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August 2020

**The Teens  
Have Spoken:**  
What Takes a  
Teacher From  
Good to Great  
and the Parenting  
Techniques That  
Work (And Those  
That Don't)

## Teen Takeover

Exploring Cultural Diversity

**Plus:**  
The Sports  
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# CONTENTS

August 2020

18

25

26

## LIVING

### 8 Indulge

Friends Sophia Wu and Helen Wang Enjoy a Day of Bonding, and Transform Into Their Favorite Icons

### 10 By The Book

Top Reading Recommendations for Teens by Teens

### 12 On Thin Ice

Pursuing My Ice Princess Dreams, No Matter What

### 14 Fashion Forward

"I Wear What I Want"

## DINING

### 16 No Meat, No Problem

Beijing's Best Vegan Hotspots

### 18 Food for Thought

The Beginner's Guide to Beijing Street Food

### 20 Dining Out

TianTian and FeiFei Xu's First (But Definitely Not Last) Bite of Turkish Cuisine

### 22 "That's Not Bing! It's Roti!"

Good Food is Good Food no Matter Where You're From

## PLAYING

### 24 Badminton Bases

The Sport That Transcends Age, Culture, and Diversity

### 25 Past the Blood and Sweat

Knocking Down Cultural Barriers Through Sports

## LEARNING

### 26 Blank Canvas

Students From Dulwich College Beijing Express How Much Diversity Can Be Under One Roof Through Art

### 28 #ModernTeens

Social Media: Is it Helpful, or Harmful to Teenagers?

### 30 Waste Not, Want Not

One Student Looks Back at Her Journey to Sustainability

### 32 Educator's Profile

Beijing's Students Reveal What They Believe to Be the Winning Traits of a Brilliant Teacher

## STUDENT VOICE

### 34 Take It From Me!

Parenting Advice From a Child to the Grownups

### 36 West Meets East

Two Students From Different Cultures Share Their Views on Cultural Diversity

## FEATURES

### 40 The New Normal

Life Abroad During COVID-19

### 42 Just Desserts

Rainbow Angel Coffee House Helps Hearing Impaired Children Soar

## ESSENTIALS

### 5 A Note to Our Readers

### 6 What's New?

### 7 New Arrivals

### 44 School News

### 45 Circuit

### 48 Teen Favorites

### ON THE COVER:

Students Chloe Chang, Dorothy A., Lauren Z., and Megan D. are just a few of the group of extraordinary teens who worked on this year's *Teen Takeover* issue. We're so proud to see this generation of young people blossom into outstanding young adults.

Photographed by Uni You



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
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## The beijingkids Board

### Tim Coghlan

Tim first came to China in 2001 and has made Beijing his home for the last 10 years. He specializes in new market development for the world's most iconic consumer brands, previously helping luxury brands enter and expand in China, and now helping a Chinese technology company build their global business. He enjoys outdoor adventures with his two young children, and time permitting, vlogs in Chinese under the moniker of "Kangaroo Daddy".



### 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, an 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.



### Tara Gillan

Tara is from England, UK, and been in China over 14 years where she is raising third culture, bilingual kids. She has a passion for education in China, and is a life long learner still trying to master Mandarin. In between, work, study and being a mum, you will find her looking for her next adventure!

### Caroline Nath

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



### Alessandra Azambuja

Alessandra's Beijing adventure began in 2010 when she arrived here with her local Beijinger husband and two children. She is originally from Brazil and has also lived and worked in Argentina and New Zealand. With a passion for working in multicultural environments with international students, Alessandra worked for nearly nine years at The University of Auckland English Language Academy, and is currently at AISB-Hope International in Beijing. You can contact her at azambuja.alessandra@hopeintlschool.org

### Lise Floris

Lise Poulsen Floris is an EU official turned blogger. Since leaving her native Denmark in 1998, she has lived in Italy and Belgium before moving to China with her family. She writes about life in Beijing on her blog ninemillionbicycles.com, aiming to tell "the big story through the small story." Her work has been published in the *South China Morning Post*, *Global Times*, and *Point of View International*.



### Juliet London

After seven years in Beijing, market researcher, branding consultant and writer, mother to two teenagers, Juliet 'Lady' London continues to be fascinated by this ever changing city. British by birth, she has also lived in Australia and other parts of Asia. Her work primarily focuses on education research, leaving less time than she would like to take exercise, walk her dog, and snap up bargains at local markets.



## A NOTE TO OUR READERS

# Teen Spirit!

“

One of our favorite issues of the year is finally here! The annual *beijingkids* Teen Takeover issue has been a part of the city's international school community since 2017. What makes this issue extra special is that it's completely created by Beijing teenagers. We recruited eager young writers to take on the topic of Cultural Diversity and I'm thrilled to say that we're thoroughly impressed by the maturity of this group of teens.

In this issue, you can find Beijing's best vegan restaurants for every budget (p 16) and a great list of summer reading recommendations for kids by kids (p 10) that you can bring along with you when you visit them. And it's true what they say about food bringing people together. One student compares classic Chinese dishes with authentic Indian cuisine, and the similarities are shockingly delicious (p 22)!

While most of us won't be exploring the world this summer, there are a number of fantastic activities Beijing teens love (p 24) that bridge the gap between cultures (p 25). So instead of exploring an exotic new country, you can make some friends from exotic countries right here in Beijing through team sports.

A few students voice their opinions on topics that grown ups are eager to learn more about, like when it comes to parenting, are we actually doing it right? One student spills the beans on parenting techniques that work and others that are counterproductive to Beijing's Gen Z kids (p 34). And for teachers,

another student polls Beijing's teens on just what distinguishes a good teacher from an extraordinary one that they'll never forget (p 32).

Lastly, we need to make one correction in our July issue's Blank Canvas column. The artworks created by Year 9 student Jenny S and Year 10 student Lina P from British School of Beijing (BSB) Shunyi were misattributed. We sincerely apologize for the misprint of these students' names.

Thank you so much to all our Teen Takeover writers and our 2020 summer interns! You guys really outdid yourselves and we're thrilled to have had the opportunity to work with you on this issue!

”



Mina Yan



# What's New



## Lights, Camera, Action! Movie Theaters Finally Reopen

After months of closure around the country, The China Film Administration (CFA) announced that movie theaters in low-risk areas will be allowed to reopen again as of Jul 16. Ticket sales have been moved to online only and viewers who did not book their seats together will be required to maintain a minimum of one-meter distance.



## First Group of International Teachers Allowed to Return to Beijing

Over the past months, there were whispers that various international schools in Beijing have been working on obtaining visas for their faculty members. On Jul 13 Keystone Academy became the first international school to confirm that a group of teachers will be returning to Beijing. Following the announcement, multiple international schools around Beijing have also confirmed that their faculty have also been approved to return to Beijing.



## Liangma River Gets a Facelift

When the plan to dredge the once largely ignored Liangma River and develop 9.3km of its banks was first announced close to 15 months ago – as a means to help reduce air pollution and manage flooding – the government billed it as a green, tourist-friendly, leisure hub. Now, the blue scaffolding has finally started to come down and the river is shaping up to become one of Beijing's lushest ecological spaces.



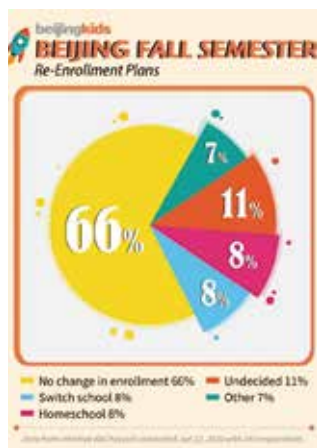
## The Mouse is Outta Here

Disney English, the popular English language training center for kids in China, which used Disney characters and stories in their curriculum, has shut down all its locations across the country. Since Mar 19, they have offered free online English courses to students. However, all courses taught by Disney English instructors will be discontinued, indicating that they do not expect enrollment in traditional in-person teaching to return to pre-pandemic levels for a long time, if ever.



## McDonald's Dumps Plastic Straws

McDonald's China has announced that the company will stop using plastic straws as of Jun 30 for both dine-in and take-out meals in nearly a thousand restaurants across Beijing, Shanghai, Guangzhou, and Shenzhen. This decision is the first of many environmentally-friendly initiatives resulting from McDonald's China's new concept "Because of love, do it best," which was launched in May of this year. Unless they happen to have their own reusable straw, consumers will now sip most drinks – bubble teas will still come with the requisite thick straw – through the redesigned cup lid (which, unfortunately, is still made of plastic). The fast-food giant aims to implement this reform for all restaurants on the mainland by the end of this year, which will effectively reduce plastic consumption by approximately 400 tons per year.



## What's the Plan for Next Semester? Beijing's Parents Have Spoken

The 2020 academic year has been defined by uncertainty, so back in late June *beijingkids* took an informal poll in expat groups of parents with school-aged children in Beijing to get a feel for how parents would be handling their children's re-enrollment. The poll was conducted on WeChat via a personal account and distributed among a range of parenting and education groups. It had a total of 240 respondents. The biggest take-away? Of those who participated 66% said that they intend to re-enroll their children in their current school despite COVID-19 uncertainties and concerns of whether their school may be able to return to normal next semester.

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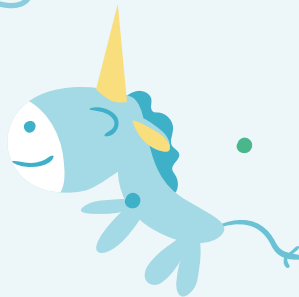
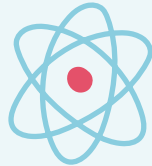


Note that we will only publish  
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in the last 12 months



**Alexander Pechatnov**

Russian. Born on Dec 1  
to Alexandra Pechatnova and  
Alexey Pechatnovat  
at Beijing Global Care  
Women & Children's Hospital



**Michael Richter**

Austrian/German. Born on May 25  
to Brigitte Bonn and Andreas Richter  
at Beijing United Family Hospital



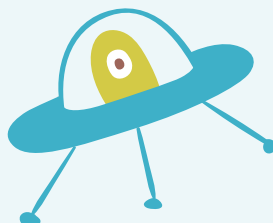
**Kayden James Zhao**

Chinese/American. Born on Mar 24  
to Megan Crosby and Zhao Jian  
at Aiyuhua Capital Healthcare Hospital



**Charlotte Edith Gordon**

British/Chinese. Born on Dec 7  
to Ian Gordon and Sinead Zhao  
at Global Care Women & Children Hospital



**Sara Apolline Amal Feche**

French/Russian. Born on Jan 29  
to Florian Feche and Jeanne Nurpeisova  
at Oasis International Hospital





# BESTIES' BEAUTY DAY OUT



Kids can be fussy when being groomed by their parents, and no matter how gently it's done, it hurts! And yes, we know the old saying "you have to suffer to be beautiful", but as our experience at Laurent Falcon Salon proves, it doesn't always have to be the case. Our makeover day was amazing and our bad memories of being groomed as kids suddenly disappeared.

Initially, it wasn't so easy for Sophia Wu to settle on a new look. Luckily, stylist Alex was there to help. Whether you want to recreate a flawless K-Pop look, or simply switch it up



with cool bangs, he will ensure that your style shines through. Finally, she settled on a classic 'Lexie look', named after the Chinese rap artist with a beautiful, swishy asymmetrical bob, which would also be perfect for summer. It's all about a short, clean style full of movement and body.

While stylist Alex scrutinized photos of Lexie and came up with a styling strategy with his assistant, we feasted from a tray of assorted snacks, a mug of coffee, salt crackers, and an assortment of candies. Alex also spoke French fluently to another customer, which is yet another advantage of choosing Laurent Falcon for our makeover – it's a multi-lingual environment where English, French, and Chinese are spoken.

