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September 2017

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Spartan Race

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urges you to train
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radical rooms, and
simple recipes to
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Teen Takeover

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when you let young adults take charge



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WOMEN OF CHINA



《中国妇女》英文刊 2017年9月(下半月)

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Adviser 顾问	彭珮云 PENG PEIYUN 全国人大常委会前副委员长 Former Vice-Chairperson of the NPC Standing Committee
Adviser 顾问	顾秀莲 GU XIULIAN 全国人大常委会前副委员长 Former Vice-Chairperson of the NPC Standing Committee
Director 社长	ZHANG HUI 张慧
Deputy Editor-in-Chief & Deputy Director 副总编辑·副社长	WEI LIANG 位亮
Deputy Editor-in-Chief 副总编辑	A RONG 阿榕
Chief Editor 主编	YUAN KANG 袁康

Editorial Consultant 编辑顾问	ROBERT MILLER (Canadian) 罗伯特·米勒(加拿大)
Director of Sales Department 广告发行经营部主任	XIA WEI 夏巍
Tel 电话	5779 8877
Legal Adviser 法律顾问	HUANG XIANYONG 黄显勇
Advertising Agency	Beijing Agenda Advertising Co., Limited
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Managing Editor Kipp Whittaker
Deputy Managing Editor Andy Peñafruerte III
Senior Editor Andrew Killeen
Contributors Ember Swift,
 Jennifer Ambrose
Associate Editor Pauline van Hasselt
Intern Soumya Satheesan

Advertising Agency

Beijing Agenda Advertising Co., Limited

广告代理

北京爱见达广告有限公司

Telephone/电话: 5779 8877

Advertising Hotlines/广告热线:
5941 0368/69/72/77/78/79

CEO and Founder Michael Wester
Owner and Co-Founder Toni Ma
Head of Marketing Lareina Yang
Marketing Team Mu Yu, Helen Liu

Art Director Susu Luo
Production Manager Joey Guo
Graphic Designer Summer Zhang
Advertising Designer Summer Zhang
Photographer Uni You
Sales Director Sheena Hu
Sales Supporting Manager Gladys Tang
Sales Team Winter Liu, Veronica Wu,
 Olesya Sedysheva, Wilson Barrie,
 Sharon Shang, Serena Du
Content Marketing Robynne Tindall
IT Team Yan Wen, Alexandre Froger
Finance Judy Zhao, Vicky Cui
HR & Admin Tobal Loyola, Cao Zheng
Distribution Cao Zheng
General Inquiries 5779 8877
Editorial 5779 8877 ext. 6693
Distribution 5941 5387

Contact:

General Information: info@beijing-kids.com

Editorial: editor@beijing-kids.com


Sales: sales@truerun.com

Marketing: marketing@truerun.com


Digital & Content Marketing: DCmarketing@truerun.com


Distribution: distribution@truerun.com

Directories: listings@beijing-kids.com

 www.beijing-kids.com

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AJ Warner

When AJ Warner is not with his two sons, he's coaching Chinese students on how to get admitted to the top 30 US universities. He also guides Chinese families through the process of sending their child to the US for high school and related homestays. Contact him at ajwarner@touchdown.org.cn.



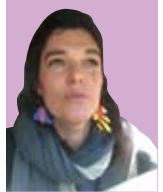
Mike Signorelli

Mike Signorelli arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.



Marianne Daquet

In Beijing for 11 years, Marianne Daquet has always been passionate about art and education. She founded Atelier Art School 5 years ago with the mission to pass on her strong belief that creativity can change the world. She and her French husband have two daughters. You can reach her at Marianne@atelier.com.



Eyee Hsu

When former CGTN talk show host and mom-preneur Eyee Hsu is not chasing after her two kids or the family dog, you might catch her at a Pilates studio or on TV. She formerly owned Counting Sheep boutiques and will be returning to the US this year. We'll miss her but wish her well!



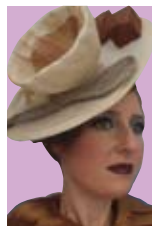
Caroline Nath

Caroline Nath moved to Beijing as a teenager after having grown up in the US, Canada, France, and India. She is a filmmaker, radio host, Parent Effectiveness Training teacher, founder of Bonne Nani Jams, and an organic food promoter. She has two multi-ethnic and multi-lingual children. Contact her at kulfidoll@gmail.com.



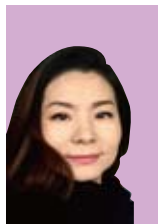
Elisabeth Koch

China's milliner, Elisabeth Koch, arrived in 2007 and hit the ground running with her hats. This TCK has two children who were born in Beijing. While her creations adorn famous heads on the covers of international glossies, Koch gives hat-making workshops in her studio and is kept busy by the kids. Find out more information at www.ElisabethKoch.net



Samantha Zhang

Samantha Zhang spent the past decade working for international corporations but in 2015 she founded JZ-Atelier Jewelry studio. The studio focuses on teaching systematic skills training so students are able to design, select materials, and fabricate their own jewelry. When not working, she enjoys spending time outdoors with her family. Contact her at legendaryzhang@yahoo.com.



Camilla Simoni

Originally from Denmark, Camilla Simoni has lived in Beijing for the last 4 years with her husband and their 3 boys. Before moving to China, she worked as a health visitor, conducting in-house check ups, breastfeeding counseling, and other newborn concerns. After she moved to Beijing, she finished her Master's in Sociology and took part in the startup Challet Baby.



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ON THE COVER:

Originally from East Sussex, England, Miya Camargo has lived in Beijing since she was six years old. When Miya's not focusing her attention on playing drums in various rock and jazz bands at WAB, she's an avid visual artist. Wish her luck as she continues her creative journey in art school this fall.

Photo by Dave's Studio

Teenage Wildlife

It can be easy for the busy international student to forget that Beijing has so much to offer beyond what can be found in the bubble of your academic institution. Along with living in a city that features an incredible depth of culture and exciting teen friendly activities, there is also a lot of fun to be had if you can break free from your comfort zone or manage to give yourself enough time in between your school workload to explore.

This being said we wanted to give teens from around Beijing the opportunity to express themselves and their views on life in this city through the pages of our glorious publication. We were amazed at not only the insightful things that they had to contribute but also the quality of their writing.

This issue tackles everything from exciting things you can do or get involved with in Beijing (pg 14), a glimpse inside some

local teens' rooms (pg 20), and even a chat with some exciting skateboarders (pg 48) who divulged their secrets on where and how to best hit the deck in the capital.

If you or someone you know is interested in contributing to our Student Correspondent Program in the future, shoot me an email (danielkippwhittaker@beijing-kids.com) because we would love to hear from you. It's a great opportunity not only to get yourself published but to also get feedback on your work from our editorial team.

Kipp Whittaker

Kipp Whittaker
Managing Editor



Meet our Student Correspondents



Soumya Satheesan

Soumya is a sophomore at the University of New Brunswick, and alumna at the International School of Beijing (ISB). When she's not playing with her younger brother's fidget spinner or contemplating complex engineering solutions to life obstacles, she is a known contributor to *beijingkids*.



Yuka Hayashi

Yuka loves dancing, chatting it up with friends, and taking pictures of the sky when smog permits. She's also very interested in journalism and exploring the idea of being a bridge between both her Japanese and Chinese heritage. She is currently a rising junior at Beijing No. 55 High School.



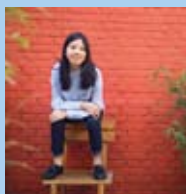
Tina Sang

Tina Sang is currently a 11th grader at the Western Academy of Beijing (WAB). Born in Michigan, writing has been one of her earliest passions, and her love for it has only grown over the years. She also enjoys literature, speech and debate, and meeting new people.



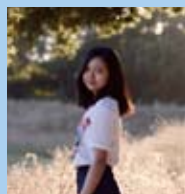
Thomas Alexander Lindesay

Lindesay is half British and half Chinese and is currently a year 12 student at Beijing No. 55 High School. He has always been very fond of outdoor activities and sports, and no matter where his travels take him around the world, he always tries to get a run in.



Penelope Zhang

This student from Beijing World Youth Academy (BWYA), when not found on the volleyball court or doing makeup for her school theater productions, is also a journalist in the making. Check out her previous work on the *beijingkids* website.



Melody Chen

A year 10 student currently attending the Western Academy of Beijing (WAB), Chen was born in Chicago, Illinois, and moved to Beijing later with her family. She enjoys painting, writing, and dance.



Noah and Joseph Killeen

Noah Killeen (age 11) and Joseph Killeen (age 8) were born in Birmingham, UK, and came to Beijing two years ago with their parents. Noah likes history, Joseph loves dancing, and they're both mad about soccer. They are students at Hyde Academy.



Lydia Qu

Lydia is a year 13 student from Sebastopol, a tiny town in California. Since moving to Beijing three years ago, she has come to love this city. After her transfer to Yew Chung International School of Beijing (YCIS Beijing) a year ago, her love for writing piqued and soon blossomed into an interest in journalism.

Rat



Avoid squeaking and squealing out gossip this month; it'll all bite you back on the tail. Also, you'll meet a couple cool new friends, so stop scurrying into corners in unfamiliar social situations. Be the Chuck E. Cheese at every party.

Ox



This month is looking pretty chill. No big changes, but some simple pleasures. Graze familiar pastures and you'll develop stronger connections with old friends, especially any roosters in your life. Just do what you love the most; namely lumbering around with glazed-over eyes, chewing cud.

Tiger



Learn from past mistakes. Have patience. Avoid pouncing on decisions before thinking them through, even if they do look like vulnerable and succulent prey. Monkeys are bound to annoy you this month, but just take them in your stripe, I mean stride.

Zodiac

Here's what September has in store for all of you ani-maniacs out there

Horoscopes

Rabbit



Hate to say it, but it's not going to be such a fuzzy, fluffy, adorable, cutie pie month. You'll have a few setbacks, but remember you can always rely on your friends and family. Just perk up those long ears and pay better attention to those around you; they want to help.

Dragon



Yay! It's going to be a great month. You'll do well in school and with personal relationships. You'll also have a rewarding travel experience, even if it's not far from home. And you're a DRAGON. D-R-A-G-O-N. Seriously, a dragon is way cooler than, like, a rat.

Horse



September will be a significant month for horses. Saddle up for a major change ahead. But whether they will be yay or neigh isn't predetermined. Optimism is key. Just trot along with positive energy.

Sheep



This month looks pretty baaaaaaaaaaaaad (onomatopoeia) because of the three inauspicious stars: Diaoke, the "sky dog" star and Yangren, who represents "disasters of the blood." I have no idea what any of this means, so maybe in September, just stay close to the flock to avoid getting sheared.

Rooster



Even though it's technically your year, this month is a cock-a-doodle-don't. Negative energy, jealousy, and other distractions will get in your way. Be sure to communicate clearly to friends; sometimes you will be negatively misunderstood. Pigs will also be great companions to help you brave out this month.

Dog



Dogs are loyal followers, but this month, make it a point to assert your individuality. Maybe get four tiny shoes like the cutest hutong pups, or go viral with duct tape eyebrows. You'll be rewarded for it, by developing a closer relationship and respect from a fellow Dog (or two) in your pack.

Snake



This is going to be a positive month, but only if you want it badly enough. Because, before anything, you first need to shed all that past negativity like crusty old snakeskin. Also this looks to be a month of love. Hold bae tight, but not so tight that you suffocate them. (*Cause boa constrictor)

Monkey



Breathe easy (well, maybe not in Beijing). We know it seems like you've been an unlucky little chimp lately. But the stars are in your favor this month, so that luck will reverse in a very positive way. So jump around jubilantly & fling poop at strangers with confidence.

Pig



Despite, or maybe because, you're the most delicious animal in the zodiac, you'll have some obstacles, albeit minor ones, this month. A Tiger friend will help you greatly throughout some of these challenges, even though they'll be thinking about bacon the whole time.



WAB students excel in academics and become life-long learners.

