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GETTING GIGGY WITH IT



 城市漫步
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XUYI CRAYFISH

The crayfish season is upon us and there is only one place to find the best, Huai'an city.

Owing to the location of the Hongze Lake and hundreds of square kilometers of beach wetlands, crayfish have the most suitable environment for growth in Huai'an, the Gastronomic Capital of the World. Therefore, Xuyi Crayfish, with its golden brand, is undoubtedly the most popular culinary dish of summer.

Xuyi Crayfish have a bright red shell, fresh, tender meat and the characteristics of 'three whites and two plenties,' that is, a white belly, white gills, and plenty of white meat. It is a delicacy with vibrant colors and aromas and a taste to die for.



Xuyi Crayfish has a large variety of flavors, among the most popular is the 'Thirteen-spice Crayfish.' More than 10 kinds of spices are stewed together, giving the crayfish a spicy, fresh, sweet and tender taste, once you crack the shell off the first one, they are almost impossible to put down.

Braised Spicy Crayfish, known as the 'soul of summer,' are also irresistible. When you gently peel the crayfish and hear the crisp sound of the shell crack, the white and tender meat dipped in red oil excites the taste buds.

Braised Crayfish with Minced Garlic is a light dish that keeps the original flavor of the meat. The crayfish is wrapped with garlic that soaks both the meat and your fingers, even those with the strongest of willpower can't resist licking their fingers clean.

Crayfish are best enjoyed on a cool summer's evening on the streets of Xuyi. Locals and tourists head to the street, put down their cellphones, pick up a cold beer and spend the evening cracking shells, chewing the meat and enjoying each other's company.





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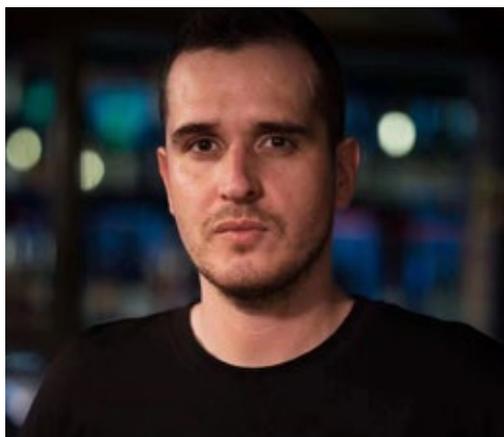
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Editor's Note

JULY 2022

From everyday tasks such as ordering takeaway to the more obscure ones like paying for someone to queue up for you at the doctor's office, these gratuitous expressions of convenience are becoming popular professions. The gig economy is a world that is intrinsically linked to our lives and it is ever-expanding in the Middle Kingdom as people look for any excuse to escape the dreaded 996 work schedule. For this month's cover story, Alistair Baker-Brian provides an in-depth examination of China's gig economy.

When he's not getting 'giggy' with it, Baker-Brian is regularly examining the effect COVID-19 is having on different aspects of Chinese society. For this month's Nation feature, he explores how various F&B businesses have coped with 2022's lockdowns.

This month we also welcome back regular Arts and Life contributor Mike Fox who once again delves into China's music scene. This time he looks at how a group of folk fanatics used the genre to bring life back to Beijing after the very first COVID-19 outbreak in the capital in 2020.

The 618 shopping bonanza has passed but in this month's Business and Technology section, we highlight three of Taobao's highest-selling kitchen gadgets for those who are still looking for a bargain. If that's not enough to get you in the kitchen, Li Bowen tells us how China's baked goods industry is slowly moving towards healthier snacks while independent bakers try to fill a gap in the market for European-style bread.

And finally, with the summer holiday fast approaching, fitness guru Kara Wutzke outlines seven fun tips for keeping the kids active and away from the TV.

Best Regards,



Lars Hamer
Editor-in-Chief

Live the French Way this Summer

Interview by James East

As we approach the long summer months and our kids get ready to take a long and well-deserved break from school, we invited the General Manager of Sofitel Sanya Leeman Resort, Mr. Marc de Beer to explain to us why adopting a French style of living on the island is a great way to spend the holiday.

What's great about a holiday with the kids at Sofitel Sanya Leeman Resort?

First of all, we are based at an amazing location. We are situated on the beautiful Haitang Bay, right on the beach with a breathtaking view of wonderfully landscaped grounds. Second, our rooms are spacious, which is perfect for a large or small family, the hotel has three large pools and we have dedicated more than 3000 square meters to family entertainment. On top of all that, we promise a French-style experience, focusing on the enjoyment of the finer things in life.

How would you describe a French-style experience?

A French lifestyle is relaxed, yet sophisticated. It is effortlessly elegant and pays much attention to what it calls 'the joys of living,' which translate into beauty in design, architecture, art, flowers, perfume, fine food and wine. It is not for nothing that most luxury brands you know of are French.

Why is a French living style ideal for a family holiday?

A family holiday should be relaxing, allowing you to spend quality time with your loved ones and enjoy luxuries that you perhaps would not every day. All these elements combined create memories and this is the goal of a family vacation.

What different activities do you have for parents and children?

We have daily "Le Petit Prince" children's activities, such as kite painting and flying, T-shirt decorating, bumper cars, planet painting, foam parties, clown shows, sand painting and much more.

For the older children or parents, we have our custom-built "Le Bakery" baking studio, where they can choose from a variety of classic French pastry recipes to make and bake their own sweet delicacies.

Mr. de Beer was appointed as the hotel's General Manager in January 2020 and he oversees the 472-room French luxury hotel. A native of the Netherlands, Marc studied at the Maastricht School of Hotel Management



and is proficient in Dutch, English, French and German and speaks basic Chinese.

Mr. de Beer has extensive experience in the opening, positioning and operation of international luxury hotels. Most notably, he has 17 years of experience as General Manager of internationally branded 5-star hotels in Belgium, China and the United Arab Emirates. He credits his worldwide experiences for enriching him and giving him a greater understanding and appreciation of different cultures.

Having grown up in his parents' fine dining restaurant, Mr. de Beer developed a keen eye for detail as well as a passion for fine food and drinks. He sets a high standard of performance and is a strong believer in training and developing people to grow and achieve their full potential. He looks forward to working with the dedicated professionals of Sofitel Sanya Leeman Resort to provide guests with unique 'Live the French way' experiences.



THE NATION

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Sichuan Sees Two Earthquakes in Five Minutes

By Alistair Baker-Brian

A 6.1 magnitude earthquake hit Lushan county, Ya'an, Sichuan province in southwest China on Wednesday, June 1 at 5pm.

Four people died and 41 were injured in Lushan. The quake was followed by a 4.5-magnitude earthquake at 5:03pm in neighboring Baoxing county, also in Ya'an.

As of 9am on Thursday, June 2, more than 30 casualties had been reported in Baoxing county.

More than 4,500 rescuers were dispatched to the affected areas.

Ya'an is also home to a group of giant pandas; staff at the China Conservation and Research Center for Giant Pandas said shortly after the quake hit that they were all safe.

According to the China Earthquake Networks Center (CENC) the quake's epicenter was at a depth of 17km, and tremors were felt as far away as Chengdu and Chongqing.

Houses were damaged and the earthquake also caused landslides on mountains close by.

Footage of the disaster went viral online; among other things, it showed landslides in the area's mountainous landscape, school children undergoing

an evacuation, as well as some of the aftermath of the quake including damaged and inaccessible roads.

Sichuan is no stranger to earthquakes because the southwest province lies on a fault line between the Indian and Eurasian tectonic plates.

The province's worst earthquake disaster occurred on May 12, 2008, in Wenchuan county located northwest of Sichuan's provincial capital, Chengdu.

Over 80,000 people were killed or went missing. Meanwhile, 375,000 people sustained injuries, and 4.8 million people were left homeless.

The 7.9-magnitude quake was China's strongest since 1950 and the deadliest since the 1976 Tangshan earthquake which killed 240,000 people.

Around fourth-fifths of the structures in the affected area were flattened after just two minutes. Xuankou Middle School in Yingxiu town was at the epicenter of the quake and remains untouched until this day; a

monument at the school shows the date and a clock with the exact time at which the earthquake struck.

It forms part of Wenchuan's Earthquake Memorial.



THE BUZZ

BIG NEWS

7 Days Centralized Quarantine for Overseas Arrivals

China is further easing restrictions for overseas arrivals into the country, with news that 7-day centralized quarantine plus 3-day 'health monitoring' at home (the '7+3' policy) will become the norm.

The new policy was noted in the ninth edition of the State Council's report on COVID-19 epidemic prevention and control.

Certain cities on the Chinese mainland had previously announced that they would implement a '7+7' for some overseas arrivals.

Overseas arrivals to China and close contacts of confirmed cases must spend seven days in centralized quarantine. They will undergo nucleic acid tests on days one, two, three, five and seven.

They will then undergo three days of 'health monitoring' at home with a nucleic acid test on day three.

Testing will be done via throat swab and not via nose swab.

Secondary close contacts will need to undergo seven days of health monitoring during home quarantine with nucleic acid tests on days one, four and seven (secondary close contacts were previously required to spend seven days in centralized quarantine).

Testing will be done via throat swab and not via nose swab.



STUNNING STAT

79.61 million...

... That's how many trips were taken on the Chinese mainland during Dragon Boat Festival, 2022 – a time for sticky rice *zongzi* and, as suggested by the name, dragon boat racing.

This year's 3-day holiday ran from June 3 until June 5. The number of trips represents a 10.9% drop compared with the Dragon Boat Festival of the previous year. Furthermore, it represents 86.8% of the total Dragon Boat trips taken in 2019.

The Ministry of Culture and Tourism notes that the travel industry in certain areas of the country has made something of a good recovery, including in Yunnan, Guizhou, Hainan and Xinjiang.

Many people faced travel restrictions and difficulties during this year's Dragon Boat Festival, as has been the case during most holidays since COVID-19 first emerged.

Shanghai was just emerging from lockdown as Dragon Boat Festival began. Meanwhile, Beijing had closed many tourist sites and banned venues from offering indoor dining.

As case numbers continue to fall across the country, maybe the next public holiday will be a little better for the domestic travel industry.



FEEL GOOD FACTOR

Police Officer Saves the Day for One Gaokao Student

As if the stress of college entrance exams was not enough!

In Xuancheng city, Anhui province, one student taking China's college entrance exam, or *gaokao*, had forgotten to bring the correct exam entrance ticket.

A parent of the student hurriedly left home to take the ticket to the student, only to find that they had traveled to the wrong testing site.

After a police officer at the site learned what had happened, he didn't hesitate to offer the parent a ride on the back of his patrol bike. He got the parent to the correct testing site in just four minutes. Phew!

Gaokao examinations typically take place from June 7 until June 10. In China's national college entrance examinations, students are under a lot of pressure to perform. Past exams have featured some notoriously difficult questions, and no doubt this year has been no different.



CHINESE CORNER



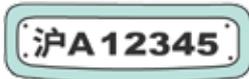
The most popular app Chinese people use to order a taxi is 滴滴打车 (Dīdī Dǎ Chē), which is Didi Taxi in English. Here are the five Chinese phrases and questions you might need in order to communicate with Chinese taxi drivers.



1. Have you arrived?

你到了吗?
Nǐ dào le ma?
Have you arrived?

When you're about to arrive at the destination, you can say to the taxi driver 到了 (dào le), which literally means "arrived".



2. What is your license plate number?

你的车牌号是多少?
Nǐ de chēpáihào shì duōshǎo?
What is your license plate number?

In this question, 车牌号 (chēpáihào) means "license plate number", and 多少 (duōshǎo) means "how many/how much."

3. Go straight ahead

一直走。
Yīzhí zǒu.
Go straight ahead.



One of the phrases you need to give directions is "一直走, 然后左拐" (yīzhí zǒu, ránhòu zuǒ guǎi), which means "go straight ahead, and then turn left".



4. Turn left or right when you reach the intersection

到路口左拐(右拐)。
Dào lùkǒu zuǒ guǎi/yòu guǎi.
Turn left when you reach the intersection.

If you would like the taxi driver to make a turn, you can say use this phrase. Remember that the location (where you want the driver to make a turn) comes before the verb.

5. Stop here

停在这里。
Tíng zài zhèlǐ.
Stop here.



When you are about to arrive at the destination, you can use this phrase to tell the driver that you want to get out of the car.



