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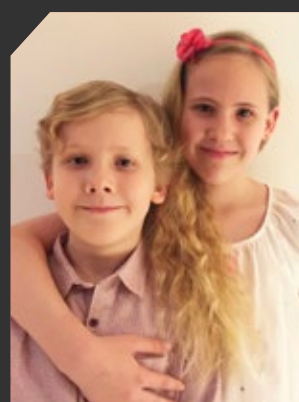
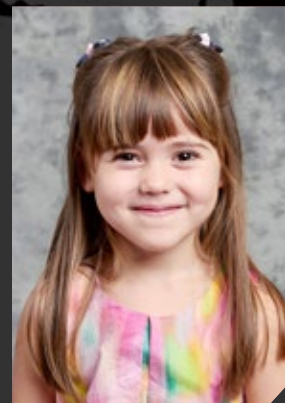
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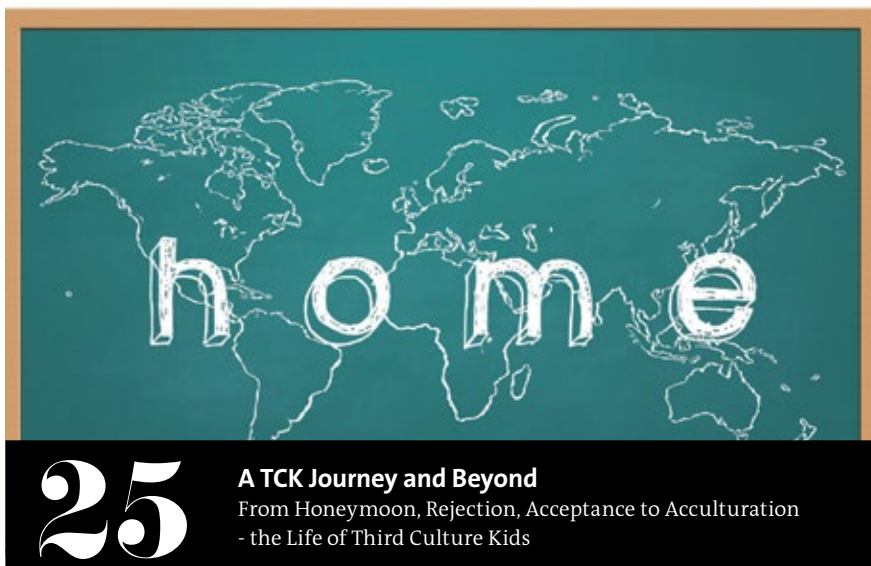
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### THIS MONTH'S COVER

has been designed by Felix Chen.  
Special thanks to our 22 TCKs and  
their families for allowing Urban  
Family to use their pictures on our  
beautiful cover.



随音像制品发行



# EDITOR'S NOTE



“Hi there, what’s your name?”

“Hello. My name is Lena, and I am an ATCK.”

I wish I could go around actually introducing myself as a Adult Third Culture Kid (ATCK) but alas, it hasn’t happened yet.

“So, where are you really from?” Now this is a question that repeatedly makes me want to cringe. Like other ATCKs, I often get nervous, wondering whether the question refers to my nationality, place of birth, where I am currently living now, or where my parents and siblings live. Contingent on the person and situation, I’ll often have different responses to that question, and I always feel like I need to explain myself and prove my origins, and because of that I’ll often find myself omitting parts of my story in order to make my identity easier to comprehend and to explain where home is.

Truth be told, I, like many other ATCKs (including my husband, pictured above, and my children), never quite feel at home anywhere. It feels sometimes that I am in limbo. I am a strange, unexplainable mix of I-don’t-know-what, and I always feel as if I’ll never find that one place where I belong 100 percent. So like many ATCKs, I’ve now ascribed home to a sense of belonging, through family ties and deep emotional connections. It’s an emotional place – somewhere where my heart belongs, with people I can relate to. And whilst I resent the fact that I have to give complicated answers to seemingly simple questions, I cannot help but feel proud. What an amazing opportunity and life I have had, to speak multiple languages and see so many countries. I feel grateful for the experiences I’ve had, and I am proud to feel, above all, like a citizen of the world. I don’t belong to any one place; it means I choose to belong to many.

This issue, we speak to both our young TCKs and TCKs, in the hopes of finding out what makes them global citizens. Turn to p25 for our cover story.

Till our next issue, happy reading,

**Lena Gidwani**

**Chief Editor, Urban Family**





# URBAN BLURBS

## Mandarin Mastery

Learn the Basics Before you Hit the Town!

Third Culture Child  
第三文化孩子  
dì sān wén huà hái zǐ

World Citizen  
世界公民  
shì jiè gōng mǐn

Nationality 国籍  
guó jí

Birthplace 出生地  
chū shēng dì

Hometown 家乡  
jiā xiāng

Culture 文化  
wén huà

Identity 身份  
shēn fèn

Family 家庭  
jiā tíng



### Mother Sells Breast Milk on Shenzhen Street to Save Daughter

A 24-year-old mother, holding a baby in her arms, knelt alongside her husband, at a public park in Guangming New District in Shenzhen. She was offering to sell her breast milk at a deal of 'RMB10 for one minute of breastfeeding' to fund hospital bills for one of her twin daughters. The seriously ill infant was diagnosed with a number of illness, including neonatal sepsis, but is in stable condition. At that time, the couple claimed they still owed the hospital 'tens of thousands of yuan' and the doctor says further treatment would cost more than RMB100,000. The image of Tang trying to sell breast milk was captured on January 22, and since then, aid has been provided by generous donors in Shenzhen and Tang's hometown, as well as from Guangming New District's civil affairs department.



### Google Commemorates the Late Father of Pinyin

Google's search engine honored a Chinese linguist on its homepage in mid-January over a weekend. A cartoon portrait revived Zhou Youguang, with an animation featuring two cards switching between the Chinese characters and Pinyin for 'Google' (谷歌, gūgē). Zhou is respected as the 'Father of Pinyin' as he spent three years with his team on this project from 1955. It is the fundamental language instruction in schools across China, and has not only dramatically increased the literacy rate in China, but also connected the country with the world. Mr. Zhou passed away on January 13, 2016, aged 111 years old.



### Baiyun Airport Opens Its Second Terminal

On April 26, Guangzhou's Baiyun International Airport welcomes its second terminal. The opening of the new building is expected to meet the need of increasing the airport's passenger capacity, 45 million passengers a year by 2010, twice the current number. The information was revealed by the city's Land Resource and Urban Planning Commission. The cost of RMB17 billion on this mega construction project is spent on 397 check-in counters, over 5,000 parking spaces and other facilities. It is reported that Terminal 2 will largely serve as the new home for China Southern Airlines, as well as housing operations for other SkyTeam members like China Eastern, Xiamen Airlines, Air France and Air Korea.



## China Cancels Preferential Policy for Talented Students

On February 23, China's Education Ministry announced that by 2020, a policy that favors students with special talents will see its end. Schools have been requested to gradually phase out this policy, starting from middle schools. The policy was initially introduced to discover young talents who were particularly good at arts, sports and other subjects, and had great potential to be outstanding individuals in the future. Under this policy, students with special talents were favored for admission regardless of their grades on other subjects. However, feedback showed that this policy had become exceptionally popular with parents since its introduction. Parents wanting their children to go to top schools with the best resources attempted to exploit this policy by sending their kids to extra after-school training classes. *People's Daily* applauds this change of rule as a way to regain equality in China's education landscape. However, the cancellation is not expected to have massive changes to old habits. More reforms are expected in the future with regards to the Gaokao and the education system.



## GZ Welcomes World's First Virtual Zoo

On January 1, the Guangzhou Zoo will mark its 60th anniversary by officially opening its 'VR Zoo,' which it declares on its website to be the first of its kind around the globe. Combining virtual reality (VR), augmented reality (AR), 3D and other leading visual techs, it reveals the daily life of 'stars' at the zoo. The virtual paradise also boasts a variety of prehistoric creatures, extinct species and signature animals from around the world. Don't be surprised by the smells of the jungle and animal sounds. All these are a means to enhance an immersive and interactive experience. The zoo hopes the VR Zoo will be a calling card of Guangzhou. In the future, the project will interface internationally with animal fans online, according to Chen Zujin, a staff member in charge of science education at the Guangzhou Zoo. They will also combine VR technology with animal research and wild animal protection.

## A Global Campus

Providing world-class education for children aged 1 to 18, the British School of Guangzhou is one of the largest truly international schools in China.

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# URBANITE EVENTS

## FC SES & My Star Christmas Party 2017



It was a heartwarming end to 2017 in Shenzhen as FC SES and My Star brought families together for a great cause. Nearly 50 children enjoyed a day of fun with football and basketball coaches at a Christmas event sponsored by *Urban Family*, in support of 'A Heart for China.' Families donated over RMB5,300 to the charity, along with an abundance of household goods to help people in need. May 2018 bring even more support for this worthy cause.

## SWIS Winter Celebration 2017



On a beautiful day in December, Shen Wai International School (SWIS) PTA hosted its 2017 Winter Celebration, attended by many parents, students, teachers, and guests from the Shenzhen community. Visitors enjoyed a winter market with beauty products and fluffy toys, while visits with Santa and fun activities kept the children entertained. The bouncy castle, of course, was a huge hit. With so many tasty foods, a delightful range of performers and a raffle draw that saw many guests take home prizes, it was a wonderful way to welcome winter in Shenzhen.



---

## AmCham South China Winter Ball 2017



AmCham South China hosted its annual winter ball on the evening of December 2, 2017 at LN Garden Hotel, Guangzhou. Themed 'wonderland,' the party took place amid fairy tales, whimsical romance and glamorous costumes. The lucky draw was one of the event's numerous highlights, offering prizes valued at over USD200,000, including round-trip flights, hotel presidential suites, luxury watches and fine wines, amongst 14 others.

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## Shenzhen British Day 2017



More than 2,500 guests and 60 vendors gathered at Mission Hills Sport and Eco Park on November 25 to enjoy a day of amazing performances, fun games and delicious, traditional British foods. There were reproductions of the London Eye and the River Thames, with a father-son bagpipe duo to set the mood. The British Chamber of Commerce Guangdong brought out their best for this annual day of heritage fun and we look forward to next year's festivities!



# Couleurs de Chine

## Educating Children of Ethnic Minorities

Compiled by Lena Gidwani



**C**ouleurs de Chine (CDC) is a vibrant group of charitable do-gooders who are out to make a difference. Their aim is to bring education to the children of ethnic minorities in Guangxi province and to see the preservation of their heritage and culture. *Urban Family* sat down with Sven Castelain, to learn a bit more about how CDC are changing the lives of these ethnic children.

### What is the CDC Mission and Aim?

Our main goal and aim is to allow a maximum number of vulnerable children (girls for the most part) of Miao, Yao and Dong ethnic minorities in the South East provinces of China, to have access to primary school and to carry on, for the brightest ones, with higher secondary school, and then onwards to university. Other actions consist of helping to refurbish and equip some schools and dormitories, and finally, to also help preserve local traditions as cultural buildings, music and arts.

### How Many Girls/Families have CDC Helped So Far?

In 2017, more than 5,000 children were supported, from attending primary school classes to going to university. Since 1998, when Françoise Grenot-Wang introduced the



Scholastic Sponsorship Program and created the association, volunteers with a great dose of enthusiasm have continued our mission and raised enough to provide schooling for 11,000 children around Danian (Guangxi) and Guizhou.

### How do You Raise Donations?

Two-thirds of our funding come from individual sponsors and one-third from corporate ones, mainly French and Chinese businesses. Generally, the volunteers of the association in Guangzhou participate in charity actions organized by international schools and parent-teacher associations.



### Have You Faced Difficulties Trying to Raise Awareness of This Cause?

The association is made up of volunteers, all of whom have busy professional and private lives. This means that it is not always easy for them to participate in every event. A new team has been in place since January this year and the main goal for us is to recreate the human link and connection between the godfather (sponsor) and the godchild (student), not just through money, but also through support and care.

### What are the Charity's Future Plans?

2018 is a great year for the association since it is celebrating its 20th anniversary. Moreover, as of this January, Couleurs de Chine has been officially recognized as an NGO by the Chinese authorities. This will allow us to put in place a more effective communication process and reinforce the links already present between the sponsors and the children. We want to thank the wider community for making our actions and efforts more effective and worthwhile.

For more information, check [www.couleursdechine.org](http://www.couleursdechine.org) or email [cdcgangzhou@couleursdechine.org](mailto:cdcgangzhou@couleursdechine.org)







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# Be a Dog This Year

## A Call for Courage and Kindness

By Dr. Alfred Chambers, Psychologist / Director of Mental Health Services at United Family Guangzhou Clinic

Chinese New Year, also known in Asia as Spring Festival, traditionally begins on the evening before the first day of the second new moon after the winter solstice. In case you were wondering, since the winter solstice is always on December 21 in the Western, calendar, Chinese New Year will always be between January 21 and February 20. This year, the “eve” part of it fell on February 15. The red colored clothes and decorations, and use of firecrackers (although now restricted in many places), is according to one old myth anyway, a method to stop evil spirits from eating the local children. A good idea, I guess.

As with all celebrations, it’s a time when families “get together.” For whatever reason, it is often fraught with danger because the contradictory task that we are all faced with, in all relationships, is, “How can I be me, you be you, and still be together?” This challenge stays with us regardless of our age. If we pay attention to children, it seems to be the natural course them to differentiate themselves from their caregivers, to create their own unique personalities, their own path in the world and express their life energy the way they want. But of course, lying in wait are our families, schools and cultures – all with their own expectations that they surely want us to follow. Therefore,

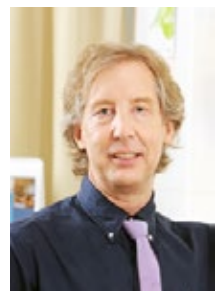
most of us compromise ourselves, which although not an ideal solution, allows us to sort-of-be-ourselves and to sort-of-give-in to others. This makes nobody happy.

Whilst children struggle to be true to themselves while relying on caregivers, teens finally have some freedom to express themselves but still desperately want to fit in with their peers. Young adults who want to set out on their own path may find that the world of work and social expectations can be very oppressive. When/if we marry, the whole childhood struggle begins again as we want our own path (still) and try to please, compromise, settle or battle against our partner. We think it was supposed to be different and are often lost in a no-man’s land of confusion and distraction. And then if we have our own children, we struggle against the path they choose, every single day. As we develop and struggle to create our own identities, we need to push against these restraining forces, even with our own families of origin, although still offering the promise of security and unconditional love. We continue to feel the pressure to “behave,” even when we are older, on our own, mature etc. I hear many people talk about their difficulties in going home to visit families. And when the obligation is strong, such as with Chinese families this time of year, old conflicts,

pressures and differences can easily arise.

