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Beijing City International School BCIS 2014-2015 Scholarship Program

In an effort to enable more secondary school students in China to experience a rigorous and personalized international education without having to go abroad, Beijing City International School (BCIS) maintains a Scholarship Program. This program is designed to award outstanding students, Chinese and foreign, with financial assistance to aid them in their quest for an international education. So far, 50 students from more than 10 countries have been granted the BCIS scholarship for their excellent all-round development and extraordinary talent. The scholarships awarded have ranged from 25% to 100% of tuition.

To date, most of the BCIS scholarship students have gone on to higher education in universities across the world, including New York University, Harvard University, University of California Berkeley, Imperial College London, the London School of Economics, McGill University, Yonsei University, Hong Kong University of Science and Technology and many more. Due to their striking academic performance in the Secondary School of BCIS, many of them were also admitted to these world-renowned universities and colleges with scholarships of various sizes.



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After graduating from BCIS, I went on to university in the United Kingdom. Going off to college means that you will be taken aback by the freedom that is suddenly launched at you. Studying in BCIS teaches you how to manage your time, albeit under the constant supervision of teachers, and how to divide up your tasks to get everything done on time. Some of the skills I acquired over time in school are what form the necessary basis of my university learning. Although doing things like writing esadys many seem, it would be a daulting task, it undoubt

A testimony from Ms. Valeriya Anopchenko, BCIS Scholarship Awardee and Graduate of 2014. Valeriya is currently studying at University of Nottingham.

ers, and how to divide up your tasks to get everything done on time. Some of the skills I acquired over time in school are what form the necessary basis of my university learning. Although doing things like writing essays may seem like such a daunting task, it undoubted in thinking skills, makes you pay attention to seemingly insignificant details and helps you structure coherent arguments. This comes in quite handy in university. BCIS has helped me strengthen the fundamentals of my academics. The more you take advantage of the opportunities provided in BCIS, participate in discussions and ask questions, the more likely you are to benefit from them.

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JANUARY 2015 CONTENTS







FEATURES

- 49 Guangdong
 - Tang Palace offers bite-sized dim sum pleasures
- 50 Yunnan

Diverse, crowd-pleasing flavors at In and Out

51 Jiangsu

Nanjing Impressions gives Beijing duck a run for its money

52 Taiwan

Beyond night market snacks at Before and After

53 Sichuan

It's not all about spice at Shudu Binguan restaurant

54 Shandong

Sampling China's most underrated cuisine at Dong Xing Lou

55 Tibet

A riot of color, dairy, and meat at Makye Ame

58 It's All Chinese to Me

Brush up on your dining-related Mandarin skills

LIVING

15 From the Blog

Meet Phil Allman, head of primary at BSB Shunyi

16 Noticeboard

Community news and announcements

18 Talking Shop

Oransi enters the air purifier market

19 Birthday Bash

Recreate that classic photo booth look at Aotuzipai

20 Indulge

Samantha Corset turns back the clock at TATA

HEALTH

22 The Natural Path

Melissa Rodriguez on food sensitivities

23 Mind Over Matter

Dr. George Hu on how to promote a healthy self-image in kids

24 When Looks Can Kill

How to help a loved one with an eating disorder

DINING

28 Food for Thought

Caroline Nath teaches us how to make pear-ginger jam

PLAYING

30 Playing Inside

Isofit's Pilates program helps kids find balance

34 Family Travels

The Stewarts take the fast train to Tokyo and Kyoto

JANUARY 2015 CONTENTS







LEARNING

- 36 Beijing's League of Legendary Educators
 In conversation with BIBS' John McBryde and MSB's Caroline Chen
- 40 The Roundtable

Students from HIS discuss diet and nutrition

42 Blank Canvas

Artwork by Flying Start International Kindergarten

PARENTING

- 44 Beijing Baba
 - Teaching gratitude in the age of consumerism
- 45 The Echo Chamber

When "foreign" foods aren't so foreign after all

ESSENTIALS

- 9 Editor's Note
- **10** December Events
- 14 New Arrivals

Say hello to Beijing's smallest

60 The Circuit

Happenings in Beijing's family scene

80 Family Favorites

The Gynne family

DIRECTORIES

- **70** Family Dining
- 72 Family Health
- 72 Family Life
- 74 Family Travel
- 75 Fun Stuff
- 76 Schools
- 78 Shopping
- 78 Sports

ON THE COVER:



Mia and Kaila Yilmaz (ages 8 and 7 respectively) attend the British School of Beijing, Sanlitun. These multi-cultural siblings of Turkish and Indonesian descent moved here from Istanbul in August for their dad Sinan's work. (He is the general manager of Kerry Hotel Beijing.) The girls' favorite Chinese foods are *shaomai*, dumplings, and noodles. During our shoot, Mia and Kaila kept us on our toes with singing, dancing, bamboo stick fighting, and catwalking between takes. Special thanks to Horizon for providing the shoot venue and props. *Photography by Dave PiXSTUDIO*



WOMEN OF CHINA English Monthly

WOMEN OF CHINA English Monthly

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The beijingkids Board



Tennifer Parrott

The proud mother of a daughter who attends WAB, Jennifer hails from Boston. She loves shopping and discovering great new restaurants. Jennifer is involved with the International Newcomers' Network (INN) and leads the Chaoyang Park Coffee Mornings on the third Wednesday of every month. She can be reached at jparrott@me.com.

Danna Mattas-Applerot

Danna Mattas-Applerot is the mother of four kids (at BSB Sanlitun and YCIS), a Parent Effectiveness Training instructor, and an advisory board member of IsCham. Originally from Israel, she has lived in Beijing for eight years and now has a relocation consultancy, though her true passion is art. Contact her at dannama@gmail.com.



9

AJ Warner

AJ Warner is a busy dad. When not with his two awesome sons, he's coaching Chinese students on how to get admitted to the top 30 US universities (undergraduate and graduate). 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.

Yanhong Wheeler

Yanhong is a mother of two, a La Leche League leader, a Parent Effectiveness Training (PET) instructor, and the author of ten Chinese books on breastfeeding, parenting, and education (under the pen name Xiao Wu, or Wee Witch). Visit her blog at blog.sina. com.cn/weewitch.





Sara Wramner-Wang

Over the past 20 years, Sara Wramner-Wang has worked in various senior management positions in China at companies like Ericsson, Ikea, and Oriflame. She is currently the director of sales and marketing and head of admissions for EF Academy International Boarding Schools' Asia operations. Sara and her family enjoy sports, music, and travel. Contact her at sarawramner@hotmail.com.



Christopher Lay hails from scenic Ashland, Oregon and has lived in Beijing for six years. When not chasing after Reina (age 7) and twins Bryson and Ryder (2), he does freelance architectural and portrait photography. View his work at chrislay.com





Eyee Hsu

CCTV talk show host and mom-preneur Eyee Hsu is looking for more time in the day. When she's not chasing after her two kids or the family dog, you might catch her at a Pilates studio, one of the Counting Sheep boutiques, or on TV. She hopes to save you time by bringing the most trusted baby brands to Beijing. Find out more at www.countingsheepboutique.com.

Want to Join?

If you think you'd make a valuable contribution to the *beijingkids* board, email editor@beijing-kids.com.



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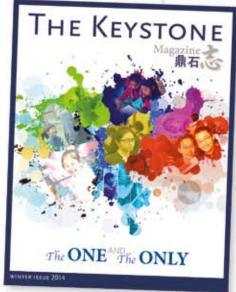
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American at Center of Foster Children Saga Defends Himself (goo.gl/LIMCFt)

Following the death of an 8-year-old Chinese foster child at a Beijing hospital, our sister magazine the Beijinger spoke to Ray Wigdal, the American man whose care she had been in previously.



WEB ROUNDUP

For more, visit the beijingkids blog at www.beijing-kids.com

Beijing Moms Tackle Angkor Wat Half-Marathon (goo.gl/ryxh97)

After months of training, beijing-kids board member Eyee Hsu and a friend headed to Cambodia to challenge their limits at the Angkor Wat Half-Marathon. Find out more on the blog.



Getting a place in a local school just became more difficult with the implementation of a new regulation that forces Chinese students' families to own a house within recently-drawn school districts, leading real estate prices to triple near Beijing's very best schools.



One of China's mobile phone giants is venturing into the booming air purifier industry with the launch of a "smart" air purifier for RMB 899, available online.



A Belly Full of Memories

eing the youngest of four with a significant age difference between her and her siblings, my mom had a relatively comfortable childhood in Chongging. Though she sometimes watched my grandmother preparing meals in the kitchen, she didn't start learning how to cook in earnest until she got married in her mid-20s. She started with simple recipes from a Chongging cookbook and kept at it until she built up a decent repertoire of dishes.

After my sister came along, Mom also experimented with the odd cream of chicken and spaghetti Bolognese. There was often something a bit suspect about her attempts at western food - like her "salad dressing" made entirely of ketchup and mayonnaise - but Nancie and I appreciated the attempts.

However, my favorite home-cooked foods remain the ones passed down from my grandmother. When she came to live with us in Canada, my mom was a much more willing student. Beyond the typically hot and mouth-numbing flavors of Sichuan and Chongging, there are a host of pickled and cured dishes that add color and character to meals. My mom still keeps a large earthenware pot on the kitchen counter containing string beans, turnip, cabbage, and Chinese radishes fermenting in salt brine. The pickles are sour, crunchy, slightly effervescent on the tongue, and a beloved fixture of Chen family dinners.

One of the most time-consuming dishes is Sichuan "bacon" (la rou), which involves curing thick strips of pork belly in salt, spices, and rice wine, then air-drying them for several days in a dark and cool place. My grandmother hung them from wooden rods in the basement, the strange silhouettes startling my sister and I when we went downstairs to play. The finished *la rou* is sliced thin and chased down with rice – a heady mixture of fragrant, fatty, tender, and sweet.

Equally treasured were our standing Saturday afternoon appointments with the Zhangs. Drawing on their northeastern heritage, they made prodigious amounts of jiaozi, jiucai hezi (chive "pockets"), huajuan (scallion buns), and congyou bing (scallion pancakes) for gatherings.

Once in a while, our parents caved in and took us to Chinatown for dim sum. Middle-aged women pushed trolleys stacked high with bamboo steamers, hawking their contents in Cantonese: "Shrimp dumplings! Tripe! Steamed spareribs! Congee! Egg tarts! Sesame balls!" If we were eating with another Chinese family, the kids reflexively slouched in their seats at the end of the meal to watch the inevitable tussling over the bill. This behavior went unnoticed in Chinatown, but drew the occasional open-mouthed stare in the more staid suburban restaurants around our house. Once, we watched my mom and Le's mom shove \$20 bills back and forth all the way to the parking lot, culminating in Mom furtively stuffing the money between their car seats.

My memories of food are happy, often blissful ones. These days, my preferred winter activity is having friends over for food, drink, and board games. Comfort food is a big part of this;

people have contributed apple crumble, brownies, pigs-in-a-blanket, mashed potatoes, and pasta salad. It's the closest thing I have to a Sunday family dinner here, and this too will become part of my food memories.

Sijia Chen Managing Editor

ANUARY 10-28



Sat, Jan 10 **Family Fun with Kindermusik**

Ages 1-6. This free trial class is designed for babies, toddlers, and preschoolers (as well as their parents) using Kindermusik music and movement to boost literacy, language, socio-emotional, and motor skills in a fun environment. Registration required. Free. 10-11am. Ivy Academy Central Park Campus (5738 4599)

Sat, Jan 17

Beijing Farmer's Market at Daystar

All ages. Organic produce will be on sale at Daystar to kick start a year of eating healthy foods free from chemicals and growth hormones. There will be a reading and activity corner run by students to help keep younger ones occupied. Free. 10am-1pm. Daystar Academy (6433 7366 ext 8020)

Workshop: Chinese Spring Festival through Art For adults. This Professional Development Teacher/Parent Work-

shop introduces Chinese New Year crafting activities ranging from painted lanterns and paper flowers to Beijing opera masks and more. Registration required. RMB 400. 9.30am-3pm. International Montessori Teaching Institute (8949 6877 ext 288)

Wed, Jan 21

3 Workshop: Higher-Order Thinking Skills (HOTS)

For adults. This workshop focuses on practical ideas, examples,

and ways to encourage HOTS and critical thinking in children at home. Registration required. Free. 10.30am-noon. Yew Chung International School of Beijing (eryn.vanwinden@bj.ycef.com)

Thu, Jan 22

BWYA Presents Founding Hills

Ages 8+. An original BWYA musical production, Founding Hills, will be performed by students from January 22-24 at the school's performing arts center. Prices TBA. 6-9pm. Beijing World Youth Academy (fh2015@yeah.net)

Sat, Jan 24 and Sun, Jan 25

4 Beijing International School Expo 2015

All ages. This annual beijingkids and JingKids event brings together admissions reps from different schools to help families learn more about education choices in Beijing. There will also be play areas, food deals, and more. Check our website or follow our WeChat account (account name: beijingkids) for updates. Free. 10am-4pm. Kerry Hotel Beijing (6561 8833)

Course: The Basics of Photography

For teens and adults. From basic theories to outdoor practical information, this two-day (Jan 24-25) workshop aims to help budding photographers familiarize themselves with their DSLRs. Registration required. RMB 1,200. 9am-4pm. Atelier (6416 1614, 132 4018 4908)

R Editor's Pick **Ů**Ů Community

T Dining (公) Living

Playing ₽ Health

Learning Parenting



Sat, Jan 24

S Roundabout Book Fair at Keystone Academy



All ages. On January 24 and 31, pick up books for the entire family and help out Roundabout's many charitable efforts at the same time. Free. 10am-3pm. Keystone Academy (8049 6008)

Tue, Jan 27

6 Talk: Understanding Depression



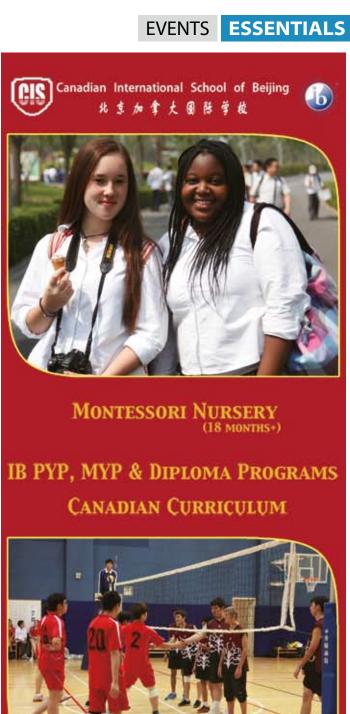
For adults. beijingkids columnist and psychologist Dr. Geroge Hu leads a talk on how to better understand and deal with depression. The discussion will touch on signs, genetics, and environmental factors. Registration required. Please note that non-BCIS attendees will need to bring ID (passport copy, Chinese ID, driving license) to gain access to the campus. Free. 8.30-10am. Beijing City International School (yisha.niu@bcis.cn.)

Wed, Jan 28

Open House: 3e International School



For adults, Tour 3e International School and learn about their curriculum, school culture, and more. Limited space. Registration required. Free. 9.30-11.30am. 3e International School (6437 3344, admissions@3einternationalschool.org)





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NGOING EVENTS



1 Workshop: Computers and Your Children

For adults. This workshop will cover screen time, social media, and computer addiction. Registration required. Free. 10.30am-noon. Yew Chung International School of Beijing (eryn.vanwinden@ bj.ycef.com)

Sat, Jan 31

Workshop: Level Two Screen Printing



For teens and adults. This advanced class is for students who are already familiar with the basics of screen printing and would like (3) After-School Ski Club to learn how to make more complicated designs on posters and t-shirts. Registration required. RMB 1,000. 11am-6pm. Atelier (6416 1614, 132 4018 4908, atelier@atelier.cn.com)

ONGOING



R iiii

Ages 7-12. From January 11 to February 8, TLC will hold a fiveweek program divided into morning (9.30am-noon) and afternoon (1.30-4.30pm) sessions. Mornings are dedicated to comic books (DC Comics, Marvel, and graphic novels), with students making their own. Afternoons focus on urban planning. Registration required. RMB 6,000 (full-day), RMB 3,150 (half-day). 9.30am-4.30pm. The Learning Center (8046 3886/7085, registration@ hyde-education.com)

Shout! Rock Choir Classes

For adults. Kicking off on the week of January 12, this social singing group will meet weekly in three different locations: Beijing Riviera, BSB Shunyi, and BSB Sanlitun. Participants will rehearse a four-part harmony of specially-arranged rock and pop songs. After eight weeks, a performance featuring the three different groups will be held. RMB 100 per class, free for trial class. 6.30pm-9pm. Various locations (186 1045 3101, choir@imagine-china.com)

Ages 7-18. Every Tuesday for five weeks starting from January 13, kids from any Shunyi-based school can learn how to ski at Qiaobo. The cost includes transportation and dinner. Registration required. RMB 2,500 (five weeks), RMB 500 per week. 4-8pm. Qiaobo Ice and Snow World (186 1045 3101, snowsports@ imagine-china.com)

Photoshop for Beginners



For teens and adults. Learn the basics of Photoshop, from photo manipulation to creating posters, invitation cards, and more. The classes will be held on Tuesdays and Thursdays from January 20-30. Registration required. RMB 1,200. 9-11.30am. Atelier (6416 1614, 132 4018 4908, atelier@atelier.cn.com)



YCIS Beijing Open Day

An International School Experience

Saturday, February 7th 2015 9:00am ~1:00pm

Introduction of curricula from YCIS Beijing Coordinators

Interactive activities including beginner Chinese classes, beginner violin classes, ICT workshops, Art workshops and MORE!

Lunch with YCIS Beijing teachers and students

RSVP: info@bj.ycef.com or Tel: (010) 8585 1820

Address: Honglingjin Park, No.5 Houballzhuang, Chaoyang District, Belling, 100025





AY HELLO

Want to share your new arrival with our readers? Email a photo (at least 1MB in size) of your little one with their full name, nationality, birth date, hospital, and parents' names to editor@beijing-kids.com. Due to space constraints, we will only publish photos of babies born in Beijing after July 1, 2014.



Eileen Stotko German. Born on Nov 5 to Tanja Kilincarslan and Andy Stotko at Oasis International Hospital.



Chinese. Born on Jun 24 to Tong Liu and Zesen Huang at Beijing Tongzhou Women's and Children's Hospital.



Yuening Wu Chinese. Born on Sep 7 to Tian Tian and Xiaopeng Wu at New Century Women's and Children's Hospital.



Greyson Philip Rugile Burns American. Born on Nov 4 to Heather Rugile and Thomas Burns at Oasis International Hospital.



Chinese. Born on Aug 30 to Chuanpin Fu and Hao Wen at New Century Women's and Children's Hospital.

Meet the Teacher: Phil Allman, Head of Primary at BSB Shunyi

by Yvette Ferrari



hil Allman (UK) is the Head of Primary at the British School of Beijing (Shunyi campus). He's been in Bejing just four months and lives here with his wife and daughter. As the first teacher to participate in our new blog series, Meet the Teacher, Allman shares a little about himself with beijingkids.

What brought you to Beijing? Having taught in the UK for my entire career and as a head teacher of two schools, I felt the time was right to make the move. Our focus ended in Asia and I was fortunate enough to be offered the post here at BSB Shunyi.

What was your favorite subject when you were a student? I had two: physical

education and history. I was very sporty when I was younger and wanted to share that enthusiasm with children. I'm also a keen historian because it allows you to get under the surface of a topic to what really happened.

What did you want to be when you were a kid? I wanted to be a professional sportsman when I was growing up. I was reasonably talented at both rugby union and cricket, but by the time I left school I realized my real ability lay in teaching others to

How would you (or your students) describe your teaching style? I still teach even as a head of primary and my style is to

get the children thinking. They are the ones driving their learning; it is my job to point them in the right direction. I'm infuriating (or so I'm told) in that I always answer a question with another question!

What was your favorite book growing up? What are you currently reading? My favorite book growing up, perhaps predictably with my love of history, was a mystery set in Medieval England called Septimus and the Danedyke Mystery. Septimus was a local priest who had to find out who had stolen the church gold. I'm currently reading a murder mystery set in Sweden by Camilla Lackberg called The Stranger.

How do you like to relax? Spending time with my wife and daughter as well as walking in the surrounding area around Beijing. We have discovered some of the sights, but term time is very busy at BSB!

Where do you like to go on holiday? We haven't ventured too far at this point, but Thailand, Jeju and Sanya have all been mentioned in our house. When we lived in the UK, our favorite places were Ireland, southern France, and in England, the Lake District. We love walking and seeing new things.

What is something most people don't know about you? I am very left hand dominant but was given right-handed golf clubs as a gift when I was a child. It is to this day the only sport I cannot play left-handed.

What's currently on your playlist? My playlist is influenced by my three children. Ed Sheeran and The Script have been put on there by them. I also have Kate Bush back on there after a long absence!

What do you find most rewarding **about teaching?** Seeing the light come on when a child "gets it." You know at that moment, you've made the difference you came into the profession for.

Meet the Teacher is a new beijingkids blog series designed to help the Beijing community learn more about international school teachers. If your school would like to participate in the series, email School Editor Yvette Ferrari at yvetteferrari@ beijing-kids.com.

WHAT'S HAPPENING IN BEIJING

HIS Launches Parent Support Group

Hope International School (HIS) has created a Parent Support Group (PSG) for parents to "discuss strategies to better understand, love, guide, and discipline their children." The PSG will run for ten sessions of two hours each at HIS starting at the end of February. The group is open to the wider Beijing community and will be held in Chinese, English, or Korean. The fee for non-HIS parents is RMB 400. For more information, email Alison Wong at wong.alison@hopeintlschool.org.





Positive Discipline Day at 3e

On November 21, 3e International School welcomed two guest speakers from the US for its Positive Discipline Day. Kay Nicholas, former principal of a Michigan elementary school, led a a three-hour workshop on conscious discipline. This award-winning classroom management program was created by Dr. Becky Bailey and presents a comprehensive set of brain research-supported skills to foster positive behavior in a family-like classroom environment. Sophia Garner, the other speaker, is a teacher experienced in implementing readers' workshops with lower elementary students. She shared her training at Columbia University with 3e's K-4 teaching team, composed of both local and foreign teachers. Both speakers immersed themselves in 3e classrooms for several days afterwards. This was the third time for Nicholas to work with 3e teachers on conscious discipline and it was the first China visit for Garner.



WAB Student Jade Lin Named International School Young Musician of the Year

Jade Lin, a Grade 12 student at the Western Academy of Beijing (WAB), earned the title of International School Young Musician of the Year. Students representing eight schools in Beijing performed in the competition, and six students were selected to enter the finals hosted in WAB's Founders' Theatre. Judges Gao Can (violinist), Robin Wang (soprano) and Irene Chen (piano) selected Lin as this year's champion for her opera performance.



TLC Welcomes Jeremy Arden

The Learning Center (TLC) recently welcomed Jeremy Arden, a UK native who has lived and taught English in China for five years. As a TEFL qualified teacher with a TEFL-C qualification specializing in working with younger learners, Arden will work with students of varying ages. As a dedicated ESL teacher, Arden has also been working with adult students.

DCB Students Build Houses in Cambodia

This year, DCB Interact Club and Beijing Rotary Club funds made it possible to build 12 houses for families in a Cambodian village. Students got into hammering and nailing floors and walls, and had the opportunity to interact with village children, including a volleyball match with the DCB boys. On a cultural note, students visited some of Cambodia's landmarks such as the Killing Fields and the Tuol Sleng Museum, which enriched their trip and enabled them to gain a better understanding of the country's history.



SIBS Announces New Principal

Beijing Springboard International School (SIBS) recently announced Gary Dimitratos as the new principal. Dimitratos has over 20 years of educational administration and teaching experience in the US. He has filled many teaching and administration roles, from elementary and high school teaching to academic counselor. Prior to this, he was the vice principal of SIBS.



ISB Welcomes NFL Hall of Famer Jerry Rice

On November 15, the International School of Beijing (ISB) welcomed NFL Hall of Famer Jerry Rice to participate in a student-led dialogue for the ISB community, followed by a meet-andgreet and photo opportunities. Rice inspired an audience of hundreds of students, teachers, and parents with his message of working hard and never losing sight of one's passion.







So Fresh and So Clean Clean

Introducing US air purifier company **Öransi**

by Nimo Wanjau



inter days in Beijing can be dreadful when it comes to air quality, as the city's numerous coal plants work overtime to warm up homes in subzero temperatures. A must-have household accessory is an air purifier (or several). Luckily, access has gotten better and better, with the introduction of new players in the past couple of years. One of these is Oransi, an air purifier manufacturer from the US that just opened an office in Beijing.

The company was founded over 12 years ago by a father with an asthmatic son to ensure a clean and safe environment at home. Peter Mann (pictured top left), now the company's CEO, used to work as an industrial engineer at Fortune 500 companies like Dell and TechData.

Mann said, "As a parent, I felt helpless to comfort [my son] and often the medicine prescribed by the doctor seemed worse than him not being able to breathe. I tried most of the air purifiers on the market and wasn't satisfied that they were properly cleaning the air."

The company name comes from the Finnish word *oranssi*, which means "orange" (Mann's maternal family were originally from Finland). Currently, Oransi's products consist mainly of high-end air purifiers that use medical grade HEPA filters, carbon filters with proprietary technology, and "electronically-commutated" (EC) motors that pump larger quantities of air at a faster rate. Apart from the EC motor, which is sourced from Germany, the rest of the components are made in the US.

Oransi has three product lines called Erik, Finn, and Max. Currently, the only line available in China is the top-range Erik, which has been tested in the US and in China according to Clean Air Delivery Rate (CADR). The CADR results from US-based Intertek (an independent laboratory) found that Erik met standards set out by AHAM (Association of Home Appliance Manufacturers). In Beijing, the NCSA (National Center of Quality Supervision and Inspection and Testing for Air Conditioning Equipment) gave Erik an A rating – the highest mark.

Oransi purifiers can be bought through distributors online and in stores around Beijing (see their website for a full list). The air purifiers and filters are available on Amazon China. Oransi's Beijing office only offers after-sales care; the branch handles all free repairs for products that fall within the 10-year warranty. Air purifier prices range from RMB 7,860-18,680.

Oransi 奥兰希

Mon-Fri 9am-6pm. Rm A056, Area B008, 3/F, 118 Jianguo Lu, Chaoyang District (400 665 9677, info@oransi.cn) www.oransi.cn 朝阳区建国路乙118号3层B008区A056室

Oh Snap!

Let your personality shine at Aotuzipai

by Nimo Wanjau



n any given Sunday in Beijing, a walk around town is sure to turn up a photographer, an assistant, and a muse (or several) taking pictures in the park or at the mall. But client and photographer are usually strangers; getting an accurate self-representation can be awkward and difficult.

Beijing native Cui Haoxin (pictured below right) believes that too many photo studios in Beijing rely on heavy makeup, unnatural posing, and "bling" such as jewelry, headbands, and pocket handkerchiefs. She picked the brains of a photographer friend, who told her that he could often capture a person's beauty but not their personality.

With this feedback, Cui decided to open her first business: an automated photo booth studio called Aotuzipai in the basement of Sanlitun SOHO in January 2013. Aotu (凹凸) translates to "bumpy" or "uneven," and zipai (自拍) means "self-photography."

The premise of Aotuzipai is simple. People can choose from a variety of costumes and props, then make self-portraits in one of two private rooms. The accessories – which Cui sourced from Taobao, film companies, and Amazon – range from sports-themed to medieval weapons and Chinese PLA garb. The small studio also has a vanity mirror for those who wan to touch up their hair and makeup. The costumes would fit some tweens and most teens, but Cui advises against taking young children because the flash bulbs are very bright.

The studio's small photo booth room fits two people and the big room fits six people. The former costs RMB 198 per hour and the latter costs RMB 238 per hour. An attendant will show you how to take photos using an automated camera with a set timer, after which you can try out all the props and costumes you want for the duration of the session at no extra cost. For birthday parties, customers get an extra ten minutes in the booth.

At the end of the session, all the photos are saved on a single DVD. Each extra DVD costs RMB 10. Photo albums with black pages are also on sale for RMB 35. Cui doesn't offer a photo printing service in-store, as most of her customers want to edit the pictures first.

Cui's number one tip for great photos? "Don't overthink it and just have fun," she says. However, it's not a bad idea to have a theme in mind. (And don't forget to bring your friends!)

One day advance booking is required. It's best to get a Chinese speaker to help if your Mandarin isn't very good. Public bathrooms are available in Sanlitun SOHO mall and there are plenty of restaurant options across the street in Tai Koo Li Sanlitun.



Daily 10am-8pm. Shop B1-520, Bldg 5, Sanlitun SOHO, 8 Gongti Beilu, Chaoyang District (5785 3849, 139 1016 4198) www.aotuzipai.com 朝阳区工体北路8号三里屯 SOHO 5号楼 B1-521店铺











his month's Indulge mom is Australian Samantha Corset, an admissions and marketing executive at Beijing International Bilingual Academy (BIBA). That's also where her husband Ben teaches PE and her oldest daughter Cléa (age 5) is enrolled in Grade 1. Youngest daughter Charlie (20 months) will start at BIBA next year, but for now she stays home with Ayi. Before relocating to Beijing two years ago, the Corsets lived in Switzerland for nine years.

When Corset meets TATA General Manager David Martinez, they begin conversing in French enthusiastically - and regrettably, too rapidly - for my ear. Switching back to English for my benefit, Martinez guizzes Corset about her hair and the ideas she has for her makeover. He assesses the fine texture and heavy weight of Corset's locks, and correctly guesses that her wavy hair used to be straight before pregnancy. "Pregnancy often changes the texture of your hair," he says. A surprised Corset confirms his assessment.

She explains that she has just been having trims for months and would like to keep as much length as possible. "It's very heavy at the ends and quite flat on top," Martinez says. "It needs more body, texture and dynamism. At the same time, we don't want to get too crazy with the layers or thin it too much, because while you have thick hair, it's also very fine, and it's easy for that sort of hair to look frizzy, especially during a Beijing winter. The cut will really be about judicious shaping rather than changing the length."

Martinez also advises her to warm up her color slightly from its current pale ash blond. Corset is happy to let TATA dictate the entire makeover, but cautions that she would prefer not to go too orange. Although the changes they agree to may not be dramatic, we think the final result is stunning. Wearing an heirloom family necklace passed down from her 90-year-old grandmother, Corset's glamorous update brings tears to her eyes. "I'm not used to seeing myself like this," she says.

Makeup List

- Foundation Lancôme Génifique
- Translucent powder L'Oreal Translucide in Silk Ivory
- Chanel Inimitable waterproof mascara in Black
- Mac lipstick in Cockney
- Other products used were a mix of local and Korean brands

Get the Look:



Technical Manager Dahua Chan trims off a little more than an inch and shapes the front of Corset's hair. After the color stage, he completes the cut by adding layers and thinning the ends slightly.



