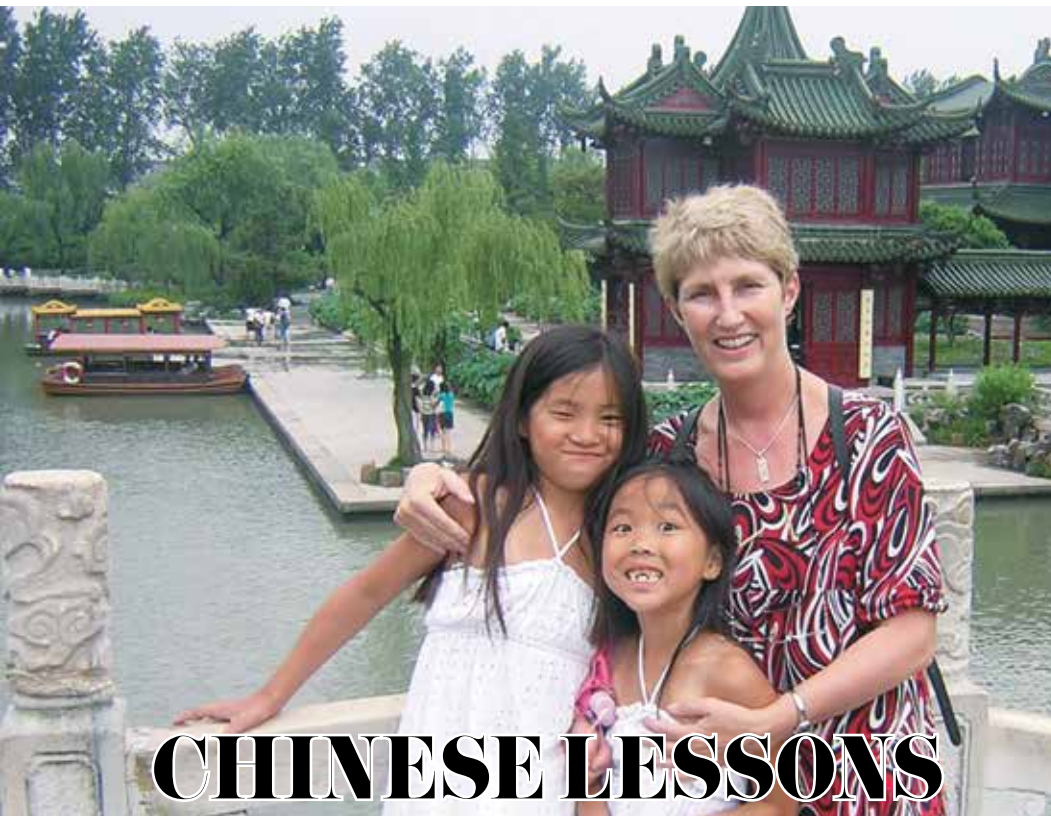
From the history books to current day, we receive one-page biographies on 100 tenacious women. From activist Rosa Parks to gymnast Simone Biles, or my daughter’s favorite, aviator Amelia Earhart, this book is a great page-turner. Each heroine features a fitting illustration and a quote to sum up her extraordinary approach to life, such as Rita Levi Montalcini who said, “Above all, don’t fear difficult moments. The best comes from them.”

This book is ideal for pre-teens through to adulthood, to read, revisit and seek inspiration from when life gets tough – and thankfully it’s a hardcover to last the distance. Read it to your girls and teach your boys what women are capable of when encouraged, trusted and treated equal. The most positive aspect is all children will identify with at least one (if not many) of these heroic women. It covers a diverse range of backgrounds and talents, battles stereotypes and will have anyone wanting to choose a path that makes the world a better place.

So yes, be kind, but also be brave enough to rebel against prejudices that would stop you from reaching your greatest potential.

Purchase *Good Night Stories for Rebel Girls* from [taobao.com](http://taobao.com). *Good Night Stories for Rebel Girls 2* also available and both can be purchased from [www.rebelgirls.com](http://www.rebelgirls.com)





# CHINESE LESSONS

## An Inspiring Story of One Mother's Journey to Shanghai

By Natalie Foxwell

I have to admit that I am drawn to the question of nature versus nurture. Are we inherently who we are because of where we come from, or the environment in which we are raised? How do the two intertwine to form the people we become? Which side has more dominance and how do we ever really know?

So, when author Patti Waldmeir's book *Chinese Lessons: An American Mother Teaches her Children how to be Chinese* in China came past me, I was intrigued to read about the experiences of a mother living with these questions on a daily basis. Having moved to Shanghai from the US with her two daughters, who she had adopted from China years earlier, her story will resonate with other families who have come together in a similar way, or readers like myself who can appreciate the journey she has undertaken, doing what she felt was needed for her children.

As Waldmeir tells her personal story, I felt like I was reading through her diary. Her experience in Shanghai gave me an insight into the complexities of a culturally mixed adoption and her burning desire to teach her daughters about where they came from. Waldmeir was a single mother working full-time in Washington DC when an opportunity arose to move to Shanghai with the *Financial Times*, so

she packed up their life and set out on a journey to give her daughters (then 7 and 8 years old) a deeper understanding of the life they were born into and then adopted out of.

While living in China, her experience as a white American was profoundly different from her two daughters who looked Chinese but had existed up until that time as Americans in Washington DC. They didn't understand the language or cultural nuances enough to feel like they belonged. Waldmeir tells of the harsh realities that many expats face when living in China, and after eight years of mishaps, adventures and touching moments, an appreciation of her daughters' birthplace emerged.

Their China adventure had them on a rollercoaster of mixed feelings about life in Shanghai. The years passed with a nurturing Ayi who enriched their lives, a pilgrimage back to the orphanages they were adopted from, dealing with questions around the makeup of their family and delving into what it would mean to find their biological parents. And for the two girls, the acknowledgement that they were living a life far away from the only home that made sense. On these topics, I particularly liked this quote by Waldmeir: "We have collectively thought it's amusing that the rest of the world thinks adoption matters to how we feel about

one another."

As an award-winning journalist, Waldmeir really does have a way with words and her 'warts and all' story is a compelling one; an insight into her life in Shanghai, questions around identity and most importantly the love that binds a mother to her children. It's the story of an incredibly strong woman who spent her life wanting to become a mother, battled her way through adopting two daughters from China and then went to great lengths to ensure they understood what it meant to be Chinese.

After reading this book, I may still have my own lingering questions about nature versus nurture. However, I know one thing for sure; the only life a child knows is the one in which they are raised by the people they call family, and maybe that's enough to underpin who we become.