I caution my Chinese patients to let go of their childhood patterns (not easy for any of us) and to allow their families to be whomever they are – and to not get caught in old childhood patterns of behavior. I often say the same to couples from all cultures that that I see. To solve the dilemma of how to be me and be with another is an existential challenge and calls for courage and kindness - blame, sarcasm, entitlement, resentment and so on simply work against our connections and loving. These are attitudes and behaviors that we all need to control. Alternatives are found in dogs who seem to naturally get along with each other (if not influenced by neurotic “owners”); dogs are forgiving, appreciative, kind and able to easily let go of their stress. As it is the Year of the Dog – let’s follow their example! I’m looking forward to this year – dogs are my favorite people.

United Family Guangzhou Clinic, 1/F, Annex, PICC Bldg, 301 Guangzhou Dadao Zhong, Yuexiu District, Guangzhou 广州市越秀区广州大道中301号人保大厦附楼首层 (4008-919191, emergency:8620 8710 6060, www.ufh.com.cn)







Concern for Others

# As a parent, how do you define your child's success?

Across 50 countries, **caring** is valued as a guiding principle in life, even above achievement.

– Adam Grant in “Raising a Moral Child” (New York Times, 2014)



Responsibility

Success for All. It's our motto at QSI International School of Shenzhen, and we have many tools we use to measure academic success. Yet parents don't send their children to school for academic success alone; parents want to see their children grow as citizens.

In fact, Grant's 2014 article notes that “...in the United States, parents from European, Asian, Hispanic and African ethnic groups all place far greater importance on caring than achievement.”

So how does a school measure success in terms of being a successful citizen?

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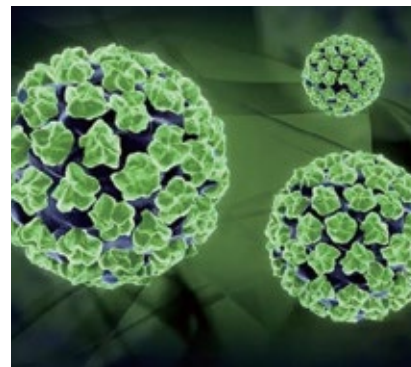




# Dealing With HPV

## Who Should Get The HPV Vaccination and Why

By Dr. David Chim, Medical Director of Expatriate Healthcare, VISTA-SK International Medical Center



vaccine can still give you protection from other HPV virus types that you were not exposed to. In other words, if you can still get some protection from viruses your body have not been exposed to, it is probably worth taking the vaccine. Do not rush your decision. Once a patient decides to go for it, his/her doctor will suggest a vaccination schedule (based on the patient's age and medical background). Lastly, always consider the use of a latex condom before intercourse—after all, there are many sexually transmitted diseases that do not have vaccines.

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### What is HPV?

Human papillomavirus (HPV) is a sexually transmitted disease that can cause genital and oral problems in both men and women. Unfortunately, some high-risk HPV strains can cause cervical and anal cancers. The most dangerous types of HPV are “16” and “18.” These two types can also cause cancers in other places besides the cervix and anus, such as the oral cavity and throat. Some other cancer causing types include “31,” “33,” “45,” “52,” and “58.” Lastly, types “6” and “11” can cause warts to grow in the anal and genital regions. If you happen to do HPV screening, and don't have access to a physician to explain to you, you now have a rough idea of what all those numbers mean.

Finally, for some good news: vaccines to protect you are available. As supply of vaccines are not always in stock, always call the respective clinic first before attempting to get the vaccine.

### Which HPV Vaccine Should I Take?

Currently, there are three types of vaccines commercially available: (1) Gardasil which protects you from types 6, 11, 16, and 18; (2) Gardasil 9 which protects you from 6, 11, 16, 18, 31, 33, 45, 52, and 58; and (3) Cervarix which only protects you from types 16 and 18. Obviously, most doctors would recommend you get as much protection as possible. However, availability of vaccines is always an issue. Please note that these vaccines are for prevention, not treatment. If in doubt, it might be useful to screen first for HPV before starting the vaccine.

### Who Should Get the Vaccine?

Unless there are other circumstance, in general girls and boys at the age of 12 or older can consider the vaccine—hopefully after discussion with a physician and her/his parents. Unfortunately, this vaccine is usually not covered by insurance companies. Now for the question you might want to ask: should someone who was previously infected with HPV still get the vaccine? The answer is probably—but please talk to a physician first. The general reasoning is that you might have had an HPV infection in the past, but the







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# Empowering Minds Through Books

## Five Reading Tips to Help Kids Get in Super Reading Mode

By Theresa Kemp



Superheroes are everywhere; they rule movies, own television screens and even appear in comics occasionally. Yet some of the most interesting stories about caped crusaders right now don't come with pictures or fancy special effects. They're in good old fashioned books. Yes, books! Whilst others seem to be born book-worms, for others, it can be more difficult to get them to pick up a book. Here are five suggestions to help get kids in super reading mode.

### Allow Your Child to Choose Their Own Books

Make reading interesting by empowering your child to select books according to their interests. Let them explore genres, topics and types of books, because the decision process helps them take ownership of the very books they wish to engage with.

### (At the Same Time...) Encourage Your Child to Expand Their Interests

While appreciating their interests, you can also encourage your child to consider other topics. As they discover other types of books, they will develop a desire to explore further. Inquisitiveness can lead children to become adept innovators or skilled researchers in the future.

### Reading Can Be a Springboard for Other Activities

The act of reading leads to a time of bonding and quality time spent together. Children learn in various ways, and while some may not pick up a book on their own, you can still use reading as a bridge for other types of activities that they do enjoy, which encourages reading for purpose. Children who are spatially-oriented might be interested in doing arts and crafts based off of a book they read, while children who absorb information aurally can appreciate the act of reading aloud as a means of spending quality time together.

### Culture of Reading

Should parents reward their children for reading? The answer is that reading should be seen as a joy and pleasure, in and of itself. Instead of offering incentives to read, allow your children to see you reading a book and enjoying it so much that they see that reading is itself, rewarding. This helps develop a reading culture at home, and will prompt your child to actively seek his or her own 'reward' by reading.

### Read Together as Quality Time

Reading together should be more than just an activity to build





your child's skill level. At home, reading should be a relaxed time of warmth, safety and enjoyment, focusing on the adventure that takes place. Let the 'test environment' remain at school! At the end of a reading session, ask your child if they liked the story and chat about any particular overarching messages the book may have had – those



discussions are a great opportunity for bonding.

There are many ways for children to develop a love for reading, and sometimes, we just need to adapt how we approach the activity to show children how they can derive knowledge, inspiration and enjoyment from reading.

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# Top Picks

## App Happy

Compiled By Natalie Foxwell and Yuzhou Hu



### BrainPOP Jr.

Free for basic content or USD9.99 a month for unlimited access

This is a great App to encourage children to be intrigued about the world around them. Each week a new animated movie is released, that covers a different topic. Themes for the movies and the related quizzes covers anything from science, reading, writing, math, health, art and technology. Children can search for a specific topic or even person e.g. Abraham Lincoln or going to the dentist, and all related content will be presented. The App centers around two main characters Annie and Moby her robot, together they deliver the information and ask questions to keep children engaged.



### Epic!

USD7.99 a month for unlimited access

Nurture a love of reading with Epic, an App for readers of all ages and levels. This online library can be used on all desktops, laptops and table devices, so it's extremely convenient. With over 25,000 titles on all genres: fiction, non-fiction, STEM, biographies, DIY, quizzes and language, you name it and Epic will have something on what you are searching for. The interface is extremely user-friendly. Once you pay the unlimited access fee, there are no in-App purchase requirements, just an entire library at your fingertips.



### Pixie

USD9.99 one off payment

With Pixie, a child's imagination can be the force behind the creation of amazing stories. This authoring tool allows children to create artwork, include voice narration and images to develop story books and curriculum activities. This App encourages children to use their creativity and communication skills and it's available across all main devices iPad, Android, Mac and Windows; children can even save their project on one device and reopen and edit it on another.

### Monument Valley (1 & 2)

Monument Valley 1: USD3.99 (In-App purchases included)

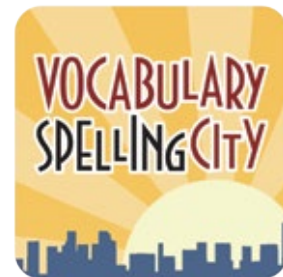


Monument Valley 2: USD1.99

Monument Valley is an Apple design award-winning App with beautiful artwork that touches both your site and sound senses with its engaging illusions and soundscapes. This surreal exploration through fantastical architecture requires you to travel through mysterious monuments, uncovering hidden paths and unfolding optical illusions. The goal is to reach the exit on each screen by manipulating your way through puzzles; not complicated to control but sophisticated enough to keep young minds engaged. Phase I and II are somewhat similar but worth the indulgence to immerse yourself in the stunning designs. This is truly a beautiful App to play and will have young minds swept away while thinking through each puzzle's requirements.



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Best  
Learning  
Apps



### VocabularySpellingCity

Free for basic learning content or USD34.99 premium access annual fee

With more than 35 interactive word games and thousands of pre-made word lists, there is no denying that VocabularySpellingCity helps build literacy skills in a fun and engaging way. With premium ad-free access, sentence and paragraph writing exercises, flashcards and additional games are also available. Adults can track a child's progress on spelling tests and other exercises, and children can see correct answers for questions they missed. With each game, children can see, hear, speak, write, break down and play with words to strengthen their literacy skills.





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# Talking With Teens

## A Guide for Opening the Lines of Communication Between Parents and Their Adolescent Children

By Dr. Nate Balfanz

**I**t is important to understand how developmental changes in the adolescent brain can help to provide a framework for responding to related observable changes in an adolescent's personality and behavior. Specifically, rapid growth and restructuring that occurs in the brain during the teenage years helps to prime adolescents for a time in their lives geared towards developing peer relationships, taking risks and trying new things, must be noted. This time can also include exploring their own talents, passions and belief systems as they face the inevitable launch into adulthood.

To help build effective communication channels with adolescent children, here is a 'Teen Talk Checklist' which advises strategies derived from research and clinical application. While the items on the list are in no particular order, the more strategies parents are able to utilize in their daily interactions with their teens, the more effective they will be at connecting with their children on a meaningful, intimate level.



### The Teen Talk Checklist

#### 1) Take on the Teen's Perspective

In attempting to connect with your teen, you'll need to consciously move from the position of an outside observer of the child's experience, to that of an active and involved participant. This can be accomplished by asking yourself the question, "What would I need right now if I were in my child's shoes?" while also using statements that convey genuine curiosity and interest in your child's experience such as "What was that like for you?"

#### 2) Validate and Contain the Teen's Feeling States

In addition to aligning yourself to your child's perspective, you'll also want to provide affirmation and validation towards their feeling states (an important step that parents frequently overlook). This can be done by providing process commentary about what you see happening for your child on an emotional level through phrases such as, "I can see how this made you feel..." or "That must have made you feel really..." It's only after you have validated your child's feeling states that you can switch gears and provide more explicit direction and support for what to do in a situation.

#### 3) Use Self-disclosure and Humility to Your Advantage

It will be helpful to consider the importance of well-timed self-disclosures in your role as a supporting adult in your child's life. A

thoughtful self-disclosure is useful in that it humanizes you as a parent and helps the teen feel less alone in their struggles. Real healing can only take place when your child experiences you less as an adult simply talking down to them as a child, and more as a kind, compassionate and consistent human being in whom they can relate and confide.

#### 4) Trust That Everything Being Said Has Meaning

This helps to demonstrate that you are engaged and that you place value in what your child considers important enough to talk about, even if at first it may be seemingly insignificant. If you can have the patience to really listen closely for the smaller details in what your child is saying, you'll be demonstrating to them that you know how to be there to hear them out when they choose to go deeper into their issues.

#### 5) Remain Aware of Your Own Feeling States

All parents should perform regular 'self-check-ins' to recognize which of their own needs are not being met, as it will likely have an impact on their capacity to effectively attune to the needs of their children. Monitoring and exercising self-care is critical for parents not only because they are entitled to it, but also because their children deserve a positive model for what healthy mental and emotional functioning looks like.





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# Air Today, Gone Tomorrow

## Five Steps for Healthier Air

By Angelica Almas

The Air Quality Index (AQI) isn't the best indicator of air quality but it is the measure used by government agencies to inform the public in clean air reports. Each country has unique standards and scales. API, or air pollution index, is the Chinese version of AQI.

Particulate Matter (PM) is a much more valid indicator as it tells you what pollution is made up of, including chemicals, metals and dust particles. The smaller the particle, the bigger chance they have of entering the body and causing lots of damage.

- Bad: PM10 - particles that are 10 micrometers can enter the lungs.
- Worse: PM2.5 - particles that are 2.5 micrometers can enter the blood stream.

PM is measured in mass concentration, or the number of micrograms of PM2.5 dust per cubic meter ( $\mu\text{g}/\text{m}^3$ ). 24-hour maximum allowable levels depend on each country's standard.

- Europe: 25  $\mu\text{g}/\text{m}^3$
- United States: 35  $\mu\text{g}/\text{m}^3$
- China: 75  $\mu\text{g}/\text{m}^3$

Guangzhou and Shenzhen averages around 70-180  $\mu\text{g}/\text{m}^3$ .

### Smartphone Savvy

A favorite free app for tracking the hidden villains in the air is called China Air Pollution Index, created by Fresh Ideas studios. It compares PM2.5 reports from the US Embassy with China's Ministry of Environmental Protection (MEP) report.

### Cover Up

Planning to buy an air mask to battle the ever growing pollution levels? Masks are a great source of protection, but not all masks are created equal. A mask efficiency test conducted in Shanghai revealed the

least effective mask is the standard cotton mask. Most masks follow American standards to show their anti-haze index. Basically, the higher the number, the better. An N90 mask, for example, filters out 90 percent of airborne particulates in the air. An N95 mask filters out 95 percent of the airborne particulates larger than 0.3 microns — that's much smaller even than PM2.5 microns. This is a good thing, since most of air pollution's bad health effects are caused by particles 2.5 microns and smaller.

### Indoor Invaders

Due to today's highly efficient, tightly sealed homes, indoor air is typically five to 10 times worse than outdoor air. You'd be surprised at the extent of pollutants such as lead, volatile organic chemicals (VOCs), formaldehyde, allergens, radon and mold in your home.

### How to Reduce Potential Contamination:

- Leave your shoes at the door. Studies indicated 70 percent higher particulate levels in homes where outdoor shoes are worn.
- Ventilate (open your windows) for at least 20 minutes per day.
- Get a hepa vacuum. An unsung weapon against air pollution, they remove 99.7 percent of particulates larger than 0.3 micrograms.
- Get an air purifier. Indoor air is vastly improved, even with just short sharp bursts each day.
- Get your home tested. The only way to know how to effectively combat your indoor toxins is to know where they are and what causes them.



# Top Picks

## Mask Up

Compiled By Natalie Foxwell and Yuzhou Hu



**3M  
8576**

RMB33.2 (for one)/RMB249.5 (for 10)

3M is probably the most common brand of mask. Besides Taobao, you can easily find this mask in most pharmacies and convenience stores, such as Family Mart. Although most of the respirators combat pollutants adequately, we recommend the 8576 series. This mask not only blocks out 99.5 percent of certain oil and non-oil based particles, it also adjusts to different face shapes and provides optimum comfort due with its adjustable nose clip.