Senior Technician Iron adds a mix of highlights and lowlights to create a warmer sun-kissed effect – slightly paler through the ends and designed for subtle re-growth.



Makeup artist June from XIXI Nails (which shares a building with TATA) follows Corset's foundation with translucent powder, and then takes a dark brown powder to fill in her brows. As a natural blond, Corset is initially skeptical about the darker hue, but as the look evolves, the impact and focus created by a strong brow win her over. June builds a base of dark taupe-peach shadow along the lid and crease, and pearlescent pale peach on the brow, blending black eye shadow from the lash line and finishing with black mascara. With a dusting of candy-pink blush on the apples of her cheeks and a coat of red lipstick, Corset's transformation is complete.

TATA

Daily 11am-9.30pm. Workers' Stadium North Gate, Gongti Beilu, Chaoyang District (8511 3880) 朝阳区工体北路工人体育场北门

XIXI Nails

XIXI Nails has the same address and opening hours as TATA, but is run as a separate business. To get in touch, call 6417 8802.



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www.toranacleanair.com toranabeijing@163.com











Got a question?

Dr. Melissa Rodriguez is a mom of two and a wellness consultant. She also works as a naturopath at International Medical Center. To find out more, check out her website at www.drmelissarodriquez.com.

Food Allergy or Sensitivity?

o you ever wonder if the food you're eating is harming you? Many of us have food allergies; some, like an allergy to peanuts, can be life-threatening. This is an extreme case, but there's another type of allergy that isn't exactly an allergy, though we sometimes refer to it that way: food sensitivities.

Food sensitivities and intolerances are mediated by different processes in the body, causing symptoms like headaches, an upset stomach, fatigue, and rashes. They lack the rapid onset typical of allergies, often taking one to two days to manifest themselves. They can also modify behavior and mood. Food intolerances are directly related to digestive problems caused by the lack of a specific enzyme. Lactose intolerance is a very common example.

I once saw a 7-month-old infant who had been diagnosed with eczema. The parents had tried cortisone cream, but it only worked initially and simply suppressed the immune system, masking the symptoms.

Food sensitivities ... have been documented in approximately one third of children with eczema

As it turns out, eczema can be caused by food sensitivities. The latter have been documented in approximately one third of children with eczema. The skin is the largest organ of detoxification in the body, and one way challenges in the system are manifested is through rashes. Cow's milk, eggs, peanut, wheat, soy, nuts, and fish are responsible for over 90 percent of food allergies. However, there are children who don't fit the criteria for an allergy but still improve when the above-mentioned foods are eliminated from their diet; this is very likely due to a food sensitivity.

Going back to the baby with eczema, we looked to food sensitivities as the culprit. I recommended removing some of commonly allergenic foods from the mother's diet like dairy, eggs and wheat while being careful to avoid nutritional deficiencies. I also prescribed a homeopathic remedy for the baby and some supplements for the mom; studies show that probiotic supplementation for the mother can benefit breastfed babies with eczema. After six weeks of treatment, the dry, scaly skin and rashes had subsided. The patient was 90 percent better and no longer needed to use cortisone cream.

When this baby begins to eat solids, foods that are known to be allergenic must be carefully introduced in order to avoid a flare-up. The good news is that after a period of avoidance, most children end up outgrowing food allergies and sensitivities.

Pay attention to your child's diet. Do you notice any physical symptoms or behaviors associated with a particular food? Does the child have any strong cravings? If so, a food sensitivity or allergy may be to blame.

Need more info?

Dr. George Hu is a clinical psychologist at Beijing United Family Hospital. He has worked extensively on issues such as adjustment, relationships, and stress. He can be reached at george.hu@ufh.com.cn.



The Darker Side of Food

ome of my favorite childhood memories are of holidays spent around vast spreads of food or singing along to "Food, glorious food!" while watching Oliver Twist on television.

But for many children - particularly teenagers - food is a sensitive topic. Research from the US suggests that about 1 percent of all adolescent girls have anorexia and around 4 percent of college-aged women have bulimia.

Eating disorders can be notoriously difficult to detect for both girls and boys (yes, boys too). It seems "normal" for a person to try to try to fit into a prom dress or make a certain weight class in sports. Yet, detection is crucial since eating disorders have the highest fatality rate of any mental health disorder. Here are some signs to look out for:

- Below-average weight
- Excessive comments about their weight or how "fat" they are
- Adherence to dieting even though they're at a healthy weight
- Vomiting or laxative use
- Over-exercising up to several hours a day
- · Obsessing over calories consumed or burned
- Binge eating

Detection is crucial since eating disorders have the highest fatality rate of any mental health disorder

Here are some things we can do as parents to raise children with a healthy body image:

- Discourage the use of "fat" and "skinny" as ways to describe people. This can be especially hard in China, but try to take the focus off of weight when referring to others.
- Encourage your children frequently. Let them know that you love and accept them as they are. Convey that this is not limited to weight or appearance, but also grades or being "perfect" or "good" at anything.
- Lead by example. Avoid comments about your own weight or that unnecessarily emphasize weight. Pay attention to the kind of media your children are exposed to. Much of modern media glorifies a certain standard of beauty – one that is unrealistically thin, tall, or muscular. Counteract these messages with affirmation and love, and let them know that beauty goes much deeper than appearance.
- Emphasize your children's unique points. Maybe they are gifted or talented in some way; celebrate this and praise them often.

If you suspect that your child may have a problem with eating or weight, consult your pediatrician or a trained mental health professional. The best outcomes happen with early intervention, so let's work together to promote a healthy self-image for the next generation.



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When Looks Can Kill

Maintaining a healthy body image in the era of social media

by Yvette Ferrari



was 7 years old the first time I became aware of the message that gaining weight was undesirable. I was in a department store fitting room with my mom. Upon the realization that she had gone up in size, my usually even-keeled mother began to cry right there in the dressing room. I attempted to console her, and though she quickly collected herself, the message had already been imprinted on my mind: It wasn't OK to gain weight.

Growing up, I watched my mom exercise and diet almost obsessively on and off throughout her busy schedule as a full-time home health nurse and a single mom. As I entered adolescence, I grew fearful of gaining weight; despite my naturally small frame, I would think negatively of myself with even the slightest weight gain.

This experience is commonplace in a generation flooded with images of super-thin celebrities and fed daily messages to be perfect by all means necessary. The growing number of eating disorders abroad and in China echoes this reality. I spoke with two Beijing-based counselors and logged on to a "pro-ana" (short for "pro-anorexia") website to learn more about eating disorders, as well as the role of media and society in shaping our perceptions of body image.

Distorted Images

"Eating disorders are particularly difficult to treat and are the most lethal of all mental health disorders," says Eleanor Wong of Oasis International

Hospital's Family Counseling Center. Wong is a marriage and family counselor with experience treating women with eating disorders.

Eating disorders are prevalent in China and the number is growing, says Dr. Wong. "According to the Shanghai Mental Health Bureau, the number of patients has increased three- to five-fold over the last ten years and is still increasing yearly," she says.

We also spoke to Clinical Counselor Rachel Heffield, who specializes in women's issues. At the time of the interview, she worked at Agape Counseling and Training Center but is now employed at International SOS Beijing Clinic. She says: "Eating disorders have filled about 20 percent of my client load over the past four years. All of these disorders are most common among young women and they usually appear as their bodies and self-concepts are changing."

Anorexia nervosa and bulimia nervosa are the two main types of eating disorders, though a new disease was recently added in the latest edition of the Diagnostic and Statistical Manual of Mental Disorders: binge eating disorder.

Binge eating disorder (BED) is characterized by compulsive overeating in which people consume huge amounts of food while feeling out of control and powerless to stop. Recognized as the most prevalent eating disorder in the US, up to 40 percent of binge eaters are actually male. Like anorexia and bulimia, BED has a strong emotional component. Experts connect male binge eating with low self-esteem, especially

"There are numerous factors that influence eating disorders, but the first on the list is the media"

relating to physical competitiveness and sexual attractiveness. BED has a genetic component and is often seen among obese patients.

Individuals struggling with bulimia, on the other hand, have an intense fear of gaining weight and use drastic methods such as induced vomiting, misuse of laxatives and diuretics, and/or excessive exercise to prevent weight gain.

"Symptoms are accompanied by recurrent episodes of binging and compensatory behaviors such as purging, fasting, or extreme exercise," says Heffield. "Bulimia and binge eating are also not necessarily accompanied by lower-than-average weight."

Conversely, individuals with anorexia nervosa have low body weight, an intense fear of gaining weight, and a distorted body image. "The diagnostic features for anorexia are refusal to eat and maintaining a weight that is at least 15 percent less than the normal weight for their age and height. Eating and weight control become an obsession," says Wong.

Anorexia is the third most common chronic illness among adolescents, according to the National Association of Anorexia Nervosa and Associated Disorders (ANAD). However, identifying someone with an eating disorder is becoming more and more challenging. "Many young people nowadays have dieting habits, so people usually hide their disorder for a long time," explains Wong.

Eating disorders are seen as only affecting teenage girls, but boys are also at risk. For teenage boys, body obsession is commonly tied to athletic performance, particularly in wrestling, boxing, or rowing, where regular weigh-ins are required. It's not uncommon for boys to practice unhealthy habits such as compulsive exercise, fasting, and even using steroids in order to lower body fat, build muscle, or stay competitive. Fixation can lead to negative self-image and eating disorders.

Pro-Ana, Pro-Mia, and Thinspiration

To better understand the mentality of someone with an eating disorder, I created an account on a pro-ana website (proanaonline.com). The pro-ana movement idolizes anorexia and thin bodies. Different groups have different stances; many claim they do not promote eating disorders but exist simply as a non-judgmental environment and support system. Other pro-ana sites argue that anorexia is a lifestyle choice and should be respected by doctors and family. "Pro-mia" means pro-bulimia and is often used interchangeably with pro-ana. Followers sometimes wear red bracelets as a way to discreetly identify themselves to other community members while pro-mia followers wear blue or purple bracelets.

Before I was able to log into my account, I was asked to create a username, password, and identify my eating disorder. Once signup was complete, the login page displayed a warning: "This site may be triggering to those in recovery, or thinking about recovery. This is a Pro ED (eating disorder) site for those not in recovery. Please use caution when entering. If you think you might be triggered, leave now."

I was taken to the homepage, where I saw photos promoting "thinspiration." The latter refers to images or videos of slim women meant to "inspire" members to be thin and motivate each other. Thinspiration can also take the form of lyrics, poems, or quotes; one well-known thinspiration mantra was coined by former English supermodel Kate Moss in an interview she gave in 2009: "Nothing tastes as good as skinny feels."

On the website, users usually had a thinspiration saying attached to their name. "The only number that will ever be enough is zero," said one signature. "Tried to save myself but myself keeps slipping away," said another.

Daily topics are shared in threads, and users post images of themselves and various body parts that other members are free to comment on. One thread was titled, "Went on a body checking spree." The user went on to post images of her extremely thin arms, legs, and stomach as well as more close-up shots of her spine and pelvis, describing these parts as 'the bones with which I am the most obsessed.' Responses to the photos were overwhelmingly positive. "I hope you're doing OK darling, you're tiny, please be safe," commented one person.

Photos of emaciated women dominated the website, but I found that users generally didn't glamorize their eating disorders. Instead, they shared individual stories of their decent into anorexia and acknowledged that an eating disorder is, in fact, an illness. "An eating disorder is called a disorder for a reason," said one male user.

The Catwalk's Role

Undoubtedly, the media influences and often sets standards of beauty and body image. "There are numerous factors that influence eating disorders: family problems, school and peer pressures, having low self-esteem, struggling with loneliness, depression and anxiety, but the first on the list is the media," says Wong.

"For women, there's a pressure to meet societal standards of beauty," adds Heffield. "The media and entertainment industry can be detrimental by promoting a physical ideal that is limited and even unhealthy."

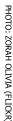
Wong says that constantly bombarding girls with images of skinny women on catwalks and magazine covers doesn't help. "The media's focus on the value of appearances and thinness for women have a significant negative impact on body satisfaction, weight preoccupation, eating patterns, and the emotional well-being of women in general,"

In past decades, the media and fashion industry consistently flipflop in its portrayal of ideal body image. Curvier figures are "in" one season, only momentarily favored until preference is once again given to waif-like body types. The underlying message, intended or not, is to always desire want what you don't have.

Likewise, boys are also given daily doses the ideal image of "masculinity" and how to achieve it. Six-pack abs, muscular legs, and welldefined arms seem to dominate billboards and magazine spreads. Endless ads for protein powders, workout supplements, and products targeting men's sexual insecurities reinforce the idea that boys should continue chasing (or maintaining) the ideal male body.

So is there anything we can do to counteract the influence of the media? Heffield suggests that families, schools, and the media itself can all have a role in celebrating the human form in its various shapes and sizes.

"They can promote discussion about the pressures to meet a certain ideal," she says. "Parents especially have a key role in modeling healthy eating habits focusing on caring for ones' body well rather than evaluating the positive or negative. It is important that families, friends, and mentors encourage open communication for young peo-





ple to voice their concerns and fears while responding with positive encouragement."

Schools can also play an important role in educating adolescents. "Schools should include health education in their curriculum to teach students about correct eating habits, appropriate weight management, and the importance of having positive self-esteem that comes from who they are and not how they look," says Wong.

Heffield reminds readers that it's essential to help children develop tools for handling strong emotions productively, as key features of eating disorders are not solely about food, weight, or even comparisons to media images. "Anorexia is typically triggered by feeling a lack of control and bulimia and binge eating can be attempts to handle strong emotions such as anger, loneliness, or shame," she explains.

Wong adds that like any illness, prevention is better than a cure. "A healthy lifestyle, a positive outlook on life, and a stable and loving family go a long way in preventing the illness in your child's life."

Resources

Visit these websites to learn more about how to support a child with an eating disorder:

- National Eating Disorders Association: www.national eatingdisorders.org
 - **National Association of Anorexia Nervosa and**
- **Associated Disorders:** www.anad.org
- **National Association for Males with Eating Disorders:** namedinc.org

- International Association of Eating Disorders Professionals: www.iaedp.com
- **Eating Disorders Coalition:** www.eatingdisorderscoalition.
- **Families Empowered and Supporting Treatment of** Eating Disorders: www.feast-ed.org
- **Eating Disorders Resource Center:** www.edrcsv.org

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Daily 9am-5pm. Rm C906, Eastern Tulip Building, 216 Tangli Lu, Chaoyang District (5947 2056, 150 1013 5804, aizairenjian@ gmail.com) www.aizairenjian.com 朝阳区汤立路216号院 东方郁 金香大厦C座906室

Oasis Family Counseling Center

Mon-Fri 8.30am-5.30pm, Sat 8.30am-12.30pm. Oasis International Hospital, 9 Jiuxiangiao Beilu, Chaoyang District, Chaoyang District (400 87 62747) 朝阳区酒仙桥北路9号明德医院

International SOS Beijing Clinic

Mon-Fri 9am-6pm, Sat-Sun 9am-6pm. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District (Clinic: 6462 9112, 24hr hotline 6462 9100, china.inquiries@internationalsos.com) www. clinicsinchina.com北京国际 救援中心, 朝阳区新源里16号 琨莎 中心一座105室



Experiencing Culture Through Cooking

ultural diversity is an important concept to grasp during childhood. The child's understanding that people are not all the same enables the child to embrace and value things that make each individual or group of individuals different. Generally speaking, children notice differences. Taking time to teach what is important to different cultures helps to lay the foundation for acceptance and understanding. There are several ways to present different cultures to children. It can occur through an introduction to art, which includes fine art, performing arts, and music. It can also occur through an introduction to fashion. However, the most appropriate means for children of all ages is an introduction to new food.

During the holiday season, whether it be Christmas or Chinese New Year, food becomes a special part of daily life. Seasonal dishes are the main ingredients and central pieces in family gatherings as well as holidays and cultural celebrations. Thus, food is a great teaching tool when it comes to introducing cultural diversity to children. Every child has experience with eating food. Whether it be food from his own culture or food from another culture, every child has eaten something at some point in his life. These past experiences allows the child to easily connect new, similar experiences to his own life. Use the upcoming holiday season as an opportunity to discuss food with your child. Talk about the favorite foods of other countries as well as your family's favorite foods.



Discussing favorite family foods is a great place to begin. American parents may choose to discuss their foods to eat during any of the December holidays (e.g., Boxing Day, Christmas, Hanukkah, etc.). Whereas Chinese parents may discuss their favorite foods to eat during Chinese New Year. Since Chinese New Year will be here before we know it, all parents can take the opportunity to cook some traditional Chinese New Year style recipes. Cooking with your child is a great way to practice a variety of skills as well as strengthen your bond with your child.

The kitchen offers an endless amount of learning opportunities for

you to experience with your child. Basic chemistry can be found when discovering how certain ingredients combine, react, and change while they cook. Arithmetic can also be found because the majority of ingredient lists are amounts and fractions. So, when cooking with your child, remember that you are doing more than just "making food." Your child will see science in action, learn basic math, read and tell time, build confidence and creativity, and enhance communication and deepen interpersonal connections.

Usually when the child is around the age of 2-3 years old is the best time to begin allow the child to assist with cooking-related tasks. At this age, the child enjoys eating his "art work" and is capable of doing various tasks, such as: squeezing lemons or limes, washing vegetables in the sink, or kneading dough. 4-5 year olds are similar to 2-3 year olds regarding their fine motor skills but probably require less adult assistance completing certain tasks. Children 6 years old and up usually have more developed fine motor skills so they can take on more detailed work, like using measuring spoons and forming evenly sized patties. If you need more suggestions for tasks for your child, try peeling fruits or vegetables, spreading on condiments, or pouring liquids. Children at Etonkids receive lots of pouring experience during their daily Montessori time but also during the Etonkids Immersion Afternoon Program.

The Etonkids Immersion Afternoon
Program (EIAP) includes various
subjects taught entirely in
English. One subject that
Etonkids students have
enjoyed has been the Cooking
class. Similar to any Etonkids
English curricula, the Cooking
class follows themes that change
month-to-month. Usually, the
English content is related to things
found in native English speaking countries.

However, the month of January is different since the theme is Chinese New Year.

Students will be exposed to Chinese culture through cooking lessons taught entirely in English. For our Chinese students, this is an excellent opportunity to learn English vocabulary that is related to their own culture. Whereas our foreign students have a great opportunity to learn English vocabulary related to their current surrounding environment (e.g., the city in which they're living during Chinese New Year). With the inclusion of other cooking teaching points, measuring and cooperating to name a few, EIAP is one of Etonkids' most thorough programs.





adio personality, Parent Effectiveness Trainer, documentary filmmaker, and – more recently – jam maker, Caroline Nath is a consummate multi-tasker. She's also a mother-of-two; her daughter Shanti Lu-Nath (age 15) attends the Western Academy of Beijing while her son Omi Lu-Nath (11) goes to the French International School of Beijing.

"My long-term goal is to write a book," she says, "Basically the story of my multiculturalism. I'm French-Indian. I grew up in the US, France, and India. I've been in China for over 25 years and my children's father is Chinese. When making documentaries, I travel all over China so there are lots of stories that I've compiled on the interactions between western and Chinese culture."

Nath's jam-making business reflects her vibrant history and myriad influences in both its name, Bon Nani, and its products. "Bon is French for good and nani is a Hindi word for maternal grandmother. My kids call my mom nani," she says. The jam flavors marry her many inspirations. "I only use fruits that are in season, incorporate Chinese ingredients, make recipes that reflect my background, and mix all three food cultures in my jams," says Nath. "For example, pear-ginger is based on a Chinese medicinal cold remedy."

She uses organic produce wherever possible and has modified her

recipes to be additive- and sugar-free. She uses citrus rind and fruit seeds to add natural pectin to her jams rather than using chemically-extracted pectin. And although jam usually requires equal quantities of fruit and sugar, Nath has refined her recipes to minimize sugar. "Depending on the fruit combination I make, I'm able to use up to one third of the sugar. However, the jam still lasts as it usually would. Unopened, it lasts for a year. Once opened, it lasts in the fridge for a couple of months."

Of course, making jam this way consumes more time and energy. "Making jam with chemically-extracted pectin might take only half an hour," Nath says. "You need to boil the pears and pear seeds for longer to extract the pectin. With this method there are three hours of boiling and stirring."

For the following recipe, Nath used Chinese pears and fresh rosemary from her container garden. She says the jam's subtle flavor works equally well as a sauce for roast meat. Combining a sweet fruit and a savory herb might seem unorthodox, but our colleagues were universally enthusiastic in their praise.

Jams can be ordered for delivery or collection in the XingFuCun neigborhood. Email carolinenath@yahoo.com for prices, delivery information and pick up address.

Pear and Rosemary Jam 梨和迷迭香果酱 Makes 6-7 jars

Ingredients 成分

3kg washed, peeled, and roughly chopped pears 3公斤洗

1 washed, peeled, and roughly chopped apple 1个洗净,

Rind of ½ lemon半个柠檬的果皮 Handful of pear seeds少许梨的种子

3-4 sprigs of rosemary 3-4小枝迷迭香

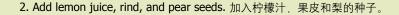
l IDS:

- Normally for 3kg of fruit, one lemon should be enough. However, Nath says that Chinese lemons are sometimes not as juicy, which is why her recipe calls for another half lemon. If you are using imported lemons, you may want to use just one.
- If you add sugar at the beginning, the jam will be browner because the sugar is more caramelized. If you want a paler color, let the pears boil and add the sugar toward the end when there's less water.
- To check if the jam is set enough before jarring, freeze a spoonful in the freezer, then put jam on the spoon. Let the jam cool to room temperature; if it's liquid and moves easily, it's not yet set. Return it to a boil.
- For better taste and consistency, refrigerate the jam overnight and re-boil it the following day before decanting into jars.

Instructions 做法



1. Place the pears and apple in a large, thick-bottomed pot over a high heat. Stir often. 将梨和苹果放在一个大的,厚底的锅里,大火,经常搅拌。







- 3. Stir the fruit periodically to prevent it from sticking and burning. The pears will release a lot of water; allow most of it to boil away before adding the sugar and rosemary. 定时搅拌水果,以防止烧焦。梨会释放出大量的水,你可以在水沸腾之前加入糖和迷迭 香以防止水沸腾。
- 4. Once the fruit is soft, use a hand blender to even out the jam. 当果肉变软后,取出果肉,并用手持式搅拌机搅拌果肉,使果酱更柔滑。
- 5. Taste the jam to check if it's set. 尝尝看果酱的味道是否合口。
- 6. Sterilize your jars and lids in the oven at 150°C for 10 minutes. Make sure the jars and the jam are boiling hot when you begin the jarring process.

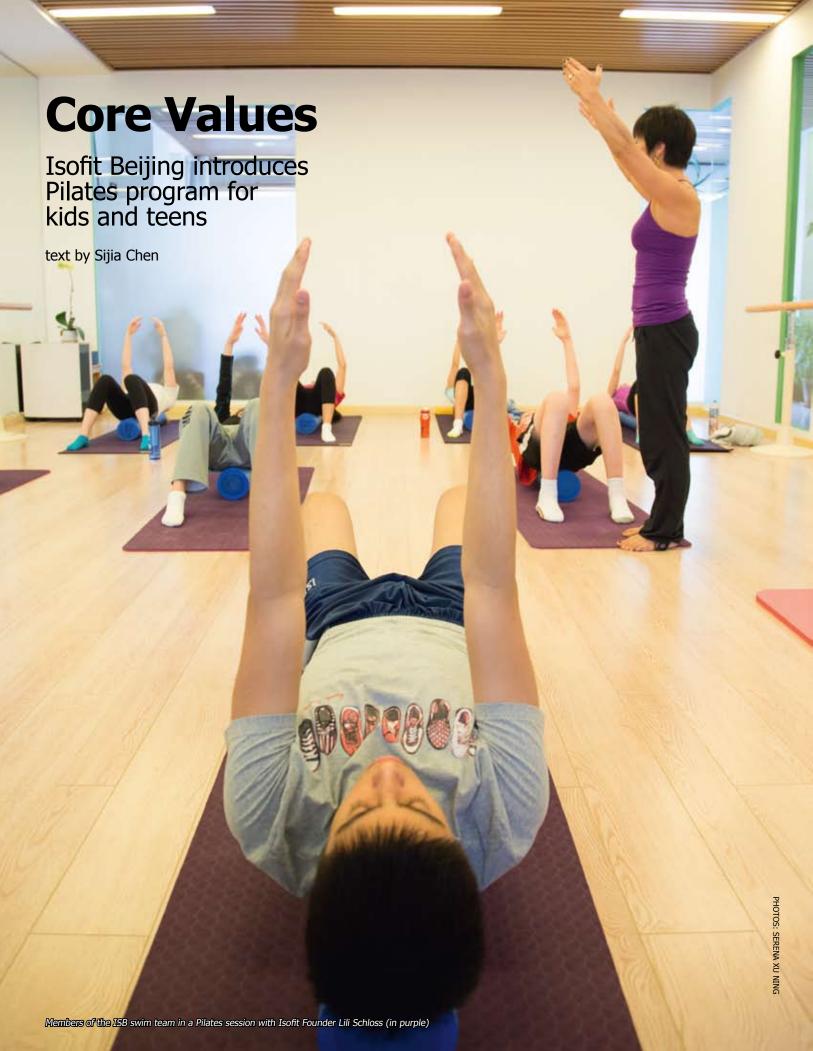
把你准备装果酱的罐子和盖子放在150℃的烤箱里烘烤10分钟进行消毒。在果酱装罐的时 候确保果酱和罐子都是滚烫的。





7. Fill the jars with jam, leaving a 2-3cm gap at the top. Close the jars while they are still hot. As the jam cools, the trapped hot air will contract, creating a vacuum and sealing the lid tight.

把果酱装罐,在罐的顶部留下大概2-3厘米的缝隙。在罐子仍然烫手的时候拧好罐子盖,这 样顶部空隙中的热空气在罐子凉下来以后会收缩,并且产生真空,使得盖子得以密封。









n the surface, Isofit Beijing looks much like any other fancy Pilates studio in Beijing. It's outfitted in soothing shades of cream and avocado green, with pots of white and purple orchids peppering the rooms and hallways. I'm here to sit in on a Pilates class with members of the International School of Beijing's swim team, one of the first groups to take Isofit's newly-launched Pilates program for kids and teens.

Founder and Head Instructor Lili Schloss, 51, is a petite woman with a warm smile, short hair, and flawless posture. Within a few minutes of our conversation, it's clear that she is very passionate about Pilates and helping her students achieve their health goals. Schloss never strays too far from teacher mode, even as we have lunch at the LMPlus around the corner.

She starts to talk about alignment, then stops herself mid-sentence. "Let's try this. Let's all come in." My photographer and I follow her lead, bending towards the table and hanging our heads down. "Let's breathe," says Schloss. "And breathe again. Where does the air go in? Your chest, right? It's very shallow. Sit as tall as you can." We comply. "Now breathe. You have much wider capacity for air to come in when you're here." She gets up from the table and folds her body in half, drawing looks from the couple at the next table. "When you're here, you're closing the gate. There's so little space. In normal everyday breath, you're only using 40 percent of your lungs. Think about what the other 60 percent is doing - nothing." This is Schloss' style. She

questions, cajoles, makes you try different postures, explains everything you're doing and why you're doing it.

Born and raised in Beijing, Schloss met her husband in the US, lived in Hong Kong for 16 years, and moved back here with her family around seven years ago. She trained as a Pilates instructor under Dawnna Wayburne of Isofit Hong Kong, who eventually became her business partner. Schloss studied the Polestar Pilates system, a reputable USbased provider of Pilates education with a focus on rehabilitation and physical therapy.

It's this concern with alignment that convinced Schloss of the need for a kids' Pilates program, which she has wanted since Isofit Beijing opened in June 2012. She says that her own sons - now 24 and 17 are both athletic but each have their own physical issues; the older one slouches while the younger one has developed slight bow legs from doing track and field.

"School doesn't really emphasize this," she says. "You need to have enrichment classes in yoga and Pilates so that children can prevent bad posture. Then you don't have to go in and spend all this money

The good news is that kids tend to be relatively injury-free and aren't likely to hurt themselves within a Pilates environment. Though the kids' Pilates program caters to ages 8-18, Schloss prefers students to be 12 and above because the body is more mature and stable by that age.



The Team Arrives

At around 1.20pm, members of the ISB swim team start to show up. There are nine of them today: four boys and five girls ranging in age from 11 to 16. They'll be doing mat work with foam rollers. Most came with their mothers, who are having a class of their own in the adjacent reformer equipment room.

"Last week, we did an easy introduction to Pilates. I had [the kids] play around and show me their dry land swimming," says Schloss. "A couple of the swimmers they say are international-level. They'll probably go on to become professionals. But when I see them moving, there's just a little bit of improvement they can have, even from my eyes and not being a swim coach."

The kids joke and laugh before class, quickly settling down when Schloss calls them to attention. For the first exercise, the students sit on the foam roller and curl down onto the mat, vertebra by vertebra, then curl back up while reaching their arms forward and without lifting their feet up. Some are struggling to maintain control - faces red, feet fluttering above the floor, arms wobbling, spines bucking outward.

In another exercise, the students are belly-down, legs long, and feet apart on the mat with the foam roller extended in front of them. As they push the roller underneath them, they come up into a cobra pose, shoulders away from ears. As they push it away again, Schloss instructs them to scissor their legs in a rocking movement. As the legs come down, the students lift one arm at a time, rotating their shoulders in an unmistakable swimming gesture. "That strengthening will go into the water with you," says Schloss.

Throughout the one-hour class, she coaxes and challenges the class to pull their limbs away from the floor, point their feet, extend

their limbs, and stay in control. She walks from student to student with a smile, gently adjusting and correcting alignments. There are giggles and frustrated sighs, the occasional thud of bodies falling off rollers and slap of feet coming down hard on the floor. But if you listen closely, there's also the silence of concentration. "Beautiful," Schloss says periodically.