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11 Reasons to Come to WAB

MOTHER TONGUE LANGUAGE PROGRAMS
Chinese | Danish | Dutch | French | Finnish
German | Japanese | Swedish

SEPTEMBER EVENTS

BEIJING YOUTH LITERARY REVIEW'S WRITERS' RETREAT

Sep 8-10

Kids 10+. Join Beijing Youth Literary Review editors Simon, Jennifer, and Chen Bo for a wild weekend of writing, creative activities, hikes, BBQ, and bonding at the Great Wall Mountain House. RMB 2,800. Sign up online via www.beijingyouthlit.com/writers-retreat/ Beijing Youth Literary Review. 13 Building 6 Section C, Xiangjiang Beian, Xiangjiang Beilu (185 1979 1662, info@beijingyouthlit.com, simon@beijingyouthlit.com) 北京市朝阳区香江北路香江北岸C座6单元底商13号

SOUL: A JOURNEY TO THE REAL YOU

Sep 9

Adults. Unresolved emotional pain can cause you to lose your true identity. Join Hannah Northcott, certified yoga instructor, and Carnisa Berry, certified life coach, for Soul, a mini-retreat using yoga and a workshop to help you reconnect to the real you. RMB 350 (early bird price before Sep 2), RMB 400 after. Cost includes a light breakfast. International School of Beijing, Shunyi. (WeChat ID: BerryThoughtfulLife, carnisa@berrythoughtfullife.com)



ROYAL CANAL BOAT TOUR TO THE SUMMER PALACE

Sep 9

All ages. This is a very well-received boat cruise and walking tour, providing an opportunity to see a bit of everything in the capital, from the Beijing Zoo, Beijing Aquarium, and the Purple Bamboo Garden to the Summer Palace and Kunming Lake. RMB 480. 9am-4.30pm. China Culture Center. The Victoria Gardens D4, Chaoyang Park West Road Chaoyang (WeChat ID: china-culture-center, 6432 9341 for weekdays 9am-6pm, 8420 0671 for after hours and weekends, info@chinaculturecenter.org) www.chinaculturecenter.org 朝阳区朝阳公园西路维多利亚花园D4



ST. PETERSBURG EIFMAN BALLET: ANNA KARENINA

Sep 13-14

Adults. The St. Petersburg Eifman Ballet works under the direction of master choreographer Boris Eifman. They appear in Beijing to dance his interpretation of Tolstoy's Anna Karenina. Eifman set aside the secondary storylines and focuses solely on the love triangle between Anna, Karenin and Vronsky, bringing the timeless emotional content of the novel to the stage of the NCPA. Tickets from RMB 160 to RMB 880. National Centre For The Performing Arts (NCPA). 2 Chang'an Jie Xicheng District (6655 0000) www.chncpa.org 西城区西长安街2号

Beijing No.55 High School

Admissions Open House

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Thursday, 12 October 2017

From 9:00am

For more information and to reserve seats, please email us at bj55iss@bj55.cn

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北京市东城区新中街12号 Tel : 64169531 64160723

Web : www.bj55iss.com



SYDNEY SYMPHONY ORCHESTRA CHAMBER MUSIC CONCERT

Sep 15

All ages. East meets West during this performance by the Sydney Symphony Orchestra under the direction of David Robertson. The ensemble plays a selection of chamber pieces including two by Zhou Juan created for the NCPA's Young Composer's Programme, *Gnarly Buttons* by John Adams and *Spirit of the Wild* by Nigel Westlake. RMB 80-480. 7.30-9.30pm. National Centre For The Performing Arts (NCPA). 2 Chang'an Jie, Xicheng District 西城区西长安街2号



WABX TO THE MAX

Sep 15-16

All ages. A celebration of sports and arts, Western Academy of Beijing will host a multi-sport tournament and arts festival with high school students from international schools all over Asia. Free. Visit wabx.wab.edu for details. 8am-7pm. Western Academy of Beijing. No. 10 Laiguangying Dong Lu (WeChat ID: WAB_Chat, 5986 5588, wabinfo@wab.edu) 来广营东路10号

CHARITY READERS THEATRE PRESENTS GRAPES OF WRATH

Sep 16

All ages. John Steinbeck's Pulitzer Prize-winning epic captures the horrors of the Great Depression and probes into the very nature of equality and justice in America. 100 percent of all ticket sales are donated to the Social Work Development Center 北京市协作者社会工作发展中心. RMB 80. Email the box office at artsforagoodcause@charityreaderstheatre.org. 7.30pm. Charity Readers Theatre. 10 Anhua Street, Shunyi District (Contact Chris Verrill at 134 6638 8333) www.charityreaderstheatre.org 北京市 顺义区安华街10号



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THE BEIJINGER 2017 PIZZA FESTIVAL

Sep 16-17

All ages. Our sister publication, *the Beijinger*, brings back its annual Pizza Festival at Wangjing Soho for what will be the fourth celebration of all things cheesy, saucy, doughy, not necessarily triangular, but certainly squarely one of our favorite foods ever to exist. Following the success of last year's event, at this year's two-day carnival-themed festival we'll have entertainment fit for the whole family in the form of some of city's best live performers, as well as carnival games, magic shows, and carnival dancers, and of course, unlimited amounts of the city's best pizza, snacks, and drinks. We've even invited the Guinness Book of World Records to witness what will hopefully be the biggest dough toss of all time. RMB 25 at the door (food and drink not included), RMB 20 presale (free picnic blanket included). *The Beijinger*.

CANDLEX ROOFTOP YOGA

Until Oct 31

Adults. Relax with a sunset yoga session at the rooftop of an old Beijing hutong house, and enjoy a cup of tea and social time afterward. Yoga is not just for the body, but also for the mind. This is a wonderful opportunity for like-minded people to gather and get to know each other in a cozy setting. There are 12 spots available every Sunday. RMB 100, including a drink (all proceeds go to mental health non-profit activities) 5-7pm. Candle X. (WeChat ID: candlex2015, info@candlex.cn) www.candlex.cn



WANDERING CHINA TRIP TO PINGYAO AND WRITERS' COMPETITION

Sep 22-25

All ages. Wandering China 观览国际 is organizing an exclusive trip to Shanxi province during the Pingyao International Photography Festival, held every September. Join the adventure and automatically participate in their writer's competition in which participants will get extraordinary gifts, a Pingyao tourism bureau diploma, and exceptional opportunities like having your piece published in Wandering China's magazine and online platforms. RMB 1,600 per person (fee includes a round trip train ticket, transportation, admissions fee to scenic spots, English-speaking tour guides, hotel accommodation, dining – 3 breakfast and 2 dinners). Contact Rose Quan at 139 1152 4254 to sign up. Wandering China 观览国际. Rm 2604, Tower A, U-Space, No 8 Guangqu Rd, Chaoyang (WeChat ID: guanlanzongguo, 2561696019@qq.com) www.wanderingchina.com 北京朝阳区广渠路8号优士阁A座2604



3E TEA TALK: A PARENT'S GUIDE TO SOCIAL, EMOTIONAL, AND BEHAVIORAL DEVELOPMENT OF YOUNG CHILDREN

Sep 22

For adults. 3e International School's Tea Talk for September helps parents learn what to expect, and deepen their understanding of social, emotional, and behavioral development of young children. The workshop will also examine some red flags of behavioral issues and basic principles of positive behavior management. Presented by Dr Lynn Turner, lead psychologist and educational psychologist at LIH Olivia's Place. Free, but parents need to email community@3einternationalschool.org to register. 9-10.30am. 3e International School. No. 9-1 Jiangtai Xilu, Chaoyang (6437 3344) 朝阳区将台西路9-1号

FREEDOM FLOW: FREEDOM FROM FEAR, OPEN TO LOVE

Sep 23

Adults. Join Hannah Northcott, certified yoga instructor, and Carnisa Berry, certified life coach, for a Freedom Flow mini-retreat using yoga and a workshop to guide participants from fear, frustration, and anger into power, action, and love. RMB 350 (early bird price before Sep 9), RMB 400 after. Cost includes a light breakfast. International School of Beijing, Shunyi. (WeChat ID: BerryThoughtfulLife, carnisa@berrythoughtfullife.com)

THE DIVINE MICHELANGELO AT THE BIRD'S NEST CULTURAL CENTRE

Until Sep 30

All ages. In cooperation with Italy's Buonarroti Museum, the Bird's Nest Cultural Centre is displaying over a hundred works by famed Renaissance artist Michelangelo, including sculptures, paintings, sketches and other masterpieces by the sculptor of David and the painter behind the Sistine Chapel. RMB 80, RMB 40 for students, RMB 160 for a family pass. For more information or to buy tickets, visit www.douban.com/event/28952861. 10am-9pm. Beijing National Stadium (Bird's Nest).



ICVS "DEPARTING FROM CHINA WITH PETS" FREE INFO SESSION

Sep 16

Adults. Come join the experts from the International Center for Veterinary Services (ICVS) as they share step-by-step instructions on the latest exit process for Fall 2017, microchipping, vaccinations, rabies antibody titre testing and other requirements to help you prepare for a smooth departure from China and an easy entry to your next destination country. Free. Email RSVP to: reception@ICVSASIA.com. 11am-12.30pm. ICVS. No. 13-16 Rongkegan Lan Cheng Shang Jie, Futong Xidajie, Wangjing, Chaoyang. (8456 1939/1940) www.ICVSASIA.com 北京市朝阳区望京阜通西大街融科橄榄城商街13-16号。(奔驰大厦和望京SOHO对面。嫣然天使儿童医院后面楼房)

WAB DISTINGUISHED SPEAKER SERIES: NATIONAL HOCKEY LEAGUE ALUMNUS

Sep 19

All ages. As the NHL China Games in Beijing approaches, hear from an alumni player who has achieved greatness in "the coolest game on Earth." Free. Visit www.wab.edu/dss for details. 6-7.30pm. Western Academy of Beijing. No. 10 Laiguangying Dong Lu (WeChat ID: WAB_Chats, 5986 5588, wabinfo@wab.edu) 来广营东路10号



SAFARI SONG TIME, EVERY FRI-DAY AND SATURDAY

Ages 3-18 months

Ages 3-18 months. All babies - from the quietest to the most vocal - love singing and rhymes! It stimulates their brains and development, and makes them happy. Bring your little ones to The Bookworm and take them on a fun safari where they can learn songs and rhymes from around the world. RMB 60 per child. 10.30-11.30am. The Bookworm. Building 4, Nan Sanlitun Road, Chaoyang District.





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Beautifying the Bond

London Loft brings sass and
class to the Zhang family

By Penelope Zhang



Had it not been for the huge surprise received by my mom when we first heard of the drastic hairstyle changes proposed by the London Loft stylists, this September edition of Indulge would be another one of those about mom-pampering experiences. However, my mom is not the kind of lady who is nonchalant about having a large portion of her hair cut off without prior notice, and I confess my part in the “blame” for not explaining the details of this salon experience to her earlier. But it is safe to say that this pleasant little surprise did not turn out to be disappointing to us at all; rather, it led to an unprecedented and innovative approach to having a mother-daughter photo-shoot instead of the typically huge makeover done by our magazine in previous issues.

Since my mom slightly withdrew from the idea of completely transforming herself, we decided that she and I could each have a

smaller-scale makeover and then do a lovely picture together. My mom has always been my best friend with whom I have no untold secrets, and I am really impressed by how she can care so much for me and still excellently perform all her duties at her company. As for the former, my mom has devoted all her care to me, and has spent every free occasion with me, from the time when I was an infant to now. She also inspired my passion for reading literature. Speaking of which, even though Charles Dickens said in one of his renowned novels that “every human creature is constituted to be that profound secret and mystery to every other”, my mom and I are certainly no mystery to each other. My mom has worked in several foreign companies including IBM in Beijing, and has always found time for family despite job pressures.

This is our first time at London Loft, and we found the environment to be comfortable.

Leo, an amazing stylist at the salon, decided the best looks for us at the start of the makeover. Leo told me that small locks of my hair can be dyed brown, and then pulled up into a bun after some cutting and major braiding work. For my mom, Leo didn’t change a lot except to pull her hair up into a beautiful and complicated bun and apply some moderate make-up.

Following the makeover, my mom and I were both very excited with our new hairstyles; especially me, since I have never dyed my hair before! My mom told me that when she went back to her office, all of her friends exclaimed and complimented her on how great she looked, and were excited by the new look. However, we know from this experience that not everyone can experience such an exquisite makeover as London Loft were able to provide!



Leo examines Penelope’s hair and is figuring out the best hairstyle.



Locks of Penelope’s hair are dyed dark brown.



Mom’s hair is curled, which will be pulled into a beautiful bun later.



Some hairspray is added to mom’s hair to make it into a perfect bun.



Small portions of Penelope’s hair are cut.



Make-up artist at London Loft applies blush to mom’s cheeks.



Penelope’s hair is blow-dried to add volume.



Leo adds colorful hair extensions to the bun made for Penelope.



Finally, the make-up artist applies blush.

London Loft

2/F Shimao

Gongsan Mall,

13 Gongti Beilu,

Chaoyang

朝阳区

工体北路13号世

茂工三2层

10am-9pm

135 2019 9568

One of the most challenging things about moving to a city the size of Beijing is finding out what to do. But let us assure you that Beijing has plenty of potential to keep you active on the weekends or after school if you aren't being flooded with homework. Here are some of our favorite places to help you make the most of the capital, with activities ranging from the extreme to the surreal.

Hao Wan'r

Fun, Beijing Style

By: Lydia Qu

Flying Experience

Imagine the sensation of flying, floating above the world, floating above everything you know. Now, imagine that this feeling no longer has to remain a dream or a childhood delusion. Indoor skydiving, in Shunyi, makes human flight a reality using large wind tunnels and fans blowing at incredible speeds to allow indoor skydivers to float effortlessly. Cheaper than actual skydiving, this indoor variation is completely safe, with no age limits. They provide lessons for a safe, exciting experience in the air. RMB 286. Mon-Sun 11am-11pm. 后沙峪安泰大街6号院12号楼中粮祥云小镇南区 (6482 8912)



PHOTO: COURTESY OF FLYING EXPERIENCE

Rock Hour Climbing Wall

This is the newest zone for rock climbing enthusiasts to practice their climbing technique in Beijing, and they have been making quite a name for themselves since emerging on the scene. In creating their space, they've spared no expense in making it state of the art and even used a Japanese professional route setter to help position all of the holds they use. While Beijing doesn't have a shortage of climbing walls and we don't live far from places where you can actually practice climbing on an actual rock face, we do however lack one like this that was made with serious climbers in mind. Daily 10am-10pm. RMB 80-100 (plus additional equipment rental fees). Building 74, No.27 Yard, Xidawanglu, Chaoyang 西大望路27号院74栋岩时攀岩馆 (185 1916 6168)