## of the Best Mask Brands



**Shigematsu  
DD11V**

RMB48.95  
(for one)/  
RMB386 (for  
10)

Shigematsu is a renowned Japan-based company selling assorted face masks. Back in 2013 when Fukushima Daiichi nuclear disaster occurred, the Japanese Prime Minister inspected the site wearing a gas mask produced by Shigematsu. Therefore, you can be sure their masks' filtration ability is extremely effective. This is further validated by the fact that this brand tops almost all pollution mask recommended lists, which helps support the higher price you'll find yourself paying.



**Honeywell H950V**

RMB90.95 (for 15)/RMB111.95 (for 20)/  
RMB132.95 (for 25)

The most cost-effective masks on the market may be the ones from Honeywell. A single mask from Taobao is much cheaper than those of 3M and Shigematsu, not to mention the wide range of colors and patterns to choose from, for those who are fashion-conscious. While the protection may not be as high as the premium ones, it can still filter out nearly 94.2 percent of the molecules, which is certainly better for your lungs than not wearing a mask at all.



**Koken HI-LUCK KIDS**

RMB310.4 (for 10)

There so many masks available for adults, however, when it comes to children, the options become limited. Fortunately, we have Koken. Specially designed for children, the mask can filter 99.4 percent of particles, which is pivotal to protect a child's vulnerable respiratory system. In addition, the mask's material stretches, which ensures it can be airtight for children aged 5 to 12.



**Lvdun**

RMB38.45 (for one)

Like Honeywell, Lvdun also provides different colors and patterns that look great while also protecting your lungs. Their masks are reusable however, you need to change the filter discs regularly. Owning a unique design of non-woven fabric and filter discs, their masks can filter better than Honeywell. Even athletes from China's sports team use this brand. However, if your face is on the smaller side, we wouldn't recommend this product as there may be air leaks, deeming it less effective.



# TCK By Design

## A Look Inside

By Noel Roberts



I am a Jamaican born, US citizen living in China. I look back now and ask myself, "How cool is that?" In many ways I now call China my home after living here for eleven years, America seems like a dream and Jamaica a distant memory.

I first learned about "Third Culture Kids" when I attended a "Families in Global Transition Conference" As I listened to the speakers my whole life began to make sense. Pieces of my unfinished puzzle began to fall into place. Questions I had never been able to answer before, like why I never feel at home anywhere and where home is, were now answered. This

experience led me to reflect on my life with new lenses. I asked my family questions, different questions this time, questions that began to give me answers that made sense. They almost all began with, "Mom, how come?"

After a thorough investigation I was proud to discover in fact that I was a TCK by design. You see, my grandfather attended Boston University, and worked in New York for many years. While there he got married and had four children. He decided to take these American-born children with a Jamaican heritage, back to Jamaica West Indies so they could have a British formative

education. Jamaica at the time was a colony of Britain, and his plan was to also give his children, and grandchildren, a dual citizenship. My grandfather devoted his whole life to education, even then, knew the power of international mindedness.

My love and value for education was inspired by my grandfather, an Education Officer who would often have me tag along when he visited the schools he audited. I graduated high school at sixteen, and somehow by default followed my grandfather's family prescription; my TCK journey began. I migrated to the United

States to go to college, and at twenty-three while still studying business administration, I became an entrepreneur owning and operating numerous food and retail establishments in New York City.

I switched to an undergraduate in Community Psychology, pursued Graduate Studies Social Work. After over thirty years in New York, I was ready for a change. I was invited to China by a lady who would eventually become my wife. She was originally from the Philippines and had already been in China for ten years. China has been good to me; I am healthier, and my quality of life has improved dramatically. I feel a connection to China that is hard to describe. It first hit me, this 'thing for China', when I was in Florida on vacation. When it was time to come back to China for work, I caught myself saying, "I am going home". It startled me as I never ever planned to visit much less live in, and fall in love with China.

I have held true to the family prescription, and have brought many years of rich experience to bear upon the challenge of loving, caring, and supporting international school students in China. Over the years, I have come face to face with literally hundreds of mirrors of myself, and these TCKs (students, parents and teachers) all reflect back some angle, aspect and dimension of myself. It is by piecing together these reflections and continuing to learn about myself as a TCK, that I am better able to work with and support TCKs.

# Raising Third Culture Kids

*A Lifetime Global Journey*



**W**elcome to a borderless, interconnected world where multicultural opportunities and experiences are rife, where frequent goodbyes, the unknowns and a sometimes inconsistent journey is the norm. This is the journey of a Third Culture Kid (TCK).

So what exactly is a TCK? The term, created by American sociologist Ruth Hill Useem, refers to a

child who has spent a substantial part of their formative years outside their parents' culture. Those who fit that bill have an inclination to mix and merge their birth culture with their adopted culture, creating one of their own: a third culture.

Meet our PRD TCKs and our adult TCKs, as they talk about their journey.



# A TCK Journey and Beyond

## From Honeymoon, Rejection, Acceptance to Acculturation - the Life of Third Culture Kids

By Amanda Abel

For 21st century families, being internationally mobile is becoming a more common experience.

There are many amazing stories that we share, and the research is now revealing some of the long-term implications of living abroad. Many of us began the journey as an experiment, often a two or three-year commitment; however, we now may find ourselves in a social group of individuals who have lived most of their adult years away from their passport culture. Our cross-cultural lifestyle is now the new normal.

### The Bittersweet Cycle of Acculturation

We begin to acculturate to the host society as soon as we unpack our luggage. Research suggests that the vision and expectations of the sending organization will strongly influence the family in the acculturation process. For

instance, if the organization connects two families from the same country to support each other, the level of acculturation to China could take place at a slower process, than if the family is connected with a local Chinese family who speaks English. If family members fully immerse themselves through language study and building relationships with local Chinese, they will acculturate even more rapidly. These are three examples of how a family may relocate and experience the host culture.

Regardless of how you acculturate to China, you will encounter culture stress. A growth mindset demands a level of adaptability, accommodation and acculturation, but it inevitably results in a form of stress. Following the honeymoon period, the experience of contradictions between expectations and reality can cause uncomfortable

feelings that drive family members to seek for the familiar (comfort foods, TV shows, Facetime with a close friend). As the adult navigates a new language, awkward feelings from our teen years arise – when we did not know or understand the surroundings. The new language student pushes through the bad China days and learns to respond differently in the future. After a few years, we find a transformation begins to happen in this cross-cultural exchange. We begin to soften our grip on our own passport culture. We begin to appreciate, and even delight in the cultural oddities that are not odd anymore, but have become the new normal. We share life with families in international schools who also love the thrill of seeing new countries and learning from people all over the world. Our thirst for amazing scenery and unique exchanges with people across



the planet becomes almost an addictive hunger. As we spend more time listening deeply to the local families, we find a love for the Chinese people growing. We see that they, like us, want the best for their children; we find that they, like us, spend their free time in the parks playing with their children; we see that they, like us, discuss future college plans looking for the best environment for their child. We reach a place where we are able to look at our own culture, not as better than China's, just different. This is true acculturation; when we have lost any sense of superiority and move into a position of accepting, respecting, and treasuring the differences we find in our host culture.

#### What Is It like for Children and Teenagers?

Children will usually absorb their new environment and language, delighting in the diversity of their new home. Younger children have a natural openness to learning and living without prejudices. Instead of selecting their friends based on nationality, TCKs will see all children from other nationalities as friends. If nurtured by parents, this perspective will continue and grow through the Middle School years.

Contrarily, teenagers have the most challenging time as TCKs. They struggle to find their self-identity, where they belong, and how to handle grief and hidden loss of friends that come and go in the international community. However, the research shows that most teenage TCKs are skilled at conforming to many cultural environments. TCKs have the ability to adapt to many surroundings, while they lack self-awareness of the hidden losses that are accumulating. If



internal struggles of loss and self-identity are not acknowledged on the re-entry to the passport culture; teenagers may remain in a prolonged stage of adolescent development until their mid to late-20s.

#### The Future Looks Promising for the Adult Third Culture Kids

Recent research about the Adult Third Culture Kid (ATCK) is very encouraging. According to the ongoing research of Ann Baker Cottrell and Ruth Hill Useem in 'Adult TCKs: life choices, commitment, and personal characteristics' (March 2007), the TCK maintains global dimensions throughout their lives. The research represents over 600 participants over the age of 25. We see stability and commitment in higher education, where 94 percent began post-secondary education within one year of high school graduation, 39 percent completed an MA and 11 percent completed a doctoral degree. One third of this research group chose international majors or minors, while 71 percent of the working graduates are involved in some form of international work. The occupational choices reflect a continued love of learning and interest in helping others globally with a desire for independence and flexibility. Additionally, marital patterns are interesting as well; the data shows a willingness to commit and stay committed with 77 percent married and 72 percent remaining in their first marriage. The international background of TCKs makes

them more open to marrying outside of their race, ethnicity, religion or nationality. TCKs were concerned with finding a person who shared their international outlook rather than someone who had the same cultural characteristics.

To combat the feelings of alienation and rootlessness, over 75 percent of the people in the ATCK study, actively participated in their local community and nearly 47 percent are involved in global volunteer activities. Many of the ATCKs maintain global contacts through social media and times of reunions. Fluency in foreign languages also helps the ATCKs to feel at home with other cultures. Nearly 80 percent of this sample occasionally speak a language other than English and 20 percent regularly speak another language.

#### The Journey Goes on...

The ATCK brings cross-cultural skills they have practiced in their adolescence into adulthood. Rather than just a chapter in their lives, it is their story. The ones that thrive outside of their culture have grown in many strengths: adaptability, growth mindset, problem solving, social skills and language, which bridge cultures and creates wonder and delight. The TCK community is a mosaic of colors, representing the nations and the people that have touched and changed their lives. What a blessing to live in the beauty of diversity!



# The TCK Experience

## Is It Worth the Challenge?

Compiled by Lena Gidwani

Studying in a foreign country can be a real challenge. What do our PRD-based Third Culture Kids think of their overall TCK experience? We talk to a few Third Culture Kids to find out what this group of world citizens truly think of their identity, upbringing and cultural belonging.

**Name:** Marco Fiorito

**Age:** 17

**Nationality:** Italian and British

**Countries Lived in:** England, South Africa and China

**School:** American International School of Guangzhou



When someone asks me where I'm from, I pause. The question doesn't have a simple answer, and the reply often ends up with me telling my life story. I lived in England until I was 13, and despite being well travelled and having a passport twice its original thickness, the true experience of other cultures was still missing. When I moved to South Africa, and then to China, I became immersed into cultures other than my own, and learned more about the world than any class could've taught. Being a TCK is certainly a positive experience, shaping people into skilled global citizens capable of easily adapting to many different lifestyles in an increasingly globalized society.

**Name:** Bethany Jayesinghe

**Age:** 18

**Nationality:** British

**Countries Lived in:** England, Sri Lanka and China

**School:** British School of Guangzhou



Third culture influence presented itself to me in the form of East vs. West. Born in England, to Sri Lankan heritage, it was easy for me to confuse my life at home with life in the outside world. It was for that reason that I never really developed the ability to speak Sinhalese; too confusing. Moving to China added a whole new dimension, in terms of experience, culture and even language. Currently, I am more fluent in Chinese than my ethnic language amplifying my third culture status. On the other hand, there is the sense of cultural dilution that I occasionally feel when I go back to visit my grandparents in Sri Lanka. But this is what is so astounding about the term 'third culture,' because I know I have three countries that I can call home, that fit together like a jigsaw puzzle. This is an experience that I believe will very much transfer into my life at university whether it is discussions at seminars or simply relating to other people.



**Name:** Ryan Yuen Jun Bruysters

**Age:** 18

**Nationality:** Dutch and Malaysian

**Countries Lived in:** Malaysia, Egypt and China

**School:** Utahloy International School Guangzhou

As a Third Culture Kid living in a country to which I had no initial ties with, seemed like a challenge when I first tried to adapt to a foreign culture. Yet, in a family with polar opposite cultures, I have learned to embrace my parents' culture into my own unique one. The truly special aspect of being a TCK is having an entirely new, more open mindset to the cultures of others. So yes, I do believe being a TCK carries many virtues that others may not necessarily have. Rather than adapting to a culture, I believe the ability to accept and to be able to integrate ourselves into a different culture allows for TCKs to find comfort in our uniqueness in who we are.



**Name:** Bianca Mehta

**Age:** 12

**Nationality:** Indian

**Countries Lived in:** India, Dubai, Malaysia and China

**School:** Guangzhou Nanfang International School

After learning about the term 'TCK', it finally gave me a word that describes how I feel about being a nomad. It's like a bunch of different layers of cultures being stacked in my head like a cake. 'Third Culture Kids' spend many years outside of their home culture, but never quite adapt to their host culture, either. From these two cultures, they form their own. Being a TCK, I've learned a lot of things; being in a different environment, different weather, food, fashion and style, culture, religion, and living a different lifestyle. It has taught me how to get easily adapt to any kind of environment. Two keywords I feel describe TCKs well are 'fast' and 'curious'.

**Names and Ages:** Jenna Peat (13 years old) and Ashleigh Peat (10 years old)

**Nationality:** New Zealanders

**Countries Lived in:** Australia, New Zealand, India and China

**Are there any personal traits from being a TCK that you take pride in?**

We take a lot of pride in being from New Zealand. We are very vocal about our heritage and what it means to us. In addition to this, we also embrace the local culture very well, whether it be Australia, India or China. We like to involve ourselves in the many events and activities that are in the given destination. For example, Holi, Diwali, Chinese New Year, Mid-Autumn Festival, Dragon Boat Festival. We are very multicultural and enjoy interacting with everyone.

**Do you remember a specific challenge that you had to overcome as a TCK?**

The challenges we face generally revolve around language in non-English speaking nations. However, we have overcome this through learning the language and being patient with our approaches. At times, being different in appearance and the interest that this creates has been challenging but again we have both embraced this and been courteous in our approach and response. We have been able to experience a lot in our short lives, being just aged 13 and 10, and this has taught us many things so far in our lives.

**What is one thing that you have taken with you from each country?**

We have certainly embraced the culture in each destination and have taken many aspects with us while growing up. As we from New Zealand, it would be the rugby culture and how important this sport is to New Zealand. Prior to living in New Zealand, we didn't know what it was and now we are huge supporters. In Australia, we love the outdoor lifestyle and beach culture; this is something that was a highlight for us. In India, we embrace the festival culture and how this is celebrated, as we would regularly dress up, even appearing on international television for this aspect. In China, it would be the dining culture and food as we both have learnt to use chopsticks and enjoy Chinese food such as Dim Sum and fried rice.

