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August 2015

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# AUGUST 2015

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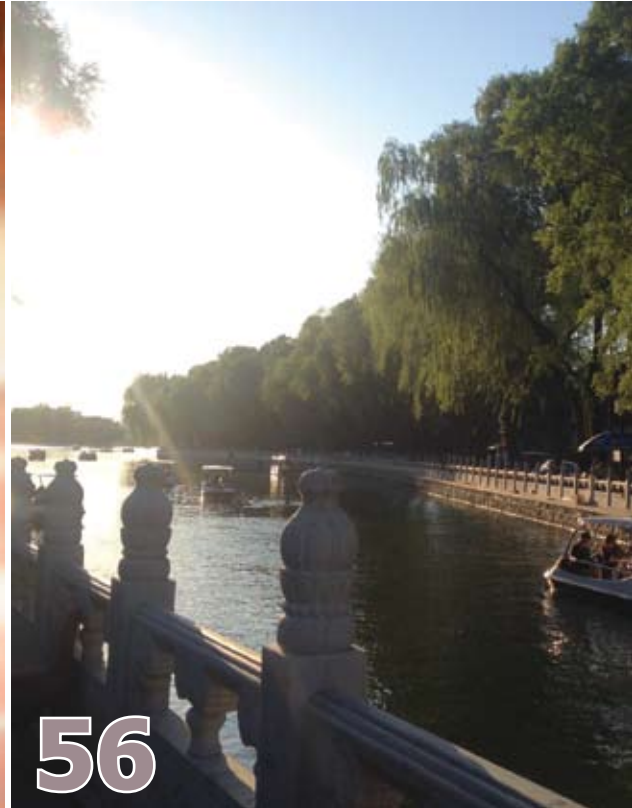
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#### ON THE COVER:

Cover model Anutomiwa Talabi, (age 6) and his brother Oluwatobi (4) hold both UK and Nigerian passports. Their English mum, Tara Gillan is head of marketing of House of Knowledge where both boys go to school, and their Nigerian dad Bankole Talabi has an export consulting and sourcing company. Anu's favorite snack is shaobing.

Photography by Dave PiXSTUDIO



# WOMEN OF CHINA



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## 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.



### 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.



### Eye Hsu

When CCTV talk show host and mom-preneur Eye 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.

### Want to Join?

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





## Telling Stories

The rural area I grew up in, Canovee, is a remarkable place: verdant, welcoming, wholesome. From a vantage point thousands of kilometers away, in the clamor of a city with over 20 million inhabitants, it takes on an otherworldly quality. It's not unusual for families there to trace their genealogy back up to nine generations on the land. Tales beginning, "your great-grandfather and my grand-uncle..." are routine. There's a sense of rootedness and connectedness only possible within a community knit together by hundreds of years of shared ancestral history.

Relics and ruins bubble from the soil at the touch of a plough: stone-circle ritual-sites from the bronze age, ringforts (enclosed farmsteads) from the early Christian period, an inscribed monastic cross displayed throughout my childhood at the primary school, its carved arcs retraced by every child that passed it by, medieval souterrains (tunnels and chambers cut from the rock and earth to store food and hide people from attack) - the historical artifacts that studded my childhood are abundant, and easily accessible.

My love of history was incubated by community enthusiasms. Curious about the untold stories surrounding us, my parents, along with neighbors and friends, were founding members of Canovee Historical and Archaeological Society. The society invites expert speakers to visit Canovee and lecture on local history, and organizes field trips to both local and national historical and archeological sites.

Outings take place in summer: a trek across a meadow to the shell of an abandoned manor house, or to a dark patch in a tilled field showing where a fire pit had been. As a little girl I was regularly taken on these excursions by my mother, then the headmistresses of the local primary school. An unruly, energetic child, (I might have been diagnosed with

ADHD a decade later), my goal was to find other playmates, move out of arms length, and invent complicated, and sometimes noisy games. Still, enough knowledge permeated to provoke a lifelong interest in history and narrative.

Today, community passion continues to inspire the next generation of O'Brien children in Canovee. Family friend and neighbor Peter Scanlan, a keen amateur historian and photographer, kindly gave *beijingkids* permission to print the accompanying photos. They show my mother, and some of my siblings and their families, taking part in a heritage evening two summers ago. The whole community turned out to reenact a scene from the War of Independence with the customary spirit of enthusiasm, cooperation, and fun that makes Canovee so special.

This month the story of your child's next year at school begins. We look at the places in Beijing, outside the classroom, where history and learning come alive. We encourage you to take your kids into our city's museums, and onto its ancient streets, to celebrate its past and discover its secrets and stories for yourselves.

*Aisling O'Brien*

Aisling O'Brien  
Managing Editor





# August Events



**Sat, Aug 8**

## **Culinary Walking Tour – Creating Your Own Chinese Kitchen**



Ages 10+. Get inside tips on seasonal farm produce shopping and how to use local ingredients to make dishes according to Traditional Chinese Medicine on August 8 and 11. Registration required. RMB 200 (non-members), RMB 180 (members). 10am-12.30pm. The Hutong (6404 3355, 159 0104 6127, [www.thehutong.com](http://www.thehutong.com))

**Sat, Aug 15**

## **1 Gubeikou Great Wall Hiking and Camping**



Ages 7+. Head out of town to hike and sleep at the Gubeikou Winding Dragon Great Wall, one of the original parts of the wall. Package includes some meals at a local farmhouse. Registration required. RMB 1,100. 9am-8pm. China Travellers ([chinatravellers88@gmail.com](mailto:chinatravellers88@gmail.com))

**Sat, Aug 15**

## **2 Swan Lake by Moscow Ballet Theatre**



Ages 10+. One of the most iconic ballets, *Swan Lake* will be performed by the Moscow Ballet Theatre on ice at the Beijing

Exhibition Center on August 15-16. This performance incorporates hula hooping, rope skipping, and more. Advance tickets only. RMB 180-580. 7.30-9.30pm. Beijing Exhibition Theater (6835 4455)

**Sun, Aug 16**

## **3 Homemade Chocolate**



Ages 12+. Mark Chinese Valentine's Day (the Double Seventh festival) by learning to make your own chocolate creations to give your loved ones on August 20. Registration required. RMB 350 (non-members), RMB 300 (members). 2.30-5pm. The Hutong (6404 3355, 159 0104 6127, [www.thehutong.com](http://www.thehutong.com))

**Wed, Aug 19**

## **4 The Bookworm Book Club**



For teens and adults. This month's book club selection *The Incarnations* by Susan Barker, is based on the tale of a Beijing taxi driver's relationship with a persistent stalker across over a thousand years of China's history. Free. 7.30pm. The Bookworm (6586 9507, [info@beijingbookworm.com](mailto:info@beijingbookworm.com))



 Editor's Pick

 Community

 Dining

 Living

 Playing

 Health

 Learning

 Parenting
**Thu, Aug 20****Chinese Valentine's at Conrad Beijing**

For adults. Celebrate Chinese Valentine's Day with a seafood buffet, sparkling wine, and heart-shaped cakes at Chapter. 29 Grill offers a menu based dinner, with macaroons for dessert or to be taken home. RSVP required. RMB 600 (Chapter), RMB 1,388 (29 Grill). Prices are subject to 15% service charge. 6-10pm. Conrad Hotel Beijing (6584 6000)

**5 Newcomers Fair at DCB**

All ages. Get useful information on healthcare, air quality, food shopping, and more with talks by relocation experts and healthcare specialists. Free. 9am-noon. Dulwich College Beijing (seekay.leong@dulwich-beijing.cn)



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# August Events



**Fri, Aug 21**

## **Irish Chorus Group Anúna Beijing Concert**



Ages 7+. *Anúna* is an Irish choral group. Most of the material performed is written or arranged specifically for the group by Dublin composer Michael McGlynn. Advance tickets only. RMB 80-280. 7.30-9.30pm. National Centre for the Performing Arts ([http://en.damai.cn/event/tickets\\_81972/](http://en.damai.cn/event/tickets_81972/))

**Sat, Aug 22**

## **6 Etonkids Harvest Festival**



All ages. In celebration of the fall season, this day features different kinds of food, hand-made artwork using farm produce, and fun games such as constructing a scarecrow using straw. Registration required. Free. 9am-noon. Beijing Etonkids International and Bilingual Kindergartens (400 818 9198)

## **7 Sports Beijing Festival of Sport**



Ages 4+. This bi-annual Festival of Sport features try out sessions and meet-and-greets with coaches for the numerous after school activities offered by Sports Beijing, available this fall and winter. Free. 10am-3pm. International School of Beijing ([info@sportsbj.com](mailto:info@sportsbj.com))

**Thu, Aug 27**

## **8 YCIS Beijing Welcome BBQ**



All ages. This is a chance to interact with the YCIS community while enjoying food from vendors such as Schindlers, Taj Pavillion, Temple Restaurant Beijing, and more. Face-painting, balloon animals, cotton candy, and ice cream will be offered. Information sessions will be held later in the evening. RSVP required. Free. 5.30-8pm. Yew Chung International School of Beijing ([info@bj.ycef.com](mailto:info@bj.ycef.com))

**Sat, Aug 29**

## **9 Gigantic Roundabout Book Fair at BSB**



All ages. Heavily discounted donated books will be on sale as Roundabout raises funds to help children in need. Books will remain on sale from August 31-September 2 from 10am-3pm, for those who miss the fair. Free. 10am-3pm. The British School of Beijing, Shunyi (137 1805 3814)

## **10 WAB's Community Picnic**



All ages. This afternoon features games, activities, entertainment, and food for everyone. Free. Noon-4pm. Western Academy of Beijing (5986 5588)

PHOTOS: MT HOOD TERRITORY (FLICKR) AND COURTESY OF SPORTS BEIJING, YCIS, AND ROUNDABOUT



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 **August 7**.

10



12



11



**Sun, Aug 30**

### **BSB Shunyi Welcome Back Picnic**



All ages. The British School of Beijing (BSB) welcomes old and new families for a day of bouncy castles, games, and other activities for kids. BSB's Parents' Association will be selling Pimm's cocktails and other items. Bring your own food and blankets. Free. 12-3pm. The British School of Beijing, Shunyi (8047 3588)

**Mon, Aug 31**

### **INN Monthly Gathering - Arrival Survival in Beijing**



For adults. The International Newcomer's Network welcomes new and old expat residents to their biggest event of the year. They offer a support network and share tips and tricks on making Beijing a home. RMB 50 (tea/coffee and pastries included). 10am-noon. Capital Club Athletic Center ([www.innbeijing.org](http://www.innbeijing.org))

**Ongoing**

### **China Show Jumping Open**



All ages. Equuleus International Riding Club hosts the first China

Open for show jumping and National Youth Show Jumping event. Prize money in the amount of RMB 250,000 will be awarded. Equuleus International Riding Club celebrates its 15th anniversary during the shows and offers activities including a dress age performance and equestrian lecture. August 14-16. Registration Required. Free for audience. 8am-6pm. Equuleus International Riding Club. (8459 0236, 135 2233 9691, [equuleus@equiriding.com](mailto:equuleus@equiriding.com))

### **11 Sunday Story Time**



Ages 4-7. Every Sunday, kids are treated to a storytelling session based on a new or classic book followed by games, musical sing-a-longs, and reading. Booking required. RMB 50. 11am-12.30pm. The Bookworm (6586 9507, [info@beijingbookworm.com](mailto:info@beijingbookworm.com))

### **12 Sunday Morning Yoga at the Brickyard Inn**



All ages. Stretch and relax with yoga at sunrise. The Brickyard Inn in Mutianyu offers yoga mats, fresh towels, herbal teas, and a breakfast buffet to all participants. Registration required. Free for Inn guests, RMB 288 (day visitors). Offered on August 16, 23, and 30. 7.30-11am. The Brickyard Inn and Retreat Center at Mutianyu Great Wall (6162 6506, [info@brickyardatmutianyu.com](mailto:info@brickyardatmutianyu.com))

# 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 December 1, 2014.



**Christopher Gabriel  
Speichert**

American. Born on May 5 to Najla and Eric Speichert at Oasis International Hospital.



**Elijah John Balinas**

Filipino. Born on Jan 22 to Rocyl Joy and Timothy John Balinas at Beijing United Family Hospital.



**Shaun Zhao**

Chinese. Born on May 2 to Tian Nan and Yang Zhao at Beijing United Family Hospital.



**Tongtong Yang**

Chinese. Born on Mar 21 to Michelle Wang and Hongxuan Yang at Beijing HarMoniCare Women and Children's Hospital.



**Summer Li**

Chinese. Born on Jun 15 to Jing Ma and Zhe Li at Peking University First Hospital.



# Expatriate Guilt Over Aging Parents

by Sally Wilson



Waiting at London Heathrow airport for our suitcases last week, another mother doing the same started chatting to me. We were both expats living in Beijing, visiting family for the summer. This was her second trip back this year to visit her parents. She explained that she used to come back every two years, spending every other summer traveling around Asia. "When I was home this past January, I was shocked by how old and frail my parents had become," she said. "For the first time since becoming an expat, I felt guilt about being so far away from them."

When you don't see your parents for months or years at a time, you tend to notice changes in them that others might not. You don't have the experience of watching the gradual progression of aging and how it's affecting them. It can be a major shock when you make that trip home and realize their health, and their ability to cope, has deteriorated. Tell-tale signs appear: the house may not be as spick and span as it used to be, the garden unusually unkempt. Parents who used to be quite active doing sports, walking, and taking trips suddenly seem to prefer to stay at

home more. Even every day stuff, like getting around the house and up the stairs, may have become a struggle.

Living abroad as an expat offers excitement and unique experiences, but being so far away from home comes with its own set of hurdles, especially when dealing with the declining health of loved ones. As your parents age, health issues are common and living overseas can make it difficult to give the help they need. Elderly parents are generally very reluctant to complain or to admit that they are finding things difficult. Even if you are in regular e-mail or Skype contact, this won't give you the real and bigger picture.

The conversation with the lady at the airport made me look closely at my own parents. Fortunately, they're both in fine fettle right now, but did I really think they would stay exactly the same until we had decided we were ready to return home for good? As an expat you can get so caught up in the whole process and adventure you're on that you forget the process of life, which includes your parents aging and possibly becoming ill while you're away. People are living longer today, and as a result the chance of them developing

a long-term health condition is increasing.

If you have siblings or other family that live close to your parents, that takes the pressure off you, but can add to the guilt that you're not there to "do your bit". If you're an only child, then it's important to build up a local network of people who can be there to help your parents. If you're planning on being abroad for many years, it's never too early to start having those conversations with your parents. Decisions on their care in the coming years need to be made together.

I miss my parents very much, but I wouldn't say I feel guilty being away from them. That they are so far away from their grandchildren is something I sometimes struggle with, but they have always been so supportive of our decision to live abroad. Although this may sound harsh to some, my view is that they have had their lives and are settled. It is now our time to live ours in a way that best suits us and our children. Life is short, but it is also so unpredictable and I cannot change the outcome of my aging parents. Giving up a once in a lifetime chance is irreversible, taking that chance is not.



