

Beijing's essential international family resource

# beijingkids

July 2015

*Plus: Holiday health,  
delicious smoothies,  
where to buy kids'  
swimwear, and more*

**Come On In,  
the Water's Fine!**

Go with the flow at  
Spaview Hot Spring World

## Eau Summer!

The coolest swimming spots,  
plashiest fountains, wildest rides,  
and top water activities

**Sea Beyond**

Students from WAB  
and BCIS protect  
our blue planet



Beijing's essential international family resource

# beijingkids



## JOIN THE CONVERSATION

**Follow *beijingkids* on social media!**



beijingkids



[www.facebook.com/beijingkids](http://www.facebook.com/beijingkids)



beijingkids

# BATTLE OF THE BUNS

thebeijinger



*the biggest burger battle  
in Beijing is back for 2015!*

*Come join us at the 2015 burger cup launch party!*



**Bring your appetite!**

For more information, email [events@thebeijinger.com](mailto:events@thebeijinger.com)

For more detail, see [thebeijinger.com](http://thebeijinger.com) or scan the QR code below





# JULY 2015

## CONTENTS



19



20



30

### LIVING

- 13 Teen Drug Use: Advice for Parents**  
Handling the issue with *your* kids
- 16 Noticeboard**  
News and announcements around town
- 18 Birthday Bash**  
Perfect pancakes with I Crepes you NOT!
- 19 Talking Shop**  
Mane Synergy's natural and organic hair care
- 20 Indulge**  
Pensive Tatenda brightens up at Leader's Salon and Barber Shop

### HEALTH

- 22 The Natural Path**  
Melissa Rodriguez has all the juicy details
- 23 Mind Over Matter**  
George Hu on helping your child through major changes
- 24 Here Comes the Sun**  
Keeping healthy and safe all summer long

### DINING

- 28 Dining Out**  
Mid-western fare at waterside Windy City
- 30 Food for Thought**  
The Brewer-Elsayed family whizz up a fruity smoothie

### PLAYING

- 32 What's Fun In**  
Splash, spray, sprinkle, and squirt at Water Cube Water Park
- 34 Day Tripper**  
Relax at Spaview Hot Spring World
- 36 Family Travels**  
The Anderson-Fizpatrick family discovers Guilin and Yangshuo

### LEARNING

- 38 Water Fight**  
WAB and BCIS students take on ecological conservation projects
- 42 The Roundtable**  
BSB Shunyi students spout off on water issues
- 44 Blank Canvas**  
Artwork from Beijing World Youth Academy students





### PARENTING

- 46 Beijing Baba**  
Christopher Lay's daughter faces a phobia
- 47 Echo Chamber**  
Swimming is a balancing act for Ember Swift's family

### FEATURES

- 50 A Wave of Hope**  
NGO Thirst on sustainable water usage
- 54 Going Swimmably**  
Get an urban dip, dive, or dunk
- 56 Splish Splash**  
Beijing's best fountains
- 58 Keep Your Cool**  
Creeks, gulches, and gullies outside the city
- 62 Water-ver Floats Your Boat**  
Aquatic sports and activities

### ESSENTIALS

- 7 Editor's Note**
- 8 July Events**
- 12 New Arrivals**
- 64 The Circuit**  
Happenings in Beijing's international family scene
- 72 Family Favorites**  
The Masili-Hu family shares their favorite hangouts in Beijing

#### ON THE COVER:



American Sky Novak (age 22 months) and her brother Tiger (5) love the water, and little wonder; their parents, Sunny Guo-Novak and Shane Novak are co-founders of baby swim business Mookey Swim, operating six centers in Beijing, with several more in Shanghai due to launch this year. Sky began getting in the water before she was 1 month old, so was the perfect choice to be our baby-mermaid. She likes swimming underwater, playing with toys, and generally having fun.

*Photography by Dave PiXSTUDIO*

# WOMEN

## OF CHINA

《中国妇女》英文刊 2015年7月(下半月)



WOMEN OF CHINA English Monthly  
Sponsored and administrated by ALL-CHINA WOMEN'S FEDERATION  
Published by WOMEN'S FOREIGN LANGUAGE PUBLICATIONS OF CHINA  
Publishing Date: July 1, 2015

WOMEN OF CHINA English Monthly  
中华全国妇女联合会主管/主办  
中国妇女外文期刊社出版  
本期出版时间:2015年7月1日

Adviser 顾问	彭珮云 PENG PEIYUN 全国人大常委会前副委员长 Former Vice-Chairperson of the NPC Standing Committee
Adviser 顾问	顾秀莲 GU XIULIAN 全国人大常委会前副委员长 Former Vice-Chairperson of the NPC Standing Committee
Director and Editor-in-Chief 社长·总编辑	Yun Pengju 恽鹏举
Chief Editor 主编	Wei Liang 位亮
Managing Editor	Aisling O'Brien
School Editor	Yvette Ferrari
Web Editor	Nimo Wanjau
Contributing Editor	Sijia Chen
Shunyi Correspondent	Sally Wilson
Contributors	Ember Swift, Dr. George Hu, Christopher Lay, Melissa Rodriguez

Editorial Consultant 编辑顾问 ROBERT MILLER (Canadian) 罗伯特·米勒(加拿大)

Director of Sales Department 广告发行经营部主任	XIA WEI 夏巍
Tel 电话	5779 8877
Legal Adviser 法律顾问	LI XUESEN 李雪森
Advertising Agency	Immersion International Advertising (Beijing) Co., Limited
广告代理	深度体验国际广告(北京)有限公司
Advertising Hotlines 广告热线	5941 0368/0972/7778/79

Printing 印刷	TOPPAN LEEFUNG CHANGCHENG PRINTING (BEIJING) CO., LTD. 北京利丰雅高长城印刷有限公司
Address 本刊地址	WOMEN OF CHINA English Monthly 《中国妇女》英文月刊 15 Jianguomennei Dajie, Beijing 100730, China 中国北京建国门内大街15号 邮编:100730
国际标准刊号	ISSN1000 9388
国内统一刊号	CN11-1704/C



# beijingkids Official Website

[www.beijing-kids.com](http://www.beijing-kids.com)

The most comprehensive English-language  
family resource in Beijing

International  
Education

Family



Lifestyle

## Contact

Weibo: [weibo.com/beijingkids](http://weibo.com/beijingkids)

Wechat: [beijingkids](#)

Facebook: [www.facebook.com/beijingkids](http://www.facebook.com/beijingkids)

## Magazine subscription

E-mail: [distribution@truerun.com](mailto:distribution@truerun.com)

A Publication of  
**True Run Media**  
Helping the international community get the most out of life in Beijing

True Run Media 出版制作

Advertising Agency  
**Immersion International  
Advertising (Beijing) Co., Limited**

广告代理

深度体验国际广告（北京）有限公司

Telephone/电话: 5779 8877

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

**CEO and Founder** Michael Wester  
**Owner and Co-Founder** Toni Ma  
**Managing Editor** Aisling O'Brien  
**School Editor** Yvette Ferrari  
**Web Editor** Nimo Wanjau  
**Contributing Editor** Sijia Chen  
**Shunyi Correspondent** Sally Wilson  
**Brand/Communications Manager** Lareina Yang  
**Key Events Manager** Tina Wang  
**Art Director** Susu Luo  
**Production Manager** Joey Guo  
**Principal Designer and Illustrator** Micky Pan  
**Advertising Designer** Yuki Jia  
**Photographers** Sui, Ken, Uni You  
**Sales Director** Ivy Wang  
**Sales Team Coordinator** Gladys Tang  
**Sales Team** Sheena Hu, Winter Liu, Sasha Zhang, Emma Xu, Veronica Wu, Olesya Sedysheva, Wilson Barrie  
**IT Team** Yan Wen, Arvi Lefevre  
**Finance** Judy Zhao, Mengya Liu  
**HR & Admin** Tobal Loyola, Laura Su, Fengjuan Zhao  
**Distribution** Cao Zheng  
**General Inquiries** 5779 8877  
**Editorial** 5779 5389/90  
**Distribution** 5941 5387

## Contact:

**General information:** info@beijing-kids.com



**Editorial:** editor@beijing-kids.com

**Sales:** sales@truerun.com

**Marketing:** marketing@truerun.com

**Distribution:** distribution@truerun.com

**Directories:** listings@beijing-kids.com

www.beijing-kids.com  
 weibo.com/beijingkids  
 www.facebook.com/beijingkids  
 WeChat: beijingkids

## The *beijingkids* Board



### Lana Sultan

Lana Sultan has been in Beijing with her husband, son, and daughter since 2013. Prior to that, she lived in Saudi Arabia, the US, the UK, and Spain. Lana is the author of four children's books and is currently working on her fifth. Contact her at lana.sultan@gmail.com or visit www.lanasultan.com.



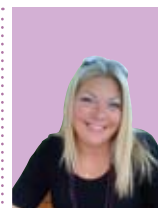
### AJ Warner

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



### Mike Signorelli

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



### Sara Wramner-Wang

Over the past 20 years, Sara Wramner-Wang has worked in various senior management positions 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. 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



### Eeye Hsu

When CCTV talk show host and mom-preneur Eeye Hsu is 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. Find out more about the baby and maternity retailer she co-founded at www.countingsheepboutique.com.



### Caroline Nath

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

### Want to Join?

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





## Fresh Water

Looking back on childhood summertimes it seems as though I was either jumping in the water, or it was falling on me. Ireland, my home country, is synonymous with rain and surrounded by the sea. I grew up outside a metropolis on the river Lee which the national census records as having 26 inhabitants. A five-hundred-year-old castle rests on a rock in the middle of the river. It's the axis for the stone spans which give the village its name: Carrigadrohid, meaning "the rock of the bridge" in English.

The second youngest of six children, I lucked into a ready-made playgroup at home; the river was the focal point for a wider spread gang of kids. In a depopulated, rural area, school friends live miles apart; traipsing to halfway landmarks to play hide-and-seek or chase was a daily ritual. On the hottest afternoons our family would gather with our neighbors to cool down in the icy river water. For both safety and pleasures' sakes, learning to swim early on was a priority.

So, like my older siblings and generations of O'Briens before me, I first swam in the river. In the shadow of the castle, red mud and slippery black stones underfoot, I waded waist deep then fell forward to rest my belly flat on my father's outstretched palm. Patient and forbearing, he caught me and righted me when I thrashed and sank, until finally I thrashed and swam. Those first frenetic strokes unlocked

summers of drifting on inner tubes, racing to the rock and back, and canon-balling from the highest rock-ledges.

July in Beijing is the period of expat exodus, but for those remaining we've collected the ultimate list of places to go and things to do. As temperatures continue to rise, go cool off, chill out, and make memories with your families at the best fountains, water parks, pools, beaches, and fresh water swimming holes inside and outside the city.

*Aisling O'Brien*

Aisling O'Brien  
Managing Editor





# July Events



**Sat, Jul 11**

## 1 Ethnic Masks Workshop



Ages 5+. Discover the significance of masks in traditional Mexican culture in a workshop led by two artists of Mexican heritage. Participants' faces are used to mold masks, which they can decorate and color. Organized by Monikards. Limited space. RSVP required. RMB 550/person or one parent and one child. 2-5.30pm. Xalapa Restaurant (monikards.cn@gmail.com)

**Sat, Aug 1**

## 12 Angry Men



Ages 16+. The Charity Readers Theatre presents *12 Angry Men* based on the Emmy winning show which highlights the dangers of prejudice, ignorance, and fear. All proceeds from tickets sales will be donated to Zhongze Women's Legal Aid Center. RMB 80. 7.30-9pm. Charity Readers' Theater (artsforagoodcause@charityreaderstheatre.org)

**Fri, Aug 7**

## 2 Liberal Arts College and University Fair



For teens. DCB invites teens for a meet-and-greet with top US liberal arts colleges and universities, including Williams College, Amherst College, Swarthmore College, Bowdoin College, Pomona College, Middlebury College, and more. The day features short presentations followed by a fair. Free. 12.30-2pm. Dulwich College Beijing (Joanne.Li@dulwich-beijing.cn, Heather.Pineda@dulwich-beijing.cn)

**Ongoing**

## 3 Master Chef Junior Summer Camp



Ages 5-8. Chef Sue Zhou leads this bilingual English and Chinese cooking camp with recipes from around the world. From July 6-27. Registration required. RMB 7,500/child. 9am-5pm. Le Kids Cooking Camp (5135 7730)



 Editor's Pick

 Community

 Dining

 Living

 Playing

 Health

 Learning

 Parenting


4

#### 4 Sports Beijing's Summer Camps



Ages 5-15. These sports centric camps focus on programs for sports such as basketball, gymnastics, soccer, dodge ball, ultimate Frisbee, and flag football, as well as a variety of water activities. Runs from July 6-10, with full and half day options. Transportation from Lido to ISB provided. Lunch only provided upon request. Varying prices. 9am-4pm. International School of Beijing ([info@sportsbj.com](mailto:info@sportsbj.com))

Better Medical Environment,  
Better Choice!

**OASIS**  
INTERNATIONAL HOSPITAL  
北京明德医院

We have various health talks and classes on the weekends. Please call 5985 0459 to register for participation.

ENT 耳鼻喉科

DERMATOLOGY 皮肤科

LAB 医学检验科

PEDIATRICS 儿科

SURGERY 外科

ER 急诊科

FAMILY MEDICINE 全科

OB/GYN 妇产科

PHARMACY 药剂科

TCM 中医科

DENTAL 口腔科

INTERNAL MEDICINE 内科

OPHTHALMOLOGY 眼科

PHYSIOTHERAPY 理疗康复科



**400 UR OASIS**  
24 Hour Emergency 010 5985 0333

No. 9 Jiuxianqiao Bei Lu Chaoyang District, Beijing



# July Events



## 5 That's Mandarin Excursions



Ages 5-13. That's Mandarin hosts weekly tours to different Beijing sights such as the 798 art district (Jul 9), Beijing Planetarium (Jul 14), the Chinese Military History Museum (Jul 16), Jingshan Park (Jul 20), Bird's Nest (Jul 23) and Beijing Zoo (Jul 28). Registration required. Limited space. RMB 500. 1-5pm. That's Mandarin (5128 6432)

## 6 YSA Summer Camp: World of Disney



Ages 3-6. YSA offers three week long camps with Disney themes and related activities: Mickey Mouse (Jul 13 ), *It's a Small World* (Jul 20), and Lightning McQueen (Jul 27). Registration required. RMB 7,000 (3 weeks). 9am-4pm. Young Starters Academy (186 0004 9065, 135 2256 3767, theyoungstarters@gmail.com)

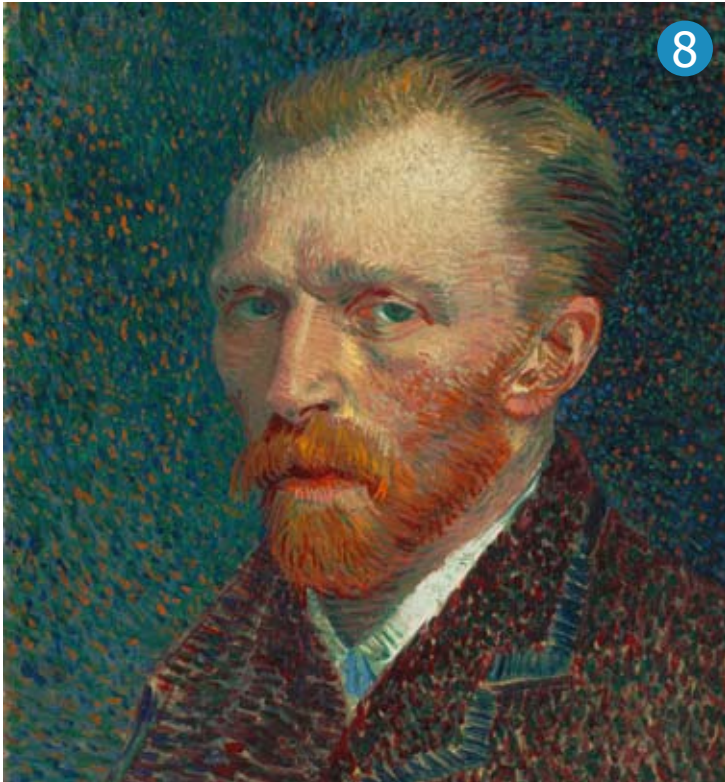
## 7 Dreamaker Drama Academy Summer Camps



Ages 4-12. Based on the Helen O'Grady drama system which uses theater to develop confidence, creativity, and communication in children. Dreamaker hosts four week-long camps from July 20-August 14. Themes are Paradesia, Boxtrolls, Animal Olympics (ages 7-12), and Deep Blue Sea (ages 4-6). Theater, dance, singing, and art (props creation) at all four campuses – Wangjing, Shuangjing, Gongzhufen, and Mudanyuan. Camps are bilingual with performances in English at the end of each week. Lunch and snacks included. Varying prices. 9am-4pm. Dreamaker Drama Academy (152 0102 2209)



Want your family-friendly event to appear in our next issue?  
Upload it at [www.beijing-kids.com/events](http://www.beijing-kids.com/events) by **July 10**.



### The Bridge School Summer Camp



Ages 5-13. This camp allows kids to improve their Chinese language skills and enjoy a variety of other activities. Programs include arts and crafts, music, tennis, swimming, classical dancing, kung fu, and cooking. Every Friday there is an off-site full-day excursion. Lunch included. The camp runs June 22-August 21. Registration required. RMB 2,400/week, RMB 4,680/two weeks, RMB 400/week (transportation available within 10km). 9am-4pm. Bridge School China (188 1049 0490, 155 0100 6036, [riviera@bridgeschoolchina.com](mailto:riviera@bridgeschoolchina.com), [capitalparadise@bridgeschoolchina.com](mailto:capitalparadise@bridgeschoolchina.com))

### 8 Van Gogh Exhibition



All ages. From August 8-31, Joy City Chaoyang showcases Van Gogh paintings on canvases as high as 4 meters with more than 3,000 works from the well-known to the obscure. RMB 70/person, RMB 200 for three people. 10am-8.30pm. Joy City Chaoyang (8557 9888, <http://www.gewara.com/drama/253533823#rd>)



Canadian International School of Beijing

北京加拿大国际学校



Montessori Nursery (18 months+)

IB PYP, MYP & Diploma Programs

Canadian Curriculum

Visit Our Beautiful Downtown Campus

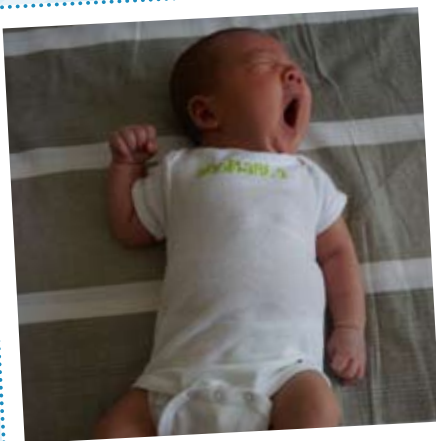


[ADMISSIONS@CIS-BEIJING.COM](mailto:ADMISSIONS@CIS-BEIJING.COM) +86 10 64657788 [www.cisb.com.cn](http://www.cisb.com.cn)



# 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 November 1, 2014.



**Chi Ziang**

Chinese. Born on Jul 30 to Wang Wei and Chi Yi at Fuxing Hospital.