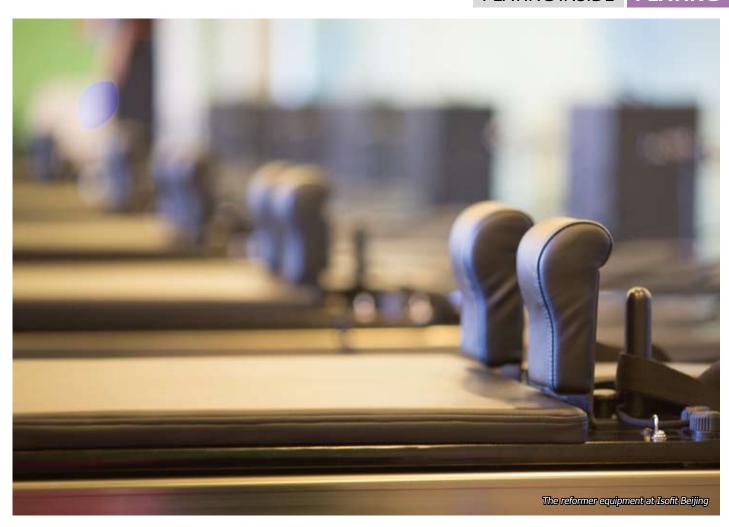
At the end of the session, I ask two students what they think of the program.

"It was my first time doing Pilates," says 15-year-old Cayly Chia (Malayasia). "It's like yoga, but less stretching and more fitness, strength training. I found it difficult today because I already had training [in the morning]. The first time it was hard because I had to use muscles that I didn't know were there. I don't really like it; I'd rather do yoga because I like the stretching. But I think that if I do it for a long time, it will probably help my swimming."

"It was really fun. It was difficult when we were doing it, but afterwards I found it really relaxing," says 14-year-old Eden Liu (US). "A lot of the core work was really hard, especially since we had to balance. It was my first time. It's not like yoga, because you're doing more fitness and yoga mixed together. It's not like dry land because it's not just purely fitness."

Outside the classroom, I bump into Tricia Flanders, the mother of a former beijingkids cover girl. "I love coming here," she says. "Lili is probably the best Pilates teacher I've ever had." I send her an email after our encounter and ask her to elaborate.

"I've been doing Pilates since 2007. The difference between Lili and the studio from my past experience in Seattle (and other studios I've visited while traveling) is the quality of teaching," she wrote. "Their



passion shows that it's a lifestyle for them and not just a job. They are so detailed in making sure you understand why your body should move in a certain direction that it automatically carries into your personal life. I find myself remembering visualizations and quotes while I'm riding my bike or sitting at my computer. I know so much more about the 'why' of the exercise than I ever have before."

Words of Advice

Schloss emphasizes the importance of researching studios and instructor certifications. "You have a lot of small studios now that all have some sort of Pilates. A lot of the people who run and open these studios come in for six days of the [teacher] course training. They don't follow through, do their mentoring, or prepare for the exam. People who take shortcuts, they take the temperature of the water but never really swim, then they come out and become an instructor."

She shows us a picture of a scantily-clad woman displaying her derriere at a recent industry conference. "This is 'sexy booty' Pilates," she says. "This is not about health, beauty, or fitness – it's just vulgar."

"Real Pilates is a mindful, intelligent movement. It doesn't matter how strong a person is, we all have imbalances in our body," continues Schloss. "If you're a tennis player using your right hand all the time, you've probably developed more strength and rotation through that side. You want your shoulders to support your head in a vertical way, you want the spine to have this nice curvature so that it absorbs shock and impact. So really through the Pilates movement, you're learning to become more aware of your alignment."

Schloss has seen a number of success stories in her time as a teacher, but none of these clients came in specifically to lose weight.

"Health, fitness, balance, control come before losing weight. When you get all of that, you achieve this weight loss goal."

She cited the experienced yoga practitioner who decided to add Pilates to her regimen. The client had always had an athletic build without much of a defined waistline and had resigned herself to that being her body type. "When we passed a certain time period, all of a sudden she started shedding weight," says Schloss. "She's lost three sizes in her waistline. Does it work? Yeah. What does it take? A good instructor and a very dedicated self. A lot of people, they do three to four classes and they don't see changes. Rome isn't built in a day; the people who stay most consistent are the people who see changes."

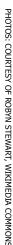
Resources

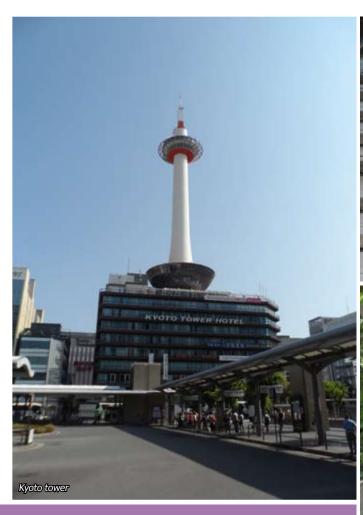
Isofit Beijing

Children's Pilates classes (ages 8-18) take place on Saturdays and Sundays from 1.30-2.30pm and 3-4pm. Until Spring Festival, there's a special rate of RMB 100 per one-hour group session. Unit C-2-86, Upper East Side, Dongsihuan Beilu, Chaoyang District (188 1083 0188, info@pilatesbeijing.com) www.pilates.cn 朝阳区阳光上东东四环北路

Polestar Pilates

To learn more about the US-based Pilates system that Schloss trained under, visit www.polestarpilates.com.







The Stewarts Nippon over to Japan

by Robyn Stewart

Travelers: Robyn and Leonard Stewart and their sons Hamilton (age 6) and Isaiah (5), who attend the International Montessori School of Beijing (MSB).

Destinations: Tokyo and Kyoto, Japan

Travel dates: August 2014

Travel plans: The Stewart family flew from Beijing to Tokyo Narita Airpot with JAL (Japan Airlines). They stayed at the Courtyard by Marriott Tokyo Station in Tokyo and the New Miyako Hotel in Kyoto. They used BCD travel agency to book their airline tickets and hotel.

Cost: Flights cost RMB 17,000 and tickets on the bullet train from Tokyo to Kyoto were RMB 4,000. Hotel rooms came to RMB 8,400, tours were RMB 3,600, and food was RMB 4,800.









f all the countries that we have visited, Japan ranks as the cleanest and most organized of them all. The Japanese people take cleanliness very seriously and it was evident everywhere we visited, from the hotels to the bathrooms on the bullet train.

In Tokyo we spent our first full day at Disneyland. The next day, we visited Tsukiji fish market, where we had an amazingly fresh sushi lunch, and afterwards ascended Tokyo Tower. We covered most of the sights in Tokyo the following day on an all-day tour with Sunrise Tours, seeing the Meiji Shrine, Asukusa Temple, Imperial Palace, and taking a cruise along Tokyo Bay.

We traveled onward to Kyoto by high-speed train on the Shinkansen line. Our first trip took us to the picturesque Arashiyama area, where we hiked to Monkey Park Iwatayama and took in stunning views of Kyoto. We explored the magnificent bamboo forest and boarded the Sagano Romantic Train for an amazing cruise along the Hozugawa River, where we saw the natural beauty of western Kyoto.

The following day, we hiked through thousands of beautiful red tori gates at Fushimi Inari Shrine. This was the most charming place in Kyoto and the best part of the trip. The temples are perfectly landscaped and tranquil, and majestic in atmosphere and beauty.

At Samurai Kembu Theater, we dressed as samurai and took a course where we learned the basics of the art before a delicious steak dinner at Hafuu Honten restaurant. The Kembu Theater is perhaps the most underrated of all the attractions we visited. We had an intimate, front row view of Japanese samurai culture by dressing in traditional samurai

costume and interacting with the samurai up close and personal while receiving a lesson on combat moves.

The worst part of the trip was the restaurants recommended by our hotel concierge. In fact, a few of the restaurants we were recommended, especially in Kyoto, were inconsistent with our expectations. The best restaurant of the entire vacation, in terms of quality and service, was one that we found on our own via TripAdvisor (Hafuu Honten).

Travel Tips

- At the end of summer, the weather can be very unpredictable in Japan and your plans need to be flexible. Our original itinerary included a one-day trip to Mount Fuji to take a cruise along the base of the mountain. But due to the strong winds and choppy water, all cruises were canceled. Fortunately, we had alternate activities that saved us from losing an entire day of our vacation.
- Japanese national holidays (such as Obon) can also affect plans at the end of the summer. Several days of our vacation were affected; many organized tours were unavailable because several of the attractions were closed for the holidays.
- The proximity of our hotels relative to Kyoto Station and Tokyo Station made it very easy to get to all the activities we planned at a reasonable cost. Another benefit of being close to transportation is that the stations are like shopping malls; inside you can find eateries, souvenirs shops, grocery stores, and international ATMs.

Beijing's League of **Legendary Educators**

John McBryde and Caroline Chen talk about where it's all going

by Yvette Ferrari

ducators are the backbone of every school and Beijing's international school community is no different. However, the expat community is also transient by nature, which means teachers come and go all the time. But every once in a while, we're lucky to meet an educator with long-term vision who transcends traditional ideas about what education should be. This issue, we talk to two veteran Beijing educators, John McBryde and Caroline Chen, about how they wound up here and where education in China is headed in the future.

Maverick McBryde

John McBryde characterizes his history with China and Indonesia as a "love affair." The Australian educator has been going back and forth between the two countries for over 27 years. A self-described "beach boy," McBryde grew up north of Brisbane on the Sunshine Coast and never imagined he would one day live in some of the biggest cities in the world.

For many, he needs no introduction. Currently Director of Beanstalk International Bilingual School (BIBS) and CEO of Beanstalk Education Group (BIBS), he also spent nine years at the Western Academy of Beijing (WAB). Notably, McBryde was director of WAB during the school's early years and is acknowledged for his contribution to WAB's unique architecture and interior design.

Humble Beginnings

"I taught for ten years and had no aspiration to be an administrator, but I did have a burning desire for multiculturalism and indigenous cultures. I was working in government schools and found out about this small island in the Great Barrier Reef called Ugar, all with indigenous island kids. I was told I could only go as a principal because all the teachers are indigenous. So I said, 'Yeah, I can do that.' It was a really significant influence in my life, as my training was during a time when there was a lot of alternative education and a period of shaking up the classic style of education. Schools without structure, schools with a much more flexible curriculum, without bells, and without the teacher at the front. It set me on a professional level that there's something better and we should be striving for it. You've got to go with the system - you can't go radical - but you should always be pushing the boundaries."

Road to Beijing

"Just like I was drawn to be a teacher, I was drawn to international education. My first experience was a small city in Sumatra. I was there for five years, loved it, went back to Australia, and eventually to a new school in Jakarta. That's when China called me. A friend who was at WAB in '98 called and said, 'You need to be here, John.' At the last minute I put in an application and next thing I knew, I was in Beijing. Beijing was a fairly gritty city back then, but over time I have fallen deeply in love with China."

Environment Inspires Creativity

"It's hard to be creative without the conditions for creativity. It requires an environment that stimulates. One of my mantras is, it doesn't cost more to paint color than to paint grey. My first ten years in China were a very exciting period of development and I remember the first Starbucks opening and watching people coming from their big, beautiful offices juggling their laptops and coffee. [I realized], as human beings we want to mix up our space. My thought was that if it works this well for Starbucks worldwide, why can't Starbucks as a concept work in schools? Why not cafés instead of cafeterias? Why not color, sofas, and everything we take for granted about coffee shops? The other idea was that you can do your work anywhere - work does not have to be done in a classroom."

Where's It All Going?

"There's something happening in China that we don't know guite how to do. Every country comes up with a term, and here we call them 'international bilingual schools.' The boom happening in China now is in progressive 21st century education for Chinese kids. There's a mass movement of parents looking for something different than public education and its emphasis on tests and cramming. What's different about the Chinese international and bilingual schools is that they are licensed as Chinese schools and offer international programs, but are allowed to take foreigners. So now we have schools that can actually do what international schools would love to do, which is take Chinese kids."

"Chinese authorities are allowing a lot of flexibility in terms of curriculum. What we do [at BIBS] in the IB, as they do in international schools, is have a curriculum framework that we draw on and contextualize within the local environment, but draw our standards from somewhere in the world and throw on Chinese math standards. You see this in a lot of international schools now - drawing on standards of the host country, adapting where it makes sense, not adapting when it doesn't. Following an international program, but drawing on local stuff. There's a very happy, very easy marriage when you start looking at it."

Challenges in the Education Scene

"Education is drawn by vision, program, and an understanding of how kids learn. The challenge is for the new, emerging Chinese schools to get the whole formula right. Schools are complex organisms and it takes a lot of things working together to get it right. It requires Chinese



and westerners with international expertise working hand in hand and that's something we're certainly engaged in at BIBS."

"Another challenge has been out there my whole life – as a kid, as a beginner educator, and it's still a challenge out there for me now – is that what we learn in school doesn't necessarily prepare us. It's been one of my holy grails that I'm still searching for. What is educating kids for the 21st century in a global world, in a changing society?"

Forecasting the enrollment trend

"There was this dynamic growth when China joined the WTO; that was the start of the boom. It was almost like you could build and fill any school good, bad, or ugly, and now that's changed. What people are talking about is enrollment decline [at international schools.] The reality is that fewer foreigners are coming to China, not just Beijing. Pollution is an issue in other countries too, but the foreign media likes to focus on Beijing and that's slowed down the numbers of families coming here with young kids."

"We're driven by success and growth and people think of success as being by size, which is not true. Program quality is success. The understanding international schools will arrive at is that this is a natural part of things, and for schools to budget accordingly. A school of 1,500 can operate as a school of 1,300 or even 1,000. The opportunity here is to take our focus off growth. In the first year, decline hurts. The second year, you learn from it, adjust, and find it doesn't impact the program at all. Once you understand the trend, there isn't budget chaos and schools can get on to the business of schools."

On accomplishments

"Anything we do in education that would make us proud has to live beyond our time. For me, one is to see what we gave birth to at WAB. It is incredibly sustainable, valued, and just so cool and funky – it feeds my happy spot constantly. At the heart of it though, the things that make me most proud are the people stories. Last year I found out that one of the island kids – and one of my daughter's best friends – is now the island chairman. He took a group of kids to film at the Olympic Games in London [in 2012]. It was that full circle; you value something, you plant a seed, you don't know where it goes, and a generation later, that kid knows the value of his own culture and who he is."

Sweet Caroline

Caroline Chen is the founder and director of one of the first international schools in Beijing, the International Montessori School of Beijing (MSB), founded in 1990. As an American Montessori Society-qualified teacher, Chen has spent over 30 years in Beijing. She is respected in education circles in China for introducing and promoting the Montessori system within the Chinese early education community. She is also a frequent guest lecturer and was a speaker at the first US-Sino Early Childhood Education Conference.

On Early Inspirations

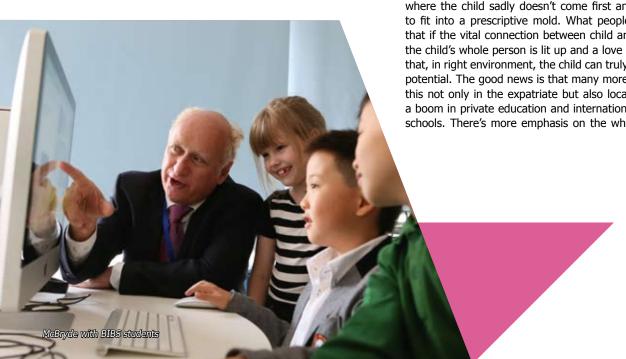
"I was born in England to parents who came from Shanghai in 1949. My father and his very traditional Confucian upbringing had a huge influence on me as I grew up and still does to this day. I didn't visit our family's ancestral graves until I was 16 but when I did, it had a huge effect upon me. The sense that we are truly a very minute part of a whole colored my thinking, a sense that my behavior should honor their lives. During my time at LSE [The London School of Economics and Political Science], my father introduced me to some very clever Chinese scientists and engineers from Beijing who told me that I should come to China to see life here first-hand. I made a visit at 16 to Beijing."

On Starting MSB

"I was approached to take over the small part-time kindergarten class in the Norwegian Embassy in 1990; this was the beginning of MSB. Funnily enough, my earliest inkling and inspiration was as a young child, less than 7 years old. I heard many young children calling to me to help them and join them. I remember answering them and telling them to wait and that I would come. There was a sense of need and importance to their calls. I recall thinking that I was too young at the time and that they would have to wait until I was older and able to go. MSB was the brainchild of those pictures in my head. It came from the desire of wanting to make a really great school where children could be inspired and given the right environment to take off and fly in the face of any challenge in life and surpass anything. The spirit of a child can truly be likened to that of the bubbling brook of purity and all that is good. They are capable of so much."

Obstacles in an Ever-Changing Beijing

"The biggest changes in Beijing's international educational scene have really been taking place over the last ten years or so. We have these great behemoths and formulaic juggernauts of educational businesses where the child sadly doesn't come first anymore but rather needs to fit into a prescriptive mold. What people need to understand is that if the vital connection between child and environment is made, the child's whole person is lit up and a love of learning ensues. After that, in right environment, the child can truly go on to fulfill his or her potential. The good news is that many more parents are recognizing this not only in the expatriate but also local communities. We have a boom in private education and international departments of public schools. There's more emphasis on the whole person. I have been



impressed by many Chinese parents in the last few years who have a greater understanding and level of sophistication in recognizing the importance of good citizenship and the whole development of their children versus rote mechanical learning."

"There have been several tough obstacles in these many years; one of these obstacles has been myself. I can be a perfectionist and a bit too trusting, but that's how we learn and grow. At times, I have had to draw on an inner strength that I didn't know I necessarily possessed, but I learned more about myself and the simple things of living; namely that trying to be our best selves takes time. Like children, we adults are a work in progress."

On Declining Enrollment

"This year we expanded by two classrooms so dropping enrollment has not been a problem for us. But we all know that with the pollution problem and increasing number of international-like schools that this is a concern for all administrators. It's probably a good thing as it keeps everyone on their toes in many ways, but the pollution issue is really hard one no matter how low one's PM 2.5 is. This makes Beijing a harder place to attract good teachers."

"The big question is how much is enrollment is going to drop. If numbers drop off tremendously, schools will run into financial difficulty. But it's like anything else; people have to apply common sense. If something comes along in life – even if we don't like it – we have to accept, can grow from it, ask what's the best strategy, and look at the issues as they come. From parents' point of view, some drop off is a good thing because schools need to get back to their mission to being the very best they can be. Every parent who contacts admissions should be well looked after."

On Accomplishments

"I am most proud of MSB's dual language program, which we have finely honed over many years, and the wonderful team of teachers I have had the privilege to lead and work with over these 25 years." "If something comes along in life –
even if we don't like it – we have
to accept, can grow from it, ask
what's the best strategy is, and
look at the issues as they come"

Advice to Parents

"If I were new to Beijing and looking for a good kindergarten and elementary school, I would look at the authenticity and integrity of the place by 'smelling' the place. I would ask to meet as many people in the school as possible, including parents present and former. I would ask to be allowed to see in the classrooms and take an observation or two. In other words, to see beyond the outside packaging to what goes on [inside]. I would also want to see the curriculum and ask for as much school literature available on this. Longevity of staff is also a big factor. It would give me confidence that the school has strong stability. I would want to see smiling, happy faces as I walk around the school."





"It used to be OK to be a little chubby, but now people diet to lose weight. You have to be thin or you have to be muscular - it's the way people define beauty"

Do you or your family have any dietary restrictions?

Isaac: My family tries not to eat pork. My parents say it's not as healthy as beef or chicken.

Sarah: My mom is doing a gluten-free diet. She feels a significant difference in her energy levels.

Cindi and Jacob: No.

Is the local diet is healthy?

Jacob: Not really because it's oily and everything is fried.

Sarah: It is really oily, but Chinese people eat a lot of vegetables and less meat so I think it counteracts the oil.

Cindi: The local diet varies from vegan to McDonald's, so there isn't a real classification of a "local" diet. Everyone eats differently.

Describe your own diet.

Isaac: Mine needs a lot of improvement because I take in whatever is on my plate.

Cindi: I have a major sweet tooth. I try to stay away from junk food, but then I'm thinking about it and end up eating more of it. I don't eat much rice though, because it's just empty carbs.

Jacob: I consider my diet healthy because I usually eat at home besides school lunch, and only eat out occasionally. I don't eat much junk food.

Sarah: I could eat more fruits and especially vegetables. I eat a lot more meat than other things.

Have you or someone you know tried a fad diet?

Isaac: Once in a while I try to diet, eat chicken breast, and work out – I've even tried the no-carb diet – but my family always eats rice and it's hard to eat separately [from them]. It can also be time-consuming to make your meals ahead of time. I'd rather sleep.

Jacob: I've seen someone doing the one-food diet. They chose toma-

Cindi: I had a friend who ate only watermelon for a week to lose

Sarah: My friend did a juice diet for a month and only drank fruit and vegetable smoothies. My friend lost a lot of weight, but couldn't eat solid food for a while.

Have you ever taken supplements?

Jacob: Protein powder mixed with milk or water, and chewable vita-

Cindi: In elementary school, I had a zinc deficiency that I took tablets for. But I don't take anything now.

Sarah: I take fish oil capsules and Teen One a Day vitamins.

Isaac: Multi-vitamins, and I used to drink protein shakes but not anymore. They say it's chocolate-flavored but it tastes bad.

There's more emphasis on nutrition now than in previous years.

Sarah: Thirty or 40 years ago, there hadn't been long-term case studies but now we see more of a cause-and-effect relationship between what we eat and our bodies.

Jacob: It's because packaged food and more eating out has caused all the health problems of today, like obesity and diabetes.

What relationship does diet have with today's standards of

Isaac: It used to be OK to be a little chubby, but now people diet to lose weight. You have to be thin or you have to be muscular – it's the way people define beauty.

Sarah: You have to work harder now to accomplish what is considered beautiful. Before, people generally ate what they wanted and people were OK with that. Now, there's so many options available, people expect you to choose the healthiest one so you can be skinny.

Cindi: When people were too skinny back in the day, it wasn't considered beautiful. Now it's the opposite. People want to be in the minority and become the pinnacle of beauty.

Where do you get your information about nutrition?

Jacob: Usually online. Sometimes our biology teacher talks about nutrition.

Cindi: My mom. She does research on cardiovascular diseases and she's really uptight about nutrition. Also from biology class. We were recently learning about lipids and saturated and unsaturated fats.

Sarah: Yahoo News. After I read an article, I'll do my own research online because articles tend to contradict each other. For example, one source will say you need to have this many servings of vegetables a day and another will say something else.

How do you know whether online information is credible?

Sarah: It depends a lot on whether the source is just a random news article versus webmd.com. The more credible sites tend to stay on the same page with their information, whereas random news articles will say anything.

Isaac: I usually judge based on the stars they get on the website rating. [laughs] Five stars, I can trust them. Four stars, eh maybe.

How can teens learn healthier eating habits?

Jacob: More education. Schools should officially propose a healthy diet program.

Isaac: In elementary school, there used to be assemblies teaching kids about the food pyramid, but in middle school, nutrition was hardly taught anymore.

Sarah: Everything is easier in a group so if you try eating healthier with multiple people, it's better because you have others holding you accountable.

What is health education in school like? How can schools improve?

Sarah: For older grades, it's lacking. People don't talk about nutrition much because it's a sensitive issue to talk about what people are eating. But having more open conversations about nutrition would be helpful.

Cindi: Our health class is relatively new and most people don't take it. It's for Grade 9 and last year, only two seniors took it.

Jacob: It's only a required class for freshmen, but it should be more geared toward upperclassmen.

Students from &

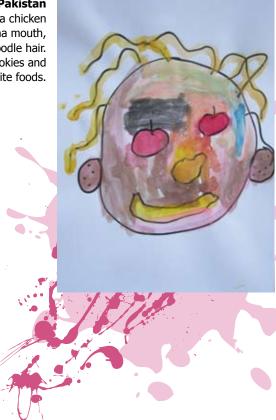
Flying Start International Kindergarten (FSI)

fill January's Blank Canvas



Arisha Hassan, 3, Pakistan

I have apple eyes, a chicken nugget nose, a banana mouth, cookie ears, and noodle hair. Chocolate chip cookies and apples are my favorite foods.



Alicia Shen, 4, China

I have a pumpkin head, a banana mouth, apple eyes, grape hair, and pizza ears. Watermelon is my favorite food.



Dorja Jameson, 4, US

My face is a pear and a pizza, my eyes are oranges, my nose is a cherry, my ears are apples, my mouth is a banana and my hair is noodles. My favorite food is pizza.



My head is a big tomato and my body is chocolate and pizza. I have orange ears and noodle hair. These are my favorite foods.





Johnny Chen, 3, US I have grape hair, apple

eyes, a carrot nose, a

and a chocolate neck.

bread mouth, banana ears,

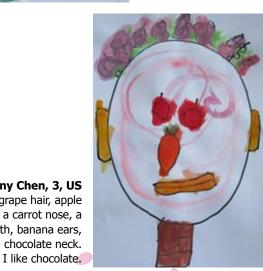
Tiger Liu, 4, China

My face is a pineapple, I have jiaozi ears, a pizza mouth, a candy nose, pear eyes and a watermelon neck. I like everything.



Jace Han, 4, US

My face is a green watermelon, the ears are pears, the hair is cherries, the eyes are oranges, the nose is a hotdog, and the mouth is a cookie. I like all of them best.



Dora Wu, 3, China

I have orange eyes, a cookie nose, a carrot mouth, jiaozi ears, and a chocolate neck. Cookies are my favorite food.

Jieyi Chew, 3, Malaysia

I have orange eyes, a cookie nose, a banana mouth, a watermelon neck, cherry ears, and spaghetti hair. I like everything.



Apple Su, 4, China

I have a pumpkin head, broccoli hair, pizza ears, apple eyes, a banana nose, and an orange mouth. I like pizza.



Do we want Mama's return to be associated with presents and toys, or do we simply want to be grateful to have her back?



Surveying the spoils of the business trip

by Christopher Lay

s a wee lad, I would bid my father farewell several times a year as he set off on a business trip for unknown regions of the planet. They were actually major metropolitan areas of Ithe USA, but as a kid all I knew was that Daddy was gone. Though I recall him going on trips, I don't recall there being any particular trauma involved. Dad went to work every day; having him gone for a few nights at a time didn't seem to alter the universe all that much. As long as Mom was home, nothing really mattered.

One thing I did look forward to was getting a treat from Dad whenever he returned from a trip. The prize was always the same: a lollipop. Not the ordinary ones, but the giant ones that other parents never bought. Oftentimes, the lollipop was emblazoned with the name of whatever city he had visited (no doubt procured at the airport). I would lick the thing for a day or two, but I don't think I ever actually finished one of them. It didn't matter; they were something special from my dad that showed he hadn't forgotten me while he was gone (even if I didn't think that much about him in his absence).

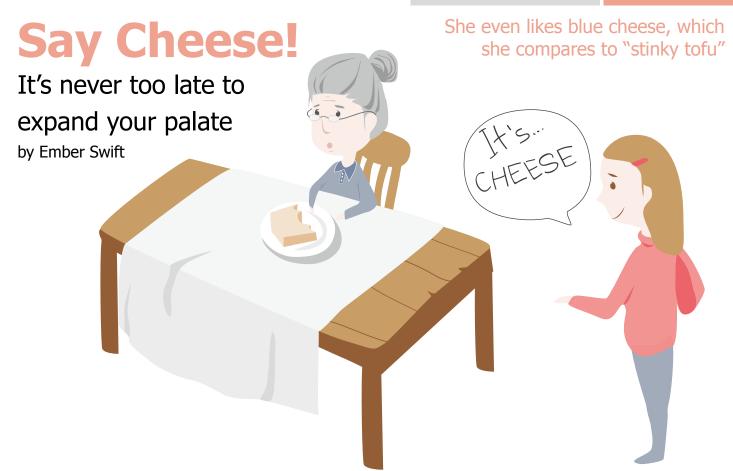
In my own household, it is my wife who frequently gets pulled away for week-long business trips. I'd like to report that these absences go unnoticed, but they don't. Despite the children not mentioning her absence all that much, I can feel them pining for her. Reina is now old enough that she totally gets it. She knows why Mama is gone and when she will be back, but she is still not keen to talk to her on the phone. Day after day, the boys ask me where she is and seem to get clingier as time passes. It is as if their sun has been stolen away and they worry their moon will disappear too.

Like my father, Savvy also comes home with treats for everyone, but with one minor difference: her suitcases are bursting with treasures. On a recent trip to the USA, she brought back books, toys, clothes, and winter boots as well as food and medicine. It always looks like the aftermath of a birthday party, but instead of wrapping paper the gifts are in retail bags. Much of the "loot" are items we ordered off Amazon, but often Grandma and Grandpa use her trips as a means to get gifts to the grandkids too.

At times, I wonder if this explosion of presents will create undue expectations on the part of the kids. Do we want Mama's return to be associated with presents and toys, or do we simply want to be grateful to have her back? Unfortunately, living the expat lives that we do, it is hard not to take advantage of the opportunities that her business trips provide. No doubt we are creating certain memories for our own children about what a business trip is and how it impacts their lives. I'm not sure how it will compare to my own childhood memories, but I cherish the simple gift that my father always brought home with him.



Christopher Lay hails from scenic Ashland, Oregon and has lived in Beijing for six years. When not chasing after Reina (age 7) and twins Bryson and Ryder (2), he does freelance architectural and portrait photography. View his work at chrislay.com.



have often wondered why Chinese people I know are so rigid about "foreign" food. Multicultural Canada is rooted in its openness to other cuisines, so I think of my brave taste buds as a national trademark. So there was nothing extraordinary about the fact that I was eager to taste real Chinese food when I first came to China. I've savored delicacies from dozens of regions across the country and now assume deliciousness

Wouldn't the people of a country with so many celebrated culinary contributions be curious about food from elsewhere, their inquisitive taste buds seeking yet more deliciousness?

unless proven otherwise.

My mother-in-law - one I have come to learn is quite a typical Chinese woman of her generation – is quick to wave away any suggestions of consuming "foreign" food with a statement that is as ridiculous as it is dismissive: "Chi bu quan" (I can't get used to eating it).

"Really?" I ask, sarcastically. "You have tried the foods from every other country in the world and you know without even tasting them that you simply can't get used to those countless, diverse flavors?"

She steels her eyes at me. All right, that response is obnoxious. But so is her rigidity. There's a decided resistance to worldliness clinging on in this country that should have fallen with the Ming Dynasty.

Patiently, I advocate the beauty of new experiences, the adventure for your palate, the possibility of discovery - all to no avail. Apparently, this way of thinking is very "western."

Add to this the fact that my mother-in-law never admits when she's wrong. She's so staunch in this regard you'd think it was the equivalent of "matriarchal status" suicide. She declines suggestions loudly, only to one day start doing what you suggested months earlier. Then, she'll launch a campaign to educate you about why it's such a great idea.

I usually find this comical – except when I don't.

It was an interesting moment when I returned home one day to find her enjoying my feta cheese - something I had offered before, only to be waved away.

"What kind of tofu is this?" she asked, chewing happily on the cubes. "Can you fry it?"

"That's cheese, Ma," I said. She stopped mid-chew; cheese was originally off-limits for its "foreignness." She changed the subject.