Alex adeptly began to trim Wu's thick quilt



of hair. After a wash, comb, and blow-dry, he began to cut it into a short, straight, and sleek bob with a surprise dash of purple at the temples. Before this color detail, Wu's hair had to be lifted several levels, before the semi-permanent dye was applied. It was a long process but the result was worth it: her new style offers Wu loads of versatility as she can hide the purple highlight under the other layers of hair, or show it off when she wishes with a quick hair flip. At the final reveal, Wu had fully transformed into her K-hop icon, and had connected with the model within.

Meanwhile, the makeup artist was already working by Helen Wang's face. The soft, creamy tone and contrasting eye makeup gave her the look of a real-life anime princess. After extensive consultation, Alex had



# Friends Sophia Wu and Helen Wang Enjoy a Day of Bonding and Transform Into Their Favorite Icons

*By Sophia Wu and Helen Wang from Beijing City International School*



suggested a chestnut brown balayage on a voluminous beach wave blowout. Alex and stylist Huizi both did foils to lift Wang's hair color, set against the newly renovated blue wall and white work station backdrop of the salon, with its tasteful vases, tapestries, and all-round Parisian café atmosphere.

The process might not have been painful but it was a long one. The four hours went by slowly. Soon, it was time to head to the sink to wash out the bleach, followed by adding a brown toner to correct the yellow brassiness of the bleaching process and give her the desired chestnut brown look. These new hairstyles will doubtlessly be a little more work to maintain, but we were happy to show them off to our parents nonetheless.

## Healthy Hair

- Do not scratch your scalp with your nails when washing your hair to avoid scalp irritation and hair shedding
- Use sulfate-free shampoos and conditioners such as those from Kielhs, which are less damaging to dried and color-treated hair
- Apply a nourishing hair mask or deep-treatment once a month

## Color Pop:

- Use leave-in treatments for colored hair after showering
- Use heat protectant spray before heat styling and blow-drying
- Use fewer passes on your flat-iron on low to medium heat

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# THE NEXT CHAPTER

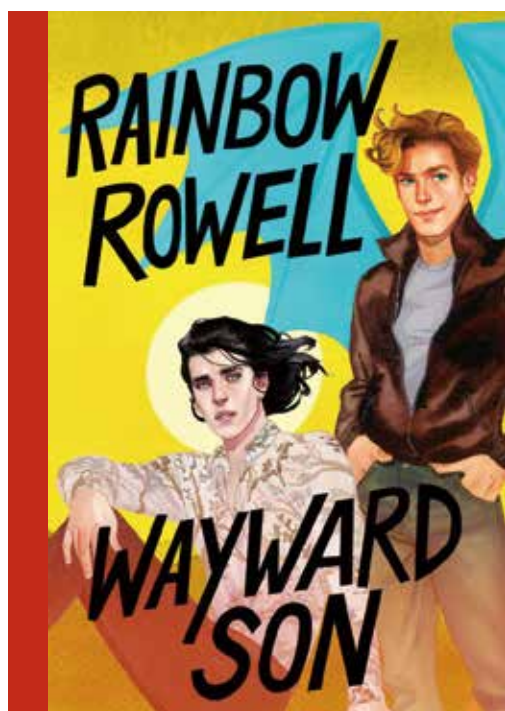
## Top Reading Recommendations for Teens by Teens

By Gabriel Low from Yew Chung International School of Beijing

It can get a little boring staying at home for long periods, and with summer already in full swing, our calendars are probably pretty empty at the moment. So what better way to pass the time than with a good book! Students have all been attending online lessons for the past few months, so it

also gives us a bit of a break from a screen.

Here are my top summer reading recommendations for teens. You can either enquire at your favorite local bookstore about ordering them in, download on Kindle, or have them shipped to Beijing via The Book Depository.



### WAYWARD SON

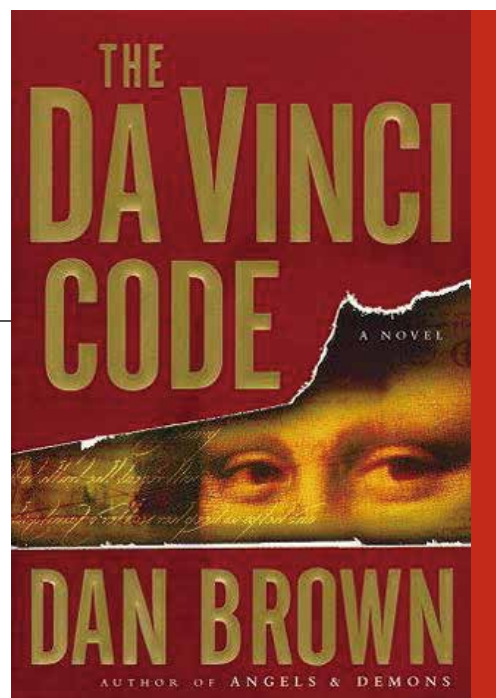
by Rainbow Rowell

This is the highly anticipated sequel of No.1 bestseller *Carry On* in which protagonist Simon Snow did everything he was supposed to do. He beat the villain, won the war, and even fell in love. Now comes the good part, the happily ever after, right? Except that in *Wayward Son*, Snow finds himself in a vintage convertible sailing through the American West, dealing with dragons, vampires, and skunk-headed things with shotguns. And they get lost. They get so lost that they start to wonder whether they ever knew where they were headed in the first place.

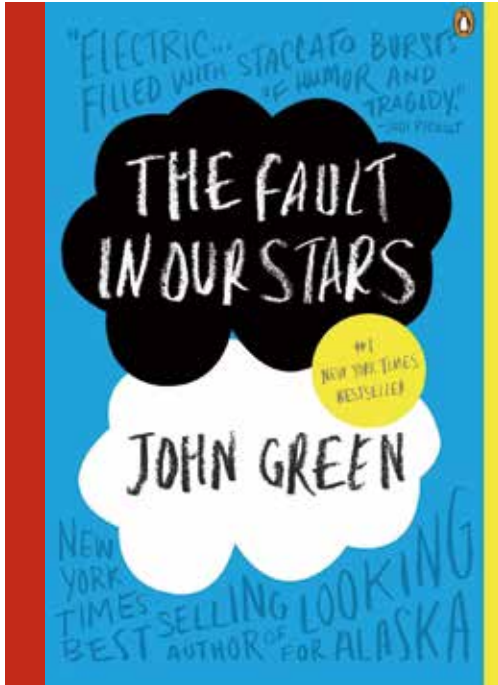
### THE DA VINCI CODE

by Dan Brown

This book truly is one for the spy-at-heart. Follow Harvard professor Robert Langdon on a journey through France as he unravels the murder of the elderly curator of the Louvre. As he works his way through the bizarre riddles, he discovers a trail that leads to the works of Leonardo DaVinci. Unless he can piece together and solve the puzzle in time, a historical truth will be lost forever.



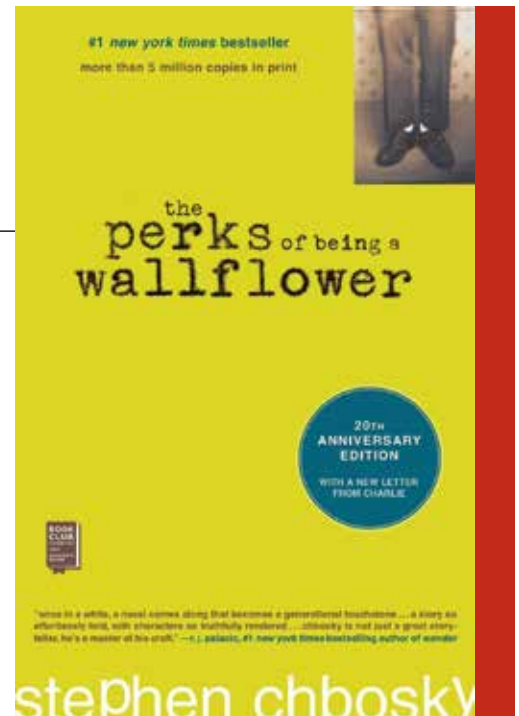
PHOTOS: TIERNEY, JIM. WAYWARD SON, RAINBOW ROWELL, WEDNESDAY BOOKS, 2019. THE DA VINCI CODE, DAN BROWN, DOUBLEDAY, 2003.



## THE FAULT IN OUR STARS

by John Green

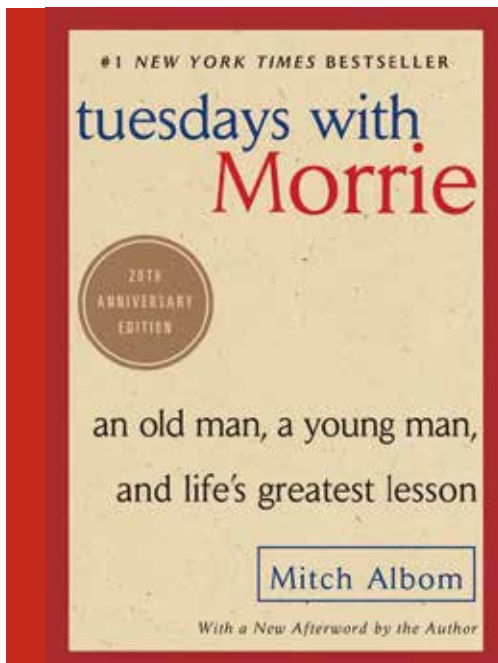
In this heart-wrenching story, Hazel Grace has been terminally ill her entire life, even despite the tumor-shrinking miracle that has bought her a few extra years. But when Augustus Waters shows up one day at Cancer Kid Support group, her story is about to take a major plot twist.



## THE PERKS OF BEING A WALLFLOWER

by Stephen Chbosky

Charlie isn't the biggest geek in high school. But he's by no means popular, not by a long shot. Being a wallflower, shy, and intelligent beyond his years, Charlie is often caught between trying to live his life and running away from it as he navigates through the labyrinth that is high school. Standing on the fringes of life Charlie has a unique perspective of the world around him, but there comes a time where he has to get off the sidelines and see what life is like on the dance floor.