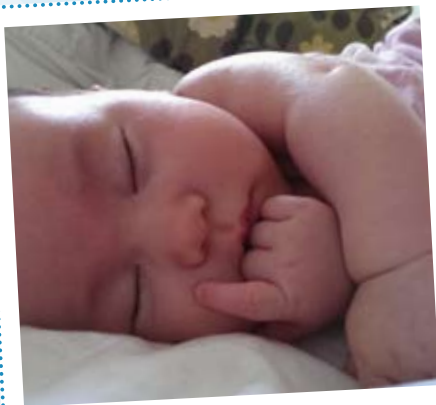
**YingXuan Wu**

Chinese. Born on Oct 30 to Yan Jiang and Donglai Wu at Peking Union Medical College Hospital.



**Jasper Bodenberger**

German. Born Mar 11 to Sofie and Jörg Bodenberger at Beijing Amcare Women's and Children's hospital.



**Wednesday Eleanor Fairbrother**

Australian. Born on Feb 9 to Yonnie Fung and Richard Fairbrother at Oasis International Hospital.



**Enqi Yang**

Chinese. Born on Dec 26 to Xudan Yin and Fan Yang at Beijing Amcare Women's and Children's hospital.



# Teen Drug Use: Advice for Parents

by Aisling O'Brien



Back in April, several teenaged international school students were detained as part of a drug investigation, sending ripples of concern through Beijing's expat community. With so many parents worried about protecting their families, *beijingkids* spoke to **Rachel Heffield**, a professional clinical counselor working with children, teens, and adults at **International SOS**, about how parents should handle the issue of drug use. American-born Heffield began her professional career as a clinical research assistant on studies for the National Institute on Drug Abuse (NIDA), and is currently completing a PhD in Counselor Education.

## What are some signs that a child is using drugs?

Parents may notice sudden changes in mood or behavior. Maybe their child is unexpectedly and inappropriately high and excited, or low and depressed. Their child may seem confused, withdrawn, or spaced out, or on the other hand they could become hyper vigilant, anxious, or experience aggressive outbursts.

There may also be cheating, lying, or evasive behavior. Appetite changes such as a rapid increase or decrease in hunger levels can also be a sign. Then there are physical symptoms such as burns on their fingers or clothes, red or bloodshot eyes, and smelling alcohol or marijuana on the person.

A lot of teen behavioral changes can simply be mood swings associated with the hormonal changes in puberty, so look for patterns of behavior rather than accusing your children unnecessarily which could create damaging and ongoing mistrust.

## How common is drug use among teens?

Unfortunately we don't have numbers for Beijing, but it is an issue in the international community, particularly alcohol and marijuana. There's a mix of cultures here and what can be a big taboo for some families is not for others. Teens from different cultures are thrown together; some are allowed access to substances by their parents, and others access it through their peers. Alcohol in particular is very accessible in Beijing.

## Which teens are drawn to using drugs?

Teens who are struggling in other areas or who are prone to depression, anxiety, or loneliness may be at greater risk. They may enjoy the effects of drugs, and use them to take the edge off.

## Is peer pressure a factor in teen drug use?

Kids may try out drugs with their friends not wanting to experience rejection or be an outsider. It's important for parents to be aware of who their children's friends are, and to ensure they are making healthy friendships. Communications with the parents of your children's friends is also vital. If all parents in a peer group are invested and present it's a good protective factor.

## If you think your child is using drugs, how should you approach them? What should you say?

Try to create an open discussion; address what you see without making assumptions or accusations. So for example you might say "I notice you're struggling with your homework," or "You seem more frustrated than usual," and explore the behavior to find out what's going on. If you find out they are using drugs, either by finding paraphernalia or them telling you directly, ask how their drug use developed, where they are using, and what they are using. If you feel it's an ongoing issue that merits professional assistance, a good question is "How can I help you get help?"

## How should parents talk to their children about drugs? When should they start the conversation?

Situations such as the recent detentions create a good conversation starter. Parents could start the conversation with their kids in middle school. It's possible to begin even earlier but by middle school they are more aware.

## What can parents do to prevent their children from using drugs?

Being aware, involved, and setting boundaries for healthy, appropriate behavior is key. You can build a solid foundation, but eventually your children will make their own choices beyond your control. Should they make choices you would not wish for them, they need your love and support in facing and working through consequences.





文行忠信  
Empowering and  
Inspiring through Challenge  
and Compassion

# Growing up Green with BCIS

Pre-K Investigation Time on the Rooftop Garden



BCIS Graduation Class of 2015

# Congratulations

## to the BCIS Class of 2015

Together, these 27 outstanding students received fourteen international merit scholarships totaling over 500,000 USD.

### US

Academy of Art University  
American University (2)  
The University of Arizona  
Baylor University  
Bentley University\*  
Boston University  
Bryant University\*  
California College of the Arts (San Francisco)  
University of California, Berkeley  
University of California, Davis (2)  
University of California, Irvine (Engineering)  
University of California, Los Angeles  
University of California, San Diego(3)  
University of California, Santa Barbara  
University of California, Santa Cruz  
Centre College  
Columbus College of Art and Design  
University of Connecticut\*  
University of Delaware\*  
Emerson College (3)\*  
Franklin and Marshall College  
George Mason University\*  
The George Washington University (2)  
University of Illinois at Urbana-Champaign  
University of Maine\*  
Marist College\*  
Maryland Institute College of Art  
University of Miami  
Mount Holyoke College  
University of New Orleans\*  
Northeastern University  
Northwestern University in Qatar\*  
Parsons The New School for Design\*  
Pratt Institute  
Purdue University  
University of Rhode Island\*  
Roanoke College\*  
Rochester Institute of Technology  
Savannah College of Art and Design\*  
University of Southern California  
State University of New York at Albany  
Syracuse University  
Texas A&M University\*  
The University of Texas, Austin\*  
Tulane University  
University of Virginia  
University of Washington

### Australia

Australian National University\*  
The University of Queensland\*

### Hong Kong

The Hong Kong University of Science & Technology  
University of Hong Kong (3)

### UK

University of Bath  
University of Brighton\*  
City University\*  
Central Saint Martins College of Art & Design\*  
Goldsmiths College, University of London  
King's College London  
University of Leicester\*  
London School of Economics  
University of Manchester (2)  
The Royal Veterinary College\*  
University of Saint Andrews\*  
University of Surrey(2)\*  
University of Warwick

### Canada

University of British Columbia (5)  
University of Toronto

### The Netherlands

University of Amsterdam\*

# BCIS Graduation Class of 2015



YCE YueCheng Education  
乐成教育



#### 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, P.R. China  
地址: 北京市朝阳区百子湾南二路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, P.R. China  
地址: 北京市朝阳区东柏街11号, 100022





# WHAT'S HAPPENING IN BEIJING



## Keystone's Youngest Organize a Charity Sale

The foundation year students at Keystone Academy brought students, parents, teachers and staff together to raise money for school supplies for their friends at Nancai Shiyuan Xuexiao, a local school for migrant children in Shunyi. Under the guidance of primary school Chinese teachers Che Qing and Zou Jing, and supported by parents, the students organized a campus charity sale on June 5. Having raised over RMB 8000, Keystone's foundation year students bought the supplies and visited Nancai to present their donation.



## World Rugby Certifies Sports Beijing Coaches

Sports Beijing (SBJ) invited educators from World Rugby (formerly IRB) to hold a Level 1 Coaching Certification for 7 of their coaches on June 6 and 7. The course included injury prevention, strategy, and proper tactics. The coaches applied their new training in a supervised practical session with the SBJ youth team. This is the first of several certification courses that Sports Beijing plans on organizing for the community.



## Two BSB Students Attend Inaugural Global Orchestra in New York

The British School of Beijing, Shunyi (BSB) students Alan Wang and Victoria Baek attended the Nord Anglia Education's inaugural Global Orchestra in New York from June 24-July 1. Alan Wang played the clarinet and Victoria Baek played the cello. The students were selected from the 34 schools in the Nord Anglia network.



## YCIS Beijing Presents *The Voice*

On May 28, Yew Chung International School of Beijing (YCIS) Secondary School held its own version of the popular Chinese reality TV show *The Voice*, in the school auditorium. There was a large variety of styles on show during the performances including opera, rap, pop, folk and rock in both English and Chinese. In the Solo section, Paris Lecleir finished in first place after impressing with her renditions of some famous Broadway hits while the upbeat bop and rap combination of Jerry Cha and Jun Ha Park took victory in the duet section.

## BCIS Class of 2015

On May 30, Beijing City International School bid a fond farewell to 27 graduating students. The majority are going off to college this year, with students accepted by 67 colleges and universities in the US, UK, the Netherlands, Hong Kong, Canada, and Australia. They have also collectively received USD 500,000 in merit scholarships.



PHOTOS: COURTESY OF KEYSTONE, BSB, YCIS, AND BCIS



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 **July 10**.

### BIBS Students Sing with Sydney Symphony Orchestra Strings

In May a string quartet from the Sydney Symphony Orchestra visited Beanstalk International Bilingual School's (BIBS) Shunyi Campus while in town for the National Center for the Performing Arts (NCPA) May Festival. The quartet played several classics, answered questions and accompanied BIBS singers for a version of *Stand By Me*.



### Yao Ming at ISB

On June 5, International School of Beijing (ISB) welcomed NBA star Yao Ming to check out the students' skills of their NBA Yao Basketball Club, and to participate in a student-led dialogue with the ISB community.

### LIH Olivia's Place Pediatric Clinic Opens July 13

Shanghai-based therapy Center, Olivia's Place, joined forces with investment partner LIH to open the first clinic dedicated to developmental and behavioral pediatrics in China. Olivia's Place was founded in 2010 in Shanghai by the American parents of a girl with Down Syndrome.



Beijing-based branch to Olivia's Place, Elliott's Corner will join with LIH Olivia's Place Pediatric Clinic in its 980sqm facility. The mission of LIH Olivia's Place is to offer high quality developmental and behavioral pediatrics and pediatric therapy to China. Among its services, LIH Olivia's Place will offer physical therapy, occupational therapy, speech therapy, psychology and play therapy, as well as behavioral pediatrics, swallow studies, audiology and Applied Behavioral Analysis (ABA) therapy, and more. Children aged 0-18 with attention deficits, Autism Spectrum Disorder, developmental delays, handwriting problems, learning disabilities, reading problems, speech and language disorders and other needs can receive help and support here.

Beijing LIH Olivia's Place Pediatric Clinic  
北京长和大蕴 儿科诊所  
13 Jiu Xian Qiao Road, Building 6-1, Second Floor, Chaoyang District, (6461-6283) [www.oliviasplace.org](http://www.oliviasplace.org) 北京市朝阳区酒仙桥路13号6-1楼2层



### WAB Student Teaches English

As part of the Personal Project required to complete the Middle Years Programme, Western Academy of Beijing Grade 10 student Lorraine Jiang began teaching WAB's security staff English to help improve their ability to engage with the international community and expand their professional skills. Now she is extending her work's reach to the greater Beijing community by offering classes to ays or caretakers working for foreign families. Classes are free of charge and offered every day.



# You'd Better Believe It

## I Crepes you NOT! brings you a pancake birthday party

by Nimo Wanjau



Almost every culture in the world has its own version of the crepe or pancake. Often a “kids meal,” most people remember having their first pancake as a child. I Crepes you NOT! a catering start-up specializing in savory and sweet Dutch style pancakes, was founded by Dane Pernille Son Paulsen and Dutchwoman Marte Van Os in December 2014.

Pancakes are known as *pannenkoeken* in the Netherlands and are mostly eaten at lunch and dinnertime. Son Paulsen was introduced to Dutch pancakes while studying in Rotterdam. Her co-founder Van Os was raised eating them.

“The name is a word play on the saying “I kid you not” because we offer Dutch style pancakes which differ in shape and cooking style from crepes,” says Paulsen.

I Crepes you NOT!’s signature dishes are their bacon, caramelized onion, and cheese pancake and their banana and chocolate sauce with salted peanuts pancake.

Son Paulsen came to Beijing almost three years ago for work and is currently studying Mandarin. In fall 2013, she started cooking for friends as a hobby, later teaming up with Van Os to found their current business.

The company can set up at their client’s preferred location and has catered private dinners, kids’ birthday parties, school fairs, and company events. Also available are on-site cooking demonstrations and interactive cooking classes.

As well as the ingredients, I Crepes you NOT! bring a portable gas cooker and cutlery with them and arrive fully equipped to prepare the batter and various toppings with the kids. For the cooking part, kids can either help cook a pancake or cook one by themselves (under supervision).

They offer a standard birthday package at a base rate of RMB 750 and charge RMB 75-100 extra per person (minimum 10 people). The final quote depends the number of participants, the number of pancakes per participant, and the total time spent on site.

Additionally, there’s an all-inclusive kids’ birthday package that includes activities such as games and storytelling for kids aged 1-5 years old for RMB 2,000-3,000.

**I Crepes you NOT!** 荷兰手工煎饼公司

To book their services, call 185 1085 8845 or email [icrepesyou-not@gmail.com](mailto:icrepesyou-not@gmail.com)



# Taming Nature with Nature

Mane Synergy offers natural products for Afro hair

by Nimo Wanjau



A common plight for African or Afro-descendant women in Beijing is the unavailability of suitable hair and cosmetic products. Returning suitcases are often brimming with multiple year's worth of products to make hair maintenance more manageable. In response to this unmet demand for appropriate hair products in China, Americans Chizi Igwe and Uchechi Kalu started Mane Synergy, an online-based business in November 2014.

Igwe has been a Beijing resident for one-and-a-half years while Kalu has been here for nine months. Igwe says she came to Beijing having caught the "travel bug" and hoping to gain international work experience while Kalu arrived on a one-year teaching fellowship. Igwe had the initial idea of starting a salon which later morphed into the current project to provide a shopping platform where women could find natural products with ease.

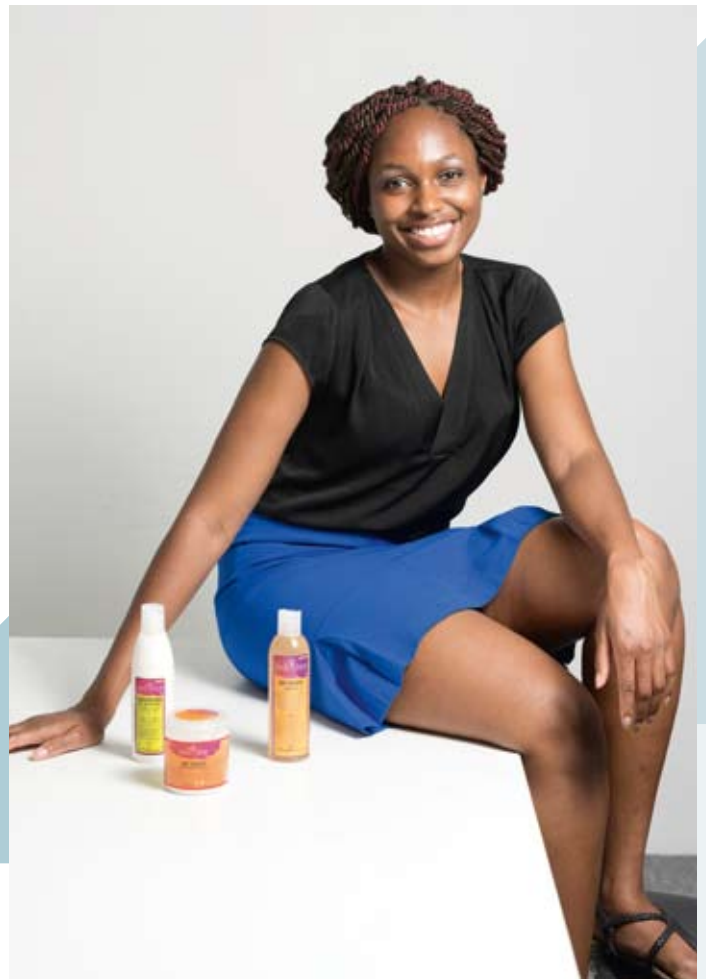
"The name came from a long brainstorming session. We played a word association game and considered our mission to create co-operation between expats living in China, Chinese citizens, and international suppliers eager to break into the Chinese market. Out of that, Mane Synergy was created," says Igwe.

Mane Synergy offers 100 percent natural products ranging from RMB 100-120. They currently stock the Angelic Artistry line of shampoo, conditioner, and hair oil, created by New Yorker, Allie Moreu in Shenzhen.

Customers can buy directly from their WeChat shop or through partnering salons and cosmetic shops. They hope to stock more products and are searching for small to medium enterprise suppliers from the US and China. This is a painstakingly slow process, as they thoroughly vet their suppliers' ingredients.

"We strive to provide natural and organic products. As a consumer in China, it is fairly easy to gain access to a number of hair, skin, and body care products of varying quality, however to find products which use ingredients we know and trust can be exhausting and expensive," says Igwe.

They plan to hold events in the future to educate their customers on tackling hair care issues such as which products to use for the best results.



## Mane Synergy

Order WeChat (Mane Synergy) and sign up for their newsletter on [www.manesynergy.com](http://www.manesynergy.com)



# Chasing Rainbows

Pensive Tatenda  
goes to any lengths  
for beauty

text by Aisling O'Brien  
photos by Adrian Xuan at  
Neverland Studio

*Tatenda is singing in the rain at Leader's Salon and Barber Shop*





Tatenda, pre-makeover

Pensive Tatenda met her Chinese husband Hao Wang when he was working as a geologist for a mining company in her home country Zimbabwe. They married in Zimbabwe almost seven years ago before coming to Beijing two years later to live with his parents near the CCTV tower in Haidian. Their daughter Deling Wang (age 5) was born here, and attends Number 304 Army Kindergarten. Wang's parents are former scientists who had worked overseas in the United States and Italy. "His family is very internationally-minded, and they welcomed me into their family. They always tell me not to worry about being away from home, because they are my family now. Like typical Chinese grandparents they help me to raise Deling; they are so sweet, and they make my life much easier," says Tatenda.

Tatenda and **Leader's Salon and Barber Shop's** Ugandan Barber and Head Stylist Zziwa Kennedy are well acquainted: Tatenda changes hair-style here frequently – up to every three weeks! Today she brings human hair she purchased four years ago with her; because the hair is good quality it can be reused over and over again. Leader's can order any type of extensions for their customers. Most of the hair they use comes from Mongolia and India via factories in Guangzhou. "In general my customers want virgin hair that has some texture to it," says Kennedy, "Dead straight hair can look quite fake."

As Tatenda pirouettes and brandishes her rainbow umbrella, she admits she enjoys the process and the result of having her hair done equally. "I can have a truly dramatic change without damaging my hair," she says "And it's always a sociable experience." Kennedy readily agrees, "African salons are always busy and full of gossip!"