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Jack Todd

a Grade 12 student who  
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# WHAT'S HAPPENING IN BEIJING



## YCIS Director Dr. Betty Chan Receives 3rd Honorary Doctorate

Dr. Betty Chan Po-king, director and school supervisor of all Yew Chung International Schools (YCIS), received her third honorary doctorate in early July when she was presented with an Honorary Degree of Doctor of Laws at the University of Bath (UK). The latest honor recognizes Dr. Chan's distinguished career developing and promoting early childhood and international education with emphasis on supporting greater understanding between east and west and between those of different cultural backgrounds.



## Harrow Speech Day 2015

Students of the pre-prep and upper schools and their parents attended Harrow International School of Beijing's (HISB) annual Speech Day on Friday, June 26. Prizes are awarded to students not only for their academic achievements, but also for their outstanding achievements in leadership and house activities.



## Celebrating the End-of-Year with Wine and Roses

Parents, teachers, and staff came together on June 12 in celebration of Keystone Academy's first academic year for a PTA-organized dinner dance on campus. In the keynote address, Head of School, Malcolm McKenzie reminded the school community that Keystone is still a new school, and that each person should continue to be innovative and creative.

## Diving for Experiential Learning Opportunities Week at ISB

June 1 kicked off Experiential Learning Opportunities Week at International School of Beijing (ISB). High school students were given the opportunity to learn from experts in a variety of fields such as carpentry, fencing, video game design, restaurant management, scuba diving and more.



PHOTOS: COURTESY OF KEYSTONE, HARROW, ISB, AND YCIS



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 **August 7**.

## Middle and High School Academic Awards at CISB

On June 15, Canadian International School Beijing (CISB) came together to celebrate the academic achievements of their students from Grades 6-11. Students were honored for their improvements throughout the year, their excellence in particular subjects, and for being an overall leader in their grade level.



## BCIS Team with the 2015 ACAMIS Math Olympiad

Grade 9 and 10 students represented Beijing City International School (BCIS) at the annual ACAMIS Math Olympiad, which this year was hosted at the Western Academy of Beijing (WAB). Two teams from the school took part, made up of John Choi, Jaeyoung Lee, Jerry Lu, Minwoo Jung, Robert Liu, Sam Xu, Oleg Kang, and Nike Ye. Both teams performed very strongly, with one taking the top prize.

## Hyde Academy Opening

Hyde Academy will open its doors on August 27, for grades 4-9. Founded by Jennifer Sachs who has headed up The Learning Center in Shunyi since 2004, Hyde Academy is specifically designed to help second language students transition into international high schools or to schools overseas. Headmaster Gerard Clyne has worked with expat and local school students for more than seven years as Center Director for TLC and with his expertise in mathematics and physics is spearheading a comprehensive STEAM (science, technology, engineering, arts, math) program at the academy. For more information about Hyde Academy and the admissions process please contact [admissions@hyde-education.com](mailto:admissions@hyde-education.com)



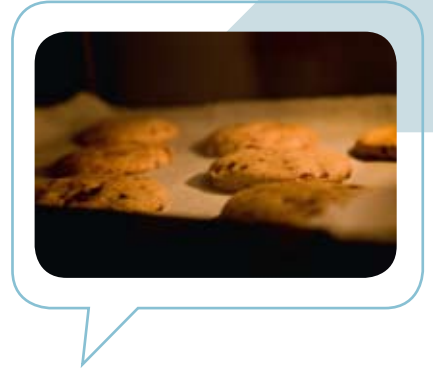
## Dr. Anna Maria Entorf Joins International SOS

International SOS Beijing Clinic welcomes Dr. Anna Maria Entorf, a German dentist who worked for many years as a dentist at the Dental Department of the University of Göttingen as well as in a group practice for several years where she specialized in prosthodontics. Dr. Entorf speaks both German and English. To make an appointment with Dr. Entorf please call the Beijing Clinic at 6462 0333

# Fresh off the Rack!

Delicious treats from Big Bear Baked Goods

text by Sophie Li  
photos by Christian Neoh







In 2013, American expat Jonathan Ellis won the Cookie Monster Competition, a charity showcase of Beijing's finest baking hosted by The Hutong. From there, Big Bear Baked Goods was born. Targeting foreigners and affluent Chinese, the company aims to create American baked goods that are different from the baked goods one usually finds in China.

"Baking culture isn't mature here. You can get some baked stuff, but the idea we have of baked goods in the West isn't the same thing [as] here," says Ellis. He started baking for fun after perceiving a lack of quality American-style baked goods, which he cites as the motivation for eventually establishing Big Bear Baked Goods.

For now, Big Bear Baked Goods are available through delivery and at both branches of Palms LA Kitchen. The Mud and Snow cookies are the company's best-selling products. The mouth-watering creations are made with Ghanaian dark chocolate and Himalayan sea salt. Other popular flavors include Triplets (a mix of hand-chopped milk chocolate, semi-

sweet chocolate, and dark chocolate chips) and Mind's Eye (oatmeal, hazelnuts, cranberries, and dollops of white chocolate). Cookies cost RMB 30 for three or RMB 90 for ten. Boxes and larger orders are also available; contact Ellis for the latest flavors.

Big Bear Baked Goods also does catering. For instance, Ellis recently teamed up with Fatface Dining and hotels to provide cookies for dining events.

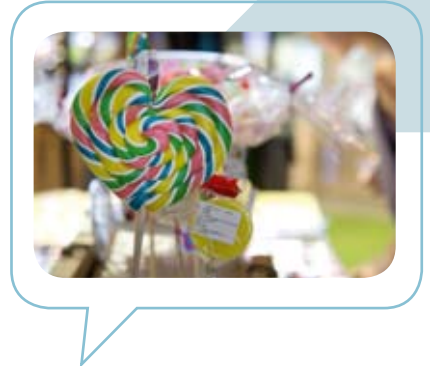
#### Big Bear Baked Goods

Contact Jonathan Ellis by adding "bigbearbeijing" on WeChat, emailing [bigbearbakedgoods@gmail.com](mailto:bigbearbakedgoods@gmail.com), or texting 186 0114 4427. For more info, visit [www.bigbearbakedgoods.com](http://www.bigbearbakedgoods.com).

# Sugar Rush

Have a sweet time with Papabubble's candy-making workshops

text by Sophie Li  
photos by Christian Neoh







**P**apabubble is heaven-on-earth for anyone with a sweet tooth. Upon walking into any of their stores in Beijing, customers will see walls lined with bags of lollies and tables stacked with hard candies.

Papabubble was founded in Barcelona, Spain in 2004. According to the brand's official website, their goal was to "[recover] the ancient artisanal candy-making process." There are currently three Papabubble locations in Beijing: one at Indigo Mall, one in Sanlitun, and one at 798 Art District.

Upon stepping into the Indigo Mall store, we're greeted by friendly faces, and the sugary smell of candy envelops us. Across from the entrance, behind the register, is where all the magic happens: kids can get their hands dirty at the Papabubble workshop and make their own lollipops or hard candy without worrying about time.

We get the chance to make a lollipop. First, the staff heats up the candy so that it becomes soft and easy to mold. The next step is to roll three pieces of candy into long strips and stick them on top of one another. After flattening them, I roll them into a single long stick-like shape, which allows me to then slowly curl the candy into the rough shape of a lollipop. Next, I use a molding tool to smooth everything out and make it look more like a lollipop. Lastly, the stick goes into one end of the candy and voila! I have myself a finished lollipop. The process is fairly simple and the end result is very satisfying.

The recommended minimum age for Papabubble's candy-making workshops is 3 years. The activity can be booked for birthday parties; prices vary depending on how many guests there are and how long

the party lasts. Though catering and cakes aren't available, Papabubble allows and in fact encourages guests to bring their own food.

Staff members can lead and supervise the kids as they make candy, leaving grownups free to take pictures or leave the store for a quick break. That being said, Papabubble does encourage parents to make sweets with their kids as a bonding experience.

Papabubble can also tailor party themes to the birthday boy or girl and even incorporate the theme into the candy. For example, there was once a Doraemon party with Doraemon-themed sweets. However, keep in mind that themed decorations and tools cost extra.

Papabubble's goal is to make people happy and bring sweetness to everyone's lives. For kids, eating and creating candy is the dream. If you're ever in need of a sweet party, Papabubble is the place for you and your kids!

#### **Papabubble 爬爬步步**

1) Indigo Mall Shop: Daily 10am-10pm. L2-72, Indigo Mall, 18 Jiuxianqiao Lu, Chaoyang District (8420 0109) 朝阳区酒仙桥路18号颐堤港2层L2-72店铺; 2) 798 Shop: Daily 10.30am-6.30pm. Zhong Yijie (across from UCCA), 798 Art District, 4 Jiuxianqiao Lu, Chaoyang District (5762 3049) 朝阳区酒仙桥路4号798艺术区中一街(尤伦斯艺术中心对面); 3) Sanlitun Shop: Daily 10am-10pm. S1-18, Taikooli Sanlitun North Village, 19 Sanlitun Lu, Chaoyang District (6416 2467) 朝阳区三里屯路19号S1-18



# Sunkissed

Irena Desmond catches the light

by Aisling O'Brien



PHOTOS: SUJ

*Irena Desmond shows off her new, lighter look*





*Irena, pre-makeover*

New Zealander Irena Desmond is a global citizen: half-Chinese, raised in Malaysia, and schooled in Singapore and London. She and her fellow-Kiwi husband David Desmond first came to China a decade ago to work as teachers near Shanghai for a year. They returned six and a half years ago for David's work in trade and enterprise at the New Zealand Embassy. David is currently business development director for Yealand's Wine Group in China, while Irena runs baby products business Cutefish, which sells a range of sleeping bags, breastfeeding covers, and bibs at fairs around Beijing. The Desmonds have two children, Paxton (age 2) and Scarlet (10 months).

Irena normally wears her hair tied back, and has it cut once or twice a year at a local salon for RMB 25, coloring it herself with box dye from Watsons. "So this is really fun!" she says. **Laurent Falcon**, the salon's namesake and artistic director assesses Irena's needs and hands over the reins to David, master colorist, and Leo master stylist.

David paints in natural highlights to tone and blend with Irena's brown hair, and Leo delivers a long layered cut to add body and movement.

#### Product List

- Heynature Aqua Brightening Gel
- Lunasol Water Cream Foundation
- Shu Uemura Colorless Translucent Powder
- Dior 5 Couleurs Designer All-in-One Artistry Palette
- Etude House Drawing Eye Brow #1 Dark Brown
- Kiss Me Heavy Rotation Perfect Eyeliner in Deep Black
- Shu Uemura Liner in Black
- Shu Uemura Matte Eye Light Pencil in White
- Mac Opulash Optimum Black Mascara
- Mac Lustre Lipstick in Lovelorn



#### Laurent Falcon CBD

Daily 10am-9.30pm. 3L209, 2/F, Phase 3, China World Trade Center Shopping Mall, Chaoyang District (8535 1002, 131 4667 9913, laurent.falcon@hotmail.com) [www.laurent-falcon.com](http://www.laurent-falcon.com)

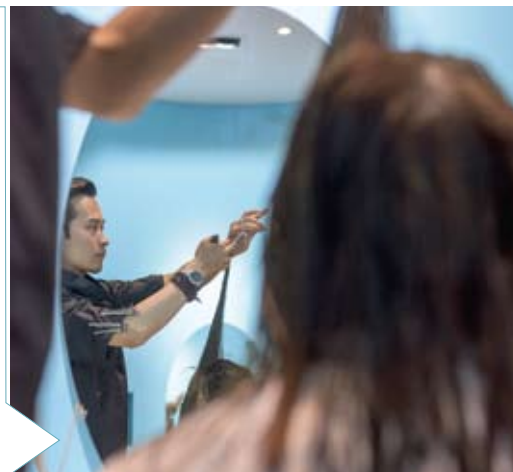
朝阳区朝阳区国际贸易中心国贸商城三期2层209

## Get the Look:

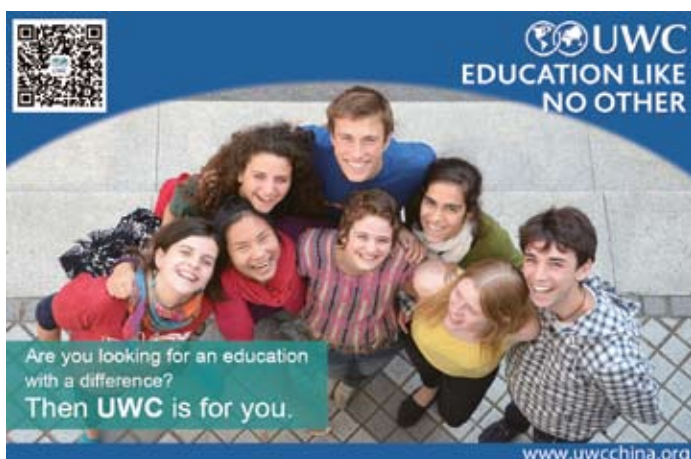


**1** David applies highlights freehandedly throughout Irena's hair, concentrating lighter tones through the ends.

**2** Leo trims a couple of centimeters from Irena's length, and adds layers to provide volume and lift.



**3** Over moisturizer, foundation, and powder, Leo creates a dramatic smoky eye, graduating from black shadow along the lashline, to warm brown shadow in the crease, with a lighter golden brown shadow on the lid and brow bone, and a smudge of white pencil on the inner corners of the eyes. He rubs black pencil into the lashes, and finishes with liquid black eyeliner and mascara. Leo finishes the look with a pop of bright pink lipstick.



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#### Got a question?

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

## Get Packing!

**P**acked lunches offer us a chance to have a little more control over what kids eat at school. Healthy lunches provide the nutrition and energy to help our children focus and concentrate. It's hard to learn with a rumbling tummy! Here are just a few suggestions on how to pack a delicious, nutritious lunch.

Think outside the lunchbox: sandwiches don't need to be the norm. Kids get bored of the same food, so why not switch to pita bread or tortillas? Making a burrito is simple and you can put all kinds of delicious fillings inside. If your child is a picky eater, this may be a chance to add some hidden shredded veggies. If lunch includes bread or pasta be sure to choose wholegrain.

You can pack leftovers from the night before. For something fresh, Soups and warm foods can be taken to school in a thermos or other insulated container. Consider packing *maki* rolls, my kids' favorite packed lunch. Skip the raw fish; use cooked fish and a variety of veggies. Add edamame and seaweed snacks to complete the Japanese theme.

Generally kids don't need to worry about fat content, so avoid low fat yogurt and be sure to look for brands with live cultures

Whether they're eaten at a separate break time or during lunch, healthy snacks are a necessity. Nuts and seeds are always great options because of their portability. In terms of nutritional value, raw unsalted versions are best. Consider packing almonds, cashews, walnuts, shelled pistachios, or pumpkin and sunflower seeds. These are all excellent brain foods thanks to their good fat content, specifically omega 3 oils. They also help us feel full longer, and keep kids' blood sugar stable. If kids aren't fans of nuts you can search online for energy ball recipes. They are tasty and fun to eat.

