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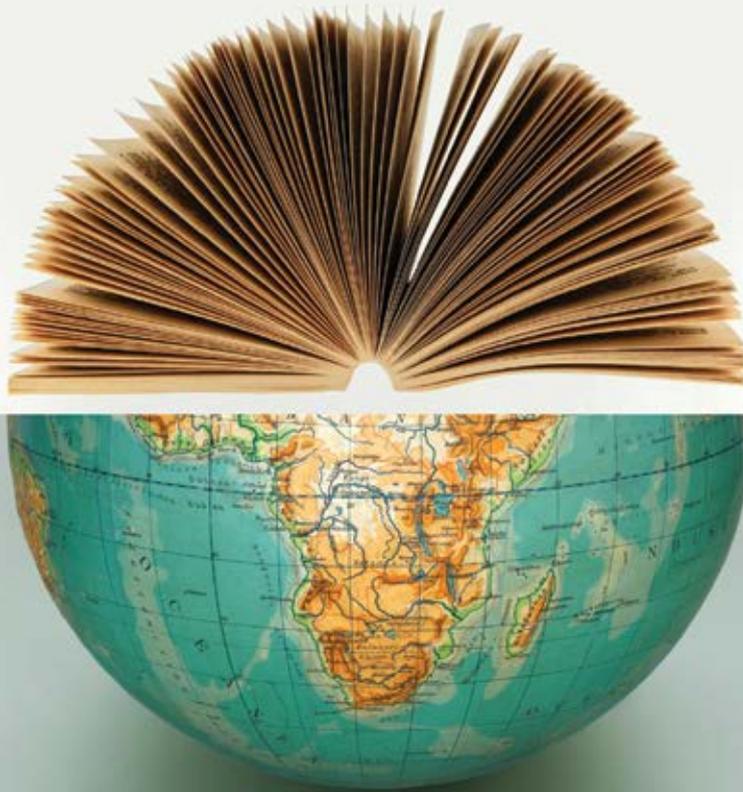
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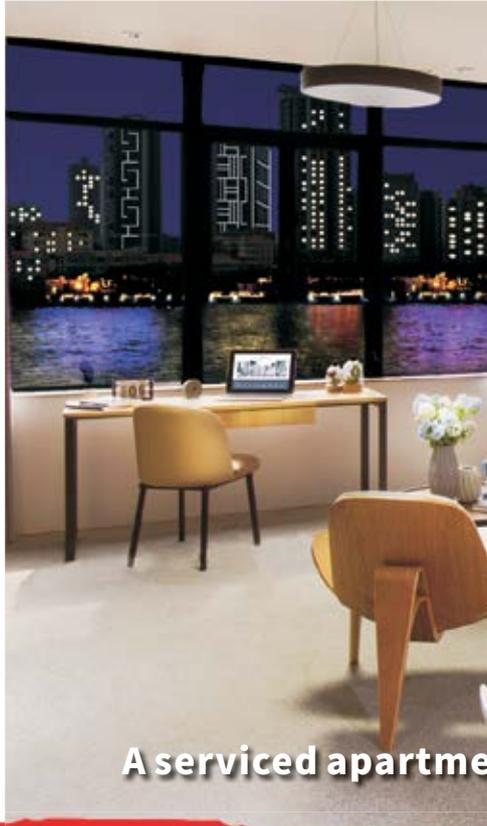


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COVER

THIS MONTH'S COVER

has been designed by Cilla Yang.



随音像制品发行

# EDITOR'S NOTE



**S**ome 25 years ago, four students, including yours truly, started a little school magazine dedicated to local happenings. We published not what we considered merely worthy, but what we loved. What we lacked in depth and consistency, we made up for in breadth of passion, appreciation and candidness. Seeing our little passion project, our mothers subsequently encouraged us to enter a regional writing competition as a group. We ummed and ahed a little but entered on a whim. As I write this, I am reminded of that fateful day in 1995, where a bashful bunch of 13-year olds went up to proudly collect the first prize at Sydney Town Hall, blushing with shock and awe.

It must be noted here that my generation grew up with print newspapers and magazines as a fact of life. To our minds, it still is. So, when the idea of a writing competition for students aged 6-18 was brought up in passing, a bunch of us were intrigued. After all, isn't this the generation that supposedly gave up on poems and short stories altogether for the mere pleasures of an internet meme? But my oh my, was I wrong. The contents of this issue prove that indeed, both forms are in fighting condition. With a whooping number of submissions (over 50!) emailed to us, we spent hours poring over them, refocusing our picture of the world. Our cover story from p22 is designed to sink in, and be read from start to finish. It can't be surfed or delivered to your email. All you need to do is read, and enjoy the creativity, curiosity and criticality of these young writers around the Greater Bay Area. To our young readers: We're constantly told that there aren't enough of you anymore; thank you for proving us wrong. Thank you for submitting your voices, for making us realize that a pen is indeed mightier (than a mouse). Let the critics say what they like; we know that writing is alive (and kicking!).

Of course, no issue of *Urban Family* is complete without our usual goodies: Family favorites (p42), festive DIY gift ideas (p44), family recipes (p48), holiday travel ideas (p54) and plenty more. As the year draws to a close, we at *Urban Family* wish you very happy holidays and splendid festive celebrations. See you in 2020!

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

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# URBAN BLURBS

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Editor 编辑 biān jí

Author 作者 dà xué

Short story 短篇小说 duǎn piān xiǎo shuō

Poem 诗 shī

Newspaper 报纸 bào zhǐ

Magazine 杂志 zá zhì

Novel 小说 xiǎo shuō

Fiction 虚构小说 xū gòu xiǎo shuō

Non-fiction 写实小说 xiě shí xiǎo shuō

## Air Pollution Increases Risk of 'Silent' Miscarriages in China



New work published by a team of researchers from Chinese universities in *Nature Sustainability* journal found that exposure to airborne pollutants increases the risk of 'missed' (or 'silent') miscarriages. According to Phys.org, the study found that exposure to greater concentrations of airborne particulate matter was connected to a greater probability

of having a missed miscarriage in the first trimester of pregnancy. Sulfur dioxide, ozone and carbon monoxide were also said to be associated with a higher risk of silent miscarriages. The study was completed by researchers from the Chinese Academy of Sciences as well as four universities, observing more than 250,000 pregnant women in Beijing from 2009 to 2017. According to the report, cited by Phys.org, 17,497 women in the study experienced a missed miscarriage. The paper's authors noted that "the risk increase is not linear but becomes more severe the higher the pollutant concentration," which means that pregnant women living in cities experiencing more air pollution have a higher chance of having a silent miscarriage. This study's findings are said to be "consistent with other studies of air pollution and pregnancy loss," a public health professor not involved with the study told France-based international news agency AFP. In January, research published in *Fertility and Sterility* found that increased levels of nitrogen dioxide (NO<sub>2</sub>) are linked to the risk of miscarriage, stating that an increase of 20 micrograms per cubic meter was associated with a 16% increase in the risk of miscarriage.

## Here's What Guangzhou Is Doing to Help Mothers Who Breastfeed



Guangzhou is helping out new mothers by making nursing rooms mandatory in large public facilities. According to *Southern Metropolis Daily*, the city government passed the 'Guangzhou Breastfeeding Facilitation Regulation,' which aims to provide mothers who are breastfeeding with proper facilities for nursing their babies. Public places that exceed 10,000 square meters or have more than 10,000 visitors daily – including medical centers, train stations, airports, libraries, parks, malls and other places – are being called upon to construct breastfeeding rooms, or else they will face a penalty of up to RMB50,000. The regulations also aim to educate new mothers about breastfeeding by training medical personnel on breastfeeding practices as well as setting up breastfeeding clinics.

Companies will be expected to comply with regulations that allow new mothers to take a one-hour-long break (per nursing child) for breastfeeding without being deducted pay. The one-hour break does not count time spent on the commute for breastfeeding. The new rules highlight a growing concern with China's low breastfeeding rate. In September, a white paper on the state of breastfeeding in China, cited by Sixth Tone, revealed that less than 30% of infants under six months old are breastfed in China; the national target is 50%. In the US, 51.8% of babies are still breastfeeding at 6 months of age, according to a press release from the Centers for Disease Control and Prevention. One factor likely affecting China's breastfeeding rate is a rise in infant food items in China. The baby food industry took in RMB20 billion in 2018. Guangzhou's new regulations on breastfeeding also prohibit medical institutions from recommending infant food products and receiving milk powder free of charge from milk powder producers.

# URBAN BLURBS

## 99 Kids Hospitalized after Food Poisoning at Chinese Kindergarten



In September, a food poisoning outbreak at Montai International Kindergarten in Fenggangzhen, Dongguan hospitalized 103 students, school staff and family members, according to the city's municipal health bureau. Knews reported that a total of 242 kindergarteners and 12 adults were affected, with almost half hospitalized. Within 24 hours of the outbreak, 103 were sent to local hospitals, of which 99 were young children, and four were teachers or family members. The health bureau's investigation concluded that the outbreak was possibly the result of the foodborne pathogen salmonella. According to *Sina News*, the culprit was most likely contaminated sandwiches served during lunch on Friday, September 20. Montai Kindergarten suspended class on Monday and Tuesday the following week in order to disinfect the facilities, the health bureau stated. On Tuesday evening, September 24, the public security bureau detained three suspects who were said to be involved, according to multiple reports. No names or occupations were mentioned. Lychee News reported that the school had issued a letter of apology and paid all the hospital bills for the affected students. The school also paid out

RMB20,000 to the families of severely ill children and RMB5,000 to the families of students who were more mildly affected. The school has already cut ties with the food supplier that served the contaminated food. Sadly enough, these types of incidents occur rather often. In April of this year, a kindergarten teacher poisoned 23 students in retaliation to a conflict with another teacher. In 2015, students at a middle school in Guizhou were so angry over their peers' hospitalization due to their cafeteria's poor food quality that they tried to burn down the school.

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# URBANITE EVENTS

## Love Your Library Reading Experience Day (Supported by **that's** and **urbanfamily**)

On September 21, 15 local and expat families assembled at the Multi-Culture section of Guangzhou Library to join the second 'Love Your Library Reading Experience Day' and a lantern-making workshop, both organized by Urban Family and Guangzhou Library. Two teachers experienced in the fields of science, programming and 3D printing joined the workshop to guide the little ones in creating their lanterns. A 'Super Little Artist' certificate was awarded to every ingenious participant at the end of the event.



## Innovation For Change - 2019 CIEO/CIS Education Conference (Supported by **that's** and **urbanfamily**)

The Canadian International Educational Organization (CIEO) hosted their 2019 International Education Conference on November 8 at Canadian International School of Guangzhou. The event was attended by teachers, educational experts and faculty from five different international schools. This year's theme was "Innovation: The Future of Education". The goal was to help teachers, parents and anyone interested in education understand STEAM, PBL, ELL and other aspects of the theme. The event was a resounding success and CIEO thanks one and all for their attendance and support.



## Go PINK! Breast Cancer Charity Event a Rousing Success (Supported by **that's** and **urbanfamily**)

The Breast Cancer Awareness Month Charity Foundation Event was a rousing success. Held by Guangzhou United Family Hospital, That's PRD, *Urban Family* and Slow Life Restaurant, in conjunction with The Pink Ribbon Foundation, the event took place on October 20. All guests, wearing pink ribbons and shades of pink to show their support, learnt more about breast cancer and its awareness and prevention from Dr. Kate Gaynor, General Manager and Family Medicine Physician at Guangzhou United Family Hospital. Gendie Lash, a Guangzhou resident, also talked about her inspiring journey with breast health. Guests had the opportunity to bid for some amazing prize in a live auction which raised a significant amount of money. Thanks to several generous sponsors such as some 5-star hotels and RedPony, the lucky draw saw guests walk away with spectacular prizes. With all money going to The Pink Ribbon Foundation, the event culminated with a presentation of a honorary cheque. Special thanks to all our supporters and guests! Ready, get set and GO PINK!



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# THE SPIRIT OF CHRISTMAS

## A Gift Timeline and Festive Holiday Flicks

*By Frances Chen and Timothy Musgrave*

**W**hether you are celebrating Christmas, Hanukkah or Kwanza, let's not forget that goodwill to all and spending time with those who matter the most is the very es-

sence of the holiday. We have put together a gift timeline to bring back old memories and some festive films to inspire you to curl up and enjoy the season. Happy holidays!



# Top Selling Gift Timeline

## 1920s

The yo-yo – Invented in the 1920s, it became the most sought-after gift for kids of all ages. Throughout its long history, the basic design remains simple; two equally weighted sides, a small axle and a piece of string. Hours of fun!



## 1940s

The Slinky – Invented in the 1940s while engineering springs for shipping, Richard James apparently knocked a coil off the table and then down the stairs; sometimes the simplest things can delight the most.



## 1930s

Hasbro's Monopoly board game – Invented in the 1930s, this iconic board game still has families arguing about who landed where and who owes who how much money. With special-edition versions available for almost any theme, this game will continue to entertain generations for years to come.



## 1950s

Mr. Potato Head – The 1950s saw this little plastic vegetable with detachable arms, feet, ears, eyes, glasses, hat and moustache adorn little kids' stockings on Yuletide morn. He was brought back to prominence with the movie *Toy Story*, proving there's plenty of life in the old spud yet.

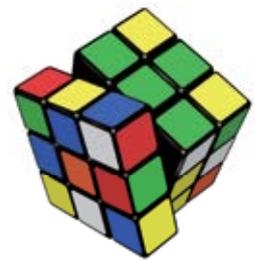


## 1980s

Hungry Hungry Hippos – Introduced in the late 1970s, this finger slapping, marble gobbling, fight starting, crash of a game at least got the kids tired after half an hour. Ready for bed kids? Sneaky Moms, they knew all along.



Rubik's Cube – Designed in 1980, these cubes were a huge hit on the Christmas present scene for the ensuing decade. Spawning a multitude of varieties, the Hungarian geometric puzzle cube still lays unfinished somewhere in every attic or garage.



GameBoy – 1989 saw the dawn of the first truly playable handheld videogame system. Who would have thought that from those humble beginnings of *Tetris* and *Mario* we would now be playing...? *Tetris* and *Mario* still. Now pass it over, it's my turn.



## 1990s



Cabbage Patch Kids – With the dawning of advertising and mass media saturation, the Cabbage Patch craze was perhaps the first sight of hysteria at the tills that many had witnessed. Now, almost commonplace, but then... well, you just had to have one.

# 1960s

**Barbie** – This plastic female monolith of a doll was designed in the late 1950s and, through many style transformations, is still popular today. Politics and gender equality issues aside, Barbie now does much for the self-confident child to aspire to, with her wide variety of careers and nothing but kindness approach to life. As for Ken...?



# 1970s

**Slime** – Do you remember slime? Dip your hands into the green bucket, feel the gunk squelching through your fingers, stretch it, pull it, throw it... why? Who knows. Slime was invented in 1977. Its purpose is still to be decided and it seems to be making a comeback with many homemade recipes available and new-colored versions on the market.



**POG** - In 1991, things went retro, though not many of us knew it. POGs, harking back to old milk-cap throwing games of decades before, were cleaned off the shelves of every store lucky enough to get an order in. Things soured when educational bodies deemed the game was a form of gambling, banning them from schools across the land. Hurumpf!



**Furby** – Brought to life in 1998, people were so desperate to get their hands on a real Furby that black market sellers were charging two Cabbage Patch Kids just for the basic fluffy robot. Honestly though, prices went through the roof and this iconic little fella became a huge Christmas hit.



## Do You Know These Facts About Christmas Gifts?

Do you know...

...how it all started?

Many consider the origin of Christmas gift-giving and receiving is a commemoration of the three presents brought to baby Jesus by the three wise men. But the tradition of this act during winter actually dates back to the time of the ancient Romans, when people believed the generosity of giving could bring good fortune in the coming year.



...where all the gifts and decorations come from?

Please don't be disappointed if I tell you they are not from the North Pole and all made by elves. According to *Xinhua News*, more than 60% of the world's decoration and gifts are made in Yiwu, a city in Zhejiang Province that is famous for its small commodity wholesale industry. In this massive 'Christmas Village,' the preparations for the season start as early as June – because by September, they have already begun production for items for Valentine's Day and Easter.

...who da Santa?

Call him Father Christmas, the Christkind, Santa Claus, the Wise Man, Befana or good old Pere Noel, but the one man who is considered the real-life Christmas gift-bringer is St. Nicholas of Myra (a town in today's Turkey). This fourth century bishop was believed to have helped the poor and gave secret gifts to those in desperate need.



# Festive Flicks

## Holiday Films for the Family



One of the highlights during the festive season must be the Christmas movie marathon. You might have watched these movies so often that you can recite the script, but when the Christmas tree is decorated, the lights are flashing, stockings are hanging and your family is together on the couch, we know you'll be happy to immerse yourself in viewing them all over again. Watching Christmas movies has become one of our

many family holiday routines. So, don't let the absence of Western TV channels ruin this quality family time – download or stream these classics for more inspiration. This issue, instead of a single movie review, we have selected six Christmas movies from six different categories, so everyone in your family is covered. We have also thrown in a Christmas movie quote quiz to test your knowledge. Ready for your marathon? Go!



### The Classic

*A Christmas Carol (2009)*

When we say 'classic,' we are referring to Charles Dickens' timeless novella and not the film. The story stems from the cruel portrayal of poverty, yet rises above to convey a message of hope, which Dickens simply does best. This Christmas story has been recreated on the big screen many times, however Robert Zemeckis' 3D adaptation is a modern interpretation of Dickens' characters and brings scenes back to life. When you see the stooping, spindly and bitter protagonist make his entrance, you are in no doubt that this is Ebenezer Scrooge. If you don't feel like a dated real-action classic, or the *Muppets* version this Christmas, then Zemeckis's effort might be your choice. A theatrical treat that still tells a good story loyal to the book. Just try and forget it's Jim Carrey.

### The New

*The Man Who Invented Christmas*

Now that we know the tale of Scrooge and the wakening of his good nature, it's time for a bit of a 'prequel'. Starring Dan Stevens (as Dickens) and Christopher Plummer (as Scrooge), *The Man Who Invented Christmas* tells the story of how *A Christmas Carol* was created. The film focuses on the period when Dickens was pondering over the characters and the plots, while struggling with the pressing situation of a financial crisis and writer's block. "If the name's right, then the character would appear," utters Dickens while strolling back and forth in his study. And the rest, as they say, is history. The name 'Scrooge' is one of the most recognized monikers in the history of literature – and 'Humbug' to anyone who says otherwise.



