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Traveling with Purpose
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COVER

THIS MONTH'S COVER

has been designed by Ivy Zhang.



随音像制品发行

EDITOR'S NOTE



After being away for over six weeks in January and February, I was recently asked if one of my life goals was to visit every country in the world. Indeed, I do travel plenty and I have had the distinct pleasure of visiting some very interesting places. After a long pause, I responded by saying that while I certainly would like to visit all 193+ countries at some point during my life, it is obviously not a top priority. What is however a priority for me is traveling with an increased sense of purpose. That's right. Everything, including travel, should have a purpose. I want to build relationships and bond with those that I travel with, have opportunities to learn and grow, commit to an activity, develop new skills and discover new cultures. I truly believe that for anyone interested in travel, having goals such as the above is crucial. We do not have to start now by making goals for every country we visit, but traveling with an increased sense of purpose can maximize our personal growth as well as help us gain some extra knowledge and local know-how that might prove useful at some point in our lives. Think of it this way. Nobody attends college without a major/focus that they're interested in studying. Therefore, shouldn't we approach travel, perhaps one of the greatest forms of education readily available to us, in the exact same manner? With purpose in mind, we've rounded up some locations that deliver more than just that. Turn to p22 for our cover story.

To honor International Women's Day and to learn more on how to achieve work-family-life balance, we interviewed four successful mothers living and working in the PRD (p17). We've also got some fantastic after-school snack ideas (p52) and family-friendly dining spots (p44) for your enjoyment. To 2019 and beyond! Enjoy reading this issue.

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

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URBAN BLURBS

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Purpose 目的 mù dì

Tourist 游客 yóu kè

Culture 文化 wén huà

Relaxation 放松 fang sōng

Women 女人 nǚ rén

Equality 平等 píng děng

Forget PM 2.5 and PM 10, This is the New Pollution Threat in China

Chinese health experts are sounding the alarm on ozone pollution, according to *Sixth Tone*, and warning that the problem needs to be addressed now or it will be “tough to handle in the future.” If you live in China and haven’t heard of ozone pollution, you are not alone: ground-level ozone receives a lot less attention than the problem of fine



particulate matter pollution – PM 2.5 and PM 10 – that is so well documented. While the word ozone itself may make you think of the ‘ozone layer’ – the concentrated, stratospheric layer of ozone that protects us from the Sun’s ultraviolet radiation – ozone can also exist down near the Earth’s surface, and it’s not good for people when it does. The *Sixth Tone* report notes that while China’s efforts to tackle PM2.5 and PM10 pollution have been largely successful, efforts to combat ground-level ozone have been less forthcoming. “Once ozone gets into the human body, it causes considerable damage to the immune system and aggravates existing cardiovascular and respiratory problems,” Zhang Junfeng, a professor at China’s Regional Ozone Sino-US Collaborative Research Center at Duke Kunshan University, told *Sixth Tone*. While combating ozone pollution has previously been less of a priority, that might be changing. In China’s most recent three-year plan to combat air pollution, which was made public in July of last year, methods of combating ground-level ozone have been put to paper. Among the tactics, factories are being encouraged to fix installations that produce volatile organic compounds.

Chinese Man Donates Stem Cells to Save Canadian Leukemia Patient



A 36-year-old man in Guangdong became the first person in the province to donate hematopoietic stem cells internationally last month, according to *China Daily*. The man, named Guo Liyuan, was identified as a match to a Canadian leukemia patient by the Red Cross Society in October and he immediately agreed to become a donor “without any hesitation.” Guo, who is employed at a packaging company in Dongguan, was checked into a hospital in Guangzhou on February 17 and underwent the cell collection procedure four days later. The collection process reportedly lasted for around five hours and the cells were immediately transferred to Canada after being removed from Guo’s body. “I am really happy to be able to help and rescue a life, if not a family,” said Guo, according to *China Daily*, before adding that he hoped his story would encourage more to register with marrow databases. According to a staffer from the Dongguan Red Cross Society, the chances of a finding a match for hematopoietic stem cells are very low, particularly between unrelated people from different countries. To honor their colleague’s selfless behavior, Guo’s employer held a special ceremony for him the day after his donation. He was reportedly back at work less than one week after the operation.

How China is Helping Women in the Workplace



On February 21, the Ministry of Human Resources and Social Security of the People's Republic of China (MOHRSS) published a notice on promoting fair and ethical hiring practices specifically for women. In an attempt to squash out these prejudicial practices by companies, MOHRSS, along with eight other government bodies, issued a notice to improve recruitment and hiring practices for women. There are some ways that China is looking to aid women in the workplace. One way is that companies are not allowed to ask female job seekers whether they are married, have kids or any other related personal questions that may affect the likelihood of employment. Incorporating pregnancy tests and special clauses related to childbearing when hiring women are also prohibited. Another way is that if a company is caught posting recruitment ads that discriminate based on gender, they will be ordered to amend the posting; a refusal to make the appropriate changes may result in a fine between RMB10,000 and RMB50,000. Women who encounter cases of gender discrimination while job hunting or in the workplace can call multiple hotlines (i.e. 12333) or file a complaint in person. All complaints will be handled promptly, according to the ministry's announcement. The ministry is also calling on companies to support their female staff and help them achieve a healthy work-life balance. Women returning to work after maternity leave should be offered more training as a way to readjust to the job. The government also encourages companies to provide better services to female employees with children, such as a daycare and afterschool programs, in order to relieve some of the employee's burden when it comes to family and work.

What's the Greater Bay Area Plan and Why Does It Matter?



The Greater Bay Area plan has finally been put into action after 11 years of planning, according to a timeline of events compiled by the Government of Macau Special Administrative Region. On Monday, February 18, the Central Government released the Outline Development Plan for the Guangdong-Hong Kong-Macao Greater Bay Area through *Xinhua*, China's state-owned news agency. The 11-city cluster, stretching from Huizhou to Zhaoqing and down to Macau and Hong Kong, is preparing to ramp up efforts to become a 'world-class city cluster' and provide support for the 'Belt and Road Initiative.' The Greater Bay Area consists of nine Chinese mainland cities (Guangzhou, Shenzhen, Huizhou, Dongguan, Zhuhai, Zhongshan, Jiangmen, Foshan and Zhaoqing) and two special administrative regions (Macau and Hong Kong). This extended area covers 56,000 square kilometers with a combined population of over 70 million. The 11-chapter outline discusses both the short term (from now until 2022) and long term (from 2022 to 2035) development targets for the region. According to the development plan, cooperation between Guangdong, Hong Kong and Macau should be bolstered and the combined strength of the Greater Bay Area should be significantly stronger by 2022. As for 2035, the Greater Bay Area should have greater influence and increased international competitiveness, making the area a global economic force. The region should also be supported by new innovations that closely connect each city within the area. So, with the plan now official, it's time to 'add oil,' Greater Bay Area.

World's First Monopoly Theme Park Opening in Hong Kong



Big news for board game fans: the world's first Monopoly themed attraction is set to open in Hong Kong in the third quarter of this year. The new facility will be called Monopoly Dreams and will be located at The Peak, which also happens to be the most expensive property in the Hong Kong edition of the board game. Monopoly has made a name for itself as one of the world's most celebrated family board games, with an estimated one billion players worldwide from 114 countries, according to the *Standard*. Monopoly Dreams plans to build off the success of the 84-year-old board game by offering an array of activities that will utilize 4D, AR and holograms to immerse visitors in the world of Monopoly, according to *Business Insider*. In total, Monopoly Dreams is expected to span 20,000 square feet. According to the Monopoly Dreams website, key Monopoly experiences center around elements like the Bank, Train Station, Water Supply, Jail, Title Deed cards, Chance cards and Community Chess cards. "We target to accommodate over 700,000 visitors... [and] further propel the tourism of Hong Kong," said Gary Chan, the chief operations officer of the Monopoly Dreams project, according to the *Standard*.

URBANITE EVENTS

German Chamber Spring Reception, Shenzhen

(Supported by **that's**)



On February 28, German Chamber of Commerce in China | South & Southwest held the Spring Reception at The Langham, Shenzhen. During the event, the German Chamber expressed its gratitude for continuous support from its loyal partners, and warmly welcomed the new members and friends of the chamber. The German Chamber is looking forward to bringing you an eventful year.

Avenues: The World School's Shenzhen Campus Opening

(Supported by **that's**)



On January 19, the opening ceremony of Avenues: The World School's new Shenzhen campus, which is planning to open in the fall of this year, was held in Shenzhen Block 16 Creative Park. During the event, hundreds of guests learned about Avenues' educational philosophy, which places emphasis on innovation and creativity, and also got the chance to experience it firsthand through an exhibition of innovative objects built by Avenues' own students.



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URBANITE EVENTS

Grand Opening of The Peak at Langham Place, Guangzhou (Supported by **that's**)

The Peak is located on the fifth floor of the hotel in an open space. Inspired by the triangular design common of a chapel, The Peak is shaped in a way that's both stylish and elegant, and has glass walls that utilize natural lighting to the maximum during the day. It looks even more dreamy with lighting effects during the night. It is a perfect venue for not only weddings, receptions and fashion shows, but also private parties and other customized events.



Inaugural Kermesse Francophone held in Guangzhou (Supported by **urbanfamily**)

Families gathered at the French International School of Guangzhou (EFIC) for the inaugural Kermesse Francophone on the afternoon on Saturday, March 10. The event was a great opportunity to share a moment of conviviality through activities, games and also to taste culinary specialties of French-speaking countries. Everyone learnt more about the Francophonie while having fun at the same time.



Lululemon Launches New Collection at W Guangzhou (Supported by **that's**)

W Guangzhou's Woo Bar recently played host to a fantastic and stylish event aimed at yoga and sports lovers. While you may not normally associate fashion shows with athletic gear, W Guangzhou and fashion brand Lululemon wanted to change that by bringing Lulu's new collection to the catwalk. The event kicked off with a 20-minute Zumba session, before the fashion show portion of the night began. Attendees also enjoyed free snacks and drinks, as well as a raffle draw featuring 'special prizes.'



An Ecuadorian Experience to Honor Women on Board

In order to pay tribute to the majority of Chinese women, on the day of International Women's Day, the Consulate General of the Republic of Ecuador in Guangzhou and the Pro Ecuador OCE Canton (Commercial Office of Consulate General of the Republic of Ecuador in Guangzhou) joined hands with Asia's largest airline, China Southern Airlines Co., Ltd., to launch the "An Ecuadorian Experience to Honor Women on Board" activity. This is the fourth time that Ecuador has launched this activity, which seeks to promote the search between Ecuadorian export companies and airlines.





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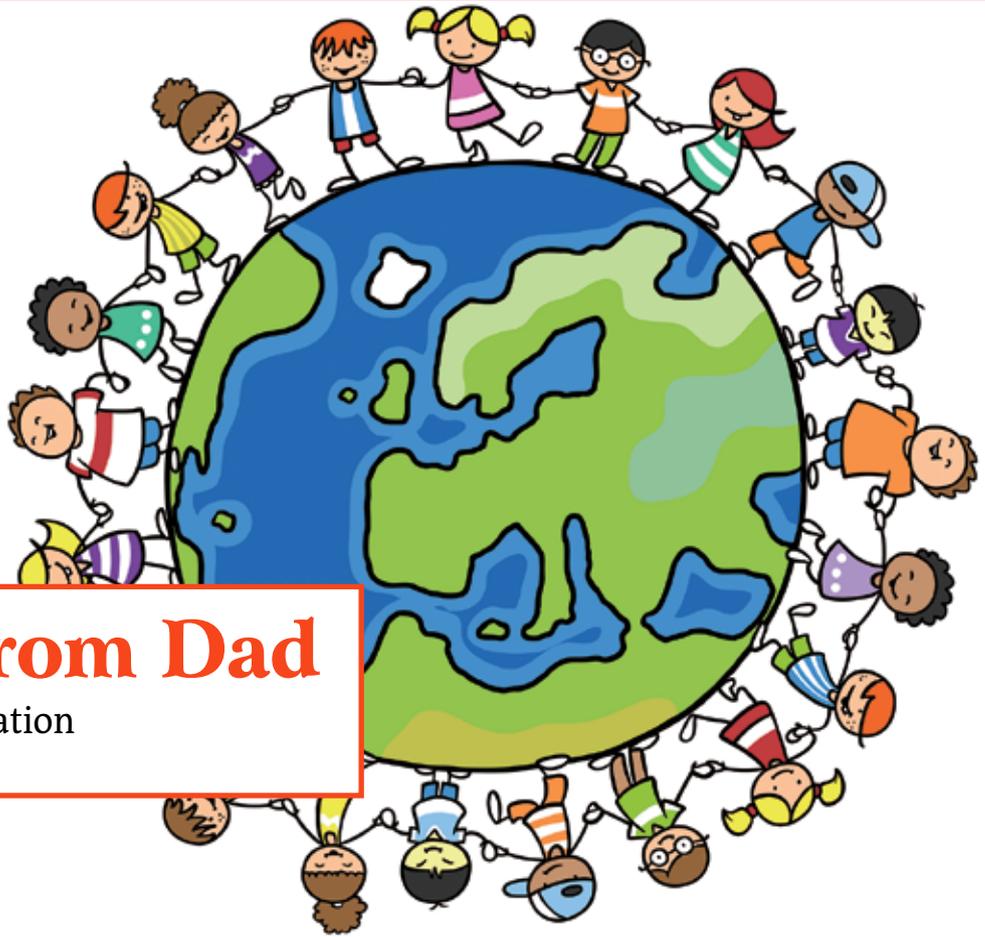
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Advice from Dad

Thoughts on Repatriation

By Leonard Stanley

This past holiday season, during our annual alumni basketball game at our school, I reconnected with a few of my former students who were back in town visiting family. I look forward to this game every year, as it's my chance to see if I've still 'got it' by testing my slowly deteriorating basketball skills against the youngsters. It's getting more difficult by the year, in case you were wondering. But, I've still got it, even if I have less of whatever 'it' is!

Anyway, as we engaged in our usual conversations about university life, living on your own in a new environment and everything else that gets thrown around at these games, one conversation in particular stood out. A student who repatriated explained how difficult it was for him to move 'home.' Naturally, I assumed he was referring to his social adjustment, as the schools, and teachers especially, had prepared him academically. He was having trouble 'fitting in' and wanted to know what to do when you feel like a foreigner in your own country.

This situation is not at all unusual; students complain about the trials and tribulations of transitioning all the time. They describe it like going home to a place that they have never lived in, where they are expected to know more about the culture

and way of life than we do.

However, as I probed a bit deeper, I found his challenges were a little different. For him, it was mainly about how little his secluded social group knew of the world and how their limited perspective informed a worldview that was frustrating. He encountered bias and prejudice unlike what he had experienced in China, and struggled to understand how people could harbor certain views about places they had never seen and people they'd never met. He was disappointed, and wondered what he could do to enlighten his provincial peers on how the world actually is.

I explained that transitions are seldom flawless and while he usually prides himself on being culturally savvy, feeling like an outsider when you return home is not unusual. Reverse culture shock is common, and there are ways to combat it. I recommended that when people were less patient and tolerant of others' differences, he could act as a global ambassador. He has an opportunity to share the world he has experienced with people who have not yet had the privilege, and that is an opportunity he should embrace. I reminded him about the importance of patience and how one of the most detrimental things he could do was adopt a condescending attitude. Arrogance, even just perceived, is the most alienating of traits. I pointed to the fact that that he has spent the

formative years of his life living an international lifestyle, around other expats, and it's a mistake to assume that everyone functions the way he does.

