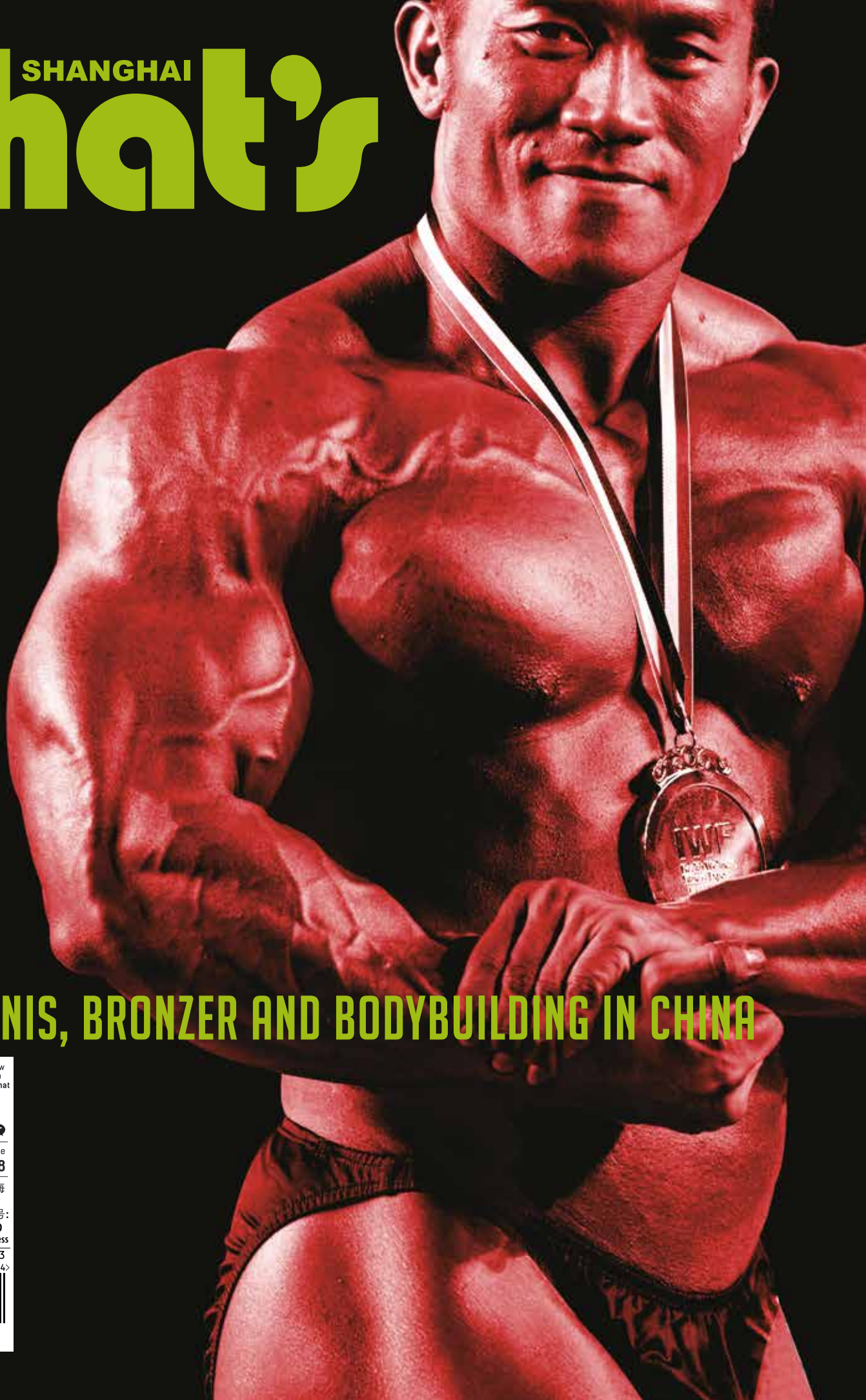


SHANGHAI that's



BIKINIS, BRONZER AND BODYBUILDING IN CHINA



Follow us on WeChat Now



Advertising Hotline
400 820 8428

 城市漫步上海
英文版 4 月份
国内统一刊号:
CN 11-5233/GO

China Intercontinental Press

ISSN 1672-8033



9 771672 803046

APRIL 2016

SHANGHAI that's



PURE
YOGA

Visit or call us on 5466 1266
to sign up for a complimentary
trial class

COMING SOON...

that's APP



YOUR ESSENTIAL CHINA CITY COMPANION

Shanghai | Beijing | Guangzhou | Shenzhen

Comprehensive LISTINGS

Latest EVENTS

Today's NEWS

Exclusive DEALS

And Much MORE...



For advertising opportunities call



400 820 8428

or email sales@urbanatomy.com

Real food, Real people

THE
COOK

THE
COOK

Origins

厨源

From farm to table

KERRY HOTEL
Pudong, Shanghai

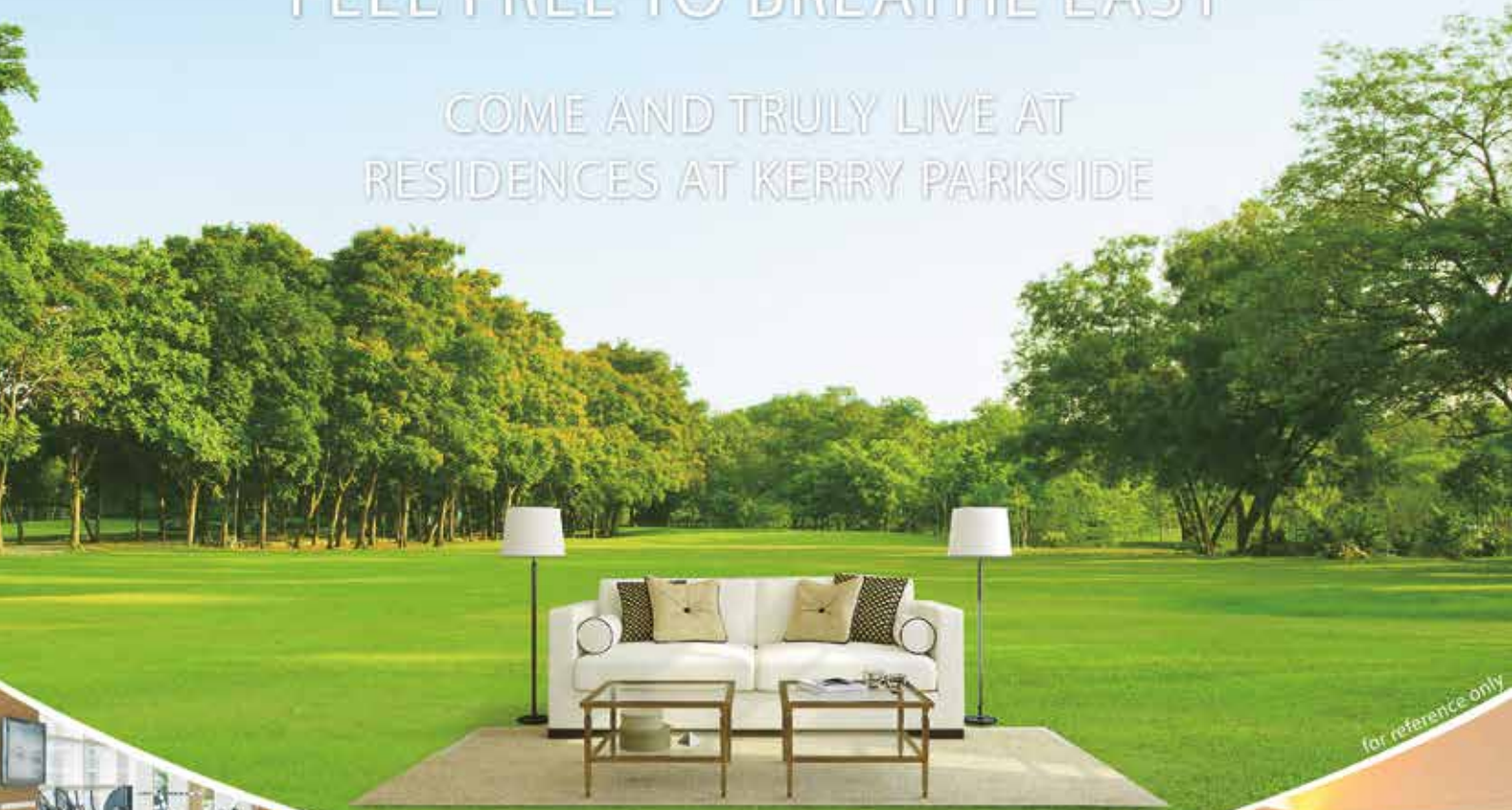
For inquiries, please call 6169 8886 or email fbreservations.khpu@thekerryhotels.com
www.thecookthemeatthebrew.com



scan to join Kerry's Wechat

FEEL FREE TO BREATHE EASY

COME AND TRULY LIVE AT RESIDENCES AT KERRY PARKSIDE



for reference only



Awards & Recognition

U.S. Green Building Council

LEED Gold

City Weekend

Best Environment 2015

City Weekend

Best Family Friendly 2015

Welcome to the Residences at Kerry Parkside, serviced and managed by the Kerry Hotel, part of the Shangri-La Hotel Group. Located centrally in Pudong, we are a part of Kerry Parkside, an award winning mixed-use development with integrated serviced residences, a retail mall, a 5-star lifestyle business hotel, and grade A offices.

The Residences at Kerry Parkside enjoys easy access to a variety of vibrant retail options, including a gourmet supermarket, a wide selection of restaurants, and services that cater to everyday needs.

It is also conveniently connected to an extensive transportation network, making it easy to get in, out, and around the city. Did we mention it's just a few steps away from the lush greenery and fresh air of Century Park?


RESIDENCES
at Kerry Parkside

上海嘉里健身
KERRY SPORTS
SHANGHAI


Kerry Parkside
浦东嘉里城

KERRY HOTEL
Pudong, Shanghai

Stay tuned for our **5th** year!

(86 21) 5033 1166

kpenquiry@kerryprops.com

or visit residences.kerryparkside.com

No. 1398 Huamu Road, Pudong, Shanghai



that's Shanghai

《城市漫步》上海版 英文月刊



主管单位：中华人民共和国国务院新闻办公室
Supervised by the State Council Information Office of the People's Republic of China
主办单位：五洲传播出版社

地址：中国北京 北京西城月坛北街 26 号恒华国际商务中心南楼 11 层文化交流中心 邮编 100045
Published by China Intercontinental Press
Address: 11th Floor South Building, HengHua International Business Center, 26 Yuetan North Street, Xicheng District,
Beijing 100045, PRC
http://www.cicc.org.cn

总编辑 Editor in Chief of China Intercontinental Press: 慈爱民 Ci aimin
期刊部负责人 Supervisor of Magazine Department: 邓锦辉 Deng Jinhui
主编 Executive Editor: 袁保安 Yuan Baoan
编辑 Editor: 朱莉莉 Zhu Lili
发行 / 市场 Circulation/Marketing: 黄静 Huang Jing, 李若琳 Li Ruolin
广告 Advertising: 林煜宸 Lin Yuchen

Chief Editor Marianna Cerini
Section Editors Andrew Chin, Betty Richardson
Sub-Editor Dominic Ngai
Senior Editor Tongfei Zhang
Events Editor Zoey Zha
Production Manager Ivy Zhang
Production Supervisor Candice Shen
Designer Joan Dai

Contributors Sheraz Aziz Baloch, Aelred Doyle, Isabella Farr, Peshali Fernando, Mario Grey, Oscar Holland, Celina Huynh,
Holly Li, Mia Li, Lin Yin, Ian Walker, Alyssa Wieting, Dominique Wong
Copy Editor Susie Gordon

Urbanatomy Media

Shanghai (Head office) 上海和舟广告有限公司
上海市蒙自路 169 号智造局 2 号楼 305-306 室 邮政编码：200023
Room 305-306, Building 2, No.169 Mengzi Lu, Shanghai 200023
电话：021-8023 2199 传真：021-8023 2190

Guangzhou 上海和舟广告有限公司广州分公司
广州市越秀区麓苑路 42 号大院 2 号楼 610 室 邮政编码：510095
Room 610, No. 2 Building, Area 42, Luyuan Lu, Yuexiu District, Guangzhou 510095
电话：020-8358 6125, 传真：020-8357 3859-800

Shenzhen 广告代理：上海和舟广告有限公司广州分公司
深圳市福田区彩田路星河世界大厦 C1-1303
C1-1303, Galaxy Century Building, Caitian Lu, Futian District, Shenzhen 518049
电话：0755-8623 3220, 传真：0755-8623 3219

Beijing 广告代理：上海和舟广告有限公司
北京市东城区东直门外大街 48 号东方银座 C 座 9G 邮政编码：100027
48 Dongzhimenwai Dajie Oriental Kenzo (Ginza Mall) Building C Room 9G, Dongcheng District, Beijing 100027
电话：010-8447 7002 传真：010-8447 6455

CEO Leo Zhou
General Manager Ned Kelly
Operations Manager Penny Li
Financial Manager Laura Lu
Sales Manager Doris Dong
BD Manager Joyce Sun
Account Managers Linda Chen, Tina Zhou
Account Executives Celia Chen, Even Mao, Jacky Zhu
Sales Assistant Roy Dong
Digital Products Manager Vickie Guo
Digital Content Manager Bridget O'Donnell
Digital Timi Shi, Sybil Zhang, Joseph Liao
Marketing Manager Nicole Ma
Marketing Assistant Pamela Zhang
HR/Admin Sharon Sun
Accounting Emily Xu
Distribution Zac Wang

General enquiries and switchboard (021) 8023 2199 info@urbanatomy.com
Editorial (021) 8023 2199*5807 editor@urbanatomy.com
Distribution (021) 8023 2199*2802 distribution@urbanatomy.com
Marketing/Subscription (021) 8023 2199*2806 marketing@urbanatomy.com
Advertising (021) 8023 2199*8802 advertising@urbanatomy.com
Web & IT (021) 8023 2199*7803
Fax (021) 8023 2190

Advertising Hotline
400 820 8428

www.thatsmags.com

广告经营许可证：京海工商广字第 8069 号
法律顾问：大成律师事务所 魏君贤律师
Legal Advisor: Wei Junxian, Dacheng Law Firm
国际标准刊号 ISSN 1672-8033

国内统一刊号 CN 11-5233/GO
定价：25.00 元
邮发代号：4-845



Editor's Note

APRIL

WIN WIN WIN



Attending a bodybuilding competition as a spectator can be pretty heart-wrenching for one's self-esteem – particularly if, like us, you spend most of your daily life chained to a desk. It can also be slightly disturbing, with all the spray tan, biceps and out-of-this-world bodies that seem to define the practice. Not to mention gender stereotypes and steroids use. But if you can bear the sight of freakish men and badass women, you'll find this month cover story on page 54 quite the thing. *That's Beijing's* Editor-in-Chief Oscar Holland and photographer Holly Li went and reported all about it for us.

Elsewhere in the magazine, Dominique Wong looks at domestic violence in China in light of a new law designed to empower and protect victims (page

14), I explore the ridiculously luxurious rise of China's pet market (page 29), Andrew Chin talks to rock legends Iron Maiden (page 42) and Betty Richardson brings you a beautiful looking five-page spread on healthy bowls for spring (page 74), as well as a slew of restaurant reviews (from page 80). In our Community Section, we also cover two upcoming *Urban Family* events (page 66 and 67), as presented by *UF's* Editor-in-Chief Alyssa Wieting.

Crack on reading, y'all.

Until next month,

Marianna Cerini, Editor-in-Chief

We're giving away tickets to some of the very best Shanghai events this month, like **Jessie Harris and Petra Haden** (p41), **Iron Maiden** (p43), **Soulspeak** (p44), the **Alberto Giacometti Retrospective** (p46), **A Midsummer Night Dream** (p48), **My Fair Lady** (p50), **Dangerous Liaisons** (p51), **The 39 Steps** (p52), **RMB500 dinner voucher to Blue Frog** (p72), tickets to **Zainab Johnson** (p92), **KTGA Spring Fest** (p95), **ABBA Tribute Concert** (p95). To keep in the loop, scan our QR code for *That's Shanghai* or sign up to our newsletter at www.thatsmags.com/shanghai.

Monday Funday Pub Crawl

After rampaging across Yongkang Lu last month for St. Patrick's day, we're back again to celebrate having Monday off on April 4. Once, again we've teamed up with some of our favorite buddies on our favorite street to bring you this Fun Day Monday Holiday Pub Crawl deal that gets you one 10 drinks for RMB200 from Kulou, The Rooster, Zapfler, Café des Stagiaires, Gilligans, El Luchador, Blarney Stone, Tap House, Sliders and Topolino. Book your tickets by contacting us at 8023 2199x2806 or tickets@urbanatomy.com.

> Apr 4, midday-late, RMB200 (with 10 drinks). Yongkang Lu, by Jiashan Lu永康路, 近嘉善路 (8023 2199x2806, tickets@urbanatomy.com)



WE ARE HIRING! DIGITAL EDITOR



We are looking for a dynamic, self-motivated editor with experience blogging, news writing, and a strong understanding of digital/social media platforms.

Our Digital Editor will be responsible for developing *That's Shanghai's* and *Urban Family Shanghai's* online and digital presence. As well as being first to breaking news stories across the city, this person will work closely with the marketing and editorial teams to build a strategy for growing our online presence. The role requires creativity, strong attention to detail and the ability to work to tight deadlines.

To apply, please send three writing samples, a CV and a cover letter explaining your suitability for the position to bridgetodonnell@urbanatomy.com.



ONLINE
that's

Hourly updates on news, current affairs and general weirdness from around Shanghai and China.

FOLLOW US ON SOCIAL MEDIA

 facebook.com/thatsonline

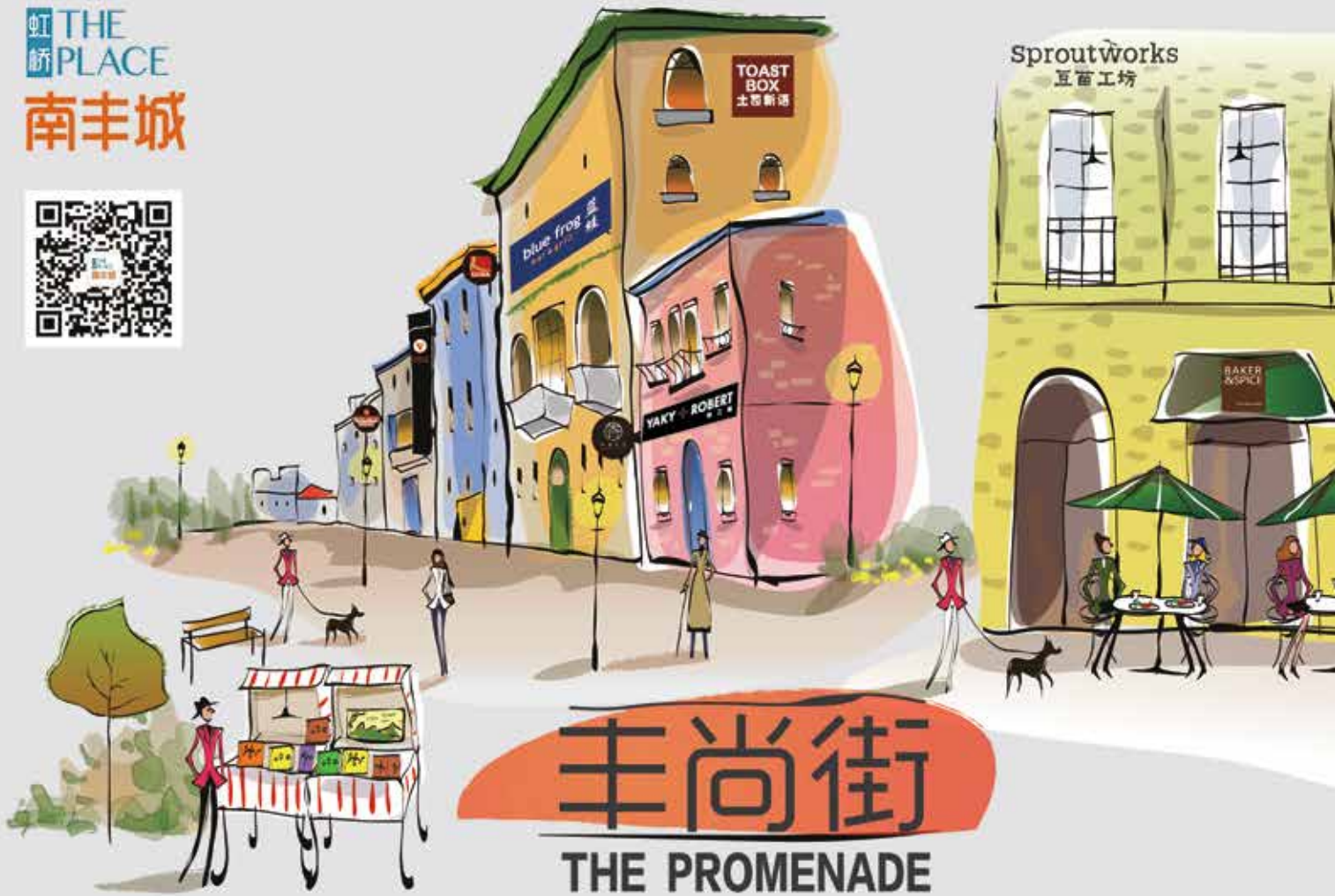
 twitter.com/thatsonline

 youtube.com/thatsonline

 #THATSSHANGHAI

thatsmags.com

虹桥 THE PLACE
南丰城



ADDRESS | No.100 Zunyi Road, Changning District, Shanghai 200051



About THE PLACE

Tailored to modern urban lifestyle, THE PLACE is located at the heart of Changning District and offers more than 150 tenants catered to the needs of white collars and parents alike. This 110,000sqm shopping mall houses a diverse range of international fast fashion brands, supermarket, beauty and spa, restaurants, cafes and bars, and a fabulous array of entertainment for adults and kids such as movie theatre and playhouses. The 200m long pedestrian street – THE PROMENADE, also gathers a variety of alfresco cuisine and bars that best spice up every day.





20

10 CITY

14 A HISTORY OF VIOLENCE

Fighting domestic abuse in China

20 EVERYDAY PEOPLE

Sheriz Aziz Baloch captures elderly life in the city



24

24 LIFE/STYLE

26 JEANEOLGY

Your guide to denim jackets, just in time for spring

28 HEAVY PETTING

In China, sometimes pets own their humans

34 DECO MASTER

We visit the house of a serious Art Deco collector



46

40 ARTS

46 AN ARTIST'S ARTIST

Yuz Museum celebrates modernist master Alberto Giacometti

49 BUTTERFLY LOVERS REMIXED

When a folklore classic goes back to school

53 GRAPE EXPECTATIONS

Why a Scottish castle and winery is in Shandong Province.



74

72 EAT & DRINK

74 BOWLS DEEP

The latest clean eating craze and how to make them

79 NEW RESTAURANTS

Serious Mexican, multi-sensory kaiseki and classic comfort food

84 NEW BARS

Space ship-themed KTV, a three-story hotel bar and a hidden whisky den



P88

THE WRAP





54 COVER STORY

PASS THE PROTEIN

A look into the peculiar world of bodybuilding in China.

PICK OF SIX ART EXHIBITIONS



89 EVENTS



APR 8

Mrs Bund's 7th Anniversary



APR 17

China & Europe All-Star Soccer Carnival

66 COMMUNITY



QUOTE OF THE MONTH

"Domestic violence is, at its heart, a crime of men against women. It's a social phenomenon that human beings have to address"

Lawyer Siodhbhra Parkin talks China's new antidomestic violence law, [page 18](#)



blue frog 蓝蛙
bar & grill

Get Your Patty On

Monday,
all burgers are
buy 1 get 1 free
@ blue frog

“人山人海”汉堡
People Mountain
People Sea Burger

上海 Shanghai 南京 Nanjing 无锡 Wuxi 北京 Beijing 天津 Tianjin 大连 Dalian 成都 Chengdu 重庆 Chongqing
更多城市, 更多门店, 敬请期待 More frogs coming soon...

Villas Contemporary Spirit

New Houses Available
Leasing hotline:
+86 21 34121002 / 34121005

No. 1801 Gudai Rd. Minhang District
High Quality pollution-free atmosphere
Metro Line 12 Hongxin Lu Station
Direct to Huaihai Zhong Lu

CALENDAR

42 APR 26
TUES

42

IRON MAIDEN
MERCEDES-BENZ ARENA



WHAT'S ON IN APRIL

2016

89

APR 4
MON

**FUN DAY MONDAY HOLIDAY
PUB CRAWL**
YONGKANG LU



67

APR 6-10
WED-SUN

**YOUNG EYES PHOTOGRAPHY
COMPETITION**
THE PLACE

APR 15-17
FRI-SUN

F1 CHINESE GRAND PRIX
SHANGHAI AUDI INTERNATIONAL CIRCUIT



93



APR 9 **SAT**
RICHE HAWTIN
MAO Livehouse p91



APR 17 **SUN**
SHANGHAI INTERNATIONAL HALF MARATHON
Oriental Pearl TV Tower p93



APR 17 **SUN**
YUNGGIEMA
MAO Livehouse p45



APR 19 **TUES**
SHANGHAI SIPG VS MELBOURNE VICTORY
Shanghai Stadium p94



APR 21-24 **THURS-SUN**
THE 39 STEPS
The Pearl p52



APR 22-23 **FRI-SAT**
A MIDSUMMER NIGHT'S DREAM
Shanghai Grand Theatre p48



APR 29-MAY 3 **FRI-TUES**
MY FAIR LADY
Daning Theatre p50



APR 30-MAY 2 **SAT-MON**
STRAWBERRY MUSIC FESTIVAL
Expo Park p96



漢龍文化中心
HAN LONG MANDARIN

One Stop Solution for Chinese Learning

PRIVATE CLASS
Transport Gift Card
of value up to **1200RMB**



GROUP CLASS
Transport Gift Card of value up to **800RMB**



Our **Courses**

- Survival Chinese
- Conversational Chinese
- Fluent Chinese
- Business Chinese
- HSK Preparation
- Chinese Character
- Culture Courses

HSK
Chinese Proficiency Test
汉语水平考试

Official Educational Qualification

6 Campuses in Shanghai



Follow us on WeChat: LONGMandarin

400 820 3623
english.longmandarin.com
hanlong@longmandarin.com

新 有你

悠庭 胶州·汉方养生
DRAGONFLY @ JZ · TCM
2016.2.16 - 2.16.3.31

CELEBRATE
DRAGONFLY @ JIAOZHOU TCM
NEW OPENING AND
ENJOY SPECIALS UP TO **65% OFF**

中国 上海 静安区胶州路193号
193 Jiaozhou Road Jingan District Shanghai China
营业时间(Business hours) 10:00-0:00
Tel: + 86 21 5213-5778

SHANGHAI · BEIJING · SUZHOU · HANGZHOU · NINGBO
www.dragonfly.net.cn

TALES OF THE CITY

Good news for the geek inside you all: Shanghai just got its very own VR Entertainment Park. Ever wanted to pretend you're on a spacecraft,

or face-off against some sci-fi villains in weird outfits? Now there's a place for you.

VR (virtual reality) was popularized in the 80s by American computer scientist Jaron Lanier. Basically, it's a high-tech, immersive multimedia system that "replicates an environment that simulates a physical presence in places in the real world or an imagined world, allowing the user to interact with that world." (Thanks Wikipedia.) The computer-simulated reality has been amply used in architecture, interior design and the arts. Over the last decade, its usage has been extended to the film, gaming and entertainment industries as well, and received extremely positive feedback from consumers across the globe – so much so that the VR market is expected to become an USD80 billion a year industry by 2025.

Shockingly (well, not really), China has started to embrace the technology full on. Though still in its early stages, there are already dozens of Chinese companies working on VR and AR (augmented reality) hardware, 360-degree content/games and specialty cameras to capture immersive videos.

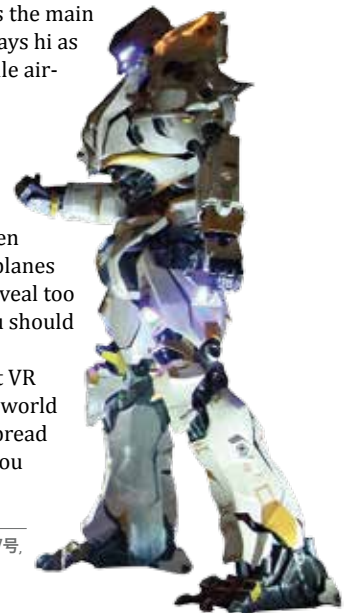
If you go to Bridge 8 Industrial Park on Jumen Lu, by Quxi Lu, there's now a whole entertainment center dedicated to showcasing this new technology. The VR space, which opened early this year, is the first virtual reality park in the country and the third one world-wide. Put on futuristic goggles (more like Teletubbies headpieces, actually) and light-capture gloves as you go in, and you'll suddenly find yourself on the Phoenix spacecraft as a soldier on a mission to find a new human habitat while fighting off rebels and villains in the process.

The whole thing feels pretty darn real, just like a 3D movie with you starring as the main character. A transformer says hi as he walks towards you, while airplanes fly over your head.

Via sound, 360° degree vision and interacting with a bunch of machines, you first get to launch various devices, then begin shooting hostile airplanes down. We don't want to reveal too much, but it's cool and you should check it out.

Expect it to be the first VR space of many: the virtual world will start to get real and spread everywhere sooner than you think.

457 Jumen Lu, by Quxi Lu 局门路457号, 近瞿溪路 (3335 5416)



VR CITY

BY TONGFEI ZHANG



ORCHESTRE DE LA SUISSE ROMANDE

瑞士罗曼德管弦乐团音乐会

2016/4/30 19:30



CONDUCTOR
Osmo Vänskä

VIOLIN
Renaud Capuçon

PERFORMED BY
Orchestre de la Suisse Romande



Programme

Debussy *Prelude a l'apres midi d'un faune*

Saint Saens *Introduction and Rondo Capriccioso*

Ravel *Tzigane*

Ravel *Pavane pour une infant defunte*

Prokofiev *Romeo & Juliette*

票价: ¥80 (公益票)、¥180、¥280、¥380、¥480、¥580、¥780、¥980



swiss arts council
prshelvetia



唯一指定生活方式品牌



1516
SEASON



战略合作伙伴



售票热线 | Booking Hotline

400-106-8686

www.SHGTHEATRE.com

上海大剧院大剧场

SHANGHAI GRAND THEATRE
LYRIC THEATRE

4. 22-23
Fri-Sat 19:30
2016

Ballet du Grand Théâtre de Genève
瑞士日内瓦大剧院芭蕾舞团

d'une
nuit
d'été 普华永道之夜
仲夏夜之梦

Le
Songe

冠名赞助 pwc 普华永道

唯一指定生活方式品牌



GRAND
THÉÂTRE
GENÈVE

Ballet du Grand Théâtre partner

swiss arts council
prshelvetia

VACHERON CONSTANTIN

票价: ¥80 (公益票)、¥180、¥280、¥380、¥580、¥680、¥880

CITY

THE BUZZ

DON'T YOU KNOW WHO I AM?



The Durian Woman, AKA our new favorite China hero, is a lady who rose to fame on the Internet last month after eating 10 pounds of the stinky fruit to prevent it from being confiscated by security guards at a railway station in Anhui province. The officers discovered the fruit after complaints that the woman's luggage was emitting strange, ehm, odors. They then proceeded to ban her from entering the train, arguing that items "that pose a threat to public health" (such as durian and stinky tofu) were not permitted onboard. After guzzling the durian, the woman was seen suffering from a severe nosebleed,

which is according to traditional Chinese medicine, a symptom of excessive durian consumption. Shocking, eh? Still, respect to this boss lady.

BEST NEWS THE MONTH

Taco fans, Crunchwrap Supreme enthusiasts and 'fourthmeal' aficionados, rejoice! Soon you'll no longer have to stuff your suitcases up with Taco Bell sauce packets during that annual trip home. That's right: the Mexican fast food chain recently announced plans to come to China later this year. This isn't the first time the Yum! Brands franchise has tried to enter the Chinese market, nor is it new to Asia. In 2003, Taco Bell opened a flagship restaurant in the heart of Shanghai's People's Square and named it "Taco Bell Grande." Shortly after that, another TBG branch popped up in Gubei, followed by two more locations in Shenzhen in 2005. Considerably more upscale than their North American counterparts, the four original China branches came complete with fancy sit-down service, an "exotic menu," Mexican decor, table waitresses and a booze list. But Taco Bell v1.0 was shortlived, with China saying *adios* to all four branches in 2008. We hope Taco Bell v2.0 fares better.

RANDOM NUMBER



101

Shanghai's ranking in this year's list of the world's most livable cities.

In Mercer's annual quality of living city rankings, Shanghai came in at 101, beating the other 11 Chinese cities featured on the list to become the Mainland's most livable metropolis. Want to know how other cities ranked? Beijing came in almost 20 spots below, at 118, after Tunis, Tunisia and Rabat, Morocco. Guangzhou followed closely behind at 119. Chengdu was the next Chinese city to be featured at number 134, while Nanjing, Shenzhen and Xi'an also held spots in the 130s. Chongqing,

Qingdao and Shenyang held spots in the mid 140s and 150s. Jilin just barely made the top 200, at 168.

Hong Kong tied with Detroit to make the top 100 at number 70, while Taipei came in at 84. Singapore was the highest rated city in Asia at number 26. Vienna took the overall top spot, followed by Zurich and Auckland. German cities Munich, Dusseldorf and Frankfurt were all in the top 10.





Waiquoren \ Wāiguǒrén \ 歪果仁 *n. crooked nuts; a near-homonym for 'foreigners'*

A My waiquoren co-worker always asks for non-spicy soup when we go to Sichuan hotpot.

B This nut is crooked indeed. What is the point of going to Sichuan hotpot if you don't get the spiciest soup?

A He is not used to it. He never had spicy food growing up.

B You need to straighten up this crooked nut.

The debate of whether 'laowai' is an offensive term has been rendered obsolete by the Internet, because we now have a new name for foreigners: *waiquoren*, or 'crooked nuts.' Just hold your hammer of political correctness for one moment and allow me

to explain how it came about.

The proper group term for foreigners is *wàiguórén*. However, when you type this into your computer or phone, you enter the pinyin without the tones. In any common Chinese language input method, the first term you are offered is *wāiguǒrén* ('crooked nuts') before the word for 'foreigners.' You therefore have to skip over 'crooked nuts' to get to the word you want.

In the past year or so, people have become too lazy to do this. 'Crooked nuts' is now a good enough word to describe foreigners. In cut-throat contemporary China, no one has valuable seconds to spend on correct spelling.

Self-justification always follows laziness. Now, some say that 'crooked nuts' is actually the perfect word for foreigners because it is exactly what they sound like when they try to say 'foreigners' in Chinese and mess up the tones. Some say that foreigners are like the round pegs in

the square holes of China's social norms, and can therefore loosely be described as crooked. Plus, they seem slightly nuts from time to time.

Whatever the reasoning (or the lack thereof), the new *waiquoren* caught on.

Just to clarify: the word is not entirely making fun of the way foreigners mess up their tones (only a little). There are plenty of other words that were born this way. For example, the word 'talented' (*yǒucáihuá*) became 'canola flowers' (*yóucàihuā*); 'Weibo' (*Wēibó*) became 'scarf' (*wēibó*); and 'what' (*shénme*) became 'magical horse' (*shénmǎ*). This proves, once again, that laziness is the mother of all invention.

So next time you Google what Chinese people have been saying about you, don't type in 'laowai' like it's 2014. Try 'crooked nuts' instead. You can thank me later.

By day, Mia Li is a news reporter in Beijing; at night, she tries to turn that news into standup comedy.

To Live, Not Just Stay

ARCADIA
Serviced Apartments

名仕苑

- Indoor Swimming Pool ■ Tennis Courts ■ Jacuzzi, Sauna & Steam Room ■ Resident's Lounge ■ Satellite TV
- Gym & Yoga Room ■ Children's Play Area ■ Function Room ■ Business Centre ■ 24-hour Reception & Security

For Lease: **(8621) 6407 9111**

Japanese Hotline Available

88 Guang Yuan Xi Road, Xu Hui District, Shanghai

 **新鴻基地產**
Sun Hung Kai Properties
www.shkp.com



BEHIND CLOSED DOORS

With China's first law targeting domestic violence having come into effect on March 1, **Dominique Wong** asks whether it is enough to change attitudes toward abuse.

Last summer, Zhao*, 30, a victim of domestic abuse, called the Maple Women's Psychological Counseling Center for advice. She had suffered years of mistreatment, not only from her husband, but also her husband's entire family. On one occasion, after Zhao sought refuge at her parent's home, her husband tracked her down and, in a fit of rage, subjected Zhao and her family to a violent attack.

She had managed to flee her abusive husband with her son, but was afraid of what may happen next. What if he found her? What would happen to her – and her son?

Every day dozens of domestic abuse victims from around China seek help from Maple Center, either via its hotline or through face-to-face sessions. Located on the first floor of a residential apartment building in Xicheng, Beijing, the center assists callers by talking through available options, such as separation or couple's counseling. It also conducts research on domestic violence and provides advocacy for victims.

The center advised Zhao as best they could. But with China's anti-domestic violence law coming into effect on March 1, visitors and callers now have a concrete legal foundation – specific to domestic violence – in which to seek redress.

Founder of The Maple Center, Wang Xingjuan, tells us during a visit: "The law is a good start because abused women can now seek [legal] justice. The law has a lot of bright spots."

Indeed, anti-domestic violence advocates regard the specialized law as a victory for human rights. It offers legal acknowledgment of a deeply ingrained social problem that, in Chinese society, has traditionally been viewed as a 'private' issue.

The law intends to combat domestic violence by focusing on prevention. It combines education, correction and punishment measures for a more proactive approach.

Notable provisions include: an increase in the scope of what can be considered domestic violence (family members and non-family members "living together," can all be prosecuted); the conduct covered (which now includes psychological as well as physical violence and restrictions on physical liberty); the duty or right to report; and the establishment of a written warning system. The law also makes it easier to apply for and receive protection rulings and orders than in the past.

Wang states: "Women would go to the police and the police would say: 'it's a family matter so it doesn't concern us,' but now the government has made it so that people have to care. It's not a 'family problem' anymore; it's a national problem."

But how big a national problem is it? A United Nations Population Fund (UNFPA) study, conducted in 2013, found that 39 percent of female respondents in China reported experiencing “physical and/or sexual intimate partner violence.”

The study also found that of those women who had experienced “physical partner violence”, 40 percent had been injured to the extent that they had to take leave from work or stay in bed. Globally, estimates of lost productivity resulting from domestic violence in developing countries range from 1.2 to 1.4 per cent of GDP, according to the International Labour Organization.

Lawyer and anti-domestic violence advocate, Siodhbhra Parkin, spent four years researching domestic violence in China before moving from Beijing to the US, where she is now based at the Yale China Law Center.

Speaking with us over Skype, Parkin says: “Most people are quite happy with the law because it’s vague in the right ways and there are some relatively progressive provisions. For example, it allows for prosecution of domestic violence committed between partners who are unmarried but cohabitating. The law doesn’t mention gender, which is important because, potentially, LGBT individuals might get protection from this as well.”

“One important element of the law is the protection order program,” Parkin continues. “If your partner is beating you, you can apply for what is essentially an injunction against them. [The law] also notified schools that it’s mandatory to report suspected acts of violence in homes of children in school.”

Other organizations singled out for mandatory reporting include medical establishments, residents’ and villagers’ committees, social work service organizations, and employees of the above. According to article 35 of the law, if the individuals responsible for reporting instances of domestic violence fail to do so, they will face punishment.

But the law has its shortcomings. In particular, it still fails to explicitly cover sexual violence, which discourages victims of sexual abuse from coming forward, and perpetuates the idea that people can act as they please in an intimate relationship.

Also, as Parkin notes: “A lot is still left to police discretion in terms of whether they choose to investigate and prosecute. We were also not thrilled with the police’s written warning system, which [may mean no more than] putting the case in a pile.

“But at least [the police] can now put it on the record, so if any future acts of violence take place, or divorce proceedings commence, there will be a record of [domestic violence] incidents, and the victim may have more power to get something out of the situation.”

The law was over ten years in the making, aided by rights’ activists’ tireless campaigning. The drive was also buoyed by high-profile cases such as Li Yan, who, after months of abuse and a lack of help from authorities, beat her husband to death. Following a huge public outcry, the Supreme Court overturned Li Yan’s death sentence in 2014.

Another influential case was that of an American woman Kim Lee who made Chinese legal history in 2013 when she was granted a divorce on the grounds of domestic violence, as well as securing a three-month restraining order against her abuser, founder of language company Crazy English Li Yang. Lee first brought attention to her case by uploading images of her injuries on Weibo and by publicizing her futile experience of reporting domestic violence to the police.

One of the founders of the now defunct Anti-Domestic Violence Network (ADVN), and co-founder of anti-domestic violence group Equality, Feng Yuan, tells us: “Kim Lee was important because it was reported by the media, and also we [ADVN] supported her and helped her win her case. It set a very good example for many Chinese women: if you insist, you will find change.”

Now, the challenge lies ahead, with the law’s success largely de-

pendent on its execution.

During a panel discussion about the new law, as part of the British Embassy’s Be Yourself campaign, director of Linxinwobang law firm, Yi Yi, said: “We have the law but now we need proper



implementation. This means making the law feasible and practical, publication [of the law] through education, the media and the public, and comprehensive training for those in the judiciary system, juries and police, so that they can identify domestic violence and work out how to stop it.

“We need training and education at the grassroots level, because if they don’t know how to respond, they can’t act.”

During our Skype, Parkin was more specific: “I’d like to see more training of police, particularly in how to respond to domestic violence and to assist women in getting the help that they need. That requires funding. The Chinese Government [should] commit more money to these efforts.”

The law’s provisions were quickly put to the test: On March 1 (the first day the law came into effect), two domestic violence victims filed for a personal protection order (PPO) at their local court in Beijing. The court issued the city’s first PPO that afternoon. A PPO lasts for up to six months and, depending on the situation, can be revoked or extended.

The recipient of the PPO, Gu, 61, had suffered abuse by her husband for 30 years, according to a news report by the *Beijing Times & Legal Evening News*. She stated: “I have endured his violence for so many years in [full] view of my two young children, but now they have grown up and I cannot bear it anymore.”

Yet, it remains uncertain whether the law will result in a flood of victims taking similar legal action against their abusers. Lack of education and access are just some of the huge barriers still facing women, regardless of the law.

One of the biggest hurdles, though, is changing society’s perception of domestic violence – behavior that has historically been deemed as ‘normal’ or, as previously mentioned, ‘private.’

While elements of gender discrimination can be found in Chinese society (one of Chinese philosopher Confucius’ Three Guidelines and Five Virtues in Confucianism states that ‘wives must submit to the husband’) it is a common misconception that patriarchy is a China-specific problem.

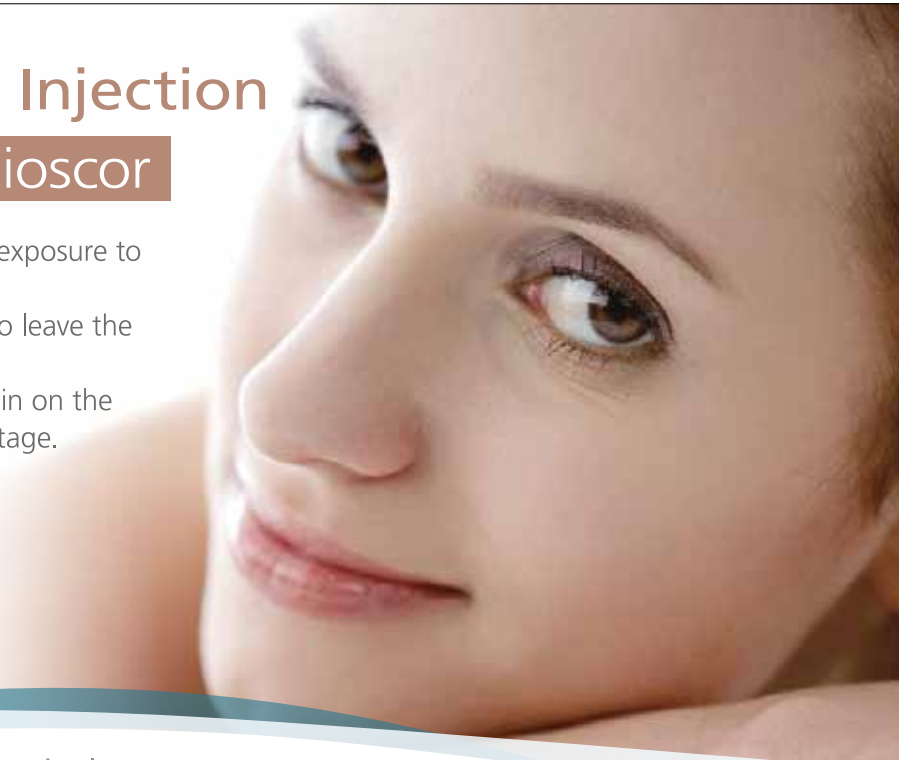
Below, L-R | The Maple Women's Psychological Counseling Center Founder Wang Xingjuan provides counseling to a visitor; a logbook of domestic violence cases received by the Maple Center; a volunteer at the Maple Center answering a call



Vital Moisturizer Injection

50% off Just in Bioscor

- § Treats the fine lines caused by over exposure to the sun.
- § Boosts the skin's hydration system to leave the skin looking plump and hydrated.
- § Perfect for treating sun damaged skin on the face, back of the hands and décolletage.



Professional Doctors from both China and International



Dr Alan Ong
Cosmetic Physician



Dr Simey Wu
Dermatologist



Dr. Yang Yong
Plastic Surgeon



Bioscor Shanghai Clinic

www.bioscorchina.com

Email: info@bioscorchina.com

Still, individuals affected by domestic violence or authority figures often point to this idea – that domestic violence is an ingrained part of Chinese culture – when rationalizing abusive behavior. Parkin shares: “One thing I often heard in domestic violence training in China was that judges or police would say: ‘Well, this is China and [domestic violence] is a part of our traditional culture.’ It’s all very tied up in that conception of the traditional Chinese patriarchal system, but that’s just not true.”

“Domestic violence is, at its heart, a crime of men against women. It’s an international phenomenon, occurring across cultures and countries with very different historical experiences. It’s a social phenomenon that human beings have to address.”

It is possible to change perceptions. However, scenes encountered at the Maple Center suggest it is likely to be a bumpy road ahead.

In the center’s counseling room, volunteer Hou Zhiming shares a logbook of case summaries, from calls made to the center’s hotline. It is a pretty depressing read: perpetrators’ job descriptions include finance manager, designer, journalist, government official and, disconcertingly but perhaps not surprisingly, police officer. Victims range from nurses to teachers.

The logbook is damning evidence that domestic violence is a problem that affects all strata of society. As Hou says: “It doesn’t matter if people are [university] educated or not.”

In a recording of Hou’s most recent call, a



Women would go to the police and the police would say: ‘It’s a family matter so it doesn’t concern us.’ But now the government has made it so that people have to care. It’s not a ‘family problem’ anymore, it’s a national problem



28-year-old woman named Wang* describes months of suffering abuse. Originally from Sichuan, Wang moved to Anhui to be with her husband. She called the hotline for advice after her husband hit her so hard he split her head open. She wants a divorce. “Because of the domestic violence?” Hou asks in the recording. “No, because of his temper,” Wang responds.

When Hou states that this is an issue of domestic violence, the victim instead categorizes it is a ‘marriage’ problem. Apparently, she can endure the violent beatings; the deal-breaker is that her husband lacks similar ‘sanguan’ (fundamental values).

The conversation continues in this vein, with Wang admitting she is depressed even though the frequency of beatings has recently decreased. Furthermore, Wang says that upon seeing her husband for the first time after several days of absence, she still has feelings for him.

These are emotions experienced by victims of domestic violence across the world. But China’s legal framework can exacerbate them in unique ways. According to the Marriage Law, for instance, property owners are deemed to be whoever’s name is on the deed. Due to intense cultural pressure, many Chinese women live in their husband’s home, without their own legal security. Subsequently, they are at serious risk of losing substantial amounts of property in divorce cases.

The language of the law also promotes “family harmony,” much to Parkin’s disappointment.

“The approach that the government is taking is very much couched in this language of ‘peace,’ which is unfortunate because the law should be about protecting women and vulnerable individuals from abuse,” she argues.

“There’s a heavy push for people to go through mediation rather than litigation, in order to keep the family together, but in an abusive relationship, there’s a power difference and if you have an abuser and an abuser in a room trying to mediate, you’re not going to get an outcome that’s going to protect the victim more.”

Despite Parkin’s skepticism of the “political buzzwords” in the law, she agrees with other experts that it is important to grant victims their own autonomy. “It’s about empowering women to be able to control their lives and get out of these relationships, rather than saying, *we know what’s best.*”

Perhaps most importantly, the law sends the unequivocal message that domestic violence is abnormal and simply unacceptable behavior in Chinese – or any – society.

While a concerted effort is required to bring about changes in attitudes toward domestic violence, the law is a step in the right direction. Because, as Hilary Clinton famously said at the 1995 Beijing World Conference on Women: “Women’s rights are human rights and human rights are women’s rights.” ■

* Names have been changed

The Domestic Violence Law can be read online at www.news.xinhuanet.com/legal/2015-12/27/c_128571791.htm (Chinese) or www.chinalawtranslate.com (English; search for ‘domestic violence law’). For further information about the Maple Center visit www.mapleonline.org or call the center’s anti-domestic violence hotline Mon-Fri 1-5pm (0 64073800; 10 64033383; 10 68333388). To report an instance of domestic violence in Shanghai call 110 or visit your local police station



Don't neglect Spring Allergy!

The symptoms of spring allergies:

Runny nose / Watery eyes / Sneezing / Coughing / Itchy eyes and nose

What should I do when I have spring allergies?

- Take OTC medicine (Talk to your doctor first to make sure you choose the right medication.)
- Go to see a doctor directly when the symptoms are serious or OTC medicine doesn't work

GHC specialists are here to help!

Follow us on wechat for more information!



Global HealthCare Medical & Dental Center

Location: Jing An Temple (Puxi)/Lujiazui (Pudong)

www.ghcchina.com

info@ghcchina.com

For address and contact information, please refer to the Listings – Health Services section of this magazine.

Antai Global Summer School Program

A Perfect Summer to Meet World Elite Cohorts



The Antai Global Summer School program is an important international program organized by Antai College of Economics and Management in Shanghai Jiao Tong University, which has established a great reputation among international students. The program is known for its global composition and integrated curriculum design. However, the highlight for many participants is the chance to get involved in a variety of curricular and extracurricular cultural activities while meeting peers from the world's top ranked universities.



China. Given that China is a world powerhouse and a vital trading partner of the Philippines, it is important to know first-hand how this huge nation is really functioning, not just economically, but also in terms of its government and society. Aside from that, I love studying the Chinese language, thus a visit to the Mainland is a good experience for practicing Chinese as well.

important for my further studies. I also had the opportunity to visit many interesting cities besides Shanghai, which exposed me to more Chinese history and traditions. This experience definitely convinced me that it is worth continuing Chinese studies, and I would like to come back!

Darel: Personally, I think my communication skills improved given that students were from different parts of the world. I also learned a lot about Chinese business and culture, which turns out to be a big help in my career.



Michaela Ptáčková
[Czech Republic, participant of 2015 Antai Global Summer School Program]

What was the most memorable part of spending last summer in Shanghai?

Michaela: It's difficult to choose only one aspect or part of the program as the most memorable because my experience in China was unforgettable in general. As a European, however, I found the atmosphere of Shanghai and Chinese culture most impressive. Furthermore, I met a lot of inspiring and nice people – participants and lecturers, whom I appreciate a lot.

Darel: The best part of being in Shanghai was trying out different kinds of Chinese food. I love the xiaolongbao (小笼包) place just outside the University.

How did you benefit from this program?

Michaela: I learned a lot about Chinese business and culture, which is very

What attracted you to the Antai Global Summer Program?

Michaela: I decided to join Antai Global Summer Program because it seemed to be a perfect combination of my interests. The program covered the business sphere with a strong focus on Chinese market and Chinese business etiquette. Moreover, the cultural aspects and the possibility of improving my elementary knowledge of the Chinese language was also a decisive factor for me.