If your child is okay with dairy add some yogurt to boost the protein content of the snack. Generally kids don't need to worry about fat content, so avoid low fat yogurt and be sure to look for brands with live cultures. Probiotics are so important for overall health! Don't forget to add fruit to the mix. Fruit is a good source of carbohydrate, which is the brains source of fuel. In Beijing there's a huge variety of fruits available at this time of year. No two fruits have the same nutritional profile, so eating different types is key.

Well fed kids do better in school, so talk to your child and share this important information with them. If they know the reasons for eating a healthier lunch, they may be more willing to try something new.



**Need more info?**

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



## Back to School Health Checklist

**G**etting ready to go back to school is about more than new clothes and school supplies. Here is a list of things to keep in mind so your kids are in optimal health this school year.

**Shots:** There are recommended shots for every age in every country. Make sure your child has had the shots necessary to protect them from serious viral and bacterial infections in China.

**Backpack:** The weight and shape of a backpack is important to prevent back and shoulder pain among kids. Find one that has two well padded shoulder straps. Make sure the packed backpack does not exceed ten percent of your child's weight. Before buying one with wheels check that the school does not have stairs everywhere.

### Make sure your child has had the shots necessary to protect them from serious viral and bacterial infections in China

**Schedules:** During the last weeks before school try gradually shifting back to regular sleeping hours as well as daily activities that resonate more with school, (for example reading and drawing), while reducing TV and movie time.

**Regular health checkup:** Many conditions that may impede their full participation in school may be picked up during checkups. During the preschool checkup sometimes parents find out that their children need glasses. Older children get checked for scoliosis, a spinal deviation that should be watched during their growth. The developmental milestones checklist helps us see how our children are doing compared to their peers in language, motor, and social skills.

**Head lice:** After summer sleepovers and trips make sure your child has not picked up lice from a friend. If you notice your child is scratching his head make sure you check them carefully. School is an easy place to catch and spread lice. During the school year make sure to check your child's head regularly to stop the cycle.

**Transportation safety:** If your children will ride a bike to school, make sure they have a helmet and are careful in traffic.

**Five-a-day:** Fruits and vegetables will provide your child with the energy and nutrients needed to stay healthy and concentrate better during the new school year. Breakfast is a great opportunity to get the first fruit of the day. Pack healthy snacks to take to school, make sure there is fruit at home and include vegetables in dinner.

**Clean hands:** The best way to prevent the spread of respiratory infections is thorough hand washing. Teach your children to sing the *Happy Birthday* song while washing their palms, in between their fingers, and the backs of their hands. Encourage them to use hand sanitizer gel regularly, and when they sneeze or cough get them to cover their mouth with their elbow.



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# Change for children

## Beijing LIH Olivia's Place Pediatric Clinic puts China on the map

by Yvette Ferrari

It's possibly the most exciting clinic-opening of the year, because Beijing LIH Olivia's Place Pediatric Clinic's mission is unprecedented in China: it strives to bring high quality, developmental and behavioral pediatrics and pediatric therapy to local and expat children. Americans Nelson and Quynh Chow are the founders of the facility, partnering with Chinese investment firm and consultant group LIH (Long-term Investment in Healthcare). The Chows are the parents of a daughter and son; Olivia (age 7) and Peyton (5). Olivia, who has Down Syndrome, is the namesake and inspiration for both the new Beijing LIH Olivia's Place and Shanghai-based Olivia's Corner. The Beijing branch of Olivia's Place, Elliott's Corner, will join forces with LIH Olivia's Place in its new 980sqm facility. We sit down with Nelson Chow to find out more about the new clinic, its initiatives, and the necessity for raising the status of therapy services in China.

### Tell us more about the mission of LIH Olivia's Place

We're doing this to bring about therapy change in China. We recognize that a lot of expats have a choice. They *could* go back to their home country. It's the locals who don't have any support, and because of that, they lose all hope. That's why a lot of children get abandoned, why there are so many special needs kids in orphanages here, and why a lot of kids are locked in the house. There are stigmas involved because there are no services. We thought, if we're going to do this, and we're going to have so many foreign therapists on our staff, they need to be here for a reason other than therapy; they must be here to actually help influence and change the [state of therapy] in China so that millions of kids China can eventually get services just like our kids do.

Having a mission like that, if we really want to change the way therapy is being done in China and to be able to offer these kinds of

services, then we knew we had to be a model clinic; to be high quality, [provide] supervision for everyone, continuous education, and all the things that an organization provides to actually better the individual. It shouldn't be just individuals all put together; it should be a whole organization that represents everyone and allows everyone to do their best.

### What are the challenges to carrying out your mission?

The multi-disciplinary nature. When you start doing cross-functional work, [therapy and medical], you involve the whole medical community and have to make sure that the link between the therapy and medicine is there. It's one of the challenges but we really want to do it because we recognize that that link is missing now.

### What kind of services will be provided at the new clinic?

It's a true multi-disciplinary clinic: exactly the one stop shop we're missing with a lot of our children. Basically, it's a medical clinic that sees children with behavioral developmental issues from the medical all the way to the therapy. When a child comes in, you want to make sure can assess their full condition, so we can decide the best possible way to treat and help the child. It really increases the efficacy of treatment when you decide you want to [treat] it through medical or therapy means. For example, with medical you have behavioral developmental pediatricians who first see a child and, depending on the child's conditions, can determine whether it can be handled medically, treated through therapy, or a combination of the two. And through that, we'll have all the supporting therapists and staff to help out as well as consulting doctors we can refer to help with the medical issues. Other areas that we're involved with are genetics, imaging, swallowing, and cardiology.



*From left; Peyton Chow (age 5), Nelson Chow, and Olivia Chow (age 7)*





*A design image of Beijing LIH Olivia's Place*

### How did the partnership with LIH develop?

We work very closely with Kunming Medical University, one of the major top universities helping drive therapy in China. Together in fact, we helped connect Kunming Medical University to University of Hawaii to start China's first bachelor's program in speech and language pathology at a medical school. In doing that, we came to know the head of their rehabilitation division at Kunming Medical University who had been working with LIH on an adult rehabilitation hospital in Kunming. We were put in touch with LIH's founder and CEO about a year and a half ago and have since been talking about potential ways we can work together because they have a very parallel mission to ours.

### Tell us more about the company's education initiatives.

If you look at our client base, it's probably going to start shifting more towards Chinese children. Of course, with that comes the education of the Chinese parents and community in general; letting them know how therapy can benefit their children and what the uses of therapy are. It's not just the parents, but also the medical community. They don't know or understand therapy because it's traditionally been at such a low level in China. So we'll train the medical community on what therapy is and how doctors can use it because that's the missing piece.

Another component is internal education. That's one of the things that we really value – people continuously educating themselves. If you actually educate everyone involved, you're going to start generating the infrastructure that's needed on a large scale to change therapy in China. It's going to involve all these groups and right now they are all at various stages in understanding from a very low level to a little more. We've always been working on education but I think now together with LIH, we can do much more because we have a lot more resources at our disposal.

### Where do you see Beijing LIH Olivia's Place a year from now?

We hope that the clinic is running, stable, and providing for all the things we want to do along our mission and at the same time, we'll be looking at expanding Shanghai as well, doing something similar or even bigger.

LIH is carrying out other initiatives we're going to be involved with, not just related to pediatrics but adult rehab as well. Our mission has always been and will be to serve pediatrics but a lot of what we do and the techniques we develop can carry over to other LIH components.

### Resources

#### Beijing LIH Olivia's Place Pediatric Clinic

Services include ABA therapy, audiology, developmental and behavioral pediatrics, occupational therapy, physical therapy, play therapy, psychological testing and therapy, speech and language pathology, and swallowing and feeding evaluations and therapy. 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 world-class help and support.

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北京长和大蕴儿科诊所，北京市朝阳区酒仙桥路13号6-1楼2层

# Family Home-Style Cuisine

Courtyard dining  
at Red Wall Garden

text by Sally Wilson



PHOTOS: KEN

*Gabriela Nyang-Rocha (age 5) dives into her bolognese*





Angry Bird salami pizza



A marshmallow-filled nest and sliced apples



Pasta with boiled eggs

**R**ed Wall Garden Hotel is located inside the historic Shijia Hutong, a tree-lined lane with unique Chinese architecture. This boutique hotel opened in 2010, and is home to Red Wall Garden Restaurant and Courtyard Bistro. Specializing in home-style Chinese cuisine inspired by the eight major cuisine regions of China, the kitchen also serves up a varied Western menu. A section of the menu is dedicated to Beijing street food, served as snacks or appetizers. Dishes are served "family style" so everyone can experience a variety of flavors.

Regional dishes include sweet taro with pork from Shandong, pork rib and rice noodle from Guangdong, and steamed shrimp with rice noodle from Fujian. The street food menu incorporates refined versions of pan-fried pork dumplings, spring onion pancake, golden fried meatballs, and egg roll with black fungus. The menu changes every quarter, to reflect the season and the available fresh produce.

There is no separate kids' menu, but there are plenty of Chinese and Western dishes that kids will really enjoy. Our hungry young diner is 5-year-old Gabriela Nyang-Rocha. American-born Gabriela has been living in Beijing for only six months. Her favorite dinner is pasta and she loves every kind of fruit.

Gabriela samples pasta bolognaise and salami pizza. The chef has carved some cute little chicks out of boiled eggs to top off the tasty pasta dish; while the pizza toppings are arranged into an Angry Bird face. When asked what she thinks of the dishes, Gabriela says "I love them!"

Being a huge fan of anything with fruit, Gabriela samples three of their fresh juices: orange and carrot, fresh milk watermelon, and

apple with muskmelon, all RMB 35. Her favorite is the orange juice with carrot, which she thinks is "just delicious!" Desserts include lemon cheesecake, apple pie, walnut brownies, and tiramisu, all RMB 55. Gabriela enjoys an off-menu treat: an exquisite bird carved from an apple, sitting alongside a nest filled with mini marshmallows.

The restaurant seats approximately 30 inside and 50 out in their beautiful courtyard, which also features a noodle bar where diners can feast on noodles every evening from 6.30-9.30pm. Every Friday night, from May to October, the courtyard showcases an array of traditional Chinese entertainment including shadow play, Peking opera, face-changing, and Beijing hawking performances. Reservations are essential for the Friday "Culture Nights".

**Family-friendly facilities:** The restaurant and courtyard is non-smoking throughout. There are clean, Western-style bathrooms with soap and toilet paper. Highchairs are available.

**Red Wall Garden Hotel** 史家胡同红墙花园酒店  
Daily 10am-10.30pm. 41 Shijia Hutong, Dongcheng District (5169 2222, [reservation@rwghotel.com](mailto:reservation@rwghotel.com)) [www.redwallgardenhotel.com](http://www.redwallgardenhotel.com)  
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# Fast and Delicious

An easy to make  
Beijing dish from  
the Yu-Huo family

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





Chinese mom Virginia Yu is director of marketing communication at Westin Beijing Financial Street, and her Beijinger husband Stephen Huo is Sweetie Salad's director of marketing; between them they know a thing or two about eating out and entertaining in. Who better to teach us a Beijing dish?

Yu attended high school and university in Perth, Australia, throwing more than a few shrimp on the barbie during her time there, before returning to Tianjin in 2006 to begin her career in hospitality. Their son Nicolas Huo was born over two years ago. Unfortunately for *beijingkids*, he was napping deeply when we visited and couldn't be roused for a photograph.

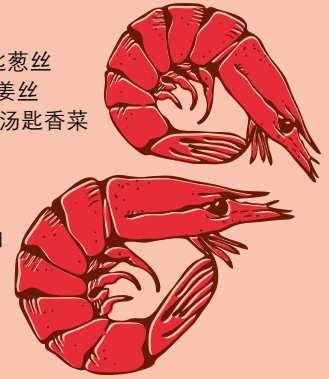
Yu cooks often quite often now, but it wasn't always the case. "I cut myself quite badly chopping food when I was pregnant. It made me afraid of the kitchen and especially knives for a while," she says. Last year when Stephen became ill and requested home-made chicken noodle soup, Yu prepared it and afterwards began to cook for the family once more. "This is a simple dish which I would normally serve with another main dish, a vegetable, and plain rice," Yu says. "It could also be served as an appetizer for a dinner party."

### Braised Prawns 油焖大虾

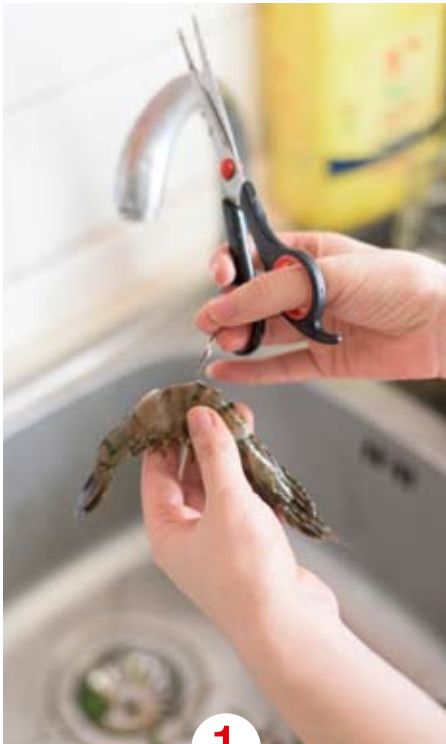
Approximately 2-4 servings 约2-4人份

#### Ingredients 成分

10 large prawns 10只大虾  
1 tbsp shredded scallions 1汤匙葱丝  
1 tbsp shredded ginger 1汤匙姜丝  
1 tbsp fresh coriander leaves 1汤匙香菜  
1 tsp salt 1茶匙盐  
1 tbsp sugar 1汤匙糖  
3 tbsp ketchup 3汤匙番茄酱  
20ml cooking oil 20毫升食用油  
200ml water 200毫升水



## Instructions 做法



1

1. Remove the legs, brain pouch, and cut out the digestive tract of the prawns. 大虾剪去足和虾枪（注：虾枪在虾头的最前端，呈尖状），后背开口取出虾线。



2

2. Pour 20ml oil into a medium-hot pan; add the shredded ginger, shredded scallions, and the prawns. Braise until they turn an opaque pink color. 锅中倒入20ml食用油，五成热时放入姜丝，煸炒一下加入葱丝，再煸炒出香味后加入大虾，煎至一面变色，翻面再煎。



3

3. Add 200ml water. When it boils, lower the heat to a simmer. Five minutes later, add the salt, sugar, and ketchup. Turn the heat back to high, until the sauce thickens and becomes sticky. Garnish with coriander leaves. 待整只虾变色后加入约200ml清水，开锅后改为小火焖。约5分钟后，加入盐、砂糖和番茄酱。（注：用量可根据个人喜好调整），开大火收汁，至汁粘稠即可。出锅摆盘，用香菜点缀完成。





# THE REST IS HISTORY

Six family-friendly museums

by Sijia Chen





## CHINA SCIENCE AND TECHNOLOGY MUSEUM

中国数字科技馆

There's a reason we keep recommending this place. *Everything* is interactive and kids have to be dragged away from practically every display. From robots to ships, space, and beyond, visitors can explore various facets of science and technology in a clean, air-conditioned space that offers a welcome respite from the heat.