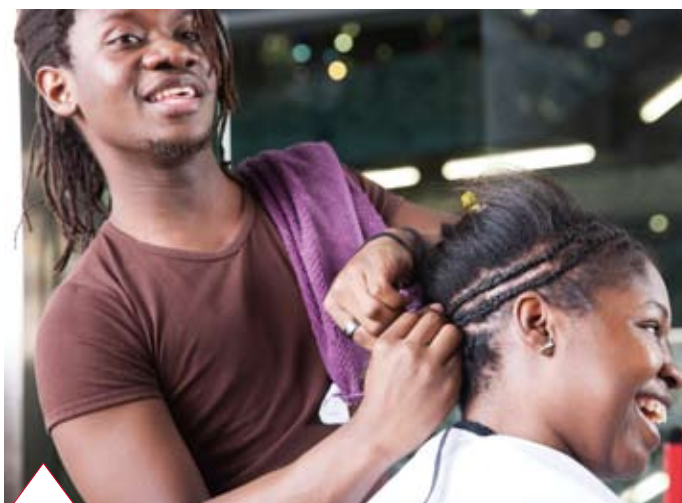
#### Product List

- MAC LadyGaga Hyper Real SPF 15 Liquid Foundation
- MAC Satin Lipstick in MAC Red
- MAC Eyeliner Gel in Black
- MAC Eye Shadow in Indian Ink, Deep Damson, and Nylon
- A selection of local Chinese and Korean brands

#### Leader's Salon and Barber Shop

Daily 11am-11pm. Room 138, Building 3, Sanlitun SOHO, Chaoyang District (132 6423 1603) 朝阳三里屯SOHO3号楼138室

## Get the Look:



**1** Tatenda's hair has two textures: about an inch of natural untreated hair at the roots, and the remainder which has been chemically relaxed and needs some extra TLC. Kennedy applies a nourishing treatment through the hair, before braiding Tatenda's hair except for an inch or two either side of her part. He then applies oil to her scalp to keep her skin moisturized underneath the weave.

**2** Beginning at the back of the head, Kennedy sews the weave to the braids. He then styles both the hair extensions and the unbraided hair along the parting into loose, retro curls.



**3** Kennedy raids Tatenda's make-up box for the final look. After moisturizer, primer, foundation, and powder, he shapes and fills her brows. Lining the eye in black, he uses purple, red, and gold shadows to define the lid, crease, and brow bone respectively. He minimizes the lips by lining with a black kohl pencil before finishing with a bright slash of red lipstick.



HEPASilent™ Air Purification Systems [www.blueair.com](http://www.blueair.com)

*A small amount of pure air is not enough, here in Beijing you need a lot of it!*

Chris Buckley PhD/ founder of Torana

Filter performance matters, and so does the amount of air flow. This is why Blueair purifiers have true HEPA filters optimized for removing Beijing's ultrafine PM2.5 pollution, and more than twice the airflow of ordinary purifiers.



**The Blueair 503 was rated #1 for PM2.5 in a test of 22 purifiers by the Shanghai Consumer Council in 2013. A Blueair 600 series purifier was also rated #1 for PM2.5 by Consumer Reports in 2009. Blueair removes VOCs, dust, bacteria and pollen and is certified 100% ozone-free.**



## TORANA CLEAN AIR CENTERS

**San Li Tun SOHO:** ground level, near Gong Ti Bei Lu 10am-9pm daily, 010-8590 0511

**Central Park, CBD:** by the park 10.30am-7pm daily, 010-6597 9986

**Shunyi Eurolaza:** basement area (near the supermarket) 10am-8.30pm daily, 010-8459 0785

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

[toranabeijing@163.com](mailto:toranabeijing@163.com)



### Got a question?

Dr. Melissa Rodriguez is a mom of two and a wellness consultant. She also works as a naturopath at International Medical Center. To find out more, check out her website at [www.drmelissarodriguez.com](http://www.drmelissarodriguez.com).

## Pulp Fiction

Juicing is the process of extracting the juice from fruits and vegetables. Separating the fiber from the liquid creates a concentrated drink replete with vitamins, minerals, enzymes, and a long list of phytonutrients. Phytonutrients are the various nutritional elements that can be found in plants, these include lycopene in tomatoes and chlorophyll in leafy greens. People often ask if it's better to just eat fruits and veggies. My response is that you should do both! A glass of carrot juice can be made by juicing approximately five carrots; but to eat five carrots takes a lot of time and effort. With no fiber to slow the nutrients from getting into our blood stream, freshly squeezed juices provide a quick boost of nutrition. Fiber is important for health, but it provides no nutrients. We need fiber to keep the digestive system moving, which is why juicing and eating fresh fruits and vegetables go hand in hand.

**Some people think juicing is an easy way to lose a few pounds, but a juice fast is not a weight loss solution.**

When people drink only juices for a time, avoiding solid food, this is referred to as a juice fast or detox. Drinking juices detoxifies the body because we stop consuming foods that are "toxic," avoiding processed and fried foods, artificial colors, flavors, and preservatives, and animal products (which can have hormones and other unwanted substances). So the "diet" is very clean, especially if organic produce is used. Not surprising, on a juice fast people lose weight. As fat is lost, toxins are lost with it. Fat stores heavy metals like lead, and chemicals such as dioxins and some pesticides. Unfortunately these aren't uncommon in our environment, hence they're often found in our fat.

Some people think juicing is an easy way to lose a few pounds, but a juice fast is not a weight loss solution. People often feel more energy; their brain fog and headaches go away, sometimes they sleep better and symptoms like bloating or gassiness usually resolve. The main benefit of the juice fast comes after the fact. It often helps people feel healthier which can transfer into other areas of their life, for example they may be inspired to start exercising or eliminate junk food.

Before starting a juice fast it's important to slowly lead up to it by eating soups and raw fruits and vegetables for a few days, and then finally a day of just raw fruit and veg. This is also the case when re-introducing solid food. Resist the urge to have a greasy cheeseburger as your first meal!

If you want to try a juice fast, it's best to consult with someone who has experience guiding others through the process, especially if you have specific health concerns. If you want to get the benefits of juicing, but aren't interested in fasting, just incorporate juice into your daily life. Add a fresh juice to your morning routine, as a mid-afternoon pick-me up, or as a healthy night cap. Cheers!



**Need more info?**

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



## In Every Season

**A**h, the glory of summer. Typically, children are on break, the weather is warmer, even adults sometimes have more relaxing schedules. Though summers are full of fun for kids, they can also be a time when families prepare for transitions. So as not to disturb school schedules, many choose the summer months to make major geographic or academic changes. For some families being on the move and making big transitions is nothing new. Even so, it's not uncommon for some children (and many adults) to need additional support during times of major life change.

It's important to keep in mind that there are many types of transitions. Some changes are planned, while some transitions are unplanned, such as a sudden disease or loss in the family. How to address change and prepare your child may vary according to the child's age and other circumstances. However, there are a few helpful guiding principles to keep in mind.

### Involving your child in preparing for a transition increases the amount of power the child feels over their situation

**1. If at all possible help your child anticipate what might happen as a result of the transition.** Discuss the possible outcomes and talk through how you and your child would work through each one. Talk about how likely each outcome is. Let your child know that things will work out no matter what.

**2. Let your child know they are not alone and they will have your support.** Help your child also identify other people that might be sources of emotional safety.

**3. Give your child the opportunity to voice any concerns they might have.** When they do, help them think through what they would do and how you would help them handle it.

**4. Get your child involved.** Most negative emotions about changes come from feeling out of control, or of fear of the unknown. Involving your child in preparing for a transition increases the amount of power the child feels over their situation.

**5. Rehearse!** Picture together what the transition will look like, step-by-step. It can also be helpful (depending on age and circumstances) to draw out or write what will happen.

**6. Use a transition object.** Some children can benefit from taking an object from a previous environment into the new one. For example, if a young child has difficulty transitioning to a new classroom, they can bring a small object from the old classroom so the new one feels just a little less unfamiliar.

As always, if you feel that your child is having particular difficulty or starts displaying symptoms of anxiety or depression during a transition, please bring them to a qualified health professional. Have a happy summer!



我们现在提供11年级优才储备项目  
We are now offering a Year 11 Scholars Programme

11年级的优才储备项目旨在为具有高度自我驱动力和学习能力的学生设立。此项目为一年的强化课程，帮助学生提高英语语言水平并在核心科目取得GCSE证书，为升读12和13年级的A-Level课程提供良好基础。

请联系哈罗招生部了解更多详细信息。  
电话 +86 10 64448900 转 6900,  
或发送邮件至 [admissions@harrowbeijing.cn](mailto:admissions@harrowbeijing.cn)

The Year 11 Scholars Programme is designed for highly motivated and capable students. It is an intensive one-year programme designed to improve English language levels whilst gaining students GCSE qualifications in core subject areas, enabling them to access the School's extensive A-Level curriculum in years 12 and 13.

For more information, please contact our Admissions office at +86 10 64448900 ext. 6900, or email us at [admissions@harrowbeijing.cn](mailto:admissions@harrowbeijing.cn)

10年深耕北京  
10 years in Beijing

442年坚守传承  
442 years of Tradition

一贯秉持卓越教育  
Excellence in Education

Tel: +86 10 64448900-6900  
Website: [www.harrowbeijing.cn](http://www.harrowbeijing.cn)

Leadership for a better world



HARROW  
INTERNATIONAL SCHOOL

BEIJING



# HERE COMES THE SUN

## Summer safety and self-care tips

by Sijia Chen

**W**hether you're staying in Beijing or taking off for more exotic climes this summer, safety on or off the water is sure to be high on your list of concerns. For tips on keeping your family safe this summer, we spoke to Dermatologist Dr. Jenny Sun from **Vista Medical Center** and Family Physician Dr. Mijke Vankan from **Oasis International Hospital**.

### General Water Safety

When it comes to water safety, Dr. Mijke Vankan of Oasis International Hospital encourages parents to adopt a common sense approach. Safety measures include making sure your kids always buddy up when they go swimming, maintaining adult supervision at all times (even when there are lifeguards), drinking plenty of water, and using sun protection.

According to the American Red Cross, kids under 1 most often drown in bathtubs, buckets or toilets; children aged 1-4 most often drown in home pools; and older children most often drown in natural water sources. "Kids can drown in very shallow water, as little as 6cm," says Dr. Vankan. "Even in bathtubs, you shouldn't leave young children by themselves. They can easily turn, hit their heads, and fall down. You should be able to reach them within a step."

### Public Pools

Generally, Dr. Vankan says that parents should always be aware of potential pathogens at public pools, fountains, and hot tubs. "Although most water is safe, you should always make sure not to swallow it – especially if it smells or you don't have a good feeling about it," she says. However, special vaccinations aren't necessary.

A common concern is the effects of chlorine, a disinfecting agent that can be absorbed into the body through inhalation and via the skin. Even low-levels of chlorine can cause skin and eye irritation, a sore throat, and coughing. "If you swallow too much, you might feel nausea and vomiting," says Dr. Vankan.

Indoor pools with inadequate ventilation put swimmers at a higher risk of chlorine exposure. That being said, most swimmers don't experience adverse affects from chlorinated water alone. It can be hard to tell whether pools in China are adequately maintained, but Dr. Jenny Sun of Vista Medical Center says a good indicator is the smell. If the pool smells strongly of chlorine, chances are you should avoid it.

If your child isn't potty-trained, use only swimming diapers that have been consumer-tested and designed specifically for use in the water.

"You can give an infection to other people if your child lets stools go in the water," says Dr. Vankan. "That would not be a pool I'd want to swim in. Change swim nappies regularly and not poolside."

Always take a hot shower and moisturize after visiting a public pool. If you're especially sensitive to chlorine, there are lotions applied before swimming that are specially formulated to block the substance. In addition, thoroughly dry your feet after showering and wear flip-flops in the changing room. "Fungal infections like athlete's foot grow in wet and warm conditions," says Dr. Sun. Drying the feet also helps prevent contagious infections like plantar warts, which are caused by the HPV virus.

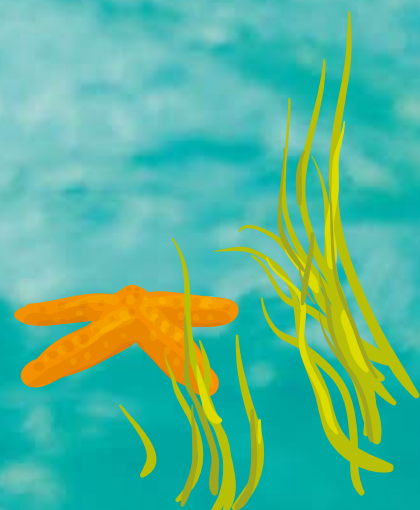
### Beaches

There's no basis to the old saying that you should wait an hour after eating to go swimming, says Dr. Vankan. Usually, kids recover their energy more quickly than adults. "I would be more concerned about alcohol for adults," she says. Alcohol impairment can affect your ability to supervise your kids, thus endangering their safety.

According to the UK-based National Health Service, nearly two-thirds of incidents that required lifeguard intervention in 2012 involved children and rip currents. Rip currents are strong, fast-moving channels of water that can carry swimmers away from shore. Most deaths from drowning occur from panic and limited swimming skills, and eventually, exhaustion. It's important to understand how rip tides work; because they're so narrow, beachgoers can easily exit a rip tide by swimming parallel to shore, at a 90° angle to the flow of water.

Minimize the chances of encountering a rip tide by visiting only lifeguard-supervised beaches. Stay within the designated swimming area and always obey the lifeguard's instructions. Waves can easily knock kids off their feet, so stay within arm's reach. Avoid patches of underwater vegetation and never disturb marine animals. Saltwater is generally safe, but its prolonged presence on the skin can cause itchiness and irritation, so make sure to take a shower after playing in the ocean.





## Sun Safety

Another major concern is sun damage. The sun emits ultraviolet (UV) rays that are classified according to wavelength: UVA, UVB, and UVC. The latter is absorbed by the Earth's ozone layer while UVA and UVB penetrate the atmosphere. UV rays can damage skin in as little as 15 minutes, according to the Centers for Disease Control (CDC), and they contribute to conditions like premature aging, skin cancers, and eye defects such as cataracts.

Choosing a sunscreen can be a confusing process exacerbated by jargon. However, some terms are more important than others; here's what you need to watch out for.

### Broad Spectrum

This means it shields against both UVA and UVB rays – a crucial component in any kind of sun protection.

### Zinc oxide and titanium dioxide

Physical sunscreens contain titanium dioxide or zinc oxide – inorganic compounds that are non-irritating and non-allergenic, making them popular for kids and babies. These compounds are also non-comodogenic (not pore-blocking) which makes them ideal for acne sufferers. The main drawbacks with physical sunscreens are that they're too messy and opaque for daily use.



### SPF

This stands for "Sun Protection Factor" and only denotes a product's ability to block UVB rays. In laboratory conditions, a SPF 15 sunscreen allows you to stay 15 times longer in the sun without burning. Commercially, SPF values usually vary from 15 to 60.

### Nanoparticles

The newest generation of sunscreens often contain tiny particles of zinc oxide and titanium oxide. Sunscreens containing nanoparticles offer the protective properties of sunblock without the pasty quality of traditional physical sunscreens. There's some concern over the possibility of nanoparticles being absorbed into the skin and potentially causing damage, but according to the Skin Cancer Foundation, "current research indicates that fears about absorption are unwarranted. Sunscreen is applied to the outermost layer of skin, which is made up of dead cells, and multiple studies have shown that nanoparticles do not penetrate living skin."

### Physical and chemical sunscreens

There are two main types of sun protection – physical (sometimes referred to as "sunblock") and chemical. A chemical sunscreen is absorbed into the skin while a physical sunscreen sits on top of it.

### Avobenzone

In a column for The New York Times Consults blog, dermatologist and author Dr. Doris Day says that, after a physical sunscreen containing zinc oxide or titanium dioxide, the second best choice is a chemical sunscreen containing avobenzone. Also known as Parsol 1789, avobenzone is designed to absorb the full spectrum of UVA rays. "Gels containing these ingredients are a good bet if you're athletic, though it's important to reapply at regular intervals," writes Dr. Day. Avobenzone's many trade names include "Helioplex," which has been popping up on a lot of sunscreen labels lately.

Having a good sunscreen is moot if it isn't applied properly. In general, be sure to cover up, seek shade, use sunscreen, and hydrate. Though the principles of suncare are the same, different ages have different needs:

### Babies under 6 months

Babies under 6 months of age should be kept out of the sun and in the shade as much as possible. They should also wear loose protective clothing, sunglasses, and a wide-brimmed hat.

### Babies over 6 months

Apply sunscreen liberally and keep your baby out of the sun during the peak hours between 10am and 2pm. Re-apply every two hours or more often if needed. Dr. Jenny Sun of Vista recommends using a broad-spectrum SPF 15 sunscreen containing zinc oxide. Continue to dress them in loose protective clothing, sunglasses, and a wide-brimmed hat.

### Kids

Children are very active and sweat a lot; re-apply sunscreen every one to two hours and after swimming. Apply sunscreen at least 30 minutes before sun exposure; don't forget ears, noses, lips, behind the knees, and the tops of feet. Keep in mind that UV rays can still reach us even when it's cool and cloudy. "Older kids can use SPF 15 as well," says Dr. Sun. "If you must use a higher SPF, SPF 30 is enough. Children's skin is more sensitive and higher SPF sunscreens may contain more chemicals." Dr. Sun recommends products by French company La Roche-Posay; a children's sunscreen is available on Tmall for RMB 168.

### Teens and adults

In China, sunscreen labels often say "PA++++" to signal that they protect against UVA rays. SPF is only for UVB rays. "Everyone should really avoid the sun. UVA is very dangerous and can cause skin cancer, so use a sunscreen with PA value," says Dr. Sun. Teens might want to use non-comodogenic products to minimize breakouts.



PHOTO: ST. PETE CLEARWATER (FLICKR)





If your child's skin is looking a bit pink, get them out of the sun immediately. Tans are not a good thing; any change in skin color – whether it's sunburn or suntan – indicates UV damage. Just a few sunburns in childhood can increase the risk of skin cancer later on.

For sunburns, Dr. Sun recommends applying cold water or ice on the affected areas if they're not too severe. "But if it's very red, you should put an anti-inflammatory like zinc oxide or calamine lotion. Aloe is good too, as it protects the skin," she says.