Darel: The reason I joined this program was because it is about business and



安泰经管学院
ANTAI COLLEGE
Economics · Management

Antai Global Summer Program

Understanding China,
Communicating
with the world



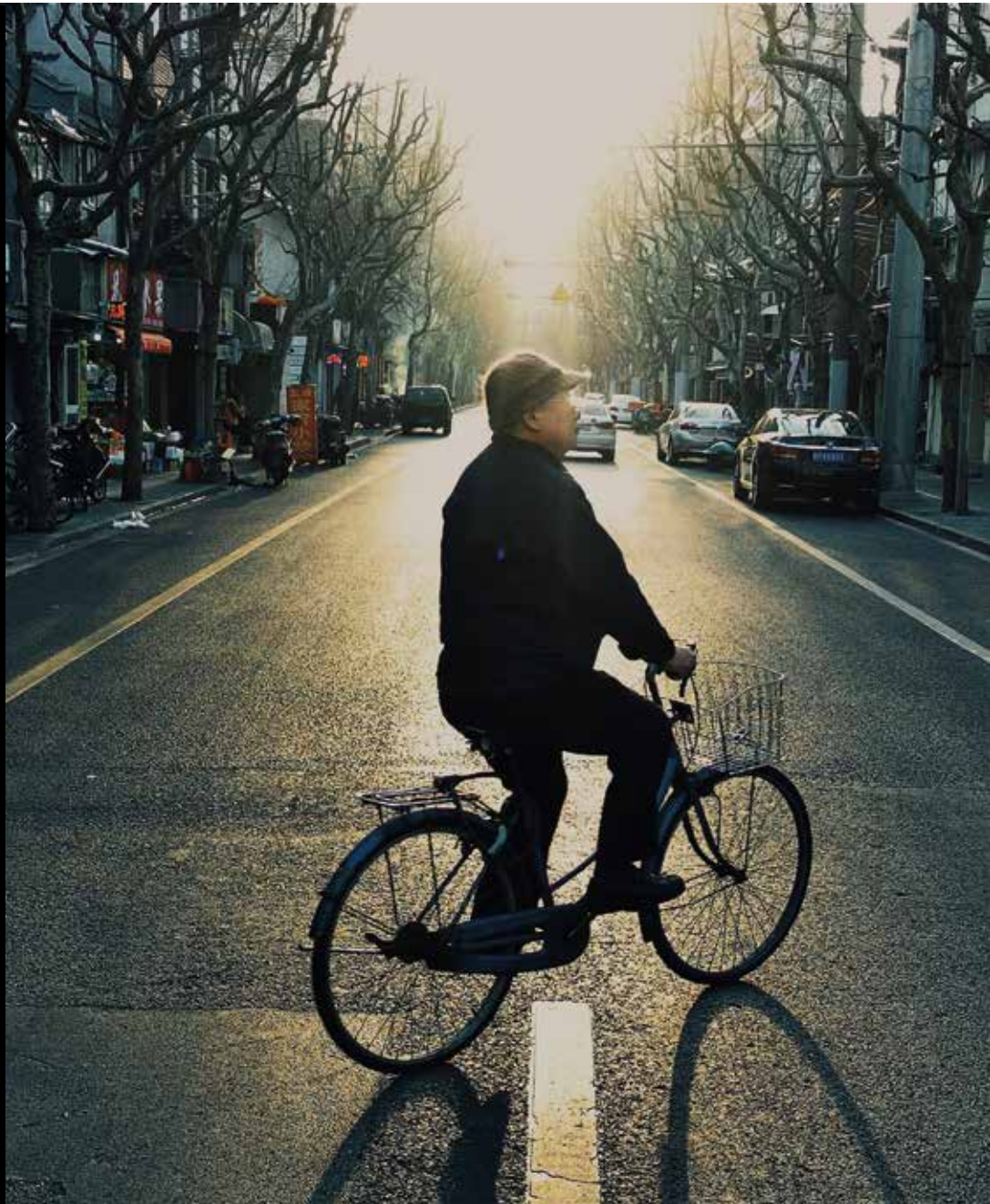
✉ iceo@sjtu.edu.cn
☎ 86-21-5230 2511, 5230 1050
🏠 <http://summerschool.sjtu.edu.cn/>

Applications for the 2016 Antai Global Summer Program that runs from July 4-22 are now open. Undergraduate and post-graduate students from all majors are encouraged to apply. Application Entry: <http://application.sjtu.edu.cn/summer/login.html>

Sheraz Aziz Baloch began experimenting with photography at the age of 14 in his hometown of Karachi, Pakistan. A move to Nanjing in 2009 and, later, Shanghai, where he currently resides, only amplified his passion for the art—something the young Pakistani (who holds a degree in aeronautical engineering) hopes to make into his full-time career one day.

Inspired by photography heavyweights such as Henri Cartier-Bresson, Robert Capa, Raghu Rai, Josef Koudelka and Martin Parr, Baloch takes the tired tradition of street photography and revitalizes it with shots of urban lives and people treading the same ground day in, day out—so much so that he can hardly be considered a street photographer at all. He is a fleeting portraitist, capturing the transmuted beauty that attends old age, as well as honest, ordinary glances of Shanghai.

“I’m mostly drawn to humans and their relation to their surroundings,” Baloch says. “The daily recounts of people living in urban jungles, their stories and expressions, are what fascinates me. China is a great place for that—it has some of the most photogenic cities I have ever seen, and people don’t really mind getting photographed. As for the elderly people in my photos, well, I find them incredibly friendly. They love interacting with you, and most of them have great tales to share. From a technical perspective, the features on their faces are fantastic: more prominent than young people, more defined.”



ORDINARY STORIES

A Nascent Photographer's Quest for Shanghai's Most 'Captivating' Moments

WORDS BY MARIANNA CERINI, PHOTOS BY SHERAZ AZIZ BALOCH



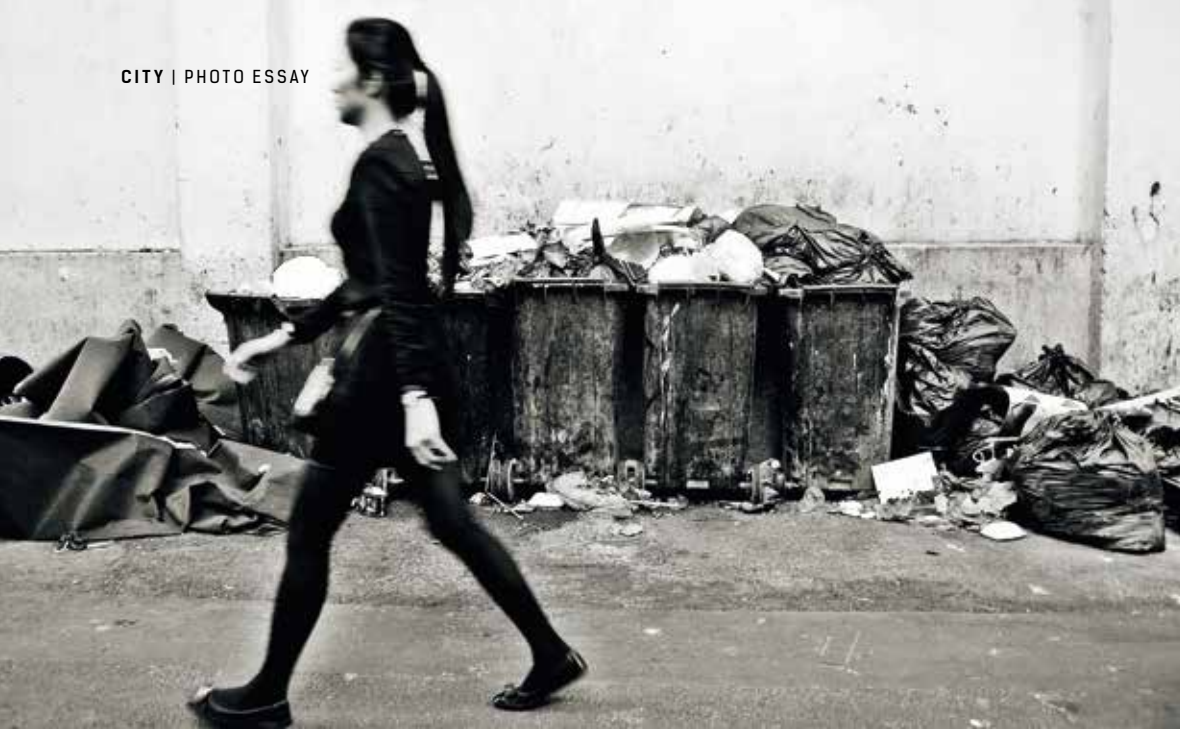
RIES

andid Moments'



Center | Silhouette of a man cycling in Jing'an

On this page, clockwise | A beggar at the Muslim market on Changde Lu; a kid stares at mannequins by the Jade Buddha Temple, an old lady at the Muslim market; a worker on a construction site in Xujiahui; a woman peeking out of her house by Shanghai Railway Station



Above | Old man smoking in Jing'an Park

Previous page:

Top right | Girl walking by a pile of trash in Xujiahui

Centre left | A guard in Pudong

Bottom right | Cyclists on empty road in Jing'an



Baloch often interacts with his subjects, trying to find perfectly candid moments – what Cartier-Bresson termed ‘The Decisive Moment’ – to snap them with his camera, a Nikon J1 with a 35mm lens or, sometimes, his Samsung S5 phone. “Most times I just shoot on P mode with shutter speed on manual settings,” he says. “My main focus is to capture those magic instants – they can be very powerful but once they are gone you might never have them again.”



Last year, Baloch’s work was recognized in an amateur photography competition for the charity event Shanghai Souls, where his picture ‘Lady in the Alleyway’ was awarded the first prize. The promising artist is only looking ahead now. “Photography helps me connect with people,” he says. “It is almost therapeutic.”

The images he shared for this photo essay are just some samples of his work – glimpses of strangers that are palpably familiar, forthright nods to moments of China life that usually pass us by in our haste. ■

Check out more of Baloch’s work on Instagram, @shzblch



Sports Medicine Center

Shanghai United Family Hospital

personalized care for every athlete

New Service
Hip Replacement

The difference is our team approach to patient care. To achieve the best outcome, you need a careful examination and accurate diagnostic imaging. Treatment can include medications, exercise rehabilitation, and where appropriate, precisely planned and executed surgical repair.

Ashwin Deshmukh, MD (Harvard)
Chief of Orthopedic and Sports Medicine
ATP Tournament Physician

Our team of surgeons, experienced sports physical therapists, and radiologists, each plays an integral part in patient care and collaborate in every case. Communication is essential to clinical success.

Mark Wu, PT
Chairperson, Physical Medicine and Rehabilitation

We are a truly integrated medical facility, with a 24-hour emergency service, in-house digital MRI and CT, and one of a handful of hospitals in Asia to offer MRI arthrography for more accurate diagnosis of problems inside the joints.

Ashish Maskay, MD
Director, Orthopedic Inpatient Services

As a team, we have built a track record of safety and excellence in treating sports injuries, back and neck problems, joint pain and trauma.



Healthcare for Life!



The UFH network has pioneered JCI quality accreditation in China
和睦家医疗获得国际医疗卫生组织
认证联合委员会(JCI)认证

Shanghai United Family Hospital and Clinics
1139 Xianxia Road, Changning District, Shanghai 200336
Tel: +86 (21) 2216 3889 Email: sportsmed@ufh.com.cn Website: www.ufh.com.cn

Emergency Department: +86 (21) 2216 3889

LIFE & STYLE

STYLE RADAR

SPOTLIGHT

Jasin Chang, model

How did you get started as a model?

I went with a friend to a model agency to pick-up tickets to a party. The owner was there and asked if I was interested in modeling. I went to a few castings and got my first runway show after a couple of weeks. Nothing spectacular.

What's a typical day for you?

A lot of sex, drugs, and champagne. Nah, just kidding. The meaning of a typical day has changed since I began modeling full-time. Before, my time was spent running around town to castings and auditions, looking for job leads, dieting, working out, and learning how to model and what the whole process was about – which meant talking to anybody that was willing to help. Nowadays, I've established a consistent routine of working different types of jobs – photoshoots, commercial videos and runway. I still go to castings, but far less. I believe I have enough experience and momentum that agents and clients are starting to seek me out. So now most of my time is spent on managing my career and professional relationships. Although, no day goes by where I am not concerned about getting overweight or out of shape.

What kind of fashion work do you mostly do?

I started off doing runways but now also shoot campaigns, ads and lookbooks. I have an interest in acting and over the summer landed a small role in a Luc Besson-produced feature film. Besides fashion, I also work in television commercials and commercial print or digital ads.



What's the best aspect of being a model? And the worst?

Modeling has given me the opportunity to work with some of the most passionate and talented people. Shortly after I started this career, I realized that a lot of designers, stylists, photographers, videographers and hair and make-up artists are fuckin' crazy (but in a good way)! The ones that are driven by their work create an energy that I've seldom felt elsewhere, besides sports maybe. And there is no better feeling than to collaborate and make their visions come to life. Of course, it's also cool that some people treat you better, give

you free shit, and pay for your travels.

The worst aspect would probably be sacrificing the amount of time I am able to spend with friends and family.

If you could work with any brand/ designer, who would it be?

I am not even going to pretend that I know a lot about fashion. I've definitely become more aware, and pick up pieces here and there along the way – one thing I've realized is that my taste is still developing. As of now, I would love to work with Giorgio Armani, Vivienne Westwood, Yohji Yamamoto and Rick Owens.

What's the job you're most proud of?

I am proud whenever I overcome an obstacle because modeling is full of uncertainty and challenges. Walking a runway at Milan Fashion Week was a definite highlight though. I had just started modeling and kind of threw myself out there. So that was definitely a great feeling, as I was aware the odds were against me.

What's the most challenging side of your profession?

It's a competitive industry, with a lot of uncertainty and superficiality. Some bookers, clients, and directors can be very annoying. But the most challenging side of modeling is the perpetual energy one has to generate in order to create the necessary momentum.

Your style in three words.

Laid-back. Vintage. Edgy.

When you're working you're....

Obsessed.

> Follow Jasin on Instagram @jas1n



COVET

The Zest of Life

We recently watched *Iris*, the delightful 2015 documentary on nonagenarian fashion icon Iris Apfel and, among the many inspiring life and style lessons we took from it, was the fact that a) real panache is about self-expression and attitude and b) accessories are the herbs and spices of any ensemble. "They give zest and zing to an outfit," says Apfel, as she tries on a bangle three times her weight. We couldn't agree more. Details can make or break a look. Big or small, subtle or mega bold, they pack a punch like few other fashion items. In need of ideas? Check out China-based Missy Skins's range of jewelry, pins and clutches. Loud and eye-catching, they take cues from the 80s and play with

a tongue-in-cheek aesthetic, from a plastic fantastic 'Lovesick' necklace (RMB98) and a strawberry shaped single earring (RMB128) to a pin set called 'Memories' (RMB99) that manages to balance teenage cute and hipster cool. "If there was a choice on spending a lot of money on accessories or a dress, I always chose accessories," says Apfel. When they don't take themselves seriously like these ones, we are happy to play along. Also pictured: an ultra-rad mini shoulder bag (RMB699), a 'Be Mine' pin (RMB49) and a Ziggy Stardust-esque single earring (RMB260).

> missyskins.com

OVERHEARD

"I DON'T CALL IT TEEN VOGUE BECAUSE IT'S NOT A TEEN MAGAZINE. I DON'T CALL IT VOGUE GIRL BECAUSE IT'S NOT ABOUT BEING YOUNG ONLY; IT'S ABOUT BEING COOL AND WITH AN ATTITUDE. IT COULD BE SOMEONE IN THEIR LATE 20s, BUT HAVING THAT KIND OF ATTITUDE AND MENTALITY THAT IS GROWING IN CHINA...IT'S ABOUT ME, THAT 'ME' GENERATION."



> Vogue China Editor-in-Chief Angelica Cheung on the upcoming launch of Vogue Me, a new fashion glossy from the Condé Nast family exclusively targeting Chinese millennials. The new title was inspired by the Vogue Mini app, the digital content of which is already all about the People's Republic 'cool' generation. Chinese millennials are probably the single most important demographic on the planet today. According to a report by Goldman Sachs, they represent around 31 percent of China's total population – 415 million motivated consumers – with a total combined income of USD3 trillion. The Condé Nast move isn't at all surprising: who wouldn't like a slice of that?

ONE SUNLAND
SERVICED SUITES
by
LANSON PLACE

SHANGHAI
WAIGAOQIAO FREE TRADE ZONE

One- and Two- Bedroom Serviced Suites
Opening in May 2016

No.1, Lane 433, Qi Fan Road, Pudong District, Shanghai 200137, China
(Metro Line 6, North East Pudong District)

www.lansonplace.com
enquiry.oss@lansonplace.com

LANSON PLACE BEIJING | SHANGHAI | KUALA LUMPUR | SINGAPORE | HONG KONG

FIFTY SHADES OF BLUE

BLUE

Head-to-Toe Denim Looks for Spring

Words by Marianna Cerini

01



02



04



03



05



06

07



08



09



10



11



12



If the word 'denim' only makes you think of jeans, well, you're well behind, my friends. There's much more to this sturdy textile than Levi's pants. Fashion pros know it well: last summer, everyone was wearing denim – and double denim, too. No longer a fashion faux pas, the trend is coming back this season, with a bunch of offerings spanning skirts, 80s jackets and shirts. Embrace it. Or just wear it solo with a white tee (always the winning combo) and some hipster plimsolls. Here are some key pieces to get you inspired. You be dreamin' of denim before you even know it.

FOR HIM

- 01 **Pull&Bear**
RMB399
www.pullandbear.com
- 02 **H&M**
RMB399
www.hm.com
- 03 **Zara Men**
RMB259
www.zara.cn
- 04 **River Island**
RMB347.82
www.asos.com
- 05 **H&M**
RMB249
www.hm.com
- 06 **Our Legacy**
RMB850
shop.projectaegis.com

FOR HER

- 07 **Topshop**
RMB462
www.topshop.com
- 08 **Topshop**
RMB268
www.topshop.com
- 09 **Zara**
RMB359
www.zara.cn
- 10 **Zara**
RMB239
www.zara.cn
- 11 **H&M**
RMB199
www.hm.com
- 12 **New Look**
RMB195.54
www.asos.com

TOOP

How Pets Became China's New Status Symbol



"People are starting to be concerned about their pets' moods, and whether they're getting enough sleep"



DOGS

Words by Marianna Cerini
Additional reporting by
Tongfei Zhang and Zoey Zha
Photos by Mario Grey

A fancy, shiny plastic bathtub greets visitors in front of the main entrance at Shanghai International Pet Expo (SIPE) 2016. Milky white foam sits atop the water, and warm bubbles give a Jacuzzi-like effect.

But this small pool isn't for humans; it's for their furry friends. The price? RMB8,800. Pair it with a "pet-friendly heater designed especially to keep your dog or cat warm" (the seller's words, not ours) at RMB1,500, and you've got the "perfect home spa for your pet."

"It's true," reiterates the vendor. "These are essential products for your house. Good pet owners know it: both of these items are incredibly popular."

If true, it's little wonder that China's pet industry is booming. Forecast to grow by more than 50 percent to RMB15.8 billion (USD2.6 billion) by 2019, according to market research firm Euromonitor, the pet care sector in China is rapidly outpacing the world's biggest market – the United States – which grew by just over 4 percent in 2015 (to an estimated USD60.6 billion).

China now has the third-highest figure for dog ownership in the world. The National Bureau of Statistics reports that

the country is home to 27.4 million pet dogs, behind only the US (55.3 million) and Brazil (35.7 million). China's cat ownership is even higher – second in the world with 58.1 million (versus 80.6 million in the US).

These are remarkable figures for a country that, during the Cultural Revolution, condemned dog ownership as an elitist, bourgeois pastime. In the capital, keeping dogs was banned through the 1980s, and it was only in 2003 that all Beijing residents were allowed to own canines.

Now, having a pet has become a symbol of wealth and financial success. This is particularly the case for the affluent middle- and upper-classes, many of whom are products of the country's strict one-child policy and appear happy to indulge their pets.

Shanghai's SIPE, and other events like it, seem to support this theory. Walking around the fair – a smaller version of Asia's largest trade show for animal supplies and aquariums, Pet Fair Asia – we find booths selling high-tech leashes, organic pet food, toys and heaps of accessories for your best friend Fido – like GPS devices and shoes. If your pet doesn't like walking much, strollers from Japan cost RMB1,100. Cat-scratchers

shaped like a Disney castle go for RMB800. A tiny pink bed emblazoned with the tag 'PRINCESS' is RMB500.

Then, of course, there's the 'style section.' A stand solely dedicated to 'dogswear' peddles outfits for your poodle that start at RMB200 and go all the way up to RMB600 for a detachable ballerina outfit featuring a glittery leotard and an organza tutu. The brands on display have names like Sugar Berry, Mamadog and Apple Apple, and you can peruse their offerings in catalogues and on gigantic advertising banners dotting the expo. Each features creepily sultry pooches staring right into your soul, begging you to buy them ball gowns (or, equally likely, to free them).

Everywhere around us, people are handing over credit cards, chatting to vendors, and stocking up on the latest gadgets. It all feels slightly insane, but maybe we just don't love our cats enough.

"I definitely spend a few hundred kuai on Duo La every month," says Mrs. Chen, a 60-something Shanghainese lady pointing at her poodle. "I just bought her a dress, and I always, always get her imported food."

Pet beauty therapist Huang Yuwen, a

26-year-old whose two dogs (of the eight she owns) are attending SIPE's competitions and beauty contests, also spends a big slice of her monthly income on her pets. "Food especially is very important to me," she says. "I want to make sure they get the best quality."

Pet food is indeed one of the most lucrative areas of the industry. Multinationals such as Mars, Nestlé, Procter & Gamble and Colgate-Palmolive have all rushed to the Chinese market, licking their lips at the possibility of profit. They are onto something: more data from Euromonitor reports that dog food sales are expected to almost triple to over USD760 million by 2019.

Over the past year, China has become a key market for companies to launch new pet food, an increasing amount of which is now marketed as organic and all-natural, according to Laurel Gu, manager at market research firm Mintel.

"A number of [pet food] manufacturers are developing new products specifically targeting China," Gu says. "They see its strong

growth potential. At the same time, people are increasingly drawn towards products' health benefits for their pets, labels like 'no additives' and specialized foods."

Other sectors are cashing in, too – particularly in the luxury field. Last year, leather brand Coach launched an entire collection of exclusive collars for pooches. American firm Chrome Bones, which specializes in Swarovski crystal-encrusted pet collars and leather carriers costing well above USD200, opened its first China franchise in Shanghai in 2014. It has since reported a steady monthly sales increase of 40 percent.

Even the state-owned People's Insurance Company of China (PICC) offers pet insurance policies, with annual premiums ranging from RMB450 up to RMB3,500 a year. In Shanghai, meanwhile, some funeral companies sell burial packages that include a limousine hearse, luxury coffin and flower arrangements for your deceased dog, for a mere RMB500 to RMB9,000.

It's as if a craze is taking over first- and

second-tier Chinese cities – one that expects owners to burn money on pets. They should, of course, be rigorously pure in breed. The Tibetan Mastiff – once the indulgence of choice for the country's wealthy (a Chinese businessman allegedly paid USD2 million for one in 2014) – is no longer the hottest commodity in the dog world. But pet owners are still very sensitive about the purity of their companions.

"It's a sign of class," says Chen Yu, a 27-year-old sales executive who owns two Pekingese dogs. "For me, the purer the better, although of course there are plenty of people who don't care much about that."

But breeds, food and accessories are just a small part of the picture. Pet grooming and pampering services are "skyrocketing" in first-tier cities, says Jiang Yuxuan, a dog beautician we meet at Naughty Family, an in-demand Shanghai pet salon, training school and private clinic.

"On average, we style 40 pets – mostly dogs – a day, although during holiday season

"My parents have a cat, and they treat her like another daughter"





“Companies are listening: there’s now a tracking device that allows you to check your dog’s daily patterns, and interact with him or her when you’re not home. Many of our exhibitors will be bringing products like that to the expo next August.”

But can such attachment to dogs and cats – one on a par with human family members – be healthy for pet owners? A psychologist from ACPC (the Association of Certified Psychologists of China), He Liang, is skeptical of the phenomenon.

“In some cases, particularly with the ‘me-obsessed’ generation of the one-child policy, people just relish the idea of owning something that’s completely subordinate to their care,” says He. “It’s a way to feel in control of their own lives.”

The loneliness and stress endemic to city life means some Chinese urbanites, mostly single ones, see pets as substitutes for human companions, the psychologist explains.

“Wanting to treat your pets well is normal and healthy,” he says. “But when pet-owners are willing to spend large sums on beauty makeovers, yet refuse to invest any time and money on maintaining regular social networking, we need to start worrying.”

It’s not just millennials who show excessive love for their animals, however. Approximately 61 percent of urban residents over 65 live with a pet, compared to the national average of 44 percent. Left alone, many elderly people in urban areas have replaced their child with a furry friend.

“My parents have a cat, and they treat her like another daughter,” says Chen, the poodle-owner we met at SIPE. “I think she motivates them.”

As China’s pet market expands, so does the variety on offer. Last year, Pet Fair Asia had rabbits, hamsters, hedgehogs and parrots. The year before, someone brought in alpacas. This year, they’ll have “an entire hall dedicated to reptiles and amphibians,” says Wu. “We’re in the process of getting our licenses for that.”

Whether snakes and lizards will also need salon services is unclear. But if it’s going to happen anywhere, one suspects it will be China. ■

that number can go up to 60 or 70,” Jiang says. “We are always very busy.”

Services offered at Naughty Family span from hairstyling, spa services (i.e. ‘manicures’) to fur coloring, “especially before parties,” says Jiang. “We use the highest quality dye, so it doesn’t hurt the pet.”

“Pets have become part of the family, and owners are willing to spend a lot on them,” says senior manager of Pet Fair Asia’s organizing committee, Grace Wu. “We want them to look good and be healthy, but we are also more attentive towards their needs, just like parents would be with their children.”

One of the industry’s latest trends is the rise of special care services aimed at the mental state of our furry friends, Wu explains.

“People are starting to be concerned about their pets’ moods, and whether they’re getting enough sleep,” she says.

SCENE & HEARD

EDITED BY MARIANNA CERINI

LOVA Weddings



It might just be me, but recently it feels like everyone around is either popping babies or getting married. Might be the season, might be the fact that people are entering their 30s...the five weddings I've been invited to this summer certainly speak for a trend of some sort, though. While I'm personally not much for babies, I do like a good wedding. Even more so, being a fashion writer, I love well-put-together bridalwear. In Shanghai, LOVA Weddings does it very well. Hailing from Sweden, the brand has been in town since 2009 and counts two showrooms in China. Its head designer is Lovisa Tedestedt (pictured), a Swede with an excellent taste for formal dressing.



Rather than run-of-the-mill pieces, they do custom-made designs, with a strong emphasis on customer service – clients are welcome to join for every step of the gowns' creations, and can even add the final stitch to their perfect dress. The overall aesthetic here is modern yet timeless, with a bit of Scandinavian influence – think simple lines and sophisticated details coupled with draped and flowy fabrics, alongside detachable, bejeweled sashes and accessories that allow each gown to be classic one minute and dramatic the next. High quality craftsmanship goes into the foundation of each piece, from dresses to accessories and suits for the groom, which fall under the offshoot LOVA Suits, the label's bespoke men's tailoring. Bridesmaid and flower girl dresses are available too, as well as evening gowns, rehearsal dinner dresses or the perfect second exit dress, making this a one-stop destination for the perfect wedding party.

> 278 Wuding Lu, by Taixing Lu 武定路278号, 近泰兴路 (5406 6151, www.lovaweddings.com)



H&M Conscious Exclusive

It's that time of the year again, y'all: H&M's Conscious Exclusive collection comes out this month. We usually tend to eschew writing about big fast fashion brands in this section, but we're also behind any effort towards sustainable style – and the fact that the Swedish retail giant is at least trying to put something out there to raise the bar for sustainability makes us pretty pleased. This season, the label has steered away from the tribal and Eastern inspirations seen in past collections, and dug into the archives of the Musée des Arts Décoratifs of the Palais du Louvre in Paris. The result is a line of 'red carpet pieces' whose lines and patterns are a nod to the style of French painter Gustave Moreau, all while pushing the eco-message with the use of innovative materials such as beads and rhinestones made from recycled glass and Denimite, a recycled fabric made from old denim. Julia Restoin Roitfeld, French style maven and daughter of former *Vogue Paris* editor Carine Roitfeld, is the face of the range, adding that extra Parisian touch to it all. The collection drops in stores on April 7. Mark the date. Green is the new black.

> www.hm.com



HAY

If you've passed by Yanping Lu in Jing'an lately, you might have noticed the gigantic new HAY store that just opened. The second Shanghai branch of the uber cool Danish furniture company, this outlet features all the classic elements of a HAY shop, as well as a permanent installation of the HAY Mini Market concept, an in-store accessory pop-up resembling a hipster supermarket with aisles of shelving laden with selected merchandise curated and handpicked by Mette Hay. HAY's Copenhagen designers did the layout for the space, which occupies the ground floor of a renovated office building and boasts floor-to-ceiling windows, marble counters and a centralized wooden stairway installation to showcase a large selection of chairs. Besides that, you'll also find the beautiful textiles, objects, lighting, glassware and stationery HAY (and its offshoot Wrong for HAY) is known for. Yes, it's furniture heaven. Go visit.



> 153 Yanping Lu, by Wuding Lu 延平路153号, 近武定路



LOVA WEDDINGS



The Chateau Collection
now available!

Exclusively customized
wedding & evening gowns

Showroom: 278 Wuding Road
info@lovaweddings.com
Tel: (21) 5406-6151

WWW.LOVAWEDDINGS.COM



Lily's Antiques,
a treasure box filled with
delights for the home.

华伦家具, 一个满载珍宝、蕴含东方文化的家居品牌

www.lilysantiques.com



Follow Us On Wechat
For More Information

1F, No. 1037 Biyun Road (near Huangyang Road), Pudong District, Shanghai 201206
上海浦东新区碧云路1037号一层 (近黄杨路)
Tel: 021-50191199
Email: showroomsh@lilysantiques.com



AN ART DECO DREAM

Inside the House of Shanghai's Art Deco Master

BY MARIANNA CERINI, PHOTOS BY MARIO GREY



When he first moved in, the apartment "wasn't exactly to my taste," says Dodington. "It had heavy, dark-wood details and cliché oriental motifs. I tore it down and rebuilt it up from scratch, from the glass-and-steel doors to the ceiling fans and shelving." In the renovation process, Dodington made sure to implement materials typical of 1920s/30s Shanghai.

Spencer Dodington is, without a shadow of a doubt, an Art Deco fanatic. The Texas native, who's been living in Shanghai for the last 21 years, is an expert on the style – he's even published books about it – and an avid hoarder of period furniture. His house, an upper-level apartment in an Art Deco building from 1934 located in the former French Concession, mirrors his penchant. Dodington purchased it in 2009, after a two-year search for the perfect deco place. The moment he stepped in, he knew he had found what he'd been looking for: "It took me 15 minutes to commit," he says. "There aren't many Art Deco structures left in the city, so I knew I had stumbled upon a rare gem." Dodington refurbished the entire space, aiming to recreate what it may have looked like back in the 1920s. And he succeeded. Entering his home is like stepping back in time. Here's a look inside.



Spencer Dodington at his dining table, with two of his books, *Final Five Shanghai Walks* and *Shanghai Art Deco Master*.



A classic 1930s-style bookcase takes up a corner of the writer's studio-cum-questroom, bursting with books and history.



The balcony in the kitchen was a major draw for Dodington when he first visited the flat. "I had it as one of my requirements," he says. One of the author's favorite armchairs is here too, a beautiful leather-bounded piece that was part of the Jinjiang Hotel. "As a writer, I spend a lot of time at home working, so I like to have different writing and reading spots to move to and from." I bought it during China's SARS outbreak back in 2003, when no one dared to go outside. It was a bargain."



A glimpse inside Dodington's study reveals even more Art Deco details in the room's furnishings and architectural nooks.



A few contemporary art pieces dot the space, creating an interesting juxtaposition with the apartment's Haipai (Shanghai-style) flair.



"Everything you see here, I've been collecting for years from antique shops and markets in Shanghai," says Dodington. "Tea cups, chairs, desks - they all belong to the Art Deco period. I'm particularly drawn to furniture from old hotels - I have a few Peace Hotel pieces I am really attached to. Anything that tells a story is just so interesting to me."



One of Dodington's favorite pieces is a writing desk from the Peace Hotel. "It feels incredibly inspiring to be sitting at it."

PORTRAIT OF CHINA

INTERVIEW BY MARIANNA CERINI AND ZOEY ZHA,
IMAGE BY NICKY ALMASY



I am single at the moment.

I don't really care that much – it's not an ideal status but I haven't found the right person yet.

And you know what? I'd rather be alone than with someone who isn't right.

If I had any words of wisdom for other people they would be to stay free. Freedom is really important to me.

I follow fashion a lot. Like, a lot.

As we enter spring in full swing, promises of warmer, longer days resonate around us. This is a time that calls for a change of habits – out are the alluringly moody tones of winter, and welcome is the cheerfulness of sunnier, brighter hours.

Even the closet asks for a change. No longer in need of heavy jackets and coats, we find ourselves simply reaching for a shawl, or a light scarf for a lighter, silkier embraces.

Shang Xia's spring/summer offerings are perfect for the season.

Rural artwork from Shanghai's Jinshan suburb is the subject of the Folk Scarves from Shang Xia's Celebration line. Printed on incredibly soft, luxurious silk and cashmere, each piece is a work of art boasting a joyous vitality reminiscent of the countryside.

Architectural motifs – those of Beijing's Temple of Heaven – are found in the cashmere and silk Tian Tan scarves. Inspired by the landmark's design and craftsmanship, each stole has a clean, abstract pattern mimicking the caisson ceiling and serried Dougong brackets adorning



SHANG XIA "Tian Tan" Scarf
11,800 RMB

SHANG XIA "Architecture" Shawl
10,800 RMB

the temple's Hall of Prayer for Good Harvests. The result is a series of geometric, modern and mesmerizing fashion pieces.

Mongolian cashmere hand-pulled in Nepal composes the fabric of the Architecture shawls. Mirroring Shang Xia's ethos, each of the scarves' warp threads is inserted into the loom by hand, one by one, to become naturally integrated into the fabric. Inspired by Han dynasty garments, these shawls and other items in the Architecture collection bring contemporary flair to traditional beauty.

Lastly, honoring Shang Xia's year-long theme of "Urban & Nature," the Cheng Shi Shan Shui is a vibrant line of silk scarves beautifully juxtaposing city and countryside. Hand-painted "Urban & Nature" patterns adorn these pieces, with urban scenes blending into undulating mountain ridges soaring through heavy mist. It's a clever incorporation of opposing elements, one that plays with the busyness of urban life and the romance of nature.

For any occasion this spring, Shang Xia's shawls and scarves will have you literally covered.

SHANG XIA

Timeless Wraps

Maison Shang Xia is at 233 Huaihai Zhong Lu, by Songshan Lu
淮海中路233号, 近嵩山路 (8017 9777).

You can also find the brand at Shanghai Hongqiao International Airport Terminal 2
上海虹桥国际机场T2航站楼 (2238 2549)

SHANG XIA "Joy" Women's Cardigan
RMB4,500

SHANG XIA "Poetry" Women's T-shirt
RMB1,200

SHANG XIA "Opera" Women's Pants
RMB8,000

SHANG XIA "Man Yi" Bag
RMB8,800

SHANG XIA "Satis-feet" Women's Shoes
RMB3,600

SHANG XIA "Tian Tan" Scarf
RMB1,880

SHANG XIA "Moonlight"
Womens T-shirt
4,900 RMB

SHANG XIA "Architecture"
Women's Shawl
10,800 RMB

SHANG XIA "Heqi"
Women's Pants
4,800 RMB

SHANG XIA "View"
Bangle
3,800 RMB

SHANG XIA "Satis-feet"
Women's Shoes
3,200 RMB

SHANG XIA
"Urban & Nature" Scarf
2,000 RMB

FOUR SEASONS BEIJING



Room, which was perhaps two times the size of our apartment, and loved its spaciousness and effortless elegance. Access to the Executive Lounge on the 26th floor had us hooked on their afternoon tea and happy hour, which come with plenty of delectable treats and complimentary drinks, all of the highest quality. The highlight of our stay, however, was the bath the attentive staff prepared for us upon our return from dinner in Sanlitun. Rose petals, bath salts from Etro, soothing music and dim tea candles welcomed us to a paradisiac, restorative experience, made all the better by the strawberries and chocolates that had been delivered to us in the afternoon as a simple, 'just because' treat. No wonder Taylor Swift only stays at Four Seasons hotels when she travels. What we also loved about this hotel is its pop-up shop program, held in its expansive lobby – the perfect dramatic backdrop for the initiative. Through careful curation, the hotel has become a hotspot for showcasing the immense talent of local and international creatives in an ever-changing collection that has seen couture next to precious rugs, and eco-conscious independent designers alongside by established fashion houses. We told you it was hip.

> 48 Liangmaqiao Lu, Chaoyang 朝阳区亮马桥48号 (5695 8888, www.fourseasons.com/beijing)

The Four Seasons is like that classy, always on point friend you have – the one that's hip yet not trend-obsessed, attentive yet never overzealous. A well-established player in the hospitality sector, the property in Beijing, located near Liangmaqiao, has that perfect mix of zest and timelessness that only distinguished hotels can balance. The 313 rooms (including 66 suites), feature classic furnishings alongside modern comforts – a coffee machine, flatscreen TV, an excellent sound system – and grant impressive views of northeastern Chaoyang. We stayed in the Four Seasons

ANDAZ XINTIANDI, SHANGHAI

Andaz Xintiandi, Shanghai is the first Andaz property in the Asia Pacific region. The hotel features 307 spacious guestrooms and suites, five food and beverage outlets and 12 different meeting and event venues. B1 level covers over 2,200 square metres, and is comprised of a 15-metre indoor swimming pool, fitness centre and V2 Day Spa. Andaz, a Hyatt brand, is a distinctive collection of international hotels located in vibrant urban and resort destinations. From London's Liverpool Street to California's West Hollywood, each Andaz hotel is unique, with the design, cuisine and signature elements reflecting the local character of the surrounding neighborhood.

Being modern and approachable, Andaz offers an experience that carefully blends high-tech and high-touch. The hotel streamlines everything from check-in to in-room entertainment with technology that allows guests to tailor their experience to their individual needs. Service is personalised and friendly, offering gracious one-on-one attention in a warm and relaxed hotel environment.

> 88 Songhan Lu, by Taicang Lu 嵩山路88号1楼, 近太仓路 (2310 1234, www.andazshanghai.com)



LILY'S NAILS

Waxing. If you're a female member of the population, chances are you've come across the practice at some point in your life. Mind, we are not saying you have to: what you do with your hair – be it on your scalp or your nether regions – is your business, and yours alone. In case you are part of the anti-fuzz fight though, we've a piece of advice for you: Lily's Nails.

The salon, a long-standing beauty establishment on Shanghai's pampering scene, might be best known for its immaculate manicures and divine foot massages, but we recently tried their waxing services and were more than pleasantly impressed.

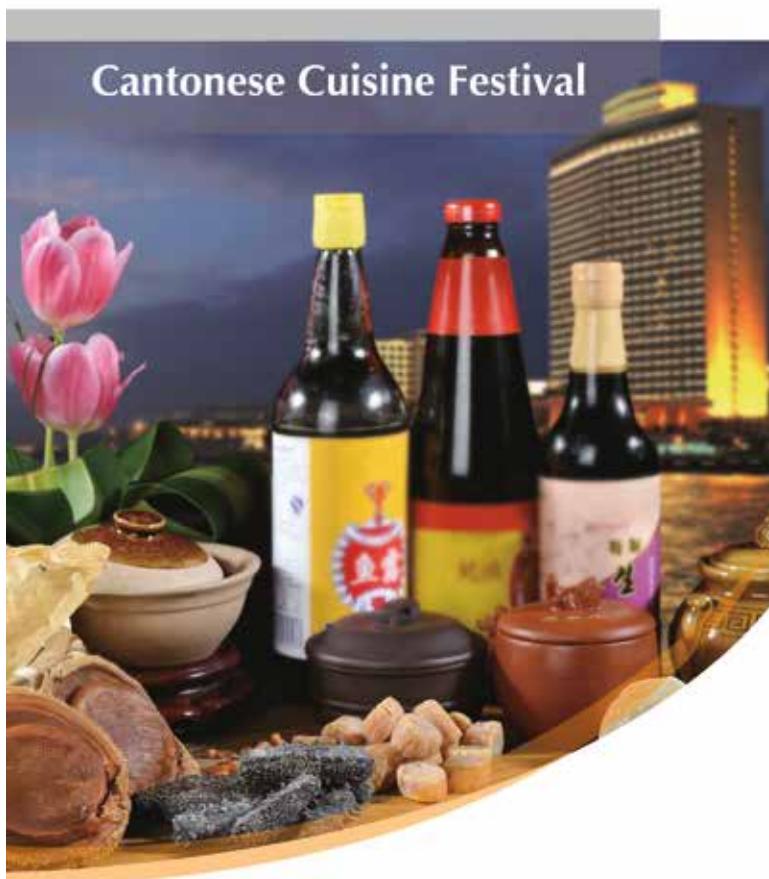
Expert staffers are at the ready to tweeze and wax your anything using Depilève products, which contain purified rosins and rich oils for an excellent grip on fine or tough hair, and leave the skin soft and smooth with minimal reddening. If you're more into a permanent hairless status, the spa also offers IPL removal – a hair reduction method that promises to shut down your hair follicles for good.

Being a tad old-fashioned and in need of a quick fix, we opted for traditional waxing (though we're definitely trying IPL next time we visit), and can attest to the near painlessness of the overall experience. Our therapist used the hair remover at a low temperature, which helped mellow the sting, and checked for remaining or in-grown hair in an almost investigative manner. The



session was fast and pretty smooth (literally), and, concluded with the application of a bunch of delicate waxing oils and creams to calm any redness. Best yet, prices are a steal, with full bikinis at RMB260 and legs at RMB580. Chill by the lounge area post-appointment, and, while you're at it, get your nails done too.

> No. 3824-1, Hongmei Lu (North of the Laowai Street, Opposite to the Hongqiao Pearl City) 虹梅路3824-1号, 老外街北, 虹桥国际珍珠城对面 (6215 5192)



Cantonese Cuisine Festival

www.jinlinghotel.com

Embrace Elegant Living at
Jinling Tianquan Lake
Retirement Community

What is the quintessence of Cantonese cuisines? The cooking style of Cantonese cuisines is characterized by gentle spices, fresh ingredients and slow, careful preparation. To be exquisite has been the eternal pursuit of Cantonese cuisine.

From April 15 to 30, 2016, the Plum Garden of the Jinling Hotel Nanjing specially invites the master chefs of the Guangzhou White Swan Hotel to offer multiple fine cuisines and dim sums. Come here and you can savor the most classic Cantonese delicacies.

Staying guests and Jinling Elite Members will enjoy a 15% discount (excluding on seafood). Guests becoming the fans of the hotel's WeChat or becoming a Jinling Elite Member can enjoy a 10% discount and receive a glass of a seasonal drink.



Presented by Jinling Hotel Nanjing together
with Guangzhou White Swan Hotel



Exclusive Benefits for Our Most Valued Guests.



No.2 Hantong Road Xia Fu Koo Square, Nanjing 210005, China.
For more information or reservation,
please contact us at: (86-25) 8471 1888 ext. 92294
www.jinlinghotel.com



ARTS

COLLAGE

COMING TO A THEATER NEAR YOU

London Has Fallen



★ APR 8 ★

Gerard Butler reprises his role as Secret Service agent Mike Banning who must thwart a terrorist attack by a Pakistani arms dealer Aamir Barkawi (Alon Aboutboul), who is out for revenge. Their battle leaves London in ruin with famous sites like Big Ben and the Palace of Westminster destroyed in their wake. However, with the American President (Aaron Eckhart) and Vice President (Morgan Freeman) at his aid, Banning is able to launch a counterstrike that brings the fight to Barkawi's headquarters in Yemen. While the film has received less than stellar reviews during its opening in North America last month, it promises to pack plenty of stunning visuals for fans of explosions.

The Jungle Book



★ APR 15 ★

The Disney animated classic gets a live-action reimagining directed by *Iron Man's* Jon Favreau. Neel Sethi stars as Mowgli, a human boy raised by Indian wolves (voiced by Lupita Nyong'o and Giancarlo Esposito). When a fearsome Bengal tiger (Idris Elba) threatens his life, Mowgli leaves his jungle home and embarks on a memorable adventure with the black panther Bagheera (Ben Kingsley) and Baloo the bear (Bill Murray). Scarlett Johansson and Christopher Walken provide voices for iconic characters Kaa the python and King Louie the orangutan. The film will debut in China at the same time as America, a week after its world premiere in India.

CAUSING A SCENE

Mark Prince

For over a decade, TNT Theatre has built a ravenous following in China for their adaptation of Western stage classics. They're back at Lyceum Theatre with *The Tempest*, with Mark Prince taking on the magical role.

On playing a character with powers of sorcery...

As with any of Shakespeare's magical characters, it's important to let the audience use their imagination to connect the magic with what is happening in the story. Prospero's magic impacts those around him. If the audiences believe the characters are under his spell, then they will believe in his power.

On portraying magical acts on stage...

We use an effigy – a small version of the



ship – and puppets to help the audience make the connection between Ariel's power that takes place at the beginning of the story.

On performing in China...

I recently toured with *Hamlet*, and the Chinese audience was very attentive. Part of our job is to inspire young people who are interested in theater, and we are grateful to be

given that opportunity.

Apr 30-May 2, 7.30pm (Sat-Sun) and 2.30pm (Mon), RMB120-380. Lyceum Theatre, 57 Maoming Nan Lu, by Changle Lu 茂名南路57号, 近长乐路 (400 610 3721, en.damai.cn)

HAO BU HAO



Hao

All hail Stephen Chow, who reclaimed his title as Mainland box office king with *The Mermaid*. In just 12 days, the Chinese New Year released comedy topped *Monster Hunt's* USD382 million record and has already become the first film to gross RMB3 billion. The film has also been granted an unprecedented three-month extension in China's cinemas.

Bu Hao

When *Ip Man 3* starring Donnie Yen and Mike Tyson pulled in RMB443 million in just three days, it seemed too good to be true. The SAPPRFT have confirmed accusations of box office fraud through bulk-purchases of tickets and ghost screenings. Officials have also announced that a new package of laws governing the film industry will come later this year.



MASS GATHERING

JZ Spring 2016



Jessie Harris and Petra Haden

Over 200 musicians will converge on Jing'an for the third annual JZ Spring. Stages will be set up at Jing'an Park, Jing'an Temple, Jing An Kerry Center and many other unexpected places from April 30 to May 2 for a weekend of free performances.

With a theme of "When Jazz Meets China," the festival kicks off with an April 29 Master Hall concert between award-winning Luxembourg trumpet player Gast Waltzing and JZ Club fixture Li Xiaochuan at Shanghai Centre Theatre.

"We met last year at the Festival International Echternach, exchanged our musical concepts and came up with this," Li says. "This project has an emphasis on composing, arranging and performing original compositions by us, as well as some well-known music from China."

The next night, Jessie Harris and Petra Haden will present the Chinese debut of their collaborative project. As co-writer of Norah Jones' 10 million record selling debut, Harris has since been covered by legends from Smokey Robinson to Solomon Burke.

However, he coos, "My new favorite covers are the ones by Petra," from *Seemed Like a Good Idea - Petra Haden Sings Jesse Harris*.

The festival culminates with a Master Hall concert featuring Abu and Eddie Daniels Quartet. Stay tuned for the full festival preview and artist interviews at www.thatsmags.com/shanghai.

Apr 30-May 2, 10.30am-7pm, free entry. 1) Jing'an Park, 1649 Nanjing Xi Lu, by Huashan Lu 静安公园 南京西路1649号, 近华山路 2) Jing'an Temple Square, 1686 Nanjing Xi Lu, by Huashan Lu 南京西路1686号, 近华山路 3) Jing An Kerry Centre, 1515 Nanjing Xi Lu, by Changde Lu 南京西路1515号, 近常德路 (www.jzmg.net)

Master Hall Concerts: Apr 30-May 2, 8-10pm, RMB180-380. Shanghai Centre Theatre, 4/F, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号上海商城4楼, 近西康路 (www.smartshanghai.com/smartticket)

WHAT'S NEW

It may have taken six years, but Queen Sea Big Shark have finally released their third album. With viral hits 'Bling Bling Bling' and 'Mammoth' included, *To Wild Heart* is immediately essential. However, the shape-shifting quartet refuses to rest on their laurels, adding horns, sitar and rhymes to their colorful sonic mix. Available at buy.modernsky.com.



Le Music and dART are teaming up to bring the underground electronic platform *Boiler Room* to China. A mix of international underground favorites and upstart domestic talent have been tabbed to perform. The series kicks off with parties in Beijing and a May 1 Shanghai show featuring hometown heroes Goooooose, ChaCha (pictured) and Aivilox, TzuSing and MIIIA. Stay tuned for more details at dartfestival.com. And as always, these parties are private but we're giving away a pair of tickets online.

Nanchang label Pest Productions are back to their dark ways, releasing the debut disc by Black Kirin. Formed three years ago in Changchun, the symphonic folk black death metal band has ambitiously released English and Mandarin versions of *National Trauma*. Regardless of language, it's a fascinating mix of downtuned guitars, guttural vocals and traditional Chinese opera sounds. Available at pestproductions.bandcamp.com.



Winter is coming. Well not really, but we couldn't be more excited about the return of *Game of Thrones* on April 24. Unlike past seasons, fans won't be able to sneak ahead by reading George R. R. Martin's books. While the new season won't be available on Chinese streaming sites, Fuxing Lu lounge Arcade will be showing new episodes every Monday throughout the run.

IRON Maiden Invade!

The Beast is Back

BY ANDREW CHIN

Fourteen months after beginning treatment to remove a cancerous tumor on the back of his tongue, Bruce Dickinson and his Iron Maiden cohorts are back raising hell on the road. With the singer literally flying the group around the globe on their customized Ed Force One plane, the metal legends are conquering the few remaining places they've left untouched including an April 26 date with Shanghai.

“*The Book of Souls* is a very important tour for Iron Maiden,” Dickinson says. “The very fact that the tour is happening makes it a highlight in itself, especially for me.”

It's a couple of weeks into the 70-concert tour that will take the septet to 35 countries across six continents, and somewhere in South America the 57-year-old has found time to chat.

The iconic singer conveys the group's excitement about their first visit to

China, which stops off at Mercedes-Benz Arena. Still riding high

from their debut El Salvador concert where they set an attendance record by drawing 25,000 fans, Dickinson breaks down the group's live mindset.

“Every single show we perform is the most important one while we are playing it,” he explains. “Fans are relying on us to deliver. They have come to see us, to share the music and the vibe with us.”

Described by Avenged

Sevenfold's singer M. Shadows as “by far the best live band in the world,” Iron Maiden are equipped to deliver the goods. They've played over 2,000 concerts in their 41-year-long career and Dickinson beams with pride about Ed Force One, showing off photos of the customized Boeing 747 he recently became qualified to fly.

“We've been using a jet to tour since 2008 and it worked out to be the most economically viable way of traveling,” he explains. “We can put the band, the crew, all our equipment and the entire stage production on board, then just fly off where we want to go.”

Private planes are just one of the perks that come with selling over 90 million records. Emerging out of the East London mid-70s pub scene, Iron Maiden quickly became one of the leading lights of the new wave of British metal.

Despite little radio support, the group has been packing stadiums since 1980 due to their hell-raising sound. With his 4.25 octave voice, Dickinson was one of the pioneers of the operatic vocal style that would become a power metal trope. The group's horror and sci-fi inspired imagery, best encapsulated by their iconic mascot Eddie, continues to inspire bands today.

However, the metal legends are no nostalgia act. Last year's *The Book of Souls* topped the charts in 40 countries (“a personal best”), 33 years after their

“The very fact that the tour is happening makes it a highlight in itself”



first number one album, *The Number of the Beast*.

Dickinson praises the Guillaume Tell Studio in Paris where they recorded the disc and 2001's *Brave New World*, noting, "The place has a very special vibe to it." He also credits a different recording process for the group for producing the critically acclaimed double album.

"We wrote a lot of it in the studio," he says. "Then we rehearsed and recorded it straight away, which gave *The Book of Souls* more of a spontaneity and live feel."

With such an extensive discography to dip into, Dickinson assures us that Iron Maiden takes responsibility in appealing to their wide fanbase at their shows extremely seriously.

"We know people look forward to hearing the older songs if they are seeing us play live for the first time," he says. "Of course, people want to hear the brand new album too. So we have managed to achieve a good balance on this tour with some songs from the new album, older fan favorites and a couple of songs fans have not heard us play live for many years."

While the band is fully focused on *The Book of Souls* tour that wraps up in August, Dickinson takes a few minutes to reflect on their past. With 17 former members to the group, he admits that

Iron Maiden has suffered from the same internal fissures that have destroyed countless lesser acts.

"Being in a band is like being in a close-knit family," he notes. "There are always going to be clashes and disagreements. That's actually normal and healthy; it means you care. As long as there's an underlying love and respect, which there is with Maiden, then nothing is insurmountable." ■

> Apr 26, 7pm, RMB380-1,380.
Mercedes-Benz Arena, 1200 Shibo
Da Dao, by Yaohua Lu 世博大道1200号,
近耀华路 (400 610 3721, en.damai.cn)

WIN

We're giving away a pair of tickets to Iron Maiden. For your chance to win, sign up to our weekly newsletter at www.thatsmags.com/shanghai or on WeChat at [Thats_Shanghai](#).



"Every single show we perform is the most important one while we are playing it. Fans are relying on us to deliver"



Good Living, Happy Life.

Green Court Place is located at the junction of Zhangyang Road and Jin Qiao Road, two of Pudong New District's major roads. Green Court Place will be a mix of two and three bedroom apartments which cater for consultants and middle management expatriates coming to Shanghai on medium to long-term assignments in the Pudong area.

021-20512888



A GRIMY SLICE OF GROOVE

Soulspeak Turns to the Dark Side

BY ANDREW CHIN



SNOWWANG

Forget everything you know about Soulspeak.

While the Beijing-based producer may be best known for his funk-infused, soulful hip-hop beats, his debut release under the alias Kai Luen unveils a completely different side of his musical personality.

Set for release on Shanghai's SVBKVLT label, *The Hollow Ghost* offers 10 tracks of dark soundscapes. Bass grooves and layered beats have been replaced by songs predominantly composed from field recordings made on tour.

"The amount of noise everywhere in China – apart from the countryside – is ridiculous," he explains. "This album deals more with sound design and the idea of using noise to create grooves."

Just don't expect Soulspeak (real name Jeff Liang) to stay in Kai Luen's sonic lane for long after this month's release show at The Shelter. Diversity is part of the producer's musical DNA. Last year, he released two solo EPs on Beijing electronic label Ran Music, a second collaborative disc with "China's best freestyle rapper" J-Fever and an album with the future jazz group Flash Beats Bones.

Liang attributes his broad taste to public radio in his Los Angeles home town, not-

ing: "I could hear Parliament-Funkadelic, Sun Ra and John Cage within the span of 20 minutes."

Admitting that he "pretty much held onto a radio from the time I was in middle school to the time I was in college," Liang began playing guitar at 9. Encouraged by his parents to pursue classical (because "I wasn't so great at math"), he balanced more formal musical studies with his growing habit for collecting vinyl in high school.

"The amount of noise in China is ridiculous. This album deals with using it to create grooves"

Then came China. After Liang's grandparents implored him to discover their homeland, he moved to Qingdao before settling in Beijing after the Olympics. He laughingly recalls attending his first Beijing hip-hop party, Season 6: "I remember thinking this was really random that there were

all these Chinese kids dressed up like 90s New York.