Located near the Olympic Village, China Science and Technology Museum is suitable for children of all ages. Most of the exhibition halls are located on the third floor, so head there first if you're short on time. There's an area for younger kids, which costs extra. Food and drinks are available on all levels and the toilets are very clean.

**Admission:** RMB 30 (adults), RMB 15 (kids), cinema: RMB 30 (adults), RMB 20 (students), kids' area: RMB 20 (kids), RMB 10 (adults). Tue-Sun 9.30am-5pm. 5 Beichen Donglu, Chaoyang District (5904 1000, [ticket@cstm.org.cn](mailto:ticket@cstm.org.cn)) [www.cstm.org.cn](http://www.cstm.org.cn) 朝阳区北辰东路5号



## PALEOZOLOGICAL MUSEUM OF CHINA

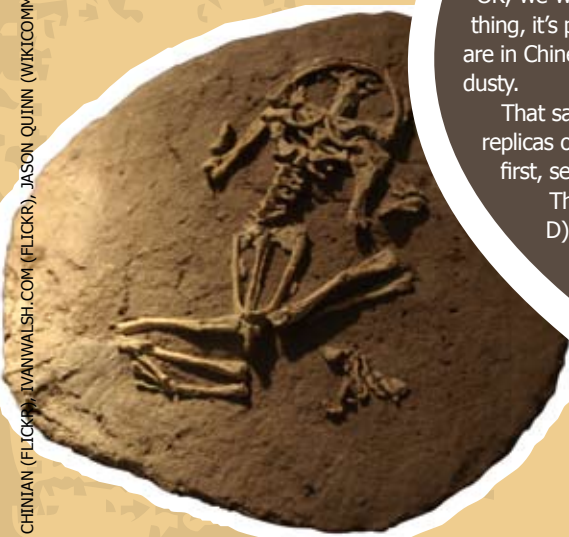
中国古动物馆

OK, we won't lie – as far as dinosaur museums go, this one could use some spiffing up. For one thing, it's pretty small; we wouldn't budget more than an hour for the visit. Secondly, all the displays are in Chinese so you're not likely to learn much. Lastly, the displays are generally a bit run-down and dusty.

That said, dinosaur-loving kids should have a blast. In addition to fossils, the museum has life-size replicas of a T-rex, mammoths, sabertooth tigers, a stegosaurus, and a brontosaurus that spans the first, second, and third floors.

The Paleozoological Museum is located just west of Beijing Zoo subway station (line 4, exit D), directly across the street from Beijing Zoo. Its immediate neighbour to the east is the Beijing Planetarium, so you could potentially combine all three attractions if you start early enough.

**Admission:** RMB 20 (adults), RMB 10 (kids under 1.2m), RMB 20 for admission to 3D cinema. Daily 9am-4.30pm (last admission at 4pm). 142 Xizhimen Waidajie, Xicheng District (8836 9280/10/15) [www.paleozoo.cn](http://www.paleozoo.cn) 西城区西直门外大街142号



## BEIJING PLANETARIUM

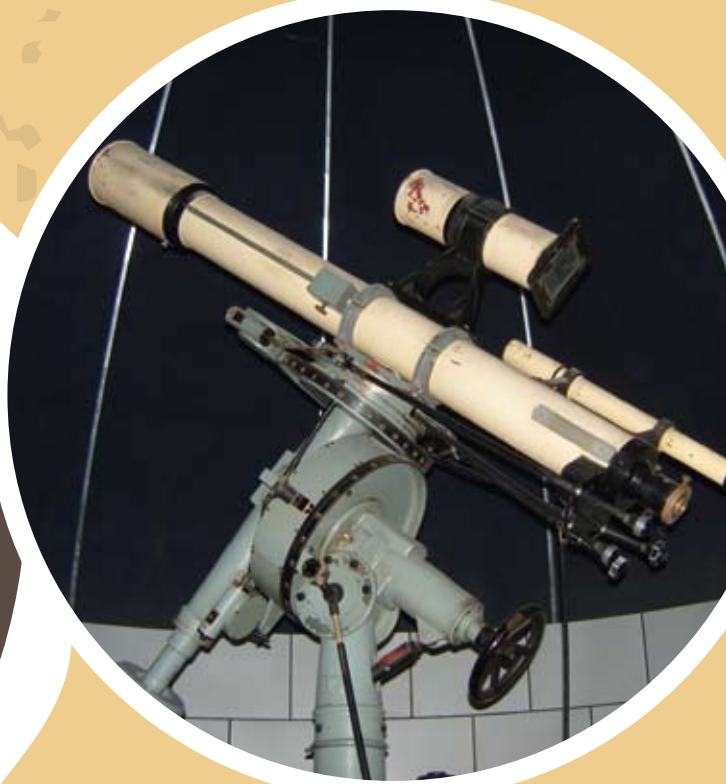
北京天文馆

The planetarium is divided into two buildings, A and B, with their own exhibits and admission prices. The main attraction in building A is the Astronomy Theater (天象厅, *tianxiang ting*), which features a 23m circular screen showing star trails, galaxies, and other astronomical phenomena.

Building B houses the Cosmic Theater (宇宙剧场, *yuzhou juchang*), which at 18m is slightly smaller than the Astronomy Theater. Similarly, it shows eye-popping images of constellations, space stations, northern lights, and more.

Building B also has a 4D cinema and a 3D cinema. Located on the second floor, the 4D cinema takes viewers under the sea, buffeting them with the occasional spray of water, gust of air, poke in the back, and other physical sensations. The 3D cinema is located in the basement and offers a more abstract, wide-ranging trip through time and space.

Astronomy Theater and Cosmic Theater: RMB 45 (adults), RMB 35 (kids under 1.2m); 4D and 3D Cinema: RMB 30 (adults), RMB 20 (kids); regular exhibits (building A and B): RMB 10 (adults), RMB 7 (kids). Wed-Fri 9.30am-3.30pm, Sat-Sun 9.30am-4.30pm (closed Mon-Tue). 138 Xizhimen Waidajie, Haidian District (5158 3311) [www.bjp.org.cn](http://www.bjp.org.cn)  
海淀区西直门外大街138号



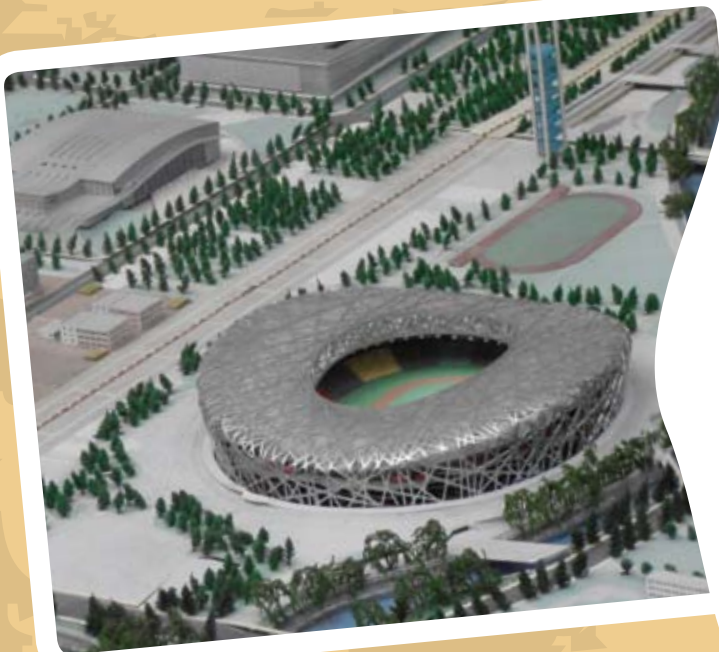
## BEIJING URBAN PLANNING EXHIBITION HALL

北京市规划展览馆

A great choice for history and urban planning nerds, Beijing Planning Exhibition Hall offers an overview of Beijing's development as a city. The 16,000sqm museum spans four floors and showcases the layout of the Forbidden City, *siheyuan* preservation projects, the future of Beijing urban planning, and more. The museum is within walking distance of Tiananmen Square and Qianmen, so this would be a good place to take visitors.

On the first floor, there's an impressive bronze relief showing Beijing and the surrounding geographical features. There are 20-minute screenings on the history of Beijing and a 4D movie on future plans for the city (RMB 10 each). In the past, temporary exhibitions have covered folk customs, marriage, community life in ancient villages, and water conservation. Toilets are very clean. See p57 for a tour of Qianmen featuring this stop.

**Admission:** RMB 30 (adults), free for kids under 1.2m, RMB 10 per person for each of the short movie screenings. Tue-Sun 9am-5pm (last admission at 4.30pm). 20 Qianmen Dongdajie, Dongcheng District (6705 7932) [www.bjghzl.com.cn](http://www.bjghzl.com.cn) 东城区前门东大街20号





## CHINA RAILWAY MUSEUM

中国铁道博物馆

Train buffs will love China Railway Museum, a warehouse-style building showcasing steam, diesel, and electric trains. The centerpiece of the exhibition is a collection of railway cars that Mao Zedong and Zhou Enlai used to tour the country in the 1960s and 1970s. You can tour the inside of the cars for an extra fee, which is well worth it; you'll see retro pink toilets and bathtubs, lounge chairs, and an office. Some signs are in English and Chinese.

There's a small seating area near the entrance selling drinks, train models, books, and toys, but apart from that the museum is basically a big hangar with no frills. Pack your own snacks. Families can expect to spend one to two hours here.

There are actually two branches of the China Railway Museum in Beijing, so make sure you're going to the right place. One is located in Qianmen and focuses on railway construction, with very little rolling stock. The one you want is located in Dashanzi, just outside Fifth Ring Road. The museum is hard to reach by public transit, so you'll want to take a taxi or a private car.

**Admission:** RMB 20 (adults), free for kids under 1.2m. Tue-Sun 9am-5pm. 1 Jiuxianqiao Beilu, Chaoyang District (6438 1317/1517) [www.china-rail.org](http://www.china-rail.org) 朝阳区酒仙桥北路1号院北侧



## CHINESE MUSEUM OF WOMEN AND CHILDREN

妇女儿童博物馆

Opened in 2011, the Chinese Museum of Women and Children is a little-known museum that tracks the role of women and children in Chinese history. The space is clean, quiet, and has spotless toilets on each floor.

Three floors showcase artifacts, games, and activities associated with childhood. Another three floors focus on women, from Neolithic times through to the 20th century. All exhibits are in English and Chinese. The top floor is reserved for costume exhibits from ethnic minority groups in China.

The address is officially listed as 23 Jianguomen Neidajie, but the museum is actually located on 9 Beijige Toutiao to the north behind a building called Chinatex Mansion (中纺大厦, *Zhongfang Dasha*), which faces out onto Jianguomen Neidajie. Get out at Dongdan subway station (line 1, exit B), take the first left into a little alley, take a right on Beijige Toutiao, and the museum will be on your left. Admission is free, but you have to show your passport at the counter.

**Free admission.** Tue-Sun 9am-4pm. 9 Beijige Toutiao, Chaoyang District (6526 9678) [ccwm.china.com.cn](http://ccwm.china.com.cn) 朝阳区北极阁头条9号





# Ride On

## Saddle up at Equuleus

by Aisling O'Brien

Summer is here and naturally thoughts turn to unbridled fun and horsing around outdoors. In addition to being an enjoyable form of exercise, horseback riding can help kids develop a sense of mastery and self-sufficiency, and cultivate patience, respect for animals, and emotional discipline.

Equuleus International Riding Club opened in 2000 and is the only British Horse Society (BHS) approved club in mainland China. With 180 stables, it houses around 130 mostly imported European horses, including warmbloods and thoroughbreds. There are six arenas in total, five of which are Olympic-competition standard, with three each of indoor and outdoor arenas. Additionally, four grassy areas are used for competitions and events.

*Leonie Stockle (age 10) takes the reins*

PHOTOS: JIMI YOU





## Lessons

Twelve of the club's 19 Chinese trainers can teach in English, and all trainers are qualified British Horse Society (BHS) instructors. The club also regularly hosts visiting foreign trainers.

Children as young as 4 years old take lead-rein lessons. From 6 years and above, they can ride independently without a lead. In addition to English-style riding lessons, show jumping and dressage lessons are available. Families can also take stable management classes covering topics such as safety around horses and horse grooming. Both private one-on-one and group lessons are available, depending on the level and experience of the riders. Group lessons are generally made up of two to five riders. Typically a first lesson is private; when riders demonstrate they have progressed enough they are encouraged to participate in group lessons. Beginners start with flatwork and progress to dressage and jumping. For members, lesson fees range from RMB 240 to RMB 630. All lessons must be reserved in advance.

## Safety

While lots of fun, horse riding is 20 times more dangerous than riding a motorcycle, according to the website riders4helmets.com, and the American Association of Neurological Surgeons reports that 20 percent of horse riding injuries are head injuries. Your children should *always* wear a helmet.

## Equipment

Basic equipment such as helmets, chaps, and boots are available to rent at an extra cost of RMB 50 per lesson. Avoid wearing glasses, earrings or sharp jewelry, and be sure to wear suitable pants.

## Insurance

Each lesson fee includes basic accident insurance for riders, but Equuleus suggests that families have the appropriate insurance to cover high-risk sports.

## Dining

If you're in need of your own nosebag, try the onsite restaurant Equ Dining, which serves mostly western food such as pizza, sandwiches, salads, and horse-shaped cookies, as well as some local Chinese dishes. It also provides a rest area for parents accompanying their children, or non-riding family members. Other dining options in the neighborhood include The Orchard and Green T. House Living.

### Equuleus International Riding Club

天星调良国际马术俱乐部  
Tue-Sun 8am-6pm. 91 Shunbai Lu, Sunhe Town (north of and parallel to Xiang Jiang Beilu), Chaoyang District (400 075 0808, 135 2233 9691, [equuleus@equiriding.com](mailto:equuleus@equiriding.com)) [www.equiriding.com](http://www.equiriding.com)  
朝阳区孙河镇顺白路91号香江北路北

### The Orchard 果园西餐厅

Tue-Sun noon-2.30pm (lunch), 6-9pm (dinner).  
Hegezhuang Village, Cuigezhuang Town, Chaoyang District (6433 6270) 朝阳区崔各庄乡何各庄村

### Green T. House Living 紫云轩茶事

Daily 11.30am-11.30pm. 318 Hegezhuang Village, Cuigezhuang, Chaoyang District (8456 4922 ext 8, 136 0113 7132) 朝阳区崔各庄乡各庄村318号







*Dilhan (age 1) and Koray Kanbur splash about in the Melbourne sunshine*

# Melbourne Memories

The Yin-Kanbur family travel to Oz

by Lee Kanbur

**Travelers:** Lee Kanbur, his wife Sze Yin, and their sons Koray (age 6) and Dilhan (1). Koray attends Tianjin Wellington International School.

