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# beijingkids

March 2015

## By the Book

Tagging along on  
Beijing by Heart's  
Writers' Tour

**Cover to Cover**  
Interviews with  
guests from the  
2015 Bookworm  
Literary Festival

## So Help Us!

The results of the 2014 Beijing Ayi  
Survey

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kids show gratitude to aiyis  
and drivers, support for  
special education needs, a  
sneak peek at the BCIS Flux  
Film Festival, and more*





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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 over 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 the 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.



"Looking back to my time at BCIS, coming there definitely has to be one of the best decisions I ever made. Initially, I was a bit skeptical, going into a completely different learning environment to what I had experienced previously. However, everyone was warm, welcoming and open right from the start, making it an easy decision.

Through the framework provided by BCIS, I was able to develop my own personality, skills and qualities independently. In going into university and having completed several internships, these skills have proved invaluable, enabling me to take on leadership in a broad range of situations and groups, to approach situations openly, and most of all to open doors in directions I once wouldn't even have dreamt about."

A testimony from Mr. Thilo Braun, BCIS Scholarship Awardee and Graduate of 2012. Thilo is currently studying at Imperial College, London.



Scan the below QR code to follow the official BCIS We-Chat account.

Scholarship Program

Limited spaces for immediate entry.

## Main Campus:

北京乐成国际学校联系方式:

Tel: +86 10 8771 7171 ext 5008. Fax: +86 10 8771 7778

Email: admissions@bcis.cn. Web: www.bcis.cn

No.77 Baizhuan Nan Er Road, Chaoyang District, Beijing 100022, P.R. China

地址:北京市朝阳区百子湾南2路77号, 100022

## ECC Campus:

北京乐成国际学校幼儿园联系方式:

Tel: (+86)10 6770 0766

No.11 Dongbai Street, Chaoyang District, Beijing 100022, P.R. China

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# MARCH 2015

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#### ON THE COVER:



Twins Chloe and Bianca Kara were born at Beijing United Family four months ago, joining big sister Ariana (age 7), mom Shanna Lafontaine, and dad Patrick Kara. The family moved to Beijing in 2012 for Patrick's job as an operations manager. Found through a referral on Beijing Mamas, ayi Sissy is originally from Hubei but married a Beijinger more than 20 years ago and now calls the city home. Sissy's devotion to the twins is evident throughout the shoot, "If you ever leave China, you have to give me one baby," she jokes with Lafontaine.

Photography by Dave PIXSTUDIO



# WOMEN OF CHINA



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## The *beijingkids* Board



### Jennifer 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.



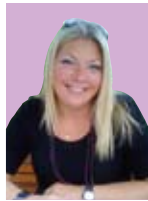
### AJ Warner

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

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



### Eye Hsu

CCTV talk show host and mom-preneur Eye 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.





## Between the Lines

**M**y sister and I have a comfortable relationship now, but that wasn't always the case. Growing up, the seven-year age gap made pop culture references hard to share. Exceptions included *Pokémon*, Disney movies, and the PC games we ran on our big brother figure Le's Intel i386 computer, which boasted titles like *Zak McKracken* and *the Alien Mindbenders* and *Test Drive 3: The Passion*.

Perhaps the greatest divide was literature. Separated by our reading levels, I pored over *Goosebumps* and *The Baby-Sitters Club* while Nancie sounded out *Peter the Rabbit* and Dr. Seuss. Then, *Harry Potter* came along.

Though I was the same age as the main characters when the first book came out, my sister and I didn't discover *Harry Potter and the Philosopher's Stone* until we bought it on sale at a Barnes & Noble in the US. We were in the middle of a family road trip and I'd already burned through the few books I brought with me. It took about ten pages and as many minutes to become hooked; we returned to the store a few days later and bought the remaining installments.

Eventually, Le started reading *Harry Potter* too. Being three years older than me and ten years older than Nancie, *Harry Potter* was one of the few books we had in common, along with *The Chronicles of Narnia* and *The Lord of the Rings*. When *Harry Potter and the Half-Blood Prince* was, Nancie and I pre-ordered it as a gift for Le – then rather unscrupulously took turns reading it before his birthday. The three of us attended the midnight premiere of one of the later films – a length I haven't gone to for any other series before or since.

Yesterday, I asked Nancie what her favorite book was as a youngster. To my surprise, it wasn't *Harry Potter* but a lesser-known YA fantasy series from the '80s called *The Song of the Lioness* by Tamora Pierce.

"It's basically about a girl who doesn't want to be raised as a lady and instead aspires to be a knight," Nancie wrote me on Facebook. "The series follows her as she grows up, from being disguised as a

boy for a big part of it and essentially smuggling herself into training as a page, to being a fully-fledged woman knight recognized and respected for her strength and valor. I loved it because not only was it an empowering kind of story in the obvious way, it was also a story about growing up and struggling through adolescence, facing your fears and your insecurities, and becoming stronger as a result."

Older siblings tend to underestimate the inner lives of their "baby" brothers and sisters. I remember being utterly shocked when Nancie casually dropped the word "nocturnal" in conversation at age 6 or 7, forcing me to revise my assessment of her language skills.

I enjoy the fact that this column gives us an excuse to compare memories ("I know we bought the book for Le, but I don't remember when, where, and how") and hear anecdotes from my sister's own years at school.

As grownups, we realize we're more similar than we thought. We both cry at everything, including commercials and action movies. All-you-can-eat sushi is never a bad idea, every stray cat needs petting, and brunching is a fine art. We sometimes cover our insecurities with sarcasm and are always bad at apologizing. We have zero interest in any televised sports except rugby and the Olympics. We read *Harry Potter*.

Sijia Chen

Managing Editor





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Date: Friday March 20<sup>th</sup>, 2015

Time: 6:00 p.m. (cocktail reception begins), 7:00 p.m. (program begins)

Where: Four Seasons Hotel Beijing, Imperial Ballroom 5<sup>th</sup> floor

Ticket Price: 688 RMB (ages 5 and above need to purchase a ticket, ages below 5 can sit on parent's lap)

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\*Proceeds will be donated to A Bridge for Children's TALENT and DREAM program to support the art and music programs of six migrant schools for a whole year, and fund the education of eight rural girls in Guilin through EGRC (Educating Girls in Rural China).





# MARCH 11-20



**Wed, Mar 11**

## 1 **HIS Open House**



All ages. HIS opens its doors to the public so families can speak with teachers and staff as well as learn about the school's American-style curriculum. Registration required. Free. 8.10am-12.35pm (Grades 7-12), 9am-12.20pm (Pre-K-Grade 6). Hope International School ([admissions@hopeintlschool.org](mailto:admissions@hopeintlschool.org))

## **3e International Open House**



All ages. Tour school facilities, watch a class in session, and chat with staff about the school's dual-immersion program. There will be a second open house on March 25. Registration required. Free. 9.30-11.30am, 5.50-7pm. 3e International School (6437 3344, [admissions@3einternationalschool.org](mailto:admissions@3einternationalschool.org))

**Thu, Mar 12**

## 2 **BCIS Elementary School Open House (Grades 1-5)**



Ages 7+. This open house starts with a presentation about the elementary program followed by tours of the classrooms and facilities. Registration required. Free. 9-11am. Beijing City International School ([admissions@bcis.cn](mailto:admissions@bcis.cn))

## **WAB Open House**



All ages. Learn more about WAB with a presentation and a tour led by parents, faculty, and administrative staff. Free. 9.30-11.30am. Western Academy of Beijing (5986 5588)

**Sat, Mar 14**

## 3 **The Hutong's Annual Cookie Monster Charity Bake-Off**



All ages. Watch Beijing's best bakers compete in a huge charity cookie contest (pictured above is last year's winner, Jonathan Ellis of Big Bear Cookies). Admission includes samples of 20 cookies and a drink, and more. There will also be a charity raffle with sweet prizes. RMB 150 (non-members), RMB 100 (members). 2-5pm. The Hutong (159 0104 6127)

## 4 **Roundabout Charity Book Fair at BCIS**



All ages. Thousands of second-hand books, toys, and games will be on sale at deeply-discounted prices as Roundabout once again raises money for its charitable projects. Roundabout is also looking for volunteers to help out. Free. 10am-3pm. Beijing City International School ([roundaboutvolunteer@yahoo.co.uk](mailto:roundaboutvolunteer@yahoo.co.uk))

PHOTOS: COURTESY OF HIS, BCIS, SUI





Editor's Pick



Dining



Playing



Learning



Community



Living



Health



Parenting



4

**Sat, Mar 14****SinoScuba Project AWARE Dive Against Debris**

Ages 10+. Calling all PADI Open Water Divers! SinoScuba will clean up Mapao Quan, aka "The Well" in Fangshan as part of an environmental campaign to restore dive sites in Beijing. Registration required. Free. 9am-2pm. SinoScuba (186 1113 3629, [steven@sinoscuba.com](mailto:steven@sinoscuba.com))

**March 20-21****WABX to the MAX 2.0**

WAB hosts the twice-annual WABX to the MAX with a full weekend of activities, including sports tournaments and a student-run music and arts festival. Admission is free and there is no need to RSVP. Free. Approximately 3-8 Fri, 8-8 Sat. Western Academy of Beijing (5986 5588)

**Sat, Mar 21****Spring Dragon Festival**

Ages 2-6. According to the Chinese lunar calendar, March 21 is the second day of the second month. Known as the Spring Dragon Festival (*lóng táitóu*), it was believed to be when the Dragon King

PHOTO: COURTESY OF ROUNDABOUT



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# MARCH 30-APRIL 4



woke from his winter sleep. At YSA, parents and kids will make pancakes to represent dragon's scales. There are also game stations and activities for the entire family. Registration required. Free. 10am-noon. Young Starters Academy (186 0004 9065, 135 2256 3767, kristinkoh@mylittlemozart.com)

**Thu, Mar 26**

## **PAL Workshop: Supporting Your Child in Their Math Studies**



For adults. This month's Parents as Learners workshop is led by Secondary School Math Team Leader David Nguyen. The talk covers strategies for parents of students in Grades 6-12. Attendees must bring a piece of ID. Registration required. Free. 8.30-10am. Beijing City International School (yisha.niu@bcis.cn)

**Mar 24-26**

## **1 WAB High School Musical: Blood Brothers**



Ages 7+. WAB's high school students will perform a musical called *Blood Brothers*. The event is open to the public. Free. 7-9pm. Western Academy of Beijing (5986 5588)

**Sun, Mar 29**

## **2 Capital M Kids Club: Shadow Puppet Theater**



Ages 7-12. The Courtyard Institute and Capital M team up to put on a fun shadow puppet workshop for kids. Participants will split up into small groups after a short presentation and create their

own shadow puppet story. Registration required. Free. 11am-1pm. Capital M (6702 2727, reservations@capital-m-beijing.com)

**Apr 2-3**

## **The Dulwich Olympiad**



All ages. The first-ever Dulwich Olympiad involves 600 students competing in Olympics-style sports competitions and music collaborations. There will be opening and closing ceremonies as well as concerts. Free. 8am-5pm. Dulwich College Beijing (6454 9000)

## **Ongoing Events:**

**Mar 10-Apr 7**

## **Active Parenting for Teens**



For adults. From March 10 to April 7, this YCIS program will use activities and discussions from Active Parenting Publishers to address issues like responsibility, power struggles, and independence in teens. Registration required. Free. 10am-noon. Yew Chung International School of Beijing (eryn.vanwinden@bj.ycef.com)

**Mar 13-29**

## **The Bookworm Literary Festival 2015**



All ages. Once again, the Bookworm's annual literary festival hosts workshops, talks, discussion panels, and other events



with authors, illustrators, poets, and performers. Children's and YA authors include AJ Betts, Damon Young, Stephen Mosser, Arthur Charles, and Cherry Denman. Prices TBA. Various times. The Bookworm (6586 9507, info@china-bookworm.com)

### Mar 14-29

#### Blue Bridge's Living Artworks: Being the Maestro Series



Ages 5-12. These half-day workshops focus on artists like Vincent Van Gogh (Mar 14-15), Claude Monet (Mar 21-22), and Andy Warhol (Mar 28-29). Registration required. RMB 400 (materials and activities included). 9.30am-noon, 2-5pm. Blue Bridge International Education (CBD: 5900 0270, Lido: 5947 2275)

### Mar 30-Apr 3

#### Knight School



Ages 7-12. Kids can learn how to wield a sword, shoot arrows, and ride a horse in this five-day camp. Participants will also get to build a trebuchet and make a shield. Safety is assured under the supervision of licensed professionals. Registration required. RMB 4,000. 9am-4pm. Imagine (186 1045 3101, info@imagine-china.com)

### 3 HoK Easter Camp



Ages 3-6. For the Easter break, kids can do arts and crafts, play games and sports, sing, dance, do science experiments, and hunt for Easter eggs. RMB 2,200 (full day), RMB 1,350 (half-day without lunch), RMB 1,720 (half-day with lunch).. 9am-3.30pm. House of Knowledge (6538 2624, info@hokschoools.com)



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# SAY HELLO TO BEIJING'S SMALLEST

**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](mailto:editor@beijing-kids.com). Due to space constraints, we will only publish photos of babies born in Beijing after August 1, 2014.



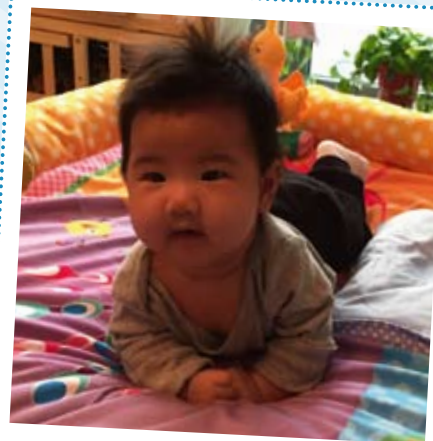
**Àlex Rojas Davies**

Spanish/New Zealander. Born on Nov 6 to Anna Davies and Xavier Rojas at Beijing United Family Hospital.



**Xinbei Wang**

Chinese. Born on Sep 29 to Rong Gu and Jinglin Wang at New Century Women's and Children's Hospital.



**Ella Mona Wu-Jin**

German. Born on Sep 23 to Di Wu and Xin Jin at New Century Women's and Children's Hospital.



**Ruixin Song**

Chinese. Born on Oct 8 to Lishan Zhu and Baojian Song at New Century Women's and Children's Hospital.



**Zihan Wanghe**

Chinese. Born on Dec 24 to Helen He and Xuhui Wang at Beijing Obstetrics and Gynecology Hospital.

# Nice to See Hue Again

by Aisling O'Brien

**W**e featured Italian mama Bianca Teti and **Z Hairdressing** in the November 2014 edition of our makeover series, Indulge. Teti, who is a senior consultant at Eriksson, and her French husband Jean-Christophe Laneri live at Chaoyang Park with their son Samuel (7 months).

Back in November, Creative Director Scarlet Salmons decided that unfortunately pregnancy, pollution, and Beijing's dry air and hard water had done too much damage to Teti's hair to pursue a color treatment. No dye could be applied until its condition had improved sufficiently.

After a few months of applying nourishing blended natural oils, Teti's curls were finally ready for some color. "We are always careful with the products we use," says Salmons. "Bianca's hair is still prone to dryness and frizz, so we are using a conditioning color with no ammonia and additional oils to minimize damage."

"I want a cool color that is still OK for business," said Teti. After a short consultation, Senior Colorist Phoebe Gao applied a deep brunette root color, with slices of chocolate and ruby red. She used new techniques learned from the Toni & Guy Academy in London to create a reversible look, with hidden vibrant red when the hair is worn up or a more corporate-friendly dark chocolate when the hair is loose. Teti is pleased with the final look. "It's a classic restyle, and the two colors give a cool effect."

*Z Hairdressing is offering readers 50 percent off on their first haircut and 20 percent off on color when they mention beijingkids.*

## Z Hairdressing

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



PHOTO: COURTESY OF Z HAIRDRESSING



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# WHAT'S HAPPENING IN BEIJING

## Keystone Summer Archway

Until April 20, Keystone Academy will be accepting applications to its summer program. Over three weeks, the latter aims to increase confidence in English, help students to understand key concepts in arts, sciences and humanities, be more effective learners, and become familiar with inquiry-based learning approaches. The program is designed for non-native English speakers in or entering Grades 6-9. For more, visit [www.keystoneacademy.cn](http://www.keystoneacademy.cn).



## ClubFootball's New Programs

ClubFootball recently introduced two new programs to its junior lineup: a soccer program for toddlers (ages 3 and over) and a girls-only program. Both programs will debut in spring. The girls-only program will take place at the International School of Beijing and Chaoyang Park. To find out more, visit [www.clubfootball.com.cn](http://www.clubfootball.com.cn).



## PEC Opens New Flagship School

Prestige Education Centre (PEC) launched a new flagship school catering to ages 4-16 with ten classrooms, an activities hall, gym facilities, a coffee shop, a library with books from the UK, an iPad learning program, a cafeteria, and a conference room. To celebrate, PEC is offering free academic assessments and half-day trials.

Bldg 9, 5 Guantang Donglu, Chaoyang District (6432 2797, [information@pedcentre.com](mailto:information@pedcentre.com)) [www.pedcentre.com](http://www.pedcentre.com) 朝阳区观唐东路5号9栋



## BWYA Opens New Primary School Campus

Recently, Beijing World Youth Academy (BWYA) opened a brand-new campus in Laiguangying dedicated to its IPC program. There are currently almost 100 students in Grades 1-5. Facilities include newly-renovated classrooms with interactive whiteboard, air purification systems, a Performing Arts and Athletic Centre, and a combined cafeteria/library space called the Libris Café.

11 Xinsheguncun, Chaoyang District (8454 3478) [ibwya.net](http://ibwya.net) 朝阳区新生村11号北京世青国际学校来广营校区



## BCIS PAL Workshop: "Supporting Your Child in their Math Studies"

Every month, Beijing City International School (BCIS) holds free workshops open to the wider community. The next Parents as Learners (PAL) workshop is entitled "Supporting Your Child in their Math Studies" and will take place on March 26 from 8.30-10am at the BCIS Main Campus. The presenter is Secondary School Math Team Leader David Nguyen, who will talk about supporting children in their math studies (Grades 6-12). Note that all attendees must bring photo ID to enter the campus. To RSVP, email [yisha.niu@bcis.cn](mailto:yisha.niu@bcis.cn). For more info, call 8771 7171.



Want your news to appear in our next issue? Email it along with a high-res photo (at least 1MB) to [webeditor@beijing-kids.com](mailto:webeditor@beijing-kids.com) by **March 13**.

## Manchester United Soccer Schools to Visit BSB Shunyi

On March 31 and April 2, Manchester United Soccer Schools will visit Beijing for the first time with camps held at the British School of Beijing, Shunyi. Catering to ages 6-18 (boys and girls), the camps are open to players of all abilities. Students who compete in the Manchester United skills challenges held at every camp will have a chance to play at the World Skills Final in Manchester, UK. For more info, visit [www.britishschool.org.cn/shunyi](http://www.britishschool.org.cn/shunyi).



## UCCA Creative Studio to Open Branch at Parkview Green

In addition to its center in 798 Art District, UCCA Creative Studio will soon open a new location in Parkview Green (B-301). China's first museum-based art education program will offer weekend family art workshops and regular art classes led by resident and guest artists from UCCA. The center will cater to ages 2-11. Stay tuned for details of the opening day launch party on [www.beijing-kids.com/events](http://www.beijing-kids.com/events) or [www.creative-studio.cn](http://www.creative-studio.cn).

## Z Hairdressing Offers Half-Priced Haircuts for Kids

Z Hairdressing, the salon led by Creative Director Scarlet Salmons (pictured with our photographer Dave's son, Myles), is offering a 50 percent discount on all kids' haircuts. (Look out for the special kids' chair shaped like an motorcycle!) Regular prices are RMB 150, 280, 380, 580, or 780 depending on the stylist.

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



## YCIS Beijing's Pollution Solution Goes Live

As part of its school renovations during the summer, Yew Chung International School of Beijing installed internal PM2.5 fresh-air systems throughout the entire campus. Other measures include airtight and wind pressure-resistant windows made by Schüco, airtight insulation doors made by Hörmann, and Panasonic air curtains at all external doors. In addition, the wider community can access live air quality readings via the YCIS Beijing website at [www.ycis-bj.com](http://www.ycis-bj.com).



## Harrow Students Pass LAMDA Examinations

Harrow International School Beijing is proud to announce that all 39 of the Pre-Prep students who took the London Academy of Music and Dramatic Art (LAMDA) last November passed the test. LAMDA has been promoting public speaking, developing drama, nurturing talent and inspiring artists across the globe for over 150 years. During the testing period, an examiner from London visits the school to assess the students.





# Join the Club

## Find it all at Sam's Club

by Patrick Li



There's nothing fancy about Sam's Club; it's a utilitarian place that has everything you need, when you need it. Owned and operated by Walmart, Sam's Club was founded in 1983 in the US and grew into a major chain of warehouse stores.

Named after founder Sam Walton, Sam's Club operates on a membership structure and sells items in bulk directly off pallets. In the US, the average Sam's Club warehouse covers anywhere from 6,600sqm to 12,100sqm.

Though a branch opened four years ago at Yizhuang Creative Life Plaza in Daxing District, many expats aren't aware of its existence. Like the original, the store features low prices, bulk merchandise, samples handed out by employees, lots of space, and a variety of products.

Tang Xu, the CEO of the real estate development company that owns Yizhuang Creative Life Plaza, envisioned Sam's Club as an "experimental" store, which sells imported goods and groceries as well as the best in local products.

"We provide customers from varying backgrounds with a range of choices. Many customers are likely to try something different here – local products for foreigners and imported products for locals," he says. "So we are actually introducing new experiences to many of our customers."

The warehouse is basic but neatly laid-out. Products include ready-made foods, fresh produce, office supplies, bedding, furniture, kitchenware, electronics, wine and liquor, and clothes. Year-round bestsellers include locally-grown strawberries and watermelons. Other customer favorites include kiwis from New Zealand, cherries from Chile, pitted prunes from the US, bottled Stella Artois beer, Similac infant formula, Danish pastries from the bakery, and sushi-to-go from the kitchen. Be sure to look out for the farmer's market section located in the center aisles, as you're likely to find some of the freshest local produce there.

While Sam's Club sells imported products from all over the world, the store doesn't lack in Chinese selections. Whether you're a fan of Pepperdine Farm blueberry cobbler or Xufuji sesame crackers, you'll find it at Sam's Club.

Customers can also shop on the official website, though the interface is in Chinese only. Depending on the area, delivery costs RMB 10 to 30 for purchases under RMB 200 and is free for orders over RMB 200. Free delivery is also available for in-store purchases of over RMB 2,000. Membership costs RMB 150 per year. All major local and international credit cards are accepted.

### Sam's Club 山姆会员商店

Daily 8am-11pm. Yizhuang Creative Life Plaza, 6 Wenhuyuan Donglu, Daxing District (6785 9228) [www.samsclub.cn](http://www.samsclub.cn)  
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# I'll Stop the World and Felt with You

Learn how to make wool crafts with Moon Hare Workshop

by Nimo Wanjau



Artist Alevtina Sharapova has always been intrigued by felting, a technique in which wool is matted down and compressed to make a flat and versatile material. In her native Russia, traditional methods of working wool have been passed down through generations, particularly for making household objects.

Sharapova has lived in Beijing for seven years. As a full-time mom, she started teaching art part-time to children aged 3-5 at a local Russian kindergarten. Five years ago, she signed up for an online felting course and eventually got certified as an instructor. Sharapova struck out on her own and started Moon Hare Workshop, offering felting classes for adults and children over 6.

Sharapova sources her wool from Russia, Inner Mongolia, a local vendor, and select Taobao shops. She uses naturally-dyed wool to make hats, scarves, jewelry, pillows, wall hangings, and more. The artist also sells ready-made products at bazaars and the Russian restaurant *Dacha* before and after classes.

Sharapova's preferred method is wet felting, which requires only wool and warm, soapy water. The technique involves taking sections of wool, placing them at a 90-degree angle to each other, repeatedly applying the soapy water, then using a roller or hands to compress the fibers, causing them to hook together. Sharapova uses bubble wrap as a mat to help speed up the process, then towel dries the wool to avoid damaging the fibers. The more layers, the sturdier the felt.

"It's like painting with wool," she says when introducing the technique to new students. Participants start by sketching out their design along with the colors on a piece of paper. To make felted jewelry, a glue gun and a needle and thread are also needed. Parental supervision is required with these projects.

For birthdays, there's a minimum of three people per group and all materials are provided. Sessions cost RMB 130 per person for groups of over five people and RMB 150 per person for groups of five or under. An assistant is usually there to help with larger groups. Bookings must be made at least three days in advance, with the venue decided by the client.

Sharapova also holds regular classes at the Russian Cultural Center and *Dacha* on Fridays and Saturdays. At *Dacha*, one-hour classes cost RMB 180 per adult and RMB 120 per child for a maximum of eight people. Occasionally, Sharapova collaborates with the Beijing Guild and makes more complex felted products to sell for charity.



## Moon Hare Workshop

To find out about upcoming classes, contact Alevtina Sharapova at 135 2176 5095 or [alevtina@art-eco.ru](mailto:alevtina@art-eco.ru).



# The Gold Standard

Rebecca Archer brightens up for spring

by Aisling O'Brien



PHOTOS: SUI

*Rebecca Archer's new color suits her to a tee*



## Get the Look:



**1** Zhu applies an all-over base color and follows it with a mix of highlights and lowlights, in particular placing them around the face and parting in anticipation of the heavy bangs she intends to cut in.



**2** Zhu dries Rebecca's bangs before cutting them; because wet hair stretches, it's easy to cut off more than intended. She creates a center part, sectioning the bangs from the crown of the head to the corners of the forehead. Zhu trims the bangs to eyebrow length, and then moves on to re-layering Rebecca's hair.



**3** Kate, the makeup artist, has one of the nicest kits so far. Over primer, she applies one of the best foundations we've ever seen: Givenchy Skin Tonic Stretch Cream Foundation, which provides complete coverage with a natural finish. She sets the base with translucent powder, moving to Rebecca's eyes. Kate applies sandy beige over the lids and crease, then smudges a darker taupe into the sockets and lashes. She adds a dramatic liquid black eyeliner and finishes with black mascara. A coral blush and lipstick cap off the look.