*Available on Amazon.com. Patti Waldmeir is an award-winning author and journalist. Raised in Detroit, Waldmeir graduated with honors from the University of Michigan and went on to win a Marshall Scholarship to earn her master's degree at Cambridge University. She has spent nearly 40 years working as a reporter and columnist for the Financial Times, reporting from Ghana, Zambia, Nigeria, London, South Africa, Washington DC, Shanghai, and now Chicago.*

## OUR URBAN FRIDGE



**Shania Leuthner**, British School of Guangzhou



**Yash Vasandani**, Utahloy International School Guangzhou



**Kevin Jun**, Guangzhou Nanfang International School





# summer bucket list



july august




# Wonder

## A Feel-Good Family Flick

By Erica Martin

The term ‘tearjerker’ has a somewhat negative connotation, but when a film tells a moving family story and handles a difficult subject like childhood disability with as much depth and nuance as 2017’s *Wonder*, it’s not surprising that audiences have been moved to tears.

The film centers on Auggie, a 10-year-old boy with a facial deformity due to Treacher Collins syndrome, who has been homeschooled by his mom in their upscale Manhattan brownstone. As he enters fifth grade, he’ll be attending school for the first time, despite his parents’ (played by Julia Roberts and Owen Wilson) fear that he’ll have a tough time fitting in.

In the lead role of Auggie is Jacob Tremblay, a talented child actor who found fame in 2015 after starring as the 5-year-old protagonist in *Room*. His acting is just as impressive here, and makes all the difference in depicting Auggie as a relatable and realistic 10-year-old child. As a science whiz who’s especially adept at delivering witty one-liners, his character helps defy stereotypes about children with facial deformities.

What makes *Wonder* stand out most, however, is that just when you think you’ve got the story’s tone and themes figured out, the perspective changes completely. The story moves away from Auggie and focuses on other characters, beginning with Auggie’s sister Via, who until that point is depicted as somewhat moody and unsympathetic to her brother. However, once we see things from her perspective, she becomes much more relatable, and the mother-daughter relationship between Via and Julia Roberts’ character is the film’s most poignant subplot. This switch in perspective happens several times throughout *Wonder*, filling in the backstories of Auggie’s friends and family so that each one becomes a rich, complex character.

An important theme emerges thanks to this narrative technique: while it’s essential to show compassion for somebody who has an obvious physical difference, we also can’t know what any person is going through just because they look ‘normal’ or happy on the surface, so everyone deserves kindness and compassion. The film’s tagline #choosekind is a nod to this.

Even *Wonder*’s main ‘villain,’ a bully named Julian who torments Auggie for much of the film, is given a sympathetic treatment when some insight emerges about his family and the way he’s treated at home. Throughout the film, the viewer’s expectations are subverted, which helps *Wonder* avoid becoming overly sentimental or cliché.

Much of this skillful storytelling comes from the film’s director, Stephen Chbosky, who’s best known as the author of celebrated coming-of-age novel, *The Perks of Being a Wall Flower*. Chbosky adapted his own novel for the screen back in 2012, so he was highly qualified to direct this kind of film (*Wonder* was adapted from a novel of the same name by R. J. Palacio).

*Wonder* was one of the most acclaimed movies of last year, but it did have a few detractors. One major complaint was the sanitized and glossy depiction of Auggie’s disability. In particular, as a child of two wealthy Manhattanites who have a near infinite amount of medical and educational resources at their fingertips, his experience is far from typical for a child in a similar situation. For this reason, *Wonder* should ideally be one of several films and books used in tandem to teach children about disabilities. But ultimately, the film’s emotional authenticity, surprising narrative format, and stellar performances from both Julia Roberts and Jacob Tremblay completely won us over, and we think *Wonder* is essential viewing for both children and adults.



# A LITTLE POETRY

## Imperfectly Perfect

By Princy Gompa, British School of Guangzhou

Like the moon you shine brightly in my dark life,  
Imperfectly perfect.  
With some spots that make you beautiful the way that you are.

Like the clouds you shield me from the problems in my life,  
becoming a solution to my life.

Like the beautiful palace, lost in the woods  
hiding its beauty, its uniqueness and its profoundness.  
With unmatched majesty you enter my life,  
will I ever be able to thank you enough for all that you've done?

I want more, more than just being the most exquisite friend.  
I don't want anything if that means that I lose everything that I have.  
Knowing that you'll never be mine, I stand at a distance admiring  
your beauty more than anyone else.



I'm content with all you give me right now,  
you shine like the moon in my dark life, with some flaws that make  
you beautiful the way that you are:  
Imperfectly perfect.



## I Love Reading

By Zheng Mo Qing (Momo), Guangzhou Nanfang International School

I love reading because it educates and entertains me  
Reading can also take you to places and let your imagination run wild  
Reading can help you understand things from a different perspective  
that you never thought of before  
Reading has amazing powers, as it can break the barrier between fantasy  
and reality  
It calms you after stress and helps prepare you for plenty of things  
Best of all, you can develop intellectually and creatively.

## I Love My Toys

By Yash Vasandani

When I want to play  
I turn to my toys  
I have so many toys  
They bring joy and laughter  
They make me very happy  
I love my toys.



# Our Family Favorites

## Guangzhou Families Share Their Top Tips

**L**eny and Andre hail from Indonesia and Germany respectively. They met in Jakarta several years ago. Parents to daughter Keira (aged 9), this family made Guangzhou their home three years ago. We sat down with his multicultural family to learn about their favorites.

### Favorite Holiday Destination in China

Our favorite place in China is definitely Gulin. It's a place where we love to escape to, away from our hectic lives. We really enjoy the views of the uniquely shaped mountains and the fresh air. During our last visit, we stayed at the Li River Resort, a fantastic family-run boutique hotel in Yangshuo. Their stunning location takes in some of the best views in the Yangshuo region and at night, we can hear the soothing sounds of water from the nearby Li River.

Li River Resort: 33 Diecui Lu, Yangshuo Xian, Guilin 桂林  
阳朔叠翠路33号



### Favorite Restaurant

Lombok Indonesian Restaurant in the Beijing Lu area serves delicious food. We love *sambal*, and eating it transports us back to our hometown. Our daughter loves eating there too. If our kitchen is closed (which means mom is not cooking), we will go to Lombok to enjoy our favorite Indonesian dishes.

Lombok: 522 Huifu Dong Lu, Yuexiu District, Guangzhou 广州市越秀区惠福东路522号

### Favorite Date Night Venue

Three years ago, a few months after arriving in Guangzhou, we stumbled across a hidden bar named Hope and Sesame. They have many types of gin from around the world and they make very good cocktails. As a couple, we often go there and bring family there too, to enjoy the city's nightlife.

Hope and Sesame: 48 Miaoqian Xijie, Yuexiu, Guangzhou 广州市越秀区庙前西街48号

### Favorite Weekend Activity

Baking is a must as soon as the weekend rolls

around. Our family's favorite cake is 'banana chocco chips.' We can't wait for the weekend to come so we can start preparing and enjoying it during family movie time.

### Favorite Summertime Activity

As soon as the sun is out and the sky is blue, we put on our sneakers (or flip flops) to walk around, or ride on our scooters or bicycles. We love the outdoors!