## Family Fave

### *Home Alone*



The *Home Alone* series must be one of the most popular and essential for Christmas family viewing, not only because of the adorable main character, but the message it conveys – “Will you please tell Santa that instead of presents this year, I just want my family back.” (We just accidentally gave you the answer to one of the quiz questions, oops!) Indeed, our family might frustrate us at times, however, there are no others you’d rather be with during the holiday season. The first installment, as so often is the case, is the best and John Williams’s score will live on in cinematic archives for decades to follow.



## Something for Mum

### *Love Actually*

“I feel it in my fingers, I feel it in my toes. Christmas is all around me, and so the feeling grows.” We don’t blame you if you are singing along while reading this (and consequently

cursing for hours when you can’t get it out of your head), but this movie has contributed to the great soundtracks of Christmas. Although the multitude of storylines doesn’t leave time for every love story to develop into a memorable romcom classic like *Notting Hill*, we find *Love Actually*, with its star-studded cast, still one of the most worthy Christmas flicks in its genre. And you know how well Richard Curtis can play romance.

## Animated

### *The Nightmare Before Christmas*

Every film that Tim Burton has ever produced includes a quirky grotesque charm. You would think that a Christmas movie is supposed to celebrate and embrace the joyfulness of the holiday season, but as usual, his interpretation goes way off the wall, in true Burton style. So, when Jack Skellington, the well-respected Halloween Town character of terror and nightmares tries his hand at gift-giving, he soon realizes he’d be better off sticking to what he does best, celebrating Halloween. There may be a message in there for all of us: Never mind being a little special, a little awkward, even a misfit, as if you are gifted in a particular way, you should enjoy being who you are. Be advised that this movie can be a tad ghoulish for young children, however, it might be just the one for your earphone wearing teenagers.



## Something for Dad

### *Die Hard*

Before the first *Die Hard*, you probably wouldn’t have imagined an action movie series making its way onto a Christmas must-watch list. The movie came out during Christmas, the story is set on Christmas Eve and yuletide music plays along the entire soundtrack. John McClane is a family man who really just wants to spend time with his children and see his estranged wife; as for battling the terrorists and saving all the hostages, that was just what stood between him and his family, and he had to deal with it. For dads, a heart-pumping movie is always more entertaining than a heart-warming one.

## Quiz Time:

Name the movies that these famous quotes come from.

1. “Look, Daddy. Teacher says, every time a bell rings an angel gets his wings.”
2. “This is extremely important. Will you please tell Santa that instead of presents this year, I just want my family back.”
3. “Blast this Christmas music. It’s joyful and triumphant.”
4. “You stink. You smell like beef and cheese, you don’t smell like Santa.”
5. “Just because I cannot see it, doesn’t mean I can’t believe it!”
6. “Nobody’s leaving. Nobody’s walking out on this fun, old-fashioned family Christmas. No, no. We’re all in this together.”
7. “Faith is believing in things when common sense tells you not to.”
8. “Close your eyes, and think of snowflakes and moonbeams and whiskers on kittens.”
9. “I wear the chain I forged in life. I made it link by link and yard by yard.”
10. “You’re skipping Christmas! Isn’t that against the law?”

(See answers on page 23.)



# Advice from Dad

## Home Away from Home for the Holidays

By Leonard Stanley

The holiday season is officially here bringing an air of charity and goodwill. As we reflect on the many things we are thankful for, this time of year can also bring feelings of angst over being away from home and the people we love the most. So how do we overcome these less than positive emotions of anxiety, in lieu of the more fitting holiday spirit? Well, unfortunately the answer is not easy, as there is no substitute for the places you grew up and the ones you love, yet left behind. However, as a veteran of this fine country, who has spent many years away from home over the holidays, I can offer you some of my best solutions to cure the holiday blues.

### Celebrate with Your 'Family'

One of the first strategies that comes to mind for solving what has the potential to be an annual issue, is to replicate your holiday celebrations with the people that have been there for you during your stay here in China. We all have a close group of friends you spend the majority of your time with. They are similar to family yet better, because you actually chose them, and the holiday season is when you need them. There's a chance they are also away from home

and in need of familiarity during this season. So why not get together and plan a special holiday celebration, where you can replicate your favorite traditions from back home. Pull out all the stops as you decorate your home with holiday adornments that inspire those warm fuzzy feelings. Fill the halls of your house with the smells of the season as you cook meals that remind you of home, because we all know nothing eases the mind like comfort food. Completely engage every one of your five senses and you will feel as though you never left home in the first place!

### Create New Traditions

Alternatively, you can decide to embrace the diversity of our cities and redefine your holiday experience by creating new traditions. The Greater Bay Area is a melting pot of people, and one of the benefits of residing in a megalopolis like this is the exposure to an infinite range of new and exciting cultures. Why not take advantage of this to create your own holiday traditions? It is a great way to learn about others and bond at the same time.

### Get Away From Town

Lastly, (and this one may be a bit selfish but hey, I deserve it) take a trip to a local, warm weather location and enjoy some sun and sand. If you are from a cold climate like me, then getting away for a beach vacation is the perfect gift for you and your family. Our winters are not that frigid but nothing beats the beach when you are feeling blue. When you take the time to think about it, the holiday season is fundamentally about togetherness, acceptance and spending time with those you care about. These ideals are not exclusive to any particular country, and they can be recreated here with close friends who share the same values, even if your cultures are different. It's a great part of the expat experience; to blend different cultures in an effort to find out what makes us similar – as the things that bring us together are greater than those that divide us.

Look for ways to include those closest to you into your holiday routine, start your own holiday traditions or get away this season to ensure a happy home-away-from-home holiday!

# Going for the Goal

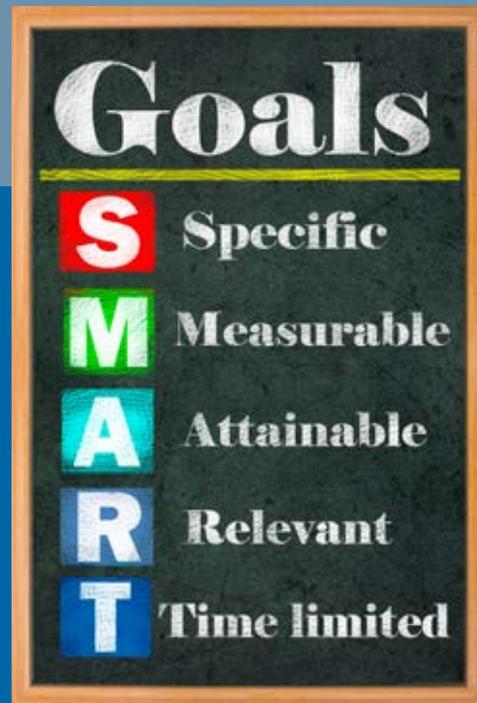
## Identifying Strategies to Help our Children Set Realistic and Achievable Goals

By Dr. Nate Balfanz

**W**ith the winter holiday season drawing near, I try to make it a point to encourage my families to use the upcoming break exactly as it is intended – to relax, to enjoy the company of family and friends, and ultimately to recharge our batteries before diving headfirst into the new year. But before you know it, the break will come to an end and life will inevitably require of us to shift our focus to preparing our children (and ourselves!) for the second half of the academic calendar year. For those kids who had a difficult start academically or otherwise, I will suggest that both the child and parents consider the holiday break as a 'hard reset,' with hopes of inspiring a renewed sense of encouragement and vigor for the remainder of the school year. In our role as parents, we can use this as an opportunity to help our children create goals that will reinforce a 'can do it' attitude and a belief in their abilities. Let's take a moment here to explore a pragmatic method of helping our children set challenging but achievable goals for themselves, both in and outside of the classroom.

### What the Research Says

In the mid-1960s, American industrial/organizational psychologist Dr. Edwin Locke conducted research examining the relationship between motivation and human behavior, to develop a concept he would identify as 'Goal Setting Theory.' The theory demonstrated wide-range applicability across multiple settings, and would later provide the basis for a useful mnemonic created by business performance consultant George T. Doran, known as the S.M.A.R.T. method of goal setting. In its original form, Doran proposed that goals which were Specific, Measurable, Assignable, Realistic and Time-related helped to provide the goal setter with a clearer roadmap for how to achieve their objectives. The acronym itself has gone through multiple iterations since its original design, which is often dictated by the setting and population to which they are applied. Research and real-world application have demonstrated how the S.M.A.R.T. method can also be useful in guiding our children through their various academic and extracurricular pursuits by providing them with a realistic and objective measure of achievement to collaboratively work towards.



### Using the S.M.A.R.T. Method with Our Children

While goals will vary with age and circumstance, listed below are basic examples of how to turn a 'good' goal into a 'better' goal by applying the S.M.A.R.T. method of goal setting.

**Specific:** Be clear and concise about what is trying to be achieved

**Good:** Get good grades

**Better:** Get all A's and B's this quarter

**Measurable:** Ensure that the goal can be easily tracked and monitored

**Good:** Participate in more extracurricular activities

**Better:** Join one new club and participate in one new sport this semester

**Achievable:** Consider if achieving the goal is realistic

**Good:** Learn to speak Mandarin fluently in my first year in China

**Better:** Meet with a Mandarin tutor three times a week for the next three months

**Relevant:** Make the goal meaningful and contextually significant

**Good:** Decide what I want to do for my career

**Better:** Pick a college major that is consistent with my academic strengths and interests

**Time-based:** Assign a specific time frame by which to achieve the goal

**Good:** Submit all of my college applications

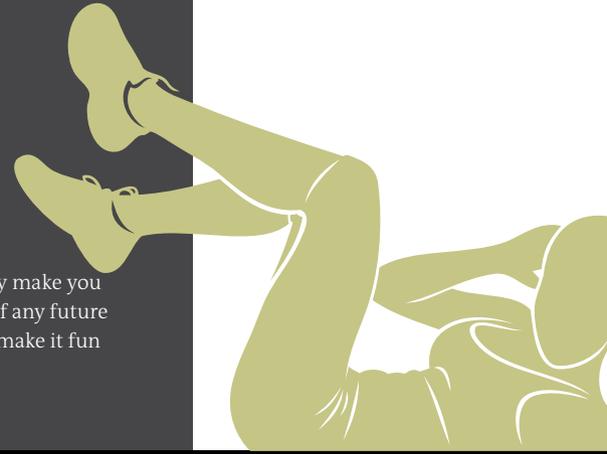
**Better:** Submit each of my college applications one week before their due date

# Keep Your Abdominals Strong

## 10 Easy Exercises to Engage Your Core

By Lauren Hogan

**W**ith the holiday season upon us, squeezing in a sneaky abs session will not only make you feel better about those holiday treats, but it will also fire up your core ahead of any future feasts. Set aside 15-20 minutes a day to put your abs into action. You can also make it fun – and keep yourself accountable – by challenging yourself and a friend to do it together



### EXERCISES

#### 1. Warm up with jumping jacks (20 repetitions)

#### 2. Situps (14 repetitions)

- Lie on your back to start the abdominal exercises.
- Plant your feet firmly on the ground with knees bent and pointed up.
- Place your hands behind your head, ensuring that your fingers are lightly touching, not clasped.
- Stretch out your elbows, engage your core and raise your upper body through your chest.
- Avoid pulling yourself up with your neck; keep it straight with your chin up.

#### 3. Cross-arm crunches (14 repetitions)

- Cross your arms over your chest, touching the opposite shoulder.
- Pull your belly button in towards your spine.
- Slowly raise your shoulders up and down, engaging your core in a crunching motion.
- Ensure your lower back is flat on the ground.



#### 7. Russian twists (16 repetitions)

- Sit upright with your feet planted on the ground.
- Slightly lean back to form a V shape.
- Keeping your core engaged, straighten your arms in front with hands together and twist from side to side.
- To increase difficulty, lift your feet slightly off the ground and place a weight in your hands.

#### 6. Heel touches (30 repetitions)

- Bring your feet back to a firmly planted position with knees bent.
- Keep your chin up and shoulders slightly off the ground.
- With your fingertips, alternate moving your right arms down your body to tap your right heels and left hand to left heel.



#### 4. Cross-over crunches (14 repetitions)

- Place your hands behind your head.
- Bend your legs, knees pointing up.
- Simultaneously lift your right elbow and your left knee to touch and alternate with the other side.
- To increase difficulty, fully extend the leg versus keeping it planted on the ground between repetitions.

#### 5. Flutter kicks (30 seconds)

- Keep your arms by your side, with palms flat on the ground.
- Raise your head slightly, again imagining a tennis ball is tucked under your chin.
- Keep your back flat, and rapidly kick your feet keeping them slightly off the ground.



### 8. Heels to heaven (10 repetitions)

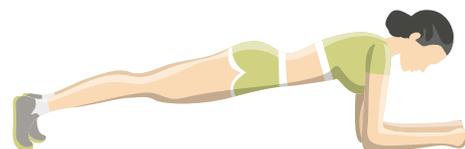
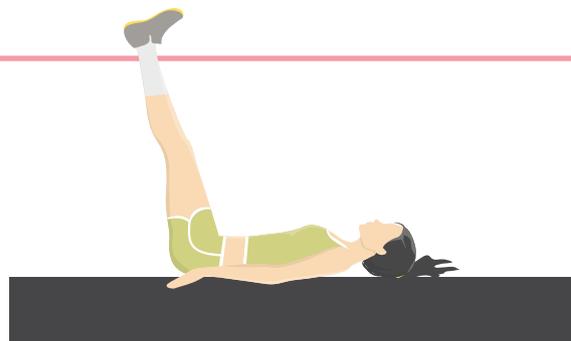
- Raise your legs straight up with your feet parallel to the roof.
- Lift your bottom off the ground so you are raising your heels to the sky.
- Gently lower back down and repeat.

### 9. Superman (15 repetitions)

- Turn onto your stomach.
- Fully stretch out your arms in front of you and your legs behind you.
- Simultaneously raise your arms and legs off the ground, then lower and repeat.

### 10. Plank (60 seconds)

- Imagine your body as straight as a board.
- Engage your glutes, core, legs and arms.
- Hold steady and try not to drop or raise your hips.



## STRETCHES

### 1. Cobra stretch (30 seconds)

- Lie on your stomach, with your hands under your shoulders.
- Push up, leading with your chest to stretch your abdomen.

### 2. Side twists (30 seconds)

- Lie on your back, with arms stretched out and palms facing the ground.
- Bring your knees towards your chest to form a 90-degree angle.
- Gently rotate your hips to lower your knees to the left, holding for 30 seconds. Then, repeat on the opposite side.

## CHALLENGE

Undertake this routine for 30 days. Each day, complete one round of the exercises, or repeat for an extra burn! Every fourth day, take a rest and then keep going.



# FILM



## MOVIE QUOTE QUIZ

## ANSWERS



WHERE?



WHEN?



TICKETS



1. *A Wonderful Life*

2. *Home Alone*

3. *How the Grinch Stole Christmas*

4. *Elf*

5. *The Nightmare Before Christmas*

6. *National Lampoons Christmas Vacation*

7. *Miracle on 34th Street*

8. *Scrooged*

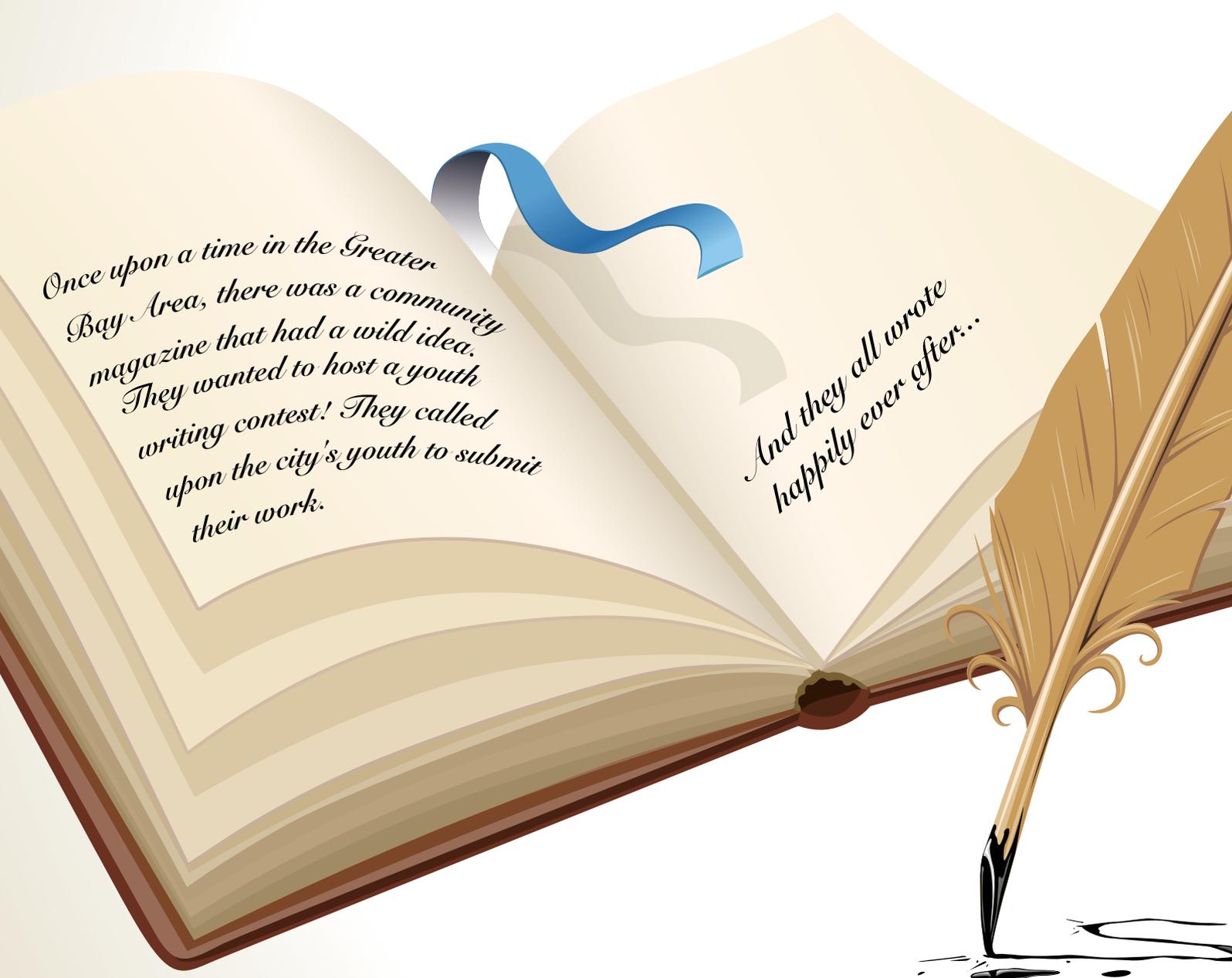
9. *A Christmas Carol*

10. *Christmas With the Kranks*

# YOUNG SCRIBES

MEET THE WINNERS OF OUR 2019 WRITING CONTEST

Collated by Lena Gidwani



*Once upon a time in the Greater Bay Area, there was a community magazine that had a wild idea. They wanted to host a youth writing contest! They called upon the city's youth to submit their work.*

*And they all wrote happily ever after...*

### **A Message From the Editor:**

From all of us at *Urban Family*, thank you for participating and making the 2019 Youth Writing Contest a huge success. We have a number of people we would like to thank. Our venue sponsor, The Happy Monk Party Pier, for allowing us to hold the event there, and our prize sponsor iBorn Women and Children's Hospital and iBorn Clinic. We also want to say a big thank you to the judges – Howard Stribbel (Director of International Education at the Canadian International Education Organisation), Matthew Bossons (Editor-in-Chief of *That's PRD*) and Thomas Thorogood (English literature teacher and two-time winner of the *That's PRD* Writing Contest). And most importantly, to our loyal readers for sending us their submissions. Congratulations to all the winners!



