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UNESCO World Heritage Sites Around China
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Xiaochi
Chinese Street Snacks



THIS MONTH'S COVER

has been designed by Ivy Zhang.



随音像制品发行

EDITOR'S NOTE



People often ask me what my favorite traditional spots in Guangzhou are. Easy. Shamian Island and Lychee Bay. The picture above was taken in Guangzhou's Shamian Island, a melting pot of history, culture, art and architecture, and a reminder of the city's complex colonial past. We spent a whole day there, walking around the leafy avenues, enjoying the river views and taking in the atmosphere. The picture below was taken in Lychee Bay in Guangzhou's Liwan District. We wandered around in awe, past preserved Lingnan mansions, old folks singing Cantonese opera songs and playing chess, and stalls selling delicious *wanton mien* made the old-fashioned way. Both these Guangzhou spots make great for day trips and plenty of photo opportunities. In Shenzhen, we love the Hakka Villages in Pingshan, particularly Longtian Shiju.

If you like to travel and explore (who doesn't!), you probably have a bucket list of places you want to hit throughout your lifetime. I know I do. And it is moments (and day trips) like the ones I described above that makes me realize how immensely rich of a culture we have here in China, and how much I have yet to discover. So, without any further ado, I present to you our cover story (p22); a must-see and must-do guide to UNESCO World Heritage Sites around the mainland. I am embarrassed to admit that after living in China for over 15 years, I have yet to visit any of these natural wonders and cultural treasures. Point taken, though, and dutifully added on to my ever-growing bucket list.

There's plenty more for you in this issue too, from epic movies set right here in the Middle Kingdom (p40) to road trip worthy tunes (p43). And if seeking some delicious fare, look no further than our guide to the best local snack spots in Guangzhou and Shenzhen (p48).

Till 2019, stay warm and safe. Happy holidays from all us here at *Urban Family*, *Urbanatomy* and *That's PRD!*

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



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Movie 电影 *diàn yǐng*

Flight Ticket 机票 *jī piào*

Train Ticket 火车票 *huǒ chē piào*



No, China Has Not Banned Visa Agencies

On October 23, a notification was issued by China's National Immigration Administration, stating that from November 10 of this year the country will cancel all existing operating permits for visa agencies. While the wording of the announcement initially caused some confusion, expats need not worry about a dearth of visa agencies going forward. In effect, what the announcement means is that visa agencies are no longer required to apply for operating permits in order to do business. Under the new regulations, these agencies are required to only have a business license. The move is seen as a step towards simplifying application processes for visa agencies operating within the country. While this is certainly good news for prospective visa agencies, it begs the question as to how visa applicants can now discern between legitimate and illegitimate companies providing these services. For nearly two decades in China, the operational permit for visa agencies has been regarded as an easy criterion for customers to identify whether a visa agency is legitimate or not.

China's Biggest Cities Ranked among World's Most Competitive



China's top urban areas are quickly moving up the ranks in the annual Global Urban Competitiveness Report. The 2018-2019 comprehensive study was released at the end of October at the New Global Cities: Nanjing Internationalization Development Forum. Shenzhen, in particular, has cause for celebration. After recently being named the second-best city in the world to visit in 2019 by *Lonely Planet*, the former fishing village has been ranked the No.5 economically competitive city in the world (last year the city ranked No.6). The report's ranking system factored in areas such as infrastructure, financial services, innovation and human resources. The report analyzed and assessed the value of 1,007 cities around the world with populations exceeding 500,000. Guangzhou, Shanghai, Beijing and Hong Kong all remained in the top 20 for at least the second consecutive year.

Shenzhen Ranked World's 2nd Best Tourist Destination for 2019

Great news Shenzheners! This fair city has been selected as one of *Lonely Planet's* 'top 10 cities to visit in 2019.' Shenzhen came in second place, right behind Danish capital Copenhagen. One of the deciding factors in Shenzhen's selection is the increasingly rich nightlife here in the city. With a 'strumming indie (music) scene,' more craft beer bars than you can shake a fist at and cool cafes, there is no longer any need to go to Hong Kong to enjoy a good party. Unsurprisingly, the selection was also largely based on Shenzhen's reputation for tech innovation, which has earned the city the monikers 'Silicon Valley of China' and 'City of the Future.' While some 40 years ago, Shenzhen was nothing more than a tiny fishing village, it has since grown into a booming metropolis that's now home to some of the world's biggest tech companies, including Tencent, Huawei and ZTE. *Lonely Planet* also notes that Shenzhen's array of art and design venues, including the recently established Museum of Contemporary Art & Planning Exhibition (MOCAP) and the ever-popular OCT-Loft, help to give the city a vivid visual flavor. The city's close proximity to Hong Kong has also been accounted for in the selection. Travel between the two metropolises has become even more convenient in recent weeks, with the official launch of the Guangzhou-Shenzhen-Hong Kong Express Rail last month. According to recent media reports, Shenzhen is also preparing a proposal to have the city linked to the newly-opened Hong Kong-Zhuhai-Macau Bridge.



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URBANITE EVENTS

MERCHISTON INTERNATIONAL SCHOOL (MIS) OPENING

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On October 13, Merchiston International School (MIS) held its official opening ceremony in Shenzhen, which was attended by nearly 1,000 guests, including Lord Provost of Edinburgh. During the event, Lord Provost of Edinburgh Mr. Frank Ross and Mr. Wang Yuxi, director of Longhua District Education Bureau, expressed the importance of MIS in boosting international links and regional education development. The ceremony also saw a variety of live performances and fun activities enjoyed by attendees.

THE SECOND AWFULLY BRUNCH – INCREDIBLE CRUISE AT THE RITZ-CARLTON, GUANGZHOU

(Supported by **that's** and **urbanfamily**)



A brunch spectacle spanning the entire grand ballroom of The Ritz-Carlton, Guangzhou was witnessed by 300 attendees at the second edition of Awfully Brunch on October 14. The hotel's culinary team took guests on a gastronomic voyage to explore some of the world's most popular foodie destinations (all while enjoying free flow wine). Dubbed Awfully Brunch – Incredible Cruise, this maritime-themed brunch took visitors from the kitchens of the South Pacific and Southeast Asia to the communal dining tables of Europe.

THE SECOND DISCOVER GERMANY FESTIVAL IN GUANGZHOU

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After the success of last year's Discover Germany extravaganza, the German Chamber of Commerce | South & Southwest China hosted, in conjunction with the General Consulate of Germany in Guangzhou and Grandview Mall, the second edition of the Germany-themed festival on September 29. The festive occasion was dedicated to promoting German brands, design, innovation and culture, and attracted over 15,000 visitors this year, who were dazzled by a great variety of German home and food products.

CAPTIVATING CHARITY AUCTION A SUCCESS

(Supported by **that's** and **urbanfamily**)



As the dust settles on the 10th Annual Captivating Charity Auction, gratitude and praise surrounds the amazing community of Shenzhen. Together, Captivating, in partnership with the Shenzhen Charity Federation, Shamtsa Charity and LOVEQTRA, impacted the lives of close to 1,000 girls this calendar year. Special thanks to the event organizers, amazing auction committee and volunteers, the fantastic school community, the incredible entertainers, the many companies who donated goods for auction, awesome MCs and auctioneer, the incredibly generous corporate sponsors, and of course, close to 600 guests for their support and for helping to celebrate an amazing ten years.

CHARITY GATHERING FOR PET LOVERS AT GEORGE & DRAGON IN SHENZHEN

[Supported by **that's** and **urbanfamily**]



On September 2, pet lovers from around Shenzhen gathered at George & Dragon for a Sunday brunch with their furry friends. The inviting atmosphere was the perfect backdrop for a fundraising drive aimed at supporting local dog shelters. British bar and restaurant George & Dragon generously pledged 10 percent of each renminbi spent on the day towards supporting one local animal shelter, which is the current residence of 40 meat truck survivors. The event was also supported by Petmii, a Shenzhen tech start-up geared towards making creative products for animals, and Ruipeng Pet Hospital, which provides care and services for animals at 400 shops around China.

VISTA-SK NEWCOMER EVENT AT VISTA-SK INTERNATIONAL MEDICAL CENTER

[Supported by **that's** and **urbanfamily**]



For newcomers in Shenzhen, the simplest things can sometimes be the most confusing. Vista-SK International Medical Center hosted an event on September 8 to bring together newcomers in the fair city of Shenzhen. Guidance and advice was provided on how to find an apartment, adapt to the climate, find good restaurants and get emergency services. Attendees enjoyed a lucky draw with prizes ranging from freshly baked bagels to a one-night stay at a luxury hotel.

MORTON'S GRILLE UNVEILS ITS TERRACE 'STATE STREET'

(Supported by **that's**)



In concert with *That's PRD*, Morton's Grille hosted a glamorous reception on September 21 at its newly opened, breathtaking terrace on the sixth floor of IGC Mall. The launch party was attended by members of Guangzhou's expat community, including international school teachers, restaurateurs and staffers from consulates and chambers of commerce.

INTERNATIONAL WOMEN IN CHINA FOUNDING CEREMONY

(Supported by **that's** and **urbanfamily**)



On September 19, the International Women in China Club held its official launch party. The organization, which is cofounded by iBorn Women's Hospital, is devoted to women's health issues, childhood education, family healthcare and charity, as well as forwarding the lifestyle and career aspirations of women living in China. The launch party was sponsored by many a chamber of commerce, *That's PRD* and *Urban Family*, among others.

CONSISTENCY IS THE KEY

How Do We Remain Responsive to the Mental Health Needs of our Children?

By Dr. Nate Balfanz

After serving the community for over four years, I've witnessed an ongoing trend in mental health for many local and international children with therapeutic needs. Typically, these children are referred to therapy by a parent or school provider in the early months of the academic year, when learning and behavioral problems begin to surface. After meeting for the initial consultations, some parents will elect to discontinue the treatment for a variety of reasons. This is most often because one of the many school holidays is on the horizon and the timing of the treatment does not feel ideal. The holiday passes, at which point the parents question whether resuming treatment will be necessary or not. By the time they have made their decision, perhaps another school holiday is upon us, and again it no longer feels like an opportune time to resume.

Meanwhile, the child's symptoms have intensified to the point where ongoing treatment is no longer an option, but rather a medical necessity. By now it's spring, and with all the holidays behind them, the parents recontinue their child's treatment. After trying therapy again for a couple of sessions, the summer holiday arrives, the family leaves for two months, and the cycle starts all over again the following year.

Does this Situation Sound Familiar to You?

In this article, I'm going to provide a guide for parents and other caregiving adults on how to identify earlier the warning signs and symptoms of mental health-related concerns in your child. I will also cover how to discuss these concerns with your child, and highlight how ongoing, consistent adherence to mental health treatment can make all the difference in a child's ability to effectively manage their symptoms.

Assessing Mental Health Concerns in Your Child

Listed below are four separate, but related domains of mental health signs and symptoms in children. While all children will experience symptoms in each of these categories from time to time, if you start to witness an elevation of symptoms across multiple domains, then it's likely the right time to schedule a visit with a mental health professional.

1. Physical

- A headache
- Stomachache/nausea
- Restlessness
- Over/under-reactivity
- Feeling 'on edge'

2. Cognitive

- Difficulties concentrating
- Confusion
- Indecisiveness
- Forgetfulness
- Reduced academic performance

3. Emotional

- Fluctuations in mood

- Low frustration tolerance
- Crying and sadness
- Anger and irritability
- Flat affect (lack of reaction to emotional stimuli)

4. Behavioral and Interpersonal

- Frequent disagreements with adults/peers
- Changes in daily routine
- Changes in eating and sleeping habits
- Increased school absences
- Withdrawing and isolating from others



Tips for Responding Proactively to a Child's Mental Health Needs

1. Give the Therapy Process Time

Similar to going to the gym, going to the therapist to work out your mind takes consistency and time. While each case will differ, I often encourage my patients and their families to allow for eight-10 consistent, weekly sessions before they see positive changes in mood and daily functioning take shape.

2. Help your Child to Differentiate Between Stress and Distress

Each of us operates along a continuum of stress; in fact, it's those mild to moderate doses of life stress that help get us out of bed and motivate us to accomplish tasks throughout the day. With that said, the amount of stress we endure has its point

of diminishing returns, where once healthy, motivating stress can progress to the point of overwhelming and debilitating distress.

Have a conversation with your children about what stress means, how it can be healthy, how to recognize their stress limits and when it's time to reach out for support.

3. If You See Something, Say Something

Children often refrain from disclosing their mental health concerns for fear their parents won't understand or they will be disappointed in them. As a result, the responsibility will fall on you as the concerned adult to raise these sensitive topics with your child, particularly if you've noticed them exhibiting some of the signs and symptoms listed on the left in the four separate but related domains.

EDUCATION REIMAGINED

How Whittle Schools & Studios is Transforming Modern Education

Interviewed by Lena Gidwani



Do you believe that our world is in need of pioneering thought in the field of education? Jim Hawkins, vice-chancellor and global head of school heads at Whittle Schools & Studios, believes that the time has come. Whittle is the first global school with campuses in the world's top cities, created by an international consortium of experts from around the world, connected by a single faculty and a common curriculum operating with a collective intelligence. With a campus scheduled to open in Shenzhen in autumn 2019, *Urban Family* sat down with Mr. Hawkins for an exclusive interview about the Whittle Schools & Studios philosophy and what parents can expect at the soon-to-be-unveiled Shenzhen campus.

UF: Please tell more about your background. What brings you to Whittle School & Studios?

JH: I studied mathematics and completed a teaching training qualification at Oxford University. Following that, I went on to teaching and leadership positions at Radley College, London Forest School, Chigwell School and Norwich School. I was then appointed to be Headmaster at Harrow School, a famous all-boys boarding school renowned for educating the likes of Winston Churchill, Jawaharlal Nehru, Lord Byron, three Nobel Prize winners, several prime ministers and members of royal families, amongst others. Whilst at Harrow, I was introduced to Chris Whittle, who set out the vision for Whittle School & Studios, including the aspect of having one school across many global campuses and encouraging and teaching people how to learn. When I heard this, and the scope and scale of Whittle School & Studios across 36 campuses in the

next few years or so, I thought, what an amazing opportunity for the students. It's not newfangled or gimmicky; it's just essentially putting into one place all the things that we fundamentally know work and resonate within us, and discarding the old school legacy systems. My current role as vice-chancellor and global head of school heads involves appointing heads of the campuses, helping lead and manage them as a team and overseeing the way the schools are run and establishing their own culture, systems and approaches. It's a very exciting project with an incredibly talented team of people from around the world.

UF: Shenzhen has been chosen to house the inaugural campus in Asia. Why?

JH: In order to sustain the scale and type of development, our campuses must be in large cities with populations who will desire this sort of education and approach, and also urban environments that enable the kind of learning that Whittle School and Studios aims to provide. We see the learning environment as not just the campus, but the whole city. So why Shenzhen? Taking a global view, a deep analysis of large, thriving cities was conducted, and from that we have an indicative plan of where our campuses will be. Shenzhen came to the fore because it combines so many appealing characteristics and is undergoing rapid expansion and development, with start-ups and industries pouring in, especially in Qianhai where our campus will be located. To be a part of this growing community that is embracing innovation and technology just seems like a great fit, and we will be incorporating this in our Center of Excellences, where individuals can interact and communicate with others

with whom they share a common interest. We've had a global team assembled for the last three years, with each campus having an on-the-ground team. Having been in education for the last 30 years, I have not seen a school, or schools, that has got the resources with these sorts of functions. It truly is a very exciting opportunity.

UF: What is the Whittle Schools & Studios philosophy and how is it re-imagining education?

JH: We believe that education is stuck in the past, and that a dramatic modernization is long overdue. As the first global school network, we're challenging traditional schooling methods and creating a better, more connected world. We are creating an extraordinary and unique school, the first truly modern institution serving children from age three to 18 and the first global one. The aim is to change for the better the lives of those students who attend and, beyond our own campuses, contribute to the cause of education on every continent.

UF: What can parents look forward to at the Whittle School & Studios in Shenzhen?

JH: Unlike many educational institutions, our aim to use local curriculums to inform our programs, to create global centers of excellence with local adaptability. To be truly global, students need to be rooted in their local community and local culture, so that they have a toolkit to help them engage with their city and their country. Having acquired that, they can then experience the world by going to different campuses and apply what they have learned in their context. There is a lot of evidence to show that the best kind of background to facilitate elite university entrance is not through slogging through subjects or tests, but through our mission of preparing learners that learn differently and innovatively, through work that goes far deeper.

Our Shenzhen campus will open in autumn 2019, from kindergarten to Grade 12. The stunning design by Renzo Piano will feature spaces that will inspire, whilst being conducive and creative. The campus is also home to Whittle's most expansive Workshop Floor—over 50,000 square feet. Along with our outstanding team, I am very excited to experience the campus when it opens next year.