## TUESDAYS WITH MORRIE

by Mitch Albom

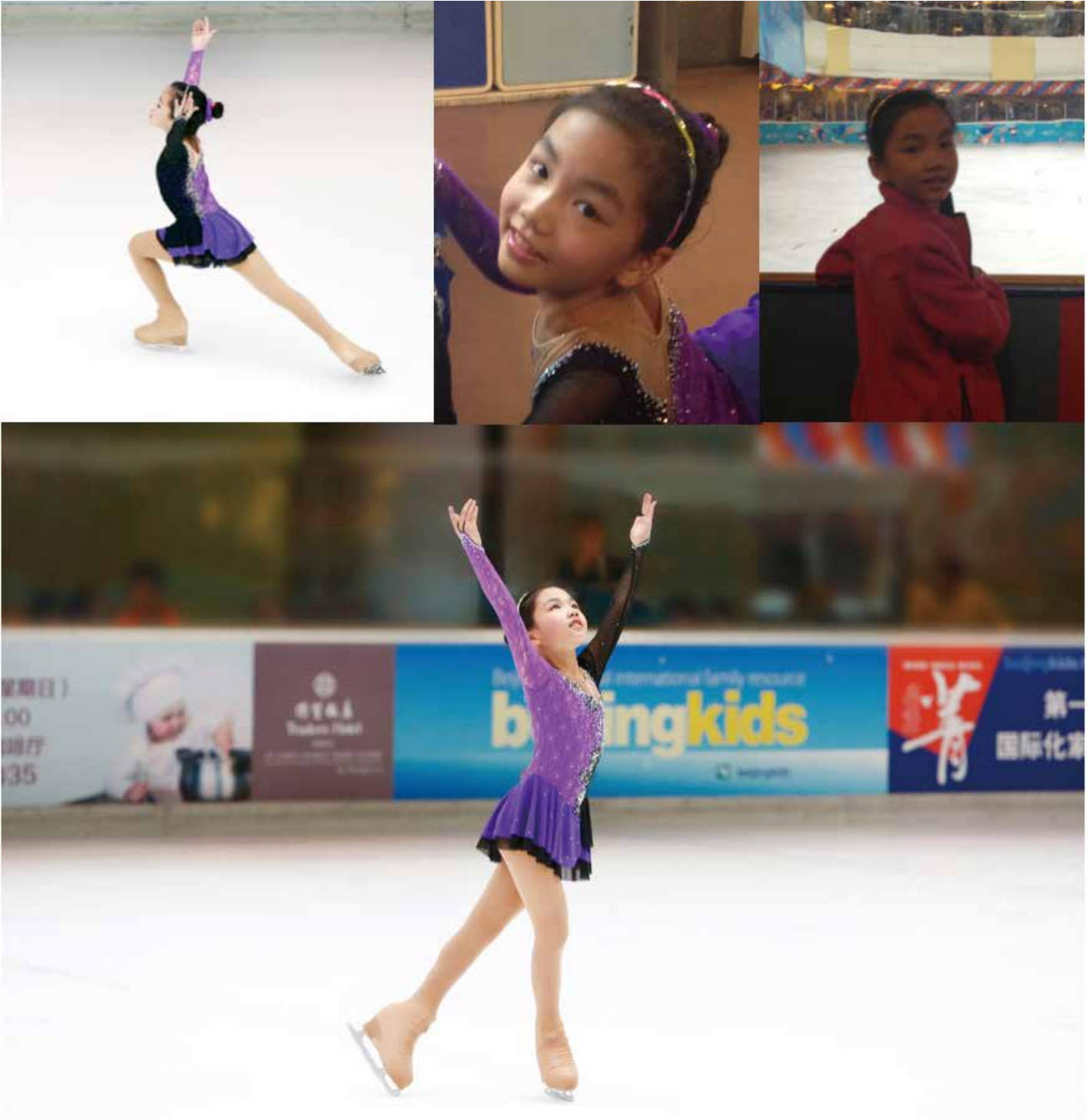
Maybe it was a grandparent, or a teacher, or a colleague. Someone older, or wiser that gave you sound advice, who understood you when you were young. For Mitch Albom, it was Morrie Schwartz, his college professor more than 20 years ago. Like many others, he lost track of his mentor over the years, but he got the chance to visit him one last time. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying of ALS, Mitch visited Morrie in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final 'class': lessons in how to live.



# On Thin Ice

Pursuing My Ice Princess Dreams, No Matter What

*By Anna Ren from Beijing City International School*



When you say 'ice skating', the words joy, playful, and friendship come to mind for most people. But I want to tell a different story – because skating can be much more than that.

For me, figure skating is neither leisure nor entertainment. I take it seriously. I began skating when I was four, and becoming a professional figure skating 'Ice Princess' has always been my biggest dream.

When I was in kindergarten and elementary school, mom and dad believed skating was a good way for me to stay fit and healthy and they drove me to weekly figure skating classes at the mall. The more I learned, the more time I needed to spend on the ice, but the ice rink was far away from my home and my parents had little time to drive me back and forth. When I went to secondary school, my parents believed that I shouldn't be spending so much time on skating. Instead, they thought I should only focus on my studies.

I explained to them that skating was not a hobby, but also helped me to forget my troubles. But they thought this was ridiculous, and I was just making excuses. My mom thought figure skating was my biggest distraction and forced me to stop. But I persisted in secret, spending four hours a day commuting between school, the ice rink, and

home. Sometimes I got hurt and felt tired, but I'd think of the little girl who wanted to be an Ice Princess and remember what it is like to go all out to pursue my dream. I did not let my mother know that I was skating until I had taught myself several jumps on my own, without a coach. After I mastered the sit spin, camel spin, axel, and double jumps, I made a short movie of myself and showed it to my mom. I'll never forget how impressed she was. She then started to realize that we have different mindsets and that I had not been making excuses – skating really is part of my life.

After that, my parents agreed to let me join one of the best figure skating clubs in China to pursue my dreams, where I still train today. But after taking my first class there, I realized a problem: I was much older than other skaters but my level was much lower than theirs. I began to train with professional figure skaters, but sometimes it hurt my self-confidence as those who were a few years younger than me simply ignored or laughed at me.

In the beginning, I frequently hear them talking in the dressing room, saying things like "Look at her! She is so much older than us, but she cannot even do those such simple moves!"; "She is not cut out for this!"; "She

is way too bad at skating!"; When I skated in group training, I was much slower than others, and even the teacher ignored me. The gap between us felt insurmountable. Worst of all, figure skating went from being something I was proud of, to something I didn't even want to tell others I could do.

Then one day, I saw a video on YouTube about an old lady in her 90s who still loves skating and even won an award. It changed my life. I was so impressed by her story and realized that it's never too late to skate and it is never wrong to pursue one's dream.

I began to train harder and I found out that there are many kids like me, who want to learn figure skating but are not recognized by others, or are afraid of starting too late. For these reasons, they have lost sight of the beauty and essence of skating.

After going through this experience, I have gained a deeper understanding of myself. Of course, I know that I am far from reaching my goal of being a professional Ice Princess, but skating is a true passion of mine, and I will never stop loving it. Just like I strive to become a better skater, I hope more girls will strive to fulfill their dreams, and face the world more confidently, stronger and more optimistically.

## *Hit the Ice in Beijing at These Indoor Rinks*

### **Le Cool Ice Rink** 国贸滑冰场

Skaters and shoppers alike can get their fill at this small indoor rink in the World Trade Center. This rink can get pretty full with Dorothy Hamil wannabes over holidays and weekend afternoons, so go during off-peak hours or be prepared for lots of people. RMB 120/150 for a 40-minute private lesson. Weekdays: RMB 30 for 90 min (10am-6pm), RMB 40 for 90 min (6-10pm). Weekends: RMB 50 for 90 min. Skate rental included.

Mon-Sat 10am-10pm, Sun 10am-7pm. B2/F, China World Shopping Mall, 1 Jianguomenwai Dajie, Chaoyang District. 朝阳区建国门外大街1号国贸商城B2楼 (6505 5776, lecool@cwtc.com) www.lecoolicerink.com

### **All Star Ice Rink** 全明星滑冰俱乐部

This 800sqm ice rink is conveniently nestled on the first floor of Solana Mall. While it's ready for professional competitions, it's also perfectly suitable for leisurely skating. Coaches from the Chinese national skating team offers classes for kids. Private lessons (Chinese only) are RMB 135/40min. RMB 30 (weekday), RMB 50 (weekend).

Daily 10am-10pm. 1/F, Solana Lifestyle Shopping Park, 6 Chaoyang Gongyuan Lu, Chaoyang District. 朝阳区朝阳公园路6号蓝色港湾国际商区首层 (5905 6328)

### **Champion Skating Rink** 冠军滑冰场

RMB 30 (10-11.30am) weekdays for 1.5 hours, including skate rental, RMB 40 (11.30am-5pm), weekdays after 5pm and weekends RMB 50/1.5 hours. RMB 10 more for every additional 30 minutes. Daily 10am-9.30pm. B2/F, Jinyuan Shopping Mall, Yuanda Lu, Haidian District. 海淀区远大路金源购物中心地下2层 (8887 4899)

### **Century Star Club (Capital Indoor Stadium Ice Rink)** 世纪星滑冰俱乐部

Though slightly smaller than a regulation-size skating rink, this club offers skating lessons for those less proficient on the ice. Private lessons RMB 300/90min; group lessons start at RMB 75/90min. Hours vary each day; call or check online for open times. B/F, Capital Gymnasium, 54 Zhongguancun Nandajie, Haidian District. 海淀区中关村南大街54号首都体育馆 (6834 6346) www.centurystar.com.cn





# *FASHION* **FORWARD**

*"I Wear What I Want"*

*By Linda Huang from Beijing City International School*

At some point in our lives, we have probably all been criticized for the way we dress, or told that there is only one way that beauty should be expressed.

When I was in Grade 7, I felt very uncomfortable wearing crop tops and booty shorts in public because I felt like those weren't clothes that people in Beijing would typically wear. I could feel people eyeing my body while walking down the street in these clothes, the kinds of clothes that people would call "too revealing", or imply such messages through

their judgmental glares.

Having lived in Beijing for 16 years now, I understand exactly why some young girls and women feel uncomfortable and judged whenever they go out wearing clothes that don't seem to fit in with what everyone else is wearing. In China, women's fashion has always been more conservative than that of western countries. You often find young Chinese girls and women wearing oversized t-shirts, baggy pants, and non-body-con shorts. Meanwhile, tank tops, tube tops, mini skirts, or anything

that shows too much skin or accentuates one's figure too much are historically frowned upon in this country.

While I do acknowledge that modest and conservative dressing is deeply rooted in China's culture and tradition, I believe that being able to express ourselves through what we wear, and to portray an image we wish for the world to see is a choice we should be able to make. And I'm not the only one, many other teenage girls in Beijing feel the exact same way.



Delphine Q., a Singapore-born girl who's lived in Beijing for quite a long time has experienced this first hand. "When I'm in Singapore, I tend to feel very safe, so I'm comfortable with whatever I wear. Beijing is a huge city, but I don't think everyone in Beijing knows how to view fashion because they tend to have a very traditional mindset on what fashion is. Sometimes I can feel that there are people on the street looking at me like I'm a freak because of how I dress, but I don't really care since it's my own style and I like it."

Emily S., a 16-year-old teenage girl who used to live in Beijing, but now attends a boarding school in North Carolina, US expresses how she views fashion in Beijing. "In many places in Beijing, especially where I live [Haidian], where traditional Chinese cultural heritage is more well preserved, it's even harder to walk around wearing skimpy clothes because people really do stare a lot. For example, if I wanted to wear spaghetti straps, it's just not possible around my area."

But not all are examined under the same judgmental microscope; there seems to be a rigid fashion stigma targeted mainly towards

women of Asian heritage. The older generation in Beijing tends to think it is completely fine for westerners to wear skimpy and body-hugging clothes in public, while Asian women are often criticized when doing the same thing.

This is perhaps why Chichi S., who is Zambian, and Mayank S., who is half Swiss and half Indian, both believe that Beijing is an inclusive city for fashion. "I feel like people in Beijing are pretty expressive with what they wear," explains Chichi, "and that encourages me to be expressive with what I wear and my style because I don't feel alone, and I don't feel like an outcast."

When describing her fashion experience in Beijing, Mayank says, "I feel comfortable presenting myself through my fashion in Beijing. Large cities, in general, are great for wearing what you like, not only can you really express yourself, you can also find inspirations in the personal style of everyone you cross in the street."

But it's not just about the amount of skin you show. Another common fashion stereotype that is deeply embedded within the Asian fashion industry is the disparagement of plus-

size models. Many Asian media still portrays skinny as the only form of beauty, but the truth is, beauty has no limits.

"Some people simply are just plus size because that's how they are built. Some can't change that no matter how hard they try because that is just how they are," explains Chichi, "however, the fashion industry completely excludes them by hiring skinny models and not everyone can obtain that kind of body."

As I become older, my insecurities towards my fashion aesthetic have gradually ceased, because I believe that fashion is a very subjective matter and that each individual feels different about it. Although people still stare at me when I walk around in Beijing wearing skimpy clothes, I'm confident enough to realize that I am only presenting myself, and that when I am happy with what I'm wearing, other people's opinions don't matter.

Fashion should be something one uses to express themselves, not feel oppressed by. And cultures and traditions shouldn't take away our rights to express ourselves as the people we want to appear to be. Perpetuating historical values is important, but preserving and understanding history while having an open mindset that tolerates different fashion aesthetics is what we should all aspire for the people living in Beijing, and every other part of the world.