We discussed that the challenge of connecting with his domestic peers could be due to their lack of common or shared experiences. Communicating about his lifestyle abroad sometimes made him feel like he was viewed as arrogant or privileged when he was simply trying to connect. This wasn't anyone's fault. His new friend group could potentially struggle to understand his experiences, and they may appear inept, immature or insulting when they are merely searching for an appropriate response to his amazing adventures. It has the potential to be an uncomfortable situation for both sides.

As we concluded our conversation, I advised him to view his home country the same way he would a foreign one. I have no doubt that living in China is a unique experience for all of us. I routinely boast about how special it is, and how the kids here have the power to change the world. However, they must realize that they are a minority, and be prepared to deal with the rest of the world who most often will not think like them. Once we recognize how that discrepancy influences our interactions, many of our frustrations with the transition will lessen.



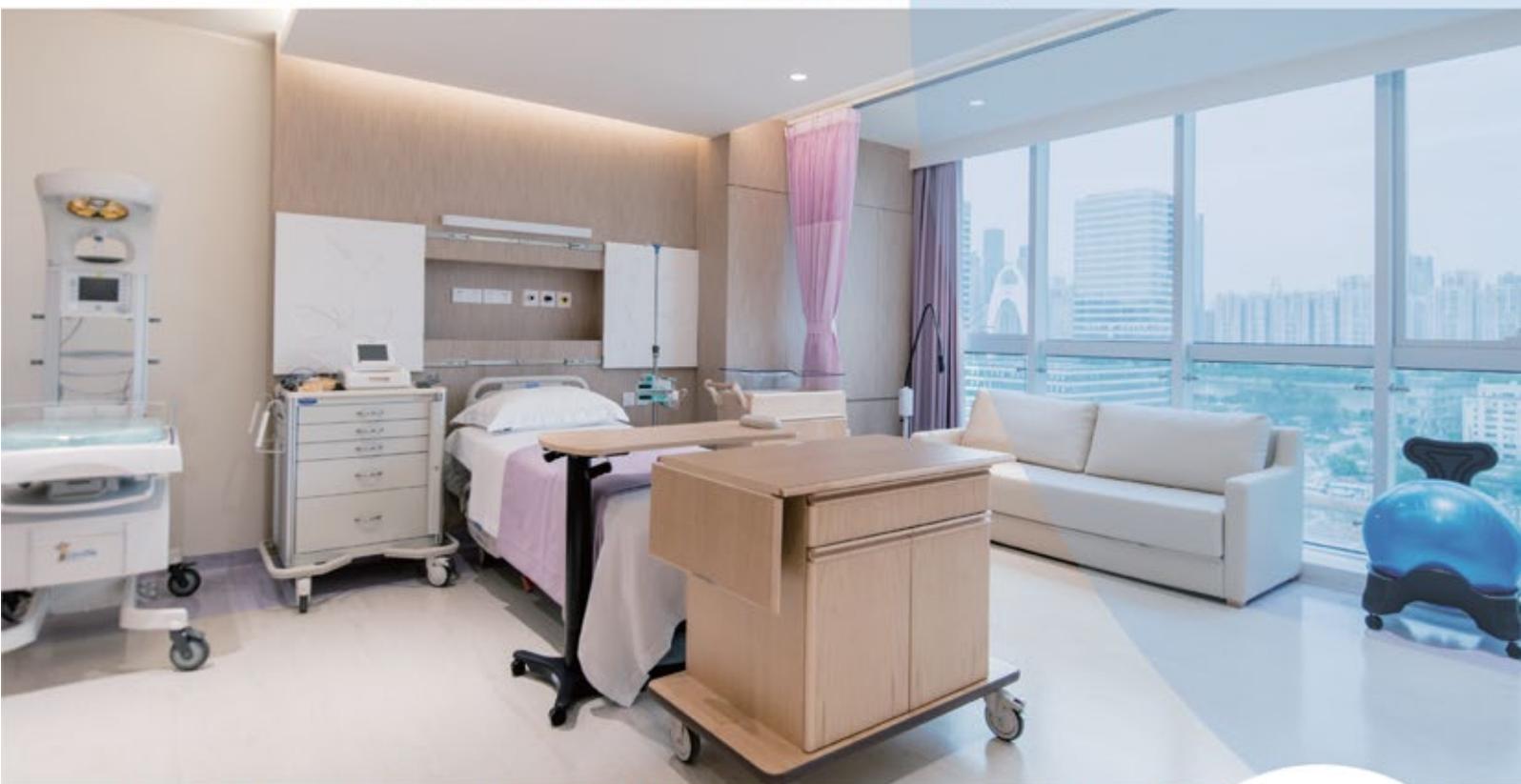
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Shape Your Shoulders for Summer

Five Upper Body Exercises for a Busy Schedule

By Lauren Hogan

It might not seem so now, but tank top weather will be here before we know it. Or, at the very least, a tropical island getaway over one of the upcoming holidays. And what better way to prepare for your warm-weather wardrobe than by working your upper body, for as they say, 'suns out, guns out.' Here are a few movements to practice to help you get sculpted shoulders and toned arms.

Equipment: Dumbbells. Try to choose weights that are manageable but challenging.

Tip: Don't have dumbbells at home? Don't worry, you can use canned goods or filled water bottles to lift instead. You can also adjust the exercises using resistance bands to get a similar workout.



Lateral & Forward Raises

45-second intervals x 3

- Stand up straight with a light weight in each hand, place your arms at your side with palms toward your body.
- Lift both arms straight out to the side, so they are parallel to the ground, then lower.
- Next, raise both arms in front of you, again keeping them parallel to the ground, then lower.

Bent Over Lateral Raises

45-second intervals x 3

- In a standing position, hinge your hips at a 45-degree angle, with a small bend in the knee.
- Keep your chest open and almost parallel to the floor with a long spine.
- Continue the lateral raise with the palms facing the floor (keeping elbows soft).
- This position will work the rear deltoid as opposed to the medial and front (from the previous exercise).



Bicep Curls

8 repetitions each cycle x 3

- Return to a straight standing position with feet shoulder-width apart.
- Holding a dumbbell in one hand, keep your arms bent at a 90-degree angle, palms facing up.
- Keeping one arm static, curl the other arm up at the elbow toward the shoulder.
- Switch the weight and repeat for the other arm.
- Lastly, curl both arms together in the full range of motion.

Standing Triceps Extensions

45-second intervals x 3

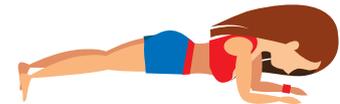
- Bring the dumbbells together and fully extend your arms straight overhead with your palms facing the ceiling.
- Keep your upper arms close to your head with your elbows tucked in and perpendicular to the floor.
- Lower the weights in a semicircular motion behind your head, until your forearms touch (or come close) to your biceps.
- Keep the upper arms as still as possible, with only the forearms moving.
- Go back to the starting position and repeat.



Diamond Press-up

45-second intervals x 3

- Finish with a challenging move, but one that will engage your full upper body.
- Get into a plank-like position, but with your hands together under your chest.
- Your index fingers and thumbs should be touching to form a diamond shape.
- Lead with your chest toward your hands, while trying to keep your elbows tucked and keeping your back flat.
- Stop before your chest touches the floor and then return to the start position.



Regression: If this is too difficult you can regress by dropping to your knees. And if needed, you can also revert to the classic press up with your hands directly underneath your shoulders to keep building strength. Remember to always lead with your chest.

Joint Venture Schools

The New Frontier in China?

By Alex Paltos

While the internationalizing of higher education is a concept dating back to the medieval period, the development of 'international' or 'transnational education' schooling, curriculum and systems is relatively recent. Historically, international schools emerged as a way to service expatriate's children in foreign nations, through mirroring curriculums and systems from their home countries. These new schools for expatriate children were the first international schools in China around the 1920's. They experienced growing success until 1949, when they were forced to shut under the new governance of the People's Republic of China.

According to new data from The International School Consultancy (ISC), the number of English-medium international schools around the world has reached 8,000, with China and the UAE displaying the fastest growth. China has 526; the largest number of English-medium international schools. The country has also seen the biggest growth in the number of institutions, an increase of 218 since September 2011. This statistic includes any school that teaches their curriculum wholly or partly in English. In China, these international schools used to exist in two main forms. The first is independent international schools, where only those holding foreign passports can enrol. The second is international programs that open up under the auspices of public Chinese schools (in addition to a provision of the national curriculum). These latter programs are open to both expatriates and Chinese nationals.

My career trajectory as an education leader has taken me into a new third type of international school model; a joint venture Sino-Australian international school that is mainly targeted for local children, but which implements an internationalized junior curriculum and the Victorian Certificate of Education (VCE). I spent a year 'on the ground' while the school was being constructed, to administer staffing, budgetary considerations, marketing, student admissions, curriculum design, staff



training and development. We opened our doors in September 2018 and we now have over 40 students enrolled – that number is forecast to balloon to between 100 and 120 for 2019/20 academic year.

Like any new joint venture or business – be it in education or otherwise – there are many challenges to be overcome to survive in a competitive marketplace; and international education in China is no exception.

The establishment of this school raises many questions about the viability, sustainability and the challenges and factors that impact on the establishment and success of these kinds of projects. There is potential for a robust discussion about what

international education means and how it can be scoped and developed in the operational context of China. As previous scholars have noted, it is a mistake to assume that what works in the West (and has done for centuries) can simply and profitably be exported to Asia. As well as the usual challenges of school leadership, establishing a vision, structures, staffing, pedagogy and other infrastructural issues, international schools are often seen as having far greater complexity and diversity. Stay tuned for more on this topic...

Alex has been an educator for almost 20 years. His current role is Founding International Principal of Meisha Academy by Haileybury, in Guangzhou.

Are You Ready to Quit Tobacco?

How to Kick the Habit

By Dr. Christophe Gaudeul, GP at Eur Am Medical Center

It has been very well-known for 30 or 40 years that tobacco is a killer. Every other smoker is going to die prematurely of a tobacco related disease and a smoker lives on average 10 years less than a non-smoker. What is a little less known is that tobacco not only leads to lungs diseases such as lung cancer and respiratory insufficiency but is also one of the most important origins of cardiovascular diseases and cancers. The reasons for tobacco's highly addictive effect are multiple and really fascinating. The more we know about tobacco addiction, the more we can help patients successfully transition away from their smoking habits. Here are some steps in the process.

1) You think you are in control of your smoking habit, but you're really not.

Are you really in control? Well, if so, you should be able to avoid smoking next weekend, from Friday evening to Monday morning. Try it. If you end up smoking, then you may not be in full control after all. How many years have you been smoking? The risk of disease rises sharply after ten years of tobacco.

2) What would quitting tobacco mean to you?

The will to stop is rarely sufficient. A real good personal reason to quit is essential. What would tobacco quitting bring you? Think about it. The fear of cancer remains very abstract. A personal reason can be very serious like desiring a longer lifespan to see grandkids grow up or to fulfill a major goal in life. Or it may be more appropriate for you to aim for everyday improvements. Quitting will bring you a better complexion, less wrinkles for the adults, less acne for teenagers. It may solve a bad breath problem or dental issues, will probably result in less respiratory infection, better sport performances and less sport injury. Your efforts may help you find favor in the eyes of your beloved ones. It can also help you by saving money to achieve another personal goal, such as indulging in travel or purchasing a new computer.

3) Be prepared.

As soon as the decision has been made to quit, you should consider getting help. The



more interventions a smoker gets concurrently, the higher the success rate. Your GP can help. Counseling is also of a great help. In the drugs, nicotine replacement therapy doubles the success rate, Bupropion and Varenicline, tobacco cessation drugs, increase the success rate but they are not appropriate for all the patients. Get rid of the tobacco, lighters and ashtrays you still have in your home. Think of the moments in the day when you use to smoke and of how you will avoid them, or deal with them. Tell your decision to your family and friends. Eventually, set a quit date.

4) Stick to your decision.

If you choose to go cold turkey, you should expect some withdrawal symptoms, particularly if you smoke a lot. It is the shortest way to cessation but probably the hardest and many quitters will resume tobacco after a few days. Tobacco withdrawal syndrome may include irritability, anxiety, insomnia, lack of concentration anger and severe craving for cigarette and, last but not least, for many people, severe constipation. It may last two to three weeks then should subside as your body readjusts. If you chose to be helped, keep seeing your doctor or counselor, keep taking your medication or nicotine replacement therapy. Do not stop them too early. Whatever path you chose, stick to your decision.

5) Be patient.

Each day without a tobacco is a victory. The simple fact of being in that move is already a success. Do not look ahead to the efforts you still have to produce. Look what you already managed. Your face looks already better. Try to take a daily walk in a park or a bike ride. Your breath has improved. Your legs feel lighter. Watch your diet. Tobacco is a calorie eater. If you don't control your food intake you may gain weight. It is time to indulge you a reward. Why not go to a

restaurant? You will find out that food taste much better! Each day without tobacco makes you stronger. Beware of other smokers. They will probably set you up with tobacco, consciously or unconsciously. A little drawback won't compromise your efforts. Try to understand the circumstances of the hiccup and learn from it to better avoid further accident.

6) Smoking again?

You smoked one cigarette, then a second, then a third. Then you realize you are eventually smoking again. Don't feel guilty. This is usual. For addiction specialists, it is not a failure. It is a delayed success! It is anyway a priceless experience. Learn from it: Next time you do it differently and you will improve your chances of success. It usually takes several attempts for a smoker to quit. Each attempt is more likely to be completely successful. Prepare your next attempt.

7) At last, you are a former smoker.

You didn't smoke a cigarette in 10 years. Tobacco is now ancient history. A friend of yours offers you a cigarette. Beware, for a single cigarette can open the door for more. Your brain remembers. Many smokers relapsed this way, and a single cigarette is even more dangerous for former smokers than a glass of alcohol for former alcoholics. A situation of grieving or any other significant life event can also trigger a relapse. Always remain cautious.

Dr. Christophe Gaudeul hails from France. He is a General Practitioner at Eur Am Medical Center. North Tower, Ocean Pearl Bldg, 19 Huali Lu, Zhujiang Xincheng, Guangzhou (3758 5328, 24-hr urgentcare: 137 1041 3347, www.eurammedicalcenter.com) 广州康辰医疗, 珠江新城华利路19号远洋明珠大厦北座首层





ACHIEVING IT ALL

Four Successful Women Reflect on Work-Family-Life Balance

Collated by Lena Gidwani and Bryan Grogan

Our world has radically changed and so have our workplaces. Today, women make up nearly half of the workforce. There has never been a more empowering time than now. So how do working mothers achieve work-family-life balance? To honor International Women's Day, *Urban Family* interviewed four women in the PRD, all uniquely suited to answer this pertinent question. Here's to motherhood, and to mothers in the workforce.

Lucia Pasqualini

Consul General of Italy in Guangzhou



No matter in which job position they are, all working moms share the same concern: how to balance their professional life with their family one.

I have always felt that traditionally, women carry a greater burden in the house, even if now things are changing, and men contribute more than ever now than in the past. It is not easy to change society in a couple of generations. Nevertheless, I am an optimist and I believe that the situation will improve step by step. Working moms should acquire a major awareness of their surroundings and situation, and learn to set priorities. Perfection does not exist and we must learn how to deal with the persistent sense of guilt. Sometimes, I need to travel for business reasons and since my husband lives in Hong Kong, my children stay at home for a few days together with our trusted nanny, close by to our family friends. That is my first tip: find someone you can trust at home. However, despite my numerous commitments, I try not to stay out more than one night. It is all about sacrifices, choices and priorities that must be set, case-by-case. These are issues that arise for all moms, generally speaking, but the idea is to find effective solutions for those problems.