"But then the DJ began to play these obscure independent hip-hop tracks, which blew me away," he adds. "It turned out to be Wes from the Park, which is a hip-hop radio station broadcast in Shanghai, Beijing and Guangzhou."

Shortly after, he connected with three-time DMC China champion DJ Wordy. Their collaborative project, Wordy Soulspeak, released two albums and performed at the massive EDC Las Vegas festival.

While DJ Wordy's relocation to Shanghai has put the duo on hiatus, Soulspeak has plenty of other plans for the year. A third album with J-Fever is in the works, which he describes as "more based on ideas around theatre with elements of hip-hop that we want to make more schizophrenic."

He'll also be working with As Bo, who he reluctantly describes as "the Chinese Tom Waits"; planning a solo project composed of beats created from recordings of his children and their toys; and, later this month, releasing an album with Shanghai-based Ttechmak (the electronic persona of Australian trumpeter Toby Mak) on Ran Music. He describes the latter record, *Land in the Love of Robots*, as "heavy beats and altered horns [that is] very soulful, but not jazz at all."

This willingness to explore new possibilities is permeating China's electronic underground. Soulspeak is keen to shout out other producers experimenting with sound, identifying Li Shijia, throuutin, Damacha, Jason Hou and Zhi-16 of Do Hits! as producers to keep an eye on.

"The thing I like the most is young people who have their own sound," he explains. "Artists who are interested in stretching the boundaries of what is possible within the field, rather than regurgitating something that happened before." ■

> Apr 22, 10pm-late, RMB50. The Shelter, 5 Yongfu Lu, by Fuxing Xi Lu 永福路5号, 近复兴西路 (6437 0400).

> *The Holy Ghost* will be available at svbkvlt.bandcamp.com and *Land in the Love of Robots* will be available at ranmusicbj.bandcamp.com/music

REDEMPTION SONG

Yunggiema Immortalizes Mêdog

BY ANDREW CHIN

Originality is one of music's most precious commodities and a trait that Yunggiema has in spades. With a sound rooted in the traditions of her Monpa ancestry, the singer is both revered in indie-folk circles and a former runner-up on *Chinese Idol*.

Despite enjoying a sizable fanbase, the singer is just putting the finishing touches to her debut album. Scheduled for a May release, it will be preceded by a four-city national tour that stops off at MAO Livehouse on April 17.

Seven years in the making, *The Secret Land of the Lotus* is a "tribute to my Mêdog hometown." With an estimated 80,000 Monpa people in the world, Yunggiema immortalizes the grueling trek that brought her ancestors from East Bhutan to Tibet over three centuries ago, where an estimated 25,000 Monpa people now reside.

Tracks like 'Sad Song' capture the loneliness of the months-long barefoot journey that members of the Monpa made escaping from a tyrannical leader to a secret land mentioned in Padmasambhava's sutra.

Others like 'Pray for the Eternal Beauty' capture the serenity of Mêdog – a geographically lush paradise full of wild animals, which was the last county without permanent road access in China.

She credits her grandmother for teaching her ancestral songs and melodies "ever since I began to learn how to sing." While her aunt is a Sichuan Conservatory of Music graduate dedicated to preserving these ancient songs, Yunggiema originally studied performance art at Communications University of China in Beijing.

"I was about to graduate from school when I met Song Yuzhe from Dawanggang in Lhasa in 2009," she says. "After that, I gave up my dreams to be a dramatic actress and pursued music."

She joined the folk favorites before moving on to a solo career inspired by her ancestral story. An immediate hit in the indie world, Yunggiema's profile was exponentially elevated by her performance on the 2013 season of *Chinese Idol*.

"My teacher encouraged me to do it," she



"My biggest concern is how people connect with my music. I hope they find it comforting"

explains. "She was very concerned about me, and wanted more people to hear the sound of my voice. At first I was hesitant, but a lot of my friends were supportive despite some opposition from the independent music community."

She remains surprised that she did so well on the show, immediately enchanting mainstream audiences with her ethereal voice and unique backstory.

Other indie favorites like Mongolian fusion rockers Haggai and Beijing blues group Hoochie Coochie Gentleman have since followed in her footsteps, flooring mainstream audiences with their distinct sound.

While big names such as the Mainland's original rocker Cui Jian have since recruited Yunggiema on projects, she modestly notes, "My life didn't change too much after. I am who I am."

That earthy nature can be found throughout Yunggiema's music. With tracks that range from sparse traditional arrangements to modern orchestration inspired by Portishead and Massive Attack, Yunggiema has crafted a sound that is wholly her own.

Although she boasts the potential to become a global world music star like Sa Dingding, Yunggiema downplays any larger musical ambitions.

"I just sing and express myself to the best of my abilities," she says. "My biggest concern is how people connect with my music. I hope they find it comforting." ■

> Apr 17, 9pm, RMB120-150. MAO Livehouse, 3/F, 308 Chongqing Nan Lu, by Jianguo Zhong Lu 重庆南路308号3楼, 近建国中路 (6445 0086)

THE ARTIST OF ARTISTS

A Tip of the Hat to Alberto Giacometti

BY ANDREW CHIN

Fifty years after his death, Swiss modernist master Alberto Giacometti is being celebrated across the globe with a series of retrospective exhibitions. For the lone Asian stop on its world tour, the *Alberto Giacometti Retrospective* takes over the entire Yuz Museum for the biggest showcase on the artist to date.

“There are emotions in Giacometti’s work. While it’s full of very refined references, you don’t need to have this background to appreciate this work. But if you do have that, you discover something else”

Days before the show’s opening, the head of the Foundation Giacometti, Catherine Grenier, is serene. Shows have already been hosted in Spain, Istanbul and Italy with upcoming exhibitions scheduled in Moscow, Morocco and London’s Tate Modern.

“Every generation will re-write history and even fantastic artists can be forgotten,” she says. “As a foundation, it’s very important that Giacometti stays in the minds of our present culture and that people see the real works.”

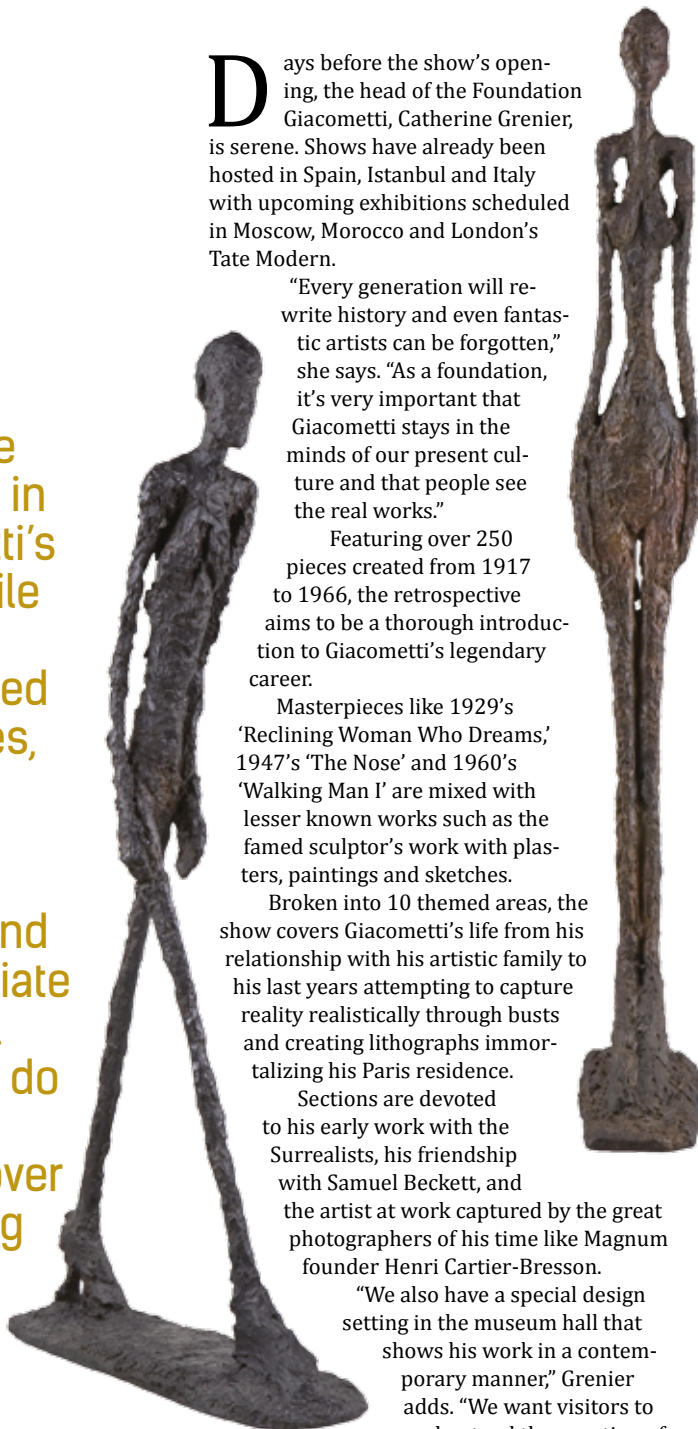
Featuring over 250 pieces created from 1917 to 1966, the retrospective aims to be a thorough introduction to Giacometti’s legendary career.

Masterpieces like 1929’s ‘Reclining Woman Who Dreams,’ 1947’s ‘The Nose’ and 1960’s ‘Walking Man I’ are mixed with lesser known works such as the famed sculptor’s work with plasters, paintings and sketches.

Broken into 10 themed areas, the show covers Giacometti’s life from his relationship with his artistic family to his last years attempting to capture reality realistically through busts and creating lithographs immortalizing his Paris residence.

Sections are devoted to his early work with the Surrealists, his friendship with Samuel Beckett, and the artist at work captured by the great photographers of his time like Magnum founder Henri Cartier-Bresson.

“We also have a special design setting in the museum hall that shows his work in a contemporary manner,” Grenier adds. “We want visitors to understand the question of





“For artists, he’s a symbol of resistance. He had no interest in the different trends of the mainstream and the market”

scale in the work of Giacometti.”

“Very often the works are very small but they need a big room, because they fill the space in a way.”

As the first Giacometti exhibition in China, *The Alberto Giacometti Retrospective* is impressively thorough. The exhibition ends with a replica of his 23-square-meter Parisian studios where he crafted sculptures as small as five centimeters to huge monumental bronze sculptures created for New York’s One Chase Manhattan Plaza.

Workshops will take place within it, allowing guests, particularly families, to get their hands dirty and discover Giacometti’s artistic methods.

“Giacometti talks to everybody, even to children,” Grenier says. “There are emotions in his work. While it’s full of very refined references to antique, African, modern, Cubist, Surrealist, Sumerian and even Chinese art, you don’t need to have this background to appreciate this work. But if you do have that, you discover something else in the work, and that is something very special about

Giacometti.”

Enshrined on the 100 Swiss Franc bank-note, Giacometti has been referred to as “the artist of artists.” Grenier heralds his attitude towards his career as the reason for his esteemed reputation.

“For artists, he’s a symbol of resistance. He had no interest in the various trends of the mainstream and the market. He was friends with a lot of artists, but wasn’t part of a group except for the short early period of Surrealism,” she explains.

“When he was a Surrealist, he was famous. He had collectors, galleries and friends. Five years later, he felt he had done all he needed to do in that kind of work and returned to his studio. He lost everything and he didn’t mind. So it’s this attitude that’s very important to contemporary artists today.” ■

> Until July 31, 10am–10pm (Tues–Thurs and Sun), 10am–midnight (Fri–Sat), RMB150. Yuz Museum, 35 Fenggu Lu, by Longteng Avenue 丰谷路 35号, 近龙腾大道 (6426 1901, www.yuzmshanghai.org)





FAIRIES GONE WILD

A Midsummer Night's Dream

BY ANDREW CHIN

Shanghai Grand Theatre's yearlong celebration of Shakespeare continues on April 22–23 with a presentation of *A Midsummer Night's Dream*. However, with the Bard making an appearance within the show, the Ballet du Grand Théâtre de Genève has crafted a wholly original take on a romantic classic.

Commissioned by the company and created by French choreographer Michel Kelemenis, the surreal show elevates the King of the Elves and the Fairy Queen to starring roles while relegating the lovers' story to a subplot.

"Michel Kelemenis has taken the essential characters of Shakespeare's play and identified them by the pure spirit of the theme and story of *A Midsummer Night's Dream*," explains the Ballet du Grand Théâtre de Genève's Artistic Director Philippe Cohen.

"The breaking down of individual identities leads to the central conflict of the story. Based on a lack of recognition for the other in a relationship, this makes it dangerous for any of the lovers to come together due to the disturbance of nature caused by a fairy dispute."

Characters from other Shakespearean plays like Falstaff and historical figures like Elizabeth I are caught in the cross hairs. With Cupid on the hunt to create "an extravagant cult of love," the show follows the ensuing chaos that Cohen describes as "a type of haze through which distinction between characters becomes nearly impossible."

If that sounds overly heady, rest assured that the show has won wide praise for its stunning choreography. Describing it as mixture of neoclassical and contemporary

styles, Cohen praises Kelemenis for "taking the finesse of neoclassical lines and combining them with contemporary hand and arm gestures that illustrate and design the space around the dancers."

"Michel Kelemenis has taken the essential characters of Shakespeare's play and identified them by the pure spirit of the theme and story of *A Midsummer Night's Dream*"

The show has taken great pains to create this fairy tale world with extravagant sets as well as Nicolas Musin's costumes that span "elf-like inspired creatures within the forest to the elaborate bold colors of the mechanicals to the very human, well dressed lovers."

Since its 2013 debut in Geneva, *A Midsummer Night's Dream* has toured from

South Africa to France. Cohen promises "the production will stay in its repertoire for the following years to come as an original and poetic tale."

It's part of Cohen's goal to build upon the Ballet du Grand Théâtre de Genève's acclaimed reputation that began in 1962, when it rose out of the ashes of the Grand Théâtre that hosted legends from Nijinsky to Isadora Duncan.

Work is underway for May's world premiere of choreographer Claude Brumachon's adaptation of the medieval text *Carmina Burana* and Cohen notes that their quest to try new things has been key to retaining success.

"The reputation of the company has remained very strong due to the fact that we have evolved and respected the audience's desire for original breathtaking works," he explains.

"We always strive to engage the highest level of choreographers and dancers, which reinforces the world renowned stature of the company, while at the same time giving opportunity to the new and up-and-coming." ■

> Apr 22–23, 7:30pm, RMB180–880. Shanghai Grand Theatre, 300 Renmin Da Dao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路 (400 610 3721, en.damai.cn)

A PORTRAIT OF US

Award-winning Playwright Edward Lam's First Ever Musical

BY ZOEY ZHA

Art School Musical is the first attempt at a musical by Golden Horse award-winning playwright, Edward Lam. Rather than revisit his past works, Lam has decided to stage the story of *The Butterfly Lovers* Liang Shanbo and Zhu Yingtai – better known to westerners as the Chinese *Romeo and Juliet*. However, this version takes place in a modern art school morphing its heartbreaking love story into a discussion of self-identity in today's world.



Why did you base this musical around such a well-known folk tale as *The Butterfly Lovers*?

I watched the traditional opera adaptation of the story and was deeply drawn to it. Then, several years later, Disney's *High School Musical* became a global hit. It inspired me to do a musical, but about art. The idea of marrying that traditional story into such a modern environment really appealed to me.

Describe your modern rendition of the show.

According to the story, the female character Zhu Yingtai is banned from schooling because of her gender, which is impossible to imagine today. Many youngsters in China today are unwilling to choose Art as their major, which is why I chose an art school as the main setting.

In this musical, Zhu and Liang are both art school students. Zhu is a self-motivated and independent girl – the same qualities she exhibited in the original story – who yearns to continue her Art studies against her family's wishes.

In contrast, Liang is the son of an unsuccessful artist couple who attempt to stop him ending up like them. Unlike Zhu, Liang has witnessed his parents' failure growing up, so he has a complex about not doing well in art. The disparity is obvious and the story naturally unfolds when they meet.

And we must not ignore Ma Wencai – a descendent of a powerful family who

causes major trouble in Liang and Zhu's relationship. What are your designs for this character?

It's really interesting that Ma renders such a negative image. In fact, according to my research, there are eight different versions of *The Butterfly Lovers*' story, varying greatly from each other. So, what we serve today is an edited version from our ancestors.

“If you trace musicals back to their origin, they weren't made to please the audience but to reflect reality”

My interpretation of Ma's character is public value. What are you pursuing – artistic value or public value? In my play, Ma is a group of people with different voices, genders and appearances that mirror various facets of our society.

Getting to the root of it, it's our culture to follow the rules and obey orders. We're not supposed to raise questions the public doesn't have answers for. As a result, people like Liang who can't bear the weight of loss and are afraid of getting judged will find a way to survive. By contrast, Zhu dies protecting her belief and love. It's a twist on an old story.

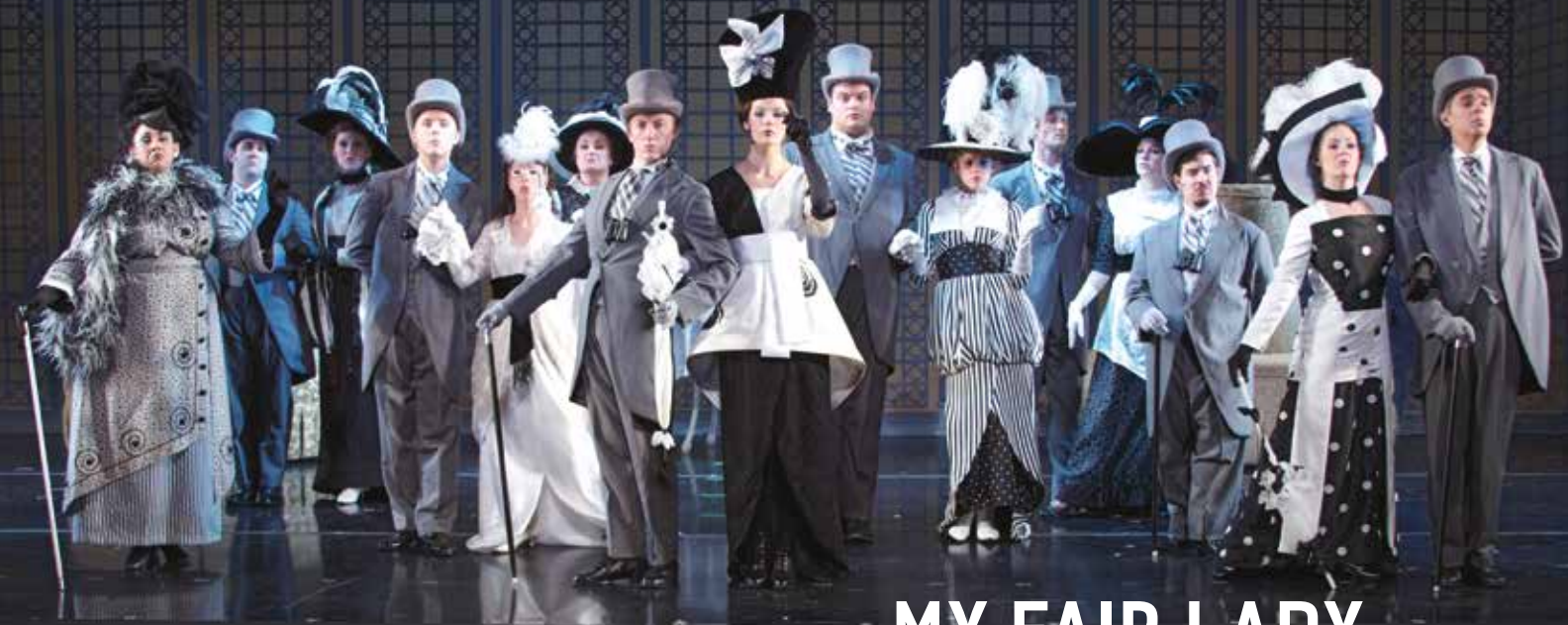
Although this is your first musical, you chose to work with actors who didn't major in music. Why?

Yes, the lineup consists of TV actors, stage performers and professional musical actors. The funny thing is, if you trace musicals back to their origin, they weren't made to please the audience but to reflect reality. And it wasn't a popular genre. But once it became more sugar coated and staged in extravagant settings, it transformed into commercial success.

I aim to produce a natural, authentic musical. Putting all the razzle-dazzle aside, I want to invite the audience to hear what the performers are really singing and delivering. ■

> Apr 1-3, 7:15pm (Fri-Sat) and 2pm (Sun), RMB80-580.
Shanghai Culture Square, 587 Fuxing Zhong Lu, by Shaanxi
Nan Lu 复兴中路597号, 近陕西南路 (6472 9000, www.
ticket2010.com)





MY FAIR LADY

Lady Doolittle Steps Out on the Town

BY ZOYE ZHA

Based on George Bernard Shaw's *Pygmalion*, few musical adaptations have been as hallowed as *My Fair Lady*. Its 1956 debut on Broadway featuring award-winning actors Rex Harrison and Julie Andrews set a then-record for the longest theatrical run in history. A 1964 film adaptation starring Audrey Hepburn racked up eight Oscars, including Best Film. Still a stage favorite, a touring production of this classic takes over Shanghai's Daning Theater from April 29 to May 3.

The story follows young Cockney flower girl, Eliza Doolittle, whose life is transformed by Henry Higgins – a professor of phonetics who makes a bet with his friend Colonel Hugh Pickering that he can transform a common girl into an urbane lady within months.

Stepping into a role that Andrews and Hepburn made famous is Californian Aurora Florence. Arguably the youngest Eliza Doolittle on stage, she accepted the role fresh out of college. It's impossible to avoid the question: Can she deliver?

"Something I love about Hepburn and Andrews' interpretations of Eliza is how much spunk and passion they both brought. I think it is one of the reasons audiences around the world love Eliza so much," she says. "I strive to bring my own passion and spunk to the character and use that to show the incredible journey that Eliza goes on."

Unlike her character, Florence is adept with accents. However, the doll-eyed actress shares traits with the iconic character.

"Eliza has a great sense of who she is and the life that she wants to live, but it takes her some time to discover exactly what that is," she notes. "I have had that same experi-

ence in my life over and over again. Knowing where I want to go, but not totally sure how to get there."

By contrast, Chris Carsten plays the well-educated but cynical and self-involved professor. "He's extremely good at what he does, and with that comes the spoils of his confidence," the actor says of his character.

"His assumptions cause him to underes-

"There is a range of emotions explored by these characters, and romantic love is a complicated expression at best"

time Eliza in many ways. It's her courage that takes him to a new classroom where men and women are peers, learn from each other and enjoy each other's company."

While many consider the ambiguous ending a prelude to the character's budding romance, Carsten is less convinced.

"In my opinion, there is a range of emotions explored by these characters, and romantic love is a complicated expression at best," he says. "The script

has many evidences that could be thought of as love, but it is complicated, as it is in life. In the end, much is left to the imagination."

One thing for certain is the inclusion of the iconic film scene set at the Ascot Horse Race, which featured Hepburn stepping into the scene clad in a stunning dress and elegant hat.

Florence raves about the dress, which is "a replica of the dress Hepburn wore in the film." She describes her character's wardrobe in the play as "elegant, but at the same time physically constricting. I think it's an exterior example of how Eliza is feeling at this point in the development of her new skills."

The Broadway revival has won wide acclaim as it toured from America and Korea, before landing at Daning Theatre as part of a six-city China tour. ■

> Apr 29–May 3, 7:30pm (2:30pm weekend and Monday matinees), RMB50–999. Daning Theatre, 1222 Pingxingguan Lu, by Lingshi Lu 平型关路1222号, 近灵石路 (en.damai.cn)



DANGEROUS LIAISONS

All Is Fair in Love and War

BY ANDREW CHIN

Romance has never been more jaded and cruel than in the Choderlos de Laclos classic *Les Liaisons Dangereuses*. Despite its 1782 release, the novel continues to inspire new generations with famed adaptations, including a seven-time Academy Award nominated 1988 film, a 1999 Sarah Michelle Gellar-Reese Witherspoon hit *Cruel Intentions* and a 2012 Mandarin version set in 1930s Shanghai starring Zhang Ziyi.

For their upcoming adaptation, Theatre Anon brings the show to modern times in Shanghai. As director Philip Knight (*Betrayal*) notes, "*Dangerous Liaisons* is a period piece, but for better or worse, the play could have been written for the present. For anyone who has grown up or lives and works in this environment, the play will speak to them easily."

Natasha Portwood (*A Streetcar Named Desire*) and Arran Hawkins (*Betrayal*) star as the aristocratic Marquise Isabelle de

Merteuil and Sebastian Valmont, who are more than happy to use seduction for their own gains. Given a chance to strike back at an old lover, Isabelle recruits Sebastian to seduce the virginal Cecile (Crystal Chu).

"Dangerous Liaisons is a period piece, but for better or worse, the play could have been written for the present"

However, his budding interest in the chaste Présidente de Tourvel (Adrienne Johnson) threatens to derail Isabelle's plans. The result is a powder keg of betrayal, heart-ache and death.

"Besides being wickedly funny, it's a



JOSHUA TITNER

crackling drama-thriller," Knight notes.

"Very importantly, *Dangerous Liaisons* is that rare play that has spoken to women as much as to men, if not more. It faces issues women have grappled with throughout history right up to the present day, in a sophisticated, mature and even empowering way." ■

> Apr 20-29 (Wed-Sat), 7.30pm, RMB200-220. Finger Moving Lifestyle Space, 2/F, Lane 273, Jiaozhou Lu, by Xinzha Lu 胶州路273号, 近新闸路 (the.theatre.anon@gmail.com)

BACK TO 80'S @ CLOUD 9

Dress up in the best 80's fashion style and join the rocking 80's party at Cloud 9 in Grand Hyatt Shanghai. Shoulder pads, old movies and games will take you back to that awesome 80's era!

Date: April 22 & 23, 2016
 Time: 5:00 p.m. until late
 Venue: Cloud 9 @ 87/F
 Price: CNY 200 per person
 For more information: +86 21 5047 8838
 Hyatt. You're More Than Welcome.

GRAND HYATT SHANGHAI
 Jin Mao Tower, 88 Century Avenue,
 Pudong, Shanghai 200121, China

© 2016 Hyatt Corp. HYATT name, design, and related marks are trademarks of Hyatt Corporation. All rights reserved.



GRANT-ORH BUCHWALD

Hitchcockian intrigue has never been so hilarious as in Patrick Barlow's stage adaptation of *The 39 Steps*. With four actors tasked with performing the entire spy thriller, the raucous comedy has enjoyed impressive years-long runs on the West End and Broadway. Mandarin versions are becoming a Shanghai Dramatic Arts Center staple and Urban Aphrodite is bringing their version to The Pearl on April 21–24.

After last month's adaptation of *Fast Times at Ridgmont High* and with *The Princess Bride* on tap in May, Urban Aphrodite are uniquely adept at staging film favorites.

"People want to have a good time and they want comedy," explains *The 39 Steps* producer Brandi Dowd. "It's great that it's something we can do for them."

The laughter is infectious. As fits of hysterical screams echo off the wall, director Danny Wall can only grin. As the actors run through 'the train scene,' he marvels at how 'pure theater' Barlow's 2005 show is.

"The set is bare bones to prime the audience to bring their imagination to it," Wall explains. "Simple things like a frame become a wall or a window. With a quick change of costume, the whole scene suddenly becomes different. The actors create so much of the story with so little. That high level of imagination is unique to this play."

Adapted from John Buchan's 1915 spy thriller, Alfred Hitchcock's 1935 film is a venerated classic. *The 39 Steps* was his first American hit and was chosen as the fourth best British film of the 20th century by the British Film Institute (BFI).

However, stripped down on stage, the suspense classic becomes captivatingly ridic-

ulous. While references to other Hitchcock classics are scattered through the show like Easter eggs, *The 39 Steps* mines laughter from telling the story straight.

"It's almost like a melodrama but it's done in such a sincere way that it doesn't become farcical," Wall says.

"The actors create so much of the story with so little. That high level of imagination is unique to this play"

Urban Aphrodite veteran Brian Wang (*Fight Club*, *Hamlet*) stars as everyman Richard Hanna, whose life is completely turned upside down after a run-in with the mysterious spy Annabella Schmidt.

"He's more the straight man," Wang says, who is the only actor to play one character throughout the show. "He becomes the center point with all this crazy whirlwind around him."

New York-based actress Amy Kersten

portrays all of Hanna's love interests. An avowed fan of the show, she admits that she's making good on a drunken promise to university friend Dowd – a similar conversation that brought her to the city for the first time for last year's *Venus in Fur*.

"Part of the appeal of the show is watching four actors working so hard and struggling to create this show on stage," she notes.

Mike Griffin (*Hamlet*) and Urban Aphrodite neophyte John Harper fill out the cast. Tasked with playing the remaining 100 characters, they often switch roles within the same scene.

Wall laughs at the physical contrast between the two, noting, "They're going to remind you of an old 1920s and 30s pair like Abbott and Costello or Laurel and Hardy."

While there's no room for subtlety in a show full of big accents and bigger physical comedy, Wall notes the show is not a parody.

"If anything, it gives you a deeper appreciation of the themes and tropes that Hitchcock is playing around with," he says. "We're familiar with them and laugh at them, but at the same time we love them." ■

> Apr 21–24, 8pm (10am student matinee on Thurs and 2pm family matinee on Sun), RMB200–220. The Pearl, 471 Zhapu Lu, by Wujin Lu 乍浦路471号, 近武进路 (tickets@urbanaphrodite.nl)

A DECENT BOTTLE OF WINE IN CHINA

The Grape Adventures of Chris Ruffle

BY AELRED DOYLE

Quixotic doesn't even begin to cover it. In this rueful, enjoyable short history of Yorkshire man Chris Ruffle's ongoing attempts to build a Scottish-style castle and vineyard in Shandong Province, we see yet another laowai caught in the gears of modern China.

The book gives us diary-like annual summaries of progress, production lists, letters to interested parties and even reproductions of the poetry visitors leave behind, all combining to give us a sense of the small victories and small defeats along the way.

But this is not a story of failure. Treaty Port is still going, and the castle housing hotel and restaurant draws curious visitors from afar, as well as inevitably appearing in wedding photos.

Ruffle is made of stern stuff; he bemoans his mistakes and innocence (looking back at his early ideas, he comments: "Ah, so idealistic, so naive...") but remains always phlegmatic and determined to move forward.

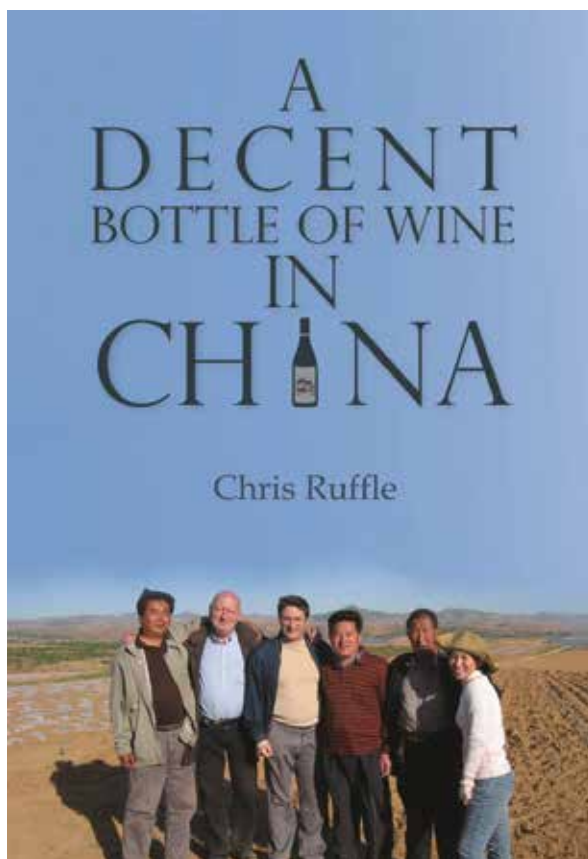
He has a typically sharp but non-bitter definition of the 'mei wenti' one village head liked to reassure him with: "This did not actually mean that the problem would be overcome, but it made everyone feel better."

It clearly helps that this has been a heroic sideline rather than his sole means of supporting himself (in real life he is the CEO of an investment firm). And he is no starry-eyed China neophyte – he knew there would be plenty of bumps along the way. (Ruffle is an Asia pro and Shanghai resident who first started working in Beijing in 1983 and has had stints in Taipei, Hong Kong and Tokyo.) His wife, from Taiwan, is his business partner in the vineyard and castle, and clearly a settling influence and a hardheaded businesswoman.

The book is probably the least pretentious ever written about winemaking: "Hundreds of tons of fertilizer were ploughed into the land; I signed one check for 600 tons of chicken shit. At times it looked like a bad day on the Somme."

Either Ruffle or his publisher also has a great eye for the telling quote. "Disaster teaches us humility." – St. Anselm. "Good judgment comes from experience, and experience – well, that comes from poor judgment." – A.A. Milne.

Things go wrong in cascades of disaster.



"Things go wrong in cascades of disaster. People borrow money and disappear; foreign consultants jack up their prices then quit; steel tanks are delivered late; accounts are frozen"

People borrow money and disappear; foreign consultants jack up their prices then quit, leaving Ruffle in the lurch; workers build as they are used to doing, rather than as this strange new structure demands; the weather does not cooperate, and drowns most of a harvest. Steel tanks are delivered late with faulty parts; accounts are frozen.

Even the more controllable aspects of the project can be confounding: "On one day, back in Yorkshire, I proudly entered the website address, to show my parents what we had been up to, only to find a blank page telling me that the website had been hacked, in Turkish."

But wine is made! Less than hoped, often not as well as hoped, but real wine. The vineyard, named Treaty Port as a callback to the colonial days of nearby Yantai, has succeeded in its 'decent wine' goal more than in its 'turn a profit' goal, and apparently has a good red and an excellent white that blends Chardonnay and Viognier.

One of Ruffle's goals is to make wines that go well with Chinese food, specifically *hongshao rou*; another is to encourage more people to try white wine in a country where red rules.

Ruffle is an enthusiast – as one would have to be – and in his early correspondence with possible partners and consultants, his keenness is persuasive. "I remember you once said that you would like to build a Scottish castle in California. Well, this is not California, but it is a beautiful spot, looking down towards a lake over a valley full of orchards of apples, peaches and apricots."

The big boys have not been far behind. In fact, Domaines Barons de Rothschild, better known as Lafite, set up their own vineyard just up the road. This turns out to be useful, and Ruffle gets some valuable feedback and sincere cooperation. But it's a reminder that it's a hard life for a tiny self-funded operation doing everything from scratch.

China has quickly achieved wine relevance, and now it seeks (and through operations like Grace Vineyards is gaining) respect. Chinese people are the biggest consumers of red wine in the world, at around two billion bottles a year, much of it Bordeaux.

China also has the second largest area of land dedicated to wine growing. But Ruffle got in early, and was dealing with workers and local leaders still unfamiliar with the process. More recently, plans for new roads have been cramping his style.

Ruffle is left at least with a hard-won optimism, with plenty of excellent stories to tell. This charming though often gruesome little tome is another quirky gem from Earnshaw Books. ■

> Chris Ruffle: *A Decent Bottle of Wine in China* (Earnshaw Books) is available at www.earnshawbooks.com.



**BIKINIS,
BRONZER AND
BODYBUILDING
IN CHINA**



words by *Oscar Holland* images & design by *Holly Li*

COVER STORY

Behind a partition wall at the back of Shanghai's World Expo Center, the scent of spray tan hangs in the air. Bronzed skin may be more commonly associated with rural labor in China, but in the world of bodybuilding (or *jianmei yundong* – literally 'healthy and beautiful exercising') it represents the final flourish in a quest for perfection. Flashes of bare soles and unfinished legs are the only traces of the paleness beneath.

While bigger international competitions offer spray booths for a more even coating, in the makeshift backstage at the International Health, Wellness and Fitness Expo (IWF), tanning spray is applied the old-fashioned way. Coaches smear it liberally onto their teams, which consist of toned women in bikinis and hulking men in skimpy regulation 'posing suits' (read: revealing colored briefs).

Once suitably bronzed, the competitors carry out some final exercises before proceeding to the stage. These last-minute pumps may add a little to the bulge of muscle, but for most of these athletes, the short walk through the convention center marks an end to months of preparation – and days of dehydration to achieve tight skin and highly visible veins. This is the first major competition after Chinese New Year, but all the competitors I ask say that they abstained from the traditional celebrations of dumplings and baijiu shots.

Amid the mass of human flesh, Taiwanese bodybuilder *Ady Kung* strikes poses for fans and photographers. Having just returned backstage from his semi-final, the 35-year-old's smiling face appears utterly relaxed while his body tenses in every way imaginable – just as it had on stage moments earlier. He replicates some competition stances, each designed to show off different sides of his freakishly muscular physique.

"I want to be a hero – I always wanted to be a superhero and to look strong," he says of his decision to progress from powerlifting to bodybuilding 14 years ago.

Kung is calm, soft-spoken and as stoic as one might expect. He is "very confident" about his chances in the next day's final. And with good reason. Having already competed



Above | IWF competitor Wu Tao shows off his medal to the crowd

Opposite page | Taiwanese bodybuilder Ady Kung (right) poses for the judges during his final

Previous page | Veteran bodybuilder Tang Jianyi, who has been in the sport for almost 30 years

in five international-level competitions in his career – and with hopes of breaking into Asia’s top five this year – Kung was clearly among the best in his semi-final. Even to the untrained eye, his muscularity, symmetry and poise stood out on stage.

Should he succeed, a reward of RMB10,000 (USD1,500) awaits. Although top prizes at China’s biggest competitions can be up to eight times higher, the winners’ pot here at IWF is still sizable given that competitors pay an entrance fee of just RMB100 (USD15). The majority of the prize money comes from sponsors looking for a slice of China’s growing interest in extreme fitness.

In addition to commercial events like this one, official competitions are becoming increasingly common, according to China’s national team coach, Ji Kaili, who I find backstage, deep in a crowd of scantily dressed competitors.

“There are around 10 national-level competitions a year,” she explains. “But if you include all the smaller ones at a provincial level, it will be closer to 50. That’s an increase of at least 60 percent in the last two years. The fitness market is peaking now, and people’s mindset is changing.”

Nonetheless, the popularity – and standard – of bodybuilding in China cannot compare with Europe or the US, its spiritual homeland. As new competitions like Mr. Universe and Mr. America provoked fascination in the West throughout the 1950s and 1960s, the sport was falling out of favor in China. Viewed as a Western pursuit and outlawed during the Cultural Revolution, bodybuilding was consigned to underground gyms until the economic and social reforms of the late 1970s.

But the sport developed rapidly thereafter. China founded its first formal bodybuilding competition, the Hercules Cup, in 1982 and



joined the International Federation of Bodybuilding (IFBB) four years later. By 1994, Shanghai had been asked to host the World Championships, though it was clear that the country’s amateur athletes could not match their international counterparts. As American stars flew to China with lucrative sponsorship deals, one competitor, Chen Gin, cycled over 2,000 miles from Guizhou province just to take part.

Today, China boasts its own homegrown world champions. Mainland competitors have won titles in the IFBB and the World Bodybuilding and Physique Sports Federation (WBPF). No-one in the bodybuilding world seems to know quite how many athletes there are in China, but the WBPF’s secretary-general tells me it’s in the “thousands.”

At a semi-professional level, however, there would appear to be no more than 100, none of whom live on prize money and sponsorship alone. (To do so would require a significant sum – one athlete I speak to spends RMB10,000 a month on high-protein food ahead of competitions.) Every competitor I meet has another job in the fitness industry, many of them personal trainers. By contrast, the number of full time professionals in the US is close to 1,000.

Mainland tournaments are also considered to be behind international standards. A number of athletes I speak to complain of backstage chaos at Chinese

"I WANT TO BE A HERO – I ALWAYS WANTED TO BE A SUPERHERO AND TO LOOK STRONG"

Below | Fans climb on gym equipment for a better view

Right | The bikini competition gets underway as the bodybuilders prepare to go on stage



shows, with competitors left confused about when to go on stage, or told last-minute before they're ready. But IWF runs smoothly enough. There is even a small media center where I am introduced to one of the veterans of Chinese bodybuilding, Tang Jianyi.

Tang has been bodybuilding for the last 27 years. I offer him a seat on a white leather sofa, but he politely declines on the grounds that he may leave some of his tan behind.

"It's getting better and better," he says of the changes he has seen in bodybuilding since the 1980s. "More people are getting involved and the equipment is getting better."

Despite being in his early 60s (I dare not ask his exact age after receiving an indifferent grunt in response to my observation that he does well

to keep up with younger competition), Tang's toned, taut body is a caricature of masculinity. As with all of the bodybuilders here, it's hard to understand how he achieves such an exaggerated shape through exercise and diet alone.

"I'm totally natural. I don't use any steroids or medicines," he says, pre-empting an awkward question. "This is my way – the natural, healthy way."

True, perhaps, though the same cannot be said for many in bodybuilding. Since the 1970s, the use of steroids and growth hormones has been the most open of secrets. It is prolific among the sport's top competitors, and China appears to be no different. No-one seems to deny that steroids are found here.


But the caveat offered is always the same:

Chinese athletes don't use them properly. While there is debate on whether any steroid use can truly be considered 'safe,' certain practices – like giving muscles enough rest at the end of each 'cycle' – reduce the dangers. As China arrived late to bodybuilding, coaches may lack the experience and education to mitigate the risks. While there was no evidence of steroid use among the competitors at IWF, the question remains: How can Chinese bodybuilders compete at an international level without them?

The next day at IWF, the finals are getting underway. Ady Kung and the competitors in his weight class prepare in a pen beside the stage,

"CHINESE PEOPLE
STILL DON'T LIKE
WOMEN WITH
MUSCLE BUT IT
SHOULD BE
CONSIDERED
HEALTHY AND
BEAUTIFUL"





their tans still dripping. A huge man with a surgical facemask performs resistance exercises with a length of elastic, while others rub and slap their muscles in anticipation.

There's no seating area for spectators. Instead, crowds pile against a metal barrier, climbing on gym equipment for a better view. The audience appears to be made up of curious onlookers rather than bodybuilding enthusiasts, though a small cheer rings out as the finalists are summoned for inspection.

Once their numbers are called, each bodybuilder struts to the front of the stage to strike poses for a long table of judges. The accompanying music varies dramatically. One athlete emerges on stage to an orchestral anthem that crescendos as he reaches for the sky, biceps bulging. Kung, meanwhile, performs to Seal's 'Kiss From a Rose.' It's strangely emotive.

As all eight finalists line up beneath bright lights, judges ask them to perform identical poses in groups of two or three, rotating clockwise in quarter turns. All maintain smiles throughout; their muscles visibly shaking with strain. Their attempts to appear both tense and relaxed vary in success. Kung certainly seems composed, but others' grins assume manic properties, their heads appearing as if photoshopped onto separate bodies (an illusion exacerbated by uneven tanning).

After about 10 minutes of comparison, the judges dismiss the bodybuilders. Kung's confidence proves well-founded: he is crowned the winner shortly after, returning to the stage to collect his trophy and a brown envelope stuffed with cash.

Next up is a group of toned guys in board shorts. Known as 'physique,' this category focuses less on extreme muscle development and more on attainable – one might say 'normal-looking' – figures.

The crowd thins a little – extreme musculen are the main attraction here. But in the women's categories, it's quite the opposite. The more accessible divisions ('fitness,' 'figure' and 'bikini') have proven far more popular in China. IWF doesn't even have a traditional 'bodybuilding' competition for women, explains Head Judge Rocky Cao.

"Bikini is the most popular now because it's the most accessible," he says. "People, especially in China, prefer women to be more fit and feminine. Bodybuilding for women got cancelled because it's too muscular – you couldn't tell if it was a guy or a woman at all.

"For bikini, the judge needs to see that you've trained and have a healthy diet," he says, explaining the criteria he'll be looking out for. "You have to be thin, but not as lean as the physique athletes."

As the bikini athletes prepare for their final, a larger audience forms once more. Spectators hold phones and iPads aloft. By the competitors' entrance, an old man with a long-lens camera (and no visible media pass) takes snaps of the women as they warm up in the pen.

Each finalist sports a sparkling bikini, faultless makeup and – as regulations stipulate – high heels. Like the male bodybuilders, each competitor is called to the stage individually before posing in groups for comparison. The positions they are asked to assume focus less on

muscular strength and more on tone and outdated notions of femininity. But many in the sport believe that these less extreme categories (and more achievable body shapes) make fitness competitions more appealing to women.

Two-time national champion Lulu Zhu is a case in point. She's not competing at IWF, but she's here to meet friends and watch the contest. Zhu used to have a desk job at a jewelry brand before becoming more serious about fitness two years ago.

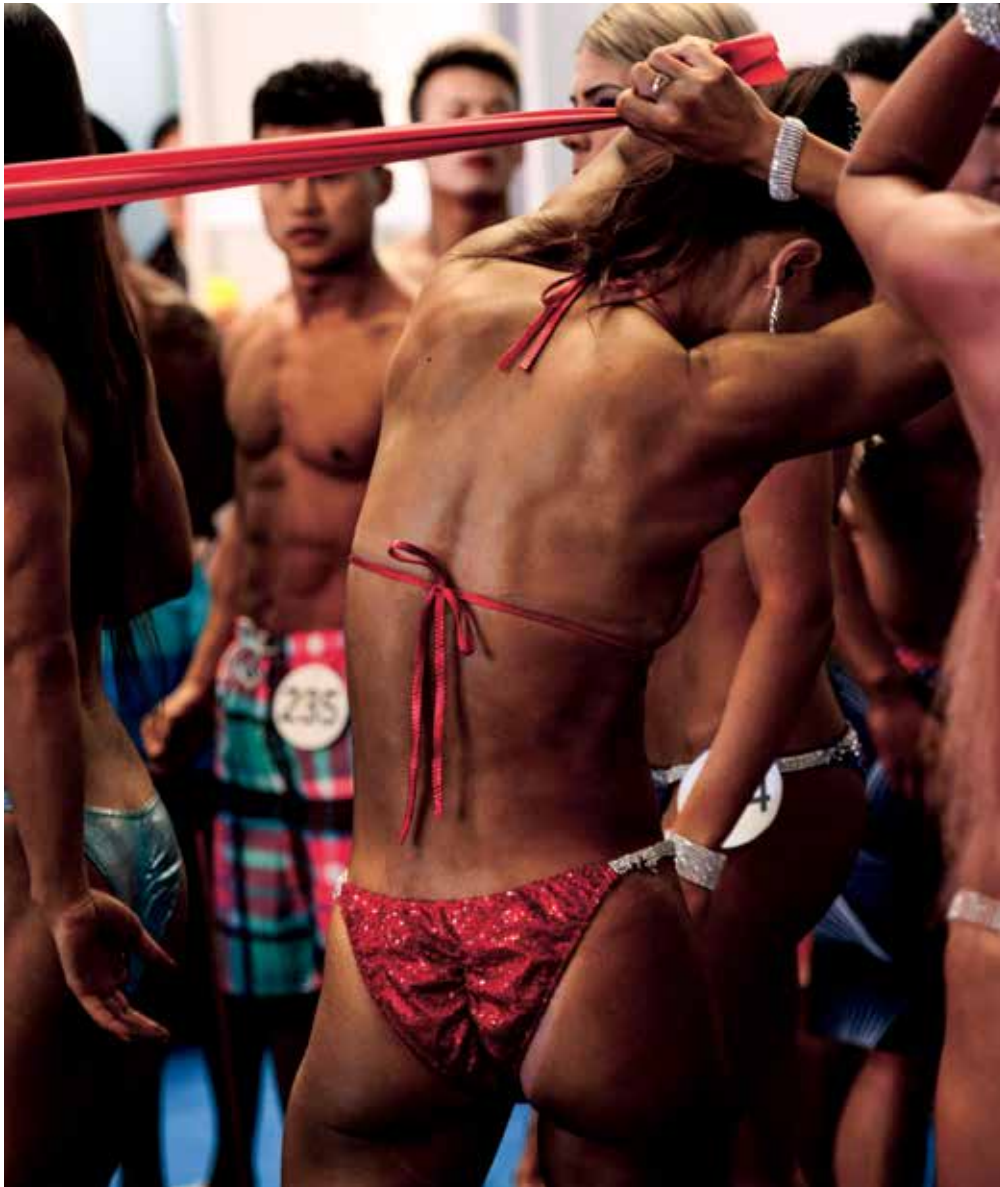
"I was going to the gym quite regularly, and I had some friends who said: 'come and try a competition,'" she explains. "I started to like fitness more than luxury things – it's more valuable. So I quit, and now I work in fitness full time.

"I do personal training at the same time. I have some female clients whom I help to achieve their goals and I'm also a master trainer, which means I give classes to personal trainers to help them get certified."

The eventual winner of the bikini division, 34-year-old Jennifer Zhang, has a similar story. As a first-time competitor, she found the competition to be a natural progression from her fitness regime.

"I started at a gym," she explains backstage. "I trained every day and started to get the benefits from the training. I built up my body, felt good and had a good shape. Last year my trainer asked me if I was interested in joining this competition and I thought 'why not?'"

"For bikini it's the whole package," Zhu explains, when I ask about the differences in judging between men and women. "You've got to have a good



A competitor performs some last-minute exercises before taking to the stage

A black and white photograph of a person working out at a gym, using a cable machine. The person is in the background, slightly out of focus. The foreground shows the hand of another person holding the handle of the machine. A prominent red diagonal line runs from the top right to the bottom left, partially obscuring the scene. The overall tone is serious and focused.

"JUDGING IN CHINA IS BELOW PAR. THE BIKINI CONTEST IS MORE ABOUT BEAUTY THAN MUSCLES"





Above and previous page | One of China's most successful fitness athletes, Lisa Liu, at her photography studio in Beijing

body, but you've also got to have a good face, make up, hair, skin – you've got to show people *your* definition of being beautiful."

The female competitors are certainly in excellent shape. They too have undergone months of preparation – diet, exercise and dehydration – for the show. But unlike the men's division, there is something overtly flirtatious about the hair flicks, pouts and playful smiles required to win the approval of the judges (almost all of whom are men). There is a quiet but audible 'whoop' from the crowd when the competitors are asked to turn their backs and stick their butts out.

There is something very uncomfortable about this asymmetry of expectation between male and female categories. While the former are encouraged to achieve extreme levels of strength, the latter are celebrated for their femininity. But the message from all in the sport is clear: There is no appetite for traditional female bodybuilding in China. The national team coach who I'd met the day before, Ji Kaili, hopes that more muscular forms of women's competition take off in China.

"Chinese people still don't like women with muscle," she says. "It *should* be considered healthy and beautiful. That's why we need more media attention for girls working out. But it's going to be quite hard – not just in China, but worldwide."

Everyone at IWF seems keen to stress that this is not a Chinese phenomenon. Indeed, the bikini division was only introduced into China two years ago, while the worldwide move toward feminization in female bodybuilding has been underway since the early 1990s.

In 1992, the IFBB created rules stating that female competitors shouldn't be "too big," steering judges toward a more feminine physique. Eight years

later, the chair of the judging committee, James Manion, wrote to all IFBB competitors telling them that women would be judged on healthy appearance, face makeup and skin tone. He concluded with the criteria: "symmetry, presentation, separations, and muscularity BUT NOT TO THE EXTREME!" (his capitals). Then, in 2005, the IFBB introduced a '20 percent rule' that requested female athletes in a number of categories decrease their muscularity by a fifth.

The uneasy differences between male and female roles in bodybuilding stem not from the competitors themselves, but from the judging system. Much of this trickles down from the upper echelons of the sport, though there are specific problems that arise in China.

I meet competitive bodybuilder Lisa Liu at her studio in Beijing. In addition to running her business as a gym photographer, she is one of the country's most successful fitness athletes. Having gained sponsorship from a supplement brand, she trains for four to five hours a day and can bench press 100kg.

"Judging in China is below par," she says. "The bikini contest is more about beauty than muscles. As long as female contestants look beautiful and skinny, judges think they're great – even if they don't have muscles. A woman I know is a pole-dancing teacher, who never spends time building up her muscles, but she does well in competitions every time because she's beautiful.

"In China, they are like swimsuit models, 90 percent of whom don't have much muscle to speak of. If they were entering international competitions, they would be knocked out in the first round."

Her latter judgment may be unduly harsh. While it is clear that few Chinese

competitors are globally competitive, an increasing number (including Lulu Zhu, whom I met at IWF) are placing well at international-level competitions.

But Liu is not alone in her criticism of judging in China. One male athlete, who speaks to me on condition of anonymity, says that judges are affiliated with bodybuilding teams, and that it is almost impossible to win without joining one.

"It's very political. Judges have stakes in gyms and they want their athletes to win so they can increase their fees for personal trainers," he says, pointing to other commercial interests, like equipment businesses and supplement lines.

The athlete tells me that he once entered a contest independently and placed lower than he – and fellow entrants – expected. After joining a team, he secured a second-place finish, which he feels would have otherwise been impossible.

At IWF, head judge Rocky Cao had been adamant that team membership makes no difference.

"Whether you're on a team or on your own, the judges are fair to the athletes," he told me. "Some might belong to a big team but the judges used to be athletes – they know what it feels like to be treated unfairly. So they are trying their best to just judge how the competitors look on the stage."

Bodybuilding has always been shrouded in controversy. Steroid use, gender inequality and the dangers of extreme fitness have long been talking points in the sport. But the growth of these competitions in China reflects something very positive: The increased interest in health and fitness. Extreme fitness may be a niche pursuit, but it is symptomatic of a wider gym culture. One suspects that as China grows stronger, so will its bodybuilders.



SOUND OF SPRING

An event to celebrate spring, Mother's Day and young musicians all in one

Being one of the most important traditional holidays, Mother's Day is loaded with symbols of love and warmth. To celebrate this special day, the Sound of Spring event at Green City will be held at the very same weekend as this year's Mother's Day. This event offers an opportunity for expats in Shanghai to share and celebrate their own culture together with locals, connect with each other, enjoy exciting family activities, participate in a variety of sports and games, and craft an unforgettable carnival in Shanghai.

As a highlight of the event, Heart to Heart Shanghai has arranged a special contest named Battle of the Bands, in which more than 10 music groups from various international schools in Shanghai will be performing live on stage. Each school will have their own donation box for fans of their performance to fill, and all proceeds from this contest will be given to charity.