New Zealanders Rebecca and Caleb Archer moved to Beijing late last summer, just before Caleb took up his role as the middle and high school principal at Beanstalk International Bilingual School (BIBS). Their children are still too young to attend school with their dad; Neriah (age 3) goes to Flying Start Kindergarten while Levi (2) and Malachi (4 months) stay home with mom. Before moving here, the Archers lived in Nigeria and Indonesia.

Both Rebecca and **Franck Provost** Top Stylist Ivy Zhu have had children in the past year. As a fellow new mom, Zhu is impressed by the thickness of Rebecca's post-pregnancy hair. "Normally women lose a lot of hair," Zhu says. "I lost a lot around my hairline, so now I've got around an inch of fine baby hair growing back."

They agree on a plan for the makeover by trading photos. Zhu uses Jennifer Lawrence's honey-caramel tones as inspiration for Rebecca's color and Alexa Chung's blunt-cut bangs as reference for the hairstyle. Rebecca is keen to try a brighter, more dynamic blonde. Zhu plans three separate color applications to give body and depth – a base color touch-up with darker, coppery lowlights and warmer, buttery highlights. They decide to reshape the layers but preserve Rebecca's length so she can still tie up her hair.

Kate, the makeup artist, uses a bright coral lipstick on Rebecca, which Rebecca says she would never normally choose. "This shade is going to be huge for spring and summer," says Kate. Rebecca, who generally wears red if she wants a bright lip, is surprised by how much she likes it. "I've had such a fun day," she says, "Just what I needed! I'll definitely try to recreate the eye makeup and maybe even buy some coral lipstick."

### Makeup List

- Laura Mercier Foundation Primer
- Givenchy Skin Tonic Stretch Cream Foundation in Lift Vanilla 504
- Laura Mercier Translucent Loose Setting Powder
- Chanel Lumière D'Artifices Eyeshadow 2007 LE
- Mac Frost Satin Taupe Eyeshadow
- Oputemon Black Eyeliner Stick
- Innisfree Skinny Waterproof Mascara
- Lunasol Coloring Cheeks (Glow) in Glowing Coral 02
- Makeup Forever Sculpting Kit
- Crème de Rose Smoothing Plumping Lip Balm
- Mac Lustre Lipstick in Flamingo

### Franck Provost

Daily 10am-9.30pm. 311, 3/F, Zone 3, China International Trade Center Shopping Mall, 1 Jianguomenwai Dajie, Chaoyang District (8535 1615) 朝阳区建国门外大街1号中国国际贸易中心商场3区3层311





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[www.toranacleanair.com](http://www.toranacleanair.com)

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### 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.drmelissarodriguez.com](http://www.drmelissarodriguez.com).

## The Lung and Short of It

**"H**ow can I help my child relieve 'Beijing cough'?" If you're new to Beijing, you may be wondering what "Beijing cough" is. This reader is referring to an observation where coughs seem to persist for longer than usual. This is likely due to two factors: dryness (which can irritate the respiratory system) and pollution. Beijing cough is caused by an upper respiratory tract infection and may take a long time to resolve.

In general, a cough is a good thing; it's the body's way of protecting itself against irritants. Usually it's best not to suppress a cough, but the main issue here is that it can interfere with sleep, which kids need for rapid recovery. A sleepless child leads to a sleepless parent, and we all know that's not a good thing.

So what can you do to ease your child's cough? Here are a few of my favorite natural remedies:

### In general, a cough is a good thing; it's the body's way of protecting itself

- **Honey:** Recommended by the World Health Organization as a cough treatment, honey has antimicrobial properties, meaning it can help destroy or stop the growth of harmful microorganisms. Several studies have demonstrated its effectiveness. I recommend 2tsp of honey at bedtime. However, remember that children under the age of 1 should avoid honey due to the risk of infant botulism.

- **Humidity:** Having a humidifier at home and in the bedroom can make a big difference. If you don't have a humidifier, you can hang your wet laundry in the room overnight; it won't provide as much moisture, but it's better than nothing. Taking a hot shower with lots of steam before bed is another alternative.

- **Fluids:** It's important to drink enough fluids when you have a cough, especially when it's aggravated by dry air. Besides from warm water, I recommend uncaffeinated tea, fresh juice, and homemade chicken soup.

- **Tea:** To soothe a cough, consider thyme, peppermint, or ginger tea. Thyme is a natural cough suppressant that lacks the harmful side effects of conventional medications. To make your own, infuse 2tsp of dried thyme per cup of tea. Ginger helps to break up mucous and phlegm. Cut a few slices of fresh ginger and boil in a pot; make a concentrated batch, then add hot water and lemon to taste.

- **NAC:** N-acetyl cysteine is an amino acid that has a long history of use as a mucolytic, meaning that it breaks down mucous and allows it to be more easily coughed up. There's an over-the-counter medicine in China that contains NAC called Fluimucil (*fùlùshī*), but it also contains aspartame. I prefer to give my kids NAC by itself. It can be purchased on Taobao but since I don't trust the source, I bring it back from overseas. Kids from ages 3 to 7 can safely consume up to 400mg a day.

**Need more info?**

Dr. Dorothy Dexter is a family medicine physician at Beijing United Family Hospital. She has several years of clinical experience, and speaks English and Spanish. Contact her at [dorothy.dexter@ufh.com.cn](mailto:dorothy.dexter@ufh.com.cn).



## Is My Child Eating Enough?

I used to think that mothers who thought their kids were underweight were overreacting – until I had a daughter of my own. I found myself constantly worrying that Isabella wasn't eating enough and say to my husband, "Look, I can see all her ribs!" Yet, every time we went in for a well baby checkup, she was above the 90th percentile for both height and weight. Now, I know that it's a normal maternal instinct to feel that your baby is *never* eating enough to eat. I also came to understand how valuable growth charts are for reassuring parents that they're doing a good job.

You can monitor your child's progress by checking their current weight and height against the World Health Organization's growth chart (the most accurate for children world-wide).

Many parents are concerned that their children aren't eating enough, but the good news is that no child will ever purposefully starve themselves. Avoid force-feeding kids or making mealtimes a battle of wills.

### Avoid force-feeding children or making mealtimes a battle of wills

Most children grow in sudden spurts; one minute their clothes fit perfectly, the next they're too small. A child's appetite will increase right before and during a growth spurt, then return to normal when they're eating purely to keep up bodily functions. Here are a few tips to ensure healthy eating at home:

- Make a range of healthy foods available to your child and allow them to choose the order and amount they want to eat.
- Use visual aids like the USDA's My Plate guide to ensure that meals are nutritionally-balanced. According to My Plate, half the plate should contain veggies, one quarter whole grains or non-processed starch, and one quarter protein.
- Avoid "empty foods" – high-calorie, low nutrient snacks that trick the brain into thinking the body has already eaten.
- Keep an easily accessible fruit bowl at home.
- Avoid purchasing large amounts of packaged snacks.
- Ensure your child gets the recommended five portions of fruits and veggies per day. They should also take a daily Vitamin D supplement to help with bone health.
- Minimize exposure to screen time and make physical activity part of their daily routine. On weekends, plan family outings that include physical activity and exposure to sunlight (whenever possible).
- Schedule a routine well baby (every two to three months) or well child (every six to 12 months) checkup to ensure your child is growing adequately. If unsure, ask your doctor about the amount and type of food they should be offered.

## YCIS Beijing Guaranteed Fresh Air

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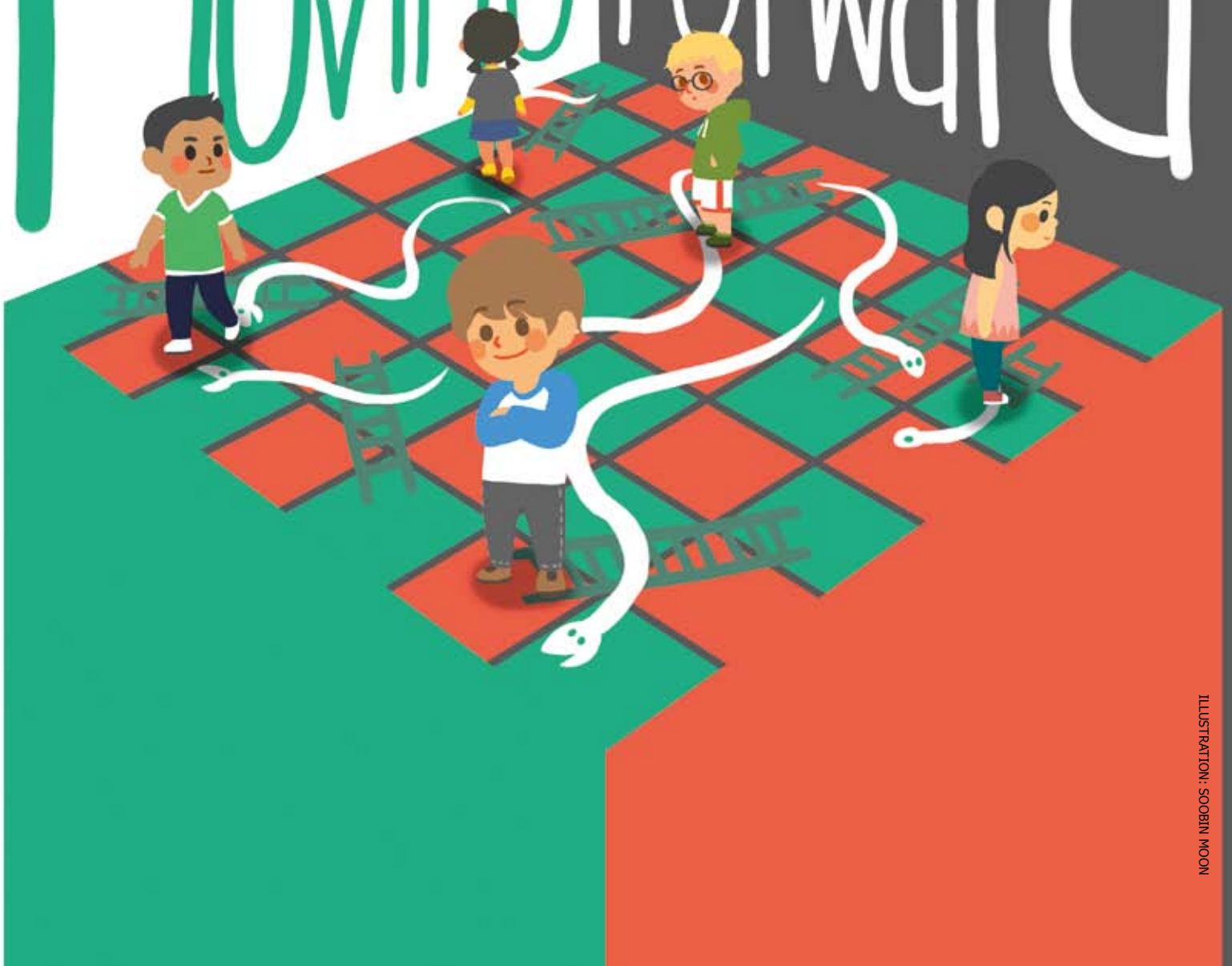
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Understanding  
resources for children  
with special needs  
by Nimo Wanjau

# Moving Forward



## The IEP is a personalized, objective-based document designed to help a child reach their educational goals

**P**arents of children with special education needs may have trouble finding quality resources in Beijing due to a dearth of facilities and experienced therapists and teachers. "Special education needs" (often abbreviated as SEN) are defined as medical, developmental, or behavioral challenges. This includes children who are gifted or talented and need extra attention to realize their full potential at school.

In China, support for children with special education needs is sorely lacking in local schools. However, expat children have access to a small number of centers offering specialized day programs and one-on-one therapy. In addition, some international schools can accept students with mild special learning needs. During the admissions process, the school will determine whether it can accommodate the child through a series of assessments and meetings with the parents.

We spoke to an international school, Beijing Collegiate Academy (BCA), and Elliott's Corner, a pediatric therapy center, to find out more about SEN resources.

### Medical Conditions

Parents of children with medical conditions such as diabetes, food allergies, and asthma must share this information with the school. Most schools have a dedicated nurse who keeps a list of students with medical conditions requiring special management. Teachers are usually trained to give first aid for emergency situations like an asthma attack, allergic reaction, or diabetic attack. Some schools ban foods like peanuts for the safety of all students. At some institutions, violation of the policy can result in suspension.

### Developmental Challenges

Children with developmental challenges have pervasive developmental disorders (PDDs). PDDs refer to a group of conditions that cause delays in basic skills like socialization and communication. These include Autism Spectrum Disorder (ASD) or autism, Asperger's Syndrome, and Rett syndrome.

There is no cure for these disorders, but early diagnosis and intervention are crucial to the child's healthy development. In Beijing, expat children with acute ASD can attend Side by Side's English-language day program. There's also a non-profit local school called Stars and Rain (see Resources box for details), but programs are offered in Chinese only.

Other developmental challenges include learning disabilities, which refers to a group of disorders in which the child experiences the inadequate development of specific academic, language, and/or speech skills. Dyslexia (reading impairment), dyscalculia (mathematics impairment), and dysgraphia (writing impairment) are types of learning disabilities. Also, developmental coordination disorder (DCD) – commonly referred to as dyspraxia – is a disorder that affects movement, coordination, judgment, processing and memory. There are cognitive developmental delays where the child's ability to keep up in class is impaired.

Beijing Collegiate Academy (BCA) accommodates students with special needs despite not having a dedicated special education needs (SEN) unit. There's currently one child with cognitive developmental delays enrolled; Principal Doreen Graham oversees support for this student.

When she joined BCA in 2013, she immediately sought to establish an Individualized Education Plan (IEP) for the student. The IEP is a personalized, objective-based document designed to help a child reach their educational goals. It details the student's academic performance, annual goals, special education needs, required accommodations, observations from parents, teachers and others closely involved with the child's education, and an educational program required to meet their unique needs. In short, it describes how the student learns, their learning strengths and weaknesses, and how the school plans to help the child learn more effectively.

The IEP requires the child's teacher, principal, parents, and psychologist or therapist to sit down together and discuss the student's learning and development. The general process goes something like this:

1. The teacher identifies the child as possibly having special education needs through class observations and reports.
2. The child is evaluated through assessments by the psychologist or therapist.
3. If the child is found to require special needs support, a meeting is scheduled with parents, teacher, and psychologist or therapist to discuss the IEP.
4. After the meeting, a copy of the IEP is given to each party.
5. Support services such as an additional teaching assistant, ayt, or teacher are assigned.
6. The child's progress is measured and communicated to parents.
7. The IEP is reviewed at the beginning and midpoint of the academic year.
8. The child is re-evaluated at the end of the academic year.
9. A new IEP is drawn up at the start of the next academic year.

Smaller schools such as BCA don't typically retain the services of a clinical psychologist or therapist. Luckily, these services are available from Elliott's Corner, a specialized center that works closely with many international schools in Beijing and Tianjin. Their clients include the International School of Beijing (ISB), the British School of Beijing (BSB), Beijing City International School (BCIS), Dulwich College Beijing (DCB), and the Western Academy of Beijing (WAB).

### Extracurricular Support

UK native Jacqueline Chen founded Elliott's Corner in June 2011 and named it after her son, who was born with cerebral palsy. Elliott's Corner offers speech and language therapy, occupational therapy, physical therapy, and psychology services.



Elliott's Corner partners with schools for in-depth assessments and to devise an IEP. Most of their referrals come from hospitals and schools; sometimes, parents simply show up. General Manager John Giszack says the center sees nearly 100 children per month. "Our staff goes to the schools and conducts either push-in or pull-out interventions depending on the IEP," he says.

"Pull-out therapy" means taking a child out of class to work on their special education needs. Push-in, on the other hand, means the therapist goes into the child's classroom to work with them. These models of intervention are often used for students with speech and language difficulties. Typically, children who are non-native English speakers work instead with an English as an Additional Language (EAL) tutor on language acquisition.

### Behavioral Challenges

Students – especially teens – with extreme behavioral problems like oppositional defiant disorder (ODD), conduct disorder (CD), attention deficit hyperactivity disorder, depression, anxiety disorders, and bipolar disorder must be evaluated by either a psychiatrist or clinical psychologist. These conditions can manifest as hostile behavior, aggression toward others, refusal to follow rules, anger lasting for at least six months, not being able to sit still for the duration of the class, and inability to deal with stress.

There are a number of treatment options ranging from behavioral therapy to medication. At Elliott's Corner, clinical psychologists often treat behavioral disorders through in-person talk therapy with older children and play therapy with younger children. Medication can only be prescribed by a psychiatrist.

Depending on the severity of the case, schools may accept kids with special education needs on a case-by-case basis. In order to give the child the best support possible, the learning support unit or admissions team as well as the head of school usually make a recommendation based on currently available resources.

### Gifted and Talented

Children who are academically gifted or talented in areas like music or art are also considered to have special educational needs. "We have a child – not tested yet – who is gifted. The child's reading skills are way above the age peers," says Principal Graham from BCA.

For such students, the process of coming up with an IEP is the same. The difference is that a gifted or talented child is given an extra project, which is used to measure their progress. An IQ test is usually recommended to determine whether a child is gifted.

In general, class disruptions may indicate a behavioral disorder or a gifted or talented child. Schools may decide to put the child in a higher grade with consent from the parents. However, there's the possibility of adjustment issues since the child's emotional development will be below that of their peers' in the higher grade.

### Special Education Network in Beijing (SENIB)

SENIB is the local chapter of the Special Education Network in Asia (SENIA). SENIB was started in 2009 by a group of international school teachers following the seventh SENIA conference. ISB, BSB, BCIS, DCB, WAB, Springboard International Bilingual School, Yew Chung International School of Beijing, Beijing International Bilingual Academy, the French International School of Beijing (LFIP), Tsinghua International School, International Montessori School of Beijing, Harrow International School Beijing, Beijing BSS International School, Side by Side, Rainbow Consulting Services, Elliott's Corner, and Little Flower Projects. The network aims to hold a conference every year to provide its members with information or professional development opportunities related to special needs education.

### Schooling Options

Unfortunately, a specialized English-language school for kids with special needs, Care for Children Special Needs School, closed in June of 2012. However, a small school called Side by Side continues to provide support for special needs and learning difficulties through its day program. The staff is made up of qualified, English-speaking teachers, with the option to take music therapy in German. Side by Side works with schools, parents, and community groups to provide academic and emotional support, coaching, and advocacy.

Founded in 1993, Stars and Rain is a school dedicated to helping Chinese autistic children. The NGO focuses on educating parents, not children, through a 12-week live-in course. The program targets parents of children aged 3-12 and uses Applied Behavior Analysis (ABA) techniques. However, the program is only in Chinese.

Families must usually pay for services out-of-pocket, as most insurance plans don't cover special education needs. Assessments can cost between RMB 1,000 and 2,000. Some families choose to homeschool, an option available to expats since PRC law doesn't make it mandatory for foreign kids to attend day school. Elliott's Corner maintains a fund to help families in financial need open to donations from the wider community. Stars and Rain uses a similar approach and cooperates with corporate sponsors to raise money for the running of the school.

### Resources

#### Elliott's Corner 胡宝小屋

Rm 1905, Bldg 2, Kandu International, 10 Dongsihuan Beilu, Chaoyang District (6461 6283, [contact@oliviasplace.org](mailto:contact@oliviasplace.org)) [www.oliviasplace.org](http://www.oliviasplace.org) 朝阳区东四环北路10号瞰都国际公寓2号楼1905

#### Side by Side

Capital Paradise 3336, Shunyi District (8046 3858, [info@side-bysidebeijing.com](mailto:info@side-bysidebeijing.com)) [www.sidebysidebeijing.com](http://www.sidebysidebeijing.com) 顺义区后沙浴名都园3336

#### Stars and Rain 北京星星雨教育研究所

Bldg 4170, 18 Shuangqiao Donglu, Chaoyang District (8537 3236, [xxy@autismchina.org](mailto:xxy@autismchina.org), [peipei@autismchina.org](mailto:peipei@autismchina.org)) [www.autismchina.org](http://www.autismchina.org) 朝阳区双桥东路18号院4170号

#### Special Needs Education in Beijing Network (SENIB)

[www.senib.org](http://www.senib.org)

#### Rainbow Consulting Services 敏思教育咨询

This consultancy offers assessments, education programs for ages 3-18, training, and outreach. It uses the Rainbow Model (TRM) designed for individuals with autism and developmental challenges. Rm 2003, Bldg 5, Jianwai SOHO, 39 Dongsanhuan Zhonglu, Chaoyang District (5900 5392/3, [info@autismchina.com](mailto:info@autismchina.com)) [www.therainbowmodel.com](http://www.therainbowmodel.com) 朝阳区东三环中路39号 建外SOHO 5号楼2003室

### About the Illustrator

Seventeen-year-old Soobin Moon (from South Korea) is a Year 12 student at Dulwich College Beijing. Her favorite media to work with are markers (especially black Sharpies) and acrylic on smooth surfaces. She also likes digital media; her main tool is Photoshop. Soobin aims to create aesthetic pleasure through a variety of lines and tones.



## How Can I Tell If My Child Has Special Education Needs?

If you suspect your child has special education needs, be sure to share your concerns with their teacher, school counselor, or a health professional. Here's a partial list of signs. Keep in mind that some behaviors, though alarming, may simply reflect the child's temperament or personality.

### General Signs

- By 6 months, the child shows a resistance to being held, talked to, or comforted
- Inability to stay focused on an activity for as long as other children of the same age
- Avoids eye contact with others
- Gets easily frustrated when attempting to perform simple tasks
- Acting out, stubbornness or aggressivity
- Shyness or withdrawal
- A dislike of certain types of materials or clothing
- Violent behavior, such as tantrums, fighting, or frequently hitting other children
- Staring into space, rocking their body, or talking to oneself more than other kids of the same age
- Inability to recognize dangerous situations, such as walking into traffic or jumping from high places
- Problems, sleeping, eating, or toilet training
- Overly impulsive, active, or distractible
- Trouble putting thoughts, actions, and movements together

### Cognitive Signs

- By age 1, the child doesn't respond to faces and objects or recognize familiar people. They do not look for hidden objects (e.g. peek-a-boo) or anticipate the return of adults.
- By age 2, the child is unable to identify simple body parts by pointing, cannot match similar objects, or recognize themselves in the mirror. They are also unable to say simple words and name familiar objects.
- By age 3, the child is unable to follow simple directions and commands. They do not engage in creative pursuits (e.g. drawing or playing with blocks) or make-believe/pretend play.
- By age 4, the child is unable to answer questions like "What do you do when you're sleepy/hungry?" They cannot differentiate between shapes and colors.
- By ages 5-6, the child does not understand concepts of today, tomorrow or yesterday. They are unable to count from 1 to 10 and do not understand that numbers represent quantities. They also cannot stay with or complete simple tasks.

### Gifted and Talented Signs

- The child is often perfectionist and idealistic
- Natural problem solvers
- Heightened sensitivity to their own expectations and those of others
- So far ahead of their chronological age peers that they may know half of the curriculum before the school year begins
- Often think so abstractly and with such complexity that they may need help with concrete study and test-taking skills
- May define success as getting an "A" and failure as any grade less than an "A"

Sources: *The Children's Inclusive Care Council of Amador and Calaveras (CICC)*, *National Society for the Gifted and Talented (NSGT)*

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# *Pizza with pizzazz*

Introducing Tiago, Indigo Mall's  
newest Italian restaurant

text by Yvette Ferrari, photo by Dave PIXSTUDIO



Brothers Philipp (age 4) and Vincent Lorenz (5) enjoy spaghetti bolognese and mini-margherita pizza at Tiago



Farfalle alla carbonara

Italian restaurant Tiago opened five months ago at Indigo Mall and is already popular with lunch-goers. To avoid the crowds, stick to evenings and weekends for family meals. Expect friendly service and a simple but well-executed Italian menu. To find Tiago, go in from the main entrance, stay on the first floor, and head to the northeast side of the mall; the restaurant is across from Starbucks.

We're greeted by Co-Owner Katie Li, who explains that her experience growing up in Australia influenced her decision to open Tiago. "Australians have simple dishes like fish and chips, so Italian and American food is very popular," she says. The restaurant's imported Italian ingredients and large wine selection are proudly displayed on shelves spanning an entire wall.

Our young (and adorable) diners today are German siblings Vincent and Philipp Lorenz, ages 5 and 4 respectively. The brothers attend House of Knowledge International Kindergarten and have lived in Beijing for three years. The boys try out the spaghetti bolognese (RMB 42), a mini-margherita pizza (RMB 48), and farfalle alla carbonara (RMB 48). All the children's dishes are served with star-shaped hash browns and sugarless yogurt topped with seasonal fruit.

It's obvious that the wait staff at Tiago love children. While one server shoots hoops with the brothers in the play area, another dotes on them throughout the shoot. Pizza is the boys' dish of choice; not only do they polish off two kid-sized versions in no time, Tiago also sends them off with a large pizza to take home.

With wood and brick embellishments and understated hanging lights, Tiago has an atmosphere that is both classic and modern. Black leather booths make up one side of the restaurant's seating while large wooden tables with metal chairs make up the other.

**Family-friendly facilities:** Tiago has highchairs imported from Germany, kids' utensils, bibs, and a small play area. Just outside the restaurant, a brand-new playground and beer garden are currently under construction and set to open in April. Tiago is non-smoking indoors, though smoking will be permitted in the beer garden. The nearest bathroom is in the mall on the second floor. It's clean, with sit-down toilets, toilet paper, soap, and paper towels. There's a separate room with a changing table next to the women's bathroom.

#### Tiago

Daily 10am-10pm. L173, 1/F, Indigo Mall, 18 Jiuxianqiao Lu, Chaoyang District (6348 8772) 朝阳区酒仙桥路18号颐堤港商场1层L173商铺 (星巴克对面)



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# If Life Gives You Lemons...

Christina Bai shows *ayi* Zhang Fengmei how to make a zesty chicken dish

text by Aisling O'Brien,  
Chinese translation by Patrick Li



**M**any families can afford domestic help in Beijing, but a good *ayi* is hard to find. Latvian mom Linda Smite couldn't be happier with hers, Zhang Fengmei, whom she took on full-time on the recommendation of a previous employer. "I have a wonderful *ayi* who is eager to learn new things," she says. Smite lives in the Kerry Residences with her husband Karlis Smits, a senior economist at the World Bank, and their 14-month-old son Martins. The family moved here from Washington DC; this is their first overseas assignment.