**A**nd it's a wrap! Over the past few weeks, we've asked young writers across two age categories (6-12 and 13-18) around the Greater Bay Area to send us original literary works – short stories and poetry – and send they did! Our inboxes were flooded with submissions from students, moms, dads and even some grandparents! Our judges had a tough time deciding who to pick as finalists. After much deliberation, we chose 23 participants to read their work at a live reading party. With plenty of folks coming to support their favorite writers, the event was a rousing success, as we celebrated the best of the best.

Here are some pictures from our live reading party, held in Guangzhou on November 10. For your reading pleasure, we've also published the six winning submissions in each age category as selected by the judges, two reader's choice winners as selected by a live audience and two editor's choice winners as selected by the editor.

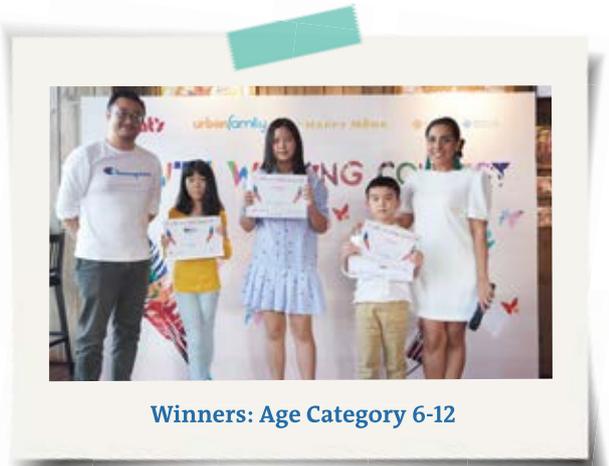
**Congratulations to our young scribes! *Urban Family* applauds you on your hard work and dedication to the written word.**

# YOUTH WRITING CONTEST

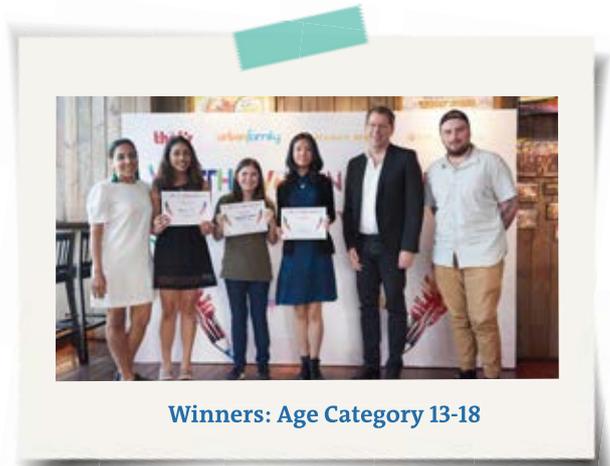


Meet some of the 2019 Youth Writing Contest finalists!

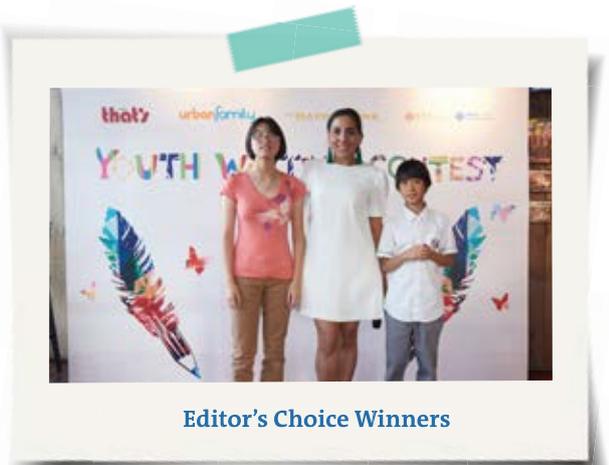




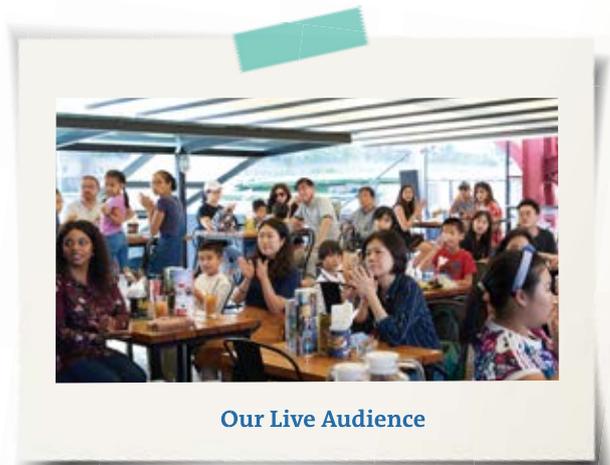
**Winners: Age Category 6-12**



**Winners: Age Category 13-18**



**Editor's Choice Winners**



**Our Live Audience**

# Winning Submissions (Age Category 6-12)



## A Vampire's Secret

By Rachel Chew, International School of Nanshan Shenzhen

If someone walked up to you and said, "I'm a vampire," What would you do? Would you scoff and roll your eyes and walk away? Would you burst out laughing and say, "Nice joke!"? Would you say, "Yeah right, and I'm a man-eating zombie"? Or would you tell them vampires don't exist? If you picked the last one, you're wrong. Vampires do exist.

The name's Luna. I'm here to tell you a little secret: No one knows I'm a vampire. If you're human, don't read this unless you support vampires. You do? Good. Actually, it doesn't matter if you're going to report me to the cops. I'll be long gone by then. Still loyal? Then keep reading.

So, you see, my father is a vampire and my mother is a witch. They taught me how to use a special potion that allows me to impersonate someone else. After making the potion, you pick a person to impersonate and then you drink their blood...

All of it.

Actually, not all of it. Leave a few drops of blood to put into the potion. After you mix it together, the potion is ready.

I remember the first time I fed off someone's blood, it was wonderful. I remember stalking the girl, standing outside of her house in the dark and watching her take out the trash. I felt my inner vampire take over me, I remember wondering if fresh blood tasted better than blood bags.

It was. Much, much better...

I felt my eyes grow hot. With red light emanating from my eyes, I crept towards my prey like a hunter. It reminded me of the time I watched a lion creep up to a gazelle on the National Geographic channel. The lion got closer and closer, then he pounced onto the gazelle. Before it had time to react, the lion had already ripped its neck open and blood sprayed everywhere. I'd clicked off the TV and went to get a blood bag to ease my hunger.

I trembled with excitement, adrenaline coursing through my veins. I felt my fangs slide over my lips and I licked them hungrily. Now, I was right behind her, and she hadn't noticed a thing, she was closing

the garbage can lid and humming a cheerful tune while scrolling through her Instagram (or whatever it's called).

You won't be cheerful for long, I thought. I kept my eyes trained at her neck, knees bent, mouth gaping and hands at the ready. She slipped her phone into her pocket and turned around... to face me.

"What the..." I tackled her onto the grass, knocking over the trash can. She let out a little scream but I slapped my hand over her mouth. I sat on her waist and leaned forward, latched my mouth to her neck and pierced her skin with my fangs. She let out another muffled scream and hit me multiple times, but the blows just glanced off me.

I sucked hungrily, drinking the blood as humans drink water. After a while, she stopped struggling and lay still. I left a tiny bit of blood in my mouth, took the potion out of my pocket and put the blood into the potion. Then I mixed it and drank it.

I took out a tiny mirror from my pocket. I was now visible and had the girl's face. I reached into the girl's pockets and pulled out her phone and ID.

"Kate Morgan," I read. I got off her dead body and walked away, wiping her blood off my mouth. Call me Kate Morgan.

*The end...Or is it?*



## The Magical Tree

By Karen Chen, International School of Nanshan Shenzhen



Twin sisters Alice and Alicia sat on a wooden bench under a thick tree. It was mid-winter, the worst day you could've imagined.

"I've had enough of writing!" Alicia shouted so everyone walking down the streets could hear her nice and clear.

"Stop it!" whispered Alice.

Alicia rolled her eyes, "Alice, you hate writing and I know it!"

The twins each wore light pink jackets and old pairs of jeans that their elder sister used to wear when she was their age.

"Mom will be worried, let's go home," said Alice, changing the subject. But Alicia just stood there, frozen. Her eyes were so big that Alice thought they might pop out.

"D-did you just see that?" Alicia's voice trembled with horror.

"See what? Don't tell me it's just a trick," said Alicia as she shook her head.

"I swear I saw that tree move!"

Alice laughed, "Don't fool me, I know your tricks."

Alicia looked desperately into Alice's eyes, "Please, I saw that tree move its branches like hands!"

"Show me then."

Alicia slowly pointed in the direction of the 'Magical Tree'. It looked just like the rest of the trees surrounding it.

"Watch closely," Alicia whispered.

Alice squinted her eyes so she could see better. The tree Alicia was pointing at slowly grew a face: Eyes grew from nowhere, then a nose and then a mouth smiled warmly in the direction of the twins.

"Is that tree looking at us?"

Alice managed to nod, "I-I think so."

They watched closely as the tree's branches started to come closer and closer to them.

"W-What is it doing?" Alice asked.

"I have absolutely no idea. The only thing I know is... RUN!" The twins grabbed their backpacks and raced towards home. The tree's mouth grew into a wider smile as the twins ran farther into the distance. Its branches stretched longer and longer at a fast pace and started to catch up to Alice and Alicia.

"How far is home?" Alice shouted.

"Almost there, just one more block!" Just as the words came out of Alicia's mouth, her feet got tangled in the tree's branches. The branches swallowed her up. Little by little, Alicia's body was disappearing

under the branches.

"Alicia!" Alice made a U-turn and raced back directly into the branches. Alice kicked the branches hard with her sneakers.

"It's no use Alice!" Alicia shouted through her half-swallowed body, but Alice kept kicking the tree. All it did was hurt her feet.

Alicia was almost fully swallowed now, only her head was free from the grasp of the tree. Alice thought about all the games she and Alicia played together when they were little. She remembered playing basketball, pretending to be princesses and folding paper airplanes and origami.

"Wait a second, paper, paper! I need paper!" Alice dumped everything out of her backpack and found a library book. She ripped a piece of paper from the story and sliced it through the tree's branches. It might just be a thin piece of paper, but it has always had special uses and this time was no exception. The branches of the Magical Tree slowly untangled Alicia and went back to where they belonged.

"Don't tell mom anything!" said Alicia as she looked at Alice desperately.

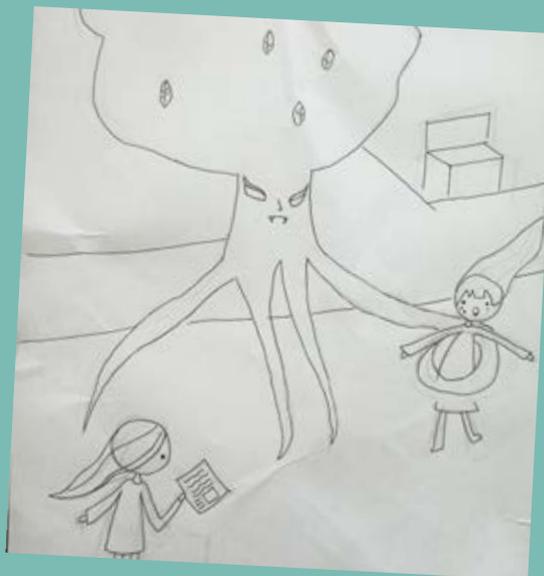
"Of course."

"But how did you know the paper would work?"

"I was inspired by a magic book I read."

"Maybe reading and writing does help after all!"

The twins laughed and as they walked home together like nothing had happened, they knew very well that they would never forget the day they encountered the Magical Tree.



## My First Cruise Ship Experience!

By Jerry Lau, Basis International School Guangzhou

Have you ever been on a cruise ship before? I have. On my Christmas holiday last year, I experienced an unforgettable trip on a cruise ship. I had never been on a cruise ship trip before, so my family and I experienced a short sea voyage for three days and two nights. I was very excited!

On December 21, 2018, we waited for the cruise ship to arrive at Kai Tak Pier in Hong Kong. When the sun was about to get 'eaten' by the blue, shimmering sea water, a giant entered the pier. This was the World Dream Cruise, a huge cruise ship that is 18 stories high and weighs up to 150,000 tons. (I checked it on the internet, so I know this is true!)

After boarding the ship in the evening, I was curious to explore the ship. There was food from all around the world, 3D cinemas, duty-free shops, a children's entertainment world, water parks, mini golf zone and so on. I even came up with a plan for the next morning. When I woke up, I went to the balcony to see that the sun had emerged. The blue sea

went on for as far as my very own eyes could see. Some islands were "showing-off," and some weren't. How beautiful!

I went to the water park excitedly. I slid freely down the water slide, just like a fish in water. I went to the mini golf zone after that. The course was designed with many difficulty levels, but it was not difficult for me. I also put the ball into the hole to hit 'EAGLE!'

On the morning of the third day, we reluctantly left the cruise ship. I felt happy because I had experienced delicious food, the refreshing air of the sea, fun games and the happiest of times. I can now sleep well every night remembering the 'music' of the ocean's waves and the sunset and sunrise.

I am looking forward to my next voyage. Are you also looking forward to it?



## Winning Submissions (Age Category 13-18)



### Take A Deep Breath...

By Kassitty Lee, QSI International School of Dongguan

A fish cannot drown,  
For it thrives in water.  
I could drown,  
For I crave air.

But why is it  
That I feel like I'm drown-  
ing?  
That I feel like I'm choking?  
On nothing but air?

It must be my imagination,  
Because I know I need the  
air.  
Yet the fear is so real,  
Feels so real.

The pressure on my chest,  
The stinging in my eyes.  
I'm thrashing and strug-  
gling;  
I need to escape.

Resisting the want,  
The urge,  
The desire to open my  
mouth,  
And take a deep breath.

I shouldn't.  
I want to.  
I won't.  
I did.

A fish cannot drown,  
For it thrives in water.  
I could drown,  
For I crave air.

But the air I breathe,  
Is toxic to me.  
The deeper my breath,  
The closer to death.



## A Walk to School

By Agnieszka Gilbert, QSI International School of Dongguan



In Dongguan, the rising sun cast a gilded light on the tall apartment buildings as the air-conditioned lift carried the young schoolboy down the tall apartment building. He walked along the small pathways that weaved between the towering buildings that reached towards the sky. The boy peered upwards at the blue sky as the wind swirled the leaves and brushed the yellow school uniforms hanging from the balconies. He neared the gate and smiled at the guard who waved him through. The boy lifted up his arms and welcomed the breeze that blew, twirling the trees and cooling him from the heat. He walked past the big hulking grey shopping mall, which held an array of shops and restaurants. The small stalls at the entrance of the mall were all shuttered up in the early morning light. He turned off the main street and stopped to let a swarm of motorcyclists pass him, all driving to work. A pleasant aroma arose from a cart selling noodles. Workers walked away, swinging bags of steamy food. The boy shifted his bag full of homework and joined the group of students, all scurrying towards the school building.

Meanwhile, in Guangzhou, the girl leapt out of bed frantically searching for her school uniform. She was late. Again. Hurrying out of her house she scurried through the tree-lined garden outside of her housing complex. The shops that were usually busy during the day were closed and the

only people about were suited businessmen and schoolchildren like her, hurrying to school or work. She hopped on the bus and it took off, driving through the busy streets. Taxi's zoomed past, skirting bikes and cars. As the long yellow bus crossed the bridge that traversed a winding river, the girl turned around and peered out of the window at the tall, winding Canton Tower that stretched towards the sky. It was her favourite view and she looked at it every morning. She settled back in her seat as the bus turned towards the road that led to school.

It was a cloudy day in Shenzhen as a brother and sister headed towards the subway station. The sister glanced nervously at the sky which threatened rain as she held her brother's hand. They descended the steps into the air-conditioned station and swiped their cards at the machine. The sister pulled her brother onto the train. There were no seats left so the siblings hung onto the metal pole and each other as the subway shot through the darkness. The carriage stopped as soon as it started and a crowd of people tumbled out like potatoes from a package. The two siblings climbed up the steps and crossed the busy road. At the school gates, the sister handed her brother his lunch before waving goodbye as they separated in different directions.

One by one, each child traveled to school, by walking, by taking the bus and by the subway. In three different cities, each child made their way to school, each with different families, different lives and different stories. They would all grow up, to have different futures and different jobs, but for now, they had one thing in common: They were all students, who were making their way to school.



## Cellphones and its Unknowing Leash

By Vikisha Gohil, American International School of Guangzhou

Imagine losing *everything*. Everything, in a matter of a few hours. Heart-wrenching, right? Okay, now rewind. I don't mean everything financially, but where we store our entire lives...