Now I find all kinds of cheese in her fridge. She even likes blue cheese, which she compares to "stinky tofu." I'm not a fan, but now she's after me to eat it. You gotta laugh.

I learned the hard way when I asked what she thought of my food. Of course it was always "too salty" or "too strange." The matriarch has barred all compliments from the kitchen!

Now when I cook, I leave my "foreign" food openly available and turn away. She will invariably taste test it when I'm not looking. Soon, she'll eat it openly like it's the most normal thing in the world. If I play along, she'll eventually go back for seconds.

I'm proud to say that the list is getting longer. To cheese, we've added toast with butter, cinnamon-flavored items, creamed soups, shortbread, carrot cake, baked vegetables, pasta, and pizza!

One day, I overheard her speaking with her sister on the phone authoritatively. She said, "That 'foreign food' actually isn't terrible! It took me awhile to get used to it, but now I eat it all the time!"

Smiling, I refrain from commenting. I don't need her refusing my cooking in the future just because I made her "lose face" in my fridge.

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She and her husband Guo Jian (国团), who is also a musician, have a daughter called Echo (国如一) and a newborn son called Topaz.



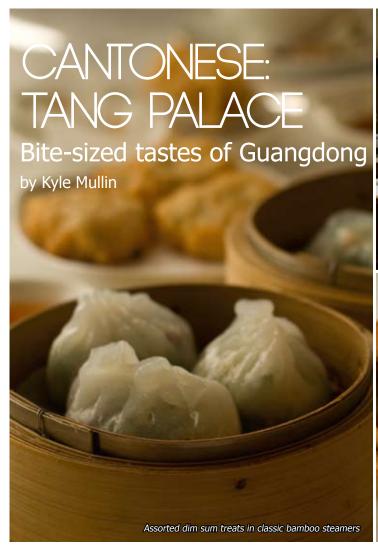








An introduction to regional Chinese cuisines







erhaps the best-known variety of Chinese cuisine internationally, Cantonese food is ideal for kids because of its variety and clean flavors. Dim sum in particular is popular with families, and for good reason; the small portions and neatly-wrapped buns and dumplings mean kids can sample several dishes in one sitting.

Tang Palace, a Guangdong restaurant chain with several branches in Beijing, was recommended to us by a Guangdong mom. From the gold-trimmed entryway to the main dining hall bustling with chattering customers, Tang Palace captures the essence of Hong Kong-style dim sum. Best of all, many of the best menu items are available at rockbottom prices, making kids and parents alike go back for seconds.

These dishes are mostly steamed, making them a healthier alternative to some of China's oilier and heavier fare. Hong Kong locals usually refer to dim sum as going for a "drink of tea" or yum cha (饮茶) because tea is so frequently served with these bite-sized dishes. Dumplings of all kinds are some of the more popular choices; the skin is typically made with starch or rice flour, and sticks lightly to chopsticks when steamed. Other popular dim sum items include rice noodle rolls (changfen), spring rolls, congee (rice porridge), spare ribs, steamed meatballs, and lotus leaf rice, just to name a few.

Note that there's a 10 percent surcharge and regular tea costs an extra RMB 5 per customer. Dim sum is available at the Chaoyangmen branch daily from 10am to 10pm. The availability at other branches varies (see p56 for details).

Major ingredients and condiments: Shrimp, pork, beef, cabbage, carrots, glass noodles, mushrooms, rice flour, wheat starch, glutinous rice, and more

Main preparation methods: Steaming, frying, roasting

Kid-friendly dishes:

- Steamed shrimp dumplings (虾饺皇, xiajiao huang): A perenniallypopular dim sum item that is healthier than many other carnivorous dishes. Instantly recognizable from the translucent skin with a hint of pink shrimp showing underneath. RMB 26.
- Mushroom and vegetable buns (香菇素菜包, xianggu sucai bao): The mushrooms in this bun have a light, spongy texture and may convince picky eaters to give it a try. RMB 13.
- Steamed black oat cream buns (黑燕麦奶皇包, hei yanmai naihuang bao): While egg tarts may be dim sum's most famous dessert, families are advised to try this underrated alternative. The sweet, creamy filling contrasts with the light and fluffy bun. RMB 11.

Family facilities: The bathroom has western toilets with soap and toilet paper. Both chopsticks and cutlery are available, with highchairs and menus in English and Chinese (but without pictures). The main banquet hall is non-smoking; smaller side rooms allow smoking.

YUNNAN: IN AND OUT

Diverse cuisine with an authentic ethnic flair

by Sally Wilson

n and Out has two branches in Sanlitun: Sanlitun Beixiaojie and Gongti. We visited the first location during the lively lunch rush. The wait staff dress in colorful Yunnan minority clothes, which kids will love, and the restaurant is full of artefacts and scented aromas from the region. Spanning three floors, it has a number of private rooms, which would make a good venue for a party. The staff are friendly and efficient, and the restaurant is nicely done out with very comfy seating. As soon as we were shown to our table, we were given water and a big bowl of delicious rice crackers. On Mondays, the restaurant has a unique promotion where customers can get 50 percent off the bill – provided they seal their mobile phones into a box that remains untouched for the duration of the meal.

Yunnan or Dian cuisine is an amalgam of the cuisines of the Han Chinese and other ethnic minorities in China. As the province with the largest number of ethnic minority groups, Yunnan cuisine is incredibly varied. In the north, the cold, pastoral lifestyle produces dried meats and dairy products, fused with Muslim cuisine. Eastern Yunnan produces the most recognizably "Chinese" dishes, with stewed chicken, noodles, and hot pot. Yunnan's south is strongly influenced by Burmese, Lao, and Thai cooking methods. The south is also famous for producing good coffee and red pu'er — Yunnan's best tea. Many dishes are quite spicy, and bugs and insects also feature.

Major ingredients and condiments: Wild mushrooms, Xuanwei ham (a slightly salty and sweet cured ham), rice noodles, tofu, red chilies, spring onions, lemon and lime juice, palm sugar, wild herbs and flowers, chili oil

Main preparation methods: Steaming, frying, roasting, stewing

Kid-friendly dishes:

- Pineapple rice (菠萝饭, boluo fan): Kids will love this sweet, sticky rice combined with soft pieces of pineapple and served inside a hollowed-out pineapple. RMB 32.
- Roast chicken with lemongrass (烤鸡肉香茅, kao jirou xiangmao):
 Chicken stuffed with a mixture of vegetables and lemongrass, rolled, tied with bamboo, and slow-roasted. The chicken is tender and juicy perfect for kids. RMB 42.
- Dai-style sautéed potato balls (戴式炒土豆球, daishi chao tudou qiu): Fluffy mashed potatoes rolled into small balls, coated and sautéed until crisp on the outside. A guaranteed hit for younger diners. RMB 32.

Family facilities: The restrooms are on the second floor, with squat toilets only. There are no baby changing facilities. Highchairs are available. The kids won't need plastic cutlery; diners are provided with chopsticks and wooden spoons. The restaurant is non-smoking throughout.



JIANGSU: NANJING IMPRESSIONS

Delve into China's tender, eastern fare

by Kyle Mullin

f you can't get out of Beijing for the holidays, head to Nanjing Impressions. The soft light of the dangling lanterns and the recurring wood-grain motif will make you feel like you're in an ancient incarnation of the eponymous port city, not in a Shimao Department Store restaurant.

Nanjing Impressions' Jiangsu dishes are equally soft and comforting, with many dishes stewed to such a degree that the meat practically melts in your mouth after a few bites. It's these soft textures that make Jiangsu (or "Su") cuisine famous. Chefs employ a meticulous selection of seasonal ingredients, favoring stewing and braising techniques. Those elements make the dishes delightfully tender, but not to the point of mushiness.

Nanjing in particular, with its prime location in the lower basin of the Yangtze River Delta, makes ample use of the region's shrimp and fish. While the latter dishes might be too bony for young children, parents and older kids will enjoy the tenderness and savory flavors. Nanjing is also beloved for its delectable duck dishes, giving Beijing duck some healthy competition.

Major ingredients and condiments: Seafood and poultry (especially mandarin fish, duck, and chicken), ginger, bamboo shoots, wine sauce for pickling, sugar for condiments

Main preparation methods: Stewing, braising, quick frying

Kid-friendly dishes:

- Stewed meatball (清炖狮子头, qingdun shizitou): A savory, tender hunk of pork with a mild and slightly smoky flavor. Great for kids who still have their baby teeth. RMB 26.
- Bean curd with shrimp egg (虾黄豆腐, xiahuang doufu): This soft tofu easily gives collapses and gives way, revealing flecks of shrimp egg and a salty, "ocean-fresh" kick that is wholly unique. RMB 28.
- Chicken with sweet and sour sauce (王府泡椒鸡, wangfu paojiao ji): This delectable chicken is crispy on the outside and tender on the inside. Be sure to exercise caution with younger kids; the dish has lots of bones. RMB 32.

Family facilities: Customers must use the mall bathroom down the hall from Nanjing Impressions. It has western toilets with soap, toilet paper, and paper towels. Both chopsticks and cutlery are available. There are only four highchairs, so you may not get one during peak hours. The menu is in English and Chinese with pictures. The restaurant is non-smoking.







TAIWANESE: BEFORE AND AFTER

Beyond Taipei's night market snacks

by Kyle Mullin

ans of rich, flavorful cuisine will like Before and After, a Taiwanese restaurant with several branches in Beijing. We visited the original location in Dongsishitiao to discover Taiwanese cuisine beyond Taipei's famous night-market xiaochi (snacks).

Before and After does offer a host of *xiaochi* to satisfy your family's cravings, including fried *luo bogao* (radish patties), *feng li su* (pineapple cakes), *shao rou zong* (glutinous rice and roasted meat), *kezai xian* (oyster omelette) and *nuza tang* (milk candy nougat) laced with peanuts.

But aside from *xiaochi*, the restaurant specializes in less famous but equally delicious heaping Taiwanese entrees. A fine example is the prawn ball salad served in a hollowed-out pineapple half with creamy custard; kids with a sweet tooth will definitely like it. Before and After manager Hu Wei Chao says: "Parents and their children really like some of the entrees as well as the *xiaochi*, because these bigger dishes are so healthy and richly-flavored. After all, *xiaochi* isn't the only type of Taiwanese food. There are also many types of larger dishes with fresh ingredients and unique flavors, and they are very important too."

Though a variety of cooking techniques are used in Taiwanese cuisine, the most important element is considered to be the mixture and proportion of spices, which are employed in a spectrum of combinations to give dishes unique flavors.

Main preparation methods: Steaming, boiling, stir frying

Kid-friendly dishes:

- Deep-fried assorted nuts and chive puffs (一口酥, yikou su): This light, slightly crunchy dish is appropriate as an appetizer. Chives and nuts are battered and deep-fried with a hint of sweetness. RMB 36.
- Braised egg with mushrooms and vegetables (吴家老烧蛋, wujia laoshao dan): Get your kids to eat vegetables with this dish, which features eggs in a tangy sauce; the latter masks the taste of vegqies. RMB 42.
- Sweet-and-sour prawn balls (鲜果沙律虾, xianguo sha lvxia): This blitz of bright tropical island flavors doubles as a main course and a dessert. The tangy prawns are served in a hollowed-out pineapple half and filled with a creamy custardy sauce. Warning: If you don't like sweet things, stay away from this dish. RMB 118.

Family facilities: The bathroom has western toilets with soap and toilet paper. Highchairs are also available. The menu is in English and Chinese with pictures. Smoking is allowed on the second floor, but not on the first.





amilies with sensitive taste buds may shudder at the thought of stereotypically fiery Sichuan dishes. While the Chengdu Representative Office's Shudu Binguan restaurant certainly has its share of spicy fare, there are also many milder choices with just the right amount of kick for young ones.

The restaurant's unassuming aesthetic - with lazy Susans and hardly a trace of culturally-relevant decor on the walls - may not look impressive, but don't be fooled. The dishes on offer are by far the most delicious of all the five eateries sampled by this reviewer for beijingkids' January issue. The restaurant strikes a perfect balance between light, yet filling fare that is boldly flavorful without being overpowering. The dishes fittingly capture the essence of Sichuan, a southwestern province known for its fertile plains and mountains. An array of vegetables and herbs provide the variety of ingredients used in this sophisticated cuisine.

As fantastic as the dishes are, Shudu Binguan isn't without its flaws. Expat families may struggle with the all-Chinese menu that has no trace of pinyin or even pictures, along with the lack of western toilets, along with its somewhat obscure location in the back of a hotel that doubles as the Chengdu Representative Office. But the tasty dishes, and their low prices, make this excursion more than worthwhile.

Major ingredients and condiments: Pork, chicken, cabbage, cauliflower, and a host of other vegetables. Sichuan pepper, ginger and a vast array of herbs for seasoning.

Main preparation methods: Stir frying, steaming, deep frying, gan shao (dry braising), gan bian (dry frying), shui zhu (water poaching)

Kid-friendly dishes:

- Pork soup wonton (清汤抄手, qingtang chaoshou): Kids can finish each of these chewy little morsels in a bite or two, and the soup that these dumplings are served in is fittingly mild for youngsters. Parents and older children with more adventurous tastes can try the spicier soup version, which has a far bigger kick. RMB 8 for a small bowl of six wonton).
- Stir-fried shrimp with cucumber (白果炒虾球, baiguo chao xiaqiu): These ocean-fresh prawns are light and slightly crispy, a healthy and satisfying entree that the entire family can share. RMB 68.
- Sticky rice soup balls with sesame filling (醪糟汤圆, laozao tangyuan): While these plain little white blobs may not look like much on the outside, one bite is guaranteed to tickle your sweet tooth. The glossy sesame filling is naturally sweet without becoming saccharine, making this dish a good finisher for the meal. RMB 8.

Family facilities: The restaurant only has squat toilets without toilet paper or soap at the sink. There are no highchairs or children's cutlery. You'll need to go with a Chinese friend or be able to read Chinese; the menu is in Chinese only, with no English, pinyin, or pictures. The restaurant is non-smoking.

SHANDONG: DONG XING LOU

Sample China's most influential yet underrated cuisine

by Kyle Mullin

ong Xing Lou, a Ghost Street eatery, serves up "Lu" cuisine from China's coastal Shandong province. Foreigners may be familiar with dim sum, Sichuan, and other regional cooking styles from restaurants overseas, but lu cai is much more influential on the mainland, especially throughout Beijing and in the nation's northeast region. Chock this up to both Shandong cuisine's vast array of seafood and the ample selection of grains from the province's inner agricultural hubs, arguably making Lu cuisine China's most well-rounded culinary tradition.

The grains are mostly milled and used in steamed breads, which frequently replace rice as a staple. Shandong cuisine is also renowned for its more than 30 cooking techniques, from *bao* "quick-frying" to *pa*, which involves stewing, frying until golden brown, and sautéing in savory sauces.

Major ingredients and condiments: Seafood (e.g. fish, scallops, sea cucumbers), grains (e.g. millet and wheat), hardy vegetables (e.g. cabbage, potato, cauliflower, eggplant), pork, onion, garlic

Main preparation methods: You name it, Shandong chefs do it. The province's 30-plus cooking methods include *bao* (quick-frying), *pa* (a combination of stewing and frying), roasting, boiling, sautéeing, crystallizing with honey, and more

Kid-friendly dishes:

Sautéed chicken fillet with egg white (芙蓉鸡片, furong jipian): Despite the name, this dish is more egg-based, with a heavy sprinkling of powdered chicken for a hint of meaty flavor. The egg whites are soft but chewy — perfect for young ones who are sensitive to

- textures. RMB 48.
- Griddled fresh organic cauliflower (干锅有机鲜菜花, ganguo youji xian caihua): Parents looking to make their kids' meals healthy and balanced will be pleased with this chewy vegetable dish, which
- includes chunks of pork. RMB 38.
 Deep-fried pork balls (干炸小丸子, ganzha xiao wanzi): Unlike generic western-style Chinese chicken balls, this pork alternative is crunchier and has more of a smoky flavor, which is accentuated by the sides of soy bean paste and cumin spice. Perfect for picky

Family facilities: Western-style bathrooms with toilet paper and soap are located on the second floor. Both chopsticks and cutlery are available. Highchairs are available. The menu is in English and Chinese with pictures. The restaurant is non-smoking.

eaters who are just easing into Chinese flavors. RMB 40.









TIBETAN: MAKYE AME

Heavy dishes and live entertainment for a winter's night

by Sijia Chen

hough it's been around in Beijing since 2001, chances are you've never heard of Makye Ame. This national chain of Tibetan restaurants has two branches in Beijing: one near the Silk Market and one just north of Tuanjiehu Park. We visited the larger, glitzier location near Tuanjiehu Park. Both branches have a boisterous nightly show at 8pm, with yak "dancing" (similar to lion dancing), colorful costume displays, singing, and dancing. The event is kitschy good fun, with guests invited on stage to try Tibetan singing and throat chanting – often with hilarious results. Kids over 7 years of age will enjoy the show, but younger children might get frightened by the noise. Service at Makye Ame is friendly and courteous.

Makye Ame offers a solid introduction to Tibetan cuisine, which makes heavy use of tsampa - roasted barley or wheat flour often mixed with tea or made into a porridge. A staple of Tibetan and Nepalese cuisine, tsampa is easy to carry and provides a rapid boost of energy during long treks. Pinches of tsampa are also thrown at marriages, birthdays, funerals, and New Year celebrations.

Tibetan cuisine tends to be quite heavy, with prominently featured yak meat and dairy products. Carnivores shouldn't miss out on the rack of yak ribs (kao yangpai) or the fall-off-the-bone stewed yak meat (shouzhua yangrou). Yak butter tea (suyou cha) takes some getting used to, but the lightly salted drink is great for a cold winter's night.

Major ingredients and condiments: Yak meat, goat meat, mutton, yak dairy products (e.g. butter, cheese, and yogurt), tsampa, noodles, mustard seed, sepen (Tibetan hot sauce)

Main preparation methods: Frying, stewing, baking, roasting, air drying

Kid-friendly dishes:

- Roast yak ribs (烤羊排, kao yang pai): Meat-loving children will love this towering rack of yak ribs. Chili powder is served on the side. RMB 138.
- Pickled turnip and beef wraps (酸萝卜炒牛肉, suan luobo chao niurou): Pickled julienned turnip lends tanginess and crunch to these mini-burritos. The best part? The staff can help you assemble them for a mess-free experience. RMB 68.
- Pureed spinach soup (巴拉巴尼, bala bani): For children with milder tastes, this dish is similar in flavor and texture to Indian palak paneer. RMB 48.

Family facilities: The western-style bathrooms are decently clean, with soap and toilet paper. Highchairs are available. There are nonsmoking areas and smoking areas in the restaurant.



RESTAURANT ADDRESSES:

Before and After 饭前饭后

1) Daily 11am-10pm. Dongsishitiao branch: A13 Warehouse Complex, Nanxincang, Dongsishitiao, Dongcheng District (6405 9598) 东 城区东四十条南新仓古仓群A13; 2) Chaoyang Park branch: Bldg 1, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 6988) 朝阳区朝阳公园路6号蓝色港湾1号楼; 3) Daily 11am-10pm. Sanyuangiao branch: L314-316, 3/F, Phoenix Mall, Bldg 24, 5 Shuguang Xili, Chaoyang District (5638 3089/91) 朝阳区曙光西里甲5号院24号楼北京凤凰汇3层L314-L316号铺

Chengdu Representative Office Restaurant 成都驻京办餐厅

Shudu Hotel, 30 Shatan Houjie, Dongcheng District (6403 4440 ext 2241) 东城区沙滩后街30号蜀都宾馆

Dong Xing Lou 东兴楼

Daily 10.30am-9.30pm. 5 Dongzhimennei Dajie, Dongcheng District (8406 4118/4058) 东城区东城区东直门内大街5号

In and Out 一半一忘

1) Daily 11am-10pm. 1 Sanlitun Beixiaojie, Chaoyang District (8454 0086/6467 5235) 朝阳区三里屯北小街1号; 2) Daily 11am-10pm. East side of Tunsanli Mall, Yongli International, 21 Gongti Beilu, Chaoyang District (5801 0086/0566) 朝阳区工 人体北路21号屯三里永利国际大厦东侧

Makye Ame 玛吉阿米

- 1) Daily 10-midnight. 11A Xiushui Nanjie, Jianguomenwai, Chaoyang District (6506 9616) 朝阳区建国门外秀水南街甲11号;
- 2) Daily 10am-midnight. 2/F, Jinhuyuan Gongyu, Baijia Zhuang Dongli 23, Chaoyang District (6508 8986) 朝阳区白家庄东 里23号锦湖园公寓会所2层

Nanjing Impressions 南京大排挡

1) Mon-Fri 11am-2pm, 5-9.30pm, Sat-Sun 11am-10pm. 4/F, Shimao Department Store, 13 Gongti Beilu, Chaoyang District (8405 9777) 朝阳区工体北路13号世茂百货4层; 2) 5/F, CapitaMall Xizhimen, 1 Xizhimenwai Dajie, Xicheng District (8817 8777) 西城区西 直门外大街1号凯德MALL购物中心5层; 3) 2/F, Jinlehui, D Zone, Zhongguancun Plaza Shopping Center, 15 Zhongguancun, Haidian District (5986 3111) 海淀区中关村大街15号中关村广场购物中心D区津乐汇2层(近鼎好大厦; 4) 4/F, CapitaMall, 51 Fuxing Lu, Haidian District (8817 8777) 海淀区复兴路51号凯德晶品购物中心4层; 5) 3/F, Guorui Cheng, 18 Chongwenmen Waidajie, Dongcheng District (8755 5777) 东城区崇文门外大街18号国瑞购物中心3层

Tang Palace Seafood Boat 唐宫海鲜坊

1) Daily 7.30am-10.30pm (regular menu), daily 7.30am-5pm (dim sum). Chongwenmen branch: 3/F Novotel Xingiao Hotel, Dongjiaominxiang, Dongcheng District (6512 9603) 东城区东交民巷新侨饭店3层; 2) Daily 8.30am-10pm (regular menu), daily 8.30am-5pm (dim sum). Dongdan branch: 1/F, Jianguo Garden Hotel, 17 Jianguomennei Dajie, Dongcheng District (6513 1288/2088) 东城区建国门内大 街17号好苑建国商务酒店1层; 3) Olympic Village branch: 1/F, Xizang Dasha, 118 Beisihuan Donglu, Chaoyang District (6498 5543) 朝 阳区北四环东路118号西藏大厦1层; 4) Daily 10am-10pm. Joy City branch: Store 2, Bldg 9, Joy City, 101 Chaoyang Beilu, Chaoyang District (8552 9488) 朝阳区朝阳北路101号朝阳大悦城9层2号店铺; 5) Daily 7.30am-10.30pm. Fuchengmen branch: 1/F, Minzu Hotel, 51 Fuchengmennei Dajie, Xicheng District (6605 9327) 西城区复兴门内大街51号民族饭店1层; 6) Daily 10am-10pm. Chaoyang branch: 4/F, Fenglian Square, 18 Chaoyangmen Waidajie, Chaoyang District (6588 9388/3266) 朝阳区朝阳区门外大街18号丰联广场4层; 7) Daily 10am-10.30pm. Wangjing branch: 3/F, Fangheng Mall, 6 Futong Dongdajie, Chaoyang District (8478 5198/5296) 朝阳区阜通东大街6号 方恒购物中心3层; 8) Daily 7.30am-7.30pm (regular menu), daily 7.30am-5pm (dim sum). Haidian branch: 2/F, Hotel Nikko New Century Beijing, 6 Shouti Nanlu, Haidian District (6849 1313) 海淀区首体南路6号新世纪日航酒店2层



Due to space constraints, we've listed only the more popular branches here. For complete addresses, check our website at www.beijing-kids.com.

Dongbei

Liulaogen 刘老根东北菜

Founded by Dongbei native and Chinese sketch comedian Zhao Benshan, Liulageen serves Dongbei favorites in a refined theater-inspired setting. Be sure to try the sweet n' sour pork or shazhu huicai (RMB 69 each). Service is outstanding, with clean surroundings, westernstyle bathrooms, and English translations in the menu.

Daily 11am-9pm. 34 Xiaojiang Hutong, Qianmen Donglu, Dongcheng District (6702 6666) 东城区前门东路小江胡同34号

Guangdong

Jin Ding Xuan 金鼎轩酒楼

Many branches of this popular Cantonese chain are open 24 hours, offering affordable, no-nonsense dim sum that hits the spot.

1) Daily 24hrs. 77 Hepingli Xijie, Dongcheng District (40067 66111) 东城区和平里西街77号; 2) Daily 11am-2pm, 5-10pm. D122, B/1, Huamao Shopping Center, 87 Jianguo Lu, Chaoyang District (40067 66111) 朝阳区建国路87号华贸购物中心地下1层D122号

Taiwan

Din Tai Fung 鼎泰丰

A Taiwanese chain that has earned its international renown – taste just one delicate, hand-rolled xiaolongbao and you'll join the fan club. The soups, fried rice with pork and noodles are also guaranteed to please. Friendly service and a kid's playroom rounds out the package.

1) Daily 11.30am-9.30pm. 6/F, Shin Kong Place, China Central Place, 87 Jianguo Lu, Chaoyang District (6533 1536) 朝阳区建国路87号华贸 中心新光天地6层; 2) Mon-Thu 11am-2.30pm, 5-10.30pm, Fri-Sun 11am-9pm. Unit LG2-20, Parkview Green, 9 Dongdaqiao Lu, Chaoyang District (8562 6583) 朝阳区东大桥路9号芳草地LG2-20层

Zhejiang

Green Tea Restaurant 绿茶餐厅

Green Tea restaurant serves up traditional dishes from Hangzhou with a contemporary twist. Green Tea is very popular among reviewers on Dianping, who are especially fond of the peasant's stewed fish (农夫炖鱼) and odd "Bread Allure" – a block of buttered bread with a scoop of ice cream on top.

Mon-Fri 11am-3pm, 4.30pm-10pm, Sat-Sun 11am-10pm. 4/F, Shimao Department Store, 13 Gongti Beilu, Chaoyang District (8895 7388/8388) 朝阳区工体北路13号世茂广场工三4层

Grandma's Home (Waipo Jia) 外婆家

This cozy Shanghai transplant does Zhejiang food well, with chic surroundings and affordable prices. Shrimp and fish are well-represented here, as are steamed and braised dishes. Be sure to try a creamy and sweet "double-skin milk" (双皮奶) custard. However, be prepared for long lineups; we recommend getting there early when you're not too hungry, taking a number, then shopping around and coming back for lunch.

Daily 10.30am-2.30pm (lunch), 4.50-9pm (dinner). 2/F (above Gap), Solana Lifestyle Shopping Park, 6 Chaoyang Gongyuan Nanlu, Chaoyang District (5905 6087) 朝阳区朝阳公园路6号蓝色港湾国际商区2层(Gap楼上)

IT'S ALL CHINESE T ME

Useful phrases and vocabulary



Upon Arrival

Listen for:

Do you have a reservation? You yuding ma? 有预定吗?

What name (is the reservation under)? Zenme chenghu? 怎么称呼?

What time is it for? *Ji dian de?* 几点的?

How many people? *Ji wei?* 几位?

Smoking or non-smoking?

Yao zuo xiyan qu haishi wuyan qu?
要做吸烟区还是无烟区?

Sav

We have a reservation*. *You yuding.* 有预定。

* If you're responding to a question, you can just say "you" (yes) or "mei you" (no).

We are [three, four, five...] people. [San, si, wu...] wei. 【三,四,物。。。】位。

Do you have highchairs? You ertong canyi ma? 有儿童餐椅吗?

When Ordering

Listen for:

What do you want to order? Xiang chi dian shenme? 想吃点什么?

Do you have any dietary restrictions? *You jikou ma?* 有忌口吗?

I'm going to repeat your order. Wo chongfu yi xia. 我重复一下。

Say:

Do you have [name of dish]? *You ... ma*? 有。。。吗?

Please don't put [meat, MSG, salt, spice, sugar...]. *Qing bu yao fang [rou, weijin, yan, la jiao, tang...).* 请不要放【肉,味精,盐,辣椒。。。】

I'm vegetarian. *Wo chi su.* 我吃素。

What are your house specialties? You shenme tese/zhaopai cai? 有什么特色、招牌菜?

I am allergic to [eggs, peanuts, tree nuts, seafood, gluten...]

Wo dui [jidan, huasheng, haixian, mianjin...] guomin. 我对【鸡蛋,花生,坚果,海鲜,面筋。。。】过敏。

I'd like [one, two, three...] cups of [cold, warm, hot] water.

Yao (yi, liang, san...) bei (leng, wen, re) shui. 要【一,两,三。。。】杯【冷,温,热】水。





WAB's 2014 Winter Charity Bazaar

On November 22, the Western Academy of Beijing welcomed the local community to the 2014 Winter Charity Bazaar. More than 20 charity organizations and 100 vendors were there to kick off the holiday season. The bazaar raised RMB 34,500 for Educating Rural Girls in China, RMB 6,000 for Operation Blessing, and RMB 100,000 for Peng Cheng Special Education School.

















beijingkids 2014 Santa on Ice and Christmas Fair

On December 13 and 14, beijingkids held its traditional winter event Santa on Ice at Le Cool Ice Rink. On top of that, the first beijingkids Christmas Mini-Fair welcomed over 300 guests over two days at China World Mall near the Tiffany's store. The event brought together a cross-section of vendors, from organic food producers to hairdressers. After ice skating with Mrs. Claus, guests enjoyed hot drinks, snacks, crepes, gift vouchers, and photos with Santa at the fair. Special thanks to China World Mall, Dave from PiXSTUDIO, Eatalia, Salt, VCleanse, Ipony International Youth Cavaliers Academy, Big Bear Cookies, Truefitt and Hill, Laurent Falcon, Pudao, Youpin Food, Alce Nero, and Santa Claus for helping to make this event a success.





















Keystone Draws Over 850 People on Open House Day

On November 22, Keystone Academy opened its gates to over 850 people interested in learning about the school's blended model of education, which combines Eastern and Western teaching approaches with a residential program. Prospective parents and students were given the opportunity to speak to panels of teachers, and current parents and students who shared their first-hand experience of being part of the Keystone community. After the open house session, boarders took groups of visitors on a tour of the campus.



CISB Grade 10 Field Trip to 798

On November 25, the Grade 10 Chinese class went to 798 Art District for a field trip. Students collected materials for a project about Beijing's seasons and modern cultures. They interviewed visitors, shop owners and artists in 798. It provided an opportunity to practice communication skills learned in class.









Santa's Grotto at BSB

On November 6, Year 12 students ran Santa's Grotto at the British School of Beijing, Shunyi's Christmas Fayre and German Market. They also raised money for the Little Adoption Shop as part of their IB CAS project.