Learn Chinese with That's Mandarin

To learn more phrases and practice with Chinese teachers, scan the QR code:

Catering to COVID-19

How Do China's F&B Venues Deal with COVID-19 Restrictions?

By Alistair Baker-Brian



If you've been in China at any point since January 2020, you don't need us to tell you about COVID-19 restrictions.

While some restrictions have impacted almost every area of people's lives in the Middle Kingdom, certain industries have been affected more than others; without a doubt, food and beverage (F&B) is one of them.

That's reached out to some of the big players in the F&B scene in Beijing, Shanghai, Guangzhou and Shenzhen, cities that have all imposed varying degrees of COVID-19 restrictions on the industry in recent months.

First of all, a reminder of recent restrictions in each city:

In Beijing...

... authorities temporarily suspended all indoor dining in venues across the city on May 1. The citywide suspension was lifted on June 6. However, venues in Sanlitun had the no-indoor dining rule re-imposed due to new cases linked to several bars in nearby Gongti (Worker's Stadium).

In Shanghai...

The city imposed China's largest ever lockdown

since the initial Wuhan lockdown in 2020. Initially, Pudong and adjacent districts were scheduled to undergo a 5-day lockdown from March 28 until April. Meanwhile, Puxi and adjacent districts would undergo the same from April 1 until April 5.

As we now know, things didn't quite work out that way. Following the initial Pudong lockdown, a citywide lockdown was imposed. It wasn't until June 1 that "normal" life started to resume.

In Guangzhou...

... restrictions were imposed in April following an outbreak of the omicron variant of COVID-19. Haizhu, Baiyun, Panyu, Zengcheng and Yuexiu districts saw the toughest restrictions, with many F&B venues limited to takeout only.

In Shenzhen...

... a full citywide lockdown was imposed on March 14; residential communities were put under closed management, businesses were closed and public transportation was halted.

Restrictions were later lifted on March 22.



A Heavy Burden

Financial issues aside, many of the F&B businesses we spoke to also mentioned the human cost of COVID-19 restrictions.

Guangzhou-born Adrian Xu is the co-founder of Bar Bruma in Shenzhen, a venue offering a range of creative cocktails.

He spoke of how the bar prioritizes the physical and mental well-being of employees.

"During the second time we had to close, there were staff who were unable to return home for whom we arranged to stay in hotels temporarily," Xu tells *That's*.

Mathieu, who requested we only use his first name, is the operations manager of ROZO, a bistro and wine bar in Shanghai's Jing'an district – "Mediterranean cuisine with an Asian touch to every dish."

"A lot of stress and pressure" are the main effects felt by Mathieu himself and his staff. "Staff are waiting to go back to work but we can't give them a date," he tells *That's*.

Remarkably, ROZO has not had to let any staff

go during the citywide lockdown. Instead, they have been kept at home on minimum wage.

The same is true of Sumerian Coffee Roasters and Boom Boom Bagels, both Shanghai businesses run by David Seminsky.

"It never crossed my mind to let staff go," Seminsky tells *That's*.

That's in spite of what Seminsky says is the incredibly bad timing of the Shanghai lockdown.

"Business is poor during the winter, and we count on spring to recoup cash flow."

Some staff at other venues were not so fortunate. Eduardo Vargas is the Culinary Director and Partner of Azul Group. They run a number of Shanghai venues including Colca at Hengshan, Colca Eatery at North Bund, Azul at Shankangli, Azul Italiano at North Bund, Azul Italiano and Xoux at 1000 Trees.

"Sadly, we had to let go of staff who were on probation and with us for less than three months. It was a painful decision, but we really had no choice," Vargas tells *That's*.

But it wasn't all bad news.

"We have retained and taken care of all our key management personnel and permanent staff. In fact, we paid them wages that are way higher than the regulated minimum salary of RMB2,590 per month during the lockdown."

Supplies proved yet another challenge during lockdown.

Blair, who also requested we only use her first name, opened Westwood Fire & Smoke in Shenzhen in 2017. The restaurant specializes in slow-cooked prime rib and wood fire cooking.

"During the COVID-19 lockdown, we did not have enough income to cover all the expenses. Food, rent and labor costs are most challenging for us," Blair says. "Finding food supplies is also challenging because our ingredients mostly come from other countries."

It's during such challenging times that relationships with suppliers become even more important.

Dave Martin is the COO of FWM Restaurants in Beijing. The group owns and operates Morton's



Beyond Yakitori, Beijing



Bar Bruma, Shenzhen



Sheraton Shenzhen Nanshan

Steakhouse in the Regent Hotel and Bubba Gump Shrimp Co. at Universal Beijing Resort. They also previously operated Red Lobster in Sanlitun, though the venue recently closed down permanently.

Martin tells *That's* about some of the key long-term relationships FWM's venues have built:

"We are very fortunate to have been operating Morton's in Beijing for a long time. We have some great relationships with vendors whom we are working with on credit terms, and we are stocking other outlets that are open in other parts of the country."

To Waimai or Not To Waimai?

How can venues still operate when indoor dining is restricted or even temporarily suspended? Just offer takeout, or *waimai*, on one of China's many delivery platforms – simple, right?

Not quite.

For many venues, *waimai* has undoubtedly been a viable option. When Beijing temporarily suspended venues' indoor dining, Martin tells *That's* how takeout delivery became a crucial source of income for Morton's Steakhouse:

"We immediately launched a couple of set menus that we can drop off to guests."

"We also partnered with Da Zhong Dianping (大众点评) and Meituan (美团) on those menus and were able to be mentioned in their recommendations. Meituan has been very helpful and been one of the best avenues to drive revenues."

Mike Huang is Senior Vice President of Operations for Topgolf China. Lounge by



Dave Martin, COO of FWM Restaurants, Beijing

Topgolf is an entertainment destination in Shanghai combining food, drinks, virtual sports gaming, mini golf and entertainment in one space.

Although the venue is designed for group gatherings and events, Huang says that they have been able to do delivery and takeout orders as a short term measure to lessen the impact of recent restrictions.

In Shanghai's citywide lockdown, Mathieu stresses that operating takeout delivery has not been easy:

"Takeout is complicated as customers are not allowed to sit or stay outside since we don't have a terrace."

Even when *waimai* is within the rules, it's not always a desirable option, as two Beijing venues told *That's*.

Beyond Yakitori is a modern Japanese upscale izakaya located in trendy Sanlitun. They've garnered something of a reputation for their creative izakaya dishes, as well as for the authentic izakaya dining experience offered to guests.

"Unlike many other restaurant concepts, being a 'bistro' or izakaya-style restaurant, Beyond Yakitori focuses 100% on the fun and intimate feeling people have during their dining experience."

"Take out or delivery just doesn't work with our concept. It is the kind of food and way of serving that can only be enjoyed around a table in our restaurant. Not to mention that our core grilled items will fall far short of our standards when not consumed straight off the grill. That may leave guests with a bad experience and a bad memory and may do more damage than good to our brand."

For CDB – a Beijing venue offering meals, desserts, cocktails and more – the big players on the *waimai* scene weren't necessarily the answer during the recent restrictions.

"Prior to May 1, we had already opened a 'storefront' on Meituan but hadn't really used it much since our food, drinks and desserts were not created with the intention of maintaining integrity during travel," explains Leon Lee, co-owner of CDB.

"After some testing, we did place a limited selection of our in-dining menu offerings on the platform. After seven to ten days, we decided to take them down because the cost of food prep, food waste and labor just did not add up.

"Some of our food items need at least 24 hours of preparation and 50 minutes of cooking before packaging for delivery; Meituan couriers are limited to a 20-minute window before delivery, so that makes our style of cooking incompatible with a fast food platform."

Instead, more personalized WeChat groups offered a more viable form of business:

"To date, we've truncated our delivery menu on Meituan to just bar snacks and a 'representative sample' of our bottled cocktails and desserts. Instead, we are doing most of our to-go business in our own WeChat group."

A Time for Reflection

As tough as COVID-19 restrictions can be, there are also some positives that arise from such situations.

"We try to use lockdown times to improve ourselves and our team to prepare for the future by maintaining our staff spirit and ensuring they can also survive this difficult time," says Blair.

This is also the case for Beyond Yakitori.

During Beijing's "soft" lockdown, not only were staff given opportunities to study, but were also taken on trips.

"Some of our team members were learning languages. Meanwhile, others were taking online wine classes and watching culinary master classes to learn new recipes.

"We organized a two-day field trip in early May, something impossible for us to do during normal operating days. And we've decided to continue paying everyone's salary despite being unable to return to work. We are estimating monthly losses to be in the tens of thousands."



Eduardo Vargas, Culinary Director and Partner of Azul Group

Arno Liebscher is the Director of Food and Beverage at The Sukhothai Shanghai. He tells *That's* that for the staff who stayed at home during the lockdown period, some fun online activities were arranged to help keep people

in a positive frame of mind.

"We conduct online activities such as baking classes, yoga and more," says Liebscher.

Similar online activities were organized for staff at Pudong Shangri-La, Shanghai. Assistant Food and Beverage Director Alex, who requested we only use his first name, explains:

"To keep our staff engaged, we organized many online trainings, including wine classes conducted by our Wine Sommelier, Alexander Chen. In addition, we also had fun online activities arranged by our HR ranging from cooking classes to exercise and karaoke competitions."



Mathieu, Operations Manager of ROZO, Shanghai

What Customers Can Do to Help (Apart from the Obvious)

The aforementioned "obvious" is visiting venues and ordering takeout. But one of the most basic things you can do as a customer is show some understanding.

Johnny Wang is the Director of F&B at Sheraton Shenzhen Nanshan.

"We hope that our customers can be more understanding to the restaurant staff," Wang tells *That's*. "Especially when they need to take temperatures and check the health and travel codes, they are simply implementing the government's epidemic prevention policy."

Another very basic thing? Word-of-mouth.

"If we do a good job, please give us words of praise and refer us to your friends," Blair says candidly.

Martin also had something to say on how customers can help venues with some much-needed cash flow:

"The biggest help anyone can give a restaurant (other than dining out or ordering takeout) is by purchasing prepaid cards, memberships or gift cards."

ARTS & LIFE

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The Lockdown Adventures of Small Paul

Recreating Classic Artworks With What Can Be Found in the House

Interview by Ned Kelly

When British creative director Small Paul found himself locked down in Shanghai, his artistic instincts needed an outlet. Under his artist nom de plume XiaoBaoLuo he set about recreating classic works with what he had lying about in his apartment. We caught up with him to find out more.

How did you first conceive the lockdown series?

It started as an idea for a round in a lockdown quiz, I thought I'd recreate paintings and see if people could guess them. I also posted them in a group and they got a pretty good reaction.

So, I decided to make a series that included a mask in every image. I was going to do 10, then 12, but had too many ideas so I settled on 22 for 2022.

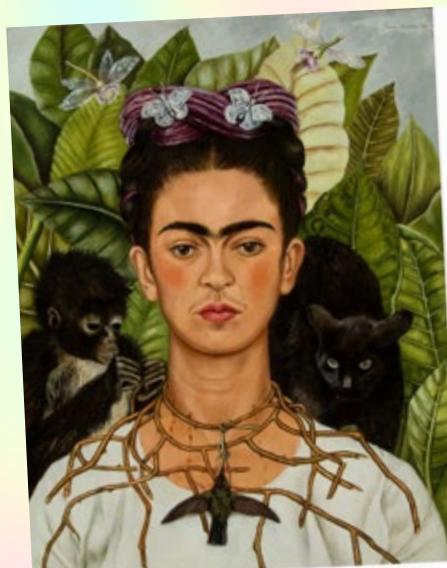
Talk us through the image creating process.

Each image is quite quick once I get the idea, but I set myself a few rules as a challenge:

1: Everything must be captured in a single photo, using only the timer as I don't have anyone to help press the shutter.

2: Shot on my phone (although now I wish I had used a better camera and a longer timer).

3: I can only use stuff I have at home (due to lockdown).



Self Portrait with Thorn Necklace and Hummingbird
Frida Kahlo (1940)



Self Portrait with Bungee Cord and Lettuce Leaves
Xiao Bao Luo (2022)



Death of Marat - Jacques-Louis David (1793)



Death by Cabbage - Xiao Bao Luo (2022)

4: The biggest one – I can't use PS to edit things together or manipulate the image because so much stuff is cheated or faked these days. Some friends suggested using PS, but I was adamant that I wanted to keep it pure.