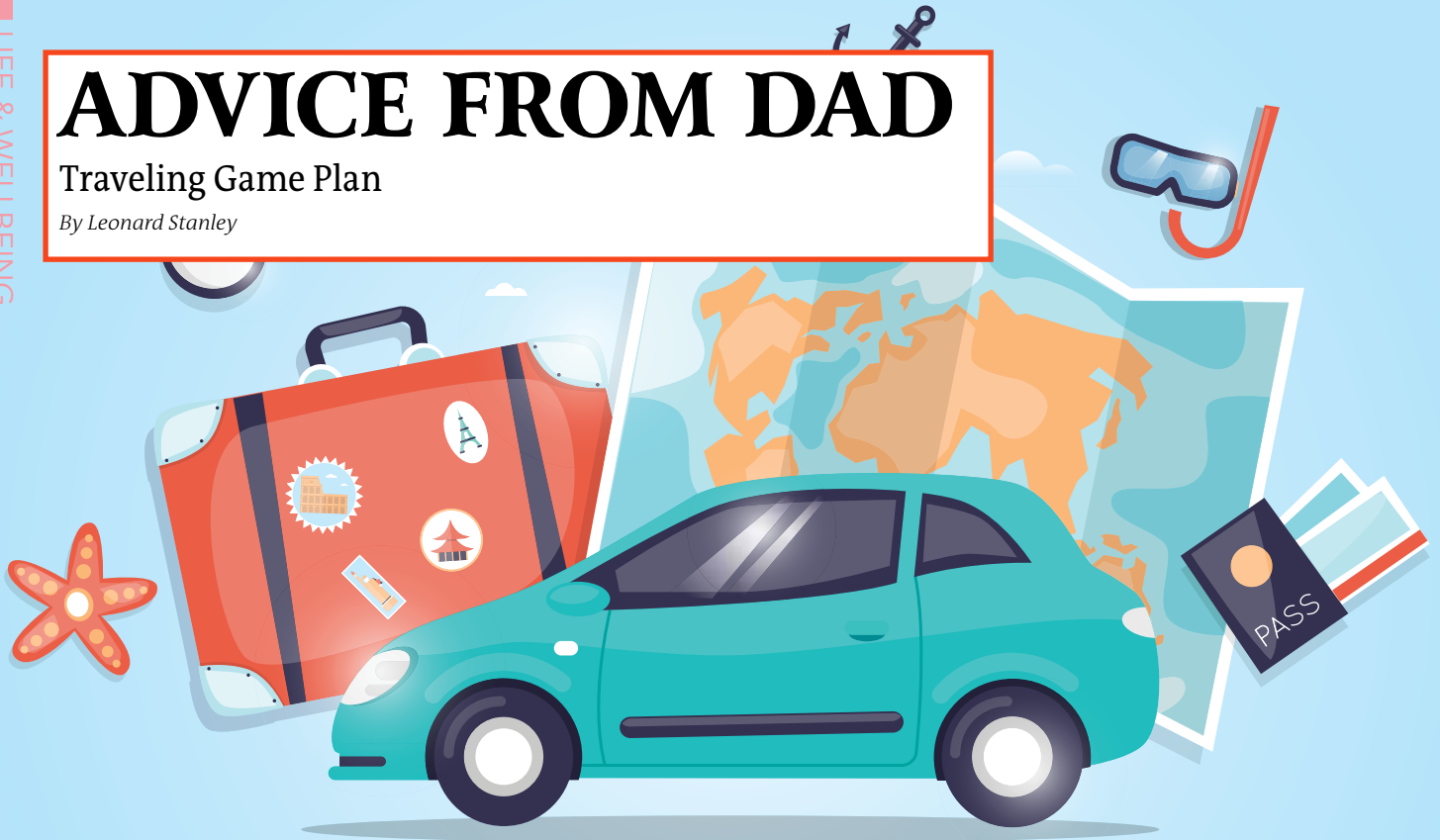
For more information, visit whittleschool.org



ADVICE FROM DAD

Traveling Game Plan

By Leonard Stanley



It makes little difference whether you are a parental rookie or an experienced vet, the family vacation game is a difficult one to master! Lucky for you, Coach Stanley is here to offer pointers. The strategy is simple and will be broken down into three steps: plan, execute and document.

Plan

The first page in the traveling playbook is all about planning, and there is no substitute for a meticulous approach which covers every aspect of your vacation. It is in the family's best interest to have all the details locked in and ready to go well before you travel. Research your destination and collect as much information as possible including accommodation and entertainment options.

I've found that selecting family-friendly hotels is an excellent idea, especially if you have young children to entertain. Remember, just because you visited a destination before you had kids, it doesn't mean it is a great place to travel with a family.

Planning covers more than just travel arrangements. It also includes how and what you pack. I can tell you from personal experience, that a must-have for every trip is your trusty 'Bag-o-Tricks.' It's more than your favorite device or tablet; it is everything from

small toys and board games to playing cards, stickers, magnets and coloring books. Include things which can be used from home to hotel, or during downtime at the end of a long sightseeing day.

Execute

I am self-aware enough to recognize my strengths and weaknesses, and I have gladly forfeited the responsibility of planning to my better half, while I focus on execution. On travel day, make sure every family member is aware of their role. Engagement is key. In the past, a few jobs I have delegated include refreshment manager – making sure the snacks are replenished, and director of entertainment – deciding which family game will be played and when. Execution involves making sure the plan runs smoothly, with little or no miscues. Airports can have delays and layovers can be long. Knowing how to execute a downtime activity in the case of an unforeseen pause is an invaluable skill.



For more Advice from Dad, scan the QR code.

Document

Finally, you must document this wonderful experience for future reference. The memories you create will last a lifetime, this much is true. However, I have a personal reason for documenting our family vacations. A few years ago, after our third trip to Sanya, my boys said, "wow, this place is great, how come we have never been here before?" My wife and I looked at each other in surprise. And, from that moment, the decision was made to include our children in the documentation process. Having your child record their experiences will vary depending on age, but I highly recommend it. While older children can keep a journal, younger kids can draw pictures of their daily experiences. You can also provide an image, which they can write a caption for, to help them remember how you spent your money! The most popular option is a video, where the kids play a part in editing or narrating the content. It is a fun, family project that will enhance the experience and ensure those memories last.

Traveling is a team sport, and everyone has a role to play, even the kids. So, when the time comes to take that family trip, remember that planning, execution and documentation are the three keys to victory.

USE IT OR LOSE IT

How The Young Child's Brain Develops

By Alison Mary Cook, Head of School at Trinity International Kindergarten



Did you know that the brain of a 3-year-old has trillions of connections, double the number that an adult has? The brain develops by a complex interplay between genes and the experiences that it has from birth onwards. Over time, certain connections are used again and again while others fall by the wayside, hence the phrase 'Use it or lose it'. Longitudinal research such as the Effective Provision of Pre-school Education Project (EPPE) and Effective Preschool, Primary and Secondary Education Project (EPPSE 3-16+) shows that early education provides a wide range of better outcomes throughout one's life, including economic, social, well-being and equality. Due to the awareness of the importance of the early years, this phase in education is becoming a governmental policy priority in many countries around the world. However, it is important to note that these positive benefits are directly related to the provision of quality early years education.

The Importance of Quality Early Years Provision

The early years are the time in which the brain begins to maximize efficiency by determining which connections to keep and which to eliminate. To develop the higher levels of the brain, children must experience

things for themselves with hands-on activities in real situations, where they can use all their senses. Concrete experiences are needed for children to use their learning in such settings. Children must be able to practice and repeat new learning in different environments to convince the brain that something is true. They need to be given support and appropriate stimulation, as excitement and self-choice is vital to motivate children. Encouraging independence is also crucial, as children need to feel a sense of accomplishment that comes with doing something for themselves. That process is often far more important than the end result. Experts believe that when rote learning tasks are used too much, normal growth and development of the brain can become distorted. This really emphasizes the importance of choosing good quality early years education where children have real and practical experiences, and do not just sit and memorize facts. But, as a parent, how do you do this? Read on to find some handy tips of what to look for when you go school hunting.

Ten Tips for Parents When Choosing Early Years Provision

1. Children spend most of their time playing and working with materials or other children. They do not wander aimlessly

and they are not expected to sit quietly for long periods of time.

2. Children have access to various activities throughout the day. Look for assorted building blocks and other construction materials, props for pretend play, picture books, paints and other art materials, and table toys such as matching games, peg-boards and puzzles. The children should not necessarily all be doing the same activity at the same time.

3. Teachers work with individual children, small groups and the whole group at different times during the day. They do not spend all their time with the whole group.

4. The classroom is decorated with children's original artwork, their own writing with invented spelling and stories dictated by children to teachers.

5. Children learn numbers and the alphabet in the context of their everyday experiences. The natural world of plants and animals and meaningful activities like cooking, taking attendance or serving snacks provide the basis for learning activities.

6. Children work on projects and have long periods of time (at least one hour) to play and explore. Worksheets are used minimally, if at all.

7. Teachers read books to children individually or in small groups throughout the day, not just at group story time.

8. Curriculum is adapted for those who are ahead as well as those who need additional help. Teachers recognize that children's different backgrounds and experiences mean that they do not learn the same things at the same time in the same way.

9. Children and their parents look forward to school. Parents feel secure about sending their child to the program. Children are happy to attend; they do not cry regularly or complain of feeling sick.

10. Physical activity is valued and used to teach all areas of the curriculum. For example, children may learn about numbers by parking their bikes in a numbered garage.

Hopefully, these tips will help you take some stress out of the search. My final piece of advice is to please make sure that you feel welcome. A good school should have nothing to hide, but let you visit and spend time in class. Be very wary of a school that take the children at the door and doesn't let you see inside. Happy school hunting!

RECYCLING IN THE PRD

How to Responsibly Dispose of Your Waste

By Ellen Wang

China has long acknowledged that pollution is an issue, and that the time is now to make changes. As the government is tackling this issue on the administrative level, we as individuals can contribute by making small changes like recycling at home and work. Although a national recycling program is yet to be introduced, there are still plenty of opportunities to dispose of your waste in a responsible manner and recycle it. Here are some ways that you can contribute.

Little Yellow Dog Recycling Machines 小黄狗回收机

Little Yellow Dog is a company that installs automatic containers around cities where individuals can drop off their recyclables. Containers are equipped with artificial intelligence and people are paid for their waste. Currently, there are a number of recycling stations in Guangzhou and Shenzhen. For the exact details on their location and more information about Little Yellow Dog, download the app Xiao Huang Gou (小黄狗). Items that are accepted by these machines are:

- Anything made of metal such as pots or pans
- Anything made of plastic such as toys or containers
- Anything made of glass such as bottles
- Anything made of fabric such as clothes or shoes
- Anything made of paper such as books or boxes
- Harmful waste (batteries, thermometers, CDs, DVDs)



Love Recycling 爱回收

Love Recycling specializes in collecting and treating e-waste. They accept most hardware items like mobile phones, tablets, laptops and so on. Having 17 recycling stations around Guangzhou and many in Shenzhen, it is one of the most convenient and reliable ways to get rid of old electronics.

In Guangzhou, you can find them in major shopping malls, like Happy Valley, OneLink and Popark in Tianhe District, Wanda Plaza in Baiyun, or Wanda Plaza in Panyu.

In Shenzhen, these stations can be found in Tian Hong Shopping Mall in Bao'an district, Coco Park in Futian and ICO Shopping Center in Longhua. In Luo-



hu, look in Jin Guang Hua Shopping Mall, 1234space and KKMall. To find the nearest station to you, just enter *ai huishou* (爱回收) on your Baidu Map app.

At the booths, you will be greeted by a friendly and professional assistant who will help you evaluate your electronic device and pay you. Remember to bring your passport or ID card as Love Recycling does not accept e-waste without proof of identity, no matter whether you are a local or a foreigner.

H&M

H&M is a place not only for acquiring new clothes, but also for disposing of old ones. Next time you intend on passing by H&M, remember to bring your unwanted clothes, shoes, bags and belts to H&M. They will thank you with a discount coupon applicable on a purchase at their stores.

Recycling Events

If you want to have some fun and meet like-minded, environmentally-friendly people, then attending recycling events is a good idea.

In Guangzhou, for example Green Country (绿色城乡) organizes regular waste collection events. They move from district to district, holding events at different compounds every weekend. Contact Mr Liu at 189 0229 2538 (Chinese only) for more details.

There are also several charity and community organizations around the PRD that organize recycling events on an ad-hoc basis. For example, Global Friendship (GF) in Guangzhou organizes recycling events once every two months. The next one will be held on December 9 at The Canton Place in Tianhe District. The event will be coupled with a flea market.



Other activities and sponsors will ensure that the event is lively. For more information, add the GF buddy on WeChat ID: GF9-1-1

Cleaners and Trash Collectors

Finally, let's not forget this tried and tested recycling method – cleaners and trash collectors who work on our streets. A great deal of them collect waste to supplement their living. The most sought-after resources are cardboard and plastic bottles, as well as foam and bubble wrap. They will also collect old clothes, shoes and household goods in good condition, as well as other items that can be used in their daily lives. Simply separate these categories from the rest of your waste, keep these items clean and dry, leave them next to the communal recycling bin and chances

are that they will be taken away in a flash and recycled or used.

Moreover, you may notice some collectors drive around in tricycle carts and collect household electronics like old fridges, air conditioning units, kitchen appliances and much more. Reach out for these collectors, take their business card and ask a Chinese friend to arrange a pick-up of your household appliances with them. They may even pay you for it! With Christmas just around the corner, it is a good excuse to start decluttering the house, separating and collecting your daily waste, taking it to the appropriate destinations and maybe even getting paid for it.

Ellen Wang is an Estonian native and Guangzhou-based mother of two who is passionate about a zero waste lifestyle and promoting sustainable solutions to everyday life habits.



KEEP YOUR FITNESS ROUTINE STRONG

Exercise Modifications to Continue Training

By Lauren Hogan



Replace Burpees with Step Back Burpees

Target: core, legs, glutes and shoulders

Start with your feet hip-width apart and bend your legs as you position into a squat. Then, put your hands on the ground slightly in front of your feet. Make sure your shoulders are directly over your hands and step your feet back one at a time so that you are in a plank position. Be sure to keep your core engaged. Then, step your feet forward one at a time and return to a squat. Make sure you activate your glute muscles as you rise back up to your feet.

Replace Mountain Climbers with High Knee Marches

Target: core, glutes and hips

For those further along in their pregnancy, mountain climbers might be too intense on your core as your belly grows. Start in a standing position, taking turns to raise your knees up and down. Keep your arms raised above your head. As you bring each knee up, lower both arms down.



Replace Mountain Climbers with Modified Mountain Climbers

Target: core, glutes and hips

Start in a plank position and drop down to your knees, making sure you keep your weight positioned on your hands. Then, straighten one leg behind you while keeping the other knee planted. After fully extending, bend your leg and bring it out and toward the shoulder on the same side. Your knee should end up parallel with the floor. Be sure to keep your core tight and your spine straight and long. Reverse the movement and return to the starting position while keeping your leg elevated.

It's easy to get hung up on your fitness routine when injuries or life changes happen, but it doesn't mean you need to stop working out entirely. Whether you're getting back into fitness training, recovering from an injury or exercising during your pregnancy (or post-pregnancy), there are many modifications you can make to ensure you still get in an effective workout. Next time you head to the gym, here are a few simple exercise swaps you can make to keep moving, without placing additional stress on your body.

Replace V-ups with Hollow Body

Target: obliques, hip flexors, inner thighs and quads

Start by laying on the floor, on your back with your arms and legs pointing straight up. Slowly lower both legs to the ground. Be sure to keep your back flat to maintain the correct form. As soon as you begin to feel your back coming off the ground, hold that position. Your legs should remain slightly off the ground. Hold this position while bringing your arms above your head so that you end up in a banana-like position.

If you are comfortable holding that position, advance to a tuck up by bringing your knees and arms toward each other at the same time. Hug your knees at the top position but be sure to keep your core pressed down. Try not to rock back and forth. Straighten both arms and legs to return to the starting position before tucking up again.



Cardio Training Substitutes

If you find yourself in session with high-intensity cardio, jumping movements or exercises you feel uncomfortable with, remember there are simple swaps you can make. Try squats instead of jumping squats or tuck jumps, lunges instead of jumping lunges and toe taps or box step ups instead of box jumps.

If you're looking for a little something extra, consider using dumbbells or plates when you do your lunges or squats. Or, mix up one cardio exercise by using dumbbells to do dumbbell punches.

Advice

If you feel the need for modified training, always be sure to let your trainer know every time you go to class to make sure they are aware. Even if you've told them before, it's always best to give them a friendly reminder; they'll be glad you did!