**Parenting varies geographically and culturally. How do your parents balance raising you in a Western style while living in an Asian environment?**

Having been abroad from our home country of New Zealand for all but one year of our lives, our parents have not lost touch with our roots, which is important. Part of their reason for living overseas is for us to experience other cultures and to appreciate New Zealand a lot more for what it is. Raising us outside of New Zealand does come with its challenges. However, our family stays true to our origin and our core values and morals. Of course, we are still young and only in time will we see the result of our exposure to the foreign/Asian environment. However, it is also equally important for us to respect this aspect as well. Part of our development is to be surrounded by variances in many aspects of our lives and to ultimately to become more accepting of the differences and giving us a more diverse upbringing.





# Meet Our ATCKs

## Our Global Citizens

Compiled by Lena Gidwani

**A**n Adult Third Culture Kid (ATCK) is an individual who has spent significant periods of childhood living outside his or her parents' culture(s). Adults who have gone through such experiences during their development years understand the experience of growing up in different environments and cultures. Say hello to two ATCKs currently living in the PRD.



**Name:** Patrick Schori

**Countries Lived in:** Australia, Brazil, Philippines, Thailand, Hong Kong, Switzerland, Portugal, Vietnam and China

**Role:** Working for Hyatt International

**Number of Years in China:** 5 years

### Are there any personal traits from being a ATCK that you take pride in?

Indeed! The languages I now know, the cultural awareness I possess as a result of living in so many countries, and most of all, the trait of adaptability, which ensures that I can take on any challenge.

### Do you remember a specific challenge that you had to overcome as a ATCK?

Saying bye to close ones is very hard. On the flip side, I now have 'homes' around the world!

### Has your career path been directly influenced by the fact that you grew up as a TCK?

Yes, it certainly has, especially with networking. Meeting people from around the world is such a blessing and I learn so much whilst interacting with them.

### What is one thing that you have taken with you from each country to further your career?

Cultural interaction; I can more or less find a relevant topic most times as I have travelled so extensively. There is something in common with everyone, all the time.

### In the hospitality industry, trends vary geographically and culturally. How do you balance Western and Asian aesthetics?

I eat tapas with chopsticks. It is all about respecting one's aesthetics and then you balance out how to adapt. In the end as a ATCK, you're pretty much always a foreigner one way or the other. Embrace it and go with the flow!



**Name:** Vinisha Rohra

**Countries Lived in:** Hong Kong, Korea, Taiwan and China

**Role:** Sales Merchandiser at Trading Import/Export Company

**Number of Years in China:** 21 years

### Are there any personal traits from being a ATCK that you take pride in?

Growing up as a TCK has made me more aware of other cultures and how other people think. Now that I am a ATCK, I take in pride having an objective view on life and in being open and accepting.

### Do you remember a specific challenge that you had to overcome as a ATCK?

Being a ATCK promotes many challenges. One in particular that I faced was the idea of not being connected to my motherland of India. It made me feel like an outsider whenever I was visiting family in India.

### Has your career path been directly influenced by the fact that you grew up as a ATCK?

Not really, but it sure has been an advantage in the workplace, as ATCK's have a tendency of having very few degrees of separation and plenty of networks everywhere.

### What is one thing that you have taken with you from the places that you have lived in?

One thing I have taken from living in another country is the culture. Chinese culture is so beautiful in the amount of diversity each holiday promotes.

### In the field you work in, business conduct varies geographically and culturally. How do you balance Western and Asian aesthetics?

It all depends on what the customer wants, and we have to respect their culture and ways of working. Sometimes how things work in China isn't always the way it works in other countries. It's all about ensuring balance and keeping both parties happy, whether it be the customers we sell to or the factories we work with.



# Parenting in a Culturally Diverse Context

## How Can Parents from Differing Cultural Backgrounds Effectively Complement One Another's Approach to Raising Kids?

By Dr. Nate Balfanz

Culture consists of a myriad of factors, including but not limited to – traditions and customs, morals, language, faith and spiritual practice, geography, as well as generational influences. And these will in turn shape a person's behaviors, belief systems and ultimately the ways in which they interpret the world. When taking into consideration all of these complex variables, it should be of no surprise that the already challenging task of being a parent can be exacerbated when you have two partners whose own upbringing and cultural heritage are not reflective of one another. How do we as parents find a common cultural ground with our partners by which to raise our kids?

### What the Experts Say

"With so much emphasis on identification of differences among peoples, it is easy to forget that nearly all parents regardless of culture seek to lead happy, healthy, fulfilled parenthoods and to rear happy, healthy, fulfilled children," notes senior investigator and cross-cultural parenting expert Dr. Marc Bornstein of the National Institute of Child Health and Human

Development (US). Dr. Bornstein indicates the method by which parents can achieve this is by not only considering their own cultural experiences and upbringing, but more importantly, to recognize and understand the modern cultural climate in which their child is living. As he states, "Both parents and children are required to be flexible in order to appropriately select, edit and re-fashion cultural information," in order to become what he calls "culturally competent members of their society." In other words, while the cultural backgrounds and practices of each parent are to be respected and cooperatively incorporated in their child-rearing practices, a greater emphasis should be placed on examining how those traditional cultural elements do or do not fit in with their child's daily living experience.

### Tips to Support Culturally Cooperative Parenting

Here are some tried and tested tips to help parents from differing cultural backgrounds effectively complement one another's approach to raising kids?

#### Increase Your Personal Cultural Awareness

Spend some time in thoughtful consideration of your own cultural upbringing and how it has impacted who you are today. What elements of your experience were helpful in navigating the often turbulent waters of childhood? Which ones were not? Discuss this with your partner, and consider together how it can positively shape your approach to parenting.

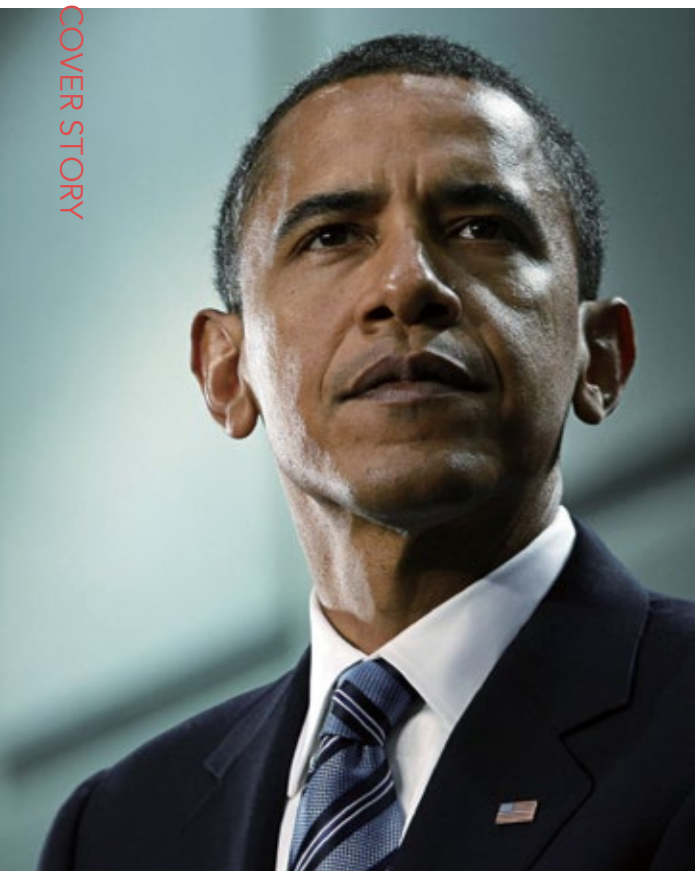
#### Maintain Healthy Boundaries

Whether it be grandparents, friends, teachers or the many other well-intentioned individuals in your life, everyone seems to have their own insights and advice on how to best raise your children. While we can graciously thank those supportive others for sharing their knowledge, ultimately it is up to individual parents to determine which culturally informed methods are most appropriate for raising their kids.

#### Focus on Developing Your Child's Own Cultural Identity

A primary struggle for children as they age is how to develop esteem and a strong self-acknowledgement, with culture dictating this to a significant degree. The aim here is for parents to help their children forge their own unique identities, rooted in equal parts from each partner's cultural heritage, while also considering how this fits in the context of the modern cultural climate.





### Barack Obama

Half American, half Kenyan, Barack Obama is perhaps the most famous Third Culture Kid, who has contributed to the term becoming so well-known. Obama spend part of his childhood in Indonesia with his mother and her second husband. In Grade 5, he returned to Hawaii to live with his grandparents.

### Freddie Mercury

Singing tunes like 'We Are the Champions' and 'Bohemian Rhapsody,' the lead vocalist of the British rock band Queen was certainly a TCK who made it big. Of Parsi descent, Freddie spent his childhood in the Sultanate of Zanzibar, and then lived in India until he was 17 years old.



## Famous Third Culture Kids

You Know Them, But Do You Really Know Them?

By Frances Chen



### Yo-Yo Ma

Recognized as a child prodigy, the world-class musician was born in Paris and chose to concentrate on the cello at the age of 4. He moved to New York when he was 7 years old and started studying at The Juilliard School at age 19.



## Kobe Bryant

The legendary five-time NBA Champion Kobe Bryant is also a true TCK. He grew up in Reiti, Italy until he was 14 years old, and while there, he learned the basics of basketball. He was pretty good at that, as it turns out!

## Gillian Anderson

You might remember her classic TV character, the embodiment of science and logic, FBI Special Agent Scully from *The X-Files*. Her family moved to London from Puerto Rico where Gillian spent her first 15 months. When she was 11 years old, her family relocated to Grand Rapids, Michigan where she became interested in theater, and the rest is history.



## Audrey Hepburn

The British film and fashion icon of Hollywood's Golden Age was born in Belgium. Due to Hepburn's father's work, her family was regularly traveling between Brussels, Arnhem, The Hague and London while she was very young. However, thanks to her multicultural upbringing, she learned to speak five languages: French, English, Dutch, Spanish and Italian.





# Considering the Motion

## Debating Encourages Pupils' Critical Thinking

*By Darren Simpson and James Beadle*

**D**ebate training and competitive debating can play an invaluable role in pupils' development. Beyond public speaking and personal communication, it is important to highlight the impact debating can have on improving confidence, independence and critical thinking – all crucial skills with far-reaching benefits for the everyday aspect of a pupil's life.

### Considering the Unexplored

Primarily, debating is important for pupils because it gives them a chance to think critically about things they wouldn't necessarily get to discuss in lessons. Whatever topic is being debated, whether it's the situation in North Korea or if school classes should be set according to ability, debating allows pupils to discuss and explore subjects at a very mature level, where they aren't told if they are right or wrong.

Frequently, pupils propose the motions themselves, which has led to some of our most interesting and closely-fought debates, as pupils are able to dive into topics that truly excite or interest them. Debating gives pupils the opportunity to follow their own ideas; to consider them, present them, express them and have them judged for their own value. Whether the debate focuses on current affairs, elements of their own education, moral or philosophical questions, it's a very open and engaging forum that encourages free-flowing critical thinking.

### Considering the Information

Debating is also about critical engagement, particularly engagement with information. Our pupils are living in an age of unprecedented access to information, which brings invaluable learning opportunities but plenty of pitfalls too. Debating is extremely helpful in teaching pupils to engage with sources of information critically: testing them to detect bias, spin and even outright falsehoods. This process of critical engagement with information helps them create a reasonable, balanced view of the subject they're exploring, while also strengthening the argument, they bring to the debate. If facts are not checked or a source seems wildly inaccurate or unbelievable, that will become a weakness in the argument for the opposing team to challenge and exploit. Ultimately, debating encourages pupils to look at a range of information sources covering the same subject matter and identify for themselves what they believe is trustworthy and what isn't.

### Considering Your Point of View

When preparing for a debate, pupils are often forced to look at topics from a completely different perspective. By arguing a position contrary to their own beliefs, pupils constantly and carefully examine the reasons for holding such beliefs. Just as importantly, to present the best argument, they must consider the perspectives of the opposing side and find the reasoning behind those perspectives. By thinking from unfamiliar angles, pupils are encouraged, even forced, to deconstruct pre-formulated opinions about the topics they debate.

This is important because critical thinking requires an open and unbiased mentality with the capability of taking on new ideas and information and judging them for their inherent worth.

### Considering the Opposition

Debating is a formalized environment with set rules and, admittedly, pupils sometimes take time to get used to the mechanics of it. Not speaking out of turn, not laughing or making

dismissive actions when points and rebuttals are being delivered, listening respectfully and patiently waiting for their turn to respond are all essential elements of debating. Of course, it also takes great courage to argue a case to an audience of their peers and teachers. Being respectful and considerate of other views is both an important life skill and a helpful approach to debating.

A key skill that the best debaters have – and one which is not intrinsically obvious – is the ability to listen. Debating is not just about coming up with the best argument, it's also about engaging with your opponent, probing their argument before picking it apart. To achieve this, pupils must listen so that they have a clear understanding of what their argument is. This means that pupils are taking a step back and reviewing the value of their beliefs, which will help them develop a more understanding, empathetic sense of character.

### Considering the Future

As well as refining different skills and encouraging the positive personality traits already discussed, debating is also an excellent testing ground for many of the tough challenges pupils are likely to face later in life. It is the best form of preparation for interviews, whether for employment or higher education opportunities. It's also a great way for pupils to learn how to think on their feet and respond intelligently and assertively to whatever is being thrown at them.

When preparing for a debate, pupils can (and should) try to anticipate what the questions and key points of discussion will be, but it's very likely that something will catch them off guard, requiring them to quickly form a viable response. It's an incredibly valuable lesson for pupils to learn how important preparation is; it will help in almost any situation encountered and contribute to developing skills to instinctively react to what's put in front of them. If they can deliver intelligent, confident and considered responses to questions under pressure during a debate, they'll be in a great position to tackle university and job interviews further down the line.

**Most established schools in the PRD have a debate team. Ask your teachers and join one today!**





This is a collection of fact and fiction written by our young writers in the PRD. Enjoy!

# SHORT STORIES

## GNIS 'CAS' Trip to Cambodia

### An Unforgettable Journey

By Salma Alkhayat, Guangzhou Nanfang International School



Have you ever travelled hundreds of miles to help others? Well, students from Guangzhou Nanfang International School did during their CAS (Creativity, Activity, Service) trip from 5 to 11 November 2017. Thirteen students, including myself, and two staff members went to Cambodia. Before the trip, everyone was excited about going to another country and help a local school. During the trip, building a classroom was challenging, fun and tiresome, but above all fulfilling. In addition, we went sightseeing in different parts of Cambodia and did some enjoyable activities. The trip to Cambodia was very meaningful.

Our destination was a small rural village in Siem Reap. The goal was to build a classroom for underprivileged students. We were divided into three groups; each one had their own tasks. The tasks were challenging, but we

learned a lot from them. We carried sand using a wheelbarrow into the area in which we built the classroom's floor. We mixed our own mortar and use it to lay bricks to build the foundation wall for the floor. To make the walls, we had to cut wood and nail it together and painted it afterwards. We got dirty and muddy, but all of us put in a lot of effort into building this classroom in three days. It was tiresome, and our bodies were sore. Additionally, we had to deal with insects crawling all over the place and on us while working. All the hard work was definitely worth it. The smiles on the kids' faces said it all.