That's right, phones! To say phones are essential would be an understatement. It's astonishing how cellphones have become our daily necessity. My mum, for instance, has accidentally walked into walls numerous times while texting. During the holidays, we travelled to Sydney to visit family. The day we landed, there was a one-day sale at a wedding store, and my aunt wanted our opinions on veils for her daughter. During the long 45-minute drive there, I scrolled over photos on my phone. No surprise there. When we finally returned home, exhausted from jetlag and the car-ride, I put down my purse and reached for my phone. My heart froze. My wallet, sanitizer and sunglasses... were all there. No phone. My phone wasn't there. All I could hear was my heart pounding as I hastily sprinted to Mum. Her raging eyes corresponded with her voice, "What! Where did you last use it?"

"The car?" We immediately checked the car. Thoroughly. Using flashlights, we examined each and every nook and corner. But still... NOTHING. With a nerve-wracking check of Find My iPhone, we realized, without an Australian SIM card, it wouldn't work. My tongue felt as dry as summer sand, while sweat trickled down my forehead despite it being winter. My mind was going crazy. Then it clicked.

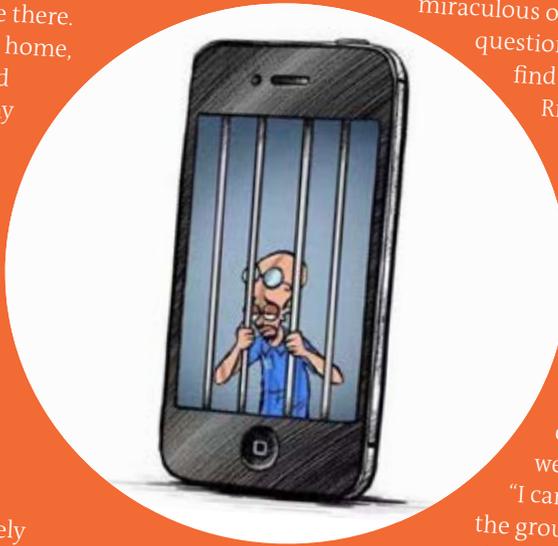
I didn't recollect putting my phone away when we reached the wedding store... perhaps I dropped it on my way out? My family insisted we drive back there to check. During the agonizing ride, my heart hammered violently while questions swung back and forth like a pendulum. What if my phone got

stolen? Or hacked? What if I never find it? The car was getting way too small for all these questions. When we reached the shop, we scrambled out of the car onto the pavement. If I hadn't been so preoccupied, I would've taken a minute to admire the stars that glittered like a blanket of diamonds. I barely noticed as a breeze danced around my body. Using flashlights, we searched everywhere. My heart jumped at each rock that resembled my phone.

Nowhere. My heart, mind, and soul ached like a part of me was missing. Hope seemed to have tossed itself out the door. Now pause. You're probably wondering whether this experience has a miraculous or a tragic ending – the exact question I had at the time. You'll find out for yourself in a second.

Right as we were about to head back, my aunt stopped in her tracks. She pointed to a small note that read, "iPhone Found," with a phone number attached. Hope jumped back through the door. Mum dialed the number, put it on speaker and explained the situation we were in. The lady answered, "I came across the phone on the ground and I knew someone must've dropped it. I live nearby. I'll

come and give it to you." We all stared at each other in amazement. A miracle. A red-headed lady jogged towards us, holding a phone. My phone. The feeling was unsurpassable, like a light shined on me. It may sound like a huge exaggeration, but I felt complete. Honestly, I was lucky. But looking back, I realize we place so much power into mere objects. Phones have become indispensable as we unknowingly prioritize it as a necessity. We, as humans, are blessed with the freedom to speak our minds and live our lives. But when we're living it leashed to a device... Is that really living?



# Reader's Choice Winners

Age Category  
6-12

## I am a Raptor

By Nelson Pithard, American International School of Guangzhou



Do you think that dinosaurs are extinct? Well, let me tell you that they are not. I am one of them. When I came to Guangzhou, my dad brought me to a green field. There, everyone was staring at me. They were all green, just like raptors. At first, I was scared. I mean, who wouldn't be scared if a bunch of raptors were staring at you?

But then the boss of the Raptors spoke to me, "Welcome Nelson! We are so happy to have you," he said. He continued, "Your jersey will come next week. By the way, my name is Coach José."

Our first tournament was in Pazhou. We trained really hard and we were to play against a really

strong team. Finally, the day arrived. It was hot and sunny, and I was feeling nervous and excited. As we played and played, I scored two goals. But at the end, we still lost 9-2. That felt horrible. Even for a raptor. We tried so hard but, in the end, it was not enough. Our coach told us that we would have another tournament with the under-8 team. He said, "We have to look forward to what comes our way and keep training hard."

Two weeks later, it was match day. "Are you ready?" Coach Jose asked us, the under-8 Raptors. I was not! After losing a few times, how could I be? "Okay, listen up! We can do this," Coach José said. I was the captain of my team and proud to lead the team on to the field. Coach José shouted, "DFC on three." We all shouted, "One, two, three, DFC!"

The final match started. The other team was very good. We had to do penalties, but only three people were allowed to shoot. The other team scored two penalties and our team also scored two. They were all depending on me. If I scored, we would win the tournament. If I missed the shot, we would be in second place. I heard the whistle, then I shot.

"Goal!" our coach shouted. We won the tournament! The tournament organizer said loudly, "and the winner is DFC Raptors." The football tournament was over and we had won. I was so happy!

Let me tell you: I am a Raptor! We never come alone and when we come, we come with a roar! We will never be extinct!

## Age Category 13-18

### Fortnite Fright-Night

By Siddh Sharma, American International School of Guangzhou



Today was going to be the best day ever. My friend Neel was coming over for a *Fortnite* overnigher, and we were going to get our skins on and have a seriously good time. As soon as we reached home, I sprinted to the TV and turned on *Fortnite*. As the update started downloading, an Earth-shaking rumble filled the air. "WHAT WAS THAT?" I shrieked.

"I think it was my stomach... I'm starving," Neel mumbled awkwardly. "Let's play first," I said. However, within a few minutes I also started to feel hungry, so I decided to cook. I turned on the gas, put a pan on the stove and reached for the butter. That's when I made a blunder – I grabbed the butter using my fingers. I managed to get it off my fingers and into the pan, as my hands were slippery, I accidentally switched the flame to full.

The fire exploded in my face making me flinch, my brain short-circuited as I watched the fire turn to a cobalt blue. The searing-hot fire partially melted the pan, the molten iron trickled down the counter and solidified on the walls. I watched in horror as the chain reaction intensified. The walls caught flame, and in no time my kitchen was burning. I quickly grabbed some water and dumped it on the flame, which made it worse. I backed away. "NEEL !? WE HAVE A PROBLEM!"

"Did you come second in *Fortnite* again?" was his response. "NO! This is slightly more serious..." Neel walked towards me, took off his headphones, and glanced at the fire. "Is that real or is it a Hologram?" he inquired. "This is for real and we need to put it out quickly!" I said.

"Didn't you pay attention when we were learning about fires during the fire drill?" Neel asked. "Neel, they

never told us about putting out fires. All they told us was where to line up, and not to freak out," I responded. "But you always freak out during fire drills," Neel annoyingly insisted. Speaking of fire drills. I sprinted out the back door and slammed the fire alarm as hard as I could, shattering the glass and triggering the alarm. I couldn't believe that I hadn't realized this before. I ran back to where Neel was, but he was trudging into the fire. "NEEL? COME BACK! DON'T GO IN THERE!" I shouted.

He ignored me. I called again. Complete silence. In frustration I kicked the empty water bottle into the fire. My eyes followed the bottle as it rolled. Then I lifted my eyes slightly. I was petrified. Neel's hair was on fire. I stared at him in shock. Despite being partially on fire, Neel began to mix random dishwashing liquids in my kitchen, making some kind of a white foam, which he poured into the fire. The results were immediate. The fire was reducing, but Neel's hair was still on fire. He held up the peace sign as he burned. As I tried to grab him, I heard a group of firemen entering the apartment.

The chief stared at me. Tears streamed down my face. "You are too late," was the only thing I could say in response. They decided not to talk to me, afraid that I would emotionally break down. Suddenly, I heard a thrashing sound and lots of coughing. I sprinted back into the kitchen and Neel was still alive! I pulled him out of the pile of ash.

He coughed and sputtered, and then he spoke up. "I'm still hungry! Can you cook?" \*Cough\*

## Editor's Choice Winners

### Age Category 6-12

### Viper

By Galen Lee, International School of Nanshan Shenzhen



Slithering through the dead bones  
Killing prey violently  
Secret assassin hiding in the dead leaves  
Stinging vigilant animals  
Waring against predators of doom

Devouring  
Hissing  
Stinging  
Surviving  
Stings of venom create extinction  
Screee, the escaping animals scream

Tearful animals dropping on the ground  
Lost hopes and dreams the serpent absorbs



## Desired Dream

By Maylin Quinn, QSI International School of Shekou



Something was over my eyes. It was cool, smooth but uneven. Like someone had haphazardly tied it over my head. But what was it? I was standing somewhere. I couldn't hear any traffic nor any people talking. As the wind blew against my face, I felt someone's hand softly touch my arm. "Come on," he said. I picture the smile on his face. "Let me take you somewhere special."

I didn't object to letting him guide me. After a moment, I felt the smooth ground turn uneven. Stepping over a few stones every now and then, we traveled for what seemed like hours.

"Where are you taking me?" I asked. He chuckled to himself.

"You never were a patient person," he said to himself in amusement. "I'm not telling you," he continues, directing this to me. Turning my head to face him, I pouted and tried to convey my puppy dog eyes through the blindfold. It was no use. Peace and quiet followed the next few minutes. Suddenly, I tripped over a rock. It caught me off guard and I started to fall to the ground. Before I could hit the ground, though, I felt him pull me

towards him. Tumbling into his arms, we fell backward, me landing on top of him. Amused, he pushed me off and picked himself up. I tried getting up. Keyword: *tried*. I kept stumbling over rocks. Laughing at my expense, he pulled me up to him. We continued to walk for some more time until we halted to a stop.

"Okay. You can take the blindfold off now." Pulling the scrap of fabric off my head, my eyes adjusted to the light in front of my face. I gasped at the sight in front of me. We were on a hill that overlooked the city. The sun was setting, with the light reflecting on the skyscrapers. It looked like something out of a romance movie. I thought nothing of it. After all, how could a person as wonderful as him possibly fall for the likes of me? Pulling me back to reality, he touched my arm. Smiling, he steered me towards a small patch of grass with a blanket and picnic basket. Sitting down and opening the basket, he took out plates and just enough food for two. We eat in silence, being such good friends that nothing needed to be said.

Finally, I start a conversation. "So," I started, "Why did you bring me here?"

"Because you're my best friend and I lo-like you." He caught the slip-up, but I heard it anyways. Was he going to say that he loved me? "Why do you like me?" I asked him. "Why would I not like you?" He said in retaliation, a cheeky smile on his face.

"Ha-ha, very funny," I said sarcastically. "Seriously. Why?" He grew serious now.

"Because you are the only one to make me smile and laugh at any time. You are the one who always cares for me. The one who likes me for who I am. I know that there's a good person underneath those hard-exterior walls you protect yourself with." For a moment, I was silent. "So?"

"I like you. I'm allowed to like a friend am I not?" he asked. A faint shade of pink started to appear on his cheeks, obviously hiding something from me. Seeing that he wasn't going to take the initiative and confess, I did. Moving my weight to my arms, I leaned forward and

– Bang! Bang! Bang! "Wake up, lazy! Breakfast is ready!"

# Special Thanks to all our Sponsors!

**Read, read, read. Read everything—trash, classics, good and bad, and see how they do it. Just like a carpenter who works as an apprentice and studies the master. Read! You'll absorb it. Then write. If it is good, you'll find out. If it's not, throw it out the window.**

– William Faulkner

# Read to Write

## How to Become a Better Writer

By Lena Gidwani

**R**eading is fashionable. Again. It's so cool that we bet you can find hundreds of quotes about how good and useful reading is, how much it can influence a person and his or her way of thinking and how awesome it is to sit on your cozy sofa, reading your favorite book and diving (not literally, of course) into an imaginary and wonderful world. Have you ever wonder how writers get inspired? Have you ever thought about how JK Rowling came up with her vivid characters and those crazy names in the *Harry Potter* series?

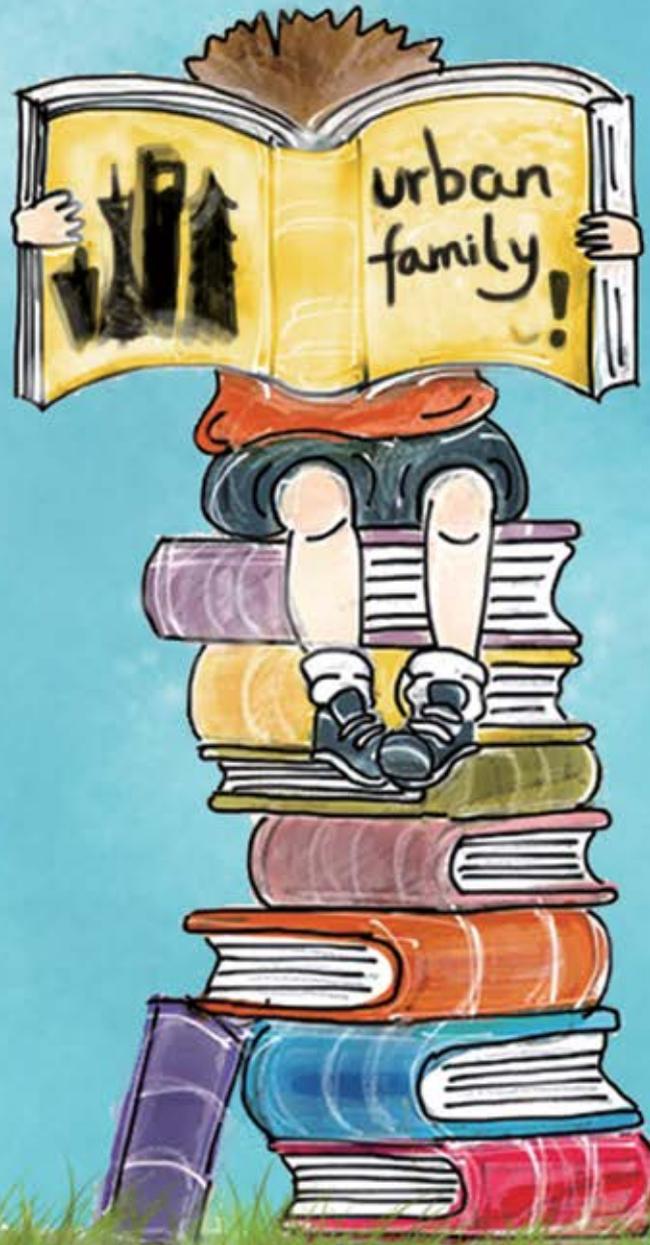
Simple. Writers read. Good writing is impossible without reading. If you aspire to be a writer, you'll probably agree with the fact that the art of writing is nearly impossible to teach. You can finish some courses on creative writing or graduate from a university with a degree in journalism or literature, but that does not mean that you can write. Truth be told, even the best of writers often find themselves hitting plateaus and roadblocks when they aren't reading regularly. They can run out of words, if they're not being challenged through books and other material. This is generally why there are two things that writers recommend to others who want to improve their writing: more writing, of course, and reading. More writing is an obvious one, since practice makes perfect. But writing in a vacuum won't do us much good. You need to read. A lot. Magazines. Books. Periodicals. Non-fiction. Fiction. Every author writes for readers; no grammar rules and writing techniques will help you understand your reader if you do not read yourself. You need

to grasp the art of language, to appreciate the finer points of words. Reading exposes you to other styles, other voices, other forms and genres of writing. As you read, you should jot down ideas and capture thoughts as they come. Nothing inspires a writer like reading someone else's words. Importantly, it exposes you to writing that's better than your own and helps you to improve.

### Here Are Some Ways that Reading Can Help You

- It helps you find inspiration.
- It lets you gain new information and deepen your knowledge of a subject or topic.
- It helps you learn your genre better and use text models for successful academic writing.
- It provides you with wider vocabulary for your own works and broadens your mind.
- It makes you understand the language better and remember grammar rules even without learning them.
- It helps you learn from real gurus of writing.
- It helps you reveal the secrets of this career in practice.

Reading – the good and the bad – should inspire you. It will develop your palate for all the tricks that writers have invented over the years. You can learn from textbooks about the writing craft, but there's no substitute for discovering for yourself how a writer pulls off a trick, and that is what becomes part of your experience. So get reading, get writing and watch the ideas start flowing!



# Promoting Early Literacy

## Building Reading Skills in Young Children

By Lindsey Fine

**E**arly literacy begins long before we can read our first word, or even recognize our first letter. 'Pre-literacy' begins with the understanding that the world is full of meaningful symbols, and that language has a cadence to it, as the fun sounds in nursery rhymes and children's songs. That foundation helps little ones progress into early literacy, which paves the way to a wide world of words and understanding that will help your child succeed in school life and beyond.

It might seem like an overwhelming task, to be responsible for providing your child with the fundamentals of language proficiency, but the reality is that you are likely already doing many things to help develop those skills. Here are two ways to help your child interact with the language-rich world around them and a few tools to make language learning fun!



### Pre-literacy

During this stage of development, children and their parents can explore board books together. Board books are sturdy, and stand up to curious hands (and mouths!). Some may have words and some may not. Pictures and illustrations of everyday objects, people and situations are perfect for your child, as they already have a familiarity that will make it easier for them to make connections. Modeling how to open a book, turning the pages and pointing to pictures and words sets an excellent example for your little one, who will likely love to mimic that behavior. In addition, children at this stage love nursery rhymes, which help them develop an understanding of language and vocabulary that will help them once they enter kindergarten. Little ones absolutely love the Super Simple Songs videos, and it's something the whole family can join in together.

