

Beijing's essential international family resource

beijingkids

September 2018



Meet Shelley Auld, Principal Chaoyang Park

HOUSE OF KNOWLEDGE
好思之家学校及幼儿园



How can Early Childhood Education prepare children for future success in life?

Early Childhood Education is a vital component for success in later life. Many foundational pathways are laid down in the brain during early childhood. For example, exposure to language as a young child means it naturally becomes a part of who you are. However, studying a language later in life can be more challenging for the brain to process. Early exposure can help set positive learning attributes as your child's default setting.

What did being a parent yourself teach you about Early Childhood?

While there are many similarities between being both a parent and a teacher of young children, there are vital differences. Parents often side with their child during conflict, will help them complete tasks and instinctually protect their child from harm. A teacher should remain impartial and fair during conflict, nurture independence and encourage children to take calculated risks in order to build resilience. Each role is unique yet important. At HoK, we believe an effective partnership between parents and teachers will best support children's learning.

You helped develop the International Early Years Curriculum – what is its connection to the Reggio Emilia approach?

At my previous school, we were asked to provide feedback on the proposed curriculum and to pilot the first Unit of Learning. Following feedback from our practitioners, the IEYC took aspects of Reggio and built upon them to provide teachers with practical tools to implement projects. Both Reggio and IEYC provide children with hands-on learning that explores their interests and engages them in learning.

How does the Early Childhood program prepare children for the House of Knowledge Elementary School?

The Early Childhood and Elementary School teams work closely together offering a coherent learning path from 18 months to 12 years. We hold the same core values through Kindergarten and Elementary. In Early Childhood, learning happens through play, although for some this may not look like "learning". Research shows that it is very effective. We have clear learning goals for areas like social-emotional competencies, literacy and English language. Completing the Early Childhood program prepares children to continue their studies in our Elementary school.



Open Day

Chaoyang Park Campus: Sept. 11th

Shunyi Campus: Sept. 13th

9:30-11:30am



400 650 7747

RSVP: admissions@hokschoools.com

Chaoyang Park Campus:

Victoria Gardens, 15 Chaoyang Park West Rd. Beijing, China, 100025

Shunyi Campus:

North gate of Quanfa compound, 18 Maquanying Road, Beijing, China, 100103

www.hokschoools.com

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for a better world.



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HARROW
BEIJING

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Now Hiring

When it comes to getting real world work experience in China, labor laws for young people are strict and viable options are limited. But that's not to say there isn't anything available.

One example of a potential young person employer is the neighborhood corner store. Though you might need to have a close relationship with the proprietor, over the years I've seen underage workers ringing up customers or sweeping dust from the stoops on numerous occasions. Here they would have the opportunity to learn about building a brand strategy, basic math, and even doing inventory. It could be a great place to start off, though there's the risk of developing unhealthy eating habits through easy access to junk food. This would definitely happen to me if I was only an arm's length away from Doritos or Magnum bars for any significant amount of time. So this job is not perfect.

If this option isn't your bag of chips, then you can try the restaurant industry. This is also a cash-under-the-table sort of scenario, and you would need to have a solid contact in the restaurant business to get your teenager working. With this part-time gig, your child would get plenty of free time between filling up the vinegar jars to just sit at empty tables playing Candy Crush. Customer service experience is neither required nor even preferred at many restaurants in this city. It might conflict with the rigors of the International Baccalaureate (IB) curriculum if they're working the night shift, but at least they'll be given healthier food options than those provided at many school cafeterias.

Neither of the first two options unfortunately would look solid on a college application, when that time rolls around. For this, your child would likely need to go corporate, and spend their working hours slinging coffee, fighting uncooperative copy machines, and maybe even picking up dry cleaning for the boss man. They might also suffer verbal abuse getting hurled at them if any of these tasks are not done to perfection, which might subsequently scare them for life from ever

wanting an office job again. Unlikely, yes, but also possible. I will neither confirm or deny whether this is the reason I never went into investment banking.

If none of these interest to you, we at *beijingkids* are always seeking young talented writers to work with. We love giving students the opportunity to be published in the magazine or in the blog, writing about things that truly interest them or that benefit the expat community. Not only could your child's collaboration with us result in building up their Creativity, Activity, Service (CAS) hours, which we hear can be a demanding requirement for IB, but it will also teach them how to convey their inner voice to the written page, which is a skill that many adults don't possess...

This is the second year we've let students take over for an issue, and we are once again delighted with the results. It has been an immense pleasure getting to know everyone involved (even if a lot of the communication consists of emails begging for a final draft or high-res photos). Don't think for one minute that the *beijingkids* team does this once year so that we can get a month off from writing. This requires a lot of work and planning from every person involved.

Through giving young people the opportunity to experience the entire process of pitching, building, and eventually conquering a story, we feel like they will step away with a greater ability to tell a story or communicate their ideas, and this is something they will be able to put to use for their entire lives in almost any occupation. That's our goal, and we hope that all of the participating students enjoyed this process and will continue to contribute in the future. For more info on how to get involved feel free to email me at danielkippwhittaker@beijing-kids.com.

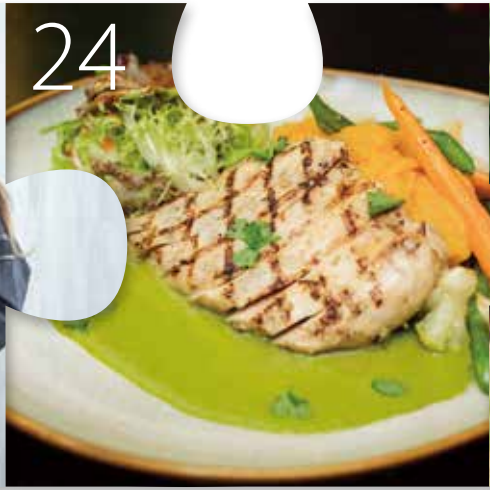
Kipp Whittaker

Kipp Whittaker
Chief Content Manager



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ON THE COVER:

No, these students are not starring in the *Breakfast Club* remake. They are Erykah D, Nik A, Safia B, Emily C, and Bill L from Harrow Beijing, and our 2018 Student Correspondents. They were instrumental in helping us to create all of the fabulous content you see in this year's Teen Takeover.

Photo by Fang Yifei

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Helping the international community get the most out of life in Beijing

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The beijingkids Board

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 Signorelli 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.



Marianne Daquet

In Beijing for 12 years, Marianne Daquet has always been passionate about art and education. She founded Atelier Art School 6 years ago with the mission to pass on her strong belief that creativity can change the world. She and her French husband have two daughters. You can reach her at Marianne@atelier.cn.com.



Dominika Mejia

Dominika is career diplomat with a foothold in three continents. She shares a taste for food with a passion for books and travel. She is the author of the bilingual culinary blog D-constructed. While she is full of hope to master Chinese while writing her PhD, she's also the mother of a two-year-old daughter.



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 kulfdoll@gmail.com.



Elisabeth Koch

China's milliner, Elisabeth Koch, arrived in 2007 and hit the ground running with her hats. This TCK has three children who were born in Beijing. While her creations adorn famous heads on the covers of international glossies, Koch gives hat-making workshops in her studio and is kept busy by the kids. Find out more information at www.ElisabethKoch.net



Lise Floris

Lise is originally from Denmark but has lived abroad since 1998. She took leave from her job in the EU when the family moved to China in December 2015. She also has her own blog (ninemillionbicycles.weebly.com) where she writes about her adventures in Beijing and is a freelance writer for various magazines and platforms including Global Times.



Chinese Zodiac

Discover your inner animal

By Bella Lozano, Western Academy of Beijing (WAB)



Rat

Don't be scared if this year flies by as quick as a Rat, there's a fine piece of cheddar cheese to top it off towards the end. Stay optimistic and get yourself on the right track by saving some extra spare change, and don't be afraid to let those creative juices flow. Communication is very important — just squeaking away will leave others with the wrong impression.



Ox

This year, Oxen should be low-key and stick to their grazing ground. The Ox doesn't really go well with Dogs, so drama isn't on the itinerary this year, and that definitely shouldn't stop you from pulling your own weight. Walk (or stomp) to your own pace. Don't let others freeload off your hard work.



Tiger

This year will be a wild ride for Tigers, but that doesn't mean it'll be smooth. Buckle your seatbelts and make sure you have a Pig by your side. You have a lot of bundled-up emotions that you'll release in the form of a roar. Have the eye of the Tiger, and jump at every opportunity (whether it's a daring adventure reserved for champions, or a brand-new aesthetic.) Keep in mind the effects of your actions in the long run, or you'll miss out on the adrenaline rush.



Rabbit

You're carrying a (metaphorical) rabbit's foot this year, lucky you! Rabbits and Dogs are good buddies because of your attractive auras, so you're a hop, skip, and a jump away from making this the best year of your life. It's easy for people to underestimate you as a fluffy bunny; don't worry about what other people say, though, really, you shouldn't carrot all.



Dragon

This year you'll be breathing fire, like, inhaling it. The year of the Dog will not sit well for the mighty Dragon. Advocacy is key this year: focus on messages you want to spread, but stay realistic because not everyone can be the mighty King of Animals and keep up. Hold a Rooster to keep you on guard.



Snake

This year will be hiss-terical for you, so don't get yourself caught up in a tangle. Unplug yourself from all current drama, whether it means you stop comparing yourself to others, or just avoiding a Pig. Take a few steps back from the glamorous, fast-paced life, to appreciate the classics and simple things, like late night talks with your bestie and or the nostalgic childhood TV show.



Horse

"You can lead a horse to water but you can't make it drink." That's the year of the Dog for Horses. You'll have a lot of energy this year, so channel it into things that you already have. There'll also be new opportunities and people along the neigh to help you out, but it'll be subtle and even hard to take. Accept all these with an open mind: don't turn the horseshoe upside down.



Sheep

Baa baa black sheep, have you any wool? Yes sir, yes sir, three bags full... of promise and new stuff to do, duh! Sure, the Dog and the Sheep don't always get along, but this year has good treats in store— whether it's higher grades in school (if you like that), a brand-new binge-worthy Netflix show, or a special someone that's got their eye on ewe.

Teacher's Pet

by Andong Li and Jin Chan Yum Wai

**Monkey**

Stay woke in the Year of the Dog, because wisdom and intelligence is where your bet's at. Challenges will start Donkey Kong-ing in your direction. It's easy to start going bananas and lose concentration but remember, this year it's monkey see, not monkey do. Handling these situations like a pro requires logical thinking, but don't get too cocky because the Roosters are always watching.

**Rooster**

Make this year egg-ceptional even though you're walking on egg shells by being the best of the bunch; if you have any old squabbles, let them go because now's the time to cross the road. Find encouragement and validation in friends, confidence and power when you finesse those rotten eggs. Strength is the secret to making your year hen hao. (很好)

**Dog**

While it's your year, it'll be a little ruff for you. Obstacles like anxiety and pressure will build up along the way, so use this year to focus on keeping it chill and connecting with your natural side. There's a reason why the dog is called man's best friend, so remember your loyalty to people you care for, whether it's your beau, friends, or family. Keep these in mind like a good doggo, and you're in for a treat.

**Pig**

You'll bring home the bacon this year. You're ecstatic for the next few months to come, so channel this energy to aim for anything you want in the short-term. Hold a Rabbit close to you as your hype-man. Don't go telling about your ideas and plans, or you might make someone jealous! Stay grounded this month, but remember it's always a good idea to let yourself indulge every once in a while.

AUG-SEP EVENTS



Promote your family-friendly event in the *beijingkids* website!

Submit your activity details before **September 12** to be considered for our October listings.

FUNCTIONAL ANATOMY AND MOVEMENT 20HR YTT WITH GWEN

Sep 10-11

Adults. This 2 day intensive training will benefit any yoga teacher or practitioner looking to brush up on, or expand and better utilize, knowledge of the working body. By the end of this training, participants will have learned to look from a three-dimensional approach of the physical body, the breath and the mind simultaneously, and how to move in more healing ways to experience greater integrity and therapeutic effect in their personal practice, as well as applying them in classes. RMB 2,800. 7am-6.15pm. Taozi Tree Yoga. (www.taozitreeyoga.com)

WAB DISTINGUISHED SPEAKER SERIES: WE CARRY KEVAN

Sep 11



Beijing No.55 High School
Admissions Open House

We are currently accepting enrollment applications for Grades 7 -11
Thursday, 11 October 2018
From 9:00am

For more information and reserve seats please email us at bj55iss@bj55.cn

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All ages. In 2016, Kevan and his friends took a trip across Europe in which they left his wheelchair at home. The group's journey grew to viral internet fame, as they carried Kevan around the continent in a backpack for three weeks, garnering attention from the world's biggest media organizations. Now the author of five books and founder of an organization to redefine accessibility, Kevan and his friends will travel to China, stopping at Western Academy of Beijing to talk about "The Outcome of People Helping People." Free. RSVP required. 6-7.30pm. Western Academy of Beijing. (WeChat ID: WABChat, 5986 5588, wabinfo@wab.edu)

MEXICAN GASTRONOMIC FESTIVAL

Sep 11-17

All ages. The Mexican Gastronomic Festival aims to celebrate the country's traditions and culture, offering guests an opportunity to discover Mexico and what it has to offer. Come and experience traditional Mexi-



can performances, live cooking classes, and a signature chef's table. 7-10pm. Beijing Marriott Hotel Northeast. (WeChat ID: 13311138038 Javier or 13311130538 Sasha)

ISB RECRUITMENT FAIR

Sep 15

Adults. The International School of Beijing (ISB) invites educators in China and the EARCOS/ACAMIS region to attend their first-ever job fair, which offers the opportunity for everyone to meet members of the ISB community and speak to the school's leadership team. Visit our Events page to register for the ISB Job Fair. Free admission but RSVP required. ISB. (8149 2345, info@isb.bj.edu.cn)

BEIJING CHARITY READERS THEATRE'S "SHOW IN A WEEK" AUDITION

Sep 15

All ages. Get involved in English theater in China, as Charity Readers Theatre's next production is Nobel laureate Luigi Pirandello's Right You Are (If You Think So). Auditions will be held on Sep 15, and the one-night performance on Sep 22. Experienced actors encouraged, and new actors are also welcome. 100 percent of tickets sales donated to charity. Produced in partnership with Beijing Playhouse Drama Club. For more information, contact artsforagoodcausebeijing@charityreaders-theatre.org.



H.I.S FALL FAIR FESTIVAL

Sep 15

All ages. Come and celebrate the end of the hot summer and the welcome arrival of fall at Hope International School (H.I.S.). There's something for everyone - a preschool playground for the little ones, and booths and games for teens and adults. Enjoy music from the children's choir and other vocalists. Dine on Chinese, Korean, and Western dishes. Free admission. Exhibition Hall 4, No. 1 Xiedao Road, Chaoyang District. (185 1371 3540, marketing@hopeintlschool.org)

BLACKEXPO

Sep 15

All ages. BlackEXPO was born out of a simple desire to illuminate the positive contributions of the Black community in Beijing. More than



just a market, BlackEXPO is a cultural experience placing the spotlight on the community and the businesses, services, and talents therein. BlackEXPO is a unique opportunity to further shape the Black narrative here in China, and do so with food, music, culture, and fun. All are welcome and invited to come regardless of background. RMB 20. Noon-6pm. 27 Courtyard. (135 2121 7587, info@blackexpobeijing.com)

CHARITY FUNDRAISER "HISTORY OF CHINA IN FIFTY OBJECTS" TOUR

Sep 15

Adults. Newman Tours is leading a charity tour in aid of Dew Drops Little Flower, which provides intensive nursing care, medical treatment, and education for abandoned children. Explore the human history of China through 50 of the most celebrated art objects in Beijing's National Museum of China. Their guide will take participants on an informative and entertaining journey of 4,000 years, using the most venerated objects of the museum's collection to illustrate the principal developments of China's epic history. RMB 260 per person (guests must bring passports to enter the National Museum). 1.30-3.30pm. Tours must be booked in advance (138 1777 0229, info@newmantours.com, www.newmantours.com)

MIX-MEDIA ART (10-WEEK PROGRAM)

Sep 15-Dec 8

All ages. From academic to creative drawing, students learn a variety



of drawing techniques and skills in the [Mix-Media Art] program. But what makes it a unique experience for students are the group activities, aimed at encouraging the development of artistic collaborations. [Mix-Media Art] will include classes on academic drawing, life-drawing, color theory, and exploring mediums (acrylics, oils, water-color), as well as using random objects to create sculptures. RMB 3,800 for a 10-week Saturday program (Sep 15, 22; Oct 20, 27; all Saturdays of Nov; Dec 1, 8) RSVP: j.pohland@hotmail.com. The SLab. (156 0120 1550)

PAMILYANG PINOY AUTUMN FAMILY DAY

Sep 16

All ages. There's more fun in Beijing as Filipino community group Kusina ni Kabayan (KnK) invites everyone to Pamilyang Pinoy, an autumn fair featuring the finest Filipino foods and delicacies, native games for kids and their parents, and an exhibition of paintings by Filipino expat families in town. The event aims to raise funds for a Filipino beneficiary. RMB 30 (adults), RMB 10 (kids). 10am-4pm. Plan B, Baiziwan, Shuangjing. (WeChat ID: Kusina-ni-Kabayan)

THE GREAT AUSSIE BBQ

Sep 16

All ages. Bring your family and friends along for a fun day out in the pleasant autumn sunshine, and experience a piece of Australia in Beijing. AustCham Beijing provides all the Aussie BBQ foods that we know and love, so treat yourself and your children to some Australian beef snags, rumps, and a true blue Aussie dessert section to complete a full Aussie Day menu. Adults can enjoy free-flow Australian beer and wine. There will also be a variety of kids' activities to keep the little ones entertained, and ensure a fun day in the sun for all. RMB 250 (adults), RMB 200 (kids under 12) free for kids under 6. RMB 800 (2 adults and 2 kids). 11am-4pm. JW Marriott Beijing. (RSVP: 8561 5005, events@austcham.org)

SEWING 101 (10 WEEK COURSE)

Sep 16-Dec 9

All ages. The SLab's [Sewing 101] program for kids is an intensive, fun, and hands-on program that teaches the proper foundations of sewing. From group activities to personalized projects, students experience a variety of interactive exercises to help them master the sewing skill.