HONOR AND DIGNITY

A Balancing Act

By Dr. Alfred Chambers, Ph.D. Psychologist/Director of Mental Health Services at United Family Healthcare

I recently came across a thought-provoking article highlighting the similarities and differences of the personality traits of honor and dignity – and highlighting the pros and cons of each. On the surface we may be surprised that there are any ‘bad’ aspects for these parts of our natures, but actually we need to be careful.

A sense of honor and of dignity, exists in all cultures and in all people to a greater or lesser extent. Whether a poor farmer or wealthy heiress, we are all captured by these two ideas. In terms of honor, perhaps you can imagine a strong woman who keeps the family in line, making sure the kids are well-dressed and obedient and the husband is always acting correctly. She never allows loss of face and follows all the social standards – whatever they may be – very clearly. Military units also operate according to such codes of honor, as do kindergarten classes. Everybody must know and do their job, and if they do not, the group suffers, and any wayward individual must be kept in line.

There is a code of honor in all groups, sometimes explicit and sometimes implicit. It works towards maintaining order and structure. Football teams, companies, extended families and gangsters have an honor code. So perhaps you can imagine where this may become a ‘bad’ thing. If the code in the football game is to fake an injury, in the company to cheat customers, in the

family to “be perfect” or in the crime gang to be cruel – then these types of honor may do more damage than good.

It can be difficult to know where to balance honor, i.e. should we follow the group rules (“Our family says stay in school”) or have dignity (“I would rather go traveling!”). Dignity is about the individual and seems to be much more of a Western concept than honor – which is stronger in Asia. Dignity examines the questions about who am I, what do I want, how can I be true to myself and what are my values and priorities which, of course, may be different from my colleagues or friends.

Patriotism seems to engender honor cultures and a sense of community pride and identity, but also revenge and victimhood. Dignity seems to create individual achievement and creativity, but also greed and selfishness. These two traits can also be distinguished in marriages and families. Some people may focus more on the big picture (family rules and what do the neighbors think) while others may be only interested in themselves and don’t care about others’ opinions. In cross-cultural relationships, these two forces often come in to play. An Asian partner may be much more attuned to the honor of the family, whereas the other partner may wish to do as they please. This will of course influence style and ideas towards raising children, with one parent more interested in their child achieving academic

excellence, while the other claiming, “It’s not important, just be happy.” We would all like to think we are an excellent balance of these traits but most of the time we fall on one side or the other, which can cause problems. The solution seems to fall somewhere in that difficult balance, where we can all be ourselves and yet respect the wishes of others at the same time.

Dignity and honor are two sides of a very important coin – they are always together in some way. Think of honor as ‘participation with mindfulness’ and dignity as ‘self-expression with grace’! Perhaps then we can lead a balanced and moral life, trying to do the right thing even when not sure.

Dr. Alfred Chambers, Ph.D. is a Psychologist/Director of Mental Health Services at United Family Healthcare.

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UNESCO WORLD HERITAGE SITES AROUND CHINA

Your Guide to the Must-See Destinations

By Natalie Foxwell

I am sure most of our home countries boast one, if not many, UNESCO World Heritage Sites. They present us with unique and awe-inspiring landmarks to include in travel plans and create lasting memories to cherish.

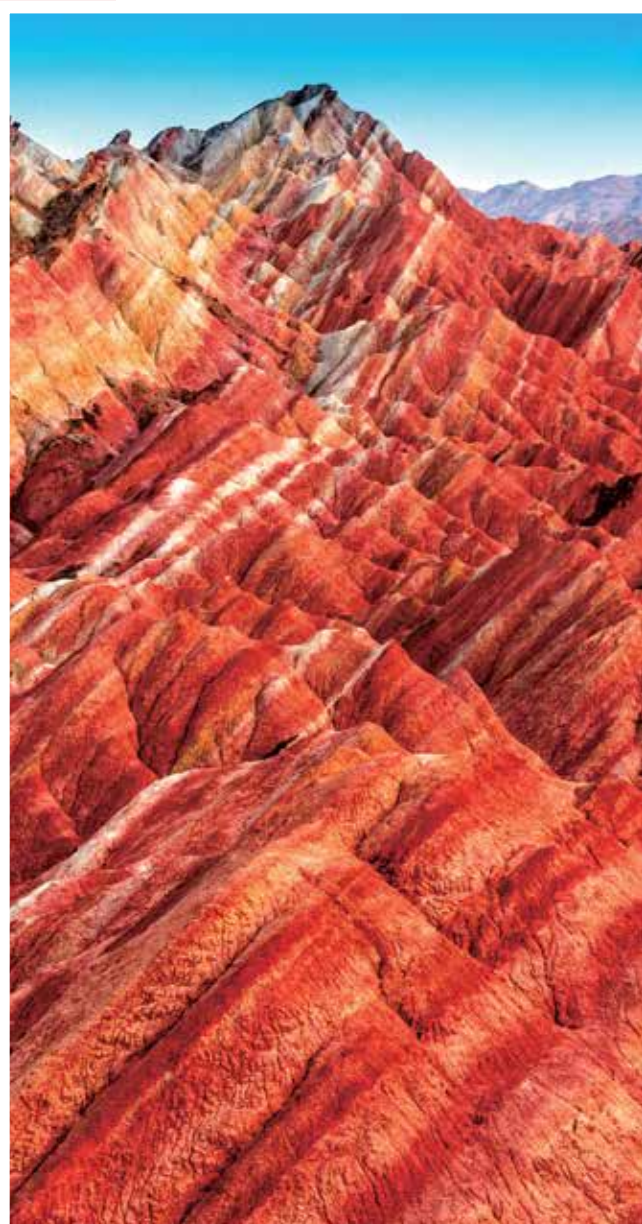
This is also true for China.

The world's first UNESCO (United Nations Educational, Scientific and Cultural Organization) locations were inscribed in 1978, but it wasn't until 1985 that China joined the list. Since then, the Middle Kingdom has racked up an impressive 53 locations, ranking second behind Italy with their 54 listed sites.

There are currently 1,092 UNESCO World Heritage Sites around the world. Possessing cultural, historical and scientific significance, and legally

protected by international treaties, all World Heritage Sites are of outstanding universal value and meet at least one of 10 selection criteria. These range from embodying a masterpiece of human creative genius, bearing an exceptional testimony to a cultural tradition or presenting outstanding natural beauty.

While you find yourself in China, take the time to explore some of the 53 UNESCO listed historic destinations. They are bound to heighten your experience with their immense cultural significance and breathtaking beauty. Whether it's the majestic landscapes of Lijiang, the aptly named Rainbow Mountains or the old ways of life still nurtured in Xiamen - each place tells you something unique about Chinese culture.



TAKE A WALK TO REMEMBER

Danxia Rainbow Mountains

By Natalie Foxwell



Sitting between the Tibetan and Loess Plateaus is the province of Gansu, where you will find one of the most beautiful landforms in China: the Rainbow Mountains. These colorful rock formations are a sight to behold, presenting rippling waves of vibrant red, orange and yellow, contrasted by stripes of sapphire blue.

The Zhangye Danxia Landform Geological Park extends along the northern slope of the Qilian Mountains, and within the park, this massive formation of rainbow-colored rocks covers an area of 320 square kilometers. Listed as a UNESCO World Heritage Site in 2009, this natural phenomenon intensifies in color during different times of day. Summer is the best season to visit, as the rock surfaces glisten under the bright sun and clear sky.

This fragile landscape is the result of 24 million years of natural erosion. Deposits of colored sandstone and minerals formed a multitude of layers, which changing climate conditions and shifts in tectonic plates consequently shaped into valleys and peaks.

Over the years, the Danxia Geopark has become a popular tourist destination, with travelers coming far and wide to see these formations and capture the perfect image. Thankfully, the Chinese government has made the pilgrimage easier by installing boardwalks, paths and viewing platforms throughout the park.

While the Rainbow Mountains may be located 'off the beaten track' compared to other World Heritage Sites, this natural wonder presents a unique picture; a formation rarely seen across our planet. Danxia aptly translates to 'rosy cloud.' And, we have no doubt that when immersed within these mountains, surrounded by a palette of red, you will feel transported to another world and grateful you made the trip to this 'once in a lifetime' destination.

WORSHIP THE SACRED BUDDHA

Mount Emei & The Leshan Giant Buddha

By Natalie Foxwell

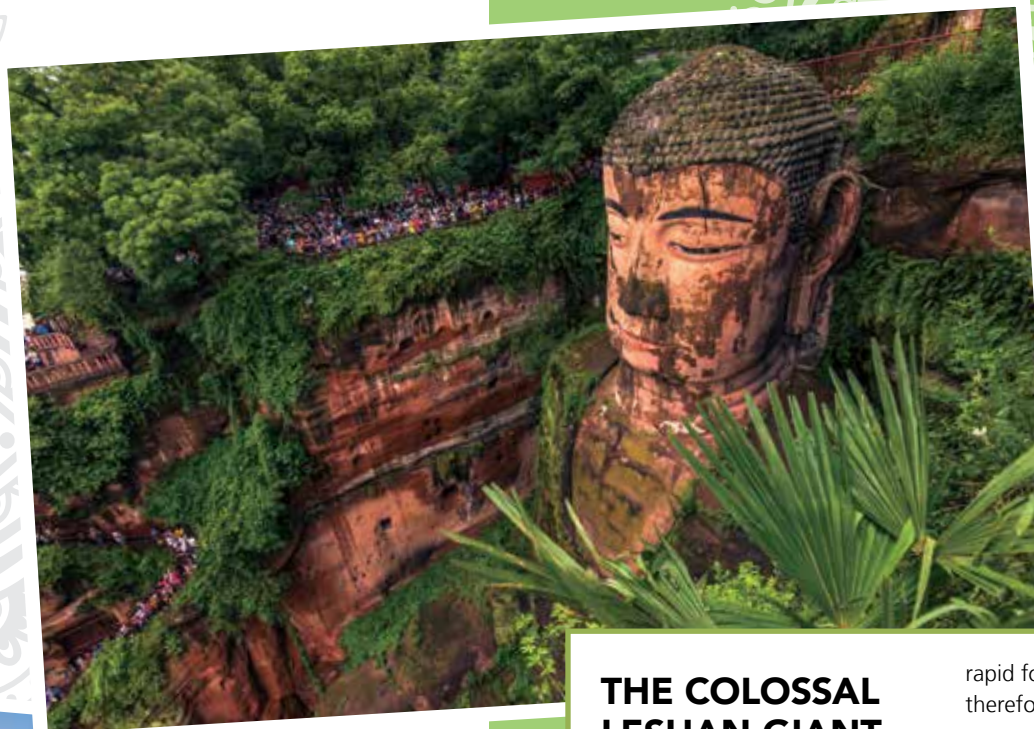
Located in southwestern China along the upper Yangtze River is Sichuan province. Home to a population of over 87 million people and playing a vital role in China's economic stability, its agricultural production covers essential staples such as rice and wheat. While many associate Sichuan with its spicy peppercorn-infused cuisine and the pandas in the capital Chengdu, it is worth taking a trip outside the city for an exquisite cultural experience.

THE GLORIOUS MOUNT EMEI

Approximately 120 kilometers from Chengdu are the UNESCO World Heritage sites of Mount Emei and Leshan Giant Buddha. Listed in 1996, Mount Emei is the highest of four sacred Buddhist mountains in China and traditionally referred to as "the place of enlightenment." Along with its striking beauty, Mount Emei holds great spiritual and cultural importance due to its role in introducing Buddhism to China; the first Buddhist temple in China was built here during the first century BCE. These days, you will find 30 other temples within the site, making it the holiest of locations in the Middle Kingdom.

While its natural, majestic landscape boasts extensive vegetation more than 1,000 years old, the peak of Mount Emei offers a truly glorious experience. The Golden Summit sits at an elevation of 3,079 meters above sea level, and the splendor of a sunrise viewed from this peak will stay with you for a lifetime. It's a pilgrimage, but one that is worth the two-hour hike, or shorter cable car journey. When you reach the peak, besides the awe-inspiring views, you will witness the 10-faced golden statue of Puxian Stupa. Each face represents one of the Bodhisattva's 'Ten Truths of Universal Worthiness' and together, they symbolize the 10 directions of Buddhism.





THE COLOSSAL LESHAN GIANT BUDDHA

Facing Mount Emei and sitting calmly on the cliff of Xijiao Hill is the Leshan Giant Buddha, which was carved out during the Tang Dynasty in the eighth century CE. As the world's largest Buddha, it peacefully sits at 71 meters high, and gazes across the river with a slight smile on its face.

Located at the junction of the Minjiang, Dadu and Qingyi rivers, the inspiration for the Buddha came from a Chinese monk known as Hai Tong. He was a man of the people who wished to calm the turbulent river waters, and he hoped the Buddha's spirit would safely guide shipping vessels on their voyages. He started the carving in 713 CE and passed away before its completion. Two of his disciples continued his work, and finally, 90 years later, a local governor finished the construction. It turned out that the fallen stones from the carving also reduced the

rapid force of the water below, therefore creating the safer passage for passing ships that Hai Tong had dedicated himself to.

The Leshan Giant Buddha Scenic Area has many other impressive attractions to include in this cultural expedition. Take in the Giant Sleeping Buddha or Nine Bends Plank Road, which starts from the Buddha's head, and with nine turns along the way, takes you down to the Buddha's feet. There is also the stone carving theme park called Oriental Buddha Capital, which showcases over 3,000 Buddha statues and presents an art zone that's peaceful to wander through and take in the history.

There are two ways to see the Giant Buddha: one is climbing the mountain to give yourself an up-close view, the other is taking a scenic boat cruise down the river. Either way, you will be left in awe at this giant representation of the lengths one man will go, in order to protect his people and create a sacred place that symbolizes brightness and happiness.

Book a 3-day, 2-night trip to Chengdu from RMB2,645 per person, email marketing@urbanatomy.com for more details.

EXPLORE A TREASURE TROVE OF BUDDHIST ART

The Mogao Caves, Dunhuang

By Mandy Tie

Straddling continents and a myriad of civilizations, the Silk Road has long symbolized the intersection of cultures. For over two millennia, commercial goods, arts and beliefs have traveled along these highways.

Located some 300 kilometers west of the western tip of the Great Wall, the desert-surrounded city of Dunhuang, with its rich repository of Buddhist art, is the perfect place to begin your Silk Road journey.

THE MOGAO CAVES

The UNESCO World Heritage Site of Mogao Caves is comprised of nearly 500 Buddhist cells. Carved into cliff sides in a river valley enveloped by the scorching Gobi Desert, these cells used to function as monastic retreats for Buddhist monks. The first cell dates back to the fifth century CE, and as the number of believers increased dramatically in the centuries that followed, art patronage also flourished.

Nowadays, with the heritage site receiving an estimated influx of 10,000 tourists every day, it's hard to imagine that the Mogao Caves were once abandoned entirely. From the 13th century until its modern rediscovery, the caves were left unoccupied. Precious murals, sculptures, and scriptures were barred behind wooden doors, only to be unveiled by archaeologists in the early 1900s.

The lavish mural paintings depicting the cycle of Buddhism are among the most iconic art created during the Mogao Caves' heydays, and you can still relish

the medieval monks' impeccable artistry with the aid of flashlights when you visit.

The Mogao Caves heritage site is a 30-minute drive from central Dunhuang. Today, Dunhuang's demographic consists of a diverse mix of Hui Muslims, Tibetans, Kazakhs and Han Chinese, and you'll find ethnic restaurants and street vendors throughout the town. Delicious lamb chops, hand-pulled noodles and yellow noodles with donkey meat (a local specialty) are just some of the most delectable options you should try.

As impressive as the Mogao Caves are, the constant touristic noise and clamor somehow defeats the secluded nature of a religious site. For a more tranquil encounter with Buddhist art, head to the West Thousand Buddha Caves and the Yulin Caves, both are within driving distance from Dunhuang.

Another unmissable sight is the Crescent Moon Lake heritage complex, a Buddhist temple set against an oasis in the midst of sand dunes. Desertification is an outstanding threat to the preservation of water here, and the local government has been refilling the lake since 2006 to maintain the structural integrity of the site.



CONNECT WITH TRADITIONAL CUSTOMS

Kulangsu and Fujian Tulous

By Mandy Tie

The southeastern province of Fujian is known for its abundant oolong tea plantations and strategic position on the historic Maritime Silk Road. It is also a large exporter of Hokkien and Hakka culture and food to Taiwan and Southeast Asia. At its southern tip, where mountain terrains meet the Taiwan Strait, is the city of Xiamen.



THE ISLAND OF KULANGSU

Xiamen consists of a main city island and a handful of satellite islets, among which sits the UNESCO World Heritage Site of Kulangsu. Occupying an area equivalent to 10 People's Squares in Shanghai, Kulangsu is home to nearly 900 listed historic buildings with European, local Hokkien and 'Amoy Deco' designs. The islet's mosaic urban fabric was mostly conceived post 1903, after Xiamen became a trade port like many coastal towns at that time.