Time & Date: 11am – 5pm, May 7 & 8 (Sat – Sun), 2016

Venue: Green City (Biyun Lu & Lan'an Lu)

Expected Participants: 1,500+ Families

Ticket price: RMB200 / family (2 adults with 2 kids)



More Details

- Battle of the Bands for Heart to Heart Shanghai
- A Parade
- Kids' soccer tournament
- On-site interactive games
- 'Mothers' love' decorations and activities
- Activity booths

金橋股份
Goldenbridge



YOUNG EYES PHOTOGRAPHY COMPETITION

Celebrating and recognizing Shanghai's shutterbugs

Calling all young photographers and observers! *Urban Family* is delighted to announce that we are hosting a photography competition and exhibition for those talented youngsters in Shanghai. The event will acknowledge and celebrate youth who are passionate about the art.

Not only will the nominees' work be exhibited for five days at The Place, but an awards ceremony will be held to congratulate those who produce photography through the best lens. Photographs will be judged according to five categories—Portrait, Landscape, Emotion, Color and Spring. The awards ceremony will take place on April 10 to acknowledge all the winners and bestow prizes.

In addition to WeChat voting through our *Urban Family* official WeChat (urbanfamilyshanghai) people will be able to vote onsite from April 6-9 while photos are exhibited. The awards ceremony will feature an expert board which will provide commentary for each winner's photo.

Plenty of games and activities will be there for the kids to enjoy, including sand painting, LEGO building, a sand pit and a miniature camera museum displaying the history of cameras and photography.

So come and celebrate the young talent across Shanghai who so passionately and creatively capture our city and life.



>5-Day Photo Exhibition, April 6-10, Center Hall, The Place, 100 Zunyi Lu, by Ziyun Lu, 上海市长宁区遵义路100号, 近紫云路. The Photography Awards Ceremony will take place on April 10, from 3:30 to 6pm.





A STEPPING STONE FOR MIGRANTS

Teaching English to students in need

BY ALYSSA WIETING

Beneath the gleaming skyscrapers and among the vast wealth growing in Shanghai, there is a population that is struggling in this vibrant cosmopolitan city – the migrant worker. Coming from all over China, rural workers migrate to grandiose cities in hope of a better life for themselves and their families.

Organizations such as Stepping Stones have decided to assist this needy urban-dwelling population. According to the National Bureau of Statistics there were 9.6 million migrants in Shanghai by the start of 2013. This number makes up over 40 percent of the city's total population, including just under half a million school-age children. Stepping Stones has made it their mission to help educate these disadvantaged migrant children in Shanghai.

Corinne Richeux Hua started the program back in 2006 after working with another charity and researching the needs of migrant schools. At several schools she visited, they all asked her if she could provide English teachers as they were desperately in need of qualified fluent teachers. After multiple requests, she decided to start a program entirely dedicated to this task. With many volunteers eager to help her begin, Stepping Stones was created and is now celebrating its 10-year anniversary this May.

Rural children are much more disadvantaged than urban children when it comes to learning English, as parents cannot afford tutors and most of the schools do not have teachers who are fluent in the language. Often the Mandarin teachers have to double up to teach English, without the ability to speak it very well. Migrants are also vulner-

able because of the instability in their communities, where many live in temporary housing, often in very poor condition. They also may not have access to medical services because they are not living in their hometowns.

Although the demographic of volunteers has shifted over the years, Stepping Stones has always had plenty available. Corinne explains, "There is a lot of willingness to volunteer these days. That's one of the things I've really enjoyed about this job, that I've come

"For bright students who want to move onto university, the schools are very well aware that it will be their English that lets them down"

across so many people who want to give back from all walks of life – Chinese, foreign, older, younger, students and professionals. There are really no boundaries, and Stepping Stones has been a melting pot in a way."

Working with more than 300 volunteers, Stepping Stones provides oral English classes with up to 50 children, as well as three-on-one tutoring sessions to migrant schools throughout Shanghai and its suburbs at 30 locations, including Minhang, Pudong and Qingpu. They also send out volunteers to

rural China to teach English for a few days to even a few weeks at a time. They are planning their next venture, which is to provide video link classes to rural schools, and they intend to launch the program this year.

The schools Stepping Stones works with are catered specifically to migrant students whose parents have a *hukou* for Shanghai. For bright students who want to move on to university, the schools are very well aware that it will be their English that lets them down. With English being one of the three core subjects in the Chinese curriculum, one can easily see where the problem lies in the rural and migrant schools, especially for those students who want to pass the national exam to get into a reputable university.

Thus far, there are no migrant schools in Shanghai for middle and high school students, so they mostly need to return to their local hometown to receive this stage of education. In rural areas most schools don't begin teaching English until the third grade or later, depending on resources. The idea is to help primary school students get a head start here in Shanghai where they can learn English from the first grade. This is also why Stepping Stones has started short-term programs for rural schools.

Want to get involved? Stepping Stones is always looking for more volunteers to teach English at multiple locations around Shanghai. Their strongest need is for Monday-Friday daytime volunteers, as well as teachers for short-term rural trips. ■

> To donate or find volunteer opportunities visit www.stepsstoneschina.net

VIP that's PARTY 2016



SHANGHAI
that's

urbanfamily

URBANATOMY®

SUMMERGATE
Fine Wines & Spirits 美夏

上海金茂君悦大酒店
GRAND | HYATT
SHANGHAI




Grand Kempinski Hotel
Shanghai
CHINA
上海凯宾斯基大酒店

PEARL DE LUXE
白晝名媛
— Beauty • Slim • SPA —

GREEN & Gorgeous
— 美尔洁 美颜护肤 —
by myLOHAS®

Ain!
HARDGANDY

SOFITEL
HOTELS & RESORTS

RHG
REGALIA HOTEL GROUP
御庭酒店集团


TopSachi 顶棘

MAVI
Asian Character & Oriental Design


景泉财富
ACF PRIVATE


WHITE FACTOR
白因子

上海东方余山索菲特大酒店
SHANGHAI SHESHAN ORIENTAL



UNDERSTANDING SELF-HARM IN CHILDREN

How to better help and support

BY PESHALI FERNANDO MS, MFT

Children from all walks of life can be susceptible to acts of self-harm. It tends to be a sensitive topic because of the shame, guilt and negativity surrounding the subject. Acts of self-harm may include skin cutting, head banging, scratching and burning. Young children who display signs of self-harm are sometimes misunderstood in the community. The act of self-harm among children is often a way to cope with pain and difficulty.



Reasons for self-harm:

- Inability to express feelings of self-hatred, fear, numbness, embarrassment and loneliness
- Being bullied

- To reduce overwhelming pain or to escape a traumatic memory, such as sexual, emotional or physical abuse
- Breakdown of relationships
- Inability to cope with difficult feelings such as depression, anxiety or anger
- Cry for help
- A way to express suicidal thoughts/feelings

Warning signs to watch for:

- Quiet at the dinner table
- Friends may not visit as frequently as before
- Alone for long periods of time, especially in the bedroom or bathroom
- Reading blogs or doing Internet research on self-harm (learning from others)
- Unexplained wounds or scars, usually on the wrists, arms, thighs or chest
- Bloodstains on clothing or bedding
- Seeking sharp objects or cutting instruments
- Frequent 'accidents' as excuses for injuries
- Wearing long sleeves or long pants, even in hot weather
- Reluctance to participate in swimming or water sports

What can children do to manage acts and thoughts of self-harm:

- Exercise
- Hit a cushion, shake a pillow, shout, dance
- Tear paper into shreds
- Clench and relax muscles
- Wrap a blanket around themselves
- Take a walk outside or listen to soothing music
- Try to talk to someone and tell them how you feel

What can parents and adults do to support:

- Be open-minded and calm when you find out
- Never use forceful language such as "stop it or else...", "you can easily stop this..." or "this is shameful"
- Telling the child you are available if he/she would like to talk. You can approach them first by:
 - Setting reasonable limits ("I can't talk if you are still cutting yourself, as I care about you and it hurts me to see this.")
 - Use "Can I come and help?" and don't say, "Is there something I can do?"
- Monitoring computer usage if possible, while respecting your child's privacy

Tips for parents

- Educate yourself
- Don't take it personally
- Understand your own feelings
- Do not withdraw your love and attention
- Don't force things
- Listen to what your son/daughter says and how they feel. As parents we find listening to our children's pain difficult, so we try to suggest a more positive viewpoint. We need to listen without trying to correct, solve the problem or offer suggestions, but instead, just confirm with them that we are listening.

More often than not, a child may commit acts of self-harm due to underlying psychological conditions. If this is happening to someone you know, please consult a mental health professional for assistance. ■

Peshali Fernando is a Clinical Psychotherapist at Shanghai United Family Hospital and Clinics

ENTREPRENEURS OF SHANGHAI

Working to motivate and embolden others in Shanghai

EDITED BY ALYSSA WIETING

Shanghai is a city of entrepreneurship. In this series we talk to entrepreneurs from different backgrounds and industries about their motivations, experiences, and what they have learned along the way.

Greg Prudhommeaux is no newbie to the entrepreneur game. With a passion for all things China, Greg moved here in 2005 and has been working on multiple businesses and start-ups ever since. He draws inspiration from other entrepreneurs, and thus decided to work on keeping this network alive. His most recent venture is the relaunch of NextStep Services, which helps accelerate businesses of fellow entrepreneurs and provides workshops and trainings for them. If anyone knows a little something about starting a business in China, it's Greg. Here, he gives us a peek into the world of entrepreneurship through his experienced eyes.



Elevator pitch: tell us what you do in less than 50 words.

I am the founder of NextStep (second version), which caters professional workshops to help managers and entrepreneurs to accelerate their business and career. I also provide consulting services in operational organization, business development and run several associations. I am also a co-investor of Urban Thai restaurant on Dagu Lu.

Why did you choose Shanghai?

I was interested in learning more about history and civilizations back in 1998, so I enrolled in several China-themed classes at a nearby university. Since I have always been entrepreneurially-minded, I decided to use my knowledge of China and started to travel there once every year or so, while working in hospitality in France. Since there weren't any immediate opportunities that would bring me to China permanently at that time, I decided to apply for a more business-oriented program, and got a scholarship to finish a bachelor's degree in Hong Kong in 2005. From there, I decided to move to Shanghai in 2006 and started everything from scratch.

What are the biggest challenges setting up a business here?

I have helped set up dozens of companies in China. The most challenging part is that you are playing 'the China game,' but you don't really know the rules of that game; you have to discover them while walking blindfolded.

What would you say is the biggest difference here with your experience working in the West?

I cannot really say that I have France figured out work-wise. However, the energy of the people you meet in Shanghai, both locals and foreigners, is quite amazing; it keeps pushing you to work hard and improve yourself.

What do you enjoy most about working with other entrepreneurs?

The spirit! We all believe that everything is possible and we're excited that what we do is changing the world (or at least we believe it is). The truth is, many of us are always living like we are either absolutely broke or as rich as millionaires...

What is your biggest piece of advice for other entrepreneurs?

Talk to people, and share your ideas and

struggles. Get over the glamor of Shanghai where everybody says they are successful, beautiful and are walking on water. There are people like you, and others who have been where you are in the past, and all of them are worth talking to. So share some ideas in return and open doors for yourself.

Do you see China as a springboard for taking a business international?

I do believe more and more that if you can make it in China, you can make it anywhere. At least some companies outside of China believe so, and will be ready to partner with you, thinking that you have what it takes.

How have you built your network in Shanghai?

I have spent hours drinking thousands of coffees over the past 11 years to get to know people – giving them the opportunity to share their stories and see how I could help them benefit from my experience and network. Since I relaunched NextStep, I have received tons of messages of support from all the people I have once helped.

www.nextstep-workshops.com

EAT & DRINK

GRAPEVINE

F&B GOSSIP

Praise be, veteran restaurateur **Franck Pécol's** new crêpe place **Far-West** has opened (behind his café, **Grains**, on Wukang Lu) and it's so good we've been back twice already. Our favorite is the 'complète classique,' with Parisian ham, cheese and runny-yolked egg.

Over at Bund 18, another Gallic import has finally arrived: the long-anticipated **Atelier de Joël Robuchon**. Find here a quintessentially French fine dining menu headed up by **Chef Francky Semblat**, formerly of Robuchon's Michelin three-star restaurant in Macau, **Robuchon au Dôme**. Reservations are filling up fast, so book early if you want in.



That isn't the only new restaurant in Bund 18, however. High-end sushi-ya and teppanyaki, **Onodera Ginza**, has too opened its doors for business. Sectioned into private rooms, each is dedicated to different dishes like sushi, wagyu steak and tempura.

Friendly Jing'an neighborhood bar, **District**, has reeled out a new RMB50 lunch menu. Options include bacon mac 'n' cheese or salami and 'drunken' goat cheese ciabatta, plus a cup of soup and a soft drink. Word is that a brunch will follow soon...

The **Lost Heaven** Group is taking a new route, this time along the legendary Silk Road with its new eatery **Lost Heaven Silk Road**. Due to open in early April, the Julu Lu restaurant will serve eclectic specialties from along the legendary intercontinental passage, from Xi'an to the Mediterranean.



Blue Frog

Win a RMB500 Dinner and Treat Yo' Self

The first quarter of the year is over and let's be honest, so are those well-intentioned dietary resolutions. Don't get us wrong, we love healthy eating (see page 74 if you don't believe us), but there are some days that just call for a juicy burger topped with fresh **mozzarella and sun-dried tomatoes** or **pepper cheddar and Yunnan mushrooms**. You can get both of those plus a lot more if you win our RMB500 Blue Frog voucher, which is up for grabs for one lucky reader this month.

> Fancy a flutter? Follow our official WeChat (That's Shanghai) by scanning the QR code, and stay tuned for the competition announcement.



(bluefrog.com.cn)

WE EAT IT SO YOU DON'T HAVE TO



Durian Pizza

For lovers of both durian and cheese, **Pizza Hut** has finally made your dreams come true with the recent release of **durian pizza**, featuring a simple combination of mozzarella cheese and durian, slapped onto some baked dough.

"The king of fruits" is known for its pungent and grotesque smell, but succulent (and for some, addictive) flesh. Despite its odor, many in China have come to love the fruit. Durian pastries, cake, puffs, pudding and ice cream have all become popular. One café in Shanghai, **Musang King**, has capitalized on the city's love of durian with an entire menu dedicated to the stinky fruit. No longer limited to sweets, durian fanatics are now experimenting with savory flavors.

Enter the durian cheese pizza. When the pizza man came after a mere 15-minute wait, wafts reminiscent of a Chinese supermarket flooded the office. Opening the box, the pizza looked like any old cheese pizza minus the pizza sauce. The first few bites were ok – until we came across the chunks of durian. Arguably the texture is the worst element of this guy, the closest thing we could relate it to was a really mushy pineapple pizza with a tang of smelly socks. Overall, durian pizza wasn't for us. We'll go ahead and file this under 'things you should only try once for the novelty of it.' **IF**

> www.pizzahut.com.cn

BREAKING BITES



Nadaman New Kaiseki Tasting Menu

Got a hot date and an insatiable craving for Japanese food? You could definitely do worse than the new seven-course kaiseki set at **Nadaman** in the Pudong Shangri-La hotel, courtesy of **Chef Tsuyoshi Motoyama**. With a variety of cooked dishes, fresh sashimi and more, kaiseki is a celebrated culinary tradition in Japan, notable for incorporating visual aesthetics throughout the dining experience. At

RMB688 (plus 15 percent service) this luxurious set, which includes crab, sea urchin, tuna belly, salmon roe and abalone, is a great way to get acquainted with this truly Japanese way of fine dining.

> Nadaman, Pudong Shangri-La, 1/F, Grand Tower, 33 Fucheng Lu, by Lujiazui Huan Lu 浦东香格里拉, 富城路33号1楼, 近陆家嘴环路. Open daily, Daily, 11.30am-2.30pm, 6pm-10pm. (6882 8888)

The Nest New Nordic Brunch



It's finally happened. **The Nest**, Shanghai's most buzzed about "gastrolounge," has expanded its repertoire to brunch following the success of the Nordic-inspired dinner menu. In the kitchen is Frenchman **Freddie Raoult**, who spent time in Finland learning about Nordic cuisine and how to pair it with vodka-led cocktails. The Nest, after all, is the brainchild of premium vodka label Grey Goose. As you might expect, brunch here doesn't skimp on the booze, with six different brunch-worthy cocktails, including **espresso martinis** (with tequila and vodka!) and our old friend **Bloody Mary**. As for food, the menu offers three courses for RMB198, including **eggs Benedict** with smoked salmon and deliciously airy Hollandaise sauce.

> 6/F, 130 Beijing Dong Lu, by Yuanmingyuan Lu 北京东路130号6楼, 近圆明园路 Nearest metro: Nanjing Dong Lu, 10 mins. Sunday brunch 11-3pm. (6308 7669)



Logan's Punch BYFO Kitchen in Residence

If there's one thing you need when drinking copious amounts of punch and cocktails, it's a lined stomach. Luckily, **Logan's Punch** has

installed **BYFO** (Burn Your Face Off) in their kitchen. On the menu is a spice-heavy roster of diet crushing eats from RMB35-65, including **deep-fried bacon**, **cream cheese jalapeño poppers**, **double cheese-stuffed quesadillas**, juicy **pulled pork**, **chicken** or **lamb burgers**. Oh, and **caviar topped devilled eggs**. An obvious and delicious accompaniment is BYFO's signature hot sauce, just make sure to save space for dessert: **deep-fried peanut butter balls with bacon** (!) and a side of vanilla ice cream and jam.

> 2/F, 99 Taixing Lu, by Nanjing Xi Lu 泰兴路99号2楼, 近南京路 Nearest metro: Nanjing Xi Lu, 1 min. Open Tues-Thurs, 6pm-2am. Local cards accepted. (6248 5928)

THE MONTH IN FOODPORN

April 2016

Unico

Foie gras terrine with bee pollen crust. A standout dish from Chef Daniel Negreira at UNICO's most recent Eight Hands dinner.

> 2/F, 3 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路3号外滩三号2楼, 近广东路. (5308 5399)



1515 West

Onsen egg aioli salad. A light spring appetizer from the RMB158 business lunch set at 1515 West Chophouse.

> Jing An Shangri-La Hotel, 1218 Yan'an Zhong Lu, by Tongren Lu 延安中路1218号, 近铜仁路. (2203 8889)



New Kaiseki Liquid Laundry

Southern fried chicken with mash and gravy. Some of the best we've found in Shanghai, courtesy of Chef Simon Sunwoo at Liquid Laundry.

> KWah Centre, 2/F, 1028 Huaihai Zhong Lu, by Donghu Lu 淮海中路1028号, 嘉华房2/F, 近东湖路. (6445 9589)



Go Get Waffles

Need to earn a little co-worker popularity? Go Get Waffles delivers them right to your office (or couch) within two hours, with a variety of toppings and fillings. RMB100 per box of 10.

> gogetwaffles.com



BOWL SO HARD

10 Superfood Bowls to Make in Shanghai

BY BETTY RICHARDSON AND CELINA HUYNH

Beloved by Instagram's clean eating elite, healthy fruit smoothie bowls have landed in a major way. What initially started with Brazilian acai bowls made from frozen and blended acai berries, has evolved into dozens of different fruit bases, all made with frozen and blended fruits and even vegetables.

Get creative by topping them off with nutritious superfoods like berries, nuts, seeds, bee pollen – they're customizable in endless ways, and make for a refreshing, chilled breakfast or post-workout meal. We've done the hard work for you and scoured all over town for the best places to buy whole food toppings (see page 77).

FIRST BASE

Bowl bases are made from frozen and blended fruit, which gives them a thick, pudding or soft serve-like texture. Ratios depend on your taste, but a good place to start is by using one banana plus one cup of your main fruit base, plus half a cup of water, almond, dairy or soy milk.

Greek yoghurt and avocado can also be used to thicken up the base, and you can even sneak in a few leaves of kale or a cup of spinach without detracting from the fruity flavor.

-
- COCOA
 - +
 - BANANA
 - +
 - CHESTNUT
 - +
 - INSTANT OATS
 - +
 - GREEK YOGHURT
-

Edible pansies (KK)

Dried coconut (O)

White Sesame (O)

Pumpkin Seeds (KK)

Raw Cashew (KK)

Dried Wild Blueberries (KK)

Passionfruit (O)

Red Cherries (O)





Flax seeds (KK)

Fresh mango (TL)

Mint leaves (KK)

Chia seeds (KK)

Walnuts (O)

PAPAYA
+
BANANA
+
GREEK YOGHURT



DATE
+
ALMOND BUTTER
+
BANANA
+
GREEK YOGHURT



Raspberries (KK)

Mulberries (CS)

Raw cacao nibs (SL)

Raw hazelnuts (KK)

BLUEBERRY
+
BANANA
+
COCONUT MILK

Red flax (O)

Goji berries (KK)

Frozen blackberries (KK)



Bee Pollen (SL)

Puffed quinoa (O)

Hemp seed (SL)

AVOCADO
+
BANANA
+
DRIED WHEAT GRASS
(SL)
+
GREEK YOGHURT
+
BABY LEAF SPINACH



PREPARATION IS KEY

You'll need to prep your base in advance. Peel and chop your fruit base (banana, pitaya [pink dragon fruit], papaya, avocado etc.), and store them in the freezer. You'll have a supply of bowl base ready any time you need it!

TOP IT OFF

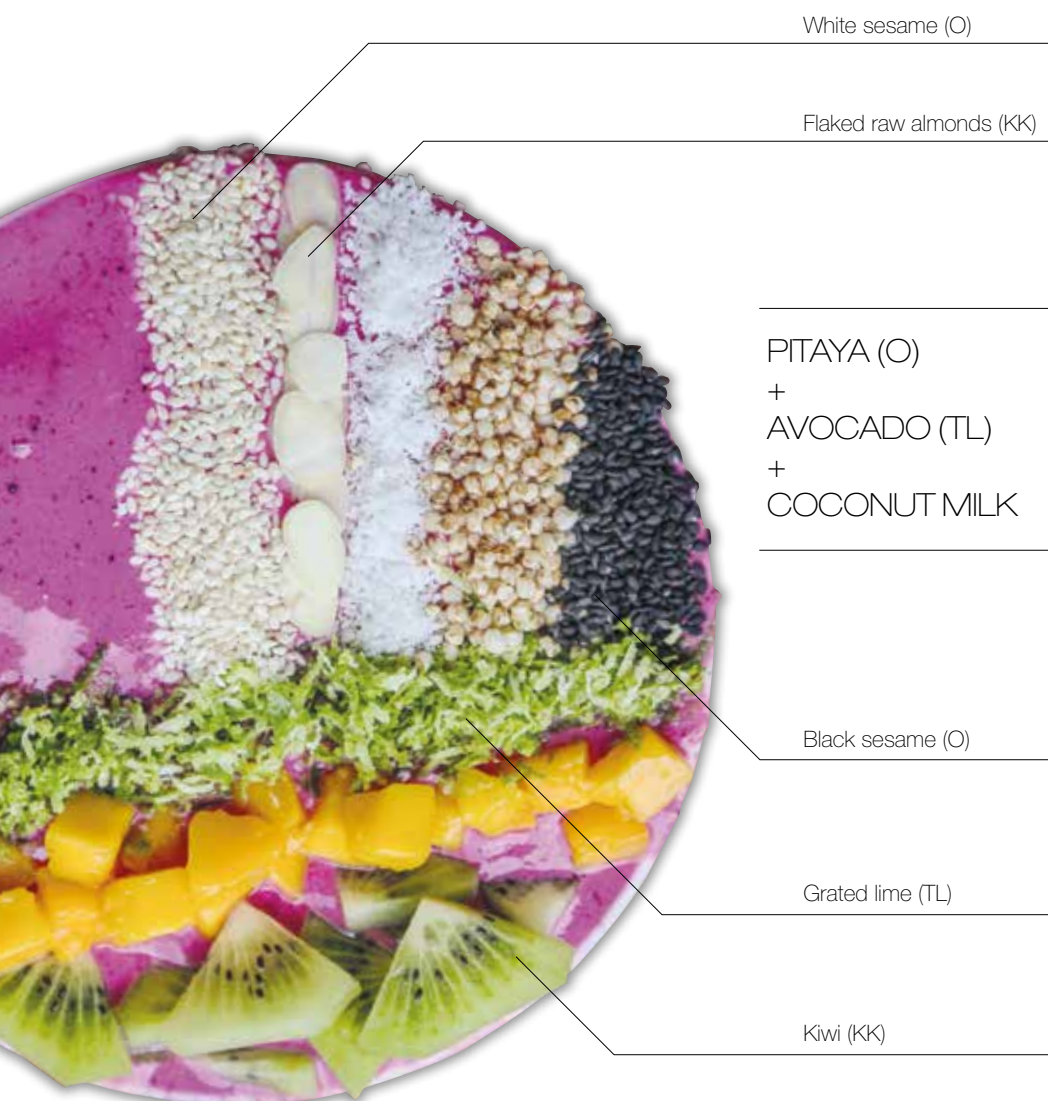
Prepare your toppings before you start blending the base, since it will begin to melt and liquefy after 15 minutes. We like a balance of seeds, nuts, berries and fruit on ours, but add whatever you fancy.

EXTRA FILLING BOWLS

Add high fat and slow-release energy ingredients to your bowl base to make it more filling. Avocado goes well with just about everything, and instant oats can be mixed in after blending. Peeled, roasted and bagged chestnuts or medjool dates also work well as an alternative to fruity flavors. .

WORK IT

For an active lifestyle and post-workout meals, supplements like protein and whey powder can be added to your base. Be sure to add extra liquid if you do so, and follow the recommended dosage guidelines.



White sesame (O)

Flaked raw almonds (KK)

PITAYA (O)
+
AVOCADO (TL)
+
COCONUT MILK

Black sesame (O)

Grated lime (TL)

Kiwi (KK)

WHERE TO SHOP

> KATE AND KIMI (KK)

This online grocer has one of the largest selection of whole foods in Shanghai, as well as an excellent selection of nuts, herbs, fresh and frozen fruits.

www.kateandkimi.com

> SPROUT LIFESTYLE (SL)

Come here for nutritious supplements like bee pollen, raw cacao and honey. They also sell blenders and other healthy living gadgets.

388 Shaanxi Nan Lu, by Fuxing Zhong Lu
陕西南路388号, 近复兴中路 (open daily, 10am-7pm)

> TABLELIFE (TL)

Our go-to for great quality fresh produce, particularly tropical fruits like pitaya (four for RMB58), papaya (two for RMB38), bananas (from RMB23) and avocados (eight for RMB60).

www.tablelife.com

> OLE' SUPERMARKET (O)

Ole' has significantly expanded its stock of whole foods over the last year. The expat-friendly supermarket chain carries niche products like puffed quinoa, matcha powder, dried coconut, and more, along with a good selection of seeds and nuts.

Jing'an: B/2, /Jing'an Kerry Centre, 1563 Nanjing Xi Lu, by Tongren Lu南京西路1563号嘉里中心B2, 近铜仁路

Xujiahui: B/F, Grand Gateway, 1 Hongqiao Lu, by Huashan Lu虹桥路1号, 港汇广场B楼, 近华山路

> HUNTER GATHERER (HG)

Great for premium, hard to find whole foods and healthy luxuries.

www.behuntergatherer.com

> CITY SHOP (CS)

Reliable supermarket carrying a decent selection of whole foods, including raw (as opposed to roasted or salted) nuts.

www.cityshop.com.cn

CHIA BOWLS

Chia seed pudding is filling, nutritious and super easy to make. Simply combine one to two tablespoons of seeds with a cup of liquid (we like almond or coconut milk) and soak for a couple of hours. To add an extra flavor such as matcha or cacao, combine with the soaking liquid before adding to the seeds. You can find chia seed at: Kate & Kimi, Sprout Lifestyle, and Hunter Gatherer

Red cherry (O)

Dried coconut (O)

Raw hazelnut (KK)



Fresh mint (KK)

CHIA SEED
+
COCOA POWDER
+
ALMOND MILK

CHIA SEED
+
MATCHA POWDER (O)
+
COCONUT MILK

Kiwi (KK)

Black salt (HG)

Goji (KK)



Kumquat (KK)

Blueberry (KK)

Flaked Coconut (available at most convenience stores)

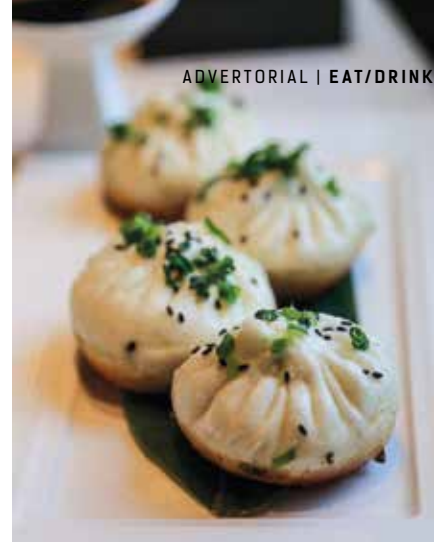
75 percent dark chocolate

Shelled pistachio (City Shop)

Fresh Mango (O)



CHIA SEED
+
COCONUT MILK



What would spring be without a harvest of fresh vegetables? Chef Ma's **sautéed celery** is an exercise in culinary minimalism. A light-handed touch preserves their fresh crunchy texture, and minimal use of oil allows the flavor of the vegetables to speak for themselves.

The Dragon Phoenix spring menu undoubtedly shows a lighter side of Shanghaiese gastronomy, but we still couldn't resist a house classic: **shengjian fried pork buns** (RMB78/six)!

DRAGON PHOENIX

A Lighter Side of Shanghaiese Gastronomy

BY BETTY RICHARDSON



Glimpses of Shanghai's Art Deco history are a fascinating part of the city's rich cultural heritage, but few are as breathtakingly well preserved as the Fairmont Peace Hotel on the Bund. Miraculously, the lavish interiors of the hotel's flag-

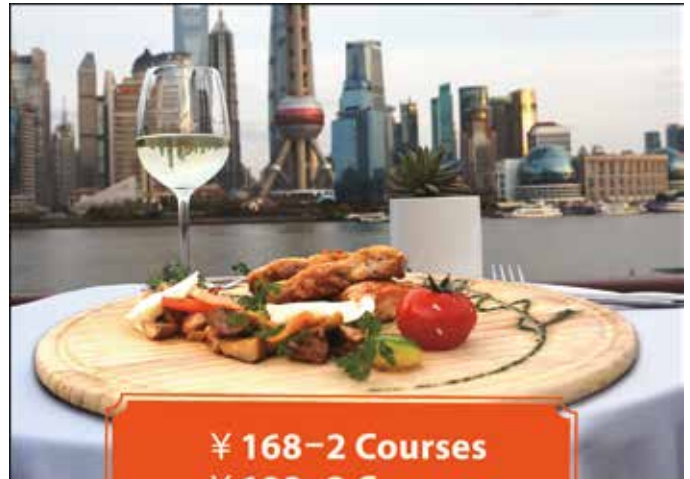
ship Shanghaiese restaurant, Dragon Phoenix, have survived to this day, having escaped the Cultural Revolution by quick thinking staff that hid the intricately painted walls behind boards.

But it's not the interiors that have kept Shanghaiese diners returning to Dragon Phoenix. The secret is master chef John Ma, whose new spring menu focuses on a lighter, more fragrant side of Shanghaiese cooking. Seasonal ingredients have long played an important role in Shanghaiese food, and Chef Ma uses premium local ingredients such as Yangtze River Bondfish with a housemade soy sauce blend (seasonal market price). The result is a beautifully light and quintessentially Shanghaiese flavor.

Garlic seeped shrimps from the famous Lake Tai (RMB188) are a natural accompaniment, with an addictively crunchy exterior, intermingled with a subtle kick of fresh chili. Fresh bamboo shoot is a delicacy in Shanghaiese spring cuisine, and thus features prominently on the Dragon Phoenix menu. Chef Ma's traditional **bamboo shoot soup** with salted pork and elegant knots of dried tofu (RMB88) is as fragrant as it is nourishing – a light yet full-bodied and umami-rich broth.



8/F, Fairmont Peace Hotel, 20 Nanjing Dong Lu, by Zhongshan Dong Yi Lu 南京东路20号和平饭店8楼, 近中山东一路. Nearest metro: Nanjing Dong Lu, 10 mins. Open daily 11.30am-2.30pm; Dinner: 5.30-10pm. Local cards accepted.(6138 6880) Prices subject to 15 percent service charge.



¥ 168-2 Courses
 ¥ 198-3 Courses
Your Perfect Terrace Lunch

021-6660-0989
 黄浦路200号4楼
 200 Huangpu Lu, 4F



Kathleen's Waitan



ANTHOLOGIA

Kaiseki for the Senses

BY BETTY RICHARDSON

The Place

Without a doubt, Anthologia is the craziest restaurant I have ever reviewed. If somebody had asked me to imagine a high-end Japanese kaiseki seemingly influenced by Ultraviolet, with three auditorium-like tiers of seats, an enormous screen, surround sound and a rapping MC, I would have called them crazy.

Yet here we are at Anthologia, a kaiseki restaurant from the group that brought the city Sushi Oyama, Ochobo, Kappo Yu and eLEfante, serving an eight-course multi-sensory menu presided over by a kimono-clad, face paint-wearing Japanese chef by name of Bulizo (meaning 'amberjack and elephant') previously of Anthologia's sister kaiseki restaurant, Kappo Yu.

Kaiseki is a traditional form of Japanese dining, that has, to an extent always been 'multi-sensory,' but Anthologia takes it to a whole other level. During this meal there is a rap about lobsters, ceremonial swords, wreaths of fairy lights, dry ice, pyrotechnics... and hotpot.

Set in an auditorium-like room, waitresses in kimonos guide guests through tatami mat avenues to their seats in the front, middle or back row. You'll be sitting in a line with other diners facing the front screen where the action happens. You're also expected to arrive at 6.30pm in order for the show to start at 7pm, although in reality things don't get started until 7.20pm, thanks to a few tardy bad asses.

The Food

At your seat, you'll see a little wooden mallet with a ribbon tied around it. Why? For smashing open your first course, obviously. In what must be a fairly mammoth coordination of service and kitchen staff, all guests are served simultaneously, and just in time for on-screen visuals and music to accompany each dish.

Our first course is modeled on a Lunar New Year theme, with a **candied kumquat perched over a salt mound** (to be smashed open via mallet), wherein lies a portion of beautifully fragrant **steamed sea bass with truffle**.

Next, the room plunges into darkness as they introduce a monkfish course. The lights go out, and the MC narrates the monkfish's deep-water journey as the geishas bring in glass orbs wreathed with fairy lights. On these glass orbs is an **ankimo (monkfish liver) mousse**, a delicacy often included in purer form on the menu at Anthologia's excellent sister restaurant, Sushi Oyama.

Next comes a rap about lobsters courtesy of our MC, who has donned giant lobster claws for the occasion. Here the visuals descend into Warholian kitsch, accompanied by a bouncy J-pop soundtrack. It becomes clear that for all its ambition, Anthologia isn't a restaurant that takes itself too seriously.

Luckily this unusual **lobster** course is good enough to warrant the ceremony, paired with a **robust red miso reduction**. Odd plates though.

Another twist in the Anthologia tale follows suit, and this time we find ourselves in a snowy wonderland onscreen as a white Japanese radish dish is placed in front of us.

We're instructed to tug on a piece of paper to activate a well of dry ice underneath the dish, which sends snow-like ripples cascading over a pair of **julienned white radish salads**. One has a tart, citrus flavor, and the other fruity with a twist of shiso. Dry ice might be cliché by now, but the effect in this instance was incredibly beautiful.

After this is where the value point of a meal at Anthologia comes in: tuna in three ways. **Minced otoro** (supreme fatty tuna belly) with a double layer of superb uni (sea urchin) on top was a delight.

An indulgent cube of **chutoro** (medium fatty tuna). Last but not least, **toro** (fatty tuna belly) **nigiri**.

By this point we've had fairy lights, a rap and dry ice, so it seems pyrotechnics are par for the course. **Wagyu beef slices** team up with charred yam and miso sauce, backed by literally an open flame. The barbecue effect works, although the beef slices are a little thin and we weren't in love with the topping of fresh sprouts.

The final savory course takes us to luxury hotpot, which sees an enormous, pre-dressed **hairy crab** imported from Hokkaido stewing with rice and spring vegetables. Dessert comes in **seven mini variations on yuzu**, of which an excellently fresh and tart ice cream is the best, closely followed by a sugar-studded jelly. **2/3**

Vibe

While the meal and visuals might be lighthearted, the service is unwaveringly professional and in line with the other high-end restaurants of the Fulu Restaurant Management group. Menus and service from upper-level service staff are fully bilingual, including Chef Bulizo himself, who personally greets each party after the meal is over.

It's an eccentric experience to be sure, but Anthologia's success lies in making guests feel special. We'd say it's a good choice for impressing a date, but larger parties of four are catered for with table booths in the back row. **1/1**

Value for Money

Paul Pairet brought true multi-sensory dining to Shanghai (and indeed, the world) with Ultraviolet, which is an uncompromising restaurant in terms of food quality, innovation, visuals, service and atmosphere. Anthologia, while a fun experience and a laudable passion project, is not on the same level. But then again, it's also not RMB6,000. A meal here sets you back RMB980 per person, and is money well spent in our opinion. **1/1**

TOTAL VERDICT: 4/5

Price: set menu only, RMB980 per person
Who's going: mainly locals, couples, businesspeople

Good for: special occasions, Japanese food, fine dining

Rm 105-107, Bldg 6, 381 Panyu Lu, by Fahuazhen Lu 番禺路
381号6号楼105-107室, 近法华镇路. Nearest Metro: Jiaotong University, 8 mins. Mon-Sat, 6:30pm-11pm. Closed on Sun.
Local cards accepted. (5279 9277)



TEPITO

Hard-hitting Mexican from the Kelley Lee Empire

BY BETTY RICHARDSON

The Place

Shanghai is saturated with a lot of things, but Mexican food ain't one of them. What Mexican food there is in Shanghai primarily gravitates toward Tex-Mex, AKA your standard repertoire of quesadillas, half-assed tacos, burritos et al. Kelley Lee and her business partner Raffi Ibrahimian are both restaurateurs with an astute business acumen for sensing a change in what Shanghai diners want from a Mexican restaurant. This is why they've done a slash and burn on Cantina Agave and replaced it with a new and more authentically Mexican sibling, Tepito.

The reality is that neither expats nor locals are willing to shell out hundreds of yuan for the same tired Tex-Mex made with cheap ingredients that you can just as easily assemble yourself from City Shop. Tepito aims to buck this trend by offering chef-driven, regional dishes that focus more on specialty. The chef in question is Edgar Hernandez, a real, live Mexican hailing straight from Mexico City. In addition to being a mezcalier, 28-year-old Hernandez was mentored for seven years by one of Mexico's most renowned chefs, Ricardo Muñoz Zurita, and more recently worked with Pilar Cabrera at La Olla, an Oaxaca City restaurant.

The Food

Tepito might be more chef-focused than many of Shanghai's other Mexican restaurants, but for the most part, the menu has managed to balance deliciousness with its ambition. The 'crudo' (raw) section of the menu dedicates itself to fish and seafood, including a traditional *ceviche de mariscos* (RMB88), which is fresh, tangy and fiery. However, it's eclipsed by the excellent **king-**

fish tiradito (RMB78), with mango, jalapeño, a smoky charred oil, guacamole purée and sour cream. Unlike the ceviche, the tiradito is not served spicy, so we added a splash of Tabasco to kick it up a notch.

Fiery **chicharrones** (deep fried pork crackling, RMB55) also make an appearance, served with guacamole for dipping. These guys have a very porcine flavor, so think of them like meat nachos. Vegetarians don't get much of a look in at Tepito, but one of the few vegetable dishes on the menu, the earthy '**ruleta rusa**' ('Russian Roulette,' RMB38) peppers are a hit. For the most part they're mild and enjoyable, but occasionally one comes out as insanely spicy, resulting in an emergency margarita *ganbei*. **Charred Mexican corn** ('esquites,' RMB48) is a must-order. Made from an intriguingly chewy white maize instead of yellow corn, it has a popcorn-like flavor that intermingles with a subtle dousing of mayonnaise, cream, lime, chili powder and queso fresco (fresh cheese).

Tacos also play a key part at Tepito, and while the fillings are limited, they're hands down the best we've tried in Shanghai (so far). Crunchy, rolled flour **carnitas taquitos** (RMB58) with salsa verde, avocado sauce, jalapeño and more queso fresco are an obvious success. Soft tacos make an appearance in the form of **panuchos de cochinita pibil** (Yucatan-style shredded pork with habanero salsa and black bean purée, RMB68) and are double-layered to provide distinctiveness between the pork and bean purée, while the habanero salsa is darkly spicy. We wish there were more of it.

Tepito also offers a taco of the day (RMB25/65) – filled with their "favorite meats" (**carnitas and chorizo** on this visit) and crowd-pleasing classic topping of onions and salsa. We were worried these looked dry when they arrived, but luckily they were juicy and non-soggy. Not a shred of sad lettuce or unmelted cheese in sight.

Touching on a cornerstone classic of Mexican cuisine is the **pato con mole negro** (RMB138). Famous for its deep brown color, mole is a sauce traditionally made with chocolate, chili and a million other spices.

This dish sees magret duck breast and leg, lavishly doused in a very dark mole, apparently made with 70 percent dark Belgian chocolate. Dubious? Even the menu nervously disclaims that this is a "very traditional dish not to everyone's liking!" But if you like juicy, fatty meat and complex, dark flavors, order it. **2.5/3**

The Vibe

Like its predecessor Cantina Agave, Tepito is aiming for a fun, casual and group-friendly vibe. Gone are the raucous free-flow margarita packages in favor of more refined cocktails, but colorful interiors still lend themselves to get-togethers, both celebratory and otherwise. Management also tells us a weekend brunch will also be coming soon.

One thing that bothered us was that servers insist on taking orders by memory rather than writing them down. We seriously hate this in both casual and formal restaurants. Why add to the anxiety that something has been forgotten? On one occasion, our unfortunate server forgot our main, a problem easily solved by using a notepad and a pen, or even an iPad. **0.5/1**

Value for Money

Some dishes might not be to everybody's liking, but frankly speaking, Tepito is the change that needs to happen to Mexican food in Shanghai. Come in a group and you're looking at an average spend of RMB150-200 per person (more if there's just two of you). That's not dirt cheap, but for the quality of the food and the chef behind it, Tepito is good value. **1/1**

TOTAL VERDICT: 4/5

Price: RMB150-300 per person
Who's going: young locals and expats
Good for: casual dinners, groups, Mexican food, tapas, groups, dates

291 Fumin Lu, by Changle Lu, 富民路291号, 近长乐路.
 Nearest metro: Shaanxi Nan Lu, 10 mins. Open daily, 11am-2pm, 6pm-11pm. Local and international cards accepted.
 (6170 1310)

GATHERING CLOUDS

Chic and Surprisingly Cheap Yunnan

BY BETTY RICHARDSON

The Place

Upscale Yunnan food is having something of a moment in Shanghai. First it was In & Out, the beautifully airy Yunnan spot in Xintiandi's Hubin Dao mall, and now it's Gathering Clouds, a restaurant that looks more in line with upmarket Table No.1 than our other favorite Yunnan spot, Southern Barbarian.

Set in a new development in Changning, on a street perhaps best known for being home to LGBT bar Lucca, Gathering Clouds sits alongside Pie Society, Anthologia (see page 83) and Lazie bar. It is enormous inside, and would look entirely too expensive if it weren't for an enormous, effect-spoiling TV screen on the ground floor. Upstairs is a different ball game with low lights, dark wood and stunning bamboo-flanked patios.

The Food

As with every other Chinese restaurant on the planet, Yunnan or otherwise, the menu is a lengthy brochure of near infinite choice. There's also a heavy focus on the cuisine of the Dai tribe, a Yunnanese ethnic minority closely related to Thai and Laotian people. As such, a lot of the food has a vaguely Southeast Asian twist to it – sweet, sour and often teases with strong herbal flavors.

Dai-style fish skins (RMB48) are a must for adventurous appetites, doused with a deliciously tangy sauce. **Dali-style bean jelly** (RMB40) had a good, earthy spiciness, but the starchy texture of the bean jelly strips left us a little cold. **"Tropical-flavor" chicken with chili and green onions** (RMB60) was deliciously crispy and juicy, and the sautéed green onions atop it very flavorful yet non-

overpowering. Grilled **Dai-style tilapia** was another good value winner – you get the whole fish plus a dipping sauce for RMB78. Whether they enjoy such things as satay **beef skewers** (RMB68) in Yunnan remains elusive, but does it really matter if they're delicious? **1.5/3**

Vibe

With its upmarket interiors and good value dishes, Gathering Clouds is a good place for more formal occasions as well as casual dining or dates. Servers are not bilingual, but the menu is; large, shiny pictures are also attached to accompany the more opaque descriptions. **1/1**

Value for Money

If it weren't for the pretty interiors (and outdoor bamboo terrace), is Gathering Clouds still worth a visit? Yes, if you're into the more Southeast Asian-style Yunnan eats. You could dine here for around RMB70 per person if you're in a group, which ain't bad in our book. **1/1**

TOTAL VERDICT: 3.5/5

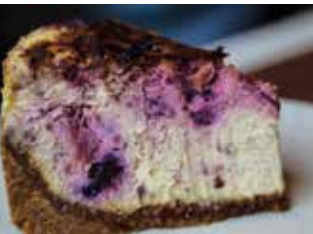
Price: RMB70-110 per person

Who's going: mainly locals

Good for: Yunnan food, casual and formal occasions, al fresco dining

Rm 105, Bldg 8, 381 Fanyu Lu, by Fahuazhen Lu 番禺路381号, 8号楼, 105室, 近法华镇路. Nearest metro: Jiaotong University, 10 mins. Open daily, 11am-11pm. Local cards accepted. (6271 7162)





CHICKEN & EGG

Fowl Play on Fumin Lu

BY BETTY RICHARDSON

The Place

What came first, the chicken or the egg? Well, actually Citron – the odd, Art Deco-themed café that tried to do Sproutworks-style salads, and former occupant of this fine dime brizzle spot on Fumin and Changle Lu. That place didn't work out, so its parent company, the Shanghai Brewery group, went back to the drawing board and came back with Chicken and Egg, purveyors of "clucking good roast chicken."

The Food

In an eggshell, Chicken and Egg is like an upmarket version of beloved British grilled chicken chain Nando's. **Roast chicken dinners** are the modus operandi, but the menu also carries other Caucasian favorites like **avocado toast**, **chicken salad sandwich**, **red velvet cake** et al.

Anyhow, the roast chicken is actually pretty good. Chicken and Egg is mixing it up a little

with how they serve it. Whereas Wishbone and Nando's give you quarter, half or whole portions, these guys divide it into leg, breast and wing – perfect for people who hate/love white meat.

With each portion of three meaty chunks, you can choose an accompanying sauce or gravy and also two sides for a total of RMB69. **Garlic green beans** come with a nice crunch and a decent dose of flavor. Warm **charred corn** could have done with more butter. Opt for the righteous **mashed potato with butter, cream and spring onions** instead.

We could definitely see ourselves eating the roast chicken for dinner again, but for breakfast/brunch options, delve into the eggs section. **Avocado toast** gives you a generous topping of seasoned mashed avo in addition to sliced, but for RMB50 there really ought to be two eggs, no?

Eggs en cocotte with bacon (RMB50) takes a while to make, but is an interesting deviation from traditional eggs 'n bakey.

We found the accompanying balsamic onions a little sweet, however, and the dish is crying out for a goddamn piece of toast or two.

Dessert is certainly a strong point here, courtesy of pastry chef Ashlee. On our visit, there were six options by the slice, including **matcha cheesecake**, **baked cheesecake**, **cookies 'n cream cheesecake** and a dense-looking **red velvet cake**. Portions are also clucking

enormous. Our **mixed berry cheesecake** (RMB38) was the size of a shoe and just as heavy. Also, kudos to the thin crust and macadamia nut topping on the **chocolate nut pie** (RMB38). **2/3**

The Vibe

Blessed with high ceilings, spacious interiors, natural light, and an excellent location, Chicken and Egg has amenities lesser-funded F&B ventures can only dream of. Staff are bilingual and knowledgeable, but the bathrooms are oddly only accessible via an underground passage in the basement.

On the plus side, the WiFi is speedy and they don't mind customers loitering during the afternoons. There's also a very pleasant and sunny terrace outside for al fresco occasions. **1/1**

Value for Money

It's a mixed bag here at Chicken and Egg. Certain things offer great value for money, (i.e. cake, chicken dinner) whereas others are verging on pricey for their size. Order prudently and you'll be rewarded with substantial and nutritious food for around RMB100 per person. **0.5/1**

TOTAL VERDICT: 3.5/5

Price: RMB50-120 per person
Who's going: mix of locals and expats, families
Good for: breakfast, brunch, lunch, dinner, dessert

1/F, No. 291 Fumin Lu, by Changle Lu 富民路 291号1楼, 近长乐路 Nearest metro: Shaanxi Nan Lu, 10 mins. Open daily, 11.30am-11pm. Local cards accepted. (6121 2606)



STRAIGHT NO CHASER

It's a sad day for fans of **Amber Lounge**, the long standing late night club has shuttered its doors for now. Management tells us they're working on opening once more at a new location, which has yet to be officially announced.

Another longstanding booze legend has also closed, sort of. The **Thirsty Seahorse** has indeed renovated to become **'Bar Code.'** Not much has changed, except for the addition of a TV screen and less tables.

Meanwhile Xintiandi is getting another new resident in the form of **Reel to Reel**, a new club from the folks behind the always awesome **URVC** club in Jing'an. The opening is anticipated on April 18, so sit tight for the opening party on that date.

A few months back we wrote that alternative DJ bar **Lune** had closed, and we've gotten wind that they're reopening the space under a new name: **Elevator.** Named after the comically small lift that brings customers up to the bar.

Good news for the city's wine lovers, a new wine delivery service called **'Tippler'** is making a debut. Their bottles start at RMB85, and are available via their site www.tippler.com.cn (smart-phones only).

Congratulations to **Choni Song** of **The Nest**, his innovative cocktail scooped him 1st prize at the 4h Bacardi Legacy Global Cocktail Competition. His winning drink, the **'Black Gold'** involves an intoxicating mix of truffle honey, ginseng and Bacardi Gold rum. Classy!



GENESIS

The Coolest Bar You've Never Heard of

BY BETTY RICHARDSON



Finding a good, relatively hidden cocktail bar in Shanghai is not something you shout about. No, you keep it on the down low, in the hopes that nobody else discovers it so you can be assured of a table when you rock up with your party of six on the weekends. Maybe that's why Genesis, a cocktail bar set in a converted lanehouse near Xintiandi, has remained off the radar since opening in May last year.

It is hidden from the outside, save for a glowing 'G' projected onto the sidewalk. Enter the gate and a decked terrace with comfy banquette seating leads into the bar itself. What at first appear to be black painted walls are actually made from painstakingly charred wood, lending the place (which was apparently a former convent) a curiously Gothic feel. Upstairs is a beautiful pitched high ceiling, while a central fireplace and an imposing chandelier with woven arms rule downstairs.

Drinks are designed by Even Lv, who presides over a selection of signature house cocktails and classics. Our favorite was the **Summer Breeze** (RMB78), a jazzed up green apple cooler with vodka, cucumber, lime and soda. It's intoxicatingly refreshing, and probably best enjoyed on the al fresco terrace when the warm weather hits (soon, dear reader, soon). This is closely followed by the **Elegant Fizz** (RMB78), another long drink, this time with a Beefeater gin and Fernet Branca base,

giving it a subtle minty finish.

Whisky drinkers are well-catered for with an extensive Scotch-centric selection, starting from RMB70/glass for standard bottles. For serious drinkers, a few rare finds are available, although sadly not by the glass.

Craft cocktails and whisky are a growing business in Shanghai, and lots of the newish bars in Shanghai focus on a more boisterous, party-friendly vibe. That's not the case at Genesis. The soundtrack is firmly focused on jazz (although there *is* such a thing as too much Norah Jones), and the noise level never breaks above talking pitch.

Comfy armchairs are the order of the day here, so kick back, relax and enjoy your drink. Just remember to make a reservation if you're coming later than 9pm. This place has a loyal following of locals and Asian expats, and they aren't going to give up their armchairs for you.



Price: cocktails from RMB78

Who's going: a loyal following of young locals and Asian expats

Good for: small or medium groups, cocktails, whisky, dates

442 Zizhong Lu, by Danshui Lu 自忠路442号, 近淡水路.
Nearest metro: Xintiandi, 10 mins. Open daily, 6.30pm-2am.
Local cards accepted. {6316 9107}



MUSEK

Out of This World

BY BETTY RICHARDSON

Let's be frank, KTV is great. It's literally like having your own private little club, where the drinks are as strong as you make them, everybody's your friend and nobody hassles you for 'napping' on the couch. Blue chip KTV institutions like Chun-K even go so far as to have dedicated vomitoriums for guests who party a little too hearty. No kidding.

However, there is another side to KTV parties in China. For rich young (and not-so-young) things, KTV is an opportunity to bask in luxuriously appointed, ultra kitsch palace-like rooms, where XO Cognac and Champagne replaces whisky and green tea mixes.

MuseK, owned by the Muse Group, who count The Nest and Italian steakhouse Capo in their arsenal, is the latest KTV to join this unusual elite, and rather than styling itself on Playboy Mansion-style opulence, they've gone for a deep space techno theme in their main room, a KTV pièce de résistance designed to look like the interior of a space ship. Renting this room will set you back upwards of RMB10,000, and is probably only worth it for rich kids or seriously minted *Star Trek* fans.

Happily, smaller 12-seater rooms at MuseK have a more reasonable minimum of RMB3,000 (including drinks) per night. Though sadly the space ship theme doesn't extend to here, some of them are enormous (like seriously, 200-pax enormous) and given a more tasteful black leather, beige and chrome aesthetic. Ideal for special occasions and the seriously popular.