# NO MEAT, *No Problem*

## Beijing's Best Vegan Hotspots

By Ashley L. from Dulwich College Beijing

Whenever people find out that I've been a vegan in Beijing for almost three years now, they are taken aback. "How do you manage to go vegan in China?" is a common question that's always thrown my way. The way I see it is, no matter where you are, you will inevitably face some sort of complication as a vegan. However, on the bright side, the vegan community is constantly growing all over the world, and food companies are seeing the need to increase their production of vegan replacements.

There are so many environmental and health benefits to veganism.

According to BBC, vegans scored a 32% lower risk of cardiovascular disease. This is because vegans generally have lower body mass index, lower blood pressure, and better cholesterol levels than non-vegans. On the other hand, just like any other long-term diet, increasing or lowering your risk of disease depends on how balanced your diet is, and what foods you eat. Luckily for us, Beijing is a diverse city that is capable of embracing everyone and their own special dietary needs. Here are a few of my favorite vegan hotspots in Beijing that I have discovered over the past few years, from luxury dining to affordable.

### GUNG HO! (¥)

Located in Sanlitun, Gung Ho! is only a 5-minute walk to Taikooli. They are famous for their vegan pizzas created by their home-made vegan cheese. What I love about this restaurant is that they really focus on serving sustainable and healthy delicious meals, such as probiotic cocktails, sustainable wines and organic teas and coffee.

Gung Ho! is a place I often go to before I hit the shops in Sanlitun, and all my friends enjoy eating there because everyone is able to eat freely based on their own diet. The Grilled 'Tricken' Burger (RMB 45) with caramelized onions with veggies tastes so real that I even had to ask the waiter to make sure the patties were vegan. The buns were soft and fluffy, and it's mess-free to eat. The Black Truffle Vegan pizza (RMB 109) does not disappoint. The truffle sauce elevates the palate and the pizza and for the first time I didn't mind the mushrooms on the pizza. Although the vegan cheese doesn't stretch the same way traditional cheese does, I could've easily asked for seconds. I also decided to try one of their vegan dessert options, which was the Apple Crumble (RMB 35). The mango sorbet paired well with the crunch of the granola; however, the apples were slightly on the sour side.

This restaurant is perfect to bring your non-vegan friends, for there are meat and vegetarian options on the menu as well. Look for the ♥ sign on the menu for any vegan options.



**Cuisine:** North American/European

**Dresscode:** Casual

**Address:** Sanlitun, 2 Gongti East Road Unit 101, Building 3, China View Building, Chaoyang District

朝阳区工体东路中国红街3号楼(Chao酒店对面)

**Ph:** 8587 1663



## Moka Bros (¥¥)

Tucked away on the ground floor of Nali Patio, between Taikooli North and the 3.3 Mall, Moka Bros is a hip restaurant that is always somehow filled with the prettiest people in Beijing. This chain restaurant can also be found in other various locations scattered in Beijing.

Moka Bros is a perfect place to bring any of your friends, for they will definitely be satisfied. Despite being a person that usually dislikes eating eggplant and zucchini, I was keen to try their Moroccan Power Bowl (RMB 75) which contains both. For the first time, I enjoyed eating eggplants and zucchini. The curry and tahini sauce coated everything including the tofu, and the crunch of the cashews added a lovely touch to the brown rice power bowl alongside the added element of kale. With the Hummus (RMB 35) dish, you will get a generous amount with corn chips, celery and carrot sticks. The hummus is topped with olives, peppers, and jalapeños to add some spice into the mix.

Just like Gung Ho!, this is a perfect place where you and your non-vegan friends can meet. Many vegetarian or meat containing dishes can easily be 'veganified'. Make sure to order at the cashier, and the food usually comes extremely fast. However, if you go here in the summer, I suggest you eat the food as quickly as possible since their air conditioning can be intense! The food portions are huge and happy hour is from 4-8pm. Enjoy!

**Cuisine:** International

**Dress code:** Casual

**Address:** Nali Patio D108 South building, NO.81 Sanlitun Beilu, Chaoyang District 三里屯北街81号那里花园1楼

**Ph:** 5208 6079

## King's Joy (¥¥¥)

Located next to Wudaoying hutong and the Lama Temple, King's Joy is a 2-star Michelin restaurant serving strictly vegetarian and vegan restaurants. Just like any other Michelin restaurant, you're also paying for the atmosphere.

At King's Joy, with every dish that is served, your server will always give you a short explanation of the dish. With the RMB 699 set menu, we were given at least six courses. We started with an appetizer with three different components. They were able to combine the Asian palate of dragon fruit dyed lotus root with the European palate of crunchy garlic bread.

The finely sliced tofu and vegetables were cooked in a way that preserved their natural flavors, and the faux meat was made of marinated mushrooms which tasted very similar to traditional Chinese marinated pork. A dish that particularly stood out to me consisted of peach sap jellies, which contrasted well with the crunch of sliced celery and Chinese lily bulbs. The unconventional reconstructed 'Peking duck' wrap was very creative and was paired with a fried dough twist, and dessert was an assortment of traditional Beijing snacks. The whole lunch service lasted around two hours.

Although King's Joy definitely isn't an everyday casual dining experience, it's nice to dress up and enjoy Michelin level vegan food with your friends and family once in a while.

Notes: Although the dishes are all vegetarian based, just inform the server you're vegan and they will easily find replacements for you. Lunch is the only time when the restaurant offers both à la carte and table d'hôte (multi-course meal menus charged at fix price). Afternoon tea and dinner only offers table d'hôte starting from RMB 699. Regardless of what you order, you will also be charged with the additional 10% service fee. Make sure to reserve your time a few days in advance as it's very popular.



**Cuisine:** Asian

**Dress code:** Business casual.

Don't show up in sweatpants!

**Address:** 2 Wudaoying Hutong, Dongcheng District

东城区雍和宫五道营胡同2号

**Ph:** 8404 9191

¥: RMB 50 and under per person

¥¥: RMB 100-300 per person

¥¥¥: RMB 400-1,000 per person



# The Teenager's Guide to Beijing Street Food

Eating My Way Around the City, One Food Cart at a Time

By Nika F. from Canadian International School of Beijing

Whatever part of the world you're from, there is certainly some street food that's iconic to your city. Street food is a great way of experiencing local culture, as it is the raw representation of a people's cuisine which hasn't been glossed over by fancy venues or high prices. Here in Beijing, as the capital of such a large country, many of the city's iconic street foods originated from other diverse parts of China. Whether you're just coming to Beijing, or have been here for years, I certainly recommend stepping away from the familiar and trying new street foods.

## CHUAN'R 串儿 chuàn er

This is for all of the meat lovers out there, although it can also be made with vegetables. Chuan'r is most often made with, but not limited to beef, lamb, chicken, or even tofu and various vegetables like sweet potatoes and corn. Chuan'r originated in Xinjiang and was made primarily with lamb. Every chuan'r stand will have their own secret blend of seasoning but in general, they tend to taste heavily of cumin.



## YOUTIAO

## 油条 yóutiáo

*Youtiao* are sticks of deep-fried dough, which are often served savory but can also be sweet and are a widely loved breakfast food throughout China. In Beijing specifically, you can find it at stands around the city, although they are quite hard to find if you're a late riser, as most restaurants or food stands that serve breakfast food usually close around 9am.

## CANDIED FRUITS

## 糖葫芦 tánghúlu

From talking to friends, *tanghulu* seem to be the most Beijing popular street food for dessert or just as a snack. *Tanghulu* is fresh fruit on a stick coated with a crunchy layer of caramelized sugar, and is amongst the easiest street snacks to find. I've seen it nearby almost every temple or park I've been to. The taste of this delicious food is very, very sweet so it works great to satisfy that sweet tooth. The fruits used range from the classic hawthorn berry to grapes, strawberries, and pineapple.

## JIANBING

## 煎饼 jiānbǐng

*Jianbing* is one street food that has a lot of variety in terms of flavor and is basically a savory fried crepe typically made with delicious fillings like hoisin sauce, fried egg, a crispy wafer, cilantro, cumin and chili powder. When at a *jianbing* stand, the chef often has multiple batters and ingredients for you to choose from. Then, as the customer, you can make some requests, such as asking for your *jianbing* to not be spicy or add in additional eggs or sausages. It's one of the most iconic Beijing street foods that can easily be found all over the city.

## BAOZI

## 包子 bāozi

Finally, steamed buns or *baozi* are the Beijing street food which can be the most customizable in terms of filling. The base dough is often made using white flour, milk, water, yeast, and oil. Then, the seller will steam the buns after adding a filling inside. Classic breakfast options are pork buns but when it comes to *baozi*, there are no limits to what you can fill them with. Any type of meat or vegetable *baozi* can be found at street stands around the city, and if you happen to venture into a local dessert shop, there are plenty of dessert buns filled with things like sweet custard or red bean paste that are just waiting for your to discover.



# Turkish Delights

TianTian and FeiFei Xu's First  
(But Definitely Not Last)  
Bite of Turkish Cuisine

*By TianTian Xu from Western Academy of Beijing*





After nearly seven months of eating mostly my dad's home-cooked meals, I was dying to eat out. There are so many food choices in Beijing, so I didn't expect that the first restaurant I'd walk into would be a Turkish one. I'd never eaten Turkish food before, we were still worried about the pandemic, and my dining companion was my equal parts picky and paranoid 13-year-old sister. When we sat down, I got a little bit more worried when I saw no pictures on the menu and a lot of words I didn't recognize. But, when the food came, all our worries melted away.

First came the appetizer. They call it the mezze plate (RMB 98), but it looked like a painter's palette with three generous bowls of colorful dips. The familiar hummus, made from chickpeas, tahini, lemon juice, and olive oil, was so good that even if I ate nothing else after it, I'd leave a satisfied customer. The spicy mezze, so red you might be afraid to touch it, was mild enough that even someone with my low spice tolerance could enjoy the tomato and pepper mixture. And the Turkish carrot tartare was a surprise. The texture felt more like a salad than a dip, with its shredded carrots folded into a cooling homemade yogurt sauce. Though the mezze plate comes with a basket of warm bread, we soon found ourselves eating it directly out of the bowls with a spoon.

Then came the Pide and Adana kebabs. Pide (RMB 98) is a crispy, deliciously cheesy, elongated version of the pizza, divided into four sections and respectively topped with spinach, beef, cheese, and Kiymali, a kind of ground meat. The beef section was our favorite and my sister tried to steal my slice.

The assorted kebab plate (RMB 98) was the perfect introduction to Turkish meats. Contrary to what the name suggests, Adana kebabs do not come on sticks. Instead, the slices of beef, chicken, and lamb are laid out on a platter. The chicken kebab was so tender you hardly even had to chew it. The two of us wolfed it down, despite our promise to save a bite for our dad when he came to pick us up.

But it was the lamb that blew us away! The Turkish styled lamb (RMB 108) is slow-cooked for five hours before being covered in an array of spices and served with a special Turkish rice called bulgur pilaf. The outside skin is deliciously crisp and salty, pairing excellently with the tender meat and rice. I never appreciated the phrase "the meat came right off the bone" until our server took the lamb leg in one hand, a spoon in the other, and separated tender meat from bone in one smooth stroke.

We were in food heaven.

The food was so good that a regular diner even stopped by our table to say that, as someone who's lived in Turkey for four years, this was the most authentic Turkish restaurant in Beijing and that he'd been coming here almost every day since he discovered it a couple of weeks ago.

Because that's what good food does: it connects people. Restaurant manager Muhammet Annayev's dream to study abroad first led him to



Beijing from Turkmenistan, and he then entered the restaurant business with a friend to bring Georgian cuisine to China. After the success of his first restaurant Georgia's Feast, he decided to branch out and start Turkish Feast to introduce authentic Turkish food to Beijing in a combination of fine dining and family-friendly eating.

The restaurant struggled during what Annayev called the "four horrible months" of the COVID-19. He returned alone to Beijing after the spring break to keep it open while his family remains in Kazakhstan, where they had to celebrate his youngest son's second birthday without him.