Thanks to government protection that restricted development projects off the shores, Kulangsu's buildings and alleyways remain largely intact. In addition to a tangible material heritage, the islet is also known for its vibrant musical tradition. There is a higher rate of pianos per household here than anywhere else in the world, and you can attend recitals (classical and Chinese) held at the local concert hall every night of the year.

Kulangsu is accessed via a 30-minute ferry from the main island of Xiamen. With a ban



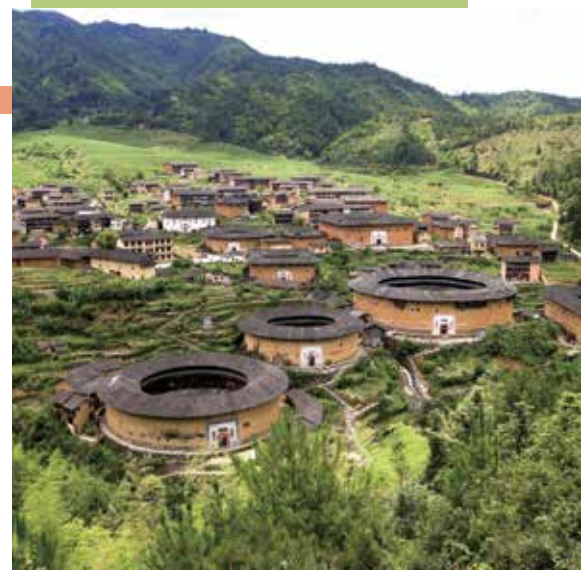
on automobiles, and visitor numbers controlled at 35,000 per day, you're guaranteed a traffic-free, relaxed stay. It takes approximately two hours to walk around the entire island, while the electronic shuttle bus (the only exception to the no-car rule) is a viable alternative. As you meander along the seaside or alleyways, stop by street vendors who whisk up signature Hokkien dishes such as pan-fried clam omelet, fried bean curd rolls and sumptuous tropical fruits. Should you wish to stay on the islet overnight, there are around 50 hotels and boutique inns offering comfortable options for the family.

FUJIAN TULOUS

Directly west of Xiamen in the counties of Nanjing and Yongding, mountain ranges and dense forests embrace rows of *tulou* buildings. As the native residences of the Hakka community, the word '*tulou*' translates to 'earthen buildings,' in reference to the ram bricks used to build these monumental compounds.

Since their structure remains mostly unchanged, the *tulou* has come to exemplify the ongoing transmission of Hakka lifestyle. During the 13th century, the Hakkas fled from the conflict and turmoil in northern China to settle in discreet mountainous areas, known today as the provinces of Fujian, Guangdong and Jiangxi. The defense mentality is reflected in the *tulou*'s fortress-like structure: impenetrable walls, a single entrance and no windows at ground level. Traditionally, each building houses members of the same family and can accommodate up to 800 people.

Like the *hutongs* in Beijing and *lilongs* in Shanghai, younger generations of Hakka are gradually moving out of *tulou*s to pursue a modern lifestyle in developed cities. Upon your visit, however, a small number of elderly Hakkas, who continue to safeguard the mother tongue and ways of life will meet and greet you. Hire a Hakka-speaking guide, book a homestay and sample local Hakka cuisine to acquaint yourself with this fading way of life.



STEP BACK IN TIME

The Old Town of Lijiang

By Natalie Foxwell

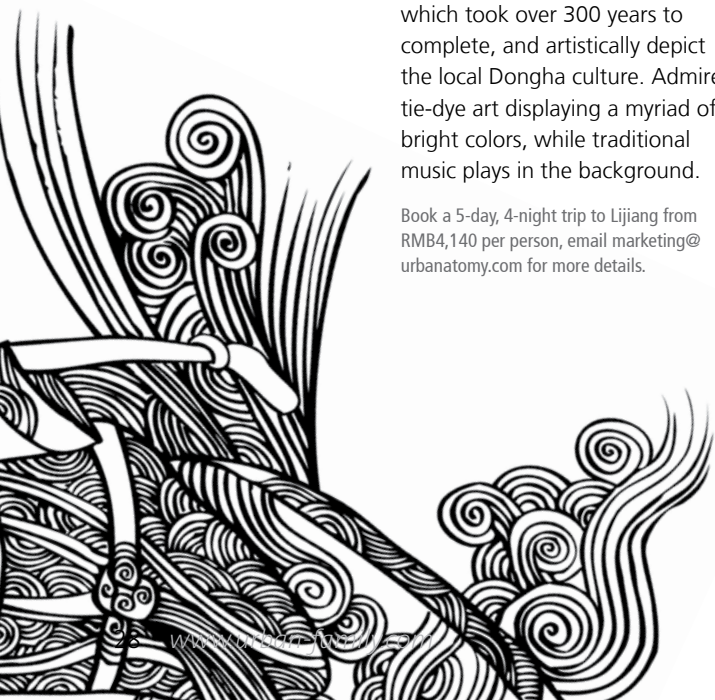
Bordering Myanmar, Laos and Vietnam in the southwest region of China, you will find the glorious province of Yunnan, home to the city of Lijiang. Offering a rich blend of ancient architecture, awe-inspiring views and traditional culture, this is the ideal destination for an adventurous family vacation.

The Old Town on Lijiang is the heart of the city and presents visitors with a bright, vibrant atmosphere, along with cobblestone streets and an impressive network of canals. This ancient city was listed as a UNESCO World Heritage Site in 1997 and includes the old towns of Dayan, Shuhe and Baisha. The stone and mud houses with tiled roofs are embellished with meaningful engravings that symbolize the people and their surrounding nature, leaving you with a sense of life before your time.

Penned as the most ethnically diverse province in China, Yunnan is home to the Naxi people, and they are the soul of this authentic city. While you will genuinely enjoy time in the Shuhe and Dayan old towns, head to Baisha Village at the foot of Jade Dragon Snow Mountain to immerse yourself in the life of the Naxi. View the 55 Baisha Murals,

which took over 300 years to complete, and artistically depict the local Dongha culture. Admire tie-dye art displaying a myriad of bright colors, while traditional music plays in the background.

Book a 5-day, 4-night trip to Lijiang from RMB4,140 per person, email marketing@urbanatomy.com for more details.



THE JADE DRAGON SNOW MOUNTAIN

The natural beauty of Lijiang awaits you at Jade Dragon Snow Mountain. As the southern most glacier in the Northern Hemisphere, this mountain range stretches across 35 kilometers, with all 13 peaks reaching an altitude of over 5,000 meters. The shape resembles a jade dragon looming above the clouds, hence the name. A cable ropeway will transport you up the mountain, and a small oxygen tank to assist with breathing is recommended. Once there, you'll thoroughly enjoy the experience of walking around and taking in the mesmerizing view of the land below and snow-covered peaks above.



THE BLUE MOON VALLEY & WHITE WATER RIVER

Located at the foot of the snow mountain, you'll find the idyllic Blue Moon Valley and White Water River. This mountain stream gathers its water from the melting snow and ice running from the glaciers, leaving it pure, clear and at a freezing temperature all year round. The turquoise river shining in the sunlight will leave you asking, "How can anything be so beautiful?" The White Water Terrace presents fan-shaped steps made of limestones and white marble, which produce a silky smooth downstream

flow. Soak up the view and appreciate the natural beauty that abounds; you'll feel fortunate to have these images etched in your memories.

Time spent in the Old Town of Lijiang and surrounding areas will undoubtedly treat all your senses: delicious local cuisine, snow-capped mountains and ancient architecture, along with the kind and welcoming nature of the Naxi people and their creative culture. As you wander around the streets and take in the vistas, you will be transported to a place far from the hustle and bustle of Shanghai, allowing you to appreciate another side of China that's well worth your time.



8

ADDITIONAL DESTINATIONS FOR YOUR WISHLIST

Don't Miss These Culturally-rich Experiences

By Natalie Foxwell

There are a total of 53 UNESCO World Heritage Sites listed in China, which means you may find yourself wondering where to start. Well, here is our list of a few more well-known and other less publicized locations. With their pure extravagance, majestic beauty or cultural significance, they are worth a place on your list of travel destinations for the future.

TAKE THE UNESCO QUIZ

From the list of 53 UNESCO World Heritage Sites in China, how many have you visited? Are you a seasoned traveler or do you need to add more destinations to your future travel plans?

Scan the QR code and take the quiz to find out just how much of an expert in China travel you are.



DAZU ROCK CARVINGS

📍 Sichuan Province

This extraordinary group of Chinese religious sculptures and carvings date back to the seventh century CE, and demonstrate a tremendous amount of skill in revealing a combination of Buddhist, Confucian and Taoist beliefs. Earning its place on the World Heritage list in 1999, the Dazu Rock Carvings contain 75 protected sites, where Beishan and Baodingshan are considered the best. In total, the site presents over 100,000 Chinese character inscriptions and 50,000 statues, some reaching 10 meters in height. The carvings were inaccessible for many years and only opened to Chinese travelers in 1961.

CLASSICAL GARDENS OF SUZHOU

📍 Jiangsu Province

The Classical Gardens of Suzhou date back to the sixth century BCE, when the city was declared capital of the Wu Kingdom. Today, there are 69 preserved gardens in Suzhou, and in 1997 and 2000, eight of the most exquisite were selected by UNESCO as a World Heritage Site. They are a reflection of the skill and artistry of the masters whose techniques created them, and represent the essential elements of classical Chinese garden design known today.



HONGCUN ANCIENT VILLAGE

📍 Anhui Province

This small, traditional village earned its place on the World Heritage list in 2000 because of its long history, well-preserved structures and idyllic surrounding scenery. With architecture dating back to the Ming and Qing dynasties, this 900-year-old village presents beautiful reflective ponds and a unique network of alleyways to wander through after indulging in delicious local cuisine. You'll find Hongcun Ancient Village at the foot of the famed Huangshan, which is only 90-minutes drive away.

HUANGSHAN

📍 Anhui Province

Translated as 'Yellow Mountain,' Huangshan is a mountain range in Anhui province with peaks higher than 1,000 meters. The history of Huangshan dates back to the Tang Dynasty in the eighth century, where legend has it that the mountain contained the elixir of immortality. The scenic areas provide over 50 kilometers of footpaths to hike and explore, and the views play a significant role in depicting quintessential Chinese mountain landscape paintings.



LONGMEN GROTTOES

📍 Henan Province

The Longmen Grottoes are a cave complex from the fifth century, known as a treasure trove of Buddhist art and one of the three most famous grottoes in China. Listed as a World Heritage Site in 2000, these impressive stone carvings are devoted to Buddhist religion and took over 400 years to complete. The site includes 2,300 caves, which house over 110,000 Buddhist stone statues, ranging from just 25 millimeters to 17 meters in height.

MAUSOLEUM OF THE FIRST QIN EMPEROR

📍 Shaanxi Province

The Mausoleum of the First Qin Emperor was discovered by farmers in 1974 near the city of Xi'an. While drilling a well, they unearthed the first of more than 8,000 warriors, horses, chariots and weapons, assembled in military formation to guard the emperor's tomb and help him to rule in the afterlife. History tells us that it took over 700,000 laborers 36 years to complete this extravagant burial site. Living from 250-210 BCE, Qin Shi Huang was the ruler who united China, and the Qin Dynasty significantly advanced the social, cultural and artistic levels of the empire. Declared a World Heritage Site in 1987, the tomb itself remains unopened, and it is anticipated the size of this mighty terracotta army will continue to grow its ranks as excavation continues.



SICHUAN GIANT PANDA SANCTUARIES

📍 Sichuan Province

This sanctuary in Sichuan is the largest and most significant panda habitat in China and indeed, the world. Listed as a World Heritage Site in 2006, it contains more than 30 percent of the world's panda population, along with other threatened animals such as the red panda and snow leopard. The sanctuary runs a volunteer program where visitors can learn about rescuing, feeding and communicating with China's national treasure. And best of all, you can also hold one of these beloved creatures when you visit.

WEST LAKE CULTURAL LANDSCAPE OF HANGZHOU

📍 Zhejiang Province

The famed Xi Hu (West Lake) which lies in the middle of Hangzhou city provides an inspired contrast to the hustle and bustle so close to its shore. The legend of the lake, a romantic fable between the snake goddess Bai Suzhen and her human love interest Xu Xian, is emotionally played out during a show each evening, allowing visitors to be swept away by its significance. Listed as a World Heritage Site in 2011, the beauty of the lake has influenced painters and poets for centuries. Hangzhou is legendary for the quote attributed to Marco Polo that this is "the finest and most splendid city in the world," the lake's attractions include gardens, pagodas, temples and bridges enveloped by lush vegetation. With many outstanding scenic spots to enjoy around the lake, its mesmerizing beauty changes with the seasons, making it captivating all year round.



IS OUR CURRENT EDUCATION SYSTEM BROKEN?

A Roundtable Discussion with BSG Students

If you speak to educators around the world, you may hear something that may shock you: our current education system is apparently broken, outdated and at times, hypocritical. So how did we arrive at this point, and what can we do to remedy this? Many teachers and industry experts have offered solutions for 'fixing' education but we figured that it may be wise to ask students themselves, as they are the ones going through our current education system. We spoke to a few students from The British School of Guangzhou. Here are their candid responses.

Eunis – 15 years old, in Year 12

Cameo – 16 years old, in Year 12

Gia – 15 years old, in Year 11

Alisha – 13 years old, in Year 9

Sisi – 13 years old, in Year 9

UF: What's broken about education and how can we fix it?

Sisi: The fact that not everyone has access to education. It's unfair that some children around the world can't go to school, because education should be for everyone.

Gia: In the education system, we are not taught how to understand topics like taxes or how to do basic tasks that we may need to know for the future. We need to change something about this. For example, we're learning about science and maths, but we might not use these things in our future careers.

UF: What would we need to learn that would help you in your future?

Eunis: Things about money, credit cards, might be helpful.

Alisha: How to deal with our money.

Sisi: How we can manage our money so we don't spend it all in one go, paying taxes and how to save money.

Alisha: At BSG, in PSHE (Personal Social Health Education), we learn about some really important topics, especially social aspects like stress, relationships, bullying and bereavement. It is important to



understand these topics to be happy in life and personally successful. All young people should learn about these topics.

UF: Are exams a fair way of measuring success?

Gia: Some students do really well in tests, because all the answers are based on mark schemes and how you answer the questions. They have a good memory. Some students don't know how to apply the knowledge though, in real life. Exams are a kind of biased way of measuring students' success. I think it should also be based on school work and class work.

Cameo: But when you're doing okay in school, you can put the things about your school life in personal statements and teacher recommendations. But your exam score should be fair because everyone is doing the same thing; the curriculum, the test, reading the same textbooks and resources.

Eunis: We do need exams, but I feel like there's too much pressure for your whole future career to be based on one day. That's why I think coursework is a good thing, because measures how well you work throughout the whole academic year and not just on that one day, therefore spreading the pressure and workload.

UF: Do you think young people are under too much pressure?

Alisha: In China, when they do *Gaokao*, parents have really high expectations. A lot of young people, at the end, are really stressed.

Eunis: Yes, I agree completely with Alisha. For the *Gaokao*, you don't have any coursework at all, and that one exam determines your whole future. It is a lot of pressure on Chinese students to do well on one exam.

UF: What could we do to make our education system better?

Cameo: If schools put more emphasis on coursework, that would be great. In terms of learning about taxes and things, we have PSHE sessions at BSG and we've talked about it before. In Year 13, there is an after-school activity called 'University Survival' where we learn how to cook and develop other skills for independent living. Our school prepares us for the future, but it's not all down to schools. You still need your parents to help you out, because they will have more experience with such things. School is meant to educate you about things within the curriculum and not necessarily how you live. Those are things you should learn at home.



UF: Is there too much pressure on traditional subjects?

Eunis: I think parents and teachers put too much stress on maths-based subjects. If a student is bad at maths, they'll feel ashamed. But if a student is bad at art, people may say, "Not everyone has artistic talent and skill." So why does maths have so much more importance than art, for example? Also, because when our generation enters the world of work, it will be different. We have a lot more competition these days, especially in the age of artificial intelligence. Creativity will become a very important skill that will determine whether you get that coveted job or not.

UF: Should creativity be measured, or should we just be taught to develop it?

Cameo: We should be taught to develop creativity. I'm not sure if we should measure it or not though or if you can measure it.

UF: Is it important to learn soft skills, like public speaking and negotiation? Should resilience and perseverance also be taught in school?

Cameo: Some of those skills can't really be taught in lessons, but we do refer to it a lot in school assemblies and in lessons. We are taught to try again and not give up when we do something wrong, and we get feedback from the teacher.

Gia: These skills are definitely more important than just a grade. Systems also differ in different countries. They have ranked scores in each year group in China, so that's a lot of pressure.