### Favorite Holidays Destination Outside of China

Lombok island is just a two-hour flight from Jakarta, which is also our home. We have been to Lombok several times and it never gets boring. Our daughter can't wait to go there because dad will hop on a scooter and drive around. Every time we come here, we always find a new hidden beach spot or scenic waterfall. Last year, we were in Lombok and got lost again around the island. We just drove and drove and ended up on a beach where the sand was pink and the views were like paradise. If you haven't been to Lombok, you must visit this gem of an island.



# Our Family Favorites

## Shenzhen Families Share Their Top Tips

Meet this friendly family from Colombia. Currently living in Shenzhen, Marco and Shirley have been living in China since January 2008. They have two children named Melody (8 years old) and Gian Marco (13 years old). Marco is a very good saxophone player and a multi-instrument musician in a Chinese saxophone band. He has played with locals, foreigners and also famous artists in China. Shirley is a multi-faceted singer, dancer and a music/dance teacher with plenty of experience. The family sat down with us to share some of their favorites.

### Favorite Holiday Destination in China

Our favorite holiday destination in China is Harbin. We spent some time there last winter as a family. It was a wonderful experience because it was our first time together in the snow. We stayed at a large ski resort called Yabuli Ski Resort. The resort is located 200 kilometers east of Harbin and is a three-hour drive from the city. Whilst in Harbin, we went to Ice and Snow World, the highlight of the Harbin International Ice and Snow Festival. We saw magical and extraordinary

ice lanterns and world class sculptures. We also visited Sophia Square and admired the appearance of St. Sophia Cathedral. We had a lot of fun in Harbin and would recommend it to anyone.

Yabuli Ski Resort: Shangzhi, Heilongjiang, Harbin 黑龙江省哈尔滨市

### Favorite Restaurant

The popularity of a restaurant depends on the culinary skills of the chefs, the atmosphere of the restaurant and their service. The chain of Shark Restaurants in Shenzhen come tops for us, because of their superb menu offerings, the flawless meals and the perfect ambience and service. My family and I love to go to the Futian branch.

Shark Restaurant Futian: Shopping Park B, Zhongxin Er Lu, Futian District, Shenzhen 深圳市福田区二路购物公园B区

### Favorite Date Night Venue

As we live in Futian district, we like to go to Coco Park. It is much more than a shopping mall; the area also features a popular bar street, large open public spaces and some great restaurants. We love Latin music and social dancing so we also join salsa parties at night throughout the week. And of course, Shenzhen is a great city and it offers so much for us as musicians. We like to go to see good bands and we love to jam with them.

### Favorite Weekend Activity

On weekends, we like to play music with our kids at home. My daughter is learning to sing and play piano, and my son is learning the drums. We also like to go to the park around our home and ride



our bicycles or practice skating. Every so often, if there is a good movie out, we will go to the cinemas.

### Favorite Summertime Activity

As we work at Sheraton Dameisha Resort, a wonderful and beautiful hotel in Shenzhen's beach area, our favorite summertime activity is enjoying the private beach and beautiful swimming pools of the hotel.

Sheraton Dameisha Resort: 9 Yankui Lu, Dameisha, Yantian, Shenzhen 深圳盐田大梅沙盐葵路 大梅沙段 9号

### Favorite Holiday Destination Outside of China

Our favorite holiday destination always will be Colombia, our county. As it is very far from China, we visit places that are closer to Shenzhen. In Asia, we have been to Thailand, Vietnam and the Philippines. The Philippines, however, is our absolute favorite. The first time, we went to Boracay; this is the place for people looking to relax as the island has clean white sand and cool waters. The second time, we visited Palawan; this island offers great beaches that will take you away from urban life. It was a beautiful experience. The third time, we went to Cebu; this is a paradise with wonderful beaches. We had a beautiful and exciting experience swimming with whale sharks, and also enjoyed visiting the many beautiful waterfalls there.



# Power Me Healthy

## Think Nutrition, Not Calories

By Sharon Raccah Perez

I have been on some sort of diet my whole life and so now, years after becoming a health coach, the first question most people ask me is, "I am trying to go on a low-calorie diet. What do you think is the right thing to do?" My polite, professional answer is always, "I personally don't work with calories." However, I feel if the person is open to real input, I love to tell them, "Forget calories, think nutrition."

For example, take a cookie and an apple. Let's say they both have the same amount of calories, the question is then, "How is each one actually nourishing me?" A cookie (let's say it's a home-made cookie) has eggs, sugar, butter and flour. Apart from the eggs, there is absolutely nothing in there that really provides nutrients. You eat the cookie, and maybe it feels good and tastes delicious at that moment, but it doesn't contain any nutritional value. Then, after the sugar high and sugar crash, you are left craving more.

An apple is a different story. It is filled with vitamins, minerals and nutrients. You take a bite and from the second it hits your stomach it starts working its way into your blood stream and cells to ensure you



receive all of its goodness. The same thought process works for broccoli, spinach, carrots and so many other fruits and vegetables, as well as plenty of whole foods available today. The point is, so many of these foods nurture our bodies in so many different ways, that there is much more to it than a calorie. So, when you look at what you are eating, start looking at nutrients and not calories, because it's much harder to eat five apples, than it is to eat five cookies.

For an easy and healthy recipe, try making these energy balls for a 'pick-me-up' during the day.

### Energy Balls

#### Ingredients:

- 1/2 cup cashews
- 1/2 cup of hazelnuts
- 3/4 cup of pitted dates
- 2 tablespoons of high quality unsweetened cocoa powder
- 1/8 cup of raw honey (this is to taste)

#### Method of Preparation:

- Place the cashews and hazelnuts in the food processor and pulse for 10 seconds.
- Remove nuts and add dates and mix well, about 20 to 30 seconds.
- Add all ingredients together and mix till it looks like a dough.
- Form the dough into two-inch balls and place in a container, not too close to each other so they don't stick together (if you really want to make it seem like a ferrero rocher chocolate, place a hazelnut inside the energy ball).
- To make them more truffle like, roll them in coconut or in some cocoa powder.
- Place them in the freezer, they can stay up to three months.
- Take them out 5 to 10 minutes before serving! Enjoy!





# Something Healthy to Snack On

By Bianca Fontana,  
Crystyl Mo and  
Izabela Misiuk



## Egg and Bacon Cups:

Simple, easy, fast. This egg and bacon cup recipe is great for breakfast or as a snack or side dish.

### Ingredients:

- 6 eggs
- 6 rashers of bacon (sugar and preservative free)
- Goat cheese (optional)
- Fresh herbs such as parsley or coriander (cilantro)
- Salt and pepper to taste
- Coconut oil/butter/olive oil

### Method of Preparation:

1. Pre-heat the oven to 180 degrees Celsius. Using a muffin tin (preferably silicon), brush down the insides of the tin with fat of choice: coconut oil, olive oil or butter. If using a hard tin, you can line each one with paper liners.
2. Line each section with one rasher of bacon. One rasher, depending on size, will usually go around the space and then you may need to cut off a piece to line the bottom.
3. Crack in one egg to each muffin mould.
4. Crumble some goat's cheese over each egg.
5. Sprinkle on some fresh herbs. Season with salt and pepper. Pop in the oven for around 20 mins or until the eggs have cooked to your preference.
6. Pop out of the muffin mould and eat immediately, or put in the fridge for a later snack.



