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beijingkids

June 2018

Plus:

Hopping
around the
Philippines,
Georgian
cuisine, and
Crescendo
Studio

Hey DJ!

When I Grow Up gets
remixed by DJ Jay 1, 2

Teach to the Beat

Learning to a
different drum

Everything Is Music

Beijing kids have an uncontrollable urge to rock



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WOMEN OF CHINA English Monthly
《中国妇女》英文月刊

Sponsored and administrated by

ALL-CHINA WOMEN'S FEDERATION

中华全国妇女联合会主管/主办

Published by

**ACWF INTERNET INFORMATION AND
COMMUNICATION CENTER (WOMEN'S
FOREIGN LANGUAGE PUBLICATIONS
OF CHINA)**

全国妇联网络信息传播中心（中国妇女外文期刊社）出版

Publishing Date: June 15, 2018

本期出版时间：2018年6月15日

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International Distribution 国外发行

China International Book Trading Corporation

中国国际图书贸易总公司

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WOMEN OF CHINA English Monthly

《中国妇女》英文月刊

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Printing 印刷

Toppan Leefung Changcheng Printing (Beijing)
Co., Ltd.

北京利丰雅高长城印刷有限公司

国际标准刊号：ISSN1000 9388

国内统一刊号：CN11-1704/C

国外发行代号：1580

国内邮发代号：2-713

广告经营许可证：

京东工商广字第0121号

WOMEN 中国妇女
OF CHINA 《中国妇女》英文月刊 2018年6月下半月

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Uncontrollable Urge

Since I was very young, music has been my absolute obsession. I can remember when I was 3, doing my little birdie dance to "Rockin Robin" by the Jackson Five in my tighty whities before bedtime, the cliché music I was listening to during my first breakup, and even the song playing when I first got off the plane after arriving in Beijing over six years ago.

I quickly discovered growing up that there is a song for every occasion and music ever since has been a constant companion. From waking up to going to sleep there was some sort of melody or noise filling the air, and just about every song I know has the ability to bring back a specific memory.

When I was in middle school this obsession for music turned into me trying to make music of my own. I would hide in my parent's garage for hours playing guitar as loud as possible. Practicing with my buddies, we would unleash our sonic terrors upon the neighborhood, jamming for hours. Once we even received what we regarded as a compliment from an upset neighbor, that we sounded like a broken ice cream truck. We took this feedback and ran with it, releasing music on CDs, tapes, and vinyl for about a decade and touring around America. It was an adventure I'll never forget, and it introduced me to so many amazing and creative people along the way.

Music gives you so much confidence. It is an attitude that I feel is healthy for all involved, and addictive once you start playing out live. There isn't another art form to my knowledge that's so direct and instantaneous. Many of the international school kids we interviewed in this magazine expressed the same feeling.

When piecing together the ideas for this issue, we assumed that many young people starting to play music wouldn't receive the same opportunities we might have had growing up. We were delightfully proven wrong, as many gig quite regularly and even use the web and social media to spread their creative output. Much more efficient than handing out a tape or CD at shows night after night on the road.

We talked to Mike Qian (p31) of Beijing International Bilingual School (BIBS) about his unique views towards playing music of the electronic and metal varieties, and how he was able to break into the Beijing music scene. We also found a music school (p32) that is working to make music fun for those first beginning their musical journey. For our cover feature, we took Jason Wilkins, also known as DJ Jay 1, 2, to Beijing No. 55 High School to teach a handful of young music enthusiasts about his craft, and to explain why he has a collection of 4,000 records and who knows how many shoes.

In "Schooled" (p38) we talk to two educators about how they use kinesthetic learning to engage their students with the learning process. This is just another way in which music and physical activity can stimulate learning.

As parents, there will no doubt be a time when our children are listening to music that we are out of touch with. Don't forget that there is always a reason that these are the types of sounds they are gravitating to, and listening to these sounds may give you a glimpse into their lives. We would probably be more worried if they weren't listening to any music at all. Remember, if it's too loud you're too old!

Kipp Whittaker

Kipp Whittaker
Chief Content Manager



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ON THE COVER:

Dropping the needle on a tasty groove, is Beijing No. 55 International School Grade 11 student Jennifer and DJ Jay 1, 2. Jessica is very involved with the music scene at 55, often providing vocals with fellow classmates in a ferocious pop group named Rubber Band.

Photo by Fang Yifei

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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 12 years, Marianne Daquet has always been passionate about art and education. She founded Atelier Art School 6 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.cn.com.



Dominika Mejia

Dominika is career diplomat with a foothold in three continents. She shares a taste for food with a passion for books and travel. She is the author of the bilingual culinary blog D-constructed. While she is full of hope to master Chinese while writing her PhD, she's also the mother of a two-year-old daughter.



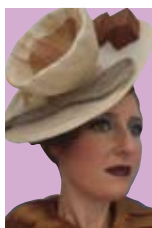
Caroline Nath

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 three 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



Lise Floris

Lise is originally from Denmark but has lived abroad since 1998. She took leave from her job in the EU when the family moved to China in December 2015. She also has her own blog (ninemillionbicycles.weebly.com) where she writes about her adventures in Beijing and is a freelance writer for various magazines and platforms including Global Times.



What's New

Chinese League Players Hope to Make Their Mark at Soccer World Cup

The 2018 FIFA World Cup kicks off in Russia on June 14, with 32 teams from around the world ready to serve up a feast of football. China didn't make it, sadly, with Asian interest represented by South Korea, Iran, Japan, and Saudi Arabia. However several players from the Chinese Super League will be there, some of them famous names. Javier Mascherano, now at Hebei China Fortune, will play for Argentina, while Jon Obi Mikel of Tianjin Teda has been selected for Nigeria. And Beijing Guo'an's very own Renato Augusto (shown with his Olympic gold medal) is in the squad for tournament favorites Brazil. If your country will be there we wish you the best of luck; and if not, we can all enjoy a month of the beautiful game played at the highest level.



May the Force Be with You at the Star Wars Experience

Kids, and more than a few dads, will be excited to hear that the Star Wars Experience will open at Wukesong Stadium on June 16. Exhibits include a life-size X Wing fighter, virtual reality games, and recreations of sets from the movies. Pose for pictures with a lightsaber, unleash your inner Jedi – and try not to embarrass your younglings too much.



Summer Rings in the Changes

Summer always brings changes in Beijing's international community. If you're leaving, we wish you joy on your next adventure; and if you've just arrived, welcome to a vibrant and exciting, if sometimes challenging, city! Sadly, this month *beijingkids* will be saying goodbye to Andrew Killeen. He has been a wonderful person to work with and to learn from over the past couple of years. While he won't be completely absent from the pages of our magazine and the website, all future insights into the funny world of being an expat dad will be done from the Killeen's new base in Ningbo. We wish the Killeen clan all the luck in the world on their new adventure!



Rock Around the Clock (well, from 11am to 8pm) at the Beijinger Burger Festival!

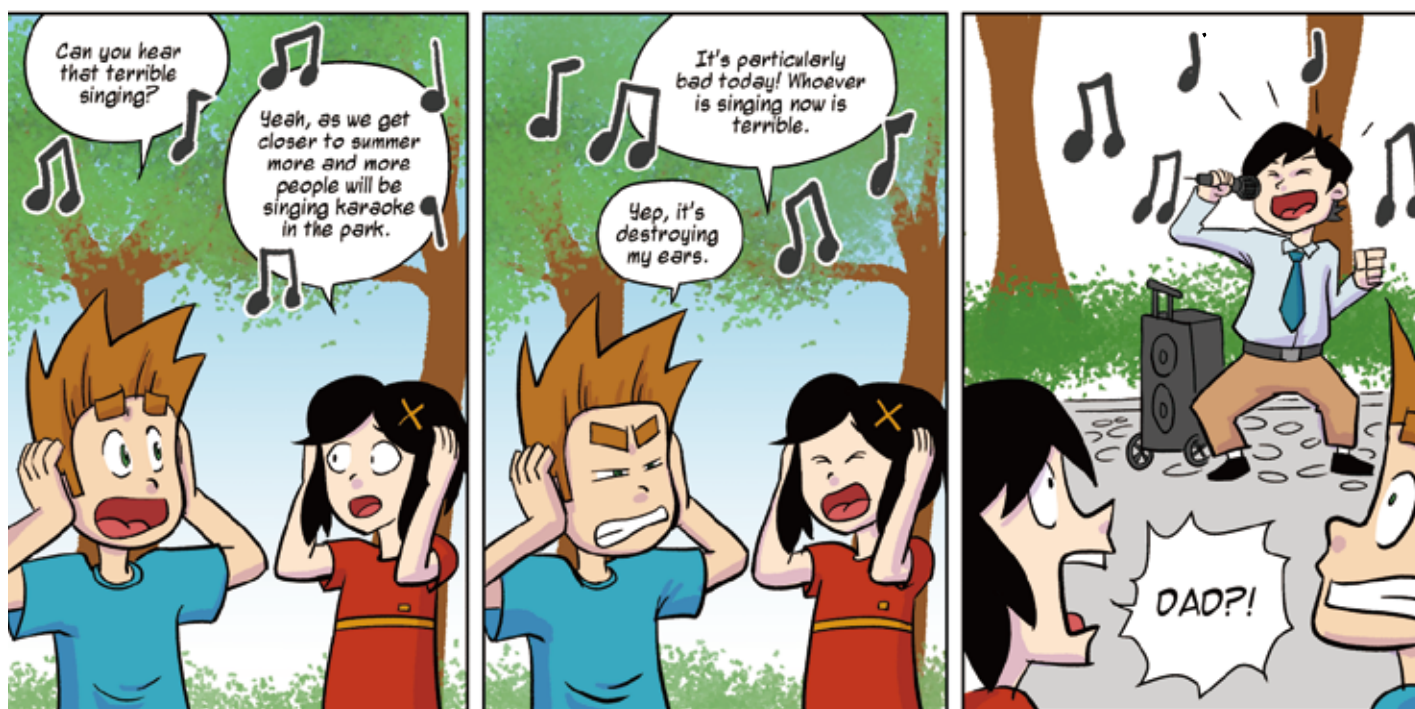
One of Beijing's most popular food events returns to Galaxy Soho on June 16-17. The Beijinger Burger Festival this year has a rock'n'roll theme, so as well as 40 different vendors tempting you with their wares, there'll be live bands, a karaoke competition, and a kids' area for your little rockers. For more information and tickets, check out the *Beijinger* website: www.thebeijinger.com



Nothing Sinister At All About Use of Facial Recognition at School

China is at the forefront of the use of facial recognition technology, so the news that a Hangzhou school is monitoring students' faces with cameras is in no way sinister at all. The system assesses whether the kids are angry, sad, or sleepy, and then sends information to their parents, in a development which is perfectly normal and definitely not a horrific glimpse of a nightmare future. Strangely some parents were not delighted about this ingenious method of putting further pressure on children to conform and perform, but the Principal of the school defended the decision, saying that the cameras didn't film the students, only tracked their movements and facial expressions. So that's all right then.

PHOTOS: COURTESY OF THE BEIJINGER, FERNANDO PRAZÃO/AGÊNCIA BRASIL VIA WIKIMEDIA COMMONS, SOUTH CHINA MORNING POST, PIXABAY.COM



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JUNE EVENTS



Promote your family-friendly event in the *beijingkids* website!

Submit your activity details before **June 12** to be considered for our July listings.



BSB SECONDARY SOIRÉE

Jun 6

All ages. The British School of Beijing (BSB), Shunyi invites everyone to an evening of creative arts, showcasing a delightful mix of art and music presented by their secondary students. Stunning pieces of artwork, including outstanding IGCSE and IB Art, will be displayed in the foyer. There will be a musical program that showcases the range of music talent of the student performers. Free to attend. 6-8.30pm. BSB, Shunyi. (8047 3588, www.bsbshunyi.com)



BRITISH CHAMBER'S 2018 SUMMER GARDEN PARTY

Jun 7

All ages. Kick off summer with the 2018 British Chamber Summer Garden Party, a highlight of Beijing's social calendar. This year's party will celebrate a classic British summer sporting festival: Wimbledon. Join the British Chamber at the British Ambassador's Residence, and enjoy an evening of delicious food from TRB Catering; free-flow British beer, Pimm's, and gin and tonic; and live music. The Annual General Meeting of the British Chamber of Commerce in China will be held before the party and is exclusive to members only. RMB 300 (non-members), RMB 200 (members). Price includes all you can eat and drink. 4.30-8.30pm. British Ambassador's Residence.



BCIS ROCKFEST & BEIJING RUNWAY 2018

Jun 8

All ages. Are you someone who knows how to rock out and get the crowds cheering? Or maybe you are a fashionista who wants to see their designs strutted down the catwalk? If so, join Beijing City International School's (BCIS) Rockfest & Beijing Runway shows, popular events that will run from 5.30-8.30pm on June 8. Free to attend. BCIS. (8771 7171, emma.parker@bcis.cn)



YCIS BEIJING'S 'RE-MARKET'

Jun 9

All ages. As part of Yew Chung International School of Beijing's Zero Waste month, the school invites everyone to attend their recycle, reuse and repair 'Re-Market.' There will be workshops, organic products on sale, a film screening and stalls for buying and exchanging books, clothes, toys and furniture – all in promotion of waste reduction. Free to attend. 1-5pm. YCIS Beijing. (8583 3731, jennyc127@yahoo.com)

THE COLOR RUN 2018 HERO TOUR

Jun 9

All ages. The Color Run, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates healthiness, happiness, and individuality. Now the largest running series in the world, The Color Run has been experienced by over 6 million runners worldwide in more than 35 countries. This year's Color Run features a Foam Zone full of colored bubbles and a great big paint-throwing party at the end. RMB 228 (classic kit), RMB 288 (super hero kit). 9am-4.30pm. Beijing Garden Expo Park. Visit our Events page for more info.



BOUT À BOUT: FRENCH FAMILY THEATRE

Jun 9-24

Ages 3+. Bout à bout is a unique puppetry show connecting life, arts and imagination for children. It is inspired by artist Jean-Marie Hobet and a group of pre-school children and teachers. Bout à bout ("end to end") is a story full of poetry and light, and it features ropes of various sizes, and music and sounds played by three invisible puppeteers, who give life to the ropes: fire lances, boa constrictors, means of transport or sumo preparing for battle, dog and cat, snake, octopus, and fish. RMB 245-780. Shows are from 10.30am, 3.30pm, 6.30pm, and 7.30pm. Tong Playroom. (WeChat subscription account: tongtiyan)



HALL OF FAME BY ARTIST JENSEN MORENO

until Jun 10

All ages. Filipino artist Jensen Moreno showcases her collection of portraits of people she has admired over the past few years. Hall of Fame marks her fifth solo painting exhibition. Experience Moreno's unique artistic perspective and profound understanding of the celebrities and people who inspired her. Free to attend. 9am-5pm. A. C. Embassy Hotel. (Contact curator Daisy Zhao for more info at 183 1013 8251)



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THE STORY OF THE PETERHOF PALACE TREASURES

until Jun 10

All ages. The Story of the Peterhof Palace Treasures showcases 243 treasures that unveil the grandeur of the Romanov Dynasty in Russia. Originally shown at Peterhof State Museum Reserve, the treasures make their first appearance in China at the China Millennium Monument until June 10. RMB 50 (entrance ticket fee). 9am-5pm. Visit our Events page on the website for more info.

