

Beijing's essential international family resource

beijing kids

September 2015

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SEPTEMBER 2015

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ON THE COVER:



Selma Hassan (age 6) dressed up as both nurse and patient for our cover, swapping roles with her counterpart "Bear." The Hassan-Alireza family is Saudi Arabian. Selma and her older sister Yasmine (11) are both students at the International School of Beijing. Dad Faisal Alireza, who is a director at Aramco Asia, headquartered here in Beijing, came to drop off Selma, and Mom Mona Hassan, who is a PR specialist at Saudi Aramco, kept Selma company throughout the photo shoot at Vista International Medical Center.

Photography by Dave's Studio

WOMEN OF CHINA



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Sunday, October 25
Saturday, October 31

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- Pumpkin baskets for kids
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- On-stage costume parade
- Halloween-themed games
- Spooky movies
- Face painting



Canadian International School of Beijing
北京加拿大国际学校



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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.



Catherine Bauwens

Catherine Bauwens is a mother of two; Robin (age 6) and Coralie (4) who both attend Candian International School of Beijing (CISB). Bauwens works for the Benelux Chamber of Commerce and the EU SME Centre as project manager. She just took over as managing editor of the French magazine *Pekin Infos*, is working on a documentary movie (together with her husband) and writing a science-fiction novel.



Eyee Hsu

When CCTV talk show host and mom-preneur Eyee Hsu is not chasing after her two kids or the family dog, you might catch her at a Pilates studio, one of the Counting Sheep boutiques, or on TV. Find out more about the baby and maternity retailer she co-founded at www.countingsheepboutique.com.



Caroline Nath

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



Celine Suiter

Celine Suiter has been an expat for the past 17 years; from South America to Asia via Europe. This is her second posting in Beijing where she lives with her husband and two children. She likes making new friends, trying new restaurants, and visiting new countries. She documents her crazy life in Beijing and beyond with a picture a day at aTotalTaiTaiTale.tumblr.com

Want to Join?

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



Taking the Cure

My poor mother: she had six of us, and one of us was always sick. She herself never missed a day's work in her life, which is an incredible achievement across four decades of teaching children. As any elementary school teacher will tell you – little kids get, and transmit, every bug going around. Because my mother was out at school all day, a good share of nursing fell to our housekeeper Mrs. Ahern. She tended to sick O'Brien children during daylight hours on weekdays. Neither my mother nor Mrs. Ahern were coddlers; if you were sick you went to bed – if you got up you were better.

Out of the six of us, I did very well health wise. I've never been seriously ill in my life. Sure, I contracted all the major childhood complaints: measles, mumps, and chickenpox, as well as my share of colds and tummy bugs. I remember being taken to visit sick neighbors for play dates specifically so I would contract the abovementioned diseases. Nowadays the practice is common among anti-vaccinators and is called a pox party, however in late 70s and early 80s Ireland, it was the only way to ensure kids would go through those illnesses in childhood when they are relatively less dangerous. MMR inoculation wasn't introduced in Ireland until 1988, long after I had had my time with swollen glands and red spots.

The practice of acquiring immunity was non-standard, and the remedy for childhood illnesses was sometimes similarly distinctive. There are hundreds of holy-wells all over Ireland; sources of spring water with supposed curative powers. Previously places of pagan worship, they took on new, saintly names under Christianity, and well-water, imbued with sacred powers, could supposedly cure a sore throat or heal a wound. My mother didn't fully embrace the superstition, but she didn't renounce it entirely either. She didn't ply us with well-water when

we were ill, but if we visited a spring she would opportunistically give us a cup of ice-cold water, and recount the legend behind its medical powers.

This month we look at the fundamentals of good health. Well-being begins with diet, so treat your family to pesticide-free produce, which they can harvest themselves, from one of Beijing's outlying organic farms (p32). We've got suggestions on how to put those ingredients together (p24), and an amazing recipe for guilt-free cookies from store-cupboard ingredients (p28). If you're hard-pressed for time, check out TRIBE nutrition's meal-plan for kids for a wholesome alternative to home-made cooking (p26). We examine basic health-care issues for families living in Beijing: medical insurance (p50), getting treated at a Chinese public hospital (p46), and vaccinations (p54) – an issue also addressed by our student debaters from the International School of Beijing in our new column Open to Question (p38).

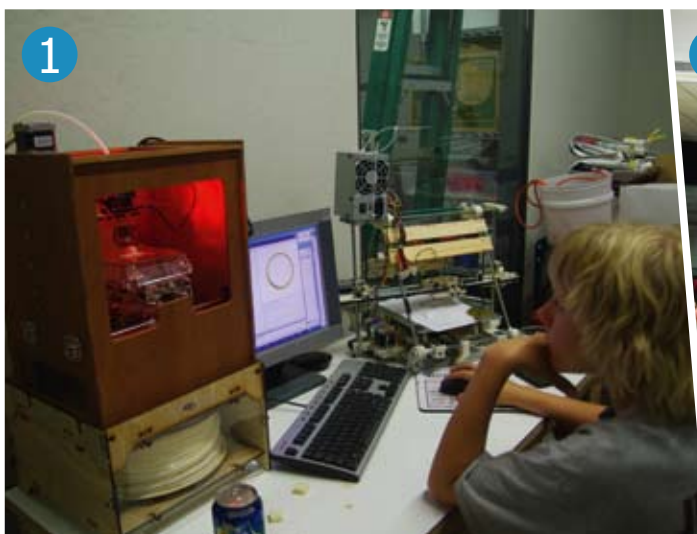
Aisling O'Brien

Aisling O'Brien
Managing Editor





September Events



Sat, Sep 12

1 Children's 3D Printing Workshop



Ages 6+. Hosted by Origins, this hands-on workshop led by TKè Education shows children how to design and print 3D toys, which they can then take home. Free to attend. 1.30-3.30pm. The Breathing Space Courtyard (188 1076 3242, events@orgins-china.com)

2 Awesome Electronics and Incredible Inventions Workshop



Ages 6+. Led by TKè Education, kids get an introduction to the basic of circuits, components, and how to combine them to come up with crazy inventions in this workshop hosted by Origins. Another workshop takes place on September 19. Free to attend. 4-6pm. The Breathing Space Courtyard (188 1076 3242, events@orgins-china.com)

Schoolhouse Partner's Table Folk Music Dinner



For adults. Enjoy pre-dinner cocktails, canapés, a set menu (vegetarian option available), wine pairing, and live folk music by the Mutianyu Great Wall. Limited to 12 guests. RSVP required. RMB 368. 7-9pm. The Brickyard Inn and Retreat Center at Mutianyu Great Wall (6162 6506, info@brickyardatmutianyu.com)

Wed, Sep 16

3 Parent Workshop on International Education



For adults. Due its popularity last year, Beijing City International School brings back this parent workshop focused on international education from differences with national systems to tips on parental support for kids. Registration required. RMB 1,580. 9am-4pm. BCIS Early Childhood Center (tracy.ren@bcis.cn)

Fri, Sep 18 Moonlight Madness



All ages. Students, parents, and staff perform live in Dulwich College Beijing's annual talent show at the school's cricket pitch in Legend Garden. Open to the community. Food and drink stalls available. Free. 5-9pm. Dulwich College Beijing (6454 9000)

Fri, Sep 18 The Last Night of Summer



For adults. The International Newcomers Network (INN) invites new and old expats to an evening of making friends, dancing, and helping to raise funds for three local charities they support. Raffle prizes including a .6 carat diamond. TBC. 5.30-9pm. Xian Lounge East Hotel (Theresa@innbeijing.org)



Editor's Pick



Dining



Playing



Learning



Community



Living



Health



Parenting



5

Sat, Sep 19**4 Weekend Outdoor Adventure Trip**

Age 7+. This weekend getaway trip features rock climbing, abseiling, hiking, camping, and barbecue at Yunmeng Gorge. Registration required. RMB 1,100/person. 9am-5pm. O'le Climbing (186 1846 1002, oleclimbing@gmail.com)

Sun, Sep 20**5 Run for Hope**

Ages 17+. United Family Charitable Fund partners up with the Beijing Marathon Association for this year's "Run for Hope" marathon to raise funds for five kids in need of medical assistance. Registration required with an initial refundable RMB 800. RMB 1,500. 7am-noon. Beijing United Family Hospital (5927 7462, www.unitedfoundation.org)

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- Vascular conditions
- Enlarged oil glands on the nose



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September Events



6 Table Manners Auditions



For adults. Beijing Playhouse is casting six adult actors on September 20-21, in both male and female roles to star in Alan Ayckbourn's award winning comedy, *Table Manners*. Performances are October 1-November 1. Rehearsals will be held on weekday evenings (6.30-9.30pm), and from afternoons to evening on weekends (2.30-9.30pm). Free. 6.30-9.30pm. 77 Theatre (broadway@beijingplayhouse.com)

Tue, Sep 22

7 Pediatric First Aid



For adults. This workshop focuses on educating parents on pediatric first aid with information on how to identify, react, and prevent various medical issues, performing CPR, choking, poisoning, and more. Limited seating. Free. 10-11.30am. International SOS Beijing Clinic (seminar@internationalsos.com)

Thu, Sep 24

PAL Workshop: Early Years



For adults. Beijing City International School's Parents as Learners workshop series picks up again with this workshop focusing on how parents can be involved in promoting a child's intellect,

curiosity, and creativity. The workshop is titled, "Laying the Foundation for a Smarter and Happier Child." This session will be led by Dr. Reed Rhodes, the school's early years learning support teacher. Registration required. Non-BCIS parents need to bring photo ID. Free. 8.30-10am. Beijing City International School (8771 7171)

Sun, Sep 27

8 Moon Festival at the Great Wall 2015



All ages. Spend the night at the Brickyard Inn for a mini-getaway to mark Mid-Autumn Festival with a special package. Room, food, and harvest feast at Xiaolumian. Advance booking required. RMB 2,688 (transportation included). 3pm-noon. The Brickyard Inn and Retreat Center at Mutianyu Great Wall (www.brickyardatmutianyu.com/book-now)

Mid-Autumn Harvest Feast at Xiaolumian



All ages. Celebrate the Moon Festival with a feast at Xiaolumian with red lanterns, a moon viewing, authentic food, and live folk music. Registration required. RMB 198 (adults), RMB 98 (kids age 4-12), Free (kids under 4). 5-9pm. Xiaolumian (6162 6506, info@xiaolumian.com)

Want your family-friendly event to appear in our next issue?
Upload it at www.beijing-kids.com/events by **September 11**.



ONGOING

9 Parentcraft Series

For adults. International SOS doctors will host ten classes for parents and parents-to-be to help them understand their child's needs. The weekly classes commence September 10 and end November 19 focusing on issues such as pain management options, labor options, nutrition for mom and baby, fitness, breastfeeding, toddler issues, and more. Registration required. RMB 100 (non-members, per class), RMB 800 (non-members, all classes), free (members). 10am-noon. International SOS (seminar@internationalsos.com)

10 Junior Indoor Ski Club

Ages 6-12. To get ready for the ski season, learn the skills for skiing or snowboarding from September 12 to November 21 with Imagine. Registration required. RMB 3,200 (all 8 sessions), RMB 400 (per session). Qiaobo Indoor Ski Center (5739 4933, snowsports@imagine-china.com)

11 Survival Camp

Ages 8-17. On September 26-29 or October 1-4, kids learn how to build a raft and shelter, cook outdoors, make tools from nature, navigate in the wilderness, and more in Huairou. Registration

required. RMB 2,800 (transportation included). 8am-6pm. Imagine. (5739 4933, info@imagine-china.com)

12 Autumn Knight School Camp

Ages 7-13. September 26-29 and October 1-4, kids learn how to wield a sword, fire a bow and arrow, ride a horse, build a trebuchet, make chainmail, slay a dragon, and more. Registration required. RMB 3,000 (transportation, equipment, and training fees included). 9am-5pm. Imagine. (5739 4933, info@imagine-china.com)

13 The Beijing Ghost Tour

Ages 10+. Every Sunday evening, Newman Tours takes people through a tour of the haunted hutongs sharing urban legends and folklore. There's an option to have dinner at an additional cost. RMB 240 (adult), RMB 160 (kids under 14). 6.30-10pm. Newman Tours (138 17770229, info@newmantours.com)

New Shout! Rock Choir Season

For adults. Love to sing? Get together with other music lovers and sing your heart out every Wednesday or Thursday. The new Shout! Rock Choir starts on September 9 and 10 at Beijing Riviera in the mornings and BSB Sanlitun in the evenings respectively. RMB 80 per session. 10.30am-noon and 8-9.30pm. Imagine. (5739 4933, choir@imagine-china.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. Due to space constraints, we will only publish photos of babies born in Beijing after January 1, 2015.



Ayluna Garrido Piringile

Spanish and Russian. Born on Jun 26 to Ignacio Garrido and Aldyany Piringile at Oasis International Hospital.



Tia Miao

Lithuanian. Born on Feb 18 to Rita Miao and Miao Guang at GlobalCare Women's and Children's Hospital.



Stephen Sheng

Chinese. Born on Jul 3 to Yao Zhang and Baoshan Sheng at Oasis International Hospital.



Amelia Louise Russell

American and Canadian. Born Jun 26 to Elvina Tong and Glen Russell at Oasis International Hospital.



Noah Hu

American. Born Jun 3 to George and Lucia Hu at Beijing United Family Hospital.

Would You Let Your Kids Fly Solo?

by Sally Wilson

Allowing your kids to travel solo is a big step to take. However, school kids have far more holidays than parents and sometimes it's a lot more convenient to ship them off to their grandparents' house or to visit friends during their holidays. For expats in Beijing, a trip to see the family will likely involve a long flight, so the decision to let your kids fly solo may seem rather daunting. The kids, on the other hand, probably can't wait to embark on a solo adventure. While it is considered perfectly safe to let them fly on their own, there are a few things you need to consider before you drop your little darlings off at the departure gate.

First, you need to request the airlines unaccompanied minor services at booking. Since the rules vary by age and by airline, check carefully with the carrier's website to make sure you fully understand the rules for minors traveling alone. Better yet, call a travel agent who can check all of the rules and secure the best flight for your child's travel. An airline's travel companion service always comes with a (sometimes significant) surcharge, added to a standard adult fare. Policies vary, but in general children ages 5 to 12 are considered

unaccompanied minors by airlines. With some airlines, kids over 12 do not need the travel companion service and they will be treated in the same way as a middle aged businessman or back-packing graduate. There are often stipulations, such as only allowing minors to fly alone on non-stop or direct flights.

If you think they're ready to fly solo, and have booked the tickets, there are a few things to consider for departure day. Arrive at least two hours prior to flight time, since you will be required to sign various forms and get a gate pass to get you through security. You are required, in almost every case, to accompany your child to the gate and can't leave until your child has boarded the aircraft. This is a comfort to many parents and their children, as airlines want to limit their liability by having parents with their kids as long as possible. In some cases the airline might not be able to have you go through to the gate, so airline staff will chaperone your child through security and boarding.

Children will be first to board, and in most cases they will be required to sit in the same area on the plane where flight attendants can keep an eye on them, typically near the galley. This policy adds an extra level of security and

really makes it much safer for kids to travel alone.

Airlines also require a designated person, complete with identification, on the other end of the flight to meet your child; they will not release them without that person being on hand. The person picking up the child should also have identification that exactly matches the information that you supplied to the airline. It's a good idea to include with your child a copy of all of the contact information that you supplied to the airline. If the child is able to use the telephone, you should provide them the means to contact someone (change, phone card, cell phone, etc.) in case there is a problem.