**Destination:** Malaysia and Australia

**Travel dates:** December 2014/January 2015

**Travel plans:** The family flew with Malaysian Airlines to Kuala Lumpur for two days before continuing on to Melbourne and Adelaide in Australia. They stayed with family and organized the trip independently. Flights were RMB 18,500; food and shopping came to approximately RMB 43,000.



*Yarra Valley wine country*

PHOTOS: COURTESY OF LEE KANBURA, WIKIMEDIA COMMONS





Horseback riding on the beach



Flinders Street Station



The Yarra River and Melbourne city skyline

Melbourne is a chic, creative, and cosmopolitan city; Australia's second largest city and arguably its cultural capital. We visited during summer in the southern hemisphere, and the weather was hot and sunny. January is one of Melbourne's hottest months, which makes it a great destination to escape freezing Tianjin. The city's vibe is uber-relaxing; it's a great place for the whole family to refresh and get back to their best selves. Because Melbourne is my home-away-from-home, perhaps the most enjoyable part of our visits is bumping into friends by accident.

The city has something to offer everyone; gold-rush Victorian-era architecture, museums and galleries, public parks and gardens, exceptional local restaurants, great wine, and of course the extensive summer sales. To make the most of Melbourne's multi-cultural dining scene we visited Italian Town, China Town, Greek Town, Vietnam Town and Turkish Town for food. Immigrant cuisine tends to be authentic and flavorful; not dumbed down. The food we most look forward to is my mother's cooking, but Tommy Ruff Fish Bar in Bayside runs a close second. This fresh-seafood restaurant is always packed so be sure to reserve ahead. The portions are generous, and the fish is delicious and super fresh. As well as traditional fish n'chips there's also more adventurous combinations such as the soft-shell crab burger, salsa verde or Indian marsala grilled fish of the day.

For shopping, although Melbourne has plenty of high-fashion flagship stores, (it's also Australia's fashion capital) it's hard to beat the value of Direct Factory Outlets (DFO) which offers up to 75 percent

off on big-name brand across a variety of products.

Nearby, Yarra Valley is famous for its wineries. Reaching the valley from the city center is a short hour-long drive. The wineries are clearly signposted and easily accessible from the highway, so this is an easy self-drive day trip. Alternatively there are plenty of tours offering trips to the valley each day. This is a good area for wine tasting, with a variety of grapes grown. You can choose from varieties including Syrah, Chardonnay, Pinot Noir, and Riesling among others.

A final highlight for us was horseback riding along the ocean beach at Rye, about 90 minutes south of Melbourne. Even inexperienced riders can participate as the horses are gentle and there are guides with each group. It's mainly a walking trek across dunes, with breathtaking coastal views, with trotting saved for the broad sands of St Andrew's Beach.

#### Travel Tips

- Visit DFO in the morning before it gets too crowded with afternoon shoppers.
- Be aware that police regularly set up blood alcohol checkpoints around Yarra Valley, so make sure to nominate a designated driver for your wine tasting tour.
- Although it's possible to ride at Rye several times a day, it's a good idea to book ahead, especially on weekends.

# The Perfect Fit

An inside look at applying to US universities  
and finding the right school

by Yvette Ferrari



PHOTOS: COURTESY OF LISA AND BRUCE SCHLUTER

From left: Caroline, Alvia, and Brooke Schluter (age 18)





According to a survey by the Institute of International Education in partnership with the US Department of State's Bureau of Educational and Cultural Affairs, the US enrolls more of the world's 4.5 million international students than any other country. However with over 2,000 four-year colleges and universities to choose from, the prospect of applying to colleges in the US can feel daunting; especially for international students who may not have first-hand knowledge of the US or its applications process. As most university counselors will stress, only once students have narrowed their scope can in-depth research begin – the intensive, time-encompassing quest for colleges that are the much hyped "right fit."

"It's been estimated that solid research takes approximately 10 hours per school. Understanding the culture of a school, the type of students who typically attend, and all the other factors takes time," says Hamilton Gregg, a college advisor at Harrow International School Beijing (HISB), and the founder of Beijing-based International Educational Consulting. Gregg has worked in education since 1985 and helps students and their families understand their personal and educational needs and find the right school to meet their requirements. School lists should generally be broken down into three categories: reach, match, and safety schools.

With the start of another academic year upon us this month, we speak with Gregg as well as three recent graduates from Dulwich College Beijing (DCB), the Schlueter triplets. We met with the American-born sisters twice as Year 13 students: once after they applied to universities last winter and again after they received their acceptances. The girls provide an inside look at applying to US colleges and their experiences finding the right school.

### Location, Location, Location

The first time we meet with the Schlueter sisters at a coffee shop in Shunyi, it's the middle of December and the girls arrive for our interview dressed down in leggings, UGG boots, and fleece jackets. Alivia, Brooke, and Caroline Schlueter are originally from Pittsburgh, Pennsylvania and have lived in Beijing for six years. The Schlueter sisters are applying to between six to eight universities each, an average number by American standards.

The girls' 20-year-old sister also went to DCB and had a hand in influencing their choices on where to apply. "We're mainly applying on the East Coast and in the South as well as to a few similar schools, like Fordham University, University of South Carolina, and Northeastern University," says Brooke. "After going on college tours with our older sister, we happened to like a lot of the schools she was applying to."

"Visiting campuses over [last] summer played a big a role. Some of the schools I thought I wouldn't like, I really liked and vice versa," adds Alivia.

Campus visits are an ideal way to get to know a school, as students often have the opportunity to talk with current students, representatives, or even alumni, however the reality is that tours are not always possible for international students. Gregg emphasizes that while it's hard to get a true sense of what a school is like without seeing it in person, it's not impossible. In addition to using the school's website as a starting point, Gregg recommends students and parents use credible resources and tools such as guidebooks like *The Fiske Guide to Colleges*, *Colleges that Change Lives: 40 Schools That Will Change the Way You Think About Colleges*, and Princeton Review's *The Best 379 Colleges*,



The Schlueter triplets with their older sister, from left to right: Caroline, Alivia, Lauren, and Brooke





Brooke, Caroline, and Alivia at the Great Wall

to shed further light on what it's like to go to a particular school.

Websites that have student comments like College Confidential and Unigo can also provide useful insight and opinions. However, Gregg cautions that when using the Internet and books remember "one man's opinion may not be another's and not necessarily factual. The more resources you consult, the more you may be able to iron out any inconsistencies. Also, if you read something that looks questionable, contact the admission office directly," he says.

Alivia came up with her final list of schools based on where she'd ideally like to live. Notably, in addition to the sisters' common schools, only Alivia is applying to West Coast colleges in sunny Southern California: University of California, San Diego and University of California, Santa Barbara. The beachside Santa Barbara campus comes in as her top choice. "I don't want just the city, like New York University. Campus [location] plays a big part for me," she says.

Caroline's first pick is Fordham University. She explains that campus' surrounding cities helped determine the schools she's applying to. "Coming from Beijing, I like the big city feel. I don't want just a college town – I want to have things to do around me."

Brooke doesn't necessarily have a top school in mind. "I like all the schools I applied to so I'll just see after I get in," she says.

Gregg agrees that one of the best methods for coming up with a list of schools comes down to location and personality match. He advises students to ask themselves the following questions when doing university research: Do you prefer cities, suburbs, or countryside? Do you want hot, cold, rain, and snow? Do you prefer mountains, beaches, or flat plains? Do you want a big, small, or medium-sized institution? Where can you get involved or pursue activities that you are interested in?

Some teens may know exactly what they want to study, but it's also common for students to have only a vague idea or even to change majors. One of the best ways students can significantly narrow down their pool of choices is to have a set major in mind. Brooke has applied for nursing programs and seems to have the most concrete idea about what she'll do in the future. Caroline and Alivia have a more general idea of what they will major in; either sports management or business for Caroline, while Alivia says she's been influenced by her time abroad and is considering studying international business.

### Help Wanted? - Making the Final Call

The second time we meet the triplets, it's the middle of May and acceptances have recently come in. Brooke was accepted into the nursing program at University of South Carolina where she will join her older sister. To their disappointment, Caroline was initially deferred from her top choice at Fordham while Alivia was also deferred at Northeastern, one of her two top schools. "We didn't get rejected but we were still both really upset," says Alivia. "Later we found out we both got in so it all worked out."

Tasked with choosing between Northeastern University and University of California, Santa Barbara, Alivia has decided to go to Santa Barbara, where she will run for the school's Division 1 track and field team, and study communications, "probably marketing or advertising."

The girls say family had an instrumental role in their application process, from writing essays up to making a final decision on where to go. "Although Mom thought I should choose Northeastern because she doesn't think I'll get much work done in Santa Barbara," says Alivia. "Because of its reputation for the beach and parties."

The girls agree that outside input, specifically when it came to writing essays, proved stressful as multiple people gave conflicting feedback. "Three family members would say three different things and it's hard to incorporate all the different perspectives," says Brooke.

Though parents will have an obvious influence on a their child's applications and final university choice as they are likely paying for tuition, Gregg reminds parents to keep in mind that the student will be the one going to school, not them, and that they should be proud no matter where their child chooses to attend. Gregg advises students to be upfront with their parents and says school counselors should act as an intermediary for students if there is conflict.

Gregg says counselors may also get students thinking about the overall educational experience and even make suggestions about schools that are off the radar. Caroline agrees. "Our counselor [Heather Pineda] really helped me with choosing my schools. She asked me questions that made me think about why I want to go to each school and helped me question each decision," she says. "And she responds really quickly," Alivia adds. "I didn't start my [Common Application] essay until the beginning of Year 13 and had to do several drafts. She really helped me make my essay as good as it could be."

Pineda also helped Brooke stick with her initial university choice after input from friends caused her to question the decision. "Our classmates are very academic and applied to Ivy League schools like Harvard; they don't consider fit as much," she admits. "Everyone was questioning me on why I'm choosing South Carolina over Northeastern when Northeastern has a higher ranking and the co-op program, where you get work experience while you're in school. But our counselor knows me pretty well and reassured me that I'm making the right decision."

"Ms. Pineda is really good because she's trying to change the mental-

ity about ranking," adds Caroline. "Even though Ivy Leagues are some of the 'best schools,' it might not be the best fit for you or your major and a lot of people forget that."

Basing school choice solely on ranking as opposed to other, more reliable indicators such as fit is a common mistake says Gregg. He finds that managing families' expectations is of utmost importance as top schools are not for everyone. "Everyone assumes they would 'dream' to go to Harvard, but ask yourself, is that really the best environment for you? Be reasonable and appropriate."

Contrary to popular belief, especially in China, ranking and name recognition do not tell the whole story of a school. "Schools have been caught manipulating SAT scores, or spending loads of money to build more prestigious programs which raise their rankings. Increasing the number of applicants, which in turn lowers their admittance rate, also influences a school's ranking," Gregg says.

What factors *do* tell a fuller story? Gregg points to student retention, job placement after graduation, and student satisfaction, as more quantifiable and reliable factors. Lastly, Gregg points out that while it's hard for any one person to know everything, college counselors are generally an invaluable source of help and information. "There are always lots of unfounded rumors floating around," he says. "Talk to your counselor often. They can get to know you and help define what kind of school and experience you want."

Before wrapping up, we have one last question for the triplets: What will be the hardest part about leaving Beijing? "Well," Alivia begins, "We haven't really..." "Ever been apart before," Brooke says, finishing her sister's sentence. "The one time I've been apart from them was when they went to track camp," adds Caroline. "It'll be different."

## Famous Last Words – Advice to incoming seniors and Year 13 students



**Brooke**  
On essays and research

*"Have a schedule for essays: how many you need to write, brainstorm topics, and mark down when you're going to finish each draft. Also, do thorough research. I went into applications liking all my schools and thinking I wouldn't mind going to any of them, but once I learned more I realized some actually weren't the best fit for me. I didn't do much more research beyond the tours we went on with our older sister; I stuck with what I knew. Looking back, I probably would have applied to different schools than my sister's and done more research based on my major. "*

**Alivia**  
On number of schools

*"Don't forget to apply to your safety schools! Also, it's not necessary to apply to more than 10 schools. A lot of our friends applied to something like 20 even though our school policy says no more than 10. We have two college counselors at DCB; one focuses on the US and one on the UK. It doesn't help if people apply to 20 schools. "*







**Caroline**  
**On creativity and starting early**

*"Start early because applications are time consuming. Every college I applied to had a very different application and it was really hard juggling with the IB. [International Baccalaureate Programme]. Also, most of my supplement essay topics weren't connected so you have to think about what qualities you have and find a creative way of saying it."*

**Gregg's Expert Advice**

"Set out your goals, learning style, and once again, think about where you want to live and learn.

Finding the right fit takes time and research. If you haven't found a school yet, that's great. You have many of schools to choose from; keep researching and investigating. The more thorough you are, the better your choices will be. Take the appropriate amount of time to dedicate to the job ahead. Finally, remember, your final year in school is your full time job, applying to school is your part-time job. Do well in school. You have not finished high school until you graduate."

**Resources**

**Dulwich College Beijing**

Beijing Riviera Campus: 1 Xiangjiang Beilu, Jingshun Lu, Chaoyang District (8450 7676, info@dulwich-beijing.cn) www.dulwich-beijing.cn 朝阳区京顺路香江北路1号香江花园

**The College Commandments Checklist: Gregg's top ten tips on applying to US Schools**

1. Always make sure you are honestly appraising your abilities and talents.
2. Expect the unexpected in your research.
3. Don't follow the crowd. You are an individual and there are a group of schools that are a fit for you.
4. Know what you want and what you think you want to study. But remember, you may change your major, possibly more than once. That being said, make sure the schools you choose have everything you would possibly want to study.
5. Truly consider where you want to live and study.
6. Make sure your list is comprised of a healthy range of schools that are Foundation, Core and Appropriate Reach.
7. Research, research and more research.
8. Get to work early on the application, especially the essay.
9. Manage your time and set a plan to get through all aspects of the process.
10. If you have not started yet for next year, do it now. Multitask to get through all the pieces of the application.



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# I Want to Be a Historian

Lars Ulrik Thom and Keystone Academy Students gaze into the past

text by Yvette Ferrari  
photo by Dave's Studio

In an ever-changing city like Beijing, it can be difficult to feel connected to history. This prompted long-term expat Lars Ulrik Thom and fellow Dane, Simon Gjerø, to co-found the company **Beijing Postcards**. In addition to giving talks and exhibitions on the development of modern Chinese society, Beijing Postcards collects pictures, maps, and prints of old Beijing and uses them to create products including calendars and postcards. It is research, however, that Thom enjoys most, especially interviewing *lao Beijingren* and listening to stories of long gone camel drivers, city walls, opium dens, tramways, and more. Thom shares some of his own history with Grade 7 and 8 students from **Keystone Academy**.