My second tip is to prioritize what should come first, and what can wait. I do believe that women can prioritize well and have great capacity for multitasking, so we should take advantage of our great skills. My third tip is to exercise your freedom of choice. I think that with time, women have been given more and more freedom of choice, and I can enjoy this privilege that my mother and grandmother never had. It is also thanks to my mother, as she taught me key values like independence and freedom and this has truly influenced my decisions and choices in life. I feel extremely lucky and I hope that my children will be even more so. It is important to always be positive, and I like to see the glass half full, not half empty. Each woman can make a difference every day and we should focus on education and empowerment of other women, guiding them to a path of independence and freedom. Last but not least, we should raise children who understand the value of balance in work, family and life.

Cece Jin

General Manager, Shenzhen Subsidiary Company



I have always been a full-time mother. I don't have many friends or an extensive social circle. I am also quite shy. My husband is a very studious and enterprising gentleman, and a good man.

Recently, our relationship has taken a toll, as both of us are very busy. At first, I complained a lot about how things were not working out, but later I realized that it was also my responsibility to make our relationship be the best that it can be. I started make plans for myself, such as exercising, socializing more, studying and working part-time in the skin care business. There are more and more opportunities to work as long as you are willing to work hard. Now, I am more confident, and my relationship with my husband has become easier. Over time, I have begun to understand how to be a better wife, a mother and a woman. A family needs nothing but love, sincerity, tolerance and frequent communication. My three tips for work-family-life balance are tried and tested ways to ensure that you can get it all done, one day at a time.

My first tip for balancing work and family is to look for solutions to issues when they arise, without focusing so much on the problem itself. Don't blame anyone, instead just work on solving the issue logically and calmly.

My second tip is to work hard on building a better parent-child relationship. Pay attention to the mental health and safety of a child. For a child, parental companionship is the most important. If you can, take your child with you, so that they can see you work. Mothers should be role models for their children.

My third tip is to always have a strong support system so that you have something to fall back on in times of need. There are ways to do this, from teachers, friends, extended family members and even your hired help.

Sharon Zhuoxuan Liu

Principal, Qianyu Aesthetics Guangzhou



I have one aim in my career: to create a unique high-end environment for ladies who acquire inspiration and skills to create beauty from the inside out. Armed with a bachelor's degree from Jinan University and a master's degree in tourism management from New York University, I was a core member of The Ritz-Carlton when the brand first expanded in China. In my most recent appointment, I am inspired to combine life aesthetics into lifestyle brand communication, bridging life beauty and brand marketing. I have an eight-year-old son named Lang Lang, and I have taken him on dozens of trips around the world, from Australia to Sri Lanka, from Spain to Abu Dhabi. As a world traveler, I strongly believe that world schooling is the best way to learn. My tips for work-family-life balance are two-fold and simple.

The first is to choose a job that continually inspires you and your family. Ensure that you strive to meet interesting people and gain new knowledge, which you can share with your family and make it a part of your family communication, so you grow and learn together. For example, I invited my family to stay in the hotels and residences that I work for, as part of my family vacation. My family had a great time and at the same time, had a higher appreciation for my work.

The second is to stay close to family and if you can't, close friends. I strategically moved my parents to stay in the same complex with us, just three buildings away. This has enabled us to take care of each other efficiently. Therefore, I rarely need to run home for my son after school and I never spend time on the road to see my parents during the holiday season or weekends. If family can't live near you, be sure to find close friends and stay close to where they live.

Fan Jing

CEO, Shenzhen Possolan Commerce



A a mother of one and a CEO of one of the largest wine dealers in Shenzhen, I would consider myself a consummate example of a successful woman. My enjoyment of both family and business ensures that I don't need to find 'balance' when it comes to family. However, I do admit that more needs to be done for women who feel they have been left behind in society. Having spent ten years as a housewife, I finally felt the need to break out of my comfort zone and to get out of the house. Those initial steps back into the workforce were difficult, but have helped me become a successful, intelligent and soft-spoken woman who travels the world seeking out fine wines.

My personal philosophy when it comes to gender is to be cognizant of the mutual strengths that men and women have in business. As such, my staff is about an even split of men and women.

As for my role as a mother, my son was initially confused when I started working and spending less time at home. But now, he views me and my role with a sense of admiration, and knows that I stand as a strong feminine influence in his young life. That would be my first and foremost tip to working mothers: be a good, strong and formidable role model to your children, as this strengthens the relationship and helps them understand why we can't always be around all the time.

My second and final tip would be to look for opportunities outside your comfort zone, as it helps you grow as a person. Moreover, it will ensure that you find the balance that you are seeking, whatever it may be.

Speaking From the Heart

How Parents Shape a Child's Ability to Communicate Their Feelings

By Dr. Nate Balfanz



In the early stages of my career as a practicing psychotherapist, a supervisor taught me I could learn more about my patients when I focused less on 'what' they had to say, and more on 'how' they said it. From the pitch and intonation in a person's voice to their body language and facial expressions, the spoken word is perhaps the least reliable indicator when it comes to conveying our honest thoughts and feelings to one another.

More often than not, the interpersonal conflicts and disagreements that I encounter among family members can be attributed to simple misunderstandings and miscommunications of the spoken word.

This dilemma becomes of particular importance when we consider the contrasting communication styles — both verbal and nonverbal — that often exist between parents and their still-developing children. For this insight into emotional awareness and communication styles, let's take a closer look at the role that parents play in modeling these abilities in their children, starting from an early age.

What the Research Says

One of the most important lessons we can teach our children is how to be more emotionally competent, which means teaching them how to understand both their feelings and the feelings of others. A 2015 study conducted by Samantha Taylor-Colls and her colleagues at the Anna Freud National Centre for Children and Families (UK) contributed to an already-growing body of research that suggests children as young as infants, despite being preverbal, have the capacity to understand and interpret the

emotions of others.

In their study, 77 infants were shown over 200 images of different facial expressions (happy, fearful and neutral) while their brain activity was measured via EEG recordings. In addition, parental responsiveness to their infant's cues was measured via observation and assessment of prolonged dyadic interactions.

The findings indicated that infants showed an amplified level of responsiveness to 'fearful' facial stimuli when compared to 'happy' or 'neutral' facial stimuli. Also, the infants whose mothers were assessed as more sensitive and attuned to their child's cues showed more responsiveness to 'happy' facial cues over 'neutral' ones. This suggests that even in infancy, children may be reinforced by warm and positive interactions and will direct their attention and behavior accordingly.

Findings like this give credence to the notion that children are immediately digesting and interpreting emotions from the world around them. This underscores the critical role that parents and other caregivers play in shaping their child's temperament and emotional competency.

Tips for Developing Your Child's Emotional Competency

1. Start young.

As the research on preverbal infants would suggest, children need not possess their language capacity to grasp how others are feeling. The more frequently we talk to and emotionally engage with our children from an early age, the more capable they are of developing their own emotional competency.

2. Be aware of the emotional climate in your household.

Children (in particular young children) are first and foremost 'feelings-driven' beings. This means they rely primarily on their emotional filter to learn from and interpret their surrounding world. The way that we talk to and treat ourselves, our partner and other members of the household can all have a profound impact on the psyche and emotional stability of your developing child.

3. Take ownership of your own feelings and actions.

Children are often more likely to do what we do than what we say. When we model for our children how to take accountability for our feelings and the actions that follow, we convey to the child that it's safe for them to do the same.



Step Inside: The Immersive Peppa Pig World of Play

Bring the Kids for a Muddy-Fun Time in the Heart of Shanghai

By Natalie Foxwell



Since Peppa Pig's television debut in 2004, she has graced screens around the world and delighted children with her antics. Her curiosity and observations have captured the imagination of all children, as she embarks on adventures with her best friend, Suzy Sheep, and her cheeky brother, George.

With Peppa and her family also endearing themselves to Chinese audiences, it seems her popularity is worthy of the new Peppa Pig World of Play that has recently opened in Shanghai. Since its October 2018 debut, this indoor park within Pudong's LCM Mall has given many preschool-aged children a muddy-fun time.

Boasting 10 themed play areas, children move around different settings inspired by a scene or character from the popular British series. There is a shoes-off policy for all who enter, which keeps the park clean, and soft flooring ensures kids remain safe as they run around and play.

The park spans 1,100 square meters where children can immerse themselves in a range of the characters and activities. Whether it's boarding Miss Rabbit's bus, riding the train around Grandma Pig's farm or going down Rebecca Rabbit's slide, there are hours of entertainment here.

The interaction continues with motion-sensored muddy puddles and a supermarket, where kids can process payments. And, if a rest is needed, they can step inside Peppa's home for a tea break, relax and watch a movie or participate in story-time or a craft session.

Recreational facilities aside, this indoor park is also furnished with a first aid center, nursing and changing rooms along with a cafe. Picnic tables and high chairs are available, and kid-friendly set meals, beverages and snacks are served.

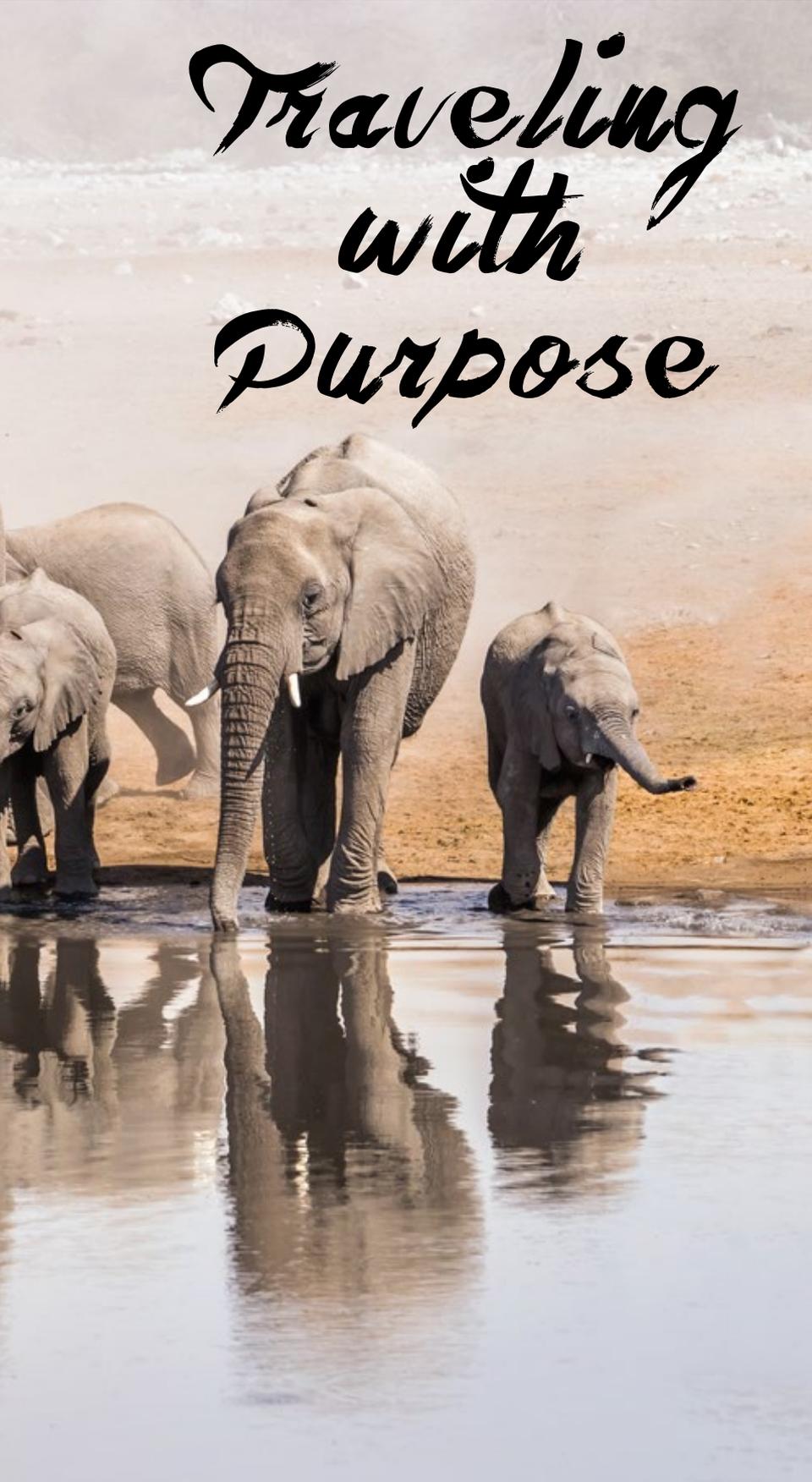
Last but not least, the gift shop has an extensive range of Peppa-related goods, so children can take home a souvenir from their World of Play experience.

All in all, this is an immersive day for young kids to activate their senses with everyone's favorite precocious pig. It's a play park that's worth adding to your activities list.

One adult plus one child: RMB158 Mon-Fri, RMB210 Sat-Sun; Additional adult: RMB50 Mon-Fri, RMB70 Sat-Sun; Additional child: RMB100 Mon-Fri, RMB140 Sat-Sun. Suitable for kids under 1.3 meters in height. LCM Mall, 32, 3/F, No. 2, Lane 389, Zhangyang Lu, by Gushan Lu, Pudong, Shanghai 浦东张杨路2389弄2号LCM置汇旭辉广场3F-32, 近崑山路







Traveling with Purpose

Plan a Meaningful Adventure with a Positive Impact

By Natalie Foxwell

Planning a family vacation with purpose can leave you with a variety of itineraries to choose from, and it all depends on how far and wide you wish to travel.

Environmentally-conscious choices about where you stay and the activities you undertake can reduce your carbon footprint while away. Ecotourism, as it's called, is a concept born from the 70s environmental movement. A decade later, ecotourism started to develop into one of the fastest growing sectors in the travel industry.

Broadly defined, ecotourism means attempting to reduce your negative impact on the environment and local inhabitants when visiting a scenic or remote natural area. There are many destinations around the globe that aid ecotourism. With time spent researching and a desire for adventure, you will find locations that offer nature at its most pure.

Traveling with purpose can also be spending time caring for an endangered species or volunteering for a cause dear to your heart. Wildlife conservation is all about protecting plants and animal species and their habitats. When you spend time at a genuine wildlife sanctuary, your contribution will aid the local community, maintain the surrounding environment and broaden your world view.

From an eco-friendly vacation delving into an Australian rainforest to an elephant sanctuary in India, here are a few ways that you can make a difference while showing respect for the cultures and environments you visit.

Ecotourism Down Under

Experience Australia's Daintree Rainforest

By Natalie Foxwell



With a mantra to inspire environmentally sustainable and culturally responsible tourism, Ecotourism Australia has many 'green' recommendations for a family vacation Down Under. The organization was established in 1991 and has been steadfast in its efforts to foster an ecotourism culture around the country. To date, they have listed approximately 500 accredited businesses. A number of these are located in the northeast state of Queensland, offering environmentally conscious travelers a quintessential Australian holiday with less impact on the planet.



Daintree Rainforest

The 'sunshine state,' as it's called, presents the World Heritage listed Daintree Rainforest, one of the oldest tropical rainforests in the world. To access the Daintree region, fly into the city of Cairns and in one hour's drive you'll find majestic rivers, secluded beaches and a plethora of activities that appeal to all family members. There is no public transport to or from the Daintree, so hiring a car or arranging a privately-run bus transfer are the most convenient ways to travel. With Mossman Gorge, Cape Tribulation and Port Douglas in close proximity, a real Aussie adventure can be experienced on holiday in Queensland.



River Cruise

Cruise along waterways of the Daintree River on a quiet, solar-electric boat. This one-hour Solar Whisper cruise (solarwhisper.com) gives you a front row seat to spot saltwater crocodiles, along with a range of other Australian wildlife and birds hiding in the jungle.