They will be able to end the 10 weeks with several pieces ranging from tote bags, aprons, cushion covers, and more! RMB 3,800 for a 10-week Sunday course (Sep 16, 23; Oct 21, 28; all Sundays of Nov; Dec 2, 9) RSVP: j.pohland@hotmail.com. The SLab. (156 0120 1550)

WOMEN'S RETREAT BEIJING: BE YOU REVIVE!

Sep 16-17

Adults. Give a woman a rejuvenating and reviving break, and send her off to the Be You Revive! Following a successful Mother's Day retreat in May, "Be You" returns this autumn and promises to nourish the body and soul of the participating ladies. The revival cycle takes place on Sep 16-17 in the luxurious surroundings of Deer Singing Lodge, and includes activities like yoga, sip and paint, hiking on the Great Wall, a workshop with a life coach, a goodie bag, and more surprises! Secure your spot today with an RMB 100 non-refundable deposit. Check out beijingmothersguild.com for more details. Deer Singing Lodge. (WeChat: BerryThoughtfulLife, paulus155, pflivanhasselt@yahoo.com)



INN SEPTEMBER GATHERING - MEDICAL Q&A

Sep 17

Adults. The International Newcomer's Network (INN) General Gathering topic for September is their Medical Q&A, with a team of international medical professionals on hand to answer all the questions you may have about any health-related concerns. The best part of this gathering is you don't have to make an appointment to talk to the professionals. RMB 60. 10am. Capital Mansion Athletic Club. (WeChat ID: INNBeijing1994, 138 1170 5071)

GERMAN DAY

Sep 19

All ages. German- and English-speaking presenters and vendors invite everyone to the second Guangming Fall event in Beijing. The event aims to showcase to the public businesses, products, and goodies from Beijing and Europe, and some vendors will have goodies for you as well! Free admission. 10am-2pm. Guangming Garden Area (close to Solana). (WeChat ID: SabinaKirchherr)

2018 ORG NATIONAL HOCKEY LEAGUE CHINA GAME

Sep 19

All ages. The 2018 ORG China Games will feature two world-class teams, the Boston Bruins and the Calgary Flames. The pre-season games will celebrate the very best of Ice Hockey in China, as the country embarks on a journey to the 2022 Winter Olympics. RMB 180-2,000. 5-9pm. Cadillac Center. (www.NHL.com/ChinaGames)



BEIJING SMIC PRIVATE SCHOOL OPEN HOUSE

Sep 20

All ages. Beijing SMIC Private School invites all prospective families to meet the school principal and academics team as well as tour the school campus and learn more about its curriculum and culture. Free admission. 1.30-3.30pm. Sign up at admissions@bjsmicschool.com. Beijing SMIC Private School, No. 9 Liang Shui He 2nd Street, Beijing Economic-Technological Development Area. (6785 3030 ext. 2108, admissions@bjsmicschool.com)

THE BOOKWORM MID-AUTUMN FAIR

Sep 22-24

All ages. The Bookworm Fair takes place from September 22-24 in celebration of the Mid-Autumn Festival. There will be more than 45 vendors of handmade goods, fine art, jewellery, accessories, beverages and much more. Free admission. 2-8pm. The Bookworm. (JC Zhang: 158 1071 3743, mr_j.c.zhang@hotmail.com)

GOLDEN WEEK HOLIDAY - ADVENTURE CAMP

Sep 29-Oct 7

All ages. Imagine's Golden Week Holiday camp gives kids a chance to participate in some of Imagine's most iconic adventures: Civilisation



Game, parkour, indoor climbing, indoor skiing, and Adventure Park. The camp length is a minimum of three days from a total of nine days. RMB 700-900 inclusive of transport. (WeChat ID: Imagine-china, info@imagine-china.com)

BSB BABY AND TODDLER GROUP

Every Fri

Ages 1-18 months. Families with little ones up to 18 months can come to meet other expat families, enjoy playing with age-appropriate toys, creating seasonal crafts, singing, actions and lots more! Drinks and snacks provided. Free admission but open to foreign passport holders only. 9-10.30am. RSVP www.bsbsunyi.com/babygroup (as space is limited). The British School of Beijing (BSB), Shunyi campus. (8047 3558, play@britishschool.org.cn)

Upcoming Events (October)

THE SLAB'S 3-DAY MOVIE-MAKING OCTOBER HOLIDAY CAMP

Oct 3-5

All ages. The Slab is offering a unique 3-day movie camp, where students will get to discover and re-create the lost art of silent film-making. Students will learn to tell a story through actions and composition, with little to no use of words. With the guidance of a film professional, they will get to work on writing their own story and script, acting, and filming it themselves. RMB 1,888 (lunch included). 10am-4pm. RSVP: j.pohland@hotmail.com. The Slab. (156 0120 1550)



WAB GOES FAB

Western Academy of Beijing students get the look

By Bella Lozano, Western Academy of Beijing (WAB)



PHOTOS: UNI YOU



One of the more exciting parts of September's Teen Takeover brings together a free makeover and the never ending teenage quest for self-expression, and (not surprisingly!) creates a wild ride for everyone involved. Welcome back to Indulge, and today the spotlight is on two 11th graders reminding everyone of the fun of being a teen.

Jerome Cheung and Emma White are students at the Western Academy of Beijing (WAB). Cheung is an outgoing guy, big on fashion, and makes his own designs in his free time (check them out on Instagram @zhangjielangzuoyifu). He's not scared to experiment with style and aesthetic, so he was a clear candidate to model this transformation. White is a chill, laid back lady who is part of the track team with Cheung. She likes to keep her hair au naturel (only here-and-there cutting her hair since she arrived in Beijing two years ago), and her long locks serve as the perfect playground for our miraculous transformation.

We headed over to Fashe Salon in Sanlitun, right by Guangcai International Mansion, to talk to Wendy Wang, the master stylist behind it all.

As with any hair transformation, it started with a thorough wash and a trim to remove any damaged hair. We had envisioned a balayage which would work with White's lighter hair color. After trimming, Wang began to layer the hair, which is basically a beautifully-managed uneven cut with small snips to add more dimension and a twist to the final style. Wang then began to bleach the tips, wrapping them in foil for an even color. Next she added purple dye to some parts to accentuate the brand-new blonde tips.

They pulled out a rotating ring-shaped thing straight out of a sci-fi movie (it's actually an orbiting infrared hair dryer... fancy!) which apparently is used to heat and set the dye in place. A quick blow dry, using a round

brush to curl out the tips and some hair oil to help put flyaway hairs into position, served as the finishing touch. The end result was a pop of color style in an otherwise completely natural do.

The process for Cheung was a little different. Wang closely buzzed the sides of his hair for a fade effect. Then, they began to bleach his hair. For the dye, they wrapped Cheung's hair in foil sheets for a while before rinsing, and repeating – Cheung's hair was so dark that they had to do it twice to prepare it for dyeing, and after that, he had a bright blonde color which would be covered up with the dye. The final color was navy blue. She applied some dye to the tips of his hair and wrapped it again with foil. They again used the orbiting infrared hair dryer to work magic on his hair. It seemed a bit too dark to notice at first but with a blowout, brush, and a little bit of styling cream, they gave him a grunge look with an edgy Asian feel.

Cheung and White were shocked at their results. Of course, it was a drastic change to what they were used to. A change of wardrobe also changed the mood, and we began to take pictures. A lot of pictures. We included some candid shots, some fierce shots, some playful ones as well. I, the editor, almost felt bad that I didn't volunteer because of how cool it turned out! The final verdict: they killed it.



Fashe Salon

Daily 10am-10pm. Guangcai International Mansion 18-3, Gongti Nanlu, Chaoyang District (8530 6505) 朝阳区
朝阳区工体西路18-3号



CHILL SPACES

The city's coolest artistic venues for introverts

By Annie Zhuang, Beijing City International School (BCIS)

Nowadays, it is hard to flatter a teenager especially when they live in a foreign city. Beijing is a place of various cultures and it has tons of activities that cater to the interests of many clubby and sociable kids, but how about introverts? I've visited several artistic spots great for hanging out with friends who are interested in vintage fashion, film, or literature, or even for just a quick weekend jaunt.



Mega Vintage

Second-hand clothes in China aren't that popular but it can never stop the spread of culture. Mega Vintage is one of the pioneer antique clothing shops in Beijing. In 2002, shop founder Liu Ke opened her first store in Gulou, which has featured clothes from the 1920s to the 1990s. As vintage clothes have gradually become a trend, Liu brought to Sanlitun her 20s jazz music and wardrobe put together with garments from all over the world. The second location of Mega Vintage opened in 2015. You may not be willing to actually wear secondhand clothes but that's okay; I promise you will be pulled straight back to the golden age of contemporary clothing and travel in time just like Gil in *Midnight in Paris*.

Daily 10am-9pm. Dongcheng location: No. 241 Guloudong Dajie 鼓楼东大街241号. Chaoyang Location: 6/F 3.3 Mansion, No. 33 Sanlitun Lu 3.3大厦6层.

Institut Francais

For French families in Beijing, Institut Francais is the closest place to home. Here you will find a library full of French literature, magazine, audiovisual resources, and so much more. The library is also a quaint place to study for free. The institute occasionally holds exhibitions on Sino- French relations or French culture. My favorite part of this place is the screening room where French movies are on display every weekends and weekdays. Worry not if you're not French because Institut Francais is a venue for cheap movies and free children-friendly salons.

Daily 8.30am-7.30pm. No. 18 Gongti Xilu., Chaoyang District 光彩国际公寓 工体西路18号



PHOTOS: COURTESY OF ANNIE ZHUANG

China Film Research Center and China Film Archive

Cheap movies are not always the choice of newcomers to an expensive city like Beijing. Sometimes we want to go back to the old days and revisit those classics we've always been watching for Christmas or other festivals. The China Film Archive has a theatre in Chaoyang District and the China Film Research Center's movie house is in Haidian District. Different movies are on show five days a week and with tickets from RMB 10 to RMB 40. Every year on December 24, both theatres display Love Actually. So if you want a neat experience of classics films played in a cinema, definitely check them out.

China Film Research Center

Tue-Wed: 6.30pm. Thu-Fri: 7pm. Sat 1pm. No. 3 Wenhuiyuan Lu Xiaoxitian, Haidian District. 海淀区文慧园路3号, Tue-Wed: 6.30 pm, Thu-Fri: 7 pm, Sat: 1 pm

China Film Archive

Wed-Thu 7pm. Sun 4pm. No. 2 Baiziwan Nan Er Lu, Chaoyang District 朝阳区百子湾南二路2号



Spring Whispers Book Club

What's a better way to spend an afternoon reading a magazine in one of the hutongs in the old Beijing? Transformed from a creek side cottage, Spring Whispers Book Club is the first magazine library in Beijing. After walking through luxuriant trees and flowing creek with chirping birds, you will reach the quiet, peaceful house primary made from wood. A cafe is at service in companion with the book club. You can grab a table next to the French windows and let the warm sunshine of the Beijing summer climb up the page you are reading and kiss your forehead. The library is also enjoyable on raining days as you can hear raindrops tapping on the windows and the dim sky outside brings out the yellowish lights of the inside.

Daily noon-9pm. F1 Building 3, No. 19 Changxiangwutiao, Dongcheng District 北京市东城区长巷五条19号3幢一层

Moka Bros

To boost your energy up, Moka Bros is the perfect place to eat, chat, and work. Moka Bros is founded by chef Daniel Urdanata and wine expert Alex Molina and features South American cuisines for a healthy lifestyle. Everything here is fresh, nutritious, yet delicious. You will find fitness enthusiasts munching on cheesecakes just because the desserts here have significantly less sugar. The menu is also vegan-friendly and suits various dietary needs. Apart from being a healthy option to hang out with friends, the vigorous electronic music from loudspeakers at the venue melts you with the crowd but also isolates you as an individual, germinating your creativity.

Daily 8am-10.30pm. Sanlitun branch: No. 81 Sanlitun Lu, Nali Patio 三里屯那里花园一楼三里屯路81号 (5208 6079). The Place branch: L139A, F1, Building 4, The Place北京世贸天阶4号楼 1层L139A号光华路9号世贸天阶东入口 (6587 1368). Solana branch: No. 6 Chaoyanggongyuan Lu, Chaoyang District 北京蓝色港湾湖畔美食街 朝阳公园路6号(5905 6259)



JUST THE JOB

Students from different cultural backgrounds talk about combining part-time work with their studies

By Andrew Killeen and Jolie Wu

Seventeen-year-old Xuefei Jessica Thompson was born in the UK but moved to Beijing when she was 6 so that she could learn Chinese and understand her mother's culture. Her parents are both architects, her father working for Fortune 500 company JLL and her mother "flying solo" as head of her own business. Thompson attended public school until last year when she moved to Dulwich College Beijing (DCB). She told us she doesn't like to be considered "half" Chinese and "half" British; "being mixed should mean being both, not being less than full," she said.

Have you had a part-time job? If so, what was the first job you did, and how old were you?

The first part-time job I ever got was working at TRB when I was 12. One of my closest friends' dad owned the restaurant, and we were both hired to work at TRB for a couple of hours a day. We mainly worked in the back, peeling onions and washing dishes. She has now advanced to being a waitress and is continuing to do an amazing job.

Did you want to get a part-time job, or did the idea come from your parents?

My parents have always been very aware of the pros and cons of living in an international community. One of the biggest cons for them was that children didn't understand the value of money; they found me to be very spoiled and ungrateful. As a parent, you feel compelled to provide your children with everything you can offer them. However, showering them with gifts and money can be detrimental and have negative effects on the development of the child. Therefore, they decided to cut my allowance and it was as if they dumped me at a crossroads; I had two paths in front of me. I could be angry, rebel, and choose to do nothing, which would only result in further disappointment and probably the confiscation of my laptop or phone. With this thought in mind, getting a job became the obvious answer.

At what age do you think it's appropriate for young people to get part-time work?

My father was 6 when he had his first job: delivering newspapers to his neighbors. You're never too young to get a job, you just need to find the job that suits you. But the concept of a part-time job doesn't really exist in Chinese culture. Most places won't give you an employment contract unless you're 18, and that's why you will most likely be given internships over part-time jobs. Internships are great for experience; they are shorter and allow you to get a preview of what the industry is like without a long-term commitment like a part-time job.

What was/ is your current job? How did you choose it?

If you're looking for a part-time job, you have to show initiative and seek out the firms. One of my favorite experiences was working as a part-time journalist at Sports Beijing. The title didn't really exist, but I sent in my resume and the skills that caught their eye were writing and editing (video and photo), and they put me in charge of writing articles and promoting their events. I attended all the events, took photos, conducted interviews with key individuals, wrote and translated the articles, and sent them off to be published. As an aspiring journalist, it gave me an insight into the industry and has motivated me to achieve my dream. For young teens, being a tutor (teaching English) or a babysitter is a great way to earn a bit of pocket money.

What problems/challenges did the job create?

Working with Sports Beijing challenged my time management skills. I would be given an article to write with a tight deadline, and I was often tempted to slack off and procrastinate. To stop myself from doing this, I set soft deadlines and tasks that I needed to finish every day in order to finish the workload. Working in the restaurant business at the front desk/waitress was challenging in every aspect. If customers were dissatisfied, they would complain to me. They would give me impossible tasks: during our busiest hour, a customer came in and demanded a table for 12 with no prior notice. It challenged my social and



problem-solving skills, but most importantly it taught me how to think on the spot.

What did you learn?

I've had three part-time jobs now: I've worked in the restaurant business, I've worked in an office, and I've worked in sales. Each job has taught me valuable lessons that I wouldn't have grasped otherwise. When you do get paid and hold the RMB bills in your hand, you will realize just how unworthy it all was. Killing yourself for eight hours a day, five days a week, and receiving less than minimum wage, makes you realize just how joyous school is, and that without a proper education this is what you're signing up for for the next 50 years.

Do you spend or save your earnings?

I earned my own pocket money, and I spent it when I was with my friends on getting massages, getting my nails done, trying new cuisines and good drinks. My parents paid for the necessities: clothes, food, and so on. But anything else I had to earn.

What advice would you give to other classmates when it comes to teenagers working?

Don't be scared to ask for a part-time job, the worst they can say is no. And spending your own money – it's different than spending pocket money. It's way more satisfying, but it's also kind of painful, you realize how hard it is to earn money. Is getting your nails done really worth half a day's wage?

Beijinger Shen Shiyu studies at the Chinese campus of an English university. In her spare time, she enjoys sports and healthy eating. Her father Shen Xiang's business is railway components while mother Zhou Ping works in the culture/media industry. Little brother Shen Shiguai, age 15, "is the focus of the whole family," according to his sister!

Have you had a part-time job? If so, what was the first job you did, and how old were you?

I got my first part-time job during the summer vacation when I was a sophomore. It's a shame because it's pretty late to get a job compared with my peers. I worked in an American fashion clothing company as a brand representative (shopping assistant) and was paid by the hour. The main purpose was to get an employee discount.

Did you want to get a part-time job, or did the idea come from your parents?

I didn't want to get a job at first, but then my parents criticized me for staying at home, doing nothing and being a freeloader... so I chose to find a job. Then I realized I really needed to develop my skills, and I was not satisfied with a vacation filled with food, drinks, and entertainment. I thought I should do something meaningful to improve myself.

At what age do you think it's appropriate for young people to get part-time work?

The earlier, the better. First, people will step into society sooner or later. If we try earlier, we can adapt to it faster. As the saying goes, "win at the starting line." Second, as you get older, time becomes more and more precious, the opportunity costs get higher and higher, and then you suddenly come to realize that if you'd started a little bit earlier it would be easier. If I could start over, I would like to work in the summer vacation after the college entrance examination. I would like to have more time and opportunities to try out and experience more careers, so as to lay a foundation for my career planning in the future.

What was/ is your current job? How did you choose it?

My professional experience is actually quite lacking. Besides being a clothes shopping guide, I also worked as an intern in the international trade department of an agricultural investment company. At first, maybe because I have a lot of time, and I am energetic, I selected the jobs mainly according to my hobbies. I thought it would be interesting to work in a clothes store, and I could wander about while making money. Later, I was introduced to another very interesting job: as a guest

on a TV show. Although I participated in only a few shows, the feeling of standing on the colorful stage, being baked by spotlights is very memorable. It makes me feel like I am "famous"!