## Resources

### Oasis International Hospital 北京明德医院

Family Doctor and ER Physician Dr. Mijke Vankan speaks English, Dutch, French, and German. 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) [www.oasishealth.cn](http://www.oasishealth.cn) 朝阳区酒仙桥北路9号

### Vista Medical Center 维世达诊所

Dermatologist Dr. Jenny Sun speaks English and Chinese. Daily 24hrs. 3/F, Kerry Centre, 1 Guanghua Lu, Chaoyang District (8529 6618, [vista@vista-china.net](mailto:vista@vista-china.net)) [www.vista-china.net](http://www.vista-china.net) 朝阳区光华路1号嘉里中心3层



## Bonita children's center

# 邦尼国际幼儿园

A dedicated to "the child is all" of the international  
high level personalized kindergarten

一所立志于“孩子就是一切”的国际高端个性化幼儿园



 **010-53306800**  
**010-85907648**

 [bonitaChildrenCenter@163.com](mailto:bonitaChildrenCenter@163.com)  
 [www.bonitaart.cn](http://www.bonitaart.cn)




# DACHA'S CHILDREN ROOM



## +86 15001017888





北京港澳国际医务诊所  
Hong Kong International Medical Clinic, Beijing

General Practice • 全科  
Internal Medicine • 内科  
Obstetrics & Gynecology • 妇产科  
Pediatrics • 儿科  
Surgery • 外科  
Dermatology • 皮肤科  
Ophthalmology • 眼科  
ENT • 耳鼻喉科  
Dental Clinic • 口腔科  
Traditional Chinese Medicine • 中医科

24 Hour Medical Service Hotline

(8610) 6553 2288 ext. 2345/6/7  
(8610) 6553 9752

8F-9F Office Tower, Swissôtel Beijing, Hong Kong Macau Center  
No.2 Chaoyangmenbeidajie, Beijing, China 100027  
北京市朝阳区德胜门内大街2号德胜中心办公楼8-9层 100027

UWC  
EDUCATION LIKE NO OTHER

Are you looking for an education with a difference?  
Then UWC is for you.

www.uwcchina.org



# Easy Breezy

Chicago Comfort Food at Windy City Ballroom

text by Sally Wilson



PHOTOS: KEN





**W**indy City Ballroom is set in the grounds of a quiet courtyard, beside a beautiful lotus pond fringed with willows. Located in the north of Beijing near the Olympic Park, the name, décor, and cuisine are all inspired by Chicago, a city famous for its warm and welcoming nature. Opened in 2012, the restaurant offers a unique waterside setting where you can escape the summer heat and enjoy a relaxed dining experience.

With roots stemming from mid-western America, the restaurant takes pride in using quality and fresh ingredients. Head Chef Dustin Merrett, formerly of Home Plate Bar-B-Que, took over the kitchen last year and brought with him an authentic soul-food repertoire. Families can enjoy Chicago comfort-food classics like deep-dish pizzas, grills, signature burgers, and some tasty fish dishes.

The six or four person BBQ board (RMB 598/328) is a great way to try a range of their foods. It includes wings, kebabs, sausages, ribs, steaks and chops, skewers, corn, and plenty of traditional sides. The popular brunch menu is available every weekend, from 11am to 3pm, with advance booking essential. Brunch dishes include house made cinnamon buns, French toast, breakfast wraps, eggs benedict, and a Hearty American breakfast.

Our two hungry diners are WAB students Alice (age 8) and Jamie Phelps (age 5). The Phelps spent three years in Nanjing, before moving to Beijing in 2014, and are relocating back to the UK this summer. Alice's favorite foods are chicken soup and hotdogs, whilst Jamie loves fried rice and pork dumplings. They tried a few dishes from the kids' menu – the Meat Ball Mountain served with pasta, chicken pizza, breaded chicken and fries, and corn dog with fries. Prices range from RMB 20-42. They both agreed the chicken in a basket was great, and the meat balls were a big hit too. By far their favorites were the "delicious" blueberry, raspberry, and apple smoothie and the pineapple, mango and banana smoothie (both RMB 45). Prices are very reasonable across the menu, offering great value cuisine for all the family.

**Facilities:** Windy City Ballroom is a big restaurant, with seating for 150 inside and over 60 on the terrace patio. There are three private rooms, with another one underway. Highchairs and kid's utensils are available. The toilets are very clean, have both Chinese and western-style stalls, with paper and soap provided. The main restaurant is non-smoking, but smoking is allowed in the outside area.

#### **Windy City Ballroom** 风渡嘉荷

Daily 11am-10pm. 9 Yongtaizhuang Bei Lu, Qinghe, Haidian District (6299 3777, WindyCityBallroom@mail.com) [www.comfortfoodbeijing.com](http://www.comfortfoodbeijing.com) 北京市海淀区永泰庄北路9号

OUR HealthPro® SERIES HAS RECEIVED MORE #1 RATINGS THAN ANY OTHER AIR PURIFIER!

**HealthPro**  
Swiss Made by IQAir AG

*A Healthy Life Starts With Clean Air*

**400-6501266**  
[www.iqair-china.com](http://www.iqair-china.com)  
[info@iqair-china.com](mailto:info@iqair-china.com)

HealthPro 250

Swiss Made Since 1963

vogmask  
威格口罩

Vogmask at 2014 HK Fashion Week

DESIGNED BY NELSON LEE OF VOGMASK  
★★★★★  
N99  
Vogmask outperforms 100% masks

**Clean Air in Style**

**400-6501253**  
[www.vogmask.cn](http://www.vogmask.cn)  
[info.vogmask.cn](mailto:info.vogmask.cn)



**新色煮艺**  
**SENSE JOY**

**Hot Pot 私房火锅**

HONGKONG STORE  
Tel: 010-64167006  
Honghe Plaza, Lufan Rd, Shunyi  
北京顺义天竺镇林森路聚和广场21号104号

HONGKONG STORE  
Tel: 010-60481214  
Pinnacle Plaza, No. 99 Yuliang Rd, Shunyi (opposite to Domino's Pizza)  
北京顺义天竺镇开泰里聚和广场206号





# Smooth Operators

A healthy treat from the Brewer-Elsayed family

text by Aisling O'Brien, Chinese translation by Abby Wang

photos by Adrian Xuan at Neverland Studio





Canadian mom Bonnie Brewer-Elsayed is school librarian at Canadian International School of Beijing (CISB), so the family lives in a faculty apartment on campus. Brewer-Elsayed has been in Beijing a long time: she moved here in 2004 to teach at Beijing Concord College in Tongzhou then on to CISB when it opened a year later. Her Egyptian husband Jamie Elsayed is a consultant who works with Chinese families, preparing them for immigration. Their daughter Maira Elsayed (age 4) attends Pre-K at CISB, and is one of five little girls born in the same year to CISB staff members, which means her best-friends all live in the building.

Brewer-Elsayed doesn't cook as much in China as she would in Canada, since Ayi and ordering in make for easy mealtimes, but she makes home cooked meals most weekends. Maira loves making pancakes and baking treats, but as we visit the Brewer-Elsayed family on a perfect, golden, summer afternoon, it's ideal weather for the delicious, icy treat they're about to demonstrate. "I found an orange creamsicle recipe online and decided to play around with it," says Brewer-Elsayed, "I added pineapple and banana to give it a more tropical flavor." Maira is an accomplished assistant and hostess: she chops, pours, blends, and insists on us trying the fruits of her labors. Delicious!

### Tropical Creamsicle Smoothie

Approximately 4 servings 约4人份

#### Ingredients 成分

1 cup pineapple 1杯菠萝  
1 medium mango 1个中等大小的芒果  
1 banana 1根香蕉  
1 cup plain unsweetened yogurt 1杯无糖纯酸奶  
1 teaspoon vanilla essence 1茶匙香草精  
1 cup orange juice 1杯橙汁



## Instructions 做法



1 Peel and chop fruit. 将水果去皮、切碎。



2 Mix the vanilla essence into the yogurt. 在酸奶中加入香草精。

3 Combine fruit, yogurt mix and orange juice. 将水果、酸奶与橙汁混合。



4 For a cold, slushy smoothie freeze for 2 hours. 将混合好的材料冷冻2小时。

5 Blend until smooth. 从冰箱中取出混合材料，用搅拌机打碎直至顺滑。



# Slip and Slide

Splashing Around at Water Cube Water Park

by Sally Wilson



PHOTOS: KEN





The park's enclosed waterslides

**B**eijing's National Aquatics Center, better known as the Water Cube, was one of the venues built for the 2008 Beijing Olympics. The iridescent bubble-wrapped cube structure hosted the swimming, diving, and synchronized swimming events during the Olympics. Today, the Water Cube provides a venue for hosting international and domestic swimming competitions, theatre shows, public swimming, and is home to the **Water Cube Water Park**.

The waterpark has some of Asia's best waterslides, guaranteeing thrills and plenty of squeals in this fun-packed family venue. Kids will love the wacky décor, with giant jelly fish and spinning fish mobiles suspended from the ceiling. The waterpark is suitable for all ages, with plenty of rides, slides, and splash pools for everyone.

The shallow **Kids' Pool** offers special slides designed for small children. Featuring a variety of water toys, including water guns, sprays, and jets. Children can control the toys' water effects themselves, using ropes and valves, to squirt and shoot whilst splashing around.

Water valves, cannons, climbing nets, and sprays are all featured in the **Ride House**. Create your own fun in this big playground of water toys and slides. At the top of the Ride House is a giant water cube that is constantly filled with water. When the water level reaches its limit, the cube slowly tips and dumps the whole lot onto everyone below.

The **Wave Pool** allows you to bob around as if you were in the ocean, or you can sit in the shallow waters of the beach entry to the pool. Three **Spa Pools** offer perfectly heated temperatures for a bit of relaxation and the **Lazy River** is a continuous flow that allows you to meander through the water park while sitting in a big rubber ring.

For older kids and those seeking a more thrilling ride, the **Tornado** starts from the tallest tower in the waterpark. Riding in specially designed tubes that seat four people, you'll speed down this fully enclosed waterslide, twisting and turning before being launched out of a big funnel into the pool below. On the **AquaLoop**, riders enter a capsule and place their arms across their chests before the music, lights and countdown begins. A trap door opens underneath them and the rider accelerates into a vertical free-fall drop, before speeding along a looping slide. Other big slides include **Speedslide** and **Pipeline**.

The air temperature inside the waterpark is adjusted to ensure comfortable conditions during all of Beijing's seasons. Lifeguards are trained to international standards and the requirements of the World Waterpark Association. Locker rental fee is RMB 20, with an RMB

100 deposit for the RFID wristband. No cash is used within the water park, but cash can be downloaded onto the smart money wristband for convenience. You can't bring in your own food and beverages, but there are food stations available serving sandwiches, salads, snacks, soft drinks, and ice-creams.

After all the fun of the water park, why not cool down at the **Water Cube Frozen Show**. The *Frozen* themed indoor ice-sculpture show, (authorized by the Walt Disney Company), runs through July and August. It features a 3,000sqm indoor ice sculpture gallery that showcases characters from the film, and plenty of other well-known Disney figures. The 2,000sqm "World of *Frozen*" ice-cave uses music and movie clips to bring the film fantasy to life. Kids will get the chance to mingle with many of the characters from the film such as Elsa, Anna and Kristoff. Parents can pick up some authorized merchandise from Disney, Pixar, and Marvel's most popular franchises, including Mickey Mouse, *Cars*, and *Big Hero 6*.

#### Water Cube Water Park

Daily 10am–9.30pm. RMB 200 adult, RMB 160 children, free for kids below 1.2m. Olympic Park, 11 Tianchen Donglu, Chaoyang District (8437 2030/8437 2001) [www.waterpark-watercube.com/english](http://www.waterpark-watercube.com/english)  
朝阳奥林匹克公园天辰东路11号水立方嬉水乐园

#### Water Cube

May-Oct 9am–8pm, Nov–April 9am–6pm. RMB 30, Free for kids below 1.2m. (8437 0112/8437 0116) [www.water-cube.com/en](http://www.water-cube.com/en)

#### Water Cube Frozen Show

July–August 2015 9am–8pm. Weekdays RMB 98, RMB 78 for kids and seniors, weekends and holidays RMB 128, RMB 108. (8437 0112)

#### Water Cube Swimming Pool

Open Mon–Fri 12.30am–9pm; Weekends 9am–9pm. A-Card RMB 480 for 15 sessions in the pool, B-Card RMB 1,000 for 30 sessions in the pool, Annual Pass RMB 3,000 (valid for one session per day, for 365 days). A session lasts a maximum of two hours. (8437 8912/8437 8874)





# Hot Hot Heat

## Soak it all in at Spaview Hot Spring World

by Sijia Chen

**I**t's a beautiful Tuesday morning in June and I'm cursing cars left and right, pushing my sunglasses over my head every few minutes to squint at the map on my phone. I'm cycling to Spaview Hot Spring World (or Shunjing as it's known in Chinese), a long-running hot spring resort that claims to be the largest in the world.

It's located diagonally across Fourth Ring Road from Ikea, but I've gotten entangled in the labyrinthine service roads around Siyuanqiao. I get stuck trying to cross Jingmi Lu and end up shimmying my bike underneath a hobo bridge, lugging it up a flight of stairs and up again over a pedestrian bridge. By the time I arrive at the hotel, I'm sweaty, dirty, and cranky.

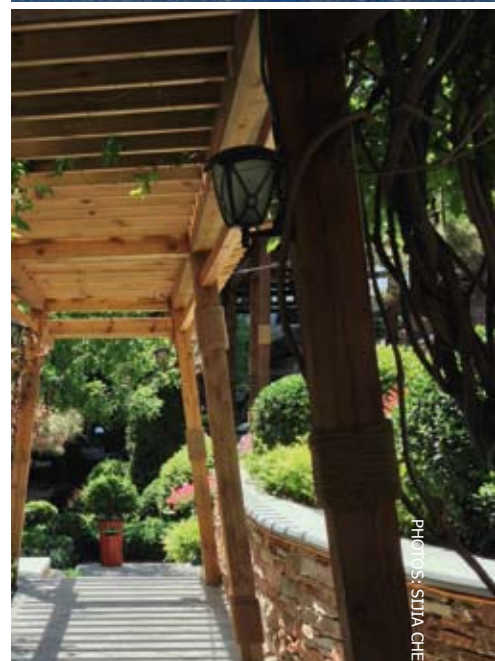
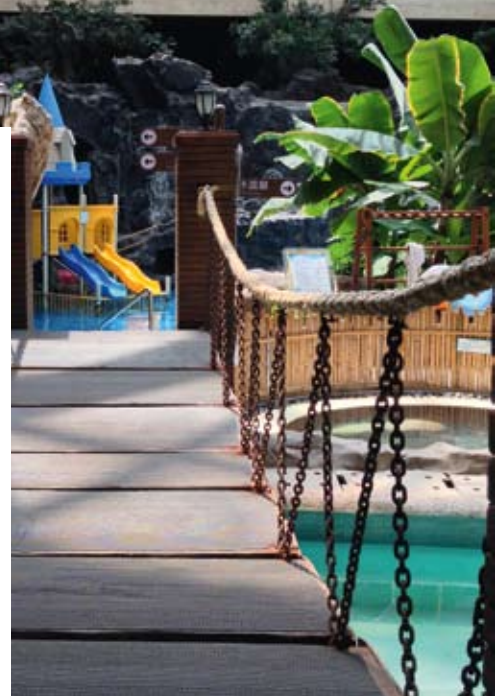
Spaview may be Southeast Asian-themed, but make no mistake – it's a hot spring resort with Chinese characteristics. The women's side has an impressively campy selection of swimwear for sale, with off-brand toner, moisturizer, hairspray, and fluorescent wide-toothed combs set out for use. Like most locker rooms in China, guests tend to walk around in nothing but their birthday suits – something to keep in mind if you're uncomfortable with nudity around your kids.

After changing and putting away my stuff away, I'm given a locker wristband and a small re-sealable plastic bag for my mobile phone – priorities, you know. When I descend the two flights of stairs to the hot springs, I'm pleasantly surprised to find a light-filled atrium with high glass ceilings and a carved pastoral scene on the far wall. Below, there's a large koi pond with tropical greenery growing over the banks.

The path on the left side of the pond leads to the children's pool, a 1.2m-deep swimming pool with slides. Several smaller hot spring pools are scattered along the sides, so parents can have a soak once the kids are done playing. There's also a lazy river ringing the children's pool, but inner tubes must be purchased from the venue for RMB 58-100.

Further down the path are the medicinal hot springs and the "grotto" – a man-made cave with multi-colored floodlights and one large pool. The path on the right side of the koi pond leads to the grownup swimming pool, the "Japanese-style area" (a darkened room with wooden slats instead of stones around the pools), and a snack bar.

At the furthest end of the floor, next to the grotto, are the outdoor pools. A number of covered hot spring pools are arranged on split terraces with landscaped trees and hanging flowers. Several pools have tiled massage beds activated by waving a hand over a motion-sensor button. Just be careful around young children, as the jets can be quite strong. In a shaded corner, there's a small children's pool with slides; if you're lucky, the covered hot spring pool directly facing it will be free and you can watch the kids while getting a water massage. On a blue sky day with a gentle breeze, it doesn't get any better than this.





**Entertainment value:** Though I didn't try any of these, Spaview has a movie room with reclining seats, private mah-jong rooms, table tennis, and billiards. There are also fish pools and Chinese-style massages, which cost extra.

**Value for money:** The regular price is RMB 198 for the hot springs and RMB 98 for the lunch buffet. I got a group buy deal on Dianping for RMB 205 that included both – pretty good for a choice of 90 hot spring pools, lunch, children's sections, a grab bag of other activities, and clean facilities. All I had to do was show reception staff the text message with my Dianping booking number.

**Cleanliness:** I was impressed by how clean and comprehensive Spaview's facilities were, especially given the size and age of the place. There were plenty of bathrooms with clean sit-down toilets, toilet paper, and soap. The showers had towels, shower gel, shampoo, and conditioner.

**In a nutshell:** Spaview was overall a very pleasant experience. Its location within the city makes it perfect for a quick getaway and it's unlikely you'll need to share a pool with anyone. That said, try to go on a weekday; you'll have the entire place to yourself.

**Family-friendliness:** There were a couple of Chinese families with toddlers and school-age kids when I went; they seemed to be having a blast splashing around and going down the slides. Most of the outdoor pools are covered. The children's outdoor pool section is located in a corner sheltered on two sides by the main building, so it's also protected from the sun. Though I didn't see any changing tables, there are plenty of surfaces and counters that would serve in a pinch.

Service is friendly and prompt, but the lack of English may be an issue for some families. Another drawback is that outside snacks aren't allowed, so families might consider having a light meal before their visit. Bottled water is provided for free. Baby bottles and some other personal items can be taken downstairs, but they must be put into a transparent plastic re-sealable bag provided by Spaview. Cameras aren't allowed.

**Food:** The restaurant is located one floor up on B1 and accessible by elevator. The buffet is a mix of Chinese cold appetizers and mains, sushi and sashimi, a perfunctory selection of desserts, and half-hearted attempts at international dishes like pizza and – oddly enough – Indian puri. I had trouble finding things to eat as a pescetarian, so vegans and vegetarians might have an even harder time. The snack bar on the main floor also sells soft drinks, nuts, chips, light meals such as soup noodles, and beer at extra cost.

**Service:** Even on a quiet day, there are employees stationed every few feet or so to guide visitors through the cavernous space. Most of them don't speak English but there are enough bilingual signs that this isn't an issue.