## Chocolate Sweet Potato Pudding

A foolproof nutrition-packed bundle of yumminess for the sweet tooth.

### Ingredients:

- 4 medium oven-roasted sweet potatoes
- 4 tbsp raw cacao powder
- 100 ml full fat coconut milk
- 4 tbsp raw honey or maple syrup
- 1 pinch of sea salt
- 2 tsp vanilla extract

### Method of Preparation:

1. Place all the ingredients in a food processor and blend until smooth and creamy.
2. Serve on its own, or with pancakes, or use as frosting!

## Cheer Bulletproof Salad

A unique red, white and green salad with juicy sweet strawberries, soft avocado, a satisfying crunch from nuts and a spicy kick from ginger.

### Ingredients:

- 1 cup slivered green cabbage
- 1 ripe avocado, cubed
- 4 large strawberries, sliced
- 2 tbsp lightly toasted pecans or cashews
- 3 tsp lemon juice
- ¼ tsp pink Himalayan salt
- 2 tbsp olive oil
- ½ tsp grainy mustard
- 2 tsp raw honey
- ½ tsp slivered ginger
- Boiled egg, chopped (optional)

### Method of Preparation:

1. Sliver cabbage into razor thin slices. Place in bowl with salt and one teaspoon lemon juice. Massage and squeeze with your hands until cabbage breaks up a bit.
2. While the cabbage rests, toast nuts in a small frying pan until hot. Be careful not to burn. Remove nuts to a plate to let cool.
3. In your serving bowl, whisk olive oil, remaining two teaspoons of lemon juice, mustard, ginger and honey until well-combined.
4. Into a serving bowl, add cabbage, avocado, strawberries, nuts and toss well.
5. Top with your prettiest strawberry and serve immediately! (Top with boiled egg if desired)



# 5 Ingredients

## Rocher Coco Treats

By Natalie Foxwell



Welcome to another edition of '5 Ingredients', an *Urban Family* series where we sit down with a chef and ask for a family-friendly meal using five ingredients easily found in our supermarkets. This month's delicious Rocher Coco (coconut rock) recipe comes from Guadeloupe native Harauld Sextus, a food stylist and photographer. With the flavor of coconut and a hint of vanilla, these yummy treats make a great snack or dessert for the kids. Use this simple recipe and make them together with the family, and have fun mixing the ingredients and indulging in the results.

### Ingredients:

- 1 tsp butter
- 1 egg white
- 20 gms sugar (coconut sugar preferred)
- 100 gms coconut flour
- 1 tsp natural vanilla extract

### Method of Preparation:

Preheat the oven to 180 degrees Celsius.

1. Melt the butter at a low temperature.
2. Place the butter in a bowl, add the egg white and mix well, then slowly add the sugar until you create a creamy consistency.
3. Add the vanilla extract followed by the coconut flour and continue to mix. You should have a moist batter that can hold itself together. If too wet, add more coconut flour one tablespoon at a time.
4. Create balls three centimeters in diameter and lay them on baking paper or a baking mat.
5. Bake on the middle rack of the oven for approximately 17 to 20 minutes at 180 degrees Celsius. They are ready when the outside is golden brown.

### Advice

- Do not try to rush the cooking time or the balls will burn instead of gently baking.
- Wait five minutes before using a spatula to transfer them to a cooling rack.
- **Note to parents:** If you happen to have some fragrant delicious rum, don't be shy and add some to taste! They make for lovely after-dinner treats.





# Ginger Milk Curd

## A Local Treat for the Family

By Ken Liang, Executive Chef of Pullman Guangzhou Baiyun Airport  
(Tian Yuan Chinese Restaurant)



**G**inger milk curd is a traditional hot dessert from Shunde, Guangdong Province. It is a local dessert made from ginger juice, milk and sugar. Try this simple dessert, and you will surely love it. This recipe is courtesy of Ken Liang, Executive Chef at Pullman Guangzhou Baiyun Airport. Give it a go!



### Ingredients:

- 180 ml full-fat milk
- 1 tbsp ginger juice
- 2 tbsp sugar

### Method of Preparation:

1. First, peel the ginger and cut it into pieces. Put it into the juicer to extract the

ginger juice, and then put one tablespoon of ginger juice into a bowl.

2. Then, take 180 ml full-fat milk. Put it into microwave oven and remove it after 50 seconds. Mix it with sugar.

3. Last, quickly pour the warm milk into a bowl filled with ginger juice. Please don't stir or shake the milk in the bowl after pouring it. Let it stand. After 20 seconds, the ginger milk curd should be ready to eat.



# Indulge Your Sweet Tooth

Family-friendly Dessert Houses in the PRD

## GUANGZHOU

### Superlove

There are Tiffany Blue leather chairs, Tiffany Blue cake boxes, blue trim accenting the shop's marble walls. But instead of displaying dazzling gems, Superlove's glass jewel cases showcase decadent, sweet desserts and savories, including signature whole and sliced cakes (from red velvet to cheesecake), ice cream, handmade pastries, pralines, chocolates, macarons and baked goods like croissants, sandwiches, donuts and cookies.

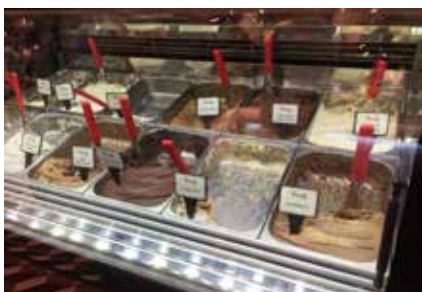
Daily 10am-10pm, Shop 101, Building 2, Poly Zhongda Plaza, 21 Xingguo Lu, Tianhe District, Guangzhou 天河区兴国路21号保利中达广场2号楼101室



### Venchi

Having carved out its formidable niche in the choco-gelateria category since 1878, Venchi truly needs no introduction. Boasting a luxurious range of natural, all-Italian flavors and all manner of handmade, gluten-free delights, this artisanal boutique has storefronts all over the world and is lauded for its cult following.

Shop B104, B1/F, IGC, 222 Xingmin Lu, Tianhe District, Guangzhou 天河区兴民路222号天汇广场B1层B104铺



### Mado

Mado, the most famous and unique ice cream brand in Turkey, is a warm little cafe in Yuexiu District, located a few paces away from Sultan Restaurant Turkish BBQ. Mado doesn't just boast 24 flavors of ice cream: it also stocks various Turkish sweets (baklava) bakery products (simit, borek, pastries) all freshly baked daily, as well as Turkish hot and cold drinks (sahlep, demirhindi sherbet, Turkish coffee and tea), cookies and more.