Although Smite and Zhang *Ayi* don't speak each other's languages, they manage by communicating through translation software. "I've taught her to make several dishes, for example *crème brûlée*," says Smite. "After we make something together the first time, I print the Chinese translation for her." As good as her cooking skills are, Zhang *Ayi* is not a convert to Western food. "I prefer Chinese dishes," she says. "My previous employers

mostly ate Chinese food at home, but this family prefers foreign food." Martins immediately contradicts Zhang *Ayi*'s comment by demolishing a *baozi*. "He once ate 30 *jiaozi* within two meals," says his mom.

Our teacher for the day is Christina Bai of **Christina's Catering Beijing**. Originally from Inner Mongolia, Bai has lived in Beijing for 15 years. Her father was a chef at the American Embassy. After learning her trade at his side, she started her own business in 2007. Bai initially focused on catering, but soon realized there was a demand for *ayis* to learn how to make Western-style dishes. Today, Bai chooses to make chicken piccata. Nutritious and quick, this simple dish can be served with pasta or a side salad. Bai also recently collaborated with American CCTV personality Pat Brown on her Chinese language cookbook, *Small Oven, Great Baking*, which contains easy baked recipes for counter-top ovens. Their book is available on Amazon China (z.cn) and dangdang.com.

Clockwise from top: Christina Bai (with her latest book), Linda Smite, 14-month-old Martins, and Zhang *Ayi*



**Chicken Piccata** 柠檬水瓜柳鸡

Serves 2

**Ingredients** 成分

2 chicken breasts 新鲜的鸡胸肉，蝴蝶切。 入黄油味道更好)  
 片成对等的两片 ¼ cup capers 水瓜柳  
 Salt and pepper 盐和胡椒适量 1 onion 红葱头  
 ½ cup flour 面粉或玉米淀粉 Juice from 2 lemons 鲜柠檬或柠檬汁  
 Camellia oil 山茶油适量 Sliced lemons 柠檬切片做装饰  
 ½ cup chicken stock 罐装鸡汤或新鲜鸡汤 Finely chopped flat leaf celery 肥叶西芹  
 3 tbsp butter (optional) 黄油 (可选，但加

**Tips:**

- For additional flavor, top the dish with grated Parmesan.

**Christina's Catering Beijing**

To contact Bai, call 152 3165 9768 or email 1743579898@qq.com. Visit her website at [www.wix.com/tinasworkshop/tws](http://www.wix.com/tinasworkshop/tws).

## Instructions 做法



1

Butterfly cut the chicken breasts, and pound them to make them thin and tender. Season with salt and pepper. Cover them in flour. 把鸡肉片成两片，用锤子捶打松软或放入柠檬汁浸泡使其细嫩。然后用胡椒盐腌制鸡肉再裹上面粉。

Put a frying pan on a high heat; add the camellia oil and one tablespoon of butter. Brown the chicken on both sides, and set it aside in a roasting dish. 低火在平底锅里倒入一些山茶油（或橄榄油，喜欢可以融入些黄油增加口味）把鸡肉两面煎六成熟，拿出放置一边。

2



3

In the same pan, melt the rest of the butter and stir in the chopped onion. Pour in the chicken stock. Add the capers and lemon juice. To thicken the stock, add some flour to the pan and stir. 再加入一些黄油炒葱头，然后倒入鸡汤，水瓜柳，柠檬汁炖煮，再加入一点面粉做浓稠的汁儿。

Pour the mixture on the chicken breasts, and place them in the oven at 370°F (170°C) for 20 minutes. 把鸡胸放入混合物，烤箱开170度。烘焙20分钟。简单的方法也可以不用烤箱。

4



5

Garnish the finished dish with sliced lemons and flat leaf celery.





# Red-Letter Day

Uncovering Beijing's literary  
and ideological past

by Sally Wilson

*The Church of St. Joseph, now known as the East Cathedral*





Inside the New Culture Movement of China

**I**t's a bitterly cold Beijing morning with flurries of snow floating around us. I'm joining Nelly Alix from **Beijing by Heart** (who also took us on a visit of Guozijian last August) for a three-hour walking tour. We'll be exploring the city's past, with stops at the former residence of writer Lao She, the Red Building of the old Peking University, and Zhongshan Park, where writers gathered for artistic inspiration in the 1920s.

We begin the tour at **Dengshikou** (subway line 5, exit A) in Dongcheng District. Dengshikou got its name from the lantern market that used to take place here in the first month of the Chinese lunar year. The market was moved to the outer city in the Qing Dynasty, but the name remained.

We walk west on **Baishu Hutong** (柏树胡同), winding our way along the narrow lane. The term "hutong" originates from the Mongolian word for "well," *hotog*. In ancient times, villagers would dig up a well and live around it. Constructed according to the rules of feng shui, residential hutongs run east to west, with the main entrance facing south to let in the sun in winter and the breeze in summer. The hutongs in Dongcheng are among the most extensive and best-preserved in Beijing.

We arrive at the **Church of St. Joseph** (大聖若瑟堂), built in the 17th century by Italian missionaries. One of the oldest Christian churches in Beijing, the building was completely destroyed during the Boxer Rebellion of 1900. It was rebuilt in 1904 in the Baroque style, which was particularly popular in the Jesuit community. Today, St. Joseph's is known as **Dong Tang** or East Cathedral. English and Chinese language services as well as wedding ceremonies are regularly held here.

After a brief respite from the cold, we cross the church square towards one of Beijing's most famous streets, **Wangfujing Dajie** (王府井大街). The name Wangfujing means "prince's well," named after a well that was said not to run dry during droughts and used to give water to the locals. When Beijing was still a city with dusty streets in the 1920s, Wangfujing Dajie was paved and modernization began.

We head west towards **Fengfu Hutong** (丰富胡同). Alix describes life in Beijing after the Qing Dynasty fell in 1912. "Beijing went through an identity crisis," she says. "It marked the end of thousands of years of powerful imperial rule, and in theory was the start of a new era in which political power rested with the people."

At the time, China was a fragmented nation dominated by warlords who were more concerned with their own political power than national interests. During the period that followed, life in Beijing slowed considerably, a marked difference from the upheavals taking place in Shanghai. Writers and artists flourished – among them was Lao She.

Lao She (1899-1966) was the pen name of Shu Qingchun, Beijing's most beloved novelist and dramatist. He was one of the most significant figures of 20th century Chinese literature, best known for his novel *Rickshaw Boy* and the play *Teahouse*. Of Manchu descent, his works are renowned for their vivid use of Beijing dialect. His former residence is now a museum known as the **Lao She Memorial**. The writer lived in this courtyard home from 1950 up until his death 16 years later. It contains the author's library and living quarters, including a writing desk with his daily calendar still open to the date of his death in August 1966. The persimmon trees, planted with his wife in the courtyard, still stand today.

Between 1918 and 1924, Lao She taught in Beijing and was deeply influenced by the May Fourth Movement of 1919. While a lecturer at the School of Oriental and African Studies at the University of London, he also absorbed a great deal of English literature. "He loved the works of Dickens," says Alix. "Dickens wrote about ordinary folk in a dry and quite satirical style. This inspired Lao She to write about the ordinary people of Beijing."

Lao She also traveled to the US, lecturing and overseeing the translation of several of his novels. Like thousands of other intellectuals, he was persecuted during the Cultural Revolution. Humiliated by his treatment at the hands of the Red Guards, he committed suicide by drowning himself in Beijing's Taiping Lake. His wife, the calligrapher Hu



Jieqing, survived him along with their son and three daughters.

We exit the museum, walk west to **Beiheyang Dajie** (北河沿大街), and continue north. Despite the cold, a group of pensioners are playing chess outside. On the same street is **Bicycle Kingdom**, a popular bike rental company. According to Alix, the bikes are well-maintained and rental prices are reasonable.

On the northwest intersection of Beiheyang Dajie and **Wusi Dajie** (五四大街) or "May Fourth Street," a four-story red brick building sits among newer office structures. Its rather plain appearance belies its significance in Chinese history. Eighty-three years ago, the May Fourth Movement (*Wusi Yundong*) began here. This anti-imperialist and political movement grew out of student demonstrations that took place in Beijing on May 4, 1919.

Protesting the Chinese government's weak response to the Treaty of Versailles, the demonstrations sparked the New Culture Movement and an upsurge in Chinese nationalism. "People began to break away from the limits of Confucianism and accept Darwinism and other Western philosophies," says Alix.

Formerly a Peking University campus, the Red Building (*Honglou*) is now the **New Culture Movement Museum of China**. We peer into the room where Mao worked as a library assistant when he first came to Beijing in 1918. It was during that time that Mao developed a stronger interest in Marxism. "He was exposed to the ideas of Dean Chen Duxiu and Librarian Li Dazhao, who later became founders of the Chinese Communist Party" says Alix.

We also stop by the room where writer Lu Xun gave lectures. He wrote the short story "A Madman's Diary," one of the most famous pieces of modern Chinese writing. Also on display at the museum is the first edition of *La Jeunesse*, a Chinese magazine that played a crucial role in the New Culture Movement. Many of the young lecturers contributed to the magazine, which promoted science, democracy, vernacular (*báihuà*), Chinese literature, and Marxist philosophy.

We now enter a section of the museum that documents the activities of May 4. "Over 3,000 students marched that afternoon to gather in front of Tian'anmen. They voiced their anger at the Allied betrayal of China," says Alix. "In its broader sense, the May Fourth Movement led to the establishment of radical intellectuals." These intellectuals

went on to mobilize peasants and workers, bringing them into the Communist Party and giving the party the strength it needed for the Cultural Revolution.

We leave the museum and head west on Wusi Dajie. At the junction of Wusi Dajie and Beichizi is **Oasis Café**, which serves great pizzas and even better hot chocolate, making it the ideal place for a break. To our right in the distance, we can see Jingshan Hill within **Jingshan Park** (景山公园), an artificial hill dating from the early Ming Empire and built with the soil excavated from the moat surrounding the Forbidden City. Families with younger kids may decide to end their tour at Jingshan Park, which has plenty of space to play in and a central pavilion with a great view of the city.

We stroll south on **Beichizi** (北池子), then **Nanchizi** (南池子) along the walkway that encircles the perimeter wall, guard towers, and 52m-wide moat of the Forbidden City, which remain intact.

**Zhongshan Park** (中山公园) is a former imperial garden that sits just southwest of the Forbidden City. Popular among literary folk during the 1920s, the park boasts some of the oldest trees in Beijing, including 800-year-old cypresses and junipers. Regulars include the elderly who show up here on Thursday mornings, brandishing leaflets advertising the good qualities of their unmarried offspring.

Zhongshan Park houses numerous pavilions, teahouses, and temples. The pavilions are truly beautiful, with the distinctive glazed yellow roof tiles reserved for imperial buildings. "When the last dynasty fell, Beijing was a place of great poverty. So many workshops and their people had relied upon the Forbidden City and everything that it represented," explains Alix, referring to the artisans who made every brick and tile. After the abdication of Puyi, the last Emperor of China, he retained the use of the Inner Court while the Outer Court was handed over to the Republican authorities and opened up to the public.

*Beijing by Heart* offers tours in English and French. The history walks are suitable for small groups of no more than eight people and cost RMB 300 per person (RMB 150 for ages 8-16). Private tours are also available. Other tours include *In the Heart of the Hutongs* and *The History of the Opium Wars*. Email [info@beijingbyheart.com](mailto:info@beijingbyheart.com) or visit [www.beijingbyheart.com](http://www.beijingbyheart.com).



Zhongshan Park



*Playing chess on Beiheyuan Dajie*

## Stops

### **Dong Tang (East Cathedral)** 东堂

74 Wangfujing Dajie, Dongcheng District (6524 0634) 东城区王府井大街74号

### **Lao She Memorial** 老舍故居

Tue-Sun 9am-4.30pm. 19 Fengfu Hutong, Dongcheng District (6559 9218, laoshe1899@126.com) www.bjlsjng.com 东城区灯市口西街丰富胡同19号

### **Bicycle Kingdom** 康多自行车店

Daily 9am-6pm (Feb-Dec). 81 Beiheyuan Dajie, Dongcheng District (6526 5857, info@bikebeijing.com) www.bikebeijing.com 东城区北河沿大街81号

### **New Culture Movement Memorial Museum**

新文化运动纪念馆  
Tue-Sun 8.30am-4.30pm. 29 Wusi Dajie, Dongcheng District (6402 4929) 东城区五四大街29号

### **Oasis Café**

1 Jingshan Qianjie, Dongcheng District (186 0115 0266) 东城区景山前街1号

### **Jingshan Park** 景山公园

RMB 10. Daily 6.30am-9pm. 44 Jingshan Xijie, Xicheng District (6403 8098) 西城区景山西街44号

### **Zhongshan Park** 中山公园

RMB 5. Open 6am-9pm (summer), 6.30am-8pm (winter). 4 Zhonghua Lu (southwest of the Forbidden City), Dongcheng District (6605 5431) 东城区中华路4号 (天安门西南侧)



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*From left: Jack (age 6), Jasper (2), Barbara, Ceanne (7), and Jeremy Nichols at the Shwedagon Pagoda*



*Ceanne and Jack with young Buddhist monks*



*Wider view of Shwedagon Pagoda*

# Magical Myanmar

The Nichols family explores Burma

by Barbara Kopicki

**Travelers:** Barbara Kopicki, her husband Jeremy Nichols, and their three children: Ceanne (age 7), Jack (6), and Jasper (2). Ceanne and Jack attend 3e International School while Jasper attends The Children's House Montessori Kindergarten.

**Destination:** Myanmar

**Travel dates:** September to October 2014

**Travel plans:** The Nichols bought their flights from Beijing to Yangon on Air China through Orbitz. All of their travel within Myanmar was organized through Khiri Travel. They visited four locations, staying at the Clover City Center Hotel in Yangon, the Kalaw Hotel in Kalaw, the Inle Lotus at Inle Lake, and the Yoma Cherry Hotel at Ngapali Beach.

**Cost:** Flights cost RMB 15,000 in total. The travel package from Khiri Travel came to RMB 39,900, including domestic air travel on Air KBZ, van transport, guide, hotels, and tourist activities. Breakfasts and most lunches were included in the overall travel package costs, while dinners were paid out-of-pocket on the trip. Visas cost RMB 200 per person.



*Jasper takes a ride at the Elephant Conservation Camp*

PHOTOS: COURTESY OF BARBARA KOPICKI



Our family was interested in traveling to Myanmar because it had been closed off to tourists until recently and we had heard about the amazing experiences our friends had there. We decided to go over October holiday at a turbo-tourist pace so we could see as much of the country as possible. The four locations we visited were distinct and equally captivating.

Our adventure began in Yangon, where our guide took us to the brilliant Shwedagon Pagoda, a place of worship with a 99m golden stupa. We walked barefoot on hot tiles with the gold glistening in the sun. We also caught the Htwee oo Myanmar Puppeteers, a puppet show set to music with beautifully-decorated puppet horses and dancers.

From Yangon, we took a short flight to Bagan, where we were met by our guide and driver and taken to Shwesandaw Pagoda. The view of Bagan was breathtaking and tranquil; the city is home to over 2,000 pagodas and temples that stretch into the horizon. We learned some local history and heard scary stories about kings, queens, and ghosts.

Our favorite meal was inspired by the last king of Bagan, who decreed that every meal should incorporate 300 different dishes. We enjoyed a picnic in Minnanthu Village under brilliant blue skies with 30 kinds of curries, rice dishes, desserts, and drinks. We also stopped at a local market selling fresh and dried fish, flowers, seeds, fruits, and vegetables. My daughter and I were honored to have our faces painted with *thanaka*, a yellow-white paste made of tree bark and water at the market – a 2,000-year-old custom for women.

The next day, we drove five hours through jungle to the Elephant Conservation Camp, where we met seven retired elephants and their caretakers. Our kids, especially our 2-year-old, were fearless beside the gentle beasts, feeding them bananas and sugar cane and giving them a bath in a shallow river. We also planted a teak tree sapling together to help conserve the forest. We stayed at the Kalaw Hotel, a colonial building that was turned into a hospital during World War II.

An hour's drive from Kalaw is the enormous Inle Lake surrounded by Shan villages and the Intha people, who live in stilt houses. We explored the area by motorboat, visiting a floating tomato garden, a Burmese cat sanctuary, a lotus-weaving workshop, traditional longboat makers, and a silversmith. We were amazed by the artistry and talent of the local people. Our daughter fell in love with the cutest little white Burmese kitten that snuggled on her lap.

The boat ride gave us a vivid sense of the vastness of the river and the beauty of the mountains. In the evening, we traversed a crowded market where we stumbled upon a ceremony in which the men were laying gold leaf on a traveling Buddha. Jeremy and Jack each placed a piece on the Buddha, but as a female my daughter could not participate. She was very disappointed, which provoked an interesting discussion of culture.



The Nichols family enjoys a picnic in Minnauthu Village



Getting in on the act with the Htwee Oo Myanmar Puppeteers

From Inle Lake, we flew to Ngapali Beach where our bedroom doors opened onto the beach. The sunrise and sunset were spectacular and we were treated to the sounds of fisherman returning with their evening catch of shrimp at dawn. We played in the surf, collected seashells of all shapes and sizes, and made sand castles on beautiful empty beaches.

From Ngapali Beach, we took a boat ride to a traditional fishing village called Maung Shwe Lay. We rode by ox carriage along bumpy dirt roads to visit a local home, monastery, elementary school, and library. At the school, our family stood in front of the class and answered the children's questions.

On our last day in Myanmar, we flew from Ngapali Beach back to Yangon, where we visited the Chauk Htat Gyi Pagoda, the reclining Buddha, and played at a crowded local park. We left Myanmar late that night tired and hoping to return again someday.

### Travel Tips

- Tips are commonplace, but they can be confusing because there doesn't seem to be a standard. We tipped our guides USD 10-20 and drivers USD 5-10 per day. We also tipped boat operators and families who hosted our lunches.
- Myanmar is instituting an online visa process; however, this was not in place when we planned our trip. Make sure to apply for visas in advance, as it can take a week to complete the process. The latter is detailed on the Myanmar Embassy's website.
- Myanmar's tourism infrastructure is not yet set up for easy online booking, so making arrangements with a local travel agency is the easiest way for now. Khiri Travel was excellent.
- Bring crisp new US dollars in \$50 or \$100 denominations without serial numbers starting in "CB." These may be rejected due to the mass counterfeiting of US dollars with that serial number in the past. We had some bills rejected because they were too creased.
- Travel the week before or after peak periods. There will be fewer people and hotels will be less expensive. The best months to visit are November to February; some months are very hot or very wet.
- Buy a *longyi*, the traditional sarong-like garment worn everywhere.
- Go to Myanmar before everyone hears about it! There are currently few tourists, and the local people are very warm, genuine, and kind.



# ON THE SAME PAGE

## Interviews with 2015 Bookworm Literary Festival guests

by Sijia Chen

### AJ Betts

Based in Perth, AJ Betts is the author of three young adult fiction novels: *ShutterSpeed* (2008), *Wavelength* (2010), and *Zac and Mia* (2013). Betts is also a teacher, public speaker, and avid cyclist. She's currently working on her next novel set in the future in Tasmania.



### Which books have made a deep impression on you?

[As a kid], I read everything I could get my hands on, from *Mr. Men* books to the back of cereal boxes. The most influential [books] would be *Heidi*, *Anne of Green Gables*, and anything by Robin Klein and Roald Dahl.

### What was the very first story you wrote?

When I was 11, I wrote about two survivors of a shipwreck in an inflatable raft who were being chased by a shark. It was a comedy! In my teenage years, I either wrote silly comedies (about haunted houses and exploding cane toads) or dark thrillers.

### Tell us about the origins of *Zac and Mia*.

I've been working as a teacher on an adolescent cancer ward in Perth for seven years, but I never imagined I'd write about [this topic]. It was always too close and too real. But in early 2009, I was intrigued with the idea of being stuck in a room

in isolation ... with your mum! At the same time, one of my students asked me to write a love story, so I wondered if I could put the two ideas together. That's where the first chapter came from, and from there my characters Zac and Mia were born.

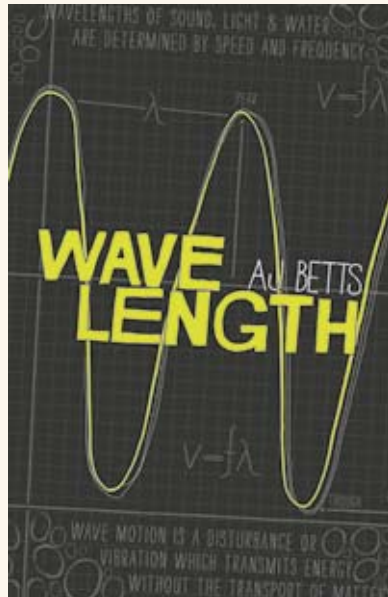
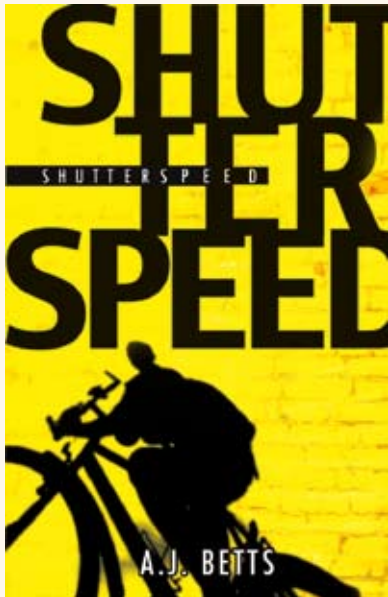
### What's your favorite scene from the book? Was it also your favorite one to write?

The first "knock, tap" scene at the end of Chapter One; it feels quite magical, as if a simple interaction can hold such promise. My favorite scenes to write are in the middle section, especially the scene with Mia in the bath (this makes me cry every time I read it) and the scene with Mia and Bec in the house. I can't say any more!

### You've spoken before about the process of inhabiting characters as you put them down on paper, like cranking up "angry" tunes or sitting quietly in tears while writing Mia's scenes from *Zac and Mia*. Do you tend to do this with your characters or was Mia special?

I do feel I have to experience the feelings of each of my characters before I can write from them. I need to imagine myself in their scenes the way an actor does onstage, which means I'm often using hand gestures and facial expressions as I write (I get some strange looks when I'm writing in cafes). I also read everything aloud, working through each line until it sounds or feels authentic. In *Zac and Mia*, Zac was a very easy character for me to inhabit. Mia was more challenging, as her behavior is more extreme and unpredictable.

My next book involves a girl on a journey through the wil-



derness, so I recently spent three weeks hiking in Tasmanian forests. After a while, I could imagine the things she might find amusing or frightening and the things she would say.

**There have been inevitable comparisons between *Zac and Mia* to *The Fault in Our Stars*, two YA novels that came out around the same time and feature teenage protagonists with cancer. Have you read *The Fault in Our Stars* or spoken to readers who've read both?**

I'd actually finished writing *Zac and Mia* when *The Fault in Our Stars* came out, and I was so devastated! I couldn't believe it possible that someone else had written about teenage cancer at the same time as me.

But in January of 2012, I forced myself to read John Green's novel, and it was actually a relief. The stories are so different from each other in style, character, settings, themes, and plot. While his is more focused on the romance, mine looks at ideas of beauty, truth, friendship and risk. Mine is also very raw, emotionally, with distinctly Australian characters and settings. I get wonderful feedback from readers who've loved both novels for different reasons.

**As a teacher, you have more access than most to real, live teens. How has this experience informed their portrayal?**

I'm not only drawing on my own (dated) memories of adolescence, but also the current realities of young people. I can see how wonderful, surprising, funny and optimistic teenagers can be; I probably appreciate teenagers more now than when I was one myself!

**What surprised you the most about teaching?**

Probably the biggest surprise as a teacher on a cancer ward is how brave and wise students can be as they deal with the physical difficulties and the uncertainty of their future.

**What's your best piece of no-nonsense advice for young, aspiring writers – particularly when they're told writing won't pay the bills?**

It's true – writing doesn't pay the bills. Write if that's what you love doing, but not because you think it will make you rich, or famous, or a better person. Get a job that pays the bills so that writing can remain a creative outlet and not a source of financial stress. I've worked as a full-time teacher for many years, and gradually I've been able to reduce my working days, though I'd never want to give teaching up completely.

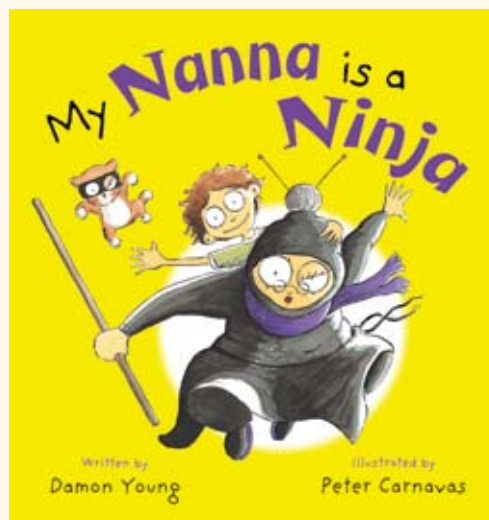
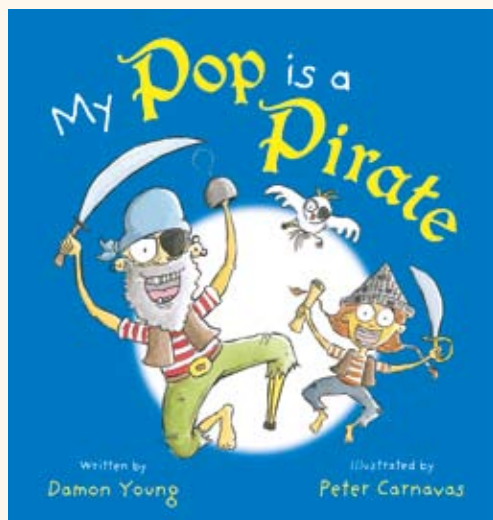
**Give us an update on your next book, which is set in the future on the southern coast of Australia.**

I'm a slow writer, unfortunately. I'm about 45,000 words into my current draft, and I hope to have a good [one] finished by the end of April, though publication will be another two years after that. Surprisingly, the story has expanded, so what I imagined would be one novel will probably be two or three.

**What else is next for you?**

I would like to one day write an adult novel about cycling, but that will have to wait in line!