Jungle Surf

This must-do activity will have you flying from tree to tree in one of the most biologically-diverse rainforests on the planet. A jungle-surfing adventure with Tree Hugger Travel (treehuggertravel.com.au) will elevate you up to 20 meters above the ground, gliding through the rainforest canopy. With a series of eco-friendly platforms among the trees and a flying fox zipline, this exhilarating experience takes you to the heart of the Daintree. Along the way, experts will reveal insights into the flora, fauna and history of this famous region.

Great Barrier Reef

Book yourself a sailing and snorkeling voyage out to the Great Barrier Reef with Sailaway Port Douglas (sailawayportdouglas.com). With conservation at the forefront of their endeavors, you'll sail through turquoise waters on a 100 percent carbon neutral catamaran. As you explore one of Australia's most iconic sites, a qualified marine biologist will guide you on a snorkeling tour and impart knowledge about protecting the reef and surrounding areas.



Eco Accommodation

What better way to complement your eco-friendly activities than staying in a hotel where sustainability is their core ethos. Nestled within the treetops is the Daintree Ecolodge (daintree-ecolodge.com.au), surrounded by lush nature so vivid in color you won't believe your eyes. They serve organic and seasonal cuisine using produce from their onsite vegetable garden and a curated list of regional suppliers. There is no television or Wi-Fi, so a stay here also serves as a digital detox. With solar panels aiding electricity, processes reducing plastic waste and Australian recycling and composting at its best, a stay here will refresh your lungs and heighten your senses.

The Daintree in Numbers

400,000

Annual number of tourists who travel to the region

1,200

SQUARE KILOMETERS
Size of the rainforest



1988

Year the Daintree National Park became a World Heritage site

12,000

SQUARE KILOMETERS
Size of the World Heritage protected site

920

Tree species

131

Reptile species

12,000

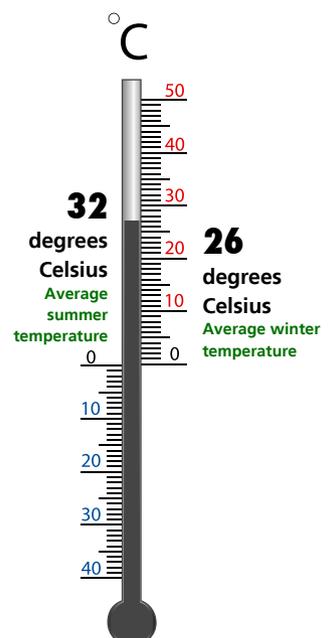
Insect species

3,000

Plant species

430

Bird species



Elephant Rescue Experience

A Journey Through India's Golden Triangle

By Shirani Alfreds

Traveling in India with children may seem too exotic or overwhelming at first glance, but with a well-laid plan and a desire for adventure, it is a treat for the entire family's senses.

The Golden Triangle

A popular itinerary is the 'Golden Triangle,' covering New Delhi (the capital), the town of Agra (to see the Taj Mahal) and the 'pink city' of Jaipur, Rajasthan.

You can begin your journey in Delhi for two to three days, depending on your appetite for sightseeing or shopping. Then, travel south to Agra for a day if one visit to the Taj Mahal is enough. Or take two days if you want to watch a sunrise or sunset with additional sightseeing. The final destination on this adventure is Jaipur, where at least two to three days are recommended, depending on the activities you wish to partake in. Each leg is approximately a four-to-six hour's drive, and you can enjoy this journey via private car, coach or train.

When you arrive in Jaipur, take in the stunning Araveli hills, a magical place for all aspiring princes and princesses. It is known as the 'pink city' because in 1876 the Maharaja (Sawai Ram Singh) had the buildings painted in anticipation of Prince Albert's royal visit. With a rich and imperial history, kids will be kept amused exploring the amazing forts and palaces. And of course, the chance to encounter horses, monkeys, camels and elephants will keep them curious throughout your adventure.





Elephant Conservation

Since 1986, the Asian elephant has been listed as an endangered species as the population has declined at a frightening rate of 50 percent over the past three decades. The species is threatened by loss and degradation of habitat and, sadly, poaching. Historically, they have been captured and tamed due to their ability to work under instruction and carry heavy objects. And, due to a low birth rate and high mortality rate, the population of elephants held in captivity continues to decrease. However, female elephants can live for longer than 60 years when kept in semi-natural surroundings, such as forest camps.

In Jaipur, numerous elephant camps housing female elephants have been established, to break the cycle of domestication. The camps' human-elephant interaction programs enable visitors to feed, bathe and play with the elephants. In some cases, you can also paint these large mammals with organic paints, which they enjoy as they know a bath is coming later. The paints used are organic and can be easily washed off.

Though some camps admit that elephant tourism is borderline objectionable, it is also the primary means of maintenance. Your paid visit provides for food (an elephant requires a large amount of food making it unaffordable for most local families), regular health checks and the maintenance of the camps where they can roam free. In some cases, where camps also employ low income and marginalized caretakers, your visit also finances their housing and education.



Tips for Traveling in India

- It is recommended to spend a total of seven to 10 days on your Golden Triangle itinerary, especially if you have small to school-aged children. This will allow you to enjoy your time and take in the sights at leisure.
- Hiring a car and a driver for family travel is advisable, to give you the most flexibility, and it is reasonably priced. Taking the train is an experience, but does not provide as much flexibility.
- Be careful when traveling with infants or children under 2 years, as food and sanitation could affect their health and the progress of the trip.
- When booking an elephant experience, be aware of fake organizations or hawkers claiming to take you to camps that may not be genuine. Always call ahead to make an appointment and obtain the correct address, as well as the name of the person who will host you.
- Keep sanitizers and wet wipes handy for public toilets and stops along the way.
- Recommended organizations rated by TripAdvisor include Elefantastic (elefantastic.in) and Elephant Joy (elephantjoy.org).
- Where possible, stay in an international hotel chain so a Western meal can be found if your children cannot eat spicy or exotic dishes.
- Make it a point to eat only cooked food, and nothing raw.



gal



Cause and Effect

Make a Positive Impact While Traveling

By Natalie Foxwell

Check Out These Ecotourism Hotspots...

Adventures in Costa Rica

The Central American country of Costa Rica offers adventurous travelers beautiful tropical beaches, lush rainforests and spectacular volcanoes. This nature lover's playground is considered one of the planet's most sustainable destinations. In this incredibly biodiverse region, an estimated 25 percent of the land is devoted to national parks, wildlife reserves and protected jungles. Through successful ecotourism initiatives, conservation and economic growth

have become intertwined, allowing the country to prosper. Whether it's whitewater rafting, horse riding or bathing in thermal hot springs, all kids will enjoy a Costa Rican adventure. What child doesn't love exploring wildlife to spot monkeys, sloths and toucans in their natural surroundings?



Cultural Experiences in Laos

In its determination to become a world-renowned destination for sustainable tourism, the Southeast Asian country of Laos works hard to reduce negative impacts on the environment. Here, ecotourism is a movement to change the way all tourism is undertaken throughout the country, and the low population density and vast ecosystems pave the way for long-term sustainability. Explore waterfalls streaming down the mountains, or experience an overland cycling tour to see the Laotian countryside and indulge in the regional cuisine. There is a wide range of activities and tours that benefit local communities while providing the chance to be immersed in Laos culture. A vacation here will be a memorable adventure for the entire family.



Majestic Landscapes in Norway

The Scandinavian country of Norway presents tourists with pure majestic beauty at every turn. As an ecotourism benchmark for the rest of the world, Norway is a leader in sustainable principles that form a part of everyday life. Their ethos of showing respect for nature and wilderness dominates the tourism industry, evident in their conservation efforts to protect the unique coastlines and awe-inspiring landscapes of the iconic *fjords*. Indulge in all the traditional outdoor activities such as hiking, kayaking and skiing and, of course, top it off with viewing the famous Northern Lights.



Consider These Wildlife Conservation Destinations



Sea Turtle Hatchery in Bali

Although a sea turtle is known to live for an average of 80 years, as time passes they are unfortunately facing a high risk of extinction. With six out of seven sea turtle species classified as endangered or threatened, organizations such as the Turtle Conservation and Education Center (TCEC) in Bali are playing a vital role in saving this precious reptile. Located south of Sanur on Serangan Island, TCEC aids the research, education and protection of sea turtles. The conservation facility is more than a tourist attraction as it genuinely strives to save sea turtles at risk from hunting, fishing net entanglement, polluted oceans and the destruction of breeding beaches. It also serves as a hatchery, and while there is no charge to enter, the center does rely on donations to support rehabilitation, feeding and care. Anyone can volunteer at TCEC, or for a small fee (approximately RMB50), participate in their program to adopt, name and release a baby sea turtle into the ocean.

> tcecerangan.jimdo.com



Bear Sanctuary in Cambodia

Free the Bears is a sun and moon bear sanctuary located within the Phnom Tamao Wildlife Rescue Centre, near the capital city of Phnom Penh. With over 120 bears rescued from illegal wildlife trade living at the sanctuary, there are many opportunities to become involved. From volunteering on a day trip to an extended stay, you can support the team and find out what it takes to care for these vulnerable creatures. The sanctuary offers many ways to support their conservation efforts: internships are available through their research program, you can sponsor a bear or you can even purchase gifts such as peanut tubs, honeypots or a health check. The funds raised at Free the Bears contribute to not only enhancing the lives of those that are rescued but, as importantly, supporting the center's efforts to locate and care for others in danger.

> freethebears.org



Rhinoceros Care in Africa

Taking an African safari one step further is the African Conservation Experience which has been providing immersive ethical travel adventures since 1999. Go beyond a 'normal' tour and volunteer at a sanctuary to work on wildlife conservation initiatives alongside experienced professionals. From five nights to month-long stays, there are many opportunities for a meaningful travel adventure that matches your passions. The rhinoceros conservation experience, for example, takes you into Kruger National Park to care for rhinos in the world's largest rhino sanctuary and orphanage. This is a worthwhile way to go on a safari, where you enhance the lives of the animals that call this park their home. Feed, treat and care for rhinos during your stay, while you learn about their habits and environment on a deeper level. It's a truly awe-inspiring experience in one of the largest reserves in Africa.

> conservationafrica.net



More Than Just a game

DFC Street Soccer Pays it Forward

Interviewed By Lena Gidwani, Photos by Jayne Overett

For many kids, playing soccer (or football) is a natural choice as far as a team sport. But for millions of players across the globe, soccer is more than just that.

Meet Jose Murillo from DFC Street Soccer in Guangzhou. The club was founded in 2014, aiming to build discipline, passion, healthy habits and soccer skills to young individuals through the beloved game. By giving children the opportunity to play the game on a weekly basis, train as an athlete, lead when asked, and develop principles like hard work, sportsmanship, leadership, teamwork and ethics, the group has grown significantly in the last five years. From just seven kids in 2014 playing in the gardens of a residential complex, they now have hundreds of children training with them on a weekly basis. Anyone, no matter their skill level, can join and practices are held as a family day, where parents can come, watch and support their children. Working with both the Chinese and expat community, they have been able to build a strong club

where children come together, speak the same language and fall in love with a beautiful game.

In January 2019, DFC Street Soccer partnered with CAMME RDC (www.cammedrcongo.org) to provide their school in the Democratic Republic of Congo with a soccer program for their children. CAMME RDC has provided vocational training, education, medical care, food and a community to thousands of children for more than 10 years in North Kivu province. Over the past 5 years, DFC has been looking for opportunities to serve and provide help to the youth. After many meetings, and not meeting the right person, they met Christine Lunanga, one of their DFC parents who founded CAMME RDC. After one meeting, DFC decided to work together with CAMME and Christine made their dream come true. She provided the club with all the guidance needed to invest in these kids' future in the sport, and also provide them a great way to do it. They were happy to work together and make these programs sustainable.

Jose remarks that he has always aimed to give back to society, and to him, that is the greatest gift of all.

Urban Family spoke to Jose and the DFC team to learn more about them and their aim to help those less fortunate than them.

UF: What inspired you to teach children the fine game of soccer?

Jose: Education has inspired me all my life. Working with young individuals is one the most

rewarding careers that a person can have. Soccer has been in my life since I was four years old. However, I abandoned my soccer career to pursue a career in business. After finishing my MBA at Brigham Young University, I had different jobs in the education industry. While I knew I was in the right industry, I also knew that these were not the right jobs for me. That is when I decided to learn more about soccer, capitalizing on my early years'





soccer experience in a Colombian club and in an American college, and eventually getting my coaching license. Families here in China were starting to put more emphasis on their lifestyles, traditions and interest for sports. I started building a program for soccer where local families didn't see the sport as leisure but instead as part of the educational development of a child. We have indeed succeeded, and the last five years has been a fantastic experience. Many families come to our programs, to expose their children to teamwork, leadership, language learning and physical education. We work with international and Chinese private schools where parents sign up their children for after-school activities, with soccer being the most popular.

UF: The DFC and CAMME RDC soccer program has made a huge difference in the lives of many children in the Democratic Republic of Congo. Why did you decide to initiate this project?

Jose: Our DFC and CAMME soccer program in Congo is called #DFCAFRICA. The children didn't have

uniforms, gear, shoes or even balls. DFC, through CAMME RDC, was able to provide all the materials and also a soccer coach to train these teams weekly. All the children had great talent, but their goals didn't have soccer nets, the soccer field was on dirt and they did not have access to the materials and guidance needed to become better players and better leaders. To understand this project and fulfil the DFC mission, someone had to understand what was needed. Soccer is everything for these countries and you can communicate anything through this sport. Our mission is to hence inspire these children in Africa to be better players and leaders by developing values on the field. I come from a country where soccer was everything. Going through different situations, my memories are from our soccer players, my soccer friends, my school team, my club team, and my father taking me to the stadium every week to watch our local club matches. Today, the values I have were nurtured from learning soccer and I am so grateful for the opportunity. I want to share this with every kid no matter where they live, what skills they have or what social

conditions they thrive in. It is a present DFC wants to give to world, and with the help of our parents in China, we will be able to build more schools around the world.

UF: What do you wish you knew about the game before you started coaching?

Jose: The technical skills are something that we all need to focus on. I had a motto when I created DFC: "More Passion, Less Technique". However, now that our club has grown and we are attending competitions, we have started to invest more time and work in our technique. The passion is there, I kid you not, and we have won games by heart, dedication, pushing through emotions and mental preparation. The aim is to also

ensure that technique remains a focus.

UF: Any future plans to expand DFC?

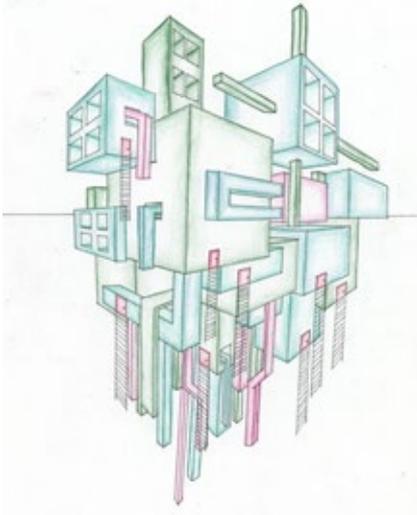
Jose: DFC has around 14 groups, including the after-school programs with different private schools. We want to expand our programs to all districts in Guangzhou. We have still not scratched the surface, even though we have hundreds of registered students. After we reach around 20 programs/groups, we want to explore new cities in China, but at the same time, we want to be global with our non-profit programs. Exciting times ahead for DFC!

To contribute to #DFCAFRICA or join DFC Street Soccer, call 139 2873 1224 or email josedfc@qq.com. Wechat ID: [jmurillo2013](https://www.wechat.com/p/jmurillo2013)



These are works of art made by students in the PRD. Enjoy!