Daily 8am-midnight, 363 Huanshi Dong Lu (next to Baiyun Hotel), Yuexiu District, Guangzhou 越秀区环市东路363号(白云宾馆旁)



### Fenfang Tianpin

A fan of tangyuan? Here at Fenfang Tianpin, you can get it bathed in gooey caramel, and sprinkled with chopped nuts and grated coconut. Originally opened at Tongfu Dong Lu, the shop has long since spilled out, having now acquired a half-dozen neighboring doorways up and down the street. Other branches have proliferated across Guangzhou too.

Open daily, 9am-11pm, 619 Tongfu Dong Lu, Haizhu District, Guangzhou 海珠区同福东路619号



### CakeCho

Cakecho serves up small, prettily-decorated mousses and colored hot drinks and is the newest entrant to the increasingly crowded Wuyangcun cafe and bakery scene. If you've ever desired to buy mousse that is shaped like a donut or rabbit and tastes like strawberry, this is the place for you. Alternatively, if you wish to meet someone for a blue tea in a pink cafe, you may choose to come here.

11am-9pm, closed Wednesdays, 8-2 Shiyounan Er Jie Qi Xiang, Mingyue Er Lu, Yuexiu District, Guangzhou 越秀区明月二路寺右南二街七巷8号02铺



### Awfully Chocolate

As the name suggests, this popular venue is a haven for the chocoholics out there. A variety of sweet treats are available, but where the place stakes its reputation is on its sinful chocolate cake. The focus of Awfully Chocolate, however, is not variety but quality.

Shop B258, L/B2, Parc Central, 218 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路218号天环广场B2层B258号商铺





**W**e all love dessert! There's nothing quite like a sweet treat to end a meal. Indulge your craving for fresh-made ice cream, chocolates, pies, pastries and more. Some of these family businesses date back almost 100 years, so they really know how to satisfy a sweet tooth. Here are our top picks in the PRD.

## SHENZHEN

### Lu Patisserie

When it comes to paying a visit to Lu Pâtisserie, a Shekou café and pastry shop, you won't want to wait until your winter blues set in. With a generous selection of French desserts and a magically enticing atmosphere, Lu Patisserie is a safe bet for a comfortable and hip atmosphere.

9.30am-11.30pm, 1F, Yijing Ge, 16 Taizi Lu, Nanshan District, Shenzhen 南山区太子路16号怡景阁一楼



### Sugar Box

Sugar Box is conveniently located within the courtyard of Grand Hyatt hotel. The patisserie offers home-made chocolates, cakes, French pastries and breads, as well as premium coffee, and freshly squeezed juices.

Grand Hyatt Shenzhen, 1881 Baoan Nan Lu, by Jiabing Lu, Shenzhen 深圳市罗湖区宝安南路1881号深圳君悦酒店



### Wu Xie

This dessert caterer uses matcha from Kyoto to make original sweets. The signature dessert in the shop is the matcha cheesecake, made with a generous serving of cream cheese and sprinkled with matcha powder.

10am-11pm, No.13, 2/F, OK Mall, Wenxin Liu Lu, Nanshan District, Shenzhen 南山区文心六路潮流广场OKmall二楼13号



### Lola Moore Cake Boutique

Cakes and desserts reign at this delicious destination. Cakes for any occasion can be bought here, in various shapes and in varieties like fondant or cream. Who doesn't love a fabulously decorated cake all to oneself? Try their artisanal chocolates, all handmade and "voluptuous" – whatever that means.

Shop 130, Sea Taste Garden, Wanghai Lu, by Haichang Jie, Nanshan, Shenzhen 南山区蛇口望海路海韵嘉园裙楼中130铺 蛇口新一佳对面停车场入口进入



### Honeymoon Dessert

This popular Hong Kong dessert chain has been serving addictive local desserts since 1995. Dessert lovers can choose from creative and classic combinations of mango, black sticky rice, papaya, coconut milk, black sesame, almond soup and durian too. The mango sago cream with pomelo is particularly good.

Shop B1-073B, Xinghe Coco Park, Fuhua San Lu, Futian, Shenzhen 福田区福华三路 B1-073B



### Mini Melts

These cooling treats are imported from Korea and come in a range of zesty flavors like lemon and orange. These tiny treats are probably the cutest way to beat the heat. Using liquid nitrogen, Mini Melts flash freezes ice cream in split seconds. Exciting shapes are produced by this process and they are mouthwateringly irresistible.

Shop 30, Block 3, District A, Sea World, Shekou, Nanshan District, Shenzhen 南山区蛇口海上世界船头广场A区3号楼30号商铺



# SCHOOL EVENTS



## Empathy and Action at GNIS - World Down Syndrome Day

For the third year in a row, teachers and students at Guangzhou Nanfang International School came together to raise awareness for World Down Syndrome Day. During the week of March 21, GNIS community members not only engaged in a colorful display of 'lots of socks,' but also took time out to watch and discuss videos shared by children and adults from all around the world who have Down syndrome. The theme for this year was 'What I Bring to My Community' and so the students at GNIS brainstormed ways they can recognize the contribution of people with Down syndrome to our community. Ideas like speaking up when they see discrimination, encouraging their parents to hire people with Down syndrome and volunteering at one of the nearby Down syndrome societies came up. They also raised RMB1,500 for the Hong Kong Down Syndrome Association. It was a wonderful way to show that GNIS students truly live up to their IB World School status – they follow empathy with action!



## GNIS - A school with a BIG heart

Vincent Venter, a MYP3 student at GNIS, recently took action to help his community. Vincent arranged a toy drive at the school, with the aim of collecting 100 soft toys for the Huangpu Children's Center. This center is situated in Guangzhou and assists parents and children coping with the challenges of autism. Within a week, over 100 toys were donated by the kind and caring GNIS community. Vincent personally delivered these cuddly toys to the center to assist with their tactile therapy for the children.



## ISA PYP Year 5 Exhibition

The students of ISA International School of Guangzhou are preparing for the Annual Primary Years Program (PYP) Year 5 Exhibition. It is a significant event in the life of an IB student, synthesizing the essential elements of the PYP and sharing these with the entire school community. As a culminating experience, it is an opportunity for students to exhibit the attributes of the International Baccalaureate (IB) Learner Profile that have been developing throughout their engagement with the PYP (IBO 2008). After six weeks of preparation, the final presentation day of the exhibition will commence at 10am on May 25 in the ISA Music Center.



## Dutch King's Day Kids Party

On May 5, The Dutch School of Guangzhou "De Lampion", together with Trinity International Kindergarten, organized a Dutch King's Day Kids Party. The event was held at the Trinity playground, sponsored by the Dutch Society in Guangzhou and The Consulate of the Netherlands, and attended by over 80 people. Great weather, Dutch snacks and games, an 'orange market,' and above all, lots of help from enthusiastic volunteers, made the event a fantastic day for both adults and kids. Everybody had a enjoyable time!