Besides completing our main mission in Cambodia, we were able to do other exciting things. We went to a local night market and bought cool souvenirs. We ate delicious local ice cream, some relaxed while getting a massage, and one brave student tried eating a scorpion. We also saw a cool circus show, rowed a boat around the river and saw

some alligators, and went zip lining. The sights were wonderful and it was very peaceful. Once the project was completed, we went to see the historical temples at Angkor Thom. We visited Angkor Wat, which is a temple complex in Cambodia and the largest religious monument in the world. We also saw another important temple called Ta Prohm. They were all magnificent.

Overall, the trip to Cambodia was both charitable and fun. Trips like this are important to all students of different ages. Besides being able to help others, they provide knowledge and experience students cannot learn in a classroom. On this trip, we were able to help those underprivileged people in need, taken out of our comfort zones and broadened our perspectives in life. It taught us how to be more independent and helped us grow personally from such a diverse experience. It was a very special trip. One that I will remember for the rest of my life.

# The Lighthouse

## A Bloodcurdling Tale of Darkness

By Amy Petchkanokpraw, Utahloy International School Guangzhou

I drag myself through the daggered rocks. The strong winds are blowing the winds in a never-ending cycle. Just one wrong move and I could fall straight to the dark, stormy water. I look up, catching just a glimpse of the light coming from an old lighthouse. The point has worn out from the sun and the colours are faded.

Just in the top, I see a figure, dark and tall. His back is towards me as I notice the being walk back inside. The seagulls are loud, yelling for me to run away. But the sky is already turning cloudy as thunder roars in my ears. Hard pellets of rain hit my face as I run towards the only structure in sight, the lighthouse.

I try not to slip as my pace quickens. The path has become slippery and the rain has started to block my eyesight. Luckily I reach the beaten-down door just as a strike of lightning hits. My hands grab for the graffiti-filled walls. Inside, the rusted staircase welcomes me. A gust of wind sends me chills as

my fingers just barely graze the writing on the walls. The only things I see are rows and rows of pictures. Each frame contains a different person. All of them have death dates. All of them died this year.

My heart starts to beat faster, my hands are shaking as I quickly drop them to either side. I look away, just to see that a single lightbulb has been turned on. My stomach drops and my legs have seemed to stop in their tracks.

Suddenly, "boom." A loud footstep is heard, coming from behind my eyesight. The rusty staircase creaks as more steps sound. My hair stands straight and my mouth becomes a desert.

"Who's there?" A voice yells. My breath slows down as I heave a loud sigh, but a distinct woman's voice calms me. "Come up if you'd like. You haven't got much time." Her sweet, sickly voice swims down to me.

I start walking up the never-ending staircase. What did she mean by "I haven't got much time?" I shake my head, forgetting about the pictures on the wall. She must be leaving soon. The

stairs are creaking and groaning by the time I get to the top. An old woman gives me a smile and welcomes me. I smile back, remembering that hospitality is difficult to come by.

"Do you come here often?" she asks with a voice as sweet as honey? Her voice calms me as she hands me a cup of hot tea. I sip, the bitterness like something I've never tried. It must be an acquired taste.

I shake my head. "My first time here." Her smile gets bigger. "Just perfect." I cock my head, becoming confused. She tells me to forget about it and goes to get something in the other room. I hadn't even noticed it. I walk around the circular space, roaming my eyes over the controls. I look at the walls to see just one blank picture frame. The old woman comes out with a camera and a man, the one I saw before.

"Let's take a picture, shall we?" Her smile changes, turning grave.

The flash clicks as the man in dark grabs my neck.

"Just perfect," she says.





# Overlooked and Isolated

## The Hearing Impaired

By Angel Lee, Caitlyn Yap and Karina Chiang, The British School of Guangzhou

"Do you think sign language is important?"

"Yes!"

"Do you think the hearing impaired is treated as equals to everyone else?"

"No..."

"Would you want sign language to be a part of the school curriculum?"

"Um... no."

This was the conversation we had with most of the 30 students that we interviewed at ZhongShan University. When asked if sign language was relevant to them, most said yes. However, we then asked if they would learn it, and the result was depressing: only 20 percent of the respondents were willing.

Being a deaf person is like living in a foreign country: you don't understand the languages spoken around you, and you can't communicate properly. Now imagine feeling like this for the rest of your life; wouldn't you start secluding yourself?

Many have sympathy for the hearing impaired. But only that: sympathy. Nothing more. Since they are disabled, we tend to think that they can only lead, at most, a mediocre life. History, however, proves us wrong. Beethoven and Helen Keller were just two figures that proved being deaf is not a restriction.

With 360 million people experiencing hearing loss in this

world, imagine how many more Beethovens and Helen Kellers we might have if we paid them more attention. Communication, therefore, would be a great place to start.

Learning sign language is hard. Just like spoken languages, sign languages are different in every country. That doesn't mean we should neglect it, right? After learning it ourselves, we found incorporating sign language into our daily lives difficult. Without people to practice with, we lacked the motivation to continue.

Nonetheless, advances have been made that makes learning sign language much easier. Apps with videos in sign language can help learning be interactive and fun. Some airlines include safety demonstrations with interpreters signing. Many innovative improvements are being made, but it's still up to us to take the first step.

How? Small improvements can be made at a time: learn some signs on YouTube; practice signing with your friends; and greet someone with hearing loss genuinely. If everyone learns a few basic signs, the hearing impaired would feel less like an outsider of society.

In the 21st century, equality is what we all strive for; committing to these small acts will bring us all closer to our ultimate 'everyone's equal' goal. Let us allow the hearing impaired to 'hear' our care for them.



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Until June



This is a collection of poems written by our young students in the PRD. Enjoy!

# A LITTLE POETRY

## What Should I Write?

By Ram Goyal, Guangzhou Nanfang International School

Think, think, think....

What should I write?

I can't just leave the paper

All blank and white.

A poem, a story, an essay, a lecture?

All this thinking is going to give my

Brain a fracture.

A damsel in distress, or magical chess,

A flying carpet, or a dangerous tar pit.

I give up. I can't do this anymore.

I hope that my boring blathering doesn't

Make you snore.

zzzZZZ, zzzZZZ



## Five Stars

By Zhiyuan (Peter) Li, Utahloy International School  
Guangzhou

Year and year you have been rising.

Like a bright star, alone but still shining.

Reaching the dream and away from the darkness.

You are high up in the sky.

So when the flood came, you could always fly

Like a phoenix and escape from hopelessness.

You are not alone

Around you, there are always friends, instead of  
clones.

Your people are tough and strong

They support you when you are wrong.

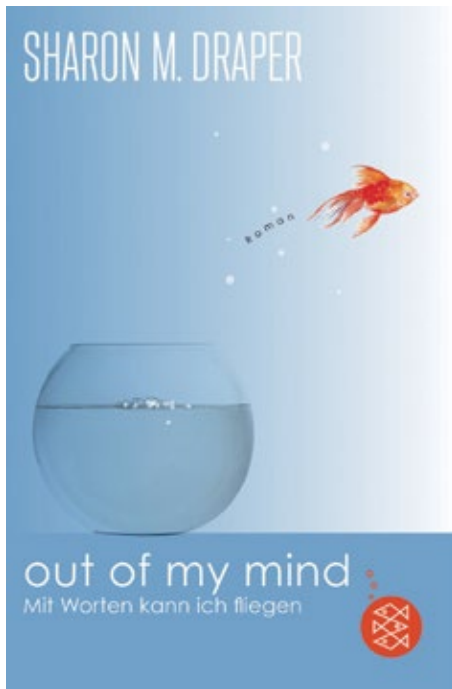
Obstacles are always in front and, they will never end.



But, we can always pass through it, with our friends.

When old people fall, the youth will come.

When today is over, tomorrow will come.



## OUT OF MY MIND

By Iris Chen

For many children, the topic of living with disabilities can be unfamiliar, which is in part due to a lack of understanding and perhaps limited exposure to those living without perfect health. *Out of My Mind* is an award-winning novel, written by Sharon M. Draper, that gives readers a chance to understand the difficulties faced when someone is unable to walk or talk. This inability to express who they really are, creates a battle against conforming to what others think of them.

In the novel we meet Melody, a 10-year-old girl born with cerebral palsy. While those around her think she is incapable of learning, she is actually brilliant, with an impeccable memory, and great sense of humor. Unable to speak or move anything other than her thumbs, she is trapped inside her body which creates an extremely complicated life. At school, the children around her cruelly taunt her with names, and a lack of knowledge around her intellect leaves her in the special-ed classroom. Melody's determination

however helps her rise above these difficulties through two life-changing moments, in which she is able to find her identity and her voice.

As the book's narrator, Melody recounts her life with incredible honesty. Her journey identifies an invincible inner strength in the face of adversity, and how she battles for acceptance and understanding.

When her school starts teaching her the alphabet for the second year in a row, Melody refuses to comply with such low expectations. When other students doubt her intellectual capabilities in class, she 'aces' a quiz and proves them all wrong.

It is through this persistence that Melody inspires young readers, even though many may not face such problems, her determination will be thought provoking and provide new insights. Melody encourages readers to challenge the perceptions they hold of themselves and others, and how everyone has voice, even if it cannot be heard.

*Out of My Mind* is recommended for ages 5 and up, and is available on taobao.cn and amazon.cn.

# ON THE PAGE

BOOK PICKS FOR KIDS



## DREAM SNOW

By Kendra Perkins

With the Christmas season fast approaching and the cooler weather upon us, what better reasons do you need to cuddle up and read a festive book with your children?

This wonderful story begins on December

24, Christmas Eve, with an old farmer settling in for a winter's nap. He's snuggled up in his favorite chair enjoying a cup of steaming peppermint tea. It's extremely cold outside, but for some strange reason, this is the first year without snow! As the farmer falls asleep the wonder and the story begin.

He dreams about a huge snowstorm covering his animals in a thick white blanket. We are taken outside into the snow where the farmer is on a mission to guess which animal is hiding underneath. This interactive book comes with a snow blanket film over each page, and children will have fun guessing which animal is under there. The book is a wonderful choice for parents to communicate with their children and ask them questions when reading along. It also encourages them to predict what will happen next with the story.

The quirky names (or rather numbers) that the author uses for the animals and the tree will elicit giggles from young children, and can help introduce counting and even naming the characters themselves. The message in this book is about how holidays bring family and friends together. It also teaches children about being kind to one another.

Lovers of American author and illustrator Eric Carle's classic *The Very Hungry Caterpillar* will recognize the iconic collage illustrations in this wintry tale about a farmer who dreams of a white Christmas. Like *Caterpillar*, the pages bring in extra fun and interest for young readers. There is also a musical surprise at the end of the book that will put a smile on any child's face.

*Dream Snow* is recommended for children aged 3-7 years old, and is available from taobao.com and Amazon.cn



# OUR URBAN FRIDGE



**Angela Hong**, Utahloy International School Guangzhou



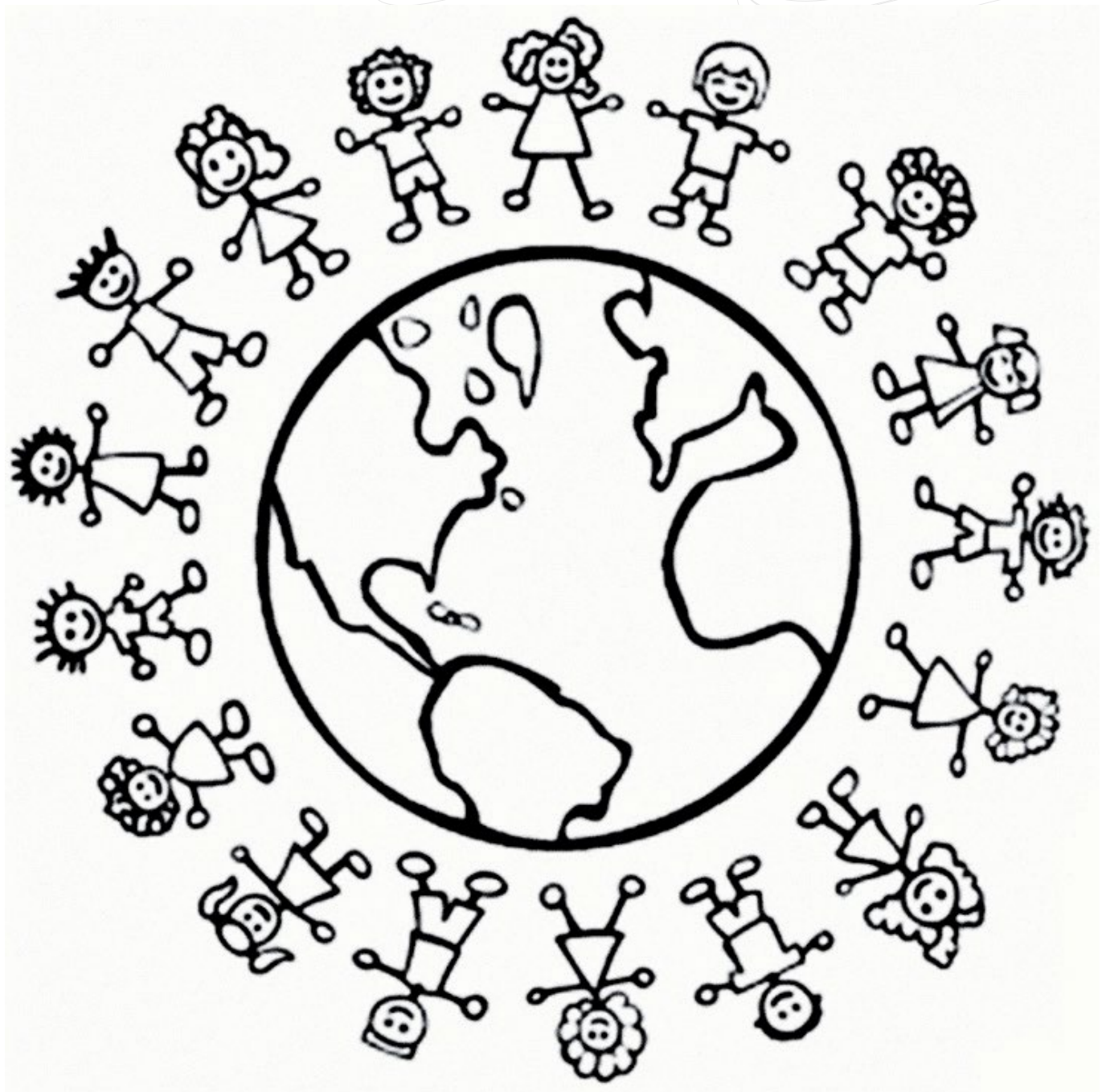
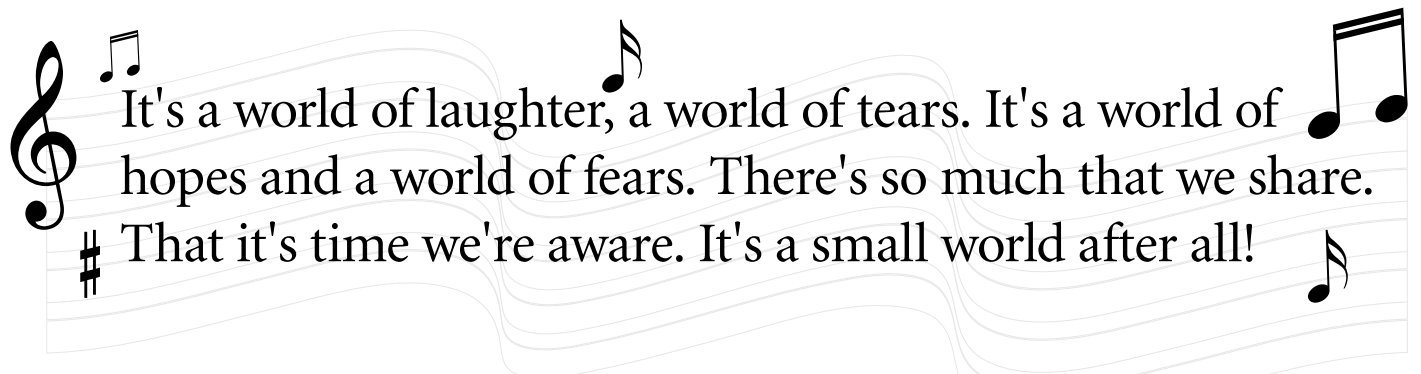
**Ali Omar Durzi**, Canton Global Academy