On our flight back to the UK this summer, there were a few unaccompanied minors, and in one case an older brother flying with his two younger siblings. Letting my kids fly solo is not something I've considered as yet, although it would have been great when my daughter was at the toddler stage and refused to sit still for a whole flight! I asked a few of my friends whether they would let their children fly alone, with mixed responses:



I've traveled all over the world and seen loads of kids on flights alone. The flight attendants keep a good watch on these children. I would happily put my child on escorted flights, no problem.

I would never put my child on a plane unaccompanied. The flight attendants' responsibility is the safety and care of all the passengers, and they do not have the time to console, safeguard, and attend to unaccompanied children. No parent should abdicate their child's physical safety and emotional well-being for the convenience of not accompanying their child on the plane.

Before MH370 and MH17 I may well have let them fly alone. Now, I just couldn't do it.

I think it is perfectly safe for children to fly solo. My parents would send me off to Germany every year by myself to visit my grandparents. This started when I was 6 years old. The airlines were always attentive and made sure I got on the correct flight.

I will not let my children travel, using any mode of transportation, alone. There are too many potential problems that could happen. Cabin crews attend hundreds of people on most flights and could not possibly have the time to watch my children close enough.

So while airlines do allow children as young as five to travel unaccompanied, there are a lot of things to consider before you book that ticket. For one thing, your child may actually not be ready or willing to be in the presence of strangers for several hours, and may not be able to handle unusual situations that they may encounter. It's one thing letting them walk to school on their own, another thing entirely to fly half way across the world.



秋月话团圆

Beijing City International School proudly presents
the Second Mid-Autumn Festival Event
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WHAT'S HAPPENING IN BEIJING



Keystone Welcomes New Leadership Team Members

Keystone welcomes Dr. Maureen McCoy (left), head of middle school, Mr. Rick Spadafora (middle), assistant head of high school and IBDP Coordinator, and Ms. Pan Fan (right), assistant head of primary school and director of Chinese Curriculum. Dr. McCoy has over three decades of experience in teaching and education administration. She holds a BA and MA from Reed College in Oregon, and a doctorate from Nova Southeastern University on Teachers' Experiences with English Language Learners' Difficulty with Mastering Academic Literacy. Mr. Spadafora has wide experience with the administration of IB programmes at the highest level in a number of schools in Hong Kong. He holds Bachelor's and Master's degrees from Canada, and is currently completing a second Master's degree in Educational Leadership and Change from the Hong Kong Institute of Education and Vanderbilt University. Ms. Pan has 20 years experience in education, especially in teaching Chinese in primary school, primary school administration, as well as teacher training. Before joining Keystone, she was the director of guided discovery (in Chinese) and a Chinese teacher at ISF in Hong Kong.

ISB Futures Academy

The International School of Beijing's Futures Academy unveiled its new flexible learning space on August 6. The new location allows the Futures Academy to serve as a hub for learning opportunities as it expands to include students from Grades 7 and 8 in 2015-16. The split-level learning space's design combines traditional instructional areas with an open-plan layout, reflecting ISB's commitment to create 21st century learning opportunities.



Early Childhood Montessori Teacher Training at IMTI

International Montessori Training Institute's Academic Director, Debbie Gillespie led a team of local and international educators to deliver the Early Childhood Montessori Teacher Training program in July.

BCIS Celebrating 10th Anniversary – 2005-2015

As the 2015-2016 academic year begins, Beijing City International School has commenced a year-long celebration marking the 10th Anniversary since the school's opening in 2005. Notable events this year will include the opening of the school's now 10-year-old time capsule created by the first generation of its students and teachers back in 2005. In addition, this year's students will create a second time capsule to be opened in 2025 when the school celebrates its 20th anniversary. The celebrations are inspired by a special new 10-year motto: "A Decade of Achievement; A Lifetime of Success."



PHOTOS: COURTESY OF ISB, KEYSTONE, BCIS, AND IMTI

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 by **September 11**.

BWYA Welcomes New Team Members

Beijing World Youth Academy (BWYA) welcomes two new senior members of staff. Originally from the UK, Emma Emerich, has joined as vice principal for BWYA's IB school, based in Wangjing, having spent the previous four years teaching in Zambia with a career spanning 21 years in education. She has previously held various senior positions at several international schools.



Shannon Koga joins BWYA as director of instructional practices. She will also take on the role of principal at BWYA's primary school at their Laiguangying campus. She has 28 years experience in education, predominantly in Japan, most recently as acting head of school at Hokkaido International School's Niseko campus. The appointments come as BWYA celebrates achieving a 100 percent IB Diploma pass rate for the first time in its history. BWYA graduates averaged a score of 35 against a global average of 29.



Grand Opening of Sanfine International Hospital

Sanfine International Hospital will hold its official grand opening on September 20. Located across Worker's Stadium, this comprehensive bilingual hospital offers services including general, family and pediatric care, women's health, and a dental clinic. It also features specialized departments in the fields of cardiology, gastroenterology, TCM and more. (6413 6763) www.sanfinehospital.com

DCB 2015 IB Results

Students, teachers, and parents at Dulwich College Beijing are celebrating the 2015 IB results. Thirty five percent of students achieved scores of over 40 points, with five students – Charles Chiu, JinJu Choi, Brian Hwang, Michelle Lim and Kay Liang – achieving perfect scores of 45. Only about 160 students worldwide out of over 140,000 candidates achieved this result.



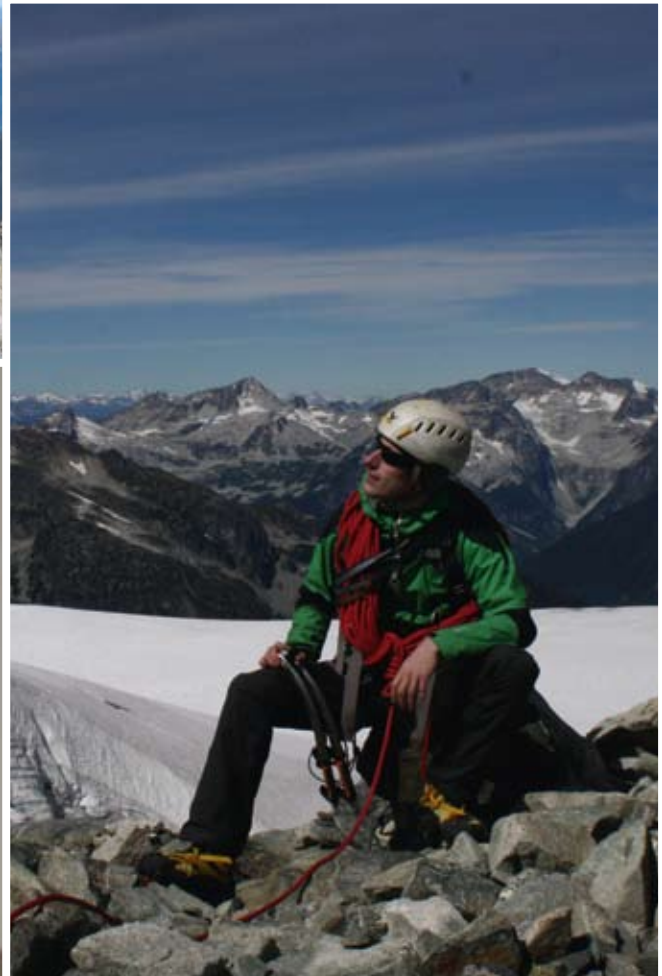
YCIS Beijing Welcomes New Early Childhood Education Coordinator Mary-Anne Parker

Yew Chung International School of Beijing is pleased to announce the arrival of new Early Childhood Education (ECE) Coordinator Mary-Anne Parker. Although Ms. Parker originally hails from Melbourne, Australia, she worked most recently in Cairo, Egypt. She will be leading YCIS Beijing's ECE programme, which in addition to a unique teaching philosophy and programme also boasts a completely renovated learning space. To learn more about the school's programmes, visit www.ycis-bj.com.

A Breath of Fresh Air

Introducing air purifier company Origins

by Rhea Jiang





Whether you're a Beijing newcomer or an expat veteran, you'll most likely spend time browsing the air purifier market. With air quality what it is, air purifiers have become a household necessity. Luckily, Beijing-based Swiss air purifier company, Origins Technology is here to help.

With a mission to help people build and sustain a healthy lifestyle, Liam Bates founded Origins in January 2014 when his fiancée's childhood asthma recurred after moving to Beijing. Her health crisis became the inspiration behind his company's name. "I want to use smart technology to bring people back to a natural and healthy environment – their original environment," he says. With co-founders, Jessica Lam and Ken Ying, he set out to do just that.

The company released air purifier, Origins' Alpine Air which they say delivers "air cleaner than that of the Rhône Glacier in Switzerland, in less than 45 minutes." The Alpine Air unit is designed specifically to tackle the pollution problems found in Chinese cities, and is tested in both professional labs and Beijing apartments. To give consumers a look at how the Alpine Air works in an everyday setting, their test data for Beijing apartment spaces can be found on their website, along with information on their Swiss-imported filters.

However, Origins' signature product is the recently released Laser Egg, a small household air quality monitor that can connect to your phone and provide a vast array of information ranging from the current

AQI to any clean air spaces near you. Bates believes that the Laser Egg will revolutionize the market. "Schools and businesses often hire professional companies to come and test their air quality for a handsome fee," he says. "Other high-end air quality monitors can be expensive, with prices as high as RMB 40,000. The Laser Egg can achieve similar accuracy at a fraction of that price."

Both the Laser Egg and Alpine Air can be purchased through Origins' website or can be found at Origins' Breathing Space, a courtyard retail location in Beixinqiao. The Breathing Space is both an experience center for Origin's products and a venue for events, including Origins-hosted discussions on green technology. All products purchased come with professional air quality testing services before and after use, and a one-year warranty. Alpine Air is priced at RMB 4,499, while Laser Egg is RMB 379.

Origins Technology Limited

原点生活 (北京) 科技有限公司

Mon-Sat 9.30am-6.30pm. Beixinqiao Toutiao, Bldg 2, Dongcheng District (400 863 0600, info@origins-china.com) www.origins-china.com 北京市东城区北新桥头条2号



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Cupcakes and Kicks

Satisfy your sweet tooth while celebrating a healthy lifestyle

by Rhea Jiang





At The Hutong, children can munch on sweet treats while channeling their extra energy towards learning kung fu with “the Cupcakes and Kicks” package. Situated in the historic Dongcheng District, The Hutong is a culture exchange center that regularly offers cooking classes, Beijing day tours, and TCM programs. The traditional Beijing courtyard provides plenty of space for children to play games, exchange gifts, and learn martial arts with Xie’s Martial Arts Academy. The academy’s founder Master Xie combines traditional Shaolin Kung Fu, karate, and Western martial arts styles to “cultivate personality, self-defense skills, performing arts, and physical fitness through training.”

After the lesson, kids can re-energize with a DIY cupcake class in the kitchen. Staying healthy is important, but it’s good to have rewards in moderation – and children get to experience every aspect of a celebration with the “Cupcakes and Kicks” package. Guided by The Hutong’s chefs, kids can build their own sweet creations from scratch. Alternatively, for less sugary kitchen fun, kids can make their own tea blends by mixing dried fruits, flowers, and spices. “It’s amazing to see the kids experiment with different flavors and taste what they come up with,” says Jeremiah Jenne, The Hutong’s executive director.

The most basic package with a minimum of six children starts at RMB 400 per child. This includes a DIY cupcake class, all-you-can-drink soft drinks and juice, an hour of martial arts, and a special gift for the birthday boy or girl. Parents can opt to add on activities like the tea art workshop, Chinese kite making, or Peking Opera mask painting, as each birthday plan can be customized.

The Hutong

Starting at RMB 350 per child. 1 Jiudaowan Zhongxiang Hutong (southeast of Beixinqiao subway station), Dongcheng District (6404 3355, 159 0104 6127, info@thehutong.com) www.thehutong.com

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Welcome to Harrow Beijing

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All Shook Up

New Mom Rebecca Shook updates her look

by Yvette Ferrari



PHOTOS: UNI.YOU

Rebecca Shook gets glammed up



Florida native Rebecca Shook moved to China in 2011 to work in Henan Province for an organization called New Hope Foundation: a foster home that provides medical treatment and care for orphaned children in China. It was in Henan where Shook first met her husband Mike who, at the time, was working for the same organization as a liaison between New Hope and a US-based partner organization called Show Hope. The two moved to Beijing and married in 2013 and now live at the Beijing-based location of the foster home. Rebecca teaches preschool and does administrative work while Mike is currently getting a Master's degree in clinical psychology. It's an exciting time for the couple as they've just become new parents; Shook gave birth to their adorable baby John only one month before we meet.

Shook tells us her usual hair routine is pretty basic. Most days she pulls it back into a pony tail or bun, only trims it once or twice a year, and has never colored it. She says the sink is usually the highlight of her salon visits. "I usually base when I get a haircut around when I want a really good wash!" she says.

Shook is open to trying something new but prefers a simple, natural style she can keep up with easily. Over at the Sanlitun location of **Laurent Falcon** we meet Tania Ocloo, a master stylist specializing in westerner's hair. Ocloo cuts a few centimeters from Shook's recently-trimmed hair and adds soft layers for lift as well as face flattering side bangs. She paints in subtle honey-colored highlights a couple shades lighter than Shook's natural color and blends them for a natural look that won't give her visible re-growth.

Product List

- Giorgio Armani Designer Shaping Cream Foundation with SPF 20
- Ipsa Creative Concealer
- Givenchy Prisme Libre Loose Powder Quartet Air Sensation #5 in Soft White
- Etude House Drawing Eye Brow in #3 Brown
- Bobbi Brown Shimmer Brick Compact in Bronze
- Heavy Rotation Perfect Liquid Eyeliner in Black
- Kate Super Sharp Liner in BK 1
- Mac Opulash Mascara in Bad Bad Black
- Mac Creamesheen lipstick in Speed Dial



Laurent Falcon Sanlitun

Daily 10am-8pm. Bldg 43, Sanlitun Beijie Nan, Chaoyang District (6417 1371, 135 0137 2971, 135 0137 3971 laurent.falcon@hotmail.com) www.laurent-falcon.com
朝阳区三里屯北街南43号楼

Get the Look:



1 Ocloo cuts a few centimeters from Shook's length, adding face framing layers for volume and lift.

2 After blow drying, Ocloo applies highlights freehandedly through Shook's hair concentrating the lighter tones through the ends.



3 While her curls are setting, Shook sits in the makeup chair for the last part of her look. Over concealer, foundation, and loose powder, makeup artist Elena Shi creates a daytime smoky eye using a medium brown shade on the eyelid, graduating to a warmer brown in the crease, and lining the lower lash line with the same shade. She uses white shadow on the lid, brow bone, and outside the eye. Shi applies black pencil beneath the lashes and finishes with black liquid liner and mascara. She adds a pop of pink blush to the apples of her cheeks and pink lipstick to complete the look.





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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.

Reach for the Salad Bowl

Salads needn't be a meager piece of lettuce, with some sad tomato and cucumber. A well-constructed salad can be a meal in itself. Here are six reasons to munch on a tasty salad.

1. Multivitamins and minerals. There are too many vitamins and minerals in fresh produce to name them all here. Antioxidants, such as Vitamin C, help protect us from the harmful effects of toxins including pollution, and are abundant in vegetables. When possible choose organic produce to decrease the amount of pesticides in your diet. Vitamin K is another nutrient found in green leafy vegetables, like collards, Swiss chard, parsley, and various types of lettuce. Vitamin K is needed for healthy blood clotting and may help prevent osteoporosis.