AIDI SCHOOL SUMMER MUSIC CONCERT

Jun 12

All ages. Aidi School pays tribute to traditional culture with a concert on June 12. The Aidi School Summer Music Concert allows the school to use music as a bridge for culture. The program covers Peking opera, local theatre and folk songs and dances, and will be staged at the Forbidden City Concert Hall. RMB 180-380. RSVP: Monica Zhao (185 1513 2431, zhaoyini@aidi.edu.cn)



FILM AND STAGE ACTING WORKSHOPS BY BEIJING FRINGE THEATRE

Jun 24-Jul 7

All ages. Beijing Fringe Theatre offers various acting classes and specialty acting workshops for stage and film, with a focus on monologues, audition, scene work, and accent dilution. The theatre produces live shows, which give actors opportunities to practice and hone the craft of acting. No experience is necessary, but a passion for the world of acting, and a desire to learn and succeed, is preferred. Contact 137 1791 3029 or info@beijingfringetheatre.org for more information about the time and fees.



BALLET FOR FUN, FITNESS AND FINENESS

until Jun 29

Ages 4-7. Prima Ballerina aims to bring passion, fun and creativity to every class, nurturing each students' love of the art form through their practice, dedication, and creativity. This form of ballet training breaks through classical teaching methods and builds children's passion for dance through a variety of games, sounds, and musical styles. The classes take place every Friday and will be taught by Elyn Wang, an ex-soloist ballerina for the National Ballet of China, who has over five years experience teaching children at the National Ballet and at private ballet studios around Beijing. RMB 160-220 per class. 4.30-5.20pm. Prima Ballerina at Beijing Language and Cultural Center for Diplomatic Missions in Sanlitun. (WeChat ID: Elyn0318, 139 1158 8951)

LITTLE KICKERS BEIJING FOOTBALL TRIAL CLASS

until Jun 30

Kids 1.5+. These trial sessions take place every Saturday and are play-oriented for kids aged from 1.5 to 5. Everybody is welcome to experience a series of football games in a fun environment. Class times: 9.15-10am (ages 1.5-2.5), 10.15-11am (2.5-3.5), 11.15-noon (3.5-5). Ivy Nursery Sanlitun. (WeChat ID: LK-BJ-10001)

SUMMER CAMPS



SOUTH AMERICA FOOTBALL ACADEMY SUMMER FOOTBALL TRAINING

Jun 17-Jul 23

All ages. Do you have a budding young football player in your household? There's no better way to motivate them and help them build skills than by enrolling them at a world-class training clinic in Madrid, courtesy of Generation Adidas International, the South America Football Academy (SAFA), and the Real Madrid Foundation Training Program. There are two nine-day clinics coming up this summer, on Jun 17-25 and Jul 15-23, and both will offer the children a chance to train in Spain with experienced professional Real Madrid Foundation coaches. For prices and further details about enrolling, call 176 8572 2785 or email info@nanmei-fa.com.cn.



HOK FIRST EDUCATION TRAVEL PROGRAM – DISCOVER GERMANY

Jun 24-Jul 4

All ages. Spend your summer holidays in Germany, exploring historic towns, German car technology and, of course, the best of German food. This travel program offers a fun-filled introduction to Germany and will be led by House of Knowledge teachers. The exclusive group of 10 families will go to some of the most iconic places in southern Germany. Participating families will prepare for the trip in two weekend workshops at House of Knowledge. For prices and a more detailed itinerary, contact Coco Du at 6431 3182, communicationsqf@hokschoools.com.



IMAGINE FESTIVAL: THE OUTDOOR WEEK

Jun 25-29

Ages 7+. Over five days, kids will experience tons of Imagine's most exciting activities in wonderful locations all around Beijing. For the first three days, they take kids on buses from Beijing out to nature, back in time for dinner at home each night. Then on Days 4 and 5, students camp overnight, returning on Friday afternoon. Camp activities include watersports and strategy games; bubble football; water fight; pirate treasure hunt; long-range archery; parkour; trampolining; obstacle courses; Survival Day; and Civilization Game. RMB 4,000. (5739 4933, info@imagine-china.com)



SPORTS BEIJING SUMMER CAMPS

Jun-Aug

Kids 4-16. Sports Beijing summer camp is back, offering half day and full day activities for kids who want to engage with gymnastics, football, basketball or tennis. The camp is split up into weeks, with morning and afternoon activities (for full-day campers). For a complete list of schedules, activities, and prices, visit our Events page or www.sportsbj.org. (6430 1370, 6430 1176, info@sportsbj.com)



THE SLAB'S [MOVIE MAKING] SUMMER CAMP

Jun 18-Aug 10

All ages. Green T. House in Shunyi is hosting The Slab's [Movie Making] summer camp programs this year. At the camp, students will work on the entire process of shooting a short film; experiment with script writing, filming, directing, acting, and editing; and explore their creativity through a variety of teamwork activities. Professional equipment is provided, but students should bring iPads or computers if possible. Open to students ages 8 and above. Camps run weekly from 11am-4pm. Limited to 10 students per class. (156 0120 1550, j.pohland@hotmail.com)



For more upcoming summer camps, visit our April 2018 Summer Survival Guide issue or scan the QR code below.



SAY HELLO TO BEIJING'S SMALLEST

Share your new arrival and
scan this QR code!



Note that we will only publish
photos of babies born in Beijing
in the last 12 months



Liesel

Zimbabwean. Born on December 6 to
Abigail Manxuweni and Hapson Tsikai at
Antai Hospital.



Ishavara Bhattacharyya Calvo

British/Mexican. Born on November 26 to
Saurav Bhattacharyya and Patricia Calvo
at Beijing Harmony Maternity Care.



Matthan Junkai Zhao

Chinese. Born on June 20 to Mandy Cao
and Feng Zhao at Beijing HuaFu Women
and Children's Hospital.



Julia Rose Klein Bog

French/Dutch. Born on August 22 to
Marie Guyotjeannin and Paul Klein Bog at
Beijing United Family Hospital.



Seth Pandya

British. Born on September 11 to Radha
and Darshak Pandya at
AmCare Women and Children's Hospital.

Gear Up

Finding musical instruments in Beijing

Text and photos by Huang Chenkuang



Due to the retail apocalypse and a variety of other reasons, musical instrument shopping can be a daunting task. However, we still believe when looking for an instrument it is best to go to the store and get a feel for it before making a transaction. Luckily there are still old neighborhoods in Beijing that are very much alive with the sound of music. Xinjiekou and Gulou Dongdajie are two prime examples. Here's a little bit about what you can expect from a visit to these sections of old Beijing, along with a bit of their respective musical histories.

Xinjiekou

Dating back to the Qing Dynasty, Chaqu Opera was very popular among the royal families, and many of these families were located near

Xinjiekou. For example, Prince Kung's Mansion which is also in the area is brimming with tourists wanting a look into that bygone era. The legendary Beijing Opera singer Mei Lanfang's house is also located nearby. The essence of this musical heritage still remains today.

From the south end of Xinjiekou to the north of Ping'anli, the entire street is lined with shops selling modern instruments as well as traditional instruments from China and around the world. Each shop is packed with musical instrument selections, with the shopkeeper often playing to pass the time, and you're welcome to test any of them.

The choice inside the shops is really wide—traditional Chinese music instruments include *erhu*, *pipa*, flutes, *guzheng*, as well as western musical instruments such as pianos, violins, trumpets, saxophones, and drums.

Additionally, many of the music shops also provide training classes (primarily in Mandarin) and repairs.

As many of the stores are selling similar items, make sure to compare prices based on quality, and also don't forget that there is always some room for bargaining if your language skills are up for the test.

Above all, Xinjiekou is a place that maintains some of the traditional aspects of Beijing in spite of recent renovation projects going on to clean up and modernize this old neighborhood.

How to get there

Take subway Line 6 or Line 4 to the Ping'anli station, then walk, or taxi there by asking for Xinjiekou Nandajie.

Gulou Dongdajie

If you don't find what you are looking for, try checking out Gulou Dongdajie, which is the popular tourist destination nearby the Drum and Bell Towers.

The selections in Gulou Dongdajie are certainly not as wide as Xinjiekou, but it might be a better place if you're looking for rock instruments, partly thanks to the numerous livehouses in the neighborhood. Shops in this area are mostly selling electric and acoustic guitars, drum kits, keyboards, as well as the necessary accompanying gear such as amplifiers, speakers, and other accessories.

The prices are usually higher than ordering from the internet, but you get to test the instruments before making your investment. Plus there's just a pretty cool rock 'n' roll focused vibe if you wish for that to be a part of your process of finding an instrument. Just make sure to have a general idea of the going retail price which should help you negotiate for a good price.

How to get there

Take subway Line 2 to Guloudajie stop or take subway Line 8 to the Shichahai stop.



Joy Hainan, Summer Paradise !

Using pens and paintbrushes, kids imagine their Hainan summer paradise

Hainan is paradise on earth, with its luscious landscapes and endless possibilities for fun in the sun. It will also be one of the summer's hottest destinations for many families craving some quality time on the beach this summer. Here is how some of Beijing's youngest artists have used their imaginative skills to perfectly embody the spirit and beauty of this island oasis.



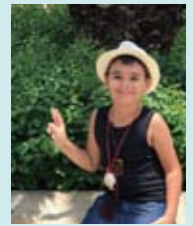
Paradise

Hainan is a beautiful paradise with plenty of coconut trees, golden sand, blue sky, and fresh air!

Name: George Sanders

Age: 7

Nationality: Ukrainian



Protect the Ocean

Humans need to stop harming the ocean. The fishing nets should be used to clean up the rubbish, and give back the beautiful homes of endangered marine animals. Hainan has clean water. I like Hainan!

Name: Miha Gobec

Age: 8

Nationality: Slovenia



My Blue World

I like to swim, I like the sea, I like fish, and I like nature. Hainan has all of them, so I like Hainan!

Name: Aurora McGuire

Age: 7

Nationality: America



Hainan: Nature's Beach Paradise

Hainan is beautiful place where I can enjoy the beach, sand, and sun. It will be great fun swimming, making sand castles, and playing in the water with my little brother.

Name: Uma Muthuraman

Age: 5

Nationality: India



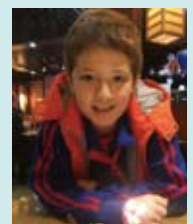
Mother of the Ocean

Oceans should not just be blue, there are so many creatures that live there, which is why they should be painted using rainbows!

Name: Benjamin Sunhong Min Gaspard

Age: 10

Nationality: America



VAN CLEEF & ARPELS

2018
4/21-8/5

雅艺之美 WHEN ELEGANCE MEETS ART

—
今日美术馆
TODAY ART MUSEUM



WORKSHOPS

Savoir-faire workshops

As a complement to the exhibition, Van Cleef & Arpels offers a program of demonstrations to let visitors discover the exceptional savoir-faire of the Mains d'Or, the virtuoso craftsmen of the Maison's workshops. In the Medium Gallery from April 21 to May 3, and from June 20 to 28, a jeweler and a gem setter will perform the exacting techniques required to produce High Jewelry creations. Museum-goers will see a variety of procedures, including the work of gold structures, positioning of stones and Mystery Set technique.

Children's workshops

To ensure the museum fulfills its role as a place of learning and wonder, the Paris Musée des Arts Décoratifs – MAD – organizes workshops especially crafted for younger visitors. In collaboration with the Today Art Museum and Van Cleef & Arpels, these children's workshops are designed by the MAD Educational Department, operating for the first time on an itinerant basis. Two dual-workshop sessions will be held every Saturday and Sunday, dedicated to children aged 4 to 6 and 7 to 10 respectively, along with their families. Following a one-hour visit intended specifically for these budding art lovers, participants can wield their creative talents in a playful and educational environment. The youngest visitors make their own piece of floral jewelry during the workshop, while 7- to 10-year-olds create a piece inspired by the world of couture.

The poetry and elegance of Van Cleef & Arpels' creations will be on display at Beijing's Today Art Museum from April 21 to August 5, 2018. First presented in 2012 at Paris' Musée des Arts Décoratifs, this exhibition is traveling for the first time to take up residence in China for several months. Enriched with new acquisitions, it is made up of over 360 creations from the Van Cleef & Arpels Collection and from private collections. Displayed chronologically, these carefully selected High Jewelry pieces reflect the evolution of the Van Cleef & Arpels style.

The history of the Maison is studded with technical inventions, passed down from generation to generation by the Mains d'Or – its virtuoso master craftsmen. This exceptional savoir-faire – combined with a rich imagination and varied sources of inspiration – underpins an astonishing outpouring of creativity.

The exhibition is presented in a dreamlike setting designed by the Jouin Manku agency.

A DREAMLIKE SETTING

For the exhibition *Van Cleef & Arpels, When Elegance Meets Art* at the Today Art Museum in Beijing, Patrick Jouin and Sanjit Manku have created a decor that evokes the world of dreams.

Presented for the first time in 2012 at Paris' Musée des Arts Décoratifs, the exhibition is today revealed in a dreamlike setting, inspired by misty landscapes traced in China ink. Tinged with mystery, this presentation plunges the visitor into the heart of the Maison's distinctive universe, with a selection of over 360 creations displayed in chronological order.

Like a journey in time, the visit begins with the discovery of jewelry pieces dating from between 1910 and 1930. In the "Small Gallery", jewels and precious objects are presented in a gentle atmosphere of gray and celadon green tones. The gaze is then drawn to the plays of shadow and light of the second space (the "Medium Gallery"), which showcases the creations of 1940 to 2016 in display cases of different kinds. Encrusted into the wall or on legs, traditional display cases enable the pieces to be admired close up, while transparent "picture rail" displays – specially designed for this exhibition – seem to melt into the scenery. Like near-invisible boxes, they fade into the background to make way for the jewels in all their majesty. Guided by changing colors – from emerald green to deep violet – visitors make their way through the different periods, styles, and inspirations associated with Van Cleef & Arpels before arriving at the "Large Gallery" entitled for the occasion "the Poetic World of Van Cleef & Arpels". The high point of the exhibition, it looks down over the other spaces like a nocturnal mist, progressively revealing the selection's key pieces. From room to room, wall panels and curtains in colored cotton thread provide structure and rhythm to an exhibition spread out over 900 square meters. The space of the

Today Art Museum has been transformed by Jouin Manku's decor, which reveals the beauty and details of the pieces while immersing visitors in a meditative dreamscape.