However, now I usually choose jobs based on real needs: ones related to my major, which can help with my application for a master's degree, or careers I would like to follow in the future.

What problems/ challenges did the job create?

I had some problems with my first work experience. I am 500 degrees myopic, so I needed to wear glasses all the time. However, the work clothing guide required me not to wear glasses, because it is not in accordance with the style of the brand. So I had to go home and ask my parents if I could wear contacts. However, my dad treated this problem as "crossing his red line" (my dad rejects everything that may threaten my health, such as dyeing hair, piercing ears, and wearing contacts). Then I chose my dad over my work.

What did you learn?

The biggest gain: it's not easy to make money.

and I should cherish it when I spend it! And you should learn more when you are young. Don't be afraid to work hard!

Do you spend or save your earnings?

Because I didn't earn much from my part-time job, I will answer this question based on my imagination: I can't wait to use my paycheck to repay my parents. And I could choose an inexpensive gift for myself as a reward. And I will save the rest of the money.

What advice would you give to other classmates when it comes to teenagers working?

As for going out, I think safety comes first. Take good care of yourself by living and working in a safe environment, and then take the opportunity to exercise and enrich yourself. Besides work, you can also find opportunities to learn more about a new environment, to feel and experience the differences from your hometown, and enjoy the time of being alone and away from your family.



ON GUARD AT BJZ INTERNATIONAL FENCING CLUB

Get to know the club making headway in Beijing for this fast-growing sport

By Bella Lozano, Western Academy of Beijing (WAB)

Our Teen Takeover issue gets off to a swashbuckling start with a look at fencing. Yes, fencing, as in “I-am-Inigo-Montoya in *The Princess Bride*” swordplay; fencing, as in “people in beekeeper masks stabbing each other with sticks”-type fencing. However, there’s more to the sport than just swinging a blade and praying for the best. Your ideas of fencing may come from movies and popular culture, involving classic swordplay action and an intense fight to the death. While the reality isn’t (hopefully) too far from fiction, yes, fencing

is a proper sport.

To find out more, we visited BJZ International Fencing Club in Shunyi. The people who run the club are forward and passionate about promoting the sport and growing Beijing’s fencing circuit. They run classes at seven international schools, as well as twice yearly competitions, such as the one which took place at International School of Beijing (ISB) last January.

The club hosts different age groups from six years old and up, with cadet brackets, for people under sixteen, as well as the junior and



senior adult brackets. They also hold group classes, and have weekly free-fencing activities to hone skills in an actual bout. Coaches also run private classes for personalized, one-on-one training, to maximize their student's development.

I got a chance to have a look round, and try out some fencing there. Due to a scheduling mishap, I ended up training with elementary school kids, but I still had a blast. It's an awesome club, with high-tech equipment and equally high-quality coaches. After the lesson, we sat down with Coach Dean, who teaches fencing with foils, and Coach Alex Symonenko, who teaches the *épée* (to get technical for all you fencers out there), and talked about the technical and personal aspects of the sport.

There are three types of weapon that can be used in fencing: foil, *épée*, and sabre, each with a slightly different set of rules and target areas. The target area for foil is the torso, neck, and stomach, while in sabre the target area is the entire body above the waist. Foil and sabre follow a guideline called the "right of way" to determine who gets a point, depending on who attacked first, and so on.

They explained that sabre is a popular choice among many of the younger fencers, especially in China, where there is a strong national team as well as a centralized women's team. Two members made it to the final eight of the World Fencing Championships this year, which sounds pretty awesome!

Coach Alex however prefers *épée*, and it's not just because that's his specialty, but because of how simple its rules are, which makes it easier to understand as a beginner to the sport. For example, if both fencers attack at the same time, they both receive a point. The target area in *épée* is that you can hit anywhere on the body.

Coach Alex comes from a family of fencers, though his parents had him join different activities before they presented him with a sword, which he thought looked pretty neat.

"I started to win, and competition after every competition, they'd give me gifts. Of course, it was a good feeling," he joked. And while incentives from parents may be the reason a lot of kids are doing it, I was still curious about the thrills of being a fencer, especially a professional one.

"I won against someone older than me,

which was good, because it means my age or how I look doesn't matter, whether tall or small, big or not. It made me understand that if I use my technique I can win." He eventually fenced on the Ukrainian national team. "Another big reason was, on the national team, the government paid for our travels to international competitions, and it was very interesting."

He found more opportunities in China as a coach, and although he was advised to still compete in his free time, his job of being a coach is busy. Yet for him it's much more rewarding. "The best part about working with the kids is they give you a lot of energy, you know, and it's nice when what you teach them, they use in competitions, they'll win and they'll be happy. It's part of what I like about being a coach."

Coach Alex also says that, while it's great that parents are encouraging their children to participate actively in the sport, they shouldn't be rushed in the competitive side too soon, because of the attitude they may have toward losing; they might quit before developing an actual talent for the sport. More importantly, he adds, if they approach it from a serious, cutthroat angle, especially with its rising popularity, then it might just become a skill rather than a passion, which takes out all the fun out of it.

I came into the interview thinking the reason why fencing is only recently becoming popular is that, when people think of sports, what comes to mind are the more "traditional" team sports, especially those ending with -ball: volleyball, basketball, etc. Sports such as fencing come a long way behind in the queue. Is it because it doesn't have a court? Or teammates playing at the same time? Someone once told me it's not even a real sport. Still I was curious about the personal side to fencing. When so many have this skewed idea about fencing, why do people commit their time to it?

Coach Dean was part of the Chinese national team for foil, where his career started as a twelve-year old, and he has been fencing for almost fourteen years. There's no doubt about his dedication to the sport, so we asked him what makes fencing stand out from the rest.

"Aside from the physical training, there's also a strong mental part," he explained.



"You have to fight by yourself, because when you're in a competition, only you can beat your opponent. With every point, only you can challenge yourself. That's what makes it different from other sports."

And I think he's right. While there's a team aspect, what the sport really boils down to is you against your opponent—just the two of you. While it's nerve-racking when the whole team is counting on you to make the finals, one can challenge oneself to focus on what needs to be done, which certainly carries over to other parts of life. It's like learning to be calm in the face of a storm. It was awesome seeing the amount of effort all of these people are putting into not only the technical aspects of the sport, but also personal development. I left the club in no doubt that fencing will be making big headlines in Beijing in the years to come.

BJZ International Fencing Club:
Room402, 3F, Building 4, 9 Antai
Jie, Shunyi District. 顺义区安泰大街
9号院4号楼中粮祥云小镇3F(402)



Baby Steps to Fit

The 101 guide to being a more active teen

By Max F

International School of Beijing (ISB)

Whether or not we are always conscious of it, we live in a community where competition is intense and endemic. Students are taught from a young age the importance of “hustle” in day-to-day life. Extracurricular activities, tutoring, and homework (alongside what can feel like a billion other commitments) fill up our days, and as time goes on, it becomes difficult to prioritize anything other than what is being constantly handed to us.

For a lot of teenagers, fitness and nutrition is not taken seriously enough in everyday life. This is not to fault anybody in particular—sometimes, it is simply too much of a “time consuming” prospect to try and fit an hour at the local gym into our already overwhelming schedules, or to prepare balanced and wholesome meals for ourselves to fuel our bodies and brains. Granted, not every one of us has to go to the extent that I personally have—tracking my specific caloric needs and having two separate workout sessions most days of the week—but there are certainly easier-than-you-think fixes to some of the temptations in our lives to remain sedentary in our activity or idle in our food choices.

Believe it or not, fitness doesn’t have to be an all-or-nothing commitment. Our levels of overall health and physical athleticism aren’t thanks to giving up our time and social lives for the sake of hour-long workouts lifting 500 pounds or meal-prepping chicken breast and brown rice all our lives. You see, some have the mistaken belief that such a tradeoff exists. But it doesn’t.

Rather, our fitness is accumulated over a lifestyle, of small choices and changes that all add up to something incredible. Tiny tweaks here and there (which might seem insignificant on their lonesome) aggregate to amazing results. And some of those tweaks are not only very much compatible with our everyday lives, but can also be shockingly easy to implement. It’s all about building habits.

Take, for instance, your morning commute to school. Now, this will of course vary based on where you live in relation to where you attend, but if you’re in the general vicinity, skip that car ride and hop on the bike. Yes, Beijing is polluted as all hell more often than we’d

all like, but on clear days, a nice breath of ahem fresh ahem air and a rush of breeze can not only be a simple way to get your heart rate up and burn a few extra calories, but also act as a perfect wake-up call to a long (let’s face it, probably tedious) seven-hour day of sitting in the classroom. Plus, you can feel good about helping the environment.

If you’re farther from your school (say, downtown to Shunyi), a bike ride is obviously unfeasible. But there’s some small strategies for you, too. When you get off the bus and into the building, why not take the stairwell farther away from your first-period classroom? That’s basically pointless, you might say. Sure, you won’t be doing much with that alone, but over the course of a day, a week, a month... Altogether, it adds up. Remember, it’s about building habits. Just don’t do it if you’re going to be late for class!

The same goes for the rest of your day. Every place you can walk just a bit longer to get there, do it! Skip the shortcuts and opt for some extra steps. If you and your friends like to just sit around during your mid-day breaks, get them off their butts and take a walk with you before your next class. Sure, just walking is boring, but get your pals with you and you can all talk about sports, nightlife, movies... I don’t know. Whatever floats your boat.

When it comes to food, giving generalizable tips can be a bit trickier. It’s just so subjective. Of course, I know exactly how my meals and nutrition are structured. I know my own preferences, and I know what kinds of food fuel me up just right. I don’t know about everyone else. I’m terrified that I’ll suggest some low calorie or “healthified” recipe for a dish that someone feels very strongly about. Yes, it’s happened. I made a low-calorie pizza one time, put it on my Instagram, and my Italian best friend nearly disowned me.

So let’s skip all that potential melodrama. I’ll do my best here. Regardless of what foods you’re used to eating, there’s generally a healthier alternative that’ll satisfy your taste buds just fine. Alright, let’s say you’re just not that keen on giving up chips and candy bars. Fine. If you find a version of your favorite snack food that is even just 10 calories less per serving, that’s still something. Remember, it’s not about

perfection in one fell swoop. It's about incremental improvements.

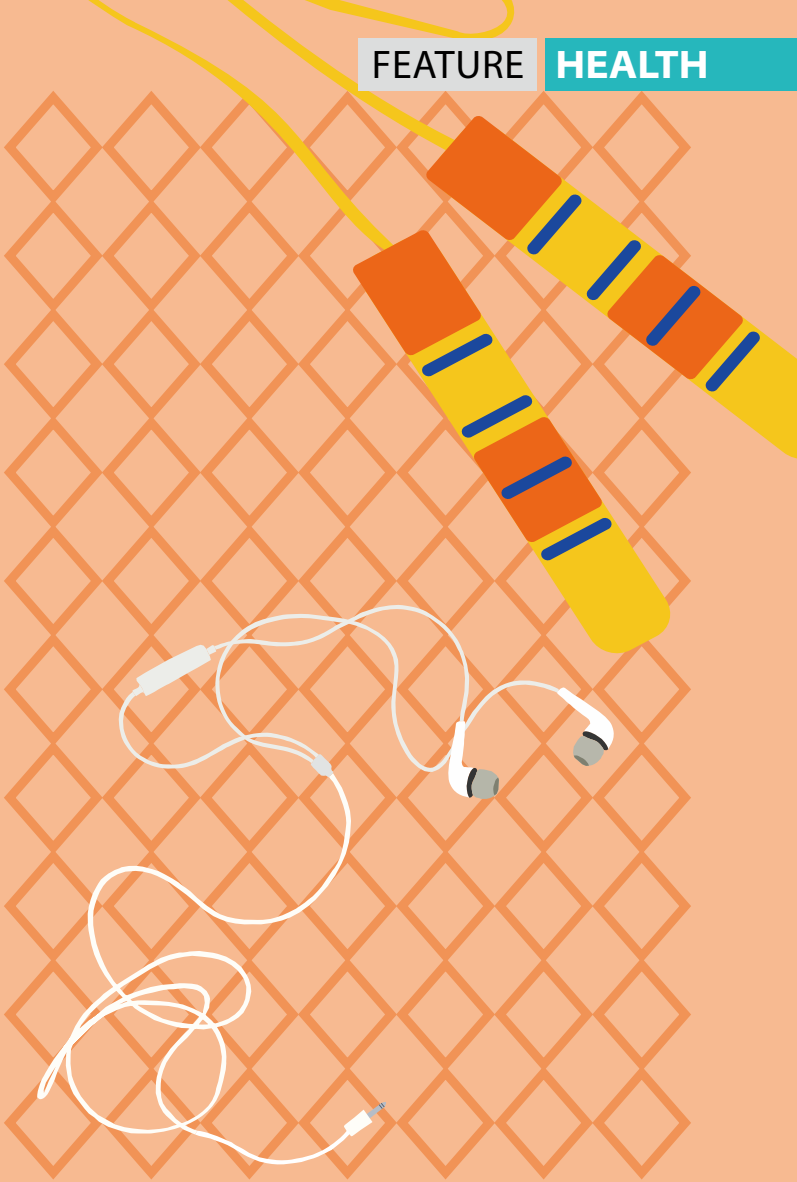
Specific recommendations? Let's say you want some chips. I'd personally just skip the chips and snack on cherry tomatoes. (What?! you ask. I like vegetables, relax.) But I get that everyone else's food preferences are not as devastatingly bland and boring as mine have come to be. If you usually enjoy snacking on Doritos, reach instead for Pop Corners. You can find it in any supermarket in Beijing and it's 360 calories for a full 3-ounce bag, whereas the same volume of Doritos will cost you 550.

Let's get more digital for a second. Since we students are honestly already on our phones and computers for way more of our lives than we should be, why don't we just make better use of some of that time? Aimlessly scrolling through the Instagram homepage looking at memes is fun, but have you tried MyFitnessPal?

My point is that there are so many apps out there that can actually make incorporating "casual" fitness into our lives that much easier. The previously mentioned MyFitnessPal (MFP), by the way, is my personal lifeline. The app is a calorie/macronutrient tracker, with a database of food items and their nutritional profiles three times larger than the next-biggest app with the same function. As I've hinted, I understand that tracking calories is certainly not for everyone. But MFP has a variety of other functions which can be useful to you in your fitness lifestyle—including daily featured articles, workout guides, and recipe ideas. It also has a step counter, but if I'm honest, not a very good one.

For that, I turn to Argus. Argus is an app that has a range of functions, but its layout and simplicity make it very convenient for exclusive use as a step counter. The app's homepage is composed of tiny little hexagons (which I find weirdly satisfying) each with various data, but the focus is on the one with a constantly updating number. That's right, the step counter is literally constantly updating itself, up-ticking along with each and every step that you take.

But if you're the seriously competitive type, and just knowing your own step count isn't enough, try WeRun. If you're on WeChat (and let's face it, you are), you've probably heard of it. It's a function that not only tracks your daily steps, but pits you in a day-to-day battle to the death (at least that's what some people I know make it out to be) with all your WeChat friends, everyone clamoring to be at the top of the leaderboard. The competition, though sometimes taken a little



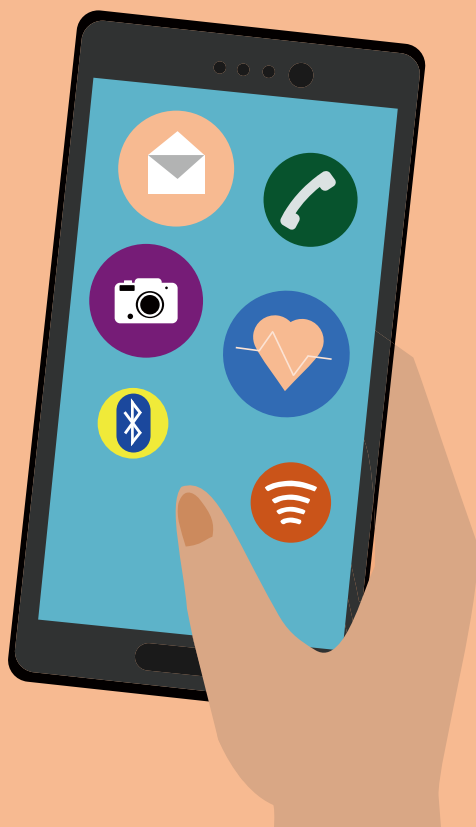
too seriously, is in my opinion a terrific motivator perfectly tailored to students and adults alike in our community.

Of course, there is a plethora of other fitness/lifestyle/nutrition management apps out there, other than those I've summarized here, but they all have one unifying quality to them. They make us aware. It's not hard to slack off when we have nothing holding us to account. That's what makes our schooling system functional, after all. Due dates prompt us to finish assignments on time, and grades prompt us to do those assignments well.

The same concept applies to fitness and nutrition in our lives as students. When there's no benchmark to go by, why would we feel compelled to hit up the gym in the middle of exam week, or go for a run the weekend before that big project is due? Why would we feel any motivation to take a few extra steps, when we have no idea how many we've already taken?

That's the beauty of these apps, the way they bring accountability into our lives. If we know we want to hit 10,000 steps a day, we'll have more purpose to walk the long way to do so. If we decide that there's a certain physique goal we want to reach, we'll start to reach more for the lighter, healthier options.

It would be impossible for me to give everyone tips on how to make fitness a well-rounded part of your life specifically; everyone is just too different and unique. But just remember this: it's not about perfection in one fell swoop. It's about building habits, incremental improvements accumulated over a lifestyle of small choices and changes, that can all add up and become something incredible.



A Taste of Home... in China

Exploring Chinese cuisine through its comfort food

By Safia B, Harrow Beijing

Chinese food and western food can be very different. This can be easily deduced from one look at the coffee table book-sized menus they throw in your face at most Chinese restaurants around town. These restaurant menus are often an excellent source of entertainment with their hilarious mistranslations and over-the-top plating, but also very educational. Considering the hundreds of dishes often available, that doesn't mean that you can't also find some similarities between this and meals you would experience back in your homeland.

Think about it. There are only a limited number of ingredients available to humanity, especially when it comes to just stuffing your face with food. We aren't talking about haute cuisine here.