### Hot Spring Safety Tips

- Take a shower before bathing. Most hot spring resorts recommend not showering after bathing to get maximum benefit from the minerals in the water; the pools at Spaview were generally very clean, but considering this is China the decision is up to you.
- Gradually adjust to the temperature by running the water over extremities like toes and fingertips first, and then work your way towards the heart. This dilates the blood vessels at the surface of your body and helps prevent dizziness.
- Drink plenty of water to ensure hydration.
- Never soak for more than 15 minutes at a time at an average water temperature of 40°C (104°F). The pools at Spaview varied from 37°C to 45°C (not counting the two swimming pools). Sit outside the pool for a break and re-enter once you cool down. Exit immediately if you start feeling nauseous, dizzy or sleepy, or begin perspiring heavily.
- Rest at least 30 minutes after bathing. It can take two to three hours for blood pressure to stabilize. Wrap yourself in a towel or bathrobe to keep warm.
- According to the US-based Association of Pool and Spa Professionals (APSP), infants and kids under age 5 should avoid hot tubs. Their small size and sensitive skin makes them much more susceptible to overheating.
- Kids who are old enough to bathe should be able to stand at the bottom of the hot spring pool with their head completely out of the water, soaking for no more than five minutes at a time – especially at 40°C (104°F). They can stay a bit longer in water temperatures of 37°C (98°F), but no more than 15 minutes at a time.
- Children should avoid complete immersion and sit on the "jump seats" located on the side of the pool.
- Supervise kids at all times, regardless of age.

### Resources

**Spaview Hot Spring World** 顺景温泉  
Spaview is located diagonally across Fourth Ring Road from Ikea. From the street, you'll be able to see the four large characters that make up its Chinese name. Daily 24hrs. Spaview Hot Spring Hotel, 2 Beisihuan Donglu, Chaoyang District (8442 0088, 8569 6688) [www.shunjingwenquan.com](http://www.shunjingwenquan.com) 朝阳区北四环东路2号顺景温泉酒店（宜家斜对面）

### Dianping 点评

If you have online banking set up, there are great group buy deals to be had on China's foremost crowd-sourced review site. Just search 顺景温泉 and see what promotions are currently running. The one mentioned in this article expired on June 30, but new deals come up all the time. [www.dianping.com](http://www.dianping.com)



*Nina (age 16) and Luca (13) cycle along the Yulong River*

# Rice to Meet You

The Anderson-Fitzpatrick family explore Guilin and Yangshuo

by Cherie Anderson

**Travelers:** Cherie Anderson, her husband Dairne Fitzpatrick, and their children Nina and Luca Fitzpatrick (age 16 and 13 respectively), who attend Yew Chung International School of Beijing.

**Destination:** Guilin and Yangshuo

**Travel dates:** Early April

**Travel plans:** The family arranged their trip through Jack's Private Tours, visiting Guilin, Sanjiang Chengyang Dong, Longji rice terraces, and Yangshuo.



*Luca pumps water for a local woman*

PHOTOS: COURTESY OF DAIRNE FITZPATRICK





Overlooking the Li River, from left to right: Dairne, Luca, Cherie, and Nina

Our family has been in Beijing for nearly two years and over Qing Ming holiday we decided to take the opportunity to see a bit more of China. We headed to Guilin, a place we'd often heard described as a must do.

Based on recommendations from friends we used Jack's Private Tours to arrange our trip. It was well worth it; Jack certainly lived up to his reputation, taking care of every imaginable detail. He has great English, great local area knowledge, and is great company.

The trip was for five full days with travel days either side. Landing in Guilin we spent the night in the city before heading to Sanjiang Chengyang Dong Village; home to a Chinese ethnic minority and beautifully situated. The drive was long and bumpy, but well worth it. It was wonderful to be able to wander through the wooden buildings and see the locals at work.

The next day we headed to the Longji Rice Terraces. To get to Ping'an village where we stayed, we had to leave the car at the bottom of a big hill and walk for 30 minutes. It was easy going and the scenery was spectacular. Due to the time of year, the iconic rice terraces were not flooded, but still they were amazing. They date back hundreds of years, and it is incredible to imagine the toil that has gone into maintaining them. We trekked twice during our time there, two hours on the afternoon we arrived and then a 90 minute trek back out of the village the next day. We stayed in the amazingly decorated and boutique Longji One Hotel which features furniture carved from huge tree trunks. We were sad to leave this beautiful remote village the next day, and could certainly have seen ourselves settling in for three or four days to enjoy the many bars, restaurants, and walking tracks winding their way through the terraces, but time was limited so we had to move on.

We traveled back past Guilin to Yangshuo, which is actually the city most people are thinking of when they talk about Guilin. Here we

settled into a great little home stay called Yangshuo Phoenix Pagoda Fonglou Retreat, just out of the city overlooking Moon Mountain, nestled among the iconic rock formations. From here we took many excursions including a half day cycling tour, the Li river cruise in small motorized boats, bamboo rafting on the Yulong River, and attending the famous night-time light show.

All of us thoroughly loved every aspect of our holiday; as Kiwis, we love to be in nature, and this trip certainly gave us that. Everywhere we went we were surrounded by lush countryside with an abundance of birds and insects that are noticeable for their absence here in Beijing. In the Yangshuo region at this time of year the orange trees are flowering and the air was heavy with the sweet scent of orange blossom.

Individually, we each had a different highlight. For me it was being off the beaten track and seeing rural life going on in its peaceful, sedate way. For Dairne it was being in Yangshuo surrounded by the spectacular scenery. Nina and Luca enjoyed the cycling, boating, and being surrounded by hills.

A fantastic holiday – we well recommend it and only wish we could have stretched it out to several days in each place.

#### Travel Tips

- ATMs and cell phone prepay cards were not easy to come by – stock up on in advance.
- Take insect repellent.
- I recommend an extra day at the Longji rice terraces.
- Dragon Air flights there and back are highly recommended.
- We wouldn't necessarily recommend doing the Li River and the Yulong River cruise if time is limited. The Li River is motorized following many other motorized boats, while the Yulong is punted but very sedate. Take your pick between them.

# WATER FIGHT

## Beijing international school students combat water issues

by Yvette Ferrari

For this month's water-themed issue, we spoke to students committed to preserving aquatic ecologies and highlighting water conservation; from protecting coral reefs to dive clean ups and the world water crisis, these inspiring students are helping spread the message that the liquid resources on our planet are, indeed, finite. Each one of these students is an inspiration; taking time to investigate issues they're passionate about, engage in in-depth inquiry and research, and take action in their school, their local community, and even the world.

### Think Local, Act Global - Water Scarcity in 100 photos

Over at Beijing City International School (BCIS), Grade 5 student Jacob Richmond's message to readers is simple – try to preserve the clean water we've got left.

For BCIS' International Baccalaureate Primary Year's Programme (IB PYP) Grade 5 Project, students must choose an artistic medium to illustrate their research. Jacob explains his photographic exhibition to *beijingkids*: "There are 100 photographs here and 99 of them are ways people waste water. For example, the very first photo is of a dripping tap. I'm trying show that the



amount of water we've got is limited," he says. "Ninety-nine percent of the world's water isn't drinkable, so there's just one photograph illustrating that one percent which is."

A UK native, Jacob has been living in Beijing four years. Jacob says he connected with this issue because of how much the issue of water scarcity will affect China. "In something like another 40 years, China won't have enough clean water to drink," he says.

So what causes the lack of water? Jacob says it's an accumulation of small mistakes people often don't realize contribute heavily to the problem, such as taking baths instead of showers or leaving the tap running while brushing our teeth. Jacob outlines actions to take in order to save the water we have left. "You can buy a dishwasher, if possible, and schools and businesses can install auto taps, which save 70 percent of water compared to manual taps. Try also to only use as much time as you really need in the shower; five minutes tops!"





Tjeard, pictured fourth from left, poses for a photo with the dive group's debris collection

## Dive for Debris - SinoScuba Gives Back

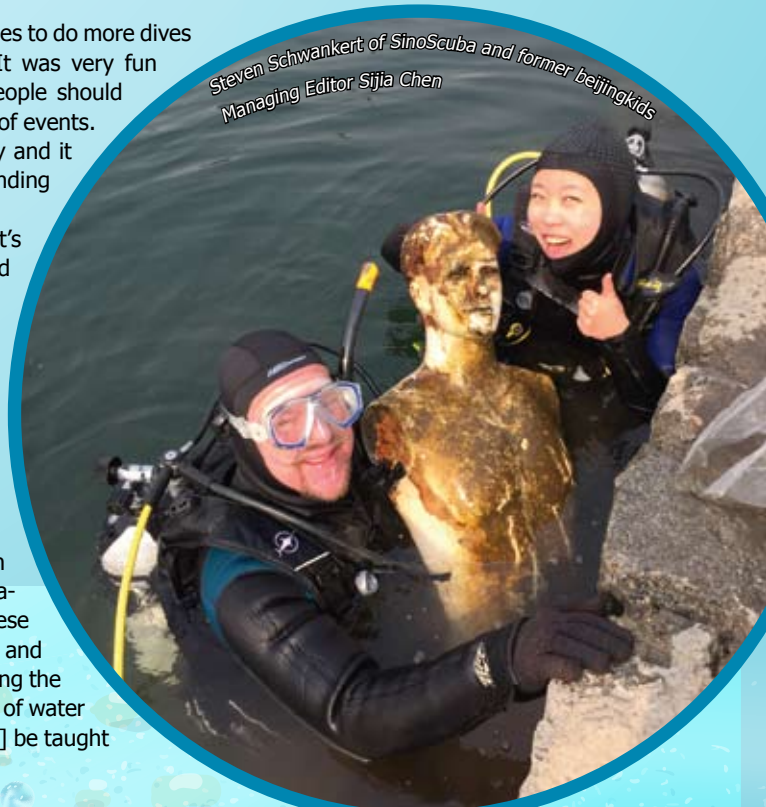
To gain further perspective on water issues effecting Beijing, we speak to 15-year-old Tjeard van Oort, a Netherlands native who has lived in Beijing four years. The WAB student got his scuba diving certificate a year ago with SinoScuba, a Beijing-based instruction group that offers Professional Association of Diving Instructor (PADI) scuba diving courses. He recently participated in his first dive since his training; a cleanup project organized by SinoScuba which saw Tjeard and five others, including his dad, visit a fresh-water well, Mapao Quan, located about 30 minutes from Beijing.

"This spot is used as a scuba training area and it's where I learned to dive," Tjeard says. "But it's also polluted, so we decided to clean it up to improve it. When there is severe pollution, the effect can be really problematic, visually and health wise. Tjeard describes the water at Mapao Quan as "clear until about 6 meters deep," when the water becomes very cold and dark green, with low visibility.

The group spent about four hours at the site, collecting six trash bags full of debris. Though Tjeard felt tired from the long day of diving, he says he was pleased to have helped

clean up the area and hopes to do more dives like this in the future. "It was very fun and I think that more people should contribute to these types of events. It's good for you mentally and it helps improve the surrounding area."

Tjeard contends that it's important for teens and younger kids to contribute to clean up projects like this one as they can teach future generations the necessity of caring for the environment. That being said, Tjeard feels that a real difference can only be made through educating kids on the problems caused by water debris. "Events like these help clean up dive areas and promote the idea of keeping the world clean but, the issue of water debris should [continually] be taught in school," he says.



Steven Schwankert of SinoScuba and former Beijingkids Managing Editor Sijia Chen





The coral reef group with their project mentor. From left: Mary Zhang, Madelief van Genne, Lauren Ambraz, Ava Targett, and WAB teacher Blair Zachary



## SOS Reef - Project Aware

"Have you ever seen a bleached coral?" asks the all-girl, coral reef conservation group.

At WAB for the school's IB PYP Exhibition, four Grade 5 students present their project to a circle of parents, siblings, and teachers who have gathered to show support and ask questions about their findings.

"We are taking action and researching coral reef destruction because coral reefs are disappearing at an alarming rate due to human activity and this is unacceptable," the students' giant poster board reads.

For those who don't know, coral reefs are essential building block of the under water world and form some of the largest, most diverse ecosystems on earth. Furthermore, coral reefs are a structure to support marine life and provide a home for an estimated 25 percent of all marine life species according to US-based National Oceanic and Atmospheric Administration (NOAA). Group member Ava Targett lets us in on some of the alarming factors contributing to the disappearance of coral reefs, with global warming at the top of the list.



"It is certain that global warming is the main cause of coral bleaching, which is when the temperature of the water rises and gets too hot for the coral to survive," she says.

In addition, industrial waste, oil spills, as well as careless tourism and fishing practices such as blast (or dynamite) fishing all account for local threats to coral reefs populations.

The students bring me to a small, glass tank full of colorless corals – an example of what coral reefs will look like in the future if CO2 emissions continue on the current trajectory. "We're trying to represent that if water temperatures rise by four degrees Celsius due to CO2 emissions, eventually all the coral will bleach and die," says Ava.

"Even if temperatures rise by one degree, it will have a major impact on coral reefs," adds group member Lauren Ambraz.

The girls say that if we don't act fast, the next generation might not be able to witness

the beauty of coral reefs at all. "My dad and I are both divers and we really love seeing the coral reefs, so I really want to try hard to save them," Lauren says.

The group says there are many ways to take action however, one of the most important ways is to educate others who may not know very much about coral reefs or why they're important to the world's ecosystem. Below, are helpful tips from the WAB students and NOAA on taking action to save our planet's coral reefs:

#### How you can take action

- **Be a mindful tourist:** When snorkeling or scuba diving, be spatially aware and careful not to kick and break the coral into pieces.
- **Take a picture, not a coral:** Many tourists cut, kill, and steal coral as a souvenir. If you see this happening, suggest they take a picture instead.

- **Conserve electricity and reduce CO2 emissions:** By turning off the lights or other devices when idle, you are helping reduce CO2 emissions.
- **Recycle and dispose of trash responsibly.**
- **Organize a beach clean-up:** If your family goes to the beach on holiday, why not organize a few hours dedicated to cleaning the coastline?
- **Share what you learn with others:** Inform yourself and others by finding out about existing laws, programs, and projects that could conserve the world's coral reefs.
- **Don't buy coral products:** Don't support the coral souvenir industry.

Before wrapping up, the girls ask to share a message with *beijingkids* readers: "Take action and try hard to save the coral reefs. Remember, if you save a coral reef, you save our planet."

## Resources

### Beijing City International School

Shuangjing / Dongsihuan, 77 Baiziwan Nan Er Lu, Chaoyang District (8771 7171, admissions@bcis.cn) www.bcis.cn 双井东四, 朝阳区百子湾南二路77号

### SinoScuba

Founded in 2003 by PADI IDC Staff Instructor Steven Schwankert, SinoScuba offers PADI scuba diving courses from Discover Scuba Diving up to Assistant Instructor. *Disclosure: Steven Schwankert is the Executive Editor of beijingkids' parent company, True Run Media.* Sanlitun, Workers' Stadium South Gate, Chaoyang District (186 1113 3629 steven@sinoscuba.com) www.sinoscuba.com 三里屯, 朝阳区工人体育场南门

### The Western Academy of Beijing

Laiguangying and Beigao, 10 Laiguangying Donglu, Chaoyang District (5986 5588, wabinfo@wab.edu) www.wab.edu 来广营和北皋, 朝阳区来广营东路10号





# Holding Water

British School of Beijing Shunyi students weigh in on water issues

Photo by Dave PiXSTUDIO



**Clockwise from left:**

Jack, 17, UK, has lived in Beijing for two and a half years

Amy, 17, UK, has lived in Beijing for four years

KP, 18, South Africa, has lived in Beijing for two years

Julia, 17, Brazil, has lived in Beijing for two years



## “Considering that most of our water resources are running out, we need to start being more ethical and thinking about it”

**T**hough food scandals tend to take center stage in China, the water crisis in Beijing arguably has more serious implications. We spoke to four students from the British School of Beijing Shunyi to find out their thoughts on the Beijing’s most precious resource and about what we can all do to spread the word about water conservation.

### What’s your family’s method of water delivery?

**Julia:** We have water delivered *and* have water filters on the tap. My dad works for a Swedish company and they’re really concerned about health.

**KP:** All our drinking water is delivered. The brand is Nestlé, though we’re not really certain that it is genuine.

**Amy:** We have drinking tanks and filters. Otherwise, we boil water and leave it in the kettle.

**Jack:** There are quite a few filtration systems in my house but for drinking water, we drink out of bottles. My mum gets very on edge about water. She just doesn’t want to take any chances.

### Do you ever drink unfiltered tap water?

**Jack:** It’s pretty ill-advised to drink it because of the different chemicals coming from the pipes.

**KP:** Where I come from, we usually drink our tap water. I tried to my first night in Beijing but my dad advised me not to. I was surprised because I was so used to being able to drink it.

**Amy:** Recently, we went on a geography trip to a place nearby the main reservoir that supplies most of Beijing’s water and it looked filthy. So most expat families have water filtration systems.

### Is the tap water safe to do things like brush your teeth, make soup, ice, or wash your vegetables?

**KP:** We usually use tap water to make ice at my house and surprisingly, it hasn’t affected any of us. I’ve always used unfiltered tap water for brushing my teeth and I don’t think it’s a problem as I don’t swallow the tap water.

**Jack:** We usually eat vegetables that are cooked, which won’t get rid of everything but sanitizes it to some degree. As long as you’re not drinking tap water as your staple supply of water, I don’t really think it’s an issue.

### Is bottled water safe?

**Amy:** I usually choose something imported. It’s different in China because they don’t really have as many restrictions about where the water comes from, how it’s processed, and what’s on the label. It may say its water from such-and-such spring, but you never know.

**KP:** When you come here, you are exposed to brands you aren’t familiar with, so you don’t really know which ones are good.

**Julia:** Some are safer than others. Since water from Beijing isn’t known to be healthy, you have to be smart and choose the right water.

### What sources do you trust and why?

**Julia:** We tend to trust western brands.

**Amy:** Also if it has western writing on it, we can read the small print and know it’s sourced abroad; not just that they bought a name to stick on the bottle.

### Given the water crisis in Beijing, what do you think about people watering their gardens or golf courses?

**Julia:** Sometimes people underestimate their water usage because they’re not really concerned about what’s happening and are more concerned with how their lawn looks.

**Amy:** But even if a law or some sort of policy was enacted, I don’t think it would make a difference. A lot of laws are in place to try to preserve the environment in China but the citizens don’t really follow them.

**Jack:** I think there’s a lack of education. With the older *ayis* that do gardening, for example, they’re not conscious about the amount of water they use. They have no idea where it comes from or how scarce it is.

### What health problems can unsafe water cause?

**KP:** As I’m from Africa, cholera is a very big issue. Over there, it affects a lot of people who drink unfiltered or unclean water.

### Why is it important to conserve water?

**KP:** Considering that most of our water resources are running out, we need to start being more ethical and thinking about it.

**Julia:** It’s really important especially because this is one of the biggest populations in the world. In Brazil, the same crisis is happening but people know more about it. Here, people don’t really know what the problem is or what they should do to help.