### Damon Young

Damon Young is an Australian philosopher, author, columnist, poet, public speaker, and teacher. His non-fiction books include *Philosophy in the Garden and Distraction*. He released his first children's book, *My Nanna Is a Ninja*, last year. Young has two kids: 9-year-old Nikos and 6-year-old Sophia.



### How do people react when they find out you're a philosopher?

Bafflement, often. They're not quite sure what it means or if they do, they can't figure out why I'm around now instead of 2,000 years ago. To be fair, this is changing; I now meet more readers who not only know what philosophy is, but are also intrigued by it.

### How did *My Nanna Is a Ninja* come about?

David Hume once said: Be a philosopher, but also be a man. This man is a father! I was listening to my son's kindergarten teacher read a story about a nanna, and thought: "This doesn't sound like the exciting grandmothers I know. Where's the playfulness?" So I wrote my own.

### What were your own nannas like?

Neither of my grandparents were stealthy sword-wielders, though my mother-in-law does do tai chi. But what I most remember is the *fun* – the idea that grandparents were unusual, playful, and sometimes ignored the rules (or made up new ones).

### Tell us about the next book in the series, *My Pop Is a Pirate*, which came out in Australia last month.

*My Pop Is a Pirate* has all the fun and wordplay of *My Nanna Is a Ninja*, but the hero has a golden leg and parrot instead of a black suit and ninja cat. In the English version there's also more alliteration.

### In one interview, you mentioned discussing philosophy with your kids at the dinner table, like asking them about how Darth Vader became evil. Why is it important to talk to children about these ideas?

Philosophy is vital because it prompts us to question taken-for-granted ideas. As children, we're thrown into a world of obviousness; this is the way things are done. It can take decades to realize we got things wrong or didn't realize why they were right. By inviting our children to answer (and ask) questions, we're giving them the chance to take more responsibility for their own lives and to work out what they're not responsible for. The best way to begin this is to ask questions, use stories and characters they're familiar with, and be honest. Once you cannot be trusted, you cease to be someone worth speaking with.

### What's next for you?

I'm working on a non-fiction book tentatively titled *The Art of Reading* on the virtues of reading well. I've also written a novella for 10- to 12-year-olds. And there are two more children's picture books coming after *My Pop Is a Pirate*!

*Both Damon Young and AJ Betts travel to China courtesy of the Australian Government's Department of Foreign Affairs and Trade.*

### Kate Anderson

Kate Anderson is an Australian visual artist. She collaborated with author Arthur Charles on *The Adventures of Poucher and Big Guy* series starring a kangaroo and his human friend. Anderson has traveled to China extensively, having photographed street art in 798 Art District and attended book launches Beijing, Chengdu, and Hong Kong.



### Tell us about your path as an artist.

I was a voracious reader as a child and very attuned to the illustrations in books. In the pre-television, pre-digital world, paintings, prints and posters also played an important role. I attended art schools in both Sydney and Paris and began a print studio in Sydney producing contemporary artists' work. I was asked several years ago to illustrate the children's books *The Adventures of Poucher and Big Guy* that my close friend Arthur Charles wrote. We've completed four chapter books and three fold-out books called *The Little Book of Big Ideas* based on proverbs. [The latter] has been translated into Mandarin and pinyin.

### Which artist or illustrated work had the biggest influence on you as a child?

I enjoyed the animal drawings of Beatrix Potter and many Australian authors whose books were illustrated with native flora and fauna. The luminescence of pure pigment as in watercolor has always appealed to me and this is the medium I use in my illustrations. I also admired Matisse from an early age, with his use of strong color and direct painting.

### What's the best piece of advice anyone you've received about forging a career in art?

"Don't do it!" which made me even more determined. Having said that, I did take time off to raise two children. During those years, I was a children's guide at the Art Gallery of New South Wales.

### What's your favorite medium to work in?

I enjoy it all, including pastels, oils, watercolor, and acrylic. Recently I have been combining my computer skills with painting and producing digital collages, some of which I use in the book illustrations.

### Take us through your creative process.

It begins with an understanding of the text, then forming a visual image of the characters and scenarios as the plot unfolds. I begin with pencil drawings and then paint with watercolor and gouache. I sometimes scan the work and overlay it with computer-generated images.

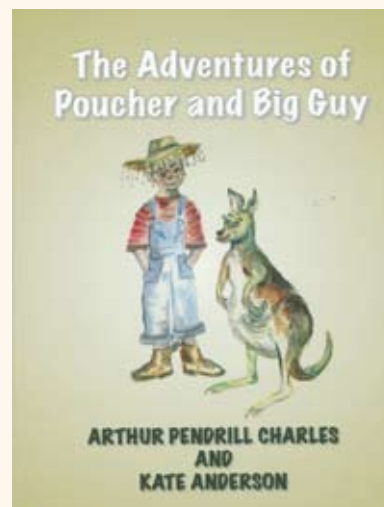
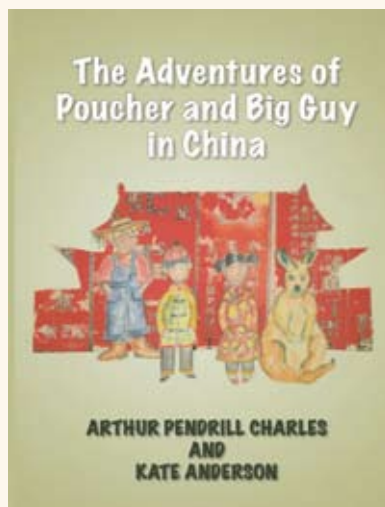
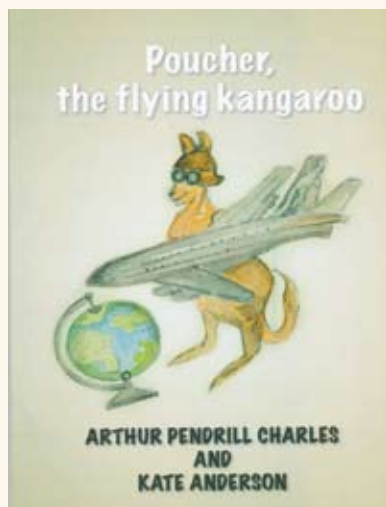
### What advice do you have for young artists?

Learn all the old techniques, devote time to drawing, and embrace digital technology. The combination of the creative brain and the scientific one is a powerful partnership.

### What's next for you?

At the end of 2015, I am exhibiting a body of work based on street art images I have taken in major cities all over the world. This includes seven years of photographs from 798 Art District, which evolved during the years I spent as a participant in the Red Gate Gallery Residency Program.

*The Bookworm Literary Festival runs from March 13-29. For event details, visit [www.bookwormfestival.com](http://www.bookwormfestival.com).*





# Project Gratitude

## Daystar students give thanks to their *ayis* and drivers

by Yvette Ferrari

**I**n Beijing, children often develop close relationships with their *ayis* and drivers. Some kids have known their *ayis* since they were in diapers while others consider their daily ride to and from school with their family's *shifu* a fact of life. But what are kids' perspectives on those who help them every day? For our *ayi*-themed issue, we turned to Daystar Academy students to find out about some of the special *ayis* and *shifus* in their lives. We asked students to answer two big questions – what is gratitude and why is it important? As these youngsters remind us, any time is a good time to give thanks.

### Colbert Chang, 9, US

Why do we have to thank our *ayis*? It's because they help us. The most important thing they do is take care of us. My *ayi* is named Zhang *Ayi*. She helps us from 12pm to 8.30pm every day. We first met Zhang *Ayi* when I was just 2 years old. She helps me in so many ways; in the summer, when I am done with all my homework, she plays a round of Monopoly with me when my brothers are sleeping. My favorite memories with her are the times she helps me with my homework. Once she heard me yell because I was so frustrated, so she ran over and helped me finish my homework. Gratitude is when you are thankful for something; you can show gratitude by saying thank you to whoever helped you. Thank you, Zhang *Ayi*, for your help!

### Dorothy Asiedu, 10, US

My *ayi* is named Chang *Ayi*. She is 51 years old. My *ayi* has been in my family for almost four years. My family met Chang *Ayi* when I was having a piano class. A lady overheard my dad saying we needed a babysitter. The lady said we could share her family's *ayi* for a while. In the end, Chang *Ayi* decided to stay with our family and has been with us since. She feels like a family member now. She cooks, picks us up from school, cleans up the house, and keeps us organized. She might even come with us to America. She has always been kind to me. One of my greatest memories with Chang *Ayi* was when she took my sisters and me to a really fun place. It was like an indoor play area, but really huge! We had a blast. Thank you, Chang *Ayi*, for everything you have done for me.

### Joshua Sobhani, 9, Canada/UK

The *ayis* at school are people who are very special. They work very hard. I'm not sure when our school *ayis* came, but it was probably when

the school started 11 years ago. Our school *ayis* are always cleaning the classrooms, bathrooms, hallways, etc. If we leave our classroom looking like a dump yard, the next day it's like a castle. It's not magic, it's the school *ayis*! One day, I forgot my water bottle on the floor and the next day it was on the window sill. They didn't put it in the lost and found and it wasn't thrown out; it was just put in on the window sill for safekeeping. I think gratitude is opening your heart and saying or doing something that makes someone feel appreciated. It's just like if someone opens the door for you and you remember to say thank you, the other person is grateful and it makes them feel happy too. Gratitude is very important. It is a proven fact that when you are grateful to someone in your life, you will become happier. Keep on being grateful, one thank you at a time and you will have a very happy life. Thank you, *ayis*, for making our school and world a cleaner place!

### Keegan Nelson, 9, US

I first met my friend's driver when I first moved to China. Even though she is my friend's family's driver, she drives me too because I carpool with my friend. Not only is she nice, but she buys candy and delicious snacks to give us if we're hungry. She always helps me open the heavy van door and sometimes even helps me with my homework. Can you imagine going to pick up kids? That must be so tiring! She never ever yells at us even when we make her super angry. She never complains if I am late or being too crazy or anything. My favorite memory with my driver is when she said "Happy New Year" in Chinese and we talked for awhile. We exchanged small gifts and it was a great way to celebrate Chinese New Year. Gratitude is saying something to show that you are thankful. Giving gifts and, most of all, being kind are what I call gratitude. Gratitude is great because it lets everyone you appreciate feel good.



Keegan Nelson, 9, US



Colbert Chang, 9, US



Dorothy Asiedu, 10, US



Alison Zou, 10, US



Joshua Sobhani, 9, Canada/UK

## "I think gratitude is opening your heart and saying or doing something that makes someone feel appreciated"

### Nikolas Tanner, 9, US

What is gratitude? Gratitude is showing through your action that you appreciate someone. My *ayi's* name is Xiao Ayi and she is my family *ayi*. I met her when I was born. She usually helps my mom. Once, in kindergarten, I cracked my head! While my mom was getting the keys and getting the car ready, my *ayi* took a towel and tried to stop the bleeding. I'm thankful to my *ayi* because she does many things like helps me study better and get to fifth grade. Before, I didn't think about how important my *ayi* is, but now I know she is very important. Kids can show gratitude by being respectful, showing cooperation, and being grateful. I think showing gratitude is important. For all the hard work our *ayis* do for us and our families, the least we can do is show gratitude and say thank you!

### Ella Smith, 10, US/China

My *ayi's* name is Wang Ayi and I met her when I was 1. She worked for my family before I was adopted. Wang Ayi helps me every day with my homework, cleans, and cooks! She cooks my favorite meal once a week. My favorite memory with her is from when I was little. She would take me to the park and then we would come home and eat lunch together. We would mainly eat noodles. I am thankful for her because she is the best in the world. Other kids out there should be thankful for drivers and *ayis* and remember to thank them. Showing gratitude is important because it makes the person feel good! Thank you, Wang Ayi, you have really affected my life. Thank you for helping me from the time I was little until now helping me now with my Chinese homework. Thank you, Wang Ayi. I love you.

### Alison Zou, 10, US

My *ayi's* name is Zhou Wei. She is my family's *ayi* and she has been with us since I was born. When I was small I didn't think about how important she is but now I am older and I know how wonderful she is. My *ayi* always helps me when I need her. She is caring, cooks my favorite meals, helps me with my homework, and tries to never let me get hurt. I like her because she is funny, benevolent, and sometimes silly. One time, we were going ice skating and she said "Ah, I forgot to bring your ice skates and skating clothes!" I was upset. Then she laughed loudly and said, "I'm just kidding!" We both laughed. That is my favorite memory with her. I am so thankful for her. I think gratitude is remembering to show appreciation by being respectful and also showing through your action that you appreciate them. Showing gratitude is important and will make people happy and grateful. Once again, thank you Zhou Wei Ayi!

### Gratitude in Action

Gratitude doesn't come naturally to young children; it's a behavior that is learned and reinforced with time. Try some of these tips from [parenting.com](http://parenting.com) and [today.com](http://today.com) to foster a grateful mindset in kids of all ages.

- **Draw thank-you pictures.** When kids receive a gift, make sure they draw the donor a thank-you picture within a designated time. Scribbles are OK! If they're old enough to write, ask them to write a thank-you note. One sentence per grade level is the rule of thumb.
- **Start a gratitude jar.** Set aside a jar with blank pieces of paper nearby. Make a routine out of adding filled-out bits of paper to the jar, then find time to read the cards together as a family.
- **Say it out loud.** Every night at dinner, each family member can take turns saying what they were thankful for that day.
- **Say it with Post-It notes.** Leave sticky notes for family members to thank them for for something they did. Remind them to pay it forward.
- **Make birthdays selfless.** Every birthday, ask your kids to share a list of things they're grateful for according to their age. For example, a 5-year-old can list five things they're grateful for.
- **Make a video.** With smartphones and iPads, it's easy for kids to make a quick thank-you video for someone who gave them a gift or showed them kindness.
- **Get artsy.** Using printed pictures from your smartphone or old magazines, make a collage with your kids to create a visual representation of the things they're thankful for.
- **Take them shopping.** Whether it's a friend's or another family member's birthday, kids like picking out presents. While they might need a reminder that now isn't time to shop for them, the upside is that children are more likely to take pride in giving when they take part in choosing the gift.
- **Practice the art of saying "no."** Kids will always ask for new stuff, whether it's a new Lego set, their favorite candy, or a video game. It's hard for a child to feel grateful when their every wish gets granted; saying "no" makes the occasional "yes" that much better.
- **Find the silver lining in every situation.** If the big game is canceled due to pollution, tell your child this gives them more time to practice. If they can't ride their bike because of the rain, remind them they're fortunate to have a warm home. It's not about being preachy; it's about helping them recognize that every setback has a silver lining.



# BIRDS OF A FEATHER FLUX TOGETHER



## BRINGING STUDENTS TOGETHER THROUGH FILM

by Aisling O'Brien

PHOTOS: SUJ

Clockwise from left: Organizing committee members Kaisla Yli-Juuti, Zoe Lin, Sara Juric, and Yasmine Rayyis (all Grade 9)



From left: Zoe Lin, Daisy Zheng, Minghui Tai (both Grade 10), and teacher Alan Fleming

The Flux Film Festival was started four years ago by a film teacher and student at Beijing City International School (BCIS) who wanted to create a showcase for student films.

"They recognized that kids were making films, but there was no outlet for them to stage them, or show them to judges who knew what they were talking about," says Alan Fleming, an English and Humanities teacher at BCIS who is helping a student committee organize the festival this year. "This year, we are trying to establish a framework for the festival to make it more maintainable and sustainable going forward. But our main focus is always giving kids a platform to show their films to the world."

Fleming, who hails from Sydney, has been in Beijing for the past six years. He worked in dispute resolution at a bank until his now-wife got a job in China as an environmentalist for the Australian government. "As soon as I started teaching here, I realized this was what I wanted to be," he says. The family went home for the birth of their daughter Ellie (now 16 months) before returning to Beijing.

Although Fleming insists he has no film-making skills, he's passionate about the medium. This year, he got his Grade 8 students to make narrative short films for a unit on horror in English. "When you invite kids to take something they've written and turn it into a movie, it really motivates them," he says. "Their level of enthusiasm shifts up a gear."

The Flux Film Festival has six categories: narrative, animated, documentary, public service announcements and commercials, music videos, and "sweded" films. "A sweded film is a comedy remake of an established movie. The idea was inspired by the movie *Be Kind Rewind*," says Fleming. "Kids can practice making films without having to come up with a plot. We have one film which is a remake of a famous scene from *Jaws*, with kids in the classroom pretending to be in the ocean, pretending to be a shark. It's hilarious."

The six categories are further broken down by age range: elementary school, middle school, high school, and adults. Last year the festival had hundreds of submissions. Some categories are more popular than others; Flux generally receives many animation submissions and fewer narrative films. "We break down the categories by age to encourage kids of all ages to submit," Fleming says. "They know they'll only be

judged against their peers."

This year, Flux is partnering with an Italian Film Festival called Quindici 19 run by a high school in Rome. The schools are cross-promoting their festivals and sharing finalists. Fleming and the BCIS student committee are enlisting judges from the film industry in China. "Making a film and showing it to your class is great, but showing it to professionals to receive critique and feedback makes for more learning, and more motivation," he says.

Minghui Tai (age 16) is one of the committee members organizing the festival. Originally from Malaysia, she has been living in Beijing for two years. The committee formed in November 2014 and began calling for submissions in December by reaching out to schools in Beijing, China, and overseas through the Flux website, Facebook page, and personal contacts. Although she isn't into film-making herself, Minghui is interested in film theory. "Volunteering has provided me with a great opportunity to work with others and take an active role in planning and managing an event," she says.

Daisy Zheng (16) is a native Beijinger and the daughter of the writer Yuanjie Zheng. She runs the film club at BCIS and has made several movies this year alone. "This summer I joined the New York Film Academy and made two films at the summer camp. Back at school, I made another two films on inspiring teenagers through visual storytelling for my personal project," she says. "I'm submitting movies to Flux because I want to study filmmaking at university and go into the film industry. This is a great way to get experience, network with film makers at other schools, and to potentially collaborate with them. It allows me to meet more people with the same passions."

"The movies don't have to be technically brilliant. It's about finding a way to express yourself," says Fleming. It's a sentiment that Daisy echoes. "Film-making is a practice. The more films you make, the better you get. Don't be afraid to make mistakes, just give it a shot."

*Submissions are due by April 9, 2015 and the finalists' films will be screened at BCIS's Spring in the City event on May 9. To find out more and download the submission forms, visit the BCIS website at [www.bcis.cn](http://www.bcis.cn).*





# I Want to Be a Publisher

ISB students get a read on Jo Lusby

text by Yvette Ferrari, photos by Dave PiXSTUDIO

Jo Lusby is the managing director of **Penguin Random House** North Asia and a long-term expat, having lived in China for 17 years. She worked for a local foreign magazine before landing her current job ten years ago. Under her direction, Penguin Random House opened offices in Beijing, Shanghai, and Seoul. In addition, Lusby oversees the sales of imported books from the US and UK. She recently visited a Grade 5 class at the **International School of Beijing (ISB)** to answer questions about being a publisher.

**“The best qualification is to read, and to read anything.  
If you don’t read, you don’t have a strong sense of passion”**



**Gwen, 10, US**

*What inspired you to be a publisher?*

I was lucky enough to be given the opportunity. After five years as a journalist and editor, Penguin found me and said, “We want to set up a new office in China. Are you interested?” I didn’t realize how much I would love it until I started.



**Shawn, 11, Hong Kong**

*What challenges did you encounter when you first became a publisher?*

It was just scary. It’s thinking things like, “I have to make this book, people will read it, and you’ve got to do a good job.”



**Alisha, 10, US**

*What is the most important step in publishing?*

Whether it’s the cover pictures, color, hardback or paperback, the [little] things are the hardest because if we don’t get [them] right, then we won’t get the big things right.



**Hubert, 10, US**

*What kind of problems are there when you publish a book?*

The biggest challenges are the conversations with writers. For the writer, this is their baby and they don’t want to change it. But our job as the publisher is to take their baby and make it something different that can be shown to the world. It has to be edited, for example, and a lot of writers don’t like us going through and changing their writing.



**Joseph, 10, South Korea**

*What are some of the most famous books you’ve published?*

My colleagues in Britain and America published *Diary of a Wimpy Kid*. The author Jeff Kinney was actually an artist; he came in with loads of pictures. Inside the company, it was a big question whether to publish it. It felt like a risk, but in the end it worked out. Another book we did [that you guys would know] is called *The Fault in Our Stars* by John Green. In adult terms, we publish people like Dan Brown and Stephen King.



**Owen, 10, US**

*How many drafts from authors have been through your office?*

Thousands come through every year. For every ten books I read, I’ll choose one. In China, we publish or 500 or 600 successfully a year. A lot of books we’re doing are famous overseas, so our success rate is really high.



**Julie, 10, South Korea**

*Why do books get turned down?*

When we turn something down, it doesn’t mean that it’s not good. It just means we as a publisher don’t think we can make it successful. We all turn down things which then potentially go on and become very successful. For example, Penguin and many other publishing houses turned down *Harry Potter*. Interestingly, Bloomsbury took it on because the publisher gave it to his daughter to read. His daughter was 9 or 10 years old and loved it. He was the only publisher that gave the book to his daughter, which was pretty smart.



**Ingrid, 10, US**

*How do you compete with other publishing companies?*

By not doing something that’s already been done 100 times. You’ve got to find something like *The Fault in Our Stars*, which no one had ever really done before and people would want to read.



**Archi, 11, India**

*Do you choose the authors or do the authors choose you?*

Both. Sometimes, we choose the author; other times, authors come to us. But mostly for fiction and history books, the writers come to us. For that kind of creativity, you can’t go to someone and say, “Write me a story about a magic school.” It probably won’t be very good.



**Vincent, 11, US**

*What is the best book you’ve published?*

It’s hard to say because I get very protective of the books I do. One of the most successful books we did was *Midnight in Peking* by historian Paul French. It was a true story of a murder in the 1930s in Beijing. The book sold very well around the world. They’re making it into a big TV show now in the UK so in two years, it’ll be on TV and we’ll sell more books.



**Alice, 11, Australia**

*What degree do you need to be a publisher?*

I did an English Literature degree but the best qualification is to read, and to read anything. If you don’t read, you don’t have a strong sense of passion.



# Students from 3e International School fill March's **Blank Canvas**



**Darius Kwang, 6, Singapore**  
My playground has a banana slide.



**Helen Wadhams, 6, US**  
My playground has two swings and a waterslide.



**Mikey Chen, 6, Taiwan**  
My playground has swings, a climbing wall, slides, and people having fun.



**Lola Kim, 7, South Korea**  
I have sleds, monkey bars, slides, a sun, fans, and stars on my playground



**Junlin Liu, 6, China**  
I play with my mom and dad on the playground.



**Houquan Chen, 6, China**  
My playground has many ladders.



**Nini Huang, 6, Canada**  
My playground has swings and you can swim.



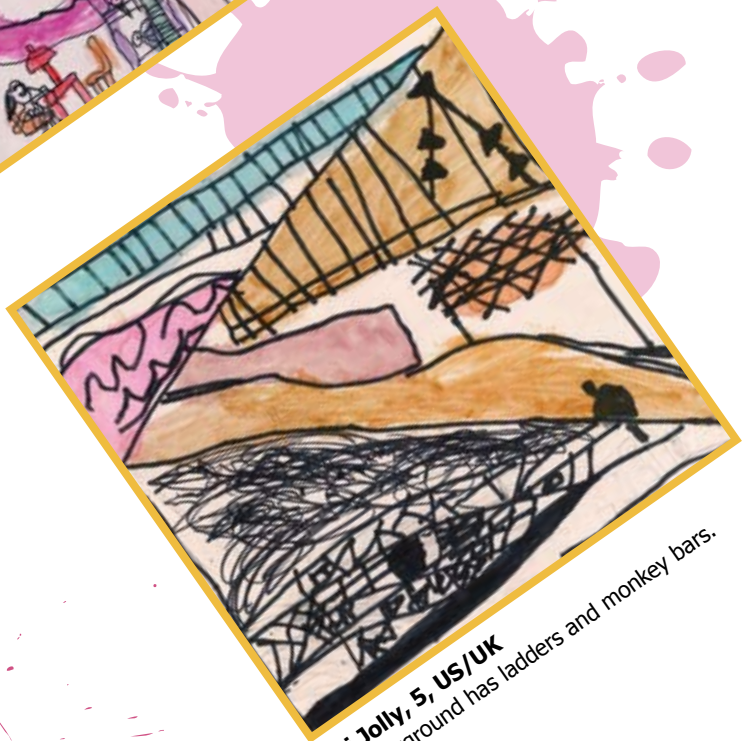
**Sunwon Kwon, 6, South Korea**  
I have monkey bars, slides, water, and stairs on my playground.



**Leon Cui, 6, Hong Kong**  
On my playground, you can slide and swing.



**Kai Jolly, 5, US/UK**  
My playground has ladders and monkey bars.

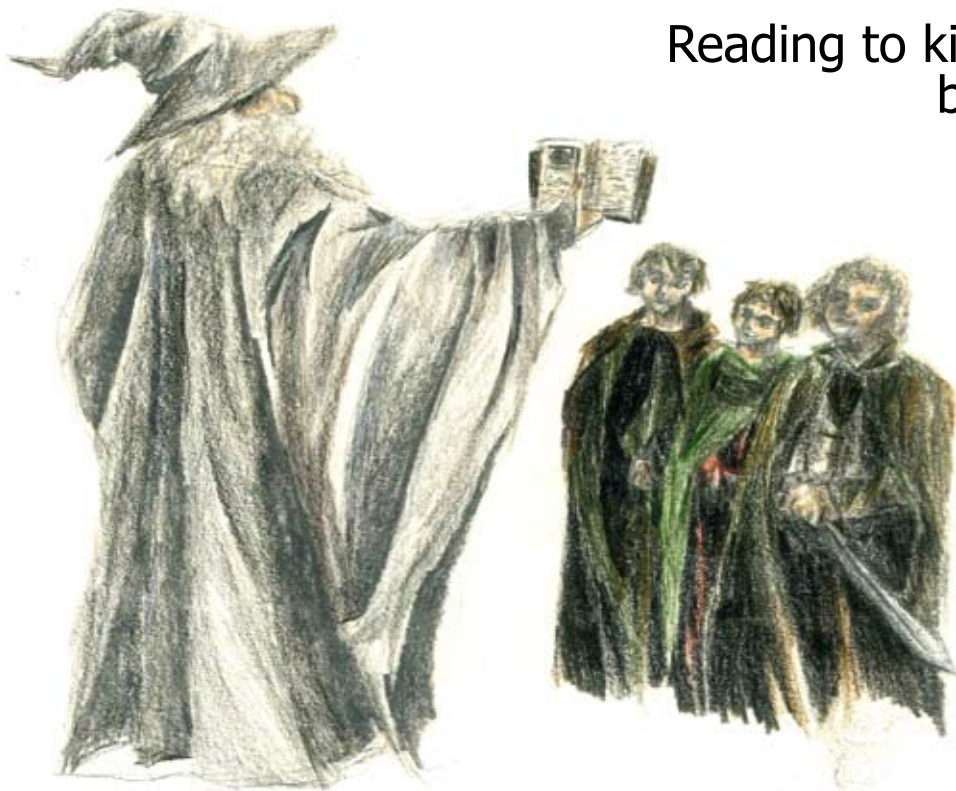




# Good Night, Moon

Reading to kids is a mixed blessing,  
but worth every minute

by Christopher Lay



## About the Illustrator

Amy Wei (age 17) is a Year 12 student at the British School of Beijing, Shunyi (BSB). Before moving to Beijing in 2011, she grew up in the Netherlands. Amy is currently taking higher-level IB Visual Arts and hopes to return to the Netherlands or go to the UK for university.