Art Attack



Grade 7, International School of Nanshan Shenzhen ▲



May Chang, Singapore School of Guangzhou ▲



Rachel, Grade 7, International School of Nanshan Shenzhen ▲



Jolin, Grade 7, International School of Nanshan Shenzhen ▲



Scarlett, Grade 7, International School of Nanshan Shenzhen ▲



Catherine, Grade 7, International School of Nanshan Shenzhen ▲



Kiki, Grade 7, International School of Nanshan Shenzhen ▲



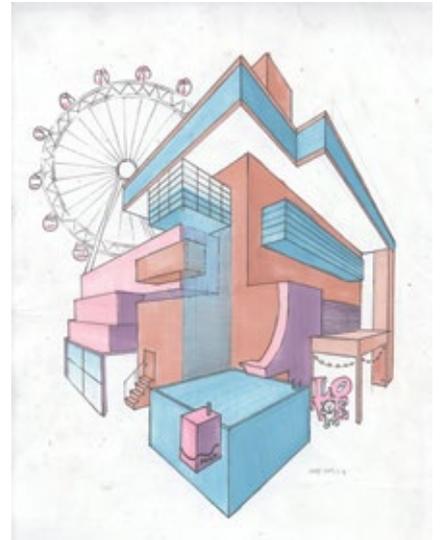
Chloe, Year 7, Merchiston International School ▲



Jessica, Grade 7, International School of Nanshan Shenzhen ▲



Erin, Grade 7, International School of Nanshan Shenzhen ▲



Grade 7, International School of Nanshan Shenzhen ▲



Nicole, Grade 7, International School of Nanshan Shenzhen ▲



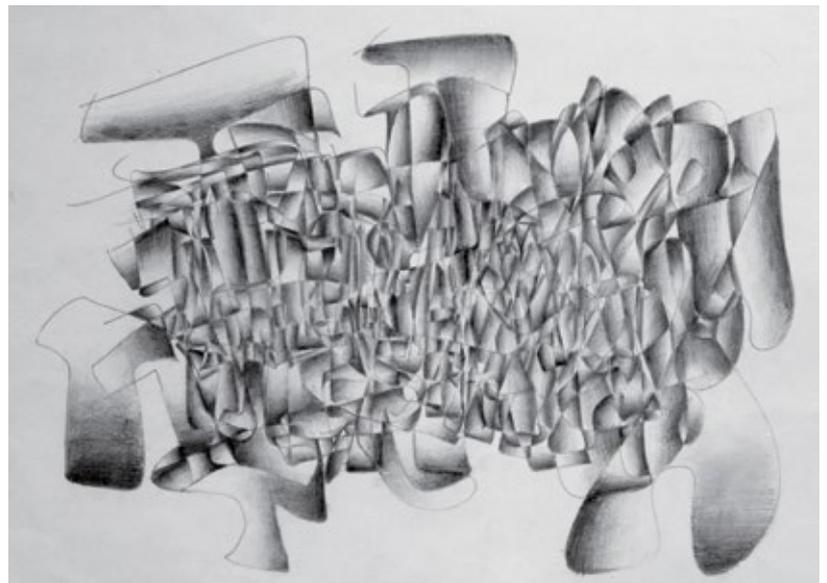
Helen, Year 10, Merchiston International School ▲



Curtis, Grade 7, International School of Nanshan Shenzhen ▲



Alice, Year 10, Merchiston International School ▲



Grade 8, International School of Nanshan Shenzhen ▲

Rocket Craft

An Indoor Activity for Kids

Have a blast with these DIY rockets. Make this colorful rocket out of items found around the classroom or home. It's as easy as 1-2-3!

You will need:

Toilet paper tube
 Rocket printable (next page)
 Construction paper
 Sparkly paint
 Paintbrushes
 Scissors for children
 Sticky tape
 Tissue paper streamers (red, yellow is preferable)

To make your rocket:

1. Paint the toilet paper tube first, to create a base for your rocket.

2. While the paint on the tube dries, cut out the shapes from the rocket printable (next page). Color it or alternatively (to save time), trace it out on construction paper and cut it out.

3. Take some colored construction paper and trace out one more fin. Stick on top of the toilet paper tube (once the paint has dried).



1



2



3



4



5

4. Cut one line of the circle (nose cone of the rocket) and glue it all over the triangle section. Fold the glued section underneath the rest of the circle to form a cone. Let it dry.

5. Cut some colored tissue paper streamers to form flames, to come out of the

bottom of the rocket.

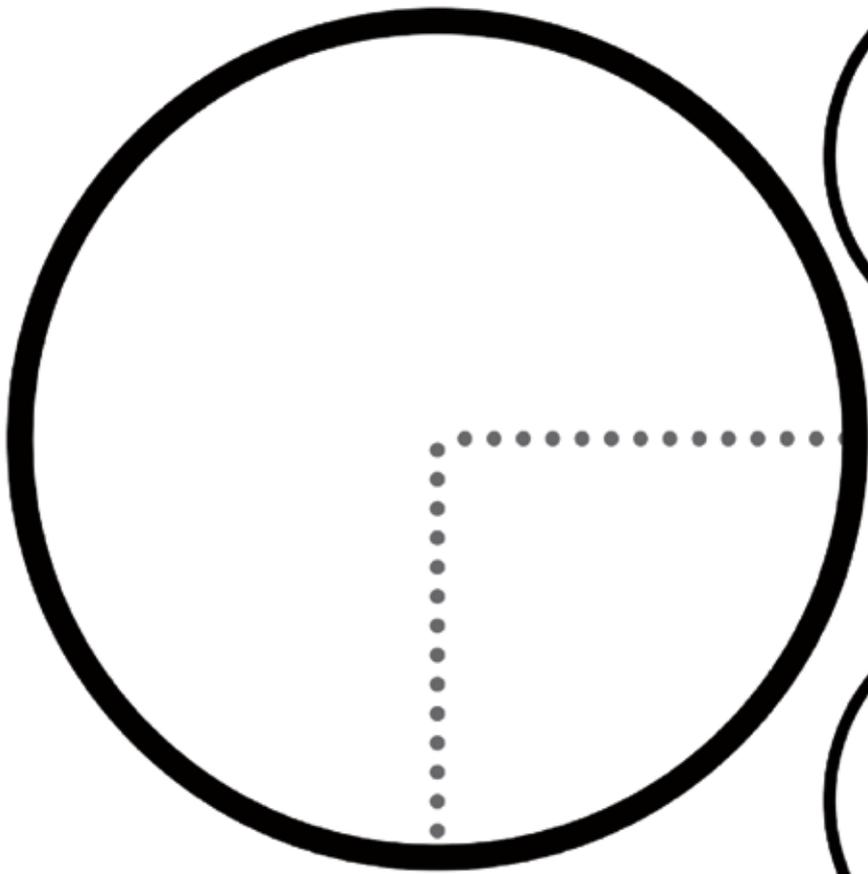
6. When the nose cone and paper tube are dry, attach the fins (either by cutting halfway down the dotted lines in the rectangle and inserting the paper tube in the cuts, or folding the rectangular tabs down and taping or gluing

them to the rocket).

7. Attach the nose cone and optional 'rocket windows.'

8. Tape or glue the flames securely to the inside of the rocket.

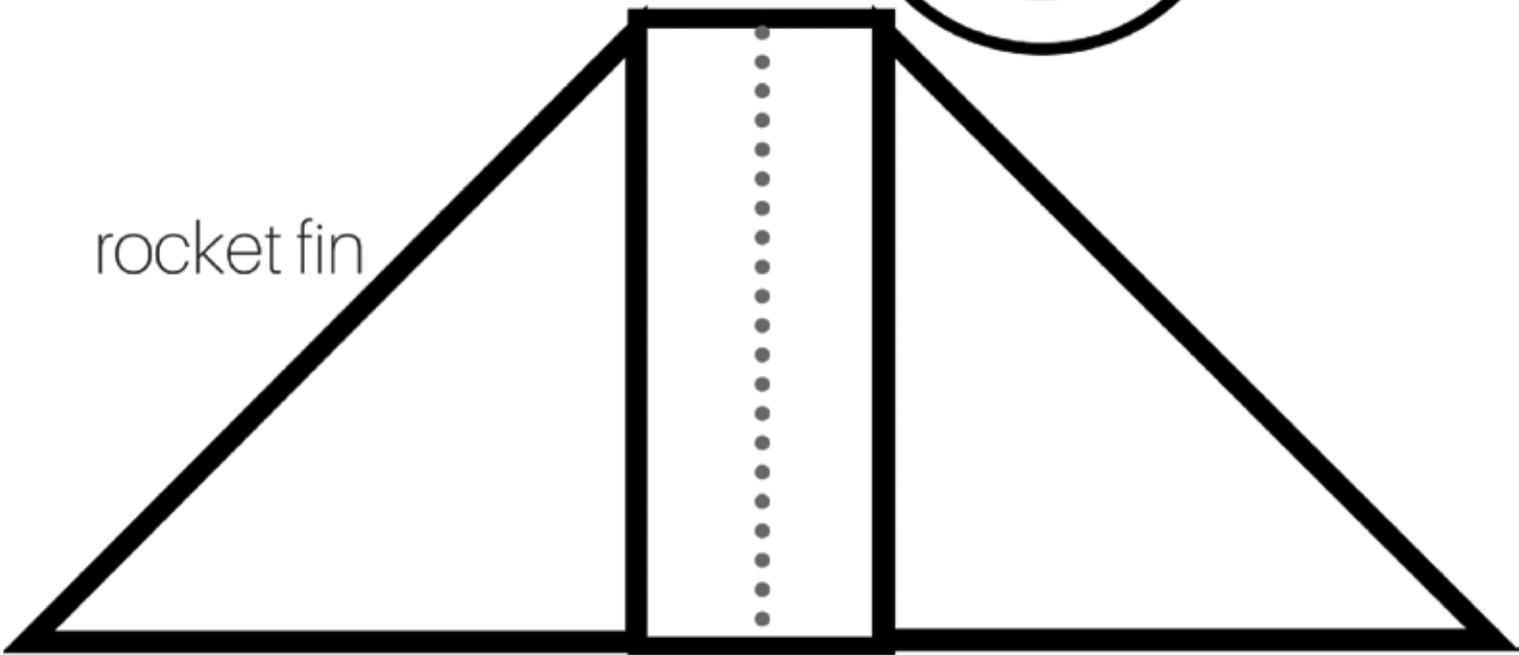
9. And 3, 2, 1... blast off!



nose cone



windows



rocket fin

ON THE PAGE

Two Engaging Book Series for Children to Enjoy

By Kendra Perkins

Getting kids hooked on a series of books is a fun and easy way to ensure they become and stay engaged. Once they fall in love with the first title, they will want to pick up further books in the series, so they can continue with the story and find out how it ends.



Ranger's Apprentice Collection

Middle-school-aged boys will love to get lost in Australian author John Flanagan's adventures in the *Ranger's Apprentice Collection*. The author wrote this series for his son, and from the rave reviews these books have received over the years, he's found his target audience.

This is an exciting fantasy story about a young orphaned boy who is trying to find his place in the world. Will's father was a well-known hero, which leaves him with a significant legacy to live up to. This narrative begins with Will finding himself in an extremely stressful situation.

Upon applying for battle school, a way in which he can prove himself, he is turned down because he's too small. Feeling like his future is slipping away, Will is left asking, "What am I going to do?"

The best thing about this series is that children can read their way through 12 books of engaging content that offers a mix of suspense and action tied together with a strong moral code.

Readers can learn a lot about character building and overcoming challenges from this exciting and often humorous tale.

Recommended for children
Available via taobao.com
and Amazon.cn

AGES
10-14

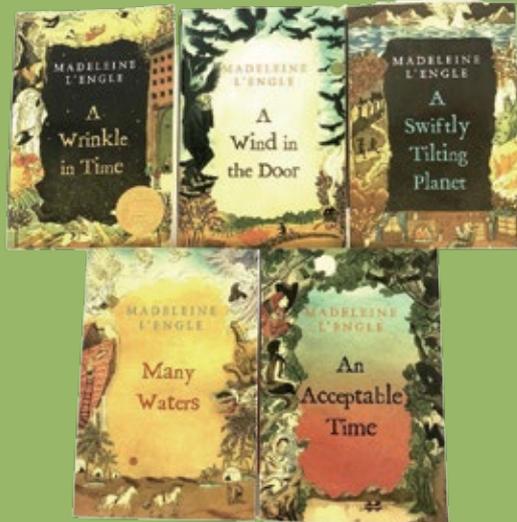


A Wrinkle in Time Quintet

Another attention-grabbing series that girls will especially love is the Newbery Award-winning *A Wrinkle in Time*. Originally published in 1962, Madeleine L'Engle beautifully writes this five-book series. While the story is quite an old one now, don't let the publication date fool you, as these books have stood the test of time.

It's a wonderful series for children to read where they learn about a world before cell phones were a part of everyday life. And, it has become increasingly popular since the Disney film adaptation starring Reese Witherspoon and Oprah Winfrey was released. *A Wrinkle in Time* is the first book in what is referred to as the *Time Quintet* and it is followed by the equally enchanting *A Wind in the Door*, *A Swiftly Tilting Planet*, *Many Waters* and *An Acceptable Time*.

L'Engle does an incredible job of quickly setting the scene and giving readers a deep understanding of her whimsical characters. The story begins with siblings, Meg and Charles, who search for their father, a scientist, who has mysteriously disappeared – but where in time and space could he be?



Recommended for children
.....
Available via taobao.com
and Amazon.cn

AGES
11-15



Helping your little ones to enjoy reading will encourage success in every aspect of their life. All school subjects require an understanding of language and how it can be used effectively to deliver messages or even persuade readers. Friendships blossom further when children have excellent communication skills, and building an extensive vocabulary expands a child's mind, helping them to develop into mature, capable adults. As a parent, you can give this gift to your children, and they can have a lot of fun immersing themselves in characters and stories along the way.

6 Family-friendly Documentaries

FOR KIDS WHO LOVE ANIMALS AND NATURE

By Natalie Foxwell

The vivid imagery presented in a documentary can engage children in a multitude of subjects that expand their horizons and quench their thirst for knowledge. With that in mind, here is our choice of eight documentaries that the entire family can enjoy. From Antarctica to Florida, the wildlife featured in these documentaries show the harsh environments in which they strive to survive and the determination they inherently possess to make their way in the world. Children will be captivated with eyes wide and fingers crossed, hoping that the protagonists take them through to the closing scene.

Bears (G)

Filmed in Katmai National Park, Alaska, this film takes you through a year in the life of a mother bear and her two cubs. *Bears* is an excellent documentary for children of all ages. With no violence or harm coming to the animals, the entire family can sit back and immerse themselves in the majestic scenery and seamless narration by John C. Reilly. The documentary begins in the spring, with the family emerging from their den to partake in the annual salmon run. Over the months leading to winter, the young cubs Amber and Scout are excited and playful, but they must learn how to gather enough food to sustain the family during the next hibernation. This is a beautifully filmed account of life in the harsh Alaskan climate where predators abound. With exceptionally vivid scenery, children will enjoy the story about one mother's fierce determination to keep her cubs safe using nothing but her instincts.

African Cats (G)

Narrated by the well-known Samuel L. Jackson, this Disney nature documentary is set against one of the wildest places on Earth and observes two cat families, cheetahs and lions, teaching their cubs the ways of the world. Living on opposite sides of a river, both families strive to preserve their homes in the African Savannah while facing a common threat to their daily survival. This epic journey will have audiences mesmerized by the stars of the film: Mara, an endearing lion cub and Sita, a fearless cheetah. With its stunning imagery and a moving soundtrack, this movie ensures all family members will relish in the story of these spirited animals. With an honest depiction of life in the wild and the struggles to survive, it does contain graphic hunt scenes that may not be suitable for younger children.