FILMS AND DIGITAL TOOLS

To accompany the exhibition, a range of digital and audiovisual tools are available for visitors:

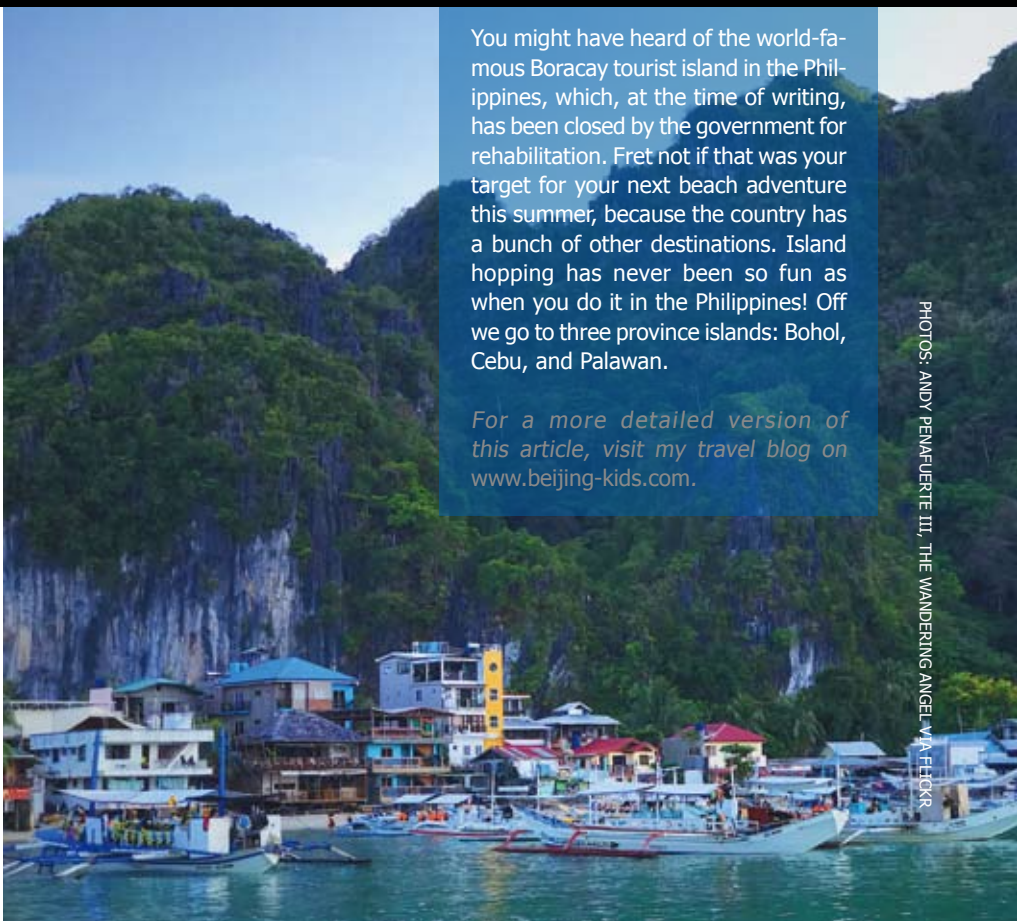
- an audioguide application can be accessed via Van Cleef & Arpels' WeChat account, to discover the story behind some of the emblematic jewelry pieces and stay up to date with news about the event;
- a virtual tour of the workshops can be viewed on touchscreens placed around the exhibition rooms;
- several films supplement the exhibition





(ISLAND) HOP TILL YOU DROP

By Andy Penafuerte III



You might have heard of the world-famous Boracay tourist island in the Philippines, which, at the time of writing, has been closed by the government for rehabilitation. Fret not if that was your target for your next beach adventure this summer, because the country has a bunch of other destinations. Island hopping has never been so fun as when you do it in the Philippines! Off we go to three province islands: Bohol, Cebu, and Palawan.

For a more detailed version of this article, visit my travel blog on www.beijing-kids.com.

PHOTOS: ANDY PENAFUERTE III, THE WANDERING ANGEL VIA FLOCR



BOHOL

Clockwise from left: Alona Beach, quadbike at the foot of Chocolate Hills, the park area, and the tarsier

The Chocolate Hills tops the list of natural parks that you can visit in Bohol, one of the island provinces in central Philippines. From a viewing deck atop one of these limestone hills in the town of Carmen, you can see about a hundred more peaks – but there are about 1,000 others spread over an area of 50 sqkm.

Rush in the Lush

The grass covering the hills turns to brown during summer, which gives it a chocolatey look. There's nothing much to do after you arrive atop the viewing deck (PHP 50 entrance fee), but a few minutes' drive via a habal-habal (passenger motorcycle) or a tuk-tuk will bring you to several tourist hubs that offer quadbike rides (pictured above, PHP 900 per hour). The ride can be done by kids as young as 8, and comes in with safety gear and a guide who can take a video of your adventure a la Lara Croft or Super Mario with the Chocolate Hills in the backdrop.

All Eyes Are Open for the Wide-Eyed Tarsier

A mere 1.5hr-drive from Carmen brings you to the town of Bilal, home of the world's smallest primate, the tarsier. These wide-eyed tiny mammals are nocturnal, so you will see them sleeping when you visit the Tarsier Conservation Area in the town. Although it's a little bit touristy, it's nice to know that the proceeds from the entrance fee (PHP 10) go to conservation and breeding projects for these endangered species.

Visita Iglesia

Old Spanish-style Catholic churches used to dot the island, but sadly many of them were damaged or destroyed during a strong earthquake in 2013. Five years on and reconstruction of the many surviving churches is still underway, including the nearly three-century-old Baclayon Church, mostly made up of coral stones. The church's convent has been converted into an ecclesiastical museum (PHP 50 entrance fee) which exhibits centuries-old images, vestments, and other religious items. You can do a Visita Iglesia (church visit) tour, though the churches in the towns of Loboc and Loon collapsed after the earthquake.

Beauty and the Beach

The beach island of Panglao is Bohol's answer to Boracay. Once you exhausted your body swimming along the stretch of Alona Beach, take a light boat to equally gorgeous nearby Balicasag Island where you can swim with sea turtles and snorkel above a marine sanctuary full of vibrant sea life. A 30-min boat ride brings you to the Virgin Beach sandbar that appears in low tide. There, you can indulge in seafood and grilled delights during lunch.

Suggested itinerary: After arriving at Tagbilaran City, take a taxi and go to Panglao island (1.5 hours away). Make the island your base for island hopping trips during your first few days. Before leaving the province from Tagbilaran, take countryside trips to Carmen and Bilal (and Danao town where you can try extreme activities like a zipline on an incline cliff, and bungee jumping).

Where to stay

Bohol Tropics Resort (Tagbilaran City)

From PHP 2,950 (pool side room for two) to PHP 18,550 (two-bedroom suite for four people) www.boholtropics.ph (+6338 411 3510-14, sales@boholtropicshotel.com)

Amorita Resort (Panglao Island)

From PHP 9,000 per night (deluxe room for two adults) or PHP 26,000 per night (sea view pool villa). www.amoritaresort.com (+632 856 1443, inquiries@one-ofcollection.com)

Henann Resort Alona Beach (Panglao Island)

From PHP 9,600 per night (deluxe room for two adults) or PHP 13,500 per night (family room for four). www.henann.com/bohol/henannalonabeach (+6338 502 9141-44, manila.hbl@henann.com)

Recommended tour agents

U-Go Travel Services. Manager Charlot Pinat offers tour information and car rental services and ferry bookings. +63923 468 5049, ugotravelservices@yahoo.com

Graham ATV and Bug Car Rental +63998 576 3704, cecel_maiza2000@yahoo.com

Maimai Tour Services +63919 940 3114, +63926 796 1588



Clockwise from left: Kawasan Falls, whale sharks of Oslob, and the Sto. Nino Basilica in Cebu City



CEBU

There's so much culture and nature on the island of Cebu, just north of Bohol. Cebu, where Spanish colonizers brought Christianity to the Philippines, is now a trade center and a major pit stop on our Philippine island hopping tour.

Newcomers to the island capital of Cebu City can visit the usual first-day stop of Magellan's Cross and the Santo Nino Basilica, just within walking distance of each other. If your family is into Mardi Gras-style festivities, go there in January during the Sinulog Festival (just take care of your belongings!)

Gentle Giants

Oslob town is accessible via a two-hour boat ride from Tagbilaran City. When you arrive at the town port, you'll need to ride a tuk-tuk to reach the coastal village of Tan-awan where the world's largest fish, the whale shark, can be found. This endangered shark species is about 26 feet long on average, but don't be frightened as they are docile.

Swimming with whale sharks is a controversial tourism activity since local fishermen feed the fish. There are conservationists who remarked these tours are unsustainable and affect the local marine ecosystem. I talked to several guides and they explained that the fees to the park (PHP 1,000 for 30-minutes of

swimming with the whale shark) are used by the local government to develop the marine area, as well as to pay for the salary of the fishermen who became fish feeders and guides after the species appeared in late 2011.

Fall into Waterfalls

Already got a perfect selfie with the whale shark and posted it on Instagram? Your Cebu family adventure doesn't end there because going northwest will bring you to natural swimming pools. Continue your day trip in Oslob and go to the picturesque Tumulog Falls before lunch via a 10-minute tuk-tuk ride. If falling into Tumulog isn't enough, head further northwest to the Kawasan Falls, situated between a small canyon. Getting there takes about an hour of light trekking (1.5km from the main road), but everything's worth it when you see the two sets of falls, a higher one at 131 feet, and another wider but lower one at 66 feet. Fresh spring water in the lagoon of Kawasan is comparable to the clear turquoise found on Alona Beach or Boracay, albeit cooler.

From Kawasan, it will take you roughly 5 hours (130km) to go to Cebu City, your gateway to more destinations in the province. Roughly a mile from the city is the island of Mactan where the province's airport is situ-

ated. From there, we can continue our island hopping to our next destination: Palawan.

Suggested itinerary: I arrived at Port of Cebu from Tagbilaran City, but that's only one way of going to the island. I recommend entering Cebu from the southern town of Oslob (two hours by boat from Panglao), then make your way up to Cebu City.

Where to stay

Movenpick Hotel Mactan Island Cebu

From PHP 8,000 (atrium view room for two) to PHP 13,600 (family suite). www.movenpick.com (+6332 492 7777, hotel.cebuh@movenpick.com)

Waterfront Cebu City Hotel & Casino

From PHP 4,125 per night (deluxe room for two) to PHP 15,600 (family suite). www.waterfronthotels.com.ph (+6332 232 6888, wcch@waterfronthotels.net)

Sascha's Resort Oslob

From PHP 1,300 per night (twin sharing room for two) to PHP 2,200 per night (family room for five people) www.sascharesort.com (melissasilangan95@gmail.com)



Left-right: Islands of El Nido, the "small lagoon," and the saltwater crocodile.

PALAWAN

Change your idea of island hopping in Palawan, the Philippines' "last ecological frontier." The main island stretches 450km long but only 50km wide, and scattered on its northern and southern tips are several uninhabited landmasses. That being said, much of the main island is covered with dense forests and many of the beaches are still untouched. Palawan is one of the most breathtaking islands that I've explored so far. The only downside in this Asian paradise is the long travel time: while it's an hour away from Manila by air, getting to the best spots via road travel will eat up at least half of your day (a one-way trip to El Nido is around 6 hours long!), so consider dedicating a day just for traveling, and bringing snacks and toys to keep the kids content.

Before we begin our island hopping, we first arrive at Puerto Princesa, the provincial capital that also serves as the transport hub of the province. Many family travelers stay in the city for a day or two, before they head to the beach destinations of El Nido and Coron.

The Port

Puerto Princesa City is huge: it covers an area of over 2,300 sqkm, so the travel time on a regular countryside tour is about 30 minutes to an hour in between stops. There are travel agencies for that, or you can opt to rent a tuk-tuk (PHP 600 for a group of 3) if you want a DIY tour before your flight out of the island. The stops include the Palawan Wildlife Rescue and Conservation Center (PHP 80 entrance fee), which breeds several species of freshwater and saltwater crocodiles endemic to the Philippines. It also has an almost unmaintained zoo that seems very much like a jungle, so don't be surprised to see animals that look quite hungry. The other places of interest are the Palawan Butterfly Garden, and Baker's Hill where you can sate your cravings for sweets and tasty baked concoctions before your main journey.

Your second day in the city should be a tour of the Puerto Princesa Subterranean River National Park, a UNESCO World Heritage Site and one of the "New7Wonders of Nature". Its

world-famous feature is an underground river situated in a limestone karst mountain range. The park is home to almost a thousand species of flora and fauna, making it an important ecosystem on the Asian continent.

The Nest

The town of El Nido is named after the edible nests of the swiftlet bird, found in the many limestone cliffs there. These geological formations offer a spectacular green vista against everything blue and white in the view: the sea, sand, and sky.

The town proper is quite densely populated and the ongoing construction of hotels and tourist establishments hamper the view of the cliffs. But wait until you get to the port area, where a fleet of light boats dots the beach, bringing that excitement before your island hopping journey. There are local tours known by letters A to D, each having a combination of islands.

The lagoons of Miniloc Island (in Tour A) are among the most Instagrammable features of El Nido, complete with all the shades of blue. There you can exhaust yourself kayaking or snorkeling, or just sitting in awe of the paradisiacal glory that made El Nido one of the best beach destinations chosen by CNNGo. Also in Tour A is Shimizu, Island where you can swim with schools of fish and explore the underwater scenery full of radiant corals and marine life.

The other tours have equally interesting activities. In Tour B, you'll visit Cudugnon Caves, a historical site that houses pottery from Chinese merchants from the Song Dynasty. Tour C is secretive with its Hidden Beach and Secret Beach, aptly named because of their remoteness. Tour D brings you to Cadlao Island, the largest in the Bacuit archipelago that surrounds El Nido.

Suggested itinerary: A day after arriving at Puerto Princesa, take the Underground River tour (or the Honda Bay tour) first as it needs a whole day to finish. Make a 3am road trip to El Nido (PHP 600 round-trip to Puerto

Princesa) and spend your days there doing a combination of the island-hopping tours. You can opt to go to Coron (2 hours by boat from El Nido). Make your return journey to Puerto Princesa at night (ETA 10.30pm), and do the city tour the following day before heading back to Manila or Cebu.

Where to stay

Sheridan Beach Resort and Spa (Puerto Princesa City)

From PHP 7,000 per night (deluxe room for two) to PHP 11,100 per night (Palawan executive suite for families) www.sheridanbeachresort.com (+6348 434 1448, reservations@sheridanbeachresort.com)

Aziza Paradise Hotel (Puerto Princesa City)

From PHP 7,300 per night (deluxe room for two) to PHP 9,400 per night (presidential suite for families). www.azizaparadisehotel.ph (+6348 434 2405, reservations@azizaparadisehotel.ph)

The El Nido Overlooking Hotel

From PHP 7,900 per night (pool villa for two) to PHP 15,250 (deluxe villa for families). www.el-nido-overlooking.com (+63916 631 7078, hello@el-nido-overlooking.com)

Tour agencies

Karst Bay Travel & Tours Puerto Princesa and El Nido +63905 229 1618, www.facebook.com/karstbay, karstbay@gmail.com

Legendary Tours Palawan

www.legendarytours.com.ph, +6348 434 4270, centralreservations@legendhotels.com.ph

*PHP 8.16 = RMB 1.00 (as of May 2018)

MOVING IN STYLE

Leaving Beijing can be
glamorous

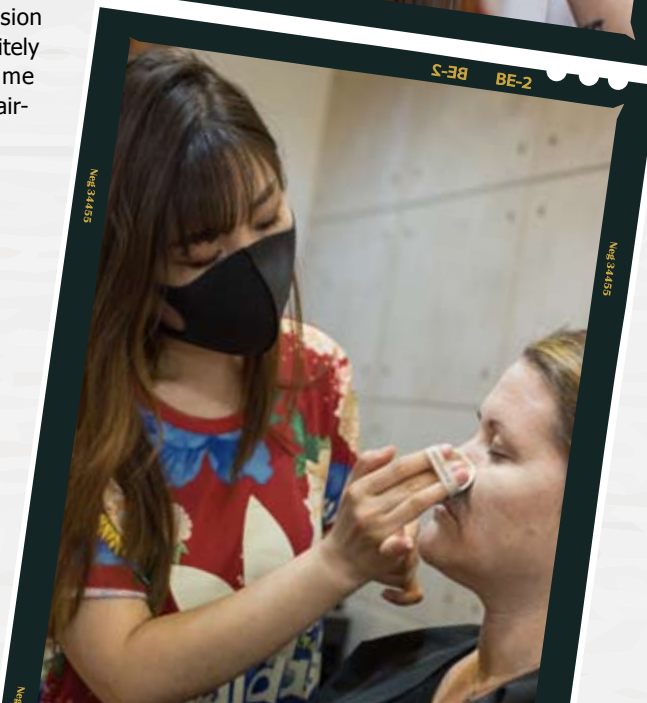
By Pauline van Hasselt



Summer is the leaving season in Beijing, with many people packing up all the stuff that they've accumulated after years of taking up residence. This Indulge will be a bittersweet one as Pamela McManus is getting ready to make her big move to Dubai this summer, with her husband and three kids. McManus has been in Beijing for ten years so she will be leaving many friends and memories behind.