## “ It’s difficult to relate to Beijing if everything old is either destroyed or rebuilt ”



**Vivian Wang, 12, China**  
*What kind of difficulties do you face?*

We face a lot of difficulties. For example, if I want to tell a story about a certain hutong or place, I might not find anything. Maybe no one took pictures of it or maybe no one wrote about it. Or maybe the Chinese I’m reading in a newspaper isn’t simplified. Or if I interview someone, maybe I don’t understand what they are saying because they’re speaking Chinese I’m not acquainted with.



**Henry Fu, 12, China**  
*What’s your goal of collecting Beijing’s history?*

We want people to relate to history. If you want to relate to China, that’s 1.4 billion people, it’s difficult. But if you want to relate to China through Beijing and what’s happened to Beijing, it’s much more concrete. We predominantly focus on the last 100 years of Beijing’s history and use materials such as newspapers, photos, and maps so that people can connect to how Beijing has become the city that it is today.



**Stella Folo, 11, Australia**  
*What’s it like finding out all this historical information?*

It depends on how you find it out. One thing I really enjoy is sitting across from a really old Chinese person and creating this trust where the person shares her memories and things she thought when she was a little kid. That feels very meaningful to me. When it comes to reading old Chinese newspapers, while it’s interesting and something I appreciate, it’s tiresome because when I do it, I feel that my Chinese needs improvement.



**Olivia Gan, 12, China**  
*Why are you interested in China?*

China is very different than where I come from in Denmark: the way of thinking and the language. Every time we start a new project, we find whole new ways of looking at something. Chinese culture is very deep and there are a lot of things to be found out and shown to a predominately western audience. I think a lot of western countries don’t really understand China.



**Jeff Qu, 12, China**  
*What is the most interesting thing you’ve found out about China?*

Pictures can make us realize that sometimes history is not what we perceive it to be. One example is the Drum and Bell Tower. We collected some photos of the tower in 1928 and at that point the Bell Tower was a cinema. It was this iconic, important time keeper for the whole city, and years later it became a cinema with people sitting inside it.



**Danny Wang, China, 13**  
*How do you get your photos?*

We mostly collect photos abroad, mainly from Europe or the US. If you go back 100 years, a lot of people were coming to China and would take pictures to document their experiences. Pictures Chinese people took were more about representing the family. Why should they take pictures of things like camels and streets they knew already existed? We’ll come across photos during interviews as well and people will often let us use their pictures because a lot of older people think it’s a shame if their stories aren’t shared.



**Henry Deng, 12, China**  
*How do you determine when a photo was taken?*

Take a picture we have of the Tian’anmen gate for instance. We looked at it and saw rickshaws and knew rickshaws were introduced to Beijing in 1900. We also saw a tramway, which was introduced just around 1920. We knew another thing; that the Tian’anmen gate was redesigned by a German architect in 1916. With that information mixed together, we can conclude the picture was probably taken between 1920 and 1930. If we think a picture has a special story, we have an associate who goes to a huge library where they have old newspapers on micro film. This machine can read old newspapers from about 100 years ago and we’ll try to find out information about the photo that way too.



**Eric Zhang, 14, China**  
*What made you want to be a historian?*

A big interest in history and a love of telling stories and making people interested. It’s difficult to relate to Beijing if everything old is either destroyed or rebuilt. If we lose our relationship to the past, we don’t know who we are. Sometimes, in China, with everything developing so fast, that disconnection feels like a real threat.



**Blake Wang, 12, China**  
*Why did you start Beijing Postcards?*

My idea was to make history more accessible. I think history isn’t something you should only study at school; it should be all around you. I want it my company to be a bridge from the classroom to the outside world.

# Students from Yew Chung International School of Beijing fill August's Blank Canvas



## Shiya Tong, 18, Hong Kong

The theme for my IB artwork this year was "Growth." I am 18 and something is changing inside of me as well as my understanding of my family. I put my complex feelings and emotions into my artwork. Moving on from my earlier work, I have taken greater risks and have gone out of my comfort zone of using paper to creating three-dimensional and digital pieces, such as video art and sculptures. I have broadened my perception of scale and media and my perspective has become wilder and more ambitious. Another change in my work has been to use more Chinese elements. For example, I've adopted Chinese landscape painting into my artwork and used an old technique of Chinese art that involves the flow of movement sideways from top to bottom in a fluid manner, very similar to the style used in Chinese calligraphy or that of a dragon's body. I have used surrealism in most of my pieces as it is a movement I am deeply influenced by. I have illusions which I put into art, creating a dreamy feeling with the objective of taking my audience beyond reality.



**Amy Gill, 19, South Korea**

My artworks explore movement, because I was heavily influenced by my immigration to China. After moving here, I was quite frightened and nervous, however I gained confidence through art, and got used to it. I expanded this idea into my art in different ways. I worked with general thoughts of life and death, and started to see the theme of movement in a new perspective. I use diverse sources to develop my artwork such as visiting The Korean National Gallery, reading books in Chinese, and visiting contemporary galleries in Beijing. I use the western style of oil painting and eastern material such as Chinese paper and Chinese ink to create installations and sculptures. I primarily start from 2D artwork and stretch the idea into 3D artwork using site-specific sculpture. As I've progressed, I've started changing my use of materials. I use sumi ink with an ink pen to draw on a 2D paper canvas and develop it into a 3D piece. I believe one of my strengths is that I take risks with diverse materials even though I am not always successful.



# Choose Your School

## Picking just the right place to send our kids

by Christopher Lay



### About the Illustrator

Zara, 6 years old, is a Blue Bridge Art Lab Junior student at Blue Bridge International Education. Currently, she is in Grade 1 at YCIS. Originally from Australia, Zara has travelled to many countries. In the future, she would like to be a traveler and an athlete.



I never thought I would be writing this, but choosing a school from amongst the multitude of Beijing's international and public schools proved far simpler than the task of selecting the right public school for my kids back in the US. If we were relocating to my hometown, the selection process would be simple since there are only three elementary schools in the entire place. Unfortunately, we are moving to the Redmond, Washington area and neither Savvy nor I know anything about the neighborhoods or schools.

Don't get me wrong; we are thrilled to be moving to Redmond, we just haven't figured out which part to move to. It would be great to rent while we hunt for a house to buy without having to change schools later. However, our address will dictate what school our children attend. So I find myself trying to get a mental image of what half a dozen cities in the Redmond area are like while trying to gauge the quality of dozens of schools. Unfortunately, without some time on the ground, I am not getting a clear picture.

If money were no object, it wouldn't matter. I could pick my favorite school and we could simply buy something nearby. Problem solved. Alas, just like Beijing, housing prices in the Seattle/Redmond area have skyrocketed over the last few years. It is enough to make a grown man cry. Not me of course, but surely other men have been reduced to tears trying to find the perfect home to buy in this market.

Fortunately, I have friends who live around Redmond and they graciously provided me with a wealth of first-hand information about the different towns and neighborhoods. One of my best mates, who lives in a town called Sammamish, described a number of likely places along with a dire warning not to even bother looking at Bothell. Meanwhile, my friend from Bothell told me of some potential spots, while warning me to avoid Sammamish. Who knew that having friends near our new home was going to be so awkward?

Despite the advice of my friends, or perhaps because of it, the app Zillow has been a huge source of information in our quest to find the perfect neighborhood and ideal school. It lets me see homes for rent and for sale, provides data on schools, tax information, maps, even mortgage payment estimates. It is a treasure trove of knowledge and that is all but drowning me in a sea of information overload. What I need is someone to just tell me about a great place to rent while we figure out the lay of the land.

When I reflect on our time in Beijing, we always tried to minimize our carbon footprint – or at least our need for a car – by living close to my wife's office. For the seven years we lived here, this served us well; so well, that after four moves, we lived across the street from her office. This has me thinking that maybe I should simply choose the school near the Redmond office and look for something to rent between there and the elementary school. At least that would narrow my search and simplify my life as we get ready to depart Beijing. Better still, maybe I should call up my friends and ask them to find the place. Perhaps a heated argument between them would be just the crucible to forge the perfect location of our new home.



### 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).



# Old, but Not Precious

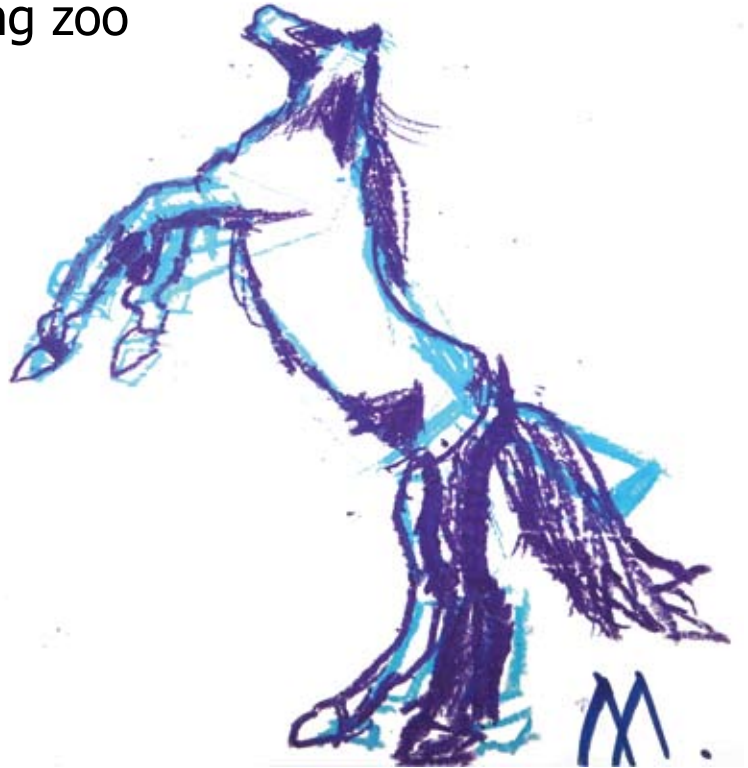
## Changping Park's stone petting zoo

by Jennifer Ambrose



### About the Illustrator

Maggie, 9 years old, is an Art Lab Junior student at Blue Bridge International Education. Currently, she is in Grade 3 at Jingshan School and can always be found with a smile on her face. She loves art, especially free drawing. Additionally, she is a great swimmer. In the future, she hopes to become an artist.



**A**mong my kids' favorite things about our corner of Beijing is Changping Park. It is modest, but it has its attractions: we can walk to it, for one. It also has some Chinese park essentials: rickety carnival rides and a small pond for pedal-boats, with a bonus not often seen in other *gongyuan*, the section called, "The Stone Inscription Garden."

The Stone Inscription Garden is a random collection of damaged, abandoned statues and carvings, Ozymandian discoveries from around Changping. Installed in the park in the 2000s, there are stelae, tomb-guarding figures, and other rock sculptures that individually wouldn't look out-of-place at any Beijing cultural property. Here in our park they appeared like an island of misfit relics.

I had trouble believing them to be real historic artifacts when I first saw them, thinking they were more recently produced imitations. Besides, the park was built around fake rocks, a fake lake, and even a fake *zhonglou*. I couldn't imagine that The Stone Inscription Garden among all these other manufactured decorations was real.

The father of one of Myles' friends showed me that the pieces were, in fact, authentic, dating from the Republican period back to maybe the late Ming Dynasty, all damaged by a number of 20th century events.

There were college students reclining on carved horses, some older women hanging their shopping bags on a stone ram before exercising together, and children playing hide-and-seek around fragments of stelae. I pondered the absence of reverence usually due ancient things, and watching Myles scramble around headless mandarins, wondered if it ought to be forbidden.

No, my friend assured me while his son scaled a cracked turtle. "These are old, but not precious."

Only in a place like Beijing, I thought, could there be such a glut of centuries-old stone carvings that these ones couldn't have much value.

The "old, but not precious" stones became our preferred playscape. Friends visiting from other parts of Beijing enjoyed our stone garden,

so much better than famous sites where climbing was not allowed. My children, like all the local children, had many adventures mounted on the backs of the horses and rams. Brigid grew particularly attached to one stone horse she named Flower.

One afternoon late last summer, Myles, Brigid and I went to the park. Brigid made a beeline for Flower. Once we arrived at the Stone Inscription Garden, though, we found a high iron fence enclosing it. There were signs, too, promoting new cultural preservation initiatives in Changping District, including Great Wall towers, Silver Mountain Pagoda Forest, and the Stone Inscription Garden. It was a surprise to see our stone animals grouped with these antiquities, since only a few weeks before they were still more like a playground.

I tried to alleviate Brigid's disappointment by explaining the fence would keep Flower safe for years to come. She did brighten when I read that the gate would be open every Saturday morning for two hours.

On a Saturday this spring, I took Brigid down to the Stone Inscription Garden right after breakfast. A few people walked quietly among the stelae and statues, and a volunteer attendant kept visitors from doing what we all used to do. Brigid reached to pet the stone horse (which was apparently allowed), then got out her notebooks to sketch Flower. She was respectful of Flower's new status, though the horse had been precious to her all along.

### About the Writer

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





# All in Good Time

photo by Dave PiXSTUDIO

**A**s history would have it, August is a time of new beginnings for the expat community. Newcomers unpack boxes, the start of school is right around the corner, and the more seasoned among us return from vacations and get back into the swing of our Beijing schedules. Caught in our everyday routines, it can be easy to forget the backdrop of our lives is a city with thousands of years of history. The days of dynasties, emperors, and city walls may be long gone but before you settle in for the school year ahead, we invite you to take some time to navigate our ancient capital, and fully appreciate Beijing's rich history. To help with the journey we've outline the best walking tours in the city, as well tips to ease your child's school transition. Welcome back, and happy exploring!





# Capital Walks

Beijing walking tours for the whole family

**I**t's August in Beijing; the city's expat community has shed its departing families and welcomed a fresh batch. Whether you're new to Beijing, or just returning from vacation, walking the city's streets is a great way to acquaint, or reacquaint, yourself with the capital. We spotlight four walking itineraries across the 'Jing selected by some of its best tour guides. Get out and explore before school starts!

Qianmen  
前门  
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## Featured Guide: Daniel Newman (Newman Tours)

Englishman Daniel Newman began his China story at age 18, first coming here to study martial arts before returning home to receive an MPhil in Modern Chinese Studies from the University of Cambridge. He has lived in China for the past nine years and is the founder and managing director of Newman Tours.

Newman Tours provides public, private and tailored tours led by western English speakers in and around Shanghai, Beijing, Xi'an, Hangzhou and Suzhou. Their tours around Qianmen include The Forbidden City Tour, The History of China in 50 Objects at the National Museum, Beijing, and The Beijing Future Tour, and cost RMB 190-440 per person, depending on the type of tour guide and tour type selected. (RMB 120-340 for children under 14). To find out more visit [www.newmantours.com](http://www.newmantours.com), email [info@newmantours.com](mailto:info@newmantours.com), or call 138 1777 0229





# Qianmen

Edited by Aisling O'Brien

**Q**ianmen is the southern entry gate to what was once the Inner City of Beijing, where imperial China's political elite lived. It also marks the approach to the Forbidden City along which officials and generals travelled in order to deliver information to the Emperor. Overlooking Tiananmen Square, it is still seen as the center of Beijing today, and offers some of the city's most popular historical sites. Here is a route you can take to see the very best that Qianmen has to offer:

Start your adventure outside exit A of Qianmen Metro on line 2. Here you can see the famous gate from which this area takes its name. When the Eight Nation Alliance of colonial powers attacked Beijing in retaliation for the Boxer Rebellion of 1900, the Qing Dynasty's Hui Muslim Kansu Braves tried to hold them off at Qianmen using the gate's archery towers, but their efforts were of course unsuccessful.