It is because of the sacrifices made by restaurateurs like Annayev and countless dream-seekers like him that we don't need to leave our homes but can still travel the world, through the diversity of food in our own city.

Thanks to them, we can afford to forget about the pandemic (even if it's just for a few hours). That's the power of a good meal. Even my little sister understood that. She said it so well: "For a second I thought everything went back to normal."



### Turkish Feast

115, 1/F, Shang, 20 Xinyuan Xili, Chaoyang District  
朝阳区新源西里20号金尚一层115号  
(6468 8321)



# “That’s Not Bing! It’s Roti!”

Good Food is Good Food no Matter Where You’re From

By Pranav Sundararajan from Beanstalk International Bilingual School

If you cross the Himalayan mountain ranges you will eventually arrive in India, my home country. Despite being connected by land, the presence of these imposing, snow-capped Himalayas has made contact between India and China limited throughout much of history. As a result, Indian and Chinese cultures have grown and developed without much interaction or influence with each other, and so have their food and culinary practices. Today, however, Indian food and Chinese food are some of the most recognized and well-known cuisines around the world.

Having lived in China since I was one year old, I consider myself very fortunate to have stayed connected to my native Indian food. While living in Beijing, I have not only been able

to try the famous and recognizable dishes like *samosas* and *palak paneer* but also regional delicacies like *rasgullas* and *dosas*. Residing in China has also given me the opportunity to travel around the country and explore the regional diversity of Chinese food as well. Contrary to popular belief back in India and even globally, not all dishes here have meat or use some sort of animal product. There are a variety of Chinese vegetarian dishes, like tofu flavored in hot spices (麻辣豆腐, *málà dòufu*) and sautéed spinach with peanut (菠菜花生, *bōcài huāshēng*).

And I was amazed when I found a few culinary delights here to have similarities with what I can find back in India. Though they differ in flavor and taste, the visual looks and preparation techniques of these dishes have many similarities.

## Biryani vs. Chinese Fried Rice

*Biryani* has to be up there with one of my favorite Indian food items; hearing the word itself gets my mouth salivating. It’s a long-grained rice dish first flavored with spices and condiments (such as saffron, nutmeg, cardamom, and bay leaves) then layered with meat, vegetables, and a thick gravy. The word ‘*biryani*’ is derived from a Persian word, *birian*, which means ‘fried before cooking.’ It’s similar to the popular fried rice (炒饭, *chǎofàn*) we get here, which is cooked rice that is stir-fried in a wok pan along with other ingredients like eggs, vegetables, seafood, or meat. Both of these rice dishes are savory, but both also have many variations within geographical regions, mostly with regards to the type of spices, condiments, meat, and vegetables that are used and added.



## Idli vs. Osmanthus Cake

There's more to traditional Indian staples than your *naans*, *paranthas*, and *chapattis*. Within specific states and regions in India, you get different, lesser-known, staples. One of them is the humble *idli*, a dish most common and widely found in South India, where I come from. It is a circle-shaped rice cake that is usually eaten for breakfast in South India, made by steaming batter consisting of lentils and rice. Now, I never thought that a Chinese dish would resemble *idli* until I first tried an osmanthus cake (桂花年糕, *guìhuā niángāo*). I remember ordering them for the first time at Yuxiang Kitchen to cool my tongue after a heavy, spicy meal of Sichuan food. I was astonished that a triangular-shaped idli-looking dish was brought to my table. Expecting it to also taste savory like *idli*, I was surprised when it turned out to be slightly sweet. Sans the shape, both *idli* and osmanthus cakes look almost visually the same with their white exteriors and soft textures. Both dishes also utilize rice in their preparation. However, the *idli* is always round and the osmanthus is usually found to be in the shape of a rhombus (diamond). The flavors vary too; as mentioned above, *idli* is savory whereas osmanthus cakes are sweet.

## Roti vs. Bing

*Roti* (also known as *chapati*) is a round flatbread commonly found in the Indian subcontinent (the geographical region that is made up of India, Pakistan, Sri Lanka, Bangladesh, Nepal, and Bhutan). It is made from wholemeal, unleavened flour, which differentiates it from other Indian breads like naan and parantha. Being a casual food and a regular accompaniment to meals, I draw comparisons between rotis and the local *bing* (饼, *bǐng*). *Bing* is a flatbread made from wheat flour, and like *roti*, is also unleavened. The flavors can be different though; it's common to roll up bings and add toppings like spring onions to them, while *roti* is a plain, staple accompaniment that you eat along with meat and vegetable dishes.

## Ela Ada vs. Zongzi

*Ela ada* is an Indian sweet dish, a traditional delicacy from Kerala, my home state of India. It consists of rice parcels enclosed in a rice flour dough along with sweet fillings and then steamed in a banana leaf. It is eaten usually as an evening snack or as part of breakfast. It draws a small likeness to the *zongzi*. *Zongzi* is also a traditional delicacy here in China, consumed usually during the Dragon Boat Festival (端午节, *duānwǔjié*). Like *ela ada*, *zongzi* is also a rice dish but made instead with glutinous rice instead of rice flour. A *zongzi* is also stuffed with various kinds of fillings, from red beans to pork, and then covered with bamboo leaves. However, while the *zongzi* can be either vegetarian or non-vegetarian, an *ela ada* is a purely vegetarian dish. Moreover, a *zongzi* can either be savory or sweet, whereas an *ela ada* is almost always sweet.

## Baingan Bharta vs. Red Cooked Eggplant

Eggplant is a tricky vegetable to cook. But an eggplant dish that is perfectly seasoned, uses the right amount of oil, and incorporates strong spices and sauces will always be satisfying to cook and eat. To me, no dish shows off this vegetable better than *baingan bharta* (mashed eggplant). Originating from the state of Punjab in India, *baingan bharta* is minced eggplant that is grilled to perfection over a charcoal fire, giving it a smoky flavor. The smoked minced eggplant is then cooked with vegetables and aromatics, such as chopped tomato, caramelized onions, ginger, garlic, and cumin. When I first tried Red Cooked Eggplant (红烧茄子, *hóngshāo qiézi*), it instantly reminded me of *baingan bharta*. In a Red Cooked Eggplant dish, the eggplant is also grilled until smoky and crispy. After grilling, the eggplant is also cooked in a rich blend of garlic, chilies, scallions and other vegetables and aromatics. The flavors are slightly different, with the Red Cooked Eggplant being a bit sweet and making stronger use of garlic than *baingan bharta*. Nevertheless, both are extremely delicious!



# Badminton Bases

The Sport That Transcends Age, Culture, and Diversity

*By Yoko L. from Dulwich College Beijing*



Take a stroll around any one of Beijing's many parks or residential compounds, and you're sure to see people playing badminton. Although it was originally developed in England, badminton is not exceptionally popular there as it is considered a variation of tennis by some. There have even been debates about whether it actually counts as a sport or not, which is why some may not have heard of it. On the other hand, badminton is very popular in China and many of the best-ranked badminton players in the world are Chinese. Many well-known competitions like the Olympics even include badminton events. It is also a lot of fun and you can play it pretty much anywhere.

Some good locations to play badminton around Beijing are in local parks, where it is easy to meet up and hopefully stay out of range from lakes or ponds; tennis courts, if you don't mind the low nets; larger backyards; and of course dedicated badminton courts.

Around two years ago, when I was only just starting to play, I was invited by my cousin to play against him. It was the first time I had

ever seen the interior of an indoor badminton court. It had a lot of nets placed in rows, and there were younger children playing and shouting whilst adults were taking their practice very seriously. Although he is a year younger, my cousin was already a better player than me, which was thoroughly annoying, and was the main reason I was so determined to keep practicing. They say that competition is healthy, and well, my cousin and I have that in spades!

One advantage of badminton is that it is easily accessible and enjoyable for many people. It does take time to learn specific tricks and helpful tips that will make you win more often, and quick reflexes do come in handy, but in general, you don't have to be good at sports to be successful at badminton, the only thing you need is to be ready to have fun.

If you are eager to learn and improve, I highly recommend you give badminton a try. Take a risk, get out of your comfort zone, and meet some new friends along the way.

# PAST THE BLOOD AND SWEAT

## Knocking Down Cultural Barriers Through Sports

By Jack H. from Harrow Beijing

People of many different races, religions, cultures, and languages are all sharing the same planet but despite their differences, they are brought together by sports, playing alongside each other and competing side by side.

I have always had a passion for badminton, and would watch badminton matches whenever important tournaments came up. On one memorable evening, I was astonished by a surprising sight displayed on TV. It was a game between two legendary badminton players, Lin Dan and Li Zhongwei, well-known Olympians with fans all over the world. The two players have been opponents across the net for 10 years. The game started out perfectly normally, and after a breath-taking few minutes, Li won the game. Then an incredible scene occurred: Lin went over and slapped Li on the back and congratulated him with genuine happiness.

I was stunned! They had been opponents for 10 whole years. Moreover, they were playing for their country, so I thought they should be competitive and not celebrating each other's victories. However, the more I thought about it, the more it made sense.

I realized that when people have been opponents in sports for a long time, they tend to form bonds and friendships that outsiders might not understand. Sometimes these bonds and friendship are what counts after a long grueling match. And it's not just badminton that makes bonds: basketball, football, and any other sport also have the same results.

So, why do people form these bonds? How could opponents with different languages, cultures, and lifestyles become friends? The answer is simple: athletic spirit.

It's the athletic spirit that brings people together. No international athletic tournament is just about a sports competition, they are also

times when people can exchange ideas and build relationships. Moreover, unlike what most people might think, bonds are not always a bad thing when it comes to a game or a show, as they provide strength and good entertainment as well.

Sports can bring people together, and it can also open your eyes. Athletes are seen overcoming their cultural differences all the time. It seems to me that when Westerners play a sport, their main priority is to feel relaxed and enjoy themselves whereas when Asians play sports, they tend to focus more on winning the game rather than enjoying it. However, there is no right or wrong in this matter, there is only a difference between cultures.

In 2017 when NBA star Jeremy Lin was called out by fellow player Kenyon Martin for having dreadlocks, a typical Black hairstyle, Lin's response was one that exemplified embracing cultural diversity in sports. Posting on Twitter, Lin said "It's all good, you don't have to like my hair and definitely entitled to your opinion. Actually I legit grateful you sharing it tbh. At the end of the day I appreciate that I have dreads and you have Chinese tattoos bc I think it's a sign of respect. And I think as minorities, the more we appreciate each others' cultures, the more we influence mainstream

society. Thanks for everything you did for the nets and hoops... had your poster up on my wall grownin up [sic]"

Sports is about bringing people and nations together. It's these cultural differences in sports that can make you realize your mistakes and fix them in the nick of time. I hope for a better society that takes the good from each others' cultures and excludes the bad. It will take time to get there of course. However, I know that we as students can achieve that someday.





# Diversity Through Art

Students From  
Dulwich College Beijing  
Express How Much  
Diversity Can Be Found  
Under One Roof

By Sierra T.

from Dulwich College Beijing



**Chloe W. (Age 16, Year 11)**

This artwork is about the changes in architectural design in China and the juxtaposition of traditional Chinese structures and more Western-style skyscrapers.



**Justin K. (Age 16, Year 11)**

This triple portrait shows three boys from different cultures brought together by hobbies and shared interests.



**Rino F. (Age 16, Year 11)**

This piece shows how in some ways, students wear a mask to protect their own feelings and identity.



**Mia M. (Age 18, Year 13)**

I have Finish and Mexican parents so I made this art piece that shows traditional Finnish embroidery patterns and Mexican ceramic patterns.