McManus is an easygoing gal who had never gotten her hair colored. She usually puts it up and is ready to go. But her hair is plentiful and so long that Kenny Toh Jinshui (the new creative director of Blow + Bar in Shunyi) was dying to get his hands on it.

Kenny just arrived in Beijing after moving from Singapore where he was already working with Blow + Bar. He had some great advice and tips for McManus on her locks, and we walked away with more knowledge about hairdressing than we knew what to do with. We were keen to make a good impression on him, as this definitely won't be the last time we make use of his hair-raising skills.



Kenny decided on an ever so popular and in demand balayage look for her untamed locks. After this, he continued to color her hair and cut it into layers to frame it with her face. The beautiful look we had pictured was finally starting to come together!

McManus is not a big makeup girl, but this was a special occasion, so we gave her an over-the-top glam look to match her new hairdo. By over-the-top, we went as far as giving her fake lashes and candy apple colored red lips. She pulled this look off with so much grace, and at the makeover's completion, McManus told us that she had never felt prettier. To carry her look into next level territory, we decided to have her try on a cool necklace from Sew Gorgeous, along with a very special grey tutu find at the recently opened Roundabout store.

We were ecstatic when we overheard McManus' daughter tell her mother; "Mom you are so beautiful! Why do you look like that?" Leaving Beijing can be a complicated process. Saying goodbye to all of the friends and colleagues is never easy, not to mention the stress of picking up those roots and moving to another country thousands of miles away. This being said, it doesn't mean that you can't do so in style. We wish the McManus family all the luck in the world on their next adventure to Dubai.

Blow + Bar Shunyi

817 Pinnacle Plaza, Shunyi District (185 1083 1881)

Jewelry: Sew Gorgeous
(WeChat: daniellesaponara)

Makeup: Beety (WeChat: 954883777)

SOUNDS RIGHT

We should be all ears when it comes to protecting hearing

By Andy Penafuerte III

From music to conversations to natural ambient sounds to even silence, sound certainly brings more harmony to our lives. Many technologies have allowed us to do more with our sense of hearing, but we need to better protect our ears now more than ever. In this edition of Doctor's Corner, we invited Dr. Jiang Xiaobing, chief of ENT Department at OASIS International Hospital, to talk about why we should be all ears when it comes to protecting hearing.

Let's be a little bit technical: Can you explain briefly how specialists measure the loudness or softness of sound/audio? And what's the maximum sound adults and children can tolerate without damaging the eardrum?

Sound is usually measured as follows: quiet (below 30 decibels [dB]), normal (40dB), normal conversation (40-60dB), noisy (over 60dB), loud (85dB, with prolonged exposure leading to hearing loss), and extremely loud (90-130dB leading to discomfort, hearing loss and earache, with sound over 130dB leading to chronic damage of eardrum).

Some people, such as infants or pregnant women, are more susceptible to noise. For example, prolonged exposure to noise levels of over 50dB by a pregnant woman can affect the growth and development of the fetus.

What's the effect of using headphones and earphones on the ear?

Prolonged usage of earphones can cause hearing loss as they block the auditory canal and direct sound onto the eardrum within a closed small place. Excessive use of earphones can damage the auditory system (hair cells) and induce hearing loss. I suggest:

- Choosing high-quality earphones that reduce the volume to soft, not harsh levels;
- Not using earphones continuously or long-term. For adults, 3-4 hours per day is enough and for adolescents, it's 1-2 hours per day;
- Taking a break from listening every 30 minutes;
- Not using earphones while walking or

riding as you may easily adjust the sound level to a higher volume; and

- Not falling asleep with earphones on especially they may worsen infections or diseases due to blocking and rubbing.

Many young children are exposed to gadgets that can emit a loud noise. How do loud noises affect the development of their ear and hearing?

Young children's fragile auditory organ can be easily damaged by loud noises as their ears and nervous system have yet to fully mature. Loud noises within the home are the main causes of hearing loss in children as they can break the eardrum and make it bleed. At home, it is recommended that no more than two loud appliances should be switched on at one time. The level of noise should be maintained below 60 dB and electrical appliances should not be switched for prolonged periods and never put near a child's bed.

What are symptoms of hearing loss? And what are the ways to help the ear recover from partial hearing loss?

Hearing loss can be classified as acute or chronic. For adults, acute hearing loss can be easily identified. But for most people, it's difficult to pinpoint when exactly chronic hearing loss has begun. For children, if they like adjusting the TV volume too high or don't respond to others as before, they might be experiencing hearing loss.

Hearing loss may be accompanied by tinnitus, earache, ear blockage, and vertigo. If you suspect hearing loss, you should see a physician about it. Prompt treatment and rest are conducive to restoring hearing loss. Some kinds of hearing loss, especially those going without a diagnosis, can be difficult to recover from. Prevention of hearing loss in children should begin even before pregnancy, by maintaining good habits within our daily life. Giving ourselves enough rest, avoiding loud noises, not using drugs that can cause adverse reactions in the ears, maintaining good ear hygiene, as well as properly and promptly treating ear disorders such as colds, are all important to preventing hearing loss.

This summer, many families will go to the beach and swim! There will be moments that water will enter the ear. Is this something bad? What are the ways to prevent water from entering the ear canal?

When you have a cold, acute upper respiratory infection, otitis media, and similar conditions, you should avoid going swimming. Swimming introduces the risk of water entering into the auditory canal (middle ear). Before swimming, it would be advised to check with your physician for any unknown ear disorders or infections, or possible excessive earwax needing cleaning. Water in swimming pools must meet certain quality standards, but rubber swim caps and earplugs can be used to prevent water from entering into the auditory canal. You should never pick your ears with anything hard after swimming, in case of damage to the auditory canal or eardrum. If water has entered your ear, try bouncing on one foot to shift the water from your ear.



About the Doctor

Dr. Jiang Xiaobing, Chief of ENT at OASIS International Hospital, has extensive work experience in clinics, teaching, research and healthcare. He is especially focused on the diagnosis and treatment of nose and sinus diseases, obstructive sleep apnea-hypopnea syndrome (snoring) including adenoidal hypertrophy and tonsillar hypertrophy in children. See more details at www.oasishealth.cn/l-en/services/info-20.html

LAUGHTER

Music to my ears

By Dr. Melissa Rodriguez

Have you heard the saying: Laughter is the best medicine? Well it's not just a saying, there's startling research to back this up. Gelotology or the study of laughter, is no joking matter, there are some definite physical and mental/emotional benefits as well. Let us delve deeper into the barrel of laughs that is laughter therapy.

The formal study of the effect of laughter on the human body appears to have started fairly recently, in the mid 1900's. Since then a lot of research has been done, and novel ways to use laughter for healing have been developed. One such treatment is laughter yoga. It uses a combination of movements and breathing techniques to stimulate laughter. Although at times laughter is forced, it still has a positive effect.

Laughter helps improve a person's state of mind; it can lift their mood, contribute to a positive outlook and enhance their sense of wellbeing. It can have an immediate effect on the body, helping to release endorphins, our natural feel good chemical messengers. This in turn helps to ease stress. When we experience stress or anxiety, other chemical messengers are sent through our blood stream that prepare us for fight or flight, and in the long term they negatively impact our health. Since stress is a contributing factor in a long list of conditions, we can see how laughing would have a positive effect on our health.

Laughter therapy has been used as an inter-

vention to enhance the psychological wellbeing of care workers, cancer patients, terminally ill patients, children in ICU, dialysis patients, and many others. Studies have demonstrated positive effects for anxiety, depression, tension, and rage. Laughter therapy has been found useful for insomnia, pain relief, increasing immunity and even improving pulmonary function, something that is negatively impacted with exposure to air pollution.

The great thing about laughter is that you can do it in the comfort of your own home. Try this simple experiment. Look in a mirror and laugh. Don't worry if you feel strange, keep laughing. The body releases endorphins with forced laughter just the same, so keep at it! After you've enjoyed a few good belly laughs, observe how you feel? Are you feeling lighter and more at ease? Any change in your mood? If laughing at yourself in the mirror doesn't sound like your cup of tea, then watch a funny film, spend time with that friend that always makes you chuckle, or do anything else that makes you LOL.

Aside from the health benefits, laughter can help in other ways as well. From personal experience I've also learned, that when dealing with kids, laughter is truly the best medicine.

When everyone is stubbornly clinging to their own way of thinking, a silly joke can help lighten the mood and dispel tension, giving us the breathing space to re-examine the situation. Sharing a few giggles with our kids (and our spouse too!) can create joyfulness and help increase feelings of closeness. I've noticed this effect in my home, and it truly makes laughter music to my ears.



Got a question?

Dr. Melissa Rodriguez is a naturopathic doctor and mother of two, who works at Beijing United Family Hospital. To find out more, check out her website at drmelissarodriguez.com

A young boy with short brown hair is smiling broadly while sitting at a table in a restaurant. He is wearing a dark blue polo shirt with a crest on the chest. He is holding a fork with a piece of food on it. The background is a red brick wall with a large, ornate metal plaque. The text "Tales of the Unexpected" is overlaid in a large, stylized, yellow font.

Tales of the Unexpected

The Aikmans are surprised and delighted by the secrets of Georgian cuisine

By Andrew Killeen



Beijing is packed with places to eat, but the range of cuisines on offer can sometimes be repetitive. Apart from local dishes, the choice is mostly limited to endless variations on Tex-Mex, south-east Asian, sushi, and generic burgers and pizzas. So how about, for something different, Georgian food?

It was a new experience for our young reviewer, Owen Aikman, and for dad David, even though they're a truly international family. David is originally Canadian and now Swiss, while Owen holds French, Swiss, and US passports! He's currently in Year 8 at Dulwich College Beijing (DCB).

The menu is a trip into the unknown, so we rely on recommendations from our host Muhammet Annayev. Annayev is from Turkmenistan, but is a passionate advocate for Georgian food. With his help we select a range of dishes, then while we're waiting we find out a bit more about Owen. His favorite food is steak from O'Steak, though he also enjoys Great Leap's burgers, and pizza from Pizza Marzano. When he's not studying he enjoys battling with his friends on team video games like Fortnite and Overwatch.



After a crisp salad, the first real novelty arrives: three brightly colored balls of pkhali (RMB 36). They look like pate or terrine, but are in fact minced vegetables with ground walnuts, garlic and spices. Owen is initially wary of the green (spinach) pkhali, but when Dad persuades him to try it, he's immediately converted. The taste is nutty, salty, spicy, and utterly unexpected. Grilled new potatoes (RMB 38) are an easier sell.

"They have great flavor," Owen comments.

The "Georgian dinner" (RMB 78) turns out to be beef baked with tomatoes and mushrooms, topped with cheese – not unlike a bolognese, but with the meat in chunks, not ground. This goes well with Ajapsandali (braised vegetables in a pot, RMB 52), and Adjarian khachapuri (RMB 68): bread with an egg cracked into the melted cheese, so it cooks gently from the heat. Owen is not keen on eggs, so Dad tries it out.

"No, you're not going to like it," he says mischievously, scooping up the gooey cheese with the bread.

The dramatic centerpiece of the meal is Baked Trout stuffed with Prawn (RMB 188), firm-fleshed with crispy charred skin. But Owen is silenced by the Tbilisi-style Lamb Shashlik (RMB 78).

"That," he says at last, "is amazing."

Annayev shows us how to eat Khinkali (Georgian dumplings, RMB 42). After generous seasoning with black pepper, you pick up the dumpling by its top, where the thick dough forms a convenient handle. Then you bite into it and suck out the sauce. These too are warmly appreciated by Owen and his dad.

Our bellies full, we were introduced to head chef Neli Tomaradze. Georgia's Feast has been open for three years, and is a big hit with local families; when we visited on a Sunday lunchtime, the restaurant was packed. Annayev told us they are bringing in two new chefs to help meet demand, one from Georgia, one from Azerbaijan.

"We want to represent the Caucasus in China!" he said.

So, we ask the Aikmans, what's the verdict?

"It's amazing," Owen said. "The food is very rich and tasty. The spice might be too much for younger children, though I'm quite sensitive to spices, and this is fine for me. It's a place to go outside your comfort zone and try new things."

And the family will definitely be going back, they told us.

"My sister would like the dumplings, they're delicious," Owen said.

Not only was the food a joy, we were made to feel warmly welcome, and got a real sense of Georgian hospitality. If you're looking for something new to spice up your palate, then Georgia's Feast is a real find.

Georgia's Feast

Daily 11.30am-3pm, 5-11pm. 2
Sanlitun Beixiaojie, Chaoyang
District (8448 6886)

格鲁·秀色西餐厅: 朝阳区三里
屯北小街2号



FOOD FLOW

FIND YOUR FLOW WITH THESE MEDITATIVE RECIPES

By Pauline van Hasselt

Andreia Peres is from Portugal and has been in Beijing for over a year. During a lifelong spiritual journey she has made her way from extensive gym workouts to yoga, and now she has started her own workshop, called "Flowing into Femininity". This flow blends Tantra practices, Kundalini Tantra Yoga, shamanic rituals, Taoist practices, womb healing, and guided visualizations and meditations. It is a powerful blend that really awakens your sexual energy, which is a pure life force that exists in all living things and connects us all.

I can hear you thinking, what does this have to do with food? Flow in the kitchen can work as a meditation, and relaxes the mind and body. Peres started home cooking when she moved across the world to New Zealand, and exploring new flavors and being creative was her companion together with her yoga. Making bread is like a meditation for Peres. Hopefully our readers can find some inner flow by learning these bread and pizza recipes.

SOURDOUGH BREAD RECIPE

INGREDIENTS

- ½ cup flour + ½ cup of water
- 1 tablespoon sourdough starter
- 1 cup of whole wheat flour
- 1 cup of strong bread flour
- ¾ cup of water
- ¼ cup water + 1 teaspoon of salt
- Note: use a 250ml cup

STARTER

The most important thing to have good sourdough bread is to create a yeast culture that will serve as starter for all your subsequent sourdough breads. In order to do this, you need to have an air tight container and reserve a little bit of dough from your usual bread. Place the dough inside the container and mix in some flour and water. Whisk it and put it on the fridge. If you don't usually do bread you can just mix some flour and water and pour it into the container to start with, then place it on the fridge as well.

During a full week, you will feed your starter with a little bit of flour and water once a day every day.

After the first week, it is ready to use. From that point onwards, you only need to feed your starter once a week.

When you want to do your bread, remove the container from the fridge one day before to activate the flour.

Step 1: Leaven

Mix one tablespoon of starter (not too full) with half cup of flour and half cup of water. Cover it with plastic film and let it rest overnight.

Step 2: The Autolyse

Mix the leaven with the remaining flour and ¾ cup of water. Let it raise for at least 2 hours and up to 4 hours. During this time, the flour absorbs the water and becomes fully hydrated, which helps gluten formation during the next step. Cover the bowl with plastic film.

Step 3: Prepare the salty water

Salt is important for a flavorful bread but it can inhibit the activity during the autolyse step.

Mix together 1 teaspoon of salt and ¼ cup of water. After the second step is complete, remove the plastic film and pour the salty mixture into the bowl. It will be quite watery and soggy and this point.