IMAX Born to Be Wild (G)

The voice of Morgan Freeman shines through in this heart-warming documentary about two wildlife sanctuaries where workers rescue and care for orphaned animals. First, you are taken to the biodiverse rainforests of Borneo to see orphaned orangutans, then you travel to Kenya to witness how orphaned baby elephants are nurtured. It's 40 minutes of pure joy that restores your faith in humanity and emphasizes the importance of protecting wildlife around the world. Children will be in awe at the relationship between these endangered species and those who rescue and care for them. There are no fights or violent scenes, so young children can sit with the family and enjoy the fantastic visuals and bright colors.

March of the Penguins (G)

In the depths of Antarctica is where a penguin's annual quest to find the perfect breeding mate begins in this Academy Award-winning documentary. You will immediately become swept away by the voice of Morgan Freeman, an ideal choice to narrate this divine tale. Every March, thousands of male emperor penguins from the South Pole maintain formation and embark on a remarkable journey to find a female companion for breeding. The movie follows this instinct-driven pilgrimage that has them waddling through minus 50 degrees Celsius conditions, with no sustenance for the journey. With slightly sensitive content, school-aged children and above will enjoy this in-depth view of the penguin's annual ritual.



Monkey Kingdom (G)

Monkey Kingdom is a charming documentary about a mother's love for her newborn infant in the Sri Lankan jungle of Polonnaruwa. As Maya battles to ensure her son Kip's safety throughout their dangerous adventures, they must fight for survival within their competitive social hierarchy. The breathtaking footage and narration by Tina Fey describe the monkey troop's caste system, which determines where Maya and Kip sleep, what they eat and how they interact with others. This documentary is targeted towards young children and presents educational and entertaining content. There is one fight scene that may require parental assistance (or a quick fast forward), but otherwise, it's full steam ahead for young minds with big hearts to enjoy watching the monkeys keeping safe from harm.



Turtle: The Incredible Journey (G)

Turtle: The Incredible Journey is an impressive documentary about a female loggerhead turtle as she embarks on a journey that will have viewers championing her survival. This pilgrimage, attempted by many of her ancestors, is not for the faint of heart, as only one in 10,000 turtles survives. Following her birth on the sands of a Florida beach, the little turtle sets off on the 25-year journey that has her ride the Gulf Stream, swim around the North Atlantic to Africa and return to her birthplace to lay her eggs. With a soothing soundtrack to accompany the

brilliant visuals and a calm narration by Miranda Richardson, this is a must-see film for all children who love sea life. It's educational and appropriate for young children who will understand the simple but poignant message: never give up on your journey.



Our Family Favorites

Guangzhou Families Share Their Top Tips

Sam and Cathy Alhayajneh are parents to one-year-old, Sam junior. They are expecting their second baby in July of this year. They met in Guangzhou in 2016 and married in Hong Kong the following year. Cathy is from Ireland and Sam is from Jordan. They try to spend as much time between their two home countries as possible. Sam has been living in Guangzhou for almost ten years and Cathy, around five years. Cathy loves to get involved with local projects and Sam plays with the Guangzhou Rams rugby team. *Urban Family* spoke to Sam and Cathy to learn more about their family favorites.

Favorite Restaurant

We like to try out new restaurants as often as we can. We have favorites but we're always open to new places.

Sam: I love brunch in 13 Factories (although I only ever order chorizo taquitos and the Fac burger).

Cathy: I love Morgan's and how family



friendly it is. The owners (Johnny, Bilal and Chris) are so friendly and always greet you with a hug, always ensuring they make everyone happy. The staff are always friendly, and their Sunday roast is just delicious. We love middle eastern food too and Shami house in Xiaobei Lu is simply amazing for all things ethnic and delicious. We're always stuffed to the brim when we leave!

13 Factories: 121 Huasui Lu, Zhujiang Xincheng, Tianhe District, Guangzhou

Morgan's Public House: 6 Hua Jiu Lu, Zhujiang Xincheng, Tianhe District, Guangzhou

Shami House: Zhao Qing Building, No.304, Huanshi Zhong Lu, Yuexiu District, Guangzhou

Favorite Travel Destination

Asides our home countries, we loved Bali when we traveled there in October 2018. Nusa Dua was beautiful but anywhere with a pool, great local food and water or extreme sports is perfect for us.

Favorite Local Tourist Spot

Our favorite place in Guangdong is Duanzhou in Zhaoqing (around one hour by train from Guangzhou station) It's like Guilin but with no tourists. The views are beautiful, and the park is so much cleaner than anywhere

we've seen in this area of China. The food is fantastic (western and local) and the boutique hotels are very affordable. We also love Conghua. It's awesome to see all the beehives by the side of the street and life is just so much simpler there.

Favorite Park

Yuexiu Park is nice on a sunny day. It's good with a lightweight stroller as there's an elevator up to the Five Rams statue. It's lovely to stop and get an ice cream in one of the little shops inside the park and would be even better if you had older children and some bubbles to keep them occupied.

Favorite Local Dish

We are huge fans of northern Chinese food and love street food, some of our favorites are *roujiamo* (肉夹馍) – a slow cooked pork-filled sandwich, especially if you can find somewhere that adds egg and soup. So delicious! Our go-to comfort food on Meituan are *jiaozi* (饺子) with egg and vegetables or pork. Our favorite food in China is Beijing duck and there's an amazing Beijing duck restaurant on Nong Lin Xia Lu near Dongshankou and they give you the full cooked duck to carve yourself, or will do it for you while you watch.

Our Family Favorites

Shenzhen Families Share Their Top Tips

Daniel and Milla are parents to Maxine Power, born December 2017.

Daniel and Milla met in Shenzhen in 2015 at Rapsclions when he was DJ'ing there with his friend. It was an instant connection and very soon, they got married in Milla's hometown of Meizhou in the summer of 2017. Daniel has lived in Shenzhen for close to a decade now and definitely feels this is his home a lot more than England anymore. Milla has not been to England before but the family are planning to spend a good summer there this year. *Urban Family* spoke to Daniel to learn more about their family favorites.

Favorite Restaurant

I would say my favorite restaurant is Bollywood Cafe! Coming from England, I have grown up loving Indian food and many consider it is the top cuisine of the country. I love all the dishes they make there. Great quality and more enjoyable than any Indian

restaurant that I've been to around the area or even in Hong Kong. Our favorite location is the Luohu branch.

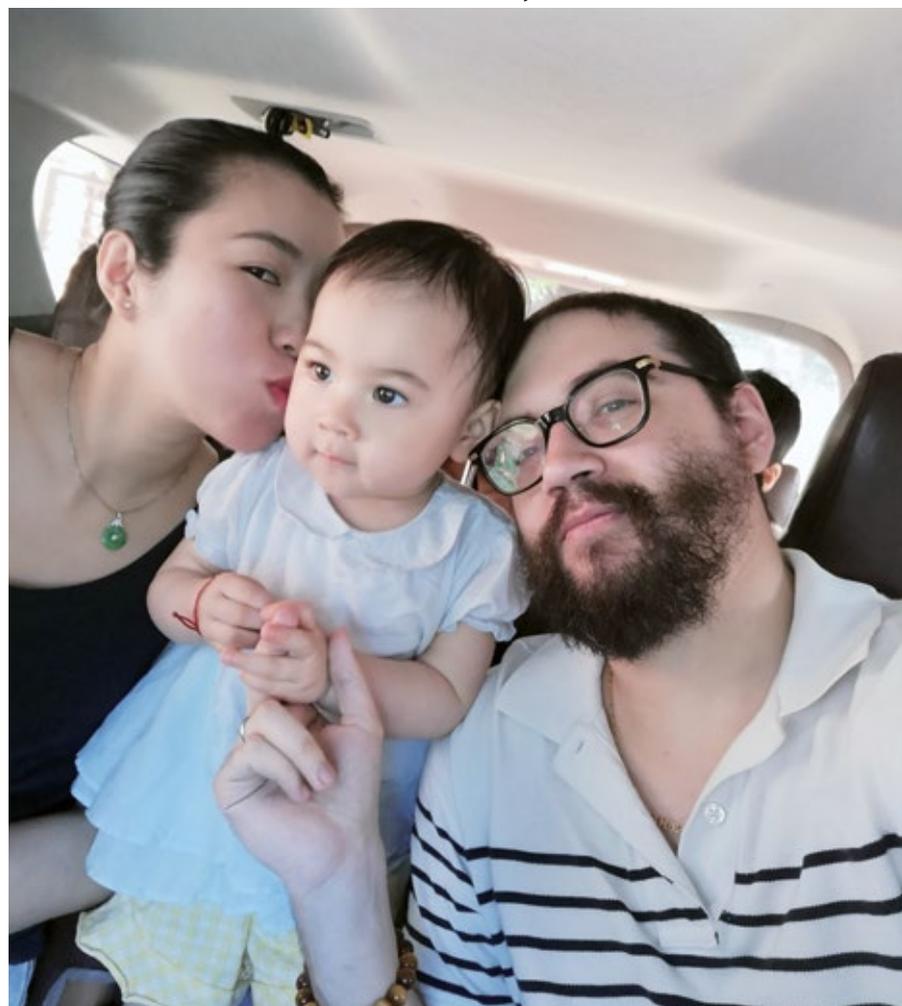
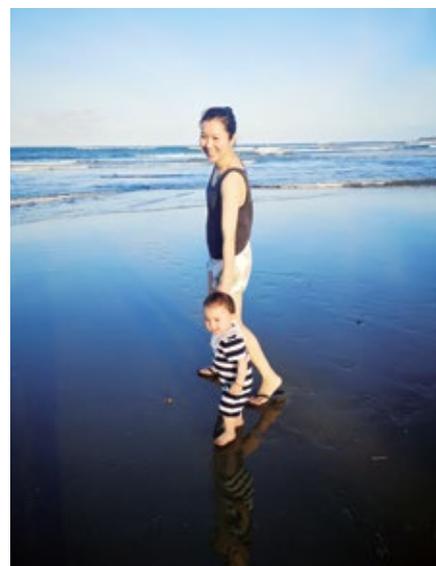
Bollywood Cafe: 2055-1, Xilong Building, Renmin Nan Lu, Luohu District, Shenzhen

Favorite Travel Destination

I would say as a family, it would have to be the Philippines. My father remarried and is living in the southern island at a lovely place by the beach. We recently went together and had the most wonderful experience over the winter break. Maxine loves the water! She was laughing and smiling most the time. We plan to go there twice a year at least from now on.

Favorite Local Tourist Spot

As a DJ and promoter in Shenzhen, I sometimes will have to entertain some international DJ's that we have brought over to the city. I will always take them to OCT Loft as it's just a lovely chill spot and everyone I've taken there so far seems to



be happy. It's also a nice place to take the wife and kid and we go there sometimes on Sundays when the market stalls are out.

OCT Loft: Overseas Chinese Town, Nanshan District, Shenzhen

Favorite Park

Honestly, we don't go to parks much. However, we did go to Zhongshan Park for the day not so long ago with Maxine and that was quite a nice experience.

Favorite Local Dish

I have a good few. Sweet and sour pork will be up there for sure. I am also very fond of *Yuxiang Rousi*. My wife is happy with most foods to be fair and I'm glad Maxine has taken after her and not her sometimes fussy father!

Family-Friendly Dining Spots

Plates for the Entire Family



Looking for somewhere to go for a nice family meal that won't break the bank? From Western to Asian options, here is a selection of family-friendly spots (categorized by city, in alphabetical order) that will satiate both the young and the young at heart. Bon appetit!

Guangzhou

13 Factories



French toast, southern mac and cheese, crispy waffles, sliders... all this and more await you at this American eatery in Zhujiang New Town. Add a milkshake to the mix, and you will have yourself a very child-friendly meal spanning Cajun and Creole to Tex-Mex and New England.

121 Huasui Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城华穗路121号

Element Fresh



Always, good, always fresh. From Element Fresh's kids' menu, try their sandwiches, giving young ones plenty of protein. For kids that don't like meat, the macaroni and cheese are equally delicious and inventive, sure to entice even the pickiest of eaters. Bonus, all kid's meals come with a fresh small juice for an extra cost, and of course, a color-in menu and crayons.

Canton Place: G/F, No.42 Qingfeng Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 广州市天河区珠江新城清风街42号首层

Taikoo Hui Mall: Shop L302, 3/F, TaiKoo Hui Mall Garden, No.383 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路383号太古汇广场L302号铺

Din Tai Fung



A chain that offers quality at great prices, Din Tai Fung works a treat for both adults and children. It's clean and consistent, and the dumplings are always delicious. Specializing in Shanghai-style dishes that cater to western palates, the menus have pictures and you will always find something you love. Ask the wait staff for a dough bunny; they are lots of fun to play with!

IGC: 4/F, IGC Mall, 222 Xingmin Lu, Tianhe District, Guangzhou 天河区兴民路222号天汇广场IGC4层

Parc Central: B2, Parc Central, No. 218, Tianhe Lu, Tianhe District, Guangzhou 天环广场 地址: 广东省广州市天河区天河路218号

Taikoo Hui: Mezzanine Level, Taikoo Hui, 383 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路383号太古汇

The Happy Monk



Ranging from just RMB45-48, dishes like mini burgers, fish and chips and roast chicken pizza ensure that kids keep returning. Sets come with a side of juice, fruit, veggie salad or ice cream, on a tray with plastic cutlery. The stand-alone color-in menu is super cute too.

Xingsheng Lu: No. 109, No.7 Xingsheng Lu, Zhujiang Xincheng, Guangzhou 珠江新城兴盛路7号109铺

Happy Valley: Unit 124, G/F, Happy Valley Shopping Mall, 36 Machang Lu, Zhujiang Xincheng, Guangzhou 珠江新城马场路36号太阳新天地广场一层124铺

Kingold: Unit 1, G/F, Kingold Century, 62 Jinsui Lu, Tianhe District, Guangzhou 天河区珠江新城金穗路62号之一侨鑫国际金融中心商业裙楼1层1号铺

Party Pier: Shop 02, Building 60, Block B, Party Pier, 118 Modiesha Dajie, Xin'gang Dong Lu, Haizhu District 海珠区新港东路磨碟沙大街118号琶醍啤酒文化创意艺术区B区60栋02铺

Guangzhou

Mamma Mia



Chinese and expat clientele at Mammamia will find its food different – mamma-mia-this-pizza-is-so-good kind of different – because most ingredients and cookers in the kitchen (except for the vegetables) are imported from Italy, no expense spared. There's nothing quite more loved by kids than pizza.

4/F, Friendship Store, IFC, 5 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路5号国际金融中心友谊商店4楼

The Pizza Factory



Located in Haizhu's Icon Mall near Jiangnanxi metro station, this eatery offers the unique option of designing your own pizza complete with unlimited toppings. Great for birthday parties and family meals as well.

Shop 301, Area B, R&F Haizhucheng, Jiangnan Xi Lu, Haizhu District, Guangzhou 海珠区江南西路富力海珠城B区301铺

Morgan's Public House



A favorite amongst the Zhujiang New Town crowd, Morgan's Public House offers a menu that will delight even the fussiest. Their regular menu is just as family-friendly as their kid's menu, with pizza, pasta (try their delicious homemade lasagne) and even a delicious Sunday roast if you're too tired to cook for the family.

No. 6 Huajiu Lu, Poly 108 Mansion, Tianhe District, Guangzhou 广州市天河区珠江新城华就路6号

Social&Co



This popular eatery in Zhujiang New Town needs no introduction. Dishes are simple, tasteful and well-priced. Want something sweet? Don't leave without trying their banoffee pie; it's that good. You can thank us later.