2. Phytonutrients galore. Natural chemicals in plants, phytonutrients have many health benefits. They include lycopenes in tomatoes which have been found to protect men against prostate cancer. Lutein, found in spinach and kale may help prevent the formation of cataracts in the eyes. The more colorful your salads, the more phytonutrients you'll find in them. This applies to leafy greens as well; paler iceberg lettuce has fewer nutrients than darker romaine lettuce.

The more colorful your salads, the more phytonutrients you'll find in them

3. Fabulous Fiber. Most people don't get enough fiber in their diets. Salads are filled with it! Fiber helps keep us regular, binds toxins and releases them from the body, feeds the good bacteria in our gut, and can even help decrease cholesterol.

4. Salads are easy to make. No cooking skills required. When you're pressed for time, just wash some veggies, chop them up, and toss them with some olive oil and a splash of apple cider vinegar or a squeeze of lemon juice. Simple and delicious!

5. Unlimited options. Salads can be made with all kinds of delicious ingredients including a variety of greens, herbs, sprouts, fruits, nuts, seeds, and beans. Breadcrumbs, cheese, eggs, avocado, and grilled meats or fish can make a salad heartier and more filling. The dressing on the salad also changes the flavor, so experiment with different options. I would suggest forgoing store bought dressings as they usually contain unnecessary ingredients.

6. You can eat as much as you want. As long as you don't add fried foods like bacon and dressings high in sugar, salt, and fat (such as mayonnaise) then you should have a healthy, calorie reduced meal. No need to limit your servings: enjoy!

Reach for that refreshing salad and know that you're feeding your body real, healthy food.

Need more info?

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



Prevention is Better Than Cure

As a father of two children and a clinical psychologist, people often ask me for suggestions to ensure good mental health for their children. In many ways, the adage of "An ounce of prevention is worth a pound of cure" is true, and there are many things that we as parents can do to support good mental health in our children.

1. Be a parent to your child. The roles of influence in a child's life can be thought of as circles. Some people in your child's life fulfill the role of a teacher, and so occupy that circle. Others may be charged with being a coach or a "drill sergeant", and so occupy those circles. As parents, our circle may at times overlap with the teacher or coach, but there is a significant part of our particular "circle" or role that no one else in our child's life can fulfill. So, if necessary, let someone else take the role of the teacher, and take the time and effort necessary to discover what it means to fulfill the role of a parent.

Your love for them does not depend on grades, performance, or on anything else

2. Protect your relationship with your child. Being a parent is difficult; we worry about our children's health, mental development, social development, education, and so much more. But oftentimes our worry for our children can result in unhealthy pressure to perform. Don't let your worry about grades or achievements negatively affect your relationship with your child. Let them know clearly, through words and actions, that though you would like them to do well, at the end of the day you will love them just the same. Your love for them does not depend on grades, performance, or on anything else – it's simply given to them. In my career, no adult patient has ever come before me and said, "You know what my problem is doc? I didn't get good enough grades as a kid." Oftentimes, difficulties in adulthood result from difficulties in family relationships.

3. Be an example to your children. When I say this, I don't mean "Be the paragon of perfection." It can be beneficial for our children to see our reactions to our own mistakes. We can be positive role models when we demonstrate that mature adults own up to our shortcomings, apologize for our mistakes, and strive to do better.

4. Validate their experience. Parents often come to me and ask how they can influence their child to change in some way. This is especially true of parents of teens. Oftentimes, we can influence our children when they know that we are on their side. This may mean that we need to control the temptation to be overly critical, and instead just listen to what they have to say. Use positive reinforcement or present your perspective (if necessary) without applying pressure or criticizing their lack of maturity.

September 20
National Love Teeth Day



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Join the TRIBE

Nutritional kids meals delivered

text by Sally Wilson
photos by Dave's Studio

TRIBE café on Gongti Dong Lu serves up healthy eats, with an emphasis on nutrition and organic produce; everything on the menu has a glossary of goodness that identifies what's vegetarian, vegan, sugar free, gluten free, or probiotic. Their latest venture is TRIBE Nutrition, a customized meal-plan delivery service that brings fresh organic meals to your door.

Their suite of meal plans is designed to meet every need; whether you want to bulk up, slim down, or just want to eat healthy but don't have the time or inclination to cook. There's even one for kids ages 6-12: the "Happy Sprouts" meal plan. It's simple to order; just let TRIBE know which meal plan you want, how many meals you need a day, and where and when to deliver it. Their chefs will cook and deliver your meals to you fresh daily, and your kids can enjoy tasty, nutrient-balanced meals at home or as part of their packed lunch for school.



Madelyn Young (age 7) samples a yummy selection from TRIBE Nutrition's "Happy Sprouts" meal plan

Our Happy Sprout diner is 7-year-old Madelyn Young, a student at The International Montessori School of Beijing (MSB). From the US, Madelyn has been living in Beijing for two years. Her favorite foods are salami and cold-cuts, and she loves pepperoni pizza. Madelyn samples a whole day's worth of kid's meals, and the portion sizes are very generous, perfect for growing kids.

Starting with a breakfast dish of savory rice and egg omelet, the rice is nutty and cooked well, the organic eggs full of flavor. The dish is topped off with a tangy and tasty tomato purée. Lunch is chicken Madeira with mushrooms and spaghetti. The chicken is very tender, coated in a tasty mixed mushroom sauce, with spinach. For a re-heated dish, the chicken remains moist and the pasta cooked just right. Madelyn's exclamation of "I love this chicken!" says it all.

Dinner is grilled sirloin with roast broccoli and beet whipped potatoes. The sirloin has great flavor, cooked slightly pink, which helps it remain tender after re-heating. The beet potatoes are a wonderfully pink hue. Beetroot is an acquired taste, and unfortunately one that Madelyn hasn't picked up yet. However, her friend who came to hang out and watch the shoot absolutely loves the beet potatoes and digs in with gusto.

Madelyn samples three snacks; carrot, apple, celery, lime, and ginger juice, roast cauliflower with carrot hummus, and oatmeal cookies served with ginger apple sauce. Celery and ginger are the major flavors that come through in the juice, which may not suit all younger palates. The hummus is quite sharp, rather than being a sweet carrot flavor. The cookies with sauce are a huge hit, and are by far Madelyn's favorite part of the whole meal.

The dishes are exciting and fun, and the presentation is very good. Some of the flavors will no doubt be new to the younger end of the "Happy Sprouts" age range. Breakfast is RMB 50, lunch RMB 60, dinner RMB 70, or for RMB 180 you receive three meals and three snacks. The food comes in sturdy microwaveable containers with serving instruc-



TRIBE Nutrition's customized meal plans come packed and ready to go!

tions, packed into a reusable insulated bag. Each container details the number of calories, plus grams of carbohydrates, fat, and protein.

Right now, they only deliver to a specified zone around the TRIBE café and their kitchens. A detailed delivery map is on their website. The menu changes every week, and they do repeat some dishes throughout the week.

TRIBE Nutrition

(5900 3088, ask@tribenutrition.com) www.tribenutrition.com

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www.tribeorganic.com

Smart Cookies

The Derwent family builds a better biscuit

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



PHOTOS: KEN

The Derwent family from left to right: Maclaren (age 6), Lachlan, Tristan (4), Hayley, and Cameron (3)

The Australian Derwent family moved from Sydney to Beijing in December 2014, setting up home in Park Avenue on the south side of Chaoyang Park. Mom Hayley is a stay-at-home mom to sons Maclaren (age 6), Tristan (4), and Cameron (3) and is also studying nutritional medicine part-time. Dad Lachlan is operations manager for Algeco Chengdong International Housing Company. Maclaren and Tristan attend Yew Cheng International School of Beijing; Cameron stays at home with Hayley.

When we arrive, the boys are deep into the movie *Ants* but are happy to pause it to help prepare one of their favorite treats; Hayley's healthy take on the cookie. As an ex-chef and a student of nutrition, it's easy to see why eating well is important to Hayley, Lachlan and Tristan's gluten sensitivities provide a further impetus to cut back on simple carbohydrates. "These cookies feel like a treat, but they are literally just two ingredients. I make these for breakfast sometimes," she says, "and they are great still warm from the oven. But I shudder to think what the teachers must think when they ask the boys what they've had to eat that morning!"

Banana Oat Cookies 香蕉燕麦曲奇
Approximately 6-8 servings 约6-8人份

Ingredients 成分

2 bananas 2根香蕉
2 cups instant oatmeal 2杯速溶燕麦片
1/2 cup chocolate chips, or sultanas, or dried cranberries, or chopped nuts, or desiccated coconut (optional) 1/2杯巧克力碎或葡萄干、蔓越莓, 也可以是坚果碎、椰丝 (可随意选择)

Instructions 做法



1 2

1. Preheat oven to 180 degrees C. 烤箱预热至180°C。
2. In a large bowl, mash the bananas until smooth. 在一个大碗里捣碎香蕉, 直到顺滑。



3

3. Add the oats and chocolate chips and mix well. 加入燕麦片和巧克力碎, 搅拌融合成面糊状。



4

4. Drop spoonfuls of dough onto a lined cookie sheet. 用勺子将面糊整形成小圆饼, 放在垫油纸的烤盘上。



5

5. Bake for 9-12 minutes or until cookies are set. 烤9-12分钟, 直到曲奇饼干成形。



6

6. Remove from oven and cool on a wire rack. 将曲奇饼干从烤箱中取出, 在晾网上冷却即可。



All Play and No Work

Exploring career possibilities at Beyou World

text and photos by Sijia Chen



With kids, a perennial – and ever-changing – topic of conversation is what they want to be when they grow up. One day it's a firefighter, another it's a chef. What if we told you there are not one, but two places in Beijing they can go to try out both of these careers and more?

With the colder months approaching, we figured now would be a good time to revisit **Beyou World**. Based in Sanyuanqiao, this role-playing center allows kids ages 3-12 to experience a variety of jobs through play. Though Beyou World can't beat its rival – EE City in Joy City Chaoyang – for size and variety, it is far less crowded and more convenient for families living in Wangjing, Lido, and Shunyi.

The center is on the second floor of a mall called Beyou World Shopping Center just off Jingmi Lu (京密路) and the intersection of Taiyanggong Beijie (太阳宫北街). The mall is a rather ramshackle affair with a Starbucks, Subway, several Chinese restaurants, and factory outlets for Mothercare and sports brands like Nike, Adidas, Skechers, and Puma. The German wholesale supermarket chain Metro also has a branch in the basement.

A visit to Beyou World requires a bit of strategizing. Though the venue is very quiet on weekdays, it's best to zero in on three or four "jobs" that your child wants to try the most and make a beeline for these once you get there. Kids must sign up for each job station, where adult supervisors lead activities or simulations that last 20 to 30 minutes.

Beyou World has its own economy and currency, the Beyou dollar. All kids start out with 50 Beyou dollars, which they can spend or earn at various role-playing stations. Occupations pay between 10 and 20 Beyou dollars, which children can spend on activities like cake decorating or items like snacks at the convenience store.

Parents aren't allowed inside each job station and must content themselves with watching the kids through the window. Some jobs, like ambulance workers and public security officers, involve groups of kids marching in formation or rushing to the scene of an accident so that parents can follow behind and take pictures. There's even a catwalk where young participants are coached on strutting and posing before being sent out into the spotlight.

Jobs include firefighter, electrician, pilot, cabin crew, maternity ward nurse, banker, postal worker, police officer, public security officer, special forces soldier, ambulance worker, doctor, lawyer (complete with powdered wigs), catwalk model, and all manner of chef (pizza, sushi, pastry, etc.). During our visit, a couple of stations such as the art gallery and the noodle shop are closed or under renovation.

As can be expected, there was a disproportionate amount of interest in all the food and beverage-related stations where kids could make their own snacks like jello cups, sushi rolls, and pizza. The policing and defense careers were also popular; we were simultaneously amused and alarmed to see kids in berets and flak vests carrying plastic AK-47s marching through the venue while shouting "Yi, er! Yi, er!" ("One, two! One, two!") in unison.

Though Beyou World is advertised as being suitable for ages 3-12, older kids would probably get bored pretty quickly. The activities are generally more appropriate for preschoolers and younger school-age kids around 3-9 years old.

Like at EE City, everything from the signs and the instruction is in Chinese. Kids who don't understand the language should get the hang of the activities pretty quickly, but signing up for them could be a bit of a hurdle if you don't speak any Mandarin yourself.

Ticket prices change seasonally. Summer prices are still in effect during our visit: RMB 300 per child and RMB 20 per adult, but these are subject to change once school starts after September 6. Call ahead or consult the website for the latest prices.

Beyou World has snacks like sausages and chips and meals (including Subway) for sale, though it's OK to bring your own snacks. There are plenty of benches, chairs, and tables throughout. There are decently clean kid-sized bathrooms with squat toilets near the exit,



but no nursing rooms or changing tables. Cameras are allowed inside and free Wi-Fi is available.

If you're hungry after your visit, head to Subway on the ground floor or any of the many Chinese restaurants. For a pick-me-up or a snack, there's also Starbucks on the first floor. Should you need groceries (and lots of them), head to Metro.

For younger kids, there's also a branch of Let's Go right next to Beyou World. This play center has an indoor jungle gym as well as an outdoor climbing frame (ages 3-12) across from the mall's main entrance.

Resources

Beyou World 比如世界

Daily 10am-7pm. 2/F, Beyou World Shopping Center, 111 Jingshun Lu, Chaoyang District (400 630 6000, beyou@beyou.cn) www.beyou.cn 朝阳区京顺路111号比如世界购物中心2层

Starbucks 星巴克

Daily 7.30am-10.30pm. 1/F, Beyou World Shopping Center, 111 Jingshun Lu, Chaoyang District (6430 4036) 朝阳区京顺路111号比如世界购物中心1层

Subway 赛百味

Daily 10am-10pm. 1/F, Beyou World Shopping Center, 111 Jingshun Lu, Chaoyang District (6430 4088) 朝阳区京顺路111号比如世界购物中心1层

Metro 麦德龙

Daily 6am-10pm. B1/F, Beyou World Shopping Center, 111 Jingshun Lu, Chaoyang District (8455 6888, service@metro.com.cn) www.metro.com.cn 朝阳区京顺路111号比如世界购物中心地下1层

Let's Go 乐仕堡

Daily 10am-9.30pm. 2/F, Beyou World Shopping Center, 111 Jingshun Lu, Chaoyang District (5945 4980) www.leshibao.com.cn 朝阳区京顺路111号比如世界购物中心地下1层



Fresh FROM THE FARM

Harvesting at organic farms in Beijing

by Nimo Wanjau

A 2010 study on the benefits of organic food by The American Academy of Pediatrics concluded that organic foods have lower pesticide levels, and by-products from organically raised animals were less likely to contain drug-resistant bacteria and contaminants. Letting kids experience harvest season at local organic farms gives them a chance to get their hands dirty and run around while you pick up something healthy, seasonal, and delicious to cook. Thankfully there are more and more organic farms around Beijing: this isn't a complete list, but it's a good place to start.

Name: De Run Wu 德润屋

Description: This family-run "organic" farm was started by Dr. Ji Yunliang and his wife Alison Wang in 2004. Their farming practices are based on Buddhists doctrine therefore there's no use of pesticides and no pest control; however the farm has not been certified organic by the relevant authorities. De Run Wu take orders online and deliver produce twice a week. It's free to visit the farm. Groups can harvest produce at the farm if they arrange in advance with staff. The minimum group size for harvesting is eight people.

Produce: Over 100 different varieties such as cucumber, eggplant, bok choy, Chinese cabbage, and more.