### Emergent Literacy

Children develop early literacy skills, such as pointing to pictures and communicating in short sentences by ages 2 and 3. As language learning and literacy are closely related, the more parents help to develop a child's oral language skills, the more this will help them develop their child's reading readiness. Reading daily to your child will help develop this readiness. As your child grows older, having conversations about the characters and events in the story as well as asking questions will help to enhance your child's understanding, as well as help to model how to interact with stories. If your child is too young to have a discussion, that is perfectly alright! When you model how to question and answer, this will get their wheels turning so that when they do have the ability to do so on their own, equipping with the necessary skills. Students at this stage will

likely still love singing along to nursery rhymes and may also start to show an interest in learning letters. If so, you can start to expose them to learning the letters of the alphabet and their sounds. There are a number of free apps and videos that kids love to help them learn the alphabet. At this stage though, keep in mind that children should not feel pressure to learn a certain number of letters. Young children will develop these skills at different paces and forcing them to learn might make them have negative feelings about learning to read later in their development.

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Lindsey is a teacher at Bromsgrove School Mission Hills Shenzhen.

# Long Live the Humble Book

## The Proof is in the Print

By Emily Hardwicke

**M**any would argue the benefits of digital reading: convenient, compact and cheap, revolutionizing the way we consume words. Its value as a great leveler and as a necessity for democratized learning opportunities is also indisputable.

But how exactly does the way we use technology to read affect our minds? Do our brains respond differently to text on a screen and words on paper? Will we still have something to put on our bookshelves in 50 years time? Or will our homes appear strangely sterile, with digital content taking up residence in tiny, portable, unaesthetic devices.

Recently, a 'no technology day' at an international school in Guangzhou forced students to spend the entire day unplugged from their Apple devices. There were no Macs, iPads or phones in sight; teachers returned to Dark Age teaching methods, littering white boards with indecipherable teacher-scribble or going retro with a textbooks. Students seemed genuinely flummoxed at being so cruelly removed from their life support machines. Without Google to provide an easy answer, and with cartoon steam coming out of their ears, they took the unprecedented step of using actual books, rather than resorting to dictionary.com. Frustrating, when the answers are so tantalisingly at our fingertips? Perhaps. But in a world of instant gratification, is there still a place for the humble book?

The 'blue screen' debate has been raging for a while now, with research suggesting that the blue light emitted from an iPad suppresses melatonin, making you more alert and thus harming the quality of sleep. Dr. Anne-Marie Chang, an associate neuroscientist of a 2014 study, found that iPad

readers took longer to fall asleep and were more tired the next day than book readers, even if both achieved a full eight hours of sleep.

### Technology may be here to stay, but what harm is it doing to our minds?

Health aside, what about the arguments of usability? Do we concentrate in the same way when reading a digital text? Some research suggests not. A printed book allows the reader to interact with it in a way that just isn't possible with a digital version.

It's tactile, less abstract; you can see the beginning and the end. A reading journey is less apparent with a digital text, and arguably this can interfere with a reader's intuitive navigation of the text, causing issues with comprehension and ultimately proving distracting. Imagine attempting to navigate Google Maps at street level, but without the ability to zoom out and see the bigger picture. Threatening to change the way we read and staking a claim for the superiority of digital texts, the advent of speed-reading apps that promise to increase your processing power to over 1,000 words per minute are an intriguing prospect. However, inhaling an online news article and devouring a much-loved book are two very different things. Digital texts may be here to stay, but don't go filling up those bookshelves with too many knick-knacks just yet...



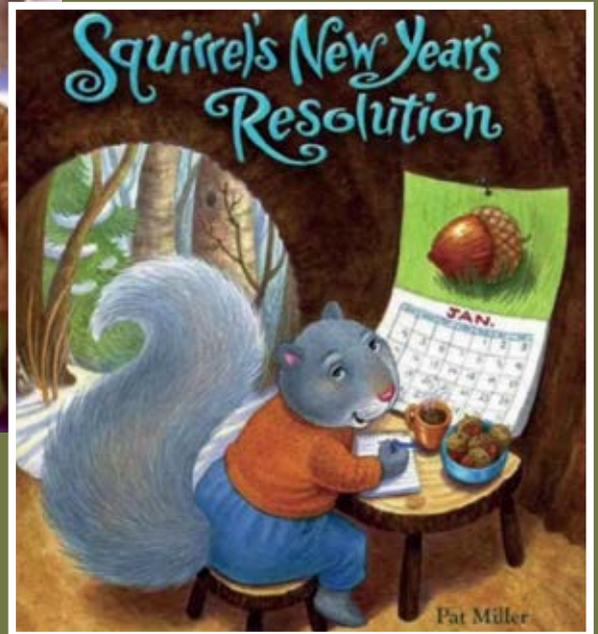
#### How Fast Can You Read?

Most readers have an average reading speed of 200 words per minute (wpm), which is about as fast as they can read a passage out loud. To find out your reading speed, search online (Google.com is preferred) for the Staples speed-reading test ([www.staples.com/sbd/cre/marketing/technology-research-centers/ereaders/speed-reader](http://www.staples.com/sbd/cre/marketing/technology-research-centers/ereaders/speed-reader)).

Here are some typical reading speeds (in wpm).

- 8-year-old students = 150
- 12-year-old students = 250
- Average university student = 450
- Average university professor = 675
- Speed readers = 1,500
- World speed-reading champion = 4,700
- Average adult: 300

# ON THE PAGE



## Squirrel's New Year's Resolution

### Learning the Value of Setting Goals for the Year Ahead

By Kendra Perkins

A new year brings new beginnings and the opportunity to start again. This opens the door for you to have a great conversation with your little ones about what kind of values you would like them to embrace. Learning to be honest, helpful and respectful are just a few concepts that can be included in New Year's resolutions. In this beautifully-illustrated book written by American author, teacher and librarian Pat Miller, we learn all about New Year's resolutions in a fun and colorful way. I especially love this book because it gently teaches children about setting goals. Here, you can explain that it's easy to say that you are going to do something, but challenging to stick to a goal and see it through to the end. Thinking about their ambitions is an excellent process for children to undertake,

and one that will help them throughout their lives. It creates a time to reflect on their life direction and how they can actively make changes. This story helps youngsters set the foundation for making resolutions a healthy and lasting habit. Individuals have a lot of control over where they are and what they are doing with their lives. Often, all that is needed is a positive attitude, a sense of adventure and the determination to stick to a plan. In this book, we see the character Squirrel learn about setting goals and making resolutions with help from her friend, Bear. She explains that a resolution is, "a promise you make to yourself to be better or to help others." With this guidance, Squirrel takes a more in-depth look at her life and how she interacts with her friends. Here the story focuses on another important lesson, helping

others.

This kind of story provides many opportunities to pause and discuss with your little ones how this applies to their lives. You can include questions around what changes they would like to make and what they think they can do differently. Setting these goals and monitoring them throughout the year is also an excellent way for children to understand accountability. So, use this New Year's Eve as a way to delve into the resolution process with your children. I am sure you will be amazed by what they come up with.

Recommended for children ages 4-8  
Available via [taobao.com](http://taobao.com) and [Amazon.cn](http://Amazon.cn)

# Excitement, Sweat and Tears

## Children Discover the Great Outdoors

By Gary Butner, Director – Project Development, ISA International Education Group, Guangzhou

“Mum, this place is amazing.  
We made it!”

These are the rousing echoes heard in the school car park immediately after a parents' meeting. Parents are lamenting the long school days, children's addiction to mobile phones and young boys who, when reaching a certain age, shrug and grunt more than they talk. But in the middle of this banter comes a shriek of delight. One mother holds her phone up high to share her photos. The parents see her daughter sitting on a mountain top facing a magnificent panorama of bamboo forests and rice fields. The sky is a mix of dappled yellows and oranges. What stands out more though is the expression on her daughter's face ... she is awestruck. The message reads: Mum, this place is amazing. We made it!

Has your child experienced the awe of amazing places? Have you when you were growing up? I know that my children did; so much so, that 20 years later, they still talk about such experiences and relive them with hikes and climbs as they come together each year. Many of us discovered the great outdoors with our families; for others, it was through school experiences. Most international and private schools in China offer outdoor programs of some sort. They might be called 'camps', 'outdoor education weeks', 'adventures' or something else. They usually mean the same thing – or do they?





## What Do Students and Teachers Actually Say?

Usually for one week each year, most students leave the classroom for the great outdoors as part of their learning. They stay in cabins and tents, complete challenging activities, learn new things about themselves, each other and the environment. Much is written about the benefits of outdoor education, but what do students and teachers actually say about their experiences?

**Kellie, Year 7, international school student in Guangzhou:** “The instructors taught us how to paddle a kayak. After only two hours of lessons, we steered the kayak through the channels of running water. I admit I was scared but tried to keep calm and focused. It was fun dodging the rocks and logs and keeping the boat in the running water. We worked as a team to reach the destination without tipping over!”

**Miss Belinda, PE Teacher at an international school in Shenzhen:** “We took the Year 9s to Sichuan province with an outdoor adventure company and our own staff. Everything was well planned and all in all, it was a very successful experience. Some of the children had never slept in a tent or climbed a rope. Some had never been abseiling before or cooked a meal. We focused a lot on personal challenge, getting on well with each other and learning new things. Sure, there were a few tears and minor squabbles but without their phones and laptops, they seemed more open to try new things and seriously reflect on what they were doing. Being a PE teacher, I know all the children and I was excited by the progress some made during the week, especially the quiet ones who came out of their shell and took the lead with practical tasks.”

**Tommie, Year 6, student at a foreign language school in Guangzhou:** “We were all very excited. I had never slept in a tent at night – only during the day in a park on Ersha Island. I was very excited. We had a team of four boys in our tent. The teachers taught us how to put up the tent and secure the cover. We had a meeting to work out the jobs we each had to finish each day. Then disaster struck. Strong winds ripped the tent cover and the rain came in through the zipper. Frogs started croaking and would not stop. The boy next to me complained all night. Even though we all got wet and could not sleep, the next few days were great. The next time I go camping, I want a real tent, dry weather and companions who don't complain.”



## A New Form of Classroom

Many argue that learning outdoors is distinctive because children are exposed to unfamiliar environments and learning contexts. Here they participate in new activities, rely on others in different ways, experience new feelings and emotions, and make new kinds of decisions. The great outdoors is really a new form of classroom.

For Kellie, fear turned into self-confidence, and a sense of accomplishment for navigating a kayak with a friend through flowing water. She experienced excitement, she definitely sweat hauling a kayak across dry land, and while she shed no tears, she certainly confronted her fears. I wonder what else Kellie learnt during her week-long experience – about nature, about herself, about her friends and teachers and about her abilities? How might these contribute to her growth and wellbeing in the next few years? Tommie also experienced excitement and sweat. As with Kellie, there were no tears but certainly extreme discomfort. Horror stories of camping abound, and it is fortunate that Tommie did not develop a strong distaste for camping. Sure, he had a bad night but he had a great week. In hindsight, the organizers could have managed the resources better. But in the real world, we often have to

respond to small disasters. Tommie retained a healthy attitude, built resilience and enjoyed the outdoor activities. Again, we can assume the experience was beneficial for his character development.

In schools, our main focus is on students, and rightly so; however, we must also consider the wellbeing of teachers. Belinda's school is very fortunate to have her, as she is highly professional, highly qualified and very caring and compassionate for those around her. She also demonstrates positive attitudes toward nature and she models sustainable living. For Miss Belinda, excitement resulted from seeing children succeed in new environments and social settings, and perhaps deep down, knowing that she contributed to this. She undoubtedly sweat helping students pitch tents, unload and load gear, and walking for 12 kilometers each day. And tears? I doubt she had shed any but was adept in reducing the flow in others.

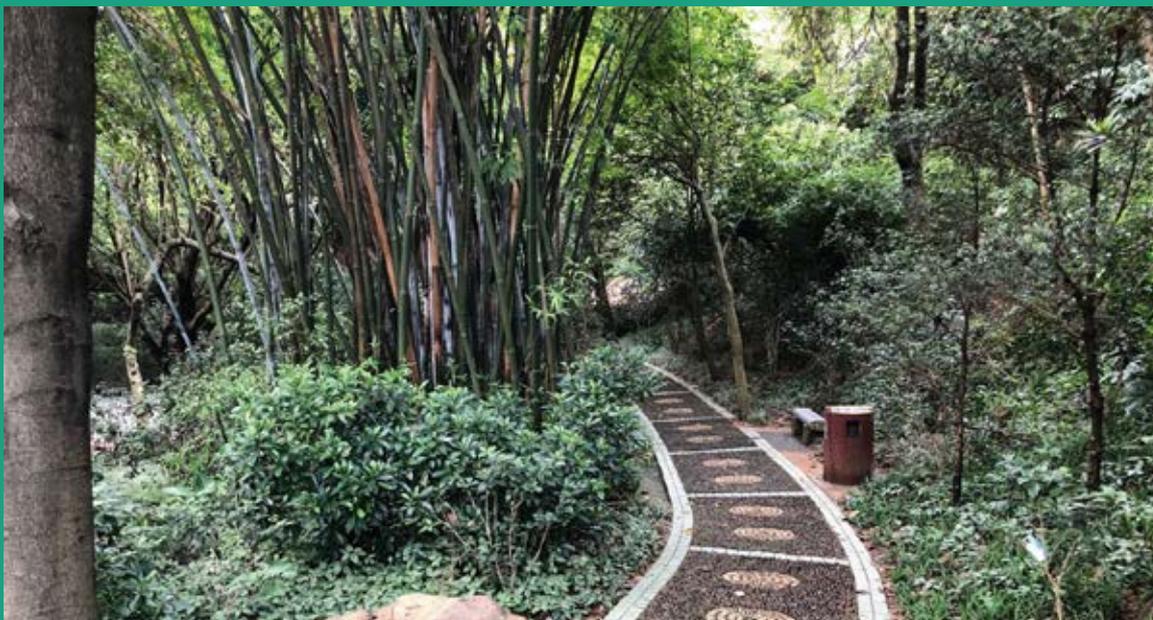
Kellie, Tommie and Miss Belinda were all connecting with nature, learning new skills, interacting with others in groups, solving problems and reflecting on their progress. With professional planning, the great outdoors is a wonderful and exciting classroom.



## Take Children to the Great Outdoors

Children need excitement sometimes to be seriously motivated; they need to sweat, for without sweat there is no effort and no sense of accomplishment; and they need tears to feel the emotion of challenge and to build resilience and

character strengths. As parents and teachers, we can nurture students at home and at school. However, for that extra impetus, take them, and take them often, to the great outdoors.





## Why Do We Bother?

Planning and conducting lengthy outdoor education experiences for children are time-consuming, costly, sometimes risky, often take children out of their comfort zones, and occupy valuable curriculum time. Many students, parents and educators ask, “Why

do we bother?” There is a bewildering array of reasons, each with very different philosophical traditions. The reasons seem also to change through time and with different cultures. Let’s not be daunted! We bother about outdoor education for 10 reasons:

### 1 Nature

In an increasingly urbanised world, we want to teach children about the natural world – its forests, deserts, mountains, seas, animals, and how these are interconnected. In his book, ‘The Nature Principle’, Richard Louv believes many children suffer from ‘Nature Deficit Disorder’ in that they do not understand natural elements and the soothing, restorative capacity of Nature for human health and wellbeing. He refers to nature education as ‘Vitamin N’, claiming it to be an essential ingredient of outdoor education.

### 2 Sustainability

Serious environmental problems such as deforestation, global warming and many others are a wake-up call for sustainability education programs in schools. Researchers such as Irwin and Starker emphasise the need for children to understand the nature of ecological systems, especially the role that people play in their functioning. What better place to appreciate natural systems than to enjoy their beauty in real life? What better place to learn how to protect complex systems than to be a part of them?

### 3 Critical Reflection

An essential ingredient of outdoor education is critical reflection which encourages students not only to evaluate their experience but to identify how they might improve, how might they use their skills to help others, or how they might use their experiences in different contexts. The practice of evaluating the outdoor experience in terms of self, others and the use of the environment is facilitated and structured by teachers using the principles of educational theorists such as William Kolb and Donald Schön.

### 4 Lifelong Recreation

Being exposed to recreational activities each year in awesome environments hopefully will encourage children to develop skills for active recreation as they become older. It is heartening to see older children and young adults choose to enjoy sailing, kayaking, abseiling, hiking, nature photography and surf skiing both socially and as serious sports. For students studying abroad, a wealth of clubs will be open to them. They also learn wonderful skills to pass on to their own children.

### 5 Character Development

It is believed that placing students in unfamiliar settings with structured learning tasks provides appropriate challenge for them to develop character strengths. These include self-confidence, taking the initiative, measured risk taking, resilience, cooperation, humility, independence, compassion and respect.

### 6 Collaboration

Most outdoor education experiences for school students occur in groups. When positive group dynamics are modelled and taught, outdoor education can be a valuable medium for helping students develop skills of collaboration. Important skills include effective listening, acknowledging the opinions of others, reserving judgments, contributing ideas, making friends, showing compassion and respecting others.

### 7 Problem Solving

A very influential US educational thinker, John Dewey as early as 1938 argued that authentic environments (including the outdoors) were valuable for the teaching of problem-solving skills. Dewey and others believe that the unfamiliar context, the real-life environment and social interaction all combined to provide an optimal framework for students to develop problem solving.

### 8 Diverse Cultures

In more recent years, outdoor education has embraced activities aimed to assist students to learn more about other cultures and to empathise with the history, practices and beliefs of diverse groups. Sometimes, it might involve sampling different foods and listening to community leaders; but more integrated approaches involve students in authentic community activities. With the adage ‘learning by doing’, students absorb a deeper meaning of diverse cultures.

### 9 Service to Others

Outdoor education can also involve service activities to communities with particular needs. Also referred to as acts of charity or humanitarianism, service involves students physically assisting a community in a way which visibly benefits people and their environment. Students might help with harvesting crops, painting a village school, repairing sheds or helping younger children with their curriculum.

### 10 Fun

Being outdoors, being in beautiful and awe-inspiring places, being with friends, and being away from normal routines are all a recipe for fun, fun, fun, even though it may entail some sweat and tears.

Schools and families have important roles to play in developing active, healthy, confident and resilient children. Let’s be honest. Hiking in a forest or paddling a canoe once a year is no sure recipe for high levels of children’s wellbeing, but the evidence shows that a comprehensive, well-planned, consistent approach to outdoor education has a good chance of affecting children’s attitudes, values and actions in positive

ways. Regardless of the challenges of apartment living and the temptations of digital devices, children exposed to awesome places, having fun with family and friends in the outdoors and interacting positively with others in unfamiliar places, all sounds like a recipe for healthy living.