With this in mind here are some items that you can find that are either being boiled, fried, roasted, braised, or baked being hawked near you. With this simple guide, you also won't break the bank as Chinese food, especially in its most simple form, is almost always cheaper than its western equivalent.



Zhajiangmian (炸酱面)

This example, while it may be a bit of a stretch as to whether it should be considered a near or distant cousin to its Italian pasta counterpart, is quite possibly one of the most popular dishes in Beijing. To make it, thick wheat noodles are topped with a Zhajiang sauce made from simmering ground pork or beef in a salty fermented soybean paste. There are also many variants of this dish for those looking for a vegetarian or halal option. Additional toppings include pickled cucumber, radish, and edamame.

Jianbing (煎饼)

Jianbing is a traditional Chinese food similar to savory crepes. It is usually eaten for breakfast and is one of northern China's most popular street foods. It consists of a pan-fried egg and dough mixture that is filled with a crunchy, often spicy, and sometimes meaty filling. This can pretty much be found outside any subway station and can be recognized by the presence of a large, round-shaped griddle. Their popularity is also slowly growing with the food truck movement, as street vendors begin to pop up in major cities across America.



PHOTOS: KIPP WHITTAKER, UNI YOU, ADOBE CREATIVE CLOUD



Roujiamo (肉夹馍)

A roujiamo from Shaanxi is like a hamburger of sorts. Some people even consider it to be the oldest in existence, as it dates all the way back to the Qin Dynasty (221-206 BC). We guess it all depends on what you consider a burger to be. Roujiamo essentially means "meat sandwich" in Chinese. The meat is commonly pork, stewed for hours in a soup containing over twenty spices and seasonings. Other alternatives include beef seasoned with cumin and pepper, which is widely found in areas with a sizeable Muslim population, such as Xi'an where this sandwich originates. The chopped meat is then stuffed in a *baijimo*, a type of flatbread made from wheat flour dough.



Nanbaorou (饕包肉)

A nanbaorou from a Xinjiang restaurant is pure comfort food, and quite similar to a pizza. They both have yeasted flatbread, however, they also have entirely different toppings. The *nan* bread is also sometimes eaten without toppings. The toppings for nanbaorou are usually a meat, such as lamb and a rich, complex sauce consisting of a variety of different spices. Conveniently, the flatbread at the bottom soaks up all the sauce, making for a deliciously messy meal when attempting to devour with chopsticks. If you love lamb, don't miss out on this excellent pizza-like dish.

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Taco Time

Make the trip to Wudaoying Hutong for astoundingly authentic Mexican food

By Max F, International School of Beijing (ISB)

PHOTOS: LINT YOU



Tacos, burritos, nachos ... all tasty treats, without question. But these familiar dishes are only a small corner of the extravaganza which is true Mexican cuisine. Unfortunately, here in Beijing, it's easy to feel limited in our options and understanding of Mexico's food culture, and what it can really be.

Well, no more. Enter Pebbles Courtyard.

Pebbles is an innovative restaurant nestled in Wudaoying Hutong, Dongcheng District, which delves into the farther reaches of Mexican cuisine, boldly bringing less familiar dishes and flavors to the plates of Beijingers. During our visit, we had the pleasure of speaking with Ray Heng, one half of the husband-and-wife duo who own and run the whole operation.

Ray Heng is both a genuine, cool guy and a real culinary aficionado. He's no regular Beijing restaurant owner—having trained under his friend and mentor, celebrity chef Rick Bayless, the depth of his knowledge of and love for Mexican cuisine was palpable both in our conversation, and in the food we tasted.

Our first dish, the Shrimp Cocktail appetizer (RMB 68), was delightfully refreshing. Having walked through the midsummer Beijing heat to get to the restaurant, the coolness of the shrimp, tomatoes, and avocado was immensely satisfying. A just-right hint of saltiness, too, was capped off perfectly with the crunch of the crackers which were paired with the dish.

Soon after, the staff brought out our second appetizer, the Empanadas de Queso (RMB 68).



Before the dish got close enough for even the aroma to reach us, my eyes feasted on the colors on the plate. The perfect golden brown of the dumpling-shaped pastry sat gently on a bed of carrot and sweet potato purée, and was garnished with flower petals. I would later learn from Ray that the principle of this "carrotine" purée is that its ingredients vary by season, but the end product would always hold this vibrant and tasty color.

Cutting into the empanadas, we discovered a generous stuffing of melted cheese in each. On my first bite, I was taken aback by the way that the savory flakiness of the crust and the rich fluffiness of the cheese inside complemented one another—a superb blend of textures. Even just the purée itself probably could have made for a splendid appetizer. The creaminess of the mashed carrot and sweet potato was seasoned just right—absolutely not too salty, but just enough kick to maintain an amazing flavor.

Each component of every dish is handmade. Nothing that a customer pays for comes out of a freezer or a bag. As he walked us through the thought processes behind his food, I was amazed by the sheer attention to even the smallest details that is responsible for making each dish just right. It's not just about flavors, Ray says. It's also about the texture, and believe or not, even the colors (as the empanadas demonstrate) that really make each dish hit their full potential.

The crackers paired with shrimp cocktail, for instance, were chosen in the stead of a perhaps more familiar stack of chips for its milder flavor, which allows for the other ingredients to shine.

Ray very well may have put more consideration into that single dish than I did for my semester final English paper...

A few moments later, our main dish was served. Again, the aesthetic quality of our food was on point. The presentation of the Street Tacos Platter (RMB 98) was rustic and beau-



tiful. Along with the five tacos (chorizo con papa, carnitas, barbacoa, lengua, and tinga-de-pollo), we were presented with a range of eight different styles of salsa to try. If you think that's impressive, remember that their entire menu offers over 30 different salsas!

The taco I tried—the barbacoa—was incredible. It was unlike any taco I'd had before. While the slow-cooked beef, coated in its smoky savory sauce, boasted a formidable flavor, it was the homemade tortilla that especially stood out. It had a rich and crumbly quality you simply would never be able to experience from its store-bought counterparts.

Ray explained that it is the simplicity of the ingredients that gives the tortilla its outstanding texture. The cornflour gives it a distinct aroma, while the pork lard incorporated into the recipe gives it its crumbly, rich texture that almost melts in the mouth.

The innovation behind the re-imagined Pebbles Courtyard brings a fresh slice of Mexican cuisine to the plates of Beijingers. Its unique offerings introduce the city to a genuine take on the vast potential of Mexico's diverse culinary world—and is sure to leave an impression on anyone who makes to the satisfying trip.

Pebbles Courtyard

Daily noon-11pm. 74 Wudaoying Hutong, Dongcheng District
东城区五道营胡同74号 (8404 0767)

Sweet Submissions

Fruity recipes to sweeten up your day



PHOTOS: UNL YOU



Erykah D
Grade 9, Harrow Beijing

I discovered my love for cooking when I was 7 when I helped my Nan make one of my favorite desserts, apple crumble. Cooking and baking is something that we both like to do together as we share the same passion for creating new things in the kitchen.

My mom and I have collected recipes from various cultures over the years and now that I am older, I have tried to cook something at least once a week to improve my culinary skills.

My dream is to become a chef but thought I had to forget that when I came to China. Culture shock, different foods, and a lack of availability for specialist ingredients meant that cooking was never going to be the same as England. But when I became accustomed to life here, I learned to use the interesting ingredients available and make old recipes with a twist, just like my recipes Breakfast Boost Smoothie and No-Bake Strawberry Cheesecake. These breakfast meals are an effective way to gain energy without losing the sweetness of the dish as well.



Breakfast Boost Smoothies

Serves approximately 2 cups

Ingredients

- 8 fresh, cut (medium sized) strawberries
- 1/2 cup frozen mango chunks
- 1/4 cup red grapes
- 1/4 cup frozen sliced peaches
- 2 tbsp plain non-fat Greek yogurt
- 1 tbsp honey

Directions

- Combine all ingredients in a blender
 - Blend until smooth and well combined.
- Serve immediately

Strawberry Cheesecake

Ingredients

- 85g low-fat biscuits (such as digestives)
- 200g extra-light soft cheese
- 200g 0% fat Greek yogurt
- 4 tbsp Caster sugar
- 1 tsp vanilla extract
- 2 tbsp strawberry jam
- 100g strawberries, hulled and sliced

Directions

1. Put the biscuits in a plastic bag and bash with a rolling pin until you have chunky crumbs.
2. Divide between 4 glasses or small bowls. Beat the cheese, yogurt, sugar and vanilla extract together until smooth, then spoon over the crumbs and chill until ready to serve.
3. Stir jam in a bowl until loose, then gently stir in the strawberries. Divide the mixture between the cups and serve. Optional: Add more zest to your cheesecakes and top them with different fruits and jams





Heather Leung
Grade 11, Dulwich College Beijing (DCB)

Food is more than just a fuel for the body; it is our memories and emotions and music and life and it brings us all together like a common language. It's so magical and crazy how baking has slowly taken over my personal narrative, just like a pathway full of crumbs and stains and satisfaction and smiles. Lopsided cakes. Over-baked brownies. Then the first ever recipe I could finally call mine: a formula I discovered over last year's Christmas holiday, Healthy Berry Crumble recipe.

I began a healthier lifestyle around the same time I fell in love with baking. I have always experimented and tweaked recipes to my liking, whether it was replacing butter with applesauce or pumpkin puree and that's why I usually strayed away from crumbles. I always had a small phobia of butter. Still, deep down, I craved crumble. And after using bags of frozen berries and oats, I could finally enjoy my favorite dessert that may look a little bit different from the usual crumble but tastes almost the same.



Healthy Berry Crumble

Ingredients - Crust

- 130g rolled oats coarse flour
- 110g barely blended oats
- 40-45g sugar
- 60g melted coconut oil
- 1 tsp cinnamon
- 1/4 tsp salt
- 1 tbsp non-dairy milk

Extra topping


- 20g oats
- 5g melted coconut oil
- 1/2 tsp sugar

Filling

- 250g raspberry
- 300g strawberry
- 60g oats
- 4 tbsp sugar
- 1 1/2 tsp lemon juice
- 2 tsp cornstarch

Directions

1. Preheat your oven to 180C/350F and line a 20cm square baking tin with parchment paper.
2. In a food processor/blender, grind 130g of rolled oats until it resembles a coarse flour. Pulse the remaining 110g of oats instead of blending to ensure a crumbly texture.
3. Combine the oat mixture with the dry ingredients (sugar, cinnamon and salt) and mix in the milk and coconut oil with a fork.
4. Press about 220g of crumble (two thirds) into the prepared baking tin and reserve the rest for the crumble topping.
5. In a big bowl, combine berries with lemon juice and cornstarch. Add in the sugar and adjust to your personal liking.
6. Mix in 70g of oats to absorb some of the moisture from the berries.
7. Pour the berry filling over the crumble base and top with the remaining crumble mixture. I usually make two batches of the extra topping for that extra crumbliness!
8. Bake for 23 minutes, or until golden.
9. Remove from the oven and cool completely in the tin.
10. Chill in refrigerator for at least 30 minutes before slicing to keep the bars neat, or dig in while hot!



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Tuk Tuk Tales

My Name Is Li

By Nik A. Harrow Beijing



PHOTO CREDIT: KIPP WHITTAKER

Every day is the same, yet every minute is different.

The routine is constant, yet somehow becomes harder and harder to maintain. Day after day I struggle. Growing up, my parents would tell us about the city of dreams, where the buildings stretched past the clouds and luminous lights radiated with life. The city of dreams is where you will find your future, they said.

For the first 30 years of my life I worked with my parents and brothers in the fields of Shanxi. I worked all day, every day to ensure I could afford a one-way ticket to my Utopia. Now, I work for 10 hours a day just to keep myself off the streets. It's funny how life never changes for us; I have learnt that dreams in this world are only attainable by those who can afford them.

You see, when I was a child, I didn't go to school. My village didn't have one. Now, as a rickshaw driver, I still can't tell left from right.

My name is Li.

I was 36 when I scraped together enough money to buy myself a rickshaw. Up until now, it is still my golden chariot. Every gloomy day in this brightly lit city, I drag this rusty piece out of the courtyard I share with 23 other people. The dilapidated, damp box I call my home has no heating, air conditioning, or bathroom. A moldy, moist mattress is my bed, and the scraps of processed food I can barely afford are stored in a fridge that hasn't been running for seven years. I ride down to the subway stop of Dongzhimen, creating an unpleasant rusty shriek as I go. This city is not how they described it. The lights do shine, but only for the rich. The buildings do surpass the clouds, but only to find themselves enveloped in smog and pollution.

It was bearable for the first few years. I was young, strong, and filled with high spirits. But I was foolish to think that this world had anything kind in store for me. People change, technology advances, and I fade into the smog of this Utopia along with the rest of its culture. Rickshaw drivers were once a major contribution to the charm and elegance of Beijing's marvelous culture. We would attract tourists; light up the city with our happy buzzing chatter and bright colours. Little did we know that these flashy paint jobs would only add to the embarrassment of this bygone era. How foolish we were to decorate our vehicles with the colours of hopes and wonder. The colours that would later mock us as our wheeled palaces became artifacts of this nation. Now, with better and safer transport options that can be hailed through smartphones, we are forgotten.

Lost.

My brothers and I would always sit in the fields after a long day of excruciating work, and talk about owning our very own golden chariots which others liked to call

cars, depicting every detail of the excitement and thrill of hearing the majestic engine of the magnificent machine purr under our commands, and enjoying the refreshing air of success blow through our hair. But those were but dreams; none of us will ever be able to feel the smooth leather rim of a steering wheel on our grimy hands. My kind will only ever be the ones who make the leather, while its smoothness will only ever belong to the wealthy.

They have been cracking down on us. Asking us for IDs and driver's licenses. We rickshaw drivers have been disappearing as fast as the rich drive in their glamorous wagons. They are untouched of course, as clean as their cars, yet as filthy as this city. We are sitting ducks to the authorities; any resistance will end in...well, let's just say I'm lucky.

It's Saturday evening. I might as well be a roasted duck after sitting in the scorching summer sun for the entire day. "50, 100, uh... 250?" Yes, that should be 250 Yuan after today, 100 of which I will send back to my family in Shanxi. I take off the raggedy jacket I have been wearing almost daily for the past three years and toss it onto my mattress, sending clouds of dust into the dry, glum air.

That is when I hear them knock.

Some might mistake them for rats, standing side by side like a pair of ragged puppets. Their eyes filled with misery and self-importance. They tell me that my rickshaw has been taken; that I will not have the right to drive on the streets of this city of dreams until I get a legal driver's license.

They leave without another word. Emotionless.

I can't help but just stand in the splintered doorframe, paralyzed. My legs start to shake as I crouch onto the ground, forced to relieve my stomach of whatever rubbish it held onto the grey pavement under me. I collapse onto the concrete and sit there whimpering. Sobbing. Wondering why the heavens tricked me into believing in this world of corruption. "Why?" I whisper as I put my head between the two twigs I call legs. "Why me?"

Society will always have a chain rapped around my waist, pulling me back into the dirt whenever I'm out of my place.

So here I am, sitting in a decayed piece of rust, which will be the only wagon ever willing to accept my status- a train wagon dragging me back to the fields of Shanxi. Cramped and squashed together with hundreds of those like myself who have been rejected of their hopes and dreams. We observe as the sun sets behind the distant hills, watching the light of our beliefs and prospects fade out of sight.

My name is Li, and it is time for me to leave the city of dreams...and wake up.

“WHY IS YOUR CHINESE SO GOOD?”

Finding a place between cultures

By Emily C. Harrow Beijing

A phrase that often weasels its way into conversations with strangers for me is, 'Wow, your Chinese is so good!' Although the deliverer of the phrase is presenting it as a compliment, it is always difficult for me to suppress the instinctual clenching of teeth and flood of irritation that follows.

I often find myself having to explain to the astonished looks on peoples' faces that I am, in fact, mixed and can express myself in both English and Chinese to an adequate degree of fluency. As an Australian passport holder having spent my whole life in Beijing, you could say that I've grown up with some level of confusion over what my true nationality is.

It is extremely rare that anyone can ever accurately guess where I am from. Here in China, people seem certain that I am European, while on my travels outside of Asia (namely to Australia) I have discovered more confusion about my nationality - my slightly Asian features seem to stand out to non-Chinese people, setting me apart from them. With people in my own country not considering me one of their own, how am I supposed to figure out where I belong?

On my numerous trips back to Australia during the year, while indeed having enjoyable experiences, it is also not uncommon for me to feel slightly out of place in a setting where everything seems so foreign and different. I feel somewhat unconnected to my country, and it's disheartening that I should think that, considering it's supposed to be my home. My mind tells me that I should be comfortable and at ease with everything around me, as is expected when you're returning home, but I can never repress the feeling that I am in actuality a lost tourist travelling to a new


destination that I've never been to before.

When I spend time with my family in Australia, I'm often at a loss as to what to say to them. All my other cousins band together, hanging out and chatting animatedly over topics of which I know nothing. Whenever they try to engage me in conversation with their strange, thick Australian accents rolling off their tongues, I am always momentarily bereft of speech as my brain desperately searches for a suitable response in return. It's saddening that I'm so detached from my own culture that I even struggle with finding something to say to my family.

I often wish I could be less ill at ease and more like my dad, who seems to revert back to his Australian mode and act like one of the locals minutes after stepping off the plane. I wish I understood the frenzy that all Australians get into whenever they see their favorite teams playing Rugby League or Australian Rules Football. But most of all, I wish I could look down at my navy blue Australian passport and have that genuine connection to my country that so many other people seem to possess.

Don't get me wrong, I think Australia is a great country, but I lack the familiarity with it that I find here in China. Even with going back there every single year, I always feel at a distance from the place. Then again, I would never be able to consider myself a real Chinese person. Aside from the fact I am now quite reluctant to speak the language in front of strangers due to their inevitable reaction of shock and the barrage of questions that are sure to follow, I also don't even have a proper Chinese name (aside from an immensely embarrassing nickname as a child).

Strangely, when I am in Australia, I feel a



strong pull towards my Chinese heritage, as it provides me comfort knowing that despite my inability to fit into the country, there is always another place that I can belong to. However, frustratingly, as soon as I return to China, I am made to feel like an outsider once again due to my different looks and my preference to speak in English. As a child, I was so afraid to not be accepted as Chinese that I actually refused to speak a word of English until the age of four, hoping that by speaking the native tongue I would be recognized as a member of the Chinese society.