### Who should bear the most responsibility for water conservation?

**Julia:** The government because they are the ones who inform the population, therefore, they can actually make a difference.

**KP:** But without incentives or benefits, I don’t know if they would implement measures to stop water depletion.

**Jack:** Both citizens and the government are responsible because at the end of the day, people are the ones using the water but the government has to educate people about why it’s important. That should be enough for people to make a rational decision and take some responsibility.

### What can we do to conserve water and how can we educate the younger generation on water conservation?

**KP:** Households could set up rules like times for watering the garden and when to shower.

**Julia:** My brother sings songs at home he has learned in school and tells us when we spend too long brushing our teeth or if we leave the tap on. Little things can have a big impact, especially when you start with smaller kids and they grow up with that mentality.

**Amy:** Manually washing dishes instead of using a dishwasher, showers versus baths, things like that. Heavy industry relies on heavy water use too. Those industries should be cut around Beijing because of the pollution and the omissions they cause as well. We should focus on renewable energy sources that don’t have omissions or rely on so much water.

# Students from Beijing World Youth Academy fill July's Blank Canvas

"For students in the Diploma Programme (DP), I take a more hands off approach so they can progress their work. The only brief I gave Yino for this assignment was to think about her life and how she could reflect on where she currently is. The assignment for Missy was more about the technical side of art and how to take something basic like a piece of fruit and make it more interesting by altering and manipulating it."

- BWYA Art Teacher Lindsay Warnes

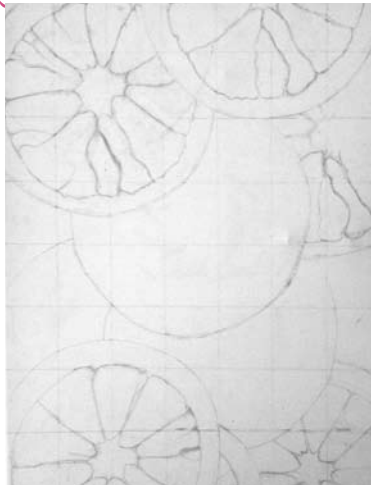


**Yino Xie, 17, China**

I began this piece during a really intense period for DP students. We were in the process of taking our mock examinations and I started it as a way to relax and chill out. At first I intended to just paint the landscape but then I decided to add the horse to make the painting more dynamic. I took my inspiration from some of Monet's work and so I wanted to focus on a sensitive use of light to lift the colors. I was trying to express the feeling of nature rather than recreate an image.







**Missy Kim, 18, South Korea**

I chose to paint oranges as they have so many interesting details. I worked with a lot of different colors to make it interesting and bring my painting to life. I started the piece a month ago and it took me a long time to get all the layers and lines right. I had to experiment with a lot of technical things like the angle of the brush I was using. I'm really pleased with the result.



# Pools, Water, and Other Scary Things

## How can you swim without getting your face wet?

by Christopher Lay



### About the Illustrator

Alice Duan (age 11) is in Grade 4 at Keystone Academy. She loves art, and when painting this picture, she thought about the way she swims in the swimming pool and used watercolors to show the flowing water.

**M**y children have a love hate relationship with water. It all began in the bathtub. When kids are little, bath time is a reason for them to drop everything and run to the tub. Bubble, no bubbles; it doesn't matter. Our boys love playing in the bathtub with their toys and their imaginations. They also enjoy getting water all over the floor. Even though she didn't often have a bath buddy, Reina loved to play in the water too when she was younger.

Baths are fun, but as soon as the water gets poured on their heads for a shampoo, all bets are off. If the kids are preoccupied and enjoying themselves, they might not pay attention to the water cascading over their ears. If, however, they are tired or in a fickle mood, any water on their noggins causes an eruption of complaints and pleading to exit the tub.

Unfortunately, this love-hate relationship with water has transferred to the domain of swimming pools too. I blame myself for this. If I had been more attentive, I would have noticed when all of Reina's mates were getting swimming lessons a couple of years back – as in 4 years ago. At the time, there were not many pools around our area and the ones we did know about charged exorbitant fees just to join, let alone pay for the swimming instructor. I wanted my kid to learn to swim, but I didn't want to shell out tens of thousands of yuan for her to get lessons.

Consequently, it took me a few years to discover Dragon Fire Swimmers, a "secret" that every other expat in Beijing apparently already knew about. Even after her first round of lessons, my little swimmer did not like the idea of getting her face wet and certainly did not want any water on her head. I'm no expert in hydrodynamics, but if you are swimming, getting wet is kind of a prerequisite.

All of this put the brakes on our daughter progressing to the next level. It didn't help that her mom learned to swim late in life and doesn't always exhibit the most confidence when in the water. Reina

would actually bring this up as evidence of why she cannot swim well, all the while ignoring the fact that she flat out refused to stick her face in the water and do a proper stroke.

I began to suspect that if my boys followed her example, my kids would forever be doomed to the shallow end of the pool, practicing "safe swimming" while clinging onto floatation devices. Having grown up practically living in the local swimming pool during the summer months, this aversion to water was foreign to me. Something had to give, but I had no idea how to make it happen.

This past March, Reina and I unexpectedly took a trip to Phuket, Thailand where Savvy had a last minute business trip at the JW Marriot Resort and Spa. My daughter's sole agenda was to spend as much time in the pool without getting her head wet until she accidentally slipped and went under. When she emerged, she had made a startling discovery – she could see everything underwater. The scientific explorer inside her suddenly could not get enough of plunging her head underwater to see what was going on down there.

Back in Beijing, we immediately signed Reina up for further swimming lessons. Each day she made marked improvements and even overcame her other apprehension in the water – floating on her back. These days, she looks forward to being in the deep end. She is even offering to help her mother keep calm and swim on.



### 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).



# Testing the Waters

## Balancing differing perspectives on swimming

by Ember Swift



### About the Illustrator

Kitty He (age 15) is a Grade 8 student at Keystone Academy. She referenced a family photo provided by our columnist Ember Swift, and chose coloring pencils (her favorite media) to shade the illustration.



There's a picture of me holding my daughter just above the water in Canada. We're in bathing suits and smiling. She was six months old and we were visiting my parents in 2012 whose house is flanked by a fresh water river. The photo's back-story went like this:

"The water is too cold for the baby!"

"It's perfect. A bit chilly at first but fine once you're in."

"No way. She'll get sick."

My husband and I went around and around like this before we reached a compromise. As the swimming advocate, I could hold her, immersed to my waist, and dip her legs in to see how she reacted, but this was his limit. On that day, TCM temperature rationales cancelled my introductory swimming lessons.

*China vs. Canada: 1 point China.*

Compared to Toronto, Beijing is even farther north longitudinally, so it's interesting that May temperatures here are the same as July temperatures back home. The in-laws wince at my short sleeves on "spring" days when it's +24 C, but not yet wearing shorts is already a compromise, I say!

Nevertheless, when the sweltering weight of August humidity starts to descend upon us here, I am very grateful that my annual trip back to Canada is scheduled to depart. Soon, I'll be sitting on a dock, my feet dangling in the non-chlorinated perfection that flows behind my parents' home, north of Toronto. Even though they are equipped with canoes and a paddleboat, it's swimming in the divine river water that beckons me. That first plunge, slipping my limbs into shimmering silver, reminds me of the greatest blessing I possess: being alive.

In August, it's starting to cool off in Canada. Nights require a sweater and no one is sleeping without covers. By the time I've arrived, I've been sweltering in Beijing for too many weeks, so it's a shame that my beloved water is often too chilly for that sacred dip. Sure, the outdoor temperatures are perfect, but sometimes I have to dive in and out all within five minutes, scrambling for a towel, covered in goose bumps and a stubborn shiver.

Now that we have two kids (3 and 1), I've learned that not all family feuds are worth winning. I've been influenced by Chinese culture, so I now vacillate between savoring childhood experiences and implementing newfound Eastern knowledge. On the question of whether to let the kids swim or not, our solution is this: I test the waters first. On shivery days, the kids stay out. On warmer days, I insist that a little chilly water is good for the Canadian half of their constitutions. "Besides, learning how to swim in nature is so much better than in a pool!" I say.

*Point for Canada.*

When I was growing up, every kid my age knew how to swim. My husband also had swimming lessons as a child, and at first I thought nothing of it. Later I came to realize how rare this is here; most Chinese people never learn to swim. He was a lucky one, not unlike our kids.

On that day the photo was taken, our daughter cried very quickly after the first dip. I handed her back to my husband who bundled her up and took her inside, "away from the wind."

But, last summer our son was seven months old.

"Don't let him get too wet," my husband said, the sceptic on the dock.

When our son's toes felt the pristine coolness, he giggled. I dipped him in again, this time up to his knees. He loved it.

Two kids, two different reactions. Two countries, two different views.

*China vs. Canada: it's a tie.*

### About the Writer

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







*Sky Novak (age 22 months) dives with her ducky*





# Water is Life

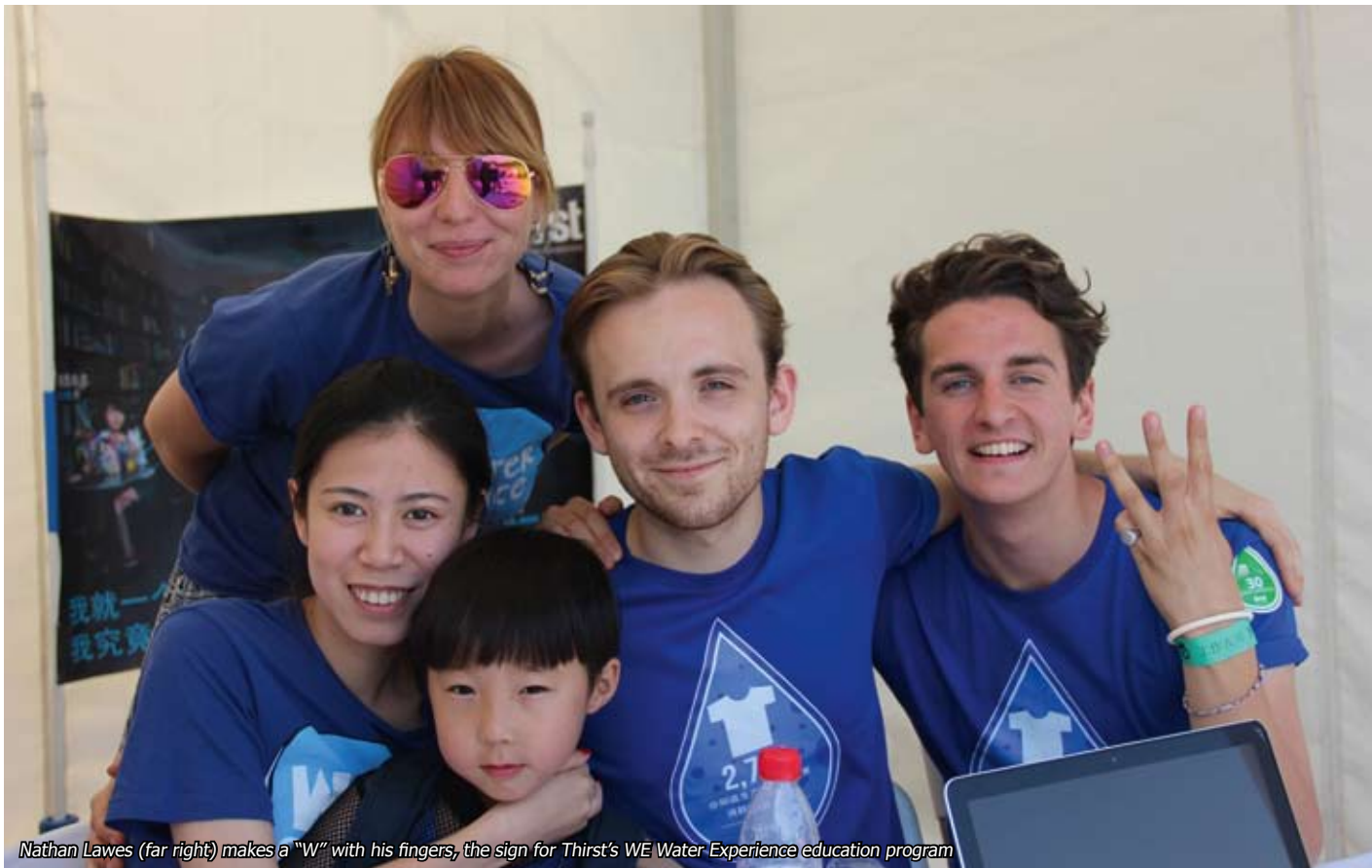
photo by Dave PiXSTUDIO

**W**e tend to forget our liquid nature: our bodies are over two-thirds water, and over two-thirds of our planet is covered in ocean. It's a miraculous substance; a coolant for both our metabolism and the global ecosystem, allowing life to flourish and making hot summers bearable. Perhaps its water's criticality for life and ubiquity in our environments which causes our collective tendency to take it for granted. So while this month we unequivocally celebrate all the joy and pleasure there is to be had from diving into the blue, we also want to encourage readers to consider how best to preserve the earth's precious clean water resources for future generations.

# A Wave of Hope

NGO Thirst on what you need to know about water scarcity

by Yvette Ferrari



Nathan Lawes (far right) makes a "W" with his fingers, the sign for Thirst's WE Water Experience education program

"The World is Thirsty," reads the homepage of Beijing-based NGO Thirst. In just four words, Thirst manages to capture the heart of a global crisis that will impact everyone on the planet in the not too distant future; that is if it hasn't already. The truth is that world is running out of drinkable water, a fact made starkly clear by the statistics on Thirst's website. By 2025 two out of three people worldwide will lack access to clean, usable water and according to World Economic Forum, water scarcity is the number one global risk based on impact to society.

"In India, nearly three quarters of the population live in water-stressed regions yet demand for water continues to surge," says Nathan Lawes, Thirst partnership and networks manager. "Earlier this year São Paulo, Brazil's most populous city, ran out of water for four days and in the US, Californians have had to drastically change the way they use water."

The facts about water scarcity don't stack up much better in China, where according to Thirst's data, 90 percent of the cities' water is polluted. "We too must be quick to change our behavior if we are to tackle Beijing's water crisis," says Lawes.

Fortunately, all is not bleak. Lawes believes that it's possible to stem this tide by changing the way we all use and consume water. Established by the World Economic Forum's Young Global Leaders in 2012, Thirst tackles the monumental issue of world water scarcity and pollution crises through educating and engaging with the next generation of global consumers. In perhaps a sign of a growing awareness, Thirst was also recently featured as part of National Geographic Channel's Earth Day series, aired across Asia, Africa, and the Middle East. We speak more to Lawes on the facts about water scarcity, Thirst's education initiatives, and how to be part of the solution.

## Where does Beijing stand in the water crisis relative to the rest of the world?

At the current rate of consumption, Beijing's natural water reserves will be depleted by 2030 – that's only 15 years away. 93 percent of China's economy is dependent on water and almost half the world's goods are made in the region. Beijing's water is therefore not only of great importance to China, but the entire world. As a metropolis with more than 20 million inhabitants, but only one tenth the world's average water resources, the city is not in the best position.

PHOTOS: COURTESY OF THIRST



# "Through modifying our everyday behavior, we can have a huge impact and turn this around together"

## Is it possible to turn these numbers around?

Absolutely. The good news is that once we are aware of the magnitude of the global water crisis, all it takes is for each of us to consume water wisely and, more importantly, not to waste it in our everyday activities. There are many small actions we can take to that will make a big difference. For example, by taking part in Meat Free Monday your water footprint will be cut by 50 percent that day. That's because livestock is one of the biggest consumers of water. Through modifying our everyday behavior, we can have a huge impact and turn this around together. (See sidebar for more tips from Thirst on how to conserve water)

## What is Thirst's main goal and what are the main challenges of achieving it?

Our goal is to create a water-wise world where families, schools, and companies are conscious of the water scarcity crisis and change their behavior accordingly. The main challenges to accomplishing these goals are two-fold. One facet is about understanding the concept of 'virtual water'. The idea is that when you drink a 1-liter bottle of water, you are actually consuming three liters because water is used in making the plastic bottle. The idea of virtual water can sometimes be difficult to get your head around at first.

The second challenge is changing the thinking that water is plentiful. People need to understand the value of water and that some water is, contrary to common belief, finite and is consumed faster than it can be replenished. While both the planet and our bodies are two-thirds water, only 2.5 percent of the world's water is usable and most of that is locked in the ice caps.

## Tell us more about Thirst's education initiatives.

We are currently rolling out a mass education program called the WE Water Experience. It's in cooperation with the Foundation for UNESCO and Inditex, a Spanish fashion group. This is where we engage and

educate the next generation to the world's water crisis. We also leave Thirst Clubs in many of the schools we partner with, where kids actively participate in water-saving activities and water-related field trips. The majority of schools we go to are Chinese public schools, but we also visit international schools. This year, we've been to BISS, BIBS, Beijing City International School, Canadian International School, Harrow International School of Beijing, and Western Academy of Beijing. In this one program alone, we have educated over 30,000 students in hundreds of schools across China. A solid record, but we have more to do.

## What impacts have you seen so far?

There is nothing more inspiring than seeing an entire school of students impassioned by water. Recently, we put on a 'Water Hackathon' at a Chinese public school in collaboration with American jeans company, Levi's Strauss & Co. The students and Levi's staff worked together to provide solutions to water scarcity issues and fiercely debated the merits of washing jeans with water. This is just one example of many where we have seen positive societal impacts in our three years as an organization, from the CEO of Levi's Chip Bergh urging consumers not to use water to wash jeans to Chinese students in the tens of thousands turning the taps off when brushing their teeth and shortening their shower times.

## How can people get involved in this issue?

You are already involved without knowing it. Every decision we make impacts the world's water supply. We all need water to live. Remember that water not only powers economies, but is the reason for life itself. Whenever we explore a new planet, water is the first thing we look for. We owe it to ourselves to protect it: so start saving it, appreciating it, using it smartly, and most importantly, spread the word.



A member of Thirst team educates kids on the value of water

## Thirst provides tips to conserve water at home

- Fix leaky taps. It saves water and money
  - Cycle to work or school when the AQI is low. Bicycles don't use gasoline, which relies on water to be pumped out of the ground
  - When washing up or brushing your teeth, don't leave the tap running
  - Only use the dishwasher when the load is full
  - Dispose of batteries at recycling points in your child's school. If you do not have them in your school, Thirst will come collect them from your home. One battery can contaminate an Olympic-sized swimming pool worth of water
  - Drink tea instead of coffee. A cup of tea in place of coffee saves 105 liters of water – that's enough for a 10-minute shower
- Eat less meat

## Resources

For more information about Thirst or if you would like Thirst to visit your school, go to [www.thirst4water.org](http://www.thirst4water.org) or Email them at [info@thirst4water.org](mailto:info@thirst4water.org).