From here you can walk or even take a tram along Dashilan (Qianmen Dajie), which has been bustling with commerce for well over 500 years. Amongst many things you can see the **Ma Ju Yuan Hat Shop**, which used to make hats for imperial officials, and **Da Guan Lou Cinema**, where China's first ever public screening of a film took place.

If you have already worked up an appetite then you can eat Beijing Duck that is literally fit for an Emperor in the original **Quanjudu Restaurant**. It's not cheap and you need to book in advance, but the open oven method of preparation that was introduced here by a retired chef from the imperial kitchens in 1864 makes for a delicious meal.

After lunch you can walk along the eastern edge of **Tiananmen Square**. It isn't really worth going through the security check to get onto Tiananmen Square itself unless you're particularly keen to see Mao's Mausoleum, which is only usually open from 8-11:30am from Tuesday to Sunday, and doesn't allow you to enter with bags and cameras (these can be left in luggage storage offices to the east and west of Tiananmen Square). But from the edge here you can still get a good view of the world's largest public square, the Great Hall Of The People, the Monument To The People's Heroes, Mao's Mausoleum, and the legendary Tiananmen Gate.

Next you could head to the **Beijing Urban Planning Exhibition Hall** where you can book one of Newman Tour's

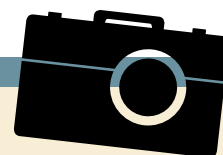
guides to provide their Beijing Future Tour. This includes a look at how China's capital is planning to cope with its population of more than 20 million people, and highlights how you can benefit from the challenges that will arise in the next fifty years. *See p36 for more information on this stop.*

Alternatively you can check out the **National Museum of China**, where Newman Tours offer their History of China in 50 Objects Tour. "A personal favorite of mine is the collection of original Qin Dynasty (221-206BC) Terracotta Warriors, who were commissioned to accompany China's self-proclaimed first Emperor into the afterlife," says Newman. "They are based on his merciless soldiers, who fought whilst drunk on millet beer, and were incentivized on a per capita basis (i.e. they were paid according to how many enemy heads they chopped off). If you like them as much I do then you could always check out our Terracotta Warrior Tours and Muslim District Tours in Xi'an."

Finally, no visit to Beijing would be complete without seeing **The Forbidden City** which was commissioned by Emperor Yongle in 1406 when he moved the capital to Beijing after having

killed and stolen power from his own nephew.

The Forbidden City contains endless seemingly identical courtyards and endless uninspiring historical plaques. It is therefore a destination that benefits from a well informed guide to bring its rich history to life. "One of my favorite stops on our Forbidden City Tour is the narrow well in which Empress Dowager Cixi's eunuchs drowned the beautiful Pearl Concubine," says Newman. "You can still see the spot where this talented young concubine suffered her cruel fate at the hands of one of the most powerful women the world has ever known."



## Stops

**Ma Juyuan Hat Shop** 马聚源帽店  
Free. Daily 9am-10pm. 8 Dashilan Jie, Dongcheng District 东城区大栅栏8号

**Daguanlou Cinema** 大观楼影城  
Free. Daily 9.30am-10.30pm. 36 Dashilan Jie, Dongcheng District (6303 0878) 东城区大栅栏368号

**Quanjudu Restaurant** 全聚德烤鸭前门店  
Free. Daily 11am-2pm, 4.30-8.30pm. 30 Qianmen Jie, Dongcheng District (6511 2418) 东城区前门杰30号

**Beijing Urban Planning Exhibition Hall** 北京市规划展览馆  
RMB 30. Tue-Sun 9am-5pm. 20 Qianmen Dongjie, Chongwen District (6701 7074) 崇文区前门东街20号

**National Museum of China** 中国国家博物馆  
Free. Tue-Sun 9am-5pm. 16 East Chang'an Jie, Dongcheng District (6511 6400) 东城区东长安街16号

**The Forbidden City**  
RMB 60 adults. Tue-Sun 8.30am-4.30pm. 4 Jingshanqian Jie, Dongcheng District, (85007422, 85007421) 东城区景山前街4号

# Shichahai

Edited by Sijia Chen

Shichahai  
什刹海  
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## Featured Guide: Nelly Alix (Beijing by Heart)

Nelly Alix, a scholar of Chinese studies, has been living in Beijing and exploring its captivating history for seven years. She is the co-founder of Beijing by Heart, a company specializing in tailored tours and history walks.

Beijing by Heart offers private tours and small group walks in English and French. The history walks are suitable for small groups of two to eight people and cost RMB 300 per person (RMB 150 for ages 8-16). For more information, email [info@beijingbyheart.com](mailto:info@beijingbyheart.com), call 5873 0051 or 186 1130 2864, or visit [www.beijingbyheart.com](http://www.beijingbyheart.com).





**S**hichahai – which encompasses the three lakes of Houhai, Qianhai, and Xihai – is one of the most pleasant areas of Beijing, and definitely one best covered on foot or by bike.

Starting at Jishuitan subway station (line 2, exit B), enter the small garden immediately to your left. During the 13th century, the northern shore of Xihai served as the city port as well as the commercial center of Dadu (as Beijing was known during the Yuan Dynasty).

This crucial period of the city's history is commemorated with a statue of Guo Shoujing, the hydraulic engineer who designed the waterways, which allowed boats to bring grain from the southern provinces to the capital via the Grand Canal. Atop the hill, you can see the **Huitong Ancestral Temple**, which currently has a small exhibition about Guo Shoujing's achievements.

The western shore, Xihai Xiyan, is ideal for a leisurely stroll. On any given day, you will see local Beijingers fishing. Ask them if they caught anything to get the conversation started.

Cross the stone bridge. A few steps to the north is **Poetry Café** on the ground floor of the Sleepy Inn Downtown Lakeside Hostel – perfect for a relaxing drink or bathroom break.

Then, follow the northern shore of Houhai. You can stop for a chilled yogurt by the lake or, if you are ready for the next step of your adventure, enter the snack hub of **Jiumen Xiaochi**, where 12 renowned local *xiaochi* (snacks) brands banded together in a bid to preserve their culinary knowledge.

Navigate from one stall the next and choose what you'd like to try. One of the most famous – and delicious – snacks here is the milk pudding from Nailao Wei, located at the very end of the central corridor to the left. Before you can buy any snacks, you will need to charge a card at the cashier; you can get back the balance before you leave.

Continue your stroll along Houhai Beiyuan, where several prestigious old residences have been well-preserved. On the left, you will see the entrance of the former residence of Prince Chun, where the last emperor Puyi was born in 1906 before he moved to his new quarters, at age 2, in the Forbidden City. A part of this gigantic mansion was later given to Song Qingling, the wife of Sun Yat-sen and honorary president of the CCP. This site is open to visitors; its main attraction is the charming garden surrounding the residence.

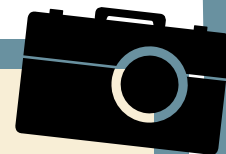
Just a few meters south, you can try the outdoor equipment at the people's gym for some family fun, or simply sit back and watch the locals stretching and exercising. In the summer, get some fresh air by renting a pedal boat or a tandem bike.

Turn left on Ganlu Hutong, then right on Ya'er Hutong. At number 31 stands **Guanghua Temple**, a Buddhist temple first built during the Yuan Dynasty. As late as the 20th century, the temple was still a place of retirement for imperial eunuchs. The last one, Sun Yaoting – who served the child emperor Puyi – lived here for 20 years until his death in 1996.

Turn right again, back towards the shore, and cross Yinding Bridge. Back in the Qing Dynasty, it was said that on a clear day, you could see the Western Hills from this spot. Today, this is a great (albeit slightly risky) place to watch the fireworks from on Chinese New Year.

Time for a well-deserved rest. For good Yunnan food and a great view of the neighborhood, head to the rooftop of **No Name Restaurant**. This is my favorite stop on this itinerary; you get a perfect view of the Bell and Drum Towers, the ancient markers of the city. They used to be the highest points of old Beijing. Today, they still stand out clearly above

the surrounding traditional one-story houses.



## Stops

### Huitong Ancestral Temple and Guo Shoujing Memorial 郭守敬纪念馆

Free. Wed-Sun 9am-4pm. All exhibits are in Chinese. 60 Deshengmen Xidajie, Niding District (8322 4626) 西城区德胜门西大街甲60号

### Poetry Café 壹探险

Daily 9am-10pm. 103 Deshengmen Neidajie (main entrance on Xihai Dongyan), Xicheng District (6455 3957) 西城区德胜门内大街103号 (入口西海东岩)

### Jiumen Xiaochi 九门小吃

Beihai Shore, 1 Xiaoyou Hutong, Xicheng District (both numbers found on Baidu were out of service, but shop exists) 西城区孝友胡同1号 后海北沿

### Former Residence of Song Qingling 宋庆龄故居

RMB 20. Daily 9.30am-5.30pm (closes at 4.30pm in the winter). 46 Houhai Beiyuan, Xicheng District (6404 4205) 西城区后海北沿西端46号

### Guanghua Temple 广化寺

Free. Open to visitors on the 1st and 15th of each lunar month. 31 Ya'er Hutong, Xicheng District (6407 6395) 西城区什刹海北边的鸭儿胡同31号

### No Name Restaurant 无名餐厅

Daily 10.30am-10.30pm. 1 Dajinsi Hutong (near the southern end of Yinding Bridge), Xicheng District (8328 3061) 西城区后海大金线胡同1号 (银锭桥往南侧)

# Maliandao Tea Market

Edited by Sijia Chen

Maliandao  
Tea Market  
马连道茶城

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## Featured Guide: Phoebe Han (The Hutong)

Phoebe Han is originally from Xinjiang and has been The Hutong's tea expert for three years. She also arranges and coordinates activities for the company. To book a tour with Han, visit The Hutong's website at [thehutong.com](http://thehutong.com). For more information, email [info@thehutong.com](mailto:info@thehutong.com) or call 159 0104 6127. The courtyard is located at 1 Jiudaowan Zhongxiang, Dongcheng District.





The Hutong's tea tour incorporates a variety of tea shops, focusing on China's diversity in tea production. From the oolongs of Fujian to the green teas of Anhui and Zhejiang and rich *pu'er* teas from Yunnan, Guide Phoebe Han regularly takes visitors through the maze that is Maliandao Tea Market.

"I want people to learn about tea so that later when they go to buy [it], they know what to look for in terms of taste and color," says Han. "I hope that our guests come away with a deeper knowledge of China's incredible tea culture."

The day starts at Wanzi subway station (line 7, exit D). Walk south along Maliandao Lu for ten to 15 minutes until you get to **Beijing Tea Head Office** (*Beijing chaye zong gongsi*). Inside, there are hundreds of tea vendors.

This is where the tea tour starts in earnest. Head to shop **109** to try some green tea. Sample a variety and discuss their differences between each tea. Afterwards, Han might take visitors to shop **103** to try white tea.

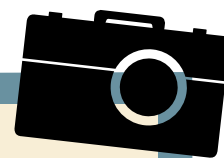
Then there's a break for lunch. The Hutong recommends **Xiangfu Tianxia**, a Hunan restaurant that also serves food from other provinces such as Beijing's *jingjiang rousi* (shredded pork in sweet bean sauce).

After lunch, head to the tour's main destination: **Maliandao Tea Market**, about a ten-minute walk east. While Beijing has a number of tea shops, many of which can trace their history back to the days of the Qing Emperors, Maliandao provides a unique opportunity to visit the wholesale merchants where they work and shop. Now the epicenter of tea culture and trade in Beijing, the area was nearly empty prior to 1996.

"When visitors first arrive at Maliandao, it can be overwhelming," says Han. "We visit a variety of shops — different ones each time — to give the guests a broad idea of what tea they might like." She points out that The Hutong never accepts money from merchants, so visitors can rest assured that vendors are chosen strictly for quality.

The Hutong usually takes visitors to try various oolong teas from mainland China, encouraging them to take the time to learn about each tea and share observations with others. The tastings vary for each visit, but the last variety is usually Chinese red tea or dark tea (also known as fermented tea).

Lastly, participants explore tea tools and furniture, which some vendors specialize in. They'll find all kinds of exquisite teacups, tea chopsticks, and Yixing clay teapots, which are intended for black, oolong, and aged *pu'er* teas.



## Stops

**Beijing Tea Head Office Tea Market** 北京茶叶总公司茶市场  
Shiji Chamao Zhongxin, Courtyard 2, 1  
Chama Beijie, Xicheng District 西城区茶马  
北街1号世纪茶贸中心

**Xiangfu Tianxia** 湘 天下  
Daily 11am-2.30pm, 5-9pm. Maojia Hotel  
(across from Qixiang Hotel), Bldg 1, 16  
Maliandao Nanjie, Xicheng District (6346  
8781) 西城马连道南街16号院1号楼毛家饭  
店 (气象宾馆对面)

**Maliandao Tea Market** 马连道茶城  
Daily 9am-7pm. 11 Maliandao Lu (near  
Carrefour), Xicheng District (6343 8550) 西  
城区马连道路11号 (近家乐福)

# 798 Art District

Edited by Sally Wilson

798  
Art District  
798艺术区  
.....



## Featured Guide: Clemence Grinnell and Mirella Coolen (Off the Wall)

Clemence Grinnell moved to Beijing in 2014, with her husband and three boys aged between 7 and 16. Before their move to Beijing, the family lived in France, where Grinnell worked in the tourism business. This summer Grinnell took over the Beijing operations of Off The Wall from its founder Mirella Coolen, who recently relocated to Shanghai.

Off the Wall's tours take place on foot, or by bike, to places where you can discover the richness of Chinese history and observe the contrast with modern China. Taking you off the beaten track, their tours help you discover a myriad of hidden gems. Children over 12 are welcome on all tours. For younger children, contact Clemence to discuss. For further information, and the current tour schedule and prices, phone 138 1147 8712, email [offthewallbeijing@hotmail.com](mailto:offthewallbeijing@hotmail.com), or visit [www.offthewallbeijing.com](http://www.offthewallbeijing.com).

**798 Art district** is located in the Dashanzi area, to the northeast of central Beijing. It is the site of state-owned factories, including Factory 798, which originally produced electronics. In the 1950's the area was a major center of production, with multiple factories making military components. Designed by East German architects, the compound was constructed in a distinctly utilitarian way, with 'saw-tooth' roof designs and high ribbed ceilings, north-facing windows, and vast spaces.