For example, I could very easily have made myself smaller for the most recent Keith Haring one and comped it into the background, but I think seeing me struggle to fit on the yoga mat is all part of the fun of it.

I will admit I do use PS a little bit, but only to adjust the color and contrast a bit closer to the originals. I see this as the same as traditional processing, developing and printing of an image in photography.

In terms of shooting, the hardest part is finding the best spot in the house with the right background and lighting to recreate the image. I realized that the best time of day for me to shoot is in the morning when I get the most natural light through my windows.

This project made me realize what geniuses the Old Masters like Vermeer were at capturing natural light, centuries before photography or electric lighting.

Once I have found the right spot, setting up is quick because I have already planned the props and costume. The first thing after finding the right angle of the lighting is getting the height of the camera right.



Comedian - Maurizio Cattelan (2019)



Banana - XiaoBaoLuo (2022)

How long does each image take to set up and take?

Some are quicker than others; now that I have cleared space in my spare room, setting up is usually less than 10 minutes. Then I'd say probably another 20 minutes jumping up and down to press the timer. As I said, there is no comping done to the pictures, only color adjustment, so very little time is needed at that stage.

How do you pick which paintings to replicate?

I want them to be funny. That's the most important part. Some just come to me when I see something in the house that sparks an idea (e.g.: the red rug on the Miro).

For others, the idea came first and I tried to figure out if it was possible, like the Hirst Sheep in the storage boxes or the Cattelan Banana made out of sofa throws and blankets.

How do you find the props to use?

Everything, so far, is something I found in the house. Yes, I have a lot of random junk!

The Koons gold suit was an old costume from a company dinner. I also used lettuce, bungee cords, a stuffed cat, etc.

The crown for the Queen's Jubilee portrait was particularly hard to create; I ended up using belts, clips, Nespresso pods and a guitar strap.



Untitled (Red Sun) - Joan Miro (1972)



Untidy (Red Rug) - Xiao Bao Luo (2022)

Then the posture; the problem with using a timer is that you can't see yourself posing and you must move out of position to go start the timer again. Plus, you only get 10 seconds to get back, (you can use your watch but then you only have around three seconds to hide the watch and pose).

When I was doing 'The Bather,' I had to run past the window wearing a towel, then drop the towel and get in position, all in under 10 seconds - I'm not sure what the neighbors must have thought.

Once I'm shooting it usually takes 20-30 shots to get it to a level I'm satisfied with. The last part is coming up with a name. I'm trying to keep a nod to the original in all the names.



Mona Lisa - Leonardo da Vinci (1506)



Mucky Lisa - Xiao Bao Luo (2022)



The Therapist - Rene Magritte (1937)



The Mentalist - Xiao Bao Luo (2022)

Which is your favorite re-creation?

Personally, I like the more abstract and ridiculous ones, like the Cattelan banana, the Miro or the Hirst sheep.

The most popular ones with my followers seem to be the more classical style images; I guess because with the natural light and detail they technically look better and closer to the original paintings.

Have you tried to do any that just didn't work out?

I kind of visualize them in my head before I get as far as setting them up. So, unless I have a clear plan, I don't start setting up. I've had a few requests that I haven't worked out yet (like Munch's 'The Scream').

Some are harder than others to get the posture right. For example, the Picasso guitarist is physically impossible; for the Keith Haring, the yoga mats were too small to pose totally accurately. For the banana, it was hard

to get the blanket back in place with my arms inside. But that's all part of the fun.

Any more similar series lined up?

I am doing 22 for the 2022 Lockdown. I have one left to shoot. I also did two topical 'special edition' one-offs; one for the Queen's Jubilee weekend and one spontaneous one when someone threw a cake on the 'Mona Lisa.'

I'm contemplating Season 2, doing only requests, but that may mean having to buy some props. I have also shot videos for a lot of them but haven't had time to edit and post on DouYin yet

// Follow Small Paul's artistic adventures on Instagram by searching smallsmallpaul or scanning the QR code:



Long to Reign Over Us - Cecil Beaton (1953)



My Pineapple and I - Xiao Bao Luo (2022)

STYLE RADAR

OVERHEARD

“Actually that spinning back fist was just a natural reaction,”

said UFC strawweight fighter Zhang Weili in the post-fight press conference on June 11. In her rematch bout against Joanna Jedrzejczyk, Zhang executed a devastating spinning back fist which knocked her opponent to the mat and ended the fight in her favor. During the press conference, reporters asked her about what some have called the best finish of her career (thus far). Zhang responded that she had been rigorously practicing similar spin moves throughout her training for UFC 275. The Chinese fighter is now eligible to contest the top title in her division against American Carla Esparza.



COVET

Crikey! What a Comeback

As summer approaches and with South China having just seen the heaviest rainfall in more than half a century, you might be considering some practical flood footwear. If you've searched for flip flops or uttered any Paul Hogan quotes near your Huawei phone, the Taobao AI is bound to be hard at work finding you a pair of these hoof coverings. For the last few summers, Crocs have been making a massive rebound in popularity. Last year, *China Daily* counted over 400 retail and affiliate stores across the Middle Kingdom. The recent trend is to customize your Crocs with little trinkets and they haven't overlooked the Chinese affinity for miscellaneous collectible objects. For RMB289 you can get some fresh new Crocs in a vast palette of vibrant colors. Tag on another RMB88 and deck them out with mini mahjong tiles. Unfortunately that will only get you a five piece set so it gets pricey if you're someone who needs 37 pieces of flair to express yourself.

> Scan the QR code to view the product on Taobao



UNDER THE LENS

Influencers in the Wild

Toronto-born singer Henry Lau was spotted performing on the streets of New York city while shooting for *Fly to the Dance* which aired on June 3. Surrounded by a squad of dancers, Lau played the violin over electronic hip hop beats. The singer also plays the drums, piano and guitar. The celebrity dance-busking reality show, *Fly to the Dance*, is produced by South Korea's self-proclaimed 'most innovative TV-station,' JTBC.



Image via
@YOYO405L/Weibo

CITY SNAPSHOT

@andychewwk

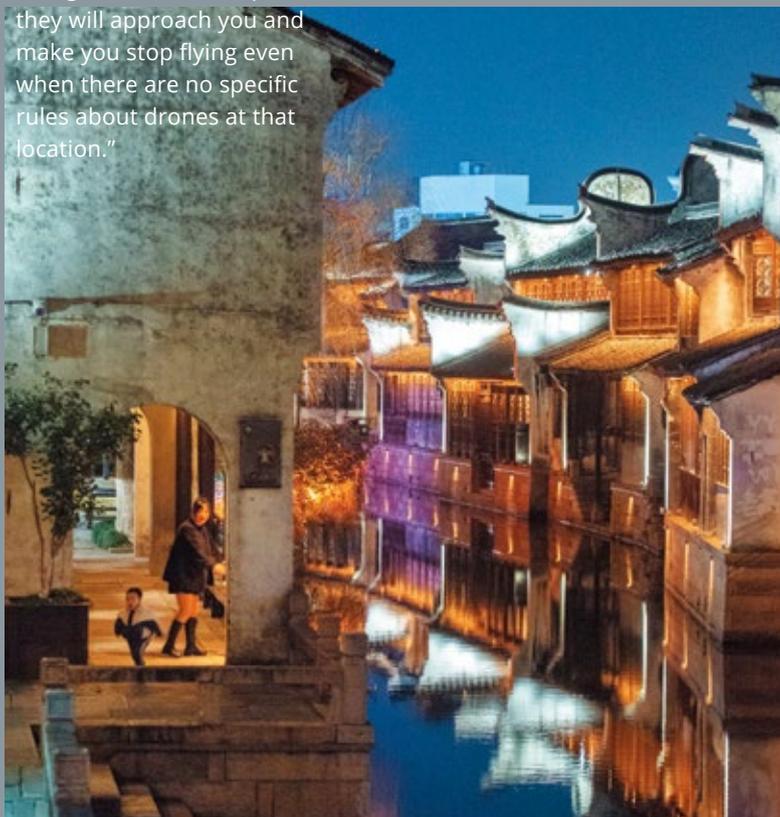
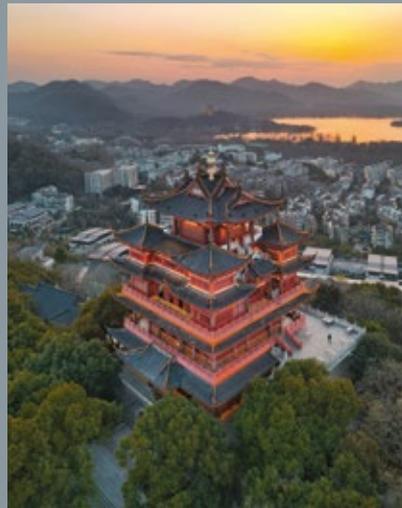
Singaporean Andy Chew was posted in China by his company in 2005. He took up photography as an excuse to tour the country. Despite having more than 20 thousand followers on Instagram, Chew asserts that he is completely self-taught and photography has always been a hobby on the side. Nonetheless, the photos he captures are breathtaking and give us that anxious feeling that we're not exploring this country nearly enough.

Chew currently lives in Suzhou and says it's among his favorite cities to shoot. He tells *That's*, "It's ranked as one of the most picturesque cities in China since ancient times and continues to be one of the easiest to photograph because there's just no shortage of places to visit and scenes to shoot, regardless of the season."

"I use an ancient Nikon D800E for regular photography," he admits, "and a DJI Mavic Air 2 for my aerial shots." When asked about advice for first time drone buyers, Chew

thinks a dependable connection is the most important aspect of a drone. "I find flying drones in urban settings pretty stressful. Having the confidence that I'm not going to easily lose contact with my drone while flying helps alleviate a lot of the stress. Considering specifications, software and general popularity, I would advise most beginners to just stick with DJI drones for now. My first drone was a DJI Mini."

"The overall attitude towards drone flying is generally more relaxed in China. Most people in cities have seen a lot of drones around, so they won't even bat an eyelid even if you fly one right beside them. I have to avoid the *ba'o'an* though since, in most places, they will approach you and make you stop flying even when there are no specific rules about drones at that location."



What the Folk

How Folk Music United Post-COVID-19 Beijing.

By Mike Fox

Back in May 2020, when Beijing was recovering from the first pandemic wave, Claire Courtney set about putting on the first Jing and Tonic after witnessing the devastating effects COVID-19 had on live houses and bars. It was a variety show filled with comedians, magicians, music acts and a whole lot more. The 30-year-old was working as an English teacher in China's capital at the time and had only just started to earn her stripes in the city's music scene after testing the water at a few open mics.

While Courtney's performance talents would come to fruition a bit later, the focus during this period was

getting people out for a good time. It wasn't a diplomatic venture or an exercise in good foreigner PR, but just an outlandish and ambitious Scotswoman wanting to use her contacts to create something memorable after a difficult time.

"I think boredom was setting in and we needed something, we needed that outlet because a lot of performers, creative people, musicians, artists and comedians all needed somewhere to perform," says Courtney.

"Beijing is such a hotbed for this kind of stuff. Before COVID-19 it was absolutely jumping, especially in the six years I was there. It was an incredible scene for music, entertainment and live shows and suddenly it was gone."

Jing and Tonic proved to be a success with its otherworldly and unique acts adding a new string to the bow of the city's nightlife. It ran for 13 editions across as many venues before it ended with the founder's departure from China in September 2021.

Seven months before her exit, and with the increasing popularity of Jing and Tonic, Courtney decided to add to her portfolio of events with What the Folk, a monthly night consisting of unplugged music from a whole host of different genres. Solo acts and bands, upcoming and established,



Beijing post-rockers Silent Speech
Image via @achiii_



Host Jake Nimer in his Santa outfit at the
What the Folk Christmas show.
Image via @achiii_

were to make up this new showcase which would hit different bars. Not only did it pose a bigger challenge on an organizational front, but this kind of regular night had also never existed in Beijing and for it to be pioneered by a foreigner was a steep mountain to climb.

"I think there was a huge element of



the blind leading the blind, but no one knew I was blind," she says, speaking metaphorically. "It was to be for people who have put a lot of work in on the open mic scene and should have a bigger platform. How nice is it that [performers] get a gig of their own? Sharing a stage meant we could do it on a much larger scale. I have no idea why it didn't exist before."