No. 6, Huajiu Lu, Tianhe District, Guangzhou 广州市天河区珠江新城华就路6号

Shenzhen

McCawley's



A popular hangout for lunch, after-work drinks and families looking for a hearty meal, McCawley's also has a kid's menu that includes cod and chips, bangers and mash, chicken fingers, mini burgers and milkshakes. Weekends are usually packed, and it is worth calling in to the branch you want to visit and make a reservation.

Shekou: Shop 118 Sea World Complex (off Taizi Lu, near the Minghua Boat), Shekou, Shenzhen 深圳蛇口海上世界118号商铺

Futian: Unit 151-152 North of Coco Park 138, Ming Tian Lu, Futian, Shenzhen 深圳市福田区民田路138号购物公园北区151-152号商铺

Nanshan: 109, Phase 3, Rose Garden, Jinshiji Lu, by Wanxia Lu, Nanshan, Shenzhen 南山区金世纪路南海玫瑰花园3期109号(半岛城邦一期对面)

The Terrace



Located in the heart of Shekou's entertainment district, The Terrace boasts a fine live band that plays an eclectic mix of covers, plus both American and Thai food. Great for families over the weekend, when Mom needs a break from cooking.

#201, Seaworld Square, 32 Taizi Lu, Shekou, Nanshan District, Shenzhen 南山区蛇口太子路32号海上世界广场商铺201

The Pizza Factory



Set on the fifth floor of the Eslite Spectrum Building at the MixC World shopping complex, The Pizza Factory offers highly customizable pizzas with unlimited toppings. If pizza isn't really your slice, the restaurant has a variety of other options, from wraps to pastas and meat-focused dishes.

L503, Eslite Spectrum, MixC World (Hi-Tech Park), Nanshan, Shenzhen 南山区深南大道万象天地成品生活L503

Tego



Sample the regional cuisines of Mexico, with some inspiration from Pacific neighbors. Classics like corn masa tortillas or Al Pastor pork meet modern favorites like Baja-style fish tacos and chicken fajitas. Kids too will love them; just ask for less spice and lay off the salsa picante.

FL1018, Central Walk Shopping Mall, 3 Fuhua Yi Lu, Futian District, Shenzhen 福华路怡景中心城北大门停车场出口FL1018

Braised Beef With Soy Sauce And Rock Sugar

A Local Delicacy

By Chinese Executive Chef Steven Ou, from Peach Blossom Restaurant at LN Garden Hotel Nansha Guangzhou

From the heart of Nansha, Chef Steven Ou presents a dish that is bound to delight. Available to try at Peach Blossom, this recipe is a classic and works a charm every time. LN Garden Hotel Nansha Guangzhou is located in the heart of the Guangdong-Hong Kong-Macao Greater Bay Area. The hotel is a green and serene oasis, combining green and environmentally conscious aesthetics with the finest facilities and services. Guests can experience a truly one-of-a-kind dining experience at the Peach Blossom Restaurant by ordering the braised beef with soy sauce and rock sugar. Pair this dish with a nice glass of red wine or make it for the family for Sunday lunch. Enjoy!

Ingredients (for two):

500g selected Australian beef shoulder petite tender
10g premium extra old soy sauce
60g sugar
10g Shaoxing wine
Tangerine peel
Lychee wood
4 pieces of fresh, peeled longan

Method of Preparation:

- Slice the beef into rectangular shapes. Make sure it is evenly sliced.
- Remove the peel of one longan and keep it aside.
- In a large heated claypot, put beef, soy sauce and wine. Braise for 30 minutes on high heat. Keep braising for two hours in low heat with the lychee wood.
- Turn up to high heat until all liquids are reduced and absorbed. Remove from heat.
- Scoop the beef up and put into a bowl. Serve with the fresh peeled longan on top, as a garnish.



This recipe is compliments of LN Garden Hotel Nansha Guangzhou. Address: No.1, Da Jiao Er Lu, Nansha District, Guangzhou
酒店地址: 中国广东省广州市南沙区大角二路1号
Tel: 020 3210 8888



5 Ingredients

Koen Vessies's Vegan Eggplant Salad

By Natalie Foxwell

5 Ingredients is an *Urban Family* series where we sit down with a chef and ask for a family-friendly meal using five ingredients easily found around our markets.

This month, Chef Koen Vessies shares his simple yet delicious eggplant salad.

Ingredients:

4 eggplants, cut into thick slices
 ½ red onion, finely chopped
 1 small garlic clove, minced
 1 teaspoon tahini
 Arugula and mint to taste
 Additional seasoning: sesame seeds, salt, pepper, chili powder and lemon olive oil



Method of Preparation:

- Over an open flame, burn the eggplant until the skin turns silver. Or, place the eggplant on baking paper, lightly drizzle with oil and oven bake for 20 minutes at 220 degrees Celsius. Allow to cool, then peel off the burnt skin and chop the meat.
- Mix the onion with salt and set aside for 10 minutes. Then, rinse with water and strain.
- Combine the eggplant with the onion, garlic and tahini. Then, mix with salt, pepper and chili powder.
- Assemble by placing your eggplant mix on a plate and sprinkling with sesame seeds.
- Top the eggplant with your arugula and mint leaves then lightly drizzle lemon olive oil over the dish.



Advice:

- Make sure you serve this eggplant salad at room temperature.
- During cooler weather, you can preheat the plates a little.
- To make it more filling, add chickpeas to the mix.
- Nuts are also a great way to make it more filling. Try adding some walnuts or chopped almonds for texture and crunch.

Power Me Healthy: Lunchbox Series

Poached Salmon with Broccoli and Rice

By Sharon Raccah Perez

When it comes to easy school lunches, nothing is better than using last night's leftovers to fill your child's lunchbox. My three kids particularly love it when I cook my favorite poached salmon; they tell me it's delicious, which is something every mom loves to hear. This recipe is great because it's quick and easy to make, and it tastes good whether served hot, warm or cold. So, it's a win-win!

Ingredients:

- 1 carrot, peeled and cut into large pieces
- 1 onion, peeled and roughly cut
- 1 celery stalk, sliced into large pieces
- 1 liter of water
- 1 broccoli head, cut into florets
- 1 garlic clove, finely chopped
- 150 grams salmon fillet (serves one to two)
- 1 teaspoon salt
- Olive oil

Method of Preparation:

- In a large pot, boil the water with one teaspoon of salt. Then, add the carrot, onion and celery and cook for 30 minutes, until it softens.
- After 15 to 20 minutes, place the broccoli florets into the water from above for approximately 5 minutes, depending on how soft or crunchy you prefer them.
- While the broccoli is cooking, pour two tablespoons of oil into a frying pan on medium heat. Then, add the garlic and lower the heat.
- Once the broccoli has slightly softened, remove and place in the frying pan with the oil and garlic. Sprinkle salt and fry to your preference, I suggest five to seven minutes.
- Once your broccoli is cooked, your stock should also be ready. Immerse your salmon fillet into the soup and cook thoroughly (approximately 10 to 15 minutes).
- Check the middle of the fillet to ensure it is cooked and then remove with a strainer so you leave the water in the pot (this can be discarded).

Serve:

In a thermos lunchbox, place a serving of rice on one side, the broccoli next to it, and add a piece of salmon on top. For extra flavor, you can also prepare a dressing in a small container: mix mayonnaise with a squeeze of lemon and a drop of olive oil.



Advice:

- I recommend you make this dish for dinner and then pack it the next day for lunch. My kids love the salmon cold, which is great as it removes any worry whether or not it will be warm when they eat it!

Oh, My Veggies and Fruit

12 After-School Snack Ideas

By Lena Gidwani

When kids arrive home from school, one of the first activities is eating a snack. Snacks should be as nutritious as meals and include fruits and vegetables. Of course, use your wise mama judgement and decide when to serve what, as many are also good breakfast dishes! Soothe after-school hunger with these 12 nutritious, easy and delicious snacks your scholarly tykes are sure to enjoy.



1

Mini Fruit Pizzas: Take graham cookies, digestives or small pre-made pancakes. Top with cream cheese or peanut butter. Then add cut fruit, nuts or other toppings and serve immediately.

2

Banana Sushi: Coat bananas with jam or peanut butter, then slice and roll them into tasty toppings like sprinkles, cereal and/or shredded coconut.



3

Apple Sandwiches: Cut an apple (core removed) into thick slices. Spread apple slice with peanut butter and top with granola and raisins. Place another apple slice on top and gently press together. Repeat with remaining apple slices.



4

Tropical Chia Pudding: Pour coconut milk into a bowl and sweeten with 2 tablespoons of maple syrup or honey to taste. Add chia seeds and whisk. Set aside. Peel and chop kiwis and mangoes. Layer chopped fruit and chia pudding in small containers. Repeat this process. Put lids on containers and refrigerate for at least four hours for the chia to transform the coconut milk into pudding. Sprinkle desiccated coconut over it and serve.

A 'Spook-a-licious' Platter:

This is a great themed platter for kids. Take whole oranges, celery sticks, bananas and raisins and decorate as per picture. Use cream cheese to 'glue' and assemble.

5





6

Pencil Waffles: Take some pre-made waffles, decorate (see picture) using bread, bananas, raisins, fruit like berries and even pretzels. Yum and so nice to look at!



7

Sweet Potato Chips: Can they really be good for you? Yes, they can! Slice and put on baking sheet, bake for about 90 minutes or so until dehydrated, curled at the edges and crispy. Serve when cool or store in an airtight container.



8

Gourmet Platter: Cut up cheese with some whole grain crackers or pretzels, throw in some dried fruit or fresh grapes to up the gourmet factor and serve with avocado or anything that takes your fancy. The idea is to make it look good and appetizing.



9

Banana and Almond Protein Smoothie: Mix bananas, almond milk, chocolate milk and a bit of peanut butter together for a great snack.



11

No Bake Chewy Coconut Granola Bars: Take brown rice cereal, rolled oats, shredded coconut, sunflower seeds, flaxseeds, cocoa powder and mix it all. Coat all with honey, partially melted butter and a teaspoon of vanilla extract. Lay it out on a baking tray and refrigerate until hard. Cut and wrap individually to serve.



12

Very Berry Bites: Take red berries and unsalted almonds in it, or simple stuff with yogurt and cereal, for an easy-to-eat finger snack that is ready in a few seconds.



10

Frozen Yogurt Popsicles: Take two of cups low-fat vanilla yogurt, lots of assorted berries and some pretzel rods. Put into ice-pop molds and cover with foil. When semi-frozen, remove and insert the pretzel rod in. Serve when frozen.

New Arrivals

Say Hello to the PRD's Newest Members



Bobby
May 25, 2018



Yogar
October 28, 2018



Jayce Huang
March 5, 2019



Yang Mao
July 7, 2018



Fu Yanxi
Jan 4, 2019



Jiang Doudou
Feb 5, 2019

Share your good news with us! Submissions to uf.prd@urbanatomy.com

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Drink



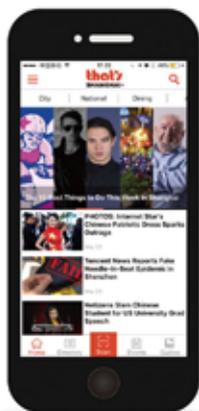
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GZ EVENTS



Mar 18 Star Wars: A New Hope Concert

Ever since *Star Wars* was released on the silver screen over 40 years ago, the franchise has remained one of the top sci-fi flicks of all time, with its charm remaining mostly untarnished (looking at you, *The Last Jedi*). And now, the time has come for you to relive the epic battles between the Rebel forces and the Empire. Performed by Sofia Philharmonic Orchestra, this show is a must-see for fans of the epic space opera.

Mon Mar 18, 7.30pm; RMB180-1,280. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (247tickets.com, gzdjy.org)



Mar 21-24 Rumba Sur La Lune Puppet Show

French theater troupe Compagnie Marizibill will present *Rumba on the Moon*, the story of an adventurous, big-dreaming mouse who's on the hunt for cheese. Performed without words, the show, or as the creator calls it, visual poem, appeals to children and adults alike.

Thu-Sun Mar 21-24, 10.30am / 3pm / 7.30pm; RMB80-280. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (247tickets.com, gzdjy.org)



Mar 29-30 Little Women Drama

Founded in 1999, Chapterhouse Theatre Company specializes in performances under the stars at some of the most beautiful gardens the UK has to offer. The renowned theatre troupe will bring one of the most-read stories of wartime relationships from the world of literature – *Little Women* – to the stage at Xinghai Concert Hall this month.

Fri-Sat Mar 29-30, 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 (247tickets.com, ticket-easy.cn)



Mar 30 WOW

WOW, or Women of the World, is an a cappella group formed in the renowned Berklee College of Music. The four-piece group comprises Ayumi Ueda of Japan, Giorgia Renosto from Italy, Annette Phillip from India and Haitian American Debo Ray, and, believe it or not, they can sing in a total of 29 languages. In celebration of womanhood this month, come to Guangzhou Opera House and be wowed!

Sat Mar 30, 7.30pm; RMB180-380. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (gzdjy.org)



Mar 31 Christine Walevska Cello

Born in 1943, renowned American cellist Christine Walevska is referred to as 'the goddess of the cello' by fans. She first stepped on stage at the young age of 18 years old, and has been actively performing all over the world ever since. Accompanied by Japanese pianist Akimi Fukuhara, her concert in Guangzhou is not to be missed.

Sun Mar 31, 3pm; RMB180-580. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江江西路1号广州大剧院 (gzdjy.org)



Mar 31-Apr 1 OuLiPo: Workshop for Potential Literature by Bernard Cerquiglini

Bernard Cerquiglini is the author of a dozen or so academic books about the French language. He will be in China once again to present OuLiPo, or how literature can become a game. OuLiPo (short for "Ouvroir de Littérature Potentielle" - Workshop for Potential Literature) is a literary movement whereby we are freed from existing norms in order to face up to new, self-imposed constraints. A distinguished speaker, the French government has also entrusted Bernard Cerquiglini in recent years with several research missions, notably concerning the reform of spelling and national languages in France. He will make several appearances during his tour of China. Come along to meet him and discover the unique features of OuLiPo, of which he has been a member since 1995.

Mar 31-Alliance Française de Canton, 4:30pm-6:30pm
Apr 1-Guangdong University of Foreign Studies, 3:30pm-5pm



Mar 31 Florence Mercier: Play between Nature and Culture: a Landscape Approach

Landscapes, varying from garden to territory, all involve space and environment, as well as the cultural and symbolical aspect of places. Florence Mercier will show us how she conceives drawing gardens and landscapes in a constant play of crossing scales between Nature and Culture, using her own projects to illustrate her vision. For the creation of her gardens, she also calls on performing arts for the staging of space. This way, the visitor is brought into a singular experience, in a play between various configurations of habits and encounters.

Mar 31, 3:30pm to 5pm, Times Museum, Guangzhou



Apr 19-28 School of Rock: The Musical

School of Rock, the latest work by Andrew Lloyd Webber, a living legend that brought you immortal masterpieces such as *The Phantom of the Opera* and *Cats*, will be shown in Guangzhou. Reimagined as a musical, *School of Rock* brings new joy and energy to the hit comedy film.

Tue-Sun Apr 19-28, 2.30pm/7.30pm; RMB199-999.
Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江江西路1号广州大剧院 (247tickets.com, gzdjy.org)



Apr 3-4 Mulan

The Ju Percussion Group from Taiwan is a professional band comprised of outstanding percussionists that are best known for their innovative performances, which blend the East and West, traditional and contemporary. Having created over 200 pieces, the group has toured the world and brought their powerful live shows to around 30 countries. On the stage of Guangzhou Opera House, they will perform *Mulan*, a musical drama that combines percussion music with Peking opera, and has received critical acclaim.