I grew up in a house filled with books. Bookshelves lined entire walls and I can recall my parents spending hours each spring carefully vacuuming each volume. There were a great many things that could be thrown out, recycled, or given away in our house, but books were permanent. Despite many tantalizing tales on the shelves, some handed down from previous generations, as a kid my head was buried in the likes of Dr. Seuss and *National Geographic* magazines; images were the thing.

Eventually the books lining my bookshelf became chapter books and I forgot or didn't notice what became of my childhood picture books. I can still recall the books that consumed my reading time as an elementary student: the *Three Investigators* series, *James and the Giant Peach*, *The Hobbit*, and science fiction by Robert A Heinlein. Despite the numerous books I called my own, I made heavy use of the public library during the summer months and took part in challenges like Reading Is FUNdamental. Reading was a natural part of my being and so it remains, though my taste skews towards biographies and history these days.

As parents, there was never any question that Savvy and I would read to our children. We just started stockpiling picture and chapter books wherever we could find them. Before they could comprehend the concept of a book, we read to the kids and encouraged our *ayis* to do the same in Chinese. It didn't matter if a child gnawed on pages, some books had to be taped together, or a few books met their doom in the hands of a toddler; those early books were an investment in each child's future, a way of jump-starting their education and fostering a lifelong love of books, reading, and learning.

Honestly, it isn't always easy committing 20 to 30 minutes each evening reading to small children. Sometimes they fixate on one title and want it re-read over and over again. There are only so many times an adult can read *Go Away Dog* or *Good Night Moon* with

enthusiasm. Reina had me read some titles so often that I would occasionally "misplace" a book for a few days so that we could read something else.

Despite the challenges of time, sleep deprivation, and parental boredom in the face of one too many caterpillar tales, Savvy and I never faltered in our commitment. Watching a child's face light up because of a book is priceless and being asked to read with them snuggled close is a memory I'll treasure forever. Around a year ago, my daughter started to read on her own in earnest and began consuming prodigious numbers of books. In a single evening, she might read about fairies, the Middle Ages, architecture, and outer space, and still ask for more time to read long past bedtime.

As a result, Reina has created her own "library" in her walk-in closet. She never misses an opportunity to visit a bookstore and asks to augment her school lessons with books at home about science, history, and biographies. She is a child after my own heart.

A few years ago, my mother gave me a box containing a dozen or so books for the grandchildren. As I examined the faded pages of *The Pop-up Book of Trucks*, *The Witch Who Wasn't*, and *People in My Family*, I immediately recognized them as my own childhood books. She saved them thinking that someday they might be worth sharing with my own kids. She couldn't have been more right.



## About the Writer

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](http://chrislay.com).

# March Madness

## Finding inspiration and knowledge at the Bookworm Literary Festival

by Jennifer Ambrose



### About the Illustrator

Ella Malibiran (age 16) is in Year 12 at the British School of Beijing, Shunyi (BSB). Originally from the Philippines, she has been living in Beijing for four years. Ella is currently taking standard-level IB Visual Arts. For university, she plans to combine her main interests: graphic design, photography and film, and business.



**T**.s. Eliot wrote, "April is the cruellest month," but after six years in Beijing I am disposed to believe that March is not on our side either. Winter's cold persists, city parks have long closed their outdoor skating rinks, and spring sports have not yet begun. The days run together as we are stuck in the apartment with unending schoolwork.

And yet, the kids and I look forward to March in Beijing like it brings a unique holiday. In a way, it does; every March, the Bookworm mounts its Literary Festival. Over two weeks, it hosts an international roster of authors, illustrators, and journalists. This would be a once-in-a-lifetime experience in our regular Western Pennsylvania lives, but it happens every year in Beijing!

We try to attend as many events as possible, even during the day. We are able to carve out so much time because of the flexibility homeschooling gives us. I can rearrange Myles' and Brigid's work over the course of the month to make attendance at the festival a priority.

But logistics are bit of a challenge for us. On a good day, the journey to Sanlitun from Changping takes 90 minutes by car or public transportation. Some evening programs push up against our time limits; the last subway to Nanshao, the closest station to us, leaves Xi'erqi at 11.05pm. Making this trip several times over the course of two weeks – with kids, no less – is exhausting, but once it is all said and done we are happy we made the effort.

Over the last few years, Myles and Brigid have collected memorable experiences. They have had the chance to meet the creators of some of their favorite books, such as Emily Gravett, the author/illustrator of the utterly charming *Orange Pear Apple Bear and Monkey and Me*, and Peter Brown, who unleashed upon the world Lucille Beatrice Bear, the pushy but well-intentioned protagonist of *You Will Be My Friend*.

The Literary Festival has also been a chance to encounter new

favorite books. Myles first learned about Eoin McNamee's *The Navigator* trilogy and Nick Earls' linguistic adventure series *Word Hunters* at the Bookworm when both authors were in town. Our copies of these books are now as well-worn as Myles' copy of *The Hobbit*.

Some of the authors and illustrators have left lasting impressions, too, when they have discussed their craft. While Myles was already a little older than the target audience for *It's a Miroocool*, he was attentive when the illustrator, Ann James, shared tips on composing pictures for a story. In a similar vein, Brigid was too young to have read Alison Lloyd's historical fiction but she listened so intently to her workshop that she was able to write a short story set in the Qin dynasty based on the author's prompts. Months later, Brigid still quotes Lloyd when she works on stories. "Who are your characters and what do they want?" Brigid asks, echoing the workshop.

Last year was a particularly exciting Literary Festival for us. One of our oldest friends in China, Adam Minter, spoke at two events for his book *Junkyard Planet*. The kids were thrilled that we actually knew one of the festival authors before his Bookworm appearance.

Once again this month, we will be easily spotted at the Bookworm Literary Festival. It is our best antidote to what would otherwise be a difficult March.

### About the Writer

Jennifer Ambrose hails from Western Pennsylvania and misses it terribly. She still maintains an intense devotion to the Pittsburgh Steelers. She has lived in China since 2006 and is currently an at-home mother. With her husband Randy and children Myles and Brigid, she resides outside Sixth Ring Road in Changping. Her blog can be found at [jenambrose.blogspot.com](http://jenambrose.blogspot.com).





# Clean Living

photo by Dave PiXSTUDIO



From left: Sissy Ayi, twins Chloe and Bianca Kara (4 months), and their mom Shanna Lafontaine





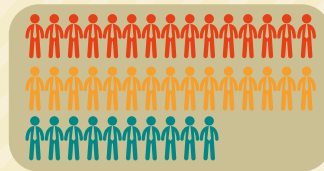
On arrival in Beijing, it quickly becomes apparent that almost everyone with the means to has an *ayi*. For some, the concept can be difficult to adjust to; the idea of having a stranger carry out the tedious household chores you are perfectly capable of performing yourself doesn't always rest easy. For others, the transition to paying a reasonable wage for a clean home is a straightforward financial transaction. Whether employing an *ayi* comes easily to you or not, you will probably find it a blessing; a tidy home and an extra caretaker for your kids is a welcome relief. Read on to view the results of the *beijingkids*-sponsored 2014 Beijing *Ayi* Survey, which provides community-sourced information on salary ranges, holiday benefits, working hours, *hongbao*, language skills, and more.



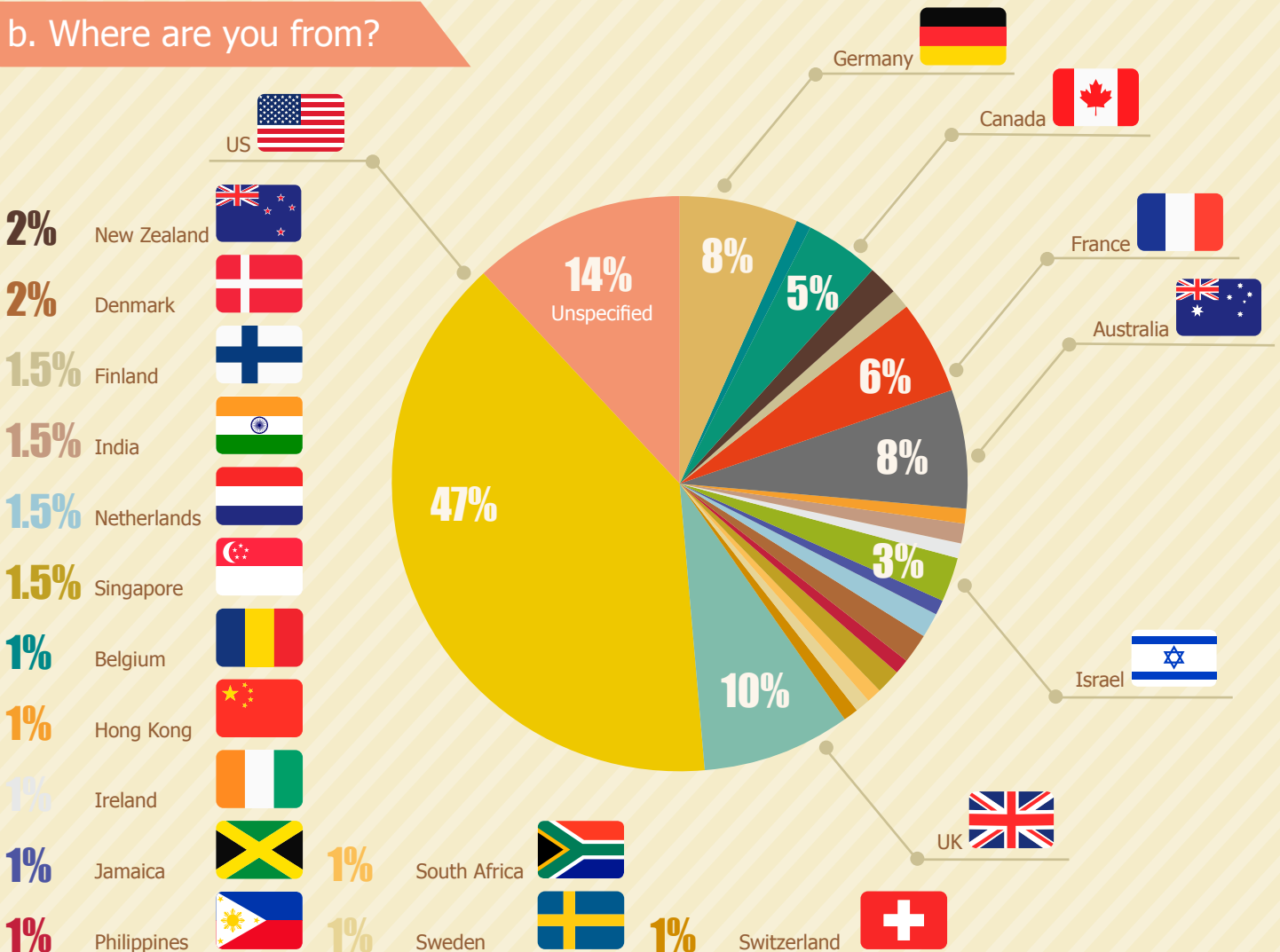
# INTRODUCTION TO THE SURVEY

Now in its sixth year, the Beijing Ayi Survey was started by an expat called Tobal Loyola; he now works at True Run Media, *beijingkids*' parent company. After asking around about ayi salaries and getting a variety of responses, he realized the need for a community resource to provide a basis for comparison. The 2014 Beijing Ayi Survey originally ran in June and July of last year on *beijingkids* and Beijing Cafe. This is the first time that results are appearing in print.

## a. Total number of respondents: 130



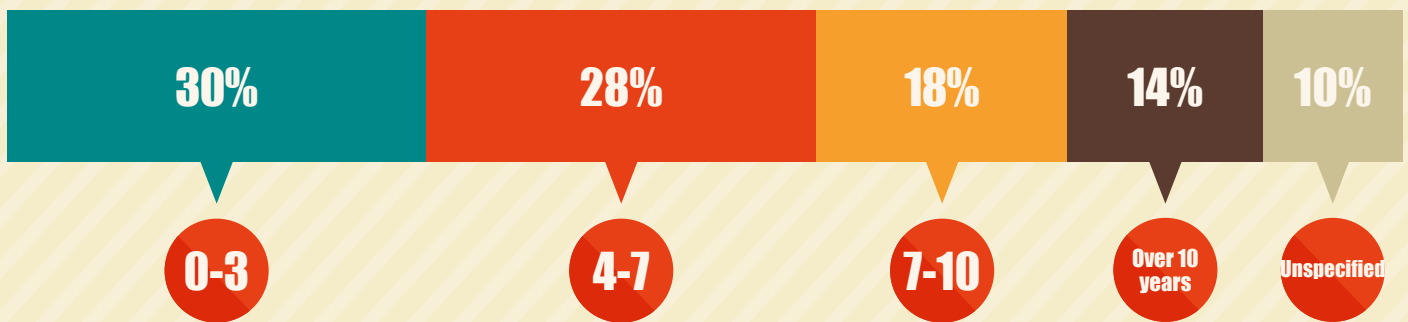
## b. Where are you from?



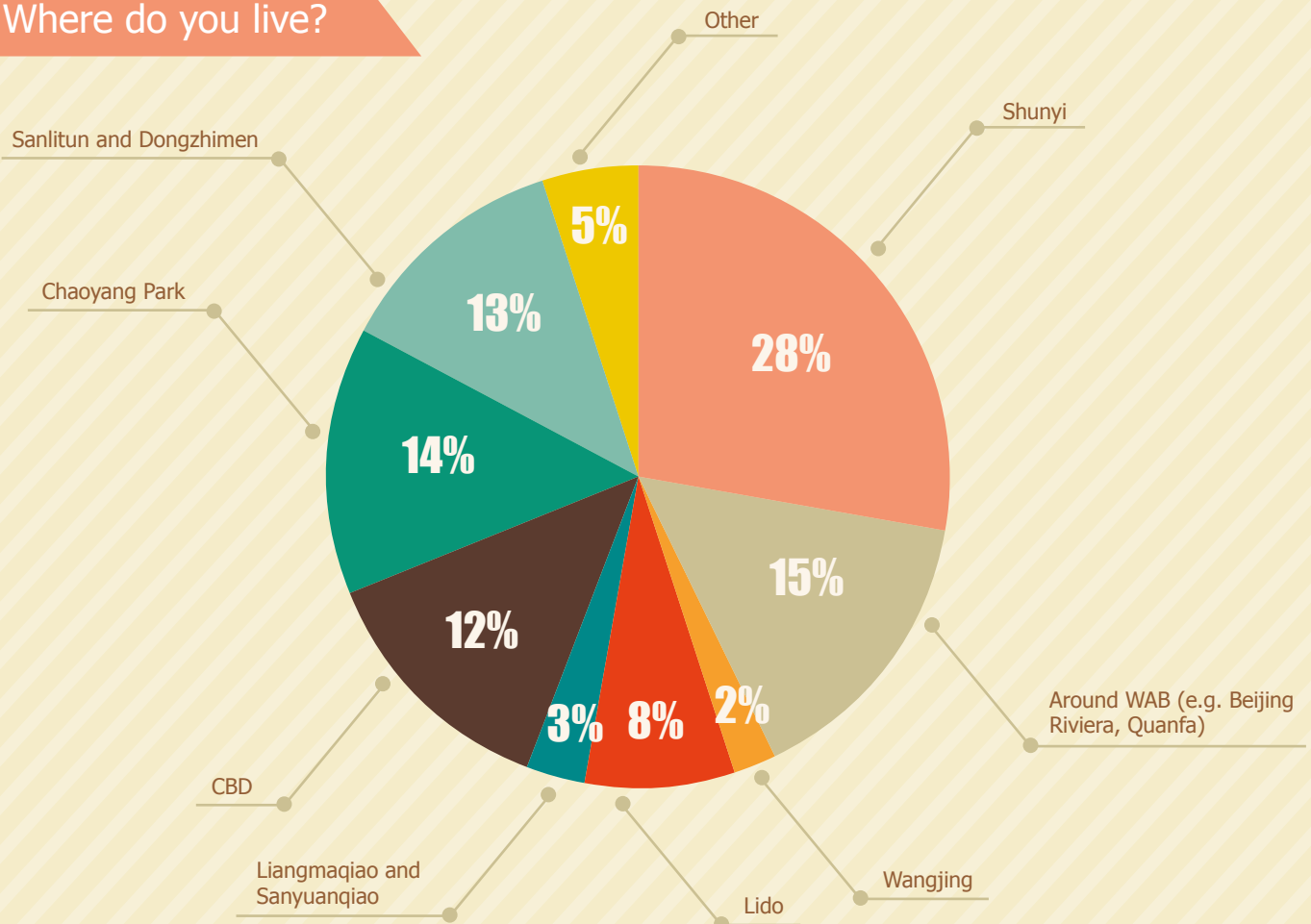
# RESPONDENT DETAILS

1  
SECTION

c. How long have you lived in Beijing (in years)?



d. Where do you live?



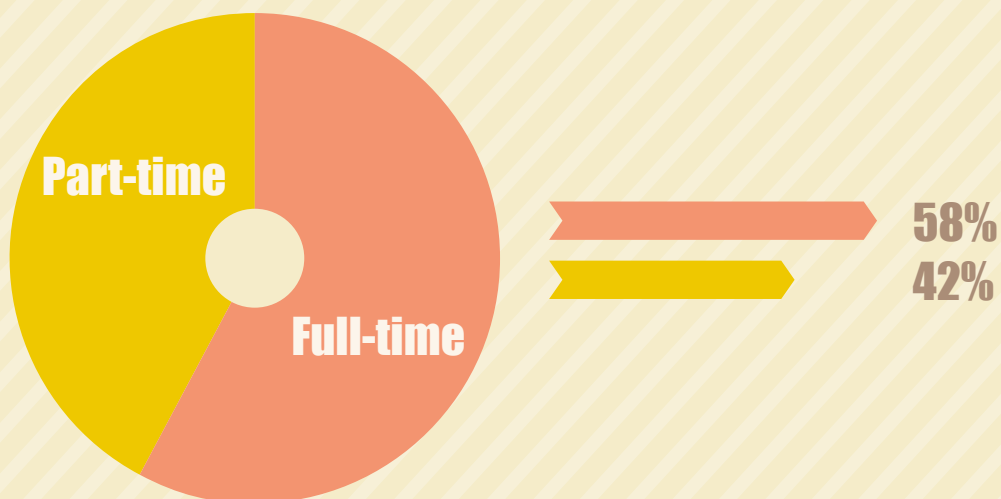


# 2

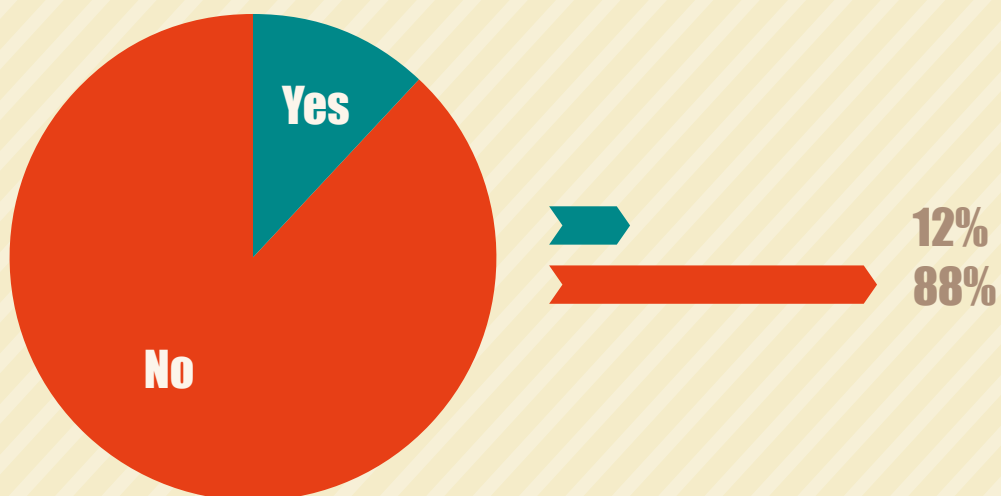
## SECTION

# WORKING HOURS

a. Is your *ayi* full-time or part-time?



b. Does your full-time *ayi* live with you?



### c. How many hours a day does your full-time *ayi* work?

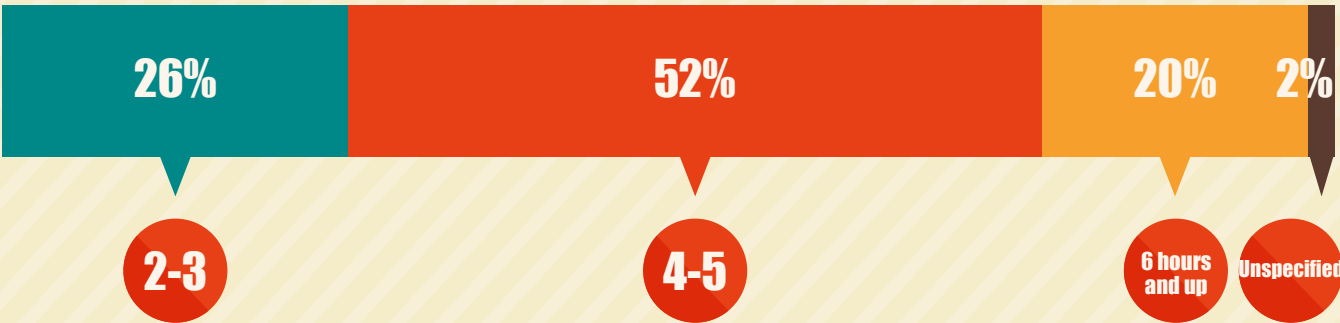


**Other responses included:**  
 "7am-9pm" (live-in *ayi*)"  
 "11 hours"  
 "5 hours per day on weekdays and alternating Saturdays and Sundays"  
 "Usually 7am-7pm"  
 "12 hours"  
 "10 hours on weekdays and 5 hours on weekends"

### d. How many times a week does your part-time *ayi* work?



### e. How many hours a day does your part-time *ayi* work?



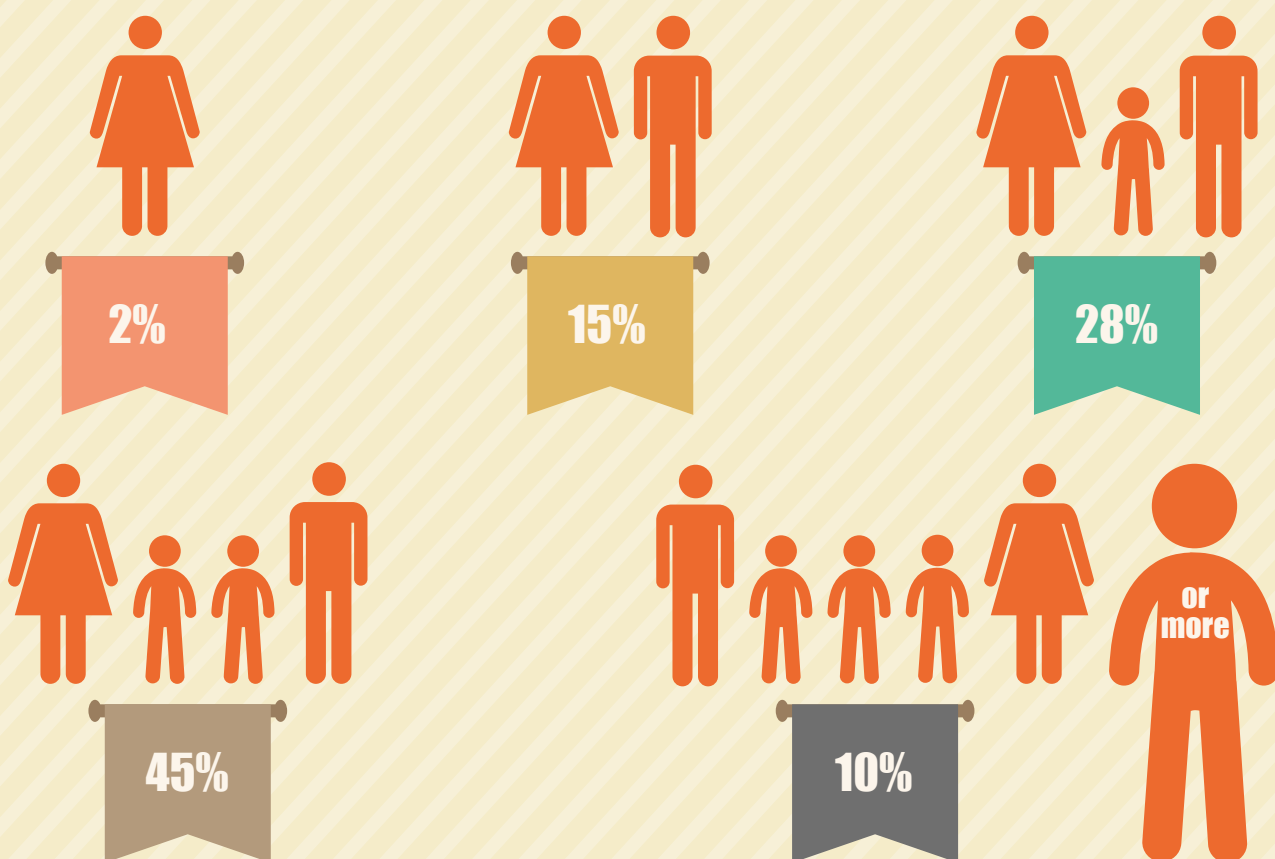


# 3

SECTION

## HOUSEHOLD DETAILS

a. How many people live in your household (including you)?