Acoustic music has a unique appeal. Whether it's folk tugging at the heartstrings, an uplifting jig prompting a unison of stomps or a stripped-down version of your favorite song which makes you believe you can sing; it's a special environment. To help create that desired vibe, Courtney put together a team.

"I was fortunate to have a very talented group of friends," recounts Courtney. "It wasn't like, I want to do this, and I only want to do this with my

friends, there was a lot of networking involved. My Chinese isn't all that great and my knowledge of the Chinese side [of the industry] wasn't either, so that was challenging. I guess I had to bring in the right people to be able to do that."

Those right people were Brit Jake Nimer, Ireland's Orlaith Fagan, Beijing native Fred Shi and his countryman Jun Yan from Lanzhou. All four helped seek out venues, acts and equipment. Regular inquiries ranged from the availability of drum kits to drink deals.

With Beijing's current COVID-19 problems, our chat with them takes place roadside over some 7-11 beers. Three of the four had experience in performing and are regularly seen on stages across China but drifting into a music scene clique was something they desperately wanted to avoid, as Fagan explains.

"I'm not a musician. I don't want it to

*South African singer-songwriter Liane Halton
Image via Aaron Berkovich*



be like ‘we are all in bands, we all hang out at this event.’ We want to bring people in from all over. Of course, we get musicians who are our friends, but we try to get bands and crowds from different walks of life and make it an inclusive environment for everybody.”

The inclusivity was there to be seen on February 20 last year. The first What the Folk was held at Mogu Space in Beijing. It was a tight squeeze in a room that somewhat resembled a library. There was a fridge full of beer and only one bar person making mixed drinks for those who had the patience to wait. Old-school is an understatement.

A passionate singer-songwriter, three melodic young women, a tight

duo bursting with chemistry and a string band (whose singer seemed to be doing his best Vincent Price impression) were the first lineup. Diverse, atmospheric and emotive, they set the tone for what crowds would come to expect.

“There are gigs that you can go to where you don’t get to talk to the bands. At our show, you literally sit three meters away from the singers and they are most likely going to come off the stage and hang out for a bit and you get to ask them questions about their music and the stories behind their songs,” says Jun proudly, whose main contribution is promotion on Chinese social media platforms.



“It’s the type of event where people don’t hold up their phones. They pay attention to the music and the connection between the crowd. That was the major reason I wanted to contribute to the project because you can’t say that for most other gigs.”

Audience rapport is at the forefront of their unwritten mission statement. Since that first show, What the Folk has blended the musical camaraderie of an open mic with the mystique and talent of showmanship. All while performers relish the chance to be part of such an intimate surrounding.

Beijing post-rockers Silent Speech used it as an opportunity to strip back their usual energetic and complex sound to deliver something softer and more thoughtful. Punk outfit Gum Bleed also toned down their usual approach to give the audience some acoustic attitude. The event’s host Nimer claims, after a short sip of cold Tsingtao, getting all kinds of bands and performers to adapt their sound is what will always make WTF special.

“We’ve had punk bands playing alongside folk bands who would never usually be at the same venue together. In Beijing, so many of our favorite places have closed in the last couple of years and these guys, who would usually be in separate corners of the city, get together for one event and end up drinking together, having fun and getting the crowd going. That’s what it’s all about. It’s about getting everyone together and keeping the music alive.”

Chinese folk can conjure images of the past and keeping the music going is one way China preserves its five-thousand-year history. In every city, there are bars that reserve a special place for anyone wanting to play. All it takes is a person with an acoustic guitar

Phuture Vulture & The Absolute were also in a festive mood at last year’s Christmas show. Image via @achiiii



and a knowledge of these historic tunes. It's a scene that is familiar to most in the country and with 56 ethnic groups, it is fair to say the genre has gone off on many different tangents. What the Folk is not trying to be a platform for the history of Chinese music, but its stage and setting allow performers to tell their stories.

Perhaps the most profound act for many came at the Christmas edition in December 2021. Pi bar in Beijing's popular Sanlitun district was decked out in decorations, Fagan was selling homemade mulled wine by the door and host Nimer had donned a Santa outfit for the evening. It was a small effort to mark a special time of year for many in the audience. While the acts strummed and plucked their way to applause, it was the last band of the night, Yue Huang, that left a lasting impression. These shows are always diverse, but the heartwarming sounds of their folk renditions unlocked contrasting feelings. As the Xinjiang native singer serenaded everyone with her province's trademark style, the sense of missing home was met with gratitude for this community. Their nostalgic sound wasn't just appreciated by locals, it resonated with anyone open to different cultural experiences. That evening, the West's favorite holiday was given a soundtrack from the East of antiquity and wherever home was for those watching, it felt a bit closer for a little while.

"In most of these places, the bar owners are enthusiastic about live music and bringing what we have as a community over to their place," remarks Shi, shifting forwards to the edge of a portable chair he brought from home. "Once they have understood the concept, they are pretty much always on board. It's not a jam, it's not an open mic and it's not a hotel function. Before, it was only Courtney, and she ran it quite successfully, but it was always in the back of our head to keep What the Folk going".

An edition is now underway in South Africa, which was founded by the event's first official photographer after he also left China.

The last Jing and Tonic was held



on September 17, 2021, with its loyal patrons fully aware this quirky and often borderline offensive fixture was coming to an end. However, there was a different notion in the air when it came to WTF with performers and music goers yearning for a continuation. By the time Courtney left China, she had cemented her status as somewhat of a *laowai* cult hero. Performing regularly with three bands and hosting a couple of successful events was more than enough to be a familiar face around town.

"I don't think I could have handed it over to a better group of people" smiles Courtney. "I like that they are running it as a group, they all have their own responsibilities and I feel so much pride because I've left it in the hands of my best friends. That is all I could have asked for. I feel like a weird mum on the sidelines, I'm cheering them on, but I'm not involved. I don't know what it was about the first gig, but everyone came out saying the same thing. We just felt we were at a proper gig, I don't how to explain it. I felt some sort of childhood nostalgia. People just walked into it with their arms open. That's pretty special."

What the Folk is not a charity, and its organizers are not volunteers with the bands paid competitively. It has become a brand and ultimately, these five people make up just a small part of the picture that continues to be put together by



bands, performers, audiences, bars and social media users.

Courtney hasn't ruled out trying to put it together in Scotland in the future, while her four friends in Beijing have no plans to stop what she started. Like a gang of kids outside the school gates, they possess naive confidence that anything can be conquered if they remain united. Courtney, on the other hand, knows bringing people together through music is nothing new, but the pride she feels in what was created will never get old.

BUSINESS & TECH

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Galley Gadgets

618 may not have had its best year (see Highs and Lows, page 26), but the annual shopping festival (which now runs for the first 18 days of June, concluding on June 18) still had plenty of bargains on offer. The *That's* team has scoured Taobao to see which kitchen gadgets were most popular this time around so that those of you suffering from buyer's remorse can hopefully still get something worthwhile. Don't forget to scan the QR code with the Taobao APP to check out these galley gadgets.



Bei Ge Electric Noodle Press

For those of you who love making your own noodles and pasta, you know that pulling those strips of carb goodness into your desired shapes is the hardest part, especially when your work surface is covered in flour, utensils and the corpses of failed Fettuccine. Well, this electric noodle press makes that job a whole lot easier, not only can it dispense straight into the water but you can also change the fitting so that you can make a wide variety of dishes. Prices range from RMB199-315.

Scan the QR code using the Taobao APP for more info



Morphy Richards Multi-function Cooking Pot

Kitchens in China tend to be pretty small and, if you're anything like us, most of your kitchen space is already taken up with your favorite coffee-making appliances and that portable oven that is well overdue a deep clean. A big part of Chinese food culture involves everyone sitting around cooking and eating food together, like hotpot or BBQ. The Morphy Richards Multi-function Cooking Pot allows you to enjoy a whole range of classics, like steamed fish, BBQ, pot roasts and more with your friends all gathered around the table picking from the same dish. Prices range from RMB1190-1590.

Scan the QR code using WeChat or the camera APP



Baijie Crushed Ice Machine

If you watched the *That's* X Happy Monk Cocktail Academy livestream this month, you too are looking for more ways to increase your home bar and impress your friends with your new mixology skills. If you didn't watch, our bruised egos will recover, and you can still buy this crushed ice machine so you can enjoy Mojitos and take a break from the countless bottles of Tsingtao (your beer gut will thank you). The Baijie Crushed Ice Machine is available from RMB260.



Scan the QR code using WeChat or the camera APP



TAKE STOCK

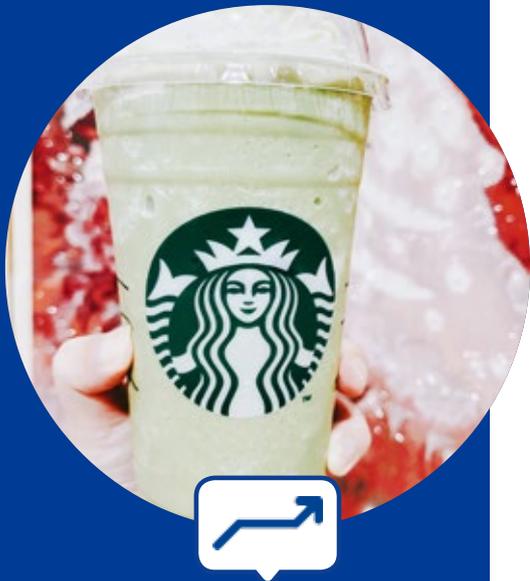
HIGHS AND LOWS

Highs

- Offshore investors on the Shanghai-Hong Kong and Shenzhen-Hong Kong stock connects bought a net RMB28 billion of Chinese mainland stocks during the first week of June. The move led *Financial Times* to report that negative factors in the Chinese market “have started to reverse.”
- The General Administration of Customs announced on June 9 that the total value of China’s imports and exports was more than RMB16 trillion, an 8.3% increase over the same period last year. Exports amounted to just under RMB9 trillion, a year-on-year increase of 11.4%. Imports were a little over RMB7 trillion, a year-on-year increase of 4.7%.
- Leo Tsoi has said that Starbucks plans to open more than 6,000 new stores in China by the end of the fiscal year 2022. Also, the coffee giant plans to continue constructing its China Coffee Innovation Park in Kunshan, Jiangsu province, to enhance the supply chain and create a greener coffee industry.

Lows

- JD.com’s total sales from the 618 shopping festival were down by 17.4% compared to 2021, the website’s official statistics reports. This year’s numbers also represent the lowest figures the retailer has ever recorded during the 18-day festival.
- Bitcoin fell to its lowest level since December 2020 on Saturday, June 18, plummeting to USD18,732. The cryptocurrency is down around 59% this year, while rival Ethereum-backed ether is down 73%.
- Chinese mobile game developers saw a drop in sales revenue of 10.85% year on year in May to RMB16.6 billion. Market analysts speculate that a decline in the mobile sector of the industry has led the entire gaming industry to shrink.



CHINA HIGHLIGHTS



Did China Receive a Message from Aliens?

Chinese researchers have revealed that the country's Five-hundred-meter Aperture Spherical Radio Telescope (FAST) may have picked up signs of alien life.

The super-massive telescope in Guizhou, which became fully operational in 2020 with the goal of detecting alien life, picked up electromagnetic signals that are suspected to come from extraterrestrial civilizations, said a research team from Beijing Normal University.

Zhang Tongjie, chief scientist of Beijing Normal University's extraterrestrial civilization search team, said that they spotted two sets of intriguing signals in 2020. Another signal was picked up this year in data gathered on exoplanet targets.

However, Zhang also underscored the possibility that the signals are products of radio interference.

Orange Alert for High Temperatures

China's National Meteorological Center issued an orange alert, the second most severe alert for high temperatures, across seven provinces on June 18.

In Hebei, Henan and Shanxi provinces temperatures in some areas were predicted to exceed 40 degrees Celsius.

North China, western Inner Mongolia and Hainan all reached 35 degrees Celsius on Friday, June 17.

The National Meteorological Center later issued warnings for rainstorms, flooding and mountain torrents in the eastern provinces of Anhui, Zhejiang and Jiangxi.