Address: Free to visit. Daily 8am-5pm. Strawberry Fields, Xinzhuang, Xingshou Town, Changping District (8459 0809, 139 1189 3712 (English), jiyunliang@vip.163.com) www.bjchano.com 昌平区兴寿镇辛庄草莓园

Name: Little Donkey 小毛驴市民农园

Description: Remin University PhD graduate Shi Yan convinced the Beijing government to let her begin a community-supported agriculture (CSA) project at Little Donkey in April 2008. Little Donkey is a collaboration between Beijing's Haidian District's Agriculture and Forestry Ministry and Renmin University's School of Agricultural Economics and Rural Reconstruction Department. Book ahead to visit the farm. They also deliver produce twice a week or offer pick up from their offices.

Produce: Over 100 different varieties such as tomatoes, onions, spring onions, Chinese cabbage, eggplant, and more.

Address: Free to visit. Daily 8am – 5pm. Houshajian Village West, Sujiatuo Town, Haidian District (138 1095 6036, shiyan4985@sina.com) www.littledonkeyfarm.com 海淀区苏家坨镇后沙涧村西

Name: Tootoo Organic Farm 沱沱公社

Description: This farm was started by IT firm, Ninetowns Internet Technology Group Limited in 2008 and has grown to become one of the leading online retailers of organic farm produce. Their open fields and greenhouses are located in Pinggu District and have organic certifications from China and the European Union. They offer farm visits for a price which varies depending on the seasonal programs underway at the farm. Kids can pet and feed the animals and/or plant, weed, and harvest produce.

Produce: Over 150 different varieties such as Chinese chives, spinach, Chinese little greens, spore cabbages, and more.

Address: Prices vary. Mon-Fri 8am-8pm, Sat-Sun and holidays 9am-7pm. Ma Changying Village, Ma Changying Town, Pinggu District (400 898 979) www.tootoo.cn/en 平谷区马昌营镇马昌营村

Name: Green Cow Organic Farm 绿牛有机农庄

Description: Started in 2004 by Lejen Chen and Shan En in Shunyi after a quest to find lettuce for their restaurant, Mrs. Shanen's in Shunyi, proved futile. Green Cow is also a CSA working with over 20 members who help with cultivation. They use most of what they grow to feed their animals and make compost using materials such as foliage from the farm. They supply their restaurants Mrs. Shanen's and Green Cow Café in the 798 art district with ingredients. They deliver once a week. Visitors can come to the farm and learn about sustainability as well as take part in harvesting. The farm doesn't accept drop-ins, and does charge. For prices, call ahead and discuss which activities you want to do.

Produce: Over 60 different varieties including pumpkins, arugula, snap peas, celery, and more.

Address: Prices vary. Daily 9am-5pm. Donggezhuang (10 min north of the International Exhibition Center), Houshayu Zhen, Shunyi District (8046 4301, 135 0113 6920) www.greencowfarm.com 顺义区北京绿牛有机农场 (北京京承高速与机场北线交汇处的东北方向董各庄附近)

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10-12 年级英文 (DP) 班	RMB 41900元/学期



Get with the Program

Summer programs offer rewarding experiences for Tsinghua International School students

by Yvette Ferrari

For high school students, summer programs have strong appeal. Though many programs offer the opportunity for teens to get a head start and earn college credit while studying specific subjects of interest, the allure is usually far more than that. Summer programs come with the promise of experiencing the world in a way most teenagers never have before; they're a rare chance for teens to be independent from their parents, to meet new friends from different places, to reinvent themselves, and most of all, to get a glimpse of the elusive college life that awaits them in the not so distant future. This month, we spoke to three students from Tsinghua International School (THIS) about their experiences with summer programs in the US.



JOHNS HOPKINS
UNIVERSITY

PHOTOS: COURTESY OF AUDREY TAO, JULIA WANG, AND STELLA HUANG

Audrey Tao (age 17) from Canada, participated in the Discover Hopkins Program at The John Hopkins University in Baltimore, Maryland for two weeks



Audrey catches some summer sun on The John Hopkins University campus



Audrey and her classmates show off their certificates of completion



A view of The John Hopkins University campus



Girls just wanna have fun

The Discover Hopkins Program is a two-week intensive summer program that offers college level courses for credit and a chance for high school students to explore college level curriculum and courses. My first impressions of The John Hopkins University were that it is organized, eye-pleasing, and a paragon of a prestigious American university. From its nostalgic architecture to its beautiful scenery, John Hopkins looked postcard perfect to me.

I enrolled in a course called Food, Nutrition, and Public Health; a class very much academically focused that offers lots of hands-on experiences. I had two instructors who were both PhD students at the Hopkins Bloomberg School of Public Health. The entire class was only 13 students, so it was very close and intimate. As the class covered food related and social issues prevalent in modern America, guest speakers from organizations such as Maryland Hunger Solutions were invited to give in depth lectures.

Through the trip, I discovered what a prodigious role John Hopkins plays in the city of Baltimore. Everywhere we went, people talked about Hopkins and it was an honor to tell others that we were students there. Although Baltimore is known as "charm city," like many other urban cities in America it also suffers from its deficits including poverty and drug abuse. The John Hopkins University and Research Center plays a major role in mitigating social, health, and welfare issues in Baltimore, which is how it has earned such a high reputation in Baltimore and all over the US. Many of my personal beliefs and interests correspond with John Hopkins' core values and academics. Not only does John Hopkins have the biggest and most renowned public health studies

in the world – which is what I intend on majoring in – they are very active in research and community work, which fulfills my long held desire to serve and improve my community.

The best part of the trip was the chance to meet and interact with new friends, classmates, and teachers from all over the world. I had never met such a diverse group of people. The fact that everyone was so amiable and open was a highlight of my trip. The most interesting aspect, however, was getting to experience university life. Not only did we live on campus and attend college level courses, we also got to explore the city and get a sense of what it's like being a college student. I stayed in the freshmen dorm Wolman Hall, which is right across the street from the university in the Homewood Campus area called Charles Village. In the Charles Village area, there are many coffee shops, supermarkets, and bookstores to provide daily necessities. If you ever get a chance to visit the area, try Insomnia Cookies, a little store right next to Barnes and Nobles. Trust me, you won't regret it!

A difficult moment on my journey came when completing our final group project. My group members had different working styles and commitment levels, which made it difficult to manage the work together. In the end, through long hours of communication and typing, we were finally able to complete our project and ultimately received an "A."

I would definitely recommend this program to my fellow teens because it really gave me a broader sense of what university is like. It's a good chance to explore a new part of the world, and practice independence, as well as prove to your parents and yourself that you are ready for college!

Julie Wang (age 17) from Canada, participated in the Pacific Astronomy and Engineering Summit in Hilo, Hawaii for one week



Local shoreline at Hilo



A view of Hilo's skies and palm trees



The students await stargazing on Mauna Kea

I attended the Pacific Astronomy and Engineering Summit, an educational science conference sponsored by the Thirty Meter Telescope, a major astronomy project overseen by five countries: The US, Canada, India, Japan, and China, which aims to build the world's largest observatory. The conference gathers high school students to represent their future youth innovators and scientists. I was one of China's three representatives.

Hilo is great. There are no mosquitoes, the temperature is mild, and the wind by the ocean feels amazing. We saw real blue skies, green grass, clear water, and even a sea turtle swimming by the shore! Hilo is a quiet town where the people are friendly, the architecture is beautiful. It even smells good.

As if being in the hotspot of astronomy wasn't enough, we stayed at the University of Hawaii, one of the best universities to study the subject. Three to five delegates per country attended, about 30 people in total. The content was highly academic. Professors from all over delivered lectures on current cutting-edge ideas in astronomy such as determining the composition of asteroids and methods for discovering exoplanets and their properties. Some technical parts I struggled through, but the professors simplified complicated concepts.

We participated in various activities and workshops associated with building leadership skills, went on outings, and learned about the native Hawaiian culture. The most spectacular outing was stargazing on Mauna Kea, considered one of the most ideal places in the world for observatories due to its elevation and freedom from light pollution. I can't express how amazed I was to look at the moon ultra close-up through my telescope. The local stargazing club brought their huge telescopes and walked us through constellations and other celestial bodies. We picked off Venus, Jupiter, Saturn, moving down the list to stars like Vega and Altair. We

even saw Saturn's rings! Unfortunately, it was overcast that day and protests made it impossible for us to get into the observatories or above the cloud line.

While the Thirty Meter Telescope is a thrilling endeavor for astronomers and scientists, I learned it has caused dissent and unrest for others. For the native Hawaiians on the island, Mauna Kea is a sacred mountain that shouldn't be disrupted and Thirty Meter Telescope is perceived as a foreign intrusion and an act of disrespect. Protests have halted the telescope construction for months. This is one example of scientific insensitivity that could have been solved diplomatically from the beginning. A lot of emphasis was put on our understanding that there are two sides to every story and how our actions impact others. I was really glad to see that understanding is being fostered because so many world problems could be solved this way.

One challenge was the closing dinner when we were scheduled to give a presentation. I thought 30 of us would participate including teachers, advisers, and perhaps a few guest visitors. In fact, government representatives – including Hawaii's senator – were in attendance, along with other members of academic panels and universities. Suddenly the high school level presentation I made didn't seem to measure up at all. I think I did okay; people laughed at least. I realized that you don't need to be an expert in order to get something out of an experience like this – you just need to push ahead and not worry about the social output. Not as a game changer, just as someone who wants to learn. In other words, there's an opportunity for learning in every mishap.

If you want to be in a science related field or an astronomer in the future, and if your school offers you the chance to participate, seize it. This is such a great way to meet new people and ask questions.

Stella Huang (age 16) from the US, participated in a summer program at the University of California, Los Angeles (UCLA) for three weeks

My summer program was hosted by Summer Discovery, an organization that offers pre-college and college credit courses at several universities for high school students. The program I took is called The Business of Entertainment, Media, and Sports Institute and is sponsored and taught by the UCLA Anderson School of Management.

The Business of Entertainment, Media, and Sports Institute introduces business strategies used by entertainment and sports companies. I had two course instructors; one covered the business side of film industries while the other focused on concepts such as communication modes between marketers and consumers and how businesses retain customers. Although classes were four hours per day, the content kept us awake. Film, music, and sports are topics teenagers are knowledgeable on and are naturally interested in learning more about. We received a case study each week published by the Harvard Business School and wrote an analytical paper in groups. One group assignment involved writing up predictions and recommendations for marketing upcoming movies like *Superman v Batman* and *Sisters*. Our class also toured the Los Angeles Dodgers Stadium and Paramount Studios.

The UCLA campus is large and somewhat decentralized because the school buildings and main plaza – where the renowned Bruin Bear statue stands – are located south of the campus while the residential halls are situated in the north. We students lived in a residential plaza called Hedrick Summit. Located near Beverly Hills and Bel Air, the college town Westwood has everything a student would need such as restaurants, supermarkets, and mobile service stores.

Los Angeles is a sunny, vibrant, and laid back city; Southern California in general has this vibe. Coming from Beijing, the days feel longer because people are enjoying themselves, rather than battling to fit in the subway car. It found it fascinating to meeting people at different social occasions and easily become friends. Everyone was extremely open and accepting – talking to strangers is completely normal. My suite mates would bring people to our common area, and I would naturally befriend them. Being at THIS for six years, I have

welcomed new students to the school, but had forgotten how it feels to be somewhere completely new myself.

One difficulty I encountered was deciding which group to hang out with at certain times. I woke up earlier than my suite-mates to eat breakfast with my classmates, yet I resonated more with friends from international schools in Asia. By frequently vacillating between groups, I realized that the closer they became, the more misplaced I was. However, acting more natural alleviated the awkwardness. I ended up spending more time with suite-mates in the dorms, talking more with classmates during class time, and having several dinners with other friends. It all boils down to seizing the opportunity at the right moment.

The best part of the trip was the amount of freedom we had. Living on campus definitely resembles college life. You are out there alone and have to make decisions for yourself. After class ended at 3pm, we went on trips to Rodeo Drive, Santa Monica beach, Hollywood, and go-karting, to name a few. During my last week, I spent an afternoon shopping, returned for dinner, and jogged at the Drake Stadium at 10pm. I was more efficient and productive than ever and did not waste a minute.

One thing I realized is that I ultimately prefer academics over activities. I joined the program for educational purposes and thus prioritized studying. My suite-mates would host impromptu dance parties outside the building and I would stay inside. Socializing is important, but there should be a limit.

I would recommend Summer Discovery to high school students as the program maximizes students' experience at UCLA. They arrange transportation to locations around Los Angeles as well, such as Disneyland and Universal Studios. Residential counselors are responsible for students, which is necessary for high school students. Forbidding us to go near the fraternity houses and having check-ins ensures student safety. If one wishes to attend a very academic program, however, I strongly recommend Summer Discovery's six-week college credit program.



Third Street Promenade in downtown Santa Monica



UCLA's Royce Hall



Stella kicking back and enjoying the California sunshine



Summer Discovery students at Paramount Studios in Hollywood



Dodger Stadium

the vaccination debate

ISB students examine the pros and cons of mandating vaccines

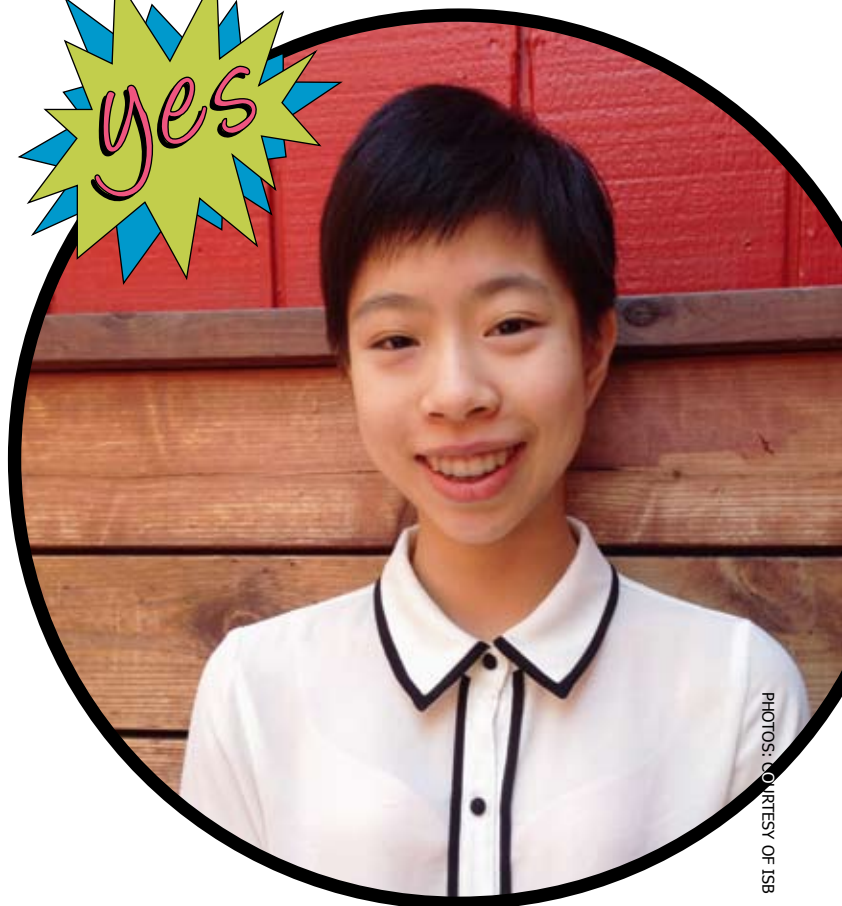
Should parents be required to vaccinate their children?