# Going Swimmingly

Take the plunge in Beijing's best pool, parks, and beaches

by Aisling O'Brien

The mercury is rising, and though Beijing may be well over a hundred kilometers from the sea, this landlocked city has plenty of pools, water parks, and artificial beaches to cool down in. Whether your family wants to soak up the sun or chill out in the shade, splash about energetically or float serenely by, immerse yourself in the best selection of indoor and outdoor venues on offer and whitewash the swelter.

The beach at Tuanjiehu Water Park



## WATER PARKS

### Tuanjiehu Water Park

Centrally located, this artificial beach is one of Beijing's worst-kept secrets. Packed on the weekends, the pool includes two small (but fun) slides, a deep-end swimming pool, a play area for toddlers, and a large beach pool. The snack bar sells Chinese snacks, *chuan'r*, and beer – but we recommend packing your own picnic. The water facilities are linked up with a 24-hour filtering device.

**Cost:** RMB 50 (weekdays), RMB 60 (weekends)

**Opening hours and contact information:** Daily 10.15am-8pm. 16 Tuanjiehu Nanli, East Third Ring Road, Chaoyang District (8597 4677)  
朝阳区团结湖南里16号, 东三环东团结湖公园内

### Crab Island

Fishing, go-karting, a zoo, an organic farm, aqua bumper boats, a lazy river, a wave pool, and an artificial beach; City Seaview. Concession stands sell assorted drinks (including beer) and *chuan'r*. Alternatively, head to one of the restaurants within the park or stock up on snacks and drinks from the mini-mart across from City Seaview's entrance. Water is continuously circulated, filtered, and sterilized.

**Cost:** RMB 60 (adults), RMB 40 (kids between 1m and 1.4m), Free (kids below 1m).

**Opening hours and contact information:** Daily 9am-8pm. 1 Xiedao Lu, Chaoyang District. (Take the Weigou Exit off the Airport Expressway and follow the signs.) (8433 5566/5588) [www.xiedao.com](http://www.xiedao.com) 蟹岛绿色生态度假村, 朝阳区蟹岛路1号



PHOTOS: KARA CHIN AND COURTESY OF KEMPINSKI



**Qingnianhu**

A combination water park and public pool, which offers water slides and man-made waterfalls of different intensities to keep you entertained. Water typically reaches depths of 1.5m, but there are also shallow pools for kids. When hunger strikes, there are two Chinese cafeteria-style eateries located inside the park.

**Cost:** RMB 40 (adults and kids above 1.3m), RMB 30 (kids below 1.3m)

**Opening hours and contact information:** Daily 9am-5pm. Andingmen Waidajie, Dongcheng District (8411 6321) 东城区安定门外大街

*For information on Water Cube Water Park, turn to p32.*



*A pool with a view... The Kempinski, Beijing*

## HOTEL POOLS

**The Emperor at Qianmen**

An outdoor rooftop pool facing the Forbidden City.

**Cost:** RMB 258 (three hours)

**Opening hours and contact information:** Daily 11am-midnight. 87 Xianyukou Jie, Qianmen Commercial Centre, Chaoyang District (6526 5566) 朝阳区鲜鱼口街87号

**The Kempinski Hotel Beijing Pulse Health Club**

An indoor pool with a view. Located on the 18th floor, and overlooking the Sanlitun embassy area and the northeastern part of the city.

**Cost:** RMB 300 (adults), RMB 150 (kids under 15)

**Opening hours and contact information:** Daily, 6am-10pm. 50 Liangmaqiao Lu, Chaoyang District (6465 3388) 朝阳区亮马桥路50号

## PUBLIC POOLS

**Dongdan Swimming Pool**

This indoor swimming pool has great facilities and is well-managed, making it one of the city's best public pools. Water is on a filtration system.

**Cost:** RMB 50 (adults), RMB 30 (kids and students)

**Opening hours and contact information:** Daily 10am-9pm. A2 Dahua Lu, Dongcheng District (6523 1241) 东城区东单大华路甲2号

**Gongti Swimming Pool**

Clean and centrally located, however changing rooms are totally public.

**Cost:** RMB 40 (adults)

**Opening hours and contact information:** Daily 10am-8.30pm (last entry 8pm). 51 Xingfucun, (west side street, behind middle school, off Xinfucun Zhong Lu), Chaoyang District (6501 2369) 朝阳区幸福村中路51号

**Sino-Japanese Friendship Center (21st Century Theater)**

An indoor Olympic-sized swimming pool filtered using a mild salt solution, eliminating chlorine irritation and smell. Bathing caps mandatory.

**Cost:** RMB 98 for a single use, discount for multi-swim purchases

**Opening hours and contact information:** Mon-Sun 9am-9pm. 40 Liangmaqiao Lu, Chaoyang District (6466 4805) 朝阳区亮马桥路40号.



*The playground at Crab Island*

# Splish Splash

Spout off with the kids at one of Beijing's best fountains

by Yvette Ferrari

If you can't make it to one of the city's pools, consider bringing the family to a fountain for their water-play fix. We round up the most kid-friendly fountains in the city below. Just don't forget to pack some dry clothes for both you and the kids.



## Solana Lifestyle Shopping Park

Solana has three fountains: one at the entrance in front of Starbucks, another in front of Zara, and a smaller one beside the second. The first two fountains are blocked off to prevent kids from getting in the water, but the smaller one is reserved for play. At night, the main fountain in the plaza features a water show with colorful lights and music.

## Galaxy SOHO

With a futuristic design usually reserved for sci-fi films, Galaxy SOHO has kid-friendly fountains complete with water archways, mist, and light features. There's also space for parents to sit down, making the location an ideal spot to relax and enjoy a cup of coffee from Santorini Coffee or Pacific Coffee Company while the kids cool off on a hot afternoon. After working up an appetite, head over to popular Spanish restaurant, Saffron for some Mediterranean-inspired tapas. Take note, however, that SOHO complex has otherwise limited western options. If you're in need of a bite to eat, Raffles Mall, Oriental Plaza, and Ritan International Hotel are all close by – if you can manage to tear the kids away from the fountains that is.



PHOTOS: COURTESY OF SOLANA, GALAXY SOHO, TAIKOO LI, AND CHRIS LAY





### Taikoo Li South

We can't write about fountains in Beijing without mentioning Taikoo Li South in Sanlitun. Formerly known as The Village, Taikoo Li has one of the most recognizable fountains in the city. The wide, open space adjacent to Starbucks and the Apple Store is great for playing in as jets spurt water high into the air. Taikoo Li also has tons of restaurants and shops to choose from. Families can also visit bookstore Page One, or catch a movie at Megabox Cinema located in the basement. Element Fresh, Wagas, and Blue Frog are all located upstairs on the third floor when the kids get hungry.

### Wangjing SOHO

Wangjing SOHO, the newest addition to the SOHO empire, has a huge fountain located on the north side of Tower 1. Stroll along the perimeter of the building and through the small garden path to reach it. Catch a fountain show with lights and music in the evenings otherwise, the fountain runs all day. Wangjing SOHO is also great for kids on wheels. The pavement provides a smooth surface for skateboards, scooters, and rollerblades. If you're in need of a bite to eat, there are a few coffee shops as well as a recently-opened bakery and Korean chain, Bibigo. Also find a Seven-Eleven, Costa Coffee, Obentos, Zoo Café, Burger King, and Japanese buffet Matsuko across the street. If the kids still have energy to burn, head Southeast of Wangjing SOHO to Zhongyang Gongyuan (Wangjing Central Park).



### Resources

#### Solana Lifestyle Shopping Park 蓝色港湾

Daily 10am-10pm. 6 ChaoyangGongyuan Lu, Chaoyang District (5905 6565/68) [www.solana.com.cn/english/web/index.asp](http://www.solana.com.cn/english/web/index.asp) 朝阳区朝阳公园路6号蓝色港湾国际商务区

#### Galaxy SOHO

2 Nanzhugan Hutong, Chaoyangmennei Dajie, Dongcheng District (8610-5957) [galaxysoho.sohochina.com/en](http://galaxysoho.sohochina.com/en) 东城区朝阳门内大街南竹杆胡同2号

#### Taikoo Li Sanlitun 三里屯

Daily 10am-10pm. Sanlitun Village, 19 Sanlitun Lu, Chaoyang District (6417 6110) [www.taikoolisanlitun.com](http://www.taikoolisanlitun.com) 朝阳区三里屯路19号

#### Wangjing SOHO 望京SOHO

10 Wangjing Jie, Chaoyang District (400 815 9888) [wangjingsoho.sohochina.com/en](http://wangjingsoho.sohochina.com/en) 朝阳区望京街10号



# Keep Your COOL

Swimming spots outside Beijing

by Sijia Chen

If fountains and pools just aren't cutting it, head to Huairou, Miyun, and beyond to cool off in a river, lake, or natural pool. Some locations are suitable for family camping, so make it a weekend trip and wake up to the gentle sounds of rushing water.



## Baihe River Valley 白河峡谷

Located around 100km from Beijing, Baihe River Valley is named after the serpentine river that stretches between the Miyun and Baihe reservoirs. The extensive karst formations attract many rock climbers, who can be spotted practicing handholds along the Bai River.

Many stretches of river have flat, sheltered spots ideal for setting up camp in. Cross one of the foot bridges and stay on the other side to minimize the chances of hikers strolling up to your tent at 6am and conversing loudly with each other about how only *laowai* would sleep outdoors (true story). The many flat rocky outcroppings make good surfaces for picnicking and barbecuing.

The lack of public bathrooms and other amenities makes camping less than ideal for families with babies and young children, but there are plenty of guesthouses in the com-

munities bordering the river, such as Shatuozi Village (沙坨子村). Occupancy rates were still low in mid-June, but call ahead if you'd rather not chance it; get a Chinese speaker to help if you're not functional in Mandarin.

If you're camping, have the driver drop you off at Henglinggen (横岭根) from Liuxin Lu (琉辛路) and leave your equipment in the car. Head north and walk along the Bai River until you reach Shatuozi Village, around 5km. There's a narrow road in Shatuozi that ends near the main trail; have the driver meet you in the village, grab the tents, and go set up camp. You may need to do 5-10 minutes of walking along the river bank, but you'll find a good spot before too long.

The Bai River isn't very deep on average, but some sections have fast-moving currents and slippery rocks and can be very dangerous. Be

careful and always keep an eye on the kids. That being said, many parts are sufficiently calm to swim or splash around in; there are even sandy stretches of beach with tadpoles and minnows clearly visible in the clean, cool water.

**Best time to go:** The best months to go camping are May and early June, though tourists visit the area throughout the summer. Baihe River Valley can get quite hot and muggy from late June to August, with flash thunderstorms likely in mid-June and July. Take rain gear with you and make sure to bring a tarp for the tent.

**Cost:** Free

**Address and opening hours:** There are no "opening hours" to speak of. Baihe River Valley Scenic Area, Miyun County 密云县白河峡谷自然风景区



## Yunmeng Gorge 云蒙峡

Located only an hour from Baihe River Valley, Yunmeng Gorge (not to be confused with Yunmengshan) is a scenic area with pristine freshwater pools. A wide, easy hiking trail bisects the gorge in two, with towering 30m to 40m cliffs on either side. The walk to the top takes around 1.5 hours; there's a modest restaurant at the end of the path that serves simple, home-style Chinese food. The water level isn't as high as it used to be, but Yunmeng Gorge still makes for a tranquil weekend getaway.

The pools are deep and still enough to swim in, but brace yourself – they're chilly. Even the bravest among us could only stay in the water for 15 minutes. However, there's also a shallow creek that runs through the park and smaller pools for kids to wade in. There's lots of interesting fauna and flora, as well as strange rock formations bearing vague resemblances to animals and people.

Yunmeng Gorge is also suitable for camping; just pay the admission fee and set up anywhere you want. There's flatter ground and more tree cover a bit further away from the main trail. The best part? You get the place to yourself as soon as all the tourists leave. During our visit, we saw a group of two or three expat families busily preparing food in their campsite while the kids ran around playing in the water. There are garbage cans and a few public bathrooms, but not much else; you'll need to bring enough food, drinks, and other necessities.

**Best time to go:** The freshwater pools are chilly year-round. Day trippers don't have much to fear from the weather; just be sure to pack towels, rain gear, a change of clothes,



bug spray, sunscreen, hats, good hiking shoes, and extra layers just in case. For campers, it's best to go earlier in the summer since the region is prone to flash thunderstorms in July and August (not to mention bugs). Much of the topography is made up of wide open spaces with relatively little plant cover; it's dangerous to be the highest point in a given area when there's lightning overhead.

**Cost:** RMB 20

**Address and opening hours:** Daily 8am-6 .30pm. 175 Shuiku Xixian Gonglu, Shicheng Township, Miyun County 密云县石城乡水库西线公路175号



PHOTOS: COURTESY OF BEIJING HIKERS, WIKIMEDIA COMMONS, AND RUSSEL NECHES (FLICKR)



## Shidu 十渡

Located in southwestern Fangshan District, Shidu Scenic Area stretches across the towns of Shidu and Zhangfang. Like Baihe, the area is a valley with a river – in this case, the Juma River. The region's biggest draws are its 30m to 50m karst formations, which lend themselves well to the Chinese propensity for identifying and naming mythological figures in the rocks. These geological curiosities include the Flying Rock, Five Fingers Mountain, Penholder Hill, and the rather exciting Rock in a Rock.

There's a surprising variety of adventure sports to try, including bungee jumping, rock climbing, hang-gliding, jet-skiing, parachuting, and ziplining. If you do decide to rock climb, be sure to check the bolts in advance since some routes might not be as secure as others. More laid-back visitors can simply kick back and go swimming or lie on the beach. The area in front of the Green Wave Resort near the sixth ferry crossing is particularly good for swimmers.



This is probably the most touristy destination on the list; avoid going on weekends and holidays if you value your sanity (and hearing). That being said, the surrounding villages offer pockets of calm and homestays for those who want to take their time in Shidu. There are easy trails around the town that can also be explored on horseback. There's also a cable car that costs RMB 55 per person.

**Best time to go:** Shidu can be visited year-round, but the peak season is from June to October.

**Cost:** Shidu Scenic Area itself doesn't cost anything, but several attractions charge their own admission fees, such as Fairy Peak Valley (RMB 22), Gushan Village (RMB 40+), and East Lake Port (RMB 50). In addition, activities like rafting (RMB 30 per hour) and bungee jumping (RMB 205) cost extra.

**Address and opening hours:** Daily 8am-6pm. Zhangfang Town, Fangshan District 房山区张坊镇

## Beijing Hikers

Most of the pictures in this article were contributed by Beijing Hikers, a family-run business started by hikers for hikers in 2001. This month, the group is organizing hikes to a couple of the places mentioned in this article. The White River hike (Bai River) takes place on July 5 and 19 while the Great Flood hike (which passes through Yunmeng Gorge) takes place on July 12. The hikes cost RMB 380 for non-members. For more info, visit [www.beijinghikers.com](http://www.beijinghikers.com), call 6432 2786 (Mon-Fri 9am-6pm), or email [info@beijinghikers.com](mailto:info@beijinghikers.com).



# Water-ver Floats Your Boat

Aquatic sports and activities

by Sally Wilson

There are lots of ways children can experience fun in the water: sports such as sailing and diving have become more and more popular with families, with organizations offering specialized courses and sessions just for kids. Finding the right activity is important, and finding the right coach is essential, if you want to equip your child with new skills in the water. A key consideration for which water activities to choose will be your child's confidence in the water and their swimming ability. Most watersports require children to be able to swim a certain distance.

"Diving is a relaxing experience  
I will never tire of.  
The thing I like most about  
it is exploring the magical  
undersea world"



Yunchong Xue on a confined water drive

## Scuba Diving

PADI (the Professional Association of Diving Instructors), is the world's leading scuba diving training organization, offering a range of courses for children starting as young as eight years old. Carried out solely at accredited dive schools, under professional supervision, there are a range of different programs which introduce children and teenagers to scuba diving in safe surroundings.

Yunchong Xue (age 11) from Beijing attends Tuanjiehu No.2 School and first tried diving on holiday in Sanya when he was eight. He immediately fell in love with it. As soon as he reached the required age for PADI, he undertook and passed the open water test through PADI accredited dive center **Beijing Dive Buddy (BDB)**. The center provides diving courses in Beijing, at venues including Ocean Park, and organizes diving trips to various islands in Asia.

The BDB center is close to Yunchong's family home, and the club's reputation for using quality coaches with flexible schedules, made it the perfect choice for his monthly training sessions. Within one year of obtaining his open water certificate, Yunchong already had more than 20 dives of experience. These dives were undertaken in Qinhuangdao, Anilao in the Philippines, and Phuket Island in Thailand. "Diving is a relaxing experience I will never tire of. The thing I like most about it is exploring the magical undersea world," says Yunchong. "Sea hares, pygmy seahorses, all kinds of coral, sharks, sea turtles, and lionfish; I had only seen these marine animals in the encyclopedia, but now they are alive and right in front of my eyes."

This summer Yunchong and his family are going to Bali, to see manta ray and sunfish, "I'm excited just thinking about it!" he says.

PHOTOS: SALLY WILSON, COURTESY OF CHRIS PEDERSEN, IMAGINE, PAUL RODRIGUEZ, BEIJING DIVE BUDDY



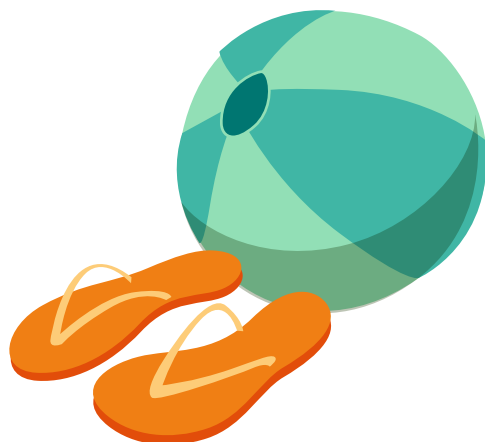
## Water Sports

**Dinghy boating** is one of the most family-friendly ways to get close to the water and experience the thrill of sailing in a more safe and cost-effective way. It's the best form of sailing for children because it's the fastest form to learn; dinghies are quick and simple to rig and are very responsive and easy to handle. They're also well suited to gentle sailing on rivers and lakes. 'Paddlesports' such as **canoeing** and **kayaking** offer a great opportunity for kids to take to the water.

Clarence (age 8) and Samantha Tsang (9) are Hong Kong nationals, born in Beijing. They both attend The International School of Beijing (ISB) and tried water sports for the first time in 2014. Mom Estella Tsang explained, "My kids had done other activities with Peter Tupper before, and always had a great time. When we heard he had founded the multi-sports organization Imagine., we knew that his camps would be fun."

**Imagine.** run a watersports camp on the **Olympic Rowing Lake Shunyi**. Kids are able to try a combination of activities, including kayaking, rafting, and paddle-boarding. For the sailing element of the camp program, kids work towards a 'Learn to Sail Level 1' Certificate, and are taught how to sail an Optimist dinghy boat single-handedly.