Said warnings also included the year's first red alert which stated that there is a high risk of mountain flood disasters in Jiangxi and Zhejiang.

Suspicious Abuse of Health Code System

A group of depositors traveled to Zhengzhou, Henan province to withdraw savings from regional banks that have frozen tens of billions of RMB deposits since April, only to discover that upon arrival their health codes turned red.

In accordance with the city's pandemic prevention and control measures, the individuals had reported their journey to the city three days prior and followed all necessary COVID-19-related procedures.

Ren Lixiang, one of the depositors who traveled to the city told Sixth Tone, "This obviously targeted the depositors."

Legal experts said the use of health codes for more than a public health tool could be illegal.



Two Tornadoes Hit Guangzhou

A tornado hit Taiping village in Guangzhou's Conghua district at around 7.20pm on June 16 leading to over 5,400 people having their electricity cut off and causing scaffolding to collapse.

Trees were also pulled from the ground and vehicles were damaged and destroyed by the twister.

One witness said, "I saw the tornado swirling on the road and heading towards the metro; the wind was strong, the sky was black and there were flashes of lightning. It was really scary."

Emergency response workers were dispatched but luckily there were no reported injuries or fatalities.

A second tornado hit the province later in the month on June 19 in Guangdong's Foshan, causing structural damage to buildings, cars and local infrastructure.

Student Expelled For Spiking Woman's Coffee

A male student, known only as Yin, was expelled from Shanghai International Studies University for putting taurine, which has been assumed to increase libido, in a student's coffee.

A female student at the university was in the library on June 12, when she noticed a strange substance in her coffee and later reported it to security.

Later the same day, 21-year-old Yin was taken away by police on suspicion of drugging the coffee.

On June 13, Shanghai police reported that Yin purchased a taurine effervescent tablet online and dropped half of it into the woman's drink when she left her seat.

Yin was officially expelled by Shanghai International Studies University on June 14. At the same time, Yin lost his probationary member eligibility to the Communist Party of China (CPC) and may be further punished once the police investigation ends.

Beijing Bar has License Revoked

A criminal case has been filed against the owner of Heaven Supermarket Bar in Beijing by the city's authorities after the establishment was found to be the epicenter of a COVID-19 super spreader event.

The outbreak, which has led to 351 confirmed cases, was caused by a customer who visited the bar and hadn't taken a COVID-19 test for 14 days.

A criminal investigation has been launched because the bar's owner did not implement COVID-19 prevention measures.

Furthermore, the bar's license has been revoked and it has been listed as "seriously breaching the law and conducting dishonest acts," *Global Times* reports.



Small Dough, Big Value: China's Baking Business Landscape

Interview By Li Bowen



The pandemic has disrupted our plans for, well, almost everything, and for many, it has even led to a change of profession. For Heimi (who we refer to her by her business pseudonym), a scriptwriter with nearly a decade of professional experience, COVID-19 brought about a new relationship... with bread.

"As someone who studies art, scripts are a medium of self-expression. Bread is also my self-expression," Heimi, a 31-year-old home baker, tells *That's* from her home in Beijing.

"I was abroad when Wuhan first reported the COVID-19 outbreak," Heimi says. "After I came back home, the whole [film] industry changed. Many film and television companies in Beijing shut down, including my friend's film company. Some projects that I was working on were canceled because movie houses closed. All I could do was stay at home and bake."

Heimi started baking desserts but was quickly drawn to bread making. Yeast, a core ingredient with more than 5,000 years of history, is highly sensitive to temperature, moisture and

air, therefore making the delicate craft challenging to master.

"The difference between making desserts and bread is huge," Heimi says. "You need to put lots of sugar and butter into a cake. But when I started making bread, I realized all you need is four ingredients: flour, yeast, salt and water."

After taking short-term classes from two professional bakers, Heimi spent half a year honing her baking skills. In less than two years, she started her own small bakery business, Heimi's Bread Kitchen.

China's baking industry has seen a booming development in recent years. Euromonitor International estimates retail sales of baked goods (packaged and unpackaged) in China were around USD34 billion in 2020, comprising 9% of global retail sales, according to a report published by the US Department of Agriculture.

A lucrative market means fierce

competition, especially in metropolises. If you search for a bakery in Beijing on Dazhong Dianping, the APP suggests around 8,000 different places to grab a variety of baked goods.

The different types of bread in the Chinese market can be roughly divided into four categories: Japanese bread, soft European bread, European bread and Danish pastry. Japanese bread is often the softest and the sweetest.

Soft European bread is a hybrid of European bread and soft Japanese bread. It may use multigrain flour but is less chewy than hard European bread. It also has more layers of flavor that are tailored to Chinese consumers' preferences. For example, they may have chocolate, cheese or dried meat floss fillings.

European bread is the standard bread you'd find on the continent, usually imported to China or made using traditional European methods.

If you walk into a bread shop in China, the shelves are most likely going to be filled with Japanese bread, soft European bread and pastries. Although many shops will add some European

bread to the menu for variety, there is still a gap in the market.

Heimi has visited a baker's dozen of bread shops in Beijing, Guangzhou, Shanghai and Hangzhou, but she says it's not easy to find authentic, high-quality European bread in China. This has prompted people who have lived or studied abroad and acquired a taste for European bread to turn to bakers like Heimi for a taste of the place they once called home.

"Home bakers are trying to fill the gap in the market," she says. "Because in China, Japanese bread and soft European bread are the mainstream. There's a huge gap in the market for authentic traditional European bread."

However, Heimi is optimistic about the future of European bread in China. She says popular bakeries can play a similar role to Starbucks in the Middle Kingdom. Where Starbucks helped popularize coffee in China, it's only a matter of time before bakeries help locals acquire a taste for European bread through the products being put forward.

The market potential of European bread is not a myth, especially if you consider how much young Chinese people care about their daily sugar intake. On Xiaohongshu, China's Instagram-like social media platform, over 400,000 results will pop up when you search "*di tang*," the Chinese word for "low sugar," and 335,000 results for "*kong tang*," meaning "controlling sugar intake." Soft European and Japanese bread tends to be quite high in sugar because of their cake-like taste and texture.

In the meantime, Chinese people have shown a strong interest in sports, working out and generally being healthier, partly inspired by the 2022 Beijing Winter Olympic and Paralympic



Games. And let's not forget singer, actor and fitness coach Will Liu, who in April, and throughout Shanghai's lockdown, ignited a fitness craze after his at-home workout live streams were viewed by millions throughout the country.

A healthy lifestyle naturally generates demand for healthier food choices. European bread is therefore seen as an ideal source of carbs.

Heimi is a devout believer that "less is more" and applies the concept to her bread-making. "I think we need to make our taste simpler," she says. "People are so accustomed to adding flavors and MSG that it's hard to taste the natural flavor of the food itself."

For Heimi, baking is more than just a profession. For her, it's been a journey of healing and reflection. Out of kindness, concern and sheer curiosity, many have asked her the same question: "Why aren't you scriptwriting anymore?"

"People will always question your choices, but what matters most is how you define yourself," Heimi says. "Some choose to spend their lives working for a company, but some choose to pursue a spiritual awakening."

It's crucial to have an ongoing conversation with yourself regardless of the doubts from the outside, according to Heimi. "To have that



conversation, you need to find a medium like music, writing, calligraphy, or dance. The dough in my hand is my medium."

So far, Heimi has no immediate plans to expand her business. "I don't think I have developed enough of a relationship with bread yet," she says. "The world of bread is vast. You need to constantly adjust your relationship with yeast. There's still room for me to gain a deeper understanding of the science behind making bread."

Heimi is correct, the world of bread making is huge and home baking is just one of the paths to carve out a niche. Some brands on the other hand are thinking outside the "dough." For Uglicious Spread, who were only founded two years ago, it's a jar of 'bread spread.'

"Uglicious Spread is a lifestyle brand focused on serving breakfast and afternoon tea," says Li Chao, CEO of Uglicious Spread, or Queshi in Chinese. "It is my understanding that you don't necessarily need a lot of money, a good house or a well-paid job to be happy. We want our customers to have good products that deliver happiness or positive feelings,"

The brand's Chinese name means 'magpie food.' In traditional

Chinese culture, the magpie is a messenger bird that brings good news. Uglicious Spread was established in Changsha province, also home to the spicy Xiang cuisine.

Creativity in food is borderless. Li uses one of the brand's most popular products, Jasmine matcha flavored bread spread, to explain his business concept of "live local, think global."

"There are many types of matcha flavored products on the market. We thought the aroma of Jasmine blossoms would be a great match for Japanese matcha, which tastes a little bitter," Li says. "It made a wonderful balance, like a cocktail you could have at a bar."

The company recommends customers put 10 grams of their bread spread on toast. By doing so, you only consume between 110 and 160 calories from the spread, equivalent to one-third of an apple.

Another noteworthy detail is that the brand's bread spread uses high-quality,



natural butter. While margarine is still widely used in the industry as a cheaper alternative, butter is generally favored by Chinese customers because it is natural and free of trans fats. On food delivery APPs like Meituan and Eleme, in an attempt to appeal to this audience, bakeries will highlight in the product description if they use butter instead of margarine,

This eating habit is evidenced in two notorious food-related cases: In 2021, Unilever ice cream brand Magnum came under sharp criticism on China's social media platform, Weibo for not using fresh milk in its Chinese market production line.

In March, South Korean confectionery maker Orion also faced a similar brunt for its raising the price of Choco Pies in China while still using inferior ingredients such as cocoa butter substitutes.

China is no stranger to the trend of 'clean eating.' While many people may have varying standards of what constitutes clean eating (a gym bro isn't going to be worrying about the cocoa butter in Choco Pies, but that doesn't mean people who like a sweet treat don't care about what goes into their body), a generally accepted practice is to choose less processed ingredients and additives.

Li reveals that Uglicious Spread will diversify its frozen bakery line with more products that come with a short expiry date. "A shorter expiry date is somewhere between 90 days to 120 days, so it relies heavily on cold storage and cold chain logistics," he says. "It also means the ingredient list will be shorter, with fewer additive agents."

From May to June, Uglicious Spread launched its own version of Swiss Rolls and latte cheese cakes on their online store on Tmall. However, customers will have to wait for at most 15 days to have their orders processed as the company's factory in Shanghai is gradually resuming production. Some residents in

Shanghai already had their first bite of the Swiss Rolls during the lockdown, thanks to community group buying.

Few would debate the impact of the pandemic on the economy, especially the service sector, but Li speaks against the idea of blaming the pandemic for everything. "As a team, or as a brand, do not blame external factors for all your problems," he says.

"Unavoidably, we experience losses or failures at different stages. But the fear of making mistakes will also keep you from making a breakthrough or being creative. We need to look at the whole situation with long-term thinking."

What is long-term thinking then? Although taste is the intuitive reason for trends among food products, it would be a gross strategic failure for any market player to ignore the increasing impact of health on consumer preference. There will be trade-offs, sacrifices and choices to make, but Heimi and Uglicious Spread have shown that taste and health can co-exist peacefully.



Sinoviniculture

By Joshua Cawthorpe



It's a sunny Sunday afternoon when we arrive in Dongshankou and, after a week of heavy rain, the narrow streets are abuzz. Guangzhou's cultural heart, the neighborhood is *wanghong* for its century-old European-style brick townhouses. Wrapped in twisting vines and adorned with corinthian columns, gaudy façades and upturned eaves in the ancient Han architectural style, they lend themselves easily to quaint cafes and trendy art galleries in the modern age. Our Didi stops in front of a new commercial building on the edge of the old quarter with a horde of bohemian bourgeois millennials posing for photos and lining up for milk tea. The address we were given suggests that STEM Eatery & Wine Bar is on the third floor and, although we fail to see the signage, one window above the second floor terrace is lined with wine bottles.

We've come on the recommendation of Jim Boyce, a Canadian who has become a connoisseur in the Chinese wine scene. He insisted that our monthly wine column would be incomplete if it didn't lead us to meet Muti Mo and try his Ningxia Pét-Nat, French for *pétillant naturel* or natural sparkling wine.