# Our Family Favorites

## Guangzhou Families Share Their Top Tips



a dictionary, and anything you can think of in Japanese cuisine, you most likely will find there. For us, it is the closest we can get to Japan.

Koyama: Shop L306, 3/F, Taikoo Hui Mall, No. 383 Tianhe Lu, Tianhe District, Guangzhou

### Favorite Winter Getaway

I have always loved Christmas! When I used to live in New York City, Christmas was always a magical time for me. But now that we have been living in Asia, we love to go to Bali if we feel like a warm Christmas. Bali is simply a dream. The people, the food and the ambiance keep giving us reasons to return. Recently, we went to Tokyo and Kyoto for a cold winter holiday. Kyoto charmingly dazzled us with its old traditions, while Tokyo gave a modern,



### Favorite Spot for a Family Outing

It is always a place where we can get together with our family and friends. It is never actually a specific spot as long as we get to laugh and joke around with our crowd, and over food. If we had to pick a spot, it would always be someone's cozy house over homecooked food. That is our happy place, creating more beautiful memories.

### Favorite Holiday Movie

I absolutely adore *Love Actually*, and I can keep watching it over and over. The movie really captures the Christmas feel, the lives of people in any situation, the complexities of relationships and the love around us. But I think this movie might soon have a fierce competitor, as I am super excited to watch *Last Christmas*.

### Favorite Author

Wow, this is a hard one! Picking up a book ties in closely to my moods. But I always find myself drawn to thrillers or detective books. I love Dan Brown, Michael Connelly and John Grisham. And when I feel like a good romcom, my go-to author is Sophia Kinsella. I also recently read two fabulous books, one by Allison Pearson titled *How Hard Can It Be?*, and another by Lisa Taddeo, titled *Three Women*. These two books couldn't be any different but their common denominator is the reality of the themes in question. Not to be missed!

After having lived in Shenzhen for four years, Tania, her husband Ruby and their two boys were ready to call Guangzhou their home. They have now lived in Guangzhou for over three and a half years (and counting!) and are still happily creating memories, making friends and embracing the community and cultures. Their two boys – Dylan (16 years old, in Grade 11) and Luca (12 years old, in Grade 7) – attend the American International School of Guangzhou (AISG). They are always happily occupied with tons of activities and sports. While the boys are busy pursuing their passions in volleyball and soccer, among many sports they have been participating at school, Tania has kept herself busy with Parent-Teacher Association events at AISG, whilst Ruby enjoys playing golf with friends on weekends. Tania loves to read books, watch movies, play sports, travel and bake, and has a very healthy and positive attitude to life. *Urban Family* sat down with Tania, to learn more about them.

### Favorite Restaurant in Guangzhou

Our family, the boys especially will choose Asian cuisine all the way. Not only is Asian cuisine tasty and bursting with rich flavors, it definitely sates our growing teenagers' appetites. We enjoy eating Japanese and Korean food. Our go-to restaurant is Koyama at Taikoo Hui. Koyama has a menu like

futuristic feel. We love to go local for food whenever we are traveling, inside alleys or behind skyscrapers. We are blessed to be living in a place where we can have both getaways at our doorstep.

### Favorite Activity in Guangzhou

Exploring Guangzhou on foot or bike, or just 'walk and talk' with a friend to chat about many ups and downs. Or just participating in many Guangzhou Women International Club's activities. With my smaller circle of friends, we love to hunt for restaurants or new places to eat. It seems that there is still so much to explore in this region, it is never ending.



# Our Family Favorites

## Shenzhen Families Share Their Top Tips

**M**eeet the Goren family. Hailing from Israel, they have called Shenzhen home for two years. Gal is the CEO of a robotics company called TEMI, which is a personal home robot. Shany is a nurse and breastfeeding consultant and works in Shenzhen with groups and with personal patients. The couple have three children. Zohar, aged 9, is a student in Grade 4 at Shekou International School (SIS). Karni is aged 5 and goes to kindergarten at SIS. Their youngest, Yahli, is two and a half and goes to kindergarten in Shekou. The family love living in Shenzhen and are grateful for the opportunity to discover this country. *Urban Family* sat down with the Goren family to learn more about their family favorites in Shenzhen

### Favorite Restaurant in Shenzhen

We love to eat in Chinese restaurants around old Shekou. If it is Western food that we are in the mood for, we love Wagas, located close to the Alibaba headquarters in Shenzhen. We also love Lu Patisserie, which is located next to Seaworld. This patisserie has amazing coffee, pastries, desserts and breakfast.

Wagas: No. 101-102, Building 1, North Area, One Bay, junction between Keyuan Lu and Dongbin Lu, Nanshan District, Shenzhen  
Lu Patisserie: 1F, Yijing Ge, 16 Taizi Lu, Nanshan District, Shenzhen

### Favorite Holiday Movie

*Hotel Transylvania!* So funny and creative. As a family, we can enjoy watching this movie.



### Favorite Winter Getaway

We love to travel in China and explore nature. We really enjoyed Zhangjiajie and Yangshou. Whether you go in winter or summer, both are amazing places to visit. During wintertime, we usually travel to the islands abroad. Last winter, we were in Thailand and for this winter, we're going to travel to Cambodia and Vietnam.



### Favorite Activity in Shenzhen

Taking our bicycles and exploring the city, going through markets and parks and discovering new places is our hobby. We also love going back to rediscover places that we first saw when we came to Shenzhen two years ago. Shenzhen is a beautiful city and we are lucky to be able to experience all that the city has to offer.

### Favorite Spot for a Family Outing

We live on the bay so we can just get down, take our bicycles and scooters and watch the beautiful, scenic view of the mountains. From where we live, we can even see Hong Kong and the Big Bridge. We love laying there in the sand and watching the beautiful sunset and sky colors. Shenzhen is truly a paradise for families.

### Favorite Author

We read Dr. Seuss because it is so funny. The books also reveal plenty of important, useful messages. So, you can read it as a child or as an adult, and you will always love it. One can never have enough Dr. Seuss books!

# Mini Christmas Trees

## A Craft for the Festive Season

**W**ho doesn't love a mini? Try your hand at this easy Christmas tree craft.



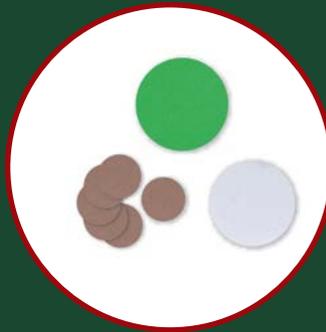
**To make these mini Christmas trees, you will need:**

- Pipe cleaners
- Craft foam
- Craft glue
- Craft pom poms
- Scissors, colored paper



### Step 1:

Take a pipe cleaner, we've used a nice forest green but you can use any colour you like to brighten up your Christmas tree. Next, bend the pipe cleaner into a cone shape. You can use a conical mold - like an ice cream cone for this if it helps.



### Step 2:

Take the craft foam and cut out two large circles and six small circles. This will make the base for your mini Christmas tree. If you like, you can use any colored foam and experiment with other shapes.



### Step 3:

Take the circles that have been cut from the craft foam and stack them. Starting with one of the large circles, glue each smaller circle on top of one another and then finish by gluing the second large circle on top.



### Step 4:

The next step is to glue your pipe cleaner cone to the foam stand. Place a small amount of glue on the bottom coil of your pipe cleaner. Be careful not to use too much because it can be a bit messy!



### Step 5:

Now it's time to decorate your mini Christmas tree! You can do this any way that you like. We took a piece of yellow craft foam and cut a star out to glue to the top of the tree. You can also decorate with some mini craft pom poms in festive colors.



### Step 6:

There you have it, your mini Christmas tree is finished! Now you can create your own mini Christmas forest!

# Reindeer Headband

## Holiday Activities for Kids



**T**he holidays are so much fun with kids! We like to keep it simple when it comes to crafts. Luckily, this reindeer headband is just that – quick and simple (and adorable).

### You will need:

- Construction paper (red, green, brown, who cares, it's Christmas!)
- Scissors
- Double-sided tape or craft glue

### To make the headband:

- Measure child's head.
- Make a headband using the construction paper.
- Cut out ears and nose.
- Attach using tape or glue.
- Voila! You are ready for Christmas.





# Make Your Own Gifts

## DIY Presents for the Family

By Frances Chen

Every year, billions of dollars are spent around the world on holiday presents. However, often the gifts that people truly appreciate and cherish are not the expensive ones, but the gifts conceived with thought, heart and effort. Especially during the frantic holiday season,

the person who takes time to make a present from scratch is definitely a friend to keep. Here are some DIY gift ideas for our readers to make themselves. So, what are you waiting for, grab a pair of scissors and some cardboard, and take the time to do it yourself!



# Giving Thanks

## Holiday Tips for a Thanksgiving at Home

By Nathan Rippin

**T**hanksgiving might be an American holiday, but it's really all about spending time with family and friends, thanking your lucky stars for all that's good in life. This November, whether you're planning an intimate day with just the close family or have some far grander event penciled into your agenda, it's important that everyone feels fully involved. That means the kids too.

### Get the Kids Cooking

What better way to get the kids interested in what they're eating – meaning that they might actually sit still at the dinner table for once – than by involving them in food preparation?

As an added bonus, you'll be laying future groundwork for when they're ready to start thinking about resolutely adult issues surrounding nutrition, food provenance and food safety. Besides, everyone cares a bit more for something that they've put real effort into creating and kids being no exception: They're far less likely to be fussy eaters if they've made the food themselves. Of course, kids don't mix well with a lot of kitchen activities – sharp knives and open flames included. But don't be discouraged, they'll love diving into the messier stuff: mixing, kneading and weighing out ingredients.

So, why not task them with mashing the potatoes to a perfectly creamy consistency? Or how about letting them weigh out then mix together the ingredients for your pumpkin or apple pie crust? Even if you choose ready-to-use-pastry, they'll have plenty of fun rolling it out, getting a little messy with the flour in the process. With the right supervision, they might also enjoy stirring simmering sauces and the like – proper adult stuff!

### Turning the Table

Involving the kids in Thanksgiving preparations needn't start and stop in the kitchen, either. In fact, time in the kitchen should only be the beginning of all the family pitching in.

When it comes to the dining table, you can really cede creative control of settings and decorations to the kids. Encourage them to make name cards for place settings, for example – an activity that could occupy them for hours. Have some fun with it and ask them to decide which Thanksgiving staple best represents guests at the table – is dad the turkey or the biscuits (warm and comforting, but maybe just a little flaky!)?

### Food for Thought

Many families have little ones who are rather fussy eaters; no matter how much they might feel that they've made what's on the plate in front of them, there may be things that they just won't stomach. So, it's worth thinking about making some compromises to tradition to accommodate tiny tastes when it comes to the feast itself. Their favorite vegetable? Consider adding it to the menu even if it is unconventional. Pumpkin pie too squishy and icky? Decorate some cookies with icing, sprinkles and seasonal images for their dessert – something the kids can easily do themselves beforehand. Cranberry sauce just too tart for them? Add something sweet to the mix, perhaps strawberries or honey.



### The After-party

Once dinner is over, the fun can really start. Of course, you don't want the kids to be up that late! But given the time differences, you won't be able to sit down and watch the game – for many families as much a part of tradition as turkey, mashed potato and pie! So, what can you do instead? It's not absurd to suggest that you might consider heading outdoors to play a little football yourselves, weather permitting of course. But if that doesn't take your fancy, how about making some handprint turkeys? Simply cover everyone's hand in skin-safe, non-allergic paint and make a clear handprint on a piece of paper – this then forms the basis of a turkey (see picture below). Kids love spending time making theirs unique. Collect a few feathers and these can also be glued on for extra decorative effect! Thanksgiving really is a time to appreciate those closest to you – so why not keep them as close as possible throughout the festivities, from kitchen to dining room to wherever the holidays take you next?





# Curious George's Banana Pancakes

## Eat Like a Monkey

By Lindsey Fine

**W**hat makes reading even more fun? When you get to eat along with it! Not that kids usually need an excuse to eat bananas but reading about one of *Curious George and The Man in the Yellow Hat's* adventures might make your kids even more excited to eat like a monkey. There are many things to love about monkeys' favorite food, like its potassium, vitamins C and B6, and fiber. Plus, bananas are such fun to mash, which your kids can help you with for this recipe!

### Ingredients:

- 1 cup flour
- 1/2 cup oats
- 1 tbs white sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1 flax egg (1 tbs ground flax egg mixed with 3 tbs water and allowed to gel for a few minutes)
- 1 cup soymilk
- 2 tbs coconut oil
- 2 large overripe bananas

Toppings: sliced banana, coconut whipped cream, maple syrup, cacao nibs or vegan chocolate chips



### Method of Preparation:

1. In a medium bowl, mash bananas. Add flax egg, soymilk and coconut oil and mix.
3. In another large bowl, combine flour, white sugar, baking powder and salt.
4. Stir flour mixture into banana mixture; batter will be a bit thick. If it seems too wet, add a bit more flour or oats.
5. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook both sides until they are brown. Note that these pancakes will not be golden brown like regular pancakes due to the banana, but don't worry, they will still taste delicious.
6. Place one pancake on serving plate and top with banana slices. Place another pancake on top and add more banana slices, additional toppings and maple syrup. Enjoy!



Lindsey is a teacher at Bromsgrove School Mission Hills Shenzhen. Besides being an educator, she is also an avid foodie and has been creating all sorts of delicious vegan recipes since moving to China nine years ago. You can read all about the perks of eating a plant-based diet on her blog: [veggiemamablog.com](http://veggiemamablog.com)

# Peter Rabbit's Carrot Soup

## Good for Eyes and More

By Lindsey Fine

**P**eter Rabbit is a classic children's series that has recently made a comeback on the big screen. The naughty but lovable Peter Rabbit will likely remind children of themselves. Luckily for parents, Peter absolutely loves to eat carrots, so I'm sure they will love to help you make this delicious soup that the whole family will enjoy. Kids love to help with the small things, like turning on the blender or measuring and pouring the water. Small jobs make them feel big and feeling big makes a little one very happy. Here's a recipe that will involve the whole family, and one that they will wholeheartedly enjoy having as the temperatures dip.



### Ingredients:

- 1 tbs olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 3 tbs peeled, chopped fresh ginger (less if your children are not used to the taste)
- 4-5 large carrots, diced in small pieces
- 6 cups of water
- 2 vegetable bouillon cubes
- 1 tsp turmeric
- Salt and pepper to taste
- Coconut milk for garnish (optional)



### Method of Preparation:

1. In a heavy bottomed stock pot, heat oil on medium high heat. Add onion, garlic and ginger until onion is translucent, about five minutes.
2. Add carrots, water, and vegetable bullion, and turmeric. Bring to a boil then reduce heat to simmer until carrots are soft, about 20 minutes.
3. Using an immersion blender, liquify everything in the pot. Add salt and pepper to taste. A blender can also be used, just be careful to work in batches and don't fill the blender too much (speaking from experience of doing so more than once).
4. Spoon soup into bowls, and if desired, spoon a bit of coconut milk on top for added flavor and creaminess. Serve hot and enjoy!

# Signature Sweet Layered Pandan Cake

## Asian Dessert Delights

By LN Garden Hotel Guangzhou



**P**andan is a sweet, unique flavor that is commonly used in Southeast-Asian countries. In this recipe, LN Garden Hotel chefs have combined two Asian ingredients to make a silky, chewy, coconutty, gummy-like dessert. Even though it will take a few hours, it is worth it and makes for a delicious end to any meal.

### Ingredients:

- 300g water chestnut powder (white powder)
- 300g pandan jelly powder (green powder)
- 700ml coconut milk
- 700g water
- 300g sugar

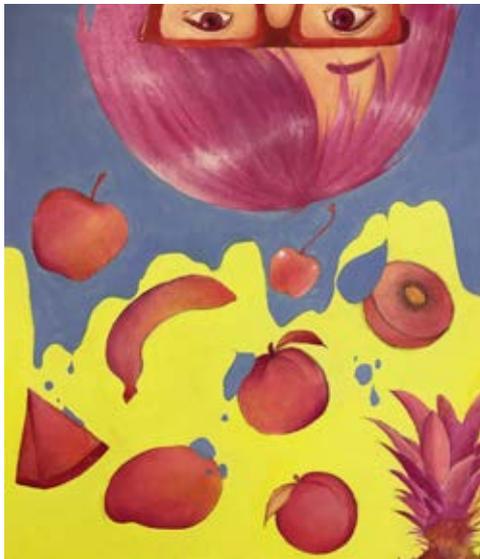
This recipe is compliments of LN Garden Hotel, Guangzhou, located at No. 368 Huanshi Dong Lu, Yuexiu District, Guangzhou, China  
For more details, check [www.GardenHotel.com](http://www.GardenHotel.com)

### Method of Preparation:

1. Mix the water chestnut powder with half of the coconut milk. Pour the mixture into a deep dish.
2. Steam the white water chestnut powder till it is solid. Set aside for one hour to cool down. Freeze it in the fridge for two hours
3. Mix the pandan jelly powder with the remaining half of the coconut milk. Pour it onto the solidified water chestnut jelly. Set aside for one hour to cool down, and then cool it in the fridge for two hours.
4. Continue steaming one layer at a time, alternating colors until you have five layers of each color. End off with a green layer. Keep it in the fridge to cool down.
5. Use a sharp knife to loosen it from the sides of the dish, then carefully put it on a cutting board. Use an oiled knife to slice the dessert into small diamonds or squares. Serve cold and enjoy!

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

# Art Attack



**Cindy Han, Grade 11,**  
Shekou International School ▲



**Yash Vasandani, Grade 3,**  
Singapore School of Guangzhou ▲

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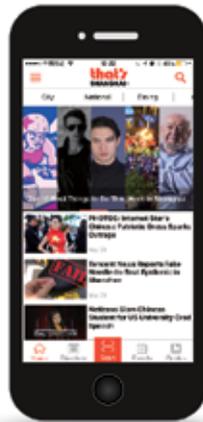
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# Evita

## Smash Hit Musical to Delight Fans in the GBA

Interviewed by Lena Gidwani

Exceeding over 20 awards to its credit, the original Broadway and West End production of Tim Rice and Andrew Lloyd Webber's iconic musical *Evita* is coming to the Greater Bay Area this winter. *Evita* follows the life of Eva Peron. It's a sung-through dramatic piece about a Argentine girl with humble beginnings, who charmed and worked her way up from poverty and then married the country's leader General Juan Peron. With wealth and power, she was heralded as the 'spiritual leader of the nation' by the Argentine people. *Urban Family* sat down with the main cast of *Evita* to learn a little more about the musical.