Price: minimum spend RMB3000 per 12-person room

Who's going: rich locals

Good for: KTV, special occasions, groups, birthdays

3/F, Building 6, Xintiandi South, 123 Xingye Lu, by Madang Lu 兴业路123弄, 新天地南里广场6号楼, 3楼, 近马当路. Nearest metro: Xintiandi, 10 mins. Open daily, 7pm-6am. Local cards accepted. (6289 6588)

HU BAR & LOUNGE

A Triple Threat Jazz Lounge, Club and Bar

BY BETTY RICHARDSON



There are people who love drinking in hotels, and those who just don't see the appeal. At hotel bars, the pressure's off to be cool. The people in there don't give a shit about whether the bar is hip or not, they're transient beings and just looking to forget about their 'China day' with an expensed Macallan 12 straight up. A sparsely populated hotel bar has an enigmatic, *Lost in Translation* cool, where by contrast, an empty cocktail bar just seems passé.

Hu Bar and Lounge at the top of Le Royal Meridien Hotel is going for a triple threat, with old Shanghai glamor in the jazz lounge, a private 'atelier' on another floor, and a futuristic club on the top floor. Quite whether they'll be able to pull in a large enough crowd to constitute a nightclub remains to be seen, and ironically, it's the lounge that is possessed of the most vibrant atmosphere.

There's also a pretty spectacular views of the city (you are on the 65th floor, after all), but grab a table near the jazz band set up if you want to appreciate live performances that kick off from Wednesday to Sunday from 9.30pm-12.30am.

Great thought has gone into the cocktail menu, which in addition to the classics contains more than a few ambitious numbers. Sit at the bar if you want free entertainment watching the mixologists who construct them. The RMB100 **Smoked Cherry Manhattan** is served in an elaborate glass skull full of bourbon, cherry brandy and Martini Rosso, and half full of smoked cherry wood. It's surprisingly smooth sipping for a bourbon cocktail, and the smoke is an undeniably complementary addition.

Reinventing something like the Negroni is always a risky endeavor, and while we cringed at the arrogant name of Hu Bar's interpretation of this classic ('**THE Negroni**,' RMB120), the result, with crushed ice, fresh blueberries, oranges, raspberries assorted fruit liquors, gin and Campari, is exceptionally drinkable and apt for summer months.

Ultimately Hu Bar is a high quality addition to Shanghai's bars. We'd come here with out of town guests for live jazz, good cocktails and great views.



Price: drinks from RMB100 (plus 15 percent service)

Who's going: hotel guests, moneyed expats and locals

Good for: cocktails, views, live jazz, business and formal occasions

64-66/F, Le Royal Meridien Hotel, 789 Nanjing Dong Lu, by Xizang Zhong Lu 南京东路789号, 64-66楼, 近西藏中路. Nearest metro: People's Square, 5 mins. Open daily, 5pm-1am, weekends 5pm-2am. Local and international cards accepted. (3318 9999)



Raise

For

六百年

*ing the bar and everyone in it.
over 600 years.*

匠心开创时代新篇

Be Legacy



PICK OF SIX ART EXHIBITIONS



Daily Formalism

Until May 15. BANK, 1/F, 59 Xianggang Lu, by Sichuan Lu 香港路59号1楼, 近四川路 (6301 3622)



Huang Yongping: Baton Serpent III – Spur Track II

Until June 19, RMB20. Power Station of Art, 200 Huayuqiang Lu, by Miaojiang Lu 花园港路200号, 近苗江路 (3127 8531)



WE: A Community of Chinese Contemporary Artists

Until May 6, RMB50 (weekdays) RMB80 (weekends). chi Art Space, B3, 300 Huaihai Zhong Lu, by Huangpi Nan Lu 淮海中路300号B3层, 近黄陂南路 (2310 3011)



Zhang Jianjun: Water · Quintessence

Until May 28. Pearl Lam Gallery, 181 Jiangxi Zhong Lu, by Fuzhou Lu 江西中路181号, 近福州路 (6323 1989)



Two Magnum Masters

Until May 29. Shanghai Center of Photography, 2555 Longteng Avenue, by Fenggu Lu 龙腾大道2555号, 近丰谷路 (6428 9516, info@scop-sh.com)



Zhao Yang: Zao

Until May 3. ShanghArt Gallery Main Space and H-Space, Bldg 16&18, 50 Moganshan Lu, by Changhua Lu 莫干山路50号16和18号楼, 近昌化路 (www.shanghgartgallery.com)

EVENTS

APR 1 | EAT/DRINK



Tango in the Night

Uruguay's compelling musical culture and cuisine are celebrated. Tango singer Giovanna Facchinelli performs while guests indulge in beef tenderloin, fine wines and other treats.
> Apr 1, 7.30pm-late, RMB200. Salon de Ning, B/F, The Peninsula, 32 Zhongshan Dong Yi Lu, by Beijing Dong Lu 中山东一路32号半岛酒店B1楼, 近北京东路

APR 2 | COMMUNITY



Mandarin Open House

Mandarin House hosts this community gathering where they share tips about the exciting opportunities that Shanghai provides, as well as useful Chinese phrases essential for daily life. You can also learn more about their programs, which combine language learning with cultural activities.
> Apr 2, 1-3pm, free entry. Mandarin House, 12/F, 650 Hankou Lu, by Xizang Zhong Lu 汉口路650号12楼, 近西藏中路 (400 633 5538, info@mandarinhouse.com)

APR 2-3&30 | ARTS



National Theatre Live

This popular series brings the West End to the big screen. Star-studded theatrical hits are filmed in front of a live audience and are then screened in cinemas around the world. This month, Shanghai Dramatic Arts Center screens the Sam Mendes directed *King Lear* on April 2. The next day, Olivier Award winners Rory Kinnear and Adrian Lester duel in the National Theatre's latest adaptation of *Othello*. On April 30, Benedict Cumberbatch's celebrated portrayal of *Hamlet* will be screened.

> Apr 2 (2pm), Apr 3 (7.30pm) and Apr 30 (1pm), RMB150. Shanghai Dramatic Arts Center, 288 Anfu Lu, by Wukang Lu 安福路288号, 近武康路 (400 610 3721, en.damai.cn)

APR 3 | NIGHTLIFE



Black Kirin

After releasing last year's hell-raising sophomore album by Jinan folk-metal badasses Zuriakke, the Nanchang-based Pest Productions are spotlighting the Changchun symphonic folk black death metal favorites. Formed in 2013, Black Kirin are touring the country to celebrate the release of their debut album, available in English and Mandarin versions (see pg41).
> Apr 3, 8.30-10.30pm, RMB80-100. Yuyintang, 851 Kaixuan Lu, by Yan'an Xi Lu 凯旋路851号, 近延安西路 (5237 8662)

APR 3 | NIGHTLIFE



Shao

Previously known as Dead J, the producer has been paving roads around the world thanks to his tense tracks and intoxicating live A/V show. As the first Chinese artist to join the revered German Tresor label, Shao will be playing his first show in Shanghai in years as part of his *Doppler Shift* tour celebrating last year's same-named three-track techno EP. VJ Dora provides the visuals and show presented by the Nova Heart affiliated Electric City series.

> Apr 3, 11.30pm-late, RMB80. Arkham, 1 Wulumuqi Lu, by Hengshan Lu 乌鲁木齐路1号, 近衡山路 (6211 6317)

APR 4 | EAT/DRINK



Fun Day Monday Holiday Pub Crawl

Once again, *That's Shanghai* is taking over Yongkang Lu for some holiday hijinx. We're teaming up with 10 of our favourite bars, who will be serving up one drink special for each attendee for RMB200. Tickets available by contacting 8023 2199x2806 or tickets@urbanatomy.com.

> Apr 4, midday-late, RMB200 (with 10 drinks). Yongkang Lu, Yongkang Lu, by Jiashan Lu 永康路, 近嘉善路 (8023 2199x2806, tickets@urbanatomy.com)

APR 4 | COMMUNITY



Chinese Funeral Museum Tour

Historic Shanghai celebrates Qingming with a visit to the Chinese Funeral Museum, which is notoriously difficult to book an appointment to

visit. Discover fascinating traditions through gorgeous funeral robes, 1960s campaign posters encouraging cremation and more rare artifacts.

> Apr 4, 2pm, RMB350 (RMB300 for Historic Shanghai Members). Location and more details will be provided after RSVPing with info@historic-shanghai.com.

APR 7 | NIGHTLIFE



RAC

Le Baron hosts André Allen Anjos' indie-electronic project. The Portland-based Grammy nominated group has created more than 200 remixes spanning rock to electronica for artists like Leon, Lana Del Ray and Phoenix. RAC's debut album of original productions, *Strangers*, came out in 2014.

> Apr 7, 9pm-late, free entry with reservation. Le Baron, 7/F, 20 Donghu Lu, by Huaihai Zhong Lu 东湖路20号7楼, 近淮海中路 (reservations@lebaronshanghai.com)

APR 8 | ARTS



Tiempo Libre

The Grammy nominated group have amassed a global fanbase for their joyful mastery of the Cuban musical style, timba. After giving Bach a salsa- and merengue-infused makeover, they're back with their latest dance-inducing disc, *Panamericano*.

> Apr 8, 7.30pm, RMB180-480. Shanghai Concert Hall, 523 Yan'an Dong Lu, by Xizang Nan Lu 延安东路523号, 近西藏南路 (5456 2471, 247tickets.cn)

APR 8 | NIGHTLIFE



Casino Demon

Along with Queen Sea Big Shark and Hedgehog, these Modern Sky rockers were the first Mainland band to tour North America. Seven years after the release of their classic debut *Teenage*, they're back with their sophomore disc, *Purple Haze from the Orient* that they're promoting around the nation.

> Apr 8, 9-11.30pm, RMB80-100. Yuyintang, 851 Kaixuan Lu, by Yan'an Xi Lu 凯旋路851号, 近延安西路 (5237 8662, buy.modernsky.com)

APR 8 | NIGHTLIFE



Elevator Opening Party

Rising from the ashes of the old Lune club, Elevator is a new dance club "that's about underground electronic music, ping-pong, artistic collaborations, pop-ups and positive vibes." For their ribbon-cutting night, they have a stacked bill featuring Co:Motion's Miiia and Deep 19, Christian Lindberg and a back-to-back set by Allan Marshall and Miki Discosnot. On tap this month are parties by Red Rack'em (Apr 9), Kikiorix (Apr 16), Deep 19's Co:Motion EP release (Apr 22), Traumer (Apr 23) and The Black Madonna (May 1).

> Apr 8, 10pm-late, RMB30 (free entry if scan QR code). Elevator, 4/F, 218 Xinle Lu, by Donghu Lu 新乐路218号4楼, 近东湖路

APR 8 | NIGHTLIFE



Mr & Mrs Bund 7th Anniversary

The refined and ever-popular Bund French restaurant celebrates their birthday with an extra chic version of their La Boum parties. DJs Zohan and John Avolio spin classic disco tunes from the 70s for a night of infectious booty-shaking. Dress code: Disco casino. Free entry and special deals for dining guests.

> Apr 8, 10pm-late, RMB100 (free entry before midnight). Mr & Mrs Bund, 6/F, Bund 18, Zhongshan Dong Yi Lu, by Nanjing Dong Lu 中山东一路外滩18号6楼, 近南京东路 (6323 9898)

APR 8 | NIGHTLIFE



Yves V

The Belgian DJ is currently ranked 34th in *DJ Magazine's* annual Top 100 DJ list. A Tomorrowland veteran, he's shared stages with dance music superstars like David Guetta, Armin van Buuren, Nicky Romero and Pete Tong.

> Apr 8, 10.30pm-late, RMB150. MYST, 1123 Yan'an Zhong Lu, by Fumin Lu 延安中路1123号, 近富民路 (400 610 3721, en.damai.cn)

APR 8-9 | ARTS



The Letter of Love

Homegrown contemporary dance group D-Lab welcomes Zheng Jie to their ranks. The choreographer will debut with this three-act production that promises to be an emotional journey of love. In addition to D-Lab's signature use of multimedia and art collaborations, the show will eschew traditional music to incorporate other techniques designed for audiences to hear what is being danced.

> Apr 8-9, 7.30pm, RMB150-350. Ke Center for the Contemporary Arts, 613 Kaixuan Lu, by Yan'an Xi Lu 凯旋路613号B座锦辉可当代艺术中心 近延安西路 (137 6472 9257)

APR 8-9 | NIGHTLIFE



After Dark

Qi-POW presents this sensuous journey through dreams and nightmares. This burlesque production will reveal what things go bump (and grind) in the night. Expect a spell-binding mix of cabaret, live music, stripteasing and fire, as well as aerial and pole dancing. Dress code: elegant evening apparel or nightwear, with prizes for best dressed sleeping companions.

> Apr 8-9, 9pm, RMB180-220. The Pearl, 471 Zhapu Lu, by Wujin Lu 乍浦路471号, 近武进路 (247tickets.cn)

APR 9 | NIGHTLIFE



Richie Hawtin

The three-time DJ Awards winner has enjoyed a sterling career that spans three decades. An influential part of Detroit techno's second wave in the early 90s, Hawtin has gone on to become a giant in minimal techno. Last year's *From My Mind to Yours* commemorated the 25th anniversary of his Plus 8 label (co-founded with John Acquaviva) and consisted of tracks from all the producer's aliases from Plastikman to Circuit Breaker.

> Apr 9, 9pm-late, RMB200-300. MAO Livehouse, 3/F, 308 Chongqing Nan Lu, by Jianguo Zhong Lu 重庆南路308号3楼, 近建国中路 (400 610 3721, en.damai.cn)

APR 9 | NIGHTLIFE



Louisahhh!!!

The Bromance-affiliated producer is known for cooking up deep, dark and sexy tracks. She's released four acclaimed EPs on the French label and her collaborations with label head Brodinski like 'Nobody Rules the Streets' ruled the clubs at home. Last year, she teamed up with Maelstrom to form her own label RAAR, dubbing themselves as "a techno label for punk-rockers." Stanley and Lean support.

> Apr 9, 10pm-late, RMB80 (RMB60 for STD WeChat followers). Arkham, 1 Wulumuqi Lu, by Hengshan Lu 乌鲁木齐路1号, 近衡山路 (6211 6317)

APR 9 | NIGHTLIFE



RP Boo

Sub-Culture presents the producer that is to Chicago footwork what Juan Atkins is to techno. A pioneer in his prime, RP Boo has followed up his 2013 genre-defining debut *Legacy* with the intense *Fingers, Bank Pads & Shoe Prints* that mixes thumpers like 'Banging on King Dr.' with soulful tracks like 'Let's Dance Again.' Downstate, Aivilox, Kilo Vee and Howell support.

Apr 9, 10pm-late, RMB60. The Shelter, 5 Yongfu Lu, by Fuxing Xi Lu 永福路5号, 近复兴西路 (6437 0400)

APR 10 | COMMUNITY



Jinqiao 8K & Give Me 5 Jumeirah

Pudong becomes runner's central with a pair of races. Since 2002, the Jinqiao 8K Run has been a neighborhood institution. This year, there will also be a Coca-Cola Happiness Run, live performances, a fancy dress competition and a lucky draw. Meanwhile, the Jumeirah Himalayas Hotel hosts a 5K charity run. An estimated 200 racers are expected to participate with entry fees donated to Mifan Mama to aid the underprivileged.

> Jinqiao 8K: Apr 10, 8-11.30am, RMB150. Start at Dulwich College International School, 266 Lan'an Lu, by Mingyue Lu 蓝桉路266号, 近明月路 (5899 9910)

> Give Me 5: Apr 10, 8.30-11am, RMB50. Start at Jumeirah Himalayas Hotel, 1108 Meihua Lu, by Fangdian Lu 梅花路1108号, 近芳甸路 (3858 0888)

APR 13 | NIGHTLIFE



Nicky Romero

The Dutch DJ and producer has scored viral hits like 'Toulouse' and UK chart-toppers like his Avicii collaboration, 'I Could Be the One'. He returns to Shanghai after a packed show last year at Fusion.

> Apr 13, 10.30pm-late, RMB280. MYST, 1123 Yanan Zhong Lu, by Fumin Lu 延安中路1123号, 近富民路 (400 610 3721, en.damai.cn)

APR 15 | NIGHTLIFE



Jozef K + Jigsaw

Dada's popular house and techno night Minimalist celebrate their fifth anniversary in grand style. They've booked two international headliners in emerging British star Jozef K (pictured above) and close friend Jigsaw who spent last year rocking massive festivals like Glastonbury and Burning Man. Will A, nmlss, Don Jaly and Donn support.

> Apr 15, 10pm-late, free entry. DADA, 115 Xingfu Lu, by Fahuazhen Lu 幸福路115号, 近法华镇路 (150 0018 2212)

APR 15 | NIGHTLIFE



Bingo Players

Best known for their 2013 chart-topping collaboration with Far East Movement 'Get Up (Rattle)', the Bingo Players have specialized in infectious big beat bangers for a decade now.

> Apr 15, 10pm-late, RMB100. M2, 4/F Hong Kong Plaza, 283 Huaihai Zhong Lu, by Huangpi Nan Lu 淮海中路283号香港广场4楼, 近黄陂南路 (400 610 3721, en.damai.cn)

APR 15-16 | ARTS



Shanghai Ballet's Hamlet

Shanghai Grand Theatre's celebration of the 400-year anniversary of Shakespeare's death continues with the premiere of the Shanghai Ballet's adaptation of The Bard's classic. Derek Deane choreographs and the show continues the Shanghai Ballet's recent run of fresh interpretations of classics.

Apr 15-16, 7.15pm, RMB80-680. Shanghai Grand Theatre, 300 Renmin Da Dao, by Huangpi Bei Lu 人民大道300号, 近黄陂北路 (400 106 8686, shgtheatre.com)

APR 15-16 | NIGHTLIFE



Zainab Johnson

Kung Fu Comedy hosts their first female international headliner. The New York native mines serious laughs from everyday drama thanks to an engaging style that took her to the semi-finals of the 2014 season of *Last Comic Standing*. She's trained with the Groundlings, toured the world with Jimmy Schubert and has appeared on hit shows like *BET's Hell Date*.

> Apr 15-16, 8pm and 10pm (Fri), 8.30pm (Sat), RMB170-200. Kung Fu Comedy Club, 4/F, 1 Xiangyang Bei Lu, by Julu Lu 襄阳路1号4楼, 近巨鹿路 (137 6176 4438)

APR 15-17 | SPORTS

F1 Chinese Grand Prix

China's premiere racing event returns as the F1 Chinese Grand Prix once again takes over the Shanghai Audi International Circuit. Expect the best racers in the world to converge on the city that was once again won by Mercedes' Lewis Hamilton. Practice day on Friday, qualifying on Saturday and the big race on Sunday. Family packages available for one adult and one child (RMB1,400-2,400) or one adult and two children (RMB1,620-2,620). And, as always, the ever glam and celebrity-filled F1 after parties take place at Bar Rouge, including a Saturday night performance by French hip hop star Cut Killer.



> Apr 15-17, 9am-10pm, RMB1,400-2,620. Shanghai Audi International Circuit, 2000 Yining Lu, by Jiadong Automobile City 伊宁路2000号, 近嘉定汽车城 (5456 2471, 247tickets.cn)

> Apr 15-16, 10pm-late, RMB100. Bar Rouge, 7/F, 18 Zhongshan Dong Yi Lu, by Nanjing Dong Lu 中山东一路18号7楼, 近南京东路 (6339 1199)

APRIL 16 | SPORTS



Keppel Sheshan Charity Run

This charity run supported by Keppel Land China takes place in the picturesque outskirts of Sheshan. There are two routes – a 3km parenting run and a 10km cross-country race that will take runners across mountains and forests. All proceeds will go to Shanghai Charity Foundation to assist sick kids.

> Apr 16, 7.45am, RMB150 (RMB50 for kids between 5-16). 9211 Waiqingsong Gong Lu, by Shebei Gong Lu 吉宝余山御庭售楼处, 外青松公路9211号, 近余北公路 (6380 6554x612)

APR 16 | ARTS



Egberto Gismonti

The Shanghai Symphony Orchestra Hall's tribute to trendsetting German label ECM kicks off with a concert by the revered Brazilian composer, guitarist and pianist. Since his classic 1977 album with percussionist Naná Vasconcelos, *Dança Das Cabeças*, Gismonti has been one of ECM's most acclaimed artists, famously recording a pair of landmark albums with Ornette Coleman's long-time bassist Charlie Haden and Norwegian saxophonist Jan Garbarek.

> Apr 16, 7.45pm, RMB80-300. Shanghai Symphony Orchestra Hall, 1380 Fuxing Zhong Lu, by Baoqing Lu 复兴中路1380号, 近宝庆路 (400 610 3721, en.damai.cn)

APR 16 | NIGHTLIFE



Queen Sea Big Shark

The beloved Beijing quartet has evolved from sardonic surf-rockers to sophisticated dance rockers to psychedelic folkies capable of stirring anthems like 'Bling Bling Bling.' Their much anticipated third album has finally come out on Modern Sky (see pg41) and their accompanying national tour stops off for what promises to be a packed house at MAO's.

> Apr 16, 8.30-10.30pm, RMB100-120. MAO Livehouse, 3/F, 308 Chongqing Nan Lu, by Jianguo Zhong Lu 重庆南路308号3楼, 近建国中路 (buy.modernsky.com)

APR 16-17 | ARTS



Record Store Weekend

This global celebration of all things vinyl takes over Shanghai's premiere record store. In addition to Saturday's Uptown Records fifth anniversary featuring several band performances and plenty of new vinyl Sacco has brought over from America, Daily Vinyl will take over the space on Sunday for a records market.

> Apr 16, 2-9pm, free entry. Uptown Records, 115 Pingwu Lu, by Xingfu Lu 平武路115号, 近幸福路 (6223 8368)

APR 17 | SPORTS



2016 Shanghai International Half Marathon

Cheer along the participants at one of the city's finest half marathons, which starts from the Oriental Pearl TV Tower and ends at the Oriental Sports Center. 12000 runners will enjoy the running carnival of the city along Binjiang Avenue in Pudong at 7:00 on April 17.

> Apr 17, 7am. Starts at the crossroad of Fenghe Lu and Lujiazui Ring Lu 丰和路陆家嘴环路路口 (www.shang-ma.com)

APR 17 | COMMUNITY

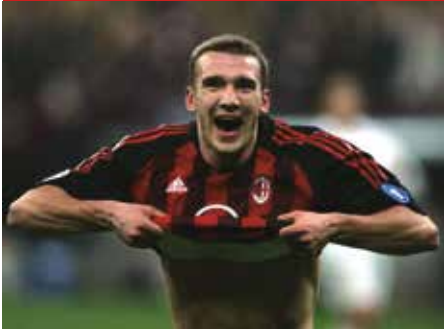


Shanghai Centre Family Fun Fair

The fourth edition of Shanghai Centre's signature event for families features fun games suitable for all ages, numerous pop-up vendors and plenty of activities designed to encourage education and fitness. Highlights include a student battle of the bands, the return of Cardboard Shanghai's play area and a big laser tag area in Shanghai Centre Theatre.

> Apr 17, 10am-4pm, free entry. Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu 南京西路1376号上海商城, 近西康路

APR 17 | SPORTS



China & Europe All Star Soccer Carnival

This fun celebration of football pits a European All-Star team featuring Fabio Capello, Javier Zanetti, Christian Vieri,

Andriy Shevchenko (pictured) and more against a Hong Kong All-Star team that includes Alan Tam, Felix Wong, Fan Zhiyi and Li Yan.

> Apr 17, 1.30pm, RMB80-680. Yuanshen Stadium, 655 Yuanshen Lu, by Zhangyang Lu 源深路655号, 近张杨路 (400 610 3721, en.damai.cn)

APR 22 | NIGHTLIFE



Lite

New Noise are bringing in the Japanese math rock giants for a five-city China tour. Known for their emotional compositions that mix edgy riffs with complex rhythms, Lite has worked with Tortoise's John McEntire and have headlined their country's massive Fuji Rock Festival.

> Apr 22, 9-10.30pm, RMB100-150. MAO Livehouse, 3/F, 308 Chongqing Nan Lu, by Jianguo Zhong Lu 重庆南路308号3楼, 近建国中路 (newnoise.taobao.com)

APR 22-24 | COMMUNITY



2016 Shanghai International Art Festival of Tattoos

Appreciators of body art won't want to miss this massive exhibition featuring some of the world's foremost tattoo artists. Browse through a dizzying array of artwork or get tattooed up on-site.

> Apr 22-24, 9am, RMB80 (RMB150 for three day pass). Shanghai Everbright Convention, 66 Caobao Lu, by Caoxi Lu 漕宝路66号, 近漕溪路 (400 610 3721, en.damai.cn)

APR 22-25 | COMMUNITY



Hawaii Aloha Day

Hawaiian culture is celebrated at this family friendly event featuring Hula dance master Kumu Mikilani and musician Arlene Iwalani. Guests will learn how to play ukulele in a Hawaiian style (2pm and 3pm) and how to do an authentic Hula dance (4pm).

> Apr 22-25, 2-5.30pm, RMB75 (ukulele workshop) RMB250 (hula workshop). Bldg 5, 666 Xinhua Lu, by Kaixuan Lu 新华路666号5号楼, 近凯旋路 (41612562@qq.com)

APR 23 | COMMUNITY



TEDxShanghaiWomen

Normally closed off to the public, Saatori will present their Get to the Point workshop to the TEDxShanghaiWomen community. Saatori founder and Executive Coach Mary Rezek will share her experiences excelling in China's business world with tips on distilling complex information in a simple way, with audience members thinking through live scenarios. Space is limited to 24 people.

> Apr 23, 1pm, RMB600-750. The Living Room by Octave, 357 Jianguo Xi Lu, by Taiyuan Lu 建国西路357号, 近太原路

APR 23-24 | LIFE/STYLE



KTGA Spring Fest

Kick the Gong Around takes over the third floor of the former slaughterhouse-turned-Hongkou creative hub 1933 for its sixth grand bazaar. Specialists in narrative environments, they've crafted a Fantastical Botanical space full of pop-ups, artistic performance and generally chill vibes perfect for the spring.

> Apr 23-24, 2-9pm (Sat) and noon-8pm (Sun), RMB50, 1933 Shanghai, 3/F, 611 Liyang Lu, by Haining Lu 溧阳路611号 近海宁路 (www.kickthegongaround.com)

APR 28 | NIGHTLIFE



First Hate and Death Team

The second edition of the B:Polart parties, which pairs seemingly disparate musical artists goes Nordic. Gloriously 90s indie pop band Death Team has been dubbed a perfect mix of ABBA and Eminem, thanks to anthems like 'Fucking Bitches in the Hood.' They're joined by Copenhagen darkwave duo First Hate, who will be celebrating the release of their second EP. Past B:Polart guest Lydmor will spin, as she moves to the city to work on her next album.

> Apr 28, 10pm-late, RMB60. Yuyintang, 851 Kaixuan Lu, by Yan'an Xi Lu 凯旋路851号, 近延安西路 (5237 8662)

APR 29 | NIGHTLIFE



Gabriele Poso

Chic 'n Pop presents the Sardinian multi-instrumentalist who has taken the alternative jazz scene by storm. He's worked with DJ Jazzy Jeff, Louie Vega and Osunlade, while releasing solo albums on the prestigious German !K7 dance label.

> Apr 29, 10pm-late, RMB100. UNICO by Mauro Colagreco, 2/F, 3 Zhongshan Dong Yi Lu, by Guangdong Lu 中山东一路外滩3号2楼, 近广东路 (5308 5399)

APR 29 | NIGHTLIFE

MHP

Shanghai's son of techno returns to the spotlight with his D Force debut *Folding Traces*. While he's planning a larger national tour for the summer, MHP will give his hometown a special treat with this intimate release party at DADA.

> Apr 29, 10pm-late, free entry. DADA, 115 Xingfu Lu, by Fahuazhen Lu 幸福路115号, 近法华镇路 (150 0018 2212)



APR 29-30 | NIGHTLIFE



ABBA Tribute Concert

The Pearl and Urban Aphrodite pay tribute to the iconic Swedish pop group, who have sold hundreds of millions of records while famously capturing the Eurovision Song Contest title in 1974. Expect some of the city's finest musicians to perform such classic hits as 'Mamma Mia,' 'Waterloo' and 'Dancing Queen.'

> Apr 29-30, 9pm, RMB180-220. The Pearl, 471 Zhapu Lu, by Wujin Lu 乍浦路471号, 近武进路 (www.smartshanghai.com/smartticket)

APR 29-MAY 1 | SPORTS



2016 Shanghai Longines Global Champions Tour

The fourth edition of this elite global equestrian competition takes over Expo Park. This five-star show jumping tour features some of the world's best equestrian stars competing for a multi-million USD prize and for points in the Longines Global Champions Tour (LGCT) season.

> Apr 29-May 1, 11am&2pm (Fri), 10.30am&1pm (Sat), 9.30am&12.30pm (Sun), RMB580-1,280 (RMB770-1,470 for family package). Expo Park, Shibo Dadao, by Zhoujiadu Lu 浦东世博大道, 近周家渡路 (400 610 3721, en.damai.cn)

APR 30 | NIGHTLIFE

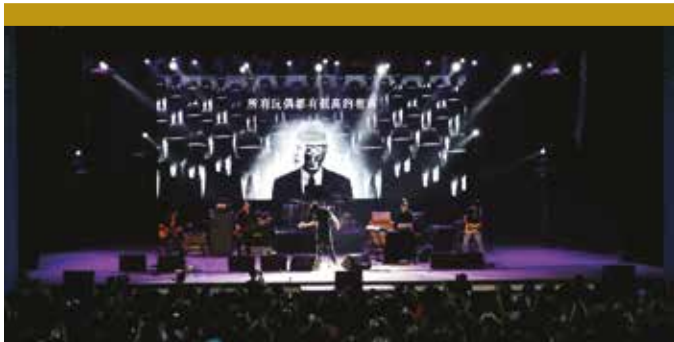


Mr. Carmack

SHFT brings in the Soulection and Team Supreme-affiliated DJ and producer. The Hawaii-based producer has been blurring the lines between hip hop and dance, thanks to Beatport chart-topping hits like 'Birth Control' and 'Hopscotch.' Label mate Jarreau Vandal, Yeti B and AD08 supports.

> Apr 30, 10pm-late, RMB100-200. Arkham, 1 Wulumuqi Lu, by Hengshan Lu 乌鲁木齐路1号, 近衡山路 (6211 6317)

APR 30-MAY 2 | ARTS



Strawberry Music Festival

Modern Sky takes over Expo Park for their fourth annual music festival featuring some of China's top bands performing across several stages. There will be an on-site marketplace and other cool festival accoutrements. Last year's festivities featured performances by international stalwarts like Dinosaur Jr., Carly Rae Jepsen, The Hives and Tricky. Stay tuned for festival news, a full preview and artist interviews at www.thatsmags.com/shanghai.

> Apr 30-May 2, 1-9:30pm, RMBTBA. Expo Park, Shibo Dadao, by Zhoujiadu Lu 浦东世博大道, 近周家渡路 (buy.modernsky.com)

APR 30-MAY 2 | ARTS



Taihu MIDI Festival

China's longest-running festival brand returns just outside of Shanghai. While acts haven't been announced yet, there will be three stages with two devoted to rockers and one for student bands. Past years have featured international acts like Suede and tons of the country's best rockers, like festival fixtures Nova Heart.

> Apr 30-May 2, 2-10pm, RMBTBA. Taihu MIDI Park, Qiduzhen, Wujiang district 七都镇太湖迷笛营

MAY 1-3 | ARTS



Art Beijing

The Mainland's largest Art Fair is back with its 11th installment, themed 'lo-ally based, Asia-oriented.' The fair will divide its massive collection of artwork into four pavilions: classic art, contemporary art, design and public art. This year's event will highlight emerging East Asian artists with its additional theme of 'Find Asia.' As such, Art Beijing is collaborating with prominent galleries in the Chinese Mainland, Taiwan, South Korea and Japan. You can also, however, expect masterpieces by well-known Western artists as diverse as Andy Warhol, Pierre-Auguste Renoir and Andrei Mylnikov. Exciting new additions to the program include a partnership with London's prestigious V&A Museum and an exhibition featuring the superstars of Japan's photography scene. Ultimately, both the scale and scope of Art Beijing 2016 make it an event worth traveling to Beijing for.

> May 1-May 3, 11am-7pm (Mon-Tues), 11am-6pm (Wed). National Agricultural Exhibition Center, 16 Northeast Third Ring Road, Chaoyang 朝阳区全国农业展览馆 (for more information, see www.artbeijing.net)

MAY 18-20 | NIGHTLIFE



Macau International Clubbing Show

The folks behind Shanghai Comic-Con, Reed Exhibitions, take over the Venetian Macao for the inaugural edition of this tradeshow dedicated to the nightlife and entertainment industry. Rub shoulders with some of the movers and shakers whose job is to make sure people have a good time. There will also be the annual Asian Club and Bar Awards, as well as a DJ festival that will feature international and upcoming domestic talent.

> May 18-20, noon-7pm, free entry if register. Venetian Macao, Estrada da Baía de N. Senhora da Esperança, s/n, Taipa, Macao SAR, P.R. China 澳门威尼斯人度假村酒店- 澳门望德圣母湾大马路 路氹金光大道 (macauinternationalclubbingshow.com)

HOTEL NEWS



The Langham, Shanghai, Xintiandi Appointed Sven Isberg as New Managing Director

The Langham Hospitality Group recently appointed Mr. Sven Isberg as the Managing Director of The Langham, Shanghai, Xintiandi. Born in Hamburg, Germany, Mr. Isberg began his hospitality career as a hotel trainee and continued his studies in hotel management at Cornell University in the United States. He has been working in China for 17 years and joined The Langham, Shenzhen's pre-opening team back in April 2011. His vast experience in pre-opening planning, brand building and regional management are widely recognized for keeping the Shenzhen property as the leading luxury address in southern China.



The Gracious Dusit Thani Wellness Resort to Arrive in Suzhou

Dusit Fudu Hotels & Resorts announced the signing of a management agreement with the Suzhou New District Economic Development Group Corporation last month, unveiling its plan to bring a distinctive Dusit Thani Wellness Resort in Suzhou. It will be the city's first internationally branded lifestyle and hot springs deluxe resort. Scheduled to open in the last quarter of 2018, the resort will include extensive offerings, complemented by the Thai-inspired treatments of Dusit's own Devarana Spa in six luxurious treatment rooms.



Sheraton Hotels & Resorts Recognizes Sheraton Macao Hotel, Cotai Central as Sheraton Grand Property

With the start of a new year, Sheraton Hotels & Resorts was delighted to announce the designation of Sheraton Macao Hotel, Cotai Central as a Sheraton Grand hotel. The brand's new premier tier of hotels is recognized for their enticing destinations, distinguished design and excellence in service and guest experiences. With spring just around the corner, Sheraton Grand Macao Hotel, Cotai Central is pleased to introduce a new "Spring Escapes" getaway package for travelers to enjoy dining, shopping and luxurious spa journeys throughout their stay in Macao from just HKD1,288*.



Shanghai Marriott Hotel Pudong East Celebrates the Publication of Without Reservations

Tyson Bae, General Manager of Shanghai Marriott Hotel Pudong East (5th from left) and hotel management celebrated the publication of *Without Reservations*, written by J.W. Marriott, Jr., Executive Chairman of Marriott International.

CITY SCENES



Hotel Equatorial Shanghai participated in an Earth Hour 2016 event initiated by WWF on March 19. Guests were encouraged to take part and were treated with the special cocktail 'Blue Planet', which was in line with this year's theme in China.



On March 6, the second session of Global Bestie Forum and Award Ceremony themed "Ladies Economy, the Next Trillion Business" was held in Shanghai. About 1,000 representatives and icons from various industries attended.



The AIA Chinese authorized ceremony was held at the British Consulate General Shanghai on February 29, 2016. Britain Trade Association Mr. Simon Stewart, CEO of AIA Mr. Philip Turnbull and many distinguished guests took part.



Shanghai Jiao Tong University Antai College of Economics and Management unveiled its "The World @ Antai Series Event" on March 9, with Mr. Hanscom Smith, Consul-General of the U.S.A., Shanghai, joining in.



Le Royal Méridien delightfully announced the official opening of HU Bar & Lounge on March 11.



Last month, Shanghai Marriott Hotel City Centre welcomed six Michelin starred Chef's from Spain for a master class on Chinese Cuisine that included Man Ho's signature Char Siu Pork Belly and Siu Mai.



TCT + Personalize Asia Exhibition was held in town from Mar 10-12, which attracted 110 top-notch domestic and foreign enterprises from the 3D Printing Industry including Tiertime, Stratasys, HP, EOS and a lot more. Participants introduced the latest high-tech products to the crowd.



Shanghai's first rooftop observation wheel, SKY RING introduced a new themed afternoon tea to celebrate the spirit of Pina Bausch, the mother of contemporary dance. Read our review on this on p101.



Henk Meyknecht (right), General Manager of Grand Kempinski Hotel Shanghai extended his welcome to Daniel Akishev (left), President of the National Bank of Kazakhstan upon his arrival.



Traditional English tea brand, Twining, continues to enjoy popularity, especially among younger people, since being introduced into Chinese mainland market seven years ago.



Shanghai Morning Post and Taste Spirit Magazine organized the 2016 China Wine Summit forum and Gala Dinner from Feb 27-29 at the Grand Kempinski Hotel, Shanghai.



Resorts World Sentosa held the 'Moments to Remember' 2016 brand ambassador press conference on Mar 18 in Shanghai, welcoming new brand ambassadors Donnie Yen and Cecilia Wang.



The International Fur Free Chinese Committee and ACTAsia teamed up with GREEN & Gorgeous, China's leading healthy beauty & lifestyle platform, to host the 2016 Fur Free Fashion Gala on March 12. Held in Shanghai for the first time, this event featured 17 brands from eight countries and attracted over 300 guests.

(Sponsored by **that's**)

LISTINGS

RESTAURANTS AMERICAN

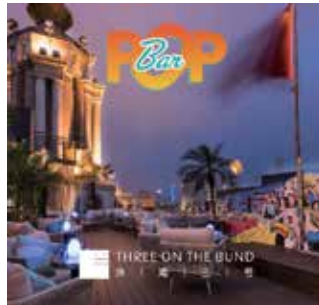
AE KITCHEN One of the most popular brunch places in town! SHERMAN now offers fresh bread everyday. 1) 491 Yuyuan Lu, by Zhenning Lu (6241 3233) 2) 1632-5 Huaihai Zhong Lu, by Hunan Lu (3123 5633) 3) 457 Lumen Lu, by Ruman Jie (3159 5833) 4) SHERMAN E04, 1F, 150 Hubing Lu, by Jinan Lu HUBINGDAO (6333 2833) 1) 惠园路 491 号, 近镇宁路 2) 淮海中路 1632-5 号, 近湖南路 3) 局门路 457 号, 近汝南街 4) 湖滨路 150 号湖滨湾购物广场 1 楼 E04, 近济南路

Bistro Burger Bistro Burger serves 100 percent Australian beef patties with special spices and fresh ingredients and milkshakes made with New Zealand ice cream. The bistro also functions as a bar where a wide selection of beers and cocktail concoctions can be best enjoyed. 1/F, 291 Fumin Lu, by Changde Lu (6170 1315) Mon-Sat: 11-12am; Sun: 11-10pm www.bistroburger.com.cn 富民路 219 号 1 楼, 近长乐路

Blue Frog is pleased to introduce a creative new Drinks Menu. As the new year begins, this new menu wakes up everyone's taste buds with a bevvy of specialty and original cocktails, mocktails, shots, beer, wine and healthy drinks inspired by popular ingredients. 1) Room 1E27, 1/F, Building 1, Chamtime Plaza, 1239 Zuchongzhi Lu, by Jinke Lu (5080 1320) 2) No. 30 Hong Mei Leisure Pedestrian Street, Lane 3338 Hongmei Lu, by Yan'an Zhong Lu (5422 5119) 3) Green Sports & Leisure Center, R3-633 Biyun Lu, by Yunshan Lu (5030 6426) 4) Lower Level, Unit 12, 131 Tianyaoqiao Lu, by Nandang Dong Lu (3368 6117) 5) Daming Life Hub, 102A-103A, Block 6, 1918 Gonghexin Lu, by Daming Lu (6631 3920) 6) No. 176 Fashion Park, Jinfeng Lu and Yunte Lu (3490 9880) 7) Room 118, Shanghai Plaza, 138 Huaihai Zhong Lu, by Pu'an Lu (6390 0277) 8) Unit 131, 1st Floor Kerry Parkside, 1378 Huamu Lu, by Fangdian Lu (3378 0271) 9) B109, 100 Shiji Dadao, by Dongtai Lu (6877 8668) 10) No.12-14, Fucheng Lu, by Mingshang Lu (6891 0977) 11) Unit 122, 1/F Plaza 96, 796 Dongfang Lu, by Laoshan Lu (6891 5210) 12) Unit 1-1119 & 1-LM12, The Place, 100 Zunyi Lu, by Ziyun Lu (6237 1236) 13) 10b, 1/F, Skymall, No.5001, Dushi Lu, by Xinzhu Lu (3350 8122) 1) 祖冲之路 1239 弄长泰广场 1 座 1 楼 1E27, 近金科路 2) 虹梅路 3338 弄虹梅休闲步行街 30 号, 近延安中路 3) 碧云路 633 号 1 层 R3, 近云山路 4) 天钥桥路 131 号地下一层 12 室, 近南丹东路 5) 共和新路 1918 号 6 幢 102A-103A 室, 近大宁路 6) 金丰路运东商务尚国际广场 176 号 7) 淮海中路 138 号上海广场商场 118 室, 近普安路 8) 花木路 1378 号浦东嘉里城商场一层 L131 单元, 近芳甸路 9) 世纪大道 100 号上海环球金融中心 B109 室, 近东泰路 10) 富城路 12-14 号, 近名商路 11) 东方路 796 号 96 广场第一层 122 单元, 近崂山路 12) 遵义路 100 号虹桥南丰城步行街 1-1-L119&1-LM12 单元, 近紫云路 13) 莘庄都市路 5001 号仲盛世界商城 1 层 10b, 近莘朱路

Element Fresh Chain of restaurants and one of the longest running with quality ingredients and good service. One of the mainstays in Shanghai. 1) Rm.112, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu (6279 8682) Mon-Thurs: 7am-11pm; Fri-Sat: 7-12am Sun 7am-11pm 2) 4/F, 1028 Huaihai Zhong Lu, by Donghu Lu (5403 8865) Mon-Thurs: 8am-11pm; Fri-Sat: 8-12am; Sun 8am-11pm 3) 1/F Super Brand Mall, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu (5047 2060) Mon-Thurs: 9am-10:30pm; Fri 9am-11pm Sat-Sun: 8am-10:30pm 4) 1/F, Grand Gateway, 1 Hongqiao Lu, by Huashan Lu (6407 5992) Mon-Thurs: 7am-11pm; Fri-Sat: 7-12am; Sun 7am-11pm 5) 6/F, 228 Xizang Nan Lu, by Taoyuan Lu (6334 3598) Daily 7am-10:30pm 6) 2/F, Shanghai World Financial Center, 100 Shiji Da Dao, by Lujiazui Huan Lu (6877 4001) Daily 10am-10pm 7) 1/F, 2088 Yanan Xi Lu, by Yili Lu (6083 7436) Mon-Thurs: 9am-10:30pm; Fri 9am-11pm; Sat 8am-11pm; Sun 8am-10:30pm 8) Green City, 331 Hongfeng Lu, by Biyun Lu (3382 1700) Mon-Fri: 9am-10:30pm; Sat: 8am-11pm; Sun 8am-10:30pm 9) 1/F 1378 Huamu Lu, by Fangdian Lu (2022

2527) Mon-Thurs: 9am-10:30pm; Fri 9am-11pm; Sat 8am-11pm; Sun 8am-10:30pm) unit 2, building 18, north block xintiandi, 181 taicang Lu Sun-Thurs 8am-12pm; 4/F, K11 Art Mall, 300 Huaihai Zhong Lu, by Huangpi Nan Lu Daily 10am-10pm (6315 2070) 12) Unit N1-12, N2-11, Jing'an Kerry Centre, 1551 Nanjing Xi Lu, by Tongren Lu Sun-Thurs 8am-11pm; Fri-Sat 8-12am (6139 8297) 1) 南京西路 1376 号上海商城 112 室, 近西康路 2) 淮海中路 1028 号嘉华中心 4 楼, 近东湖南路 3) 陆家嘴西路 168 号正大广场 1 楼, 近陆家嘴环路 4) 虹桥路 1 号港口广场 1 楼, 近华山路 5) 西藏南路 228 号 6 楼, 近桃源路 6) 世纪大道 100 号环球金融中心 2 楼, 近陆家嘴环路 7) 延安西路 2088 号虹桥嘉悦广场一层, 近伊犁路 8) 枫桦路 331 号, 近碧云路 9) 花木路 1378 号浦东嘉里城 1 楼, 近芳甸路 10) 太仓路 181 弄新天地北里 18 号楼 02 单元 11) 淮海中路 300 号 K11 艺术中心 4 楼 402, 近黄陂南路 12) 南京西路 1551 号静安嘉里中心 N1-12, N2-11 单元, 近铜仁路



POP a generous and playful all-day dining rooftop American Brasserie with spectacular Bund views. Opening daily 11am-1am. 7/F, 3 Zhong Shan Dong Yi Lu, by Guangdong Lu (6321 0909) www.threenthebund.com 中山路 3 号 7 楼, 近广东路

Hooters Great food, great beverages, and pretty HOOTERS Girls. -This is HOOTERS! 1) 1/F, Super Brand Mall, 168 Lujiazui Xi Lu, by Fucheng Lu (5049 0199) 2) 1/F, 1498 Huaihai Zhong Lu, by Wulumuqi Nan Lu (6437 9811) 3) 3/F, LAvenue, 99 Xianxia Lu, by Zunyi Lu (6212 0296) 4) 201, China View Building No.1, East Worker's Stadium Lu, Chaoyang District, Beijing (010 6585 8787) 5) 1/F, Lipfo Tower, No.62 North Kehua Lu, Chengdu (028 6281 8877) 1) 陆家嘴西路 168 号正大广场一层, 近富城路 2) 淮海中路 1498 号 1 号楼一层, 近乌鲁木齐南路 3) 仙霞路 99 号尚嘉中心三层, 近遵义路 4) 北京市朝阳区工人体育场东路, 中国红街 1 号楼 201 5) 成都市武侯区科华北路 62 号力宝大厦一层



KABB 1) North Block House 5 Lane 181 Taicang Lu, by Madang Lu (5465 3856) 2) L1-142, Shanghai iapm mall, 999 Huaihai Zhong Lu, by Nanchang Lu (6448 3039) 3) Unit S1-04, Jing An Kerry Center, 1238 Yan'an Zhong Lu, by Changde Lu (6237 8863) 1) 太仓路 181 号, 新天地北里 5 号楼 2) 淮海中路 999 号上海环贸广场地下一层 LG1-142, 近马当路 3) 延安中路 1238 号静安嘉里中心一层 S1-04 号单元及二层 S2-04 单元, 近常德路

Shanghai Slims One of the more reasonably priced steakhouses around town, Chef Adam Levin ages his meat beautifully. Also serves up lobster mac&cheese and other haute takes on American grub. 10-12, Sinan Mansion, 523 Fuxing Zhong Lu, by Sinan Lu

(6426 0162) Daily 11.30am-10pm info@dai-biao.com 复兴中路 523 弄思南公馆 10-12 号, 近思南路

BAKERY

glo London Bakery Cafe Freshly-baked bread, croissants, pastries, cakes and scones plus fresh juices & roasted coffee. 1/F, 1 Wulumuqi Nan Lu, by Dongjing Lu (6466 6565) Daily 7am-10pm shanghai@gloLondon.com www.gloLondon.com 乌鲁木齐南路 1 号 1 楼, 近东平路

Gourmet High class sweets and other baked goodies. Pudong Shangri-La Hotel, Level 1, Tower 2, 33 Fu Cheng Lu, by Yincheng Dong Lu (5888 2957) Daily 8am-8pm 富城路 33 号香格里拉酒店 2 号楼 1 楼, 近银城东路

CHINESE

CANTONESE

YUE Chinese Restaurant is presenting an exciting blend of local & traditional Cantonese dishes served in a modern atmosphere boasting nine private dining rooms. 2/F, Pullman Shanghai South, 1 Pubei Lu, by Luzhou Lu (2426 8888) Lunch 11.30am - 2pm; Dinner 5.30 - 9.30pm 浦北路 1 号, 上海中星铂尔曼大酒店 2 楼, 近柳州路

Yu Yuan Chinese Restaurant A fine dining room designed in modern Art Deco style. Their experienced chefs bring their rich experience and passion for cooking into authentic Cantonese and Taiwan cuisines. Hotel Pravo, 3/F Yu Yuan Chinese Restaurant, 299 Wusong Lu, by Kunshan Lu 吴淞路 299 号御铂酒店 3 楼, 近昆山路



YUE Dining This restaurant is designed to create marvelous dining experience in privacy with one of the city's best skyline views. Featuring authentic handmade dim sum and Cantonese cuisine, it is an ideal venue for family celebrations and friends' gatherings. 31/F, West Tower, Hyatt on the Bund, 199 Huangpu Lu, by Wuchang Lu (63931234-6330) Lunch: Mon-Fri 11.30am-2:30pm; Sat&Sun: 11.30am-3:30pm; Dinner: Daily 5.30pm-10.30pm www.hyattonthebund.com 黄浦路 199 号, 上海外滩茂悦大酒店西楼 31 层, 近武昌路

HOT-POT

Qimin Organic Hotpot Marketplace This Taiwanese hotpot restaurant's motto is to provide customers with the experience of "From Farm to Table". Qimin is focused on providing organic and fresh local produce, which includes organic vegetables from the restaurant's own farm. Customers can select their choice of broth and order from a variety of meats, organic vegetables, and seafood. 1) 7/F, Takashimaya Department Store, 1438 Hongqiao Lu, by Manao Lu (6295 2117) 2) (NEW) 4/F, Reel Department Store, 1601 Nanjing Xi Lu, by Changde Lu (6258 8777) Daily 10.30am-11pm 1) 虹桥路 1438 号高岛屋百货 7 楼, 近玛瑙路 2) 南京西路 1601 号芮欧百货 4 楼, 近常德路

SHANGHAISE

The Chinese Story A unique restaurant featuring radically fused cooking styles. Lovely space. Expect classic Chinese dishes served in individual portions rather than family style. Cathay Building, Jin Jiang Hotel, 59 Maoming Nan Lu, by Changde Lu (6445 1717) 11am-2:30pm; 6-10:30pm 茂名南路 59 号锦江饭店北楼底层, 近长乐路

Shanghai Min A Shanghainese restaurant grown up from a local dining venue to a national phenomenon, Shanghai Min has dedicated in local cuisine for 26 years and is known for authentic Shanghai flavor and excellent food quality. 1) Room 304, 3/F, CITIC PLAZA, 1350, Sichuan Bei Lu, by Wujin Lu 2) L225, 2/F, Kerry Parkside, 1378 Huamu Lu, by Jinxin Lu 3) 2/F, Enterprise Square, 228, Meiyuan Lu, by Gonghe Lu 4) 3/F, Building 8, 1968, Gonghexin Lu, by Daming Lu 5) 588, Dalian Road, by Zhoujiazui Lu 6) 7/F, Shanghai Golden Eagle Square, 278, Shaanxi Bei Lu, by Nanjing Xi Lu 7) 2-5/F, Shanghai Oriental Centre, 699 Nanjing Xi Lu, by Wujiazui Lu 8) 2/F, South Block Plaza, 123 Xingye Lu, by Madang Lu 9) 4/F, 999 Changning Lu, by Huichuan Lu 10) 4/F, Wharf 2, 579 Waima Lu, by Zhuangmatou Jie 11) 9/F, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu 12) 7/F, 2727 Binjiang Dadao, Oriental Riverside Hotel, by Oriental Pearl Tower 13) 4/F, 500 Pudong Nan Lu, by Lujiazui Dong Lu 14) 2/F, Building 6, 3611 Zhangyang Lu, Jinqiao International Commercial Plaza, by Jinqiao Lu 15) 4/F, 777 Jiamusi Lu, WH Ming Hotel, by Yingkou Lu 16) 3337 Hongmei Lu, by Yan'an Xi Lu 17) Building A, 565 Zhongshan Dong Er Lu, by Dongmen Lu (400 820 9777)

1) 四川北路 1350 号第三层 304 单元, 近武进路 2) 花木路 1378 号浦东嘉里城 2 楼 L225, 近锦绣路 3) 梅园路 228 号企业广场 2 楼, 近共和路 4) 共和新路 1968 号大宁国际 8 座 3 楼, 近大宁路 5) 大连路 588 号, 近周家嘴路 6) 陕西北路 278 号金鹰国际购物中心 7 楼, 近南京西路 7) 南京西路 699 号东方有线大厦 2-5 楼, 近吴江路 31 号 8) 兴业路 123 弄新天地南里商场 2 楼, 近马当路 9) 长宁路 999 号 4 楼, 近四川路 10) 外马路 579 号 2 号楼 4 楼, 近新码头街 11) 陆家嘴西路 168 号正大广场 9 楼, 近东方明珠 12) 滨江大道 2727 号东方滨江大酒店 7 楼, 近东方明珠 13) 浦东南路 500 号国家开发银行 4 楼, 近陆家嘴东路 14) 张杨路 3611 弄金桥国际商业广场 6 座 2 层, 近锦桥路 15) 佳木斯路 777 号小南国花园酒店 4 楼, 近营口路 16) 虹梅路 3337 号, 近延安西路 17) 中山东路 565 号 A 楼, 近东门路



Grape Restaurant Originated from 1987, Grape Shanghai is a well-known Shanghainese restaurant popular in the expat community. Chinese traditional cuisine is offered here, featuring Peking Duck, Mandarin Fish with Pine Nuts and Kung Pao Chicken, Deep Fried Ribs with Garlic and dishes served on a sizzling hot cast iron skillet. Jia, 55 Xinle Lu, by Xiangyang Bei Lu (5404 0486) 新乐路 55 号甲, 近襄阳北路

The Crystal Garden Bathed in natural light, the Chinese restaurant Crystal Garden offers the very best of authentic Chinese cuisine including provincial cuisines plus high-quality seafood. The restaurant's garden-style setting and professional, friendly team makes The Crystal Garden a popular venue for intimate wedding banquets and private functions. 5/F, The Westin Bund Center Shanghai, 88 Henan Zhong Lu, by