STEM had just opened a month prior and it's significantly more ambitious than its predecessor: the hole-in-the-wall coffeeshop slash natural wine bar named MuST in Zhujiang New Town. The third brainchild is nearly ready, Muti tells us excitedly. Munch, which opened softly at the end of June, is an all-day burger, natural wine and craft beer bar located in K11, the mall at the base of the 530-meter CTF Finance Center. With

bright colors and minimalist wood furniture, STEM fits the mold of an upscale bistro that one might find in San Francisco. The burger bar, on the other hand, has a grungy sci-fi atmosphere. Heavy tones and dark wood contrasted by shelves upon shelves of backlit bottles give it the vibe of a barber shop on the Death Star. The craft beers are chosen to compliment the fresh burgers and the natural wine list makes up for its brevity with big names like Frederic Steen, Gut Oggau and Sylvain Cathiard — legends of native yeast winemaking. And of course Ba-Zing-GAA! sparkling wine is available on tap.

Seven years ago, Muti found himself in France enrolled in a sommelier course so that he could understand this beverage that his peers were so fond of. Beyond how to taste and pair wine, the program took him to the fabled countryside of Bordeaux. It was there that he fell in love with the hands-on science of winemaking. When the internship finished, he got a job working with Chateau Cheval Blanc, an ancient winemaking estate with ties to 4th Century Roman Consuls. Wanting to get his hands back onto the grapes, he traveled to Austria to explore natural winemaking and so began the tale of Domaine Le Moodie, the moniker given to Muti's personal winemaking projects.

"Natural wine has arguably been the major movement of the 21st century," wrote Elin McCoy for *Decanter*. This 'hipster wine' has been exploding in popularity within certain niches of the global wine trade. Ironically, natural winemaking was all winemaking until commercial agricultural practices and innovations in mass market production technologies caused winemaking to evolve into a more predictable chemical process.

The return to natural winemaking boasts two attractive principles which are innately interconnected. — natural yeast and sustainable farming.

Western consumer trends in the

past two decades have demonstrated a growing awareness concerning health in two realms: the Earth and the gut. The success story of Kombucha, a fermented tea beverage with active yeast and bacteria, is testament to a growing appreciation for the absolute orgy of microbial life within our digestive tract.

Buying organic, local and sustainable food products has also seen a consistent rise in popularity as we learn more about the dangers of commercial agrochemical farming.

Advancements in chemistry during the 1800s led to the dawn of agrochemical agents but the 20th century gave birth to the two which were most widely used. Discovered in 1939, the pesticide DDT is attributed to having saved hundreds of millions of lives worldwide due to its effectiveness in controlling mosquito-borne illnesses like typhus, malaria and dengue fever. However, it was banned in the US in 1972 for its indiscriminate use having decimated some wildlife populations and the suspicion that it was carcinogenic.

In winemaking, a typical grapevine will produce about 40 bunches of grapes or enough to make roughly ten bottles of wine. This number will vary widely based on the type of grape, but it's unsurprising that winemakers, like nearly all farmers of the previous century, were easily convinced of the benefits to consistency and economic security that chemical farming could guarantee. The world's most prevalent herbicide is glyphosate, better known as Roundup, which has been entrenched in litigation to prove that the manufacturer concealed evidence that it also causes cancer.



The Clean Label Project is a nonprofit organization in the US which does marketplace investigations and rewards brands which succeed in reducing human exposure to heavy metals, pesticide residues, and plasticizers in commercial products. In 2020, they aimed their crosshairs at wine and, after testing 400 top selling bottles, found that 88% contained traces of at least one pesticide. Natural wine has entered the chat.

Natural, unlike organic or biodynamic, is not a regulatory term. However, chemical residues from pesticides can influence the development of yeast or the 'must' on the outside of grapes as they grow on the vine. With conventional winemaking this might not matter, but the invisible colony of life on the grape skins is crucial to natural winemaking. Therefore, natural wine is widely accepted to require some degree of organic or sustainable farming practices as these environments are fundamental to the cultivation of healthy microbes which turn the grape juice into wine. Furthermore, a healthy 'must' then ensures the the stability of the wine once bottled, a snapshot of time taken from a symbiotic microecosystem.

We ask Muti what the main difference is between his flagship sparkling wine and the champagne we know and love. Ba-Zing-GAA! is a Pét-Nat made with Ningxia Riesling. Muti notes that a lot of Chinese wine leans to the sweeter side of the palate and critics say it lacks acidity. His goal was to disprove this theory by curating a wine that showcases Ningxia acidity and the terroir and complexity therein.

Our host has a gift for articulating the process of winemaking in a way that reveals both his own esoteric fastidiousness and winemaking's humble simplicity.

Muti invites us to sit at a table near the window lined with the bottles we



saw from the street. The afternoon sun spills onto the table and our laps. His waiter pours us each a glass of Pét-Nat and he begins to explain the art of winemaking.

"The traditional method, a.k.a. Champagne method, is through two fermentations. You ferment it to a still wine and it could be sold as such, but no, you add sugar and yeast for a second fermentation. That's what brings out a breadiness and a creaminess. Additional yeast and sugar are added when bottling which gives it bubbles."

Muti explains that a Pét-Nat undergoes just one fermentation. Rather than adding commercial yeast, fermentation is kickstarted by the naturally occurring bacteria, fungus and microorganisms present on the grapes when they are freshly harvested.

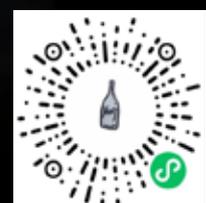
Without sugar and yeast being measured and added, natural wines require an intimate relationship with one's grapes. "We actually go backwards," he says, "so if I want 12% abv then we calculate it: 16 grams of sugar equals 1% alcohol, multiply that by 12 and you have 188 grams of sugar. When we're determining when to harvest in August, we pick samples of the grapes in the vineyards and take them to a lab. We find out how much sugar is in every grape."

Muti reminds us that he didn't want to make a sweet wine. "I wanted to challenge the perception of Chinese wine and show that [it] has acidity. People were shying away from the green notes but that's what I actually wanted in my wine."

In the same fashion as testing for sugar content, Muti was chasing a lower pH by the same means. As the grapes ripen, they become sweeter; the degree to which the grapes are underripe contributes acidity. Somewhere on that axis of sugar content and pH, which Muti checked twice a day, exists the perfect grape for his wine.

Muti's sparkling wine is marvelous. It's crisp, fruity and unpretentious but has an enduring elegance on the palate and kinetic effervescence.

For someone who appreciates the complexity of wine, Pét-Nat is both a fresh reprise and a rabbit hole. Muti admits that he likes Pét-Nat as an anytime wine, where red wine tends to slow everyone down and makes for a more somber drinking atmosphere. On the other hand, the magic of natural wine is that the complexity and finesse comes largely from Mother Nature herself. Each bottle is a time capsule — a shrine to the invisible battalions at work in the soil, on the leaves, in the air and marching over the skins, stems and vines. A natural wine is a journey to the past when we imagine things were simple and pure. A time before Kardashians or Kalashnikovs when we were all illiterate peasants getting blitzed all day out of blissfully ignorant boredom.



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GETTING GIG

What You Need to Know About the Middle Kingdom's Gig Economy

By Alistair Baker-Brian



Image via Stefani Korn

They're here. They're there. They're everywhere.

If you live in China, you've almost certainly had some interaction, however brief and impersonal, with one of the country's many gig economy workers. In fact, we'd even wager that you've had some interaction with one of them on the day you read this article.

Gig jobs – characterized by flexibility, freelancing and short-term or 'zero-hours' contracts, among other things – have grown rapidly in the Middle Kingdom over recent years.

And, by many indications, China's gig economy is not going away. If anything, it's only going to expand.

Takeout delivery (*waimai*) drivers, ride-hailing drivers (think Didi), e-commerce salespeople, livestreamers and more all make up China's ever-growing gig economy.

But it's much more than just deliveries, taxis and sales. The online gaming industry and even dating websites have been a source of growth for gig economy jobs.

Gig jobs can appeal to those across the whole spectrum of workers, from unskilled to university educated.

According to AliResearch, the research arm of Chinese tech giant Ali Baba, there will be around 400 million freelance 'gig' workers in the Chinese economy by 2036, as reported by *Global Times*.

Carrie Huang is a Shenzhen-based headhunter with HiredChina.com, a recruitment platform that assists expats looking for work in China (that is to say full-time work).

She points out that gig jobs are already prevalent in the Chinese job market.

"In 2021, according to the data released by the ministry of Human

Resources and Social Security, the number of flexible-employment workers in China reached about 200 million," Huang tells *That's*.

"Actually, some Human Resources companies are already running this section of the business. For example, Michael Page (a recruitment company) has a brand called Page Personnel to recruit flexible employment workers."

Huang mainly focuses on recruitment for positions in the following areas: consumer electronics; e-commerce; livestream hosting; copywriting; editing; translation; proofreading; business



Image via Stefani Korn

GIGGY WITH IT

development; international sales; digital marketing; social media management; brand management; brand direction; PR, etc.

She acknowledges that in the future, she, as a recruiter, may not be able to resist the gig economy trend.

“Of course, as a headhunter, I would like to follow the trend and focus on recruitment for gig jobs in the future.”

Like so many trends nowadays, the gig economy cannot be discussed in isolation from COVID-19.

McKinsey Global Institute is the research arm of US-based McKinsey & Company global consulting firm. In February 2021, they published a report entitled ‘The future of work after COVID-19.’

The report states the following with regard to COVID-19’s impact on employment trends:

“The pandemic accelerated existing trends in remote work, e-commerce and automation, with up to 25% more workers than previously estimated potentially needing to switch occupations.”

The growth of e-commerce in post-pandemic China is particularly noticeable, with the report noting a

growth of 1.6 percentage points as a year-on-year share of total retail sales.

The sector has been key to creating gig jobs

in China, including the growth in livestream e-commerce.



Image via Stefani Korn

What is the Gig Economy Anyway?

A gig job – you can picture an example of it in your head, but when asked to give a concise definition, you spout out a vague and nebulous description.

Diane Mulcahy is the author of the book *The Gig Economy*. She also teaches an MBA program at Babson College in the United States on... you guessed it... the gig economy “before it was even a thing,” according to her website.

Here’s how Mulcahy defines the gig economy:

“My definition of the gig economy is quite broad. It basically includes everyone who is not a full-time employee in a full-time job. If you are a consultant, contractor, freelancer, part-time worker or on-demand worker, you’re part of the gig economy.”

Moreover, the gig economy is “not just a fad,” according to Mulcahy; it’s here to stay.

Based on such a broad definition, you may wonder what’s actually so new about the gig economy. After all, haven’t self-employed and temporary workers pre-dated the recent boom in gig jobs?

According to Baidu’s MBA Zhiku (MBA智库), the key difference between older gig jobs and the new gig economy boom lies in the growth of the internet and the rise of a new type of employment dependent more on online platforms rather than traditional businesses.

What Kind of Gig Jobs Does China have?

While some of China’s gig industries are fueled by

convenience and what some may call the “lazy economy,” others are fueled by more niche cultural trends.

Let’s start with the obvious ones.

Waimai Takeout Delivery Driver

Arguably one of the Middle Kingdom’s most ubiquitous gig jobs.

Takeout delivery, or *waimai*, has seen a boom across China as consumers seek fast, convenient and relatively low-cost food and beverages delivered to their doors.

Statista puts the total worth of China’s online food delivery industry at around USD61.4 billion, with Meituan Waimai as the most popular online food delivery app.

Alibaba-linked platform Eleme also comes in strong with a 25.4% market share.

Sixth Tone reports that the majority of delivery drivers tend to be male and hail from rural parts of China.

Express Package Courier

Similar to *waimai* drivers, the growth in express package couriers has been fueled by the convenience and laziness economy.

Shansong is perhaps the most well-known household name in this area. Unlike traditional logistics systems, transporting packages from station to station, the company assigns a single delivery task to one courier, helping to save on delivery time.

A maximum 60-minute delivery time is guaranteed by Shansong for orders within a five-kilometer radius.

In 2017, the company attracted USD50 million in series C investments, as reported by TechNode.

Designated Driver

This service is offered by Didi Chuxing under the name Didi Daijia, as well as by other platforms such as E-Dai Jia.

Had a boozy night out, but still want to get home with your vehicle? Just enter your location and destination and a designated driver on a foldable bike will find you.

While alcohol consumption is declining in many parts of the world, it has actually increased in China, according to the 2018 Global Report on Alcohol and Health.