The Lion, The Witch and The Wardrobe at Harrow

On November 27, 83 pupils from Prep to Upper School took the Harrow Beijing community into Narnia, where the three White Witches cast a spell that makes it always winter but never Christmas. Students oversaw all elements of the production, including music, set design, set construction, costumes, props, and sound and lighting.









Viva la Fiesta at Dulwich Dinner Dance

On November 22, the Annual Dulwich Dinner Dance themed Viva la Fiesta took place at the Hilton Beijing Capital Airport. It was a fun-filled evening with guests all dressed in colorful fiesta-themed outfits. The Dulwich Student Drummers made their debut at the Dinner Dance and impressed with their energy and rhythm. Parents, staff, and their guests let their hair down and partied all night to Latin music. The Friends of Dulwich Organizing Committee raised over RMB 100,000 for the Beijing Stars & Rain Autism project.



Air Toss Competition at ISB

In late November, the International School of Beijing's upper elementary students participated in the annual Air Toss competition. After weeks of practice, students from Grades 3-5 battled it out for the cup, cheered on by their parents, peers and teachers.







PHOTOS: COURTESY OF DCB AND ISE





St Martin's Lantern Walk at HoK Quanfa

On November 7, House of Knowledge hosted its annual St. Martin's Lantern Walk at Quanfa Campus, where guests enjoyed a student performance, traditional songs around the fire, and traditional German fare such as mulled wine and goulash.



YCIS Beijing Holds First Community Christmas Bazaar

On November 22, Yew Chung International School of Beijing celebrated its first Christmas bazaar for the whole Beijing community. Over 500 guests were treated to a day of fun, complemented by over 30 vendors in the school gymnasium. There were a wide range of Christmas gifts, food and beverages, arts and crafts, games and decorations available for all. Children were invited to make homemade Christmas cards, play with sand pictures, build Christmas trees, and enjoy face painting. Charities including Migrant Children's Foundation, Little Flower and Roundabout were also present.









State of the Art at BWYA

On November 27, Beijing World Youth Academy hosted its annual Evening of Art and Design with over 100 students showcasing their talents. There were orchestral and choral performances, paintings, sculptures, design models, textiles, Shakespeare performances, and an original short play by Year 7 students. There was also a fashion show with a twist as Year 9 visual art students presented their unique designs for body adornments that were developed to raise awareness of human rights abuses around the world.



BIBS Speaker Series: "Home and School Partnerships in the International School World"

On November 20, Professor Qi Dahui, researcher at the Peking University Research and Development Center of Culture and Director of the Peking University Family Culture and Parent Education Institute joined the BIBS Speaker Series with a talk entitled "Home and School Partnerships in the International School World." He advocated for family agreements, emphasized the importance of community service, and highlighted the development of globallyminded citizens. The BIBS Speaker Series features experts in their respective fields speaking on topics of interest to parents and educators. All events are free and open to the public.











Charity Bazaar at 3e

On November 29, 3e International School held its annual Charity Bazaar with special gifts, festive food, family activities, and exciting raffle prizes. The event raised RMB 5,600 for Little Flower Orphanage.



Dictionary Day at HIS

On October 31, students at Hope International School participated in Dictionary Day. Each student was assigned a word and had to make a costume depicting it (the Grade 4 class is pictured here).







beijingkids & Jingkids

Beijing International School Expo 2015
(BISE)



Sat, Jan 24 and Sun, Jan 25 10am 4pm at Kerry Sports (2/F, Kerry Hotel Beijing)

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The Partial List of the BISÉ 2015 Exhibitors

3E International School

Acorn International Camp Education

AOJI International School

Aurora Academy International

Beanstalk International Bilingual School

Beijing Changping New Oriental Foreign Language School

Beijing City International School

Beijing Collegiate Academy

Beijing Huijia Private School

Beijing International Bilingual Academy

Beijing Limai Foreign Languages School

Beijing New Talent Academy

Beijing No.4 High School International Campus

Beijing SMIC School

Bejing Haidian International School

Bejing Royal School

British School of Beijing

Candian International School of Beijing

Chuchuguo

Daystar Academy

Etonkids International Bilingual Kindergartens

Haileybury International School

Harrow International School Beijing

House of Knowledge International School & Kindergaten

International Department of Beijing No.4 High School

Ivy Schools

Keystone Academy

Maple International Academy

MIK International Kindergarten

National Institute of Technology

Peide School

Springboard International Bilingual School

Stateside Adventures

The Edge Learning Center

The Learning Center

Touchdown!

Tsing Hua International School

Yew Chung International School of Beijing

Yew Wah Infant and Toddler Education Center (YWITEC)

Yew Wah International Education School

Kids Areas:

Ipony International Youth Cavaliers Academy

Daystar Academy

UCCA Creative Studio

3e国际学校

爱科国际营地教育

澳际国际学校

明悦教育

青苗国际双语学校

北京昌平新东方外国语学校

北京乐成国际学校

常春藤国际学校

北京市私立汇佳学校

海嘉国际双语学校

北京力迈外国语学校

北京新英才学校

北京四中国际校区

北京市中芯学校

北京海淀国际学校

北京王府学校

北京英国学校

加拿大国际学校

出出国

启明星双语学校

伊顿国际双语幼儿园

黑利伯瑞国际学校

北京哈罗英国学校

好思之家国际学校&幼儿园

北京四中国际部

艾毅幼儿园

北京市鼎石国际学校

枫叶国际幼儿园

博识梦飞国际幼儿园

爱迪国际学校

培德书院

君诚国际双语学校

游美体验营

领峰教育

北京智培普奇教育咨询中心

拓达留学

清华附中国际部

北京耀中国际学校

北京耀华婴幼儿教育中心

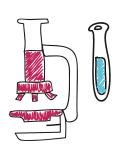
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启明星双语学校 UCCA创意探索地带









Family Dining

Cantonese & Dim Sum

Tang Palace Seafood Boat Those in the know name this chain as having some of the best dim sum in town. The a la carte options aren't half bad either - try the roast pigeon, manadarin fish and durian puffs. Reservations recommended. 1) Daily 7.30am-10.30pm (regular menu), daily 7.30am-5pm (dim sum). Chongwenmen branch: 3/F Novotel Xingiao Hotel, Dongijaominxiang, Dongcheng District (6512 9603) 2) Daily 8.30am-10pm (regular menu), daily 8.30am-5pm (dim sum). Dongdan branch: 1/F, Jianguo Garden Hotel, 17 Jianguomennei Dajie, Dongcheng District (6513 1288/2088) 3) Olympic Village branch: 1/F, Xizang Dasha, 118 Beisihuan Donglu, Chaovang District (6498 5543) 4) Daily 10am-10pm. Joy City branch: Store 2, Bldg 9, Joy City, 101 Chaoyang Beilu, Chaoyang District (8552 9488) 5) Daily 7.30am-10.30pm. Fuchengmen branch: 1/F, Minzu Hotel, 51 Fuchengmennei Dajie, Xicheng District (6605 9327) 6) Daily 10am-10pm. Chaoyang branch: 4/F, Fenglian Square, 18 Chaoyangmen Waidajie, Chaoyang District (6588 9388/3266) 7) Daily 10am-10.30pm. Wangjing branch: 3/F, Fangheng Mall, 6 Futong Dongdajie, Chaoyang District (8478 5198/5296) 8) Daily 7.30am-7.30pm (regular menu), daily 7.30am-5pm (dim sum). Haidian branch: 2/F, Hotel Nikko New Century Beijing, 6 Shouti Nanlu, Haidian District (6849 1313) 唐宫海鲜坊, 1) 东城区东交民巷新侨饭 店3层 2) 东城区建国门内大街17号好苑建国商 务酒店1层 3) 朝阳区北四环东路118号西藏大厦 1层 4) 朝阳区朝阳北路101号朝阳大悦城9层2号 店铺 5) 西城区复兴门内大街51号民族饭店1层 6) 朝阳区朝阳区门外大街18号丰联广场4层 7) 朝阳区阜通东大街6号方恒购物中心3层 8) 海淀 区首体南路6号新世纪日航酒店2层

Dumplings

Xian Lao Man This busy chain of restaurants does huge, ingot-shaped dumplings and mending roubing ("doornail meat pies") and other homestyle lao Beijing dishes. 1) 5 Anhu Beili Yayuan, Gulou, Dongcheng District (6404 6944) 2) 8 Zongzheng Xiyuan Canying Lou, Huangsi Daije, Chaoyang District (6679 2284) 3) 252 Andingmennei Dajie, Dongcheng District (6404 6944)馅老满 1) 东城区, 安惠北 里雅园5号楼 2) 朝阳区,西城区黄寺大街甲8号 总政西院餐饮楼(近柳荫湖公园) 3) 东城区, 安 定门内大街252号

Japanese

Haru Teppanyaki and Sushi Bar Watch and listen to your food as it sizzles and cooks to your preference. Haru impresses with sleek decor and the quality of the food. Kids will be entertained by the chefs flaming hot plates, and the large portion servings mean this is a great place to spend a few extra kuai on a family night out. 1) Daily 11.30am-2pm, 5.30pm-10pm. 902 Pinnacle Plaza, Jingshun Lu, Shunyi District (8046 5112) 2) Unit N4-30, 3/F, Sanlitun Village North, 11 Sanlitun Lu, Chaoyang District, Chaoyang District (6415 2112)尚水长廊铁板烧餐厅 1) 顺义区 竺镇开发区荣祥广场902 2) 朝阳区,三里屯 路11号院(Village北区)能号楼三层N4-30单元

Jiangsu

Nanjing Impressions The restaurant celebrates the cuisine of Nanjing, offering many duck-based specialties like the duck meat dumplings and the famous saltwater duck. Other must-try dishes are jiangmi kourou, rice with sliced pork belly and the "lion's head" meatball. There is also a snack stall which offers pancakes, noodles and other delicacies. 1) Mon-Fri 11am-2pm, 5-9.30pm, Sat-Sun 11am-10pm. 4/F, Shimao Department Store, 13 Gongti Beilu, Chaoyang District (8405 9777) 2) 5/F, CapitaMall Xizhimen, 1 Xizhimenwai Dajie, Xicheng District (8817 8777) 3) 2/F, Jinlehui, D Zone,

Zhongguancun Plaza Shopping Center, 15 Zhongguancun, Haidian District () 4) 4/F, CapitaMall, 51 Fuxing Lu, Haidian District (8817 8777) 5) 3/F, Guorui Cheng, 18 Chongwenmen Waidajie, Dongcheng District (8755 5777) 南京大排挡, 1) 朝阳区工体北路 13号世茂百货4楼 2) 西城区西直门外大街1号凯 德MALL购物中心5层 3) 海淀区中关村大街15号 中关村广场购物中心D区津乐汇2层(近鼎好大厦) 4) 海淀区复兴路51号凯德晶品购物中心4层 5) 东城区崇文门外大街18号国瑞购物中心3层

Russian



Dacha Located near Ritan Park, Dacha serves features truly global cuisine, from sushi to pizza. Try Russian classics like borscht and traditional beet salad, or opt for European standards such as pasta Carbonara and rack of lamb. Also provided is Chinese cuisine. Most entrees range from RMB 45-100, while appetizers and salads are in the RMB 20-60 range. The restaurant caters to families with a smoke-free environment and kids' playroom with toys. Every Sunday, there's a drawing master-class for kids. Functions such as family holidays, kids parties and holidays with prizes are held at the restaurant. Shisha is also available. Daily 10am-3am. 1 Ritan Lu (on the north side of Ritan Hotel), Chaoyang District (8563 5765, dacha.asia@mail.ru) www.dacha.asia别墅西餐 厅, 朝阳区日坛路1号(日坛宾馆北侧)

Shandona

Dong Xing Lou The most renowned of the formerly "Big Eight" restaurants (most of them serving Shandong cuisine) in town, this Dongzhimemennei restaurant serves classic dishes like fish in wine-flavored sauce (cu liu yu pian, 糟熘鱼片), deep fried meat balls (gan za wan zi, <i>干炸丸子) and scallion flavored sea cucumbers (cong shao hai zhe, 葱烧海参). 10.30am-9.30pm. 5 Dongzhimennei Dajie, Dongcheng District (8406 4118, 8406 4058) 东兴楼,东城区东城 区东直门内大街5号

Sichuan

Chengdu Representative Office **Restaurant** Cheap and tasty, this little restaurant provides genuine Sichuan food without the Chuanban crowds. Try the shuizhuyu.Shudu Hotel, 30 Shatan Houjie, Dongcheng District (6403 4440 ext 2241) 成 都驻京办餐厅, 东城区沙滩后街30号蜀都宾馆

Fanqian Fanhou (Before and After) The name means "Before and After the Meal," highlighting the popularity of its dabancai (RMB 38), a giant salad adorning nearly every table, and complimentary desserts. But don't skip on the delicious mains, ranging from stylish renditions of homestyle Taiwan dishes to favorite treats of the island's celebrities. 1) Daily 11am-10pm. Dongsishitiao branch: A13 Warehouse Complex, Nanxincang, Dongsishitiao, Dongcheng District (6405 9598) 2) Chaoyang Park branch: Bldg 1, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 6988) 3) Daily 11am-10pm. Sanyuanqiao branch: L314-316, 3/F, Phoenix Mall, Bldg 24, 5 Shuguang Xili, Chaoyang

District (5638 3089/91) 饭前饭后, 1) 东城 区东四十条南新仓古仓群A13 2) 朝阳区朝阳公 园路6号, Solana蓝色港湾商业区1号楼 3) 朝 阳区曙光西里甲5号院24号楼北京凤凰汇3层 L314-L316号舖

Tibetan

Makye Ame Hearty food in one of the coziest dining rooms in the city. Great for a post-work Tibetan decompression. Authentic Tibetan atmosphere, food and beverages with super-comfy couches, 1) Daily 10-midnight, 11A Xiushui Nanjie, Jianguomenwai, Chaoyang District (6506 9616) http:// en.makyeame.cn/newEbiz1/EbizPortalFG/ portal/html/index.html 2) Daily 10ammidnight. 2/F, Jinhuyuan Gongyu, Baijia Zhuang Dongli 23, Chaoyang District (6508 8986) http://en.makveame.cn/newEbiz1/ EbizPortalFG/portal/html/index.html 玛吉阿 1) 朝阳区建国门外秀水南街甲11号 2) 朝 阳区白家庄东里23号锦湖园公寓会所2层

Yunnan

In & Out Staffed by various ethnic minorities of Yunnan decked out in their traditional costumes, this airy three-floor Lijiang-themed restaurant is popular with locals and Sanlitun embassy-area foreigners alike. The seasonally rotating menu boasts Dai favorites such as fried potato balls and rice with pineapple, along with a mish-mash of Naxi, Bai, and Wa minority staples including Xishuangbanna roast fish bundled with lemongrass, and rich, leathery Shangri-La dried beef. Voted "Outstanding Yunnan" in the Beijinger's 2011 Restaurant Awards. Daily 11am-10pm. 1 Sanlitun Beixiaojie, Chaoyang District (8454 0086/6467 5235) 一坐一忘,朝阳区三里屯

African

Pinotage With two locations in Beijing, Pinotage offers classic South African fare like savory vetkoek (RMB 120), a classic Afrikaner dish consisting of minced beef and tomato chutney delightfully balanced against coconut and dried banana. Kid-friendly dishes include mini pizza wheels with cheddar and marmite (RMB 90) and bullie beef hash made from corned beef, onion, potato and poached eggs (RMB 120 from the weekend brunch menu). There are also gourmet takes on favorites like the beef burger and boerie roll - essentially a foot-long South African hot dog (both RMB 120). 1) Sun-Thu 12am-9pm, Fri-Sat 12am-10pm. Lane Bridge Villa Compound, Laiguangying Donglu, Chaoyang District (6430 7010) 2) Sun-Thu 12am-10.30pm, Fri-Sat 12am-11.30pm, bar opening hours: daily 12am-2am. 12 Dongzhimen Waidajie (corner of Sanlitun Bar Street), Chaoyang District (5603 1945, 153 2100 0204) 1) 朝阳 区来广营东路9号2)朝阳区东直门外大街12号 (三里屯酒吧街北口)

American

Blue Frog This popular Shanghai-based restaurant chain has a menu rooted in burgers. The "Blue Frog Burger" ranks right up there among the best in the city, and there are a host of other patty-based options available. Drinks are buy-one-get-one-free during the 4-8pm daily happy hour; on Mondays, that also includes a buy-one-get one-free burger deal. And American style breakfast is available all week. Other culinary possibilities include Italian-style pasta dishes and Mexican options - a reflection of the American melting pot. Decent Wi-Fi. Voted "Outstanding American" and "Outstanding Burger" in the Beijinger's 2011 Reader Restaurant Awards. 1) Daily 10am-late. Level 3, S2-30 Tower, the Village North Sanlitun Road, Sanlitun, Chaoyang Distinct, Chaoyang District (6417 4030, info@bluefrog.com.cn) www.bluefrog.com.cn 2) Daily 10am-late. 1/F, Bldg 1, U-Town, Sanfeng Beili, Chaoyang District (8561 2665, info@bluefrog.com. cn) www.bluefrog.com.cn 3) Daily 10ammidnight, 167, 1/F, Indigo, 18 Jiuxiangiao Lu. Chaoyang District (8426 0017, info@bluefrog. com.cn) www.bluefrog.com.cn 4) Daily 10am-late. S2-30, Level 3, S2 Tower, The Village at Sanlitun, Chaoyang District (6417 4030, info@bluefrog.com.cn) www.bluefrog. com.cn蓝蛙, 1) 朝阳区三里屯北路19号三里 屯Village南区2号楼3层S2-30 2) 朝阳区三丰北 里悠唐生活广场1号楼1层 3) 朝阳区颐堤港店酒 仙桥路18号1层167号 4) 朝阳区三里屯路19号院

Element Fresh This sunny Shanghai import showcases a healthier side of American food, with elaborate salads, smoothies and sandwiches. Popular weekend brunch menu. Voted "Best American," "Best Brunch (Affordable)" and "Outstanding Family Friendly Atmosphere" in the Beijinger's 2011 Restaurant Awards. 1) Mon-Fri 10am-11pm, Sat-Sun 8am-11pm, S8-33, Bldg 8, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6417 1318, chefbilly@ yahoo.com) www.elementfresh.com 2) Sun-Thu 8am-11pm, Fri-Sat 8am-midnight. 6 Jiangtai Lu, Chaoyang District (6433 5058, chefbilly@yahoo.com) www.elementfresh. com 3) Mon-Thu 11am-10pm, Fri 11am-11pm, Sat-Sun 9am-11pm. Solana Lakeside Dining Street, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 1908, chefbilly@ yahoo.com) www.elementfresh.com 4) Mon-Fri 11am-10pm, Sat-Sun 10am-10pm. 1/F, Indigo, 18 Jiuxiangiao Lu, Chaoyang District (8420 0565, chefbilly@yahoo.com) www.elementfresh.com 5) Mon-Fri 11am-10pm, Sat-Sun 10am-10pm. LG2, Parkview Green, 9 Dongdaqiao Lu, Chaoyang District (8561 0378, chefbilly@yahoo.com) www. elementfresh.com 6) Mon-Sun 10am-10pm. 1F, Beijing Kerry Centre Mall, 1 Guanghua Lu, Chaoyang District (8529 8680, chefbilly@ yahoo.com) www.elementfresh.com新元素)朝阳区三里屯路19号院三里屯Village 3层 2) 朝阳区将台路6号 3) 朝阳区朝阳公园6号蓝色 港湾湖畔美食街 4) 朝阳区酒仙桥路18号颐堤 港1层 5) 朝阳区东大桥路9号 6) 朝阳区光华 路1号1层

Eudora Station Bar and Restaurant This Lido area spot gets points for quality and service, and its large verandah is a great place to park with the kids on a sunny day. There are two highchairs for especially wee ones. Daily 9am-2am. 6 Fangyuan Xilu, Chaoyang District (6437 8331) 亿多瑞站,

Lily's American Diner The owner of this Shuangjing restaurant cut her teeth at Steak & Eggs; she's now created a menu of her own offering a sizeable selection of classically greasy North American and Tex-Mex fare like cheeseburgers, roast beef melt subs and chicken or beef faiitas. All-day breakfast specials including buttermilk pancakes with two eggs, plus bacon, sausage or ham. Generously sized beef burritos come wrapped in suitably soft, yet resilient tortillas, with assorted vegetables and "Lily's spices." The beef nachos aren't quite like those in Texas, but they're entirely edible by Beijing standards. 1) Daily 8am-midnight. Unit 2-18, Bldg 2, Tianzhi Jiaozi, 31 Guanggu Lu (northeast corner of Shuangjing Qiao), Chaoyang District (6592 5548, lilysdelivery@ yahoo.com) www.lilysbeijing.com 2) Daily 10am-midnight. 200m east from north gate of Jindi Mingjing Xiaoqu, exit E of Sihui subway station, Chaoyang District (, lilysdelivery@yahoo.com) www.lilysbeijing. com 3) Tues-Sun 10am-10pm, Mon closed. Xindong Lu 8 Hao Yuan, Shoukai Bojun Bldg 5, Room 1-037, Chaoyang District (8418 5497, lilysdelivery@yahoo.com) www. lilysbeijing.com1) 朝阳区双井桥东北角广渠路 31号院天之骄子2号楼底商2-18 2) 朝阳区四 惠地铁北E出口金地名京小区北门对面往东200 米 3) 朝阳区新东路8号院首开铂郡小区底商5 号楼1-037号

Bakeries, Delis & Desserts

Auntie Jane's Bakery Longtime expat Jane Hsiao started her baking business in 2007.

Her eye-popping cake designs range from Frozen and Kung Fu Panda to woodland creatures and even the Temple of Heaven. A birthday cake with a simple custom design and large enough for ten costs RMB 380. Delivery is free within Shunyi and negotiable within the city. She also has three locations in Shunyi, Haidian, and Liangmaqiao 1) 5 Tianyunge, Tianzhu Huayuan, 38 Tianzhu Fuqian Yijie, Shunyi District (6458 1368/1968) 2) 1/F, Fuyi Hotel, 68 Dongsihuan Xilu, Haidian District (5155 3651/2); 3) Inside Fuyi Hotel, 39 Maizidian Xilu, Chaoyang District (6584 8001/9)1) 顺义区天竺府前一 街38号天竺花园天韵阁5号 2) 海淀区北四环西 路68号富驿酒店1楼 3) 朝阳区麦子店西街39号

Euro Cake A spinoff of Euro Bakery, Euro Cake was founded in 2006 by Dutchman Henny Fakkel to offer European-style cakes. Choose from chocolate or vanilla flavor with icing or almond paste. Orders require two to three days' notice and cakes range from RMB 268-850. Free delivery within Fifth Ring Road. 18 Jinma Industry Zone, Shunyi District (6949 1450, info@eurobakery.com.cn) www. eurocake.com.cn北京金马欧兰食品有限公司, 顺义区金马工业区18号

Fawn's Sweets Founded and operated by Hong Kong-born teen siblings Stephanie and Kevin Yang, Fawn's Sweets specializes in cheesecakes and cupcakes for all occasions. A box of nine cupcakes costs RMB 108 and a large cheesecake costs RMB 280. There are also individual portions available for sale at the shop, such as carrot cake (RMB 13) and red velvet (RMB 12). Mon-Fri 8.30am-9pm, Sat-Sun 10.15am-7.30pm. Shop B118, Chaowai SOHO Phase II, Chaoyangmennei Xiaojie, Chaoyang District (6517 6680) 佛 恩斯蛋糕店, 朝阳区朝内小街朝阳门SOHO2期 B118店铺

Dongbei

Liulaogen Founded by Dongbei native and Chinese sketch comedian Zhao Benshan, Liulaogen serves Dongbei favorites in a refined theater-inspired setting. Be sure to try the sweet n' sour pork or shazhu huicai (RMB 69 each). Daily 11am-9pm. 34 Xiaojiang Hutong, Qianmen Donglu, Dongcheng District (6702 6666) 刘老根东北菜,东城区前门东路

European

The English Tearoom Located behind Shunyi's Beidong Flower Market, The English Tearoom is a quintessentially British, familyfriendly tearoom. The cafe prides itself on serving real tea in traditional English-style teapots, including black teas, green tea, rooibos, herbal and fruit teas (all imported from the UK). Visitors will also find gourmet coffee, fresh fruit juices, and smoothies. For food, there are traditional fresh-baked English scones and a selection of British cakes and biscuits. The light lunch menu includes sandwiches, salads, and specials like sausage rolls and Scotch eggs. There's also an English afternoon tea and a generous English breakfast. The English Tearoom strives to use organic, local, and free-range produce whenever possible. The space is divided into the Main Tearoom and the Children's Tearoom; the latter contains a large play area for tots to run around in. Parking is available outside the restaurant within the Chuangyi Yuan compound. Daily 10am-7pm. Inside Chuangyi Yuan, 1A Shunhuang Lu (near Scitech Outlets), Sunhe Township, Shunvi District (8459 4407, 158 1099 8410 (English and Chinese), booking@rosewoodbeijing. com) www.englishtearoombeijing.com英国茶 顺义区孙河乡顺黄路甲1号创意园内(近赛

The Orchard An institution among residents of residents of out-of-town expat hideout Shunyi, The Orchard comes highly recommended for its affordable menu of western food and emphasis on organic

produce, with ample provision for little ones making it an ideal spot for family dining. The restaurant's remoteness from the city center lends it added appeal as a retreat from the rough and tumble of urban life (although the surrounding village of Hegezhuang, which is also home to Green T. Living and the Yin Yang Community Center, is quickly gentrifying), but does make transportation something of a headache – finding a taxi back into town can be a challenge, so come equipped with a plan. The well-known Sunday brunch (11am-3pm) is RMB 210 a person. Children can relax with a video and enjoy the cushy chairs in the kids' room, or head outside for a stroll around the lake with mom and dad. Voted "Outstanding Brunch (Affordable)" in the Beijinger's 2011 Reader Restaurant Awards. Daily noon-3pm, 6-9pm. From Jingshun Lu, turn left (west) at Shunbai Lu Intersection, (turn at the driveway just west of the Hegezhuang Village Sign), Chaoyang District (6433 6270) 果园, 朝阳区 崔各庄乡何各庄村(过何各庄村路标往南转)

French

Crepanini Run by two Bretons, this small cafe features a variety of savory and dessert crepes (including a buckwheat Breton Crepe and the ever-popular Nutella and Banana Crepe). In addition, they offer a selection of paninis and waffles and drinks include coffee, smoothies, cider and pastis. Set breakfast and lunch menus on offer. Local delivery available. Sun-Thu 9am-midnight, Fri-Sat 9am-2am. Unit A110, 1/F, Nali Patio, 81 Sanlitun Lu, Chaoyang District (5208 6093, boucheriemichel@hotmail.com) www.flo.cn 可百尼尼, 朝阳区三里屯路81号那里花园1层 酒吧街对面

German

South German Bakery, Cafe Konstanz and Bodenseestube Provides over 20 varities of German and European rye, wheat and white breads (Alpenschpitz, Mohn Stange, Kaese Stange, toast bread and baguettes), along with tasty homemade cakes and sweets. Upstairs you'll find Cafe Konstanz and Bodenseestube, a south German restaurant that offers great weekend breakfasts (Sat-Sun, 8.30am-3pm), business lunches, dumplings, sausages, sauerkraut, cheese noodles and hearty German dinners. Sandwiches and quality coffee also available. Available for private parties and events. Daily 9am-10pm (restaurant), 7am-10pm (bakery). 27 Lucky Street, 1 Chaoyang Gongyuan Lu, Chaoyang District (5867 0201, michael@ germanbakery.com.cn) www.germanbakery. com.cn德南面包房,朝阳区朝阳公园路1号妇

Indian & Pakistani

Ganges Indian Restaurant This is a good restaurant for the gastronomically adventurous. Spicy dishes can be cooked without the heat upon request (probably a good idea for the young ones). There's a play area with two kids' tables and chairs, plus books and crayons mixed in with other toys. For smaller diners, there are a few highchairs available. In a nutshell, this is delicious Indian food in a comfortable environment that won't break your budget. Winner of "Best India/Pakistani" in the Beijinger's 2011 Reader Restaurant Awards. 1) 6/F, Wudaokou U-Center, Chengfu Lu, Haidian District (, WeChat: vividolce) www.ganges-restaurant. com 2) Daily 10am-11pm. 138A, B1/F, The Place, 9 Guanghua Lu, Chaoyang District (6587 2999, WeChat: vividolce) www.gangesrestaurant.com 3) Daily 10am-11pm. 5/B, Hairun International Apartment, 2 Jiangtai Lu, Chaoyang District (5135 8353, WeChat: vividolce) www.ganges-restaurant.com 4) 2/F, Paddy O'Shea's, 28 Dongzhimenwai Dajie, Chaoyang District (6417 0900, WeChat: vividolce) www.ganges-restaurant.com 5) Stall 202, 2/F, Bldg 1, Shimao Department Store, 13 Gongti Beilu, Chaoyang District



(6416 0181, WeChat: vividolce) www.gangesrestaurant.com恒河印度餐斤 海淀区成 府路五道口U-Center6层 2) 朝阳区光华路9号世 贸天阶地下1层138A 3) 朝阳区将台路2号海润 国际公寓底商5号 4) 朝阳区东直门外大街28号 爱尔兰酒吧2层 5) 朝阳区工体北路13号世贸百 货1号楼2层202

Italian

Galati Italian Restaurant Meat and fish dishes include beef tenderloin, osso bucco, salmon steak, and fresh tuna (RMB 98-178). Pastas (RMB 58-88) include lasagna, bolognese, taglioni with truffles, arrabiatta, and beef ravioli. There are a number of pizzas with flavors like margherita, prosciutto crudo, diavola, vegetarian, and tuna (RMB 58-78). Galati also serves bianca pizzas, which have a focaccia bread base. Pinnacle Plaza, Yuvang Lu, Tianzhu Town, Shunyi District Galati 意大 利餐厅, 顺义区天竺镇榆阳路荣祥广场

Loft Eatalicious Italian chain featuring high-quality Italian food for fair prices. Hearty mozzarella salads, pumpkin soups, fresh pizzas, and robust baked lasagnas abound. Most food items are in the 35-80 RMB range. 1) Daily 10.30am-11pm. Unit 101, Bldg A1, ULO Park, 605 Wangjing Yuan, Guangshun Nandajie, Chaoyang District (8870 0868, shunyi@eatalicious.com) www. eatalicious.com 2) Mon-Thu 10am-10pm, Fri-Sun 8.30am-10.30pm. Shop 710, Pinnacle Plaza, 99 Yuxiang Lu, Tianzhu, Shunyi District (8046 1565, shunyi@eatalicious.com) www. eatalicious.com 3) 10am-11pm. D10-6 Tianli Street, Fuli City, Chaoyang District (5862 1145, 5862 1745, 189 1065 3021, shunyi@ eatalicious.com) www.eatalicious.com1) 朝阳 区广顺南大街望京园605号楼悠乐汇A1座101室 2) 顺义区天竺裕翔路99号荣祥广场710店铺 3) 朝阳区双井富力城天力街D10-6