**Prtha Deva-Singh**  
Guangzhou Nanfang International School



# Art Attack





## COCO

## Disney Pixar Smash Hit Celebrates Familial Love and Cultural Traditions

By Erica Martin



Western producers hoping to tap into China's lucrative film market have tried a variety of tactics over the past few years to create a movie that appeals to Chinese audiences, from casting famous Chinese actors (*Stars Wars: The Force Awakens*, *The Foreigner*), to shoehorning Chinese history and culture into a screenplay penned by Westerners (*The Great Wall*). They've had varying degrees of success, but viewers can often sense the inauthenticity of this type of pandering from a mile away.

*Coco*, Disney Pixar's latest animated film about Mexico's Day of the Dead, has nothing to do with China whatsoever, but it has resonated profoundly with Chinese audiences, rising to the top of the domestic box office and becoming Pixar's highest grossing film of all time in the country. *Coco's* authentic and relatable story has also struck a chord throughout the rest of the world, with critics praising it as one of Pixar's best films in years. In addition to its engaging storyline full of twists and turns and its breathtaking animated visuals, the film's theme of respecting one's ancestors and traditions reveal a few surprising ways in which Mexican and Chinese cultural values overlap.

*Coco* tells the story of Miguel, a 12-year-old boy growing up in a small Mexican town as part of a family of shoemakers. He dreams of being a musician like his hero, the deceased guitarist Ernesto de la Cruz, but his family placed a ban on music several generations earlier, after Miguel's great-great-grandfather, a guitarist, abandoned the family to pursue his career. When he attempts to steal the guitar at de la Cruz's gravesite to enter a music competition, Miguel is transported to the Land of the Dead (animated as a dazzling, neon-colored city), where he meets his ancestors and must find a way back home by sunrise.

“ It goes against the very American-centric values of extreme individualism and pursuing your goals and aspirations at any cost. Instead, ancestral piety and a love of one's culture are the themes at the film's core. ”

With a screenplay by Mexican-American writer Adrian Molina and an almost entirely Mexican or Latin American cast (including star turns from Gael García Bernal as a ghostly trickster named Héctor and newcomer Anthony Gonzalez as Miguel), the film found high praise for its accurate depiction of Mexican culture, and it became the highest grossing film of all time in Mexico.

*Coco's* success in Mexico, as well as overseas, is so important because it reveals that cultural authenticity and genuine emotion create a story that resonates with people from different

cultures around the world, rather than pandering or trying to make a 'universal' story.

Another fascinating element of the film is that it goes against the very American-centric values of extreme individualism and pursuing your goals and aspirations at any cost. Instead, ancestral piety and a love of one's culture are the themes at the film's core. Told with wit, emotion and cultural awareness, these ideas allowed the film to resonate with audiences in China and around the world, even if they may have been unfamiliar with Mexican traditions or the Day of the Dead.

The film's transcendent, multi-national appeal is best summed up by this anecdote: though *Coco's* depiction of ghosts technically doesn't abide by SARFT's ban on all supernatural elements in film, rumor has it that the Chinese Film Bureau approved it for domestic release anyway, because the committee was unanimously moved to tears after their viewing. It's a supremely enjoyable film for both kids and adults, and we couldn't recommend it higher.

*Coco* is available on DVD.

# EVERYTHING FAMILY EVERY. SINGLE. DAY.



NEWS



EVENTS



EDUCATION



ART



RESTAURANTS



HEALTH



RECIPES



CULTURE



TRAVEL



GUIDES



MUSIC



GIVEAWAYS

## GO ON, FOLLOW US.







# Our Family Favorites

## Guangzhou Families Share Their Top Tips

**M**et the Batensgerber-Lopes Family. This family of four, consisting of Fatima Lopes, Flavio Baltensberger and two kids Eduardo (11) and Daniela (5), hail from Rio de Janeiro, Brazil. After two years of living in Amsterdam, they landed in Guangzhou last summer, because of Flavio's job. So far, they have had a great time exploring city's charms and flavors. They sat down with *Urban Family* to tell us more about their family favorites.

compound we live in, hanging out with friends and also exploring the hidden treasures Guangzhou has to offer. It's worth to mention that Guangzhou is also a good getaway to explore Southeast Asia.

parks and temples. But, what really make us excited is to walk along the pedestrian streets feeling the cultural atmosphere. It is priceless!

### **Favorite Leisure Activity in Guangzhou**

We enjoy lots of things as a family, such as supporting Eduardo playing soccer at the Guangzhou R&F and visiting the countless

### **Most Memorable Experience as an Expat Family in Guangzhou**

The beauty of the Chinese New Year celebrations is immensely memorable! So much color, festivities and culture.

### **Favorite Restaurant in Guangzhou**

As Italian cuisine lovers, we love Oggi at The Canton Place. It is the perfect spot for dining and strolling around.

No. 106, The Canton Place, Qing Feng Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城海风路广粤天地100,102,106铺

### **Favorite shopping venue in Guangzhou**

We like IGC Mall; it is a nice place to spend a few hours. There are good shopping options and also restaurants. Not to be forgotten, we also like to explore the innumerable markets that the city offers.

### **Favorite Community Event in Guangzhou**

Our community is based around our school. Our family takes all the opportunities to participate in all events at our children's' school (Utahloy international School Guangzhou) and we enjoy those moments a lot. We enjoy not only to participate, but also to work as volunteers and in the organization of them.

### **Favorite Weekend Getaway in Guangzhou**

On the weekends, we enjoy being in the





# Our Family Favorites

## Shenzhen Families Share Their Top Tips

**M** eet the Mailloux family. Elsa and her husband Vincent are French nationals, with two lovely children, Héloïse (14) and Margaux (10). Both kids were born in UK, where the family spent ten years. After the UK, they paid their first and short visit to Shenzhen, and stayed there for two years. They moved to New Delhi, India for five years. Three years ago, they returned to Shenzhen. Vincent is the deputy general manager of a tech company while Elsa takes good care of their children, both of whom attend Recognize International Academy. They share with *Urban Family* their favorites in Shenzhen, where they've found freedom and a peaceful life.

### **Favorite Restaurant in Shenzhen**

It's a toss-up between Miznon and Les 5 Chefs in Shekou! It depends what mood we are in. They belong to the same owners and we know they use high-quality and fresh ingredients.

Miznon, No.143, Laojie, Shekou, Nanshan District,

Shenzhen 南山蛇口老街143号

Les 5 Chef's, Shop 24, Coastal Rose Garden, Phase II, Wanhai Lu, Nanshan District, Shenzhen 南山区望海路南海玫瑰花园2期24号商铺私房欧厨

### **Favorite Shopping Venue in Shenzhen**

If I am not allowed to say Taobao, it has to be The Dragon Store and area around Stationery mall. There is always something to see and to get, whether for family, friends or ourselves. We do have a soft spot for the crystal shops in the Luohu Commercial Building, even though the constant screaming of salespeople has gotten old over these years.

### **Favorite Community Event**

Anything that SWIC organises! The Shenzhen Women's International Club was a lifeline when I first arrived in 2008 with a seven-month old and a four-year old. I remember being left alone at Sea World as my husband needed to start his new job less



than 48 hours after arriving. I became part of the hospitality team and then the magazine editor. Nowadays, I'm more like a simple participant, but I still volunteer once in a while.

### **Favorite Weekend Getaway**

Macau and the old streets, although we do like to go to Hong Kong for our occasional book raid in Kowloon, and a biscuit raid in Jordan!

### **Favorite Leisure Activity in Shenzhen**

Cycling and picnics along the waterfront of Rose Garden for all four of us when it's not too hot or crowded. Archery for Vincent and Margaux. Movies for Héloïse and myself. We are excited to be going to see Cats on stage next month!

Gongyuan Lu, Shekou, Nanshan District, Shenzhen 南山区蛇口公园路

### **Most Memorable Experience as an Expat Family in Shenzhen**

The most shocking: total strangers picked up Margaux from her pushchair when she was nine months old and showed her around to their friends when I just turned around to buy her sister some ice cream. They had no idea how inappropriate it was. They were clapping and cheering in her face as she was screaming! They terrified her! Back then, the girls were quite a focal point of attention in a crowd because their appearance. It is totally different now, which is great!

The most amazing: our first Chinese New Year when fireworks were still allowed. We were amazed by the display and moved by the fact that the whole China was celebrating at the exact same moment.







## Ingredients:

- 750g cream
- 240g sugar
- 150g whole milk
- 25g gelatin
- 300g passion fruit
- 1 vanilla bean

# Panna Cotta with Passion Fruit

## Sweets for Spring

By Maiks Gourmet, Shenzhen

**C**ombining great ingredients with passion to craft is what makes good food great.

Compliments of Maiks Gourmet, a startup company in Shenzhen which specializes in providing fresh, local and handcrafted meals available for catering and events, as well as a retail shop with ready-to-eat meals, here is a delightful recipe for panna cotta with passion fruit. Enjoy!



## Method of Preparation:

### Panna Cotta:

- In a bowl, put ice water and gelatin, to soften the gelatin
- Put the milk, 180 grams of sugar and vanilla seeds together into a pot for ten minutes on medium fire
- While hot, add the softened gelatin and stir carefully
- Add cream and mix fast but well
- Pour into a glass or cup and put into the refrigerator for 3 hours

### Sauce:

- In a saucepan, mix passion fruit and 90 grams of sugar and let it cook over medium fire for five minutes till it becomes a sauce-like consistency. Let it cool down.
- Remove the panna cotta from the fridge. Top panna cotta with passion fruit sauce. Serve immediately.

# Thai Green Curry

A Curry to Titillate your Taste Buds

*By Terrace Restaurant and Bar, Shenzhen*



**B**urst your taste bud with an authentic Thai curry, compliments of the chefs at The Terrace Restaurant and Bar in Shenzhen. The warm creamy taste will bring any table alive, while the freshness coming from the ingredients will remind you of spring. Indeed, a Thai green curry could just be the key to a joyful meal.

## Ingredients:

- 1 portion of any green curry sauce
- Coconut milk
- Fish sauce
- Skinned chicken with bones removed, meat cut into strips
- 2 lime leaves
- 8-9 curry beans
- 2 cherry tomatoes
- 6-8 chopped long beans
- 6-8 chunks of eggplant
- Several slices of red chili
- A small handful of basil leaves

## Method of Preparation:

- Boil the chicken shortly till the color gets pale but meat still tender.
- Heat the wok over a high heat. Add the green curry sauce, coconut and fish sauce, and stir fry for 1-2 minutes.
- Add the chicken strips and stir until coated in the curry sauce. Continue to stir-fry for 1-2 minutes till the sauce start boiling.
- Add the long beans, curry beans, eggplant, cherry tomatoes, red chili and lime leaves, and stir well. Bring the mixture to the boil, then reduce the heat until the mixture is simmering. Continue to simmer for 8-10 minutes till the fragrance is out.
- Add the basil leaves and stir for several seconds. Then scoop it up to put into a bowl, cover with a lid to keep the fragrance ready to surprise the noses.
- Serve with cooked jasmine rice in a serving bowl.





# Chaozhou

## Dumplings

### Five Ingredients

By Frances Chen

Dumplings are the most iconic festive food in China. On Chinese New Year's Eve, the entire family gather round and prepare this dish as the last meal of the year. The shape of dumpling resembles a traditional Chinese gold ingot, which symbolizes the wish for a prosperous new year. The filling ingredients and cooking methods vary depending on the different regions throughout China. For this recipe, we chose the steamed version that originates from Chaozhou.

#### Ingredients:

- 500 grams dumpling skins (you can buy premade skins)
- 500 grams mince pork (preferably with fat)
- 500 grams Chinese cabbage (coarsely chopped)
- 8-10 dried shiitake mushrooms
- 1 chunk of ginger (very finely chopped), salt and fish sauce

#### Method of Preparation:

- Soak the shiitake mushrooms in hot water for 15 minutes, drain and squeeze out the excess water, remove the stem and finely chop into tiny cubes. Heat a shallow pan with vegetable oil and stir fry the mushrooms until they soak up the oil and slightly shrivel,

then place aside to cool.

- Place the coarsely chopped cabbage in a large bowl. Sprinkle  $\frac{1}{2}$  tablespoon of salt and mix until water seeps from the cabbage, and then squeeze out any excess water (this step will prevent a soggy filling).
- Once the mushrooms have cooled, place all the ingredients in a large bowl. Add  $\frac{1}{2}$  tablespoon of salt and 1 tablespoon of fish sauce. With your hand, thoroughly mix all the ingredients.
- See diagram or video (scan the QR code) for guidance on 'how to' make your dumplings.
- Using a steamer set, bring water to boil in the bottom pot and then place the dumplings on the top rack. Lower the heat and with the lid on, steam for 15 minutes.



#### Advice on the Dish:

The amount of ginger can be adjusted according to your preference. You can also add finely chopped dried shrimps to enhance the flavor. We prefer the steaming method as it preserves all the flavors during the cooking process.



This recipe is from our new series *5 Ingredients*, see the full article by scanning the QR code on the left.



For more *5 Ingredients* family recipes please scan the QR code on the left.

# Creamy Tomato Basil Soup

## Bring Out the Best of Spring

By Myra Williams

**T**here's nothing like reaching into the pantry for fresh tomatoes and basil to give you a little taste of spring. This vegan tomato basil soup is super easy to make, incredibly creamy and so comforting! It's the perfect meal for lazy or busy days, so get in the kitchen and cook away.