Step 4: Folding

After pouring the salty water in, begin folding the dough by grabbing some of the dough from the side, stretching it up, and then folding it over on top of the dough. Do this a few times around the bowl, then let the dough rest about 30 minutes before doing it again.

Do this method at least six times and you will notice that the texture of the dough will change from watery and shaggy to stretchy and pliable.

Step 5: Final rise

Prepare a bowl with baking paper inside and sprinkle in some flour. Place the dough on this new bowl, cover it up with oiled plastic film and let it rise again until it has at least doubled in size.

At this point you can proceed in two different ways:

- Wait around two hours and cook the bread on the same day of preparation, it will make a delicious and crispy bread, however the sour flavor won't develop too much.
- Place the dough inside the fridge overnight to develop a more intense flavor.

If you decide to follow the second option, when it is time to cook it, bring the dough from the fridge straight to the oven.

Step 6: Baking

When it's time to bake, preheat a Dutch oven for 20 min at 250°C. If you don't have a Dutch oven, you can use any heavy pot with a lid, like a soup pot or even a large saucepan.

Remove the plastic film from the dough and sprinkle some flour on top, only for aesthetic purposes. Then take the pot out of the oven and transfer the dough to the pot holding it from the baking paper. Put the lid on and place inside the oven for 20 minutes. After this time, remove the lid, decrease the oven temperature to 200 °C and let it cook for another 15 min.

When it is cooked, remove from the pot and let it cool down.





INGREDIENTS FOR THE PIZZA DOUGH

- 1 tablespoon of dry yeast
- $\frac{3}{4}$ cup of water at room temperature
- 1 cup of wholewheat flour
- 1 cup of strong bread flour
- 2 tablespoons of oil

INGREDIENTS FOR THE TOPPING

- 1 large onion
- bell peppers (red and green)
- 2 slices of bacon
- 2 ripe tomatoes
- 1 cup of mushrooms
- Cheddar cheese
- basil (optional)
- olive oil, black pepper, balsamic vinegar, salt and herbs for seasoning

Fill up a cup with water, add 1 shallow tablespoon of dry yeast and wait 10 min to activate the yeast. When it becomes bubbly, it is ready to use.

In a bowl, mix together the flour, the activated yeast and 2 tablespoons of sunflower oil or olive oil. Start mixing with a spoon and when is roughly well combined, start kneading with your hands.

Cover the bowl with plastic film and wait for a few hours until it has doubled or tripled in size.

This amount of dough will allow approximately 4 medium pizzas. If you don't want to use all the dough you can freeze it for future use.

To shape the dough, add some flour on top of a cleaned surface and start stretching it with your fingers until it has the desired thickness and size. I personally like to do it very thin because it will be crispy after baking, but it is up to your own preference.

After shaping, transfer it to a baking tray covered with baking paper, poke it with a fork in a few spots and pre-bake it for 10 min at 180°C.

Remove the dough from the oven and brush it with some olive oil, especially on the edges. After that spread the already cooked filling mixture on top of the dough, followed by cheddar cheese, or any other cheese of your preference.

Bake for another 20 min at 200°C or until the cheese has melted down.

Remove it from the oven, cut in pieces and enjoy while still hot.

TOPPING PREPARATION

Chop all the ingredients and place them into a large sized pan. Add olive oil, salt, black pepper, balsamic vinegar and some herbs of your choice. Cover the pan with a lid and let it simmer on low heat for 2 hours or until the mixture starts sticking to the pan, then it is ready. Stir the mixture a few times during cooking procedure. Place aside and wait for the dough to be ready.

Beat Crusher

A Beijing student tells us about his journey into hip hop and metal

By Kipp Whittaker

There's so much that would lead us to believe that, because of the academic rigor of many students in Beijing's high schools, they would have little or no time to just bang on some drums, or jam with friends after school. While it's true that students are very busy, this luckily isn't the case. Mike Qian from Beijing International Bilingual School (BIBS) was a prime example of this, and helped us to realize that Beijing has a bright future when it comes to cultivating the next generation of musical minds. Here's his story, along with some advice for any young music lovers out there thinking about starting to create or perform music.

What got you started making music?

I got into music when I started listening to hip-hop in grade 3. This eventually led me into trying to make beats for hip-hop in grade 8. That's when I started making music with software like Garage Band, and I felt like there was a lot more to this. So I went online and did some research and got Logic Pro, which was my first actual DAW (Digital Audio Workstation), and that led to acquiring even more gear and software and getting into hip-hop sampling with vinyl and learning synthesis. I've been making a lot of different kinds of music. I also play drums for a death metal band called Shadows Down.

How has living in Beijing influenced your music, especially in terms of this direction you've gone in with hip-hop and metal?

These are both kinds of alternative music that I play. Even though there has been more interest recently in hip-hop in China, there's still not a lot of people, so it's a small community. You can know everybody, no matter how famous they are or how good they are, you can get their WeChat and get friendly and learn from each other.

How did your band meet?

I was playing drums for a talent show at school, and I met David who wanted to do some metal stuff, and he approached me.

He also had a friend that played guitar. So we had two guitarists and one drummer, and then we found a keyboardist and bass player. We were super bad at the beginning, but we continued practicing and started getting more technical, slowly moving into prog metal.

What's your process of making a hip-hop song?

It starts with samples. When I find a sample, I try to do the drums first, and then I try to fit the sample in. The next thing I like to do is make a full section with everything that can be thrown in there, like drums, bass, synthesizers, and few effects, then I'll try to thin it down. Then I'll have a full, thin, more thin, and super thin set of tracks to create a lot of different sections that I'll then arrange into a track.

How do you usually search for your sounds?

I sample from my records. I have some jazz and experimental LPs I've been collecting. Two years ago I went to Amoeba Records in LA and bought all of their cheapest stuff. In addition to sampling, I also search online for drum samples and loops. Mainly though, I prefer sampling from vinyl because I like the jazz feel more than the store-bought online quality.

What are you listening to now?

Currently, I don't really like popular hip-hop

“LIMITATIONS INSPIRE CREATIVITY”

that much, except for Kendrick Lamar, J. Cole, and Logic. When I listen to hip-hop, I listen to the music and the lyrics, and the lyrics nowadays for popular hip-hop aren't that good for me. These artists I mentioned have something to say with their lyrics, and I like their beats more.

What advice do you have for other young people wanting to get into music?

Just get into it no matter what gear you have. If you want to make beats, you can use Garage Band or an iPad, just start making stuff and then once you realize that you've broken the boundaries of your hardware get something new if you can afford it. If you can't, then also recognize that limitations inspire creativity.



GOOD VIBRATIONS

Learning to love music

By Kipp Whittaker

For this edition of "Playing Inside," we visited Crescendo Studio. We thought it would be a little difficult finding a venue that not only provides high-quality musical instruction, but also does so in a very conducive and trilingual (English, French, and Chinese) learning environment. But that's exactly what we found at Crescendo!

We went there primarily to check out a family-friendly concert that they had organized by the American folk duo, Kirk Kenney and Parker Trevathan. An hour watching these two guys picking and grinning their way through a range of classic kid songs put us in a great mood, and also gave us a pretty clear idea of what this music school is all about: making music learning fun! This is an aspect of music training that is sadly neglected for many youths picking up an instrument for the first time.

Crescendo was founded by husband and wife team, Nico Toresse and Zoe Wang because they noticed that there weren't many music schools in town that were focusing as much on enjoying musical education as they were on the technical skills needed to excel. After all, China is known for producing young musicians that can belt out note for note of complex compositions written by legendary composers. Before they opened up their brand new shiny music school in Liangmaqiao last October, they were traveling all over the city giving lessons for guitar, accordion, and music theory. Now they've rounded out their course offerings with classes in musical exploration, percussion, piano, dance, and much more.



PHOTOS: KIPP WHITTAKER, CRESCENDO STUDIO



When asked at what age is the most appropriate time for a student to begin learning an instrument, Nico quickly responded that he didn't see the point of putting a four-year-old in front of a piano. That's why, starting with four-year-olds, Crescendo has implemented their own unique musical exploration class that helps students gain a solid foundation in music. In this course, students begin by using their voices as their first instrument. Following this, students are encouraged to take music theory classes where they will start writing and reading music. While students have the option of learning an in-

strument at any time, we agree with their view that developing an interest and love for music should be what comes first.

We were also happy to learn that during classes, teachers don't shy away from also using videos to also teach other forms of musical knowledge. The historical context of a song or style of music is another aspect that is ignored in musical training, and we believe it allows for a more thorough approach to learning. This made us extremely jealous, compared to our own music lessons as kids, when we only had a boom box with scratched CDs that we could inconveniently learn from.

As we were leaving Crescendo Studio, we witnessed the excitement of one of their students receiving his first guitar. He was getting some brief instructions from Nico on how to take care of this magical instrument, and you could see the glow in his eyes as he was putting it away in his gig bag to take home. We could tell this would be a day that this young guitarist would likely never forget.

Currently, Crescendo is developing a comprehensive list of classes for summer. This is great for those of you out there that want some intensive music training to fill up the copious amount of free time that is about to land on your child's lap in just a couple weeks. For more details regarding pricing, and group or one-on-one classes, follow the Crescendo Studio account on WeChat (WeChat ID: Crescendo-Studio).

Crescendo Studio

Haocheng Plaza Room 1309, Lihong Garden South Gate, Zuojiashuang Zhongjie #6, Chaoyang District. (132 4195 4449)
 克瑞珊朵音乐舞蹈工作室豪成大厦1309 力鸿花园南门朝阳区左家庄中街6号

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To Rock is Ageless

Q&A with Hand in Hand Children's Music Festival
co-founder Rebecca Kanthor

By Kipp Whittaker

Music is something that brings people together, and Hand in Hand, with their high-quality music festivals giving a stage in China to some of the best kiddie-friendly musical groups, is doing just that. We decided to have a chat with one of the founders, Rebecca Kanthor, about some of the great things they are doing with this event geared towards igniting a love for music in these youngsters, along with some of the massive plans they have in the years to come. Make sure to check out the Hand in Hand International Children's Music Festival when it comes to Beijing with Lucky Diaz and the Family Jam Band (USA) and Hippe Gasten (Holland) on June 3 at the Beijing Exhibition Theater (10am-2pm).



Tell us a little bit about the reasons why you decided to organize a child-focused music festival?

The two of us met at a live show, and before we had kids, we'd spend our time together going to concerts and music festivals. That all changed when we had kids. There were just no music festivals that catered to parents with kids. We organized this festival because we wanted to have a music festival we could take our own kids to and we realized there are a lot of other parents like us in China that want to share great music with their kids, but don't have an opportunity to do so. Every aspect of the festival is designed with the youngest music fans in mind. We keep the sound levels to 85-90 decibels to protect kids' ears and provide stroller parking and diaper changing stations so that families could have a more comfortable experience. We put lyrics up on the screen so parents can understand the songs, and invite kids up on stage with the bands to dance along. It's a lot of fun!



How did you both settle on the name Hand in Hand?

Hand in Hand is exactly what we want our music festival to bring to families. We want parents and kids to be able to enjoy live music together and also for kids in China to share music and learn about other cultures through music. We're an international family ourselves and we love the idea of bringing people together through music.

What has the reception been like so far? Have you noticed a growing interest in China for these sorts of experiences?

We couldn't have expected how popular our music festival would turn out to be. We've taken Hand in Hand all through China and at every stop, parents keep telling us this is exactly what they were looking for. And the kids...well, you just have to see them dancing around to know that they're having a great time. We think that parents in China are really looking for ways to expose their kids to foreign languages and cultural experiences. And the parents want to participate and have fun too.

How do you hope to expand this concept in the future?

Over the next five years, we're going to bring kiddie bands from 10 countries to 100 cities in China. We think that kids and families all over China need to hear this music, not just families in the bigger, more international cities. We have bands lined up from Germany, France, Australia, England, Finland and other countries that play a wide variety of genres from hip-hop to rock, even metal. We also want to inspire local musicians to make better music for kids, and we're committed to helping them develop and reach new audiences.

What have been some of the challenges in making this happen, and touring with Hand in Hand?

Most music festivals are just in one city, but our music festival travels. Each tour takes us to almost ten cities. That means both bands, plus our entire sound and lighting crew travel with us. It can be hard to put on two shows a day and then jump on the bus for a long drive to the next city. But as this is our third time putting on the festival, by now everyone gets along like a big family. Lucky Diaz and Alisha Gaddis, the lead singers of Lucky Diaz and the Family Jam Band, bring their 2-year-old on tour with us, and all the crew and band members take

care of her together just like an extended family.

Often it can be difficult for parents to connect with kid-friendly music. Can you explain how Hand in Hand is trying to correct this through the type of musical acts that you choose?

We're tired of hearing kid's music that is boring or too simplistic. We think kids are more sophisticated than that and can appreciate really good music. The bands that we select to tour with Hand in Hand are some of the coolest and most inventive bands making music for kids and families today. The musicians are all top-calibre performers; for example, the sax performer in Lucky Diaz performs with Brian Setzer Orchestra, and the drummer in Hippe Gasten plays with one of the top bands in Holland. Their lyrics are also really meaningful for parents and kids. So parents will definitely not be bored!

As music lovers, what are some aspects of your own musical journeys that you hope your children will also have when they get older and begin developing their own taste?

We hope our kids experience music as something fun and enjoyable, not as something that is forced on them. We love letting them experiment with music and hear a wide variety of genres. We share all sorts of music with them, and they let us know what they like. It's so fun to share this with them and brings us closer as a family. It makes us feel really happy to be able to share this love of live music with them. And of course, we hope they'll also have a chance to go to many music festivals as they grow up.

What do you think are some of the benefits of introducing children to pop and rock music at an early age?

It's just fun to share different kinds of music with kids. They react to different genres in different ways. And then they try to make music too! Rock music is super accessible for kids because they don't have to sit still; they can move their bodies to the sounds. Sharing rock songs about kid-friendly topics, like peanut butter and jelly, playing air guitar, and Pippi Longstocking is a great way to get them interested in learning to play an instrument themselves or just to better appreciate music.

Rock music is also inspiring to hear. My husband, Liu Jian, first heard rock music at age 16 and it changed the course of his life. From then on, he knew he had to follow his own path. For him, this music festival is a very personal mission. He wants kids in China to hear rock music from a young age so they can dream about music from an even younger age.

What else would you like our readers to know about your upcoming event?

Taking your kid to their first music festival is a great memory for your family to share and a cool activity for a kid to do with their parents. We've put a lot of effort into making Hand in Hand the highest quality and most suitable music festival for families. It's like a giant dance party! So be prepared to get up out of your seat and dance with the bands for much of the show!





Drum De Joure

Carson Cao of SIBS gets productively percussive

By Huang Chenkuang

PHOTOS: UNI.YOU

You don't need fancy instruments to have some music fun with your kids. A simple cardboard rattle drum works and it's an easy craft to make with minimal materials!

In this month's "Maker's Corner", Carson Cao, a first-grade student from Springboard International Bilingual School (SIBS), along with his art teacher Cramer Peterson showed us how fun it is to use a DIY approach towards music making.

Carson was being very creative during the crafting process and says he enjoyed the project very much. He ended up giving the drum as a gift to his best friend in his class! Gather up your materials and get into the groove with this simple but percussive project.



Materials

Thick cardboard, strings, beads, scissors, glue, stick or an unsharpened pencil, hole puncher, paint and paint brushes, cardboard squares, and packing tape.



Step 1

Cut the cardboard into two same-sized circles.