At school, I again face the vexatious reminder of my inability to fit in due to my cultural differences. I would say my school is a generally welcoming community, but there are some rather obvious divisions between the Chinese and non-Chinese students. Similarly to the situation in Australia, I again find myself having difficulty finding common topics to discuss with the Chinese kids, once more struggling to keep up with their talk of trending topics on Chinese social media that I am ignorant of.

My experience isn't unique, and I personally know lots of other kids who face the same predicament - growing up mixed-blooded and not really knowing which culture they belong

to. A close friend of mine told me that despite considering China as her true home, she still felt 'rejected by the girls at school due to cultural differences.'

Lacking a sense of belonging to your country is an unpleasant and perplexing situation, and I envy other people with their patriotism and unwavering allegiance to their homeland. Sometimes I wonder if I am doomed to be an outsider forever, if I will never discover that sense of acceptance and attachment to one's own country that so many people take for granted.

I don't mean to sound ungrateful - I am indeed conscious of how fortunate I am to be raised in a household where I get to experience two vastly different cultures every day. It has provided me with a different outlook on society and shaped me into a more broad-minded person. Being influenced by both Eastern and Western culture has allowed me to become more accepting and open to all different kinds of people, so despite the loneliness and sense of disjointedness where my roots aren't fluently connected to each other that sometimes bring about, I still appreciate the lessons it has taught me.

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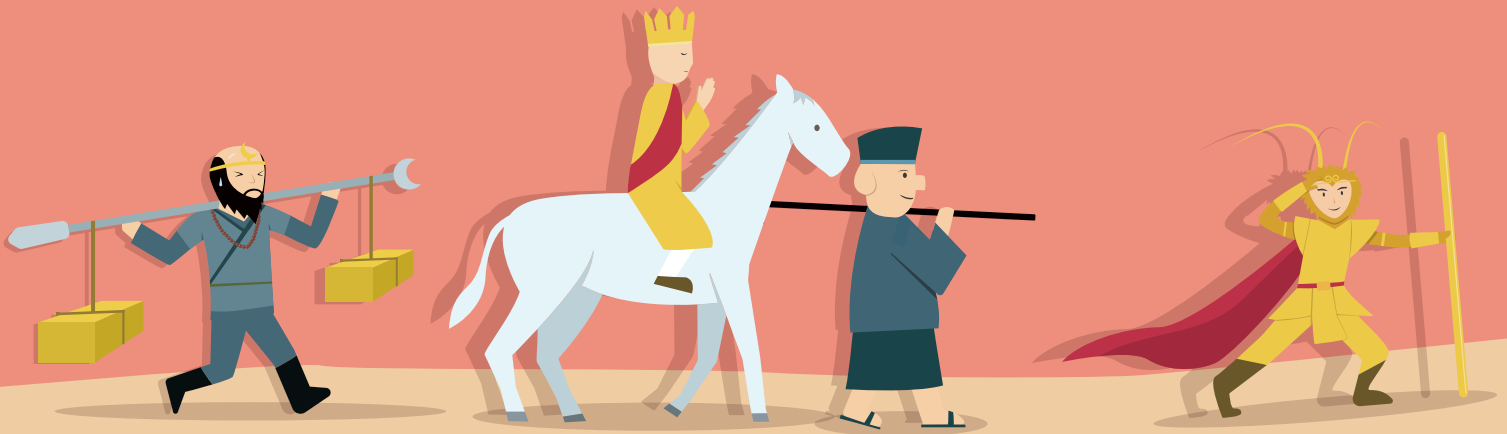
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Home-Brewed Heroes

A brief history of China's caped crusaders

By Bill L. Harrow Beijing

What is a hero? A hero might be someone who is willing to sacrifice his own life for others or someone who just wants to go out on an adventure.

Whether it be the classic Gods of Greece, the Celt's Cu Chulainn (aka the Irish hound), or Horus and Isis from Egypt, mankind has often created these supernatural beings to explain life and this continues today as we for mostly entertainment purposes continue to create heroes that fill us with joy and wonder.

China has had its own share of unique heroes and villains, throughout history, from the classic journeys of Sun Wukong to the recent emergence of Captain China. Before superheroes, there were many myths about legendary figures that had supernatural powers. The Chinese believed that Shangdi was the sole god and that in order to communicate with him, a person will have to go to Beijing's temple of heaven.

One of the earliest examples of a Chinese superhero came in the 1500s when Wu Cheng'en published a book called *Journey to the West*, and it is well-known for being one of the "Four Great Classical Novels of Chinese literature." The main protagonist is a monkey named Sun Wukong (aka the Monkey King). Wukong was the protagonist of these stories and was born from a stone nourished by the five elements. Wukong was blessed with many supernatural abilities, his most iconic being the 72 polymorphic transformations in which he could create 72 false decoys of himself.

In this epic story, Sun Wukong aids Tang Sanzang on his journey to the western world along with Zhu Bajie and Sha Wujing. Zhu Bajie's dramatic windy entrance is now a famous Chinese saying to convey that the wind is strong.

Journey to the West has since been made into many operas, movies, and TV shows. It is the most iconic Chinese tale there is, and it even inspired Japanese author Akira Toriyama's *Dragon Ball Z*. Wukong was a very influential hero, and his weapon; the Ruyi Jingu Bang (Sun Wukong's magical staff) is a very popular toy for many Chinese kids.

Journey to the West is now almost 600 years old, and it is still the most famous story in China. However, Sun Wukong is not the only hero that China will ever make though.

During the 1900s, a new trend started in the western world, particularly in the United States. "Superhero" was the word that described these new masked avengers fighting crime and inequality around the globe. These new heroes not only attracted a wider audience but completely changed the face of literature as we know it, with the colorful comic books and entertaining storylines. These heroes often had to keep their personal life a secret while fighting for the greater good. DC's masterpiece: Superman is now the symbol of the comic book industry and heroes like him and many others would completely change the way that the Chinese write comics, since the traditional way of reading was from left to right.

Black Cat Detective was one of the first Chinese superhero cartoons created by the Shanghai Animation Film Studios in 1984 and was directly influenced by cartoons from the US and Europe. It was considered by many to be a more violent version of *Tom and Jerry* but still appropriate for young audiences. The story is essentially about the Black Cat's wanderings on his motorcycle stopping villains through the use of excessive force.

China's next famous cartoon was called the *Calabash Brothers*. *Calabash Brothers* was produced in 1980 and it was praised domestically almost as much as *Journey to the West*. The story is about seven brothers, each with their own unique superpowers set out to rid Calabash Mountain of demons and reunite with their Grandpa. The show only had 13 episodes, but its impact can be felt even today as it is readily available for viewing across many streaming platforms.

Currently, two companies are competing for the superhero throne here in China, and they are Marvel and DC. With this, Marvel decided to make *Captain China*, a Chinese super soldier. Marvel did this to thank all those Chinese fans for their support. *Journey to the West* has undeniably influenced so many stories. Being the *Dragon Ball Z* fan that I am, I believe that if it weren't for this masterpiece, Akira Toriyama wouldn't have gotten his inspiration. Beyond this, China is the true mastermind behind many stories, and people just don't know it. It's time to shine some light on China's heroes!



FROM DIGITAL MARKETING TO THE PHILOSOPHY OF BATMAN

Don't overlook the diverse opportunities of e-learning and online courses

By Max F, International School of Beijing (ISB)

In every educational establishment of this city, from traditional Chinese institutions to Beijing's international schools, the desire of our parents for us students to succeed is evident. The race for the best tutors, the reach for the best grades, and ultimately the sprint for the best universities—present in every family, these are competitions which may at times be more nuanced, yet are always there.

Despite all of this, it is an unfortunate reality that the system we have grown accustomed to sometimes fails to provide kids with topics which truly absorb them. For every aspiring mathematician fascinated by the list of double angle formulae, there is a budding entrepreneur whose itch to build and innovate is sadly unmet by any subject presented to them in a standardized curriculum. And this, right here, is the problem. Kids are told that they can do anything, be anyone... to dream big, as it were. Yet, few of us dare to realize

the honestly quite harsh (and scary!) truth: that we might just lack the proper tools to do so.

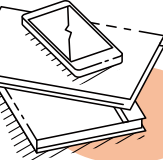
Whether we like to admit it or not, there are simply too many restrictions in a physical schooling system. There can only be so many buildings and classrooms and desks and teachers. This isn't an accusation of our city's educational infrastructure—it's a hard reality. Whether it is the IB, AP, GSCE, or a traditional Chinese curriculum, there just cannot be enough options and varieties of topics for us (the students) to be able to truly experiment and freely pursue our interests.

Online courses, on the other hand, are tremendously scalable, hence the term MOOC: Massive Open Online Course. This hints at one of the most valuable aspects of e-learning, that its digital nature eliminates many of the barriers holding us back in the physical world—the "frictions", as Professor David Bell of the Wharton School at U-Penn calls them in

his MOOC which I've actually just finished, titled E-Commerce and Entrepreneurship in the Digital Economy.

While a traditional classroom setting can only be capable of hosting a specific number of people at a specific location at a specific time, e-learning allows for content to be shared and accessed by a potentially unlimited number of people from all around the world, at any time they so desire.

Most online courses follow an "on-screen, on-demand" format. Materials are primarily pre-recorded video class sessions, and are available to students 24/7 for playback as needed. This format allows for an interactive style of learning where a student can feel engaged, as a real professor uses conversational language to provide content despite not being physically present. It also enables students to tailor the pace of the teaching to suit their own preferred learning styles.



Let's take a look at some of the front runners in the game of e-learning.

EDX

EDX (pronounced "Ed-Ex") is a non-profit MOOC-hosting platform founded by Harvard and MIT in 2012, and is cited by some sources such as the New York Times as being the most popular application currently out there. This coveted reputation comes from the 14 million students actively using their service each year. EdX offers more than 1800 unique courses through their Open-Source Platform, coming from over 100 reputable institutions worldwide—ranging from US or Chinese universities, to professional corporations. The caveat is that the best EdX courses are on the premium platform, but most paid options do come with recognized certificates, though EdX services do not offer functional degrees.



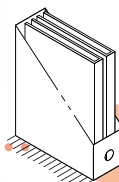
Coursera

Coursera is another large MOOC service founded in 2012 by Stanford professors, and has since expanded to partner with 149 institutions across 29 countries. Coursera courses traditionally last for between four and ten weeks, with one to two hours of video material provided each week. Unlike most EdX courses—which generally release all materials at the commencement of each course—Coursera courses release their materials in stages. Some courses also operate in a way which restricts access to past material after a certain point. This tends to mean that Coursera courses can be more rigorous and demanding of their students. Coursera scores over EdX, though, by offering fully accredited bachelors and masters degrees since 2017.



Udacity

Udacity, unlike the previous two, is a for-profit MOOC platform, offering courses at both the university level as well as professional qualifications. It was founded in 2012 through a Stanford outreach program, and it just so happens that the early renditions of Udacity and Coursera stemmed from a single collaborative effort by a Stanford team. This service hosts 1.6 million users, again through both free and paid courses yielding the likes of university credits, masters and bachelors degrees, and "nanodegrees"—a degree system recognizing technical ability, unique to Udacity and launched through its partnership with AT&T. Nanodegrees have gone on to become closely associated with careers at the AT&T corporation, beginning with entry-level positions.



Udemy

Udemy is unique in that unlike MOOC programs which are driven by traditional collegiate coursework and a university styled structure, this platform uses content created by specialist instructors. Udemy provides tools which enable users to create a course, promote it, and earn money from student tuition charges. This format allows for an increased amount of flexibility in terms of what type of courses are offered. Here, there are courses in everything from digital design and 3D modeling, to computer programming and even Reiki healing. Though degrees aren't available through this platform, this is definitely reflected in the lower prices at which their 80,000 online video courses are offered.



CreativeLive

CreativeLive is primarily for right-brained individuals looking to boost their skillsets in a variety of creative fields. Courses in everything from photography and video, art and design, music and audio, crafts, and finally money and life are a click away to set you on the right path towards mastering one of these many skills. The classes offered are a bit pricier than Udemy but it shows in the production quality of these video courses. This is also available in an IOS app so that you can watch and learn on the go. This is a great resource if you feel like you aren't exactly gaining the knowledge you crave from your school's more traditional art classes.



E-LEARNING

As we've seen, every service associated with e-learning has its own pros and cons. But there do remain some important things to consider before deciding to make this style of self-led education a regular part of your routine.

One major deterrent is the high price point that comes with some of the options available. While there is also a plethora of free courses, many outstanding opportunities can cost you upwards of hundreds of dollars (USD)—a price which may not be within everyone's budget.

To decide whether the benefits of a course might outweigh the cost (or indeed might not — keep in mind, this style of learning may not be for everybody), make up your mind as to what your ultimate goal is. Specifically, consider whether your primary objective is simply to learn something new, or whether it is to obtain some form of credit for participation.

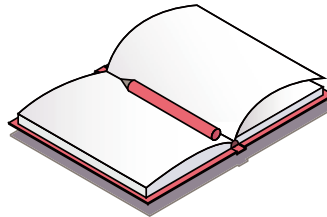
Courses from highly reputable institutions (think Harvard Law School, the Wharton School, and so on) tend to package completion of their courses alongside functional certificates or degrees, which are generally recognized by universities or even hiring organizations. However, more often than not, these so-called "verified" courses are the ones which come at the cost of more than a couple of bucks out of your pocket. For many, this style of course is not worth the cash. But if your goal is to use the accreditation from a reputable course to your advantage in college or even job applications, it may be something to consider.

Additionally, it is important to remember that a valuable part of the collaborative innovation that takes place in classrooms often comes thanks to just that—collaboration. When students are able to consult with their peers and share ideas with not only one another but also their teacher or professor, amazing things can happen.

This is something that may unfortunately be sidelined in most online learning opportunities. Set against the golden advantage of scalability, the limitation of e-learning lies in that fact that students (and, of course, the actual teacher) of the same course will be scattered all around the world, in different countries and conflicting time zones. As such, each participant can only really rely on his or her own pacing and comprehension of the materials.

So what is the real takeaway here?

The bottom line is this: whatever the costs, it cannot be ignored that the world of e-learning offers a significant step up in variety, in ways that the traditional education systems of our community are simply unable to do. As cliché as it might sound, this variety may very well be the key to opening up unprecedented opportunities, and in turn, a wider set of possible futures for students. While it remains true that mastery of the traditional realms of learning, such as mathematics and science, is essential to educational development, branching out from these areas and exploring alternative topics is something which is becoming more and more important in an every-changing world.

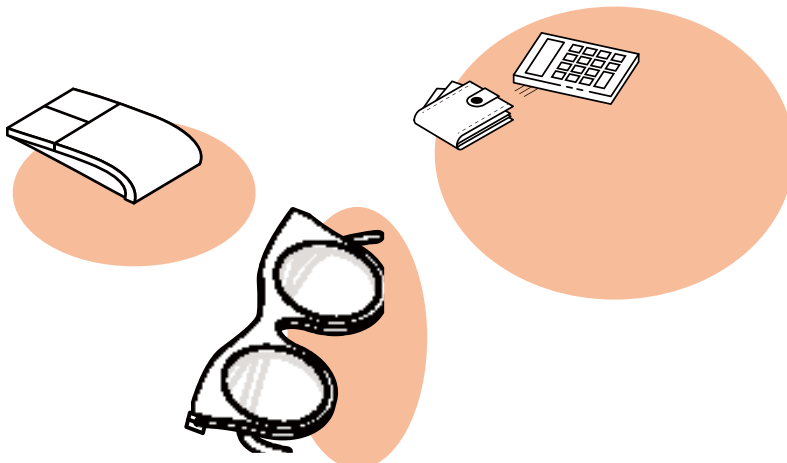


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TECHNO LITERATE

How a literature nerd found a home on a techie campus

By Betty Zheran He

At some point in our lives, we reach a time where we have to decide on a new home. That time came for me last fall, when I began applying to college. The difficulty of the process made me realize that my designated home for the next four years would have to be an optimal space for me to share with what I have come to embrace as my metaphysical home— literature.

Logically, the obvious choice for a prospective English major is a college renowned for its excellence in the Humanities. However, I instead chose Stanford University, a campus known for its technological innovations, as my first choice. My reasons for deciding that Stanford was the most suitable for me to develop my literary skills trace back to my childhood adventures with books, which lured me into the English language in the first place.

Believing that I was of a mathematical lineage (my grandparents and my parents all majored in fields affiliated with math), my mother encouraged me to read from a very young age to ensure that I didn't develop an "aversion to fiction" as she had. Though this originated from a somewhat comical worry, this notion of my mother to give me a balanced education sustained me through my academic endeavors. Ironically, contrary to my mother's fears, I ended up becoming a literature nerd.

When I moved to North Carolina in the 3rd grade, between my mother's aggressive shopping at Scholastic Book Fairs and my school's Accelerated Reading system that rewarded me with increasingly fabulous toys when I read more books, I fell in love with reading. I found myself lost in the fantastic worlds of Harry Potter and Ramona Quimby. Feeding off this fiction to build myself a better reality, my imagination flourished.

In my childhood craze, the guest room became a den for Lionblaze, Jayfeather, and Hollyleaf from *Warriors*, our patio became the throne upon which Zeus ruled the heavens, and the one-hour recesses at school became a ten-page chapter in the grown-up lives of Harry, Ron, and Hermione. Those two years were simpler

times that I had with books, when they merely supplemented my daily routine with doses of amusement and adventure, before I relied on them for solace and much-needed consistency.

I moved back to China for 5th grade. My liaisons with books gained an intensity that started evolving into dependency. Back in China, I realized that the essential parts of my identity were developed under American values, values that had begun eroding in a different society under

a different culture. Books supported me through my transition between the two countries. When I had lost a sense of where "home" was and what culture I identified with the most, I constructed a permanent home out of my books.

This conceptual home directed me to my new home at Stanford. Many of the activities that I ended up writing about in my application essays I did to gain intimacy with literature. Wanting to build a haven for kids like my younger self, who craved the space and freedom to browse through shelves of English books, I founded the Minted Library, an English children's library, where children could volunteer and are encouraged to help each other discover interesting new books. To dive deeper into academia and examine literature from more than a commercial point of view, I conducted research on the morality of using violence to induce aesthetic pleasure in readers, evaluating the role literature plays in constructing the values of a society.