### Ingredients:

- 10-12 cherry tomatoes, seeds removed
- 1 tsp. olive oil
- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- ½ teaspoon crushed red pepper
- Can of crushed tomatoes
- ¼ cup of sun-dried tomatoes, diced
- 4 cups of low sodium chicken broth
- 1 ½ cups of fresh basil
- ¼ cup of cream cheese

### Method of Preparation:

1. Sprinkle tomatoes with olive oil and season with salt.
2. Roast tomatoes for 40 minutes.
3. In a 6-quart stockpot over medium high heat, add coconut oil, onions and crushed red pepper.
4. Sauté onions until translucent, for about 5-7 minutes.
5. Add garlic, stir for 30 seconds and add crushed tomatoes, chicken broth, and sun-dried tomatoes.
6. Bring to a boil, then add roasted tomatoes and let simmer for 10 minutes.
7. Add basil and cream cheese to pot and stir until the cream cheese is completely melted.
8. Blend soup until smooth, and serve immediately with warm bread or other condiments.





# Ready, Get Set, Go

## Nine Superfoods to Boost Mood and Energy Levels

By Amelie Renz

**W**ant to lose weight, boost your immunity and look fabulous at the same time? If only there was a way to do this all at once, there'd be a stampede, but for now, no such method exists. Instead, turn to food i.e. an eating strategy that packs power, nutritional value and a host of benefits into every bite. Where to start? Simply load up on the "Superfine 9" – nine of the most nutritionally valuable foods you can buy. What makes them super? Few calories, low in sugar and salt plus lots of soluble fiber, nutrients, and health-boosting phytochemicals. Even better – not a drop of guilt should you over-indulge! If you're interested in looking great, feeling great and weighing less, just turn to a supermarket or produce aisle for your answers.



### 1) Leafy Greens

What's so amazing about these greens is that calorie for calorie, they deliver more nutrients than just about any other food on the planet. Loaded with fiber, vitamins, minerals and phytochemicals, leafy greens stock your body with the artillery needed to fight off potential killers like heart disease and cancer. Simply put: leafy greens benefit virtually every cell you've got! Favorites are kale, spinach, Swiss chard, mustard and dandelion greens because they're both nutritious and delicious. You can toss them into virtually anything to boost nutrition, but be sure to give them a good rinse first. Raw or cooked, on their own or added to smoothies, omelets and sauces, these greens add health-sustaining doses of vitamins A, C, K, folate, potassium and calcium to every meal.



### 2) Cruciferous Vegetables

Want to lower your cancer risk? Put the cruciferous on your list, namely broccoli, brussels sprouts, cauliflower, cabbage, kale and bok choy. Research suggests cruciferous veggies have the ability to inhibit the growth of some types of cancer cells and even stop others by reducing the production of free radicals.

### 3) Avocados

Don't be afraid of an avocado because you think it's fattening! The often over-looked avocado is a delicious, creamy superfood that's simply too health-boosting to skip. The myriad of healthy fats and nutrients found in avocados – oleic acid, lutein, folate, vitamin E, monounsaturated fats and glutathione among them – can help protect your body from heart disease, cancer, degenerative eye and brain diseases. Avocados also taste great and are easily integrated into any meal – or even a fruit smoothie. Add a half an avocado to smoothies to add creamy texture and a powerful nutritional boost, or enjoy an avocado half as a nutritious "side" to your morning omelet instead of potatoes or toast.



### 4) Blueberries

Tasty, sweet and packed with disease-fighting phytochemicals, flavinoids and soluble fiber – blueberries have the power to help prevent serious diseases like cancer, diabetes, heart disease, stomach ulcers and high blood pressure. In sum, blueberries are nearly miraculous! They also help tame inflammation throughout the body and can reduce "bad" cholesterol – so dig in for better health. Having a snack attack? Instead of ice cream, curl up with a small bowl of frozen blueberries and enjoy popping them in your mouth, one by one.



## 5) Beans

Dense and delicious, beans help raise levels of the hormone leptin which curbs appetite. They also deliver a powerful combination of B vitamins, calcium, potassium and folate. All of this good stuff will help maintain healthy brain, cell and skin function and even helps to reduce blood pressure and stroke risk. Pretty amazing, isn't it? To increase your intake, trying eating beans as a filling side-dish instead of bread or potatoes. They'll help keep you feeling fuller longer and deliver an excellent source of sugar-free energy through much of your day.



## 6) Walnuts

You don't need to eat a lot of walnuts to tap into their power. Just a small handful a day will deliver a healthy dose of omega-3's, alpha-linolenic acid, melatonin, copper, manganese and the hard-to-find gamma-tocopherol form of vitamin E which helps protect your heart. Walnuts on your plate may also protect your brain and help slow the onset of Alzheimer's and Parkinson's disease. Not a nut fan? Then try adding chopped walnuts to cereal or fruit, or blend in two tablespoons of organic walnut butter to fruit smoothies. Either way, you'll still reap the benefits of the mighty walnut.



## 7) Wild Salmon

A rich source of protein, vitamin D, selenium, B2, B3, B6 and B12 as well as those all-important omega-3 fatty acids, wild salmon makes for a fantastic meal. So exactly what can wild salmon do for you? Quite a bit, including protection from cancer, cardiovascular problems, macular degeneration, depression and cognitive decline – that's a lot of pluses in a pretty compact package. The best salmon to buy? Wild caught, Alaskan salmon, which routinely ranks low in contaminants and high in nutrients. Wild salmon's benefits start to kick in at about two servings a week, so there's no need to over-do it.



## 8) Chocolate

Dairy free chocolate, in moderation, is a delicious treat that actually does a body good. It can help elevate mood, improve blood flow and even lower blood pressure. It helps reduce inflammation and LDL "bad cholesterol," and it's loaded with antioxidants, which can help prevent cell damage, degenerative diseases and even cancer – all of which is good news for chocolate lovers. Keep in mind though, chocolate's numerous health benefits are not a license to set up camp in the candy aisle. You have to manage your "dose," keeping yours to a modest serving, a few times a week. To maximize chocolate's benefits, look for high-quality, dairy-free dark chocolate that's at least 70 percent cocoa – and enjoy!



## 9) Chia Seeds

These seeds are tiny, nutritional dynamos – in fact, they're the single richest source of plant-based omega-3 fatty acids you can buy. They're also loaded with antioxidants, protein and minerals, plus soluble and insoluble fiber to help keep your digestion moving in the right direction. What's more, chia seeds have an unusual property – they swell to more than 5 times their weight in liquid, so adding a spoonful or two to meals will help you feel fuller faster. How to eat 'em? They're virtually tasteless, so you can drop a spoonful or two into just about anything, including smoothies, sauces, soups and salads.





# SCHOOL EVENTS



## Canton Global Academy Year of the Dog Celebration

Students and teaching staff from CGA contributed greatly to a family day of fun in celebration of Chinese New Year, along with their wonderful sponsors. At its new campus location in Baiyun District, visitors were treated well with tasty foods, traditional Chinese handicraft exhibits, and performances on the stages. While sugar painting attracted most of the visitors, the lion dance, magic show, and face changing on the main stage also kept them entertained. The grand raffle served as the last but biggest highlights and saw many took home big awards sponsored by the event partners.



## Clifford International School Celebrates CNY

On January 1, Clifford International School's elementary students and teachers attired in traditional Chinese costumes and celebrated the arrival of Chinese New Year, the Year of the Dog. Accompanied by a nice choir, the little gala was set in a festive mood, just right for the following dragon dance performance when the atmosphere peaked. The fun of making dumplings marked the accomplishment of the whole celebration. The annual event was infused with elements of CNY and Chinese traditions. In such international environment that the school has offered, pupils are educated to embrace different cultures, in this way, they thrive as passionate English learners with an international mindset.



## UISG Open Day a Huge Success

On Thursday March 15, Utahloy International School Guangzhou (UISG) welcomed parents, friends and visitors to their beautiful campus. Visitors were able to witness firsthand the exceptional teaching and learning environment and student engagement that happen at UISG every day, from Early Years all the way to Year 12. Visitors also had the opportunity to engage in and observe student learning in action, as well as participate in a range of special events scheduled throughout the day such as a Maths workshop and whole school arts and music celebration. UISG is very proud of its inquiry-based learning approach and pride itself on its commitment to high quality, challenging, international education. The day was a great success for one and all!



## UISG Students Visit Switzerland for Inaugural Ski Trip

Utahloy International School Guangzhou students and teachers embarked on their first ski trip to the majestic Swiss Alps over the Chinese New Year break. There was a nice mix of new and experienced skiers and everyone thoroughly enjoyed six days of skiing in Verbier, the third largest resort in the world. The views were stunning, with over 400 kilometers of ski trails available to the group. The students also engaged in activities such as ice skating, sledging, torch light walks, a dance, agility and speed games, team games and even exploring the village.

# COMMUNITY HAPPENINGS



## Mandarin Oriental Guangzhou Spa Honored by 2018 Forbes Travel Guide

Mandarin Oriental, Guangzhou was recently honored with the title of 'Five-Star Spa in China' by the 2018 Forbes Travel Guide. This is the third year the Guangzhou hotel was awarded a five-star rating. Occupying a prime location in Guangzhou's CBD, Mandarin Oriental, Guangzhou adorns its interior with art and offers an elegant dining experience coupled with world-class service.



## Le Xian Fang Primary School with the Elderly in Flower Market

On the afternoon of February 13, a group of warmhearted students from Le Xian Fang Primary School volunteered to accompany a group of elderly Guangzhouers to the Liwan District Flower Market. With the companionship of the youngsters, the group of senior citizens was treated to a sincere and festive outing that allowed them to recall joyful memories from when they were young.



**August Ye**

Dec 12, 2017



**Esther Li**

Jan 4, 2018



**Louie Li**

Nov 6, 2017



**Zijun Tan**

July 4, 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



## Mar 16-May 26 Texas Cowboy Barbecue

American author Will James once said, "A cowboy is a man with guts and a horse." French restaurant 8, Faubourg at Sofitel Guangzhou Sunrich pays tribute to the Wild West legacy and asks you to bring your guts to and eat like a cowboy! Join the weekend Texas BBQ, enjoy American country music by a live band, dart competition, Kendall Jackson wine selection, salad bar, dessert station and among other eats and treats.

Friday-Saturday Mar 16-May 26, 6-10pm; RMB368. 8, Faubourg Bar & Terrace, 8/F, Sofitel Guangzhou Sunrich, 988 Guangzhou Dadao Zhong, Tianhe District, Guangzhou 天河区广州大道中988号广州圣丰索菲特大酒店8楼 (020-3819 0988)



## Mar 19, Mar 21-22 UISG Presents The Sound of Music

This classic makes an inaugural appearance this March at Utah International School Guangzhou. Presented by UISG Secondary students, the story of the von Trapp family has found a place in the hearts of everyone who sees it. Join us for a truly enchanting evening under the stars as Maria sings the title song on a pine-covered hillside. It's magical!

March 19, 1.30pm; March 21-22, 7pm. Tickets are RMB50. For more information or bookings, email alim@uisgz.org. Multi-Function Hall, UISG Campus, 800 Shatai Bei Lu, Baiyun District, Guangzhou 广州市白云区沙太北路800号



## Mar 21-22 From Kafka to Orwell: Marie Darrieussecq Dissects the World

Receiving the Young Writer Award at 19, French writer Marie Darrieussecq is author of over 20 books, among which Truism, a bestseller that has translated into over 40 languages, is highly acclaimed. This month, the French author is having a book tour containing literary confessions, interviews, debates and book signings in three Chinese cities.

Wednesday-Thursday Mar 21-22, various times; free entrance.

Guangdong University of Foreign Studies, 2 Baiyun Dadao Bei, Baiyun District, Guangzhou 白云区白云大道北2号广东外语外贸大学

Fangsuo Bookstore, Shop MU35, Taikoo Hui, 383 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路383号太古汇MU35号 (fangsuo.wenhua.com)



## March 21 Good France

Over 3,000 chefs from notable restaurants in 150 countries will participate worldwide in Good France (Goût de France) festival to celebrate French gastronomy on March 21. All the chefs will prepare a dinner in line with the Good France menu. The event is organized by the French Ministry for Europe and Foreign Affairs and chef Alain Ducasse. Inspired by Auguste Escoffier, who came up with the idea of providing the same menu in numerous cities worldwide on the same day for as many guests as possible. It is considered as a good demonstration of French cuisine, its capacity for innovation, and its values: sharing, enjoying, and respecting the principles of high quality, environmentally responsible cuisine.

For more information of the event, please visit [www.good-france.com](http://www.good-france.com).



## Mar 22-23 2018 International E-business Expo

One of the authors of the book Blockchain Revolution, Alex Tapscott whose work focuses on the application of blockchain technology and cryptocurrencies like bitcoin, is visiting Guangzhou for a two-day conference on the potentials of blockchain. Beside this, Tapscott will also be holding a private meeting to share ideas about blockchain. Come and listen to what the author has to say before you jump on the bandwagon.

Thursday-Friday, Mar 22-23, various times; RMB280-19,800. 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 (huodongxing.com)



## Mar 24 Folklore Fantasies

A comic puppet play of imagination and fantasy based on some subjects taken from Bulgarian folklore, Folklore Fantasies tells stories with everyday objects and is performed with various forms and sounds woven into it. Since firstly staged, the show has won many a prize in festivals around the world.

Saturday, Mar 24, 11am/3pm; RMB100-260. Zhengjia Theatre, F/7, Grandview Mall, 228 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路正佳广场正佳7楼演艺剧场 (damai.cn)



## Mar 24 Verbier Festival Chamber Orchestra

VF Chamber Orchestra is a resident orchestra at the Verbier Festival, an eminent classical music festival in Europe. Their concert in Guangzhou comprises classic, popular tunes by Austrian, German and French composers, such as Bach's 'Violin Concert No.2', Schubert's 'Symphony No. 5', among scores of others. In this concert, the talented musicians of the VFCO are playing under the baton of Hungarian maestro Gábor Takács-Nagy.

Saturday, Mar 24, 8pm; RMB80-880. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu



## March 24 ISA Open Day for Japanese Families

Pondering which school to send your kids to? ISA has issued an invitation to all the Japanese families. Come and visit the campus with your little ones who are ready for school. Additionally, ISA suggests that exposing our children—especially when they are at a young age—to a school environment early on in the formative years is deemed helpful for their adaption to campus and school life in the future.

Wednesday March 24, 9am-12pm. For reservations, call (8620) 8890 0909 or email to [admission@isaschool.org](mailto:admission@isaschool.org). ISA International School Guangzhou Block C2-2 Redtory, Siheng Lu, No.128, Yuan Village, Tianhe District, Guangzhou 广州爱莎国际学校, 广州市天河区员村四横路128号红专厂C2-2



## Mar 25 Luca Stricagnoli

Born in the small town of Varese in Italy in 1991, Stricagnoli developed a curiosity for classical guitar at an early age. Though he began practicing at 10 years old, Stricagnoli put aside the guitar for three years, picking it up later to play in non-conventional ways that earned him a spot in local talent shows. By age 22, Stricagnoli was signed by US label Candyrat Records and became a media sensation on YouTube and Facebook for his debut videos. Now 23, Stricagnoli is touring the world and will land in Guangzhou this March. Reserve your tickets today and see this prodigy in action.