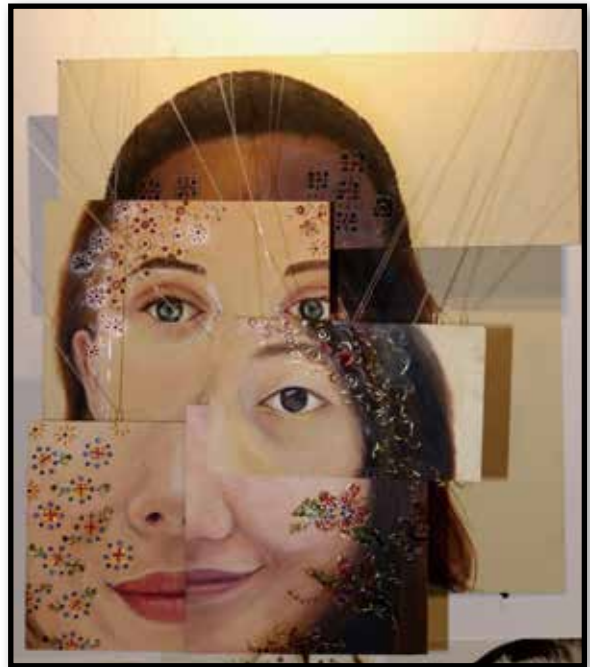
**Emma G. (Age 18, Year 13)**

This piece is about the advances of technology and digital communication in Chinese culture. I carved binary codes (10) into a traditional Chinese stamp and repeated a stamping technique to create an image of a microchip.



**Henry K. (Age 17, Year 12)**

This piece combines traditional Korean cultural patterns with ghosts to show the Korean War of the past.



**Sarah S. (Age 18, Year 13)**

This portrait shows one face made up of different parts of faces of students from different cultures. There is also a pattern made from jewels attached to the faces.





# #MODERNTEENS

## Social Media: Is it Helpful, or Harmful to Teenagers?

By XueFei Liu from Beijing City International School

Nowadays, phones play a huge role in our lives. Just how many times have you heard your parents say "Put down your phone!"? It's true, we basically live on them, using them to order food, study new vocabulary, chat with a friend, and even just scroll through Instagram when we're bored. "I'm probably on it 60% of the time I'm awake." 16-year-old Kyiesha M. says.

But although phones can be distracting, I believe that they can actually help teens socially, academically, and also raise their awareness of the world.

First of all, phones are essential for staying in touch with our friends and loved ones. We all know that notification sound, where your phone lights up and it shows that someone has replied to your last text. And you'll probably drop everything to pick up your phone to type a reply. But didn't you just see that person at school today? In this situation, maybe phones are over-used. However, they are essential for keeping up long-distance friendships that you wouldn't want to fade. As 15-year-old Stella S. says "since I'm from Korea, it's hard for me to communicate with my Korean friends, but social media allows me to keep in touch with them."

When it comes to academics, many parents believe that phones are actually distracting you from achieving better grades. But this isn't completely true, as some students use their phones to memorize and takedown vocabulary for their next test. As Kenji K. says, "I can look things up and use WeChat to ask my

classmates questions regarding a task." These smart actions with social media can actually help teens in their studies.

What about current affairs? Some people believe that students are too involved in their phones to know what's going on in the outside world. On the contrary, Michelle Z. says that "looking at the People's Daily official account on WeChat can raise my awareness of things happening around me since I don't have time to watch the news on TV". Since we are living in a busy city, why not use time on the metro to scroll through your phone to look at the news?

Even though I believe we're living in a time where phones are generally good for teens, there are still problems associated with constantly staying on your phone. Linda H. admits that "even though I use it to study, social media apps do distract me and cause me to procrastinate a lot." And Alex C. points out that "there is also some fake news out there which can confuse us."

So what should you do? Stop looking at your phone or stay on it regardless? Actually, this is where parents come into the mix. With the help of an adult who knows more about the world than you, they can provide you with the reliable news accounts and also help you structure your screen-time, with a password you don't know, so you can stay on track while actually studying with the help of your phone. You don't have to quit all of your social media, but instead, use it in a smart way to benefit you.



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# Waste Not, Want Not

One Student Looks Back at Her Journey to Sustainability

*By Chloe Chang from Western Academy of Beijing*

Community is a flexible concept. For example, I belong to a community of people from different cultures, but who all care for the environment, and who refer to ourselves as environmentalists. Being an environmentalist is not what you say but what you do: it's a kind of attitude that keeps us living for a certain lifestyle standard that will protect the environment. But just like the others in my community, I didn't start off behaving, or even thinking, like one.

When I first stepped into high school, I didn't expect myself to become so passionate

about this topic. It wasn't until our annual Global Issues Conference, where I joined a workshop that discussed environmentalism and started to think about this issue from a different perspective. I realized that I was originally so overwhelmed by this subject, including climate change, air pollution, deforestation and more, that I thought it was out of my reach. I learned that environmentalism is really about how we live our daily lives: from recycling to composting to doing things as simple and not binge shopping online. Sustainability is something we can do every

single day.

In my sophomore year, I was encouraged to start my own club, Zer0, at my high school to raise awareness of this issue. Our mission is to reduce the carbon footprint at Western Academy of Beijing (WAB), introduce eco-friendly resources, and educate our community. Now in the international school environment, students are strongly encouraged to join clubs and extracurricular activities outside of academics and truthfully told, part of the reason why I founded this club is to fulfill this expectation. However, as I became



the club leader, I found myself truly becoming more passionate. You know that one friend that criticizes you when you're not recycling, judges you when you don't print double-sided, and restricts you from using plastic bottles? Slowly through this experience, I have found myself becoming that person. Now, I am the one that persuades you to reduce waste, convinces you to bring your own shopping bag, or even teach you how to turn your food waste into compost.

It wasn't always easy though. Although it's fascinating to explore different cultures and understand different communities within an international school environment, the diversity of the student body also leads to differences in students' experiences and values. We didn't all grow up as environmentalists, learning about sustainability, or caring about green initiatives. So it was definitely a rough start for me to introduce this subject to the rest of the school. Nevertheless, I thought it would be a good idea to inspire others like how I was inspired before.

Ultimately, the purpose of Zer0 isn't to criticize anyone for not being an environmentalist or to repeat the information people are already aware of. Everyone has somehow heard about ocean acidification, loss of biodiversity, the nitrogen cycle and other issues that are seemingly impossible to change. Many of us are so overwhelmed by the scale of these problems that we feel so distanced from them and are sometimes even afraid to take action because they seem to be out of

our reach. I started this club, however, to introduce community-friendly ways to approach this concern. Instead of forcing everyone to join environmental organizations or donate to eco-friendly groups, I rather show them ways to continue their original lifestyles in a "greener" way.

Throughout the past three years, our club has been focusing on small projects instead of trying to reach for the ultimate goal right away, but in a short time we've already achieved a lot. Projects we have accomplished include presenting in the Global Issues Conference annually, setting up booths at the annual Rock in the Park event at WAB and charity bazaar, working with WAB faculty to improve the recycling system on campus, designing our own reusable organic bags and more. Specifically, we have also made a great connection with WAB's food supplier. They have now agreed to provide reusable cups to students who forget their water bottles to prevent them from buying plastic ones. Furthermore, they also now offer discounts to people who provide their own reusable cups for their drinks and reducing the selling of plastic packaging for food and beverages. Out of all our achievements, my favorite one is the solar-panel battery bank project. During my sophomore year, we partnered up with an outside company and designed our own battery banks that are able to recharge itself with any sort of light source. We offer custom name prints with multiple colors and have been selling them at different events



since then. In my senior year, we were also able to partner up with WAB's parent link, sharing our resources, ideas, and experiences with each other. Towards the end of my senior year, all environmental groups at WAB teamed up as the "Green Alliance." We shared our resources, ideas, and experience with one another. Excitingly, after winter break we were able to build our own WAB composting system on campus, run by our own alliance members and using food waste from the whole school.

Changing one's mindset can be difficult but not impossible. And sustainability doesn't need one person to do it perfectly; it needs everyone to do it imperfectly. Martin Luther King Jr. once said, "The time is always right to do what is right." We belong to this planet, not the other way around. And it is our job, as environmentalists, to help everyone understand that.





# Separating Masters from Novices

## Beijing Students Reveal the Winning Traits of a Brilliant Teacher

By Megan D. from Dulwich College Beijing

It's the time of year when we say goodbye to old teachers and welcome new teachers to our school. Especially as COVID-19 has driven many of our favorite teachers away, the school environment is sure to change, and in ways that we can't predict. We sit at home excited about our new classes, hoping we will stay with our friends, but then the anxiety kicks in. "What if my teacher doesn't like me?", "will I be able to keep up in lessons?", "will I get a good teacher?" With these questions running through my head, I got to thinking, well, what separates the so-so teachers from the great ones?

Good teachers help us get ready for our exams and build our education but amazing teachers teach us more than just what's going to be on our tests. They help us reveal our skills, teach us life lessons to prepare us for our future, and give us support when we struggle in and out of the classroom. The best teachers I've had always made me feel comfortable talking to them about issues outside of schoolwork and were very approachable and caring. What many students look for in an extraordinary teacher, is someone who they can relate to and reach out to, not someone who just teaches them the material they need to know for the course.

To find out more about what makes a great teacher, I surveyed a big group of my friends, asking them all the same key questions:

### "Think of a teacher you had who was amazing. Why?"

For this first question, my friends wrote "being able to listen to their students", "made me feel good about my work", "taught boring lessons in an interesting way", "and encouraged us to have our own opinions". However, the thing that came up in almost every answer was being able to have the right balance between jokes and actual schoolwork. Extraordinary teachers know how to incorporate a good amount of humor into lessons where students are still taught material.

### "Think of a teacher who was not so good. Why?"

The next question, I asked for the opposite and I received answers like "strict and boring", "impatient", "didn't listen to the class, we couldn't talk or interact", "too nice", "biased", "was only teaching us for the money". Students should feel like their teacher genuinely wants to teach the subject because they have an interest in it, not just for the money. Having a strict, boring, or impatient teacher just makes the lessons unenjoyable and makes us feel like we don't want to learn.

### "Write three words/characteristics to describe an amazing teacher."

Some characteristics that were mentioned for my third question included "funny", "kind", "energetic", and "supportive".

### "Is it better to have a teacher who is nice and funny, or strict but with good teaching methods?"

For my last question, 57% chose nice and funny and 43% chose strict.

In Grade 7, I had an amazing music teacher whom everyone adored. He absolutely loved music and made lessons so much fun with his hysterical jokes, but he still made sure we were efficient with our work. He was the reason why I gathered up the courage to audition for the musical in my first year at Dulwich College Beijing, then being the only Grade 7 who had a named role. The fact that he believed in me made me less insecure and ready to step outside of my comfort zone. It was then that I realized that teachers can make or break you. In my opinion, the one thing all great teachers have is passion. It is so important that the teacher enjoys the subject they are teaching, otherwise, how are the students meant to enjoy it? The passion that comes from teachers is contagious, it leaves an impression on the students which then changes their attitude towards the subject. Passion makes a difference.

### Think of a teacher you had who was amazing. Why?

Funny/ Humorous	10	Relaxed/ Lenient/ Cool	3
Kind/ Thoughtful/ Caring	10	Responsible/ Well-prepared	3
Understanding	8	Patient	2
Teaching is interesting and easy to understand	6	Easy to talk to	2
Supportive	6	Keeps us focused	2
Made it fun	6	Encourages us to have opinions	1
Passionate about subject	3	Listening skills	1

### Think of a teacher who was not so good. Why?

Too Strict/ Serious	8	Didn't listen to student	3
Boring	5	Could not handle the class	2
Teacher didn't want to be there	5	Too much homework	2
Not interesting/ Only read from books	4	Didn't let the class talk	1
Rude/ Impatient	4	Biased	1
Not willing to help	4	Gave bad grades	1
Not well prepared for the lesson	4	Not good at explaining things	3
Didn't understand the subject	3		

### Write three words/characteristics to describe an amazing teacher.

Funny	11	Hard working	2
Kind/ Caring	10	Passionate	2
Fun	7	Organized	2
Energetic	4	Young	1
Smart	4	Serious	1
Chill/ Cool	3	Interesting	1
Calm/ Patient	3	Happy	1
Helpful	3	Respected	1
Positive	2	Effectient	1
Outgoing	2	Supportive	1
Understanding	2	Articulate	1
Inspiring	2	Demanding	1
Responsible	2		



# Take It From Me!

Parenting Advice From a Child to the Grownups

By Martina C. from Harrow Beijing



**Newsflash:** parenting is a real challenge. Whether you are raising five-year-olds who don't yet understand anything or teenagers who are going through a rough adolescence, parenting is a full-time job, and a hard one at that. There's no such thing as a perfect parent, but in my opinion, there are some principles that every parent should follow.