Guangdong Lu (6103 5048) Lunch: 11:00am – 2:30pm (Mon-Fri), 11:00am – 2:30pm (Saturday & Sunday, Yum Cha); Dinner: 5:30pm – 10:00pm (Daily). 河南中路 88 号上海威斯汀大饭店 5 楼, 近广东路

Whampoa Club This Bund institution specializes in modern reinterpretations of Shanghai classics. Great view, fancy eats. 5/F, 3 on the Bund, 3 Zhongshan Dong Yi Lu, by Guangdong Lu (6321 3737) Daily 11.30am-2.30pm, 5.30-10.30pm www.threeonthebund.com/ 中山东一路 3 号, 外滩三号 5 楼, 近广东路

SICHUAN



Sichuan Citizen The people who brought you Citizen Cafe and Bar have gone native with this Sichuan eatery. Here you'll find all the classics amply spiced and served in bamboo-clad dining room. 30 Donghu Lu, by Huaihai Zhong Lu (5404 1235) Daily 11am-10.30pm 东湖路 30 号, 近淮海中路

Pin Chuan 1) 47 Taotang Lu, by Wulumuqi Nan Lu (6437 9361) Daily 11am-2pm; 5-11pm 2) 5/F Plaza 66, 1266 Nanjing Xi Lu, by Shanxi Bei Lu (6288 8897) Daily 10.30am-10pm 3) Unit 312B, 3/F, 1 Avenue Shanghai, 99 Xianxia Lu, by Zunyi Lu (400 820 7706, delivery: 6209 6209) Mon-Sun: 11am-10pm 4) Daily 11am-10pm 5801-1B, Level 8, Jiu Guang Department Store, 1618 Nanjing Xi Lu, by Jingan Temple (4008207706) 1) 桃江路 47 号, 近乌鲁木齐南路 2) 南京西路 1266 号恒隆广场 5 楼, 近陕西北路 3) 仙霞路 99 号上海尚嘉中心 3 楼 312B, 近遵义路 4) 南京西路久光百货 1618 号 8 层 S801-1B, 近静安寺

TAIWANESE

Din Tai Fung Taiwanese chain restaurant that offers delicious Chinese snack foods, especially their xiaolongbaos are to die for! Unit 24, 3/F, Super Brand Mall, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu (5047 8883) Daily 10am-10pm www.dintaifungsh.com.cn 2) Unit 318, 3/F, Shanghai World Financial Center, 100 Shiji Da Dao, by Lujiazui Huan Lu (6877 6886) Daily 10-1am 3) 5/F Grand Gateway, 1 Hongqiao Lu, by Huashan Lu (3469 1383) Daily 11am-2.45pm; 5-11pm 4) 168 Fangbang Zhong Lu, by Zhoujin Lu (6334 1008) Daily 9am-10pm 5) 3/F, MIXC, 701 Fuchun Lu, by Jiangjin Lu, Hangzhou Daily 9am-10pm 6) South Block Plaza, 2/F, Lane 123 Xingye Lu, by Madang Lu (6385 8378) Daily 10-1am 7) 1/F, Shanghai Center, 1376 Nanjing Xi Lu, by Xikang Lu (6289 9182) Daily 10am-10pm 8) 1/F, Building F, 268 Min'andong Lu, by Shengmo Bei Lu, Jiangdong District, Ningbo Daily 11am-10pm 1) 陆家嘴西路 168 号正大广场 3 楼 24 单元, 近陆家嘴环路 2) 世纪大道 100 号上海环球金融中心 3 楼 317 单元, 近陆家嘴环路 3) 虹桥路 1 号港汇恒隆广场 5 楼 503, 近华山路 4) 方浜中路 168 号, 近慧锦路 5) 杭州市富春路 701 号 3 楼, 近江锦路 6) 新天地南里广场 2 楼, 兴业路 123 弄, 近马当路 7) 南京西路 1376 号上海商城 1 楼, 近西康路 8) 宁波市江东区民安路 268 号 F 座 1 楼, 近盛奥北路

Bellagio 1) 101 Shuicheng Nan Lu, by Hongqiao Lu (6270 6865, 6270 6866) Daily 11-4am 2) 111 Xikang Lu, by Nanjing Xi Lu (6247 2666) Daily 11-12am 3) 138 Huaihai Zhong Lu, by Pu'an Lu (6375 6696) Daily 11-4am 4) 68 Taicang Lu, by Songshan Lu (6386 5701) Daily 11am-10pm 5) 778 Huangjin Cheng Dao, by Gubei Nan Lu (6278 0722) Daily 11-4am 1) 水城南路 101 号, 近虹桥路 2) 西康路 111 号, 近南京西路 3) 淮海中路 138 号, 近普安路 4) 太仓路 68 号, 近嵩山路 5) 黄金城道 778 号, 近古北南路

Charmant Taiwanese food in a faux Provence-style dining room. Decor aside, the food is pretty good and served until the wee hours to boot. 1418 Huaihai Zhong Lu, by Fuxing Xi Lu (6431 8107) Daily 11-4am 淮海中路 1418 号, 近复兴西路



Lost Heaven 1) 17 Yan'an Dong Lu, by Sichuan Nan Lu (6330 0967) 2) 38 Gaoyou Lu, by Fuxing Xi Lu (6433 5126) Daily 11.30am-2pm, 5.30-10.30pm 1) 延安东路 17 号, 近四川南路 2) 高邮路 38 号, 近复兴西路

Southern Barbarian Enjoy home-style Yunnan classics like crossing-the-bridge noodles and fried goat cheese with one of the city's best beer selections. 2/F, Ju'Roshine Life Arts Space, 169 Jinxian Lu, by Maoming Nan Lu (5157 5510) Daily 11am-2pm; 5pm-11pm www.southernbarbarian.com.cn 进贤路 169 号 2 楼, 近茂名南路

XINJIANG

Miss Ali Come and enjoy Miss Ali's 100 percent homemade traditional xinjiang food, draft beer and BBQ. 2/F, 20 Yuyuan Dong Lu, by Tongren Lu (6335 5016) Lunch: noon-2pm (1:45pm last order) Dinner: 5:30-10:30pm (9:45pm last order) 惠园东路 20 号 2 楼, 近铜仁路

Miss Ali Barchuke Famous for its lamb from Barchuke farmland, Miss Ali's second restaurant brings you the most authentic and original Xinjiang food. 133 Fuxing Xi Lu, by Yong Fu Lu (6433 4261) 复兴西路 133 号, 近永福路

CAFES

Brioche Doree Offering great baguettes, breads and savory meals, this French chain is a good option for those looking for a quick bistro fix. 1) 7 Donghu Lu, by Huaihai Zhong Lu (6472 8977) 2) 98 Yanning Lu, by Xinzha Lu (6272 1008) 1) 东湖路 7 号, 近淮海中路 2) 延平路 98 号, 近新闸路

Coffee Tree With a light and airy European look, the cozy spot offers an array of fresh and homemade items including salads, sandwiches, quiche, pasta, and cakes using the finest ingredients. Ferguson Lane, 376 Wukang Lu, by Tai'an Lu (6466 0361) Mon-Sun 9am-10pm www.coffeetreecafe.com.cn 武康路 376 号, 近泰安路



Citizen Café & Bar is a sophisticated coffee house, a craft cocktail bar, and a restaurant serving New American cuisine. Opened in 2005, it went through a complete renovation in 2014, and became more inviting than before. The ever popular Basil Drop remains the same. And the terrace is lovely on a nice day. 222 JinXian Lu, by Shanxi Nan Lu (6258 1620) Daily 11-12.30am www.citizenshanghai.com 进贤路 222 号, 近陕西西路

DELI Enjoy French desserts, pastries, cakes, or hand crafted chocolates from the Deli counter located in Lobby Lounge. Your choice, eat in or take away. Special price for cakes and pastries everyday after 6pm. 1/F, Pullman Shanghai South, 1 Pubei Lu, by Liuzhou Lu (2426 8888) Daily 9am - 9pm 浦北路 1 号, 上海中星铂尔曼大酒店 1 楼, 近柳州路

OPEN DOOR



Pina Bausch Café

Afternoon Tea on Shanghai's First Sky-wheel

Pina Bausch is known as one of Germany's most important cultural icons, but fans of the deceased ballet dancer and choreographer in China have gone so far as to dedicate her a whole café, inspired by her unique sense of beauty and vision. Sitting on the top floor of Hongkou district's Joy City mall, Pina Bausch Café offers a roster of lavish afternoon teas, cakes, coffees and patisserie from an opulent beaux-arts setting.

Keen to give guests an experience they won't forget, the quaint eatery has teamed up with the adjacent Skyring, Shanghai's first observation ferris wheel installed on the side of the building (we're not kidding!) to offer afternoon tea inside the private glass cabins of the wheel itself, which can seat up to six people.

For RMB298, the afternoon tea package for two includes two hot drinks and nine types of the café's savory and sweet signature offerings served inside custom-made picnic boxes, including miniature layer cakes, scones and open face sandwiches. The café prides itself on using premium ingredients for its cakes, including Italian mascarpone cheese, New Zealand butter and organic eggs. The deal includes two rides on the observation wheel, which is approximately 24 minutes in total.

Being so high up, guests on the wheel are afforded magnificent 360-degree views of the city's most iconic architectural landmarks, including the Shanghai World Trade Centre, the Jin Mao Tower, People's Square and beyond, juxtaposed with the red rooftops of what remains of the old city. We're sure there's no other afternoon tea like this in the city, perfect for a blue sky day!

> From 10am-10pm. Tickets available by scanning QR Code. 8/F, Joy City Mall, 180 Xizang Bei Lu, by Qufu Lu, 虹口区西藏北路180号, 近曲阜路. (6073 5005)



LISTINGS

Wagas 1) 1168 Nanjing Xi Lu, by Jiangning Lu (5292 5228) 7am-10pm 2) 199 Fangdian Lu, by Dingxiang Lu (5033 6277) 7am-10pm 3) Rm108 Maxdo Center, 86 Xianxia Lu, by Hami Lu (5208 1978) 7am-10pm 4) 300 Huaihai Zhong Lu, by Madang Lu (6335 3739) 7am-10:30pm 5) 288 Jiujiang Lu, by Henan Zhong Lu (3366 5026) Mon-Fri: 7am-8pm; Sat-Sun: 9:30am-6pm 6) Shop 201, 169 Wujiang Lu, by Nanjing Xi Lu (6267 0339) 8am-10:30pm 7) 283 Jianguo Xi Lu, by Jiashan Lu (5466 8312) 7am-8pm 8) G104, 999 Pudong Nan Lu, by Zhongyuan Lu (5134 1075) 7am-9:30pm 9) 1/F, 1233 Lujiazui Huan Lu, by Dongchuan Lu (5879 4235) Mon-Fri: 7am-6pm; Closed on Sat&Sun 10) 1/F, 265 Jiaozhou Lu, by Xinzha Lu (6272 0353) 7am-11pm 11) L102, 1/F Channel One, 155 Changshou Lu, by Shanxi Bei Lu (3131 5008) Mon-Sun: 7am-11pm 1) 南京西路 1168 号, 近江宁路 2) 芳甸路 199 弄大拇指广场 31 号, 近丁香路 3) 仙霞路 86 号万都商城 108 室, 近哈密路 4) 淮海中路 300 号香港新世界广场, 近马当路 5) 九江路 288 号, 近河南中路 6) 吴江路 169 号 201 商铺, 近南京西路 7) 建国西路 283 号, 近嘉善路 8) 浦东南路 999 号新梅联合大厦 104 号, 近张杨路 9) 陆家嘴环路 1233 号江亚大厦 1 楼, 近东川路 10) 胶州路 265 号 1 楼, 近新闻路 11) 长寿路 155 号调频广场 1 楼 L102, 近陕西北路

Whisk Choco Cafe While best known for its sumptuous chocolate desserts, Whisk also does a brisk business with risottos, pastas, panini and pizza. 1250 Huaihai Zhong Lu, by Huating Lu (5404 7707) Daily 10:30am-11:30pm www.whisk.com.cn 淮海中路 1250 号, 近华亭路

DELI SHOPS

Green & Safe With an organic farm in Kunshan, this organic store provides daily delivered vegetables and a variety of local and imported organic goods, such as organic extra virgin olive oil, white and red balsamic vinegar, organic pasta, muesli and more. 30% off on all breads after 7pm everyday in Dongping branch. 1) 6 Dongping Lu, by Hengshan Lu 5465 1288, 1/F: 8am-10pm; 2/F: 6pm-12am 2) 2) 4/F, 1438 Hongqiao Lu, by Hongbaoshi Lu 10am-9:30pm 1) 东平路 6 号, 近衡山路 2) 虹桥路 1438 号 4 楼, 近红宝石路

Urban Soup Kitchen In case the name didn't clue you in, soup is the order of the day here. They offer a vast variety of gourmet style sandwiches and salads too. Delivery available. 1) 280 Madang Lu, by Zihong Lu (5382 2978) Daily 10:30am-10pm 2) 17 Nanquan Bei Lu, by Laoshan Lu (3331 1861) 11am-10pm 2) 17 Nanquan Bei Lu, by Laoshan Lu (3331 1861) 3) 280 Madang Lu, by Zihong Lu (5382 2978) 1) 马当路 280 号, 近自忠路 2) 南泉北路 17 号, 近峨山路 3) 南泉北路 17 号, 近峨山路 3) 马当路 280 号, 近自忠路

FINE DINING

Jade on 36 Restaurant This stunning restaurant makes traditional French fare a bit more lighthearted. Excellent wine list, beautiful views and a sumptuous weekend brunch. 36/F Grand Tower, Pudong Shangri-La, 33 Fucheng Lu, by Lujiazui Huan Lu (6882 3636) Sunday: 11:30am-3pm, Sunday brunch: RMB788+15% service charge per person, 11:30am-3pm, www.shang-rewards.com/aspx/RestaurantBarJade36.aspx 富城路 33 号

8 1/2 Otto e Mezzo Bombana An extension of the three Michelin Star venue (by the same name) in Hong Kong, a fantastic fine dining fare that will leave you both comforted and breathless. 6-7/F, 169 Yuanmingyuan Lu, by Beijing Dong Lu (6087 2890) 圆明园路 169 号 6-7 楼, 近北京东路

M on the Bund This Bund pioneer serves up impeccable service and a menu peppered with Continental, Aussie and Moroccan inspiration. Try the pavlova for dessert. 7/F, No.5 Zhongshan Dong Yi Lu, by Guangdong Lu (6350 9988) Mon-Fri: 11:30am-2:30pm; 6:15-10:30pm; Sat-Sun: 11:30am-3pm; 6:15-10:30pm reservations@m-onthebund.com www.m-onthebund.com 中山东一路外滩 5 号 7 楼, 近广东路

Mare Western Restaurant It's the only place where you can taste Marseille Seafood Hotpot! The tomahawk steak is the best in Shanghai. Hotel Pravo, 2/F Mare Western Restaurant 299 Wusong Lu, by Kunshan Lu 吴淞路 299 号宝御酒店 2 楼, 近崑山路

NAPA Wine Bar & Kitchen Bringing the best in creative European cuisine from Chef Francisco Araya together with one of the widest selections of fine wines in China at the prestigious South Bund 22. 2/F, South Bund 22, 22 Zhongshan Dong Er Lu, by Xin Yong'an Lu. (6318 0057) Open daily, 6-11pm. 南外滩中山东二路 22 号 2 楼, 近新永安路

Roosevelt Sky Restaurant Ultimate Panoramic Views of Pudong and Bund; International and Asian Fine Dining.

Executive Lunch: RMB138/two-course-set. 8/F, The House of Roosevelt, 27 Zhongshan Dong Yi Lu, by Beijing Dong Lu (2322 0800) info@27bund.com, www.27bund.com 中山东一路 (外滩) 27 号罗斯福公馆 8 楼, 近北京东路

Oceans Dining in a romantic and contemporary setting, an extensive array of selected premium products from the sea. A distinct and innovative gourmet experience to satisfy the most discerning of tastes, Ocean fully realizes the art of cooking. Lobby floor, Banyan Tree Shanghai On The Bund, 19 Haiping Lu, by Gongping Lu (5039 1188) Lunch 11.30am-2.30pm; Dinner 5.30-9.30pm. banyantree.com 海平路 19 号悦榕庄 1 楼, 近公平路

Pelham's Celebrated Chef Jean-Philippe Dupas presents modern French cuisine with a brand new menu, highlighted a mix of premium, local ingredients with contemporary flair. 1/F, Waldorf Astoria Shanghai on the Bund, 2 Zhongshan Dong Yi Lu, by Guangdong Lu (6322 9988) Lunch Mon-Fri: 11.30am-2pm; Dinner daily 6-10pm www.waldorfastoriashanghai.com 中山东一路 2 号外滩华尔道夫酒店 1 楼, 近广东路

Sir Elly's Restaurant & Bar Dine on fine modern European cuisine while overlooking the Huangpu River. Expert cocktails offered at both the circular bar and the expansive 14th floor terrace. 13/F The Peninsula Shanghai, 32 Zhongshan Dong Yi Lu, by Nanjing Dong Lu (2327 6756) Lunch daily 12-2:30pm; Dinner Sun-Thurs: 6-10:30pm; Fri-Sat 6-11pm www.peninsula.com/Shanghai/en/Dining/Sir_Ellys_Restaurant/default.aspx 中山东一路 32 号上海半岛酒店 13 楼, 近南京东路

SAVOR All Day Dining Restaurant offers Western and Eastern cuisine showcasing an open interactive kitchen with buffet and a la carte options. 2/F, Pullman Shanghai South, 1 Pubei Lu, by Liuzhou Lu (2426 8888) Daily 6am-12pm 浦北路 1 号, 上海中星铂尔曼大酒店 2 楼, 近柳州路

FRENCH

Café Montmartre This historic family-owned bistro offers authentic French cuisine in town since 2001, serving traditional French fare, an array of Brittany-style crêpes, and a good selection of imported meat and sweet treats. The signature hand-made dishes like foie gras, indulgent chocolate fondant are not to be missed! 1) 68 Wulumuqi Zhong Lu, by Changlie Lu (51589377) Daily 11am-10:30pm 2) 3911 Hongmei Lu, by Yan'an Xi Lu (54047658) Daily 11am-10:30pm www.café-montmartre.com/ 1) 乌鲁木齐中路 68 号, 近长乐路 2) 虹梅路 3911 号, 近延安西路

Jing'An Restaurant The Pulis' acclaimed Executive Chef Michael Wilson presents a seasonal and changing contemporary French menu, delivering old favourites in brand new guises, placing an emphasis on local ingredients and fusion texture from the East and West. Open for breakfast, lunch, afternoon tea, dinner and Sunday brunch. 1 Changde Lu, by Yan'an Xi Lu (2216 6988, taste@jinganrestaurant.com, www.jinganrestaurant.com) 上海璞丽酒店, 常德路 1 号, 近延安西路



Jean Georges Chef Jean-Georges' first signature restaurant outside of New York brings his famed French fine dining to all gourmets in Shanghai. With the completion of renovation in March 2016, Jean-Georges Shanghai now opens for guests to discover the new bar, lounge, dining room, private room and open kitchen. 4/F, 3 Zhong Shan Dong Yi Lu, by Guangdong Lu (6321 7733) Lunch, Monday - Sunday 11.30am - 2.30pm, Dinner, Mon - Sun 6-11pm, Brunch, Saturday & Sunday 11.30am - 3pm, Last Order 10.30pm www.threeonthebund.com 中山东一路 3 号 4 楼, 近广东路

La Creperie A charming Brittany-style crêperie. A cup of dry cider and a savory gallette make a great Sunday brunch. Try their set lunch; RMB78 gets you a main, dessert and drink. 1) 1 Taotiao Lu, by Fenyang Lu (5465 9055) Daily 10:30am-late 2) UnitD, 1/F,

Réel, 1601 Nanjing Xi Lu, by Jingan Park (3253 7978) www.lacreperie.com.cn 1) 桃江路 1 号, 近汾阳路 2) 南京西路 1601 号芮欧百货 1 楼 D 座, 近静安公园



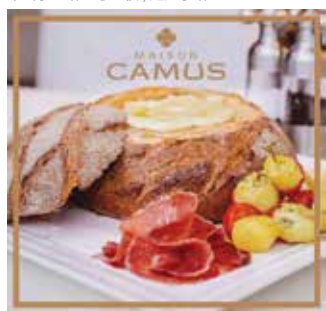
No.1221-1, Chang Le Rd
Upon representation of the ads
One glass of FREE WINE on us



Le vin A tiny but cozy place to get professional wine services and yummy bistro food. 936 Changlie Lu, by Wulumuqi Zhong Lu (3256 1506) Mon-Sat 12-2pm, 4pm-1am (11pm last order), Sun 4.30pm-1am (11pm last order) 长乐路 936 号, 近乌鲁木齐中路

Le Verre à vin It's difficult to stop Jeffery create new dish again and again, surprise is a always thematic! 1221-1 Changlie Lu, by Wulumuqi Zhong Lu (5403 4278) 5pm-1am (11pm last order) 长乐路 1221-1 号, 近乌鲁木齐中路

Nougatine Nougatine is a smart, upscale bistro that delivers Jean Georges' signature cuisine in more relaxed surroundings. The stylish space is anchored by a dramatic carved stone bar, which offers an extensive drink selection and creative cocktails. The premium value menu features comforting bistro fare such as gourmet salads and the classic burger. 4/F, 3 Zhongshan Dong Yi Lu by Guangdong Lu (6321 7733) Daily 6-11pm. 中山东一路 3 号 4 楼, 近广东路



Maison Camus Lounge Offering a casual and chic dining experience, Maison Camus Lounge offers a premium value menu that features comforting bistro lunch, afternoon tea and chic dining. With an extensive drink selection and fine crafted cocktails, the stylish lounge and terrace which is located in Shanghai center offers a panoramic street

view of the busy Nanjing Xi Lu. Unit 206A, 1376 Nanjing Xi Lu, by Xikang Lu (6289-8298) Daily 11am-late 南京西路 1376 号上海商城 206A, 近西康路



Mr. & Mrs. Bund Molecular madman Paul Pairet takes a more laissez-faire approach with this modern French eatery. Expect straightforward food and a great wine list. 6/F Bund 18, Zhongshan Dong Yi Lu, by Nanjing Dong Lu (6323 9898) Dinner: Monday to Sunday 5.30-10.30pm, late Night: Thu-Sat 11pm-2am, brunch: Sat-Sun 11.30am-2.30pm www.mrbund.com 中山东一路外滩 18 号 6 楼, 近南京东路

Vue Restaurant Enjoy classic European fare with one of the city's best skyline views. 30/F Hyatt on the Bund, 199 Huangpu Lu, by Wuchang Lu (6393 1234-6328) Daily 6-11pm 黄浦路 199 号, 上海外滩茂悦大酒店西楼 30 楼, 近武昌路

GERMAN

Paulaner Brauhaus Enjoy Bavarian food (and more importantly, beer) in a warm, well-populated atmosphere. 1) House19-20, North Block Xintiandi, Lane181 Taicang Lu, by Madang Lu (6320 3935) Daily: 11am-2am www.blm.com.cn 2) 2967 Fuyuan Lu, by Binjiang Da Dao (6888 9935) Sun-Thur: 11am-1am; Fri-Sat: 11am-2am 3) 150 Fenyang Lu, by Yueyang Lu (6474 5700) 3) Mon & Tue: 11am-11.30 pm; Wed & Thurs: 11am-12am; Fri: 11am-1.30am; Sat: 10am-1.30am; Sun: 10am-11.30pm 4) 3/F, 555 Shibo Da Dao, by Guozhan Lu (2206 0555) Sun-Thurs: 11am-10pm; Fri-Sat: 11am-12am hellauer@blm.com.cn 1) 太仓路 181 弄新天地北里 19-20 号楼, 近马当路 2) 陆家嘴西路 2967 号, 近滨江大道 3) 汾阳路 150 号, 近岳阳路 4) 世博大道 555 号 3 楼, 近阳展路

Drei Kronen 1308 brewery One of the world's oldest breweries located in North Bund brings up German beer into Shanghai with a unique brewery house restaurant and exquisite Bavarian and international dishes. 1929 Art Space Building, 687 Dongdaming Lu, by Xinjiang Lu (5521 5355) Sun-Thurs 11.30am-midnight, Fri-Sat 11.30am-late (opening at the end of May) 东大名路 687 号 1929 艺术空间, 近新建路

GREEK/ MEDITERRANEAN

Azul Tapas & Lounge Perched on top of Ferguson Lane's new eight-story building, Chef Eduardo Vargas' tapas restaurant offers a number of delicious original Mediterranean and South American dishes. Every weekend, enjoy the view from the terrace while discovering or rediscovering the most popular brunch in town. 8/F, Ferguson Lane, 378 Wukang Lu, by Taian Lu (5405 2252) 武康路 378 号 8 楼, 近泰安路

Greek Taverna 1) Thumb Plaza, Unit 41, 199 Fangdian Lu, Century Park, by Dingxiang Lu (5033 7500) Daily 8.30am until late www.greektaverna.cn 2) Villa 1, 3911 Hongmei Lu, by Yan'an Lu (6262 5011) Daily 10am until late 3) 1 Yueyang Lu, by Dongping Lu (6431 7751) Daily 10am-late 1) 芳甸路 199 号, 大拇指广场 41 铺, 近丁香路 2) 虹梅路 3911 号 1 号, 近延安路 3) 岳阳路 1 号, 近东平路

INDIAN

Bollywood Indian Restaurant is a fine dining restaurant comprising of three stories. Authentic Indian food hailing from the north-west provinces are presented here as well as live Indian dance & live screening of cricket matches. 10.30am-11.30pm. Cards accepted. 326 Hongfeng Lu, by Biyun Lu (3872 6176) 枫枫路 326 号, 近碧云路

Kebabs On the Grille Indian eatery specializing in grilled fare and situated in the picturesque environs of the Cool Docks. 1) The Cool Docks, 505 Zhongshan

Nan Lu, by Fuxing Dong Lu (6152 6567) Daily 11am-10.30pm kebabsongrille@gmail.com www.kebabsonthegrille.com/2) Unit103, 227 Huangpi Bei Lu, inside Peoples Square (3315 0132) Daily 11am-10pm kebabsonthegrille@gmail.com www.kebabsonthegrille.com/3) Unit A4 Green Sports Center, 633 Biyun Lu, by Yunshan Lu (5030 2005) Daily 11am-10pm kebabsonthegrille@gmail.com www.kebabsonthegrille.com/1) 中山南路 505 号, 近复兴东路 2) 黄陂北路 227 号 103 室, 人民广场中区广场内 3) 碧云路 633 号碧云体育休闲中心 A4, 近云山路

Masala Indian cuisine at reasonable prices served in a warm, hospitable atmosphere. 8 Jinan Lu, by Taicang Lu (6384 6838) Daily 11.30am-2pm; 5.30-10.30pm 济南路 8 号, 近太仓路

Tandoor Shanghai's first, and arguably one of the best, Indian eateries features dance performances, first-class service, great classic curries and tasty tandoori meats. Jin Jiang Hotel, 59 Maoming Nan Lu, by Changle Lu (6472 5494, 6258 2582) Daily 11.30am-2pm; 5.30-10.30pm www.tandoorchina.cn 茂名南路 59 号锦江饭店, 近长乐路

Vedas A consistent winner of Readers Choice Awards, Vedas offers countless classic Indian dishes and a classy environment. 3/F, 83 Changshu Lu, by Julu Lu (6445 8100) Daily 11.30am-2pm; 6-10.30pm info@vedascuisine.com www.vedascuisine.com 常熟路 83 号 3 楼, 近巨鹿路

ITALIAN

Bella Napoli Ristorante e Pizzeria With a neighborhood ambience, the restaurant offers Southern Italian food made with high quality ingredients. Enjoy the home made pastas and authentic Neapolitan pizza. 1) 73 Nanhui Lu, by Beijing Xi Lu (5289 0806) Daily 11am-3pm; www.bellanapoli-sh.com 2) No.4, Lane 946 Changle Lu, by Wulumuqi Lu (6248 8985) Daily 11.30am-3pm; 5.30-11pm 1) 南汇路 73 号, 近北京西路 2) 长乐路 946 弄 4 号, 近乌鲁木齐路

Bacco Italian Restaurant Pizzeria Following original ingredients and recipes hailing from Italy, this cozy Italian restaurant features fresh Australian beef, various homemade pastas and pizzas, tagliatelle bolognese, spaghetti carbonara and a lot more. 374 Dagu Lu, by Chengdu Bei Lu (6340 1386) www.baccotaliano.com 大沽路 374 号, 近成都北路

Casalino Delicious, fresh, and authentic Italian dishes prepared by the Italian Executive Chef and his team. Casalino features an open kitchen with pizza oven, a sumptuous antipasto counter and a gelato coffee bar. Open for lunch and dinner. 15 Xinjinqiao Lu, by Hongfeng Lu (6340 1386) 15 号, 近红枫路

Dolce Vita Prime, pricey Italian food in the French Concession. 291 Fumin Lu, by Changle Lu (6170 1318) Daily 12-2:30pm; 6pm-12am (10.30pm last order) 富民路 291 号, 近长乐路

Goodfellas 7 Yan'an Dong Lu, by Zhongshan Dong Yi Lu (6323 2188) Daily lunch, 11.30am-2.30pm, dinner, 5.30pm-12am 延安东路 7 号, 近中山东一路

Gaia This vibrant restaurant guarantees all diners a delightful dining experience in a casual and fun atmosphere by serving contemporary Italian classics. L6-605, 613, L7-703 iapm mall, 999 Huaihai Zhong Lu, by Shaanxi Nan Lu (5466 1699) 淮海中路 999 号环贸广场 L6-605, 613, L7-703, 近陕西南路

Gemma The GEMMA PIZZERIA (3356 5118) on the first floor focuses on making the best pizza in town, accompanied by antipasti, cold cuts and homemade gelato to be enjoyed with quality wines, cocktails and lounge music. GEMMA OSTERIA (3356 8118) on the second floor acts as a high quality traditional restaurant with fresh homemade pastas, grilled meats and unique seafood recipes. 20 Donghu Lu, by Huaihai Zhong Lu 东湖路 20 号, 近淮海中路

Isola bar + grill A chic and trendy Italian restaurant located in IFC mall sporting an opulent interiors and terrace overlooking a breathtaking view of the Huangpu River. 4/F, IFC, 8 Shiji Da Dao, by Lujiazui Huan Lu (5012 1277) 11.30am-10.30pm reservations@isolashanghai.com, www.gaiagroup.com.hk/isola-shanghai 世纪大道 8 号, 国金中心 IFC 商场 4 楼 L4-17, 近陆家嘴环路

Mercato This newly opened coastal Italian restaurant offers vibrant cuisine, stylishly rustic décor, and breathtaking Bund views. The menu created by three Michelin Star Chef Jean Georges Vongerichten, features amazing light-as-air pizzas, house made pastas, and the freshest seafood, graced with the true flavor of Italy. 6/F, 3 Zhong Shan Dong Yi Lu, by Guangdong Lu (6321 9922)

5.30pm-1am 中山东一路外滩 3 号 6 楼, 近广东路

Porta Nova With traditional Italian food and pizzas made in the wood oven, Porta Nova uses imported high quality ingredients and provides a corner of traditional Italian atmosphere. Daily 11.30am-11pm. No.40, Lane 3338 Hongmei Lu, by Hongqu Lu 虹梅路 3338 弄 40 号, 近虹许路 (6465 7788)

Prego is offering a weekly 'Martini Aperitivo' where Aperitivo lovers get to enjoy free-flow signature Martini cocktails every Thursday night, accompanied by a light Italian antipasto buffet. 6.30-8pm. 2/F, The Westin Bund Center Shanghai, 88 Henan Zhong Lu, by Guangdong Lu (6103 5048) 河南中路 88 号上海威斯汀大饭店 2 楼, 近广东路

Tavola This hip new Italian restaurant offers great service at a beautiful location. Located in a quiet area just minutes from the Lujiazui metro station, Tavola has a wonderful view right on the Huangpu river. Food is prepared in an open kitchen right before you. 2500 Binjiang Dadao, by Dongyuan Lu (2022 8288) Mon-Fri: 11.30am-2.30pm; 6-10.30pm; Sat-Sun: 11.30am-3pm, 6-10.30pm www.tavola.cn 滨江大道 2500 号, 近东园路

Va Bene Enjoy everything from classic standards to creative cuisine in this Xintiandi stalwart. Va Bene Shanghai has set a new trend for Italian fine dining using quality Italian ingredients with authentic Italian culinary tradition. Block 7, 181 Taicang Lu, by Madang Lu (6311 2211) Daily, 12-3pm, 6-10.30pm info@vabeneshanghai.com, www.gaiagroup.com.hk/va-bene-shanghai 太仓路 181 弄新天地北里 7 号楼, 近马当路

JAPANESE

Chin-Agiku Specializing in traditional Japanese charcoal grill, various seafood and daily imported top grade sashimi and sushi, Chin-Agiku is a well established international cuisine restaurant providing healthy Japanese and Thai fusion food in a luxury and contemporary dining atmosphere. LG1-83, IFC, 8 Shiji Dadao, by Lujiazui Huan Lu (3381 7878) 世纪大道 8 号国金中心 LG1-83, 近陆家嘴环路

DOZO A transplant from Taipei that specializes in izakaya cuisine. Wheelock Plaza 2/F, 17171 Nanjing Xi Lu, by Huashan Lu (3127 8558) Noon: 12-2.30pm; Dinner Sun-Thurs: 6pm-1.30am; Fri-Sat: 6pm-2.30am service.sh@dozoizakaya.com www.dozoizakaya.com 南京西路 1717 号, 近华山路

Haiku by Hatsune A perennial Readers' Choice Award winner. This wildly popular restaurant is best known for its Cali-style sushi. 28B Taojiang Lu, by Hengshan Lu (6445 0021) Sun-Thu 11.30am-2pm, 5.30pm-10pm; Fri-Sat 11.30am-2pm; 5.30-11pm Wifi available, RMB250/person via Sherpas delivery. info@haikushanghai.com www.haikushanghai.com 桃江路 28 号乙, 近衡山路

KOI KOI will light up your senses by sizzling Teppanyaki, fresh Sashimi, Sushi, BBQ and Sake. Reasonable-priced business lunch sets also available. 2/F, InterContinental Shanghai Puxi, 500 Hengfeng Lu, by Tianmu Xi Lu (5253 9999-6326, www.intercontinental.com) Mon-Fri 11.30am-2.30pm; 5.30-10pm 上海浦西洲际酒店 2 楼, 恒丰路 500 号, 近天目西路

Miyabi Japanese Restaurant & Sky Bar Nested on the 37th floor boasting a stunning night view of the Bund and Lujiazui area, Miyabi Japanese restaurant sees open teppanyaki stations and exquisite Japanese cuisines in a friendly and relaxed atmosphere. A guest DJ plays live lounge music every night from Tuesday to Saturday, making Miyabi a perfect choice to enjoy the night over a cocktail or a Japanese whisky. 37/F, Sheraton Shanghai Hongkou Hotel, 59 Siping Lu, by Hailun Lu (2601 0088, sheraton.com/shanghaihongkou) 5.30-10.30pm 四平路 59 号虹口喜来登酒店 37 楼, 近海伦路

Roosevelt Ichiban Modern Izakaya offers contemporary Japanese cuisines and a variety of Japanese drinks. With unique Art & Jazz music at Whiskey Lounge, it provides a Ginza Style indoor & outdoor dining experience. Free wi-fi/Valet parking. 6pm-2am. 1/F, The House of Roosevelt, 27 Zhongshan Dong Yi Lu, by Beijing Dong Lu (2322 0800) info@27bund.com, www.27bund.com 中山东一路 (外滩) 27 号罗斯福公馆 1 楼, 近北京东路

[環] RYU Designed by HK designer Alan Chan and the father of Japanese Light God Mr.Kawamura, RYU, meaning Javan, is located on the Bund 5 which presents a unique type of Cuisine du Japon - a sumptuous infusion of Japanese and French cuisine. Monday to Sunday lunch set from RMB98. 3/F, 5 Zhongshan Dong Yi Lu, by Guangdong Lu (6333 7633) 中山东一路 5 号外滩 5 号 3 楼, 近广东路

OPEN DOOR



Thought for Food Open-Air RMB20 Oyster Market

Spring is our favorite of all the Shanghai seasons, and oysters happen to be one of our favorite foods (they're also terribly good for you according to nutritionists and dermatologists). How fortuitous then, that The Living Room, Shanghai's newest holistic lifestyle center, is hosting an open-air 'oyster market' in their terraced courtyard on April 30.

We're usually content with one oyster variety, but The Living Room promises that the 'market' will be stocked with live bivalves from some of the world's most famous oceanic terroirs, from Tasmania, France, Ireland, England, Africa and the USA. And here's the best part - they'll all be at wholesale prices: RMB20 each.

Learn to distinguish between the surprisingly different profiles that oysters from around the world have, and mix 'n' match to create your perfect dozen. For those looking for tippie to pair with the oysters, Thought for Food's in-house sommelier, Andrew Wu, will be on hand to curate a selection of wines from RMB50/glass. There'll also be shucking tutorials for the uninitiated - a very useful skill to have for oyster fans.

Kicking off at 6pm until 9pm, the terraced courtyard is fully enclosed from the street and makes for a relaxed, cozy and atmospheric vibe. Be sure to reserve by emailing thoughtforfood@livingoctave.com, or by calling 3338 4660. Oysters courtesy of Food In, Jiarui

> April 30, 357 Jianguo Xi Lu, by Taiyuan Lu 建国西路 357 号, 近太原路. (3338-4660, www.livingoctave.com)



LISTINGS

TSUBASA A fusion of traditional & modern offerings featuring a Teppanyaki island and a sake bar matched with creative sushi rolls and traditional Japanese food like sashimi, udon noodles, tempura, grilled fish and an array of set menus. 2/F, Pullman Shanghai South, 1 Pubei Lu, by Liuzhou Lu (2426 8888) 浦北路 1 号上海中星铂尔曼大酒店 2 楼, 近柳州路



Takumi Robata & Sake Skilled Robatayaki chefs from Japan grill seasonal fish, meat and vegetables over an open coal fire, serving authentic Japanese sake-cuisine pairings. Wifi available. 1) L4-22, ifc mall, 8 Shiji Dadao, by Yincheng Zhong Lu Daily 11.30am-2.30pm, 5.30-10pm (5011 1677) 2) N3-14, Jingan Kerry Centre, 1515 Nanjing Xi Lu, by Anyi Lu Daily 11.30am-2.30pm, 5.30-10pm (6259 5177) 1) 世纪大道 8 号国金中心 4 楼, 近银城中路 2) 南京西路 1515 号静安嘉里中心北区 3 楼, 近安义路

Sakitori Japanese Restaurant The newly renovated Japanese restaurant with four private dining rooms is where guests get to indulge themselves in authentic Japanese cuisine complemented with a variety of sake. Chef Hideki Kamata with over 22 years of culinary experience is well versed in traditional Kaiseki cuisine, Teppanyaki and Sushi. 2/F, JW Marriott Hotel Shanghai Changfeng Park, 158 Daduhe Lu, by Guangfu Xi Lu (2215 6250) 上海新发展亚太 JW 万豪酒店 2 楼, 大渡河路 158 号, 近光复西路



[ALL YOU CAN EAT & DRINK] Puddin': Lunch RMB248 Dinner RMB268 (Hibindao)/The Place: Lunch RMB266 Dinner RMB286 [A LA CARTE] is available.

Oeodo Japanese Restaurant Serving authentic and high quality Japanese cuisine on an extensive menu since opened in 1995, they've introduced consultant Mr. Yoshidasan from Hyogo for traditional Japanese cooking. Daily lunch: 11.30am-2pm (last order 1.30pm), dinner: 5.30pm-10pm (last order 9.30pm). 1) Room 104E, Lujiazui Investment Tower, 366 Pudian Lu, by Dongfang Lu (6841 6377) 2) Room 501-502, 5/F, The Place, 150 Zunyi Lu, by Ziyun Lu (6237 0977). 3) L3-E03, 150 Hubin Lu, by Ji'an Lu (1) 浦电路 306 号, 近东方路 2) 遵义路 150 号 501-502 室, 近紫云路 3) 湖滨路 150 号 L3-E03, 近济南路

TSUBASA Japanese Restaurant A fusion of traditional & modern Japanese cuisine featuring a teppanyaki island and a sake bar with creative sushi, sashimi and an array of set menus. 2/F, Pullman Shanghai South, 1 Pubei Lu, by Liuzhou Lu (2426 8888) Lunch 11.30am - 2pm; Dinner 5:30pm - 9:30pm 浦北路 1 号, 上海中星铂尔曼大酒店 2 楼, 近柳州路

UMINOSACHI Refined Teppanyaki. Chains around the country offering all-you-can-eat classics. Promotion: RMB168/per person: Everyday starting at 8.30pm. 1) 2890 Yan'an Xi Lu, by Zhonghuan Lu (6262 5777) 2) 169 Xinle Lu, by Donghu Lu (5403 0303) 3) Rm 428, 333 Tianyaoqiao Lu, by Xietu Lu (6426 3300) 4) 123 Nanyang Lu, by Xikang Lu (6279 3777) 5) Rm401, 8 Huaihai Zhong Lu, by Xizang Nan Lu (6319 0178) 6) Rm511, 5001 Dushi Lu, by Mincheng Lu (6480 2588) 7) Bld 20, Jinjihu Da Dao, Suzhou (0512-62622708) 8) 1/F, Bld 5, No.1912 Baijiahu zone, 1680 Longdong Da Dao, Jiangning district, Nanjing (025 8713 9141) 1) 延安西路 2890 号, 近中环路 2) 新乐路 169 号, 近东湖路 3) 天钥桥路 333 号腾飞大厦 428 室, 近斜土路 4) 南阳路 123 号, 近西康路 5) 淮海中路 8 号兰生大厦 401 室, 近西藏南路 6) 都市路 5001 号仲盛世界商城 511

室, 近闵城路 7) 苏州工业园区金鸡湖大道李公堤三期 20 号楼 8) 南京市江宁区双龙大道 1680 号百家湖 1912 街区 5 号楼一层

KOREAN



CHI-Q This Korean restaurant concept developed by Chef Jean-Georges Vongerichten and his wife Marja at Three on the Bund puts a gourmet spin on traditional Korean barbecue. Expect high-quality grilled meat, seafood and vegetables served in a beautiful space crafted by Neri & HU. 2/F, 3 Zhong Shan Dong Yi Lu, by Guangdong Lu (6321 6622) 6-10.30pm (last order) www.threethreeonthebund.com 中山东一路 3 号 2 楼, 近广东路

LATIN AMERICAN

Latina Latina pulls out all the stops with their endless portions of gaucha-style grilled meats. It's easily one of the best Brazilian churrasarias in town. 1) 2/F, La Villa, 165 Lujiazui Huan Lu, by Lujiazui Dong Lu (3383 0577) 11am-11.30pm 2) 166 Grand Gateway, 1 Hongqiao Lu, by Zhaojiabang Lu (6447 2260) Mon-Fri 11am-11pm; Sat-Sun 11-12am 3) 1/F, 633 Biyun Lu, by Lan'an Lu (5030 6672) 11am-11.45pm 4) Unit101-201, Block5, Lane123 Xingye Lu, by Madang Lu (6320 3566) Daily 10-2am 5) B1-B2, 2002 Shiji Da Dao, by Yingchun Lu (6854 5484) 11am-9pm 6) Latina Center 66 Wuxi, 1/F, 139 Renmin

Cantina Agave Voted "Best New Restaurant" and "Restaurant of the Year" in our 2009 Readers' Choice Awards for their great tacos and bar full of artisan tequilas. Suite01, A2-2, 291Fumin Lu, by Changle Lu (6170 1310) Daily 11-11pm www.cantineagave.com 富民路 291 号 01 套房 A2-2, 近长乐路

Chala Tapas & Bar Bringing a taste of South and central America, Chala combines excitement of Latin American cuisine with a modern and urban flavor. Join for tapas complimented by traditional Pisco cocktails. 4B, 1/F, 291 Fumin Lu, by Changle Lu (6076 1925, Annwang@chalatapasbar.com) 富民路 291 号 1 楼 4B, 近长乐路

Unico by Mauro Colagreco The largest tapas lounge in Asia is reflecting the trendiest part of Latin contemporary culture with unique cocktail creations, stunning interior design, special music compilations, and exquisite selections of tapas by Chef Mauro Colagreco. Located at Three on the Bund, the prestigious address in Shanghai, UNICO is committed to enlarge the Latin culture, while inviting people to feel and share passions within the space. Here, discover a new experience in Shanghai nightlife, where food and feelings naturally merged. 2/F, 3 Zhongshan Dong Yi Lu, by Guangdong Lu (5308 5399) Mon-Fri 6pm-2am; Sat-Sun 6pm-late. www.unico.cn.com 中山东一路 3 号外滩三 2 楼, 近广东路

MEXICAN & TEX-MEX

Maya Voted "Best Latin American Cuisine" in our 2009 & 2010 Readers' Choice Awards, Maya was arguably the first restaurant in Shanghai to start doing Mexican right. Grand Plaza Club House 2/F, 568 Julu Lu, bu Shanxi Nan Lu (6289 6889) Daily 5pm-12am; kitchen closes 10.30pm (Sun 9.30pm); bar food until 11pm 巨鹿路 568 号, 近陕西南路

MIDDLE EASTERN

1001 Nights Here, some of the city's best Middle Eastern cuisine is served in a fun, festive atmosphere. Come for the kebabs, stay for the belly dancers. 4 Hengshan Lu, by Wulumuqi Nan Lu (6473 1178, 6473 8289)

Daily 11-2am 衡山路 4 号, 近乌鲁木齐南路 Habibi Shisha Bar & Cafe New opened on Yongkang Lu, the restaurant provides authentic Middle Eastern food in a nice and relaxing environment. 131 Yongkang Lu, by Xiangyang Nan Lu (6472 0210) 永康路 131 号, 近襄阳南路

Id Kah Muslim Restaurant Specializing in authentic muslim cuisine, the restaurant sees beef and lamb flown in daily from the prairie of Inner Mongolia to ensure the freshness. Opening 24 hours a day. 665 Changling Lu, by Changle Lu (6299 7887) 昌平路 665 号, 近常德路

MODERN

Blue Marlin Bar & Restaurant Blue Marlin Bar & Restaurant offers an exceptional environment for all with live music at night, great food and drinks, and an ambiance making you want to come back again and again. The food is a global cuisine with great flavors from all over the world. 1) No.689 Jiantan Rd. Green City Jinqiao Pudong 10.30-2am www.bluemarlin.cn 2) No.17/199 Fangdian Rd.Thumb Plaza Pudong (6886 7376) Daily 10.30-2am 1) 浦东金桥碧云国际社区蓝天路 689 号 2) 浦东新区芳甸路 199 弄 17 号大拇指广场

Café LIANG & mezzanine The two-level CAFE LIANG & mezzanine treats diners with multiple dining options and cuisines. The buffet style concept on the first level features a "tick box" menu card for main courses integrated with buffet for appetizers and desserts, while the mezzanine level serves contemporary Japanese-inspired cuisine. Jing An Shangri-La, West Shanghai, 1218 Yan'an Zhong Lu, by Tong Ren Road (2203 8889, www.jinganshangdining.com) 静安香格里拉大酒店, 延安中路 1218 号, 近铜仁路

Flame Signature steaks and seafood are meticulously grilled over imported charcoal. This unique cooking methodology, combined with premier ingredients and fusion recipes gives Flame's cuisine a unique flavor unmatched anywhere in downtown Shanghai. N2-20, 2/F, Jing'an Kerry Center, 1515 Nanjing Xi Lu, by Changle Lu (5285 6269) www.flamegrill.com.cn 南京西路 1515 号静安嘉里中心 2 楼 N2-20, 近常德路

Ginger by the Park The latest branch of Ginger continues to offer a mix of international dishes in a vintage three-storey building. With a bistro on the first floor and al fresco terrace on the second, guests get to enjoy the picturesque view of the well manicured park from cozy dining rooms. 91 Xingguo Lu, by Hunan Lu Mon-Sat: 8am-11pm; Sun: 8am-10pm. (3406 0599, info@gingerfoods.com, www.gingerfoods.com) 兴国路 91 号, 近湖南路

Green Kitchen Using the freshest seasonal food and vegetables coming directly from its organic farm, Green Kitchen provides a homey atmosphere in the most authentic taste. 6 Dongping Lu, by Hengshan Lu (5465 9135) Mon-Fri 5:30-11pm, Sat-Sun 11am-4pm, 5:30-11pm) 东平路 6 号, 近衡山路

Greyhound Café was the first fashion café in Bangkok offering the fashion, service and food concept - 'Thai with a twist' as a casual dining experience. With various outlets between Hong Kong, Beijing and now Shanghai - Greyhound Café is the modern take on fusion cuisine. 11am-midnight. 503, IAPM, 999 Huaihai Zhong Lu, by Shaanxi Nan Lu (5466 6105, www.greyhoundcafe.com.hk) 淮海中路 999 号 IAPM mail 503 商铺, 近陕西南路

Morton's Steak and Seafood Grille The world's first Oyster Bar and Seafood Grille by Morton's focuses on presenting the city's finest seafood dining experience with premium seafood flown in fresh daily. L4-403, iapm Mall, 999 Huaihai Zhong Lu, by Shaanxi Nan Lu (6067 7888) 淮海中路 999 号 iapm 环贸广场, 近陕西南路

Mr Willis An inviting kitchen-dining room offers straightforward homey mains and lovely starters. Served family style. Expect a small seasonal menu that is market and whim driven. 3/F, 195 Anfu Lu, by Wulumuqi Zhong Lu (5404 0200) Mon-Fri 11am-2pm 5pm-12am, Sat-Sun 11am- 12am 安福路 195 号 3 楼, 近乌鲁木齐中路

Pudong City Bistro An all-day-dining restaurant featuring interactive show kitchens and live cooking stations for breakfast, lunch, dinner buffet, complimented by an extensive a la carte menu. 15 Jinqiao Lu, by Zuijiao Lu (6036 8855) 金桥路 15 号, 近嘴角路

Shook! Restaurant & Rooftop Terrace Matthew Ona serves up creative international cuisine with beautiful views and the biggest Terrace on the Bund. 5-6/F, The Swatch Art Peace Hotel (Bund 19), 23 Nanjing Dong Lu, by Zhongshan Dong Yi Lu

(2329 8522) Daily 11.30am-2.30pm; 6-11pm www.shookrestaurantshanghai.com 南京东路 23 号上海斯沃琪和平饭店艺术中心 5-6 楼, 近中山东一路

Sasha's Steeped in history, this hugely popular bar is located in a 1920s mansion that formerly housed the famous Soong sisters and boasts one of Shanghai's largest and favorite alfresco terraces. Huge beer list, diverse food offering and 24 wines by the glass. 11 Dongping Lu, by Hengshan Lu daily 11am - 2am (6474 6628) 东平路 11 号, 近衡山路

naked Bite - Special promotion: RMB88 healthy set lunch. naked Bite is an extension of the naked lifestyle, sharing happiness over good food, spending quality time with family and good friends. The set lunch includes a daily starter, soupy, big bite and daily dessert, giving you the pick-me-up you need to finish your day. It is also a great space to experience our vibrant green wall and rare collectibles imported from South Africa. 1F, 297 Wuyuan Lu, by Wukang Lu (3356 6007) lunch: 11am-2.30pm, afternoon tea: 2.30-5.30pm, dinner: 5.30-10pm, www.nakedretreats.cn/naked-bite/ 五原路 297 号 1 楼, 近武康路



Thought For Food is the flagship restaurant inside The Living Room by Octave, open daily for breakfast, lunch, dinner and Sunday brunch serving tasting menus, sharing plates and quick meals that all feature responsibly and honestly sourced ingredients. Vegetables are sourced from certified organic farms and their own roof-top garden - fully traceable to ensure safety and quality to the table. The poultry, pork and seafood are carefully selected from free range sources that are certified and traceable. Daily 7am-10pm; Sunday brunch 11am-3pm. Former French Concession > 357 Jianguo Xi Lu, by Taiyuan Lu (3338 4660) thoughtforfood@livingoctave.com, www.livingoctave.com 建国西路 357 号, 近太原路

T Modern Chinese Tea Cuisine As the first Chinese restaurant that sees various teas mixed into dishes, T Modern Chinese restaurant creates a serious of tea menus using natural tea ingredients and seasonal food materials, providing a light and pleasant tea-in-food experience and healthy dining concepts to all. RMB365 special menu for two. Rm401, Hongkong Plaza, 282 Huaihai Zhong Lu, by Huangpi Nan Lu (15900629276) www.kervanchina.com 淮海中路 282 号香港广场北座 401 室, 近黄陂南路

Table No. 1 by Jason Atherton Former Gordon Ramsay lieutenant and chef of the Michelin star-studded Maze restaurant set up his own venture in the first floor of the Waterhouse Hotel. Expect creative, excellent Euro-style cuisine with local sensibility. A stellar experience. 1-3 Maojiayuan Lu, by Zhongshan Nan Lu (6080 2918) Daily, 11am-2.30pm, 5pm-10.30pm www.tableno-1.com/ 毛家园路 1-3 号, 近中山南路



The Spot Bar & Restaurant Since opened in Sep 2006, the Spot Bar and Restaurant has been home of many expats away from home. The menu introduces delicious food items as well as the Spot's signature dishes at reasonable prices. With a warm ambiance, it's an exciting place where you get to meet

friendly people. 255 Tongren Lu, by Nanjing Lu (www.thespot.com.cn) 铜仁路 255 号, 近南京路

NEPALESE

Nepali Kitchen Still the friendliest service this side of Kathmandu. Enjoy authentic food delivered with the necessary spicy punch in a pleasant atmosphere. 4 Lane 819 Julu Lu, by Fumin Lu (5404 6281) Mon 6-11pm, Tues-Sun 11am-2pm, 6-11pm 巨鹿路 819 弄 4 号, 近富民路

PIZZA

California Pizza Kitchen Straight from America's shopping mall to Shangers. This chain-restaurant has all the classic pizza, pasta and salad favorites, plus some more Asian oriented offerings. 1) 2/F, Bldg. 3, Lane 507, Sinan Mansions, Fuxing Zhong Lu, by Sinan Lu (5465 4800) Daily 11am-11pm www.cpk.com.cn/home_en.html 2) Rm. L231, 2/F, Kerry Parkside, 1378 Huamu Lu, by Fangdian Lu (5036 1177) Daily 10am-10pm cpkchina@hotmail.com 1) 复兴中路 507 弄思南公馆 3 号 2 楼, 近思南路 2) 花木路 1378 号浦东嘉里城 2 楼 L231 室, 近芳甸路

New York Style Pizza 1) 336 Hongfeng Lu, by Biyun Lu (3872 6606) Daily 12-10:30pm 2) No.23-4, Lane 248 Taikang Lu, by Sinan Lu (5466 0969) Daily 12-10:30pm 3) B/F, Email Fashion Plaza, 1699 Nanjing Xi Lu, by Huashan Lu (3214 0024) Daily 12-10:30pm 4) Rm150, 1118 Pudong Nan Lu, by Zhangyang Lu (3868 2738) Daily 12-10pm 5) L116, Kerry Parkside, 1378 Huamu Lu, by Fangdian Lu (2022 2198) Daily 12-10pm 6) Rm106, warehouse 4, 653 Waima Lu, by Wangjia Matou Lu (3376 8308) Daily 12-9:30pm 7) Rm108, 59 Shuicheng Nan Lu, by Yan'an Xi Lu (5239 7368) Daily 12-9:30pm 8) Rm104, Building 6, 569 Yunle Lu, by Jingfeng Lu (3490 5177) 1) 红枫路 336 号, 近碧云路 2) 泰康路 248 弄 23-4 号, 近思南路 3) 南京西路 1699 号, 近华山路 4) 浦东南路 1118 号 150 室, 近张杨路 5) 花木路 1378 号浦东嘉里城 L116 店, 近芳甸路, 6) 外马路 653 号 4 楼 106 室, 近王家码头路 7) 水城南路 59 号 108 室, 近延安西路 8) 远东路 569 弄 6 号 104, 近金丰路

PizzaExpress 1) 380 Huangpi Nan Lu, by Xingye Lu (5383 3999) Sun-Thurs: 11:30am-11pm; Fri & Sat: 11am-11pm info@pizzamarzaro.com www.pizzamarzaro.cn 2) Suite 107, Shanghai Center, 1376 Nanjing Xi Lu, by Xikang Lu (6289 8733) Daily 11am-11pm info@pizzamarzaro.cn 3) No.1, Unit 111, 570 Yong Jia Lu, by Yue Yang Lu (6467 8898) Sun-Thurs: 12-11pm; Fri&Sat: 11am-11pm info@pizzamarzaro.cn 4) 507B/C, 5/F Grand Gateway, 1 Hongqiao Lu, by Huashan Lu (6447 8880) Daily 10am-10pm info@pizzamarzaro.cn 5) Unit 403, 4/F, K11 Art Mall, 300 Huaihai Zhong Lu, by Huafeng Lu 1) 黄陂南路 380 号, 近兴业路 2) 南京西路 1376 号上海商城西峰 107 号, 近西路 3) 永嘉路 570 号 111 单元 1 号楼, 近岳阳路 4) 虹桥路 1 号港口广场 5 层 507B/C, 近华山路 5) 淮海中路 300 号 K11 购物艺术中心 403 号铺, 近黄陂南路

SPANISH

El Patio Enscenced in a charming lane house, this signature culinary destination is located in the heart of the French Concession. El Patio enthralls with traditional tastes of Spain heavily influenced by the cuisine of San Sebastian and beyond. Ideal for a romantic evening or special event the first floor can warmly seat 70 people. During warmer months the outside patio is the ideal location for drinks.