## IB Asia Pacific Regional Event held at SWIS

The International Baccalaureate (IB) Asia Pacific Regional Event was held in Shen Wai International School from April 20 to 22. This is the first time the IB chose Shenzhen as its host city. The three-day interactive workshops included Introduction to the IB Programme Standards, PYP and MYP Curriculum Model, the role of the coordinator and librarian, concept-based learning; living and learning globally, and investigating inquiry. IB teachers from the Asia Pacific region, including Singapore, Malaysia, Philippines, Thailand, Hong Kong and Taiwan, attended the workshops with great enthusiasm. They live and breathe the IB's philosophy of being lifelong learners. As a host school, Shen Wai International School attached great importance to this event. From the IB setup meeting to the end of the workshop, all the committee members responded promptly to all the requests. Their work was highly commended by the IB officials.



## Science Week at the Massachusetts Institute of Technology

British School of Guangzhou students attended the annual Science Week at the Massachusetts Institute of Technology (MIT), as part of their collaboration with the university. The five-day event saw students enjoy workshops covering robotics, coding, biology, music and medicine.



# COMMUNITY HAPPENINGS



## Opening of the 2018 Croisements Festival in South China

The official opening of the 2018 Croisements Festival in South China took place at The Canton Place, Guangzhou, on Friday, April 27. The evening started at 7pm with a musical and circus performance from the company Circa Tsuica, and included the opening of the interactive photo exhibition *France eMotion, le voyage anime*. The evening was also the occasion for the opening of the exhibition *France eMotion, le voyage anime*, the result of a partnership between Atout France and the Institut Français. At the crossroads between photography, AR (Augmented Reality) and digital animation, this exhibition took the viewer for an original and digital tour through 35 of France's most exceptional cultural venues, among which The Mont-Saint-Michel, the Arc de Triomphe or the Chateau de Chambord. The exhibition was held in Guangzhou until May 9, before moving to Foshan.



## Bocuse d'Or a Huge Success

Bocuse d'Or, often described as 'the Olympics of cooking', is a biennial event that draws top chefs from around the world to compete for glory in Lyon, France. For the very first time in the history of the contest, the Bocuse d'Or Asia-Pacific took place in China. Guangzhou hosted the continental selection round of the prestigious gastronomy contest. Food lovers came to witness some of the world's most skilled chefs in action. Co-organized by LN Garden Hotel, Guangzhou, the esteemed hotel also got in on the action, hosting a 'Diner des Grand Chefs' on May 8 for over 100 famous chefs, including those from several Michelin-starred restaurants. The dinner was held at the LN Garden Hotel, Guangzhou, a day before the final selection of Bocuse d'Or Asia Pacific. Overall, the event was a huge success, attracting food lovers who came along to cheer on for their favorite chefs and dishes.



**Chloe He**

Nov 21, 2017



**Kyle Chen**

Mar 18, 2018



**Luo Ning**

Sep 27, 2017



**Shuyang Wong**

July 11, 2017

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

## New Arrivals

Say Hello to the PRD's Newest Members

# GZ EVENTS

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



## May 18 GNIS Art and Music Showcase

The annual GNIS Art and Music Showcase will be held on Friday, May 18 at 1:30pm on the GNIS campus in the gymnasium. This year's theme is Arts Afire: Blazing a Trail of Creativity. Students from primary and secondary art and primary music will showcase achievements in arts learning from the past academic year. There is no charge for admission and members of the public are warmly invited to attend.

Visit the GNIS school website for more details: [www.gnischina.org](http://www.gnischina.org)



## May 22 Transcendent Landscape: Artworks of Lin Yong Exhibition

This exhibition showcases Chinese painter Lin Yong's recent works on mountains and rivers. From the 40 or so art pieces on display, audiences can enjoy scenes of wild mountains, miscellaneous trees and flowers, bamboo groves tangled in old vines and smoky countryside tableaus, among other scenes.

Tue-Sun until May 22, 9am-5pm; free. Guangdong Museum of Art, 38 Yanyu Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛烟雨路38号 广东美术馆 (gdmoa.org)



## May 25 Juntian Yunhe Music Band

Juntian Yunhe is an instrumental ensemble that performs Chinese traditional music with the steady hands of seasoned professionals. Each of the band's members boasts cultivation and education in traditional Chinese music and is an excellent solo performer in their own right. See them perform live at Guangzhou Opera House this month.

Fri May 25, 7:30pm; RMB80-680. 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)



## May 26 AmCham Studio 54 East Spring Ball

The now-defunct Studio 54 in NYC was formerly a world-famous, exclusive nightclub and disco from the 1970s that was favored by celebrities. Entry was only admitted for those in style. Today, its golden times can only be witnessed in photographs. This May, however, AmCham South China's Spring Ball will bring the legend of Studio 54 to life with a night filled with disco, confetti and extravaganza. For tickets, contact Ms. Wing Xian/ Joyce Hu at [wxian@amcham-southchina.org](mailto:wxian@amcham-southchina.org) / [jhu@amcham-southchina.org](mailto:jhu@amcham-southchina.org) or 8335 1476 ext. 12 / 20.

Sat May 26, 7pm; RMB1,000. LN Garden Hotel, Guangzhou, 368 Huanshi Dong Lu, Yuexiu District, Guangzhou 越秀区环市东路368号广州花园酒店 (020-8335 1476 ext. 12 / 20)





## May 26 Castle in the Sky

The classics of Japanese animation legend Hayao Miyazaki come to life this month at the Xinghai Concert Hall in an audiovisual extravaganza. Performers from some of the country's best conservatories will come together to deliver a sensational, family-friendly musical rendering of such pioneering anime legends as Castle in the Sky, My Neighbor Totoro and Valley in the Sky.

Sat May 26, 8pm; RMB180-480. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (020-8735 3869)



## May 26 Revel's World of Shakespeare

Written and performed by globally acclaimed actor Joseph Graves, Revel's World of Shakespeare is coming to Guangzhou this month. Drawing heavily on his considerable personal experiences with Shakespearean plays and extensive study of the plays' articulations, Graves magically weaves a wildly comedic and deeply moving tale of childhood confusion and exploration, relating it all to the greatest of English writers, William Shakespeare.

Sat May 26, 7.30pm; RMB180-380. 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)



## May 26 Food and Drink Showcase by The Wine People

Guangzhou Loves Fusion is a culinary occasion conceived by The Wine People. The two-day event is composed of two parts: Black Tie Dinner, to be held on May 26 at Park Hyatt Guangzhou, will see top Guangzhou chefs each compose a signature dish to dazzle judges and attendees with exceptional ingredients, creativity and excellent flavor, while The Wine People provide hand-selected wine pairings. The following day, the same venue will play host to Sunday Kitchen Party, wherein some of the city's outstanding restaurants will set up live food stations to offer a food and wine tasting. All proceeds from the weekend will benefit the Wilber Foundation. For more information, contact Giulia on WeChat (ID: GiuliaBibi).

Sat May 26, 7pm; RMB1,400; Sun May 27, 12.30-3.30pm; RMB380; Park Hyatt Guangzhou, 16 Huaxia Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城华夏路16号广州柏悦酒店



## May 26 REBEL Fighting Championship Guangzhou Stop

Three highly anticipated bouts will take place on May 26 at Guangzhou's Tianhe Sports Center, pitting some of the best MMA fighters in China against their highly-skilled, international counterparts: Australia's Chris Morris and Brazil's Marcelo Tenorio, along with Konstantin Linnik of Ukraine, will face off against Wu Chengjie, Liu Wenbo and Wang Sai respectively. Visit REBEL Fighting Championship's website for more information.