During my increasing obsession with literature, my mother, now feeling that I was straying farther and farther away from my heritage, swooped in repeatedly to prevent me from becoming completely inept in math. Thus, at the same time that I took online courses in literature and composition, I participated in online creative problem-solving forums and entered math competitions (although I failed miserably).

Despite the obvious disparity in my passion for math and literature, I put in enough effort to do well in math and gain an appreciation for the mystery of numeric connections. In a chase for the adrenaline rush of solving a problem and keeping in mind my mother's principle of balance, I chose Discrete Math (the hardest course in my curriculum and a prerequisite for Computer Science) for my Senior-year math course. In the maze of logical equations and proofs, I found that my literary skills were a crutch. My experience with words, from arranging debate arguments to writing essays interpreting literary works, helped me develop a way of thinking that supported my endeavors in mathematical proof-writing and problem-solving. When I write speeches for debate tournaments, I bear in mind the listener's perspective to make sure that they can understand clearly my reasons for holding my point of view. In these speeches, I arrange words in straightforward sentences with clear, logical progression. Similarly, in the proofs I write for





math class, I arrange symbols, careful to avoid ambiguity while keeping in mind that I'm writing for an audience.

More unexpectedly, I found my ability to make connections between literary texts helped me associate foreign concepts in math with what I have learned before. Unions and disjunctions in set operations are merely more complicated versions of additions and subtractions. The conclusion that I then arrived at is what is called in mathematical logic "a necessary and sufficient condition". If learning literature can improve my math skills, then vice versa, because literature and math share common skill sets that are developed in both areas.

Out of all the possible advantages math could give me, math gave me faith. This faith gave me the confidence to articulate my theories and ideas even when they seemed impossible to prove. Through all of the young adult novels sermonizing the importance of believing in oneself, I never learned to have the faith to tread down the path of a seemingly farfetched understanding of a story and flesh out my theory into a written critique. Instead of analyzing how the car crash in "The Great Gatsby" symbolized the culmination of the conflicts between poor and rich in AP Literature class, I wrote about a classic, appears-on-SparkNotes interpretation that the green light Gatsby reached for symbolized his delusional yearning for the American Dream.

As a result, I lived in my head after reading a book, always thinking but never putting my thoughts into words. However, what I couldn't do in writing, I have done solving geometry problems since middle school. It's taking a leap of faith that the tiniest strand of connection between two clues can be the starting point for a solution. Then in preparation for China's strictly-timed exams, the ZhongKao, I was forced to have the conviction that following through with my perception of the problems is going to lead me to the answer.

Finally bored with writing safe but not challenging papers, I took a leap of faith with my end-of-term essay at the Summer Stanford Humanities Institute. I found two instances of a conversation in "The Brothers Karamazov" where one person is talking, and the other is silent and compared them to the act of praying to an icon of God; my reason for comparison is that the icon is also silent while the praying person spoke. Another area where I found that math helped improve my skills in literature is with increased precision in my writing. Mathematical language is very concise and efficient. This trained me to write clean sentences, making sure that every word is used with a precise purpose.

The tricky thing with houses of thought is that one can dwell so long in it that eventually all that's left are shaped ideas and a rut one can't get out of. Stanford is the perfect place for me to step out of my comfort zone, to hear the buzz of innovation in other fields outside of my interests in literature. Nestled next to Silicon Valley, this university receives a massive influx of the newest ideas

in tech. Students interested in these subjects offer their viewpoints in a constant churn of discussion, which can add a new perspective to what I have learned in the humanities.

A conversation about artificial intelligence can give way to the philosophical debate about whether humans have a metaphysical mind separate from the brain that deems machines forever unable to replicate human intelligence. Rapid mechanization in society can elicit thought on the ethics of technological advancement. Becoming increasingly intertwined, every area of study cannot progress without the other.

Ultimately, I keep in mind that a good balance sustains a house, and that my house of literature needs knowledge of math and technology to find an equilibrium.



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ALL ABOUT LAMDA



The drama exam to end all drama exams

By Ellie F, Harrow Beijing

Some of you out there who are keen on the theatrical arts may have heard of a thing called the LAMDA Exams. Those of you that haven't, it is basically a yearlong project where you develop your acting skills by learning two or three monologues/duologues and performing them to an examiner who will, in the end, question you on your knowledge and understanding behind the pieces.

A LAMDA Exam is the speech and drama equivalent of a music grade. LAMDA stands for the London Academy of Music and Dramatic Art, and they began offering speech examinations to the public in the 1880s. These examinations have been refined and developed over the years. They now form a comprehensive system of performance evaluation with the purpose of improving standards in communication through the spoken word, fostering an appreciation of literature and supporting creative, intellectual, and social development.

I have recently just finished my LAMDA Gold exam, and I can say from experience that it was quite the challenge. If any of you are thinking of taking the medal exams, be warned as it takes a lot of effort. Here are some tips on what to expect, and what I learned from the experience.

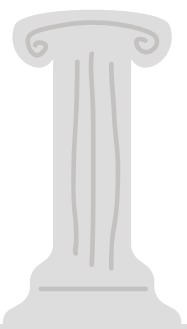
For your first piece, it usually has to be one written by Shakespeare or one of the Greek

classics. I choose Shakespeare and recommend that you do the same as it's much easier. You need to learn the piece from top to bottom with every, single, little bit of supplementing info you can find on Shakespeare. Where he was born, when he died, why he wrote his plays in his specific style, who were the plays based on, etcetera. Obviously, you cannot just watch the movie.

For your second piece of the LAMDA Exam, it needs to be written before 1980. Apart from that rule, you can just about choose anything. However, if you pick a tragedy for your first piece, maybe choose a piece that shows you can display a range of emotions instead of just doing three depressing pieces. When I took my exam, I opted for a piece by Oscar Wilde as there is a lot of information behind him and the themes he explored (which is what the examiner usually looks for). In my opinion, the first two pieces are the most important, as they are often the ones the examiner has heard of.

For the third piece, as long as it's after 1980, you can choose anything. You can also play this to your advantage as it means that if you select one of the most recent plays, the examiner is less likely to have heard of it and so, probably won't pick this piece to question you on.

On top of all that research that you al-



ready have to do, you also have to learn about a practitioner. For my exam, my chosen practitioner was Konstantin Stanislavski (1863-1938), a very well-known Russian actor and director. He believed in making the part you're playing seem as realistic as possible, by trying your best to become the person you are portraying and not just an actor on stage performing. Many very famous actors nowadays use Stanislavski's methods to help develop their acting skills.

When introducing your piece, you need to say what character you will be portraying, when the piece was written and first performed, what is happening in the scene you will be performing, and how you used Stanislavski's methods to make your piece better.

After your first piece, you repeat the whole process of introducing what your next piece is going to be about and then perform your second piece. You then repeat everything until you have finished the acting part of your exam.

For me, I found the hardest part of my exam the actual acting instead of answering questions. Although, when I asked a friend of mine who also took the exam (and who is a lot better than me at drama) she said that she found the questions a lot harder than the acting section. This confused me until I watched her perform all three of her pieces


and I then understood why she had said the questions were harder.

So, as I'm writing this I fear that I'm not making the exam sound very appealing, so I'm now going to mention some stuff that will make it sound better. Completing a LAMDA Gold exam is major UCAS points for anyone looking to get into universities in the UK. It also helps develop your public speaking and presentation skills - which are handy things to have and know how to do, especially when you get older.


The LAMDA medals are usually focused at people who are a bit older - around 16 to 18 - but don't let this discourage you! If you and your LAMDA teacher feel that you may be ready to take on a LAMDA medal exam, go for it!

Some advice for you: If you do decide to take this exam, please try the refrain from giving your LAMDA teacher a heart attack by leaving everything entirely to the last minute like we did. It makes them stressed out, and it then becomes something you dread to think about, which causes you to procrastinate on everything for a longer period of time until you are in this never-ending downward spiral that you can't get out of. Just learn your monologues and all of the supplementing info, and you should do just fine.





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Teen takeover





DAY CLUBBING

Get involved in these fun afterschool clubs

By Tina Sang (WAB), Max F (ISB)

Clubs come in all shapes and sizes in order to fit the unique needs of students. They allow young people to expand, nurture, and develop leadership skills or other talents that might be neglected in their normal curriculum. Whether it be athletic, academic, or creative, these clubs offer students the perfect opportunities to connect with others who have the same interests and do so in an atmosphere that is very focused and passion driven.

Here are some examples of a couple clubs that are available to students from any school, along with some valuable insight about these clubs from active members. In our process of seeking out these clubs we also learned about a couple of instances of students building their own groups focused on either a particular interest or a service to the community that wasn't yet being offered through their school. They explain a bit of the process to help those wanting to get the ball rolling at their own school.

We hope you find this to be a helpful primer for learning about some of the great afterschool activities this city has to offer, and it encourages you to try something new.

Imagine

Imagine is a British organization based in Beijing, offering a variety of action and adventure-based activities year-round, all in English. They are also well known amongst the international and bilingual schools community for survival camps, parkour training, ski trips, school trips, team-building outings, sailing camps, and the annual school snowsports championships known as ISSCC.

Joshua Ai

Imagine is a unique organization providing kids with a great opportunity to participate in a variety of outdoor activities. Give us a brief introduction of some of the activities you have done with Imagine.

So far, we have loved participating in their water camps, parkour training, survival classes, ski camps, and bubble football.



What first inspired you to get involved in the range of extreme sports offered through Imagine?

I guess it would be how fun all of the activities are, such as their Civilization Games. All of these activities were pretty new to me. I learned lots of new games and was able to try many new sports that weren't being offered at school.

What are some of the most memorable experiences you've had with Imagine?

Last winter, I won three gold medals at International Schools Snowsports Championships of China (ISSCC) ski race in the Giant Slalom, Dual Slalom, and Freestyle categories. Plus, this past summer I went to the Water Camp hosted by Imagine and loved jumping from the boat.

Tell us about some of the most important skills you've learned through your participation.

From their parkour classes I learned how to do a front flip, and in their fun ski classes, I've learned lots of new freestyle tricks. Most importantly I've also enjoyed the opportunities I've had to collaborate with and get to know other kids.

Do you have any advice for newcomers to Imagine?

Be brave at the beginning and you'll find plenty of excitement with the coaches' help. It's also a great opportunity to meet new friends with similar interests in the sports being offered.

For more information, email info@imagine-china.com



PHOTOS: COURTESY IMAGINE



UNIT-E

UNIT-E is a student-run trilingual magazine that distributes to over ten different international schools in Beijing including Western Academy of Beijing (WAB), International School of Beijing (ISB), and Dulwich College Beijing (DCB). The students are from various schools in Beijing, and they work as a team to create a bimonthly publication that offers a platform for their peers to showcase their journalism and artwork. Editor of UNIT-E, Melody Chen, tells us more about what you can expect through joining the team.

Melody Chen

What led you to first join UNIT-E?

I joined UNIT-E because I was looking for an opportunity to share my creativity and opinions through writing. Since UNIT-E is distributed to schools all around Beijing, it would have a bigger audience and more writers that I can communicate with than a school magazine.



How has UNIT-E developed your interests or skills?

Writing is one of my biggest interests, and UNIT-E has definitely helped me improve my skills in that area. Especially through editing other writers' articles and taking notice of the details in their texts, I was able to pay more attention to specific things like grammar, sentence fluency, tone, etc. By correcting their writing, I think it helped me reflect on what I need to improve on in my writing as well.

Has being a part of the magazine helped you meet or interact with any new people?

Definitely. In distribution meetings, I can often find people I didn't know who were from different schools than me. During the mostly laid-back discussions we had in those meetings, I got to interact with them and get to know them.

What do you enjoy most about UNIT-E?

I like that I get to both help other writers with my feedback and learn from reading their articles. It is always interesting to step away from my own perspective and embrace what someone else has to offer – including subject matters that I'm not familiar with and different writing styles.

How is UNIT-E different from your average school newspaper?

The biggest difference is that it's on a bigger scale. There are people from plenty of different schools involved in the writing and design processes, and the magazines are distributed so that most of the international school community can read them. Other than having a wider audience, UNIT-E is also not limited to just school happenings that most school newspapers publish. Each issue covers a broad range of topics from reports of current issues to horoscopes and fiction.

For more information, contact 19tinias@wab.edu

InkBeat Arts

InkBeat Arts is a social enterprise dedicated to creative education. They design and deliver creative arts programming that pushes the limits of students' creativity, publish the InkBeat Youth Journal, and support a community of young people based on experimentation and the artistic process. We talked with Jennifer Zhou to find out more.



Jennifer Zhou

What is InkBeat Arts?

InkBeat Arts is an organization that aims to foster creative learning in young people. As well as publishing InkBeat Youth Journal which showcases student writing and art, InkBeat also designs creative arts programs and holds workshops on things such as creative reading, self-expression, and visual writing.



How does InkBeat Arts play a role in your life?

I've been a student intern for InkBeat for about a year, and can definitely say that it's a rewarding and unique experience. My tasks as an intern range from the serious and thought-provoking: holding writer interviews, or moderating a panel of student authors, to the fun and unconventional: writing speed poetry at InkBeat's release party or writing an article about comic books for a superpowers-themed issue.

Tell me about your favorite experience from InkBeat. What made it so remarkable?

At the launch party for InkBeat's second issue, I moderated a panel of student writers - together we discussed topics ranging from their writing habits and favorite books to their perception of literature and dreams for the future. It was fascinating (and, I won't lie, a little intimidating) to meet so many insanely talented writers, and I truly enjoyed getting to hear their many candid, quirky, and humorous thoughts in discussion.

Tell me more about these launch parties. What is typically done at one?

InkBeat's launch parties are usually fun, dynamic events filled with a variety of activities - piece readings, author Q&As, student panels, and speed poetry stations, just to name a few. InkBeat has introduced me to everyone from amateur authors to professional writers to aspiring photographers to fanatical literature lovers, and I've thoroughly enjoyed getting to know every one of them.

What's the most unique or notable thing about this organization?

The way it revels in all things creative – in all ages, in all mediums.

For more information, email info@beijingyouthlit.com



Sports Beijing

Founded in 1999, Sports Beijing is an organization that connects students and parents with a variety of interesting athletic opportunities for all skill levels and age groups. They seek to retain the essential spirit of community and volunteerism in their recreational programs where there is an emphasis on participation, fun, and learning the basic skills. But they also recognize the appetite amongst young athletes for higher-level training and competition with qualified professionals and 'match play' teams across many programs.

Nicole LeCren

How long have you been playing hockey?

13-years. I love it! My dad works for a hockey brand called Bauer. Since the Olympics are coming to Beijing, it has been his job to help people gear up.

Also, the government has been building up hockey facilities and encouraging people to give it a try.

What is Sports Beijing doing to help build this interest in hockey?

We cooperate with Sports Beijing because they have this really developed base of people already interested in sports. If we tried to start a hockey class on our own, it might be hard to get students. But since they have this huge community of people, it has been helpful in getting kids out to try our class.

What's the class you offer through Sports Beijing like?

All of the kids starting off can't skate or have likely never played hockey before, and we help them build confidence, and start them off with a lot of beginner-friendly scrimmages. Usually, a standard class will be about an hour long of teaching the basics of hockey, then we will have a scrimmage game for about 15 minutes to encourage the kids. Usually kids come in for about one or two semesters to learn the basics then we send them off to a more competitive club. Hockey gets pretty intense, so our program is just to help kids to have fun with the sport.

What are some of the positive changes you've seen in the kids taking your hockey class?

It's really cool to see the kids come in being very shy at the beginning of the semester, and then by the end, they open up and learn about teamwork and sharing, which are both very important in hockey.

For more information, contact activities@sportsbj.com

Sunshine Studios

As one of Europe's largest dance studios, Sunshine Dance offers dance classes for beginners and advanced students alike. The primary instructor here in Beijing is Jerry Tse. Having trained all over the world, including London, Hong Kong, and LA, with some of the industry's top choreographers, he has gone on to become a choreographer and teacher himself. He's worked with many big stars, and TV shows, and now spends most of his time flying around the world teaching courses and masterclasses sharing the knowledge he has gained in the industry.



Deniz Guven

What is Sunshine Studios?

Sunshine Studios is a big, international dance company that was founded in Beijing by Jerry Tse. For me, I like how it is international with branches across China and the UK. We practice twice a week, mainly in the style of street dance and hip-hop mixed together. It's really cool!



How has this experience helped you to develop your love for dancing?

Dancing with Jerry is so different from what I've experienced with any of the dance teachers I've had before. He's so passionate about it, and he inspires me because of his attention to detail. It also doesn't hurt that he's crazy good at dancing. I think with him teaching me, it has made me love dancing even more.

Do you ever get to choreograph or create dance routines of your own?

First, for the basic stuff, Jerry choreographs it for us, but we are able to add our input for what we think would be cool and he helps us to connect our imaginations with his to make it happen.

What is the typical practice like?

We get into class, and we first have a short workout comprised of sit-ups, pushups, and planking. Then we do some stretching and start dancing. Sundays are typically our longer classes, so we do the workouts and stretching, then we do some warmups and leg exercises. You need to be fit for dancing.

What would you like newcomers to know about Sunshine Studios?

The class community is super tight. Everybody is friends, and it doesn't matter what age or level you're at. We all support each other and want to grow together. It's a safe space, where you don't need to feel like you are good or bad at this, and everybody is learning together.

For more information, email enquires@sunshine-studios.co.uk

Creating a Club of Your Own

Let's face it, not everything you might be interested in learning or doing is available at every school. But that doesn't mean you shouldn't pursue it, and maybe even help to develop a community for others who are also interested in these topics. With this in mind, here are some examples of students from the International School of Beijing (ISB) that took the initiative to create the clubs they wanted along with some advice about the process of building and maintaining their respective organizations.



Interact

Interact is a service club that has both local and international projects. We visit nursing homes and raise money for various foundations, such as End Polio, and aim to promote leadership and collaboration amongst students.

Give us a brief introduction about Interact. What are its current projects and mission?