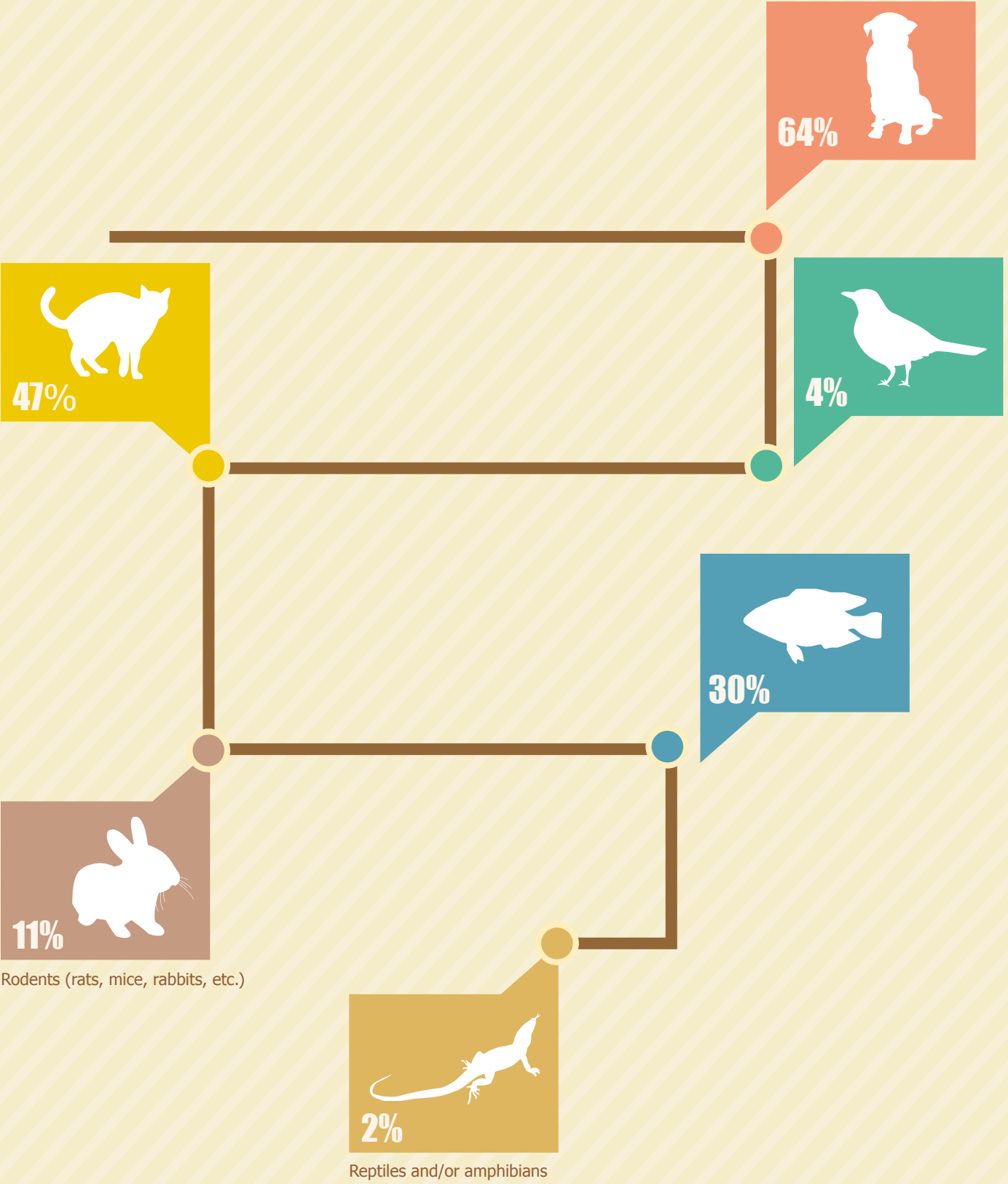


b. Do you have pets?



c. What kind of pets do you have?

(Note that the total exceeds 100 percent because some families have more than one type of pet.)

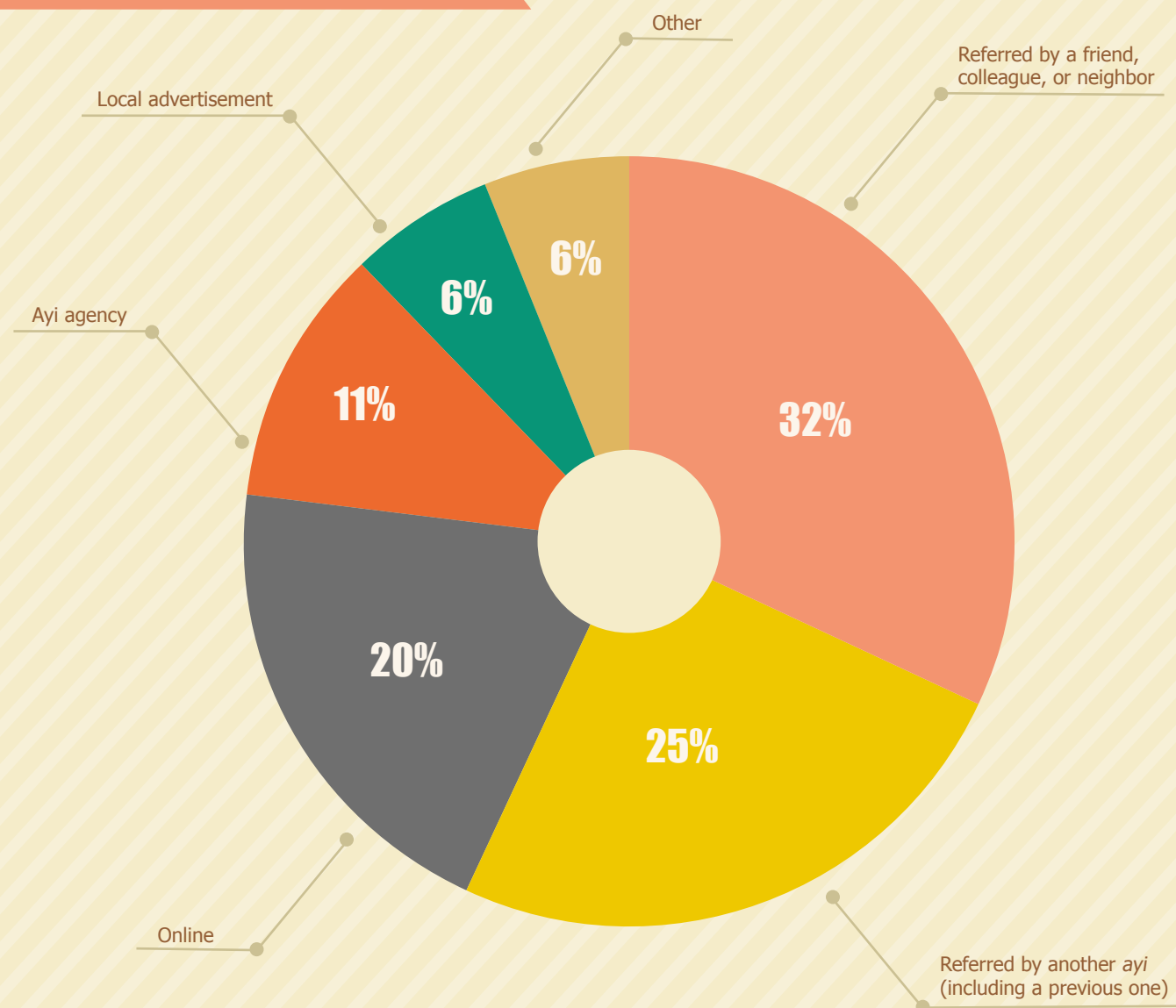




4

SECTION

## HIRING

a. How did you find your *ayi*?**Other responses included:**

"Compound management office"  
"Referred by the realtor  
(who manages the house for the landlord)"  
"Referred by driver"  
"Knocked on my door"  
"Referred by former tutor"

b. During the hiring process,

what were some of the issues you had to deal with?

**Ayi changed  
her mind about  
working for us**

**The asking  
salary of  
candidates  
was too high**

**Lack of  
background  
checks and  
references**

**Demanded a  
13th-month  
salary in  
addition to a  
Chinese New  
Year bonus**

**Candidate lived  
too far away**

**Language barrier**

**Couldn't work  
the required  
hours**

**Unhelpful  
ayi agencies**

**Lack of  
experience  
and training**

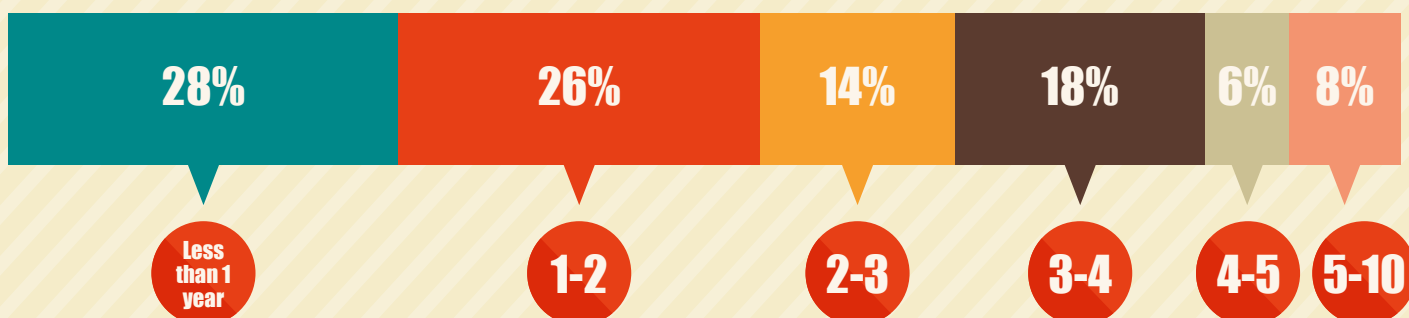


5

SECTION

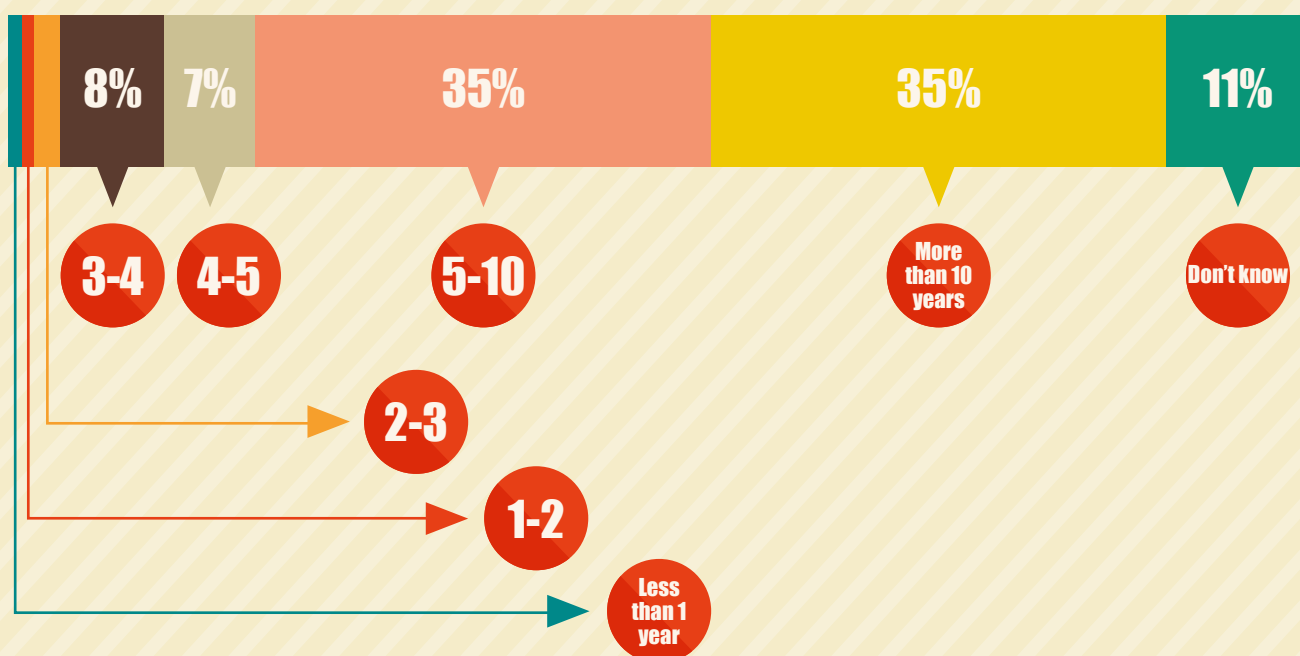
# AYI EXPERIENCE AND QUALIFICATIONS

a. How long has your ayi been working for you (in years)?

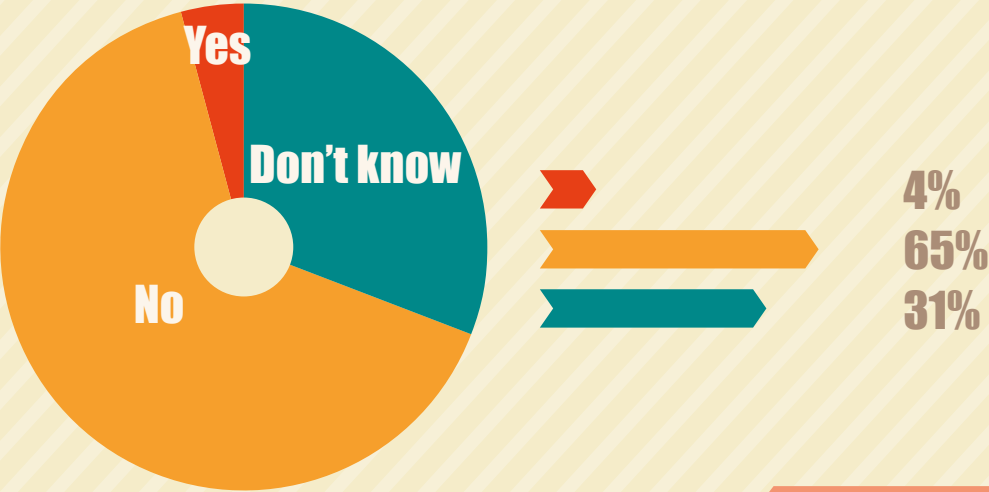


b. Including time with you,

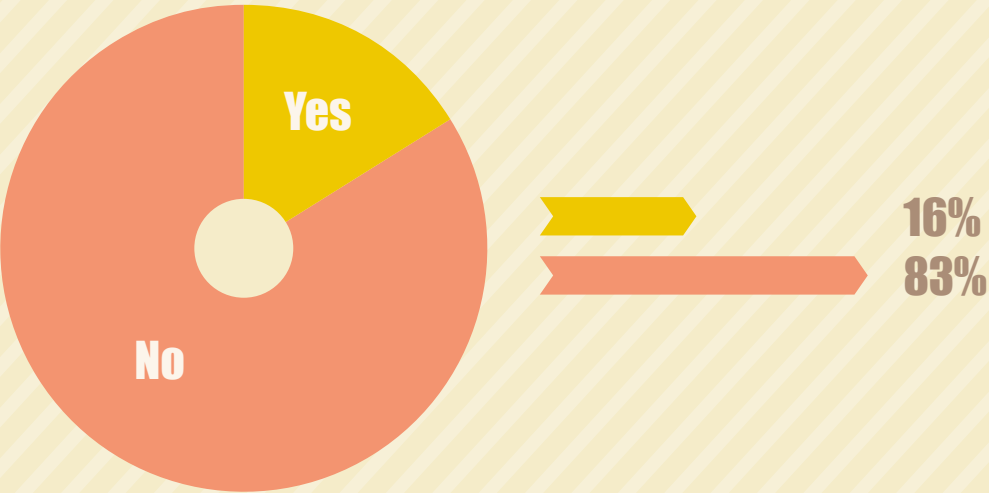
how much experience does your ayi have (in years)?



c. Did your *ayi* go through a formal domestic training course?



d. Does your *ayi* know first aid?



e. How would you rate your *ayi's* English skills?





# 6

## SECTION

# TASKS AND RESPONSIBILITIES

a. What tasks and responsibilities does your ayi have?



b. What do you like most about your *ayi* ?

**"Reliable, honest, would refuse payment she doesn't feel entitled to, not bureaucratic"**

**"Incredibly proactive (e.g. always buys nappies before we run out). Hard-working and a very high level of finish for cleaning, ironing, everything. Experienced with babies, good at putting them down for naps, knows about sleep routines. A good all-rounder"**

**"Reliable and diligent. My kids love her to bits"**

**"Fantastic cooking (I gained 11kg in three years)"**

**"On time and able to follow tasks"**

**"Doesn't need to be asked twice to do something. Picks up on small things we do, then does them to help us out"**

**"Dedicated to our family, pets, and house. She moved with us from Shanghai to Beijing and has become a real member of the family"**

**"Loyalty. I've had her for five years and she has moved me through different apartments"**

**"Takes great care of our pets, especially over holidays like Chinese New Year"**

**"Intelligent, good attitude, and cheerful personality"**

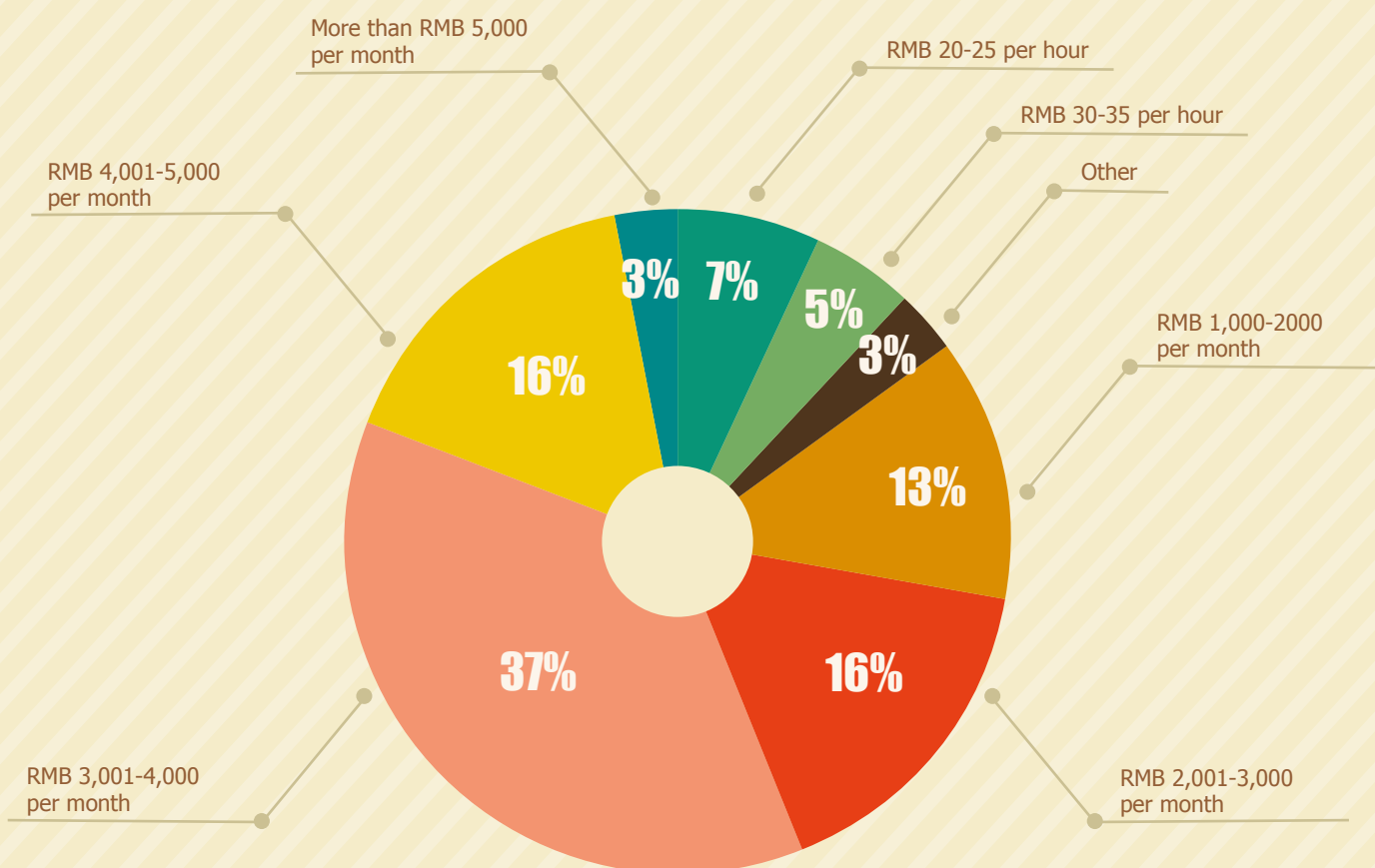


# 7

## SECTION

# PAY AND BENEFITS

a. How much do you currently pay your ayi ?

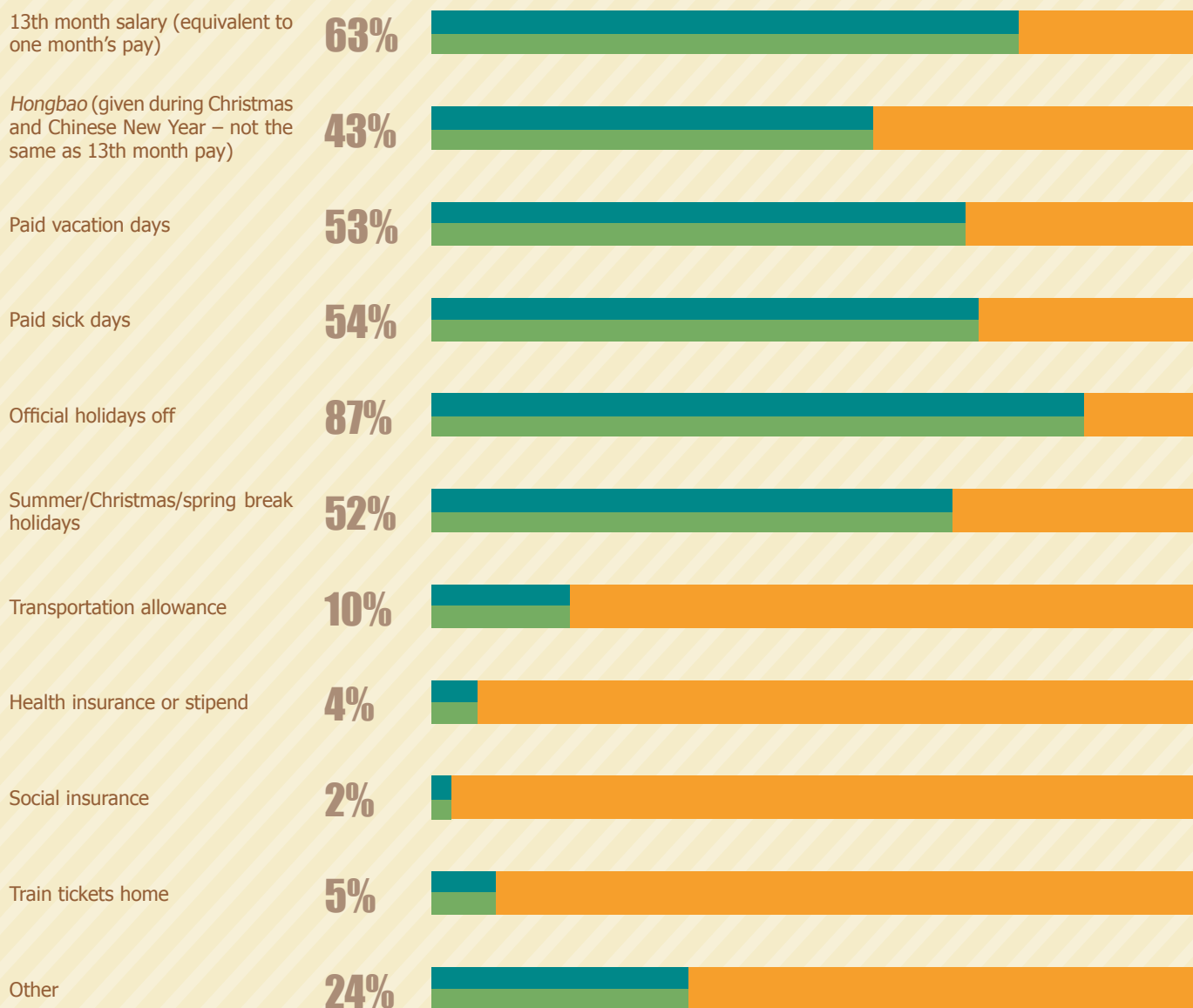


b. What's your ayi's overtime rate?

- "RMB 20 per hour"
- "RMB 25 per hour"
- "RMB 30 per hour"
- "RMB 35 per hour"
- "Her pay includes one night of babysitting"
- "RMB 100 per evening on weekends, RMB 25 per hour during the day"
- "Extra RMB 500 if she house-sits while we're away and looks after the dog"
- "Takes time off instead of overtime pay"
- "No overtime"
- "RMB 100 for staying overnight"
- "Hourly wage between RMB 30-35 per hour plus taxi home"
- "No overtime, but if she works on official holidays I pay her double"
- "RMB 300 per day"

## c. What other benefits does your *ayi* get?

(Note that the total exceeds 100 percent because some respondents offered more than one benefit.)