## Trust

A child, no matter the age, wants their parents to be somebody they can confide in, somebody they can express their true feelings and sort out their problems with.

Knowing that your child can trust you is a huge accomplishment. If

a parent doesn't succeed at becoming their child's best friend, things can get pretty difficult, and I'm speaking from personal experience. The child will probably begin to sneak and lie about certain things in hopes that the parent won't care about what's really going on. If you, as a parent, continually make promises and fail to keep them, your child will start hiding things from you. And when your kid tells you that something is a secret, they mean it. You should also celebrate the moment because that means they trust you enough to keep the secret. If they send you a video of them singing for example, and specifically tell you not to send it to anybody else, it's pretty clear they won't want you posting it on your WeChat Moments.

It's the same the other way around. If you keep distrusting your child, regardless of whether they've given you a reason to or not, they'll start feeling annoyed and depressed because their own parents

PHOTOS: UNSPLASH

don't even believe them when they say something. Sooner or later, the child will begin to get into more and more trouble which is stressful for everyone. Nobody wants this for their child or family, so being there for your kid and becoming their accountable friend is one of the best things a parent can do.

## Room to Grow

Parents have to let their children have space for themselves, and respect their thoughts and privacy, even if they disagree with them. Of course, this rule doesn't apply if whatever your child is doing or thinking is actually dangerous or harmful, but if parents keep poking their noses into their children's personal thoughts, then they have a very good reason to tell them that it's 'none of your business'. When it comes to social media, you will probably be able to see everything they post unless they block you. Sometimes, they don't care because they're just sending pictures of them and their friends having a good time. But on other occasions, they are sending things that they only want their friends to see: personal things. Being an 11-year-old myself, I know that parents tend to ask their children about what they're posting, why they're posting it, and lecture about the consequences of the posts. They do that without realizing they're not respecting their child's privacy, and that they really are poking their noses into things that don't concern them. So if you want to have a good relationship with your child, you will need to learn to respect them for their choices and actions.

## Right and Wrong

Many parents think that everything they do is for their child's own good, and most parents support their kids if they think it's the right thing to do. But then again, different people have different perspec-

tives regarding the meaning of the word 'right'. The child's idea of the right thing to do might not be the same as their parents'. Because of this, some parents think they're supporting the kids and influencing them to do what's right, but actually they might be stopping their dreams. On the other hand, parents will also often guide their kids in their choices, because they have more experience than us children, and that's fine because it's true.

## Celebrate the Wins

Whenever your child achieves something, no matter how big or small, don't hesitate to congratulate them and perhaps even give them presents and rewards. This will make them more determined to achieve even greater things. When your child fails, don't scold them and make them cry. Instead, comfort them and try to see why they failed, then help them improve so they won't fail again.

## Show Don't Tell

Most importantly of all, be a good role model for your kids. Lead by example. You should not show kids any bad things they shouldn't do. For instance, it's common sense that children are not supposed to fight, but if their parents are fighting in front of them, they will be influenced into thinking that it's ok to fight, when it's not. Your kids always look up to you and try to do the things that you do, so setting a good example for your kids is a very important part of being a good parent.

Parenting in the best way possible is very difficult, and it will require a lot of different qualities. This short article is only a stepping stone on being a better parent to your kids, which is just my advice, but I hope that all parents and kids will try to improve themselves so that the entire family can be happy!





# BEIJING: A DIVER-CITY?

Two Students From Different Cultures  
Share Their Views on Cultural Diversity

By Sharanya T. from Dulwich College Beijing



## Ila B.

*Ila B. is a Year 11 student at Dulwich College Beijing. Originally from the UK, she has lived in multiple countries across the world and has been in Beijing since 2017. She is a keen writer and an Arsenal fan.*

### **What does cultural diversity mean to you?**

Cultural diversity is quite important to me because I know from experience that it is very alienating to be the odd one out. It's also especially important in order to achieve an all-inclusive environment.

### **How much importance does your school give to diversity? Is it enough?**

In my opinion, my school does not give much importance to diversity. It is not something that is discussed a lot or given a platform, it is mostly taken as a given that everyone feels comfortable with the diversity at the school, which is often not the case.

### **Have you personally witnessed or experienced cultural insensitivity during your time in Beijing?**

I have a close friend and we are the only two Indians in our year; we are regularly mistaken for each other and asked by teachers and students if we are sisters. However, we do not even look similar at all, the only likeness being our ethnicity.

### **Do you think Beijing's international school curricula put enough emphasis on cultural diversity? Why or why not?**

I don't think that Beijing's international school curricula puts any emphasis on cultural diversity as it is not something that is talked about

often enough by teachers or students. This is part of the problem, and I definitely think the topic of diversity needs to be taught to us, especially at a younger age.

### **Beijing is increasingly diverse. Do you think locals are appreciative of that?**

I can't say for sure if they're appreciative, but from my experience, I think that Beijing locals are pretty unfazed by the increasingly diverse state of Beijing. Some people look strangely at me, but I don't think I have faced any outright racism or even alienation.

### **Is being culturally diverse the new normal in contemporary society? Why or why not?**

Of course, it depends on which part of the world you're in, but having said that, I think it is, because due to globalization and increased travel and immigration from different countries, you would be hard-pressed to find a city that is completely homogenous.

### **What are your thoughts on tokenism in cultural diversity?**

I think that token cultural diversity can be very harmful, particularly because it creates the illusion that change is being made regarding diversity when it isn't. When you are just including diversity in your school, TV show, movie, or community, to tick boxes rather than making those spaces more inclusive, this does not help you or minorities.



## Audrey W.

*Audrey W. is a Year 11 student at Dulwich College Beijing. She was born in Hong Kong, but has lived in Beijing for her whole life. She likes to spend her free time practicing her guzheng and playing sports.*

### What does cultural diversity mean to you?

To me, cultural diversity is the existence of a variety of cultural or ethnic groups within a society. I think that it is important because we can learn from one another and understand different perspectives within our world. It also may help to dispel negative stereotypes and personal biases people may have about different groups.

### How much importance does your school give to diversity? Is it enough?

I have been at my school for 13 years now and I think that they do give a lot of importance to diversity. During our time at Junior School, we had many lessons about different religions, and I think that it was very important that we learned about it from a young age because it taught us to accept people of different cultures.

### Have you personally witnessed or experienced cultural insensitivity during your time in Beijing?

I haven't experienced any cultural insensitivity in Beijing, and it may be because most of the

population has the same ethnicity and culture as I do. On the other hand, when I visit the US, some people make racist assumptions about Chinese people.

### Do you think Beijing's international school curricula put enough emphasis on cultural diversity? Why or why not?

I think that international schools in Beijing teach students how to be more accepting of everyone. However, I think that their curriculums could introduce the history of different races and cultures to help students understand why it is important to not make race-based comments. Even though international school curricula are becoming increasingly diverse, there is definitely more work to be done.

### Beijing is increasingly diverse. Do you think locals are appreciative of that?

I think they are because it means that they can learn different languages and cultures which wouldn't have been easy if the state wasn't diverse. Many Beijing locals want to learn English and it is easier for them to learn

it when they are around other people that are speaking English. I'm not sure if they prefer the state that Beijing is currently in, but I don't see outright dislike.

### Is being culturally diverse the new normal in contemporary society? Why or why not?

This may differ depending on the city. For example, Beijing and Shanghai may be more used to a culturally diverse population than rural cities. This is because bigger cities may have more foreign people living there. However, I do think that now, compared to the past, society is starting to embrace multiculturalism.

### What are your thoughts on tokenism in cultural diversity?

I don't know much about this topic, and I feel like that's part of the problem. When organizations, companies, or even schools use tokenism as performative measures, this adds to the problem of a lack of inclusivity, and I don't think many people realize that.











# THE NEW NORMAL

Life Abroad During COVID-19

By Qinglan Du from Beijing City International School



T

he day that school finished for Chinese New Year, I left Beijing to visit my mother, who works as a journalist abroad in Israel.

Back in January, Coronavirus was but a distant disease to us Beijingers. The only thing that changed was a couple of people at the airport were wearing masks, so I decided to put one on too. When I arrived in Jerusalem, the original plan was to stay for a week and head back right before school resumes. I had lived there with her for two years before returning to my hometown so I already know

the city well but little did I know, half a year later I would still be stranded in the Middle East, over 7,000 kilometers away from home.

A couple of days after my arrival, I tagged along to my mom's dentist appointment and the dentist mentioned that her niece and nephew in Shanghai would be having a two-week extension to their Chinese New Year holiday. It was the first time that the possibility that I might be staying longer than expected crossed my mind, and naturally, I was thrilled, hoping my school would announce the same.

PHOTOS: QINGLAN DU



My school officially switched to online learning on Feb 3 and at first, it felt like a breeze. There was no more struggling to wake up at 7am and squeezing onto the subway, and I had all the time in the world to complete assignments. Life couldn't get any better... until Zoom classes kicked in. Between China and Israel, there's a 5-hour time difference. All our Zoom classes were held in the morning, meaning that I had to wake up in the middle of the night. The first couple weeks, I mostly told teachers I couldn't make it or simply slept right through my alarm. But as time went by, Zoom seemed less of a burden to me, but more like the closest thing I had to normality. I settled into a routine of waking up at 4am, packing up my notebooks, and heading out to sites around Jerusalem to take my classes. Sometimes it was at parks and hills, other times it was neighborhood playgrounds and empty amphitheaters. My teachers in Beijing started to say that when I turned my mic on it always sounded like I was in a tropical rainforest.

By early March, the inevitable happened: COVID-19 reached Israel. At first there were only a handful of cases, but that number quickly doubled, tripled, quadrupled, and skyrocketed as the months progressed. With the whole country's population barely reaching half of Beijing's, I was shocked to find the number of daily new cases in the hundreds. We went into quarantine and lockdown, wearing masks in public became mandatory, shops and schools shut down, and gatherings were strictly prohibited. It felt like a time machine had taken us into the past and we were undergoing exactly what my friends in Beijing described months earlier.

And amidst the lockdown, my travel visa was expiring fast. I was only permitted to stay in Israel for three months, so we headed to the Population and Immigration Authority to renew it. While waiting in line, we came across another Chinese family facing the same issue: the mother explained to us how her daughter and parents intended to stay with them for Chinese New Year but were now stranded. This gave me a small sense of security, reassurance that I was not alone.

In early May, restrictions were lifted and life temporarily went back to the way it was before. New cases dropped down to two-digit numbers and the nation of fun-loving citizens celebrated their success. I went on road trips, hung out with friends, performed at music venues, and basically got to make up for the two months I'd spent at home. Whilst observing social distancing, I initiated a garbage-collecting group and organized weekly cleanups. I also volunteered to pack food and masks for

to be on the table, even with daily new cases surpassing the one-thousand milestone.

Around that time, a second wave hit Beijing as well, and I was completely awestruck to hear the city had everything under control within a matter of weeks. Scores of people were tested, schools closed, and people willingly socially distanced. Meanwhile, here in Israel, there still aren't sufficient testing supplies, schools are still open for end-of-year exams, and convincing citizens to put on a mask is practically impossible. Currently, the total cases stand at around 60,000 and the daily new cases is at an all-time high of 2,000.