Tsang was impressed with how the girls had grasped how to maneuver a sailboat, with no assistance, from attending just one summer camp. "They were so proud of their achievements." Imagine. will be hosting a family day at the Shunyi Lake in September, called Boat Race of International Schools in China (BRISC), with races for kids and parents on sailboats, rafts, and kayaks. "Clarence and Samantha are not exactly hardy sea captains, but loved spending time on the water. This is a good opportunity to give it a go with no pressure," says Tsang. Sailing teaches a lot about coordination, concentration, and multi-tasking. "They loved to play around the paddle boards and rafts last summer, which was great for their confidence in the water," she says.



*Imagine. camp goes try their hand at rafting*



"[It] was great for their confidence in the water"



*Raft construction with Imagine.*

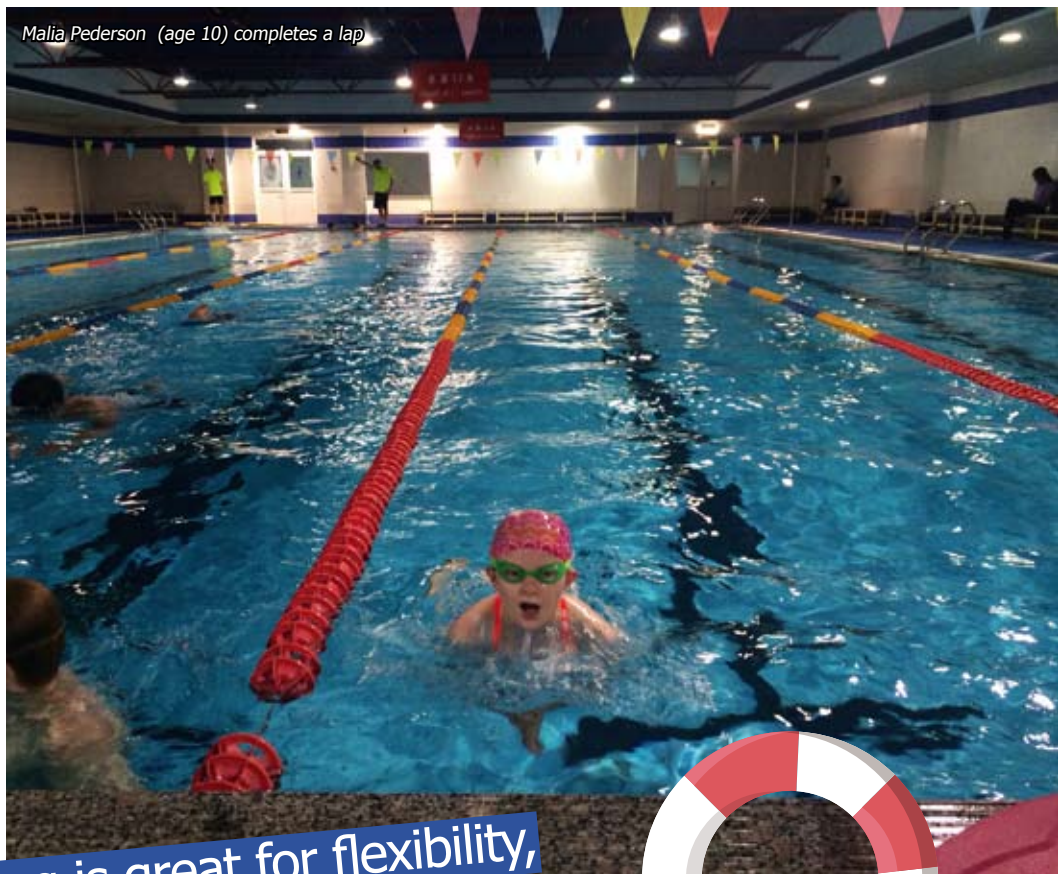


## Swimming

Jett (age 8) and Malia Pedersen (10) are students at The British School of Beijing Sanlitun (BSB). From the USA, they have lived in Beijing since 2014. Jett started swimming at 18 months, Malia when she was just 9 months. "When we arrived in Beijing the pollution was bad, so my parents asked BSB for swim club recommendations, so that my brother and I could stay active," explained Malia. BSB directed them to **Dragon Fire Swim Club**. Parents Chris and Molly then researched Dragon Fire on-line and met the coaches one afternoon during a swim session. "The other kids and the instructors looked like they were having fun, while also being serious about correct technique," explained Jett.

Dragon Fire was started in 1994, and has over 300 swimmers hailing from more than 25 different countries. Swimmers range in age from 4 to 17, and most of them are students at international schools. They have a team that competes at international meets, and with local teams in China. Lessons take place at the Canadian International School of Beijing, Dulwich College Beijing, Western Academy of Beijing, and BSB and Dragon Fire also runs swim camps.

Malia Pedersen (age 10) completes a lap



"Swimming is great for flexibility, endurance, and my arm strength"



Tom Rodriguez (10) gets ready for a dip

Last fall and winter, both kids went swimming twice a week for an hour each. Now they go once a week. "Swimming is fun and is good exercise for you," says Jett. "My favorite strokes are freestyle and backstroke." Malia agrees that swimming is fun. "I like to swim fast and I like to dive off the starting blocks. Freestyle is my favorite, it is the stroke that I know how to do best," she says. Both kids have taken part in swimming competitions, competing in swim meets with Dragon Fire and with their school.

Swimming has obvious benefits to their overall fitness, which helps with other sports. "Swimming is great for flexibility, endurance, and my arm strength," says Malia. In Beijing, they like to swim at the Keystone pool, and Malia enjoyed swimming at Harrow's pool during FOBISEA. When on holiday, its hotel pools for Jett and the open ocean for Malia.

Tom Rodriguez (age 10) is French/English and has been living in Beijing for the past two years. He attends the Lycée Français International de Pékin. Tom started swimming age 4, but began proper lessons through **Sports Beijing** when he moved to Beijing. "I now have technique and style thanks to my lessons," he explains. "Lessons take place at ISB, which is close to our home, and Sports

Beijing has a very good reputation regarding kids' sports activities."

Sports Beijing works with **Aqua Warriors' Swim Club** to offer swim programs hosted at ISB. For intermediate level swimmers, coaches provide expert tuition and guidance to help kids become an all-round better swimmer, or to reach competition standard. For beginners there is a 'Learn to Swim' program where coaches focus on gaining water confidence and acquiring the basic skills of the various swimming strokes.

Tom has lessons once a week during term time, and there are lots of things he loves about swimming. "Being in the water, exercising, and having fun, all at the same time," he says. He enjoys freestyle best and swimming helps with the two other sports that he plays - tennis and badminton.

When he's not having lessons, Tom enjoys swimming in the indoor and outdoor pools of the compound where the family lives. They also have a small pool in the garden of their summer house in France. "There are no excuses for not swimming all year round!" he jokes. "When we're on vacation I like the seaside very much, so the beach is really the best place to swim."



**Beijing Dive Buddy Club**

B-328 Longyuan Wenhua Chuangyiyuan, Sihui (400 0287 778, 159 1054 2357 (English), vvdiving@gmail.com) www.vvdiving.com, www.divescover.com/dive-center/beijing-dive-buddy-s-23672/16684 朝阳四惠龙源文化创意园B-328

**Dragon Fire Swim Club**

49 Beisanhuan Xilu, Haidian District (136 0106 4534, dragon-fireswimming@gmail.com) www.dragonfire.com.cn 海淀区北三环西路49号

**Imagine.**

(5739 4933, watersports@imagine-china.com) www.imagine-china.com

**Sports Beijing**

2/F, Lido Country Club, 6 Jiang Tai Road, Chaoyang District (6430 1370/1176, activities@sportsbj.com) www.sportsbj.org 北京朝阳区将台路6号丽都饭店丽都乡村俱乐部二层

**OTHER****Beijing AoFan Sailing Club** 北京奥帆俱乐部

Offering sailing courses, kayak and raft rentals, school sailing programs, and summer camps.

Olympic Water Park, 19 Baima Lu, Shunyi District (5949 4599, 139 1046 5950, mail@aofansailing.com) www.aofansail.com/en\_us 顺义区白马路19号奥林匹克公园内

**Beijing Fishing Tour**

A guided fishing trip agency offering tailor-made fishing trips around Beijing. Trips are suitable for tourists, beginners, or seasoned anglers.

(6716 0201 ext 1006, info@tour-beijing.com) www.tour-beijing.com/fishing\_tour

**Dragon Diving**

Opened in 1995, a PADI 5 star instructor development center and PADI 5 star diving center.

2/F, Yi Fang Yuan, 12 Cheng Shou Si Road, Fengtai District (8768 4700 / 8768 4780, dragon@dragondiving.com.cn) www.dragondiving.com.cn/en 北京丰台区成寿寺路甲12号 颐方园体育健康城1层北侧

**SinoScuba**

Founded in 2003, offers PADI scuba diving courses. Confined water dives take place at Blue Zoo Beijing, with fun dives available at Beijing Aquarium.

Workers' Stadium South Gate, Chaoyang District (186 1113 3629, steven@sinoscuba.com) www.sinoscuba.com 朝阳区工人体育场南门

# Suits you!

## Where to Buy Swim Gear

by Sally Wilson

**BabyGro** 慧宝

Brands include Baby Banz, Bambino Mio, and Cuddlefish. Stocks goggles, UV shorts, swimsuits, tops, hats, plus baby buoyancy suits, and diaper trunks. www.babygro.com.cn

**Baby International** 国际宝贝

Brands include Bambino Mio, I-Play, and Konfidence for UV shirts, shorts, one pieces, and hats. Float jackets and suits, diaper trunks and costumes, plus Huggies Little Swimmers Diapers.

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

**Counting Sheep Children's Boutique** 洋洋宝宝店

Brands include Kushies and I-Play for swim diapers and board shorts.

Daily 10:30am -7:30pm. 1) Sun-Thu 10am-7pm, Fri-Sat 10am-8pm. 17 Gongti Beilu, Chaoyang District (6417 7622, ask@countingsheepboutique.com) www.countingsheepboutique.com 朝阳区工体北路17号; 2) Daily 10am-10pm. L3-38, Indigo Mall, 18 Jiuxianqiao Lu, Chaoyang District (8420 0451) 朝阳区酒仙桥路18号颐堤港3层38店铺

**Decathlon** 迪卡侬运动超市

You can find an extensive range of swim items and swimwear, with brands including Nabaiji, Diabolo, and Kluopi. Goggles, swim hats, nose clips and ear plugs, buoyancy aids, swimsuits, trunks, UV wear, and pool shoes. Decathlon has nine stores across Beijing. www.decathlon.com.cn/en

**H&M**

For UV swim tops, shorts, and costumes, with twenty five stores across Beijing www.2.hm.com/en\_cn

**Mothercare**

Swimming costumes, swim shorts and tops, and hats.

Daily 11am-10pm. 1) SMM-42, 1/F, Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 6134, mothercare.bj001@goodbabygroup.com) www.mothercare.tmall.com 朝阳区朝阳公园路6号蓝色港湾国际商区SMM-42; 2) Stall 4128-4130, 4/F, Jinyuan Xinyansha Shopping Mall, 1 Yuanda Lu, Haidian District (8886 5506) 海淀区远大路1号金源新燕莎购物中心4层第4128-4130商铺; 3) 5/F, Wangfujing Baihuo, 255 Wangfujing Dajie, Dongcheng District (8529 1777) 东城区王府井大街255号王府井百货5层; 4) Stall 121-123, Beyou World, 111 Jingshun Lu, Chaoyang District 朝阳区京顺路111号比如世界1F121-123商铺; 5) Stall B21-22, 1 Senlingongyuan Lu, Jingzhan Xiang, Shunyi District 顺义区金盏乡森林公园路1号B21-22商铺

**FOR TEENS**

Swim wear, board shorts, and flip-flops.

**Quicksilver**

Daily 10am-10pm. 1) 52-53, 4/F, Joy City, Xidan North Street, Xicheng District (5971 6141) 西城区西单大悦城4层52-53号; 2) 1/F Building S5, Taikoo Li South, Sanlitun Village, Chaoyang District (6416 5628) 朝阳区三里屯Village南区S5号楼一层3-4单元; 3) Shop 03-04, 2/F, Ginza mall, Oriental Kenzo Building, 48 Dongzhimen Waidajie (8447 6447) 东城区东直门外大街48号东方银座广场2楼03-04店铺



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



#### Splashes and Squeals at the 2015 Father's Day Pool Party

On June 21, *beijingkids* and *JingKids* held the annual Father's Day Pool Party at Crowne Plaza Beijing Lido. The day kicked off with swimming and pool side activities and culminated with a buffet brunch and goodie bags for the dads. Thanks to our sponsors at Crowne Plaza Beijing Lido, Mookeyswim, Dave's Studio, and M.X Dental Clinic for all their support.



PHOTOS: KEN



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 **July 10**.



#### HISB Hosts FOBISIA

Harrow International School Beijing hosted the FOBISIA Primary Games from May 17-19. The Harrow Beijing team competed against seven other international schools from across Thailand, Malaysia, and China. Students competed in four sports: swimming, track and field athletics, tee ball, and football. The FOBISIA Games provide an opportunity for high level competition and for participants to make new friends from across Asia.



#### CISB Elementary Spring Concerts

On June 2 and 4, Canadian International School of Beijing (CISB) had their annual spring concerts for Grades 1-2 and Grades 3-4. This year's performances highlighted lessons learned over the year.







### Keystone's First Fun-filled Primary School Sports Day

It was fun with a side of sports on May 27 as Keystone Academy primary school students took part in their first Sports Day. Supervised by parent-volunteers, teams systematically completed ten games, vying for the Tabloid Championship Cup. Grades 2-5 enjoyed their Sports Day in the morning followed by Foundation Year and Grade 1 students in the afternoon. Team Earth and Team Metal were the Tabloid Champions for the Upper Primary and Lower Primary respectively.



### BCIS Grade 5 PYP Exhibition 2015

For the final part of their IB Primary Years Programme (PYP), Grade 5 students at Beijing City International School (BCIS) put on an exhibition displaying a diverse range of products representing a key local or global issue which they researched throughout the year. Parents, classmates, and even students from other international schools came to see the exhibition and listen to the students talk about their experience.



PHOTOS: COURTESY OF KEYSTONE AND BCIS





### ISB's *Monkey King*

On May 28, Grade 5 International School of Beijing (ISB) students honored an eight year tradition with an end of year performance of *Monkey King*. The class experienced every aspect of staging a play, including writing the script, doing their own make-up, and performing their version of the show.



### Summer Fayre at BSB Shunyi

On May 31, students performed on stage during The British School of Beijing (BSB) Shunyi's Summer Fayre. More than 3,000 friends from the community visited BSB that day to enjoy some summer fun.







### HoK Take a Trip to the Fire Station

House of Knowledge International School and Kindergarten (HoK) Quanfa Campus went to their local fire station to learn about fire safety.



### Eduwings Goes to Wali Xiang Ju Lou Park

Students from both the Shunyi and Haidian Eduwings campuses went to Wali Xiang Ju Lou Park on June 1.



PHOTOS: COURTESY OF HOK AND EDUWINGS





### Elementary Graduation and End of Year Performance at Daystar

On June 5, Daystar Academy celebrated its elementary graduation and end of year performance. The Grade 5 students, some who have been classmates since kindergarten, danced into the auditorium to Shakira's *Waka Waka*, and sang *See You Again* to end the show before throwing their caps in the air.



### WAB MADFest

Western Academy of Beijing (WAB) middle school students presented their Music, Arts, and Dance Festival (MADFest) on June 8. Students performed and exhibited artwork on several stages throughout campus and had the chance to creatively paint their school building.







### YCIS Class of 2015 Graduation

On June 3, the class of 2015 celebrated the culmination of their time at Yew Cheng International School of Beijing (YCIS Beijing) with a graduation ceremony including speeches and diverse performances by the graduates and teachers.



### BIBS Sees off 2015 Graduates

BIBS celebrated its graduating class of 2015 in June. This year's students were the first to graduate from the new Shunyi campus, which opened in August 2014. The photos were taken at Temple of Heaven before the graduation ceremony on June 19.



PHOTOS: COURTESY OF YCIS AND BIBS





### BISS International Day 2015

BISS celebrated the school's diversity with an International Day that included national dress, food, dance, music and games. Parents provided their nations' favorite foods, national songs were presented from Latvia, Australia, China, Korea and Japan, and the new BISS School Song *BISS Is My Home* saw its first performance. Fifty percent of funds raised were donated to Roundabout and the Lincoln School Kathmandu to assist with recovery from the recent Earthquake in Nepal.



### DCB Graduation Ceremony

On May 25, the class of 2015 at Dulwich College Beijing (DCB) celebrated graduation. The graduation ceremony included a procession through the school by the 80 Year 13 students behind the head of senior school, followed by speeches, and musical performances.





**Favorite Restaurant**

**Hatsune.** They have highchairs, a kids' menu, and kid-friendly utensils.

**Favorite Desserts**

It changes with the season. Fresh and flavorful ice cream for summer. We like **Vai Milano** at Indigo Mall.

**Day Trip**

We like the sea and often go to **Nandaihe** in Hebei Province

**Weekend Activities**

**Indigo Mall** as we live in Lido area. There's a cinema, a kids' playground, and ice cream. We end the day with me cooking dinner at home for the family.

**Favorite Places to Shop**

Indigo and Solana. We like **Zara**, **Naturino**, **Gap**, and **Kidsland**, but Italy is where we really invest in fashion.

**Date Night Spot**  
**Temple Restaurant.**

The food is delicious and the place is romantic and intimate.

**What do you do when it rains?**

Family time playing at home with the children.

**Summer Activities**

Practice soccer at **Si'de Park** in Lido or swimming at the pool inside **Hotel Jen** next to North Fourth Ring Road.

# The Masili-Hu Family

**R**oberto Masili is the corporate chef of Italian chain, **Loft Eatalicious Group**. The Italian-born master chef has lived in Beijing for almost 15 years, having previously lived in the UK while working for Mandarin Oriental Hotel Hyde Park London. Masili's wife Sofia Hu has Chinese heritage though the stay-at-home mom was born in Italy. The couple has two children: Francesco (age 7) and Angelica (3). Francesco attends **Fangcaodi International School** while Angelica will go to the **Italian Embassy School in Beijing (Scuola Italiana d'Ambasciata di Pechino)** which is opening this fall. Roberto fills us in on what his family gets up to in their free time as well as some of their favorite foodie joints in the city.

From left to right: Angelica (age 3), Roberto Masili, Francesco (7), and Sofia Hu





**Etonkids**  
Educational Group 伊顿国际教育集团



possible

impossible

A love of learning starts at Etonkids ...

爱上学习，从伊顿开始...

400 818 9098  
[www.etonkids.com](http://www.etonkids.com)





# What if

in his or her most formative years,  
your child's innate talents were  
**discovered, protected,  
cultivated,**  
and brought to full  
potential?



KEYSTONE ACADEMY  
北京市鼎石学校

*A new* WORLD SCHOOL 真正的世界学校 *A new* MODEL OF EDUCATION IN CHINA 全新的教育模式

(86 10) 8049 6008 admission@keystoneacademy.cn

www.keystoneacademy.cn