Furthermore, as Daxue Consulting notes, drinking alcohol is “deeply rooted in Chinese business culture”; one reason among many why the demand for designated drivers exists.

Line-Stander

Now, here come some of the less obvious gig jobs in China.

Once again, this is another gig job driven by convenience and possibly laziness. People who either can’t be bothered or don’t have the time to wait in line can now pay others to do that task for them.

UU跑腿 (UU Paotui) is one of the leading platforms offering line-standing services, among other things. Click onto the line-standing section of the app and you can choose line-standers for events, the bank, restaurants, the hospital, popular restaurants and shops (*wanghong dian*) and more.

Select the start time and duration and you’re good to go.



Image via Stefani Korn

Rental Boyfriends and Girlfriends

A trend that appears to be popular around the time of China's Spring Festival holiday; young men and women, under pressure to get married, are eager to present a girlfriend or boyfriend to their families.

China Daily reported on the trend in 2017, noting young single women to be particularly likely to rent a boyfriend.

But, beware! It will cost you. The going rate can be as high as RMB1,500 per day.

Gaming Partner

Another unique and niche trend in China's gig economy.

"Why pay someone to play video games together?" you may ask.

It seems for many gamers, they like the companionship and the support they get when gaming as a duo. Gaming partners can be found on platforms such as Daofeng Esports and Heizhu Esports.

South China Morning Post tried out hiring a gaming partner in mainland China. The mostly female gaming partners tend to be hired by male gamers. Apart from helping them to play better, one female gamer even admitted that in the long run, a lot of paid gamers are actually looking for sugar daddies. Who would have guessed?

Hard Graft?

While many gig jobs offer a certain amount of flexibility, among other benefits, they can also be characterized by poor working conditions, gruelingly long hours and an

unstable income.

Working conditions among China's takeout delivery drivers came to the fore in recent years, with big players Meituan and Eleme admitting that they needed to do better.

Sixth Tone reported in 2020 that "flawed algorithms and demands for drivers to deliver on time to avoid punishments have created a dangerous work environment for the millions of people in China's booming food-delivery industry."

Eleme later announced it would allow drivers with good records to avoid punishment for late deliveries. Meanwhile, Meituan said it would add an 8-minute "buffer" to allow drivers to slow down in traffic and therefore, reduce the risk of an accident.

Furthermore, Meituan has recently vowed "better compensation" for delivery drivers, as well as for small- and medium-sized restaurants operating on the platform. The pledge is in line with China's "common

prosperity drive," reports Nikkei Asia.

Du Xiaozheng from Xingtai, Hebei province previously worked as an express package courier for delivery platform Shunfeng. He took the job in Beijing after having graduated high school.

He told *That's* that while it was possible to earn good money, he had to put in a lot of hours in order to do so.

"Before, when there were a lot of packages to deliver, I would start work just after 6am and usually work until 10pm," says Du.

He compliments Shunfeng by saying they always used to pay him on time. However, he also says the work left him with little time to keep in touch with his family or do any kind of recreational activities. Since quitting from Shunfeng, Du has joined the military.

For another gig employee, who requested we only refer to her as Ms. Li, her gig job experience has been the opposite to that of Du's.

Li, who graduated as an education major, resides in her hometown of Nandan county, part of Hechi city, Guangxi Zhuang autonomous region. She makes a living selling health and skincare products online, mainly targeted towards women aged 25 years and older.

She is one of many in the Middle Kingdom taking advantage of the e-commerce boom.

The brand for which Li sells is MISS RUDOLF. Go to Li's WeChat Moments and you'll see a whole plethora of daily posts; each one includes products such as moisturizing beauty masks, moisturizer face cream, foundation toner, eyeshadow and more.

Many posts feature elegant-looking young models delicately applying or demonstrating how to use the products.

The advantage of working this kind of gig job? "A lot of free time," says Li. However, she admits that her income can be unstable.



Image via Stefani Korn

A Choice for China's Young Professionals?

Gig jobs are not just a choice for China's unskilled workforce. In many cases, young professionals may be looking for extra work to top up their income.

The aforementioned Huang, who works full-time as a headhunter, tells *That's* that she also has a few gig jobs on the side.

"I teach foreigners Chinese and also do part-time interpretation once in a while. That brings me some extra income," she says.

Working gig jobs instead of full-time employment is also an option for some. *Global Times* points out that many of the country's newer gig jobs are helping to free people from working morning to night in an office.

A Shenzhen local, who requested we only use her English name, Queenie, graduated in China as an English major and also studied abroad at the Swiss Hotel Management School. She's been a freelance teacher since 2015.

According to Queenie, one of the benefits of working freelance is getting away from a regular office setting.

"I don't have to deal with

complicated relationships with other co-workers like I did in previous companies," Queenie tells *That's*. "All the gossiping, snitching and irresponsibility blew my mind."

Would she ever consider a teaching job with a full-time contract?

"No, because I don't get to choose teaching materials and I can't meet the needs of all the students in a group class. That's why I only teach one-to-one VIP classes."

Queenie's freelance teaching career has now grown into something a little bigger than a 'gig' job. She's opened up a small language center in downtown Shenzhen under the name Queen's Land where students can learn English and Cantonese face-to-face or online.



Images via Ms. Li

MISS RUDOLF

1贴多用 面面俱到

多场景



晒后修复

换季维稳

熬夜急救

全时段

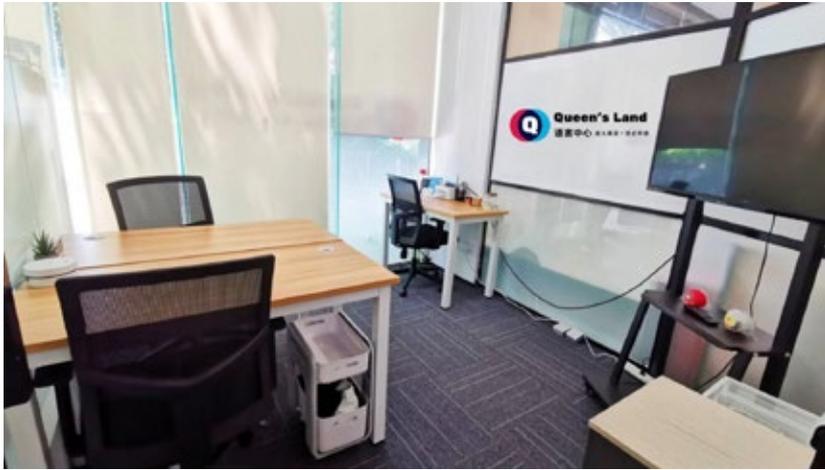


早上妆前

睡前护肤



保湿美肌面膜 MOISTURIZING BEAUTY MASK



The Future of China's Gig Economy

Love it or loathe it, China's gig economy is here to stay and expected to grow over the coming years and even decades.

Gig jobs are likely to continue to employ a broad spectrum of workers, from the unskilled who see the financial benefits to university graduates who like the flexibility and freedom from a rigid office-based work schedule.

It's also clear that gig jobs can be created as a result of various and complicated socio-economic trends. *Waimai* takeout, express deliveries and line-standing are all just a tap away on a smartphone. They are indicative of a culture of convenience or even, if you're a cynic, laziness.

However, paying for gaming partners and hiring girlfriends or boyfriends stem from a more complicated set of niche cultural trends.

As the numbers of gig workers grow, it may be the case that we see more workers demanding better pay and conditions. This has already been the case with big *waimai* platforms introducing

new safety measures for their workers and offering better treatment for the restaurants that use their platforms.

The aforementioned report 'The Future of Work After COVID-19' notes how many people in China's workforce are expected to have to change occupations by 2030.

Pre-COVID-19, the number of those changing was at around 6.5% year-on-year and that's estimated to go up to around 7.4%.

Sectors expected

to see the largest shifts include health aides, tech and care workers; STEM professionals; health professionals; business and legal professionals; and customer service and sales workers.

The report doesn't specifically note that new occupations will be gig jobs. However, given the prediction by AliResearch that the number of those working in the gig economy by 2036 will be around 400 million, it's probably not unreasonable to expect this

to be true in many cases.

Facts and figures aside, the gig economy is almost certainly part of your life in China – your *waimai* delivery, your Didi ride, the product you bought after watching a livestream, etc.

After you finish reading this, try counting how many times you've interacted with a gig worker during your day, or even your week.



Image via Queenie

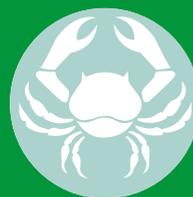
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LIVING ROOM

READING CORNER

Book recommendations from *That's* editorial team.

If You Give a Moose a Muffin

By Laura Joffe Numeroff
Ages 3 to 7

The sequel to *If You Give a Mouse a Cookie*, this cautionary tale explores the dangers of being overly generous or hospitable towards uninvited wildlife and, metaphorically, anybody. The uncorrupted youthful mind has yet to be jaded by the vampiric parasitism of modern civilization. Young readers will be delighted by the hilariously complicated expansion of requests from the vivacious moose, all stemming from a seemingly harmless kind gesture.



Wonder

By R. J. Palacio
Ages 8 to 12

A must-read for young people, the story follows a 10 year old boy with a genetic facial deformity, Treacher Collins syndrome. While the boy wants to face the challenges of life, his mother tries to shield him from its cruelty, and they navigate it together, for better or worse. The book was featured on the *Time* magazine 100 Best Young Adult Books of All Time and received a Mark Twain Award in 2015.



CLASS CLOWN

Praying to Pass

In the beginning of June, 11.93 million students wrote what's widely considered the 'World's Hardest Test.' The national college entrance examinations, or *gaokao*, have seen more than ten million test takers each year since 2019. The fleeting chance to enter China's prestigious universities can make it a stressful time for parents as well as students. According to *Global Times*, the parents of a student writing the test in Jiangsu's Nantong encountered some bad luck while praying for their student's success. An unattended stick of incense set their mattress ablaze, which happened to also be the hiding place for the family's cash. Hopefully it wasn't the entire college fund.



ECO HOME

Clean As a Whistle

According to TheWorldCounts.com, we use 22 billion kilometers of toilet paper each year. Although some masochists opt for recycled products, the industry requires mind boggling numbers of trees to be cut down and moved long distances.

Scientific American suggests that an average bidet requires just over half a liter of water, whereas one roll of TP consumes 168 liters to make. The environmental benefits aside, hygiene poses another interesting conundrum. Imagine this: you're basking in nature's serenity at one of China's countless AAAAA scenic areas when, suddenly, your family is strafed with bird turd. We bet you'd be searching for warm soapy water rather than a couple translucent pieces of tissue.

Consider replacing your home toilet seat with a smart bidet. With features ranging from blowdrying, fully heated seats and ten-year warranties, the price surprisingly starts at just RMB399. Order one, attach it to your home throne and start blastin'.





Seven Fun Tips to Keep the Kids Fit Over Summer

Kara Wutzke is a TEDx speaker, body transformation expert, podcaster, physique champion, mom, philanthropist, cancer-beater, beer lover and an expat living abroad for over 22 years.

She launched the Ultimate YOU 10-week Challenge in 2012 to help people transform bodies, minds and lives.

After helping over 6000 people worldwide, she has come up with the easiest way to get you in the best shape of your life. Her coaching program

is designed specifically for the 'everyday' real person that wants the key to fitness results.

For more coaching from Wutzke, check out www.k2fit365.com or feel free to add her directly on WeChat: Wutzke or @kara.wutzke on Instagram.

Stay tuned for more fitness advice and tips from Coach Kara right here in *That's*.

Summer is a time to unwind, take a long holiday and spend some extra time with the kids. However, it can also be a time where we lose our sense of routine, gain unwanted weight and our little ones get stuck inside on their devices instead of being active.

The choices your family makes throughout summer are very important. Of course, no one wants their little rugrats to spend the whole summer laying down in front of the TV, scarfing down bags of chips and not getting outside. We understand it's not always easy, especially for parents working full time, to come up with ways to keep kids active and fit.

That's where Kara comes in.

How can you and your kids enjoy the summer sun AND stay healthy and fit?

1. Model desired behaviors

Children tend to follow our patterns and habits rather than what we say. So the first step to taking care of your children's health is to take care of your own: Eat well, reduce the time you spend watching TV or surfing the net and exercise regularly. Your actions will speak volumes and your kiddos will follow suit.