It's a question that has spurred debate among families and within the health community in recent years. By age 2, most children will have received almost 30 vaccinations designed to boost defenses against disease, however an increasing number opt against vaccination. Proponents say vaccinations are incredibly valuable in disease prevention and control, while those against them cite a parent's right to choose as well as fear over an increased risk of developing severe allergic reactions, or worse – possible life-threatening side effects. Elaine C. and Michael T., two seniors from International School of Beijing (ISB), evaluate the issue.

Elaine, Taiwan, has been in Beijing for five years

Vaccines may not entirely prevent a child from contracting a disease, but they do greatly reduce the likelihood of a disease outbreak. In a 2008 measles outbreak in San Diego, an unvaccinated 7-year-old infected 11 other unvaccinated children, according to the US' Centers for Disease Control and Prevention (CDC). Of the 11 children, three were too young for vaccines and most of the remaining children had parents who requested legal personal-belief exemptions from vaccines. This outbreak cost the public sector over USD 10,000 for each case, for a total of over USD 100,000.

Parents have a responsibility to keep their children healthy, but as members of society, they also have a responsibility not to harm the well being of their communities. Choosing not to vaccinate a child can cause the child to contract a disease, which can then cause other children to



PHOTOS: COURTESY OF ISB

contract it. This cycle could have financial repercussions to the community as a whole. Additionally, if parents do not have insurance, the cost of treatment has to come out of their own pockets.

Many parents fear that vaccines may cause autism. This claim traces back to a 1998 study by British doctor Andrew Wakefield. The journal which published the study later retracted it, claiming it to be "utterly false," and Britain's General Medical Council revoked Wakefield's medical license. Today, the CDC also says that there is no link between vaccinations and autism.

Some may believe this claim against vaccines because they have heard anecdotes, or some may have personally met children who were coincidentally both autistic and vaccinated. However, the original basis for this claim was false, and scientific evidence today supports that conclusion.

Doctors vow to never harm their patients. If they advise parents to vaccinate their children, they are thinking in the best interest of the children. If the child is too young or has a condition that would conflict with the vaccine, the doctor would say so. There are, of course, cases of negligent doctors, but those are the minority and in no way represent the entire community of doctors and researchers who aim to keep people healthy.

Some may also think that vaccines breed stronger viruses. This is not true. There have been instances where antibiotics breed stronger bacteria, but vaccinations only boost a person's immunity, they are merely preventative. In fact, vaccinations can prevent infections which antibiotics would be needed to treat.

Vaccinations should be required, for the safety of individuals, communities, and future generations.

Michael, Canada, has been in Beijing for two years

Despite the many benefits of vaccinations, the case for leaving children unvaccinated is appealing to more and more parents due to concerns arising from the side effects of vaccines. However, a distinction must first be made between the valid and invalid concerns over vaccinations. As mentioned by Elaine, concerns that vaccinations lead to autism or that it is safer for children to be naturally exposed to viruses are unfounded, and thus should not be considered in parents' decision to vaccinate their children. There is, however, one primary concern that may make parents have second thoughts about vaccinating their children: the possibility of unnecessary risk of adverse and potentially life-threatening side effects. Although the probabilities of this occurrence from vaccines are usually very slim, parents may judge whether the risk outweighs the benefit of a given vaccination.

Take for example the use of Gardasil, a vaccination that aids in preventing certain strains of the Human Papillomavirus (HPV). According to The Journal of the American Medical Association, Gardasil has resulted in over 12,000 reports of adverse side effects including fainting and nausea between 2006 and 2008. Both the Food and Drug Administration (FDA) and the CDC have claimed that they have not identified a causal relationship between the vaccine and the adverse events. However, in most instances of these reports, they have not been able to identify any cause for the events either. Even though these 12,000 reports equate to just 0.0005 percent of the 23 million individuals who received injections of Gardasil, it is not uncommon for parents to fear that their children may fall into one of 12,000.

Although misinformation may play a large role in the decision not to vaccinate children, the idea of "if it isn't broken, don't fix it" is another main reason that parents may choose to avoid vaccinations for their children. Though a holistic approach to vaccines may show that the advantages outweigh the dangers, the lingering psychological effect that could arise from knowing that a vaccine intended to prevent harm can do the opposite, may prove too daunting for some parents.



Resources

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10 Anhua Jie, Shunyi District, (5149 2345, admission@isb.bj.edu.cn)

www.isb.bj.edu.cn

北京顺义国际学校，顺义区安华街10号

www.who.int

For general information about vaccines and immunizations, including news, Q&As, fact sheets, and to learn more about some of the myths and facts of vaccination, visit The World Health Organization's (WHO) website.

The World Health Organization is headquartered in Geneva and made up of more than 7,000 people working in 150 country offices. The primary role of the WHO is to direct and coordinate international health within the United Nations' system. Their main areas of work are health systems, promoting health through the life-course, non-communicable diseases, communicable diseases, corporate services, preparedness, and surveillance and response.

Students from Ivy Academy's Summer Camps fill September's Blank Canvas

Ivy Academy's lead teacher Lisa Perdomenico describes her student's art work



▲ **Antares Cheng, 6, Hong Kong**

Antares is a big fan of still life and gravitates towards painting the natural world. He calls this masterpiece "All the Flowers".



▲ **Leyla Selby, 3, Canada**

Leyla was truly inspired by rainbows and butterflies.



▲ **Gia Clarke, 4, US**

Gia channeled Georgia O'Keefe while painting this big bold flower.

◀ **Francesca Ren, 6, China**

Francesca buries treasures and surprises into her masterpieces. Not only is this piece of work an actual clock, but also if you look closely you will see the Eiffel Tower and out of this world moons and stars.





Merick Zhu, 5, China ▲

Merick drew inspiration from Salvador Dali when painting this picture entitled "I Love My House".

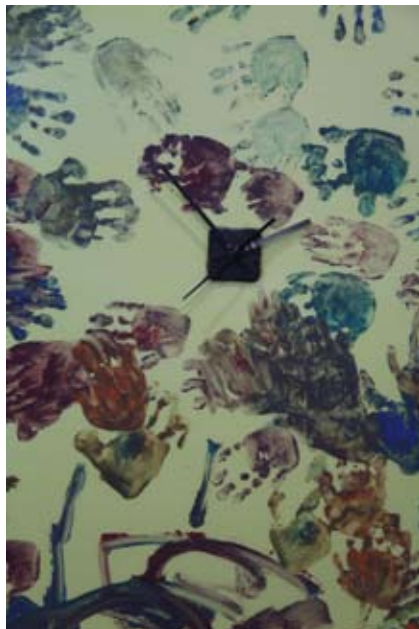
Ivy Pascoe-Simpson, 3, Australia ▶

Can you guess what time it is? Ivy knows! She took a minimalist approach while constructing and painting this piece.



Owen Yip, 6, ▼ Australia

Rube Goldberg inspired Owen when he designed this working piece of art entitled "The Clock Tower".



▼ Evan Hsu, 6, US

Evan combined his artistic skills with scientific know how while creating his masterpiece.



▲ Marie-Amélie Nadeau, 6, Canada

Marie created a bold blue painting.

◀ James Li, 2, China

Let's give James a hand! James took an organic approach when constructing and painting this functioning piece of art.

Expat Empty Nest Syndrome

Redefining your home away from home

by Sally Wilson

The moment that children leave home marks a huge change for all moms and dads. Whether they're heading off to college, starting a new job, or going traveling, they're beginning their own lives away from their parents. For expat parents, and in particular for the trailing spouse, the experience can be uniquely traumatic. When the nest empties while the parents are still living abroad, the kids aren't just moving out of the house, often they're moving to countries thousands of kilometers away and in a totally different time zone.

Some expat kids may go back to their "home" or passport country, others to a country they've only briefly visited during college application tours. Their parents remain here because of work and contractual commitments. Then there are those parents who relocate on another expat posting, but this time without the kids. Not only is your nest now empty, your nest is in a country that isn't home, and is a long way from your kids.

As expat trailing spouses, most of your time and energy are spent making sure your kids are settled and happy, that the house is organized

and nice, that you know where the best places to shop and eat out are, and that weekends are packed full of family activities and fun. When your empty nest coincides with a new expat destination, you might think things will be easier. "We were starting from scratch in a new country, so I thought I'd have no time to dwell on how much I was missing the kids," explained a friend of mine, who two years back moved from Beijing to Tokyo sans kids. "How wrong I was! I had always settled into a new country with my children, and we had helped each other to make our new lives happy. This time I felt completely lost. I didn't have that desire to make new friends, find social networks, and I wasn't even that fussed about the house."

One expat empty nester, who has another year in Beijing, explained "I had fully anticipated the void that would invade my life when my youngest headed off to college. So I spent the months leading up to the summer break making plans on how to quickly fill that void." She planned to dive into new projects, do more volunteer work, and had even begun researching online study courses. "But that moment still came when I realized that no matter how much stuff I had planned to fill my time, the void left when your kids are gone is vast. I miss them terribly," she said. The most common feeling seems to be the sense of emptiness and silence. No longer do they kids arrive home with their chatter and mess, no one needs to be looked after, and the shopping trolley's half empty.

The empty nest gives the trailing spouse an enormous amount of free time, and learning to manage this is a real challenge. For some there's a need to start something new, for others to get more deeply involved in activities and hobbies already underway. At the beginning you may feel almost 'forced' to fill time, but these activities which start as a kind of therapy, will become a normal, valuable part of life. It's important not to underestimate how you feel. Talk to others that are going through it or have been through it. Talk to your husband or partner too. They may feel differently; they will have the distraction of work, colleagues, and the office, but it's vital that they support you in those first months. Try and do stuff together as a couple, re-visit shared interests that had taken a back-burner while the kids were growing up.

The good news is that it can be a very positive experience. One mom I spoke to said there are huge benefits and positive effects. For example freedom from school runs and child-related commitments means being able to travel and socialize more, without any constraints. And of course seeing your kids cope in a life separate from yours provides a huge sense of accomplishment. There's no denying it's tough when the kids leave home, and for an expat empty nester it can be even harder. But everyone in the family will eventually adjust: because you *have* to.



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About the Writer

beijingkids Shunyi Correspondent Sally Wilson moved to Beijing in 2010 from the UK with her husband and son; her daughter was born here in 2011. She is (most of the time) a keen runner, loves reading, and is also a bit of a foodie.

Believing in the Cure

Choosing the magic of TCM

by Ember Swift

I can hear a bell's overtone as he mixes the medicine under a mortar and pestle, his bowl not unlike a Buddhist monk's, copper-colored and gleaming with the rub of use. He is middle-aged and unremarkable looking, but his ordinariness is what glows against such an extraordinary backdrop: wooden drawers from left to right and floor to ceiling, carved with tiny gold Chinese characters; small pyramid-shaped piles of seeds, twigs and powders flanking his movements on either side of the well-worn countertop; the old-fashioned and well-tested tools of hand-held weigh scales, giant tweezers and metal scoops balanced on the shelf behind him. He is a man whose face I wouldn't remember on the street. But here, he is a magician.

My Chinese in-laws laugh at my fascination with the *zhongyi* clinic on the first floor of our apartment building. Every time I walk by, I inhale the slightly pungent, earthy odor of healing agents, raw and ready to cure. I love the place so much that I asked permission to photograph it, much to the staff's surprise – or perhaps their quiet amusement: *what is that strange foreign lady doing?*

"Don't believe them in there," my MIL says. "They'll just rip you off."

It's not that she doesn't believe in Traditional Chinese Medicine, but TCM has been commoditized just like any other all-natural industry and she balks at their prices.

"At least go to a proper clinic at a hospital where they don't rely on foreigners to spill their money just inside the door."

She has a point, I know, but the Chinese hospitals, while much cheaper – particularly for services like acupuncture and cupping – don't have the singing bowls and the winking drawers. I am smitten.

I married into a Chinese family so you'd think I'd be the one to bring all Western traditions to the household, but I'm the first to denounce Western medicine.

"I don't trust the pharmaceutical industry," I tell them.

They laugh. "Western medicine is science," they say, trying to teach me about my own culture.

"You think there's no science in TCM? No calculations, data, evidence of effectiveness?"

They laugh even more at this: the Western daughter-in-law defending their Chinese culture.

But the truth is, I'm no expert. I watch the twist of his grinding wrist while breathing in the wafts of steam from the brewing in the adjacent room, and I simply feel privileged. I am witness to such a time-honored tradition in the heart of a metropolis exploding with modernity. Here, in this little shop, what has been done for centuries in China continues. In fact, I'd wager the most modern thing to come into this shop is me – the foreigner with the Chinese husband who lives upstairs.

About the Writer

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



I concede that not all Western medicine is evil and, likewise, that modern TCM has become mass-produced and commercialized. We live in a profit driven economy, after all. I know, I know. In other words, this magic show will cost me.

But, I'm willing; I support the preservation of TCM and I don't care if I'm being tricked. A big part of magic is the show, the pure wonder of it all. On the path to wellness, I'll choose awe over skepticism every time.

I take one more look at the TCM pharmacist. He is following a carefully written script supplied by the doctor – complex characters containing vertical numbers like falling exponentials – deftly swiveling and measuring between one potion's drawer and the next.

I resist the urge to applaud.

Later, when I drink my pre-boiled pouches of bitter brown history, I'll remind myself of a simple choice:

To believe.