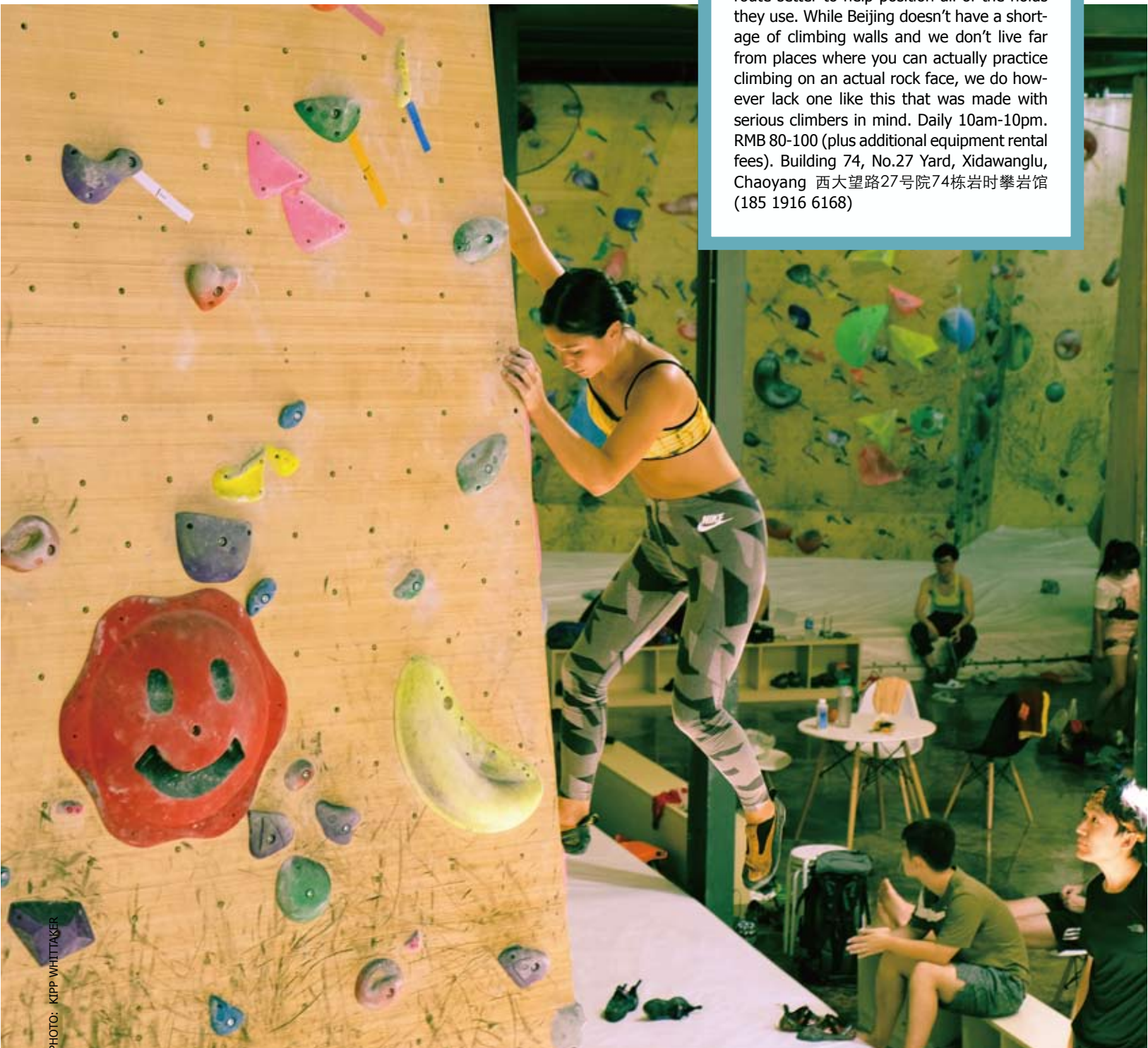


PHOTO: KIPP WHITTAKER

Milun Kung Fu School

The Milun School of Traditional Kung Fu is an institution dedicated to preserving the traditions of authentic martial arts and providing a place for students to practice their skills. Their hard-working staff members of internationally recognized kung fu champions, are open and welcoming to all newcomers. They teach martial artists of all ages, abilities, and backgrounds, while also offering smaller class sizes to ensure thorough, personalized attention, correct technique, and rapid progress for a better learning experience. As one of the more foreign friendly kung fu programs you can find in Beijing, you can bet it is also very challenging. RMB 150. Ganyu Hutong 36, Dongcheng District. 东城区甘雨胡同36号 (kungfuinchina@gmail.com)



Serk Cycling

Serk Cycling is a local cycling club that allows bikers to travel on bike adventures all over China. Serk is not only a cycling club but also a boutique bike shop, founded by Australian expat, Shannon Bufton. They offer smaller-scale weekend bike rides on the outskirts of Beijing, as well as larger-scale biking adventures in further destinations all over China. They also offer bike and helmet rentals, if you don't have a professional bike, then no worries. Appointment only. 10.30am-7.30pm. (135 0122 5775) www.serk.cc



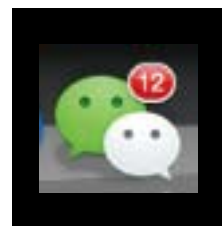
Yue Cheng VR Cinema

Get goggled up and experience what all the fuss is about with this one-of-a-kind VR experience. It should be noted that once moving to Beijing, you are now located in one of the centers for this quickly developing art form that will soon be changing lives in ways that are currently unfathomable. Experience a cutting edge array of virtual experiences created to get you fully immersed in a range of out of this world experiences. Daily 10am-9pm. RMB 30 per hour. Dazhong Electric Madianqiao Store, 25 North Third Ring Road, Chaoyang District. 朝阳区北三环中路25号大众电器马甸桥店 yuechengmedia.com



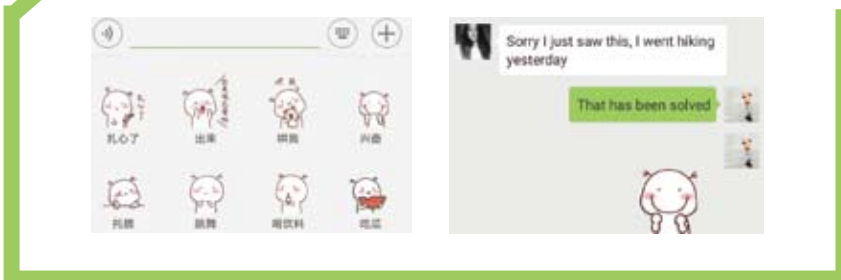
PHOTO: COURTESY OF YUE CHENG VR CINEMA

Student WeChat Hacks



By Melody Chen

What is both a telephone and a wallet? A way to order taxis, movie tickets, and even meals? An app where you can video-call with your most intimate friends, and a platform to share aesthetic photos to the world? To most people in China, their answer would be WeChat. As the most important social network in China that an average Chinese checks about 10 times a day, it has expanded into one of the largest messaging apps in the world over the course of 6 years. Its primary feature being messaging, WeChat has also developed plenty of popular features as well – including money transfer and payment, official accounts, Moments (a social feed for friends' posts), and many more. As for international students studying and living in China, WeChat can be a helpful tool by both shortening the distance between each other and assisting us in our academic lives. It achieves so with special features that might otherwise be overlooked, and will be introduced below.



to watch the animation. To access default stickers and themed sticker collections, you can find "downloads" in the gallery selection. Hundreds of compilations, ranging from adorable cartoon characters to clever memes, are available to your personal gallery with one tap. Every several months, the sticker store also updates debuts of new collections, sometimes to jump in on current trends and celebrities. In fact, some sticker collections that brought publicity to WeChat when it first started are worldwide characters now – including Tuzki, Frog and Horse, and Rumi.

In the "Favorites" tab of the gallery, there is the choice of adding custom images and GIFs to your stickers. Users can convert a photo (and even remove the background of some), and send the meme of a friend's face in a chat. Moreover, you can create animated stickers of your own by saving and importing GIFs from your mobile phone album, which automatically generates a sticker of it. To acquire hilarious GIFs, there are online sources where many animated video clip files can be found. For example, Giphy is a massive database of categorized GIFs where users can also upload and edit their own clips. Therefore, next time when a friend sends you a sarcastic text, throw them a perfect comeback with an Anderson Cooper eye roll.

Restaurant Official Accounts

One of the perks of being in such a well-connected community – buzzing with liveliness and rapid changes – is that China has perhaps one of the most convenient food delivery services. Despite the quick and easy ways to deliver food already with specialized apps, WeChat is now developing the same food delivery options all in one app. For example, restaurants like Wagas and Haidilao already offer meal reservations and orders via subscription accounts.

When entering the official accounts of certain restaurants, there is often a "delivery" or "reservations" tab where you can choose your orders from the full menus accessible in those accounts. Users are also able to use WeChat wallet payment after filling in the addresses to submit the order.

Have you ever waited in a crowded line for hours, standing and blandly scrolling through your phone, just to get a spot in a restaurant? If waiting in line in restaurants, or even other stores such as hair salons, you can spend your time grabbing a drink or wander around the surrounding shopping mall now without worrying about losing your spot. By following the

Animated Stickers

They say a picture is worth a thousand words. A GIF? Probably worth a thousand texts. In WeChat, users can add stickers to their "gallery," an assemblage of both downloaded collections and customized animated stickers that can be sent in private messages. You can access them in the emoji's and stickers tab when on the direct and group chats' interface, as they are automatically sorted into categories of "Favorites" and separate collections.

When finding the sticker tab for the first time, surely most of us spent hours poring over all the choices and sending them out

official accounts and leaving your phone number down, reminder WeChat messages would be sent when you are called to dine. WeChat now also offers reservations in the app without having to make calls or visiting the restaurant in person, as users can simply select the dining times and number of people to submit their reservations.

New services emerging at our fingertips increase the convenience and pleasure of our dining experiences. Honestly, who would resist the thought of both food delivery and texting in a single app?

on Christmas is an example of those citizen-led campaigns. Users can check the time, location, and number of people involved in the service, and accumulate points for each hour they devote to volunteer work. Combined with the Tencent Charity feature, WeChat users can contribute a little to the society around them – acting both globally and locally to serve as they see fit.

Special Messaging Features

As WeChat's primary function, messaging features can be especially useful when having to discuss with groupmates and teachers about school work, as well as contacting dear friends when they are away. WeChat incorporates many features that can be found in other messaging apps, but includes them all in one app – such as the voice call and video call functions like that of Facebook Messenger, press-and-release video clips like Snapchat, voice messages, etc.

The group chats in WeChat are especially helpful when organizing group projects and activities. By including all members of the group to share files, links, videos, pictures, and much more, all members are able to discuss, learn, and complete assignments anytime and anywhere after school. The tagging function in texts is also convenient for allowing you to alert or remind group members or teachers for direct questions. When working on a long-term project or one with specific guidelines, the "Group Notice" is also a useful feature in these chats. It can be found in the chat setting screen, and a schedule, plan, or rubric of the project can be posted there to ensure that it does not become lost among numerous exchanges of text messages. Finally, when preparing for a presentation, a performance, etc., the video call function can be useful in rehearsing for the actual project by visualizing and polishing the roles that each member performs to effectively get the message across to the audience.

As technology connects us further and further, distance becomes more insignificant when it comes to contacting friends overseas. You and your friends can create a group chat to make group voice calls and video calls at any desired time, and the picture and video clip features allow you to take snaps to share with all the group members. The voice message function can also help you "speak" to a friend and hear their voice responses despite time zone differences. WeChat is known for its ability to connect users, as the convenience of chat features all promote a smoother and more efficient mode for communication than we ever thought possible.

Community Services

Perhaps many would use WeChat pay for enabling purchases – when shopping, sending transactions, buying food, and even gifting *hongbaos*, but how many have used it to support a good cause? Tencent Charity is a WeChat feature that users can access from their wallet screen, where you can donate to nonprofit organizations including Wardrobe of Love, Ofund, etc. In the main Tencent Charity interface, you can find lists of causes sorted into categories (including medical assistance, environmental issues, poverty alleviation, etc.) of both ongoing campaigns and urgent causes. In each campaign program, the number of people who have made donations to it or shared awareness of the cause as well as the total amount of money collected are specified. Although these online charity platforms are only in Chinese, it has still created a successful upsurge in people making charitable donations.

As for students looking for community service opportunities, there is also volunteer work that can be accessed from the "Public Services" tab under the wallet section. Similarly, the volunteer work is also categorized into the causes of choice, and there are services specific to the season, the neighborhood, and different groups of people in need of assistance. For instance, dressing up as Santa Claus to bring presents to a local orphanage



Come In!

A curious look in the rooms of Beijing youths

Beijingkids felt curious about the teens that took over this magazine, and wanted to have a look inside the place they likely spend most of their time. A picture often says a thousand words, and in this case these rooms were overflowing with fun. We were partially inspired by a photo series by Gabriele Galimberti called Toy Stories. Galimberti travelled the world taking pictures of children in the middle of all their belongings. We took this idea and ran with it, providing a portal to these personal spaces so our readership can discover how these students live in China while maintaining their unique international lifestyle.

Jonathan Justin Chi

I am Jonathan Justin Chi and I am 12 years old. I am Dutch but have lived 12 years in Beijing. I attend Beijing World Youth Academy (BWYA). My favorite pieces in my room are books, an Ajax soccer shirt, guitar, gadgets, and sports equipment. The room is quite simple but at times it can get quite messy. People say bedrooms tell something about who you are, about your identity, for some part at least. I think we must consider ourselves lucky to have our own room, a space for ourselves, that we can create to our own liking. Here, I do my homework, sleep, read, play guitar, and watch movies. The most special part of my room is probably the door: it is always open.

PHOTO: CHI HONG

Hannah-Louise Sampson

My name is Hannah-Louise Sampson; I'm 13 years old and come from England. I was born and raised in Beijing, so I've been here for 13 years and am currently a student at Harrow Beijing. My favorite things in my room are my bed because it's so comfy and my Taylor Swift shrine against my window. I love these posters on my wall because they're articles on Taylor Swift and they're always interesting to read even if I've already read them multiple times. I'm a big fan of Taylor Swift. We're called Swifties so being a Swiftie I put posters upon my wall to remind myself of how into I am of everything Taylor Swift does. It puts a smile on my face. That's mainly how I decorate my room but I like being organized and not messy, even though from time to time it does get messy. In my room, I watch TV shows, catch up on sleep and try to read every night.