Sat May 26, time and price TBD. Tianhe Sports Center, 299 Tiyu Xi Lu, Tianhe District, Guangzhou 天河区体育西路299号天河体育中心 (rebelfightingchampionship.com)

# GZ EVENTS

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



## May 26-29 A Michelin Experience at the Taikoo Lounge

Enjoy an exclusive four-day 'wine and dine' experience prepared by Nicolas Boujéma, a renowned Michelin-star chef from the legendary Mandarin Oriental, Tokyo's one-star Michelin restaurant Signature. Chef Boujéma will showcase his remarkable culinary and plating skills by offering diners a three-course lunch and a seven-course dinner set menu.

Sat-Tue May 26-29; RMB288/488 for lunch, RMB788/1,188 for dinner, plus 15 percent. 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 8881)



## May 28 Debussymania

To mark 100 years since the death of French composer Claude Debussy, Debussymania will see two talented French pianists, Hugues Leclère and Jean-François Zygel, perform well-known Debussy pieces in both solo and duet improvisations. This must-see (or more appropriately: must-hear) concert is intended to introduce Chinese audiences to the magic of Debussy's music and celebrate the man, who has been hailed as one of the most significant composers of the late 19th and early 20th centuries.

Fri May 28, 8pm; RMB80-380. Xinghai Concert Hall, 33 Qigibo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (020-8735 3869)



## June 1-3 The Curious Incident of the Dog in the Night-Time

This play is a successful stage adaptation of its namesake novel. It is presented as a play-within-a-play, rather than the first-person narrative featured in the book, telling stories about a 15-year-old amateur detective named Christopher John Francis Boone who is a mathematical genius and appears to have an unspecified autism spectrum disorder. This seven-time Oliver Award winner is to be staged in Guangzhou from June 1-3.

Fri-Sun June 1-3, 2.30pm/7.30pm; RMB80-880. 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)



## June 3 String Quartet Concert by the Ensemble Philéas

Ensemble Philéas, composed of musicians from Radio France orchestras and leading French soloists, was started by Vincent Dormieu. Audience members at this concert can expect four talented musicians delivering a "rich and demanding repertoire," according to festival organizers. Ensemble Philéas, like many of the other artists included in this story, will be paying homage to Claude Debussy by presenting 'Quartet in G Minor Op. 10,' the French master's only quartet composition.

Sun June 3, 8pm; RMB80-380. Xinghai Concert Hall, 33 Qigibo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (020-8735 3869)



## June 16-17 Music Day 8

Enjoy two days of free concerts in Shunde on June 16 and 17, including performances by electric party-pop group Pony Pony Run Run and pop band Colours in the Street, both from France. Pony Pony Run Run is notable for their catchy fusion of British indie rock and '90s dance music, which together creates a symphony of energetic electro-pop that will have everyone moving their hips and feet. At barely 20 years old, the members of Colours in the Street have already released their first album and have made waves in the French musical scene with their vibrant pop tunes. In addition, four Chinese musical groups will also hit the stage over the course of the weekend: hey! lily! (黑莉莉), lure (诱导社), Groovers (菊花合唱团) and Mercader (梅卡 德尔).

Sat-Sun Jun 16-17, 7.30-11pm; free. Shunfengshan Park, Nanguo Dong Lu, Shunde District, Foshan 佛山市顺德区南国东路





### Daily till June 30 Dine and Wine in Mediterranean Style

Enjoy classic Mediterranean fare with a local twist in a contemporary setting. Alfresco's new menu combines Mediterranean cooking techniques with ingredients commonly used in local cuisines. The menu's main focus is on prawns, crab, seabass, cod, and other seasonal seafood cooked using olive oil to produce healthy dishes with a light flavor.

Daily until June 30, 6-10pm; various prices. Alfresco, 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 3568)



### Daily Ongoing Happy Hour at Bar 5

Choose one beer or cocktail from a wide range of tipple options and pair it with savory dim sum dishes and crispy tacos at LN Hotel Five's newly redecorated rooftop bar. Set against the beautiful Pearl River views afforded by Bar 5's rooftop position, this promotion offers you a scenic and tasty night 'on the town.'

Daily ongoing, 5.30-8.30pm; RMB198 plus 15 percent. Bar 5, LN Hotel Five, Guangzhou, 277 Yanjiang Zhong Lu, Yuexiu District, Guangzhou 越秀区沿江中路277号广州岭南五号酒店 (020-8931 0505)



### Daily Ongoing Panda All Day Dining Give You a Platinum Experience

As the parent-child themed restaurant, the Panda All Day Dining restaurant brings you into the present moment of a fantasy fairyland. This buffet restaurant is positioned on the ground level, with 850 seats available. Like to be entertained while your children dine? The Panda Animatronic Fantasy Show is specially set up for your children. Interestingly, you can see red pandas and llamas during your meal.

Until July 1, in-house guests and park visitors can enjoy 15 percent off dining at Panda All Day Dining. The Family Buffet Package is RMB499/set/net, available for two adults and one child. Please download Chimelong Hotel App or click on our official website for restaurant reservations or get further hotel information.

Promotion Date: From now to June 30, 7am. to 10am, 11:30 am to 2:30 pm, 5:30 pm to 9pm. Promotion Price: Family Buffet Package: RMB499/set/net available for 2 adults and 1 child



### Daily Ongoing TWG Tea Deluxe

Try the new set meals at TWG Tea which offer pastas coupled with a specially-made tea sauce, as well as meat and fish dishes spiced up with tea flavor. The set meals, which changes on a daily basis, also come with a pot of selective tea.

Daily ongoing, 11.30am-2pm, 6-9.30pm; prices start from RMB98 per dish. TWG (IGC), 1/F, IGC, 222 Xingmin Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城兴民路222号IGC首层 (020-8757 1837); TWG Tea (Taikoo Hui), Shop L213, 2/F, Taikoo Hui, 383 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路383号太古汇2楼L213铺 (020-3808 8233)

## MO EVENTS



### May 1-31 Mother's Day Spa Package at SO Spa at Sofitel Macao

To express your love on Mother's Day, bring your mother to enjoy this festival spa package. You can pair any treatments you like for a total of 90 minutes. For example, enjoy a 60-min Body Aches Massage using Asian techniques and heated herbs, or a 60-min back massage followed by a 30-min Immortelle Youthful Eyes package to release your exhausted muscles. Moreover, you are entitled for complimentary tea and the access of spa facilities such as the steam room and jacuzzi.

MOP688++/ person (853 8861 7801)



# SZ EVENTS

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



## May 19 That's PRD X Wine & Etc

The party is back! Guests will enjoy a delicious dinner buffet and free-flow red and white wine while networking with their peers. That's PRD teams up with the experts at Wine & Etc to bring you a night of great music, great prizes and great conversations. RSVP for only RMB299... if any spots remain.