Tavola Italian Dining Excellent Neapolitanstyle Italian cuisine in a setting that works equally well for intimate dinners or group events. Business set lunch RMB 108-138. Voted "Outstanding Italian" in the Beijinger's 2011 Restaurant Awards. Daily 11.30am-2.30pm, 6pm-10.30pm. 2/F, The Grand Summit, Section B. Liangmagiao Diplomatic Mansion, 19 Dongfang Donglu, Chaoyang District (8532 5068, rf.ritan@gmail.com) www.tavola-bj.com塔沃拉意大利餐厅 东方东路19号亮马桥外交公寓会所2层

Japanese

Hatsune Both stylish venues specialize in unique sushi and hand rolls. Voted "Best Japanese" in the Beijinger's 2011 Reader Restaurant Awards. 1) Daily 11.30am-2pm, 5.30-10pm. 2/F, Hegiao Bldg C, 8A Guanghua Lu, Chaoyang District (6581 3939) 2) Daily 11.30am-2pm, 5.30-10pm. S8-30 (opposite Element Fresh), Bldg 8, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6415 3939) 3) Daily 11.30am-2pm, 5.30-10pm. B31, Kerry Center Shopping Mall, Guanghua Lu, Chaoyang District (6591 3939) 隐泉日本料理, 1) 朝阳区光华路甲8号和乔大 厦C座2层 2) 朝阳区三里屯路19号三里屯Village 南区8号楼S8-30 3) 朝阳区光华路一号嘉里中心 商场地下一 B31

Korean

Chicken Suutak's A cozy and intimate late night eatery with tasty yet reasonably-priced food. Portions are generous in this tiny and cramped establishment. Menu includes Chili Sauce Chicken Wings (RMB 45) and Boneless Hot Sauce Chicken (RMB 45), both featuring the uniqueness of Korean fried chicken: super crunchy, rich on sauces (chili, sweet and hot, soy sauce, etc.) and option for boneless chicken which is really thick on batter and won't get the sauce all over your face. Daily 2pm-2am. 320 Wangjing Xiyuan Sanqu Sanqu, Guangshun Beidajie, Chaoyang District, Chaoyang District (8472-6745, 134 3961 6544: Delivery service available) 朝阳区 朝阳区广顺北大街望京西园三区320号

Middle Eastern

Biteapitta Falafels, hummus, sandwiches and shawarma. Set meals available. Good value for money. Voted "Best Middle Eastern" in the Beijinger's 2011 Reader Restaurant Awards. Daily 11am-11pm. 2/F, Tongli Studio (same block as Le Petit Gourmand), Sanlitun Houjie, Chaoyang District (6467 2961, ilovepitta@biteapitta.com) 吧嗒饼, 朝阳区三 里屯后街同里2层

Singaporean & Malaysian

Lau Pa Sak Bustling Singaporean outlet that serves "hawker" street food indoors. Fans rave about the beef rendang, laksa noodles, spicy nasi goreng fried rice and condensed milk coffee. Oh, and the curry puffs! Daily 11am-10.30pm. Xindong Lu (opposite Canadian Embassy), Chaoyang District (6417 0952) 老巴刹, 朝阳区新东路加拿大使馆对面

Family Health

Clinics & Hospitals

Beijing New Century Women's and Children's Hospital (NCWCH) With stateof-the-art park side facility, New Century Women's and Children's Hospital (NCWCH) is established to operate with international standards. Backed by strong ties to Beijing Children's Hospital and Beijing Obstetrics & Gynecology Hospital, the experienced and friendly medical staff of NCWCH provide fi¬rst-class gynecology, obstetrics, pediatric, NICU and urgent care services for women and children (0-18 years old).51 Wangjing Beilu (Wanghu Park south gate), Chaoyang District (5178 3366) www.ncich.com.cn北京新 世纪妇儿医院朝阳区, 朝阳区望京北路51号院(望湖公园东门南)

Beijing United Family Hospital (BJU) Beijing United Family Hospital and Clinics (BJU) offers international-standard care to thousands of Beijing's expatriate and Chinese families. BJU features an international team of doctors from more than 20 countries and since 2005, it has been consistently reaccredited by Joint Commission International (JCI) and the College of American Pathologists (CAP). Since 1997, BJU's multilingual staff has provided professional expertise with heartfelt care. The hospital and clinics offer a full range of medical services. In addition to departments of family medicine, surgery, pediatrics, and dentistry, BJU has attracted top medical professionals in cardiology, neurology, internal medicine, dermatology, psychological health, obstetrics and gynecology, emergency medicine, integrative medicine, ophthalmology and ENT. 1) Mon-Sat 8.30am-5.30pm. 24-hour emergency care. 2 Jiangtai Lu, Chaoyang District (4008-919191 (24hr Service Center)) 2) United Family Financial Street Clinic, 109 Taipingqiao Avenue, Xicheng District (4008-919191 (24hr Service Center)) www.ufh.com. 中華家医院 1) 朝阳区, 将台路2号 西城区,和睦家复兴门诊所,太平桥大街109号

Hong Kong International Medical

Clinic, Beijing Beijing's first joint-venture medical organization operates according to international standards, has a high-quality international administration system, highlevel medical staff, and warm service. A 24hr helpline offers medical support in English, Chinese and Japanese, and other languages on request. A basic consultation costs RMB 680. Direct billing with over 50 international insurers. Daily 9am-9pm (after 9pm nurse on duty), 9/F, office tower of the Swissôtel, 2 Chaoyangmen Beidajie, Dongcheng District (65532288 ext 2345/6/7, 6553 9752) www. hkclinic.com北京港澳国际医务诊所东城区, 京港澳国际医务诊所。朝阳门北大街2号港澳中 心瑞士酒店办公楼9层

International SOS Beijing Clinic One of the world's leading international healthcare. medical and security assistance company with 66% of the world's Fortune 500 companies choosing International SOS. Since 1989, International SOS has led internationalstandard medical care in China, with a 24/7 alarm center hotline, a dedicated air ambulance, four international quality clinics staffed with expat and foreign doctors and 200+ network of medical service partners. International SOS Beijing clinic is the city's leading family practice and specialist services clinic, represented by 15 nationalities, including English, French, Japanese, German, Spanish, Korean and Chinese-speaking doctors. Offers 24/7 Emergency Services, GP, Pediatrics, Gynecology, specialists, Pharmacy, Psychology, Physiotherapy, Dentistry and Orthodontics, Optometry. Mon-Fri 9am-6pm, Sat-Sun 9am-6pm. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District (Clinic: 6462 9112, 24hr hotline 6462 9100. china.inquiries@internationalsos.com) www. clinicsinchina.com北京国际救援中心朝阳区 新源里16号琨莎中心一座105室

OASIS International Hospital OASIS is a full-service private hospital. Their international medical team provides patientcentered care in a modern facility designed for comfort, safety and privacy. OASIS offers attentive service in a soothing environment and expert medicine backed by leading technology, including the most advanced MRI and CT scans available from a private hospital in China. The hospital currently provides services in family medicine, pediatrics, gynecology, general surgery, traditional Chinese medicine (TCM), and dentistry. Direct billing is available for many insurance providers. Mon-Sat 8.30am-5.30pm (some clinics open from 8.30am-12.30pm), daily 24hrs emergency care. 9 Jiuxianqiao Beilu, Chaoyang District (400 UR OASIS (876 2747)) www.oasishealth.cn明德医院朝阳区

Vista Medical Center Medical services including family and internal medicine, OB/ GYN, pediatrics, dentistry, ophthalmology, dermatology, ENT, TCM, physiotherapy, psychiatry, imaging laboratory and pharmacy service. Also offers pre- and postnatal care and infant health check-ups. English-speaking staff onsite 24hrs a day. A consultation with a GP costs RMB 660. Direct billing with more than 40 international insurance providers. Daily 24hrs. 3/F, Kerry Centre, 1 Guanghua Lu, Chaoyang District (8529 6618, fax 8529 6615, vista@vista-china.net) www.vistachina.net

Dental Services

Arrail Dental Clinic Offers the full spectrum of non-surgical dentistry. All dentists speak English and some have overseas training. The Haidian branch specializes in cosmetic dentistry and implants. A basic consultation costs RMB 100 (first-time registration including a check-up and consultation costs RMB 100). 1) Mon-Thu 9am-6pm, Fri-Sun 9am-5.30pm. Rm 201, The Exchange-Beijing, B118 Jianguo Lu, Chaoyang District (6567 5670) 2) Mon-Thu 9am-5.30pm, Fri-Sun 9am-5pm. 1/F, Somerset Fortune Garden, 46 Liangmaqiao Lu, Chaoyang District (8440 1926/7/8) 3) Mon-Thu 9am-5.30pm. Rm 308, Raycom Infotech Park, Tower A, 2 Kexuevuan Nanlu, Haidian District (8286) 1956, 24hr: 139 1100 1367) 4) Mon-Thu 9am-5pm, Fri-Sun 9am-5pm. Rm A205, CITIC Bldg, 19 Jianguomenwai Dajie, Chaoyang District (6500 6472/3) www.arrail-dental.com 瑞尔齿科 1) 朝阳区,建国路乙118号京汇大厦 201室 2) 朝阳区,亮马桥路46号盛捷福景苑1层 3) 海淀区 科学院南路2号融科资讯中心A座308 室 4) 朝阳区,建国门外大街19号国际大厦A205

IMC Dental Clinic IMC-Beijing has the longest history of expatriate dental service in Beijing, state of the art equipment, and certified well-trained dentists. Services include: cleaning, filling, fluoride treatment, implants, canal therapy, orthodontics, crowns and bridges, tooth extraction, Invisalign,

periodontics, space maintainers, and X-ray. Mon-Sat 9am-5pm. S111, Lufthansa Center, 50 Liangmahe Lu, Chaoyang District (6465 1384, 6465 1328, marketing@imcclinics.com) http://www.imcclinics.com北京国际医疗中心 牙科诊所朝阳区,亮马桥路50号燕莎中心写字 楼1层S111

Other Health Services

Agape Counseling and Training Center (ACFTC) The Agape counseling team offers professional counseling services to help deal with difficulties in life. Cross-cultural adjustment, relationship struggles (such as parenting, communication, confrontation, trust, betrayal issues), interpersonal struggles (personal development, stress, depression, grief, addictions). Daily 9am-5pm. Rm C906, Eastern Tulip Building, 216 Tangli Lu, Chaoyang District (5947 2056, aizairenjian@ gmail.com) www.aizairenjian.com爱在人间 阳区汤立路216号院 东方郁金香大厦C座906室

Naturopathic Medicine Dr. Melissa Rodriguez is a licensed, board-certified naturopathic doctor from Canada. She uses homeopathy, botanical medicine, nutrition, and other natural therapies to help patients prevent illness and treat disease. She also writes the monthly Natural Path column in beijingkids magazine, Rm S106, International Medical Center-Beijing, Lufthansa Center Office Building, 50 Liangmaqiao Lu, Chaoyang District (6465 1561) www.drmelissarodriguez. com朝阳区,朝阳区亮马桥路50号燕莎中心 字楼1层S106

Family Life

Financial Services & Insurance

Bluestar AMG Bluestar AMG helps expats plan their financial futures. With over 10 years' experience across six countries in Asia, the company specializes in helping individuals and families with pensions, education funds, investments, insurance, and more using plain English.16/F, Tower A, Gemdale Plaza, 91 Jianguo Lu, Chaoyang District (5920 8238, mark.matlaszek@bluestar-amg.com) www. bluestar-amg.com朝阳区,建国路91号

Premium Finance Group Premium Finance Group is an investment advice and insurance brokerage based in Beijing and Shanghai. The company assists both the expat and Chinese communities with personal financial planning and wealth management. Areas include health and life insurance for families, saving plans for retirement and education funds, international property, wills and trusts, and more. Union Pay accepted.Rm 808, Bldg 17, Jianwai SOHO, Dongsanhuan Zhonglu, Chaovang District (5869 3204, william, frisbv@premiumfinance-group.com) www. premiumfinance-group.com 朝阳区,东三环中 路建外SOHO 17号楼80

Photography Studios

Mishka Family Photography This husband and wife team speak Russian, English and Chinese. Offers professional portraits, actions shots, and specializes in photographing children. 1) C3, Fuli City, Shuangjing Qiao, Chaoyang District (, maxim@mishka.pro) 2) Rm 1910, CAMEO Center, Guangshunnan Dajie, Chaoyang District (, maxim@mishka. pro) www.mishka.cn 1) 朝阳区,双井桥富力 3 2) 朝阳区,广顺南大街嘉美中心1910

Moxue Zhang Photography Trained at the Hallmark Institute of Photography in the US, Moxue Zhang is a portrait photographer with a studio in Central Park. While her focus lies on children and female solo portraits, Moxue has experience with a wide range of subjects from weddings to executive portraits – and welcomes challenging assignments. Rather than mass production, the outcome of each shoot is an individual piece of art. For onlocation shoots. Moxue is relatively flexible within or around Beijing. Appointments are best booked one month in advance to guarantee availability; walk-in clients are not accepted.默雪映像

PIXSTUDIO Founded by Texas native Dave Hanssen, PiXSTUDIO is Beijing's premier creative fine art portrait studio specializing in 100-day portraits, kids, and commercial photography. Frequent beijingkids collaborator. Unit B5, Hongchang Creative Park, Cuigezhuang, Chaoyang District (6500 1663, service@pixstudio.com.cn) www. pixstudio.com.cn美国大卫儿童摄影,朝阳区崔 各庄红厂设计创意产业园B5单元

Community Groups & **Organizations**

Beijing Playhouse China's English community theater presents contemporary live semi-professional theater productions, performed in English with Chinese subtitles. Professional acting experience not necessary and nationality not important, though ability to perform in English is required. (13718908922, performance@ beijingplayhouse.com) www.beijingplayhouse. com北京剧场,朝阳区八里庄东四环中路后八

International Newcomers' Network A networking and information resource for all newcomers to Beijing. Meetings are held

on the last Monday of each month except December. Function Rm, 3/F, Athletic Center, Capital Mansion, 6 Xinyuan Nanlu, Chaoyang District (8486 2225 ext 110, innbeijing@ hotmail.com) www.innbeijing.org朝阳区新源 南路6号京城大厦康乐中心3月

STARAfood Founded in 2013 by foodies, friends, and moms Sara Persson and Stacey Savant, STARAfood aims to impart a love of healthy, simple, home-cooked food to expats. It all started with a food blog and iaunts to hole-in-the-wall restaurants around Beijing. After friends started asking them for the Chinese recipes they were replicating at home, the duo decided to offer cooking classes out of Savant's house in Shunyi. Section C, Yosemite Villa, 4 Yuyang Lu, Baixinzhuang, Houshayu, Shunyi District (186 1112 1184 (Sara), 186 1170 1730 (Stacey), starafood@gmail.com) www.starafood. blogspot.com顺义区后沙峪镇白辛庄榆阳路4号

The Beijing Guild An informal crafts group which welcomes people of all nationalities interested in knitting, crochet and other crafts, coming together to share their passion and to meet others. Meets weekly; see website for times and locations.

Culture & Community Centers

China Culture Center (CCC) From its Beijing headquarters, the Chinese Culture Club plans and organizes a diverse range of trips and cultural events (lectures, tours, courses, etc.) for those who wish to better understand and experience China, including a range of family-friendly programs.

Culture Yard Culture Yard is an international culture center, located in a traditional Chinese courtyard in the heart of Beijing. Created and run by a multi-national team of young and enthusiastic individuals, Culture Yard aims to promote language and culture learning among the local and expat communities by offering various workshops, cultural exchange activities and language training courses. Daily 9am-late. 10 Shique Hutong, Dongcheng District (8404 4166, contact@cultureyard. net) www.cultureyard.net天井越洋,东城区 石雀胡同10号

The Yin Yang Community Center Set in a peaceful courtyard, this non-profit is dedicated to physical and spiritual rejuvenation through classes (from yoga

to photography), therapy, support groups and events. Also home to a cafe and The Bookworm. Mon-Sat 8am-8pm, Sun 8am-5pm. The First Courtyard, Hegezhuang Village (across from The Orchard; call for directions), Chaoyang District (6431 2108) www. yinyangbeijing.com易阴阳社区中心,朝阳区崔 各庄乡何各庄村一号院(果园对面)

Hair & Beauty Salons

Catherine de France Hair and Beauty Salon The Catherine de France team of international and local stylists, colorists and beauticians offer a holistic hair and beauty experience. Treatments include hair services. manicures, waxing and tanning. Referral and VIP programs available.B1/F, 10 Xindong Lu, Chaoyang District (135 2147 3492, 8442 5120, eastavenue@catherinedefrance.com) www.catherinedefrance.com法式美容美发沙 龙, 朝阳区新东路10号地下1层

Hair & Beauty by Hummingbird Formerly Hummingbird spa, this revamped boutique hair salon will continue to provide beauty and spa treatments, but now also specializes in haircuts and styling, with celebrity stylist Tom Yuen at the helm. Daily 10am-8pm. Unit 103, Bldg 3, Central Park, 6 Chaoyangmenwai Dajie, Chaoyang District (6597 9119) www. hummingbird.net.cn朝阳区朝阳门外大街6号新 城国际3号楼103

Laurent Falcon Named after its artistic director from Paris, Laurent Falcon has two locations in Sanlitun and Jianwai SOHO. The salon uses products by L'Oreal and Kerastase. and offers manicure and waxing services. 1) Daily 10am-8pm. Bldg 43, Sanlitun Beijie Nan (next to Aperitivo), Chaoyang District (6417 1371, 135 0137 2971, 135 0137 3971, laurent.falcon@hotmail.com) www. laurent-falcon.com 2) Daily 10am-9pm. Shop SH-1467 G/F, Block 14, Jianwai SOHO, West Zone, 39 Dongsanhuan Zhonglu, Chaoyang District (5900 0676, 153 1311 1519, laurent. falcon@hotmail.com) www.laurent-falcon. comLaurent Falcon 巴黎发艺工作室, 阳区三里屯北街南43号楼(意式餐吧旁边)2) 朝阳区东三环中路39号建外SOHO西区14号楼1 层SH-1467号

Melonhead Melonhead is an innovative hair care and branded entertainment concept designed specifically for kids. Whether you come to Melonhead for a fantastic kid's hair cut ,special event hairstyle, SPA treat, fun birthday party, photography, afternoon outing, or just to browse the cute games & toys, Melonhead offers a safe, comfortable and entertaining environment that will make you want to go back again. Daily 10am-10pm. Rm 412, 4/F, South Bldg, The Place, 9 Guanghua Lu, Chaoyang District (6587 1599) 朝阳区光华路9号世贸天阶南街四层412号商铺

Z Hairdressing Z Hairdressing believes in listening to each client, and creating lasting relationships. Their highly-trained team, led by Salon Creative Director Scarlet Salmons, offers the latest cuts, colors, and styles. Daily 10am-9pm. B1-003, Building 5, 8 Xindong Lu Complex, Chaoyang District (8424 4533) 朝阳 区新东路8号院5号 楼B1-003

Spas

Bodhi Therapeutic Retreat A range of luxuriant massage options in stylish, minimalist surroundings. Offers aromatherapy massage, Thai massage, foot massage and Chinese body massage. Bodhi's Chinese therapist is trained in TCM. Daily 11am-12.30am. 17 Gongti Beilu, Chaoyang District (6417 9595) www.bodhi.com.cn菩提会所,朝 阳区下体北路17号

Dragonfly Therapeutic Retreat Rapidly expanding Shanghai-based chain of high-end spas. Chinese, shiatsu and foot massages start at RMB 150 per hour. An exhaustive menu of spa packages, such as an hour each of full-body and foot massage, starts at RMB 290. 1) Daily 10am-1am. 60 Donghuamen Ave (near The Peninsula Hotel and Oriental



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Plaza), Dongcheng District (6527 9368) 2) Daily 10am-1am. B1/F, Eastern Hotel, Nansanlitun Nanlu, Chaoyang District (6593 6066) 3) Daily 10am-1am. 1/F, Grand Summit Plaza, 19 Dongfang Donglu (100m north of Lufthansa Center), Chaoyang District (8532 3122) 悠庭保健会所, 1) 东城区东城区 东华门大街60号(近王府饭店和东方广场) 2) 朝 阳区朝阳区三里屯南路逸羽酒店1层 3) 朝阳区 朝阳区燕莎桥东方东路19号外交会所1层(燕莎 中心路北100米)

Veterinarians

Doctors Beck & Stone Pet Health Care Center Get full, international standard, pet care with open Western and highly trained Chinese veterinarians, nurses and medical technicians. Hospitals are also emergency crisis centers. Ambulances available for collection and drop off of pets. Daily, 24 hours. 1) Unit 104, Tower B, Bldg 3, Hou Xiandai Cheng, Baiziwan Lu, Chaoyang District, Chaoyang District (8774 8653, 135 0103 0572 (emergencies), info@drbns.com) www.doctorsbeckandstone.com 2) Shop LB05, Euro Plaza, 99 Yu Xiang Lu, Shunvi District, Shunyi District (8046 2886, 135 0103 0572 (emergencies), info@drbns.com) www. doctorsbeckandstone.com 3) Daily 9am-9pm. Unit 104, Bldg 7, Compound 9, Fangyuan Nanli, Chaoyang District (8457 8233, 400 103 8686 (for appointments, pet pick-up and emergencies), info@drbns.com) www. doctorsbeckandstone.com 4) Daily 9am-7pm. Shop 0153, Tower B, Chaowai Soho, 6 Chaoyangmenwai Dajie, Chaoyang District (5869 6401, 400 103 8686 (for appointments, pet pick-up and emergencies), info@drbns. com) www.doctorsbeckandstone.com思威 (北京) 国际动物医院有限公司 1) 朝阳区百子 湾路后现代城3栋B座104底商 2) 顺义区顺义区 天竺镇 裕祥路99号欧陆广场LB05 3) 朝阳区芳 园南里9号院7号楼104 4) 朝阳区朝阳门外大街6 号朝外SohoB号楼0153

International Center for Veterinary Services (ICVS) ICVS is a professionally managed and affordable full service international standard animal hospital and pet care facility. All doctors are legally licensed in the PRC. Services include internal medicine, hospitalization, spay/neuter, soft tissue and orthopedic surgeries, dentistry, dermatology, blood tests, laboratory diagnostics, X-rays, ultrasound, legal vaccinations, prescription pet foods, behavior counseling and obedience training, import/export advice, pet adoption counseling and more. Boarding kennel, grooming salon, SAFE pet foods & pet shop available. All services in Mandarin and English. Licensed rabies vaccinations for export. Soft opening hours: 9am-8pm Tue&Thu, 9am-6pm Mon, Wed, Fri-Sun. 13-16 Rongke Ganlan Chengshang Jie, Futongxi Dajie, Wangjing, Chaoyang District (8456 1939/40/41, ICVS CHINA@yahoo.com) www. ICVSASIA.com北京新天地国际动物医院 朝阳 区望京阜通西大街,融科橄榄城商街13-16号

Family Travel

Travel Agencies

Sunflower Travel Sunflower specializes in all-inclusive trips within China and in Asia. Customers can filter search results by destination, length of stay, and type (e.g. beach or culture). Mon-Fri 8.30am-6pm. 22D, Bldg B, Ginza Mall, 48 Dongzhimenwai Daile, Dongcheng District (8447 6361, tours@sunflowertravel-cn.com) www. sunflowertravel-cn.com东城区东直门外大街48

Beijing by Heart Self-confessed "Chinese history nerds" Nelly Alix and Lucile Dinh co-founded Beijing by Heart, a boutique tour group operating in English and French. Signature history walks include the Opium War tour, Tartar City tour, writers' tour, and the Forbidden City according to the life of

Puvi. Custom one-on-one tours are also available. RMB 300 per person for history walks. (info@beijingbyheart.com) www. beijingbyheart.com

Beijing Sideways Founded by Frenchman Gael Thoreau, Beijing Sideways takes guests on motorcycle sidecar tours of Beijing and the Great Wall. Helmets are always provided as well as blankets in the winter. Tours often depart from Worker's Stadium, but this can be tailored to the customer. (139 1133 4947, booking@beijingsideways.com) www. beijingsideways.com TUI China Travel Co. Ltd. With its extensive international network, this German-Chinese joint venture can arrange personalized tours to destinations both domestic and worldwide. Unit 921-926, Bright China Chang An Bldg, Tower 2, 7 Jianguomennei Daije, Dongcheng District (8519 8800, private-tours@tui.cn) www.tui. cn涂易,东城区建国门内大街7号光华长安大厦

WildChina Wild China's family travel experts can help you craft a unique, personalized family vacation and are happy to program kid-centric activities like visits to schools or family homes, and arts and crafts workshops. Or, sign up for one of their family-friendly standard tours (trips to the Sichuan panda reserve are a popular choice). Rm 801, Oriental Place, 9 Dongfang Donglu, Dongsanhuan Beilu, Chaoyang District (6465 6602, info@wildchina.com) www.wildchina. com中旅特种旅游部,朝阳区东三环北路东方东 路9号东方国际大厦801室

Hotels, Hostels and Resorts

Beijing Marriott Hotel Northeast Located near the Liangmagiao embassy district. subway Line 10, and the Airport Expressway, this five-star hotel offers 1,600sqm of meeting and banquet facilities. Rooms are equipped with LCD TVs, high-speed Internet access, and a full range of first-class amenities. Other features include a health club, heated indoor pool, full-service spa, and five restaurants.26A Xiaoyun Lu, Chaoyang District (5927 8888) http://www.marriott. com/hotels/travel/bjses-beijing-marriotthotel-northeast/北京海航大厦万豪酒店, 区霄云路甲26号海航大厦万豪酒店

China World Hotel With bragging rights to being the first super luxury hotel in town, the 716 room China World is an oldie but still a goodie thanks to its attentive service, location in the heart of the CBD and quality food outlets - especially Aria. The lobby is opulent and marble-laden enough for even the most discriminating Carraran and it leads, via an escalator, to the restaurants, offices and luxury retailers of the China World Trade Center, China World Hotel's health club features a heated indoor swimming pool and state-of-the-art gymnasium. The gym is equipped with exercise studios, cardio-fitness machines, squash and indoor tennis courts, and steam rooms and jacuzzis. Also, the affiliated Traders Hotel (Guomao Fandian) just behind the China World Hotel is a lessexpensive alternative for business travelers. Daily 6am-11pm. 1 Jianguomenwai Dajie, Chaoyang District (6505 2266, cwh@shangrila.com) www.shangri-la.com中国大饭店,朝阳

Conrad Hotel Beijing Located near the Tuanjiehu neighborhood, Conrad Beijing Hotel is a hotel located within walking distance of Sanlitun, the CBD and the Embassy District.29 North Dongsanhuan Road (Dongsanhuan Bei Lu) Chaoyang District Beijing, China, Chaoyang District (+86-10-65846000) http://www.conradhotelbeijing. com朝阳区东三环北路29号

Crowne Plaza Beijing Lido Located at Lido Place, the relatively-new Crowne Plaza Beijing Lido has 1.600sqm of event space, a fitness center and pool, and two dining spaces: the T-Zone Lobby Bar and Matrix (all-day dining).