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To Your Good Health

photo by Dave's Studio



Selma Hassan (age 6) makes her diagnosis

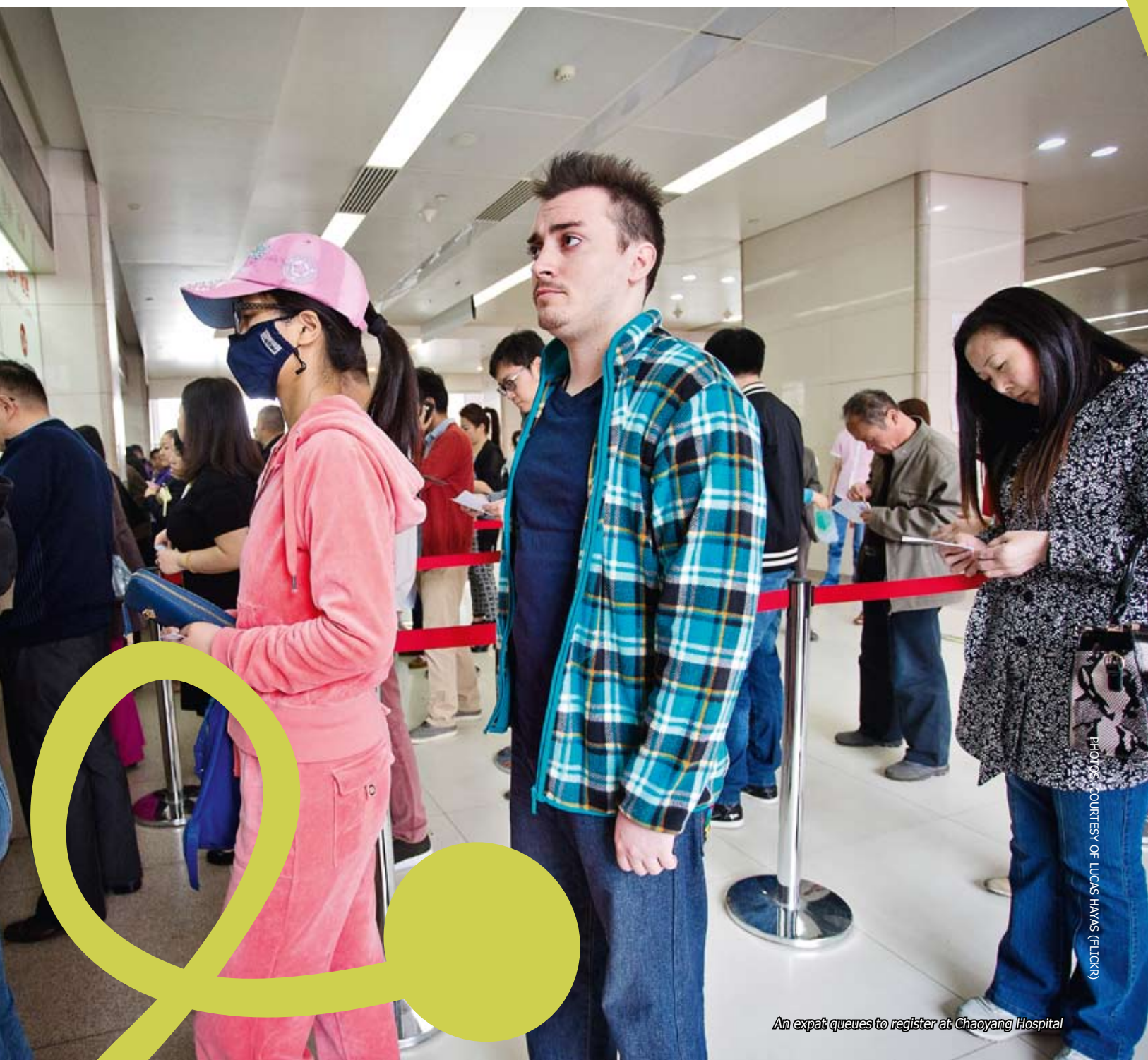
Nothing takes precedence over your family's health. All around the world, people are living longer and healthier lives, due to improved nutrition and better living conditions, and of course because of greater access to quality health care. Lack of insurance coverage is one of the biggest barriers to healthcare services, so we look at the options for families who do not receive this benefit through their employer. Most expats receive the majority of their treatment at Beijing's excellent international hospitals, but if your insurance limits you to local public hospitals, or you require specialist or emergency care, our guide to the Chinese public hospital system should make things easier. Finally with the risk of exposure to infectious diseases in China being probably quite different to your home country, we cover China's vaccination schedule, where to get vaccinated, and outline the differences between the types of available vaccines.



What's Up, *Daifu* ?

Navigating the Chinese public hospital system

by Sijia Chen



PHOTOS: COURTESY OF LUCAS HAYAS (FLICKR)

An expat queues to register at Chaoyang Hospital

Nothing makes a foreign country feel more foreign than getting sick and being unable to get the right treatment. Though major cities like Beijing and Shanghai have an extensive network of public and private medical facilities, figuring out where to go can be overwhelming.

If your medical insurance (more on this on p50) covers international hospitals and clinics, you're in luck – western-trained doctors at facilities like International SOS, Beijing United Family Hospital, Vista Medical Center, and Oasis International Hospital are just a phone call away.

However, your insurance may limit you to Chinese public hospitals – if you're covered at all, that is. Don't worry; though local hospitals have their flaws, it's possible to get relatively smooth treatment with a bit of mental preparation.

For starters, it helps to understand how the local healthcare system works and how medical insurance fits into the puzzle. For example, most public hospitals in China require cash payment upfront. Direct

billing with your insurer can help prevent this particular headache, but in some cases even expats with medical insurance may be required to pre-pay their bills.

Depending on the hospital, it's also likely you'll need to pay as you go at any number of counters (e.g. an initial registration fee followed by fees for any required tests, examinations, and prescriptions). Some insurance companies cover all these while others require patients to pay upfront and submit a claim later.

If you don't have health insurance, reputable public hospitals such as Peking Union Medical Hospital and Sino-Japanese Friendship Hospital have international departments sometimes staffed with doctors and in some cases nurses with decent English. These facilities cost exponentially less than international hospitals and may offer an equivalent or better standard of care – albeit not necessarily with a western bedside manner.

Understanding the Chinese Healthcare System

Public hospitals in China are categorized into one of three classes by the Ministry of Health according to their quality of care and capacity for teaching and research. The following descriptions are taken from a 2013 report about investment opportunities in China's medical market produced by global business consulting firm The Boston Consulting Group:

Class I: Primary care hospitals and health centers with 100+ beds that provide prevention, medical services, health maintenance, and rehabilitation services. Often township hospitals.

Class II: Regional hospitals with 300+ beds that provide general medical services to multiple communities, and have some teaching and research responsibilities.

Class III: Cross-regional hospitals with 500+ beds that provide high-standard, specialized medical services to multiple regions, and have advanced teaching and research responsibilities.

Chinese public hospitals are further subdivided into three levels – A, B, and C (甲等 *jia deng*, 乙等 *yi deng*, 丙等 *bing deng* in Chinese) – depending on their size, medical equipment, technology, and management. Within this system, the best hospitals carry a "3A" classification (三级甲等 *sanji jia deng*). One last level – "3AAA" (三级特等 *sanji tedeng*) – is reserved for only the most specialized hospitals, but it's unlikely that your average patient would need to visit one of these.

What to Expect

Unfortunately, local public hospitals are not designed with the patient's comfort in mind. In an overpopulated country like China, speed and efficiency are key. Though more and more people are taking advantage of online *guahao* (registration) services, most patients still just show up and essentially take a number.

Websites like Tencent-backed Guahao.com can simplify the process, but online registration is currently unavailable for foreign passport holders. According to their FAQ, however, the latter can make appointments by phone via the Guahao.com hotline (95169). The municipal government operates its own *guahao* page at www.bjguahao.gov.cn, but online registration is also unavailable to foreign passport holders.

It's inevitable, then – you'll need to register in person. If it's your first time, you'll need to steel yourself against the noise and bustle of a Chinese public hospital. Most of the staff doesn't speak English and service is perfunctory at best, so bring a Chinese-speaking friend if you feel uncomfortable.

Since everything must be paid upfront, expect to do a lot of walking back and forth between laboratories, consultation rooms, pharmacies, etc. It's not a bad idea to look up the hospital's floor plan ahead of time for a general idea of department and counter locations; larger facilities usually make this available in English and Chinese on their website.

Most public hospitals offer a full range of medical services, from check-ups to surgeries and OB/GYN examinations. Chinese doctors tend to be very experienced due to the high patient turnover rate, so you can expect efficient treatment if not necessarily personalized service.

Above all, be patient. Chinese public hospitals are very crowded and you may have to wait a while for your turn. Bring snacks and reading materials. Be polite but firm with queue jumpers; most people will back off if you speak up.

The Treatment Process

When you arrive at the hospital lobby, there should be a floor plan and directory showing the location of various departments. Take a picture with your mobile and locate the *guahao* (挂号) line. Be sure to go early because there's a limit on the number of *guahao* given out each day.

At the *guahao* counter, you will be asked which department you'd like to visit and what kind of doctor you need to see. Your *guahao* is only valid for one visit; you'll need to queue up again if you go to the hospital again on a different day.

Guahao fees vary widely. At a 3A facility such as Chaoyang Hospital, for example, it costs RMB 100 for a regular (专家, *zhuanjia*) appointment and RMB 300 for an urgent (特需, *te xu*) appointment with a doctor. For a Class II facility such as Haidian Hospital, the *guahao* fee can be as low as RMB 7 for a regular appointment. Note that this doesn't include examination fees or the cost of prescriptions. If it's your first time at a local hospital, you'll need to buy a blue medical logbook (RMB 1.5) in which each doctor will record details of your symptoms and treatments.

After you pay the *guahao* fee, take your stamped *guahao* paper and head to the right department. There is usually a nurse's station in each department; give the nurse your *guahao* paper and blue logbook, then wait for your name to be called out. Don't stray too far or bother asking the nurse how long it'll take; they won't be able to give you an accurate answer.

Compared with the potentially long wait times, your actual face time with the doctor might seem incredibly short. Often without telling you their name, they'll swiftly ascertain the cause of your illness, then ask you to go pay for your treatment. There are exceptions, of course, but a lack of transparency is the norm.

Once you pay your bills, proceed to the pharmacy with your prescription. If you must get an injection or an IV drip (which Chinese doctors seem to love for some reason), you'll need to pick up the bags of fluid yourself and bring them to a nurse. Some hospitals have facilities scattered across different buildings, so you might need to walk from one to the other for various tests and procedures.



Emergency Treatment

The local emergency number is 120, though foreigners can also call the Beijing Red Cross at 999 for service in English. Call 120 at your own risk; given Beijing's traffic situation, a local ambulance can take ages to arrive. In addition, you'll be charged RMB 100 for pickup and any first aid treatment administered in transit.

Depending on the situation, it may be better to hop into a taxi and ask to be taken to the nearest hospital with emergency services. Most Chinese public hospitals have a 24-hour emergency center, but only major facilities can treat critical conditions at night. We've heard of several cases where an expat arrived at a local hospital for emergency treatment at night, only to find that there wasn't an emergency department.

Large international hospitals and clinics such as Beijing United Family Hospital, International SOS Beijing Clinic, and Oasis International Hospital have their own ER departments and call centers. They're invaluable in case of a real emergency due to their greater speed, efficiency, and ability to field calls in multiple languages. Be sure to program emergency numbers into your mobile.

Useful Vocabulary

Staff

- Hospital: 医院 *yīyuàn*
- Doctor: 大夫 *dàifu* or 医生 *yīshēng*
- Nurse: 护士 *hùshi*

Departments

- Outpatient department: 门诊 *ménzhěn*
- Inpatient department: 住院部 *zhùyuànbù*
- Emergency treatment: 急诊 *jízhěn*
- Gynecology and Obstetrics: 妇产科 *fùchǎnkē*
- Pediatrics: 儿科 *érkē*
- Internal Medicine: 内科 *nèikē*
- Surgery: 外科 *wàikē*
- Dermatology: 皮肤性病科 *pífū xìng bìngkē*
- Eye, Ear, Nose, Throat: 眼耳鼻喉 *yǎn ěr bí hóu*
- Orthopedics: 骨科 *gǔkē*

Other

- Registration: 挂号 *guàhào*
- Blood test: 验血 *yànxuè*
- Ultrasound: 超声 *chāoshēng*
- X-ray exam: X光检查 *X guāng jiǎnchá*
- Prescription (as in the slip of paper): 处方 *chǔfāng*
- Prescription (as in the medicine itself): 药方 *yàofāng*

Resources

The following public hospitals have international departments.

Beijing Friendship Hospital

Daily 6.30am-4.30pm, 24hr emergency care. 95 Yong'an Lu, Xuanwu District (6301 4411 ext 3482) www.bfh.com.cn 北京友谊医院, 宣武区永安路95号

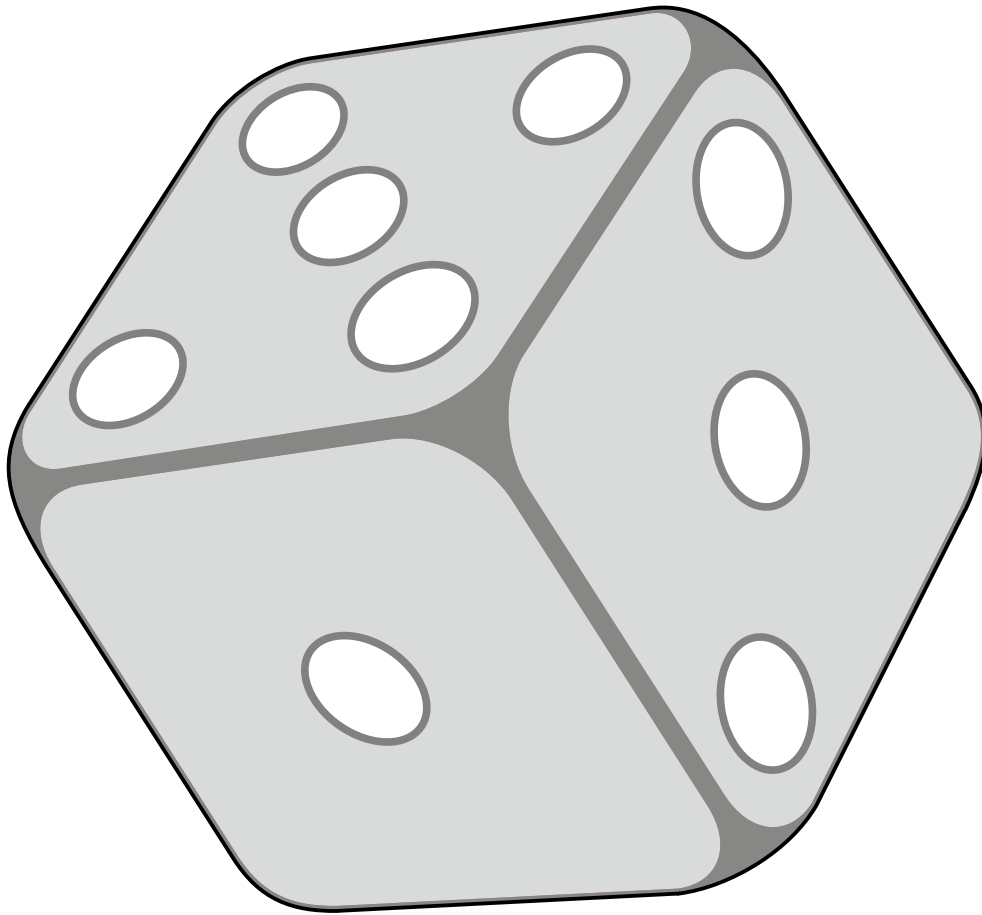
Peking Union Medical College Hospital (PUMCH)

Mon-Fri 8am-5pm. 1 Shuaifuyuan, Wangfujing, Dongcheng District (6529 5284, 24hr emergency hotline: 6529 5269) www.pumch.ac.cn 北京协和医院, 东城区王府井帅府园1号

Sino-Japanese Friendship Hospital

Mon-Fri 8am-noon, 1.30-5pm, Sat 8-11.30am. 24hr emergency care. Yinghua Dongjie, Heping Jie Beikou, Hepingli, Chaoyang District (6428 2297, 8420 5122) www.zryhyy.com.cn 北京中日友好医院, 朝阳区和平里和平街北口樱花东街





COVER ME!

Finding the right medical insurance for you and your family

by Sijia Chen

Medical insurance is a key issue for any expat, but having a plan for emergencies is especially important in China. Foreigners transferring to Beijing for work usually have medical insurance covered by their employer, either as an extension of their primary policy or with coverage tailored to living in China. Students, depending on their program, may also be covered by or offered coverage by their educational institution.

However, a significant number of expats aren't covered at all. In a 2014 online survey conducted by insurer NOW Health International, a quarter of the 209 respondents living in United Arab Emirates, China (including Hong Kong), Singapore, and Thailand reported having no medical insurance.

"[They] believed that such cover was unnecessary because they were currently healthy and would not fall ill. However, as costs for medical care in popular expat locations have undergone double-digit inflation in recent years, they risk facing large bills if they are proved over-optimistic," says the report.



“Be wary of brokers who offer deals that sound too good to be true – they usually are”



UNDERSTANDING MEDICAL INSURANCE

Tony Motola is the president and co-founder of Waterstreet Asia Consultants, a Shanghai-based insurance broker founded in 1999 with a focus on serving clients. Motola has over 20 years of experience helping expats find medical insurance and is a regular speaker at International Newcomers Network (INN) meetings.

There are essentially two types of medical insurance, he explains. “There are government or social programs subsidized through the tax pool and private medical insurance delivered either through commercial insurance or charitable organizations,” says Motola.