By the late 1990s, Factory 798 became redundant and was vacated. Beginning 2002, artists and cultural organizations began to move in, attracted by the low rents. The factory spaces were re-modeled and developed into galleries, art centers, artists' studios, design companies, restaurants, and bars. "The unique architectural Bauhaus-style gives the area a distinct ambience of art nouveau in China, with a European touch," explains Grinnell. Machines, steam trains, tall chimneys, and painted-red slogans act as a reminder of its history, all of which is incorporated into Off the Wall's tour.

Today the site brings together contemporary art, architecture, and culture within this historically interesting location. It symbolizes the country's cutting edge art movement, and is one of the largest and most influential art districts. "To me, it's like a very attractive open-air museum," says Coolen. "So many pieces of art, sculptures, and statues are just waiting to be discovered in the network of alleys."

The tour includes a visit to the **Ullens Center for Contemporary Art (UCCA)**, founded by Belgian art collectors Guy and Myriam Ullens in November 2007. It's located in the heart of the district and contains an extensive collection of works by contemporary Chinese artists. It is considered to be the world's largest and one of the best. The museums spare galleries, exposed support beams, and high ceilings so clearly recall the Bauhaus-style building's original features.

**798 Space Gallery** was the first gallery to open, and was set up by designer artist Huang Rui and Hutong photographer Xu Yong. It has an impressive 1,200 square meter floor space, and is up to nine meters high. It's a trendy space, which hosts cultural, artistic, and commercial activities. "The cavernous space, with its multiple-arched roof, still breathes the factory's ambience. With Mao Zedong's propaganda in the background," says Grinnell.

A great spot to take a break is **AT Café**, which serves good coffee. This glass-fronted cafe, owned by Huang Rui, was set up in the former office section at the back of the 798 space. You can't leave without visiting the restrooms upstairs, where you can enjoy the beautiful photos that are displayed on the exposed brick walls.

The tour will take you through the district and away from the commercial streets. Further to the east you will find the leftovers of the huge factories, where their chimneys and pipes remain. Here, you get a greater sense of the scale of this immense compound, where many of the factory employees lived, inside fully furnished apartments. "These buildings give the area its unique and distinguished character, although it was very nearly all demolished," explains Coolen. Thankfully, a decision was made in 2007 that the area would continue in its current format of a special art zone.

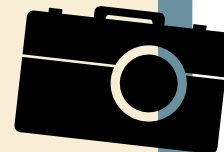
**Cao Yong Art World** is Coolen's favorite stop on the tour, and since its opening has become one of the most visited art spaces in 798. Unlike most local artists, Henan born Cao Yong built his fame in the American and Japanese art communities before bringing his creations to China. He spent seven years in Tibet, one year living alone in a cave in Ali, an unpopulated

area in the far west of the region. "During those days, he spent his time copying the remains of ancient wall paintings," explains Coolen. "His work includes some truly wonderful paintings. The colors and the details are just exceptional."

The tour comes to an end in the heart of the district, with lunch on the terrace of **Timezone 8**. The menu includes salads, sandwiches, burgers, pizza, and a range of Asian dishes.



## Stops



### 798 Art District

4 Jiuxianqiao Lu 酒仙桥路4号  
www.798district.com

### UCCA

Open Tue-Sun 10am-7pm.

UCCA regularly organizes art workshops for children of different age groups. For details on workshops, contact 8459 9269 or visit their website [www.ucca.org.cn](http://www.ucca.org.cn)

### Space Gallery

Contact 6438 4862 / 6437 6248.

### AT Café

Daily 11am-11pm. Contact 6438 7264.

### Timezone 8

Daily 11am-2am. Contact (5978 9917,  
[timezone8@163.com](mailto:timezone8@163.com))  
[www.restaurant.timezone8.com](http://www.restaurant.timezone8.com)

# Class Struggles



## How to adjust to the school routine as a family

by Nimo Wanjau

**S**tarting a new school year can be a mix of thrill and trepidation. Many expats have the added challenge of settling down in a foreign country. We spoke to Bruce G. Hammond, vice principal at Tsinghua International High School (THIS), Dr. Alan Mease is the medical director at Beijing LIH Olivia's Place Pediatric Clinic, and Dr. Caleb Korngold, psychiatry section chief at Beijing United Family Hospital to hear their recommendations for smoother transitions as families head back-to-school.



### Newbie Crash Course

Fall brings a flock of new expats ready to embark on a China adventure. A new schooling environment in a new country will naturally result in some level of anxiety for both parents and children. Dr. Mease says that the parents' attitudes drive the success of the children's adjustment. "If the parents are negative about China then the kids will be as well."

In addition to adjusting to a new country, many children may be adapting to a new curriculum. "Open-mindedness is so important for any student coming to a new school and new cultural context," says Hammond. "Children sometimes adapt better than their parents," says Dr. Korngold. If children are adapting well parents can focus on their own emotional and social needs.

### Replay or Reset?

Expat families who have already been living in Beijing for some time face their own challenges at the beginning of each school year: children adjusting to new classes, starting school for the first time, moving schools, or changing curricula.

"Returning students should take the opportunity to reinvent themselves as opposed to repeating patterns from past years," says Hammond. "International schools are dynamic communities from which students (and teachers) come and go every year. Better to embrace change than to get stuck on, say, angling to get into classes with the same students who were classmates in the previous year."



### Signs of Stress

"Adolescence is a high risk period for mental and behavioral issues as children are trying to establish their identity as a person during this period so it's an especially sensitive time," says Dr. Mease. "For kindergarten kids and elementary school children keep an eye out for temper tantrums, oppositional behavior and other behavioral problems. Also, many developmental and behavioral challenges can start to reveal themselves during this time and can emerge more quickly under a stressful period."

Not sleeping, acting-out behavior, shorter temper, crying or regressing developmentally (struggling to achieve tasks that they're normally at ease with) are the most common signs that children are stressed. There may also be physical symptoms such as constant head-and stomach-aches says Dr. Mease.

According to Dr. Mease, the most common signs of stressed parents are extreme irritability, being negative about everything in China, and depression or anxiety. Parents exhibiting these symptoms should seek counseling because their stress will affect the other family members. Marriage difficulties can be also be accentuated during this kind of transition, which can also lead to more stress and challenges for children.

### Routine, Routine, Routine

Within the third and fourth week of school, it's a good idea to touch base with the child's teacher or the school counselor to seek feedback. In some cases, the school will call parents early to let them know if they have concerns and give suggestions on how to move forward.

"Kids at almost any age generally do better with routine," says Dr. Korngold. "The routine of sports, religious community, art class, or anything healthy and semi-structured, can help children get into the rhythm of Beijing life."

Both doctors recommend exercise, balanced nutrition, time for regular self-care, and sleep as important basics for parents guiding their families through school transitions.

Parents should seek out other parents to create a support network where they can share and encourage each other. The formation of social bonds with other parents guard against the effects of isolation that are common when moving to a new country. For families already living in Beijing, welcoming new friends keeps despondency over friends who have left at bay.

"As a couple, take more time to talk and communicate. This is so important and sometimes during times of stress parents get busy and forget to do this," says Dr. Mease. "Get help from a professional early if you need it. Don't wait until it's a big problem."

### Quick Tips for Parents

- Take school administrators' advice on which grade is most appropriate for your child, as academic levels may be different from back home. Shifting to a new curriculum may also necessitate a grade change.
- Have a daily chat with your children about their experience at school. Get to know their friends and friends' parents.
- Set up play dates with classmates.
- Find your own support group.
- Engage your school community: other parents, teachers, nurses, coaches, administrators, and any other relevant staff members can all be a source of information and assistance. Solicit their feedback and ask for their advice.
- Stay positive and calm and encourage your kids to take a similarly relaxed and upbeat attitude.

# Paper, Scissors, Pen!

## Where to Buy Stationery

by Sally Wilson

**Beijing Tianyi Wholesale Market** 北京天意小商品批发市场  
Daily 7.30am-5.30pm. 259 Fuwai Avenue, Xicheng District 北京市西城区阜成门外大街29号

**Beijing Yongwaicheng Stationery Market** 北京永外城文化用品市场  
Daily 9am-5pm. 42 Donggeli, Shazikou Yongwai, Dongcheng District 北京市东城区永定门沙子口东革新里42号

**Hongqiao Tianle Toy Market** 红桥天乐玩具市场  
Daily 10am-7pm. 136 Fahuasi Jie, Dongcheng District (6711 7499) www.toybj.cn 东城区法华寺街136号

**Kids Plus** 北京格林塔儿童用品商店  
Daily 9am-7pm. 701 Pinnacle Plaza, Hualikancun Nan, Tianzhu, Shunyi District (8046 4572) 天竺镇花梨坎村南天竺荣祥广场701室

**Page One** 叶一堂  
1) Daily 10am-9.30pm. B2/F, China World Summit Wing, 1 Jianguomenwai Dajie, Chaoyang District (8535 1055) 朝阳区建国门外大街1号国贸二期B2层

大街1号国贸商城三期地下2层; 2) Mon-Thu 10am-10pm, Fri-Sun 10am-midnight. Units S2-14a-b, Sanlitun Taikoo Li, 19 Sanlitun Road, Chaoyang District (6417 6626) 朝阳区三里屯路19号院太古里南区2号楼1-2层; 3) Mon-Thu 10am-8pm, Fri-Sun 10am-10pm. Shop 50, 1/F, Indigo Mall, 18 Jiuxianqiao Lu, Chaoyang District (8426 0408) 朝阳区酒仙桥路18号颐堤港地铁层50号

### Wanpeng Wenhua Office Supplies Market

万朋文化办公用品商城  
Daily 9am-6pm. 128 Yongdingmen Wai Dajie, Chongwen 永定门外大街128号



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



#### Nepal Charity Week at HISB

The Nepal Charity Week was a big success at Harrow International School (HISB) from June 8-12. Staff and students donated second hand books, which almost completely sold out during the book fair on June 11. All money raised during the charity event will go to British School of Kathmandu.



#### CISB 2015 Graduation on June 16

On June 16, Canadian International School Beijing (CISB) celebrated its 2015 Graduation. Following graduation ceremony, an awards banquet honored their 37 graduates. This year's graduating class has been accepted into over 55 universities around the world and to date have been offered more than RMB 778,000 worth of scholarships.



PHOTOS: COURTESY OF HISB AND CISB



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 **August 7**.



#### Keystone Academy Students Get CreARTive

Students from Grades 1 to 7 brought their creARTivity to an exhibition by the same name in early June. The exhibition was hosted in the primary school gallery. Some displayed their paintings or sketches, others their sculptures made from recyclable materials such as toilet paper rolls, medicine bottles, and more.



#### BCIS Grades 6-8 Integrated Arts Unit

To round off their school year, students in Grades 6 to 8 at Beijing City International School (BCIS) worked for five weeks across music, visual arts, and drama classes to prepare their amazing arts performance, *Riding the Wind*. They took four stories of old China, and put them together with music, drama, and art to create a fantastic evening of Chinese-style cultural entertainment for the school community.



PHOTOS: COURTESY OF KEYSTONE AND BCIS





### ISB's Graduating Class of 2015

On May 30, International School of Beijing's (ISB) graduating class of 2015 crossed the stage and received their diplomas in front of a packed audience of family and friends.



### STEAM Week at BSB Shunyi

From June 1-5, secondary students at The British School of Beijing (BSB) Shunyi explored career pathways in science, technology, engineering, arts, and math in various classes throughout the week.



PHOTOS: COURTESY OF ISB AND BSB SHUNYI





### Circus Summer Party at HoK

On June 6, House of Knowledge International School and Kindergarten Victoria Gardens Campus, held a circus themed summer party for all the HoK community with spectacular performances from students, clowns, and magicians.



### YCIS Spirit Day

On June 19, students in kindergarten and primary at Yew Chung International School of Beijing (YCIS Beijing) took part in the school's annual spirit day, a day of sports and games with the theme: "The Spirit of YCIS: We're all different, but we're on the same team."







### First BIBS Fun Run a Colorful Success

BIBS' community came together with style at the Fun Run on Friday, May 29. This health-centered activity took the form of a world famous Color Run, and attracted more than 250 racing students, parents, and staff from the BIBS community.



### DCB's Music Gala and Sports Awards Evenings

Dulwich College Beijing celebrated its student's talents during the annual end of year Music Gala on June 12, and Sports Awards evening on June 1. Many prizes were awarded on both occasions such as Athlete and Performance of the Year.



PHOTOS: COURTESY OF BIBS AND DCB





### That's Mandarin Summer Camp

Students climbed the Mutianyu section of the Great Wall on June 20, ending the first week of That's Mandarin summer camp.



### LMMP End of Year Party

La Maison Montessori de Pekin, French-Chinese bilingual Montessori Kindergarten in Beijing, held an end of the year party on June 12. The children performed their favorite two fairy tales: *Little Red Riding Hood* and *Hansel and Gretel*.





### **Favorite Family Restaurant**

I like **TubeStation Lido**. It's close to two parks, has a huge yard and kids area, and all kids love pizza.

### **Date Night Spot**

My husband and I go to **Wangjing Xiaoyao** (望京小腰), a popular *kaochuanr* place.

### **Favorite Neighborhood**

The **East Fourth Ring** area is close to both **Chaoyang Park** and **Honglingjin Park** (红领巾公园), as well as **SKP Mall** and the newly-opened **Weilaihui Mall** (未来汇). We can just cross the street to get everything from barbecue to a movie.

### **Best Place to Shop**

For Max, we shop online at **Yihaodian** (一号店). They assure the quality of diapers, baby wipes, clothes, toys, etc. I buy clothes and makeup at **Zara**, **Gap**, and **H&M** in **Solana**, or at **Wuhou De Huahuo** (舞后的花火) on **Taobao**.

### **Weekend Activities**

We go to the playground at **Ci Yun Si Sunning Mall**. We also like **Chaoyang Park**, and **Qingnianhu Park** for swimming. There aren't a lot of people at the pool so it's worth the trip.

### **Favorite Snacks**

In the summer, *kaochuanr*, skewers, are the best. We go to a Xinjiang chain restaurant called **Adaxi** (阿达西) in the Dongcheng District.

### **Day Trip**

We like to go hiking and boating in **Miyun**.

### **Best Place for a Special Occasion**

**Homeplate BBQ** is the best American restaurant in town. The atmosphere is nice and the owner is friendly.

### **New Hangouts**

**Beijing Pie** in the Dongcheng District. It's famous for its Beijing-style pies and other local dishes. Another new favorite is **Tiger Mama**, a restaurant in the Sanlitun area where you can get Macau snacks.

# The Ma Family

**V**ictoria Yang, born in Suzhou, Jiangsu Province, is the marketing manager of **TubeStation Pizza**. After a childhood spent enamored with Beijing culture, she came to the city 12 years ago for university, where she met her Beijinger husband, Martin Ma. Together, they live in the East Fourth Ring area with their daughter Max Ma (19 months), who has a penchant for the outdoors and all kinds of mischief. Victoria shares some of her favorite spots in Beijing for food, fun, and more.





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