Step 2

Give the circles some color by painting them. Carson chose red and white, the same colors as the school badge! It is good to smoothen out the cardboard once the paint dries.



Step 3

Cut a square piece of cardboard, and glue it to the middle of one of the circles (feel free to glue more squares on either side if that makes everything level).



Step 4

Glue the pencil or stick it into the ridges, and glue the other circle on top. Make sure the circles line up.



Step 5

Knot the beads to the string and tape the string down the middle of each circle. You are now ready to create a musical beat!

Teach to the Beat

How music and movement aid language learning at two Beijing kindergartens

By Andrew Killeen

When we think of a classroom, we probably imagine rows of kids sitting quietly, and a teacher at the front talking. If we walked into a room where the students were walking around, making nonsense noises, shouting, or even dancing, we might imagine that the class is out of control.

In two Beijing kindergartens though, we might instead be witnessing inspirational teachers using innovative techniques to teach English as an Additional Language (EAL).

Daniel Rothwell (pictured right) freely admits he was a disruptive influence in class even as a student.

"I was at an all-boys grammar school, and I was always in trouble," he told us. "Then one time, instead of punishing me, a teacher suggested I try out for the Public Speaking team. When I protested, he said, 'well, you like the sound of your own voice, and you like to argue!'"

Rothwell went on to win a prize at his first attempt, and so began a lifelong love of performing, as a musician, public speaker and actor. He is now Head of Drama at Etonkids, where he's rolling out a new drama program and training teachers to incorporate dramatic teaching techniques in EAL.

"Calling it drama is a little bit heavy," he explained. "It's more a kind of applied practical linguistics. The focus of the teaching is not what you're saying, but how you're saying it. Part of my job is to teach the speech patterns of English. Mandarin is a tonal language, and so is English: tone of voice, and pitch are



PHOTOS: COURTESY OF ETONKIDS, BEIJING SMIC NANHAIZI KINDERGARTEN

important. Playing with that is a great way to teach a sentence or a phrase. How would a sad person say this? How would a donkey say it? Or a ghost?

"So we start with sounds first, no words. They have an emotion to express, but can only say 'blah blah blah'. So for example they might express agitation with a rising tone. It's amazing how quickly the kids get into it."

The students walk around for this exercise, holding conversations with each other in nonsense words, and getting them up out of their chairs is a key part of Rothwell's approach.

"They're constantly on the move," he said. "We have 15 to 25 kindergarten kids, all active, roleplaying conversations, acting as animals..."

But it's not as chaotic as it might seem.

"Every month has a theme, and a book," Rothwell said. "Currently we're reading *The Gruffalo*, and the theme is 'Imagination'. If you had the wings of a bird and alligator legs, how would you move?"

Rothwell brings his musical skills to the classroom too.

"Rhythm is the buzzword here," he told us. "For *The Gruffalo*, I use a djembe [an African drum]. The snake is a rapid patter on the edge of drum, the fox prances through, the owl has a slower beat like wings, and the mouse a fast beat. And the gruffalo himself –"

He mimes the monster's pounding footsteps.

"The kids learn to associate the drumbeat with the character. By the third lesson they can hear the beat and transform into the animal."

Rothwell uses his own experience of being the class troublemaker to keep the class in line.

"I always say they're not naughty, they're just over-inspired learners!" he laughs. "I can recognize what a kid is going to do before they do it. Often they're bored and want to get on because they understand it, so I get them up to the front to demonstrate. With natural leaders, I try to train them to be more team players, and I try to draw introverts out of their shell, but never forcing anyone to do anything they don't want to do."

It's an approach that can be challenging for more traditional teachers.

"If you don't feel silly in front of a class, then you're not doing it right," Rothwell says. "That is the crux of all the training sessions. A lot of teachers are scared, or they don't know that it's acceptable to have fun."

"Initially, in training, a lot of them think I'm a nutcase, so I teach them to beatbox. It's a warm up, but also they realize I taught them something pretty cool, and they don't feel so stupid. In the end teachers like it because it helps with the kids' English, and it's fun for them too."



"IF YOU DON'T FEEL SILLY IN FRONT OF A CLASS, THEN YOU'RE NOT DOING IT RIGHT"

Parents have also come round to Rothwell's style.

"I'm covered in tattoos, so I don't look like what they think of as a teacher. But they see the kids come in and leave with a smile on their face, and also their English getting better and better: their tone of voice, creativity, self-confidence, and communication skills. Once you've got the parents on board, the school are happy. It's positive responses all round."

The most important thing for Rothwell is that both students and teachers enjoy themselves.

"What I've come to realize over the last two years is that the schooling they're going to go through is going to be tough, so I can let them have some fun now. A kindergarten class is pure imagination and personality. A lot of them have a hard time at home, so when they feel respected then they feel like they've achieved something."

Rothwell is not the only teacher to bring performing techniques to the classroom. Bobby Wayne Jencks, Director of the English Department at Beijing SMIC Nanhazi Kindergarten, uses his dancing skills to explain prepositions.

"I stood at the front of the classroom," he told us, "and said *around*, this is *around* me, and none of the students really knew what it

meant. I drew the picture on the board, and they kind of understood the concept. But it wasn't until I asked one of the students to come up and I started dancing with her. I said, 'I'm going to turn her *around*, so I turned her around and twirled her.'

"After that all the students were saying, 'I really want to come up and dance with the teacher!' I said, 'If you want to come and dance with me, you have to tell me what this word is.' And the whole class was just shouting '*around, around*.'"

"And then for the preposition *over*, there's this really fun swing dancing move, where I reach over the student and I practically make the student do a backflip. Of course it's very safe, because I have my hand over the student's waist, so there's no way for them to fall. And they're very light, I've done this many times with people who weigh nearly as much as I do. So I taught the students this is *over*, and the students are just ecstatic about this, and screaming '*over, teacher, over! I want you to flip me over!*'"

Again, behind the raucous fun, there's a serious pedagogic purpose.

"Total Physical Response (TPR) is a very popular method among English language teachers to help students make connections between physical actions and vocabulary

words,” Jencks explains.

He shows us a whiteboard, with symbols and words in pairs, and grouped by parts of speech.

“Every one of those symbols and words has a corresponding action for it,” he says. “I’ve actually lined up the words in such a way that they can use those words and symbols to make sentences. First I’ll teach them the sound of the words. So I’ll say, ‘This is eat ice cream. This is swimming... learning... talking...’

“I’ll have the students repeat after me, and say the words in order. Then I’ll pick out four and show the students the corresponding action. So I’ll have them pretend to lick ice cream, then pretend to swim, to learn, to talk... It’s a very specific action that they’ll have to repeat in the exact same way, every time that I ask them to ‘show me eating ice cream, show me swimming, show me learning, show me talking.’ In this way, the students are memorizing the meaning of the word and the verbal command at the same time.”

“Then I’ll have them do it in different ways. So for example, I’ll say eat ice cream properly, and don’t eat ice cream properly, then I’ll do some outrageous method, like putting the ice cream cone on my head, and wiping the ice cream from my head, and licking my hands. And that just gets the kids laughing really hard.

“In that way I help them to know what is

the right way to do things, and what is not the right way to do things, but also they’re studying adverbs. For example I’ll say eat the ice cream slowly, eat the ice cream quickly, quietly, loudly, and so on.”

Jencks talks about the importance of game-based learning.

“The point of doing this is to help the students to be more engaged. They’re having fun, they’re not doing it as a formal learning process. And so the more enjoyable it is, the less that they’re thinking about the system of language; the more they’re making mental connections between the content, and the actions, and the feelings they’re having.

“When you’re playing a game and enjoying it, you’re engaged in what some people call the flow. If you’ve ever seen someone playing a video game, they’re mostly unaware of their surroundings, because they’re so focused on solving the problem in front of them in the game. Another aspect of flow is that it’s enjoyable. If I’m playing a video game, and I’m enjoying the process of solving the problem, I can fail a hundred times, and still continue to play the game for hours.

“I try to set up those kinds of scenarios in the classroom, to get the students playing games that are just hard enough to provide them with an adequate challenge, but enjoyable so that when failure comes, it’s not something that prevents them from continuing to play.”

It’s noticeable that for both teachers, fun is not incidental to learning, but essential to it. And the evidence of happy children with improved language skills, at both Etonkids and Beijing SMIC Nanhaizi Kindergarten, suggests that their ideas are sound.



Bobby Wayne Jencks



Learning in the Bush

Back to the basics of experiential learning

By Kipp Whittaker

Every year, numerous teachers flock to Beijing, and often educators bring with them new innovative and positive changes they wish to implement to their respective school curriculums. We talked with Sharyn Baddeley who is now in her first year of being principal of the Middle and High Schools at Beijing International Bilingual Academy (BIBA). She has decades of educational experience working with top-tier schools in her native Australia. But after years of reaching the top levels in her field, Baddeley felt she needed something that “would stimulate (her) passion.” This led her and her husband to settle on Beijing.

Baddeley’s educational outlook could be described simply as “back to basics.” As many schools push new technologies into the curriculum, Baddeley feels the need for a balance between tech and more hands-on learning which places an emphasis on mental, social and physical health through “experiential learning” in remote, outdoor environments. With an emphasis on self-reliance, resilience, personal physical and mental challenges, positive risk-taking, and working as a team, students practicing experiential learning end up with the skills to be able to adapt to challenges, solve problems, think more critically and deeply and be more independent and resilient. According to Baddeley, “They’ll be able to cope with the demands and pressures of life as well as the stress and anxiety often associated with their academics as well as provide them with important skills they will utilize at college or within the workforce after their educational journey.”

Baddeley then explained to us about the Experiential Outdoor Program that was implemented at her previous school in Australia. It is implemented for grade nine students to live off campus in nature for 12-months. “In a way, you can say it’s like boarding, but it’s very different,” said Baddeley, “It’s all about experiential learning.” Located in the bush, the campus is surrounded by high country fields and mountains. The main focus was on all outdoor educational experiences helping students develop confidence, courage and independence.

Students at the Educational Outdoor Program live in groups of ten or more in special group housing and have to collaborate constantly. Classes were spread throughout the

day, and interspersed with physically demanding, but rewarding, activities like rock climbing, cross country running, horseback riding, and hiking as well as chores like house cleaning and collecting firewood for in-cabin heating. Besides school laptops for certain projects, no computers, tablets, or cell phones were allowed. “The only way they could communicate with parents was by writing letters,” said Baddeley. The rewards of outdoor activities and a disconnection from social media are obvious, and students left the program more confident, independent and courageous. As Baddeley puts it, “When they’re outdoors and they have to run 17 kilometers in mountainous terrain in hot temperatures within a time frame, the growth in that individual alone is huge.”

Another important point in Baddeley’s educational focus is positive education. Which she says is “looking at not only positive relationships, positive emotions, and engagement, and it is focused on developing positive mental health and developing individual strength and motivation” said Baddeley. “It’s looking at character traits, as in ‘What can we do to build on your character? Let’s see if we can work on your strengths.’” This includes mindfulness programs for mental health, which Baddeley also used in Australia to help the many international Chinese students who had

difficulty adjusting in classes and conducting conversations and lesson learning exclusively in English.

Overseas Chinese students in Australia also participated in this pastoral and outdoor program, which stimulated an interest to create a similar curriculum in China. Since her arrival, Baddeley has been working hard on creating this outdoor learning lab experience in Beijing. Collaborating with Insight Travel, BIBA will be involved in a new project to create a communal living camping site teaching real-life outdoor skills. This new program hopes to mirror the success of the Australian one but in a Chinese context, without simply being a carbon copy.

To Baddeley, education is much more than rote memorization and piles of books; it’s also learning from others, having a healthy body and mind, and developing independence by using critical thinking skills. All of these aims are also developed in physical education programs, like the ones being created at BIBA.

“I think parents need to understand that not everything is about academics,” said Baddeley. “We really need to focus on the social and emotional needs of every child. The problem in many schools is that they just focus on the end result.”



PHOTO: KIPP WHITTAKER

Travel The World

Charity art from BSB, Sanlitun classes fill this month's Blank Canvas

The British School of Beijing (BSB), Sanlitun held its annual Charity Art Auction event on May 11. Each class from pre-nursery to Year 6 was assigned to make a piece of art for the auction under the theme, 'Travel the World'.



Nursery Butterfly Fish Class (3-4 years) – 'High Flyer'

Inspired by the many countries they have visited, the children decided to create a piece of art that shares their passion for transportation and travel.



Year 6 Eagles Class (10-11 years) – 'Bicycle'

The Eagles used observation and colour-mixing skills to create a monochromatic bicycle – the universal mode of transport used by rich and poor, old and young, throughout the world.



Year 3 Macaws Class (7-8 years) – 'A Piece of the Puzzle'

Inspired by the 'Global Goals' the children created this piece to show that we are all part of the same 'puzzle' and that we must all work together in order to keep the puzzle intact.



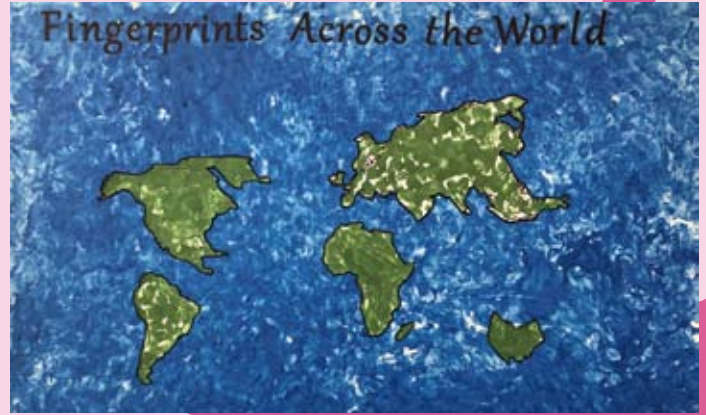
Year 5 Pelicans Class (9-10 years) – 'Home is Where the Heart is'

The Pelicans children used block printing to design stamps to represent the broad range of nationalities that included in their class.



Year 4 Herons Class (8-9 years) – 'World Piece'

The Herons wanted to create a piece that represented not only all of the world's countries in unity, but also the unity of their class.



Pre-Nursery Starfish Class (2-3 years) – 'Fingerprints Across the World'

The Starfish children put their fingers together to work printing with the paint.



Reception Dolphins Class (4-5 years) – '193 Nations'

Inspired by their learning of 'Space', the children found and colored all the flags of the world and drew the earth using melted wax.



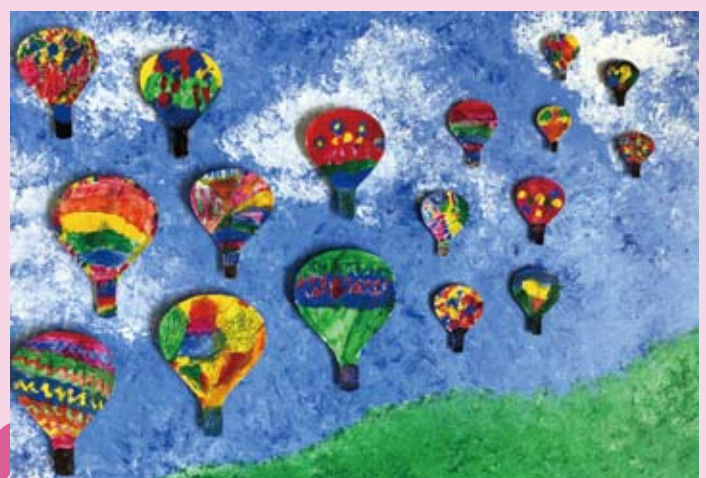
Tadpoles Class (1-2 years) - 'Footprints Around the World'

The youngest children joined in with a wonderful sensory and messy activity – walking around the whole world to create their artwork!