“The process for buying insurance is two-fold. Clients get insurance through a group – typically a company or a union – or buy individually. There are also combinations of government insurance such as Medicare in the US and private insurance. You often see this with expats in China.”

Groups that are more likely to look at individual plans include entrepreneurs and their families; individuals traveling, studying, or engaging in short-term consulting projects in China; family members who are visiting, studying, or interning in China for several months; and small and medium-sized enterprises employing foreign nationals with medical needs not covered by the state-provided *shebao* (social insurance) or *yibao* (medical insurance) system.

There are three essential questions to consider:

1. What do I need? This includes an assessment of your current health status and family health history. “For example, someone who has three generations of breast cancer would want a plan that covers mammograms, screenings, and surgery,” says Motola.

2. What do I want? “This means vision, dental care, maternity – the riders, the frills.”

3. What can I afford? “Usually what people would like to have is not what they can afford. If they see that a plan will come to USD 4,000; 5,000; 6,000; or 7,000 per year, people suddenly say ‘How can I change that?’”

Milliner Elisabeth Koch and her husband, Albert van Lawick van Pabst, are both entrepreneurs from the Netherlands. Koch runs her own hat-making business in Beijing while van Lawick van Pabst is the founder of a tech investment firm. They pay for insurance out-of-pocket to cover them and their two young children.

Originally, the family had insurance through UK-based Aon through van Lawick van Pabst’s employer. When he became an entrepreneur, they switched to Dutch insurer Oom after hearing about it through word-of-mouth.

“The price is quite high and increases every year, but they cover everything for us. There is an ‘own risk’ of EUR 250 per person per year on top of the annual policy,” says Koch. The “own risk” excess (essentially a deductible) is unique to the Dutch healthcare system.

EVALUATING BROKERS AND INSURANCE COMPANIES

The simplest way to compare medical insurance plans is through a broker like Waterstreet Asia, Pacific Prime, or Abacare (see Resources). In a nutshell, a broker acts on behalf of the client to find the best insurance plan for their needs. Brokers are usually compensated through commissions taken from the premiums charged to policyholders (i.e. you) by the insurance company, so their services are free for clients. Be sure to seek out an advisor who specializes in medical insurance for expats living in China.

“Be wary of brokers who offer deals that sound too good to be true – they usually are,” says Michael Ray, a senior consultant at insurance broker Pacific Prime. “Don’t end up on another company’s corporate policy. These might sound like a great deal and cover you for outpatient visits, but in the case of a large claim such as a medical emergency, the insurer could ask you to prove you work for the company to which the policy belongs. You then find you are not really covered and have a huge hospital bill to pay. I have spoken to a few clients on this type of policy who were not even aware that they were.”

Though both brokers and agents act as a bridge between the client and the insurer, an agent usually represents an insurance company like Cigna, Aon, Allianz, Bupa, IMS, or Aetna. Both agents and brokers must be legally licensed to work in China.

If you currently have medical insurance but are looking to change plans, your current insurer would be the most logical place to start. However, the insurance company may not extend coverage to China or limit the list of hospitals you can go to. If you’re set on going to a particular facility, check the hospital or clinic’s website for a list of insurers they currently have direct billing relationships with.

Tony Motola urges readers to examine an insurance company’s history and industry rating from US-based rating company A. M. Best before making any decisions. “You want an A. M. Best rating of at least an ‘A.’ That means an operating history of 25 years or more, very good financials, and management meeting certain standards of professional criteria,” he says.

Conversely, what are the characteristics of an insurance company you’d want to stay away from? “They often have a short operating history of less than 10 years, sign up lots of sales agents with high commissions, and make their financials look good so they can get publicly traded to a bigger company,” says Motola. In other words, these companies are more interested in making a profit than helping clients.

FACTORS TO CONSIDER



Michael Ray from Pacific Prime considers emergency coverage – including inpatient and emergency evacuation – to be the most important benefit for families. Other considerations include vaccination coverage, outpatient coverage, annual health check coverage, and the hospitals covered by the plan. Here's a quick rundown:

Annual Limit

An annual limit is the cap on benefits that your insurer will pay in a year. If the dollar amount of covered hospitalizations, treatments, and prescriptions exceeds the annual limit, you'll need to pay all healthcare costs for the rest of the year. Annual limits range from USD 100,000 to several million per year depending on the plan. The higher the limit, the more expensive the premium.

Annual Rate Increases

Smaller and mid-range insurers with less financial stability usually have more erratic rate increases. Some even increase the premium in response to claims. Larger, more reputable insurers have more gradual increases, both annually and with age. "Watch out for age brackets," says Ray. "You may find a large increase when you turn 50 if the insurer's age brackets are 45-49, 50-54, etc."

Child Coverage

Medical care for children (including checkups and immunizations) is often included, but confirm this with your insurer. Families with older children who may or may not live at home as dependents may be included, but check if there are any age caps and details of the "global" part of "global insurance coverage" if your kids don't live in China.

Discounts

Some insurers offer a family discount, which can be especially cost-effective for large families. No-claims discounts or first-year discounts are sometimes also offered, but keep in mind that a 10 percent first-year discount carries a 10 percent plus age plus annual increase at renewal.

Maternity Coverage

Couples planning to conceive should note that most insurers require a waiting period of 10-12 months of paid maternity insurance before pregnancy, birth, and/or newborn coverage kick in.

Medical Evacuation

Evacuation is an essential consideration. Take a moment to think about the cost of out-of-pocket repatriation in case of an emergency. Evacuation would cover transport for essential surgery, medical treatments unavailable here, or a health epidemic. Check whether the plan covers return transportation to Beijing. Insurance for evacuation can be overkill if your primary policy covers most or all possibilities, so make sure it complements rather than overlaps existing coverage. Note that medical evacuation doesn't necessarily cover treatment in your home country or third location like Hong Kong.

Outpatient Treatment

Consider how often you or your dependents are likely to visit the doctor in a given year. Policies with high deductibles to minimize the cost of monthly premiums may not be the most cost-effective if you're only planning to see doctor twice a year.

Pre-Existing Conditions

Some insurers will cover certain pre-existing medical conditions, but the trade-off is a higher premium. Coverage for high blood pressure or cholesterol may seem expensive, but keep in mind you'd also be covered for heart attacks.

Travel Insurance

International travel goes hand-in-hand with living in Beijing; getting travel insurance is important as a backup on your rider. This is often available as a small package when you have visitors, either through your current insurance plan or through an international hospital or clinic membership. US citizens should note that many global policies don't cover treatment in the US or only for a limited number of days (usually 30-45). See US Coverage for more info.

US Coverage

Ask yourself if you need coverage for elective treatment or only emergency treatment. "If the client wants the option to travel to the US for planned surgery, then the cost can be 1.5 times – or more – the cost of a 'worldwide excluding the USA' plan," says Ray. Many such plans offer emergency inpatient treatment in the US.

For expats who already have medical insurance through their company and don't have to join the existing policy, options for US coverage usually come down to budget. If you can afford it, it's best to have a plan that covers elective treatment in the US. Otherwise, having a "worldwide excluding US" plan with emergency US inpatient coverage is the next best thing; however, this won't cover emergency outpatient treatment, which can be very expensive.

"Another option for coverage would be an annual travel policy that will cover trips to the US," says Ray. For instance, Pacific Prime offers a comprehensive option from an international insurer that offers unlimited inpatient, outpatient and evacuation coverage anywhere in the US for around USD 130 per child, USD 200 for adults, and USD 267 for medical and evacuation coverage. The disadvantage that it doesn't offer the *fapiao* that most companies require for reimbursement in China, so may need to pay out-of-pocket.

For families currently without medical insurance, there are many aspects to consider that will affect the premium. Age is the biggest factor; rates for younger clients will be much lower than for older clients. Premiums range from a few thousand RMB per person to tens of thousands for full coverage. "Generally the cost will be between RMB 10,000 and RMB 60,000 depending on age and options chosen," says Ray.

How does Obamacare – also known as the Affordable Care Act (ACA) – factor into the equation for US nationals living in China? “That is a tricky question,” says Ray. “From the information we have, if you are a US citizen living outside the US and do not spend more than 35 days per year in the US, then you are exempt from the ACA.” Other exemptions include American expats living and working in another country and paying taxes in that country, and American expats on Medicare or veterans’ benefits.

If this is a concern, Ray advises readers to speak to a US tax expert. Currently, Pacific Prime is aware of one insurer that is fully ACA-compliant and -approved. For more info, contact Ray.

OTHER



Additional considerations include coverage for children with special needs, deductible and copayment options, dental and visual insurance, coverage for second opinions on major treatments, and emergency protocols (e.g. whether pre-authorization is required).

In addition to health insurance, international hospitals such as Beijing United Family Hospital or primary care clinics such as International SOS Beijing Clinic have memberships that offer patients additional discounts and extra services for an annual fee. These memberships can supplement company-sponsored insurance packages; they can also be appealing for expats who select packages based on low upfront fees or those who must pay for treatment out-of-pocket.



Resources

Abacare

Founded in Hong Kong, Abacare is a broker specializing in finding health insurance plans for individual expats and international companies. Beijing contact: Ann Lee, 135 5281 6708, beijing@abacare.com, www.abacare.com

Pacific Prime

UK-owned Pacific Price is a leading broker for expat individuals and families worldwide. The company has six offices worldwide, with over 120 staff in mainland China. Pacific Prime works with over 40 leading international insurers, including Bupa, Allianz, Cigna, AXA, and more. Contact: Senior Consultant Michael Ray, 21 2426 6503 (direct line in Shanghai), 181 2129 8641 (mobile), mray@pacificprime.com, WeChat and Skype: [mray_pacificprime](https://www.pacificprime.cn/en), www.pacificprime.cn/en

Waterstreet Asia Consultants

Founded in 1999, Waterstreet Asia specializes in employee benefits, risk management, and healthcare. Contact: President and Co-Founder Tony Motola, 8751 1820 (Beijing), 186 1198 2854 (mobile), www.navigatortravelinsurance.com

Glossary

- **Plan:** The “option” you choose from the insurer. For example, you can take an “inpatient-only” plan or a more comprehensive plan that includes options like outpatient coverage, dental, health checks, maternity, etc. Insurers have different names for their plans. Sometimes options can be added or removed, and sometimes they’re built in.
- **Policy:** Once you’ve decided on a plan, the insurance package you buy is referred to as the “policy,” which includes the information pack and an insurance card. The terms “plan” and “policy” are often used interchangeably.
- **Premium:** The amount paid for an insurance policy. In China, most insurers require annual payment; some allow semi-annual or quarterly, but these options carry a surcharge. Chinese regulations don’t allow the use of international credit cards for monthly payments.
- **Direct billing:** An arrangement where you show your insurance card for outpatient treatment and the cost is billed directly to the insurer. This is only available for outpatient treatment; inpatient treatment should always be pre-authorized with the insurer. Direct billing is offered by all licensed international insurers in China.
- **Inpatient:** Any treatment that the patient is admitted into hospital for, including medication, surgery, anesthetic and physician fees, and more. Both emergency and planned surgery are covered. Plans from reputable insurers also tend to cover emergency evacuation, cancer coverage, emergency or serious (acute) cases of chronic conditions, and other benefits.
- **Outpatient:** An optional addition to inpatient coverage that usually covers day-to-day doctor and specialist visits and prescribed medication. Often includes physio and chiropractor visits and sometimes acupuncture, traditional Chinese medicine, and other such treatments.
- **Pre-existing medical condition:** Any illness, injury, ailment that exists or existed before underwriting. These may be excluded from coverage, covered at an extra cost, or – if you’re lucky – covered at no extra cost. If the PE is serious or recent, this can cause the application to be declined. This doesn’t affect your eligibility to apply to other insurers. Some brokers offer options with guaranteed coverage, regardless of PEs.
- **Elective treatment:** Treatment you choose to have (as opposed to emergency treatment).
- **Evacuation (evac or medivac):** Emergency transportation by land or air to the nearest hospital with adequate facilities.
- **Repatriation (repat):** Transport to the patient’s home country. Often this will be in the form of a economy ticket following an emergency inpatient visit since emergency repatriation isn’t usually logistically feasible.
- **Excess (UK) or deductible (US):** The amount of money that needs to be paid out-of-pocket by the policy holder before insurance kicks in. The higher the deductible, the lower the premium. It’s often better to have a higher deductible on inpatient treatment and a lower one on outpatient since you’re much more likely to use the outpatient benefit.

Source: Pacific Prime



PROTECTING AGAINST DISEASE

China's vaccination schedule

By Nimro Weintraub

Children have an in-built susceptibility to disease, as their immune system is still vulnerable. A major concern for parents, especially for those with young children, is to determine whether or not to vaccinate their kids. Like most medications, vaccines have a certain level of risk and vaccinating your child is a choice that a family has to make on their own. Here, we look at which shots you can expect to get when you give birth at a hospital in Beijing. We spoke to Dr. Jianhua Duan of New Century Women's and Children's Hospital (NCWCH), Dr. Guangqiu Wu, director of the Pediatrics Department at GlobalCare Women's and Children's Hospital, and Dr. Mary Jayne San Jose Ziermann, chief of the Pediatrics Department at Oasis International Hospital.

Under Chinese law, all babies, Chinese or otherwise, born in a Chinese hospital must be injected with the hepatitis B vaccine (HBV) and tuberculosis-TB (BCG) vaccine immediately after birth. In 1992, China began the Expanded Program on Immunization (EPI) that involves a mandatory 11-vaccine schedule given to children from 0 to 6 years. The vaccination schedule is compulsory for Chinese citizens but optional for expats.

According to Dr. Ziermann vaccination schedules are country specific because the selection of vaccines recommended depends on which diseases are common in each specific country. "If families intend to live in China for a considerable amount of time, for example over two years, then they need to consider vaccinations for diseases on the Chinese immunization schedule, which are more common here than in their home country," says Dr. Ziermann. Dr. Duan says: "If you are staying [here] for more than three months, then it's a good idea to get vaccinated against diseases such as TB, hepatitis A, B and Japanese B encephalitis which are more prevalent in China."



China's Schedule of Immunization Shots

The vaccination schedule is compulsory for Chinese citizens but optional for expats.

Compulsory Vaccinations

Hepatitis B (HBV)

China has 130 million people infected with hepatitis B (representing a third of the worldwide rate), among which 30 million are chronic carriers. Hepatitis B is a liver disease that exists in a mild, acute form lasting a few weeks and a serious lifelong condition.

In China, the disease is most commonly transmitted through neonatal or early childhood infection. The disease can also be spread through exposure to body fluids such as blood, semen, and vaginal fluid.

"It's now a must for any pregnant woman who visits a Chinese hospital to be tested for the virus between 8-12 weeks," says Dr. Wu. This regulation was introduced after an increase of HBV infections. If the mother is a carrier, both she and her unborn child are given hepatitis B immune globulin (HBIG) at 36 weeks of pregnancy. After birth, the child is also given an accelerated course of the HBV vaccine. The dosage of the vaccine depends on the weight the baby.

Dr. Duan says, "If you're planning on traveling in China, I would insist on getting vaccinated as the prevalence of the disease is higher in rural areas. The HBV vaccine is administered in three shots over the course of several months for both adults and children.

Japanese Encephalitis (JE)

JE, a mosquito-borne disease that causes inflammation of the brain covering, is endemic in China. There is no known cure for

the disease but its symptoms, which include disorientation, high fever, coma, and tremors can be treated. If left untreated, JE can result in physical and mental disabilities. The disease is more likely to be contracted in rural areas. Dr. Wu recommends that all those who will travel to the rural parts of China or countries such as India should get this vaccination.