Bldg A. 6 Jiangtai Lu. Chaoyang District (6437) 3388, gsm@cplido.com) 北京丽都皇冠假日酒

Hilton Beijing Located along the east Third Ring Road, the Hilton Beijing offers easy access to Sanlitun, the CBD and the embassy district, as well as the Airport Expressway. Experience a higher realm of pampering and prestige with exclusivity, personalized service and upgraded amenities in the newly built nine-story Executive Tower and relax in the Executive Lounge. There are also 12 meeting rooms, as well as a fully equipped Business Center. Also has five restaurants and bars, including Pan-Asian cooking at Elements restaurant, contemporary American cuisine in One East or creative cocktails in Zeta Bar. Daily 24hrs.. 1 Dongfang Lu, Dongsanhuan Beilu, Chaoyang District (5865 5000) http:// www1.hilton.com/en US/hi/hotel/BJSHITW-Hilton-Beijing-hotel/index.do北京希尔顿酒店 北路东方路1号

Hilton Beijing Capital Airport Just minutes after clearing Customs you could be taking a snooze in your room, attending a business meeting or relaxing in the spa. This stylish departure from typical airport hotels offers five-star comforts and unique convenience for people in transit, business travelers, trade fair visitors and event organizers. One minute away from Terminal 3 by 24-hour hotel free airport shuttle bus, the city center just 16 minutes away by direct rail, and the most popular tourist sites within a 40-minute drive, it's also the perfect base for tourists. Terminal 3. Beijing Capital International Airport. Chaoyang District (6458 8888) www1.hilton. com北京首都机场希尔顿酒店 朝阳区北京首都 机场三号航站楼

Hilton Beijing Wangfujing Located close to Tian'anmen Square, the Hilton Beijing Wangfujing claims to have some of the biggest hotel rooms in the city. Restaurants include Vasco's for all-day dining, Chynna for Beijing duck, Flames for grill and cocktails, the Library for a literary coffee break, and the Vintage Bank for wine.8 Wangfujing Dongjie, Donachena District (5812 8888) www. hiltonbeijingwangfujinghotel.com北京王府共 希尔顿酒店 东城区北京王府井希尔顿酒店

InterContinental Beijing Financial Street InterContinental Beijing Financial Street has a full-service spa, an indoor

pool, and a sauna. Complimentary wireless Internet access is available in public areas. This 5-star hotel features business amenities including a business center, small meeting rooms, and limo/town car service. The hotel offers 3 restaurants along with a coffee shop/ café and a bar/lounge. The staff can provide concierge services, wedding services, and event catering. Additional amenities include a 24-hour fitness facility, multilingual staff, and coffee/tea in the lobby. For a surcharge, guests have access to a roundtrip airport shuttle (available on request). Complimentary valet parking is available onsite for guests.11 Financial Street, Xicheng District (5852 5888) 北京金融街洲际酒店, 西城区金融街11号

JW Marriott Standard rooms are elegantly appointed and super luxurious. Downstairs, the loungy Loong Bar aspires to the metrochic networking set, while restaurants Asia Bistro and CRU Steakhouse maintain a high standard, Rooms RMB 1,500-2,500.83 Jianguo Lu, China Central Place, Chaoyang District (5908 6688) 北京JW万豪酒店, 朝阳区

Kempinski Hotel Beijing Lufthansa Center Located in the heart of Beijing's central diplomatic and business district. the Kempinski Hotel Beijing boasts a blend of European style with elements of Beijing's rich cultural history. In addition to 526 guestrooms and suites, including four executive floors and eight no-smoking floors, the hotel also has eight fully equipped banqueting/conference facilities accommodating up to 1,300 people. The hotel also has seven restaurants and bars.

including the Paulaner Bräuhaus boasting the city's finest Bavarian food and microbrewed beer, and Kempi Deli, renowned for its gourmet European cakes and pastries. On the 18th floor overlooking Beijing's skyline is the swimming pool of Pulse Health Club, which also includes a fitness centre, tennis courts and squash courts. The Kempinski also manages a neighbouring eight-storey complex offering 12,500 square metres of office space, 42 shops and showrooms and 170 fully furnished one to four bedroom apartments. Facing the Liang Ma River, the complex also contains a 24-hour serviced international medical centre, dental clinics and fully equipped children's park and nursery. Beijing Lufthansa Center, 50 Liangmaqiao Lu, Chaoyang District (6465 3388) www.kempinski.com/beijing凯宾斯基饭

Kerry Hotel Beijing This Shangri-La property is noted for its modern design, business-friendly amenities, kid-friendly restaurant (Horizon) as well as the city's most popular cocktails (at Centro). The Horizon Club's executive floor will be upgraded in the coming months The Kerry's sports center wins kudos for its big pool, two indoor tennis courts, basketball court and rooftop track. RMB 1,300-23,000.1 Guanghua Lu, Chaoyang District (6561 8833) www.shangri-la.com北京

The Opposite House This chic boutique hotel owned and operated by Swire properties (the same group behind adjacent Village at Sanlitun) boasts a prime location. cutting-edge contemporary architecture by Kengo Kuma, creative units ranging from studios to penthouses fitted with rain showers, LCD TVs and nespresso coffee machines, chic bars, lounges and restaurants (Sureno, Jing Yaa Tang, and Mesh), and much more.Bldg. 1, Taikoo Li Sanlitun North, No. 11 Sanlitun Road, Chaoyang District (6417 6688, answers@theoppositehouse. com) www.theoppositehouse.com瑜舍,朝阳

The Ritz-Carlton, Beijing Old World elegance, plush comfort - everything you'd expect from this hallowed name, including impeccable restaurants such as the internationally themed Aroma and Yu (Cantonese/Sichuan). An in-house wedding chapel sets this hotel apart, but the 109sqm executive suites with innovatively partitioned living and entertaining quarters are where the Ritz really shines.83A Jianguo Lu, China Central Place, Chaoyang District (5908 8888) 北京丽思卡尔顿酒店, 朝阳区建国路甲83

The Westin Beijing Chaoyang Known for its wildly-popular Bubbalicious Sunday brunch, the Westin Beijing Chaoyang features 550 guest rooms and suites with contemporary furnishings and rainforest showers. Fitness facilities include Alona Pilates, an indoor pool, hydrotherapy center, and gym. Restaurants include Daily Treats for cafe fare, Exchange for afternoon tea and cocktails, Grande Grill for steaks and seafood, Mai for Japanese, Mix for live jazz and cocktails, Seasonal Tastes for all-day dining, and Zen5es for Cantonese,7 Dongsanhuan Beilu, Chaoyang District (5922 8888) www. starwoodhotels.com/westin/property/area/ map.html?propertyID=1967金茂北京威斯汀大

The Westin Beijing Financial Street This mega-hotel on Financial Street (West Second Ring Road) has spared no expense in meeting the high expectations of its well-heeled clientele, from its vast lobby and elegantly appointed rooms to its opulent spa and pool. The Westin also boasts seven restaurants and bars - including Senses, which offers what many cognoscenti consider to be Beijing's most decadent Sunday brunch. RMB 1,500-21,100.9B Jinrong Jie (Financial Street), Xicheng District (6606 8866) 北京金融街威斯

汀大酒店, 西城区金融街乙

Traders Upper East Hotel Traders Upper East Hotel: With a modern, contemporary design, this Shangri-La-managed hotel has 409 guest rooms inclusive 22 suites and a large, luxurious Traders Suite. With a Grand Ballroom suitable for up to 400 persons supported by a boardroom and 15 breakout rooms of varying sizes, the hotel is also ideally suited for meetings and banquet events.2 Dongsihuan Beilu (southeast of Xiaoyun Qiao), Chaoyang District (5907 8888) www.tradershotels.com朝阳区东四环北路2号

Fun Stuff

Art Schools

Atelier Created by two French artists, Atelier is a school dedicated to the study of the visual, literary and performing arts. Located in the heart of Sanlitun, Atelier is a space designed for creativity. The center offers high-quality courses led by professionals in their field for children, adolescents, and adults. Current courses include drawing, painting, sculpture, sewing, as well as courses in writing and theater. Atelier also offers courses specifically designed to help students who are preparing a Bachelor of Arts and/or admission to an art school. Atelier courses are taught in French and English; courses taught in Chinese will be offered in the near future. Atelier courses run throughout the year.Rm 202, Building C, Jinxiu Yuan, Xingfucun Zhonglu, Chaoyang District (6416 1614, 132 4018 4908, atelier@ atelier.cn.com) www.atelier.cn.com啊特黎尔朝 阳区幸福村中路锦绣园C楼202雪

Blue Bridge Education Blue Bridge Education aims to make art accessible for everyone, with programs catering to children from ages 2-12. The centers offer courses in drawing, sculpture, photography, speech and drama, and performance arts. Programs include Art Bug (ages 2-6), Art Lab (ages 7-18), and Art Salon (adults). 1) Rm 753, Tower A, Chaowai SOHO (north of Central Park), 6 Chaowai Dajie, Chaoyang District (5900 0270) 2) Shop 118, Andersen Garden, Upper East Side, Chaoyang District (5947 2275, atelier@atelier.cn.com) eng. bluebridgeedu.com蓝桥博育国际教育 1) 朝阳 区,朝阳区朝外大街乙6号朝外SOHO写字楼A座 753 (新城国际北侧) 2) 朝阳区,阳光上东安 徒生花园 118号

Cinemas

Mega Box One of the more popular cinemas in Beijing, Mega Box screens both the latest Hollywood blockbusters and Chinese films. For RMB 20 per year, their membership program is well worth it. Non-members pay RMB 80 for regular tickets and RMB 120 for 3D tickets. With the discount, members get 50 percent off on weekdays and 30 percent off on weekends and holidays. 1) 3/F, Area C, Zhongguancun Mall (West of Dinghao Mall), Haidian District (5986 3777) 2) B1/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6417 6118) www.imegabox.com美嘉 欢乐影城 1) 海淀区,中关村广场购物中心C区三层(鼎好西侧) 2) 朝阳区,三里屯路19号三 里屯Village南区地下1层

Saga Cinema SA-42, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 6868) www.sagacinema.com传奇时代影城朝阳区 朝阳公园路6号蓝色港湾商业区SA-42

UME International Cineplex The fivefloor building is famed for its state-of-the-art equipment, clean environment and screening of recent foreign movies. It's open all day, but half-price tickets can be snagged before 8.30pm. Nosh on the standard array of popcorn flavors or head to the nearby Pizza Hut, Subway or Haagen-Dazs to fuel up pre-show. The Cineplex's biggest claim to fame - literally - is a 430-meter-tall screen. Tickets RMB 50 and 60. 1) 44 Kexueyuan Nanlu, Shuangyushu, Haidian District (8211

5566) 2) 5th floor, Fuli Plaza, Shuangiing Oiao Bei, Dongsanhuan Zhonglu, Chaoyang District (5903 7171) www.bjume.com华星影院 双榆树科学院南路44号 2) 朝阳区, 东三 环中路双井桥北富力广场5层

Go-Karting

Red1Karting Located ten minutes from Wangjing, this new go-karting track covers 6,000sqm of indoor space and 50,000sqm of outdoor space. All karts are imported and the indoor venue is heated, allowing yearround driving. Other features include a bar, café, restaurant, KTV rooms, billiards and video games. Regular price is RMB 150 per person for seven minutes (memberships and package deals available).88 Laiguangying Donglu, Chaoyang District (6430 6688, rockq@red1karting.com) www.red1karting. com 瑞得万(北京)国际卡丁车场朝阳区,来 广营东路88号

Major Attractions

Drum and Bell Towers Buildings similar to the Drum Tower have stood in this vicinity for over 700 years, but the current structure dates back to 1800, when hours of the day were beaten on 24 drums. Today, the tower houses 25 drums that are beaten for visitors every half-hour between 9-11.30am and 2-5pm. Just north of the Drum Tower is the Bell Tower, named after the 500-year-old bronze beast with 10cm thick walls. Daily 9am-5pm. 9 Linzi(near Zhuyuan Hotel), Zhonglouwan Hutong, Dongcheng District (RMB 30 (through ticket to both Drum and Bell Towers)钟鼓楼东城区,钟楼湾胡同临字9号 (竹园宾馆附近)

Houhai The area commonly referred to as "Houhai" actually covers two lakes: Houhai and Oianhai, Popular with families, Houhai is worth visiting especially in winter, when the frozen lake looks like a scene by some modern-day Brueghel, with families and couples skating, playing ice hockey, and jubilantly riding on ice chairs and other fantasmagoric contraptions. There's an old school amusement area with trampolines. electric cars and a dragon train on the southwest bank, near Kong Yiji.Dianmenwai Dajie (aka Ping'an Dadao), across from the north gate of Beihai Park, Xicheng District 后海地区西城区, 地安门外大街 (北海公园北 (面板口

Play Centers

Fundazzle This cavernous, indoor playground has a huge two-story jungle gym, trampolines and a toddler area with small cars, swings, seesaws, toy houses and so on. On weekends, counselors put on shows, lead the kids in song and dance, and teach arts and crafts. RMB 50/child (weekend or weekday), three-hour limit. RMB 15/adult (weekends), free on weekdays. Mon-Fri 9am-5.30pm, Sat-Sun and holidays 9am-7pm. Gongti Nanlu, Chaoyang District (6593 6208) 翻斗乐朝阳区, 工体南路

Indigo Playground Created by international design firm Ballistic Architecture Machine (BAM), Indigo Playground is a free, newlyopened outdoor playground behind Indigo Mall. Suitable for ages 2-7, the playground features spinning swings and wheels, a rope climbing structure, easy rock climbing routes, two marble slides, and a mist machine for hot days. Daily 10am-10pm. Behind Indigo Mall and EAST Beijing, 18 Jiuxianqiao Lu, Chaoyang District (8426 0898) www. indigobeijing.com 颐堤港儿童乐园朝阳区,酒 仙桥路18号 (阿堤港和北京东隅后面)

PPKIDS Opened in July 2014, this play center is designed for ages 1.5 to 8. The imported play equipment follows a jungle theme, with slides, cushioned surfaces, climbing webs, mini-trains, a spherical lookout point, roller squeezers, and a toddler area. The playground is supervised by Chinese-speaking staff members. RMB





158 (day pass), RMB 138 (four-hour pass), discounted member cards also available. Daily 10am-10pm. Shop 375, 3/F, Indigo Mall, 18 Jiuxianqiao Lu, Chaoyang District (8430 8145)

The New City Center The New City Center has a coffee shop with a closed in playroom that includes a ball pit and slide. Programs available for all ages, including "Mommy and Me", Phonics, Math and Art Classes as well as language lessons for adults. It also offers services including food, games and access to the playroom for birthday parties. A conference room is available to be . rented. Mon-Sat 9am-5pm. 112, Lize Xiyuan, Guangshun Beidajie, Wangjing, Chaoyang District (6475 1066, info@thenewcitycenter. com) www.thenewcitycenter.com朝阳区,望 京广顺北大街丽泽西园112号

Playgroups & Activities

ABC Kids Club ABC Kids Club is a bilingual cooking club started by Chinese-American mom Hwa Wu. The classes are designed for ages 2-10 and have recently branched out into jewelry- and hat-making parties. Wu can also custom-make birthday cakes on demand. (abckidsclub@qq.com)

International Festival Children's Choir

The IFCC was founded in 2006 to foster new talent and contribute to Beijing's cultural life. It is open to children aged 7-12. Rehearsals are held every Saturday morning from 10-11.30am. There are two terms -September to December and January to May, with a concert at the end of these two terms. Auditions last about 15 minutes and auditionees will be required to sing a song of their choice, followed by a short listening test. (childrenschoir@beijingifc.org)

Music Together of MiCho Education

Offers weekly 45-minute classes for 0-6-yearold children and their parents or caregivers. Activities include songs, rhythm chants, movement, and instrument play. These activities are presented as informal, nonperformance oriented musical experiences - developmentally appropriate for children and easy for parents and caregivers. 1) Club House, Apt 9, 9 Chaoyang Gongyuan Xilu, Chaoyang District () 2) Claire's Music Studio, L507 Euro Plaza, 99 Yuxiang Lu, Shunyi District (michoedu@yahoo.com.cn) http:// michoedu.com/ 1) 朝阳区,朝阳公园西路9号9 室会所 2) 顺义区,顺义区天竺镇裕翔路99号欧 陆广场, 5层, 507室

My Little Mozart Studio Comprehensive music program offering keyboard, violin, guitar, vocal and other instrumental lessons. Group and private classes taught by qualified and experienced teachers. Music and movement classes for ages 0-4. Curriculum focuses on providing a well balanced music education for every student. Harmony Road music course is offered at the studio. Musical birthday parties can also be arranged. Room 108, Building 5, Lishui Jiayuan, Liulitun, Chaoyang District (135 2256 3767, Kristinkoh@mylittlemozart.com) www. mylittlemozart.com朝阳区,六里屯丽水嘉园 5号楼108室

The Wiggly Tots Founded by licensed Kindermusik educator Alicia Tan, The Wiggly Tots offers Kindermusik and Tutu Tots Ballet classes for newborns and toddlers. Bond with your child as you play, sing, dance, and giggle together. Your child will learn and grow through activities that stimulate brain growth, build motor skills, enhance social-emotional development, and much more. Call or email to book for a free trial class. Classes take place on Tuesdays, Thursdays, and Saturdays from 10am to 10.45am. Studio, 1/F. Fuli Club (R&F Club), 59 Dongsanhuan Lu, Shuangjing, Chaoyang District (183 0158 8133, info@ thewigglytots.com) www.thewigglytots.com 朝阳区双井东三环路59号富力会健身 俱乐部1层

Activities

ABC Kids Club abckidsclub@gg.com

baby international Daily 10am-7pm. 2 Jiangtai Lu, Chaoyang District, (8450 1189, info@baby-international.com) www.baby-朝阳区将台路2号 international.com国际宝贝,

Beijing Aofan Sailing Club Olympic Water Park, 19 Baima Lu, Shunyi District, Shunyi District (5949 4599, 139 1046 5950, mail@ aofansailing.com)北京奥帆帆船俱乐部顺义区 白马路19号奥林匹克水上公园内

Gung Ho! Gourmet Pizza Factory 1) Daily 11am-midnight. Bldg. 3, China View, (rear side, opposite City Hotel), Gongti Donglu, Chaoyang District (8587 1404/1370) 2) Daily 11am-11pm. Shop 2, Hairun International Apartments, corner Jiangtai Lu and Fangyuan Xilu, Chaoyang District (5135 8557) 3) 10-9 Fuli City Xingguang Avenue(West of the Beijing Capital Renaissance Hotel), Chaoyang District (5876 5262) www.gunghopizza.com叫板披萨 1) 朝 工体东路中国红街3号楼 2) 朝阳区,将 台路2号海润国际公寓(将台路和方园西路的十 3) 朝阳区, 富力城, 星光大道10-9 (富力大酒店网西走)

Happy Gorilla Tree-Top Adventure Park 1) Daily 9am-6pm (summer), 9am-5pm (spring and autumn), 9am-4pm (winter). 200m inside the No.7 East Gate of Chaoyang Park, Chaoyang District () 2) 1km from the North Gate of Beijing Shunxin Green Resort, Lisui Town, Shunyi District. www. kuailexingxing.com快乐猩猩树上穿越主颢公园 朝阳区, 朝阳公园东7号门内200米 2) 顺义 李遂镇顺鑫绿色度假村内北门直行1000米即 到快乐猩猩树上穿越园区

Imagine. (info@imagine-china.com) www. imagine-china.com

JOP Pottery Daily 10.30am-4.30pm. 17 Shuipo Village, Gaoliying Town, Shunyi District (5145 0754, joppottery@163.com) www.joppottery.com拙朴顺义区, 高丽营镇

Let's Go Daily 10am-4.30pm (winter), 9am-8.30pm (summer), 19 Guangshun Beidaije (south part of Liulaiben Shopping Street, next to Dazhong Electronics), Wangjing, Chaoyang District (152 1137 1992, 135 5286 2400) www.leshibao.com.cn乐仕堡朝阳区,望京广顺 北大街19号 (六佰本商业街南侧大中电器旁边)

The New City Center Mon-Sat 9am-5pm. 112, Lize Xiyuan, Guangshun Beidajie, Wangjing, Chaoyang District (6475 1066, info@thenewcitycenter.com) www. thenewcitycenter.com朝阳区,望京广顺北大街

Party World (a.k.a. Cash Box) 1) 1/F, Fanli Dasha, 22 Chaoyangmenwai Dajie, Chaoyang District (8857 6566) 2) 1/F, East Tower, Yonghe Dasha, 28 Andingmen Dongdajie, Dongcheng District (5811 3888) 3) 4 Huixin Dongdajie, Chaoyang District (8857 6566) 4) 168 Tengda Da Sha, 168 Xizhimenwai Dajie, Haidian District (8857 6566)钱柜 1) 朝阳区,朝阳区朝阳门外大街22号泛利大厦 2) 东城区,东城区安定门东大街 28号雍和大厦东楼1楼 3) 朝阳区, 朝阳区惠新 东街4号 4) 海淀区, 海淀区西直门外大街168号 腾达大厦裙楼

SMJ Bowling Club Daily 6pm-2am. 3/F, Lido Hotel, 6 Jiangtai Lu, Chaoyang District (6437 6688 ext 3801)北京沙明建保龄球俱乐部朝阳 将台路6号丽都饭店三层

Star Trooper Laser Tag Tues-Sun 9am-10pm, 98 Caochangdi, Chaoyang District, (6475 8329) www.startrooper.net激光搏击

UCCA Creative Studio UCCA, 798 Art District, 4 Jiuxiangiao Lu, Chaoyang District (5780 0202/03) www.creative-studio.cn朝阳 区 酒仙桥路4号798艺术区

Schools

Educational Services

The Edge (Beijing) Now in mainland China, The Edge is Hong Kong's premier educational counseling service. The company provides students and families with insider knowledge of the overseas college and boarding school admissions process, as well as customized and comprehensive educational services.14/F. 2 Gongti Beilu, Chaoyang District (400 608 3070) theedge.com.hk朝阳区,朝阳区工体北

Schools

3e International School Founded in 2005, 3e International School has grown into an institution of over 200 students from Nursery to Grade 4. The school aims to develop critical thinkers through a specially developed, research-based curriculum. Classes are taught in English and Chinese with half of the day devoted to each language. Within this inquiry-based program, a balance of child-initiated and teacherdirected activity is provided to support children's development across the entire curriculum. Age range: 2-10. Tuition fees (2014-2015 academic year): RMB 108,300 (Half-day Nursery); RMB 113,300 (Full-day Nursery); RMB 149,400 (Pre-K); RMB 153,500 (Kindergarten); RMB 164,500 (Grades 1-4)9-1 Jiangtai Xilu, Chaoyang District (6437 3344 ext 100, admissions@3einternationalschool. org) www.3einternationalschool.org3e国际学 校朝阳区,将台西路9-1号

AnRic Little Montessori Room (AnRic LMR) AnRic LMR is a full international member school of the American Montessor Society. The multicultural classroom aims to help children develop into self-directed learners, flexible thinkers, creative problem solvers, empathetic citizens and resilient individuals. The school offers a fully bilingual curriculum so that children are immersed in an environment where both English and Chinese are consistently used all day. Children learn in a warm, close-knit environment maintained by a low student to teacher ratio. Special needs children are welcome and evaluated on a case-by-case basis. Age range: 1.5-6 years 2014-2015 Tuition Fees: RMB78,800/year (half-day), RMB 92,800/ year (full day)Global Trade Mansion, 9 Guanghua Lu, Chaoyang District (6591 8169, admissions@anricedu.com) www.anricedu. com安杨蒙台梭利小屋朝阳区,光华路9号安杨 蒙台梭利小屋

Beanstalk International Bilingual School (BIBS) Over the past 20 years, BIBS has grown from one campus to five (including a new pre K-12 campus in Shunyi) and from a kindergarten-only curriculum to a complete pre-K-12 program. Students represent 36 countries and local Chinese students are also accepted. BIBS' curriculum combines Eastern and Western educational philosophies. The nutritionist-approved lunch men includes vegetarian, Muslim, Chinese and Western options made with organic produce. Age range: 2-18. Tuition fees (2012-2013 academic year): 1) 21st Century Kindergarten: RMB 1,600 (application fee), RMB 78,000/year (half day), 100,000/year (full day); 2) Wanda Kindergarten: RMB 1,200 (application fee); RMB 55,000/year (full day); 3) Primary School: RMB 1.600 (application fee), RMB 30,000 (capital levy fee); RMB 100,000/year (reception class); RMB 135,000/year (Grades 1-6); 4) Senior School: RMB 1,600 (application fee), RMB 30,000 (capital levy fee), RMB 135,000/ year (Grades 7-12) 1) Primary School: Area 2. Upper East Side, 6 Dongsihuan Beilu. Chaoyang District (5130 7951) 2) Senior School: 38 Nan Shiliju, Chaoyang District (8456 6019) 3) Wanda Kindergarten and 21st Century Kindergarten: Bldg 7, Wanda Plaza, 93 Jianguo Lu, Chaoyang District (5960 3887) 4) Shunyi Campus: 15 Liyuan Jie, Tianzhu, Shunyi District (6456 0618) www.bibs.com.cn 青苗国际双语学校 1) 朝阳区 东四环北路6号

阳光上东二区 2) 朝阳区, 南十里居38号 3) 朝 阳区,建国路93号万达广场7号楼 4) 顺义区 天竺镇丽苑街15号

Beijing City International School (BCIS) The school motto of BCIS is "Empowering and inspiring through challenge and compassion. This non-profit, independent co-educational day school is accredited by the Council of International Schools (CIS) and the Western Association of Schools and Colleges (WASC). BCIS offers an international curriculum for Nursery through Grade 12 students under the International Baccalaureate (IB) World School system and is authorized to teach all three IB programs (Primary Years, Middle Years and Diploma). The campus culture is characterized by a warm and inclusive nature and an emphasis on personalized rigorous academic inquiry through the extensive use of information technology in the classroom. Age range: 3-18. Tuition fees (2012-2013 Academic Year): RMB 2,000 (registration fee); RMB 5,000 (new student fee); RMB 132,600 (Nursery); RMB 144,500 (Pre-K); RMB 154,000 (Kindergarten); RMB 186,300 (Grade 1-2); RMB 188,700 (Grade 3-5); RMB 195,300 (Grade 6-8); RMB 199,100 (Grade 9-10); RMB 206,600 (Grade 11-12)77 Baiziwan Nan Er Lu, Chaoyang District (8771 7171, admissions@bcis.cn) www.bcis.cn北京 乐成国际学校朝阳区,百子湾南二路77号

Beijing BISS International School (BISS) With a diverse student body, Beijing BISS International School's mission is to foster international relationships to educate and empower students to attain personal excellence and positively impact the world. BISS offers the IB Diploma Program, serves as an SAT Test Center, caters to children with learning needs, and offers counseling, student enrichment programs, university searches, and transitional education services to third-culture kids and their parents. Age range: 3-17. Tuition fees (2012-2013 Academic Year): RMB 18,000-23,000 (refundable deposit); RMB 3,800 (registration); RMB 99,000 (Kindergarten); RMB 146,400-177,500 (Grades 1-12); RMB 20,000 (ESOL)Bldg 17, Area 4, Anzhen Xili, Chaoyang District (6443 3151, admissions@ biss.com.cn) www.biss.com.cn北京BISS国际学 校朝阳区,安贞西里四区17号楼

Beijing World Youth Academy (BWYA) Beijing World Youth Academy is an IB World School offering both English and bilingual (Chinese/English) programs for local and overseas students. BWYA values holistic education and inquiry-based learning, and offers students opportunity to develop as globally aware critical thinkers. The faculty hails from over 15 countries. BWYA emphasizes creativity and teamwork using a curriculum that incorporates standards from North America, Europe and Asia. The school has a strong track record of preparing students for top universities around the world, including Harvard, Princeton, UC Berkeley and Stanford. Age range: 6 – 18 Tuition fees (2014– 2015Academic Year) Application fee: 1,800 Capital Levy fee: 30,000 New Student fee: 2,500 International Primary School (Grade 1-5):120,000 IB Middle Year Programme (Grade 6-9): 140,000 IB Middle Year Programme (Grade 10): 160,000, IB Diploma Programme (Grade 11-12): 160,00018 Huajiadi Beili, Chaoyang District (6461 7787, admissions@ibwya.net) www.ibwya.net 北京世青国际学校朝阳区,花

Canadian International School of Beijing (CISB) Opened in September 2006, CISB offers a Montessori Nursery and Pre-Kindergarten program, as well as a Canadianstyle curriculum for K-12 students. CISB is a three-program IB World School: IB Primary Years Program, IB Middle Years Program and the IB Diploma Program. The student body currently represents over 60 nationalities and has the capacity for 1400 students. Age range: 18 months to 18 years. Tuition fees (2013-2014 Academic Year): RMB1,800

(Application Fee); RMB76,600 (Half-Day Montessori Nursery); RMB121,800 (Pre-Kindergarten & Kindergarten); RMB158,800 (Grade 1-5); RMB160,400 (Grade 6-8); RMB179,800 (Grade 9-12)38 Liangma Qiao Lu, Chaoyang District (6465 7788, admissions@cis-beijing.com) www.cisb.com. cn北京加拿大国际学校朝阳区 亮马桥路38号



Bonita International Kindergarten邦 尼国际幼儿园 Bonita's philosophy is based on a new type of multicultural education, drawing from the best of different cultures to foster children's development. The students are supervised by teachers from different countries; various activities are organized during the week while respecting the children's individual routines and rhythms. The school caters to ages 1-6, with students divided according to ages and abilities. The main curriculum is based on a French pedagogical program. Tuition fees are RMB 140,000 for full day; RMB 86,000 for half day. Rm 301 (across from Stellar International Cinema, 3/F, Bldg D, Zhongjun World City, 9 Jinhui Lu (next to the Place), Chaoyang District, (5330 6800, 8590 7648, honitaetzx@163.com) ww.bonitakindergarden.com朝阳区金汇路9号 中骖世界城D座3层 301

Daystar Academy Daystar Academy offers a bilingual education with classes from toddler to fifth grade (ages 22 months to 11). Kindergarten children (ages 3-6) are immersed in a half-day English and half-day Chinese Montessori program. Elementary students study China's national curriculum for Chinese and Math. For English, the school teaches the Columbia Reading & Writing Project using US Common Core Standards as the benchmark.2 Shunbai Lu, Chaoyang District (8430 2654 ext 8009 or 5603 9446 (Heather Zhao in Admissions), heatherz@ daystarchina.cn) www.daystarchina.cn启明星 双语学校,朝阳区顺白路2号

Dulwich College Beijing (DCB) Dulwich College first opened its doors to students in Beijing in August of 2005. Since then, the school has grown to include approximately 1,400 students. Ages: 12 months - 18 years. Application Fee: RMB 2000 – non-refundable; Placement Deposit: RMB 18,000 - refundable subject to terms and conditions; Early Years: RMB 66,200-168,000; Grades 1-12: RMB 168,000-219,200 1) Legend Garden Campus and Legend Early Years Campus: Legend Garden Villas, 89 Capital Airport Road, Shunyi District (6454 9000, info@dulwich-beijing. cn) 2) Beijing Riviera Campus: 1 Xiangjiang Beilu, Jingshun Lu, Chaoyang District (8450 7676, info@dulwich-beijing.cn) www.dulwichbeijing.cn北京德威英国国际学校 1) 顺义区 机场路89号丽京花园 2) 朝阳区, 京顺路香江北 路1号香汀花园

Etonkids Bilingual Kindergartens 1) Palm Springs Campus: Palm Springs International Apartments, 8 Chaovang Gongyuan Nanlu, Chaoyang District (6539 5967. Peking House Campus: xuvan@ etonkids.com or zhoudan@etonkids.com, Central Park Campus: cpadmin@etonkids. com, Palm Springs Campus: psadmin@ etonkids.com, Midtown Campus: gcadmin@ etonkids.com) 2) Central Park Campus: Bldg 19, Central Park, 6 Chaoyangmenwai Dajie,

Chaoyang District (6533 6995, Peking House Campus: xuyan@etonkids.com or zhoudan@ etonkids.com, Central Park Campus: cpadmin@etonkids.com, Palm Springs Campus: psadmin@etonkids.com, Midtown Campus: gcadmin@etonkids.com) 3) Peking House Campus: 20 Xidawang Lu, Chaoyang District (5870 6778/9, Peking House Campus: xuyan@etonkids.com or zhoudan@etonkids. com, Central Park Campus: cpadmin@ etonkids.com, Palm Springs Campus: psadmin@etonkids.com, Midtown Campus: gcadmin@etonkids.com) 4) Midtown Campus: Bldg 21, Guanggujia Yuan, Guanggumen Waidajie, Chongwen District (6749 5008, Peking House Campus: xuyan@etonkids. com or zhoudan@etonkids.com, Central Park Campus: cpadmin@etonkids.com, Palm Springs Campus: psadmin@etonkids.com, Midtown Campus: gcadmin@etonkids.com) www.etonkids.com伊顿双语幼儿园 1) 朝阳 朝阳公园南路8号棕榈泉国际公寓 2) 朝阳 朝阳门外大街6号新城国际19号楼 3) 朝阳 X 西大望路20号 4) 崇文区, 广渠门外大街广

Etonkids International Kindergarten 1) Lido Campus: Rm C103, Lido Country Club, Lido Place, Jichang Lu, Chaoyang District (6436 7368, Lido Campus: lidoadmin@ etonkids.com, CBD Campus: gtmadmin@ etonkids.com) 2) CBD Campus: 3/F, Block D, Global Trade Mansion, Guanghua Lu, Chaoyang District (6506 4805, Lido Campus: lidoadmin@etonkids.com, CBD Campus: gtmadmin@etonkids.com) www.etonkids.com 伊顿国际幼儿园 1) 朝阳区, 机场路丽都广场 C103室 2) 朝阳区,光华路世贸国际公寓D座3层