•Eva Peron, played by Jessica Daley

**UF:** You play the part of a heroine who achieved greatness, making it a true rags-to-riches story. Since *Evita*'s biggest fear in life was to be forgotten, how will you, as *Evita*, ensure that you capture the hearts of your audience?

**Jessica:** I think the most important thing that I can do, as an actress, is to play the truth of each moment. In order to do this, I have to embody Eva not only the great, fiery public figure she was but also as a woman and a human, facing the every day battles that we all go through still to this very day. I have a moment before the show where I take the time to ask 'Am I telling Eva's story how she would want it to be told? Am I letting the audience see who she truly was underneath all of the fame and glory that was bestowed to her, just another human being doing her very best to exist on this planet? Am I portraying her as a full, three-dimensional human - with strengths and flaws, with ups and downs?'. We all long to feel connected and to relate, just as Eva did with her people all those years ago, it's human nature. Feeling into this has helped me to connect with our audiences on a much deeper level. It's been an incredibly interesting process for that! Plus, her wardrobe and her clothes... how can you take your eyes off those Dior designs and jewels?!



**UF:** Considering that this is the first time *Evita* will ever be staged in Mainland China, what kind of an impact do you expect it to have?

**Jessica:** I think there are a lot of common themes within the show that people universally relate to but after speaking to audience members at stage door after the show, there have been a lot of people I have met who have loved the story of *Evita* and looked up to Eva Peron from being very young. People have been thrilled that they've finally had the opportunity to see the show live and that feels very special! It seems to be a particularly interesting topic of world history for many Chinese audience members, so it's been really cool to be a part of bringing this story to China.

•General Juan Peron, played by Robert Finlayson

**UF:** How do you think local fans will react to the show?

**Robert:** Audiences respond to a show and a particular performance differently every night and audiences in China are no exception. *Evita* can be more challenging than, say a musical like *Cats*, given that it's based on true historical events and real people. So, it's probably fair to say, it requires quite a commitment on the part of an audience no matter where in the

world they may be watching it. There is the added 'commitment' for local audiences of following the English lyrics in Chinese surtitles. *Evita* is a 'sung-through' musical. Having said that, Chinese audience seem to be very attentive and engaged with what is happening on stage and have been very generous with their applause when the curtain comes down.

•Che, played by Lucas Rush

**UF:** You have previously said that you have found this role to be one of the most challenging but exciting roles you have ever had. Why?

**Lucas:** Che is tricky because he's not actually in the story, however he's such a strong character. He's

there to be the opposition to *Evita*, whilst also narrating the story. Vocally, it's a real challenge, the only way to do it is to go full force every night and that can be tiring. It's so fulfilling though and even though I'm exhausted after every show, I really enjoy it. Also, Jessica Daley's performance as *Evita* is so heartbreaking that it's sometimes difficult to be angry with her!

**Evita will play in Guangzhou and Shenzhen.**

**Shenzhen:** Wed, Dec 4 to Sun, Dec 8. Time: 7:30pm onwards. RMB280-1,080. Shenzhen Nanshan Culture and Sports Center, 2106 Nanshan Boulevard, Nanshan District, Shenzhen. To book, check [juoo.com](http://juoo.com)

**Guangzhou:** Dec 13-18, two shows a day - 2:30/8pm. RMB180-1,080. Baiyun International Convention Center, No. 1039-1045 Baiyun Avenue South, Guangzhou. To book, check [juoo.com](http://juoo.com)



# Hand in Hand Children's Music Festival

## Bringing Music to Children Across China

Interviewed by Lena Gidwani

**W**ho doesn't love a fun concert with the whole family? For the past three years, American journalist Rebecca Kanthor and her husband Liu Jia, a Chinese singer-songwriter and author, have been busy bringing Hand in Hand Children's Music Festival to cities across China, delighting one and all with their upbeat music and cool songs. *Urban Family* sat down with co-founder Rebecca and her dynamic family to learn more about this exciting and interactive children's festival. This year, they have a number of shows scheduled in the Greater Bay Area. Don't forget to pick up your tickets!



**UF: Why did you decide to organize this event?**

**Rebecca:** When our daughter was born, Liu Jian was disappointed to find there was little new music for kids in China. He thought, if I can bring the best bands for kids from around the world, then we can really make a change in China. Back then, it was just a dream. Then after our son was born, we really started planning. We held our first festival in five cities in 2017 and that's when we realized that we weren't the only ones who needed this kind of music. In fact, families all over China did too. Through Hand in Hand, kids can experience amazing live music from a young age, learn about the world and be inspired to follow their own dreams too.

**UF: Music is a universal language of mankind. How does music transcend cultural boundaries?**

**Rebecca:** Though Hand in Hand, we've

seen that music is an amazing way to not only bring families together, but also to expose kids to cultures from around the world. Even without a common language, the bands are really able to connect with the audience and the families just go wild. Last year in Guangzhou, the kids rushed the stage; it was like watching Beatlemania!

One of the things we love about the bands we bring to China is their lyrics, which are full of positive values that have special meaning for families. Their songs are about treating other people with respect and kindness, being self-confident, following your own path and promoting gender equality; the kinds of things we as parents want to encourage in our kids. We translate the lyrics and put them up on a huge LED screen behind the bands so that the audience can understand what they are singing about.



**UF: This is the third year that you have been running the festival. How has it changed this year?**

**Rebecca:** This year we've expanded the bands we've brought to China and taken the festival to even more cities; we've gone to 20 cities so far. We want kids all over China, not just in the big cities, to be exposed to this awesome music.



**UF: What can the audience expect this year?**

**Rebecca:** This is an all-ages festival, suitable for kids aged 1 and up. For our December tour, we are bringing our headlining bands to 13 cities. Fronted by husband and wife duo Lucky Diaz and Alisha Gaddis, The Lucky Band is a critically acclaimed, high-energy indie-rock band singing in English and Spanish and have just been nominated for their third Latin Grammy. They've also won several Emmy awards for their PBS TV show and a Parent's Choice Award. They'll have you up and dancing in no time. Hippe Gasten is a rock band for kids from the Netherlands that sings in Dutch and English and really blows the roof off with their show craft and musicality. I guarantee you'll walk out singing their songs by the end of the show. We've seen everyone from babies to grannies having a great time together at our shows!

**Hand in Hand Children's Music Festival**

- **Guangzhou:** December 27, Guangzhou Beilei Theater, 7pm. 875 Renmin Bei Lu, Yuexiu District, Guangzhou (020-8136 2572)
- **Shenzhen:** December 30, Nanshan Culture and Sports Center Theater. Two shows (10am / 3pm). 2106 Nanshan Boulevard, Shenzhen (0755-8672 2592)

To book, check [damai.cn](http://damai.cn)



If you haven't thought of booking a trip for your family for this holiday as a gift, why not? Nostalgic as you might be, you will find that Christmas elsewhere can be as jolly as home. Take the opportunity to indulge your child's curiosity by

witnessing how the season is celebrated in other cultures; a simple retreat in a steaming hot spring, or experiencing a winter wonderland. Come what may, it's one way for you to do Christmas differently.



We cannot think of a more relaxing experience than soothing ourselves in a steaming hot spring bath while watching snow fall around me. A few hours in the air and you can immerse yourself in an oriental cultural winter experience. Yufuin is an onsen (hot spring) town located a train or a bus journey from the city of Fukuoka, Japan. The town has become more popular in recent years, but is still less developed than other onsen areas in Japan. Enjoy taking a peaceful break, lapping up the serenity while surrounded by untouched nature. Yufuin offers many options in regards to hotels and inns, or even a traditional Ryokan to really feel authentic. Another highlight of the town is a cluster of boutique gift shops, restaurants and art museums on the main street. Enjoy wandering through these before a warm onsen soak at the end of the day. Go on, treat yourself.

Christmas markets are probably the most traditional symbol of the festive season. If you enjoy the crowds, the atmosphere and the collective spirit from the markets, then don't do things by half, take a trip to where it all began – Germany. Of all the great markets in Germany, Nuremberg is regarded as the most family-friendly option, with an area set up just for the little ones. Children can wander around the stalls by themselves, have a drink (obviously kid-approved), enjoy rides and mail a letter to Santa at a special children's post office. At the end of the day, when the kids are getting sleepy from all the excitement, take yourself for a walk through the city's old town, experience the ancient European ambiance and marvel at the architecture which dates back five centuries.





## Lapland, Finland

If the festive vibe is what you're after, then a trip to Santa's hometown should be at the top of your list. This Finnish destination is extremely family-friendly, understandably as it is said to be the magical dwelling of the most-loved jolly old man. There are many local resorts and services that offer a variety of family packages and include winter activities such as sledding, sleigh riding, skidoo, tobogganing, ice fishing and reindeer visiting. If you've been good all year, you deserve the treat of witnessing the breathtaking Aurora Borealis (Northern lights), a once-in-a-lifetime experience. Despite the slightly higher cost for a trip like this, Lapland is the closest you can get to a winter wonderland and well worth the indulgence.



A more economical option for a white Christmas is to travel northward domestically. Changbaishan is covered in snow throughout the year and the range is impressive, covering three northeastern Chinese provinces. It is deserving of the name – Chang (long) Bai (white) Shan (mountain). The Changbaishan International Ski Resort relies on its rich natural landscape, the low drop terrain makes it perfect for family visitors and skiing beginners. At the base of the mountain is a Nordic-style village with international hotels, shopping streets, restaurants and hot springs that provide the non-skiers with other comforting ways to spend the holiday.



## Changbaishan, China



In Hong Kong, not only is the weather similar to ours, you are guaranteed world-class festivities. Enjoy the annual WinterFest at Statue Square, the Christmas Market in Tsim Sha Tsui, holiday celebration at Disneyland and Ocean Park, and not to mention the New Year countdown and the spectacular firework display on Victoria Harbour. Plus, a trip to Hong Kong doesn't require comprehensive research and planning – everybody knows someone who has been there before! If not, that's just part of the adventure, and Hong Kong will never let you down with its abundant entertainment.



## Hong Kong

# SCHOOL EVENTS



## Future-Ready Learning at the Heart of AISG's Science Park Campus

On October 24, the American International School of Guangzhou (AISG) hosted a groundbreaking ceremony on its Science Park campus. The groundbreaking ceremony, attended by parents, students, board members, government officials, strategic partners and media organizations, heralded the official launch of AISG's Master Facilities Plan project. The groundbreaking ceremony included a special student performance and remarks from AISG's new Director, Mr. Kevin Baker. US Consul General Jim Levy and Deputy Director General of Guangzhou Education Bureau, Mr. Hua Shanying also delivered speeches during the event. AISG's Science Park campus currently sites on a hillside site area of almost 30,000 square meters, allowing for an expansion of the school's current recreational amenities to include an indoor running track, three sports fields, a tennis court, a 25-meter pool plus rooftop play space. In addition, a designated underground parking area with vehicle charging points will be built within the site for parents, guests and school events. The school has partnered with global architecture and design firm, Perkins and Will, to help develop its new school environment. Perkins and Will are consistently ranked as one of the world's leading design practices in the design of innovative educational spaces. Construction is already underway with construction set to continue until the 2022 school year. Following the completion of the Science Park campus rebuild, internal renovations at Ersha Campus will then take place from the 2021 to 2023 school year.



## Nord Anglia International School, Guangzhou - Sister School to The British School of Guangzhou - Opens August 2020

Nord Anglia Education is excited to announce a new, purpose built Early Years and Primary international school opening near downtown Guangzhou in August 2020. Sister school to the British School of Guangzhou (BSG), Nord Anglia International School, Guangzhou (NAIS Guangzhou) is a purpose-built facility for students aged 1 to 11. Students from both schools will benefit from shared facilities and a shared educational vision – providing them with an unrivalled opportunity to excel. Mark Thomas, Principal of BSG and NAIS Guangzhou, said: "This is an exciting time for Nord Anglia. The new school, with its shared values, academic standards and facilities, will allow us to expand our offering for all Early Years and Primary students, and provide more opportunities for all students from both schools through shared resources and expertise." The new school is located in Guangzhou'd Huangpu district – an area known for its Olympic Park. BSG Primary parents will have the choice of moving close to the city center at NAIS Guangzhou or remaining at BSG, where Nord Anglia will continue to offer its early years, primary and secondary programs; delivering academic success in IGCSE and A-Levels.



## LEH Information Session Successfully Held in Guangzhou

The first LEH Information Session was successfully held in Guangzhou on Wednesday, October 23. LEH prospective parents, education professionals and media partners were invited to get first-hand information about LEH Foshan and a truly British education. Upon completion, LEF Foshan will provide up to 750 girls and boys, from age 11 to 18, with the opportunity to experience an enhanced British curriculum, combining high academic standards with a wide range of extra-curricular activities. "Secondary students have specific needs, and by focusing exclusively on this age group we are able to design a campus, deliver a curriculum and build a team of specialist educators where the needs of 11 to 18-year-old students are our key priority," explains the founding Headmaster, Steve Allen.



## Merchiston International School Founders' Day

On October 12, Merchiston International School (MIS) held its official Founders' Day. The event attracted almost 1,000 visitors, with many distinguished guests in attendance. Mr. Jianjun Lyu reviewed the achievements since the school opened and expressed his thanks for the efforts of all teachers, students and staff. After the ceremony, guests enjoyed an art gallery display and a jazz trio, a basketball match, afternoon tea and lots of outdoor fun with music and activities.



# New Arrivals

Say Hello to the PRD's Newest Members



**Donte**  
April 2, 2019



**Sanchez Aitana**  
May, 2019



**Samsion Xu**  
August 10, 2019



**Vega**  
April 9, 2019



**Zhuoxi Wu**  
August 27, 2019



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

# GZ EVENTS



## Nov 20-21 International and Bilingual Schools China Conference

Now in its 5th edition, Informa Connect's 5th International & Bilingual Schools China, a demonstrated success and proven industry support event, will gather 200+ senior leaders and industry leading gurus from China's international schools and private education sector all in one place. The 2-day conference will address the latest government regulatory changes as well as discussion of 2020 schools' expansion updates, marketing and branding strategies for the China market and many more. This is one conference you can't miss!

Wed-Thurs, Nov 20-21, Hilton Guangzhou Science City, 28 Ningcai Lu, Huangpu District, Guangzhou

For more information, check [www.informaconnect.com.sg/event/international-bilingual-schools-china/](http://www.informaconnect.com.sg/event/international-bilingual-schools-china/)



## Nov 27 That's x 1664 Food & Drink Awards

*That's* will celebrate the best of our city's restaurants, bars and clubs in Guangzhou this November at our 2019 *That's* Food & Drink Awards at The Four Seasons Guangzhou! This event is open to all, and is a fantastic opportunity to enjoy a night out with friends, make new ones and celebrate the best that Guangzhou has to offer. Live entertainment, free-flow alcoholic and non-alcoholic beverages, a self-serve buffet and lots of other foodie fun await! Come for the food but be sure to stay for the awards, entertainment and lucky draw – which is sure to be the highlight of the night! The event will feature the best bars, clubs and restaurants of South China as voted by our readership. This will also be an opportune occasion to mingle with key members of the food and beverage industry as well as influential leaders in business and commerce.

Wed, Nov 27, Four Seasons Hotel Guangzhou. For tickets, visit [thmart.com.cn](http://thmart.com.cn) or add WeChat ID: That'sPRDMKT



## Nov 23 BIS International Day

International Day is a major annual event of BIS. It is a grand, fun, remarkable and educational festival. There will be booths demonstrate the culture from different countries, performances, fun activities, games, prizes, delicious food & drink and lucky draw for everybody. The highlight of this event will be the parade to demonstrate beautiful traditional costumes from different countries.

Sat, Nov 23, 11am-3pm, No. 4 Chuangjia Lu, Jinshazhou, Baiyun District, Guangzhou 广州市白云区金沙洲创佳路4号. For more information, please contact 020-6660 6886 or email [vicky.tang@bisgz.com](mailto:vicky.tang@bisgz.com)



## Nov 29-30 Notre-Dame de Paris

The UK's TNT Theatre brings their stage adaptation of Victor Hugo's classic Gothic romance to Shanghai. Set in Paris in the late Middle Ages, the novel, which is better known to some by its English name, *The Hunchback of Notre-Dame*, tells the ill-fated love story of Esmeralda and the hunchback Quasimodo. See it live at Xinghai Concert Hall.

Fri-Sat, Nov 29-30, 7.30pm; RMB100-320. Xinghai Concert Hall, 33 Qingbo Lu, Ersha Island, Yuexiu District, Guangzhou 越秀区二沙岛晴波路33号星海音乐厅 ([ticket-easy.cn](http://ticket-easy.cn))



## Nov 3-Dec 1 That's Craft Beer and Music Funfest

Bring the whole family along to this fantastic event! Held over two days, this beer and music festival promises to keep you entertained all day long. Gather your friends and family and save the date!

Sat, Nov 30-Sun, Dec 1. Check page 11 for more information.



### Dec 4 Beatrich Pop

According to Clash magazine, the 21-year-old singer hailing from Lithuania is riding high on the back of over 1 billion streams of her music in China. This is her second tour through China this year, after she arrived in the Middle Kingdom in May. Her most recent single, 'Runaway' was released in early 2019 and has already racked up close to 2 million views.

Wed, Dec 4, 8pm; RMB380/RMB480. Mao Livehouse, 1/F, Zhongzhou Trading Center, Huizhan Nan Wu Lu, Haizhu District, Guangzhou海珠区会展南五路中州交易中心1楼 (showstart.com)



### Dec 5-8 Notre Dame de Paris the Musical

The bell of Notre Dame de Paris will be ringing in Guangzhou this December, as the internationally acclaimed French musical comes to town. Following its debut in 1998, the original production of Notre Dame de Paris broke the Guinness world record for its massive success for a musical during its first year. The story, adapted from French novelist Victor Hugo's namesake book, follows the love of a hunchbacked bell-ringer for a gypsy girl. Celebrating its 20th birthday last year, a special edition was born and will be presented to Guangzhouers as it play a Canton season this December.