HowFun is a team that creates a fun-loving atmosphere, with dishes exhibit the creativity and innovation of chefs as well as various modern and traditional takes on paella. Daily 11am-11pm (10:30pm last order). Room 200B, 2/F, 1376 Nanjing Xi Lu, by Xikang Lu (6289 8232) 南京西路 1376 号上海商城西峰 200B, 近西路

La Cocina by Lapis Lazuli Spanish restaurant & bar with authentic Spanish dishes and the full Spanish pintxos bar. 9 DongPing Lu, by Hengshan Lu (6473 1021) Daily 11am - 2am 东平路 9 号, 近衡山路

Las Tapas Typical Spanish tapas served in a pleasant, if slightly predictable atmosphere. 1) C6, Building 59, 570 Huaihai Xi Lu, by Kaixuan Lu (6415 9567) 2) 259 Hongfeng Lu, by Biyun Lu (3382 1686) 3) House33, Laowai jie, 3338 Hongmei Lu, by Yan'an Xi Lu. Daily 11-12am www.las-tapas.cn 4) Building 32, Sinan Mansion, 45 Sinan Lu, by Fuxing Zhong Lu (6426 0660) 1) 淮海西路 570 号红坊 59 幢 C6, 近凯旋路 2) 红枫路 259 号, 近碧云路 3) 虹桥路 3338 弄老外街 33 号, 近延安西路 4) 思南路 45 号思南公馆 32 幢, 近复兴中路

La Pedrera Spanish Restaurant the ideal foodie destination for fine food with good price to enjoy original seafood-paella, Iberian ham and finger-licking tapas. Michelin Chef David is expecting your arrival and cook for you. 33 Sichuan Zhong Lu, by Yan'an Dong Lu (6136 0206) Mon-Fri 11:30am-2pm 5:30pm-10:30pm Sat-Sun 11:30am-10:30pm 四川中路 33 号, 近延安东路

el Willy 5/F, 22 Zhongshan Dong Er Lu, by Xin Yong'an Lu (5404 5757) 中山东二路 22 号 5 楼, 近新永安路

La Verbena Combining authentic Spanish cuisine in a romantic style, La Verbena which oversees the Huangpu River is a sleek and relaxing spot glittering with a unique Latin flavor. Block E, 2792 Lujiazui Xi Lu, by Fanghe Lu (5878 9837) 陆家嘴西路 2792 号滨江大道北段 E 座, 近平和路

Gran Bodega Gran Bodega serves famous Spanish wines and authentic tapas. Don't miss their grilled goose liver with apple and black paella. 1/F, Royalton hotel, 789 Wuyi Lu, by Zhongshan Xi Lu (5206 0719, 5206 8000-5115) Daily 11am-2:30pm 6-11pm granbodega.spanishrestaurant@gmail.com 武夷路 789 号 1 楼, 近中山西路

Pirata, tapas kitchen and bar Come and enjoy the authentic yet creative tapas. 436 Xinle Lu, by Xiangyang Bei Lu (5404 2327) 新东路 136 号, 近襄阳北路

STEAKHOUSES

Char Grill Located inside of the Hotel Indigo, this beautiful steakhouse serves up a lovely view and lots of haute meat. 29-31/F, Hotel Indigo, 585 Zhongshan Dong Er Lu, by Dongmen Lu (3302 9955) Daily, Dining Room, 6-10:30pm Bar, 6pm-late www.char-thebund.com 中山东二路 585 号 29-31 楼, 近东门路

JW's California Grill Located on the 40th floor above Shanghai's stunning skyline, the relaxed and classy setting offers refined lifestyle dining with seasonal, market fresh cuisine using premium products cooked to perfection. Discover sophisticated chef-crafted cuisine in the main area or enjoy exclusivity in the private room among friends or business partners. 40/F, JW Marriott Hotel Shanghai Tomorrow Square, 399 Nanjing Xi Lu, by Huangpi Nan Lu (5359 4969, www.jwmarriottshanghai.com) 上海明天广场 JW 万豪酒店 40 楼, 南京西路 399 号, 近黄陂北路

Manhattan Steakhouse The Manhattan Steakhouse offers classic upscale dining in a nostalgic and elegant ambiance. Signature prime-aged steak are presented in an artistic flair while a bold selection of wines are served from a vast in-house wine cellar. 2/F, Shanghai Marriott Hotel Hongqiao, 2270 Hongqiao Lu, by Jianhe Lu (6010 6000) 5:30-10:30pm www.marriottshanghai.com 虹桥路 2270 号 2 楼, 近御桥路

Morton's the Steakhouse The first Morton's in Chinese mainland specializes in classic, hearty American cuisine including the grain-fed prime aged Australian beef, fresh seafood and spectacular desserts served in generous portions. 4/F, IFC Mall, 8 Shiji Dadao, by Lujiazui Huan Lu (6075 8888) Sun-Thurs 11:30am-10pm; Fri-Sat 11:30am-11pm www.mortons.com/shanghai 1) 世纪大道 8 号, 国金中心 IFC 商场 4 楼, 近陆家嘴环路

Ruth's Chris Steak House Located in a restored historic building on Shanghai's famous Bund waterfront, the fine dining steakhouse hailing from the New Orleans presents the finest custom-aged Australian Wagyu beef which is served "sizzling" hot. Further complemented by friendly services and an inviting atmosphere, it's a perfect location for business dinners and family gatherings. 4/F, Five on the Bund, 20 Guandong Lu, by Zhongshan Dong Yi Lu (6071 4567) 外滩 5 号 4 楼, 广东路 20 号, 近中山东一路

The 1515 WEST, Chophouse & Bar In The 1515 WEST CHOPHOUSE & BAR, an appetite for premium Australian beef, American-sized desserts, signature drinks and a classic bar awaits you. Jing An Shangri-La, West Shanghai, 1218 Yan'an Zhong Lu, by Tong Ren Road (2203 8889, www.jinganshangding.com) 静安香格里拉大酒店, 延安中路 1218 号, 近铜仁路

Roosevelt Prime Steakhouse Thick, juicy prime steaks from a custom stone oven. All-American beef. Enjoy martini and California wines on the backlit bar. Frequent by the Shanghai elite and those with expensive tastes. 160 Taiyuan Lu, by Yongjia Lu (6433 8240) Sun-Thurs: 5-10pm; Fri-Sat: 5-11pm rps@rooseveltsteakhouse.com www.

rooseveltsteakhouse.com 太原路 160 号, 近永嘉路

The Grill With a central grill, rotisserie and a large built-in marble displaying the freshest seafood, it is a contemporary and colorful venue for guests in search of the freshest seafood and succulent prime grade meats grilled right in front of them in the open kitchen. 56/F Jin Mao Tower, Grand Hyatt Shanghai, 88 Shiji Dadao, by Dongtai Lu (5047 1234) Lunch: Daily 11:30am-2:30pm; Dinner: Daily 5:30-10:30pm 世纪大道 88 号金茂君悦大酒店 56 楼, 近东泰路

The MEAT The Kerry Hotel's meat mecca, make sure you take a peek into their meat locker to see your dinner up close and personal. 1388 Huamu Lu, by Fangdian Lu (6169 8888) 5:30-10pm 花木路 1388 号, 近芳甸路

SPECIALTY FOOD SHOPS

Amphora As a chain of specialty stores that brings healthy food from Greece and the Mediterranean world, the Amphora stands for the "Best from Greece" and provides authentic, premium and healthy products to customers in China. 1) 409 Shanxi Bei Lu, by Beijing Xi Lu (5213 9066) 2) 434-1 Shaanxi Nan Lu, by Yongjia Lu (6431 0145) 3) 330 Madang Lu, by Xintiandi (5382 0237) 4) 7-1 Taojiang Lu, by Fenyang Lu (3460 5181) 5) 3899 Hongmei Lu, by Yan'an Xi Lu (6262 0519) 6) 611 Changle Lu, by Donghu Lu (3461 2161) 7) 907 Yuyuan Lu, by Jiangsu Lu (3256 9610) 8) 230 Danshui Lu, by Zhihong Lu (3330 1509) 9) 151&148A, B1, Himalaya Center, Fangdian Lu, by Meihua Lu 1) 陕西北路 409 号, 近北京西路 2) 陕西南路 434-1, 近永嘉路 3) 马当路 330 号, 近新天地 4) 桃江路 7-1, 近汾阳路 5) 虹梅路 3899 号, 近延安西路 6) 长乐路 611 号, 近东湖路 7) 惠园路 907 号, 近江苏路 8) 淡水路 230 号, 近自忠路 9) 芳甸路 1088 号喜马拉雅中心 B1, 近梅花路



Bhoomi stores Bhoomi store One stop destination where a wide range of Philippines food products are served. 266 Yaohong Lu, by Hongsong Dong Lu (021-2428 3400) Mon-Sat 9:30am-9:30pm, Sunday 2-7pm 闵行区虹虹路 266 号, 近虹松东路

City Super Shanghai Offers a one-stop shopping for both groceries and prepared foods from around the world. LG 2, Shanghai IFC Mall, 8 Shiji Dadao, by Lujiazui Huan Lu (5012 0998) Daily: 10am-10pm www.citysuper.com. 世纪大道 8 号国金中心商场地下 2 楼, 近陆家嘴环路

Green & Safe With an organic farm in Kunshan, this organic store provides daily delivered vegetables and a variety of local and imported organic goods, such as organic extra virgin olive oil, white and red balsamic vinegar, organic pasta, muestli and more. 1) 6 Dongping Lu, by Hengshan Lu 5465 1288, 1/F: 8am-10pm; 2/F: 6:30pm-12am 2) 4/F, 1438 Hongqiao Lu, by Hongbaoshi Lu 10am-9:30pm 3) 4/F, 1601 Nanjing Xi Lu (6258 8777) 1) 东平路 6 号, 近衡山路 2) 虹桥路 1438 号 4 楼, 近红宝石路 3) 南京西路 1601 号 4 楼 B 区

Feidan 1) 153 Anfu Lu, by Wulumuqi Lu (5403 6991) Daily 8am-10pm. 2) 283 Jianguo Xi Lu, by Jiahsan Lu (6473 3194) Daily 9am-10pm. 3) 332 Jinyan Lu, inside Shanghai Lujiazui Center Palace (5059 3723) Daily 9:30am-10pm. 4) 382-1 Dagu Lu, by Chengdu Bei Lu (6340 0547) Daily 9:30am-10pm 1) 安福路 153 号, 近乌鲁木齐路 2) 建国西路 283 号, 近嘉善路 3) 锦廷路 332 号, 陆家嘴中央公寓 4) 大沽路 382-1 号, 近成都北路

FIELDS China A premier online grocery store based in Shanghai who provides healthy and safe options for all your grocery needs, including vegetables, fruits, meat & poultry, fish & seafood, dairies, bakeries and personal care products. Seasonal produce and ready-to-serve dishes are also available. With same day delivery on orders in Shanghai, FIELDS makes it convenient

and affordable for you to have healthy and safe organic, imported food items in China. 400-021-0339, www.fieldschina.com, cs@fieldschina.com.

Mahota Kitchen The farm-to-city store carries fresh traceable farm produce from Mahota Farm in Chongming island to be brought home or be enjoyed in the hot pot restaurant. Taste the difference in quality as the produce are harvested and delivered to the store within 24 hours. 1) 10-1F, M-Town, 1580 Kaixuan Lu, by Huaihai Xi Lu (5267 9988) 2) B1-101/102, 600 Dapu Lu, by Longhua Dong Lu (5318 8111, www.themahota.com) 1) 凯旋路 1580 号新淮海坊, 近淮海西路 2) 打浦路 660 号 B1-101/102, 近龙华东路

THAI

Simply thai 1) 5C Dongping Lu, by Yueyang Lu (400 880 7729, 6209 6209) Sun-Thurs: 11am-11pm; Fri & Sat: 11am-midnight 2) 159 Madang Lu, by Xingye Lu (400 880 7729, 6209 6209) Mon-Sun: 11am-midnight 3) No.28 Laowai jie, lane 3338 Hongmei Lu (400 880 7729, 6209 6209) Sun-Thurs: 11am-11pm; Fri & Sat: 11am-midnight 4) A6 Green Sports & Leisure Center, 600 Lantian Lu, by Lan'an Lu (400 880 7729, 6209 6209) Mon-Sun: 11am-11pm. 5) 4/F IFC, 8 Shiji Dadao, by Yincheng Zhong Lu (400 880 7729, 6209 6209) enquiry@simplythai-sh.com www.simplythai-sh.com Mon-Sun: 11am-10pm 6) Unit 312A, 3/F, LAvenue Shanghai, 99 Xianxia Lu, by Zunyi Lu (400 880 7729, delivery: 6209 6209, enquiry@simplythegroup.com, www.simplythai-sh.com) Mon-Sun: 11am-10pm 7) Level 8, 5801-1A, Jiu Guang Department Store, 1618 Nanjing Xi Lu, by Jingan Temple 8) Level 4, N4-11, Shanghai Kerry Center, 1515 Nanjing Xi Lu, by Tongren Lu 9) Ciroso Plaza, Level 3, 312-314 388 Nanjing Xi Lu, by Huangpi Bei Lu 10) 4/F, L4101-4105, Global Harbor, 3300 Zhongshan Bei Lu, by Jinchang Lu Mon-Sun 11am-10pm. 11) 6/F, Rm612, Grand Gateway Plaza66, 1 Hongqiao Lu, by Huashan Lu Mon-Sun 11am-10pm 12) 5/F, Rm503, Plaza 66, 1266 Nanjing Xi Lu, by Xikang Lu Mon-Sun 11am-10pm 1) 东平路 5 号 C 座, 近岳阳路 2) 马当路 159 号, 近兴业路 3) 虹梅路 3338 弄老外街 28 号, 近延安中路 4) 蓝天路 600 号碧云休闲体育中心 A6, 近蓝江路 5) 世纪大道 8 号上海国金中心四座, 近银城中路 6) 仙霞路 99 号上海嘉里中心 3 层 312A 单元, 近遵义路 7) 南京西路 1618 号久光百货 8 楼 801-1A, 近静安寺 8) 南京西路 1515 号静安嘉里中心 4 楼 N4-11, 近铜仁路 9) 南京西路 388 号仙乐斯广场 3 楼 312-314 0) 中山北路 3300 号环球港 4 楼, 近金沙江路 11) 港汇广场 6 楼 612, 虹桥路 1 号, 近华山路 12) 南京西路 1266 号恒隆广场 5 楼 503, 近西路

Lapis Thai 1) 285 Hunan Lu, by Gaoyou Lu (5466 3026) Daily 11:30am-2:30pm; 6-10pm 2) 3/F, No.19, Lane 199 Fangdian Lu, by Dingxiang Lu (5033 9223) Daily 11:30am-2:30pm; 6-10pm 3) No.14, Lane 248 Taikang Lu, by Ruijin Er Lu (6473 3989) Daily 11:30am-2:30pm; 6-10pm 4) L109, 1376 Nanjing Xi Lu, by Xikang Lu (5252 0082) Daily 11:00am-Late 1) 湖南路 285 号, 近高邮路 2) 芳甸路 199 弄 19 号 3 楼, 大拇指广场, 近丁香路 3) 泰康路 248 弄 14 号, 近浦金二路 4) 南京西路 1376 号 109 室, 近西路



Coconut Paradise This cozy, Modern-Thai style house offers casual dining with lots of attention to southeast Asian detail with soft light, Dark teak wood and a faint hint of incense. The spicy beef lettuce wraps sprinkled with fresh mint make a perfect starter for the shrimp Pad Thai, also have the best curry cuisine. 1) 38 Fumin Lu, by Yan'an Zhong Lu (6248 1998) 2) 2/F, 378 Wukang Lu, by Hunan Lu (5424 8866) Daily 11:30am-2pm; 5:30-10:30pm coconutparadise38@gmail.com www.lostheaven.com.cn/main.html 1) 富民路 38 号, 近延安中路 2) 武康路 378 号 2 楼, 近湖南路

Thai Gallery Thai Gallery Those well-served in Thai food will admire the authenticity of these dishes. Creative art covers the walls.

LISTINGS

127-1 Datian Lu, by Beijing Xi Lu (6217 9797) Daily 11am-3pm; 5:30pm-12am 大田路 127-1 号, 近北京西路

Thai Loft Express Quick, easy and well priced Thai food. If you don't want Thai, you can also order Vietnamese. 105B, Kerry centre lobby, 1515 Nanjing Xi Lu, by Tongren Lu (159 2161 6618) Daily 11am-9:30pm 南京西路 1515 号嘉里中心大堂 105B, 近铜仁路

Urban Thai Tiny Thai restaurant with excellent steamed sea bass and authentic curries. Their Thai iced tea is the best in town. 938 Changle Lu, by Wulumuqi Lu (3250 3863) Daily 11:30am-11pm urban-thai.com/长东路 938 号, 近乌鲁木齐路

VIETNAMESE



Pho Real Some of Shanghai's finest pho and Bánh mì, with high-quality ingredients and a young, hip environment. 1) 166 Fumin Lu, by Changle Lu (5403 8110) Mon-Fri: 11am-2pm, 5:30pm-10pm; weekends: 11am-10pm 2) 1465 Fuxing Zhong Lu, by Huaihai Zhong Lu (6437 2222) Mon-Fri: 11am-2pm, 5:30pm-10pm; weekends: 11am-10pm 3) Kerry Centre Store, Kerry Centre S81-12, 1515 Nanjing Xi Lu, by Changde Lu (6299 1827) Daily 11am-10pm 4) L206, The Place, 100 Zunyi Lu, by Tianshan Lu 11am-10pm (5291 0907) www.phorealgroup.cn 5) Hongkong Plaza, S2-1 Hongkong Plaza, 283 Huaihai Zhong Lu, by Huangpi Nan Lu (6313 8927) 11am-10pm 1) 富民路 186 号, 近长东路 2) 复兴中路 1465 号, 近淮海中路 3) 南京西路 1515 号嘉里中心 S81-12, 近常德路 4) 虹桥南丰城南区 1 期-L206, 遵义路 100 号, 近天山路 5) 淮海中路 283 号, 香港广场南座 2-11 室, 近黄陂南路

B REAL Refer to "Delivery" for more information.

PHOCO Set in a pretty lane house, the enormous outdoor courtyard is the spot's most attractive attribute, which is graced with bamboo gardens and features mainly Vietnamese dishes and western fusion cuisine including steaks and pasta. No.1, Lane 920 Changle Lu, by Wulumuqi Lu (5289 6275) 长东路 920 弄 1 号, 近乌鲁木齐路

Pho Season With 20-years experience in South-East Asian cooking, their French-born-South Asian chef has all the South-East Asian specialties—Vietnamese 'Pho', Cambodian 'Loc Lac' and Thai 'Pad Thai'. 427 Dagui Lu, by Chengdu Bei Lu (6327 3778) Daily 11am-11pm 大沽路 427 号, 近成都北路

Pho Store Owned by an Australian Vietnamese, the Pho Store offers Vietnamese street-flavor phos in a cozy and trendy environment. 118 Xikang Lu, by Nanyang Lu daily 11am-10pm (6215 5534) 西康路 118 号, 近南阳路

NIGHTLIFE BARS

Avenue Joffre BAR Started by cocktail master Munenori Harada, formerly of El Cotel, this 1920's Shanghai-style bar mixes high-quality cocktails in a relaxed and refined environment. Specializes in gin with over 20 types from all over the world. Daily 7pm-3am 1/F, Unit 5, 570 Yongjia Lu, by Yueyang Lu (6029 9725) 永嘉路 570 号 5 号楼 1 楼, 近岳阳路

Barbarossa Restaurant & Lounge Stand by the lake inside People's Park, the three-story Barbarossa restaurant and lounge offers an array of fine food, cocktails, shisha, tapas and live entertainment in an exotic ambience. 231 Nanjing Xi Lu, by Huangpi Bei Lu (6318 0220) Restaurant: 11am-11pm; Bar: 5pm-2am. www.Barbarossa.com.cn 南京西路 231 号, 近黄陂北路

Bin 74 A slick, cozy, glass-encased wine bar-shop in the heart of the French Concession. 74 Fuxing Xi Lu, by Yongfu Lu (6431 0258) Daily 2pm-1am www.cosmogroup.cn 复兴西路 74 号, 近永福路

Big bamboo 1) 132 Nanyang Lu, by Xikang Lu (6256 2265) 2) No.20 LaoWai Entertainment Street Lane 3338 Hongmei Lu, by Yan'an Xi Lu (6405 8720) 3) 381 Hongfeng Lu, by Mingyue Lu (5030 1779) 1) 南阳路 132 号, 近西康路 2) 虹梅路 3338 号虹梅路休闲街 20 号, 近延安西路 3) 红枫路 381 号, 近明月路

Bounty Rhumerie A French-owned, pirate-themed rum bar that is surprisingly low in cheese and high in atmosphere. You can get just about any type of rum cocktail ever conceived by man and then a few more. 47 Yongfu Lu, by Fuxing Xi Lu (137 6451 0616) Daily 6pm-late www.bountybar.cn ning@bountybar.cn 永福路 47 号, 近复兴西路

CHAR bar Classy cocktails and sophisticated setting, best known for its exquisite 270-degree views over The Bund and Pudong skyline. 30/F, Hotel Indigo Shanghai on the Bund, 585 Zhongshan Dong Er Lu, by Dongmen Lu (3302 9995) Daily 4:30pm-late, www.char-thebund.com 中山东二路 585 号英迪格酒店 30 楼, 近东一路

Constellation Bar A quiet bar with low-key 30's ambience. Known for its unique cocktails and ice-making technique, this is the perfect place for lovers and friends' get-together. 1) 1-2/F, 33 Yongjia Lu, by Maoming Nan Lu (5465 5993) Daily 7pm-2am www.seiza-bar.com.cn 2) 86 Xinle Lu, by Xiangyang Bei Lu (5404 0970) Daily 7pm-2am 3) 251 Huangpi Bei Lu, by Jiangyin Lu (5375 2712) Mon-Sun: 7pm-2am 1) 安亭路 132 号 1-2 楼, 近茂名南路 2) 新乐路 86 号, 近嘉阳北路 3) 黄陂北路 251 号, 近江阴路

Cotton's A charming bar with Jazz played in the garden, you can "smell" relaxed ambience in the air. 1) 132 Anting Lu, by Jianguo Xi Lu (6433 7995) Mon-Fri: 4pm-2am; Sat-Sun: 11:30am-2am 2) 294 Xinhua Lu, by Panyu Lu (6282 6897) Mon-Fri: 4pm-2am; Sat-Sun: 11:30am-2am 1) 安亭路 132 号, 近建国西路 2) 新华路 294 号, 近番禺路

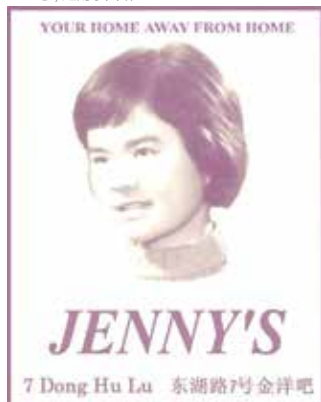
De Refter A cozy Belgian style Brasserie boasting more than 50 Belgian beers, De Refter offers an intimate, friendly and relaxed atmosphere mixed with a classy crowd equaling the perfect spot for enjoying the evening with friends, colleagues or a good book. 181 Jinxian Lu, by Maoming Nan Lu (3230 2595) www.derefter.com 进贤路 181 号, 近茂名南路

elevens 888-8 Changping Lu, by Jiaozhou Lu (13585784784) 昌平路 888-8 号, 近胶州路

El Cöctel From virtuoso Spanish chef Willy Trullas Moreno comes this super swank cocktail lounge. Expect specialty drinks mixed with surgical precision. Reservations recommended. 2/F, 47 Yongfu Lu, by Fuxing Xi Lu (6433 6511) Daily 5pm-3am www.elwilly.com.cn 永福路 47 号 2 楼, 近复兴西路

EPIC A fine and cozy craft cocktail bar located at former French Concession. 7pm-2am (5411 1189) 南邮路 17 号, 近复兴西路 142 号, 近南京西路

Judy's Established in 1993, Judy's is the longest running party venue in Shanghai! Have a few drinks, settle on the vibrant party atmosphere and enjoy the house band. Enjoy dancing the night away seven days a week with your favorite party rocking music. Food is available all day until wee hours. 142 Tongren Lu, by Nanjing Xi Lu (6289 3715) Daily 11am-late www.judysco.com.cn 铜仁路 142 号, 近南京西路



Jenny's Blue Bar Second home to hordes of blokes who regularly stop by for a drink or a home-made snack. A free football table, classic rock and a big screen showing ESPN and Star Sports channels. 7 Donghu Lu, by

Huaihai Zhong Lu (6415 7019) Daily 1pm-2am jennysbar@hotmail.com www.jenny-shanghai.com 东湖路 7 号, 近淮海中路 142 号, 近南京西路



Kaiba Belgian Beer Bar 739 Dingxi Lu by Yan'an Xi Lu (6280 5688) Sun-Thurs 4pm-12am; Fri-Sat 4pm-2am marketing@kaiba-beerbar.com 定西路 739 号, 近延安西路



Over Night Bar An old Shanghai Style Villa (former office of Soong Ching-ling) located near STA. Every night after 6:00pm, it incarnates to a charming bar where you get to enjoy spaghetti, roasted beef tongue and cocktails all night. 643 Huashan Lu, by Zhenning Lu 华山路 643 号, 近镇宁路

POP Bar Influenced by the playfulness, art deco highlights and tropical vibe of cosmopolitan Miami, is a fun and elegant rooftop lounge to enjoy afternoons and nights in good company and funky music. Opening Sunday to Friday from 2:00pm till late; Saturday from 1:00pm till late. 7/F, 3 Zhong Shan Dong Yi Lu, by Guangdong Lu (6321 0909) www.threenthebund.com 中山东一路 3 号 7 楼, 近广东路

La Cocina A Spanish restaurant with a authentic pinchos bar at first floor. La Cocina serves Pinchos, Tapas, Sangria, Cocktail and wines. 9 Dongping Lu, by Hengshan Lu (6473 1021) Daily 11am-2am 东平路 9 号, 近衡山路

Malabar A cozy and exquisite Spanish tapas bar with nice food in a good value. Try the Spanish beer and wines plus excellent pinchos and tapas. 1081 Wuding Lu, by Jiaozhou Lu (5237 3085) Mon 17:00-01:00 Tue 12:00-01:00 Wed 12:00-01:00 Thu 12:00-01:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-01:00 武定路 1081 号, 近胶州路



Senator Saloon Senator Saloon has the largest selection of Bourbon and Rye in Shanghai. Cocktails are carefully crafted. The atmosphere is intimate with velvet flock wallpapers and artisan tin ceilings. Popular bar snacks include Mac and Cheese, Pork Belly Sliders, and Chicken Pot Pie. 98 Wuyuan Lu, by Wulumuqi Zhong Lu (5423 1330) 五原路 98 号, 近乌鲁木齐中路

Roosevelt Sky Bar Enjoy rooftop bar with the best view on the Bund and heated

glass atrium. 9/F, The House of Roosevelt, 27 Zhongshan Dong Yi Lu, by Beijing Dong Lu (2322 0800) info@27bund.com, www.27bund.com 中山东一路 (外滩) 27 号罗斯福公馆 9 楼, 近北京东路

Shiva Lounge Owned by a yoga instructor, Shiva Lounge is decked out in batiks, candles and many handed Hindu gods. Room 102, 47 Yongfu Lu, by Fuxing Xi Lu (6433 5330) Sun-Thurs 10pm-2:00am, Fri-Sat 10pm-5am 永福路 47 号 102 室, 近复兴西路

The Apartment The boho decor, quirky furniture, classy rooftop terrace and expertly mixed cocktails just might fool you into thinking you're at the loft party of a SoHo socialite. Not to be missed. 3/F, 47 Yongfu Lu, by Fuxing Xi Lu (6437 9478) Sun-Thurs: 11am-2am; Fri-Sat: 11am-3am www.theapartment-shanghai.com 永福路 47 号 3 楼, 近复兴西路

The BREW Try one of their six home-brewed beers and you'll never go back to bottles of Qingdao again. Warm wood interior, right on the edge of Century Park. The Kerry Hotel, 1388 Huamu Lu, by Fangdian Lu (6169 8888) Daily 11am-2am www.shangri-la.com 花木路 1388 号, 近秀浦路

Zapata's Classic "Spring Break" party bar, where anything goes...bartending, tequila girls, TOP 40, you name it. 5 Hengshan Lu, by Dongping Lu (6474 6166, 6433 4104) Daily 5pm-late www.zapatas-shanghai.com 衡山路 5 号, 近东平路

CLUBS

Bar Rouge The go-to spot for Shanghai's glitterati, this chic lounge offers expertly mixed cocktails, the latest electro beats and one of the best views on the Bund. 7/F, 18 Zhongshan Dong Yi Lu, by Nanjing Dong Lu (6339 1199) Sun-Wed: 6pm-3am; Thu-Sat: 6pm-late www.bar-rouge-shanghai.com 中山东一路 18 号 7 楼, 近南京东路

M1NT Winner of 2009 Readers' Choice Award for "Club of the Year." Join the posh and the poser alike in this quasi exclusive nightclub, where a chic dining room offering up superb Asian inspired fusion and grilled fare are a-sp available. 24/F, 318 Fuzhou Lu, by Hankou Lu (6391 2811) Lunch: Mon-Fri: 11:30am-2:30pm; Dinner: Mon-Sat 6-11pm; Club: Wed-Sat 9:30pm-late bookings@m1ntglobal.com www.m1ntglobal.com 福州路 318 号高塔大厦 24 楼, 近汉口路

MYST Daily 9:30pm-late 1123 Yanan Zhong Lu, by Fumin Lu (64379999) 延安中路 1123 号, 近富民路

HOTEL BARS

BAR 99 International bar features a unique Pullman Vinoteca wine concept with a Pastry menu. Select from 99 wines or enjoy a Pullman signature cocktail after a hard day's work. 1/F, Pullman Shanghai South, 1 Pubei Lu, by Liuzhou Lu (2426 8888) Daily 5pm-12am 浦北路 1 号, 上海中星铂尔曼大酒店 1 楼, 近柳州路

Banyan Tree Located on the rooftop of Banyan Tree Shanghai on the Bund, TOPS is the first open rooftop bar with full 180° unobstructed view in Shanghai, offering a breathtaking panorama spanning across the Bund. 19 Gongping Lu, by Haiping Lu (2509 1188) Tue-Sun, 2:30pm-1am 公平路 19 号, 近海平路

CHAMPIONS BAR At Champions you get to chow on some great American eats. With sports memorabilia, a billiard table, a foosball table and 34 screens playing national and international sports events, this is a favorite hotspot among sports fans. 1/F, Shanghai Marriott Hotel Hongqiao, 2270 Hongqiao Lu, by Jianhe Lu (6010 6000) Sun-Thurs 5pm-1am; Fri-Sat 5pm-2am www.marriotthongqiao.com 虹桥路 2270 号 1 楼, 近剑河路

Chatters Bar Designed in a red and elegant chic design, Chatters Bar on the second floor of this new MetroPolo Classiq boutique hotel which locates off Bund offers coffees, afternoon tea, cocktails and wines, and naughty nibbles. 2/F, Jinjiang Metropolo Classiq, 98 Nanjing Dong Lu (6321 1666, www.JJMPH.com) daily 10am-10pm 南京东路 98 号锦江都城南京东路外滩经典酒店 2 楼, 近四川中路

Cloud 9 Located on Level 87 of Jin Mao Tower, this sky lounge has magnificent views of the entire city, where guests can enjoy a wide collection of creative cocktails, champagnes and Asian Tapas. The floor-to-ceiling glassed double-height section

also offers a hide-away mezzanine bar. 87/F Grand Hyatt, Jin Mao Tower, 88 Shiji Dajiao, by Dongtai Lu (5049 1234) Mon-Fri 5pm-1am; Sat-Sun 2pm-1am 世纪大道 88 号金茂大厦 87 楼, 近东泰路

The Compass Bar This unique bar offers an extensive collection of marine memorabilia to celebrate Shanghai's maritime history, also check out the open-air promenade. The Peninsula Hotel 1/F, 32 Zhongshan Dong Yi Lu, by Beijing Dong Lu (2327 6737) Daily: 11am-2am www.peninsula.com 中山东一路 32 号上海半岛酒店一层, 近北京东路

Jade on 36 Bar Breathtaking views, creative cocktails and stunning interior design make this a must-see venue. Sunday Brunch: RMB 788 + 15% service charge per person, effective 28th October 2012. 36/F Grand Tower, Pudong Shanghai-la, 33 Fucheng Lu, by Lujiazui Xi Lu (6882 3636) 5.30pm-1am (weekends until 2am) fbreservation.sipu@shangri-la.com https://www.shang-rewards.com.aspx/RestaurantBarJade36Bar.aspx 富城路 33 号香格里拉大酒店紫金楼 36 楼, 近陆家嘴西路

JW Lounge Bar Popular with high-flyers, this lofty lounge boasts panoramic city views and offers an extensive champagne list, either by the glass or the bottle. Live music six days a week. 40/F, JW Marriott, 399 Nanjing Xi Lu, by Huangpi Bei Lu (5359 4969-6864) Daily 5pm-2am www.jwmarriottshanghai.com 南京西路 399 号 JW 万豪酒店 40 楼, 近黄陂北路

Long Bar Offering a good selection of cocktails, deluxe oysters and premium cigars, legendary Long Bar remains to be a part of the Waldorf Astoria Shanghai on the Bund after architectural restoration. Lobby, 2 Zhongshan Dong Yi Lu, by Guangdong Lu (6322 9988) Mon-Sat 4pm-1am; Sun 2pm-1am 中山东一路 2 号外滩华尔道夫酒店大堂, 近广东路

LIVE MUSIC

JZ Club Shanghai's true jazz scene has finally arrived. Check it out and dig the vibe. 46 Fuxing Xi Lu, by Yongfu Lu (6421 0269) Daily 7pm-2am www.jzclub.cn 复兴西路 46 号, 近永福路

LOgO 298 Xingfu Lu, by Pingwu Lu 幸福路 298 号, 近平武路

The Shelter This former bomb shelter is THE place for alternative electronic music in Shanghai. Low/no cover and good drinks prices make this an indie haven. 5 Yongfu Lu, by Fuxing Xi Lu (6437 0400) Wed-Sat 9pm-late thesheltershanghai@gmail.com 永福路 5 号, 近复兴西路

Yu Yin Tang Warehouse music space run by the Yu Yin Tang collective, filled with a motley cr e of rock aficionados at the forefront of Shanghai's burgeoning hardcore scene. 851 Kaixuan Lu, by Yan'an Xi Lu (5237 8662) Tue-Sun: 8pm-2am; closed on Mon. durn1976@gmail.com www.yuyintang.org 凯旋路 851 号, 近延安西路

SPORTS BARS

Big Bamboo A sports bar offering an expanded food menu, with entertainment including pool tables and flat screen televisions. Big Bamboo pulls large crowds for events like the World Cup and Superbowl. 1) Hong Mei Entertainment Street, No. 20, Lane 3338 Hongmei Lu, by Yan'an Xi Lu (6405 8720) Daily: 11am-late www.bigbamboo.cn 2) 132 Nanyang Lu, by Tongren Lu (6256 2265) Daily: 2pm-4am celine@truelegend.asia 3) 381 Hongfeng Lu, by Bijun Lu (5030 1779) Sun-Thu: 11am-2am; Fri-Sat: 11am-3am celine@truelegend.asia 1) 虹梅路 3338 弄虹梅休闲街 20 号, 近延安西路 2) 南阳路 132 号, 近铜仁路 3) 虹枫路 381 号, 近碧云路

Boxing Cat Brewery 1) Unit 26A, Sinan Mansions, 519-521 Fuxing Zhong Lu, by Sinan Lu (6426 0360) Mon-Fri: 5pm-2am; Sat-Sun: 10am-2am info@boxingcatbrewery.com www.boxingcatbrewery.com 2) 82 Fuxing Xi Lu, by Yongfu Lu (6431 2091) Mon-Thu: 5pm-2am; Fri: 3pm-2am; Sat-Sun: 11am-2am 1) 复兴中路 519-521 号思南公馆 26A, 近思南路 2) 复兴西路 82 号, 近永福路

The Camel Bar The screens, hot-blooded crowd and happy hour specials make this a fun place to meet and watch a game. 1) 1 Yueyang Lu, by Dongping Lu (6437 9446) Daily 10am-2am www.camelsportsbar.com 2) 116 Weifang Xi Lu, by Pudong Nan Lu (5879 5892) Daily 10am-2am 1) 岳阳路 1 号, 近东平路 2) 潍坊西路 116 号, 近浦东南路

TShanghai Brewery Microbrewery restaurant and sports bar with the chef from Michelin two-Star restaurant. Great hand-crafted beer (6 styles), tasty food with international

flavors and live sports on big screens. Try brew master's winter special – golden, malty, slightly sweet French/Belgian season brewed with oats and five different malts, Slovenian hops, black pepper and coriander seeds for a full flavored winter beer. 1) 15 Dongping Lu, by Hengshan Lu (3461 0717) Daily: 10am-2am www.shanghaibrewery.com 2) 21C, Hongmei Entertainment Street, 3338 Hongmei Lu, by Yan'an Xi Lu (6406 5919) Sun-Thu: 10am - 2am; Fri-Sat 10am-3am 1) 东平路 15 号, 近衡山路 2) 虹梅路 3338 号, 虹梅休闲街 21C, 近延安西路

WINE BARS

Brick Restaurant and Wine Lounge Quaint, cozy, comfortable and cool, Brick also offers a jazz scene. Get a table by the piano, tuck into some Mediterranean-style cuisine. 30 Sinan Lu, by Huaihai Zhong Lu (6093 2005) Daily 11-2am brickwangyan@163.com 思南路 30 号, 近淮海中路

Dr Wine This sumptuous wine bar has bottles from RMB118 (a French Cab Sauv) to RMB45,000 for a 1982 Chateau Lafite. Don't worry if the selection overwhelms you, someone will be there to hold your hand. 177 Fumin Lu, by Julu Lu (5403 5717) Sun-Sat 5pm-2am info@lebiistrodudrwine.com 富民路 177 号, 近巨鹿路

L'Aveue A classy and trendy wine bistro in Xintiandi offering a selection of home-made tapas, dips, pizza, sharing plates and wines in a comfortable and warm atmosphere. 1/F, 333 Huangpi Nan Lu, by Taicang Lu (6301 9999) 24/7, 11-2am 黄陂南路 333 号 1 楼, 近太仓路

Roosevelt Wine Cellar The Largest Wine Cellar in Town with over 4,000 labels. Every Wednesday is Winesday 6.30-8pm. The House of Roosevelt, 2/F, 27 Zhongshan Dong Yi Lu, by Beijing Dong Lu (2322 0800) info@27bund.com, www.27bund.com 中山东一路 (外滩) 27 号罗斯福公馆 2 楼, 近北京东路

HoF A popular wine bar that provides super tasty chocolate and cakes for afternoon tea, featuring chocolate velvet cakes, death by chocolate, etc. A variety of wines and cocktails are provided at night. B1/F, DBS Building, 1318 Lujiazui Huan Lu, by Dongyuan Lu (5010 0800) Mon-Sat: 3pm-10pm www.houseofflour.com 陆家嘴环路 1318 号 B1 层, 近东园路, 武定西路 1251 弄 20 号, 近江苏路

BUSINESS CENTER

Regus Serviced Office 雷格斯服务式办公室

- Flexible office leases from 1 day to 1 year
- Quick and easy to set up for 1-200 people
- Prices from RMB180 per month
- Find more on Regus.cn
- Tel: 400 120 1207

SHANGHAI (43 LOCATIONS)

Cloud 9 [New]
上海龙之梦大厦中心
24/F, Cloud 9 International Plaza, No.1018 Changning Road, Changning District
上海市长宁区长宁路 1018 号龙之梦大厦 24 层

Longemont Yes Tower [New]
上海龙之梦雅仕企业大厦中心
8/F, Longemont Yes Tower, No.399 Kaixuan Road, Changning District
上海市长宁区凯旋路 399 号龙之梦雅仕企业大厦 8 层

Oriental Financial Centre [New]
上海东方汇经中心
7/F, Oriental Financial Centre, No.333 Lujiazui Ring Road
上海市浦东新区陆家嘴环路 333 号东方汇经中心 7 层

Changxing Building [New]
上海畅星大厦中心
1/F, Changxing Building, Building 1, No.888 Bibo Road, Pudong
上海市浦东新区碧波路 888 号畅星大厦 1 层

Central Plaza [New]
上海中广场
2/F, Central Plaza, No.227 North Huangpi Road, Huangpu District
上海市黄浦区黄陂北路 227 号中广场 2 层

Henderson 155 [New]
上海恒基名人商业大厦
20/F, Henderson Metropolitan, No. 155, Tianjin Road, Huangpu District
上海市中国上海市黄浦区天津路 155 号恒基名人商业大厦 20 层

Carlton Building [New]

鸿祥大厦
11/F, Carlton Building, No. 21 Huanghe Road, Huangpu District
上海市黄浦区黄河路 21 号鸿祥大厦 11 层

Shui On Plaza
上海瑞安中心
12/F, Shui On Plaza, No.333 Middle Huaihai Road, Huangpu District
上海市黄浦区淮海中路 333 号瑞安广场 12 层

One Corporate Avenue
上海企业天地中心
15/F, One Corporate Avenue, No.222 Hubin Road, Huangpu District
上海市黄浦区湖滨路 222 号企业天地一号楼 15 层

Bund Centre
上海外滩中心
18/F, Bund Centre, No.222 East Yan'an Road, Huangpu District
上海市黄浦区延安东路 222 号外滩中心 18 层

Raffles City
上海来福士广场
51/F, Raffles City, No.268 Middle Xizang Road, Huangpu District
上海市黄浦区西藏中路 268 号来福士广场 51 层

The Headquarters
上海都市总部中心
25/F, The Headquarters Building, No.168 Middle Xizang Road, Huangpu District
上海市黄浦区西藏中路 168 号都市总部大楼 25 层

Hong Kong Plaza
上海香港广场
26/F, Hong Kong Plaza, No.283 Middle Huai Hai Road, Huangpu District
上海市黄浦区淮海中路 283 号香港广场 26 层

Silver Court
上海永银大厦
3/F, Silver Court Office Tower, No.85 Taoyuan Road, Huangpu District
上海市黄浦区桃源路 85 号永银大厦 3 层

Shanghai Tower [Coming Soon]
上海中心
29/F, Shanghai Tower, Dongtai Road, Pudong, Lujiazui
上海市浦东新区东泰路上海中心大厦 29 层

Jin Mao Tower
上海金茂大厦
31/F, Jin Mao Tower, No.88 Shiji Avenue, Pudong, Lujiazui
上海市浦东新区世纪大道 88 号金茂大厦 31 层

21st Century
上海 21 世纪中心
6/F, The 21st Century Tower, No.210 Shiji Avenue, Pudong, Lujiazui
上海市浦东新区世纪大道 210 号 21 世纪大厦 6 层

Aurora Plaza
上海震旦国际大楼
11/F, Aurora Plaza, No.99 Fucheng Road, Pudong, Lujiazui
上海市浦东新区富城路 99 号震旦国际大楼 11 层

Standard Chartered Lujiazui
上海陆家嘴渣打中心
5/F, Standard Chartered Tower, No.201 Shiji Avenue, Pudong, Lujiazui
上海市浦东新区陆家嘴世纪大道 201 号渣打银行大厦 5 层

BEA Finance Tower
上海东亚银行金融大厦中心
15/F, BEA Finance Tower, No.66 Hua Yuan Shi Qiao Road, Pudong, Lujiazui
上海市浦东新区花园石桥路 66 号东亚银行金融大厦 15 层

Plaza 66
上海恒隆广场
15/F, Tower 2, Plaza 66, No.1266 West Nanjing Road, Jing'an District
上海市静安区南京西路 1266 号恒隆广场二座 15 层

Eco City
上海 1788 国际中心
9/F, Eco City, No.1788 West Nanjing Road, Jing'an District
上海市静安区南京西路 1788 号 1788 国际中心 9 层

Shanghai Centre
上海商城
5/F, West Office Tower Shanghai Centre, No.1376 West Nanjing Road, Jing'an District
上海市静安区南京西路 1376 号上海商城西峰 5 层

Garden Square [New]
上海嘉地广场
11/F, Garden Square, No.968 West Beijing Road, Jing'an District
上海市静安区北京西路 968 号嘉地中心 11 层

Nanjing West Road
上海南京西路中心
18/F, Shanghai Oriental Centre, No.699 West Nanjing Road, Jing'an District
上海市中国上海市黄浦区天津路 155 号恒基名人商业大厦 20 层

上海市静安区南京西路 699 号东方众鑫大厦 18 层

Yueda 889
上海悦达 889 中心
8/F, Yueda 889, No.1111 Changshou Road, Jing'an District
上海市静安区长寿路 1111 号悦达 889 广场 8 层

The Tower
上海锦江向阳大厦
14/F, Jinjiang Xiangyang Tower, No.993 West Nanjing Road, Jing'an District
上海市静安区南京西路 993 号 14 层

Henderson 688 [New]
上海恒基 688 广场
16/F, Henderson 688, No.688 West Nanjing Road, Jing'an District
上海市静安区南京西路 688 号恒基 688 广场 16 层

ICC
上海环贸广场
7/F, One ICC, Shanghai ICC, No.999 Middle Huaihai Road, Xuhui District
上海市徐汇区淮海中路 999 号上海环贸广场 7 层

CCIG International Plaza
上海中金国际广场
12/F, Building A, CCIG Int'l Plaza, No.331 North Caoxi Road, Xuhui District
上海市徐汇区漕溪北路 331 号中金国际广场 A 座 12 层

Huaihai Plaza [New]
上海淮海国际广场
28/F, Huaihai Plaza, No.1045 Middle Huaihai Road, Xuhui District
上海市徐汇区淮海中路 1045 号淮海国际广场 28 层

CCIG Int'l Plaza Lv 17 [New]
上海中金国际广场 17 层
17/F, Building A, CCIG Int'l Plaza, No.331 North Caoxi Road, Xuhui District
上海市徐汇区漕溪北路 331 号中金国际广场 A 座 17 层

Grand Gateway [New]
上海港汇广场
48/F, Grand Gateway, No.1 Hongqiao Road, Xuhui District
上海市徐汇区虹桥路 1 号港汇广场 48 层

Shanghai Mart Hongqiao
上海虹桥世贸商城
2/F, ShanghaiMart, No.2299 West Yan'an Road, Changning District
上海市长宁区延安西路 2299 号上海世贸商城 2 层

Maxdo Centre [New]
上海万都中心
43/F, Maxdo Centre, No.8 Xingyi Road, Changning District
上海市长宁区兴义路 8 号万都中心 43 层

Silver Centre
上海银座企业中心
No.1388, North Shaan Xi Road, Putuo District
上海市普陀区陕西北路 1388 号银座企业中心

Central Towers
上海品尊国际中心
11/F, Tower B, Central Towers, No.567 Lan Gao Road, Putuo District
上海市普陀区岚皋路 567 号品尊国际中心 B 座 11 层

Zhabei Centro
上海恒汇国际大厦
22/F, Zhabei Centro, No.568 Hengfeng Road, Zhabei District
上海市闸北区恒丰路 568 号恒汇国际大厦 22 层

One Prime
上海壹丰广场
25/F, One Prime, No.360 Wu Jin Road, Hongkou District
上海市虹口区武进路 360 号壹丰广场 25 层

Harbour One
上海东方海港国际大厦中心
16/F, Harbour One, No.1080 Dong Da Ming Road, Hongkou District
上海市虹口区东大名路 1080 号东方海港国际大厦 16 层

Baoland Plaza [New]
上海宝地广场
16/F, Tower B, Baoland Plaza, No.688 Dalian Road, Yangpu District
上海杨浦区大连路 688 号宝地广场 B 座 16 层

KIC Yangpu
上海创智天地
9/F, Tower 12, KIC III, No.333 Songhu Road, Yangpu District
上海杨浦区淞沪路 333 号创智天地广场三期 12 号楼 9 层

THE HUB Centre
上海虹桥天地
5/F, Tower 3, THE HUB, No.29 Suhong Road, Minhang District
上海市闵行区苏虹路 29 号上海虹桥天地三号楼 5 层

BOOKSTORES



Garden Books

tel: **5404 8729**
5404 8728

www.gardenbooks.cn

Enjoy the imported books, magazines and newspapers

Open: **10:00am-10:00pm**

325 Chang Le Road, 200031, Shanghai

Garden Books

SHANGHAI CENTER, F1/1376 Nanjing Road (W), (EAST SUITE)Sells imported books, newspapers, magazines and other foreign publications. www.bookzines.com chochobook@yahoo.com.cn 325 Changle Lu, by Shaanxi Lu (5404 8728) 长乐路 325 号, 近陕西西路

MIND & BODY HAIRDRESSERS

Le Salon Boasting an international team with more than 15 years' experience, LE SALON with a unique French style is the expert in hair color & blond highlights and international brand offering. Welcome to a unique experience dedicated to your hair and beauty. Unit332, Bld3, Surpass Court, 570 Yongjia Lu, by Yueyang Lu (6074 0365) 永嘉路 570 号 3 号 332 室, 近岳阳路

Mirage.M Hairdressing & Makeover A well-trained team from London and Singapore specialize in European and Asian haircut & colour, an expert on blonde hair that uses exclusively professional Wella & Organics products. Unit 101, block 11, Cool Docks, 505 Zhongshan Nan Lu, by Xin matou jie (6152 6762) www.miragemhairmakeup.com 中山南路 505 弄老码头 11 号楼 101 室, 近新码头街

Toni and Guy Celebrating 51 years of fashion, hair and heritage, Toni and Guy is an international brand offering the best and creative hairstyle to suit each client. 1) East Tower 209, Shanghai Centre, 1376 Nanjing Xi Lu, by Xikang Lu 2) 1380 Dingxiang Lu, by Yingchun Lu (5843 3830) 3) Unit F1A-06, B2, Super Brand Mall, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu (5047 2298) 4) 4/F, River Wing, Pudong shangri-La, 33 Fucheng Lu, by Mingshang Lu (2828 6691) 1) 南京西路 1376 号上海商城东峰 209 室, 近西康路 2) 丁香路 1380 号, 近迎春路 3) 陆家嘴西路 168 号正大广场地下二层 F1A-06 室, 近陆家嘴环路 4) 富城路 33 号浦东香格里拉 4 楼, 近名商路

BEAUTY

Diva Life Nail & Beauty Lounge Just three minutes' walk from the trendy "Tianzifang", down a quiet lane in the middle of the hustle and bustle of the French Concession, Diva Life is a wonderful location to while away a couple of hours treating yourself a massage, facial, waxing, manicure or pedicure. The American and Taiwanese owners strictly follows Swiss clean hygiene standard and have imported Dermalogica, OPI and Calgel products to ensure you the best quality services with affordable prices. English speaking staff here will help you organize all kinds of spa parties for big and small divas. 266 Ruijin Er Lu, by Taikang Lu