### Other benefits included:

"Help paying *ayi*'s child's school bus fees"  
 "Extra pay for dog-sitting when we're away"  
 "Birthday presents"  
 "Taxi paid if finishing work later than 9.30pm"  
 "International school holidays off"  
 "Many gifts"  
 "Various small bonuses"

"Takes home leftovers, can shower at our house, and have her clothes washed. She also takes any furniture, toys, or clothes we throw out and sells them"  
 "Allowed to have family members stay at our house when we're away"  
 "Bought her a scooter so she can get around Shunyi"  
 "Gets paid full salary even when we're away during the summer for two full months"



## Family Dining

### American

**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. 58-33, Bldg 8, 3/F, Sanlitun Village South, 19 Sanlitun Lu, Chaoyang District (6417 1318) www.elementfresh.com 2) Sun-Thru 8am-11pm, Fri-Sat 8am-midnight. 6 Jiangtai Lu, Chaoyang District (6433 5058) www.elementfresh.com 3) Mon-Thru 11am-10pm, Fri 11am-11pm, Sat-Sun 9am-11pm. Solana Lakeside Dining Street, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 1908) www.elementfresh.com 4) Mon-Fri 11am-10pm, Sat-Sun 10am-10pm. 1/F, Indigo, 18 Jiuxianqiao Lu, Chaoyang District (8420 0565) www.elementfresh.com 5) Mon-Fri 11am-10pm, Sat-Sun 10am-10pm. LG2, Parkview Green, 9 Dongdaqiao Lu, Chaoyang District (8561 0378) www.elementfresh.com 6) Mon-Sun 10am-10pm. 1F, Beijing Kerry Centre Mall, 1 Guanghua Lu, Chaoyang District (8529 8680) www.elementfresh.com 新元素 1) 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

**Home Plate Bar-B-Que** Offering American Southern classics from ribs to pulled pork and brisket, as well as hamburgers, wings, and more. 1) Daily 11am-10pm. 35 Xiaoyun Lu courtyard (from Dongsanhuan Beilu, head 20m north of Xiaoyun Lu intersection and take the first right), Chaoyang District (5128 5584) http://homeplatebbq.com/ 2) 11am-10pm. Courtyard 4, Gongti Beilu Chaoyang District (100m past The Bookworm on the right; 800m west of Tuanjiehu station (Line 10)), Chaoyang District (400 096 7670) http://homeplatebbq.com/ 本全美国餐. 1) 朝阳区霄云路35号院 (东三环北路, 过霄云路路口, 往北走20米, 到第一个路口右转) 2) 朝阳区朝阳区 工体北路4号院

### Bakeries, Delis & Desserts

**American Baking & Crafts Club for Kids** Founded by mom Hwa Wu, this baking club for ages 2-10 offers weekly themed classes using mostly imported ingredients. Rm 2502, Unit 2, Bdg 2, Green Lake Apt, 88 East North Fourth Ring Road, Chaoyang District (139 1058 4862, hwa.wu@qq.com) 儿童俱乐部. 朝阳区东四环北路88号观湖国际小区2号楼2单元2502

**Sweet Tooth** Founded by Meilian Tan, an Australian with a strong passion for all things sweet, this cafe and bakery features a revolving selection of desserts including red velvet cupcakes, carrot cakes, and brownies. Sweet Tooth offers pies from Two Guys and a Pie, and toasted bagels with a choice of cream cheese from Tavalin Bagels. They also stock up to 12 different flavors from Australian tea makers T2. Delivery is available within 3km of the cafe (within 1km RMB 5, 1-2km RMB 10, 2-3km RMB 15). Check the website for details and latest desserts. Tue-Sun 11am-7pm. 18 Xinzhong Jie (behind Kato-Ya), Dongcheng District (150 1121 7173, contact@sweettoothbeijing.com) sweettoothbeijing.com 东城区新中街18号

### Italian

**Annie's** Serves trattoria favorites like antipasto, soups, pastas and pizza. Parents give the restaurant gold stars for its numerous highchairs, while kids enjoy making their own small pizzas and playing in the well-stocked toy corners. Voted "Most Family Friendly" and "Best Italian" in the Beijinger's 2011 Reader Restaurant Awards. 1) Daily

11am-11pm. Chaoyang Gongyuan Xilu (next to Chaoyang Park West Gate), Chaoyang District (6591 1931) www.annies.com.cn/en/ 2) Daily 11am-11pm. Jiuxianqiao, Jiangtai Lu Shangye Jie, Chaoyang District (6436 3735) www.annies.com.cn/en/ 3) Daily 11am-11pm. Across from Western Academy Beijing, 5 Laiguangying Donglu, Chaoyang District (8470 4768) www.annies.com.cn/en/ 4) Daily 11am-11pm. West Gate of Soho New Town, 88 Jianguo Lu, Chaoyang District (8589 8366) www.annies.com.cn/en/ 5) 11am-11pm. Unit 2-3-93, Ritan Highlife, (opposite north gate of Ritan Park), 39 Shenlu Jie, Chaoyang District (8569 3031) www.annies.com.cn/en/ 6) 1/F Ruisai Business Building (opposite Ascott Beijing), Chaoyang District (6568 5890) www.annies.com.cn/en/ 7) 105, Bldg 3, China View, 2C Gongti Donglu, Chaoyang District (8587 1469) www.annies.com.cn/en/ 8) Daily 11am-11pm. 1/F, Tower AB, The Office Park (Yuanyang Guanghua International), 10 Jintong Xilu (near Central Park/The Place), Chaoyang District (8590 6428) www.annies.com.cn/en/ 9) Daily 11am-11pm. 2/F Daimler Tower, 8 Wangjing Jie, Chaoyang District (8476 0398) www.annies.com.cn/en/ 安妮意大利餐厅. 1) 朝阳区朝阳公园西路 (朝阳公园西门) 2) 朝阳区酒仙桥将台路商业街 3) 朝阳区来广营东环路5号京西学校对面 4) 朝阳区建国路88号Soho现代城西门 5) 朝阳区神路街39号日坛公园北门对面 日坛上街2-3-93号 6) 朝阳区瑞泰大厦商务楼一层 (北京雅诗阁服务公寓对面) 7) 朝阳区工体东路丙2号中国红街大厦3号楼105室 8) 朝阳区金桐西路10号远洋光华国际AB座1楼 (近新城国际/世贸天阶) 9) 朝阳区望京街8号利星行广场奔驰展厅2层

### 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) 顺义区天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

### 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. 朝阳区日坛路1号 (日坛宾馆北侧)

## Family Health

### Clinics & Hospitals

**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 re-accredited 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)) www.ufh.com.cn 2) United Family Financial Street Clinic, 109 Taipingqiao Avenue, Xicheng District (4008-919191 (24hr Service Center)) www.ufh.com.cn 北京和睦家医院. 1) 朝阳区将台路2号 2) 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, high-level 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. 东城区北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 international-

standard 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号昆莎中心一座105室

**OASIS International Hospital** OASIS is a full-service private hospital. Their international medical team provides patient-centered 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. 朝阳区酒仙桥北路9号



**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.vista-china.net 维世达诊所. 朝阳区光华路1号嘉里中心3层

## 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) www.arrail-dental.com 2) Mon-Thu 9am-5.30pm, Fri-Sun 9am-5pm. 1/F, Somerset Fortune Garden, 46 Liangmaqiao Lu, Chaoyang District (8440 1926/7/8) www.arrail-dental.com 3) Mon-Thu 9am-5.30pm. Rm 308, Raycom Infotech Park, Tower A, 2 Kexueyuan Nanlu, Haidian District (8286 1956, 24hr: 139 1100 1367) www.arrail-dental.com 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

**IDC Dental** Standing for International Standards, Dedicated Professionals and Compassionate Care, IDC is a multi-specialty

clinic offering a broad spectrum of family and restorative dental care. Experts in cosmetic makeovers and CT-guided implant surgeries. A certified clinic with Progressive Orthodontics and Beijing's only Western-trained root canal specialist. Multi-tier pricing. IDC is a Preferred Provider with CIGNA, Allianz, and MediLink. Daily 9am-6pm. Rm 209, Bldg 7, Yard 9, Richmond Park Clubhouse, Fangyuan Nanli, Chaoyang District (6538 8111, info@idcdentalbj.com) www.idcdentalbj.com IDC国际齿科中心. 朝阳区芳园南里9号院7号楼209室

**JD Dental** If you speak some Chinese, it's worth looking into this local dental clinic chain that offers friendly and affordable service in a clean environment. No direct billing, but reception staff will give you everything you need to make a claim. 1) Apt 108, Bldg A, Sunshine 100, 2 Guanghua Lu, Chaoyang District (5100 1133) www.jingdedental.com 2) Unit 4U, Apartment Tower A, Fortune Plaza, 7 Dongsanhuan Zhonglu, Chaoyang District (6530 8088) www.jingdedental.com 3) Chaoyang Jiaoyu Fenyuan, 1 Tianshuiyuan Jie, Liulitun Nan, Chaoyang District (6591 1321) www.jingdedental.com 精德口腔. 1) 朝阳区光华路2号阳光100 A座108室 2) 朝阳区东三环中路7号财富中心翼楼40室 3) 朝阳区六里屯南甜水园街1号朝阳教育分院

## Other Health Services

**Counselling with Naomi** Naomi Taylor is certified therapist and Parent Effectiveness Training teacher who provides counseling and hypnotherapy to individuals and couples in Beijing. Originally from the UK, Naomi has been living here for several years. Topics she has counseled clients on include relationship and marriage counseling, parenting struggles, transition issues, depression, stress, and more. Naomi also offers a two-session hypnotherapy package to stop smoking. (counsellingwithnaomi@hotmail.co.uk) www.counsellingwithnaomi.com

**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号燕莎中心写字楼1层S106

## Family Life

### Ayi Services

**Beijing Ayi Housekeeping Service** A family membership in this housekeeping service will give you access (with an additional fee) to a large pool of ayis who perform services such as babysitting, cooking and cleaning. English-speaking ayis available. Lifetime membership: RMB 300; price range: RMB 1,000-3,000 per month. (6434 5647/48)() www.bjayi.com 北京家福来劳务服务.

**Beijing Ex-pat Housemaid Service** Serving over 2,000 families in Beijing, this service offers a supply of English-speaking ayis trained to cook, clean, babysit and more. Price range: RMB 1,600 per month for 8-10 hours per day, 5-6 days per week. (6438 1634)() www.expatslife.com 北京易杨家美信息咨询有限公司.

**Beijing Nanny Domestic Service** This company helps Beijing-based families find nannies, housekeepers, drivers, and tutors. Its areas of service include Sanlitun, Guomao, Central Park, Chaoyang Park, Dongzhimen, and Shunyi. Rm 208, Bldg 104, Qingnian Hui, Chaoyang Beilu, Chaoyang District (, beijingnanny@hotmail.com) www.

beijingnanny.com 朝阳区朝阳区朝阳北路青年汇104楼208室

### Century Sunshine Domestic Services

Provides both hourly and live-in ayis; different ayis can provide different services. English-speaking ayis are available, although for a higher price. Price range: RMB 10-15 per hour (RMB 7-8 per hour with a yearly RMB 120 membership); live-in RMB 500-4,000 per month. (6845 4005/6871 5549, 133 6627 3898)() www.365service.com.cn 北京世纪阳光家政服务有限公司.

**China Youth Union** This service hires out ayis for both one-time service as well as regular service. Live-in ayis are also available. Ayis can all speak simple English. One-time service requires reservations. Price range: RMB 6-15 per hour; live-in up to RMB 2,000 per month. (6732 4406/2353)() www.cyhs.cn 北京华夏中青家政服务有限公司.

### Color Beijing Home Service Company

Specializes in providing home help to foreigners in Beijing. Nanny, maternity nurse, housekeeper, maid. English-speaking ayis available. Rm 220, Bldg D, Fudun Center, Jinsong, Chaoyang District (5867 2341, 5727 6508, 1314 685 6043, suzeduan@hotmail.com) www.colorbeijing.com 朝阳区劲松富顿中心D座220

**JNY Home Service** This professional housekeeping service company provides placement services for foreign families seeking full-time or part-time ayis in Beijing. Ayis are available for cleaning, ironing, cooking and babysitting. English speaking and non-English speaking ayis are available. Reference letters available. Part-time: RMB 15-25 per hour, full-time: RMB 2800-3500 per month. Rm 907A, Hua Shang Bldg, 2 Yanjing Xili, Chaoyang District, Chaoyang District (5100 0246/134 2636 2833) www.saybeijing.cn 朝阳区朝阳区延静西里2号华商大厦907A室



## Sunday Roast Carvery

Bring back fond family memories at 29 Grill. The chef will be preparing Yorkshire puddings and gravy served with your choice of grilled and roast meats. Enjoy a huge selection of fresh salads, cheeses and cold cuts as well as a Sushi and Sashimi counter. Our wine trolley with our Sommeliers special selections to choose from and a beautiful selection of desserts. The perfect way to spend your Sunday afternoon.

CNY588+ 15% per person  
Every Sunday, 11:30am to 3:00pm.  
t: 86.10.65846300

Level 2, Conrad Beijing  
29 North Dongsanhuan Road  
Chaoyang District, Beijing 100027, China

北京康莱德酒店二层  
中国北京市朝阳区东三环北路29号 邮编 100027





## Community Groups & Organizations

### International Newcomers' Network (INN)

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, 2 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层

**InterNations Beijing** Billing itself as the biggest expat community in the world, InterNations has more than 10,000 members and organizes 30 monthly activities in Beijing. These include family-friendly events, outdoor trips, cultural activities, sport clubs, and social gatherings. (internationsbeijing@gmail.com) www.internations.org

## Driver Services & Car Rentals

**Beijing North Star Car Rental** Beijing North Star Car Rental Company is a wholly owned subsidiary of North Star Group, a major state owned enterprise. They currently have more than a thousand vehicles of all class. It is one of the largest leasing companies in China and incorporates the best management and technology from both locally and overseas. Provides customers with purchase, lease and buy, and trade-in options; limousine and chauffeur driven services for airport transfers, meetings, tours and weddings; services for long vacations and weekend rentals; foreign companies and representative offices with high end vehicles for business with foreign language speaking drivers; state owned enterprises with vehicle purchase and management plans; club membership system for clients. 1) 8am-6pm. 1/F, Bldg F, Wangjing Building, 1A Futong Dongdajie, Chaoyang District (800 810 2280, 6475 2516, bczl@bczl.com.cn) http://www.bczl.com.cn/ 2) South of the Tsinghua University east gate, Shuangqing Lu, Haidian District (800 810 2280, 6263 8006, bczl@bczl.com.cn) http://www.bczl.com.cn/ 3) 8am-5pm. North to Bldg R, Huiyuan Apartment, Chaoyang District (800 810 2280, 8499 2878, bczl@bczl.com.cn) http://www.bczl.com.cn/ 北京北辰汽车租赁 1) 朝阳区望京阜通东大街甲1号 2) 海淀区清华大学东门双清路南侧 3) 朝阳区亚运村汇园公寓B座北侧

## 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号金地A座16层

**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, Chaoyang District (5869 3204, william.frisby@premiumfinance-group.com) www.premiumfinance-group.com 朝阳区东三环中路建外SOHO 17号楼808

## 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

**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 Beijing 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. 3L 209, 2nd floor, Region 3, China World Trade Center Shopping Mall, Chaoyang District (85351002, 13146679913, laurent.falcon@hotmail.com) www.laurent-falcon.com 巴黎沙龙 意式餐吧旁边 1) 朝阳区三里屯北街南43号楼 2) 朝阳区朝阳区国际贸易中心国贸商城三期二层209

**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5号楼B1-003

## Storage Services

**Koala Mini Storage** Koala Mini Storage is the first professional self-storage provider in Beijing. Its expat-friendly services are ideal for moving, renovating or keeping art and valuables in a safe and temperature-controlled environment; and storing files and equipment for companies outgrowing their offices. There are currently four locations in Beijing and three storage sizes. 1) Bldg 10, 3 Qingnian Lu Xili, Chaoyang District (5206 2431, customerservice@koalaministorage.com) www.koalaministorage.com 2) B1-B2, 28 Dongzhimen Waidajie, Chaoyang District (6415 8622, customerservice@koalaministorage.com) www.koalaministorage.com 3) B2/F, Huayuan Shiji Commercial Building, 88 Shuangqing Lu, Haidian District (6257 7946, customerservice@koalaministorage.com) www.koalaministorage.com 4) Rm A101, B1/F, Unit 2, Bldg 1, 3 Xiadian, Chaoyang District (customerservice@koalaministorage.com) www.koalaministorage.com 考拉迷你仓 1) 朝阳区青年路西里3号院10号楼 2) 朝阳区东直门外大街B1-B2 3) 海淀区双清路88号华源世纪商务楼B2层 4) 朝阳区下甸甲3号院1号楼2单元B1-A101

## 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, Baizhiwan 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, Shunyi 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SOHO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

**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 Puyi. 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. (booking@beijingsideways.com) www.beijingsideways.com

**Bespoke Beijing** Anti-package-tour to its core, Bespoke Beijing offers an a la carte menu of high-quality, high-value travel services so you can pick and choose the components that are relevant to you. These include car hire, tour guides and airport transfers - or take it to the next level with their expert-led signature experiences. B510, 107 Dongsi Bei Dajie, Dongcheng District, Dongcheng District (6400 0133, info@bespoke-beijing.com) www.bespoke-beijing.com 东城区东直门内大街107号天海商务大厦B座510号

**Newman Tours** Newman Tours offers interactive group and private walking tours that explore the hidden history of Beijing. Tours include the Forbidden City Tour, the Hutong Adventure Tour, and the Beijing Ghost Tour. (info@newmantours.com) www.newmantours.com

**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 Dajie, Dongcheng District (8447 6361, tours@sunflowertravel-cn.com) www.sunflowertravel-cn.com 东城区东直门外大街48号东方银座22D

**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 Jiaquomennei Dajie, Dongcheng District (8519 8800, private-tours@tui.cn) www.tui.cn 途易 东城区建国门内大街7号光华长安大厦2座921-926

**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

## Schools

### Educational Services



**One Education** One Education is an institution that aims to develop students' leadership skills and social awareness via experiential learning, which also helps their overall competitiveness when applying to top US schools. Programs include one-on-one project coaching and winter/summer programs, which focus on finding solutions to hot topic social issues. Rm 1, B1/F, Tower B, Tsinghua University Science Park, Chaoyang District (136 6128 5821, info@one-edu.org) www.one-edu.org 一初教育 朝阳区清华科技园科技大厦B座B1层1

## Schools

### Beanstalk International Bilingual School (BIBS)

Over the past 21 years, BIBS has grown from one campus to eight and from a kindergarten-only curriculum to a full-fledged K-12 school. BIBS boasts a unique program that combines the best of Eastern and Western educational philosophies and seeks to empower its learners to become bilingual, multi-cultural, and globally-minded citizens who are equipped with the knowledge and integrity to function successfully, responsibly and effectively in an ever-evolving global environment. Age range: 2-18. Tuition fees (2014-2015): RMB 55,000-168,000 depending on grade and campus. 1) BIBS - Upper East Side Campus (K-6): 6 Dongsihuan Beilu, Chaoyang District (5130 7951, ues@bibs.com.cn) www.bibs.com.cn 2) BIK - Wanda Campus: Bldg 7, Wanda Plaza, 93 Jianguo Lu, Chaoyang District (5960 3887/3997, wanda@bibs.com.cn) www.bibs.com.cn 3) BIBS - Shunyi Campus (K-12): 15 Liyuan Jie, Tianzhu, Shunyi District (6456 0618, shunyi@bibs.com.cn) www.bibs.com.cn 4) Beanstalk International Kindergarten (BIK) - Solana Campus: Opening soon, Chaoyang District (5960 3997 ext 811, solana@bibs.com.cn) www.bibs.com.cn 5) BIK - Wanguo Campus: 51 Wangjing Beilu, Chaoyang District (6478 4166, wanguo@bibs.com.cn) www.bibs.com.cn 6) BIK - Yangshan Campus: Bldg 7, East Gate A, Yangshan Park, 30 Anli Lu, Chaoyang District (185 1169 6337, yangshan@bibs.com.cn) www.bibs.com.cn 7) Changqingting Kindergarten: 4 Dongba Nanyijie, Chaoyang

District (8537 9659, changqingting@bibs.com.cn) www.bibs.com.cn 青苗国际双语学校。1) 朝阳区东四环北路6号 2) 朝阳区建国路93号万达广场7号楼 3) 顺义区天竺镇丽苑街15号 4) 朝阳区 5) 朝阳区望京北路51号 6) 朝阳区安立路30号仰山公园东门A7号楼 7) 朝阳区东坝南一街4号

#### Beijing City International School (BCIS)

Located in Beijing's Central Business District, Beijing City International School (BCIS) lives by its motto: "Empowering and Inspiring through Challenge and Compassion." This non-profit, independent co-educational day school offers an international curriculum under the International Baccalaureate (IB) World School system and offers all three IB programs (Primary Years, Middle Years, and Diploma Programme). Two cornerstones of BCIS education are combining the best elements of East and West, and offering a personalized education experience. BCIS has two campuses covering more than 60,000sqm; the main campus (Grades 1 to 12), and the Early Childhood Center (ECC) campus (Toddler to Kindergarten). Both purpose-built sites are supported by an innovative curriculum built around the IB, which uses an inquiry-based and skills-focused approach to learning. The experienced faculty is made up of teachers from 13 different countries. BCIS is one of the few schools in Beijing licensed to offer a rigorous and well-respected international curriculum to both foreign and Chinese national students. Age range: 2-18. Tuition fees (2014-2015): RMB 160,500-246,600 depending on grade. 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



**Bonita Children's Center**  
邦尼国际幼儿园

010-53306800  
010-85907648

#### Bonita International Kindergarten

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. Age range: 1-6. Tuition fees (2015-2016): RMB 168,000 (full day), RMB 103,200 (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, bonitaetx@163.com) www.bonitakindergarten.com 邦尼国际幼儿园 朝阳区金汇路9号中骏世界城D座3层 301

#### Canadian International School of Beijing (CISB)

Opened in September 2006, CISB offers a Montessori Nursery and Pre-Kindergarten program, as well as a Canadian-style 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

#### Daystar Academy

Daystar Academy is a non-profit school that offers a balanced, bilingual Chinese-English education, with students spending half their day in each language environment. The school aims to develop world citizens who can channel their bilingualism and strong academic performance, with creativity and critical thinking to serve their communities. Kindergarten students are immersed in half-day English and half-day Chinese Montessori curriculum, and are also offered pull-out classes in music, physical education, and performing arts. Elementary students study Columbia University's Teacher Reading and Writing Project for English language arts, using the US Common Core as the standard, and follow China's National Curriculum for Chinese and math. Science and performing arts are taught in English while music, art and physical education are taught in Chinese. Age range: 22 months-12 years. Tuition fees (2014-2015): RMB 45,000 (half-day toddler), RMB 63,000 (full-day toddler), RMB 95,000-105,000 (kindergarten), RMB 120,000 (elementary). 2 Shunbai Lu, Chaoyang District (8430 2654 ext 8009 or 5603 9446 (Ja Wuttithamrong in Admissions), jaw@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 ranging in age from 12 months to 18 years. DCB is a 21st-century school that couples outstanding ICT facilities with a modern approach. The school features a one-to-one laptop policy for students in Year 8 and above and utilizes a Virtual Learning Environment for the entire faculty. DCB is accredited by the Council of International Schools and Western Association of School and Colleges, and was named International School of the Year in 2011. The school aims to provide students with a well-rounded environment to grow, develop, and learn in. 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) www.dulwich-beijing.cn 2) Beijing Riviera Campus: 1 Xiangjiang Beilu, Jingshun Lu, Chaoyang District (8450 7676, info@dulwich-beijing.cn) www.dulwich-beijing.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一路1号香江花园

#### Etonkids International Bilingual Kindergartens

Part of the Etonkids International Education Group, Etonkids International Bilingual Kindergartens feature a bilingual Montessori program designed to develop independence, initiative, and creativity. The school is divided into Nursery (18 months-3 years) and "Casa" (or the Early Childhood Community for ages 3-6) with lessons that promote intellectual, social, emotional and physical growth at the nursery stage, as well as coursework in language arts, mathematics, everyday living skills, sensory awareness exercises, and culture at the Casa stage. Check the website for additional campuses. Age range: 18 months-6 years. Tuition fees (2014-2015): RMB 53,250-118,500 depending on the campus. 1) Palm Springs Campus: Palm Springs International Apartments, 8 Chaoyang Gongyuan Nanlu, Chaoyang District (6539 8967, psadmin@etonkids.com) www.etonkids.com 2) Peking



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好思之家

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- Programs in English/Chinese or German/English/Chinese
- From 12 months to 6 years

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  - German Curriculum, multilingual in German/English/Chinese
- Strong emphasis on Sciences and Languages
- Our elementary school engages students in active learning and features a "multi-sensory" approach.

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mariaaseemel@eduwings@hotmail.com  
www.eduwingskids.com  
Haidian campus: Bldg 6 Guangda Xiyuan, Rd.Wanliu Zhonglu.  
Shunyi campus: Bldg 52 Merlin Champagne Town, Liyuan street,Tianzhu.