UF: In closing, what can we fix about the education system?

Eunis: I think learning should be about learning, and not about memorizing a mark scheme and getting good grades from that. At the end of the day, our grades are just a letter on a piece of paper, and they don't measure how well you do in school or how smart you are.

Thank you to BSG for conducting this roundtable discussion. Your time and effort is much appreciated!



This are two poems written by our young students in the PRD. Enjoy!

A LITTLE CREATIVITY



I Am Who I Am

By Hinata Koizumi, British School of Guangzhou

I am who I am. Who else would I be?
 I may be quiet, I may be loud.
 I may be honest, I may be arrogant.
 I may be agreeable, I may be annoying.
 And for these reasons, You may dislike me.
 But this is who I am. And that is who you are.
 You won't change for me. And I won't change for you.
 Always used to act as who you wanted me to be. But not anymore.
 I will not waste my time On being someone I cannot be.
 I will not waste my life On being someone I don't want to be.
 Because that's not me. Because I am not fake.
 And I am unwilling to break.
 Get used to me being me. Because I'll always be me.
 I am who I am. And no one else.
 Heartbroken: Don't.
 Don't look me in my eye, if you are going to lie.
 Don't try to make up stories, when I know the truth.
 Don't try to make me feel better, when you are the cause.
 I once thought you were the one
 I thought of you as my sun.
 Now all I think about Is you through my tears.
 And all of my dreams are filled with fears.
 Don't come to me, if you're planning to break my heart.
 Don't tell me that you love me, when you don't mean it.

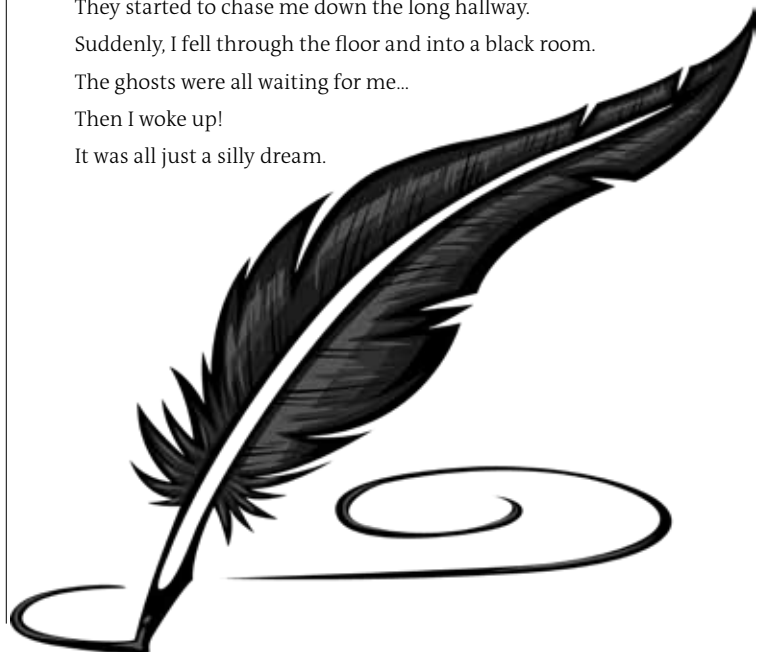


Reader's
Submission

Nightmare

By Luo Hao Yu, Le Xian Fang Primary School Liwan District, Guangzhou

Last night I had a really scary nightmare.
 I was trapped in an old hospital.
 The place was so dark and scary.
 I could barely see anything.
 But then I saw the ghosts...
 They started to chase me down the long hallway.
 Suddenly, I fell through the floor and into a black room.
 The ghosts were all waiting for me...
 Then I woke up!
 It was all just a silly dream.



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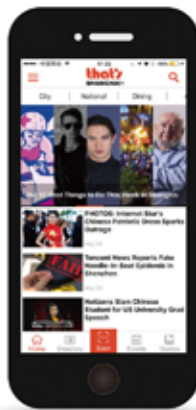
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ON THE PAGE

Thanking the Moon

Celebrating the Mid-Autumn Moon Festival

By Kendra Perkins



China has an incredibly diverse and long history, which means there are many stories and exciting cultural events to understand. One in particular, that we enjoy every fall, is the Mid-Autumn Moon Festival. To gain insight into what this festival represents, have fun reading this story with your little ones and learn about this important piece of Chinese history and culture.

Newbery-honored author-illustrator Grace Lin explains what this festival is all about, and does a wonderful job emphasizing the importance of family. In this story, each family member prepares treats for everyone to enjoy under the moonlight, while surrounded by beautiful paper lanterns. Here they indulge in pomelo fruits, round teacups with delicious Chinese herbal tea, and of course, mooncakes; the thin circular pastries with sweet red bean or

lotus seed filling.

Families gather on the grass to spend time talking to one another. Everyone has the opportunity to think about something that they are thankful for and what they wish for in the future. These thoughts are secretly sent up to the moon.

Lin includes a detailed explanation for teachers and parents to gain further understanding around this tradition. There is a deeper meaning behind the food which is consumed and the time of year this holiday is celebrated. A child's questions can be answered quickly, as the customs around the Mid-Autumn Moon Festival are detailed throughout the story. This is the perfect book to read with your little one during this annual holiday.

Lin is the author of over 20 Chinese-inspired picture books and novels. This extensive range allows for children to

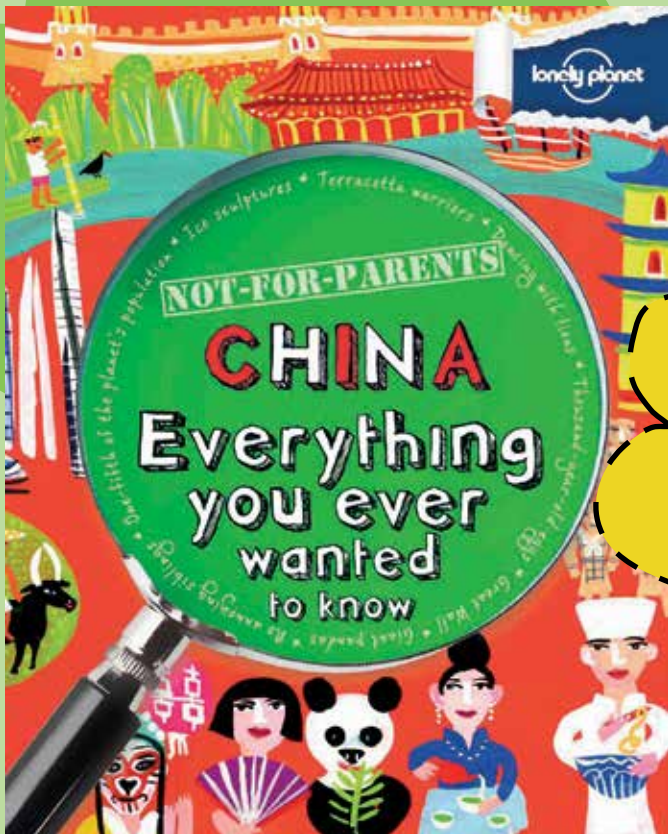
continue enjoying her work as they grow older and become more sophisticated readers. She has been nominated for many awards and landed herself on the *New York Times* bestseller list. If you enjoy this title, it is well worth checking out her other works. It is evident how much time and effort goes into each illustration and text description; this is an author who truly connects with her culture and puts her heart and soul into sharing it with the world.

3-7

Recommended for children ages

Thanking the Moon is available via taobao.com and Amazon.cn





LONELY PLANET KIDS NOT-FOR-PARENTS CHINA

Everything You Ever Wanted to Know

By Natalie Foxwell

Among the extensive range of books available through Lonely Planet is a cool kids' series titled *Not-for-Parents: Everything you ever wanted to know*. Covering destinations such as the US, Europe and South America, you can also find one focused on China.

Advertised as "not a guidebook and definitely not for parents," this series delivers a vivid, detailed and all-encompassing tale of the history of China right through to current day. In an easy-to-follow narration the concepts and stories are

linked, enabling children to gain a deeper understanding of why things are, as they are, in the Middle Kingdom.

Delivering 96 pages of engaging details on topics such as fierce dragons, quintessential Chinese games and the history of dynasties and ruling emperors, any child is bound to become engrossed in the facts that bring to life the essence of China. Children will relish in the knowledge behind the annual Dragon Boat Festival, the discovery of gunpowder and the importance of tea in Chinese culture.

The facts quoted throughout the book

are bound to be recited back to parents, such as the snippet of information which states 50,000 children are born in China each day, which equates to 35 babies a minute. Now that's mind-blowing for anyone to hear!

This book is a lot of fun with its bright, quirky imagery and so much information it will take even the most avid reader quite some time to get through. The content is incredibly entertaining and will have any child fascinated about China as they travel around this country and experience many locations for themselves.



Recommended for children ages
Not-for-Parents: Everything you ever wanted to know is available via Amazon.com and Amazon.uk

8-12



For more Book Reviews, scan the QR code.

OUR URBAN FRIDGE



May Chang, Singapore
School of Guangzhou



Charles, Pablo and Sofia - ISA
International School Guangzhou



Shoko Kubota, British School
of Guangzhou



Oriana, International
School of Nanshan
Shenzhen



Luo Hao Yu, Le Xian Fang Primary
School Liwan District, Guangzhou

EASY CHRISTMAS WREATH

It is almost that time of the year! Here is a fun craft that kids can make with just a few simple items. Merry Christmas!

You will need:

- Paper plates
- Scissors
- Green paint (washable)
- Newspaper
- Glue
- Pom poms and glitter pom poms
- Ribbon (red and/or green)

Steps to Make Your Christmas Wreath:

Step 1: Bend the paper plate and cut out the center of it. You've just made a wreath! Put it on some newspaper.

Step 2: Paint the wreath. Wait till dry. Be careful that you don't get the paint on yourself.

Step 3: Once the paint has dried, stick the pom poms on with glue and wait till dry.

Step 4: Twist some ribbons. Make a hole at the top of the paper plate and weave it in. Voila! You've just made a Christmas wreath.



10

Epic 'Made in China' Movies

Kung Fu Fighting at its Best!

By Celia Rayfiel

Sweeping views of mountainous terrain, romantic declarations and cheesy martial arts sequences are just a few reasons why movies set in China are the perfect choice for a family movie night. From nature lovers to kung fu enthusiasts, this list has something to please everyone.



Born in China (2016 G)

With dramatic scenes of China's vast and dynamic landscapes, Disney's *Born in China* follows animal families through their daily lives. The film explores some of the most remote destinations in the country, showcasing the hardships that China's wildlife faces and how families survive in unforgiving climates. This film delivers a fascinating and heartwarming story that will captivate children and adults alike.



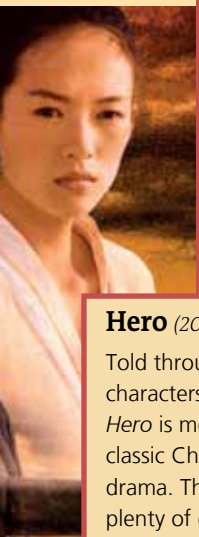
Crouching Tiger, Hidden Dragon (2000 PG-13)

A Chinese classic, *Crouching Tiger, Hidden Dragon* tells the story of an epic journey which begins after the theft of the Green Destiny sword. Cutting dialogue, impeccable costume design and tremendous fight scenes make this a must-see for any Chinese film enthusiast. Drama, romance and lengthy battles at every turn, what else do you need to make a movie memorable?



Empire of the Sun (1987 PG)

If you have the time, then get comfortable on the couch and watch *Empire of the Sun*; a three-hour drama which focuses on an English boy's time imprisoned in a Japanese internment camp. The story comes from the award-winning novel by author J.G. Ballard, and is based on his personal experiences during World War II. Beginning in 1941 with some iconic historical scenes of Shanghai, the film unflinchingly dives into the violence of war and the complexity of adolescence.



Hero (2002 PG-13)

Told through various characters' points of view, *Hero* is more than just a classic Chinese period drama. The film raises plenty of ethical questions, most of which revolve around power, how it's claimed and how it's used. Surprisingly thoughtful, yet inclusive of action-packed fight scenes, *Hero* is a story for families that want an intellectually stimulating and visually stunning martial arts film.



The Karate Kid (2010 PG)

A classic tale with a modern spin, the 2010 version of *The Karate Kid* features Jaden Smith and Jackie Chan, who together forge a hilarious and heartwarming student-teacher relationship. While keeping the iconic scenes we all remember, the remake also brings new dilemmas, such as discussions about race and violence. With snappy, witty dialogue and great acting, *The Karate Kid* is a movie that the whole family can watch together, cheering for the good guys to win.



The Forbidden Kingdom (2008 PG-13)

Worlds collide as Jet Li and Jackie Chan share the screen in *The Forbidden Kingdom*, an action-packed martial arts classic. Chan adds quick, zany dialogue, while Li brings a traditional Chinese thriller vibe. This film, set in ancient China, comes alive with its modern cast. The battle between these two martial arts superstars is reason enough to watch this fun-loving film.



For more movie reviews, scan the QR code.

Kung Fu Panda (2008 PG)

Kung Fu Panda is the story of a lovable, silly panda named Po, who attempts to save his village by mastering kung fu with a rag-tag group of animal fighters. With vivid animation and charming characters, Jack Black delivers lots of laughs and creates a nuanced protagonist who stirs up tears and laughter. Once the action from the first movie is over, you can sit back and enjoy the continuing tale with *Kung Fu Panda 2* and 3.



Mulan (1998 G)

One of Disney's most gripping animated films to date, *Mulan* is a coming-of-age tale about a girl who disguises herself as a man to take her father's place and fight against the Huns in ancient China. An empowering animated classic, *Mulan* holds a special place in the Disney Hall of Fame for its sharp dialogue, catchy soundtrack and heartwarming storyline.



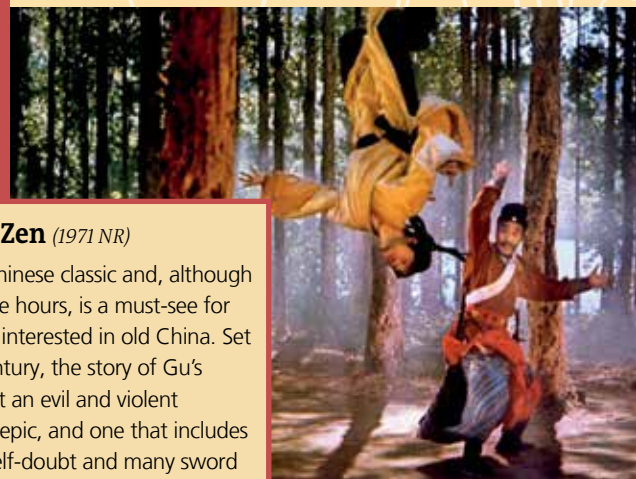
The Last Emperor (1987 PG-13)

Another time commitment, *The Last Emperor* is almost four hours long and, unlike *Empire of the Sun*, is considerably less action based. What it lacks in fight scenes, it makes up for with scenic views of early 20th century Beijing and northern China, as well as fantastic costume design. With historical insights and plenty of drama, the tale of China's last emperor makes for a fascinating family movie night.



A Touch of Zen (1971 NR)

This film is a Chinese classic and, although lengthy at three hours, is a must-see for those who are interested in old China. Set in the 14th century, the story of Gu's journey to fight an evil and violent commander is epic, and one that includes love, drama, self-doubt and many sword fights. *A Touch of Zen* has a well-balanced mix of theatrical battles and emotional scenes which are bound to have you wiping your eyes by the end of the film.



USEFUL MANDARIN PHRASES

GOING TO THE MOVIES

While going to movies can be enjoyed all year round, does the language barrier stop you from indulging in the latest flick? Don't worry, we are here to help with our 'Going to the movies' phrase guide. With useful words and sentences that cover how to find out what's playing, buy your tickets and stock up on snacks, all you need to do is sit back, relax and enjoy the movie!

WHAT'S PLAYING?

When is the next screening of [movie name]?

下一场《》是几点钟?

xià yī chǎng 《》 shì jǐ diǎn zhōng?

What movies are playing today / tonight?

今天/今晚有哪些电影?

jīn tiān / jīn wǎn yǒu nǎ xiē diàn yǐng?

Is the movie in English?

是英文电影吗?

shì yīng wén diàn yǐng ma?

SCREEN TYPE

Is this movie...

这部电影是...

zhè bù diàn yǐng shì ...

2D

二D

èr dī

3D

三D

sān dī

Where can I get 3D glasses from?

哪里有三D眼镜?

nǎ lǐ yǒu sān dī yǎn jìng?

BUYING TICKETS

How much for a...

...多少钱?

... duō shǎo qián?

Regular ticket

普通票

pǔ tōng piào

Child ticket

儿童票

ér tóng piào

Student ticket

学生票

xué shēng piào

Senior ticket

老年人票

lǎo nián rén piào

Can I please buy [number] tickets?