Looking back at this surreal journey, I remember the homesickness, and how hard it was watching my grade celebrate the end of the year without me. I remember the fear, and feeling terrified that flights won't be resumed in the near future. But most of all, I remember I'm not the only one. Thousands of students have been stranded across the



those in need, in hopes of making good use of my time here. It felt like the pandemic was over for us, but in truth, it was merely the calm before the storm.

As June approached, new cases broke into the hundreds again. It became evident that restrictions had been lifted too early and schools had opened too swiftly. A local high school just down the street from my house became a new epicenter, and in the span of a few days, 200 students and teachers from the school had tested positive. Yet the people in my neighborhood went about life as usual. Another lockdown didn't seem



globe. I have no idea when I can step foot in Beijing again, but what I do know is that I can live in the moment and play my small part in bringing this pandemic to a halt.



# JUST DESSERTS

## Rainbow Angel Coffee House Helps Hearing Impaired Children Soar

*By Helena Z. from Dulwich College Beijing*

The best cookie I've ever tasted was one made by a deaf child at Rainbow Angel Coffee House. Not only did the warm buttery texture harmonize with its nuttiness, but it also reminded me of persistence, perspiration, and patience: the three P's that would make an unbeatable combination to success, according to the late American self-help author Napoleon Hill.

### What is RAC?

虹彩天使文化, Rainbow Angel Coffee House (RAC) is a coffee shop and bakery in Haidian District dedicated to helping hearing-impaired children. It was founded in 2017 by Felicia Li, a Chartered Financial Analyst and mother of two who's always encouraged her daughters to volunteer and give back to the community. Li got to know many hearing-impaired children at Beijing Tianyun Hearing and Speech Rehabilitation

Center and at first Li and her daughters donated food, books, and toys to the children. Soon, however, Li began to worry about the future of these kids. They couldn't live on donations for the rest of their lives, and would eventually need to support themselves. Li wanted to teach the kids professional skills as a baker, skill they can continue to use later on in life. Thus, the idea of RAC was born.

Since its inception, RAC has trained numerous hearing-impaired youths in Beijing's rural areas for free, four of which have gone on to become RAC chefs. While training at RAC, these young people not only learn how to bake handmade snacks but also develop their self-reliance skills, allowing them to discover more of their potential, while embracing their dreams. As Li puts it, hearing-impaired people usually have invisible wings with dreams we fail to see. Only once they accept themselves can more people acknowledge their true values, and RAC gives them a platform to spread their wings and soar into the sky.



PHOTOS: HELENA Z.

### My Involvement With RAC:

I was doing community service even before I learned to walk. In 2018, I co-founded a charity platform called 1+1 (art + charity), and one of our projects was to help a hearing-impaired orphanage with their long-overdue rent. During this project, I had the opportunity to work with RAC, and learned the dreadful truth that the majority of people – including the media – are only interested in the hearing-impaired as children during their ‘innocent years’, and that once they have grown up, they often become segregated from society. In the workforce, people will degrade them, scorning them merely because they fail to see their invisible wings, and many will also question their ability to bring up a family. Li told me that people often ask her how the hearing-impaired can take care of their families if they can’t take care of themselves or have a stable job. This injustice is a reason why RAC was initiated: to help hearing-impaired children become more independent and creative and to give them an increased opportunity of securing a job, a family, and a place in our society.

Thus, seeing the hearing-impaired chefs’ ambition, skills, and confidence flourish over time, as well as my desire to help them amplify their voices, I became RAC’s first Youth Ambassador and spokesperson. I helped with promoting their coffee house via social media (scan the QR code to purchase delicious freshly baked goods), running stalls during school events, such as Dulwich College Beijing’s Christmas market, and working with numerous volunteers.

Moreover, since I love to bake healthy treats, I recently taught them a recipe I invented, and which they named after me: the Helena Angel Bun. This will soon also be available for purchase via their WeChat store. But most importantly, baking with the RAC chefs, I saw the smile, determination, and passion. This is what inspires me to do community service, because small actions contribute to the bigger picture, just like in jigsaw puzzles. Step by step, all communities in our world can work together harmoniously, side by side.

### How Can You Help? By Baking and Buying

There are various ways to help RAC, other than volunteering: bake with them, buy from them, and share their story.

Every weekend, RAC hosts a range of events, from music performances to baking with RAC’s chefs. Schools, companies, friends, and families can all make a reservation to participate. You may be wondering, “How are these events beneficial, other than raising awareness?” Well, there are many ways. Firstly, you’ll be able to cultivate your baking skills by learning from the hearing-impaired chefs, who have spent years mastering their skills. Secondly, this will enhance our connection with the hearing-impaired community as those participating in these events will not only understand their community more profoundly



but also appreciate what they already have. Meanwhile, the hearing-impaired will get a confidence boost through this interaction, due to the recognition and newly made friendships.

No one said it better than Professor Dumbledore of Hogwarts, “we are only as strong as we are united, as weak as we are divided.”

If you wish to volunteer with RAC contact me, Helena Zhao, via email at HZxiaoshiliu106@hotmail.com. Scan the QR code to purchase delicious desserts made by RAC’s hearing-impaired chefs. For more information about RAC’s events and festivals, simply contact Felicia Li via WeChat (13520366533).





# SCHOOL NEWS

## Beijing City International School Arranges Special Reunion for Students

Beijing City International School (BCIS) Alumni finally had a chance to reunite as the school hosted its very first direct student interaction between students since the COVID-19 outbreak. Students who traveled back for the reunion from their respective universities got a chance to reconnect on the last day of school.



## Daystar Academy Soon to Welcome Expat Faculty Back Into Beijing

Daystar Academy announced plans to welcome back foreign teachers stuck abroad, thanks to close cooperation with government departments to secure an early entry to Beijing for their teaching staff. Daystar Academy will be one of the first schools to welcome their international staff back to Beijing.

## Keystone Academy to Welcome First Group of Expat Teachers Back to Beijing

Keystone Academy announced on Jul 13 that an initial group of 14 international teachers had been approved for return to Beijing by Beijing's Municipal Commission of Education and Foreign Affairs Office of Beijing Municipal government.



PHOTOS: COURTESY OF SCHOOLS



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

#### Huijia Private School Achieved Excellence in 2020 IB Result

IB released 2020 DP results on July 5. 10 students of Huijia received 40 or above out of 45 in the Diploma total points, and the whole cohort achieved an average of 35 points. The portion of excellent Diploma total points is 86%, and the percentage of IB diploma awarded reached 97%. The 2020 cohort of Huijia also had remarkable performance in DP core courses: 36% of the students achieved the maximum 3 points.



#### BFSU International Course Centre Students Accepted into Top Universities

Graduates of the Beijing Foreign Studies University (BFSU)'s International Course Centre announced great results as their candidates received admission letters from over 230 world-class universities, including the elite G5 UK universities – Cambridge, Oxford, LSE, UCL, and The Imperial College, and US Ivy universities thanks to a strong faculty and excellent learning environment.





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

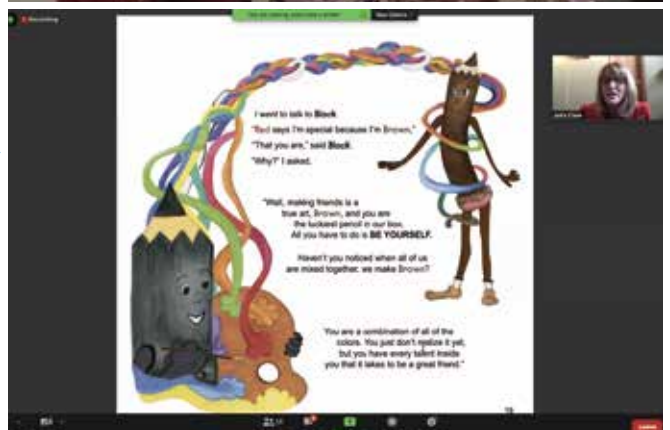
### AISB Announces Move to New Beijing Campus

AISB-Hope International is excited to announce that their move to a new campus this Fall is progressing well, as they 'broke ground' with the renovations at the new location in late June. The projected opening date is Sep 1 following government guidelines. The new location will include various learning and sporting facilities to enhance the learning experience for students.



### MSB Hosts Children's Author - Julia Cook

The International Montessori School of Beijing (MSB)'s Elementary were treated to a series of brain yoga sessions with renowned American author Julia Cook on Friday, Jul 10 as part of their online Summer Enrichment Program. The program focuses on the social-emotional wellbeing of children in this challenging moment of quarantine. The award-winning children's book author and parenting expert read three of her stories to enlighten students with tips on making friends and how to better regulate their emotions.







## BSB Students Attend Amazing Virtual STEAM Summer Camp

As part of the MIT-Nord Anglia STEAM Program, students from The British School of Beijing, Shunyi attended an exciting virtual STEAM Summer camp in July. They learned from nature's 'superheroes', like the amazing web-spinning spider, and the gliding abilities of the flying squirrel, to create solutions to everyday problems.

## DCB Students Shortlisted in Prestigious Mathematics Competition

Dulwich College Beijing Senior School students Audrey W, Jolie S, and Alice F have all been shortlisted for the 2020 Young Mathematical Story Authors (YMSA) Competition Cindy Neuschwander Award in 2020. With 114 entries from 22 schools across 6 countries in the mix this year, the field was very competitive.





**What was the best thing you did as a family during quarantine?**

Eating lunch together every day, something we rarely did before COVID-19.

**If you were a tourist traveling to Beijing, what are the five places you would visit?**

I would definitely go to the Forbidden City, the Great Wall, Tiananmen Square, the Summer Palace, and the National Museum.

**What's your favorite weekend activity as a family?**

Going for a walk in the park.

**What are some of the challenges you have faced while living in Beijing?**

Dealing with traffic congestion and having to cover vast distances within the city due to Beijing's enormous size.

**What is your favorite restaurant?**

Pizza Hut

**What's your favorite Chinese dish?**

Malaxiangguo (Spicy Dry Pot)

**What were your first emotional reactions to the COVID-19 outbreak?**

To be honest, I didn't think much of it at first. I had initially thought that it was just the emergence of a new flu that was probably going to be suppressed within a few days' time. It wasn't until the infection numbers inflated that I began to really take it seriously.

**What are the changes you have made to adapt to quarantine life?**

As a result of COVID-19, our whole family had to stay at home – my dad needed to work remotely from our house, and I had to participate in off-campus online learning. My mum has been more into baking recently due to the inconvenience of buying pastries from shops during the pandemic. The virus also allowed us to exercise more and pay attention to our physical health. We have also adjusted our timetables to match each other's schedules so the whole family could be available at certain intervals.

**What do you think is the most important character strength and why?**

In my opinion, resilience – the ability to recover quickly from difficulties – is the most important character strength, because the key to successfully completing any initiative is to keep going, even in the toughest of times, and to withstand challenges with determination.

**How would you define leadership?**

Leadership is the ability to take the lead and actively participate in an initiative, to set clear goals, formulate efficient strategies to achieve them, and to motivate and inspire your teammates.

**Your family's most important house rule is:**

To always keep everything tidy and organized.

**How would you sum up life in Beijing in 5 words?**

Convenient, secure, comfortable, enjoyable, busy.

**What is the most vivid memory of school life?**

Raising money for charities. This made me realize that we can really make a positive impact on the wider community and pave the way for a better future world.

## Teen Favorites!

By Jeremy S. from Harrow Beijing  
Photography by Uni You

**E**ddie W. moved to the UK when he was five and returned to Beijing three years ago. The 12-year-old is currently a student at Harrow Beijing and enjoys playing the piano and reading in his spare time.



# 中国女性 WOMEN

《中国女性》(《Women of China》中文海外版)是由全国妇联主管、全国妇联网络信息传播中心(中国妇女外文期刊社)主办并出版的国家级女性主流刊物。创刊于2001年,16开本全彩印刷,发行几十个国家和地区以及国内大中小城市。

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