Wed-Thu Apr 3-4, 7.30pm; RMB80-680. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江江西路1号广州大剧院 (gzdjy.org)

GZ EVENTS

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Apr 27 Mi Carmen Flamenco

Born in a village with traditional flamenco heritage near Seville, Spain, flamenco artist Antonio Andrade grew up among aficionados of this eye-catching art form. Serving as the artistic director of Antonio Andrade Flamenco Company, the Spanish artist has created many a successful production enjoyed by audiences the world over, including this rendition of Carmen.

Sat Apr 27, 8pm; RMB100-680. 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 (247tickets.com, ticket-easy.cn)



Daily Ongoing All You-Can-Eat-Dim-Sum at Tea 5

During this festive time of year, the culinary team at Tea 5 is adding a little extra pizzazz to the hotel's most popular dim sum offering, with the addition of special Chinese New Year dim sum variants. Immerse yourself in a unique dining experience and savor delectable and authentic Cantonese goodies.

Daily ongoing, 10.30am-2.30pm; RMB108 plus 15 percent. Tea 5, LN Hotel Five, Guangzhou, 277 Yanjiang Lu, Yuexiu District, Guangzhou 越秀区沿江中路277号广州岭南五号酒店1楼 (020 8931 0505)



Ongoing, Tue-Sat Ladies Night at Connoisseur, LN Garden Hotel

Toss on a pair of high heels, call up your girlfriends and head over to The Connoisseur to enjoy a wide selection of exquisite food and drinks at the restaurant's popular ladies' nights, which run from Tuesday to Saturday weekly. Ladies can enjoy an appetizer, main course, dessert and free flow of sparkling, red and white wine for the extremely affordable price of RMB180, while after dinner they can also revel in a 50 percent discount on alcoholic beverages at Lobby Lounge.

Tue-Sat, 6pm-10.30pm; RMB180. The Connoisseur, 3F, LN Garden Hotel, 368 Huanshi Dong Lu, Yuexiu District, Guangzhou 越秀区环市东路368号3楼 (189 2625 8321)



Daily Ongoing Welcome Y'all to the Wild West

From March, 2 On 988 Café will whip up some Texas-style barbecue that will send you back to the Wild West. Brisket, ribs, pulled pork and smoked sausage preserved with a homemade secret sauce and roasted the Texan way. Enjoy mouthwatering roasted meats paired with a free flow of beer, and see what a real American-style barbecue is all about!

Daily, noon-2pm, 6-10pm; RMB398 adults, RMB199 kids (6-12 years old). 2 On 988 Cafe, 2/F, Sofitel Guangzhou Sunrich, Tianhe District, Guangzhou 天河区广州大道中988号广州圣丰索菲特大酒店2楼 (020 3819 0828)



Mar 16-31, Weekends Only Be a Little Chef Weekend Brunch Buffet

Bring your little ones to Grand Hyatt, Guangzhou to explore the world of culinary arts! Explore the hotel's kitchen facilities accompanied by their professional culinary team, and enjoy a delightful brunch buffet prepared by Executive Chef David Marteau. Additionally, kids will have the chance to prepare their own special treats.

Mar 16-31, weekends only. Noon-2.30pm; RMB198 adult, RMB99 child (6-12 years old). 22/F, Grand Hyatt Guangzhou, 12 Zhujiang Xi Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城珠江西路12号广州富力君悦大酒店22楼 (020 8396 1234 ext. 3451)

GZ EVENTS

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Till Mar 30

CREATE: Innovation Competition for Grades 8-11

Calling all innovative and creative high schoolers (Grade 8-11)! CREATE is a high school-level innovation competition organized by the Guangzhou Foreign Language School, Ivy Bridge Education and Clay International. The competition combines innovative thinking, teamwork, business mentoring and more, concluding with the final competition. Prizes include a full scholarship to Clay International's two-week Innovation Program in Seattle with the University of Washington (with return airfares). Interested? Download an application, get a team together, and submit before March 30. Don't miss out on this fantastic opportunity.

Download the application today at www.claycamps.com/create
Application deadline: March 30 / Competition Date: April 14. Address: Guangzhou Foreign Language School / 102 Fenghuang Blvd, Nansha District, Guangzhou



Till Apr 30 Tangerine-themed Afternoon Tea with Scent Chant

Bringing a spring-scented sensation from the garden to the plates, Pearl Lounge at The Ritz-Carlton, Guangzhou is partnering with the French fragrance brand, SCENT CHANT, to present the Tangerine Afternoon Tea with an enchanting fruity touch. Guests may savor the luxury afternoon tea, served in elegant LEGLE France Diana collection teaware, from now until April 30, 2019.

Mar 8- Apr 30, 2:00 to 5:30pm, RMB311 per set, RMB536 per couple. All-inclusive price. For more information or reservations, please call 020-3813 6888 or email: restaurant.reservation@ritzcarlton.com



Ongoing Family Package at the InterContinental Zhuhai

A great deal for the family! Enjoy a discount for our family package. Simply pay a additional RMB30 over our best flexible rate or walk-in rate to enjoy breakfast for two adults + one kid. Moreover, the in-room mini bar and children's theatre are complimentary additions. The hotel conveniently faces the Hong Kong-Zhuhai-Macau Bridge and enjoys a vast blue sky view that overlooks both Hong Kong and Macau. It mixes superb style, excellent quality and enthusiastic service to provide an exceptional experience for both business and leisure travelers alike.

www.intercontinental.com/zhuhai.
For reservations, call 0756-888 9999 ext. 6671/6672. No. 1 Qing Lv Nan Lu, Xiangzhou District, Zhuhai City, Guangdong



Ongoing Sound Masters DJ and Production Classes

Love music? Have you ever wanted to learn the basics of playing music, explore the endless world of sound or become a professional DJ? Here's your chance at this ultimate DJ school. DJ classes are being offered to adults as well as children aged 7 and above, at the W Guangzhou. The Sound Masters program delivers lessons for all levels, whilst the Little Masters program ensures that children get in the groove from an early age. Stay tuned for more information, including news about a kid's music summer camp!

For details and to register, add Marc on WeChat ID: WSoundMasters or call 132 4287 6812



Ongoing School Open Days in Guangzhou

The following schools in Guangzhou are hosting Open Days. Come along and see learning in action at these fantastic international schools!

British School of Guangzhou: Mar to June. Check www.bsg.org.cn for details

Canadian International School of Guangzhou: Mar 16. Check www.cizg.com for details.

Canton Global Academy: Mar 21, Apr 18 and May 18. Check www.cgagz.com for details.

Guangzhou Nanfang International School: Mar 21. Check www.gnischina.org for details.

ISA International School of Guangzhou: Mar 19 (Early Years) and Mar 20 (Primary and Middle School). Check www.isagz.org for details.

SZ EVENTS



Mar 17 Shenzhen British Day

BritCham are bringing their fun and fabulous British Day back to Shenzhen this March, with activities on hand to keep both the kids and adults active throughout the day. There will be a charity raffle, excellent music performances by a British band, delicious British food and plenty of fun and games for the kids to enjoy.

March 17, 2019, 11am onwards, RMB15/30 Shekou International School, Jingshan Villas, Nanhai Blvd, Nanshan District, Shekou 南山区蛇口工业二路鲸山别墅内



Mar 18 Gang of Four

It is sometimes hard to quantify the influence of this particular legendary post punk group. Their seminal album, *Entertainment!*, has influenced everyone from R.E.M to Nirvana, and has gone on to serve as one of the best punk releases ever made. After years of sporadic activity, Gang of Four are capitalizing on their legendary status and, with just one member of the original lineup remaining, it will be interesting to see how they measure up in a live setting now.

March 18, 2019, 8pm, RMB280 presale, RMB330 at the door B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shekou



Mar 20 Xhibition: ISNS IB DP and HS Visual Arts Exhibition

The International School of Nanshan Shenzhen's (ISNS) IB Diploma Programme and New Brunswick visual artists present Xhibition – Vol. 2. The exhibition encompasses their selected artwork from the past two years of the Diploma Programme and the New Brunswick Visual Arts Portfolio 120 course. The "X" symbolizes the students' collective reflections and experiences from their artistic journey throughout their visual arts course, along with highlighting their goals, as well as both the beginning and ending of an adventurous quest.

Join us for the Xhibition Vol. 2 opening on Wednesday, March 20 from 5-7pm at the ISNS Exhibition Space, 11 Longyuan Lu, Taoyuan Sub-district, Nanshan District, Shenzhen



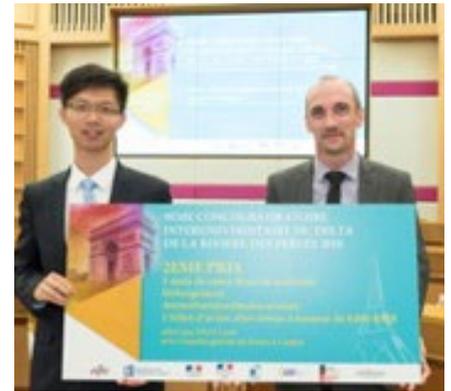
Mar 23 TEDxYouth@SWIS

TEDxYouth@SWIS is the first ever youth event to be organized by Shen Wai International School. TEDx is an initiative by TED to give platform to the ideas worth sharing. The theme of the First TEDx event at SWIS is "Glass Ceilings: Breaking Norms" and revolves around breaking the stereotypes and coming up with something valuable and inspiring. Some of our major ideas include the impact of popular culture on the food choices people make and its impact on ecosystem, robotics and gene technology, and lesser-known fields.

March 23, 2019, 11:00am, Email: shane.ryan@swis.cn. Website: www.ted.com/tedx/events/32618

Shen Wai International School, 29 Baishi San Dao, Nanshan District, Shenzhen 南山区白石三道29号深外国际部

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



Mar 23 French Speech Competition of the Pearl River Delta

For its 10th edition, the inter-university's French speech competition of the Pearl River Delta will take place in Shenzhen University. This area with a strong economic potential is also known for its dynamism and the quality of its higher education. This contest is born from a common wish of the general consulates of France in Guangzhou, Hong Kong and Macau. The goal of this contest is to give to the students the occasion to show their language skills and their thinking on a given subject.

Mar 23, Shenzhen University, 10:30 am – 4:30 pm

Mar 23 Kidz with Heart Mini Olympics

There are two action-packed family sports days at two locations over two weekends! Kids from 5-11 years old from across Shenzhen will represent their home countries, in a variety of sporting activities, while raising money to help impoverished children in China reach out for a better tomorrow.

Event Date and Location: Saturday, 8am-1pm March 16, 2019 at Shekou International School (SIS), Jingshan Villas, Shekou, Shenzhen 深圳南山区蛇口南海大道1007号鲸山别墅蛇口国际学校 March 23, 2019 at Shen Wai International School (SWIS), Nanshan District, Shenzhen 深圳南山区白石三道29号深圳外国语学校国际部

Age requirements: 5-11 years old. Entry fee: RMB230 includes T-shirt + medal + goodie bag for one location (Registration closes Tuesday, March 5, 2019 or when full).

Schedule: 8:00-8:30am Check in and Registration / 8:30am Event Briefing / 9:00am Event Starts / 12:00pm Award Ceremony



Mar 31 Little Women

Louisa May Alcott's story is a tale of growing up in 19th century America in a woman's body. Long seen as a defining text in women's literature, this coming-of-age story has stood the test of time and is now coming to Shenzhen, thanks to Chapterhouse Theater.

March 31, 2019, 7.30pm, RMB160-360. Shenzhen Children's Place, 2002 Fuzhong Yi Lu, Futian District, Shenzhen, 福田区福中一路2002号

Ongoing Shekou International School Scholarship Program

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Kindergartens

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

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

International Schools

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

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

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

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

Guangzhou Nanfang International School No.1 South Industrial Park,

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

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

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

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

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

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

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

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

Language Centers

Eclipse English Education Room D,18/F, Tianhe Bei Lu, Tianhe District (3878 0382, 189 2276 9713) 爱普教育, 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 198 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



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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 3905-3909/F, Tianying Plaza East Tower, No.222 Xingming Lu, Tianhe(3886 4821, www.kaiyiik.com) 德隆齿科诊所, 广州市天河区兴民路222号天盈广场东塔39楼3905-3909

Health Services

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

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

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

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

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

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

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



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

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

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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三座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

Merchiston International School
No. 12 Shilongzai Road, Daliang Sub-District, Longhua District, (400 867 0177) admissions@merchiston.cn, www.merchiston.cn 龙华区大浪街道新石社区石龙仔路12号

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

校国际部, 深圳市南山区白石三道29号

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

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

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

Extracurricular

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

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

Language Centers

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

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

I Mandarin, 1) 1F, West Wing, Xincheng Building, 1027 Shennan Dadao, Futian District (2598 7982). 2) Rm 8, 2/F, Youran Ju, Liuzhou Zhiye Center, Nanhai Dadao, Shekou, Nanshan District (2682 8811). 3) Rm1706, Main building of Golden Central Tower, No.3037, Jintian Lu, Futian District(15811815474). 爱玛德, 1) 福田区深南中路1027号新城大厦西座1F2) 南山区蛇口南海大道和工业八路交汇处六洲置业中心悠然居2楼3) 福田区金田路3037号金中环商务大厦主楼1706

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

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

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

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



HEALTH

Dental

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

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

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

A-Top Dental, 1) 2/F Guihua Building, 46 Guiyuan Lu, Luohu District (8213 1198). 2) Shopping arcade (opposites the west gate of Shenzhen University), Hui Fang Yuan

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

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

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

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

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

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

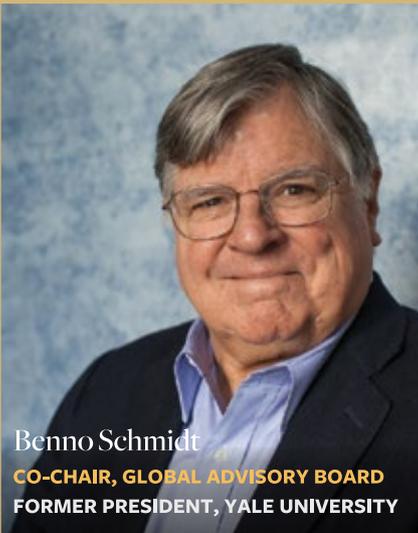
Dental Bauhinia, 9/F, Block B, Shenzhen International Chamber of Commerce Tower, 138 Fuhua Yi Lu, Futian District (8371 1696, 8371 2696). http://www.dental-bauhinia.com 紫荆齿科, 福田区福华一路138号国际商会大厦B座9层

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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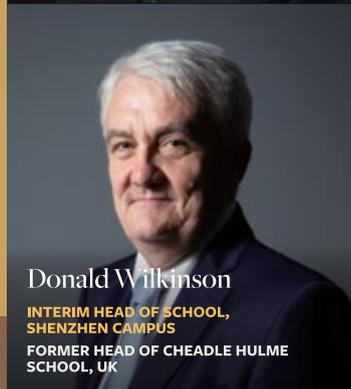


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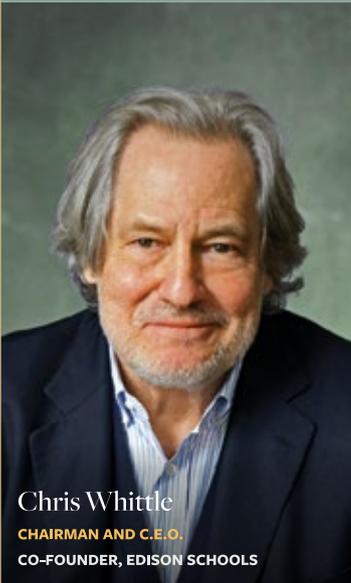
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