Bianna Berry

My name is Brianna, I am 13 years old and I originally hail from Raleigh, North Carolina. I attend Beijing City International School (BCIS) and have been in Beijing for four years now. I have decorated my room by choosing black, red, and white as my color scheme. My walls are primarily decorated with my own artwork. I would have to say that my favorite items in my room are my art supplies and my computer. If I'm not painting, I enjoy watching my favorite shows on my computer or reading, which I also love. On my last trip to America I brought back eight novels to help satisfy my insatiable need for literature.

**Cameron Kazebee**

My name is Cameron Kazebee and I am 15 years old. I came from Huntington Beach, Southern California in 2011. I currently go to the International School of Beijing (ISB). There are many things in my room I like, my DJ controller, my vinyl record of "Purple Knights" by Prince, my skateboards and my American flag. I kept the color scheme black and white in my room. On occasion I would turn on the PlayStation and play video games or mix music using my DJ controller. One of the more exciting things I do in my room is compose music digitally. So far, I have released about ten singles and one EP since 2016.

KNOW IT AT THE FINISH LINE

A mud-sweat-and-tears course
that's worth the run

By Thomas Alexander Lindesay



PHOTOS: COURTESY OF THOMAS ALEXANDER LINDESAY



Teenage years for everyone are a time of change. As a 16 year old, the biggest change I've had this year was more on my perspective on health and well-being. Living in a city like Beijing makes this difficult, because of all sorts of health hazards lurking behind every corner, from bad air quality to undrinkable water. But, with inspiration and a bit of will power, a healthy lifestyle can be achieved. I found my motivation from an obstacle race organization founded in Vermont, US.

The Spartan Race is possibly the most successful, most popular, and most challenging obstacle race in the world. Each year, Spartan Race holds obstacle races from Brazil to the Czech Republic. Last year, it finally landed in China. After I heard that the event would be challenging and full of mud, sweat, and tears,

I was psyched. As the younger brother in the Lindesay family here in Beijing, I started my training before I even told my brother about the race.

Spartan Race has an ideology revolving around the principles of the Spartans in Ancient Greece; this race will not only test your physical strength and endurance, but also your mental focus, and willpower.


Spartan Race's shortest race, the Sprint, was the one I was up against last May. The course ran almost 7km with 22 muscle-straining obstacles. I knew I had only a limited time to train, so I put my head down and got into it. When the day came, I was ready; as the horn sounded, we stormed across the starting line, and before I knew it, I was crossing the finish. Spartan Race tells the runners, "You'll

know at the finish line." True enough, when I crossed the finish line and received my medal, I knew I was hooked and had to come back for more, as I felt the Sprint wasn't enough. Next, I'm going to take on the 13km Super, then the 21km Beast – the other two Spartan races which have even more obstacles!

I kept my training going, and during my summer holiday in the UK, I participated in my second Spartan Sprint near Edinburgh. Actually, I improved my personal best by 30 minutes, finished second in my age group, and 45th out of a total of 800 racers.

My next challenge is the 13km Spartan Super in Beijing this month. I urge all Beijing teenagers my age to transform and build stronger and healthier bodies and join me at the Spartan Super.



A full-page photograph of Joe De Sena, CEO of Spartan Race, participating in a triathlon obstacle course. He is wearing a black long-sleeved shirt, a black vest with a red "BOX" logo, and a black belt. He is holding onto a thick, light-colored rope or log. In the background, other participants are visible, including a child in a green shirt and a man in a black shirt. The setting is outdoors with trees and a clear sky.

Currently, Spartan Race is challenging runners, athletes, and other enthusiasts in 35 countries worldwide. Its CEO, Joe De Sena, is an absolute legend in the adventure and endurance racing world. I actually have read two of his books! He is an amazing inspiration, and is disciplined when it comes to anything in life. We got a chance to talk to him about the race in China, and here's what he told us.

I know that your children train a lot for their age. In what age, in your opinion, should serious training start? And, do you think physical education in school is enough, or should parents play a bigger role in this?

Serious training for children should start at 5-6 years old. Most schools are cutting physical education but parents play the most critical role in a child's physical education. This MUST become part of their everyday activity.

When you were around 16/17, were you into physical activity?

That time of my life I was sweating, working and physically active 18 hours a day!

Some parents are worried about injuries that could happen in the race. What are your tips or advice for the young competitors?

Train hard, race easy. Kids are resilient. They should be crawling, jumping, and swinging. We are "animals" and we are not meant to sit in front of iPads or other gadgets all day long. That's doing more damage than crawling in the mud.

When you started Spartan Race, did you think you could make it this big and change so many people's lives?

When we started Spartan Race, I thought maybe we could reach 50,000 people. Never did we think 1 million per year in 35 countries!

Who's the youngest Spartan you know that has participated in a Sprint/Super/Beast?

My children at 7 have all done the Spartan Sprint, Super, and Beast races.

I know a few people who think Spartan Race is too extreme. What's your response to these comments?

Spartan Race too extreme? We have all learned "helplessness" as our bodies are designed for this. Unless we let our bodies and minds do the work, they will become too sedentary and complacent and that will negatively affect us.

How can runners stay motivated when joining this kind of race? What kind of benefits can we get from joining the Spartan Race?

PHOTO: COURTESY OF JOE DE SENA AND SPARTAN RACE



The main benefit Spartans get by signing up is they will lose 10 plus pounds as it "scares" them into shape. The other benefits are new friends, better bonds with friends, fitter bodies, and stronger minds, among others.

Is China welcoming Spartan Race? How popular is it in China compared to races in other countries?

China is exploding with Spartans. This is becoming a tremendous market for us and will be the largest in the world for Spartan.

How can we apply Spartan values to our day to day lives as teenagers?

Teenagers need to build confidence and need to be active and make friends. There is NO better activity than becoming a Spartan and starting to instill these Spartan values into their lives. It is a very healthy activity and it breeds confidence.



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Easy Cooking

Fast and furious recipes for teens

By: Pauline van Hasselt



Eating home cooked meals can be a challenge while being a student. We compiled super fast and original recipes for busy teens. These recipes are also a great way of honing some skills in the kitchen. Impress your friends with a kimchi grilled cheese sandwich, washed down with a healthy green smoothie, or have a fast dinner with fresh tasting ramen noodles followed by indulging in these sweet and savory, no-bake chocolate snow balls.

Chocolate snowballs

Ingredients

8 digestive biscuits
2 tbsp coco powder
2 tbsp condensed milk
10 tbsp desiccated coconut

Crumble the biscuits till pulverized. Mix all the ingredients (except the coconut) together. Scoop the mixture with a $\frac{1}{4}$ cup of condensed milk and form into balls. Then roll them around in the desiccated coconut till they are equally coated.

PHOTOS: UNI YOU



Kimchi Grilled Cheese

Ingredients

2 slices bread
½ cup grated cheese
1 tbsp butter
1 tbsp kimchi

There's a reason why grilled cheese sandwiches have been immortalized in the hearts and stomachs of youths around the world; they are dead simple to make and super delicious. We added a little kimchi to the mix to give it a little extra spice and East Asian flavor. The results were mouthwatering. Put the cheese and kimchi in-between the slices of bread. Spread the butter on the outside, and grill till cheese is melted on the inside and the bread is golden brown.



Healthy Smoothie

Ingredients

- 1 cup of orange juice
- 8 basil leaves
- 3 tbsp yogurt
- 1 tbsp honey
- 1 cup ice

Add all the ingredients together in a blender and mix till smooth. Along with being a breeze to make, this lean, green fella should be agreeable to most palates and isn't overbearingly sweet for those of you trying to avoid sugary drinks.



Cold Peanut butter Noodles

Ingredients

- 1 packet instant noodles
- 1 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tbsp chili flakes
- Half garlic clove minced
- 1 tbsp cilantro minced
- 1 tbsp coconut flakes
- 1 tbsp peanuts chopped

When it comes to Plain Jane instant noodles we have a creative solution that will not only boost the flavor but also make it look downright decadent. Cook the instant noodles as directed, toss the noodles in a bowl and mix with all the other ingredients add more soy sauce for flavor. This can be served warm or cold.

Life-Changing Summer Travel

Making your vacations more than beach balls and Instagrammable views

By Tina Sang



Now with the summer behind us, remembering only gives us nostalgia for the good old days of beaches, sleeping in, and binge-watching TV. The golden days of doing nothing. But is that all summer's good for? This year, rather than spending my summer baking on the beach or eyes glued to the screen like I normally do, I decided this was my opportunity for unique experiences. Finally, freed from the daily prison of school, I was ready to do things I couldn't do chained to my desk. I went to summer school. And traveled.

So far it's not sounding very unique – or different from school, but I'll tell you why my summer was different from the typical sightseeing or study experience you'd expect.

In fact, I'd even go as far to say this summer was the best time I've ever had abroad; mainly due to the new attitude I developed while traveling. I was able to engage with the local culture and made an active effort to connect with people in the United Kingdom, and in doing so, instead of simply gaining knowledge and cultural information, I obtained a new lifestyle and perspective.

Tourists (especially those in China) are notorious for their newfound love of traveling, and because of this, large tour groups have

cropped up all over the world, exclusively visiting the most picturesque, well-known locations, and as a result, tourism has become a largely superficial, materialistic industry. Photos are great – but how much do you really obtain from a place except more WeChat posts and less storage space?

Sometimes, when you pass a beautiful place, it's better to admire the beauty without a camera screen in front of you. Strolling through the beautiful botanical wonders of Kew Gardens or Wonderland-esque campuses in Oxford, I wouldn't have noticed the magic if I was only looking for content for my Instagram.

As for travelling, there's nothing wrong with tour groups; it's what my family did on our first day in London, but there's only so much you can learn from a generic tour – you can gain so much more by navigating a route yourself.

So we tried a different a travel method at our next stop in Scotland – plugging in coordinates on the GPS, we embarked on a self-planned road trip across the highlands of Scotland. Driving from Edinburgh to Inverness, we were met with the scenic and serene side of this foreign country. We were able to visit small towns and villages that really introduced us to the native culture and landscape of the country we were in. By living in local communities, talking to locals, eating at small pubs, we were able to experience a side of Scotland separate from the hectic tour bus life that hustles you from one sightseeing location to the next.

Another way I was able to really understand other cultures was through summer camp. Spending two weeks at first Cambridge



PHOTOS : TINA SANG



then Oxford, I befriended people from over fifty different nationalities. It was the best summer camp experience I've ever had, simply because it was something so novel, so bizarrely different from the life I had back home. Normally, people from the same country tend to stick together, simply because our backgrounds are similar. But at camp, in those two weeks, it was the exact opposite – everyone scrambled to find the drastically most different people for the sake of it. Our group of friends barely had anyone from the same country. And that's the magical thing about summer – you can live a completely different life if you choose to.

In those four weeks, I learned about various stereotypes, tasted "real Italian food, not that crappy dining hall spaghetti" cooked by my friend, and was educated in Spanish, Lithuanian, Israeli, and French music on bus rides that were way too long.

I engaged in discussions about international politics, interviewed people on their aspirations and dreams, and passionately debated whether pineapple belonged on pizza (against the Italian population, of course). And although literature was one of my subjects of

study, my greatest enlightenment came from the books my friends recommended me, the classics of their own countries. I may have taken a course in philosophy and learned about German and Italian philosophy, but I saw it play out in real time amongst my friends. In my time at camp, I was able to learn not only the basic cultural aspects such as music, food, and language of countries, but I understood values, attitudes, and developed a new way of looking at the world. And this goes for anywhere you travel; if you're able to see the world in a new way, I'd safely say your trip was worth it.

And just because the summer's over doesn't mean you have to wait until the next one! These approaches can be applied to anywhere new you go. Put the phone away and engage with your surroundings. Take the road less travelled. Go out of your way to talk to someone you normally wouldn't. Basically, make it your goal to experience something new. By developing a new attitude towards the world, your life will change.

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Q: Who Are You?

A: We're the Bridge!

Mastering the art of connecting cultures

By Yuka Hayashi

Identity: it's what defines you, it's what drives you "you", and it's how you see yourself. Now, as you may be reading in a language that is foreign to where this piece of writing is being published, you might have a complex, different, mixed, or interesting identity of your own. How come? Well, I tend to relate identity to different countries, languages, and cultures. Everyone has their core identities, usually what they are born with, for instance, their places of origin, their primary language or languages, and culture, just like a plain cup of frozen yoghurt before getting any toppings on it. Then, later comes the secondary identities that we develop from our living environment, our gained knowledge, our language acquisition, and what and who we encounter. These

secondary identities, which I relate to as the toppings on this plain frozen yoghurt, tailor our very common core identities into much more personal and exclusive resultant identity. These are ultimately the identities that we present to others.

Knowing these, how would you answer the question: who are you? I'd answer that I'm a bridge between Japan and China. I was born in Japan, but I have a Chinese parent. I was brought up in Japan until the age of seven, when I moved to China. I went to the Japanese School of Beijing, which was technically identical to studying in Japan. Later, I transferred to an international school, but still go back to Japan twice a year to visit my family and friends. It may seem fun to be this

"bridge" between Japan and China, but being so, however, isn't merely about living and visiting both countries and speaking both languages. It is much more complicated, engaging, stimulating, challenging, and sometimes frustrating than that. How so? Well, instead of endlessly writing about my own case, I will introduce you to three inspiring bridges, who I interviewed and talked about their idea of being a bridge from their own career based perspectives.

"How to bridge cultures - that's the question," said Andrew Sohn, co-founder of Due West Education, an educational company that helps students in China with US high school and college admissions. Sohn, a New Yorker (first generation Korean immigrant) who took



his Bachelor's degree at Columbia University, came to Beijing for the first time in 2001, as a study-abroad student. There, he immediately fell in love with the growing energy, the rapid development, and the deep-rooted culture of China, which were what attracted him back to Beijing in 2009 to start Due West with his best friend from university. He said his initiative came from "the disappointment in learning about the significant amount of misinformation about US college admissions circulated in Asia and in seeing well-qualified Asian students limited by this lack of reliable admissions information and unaware of the vast number of higher education options that were available to them in the US."