May 19, 7-10pm. RMB299. Email [shumini@urbanatomy.com](mailto:shumini@urbanatomy.com) for tickets. Blue Italian Seafood and Grill Restaurant, 3/F, The Venice Raytour Hotel Shenzhen, 9026 Shennan Dadao, Nanshan District, Shenzhen (0755-2693 6888 ext. 8022)



## May 19-20 Lord of the Dance: Dangerous Games

Michael Flatley broke the mould of traditional Irish dancing by incorporating upper body movement and creating edgy rhythm patterns that departed from the traditional. He has created, directed and produced several successful shows including Lord of the Dance, Feet of Flames and Celtic Tiger. His Lord of the Dance show broke box office records all over the world. In 1998 Lord of the Dance set a record-breaking run of 21 consecutive shows at London's legendary Wembley Arena. It is a record that still stands to this day. Worldwide video sales were in excess of 12 million copies. Based on Irish folklore, Lord of The Dance: Dangerous Games is a classic tale of Good vs. Evil, expressed through the universal language of dance. The story is of the Little Spirit, who travels through time to help the Lord of the Dance protect his people from the evil threat of Don Dorcha, the Dark Lord. As this dark power challenges our hero, the adventure draws you into a mythical universe of love, danger, and desire.

May 19-20, RMB 180-880, May 19 (Sat) at 8pm, May 20 (Sun) at 2:30pm or 8pm. Duration: 130 mins including 20-minute intermission. Nanshan Cultural and Sports Center, 62 Nantou Jie, by Nanshan Da Dao, Nanshan District, Shenzhen (0755-8661 6818)



## May 22 Windsbach Boys Choir

The Windsbacher Knabenchor (Windsbach Boys Choir) is a German choir of boys and young men in Windsbach, Germany. Founded in 1946 by Hans Thamm and since 1978 under the direction of Karl-Friedrich Beringer, the choir is one of the most renowned boys' choirs of the world. The choir is an institution of the Lutheran Church in Bavaria, which raises about 30 percent of the funds required to support both the ensemble and the singers boarding school. The choir received the Rheingau Musikpreis of the Rheingau Musik Festival in 2007. The choir's repertoire spans all kinds of disciplines from a cappella to great oratorical masterpieces, such as the Messiah by Handel or Elijah by Mendelssohn Bartholdy. With about 70 singers, the choir conducts about 50 concerts per year. This includes going on tour once or twice per year to locations such as other European countries, the Middle East, Far East, the United States and South America. The choir also accompanied the Presidents of Germany Richard von Weizsäcker and Roman Herzog on their state visits and held a concert for Johannes Rau.

May 22, RMB180-580. 8pm. Huaxia Arts Center, 1 Guangqiao Jie, Overseas Chinese Town, Shenzhen (0755-2692 8991)



## May 22 The Swingles

For more than half a century, The Swingles have pushed the boundaries of vocal music. The seven young singers that make up today's London-based group are driven by the same innovative spirit that has defined the five-time Grammy winners since they first made waves in the 1960s. At a time when a cappella music is more popular than ever, The Swingles are recognized as masters of their craft. Released in March 2017, The Swingles' latest project is Folklore, a diverse collection of folk music from around the world, inspired by their international travels and featuring collaborations with traditional artists. With creative arrangements that transport these well-loved songs into the group's unique and rich sound world, the results are powerful and surprising.

May 22, 2018, 8pm, RMB180-380, Shenzhen Concert Hall 2016 Fuzhong Yi Lu, Futian District, Shenzhen (0755-8284 1888)





**May 23**  
**Punchline Comedy Club – Whose Line Is It Anyway?**

According to *The Times*, this improv comedy show with its new cast is "Pure talent, better than the TV show!" The five renowned comedic alchemists promise to hit comedy gold by taking scenarios, genres, phrases and props suggested by the audience and turning them into a hilarious array of sketches, songs, comic dramas and more. Enjoy buy-one-get-one burger deals and round-trip bus transit (from Shekou, Futian and Dongguan) for the evening.

May 23, 2018, 8pm, RMB190 presale/RMB220 door. Hard Rock Cafe Shenzhen, 9 Mission Hills Dadao, Longhua New District, Shenzhen (0755-3395 2888)



**May 25**  
**Jungle Party with African Hand Drum Performance**

Celebrate the cultures, rhythms and long struggle for independence among the peoples of Africa. Terrace takes the opportunity to decorate in selected African styles, with the house band TAS putting on a special performance for the night. Enjoy huge discounts on certain beverages until 9.30pm.

May 25, Free Entry. The Terrace Restaurant & Bar, 201, Seaworld Square, 32 Taizi Lu, Shekou, Nanshan District, Shenzhen (0755-2682 9105, 2683 2775)



**May 27**  
**KIBUBU by Marie de Jongh**

In this family-oriented farce, Xebas and Cocó the clowns enlist a gorilla to fix the failing show. With humor and pathos, the Spanish comedians attempt to tame the animal for tricks and the praise of their fellow humans. But in true parable fashion, the teachers are the ones with important lessons to learn.

May 27, 10.30am and 3pm, RMB 80-280. Shenzhen Children's Palace, 2002 Fuzhong Yi Lu, Futian District, Shenzhen (0755-8351 3099)



**Daily Ongoing**  
**Saffron Fixed Set Lunches**

Saffron is keeping their Fixed Set Lunch option available from 11.30am to 3pm everyday including weekends. Choose: 2 portions of vegetables + Rice + Nan + Salad + Flavored Indian Curd + Dessert + 1 Coke for RMB50, or 1 portion of vegetarian curry + 1 portion of curry with chicken, fish or lamb + Rice + Nan + Salad + Flavored Indian Curd + Dessert + 1 Coke for RMB55. Vegetables & meat items change daily. Replace Coke with beer (Tsingtao, Budweiser, Corona or Hoegaarden) for only RMB10 or replace it with fresh seasonal juice.

11.30am-3pm, RMB50-55, Saffron Indian Restaurant and Bar, Floor B1, Jinhui Hotel, 1005 Wenjin Lu, Luohu District, Shenzhen (0755-8219 1115)

# GZ LISTINGS



Making the best of family life in 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) 萝岗区科学城翔翔路19号

**Canadian International School of Guangzhou** Cambridgeshire Garden, Nancun Town, Panyu District (3925 5321) www.cigz.com 广州加拿大人国际学校, 番禺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校区市广路 (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, Guangzhou 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 (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 同和之宝岗沙北路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府街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) 爱普教育, 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 (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



## 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.santafeferelo.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.ccsc.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, Nanhai 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1F2) 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, Nanhai DaDao, Nanshan District (8213 1198). 3) 2/F Honglong Building, Nanhai 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 Nanhai 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 Nanhai DaDao, Shekou, Nanshan District (2688 7106). 南山区蛇口南海大道1033号泰格国际公寓E0119



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