我想买[]张票?

wǒ xiǎng mǎi [] zhāng piào?

Can I pay using...

我能用...支付吗?

wǒ néng yòng ... zhī fù ma?

WeChat

微信

wēi xìn

UnionPay

银联

yín lián

Alipay

支付宝

zhī fù bǎo

Credit Card

信用卡

xìn yòng kǎ

MOVIE TYPE

What genre/type of movie is this?

这部电影是什么类型的?

Zhè bù diàn yǐng shì shí me lèi xíng de?

Documentary

纪录片

jì lù piān

Action

动作片

dòng zuò piān

Drama

剧情片

jù qíng piān

Animation

动画片

dòng huà piān

Romance

爱情片

ài qíng piān

Musical

音乐剧

yīn lè jù

Comedy

喜剧片

xǐ jù piān

Horror/Thriller

惊悚片

jīng sǒng piān

BUYING POPCORN

How much is this?

这一个多少钱?

zhè yī gè duō shǎo qián?

Can I buy a small/ medium/ large popcorn?

我想要一份小/中/大的爆米花?

wǒ xiǎng yào yī fèn xiǎo / zhōng / dà

de bào mǐ huā?

Sweet

甜的

tián de

Salty

咸的

xián de

URBAN GROOVES

Tunes for a Roadtrip











By Natalie Foxwell

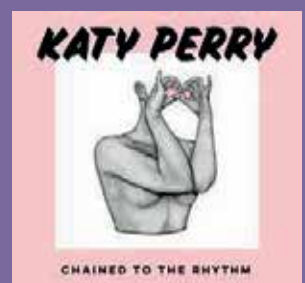


In need of some new tunes to get you through the day? Our regular feature, Urban Grooves, is here to help.

Our 'Tunes for a Roadtrip' delivers 10 songs for the kids to sing along to while traveling. Scan the QR code to enjoy our playlist that's bound to get everyone in the mood for some time on the road.



-  'Just Like Fire' - P!nk
-  'Feel It Still' - Portugal. The Man
-  'Thunder' - Imagine Dragons
-  'Royals' - Lorde
-  'The Middle' - Zedd, Maren Morris & Grey
-  'Infinity' - One Direction
-  '24K Magic' - Bruno Mars
-  'Believer' - Imagine Dragons
-  'Stay' - Zedd and Alessia Cara
-  'Chained to The Rhythm' - Katy Perry (feat. Skip Marley)



OUR FAMILY FAVORITES

Guangzhou Families Share Their Top Tips



Tom and Yulie Sanderson are parents to Mia Mei Sanderson, aged nine months. Tom and Yulie met in Guangzhou in 2015 and got married in 2017 in Yulie's hometown of Bishkek, Kyrgyzstan. As the saying goes, home is where the heart is. With a number of family members living in Guangzhou, they now consider Guangzhou their home, even though they love returning back to the UK and Kyrgyzstan during the holidays. *Urban Family* say down with this sweet family to find out more about them.

Favorite Restaurant

We have a few! The Happy Monk is one of our favorite spots, especially the Kingold branch. The food is consistently good, and the service staff are friendly and professional. For weekend brunches, we love Social&Co. The spread is just delicious, and owner Aaron is probably the friendliest restaurant owner we have ever met. He always has time for a chat and smiles. For authentic pizza, Oggi serves up the most delicious slices.

The Happy Monk: Unit 1, G/F, Kingold Century, 62 Jinsui Lu, Tianhe District, Guangzhou 广州市天河区金穗路62号侨鑫大厦1楼

Social&Co.: Shop 112-113, 6 Huajiu Lu, Tianhe District, Guangzhou 广州市天河区华就路6号112-113铺

Oggi: Shop 100-106, The Canton Place, Haifeng Lu, Tianhe District, Guangzhou 天河区还风路广粤天地100-106铺

Favorite Date Night Spot

Le Sainte Maxime's is where we had our first date, all our Valentine's Day dinners and even our marriage proposal. The food is outstanding and the service is phenomenal.

G19, No.11-17 Xingsheng Lu, Tianhe District, Guangzhou 广州市天河区兴盛路11-17号G19铺



Favorite TV Series

Modern Family, *Game of Thrones* and *Peaky Blinders*. You are missing out if you have not watched any of these!

Favorite Family Activity

We try to escape to the beach whenever we can. If weather or time is an issue, we head to the pool and spend the day there. We love nature, so a trip to the mountains or a park is a must. Yoga and meditation are a huge part of our lives, so we try to incorporate these practises where and when we can.

Favorite Singers

Van Morrison, Oasis, Ed Sheeran, Tracy Chapman... we love them all!



OUR FAMILY FAVORITES

Shenzhen Families Share Their Top Tips



Laura Fitzgerald and Hernando Fonseca are transplants from New York and Colombia, respectively. Laura is a school administrator and founder of Next Level Achievement, a platform that connects and mentors students with an interest in entrepreneurship, leadership and innovation. Hernando is an engineer and Client Success Director of Grability, an e-commerce platform for grocery retailers. They first met in Shanghai five years ago while living in Puxi, and were married in Koh Samui, Thailand in 2015. Parents to their daughter, Paolina (age two), and fur-baby Didi, this family made Shenzhen their home one year ago.

Favorite Park

Sihai Park was one of the first parks we discovered upon moving to Shenzhen and it continues to be one of our favorites for people watching and weekend relaxing. We especially appreciate the shade provided by the old and beautiful trees scattered around the park, especially on sweltering hot days.
Sihai Park: 6 Gongyuan Lu, Nanshan District, Shenzhen 深圳市南山区公园路6号四海公园

Favorite Restaurant

When celebrating a special occasion or entertaining guests from out of town, we love to dine at the Grange Grill inside the Westin Hotel

in Nanshan. Between the quality ingredients and presentation of the meal, there's nothing like it in any other restaurant we've been to. On top of that, the attentive service is outstanding, without being overbearing, and the city view is one to remember!

Grange Grill: 9028 Shennan Dadao, Nanshan District, Shenzhen 深圳市南山区深南大道9028号威斯汀扒房



Favorite Weekend Destination

We have found the Sheraton resort in Dameisha to be the perfect place to spend a weekend away. As parents, we especially appreciate their children's playroom and frequent promotional events that include activities to keep little ones entertained.

Sheraton Dameisha Resort: 9 Yankui Lu, Yantian District, Shenzhen 深圳市盐田区盐葵路9号大梅沙京基喜来登度假酒店

Fav Heritage Site

We first discovered Wulingyuan, a UNESCO World Heritage site in Hunan Province, in 2013. It was the first weekend trip we took when we started dating, and it was a great test in patience and character as we attempted to navigate a relatively rural area with little to no Mandarin skills. We hold fond memories of that trip for the warm people we met and the beautiful scenery of the mountains. We look forward to returning with our daughter soon.

Favorite Family Activity

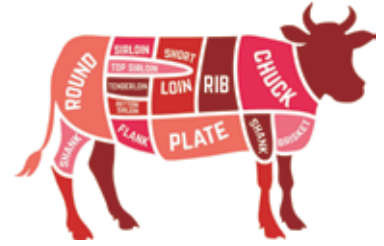
We love to ride our bicycles on the Shenzhen Bay path. The gardeners do an amazing job of maintaining the beautiful flowers and greenery. Our daughter especially loves to stop for some fun on the playground and in the sandbox near the lighthouse.

Wanghai Lu, Nanshan, Shenzhen 深圳市南山区望海路

Know Your Beef

Grain-fed Versus Grass-Fed: What is Better For You?

By Sebastian Tosi



In the last couple of years, a lot has been discussed about the meat industry and the ecological impact of it.

While intensive breeding practices looks to be the better option due to lesser methane emissions, recent studies have suggested that grass fed practices are far superior because it helps sequester carbon in pasture and reduce

fertilizer and pesticide runoff into waterways. The use of compost, cover-cropping and rotational grazing also helps build healthy, productive and water-conserving soils. Despite what documentaries or the media have tried to establish as certain, the ecological sustainability of each practice is still inconclusive. However, in terms of the quality of the

beef, that seems to be another story.

In countries where cattle are grain-fed (for example, in Australia, Canada and United States), the animals are given a diet of just corn because it is inexpensive, or soy, often with fillers such as drugs, hormones and antibiotics which often includes animal by-products. Cows are not carnivores; they

do not eat meat. Feeding them with animal by-products produces a drastic change in their digestive systems, which has been linked to mad cow disease. When the time comes, the cows tend to get larger and more often than not, become unnaturally obese, which would never exist in nature. In terms of the effect on humans, hormone-fed beef can cause



cancer, premature puberty and male infertility. In other words, you could be consuming a lot more than just beef when you slice into that delicious steak and put that fork into your mouth. That being said, because grain-fed beef makes it to market quicker, it costs less to purchase at the store, making it more accessible to the average grocery shopper.

Grass-fed animals (as opposed to grain-fed animals) eat a wide variety of (often wild) grasses, sedges, rushes, shrubs and herbs, each with its own nutrient profile. Many

studies have concluded that, in comparison, grass-fed beef is high in B-vitamins (B6, B9, B12 helping the cardiovascular apparatus and nervous system to function correctly), beta-carotene (look for yellow fat), vitamin E (alpha-tocopherol), vitamin K and trace minerals like magnesium, calcium and selenium. Moreover, results have also shown that grass-feeding results in higher levels of CLA (conjugated linoleic acid), the 'good' naturally-occurring trans fat. Most importantly, they help prevent cancer, reduce

atherosclerosis (a complex inflammatory disorder of the medium and large-sized arteries) as well as allergic immune reactions. Grass-fed beef have also shown lower total levels of saturated, monounsaturated and polyunsaturated fats in grass-fed cows, meaning that grass-fed animals are leaner.

It is undisputed is that grass-fed animals produce meat of superior quality than grain-fed animals. And in terms of the experience the final customer will have, grass fed beef is healthier, juicier (not fattier), more tender and with

stronger flavors that will arouse your senses and taste buds.

Unfortunately, beef that is not grass-fed is often labelled as such to increase sales. Moreover, we often don't know where it is coming from. The top and only way to ensure you are really eating 100 percent grass-fed beef and getting all the benefits is to go straight to a trustworthy source or restaurant.

Beef is a nutritional powerhouse, packed with healthy fats, various vitamins and minerals. For its maximum benefits, enjoy it the right way.



Beef – Degrees of Doneness From Raw to Well Done

Craving a nice piece of steak? Whilst blue is not considered a stage, it is common to eat raw beef.

There are six main levels of doneness you can cook a steak to, ranging from very rare to well done.

A rare to medium rare steak is often how a beef purist orders one.

Below are descriptions of how thoroughly cooked a cut of beef can be, based on the color, juiciness and internal temperature.

Blue/Bleu: raw, cold (no cooking has taken place all).

Very Rare: seared on the outside, completely red on the inside, cold.

Rare: seared on the outside, 75 percent red on the inside, cold center.

Medium Rare: seared on the outside, 50 percent red on the inside, warm center, firmer.

Medium: seared on the outside, 25 percent pink showing, firm.

Medium Well: a tiny hint of pink in the center.

Well Done: broiled until gray-brown throughout, firm.

Note: The interior of the meat will still increase in temperature and continue to cook slightly by a few degrees, as the hot exterior continues to warm the slightly cooler interior. For example, if you're wanting a steak cooked at medium well, for example, you should remove the steak from the heat when it is about medium rare. As the steak rests for about three to five minutes, it will continue to cook to medium well. Resting allows for the juices in the center to return to the edges.

Sebastian Tosi is the co-founder of El Gaucho Quality Argentinian products. He is an Argentinian native who has lived in Guangzhou for six years. He doesn't eat grain-fed beef at all, not even by accident. Contact him on WeChat ID: Sebastiancito

Xiaochi

Your Introduction to the World of Chinese Street Snacks

By Mandy Tie

It doesn't matter where you travel in China, *xiaochi* (or street snacks) are an essential part of the local diet. It may look like a humble bowl of steaming noodles or a baked piece of flatbread, but *xiaochi* are easygoing food that can be devoured at any time of the day or night.

With countless regional variants, it might seem impossible to understand the intricacies of *xiaochi*. But, fear not, for we're here to provide you with a quick primer on what to eat and where to find it in Guangzhou and Shenzhen.



Guoqiao Mixian

'Crossing-the-Bridge' Noodles

Cuisine: Yunnan Province

As the cold wind blows our way, there can be few heartier dishes than these slurp-worthy rice noodles. Traditionally prepared with simmering chicken broth in a stoneware bowl, the rice noodles and its various condiments including mushrooms and greens are assembled and cooked in front of guests.

There are two versions of a similar tale explaining this particular cooking method and the name of the dish. Both stories feature a devout wife who crossed a country bridge every day to deliver these noodles to her husband (who was either studying for the imperial exam or imprisoned on a desolate island), so he could enjoy a fresh hot meal. Today, these rice noodles is a staple among the Achang, Miao and Dai ethnic groups in China's Yunnan province. By late 2017, these delicious strands have conquered the hearts of New Yorkers, and are looking to take off across the Atlantic in no time. Find them at...

> **A Xiang Mixian**, Shop A006, 3/F, Grandview Mall, 228 Tianhe Lu, Tianhe District, Guangzhou 天河区天河路228号正佳广场3楼A006铺阿香米线

> **Yunweiguan Guoqian Mixian**, Shop B1-65, No. 118, Huangting Square, Fuhua Lu, Futian District, Shenzhen 福田区福华路皇庭广场118号B1-65铺 (0755 8279 5116)



Lanzhou Lamian

Hand-Pulled Lanzhou Noodles

Cuisine: Hui Muslim

To rejuvenate the blood cells, try Lanzhou *lamian*. The verb 'la' (拉) literally means to pull or stretch, and these strictly hand-pulled noodles are normally served in a clear broth with tender beef and turnip slices – and sometimes an additional spoonful of spiced chili and peppercorn.

A seasoned chef is known for making nine types of *lamian* which vary in shape and form to accommodate a range of preferences. The secret ingredient which makes these noodles extra elastic and malleable is a succulent plant called halogeton, commonly found in the desert, a geographical feature that characterizes the province of Gansu where Lanzhou is located. With slow-boiled chicken or beef broth infused with multiple spices, a bowl of Lanzhou *lamian* is, without a doubt, the ideal winter warmer. Find them at...

> **China Lanzhou Beef Noodle**, 92 Tianhenan Yi Lu, Tianhe District, Guangzhou 天河区天河南一路92号中国兰州牛肉拉面 (020 2334 2934)

> **Dongfanggong China Lanzhou Beef Noodle**, Shop No. 131, Building No. 211, Tairan Si Lu, Futian District, Shenzhen 福田区泰然四路211栋131号商铺 (0755 2361 0862)



Xiaomian Kaolaolao

Steamed Buckwheat Noodles

Cuisine: Shanxi Province

Xiaomian kaolaolao is not your usual strands-in-a-bowl sort of noodles. Visualize it as an equivalent of the Italian *tubetti* made of buckwheat flour, placed side to side neatly in a honeycomb structure. To eat, pick up the noodle tubes one at a time, and dip into an accompanying chili or *zajiang* (minced pork with soy) sauce.

Most provinces north of the Yellow River have a penchant for noodles, but Shanxi has gone one step further as the self-claimed 'home of world wheaten food.' There are scissored noodles, fish-shape noodles and a firm regional favorite – knife-shaved noodles. Should you find yourself in Shanxi, the night markets at the provincial capital Taiyuan and the ancient city of Pingyao are both renowned for dishing up hypnotizing varieties of noodles. Find them at...

> **Xibei Youmian Village**, 34 Tianhenan Er Lu, Tianhe District, Guangzhou 天河区天河南二路34号西贝莜面村 (020 3888 8989)

> **Inside Honey Lake Resort**, 6068 Shennan Dadao, Futian District, Shenzhen 福田区深南大道6068号香蜜湖度假村内 (0755 8371 0198)



Guabao

**Open Steamed
Bun Sandwich**
Cuisine: Hokkien

Backtrack to some ten years ago, *guabao* was the definition of hipster food in New York and London. These 'cut buns' are generously stuffed with tender pork, finely sliced pickled mustard greens, coriander and crushed peanuts with a sprinkle of sugar – in other words, an impeccable flavor profile and texture.

Guabao is known for its connection with the island of Taiwan and further influenced by Japanese *hirata* buns, while its origin can still be found among the Hokkien community in southern Fujian. The locals associate its appearance with 'tiger bites onto the pig' ('虎咬猪', pronounced 'hǔ yǎo zhū'), which sounds uncannily similar to the expression, 'the capturing of fortune' ('福咬住', 'fú yǎo zhù'). Within some traditional households, *guabao* is still savored every year on New Year's Eve for its auspicious meaning.

Find them at...