Studying abroad can be a life-changing

experience, just as it was for Andrew. Not only does he want to ensure these opportunities for students in China to experience them but he also wants to ensure the quality of these experiences. By doing so, he achieves something fascinating as a bridge. He further builds and stretches this bridge. The idea behind this is that Due West is the beginning bit of this bridge, but the students become the largest part of the bridge as they learn about and develop through their experience of crossing over to the other side. That enables and stimulates them to mix these experiences with their own core identities to eventually become this object connecting the two cultures. Therefore, as Andrew stressed, understanding both sides of the bridge is how you bridge cultures, because if you don't, you're a bridge standing upright on one side not knowing where and how to lay the other end of yourself.

Now that we've learned about the primary step to becoming a bridge, it's time to think about the responsibility of being a bridge. "What does it mean to enter a foreign country?" we asked Fumi Katakura, founder of Fumi & Flowers. Fumi sells and arranges flowers imported from Japan and teaches Japanese-style flower arrangement here in Beijing. The fact that she was born and raised in the port town of Kobe naturally enabled her to interact with many Chinese people, and made her understand more about Chinese culture, specifically Chinese literature. She enjoys and values the ideas conveyed through these books, much like how some people are obsessed with those inspiring quotes you sometimes see on Pinterest. Eventually, Fumi's interest in China and her passion for flowers encouraged her to start Fumi & Flowers. Upon her arrival in Beijing, the weight of the responsibility of being a bridge felt much more realistic and heavier. She realized that opening the door of another country meant much more than just entering; it meant that she was representing her country. Everything she did or said now represented Japan. Theoretically, it does sound wrong, but in reality, that is what a bridge must deal with. People are used to making generalizations, even if this is just based on one person. And that is ultimately why one has to be responsible for their behavior and speech when bridging together cultures. A person indeed is a very small part, but hey, how many people does one person meet within a lifetime? Probably countless, right?

Finally, David Weeks, co-founder of the National High School Debate League of China (NHS DLC), founded in 2012 as the first American Public forum debate league for high school students in China, likened debates to a bridge. "Debate is far more valuable beyond what one memorizes about the topic,

as it rather is a rich community of engaged students." Being a bridge doesn't merely mean the temporal exchange of cultures, languages, or traditions, nor does it simply mean mastering the practices of both sides. It means that we, as bridges, are constantly fostering and expanding a huge community of different backgrounds, cultures, languages, traditions, and histories, no matter which two countries or cultures we bridge. "Crossing cultures - it's a way of trading identities," Weeks said. It's hard to recognize the presence of such a big community within such a busy world of constant identity politics, but it's crucial when understanding the purpose of being a bridge.

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People are used to making generalizations, even if this is just based on one person

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David introduced the American public forum not only because he debated in this style when he was a high schooler, but also because it is helpful to those who speak English as a second language. Because the public forum is a mix of research and speaking, it is not limited only to native speakers, but rather encourages those who work hard and come up with better arguments, no matter what nationality may be. Therefore, although it is challenging, it is not limited. Thus it enables the Chinese debaters to feel comfortable crossing the bridge to the American culture of discussion.

Being a bridge, while not only being about experiencing new cultures, representing your culture, and then sharing your culture with others, it is essential when attempting to exist in a culture that is not your own. It is hard to be accepted if you are not willing to allow others to comprehend your own point of view.

And that leads us to a take-home question from Weeks for all the bridges. "Do people feel comfortable crossing the bridge?" It is our priority as bridges to make sure that people do.



CAS-ual Entrepreneurship

How CISB students are learning the foundations of business through their CAS requirement

After speaking to plenty of students currently having to tackle the arduous task of fulfilling their Creativity Activity Service (CAS) requirements, it became apparent that many see it as a chore. Maybe it's because CAS requires students to step outside the classroom, maybe it's because it requires a dose of creativity, or maybe it's just that you have to roll up your sleeves a bit and get a little messy to truly find success within this part of the IB curriculum. That's what a group of students at the Canadian International School of Beijing (CISB) learned, running CISB Invest, which raises money for local charities and gives out microloans to other entrepreneurs over the internet.

We sat down with them to learn more about what makes CISB Invest stand out from other clubs and what sort of real world experiences they were getting out of this sometimes demanding supplement to an already challenging high school work load.

How did this program start?

Ryan Walsh: Originally it began as a business club. I was trying to get away from it being labeled business because as soon as it's labeled this, you lose a lot of students that might be interested. So we changed the name about two years ago to CISB Invest to get more kids involved because it's not just about the money but also about giving your time and energy towards a goal.

So it has been around how many years?

Martyna: This is the third year, and me, along with my friend Anita, and Esther, are actually the original members of CISB Invest. Initially, a lot of people from grade 11 and grade 12 were doing this activity for their CAS hours, but I feel like the more experience we had with this club and organizing these fundraisers people tend to be more interested in helping out



rather than this kind of selfish approach of getting CAS hours. I think it's the passion that comes from the people that have been here from the very beginning that works like a magnet and attracts people from the outside to help out, and not just doing it for their own benefit.

What are some of the projects you guys have been doing together?

Martyna: The most recent one, we did this really big barbecue event, and they tend to be like the biggest fundraisers we throw every year. It was a tradition in CISB before CISB Invest started and one particular teacher was in charge of it, but he's gone now, so we kind of took over that event and made it a CISB Invest event. It's not only for middle and high

school students, but it's also for elementary students. We have people pre-order hot dogs and kebabs so that they can come during the lunch hour and pick it up. This year all of the profits went to Roundabout. Usually, these end of the year fundraisers don't go to our overall revenue but a separate cause, since it tends to be a bigger event.

Jana: Other than that we do a lot of small fundraisers, for example on Valentine's Day we did this thing where we made small boxes of candy, that you could anonymously send to someone with a card. We also help out at school events like the Christmas Bazaar, where we were giving henna tattoos.

Martyna: This is our classic fundraiser because people love getting henna and it's very easy to set

PHOTOS : COURTESY OF CISB

up. We have members of CISB Invest practice the different patterns, and the more you do it, the easier it gets, so we are pretty much experts now, haha. It's fun for everyone. We did that for the Christmas Bazaar but we were also selling Christmas cards which we made in collaboration with our French teacher, so it was basically Christmas wishes in French. We like to collaborate with other communities in our school whether it's a teacher or other clubs. Even though we are our own separate group, we really like to be involved with the whole school community.

Do all of your profits go to charity or back into CISB Invest?

Martyna: We like to have our profits going partially to charity but also to Kiva, which basically allows people to get some startup money or a microloan and the nice thing about it is that you usually get the money back. So that money circles there in Kiva and eventually gets donated to charities.

Are students involved in each phase of project development and managing the money raised through these fundraisers?

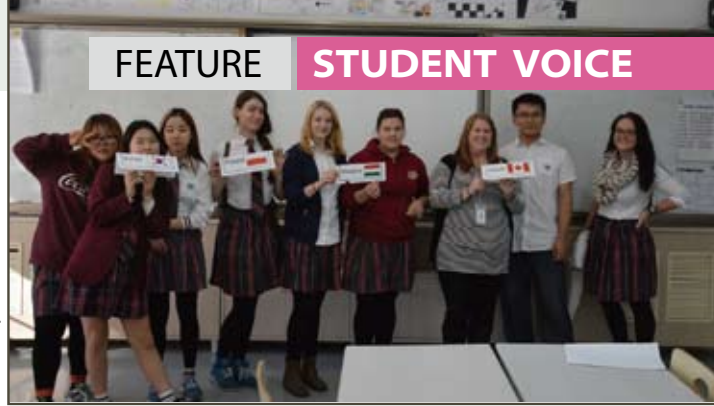
Martyna: We were the original members, and we're passionate about this group, so we like

to take the initiative. All of the members are really involved, but we are the ones that are often coming up with ideas or leading the group so that we have a clear direction. It usually starts with brainstorming, especially in the beginning of the year when we're planning out the schedule of what kind of new fundraisers we can incorporate. It's very valuable to have this brainstorming time, and we meet up every week and try to have one fundraiser per month. This became an efficient way of planning.

What usually makes for a successful fundraiser, any examples?

Jana: Mostly the response from the students. Like if we do a fundraiser, how many people come. Not even how much money we make but how is it received by the other students which we feel shows us if we did a good job. This also brings out any mistakes that we may have made so that we can fix them next time.

Martyna: We organize international food fairs, which tend to be successful because people enjoy sharing their culture. So having people bring over their traditional dishes or drinks, is



very touching and students who are essentially our clients see that, which makes them more interested in showing their support.

What are some valuable insights into the world of entrepreneurship that you have gained from your involvement with CISB Invest?

Martyna: The most important lesson I've received from CISB Invest is the importance of marketing because when an event is not promoted enough people won't know about it even if it's interesting. Sometimes putting up posters is not enough, you need to make sure it actually reaches people. Social media and mouth to mouth are essential. Having your friend come up to you and say "come to this event," is probably the most effective way to market an event.



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The Kids Are All Write

For our Teen Takeover issue, this month's column is written by our Beijing Baba's kids

By: Noah and Joseph Killeen

"Kids, come here," Dad shouts. "I'm writing a column for the magazine. Say something cute or funny."

Since Dad usually tries to get us to do his work for him, this time we're writing the column ourselves, so we can have our names at the top of the page. And get the money.

Dad writes about parenting like it's really complicated, but we know what parenting is. You just go Nag, nag, nag...

"Clean your room! Take out the trash!"

"All right then."

One second later...

"Clean your room! Take out the trash!"

Ugh, not again. Can't they see I'm busy? The Playstation won't play itself, you know.

"Well, if you don't do as you're told, you won't be playing on the Playstation for a long time."

Our friends' parents aren't all like this. Western parents just say "Don't do that."

But Chinese parents are like, "Oh little scrunchy munchykins, if you stop doing that

we'll give you your own Ferrari."

And Korean parents are all: "You've got to do quantum physics and post-algebra with your private tutor till 9pm tonight, then three hours of practice on your flute."

The other thing parents do is make you learn about culture. They always choose a day when it's really hot and sweaty. You have to be outside on the good days to be inside, and inside on the good days to be outside.

They say, "Come on, when we get home you can go on the PlayStation."

Then it's "Hey, look at this beautiful Buddhist temple. Woh, a big statue! Woh, a small statue! Woh, a medium sized statue! Woh, a million tiny statues!"

You have to climb thousands and thousands of steep steps. And when you finally finish, they say:

"There's a little museum over there. We'll just have a quick look round."

And by the time you get home, surprise surprise, it's the end of the day.

"It's too late for Playstation now. Get ready for bed."

And school starts so early here; you have to get up before you've even gone to bed the night before.


We don't really mind him writing about us because it makes us famous. When we grow up we're going to be famous cricketers, or cyclists, or zoologists. But definitely not writers. Because this has taken absolutely ages, and we've got things to be getting on with. The Playstation won't play itself, you know.

About the Writers

Noah and Joseph Killeen used to live in Birmingham, UK, but were dragged to Beijing two years ago by their crazy parents. They like sports, video games, and having friends from all over the world. They don't like the fact that their dad's biography still says they're 10 and 7, when they've been 11 and 8 for months now.

University Survival Guide

Shape up before you ship out
By Soumya Satheesan



It is no secret that many undergraduates lack a variety of skills before embarking on that road towards higher learning. As a current sophomore at university, I have still yet to master many of these student life hacks. Nevertheless, I wanted to compile a list of life skills that I picked up during my first year of university so that your own transition to a post-secondary institution may happen more smoothly. Keep in mind that these are just suggestions and by no means will they apply to every university or college.

Getting Ready for College

When packing for college, many students choose to prioritize on clothing. Bring enough clothing to school with you so that you only have to do laundry every other week. This will save you time and money in the long run. Also, roll your clothes instead of folding them into suitcases, so that you can save space and minimize wrinkling. Some other things to consider bringing are stationery, toiletries, bedding, favorite snacks, medicine, travel adapter etc. If you will be living in residence, check the university's website to get an idea of what will already be in your dorm, and what you might want to buy or bring. There are probably certain things that you won't be allowed to bring like candles, hotplates, etc.

It's best to wait a couple of days after classes start before you buy textbooks. That way you'll know whether they are necessary or just recommended. If the textbooks are mandatory, there are ways to avoid spending all your pocket money buying them. Professors might put copies of the textbooks in the library. There may be Facebook groups for students looking to buy and sell used textbooks. Keep a look out for these opportunities to buy cheap textbooks.

Cooking and Laundry

Help out your ayi or your parents in the kitchen so that you can pick up some useful cooking tips from them. Start incorporating chores like laundry and cooking into your schedule while you are still in high school or the summer before you start college. Not only will this be great help for members of your household, but it will also teach you time management before start college. The Internet can also help you master the art of college cooking.

Make sure to wrap stuff like vegetable peels in a plastic bag before throwing them away, especially if your trash can doesn't have a lid. Otherwise, flies might invade your room.

Check your pockets for stuff like money, phone, and chocolate bars, before you put them in your laundry bag. If you have to do laundry in a laundry room, it's a good idea to stay with your clothes while it's in the washer or dryer. However, if you want to catch up on some work in the half an hour it takes your clothes to be washed or dried, make sure that you've set an alarm clock or reminder so that you don't leave your clothes in the machine after it's done. People will take your clothes out and dump them on the side if you're clothes have been occupying a machine for too long when it's not running. Also, a clothing rack will help you avoid dryer costs.

Although the food is usually not so great, the good thing about investing in a meal plan is that you don't have to worry about food shopping or cooking. But for those of you who have to worry about making your own food here's a way to tackle food shopping. Buy in bulk anything that will last a long time like rice, beans, pasta, cereal, and tin food. You can buy more of these later as they get used up. Look for cheap food in the discount aisles. Compare the prices of food in different stores so that you can track down the best deals.