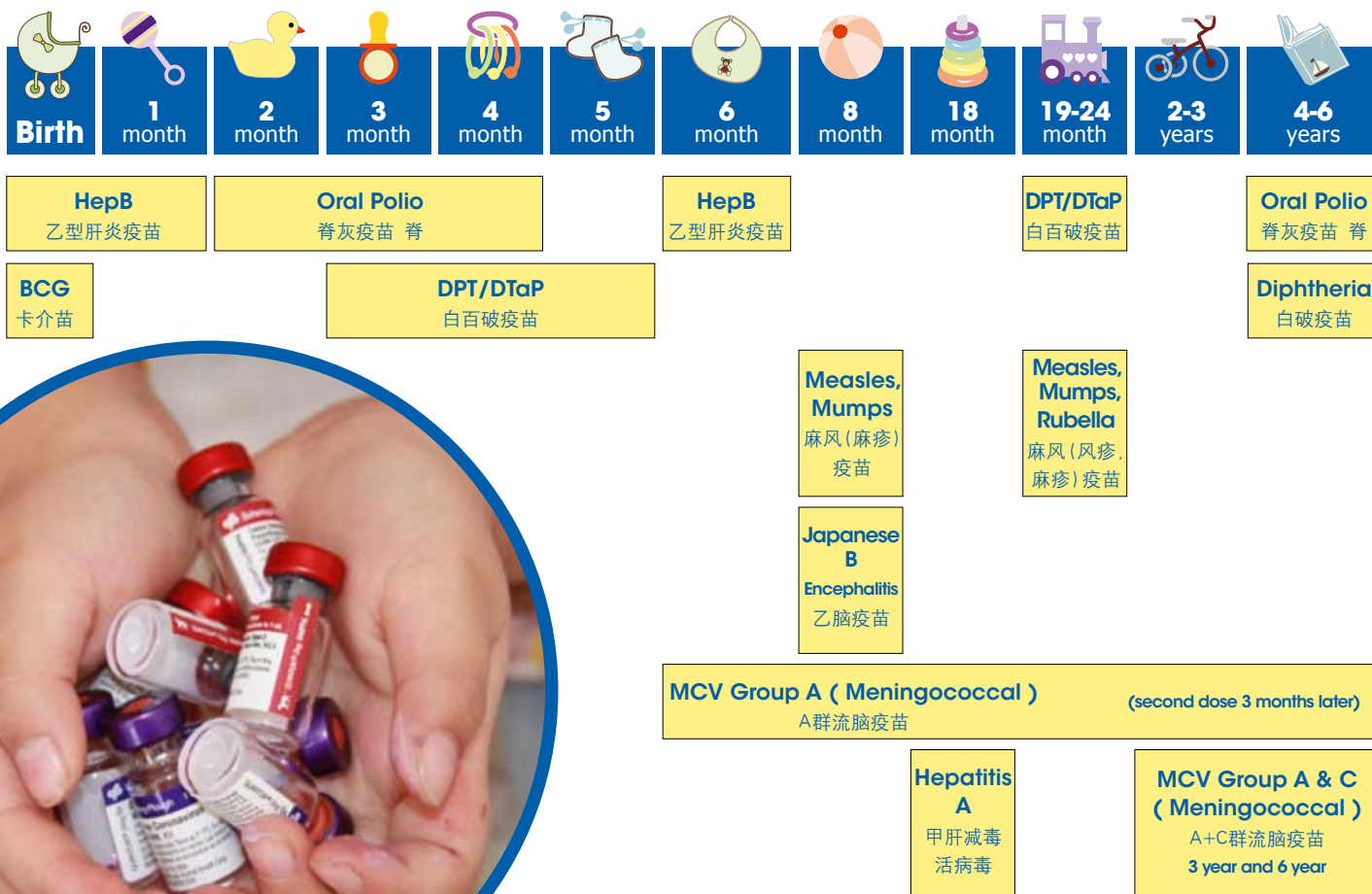
The shots are given to children when they are 8 months then boosters are administered when children are aged 1 and 2 years old. Vaccines for older people are given in two shots 28 days apart.

Hepatitis A (HAV)

Hepatitis A is transmitted when fecal matter enters the mouth, usually though food touched by unwashed hands. This disease is non-fatal but can lead to gradual liver failure. Symptoms such as fever and jaundice can last up to six months in some cases. Pregnant women are the most susceptible to this disease. Therefore, women who are expecting or planning to get pregnant while in Beijing are advised to get vaccinated. Dr. Wu says that HAV is not as routinely tested for as HNV but should not be ignored. "You can come into contact with infected surfaces at anytime, therefore it is better to get the vaccine for peace of mind," she says.

The HAV vaccine is a series of two shots spaced six to 18 months apart for children.

2014 Recommended Immunizations for Children from Birth Through 6 Years Old



Recommended Vaccinations

Chickenpox

Chickenpox is a highly contagious and common disease caused by the varicella-zoster virus, a member of the herpes family. Chickenpox is transmitted when one comes in contact with an infected person. The most common symptoms are an itchy blister-like rash, fatigue, and fever. It can lead to severe skin infection, scars, pneumonia, brain damage, or even death if left untreated.

"[The vaccine] should be taken by those traveling a lot or who are mostly likely to come into contact with people where the disease is still prevalent," says Dr. Wu. Some international schools require proof of this vaccination before a child is admitted, due to its contagious nature.

The vaccine is administered in two doses, the first at 12-15 months old and a second dose at 4-6 years old. If the child is exposed to chickenpox, the vaccine is given within three to five days. Children above 13 and adults who have never had chickenpox should get two doses at least 28 days apart.

Rotavirus

Rotavirus is the leading cause of severe acute gastroenteritis (vomiting and diarrhea) among children worldwide. The virus spreads easily through hand-to-mouth contact. If an infected person doesn't wash their hands after using the toilet or changing a diaper, the disease spreads to anything they touch, including toys, food and utensils.

Rotavirus can also easily affect adults. The major symptoms are severe watery diarrhea, often with vomiting, fever, and abdominal pain, which can last three to eight days.

The vaccine is given in three doses when the child is 2 months, 3 months and 6 months of age. However, parents should note that it will not prevent vomiting and diarrhea caused by other viruses or pathogens.

Rabies

China has the second-highest number, after India, of reported rabies cases worldwide, according to the World Health Organization. In the West, most doctors do not routinely prescribe this vaccine or mention it to patients who are leaving for China. It can take up to one year for the symptoms to develop. In China, dogs are the most frequent rabies transmitters. If left untreated, the disease is invariably fatal.



Pre-exposure, the vaccine is given in three shots (seven days apart within a month). In the event of an attack by an animal suspected to have rabies, five shots series are administered after the bite as well as a course of rabies immunoglobulin. The latter is much more expensive than the former, so prevention is key here. At the time of writing only Beijing United Family Hospital has the imported rabies vaccine, while other hospitals administer the Chinese rabies vaccine.

Where to Get Vaccinated

Only CCDC certified clinics and hospitals are allowed to administer all the mandated vaccinations in the table on p56. The only exceptions are the HBV and BCG, which are injected at birth, are available in all birthing hospitals.

The Vaccination Situation

In July 2014, the World Health Organization (WHO) renewed China's National Regulatory Authority (CNRA) vaccines regulatory oversight standards qualification. The WHO first approved the qualification in March 2011. China's Food and Drug Administration (CFDA) under the CNRA issues vaccine-manufacturing license to 34 companies that meet the Good Manufacturing Practices requirements. What does this mean? It translates to the WHO granting China approval to manufacture vaccines as it had met the international qualifica-

tion standards. This in turn made it difficult to get your hands on imported vaccinations.

There are three types of vaccines available imported, local, and joint ventures. Those manufactured by joint ventures are the most common type and the imported are the most rare or hard to find.

Types of vaccination	Disease
Imported vaccines	Pneumococcal disease
Joint venture vaccines	Hepatitis B, pentaxim (5 in 1 for diphtheria, tetanus, pertussis, polio and Hib), rabies
Local vaccines	Japanese encephalitis, varicella, MMR, hepatitis A, DTaP, BCG

According to Dr. Duan and Dr. Ziermann, all of vaccines they use, whether imported, joint venture, or local, have to follow the regulations mandated by the WHO, such as using a cold chain system in transportation and storage to ensure the safety of the vaccine.

Resources

OASIS International Hospital 北京明德医院
Mon-Fri 9am-6pm, Sat 8.30am-12.30am, daily 24hr emergency care. 9 Jiuxianqiao Beilu, Chaoyang District, Chaoyang District (400 UR OASIS) www.oasishealth.cn 朝阳区酒仙桥北路9号

Beijing New Century Women's and Children's Hospital
北京新世纪妇儿医院
Daily 24hrs. 5/F, 51 WangjingBeilu (inside Wanghu Park South Gate), Chaoyang District (5178 3366) www.ncich.com.cn
朝阳区望京北路51号院望湖公园南门5层

GlobalCare Women's and Children's Hospital
北京五洲妇儿医院
24 Xi Dawang Lu (south of Shuangjing Carrefour), Chaoyang

District. (400 8900 789, 6770 5558 for appointments)
www.globalcarecn.com 朝阳区西大望路23号双井家乐福南

Center for Disease Control and Prevention (CDC)
www.cdc.gov

World Health Organization (WHO)
www.who.int

Beijing United Family Hospitals and Clinic
北京和睦家医院
www.beijing.ufh.com.cn/

Having a Baby in China
www.havingababyinchina.com

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



Keystone's Summer Archway Program

From late July, around 80 Chinese and international students had a transforming summer with Keystone's first-ever Summer Archway Program. Students from Grades 6 to 9 explored the world through a core curriculum of humanities, science, drama, and more. In addition to language acquisition and classroom sessions, students also engaged in activities such as squash, badminton, table tennis and wushu. The Summer Archway Program helped students improve their individual, social, and academic skills collectively and cognitively.



House Business Competition at HISB

Thirty-six students from Year 6-10 at Harrow International School Beijing took part in a "Dragon's Den" style business competition at Wangjing SOHO 3Q. Students had been working in houses to research and develop their marketing ideas and merchandise, finally pitching and presenting their ideas to a panel of judges. The Churchill students won with their original idea of producing a hole punch with an attached reinforcer.



PHOTOS: COURTESY OF KEYSTONE AND HISB

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by **September 11**.



CISB Summer Camps

Canadian International School of Beijing hosted their biggest summer camp to date, with students from nursery to high school taking part in their Kindergarten, Math/Science, Equestrian/Golf, Math, and IELTS English summer camps.



BCIS Orientation Day

On August 6, Beijing City International School welcomed its new and returning students for the start of the 2015-2016 year, which is also a celebration of 10 years since the school's opening in 2005.





BSB Students Perform at NAE Global Orchestra in New York

Alan and Victoria from The British School of Beijing, Shunyi had an amazing experience visiting the Julliard School in New York and performing with 80 students in Nord Anglia Education (NAE)'s inaugural Global Orchestra from June 24-July 1.



Beijing No. 55 High School Celebrates 40 Years

On June 12, Beijing No 55 High School's 40th anniversary celebration and the graduation ceremony for the international section's Grade 12 students were held in the high school lecture hall. The school began enrolling international students in 1975, and started the IB program in 1994.



PHOTOS: COURTESY OF BSB AND BEIJING NO 55



Eduwings Summer Camp

On July 1, kids and teachers from Eduwings' summer camp went to Crab Island to enjoy the sunshine and splash about.



BEG Opens New Kindergarten in Solana

Beanstalk Education Group prepared for its latest campus opening in August. Beanstalk International Kindergarten (BIK) Solana Campus, which runs a 100 percent English curriculum, had its grand opening on August 29.





DCB Music Across the Oceans Tour 2015

In July, Dulwich College Beijing hosted students from St Alban's College from Pretoria, South Africa and St Scholastica's College from Sydney, Australia for their Music Across the Oceans Tour 2015. During two full days at DCB, students had master classes with faculty from Australia and China, including Chinese drumming, jazz and choir, and ended the tour with a lively concert. They also had a chance to visit some of Beijing's historic sites.



Beijing Playhouse's 12 Angry Men

On August 1, BP Drama Club performed the powerful drama *12 Angry Men* at Charity Reader's Theatre. 170 people attended the show which was produced in one week; from auditions to the one-time performance. RMB 16,700 was raised and donated to Zhongze Women's Legal Aid Center.



PHOTOS: COURTESY OF DCB AND BEIJING PLAYHOUSE



CPR for HoK Staff

In preparation for the new school year, all foreign teachers from House of Knowledge International School and Kindergarten attended a full day first aid and CPR course at Beijing United Family Hospital on August 19.



Imagine. Summer Camps

Throughout the summer, students from Imagine. attended camps such as Knight School, Survival Camp, and Water Sports Camp. Knight School kids practiced archery, fencing, and sword fighting, rode horses, and battled a dragon. Survival Camp kids made fire, built tree houses, practiced orienteering, tracking, trapping, and raft building. Kids at the Water Sports Camp raced kayaks, tried paddle boards, and learned to sail.



Favorite Family Restaurant

Element Fresh has everything we need: baby-changing facilities, highchairs, and cleanliness. Brunch is great there, and I'm addicted to the smoothies. We also love **Mr. Shi's** in Sanlitun; the staff is always lovely with River.

Favorite Dessert

It takes a lot to beat my husband's cookies.

Best Place to Shop

I go a bit crazy for vests from **Mothercare**; they're always good quality. I buy them from the **tmall** site.

Weekend Activities

Mummy-baby groups on Fridays and **Mygym** at **The Place** on Saturdays. We've recently found a fantastic *ayi*, so we've started to have date nights again. It's important to have a few hours alone to enjoy a meal and hold hands.

Family Rituals

We often do rib night on Sundays. We live close to **Plan B**, which in my opinion do the best ribs in Beijing.

Favorite Autumn Activity

We're looking forward to taking him out for rides on his Smart Trike, especially seeing as the weather is usually so lovely in September.

New Discoveries

We tend to stay close to home in **Shuangjing**, so we're always excited when new places pop up. Andrew in particular is looking forward to the opening of **The Brick's** new taproom. However, I'm not sure River and I are invited!

Best Date Night Venue

Taco Bar is outstanding followed by a few whisky cocktails at one of our pre-baby favorites, **Janes & Hooch**. Otherwise, we usually choose **Iki's Korean Restaurant** which always has yummy food!

Best Place for a Special Occasion

Duck de Chine is a nice spot to impress visitors or celebrate an occasion.

Favorite Place to Shop for Yourself

It's funny how when you have a baby, suddenly it becomes more exciting shopping for rompers than it does for outfits for yourself. However, after checking out the kids' clothes in **H&M** and **Zara**, I might have a little peek at some stuff for myself.

Favorite Way to Relax

A spot of cooking, a glass of wine, and story time with River.

Favorite Neighborhood

Ours – **Shuangjing**.

The Gilliland Family

Englishwoman Nikki Aaron-Gilliland has called Beijing her home for the past eight years, having moved here for her journalism career. Aaron-Gilliland met her American husband Andrew Gilliland online and – after the pair quickly decided they were meant to be together – Gilliland packed his bags and moved to Beijing. Gilliland has been here for two years now and is a stay at home dad to the couple's son, River (10 months). Aaron-Gilliland says her family is fortunate when it comes to health – they rarely get sick – but when illness does strike, she tends to reach for vast amounts of tea while Gilliland cooks up one of his culinary specialties: mashed potato and grilled cheese sandwiches!

Nikki Aaron-Gilliland and Andrew Gilliland with their son River (10 months) in Shuangjing

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