Thurs-Sun, Dec 5-8, 2pm, 7.30pm; RMB280-1,280. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (gzdjy.org)



### Dec 6-8 Rent the Musical (Chinese)

The musical that defined a generation by exploring the lives of a group of young artists in New York's East Village, Rent gets a Chinese makeover in this version. The show is groundbreaking for its celebration of diversity, its powerful themes of empathy and friendship, and its captivating lyrics and score.

Fri-Sun, Dec 6-8, 2pm, 8pm; RMB100-680. Guangzhou Beilei Theater, 875 Renmin Bei Lu, Yuexiu District, Guangzhou 越秀区人民北路875号广州蓓蕾剧院 (damai.cn)



### Dec 6-9 Art Canton – Contemporary Art Fair

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-Mon, Dec 6-9, 10am-6pm; RMB35 early bird, RMB50 at the door. Guangzhou Liuhua Exhibition & Trade Center, 117 Liuhua Lu, Yuexiu District, Guangzhou 越秀区流花路117号广州流花展览中心 (damain.cn)



### Dec 7 AmCham Winter Ball

AmCham's signature 'Winter Ball' is back and tickets are on sale now to the swanky event. With over 20 glorious years of history, AmCham Winter Ball is a blockbuster evening and is billed by the chamber as their 'most glamorous signature event.' Attended by consuls general and the city's business elite, this event is the perfect opportunity to network and rub shoulders with the who's who of Guangzhou. Themed 'Peace & Love' (cue the That '70s Show theme), guests can expect classic Motown tunes to whisk you back to a time when everything was 'cool' and 'groovy.' Additionally, attendees will stand the chance to win some epic prizes, with the value of raffle giveaways this year totaling over RMB1,000,000!

Sat, Dec 7, 6pm-late; RMB850-2,000. LN Garden Hotel, Guangzhou, 368 Huanshi Dong Lu, Yuexiu District, Guangzhou 越秀区环市东路368号广州花园酒店 (020-8333 8989)

# GZ EVENTS

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



## Dec 13-18 Evita

Andrew Lloyd-Webber and Tim Rice's well-beloved 1978 West End musical is coming to Guangzhou. Evita follows the life of Eva Peron, a story about an Argentine girl who charmed and worked her way up to share the power and the bed of her country's leader, General Juan Peron. The musical was conceived as a sung-through dramatic piece and 'Don't Cry for Me Argentina' proved to be the most popular single number from a show in many years. However, it was 18 months after the release of the record before Evita arrived on stage.

Fri-Wed, Dec 13-18, 2.30pm, 8pm; RMB280-1,080. Guangzhou Baiyun International Convention Center, 1039-1045 Baiyun Dadao Nan, Baiyun District, Guangzhou 白云区白云大道南1038-1045号广州白云国际展览中心 damai.cn



## Dec 15 Spanish Ballet of Murcia – Flamenco Carmen

Since its inception in 1985, the Spanish Ballet of Murcia has been striving to bring Spanish dances, mostly notably Flamenco, to the world's audiences. Their choreographic recreation of Carmen, a timeless tale of love, jealousy, death and individuality, is acclaimed for its choreograph, stage effect and skills of the dancers.

Sun, Dec 15, 8pm; RMB180-680. Guangzhou Arts Theater, 1229 Guangzhou Dadao Zhong, Tianhe District, Guangzhou 天河区广州大道中1229广州艺术剧院 (damai.cn)



## Dec 18-19 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 some of the world's finest examples of modern choreography. With its elaborate costumes, vivid set and breathtaking stunts, Swan Lake promises audiences a world-class experience.

Wed-Thurs, Dec 18-19, 7.30pm; RMB180-880. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (gzdjy.org)



## Dec 23 The Nutcracker

One of the world's most popular ballet acts, *The Nutcracker* by Pyotr Ilyich Tchaikovsky, Russian's best composer in the 18th century, boasts magnificent stage scenes, amusing performances and emotional music. This month, witness the celebrated ballet being performed by the Guangzhou Ballet at the Guangzhou Opera House.

Mon, Dec 23, 7.30pm; RMB80-480. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (gzdjy.org)



## Dec 25 Lisa Ono

Japanese-Brazilian Bossa Nova singer Lisa Ono was born in Sao Paulo and started creating magic sounds with her natural voice and a guitar at the age of 15 before becoming a popular Bossa Nova in Japan. She's been active on stage in New York City, Brazil and Asian countries. Ono will grace Guangzhou with a repertoire of melodic songs with a bossa nova touch, such as 'La vie en Rose' and 'Quizas, Quizas, Quizas.'

Wed, Dec 25, 8pm; RMB280-1,280. 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 (ticket-easy.cn)

# GZ EVENTS

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



## Dec 27 Hand in Hand International Children's Music Festival

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

Fri, Dec 27, 7.30pm; RMB120-560. Guangzhou Beilei Theater, 875 Renmin Bei Lu, Yuexiu District, Guangzhou 越秀区人民北路875号广州蓓蕾剧院 (damai.cn)



## Jan 3, 2020 Richard Clayderman

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.

Fri, Jan 3, 7.30pm; RMB580-1,580. Guangzhou Opera House, 1 Zhujiang Xi Lu, Tianhe District, Guangzhou 天河区珠江西路1号广州大剧院 (gzdjy.org)



## Feb 14, 2020 Science Fair at GNIS

Guangzhou Nanfang International School invites you to share the love of science with our community on Friday, February 14, 2020. Join us for an engaging and inspiring day of science.

Fri, Feb 14, 9am-1pm. Guangzhou Nanfang International School, No. 1, South Industrial Park, Yinglong Lu, Tianhe District, Guangzhou 天河区迎龙路瑜翠园北一号

# MO EVENTS



## Nov 14 – Jan 10, 2020 Magical Winter Wonderland at Sands Resorts Macao

At The Venetian Macao and The Parisian Macao, visitors will be enchanted by a wide variety of celebrations, entertainment, accommodation and shopping offers plus dining for visitors to enjoy from November 15 to Jan 10, 2020. With so much on offer, it makes sense to spend a few days there! Enjoy year-end savings on a luxurious stay at The Parisian Macao and The Venetian Macao. Stay two nights and save 25% off best available rates, with rooms starting at HKD/MOP899 a night. Stay three nights or more and enjoy even larger savings, with rooms starting at only HKD/MOP798 a night. Book today and stay between now and January 5, 2020.

To discover an exciting world of enjoyment at Sands Resorts Macao, as well as further promotions and offers, please go to <https://SandsResortsMacao.com/WhatsOn>



## Jan 2020 Sands Resorts Macao and teamLab Immersive Museum at The Venetian Macao

Sands Resorts Macao and art collective teamLab will launch a monumental digital-only museum at The Venetian Macao in January 2020. The as yet untitled permanent museum will be housed in The Venetian Macao's Cotai Expo Hall F, boasting 5,000 square meters of floor space. With eight-meter-high ceilings throughout, the space will be transformed by teamLab into an extremely complex, three-dimensional world with varying elevations, featuring constantly changing, immersive artworks. Currently under construction, the museum will unveil new pieces.

For more information about Sands Resorts Macao, please visit <https://en.sandsresortsmacao.com>.

# SZ EVENTS



Nov 21-24

## 2019 Shenzhen International Art Fair

In 2019, SIAF will stick to its 'Art For Home' concept and art consuming direction, improving the quality both in exhibitors and the fair service. The fair will divide into four sections: Galleries, Art Crossover, Public Art and Theme Exhibitions. In Galleries, contemporary art and classic art will be two main parts, gathering domestic and oversea galleries, which showcase artworks with diversified international features and higher art value. In Art Crossover, Public Art and Theme Exhibitions, curators will be invited to each section, creating an independent and high-qualified outlook, yet make up and enrich the whole temperament of the fair. The cultivation of art consuming buyers, the invitation of collectors, and the cooperation of commercial brands will be the key points throughout 2019. SIAF established Asia Collection Club in 2015 and in 2018, our membership has grown to 100+ people and 500+ followers. With the lead of two sponsors, Shenzhen Enterprise Confederation and Shenzhen Cultural and Creative Industry Association, there are more than 10 thousand entrepreneurs and cultural practitioners participating SIAF every year. What's more, the SIAF committee has planned up to ten annual BAC (Be A Collector) activities to serve ACC members, sponsors and art fans.

Nov 21-24, 10am-6pm. Shenzhen Convention and Exhibition Center, Jintian Lu, by Binhe Dadao, Futian District, Shenzhen (0755-8284 8800)



Nov 23

## The First "Belt & Road" Classic Reading Party for Foreign Friends

This event is a great opportunity to learn about Chinese cultural classics during Shenzhen's 20th Reading Month. Reading aloud is a very effective way to improve the fluency of a language, foreigners who join will have the chance to read an ancient Chinese story or poem. Everyone who is interested can choose one article or poem from the reading list. The reading is hosted by Shenzhen Reading Month Organizing Committee Office and Shenzhen Publishing Group Co., organized by Shenzhen Yiwen Book Import and Export Co and Shenzhen Guorui Education Administration Co.,Ltd.; co-organized by the International Exchange College of Shenzhen University; International Personnel Training Center of China (Shenzhen) and Natural Mandarin Training Center.

Nov 23, 7.15pm. Shenzhen Book Mall, Central Walk branch, Fuzhong Yi Lu (Shao Nian Gong station of metro Line 4), Futian District, Shenzhen (0755 8289 3888). Email: naturalmandarin@126.com or check www.naturalmandarin.com

SHENZHEN

NOVEMBER 25 20:00



Nov 25

## Troye Sivan: The Bloom Tour Live in Shenzhen 2019

Pop prince Troye Sivan is returning to China with his "The Bloom Tour" and is set to perform at CR Shenzhen Bay Sports Center Arena on Nov. 25 following the release of his critically acclaimed sophomore album "Bloom" and his successful Live in Shanghai on April 22nd this year. Troye Sivan's debut headline show in Shanghai at Mercedes Benz Arena on April 22nd was a resounding success. Tickets were sold out immediately in a few minutes. Fans who couldn't get tickets kept demanding for extra dates. Now it's official that he will be back with his exuberant live show to more fans in China! Besides Shenzhen, Troye Sivan will also be performing in Shanghai on November 27 at Mercedes-Benz Arena and Chengdu on November 30 at Wuliangye Chengdu Financial City Center.

Nov 25, 8pm. RMB380-1,480. Tickets available at 247tickets.com. Shenzhen Bay Sports Center. 3001 Binhai Dadao, Nanshan District, Shenzhen (0755-8630 8888)

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



## Dec 19 That's x 1664 Food & Drink Awards

That's will celebrate the best of our city's restaurants, bars and clubs in Shenzhen this December at our 2019 That's Food & Drink Awards in Shenzhen! You can join in the fun too. This is a fantastic opportunity to enjoy a night out with friends, make new ones and celebrate the best that Shenzhen has to offer. Live entertainment, free-flow alcoholic and non-alcoholic beverages, a self-serve buffet and lots of other foodie fun await! Come for the food but be sure to stay for the awards, entertainment and lucky draw – which is sure to be the highlight of the night! The event will feature the best bars, clubs and restaurants of South China as voted by our readership. This will also be an opportune occasion to mingle with key members of the food and beverage industry as well as influential leaders in business and commerce.

For tickets, visit [thmart.com.cn](http://thmart.com.cn) or add WeChat ID: ThatsPRDMKT



## Dec 4-5 Evita the Musical

With more than 20 major awards to its credit, the original Broadway and West End production of Tim Rice and Andrew Lloyd Webber's iconic musical Evita embarks on an international tour this year, directed by legendary Broadway director Hal Prince. Evita charts the story of Eva Peron who is a wife of Argentine dictator Juan Peron, from her humble beginnings through to the extraordinary wealth, power and status which ultimately led her to be heralded as the 'spiritual leader of the nation' by the Argentine people. Featuring some of the best loved songs in musical theater, including 'Don't Cry for Me Argentina', 'On This Night of a Thousand Stars', 'Oh What A Circus', 'You Must Love Me', and 'Another Suitcase in Another Hall.

Dec 4-5, 7.30pm-9.30pm. RMB280-RMB1,280. For tickets, check [www.juoo.com](http://www.juoo.com)

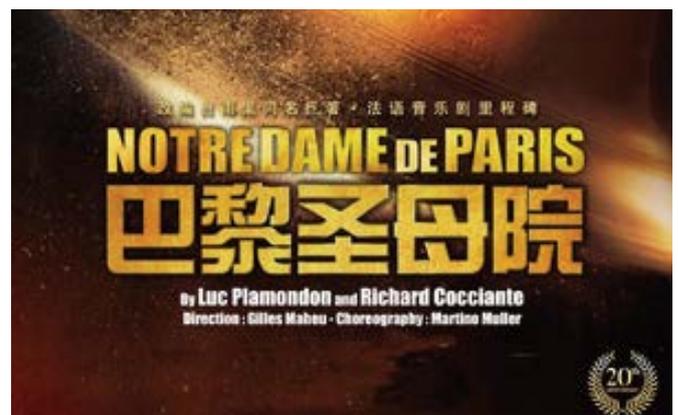
Shenzhen Grand Theater, 5018 Shennan Dong Lu, Luohu District, Shenzhen



## Dec 14 Caspian China Tour 2019

New Noise is very proud to end this year in beauty with an eight date China tour for American instrumentalists Caspian presenting new work from their upcoming album. After a sold-out tour in 2016, New Noise is proud to welcome back Caspian, who have cemented themselves as stand-alone leaders of progressive, engaging and thoroughly thought-provoking music. Through passionate songwriting, the band carves through the darkness and allows all to be bathed in light. Even when the band is at their heaviest, there are still feelings of peace and catharsis that hang in the air. Caspian transcend post-rock norms to create some unique music that is emotive, well-written and utterly enthralling.

Dec 14, 8.30pm. B10, North side of Building C2, North Area, OCT-Loft, Xiangshan Dong Jie, Nanshan District, Shenzhen (0755-8633 7602)



## Jan 10-12 Notre Dame de Paris

Having first enjoyed its Parisian debut in 1998 at the Palais des Congres in Paris, this original French production went on to sell out across the world, and was translated into nine different languages. Following the opening of Notre Dame De Paris, the production was commended in the 2000 Guinness Book of World Records for its record success for a musical during its first year.

Jan 10 - 12, 2020, 7.30pm (Fri-Sun)/2pm (Sat-Sun). For tickets, check [247tickets.com](http://247tickets.com). Price categories: 280/380/480/680/880/1,280. Duration: 150 minutes. Admission times: 30-60 minutes in advance. Language: French with English and Chinese subtitles. Children under 1.2m are not permitted. Shenzhen Poly Theater, Baoli Culture Square, Houhaibin Lu, Nanshan District, Shenzhen (0755-8637 1687)

# GZ LISTINGS



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**EDUCATION**  
**HEALTH**  
**FAMILY ENTERTAINMENT**  
**HOME**  
**MOVING + SHIPPING**



Education

Kindergartens

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

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

International Schools

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

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

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

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

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

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

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

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

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

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

**Utahloy International School Guangzhou** 800 Shatai Bei Lu, Baiyun District 同和宝岗沙太北路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) 广州耀华国际学校 广州市花都区花东镇山前旅游大道而街9号 (比邻国家4A级旅游风景区九龙湖) www.ywies-gz.com

Language Centers

**Eclipse English Education** Room D,18/F, Tianhe Bei Lu, Tianhe District (3878 0382, 189 2276 9713) 爱普教育, 天河区北路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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HEALTH

Dental

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

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

Health Services

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

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

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

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

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

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



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# SZ LISTINGS

## EDUCATION HEALTH



### EDUCATION

#### Early Childhood Education

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

#### Kindergartens

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

#### International Schools

**The World School, Shenzhen Campus Avenues,** A18, SoFun Land, Nanshan District, Shenzhen (8615 8891) http://www.avenueschina.cn/ 爱文世界学校深圳校区, 深圳市南山区集悦城A区18栋

**The King's School Shenzhen International,** Intersection of Qianhai Road and Chanwan Road, Nanshan District, Shenzhen (8669 6919). https://www.kings-school.com.cn 深圳南山国王学校中国广东省深圳市南山区前海路与铲湾路交汇处

**Whittle School & Studios,** Mawan, Qianhai, Nanshan District, Shenzhen (8785 1818) www.whittleschool.org 荟同学校, 深圳市南山区前海妈湾中心片区

**Merchiston International School,** No. 12 Shilongzai Lu, Dalang Sub-District, Longhua District, Shenzhen (400-8670177) www.merchiston.cn 深圳曼彻斯特通城堡学校, 深圳市龙华区大浪街道新石社区石龙仔路12号

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

**Green Oasis School,** Next to Green Oasis Garden, Tianmian Lu, No. 4030 Shennan Zhong Lu, Futian District (8399 6712).

admission@greenoasis.org.cn www.greenoasis.org.cn 福田区深南中路4030号田面路口城市绿洲花园

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

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

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

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

**Shen Wai International School No. 29,** Baishi 3rd Road, Nanshan, Shenzhen (8654 1225). www.swis.cn 深圳外国语学校国际部, 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, Shenzhen (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'guan Lu, Nanshan District, Shenzhen (2656 8886). www.ccsc.com.cn 南山区南光路166号

#### Extracurricular

**Shenzhen Soccer Schools,** Sports Training Services for Kids in Futian and Shekou with Qualified English Speaking Coaches. No.602 Haibin Garden, Xinhua Lu, Shekou, Nanshan District (2669 0765, 13823112524). cathy@shenzhen-soccerschools.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, Shenzhen. No.10020 BeiHuan Dadao 南山区北环大道西侧北段10020号

#### Language Centers

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

**Hanbridge Mandarin,** 1) Room 103, Block D, Meijia Plaza, Qiaocheng Xi Jie, Nanshan District. 2) 16B, Seaview Plaza, Taizi Lu, Shekou, Nanshan District, Shenzhen (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 Shiye Center, Nantai Dadao, Shekou, Nanshan District (2682 8811). 3) Rm1706, Main building of Golden Central Tower, No.3037, Jintian Lu, Futian District (15811815474). 爱玛德, 1) 福田区深南中路1027号新城大厦西座1F 2) 南山区蛇口南海大道和工业八路交汇处六洲置业中心悠然居2楼 3) 福田区金田路3037号金中环商务大厦主楼1706

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

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

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

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



### HEALTH

#### Dental

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

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

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

**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

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

#### Health Services

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

**CanAm International Medical Center Shenzhen,** E0119, Fraser Place, No.1033 Nantai 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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