> **Xiong Zhangmen Taiwan Guo Bao**, 28 Qiaoxing Dadao, Shiqiao, Panyu District, Guangzhou 番禺区市桥桥兴大道28号熊掌门台湾刈包



Samsa

**Uyghur-style Parcels
with Mutton**
Cuisine: Uyghur

The name might sound strange, but a look at the humble *samsa* can bring back a string of foodie flashbacks: Iranian *sambusa*, Indian *samosa*, and Spanish *empanada*. In the autonomous region of Xinjiang, *samsa* is made by wrapping spiced mutton and onion in thin layers of dough, and baking it inside a *tonur* stove. A bite gives you the crusty skin, followed by the piping hot juicy interior. Unlike some of its better-known Silk Road cousins, the humble *samsa* has yet to claim the international spotlight. Curious eaters can find it at restaurants with a generous serving of pollo (Uyghur pilaf with slow-cooked mutton).

Find them at...

> **Jingong Xiyu Xinjiang Restaurant**, 2/F, Shangdong Meiyu, Liede Dadao, Tianhe District, Guangzhou 天河区猎德大道尚东美御2楼金宫西域 (020 8928 7731)

> **Loulan Guli Xinjiang Cuisine**, 2/F, 1041 Nanshan Dadao, Nanshan District, Shenzhen 南山区南山大道1041号2楼楼兰古丽新疆菜 (0755 8670 0177)



Cantonese Dim Sum

Savory and Sweet Snacks
Cuisine: Guangdong Province

The expression 'dim sum' translates to 'touches the heart' and is widely employed to address delicate snacks throughout China. In our Cantonese-speaking region famed for its dim sum culture, a wholesome meal would encompass everything from surf to turf, savory to sweet.

Mainstays like *char siu bao* (barbecue pork buns) and *har gau* (shrimp dumplings) are steamed and served first, followed by fried options like *wu gok* (fried taro cake) and spring rolls. You then finish with sweet buns, egg tarts or light puddings.

Pay homage to the tradition of dim sum dining and pair your meal with a warm pot of tea. Historians believe that tea houses on China's southeastern shores used to serve these bitesized items to famished merchants and seafarers, which gave name to the popular 'yum cha' customs and the modern idea of brunch. Find them at...

> **Dian Dou De**, 2/F, Kailan Building, 16 Huacheng Dadao, Tianhe District, Guangzhou 天河区花城大道16号凯蓝大厦2楼點都德 (020 3726 6163)

> **Dian Dou De**, 3/F, Building A, Tiley Central Plaza, Houhai Dadao, Nanshan District, Shenzhen 南山区后海大道天利中央广场A座3楼點都德 (0755 8652 1051)



Shaobing

Baked Flatbreads

Cuisine: Northwestern provinces / Zhejiang Province

Many baked styles of bread in China fall under the term *shaobing*, but the truth is, they can be doughy or crunchy, with or without filling, depending on where you are. Its basic anatomy is a piece of leavened dough, rolled out, and showered with sesame seeds. The variety dominating the markets are filled with finely chopped dry mustard green leaves, salted egg yolk or red bean paste, which originated from the county of Jinyun outside of Hangzhou. *Shaobing's* history traces back to the third century BC in central Asia. It is economical to make, takes three minutes to bake in a clay stove, and was favored by traveling troops and individuals alike. By the 14th century, *shaobing* had become so rooted in the Chinese psyche that poetry and ballads were composed to salute this humble bread. Having made its first European appearance in Italy last year, and with the first certified Jinyun Shaobing branch registered in the EU this March, its influence will likely stretch farther and wider in the years to come.

Find them at...

> **Hubei Jinzhou Guohui**, 116 Wushan Lu (near Exit D, Huashi Metro Station), Tianhe District, Guangzhou 天河区五山路116号湖北荆州锅盔

> **Chenguang Shaobing**, Dong Yi Fang, Gangxia Village, Futian District, Shenzhen 福田区岗厦村东一坊晨光烧饼



Mijiu Baba

Cultured Rice Pancakes

Cuisine: Hubei Province

This entry is a tribute to my mom: cultured rice flour pancakes. *Jiu niang* (aka sweet rice wine) is used as the rising agent in the batter, which is spooned onto a preheated iron griddle with minimal application of oil. Scraping these off can be a chore, but when their tangy sweetness hit the taste buds, we know they are worth the trouble.

Rumor has it that these pancakes originated in the central Hubei province, an area which thrives on rice and freshwater produce. Some vendors prefer to use cultured rice for the batter, while others, including my mom, would opt for plain rice flour for a lighter texture.

Find them at...

> **Hand-in-hand Hubei Cuisine Restaurant**, 10 Jinju Lu, Haizhu District, Guangzhou 海珠区金菊路10号手拉手湖北菜馆 (020 8420 6722)

> **Hanchu Hubei Cuisine in Memory**, 2/F, Shi Mu Di, Huangguan Tech Park, Tairan Jiu Lu, Futian District, Shenzhen 福田区泰然九路皇冠科技园十亩地2楼汉厨记忆中的湖北菜 (0755 2391 0789)



Jianbing Guozi

Savory Crêpe Rolls

Cuisine: Tianjin / Shandong Province

For some, the thought of *jianbing guozi* might be enough to roll out of bed in the morning, or pick up some Mandarin phrases. Its construction, however, is a symphonic assemblage of condiments. Spread a thin layer of wheat flour batter over a flat grill, crack an egg and add chopped coriander, pickles and a sheet of fried cracker, fold and slather the surface with soy and chili sauces. Fold again, cut in half, and it's ready.

As far as the *Legends of the Three Kingdoms* is concerned, *jianbing* was conceived when soldiers ran out of crockery and were forced to cook batter over their shields. These days, with budget value as low as RMB9 per *bing*, the only thing you have to sacrifice is time. A sufficient supply has not met its popular demand, and queueing is implied whenever you go on a *jian bing guo zi* hunt.

Find them at...

> **Xiniao Jianbing Guozi**, 25 Huanshi Dong Lu, Yuexiu District, Guangzhou 越秀区环市东路425号小鑫煎饼果子

> **Tianjin Jianbing Guozi**, Shop No. 112, Gang'ao City, Huaqiang Bei, Luohu District, Shenzhen 罗湖区华强北港澳城112号天津煎饼果子



5 INGREDIENTS

Jun Wu's Pan-Seared Cod with Asian Vegetables

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 town. Let us help you start the week with a simple five-step recipe from Jun Wu, a Chinese-Californian who moved to China with his wife over three years ago. Enjoy!

Ingredients:

- 200 grams cod fillet, skinless and boneless
- 250 grams pumpkin, skin and seeds removed
- 500 grams red cabbage
- 50 grams Zhenjiang black vinegar
- 100 grams coconut milk
- Additional seasoning: oil, sugar, salt and pepper

Method of Preparation:

1. Prepare the pumpkin

Cut the pumpkin into 3-centimeter cubes. Add 30 milliliters of oil to a pot and sauté the pumpkin on low heat. Cover the pot with a lid and simmer for 15 minutes, until they are soft.

2. Prepare the cabbage

Cut the red cabbage into quarters lengthwise and remove the white stem. Then, cut each quarter into strips, approximately half a centimeter wide. Add 30 milliliters of oil to a pot and cook the cabbage on medium heat for two minutes. Add the black vinegar, 10 grams of sugar and 10 grams of salt. Cover with the lid and simmer on low heat for 20 minutes.

3. Prepare the puree

Place the cooked pumpkin into a bowl, then add the coconut milk and ½ teaspoon of salt. Blend until it becomes a smooth puree.

4. Prepare the fish fillet

Add 1 tablespoon of oil to a non-stick pan on high heat. With a towel, pat the fish dry and then season both sides with salt and pepper. Carefully place the fish in the pan and sear for three minutes. Flip the fish and sear for another three minutes until it is thoroughly cooked.

5. Prepare your dish

Place 100 grams of pumpkin puree in the center of your plate, add a tall mound of cabbage and then place the cod on top.



Advice:

For the fish, you can substitute the cod fillet with halibut, which I also prefer. If you do, make sure you keep the skin on, as it crisps up very nicely. You can also roast the pumpkin. But since this is China, I don't assume everyone has an oven.

For more 5 Ingredients recipes, scan the QR code.



POWER ME HEALTHY

To Snack or Not to Snack

By Sharon Raccah Perez



Now that you have well and truly settled the family into a routine after the long summer, how have you fared getting back into a rhythm of eating well and looking after yourself? Maybe it's time to put a little focus on 'you' and consider a detox of sorts.

When I say "detox," I mean reassessing the foods and temptations you gave into while getting the kids back to school. This includes the hustle and bustle of life in China that has you saying "yes," to meeting friends over coffee, lunch or afternoon tea and potentially snacking throughout the day.

You may feel like living here means it difficult to maintain healthy eating habits and balance your intake, but trust me, there are options available. Thankfully, there are certified organic products readily available for you to prepare a health-conscious meal or snack at home.

I suggest instead of drastically changing your diet in three days, consider identifying any habits you may have formed over the past months and take action to reset yourself. For example, if you feel the need for something sweet, indulge in a fresh fruit salad. If you desire a savory snack, make a bowl of hummus and enjoy it with grilled veggies such as asparagus, zucchini and mushroom – these are full of goodness with immense flavor. Or, you can make my favorite go-to snack: kale chips. Of all the healthy greens, kale is the king. Packed full of antioxidants, minerals and vitamins, its benefits hit vital areas such as protecting our eyes, fighting cancer and weight management.



Sharon's Kale Chips

Ingredients:

- 80 grams kale leaves
- ½ tablespoon extra-virgin olive oil or melted coconut oil
- ¼ teaspoon fine grain sea salt or pink Himalayan sea salt
- Additional seasoning: You can also add flavors such as garlic powder, chili powder, cayenne pepper, smoked paprika or onion powder.

Method of Preparation:

- Preheat oven to 150 degrees Celsius.
- Remove the leaves from the kale stems and tear them into large pieces. Wash and gently dry.
- Place the leaves into a bowl and thoroughly coat with olive oil. Then, sprinkle on the seasonings and mix to combine.
- Line a baking tray with parchment paper and spread out the kale in a single layer, making sure not to overcrowd the kale.
- Bake for 10 minutes, then rotate the tray and bake for an additional 12 to 15 minutes until the kale begins to firm up.
- Allow the chips to cool for three minutes and eat immediately, as they lose their crispness with time.

COMMUNITY HAPPENINGS



Courtyard makes its debut in Shenzhen with the Courtyard Shenzhen Bao'an. Courtyard is a unique international brand in Songgang's manufacturing and industrial district. The hotel is located in a glittering commercial building. Amenities speak to business travelers who seek work-life balance on the road, offering convenience and comfort.



On October 12, British School of Guangzhou welcomed world-renowned dance artist, Donna Costello, as part of their collaboration with The Juilliard School, New York. Donna officially launched a new dance program, with special workshops for students.



Kids and parents had a chance to discover the beauty of organic fruits and vegetables on September 23. French Chef Christian Huang explained the choice of products and shared some cooking secrets. Finally, everyone shared an organic meal prepared with love.



Lady Eleanor Holles International School is expected to open its doors next September (2019). The school was founded in the pioneering spirit of Lady Eleanor Holles School, which has been providing an outstanding education to girls in London for over 300 years.



On October 12, the LN Garden Hotel welcomed a convoy of 14 vintage cars journeying from Hamburg to Hong Kong across eight countries. The event was a unique opportunity for Guangzhouers to view classic cars and mingle with globetrotting automobile enthusiasts.



A ceremony was held at Shen Wai International School (SWIS) on November 1 to mark the opening of Han Gallery, the first school gallery focused on art education for adolescents in Shenzhen. More than 200 guests, including Gao Yunfeng, chairman of Hans Group, took part in the inauguration ceremony. The works on display were selected by students at SWIS out of a collection of works by their fellow students. The exhibition will be open to SWIS students and teachers through December 20.



Mexico's most colorful annual holiday - Día de Muertos (Day of the Dead) - was celebrated at Canton Residence on October 26. The event was organized by the Consulate General of Mexico in Guangzhou. Guests at the event were treated to traditional Mexican specialties such as tacos al pastor, enchiladas and carnitas. Bartenders served up Mexican tequila, beer, and Jarritos (fruit sodas), keeping guests in high spirits throughout the evening as they enjoyed the Mexican music and the companionship of friends and families.



China Hotel, A Marriot Hotel hosted the 14th edition of Oktoberfest in Guangzhou last month. The celebration featured fun activities, German beer and a sumptuous buffet featuring classic German dishes, such as pork knuckle, roast beef and German sausages.

New Arrivals

Say Hello to the PRD's Newest Members



Alan He
May 4, 2018



Jerry Junior
Nov 1, 2018



Martin He
Aug 12, 2018



Sibyl Yu
Oct 27, 2017

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

GZ EVENTS



Nov 15 Beaujolais Nouveau 2018

Good news for wine lovers! It is Beaujolais nouveau season once more, and the French Chamber of Commerce and Industry in Canton, in partnership with the General Consulate of France in Canton, is going to celebrate the arrival of this year's batch with a fun celebration. Meet new friends, show off your French and Chinese skills, and quaff glasses of delightful red wine.

Thu Nov 15, 7-11.30pm; price TBD. Four Seasons Hotel Guangzhou, 5 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路5号广州四季酒店 (020 2916 5530, liang.zoe@ccfic.org)



Nov 16-25 Mamma Mia!

Over 60 million people worldwide have fallen in love with the characters, the story and the music that make this musical the ultimate feel-good show. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past to a Greek island paradise. The Chinese version maintains the original flavor of playwright Catherine Johnson's work, reinterpreting more than 20 ABBA songs in Chinese.

Tue-Sun Nov 16-25, 2.30pm/7.30pm; RMB200-780. 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)



Nov 16 Art Canton – Contemporary Art Fair

In its eighth edition this year, Art Canton, a large-scale art fair widely recognized by collectors and academia, will be held at Guangzhou Liuhua Exhibition & Trade Center. This year, more than 60 art institutions, galleries and nearly 100 artists from China and other countries will participate in the Art Canton- Contemporary Art Fair, where visitor can expect a visual feast comprising a great number of artworks representing the creme de la creme in the contemporary art sphere.

Fri Nov 16, 10am-8pm (VIP); Sat-Mon Nov 17-19, 10am-6pm (public); RMB30 early bird, RMB50 at the door. Guangzhou Liuhua Exhibition and Trade Center, 117 Liuhua Lu, Yuexiu District, Guangzhou 越秀区流花路117号广州流花展览中心 (moretickets.com)



Nov 17 2018 AmCham Winter Ball – Dance Back to the Future

AmCham South China is ready to transport guests back to the future on the night of November 17 at the glamorous LN Garden Hotel, Guangzhou. At this year's party on the theme "A Journey Through Time", guests will board a trolley of time to experience culinary delights and signature music from different eras. What could possibly be a better night than this to dance the romantic Italian balletto of the 17th century, the revolutionary European waltz of the 18th century or all the way to the dance genres we see today.

Sat Nov 17, time TBD; RMB850/980. LN Garden Hotel, Guangzhou, 368 Huanshi Dong Lu, Yuexiu District, Guangzhou 越秀区环市东路368号广州花园酒店 (thmart.com.cn)



Nov 17 Kenny G

The iconic Kenny G is coming to Guangzhou this month. The Grammy Award-winning smooth jazz saxophonist from Seattle is the biggest-selling instrumental musician of the modern era, with global sales reaching more than 75 million albums in total. His fourth album, Duotones, brought him tremendous success in 1986. In China, Kenny G's romantic style is hugely loved by audiences, especially for his rendition of household Chinese songs 'Jasmine Flower' and 'The Moon Represents My Heart', as well as signature piece 'Going Home'.

Sat Nov 17, 8pm; RMB380-980. Sun Yat-sen Memorial Hall, 259 Dongfeng Zhong Lu, Yuexiu District, Guangzhou
越秀区东风中路259号中山纪念堂 (damai.cn)



Nov 18 Les Petits Chanteurs de Saint-Marc

The French film Les Choristes has made them famous worldwide – or rather, they've made the film world-renowned. They are the Little Singers of Saint Marc, who provided vocals for the film's soundtrack. From church choir to movie scores, the Little Singers' performances have been applauded by audiences in churches, concert halls and music festivals around the world.

Sun Nov 18, 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 (020 8735 8735, ticket-easy.cn)



Nov 18 The Beats of Taiwan

The Ju Percussion Group from Taiwan is a professional band comprising 17 percussionists, best known for their innovative performance in a mixed style of both the East and the West, traditional and contemporary. Having created over 200 pieces, The Ju Percussion Group, founded by famous Taiwanese percussionist Ju Tzong-Ching, has toured the world and brought their powerful performance to about 30 countries.