Flying Start International Kindergarten Founded in April 2014, Flying Start International Kindergarten is an international bilingual kindergarten with a multi-cultural philosophy. Flying Start aims to teach children independence while inspiring a love of learning. The kindergarten's experienced international teaching team uses Montessori materials and a bilingual language environment to support the children in a self-guided curriculum. Each thematic unit culminates in a field trip to a destination that reinforces the lessons learned that month. Sports and outdoor activities are strongly encouraged, and every meal includes organic produce. Maximum capacity: 60 students. Age range: 2-6. Tuition fees (2014-2015 academic year): RMB 15,000. Building 8208, Capital Paradise, Houshayu, Shunyi District (8047 4372, dytimes@126.com) www. flyingstartinternationalschool.com睿德国际双 语幼儿园 顺义区后沙峪镇名都园820

Harrow International School Beijing

Harrow Beijing follows the National Curriculum of England and Wales, culminating in the General Certificate of Secondary Education (GCSE and IGCSE's), and A Levels. Its curriculum is fully accredited by all British Examination Authorities and it is an accredited SAT center. Age Range: 9 weeks-18. Harrow Beijing tuition fees for 2014-2015 Academic Year: Pre-School (half day): RMB 77,400. Pre-School (full day): RMB 141,300. Nursery: RMB 141,300; Reception: RMB 161,500. Year 1: RMB 191,800; Year 2: RMB 201,900. Years 3-5: RMB 203,900. Years 6-8: RMB 222,200. Years 9 -11: RMB 236,200. Years 12-13: RMB 249,600287 Hegezhuang Village, Cuigezhuang County, Chaoyang District (6444 8900, enquiries@harrowbeijing. cn) www.harrowbeijing.cn北京哈罗英国学校朝 阳区, 崔各庄乡何各庄村287号

Hope International School (HIS) Founded in 2012, this faith-based school follows the American curriculum and offers over seven AP courses. HIS is also a testing center for the PSAT, ACT and AP exams. All graduates receive an American high school diploma; all have been accepted into university and most on scholarships, 8am-5pm, Crab Island, Exhibition Hall 4, 1, Xiedao Lu, Chaoyang District (156 1102 0229, admissions@ hopeintlschool.org) www.hopeintlschool.org 朝阳区蟹岛路蟹岛4号展馆

House of Knowledge International Kindergarten (HoK) House of Knowledge (HoK) boasts a unique curriculum that includes aspects of Montessori and Reggio Emilia, with special emphasis placed on the latter approach. Students are treated as competent learners with boundless potential. With this in mind, the curriculum helps kids acquire critical thinking and collaboration skills by teaching them how to "learn to learn" in a multilingual environment (English, German, Chinese). Age range: 10 months to 6 years. Tuition fees (2013-2014 Academic Year): RMB 2,000 (registration fee); RMB 5,000-15,000 (refundable deposit based on withdrawal policy); RMB 66,780-136,680 (school fees based on choice of program). 1) Victoria Gardens Campus: 15 Chaoyang Gongyuan Xilu, Chaoyang District (6538 2624, info@hokschools.com) 2) Quanfa Campus: North gate of Quanfa compound, 15 Maguanying, Chaoyang District (6431 8452, info@hokschools.com) www.hokschools.com 好思之家国际幼儿园 1) 朝阳区, 朝阳公园西路 15号维多利亚花园公寓 2) 朝阳区, 马泉营15号 泉发花园北门



Tsinghua International School (THIS) Tsinghua International School students follow an American Curriculum program in a nurturing atmosphere. Tsinghua International School located on Tsinghua University campus, allowing students access to the university's extensive resources and facilities, including libraries, computer labs. gymnasiums, sports fields, dance and art studios, a swimming pool, fitness center and outdoor experiential education center Accepts students Grades 1 to 12 (ages 6-18). Grades 1-5: 89,000 RMB per year, Grades 6-12: 99,000 RMB per yearInside Tsinghua High School Campus, Zhongguancun Beilu (northwest of Tsinghua University), Haidian District (6279 7000, 6277 1477, this@mail. tsinghua.edu.cn) www.this.edu.cn清华大学附 属中学国际部海淀区,中关村北路清华大学西北 侧清华中学校园之内



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United World College (UWC) of Changshu China Opening in 2015, United World College Changshu China is a boarding school that plans to offer the two-year IBDP program and a one-year pre-IBDP preparatory program. Maximum capacity will he 520 students. UWC Changshu China is part of the United World Colleges founded in 1962 with 14 schools worldwide. There will be full and partial scholarships available on a needs basis. 1) 1 Zhuangyuandi, Kuncheng Lake, Changshu, Suzhou, ((0512) 5298

2602, admissions@uwcchina.org) www. uwcchina.org 2) (admissions@uwcchina.org) www.uwcchina.org世界联合学院, 苏州常熟昆

Beijing Hujjia Kindergarten Run in conjunction with Huijia Private College (see below), Huijia Kindergarten currently has 20 different campuses across Beijing. The school follows a Multiple Intelligences curriculum and instruction is in Chinese. Currently, about one guarter of the students are international students, Ages: 2 to 6, Price Range: RMB 20,000-60,000. Head Office: 33C, Bldg B, Huating Jiayuan, 6 Beisihuan Zhonglu, Chaoyang District (400 886 1993) www. hjkids.com北京汇佳幼儿园朝阳区,北四环中路 6号华亭嘉园B座33C

Beijing Huijia Private (IB) School Beijing Huijia Private (IB) School is comprised of a kindergarten, primary school, junior high school and senior high school. It is a day and boarding school where Chinese and foreign students study together, and it is the first member school of the International Baccalaureate Organization (IBO) in China that admits Chinese students. With a mix of Chinese and foreign students (from 15 countries) and more than 500 Chinese and foreign teachers and staff, it is one of the largest private schools in Beijing. Age range: 3-18. Tuition fees (2013-2014 Academic Year): RMB 1,000 (application fee); RMB 20,000 (deposit); RMB 146,600/year (Grade 1-2); RMB 148,200/year (Grade 3-4); RMB 152,500/year (Grade 5-6)157 Changping Lu, Changping District (400 889 1993, admissions@huijiaedu.org) www.huijiaedu. org北京汇佳私立学校昌平区 昌平路157号

International School of Beijing (ISB) Building on its 33-year tradition of academic excellence, ISB is embracing the challenges and rewards of the future of education. Through a tailored, connected, real-world curriculum known as Learning21@ISB, the experienced and passionate teachers provide students with opportunities to grow as individuals, scholars, and contributing members of the community. Tuition fees (2013-2014 academic year): RMB 75,860 (EC3 half day); RMB 138,710 (EC4 full day); RMB 162,560 (K-Grade 5); RMB 174,430 (Grade 6-8); RMB 191,840 (Grade 9-12). Application fees and capital levy fees also apply.10 Anhua Jie, Shunyi District (5149 2345, admission@isb.bj.edu.cn) www.isb. bj.edu.cn北京顺义国际学校顺义区、安华街

Keystone Academy Opening in September 2014, Keystone Academy offers a new schooling option for families in China, with Chinese and American instructional techniques of inquiry-based learning, criticalthinking, and creative problem solving in a rigorous intellectual environment. The academic program will be international in scope, with a central curriculum thread that focuses on Chinese identity, language, culture, and history. Keystone will serve students grades 1 through 12, with a bilingual curriculum in the primary years and more intensive instruction in English as students progress through the program. There will be a boarding school option for Grades 7 and 8, and mandatory boarding in Grades 9-12.10 Anfu Jie, Houshayu, Shunyi District (8049 6008, admission@keystoneacademy.cn) www. keystoneacademy.cn北京鼎石国际学校顺义区 后沙峪镇安富街10号

The British School of Beijing (BSB)

The British School of Beijing, established in 2003, has campuses in Shunyi (primary & secondary) and Sanlitun (primary). It is the only school in Beijing approved by the UK's Independent Schools Inspectorate (ISI). BSB offers an enhanced English National Curriculum to 1,500 expatriate students from more than 60 countries. Our Shunyi campus currently offers IGCSE and A-level examination programmes and from August 2014 will offer the International Baccalaureate (IB) Diploma programme.

Families are eligible for a 5% discount by paying yearly tuition fees in full. Age range: 2-18. Tuition fees 2013-2014 Academic Year: RMB 1,600 (Application fee); RMB 16,000 (Security deposit, payable upon acceptance); RMB 107,286 (Pre-Nursery & Nursery mornings); RMB 160,944 (Pre-Nurserv & Nursery full day); RMB 173,600 (Reception); RMB 193,217 (Year 1-2); RMB 206,273 (Year 3); RMB 209,339 (Year 4-6); RMB 227,796 (Year 7-9); RMB 234,734 (Year 10-11); RMB 246,057 (Year 12-13). 1) Shunyi Campus: 9 Anhua Lu (south side), Shunyi District (8047 3558, admissions@britishschool, org.cn) 2) Sanlitun Foundation Stage: 7 Sanlitun Beixiaojie, Chaoyang District (8532 5320, admissions@britishschool.org.cn) 3) Sanlitun Primary: No.5 XiLiuJie Sanlitun, Chaoyang District (8532 3088, admissions@ britishschool.org.cn) www.britishschool.org. cn北京英国学校 1) 顺义区,安华路9号南院 2) 朝阳区,三里屯北小街7号 3) 朝阳区,三里屯

The High School Affiliated to Renmin University of China (RDFZ) Founded in 1950, the education philosophy of RDFZ is to respect individuality and develop the students' personal development. Led by Liu Pengzhi, RDFZ boasts more than 50 international faculty members and over 200 international students. Students can choose to study Mandarin as part of the Chinese language program or take classes with regular middle and high school students. More than 85 percent of the student body has been accepted to top universities like Peking University and Tsinghua University. RDFZ has launched reforms that combine traditional Chinese education and international curricula, including elements of A-Levels, the IB program, and AP classes. RDFZ has a network of 46 partner schools worldwide, including Escola-Hamelin Laie Internacional, Spain; Thomas Jefferson High School for Science and Technology; Phillips Academy Andover; Raffles Intitute; Eton College; and Mahidol Wittavanusorn. Department of International Students, The High School Affiliated to Renmin University of China, 37 Zhongguancun Dajie, Haidian District (6251 3962, guojibu3962@sina.com) www.rdfz.cn+ 国人民大学附属中学(简称人大附中)海淀区 中关村 大街37号人大附中国际部

The International Montessori School of Beijing (MSB) As the first and only fullyregistered international Montessori school in Beijing, MSB has been serving the city's expatriate children since 1990. Age range: 1-12. Tuition fees (2012 Academic Year): 3 Day Toddler (Age 1): RMB 41,000; 5 Day Toddler (Age 1): RMB 65,000; Morning Nursery (Age 2): RMB91,000; Full-day Nursery (Age 2): RMB 135,000; Morning Kindergarten (Ages 3-4): RMB 95,000; Full-day Kindergarten (Ages 3-4): RMB 140,000; Reception (Age 5): RMB 157,000; Elementary (Ages 6-12): RMB 163,000.Bldg 8, 2 Xiangjiang Beilu, Chaoyang District (6432 8228, admissions@msb.edu.cn) www.msb. edu.cn北京蒙台梭利国际学校朝阳区, 朝阳区香 汀北路2号院8号楼

Western Academy of Beijing Western Academy of Beijing is an International Baccalaureate World School that boasts a "challenging and caring educational environment in which students are active participants in the learning process." WAB provides a learner-centered atmosphere that nurtures a strong sense of community among its 1,550 students from 55 countries, with the mission to "Connect, Inspire, Challenge: Make a Difference." Campus facilities are extensive and include a lake and model wetlands that are the foundation of its environmental science center. Age range: 3-18 years old. Tuition fees (2010/2011 Academic Year, combined total includes capital levy and tuition): Nursery RMB 85,000; Pre-Kindergarten RMB 141,000: Kindergarten RMB 165,000: Grades 1-5 RMB 165,000: Grades 6-8 RMB 181,000; Grades 9-10 RMB 198,000; Grades 11-12 RMB 204,00010

Laiguangving Donglu, Chaoyang District (5986 5588, wabinfo@wab.edu) www.wab. edu 北京京西学校朝阳区,来广营东路10号

Yew Chung International School of Beijing (YCIS) Situated next to the scenic downtown Honglingjin Park since 1995, Yew Chung International School of Beijing (YCIS Beijing) is officially registered as a school for foreign nationals, providing bilingual education for students aged 2-18. YCIS Beijing adheres to the National Curriculum for England (NCE) and also integrates an extensive Chinese Language and Culture programme, featuring a unique Co-Teaching model in Kindergarten and Primary school that combines one Western teacher and one Chinese teacher in every class. Within Secondary school, Yew Chung International School of Beijing follows the IGCSE and IB programmes and is accredited by NCCT, CIS and NEASC.YCIS Beijing has a 100 percent pass rate and 100 percent university acceptance rate to universities such as Oxbridge Universities, Princeton and MIT. YCIS is the only international school in China to have received the 'Cambridge Award for Excellence in Education' from Cambridge International Examinations. Honglingjin Park, 5 Houbalizhuang, Chaoyang District (8583 3731, enquiry@bj.ycef.com) www.ycis-bj.com 北京耀中国际学校朝阳区,后八里庄5号红领 巾公园东门

Shopping

Air Purifiers & Masks



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RGF Pro-active Air Purification System Relative newcomer to the air purifier market, 11/F, North Tower, Daheng Technology Towers, Suzhou Dajie, Haidian District (400 818 6660, www.dahengit.com) 美国艾洁弗主动式空气净化器海淀区 苏州街大 恒科技大厦北座11层



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Organic Goods

TooToo Organic Farm TooToo encompasses a farm in Pinggu and an online organic food delivery service established in 2008. Certified by both China's COFCC and Europe's ECOCERT, TooToo has a 70-acre organic farm near Pinggu open to visitors. Hotline: Mon-Fri 8am-8pm, Sat-Sun and holidays 9am-7pm. Ma Changying Village, Ma Changying Town, Pinggu District (400 898 9797) shop.tootoo. cn沱沱工社平谷区马昌营镇马昌营村

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Sports

Basketball

Falcons Basketball Club Based out of Dulwich College Beijing (DCB) and the Western Academy of Beijing (WAB), Falcons Basketball Club is a youth basketball program aimed at ages 6-19. The first hour of each session focuses on fun drills and games to teach and reinforce the fundamentals of basketball: footwork, dribbling, shooting, and situational team play and skills. During the second hour, players are split into teams for half-court and full-court games. The club provides after-school activities, weekend and weekday community programs, and development team programs, (hui, tu@beijingfalconsbasketball.com) www. beijingfalconsbasketball.com北京菲尔肯斯篮

NBA Yao School Wukesong Hi-Park (inside Wanshida Sports Stadium), Fuxing Lu, Haidian District (service@nbayaoschool.com) www.nbayaoschool.comNBA姚明篮球学院 海淀区复兴路五棵松篮球公园(北京万事达体 育中心)

Climbing

O'le Climbing O'le's top-roping and lead climbing wall is 12.5m high and features 7 roped climbing stations with numerous professionally-set routes suitable for novices and experts alike. Staff members frequently change the holids and routes, so there's something new every time. The center also has one of the best indoor bouldering rooms in China, with 150sqm of verticals, slabs, bulges, and a 45° overhanging wall. Mon-Sat 10am-10pm, Sun 10am-8pm, 5 Shimencun Lu, Baiziwan Qiao Dong, Dongsihuan Zhonglu, Chaoyang District (186 1846 1002, oleclimbing@gmail.com) www.oleclimbing. com奥莱攀岩朝阳区,朝阳区东四环中路百子湾 桥东石门村路5号

Football (Soccer)

Beijing Kickers German Football Club Beijing Kickers is the first German youth football club in Beijing. Their year-round junior coaching program is intended for

boys and girls aged 3-11. Lessons are held in German and English. Through innovative and age-appropriate training methods, experienced coaches will enhance children's soccer skills and focus on moral values, education through sports, communication, enthusiasm and passion.Rm 3053, Bldg 1, 5 Liufang Nanli, Chaoyang District (info@ beijingkickers.com) www.beijingkickers.com 朝阳区柳芳南里甲5号1号楼30

ClubFootball Established in 2001. ClubFootball coached over 3,000 kids aged 4.5 and over in 2013. Full-time English FA/ UEFA qualified coaches deliver programs at 30 venues in Beijing and Tianjin. Programs range from skills courses for beginners to all-girls groups, holiday courses and advanced junior league teams. Call for a free taster session or league tryout. Daily 9am-6pm. Unit A316, Door 3, Zone A1, Bldg 51, Zhaowei Huadeng Plaza, 14 Jiuxianqiao Lu, Chaoyang District (5130 6893/4/5/6, activities@ wanguoqunxing.com) www.wanguoqunxing. com万国群星足球俱乐部,朝阳区酒仙桥路14号 兆维华灯大厦51号楼A1区3门A316

Ice Skating

All Star Champion Skating Club All Star Ice Rink was founded by Wang Rui, figure skating gold medalist in the 1999 Asian Winter Games, and Li Ning, the legendary gymnast who lit the torch during the opening ceremony of the Beijing Olympics opening ceremony. Located on the first floor of Solana mall, the ice rink covers 800 square meters and uses equipment that meets international standards, creating a rink fit for both entertainment and professional competition. For adolescents new to the sport, All-Star offers classes. Especially precocious athletes can request coaches from the Chinese national skating team. Private lessons (Chinese only) are priced at RMB 135-200/40min. RMB 30 (Before 6 pm), 40 (After 6pm), 50 (Holidays & Weekends) for admission. Daily 10am-10pm. 1/F, Solana Lifestyle Shopping Park, 6 Chaoyang Gongyuan Lu., Chaoyang District (5905 6328) 全明星滑冰俱乐部, 朝阳公园路6号蓝色港湾 国际商区首层

Center Ice Asia Run by the people behind Hockey Night in Canada and Houhai Pond Hockey Tournament, Center Ice Asia has ice skating programs for everyone, including kids, adult beginners, figure skaters, and hockey players. The emphasis is on fun. health, and safety, with certified international coaches and holiday camps. 1) Tue-Fri 1-9pm, Sat-Sun 9am-9pm. Haotai Ice Sports Center Maquanying, Quanfa Garden North Gate, 2 Xiangjiang Beilu, Chaoyang District () 2) Tue-Fri 1-9pm, Sat-Sun 9am-9pm. Haotai Ice Sports Center, Xinglong Park, Chaoyang Lu, Gaobeidian, Chaoyang District (info@ centericeasia.com) www.centericeasia.com 1) 朝阳区香江北路2号全发花园北门浩泰冰上 运动中心马泉营 2) 朝阳路兴隆公园内 浩泰冰

Dulwich Ice Rink In addition to offering ice skating and ice hockey courses for ages 4-18 through its Dulwich Community Programmes, Dulwich College Beijing opens its ice rink to the public on Saturdays and Sundays. Admission costs RMB 50 (including skate rentals). Sat 3.30-7pm, Sun 10am-6pm. Dulwich College Beijing, Legend Garden Villas, 89 Capital Airport Road, Shunyi District (6454 9150, dcp@dulwich-beijing.cn) www. dulwich-beijing.cn德威英国国际学校冰场,顺 义区首都机场路89号丽京花园7区北京德威英

Le Cool Chills and spills for skaters and shoppers at this small indoor rink in the World Trade Center. Be warned that the rink can get seriously crowded with ice princesses on holidays and weekend afternoons. Weekdays: RMB 30 for 90 min (10am-6pm), RMB 40 for 90 min (6-10pm). Weekends: RMB 50 for 90 min. Skate rental included. Daily 10am-10pm. B2/F, China

World Shopping Mall, 1 Jianguomenwai Dajie, Chaoyang District (6505 5776, lecool@cwtc. com) www.lecoolicerink.com国贸溜冰场,朝阳 区建国门外大街1号国贸地下2层

Martial Arts

Black Tiger Fight Club Founded in 2006, Black Tiger Fight Club is the only complete MMA training center that caters primarily to expats. The center's coaching team consists of world champions, UFC veteran coaches and fighters, and certified conditioning coaches. With two locations in Beijing, Black Tiger Fighting Club Beijing offers martial arts and fitness classes for women, kids, teens, and adults, including Muay Thai, kickboxing, Brazilian jiujitsu, wrestling, boxing, and weekend self-defense workshops. 1) 2/F, 5 Laiguanying Donglu (across from WAB, west of Lane Bridge Villa), Chaoyang District () 2) Sino-Japanese Youth Exchange Center Gymnasium, 40 Liangmaqiao Lu, Chaoyang District (info@blacktigerclub.com) www. blacktigerclub.com 1) 朝阳区,莱广营东路5号 2层 (京西学校对面, 长岛澜桥西侧) 2) 朝阳 区 亭马桥路40号

Jinghua Wushu Association Traditional, combat-style Chinese wushu for kids ages 5 and up, taught in English by teachers from Shaolin. The youngest aspiring masters start off with moves based on different animals; older, more experienced learners study traditional Shaolin forms. Beijing Riviera: Mon 4.30-5.30pm (ages 4-7), Wed 5-6 pm (ages 4-7). Kempinski Pulse Club: Thu 5-6.30pm (ages 7-9), Sat 3-4.30pm (ages 7-9), Sat 4.30-6pm (ages 7-9), Sun 4-5.30pm (ages 4-6). Adult classes and private lessons also available. RMB 700/ten classes.F1, Pulse Health Club, Kempinski Hotel Apartment, 50 Liangmaqiao Lu., Chaoyang District (135 2228 3751 (English/French), 131 4107 2677 (English/Chinese) jinghuawushu@yahoo.com. cn. www.iinghuawushu.com朝阳区 高马桥路 50号凯宾斯基饭店公寓地下1层都市脉搏俱乐部

Xie's Martial Arts Academy (XMA) Xie's Martial Arts Academy (XMA) was founded in 2005 by Master Xie, a 32nd generation disciple of the Shaolin Temple with a Masters of Education from Beijing Sport University. Xie's Shaolin Kung Fu Style is a unique mixed martial arts system that combines traditional Shaolin Kung Fu, Karate and Western martial art styles. XMA's wide range of self-defense styles creates a well-rounded, disciplined martial art. Age: 3 and above. Classes are offered after school and on weekends. Private classes are available. Venue: Beijing City International School, Western Academy of Beijing, The British School of Beijing (Sanlitun) and International School of Beijing. (xmamasterxie@gmail.com) www.xmabj.com

Misc Sports

Heyrobics Based on the Swedish fitness movement of jympa, Heyrobics was brought to Beijing by one of the founder's sons, Linus Holmsater. Classes are instantly recognizable from the enthusiastic, pink-shorted instructors. Each one-hour session combines strength, running, agility, and cardio. There are three difficulty levels (starter, medium, and intensive) set to eclectic, instructordesigned playlists. Taking places in venues across Liangmaqiao, Sanlitun, and the CBD, programs also include HeyRunning, Core, and Circuit classes. RMB 40 per session (members), RMB 50 for non-members. (info@ heyrobics.com) www.heyrobics.com

Multi-Sports Organizations

Flips & Kicks Plus Formerly known as Beijing Sports Plus, Flips & Kicks Plus specializes in providing gymnastics and martial arts coaching to Beijing's international community. Kids can improve their physical condition, co-ordinaton, concentration, selfesteem and confidence in a stimulating. challenging, safe and fun environment. Programs are taught in English by qualified

international staff, (info@flipsandkicksplus, com) www.flipsandkicksplus.com

Imagine From the founder of O'le Music and O'le Afloat. Offers skiing, sailing and other water sports, rollerblading, and music programs such as Trash Bash and Shout! Rock Choir. With a team of skilled international instructors, experienced in their specific fields. The organization hold sannual competitions such as International Schools Snowsports Championships China (ISSCC) and Boat Race of International School China (BRISC).(info@imagine-china.com) www. imagine-china.com

Sports Beijing Sports Beijing is a nonprofit organization that provides sports and recreational activities to the children of Beijing. Modeled after North American and European community sports organizations, Sports Beijing offers more than 15 sports and recreational programs, including baseball, basketball, flag football, floor ball, gymnastics, ice hockey, martial arts, rugby, skiing, soccer, swimming, tennis, track and field/athletics. Available for young athletes (ages 4-18) and their families. Mon-Fri 10am 6pm. 2/F, Lido Country Club, 6 Jiangtai Lu, Chaoyang District (6430 1370)www.sportsbj. org 朝阳区将台路6号丽都乡村俱乐部2层

Scuba Diving

SinoScuba Founded in 2003 by PADI IDC Staff Instructor Steven Schwankert, SinoScuba offers PADI scuba diving courses from Discover Scuba Diving up to Assistant Instructor. Confined water dives usually take place at Blue Zoo Beijing, with shark and dolphin fun dives available at Beijing Aquarium. Suitable for ages 10 and up. (186 1113 3629, steven@sinoscuba.com) www. sinoscuba.com

Skiing & Snowboarding

Badaling Ski Resort Badaling has two 800m long ski runs and a 2,300m snowmobile run. It also has sledding runs and a ski lodge with accommodation, food and drinks, stores and a gym. Any kid over 3 is welcome to take a shot at the slopes! RMB 220 (weekdays), RMB 260 (weekends). Daily 8.30am-6.30pm Badaling Town, Yanqing County (6912 9911) 达岭滑雪场延庆县, 八达岭镇

Genting Resort Secret Garden Located three hours northwest by car from Beijing, Genting Resort Secret Garden is a resort that offers all-year activities, including summer sports in the warmer months and skiing in the winter. Wutong Dadao, Taizi City, Chongli County, Zhangjiakou, Hebei Province, Outside Beijing (400 168 1234) www. secretgardenresorts.com密苑云顶乐园北京市 外,河北省张家口市崇礼县太子镇梧桐大道

Le Cool Town Built in the style of a European ski resort, Le Cool Town (also known as Yulongwan) has dedicated runs for snowboarders in addition to standard ski runs. Most of the runs are appropriate for intermediate and advanced snowboarders and skiers. For those who don't like the white stuff, there's also a spa, restaurants, cafes, and shopping in the village.Kouzi Mountain, Tuancheng Village, Tangbaitou Town, Yutian County, Hebei, Outside Beijing (0315 767 2783, 400 110 8799, bjskiweb@yahoo.cn) www.longwanski.com玉龙湾乐酷小镇北京市外 河北玉田县唐白头镇团城村口子山

Nanshan Ski Village One of the area's top ski resorts, Nanshan has ten well-groomed trails for skiers of all levels and a snowboard park (Nanshan Mellow Park) with a halfpipe, four kickers and six rails - all served by a quadruple chairlift, a double chairlift and nine T-bars. Nanshan has many ski and snowboard instructors - some trained by the Austria Snowboard Association - and it is also home to snowboarding camps organized by the Icon X store, which uses only Burton gear. Visit this all-season facility in summer for water skiing, grass skiing and paragliding. Entrance RMB 20. RMB 100/2 hrs (Mon-Fri) RMB 150/2 hrs (Sat-Sun), RMB 140/4 hrs (Mon-Fri) RMB 200/4 hrs (Sat-Sun), RMB 220/ full day (Mon-Fri) RMB 360/full day (Sat-Sun). Sledding is RMB 50/30 mins. Lodging available (RMB 320-360). Daily 8.30am-5.30pm. Shengshuitou Cun, Henanzhai Town, Miyun County (8909 1909) www.nanshanski. com北京南山滑雪滑水度假村有限公司密云县河 南寨镇圣水头村

Shijinglong Ski Resort Located 80km from Beijing, west of Longqing Gorge and east of Guanting Lake, this resort boasts some of Beijing's longest trails, a snowboard park (built and maintained by French professionals) and a good snowboard shop. Recent additionsinclude a new intermediate run, two new lifts and a widened advance run as well as a beginner trail. Dog sledding, snow biking and hot springs also available Admission RMB 20 or RMB 30 (holidays). Rental RMB 100/2hr or RMB 150/2hr (weekends). Lodging starts from RMB 200. Take the 919 from Deshengmen to Yanqing and change to the 920. Daily 8am-5pm. Zhongyangfang, Zhangshanying Zhen, Yanqing County (5905 9088) www.sjlski.com 石京龙滑雪场延庆县 张山营镇中羊坊

Yoga & Pilates

Alona Pilates Studio Founded in 2005 by Russian-born Alona Vostrikova, Alona Pilates specializes in mat Pilates to create long, lean muscles. Equipment used includes Thera-Bands, magic circles, and fit balls. The studio also offers cardio ballet classes. RMB 250 per group class, several discount packages available that drop the price down to RMB 80-200 per class. Reservations needed. Daily 7.30am-9.30pm. Heavenly Spa by Westin, 5/F, Westin Beijing Chaoyang, 1 Xinyuan Nanlu, Chaoyang District (139 1029 0260, alona@alonapilates.com) alonapilates.com 朝 阳区新源南路1号金茂北京威斯汀大饭店5层威斯 汀天梦水疗中心

Incy Wincy Yoga Founded in 2006 by a mother and yoga instructor Angelina Liu, Incy Wincy Yoga is dedicated to kids' and baby yoga. The programs are suitable for children 3-12 years old, babies, and teens. All classes are taught in English with over 15 centers around Beijing.Rm 1909, Bldg A, U-Space Building, 8 Guangqumenwai Dajie, Chaoyang District (5861 3809, info@incywincyyoga. com) www.incywincyyoga.com 朝阳区广渠门 外大街8号优士阁A座。

Isofit Beijing Isofit is Beijing's first full studio dedicated to Pilates and the lesserknown exercise system Gyrokinesis. Yoga classes are also available. The studio offers private (RMB 750+/class), semi-private (RMB 500+/class), and group sessions (RMB 180+/class). An initial fitness assessment is required. Discounts available for packages of 10, 20, and 30 sessions. Units C-2-86, Upper East Side, Dongsihuan Beilu, Chaoyang District (188 1083 0188, info@pilatesbeijing. com) www.pilates.cn 朝阳区阳光上东东四

Yoga Yard Vinyasa (flow) yoga classes offered daily, mornings and evenings, at various levels. offers pre- and postnatal yoga, introduction to yoga, restorative yoga, and other workshops. RMB 400 for a four-week session. Mon-Thu 7.15am-9.30pm, Fri-Sun 7.15am-8pm. Fri-Sun 7.15am-8pm. 6/F, 17 Gongti Beilu (across from the north gate of Workers' Stadium), Chaoyang District (6413 0774, info@yogayard.com) www.yogayard. com 瑜珈苑, 朝阳区工体北路17号6层工人体 育场北门对面

Space in the magazine directories is extremely limited; priority is given to advertisers, and venues and/or organizations covered in this month's issue. For a complete directory of listings, visit the beijingkids website at www. beijing-kids.com.



















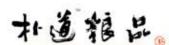


















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