(5465 7291) 10am-10pm www.mydivalife.com/Home/Index.aspx 瑞金二路 266 号, 近泰康路



Helen nail spa

HELEN微信二维码

Helen Nail Spa A long-time favorite among locals and expats alike, Helen Nail Spa is much more than a nail spa; they have a variety of pampering treatments and excellent waxing services. 1) 120 Nanchang Lu, by Yangang Lu (5383 8957) Daily 10am-10pm 2) No 6, Lane 819 Julu Lu, by Fumin Lu (5403 7802) 3) 70 Shimen yi Lu, by Dagu Lu (6333 7535). 1) 南昌路 120 号, 近雁荡路 2) 巨鹿路 819 弄 6 号, 近富民路 3) 石门一路 70 号, 近大沽路



LILY NAILS

Lily Nails With more than fourteen years' history in Beijing, Lily Nails provides professional mani & pedi, gel/acrylic nails, eyelash extension, waxing and massages at an affordable price. Services are up to 40 percent off with free wifi. 10am-10pm 1) 3824-1 Hongmei Lu, by Yan'an Xi Lu (6215 5192) 2) 1665 Hongqiao Lu, by Shuicheng Lu (6278 2099) 1) 虹梅路 3824-1 号, 近延安西路 2) 虹桥路 1665 号星广场 G1 层 J02 (地铁 10 号线水城路站 1 号口)

HEALTH SERVICES

American Medical Center The American Medical Center (AMC) was founded with the mission to bring the highest American standards of healthcare to Shanghai. AMC provides comprehensive orthopedic care for all bone, joint, and soft tissue injuries, as well as internal medicine, preventive medicine, pain management, and medical imaging services. AMC's renowned physicians have treated US presidents and professional athletes and bring their expertise to help patients in Shanghai. Mon-Fri, 9am-6pm. 888 Tianlin Lu, by Lianhua Lu (6485 7333) http://www.amc-shanghai.com. 田林路 888 弄 1 号东楼, 近莲花路

Bioscor Shanghai Clinic With over 10 years' experience, Bioscor's team of international doctors and skin specialists are committed to provide you with the best level of service for all your cosmetic needs such as Botox, Filler, Pixel, Cutera, Ulthera, Microdermabrasion, Chemical Peel, Vein Therapy and Cosmetic Surgery. 1) No.5, Lane89 Xingguo Lu, by Hunan Lu (6431 8899) 9am-6pm info@bioscor.com.cn www.bioscor.com.cn. 2) 2/F, Zhongrong Jasper Tower, 8 Yincheng Zhong Lu, by Pudong Nan Lu (6859 0020) 1) 兴国路 89 弄 5 号, 近湖南路 2) 银城中路 8 号中融碧玉蓝天大厦, 近浦东东南路

Body & Soul - Medical Clinics 1) 211 Chengjiaqiao Zhi Lu, by Hongmei Lu (6461 6550) Mon-Fri: 9am-6pm; Sat: 10am-3pm 2) 14/F, An Ji Plaza, 760 Xizang Nan Lu, by Jian'guo Xin Lu (5101 9262) Mon-Wed & Fri: 9am-6pm; Thu: 9am-8pm; Sat: 10am-3pm 3) 6/F, Four Seasons Hotel, 500 Weihai Lu, by Shimen Yi Lu (5101 9262) Tue & Thu 10am-8pm; Wed-Fri: 10am-6pm; Sat: 10am-7pm 4) Rm1303 Jin Ying Bld, (B), 1518 Minsheng Lu, by Hanxiao Lu (6162 0361) Mon-Fri: 9am-6pm; Sat: 10am-3pm pudong@bodyand soul.com.cn www.tcm-shanghai.com 1) 程家桥支路 211 号, 近虹梅路 2) 西藏南路 760 号四季酒店 14 楼 5 室, 近建国新路 3) 威海路 500 号四季酒店 6 楼, 近石门一路 4) 民生路 1518 号金鹰大厦 B 座 1303 室, 近含笑路

Global HealthCare Medical & Dental Center - Puxi Suite 303, Eco City 1788Nanjing Xi Lu, by Wulumuqi Bei Lu (5298 6339, 5298 0593) 南京西路 1788 号 1788 国际中心 303 室, 近乌鲁木齐北路

Global HealthCare Medical & Dental Center - Pudong Shop 212, Shanghai World Financial Center, 100 Shiji Dadao, by Lujiazui Huan Lu (6877 5093, 6877 5993) 世纪大道 100 号上海环球金融中心商场 212 室, 近陆家嘴环路

IMCC Founded in 1993, International Medical Care Center of Shanghai General Hospital was the first join-venture medical facility in town, providing medical treatments, health care and physical examinations by professional medical team and nurses who have a good command of foreign languages. 1) 585 Jiulong Lu, by Wujin Lu (6324 3852) 2) 650 Xin Songjiang Lu, by Jiaosong Nan Lu (3779 8630) www.firsthospital.cn 1) 九龙路 585 号, 近武进路 2) 松江区新松江路 650 号, 近嘉松南路

Single Medical Aesthetics provides one-stop individual medical beauty service. A professional team of doctors and skin specialists are committed to providing the best services to meet all your needs including Botox and Derma-filler injections, Skin Rejuvenation, Laser treatment, Skin tightening and Cosmetic Surgery. Room 202A, 285 Jianguo Xi Lu, by Xiangyang Non Lu (6433 0056) WeChat: singlemedical. Mon-Sat 10am-7pm, Friday 10am-8pm. info@singlemedical.com, www.singlemedical.com 建国西路 285 号科技大厦 202A 室, 近襄阳南路

Shanghai Aier Eye Hospital Shanghai Aier Eye Hospital, which was founded by the largest chain ophthalmology center in China, is a first-rate, comprehensive ophthalmic medical center and hospital that provides excellent English service for expats. 1286 Hongqiao Lu, by Songyuan Lu (3251 9930) Mon-Sun: 8:30am-5:30pm ipsc@aier021.com en.aier021.com 虹桥路 1286 号, 近宋园路

Shanghai East International Medical Center has been providing quality 24-hour care to the international community since 2003. The teams of highly-respected multinational doctors provide a wide range of services for multinational corporations, international schools, consulates, hotels, and families from all over the world. Mon-Fri 9am-8pm, Sat-Sun 9am-6pm. 150 Jimo Lu, by Pudong Dadao (5879 9999/150-0019-0899, care@seimc.com.cn) www.seimc.com.cn 即墨路 150 号, 近浦东大道

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 1209 Huaihai Zhong Lu, by Donghu Lu 8am-5pm, 24/7 (6196 3333) marketing@redleafhospital.com www.redleafhospital.com 淮海中路 1209 号, 近东湖路

Shanghai United Family Hospital and Clinics 1) 1139 Xianxia Lu, by Qingxi Lu (2216 3900, 2216 3999) Mon-Sat: 8:30am-5:30pm 2) Shanghai Racquet Club, Lane 555 Jinfeng Lu, by Baole Lu Mon-Sat 9am-5pm 3) 1/F, area A & B, 525 Hongfeng Lu, by Mingyue Lu (5030 9907) Mon-Sat: 8:30am-5:30pm 4) 8 Quankou Lu, by Linquan Lu Mon-Sat: 8am-5:30pm www.ufh.com.cn 1) 仙霞路 1139 号, 近青溪路 2) 金丰路 555 弄上海网球俱乐部内, 近保乐路 3) 虹枫路 525 号 A&B 区 1 楼, 近明月路 4) 泉口路 8 号, 近林泉路

MASSAGE & SPA

Chi Spa CHI, the Spa at Shangri-La, offers massages and treatments that are based on authentic natural healing methods found in the traditional well-being practices shared by many Asian cultures. 6/F, Tower 2, Pudong Shangri-La, 33 Fucheng Lu, by Mingshang Lu (5877 1503) 10am-12am www.shangri-la.com/en/corporate/chi 富城路 33 号上海浦东香格里拉大酒店 2 座 6 楼, 近名商路

Chuan Spa This world-class spa located within the new Langham Hotel specializes in traditional Chinese treatments. Designed for contemplation and inspiration, rediscover your inner self with an escape to a spa treatment in any of the four luxurious therapy rooms. 3/F, The Langham, Yangtze Boutique, 740 Hankou Lu, by Xizang Zhong Lu (6080 0722) 10am-10:30pm tsha.info@chuanspa.com www.chuanspa.com/en/Shanghai/上海人民广场丽笙精品酒店 3 楼, 汉口路 740 号, 近西藏中路

Dragonfly 1) 2/F, 559 Nanchang Lu, by Shaanxi Nan Lu (5456 1318) 2) 206 Xinle Lu, by Fumin Lu (5403 9982) Daily 10-2am 3) 2/F, 218 Xinle Lu, by Fumin Lu (6327 1193) Daily 11-2am 4) L119, 1378 Huamu Lu, by Fangdian Lu (6469 7258) 11-12am 5) Villa 5, 3911 Hongmei Lu, by Yan'an Xi Lu (6242

4328) Daily 9-2am 6) 193 Jiaozhou Lu, by Xinzha Lu (5233 5778) Daily 10-2am 7) LG2-47 IFC, 8 Shiji Dadao, by Lujiazui Huan Lu (6878 5008) 8) 616 Biyun Lu, by Yunshan Lu (5835 2118) 9) S1-05B, B1 South Retail, Jingan Kerry Centre, 1218 Yan'an Zhong Lu, by Changde Lu (6266 0018) 1) 南昌路 559 号 2 楼, 近陕西西路 2) 新东路 206 号, 近富民路 3) 新东路 218 号 2 楼, 近富民路 4) 花木路 1378 号浦东嘉里城 L119 单元, 近芳甸路 5) 虹梅路 3911 号 5 号别墅, 近延安西路 6) 胶州路 193 号, 近湖南路 7) 世纪大道 8 号国金中心 L.G2-47, 近陆家嘴环路 8) 碧云路 616 号, 近云山路 9) 延安中路 1218 号静安嘉里中心商场南区地下一楼 SB1-05B (25 号商铺), 近常德路



Get 30 minutes free signature oil massage while book 1 hour body treatment

Only Shop @ Gubei (The Place)

Subconscious Day Spa 1) 183 Fumin Lu, by Julu Lu (6415 0636) Daily:10am-12pm 2) 458 Dagou Lu, by Shimen Yi Lu (6327 1193) Daily:10am-12pm 3) Room418-419, The Place (Nanfeng Mall), 150 Zunyi Lu, by Ziyun Lu (6273 0161) Daily:10am-10pm www.subconsciousdayspa.com. 1) 富民路 183 号, 近巨鹿路 2) 大沽路 458 号, 近石门一路 3) 遵义路 150 号 418-419 室, 近紫云路

The Peninsula Spa Escape from the hustle city life and enjoy massages, facials or make-up applications, it is the first spa in Shanghai offering award-winning Biologique Recherche skincare treatments and Biologie products. 3/F, The Peninsula Shanghai, 32 Zhongshan Dong Yi Lu, by Beijing Dong Lu (2327 6599), Mon-Fri 11am - 12am; Sat-Sun 10am - 12am; treatment reservation begins at 10am. 中山东一路 32 号, 上海半岛酒店 3 楼, 近北京东路

Waldorf Astoria Spa The Waldorf Astoria Spa offers an international elixir of luxury spa experiences delivered by a team of highly skilled therapists. Each experience is enhanced by purest exquisite products selected from around the globe, sending you on a journey of enlightenment. 3/F, 2 Zhongshan Dong Yi Lu, by Guangdong Lu (6322 9988-3620) Daily:10am-10pm 中山东一路 2 号外滩华尔道夫酒店 3 楼, 近广东路

PREGNANCY HEALTH SERVICE

American-Sino OB/GYN/Pediatrics Services ASOG was founded in 2003. We provide a comprehensive array of on-site services for women and children by certified specialists from overseas and China. Our facilities located in the city center are comfortable and equipped with state-of-the-art technology. We are committed to providing quality, compassionate, and personalized healthcare with international standards. Our medical staffs are bilingual in English and Chinese. Opening Hours Monday-Friday 9:00-20:00 Saturday-Sunday 9:00-17:00 Vaccination for children is not available after 5pm Direct billing with over 30 international insurance companies 1) Inpatient: 14/F, Complex Building Huashan Hospital, 12 Wulumuqi Zhong Lu, by Changle Lu (6249 3246, 5288 7240) 2) Outpatient: 3/F, Block 6, Clove Apartment, 800 Huashan Lu, by Zhenning Lu (6210 2299) Mon-Fri 9am-8pm, Sat-Sun 9am-5pm 1) 乌鲁木齐中路 12 号华山医院综合楼 14 楼, 近长乐路. 2) 华山路 800 弄 6 号裙楼 3 楼近镇宁路

Shanghai Redleaf International Women and Infants Center; Shanghai Redleaf International Women's Hospital 1209 Huaihai Zhong Lu, by Donghu Lu 8am-5pm, 24/7 (6196 3333) marketing@redleafhospital.com www.redleafhospital.com 淮海中路 1209 号, 近东湖路

VIP Maternity & GYN Center This is a reputable chain of hotel-style VIP Maternity & GYN Centres delivering premium Obstetric and Gynaecological ("OB/GYN") services. There services include prenatal examinations, examinations, genetic consulting, general examinations, minor operative VIP13-15/F, 1961 Huashan Lu, by Changle Lu (6407 0399, 5288 9999) Daily 8am-10pm www.upmg.us 华山路 1961 号贵宾楼 13-15 层, 近长乐路

YOGA

Karma Life Yoga This large newly renovated high-end studio in Pudong offers a diverse range of styles and classes, including Ashtanga, Anusara, Hot yoga, soft Yin and Basics. The teachers are top notch and international, with world-renowned visiting guest teachers offering workshops and teacher trainings. Classrooms are spacious and bright, and changing areas are clean and stylish. Classes taught in both Chinese and English. 1) 160 Pucheng Lu, by Shangcheng Lu (5882 4388, 150 0003 0588) Daily 9am-10pm info@karmayoga.com.cn www.karmayoga.com.cn 2) 2nd floor, No. 758 South Xiang Lu 1) 浦城路 160 号, 近商城路 2) 西藏南路 758 号 2 楼

The Pure Yoga Shanghai flagship studio is located at iapm mall on 999 Huaihai Middle Road, in the heart of Shanghai's shopping district. Pure is Asia's leading lifestyle brand and is proud to extend its foothold in Shanghai after Hong Kong, Singapore, Taipei and New York. Pure Yoga brings to our city its yoga and fitness expertise, a team of passionate and internationally recognized instructors, plus exciting workshops and teacher training conducted by renowned yoga masters. L6-615, iapm mall, 999 huaihai Zhong Lu, by Shaanxi Nan Lu (5466 1266) 淮海中路 999 号 环贸 iapm 商场 L6-615, 近陕西西路

Y+ Yoga Centre Whether you are looking to develop your spiritual wellbeing, body toning or just socialise with the hip young crowd, Y+ Yoga Centre will have the right class for you. 1) 2/F, Bldg2, 299Fuxing Xi Lu, by Huashan Lu (6433 4330) Daily 6.45am - 8.45pm info@yplus.com.cn www.yplus.com.cn 2) 3/F, 308 Anfu Lu, by Wukang Lu (6437 2121) info@yplus.com.cn 3) 2/F, 202 Hubin Lu, by Shunchang Lu (6340 6161) Daily 7.30am-8.45pm info@yplus.com.cn 1) 复兴西路 299 号 2 楼 2 楼, 近华山路 2) 安福路 308 号 3 楼, 近武康路 3) 湖滨路 202 号 2 楼, 近顺昌路

LIFE & STYLE APPAREL

Shanghai Tang 1) No.15 North Block, 181 Taicang Lu, by Madang Lu (6384 1601) Mon-Sun 10.30am-11pm 2) Shop E, Jinjiang Hotel, 59 Maoming Nan Lu, by Changlu Lu (5466 3006) Mon-Sun 10am-10pm 3) Shanghai Pudong Lobby Level, 33 Fucheng Lu, by Mingshang Lu (5877 6632) Mon-Sun 10am-10pm 4) 1/F, 333 Huangpi Nan Lu, by Taicang Lu (6384 1601) Mon-Sun 10.30am-11pm 5) L1C, Level 1 the Peninsula Hotel, 32 Zhongshan Dong Yi Lu, by Nanjing Dong Lu (6329 6255) Mon-Sun 10.30am-11pm 6) L221, Citic Square, 1168 Nan Jing Xi Lu, by Jiangning Lu (5212 2162) Mon-Sun 10.30am-11pm 1) 太仓路 181 弄新天地北里 15 号, 近马当路 2) 茂名南路 59 号锦江饭店 E 店, 近长荣路 3) 富城路 33 号浦东香格里拉大酒店一楼, 近名都路 4) 黄陂南路 333 号新天地 1 层, 近太仓路 5) 山东一路 32 号半岛酒店 1 层 L1C 铺, 近南京东路 6) 南京西路 1168 号中信泰富广场 2 层 221 单元, 近江宁路

FURNITURE & LIFESTYLE

Chapin House Boasting 4,700 square meters, Chapin House is a sizable showroom specializing in a mix of Chinese and western furniture: furnishings, upholstery, decorative lighting, mattresses, tables, table ware, accessories, as well as a large selection of kids' furniture. 1) 2622 Jingqiao Lu, by Jinxiu Dong Lu Mon-Sat 10am-5.30pm, Sunday 11am-5pm 2) HuBinDao Mall, 150 Hubin Lu, by Huangpi Nan Lu Mon-Sun: 10am-10pm (5858-1329, http://ChapinHouse.com/) 1) 金桥店, 金桥路 2622 弄 59 号 5 号门, 近锦绣东路 2) 新天地店, 湖滨路 150 号, 近黄陂南路

DTL HOME&GARDEN FURNITURE Having over ten years' experience of manufacturing, custom-made solid wood furniture, the company also includes indoor furniture featuring Chinese and Western style, children's furniture, outdoor garden pieces, Afghanistan handmade carpets and featured decorations, etc. Products are popular in Europe, America and around the world. 1) PuXi Store: B-1, 1568 HuQingPing Gong Lu, by Xiewei Lu (6976 0245) dtlmichelle@aliyun.com www.dingtang.com 2) Pudong Store: 160 JinFeng Bei Lu, by Longdong Dadao (5833 1968) 1) 沪青平公路 1568 号 B-1 铺至保艺艺术区内, 近谢卫路 2) 浦东新区金丰北路 160 号, 近龙东大道



Homes-Up.com provides a wide selection of creative home deco accessories, home textiles, small storage and more. All products are exclusively designed by Homes-Up. Experience an innovative decoration concept in Shanghai. Shop online at www.homes-up.com. 1) Taikang store, 126 Taikang Lu, by Sinan Lu (6301 0190) Daily 10am-10pm 2) Super Brand Mall, 1/F, 168 Lujiazui Xi Lu, by Lujiazui Huan Lu 1) 泰康路 126 号, 近思南路 2) 正大广场店, 陆家嘴西路 168 号 1 楼, 近陆家嘴环路

Lily's Antiques Specializing in high quality and genuine Chinese antiques, Lily's Antiques offers 100 percent wood furniture and home decor for the modern home. Tailor-made furniture can be ordered on request and free shipping is provided within Jinqiao area. 1037 Biyun Lu, by Huangyang Lu (5019 1199) showroomsh@lilysantiques.com; www.lilysantiques.com 碧云路 1037 号, 近黄杨路



LE REXO has clients - interior designers, individuals - coming from as far as Europe, USA, Singapore etc... famous for its combination of four different factors: craftsmanship, materials, quality and personalised service. Each furniture is handcrafted, unique, 100 percent organic and custom made. Now on www.lerexo.com you can order on line your own high end custom made furniture. LE REXO and designer Echo Chen have launched amazing collections of jewellery, unique pieces of fine craftsmanship. 2/F, N.20, Lane 383, South Xiang Yang road (by Yong Jia Road). (5213 0016 - 180 1793 8251) www.lerexo.com. Tue-Sat, 12:30-18:00 樂瑟歐, 上海市徐匯區襄陽南路 383 弄 20 號 2 樓, 近永嘉路

Platane Platane combines traditional savoir faire, worldwide design home wares in a distinctive simplicity and elegance. Discover its own range of handmade ceramic and porcelain as well as imported brands like Zoeppritze, Bertozzi, Charvet, La Rochere, USA. www.platane.cn 1) 439 Wukang Lu by Huaihai Zhong Lu (6433 6387); 2) 156 Taikang Lu by Sinan Lu (6466 2495). 1) 武康路 439 号 (6433 6387) 2) 泰康路 156 号 (6466 2495)

CLASSIFIEDS

CLASSIFIEDS INDEX

- A-YI SERVICES
- BUSINESS CENTERS
- RENTAL SERVICES
- CATERING SERVICES
- CONSULTING SERVICES
- EDUCATIONAL SERVICES
- HEALTH SERVICES
- HOTEL
- MOBILE PHONE REPAIR
- MOVING + SHIPPING
- MASSAGE
- VISA SERVICE
- STORAGE
- TRAVEL SERVICES

A-YI SERVICES

Shanghai MD maid service Shanghai MD services is an advanced household service provider, offers professional and reliable Ayi/Filipino and driver to expatriate families.

Service include: onetime cleaning, full-time and part-time domestic helper, baby-sitter, tutor, airport pickup and see-off (delighting your life in shanghai) Email: md-amanda@foxmail.com Mobile: 13564880039 amanda www.md-shanghai.com

BUSINESS CENTER

Regus Business Centre Premium Business Centre 21 in Shanghai, 70+ in Greater China Tel: +86 400 120 1205 www.regus.cn

Regus is the world's largest provider of workplace solutions, with products and services ranging from fully equipped offices to professional meeting rooms, business lounges and the world's largest network of video communication studios.

Servcorp is the industry-leading, technologically advanced provider of the most professional, flexible and cost-effective serviced office and virtual office solutions. Tel: +86 400 656 0166 www.servcorp.com.cn

Kerry Center Level 29 Shanghai Kerry Centre 1515 Nanjing West Road Jing An District, Shanghai 200040 Close to Jing'An station (Line 2,7) 嘉里中心 29 楼 南京西路 1515 号 中国上海市静安区 靠近静安寺地铁站 (2 号线)

Servcorp At the Bund 5th Floor Somekh Building, Bund 149 Yuanmingyuan Road Huangpu District Shanghai 200002 Close to People Square Station (Line 1,2,8) 圆明园路 149 号 外滩路密大楼 5 楼 中国上海黄浦区 靠近人民广场地铁站 (1 号线)

Citigroup Tower Level 23, Citigroup Tower 33 Huayuanshiqiao Road Pudong, Shanghai 200120 Close to Lujiazui Station (Line 2) 花旗集团大厦 23 楼 花园石桥路 33 号 中国上海浦东 靠近陆家嘴地铁站 (2 号线)

Shanghai Business Center 第一商务中心 CBD, Grade A Building, Serviced Office Lujiazui, Huaihai Road, West Nanjing Road, Hongqiao, Xujiahui Free Service, Impartial Assessment, Best Offer

Call Green To Viewing: 189 1732 8282 www.001BC.com

The Executive Centre - International Finance Center 德事商务中心 - 上海国金中心 Level 8 & 36, Tower 2, International Finance Center No.8 Century Avenue, Pudong, Shanghai (Lujiazui Station, Line 2) 上海市浦东新区世纪大道 8 号, 上海国金中心二期 8 楼 / 36 楼 (地铁 2 号线陆家嘴站)

The Executive Centre - CITIC Square 德事商务中心 - 中信泰富广场 Level 35, CITIC Square No.1168 West Nanjing Road, Jing'an District, Shanghai (West Nanjing Road Station, Line 2) 上海市静安区南京西路 1168 号, 中信泰富广场 35 楼 (地铁 2 号线南京西路站)

The Executive Centre - Xintiandi 德事商务中心 - 新天地 Level 5, Xintiandi No.159 Madang Road, Huangpu District, Shanghai (South Huangpi Road Station, Line 1) 上海市黄浦区马当路 159 号, 新天地 5 楼 (地铁 1 号线黄陂南路站)

The Executive Centre - The Center 德事商务中心 - 世世纪商厦广场 Level 20, The Center No.989 Changle Road, Xuhui District, Shanghai (Changshu Road Station, Line 1) 上海市徐汇区长乐路 989 号, 世纪商厦广场 20 楼 (地铁 1 号线常熟路站)

The Executive Centre - Chong Hing Finance Center 德事商务中心 - 创兴金融中心 Level 12, Chong Hing Finance Center No.288 West Nanjing Road, Huangpu District, Shanghai (People Square Station, Line 1) 上海市黄浦区南京西路 288 号, 创兴金融中心 12 楼 (地铁 1 号线人民广场站)

TINVEST Tinvest Group- boutique serviced office (Former French concession) www.tinvestgroup.com 6433 5707 or 18317070380

T288 9F/10F Dramatic Art Center 288 Anfu Rd, Xuhui District, Shanghai Close to Changshu station (Line 1&7), Close to Shanghai library station (line 10)

T297 #297, Wuyuan Rd Close to Changshu station (Line 1&7), Close to Shanghai library station (line 10)

RENTAL SERVICES

Shanghai Yichuan Bicycle Rental We provide you with high quality brand bikes and bicycle delivery service. Free advice and free map will be given to you. HOT!!! Shanghai bicycle tour available. Tel: 18302176812

CATERING SERVICES

Gourmet Traveler Gourmet traveler caters much more than just food. With absolute attention to detail we ensure a personalized gourmet experience from planning right through to your special occasion. It's what we do www.gourmettraveler.com.cn Tel: 5477 9702 or contact Albert on 159 0175 7070 Email: info@gourmettraveler.com.cn 地址: 红松东路 699 号名城二期会所. 邮编: 2011003

CONSULTING SERVICES

Harris Corporate Solutions Ltd Shanghai | Beijing | Guangzhou | Hong Kong Established since 1972

- WFOE & Rep. Office Set Up
- Accounting & Tax Compliance
- Payroll, HR & Visa Solutions
- Hong Kong & Offshore Company Registration
- Hong Kong & China Bank Account Opening

CLASSIFIEDS

Serving all your business needs for investing in China. Call us for a free consultation.

Tel: (86)21-6289 8813
Mobile: 189-643-41625
Email: info.sh@harrisinc.com.cn

Shanghai:
Suite 904, OOCL Plaza, 841 Yan An Zhong Road,
Jing-An District, Shanghai, PRC.
上海市静安区延安中路 841 号东方海外大厦 904 室

Beijing:
Room 2302, E-Tower, No.12 Guanghua Road,
Chaoyang District, Beijing, PRC.
北京市朝阳区光华路 12 号数码 01 大厦 2302 室

Guangzhou:
Room D-E, 11/F, Yueyun Building, 3 Zhongshan
2nd Road, Guangzhou, PRC.
广州市中山二路 3 号(东山口)粤运大厦 11 楼 D-E 室

Hong Kong:
7/F, Hong Kong Trade Centre, 161-167 Des Voeux Road Central, Hong Kong.
香港德辅道中 161-167 号香港贸易中心 7 楼

J&K Investment Consulting Co., Ltd.
WFOE, JV & Rep. Office Set Up.
Visa, Work Permit, Residence Permit.
Tax & Accounting Advisory.
Payroll & HR Solutions.
Trade Mark Registration.
HK & Overseas Company.
Tel: 51179353; 51179360.
winny@jkinvest.net

24M Large Bedroom For Rent
13th Floor, view, 20GB Broadband, En-Suite Toilet, IPTV Over 120 International Channels. Steps to North Xizang Rd. Station, Line 8. 3 Stops Away From People Square. Rent: 3000 Per Month. Mobile: 18916038577;
Email: gongdoug@aliyun.com
出租主卧, 靠近西藏北路地铁站(8号线)

EDUCATIONAL SERVICES

AIA
AIA CFO Forum on Dec 15
This is the 14th CFO Forum AIA (the Association of International Accountant) has held in Shanghai. This time we invite Yu Chun, a director of one international accounting firm to share her view on bank fraud.
Tel: 400-820-2803
Free, 2:00-3:30pm, 10F, Towel 2, No. 2230, Zhongshan Road West, close to Yi Shan Road Station (Line 3, 4, 9)
徐汇区中山西路 2230 号 2 号楼 10 楼, 靠近宜山路地铁站(3, 4, 9 号线)

LONG Mandarin-With 6 centers throughout Shanghai, Long Mandarin has taught Chinese to over 14,000 expats over the past 10 years. Long Mandarin is an official registered HSK testing center as well. Free HSK seminar held every month.
Course—Classes are available for survival, conversational, business Chinese, Chinese character course, HSK course and more. Cultural courses are also available, with special events held every month.

Campus
徐家汇校 Xujiahui School
徐汇区天钥桥路 166 号中福实业大厦 11 楼(近肇嘉浜路, 1,9,11 号线徐家汇站)
93 Tianyaoqiao Rd 11F near Zhaoliabang Rd, Xujiahui Station (Line 1,9,11)

中山公园校 Zhongshan Park School
长宁区凯旋路 166 号凯旋坊 6 号楼 3 层 D 座(近汇川路, 2,3,4 号线中山公园站)
166 Kaixuan Rd, Bldg 6, 3F/D near Huichuan Rd, Zhongshan Park Station (Line 2,3,4)

八佰伴校 Babaiahui School - Pudong
浦东新区浦东南路 1088 号中融大厦 9010-9011 室(近张杨路 9 号线商城路站)
1088 South Pudong Rd, Ste. Rooms 9010-9011 near Zhangyang Rd, Shangcheng Rd Station (Line 9)

古北校 Gubei School
长宁区荣华东道 79 弄 10A 金鹿公寓 1-4 楼(近水城南路 10 号线水城路站)
79 West Ronghua Rd, No 10A near South Shuicheng Rd, Shuicheng Rd Station (Line 10)

虹桥校 Hongqiao School
长宁区虹南路 88 号太阳广场东塔 2 楼 B4-6 室(近娄山关路, 2 号线娄山关路站)
88 Xianxia Rd, B4-6, 2/F East Sun Plaza near Loushanguan Rd, Loushanguan Rd Station (Line 2)

香梅校 Xiaomei School - Pudong
浦东新区锦绣路 1650 弄香梅花园 2 号楼 702 室(近东绣路 9 号线杨高中路站)
1650 Jinxiu Rd./Bldg 2, 702 near Dongxiu Rd, Middle Yanggao Rd Station (Line 9)



HAN YUAN Mandarin School

- Step by step
- Blurt Out Idiomatic Chinese
- Speak out your fluent Chinese with the magic rhythm!

www.hanyuansh.com
A HOUSE WITH A HISTORY OF 90 YEARS

HanYuan Promotion Daytime Course
Daytime: Monday-Friday, 10a.m.-5p.m.
Price: RMB100/class hour
A miracle of Chinese learning achievements! We are tailor making the step by step course for your situation in China or any other personal needs.
Address:
Huaihai Road Campus: No.28 Gaolan Rd. Zhongshan Park Campus: Room A, 13F, No.121, Jiangsu Rd.



IMANDRIN CHINESE CULTURAL GROUP

GET ONE YEAR "ICCG" MEMBERSHIP TO ACCESS ALL EVENTS FOR FREE.

iMandarin
"Ting Bu Dong" is Long gone!
www.iMandarin.net
study@imandarin.net

Shanghai Centre Campus
Rm720, 1376 Nanjing Xi Lu, by Xikang Lu
南京西路 1376 号上海商城西峰 720 室, 近西藏路
Tel: 021-3222 1028

Xintiandi Campus
Suite1708, 333 Huaihai Zhong Lu, by Huangpi Nan Lu
淮海中路 333 号瑞安广场 1708 室, 近黄陂南路
Tel: 021-3308 0508

Zhongyin Campus
Suite2312, 200 Yincheng Zhong Lu, by Shiji Dadao
银城中路 200 号中银大厦 2312 室, 近世纪大道
Tel: 021-5037 2711

Jinqiao Campus
1779 Yunshan, by Bijun Lu
云山路 1779 号, 近碧云路
Tel: 021-6105 9572

Yuandong Campus
Rm1916, Bldg B, 317 Xianxia Lu, by Gubei Lu
仙霞路 317 号远东国际广场 B 座 1916 室, 近古北路
Tel: 021-5239 2807

Hongqiao Campus
RmC207, Shang-Mi Ra Commercial Centre, 2633 Yan'an Xi Lu, by Shuicheng Nan Lu
延安西路 2633 号美丽华商务中心 C207 室, 近水城南路
Tel: 021-3223 1046

Mandarin City
Mandarin City is dedicated to providing high quality and professional Chinese courses for foreigners. It has a good reputation for achieving results through excellent teaching and considerate service! Mandarin City also can sent teachers to your office or home for your convenience! Address: No.40, Lane 56 Yandang Road (Close to Middle Huaihai Road)
Tel: 8621 5306-2960, 8621 5306-0968
E-mail: info@mandarincity.cn
www.mandarincity.cn

Panda Jing'an Campus: Suite 311-315, 3F, Tower 3, Donghai Plaza, 28 East Yuyuan Rd. 愚园路 28 号, 东海广场 3 号楼 311-315

Panda Pudong Campus: Suite B, 14F, Regal Tower, 15 Xiangcheng Rd. 向城路 15 号, 锦城大厦 14B

Panda Hongqiao Campus: Suite E, 26F, Ziyun Mansion, near 299 Ziyun Rd. 中山西路 800 弄 55 号, 紫雲大厦 26E
School in Japan: Suite F, Hayami Building, 1-5-3, Machikuzaha, Hirakata-shi, Oosaka, Japan. 日本校: 日本国大阪府枚方市町楠葉 1 丁目 5-3 速水大厦, 3 楼 F 座
Free Phone: 4008203587



Panda Language EXPERT TEACHING COMPETITIVELY PRICED

- HSK authorized school
- Offer office/home teaching service

1 on 1 Private Course
Mandarin Course: from 68 rmb/50min
English Course: from 88 rmb/50min

Jing'an School
Pudong School
Hongqiao School
Tel: 4008203587
Wechat: panda-edu
www.pandachinesetraining.com
info@pandachinesetraining.com

Free Demo

Panda Language Institute
Expert Teaching and Competitively Priced
With 10 years of teaching experience, 4 campuses and over 5000 satisfied graduates, the Panda Language Institute is the only source you need for effective Mandarin Chinese instruction, English instruction or Chinese cultural training, whether for business or personal enrichment.



Mandarin Course
- Beginner to fluency only 3 months

- Intensive Chinese
- Part Time Chinese
- HSK Preparation
- Business Chinese

info@mandarinhouse.com
www.mandarinhouse.com
Toll free 400 633 5538

Mandarin House (Shanghai)
International quality accredited Chinese language programs. Whether at your office, home, or our conveniently-located schools; learn practical and modern Chinese with experienced teachers. Call us or visit our school and see why more than 30000 people have chosen Mandarin House for learning Chinese!

People's Square
12F Asia Mansion, 650 Han Kou Road
上海市黄浦区汉口路 650 号亚洲大厦 12 层

Hongqiao
Room 538, 68 Shui Cheng Road
上海市长宁区水城路 68 号 538 室(近虹古路 321 号)

Tel: 400 633 5538
E-mail: info@mandarinhouse.com
Web: www.mandarinhouse.com

Mandarin NOW
This centrally located Mandarin education center focuses on practical Chinese with a focus on real-world situations and realistic usage. Students can apply what they learn in class to their life and work from the very first lesson. They teach in Chinese, using English only when absolutely necessary. They measure progress and use the results to provide feedback to students and test students' knowledge at regular milestones and compare this with hours spent in class and the teaching methods used. This allows students to benchmark their progress and also allows us to identify learning points that may need increased focus.

Metro: Jing'an Temple, 3 mins walk
Hours: Daily, 9am-9pm
Web: www.speakmandarinnow.com
Email: info@speakmandarinnow.com
Tel: +86 021-32576066
15821733291 / 13916157494
Add: Room 904, No 83 Wanhangdu Rd (near West Beijing Rd), Shanghai
地址: 上海市静安区万航渡路 83 号 904 室

Shanghai International MBA
A two-year Part-time MBA designed for multinational managers
Classes are taught in English by international professors on average 4 consecutive days per month
Tel: +86 (21) 65980610
E-mail: adm@simba-tongji.com
Web: www.simba-tongji.com
Room A309, Sino-French Center, Tongji University, 1239 Siping Road, Shanghai 200092, China
同济大学上海国际 MBA, 中国上海四平路 1239 号同济大学法文中心 A309 室

Recruiting for British Teachers
SEATTON is the number-one etiquette training brand in China, teaching clients western style and culture. This year Seaton opens a Club House in Shanghai dedicated to offering clients luxury cultural experiences.

The candidate:
• Confident teacher ideally with experience teaching both adults and children
• Will be trained on the Seaton curriculum
• Will be responsible for delivering Seaton Etiquette and Style classes
• Salary negotiable depending on experience
• Both full-time and part-time positions

Please email CV and business photograph to Catherine Wang
catherine@seaton.com
www.seaton.com

Youmandarin always has the right course for you!
Whatever your objectives - personal training, corporate training, cultural acclimation, providing your children with an opportunity for a head start, or even just fine-tuning your accent- our customized training system ensures that all your needs can be met in a timely fashion. Quality assurance is our foremost concern.
Jing'an Campus: Suite 1405A, Shanghai International Group Mansion, 511 Weihai Road
Tel: 52047618
Website: www.yourmandarin.com
Email: info@yourmandarin.com



Learn Chinese no matter what your schedule or situation.
Chinese for Busy People
ChinesePod is Chinese for Busy People - get started with us today.
chinesepod.com

HEALTH SERVICES
DR. HARRIET JIN'S DENTAL SURGERY
Rm 1904, Hui Yin Plaza (South Building), 2088 Huashan Lu
Tel: 021-6448 0882
harrietjin@online.sh.cn

www.drharrietdental.com.
 华山路2088号汇银广场南楼1904室

DR. LI'S CHINESE MEDICINE CLINIC
 5C No.28 Lane 18 Hongqiao Rd.
 (Appointment Only)
 Tel:021-3424 1989
 email:ljpctcm@126.com
 www.ljctcm.net
 虹桥路18弄28号5C

HOTEL

3+1bedrooms**Beijing / 3+1bedrooms hutong**

3+1 Bedrooms meets the needs of the most meticulous guest: complete immersion in traditional Beijing coupled with first class comfort only found in a modern-day metropolis

17 Zhanwang Hutong, Jiugulou Dajie, Dongcheng district, +86 10 6404 7030

Tianjin / 3+1 bedrooms minyuan

Minyuan 33 is a boutique hotel that combines the storied legacy of Tianjin with the finest modern conveniences. To understand Minyuan 33's history, we must go back to the days when Tianjin was a bustling port city situated at a nexus of important maritime and rail trade routes. Strict restrictions on European trade began to ease after China suffered military setbacks, and in the last century of the Qing Dynasty (1644-1911), zones were approved for foreign trade.

31-33 Changde Rd. Wudadao Heping District +86 2331 1626

JOB

Uhome

Stylist (Interior Design)

Responsibilities

- Create and complete product collections
- Manage and establish product assets via proper selection, styling

Qualifications

- Good understanding of Nordic/Scandinavian styling
- Experience in visual merchandising and marketing

Email: hr@uhomecorp.com

MOBILE PHONE REPAIR

Shanghai-based door-to-door mobile device repair including iPhone & iPad. Please contact 13681635603 (Mr. Li).

MOVING + SHIPPING

EPSYMOVERS : WE MOVE YOUR WORLD

Are you looking for a moving company providing good service, strong follow-up and affordable prices? Feel free to contact us anytime
 Landline : (+86) -021-51286827
 Tel: (+86) 13761878344
 WECHAT: EPSYMOVERS
 Email: moving@epsylog.cn

ASIAN EXPRESS

is an expert in international, domestic, local household goods and office moving, storage and full relocation services.

We have been servicing the chinese mainland since 1980, which makes us one of the most experienced moving companies. Call today and get an obligation FREE quotation from our multilingual expat staff.
 Tel: (021) 6258-2244
 Fax: (021) 6258-4242
 Email: shanghai@aemovers.com.hk
 Website: www.aemovers.com.hk

BEYOND RELOCATION

(core members of the EUROMOVERS and IAM) - From one box to full containers, let us carry the load for you! Available Moving Solutions: international Door to Door Moving, Local Moving, Groupage Service to US, Europe, Asia and Australia, Home Search, Corporate Relocation Package, Storage and more. Call us for an obligation-free estimate and find out what we have to offer.
 Tel: +86 (0)21 3255 3762
 E-mail: china@beyond-relo.com Website: www.beyond-relo.com



DHL GLOBAL FORWARDING - Provides professional Door to Door international, domestic, local household goods and office moving services, as well as warehousing and record management.
 Tel: 2306 8047 / 2306 8049
 Fax: 2320 1950
 Email: hhg.china@dhl.com
 Contact: Joanna Hu

Excel World Wide Moving & Storage

International/ Domestic/Local/Office Removal Storage
 Tel: 3462 8040
 Email: info@excelrelo.com
 Website: www.excelrelo.com

Hanna Relocation—Hanna keeps it safe.

International/ Domestic/Local Move Storage Service
 Office Move
 M:138 1742 2742 Menicus
 Tel:6475 2726 F:5479 6362
 Email:hanna@hannapack.com
 Website: www.hannapack.com

"Simplify and Convenience Service"

OTTO Packing & Transport Co., Ltd
 Office move experts, over 300 office relocations annually, each project over 300 headcounts.
 We provide professional International, domestic and local household goods relocation service and office move. As well as warehousing and records managements service.

OTTO has headquartered office in Beijing, branch office in Shanghai and Guangzhou
 Tel: 8621-54246872,
 Mob: 13801604452
 Email: eason.luo@ottochina.com
 Hotline: 4008101279
 http://www.ottochina.com

reloSMART was built with one aim, to offer SMART moving solutions. We believe that moving house is simple, not rocket science. Our Asian experience paired with European efficiency makes us the smartest choice in the region.

SCHENKER CHINA LTD. - Worldwide & local removals specialists for personal effects, fairs & exhibition and office removals.
 Room.4001-4006, Raffles City (office tower)
 No.268 Xi Zang Zhong Road.
 Contact: Eric Chen 13661810964

Seven Seas Worldwide

We ship your stuff worldwide. It's simple. Baggage Worldwide: Price from CNY999
 International MoveCube Relocation: Price from CNY6999
 Get instant price online at www.sevenseas-worldwide.cn
 24/7 multilingual hotline 400 181 6698.

Zikko Group (core members of IAM) was found in 1996 and specialize in international relocation service, domestic / local removal, office removal and storage service.
 Call us to get free survey and quotation. Choose Zikko, Enjoy your move!
 Tel: 86-21-63811583 / 400-681-1583
 Email: info@zikko.com
 Web service: www.zikko.com
 上海子归货物运输代理有限公司

MESSAGE

Aroma Spa

24 hours available, please confirm the outcall service half an hour for booking.
 Oil Massage RMB500/1hours. Mobile: 15900773912, Wechat: fly19890618.

Mina Massage

We serve authentic and professional

massage to all people who want to have a good memory in Shanghai. Foot Massage, Full Body Oil Massage, Romantic Massage, and other good and relaxing services.
 English speaking massagist comes to your place within 30 minutes (Taxi fee charged by your side).
 158 0032 2162

VIP Romantic Massage

(139 1664 3647)

feel tired?

We have good massage services. Come to your place. Let me know your needs. We give you a surprise.
 Add: 328 Nanjing East Road, near Radisson Hotel & JW Marriott.

Also available in Suzhou and Hangzhou Hi, guys! My name is seven! I am a nice girl come to your hotel or home. I'm gorgeous and great body shape. I'm tall and slim not fat.
 Please call me at 13818927285 for more information.

VISA SERVICE

NEI Visa Center

NEI is a Visa service company, which has nearly 100% success in Visa Applications. Our services include:
 L Visa Extension; F Visa Application and Extension; Work Visa Application, Extension and Amendment; Residence Permit Application, Extension and Amendment
 NEI sends English speaking agents and supporting vehicles in accompanying service, which includes: Medical Checkup; Residence Permit Interview; Other kind of Visa Applications if requested
 Working with NEI, leave your trouble behind. (156-9212-9975)

STORAGE

GGBOX Storage is self-storage, delivered to your door! We deliver a sturdy 7m3 storage module to your address, you fill it, then we take it away for storage in our secure warehouse. When you need it again, you can access your module by appointment, or we deliver it back to your address. We are cheaper and more convenient than traditional self-storage. Please call 4006 252 559 for more information, or visit us at www.ggboxstorage.com

MINISTORAGE Self Storage

Need more space to store your personal items or for your growing business? **MINISTORAGE** is an expert in self storage and offers clean, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). The units are climate controlled and ideal to store your rarely used items, furniture, equipment and more.
 Contact us now for more information!
 Tel: 021 6045 6838
 Email: info@minicc.com
 Website: www.minicc.com
 Address: Building 1, No. 33 Jinji Road
 上海浦东新区金吉路33弄1号楼

StorHub Self Storage

StorHub is Singapore's first, largest and friendliest self-storage operator, and is a wholly-owned subsidiary of CapitaLand Group. StorHub is now proud to have extended its experience and brand to China through our facilities in Shanghai. StorHub offers individuals and businesses a range of reliable and secure storage solutions to resolve storage challenges at home or in the office, provides cost effective and flexible storage solutions to our customers with clean and secure self-storage units with 24/7 access.
 Tel: 400 821 3150
 Web: www.storhub.cn
 Address: 3F, No. 1581 ChangYang Rd., YangPu District, Shanghai
 上海市杨浦区长阳路1581号3楼

A class - You You Space Security Self Storage

Need help solving your storage problems in China? You You Space security self storage is your best choice.
 All storage units are clean and climate-controlled. The store is accessible 24/7. As the first USA self storage association member company in the mainland of China, You You Space has been serving customers from many countries for five years, ensuring your belongings stay safe and protecting your privacy carefully. Moving

trucks available.

Web: www.youyouspace.com/en (English)
 Hotline: 400-680-1716
 158-2103-0431 (English)
 Email: service@youyouspace.com
 Address: 1-3F, East Tower, 800 East Guo Shun Rd, Shanghai. 上海市国顺东路800号东楼1-3F

TRAVEL SERVICES

Relaxation & Discovery Travel

We are a boutique travel agency based in Shanghai, provide expatriates & inbound travelers with travel services including booking of flights, hotels, cruises, holiday packages, designing tailor-made packages, organizing activities, transportation arrangement, as well as visa service. We are expert in China tours, beach holiday packages, history & culture exploration packages.

Our professional and bilingual travel consultants have many years of experience in designing travel programs customized to your interests.

Please tell us your travel plans and requirements, we will make all the arrangements down to the last detail, and try our best to arrange nice holidays for you.

9/F, 88 Fengyang Rd., by middle Xizang Rd., 上海市黄浦区凤阳路88号(近西藏中路), 9楼

Silk Road Travel Management Ltd.

Silk Road Travel is a pioneer in organizing Silk Road tours and other classic routes in China. Founded in 1997, we are specialized in tailor making travel packages that allow travellers to truly experience the local cultures and explore the amazing heritages. Whether you are a small group of 2-9 persons or a corporate group, our professional staff will tailor make the tour programme based on your needs.

Email: travel@the-silk-road.com

www.the-silk-road.com

Expats Holidays

Expats Holidays is a top proficient travel agency in China which caters not only to the Chinese locals but especially for expats living in China. Our team is composed of people highly knowledgeable and experienced with the travel industry. They all speak English professionally and are devoted to providing a high level of service.

If you have your own ideas and preferences to planning a trip, we are able to help you to customize one. According to your schedule, specific needs and budget. We can design a private trip for you, your family or friends.

Why choose Expats Holidays?

- Our company is a legitimate licensed travel agency.
- We have our own office in which you are welcome to visit anytime and rest assured that our efficient staffs will be assisting you.
- A very good relationship has been established between our company and the best hotel chains, airline companies and tourism bureaus.
- If an inevitable thing happens after your reservation is made, we will continue to assist you the best way we can may it be prior, within or even after your trip.
- Your feedback is always important to us as it will also help us to continuously improve our service.

Web: www.expatsholidays.com

Tel: 021-60547788

Email: info@expatsholidays.com

Office Address: 9/F, 1730 West Nanjing Road, Jing'an District Shanghai China

中国上海市静安区南京西路1730号9楼

XPATS TRAVEL SHANGHAI

Xpats Travel is a premier international travel agency in Shanghai with a bilingual team providing western standard services.

We specialise in tailor making travel packages with our first hand independent travel experiences to classic routes in China and beach holidays in Sanya, South East Asia and South Pacific countries. We also have special travel deals with group price to popular destinations. The information on this website is for guide only, more details, please contact us.

E-mail: holiday@xpatstravel.com

www.xpatstravel.com

Tel: (+86) (21) 6439 2985

Address: 4/F, 285 Jianguo Xi Lu, by Jiashan Lu 建国西路285号4楼, 近嘉善路 (6439 2985, www.xpatstravel.com)

NOT ONLY AN EXPAT BUBBLE

The CSL Domestic Market is Madness Too



BY IAN WALKER

Former England international goalkeeper, Ian Walker played for Tottenham Hotspur, Leicester City and Bolton Wanderers. In 2012 he moved to China to become goalkeeper coach of Shanghai Shenhua, before crossing the city divide to join Shanghai SIPG in 2014. Follow him on Twitter @IanWalks1.

Headlines might be being made around the world about the huge sums of money being lavished on foreign players in order to tempt them to the Chinese Super League, but what is all but being overlooked is an arguably even bigger bubble. That of the domestic market.

The CSL has a '3+1' rule – each club is allowed a maximum of four foreign players on the field, one of whom must be from an Asian Football Confederation country. The thinking behind it is to promote development of domestic talent, as well as conform to the rules of the AFC Champions League, which imposes the same on each participating country.

That means seven players on the pitch must be Chinese. So say what you like about the impact of big names like Lavezzi, Ramires, Teixeira, Gervinho, Cahill et al, but the truth is the team with the best Chinese players will win the league. It is no coincidence that five times reigning league champions Guangzhou Evergrande are well represented whenever it comes time to call up the China national team squad.

There is a finite amount of top Chinese players, though. With more and more money being pumped into the Chinese game, combined with a limited pool of domestic talent – a vital commodity for any club with ambitions of silverware – the value of those players has become over-inflated. The situation is such that they are worth far, far more to a Chinese club than they are in other league in the world.

Nowhere is this truer than in my department: goalkeepers. Another CSL rule stipulates that goalkeepers *must* be Chinese, but there are only a handful of good goalkeepers



What price a national squad goalkeeper like SIPG's Yan Junling?

in the CSL. Looking at the ones that moved in the winter transfer window, the prices are astronomical. Zhang Lu moved from Liaoning to second tier Tianjin Quanjian for RMB70 million, while Gu Chao went from Hangzhou to Jiangsu for RMB50 million.

Bear in mind these are two players who are not even close to making the national team squad. I wouldn't hazard a guess how much the three that do – Zeng Cheng, Wang Dalei and Yan Junling – would fetch, should they be sold by their respective teams, Guangzhou, Shangdong and Shanghai SIPG.

It is unlikely we will find out. They are three rich clubs in no hurry to sell off their top talent: they don't need the money and they won't find an adequate replacement. It is the same with outfield players. Clubs simply won't sell at any price, especially to their rivals, who are the only people who will place the same value on a

Chinese player. The domestic market is so overheated it has effectively come to a standstill.

There is high potential for a positive upshot to all this, though. If clubs are unable to just buy themselves success – short-term thinking which sees grassroots growth getting overlooked – I anticipate we will see a lot more money being put into the development of the game.

We're talking about clubs investing in academies and coaches, sourcing and nurturing of the best young local talent. Creating a conveyor belt of technically gifted Chinese players coming through the system for years and years to come.

So the domestic bubble might just force Chinese football in the direction it needs to go long-term. One that would lead to better players for the Chinese Super League, and a stronger China national team.

March Home Fixtures

Shanghai SIPG

Sun Apr 10, 3.30pm vs Liaoning Whowin (CSL)
 Fri Apr 15, 3.30pm vs Guangzhou R&F (CSL)
 Tue Apr 19, 7.30pm vs Melbourne Victory (AFC CL)
 Fri Apr 29, 7.35pm vs Yanbian Funde (CSL)
 > Shanghai Stadium, 1111 Caoyi Bei Lu, by Tianyaoqiao Lu 漕
 运北路1111号, 近天钥桥路. Nearest metro: Shanghai Indoor
 Stadium on Lines 1 & 4.

That's Shanghai is teaming up with the Camel Hospitality Group to put on drinks deals before and after Shanghai SIPG home games and during away games. Join the Facebook group 'Shanghai SIPG Supporters' Club' or email marketing@urbanatomy.com with the title 'Shanghai SIPG' for more details.



Shanghai Shenhua

Sun Apr 3, 7.35pm vs Shijiazhuang
 Sun Apr 10, 7.35pm vs Shandong Luneng
 Sun Apr 24, 7.35pm vs Hebei CFRC

> Hongkou Stadium, 444 Dong Jiangwan Lu, by Sichuan
 Bei Lu 东江湾路444号, 近四川北路. Nearest metro:
 Hongkou Football Stadium on Lines 3 & 8.

Imported



The star of
any holiday party.

Give Beautifully



Good Living, Happy Life.

Green Court Place is located at the junction of Zhangyang Road and Jin Qiao Road, two of Pudong New District's major roads. The Jinqiao Export Processing Zones, the Waigaoqiao Free Trade Zone, the Zhangjiang Hi-tech Park, the Biyun and Lianyang International Communities are within minutes of driving distance from Green Court Place.

Green Court Place will be a mix of two and three bedroom apartments which cater for consultants and middle management expatriates coming to Shanghai on medium to long-term assignments in the Pudong area.

The serviced residences will have an exercises facility, a breakfast lounge, a business centre and a large health centre that residents can use. All residences will be furnished in a comfortable residential style, with a fully equipped kitchen, and an entertainment centre featuring a flat-screen television, DVD player and high quality internet connections.

021-20512888



GREEN COURT PLACE

JINQIAO MIDDLE RING SHANGHAI

上海金桥中环碧云庭服务公寓