Sun Nov 18, 3pm; RMB120/180. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou
越秀区二沙岛晴波路33号星海音乐厅 (020 8735 8735, ticket-easy.cn)



Nov 17 BSG International Day

The British School of Guangzhou is hosting its annual International Day event, in celebration of global cultures. Expect live entertainment, games, food and drink stalls, plus a grand prize raffle draw!

Sat Nov 17, 11am-3pm; price TBD. The British School of Guangzhou, 983-3 Tonghe Lu, Baiyun District, Guangzhou
白云区同和路983-3号广州英国学校 (020 8709 4788)



Nov 23 Kodály Quartet

Boasting complete recording of Haydn, Beethoven, Schubert quartets, among others, Kodály Quartet, four Hungarian string instrumentalists has been active in the classical music world for more than 50 years. Although the string quartet has seen members changing over time, it has been regarded as an ambassador of Hungary's string quartet heritage. See the celebrated quartet as they perform Beethoven this month at Guangzhou Opera House.

Fri Nov 23, 7.30pm; RMB180-580. 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)

GZ EVENTS



Nov 24 The Color Run

The famed Color Run, the world's largest running series, is often referred to as "the happiest five kilometers on earth" for bringing people together to promote healthy living. A total of 225 runs were held in 35 countries in 2015, four years after the event's inception. It's not about speed nor ranking but sharing joy with friends and strangers alike. Participants will receive a running package containing a t-shirt, headband, tattoo sticker, bag of colorful powder, colorful glasses and a Color Run bag.

Sat Nov 24, 9:30pm; RMB228/288. Ersha Island Sports Park, Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路 (thecolorrun.com.cn)



Nov 29 Vienna Philharmonic & Lang Lang

Chinese pianist Lang Lang, who is recognized as the world's youngest "pianist master," is no stranger to the world of classic piano. He was the first Chinese pianist to be employed by the Berlin Philharmonic Orchestra and some of most significant symphony orchestras in the US. Lang has made many number ones and first ones. In concert with the world-renowned Vienna Philharmonic Orchestra, Lang will perform in what certainly is the biggest classical music act happening in Guangzhou this year.

Thu Nov 29, 8pm; RMB880-3,280. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 (020 8735 8735, ticket-easy.cn)



Until Nov 30 World War One – Far Away from Home

The idea behind the exhibition is to present pictures of soldiers from different countries and ethnic backgrounds, who were far away from home. These people have fought, during the Great War, in Europe and mainly on the Western front in the Belgian province of West Flanders. This part of the front in Belgium was one of the most strategic areas during the conflict, and it explains why hundreds of thousands of soldiers have fought and perished on both sides of the battlefield.

Until Nov 30, 9am-9pm; free. Guangzhou Library, 4 Zhujiang Dong Lu, Tianhe District, Guangzhou 天河区珠江东路4号广州图书馆



Dec 7 - 8 TNT Theater Britain: Macbeth

Founded in 1980 in Britain, TNT Theater Britain quickly established itself as one of the most renowned touring theater company around the world. This time, they will bring you one of the most famous tragedies from Shakespeare, a dark thriller as well as a profound story, the one and only *Macbeth*.

Fri-Sat, Dec 7-8, 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 (247tickets.com)



Dec 8 IFOL

You are invited to IFOL at UISG. Join us for food, fun, games and more.

Dec 8, UISG Campus, 800 Shatai Bei Lu, Baiyun District, Guangzhou 广州市白云区沙太北路800号 For more information, check utahloy.com



Dec 19 ISA Winter Festival

ISA International School of Guangzhou invites you to the 4th Winter Festival, an annual event that promises to bring you fantastic performances, fun activities, games, prizes, fine food and drinks, and of course, a lucky draw. We look forward to seeing you at this fantastic annual event! For information, call 020 8890 0909.

Dec 19, 3pm-8pm, 2/F, The Canton Tower, Yuejiang Xi Lu, Haizhu District, Guangzhou 广州市海珠区阅江西路广州塔2楼



Dec 23 Swan Lake by Russian State Ballet

Over the last 20 years, the Russian State Ballet Theater has remained one of the leading ballet companies in Russia, enjoying international acclaim. Its repertoire includes masterpieces of classical ballets as well as the best samples of modern choreography. With its elaborate costumes, vivid set and breathtaking stunts, Swan Lake promises audiences a world-class experience.

Sun Dec 23, 8pm; RMB180-880. Guangzhou Opera House, 1 Zhujiang Xi Lu, Zhujiang Xincheng, Tianhe District, Guangzhou
天河区珠江新城珠江西路1号广州大剧院 (020 3839 2888)



Jan 3 Richard Clayderman

Born Philippe Pagès, Clayderman encountered the piano early on in life, under the guidance of his musical father. By the age of six, Clayderman could read music more adeptly than his native French. At the age of 12, he was accepted into the Conservatoire de Paris. His talent did not go unnoticed, as he was soon invited to accompany such major French stars as Michel Sardou, Thierry Le Luron and Johnny Hallyday. Clayderman's distinctive style has earned him superstar status all over the world. He has recorded over 1,300 melodies and clocked up a massive worldwide sales record of approximately 150 million as of 2006. Come out to hear this distinguished prince of piano while he's in town.

Thu Jan 3, 8pm; RMB280-1,580. Guangzhou Opera House, 1 Zhujiang Xi Lu, Zhujiang Xincheng, Tianhe District, Guangzhou 天河区珠江新城珠江西路1号广州大剧院 (020 3839 2888)



Dec 24 Festive Celebration at The Open Kitchen

Indulge in a festive celebration of culinary delights highlighted by our chefs' splendid creations – from Christmas turkey, lobster, Angus beef and other imported seafood to a delectable spread of heavenly desserts, free flow of sparkling wine, house wine and mulled wine. On Christmas Eve, we will have live entertainment, a visit from Santa Claus and a lucky draw which will absolutely add more to the festive atmosphere. For more information and reservations, please contact us at 8916 3388 or email lp@langhamhotels.com.

Mon Dec 24, 6-10pm; RMB598 for adults, RMB290 for children. The Open Kitchen, Langham Place, Guangzhou, 638 Xingang Donglu, Haizhu District, Guangzhou 海珠区新港东路638号广州南丰朗豪酒店 (020 8916 3388)



Ongoing All-you-can-eat Dim Sum

Enjoy all-you-can-eat dim sum at Guangzhou's LN Hotel 5 for the ridiculously reasonable price of RMB98 per person. Embrace Cantonese culture and cuisine while you savor steamed shrimp dumplings and sip tea in the hotel's luxurious Tea 5 restaurant. Created under the tutelage of Executive Chef Bob Wu, An array of classic dim sum dishes, 25 to be exact, will be on offer.

Ongoing; RMB98. Tea 5, LN Hotel Five, Guangzhou, 277 Yanjiang Zhong Lu, Yuexiu District, Guangzhou 越秀区沿江中路277号广州岭南五号酒店 (020 8931 0505)



Ongoing Afternoon Tea at the Park

Delight yourself with a mixed-style afternoon tea at the chic Living Room at Park Hyatt Guangzhou. Cantonese egg waffles, rock salted baked chicken wrap, homemade ice cream and among other home-style pastries – these Chinese and Western delicacies made in a live station come in traditional chinaware.

Ongoing, 2.30-5pm; RMB468 plus 15 percent for two. Living Room, Park Hyatt Guangzhou, 16 Huaxia Lu, Tianhe District, Guangzhou 天河区华夏路16号广州柏悦酒店 (020 3769 1234)



Ongoing Tropical Getaway to Malaysia with Red Brick Educational Tours

With the winter holiday approaching, why not embark on a tropical getaway to Malaysia? This family-friendly destination surrounding with vibrant culture, history and breathtaking beaches and rainforests is an amazing country for traveling and learning! Red Brick Educational Tours built traveling on fun experiential learning, cultural immersion and authentic connections. The signature Parenting Tour awakens your parent power, while "Expanding your Horizon" Personal Development Camp grooms your child with life skills outside the regular classroom. The experience is nothing but heartwarming and transformational!

To find out more, please contact Dino at dino@redbrickedu.my

SZ EVENTS

Beaujolais Nouveau 2018

Friday, November 16th 2018
Shenzhen Shangri-la Luohu Hotel



Nov 16 Beaujolais Nouveau 2018

The Beaujolais Nouveau 2018 is on its way to South China! This new edition of one of the greatest parties of the French Chamber of Commerce will be held on Friday, November 16 at Shangri-la Luohu in Shenzhen and in partnership with the Consulate General of France in Canton. The Beaujolais Nouveau night gathers every single year more than 350 people, French and Chinese, and makes everyone to discover and enjoy the new French red wine in a very friendly atmosphere. Perfect place and time for exchanges with business decision-makers, this evening is the opportunity to develop your professional network and build promising connections up. The French Chamber of Commerce is pleased to invite you to support and celebrate the appreciated Beaujolais Nouveau 2018 in Shenzhen!

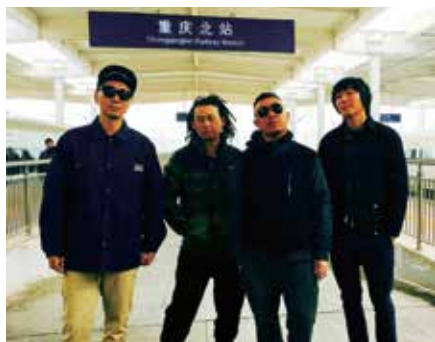
Nov 16, 7pm-11pm. Shenzhen Luohu Shangri-La Hotel, 1002 Jianshe Lu, Luohu District, Shenzhen 罗湖区建设路1002号 (020 8233 0888, 134 2553 7323) For information, email crispin.elise@ccfc.org



Nov 24 The 7th Annual Shenzhen International Chess Open Tournament

Chess players in Shenzhen will soon have the chances to test their skills against the best in the city. The 7th Annual Shenzhen International Chess Open Tournament will be held in Center City Park, Shenzhen Book City at on November 24 between 8am and 5:30pm.

Nov 24, 8am - 5:30pm, Central Book City, 2014 Fuzhong Yi Lu, by Pengcheng San Lu, Shenzhen 福田区中心区福中一路2014号中心书城 (0755 2399 2012) For information, email 2369010454@qq.com



Nov 24 Sparrow

Instrumental band Sparrow return to Guangdong with their latest release, Temple Rain Lianzhu. The band position themselves as a throwback in this era of electronic and hip hop music but make no mistake, their emotional, soaring guitar lines will run you ragged in a way that a lot of modern music cannot.

Nov 24, 9pm. RMB100 presale, RMB120 at the door. B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen 南山区香山东街华侨城创意文化园北区C2栋北侧 (0755 8633 7602)



Nov 24 Now You See Me

Based on the movie series of the same name starring Jesse Eisenberg and Woody Harrelson, this magic show employs cutting edge technology to pull off tricks that have never been seen before. With four very talented magicians on hand to keep you entertained, this show is sure to be a spectacle.

Nov 24, 8pm, RMB280-580. 3001 Shenzhen Bay Sports Center, Binhai Dadao, Nanshan District, Shenzhen 南山区滨海大道3001号 (0755 8630 8888)



Nov 25 Jay-Jay Johanson

Swedish singer-songwriter Jay-Jay Johanson has quite the musical background. While ostensibly a melancholic singer-songwriter, Johanson has also contributed in part to energetic electronica band The Knife's 'Marble House'. He has made extensive use of trip-hop and multiple electronic elements in his career, making him somewhat of a curiosity.

Nov 25, 8:30pm. RMB150 presale. B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen 南山区香山东街华侨城创意文化园北区C2栋北侧 (0755 8633 7602)



Nov 26 Wang Wen

We have said it many times before, but Dalian's Wang Wen are one of the hardest, if not the hardest, working bands at the moment. Back on tour with their brand-spankin'-new album, *The Invisible City*, catch their ethereal sound as it fills the rafters at Bio Live this month.

Nov 26, 8.30pm. RMB120 presale, RMB150 at the door. B10 Live, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen 南山区香山 东街华侨城创意文化园北区C2栋北侧 (0755 8633 7602)



Nov 28 - 29 Chen Peisi's Old House

Renowned Chinese comedic actor Chen Peisi brings one of his best known performances, *Old House*, to Shenzhen Poly Theatre. A suspenseful story colored with comedy, Chen's 2009 humorous work has been counted by many as a challenge for both spectators and actors alike.

Nov 28 - 29, 8pm. RMB180-880, Shenzhen Poly Theater, Baoli Culture Square, Haibin Lu, Houhai, Nanshan District, Shenzhen 深圳市南山区后海滨路保利文化广场保利剧院 (020 8637 1687)



Nov 30 Mary See the Future

Taiwanese indie band Mary See the Future have a sterling reputation on the mainland after putting out great albums like *My Fake True Love* and *Yes, I Am*. Despite the fact that they haven't released anything in a while, it is a joy to see them return to the mainland for what should be a great tour.

Nov 30, 8.30pm, RMB100 presale, RMB120 at the door. Hou Live, B112A KK ONE Shopping Center, 9289 Binhe Dadao, Futian District, Shenzhen



Dec 1 - 2 Disney on Ice

Catch all of your favorite Disney characters on ice this month as the celebrated family-friendly show *Disney on Ice* comes to town. Combining world-class ice skating and heartwarming Disney stories, this is a great one for the little ones.

Dec 1 - 2, Sat 3pm/7.30pm, Sun 10.30am/3pm, RMB120-380. 3001 Shenzhen Bay Sports Center, Binhai Dadao, Nanshan District, Shenzhen 南山区滨海大道3001号 (0755 8630 8888)



Dec 8 Captivating Santa Run

Please join us for a really fun festive morning to help raise funds to bring hope to underprivileged children and families in Qinghai. Everyone is welcome. Come in your favorite red, white or green outfit or festive best. The run is 6km long but there will be a 3km family run for those with young children. There will be medals for everyone who finishes as well as prizes for the run winners, and the best fancy dress! After the run, there will be a chance for the children to meet Santa Claus and receive a free gift, as well as post-race entertainment and Christmas carols. We hope to see you there. All proceeds from the event support the work of the Captivating in China through the Shenzhen Charity Federation.

Sat, Dec 8. Starts 8am, ends around 11am. RMB150/adult, RMB50/Children (12 years old and under). Meeting Point: Central Park of Fishing Harbor (park across the road from Emily's Cafe, Peninsula Phase 2) Jinshiji Lu, Shekou, Nanshan District, Shenzhen. Note: Children (12 and under) must be accompanied by a participating parent/guardian. Registration fee includes: Santa hat, souvenir T-shirt and race medal. You will need to register by November 23 at 3pm to receive a souvenir T-shirt. Registration closes November 30 at 1pm or when full. For info: santarun@captivating.org or call 0755 2667 4830

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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) 三沙岛烟雨南路3号; 2) 萝岗区科学城翔龙路19号

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

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

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

Guangzhou Nanfang International School No.1 South Industrial Park,

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

ISA International School Guangzhou Block C2-2 Redtory, Siheng Lu, No.128, Yuan Village, Tianhe District, 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而街9号 (比邻国家4A级旅游景区九龙湖) www.ywies-gz.com

Language Centers

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

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



FAMILY ENTERTAINMENT

Parks

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

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

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



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



HEALTH

Dental

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

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

Health Services

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

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

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

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

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EDUCATION

Early Childhood Education

up, 307 a/b/c, 3d Floor, Donghai City Plaza, North of Hongli, West RD, Futian (8339 0166; 8339 0266) www.upchildren.com
福田区香蜜湖红荔西路东海城市广场三座 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, Jinshiji Lu, Shekou, Nanshan District (2685 1266) 半岛城邦国际幼儿园 南山区蛇口东角头金世纪路1号半岛城邦一期

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

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

Shen 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.ccscc.com.cn 南山区南光路166号

Extracurricular

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

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

Language Centers

Classic Mandarin, 1) Room 11F Seaview Plaza, No.18 Taizi Lu, Shekou, Nanshan District (2688 6112). 2) Rm 601, Unit 1, Building 4, Guanhai Garden, Wenxin Wu Lu, Nanshan District (8605 2515). 3) Room 22B, 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 9590). 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 Ji Xie, Nanshan District. 2) 16B, Seaview Plaza, Taizi Lu, Shekou, Nanshan District (400 600 2202). www.hanbridgemandarin.com 1) 南山区侨城西街美加广场D栋103室 2) 南山区蛇口太子路海景广场16B

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

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

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

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

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



HEALTH

Dental

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

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

Arrail Dental, Unit 2, G3&G4/ F, Di Wang Commercial Center, Shun Hing Square, 5002 Shennan, Dong Lu, Luohu District (2583 5608). www.arrail-dental.com 罗湖深南东路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 (opposite the west gate of Shenzhen University), Hui Fang Yuan

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

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

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

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

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

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

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). kokuai clinic@tpmmmedical.com 福田区福华一路国际商会大厦B座203单元

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



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