Interact's mission statement is "service above self" and is an important reminder for all its members to try to make a positive impact with those around them. A charity organization branched from Rotary, there are Interact clubs in over 150 countries around the world. Creating young leaders, Interact is giving students an opportunity to make a difference and challenging themselves. The Interact club at ISB is volunteering locally with a nursing home here in Beijing to provide fun activities and longtime friendships with the elderly. We also organize fundraisers such as bake sales to raise money for international causes like the End Polio foundation.

How long have you been an active member, and why did you join in the first place?

I've been a member since Interact's founding at ISB, which was in my sophomore year. Once school starts in August, it would be my

third year as a member of this club. I joined because I thought that it would be a rewarding experience to be a part of a club from its beginning, and help establish it into the school community. Furthermore, as a charity club, I would have the opportunity to help others and make a difference in the community.

So Interact is a subsidiary of a large international organization. Do you find that you get enough freedom to pursue the projects you think are most suitable?

The help that we get from others in this community is absolutely incredible. I find being a part of a larger organization is beneficial rather than limiting because we can ask for help and support when we need it. As long as we make a positive impact, we have freedom to pursue our own ideas and projects.

How do you personally feel that the club's current projects fulfill your mission?

In Interact, we have a local service mission as well as an international one. For our local service, volunteering at the nursing home gives us an opportunity to learn more about an older generation and the experiences they had in China before we were born. By providing various activities such as flower arranging or musical performances we hope to make them smile and lighten their day. Internationally, by raising money for those in need we can give them the help they potentially couldn't have had otherwise.

If you had to single it down to one particular thing, what do you feel has been

the club's greatest achievement in the time since you joined?

We've done quite a few things since this club has been founded, but by far our most successful fundraiser was when we sold bubble tea to the students during lunch. We completely sold out in under 10 minutes, and the sale was a very large success for us and the students who bought the drink. We donated all proceeds to End Polio and continued to have bubble tea sales throughout the year.

When you step away from the club, what are your hopes for the future of Interact?

Since this will be my last year in high school, we're planning on finding committed members that can be a part of the general club and members for the executive team. After I graduate, I hope that these students can continue thinking of new ways to fundraise, spread a positive influence to their peers, and become leaders in the school community.

How should someone go about getting involved in Interact- who should they contact?

If you're a student and there's an Interact club in your high school, go ahead and join! The students in charge can help establish you as a part of their community. If there's no Interact in your school and you want to establish one, you can visit the Rotary website to find all the information you need.



Codelympians

Codelympians is a programming club where members of all skill levels learn, create, collaborate, compete, and seek opportunities. They incorporate specific curriculums, allowing members to learn the skills they need and improve together with peers. They are a club run by and for student coders.

Codelympians is quite a unique club. Give us a brief introduction of what you do.

Codelympians is a club where students learn programming skills and apply them in projects and competitions. Our curriculum divides members into three groups (beginner, intermediate, advanced) based on their current skill levels so that they can collaborate and compete with people with similar experiences in programming.

Our common programming language is JavaScript, but we're also expanding to more language options. We started offering Python and Swift help last year, and this year we are incorporating Java and C++ into our curriculum as well. But Codelympians isn't only about the curriculum. We also search for partnership opportunities cross international schools and even in the real world. We have developed connections with coding clubs at Western Academy of Beijing (WAB) and Tsinghua International School (THIS). We are also currently working in a project assigned by MSRA (Microsoft Research Center, Asia) and occasionally visit their campus to report progress. Overall, Codelympians is a place for coding enthusiasts to improve, create, collaborate, compete, and seek more opportunities.

What first inspired you personally to pursue coding?

Tom: I've always been interested in building things such as Lego and cardboard "things." In middle school, I discovered that I could make software that runs on computers, which opened up a whole new world of possibility.

Vincent: I personally started learning programming in 4th grade with the goal of

creating games. I began with Scratch and the first "real" language I learned was Python. This stage served as an early introduction to programming concepts. I started being able to create games in 2014 after Apple launched their programming language Swift, which is easy enough for a middle school student to grasp its syntax, and also powerful enough to create apps and games.

William: I have always liked making contraptions to make life easier. One of the major and probably the most prevalent labor-saving machines that we have made are computers. I've also liked learning languages, and coding is just a different type of language.

Why did you choose to found this club in the Beijing community?

The original intention of this club was to fulfill a dream of a small group of long-time programmers in our school: to unite all the good programmers scattered around the school and create a team that could participate in competitions. That's where the name Codelympians came from. We maintained a great tradition of competition: we hold in-club competitions regularly, and sometimes we prompt advanced members to participate in big online competitions. However, our primary goals shifted to aiming to improve the level of proficiency in computer science in this school as much as possible.

Codelympians is always a club of, for, and by programmers. It is ultimately a place for us to express ourselves and have fun. We wish to spread this culture and influence as much as possible.

What are, in your opinion, the most important projects you have undertaken

since the club debuted?

The First Codelympians Competition: During our first year of operations, all members participated in an in-club competition: making a small visual and interactive programming project over a timed period. It was great to see so many members who had no prior knowledge in programming able to plan and create their own projects for the first time.

When you step away from Codelympians, what are your hopes for the future of the club? Do you have any concerns about handing over the club to a new "generation"?

Vincent: Codelympians is definitely something that will not be confined only at ISB. I hope it can grow and expand wherever our members go. But the future of the ISB division and the club's activity here will definitely be determined by future generations of coding enthusiasts at this school.

Do you have any advice for someone interested in starting a club?

If you have an idea, don't be afraid to go ahead and start a club. Making sure you find enough people who share the same interests and visions as you is very important. Get the essential things settled first, such as the club name, meeting location and time, goals, as well as methods of online communication between members; these are all about maintaining connections between members and the club, because members and member activity defines a club.

BEIJING ON TWO WHEELS

The many ways to conquer the capital by bike

Beijing is an amazing place if you love biking. There are countless nooks and crannies in this wonderful, ancient city to explore, and the best way to discover them is by bike. Along with being a great form of exercise, biking liberates you from the choice of public transport or horrendous traffic, and gets you where you need to be. With this in mind, we enlisted a group of British School of Beijing (BSB), Shunyi students to tell us exactly how their relationship with biking, for sport and leisure, has developed, along with how to make the most of this city by solely using your own generated power and thirst for adventure.

Disclaimer: While biking in Beijing is generally safe, it is important to ride with a helmet and with caution to avoid injury. Bike safe, and smart!



Take a Ride on the Wild Side

By Edward O'Brien, British School of Beijing (BSB) Shunyi

Our wonderful city of Beijing offers a tremendous range of activities, anything from kayaking to rock climbing, but one activity I feel is underappreciated is cycling. Not cycling for the purpose of a commute, or to get to a friend's house, but cycling for the sake of enjoyment and exploration.

I understand the reservations around cycling, it's not exactly considered a 'cool' sport. There's a stigma amongst teens about wearing a helmet...and good luck trying to convince them to wear lycra as well! However, once you get past those initial uncertainties you'll find yourself engrossed in this pastime. And there's a type of cycling for everyone.

Don't like long, tiring efforts, but love going fast? Then maybe you're a sprinter. Find you're better at long rides and love exploring? Maybe you're a climber. Don't really like exercise, but love the coffee and cake at the end? Maybe you're a café maestro. There's always room for more cyclists, and local clubs such as Serk are always friendly and welcoming.

Whenever I mention to anyone in Beijing that cycling is one of my passions, the response is always the same; "aren't the roads really dangerous? Isn't the air really bad for your health? Aren't the drivers terrible?" And my answer is always the same: "Well, not really...it just depends."

Yes, Beijing has its grim days. We've all seen them: pollution so dense that you can barely see two feet in front of you. In the summer when it's scorching hot, you can barely walk to the shop without needing to cool down, and in the winter the sub-zero temperatures make you want to curl up inside with a blanket.

But these days aren't nearly as common as the great days. It rarely rains, pollution is mostly a personal choice (anything over 200 is probably not advised though) and what's considered too hot or too cold is up to you.

As to the claim that all the drivers are lunatics, and the roads are therefore dangerous by proxy, again there is some merit in the statement – undoubtedly I've seen a few reckless drivers in my time here. However, compared to the standard of driving I see when I'm in my native Ireland, I'd take the Beijing drivers almost every time. The key to any road, in any country, is respect and understanding. If you're out on a group ride there is no need for the group to take up the entire road. Also don't forget that Beijing is home to hundreds of thousands of people who use bikes as a mode of transport; this means drivers here have a greater awareness of them and often have more respect for cyclists than European drivers.

In terms of challenging rides, Beijing is also quite comparable to Europe. The route to the east of the city earns its name from the famous Stelvio Pass in the Italian Alps, which is often described as one of the best cycling roads in the world. Whilst being a truly stunning road, it carries a certain infamy among cycling fraternities. Why? Well, put simply, it's brutal. The Beijing Stelvio may be considered a younger brother to the behemoth; however, that doesn't mean it should be underestimated. This really is one of the greatest roads I've ever ridden on.

Starting in the small town of Shidu, you start the climb. After about 7 km of gradual climbing through the outskirts of Shidu, you get the first glimpse of what lies ahead, as the Stelvio protrudes enticingly from behind neighboring hills. The initial reaction to the 10 hairpin bends is always the same; it's one of awe and shock. Awe of the beauty of the slalom nature of the road, and the way the sunlight shines off the white walls of the road. Shock, in the realization: 'I've got to climb that.'

The shock quickly turns to enjoyment, as you begin throwing yourself around the switchback. For any fan of cycling it's hard not to pretend you're a Tour de France contender riding up Alpe d'Huez to get the Maillot Jaune. Sadly, though, you're not, but, that doesn't mean you can't enjoy the idea of it. My recommendation when making this climb is to stop and enjoy the moment at times; it really is quite special. Maybe not stopping for a picture every turn, but definitely glance over your shoulder every now and then, and look at where you've come from.

Like all great climbs, the Beijing Stelvio makes you earn the view at the top. And what a view it is. The landscape wouldn't look out



of place in Zhang Yimou's *Hero*. The view is accompanied by a real sense of accomplishment as your legs burn with lactic acid.

After a technical descent (and an optional break at the bottom), you begin the second climb. 13 km and 550 meters of elevation with an average gradient of 5 percent...it's tough. The recommendation I make is stopping often to enjoy the stunning grandeur of the Beijing countryside, or to observe the more bizarre sights, like the massive red pillar protruding from the ground about a third of the way up the climb, which reads "Without the New Party there is no China." It's moments like that, which make biking in the Chinese countryside so incredible. Also, credit to the 'New Party', they build some absolutely cracking roads.

As you climb further and further up the genuinely breathtaking road, you may pass some other curious sights; for example, a herd of goats crossing the road when you're turning around a hairpin bend, or the petrol station near the top that seems far too remote to be of any use. The finish of the climb is like a scene out of a fantasy novel, as the road literally passes through a mountain.

Now what goes up must come down, and cyclists of any level will tell you the best part of climbing is descending. All the pleasures of climbing a set of switchbacks are heightened when whizzing down them: the feeling of kissing the apex, the acceleration out of the corner, and the sheer speed at which you travel. It's simply sensational. For my money, it rivals any road in Europe and is hands down the best road I've ever had the pleasure of riding.

If ever you have the time and you're a keen cyclist, make your way out to Shidu and experience the greatest ride Beijing has to offer. You won't regret it.



PHOTOS: EDWARD O'BRIAN

Beijing Biking Routes

By Deborah Zand, British School of Beijing (BSB) Shunyi

Beijing, once affectionately named "The Kingdom of Bikes," is a city known for its huge number of two-wheeled people movers. But with the rise of bike sharing, and thousands of new bikes now flooding the streets due to companies like Mobike and Ofo, biking has entered a new era. We are also blessed with wide roads and bike lanes that simply don't exist in many other countries, which can make cycling a great way to get around compared to other modes of transport.

Beijing has some fantastic routes to offer, which is great for mobile teens like myself. The best way is to plan your route around your interests.

Shopping and Eating

You can discover the new restaurants and cafés constantly popping up downtown, and get lost in Beijing. There is truly no better way to get to know a city. Besides, you won't be lost for long as your convenient GPS will immediately guide you safely home. Start in Sanlitun, perhaps the most well-known of Beijing's shopping areas, and continue towards CBD which is only a short trip south. CBD and Sanlitun are the best places to shop and indulge in delicious food in Beijing. You can explore the boutiques at Taikoo Li, U Town Mall, China World Mall, and many more. Or you can take the day to become a full-blown foodie with your mates. You can find restaurants offering all kinds of cuisines here - from all around China, to Thai, Japanese, Italian, and German.

Beijing's Art Scene

New art gallery you want to visit? Brilliant! Many galleries are clustered around each other in 798, which is the perfect place to begin. This is the most famous spot to experience contemporary art in the city. From there, it's 4 km by bike to Caochangdi, another famous (though quickly gentrifying) area for galleries. If you live in Shunyi, you can journey on to the Red Brick Art Museum in the northeast of Beijing, another 5.5 km ride. Here, there is a very picturesque garden for taking pictures with your friends. Spend as much time as you want perusing the different exhibitions. There is no need to adhere to any schedule (although I'd recommend checking opening and closing times beforehand to avoid mishaps). You can spend many days exploring Beijing's vibrant art scene on your bike.



Old Beijing

Want to see famous landmarks, but don't want to spend all day waiting in lengthy queues? Ride west along Chang'an Avenue, and you're guaranteed the best views of Tiananmen Square. Continue through the historic parts of Beijing with its traditional hutongs to get that truly perfect Instagram post. From here, it's not a long ride to hit up major tourist hotspots, like Jingshan Park or the Lama Temple. Park your bike and venture down Nanluoguxiang, or explore the more secluded hipster spots in Beijing's hutongs. Enjoy the scenic route? Continue along Hepingli West Street until you reach the Temple of Earth (Ditan Park). Cycling through old Beijing will give you a different view of the city, and allow you to enjoy how the new weaves itself into the older parts of the city. Turn on a tracking app to record how far you managed to cycle that day if you want to impress your friends with your newfound athleticism.

Furthermore, the exercise provided by riding your bike is also a great stress reliever – particularly for teenagers. Let's face it, we have all pulled stressful all-nighters, trying to put the finishing touches to our physics projects, English papers, and history presentations. Biking is a great way to deal with such stress. So if you have a minute, grab some friends and experience the city on two wheels, powered only by your own willpower and, of course, your insatiable thirst for adventure.

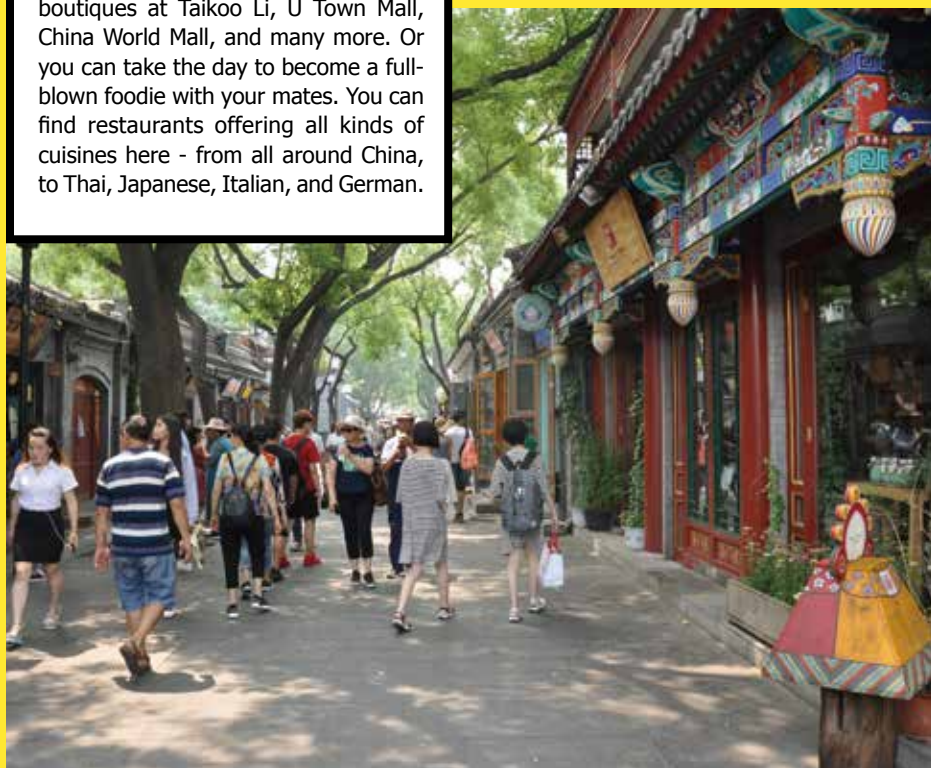


PHOTO: DEBORAH ZAND

Wrapping Your Head Around Bike Sharing?

By SeoHyeong Lee, British School of Beijing (BSB) Shunyi

When I used a Mobike for the first time, I realized just how easy it was to access shared bikes right on the street and set out on an adventure. If you are living here in Beijing, they can be quite hard to miss!

Dockless bikes, as their name indicates, don't require a docking station. The main feature that distinguishes dockless systems from traditional bike-sharing is that riders can pick the bike up and drop it off anywhere on the

street. In 2015, bike-sharing took off in China with the launch of bike-sharing companies such as Ofo and Mobike. Now, roughly 2.4 million shared bicycles can be found across Beijing. These bikes with their striking yellows, oranges, and blues add vibrant colors to the streets of our concrete jungle, but also a number of complications.

Although bike-sharing is sustainable transportation which can play a part in reducing air

pollution, it has caused a fair share of problems throughout China, with safety concerns having risen sharply in recent years. There have been some issues with bike surpluses, as bike-sharing companies battle for supremacy. This has since resulted in huge piles of abandoned bikes creating "bike graveyards." What's more, those massive piles of orange and yellow bikes have been known to trip pedestrians.

How to use a dockless bike?

1. Download an app:

There are a few bike-sharing apps to choose from. The most popular bike-sharing apps in China are Mobike, Ofo, Bluegogo, and U-bicycle. When you find the right one, download the app that matches the bike you want to use. It's best to choose the one that you see most often around your neighborhood, or around town.