Taking Advantage of University Resources

Many universities offer free tutoring services for various subjects. These tutors are often upper year students who have already taken the course that they tutor, so they can give you tips about completing assignments, and preparing for tests and exams. If you want a deeper understanding of the subject, it may be better to ask your professor during their office hours instead of going to a tutor.

Free counseling services are often available. Some of the issues that counselors can help with include relationship difficulties, bereavement, anxiety, depression, stress, and eating problems.

Career centers offer advice about getting jobs or internships, acing interviews, improving your social media presence, and even writing a great resume or CV.

Some other centers on campus to visit include the financial service center, the student health center, and the writing center.

Academic advisors will help you with course selection and keeping on track for completing your degree. Many of them will also be able to give you advice about internships and additional credentials (like a minor, certificate, or a second major) that you can pursue.

Student discounts! You can find them at events, movie theatres, stores, and so on. Take advantage of them!

Getting Involved

This is probably something that you've heard a million times already, but I can't stress enough the importance of participating in extracurricular and volunteering activities. Not only will joining clubs give you valuable skills like leadership, communication, planning, and time management, it will also give you an idea of what interests you and what you might want to do in the future. It's also a great way to meet other people and start networking.

Orientation activities are designed to help you meet people and get to know your campus and city. Moreover, there is a lot of free stuff given out during orientation, at career fairs, etc. I was able to get useful information by attending such events, and I've been able to stock up on pens and water bottles.

Getting a part-time job will obviously help you pay for college. There are plenty of part-time jobs offered on and off campus, but it's important to choose wisely. Maybe a job related to your major, or something that will give you transferable skills like communication and teamwork would be helpful. Some jobs, such as those in a call center, library, or meal hall, may allow you to multitask and do homework.

Staying Organized

First semester is considered difficult not really because of the harder classes, but because you have to adjust to a new environment. So, if you are allowed to choose your own courses, it might be a good idea to lighten your course load until you get comfortable with how college works. This will also free up some time to explore extracurricular activities, part-time jobs, etc.

Register early for the classes that you need to take to keep you on track. If you concentrate all classes on a few days, you will have entire days for study, work, or personal matters. Try to schedule classes back-to-back, because if you have breaks that are only an hour long, you're not going to get much done unless it's for eating lunch. Also, make sure to talk to an academic advisor so that you know when is the best term to take all the courses you need for graduation.

Go to class. Skipping class makes it easier to fall behind. Online notes that professors post are usually just outlines, so if you want to be more prepared for exams and assessments, you have to go to class. Many professors will give subtle hints

about what they will test in exams during class. Other professors will do additional examples of problems in class that you won't find in posted notes.

Creating a bank account is usually not too difficult, as the employees are there to guide you and answer any questions you may have. When deciding which bank is best for you, some things to keep in mind are distance to the nearest branch and ATMs, and special offers for students.

Never underestimate the power of routine. Whether you want to learn a new language, hit the gym, or keep in touch with loved ones, if there is something you want to accomplish despite the increased work load, schedule it in. Doing it during the same time each day will help you form a habit.

It's always a good idea to write important things down like in an agenda, a calendar, a phone app, or sticky notes on your laptop. There have been many times when I told myself I would remember something, but I ended up regretting not having written it down.



Studying

Take advantage of office hours. If you find that a professor doesn't explain well in class, you may find that they teach better one-on-one. Getting to know your professor also means having someone who can write good references or recommendation letters and the possibility of volunteering or getting paid to help out with their research.

Sit near the front of the class. The professor will recognize you as a dedicated student and if you are sitting at the front of a classroom with 300 other people, you will be able to actually see and hear what's going on. Also, you will less likely be distracted by the people around you.

Get to know people who have already taken the classes that you are going to take. They will be happy to lend you past assignments and tests that you can use to study. (Beware of plagiarism though.) In addition, they will be able to tell you who the best professors are, where you can buy things like textbooks for cheap, and other things you need to know as a student.

In order to fight procrastination, tell yourself that you will do five minutes of studying or work on an assignment, and you'll find yourself doing more, since you've gotten over that initial dread of doing it. Also, use incentives to motivate yourself to study. For example, treat yourself to a nice dinner out with friends only if you feel adequately prepared for the test you have to write the next day. Trust me, you're not going to want to wake up early to get things done; do it the night before.

Auditing courses that you have to take later on in college can give you a head start, as you will get an idea of what to expect before you actually take the course.

Feeling Confident

Mental health is often overlooked when mid-term and final exam season comes up. Lack of sleep and good nutrition arises when students get stressed. Avoid procrastination and start studying early. Don't forget to take breaks in between study sessions, and it's probably best to avoid all-nighters.

My high school counselor gave me a really helpful tip about managing exam stress. She suggested breathing exercises that could help de-stress. A couple of deep breaths before exams would tremendously increase focus. In order to make these exercises better, she also suggested that I do them in calm situations, like while listening to music, so that my brain would associate deep breathing with calmness.

During my first semester of university, my classmates and I were assigned to read a book called *Mindset* by Carol Dweck. Our professor assigned this book in order to help us face challenges better, and it definitely changed my outlook on life. The book revolves around a simple idea that a growth mindset is the key to creating motivation and productivity. In contrast to those with fixed mindsets, people with a growth mindset believe that dedication and hard work is what leads to success, not intelligence and talent. I recommend this book to anyone who wants a boost of confidence.



PHOTOS: PIXABAY

What to Carry in a Backpack

You are probably going to be carrying around a backpack to class, so it's important to get an idea of some things that you may want to keep with you in your backpack at all times.

Portable charger (and cell phone): you don't want your phone to run out of battery when you need it the most.

Emergency contacts written down (and memorized): prioritize on writing down contact information of people that live close by, as they will be easier to reach in case of an emergency. If you are an international student, consider including the address and phone number of your embassy in case of passport and visa complications.

Medical information: emergency services may need to know about your health conditions such as allergies, diseases, or what medicines you take currently.

Health insurance card: health services may not be able to treat you if you don't have it with you.

Identification: such as a student card or a driver's license. It's a good idea to carry your student card around, because you never know when you might stumble upon student discounts! And you'll probably need it for various reasons on campus, like for getting into a dining hall or accessing campus gyms. In some countries, you might need to carry your passport or photocopies of it with you.

Notepad and pen: there are various benefits compared to carrying around a cell phone for digital notes including that you can rip out a piece of paper and hand it to someone or you can use it when your phone is not working.

Wallet: your debit or credit card may not be used all the time, so it's important to have some cash with you.

Keys: put keys on a lanyard. If you have pockets, it's best to keep them there in case your purse or backpack gets misplaced or stolen. That way, you won't be locked out of your room.

Water bottle and small snacks: to prevent dehydration and in case you don't get a chance to eat a meal.

USB: very useful if you need to transfer files between different computers.

Tissues: what if you get emotional? It's probably more useful when you accidentally spill something, or you need to blow your nose.

Umbrella or a light raincoat: if the rain is unpredictable where you live.

Flash light: there are ones that you can crank to power up so that you don't have to worry about batteries running out.

First aid kit

Where to Keep Important Documents

Besides thinking about what to carry around with you, you might be wondering about what to do with important documents such as bank documents, birth certificates, and travel documents.

Scan important documents and save them to safe cloud storage, such as Dropbox, Google Drive, OneDrive, Box, or Mega.

Keep hard copies and original documents in one place so that you know where to locate them. It might be a good idea to keep them in a locked storage system. If you don't have a safe, a sturdy suitcase does the trick.

Use plastic sleeves to prevent important papers from getting wet or damaged.

Keep all your most important documents in a single accordion file, so that you can grab everything quickly in an emergency.

Consider getting a safety deposit box for documents like birth certificates, marriage/divorce documents, property documents, etc.

Staying Safe and Sound as a Student

There is a lot of university advice out there focusing on studying, drinking and partying safely, and getting into relationships wisely, but that wasn't the kind of information that I was looking for the most when I started university last year. I found that I didn't know as much about health and safety as I would have liked. Hopefully, this article will serve to well equip you in terms of health and safety for your new life at university.



What to Find Out When You Arrive

The first couple of weeks after you arrive at campus, it is important to find out about measures you can take to keep you healthy and safe while you're at university. Aside from the obvious, like where your classes will be, the following are what you may want to find out as soon as possible.

Location of nearest hospitals, including where to go in case of an emergency. Also, provide necessary prescriptions to a pharmacy close by.

Safety at night: stay near main roads, avoid dark paths. Often students have to attend evening classes, so it's important to find out the safest routes home if you're going to walk. Try to walk home with someone you trust.

Safety programs on campus. For example, the university I attend has free Safe Ride and Safe Walk programs so that students don't have to walk home alone

at night.

Where to go to or whom to call when you get into trouble like assault, burglary, etc. There should be campus safety teams that you can call.

On campus services for both mental and physical health.

Hotlines: emergency, suicide prevention, domestic violence, etc.

A mastery of health and safety in university comes with time. Although it's impossible to foresee danger, it is important to take necessary precautions

By Design

DCB alumna helps young schoolmates draw up their interest path

By Andy Penafuerte III

This summer, when we were planning for this month's When I Grow Up, we wanted to find a college student who could give younger pupils some fresh insights into life after high school. Then one student graced our office as a design intern while she was taking a break in Beijing. Cherry Lee, who studied at Dulwich College Beijing (DCB), provided a new look for many of our columns in our July and August issues. She's now in Canada, pursuing a Bachelor of Design degree at Emily Carr University of Art and Design in Vancouver. We couldn't think of a more perfect guest to talk about passion, life in high school and college, and inspiration, all in one go. And these ten Year 4 pupils at her alma mater were just as excited to ask her about many aspects of her craft.

Kaitlyn (8): "Why did you want to be a graphic designer?"

A graphic designer creates art with a purpose. It involves a creative and systematic plan to solve a problem or achieve certain objectives, through the use of images, symbols or words. And knowing that I can both create art and help someone with graphic design is just the perfect fit for me.

Rachel (8): "Any tips about how to become a successful student at DCB?"

Time management is key! This applies to being a successful student at DCB and in university.

Lukasz, 8: "What was your favorite subject at DCB and why?"

Hands down, art! Just because that was something I am really passionate about.

Elizabeth (8): "Did you always want to be a graphic designer?"

Actually no! I wasn't exactly sure what I would be studying in university because I was interested in a variety of disciplines. But through "foundation year," I was able to explore the different options and fell in love with graphic designing.

Patrick (9): "Your passion is art; how do I find mine?"

For me I've always grown up knowing that I enjoyed art. I would recommend you to think about what you enjoy doing? Once you enjoy something, it changes from "have to do" to "love to do."

Sebastian (8): "What piece of art work do you like the most why?"

A piece called 'Absence,' because it was a photo-realistic pencil drawing. I use shading to depict the smooth skin as it creases and dimples. Using pencil I was able to capture the musculature and tiny creases with sublime accuracy. This piece represents what age does to our body and the stories that hold on to our skin. It is a hand portrait of my grandmother, each line and wrinkles has its story.

Sophie (9): "What art technique do you use and why?"

Most of the work is digitalized and thus art techniques don't really apply to me in the conventional sense. That being said, some software I like to use are Adobe Illustrator, Photoshop and InDesign.

Andrew (8): "Who was your most memorable art teacher and why?"

Mr. Bangay! He taught me from Year 8 all the way till I graduated. He has seen me grow as a person and as an artist. I was very happy he got to see my final exhibition and gave me such great approval and recognition.

David (8): "What was your favorite memory during your time at Dulwich?"

That would have to be the IB Art Show in my final year, where we displayed our works throughout the two years of IB. It was a collection of all the hard work I'd put in and a chance to display to others what I'd been working on. It was my first exhibition and it felt very rewarding to have people show approval of your work.

Joy (8): "Why did you want to study art at university?"

Art has always been a part of me. I would be the one kid in class everybody turns to look at when the teacher asks, "Who can make a poster?" I always knew this wasn't just a hobby for me, so when it came to deciding what university to go to, I just knew I had to pursue art. I liked other subjects in school but the idea of doing anything else other than art just did not excite me as much.

TEENAGE KICKS







Board Games

By Andrew Killeen

Two teen skaters tell us all about the skateboard scene in Beijing

Skateboarding is older than you may think. The first sightings of kids scooting round on boards with roller skate wheels attached date back to France in the 1940s, while "sidewalk surfing", as the sport was originally known, first became a craze in the early 60s.

Despite its long history though, skateboarding is still associated with youthful rebellion. So we went down to Burning Ice, one of Beijing's top skate parks, to talk to two teen enthusiasts.

Ding Yi and Lin Ziyi are both 13 years old, and students at Qinghua University High School. We asked them what first attracted them to skateboarding.

"I started when I was about 10," Ding Yi told us. "There was a kid, my neighbor, and he was skating. I thought it looked like fun."

Lin took up the hobby at the same age, but for a very different reason.

"My dad had a dream when he was small," she said, "he wanted to skateboard. But he didn't get his dream, so he wanted me to. And I liked it very much."

The teens skate at weekends and during school holidays, they told us, at Burning Ice and also at Woodward. This sprawling skate park in Daxing District is now officially called the Beijing International Fashion Sports Park, but the old name is still widely used.

Ding Yi also skates around his neighborhood. We asked him whether he ever has problems with the authorities chasing him off, and he shrugged.

"Sometimes security come and stop us," he said. "It's no problem, I think 'maybe this place has rules against it', and I just follow the rules. It's no big deal."

It's clear that rebellion is not on the agenda for these two polite and charming young people. We wondered whether skating in China has its own language, music, and culture as it does in the West.

"I don't actually know!" Lin laughed. "Grown-up skateboarders do that sort of thing. There are ways that skateboarders do things, like they greet each other differently,

with fistbumps for example."