House Campus: 20 Xidawang Lu, Chaoyang District (5870 6779, tanghuanhuan@etonskids.com) www.etonskids.com 3) Midtown Campus: 21 Guangqu Jiayuan Bldg, Guangqumen Wai, Chongwen District (6749 5002, gadmin@etonskids.com) www.etonskids.com 4) Lido Campus: Rm C103, Lido Country Club, Lido Place, Jichang Lu, Chaoyang District (6436 7368, yjing@etonskids.com) www.etonskids.com 5) Olympic Village Campus: Southwest corner of Beichen Xilu and Kehui Lu, Chaoyang District (8437 1006, cuilan@etonskids.com) www.etonskids.com 6) Central Park Campus: Bldg 19, Central Park, 6 Chaoyangmen Waidajie, Chaoyang District (6533 6995, cpadmin@etonskids.com) www.etonskids.com 伊顿双语幼儿园 1) 朝阳区朝阳公园南路8号棕榈泉国际公寓 2) 朝阳区西大望路甲20号 3) 崇文区广渠门外广渠家园21号楼 4) 朝阳区机场路丽都大厦丽都乡村俱乐部C103 5) 朝阳区北辰西路与科荟路交汇处西南角 6) 朝阳区朝外大街6号新城国际19号楼

**Harrow International School Beijing** Harrow International School Beijing prides itself on high academic standards that are maintained within a close-knit school community. All students are assigned a personal tutor who looks after their overall welfare and serves as a liaison between school and home. High academic standards and leadership skills are promoted school-wide, with a range of enrichment activities to help students develop teamwork and creative thinking skills, as well as independence and responsibility. Graduates from Harrow Beijing have been accepted at universities across the world, including Oxford, Cambridge, and Princeton. 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. Harrow Beijing is also a member of the Council of International Schools (CIS) and, like all Harrow International Schools, undergoes regular accreditation visits by CIS and the New England Association of Schools and Colleges (NEASC) in the US. Harrow Beijing is also a member of the Federation of British International Schools in Southeast Asia and East Asia (FOBISSEA), which enables students to collaborate in music and sports with other schools across Southeast Asia. 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 249,600/287 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

**House of Knowledge International School and Kindergarten (HoK)** House of Knowledge (HoK) believes that tomorrow's leaders need an excellent foundation cultivated in an environment that is both caring and challenging, where children can thrive and develop. HoK's unique curriculum trains students to acquire critical thinking and collaboration skills by teaching them how to "learn to learn." HoK Elementary school also has a German program and an English program that engage students in active learning and feature a multi-sensory approach where children are "ready to learn" for life. Age range: 1-11. Tuition fees (2014-2015): RMB 30,050-178,660 per year depending on grade. 1) Victoria Gardens Campus: 15 Chaoyang Gongyuan Xilu, Chaoyang District (6538 2624, vg@hokschools.com, info@hokschools.com) www.hokschools.com 2) Quanfa Campus: North gate of Quanfa Gardens, 18 Maquanying, Shunbai Lu, Chaoyang District (6431 8452, qf@hokschools.com, info@hokschools.com)

www.hokschools.com 好思之家国际学校和幼儿园 1) 朝阳区朝阳公园西路15号维多利亚花园公寓 2) 朝阳区顺白路马泉营路18号泉发花园北门

**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. The school's curriculum and culture are grounded in the core values of global-mindedness, integrity, respect, balance, creativity, and service. ISB has superior facilities and offers opportunities in sports, service, and the arts. In the school's welcoming community, students find a balance of rigorous academics and enriching personal growth. 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10号

**Ivy Academy (IA)** Ivy Academy is a pre-school and kindergarten created in collaboration with the Harvard Graduate School of Education Researchers that accepts students of ages two through six. The school offers an English speaking environment taught by a team of highly qualified early childhood educators who customizes the Multiple Intelligences theory influenced curriculum according to the children's interests. Age range: 2-6. 1) East Lake Villas Campus: Rm C101, East Lake Villas, 35 Dongzhimen Waidajie, Dongcheng District (8451 1380, Central Park Campus: Info-CP@ivyschools.com) www.ivyschools.com 2) Central Park Campus: Bldg 24, Central Park, 6 Chaoyangmen Waidajie, Chaoyang District (5738 4599, Central Park Campus: Info-CP@ivyschools.com) www.ivyschools.com 艾毅国际幼儿园 1) 东城区东湖校区: 东直门外大街35号东湖别墅C座101室 2) 朝阳区新城国际校区: 大街6号新城国际公寓24号楼

**Ivy Bilingual School (IBS)** Ivy Bilingual School offers a curriculum based on the Multiple Intelligences theory and provides an immersion bilingual program in which both Chinese and Western teachers interact with children throughout the day. IBS' goal is to provide children with the most current research-based practices coupled with knowledge of Chinese culture. Upon graduation, children will be comfortable speaking in both English and Chinese. Age range: 2-6. Tuition fees (2014-2015): RMB 8,500 per month (Ocean Express), RMB 8,100 per month (Orchid Garden). 1) Ocean Express Campus: Bldg E, Ocean Express, 2 Dongsanhuan Beilu (north of Kempinski), Chaoyang District (8446 7287/6, Ocean Express Campus: info-OE@ivyschools.com) www.ivyschools.com 2) Orchid Garden Campus: 18 Xinjin Lu, Cuigexiang (Airport Expressway, Beigao Exit), Chaoyang District (8439 7080, Ocean Express Campus: info-OE@ivyschools.com) www.ivyschools.com 艾毅双语幼儿园 1) 朝阳区远洋校区: 东三环北路2号远洋新干线E座 2) 朝阳区卓锦校区: 崔各庄新锦路18号卓锦万代

**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, critical-thinking, 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 focuses on "Creating Great Learning for the Leaders of Tomorrow" through the principles of high-performance learning, believing there is no limit to what a student can achieve given the correct motivation and support. BSB is a large international school with campuses in Sanlitun (primary) and Shunyi (primary and secondary), owned by the Nord Anglia Education global network of 31 schools. BSB offers an enhanced English National Curriculum, IGCSE examinations up to the age of 16, followed by the International Baccalaureate (IB) Diploma program to its 1,500 expatriate students from more than 60 countries. BSB also offers an optional German Thuringia Curriculum for Klasse 1-4 for native German speakers. Age range: 1-18. 1) Shunyi Campus: 9 Anhua Lu (south side), Shunyi District (8047 3558, admissions@britishschool.org.cn) www.britishschool.org.cn 2) Sanlitun Foundation Stage: 7 Sanlitun Beixiaojie, Chaoyang District (8532 5320, admissions@britishschool.org.cn) www.britishschool.org.cn 3) Sanlitun Primary: 5 Xiliu Jie, 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) 朝阳区三里屯西六街5号

**The International Montessori School of Beijing (MSB)** An affiliate member of the American Montessori Society (AMS), MSB has been teaching preschool and elementary students for 25 years. The school is also affiliated with the International Montessori Teaching Institute (IMTI), which provides ongoing professional training and development to all MSB lead teachers and assistant teachers and assistant teachers. Age range: 1.5-12. Tuition fees (2014-2015): RMB 98,000-177,000 per year depending on grade. Bldg 8, 2 Xiangjiang Beilu, Chaoyang District (6432 8228, admissions@msb.edu.cn) www.msb.edu.cn 北京蒙特梭利国际学校 朝阳区朝阳区香江北路2号院8号楼



**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 year. Inside 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



**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 be 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 Zhuangyuan, Kuncheng Lake, Changshu, Suzhou, ((0512) 5298 2602, admissions@uwchina.org) www.uwchina.org 2) (admissions@uwchina.org) www.uwchina.org 世界联合学院 苏州常熟 永湖状元堤1号

**Western Academy of Beijing (WAB)** The Western Academy of Beijing (WAB) is a leading international International Baccalaureate (IB) World school. Founded in 1994, WAB prides itself on its world-class facilities, highly qualified teachers, global curriculum, diverse community members, warm and supportive environment and service-oriented culture. WAB provides a learner-centered atmosphere that nurtures a strong sense of community among its 1,500 students with the mission to "Connect, Inspire, Challenge: Make a Difference." WAB students are encouraged to take their place as responsible citizens of the world who can influence their surroundings through careful reflection and positive action. Tuition fees (2014/15 Academic Year, combined total includes capital levy and tuition; includes bus and after school activities fees): Early Years Program - Half Day (3 yrs old) RMB98,000; Early Years Program - Full Day (3 & 4 yrs old) RMB165,000; Kindergarten to Grade 5 RMB210,000; Grades 6-8 RMB223,000; Grades 9-10 RMB245,000; Grades 11-12 RMB 252,000/10 Laiguangying Donglu, Chaoyang District (5986 5588, wabinfo@wab.edu) www.wab.edu 北京西京学校 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 Houbailizhuang, Chaoyang District (8583 3731, enquiry@bj.ycif.com) www.ycis-bj.com 北京耀中国际学校 朝阳区后八里庄5号红领中心公园东门

## Shopping

### Air Purifiers & Masks

**Beijing Torana Clean Air Center** Air purifiers from Blueair, pollution masks from Totobobo and Vogmask. Free home assessments and delivery. 1) 10.30am-6.30pm. Unit 308, Pinnacle Plaza, Shunyi District (8046 1091) [www.toranacleanair.com/index.html](http://www.toranacleanair.com/index.html) 2) Daily 10am-8.30pm. Unit LB09, 1/F, Europlaza Mall, Shunyi District (8459 0785) [www.toranacleanair.com/index.html](http://www.toranacleanair.com/index.html) 1) 顺义区天竺镇花梨坎村南“荣祥广场308室” 2) 顺义区天竺镇裕翔路99号欧陆广场LB09



**HealthPro® Swiss Made by IQAir AG** With record levels of air pollution, families need an air purifier now more than ever. Protect your health with one of HealthPro's top-rated air cleaning systems. HealthPro® Swiss Made by IQAir AG promises near-perfect levels of clean air with zero loss of efficiency between filter changes. The type HyperHEPA filter technology is certified to capture 99.97% on particles down 0.3 microns, and 99.5% on particles down to 0.003 microns – 800 times smaller than PM2.5. 1) Daily 9am-6pm. Rm 1801-03, Air China Plaza, 36 Xiaoyun Lu, Chaoyang District (8447 5800, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 2) Daily 10am-9pm. 4/F, 417 Seasons Place, 2 Jinchengfang Jie, Xicheng District (6622 0179, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 3) B1/F, 03A Europlaza, 99 Yuxiang Lu, Tianzhu, Shunyi District (6457 1922, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 4) Daily 10am-10pm. 5/F, Shin Kong Place, 87 Jianguo Lu, Chaoyang District (5738 2401, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 5) Daily 10am-10pm. 5/F, Household Appliance Area, Youyi Shopping City, 52 Liangmaqiao Lu, Chaoyang District (158 0136 1601, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 6) 10am-10pm. B2/F, Scitech Plaza, 22 Jianguomenwai Dajie, Beijing, Chaoyang District (188 1020 5987, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 7) 10am-8pm. 6/F, Parkson Plaza, 101 Fuxingmnei Dajie, Xicheng District (157 1286 8485, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 8) Daily 10am-10pm. B1/F, Parkson Plaza Taiyonggong, Bldg 1, 12 Qi Sheng Zhongjie, Chaoyang District, Beijing, Chaoyang District (157 1286 8454, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 9) Mon-Thu 10am-9pm, Fri-Sun 10am-10pm. B1/F, Golden Resources New Yansha Mall, 1 Yuanda Lu, Haidian District (157 1286 9044, [info@iqair-china.com](mailto:info@iqair-china.com)) [www.iqair-china.com](http://www.iqair-china.com) 1) 朝阳区霄云路36号国航大厦1801-03室 2) 西城区金城坊街金融街417号四层 3) 顺义区天竺镇裕翔路99号欧陆广场地下一层03A 4) 朝阳区建国路87号新光天地5层生活家电区 5) 朝阳区亮马桥路52号燕莎友谊商城5层 6) 朝阳区建国门外大街22号赛特购物中心地下二层 7) 西城区复兴门内大街101号6层百盛复兴门店家电部 8) 朝阳区七圣中街12号院1号楼B1百盛太阳宫店生活家电区 9) 海淀区远大路1号金源新燕莎商城地下1层

**Oransi** Oransi is a specialized air purifier manufacturer from the US with headquarters in Texas. It has earned a good reputation and is a market leader in the US, serving big business customers, government agencies, educational institutions, hospitals, and household consumers. Oransi products are

made in the US and designed for China's indoor air environments. All the products use medical-class filters with effectiveness reaching above 99.99 percent. They can effectively filter out PM2.5, dust, pollen, mold, pet dander, allergies, asthma, bacteria, gases, formaldehyde, smoke, sulfur, VOCs, ozone, and odors. Rm A056, Section B008, 3/F, 118B Jianguo Lu, Chaoyang District (400 665 9677, [info@oransi.cn](mailto:info@oransi.cn)) [www.oransi.cn](http://www.oransi.cn) 奥兰希. 朝阳区建国路118号3层B008区A056室

### 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, Full City, Shuangjing Qiao, Chaoyang District (, [maxim@mishka.pro](mailto:maxim@mishka.pro)) [www.mishka.cn](http://www.mishka.cn) 2) Rm 1910, CAMEO Center, Guangshunnan Dajie, Chaoyang District (, [maxim@mishka.pro](mailto:maxim@mishka.pro)) [www.mishka.cn](http://www.mishka.cn) 1) 朝阳区双井桥富力城C3 2) 朝阳区广顺南大街嘉美中心1910

**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](mailto:service@pixstudio.com.cn)) [www.pixstudio.com.cn](http://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

## Sports

### 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, instructor-designed 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](mailto:info@heyrobics.com)) [www.heyrobics.com](http://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-ordination, concentration, self-esteem and confidence in a stimulating, challenging, safe and fun environment. Programs are taught in English by qualified international staff. ([info@flipsandkicksplus.com](mailto:info@flipsandkicksplus.com)) [www.flipsandkicksplus.com](http://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 annual competitions such as International Schools Snowsports Championships China (ISSCC) and Boat Race of International School China (BRISC). ([info@imagine-china.com](mailto:info@imagine-china.com)) [www.imagine-china.com](http://www.imagine-china.com)

**Sports Beijing** Sports Beijing is a not-for-profit multi-sports organization dedicated to providing high quality sports and activities for junior athletes. Modeled after North American and European community sports organizations, Sports Beijing offers a broad variety of recreational and competitive youth sports programs (over 20 different sports), professionally coached and aimed at developing physical, technical and

social skills. Our activities are designed for participants of all backgrounds and abilities. Please visit our website for more details and to register for our courses. Mon-Fri 10am-6pm. 2/F, Lido Country Club, 6 Jiangtai Lu, Chaoyang District (6430 1370) [www.sportsbj.org](http://www.sportsbj.org) 朝阳区将台路6号丽都乡村俱乐部2层

### Climbing

**O'le Climbing** Opened in 2008, O'le Climbing is one of China's longest-running climbing centers. The top-rope and lead climbing wall is 12.5m high and features seven roped climbing stations with numerous routes suitable for novices and experts. The center also has a bouldering wall with 150sqm of verticals, slabs, bulges, and a 45° overhanging wall. The center also offers lessons and birthday packages for kids as well as box climbing, slacklining, and soccer. Directions: If you're coming from Baizwan Lu, turn south on Shimencon Lu and walk around 200m until you see a hotel on your right. There will be a toll booth with a traffic gate; walk around the gate and head down the small road behind it. After about 100m, take the first left; O'le Sports will be on the right-hand side. Mon-Sat 10am-10pm, Sun 10am-8pm. 5 Shimencon Lu, Baizwan Qiao Dong, Dongsihuan Zhonglu, Chaoyang District (186 1846 1002, [oleclimbing@gmail.com](mailto:oleclimbing@gmail.com)) [www.oleclimbing.com](http://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](mailto:info@beijingkickers.com)) [www.beijingkickers.com](http://www.beijingkickers.com) 朝阳区柳芳南里甲5号1号楼3053

**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, Zhouwei Huadeng Plaza, 14 Jiuxianqiao Lu, Chaoyang District (5130 6893/4/5/6, [activities@wanguoqunxing.com](mailto:activities@wanguoqunxing.com)) [www.wanguoqunxing.com](http://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

### Hiking

**Beijing Hikers** Hikes of varying difficulty in villages near Beijing. Open to everyone. Call for info on hikes and what to bring. Prices vary for overnight hikes; weekend hikes are RMB 250/300 (adult), half price for children under 12, including round trip transport, snacks and drinks after the hike, detailed map of the hike and professional guidance. Advance reservations necessary. RMB 200/yr membership gets a 10% discount on regular hikes. Mon-Fri 9am-6pm. Rm 601, Bldg 2, Xinhualian Ligang, 26 Jiuxianqiao Zhonglu, Chaoyang District (6432 2786, [info@beijinghikers.com](mailto:info@beijinghikers.com)) [www.beijinghikers.com](http://www.beijinghikers.com) 朝阳区酒仙桥中路26号新华联丽港2号楼601室

**China Hiking** Operated by Dutch and Chinese guides, China Hiking (formerly known as Dandelion Hiking) specializes in off-the-beaten-path hikes and trips around Beijing and China. Groups are kept small and most hikes include lunch at a farmer's house. Most one-day hikes cost RMB 360-450. The Great Wall overnight camping trips are highly recommended and include food,

transportation, sleeping bags, and tents. ([info@chinahiking.cn](mailto:info@chinahiking.cn)) [www.chinahiking.cn](http://www.chinahiking.cn)

### 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 jiu-jitsu, wrestling, boxing, and weekend self-defense workshops. 1) 2/F, 5 Laiguanying Donglu (across from WAB, west of Lane Bridge Villa), Chaoyang District (, [info@blacktigerclub.com](mailto:info@blacktigerclub.com)) [www.blacktigerclub.com](http://www.blacktigerclub.com) 2) Sino-Japanese Youth Exchange Center Gymnasium, 40 Liangmaqiao Lu, Chaoyang District (, [info@blacktigerclub.com](mailto:info@blacktigerclub.com)) [www.blacktigerclub.com](http://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) 朝阳区亮马桥路40号

### 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-ordination, concentration, self-esteem and confidence in a stimulating, challenging, safe and fun environment. Programs are taught in English by qualified international staff. ([info@flipsandkicksplus.com](mailto:info@flipsandkicksplus.com)) [www.flipsandkicksplus.com](http://www.flipsandkicksplus.com)

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### Yoga & Pilates

**Yoga Yard** 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. Kids yoga for ages 4 and above. 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](mailto:info@yogayard.com)) [www.yogayard.com](http://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](http://www.beijing-kids.com).*



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



#### BISE 2015

On January 24 and 25, *beijingkids* and *JingKids* co-hosted the fourth annual Beijing International School Expo (BISE) from 10am-4pm at Kerry Hotel Beijing. Over 4,000 visitors attended this year's event, with a total of three kids' play areas, 71 booths, 47 exhibitors, and four lectures in English and Chinese. Special thanks to all of our visitors, vendors, our venue sponsor Kerry Hotel Beijing, and our title sponsor HealthPro for once again making BISE a success.



#### Baobei Disco

On February 7 from 2-5pm, *beijingkids* and *JingKids* hosted the first-ever Baobei Disco. More than 200 people attended our family dance party, which featured music spun by two DJs, games and activities for kids, a variety of snacks and finger foods, and costume props for little ones to use. Special thanks to all our attendees, venue sponsor (the Renaissance Beijing Capital Hotel) and activity sponsors: Ivy Schools, Elephant Kids, Loong Swim Club, Blue Bridge Education, and MayAir.



PHOTOS: KEN AND UNI YOU



Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to [webeditor@beijing-kids.com](mailto:webeditor@beijing-kids.com) by **March 13**.



#### Winter Holiday Performance

On December 19, Daystar Academy students ended the year with a holiday performance featuring the school's Found Sounds Ensemble (which uses instruments made from discarded materials), Chinese and Western musical adaptations, and an original play.



#### BSB Presents Grease

In November 2014, the British School of Beijing, Shunyi presented three sold-out performances of *Grease* featuring secondary school students.





### HIS Christmas Concert

On December 12, Hope International School students participated in a Christmas concert that highlighted customs and songs from around the world.



### HoK Ski Trip

On January 19, HoK pre-schoolers from the Victoria Gardens campus went on a trip to Nanshan Ski Village to visit the snow playground, sledding, and sliding.







### DCB Original Play: *Leiyu*

On December 5, Dulwich College Beijing put on the inaugural drama production of *Leiyu*, a Chinese classic set in colonial times. The highest accolade came from the renowned movie director and Oscar nominee Gu Changwei, who was in attendance.



### YCIS Beijing Welcomes the Year of the Goat

On February 12, the Yew Chung International School of Beijing (YCIS Beijing) community ushered in the Year of the Goat with a full program of Chinese performances by kindergarten and primary students and a temple fair.







### BIBS Speaker Series

In January, Dr. Terry Qian spoke about the differences between Western and Eastern education as part of the BIBS Speaker Series. The event coincided with the rollout of simultaneous translation services for guests, meaning that the speaker series and future BIBS activities will be fully accessible to the community in real time.



### CISB Staff Celebrates Nine Years

In January, the Canadian International School of Beijing staff celebrated nine years of working together with an evening of great food and entertainment. Teachers, administrators, school staff and the board of directors gathered to mark improved academic results across elementary and secondary school as well as a growing student body.



PHOTOS: COURTESY OF BIBS AND CISB





### BCIS Recital

Recently, secondary students from Beijing City International School showcased their musical talents in the annual Middle School and Senior Recitals.



### Keystone Hosts Roundabout Book Fair

On January 24 and 31, Keystone Academy hosted the Roundabout Book Fair selling gently-used books for charity. All proceeds (a total of nearly RMB 100,000) went towards paying for the medical treatment of a 6-year-old girl, Liu Yuhan. Her injuries resulted from a hit-and-run accident in which Yuhan lost her mom.





#### **Favorite Snack**

Everyone in my family loves *roujiamo* [a type of pork flat-bread sandwich from Shaanxi] from the local stands.

#### **Favorite Family Restaurant**

**Home Plate Bar-B-Que** in Sanlitun for their easygoing staff. There's nothing my toddler can break and no one is upset when my daughter goes onstage and pretends to be Elsa from *Frozen*.

#### **New Discoveries**

There's a new restaurant in Yizhuang called **The Roots**, owned by a Frenchman who is very concerned about customer satisfaction and great food. He even delivers takeout food himself on his bike.

#### **Favorite Day Trip**

We like **Nanhaizi Park** because it has a lake, an animal reserve with peacocks, deer, gardens, a kids' amusement park, and a science park.

#### **Favorite Place to Shop** **Taobao or JD.com**

because it's easier to find what I like. Since my kids are so close in age, I need to buy two of everything.

#### **Favorite Place to Shop for Yourself**

I love to browse the boutiques and galleries in **798 Art District**, especially the stores with knick-knacks, leather journals, and purses.

#### **Weekend Activities**

Bike riding and roller-blading, especially in the summer. We bought a bike trailer that converts to a jogging stroller on **Taobao** for RMB 600!

#### **Family Rituals**

Every morning, we act out or read a few Bible verses, pray, and sing an easy worship song together for five or ten minutes.

#### **The Kids Beg Us to Go**

Outside. We like **Yizhuang Culture Park** and **Boda Park**.

#### **Best Date Night Venue** **Houhai** after sundown.

There's always something interesting going on.

#### **Favorite Spring Activity**

There are some minorities in our area and they dance their specific cultural dances almost every evening. Both Rizpah and Ki love to dance, and the locals love to see them join in the fun.

# The Jencks Family

**H**ailing from South Carolina, the Jencks family has lived in Beijing for a year and a half. Parents Bobby and Vanessa are both English teachers at **Beijing SMIC School**, originally founded to serve families employed by Semiconductor Manufacturing International Corporation. In their spare time, Vanessa works as a freelance writer while Bobby is the lead teacher for the Beijing division of an English-language camp called Camp Awake ([campawake.com](http://campawake.com)). The couple has two children: Rizpah (age 3) and Hezekiah (2), both students at **Golden Angel Kindergarten**. Vanessa lets *beijingkids* in on what her family does in their free time and spotlights a few places in their neighborhood of Yizhuang.

Yvette Ferrari

Clockwise from top left: Vanessa, Bobby, Rizpah (age 3) and Hezekiah Jencks (2) at Homeplate Bar-B-Que

PHOTO: KEN



# Bring Montessori Home

Every parent strives to provide their child with the best living environment and learning opportunities. However, sometimes when trying too hard, parents might easily overlook something that is so simple, but truly beneficial for their child's growth and development. For example, helping your child to do things by himself, in practical life tasks, help build the necessary foundation for a rich educational journey. In fact, children crave independence. They have a strong drive to put their modeling games into practice and learn to accomplish tasks adults do. They pattern their behaviors after ours and are fascinated to eat, dress, cook, clean up, communicate, and take care of themselves as we do in real life. So, how can parents effectively assist their children to be independent?

The Montessori Method utilizes practical life activities that parents can easily embed in their everyday life and use to help their child build initiative and independence. At Etonkids, these are skills that our teachers foster daily in the classroom. Sometimes, home can be a better place for practicing these activities due to the fact that most of them happen naturally there. All you, the parents, need to do is to establish some approachable goals, prepare age-appropriate materials, and clearly demonstrate the objectives. Etonkids prides itself on this type of school-home connection.

A careful demonstration is a very good way to show your child how to use a material with respect. By integrating goals and materials while demonstrating activities, you can easily provide your child with a solid foundation for acquiring courtesy, self-confidence, independence, concentration, a sense of order, and coordination. Here are some activities you can try:

## • Decision-Making

People face many choices every day, from trivial decisions with limited effects, to major ones that change people's lives. Help your child to develop confidence in making positive choices by providing your child with opportunities to make his own decisions. Any experience, such as allowing your child to choose what he would like to eat or drink in a restaurant as well as what kind of clothes he would like to wear for school, is an opportunity to practice decision-making.



## • Care for Self and Environment

All too often, parents coddle their children, doing tasks for them they can complete themselves with the proper amount of time (usually a little more). Plan properly so you can provide the proper amount of time for your child to complete tasks without assistance. In addition, show your child how to take care of your home environment by carefully demonstrating cleaning tasks and then letting your child help you with some housework. Such tasks may include: bringing the plates to the sink after dinner, wiping the table, sweeping the floor, cleaning the mirror, watering the plants, taking out the rubbish, carrying his own bag, and even clean up his own room. These simple, practical tasks develop important cognitive, emotional, and physical skills.

## • Cooking Assistance

One of the most popular modeling games among children is pretending to prepare food and cook. In our Etonkids Montessori classrooms, we engage our children (3-6) in some real hands-on activities, including preparing and serving food that involves a lot of cutting, peeling, spearing, scooping, and holding. Some of these actions might seem dangerous to some parents, but learning how to use a household tool provides children with a sense of purpose and you would be surprised how young they can effectively utilize them when taught how to responsibly and respectfully. Remember, proper guidance on appropriate use avoids future accidents.

## • Courtesy Development

Courtesy is a crucial social skill that children model directly from adults; if you set a proper example, your child will learn from you. There are plenty of daily occasions for you to coach your child to say "thank you" when he receives support from others and genuinely apologize when his behaviors affect others in a negative, unfavorable way. Learning to treat others with respect is a vital ingredient to building friends, working effectively as a team, and learning to interact properly in a social environment. It is also a skill that one can easily demonstrate daily by politely greeting people, smiling, talking at appropriate volumes, covering your nose and mouth when sneezing, etc.

## • Social Responsibility

It is never too early to show your child how to be a responsible citizen by demonstrating positive behavior, such as helping the others, properly disposing of garbage, treating others with respect without discrimination, etc. For your child to grow into a conscientious global citizen, the example needs to start with you and the other adults around him.

Practical life skills form the foundation of every child's educational journey. At Etonkids, we do our best to foster these skills within the child's growth, in our classrooms, as we understand their importance. Through their development, the child is provided instrumental skills that will help him successfully learn to read, write, and do math in later years. Most importantly, the child will step on the path toward developing into a successful, exemplary student.





# What if

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**discovered, protected,  
cultivated,**  
and brought to full  
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