4. Tap and scan:

When you find the bike you want, tap the "unlock" button and scan the QR code to unlock the bike automatically. If the bike you chose was rendered unusable by a previous user, then the bike might not unlock. If the bike does indeed unlock then you can then begin your journey.

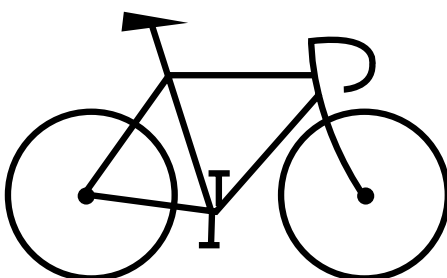


2. Create an account :

If you are a foreigner living in China, the following bits of info are needed.

- A smart phone with Chinese SIM and internet.
- A valid ID (e.g Passport).
- WeChat or Alipay payment activated on a smart phone.

After downloading and opening the app you will be asked to enter your phone number, and then you will be sent a pin number to submit. Following this step you will need to verify your identity. For Mobike, there is an option if you don't have a Chinese ID card at the bottom. Click here. After this, you will need to submit your full name, your passport number along with two photos; one of you holding your passport and another of just your passport. Once you do this you are almost ready to ride. Now, you just need to add money from your Alipay or WeChat wallet to your app and you will be ready to ride.



3. Open the app:

It will conveniently show you all the bikes in your area. Try to find the bike in the best condition. Make sure to check tire pressure, the brakes, and other parts to make sure it is functioning. Sometimes a bike will not unlock for use if it needs maintenance, but this isn't always the case.

5. Park and lock:

When you complete your ride, park your bike safely and simply click the lock back into place. Once done, the app will automatically charge you the amount of your ride from your current balance. Usually, it costs between RMB .5 – 1 depending on distance and time.





DE-STRESS, DON'T DISTRESS

A critical memorandum about the consequences of stress

By Harshavardhan Haribhaskar, BSB Shunyi

How many hours do you think a high school student sleeps? Whatever number you have, halve it. That's just about how much sleep we get.

I'm only slightly kidding.

A survey on the sleep patterns of Year 12 (junior year) students at the British School of Beijing, Shunyi reflects an average of 7 hours per day. During exam season, this number drops to a horrifying 4.5 hours – it's not uncommon for students to even study into the next day! However, studies show that teenagers need 9 to 10 hours of sleep. This adds up to about 700 hours of sleep lost per year. Of course, some students sleep early and

maintain stellar grades; most of us, though, aren't that lucky.

"Hard work leads to success." It's about the most clichéd expression you'll see, whether on posters around school or in the workplace. There's a reason why it's so popular: it's true. Ask your parents. Could they have gotten to where they are now without working hard? Absolutely not (in most cases). As young people, it's important for us to realize that while there is no cheat code (like in a video game) or substitute for hard work, there should be a limit to how hard you work.

A few months ago, I was your typical overworked teenager. I stayed up until two

in the morning, working on various deadlines simultaneously and hoping for the best, but I knew I could do better had I planned my time more wisely. This may remind you of another celebrated quote used by many high schools: "work smart, not hard." Like most people, I skimmed past this idea when I was introduced to it, interpreting it more as a feel-good quote than an effective one. So of course, I continued my 8-hour cram sessions before exams, forced myself to stay awake in school, and watched my mental and physical health suffer. I thought it would pay off. It therefore always came as a surprise to me when students who studied less got the same grade as I did. I was

left, sometimes quite literally, scratching my head, wondering what I was doing wrong, and what they were doing right.

That's when I read an article about neuroplasticity. It's when your brain adapts to new information that you learn, constantly changing the way it's wired. It's what allows you to become better at remembering things that you constantly need to know. For example, looking at a specific mathematical formula every day for a week will embed it into your memory for longer than looking at it minutes before an exam. This is why teachers and parents emphasize the importance of starting early. Students who regularly review what they learn to get much higher grades than students who stay up till dawn cramming for an upcoming test.

For neuroplasticity to work, your brain needs time to heal. I say 'heal,' because you can think of learning new things as cutting holes in your brain and filling them up with information. It takes time for the brain to grow itself back around the new information. If you keep cutting more holes and overload your brain with information, it will need to spend more time growing back, which means it will function at a prolonged lower rate, leading to lower usage of long-term memory. It's not surprising when students who crammed for a test forget a lot of the information covered after a week.

If this doesn't convince you, here's another situation you may be more familiar with. If you want to build muscle, would you exercise intensively every day, or would you allow the targeted muscles a recovery period? Most, if not all, bodybuilders and gym enthusiasts will do the latter, as it is what has been proven to be a better method. The brain, though technically not a muscle, behaves like one, and it



too needs time to recover from the stress you have placed it under.

Over the years, in the five countries I've lived in, there have always been parents who pushed their children to work harder, often comparing them to neighbors' children who study longer hours and get better grades. This is a phenomenon prominent in Asian families, who discipline their children to work hard, but not play hard. This brings about a major issue.

Childhood should be viewed as a precious phase of life. Children are meant to play with their friends, not with their calculators. This applies to adults too. Yes, stress and overworking are inevitably more common in adults than young people, but that doesn't grant adults permission to prioritize work over family. Some of my friends see their working parent(s) only once a day, and some less frequently.

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Over the years, in the five countries I've lived in, there have always been parents who pushed their children to work harder, often comparing them to neighbors' children who study longer hours and get better grades. This is a phenomenon prominent in Asian families, who discipline their children to work hard, but not play hard. This brings about a major issue.

Childhood should be viewed as a precious phase of life. Children are meant to play with their friends, not with their calculators.

This applies to adults too. Yes, stress and overworking are inevitably more common in adults than young people, but that doesn't grant adults permission to prioritize work over family. Some of my friends see their working parent(s) only once a day, and some less frequently.

There is an optimal level of hard work that yields the greatest success, whether it be at school or the workplace. Overworking your body is seldom a good idea, as it could lead to a catastrophic range of physical and psychological conditions, none of which remotely contribute to the betterment of people, often even going as far as to reduce your focus, hence minimizing success.

As the world becomes increasingly materialistic, and as more people dream bigger, competition is inevitable, causing many students and adults to collapse under the pressures of everyday life. It doesn't have to be this way. Recognize your priorities, and make time for them now. That doesn't mean that you should cut down on work drastically. You can't go from working 90 hours a week to working 40 hours a week without risking losing your job. The same goes for students; if you don't spend enough time working, you lower your chances of success (unless you're a genius). However, it isn't healthy for young people to be working too long or too hard.

To make my point, I asked a friend of mine at school, who is known for his exceptional academic performance, if he gets enough sleep on school days.

He told me: "I go to sleep at 1 AM and wake up at 6.30. People tell me I'm supposed



to sleep for like 8 hours, but I can't study this much and have sufficient sleep. I get good grades even with this sleep schedule, but it's difficult to concentrate in school sometimes. I know I could think more clearly if I got more sleep. Additionally, while my friends hang out over the weekend, I can't afford to do anything but sleep. This also reduces the time I spend with my parents, which will ultimately decrease even more when I go to college."

He is not the only person who experiences the detrimental effects of working too much. Many students spend entire weekends in their room, only coming out for meals, and barely see their parents on weekdays. Students come home late from the multiple extra-curricular activities they participate in, and working parents devote too much time to work; both parties unintentionally distance themselves from each other and wonder why they spend so little time together. Blame your overloaded schedules. Come out of your room, your office, your hiding shell, and spend some time with your family. Overworking does not set you up for success in the long term.

An article in *Psychology Today*, a popular blog run by psychologists and psychiatrists, notes that overworking can lead to burnout. This is when a person can no longer handle the stress they operate under and cave in from physical and mental overload. This often induces a period of fatigue and depression (which aren't rare among teenagers anyway), and this can be difficult to overcome. I've experienced burnout once, and I see friends go through it all the time. While burning out right before summer break is fine, as the holidays can be the perfect time to recover, burning out before an important exam or interview can be disastrous. The ensuing panic can elevate stress further, hindering recovery; burnout can make or break you, and it is vital to find regular outlets for built-up stress.





There are definitely days where intense work is needed, such as before important exams and immediate deadlines. But there are many ways to recover from work-heavy periods. Here are some suggested methods to easily reduce stress, and give your brain a rest from rigorous studying.

Exercise

By far, the most common method is exercise. I allocate an hour to exercise every day (except during exam season); exercise, apart from keeping you healthy, also releases chemicals in your brain that elevate your mood, relieving pain and stress. Another way to wind down is allocating some time every day to do something you enjoy, whether it be video games, reading or eating your favorite food. Your body and brain will recover faster if you inject regular fun into your schedule.

Eat Healthy Snacks

When you think of snacks, you probably think of a big packet of crisps, or a chocolate bar. Granted, eating junk food makes us happy – research has proven that their specific tastes and smells inhibit stress levels and enhance our mood. There is a catch; junk food makes us feel good temporarily. In the long term, however, junk food triggers the secretion of stress-inducing hormones in the brain; since we associate junk food with feeling happy, we turn back to junk food as an escape from stress, which in turn increases stress levels. Moreover, junk food usually leads to weight gain, which stimulates negative self-conscious thoughts, and elevates anxiety. On the other hand, healthy food promotes the secretion of mood-elevating chemicals – without going into too much detail, it slows down the absorption of sugar into your bloodstream. Junk food adds to your long-term stress; healthy food decreases it.

Spend Some Time in Nature

Like healthy food, spending time outside is vital for preventing and controlling anxiety. Nature, including trees, plants and even natural sounds (like birds chirping and water flowing), causes our brain to release “feel good” chemicals that help us relax. Try it yourself. When you’re feeling really stressed, go for a walk in the park. I guarantee you’ll feel better in just a while. Research done on children in Barcelona has revealed that the more time they spend in nature, the less likely they are to have behavioral issues in the future. So when you feel stressed, get outside your house, outside those four walls, and enjoy nature. If you live in an industrial area, try growing plants at home. Who knows, gardening may become your new favourite hobby!

Listen to Music

Music should be a mandatory part of your day. Invest in good sound equipment, and watch how your stress levels drop. It doesn’t matter what type of music you listen to – as long as you enjoy it, you will find it a good method to relieve any built-up stress. Remember to be aware of your surroundings though. If you decide you’re going to alleviate your stress by blasting rap music in the Beijing Subway, then don’t blame us when you get arrested for public nuisance.

Do Some Housework

When you’re feeling too stressed, it’s always a good idea to stop what you’re doing, and do something else. Teenagers may sleep more, and adults may have a night out with their friends. However, it can be beneficial to do something

more useful with your time. Many of us have daily household chores. Instead of allocating a fixed time to this everyday, try completing your chores bit by bit throughout the day. After working for fifty minutes, take a ten minute break to clean your room, or take out the trash. Although many of us have aysis, everyone can use some help. You’ll also feel better when you have finished all your work early and have some time to yourself.

Volunteer

There are always people in need of help, either in your neighborhood or on the opposite side of the world. Whether you’re a teenager or an adult, it is our responsibility, as mindful global citizens, to offer help. There are countless volunteering organizations that you could be involved in. Many high schools offer opportunities to volunteer, and most students have volunteered at least once, whether for local or international projects. Additionally, there are organizations that arrange volunteering trips over summer, and schools often encourage students to raise funds for self-organized volunteering trips. If you’re not able to finance an overseas volunteering trip, then volunteer in your community. Volunteering locally can be just as valuable as working overseas.

Finally, regardless of whether you’re a parent or a child, remember to spend some time with your family. As students stress about final exams and scramble to submit college applications, and parents worry about interviews or meetings, family can be easy to neglect. But while it’s important to set goals and achieve them, it’s just as important to take some time off for yourself, family and friends. They’re more important than your work any day. Finally, remember to do something you enjoy every day.

And if you can’t do what you love, then love what you do.



PHOTOS: BSB SHUNYI

SCHOOL NEWS

New Principal Appointed to Lead BSB, Sanlitun

The British School of Beijing (BSB) Sanlitun, a Nord Anglia Education school, has a new principal. John Brett started on August 20, at the beginning of the new academic year.



3e New Head of School Announcement

3e International School announces Gary Bradshaw as the new Head of School. Bradshaw brings to 3e his vast experience as a teacher and educational leader for over 25 years, with 16 years spent within international education and the last 11 years spent in China.



MSB Welcomes New Principal

The International Montessori School of Beijing (MSB) welcomed Rufus Samkin as its new principal. A British native, Samkin has lived and worked in Europe, the US, and Africa. He brings with him 20 years of teaching experience, having held various roles as principal, assistant principal, superintendent, and CEO in the US.

ISB Campus to Get Better with New Facilities

At the International School of Beijing (ISB), construction is underway on new facilities strengthening the school in academics and co-curricular activities. The project includes new arts and theater centers, plus remodels of the Early Years Learning Center and MS/HS Design Center. These innovative learning spaces will open from August 2019.



YCIS Beijing Welcomes New Western Co-Principal

Yew Chung International School (YCIS) Beijing welcomes Dr Timothy Gray as their new co-principal. Dr. Gray's career in international education spans 30 years and four principalships. He was awarded an MBE by Queen Elizabeth II for Services to British Education Overseas in 1999.



Daystar Academy Authorized as an IB MYP School

Daystar Academy announces Daystar Beigao Middle School's authorization from the International Baccalaureate (IB) Organization, as an IB World School offering Middle Years Programme (MYP).

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



Evening of Arts and Design at BWYA

The latest Beijing World Youth Academy (BWYA) 'Evening of Arts & Design' event took place recently at their Wangjing Campus, giving BWYA's talented young artists, designers, actors, musicians, and performers the chance to showcase their projects to the BWYA community.



BSB Shunyi Students Speak at the United Nations in New York

The British School of Beijing (BSB) Shunyi student ambassadors Deborah and Edward presented their ideas about the Sustainable Development Goals at the United Nations High Level Political Forum, held at the UN Headquarters in New York, together with 80 Nord Anglia students from around the world.



PHOTOS: COURTESY OF BWYA, BSB SHUNYI

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 12**



YCIS Beijing Celebrates World Class IBDP Results

This year, more than half of Yew Chung International School (YCIS) Beijing students achieved a bilingual diploma, and every single student beat the global average - with some scoring as high as 43 out of 45 points. Students have secured places at top universities to read subjects ranging from Fine Art to Neuroscience.



Harrow Beijing Speech Day

On June 29, Harrow Beijing hosted their annual Speech Day, an important occasion in which the whole school gathers together and celebrates the academic pursuits of the students.





Summer Fun at BIBA
Over summer, Beijing International Bilingual Academy (BIBA) operated a summer camp for elementary students, kindergarten to Grade 5, with students attending from BIBA and from other schools around China. The camp was led by two teachers from High Tech High, San Diego, US.



House of Knowledge Summer Camp
The theme of House of Knowledge (HoK) Summer Camp was 'Around the World', which inspired inquiring minds and a global mindset in their young scholars. Children at both the Shunyi and Chaoyang Park campuses were treated to an adventure where they learned about different countries.



PHOTOS: COURTESY OF BIBA, HOK



New Warriors Join BCIS

XperienceBCIS is a program to help new students, whether they are coming from local schools, other international schools, or schools located abroad, smoothly transition to Beijing City International School (BCIS), by becoming comfortable with their new environment and getting acquainted with their peers and teachers.



CISB 2018 Summer Camp

Canadian International School of Beijing (CISB) organized another successful summer camp. It had a great turnout, and everyone had fun while learning through the interesting program.





3e Paris Art and Culture Summer Camp

3e International School's inaugural Paris Art and Culture Summer Camp was held during June 17-22. The students spent the week engaged in a series of art classes at École Nationale Supérieure des Beaux-Arts, one of Paris's most superior fine arts schools, and received behind-the-scenes private tours of renowned art galleries and museums.



BSB Sanlitun Year 5 and 6 Production

The British School of Beijing (BSB) Sanlitun's Year 5 and 6 students gave two outstanding performances of The Pirates of the Curry Bean on June 13 and 14. The children wowed the audience with their promenade performance over the two nights.



PHOTOS: COURTESY OF 3E, BSB SANLITUN



All Smiles at WAB on First Day of School

The Western Academy of Beijing (WAB) Tiger mascot joined Director Marta Medved Krajnovic to welcome families on the first day of school. The school was buzzing, as students reunited with their friends for the first time after the summer holidays, and the excitement for a new year full of possibilities laid ahead.



Back to School at ISB

The 2018-2019 academic year has got underway with a bang at the International School of Beijing (ISB), with more than 300 new families joining the community. Over 17,000 students arrived to find new and improved facilities and the usual world-class faculty on the first day of school on August 13.



The Floris Kids

Simon (18), Samuel (16), and Rebecca (13) Floris have been in Beijing almost three years now, and have since taken both the capital and the Western Academy of Beijing (WAB) by storm with their various creative and social endeavors. With their parents Lise and Francesco, they celebrate a mixed Italian and Danish heritage, but have spent much of their youth in Belgium, as their father works for the European Union. Also, you may already know Lise as she is a frequent contributor to the pages of *beijingkids*. As her, oldest son Simon is about to ship off stateside to the Savannah School of Art & Design (SCAD), we decided it was only fitting to give them one last sibling portrait together at their local hangout, Chaoyang Park. Check out below as the Floris kids spill the beans on some of their favorite things around town. *Photography by Uni You, Text by Kipp Whittaker*

Favorite Spot to Relax

Friends' houses, or just staying at home

Favorite Weekend Activity

Going to concerts at school, Dawn Dusk Club, or Temple

Favorite Chinese Food

We love this chuan'r restaurant near our school, and Beijing Duck

Favorite Non-Chinese Restaurant

Bottega, it's the closest you can get to real Italian pizza in Beijing. For burgers we go to Blue Frog.

What song best describes your relationship with Beijing?

'Loud City Song' by Julia Holter

Adapted Chinese Culture

Riding a Mobike everywhere, and online shopping

Favorite Museum

UCCA or Red Brick Art Museum

Most Memorable Family Trip

Xi'an

Favorite Place to Shop

There are numerous, extremely expensive streetwear shops where my friends and I just ogle, but normally I just buy stuff around Gulou. Rebecca enjoys Solana.

Favorite Athletic Activity

Simon likes skateboarding with friends, and Rebecca enjoys gymnastics.

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THE BEIJING 北京

PIZZA

FESTIVAL



THEME: ROMAN HOLIDAY



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