Ding Yi told us he doesn't wear anything special, just whatever feels comfortable for skating (though he had a skateboard-themed t-shirt on when we met.) What about music, we asked?

"I listen to hip-hop," Lin said, and Ding Yi agreed.

"And pop music," he added. "Michael Jackson!"

We asked whether most of their friends are skateboarders.

"I set up a skateboarding club at school," Lin said. "Most of my friends want to do it, but their parents won't let them."

What do their non-skater friends think about their hobby, we wondered?

"Some of them think it's childish," Ding Yi said, "some of them think it's really cool."

And what do their parents think? (Although both teens were accompanied by clearly very proud mothers when we interviewed them.)

"They think it's dangerous," Lin told us, "but it doesn't bother them so much. It's a way of challenging myself, building a better personality."

"My parents like to support me," Ding Yi said. "They think it's a nice sport."

Finally, we asked them how they saw skateboarding fitting into their future. Do they have any plans to turn professional? Will they still be skating when they're old?

Lin laughed.

"I'll probably be an artist," she said. "I'm pretty good at art. I'll keep skateboarding as a hobby."

Ding Yi also has no plans to turn professional.

"I want to keep skateboarding," he said, "but not as a professional because I have other things I want to do."

Like what, we enquire?

"I want to open a skate shop, have a nice skate park for all the skaters – " he gestures around him at Burning Ice – "just like the boss here."

Where to Skate in Beijing

The Ultimate: Beijing International Fashion Sports Park

Originally built by and named after American summer camp specialists Woodward, this park now forms part of Xingming Lake Resort. It features 4,000 sqm of outdoor space and the same size area indoors. It also offers facilities for not only skateboarding but also BMX, inline skating, trampoline, gymnastics, and cheerleading. Our teen skaters unanimously voted it the best place to skate in Beijing.

Getting there

Realistically, you're going to need a car, or a pricey taxi ride. Beijing International Fashion Sports Park lies within Banbian National Forest Park on X038 (Pang'an Road), south of the Sixth Ring Road. Take the X021 heading south east from Daxing, and turn off to the west just before Andingchezhancun. Alternatively you can take line 4 all the way to the end at Tiangongyuan, and hail a cab from there – but it's another 20km to Xingming Lake Resort.

Daily, 9am-5.30pm (last entry 5pm). Entrance RMB 100, no time limit. Xingming Lake Resort, Weishanzhuang, Daxing District 北京市大兴区魏善庄镇 北京星明湖度假村内 (8923 1818, 8923 1818) www.bjxmh.com

The Local Favorite: Burning Ice

If getting all the way out to Daxing seems like too much of a grind (sorry!), then Burning Ice offers high quality, well-maintained facilities within the Third Ring Road. There's a skate shop too, selling decks, trucks, wheels, helmets and pads – everything your young skater needs to get their new hobby rolling. When we visited for the interview we saw a dad and his son skating together, so it's certainly family-friendly.

Getting there

Burning Ice lies just south of the North Third Ring Road and east of Badaling Expressway. Take line 10 to Jiandemen Station, use exit C and walk south for about 200m.

Daily, 1-10pm. RMB 60 per person (weekdays), RMB 90 per person (weekends and holidays). RMB 2,200 (six month pass), RMB 3,300 (one year pass).





Smells Like Teen Spirit

Experience the next wave of Chinese rock
through Midi's Battle of the Bands

By Melody Chen

The Midi Battle of the Bands is a nationwide competition that has given young rockers the opportunity to compete onstage and gain feedback from both their peers and professional judges. These groups, usually consisting of a guitarist, bassist, and percussionist, have the freedom to display their artistic creativity, musical expressiveness, and let all those complex beats and musical arrangements emerging in their heads run wild into complete compositions. Contestants then participate in a preliminary round, quarter-finals, and national finals, where they are judged on many of their skills, including basic exam scores, mastery of playing skills, and even style and popularity.

We invited three bands in the Midi Battle of the Bands to talk about their inspirations, special moments onstage, bonding experiences with their bandmates, as well as their common passion for music. We hope this gives you a little glimpse of life as teenagers trying to break their way into China's rapidly developing music scene.



Buddy 00 Generation is a pop band formed by kids from different schools and different grades, but their common love for music and unwavering perseverance brought them together on this journey. Through their music, they've demonstrated to China the unique characteristics of the rising youth – creativity, candor, and confidence.

Tell us about your band. When and how was the band formed and how are the roles of the band members distributed?

We are BUDDY 00 Generation. We (guitarist Shuotong Wanglin and bass guitarist Yuetong Su) have been learning guitar in a training institute, and our teacher organized us to practice as an ensemble. We felt great playing as a group, and we also watched some performances of other bands on television before this. Then, with the help of our teacher, we found keyboardist Zihe Wang and percussionist Runsen Wang to form a band. We routinely practice every week with everyone almost always being able to attend, and we have improved together since.

What is the name of your band, and where did it come from?

The oldest member of our band was born in 2003, and the youngest 2006. All of us belong to the "00 Generation" (those born after year 2000), so we just call ourselves "00 Generation" when we first started. The members of our band are all from different grades and different schools, but music is what making us true friends and bandmates through communication and the work we did together. In the beginning of 2016, we officially changed our name to "BUDDY 00 Generation."

How would you describe the overall style of your music?

The main style of our band is pop rock. We do not have much experience with learning music or encountering different styles. We add to the frame of pop music little by little with the knowledge we have learned along the way (like blues and funk).

How did you first get involved with music?

We first started learning in the institute, where we would have a lot of fun while practicing!

Since Midi is a nationwide platform, what do you look forward to or want to gain most out of this experience?

We hope that more professionals and teachers can listen to our work and provide us with constructive feedback. We also hope that we can let more people can hear the voices of the new generation of musicians.

Regarding the piece that you recorded and submitted to the battle, can you describe your songwriting process? Were there challenges you encountered during the experience?

The music we handed in this time was a song called "I Am the 00 Generation," which is based on our band's name. This composition was also a project our teacher had assigned to us. Each one of us wrote lyrics that described characteristics of our generation, and the process of assembling those lyrics was pretty smooth.

What is the composition of your piece like, and what does the music and lyrics express? Is there anything special about the song that you would like to share with us?

People say that the time of the 00 Generation takes place in a multi-cultural society. We added elements of pop, blues, funk, rap, and more to embody the diversity of our generation. The lyrics also describe our lives – such as the lines "Little shoulders, big backpacks/

Math, English, and calligraphy/My parents think I am Superman/But I do not possess superpowers like Nezha" – as you can see we are also under a lot of pressure.

What was the experience of participating in the Midi Battle like? What was the most memorable moment or story?

Without competition, there would be no comparison. Without comparison, we would not be able to improve. The most memorable part of this experience would probably be how much we learned from the other bands in this battle.

What are your plans for the future of this band? Do you plan on creating more music together?

We hope that more people can listen to our songs, and accept and appreciate the voices of our youth generation.

Finally, is there anything you want to say to your bandmates?

Let's work hard together!





Open is a heavy metal band that consists of five band members. Though they are young of age, they have had plenty of onstage experiences, a contagious stage presence, and impressive potential all the while engaging in interactions with the audience. They have also been on multiple tours and invited to music festivals and battles as performing guests.

How would you describe your sound to an alien, who has never heard your type of music before?

Probably passionate, free, and full of energy.

Do you all have an artist in particular that you find inspiring, or that has influenced your sound?

The teacher who opened the door to music for us is Liang Huang, the founder of the Haiyun Contemporary Music Center, which we have been learning at. Metallica has also influenced our style.

What are you all listening to right now, would you say that you primarily listen to Chinese or Western groups?

We listen to heavy metal music, often from Western groups.

Who in the band writes the songs, or is it a group effort? Are there ever any disagreements over song ideas?

We have had disagreements over different opinions, but as a group, we try to conquer these problems and complete the compositions together.

What do other kids think about you being in a band? Do you ever get a chance to play in front of your classmates?

Our classmates really admire how we already have a band on our own! We have performed for them several times, and they are a great source of encouragement and support.

What has been the most exciting moment in your young musical careers thus far?

We were very honored to have performed in and won the Midi Battle Nationals.

Is music something that you will continue to pursue, and if so what are some of your goals for the future as a band?

Of course we will continue pursuing our dreams. We are anticipating stepping onto the Zhanguo Rock Music Festival stage right now, and our ultimate goal is to perform on a nationwide or even global platform.

If you could make a music video for any one of your songs, which would it be and what would the music video be about?

We would probably make a music video for our original song "Onward," and it would be about our journey step by step toward the horizon of success. The video would be filled with passion and faith, just like the song.

What has been the most challenging part of participating in the Midi Battle of the Bands, and how has the experience helped you to develop and grow closer as a band?

The pressure of competing amongst so many talented groups from all over China had been a challenge. But through all the accommodating and working with the group members during gigs and rehearsals, we have really come to know each other a lot better.

How are you judged in the Midi battle of the bands competition? Have you been very impressed by the other bands participating?

We were very honored to have been given the high praise "they might become the next 'Motorhead'" from the professionals judging the battle. We were also very impressed by Soil, another band that participated.

What advice would you give to other teens wanting to start a band and start gigging around Beijing?

Just keep your ears open! Listen to feedback from your teachers, and listen to many different styles of music.

Junior Journey is a band with a distinct style that incorporates both pop and metal elements into their rock music. Like their band name entails, their music is also filled with energy and passionate sentiment, providing the perfect soundtrack to your road of discovery.

How would you describe your sound?

I would describe our style as rock, pop, and metal.

What other musicians do you find inspiring?

Some artists that we really enjoy are Jason Zhang, NZBZ, Beyond, and Open (another band that participated in Midi).

What are you all listening to right now?

We usually listen to rock songs, but also genres of pop and classical styles. We are open to both Chinese and Western music.

Who in the band writes the songs? Are there ever any disagreements over song ideas?

Our band members usually brainstorm a lot of the ideas together. Though we often have different ideas, we try to be inclusive and mix and merge them together, so it is a group effort.

What is the composition of your piece like, and what does the music and lyrics express? Is there anything special about the song that you would like to share with us?

We try our best to make our music as perfect as possible. The music as well as the lyrics contain a lot of emotions and passion, which, in our opinion, really fits our style and concept.

What do other kids think about you being in a band? Do you ever get a chance to play in front of your classmates?

We have played in front of our peers before, and they admire our spe-

cial experience and skills.

What was the experience of participating in the Midi Battle like? What was the most memorable moment or story?

We had a blast! The whole experience had helped us gain more experience with performance and grow as a band. The enthusiasm from the crowd in the whole stadium had been indelible moments.

Have you been very impressed by the other bands participating?

We were impressed by the song "So Great" and "Onward" by Open.

What are your plans for the future of this band? Do you plan on creating more music together?

We plan to continue improving and creating better music in the future. We also hope that each member will keep developing their individual skills so that our music as well as our group will be remembered by people in the future.

Finally, is there anything you want to say to your bandmates?

Let's cherish every rehearsal and every opportunity to perform onstage that we are given, and learn more from it each time to better ourselves even more. Friends, let us fight and strive toward our dream!



Beijing Youth Literary Review Presents City Falling

By
Tina Sang



Many of you out there may have heard about or encountered the *Beijing Youth Literary Review* (BYLR) since their inaugural issue back in April. For the uninitiated BYLR is a bilingual journal of creative writing and visual art, focusing on making heard the voices of international and Chinese students. We love what they are doing in giving students from a variety of schools here in Beijing a beautiful platform to show off their creative writing skills. What better way, we thought, to help spread this welcomed project than as a part of the Teen Takeover issue of *beijingkids*.

This selected short story, written by Tina Sang and titled "City Fallen," puts into words the harrowing and dreamlike experience of surviving a natural disaster. It's equal parts terrifying in its struggle and magical realism, as she paints a rich picture of the surreal experience of surviving a catastrophe through her poetic imagery.

Keep a lookout this month as the next edition of the magazine hits the streets on Sep 1, showing off the current crop of writing talent here in capital.



"Girl. Girl. Wake up."

A rough shove sends searing pain into my head. Wrenching my eyes open, I see a blurry old woman hovering above me. Her gray-black hair sticks greasily to her head, fingernails dirt-choked as she pries my lips open. I protest, before a stream of warm water is poured into my mouth.

"Come," she says as she yanks me up by the arm. Every stiff muscle screams in agony.

"Where are we?" I ask as she drags me along a broken road. There is no reply.

Wreckage surrounded us, a shattered city; toppled telephone poles, Swiss-cheese buildings, and sea of cement ruin. We pass a mound of lifeless bodies, piled in a gruesome Mount Everest. The glass and rubble crunch underfoot, and I do my best to suppress the bile creeping up the back of my throat.

I remember the city as it once was; swelling with scents and noises, bustling crowds, busy roads – nothing remains. The silence of the city is tangible. It settles thick in the air, like toxic gas, seeping into my bones, making me weary as we trudge along.

London Bridge is falling down, falling down. The haunting tune plays over and over in my mind. Another city in the clutches of destruction. My brain scrambles to piece things together, to remember *anything*, but the sun's harsh glare scorches my memory blank.

Suddenly, the woman ducks into a narrow doorway, and I gag at the putrid stench within. A sea of bodies is packed into what used to be a hospital, some groaning in pain, others so still I wonder if they're alive. She leads me to the far wall, where a hunched man crouches on a mat. She shoos him, and he glares before scrambling away.

"Here," she says, her eyes expectant.

"I...I don't have anything for you."

She spits on the floor, and stalks away. I'm left alone with my stained, reeking mattress. I'm disgusted, I don't want to touch it, but then my

head spins and I have no choice but to collapse.

The ground shudders. Perplexed, I look down. Did I imagine it? Then it comes again, stronger this time, like a giant waking from slumber.

Someone grabs my arm. "Back to the house, now."