2. Encourage your child to get outside and play

Have them ride a bike, join in on a neighborhood basketball or soccer game or go on a hike with you. Having an abundance of toys and activities, like balls, jump ropes and kites can encourage physical activity. Add in some outdoor games that the whole family can play together; tag and baseball are great ways to get everyone moving.

3. Be active with your child

Take a walk together or create a scavenger hunt. It's a great opportunity to not only get some physical activity for you and your child, but it's a chance to bond.

4. Keep healthy snacks around the house

Toss the unhealthy foods out of your kitchen (chips, cookies, soda, ice cream, etc.). If it's there, they will eat it. Instead, stock up on fresh fruit and add a little yogurt or milk for a bright-colored smoothie.

Freeze some grapes or make your own fruit popsicles for a quick and fun snack. Fill half your child's plate with seasonal fruits and vegetables, they taste better, are usually cheaper and are easily accessible.

Yes, we know kids should be kids and enjoy yummy treats, and that's okay from time to time. The best way to diet is to balance; ensure your children's meals are full of nutritious foods but enjoy a treat once in a while.

5. Create a routine

It doesn't have to take up every minute of every day, but having structured activities lined up can help curb laziness. Without having a routine, you will see a drop in your kids' physical activity and an increase in eating.

It's summer, so make the after-dinner bike ride or morning walk a regular thing!

6. Limit screen time to two hours a day max

Keep TV and video games from being the number one go-to thing to do. Or if your children want some extra time on the computer, throw in some required efforts, like helping around the house to earn some extra device time.

7. Include physical chores in your kid's summer structure plan

If your kids are old enough to stay home alone, then they are also responsible enough to help out around the house. We all have our roles in a family and this can be a great way to get some extra movement in. Yep, they will complain... that's what teens do!

Over the past 20 years, Wutzke has helped thousands of men and women from all over the world collectively lose more than 70,000 pounds! Wutzke's mission is to help 1 million people live their healthiest, happiest and fittest life. Her heart's calling is helping moms and dads just like you.

SCHOOL NEWS

SHANGHAI



Dulwich Puxi Students Receive Global Citizenship Awards

Global citizenship, including service, is at the heart of a Dulwich education. This year, Senior School students received global citizenship awards from United World Schools, recognizing their efforts in supporting a commitment to fund the GBP8,000 running costs of Veal Reyoung School in Cambodia. United World Schools wrote to Dulwich College Shanghai Puxi, "We are immensely grateful and impressed by your students' work towards the Global Citizenship Awards at United World Schools, and for your continued support for UWS' communities, especially through the COVID-19 lockdown battles in Shanghai that continue for you all." Congratulations to those students who worked so hard to make a difference in the lives of others, while experiencing challenges themselves.



Congratulations to Wellington's Class of 2022

On Wednesday May 25, even a citywide lockdown could not keep Wellington College International's Class of 2022 from coming together for Speech Day. The annual graduation ceremony was conducted fully online so pupils, parents and teachers could safely celebrate challenges met, successes achieved, friendships forged and futures awaited. Congratulations to this year's leavers!

BISS Puxi Congratulates Class of 2022

On Friday 10 June, BISS Puxi's fantastic Class of 2022 was able to come together with their families and teachers to celebrate their graduation. It was an online event hosted by one of the wonderful Year 13 students, Jocelyn Chok, with support from Laura De Araujo Petiot and Ms Reen. Lots of IB teachers shared messages of good luck and great memories. The school community celebrated the uniqueness that every single student from the year group brings – their talents, skills, passions and academic achievements. It was an emotional evening of joy, and it was lovely to see all the families coming together to congratulate the graduates at such an important time. As a school, BISS Puxi is very proud to have been a part of its Year 13 students' IB journey for the last two years and wishes them all the best of luck for the future.



Britannica Secure 100% Teaching Staff for New Academic Year

Given that teacher shortage is an international problem (not to mention parental fears of an educator exodus due to the current situation in Shanghai), Britannica International School Shanghai is proud to announce that their teacher retention rate over the past three years has been 86%, 84% and 82% respectively. This is well above the international and local average, and has been a key factor in its continued growth and school improvement. With a confirmed retention rate of 84% this academic year, they remain in a position of great strength. More than that, they have already filled all of their newly available positions with highly qualified, international quality educators, well ahead of the start of the 2022-23 school year. "While retaining such a high percentage of teachers is an important factor, finding high quality staff to replace our departing teachers is also crucial," explains Principal Paul Farrell. "Having planned our staffing long term, combined with early recruitment, we have 100% of teaching staff secured for the new academic year."

To arrange a bespoke tour of Britannica International School Shanghai, scan the QR code.

Dulwich Pudong Named to World's Best Schools Top 10 List

A big congratulations to Dulwich College Shanghai Pudong, which has been short-listed as one of the Top 10 World's Best Schools for their commitment to Supporting Healthy Lives. The World's Best School Prizes – founded by T4 Education in partnership with Accenture, American Express, Yayasan Hasanah, Templeton World Charity Foundation and the Lemann Foundation – identify and celebrate schools' leading and innovative practices that have had a real impact on the lives of their students and of their community. The Supporting Healthy Lives Prize recognizes schools that provide access, relevance and opportunities for students, staff and the community to develop healthy habits, behaviors, knowledge and skills. "We are thrilled and excited to be shortlisted for such a prestigious award," said Head of College Caroline Taylor. "This recognition is important to our community as health and wellbeing are at the heart of all that we do. The community has worked tirelessly together over the last four years to develop the College-wide, multi-faceted, inclusive Wellbeing Programme we have today."



GUANGZHOU



SCNUFLS Hosts Open Day to Showcase Programs

The Affiliated Foreign Language School of SCNU (SCNUFLS), an internationalized school located in Science City Guangzhou, held an open day for secondary students on June 11. Prospective parents and students were able to experience trial classes for Math, English, AI, Science and optional courses such as curling and UAV. In addition, the students' Talent Show and presentations from the principal helped them to gain a better understanding of the bilingual education programme as well as the Primary Years Programme and Middle Years Programme authorized by the IBO.

SHENZHEN



SIS Send Off Graduating Students With Standing Ovation Parade

Shekou International School celebrated and honored the Class of 2022 with the unique annual SIS "Clap Out" session. This is a tradition where all other secondary students, teachers, and staff line the hallway and clap as the seniors pass through the corridors on their last journey out of the school after completing their classes. It is the time of the year to say congratulations and goodbye. SIS is delighted to share some of the graduating Geckos' plans for the near future. Whether it's going to the universities they have been pursuing, or preparing themselves for the coming new adventures, SIS is sure that the Gecko spirit will be with them wherever they are. "Once a Gecko, always a Gecko."

LISTINGS

BEIJING

Beijing Kerry Residence

Whether you're a single business executive or a busy family, Beijing Kerry's fully-furnished 1, 2 and 3-bedroom apartments will feel just like home. As well as enjoying all the comforts of modern living – including a well-equipped kitchen, entertainment systems, high-speed broadband and much more – residents are just moments away from the Kerry Center's shopping mall and sports facilities. The rest of the CBD is on your doorstep too.

>1 Guanghua Lu, Chaoyang 朝阳区光华路1号 (8535 6888, www.beijingkerryresidence.com)

GTC RESIDENCE BEIJING

One of the top residences in Beijing, GTC Residence is located beside the third ring road within a 5 minute walk to subway line 5 and a 10 minute drive to Hou Hai. It is also within reach of the CBD, embassy area, Financial Street and other urban commercial, shopping and recreation areas. Fully equipped apartments with impeccable quality offer you a cozy living space and will meet all of your requirements in terms of room decoration, furniture, electric appliances and more.

A unique sky garden with a practice golf course and barbecue area is a unique symbol of GTC Residence.

> sales@gtcresidence.com, website: www.gtcresidence.com Tel:56756666

Oak Chateau Beijing

Oak Chateau Beijing has 236 stylish and contemporary fully serviced apartments from studio, one-bedroom, two-bedroom, three-bedroom and four bedroom suites available, measuring 64 to 260 square meters. There is a 24-hour guest reception and housekeeping is offered twice a week.

Nestled within the landscaped gardens of the Ocean Express commercial and residential complex, Oak Chateau Beijing is close to the Third Embassy Area and shopping and dining services at the Beijing Lufthansa Center. It is only 19 kilometers away from the Beijing Capital Airport.

> 北京市朝阳区东三环霞光里 66 号远洋新干线 D 座 邮编 100027
Block D, Ocean Express, 66 Xiaguang Li, Third East Ring Road, Chaoyang District, Beijing 100027, P.R.C
Tel: (86-10) 84465888 Fax: (86-10) 84465999
Email oak.chateau@oakchateau.com Website: www.oakchateau.com

China World Apartments

The newly renovated China World Apartments consists of two high rise 30-storey residential blocks with a total of 412 units ranging from studio to Penthouses, sizes range from 42 to 455 square meters. All apartments have been carefully redesigned with modern interiors, comfortable furnishings, and several added amenities to improve the level of comfort and living experience. All rooms come with a centralized ventilation system, water filtration & softening to further improve overall home comfort. The new Lodge Club features a wide range of facilities such as a newly constructed swimming pool and wading pool, state of art gymnasium, sauna and steam rooms, children's play area, resident's lounge, multi-function rooms and more.

China World Apartments is just minutes away from the Guo Mao subway station and provides easy access to a wide range of retail shops, restaurants, services and amenities at the China World Mall.

>No 1 JianGuoMenWai Avenue Beijing 100004
>Email: apartments@cwtc.com Tel: (010) 65052686



Horoscopes

Finally, a horoscope that understands your life in China.

By Felizabeth Chan



Cancer

6.22~7.22

Even if things are going well, you might be feeling that seed of self doubt in the back of your mind. Just remember and appreciate the countless challenges you've overcome. All obstacles appear largest when they are directly in front of you. Only once we're past them and look back do we realize how small they really were.



Leo

7.23~8.23

The flame of unrequited love lasts forever. Being in love can be tedious at times. Sometimes the fantasies you have about your co-worker, personal trainer or accountant make better memories than the real deal.



Virgo

8.24~9.23

Develop a mob mentality during this Cancer season. The ceiling of possibility for a group effort is orders of magnitude greater than what we can accomplish alone. Join that club, attend that weekly event, subscribe to a cult or contemporary religion — you can always quit in September.



Libra

9.24~10.23

Create some space between you and the whiners, gripers and snivelers. Your optimism can only handle so much erosion before you too become another bleak and regretful Philistine.



Scorpio

10.24~11.22

Ride the boost of energy that Jupiter and Mercury sent your way on June 20. Good fortune is coming at you like a fat kid on a water slide. Brace for impact and the momentum will carry you on the ride of your life.



Sagittarius

11.23~12.21

In the Victorian age, life expectancy hovered between 30 and 40. Now you can expect a long and gruelling parade of fiscal responsibility. That said, why not steer your mid-life crisis into something positive. Relive your college days at a Chinese university, even if it's part-time.



Capricorn

12.22~1.20

Tranquility will be the theme of your month, as long as you embrace it. Resist the temptation to overburden yourself and bask in the calmness knowing that your ducks are in a row and they will hold rank and file until Saturn and Venus part ways.



Aquarius

1.21~2.19

Your finances will begin to correct themselves in October. For the time being, it might be stressful with turbulence ahead for the summer months but know that positive events are on the horizon. Don't take any big financial risks until the leaves north of the Yangtze turn red and yellow.



Pisces

2.20~3.20

Make a conscious space for gratitude in your life. Start by writing a list of all the things you are thankful for and you'll be surprised at the things that come to mind. Life is fast and complex but we are lucky to be alive in this age of opportunity and convenience.



Aries

3.21~4.20

If life is getting somewhat repetitive, don't let that hamstring your ambition. It might not be the time to take up new hobbies or embark on new adventures. Try focusing on improving your routine. Discipline can make an old routine feel more satisfying.



Taurus

4.21~5.21

The celestial debt collectors are asking questions about you. They haven't made it clear whether you're owed or owing, but they are certainly going to come a'knockin. Think karma from years gone past. If they ask us, we'll say we haven't seen you.



Gemini

5.22~6.21

Humility is a virtue and there is no reason to be embarrassed by your unscrupulous behavior last month. Accept that you are you who are and start giving empty apologies in advance. Real ones know that sane people aren't fun friends.