Sunday, Mar 25, 7.30-9pm; RMB99-499. T.union, 361-365 Guangzhou Dadao Zhong, Yuexiu District, Guangzhou 越秀区广州大道中361-365号凸空间 (400 188 6980, [showstart.com](http://showstart.com))



## Mar 28-29 The Seagull

Four-act comedy The Seagull was considered one of Russian playwright Anton Chekov's best works. It confronts the romantic conflict between the art and mundane daily life. Lithuania OKT Theatre's recreation of The Seagull is bursting with humor and has garnered rave reviews from theater critics.

Wednesday-Thursday, Mar 28-29, 7.30pm; RMB80-680. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District 天河区珠江西路1号广州大剧院 (020-3839 2888, [gzdjy.org](http://gzdjy.org))



## Mar 30 Jane Eyre

When English novelist Emily Bronte's classic love story in Wuthering Heights was put on stage by Chapterhouse Theatre Company in 2014, "the gothic mist, backdrop from day to night and gorgeous ending allow(ed) the audience to fall in love with the story they once fell in love with some time ago," as written in The Positive. Founded in 1999, Chapterhouse Theatre Company specializes in performing outside under the stars and at some of the most beautiful gardens in the UK. This time, the famous British touring theater company is staging the classic Jane Eyre in Guangzhou.

Friday, Mar 30, 7.30pm; RMB100-320. 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 ([concerthall.com.cn](http://concerthall.com.cn))



# GZ EVENTS

Submit your event listings to  
uf.pr@urbanatomy.com



## Mar 30 We Lost the Sea: China Tour 2018

Sydney-based instrument band We Lost the Sea have been "crushing guitar noise with dark melodic atmospherics." Their live shows are an aural journey packed with emotion, drifting highs and intense, and crushing lows that treads an unexpected path. During their first tour to China, the Australian band will be performing powerful tunes from the album *Departure Songs*.

Friday, Mar 30, 9pm; RMB80. Tunion, 361-365 Guangzhou Dadao Zhong, Yuexiu District, Guangzhou 越秀区广州大道中361-365号凸空间



## Mar 31 Poison

This month, Beijing Dance Theater bring *Poison* to Guangzhou. Through emotions created by dancing and music, the three-act dance performance, inspired by *The Flowers of Evil* by French poet Charles Baudelaire, tries to manifest the everlasting question of good and evil, beauty and ugliness, at some point deploying the stories of Garden of Eden.

Saturday, Mar 31, 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)



## Mar 31 Paellas

Paellas is an independent rock band based in Tokyo. Their variable compositions – indie rock fused with R&B, the coldness of house music and fluent strokes of funk guitar – convey certain melancholy particular to urban life. With the latest album *Yours*, Paellas is performing in four Chinese cities this month.

Saturday, Mar 31, 8-10pm; RMB110. 191 Space, 191 Guangzhou Dadao Zhong, Yuexiu District, Guangzhou 越秀区广州大道中191号191空间 (400 188 6980, showstart.com)



## All Apr Lobster and Oyster Weekend

Dive into the Mega Sparkling Seafood Buffet feast at 988 Café on the weekend. There are lobsters from Canada, live shucked Ostre Argent oyster from France, Denmark salmon, 12 kinds of poached seafood on ice, 10 new hot seafood dishes including red curry crabs, whole steam turbot, whole sea bass roasted with sambal, black pepper king prawn, blue mussels braised in French champagne, among many others. Moreover, you can indulge in the more than 20 delicious desserts and two seven-layered black and white chocolate fondue.

Friday-Saturday all month, 6-10pm; RMB580 adults, RMB347 children aged 6-12, free for one child aged 5 and under with one adult. 2 on 988 Café, Sofitel Guangzhou Sunrich, 988 Guangzhou Dadao Zhong, Tianhe District, Guangzhou 天河区广州大道中988号广州圣丰索菲特大酒店8楼 (020-3819 0988)



## Apr 1 Aga-Boom

Straight from Las Vegas, Aga-Boom is an unmissable physical comedy production combining classical theatrical style and the expressional language particular to the world of clowns. Transcending languages and cultures with the art of slapstick, the show with "masterly clowning with its own originality" is "pure family fun" and "literally riotous," as was described by critics.

Sunday, Apr 1, 10.30am/4pm; RMB100-550. Guangzhou Friendship Theater, 696 Renmin Bei Lu, Yuexiu District, Guangzhou 越秀区人民北路696号广州友谊剧院 (damai.cn)



## Apr 2 James Blunt The Afterlove Tour

With hit singles 'You're Beautiful' and 'Goodbye My Lover' from his debut album Back to Bedlam, the best-selling album of the 2000s in the UK, pop rock veteran James Blunt rose to fame. Blunt's musical passion did not recede to any degree during his service in the British Army. It was during his assignment to Kosovo that the talented musician composed 'No Bravery.' With his fifth and latest album The Afterlove, Blunt is currently on tour around the world, and will stage a concert in Guangzhou on April 2. Tickets to the concert are hot sale, so get your hands on them asap.

Monday, Apr 2, 8pm; RMB380-1,280. Sun Yat-sen Memorial Hall, 259 Dongfeng Zhong Lu, Yuexiu District, Guangzhou 越秀区东风中路259号中山纪念堂 (damai.cn)



## Apr 14 UISZ Open Day and Football Tournament

It is with pride we welcome you to Utahloy International School Zengcheng's Open Day and Football Tournament, to be held on Saturday, 14 April. You will be able to explore the exceptional teaching and learning environment and see firsthand the student engagement that happen at UISZ every day, from Early Years all the way to Year 12. Our classrooms will be open to all parents and visitors throughout the day; with highlighted teaching and learning opportunities on offer across the school. And for a bit of fun and games, join in the football tournament as teams compete with each other so determine who gets to keep the UISZ Cup.

For more information, contact (020-8291 3201 / 8291 4691, info@uiszc.org). Dapuwai Country, Zengjiang Lu, Zengcheng District, Guangzhou 广州市增城区增江街大埔围村



## Apr 16-17 BSG Business and Economics Conference

On April 16 and 17, the British School of Guangzhou will host a business and economics conference for teachers and students, run by world-renowned business author and chief examiner, Ian Marcouse. Having supervised the grading of over one million exam scripts, Marcouse will provide essential advice on improving skills in application, analysis and evaluation.

Monday-Tuesday Apr 16-17, time TBD; RMB300 students, RMB175 teachers. The British School of Guangzhou, 983-3 Tonghe Lu, Baiyun District, Guangzhou 白云区同和路983-3号广州英国学校 (020-8709 4788)



## April 21 Family Day Trip to Huangpu Port

Organized by Bowtie History and Ignite Academy – two international Guangzhou-based groups dedicated to bringing out the best of the city – the tour is to be enchanting and educative. Around Huangpu Port, once the entry point for foreign merchants 200 years ago, guests will explore Customs House, Village Museum and the Beidi Temple, and with the help of family games to improve the understanding of every section. After lunch, a woodblock workshop will satisfy handicraft and art lovers.

Saturday Apr 21, 9.30am-2.30pm; RMB450 for one parent and a child, RMB 800 for one family (3-4 people), and lunch included. Meet at Wanshengwei Metro Station, Exit B. For registration, please email bowtiehistory@outlook.com.



## Apr 29 Maximilian Hecker

German music producer and songwriter Maximilian Hecker is adored for his delicate voice and troubadour-like quality, leaving an unconventional impression on fans. From his very first album Infinite Love Songs to Spellbound Scenes of My Cure, Hecker, an all-around musician, has insisted on composing, singing and playing instruments on his own. Hecker describes his songs as melancholy pop hymns.

Apr 29, 8pm; RMB100-380. Guangzhou Friendship Theater, 698 Renmin Bei Lu, Yuexiu District, Guangzhou 广州市越秀区人民北路698号



# SZ EVENTS

Submit your event listings to  
uf.prd@urbanatomy.com

## Mar 24 International Bazaar and International Job Fair

For this bazaar, we are looking to bring together people from around the world to showcase the great businesses out here in Shenzhen. There are so many goods and services available in this city, and we hope to bring everyone together in order to enhance our lives and businesses. HiredChina.com will hold an international bazaar in Shekou, Shenzhen every month. We aim for continuous growth and cooperation each month to build an international living and working community. We want to have all expats in Shenzhen visit here so that they can better integrate into Chinese life. There will be a variety of internationally-oriented products so that foreigners can have a sense of being back home, and so that the Chinese can learn more about international products. We are looking forward to making this a new landmark for more people to visit!

Please contact Miss Totolie for booth consultation. Wechat: hiredchina2. Event is free for all. 102-20, Block A, 2nd Phase, Science and Technology Building, 1057 Nanhai Dadao, Shekou, Nanshan District, Shenzhen (0755-3315 5334)



## Mar 24 Repertoire Fragment

Graceful, dreamy ballet arrives from Japan, with award-winning young dancers performing acts of cultural diplomacy. With solo and pas-de-deux performances that defy their tender age, this intensely beautiful show promises to transcend your expectations for what young dancers can accomplish.

Shenzhen Poly Theater, Baoli Culture Square, Haibin Lu, Houhai, Nanshan District, Shenzhen (0755-8637 1687)



## March 24 Kidz with Heart Mini Olympics for Charity

Calling all the kids aged five to 11 years old in Shenzhen for the highly-anticipated Mini Olympics! The event organized by Captivating and Shenzhen Charity Federation will raise money to help children from disadvantaged areas in China. Registration ahead of time is highly recommended, at a price of RMB230 including a goodie bag, a T-shirt, and a medal.

Saturday, Mar 24, 8am-1pm; RMB 230 SWIS, 29 Baishi 3rd Road, Nanshan District, Shenzhen. For sign-up, visit [www.CaptivatingEvents.org](http://www.CaptivatingEvents.org) or follow Urban Family official WeChat account (ID: urbanfamilyprd). 深圳外国语学校国际部, 深圳市南山区白石三道29号



## Mar 29-31 Romeo et Juliette: de la Haine a l'Amour

The Bard's great tragedy of the love that destroys two teens is reborn with music and lyrics by Gerard Presgurvic. Besides a tweak to the death of the lovers, the author gives more voice to Lady Capulet and greater context to Tybalt as he plays out his fatal jealousy. The production uses choreography by Carl Portal, with costumes by Laurent Déjardin. In Shenzhen the shows will be in French with Chinese subtitles.

March 29-31, 7.30pm, 2.30pm matinee, RMB280-1,080. Nanshan Arts and Sports Center, 62 Nantou Jie, by Nanshan Da Dao, Nanshan District, Shenzhen (0755-8661 6818)



**Mar 31**

## We Lost the Sea: China Tour 2018

New Noise proudly presents 8 shows for progressive post-rock band We Lost the Sea from Australia. Their live shows are an aural journey packed with emotion, tension, drifting highs and intense, crushing lows that tread an unexpected path. These mind blowing artists create something that is so unique and yet has induced a tsunami of emotions oozing out of every pore of your soul. After selling out venues all over in Australia, this tour will mark We Lost the Sea's first appearance in China.

B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District (0755-8633 7602). Info: [www.newnoise.cn](http://www.newnoise.cn); Tickets: [newnoise.taobao.com](http://newnoise.taobao.com)

**Apr 6**

## Little Wizards by State Puppet Theatre Varna

In every country, in every town, in every neighborhood, on every street lives at least one weird old man who cannot smile. He doesn't like ice cream, he doesn't like flying kites, doesn't like playing football or playing with kids and even less than he likes to talk to his neighbors. What is that about? Find out at the show!

April 6, 3pm. Price: RMB80/120/160/200/400 (160\*3)/500 (200\*3). If you have any questions about purchasing tickets, please call hotline 400-610-3721 or 10103721 or send an email to [ponypiao@damai.cn](mailto:ponypiao@damai.cn). For information, email [ponypiao@aliyun.com](mailto:ponypiao@aliyun.com) or check [damai.cn/event/tickets\\_141098/](http://damai.cn/event/tickets_141098/) Nanshan Cultural and Sports Center, 62 Nantou Jie, by Nanshan Da Dao, Nanshan District, Shenzhen (0755-8661 6818)



**Apr 14**

## MimiRichi-Paper World in Shenzhen

Before their appearance on the world scene, MimiRichi toured the territory of the Soviet Union. Victories and prizes gained at different festivals and competitions have brought a huge popularity to actors.

April 14, 10.30am. Price: RMB60/100/160/200/400 (160\*3)/500 (200\*3). If you have any questions about purchasing tickets, please call hotline 400-610-3721 or 10103721 or send an email to [ponypiao@damai.cn](mailto:ponypiao@damai.cn). For information, email [ponypiao@aliyun.com](mailto:ponypiao@aliyun.com) or check [damai.cn/event/tickets\\_141110/](http://damai.cn/event/tickets_141110/) Shenzhen Children's Palace, 2002 Fuzhong Yi Lu, Shenzhen (0755-8351 3099)



**May 4**

## Fall Out Boy: Mania Tour Live in Shenzhen

Hailing from Chicago, Fall Out Boy is an American alternative rock band that has cemented their position as one of rock music's biggest-selling bands, backed by their arsenal of top-ranked hits and albums. YL LIVE is proud to announce that Fall Out Boy is bringing their Mania Tour to Shenzhen

May 4, 8pm, Tickets RMB380-1280, Shenzhen Bay Sports Center, 3001 Binhai Dadao, Nanshan District, Shenzhen (0755-8630 8888)





# GZ LISTINGS



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

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## 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号丽晶华庭银座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) 萝岗区科学城翔龙路19号

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

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

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

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

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

**ISA International School Guangzhou** Block C2-2 Redtory, Siheng Lu, No.128, Yuan Village, Tianhe District, 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业路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.affles.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 同和金宝岗沙北路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

**Guangzhou Crocodile Park** Shibeidadao, Dashi Town, Panyu District (8478 0333-8102) 广州鳄鱼公园, 番禺区市石镇石北大道



## 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.eurammmedicalcenter.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.santafeferlo.com

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

# SZ LISTINGS

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## 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.ccsccom.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1F 2) 南山区蛇口南海大道和工业八路交汇处六洲置业中心悠然居2楼 3) 福田区金田路3037号金中环商务大厦主楼1706

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

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

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

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



## HEALTH

### Dental

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

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

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

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

of Shenzhen University), Hui Fang Yuan Garden, 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单位

**Dental Bauhinia,** 9/F, Block B, Shenzhen International Chamber of Commerce Tower, 138 Fuhua Yi Lu, Futian District (8371 1696, 8371 2696). http://www.dental-bauhinia.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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