But it's too late. The ground gives a feral lurch, coming alive with a roar. The grip on my arm disappears. Further away, I see people hurrying towards me, and I yell at them to get to safety.

Beneath me, the land rocks, bucking wildly as it breaks free. It throws us wildly from side to side. I can't crawl without losing balance. Splayed out on the dusty ground, I'm helpless as I await the giant's wrath.

"Meixin!" Someone shouts my name, reaching out towards me. Desperately, I try to grasp their reaching fingers. Just as their fingertips brush the back of my hand, they are wrenched away. The earth gives in with a horrible groan, and I watch as the land split open in a gaping

abyss.

"Bailin!" I scream too late. The ground crumbles beneath his feet. He scrambles backwards, trying to find solid footing. I'm terrified for him; every bone screams for him to stay safe. But there's a small part of me that wants him to make the leap. Risk his life to be by my side. The hot air suffocates me. Everything disappears in a wall of dust.

The smell of dumplings greets me next, the bright linoleum tiles of the kitchen. Bailin smiles at me from the breakfast table, where my mom and dad sit huddled over the newspaper.

"What's new?" I slide into my chair.

My dad looks up. His eyebrows are knitted together. "Minor tremors in Sichuan, Shanghai, and Hebei. Nobody can figure out what it's from."

"I'm sure it's nothing," my mom says. Any relief I feel at her words evaporates when Bailin's eyes meet mine, teeming with unease.

I wake, mouth dry, heartbeat racing, skin twitching with disgust. There was an earthquake. I've been separated. My family. Bailin. I remember him now. Bright smile, eyes that are the brown of the earth back home. The boy next door. I breathe in, trying to remember the taste of food, hot mantou, deep-fried dough sticks, and fresh soybean milk. But instead I'm met with a rancid scent. I cough violently, tears stinging my eyes. Nauseated, I head outside for fresh air.

The amateur squeaking of a violin reaches my ear, and I turn towards the sound. *Twinkle, twinkle little star...*

A ring of people surrounds the source of music, and my feet move me to the front of the crowd. A bearded man plays on a beaten, chipped violin that looks it just barely survived the disaster. When he finishes his playing, I join in on the smattering of applause. Instinctively, I step up to him, hands outstretched.

"May I?"



The violin feels foreign in my grip. It's larger than the one I used to have – bulkier, the strings rusted. But still, it's a piece of home. Shaky, I raise the bow to the strings and drag out the first note. Hesitantly, a tune flows from the strings, sweet and true, as a memory invades my senses.

I was in the lead, giggling as my legs carried me up and away. Bailin's short huffs followed closely behind. I squealed, pumping my legs faster. A large shadow came out of nowhere, dashing past both of us.

"Baba!" I screamed, trailing in the laughter he left, big and booming.

My bow flies over the instrument, fast and bright, leaping, jerky, staccato. The music soars, carrying me up the hill, up to my dad, with Bailin right behind me. Each note gifts me a new detail, the warm rays of sunshine, the thrum of cicadas, blades of grass tingling on my bare feet.

When I lower the bow, my heartbeat is erratic, and I find a thick crowd of people all staring. Their eyes are wide, wonder-filled. I stare back, hands shaking. One man shouts, and then everyone erupts into cheers and laughter, and I'm laughing too, impossibly reunited with the taste of joy.

But that night it's difficult to keep the demons at bay. I'm plagued with half-remembered dreams, fragments of reality that I try to grip onto, but they slip away like wisps of silk. I'm running up a hill, to my family and to Bailin, but the ground keeps slipping, I'm sprinting but moving backwards, then I lose balance and I tumble, tumble downwards. I'm playing a violin, but then it splits in two, and the people dancing on the strings plummet into the chasm.

The next day I wake up to the sound of clamoring. Padding outside, I'm surprised to see a mob of people on the street. When they spot me, they all begin shouting and gesticulating, and before I know it, I'm holding a violin once more.

A slow tune comes alive under my hands, melodious and soft, shaping the wind that whistled through my hair at the top of the hill.

"The beauty doesn't ever fade, does it?" Bailin smiles at me, eyes alight with awe.

"I couldn't imagine being so far from everything," I say.

"You know one day you'll have to leave your tower, Rapunzel."

I turn back to see my parents smiling at us, hand in hand.

"I couldn't imagine it."

I'm alarmed as I see the wet faces around me, sorrow filling previously excited faces. Abruptly, I stop playing, only to find tears streaking my own cheeks. What have I done? I was supposed to bring joy in a time of sadness, not bring more pain. I feel a hand on my shoulder. The old woman cracks a yellowed smile.

"We've all lost someone," she says. "There's no shame in crying."

Something bursts within me. It's too much. I miss my family. I miss Bailin. I miss everything familiar.

"Hush haizi. We're here for you."

I'm racing up a hill. This time it's completely silent, except my soft footfalls on the grass. My parents and Bailin stand at the top, but I run past them. They wave, as if sending me off. 一路平安. Have a safe journey. The view welcomes me like an old friend. Spread out beneath me, the city is a great mosaic of gray buildings. I spread my arms and fall forward, and the city reaches up to embrace me. The wind rushes in my ears, and faintly, the sweet sound of a violin plays.

Tina Sang: Age 15, Western Academy of Beijing

Tina is an American-born Chinese who grew up in Michigan and moved to China at age eleven. You can often find her writing half-finished novels, short stories, letters to fictional people, occasional poetry, and alternate endings to books she isn't satisfied with.

SCHOOL NEWS

Recognition from Abroad

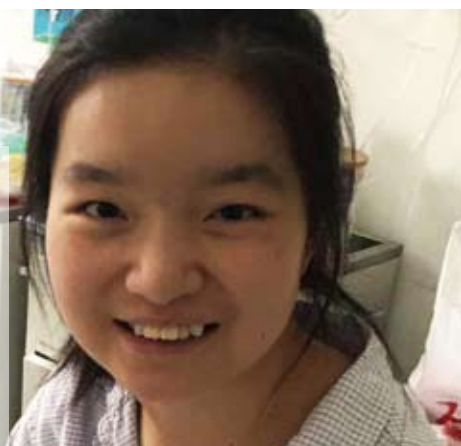


BIBA Students Bring Home Medals at World Scholar's Cup

Middle School students from Beijing International Bilingual Academy (BIBA) participated in the World Scholar's Cup global round in Hanoi, Vietnam on June 26 - July 1 along with more than 3,000 scholars from 50 countries. BIBA Students were awarded multiple medals and recognition after qualifying for the global round.

YCIS Charity Ball Supports Children's Heart Operations

With support from funds raised during YCIS Beijing's Parent Organization Oscars Charity Ball, Catherine and Ronan, two local children at New Day Foster Home, recently underwent successful heart operations. Both children are now resting well and are recovering even more quickly than doctors anticipated!



DCB Marks Another Outstanding Year of IB Results

Dulwich College Beijing (DCB) celebrates its students who achieved a phenomenal 37.60 point average, and just under 37 percent of them scored 40 and above. Notably, four members of the Class of 2017 achieved a stunning score of 43 and four pupils attained a nearly perfect score of 44.

Daystar Academy and Ivy Academy Sanlitun Campus Now Open

Ivy Education Group is delighted to open the doors to its second Daystar Academy campus (elementary only), and new Ivy Academy campus (kindergarten) in Sanlitun. The campus has undergone extensive renovations to ensure an engaging, safe, and clean air environment for everyone. (www.ivyschools.com)

WAB Community Celebrates Middle School Grand Re-Opening

The Western Academy of Beijing (WAB) community opened its newly renovated Middle School campus. The summer-long project utilizes an innovative and environmentally friendly design, and was accomplished through the contributions made from every member of the WAB community. Sunlight and color fill the building, creating energizing and flexible learning spaces for students and staff.

Bilingual Program Launched at CISB Jianguomen DRC Kindergarten

Opening for both domestic and international families, CISB Jianguomen DRC Kindergarten introduced its new bilingual program offering a professional Chinese and English preschool education to children from 18 months to 6 years old.

Keystone Academy Appoints New Associate Head of School

David Beare has been appointed Associate Head of School at Keystone Academy. In collaboration with Head of School Malcolm McKenzie, Beare will combine this new role with his existing responsibilities as Dean of Faculty. He joined Keystone in 2012 as a founding member of the Keystone Academy Leadership Team.



BSB, Sanlitun Introduces New Deputy Head of Primary

The British School of Beijing, Sanlitun (BSB, Sanlitun), a Nord Anglia Education school, announces the appointment of Zoe Hubbard as Deputy Head of Primary. Hubbard will lead teaching and learning across the primary phase of the school.



New Head of Secondary at BSB, Shunyi Revealed

Jeff Shaw is the new Head of Secondary at The British School of Beijing, Shunyi. Shaw started his teaching career in Wolverhampton, UK and has since held senior positions in Germany, Colombia, Kuwait, Luxembourg, The Netherlands, and Southern China. Shaw has a degree from Lancaster University, a Masters at Oxford Brookes and is also a Chartered Geographer.



The Circuit is a chance to check out what's happening in the Beijing community. Want to see your event on these pages?



Keystone Takes Experiential Learning to Africa

From June 20 to July 5, ten Keystone Academy grade 10 and 11 students traveled to Botswana as part of the school's Experiential Learning Program. The journey focused on conservation, service, and leadership in a country and landscape that is invigorating in its differences from China.



ISB Welcomes Over 300 New Students

To kick off the new school year, the International School of Beijing (ISB) welcomed over 300 new students to their new family orientation on August 11.



PHOTOS: COURTESY OF KEYSTONE ACADEMY AND ISB

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by **September 11**



Beijing No. 55 Stages an English Drama Performance

On June 22, tenth-graders from Beijing No. 55 High School played various characters in popular English theater productions, including "Shakespeare in Love," "Romeo and Juliet," and "10 Things I Hate About You." After the presentation, the children said they had enhanced their self-confidence and hope to continue to participate in the English drama course next term.



DCB Students' Africa Trip 2017

This summer, 24 intrepid Dulwich College Beijing (DCB) students from Y11 to Y13 set off on a 3,200km road trip through South Africa, Botswana, and Zimbabwe. They also spent a few days doing service work at Bunina Village Primary School.





Eduwings Feel the Nature in Summer Camp

In July, Eduwings held a summer camp and field trips to get out into nature. Kids visited a nature park and Crab Island and did a lot of fun water activities.

3e's New School Year Orientation Day

3e International School welcomed new and returning students and parents to the Families Orientation Day on August 9 with fun games, activities, and school-wide information.



PHOTOS: COURTESY OF EDUWINGS KINDERGARTEN AND 3E INTERNATIONAL SCHOOL



YCIS Beijing Graduates Celebrate Perfect IB DP Pass Rate

Recent YCIS Beijing graduates were thrilled to receive their IB DP results marking the tenth straight year of a perfect 100 percent pass rate. With an average score that is six points above the world average, graduates can finally rest and enjoy the closing days of summer before starting their new journeys in university.



BSB, Shunyi Students spoke at UN Forum in New York

On July 14, The British School of Beijing (BSB) Shunyi student ambassadors Tildie, Helen, Sunny, and Sabrina presented their ideas about Sustainable Development Goals at the UN High Level Political Forum held at the UN Headquarters in New York together with 87 Nord Anglia students from around the world.





WAB Welcomes New and Returning Families for 2017-18 School Year

Western Academy of Beijing (WAB) welcomed more than 250 new students and their parents from 33 countries to WAB this year. They are excited for another year of offering a distinctive, world-class educational environment.



Esteemed Educator Inspires at Ivy's Annual Conference

On August 16-19, over 200 campus teachers and administrators from Ivy Schools across China and Daystar Academy gathered at their Sanlitun campus for Ivy Education Group's annual Builder's Conference titled "Back to Basics." Dr. Rosemary Truglio, Sr. Vice President of Education and Research at Sesame Workshop delivered the keynote speech to all teachers.



PHOTOS: COURTESY OF WAB AND IVY EDUCATION GROUP



Aidi School Concert Raises over RMB 210,000 for Charity

Aidi School's "Walking with the Sun" summer charity concert at Poly Theater has achieved great success. Over 500 students and teachers volunteered in the whole project and presented an excellent show for audiences. More than RMB 210,000 was raised for a charity school focusing on the children of migrant workers.



BCIS Gives a Most Welcoming Summer Camp

XperienceBCIS was a two-week summer camp held from July 24 to August 4. It was specially designed to help new students transition to Beijing City International School (BCIS) and help them become acclimated with their new school environment and familiar with their peers and teachers.



How do you transport yourself around the city?

We all have drivers that were provided for us due to our father's job, but we also ride our bikes or walk.

Best Clothes Shops

Forever 21 and American Eagle

Favorite Restaurants

Din Tai Fung

Favorite Spot to Relax

Bed was a big contender, though we also like the gym and swimming pool

Favorite Weekend Activity

Shopping at Sanlitun and getting cozy with a good TV show. Going to Solana with friends and spinning at Space cycle in Sanlitun.

Personal Websites

Youtube and Pinterest

Best Daytrip

Skiing with the family, riding around the city with friends taking pictures, and the occasional shopping spree at Forever 21.

Favorite Non-Chinese Restaurant

Moka Bros., Great Leap Pizza, Victors Indian, and Pizza Saporita

Favorite Dessert Spot

Coldstone and Dairy Queen

CLASS ACT

Text by Pauline van Hasselt, Photo by Uni You

Meet this lively group of teen friends, from left to right Bella (15) Harmony (14) Sophie (15) and Ariel (14), who all hail from Australia. Bella and Sophie, who are twins, have known Ariel since birth and have been best friends ever since. They then met Harmony because Ariel went to school with her and lived on the same compound. All four of the girls reside in Beijing because their fathers work here in the city. Sophie and Bella attend CISB while Ariel and Harmony attend WAB. In their free time this fun-loving bunch either participate in school sports or love going to malls to keep up with their favorite fashion trends.



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