Year 1 Leopards Class (5-6 years) – 'Water Colour World'

Each color represents a different student in Leopards class. In the world we live in we all blend together as one.



Year 2 Elephants Class (6-7 years) – 'Hot Air Balloon'

Inspired by the scene of the Hot Air Balloon Festival in Cappadocia, Turkey, the children created this uplifting piece of art work.

GETTING IN TUNE

Parents from different cultures talk about
kids' love for music

By Andrew Killeen, Jolie Wu

Jean-Baptiste Bezelgues and his teacher wife Celine are originally from France. They came to Beijing in 2012, having been assigned here by his employers Nestlé. Their sons Paul (age 11) and Romain (9) study at the International School of Beijing (ISB).

Did you play an instrument as a child?

I started music when I was a child at a local music school in France. There you start with the theoretical classes, learning how to read music, and then follow by the practice of an instrument. I picked the saxophone. Later, I learned guitar by myself when I was a teenager.

Does your child play an instrument? If so what, and when did they start?

To our surprise, both our sons picked Cello. Romain the little one just started, probably to do the same as his big brother. Paul started in 3rd grade when he was 8, and year by year is getting to higher levels. When Paul started I thought he would give up quickly because the technique is not that easy for young kids, but with the strong String Program of the school and his efforts, Paul still sticks to it.

Do you have difficulty getting them to practice?

Yes, this is not easy every day. Sometimes he would rather to go and play video games. But he likes to practice, and to perform to show his progress in front of the family, with Skype for example. One of his grandpas is an ex-professional saxophonist in France and loves listening to him. The family always give him great encouragement.

Have they performed publicly?

He actually performs regularly with the Orchestra at school, and does some solo performances as well, accompanied by a pianist, at school in front of his peers and parents. His first solo was a good experience for him – not easy, a bit stressful. It is indeed challenging to play together with another musician, to keep the pace, and play accurately. He was feeling proud afterwards. Even if he is still anxious before a new performance, overall I think it is giving him more confidence and will help



him in his personal development.

Have they taken, or would you consider having them take, music exams?

So far, only the audition to get into the higher level orchestra at school, but this is something that we have to consider if we move out of Beijing, to have the equivalence and join a music school.

How would you respond if they told you they were giving up their instrument?

First, I would be disappointed because I believe playing music is a good way to relax, but I would respect his choice. We don't want to put pressure on the practice of music. We believe (my spouse and I) that practicing and playing music has to stay fun, joyful and a pleasure. I keep saying that music skills will be a great addition for his future life. Sometimes I want to share this passion with him. We tried to start a duo together... we hope one day we can perform together, playing our own creations.

What sort of music do they like to listen to?

Paul likes a lot of different styles of music: rock, rap, pop, even some French songs from his parents' influences. We like to go to concerts together. We take him to classic, jazz or rock concerts. He seems to particularly enjoy live music.

Do you ever have disagreements over their music, or yours?

I like rock, blues, and jazz music. He likes more rap and pop. It sometimes brings some different points of view about the quality of the lyrics, or of the instrument players. It is also sometimes because he imposes his music on the entire family and we have not a word to say. But it is also a real pleasure for Paul to share his music with us even if we are not big fans, we do respect and encourage him to listen and discover new artists.

What part does music have in your family life?

Music is everywhere: radio at breakfast, songs in the car, Spotify even sometimes during homework, which we turn off during the evening practice of cello and guitar. I even sometimes put on my headphones to play guitar late at night when the family is sleeping...

Do you see music as being important in their future?

Music is beautiful and is social. It is a universal language, and it will be a bridge between different cultures. Whatever your nationality, you will see that two people who share the same passion for music will have a lot in common.



Linda Li and her husband James Chen both graduated from Tsinghua University. Chen has now founded his own company, while Li has opened a cafe and is also a full-time mother. They both love singing, and their passion for music has passed to their children Siqi Chen, who is in grade 11, and Ryan Chen, in grade 9.

Did you play an instrument as a child?

I learned to play violin for a short period of time when I was in primary school. But at that time finding a violin teacher was not an easy thing, so I only learned for about a year, and then stopped when my teacher moved away from my county. I was attracted by guitar when I was in university. The famous "Romance de Amor" was the first touching piece that I had a strong desire to master.

Does your child play an instrument? If so what, and when did they start?

My daughter and son started to play piano when they were in kindergarten. They took a one-hour class every week, but didn't practice too much. Later when we moved to an area near an international school, we had a new piano teacher, who brought my children to a brand new angle of piano studying. I also feel the students' concerts had a strong influence on my children, since they could see a lot of their classmates playing different instruments

very well. My daughter especially was deeply touched by the charming melodies. From then on, she became crazily interested in piano and related music. From my daughter's experience in a top children's choir for eight years, with the experience of performing with her choir at the National Grand Theatre and The Forbidden City Concert Hall very often, and having traveled to attend an International Choir Contest in Italy, Siqi gained a very good basis in harmony. Then she started to teach herself composition.

Do you have difficulty getting them to practice?

No. I don't push them to practice, although now and then my daughter would joke about it.

Have they performed publicly?

They have performed publicly at school, in the neighborhood, and for charity.

Have they taken, or would you consider having them take music exams?

My daughter passed ABRSM level 8 with "distinction" in both theory and practice, while my son is about to take ABRSM level 8 later this year.

How would you feel if they told you they were giving up their instrument?

Well, I would think it's their choice if they don't feel the beauty in it. The responsibility

of parents is to open enough "windows" to let them see the view, and then let it be their own choice which flower they would like to pick.

What sort of music do they like to listen to?

Classic and pop music are the most frequent kinds of music I see them listen to.

Do you ever have disagreements over their music, or yours?

No, I believe each kind of music has its own glamor.

What part does music have in your family life?

Music plays a very important role in my family life. We have a background music system in every section of my home, from dining room to bathroom, and we have a karaoke system in my small multimedia room as well, which we use for relaxation and entertainment, to sing songs together with family and friends. We also enjoy famous operas and concerts, for example the Andrea Bocelli Tuscany concert.

Do you see music as being important in their future?

Sure. Music is my best friend whenever I am happy or sad, and so do I think it is for my children. I believe music will help my children to live a beautiful life in the future.

“MOMMY, I NEED TO PRACTICE MY SONG!”

This was my six-and-a-half year old daughter two days before our mutual recording session. The quintessential professional, she looked up at me with chocolate-brown, earnest eyes and said emphatically:

“I still don’t remember all the words, Mommy!”

I am a professional touring musician of many years who is now a mother of two. Unlike years ago when my professional ethos revolved only around tasks associated with the development of my own art (original music), having kids softened me. Now I favor work that connects to my passions in any context (including writing!) and this keeps me (mostly) off the road and present as a mother. While some of this interim work is not always artistically satisfying, I soothe myself by remembering that at least it’s associated with my talents.

There is a strong education market for English-language children’s songs here in China. Being a native speaker who is also a singer (as well as a songwriter—and yes, I’m often hired to write such songs themselves!), I regularly travel to hard-to-find studios across Beijing to sing professionally.

But, this past weekend was a little different. The studio owner has known me since my daughter was an infant and, with some quick math, she zeroed in on Echo’s age.

“There is one song that could really use a child’s voice,” she said plaintively in a WeChat message.

I felt my insides twist when I heard it. Despite Echo’s incredible grasp of pitch

and rhythm (musical talent I’m delicately fostering), I hesitate to put my kids in any exploitative position. Sure, she’d be paid, too, and her school fees are expensive, but isn’t this child labor?

I tentatively brought up the topic in front of my very doting and protective Chinese in-laws. Echo is “super curious” to see what Mommy does for work (besides performing on stage) and was instantly ecstatic to come with me. And hearing she’d also get paid, her grandparents encouraged the experience without a moment’s hesitation. I was surprised. Was I taking this too seriously? Maybe it would be fun? Maybe it would be a good Mother-daughter bonding?

So, I assented.

“Mommy, do I get to push all those buttons?” This was her first sentence when she entered the studio on the day of the session.

“No, sweetheart,” I said gently. “That’s for the recording engineer to push. We get to go in there and sing in front of those microphones.” I pointed through the control room’s window into the isolation booth.

It all went really well. Echo remembered all the words to her song and then sat quietly and colored while I did the remaining tracks. I was so proud of her. What’s more, the studio staff was beyond gracious. Echo left with many unfinished coloring pages, much to her delight, and a pocketful of cookies to share with her didi.

Perhaps exploitation is a concept I’m sensitive about as a white-skinned, English-speaking foreigner living in Asia.

But, are we colonizing our children by introducing them to our vocations while they’re still kids? If we consciously provide them with an array of choices and never force them to do what they don’t want to do, maybe it’s okay to let them do the odd money-earning job, especially if it makes everyone happy? The job was fun and easy. And she is genuinely a good singer.

That night at bedtime, she was humming her song. “Mommy,” she said suddenly, interrupting herself. “Can I be a singer too when I grow up?”

My heart swelled. “You can be anything you want, sweetie,” I said, smiling.



About the Writer

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She has a daughter called Echo (国如一) and a son called Topaz or “Paz” (国世龙).

ROCK OF AGES

It's a joy when your kids share your love of music, even if that doesn't extend to violin practice

By Andrew Killeen

If you're passionate about music, as I am, you want your kids to develop their own enthusiasms, and then are disappointed if they don't share yours. I swore to myself that I would never fall into the "old man" trap of sneering at my children's taste in music, even though contemporary pop mysteriously transmuted into an unlistenable noise several years ago for me, just as it has for generations of parents.

Joseph (age 9) has always connected with music on a very emotional level. A cheap CD player I bought him on a hunch a couple of years ago was played to destruction, and has now been upgraded to a proper stereo system. When the world becomes too much, he retreats to his room to listen to his favorite CDs: They Might Be Giants, Donovan, or Ivor Cutler. The only problem is the constant need to yell at him to turn it down – not an issue I expected to encounter for a few years yet.

When Joseph got his stereo, Noah (12) got a mobile phone, so that he could contact us in emergencies. Of course, the phone is instead used for playing games, WeChatting with his friends, and watching Youtube videos, so whenever he might actually need to use it, both battery and credit have run out.

It's also his portable music player. Keen to encourage his interest, I offered to load it up with MP3s of whatever he liked, but he is quite happy to stream. This lack of concern about actually "owning" your music is something utterly alien to me. Although my collection of vinyl records is in storage in the UK, I have just replaced it with a meticulously assembled

and organized selection of files. The idea that losing connection to the internet might deprive me of music is one I find unthinkable.

Noah has recently discovered hip-hop. This meant either screening everything he listens to for swearing, sex, and drug references, or sitting down with him and having long conversations. Since censorship doesn't sit easily with me, we went for the conversations, and it's actually been a good way of having wide-ranging discussions with him about sensitive issues, without having to say, "Son, we need to talk..." We've even chatted about the "Parental Advisory" sticker, and how it ended up being a badge of pride for rappers; a good metaphor for the futility of censorship.

Their eclectic, if not eccentric, tastes in music may have something to do with our having taken them to rock festivals from a young age. Our favorite was held about ten miles from our house, which meant we could camp there but still pop home for food or a shower. Everyone from our neighborhood went too, so the kids would wander around all day in a huge gang, exploring, falling into nettles, and generally experiencing the freedom of a 1950s childhood, while the adults chilled out with a beer and watched bands. It was utterly blissful for all concerned.

At one of these festivals, Noah saw Chuck Berry. And though he doesn't actually remember it, I tell him about it constantly. Because when he's 100 years old it will seem a connection from an impossibly distant past, like someone today claiming to have heard Scott Joplin play.



About the Writer

Andrew Killeen is a novelist and creative writing teacher. Originally from Birmingham, England, he studied at Cambridge University and now lives in Beijing with his wife and two crazy boys, Noah (age 12) and Joseph (age 9). In between he was at various times a DJ, festival director, positive parenting practitioner, and homeless support worker. His critically acclaimed historical novels are available from Dedalus Books.

Sadly their love for music has not yet translated into any ability at playing instruments, their violins gathering dust unloved in a corner. However, Noah has recently taken up the bass, and I harbor fantasies of them one day forming a killer rhythm section.

We do though have a lot of fun DJing at home, taking it in turns to pick the next track and dancing around the kitchen. In one memorable recent set, Joseph played "Pavilions of Sun" by Tyrannosaurus Rex, "Hide from the Sun" by Goat, and "Sunshine Superman", then followed up with the International (Noise) Conspiracy's brilliant "Communist Moon".

"Next," he told me, "I'm going to play 'I'm Living on a Chinese Rock.' Do you get it, Dad?"

Yes, I get it, son. And more importantly, you do too.

This will be my last column as Beijing Baba. Though I will remain a Baba, we are leaving Beijing for new adventures. This was my first job for *beijingkids*, as a freelancer, and it's always been my favorite to write. Working for this magazine has been a joy and an honor, and I'd like to express my gratitude to colleagues past and present, and to you, the readers. *Man zou.*

EVERYTHING



IS MUSIC



HEY DJ!

Jason Wilkins, music selector and vinyl junkie, visits
Beijing No. 55 International School

By Kipp Whittaker



Hailing from the birthplace of techno, DJ Jay 1, 2 is a legend in these parts, with weekly gigs spinning new and old music for his devoted following around Beijing. Growing up in Detroit, Michigan he initially made his way to Beijing in 2007 working for Microsoft, but decided to become an art teacher and spread his knowledge about creativity to Beijing's local and international youth. As he is no stranger in shaping young, pliable minds in the area of cultural appreciation, we organized a little lecture for him at Beijing No. 55 International School, so that these kids could meet a real working DJ. By real, we mean this guy has over 4,000 records in his collection, that span just about every genre imaginable. After all, there's a reason why these bulky black discs are still the format of choice for many disc jockeys, and DJ Jay 1, 2 is living proof of this esoteric art form.

Jason's Top-10 Tracks

1. James Brown - "The Funky Drummer"
2. James Brown - "Get Up, Get Into It"
3. Mighty Ryder's - "Evil Vibrations"
4. Niagara - "Sangandongo"
5. Madvillain - "All Caps"
6. Muddy Waters - "She's Alright"
7. David Bowie - "Young Americans"
8. Jamiroquai - "When You Gonna Learn"
9. Black Heat - "You Should've Listened"
10. Larry Heard - "Stay Close"

Robert, Grade 7 (America)**Do you like any rappers that are making music nowadays?**

Jason: I like rappers with something to say, like J. Cole, Childish Gambino, Vince Staples, or anybody positive. But, if you're asking me about some other artists with nothing really positive to say, then you will never catch me listening to it.

**Emma, Grade 9 (America)****How do you get people to feel the music you are playing?**

Jason: If I'm playing a party and someone says they want it to be a funk party, I'll probably pack a majority of records that are funky. So I'll usually go to the party with that in mind, but I might play another different type of song, and they might really be feeling it and start to dance. That's when you have to read the crowd.

Alex, Grade 11 (Korea)**What do you think are the similarities between art and music?**

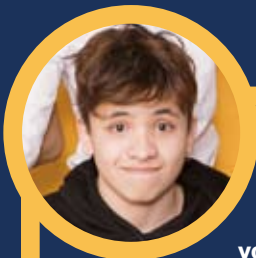
Jason: They call musicians artists. It's all about what you create. Everything starts as a blank canvas, like a painting or this vinyl disk. It's all about what you put on it.

Martin, Grade 11 (Korea)**What inspired you to go from DJing to creating your own music?**

Jason: The same inspiration that came from me DJing. What got me into making music, is that I wanted to hear what I could do. So, I got some software, tinkered with it, and when I became confident enough, I invested in myself and pressed some records.

**Sabah, Grade 10 (Bangladesh)****If you never got into DJing and collecting records what would your life be like now?**

Jason: To be honest, I think my life would have been the same except for I wouldn't have been thinking outside of the box from such an early age.

**Aidan, Grade 9 (America)****What era or style of DJing made you want to give it a try?**

Jason: I've been DJing for a long time. When I first came into it, it was more about playing house or techno. Coming from Detroit, that was all around you. But then I started getting into hip-hop and going to those parties, which led me to explore more funk, soul, and disco.

Seung Je, Grade 9 (Korea)**How does the music you play make you feel?**

Jason: It is gratifying for me! I don't play for the crowds, no matter what genre. I don't play music with the intention that I'm going to only please a crowd. I play a song that I want to hear, and it just so happens, without trying to sound arrogant, that other people like it as well.

**Jennifer, Grade 11 (Venezuela)****Why do you only listen to music on records, and what do you feel is lost by people switching over to streaming music?**

Jason: When I look at a turntable, I look at it with fondness. I can say that this machine has been my best friend. When it's playing, I look at it like it's talking. When it gets to the end of a song, I'll get up and turn it over and put the needle back on so that it can continue with what it's trying to tell me.

**Dmitry, Grade 7 (Kazakhstan)****Do you only listen to your music on a record player?**

Jason: Yeah, at home I'm making lesson plans and listening to records. When I'm out and about, I'm not even listening to music as I'm probably working.



FINDING A PASSION THAT LASTS

Musician parents talk about music education for kids

By Huang Chenkuang, Mavis Chu, and Tina Ji

When it comes to music education for kids, parents can be stuck between a rock and a hard place — don't push and they miss out, or push too hard and put them off. The latter approach is on the increase at a time when there's a lot of focus on the importance of extracurricular activities.

It's not unusual to see an 8 year old being overloaded with violin and piano classes after school. And if we look closely at why parents encourage children to study music, the perceived benefits of music are probably given greater weight than children's passion for it.

Based on an interview our sister magazine *Jingkids* did with three musician parents in Beijing, we're taking a closer look at the unique journey these musicians have taken in pursuit of their dreams, as well as their perspectives on music education for children.



An Xiaonan: the core of education for kids is respect

An Xiaonan is the producer and guitarist for rock band YinXu, which enjoys wide popularity in Beijing and beyond, and regularly performs at well-known live venues such as Dusk Dawn Club (DDC).

"I have been a big fan of music since I was a kid," the thirty-something said, recollecting the starting point of his musical career. "I've been listening to many foreign bands such as Nirvana and Metallica since a young age, and I was very influenced by them."

An formed a band with two friends during high school, which according to him, "was neither very supported nor prohibited by my parents."

"My dad used to be keen on musical theater when he was young, but it gave way to his business career later. I understand my father's choice, it would be difficult for him

to support the family if he devoted himself to music," said An.

Despite An's obsession with music, his parents chose a finance-related major for him in an UK university, out of the consideration of better career prospects. But An transferred to music production after a one-year school suspension.

"I was in full knowledge that engaging in music wouldn't be an easy road, but I can't go against something I have true passion for."

Having fathered a five-year-old daughter, An says he would never try to steer whatever personal interest in music his daughter might develop in the future.

"I think the core of education for kids is 'respect'. No one can predict the future. Being a parent doesn't give us any credit to define what path our children should take in their future."

"What I'm expecting from my child, is to find her own pursuits that she can follow into adulthood, or even for her lifetime."



Gao Yufeng: kids need more free space

Gao Yufeng is currently the bassist for the three-piece punk band Brain Failure.

It was a concert featuring Beyond, then the most popular Chinese rock band, along with other famous rock stars including Dou Wei and Zhang Chu, that inspired Gao so much that he describes it as his “musical enlightenment.”

Gao fell in love with rock’n’ roll at the concert, and found out that his real passion is the bass after learning electric guitar for a year.

“I think choosing an instrument is picking out a tool to express yourself with your own language, so it’s important to find out your own specific interest,” Gao said.

Gao’s wife is also engaged in music, and they share a philosophy of music education for kids: “Kids need more free space to develop their interests and to create.”



Leng Jie: all children are born artists

Leng Jie, the former guitarist and lead singer for rock band Wanjian Xinwen, has been playing guitar for more than a decade.

“I got to know the guitar by chance when I was young, and became obsessed with it. It was a time with very limited access for us to rock music, and we basically listened to every type of music, if only we could get the tapes or CDs, which were good learning materials

for us”, Leng Jie said.

Leng formed the rock band Wanjian Xinwen with several friends in the early 1990s, and played at live venues and bars in Beijing.

“I sometimes played the music I made to my parents, and my mom even said she liked it!” Leng said smilingly, “but my dad never showed too much support.”

Running a bar and restaurant as his bread and butter, Leng never lets up on his passion for music: “Music is just something indispensable in my life.”

As to music education for kids, Leng has a

special way — he regularly takes his 5-year-old son to shops with all different types of instruments.

“I won’t be forcing him to learn any instruments, but I want him to get to know how beautiful and amazing music is. I deeply believe that all kids are born artists. What matters for them is to find a passion that remains as they grow up.”

ROCK 'N' ROLL HIGH SCHOOL

These students are learning to rock

By Huang Chenkuang, Photography by Dave's Studio

There is nothing that personifies the magic of youth more than being in a high school garage band with your classmates, and exploring the power of music. Here are some of Beijing's most notable up-and-coming school bands doing just that, and showing off some pure rock 'n' roll attitude in these pictures by Dave's Studio!

NEVER FADE: HARROW BEIJING

Band members

Daisy L: Keyboard, vocals

Danny J: Trumpet

John W: Drum

Mark Z: Rapper

Edwin P: Saxophone

Never Fade was formed in February, 2017. The band are open to all types of music, and they've been trying to rearrange music into different styles. They have their regular practice every Thursday, and will rehearse more if there are performances coming up. The band has been playing in and out of school, and they've initiated a charity performance with all the benefits going to support children with autism. They also go to many music festivals and concerts. Their parents are very supportive, and attend every performance they're playing, which is a big motivation for them.

**Band members****Daniel:** Lead guitar**Andy:** Guitar**Kevin:** Drums**Jefferson:** Bass**Sherlock:** Saxophone**Alice:** Keyboard

The Ambers are a group of grade 11 students at BCIS. They originally began their journey as a band out of enthusiasm for music and the desire to perform on stage, though the band are not strictly adhering to any genre of music. The top songs in their playlists are rock 'n' roll, and punk. Some of their favorite bands include AC/DC, Metallica, Guns N Roses, Imagine Dragons, and Green Day, whose music they usually perform at shows. Due to an increasing workload, the band currently are giving priority to study over practicing, but that doesn't mean they're thinking of calling it quits anytime soon. They're hoping to make it big after graduating from grade 12.

THE AMBERS: BEIJING CITY INTERNATIONAL SCHOOL (BCIS)**Band members****Milly Mahony:** Piano, vocals**JJ Lim:** Guitar, vocals**KH Kim:** Piano, tenor saxophone**KT Liu:** Bass, drums**Cameron Chen:** Guitar**William Jin:** Drums**Allen Wong:** Saxophone, guitar, piano

The band was formed during a school music course. There have been some line-up changes over the several years since they started, but teamwork is established and bonds have been made. Most of their performances are centered around pop and R&B. They play pop because it is easy to learn and appeals to most of their audiences. Since all members are very busy with their own schedules, they tend to arrange their practice time based on what event/performance they have coming up. They used to only perform at WAB school events such as Rock in the Park, but they are thinking of expanding out of their comfort zone step by step and playing at more venues. Their parents are always the first ones in the audience at any of their shows, the last ones to leave, and the loudest clapping at the end.

**QUEEN OF HEARTS:
WESTERN ACADEMY OF
BEIJING (WAB)**



THE CODA BREAKERS: BRITISH SCHOOL OF BEIJING (BSB) SHUNYI

Band members:

Alex Liu: Bass, guitar, keyboard

Anna Shin: Drums

Julienne Simbajon: Vocals, guitar

Karoline Woggon: Guitar

They started the band after attending Rockfest, and found out they share a common passion for music. They like to play rock, mostly, and experiment with indie rock as well. Sometimes they do arrangements of pop songs to make them suit their own style. BSB has superb music facilities so it's easy to practice after school, as they are able to use the school's instruments rather than carry their own. They practice twice a week for two hours after school and sometimes meet up during vacations. The band enjoys the music of Arctic Monkeys and Paramore the best, and usually perform songs by these groups. They performed at Rockfest in June 2017, which gave them exposure to a larger audience. They're ambitious to perform at Coachella, Reading Festival or Glastonbury Festival, which have hosted some of the greatest live performances from bands like Muse, Arctic Monkeys, and many others.

TREBLE MAKERS: BEIJING WORLD YOUTH ACADEMY (BWYA)

Band members

Yilan Song: Vocals

Yolanda Jin: Vocals

Alice Wen: Vocals

Andy Zhao: Guitar

Daniel Kim: Keyboard

Sissi Chen: Drums



Playing pop music mostly, this group of musically-inclined ruffians usually rehearse every Monday for at least one and a half hours. Playing music for them is relaxing, and they've always been able to maintain a good balance between study and practice. They listen to lots of music from performers such as Patti Smith, Nirvana, Red Hot Chili Peppers, and The Beatles. They are also fans of other genres of music like jazz, classical music, R&B, and electronic. They've only had performing experience at BWYA, but they're hoping to participate in more performances out of school. They also try to go to more concerts to expand their understanding of music and find inspiration. Their parents believe that playing in a band helps a lot in many aspects such as being better at communicating. They're hoping to be good enough to play at Reading and Leeds Festival one day.

SCHOOL NEWS



Old Harrovian from the London School Visits Harrow Beijing

Artist William Boyd recently delivered a presentation to the art students at Harrow Beijing. He showed them the works he did when he was their age and explained how he plays with light, color, images and techniques to create the Phantasmagoria series with his friend Hubert Cecil.



JOY EL Welcomes New ECC/Elementary Principal

JOY EL International Academy announces that Faith Wyllie will join its leadership team in July. Wyllie takes on the role of ECC/Elementary Principal as the school grows and develops entering its second year of operation. Originally from Australia, Wyllie has more than 13 years' experience in international education, much of it in China in IB schools.



BSB's Trip to MIT STEAM Week

The British School of Beijing (BSB) Shunyi students attended the annual Nord Anglia Education STEAM Week in collaboration with Massachusetts Institute of Technology (MIT). They built and experimented in workshops led by world leading scientists, made new friends from all over the globe, and learned about new discoveries that will shape their future.



Sounds of Spring in DCB

This concert was a showcase of Dulwich College Beijing (DCB) Junior School music where all their large music ensembles, Junior Strings, Junior Band, Junior Choir and Honours' Choir, as well as selected soloists, had a chance to perform.

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



Keystone Students Experience China through the Lens of Art and Architecture

In May, as part of Keystone's Experiential Learning Program (ELP), students explored different cities across China specifically through various art forms and local architecture. ELP is an essential element of the school's academic core not only because learning by doing is important, but also because the ELP trips are closely linked to Keystone's signature Chinese Thread and are an extension of the curriculum.



WAB Fifth Graders Out to Save the World in PYPX

Human rights. Gender equality. Sustainable living. Water accessibility. Mental health. These are just a handful of the topics researched and presented in-depth by Western Academy of Beijing's Grade 5 students during the PYP Exhibition, the culminating event of their Grade 5 and Elementary studies.



PHOTOS: COURTESY OF KEYSTONE AND WAB

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 **June 12**



BCIS U9 Tee Ball Tournament

Students from Grade 2 ventured out to Side Park, Lido, to play at a Tee Ball Tournament hosted by BIBS (Beanstalk International Bilingual School). The junior BCIS Warriors were nervous, yet beaming with enthusiasm because this was their first opportunity to play an inter-school tee ball tournament.



2018 Daystar Sports Day

On May 4, Daystar Academy held the annual Sports Day, which involved students from both Beigao and Sanlitun campuses. Students participated in various competitive, yet fun, physical activities throughout the day while looking great in their brightly colored t-shirts.





Be A Good Sport - BWYA Primary School Sports Day 2018

The young learners at BWYA's Primary School got to show off their athletic prowess at their annual sports day on April 5, with students from both the upper and lower campuses coming together at the Laiguangying Athletics Center.

CISB Kindergarten Field Trip to Green Cow Farm

Kindergarten students from CISB attended a field trip to Green Cow Farms to build off on their unit of inquiry into Sharing the Planet. Students learned about organic and environmentally safe ways to cultivate food and share it with others!



PHOTOS: COURTESY OF BWYA AND CISB



Harrow Beijing Geography & Biology Dalian Trip

From April 28-30, Harrow Beijing Year 9 students travelled to Dalian for a geography focused academic trip. The students' adventure included geography and science Fieldwork, a Dalian urban scavenger hunt as well as kayaking and sailing. Both the teachers and students had an amazing trip.



Mother's Day at House of Knowledge

For Mother's Day, the students of House of Knowledge (HoK) prepared a fantastic "gift" for their Mothers – an adorable performance! After two weeks of preparation and rehearsal, on May 4, the students performed songs, dances and children's theater to express their love and gratitude to their mothers.





Seeds of Hope Charity Gala

On April 21, individuals from across the Yew Chung and Yew Wah school network gathered at the Four Seasons Hotel in Beijing for the Seeds of Hope Charity Gala. It was a magical evening, raising money for the construction of a secondary school in Manila which is beginning this summer.



BSB Sanlitun's Got Talent

The final of British School of Beijing, Sanlitun's annual talent competition 'Sanlitun's Got Talent' took place on April 27. This year's final 9 acts presented a diverse show ranging from singing, gymnastics and break dancing to piano recitals. The finalists included the talented Qinger (violin solo) and Ryan (kungfu).





ISB celebrates their class of 2018!

On April 23rd, the International School of Beijing (ISB) celebrated its graduating class with their long-standing tradition - the Senior's Parade!



3e World Reading Day Celebration

On 23rd April, World Reading Day, 3e Anne K. Soderman Library organized colorful activities for children to celebrate. The children were happy to dress up as their favourite story characters and share their stories with friends.



Favorite non-Chinese restaurant: For the whole family it's Blue Frog or Annies, and for the adults it's Opera Bombana

Favorite spot to relax: The hot springs within the city

Favorite parents date night: Centro at Kerry Center

Favorite Chinese restaurant: Dintaifung

Family rituals: The most important is to have dinner together at least on weekends

Favorite place to play outdoors:
Happy Valley

Favorite place to play indoors:
Guomao ice-skating rink and trampoline parks

Favorite museum: Madame Tussauds is great for all ages

Favorite neighborhood: Central Park is the location that best suits us, with plenty of schools, shops, and dining

Adapted Chinese culture:
Celebrating every Chinese holiday

Family Favorites

Text by Kipp Whittaker, Photography by Viktoria Manza

Dmitry and Natalia Strelnikova, along with daughters Sofia (13), Anisia, (9) and Ksenia (3) come from Russia. Dmitry has been working for a Russian company for the past 20 years here in Beijing, and his wife Natalia is the house manager looking after three super kids, who were all born here in Beijing. Nowadays, Sofia is studying at BWYA, Anisia is at Fangcaodi International School, and Ksenia is attending kindergarten.

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VENUE: GALAXY SOHO
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